



International Conference on Unani Medicine

[Source: PIB](#)

The President inaugurated an **international conference on Unani medicines**, hosted by the **Central Council for Research in Unani Medicine (CCRUM)** on **Unani Day (11th February)**.

- Its theme was "**Innovations in Unani Medicine for Integrative Health Solutions - A Way Forward.**"
- Established in **1978**, CCRUM is an autonomous body under the [Ministry of Ayush](#) and serves as the **apex government organization** for research in **Unani medicine**.
- **About Unani Medicine:** It is a **traditional healing system** that originated in **Greece** and was popularised by **Arab and Persian scholars**.
 - It is based on the concept of balance in the **body's four humors** i.e., **blood, phlegm (mucus), yellow bile, and black bile**, that is central to **diagnosing and treating illnesses**.
 - **Disease** occurs when the humors are **out of balance**, and treatment aims to **restore this balance** through various methods.

AYUSH Systems of Medicine

AYUSH encompasses Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa Rigpa, and Homeopathy, with Ayurveda having a documented history of 5000+ years.

Ayurveda

- **Samhita Period (1000 BC):**
Emerged as mature medical system
 - **Charaka Samhita:** Oldest and most authoritative text
 - **Sushruta Samhita:** Gives fundamental principles and therapeutic methods in eight specialties
- **Main Schools:**
 - **Punarvasu Atreya** - School of physicians
 - **Divodasa Dhanvantari** - School of surgeons

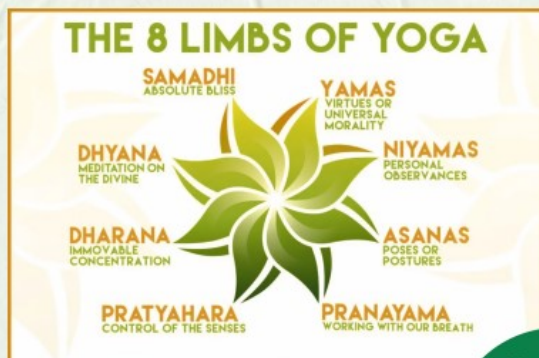
Lord Brahma is believed to be the 1st proponent of Ayurveda

Branches of Ayurveda:

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| ■ Kayachikitsa (internal medicine) | ■ Agada Tantra (toxicology) |
| ■ Shalya Tantra (surgery) | ■ Bhootavidya (psychiatry) |
| ■ Shalakya Tantra (disease of supra-clavicular origin) | ■ Rasayana Tantra (rejuvenation and geriatrics) |
| ■ Kaumarabhritya (paediatrics) | ■ Vajikarana (eugenics & science of aphrodisiac) |



Yoga & Naturopathy



- **Naturopathy:** Healing with help of 5 natural elements - Earth, Water, Air, Fire and Ether
 - Based on theories of self-healing capacity of body and principles of healthy living
 - Encourages a **person-centred approach** rather than disease-centred

Yoga first propounded by Maharishi Patanjali in systematic form Yogsutra

Unani

Pioneered in Greece, developed by Arabs as 7 principles (Umoor-e-Tabbiya)

- Based on the framework of teachings of **Buqrat** (Hippocrates) and **Jalinoos** (Galen)
 - Hippocratic theory of **four humors** viz. blood, phlegm, yellow bile, and black bile
- **Recognised by WHO** and granted official status by India as an alternative health system

Siddha

Dates back to 10000 – 4000 BC;
Siddhar Agasthiyar - Father of Siddha Medicine

- Preventive, promotive, curative, rejuvenative, and rehabilitative health care
- **4 Components:** Latro-chemistry, Medical practice, Yogic practice & Wisdom
- Diagnosis based on 3 humors (**Mukkuttram**) and 8 vital tests (**Ennvagai Thervu**)

Sowa Rigpa

Origin: Lord Buddha in India before 2500 years

- Traditional medicine in Himalayan regions of Ladakh, Himachal Pradesh, Arunachal Pradesh, etc.
- Recognised in India by Indian Medicine Central Council Act, 1970 (As amended in 2010)

Homeopathy

German physician Dr. Christian F. S. Hahnemann codified its fundamental principles

- Medicines prepared mainly from natural substances (plant products, minerals, animal sources)
- Brought in India by European missionaries - 1810; official recognition - 1948
- **3 Key Principles:**
 - **Similia Similibus Curentur** (let likes be cured by likes)
 - Single Medicine
 - Minimum Dose



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Read More: [First All-India Survey on AYUSH](#)

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