



POST COVID STRESS MANAGEMENT IN UNANI: REVIEW

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ABSTRACT

A coronavirus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. Most coronaviruses aren't dangerous. In early 2020, after a December 2019 outbreak in China, the World Health Organization identified SARS-CoV-2 as a new type of coronavirus. The outbreak quickly spread around the world^[1].

COVID-19 is a disease caused by SARS-CoV-2 that can trigger what doctors call a respiratory tract infection. It can affect your upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs). Brain, heart, Liver, kidneys and skin can be affected by thrombo-embolism and virus toxicity. It spreads the same way other corona viruses do, mainly through person-to-person contact. Infections range from mild to deadly. These complications are likely to place an additional medical, psychological and economical burden on the patients and if not managed properly it could lead to decreased productivity, disability and morbidity for the long term^[2].

In the view of Unani medicine, post COVID complications reflected due to *Su-e-Mizaj* (hot and dry ill temperament) of the organ, can be corrected by *Ta'deel* (moderation) through certain Unani principles. Present paper deal with a review on post COVID *Izterab-e-Nafsani* (stress) management in Unani medicine which can be adopted by specific measures for specific complications and by achieving general measures for maintenance and promotion of health.

Keywords: COVID-19, Unani medicine, *Izterab-e-Nafsani* (Stress), thrombo-embolism, *Sue-Mizaj* (Abnormal temperament).

INTRODUCTION

A coronavirus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. Most coronaviruses aren't dangerous. In early 2020, after a December 2019 outbreak in China, the World Health Organization identified SARS-CoV-2 as a new type of coronavirus. The outbreak quickly spread around the world^[1].

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Severe acute respiratory syndrome coronavirus -2 (SARS-CoV-2) is one of seven types of corona virus, including the ones that cause severe diseases like Middle East respiratory syndrome (MERS) and sudden acute respiratory syndrome (SARS). The other corona viruses cause most of the colds that affect us during the year but aren't a serious threat for otherwise healthy people. It was first reported in china in December 2019 and has resulted in an ongoing pandemic of devastating impact^[3].

Methodology:

A manual survey of classical Unani literature was conducted to collect the information on prevention and management of epidemic and epidemical stress. In addition, articles were retrieved using PubMed, NHP, webmed with the search name Unani medicine, *Waba* (epidemic), Coronavirus disease, acute respiratory distress syndrome (ARDS), *Amraz-e-Nafsaniyah*, Psychic reaction.

Symptoms of COVID-19. The main symptoms include:

Fever, Coughing, Shortness of breath, Trouble breathing, Fatigue, Chills, sometimes with shaking, Body aches, Headache, Sore throat, Congestion/runny nose, Loss of smell or taste. The virus can lead to pneumonia, respiratory failure, heart problems, liver problems, septic shock, and death. Many COVID-19 complications may be caused by a condition known as cytokine release syndrome or a cytokine storm. This is when an infection triggers your immune system to flood your bloodstream with inflammatory proteins called cytokines.

They can kill tissue and damage your organs. Trouble or shortness of breath, ongoing chest pain or pressure, new confusion, Can't wake up fully. Bluish lips or face, Palpitation, Insomnia, and Strokes have also been reported in some people who have COVID-19. As there is no specific vaccine or treatment available to cure the disease or minimize the adverse effect of the drugs and complication of COVID-19.[4][5]

Unani system of medicine can play an important role in the management of COVID -19 disease and post covid stress by minimizing the adverse effects of the drugs and its complications, Unani system of medicine is very rich system in view of concepts and literature. The term of *Izterabis* used for stress in Arabic and Unani texts and word *Nafsani* is added to *Izterab* to specify its psychological state. Literally *Izterab-e-Nafsani* stands for worry, excessive thinking and fear. It is also used in the sense of hindrance in routine work.[6]

In the literature of Unani system of medicine there is no description of *Izterab-e-Nafsani* but there is description of *Fikr*(worry) which is used as synonym of stress. According to Unani medicine, *Fikr* is a psychological reaction in which the *Ruh-e-Haiwaniyah* moves from outside to inside slowly resulting in coldness outside which can be easily.[6]

According to the Unani medicine stress is controlled by *Quwwat-e-Mutafakkirah* (faculty of thinking) which belongs to *Quwa-e-MudrkaBatinah* (internal perceptive faculties) of *Quwwat-e-Nafsaniyah* (psychic faculty). On the basis of physiological functions, Unani physicians have divided the brain into three functional areas i.e. *MuqaddamDimagh* (fore brain), *AusatDimagh* (mid brain), and *MoakhkharDimagh* (hind brain).[7][8][11]

COVID -19 Complications:

According to WHO, COVID-19 may increase the risk of long term health problems as complications in which body system and organ can be affected by thrombo-embolism and virus toxicity, but scientist are not sure yet whether the virus harm the organ like brain, heart, liver, kidneys or if it happens for another reason.[9]

According the Unani concepts COVID complications may be developed by *Su-e-mizajHarwaYabis* (hot and dry ill temperament) of the organ caused by the SARS-CoV-2. Harmful effects of COVID-19 are discussed bellow.[9][10]

1. Brain and nervous system

- Loss of sense of smell(anosmia)
- Loss of vision
- Loss of hearing
- Loss of Memory
- Stroke
- Epileptic fits
- Stress, anxiety,depression
- Sleep disturbance (insomnia)
- Negative thought
- Feeling of fear
- Worry, uneasiness

2. Lungs- Damage to lung tissue, restrictive lung failure

3. Heart- Damage to the cardiac muscles, heart failure

4. Kidney- Damage to renal tissue, renal failure

5. Muskuleskeletal system- Pain in joints, and muscles, fatigue

6. Liver- Damage to the hepatocytes, hepatic failure

7. Skin- Gangrene

Post Covid stress management

Complicated serious illness associated with COVID-19 should be managed by modern medicine, besides with these drugs, Unani medicine can be used to improve organ function, minimize the adverse effect of allopathic drugs, and modulate and enhance the immunity system. Everyone occasionally experiences some stress. It's a normal response to stressful event or perceived threat. Stress can range from feeling uneasy and worried to sever panic. The management of stress is required when it becomes a problem. There are various methods as well as in Unani medicine, some of them are follows:[11]

General Measures: Some general measures to avoid as well as to treat stress are :

1. Removal of predisposing factors
2. Maintenance of adequate sleeping

3. The bedroom should be airy , open and fragrant.
4. Avoidance of heavy strenuous work.
5. Correction of liver and spleen disorder
6. Correction of constipation
7. Avoid smoking and alcohol consumption etc.
8. Avoid visiting dark, overcrowded and dirty places.
9. Proper care of heart should also be taken into consideration and cardio tonic and *Mufarrah-e-Qalb* (exhilarant) drugs should be used.

Curative therapy deals to correct otherwise physically, pharmacologically or bio medically wipe out or alter or revers the symptoms for normal human behavior.

Unani medicine places importance on the nutritional foods. The usage of nutritional pattern also plays an important function to overcome abnormal behavior and temperament of an individual. This therapy can be effective alternative or adjunct to herbal drug therapy.^[12]

Dietary therapy-

Unani physician prescribe diet to the patient of *Izterab-e-Nafsani* (stress) on the basis of humoral theory, so that the correction of the *Su-e-Mizaj* (abnormal temperament) will be done. Following are the principles generally suggested by renowned Unani physicians are :^[13]

- Yellow bile and black bile producing items (*Moallid-e- SaudawaSafra*) must be avoided like stale salty and astringent food.
- Emollient diet (*MurattibAghziya*) such as barley water, cucumber, pumpkin, milk, green leafy vegetables like spinach, lettuce purslane etc. are suggested.
- It is advised to use bilious concoctive fruits such as orange, lemon, dampson and other citrus fruits.

Pharmacotherapy

Unani physicians have used many single and compound drugs for the treatment of *Izterab-e-Nafsani* (stress), which is mentioned in their classical texts. The purpose of the drugs used in Unani medicine is correction of *Su-e-Mizaj* (abnormal temperament) as they were of the opinion that stress (*Izterab-e-Nafsani*) is due to *Su-e-MizajHarSada* and *Su-e-MizajMaddii*.e*Su-e-MizajSafrawi* and *Su-e-MizajSaudawi*.

In *Su-e-MizajHarSada*, there is excess hararat (heat) in the body specially in the brain. And to reduce the *Hararat-e-Dimagh*, the treatment through drugs having *Musakkin-e-Hararat* (febrifuge) effect are used such as:^[14]

- Aalu Bukhara *Prunusdomestica* Linn.
- Bekh-e-kasni *Cichoriumintybus* Linn.
- Behidana *Cydonia oblonga*.
- Tabsheer *Bambusaarundinacea* (Retz.)
- Baadaavard *Fagonia Arabica*.
- Aftimoon *Cuscutareflexa* Linn.
- Kishneez *Coriandrum sativum* Linn.
- Halela Siyaah *Terminalia chebula* Retz.
- Zarishk *Berberisaristata*
- Ustukhuddoos *Lavendulastoechos*.

In *Su-e-MizajMaddi* (Safrawi and Saudawi) restoration and normalization of humours is done by *tanquiya* (removal of excessive humour) and *Ta'deel-e-Mizaj* (restoration of normal temperament) with their respective drugs.^{[14][15]}

Compound Unani formulations:^[16]

- Itrifal Kishnizi
- Itifal Zamani
- Itrifal Sagheer
- Roghan Badam Shreen
- Roghan Kahu
- Roghan Kadu
- Raghan Labob Saba
- Roghan Banafsha
- Dawa-ul-mish Moattadil
- Sarbat-e-Nilofar
- Ma'joon Brahmi
- Ma'joon Lana
- Khameera Gauzaban Ambari
- Khameera Gauzaban Sada

- KhameeraGauzabanJawaharwala
- KhameeraAbresham
- QursUdsaleeb
- MufarrehBaarid
- MufarrehKabeer
- MufarrehHalila
- MufarrehMo'attadil
- Mufarreh
- YaqootiMo'attadil
- Barsha'sha
- Iksir-e-shifa
- Jawaharshahi
- Sarbate Ahmad shahi

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