

Concept of Non Healing Ulcers in Unani System of Medicine: A Review

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Abstract

Review Article

In Unani system of Medicines description of the wound is given in details. Wounds are called *Qurūh* and their type, causes and management and different stages of healing are well documented. There are so many types of ulcers/wounds described in Classical literature of Unani. *Qurūh Usrahandamal* and *Qurūh Kheronia* are type of ulcer/wounds mentioned in literature as the ulcers which are difficult to heal. These ulcers are bad in nature and are difficult to manage. According to Galenos (Galen) *Qurūh Kheronia* is named after the person who was suffered with this type of ulcer first time and he was a physician. There are more than ten causes described by the Unani physician for non-healing ulcer or wound. The specific sign and symptoms and management of each and every ulcer/wound are given in detail.

Keywords: Healing, Jarahat, Non healing ulcers, Qurūh, Unani, Usrahandamal, Wound.

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INTRODUCTION

Skin play protective role to save the inner tissues and cells from the hazards of the environment. Ulcer or wound is breaking of the protective layer and exposure of the delicate tissues and cells to the environment. Ulcer or wound generally caused by any injury or accident and common condition worldwide. The healing of the wound by natural healing process is carried out by body defence system. There are different stages of the healing and each stage follows its pattern. Sometime due to many reason the healing process delayed very long and wound/ulcer doesn't heal in due course of time. In some cases even it increases in size and gets infected and inversely affects general body health of the person. There are certain conditions and some diseases like diabetes where healing delayed due to various reasons. Non healing ulcers/wound is described in detail in classical literature of the Unani System of Medicine. Detail etiology, sign and symptoms and managements are described by Unani physicians. *Qurūh Usrahandamal* and *Qurūh Kheronia* are the name given to the ulcer/wound which doesn't heal at normal speed and takes more than usual time [1, 2, 3, 6, 7].

Causes, sign & symptoms and management of *Qurūh Usrahandamal* and *Qurūh Kheronia*:

The following causes of non-healing ulcer/wound, sign and symptoms and management is

given as per Unani classical literature. Galenos (Galen) has described these ulcer/wound and other Unani physicians also described these in details:

Qillat-i-Dam (low quantity of the blood in the body), the primary function of blood is to supply the nutrient to the ulcer. It provides raw material which transform into cells of the tissue at the site of ulcer and replace the dead cells with the help of *Quwwat Mughayyira* (transformative faculty) of the body.

The sign of *Qillat-i-Dam* is lack of redness in and around the ulcer; no sign of inflammation is there, dryness is dominant at ulcer and patient will be physically weak.

In this case *Dalk* (massage) is recommended around the ulcer or wound to improve blood supply at the site. It may also be achieved by *Tikor* (hot fomentation) by hot water with the help of cotton cloth. *Muqawwi Ghiza* (balance and high protein diet) should be used to improve immunity and function of the body and to increase blood quantity and quality in the body. *Marham-i-Aswad* may be used which is made up of *Zift*, *Ratenaj*, *Shakar*, and *Roghan-i-Zetoon*. *Marham-i-Aswad* facilitates transport of the blood to the ulcer site and also improves healing process. Hot fomentation by water increase flow of blood towards ulcer and improve healing process [1-3].

Raddi 'uddam: in this condition blood of the body becomes impaired (like putrid matter) and when it reaches the ulcer it will not transform into new cells else it will convert into impurities in ulcers.

The sign of *Raddi 'uddam* includes pale or white colour of the body if liver is involved. In case of impairment of Mizaj of spleen the colour of body will be blackish and black spots will be present on the body.

In this condition *Fasd* (Venesection) and *Ishal* (Purgation) is used to remove *Fasid Madda* (putrid matter) from the body. The drugs to improve the *Mizaj* (temperament) of Liver and spleen should be used [1-3].

Zof-e Quwwat (weakness): The innate power of organ becomes weak and not able to digest and convert the food into cells or tissue [1-3].

Zof-e Quwwat due to *Sū'-i-Mizāj Hārr* (Impaired Hot temperament), in this condition either temperament of organ or whole body become hot due to impairment.

The sign of this condition is that redness; itching and severe pain will be present in affected part. Here *Fasd* (Venesection) of appropriate vein should be done according to the site of ulcer. Adequate blood may be removed from the body to normalise the hot temperament. Cold food items may be used; cold Marham like *Marham-i-Kafoor* may be used. *Sard Tila* (cold liniment) may be used around the ulcer.

Zu'f al- Quwwat (weakness) due to *Sū'-i-Mizāj Bārid* (Impaired cold temperament), in this condition temperament of the body become cold due to impairment.

The sign of this condition is the colour of the body become bluish due to lack of fresh and pure blood. There will be lack of heat in the body.

Here *Garm ghiza* (hot food items) should be used like *Maul laham* (distillate of meat) and *Anjeer* and *Mavez Munaqqa* with hot spices. Hot fomentation may be used and *Marham-i-Basliqoon* and *Marham-i-Siyah* may be used. *Marham-i-Basliqoon* is made by these crude drugs i.e. *Zift*, *Ratenaj*, *Bahroza*, *Mom* and *Roghan-i Zaitoon*. *Marham-i-Siyah* is made up of *Murdar Sang*, *Kundur*, *Dammul Akhwain*, *Anzaroot* and *Roghan-i Zaitoon*.

Zu'f al- Quwwat due to *Sū'-i-Mizāj Ratb* (Impaired moist temperament), in this condition *Mizaj* (temperament) of the body become moist due to impairment and *Fi'l-i-Thagziya'* (act of assimilation) become weak.

Moistness and water will be more in ulcer and tissue around ulcer will be loose. *Tanqiya* (evacuation) of morbid matter by *Halela* and *Turbud* is recommended in this type of ulcers. Dry food item should be used like roasted meat etc. Use Marham which have drying properties like Marham made up of *Gulnar*, *Mazu*, *Tanba Sokhta*, *Haldi*, *Sendur*, *Fitkari*, *Murdar Sang* and *Roghan-i Zaitoon*.

Zu'f al- Quwwat due to *Sū'-i-Mizāj Yābis* (Impaired dry temperament), in this condition *Mizaj* temperament of the body become dry due to impairment.

The ulcer is dry and healing becomes delayed due to dryness and lack of liquid. Here *Tikor* (fomentation) by warm water and *Roghan Banafsha* are recommended. Diet with high liquid should be used like *Hareera*, *Shorba* (Soup/broth) and half boiled eggs. Marham having low drying properties should be used e.g. Marham made by *Ard Karasna*.

Lahm Sulb (Hard flesh), sometimes healing delayed due to presence of hard flesh in or around the ulcers which prevent meeting of ends of ulcers. In this condition hardness of flesh will be felt when touched and presence of hard flesh is around the margins of the ulcers.

Hard flesh should be removed by surgery or by application of *Akkal* (corrosive) drugs like *Farfiyun* on it. After that Marham which have healing properties should be used [1-3].

'Azm-i- 'Ufūn Fāsīd (Infected and putrid bone), sometimes a putrid and infected bone may be present in deep of the ulcer and due to secretion of infected fluid from bone which hinder healing of the ulcer.

In this condition ulcer/wound may be healed but again it emerges. Pus and yellow liquid with foul smell will be present in the ulcer/wound. Flesh of the wound become loose and become putrid.

Here a deep incision to be made to reach out to the bone and *Akkal* (corrosive) drugs should be applied so that it destroy putrid and dead tissue around the bone, after that bone is peeled by sharp knife so infected part is removed. This process is only possible when whole bone in not putrefied. Sometimes surgery is done to remove putrid bone and after that Zaroor (dusting powder) made up of *Mur Makki*, *Aelwa* and *Kundur*, is used for healing purpose [1, 2, 3, 5].

'Ufūnat aur Khabs (infection): Sometime ulcer doesn't heal due to presence of infection at the site of wound and when blood reaches here it got deranged. This deranged blood doesn't allow healing.

In this condition the ulcer/wound become blackish and increases in size. Here *Zimad* (paste) made up of *Berg Kasni*, *Berg Khatmi* and *Mako* may be applied to remove putrid flesh. *Tanqiya* (evacuation) of deranged matter from the body may be done by proper drugs. First of all identify the *Khilt* (humour) involved in it and use appropriate drugs accordingly to evacuate *khilt raddi* (deranged humour) [1, 2, 3, 5].

Kasrat-i Maiyat (excess of fluid), in this condition the flesh become deranged and loose due to excess fluid at the site of the wound. This condition is similar to the condition of ascites.

The wound/ulcer will be moist and loose. Here the deranged flesh may be removed by *Akkal* (corrosive) drugs and *Ghee* (clarified butter). Thereafter *Marham* having healing properties should be used [1-3].

Dawāli (varicose veins), in this condition the veins near the ulcer/wound are dilated and fluid supply to the wound is more than normal which delays healing.

The presence of varicose veins near the ulcer/wound is visible. *Fasd* (Venesection) is recommended and *Ishal* (purgation) by *Joshānda Aftimoon* is used after that. Moderate food may be used and *Fasd* (Venesection) in varicose vein is done to remove blood from these veins so that *Rutubat* (moistness) may be prevented to reach at ulcer site [1, 2, 3, 7].

Adam Muwafiqat-i Advia (intolerance of drugs used), sometimes drug used for healing doesn't suit the body or even worsen the condition of ulcer/wound [1-3]:

1. In case of dominance of *Harārat* (hotness) due to use of *Harr Marham* (hot cream) healing delayed due to increased heat. *Harārat* (hotness) in the wound attract deranged matter from surrounding tissues and affected tissue has not able to deal with this matter and healing delayed.
In this condition the wound has redness, itching and swelling.
Barid (Cold) *Marham* may be used to avoid exaggeration of the ulcer [4].
2. In case of dominance of *Burudat* (coldness) due to use of cold drugs the *Quwwat* (power) of the tissue become weak & slow. In this condition neither *Ghiza* (food) reaches here nor did its transformation take place completely.
The wound become becomes cold, hard and bluish in colour.
Marham-i-Siyah may be used; it has *Harr Mizaj* (hot temperament) and also has the ability to attract bloods toward the affected area [4,5].
3. *Tanqiya ki kami* (lack of proper evacuation of morbid matter), sometimes *Marham* (ointment) has

not cleaned the wound due to low detergent capacity so healing delayed.

In this case wound will be dirty and contain putrefied tissues in and around it.

Here *Marham* having strong *Munaqqi* (evacuation) property should be used. *Marham* made up of *Zangar* and *Honey* can be used here as it has detergent as well as corrosive activity also.

4. *Tajff ki Kami* (lack of dryness), If drugs are unable to dry the wound then it contains more fluid and become loose.

In this condition *Marham* having healing capacity with more drying ability may be used. *Marham* having *Mazu* and *Gulnar* can be used here [5].

5. *Laza ki ziyadti* (excessive irritation) if drugs due to their property of *Jila* (irritant) causes death of tissues and convert it into pus.

Here pain, swelling and heat will be more in wound and it increases day by day.

In this case soft *Marham* having moderate heat and dryness can be used and it should not possess' irritant property [4].

Mawād-i Fuzul (deranged matter), the body have deranged matter which comes toward wound and prevent healing.

In this type of wound foreign matters are seen in wound and it looks dirty. First of all *Tanqiya* (evacuation) with *Joshānda Halela* may be done after that *Mujaffif* (desiccant) drugs should be used to increase healing process of the wound/ulcer. Light diet should be taken [1-3].

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