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***Riyazat* (exercise) in The Perspective of Unani System of Medicine and its Importance in Life - A Review**

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ABSTRACT

From very beginning, human is very curious about health and its prevention. In every era of world memoirs of life, different definitions and thoughts came under consideration about health. Every civilization, like Babylonians, Egyptians, Greeks and Mesopotamians etc has tried to suggest the best ways for the human achievements of well beingness. Greek physicians in BC century have paved great attention towards this important task in ratiocinative way. They elaborated the concept of health and factors which are essential for its maintenance. Among them, *Riyazat* (exercise) is the very basic and useful tool for maintenance of health. As well as, other recommendations of exercise have also described by Greek physicians. Unani physicians provided cognitions regarding timing, modes, and benefits of *Riyazat*. In this review paper, it will be attempted to provide the benefitting knowledge to the humanity to save the health and promote the cognitive values.

Key words: Riyazat; Greek physicians; Health; Humor; Mizaj, Exercise

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INTRODUCTION

“Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity”. (WHO) ¹

There are three basic components which help in the prevention and promotion of health like proper exercise, sleep and diet.

Exercise is a sequence of voluntary and continuous movements of the body ^{2,3} which produces rapid and deep respiration. Ibn sina has defined this definition for the complete exercise. A person who is doing regular exercise at a given time he will save from all temperamental and humoral disturbances which occur in the body. ^{4,5}

Therapeutic exercise is the systematic and planned performance of movement of body, specific postures, or physical activities intended to provide a patient to prevent impairments, enhance physical functions, and reduce health related risk factors and to provide feeling of well being. ⁶

Types of exercise

1. *Riyazate Haqeeqi/Kulli* /Complete exercise e.g. horse riding. ^{7,8}
2. *Riyazate Juziya* /Partial exercise e.g. stone lifting. ^{4,7,8,9}

Partial exercise is a part of real exercise which is related to the exercise of specific organ and specific *Quwa* (faculties) like reading of small alphabets by the eyes, weeping is the exercise of children, likewise angriness is the exercise of *Barid Mizaj* (cold temperament) persons.

Another classification of *Riyazat*

A. *Riyazate A'arziya/Gair Iradi* (unwillingly)

Exercise in which there is no will to do exercise, it is done in daily ordinary occupational activities like for iron-smith and washer man etc. ^{7,9}

B. *Riyazate Zatiya/Khalisa*

This exercise is done purposefully to gain its benefits. It is further subdivided according to its duration, strength, and mode etc. ^{7,9}

Types of *Riyazate Zatiya/Khalisa*

According duration	to	i. <i>Riyazate Qaleela</i> (short duration exercise) ⁷ ii. <i>Riyazate Kaseera</i> (long duration exercise) ^{3,7} iii. <i>Riyazate Motadil</i> (moderate duration exercise) ^{3,7}	i. For the short period of time. ⁷ ii. It should be done for long period of time. ^{3,7} iii. Exercise should do for optimum period of time. ^{3,7}
According strength	to	i. <i>Riyazate Qaviya Shadeeda</i> (strenuous exercise) ^{3,7} ii. <i>Riyazate Zaeefa</i> (mild	i. Forceful Exercise. ^{3,7} ii. Exercise in which less force is used. ^{3,7}

	strenuous exercise) ^{3,7} iii. <i>Riyazate Motadil</i> (average strenuous exercise) ⁷	iii. Exercise in which average force is used. ⁷
According to <i>Sura'at</i>	i. <i>Riyazate Sariya</i> (fast exercise) ^{3,7} ii. <i>Riyazate Batiya</i> (slow exercise) ^{3,7} iii. <i>Riyazate Motadil</i> (average exercise) ^{3,7}	i. The exercise in which movements should be rapid and fast. ^{3,7} ii. Exercise in which movements are dull and delay. ^{3,7} iii. In this, movements are in between <i>Riyazate Sariya</i> and <i>Batiya</i> . ^{3,7}
According to strength and <i>Sura'at</i>	i. <i>Riyazate Hasheesha</i> (fast and strenuous exercise) ⁷ ii. <i>Riyazate Mutarakhiya</i> (slow and strenuous exercise) ⁷ iii. <i>Riyazate Motadil</i> (average strenuous exercise) ⁷	i. Exercise in which strong and fast movements are done. ⁷ ii. Exercise in which movements are weak and slow. ⁷ iii. Exercise between <i>Riyazate Hasheesha</i> and <i>Mutarakhiya</i> . ⁷

Modes of *Riyazat/Exercise*

A person can adapt different modes of *Riyazat/exercise* according to his/her facility/necessity, which are recommended by Greek physician; they have described many modes of exercise are as following-

- *Musariyat* (wrestling)^{3,4,5,7,8,9}
- *Mubatishat* (trials of strength against each other)^{4,5,7}
- *Mulakzat* (boxing)^{4,5,7,9}
- *Ahzar* (running and racing)^{5,7,9,10}
- *Musabiqat* (brisk walking)^{4,5,7,9,10}
- Archery^{5,7,9}
- *Zobain* (javelin-throwing)^{4,5,7,9} to perform total body swinging movement, upper limb strengthening, and stretching exercises.¹¹
- Horse riding^{3,4,7,8,9,10} to perform leg swinging exercise, neck and trunk exercise and upper limb exercise.¹¹
- *Khafaq Bil Dain* (standing on toes, the arms kept raised in front of chest move forward and backward in quick succession)^{5,7}
- Swinging^{7,8} is a free exercise which induces relaxation to reduce a state of wasteful tension in muscles.¹² It is also used for shorter periods to mobilize the joints.¹³
- *Zoraq wa Zamariya* (boating)⁷ beneficial for digestion.⁸
- *Mujahidazall* (fighting one's shadow with a spear or sword)⁷
- *Tasfeeq Bil Kafeen* (clapping)^{3,4,5,7}

- *Tafar* (jumping) ^{5,7}
- *Soobjan* (playing with large or small ball) ^{5,7}
- *Tabtaab bazi* (sword-play or fencing) ^{7,9}
- Stone lifting ^{2,3,9,10} to provide shoulder rotational movements and forearm supination and pronation. ¹³
- Hopping on one foot. ^{5,7}
- Carriage riding ^{5,7}

Benefits of *Riyazat*/exercise

Moderate and regular exercise is advantageous task to maintain the health and minimize the chances of ailments.

Riyazat inhibits the accumulation of diseased matters in the body and help in the *Tehleel* (dissolution) of vicious matter and removes from the body. ^{2,3,4,7} *Hararate Gharizia* (innate heat) can be stimulated by proper exercise. ^{2,3,4,7,8,9,14} Exercise prepares the body to gain the nutrition. ^{4,7,14,15} It furnishes the feeling of lightness in the body. ^{7,15} It protects the body from *Maddi* and *Ghair maddi* diseases. ⁷ During exercise pores of the body become open. ^{3,4,7} It fortifies the ligament, cartilage, nerves and joints. ^{4,7} It helps in the removal of waste products through natural routes. ^{7,15} Exercise strengthens the *Quwate Dafia* (faculty of evacuation) and *Quwate Hazma* (digestive faculty). ^{2,7}

Sharaite Riyazat/principles of exercise

In the *Sharaite Riyazat* eight principles are considered.

1. *Miqdare riyazat* (intensity of exercise) ^{7,15}
2. *Waqte riyazat* (timing of exercise) ^{7,15}
3. *Riyazat se pehle ki Ghiza* (meal before exercise) ⁷
4. *Riyazat karne wale ki umr* (age of person) ⁷
5. *Riyazat karne wale ka Mizaj* (temperament of person) ⁷
6. *Riyazat karne wale ki jismani halat* (physic of person) ⁷
7. *Maujooda waqt* (present environment) ⁷
8. *Aazae maoofa ki halat* (condition of body parts) ⁷

Buqrat proposed that a person who is hunger should not do any exercise or heavy work because it produces fatigueness. ⁷

As one knows that the life and health depend upon food/diet like meat, chapatti, pulses, and rice etc. ⁷ All foods are not digested completely. So, undigested materials are remaining as a waste; for

the removal of waste *Tabiyat* plays an important role, but it does not remove it completely. Hence, waste material remains in the body and causes harm. If this waste matter gets putrefied, it produces infectious diseases (*ufooni amraz*).⁷ And, if, the *Kayfiyāt* (quality) of retained matter becomes alter, produces *Sue Mizaj*. Sometimes, *Kammiyat* (quantity) increases and results in congestive diseases (*imtelai amraz*). If they accumulate in the particular organ causes inflammation (*waram*). These waste materials change the *Mizaj* of the *Rooh*. Thus, exercise prevents the accumulation of waste matter and it also helps in the removal of waste matter from the body to maintain the health.^{4,7}

***Hidayate Riyazat* /recommendations of exercise**

Exercise should be according to age, temperament, occupation, body conditions, time etc. Best time for exercise is during moderate condition of body.⁷ Refrain from strong exercise for diseased organs.⁷ Before exercise, intestine and urinary bladder should be empty.⁷ *Dalake istedad* should be done before exercise and *Dalake isterdad* after exercise.^{7, 8, 9} It should be done after complete digestion of food.^{2,7,8} During heavy exercise there should be some *Lateef* (light diet) in stomach especially in summer season, and in winter there should be some *Ghaleez* (heavy diet) in stomach.⁷ One should take rest during heavy exercise.⁷ Exercise should be done in morning hours.^{7, 9} On empty and full stomach, exercise should be avoided.^{7, 8, 9, 10} If there is excess *Hararat* (hot), *Yubusat* (dry) and *Burudat* (cold) in the body, exercise should not be done.^{7, 8}

***Awqate Riyazat*/Time of exercise**

In *Rabi* (spring season) good time for exercise in noon,⁷ in *Saif* (summer) exercise should be done in morning,^{7, 9} as well as in *Shita* (winter) exercise should be performed in evening.^{7, 9}

***Miqdare Riyazat* /quantity of exercise**

Miqdare Riyazat means how much exercise should be done and when it should stop.⁷ It should stop gradually.⁹ Three things should be kept in mind.

Colour of the body:

exercise should be done till the colour of the skin remains shining, and if the colour is going to dull or yellow, then exercise should be stop.⁷

Movements (*harkat*) of the body:

when the movement of the body is being performed easily exercise should be continue. If there is feeling of fatigue it should be stopped.^{7, 9, 14}

Swelling of the organs (*aaza ka phoolna*):

exercise should be continue till the organs swollen and sweating dried up and when the organs stop to swell and sweating continues, exercise should be stopped.^{7, 9}

Exercise of specific organs

Unani physicians explicated some legend suggestions regarding specific exercise for specific organs of the body.

Exercise of chest and respiratory system (*Aza-e- Tanaffus*)

By lifting of heavy things. ^{4,7} Singing, speech, phonetics. ^{3,7,8,10,15} Stopping of respiration for short time. ^{7,9,15} Repeatedly loud speaking. ^{3,7}

Exercise of ears

Listening of melodious songs. ^{7,15}

Exercise of eyes

One should see the beautiful sceneries. ^{7,15} Continue looking at small things. ¹⁵ Observation of bright objects slowly and moderately. ⁷ Travelling with sitting in opposite direction of movement. ⁷ By seeing backside, ⁷ up and down, and right and left; and gaze of yellow, green and sky blue colors is helpful for good vision. ¹⁰

Exercise of digestive system

Wrestling and boat travelling are beneficial for digestive system. ^{7,15} Daily routine work and physical exercise play an important role in digestion of food. ⁷ Voyage via ship and boat is helpful in curing of many diseases like leprosy, ascites, apoplexy, flatulence, *Baroodate Medi* etc. ^{7, 15}

CONCLUSION

With above discussion, it can be inferred here that exercise is playing key role for betterment of health. Elegant Unani scholars proposed a lot of significant principles regarding exercise which should be followed. Proper physical activity is beneficial for humanity. Unani physicians discoursed in detail about *Riyazat* (exercise) and its benefits, so these information may be taken as a pioneer for further research in the contemporary era.

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CONFLICT OF INTEREST

There is no conflict of interest.

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