

A UNANI PERSPECTIVE OF MASSAGE: DALAK

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ABSTRACT

Unani system of medicine provides comprehension about the state of human body while in health and during turn down of health. Unani system strives to find the best methods to leads a healthy life with minimal or zero risk of any sickness additionally, the treatment is not only done through unani formulations but also by the regimenal therapies (Tadabeer) like Cupping (Hijamah), Leeching (Taleeq), Venesection (Fasd), Massage (Dalak), Exercise (Riyazat) etc. Massage (Dalak) is widely practiced regimens, which are used for restrorative, preventive as well as for therapeutic purposes. Almost all the civilizations having evidences about the use of massage in their manuscripts to improve impure blood or impurities from the body.

Massage (Dalak) found to be effective in treatment of neurological and musculoskeletal disorders. Ibn Rushd stated that Massage (Dalak) is a type of exercise used for the removal of toxins or waste metabolites from the body.

According to the disease, Massage (dalak) should be done in different parts of body and with different types of oils (roganiyat) and single drugs (mufrid advia).

Keywords Massage (Dalak), neurological and musculoskeletal disorders, oils (roghaniyat).

CONCEPT OF MASSAGE (DALAK)

Massage (Dalak) is one such intervention used by the Unani physicians found to be effective in minimizing the disabilities and hence improving the living condition of the patients. It is a type of passive exercise which helps in elimination of waste products or end product of metabolism (Hazm-e Akhir) (Kabiruddin M., 1938) It modifies viscous secretions (Ghaliz ratubat), makes it diluted (Raqiq), produce light heat (Latif hararat) and makes muscles and tendons strong. Viscous (Ghaliz) and hazy matters which are adhering to a particular organ can be easily removed with the help of massage (dalak) (Ghani N., YNM)

Massage (Dalak) is a curative technique or systemic manipulation of body tissues with the help of hands or any other objects like rough clothes. It is a type of exercise in which pressure or friction, kneading, rubbing, tapping, pounding, vibrations should be done on the surface of body with or without any oil, to increase the blood circulation and remove the toxins from the body.

TYPES OF MASSAGE (DALAK)

Ibn Sina and Ibn Rushd have classified Massage (Dalak) as single massage (Dalak Baseet) and compound massage (Dalak Murakkab) and they again divided the single massage (Dalak Baseet) on the basis of quality (kafiyat) and quantity (kammiyat) into 6 types (Kabiruddin M., 1938, Ahmed Kamal et.al, 2014, Khan M.N., 2008)

ON THE BASIS OF QUALITY (KAIFIYAT)

- (i) Hard Massage (Dalak Sulb) It is a type of massage where the firm pressure is applied to make the pores more stronger.
- (ii) Smooth Massage (Dalak Layyan) In this type, massage is done slowly and softly with hands, to make the pores more prominent and for the relaxation of tissues.
- (iii) Moderate Massage (Dalak Moatadil) In this type of massage pressure is applied moderately between Sulb and Layyan.

ON THE BASIS OF QUANTITY (KAMMIYAT)

- (iv) Prolonged Massage (Dalak Kaseer) This type of massage is done for longer duration.
- (v) Short Massage (Dalak Qaleel) This type of massage is done for shorter duration.
- (vi) Moderate Massage (Dalak Moatadil) The duration of this massage is in between Kaseer (Prolonged) and Qaleel (Short).

COMPOUND MASSAGE (DALAK MURAKKAB)

Compound Massage (Dalak Murakkab) is the combination of different types of Massage (Dalak) and it is divided in to nine types

- Hard prolonged massage (Dalak Sulb Kaseer)
- Soft prolonged massage (Dalak Layyan Kaseer)
- Moderate prolonged massage (Dalak Moatadil Kaseer)
- Hard short massage (Dalak Sulb Qaleel)
- soft short massage (Dalak Layyan Qaleel)
- Moderate short massage (Dalak Moatadil Qaleel)
- Hard moderate massage (Dalak Sulb Moatadil)
- Soft moderate massage (Dalak Layyan Moatadil)
- Moderate moderate massage (Dalak Moatadil Moatadil)
- (Kabiruddin M., 1938, Ahmed Kamal et.al, 2014)

Apart from the above varieties of massage there are also few

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other types of massage like:

- Rough massage (Dalak Khashin) This type of massage is done with a rough piece of cloth. It draws the blood rapidly to the surface.
- Gentle Massage (Dalak Amlas) This type of massage is carried out softly with hands or soft piece of cloth. It increases blood flow in the treated area.
- Preparatory Massage before Starting Exercise (Dalak Istedad) it is a special type of massage which is done

gently in the beginning and then vigorously towards the end. It is done before exercise in order to prepare the body for undergoing different movements during exercise.

- Relaxing Massage (Dalak Isterdad) It is also known as Dalak Musakkin. It is done towards the end of exercise and should be carried out gently and in moderation, preferably with oil. (Ahmed Kamal et.al, 2014, Khan H.A., 1983)

Table 1. LIST OF DIFFERENT OILS USED FOR MASSAGE AND THEIR INGREDIENTS.

NAME OF OIL	INGREDIENTS
Rogan e bedanjeer	Ricinus communis (Magaz e arand)
Rogan e auraak	Calotropis gigantean (Barg aak), Melia azedarach (Barg bakayin), Ricinus communis (Barg arand), Vitex negundo (Barg sambhalu), Moringa oleifera (Barg sehjana), Datura stramonium (Barg datura siyah), Euphorbia tirucalli (Barg thohar), Eclipta alba (Barg bhangra)
Rogan e baboon	Matricaria chamomile (Gul baboona)
Rogan e badaam shireen	Prunus dulcis (Magaz badaam shireen)
Rogan e banafsha	Viola odorata (Gul banafsha)
Rogan e chahaar barg	Datura stramonium (Barg dhatura), Calotropis gigantean (Barg aak), Ricinus communis (Barg bedanjeer)
Rogan e zard	Curcuma longa (Chob zard), Cedrus deodara (Deodar), Glycyrrhiza glabra (Aslaluus), Berberis aristata (Darhald).
Rogan e surkh	Rubia cordifolia (Majeeth), Cassia bark (Taj), Myrica nagi thumb (Kaifal), Permalia peria (Charila), Cyperus rotundus (Nagar moth), Acorus calamus (Waj), Eugenia coryophyllata (Qaranfal), Curcuma cassia (Narkachoor)
Rogan e seer	Euphorbia resinifera (Farfiyoon), Anacylus pyrethrum (Aaqarqarha), Piper nigrum (Filfil siyah), Ruta graveolans (Suddab)
Rogan e sarshaf	Datura stramonium (Barg dhatura), Calotropis gigantean (Barg aak), Zingiber officinale (Sonth), Papaver somniferum (Aafiyoan)
Rogan e shifa	Trigonella foenumgraecum (Methi), Nigella sativa (Shoneez)
Rogan e qust	Saussurea lappa (Qust talkh), Valerina jatamansi (Sunbul ut teeb), Castoreum (Jundbedster), Piper nigrum (Filfil siyah), Euphorbia resinifera (Farfiyoon)
Rogan e kahu	Lactuca sativa seed (Tukhm kahu)
Rogan e kadu	Lagenaria siceraria fruit (Kadu daraaz)
Rogan e kuchla	Papaver somniferum latex (Aafiyoan), cow milk (Sheer e gaw), Strychnos nux-vomica (Kuchla)
Rogan e kalan	Prunus amygdalus (Magaz badam talkh), Nigella sativa (Shoneez), Ricinus communis (Magaz bedanjeer), Commiphora mukul (Muqil), Saussurea lappa (Qust), Euphorbia resinifera (Farfiyoon), Castoreum (Jund bed astar), Swertia chirata (Chiraita), Artemisia absinthium (Afsanteen), Foeniculum vulgare (Baikh badiyan), Plumbago zeylanicum (Sheetraj hindi), Anacylus pyrethrum (Aaqarqarha), Piper nigrum (Filfil siyah), Valerina jatamansi (Sunbul ut teeb), Iris ensata (Baikh sosan), portulaca oleracea (Khurfa), Permalia peria (Ushna), Cassia bark (Salikha), Commiphora myrrh (Murmaki), Eugenia coryophyllata (Qaranfal), Boswalia serrata (Kundur)
Rogan gul	Rosa (Gulab ke phool)
Rogan e aakh	Calotropis gigantean (Gul aak), Cannabis sativa (Barg bhang), Colchicum mutans (Suranjaan talkh), Zingiber officinale (Zanjabeel)
Rogan e laboob saba	Corylus avellana (Magaz funduk), Pistachia vera (Magaz pista), Prunus dulcis (Magaz badam shireen), Sesamum indicum (Kunjud), Pinus gerardiana (Magaz chilgoza), Lagenaria siceraria (Magaz tukhm kadu shireen), Myristica fragrance (Magaz joz)
Rogan e mujarib	Swertia chirata (Chiraita), Saussurea lappa (Qust talkh), Andropogon schoenathus (Izkhar maki), Colchicum mutans (Suranjaan talkh), Piper cubeba (Kabab chini), Lodoicea maldivica (Narjeel), Valerina wallichil (Asaroon), Curcuma zedoaria (Zarnabad), Myrica nagi thumb (Kaifal), Anacylus pyrethrum (Aaqarqarha), Litsea chinensis (Maida lakdi), Pyrethrum indicum (Bozidaan), Castoreum (Jund bed astar), Euphorbia resinifera (Farfiyoon), Myristica fragrance (Jauzbuwa), Zingiber officinale (Zanjabeel), Commiphora mukul (Muqil)

OILS AND SINGLE DRUGS (ROGANIYAT AND ADVIA MUFRID) USED IN MASSAGE (DALAK)

- HEADACHE (SUDA): Rogan e laboob e saba, rogan e karanfal, rogan e darchini.
- MIGRAINE (SHAQIQA): Rogan e kahu, rogan e khashkhash.
- INSOMNIA (SEHR): Roghan e laboob e saba, rogan e kahu, roghan e badam shireen, rogan e banafsha, rogan e kadu, Tukhm khashkhash, tukhm bhang boil with cow milk, after cooling down massage it on the soles. Goat milk massage on calves and soles.
- SOMNOLENCE (SUBAAT): Rogan e bilsa, rogan e qust.
- HEMIPLAGIA (FALIJ): Rogan surkh, rogan e kalan, roghan e seer, rogan e khawaash, rogan e auroaq, roghan e mom, roghan e shifa, roghan e qust, roghan e mujarib.
- TREMOR (R'ASHA): Rogan e qust, rogan e kalan, rogan e mujarib,
- Jund baid astar, aaqr qarha, hileet mixed with rogan e zaitoon and massage on the effective part. If there is excess of balgam then massage with lukewarm rogan e surkh, rogan e seer, rogan e kuchla.
- SPASM (TASHANNUJ): Rogan qust, Jund baid astar, farfiyoon, maida saila grind with mom safaid and mixed with rogan e sosan or rogan e baid injeer and massage on effective part.
- ARTHRITIS (WAJA UL MAFASIL): Rogan e kuchla, rogan e gul aakh, rogan qust, rogan surkh, rogan e hina, rogan e arand, rogan e auroaq, rogan e baboona, rogan e chahaar barg, rogan e sarshaf.
- SCIATICA (IRQ UN NISA): Rogan e surkh, rogan e suranjan, rogan e shifa, rogan e aakh, rogan e chahaar barg. Barg e qinnab, gul e aakh, suranjaan talkh, zanjabeel soaked overnight in water then boil with rogan e sarshaf and massage on effective part. (Kabiruddin M., 1938)

TEMPERAMENT OF HOT DRUGS (MIZAJ E HAAR ADVIA)	
Ricinus communis oil (Arand)	Hot ² Dry ²
Calotropis gigantea (Aak)	Hot3 Dry3
Vitex negundo (Sambhalu)	Hot2 Dry2
Moringa oleifera (Sehjana)	Hot2 Dry2
Euphorbia tirucalli (Thohar)	Hot4 Dry4
Eclipta alba (Bhangra)	Hot2 Dry2
Matricaria chamomile (Baboon)	Hot2 Dry2
Prunus dulcis (Badam shireen)	Hot1 Moist ¹
Curcuma longa (Chob zard)	Hot2 Dry2
Glycyrrhiza glabra (Aslalsus)	Hot2 Dry2
Rubia cordifolia (Majeeth)	Hot2 Dry2
Cassia bark (Taj)	Hot2 Dry2
Myrica nagi thumb (Kaifal)	Hot2 Dry2
Permalia perata (Charila)	Hot1 Dry 1
Cyperus rotundus (Nagar motha)	Hot2 Dry2
Acorus calamus (Waj)	Hot3 Dry2
Eugenia coryophyllata (Qaranfal)	Hot 3 Dry3
Curcuma cassia (Narkachoor)	Hot2 Dry 3
Euphorbia resinifera (Farfiyun)	Hot4 Dry4
Anacylus pyrethrum (Aaqarqarha)	Hot3 Dry3
Piper nigrum (Filfil siyah)	Hot2 Dry2
Ruta graveolans (Suddab)	Hot2 Dry2
Zingiber officinale (Sonth)	Hot2 Dry2
Trigonella foenumgraecum (Methi),	Hot2 Dry2
Nigella sativa (Shoneez)	Hot2 Dry2
Saussurea lappa (Qust talkh)	Hot3 Dry3

Valirina jatamansi (Sunbul ut teeb)	Hot2 Dry2
Castoreum (Jund bed astar)	Hot2 Dry2
Strychnos nux-vomica (Kuchla)	Hot 4 Dry4
Commiphora mukul (Muqil)	Hot2 Dry2
Swertia chirata (Chiraita)	Hot2 Dry2
Artemisia absinthium (Afsanteen)	Hot2 Dry2
Foeniculum vulgare (Badiyan)	Hot2 Dry1
Plumbago zeylanicum (Shitraj hindi)	Hot3 Dry3
Iris ensata (Sosan)	Hot3 Dry3
Commiphora myrrh (Murmaki)	Hot2 Dry2
Eugenia coryophyllata (Qaranfal)	Hot3 Dry3
Boswalia serrata (Kundur)	Hot2 Dry2
Colchicum mutans (Suranjaan talkh)	Hot3 Dry3
Corylus avellana (Magaz funduk)	Hot2 Moist2
Magaz pista (Pistachia vera)	Hot2 Moist2
Sesamum indicum (Kunjud)	Hot2 Moist2
Pinus gerardiana (Magaz chilgoza)	Hot2 Moist1
Andropogon schoenathus (Izkhar maki)	Hot1 Dry1
Piper cubeba (Kabab chini)	Hot2 Dry2
Lodoicea maldivica (Narjeel)	Hot2 Moist2
Valerina wallichil (Asaroon)	Hot2 Dry2
Melia azedarach (Bakayin)	Cold2 Dry2
Datura stramonium (Datura siyah)	Cold4 Dry4
Viola odorata (Banafsha)	Cold1 Moist2
Cedrus deodara (Deodar)	Cold2 Dry2
Berberis aristata (Darhald)	Cold2 Dry2
Papaver somniferum (Aafiyoon)	Cold 4 Dry4
Lactuca sativa (Tukhm kahu)	Cold2 Moist2
Lagenaria siceraria (Kadu daraaz)	Cold2 Moist2
portulaca oleracea (Khurfa)	Cold1 Dry1

Table 2. TEMPERAMENT OF DRUGS (ADVIA KA MIZAJ)(Kabeeruddin, 1954 A.D, Kabeeruddin, YNM, Shirani H.G.H, 1942)

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CONFLICT OF INTEREST

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