

## **ROLE OF RIYAZAT (PHYSICAL EXERCISE) IN MAINTENANCE OF HEALTH MENTIONED IN UNANI MEDICINE**

**Gazala Fatma<sup>1\*</sup>, Abdul Nasir<sup>2</sup>, M. J. Siddiqui<sup>3</sup> and Paras Wani<sup>4</sup>**

<sup>1\*</sup>Scholar, Deptt. of Tahaffuzi wa Samaji Tibb, School of Unani Medical Education & Research, Jamia Hamdard, New Delhi-62.

<sup>2</sup>Assistant Professor, Department of Eye & ENT (Unani), School of Unani Medical Education & Research, Jamia Hamdard, New Delhi-62.

<sup>3</sup>Professor & Head Deptt. of Tahaffuzi wa Samaji Tibb (PSM), School of Unani Medical Education & Research, Jamia Hamdard, New Delhi-62.

<sup>4</sup>Paras Wani, Medical Officer GNCT, New Delhi.

Article Received on  
28 Feb. 2020,

Revised on 19 March 2020,  
Accepted on 07 April 2020,  
DOI: 10.20959/wjpr20205-17300

### **\*Corresponding Author**

**Gazala Fatma**

Scholar, Deptt. of Tahaffuzi  
wa Samaji Tibb, School of  
Unani Medical Education &  
Research, Jamia Hamdard,  
New Delhi-62.

### **ABSTRACT**

Greek physicians elaborated the concept of health and factors which are essential for its maintenance. Among them, Riyazat (physical exercise) is the very basic and useful tool for maintenance of health. As well as, other recommendations of exercise have also described by them. Unani physicians provided cognitions regarding modes, timing recommendation and benefits of it. Riyazat (physical exercise) is any bodily activity that enhances or maintains physical fitness and overall health. It is performed for various reasons, including strengthening muscles and maintenance of weight and health. Frequent and regular physical exercise boosts the immune system and helps to prevent the disease such as Type 2 diabetes, obesity, depression and cardiovascular

disease. It may also help to promote or maintain positive health and improve mental health generally. In Unani system of medicine Riyazat (physical exercise) is one of the important methods of treatment of regimenal therapy and is used as a voluntary movement with the purpose of tanqiya-e-mawad (evacuation of waste material), for purification of the body in an individual. It maintains good health and prevents the diseases as well. In this paper, we will discuss about the Riyazat (physical exercise) and its broad indications in maintenance of Health mentioned in Unani Medicine.

**KEYWORDS:** Riyazat; Greek physicians; Health, Exercise.

## INTRODUCTION

Riyazat is a volountry movement with the purpose of tanqiyae mawad (evacuation of wastes material) for an individual. It plays an important role not only in maintaining good health and prevention of diseases but also in curing certain ailments as well.<sup>[1,2]</sup>

The objectives of performing Riyazat are as follows:<sup>[3]</sup>

- To improve istehala (metabolism) for proper functioning of the body.
- To remove waste product from the body.
- To tone up individual organs.
- To maintain or improve flexibility of the body.
- To maintain coordination and balance of the musculoskeletal system of the body.
- To relieve anxiety, insomnia, depression as well.

Hippocrates (Father of medicine) wrote on the beneficial effects of the exercise and its value in strengthening muscles, decreasing obesity, improving mental attitude.

Galen was appointed as the physician for gladiators and classified exercise according to intensity, duration and frequency. In the 5th century another physician Aurilianus recommended exercise during convalescence from surgery and advocated the use of weights and pulleys. Razi (865AD-925AD) has described, types, time, uses and Precautionary measures before and after riyazat in kitabul murshid. Avicenna (980AD-1030AD) has well discussed about riyazat in his Al Qanoon Fi Tib and elaborate the mechanism of actions, methods, varieties, special exercise for each organ, therapeutic exercise, the limit and amount of riyazat.<sup>[4]</sup>

Therapeutic exercise of modern times appears to have originated in Sweden in 19th century with fancing instructor named Per Henri Ling. His system of therapeutic exercise included dosage counting and detailed instruction of each exercise. He demonstrated that precise movements if scientifically applied could serve to remedy disease and dysfunction of the body.<sup>[5]</sup>

## TYPES OF RIYAZATE (EXERCISE)

1. Riyazate Haqeeqi/Kulli (Complete exercise) e.g. horse riding.<sup>[6,7]</sup>
2. Riyazate Juziya (Partial exercise) e.g. stone lifting.<sup>[6,7,8,9]</sup>

Riyazate Juziya (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 Types of Riyazat

**A. Riyazate A'arziya/Ghair 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.<sup>[6,8]</sup>

**B. Riyazat-e-Zatiya/Khalisa:** This exercise is done purposefully to gain its benefits. It is further subdivided according to its duration, strength, and mode etc.<sup>[6,8]</sup>

### Types of Riyazat-e-Zatiya/Khalisa

#### According to duration

- Riyazat-e-qaleela - Short duration exercise.<sup>[6]</sup>
- Riyazat-e-kaseera - Long duration exercise.<sup>[6,10]</sup>
- Riyazat-e-moatadil - Moderate duration exercise.<sup>[6,10]</sup>

#### According to strength

- Riyazat-e-qawiya/shadeeda-forcefull exercise.<sup>[6,10]</sup>
- Riyazat-e- zaeefa/mild exercise-in which less force is used.<sup>[6,10]</sup>
- Riyazat-e-moatadil-average sternous exercise in which average force is used.<sup>[6,10]</sup>

#### According to sura'at

- Riyazat-e-sariya-the exercise in which movements should be rapid and fast.<sup>[6,10]</sup>
- Riyazat-e-batiya-exercise in which movements should be dull and delay<sup>[6,10]</sup>
- Riyazat-e-moatadil-movements in between riyazat sariya and batiya.<sup>[6,10]</sup>

#### According to strength and sura'at

- Riyazat-e-hasheesha-strong and fast movements are done.<sup>[10]</sup>
- Riyazat-e-mutarakhiya-in which movements are weak and slow.<sup>[10]</sup>
- Riyazat-e-moatadil-exercise between hasheesha and mutarakhiya.<sup>[10]</sup>

### 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.

- Musareat (wrestling)<sup>[6,7,8,10,11]</sup>
- Mubatishat (trials of strength against each other)<sup>[6,9,11]</sup>
- Mulakzat (boxing)<sup>[6,8,10,11]</sup>
- Ahzar (running and racing)<sup>[6,11,12]</sup>
- Musabiqat (brisk walking)<sup>[6,8,10,11,13]</sup>
- Zobain (javelin-throwing) to perform total body swinging movement, upper limb strengthening, and stretching exercises.<sup>[6,8,10,11]</sup>
- Horse riding to perform leg swinging exercise, neck and trunk exercise and upper limb exercise.<sup>[6,8,10,11]</sup>
- Khafaq-bil-Yadain (standing on toes, the arms kept raised in front of chest move forward and backward in quick succession)<sup>[6,9,11]</sup>
- Swinging is a free exercise which induces relaxation to reduce a state of wasteful tension in muscles. It is also used for shorter periods to mobilize the joints.<sup>[6,7,8]</sup>
- Zoraq wa Zamariya (boating) beneficial for digestion.<sup>[7]</sup>
- Mujahida-e-Zall (fighting one's shadow with a spear or sword)<sup>[6]</sup>
- Tasfeeq-bil-Kafain (clapping)<sup>[6,7,8,10,11]</sup>
- Tafari (jumping)<sup>[6,10]</sup>
- Soobjan (playing with large or small ball)<sup>[6,10]</sup>
- Tabtaab bazi (sword-play or fencing)<sup>[6,8]</sup>
- Stone lifting to provide shoulder rotational movements and forearm supination and pronation.<sup>[8,10,12,13]</sup>
- Hopping on one foot.<sup>[6,10]</sup>
- Carriage riding.<sup>[6,10]</sup>

### SHARAIT-E-RIYAZAT (PRINCIPLES OF EXERCISE)

In the Sharaite Riyazat eight principles are considered.

- Miqdare riyazat (intensity of exercise)<sup>[6,14]</sup>
- Waqte riyazat (timing of exercise)<sup>[6,14]</sup>
- Riyazat se pehle ki Ghiza (meal before exercise)<sup>[6]</sup>

- Riyazat karne wale ki umr (age of person)<sup>[6]</sup>
- Riyazat karne wale ka Mizaj (temperament of person)<sup>[6]</sup>
- Riyazat karne wale ki jismani halat (physic of person)<sup>[6]</sup>
- Maujooda waqt (present environment)<sup>[6]</sup>
- Aazae maoofa ki halat (condition of body parts)<sup>[6]</sup>
- Buqrat proposed that a person who is hunger should not do any exercise or heavy work because it produces fatigueness. As one knows that the life and health depend upon food/diet like meat, chapatti, pulses, and rice etc.<sup>[6]</sup>
- 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).<sup>[15]</sup>
- 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.<sup>[6,9]</sup>

#### 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.<sup>[6]</sup>
- Before exercise, intestine and urinary bladder should be empty<sup>[6]</sup>
- Dalake istedad should be done before exercise and Dalake isterdad after exercise.<sup>[6,8,12]</sup>
- It should be done after complete digestion of food.<sup>[6,7,13]</sup>
- 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.
- Exercise should be done in morning hours.<sup>[6,8]</sup>
- On empty and full stomach, exercise should be avoided.<sup>[6,8,12,13]</sup>
- If there is excess Hararat (hot), Yubusat (dry) and Burudat (cold) in the body, exercise should not be done.<sup>[6,13]</sup>

**AWQATE RIYAZAT (TIME OF EXERCISE)**

- In Rabi (spring season) good time for exercise in noon.<sup>[6]</sup>
- In Saif (summer) exercise should be done in morning.<sup>[6,8]</sup>
- In Shita (winter) exercise should be performed in evening.<sup>[6,8]</sup>

**MIQDARE RIYAZAT (QUANTITY OF EXERCISE)**

Miqdare Riyazat means how much exercise should be done and when it should stop.<sup>[6]</sup> It should stop gradually. Three things should be kept in mind.

**1. 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.<sup>[6]</sup>

**2. 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.<sup>[6,8,16]</sup>

**3. 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.<sup>[6,8]</sup>

**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.<sup>[6,9,10,13]</sup>
- Hararate Gharizia (innate heat) can be stimulated by proper exercise.<sup>[6,7,8,9,10,13]</sup>
- Exercise prepares the body to gain the nutrition.<sup>[6,9,14,16]</sup>
- It furnishes the feeling of lightness in the body.<sup>[6,14]</sup>
- It protects the body from Maddi and Ghair maddi diseases.<sup>[6]</sup>
- During exercise pores of the body become open.<sup>[6,9,10]</sup>
- It fortifies the ligament, cartilage, nerves and joints.<sup>[9,10]</sup>
- It helps in the removal of waste products through natural routes.<sup>[6,14]</sup>
- Exercise strengthens the Quwate Dafia (faculty of evacuation) and Quwate Hazma (digestive faculty).<sup>[6,10,13]</sup>

**RIYAZAT (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, speech, phonetics, Stopping of respiration for short time, repeatedly loud speaking.<sup>[6,8,9,10,13,14]</sup>

**Exercise of ears**

Listening of melodious songs.<sup>[6,9,14]</sup>

**Exercise of eyes**

One should see the beautiful sceneries, continue looking at small things. Observation of bright objects slowly and moderately. Travelling with sitting in opposite direction of movement by seeing back side up and down, and right and left; and gaze of yellow, green and sky blue colors is helpful for good vision.<sup>[6,12,14]</sup>

**Exercise of digestive system**

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

**Exercise in hemiplegia**

Greek and arab physicians like Hippocrate, Galen Razes and Avicenna, etc. have mentioned about application of exercise and massage with medicated oil for the limitation of disability in the patient of hemiplegia. Razes and Ali bun Abbas Majoosi mentioned the use of Roghane Qust on paralysed part and Vertabre.<sup>[10,16]</sup>

**Back pain exercises**

Episodes of back pain may be acute, sub-acute, or chronic depending on the duration. The pain may be characterized as a dull ache, shooting or piercing pain, or a burning sensation and may radiate into the arms and hands as well as the legs or feet, and may also include tingling, weakness or numbness in the legs and arms. The most common area of pain is the lower back, or lumbar area. The pain may originate from the muscle, nerves bones, joints or other structures.

Exercises can be an effective approach to reducing pain, but should be done under supervision of a licensed health professional. one study found that exercise is effective for chronic back pain, but not for acute pain.<sup>[17]</sup>

### **Exercises need in Obesity**

People are considered obese when their body mass index (BMI), (WHO, 2000) a measurement obtained by dividing person's weight by the square of the person's height, exceeds 30 kg/m<sup>2</sup>, with the range 25-30 kg/m<sup>2</sup> defined as overweight. Reducing the amount of calories in your diet will help you lose weight, but if you want to keep off the weight, you have to combine a calorie-controlled diet with regular exercise e.g. fast walking, jogging, swimming, tennis, using a step-trainer (or similar) at the gym.<sup>[18]</sup>

### **Exercise therapy in diabetes**

Exercise usually decreases the blood glucose levels. If blood glucose is low or normal, exercise may cause hypoglycaemia (low blood glucose) due to the utilization of glucose by the active muscles. Therefore, food intake and insulin doses should be adjusted based on the intensity and duration of the anticipated exercise.<sup>[19]</sup>

### **Exercise for Parkinson disease**

Because movements are affected in Parkinson's disease, exercising may help people improve their mobility. Walking, jogging, stretching, swimming, and other activities are terrific ways to help you cope with the tremor, muscle stiffness, and slow movements that may occur with Parkinson's disease. You will probably find a daily exercise routine will help you to feel better about yourself and your condition, continue functioning, maintain a good body weight, and sleep better at night. Make sure to consult your doctor before starting any exercise program.

### **Exercises for sleep and insomnia**

Exercise promotes improved sleep quality by allowing smoother and more regular transition between the cycles and phases of sleep. People who regularly engage in exercise have fewer episodes of sleeplessness. Moderate exercises lasting 20 to 30 minutes three or four times a week will help you sleep better.



## CONCLUSION

Riyazat (exercise) is playing key role for betterment of health. It is safe and effective during many illnesses and is recommended to reduce your risk of major illnesses, such as hemiplegia, Parkinson disease, cerebral palsy and type 2 diabetes, etc. Research shows that physical activity can also boost self-esteem, mood, sleep quality as well as reducing your risk of stress, depression, dementia. Research should be carried out for further scientific evaluation of the merits of Riyazat (exercise).

## ACKNOWLEDGEMENT

We are very thankful to our colleague for their cooperation and help in the presentation of this article and thankful to library staff.

## CONFLICT OF INTEREST

There is no conflict of interest.

## REFERENCES

1. Dr. M Ehsanullah, *Ila- bil-Tadbeer*. 1<sup>st</sup> Edition, Aligarh Publication, 1999; 56-82.
2. Kamaluddin H Hamdani. *Ila- bil-Tadbeer*. 1<sup>st</sup> Edition, Ejaz Publishing House, Darya Ganj, New Delhi, 2004; 28-31.
3. Sameena Firdaus, Dr. Ferasat ali, Nida sultana, Sana sultana, *Riyazat (Exercise): A Part of Ilaj Bil Tadbeer and its Role in Prevention of Diseases*, International Journal of Development Research, 2006; 6(1): 6486-6498.
4. Abdul Aziz Khan, S.M. Safdar Ashraf, Mohd. Zulkifle, *Chronology of Dalak (Massage) and Riyazat (Exercise)*, ISHIM, Oct 2013-2014, Vol. 12-13, P. 79-82.
5. Gardiner MD. *The Principles of exercise therapy*. 1st ed. New Delhi: CBS Publisher & Distributors, 1985.
6. Ibn Sina A.A.H.A. *Kulliyat Qanoon*. New Delhi: Ejaz Publishing House, 2006.
7. Jurjani I. Zakhira Khawarazm Shahi. New Delhi: Idara Kitabus Shifa, 2010.
8. Baghdadi AIAIH. *Kitabul Mukhtarat Fit Tib*. 1st ed. New Delhi: CCRUM, 2004.
9. Ibn Sina AAHIA. *Al Qanoon Fit Tib*. New Delhi: Idara Kitabus Shifa, 2010.
10. Majoosi AIA. *Kamilus Sana'ah*. Vol-I. New Delhi: CCRUM, 2010.
11. Shah MH. *The General Principles of Avicenna's Canon of Medicine*. New Delhi: Idara Kitab-ul-Shifa, 2007.
12. Tabri R. Firdaus ul Hikmat. Urdu translation by Rasheed Ashraf Nadwi. New Delhi: CCRUM, 2010.

13. Rushd AWI. Kitab-ul-Kulliyat. New Delhi: CCRUM; YNM.
14. Nafis I. Kulliyat Nafisi, New Delhi: Idara Kitab-u-Shifa, 1934.
15. Shah Mazhar, the Canon of Medicine by Avicenna. 2<sup>nd</sup> ed, Vol 1, part 3, Naveed Clinic, Karachi, 1998; 300-301.
16. Razi AB. Kitab ul Mansuri. New Delhi: CCRUM, 1991.
17. Hayden, J., van Tulder, M., Malmivaara, A. and Koes, B. 2005. "Exercise therapy for treatment of non-specific low back pain.". Cochrane Database Syst Rev (3): CD000335.
18. <http://www.nhs.uk/Conditions/Obesity/Pages/Treatment.aspx>.
19. [http://www.medicinenet.com/diabetic\\_home\\_care\\_and\\_monitoring/page3.htm](http://www.medicinenet.com/diabetic_home_care_and_monitoring/page3.htm).