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UNVEILING THE SOURCES AND REFERENCES (*MARAJEY WA MASADIR*) OF ILMUL AMRAZ: A PERSPECTIVE FROM UNANI MEDICINE

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ABSTRACT: Objectives: In Unani medicine the study of disease, known as *Ilmul Amraz* or *Mahiyatul Amraz*, holds a great importance as it lays the foundation for understanding the causes, development and ensuring accurate diagnosis. However, the literature on this subject is scattered across various manuscripts, necessitating collection and compilation of this valuable knowledge to deepen the understanding of disease frameworks within Unani medicine. The content in this article has been condensed from the original sources and is introduced in brief. **Methods:** The "input-processing-output" approach is used to carry out the planned literary research. The literature has been obtained from a variety of Reference books, Classical texts, academic works and digital formats. **Conclusion:** This review underscores the significant contributions of Unani physicians, presenting their original works, innovations, and practical experiences. The theoretical input of Unani physicians has played a key role in advancing the understanding of diseases and the processes behind them.

INTRODUCTION: In Unani medicine, *Ilmul Amraz*(Pathology) is a fundamental subject for understanding the Unani medical perspective of disease. To understand the *Mahiyatul Amraz* (nature of diseases), it is essential to be familiar with the fundamentals of diseases (*Amraad*), their causes (*Asbab*), symptoms (*Alamaat*) and complication (*A'araz*)¹. This field examines structural and functional abnormalities through a holistic lens, correlating alterations in natural constitution (*Umoor Ṭab'iyya*) and natural processes (*Ṭabī'at*) with the development of diseases².

Classical Unani concepts such as conditions of the body (*Aḥwal-e-Badan*), causes (*Asbab*) and symptoms (*Alamaat*) elucidate the pathogenesis, morphological changes, and clinicopathological correlations of diseases. Diagnostic tools like pulse (*Nabz*), urine (*Baul*), stool (*Baraz*) and other classical methods are integral to Unani diagnosis (*Tash'khees*), aiding in the formulation of effective management plans¹.

Unani pathology is rooted in the concepts of alteration in humors (*Akhlaat*) and materiality (*Maddah*), leading to notable differences between ancient and modern understandings. Early Unani physicians interpreted disease nature through these concepts and developed treatment protocols accordingly. Therefore, it is essential to compile and disseminate all theories presented by Unani physicians in their manuscripts, books, and journals concerning *Ilmul Amraz*.



The objective of this literature review is to consolidate various theories, research, and practical experiences related to *Ilmul Amraz*, thereby enhancing the comprehensive understanding of this vital field. **Table 1** provides a summary of the resources and their authors

TABLE 1: THE IMPORTANT AVAILABLE MANUSCRIPTS AND CLASSICAL TEXTBOOKS IN WHICH CONCEPTS OF ILMUL AMRAZ ARE MENTIONED

S. no.	Title	Author	Resource
1	Kitabal-Ahwiawal-Miat wal-Buldan	Buqrat	Tareekh-e-Tibwa Akhlaqiyaat by Ash'har Qadeer, 2001 ³
2	Kitab MuqadamtulMa'arifah	Buqrat	Tareekh-e-Tib wa Akhlaqiyaat by Ash'har Qadeer, 2001 ³
3	Kitab-ul-Mushajjar	Yuhanna bin Masawayh	Manuscript in KhudabakhshLibrary Patna ⁴
4	Kitab-ulMasail fi al-Tib	Hunayn Ibn Ishaq	Manuscript in Raza Library, Published from Bundiqa in 1486 ⁴
5	Zakheera Thabit bin Qurrah	Thabit bin Qurrah	Urdu TransPublished by Aligarh LithoPrintersUrdu Translation 1987 ⁵
6	Kitab fil-Waba wa Asbabih	Qusta bin Luqa	Manuscript in Khudabakhsh LibraryPatna, Publ 1053 H ⁴
7	Firdaus-ul-Hikmat	Abdul Hasan Ali bin Sahal Rabban al Tabri	Published by CCRUM New Delhi 2001 ⁶
8	Ghina Muna	Abu al Mansoor al Hasan al Qamri	Published by CCRUM New Delhi 2008 ⁷
9	Kitab-ul Mansoori	Abubakr Mohammad bin Zakariya Razi	Published b by CCRUM New Delhi 1991 ⁸
10	Kitab al-Hawi fi al-Tib	Abubakr Mohammad bin Zakariya Razi	Published by CCRUM New Delhi 1998 ⁹
11	Kitab al-Judri wa al-Hasbah	Abubakr Mohammad bin Zakariya Razi	Manuscript in Leiden University library in Netherland ¹⁰
12	Kitab ma al-Fariq au al-Furooq au Kalam fi al-Furooqbain al-Amraz	Abubakr Mohammad bin Zakariya Razi	Published by CCRUM New Delhi 2009 ¹¹
13	Kitab-ulMurshuid	Abubakr Mohammad bin Zakariya Razi	Published by CCRUM New Delhi ¹²
14	Kamil-us-Sana	Abul Hasan Ali ibn Abbas Majoosi	Published by Idarah Kitab us Shifa, New Delhi 2010 ¹³
15	Kitab al-Mi'at fi al-Tib	Abu Sahal Masihi	Published by CCRUM New Delhi 2008 ¹⁴
16	Al Qanoon fi al-Tib	Ibne Sina	Published by Idarah kitab us Shifa, New Delhi 2010 ¹⁵
17	Kulliyat-e-Qanoon	Ibne Sina	Published by Ejaz Publishing House New Delhi 2006 ¹⁶
18	Hummiyat-e-Qanoon	Ibne Sina	Published by CCRUM New Delhi 2009 ¹⁷
19	Kitab-al-Tasreef	Abu al Qasim Zahrawi	Khudabakhsh Library Patna ¹⁸
20	TazkiratulKuhaleen	Ali bin Isa al Kuhhal	Published by CCRUM New Delhi 2009 ¹⁹
21	Kitab al-Taiseer fi al-Mudawat wa al-Tadbir	Abu Marwan ibn Zohr	Published by CCRUM New Delhi 1986 ²⁰
22	Kitab-ulKulliyat	Ibne Rushd	Published by CCRUM New Delhi 1987 ²¹
23	Al-Mughni fi Tadbeeril Amraz wa Ma'rifatilIlaliwalA'araaz	Abi Alhasan Saeed Bin Hebat Allah Baghdadi	Published by Darul Minhaj Jeddah 2011 ²²
24	Zakhira-e-Khwarizam Shahi	Ahmad al Hasan Jurjani	Published by Idarah kitab us Shifa, New Delhi 2010 ²³
25	Mujaz-ul Qanoon	Abu al Hasan Alauddin Ali bin abi al Hazm Qarshi	Saudi Med Journal 2008 ²⁴
26	Kitab al-Mukhtarat fit-Tib	Ibn Hubal Baghdadi	Published by CCRUM New Delhi 2002 ²⁵
27	Sharah Asbab	Nafis bin Iwad Kirmani	Published by Idarah kitab us Shifa, New Delhi 2014 ²⁶
28	Tazkiratalul il Albab wa Jamey lil-Ajab il-Ujab	Dawood Az Zarir Al Antaki	Published by CCRUM New Delhi 2008 ²⁷
29	Mizan Ut-Tib	Mohammad Akbar Arzani	Published by Idarah kitab us Shifa, New Delhi 2002 ²⁸
30	Hududul Amraz	Mohammad Akbar Arzani	Matb'aMujtabai, Delhi 1909 ²⁹

31	Mufarrah-ulQuloob	Mohammad Akbar Arzani	Published by CCRUM New Delhi 2010 ³⁰
32	Ilajul Amraz	Mohammad Akbar Arzani	Published by CCRUM New Delhi 2005 ³¹
33	Akseer-e-Azam	Mohammad Azam Khan	Published by Idarah kitab us Shifa, New Delhi 2011 ³²
34	Ifada-e-Kabeer Mujmal	Mohammad Kabeeruddin	Matba'a Islami Hyderabad 1951 ³³
35	Jawahar Khana Kulliyat (AlmaroofTakmeelut Tib)	Saiyed Abdul Hameed	Published by by Mataba'a Agra 1914 ³⁴
36	Usool-e-Tib	Kamaluddin Husain Hamdani	National council for promotion of Urdu language New Delhi 1998 ¹
37	Tazkira-e-Jaleel	Jaleel Ahmad	Published by CCRUM New Delhi 2008 ³⁵
38	Ilmul-Amraz	Zillur Rahman	Ateeq Ahmad S K offset Press Delhi 1990 ³⁶
39	Qadeem Ilmul Amraz	Wamiq Ameen	National council for promotion of Urdu language New Delhi 2016 ²¹

The available resources encompass information on *Ilmul Amraz*, covering topics such as:

Nomenclature and Classification of Disease:

Classification is based on age, sex, population distribution, severity, duration, organ involved, origin *etc.*

State of the Body (*Ahwal-e-Badan*): Examining the overall condition and balance of bodily humors.

Etiology (*Asbab*): Investigating the causes and origins of diseases.

Symptoms (*Alamaat*): Identifying and analyzing the signs and manifestations of diseases.

Pathogenesis: Understanding the development and progression of diseases.

Morphological Changes (*Mahiyatul Mardi Tabdiliyan*): Studying structural alterations in tissues and organs due to disease.

Clinicopathological Correlations: Exploring the relationship between clinical symptoms and pathological findings.

Diagnostic Tools: Utilizing classical methods such as examination of pulse (*Nabz*), urine (*Baul*), stool (*Baraz*), sputum (*Balgham*) and other classical techniques for disease diagnosis.

MATERIAL AND METHOD: This research is designed around the "Input-Processing-Output" model as its methodological basis. The research is structured into three steps:

Step 1 (Input): In this phase, literature is collected and reviewed. The study draws upon both primary and secondary sources, including original texts and their translations. Resources such as research studies, library catalogues, journals, articles and

materials from the libraries of SUMC Prayagraj, Takmeel-ut-Tib Lucknow, AMU Aligarh, NIUM Bangalore and Jamia Hamdard New Delhi, were utilized. Additionally, computerized searches on platforms like PubMed and others were conducted.

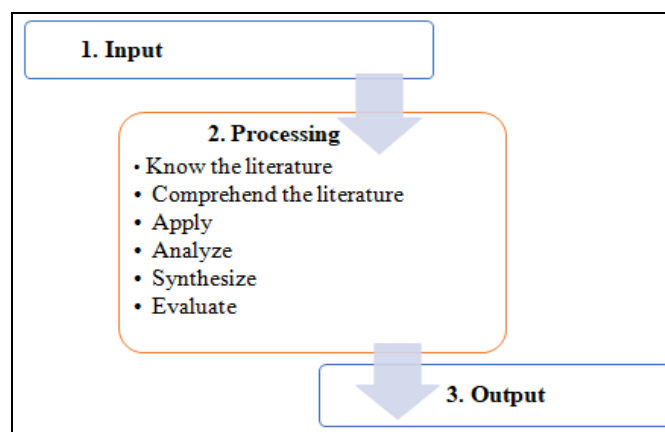


FIG. 1: THE THREE STAGES OF EFFECTIVE LITERATURE REVIEW PROCESS³⁷

Step 2 (Processing): This phase involved the critical analysis and systematic organization of the collected material.

Step 3 (Output): Finally, a concise overview of the resources and references is presented in a systematic and chronological manner, along with an explanation of the postulates and concepts related to *Ilmul Amraz* derived from the organized ancient literature.

RESOURCES:

Kitab-al-Ahwiawal-Miat Wal-Buldan: This Book Authored by Hippocrates (Buqrat), examines how environmental factors like air, water, and geographical locations impact human health. In this work, Hippocrates discusses the connection between climate, surroundings and the onset of

disease, highlighting the significant role these external elements play in maintaining or disrupting well-being³.

Kitab Muqadamtul Ma'arifah: This work attributed to the Hippocrates, often regarded as one of the foundational texts of medical knowledge. This book provides detailed discussion on the diagnosis of disease based on the stages and severity of the disease³.

Kitab-ul-Mushajjar: Its name comes from the table-formatted writings on *Kulliyat* and *Moalijat*. This book is divided into two sections. The first section covers topics pertaining to *Tabi'at* and disease knowledge. The diseases from head to toe, along with their various causes, sign symptoms and treatments, are covered in the second section⁴.

Kitab-ul-Masail fi al-Tib: This book covers every fundamental idea in medicine, including both theoretical and practical knowledge. In this book Ibne Sina has listed four categories of diseases affecting compound organs; position, number, structure and quantity. He also discussed the five subtypes of structural diseases; smoothness, roughness, cavities, and canals⁴.

Zakheera Thabit bin Qurrah: There are thirty-one chapters about diseases in it. Chapter 2 provides a thorough explanation of the diagnosis of hidden diseases in *A'ada-Mutashabiha* and *A'ada-Murakkaba*. The comprehensive description of all types of tumors are covered in Chapter 22. The causes, signs, and symptoms of all types of fever are described in Chapter 26, along with crises and their indicators. The origin of epidemics in various time periods and seasons is described in Chapter 27⁵.

Kitab fil-Waba wa Asbabihi: The author has structured the discussion into four discourses (*Maqalah*), with the first discourse emphasizing the significance of air as a key factor influencing health and disease. The second discourse explores various adverse effects associated with different seasons. The third discourse focuses on understanding the causes that make air pollution more harmful compared to the contamination of food and water. The fourth discourse delves into general preventive measures, with a special emphasis on different types of epidemics. It discusses warning signs and

strategies for prevention to maintain health, along with treatment approaches for those who are already affected⁴.

Firdaus-ul-Hikmat: This book consists of seven sections (*Nau*), thirty parts and 360 chapters (*Baab*). In the second section, the author provides detailed explanations on the diagnosis of pregnancy, the fundamentals of neonatology, and congenital anomalies. The fourth section is comprised of 12 parts and 152 chapters, covering both general and specific pathologies. It discusses diseases from head to toe, along with their respective treatments. The first part of the fourth section is composed of nine chapters covering a range of topics including the definitions of diseases, their classifications and the factors that disturb the natural balance of temperament. He also elaborates on the symptoms that occur at different stages of life and in various seasons⁶.

Ghina Muna: This book is divided into three main discourses, each further subdivided into several chapters (*Baab*). The first discourse provides a comprehensive account of various diseases, detailing conditions related to the head, nerves, eyes, ears, nose, tongue, throat, teeth, lungs, heart, stomach, liver, spleen, kidneys, urinary bladder, and intestines. It also addresses disorders of the joints, genitalia, obesity, cachexia (*Laghari*), uterus, and breasts. For each disease, the book explains its etiology (*Asbaab*), associated signs and symptoms and appropriate treatment methods. The second discourse provides a detailed understanding of *Amrad-e-Zahirah* (external diseases), while the third discourse focuses on *Hummiyat* (fevers), *Buhran* (crisis), and other diagnostic tools such as *Nabz*, *Baul wa Baraz*⁷.

Kitab-al Mansoori: This book contains ten parts. The second part focuses on understanding the body's temperament (*Mizaj*), the different personality types and provides a discussion on *Imtila be-Hasbil-Auwiyya* and *Imtila be-Hasbil-Quwa*. It also covers the dominance of each humor (*Khilt*), their signs symptoms and highlights the significance of body fluid (*Rutubat*) and waste from body (*Fuzlat-e-Badan*). The third part addresses the role of diet and medications, examining their impact as both causes of health and illness. The tenth part of the book is dedicated to

fever, exploring its various types and treatment methods. This section also discusses acute diseases, their positive and negative signs (*Alamat-e-Jayyadawa Raddiya*) and detail discussion of crisis. Additionally, it includes examination of urine, feces and pulse in different diseases ⁸.

Kitab al-Hawi fi al-Tib: Al-Hawi consists of 23 volumes, with two of the volumes further split into two extensive sections. Each volume addresses specific organs or diseases. Volumes 1 to 5 of Kitab al-Hawi contain descriptions of diseases affecting the head, ears, nose, throat, eyes, esophagus, stomach, and other vital organs. Volume 6 focuses on obesity and cachexia. Volume 7 discusses conditions related to the breasts, heart, spleen, and liver. Volume 8 provides a detailed account of stomach diseases. Volume 9 covers gynecological conditions. Volume 11 addresses intestinal and joint disorders. Volume 12 covered wounds, cancer and other tumors. Volume 13 describes fractures and dislocations. Volumes 14-16 offer an in-depth analysis of different types of fevers. Finally, Volumes 17 and 18 focus on smallpox, measles, diseases of the nails, and crisis conditions ⁹.

Kitab al-Judri wa al-Hasbah: The book is made up of fourteen chapters. The first chapter explores the factors that lead to a disease affecting some individuals while sparing others. The second chapter focuses on the bodies that are more prone to smallpox and its connection to the seasons, discussing when the disease is most prevalent. Chapters three through fourteen delves into various aspects of smallpox and measles (*Judriwa'l-Hasba*), including the season, timing, progression, prevention, dietary recommendations and prognosis, providing detailed explanations of each ¹⁰.

Kitab Ma al-Fariq au al-Furooq au Kalam fi al-Furooqbain al-Amraz: This book based on differential diagnosis of various diseases is authored by Zakariya Razi, consists of five discourses, each divided into several sections. The first discourse addresses the differential diagnosis of diseases related to the head. The second discourse compares and contrasts various respiratory diseases. The third discourse deals with the differential diagnosis of gastrointestinal and

urogenital diseases. The fourth discourse covers fever, wounds, and swelling, while the fifth discourse is focused on the diagnosis based on *Nabz* (pulse) and *Baul* (urine) ¹¹.

Kitab-ulMurshuid: This book by Al-Razi focuses primarily on the theoretical aspects of medicine. In his explanation of *Sabab* (cause), *Marad* (disease), and *Arz* (symptoms), Al-Razi defines diseases as a condition where an organ either loses its function completely, is partially affected or experiences pain. He identifies two main causes for this state; *Taghayyure Mizaj* (alteration in temperament) and *Shakal* (change in structure). He included *Qata/Tafarruq* (discontinuity) in types of structural changes. He discussed the six essential causes (*Asbab-e Sitta Darooriyah*), such as air, its various forms, diet and drinks, rest and movement of the body, psychic movement and repose, sleep and wakefulness, retention & evacuation and examined their practical applications. In the diagnostic section, he addresses *Imtila* (congestion), its different types, associated signs and symptoms, *Radayat-e-Khilt* (disturbance of humors), its signs and symptoms, as well as examinations of sweat, urine, respiration, crises and the stages of diseases ¹².

Kamil-us-Sana: The book *Kamil-us-Sana*, authored by Ali Ibn Abbas Al-Majusi, is organized into two volumes, each divided into multiple discourses (*Maqalah*) and chapters (*Baab*). In Volume 1, various important topics are addressed in different discourses like Discourse 6 explores factors that influence health (*Tabiyat se kharijumoor*), while Discourse 7 focuses on the evidence and indicators of diseases (*Maradkedalaial*). Discourse 8 & 9 explains the etiopathogenesis (*Mahiyat*), Sign & Symptoms (*Alamaat*) of external and internal diseases (*Zahiri wa batini Amrad*). Lastly, Discourse 10 discusses critical signs, prognostic indicators (*Alamate Manzara*), and crisis (*Buhran*). In Volume 2 the following topics are discussed in detail; Discourse 3 focuses on fevers and swelling (*Awram*). Discourse 4 provides insights into diseases affecting the body surface (*Satah-e-badan*). Discourse 5 addresses ailments related to the head, while Discourse 6 explores respiratory diseases. Discourse 7 delves into gastrointestinal diseases

and Discourse 8 examines conditions affecting the joints (*Amraz-e-Mafasil*) as well as the genital¹³.

Kitab al-Mi'at fi al-Tib: The book, titled *Kitab al Miat*, comprises 100 chapters, hence its name. It provides detailed insights into various medical topics. Chapter 34 (*baab*) discusses diseases (*Amrad*), their causes (*Asbab*), and complications (*A'araz*). Chapter 38 focuses on the signs and symptoms of both external and internal diseases of the body. Chapter 39 covers fever in detail, while Chapter 40 delves into swelling (*Awram*). Chapter 41 explores reasoning and arguments (*Istedlal*) in diagnosis. Chapter 42 focuses on congestion (*Imtila*) and humoral imbalance or dominance (*Ghalba-e-Akhlat*). Chapter 43 describes the symptoms related to temperament (*Alamate Amzaja*). Chapters 46 and 48 address urine and stool analysis (*Baul and Baraz*). Chapter 49 explains critical signs and prognostic indicators (*Alamate Manzara*), and Chapter 50 discusses the phases of disease (*Awqat-e-Marad*). Chapter 52 provides insights into crises in disease (*Buhran*), while Chapter 54 explains the aura (*Alamat-e-Qabl Az Marad*). Finally, Chapters 60 to 100 detail various diseases, including their causes, symptoms, and treatments, offering a comprehensive guide to diagnosis and management¹⁴.

Al Qanoon fi al-Tib: Authored by Sheikh Bu Ali Ibn Sina (Avicenna) and widely known as the Canon of Medicine, is divided into five parts, each further organized into clauses (Fun), discourses (*Maqalah*), and sections (*Nau*) to ensure a systematic presentation. Part 1, Clause 2 provides a detailed classification of diseases (*Asnaf-e-marad*), their causes (*Asbab*), and complications (*A'araz*), along with an exploration of urine analysis (*Baul*) as a diagnostic tool. Part 3, Discourse 1 extensively covers diseases affecting the body from head to toe, detailing their etiology, signs, symptoms and treatments. Part 4 delves into specific medical conditions and topics. Clause 1 focuses on fevers while Clause 2 addresses crises in diseases (*Buhran*). Clause 3 discusses swelling and eruptions (*Awram wa Busoor*), and Clause 4 examines conditions involving loss of tissue continuity (*Tafarruq-e-Ittesal*). Additionally, Clause 6 covers toxicology and Clause 7 focuses on dermatological conditions¹⁵.

Kulliyat-e-Qanoon: This renowned book by Ibn-e-Sina is divided into five parts (kitab). Clause 2 of part 1, focuses on the causes (*Asbab*), complications (*A'araz*), signs and symptoms (*Alamaat*) of diseases. Part 3 provides a detailed description of Ancillary disease (*Amraz-e-juziyya*) organized systematically from head to toe. Part 4 delves into the diseases of specific organs (*Aaza-e-Makhsusa*) and includes an in-depth discussion on cosmetology (*Amraz-e-Zeenat*)¹⁶.

Hummiyat-e-Qanoon: Written by Ibn Sina, translated by Hakim Kabeeruddin provides a comprehensive discussion on fever (*Humma*), its types, causes, and development. The text explores the relationship between fever and the body's humors (*Akhlat*), explaining how imbalances in these humors lead to different forms of fever. It also outlines the signs and symptoms associated with each type of fever, along with a systematic approach to diagnosis and treatment¹⁷.

Kitab-al-Tasreef: Authored by the renowned physician and surgeon Abu al-Qasim al-Zahrawi, is a monumental 30-volume medical encyclopedia. While it is particularly famous for its contributions to surgery, the book covers a wide range of medical subjects, including detailed discussions on pathology. Notably, the second volume focuses on the classification of diseases, their symptoms, treatments, and the principles of pathology (*Mahiyatul amraz*) and diagnosis (*Tashkhees*). It also provides an in-depth elaboration on fevers (*Hummiyat*), examining them both as independent diseases and as symptoms of other conditions¹⁸.

Tazkiratul Kuhaleen: Written by Isa bin Kuhhal. This book is a comprehensive treatise on ophthalmology (*Amraadechashm*) and is divided into three discourses (*Maqalah*). The second and third discourses of the book are specifically dedicated to eye diseases, offering a detailed analysis of their etiology (*Asbaab*), signs and symptoms, and the treatment methods used in Unani medicine. These sections describe various eye ailments, such as conjunctivitis, cataracts, explaining how imbalances in the body's humors (*Akhlat*) can contribute to these conditions. The text outlines the Unani approach to diagnosing these diseases based on symptomatology¹⁹.

Kitabal-Taiseer fi al-Mudawat wa al-Tadbir:

Written by the Ibn Zuhr (Avenzoar) serves as a practical guide on the art of healing (*Mudawat*) and disease management (*Tadbeer*). The book is divided into two parts; the first part discusses diseases affecting the head, thorax, liver, spleen, and stomach, while the second part focuses on ailments of the urinary system, intestines, uterus (*Raham*), bones (*Izam*), boils (*Basoor*), fevers (*Hummiyat*), and infectious and epidemic diseases (*Mutaddi wa wabaiamraad*). It offers detailed insights into the causes, symptoms, and treatment methods of these conditions²⁰.

Kitab-ulKulliyat: A remarkable work by Ibn Rushd, is organized into seven sections (*Baab*). Section 3, titled *Kitab-ul-Marz*, provides a comprehensive explanation of diseases, including their causes and development (etiopathogenesis). Section 4, known as *Kitab-ul-Alamat*, focuses on the signs and symptoms of various diseases, offering valuable insights into their identification and diagnosis²¹.

Al-Mughni fi Tadbeeril Amraz wa Ma'rifatil

Iliwal A'araz: The book, authored by Hebat Allah Baghdadi, provides detailed descriptions of various diseases, covering every part of the body from head to toe. The book elaborates on the etiology, signs, and symptoms of each condition, along with their treatments. It discusses external and internal diseases of the head, eye disorders, ear ailments, oral diseases, respiratory conditions, cardiac and liver diseases, gastrointestinal issues, genitourinary disorders, and uterine conditions. It also covers complications during childbirth, fetal health, breast diseases, diseases of back and lower limbs, skin disorders, swellings, fevers, wound care, surgeries, fractures, and dislocations²².

Zakhira-e-Khwarizam Shahi: Authored by Ismail Jurjani, is a comprehensive medical encyclopedia divided into ten parts. Part 2 focuses on the state of the human body (*Halat-e-Badan-e-Insani*), along with the complications (*A'araz*) and causes (*Asbaab*). Part 4 delves into the diagnosis of diseases and understanding of medical crises. Part 5 is dedicated to the detailed study of fevers, while Part 6 provides an in-depth discussion on diseases affecting the body from head to toe, including their causes and symptoms. Part 7 addresses conditions

like swelling (*Awraam*), wounds (*Qurooh*), fractures and dislocations (*Kasar wa Khala'a*). Lastly, Part 8 focuses on cosmetic diseases (*Amraad-e-Zeenat*)²³.

Mujaz-ul Qanoon: Written by Ibn al-Nafees, is an influential medical text arranged into four main sections. The first section deals with general principles of medicine, including a detailed exploration of medical theories, the causes of diseases (etiology) and the identification of symptoms and signs. The third section focuses on diseases affecting specific organs and systems, systematically discussing conditions of each organ, starting from the brain and proceeding downwards, along with their causes, diagnosis, and treatments. The fourth section addresses diseases not confined to a particular organ, which is divided into chapters such as fevers, crises, and lysis. It also includes chapter on swellings, ulcers, leprosy, and the plague. Additionally, it provides insights into fractures, contusions, dislocations, falls, and abrasions, as well as guidelines for the care of skin, hair, and overall body weight management²⁴.

Kitab al-Mukhtarat fit-Tib: By Ibn Hubal Baghdadi is a classical medical text divided into four parts. The first part focuses on etiology, signs symptoms, and complications of diseases, along with diagnostic methods, such as the analysis of urine, stool, sputum, and sweat. Part 3 offers a detailed account of medicine, structured into 281 lessons (*Fusool*), covering diseases related to the head, thorax, gastrointestinal and renal system. Part 4 is further divided into 247 lessons, addressing disorders of the male and female genitalia, bones, joints, skin and hair. It also covers topics such as wounds, fever, crisis, and the symptoms of various poisonings²⁵.

Sharah Asbab: It is a renowned medical text authored by Burhanuddin Nafis ibn Awad Kirmani, serving as an explanatory commentary on the earlier treatise *Kitab al-Asbabwal-Alamat* by Najeebuddin Samarqandi. It is divided into four volumes which covers diseases from head to toe, detailing their causes, signs and symptoms, and treatments. The first volume focuses on the diseases of the head and eyes, while the second volume addresses ailments of the ear, nose, oral cavity, throat, lungs, heart, breast, stomach,

intestines, and liver. The third volume provides an in-depth discussion on the conditions affecting the spleen, pancreas, kidneys, bladder, male and female reproductive organs, as well as external diseases. Finally, the fourth volume delves into pathological conditions of the bones and joints, skin diseases, issues related to hair and nails, burns and scalds, fevers, and crises²⁶.

Tazkiratalul il Albab wa Jamey lil-Ajab il-Ujab:

Authored by Daud Antaki, is a comprehensive medical treatise consisting of three volumes. The second volume is divided into four chapters (*Baab*) and provides a detailed account of diseases affecting the body from head to toe. It discusses the etiopathogenesis, symptoms, and treatment of these conditions in a systematic manner. The third volume delves into general diseases, offering in-depth insights into ailments such as fevers and swellings²⁷.

Mizan Ut-Tib: By Akbar Arzani is structured into 3 discourses (*Maqalah*). The first discourse offers a detailed information of the signs and symptoms of various diseases. The third discourse is divided into 28 chapters (*Baab*), covering miscellaneous diseases, such as cachexia (*Huzaal*), obesity (*Farbahi*) as well as conditions related to wounds, fractures, and dislocations²⁸.

Hududul Amraz: Akbar Arzani's sole work in Arabic offers a detailed overview of various diseases along with an explanation of the associated medical terminology. *Hudud al-Amraz* is structured as an alphabetical compilation of medical conditions, providing concise definitions for each. While the text predominantly features Arabic medical terms, it also incorporates several terms of Latin and Greek origin, such as mania, melancholia, and fever²⁹.

Mufarrah-ul Quloob: By Akbar Arzani is a notable medical work divided into five discourses. The first three discourses focus on the state of the body, addressing its signs, symptoms, and etiopathogenesis in detail. The fourth discourse provides an extensive understanding of diagnostic tools, with a particular emphasis on pulse examination and urine analysis³⁰.

Ilajul Amraz: Authored by Hakim Sharif Khan, provides detailed information on various diseases,

including their causes, clinical features, and etiopathogenesis. The book is divided into 20 discourses, systematically addressing different parts of the body. The first four discourses focus on diseases of the head, while the fifth to ninth cover ailments of the eyes, ears, nose, and throat. The 10th and 11th discourses delve into conditions of the thorax, followed by the 12th, which is dedicated to the stomach, and the 13th, which discusses the liver, spleen, and gallbladder. The 14th discourse addresses intestinal disorders, whereas the 15th and 16th focus on diseases of the kidneys, bladder, and genital organs. The 17th discourse covers conditions like varicose veins, elephantiasis, and joint disorders. The 18th is devoted to fevers, while the 19th explores skin conditions, cosmetology, and insect bites, providing a thorough understanding of these medical issues³¹.

Akseer-e-Azam: By Azam Khan is a significant textbook of medicine that provides an overview of various diseases. It covers their etiopathogenesis, signs and symptoms, complications, diagnosis and treatment. It addresses a wide range of conditions, including those affecting the head, nerves, throat, teeth, lungs, heart, stomach, liver, spleen, kidneys, bladder, intestines, joints, genitalia, uterus, and breasts. Additionally, it provides detailed insights into the management of fevers and crises³².

Ifada-e-Kabeer Mujmal: Authored by Hakim Kabiruddin, is a concise medical text that serves as a translation of *Mojazul Qanoon*. The book is divided into four clauses (*fun*). Clause 1, Part 2, focuses on the state of the human body and the study of diseases (*Ilmul Amraz*), while Part 3 explores etiology (*Ilmul Asbaab*), and Part 4 discusses symptomatology (*Ilmul Alamat*), including pulse, urine, and stool examination. Clause 3 provides an in-depth analysis of specific diseases, such as those affecting the eyes, ears, and heart, along with their causes, symptoms, and treatment. Clause 4 is dedicated to general diseases, including fevers and swellings, addressing their causes, symptoms, and management³³.

Jawahar Khana Kulliyat (Takmeelut Tib): This text authored by Syed Abdul Hameed Bhopali. The first volume of this book is divided into six discourses. The second discourse focuses on the state of the body, the third explores etiology, and

the fourth provides a detailed discussion on the signs and symptoms of diseases³⁴.

Usool-e-Tib: Authored by Kamaluddin Hussain Hamdani, is a renowned book widely studied by learners of the Unani system of medicine. The book is divided into five parts (*Baab*), with the second chapter focusing on the fundamental principles of diseases, including their etiopathogenesis (*Asbaab*) and complications. The third chapter provides an in-depth understanding of the basic principles of diagnosis, emphasizing the analysis of pulse, urine, and stool¹.

Tazkira-e-Jaleel: Written by Hakeem Jaleel Ahmed. This medical text provides detailed information on various diseases, including their etiology, signs and symptoms, diagnosis, and treatment. It covers a wide range of conditions affecting the head, eyes, ears, nose, throat, teeth, lungs, heart, gastrointestinal tract, kidneys, bladder, genitalia, and peritoneum. Additionally, it addresses issues such as pain, obesity, cachexia, disorders of the uterus and breast, as well as fever, crises, swelling, skin disorders, hair and nail conditions, wounds, fractures, and burns³⁵.

Ilmul-Amraz: Authored by Zillur Rahman, focused on pathology. It is divided in several chapters which includes State of disease (*Ahwal-e-Marad*), State of body, classification and Nomenclature of disease, stages of health and disease, transmission, etiology and symptoms of diseases³⁶.

Qadeem Ilmul Amraz: Written by Wamiq Ameen, is a commonly studied book among students of Unani medicine. True to its name, the book delves into the classical knowledge of pathology and is organized into 13 chapters. The first chapter introduces the field of pathology (*Ilmul Amraz*), followed by a discussion on the state of the body in the second chapter. The third chapter explores diseases, their classification, and nomenclature, while the fourth focuses on the etiology of health and disease. Chapter five provides an in-depth study of compound diseases like swelling (*Awram*). The sixth chapter covers the duration and outcomes of diseases. Chapters seven and eight explain essential and non-essential factors influencing health. The ninth chapter discusses causes, and the

tenth explains the signs and symptoms of diseases. Chapter eleven focuses on the specific symptoms related to different temperaments, while chapter twelve addresses symptoms of congestion (*Imtela*). The final chapter offers insights into Hippocrates' humoral theory².

CONCLUSION: An in-depth examination of the available manuscripts, books, classical texts and journal of *Ilmul Amraz* that have influenced the Unani medical system's understanding of disease is offered by the study. *Ilmul Amraz* has been explained under the title of knowledge of body state, Causes, and Symptoms (*Ilmul Ahwalwal-Asbaab wa Al-A'araz*). This research emphasizes the rich intellectual legacy that supports Unani medicine by tracing the origins of *Ilmul Amraz* through classic works like *Kitab al-Hawi* by Al-Razi, *Al-Qanoon fi al-Tib*, *kulliyat Qanoon* by Ibn Sina, *Hududul Amraz* by Akbar Arzani, *Kamil-us-sanaby Majusi* and other notable Unani treatises. As key determinants of health and illness, the analysis demonstrates a methodical approach to disease conceptualization, highlighting the interaction of humors (*Akhlat*), temperament (*Mizaj*), and environmental factors. The incorporation of these sources also demonstrates the timeless applicability of traditional Unani principles in modern medicine. This work serves as a useful resource for academics and professionals who want to learn more about *Ilmul Amraz* in addition to bridging the gap between traditional knowledge and contemporary research. By preserving and contextualizing these references, the research contributes to the ongoing evolution and global recognition of the Unani system of medicine.

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