

# Unani Concept of Pulse (NABZ)

Dr Sabahat Afreen \*, Dr Aslaaf Shaikh \*\*

\* Post Graduate Student Department Physiology, Deoband Unani Medical College, Deoband UP India

\*\* HOD & Associate Professor Of Molajat Al- Farooque Unani Tibbiya College Indore MP

Adress:-140 Hb IDA colony near water tank teen imli square ring road Indore MP

DOI: 10.29322/IJSRP.10.05.2020.p10133

<http://dx.doi.org/10.29322/IJSRP.10.05.2020.p10133>

**Abstract-** Analyzing the pulse provides a frame work to a evaluate condition of matter both inside and outside of vessels. There are many factors both physiological and pathological that can bring about specific changes in various parameters of pulse.

Apart from being a sign in diagnosis the pulse is a unique conceptual issue in unani system of medicine that deserve to be discussed the pages written in its favors the conclusive definition and over all description of pulse in diagnosis of disease are mentioned here.

## I. PULSE (NABZ)

The pulse is a positional and local motion, originating from the source of vital spirit the heart and arteries. It is compose of both expansion and contraction to maintain innate heated in its temperate state expansion contribute to ventilation of the vital spirit via the breeze of cool air while contraction helps expel wastes and hot burnt smoke vapors." Abkhereh-e-dukhani" condensed in the sprit. The pulse also serves to increase the vital sprit (rooh haiwani) and produced the psychic sprite (rooh nafsani).

The pulse is one of the most reliable indication of body status in terms of health and disease.

Each pulse wave form is composed of to movments and to rests, an expanding movement, and a peripheral (external rest). The pules is either strong (qawi), huge (Azeem), rijid (solb),slow (bati). Avesena have discussed four essential causes for pulse formation. The agent causes (sababe-e-fali) bing the heart or it's vital fourse, the material cause (sabab-e-maddi) bing the blood the vescular tissue the formal cause (sabab-e-soori) being movement , and the final cause (sabab-e-ghayi) which is the ventilation of tissue and there innate hot substance (har-e-gharizi)

It could there four be realize that every single pulse guides at least three condition and status

1. The condition of heart its vital force
2. The condition of the matter in the vascular wall in the both inside and outside the vascular lumen.
3. The status of tissue and haar (hot) demand for ventilation

The two latter are respectively related to wetness and warmness which are the two main quality forming the temperament. Hence provides information on the energy and temperament status of the body.

## The ten parameters of the pules

- 1) Pulse expansion and dimension

The extent of pulse expansion in the three dimension of length, with and hight.there for the pules may be described as long (taweel), moderate (motadil dar tool ),short (kaseef) in terms of length. wide (areez), moderate or narrow (zigh) in term of width. High –set (shahegh) moderate or low-set (monkhafez) in terms of height

- 2) Pulse strength

It is based on the quality of the beating impact of the pulse against the examiner finger .it is divided in strong (qawi) moderate, weak (zaeef)

- 3) Pulse speed:- fast (saree),moderate slow (bati)

- 4) Pulse frequency:- described as frequent( motevater), moderate and infrequent pulse (motefavet).extremes of the frequent and in frequent pulse may lead condition known as two day and tachycardia and bradycardia.

- 5) Vessels fullness:-depending on the degree of vascular fullness the pulse are full (mumtali) empty (khali ). The full pulse may be gaseous, viscous humour field fullness considered by examiner.

- 6) Vessels consistency:-rigid (solb) moderate or flexible linn consider in the rigidity including vascular fullness vasoconstriction, dryness and etc

- 7) Over line skin and tissue quality. the palpable quality like warmness vs coldness and wetness we dryness

- 8) Pulse uniformity:- the component of pulse can be examine in terms of uniformity or diversity

- 9) Regularity vs irregularity of pulse:-an irregular pulse regardless of the parameter examine is further divided in to regularly irregular and irregularly regular. some types of irregular named as rat tail pulse (zanabulfaar),hammer pules (motraghi), spindle pules (mesali), dichotic pules (zughoratein), gazali pulse gazelle pulse (ghazali) waving pulse (moji), saw like pulse (minshari) , ant like pulse (namli) worm like pulse (doodhi) droop pulse ( zulfitra), Ectopic pulse (vaghefial wasat ) shivering pules (murtaish), twisting pulse (moltavi), vibrating pulse (mutwatir), constricting pulse (mutshange).

Pulse wait and music:-a pulse is term a weight a classified in to two type of balance and unbalance. The later is further divided

in to three type mild moderate and sever. Unbalanced pulse. The more unbalance pulse, the stronger is a cause and severity of disease.

## II. EXAMINATION OF PULSE

In the unani concept of medicine examination of pulse are four types

1) **Examine by one finger :-** this way of examination is consider very believable



2) **Examine by three finger:-**this way of examination mostly use in Indian culture



**Examine by four finger:-** this examination of four finger



**Examine by both hands pulse: -** this type of examination done by both hands of examiner on the both hand pulse of patient.



**TABLE 1**

Way of Examination of pulse			
By One finger	By three finger	By four finger	By both hands

**TABLE 2**

PULSE IN DIFFERENT AGE			
CHILD WEAK, VIBRATING (ZAEEF, MUTWATIR)	YOUNG LARGE, RAPID (AZEEM SURWAT)	MIDDLE AGE (SAGEER)	OLD AGE (FAWUT AND BATI) SMALL, INFREQUENT, DELAYED

**TABLE 3**

PULSE IN DIFFERENT TEMPERAMENT			
HOT TEMPER. (AZEEM) RAPID	COLD TEMPER. SLOW (ZAEEF), WEAK (FEEABLE),	WET TEMPER. SOFT OR SOGGY PULSE	DRY TEMP. CRISP AND HARD OR FERM (SAKHT, CONSTRICTED)

**TABLE 4**

PULSE IN DIFFERENT GENDER	
MALE QAWI (STRONG)	FEMALE SAREE (FAST)

### III. MODIFYING CASES OF PULSE:-

Many factor may affect the pulse via altering the retentive causes. Sexuality, age, temperament, season , sleep , fasting or postprandial state, pregnancy, sexual intercourse, pregnancy, breast feeding and emotion, extreme condition of the physiologic state described above , in addition to diseases may alter the pulse suddenly aur gradually.

Some up the discussion on the role of temperament in alternating the pulse; we conclude that the pulse as a sign of disease as well as heath is a function of an individual's temperament. any deviation from the temperament will reflect more or less on the person pulse, hence by studying the nature of such changes impulse, we get clue about the nature the disease or nature of temperament. This help in guiding a physician in choosing a proper drug or therapy for the disease.

In other word the aim of the therapy will be rectify the abnormal temperament of the body indicated by an abnormal change in pulse.

#### REFERENCES

- [1] 1) avicenna cannon of medicine vol.1 al mayi tehran 2014 pp43-81
- [2] 2) razi mz al havi fit tib vol14 dare ehya al-toras institute beirut 2001 p288
- [3] 3) ahvazi aa kamel al-sana a al tebbiya vol 3 jalaluddin publication institute of natural medicine restoration qom 2008, p95
- [4] 4) ali, s.s.d. (2004) unani adviya mufradat qaumi council bara e farogh urdu zaban ,new delhi

- [5] 5)anonymous (2017) the unani pharmacopia of india part 1 vol 1 central council for research in unani medicine, department of ayush , ministry of health and family welfare , govt. of india, new delhi
- [6] 6) kabiruddin m.(2001) ifada i kabir ,qaumi council bara i farogh urdu zaban, new delhi
- [7] 7) sume,cook books have an introduction that discuses diatetic:anonymus andalousian in arab spain in 13th century tractatus de modo in italy at the end of 13 sentury.
- [8] 8)tibb e nabvi
- [9] 9)hakim m a.(2002) bustanul mufradat jajid idara kitab ul shifa new delhi.
- [10] 10)jalinoos (2008) kitab fil anasir ,international printing press,aligarh
- [11] 11)jurjani , i. (2010) zakhira khawarazm shahi ,idara kitabushifa, new delhi
- [12] 12) kabiruddin ,m. (2007) makhzanul mufradat , idara kitab us shifa ,new delhi.
- [13] 13)baghdadi i.h. (2005) kitab al mukhtar fit tibb (urdu translation) part 1 central council of research in unani medicine department of ayush, ministry of health and family welfare ,govt. of india new delhi
- [14] 14)baghdadi i.h. (2005) kitab al mukhtar fit tibb (urdu translation) part 2 central council of research in unani medicine department of ayush, ministry of health and family walfare ,govt. of india new delhi

#### AUTHORS

**First Author** – Dr Sabahat Afreen Post Graduate Student  
Department Physiology, Deoband Unani Medical College,  
Deoband UP India

**Second Author** – Dr Aslaaf Shaikh HOD & Associate  
Professor Of Molajat Al- Farooque Unani Tibbiya College  
Indore MP, Adress:-140 Hb IDA colony near water tank teen  
imli square ring road Indore MP, MOB. NO. 9977108786  
Email id:-SHAIKHASLAAF@GMAIL.COM