



## Concept of immunity in unani system of medicine

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### Abstract

In recent times the world is facing many challenges, out of which one of the major concern is to maintain health. Which basically depends upon the life style and the immunity of an individual. Most of the people face health related issues because of their weak immunity. Unani System of Medicine is concerned with *Tabiyat* (Mediatix Nature) and *Mizaj* (temperament) of an individual in an attempt to keep him healthy. It has focused upon the modulation of immune system with herbal drugs, which may offer novel approach in the treatment of various diseases. It states that immune regulatory mechanism is governed by the power of self-preservation. Various plants based immune-stimulants are being used for the treatment of immunodeficiency diseases, allergic manifestation, and also in combinational therapy. Unani physicians has worked upon improving immunological responses by moderating *Asbabe Madiya* (Essential Factors) *Asbabe failiya* (Non-essential factors) and *Asbabe suriya* (Formal causes) of an individual. Their aim is to adopt some regimental therapies and *Ilaj bil Ghiza*, where some basic changes are made in diet, usually by adding some easily available herbal drugs. All these methods of treatments are not only practised worldwide but also proven in different research. The aim of writing this review is to showcase pharmacological potency of herbal drugs as excellent immune stimulants.

**Keywords:** *Ilaj bil ghiza*, immunity, immuno stimulants, *Quwwate mudabbare badan*, unani system of medicine

### Introduction

Health is wealth, a famous quote focus on the main necessities which are there in an individual's life. Health in itself is wealth, for which one works hard to earn. Modern lifestyle these days has made it difficult to stay in a state where a person is physically, mentally and socially fit. And hence made us keen to give some serious thoughts to better living.

According to World Health Organization (WHO) 80% of people all over the world depend on herbal medicines for their primary health care needs. Looking at the primary health care problems and growing global demands, the Government of India established, The National Medicinal Plants Board (NMPB) to coordinate all matters related to medicinal plants under the Ministry of AYUSH<sup>[1]</sup>.

The body in itself has got an elaborate healing mechanism which can deal the situations that are not good for its wellbeing, for that it needs some of the essential nutrients and some factors to support it in fighting back ailments and to prevent occurrence of disease by providing inner strength to the body, by boosting the biological system and defensive mechanism of the body. Thanks to our classical ways of treatment, this has made things a bit easy. Like in Unani system of medicine, which refers to traditional Greeko-Arabic medication, is mainly based on herbal drugs and focuses on a better living, that by dealing with healthy ways of eating as it can recuperate an individual by establishing the connection between elements of life, food, and body. It is concerned with the two states of the body, i.e health and illness. In an attempt to maintain health, *Tabiyat* is responsible for providing strength to the body and makes it resistant to disease and pathogens<sup>[2]</sup>. The *Tabiyat* is

influenced by modulating immune system, either by Stimulating or suppressing it, so as to maintain health. Immune modulators are effective in boosting *Quwwate Mudafeat* (immunity). Unani physicians has always focused upon enhancing immunity, they consider that proper food selection and dietary schedule helps to maintain holistic health and fight diseases, this is known as *Ilaj bil Ghiza*. And other *Asbabs* (factors) according to them which affect health are *Asbabe Madiya* (Material cause), *Asbabe failiya* (Efficient cause) and *Asbabe suriya* (Formal cause). They have also emphasised upon adopting some good habits, quitting some bad one in order to provide preventive, supportive and rehabilitating care to an individual.

One of the three strategic objectives of the WHO Traditional Medicine Strategy 2014–2023 is “To build the knowledge base for active management of Traditional & Cultural Medicine (T & CM) through appropriate national policies”. As a result, a key priority identified for Member States is the strategic gathering, analysis and synthesis of data and the development of a national research agenda<sup>[3]</sup>. Infect the World Health Organization predicts that infections involving antibiotic resistant pathogens will pose major patient care management issues in the future<sup>[4]</sup>. Since USM, has its inclination is towards herbal drugs, it can treat different pathologies based on the *Mizaj* and the *Tabiyat* of the person. Instead of treating one system, it takes into account physical, psychological, spiritual, emotional and social health as a whole.

There is immense need to work upon immunity so as to live a healthy life, and this can be achieved by focusing on plants and their active fractions for immune response modifying activity. Traditional medicinal plants are being

used since ancient times as immuno-modulators for the treatment of many ailments. And the Immunity provided by them helps to neutralize pathogenic micro-organism but also eliminates their toxic products. In USM, *Quwwate-Mudabbara-e-Badan* basically acts as immune-stimulants, and they serve as prophylactic and promoter agents in healthy people, by potentiating immune responses. While in individuals with weak immunity they act as immuno-therapeutic agents.

### Immunity

Immunity is the defensive mechanism of the body by which it distinguishes and recognizes the foreign material which is harmful for its wellbeing. In other words, it is the body's ability to identify and resist large number of infectious and potentially harmful microorganisms, hence enabling it to prevent occurrence of diseases and inhibit organ and tissue damage. Here the foreign agent is called as Antigen, example bacteria, viruses, toxins, cancer cells, foreign blood or tissues from another person or species. The body produces antagonist in its defence, called antibody. This leads to a chain of chemical and mechanical processes to neutralize, eliminate or metabolize that which is foreign to the body. Though immune system is a unique defensive mechanism but it gets eroded with growing old, this phenomenon is termed as immune-senescence, and hence increasing the susceptibility to infections<sup>[5]</sup>. A weak immune system makes a person more susceptible to getting infected then a stronger one.

### Unani Concept

Unani system of medicine is one of the oldest systems of medicine being practiced in most of the parts of the world. It includes various natural resources having ethno-pharmacological activities such as immune-stimulation, neuro-stimulation, anti-ageing, antibacterial, antiviral, anti-rheumatic, anticancer, adapogenic, etc. Its emphasis is to strengthen the immune system and to help *Quwwate mudabbare badan* to restore normal health. Efficiency of the immune system is dependent on the internal as well as external factors of the body, which have got a serious impact on the physiological functioning of the body. Internal factors are hormones, stress, sleep and the external factors are food, environment, job, life style, habits like smoking, drinking alcohol etc. Unani System of Medicine (USM) is integrative, complementary and preventive therapy, as medicinal plants are important source of clinical therapeutics and are used for multi-pharmacological activities.

### Quwwate Mudabbare Badan

In USM, the concept of helping *Quwwate-Mudabbara-e-Badan* is relatable to immuno-modulation, where body works in such a way so that physiological functions are at its full form in overcoming the pathological disturbances and to maintain homeostasis of the body. *Quwwate-Mudabbera* is the defensive mechanism of the body, an ability of an individual of adjustment of normal physiological functions within its limit. It works when the body's homeostasis gets altered or get attacked by some foreign agent<sup>[6]</sup>.

Unani classical literature mentions many drugs as tonic (*Muqawwiat*) for the body and different organs. They strengthen up body's natural resistance and also help

*Quwwat-e-Mudabbera* to restore the normal health, rather than directly neutralizing the antigen itself.

**Immunity (*Quwat-e-Mudafe'at*)** is body's defensive mechanism by which it protects itself from the invading pathogens. Through which it neutralizes the agent & eliminates its toxic products, thus providing protection to the individual<sup>[7]</sup>.

Treatment is done to modify *Mizaj* according to the suitability of the individual and to eliminate the morbid matter from the body. In USM first aim is to bring certain changes in the life style of the individual by manipulating *Asbabe Sitta Zarooriya*. The treatment is according to the need. Like if the situation can be controlled with only foods/diet then *ilaj bil ghiza* should be the first line of treatment, but if it is insufficient than *ilaj bid dawa* (pharmaco therapy) should be taken under consideration.

***Ilaj Bit Tadabeer*** (Regimental therapy) is one of the most practiced mode of treatment in USM. Where the health is maintained by modulation or modification of *Asbaabe Sitta Zarooriya*. It's a non-medicinal way of treatment. The therapies not only cure the illness but also boosts immunity and strengthen the body and rejuvenate it. Common *tadabeers* for modulating immunity are *Hijamh* (Cupping), *Dalak* (Massage), *Riyazat* (Exercise), *Irsale Alaq* (leeching), *Hammam* (Bathing), *Inkebab* (Inhalation), *Aabzan* (Hydration therapy) etc. This eliminate morbid matter out of the body. In certain conditions it is the only treatment required, i.e use of medication is not needed.

***Ilaj bil Ghiza*** (Dieto-therapy): The substances, when introduced in body are broken into smallest form by different metabolic processes, gets absorbed and become the part of the body. And the unwanted digested part is excreted out which is of no use. It is used for both prophylactically as well as for therapeutic uses. Example wheat, egg and other protein, fat is broken into simplest form, repair and maintain body functions, hence producing replacement. Here restriction and alteration of the diet is advised till the cure of the disease. The method is used to treat gastric ulcer, hepatitis, ischaemic heart disease, hypertension, diabetes mellitus, sexual debility, renal stones and vitiligo. Traditional herbs are used for strong nutritional value, they boost immunity and are easily available. But the important thing is the proper dosage & method of use.

***Ilaj bid Dawa*** (Pharmaco therapy): Situation where treatment through *ilaj bil ghiza* is not sufficient, in such cases *ilaj bid dawa* is adopted. Drug acts by its *kefiyat* (quality), i.e according to their property, establishes its effect at the required site and gets eliminated out of the body without becoming its part, like *Mako* (*Solanum nigrum*), which reduces the inflammation of liver and gets excreted out.

According to the USM, the body is found in two states health and diseased condition. The body works in a way to either maintain health or regain healthy status from a diseased condition. USM states that the sum of total structural, functional and psychological characters of an individual is termed as *Tabiyat*, which is the best physician and is known to maintain equilibrium of the four humours. It is known to create a healthy environment in the body and work against diseases. Natural chemical composition of the

four humours, according to quantity and quality is very important for the maintenance of health. Which is regulated by *Tabiyat* as it the real healer of the body<sup>[5]</sup>. There are certain necessary factors involved in the maintenance of health<sup>[8]</sup>. These factors are need to be considered seriously if we want proper functioning of the body. These factors can be internal i.e directly related to body or external i.e environmental. These causes are:

#### **Asbabe Madiyya (Material causes)**

It's the first cause to create a being. These are the basic structural unit of body, they are *Arkan* (Elements) *Akhlaat* (Humours) and *Aaza* (Organs)

#### **Asbabe Failiya (Efficient cause)**

The essential and non-essential factors have their influence on the body, in a way that organs work according to them, which in result disturbs or maintain bodies' equilibrium. If it's in a good note the physiological processes occur properly and if it's not, it may cause some disease or ailment. These are:

##### 1. *Asbabe Zarooriya* (Essential factors)

They are such important factors, to retain health of the body. Hakims has always emphasised on their importance.

- Hawa (Air)
- Makul wa Mashroob (Food and Water)
- Harkato Sukoon-o Badni (Bodily movements and response)
- Harkato Sukoon-o Nafsani (Pyshic movements and response)
- Naum-o-Yaqza (Sleep and Wakefulness)
- Istafragh wa ehtabaas (Evacuation and retention)

##### 2. *Asbabe Ghair Zarooriya* (Non-Essential factors)

- Country and state
- Housing
- Job
- Habits
- Age
- Gender
- Internal Factors
- External Factors

#### **Asbabe Suriya (Formal cause)**

It comes out as result of interaction of *Asbabae Madiya* and *Failiya*. The causes include the constitutions and compositions of the matter.

Unani physicians has always emphasised upon improving the body's immunity and strengthening the *Tabiyat*, which restores health and the manage diseases. In USM, human body, mind, humour and vital forces are dependent on each other, that's why during the treatment they are considered all together. The human body is composed of seven naturally occurring basic components called *Umoore Tabaiyah*. It is related to *Tabiyat* (Medicatrix naturae or Immunity). These are essential components of the human body. If any of it is lacking or altering, then the existence of the body is impossible and if they are not working at its optimum this might lead to occurrence of disease or even death<sup>[9]</sup>. These are *Arkan* (Elements/States of matter), *Mizaj* (Bodily temperament), *Akhlaat* (Humours/ Bodily fluids), *Aaza* (Fully grown organs), *Arwah* (Vital forces / life force), *Quwwa* (Bodily powers/Faculties) and *Afaal* (The corporeal functions). For a body to function properly, all these

components should be present and work in coordination with each other. It is highly essential to consider all these factors so as to reach the correct diagnosis and consequently the correct line of treatment<sup>[10]</sup>.

#### **Unani physicians on Infection and immunity**

**According to Hippocrates** (460-377 B.C.) - Every individual has a special ability, called the defensive mechanism of the body or *Tabiyate Muddabare Badan*. *Tabiyat* is maintained by the use of immunomodulators, maintaining the temperament, maintenance of quality and quantity of humours, moderation of *Asbaabe Sitta Zarooriya* (six essential factors for life) according to bodies requirement and adoption of *Ilaj Bil Tadabeer* (Regimental therapy) and *Ilaj bil ghiza* (Dieto-therapy)<sup>[11]</sup>.

**According to Ibn Sina (980-1035 CE):** Air and water becomes contaminated only after admixture of *ajsam-i-khabitha*, which does not happen otherwise. He also stated that such contamination may occur during epidemics if the dead bodies of people dying due to it are not disposed properly, and this can potentially infect others due to the presence of microbes in the dead body. Comorbidities make a person more susceptible to such diseases, which has a poor prognosis. He also postulated that some diseases caused by pollutants may get carried away by winds and hence disseminate faster, and may enter human body through respiratory route<sup>[12]</sup>.

**According to Zakariya Razi (865-925CE):** The first clinical description of immunity came into existence after the translation of this Islamic scholar's book, from 9<sup>th</sup> century (*Kitab fi al-jadari wa-al-hasbah*), which arose from a specific disease-causing organism probably, *A Treatise on Smallpox and Measles*", translated in 1848. Where he described the clinical presentation of smallpox and measles and indicated that exposure to these specific agents confers lasting immunity. In his book *Kitab al Mansoori*, he stated that most of the epidemics spread in autumn season, especially if the preceding summer season was humid, and the wind is still. Here the emphasis was upon the direction of winds. He had an absolute idea of quarantine, he stated that during plague people should not move from one place to another and advised to avoid gathering during leprosy or epidemic fever to prevent transmission of infection<sup>[13]</sup>.

**Immuno-Stimulation:** A healthy lifestyle is one of the best way to make body capable of fighting various infections and ailments. The ability to modulate immune function offers many advantages from maintaining health, by stimulating or suppressing beneficial or deleterious immune responses. All those habits damaging metabolic homeostasis and disturbing immunity need to be abandoned and those beneficial need to be adopted.

Some of the factors having great influence on immunity:

**1. Eating habits:** Dietary modulation can significantly alter the microbiota community and metabolic activity, and consequently effects nutrient bioavailability and host metabolism and hence intestinal health and immunity. Junk foods, soda, sugary beverages have got deleterious impact on immune system. Dietary fats alter the lipids of the membranes of immune cells, disrupting the immune functions.

2. **Stress:** It is known to suppress immune function and increase susceptibility to infections and cancer. It also worsens conditions like asthma, allergy and inflammatory diseases. Cortisol, the stress hormone, reduces the activity of the immune system.
3. **Smoking:** Nicotine, the main constituent of cigarette smoke, suppresses the immune system. It also causes various infections, cancers, heart diseases, and chronic lung diseases.
4. **Alcohol:** Depending upon the pattern of alcohol exposure, acute alcohol inhibits and chronic alcohol accelerates inflammatory responses. It increases incidents of infectious diseases.

Alcohol can directly suppress various immune responses, and clinical studies have found alcohol abuse to be associated with an increased incidence of a number of infectious diseases. Alcohol can directly suppress various immune responses, and clinical studies have found alcohol abuse to be associated with an increased incidence of a number of infectious diseases. Alcohol can directly suppress various immune responses, and clinical studies have found alcohol abuse to be associated with an increased incidence of a number of infectious diseases. Alcohol can directly suppress various immune responses, and clinical studies have found alcohol abuse to be associated with an increased incidence of a number of infectious diseases. Alcohol can directly suppress various immune responses, and clinical studies have found alcohol abuse to be associated with an increased incidence of a number of infectious diseases.

1. **Lack of sleep:** Sleep of 7-8hrs is necessary to build immunity. Proper sleeping controls metabolism, immune system, brain functioning, body weight, production and regulation of hormones, proper functioning of different cells of the body etc. Improper sleep causes increase in production of stress hormones, like cortisol and adrenaline which puts stress on the immune system.
2. **Lack of exercise:** Regular light exercise for 30-45 minutes' releases toxins from the body, reduce stress and relieves depression by lowering stress hormones.

Unani medicine offers a number of plants having immune-modulation activity, which can be used to treat ulcerative colitis, Crohn's disease, cancer, AIDS, rheumatoid arthritis, etc. The rational approach to preventive health care is maintenance of antioxidant and immune fitness. Financial limitations are a major reason behind consumption of unhealthy food, thus immunocompromised conditions are common. Also eating disorders leads to nutrition deficiencies, commonly seen in developing nations, where burden of disease is high and access to medication is limited. In such cases USM has got good results in the treatment of immunodeficiency diseases, allergic manifestations and combinational therapy with antibiotics.

### Common Immuno-Stimulants in USM

1. *Kalonji (Nigella sativa)*
2. *Mulethi (Glycyrrhiza glabra)*
3. *Haldi (Curcuma longa)*
4. *Amla (Phyllanthus emblica)*
5. *Filfil siyah (Piper nigrum)*
6. *Zanjabeel (Zingiber officinalis)*

7. *Seer (Allium sativum)*

8. *Pyaz (Allium cepa)*

### 1. *Kalonji (Nigella sativa)*

**Actions-** *Jaali* (Detergent), *Jazib khoon* (Absorbant), *Munaffis Balgham* (Expectorant), *Qatil e kirm shikam* (Antihelminthic).

Due to its miraculous power of healing, antioxidant properties, anticancer, immune-modulator, antimicrobial, anti-inflammatory. *N. sativa* has become commonly used herbal medicine [14]. In allergic airway inflammation, thymoquinone work as anti-inflammatory via inhibition of Th2 cytokines and eosinophil infiltration into the airways [15]. On oral administration of ethanolic extract of kalonji seeds 1.5 g/kg, body weight in dexamethasone-induced immune-suppressed male rabbits for 42 days, it reported to increase the phagocytic activity by stimulating the immune cells and increasing the activity of immune potential. The immunomodulatory action is due to thymoquinone, nigellone and d-limonene through their antioxidant and anti-inflammatory activities [16].

### 2. *Mulethi (Glycyrrhiza glabra)*

**Actions:** *Jaali* (Detergent), *Muqawwi* (Tonic), *Munzije akhlatr ghaleeza* (Concoctive), *Mukhrije balgham* (Expectorant), *Muqawwi aasabb* (Nervine Tonic).

A study shows that liquorice infusion has antioxidant, pro-oxidant, free radical-scavenging and immune-stimulating activities. It can modulate immune response at the onset of viral, bacterial and parasitic infection [17]. It is rich in flavonoids, which are protective in nature against cancer, and certain immunity related conditions. Its works as anti-mutagen, preventing damage to genetic material that can eventually result in cancer. (18) Glabilox was isolated from the roots of a *Glycyrrhiza glabra* L, which showed stable immune-stimulatory responses by its non-toxic or haemolytic activity. When mice were subcutaneously immunized with its formulation and H7N1 influenza virus antigens stimulated high levels of humoral and cellular immunity [19].

### 3. *Haldi (Curcuma long)*

**Actions:** *Mukhrij balgham* (Expectorant), *Qatil kirm* (Anti helminthic), *Muhalil* (Resolvent), *Jaali* (Detergent)

Curcumin (diferuloylmethane) the main curcuminoid present in turmeric is known to possess significant anti-inflammatory, anti-oxidant, anti-carcinogenic, anti-mutagenic, anti-coagulant and anti-infective effects [20]. Curcumin has shown to work at cellular level such as dendritic cells, macrophages, and both B and T lymphocytes, and at molecular level, involving inflammatory responses, such as cytokines and various transcription factors with their downstream signalling pathways, hence proving itself immunomodulatory [21]. In an experiment ethanol was used for the extraction of curcuminoids from *C. longa* where it showed antibacterial activity against 4 bacterial strains viz., *Bacillus subtilis*, *Bacillus macerans*, *Bacillus licheniformis* and *Azotobacter*, where *B. subtilis* came out to be most sensitive [22].

#### 4. *Amla (Embelica officinalis)*

**Actions:** *Muqawi aazae raeesa* (Tonic for vital organs)

Vitamin C get accumulated in phagocytic cells, such as neutrophils, and does chemotaxis, phagocytosis, generation of reactive oxygen species, and ultimately microbial killing. It is also needed in the process of apoptosis and thereby decreasing necrosis and potential tissue damage. It is useful in differentiation and proliferation of B- and T-cells, likely due to its gene regulating effects [23]. In an experiment, where arsenic and amla were given together they decreased the levels of lipid peroxidation, ROS production, activity of caspase-3, apoptosis and increased cell viability levels of antioxidant enzymes, cytochrome c oxidase and mitochondrial membrane potentially as compared to mice treated with arsenic alone [24].

#### 5. *Filfil Siyah (Piper nigrum)*

**Actions-** *Jaali* (Detergent), *Muqawi aasab* (Nervine stimulant), *Muqawi jigar* (Liver tonic) *Munaffis balgham* (Expectorant)

The experiment showed that water and ethanolic extracts of black pepper are rich in antioxidants and radical scavenging activities in six different assay, namely, total antioxidant activity, reducing power, 1,1-Diphenyl-2-picryl-hydrazyl (DPPH) free radical scavenging, superoxide anion radical scavenging, hydrogen peroxide scavenging, and metal chelating activities [25]. Antioxidant properties of black pepper helps to scavenge free radicals, prevents progression of tumour growth, anti-microbial potential, gastro protective activity, possesses anti-inflammatory, anti-depressant activities too [26].

#### 6. *Zanjabeel (Zingiber officinalis)*

**Actions:** *Muqawi zehen* (Memory enhancer/ Neuro tonic), *balghami amraz* (Phlegmatic diseases)

The main antimicrobial agent is gingerol a naturally occurring phenol disrupts the cell wall of bacteria leading to cytoplasmic leakage [27]. Ginger helps to reduces cholesterol, increases lipid metabolism thereby helping to reduce risk of cardio-vascular diseases and diabetes. It also helps to reduce age related oxidative stress markers, decrease pain, swelling and inflammation [28]. The ethonolic extract showed hypoglycaemic action in rabbits. And the growth of both Gram-positive and Gram negative bacteria was inhibited. A dose-dependent inhibition of prostaglandin release effect was observed using rat peritoneal leucocytes [29].

#### 7. *Seer (Allium sativum)*

**Actions:** *Jaali* (Detergent), *Muqarreh* (Resolves wounds), *Muqate Akhlat ghaleeza* (Vehicle for morbid matter), *Munaffis balgham* (Expectorant).

*Allium sativum* and its derivatives are known for maintaining the homeostasis of the immune system especially through regulation of proliferation and cytokine gene expression. (30) Human preadipocytes, under the action of 1,2-DT an organo-sulphur from garlic has anti-adipogenic and anti-inflammatory actions on it [31]. Its components scavenge free radicals and protect membranes from damage and maintains cell integrity. It also prevents the suppression of immune response associated with increased risk of malignancy as it stimulates the proliferation of lymphocytes, macrophage phagocytosis, stimulates the release of interleukin-2, tumour necrosis

factor-alpha and interferon-gamma, and enhances natural killer cells [32].

#### 8. *Pyaz (Allium cepa)*

**Actions:** *Muhalil* (Resolvent), *Munzj* (Concoctive), *Munaffis balgham* (Expectorant), *Jaali* (Detergent)

Onion contains antioxidant and antimicrobial properties due to polyphenol molecules or phytonutrients which includes flavonoids, tannins as well as allicin [33]. MBC (Minimum Bacterial Concentration) results showed that E Coli cells can be killed by 80% concentration of raw onion. MBC results showed that 70% concentration of raw onion was capable of killing the S. aureus cells [34]. The immunomodulatory activity of ACA was assessed where it showed a significant increase in the production of nitric oxide at 24 h, and significantly stimulated the production of pro-inflammatory cytokines (TNF- $\alpha$  and IL-12). ACA (0.1  $\mu$ g/well) also enhanced the proliferation of murine thymocytes [35].

#### Some of the Immunity boosting Unani formulations:

1. Khamira Marwareed [36]
2. Khamira Abresham Hakim Arshad wala [36]
3. Habb-e-Jawahar [36]
4. Jawahar Mohra [36]
5. Laboob Kabeer khas [37]
6. Maa ul Laham khas [37]
7. Jawarish Jalinoos [38]
8. Jawarish Shahi [38]
9. Tiryaaq Wabai [39]
10. Safoof Sate gilo [10]

#### Conclusion

Outbreak of new kind of infections and epidemics has made this clear that we need to potentiate one's immune system for better living of humans. Immune system works in a fashion to respond to immense threat from the environment. Inexpensive and effective natural immune-modulators could be of great value in treatment. Allopathic medicine has provided limited tools for treatment and especially prevention, in such a situation Unani system of Medicine documents the role of many drugs which works as a potent rejuvenator and strong immune modulators. They are easily available, cost effective and has got potency in treating various other ailments. The choice of plant derived medicine has all key questions that influence biological activity. These medicines if taken on regular basis just by adding in daily dietary routine can do miracles on the human body, not only by making it stronger and healthy but also preventing it from getting diseased in future. The medicines are given in the form of *ghiza* (food) along with some life style changes and some regimens from Unani pathy. The dose and timing of the administration of the medicine is a necessary aspect to look upon. Further research in the said area is the need of the hour, especially in the current situation of Pandemic.

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