

IMPORTANCE OF NAUM IN ASBAB-E-SITTAZARURIYA.

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ABSTRACT - Invention of machines and techniques has changed the style of living of human beings. Due to this there is a chance of developing certain diseases due to changes in life style. To prevent these diseases, Now a days, people are trying to stay fit and healthy. In order to stay fit we need to be aware and understand the importance of Asbab-e-sitta-zaruriyah (Six essential factors) in maintenance of human health. These factors influence the human body with respect to preservation of health or causation of disease. In unani tibb, it is believed that as there are causes for disease to develop, so there are causes for preservation health. So much importance is given on causes which preserve the health. Because prevention is better than health.

Now a days we are seeing that many peoples are suffering from the diseases which can be rectified and health can be restored by modification in Asbab-e-sitta-zaruriyah. These six essential factors are fundamental in establishing a coordinated biological regularity.

In this paper, among Asbab-e-sitta zaruriyah, 5th factor i.e. Naum wa Yaqza (sleep and wakefulness) will be focused so that an individual can understand the importance of Sleep and choose a time table or routine which will not affect his sleep and indirectly will be beneficial for the health.

KEYWORDS:- Asbab-E-Sitta Zaruriyah, Naum Wa Yaqza, Prevention, Life Style Diseases.

INTRODUCTION

ASBAB-E-SITTA ZARURIYA :- In unani system of Medicine, there are Asbab-e-sitta zaruriya (six essential factors), which influence the human body with respect to preservation of health or causation of disease.

The Unani medicine maintains that as there are factors for disease to develop, there are also the factors for the preservation of health. Therefore in tibb, much emphasis is laid on those factors, which preserve the health ; In other words, "prevention is better than cure".

No one could escape from these factors, so long he is living. These factors influence each and every human body.
[1]

These Asbab e sitta zaruriya (six essential factors) are as follows :-^[3]

- 1) Hawa'al-Muhit. (Atmospheric air).
- 2) Makul Wa'l - Mashrub. (Foods & drinks).
- 3) Harkat Wa'l Sukun al- Badaniyah. (Physical or bodily movement and repose).
- 4) Harkat Wa'l Sukun al - Nafsaniyah. (mental or psychic movement and repose).
- 5) **Naum wa yaqza (sleep and wakefulness).**
- 6) Istifragh wa'l Ihtibas (Evacuation And retention).

Among All these Six essential factors, Naum wa yaqza is the fifth Factor.

NAUM:- Naum (Sleep) is the natural periodic state of rest for mind and body ;with closed eyes characterized by partial or complete loss of consciousness, which leads to decreased response to external stimuli and decreased body movements.

Or simply, mental or physical relaxation either superficially or deeply with closed eyes, is known as SLEEP.

During sleep, Hararat-e-Ghariziyah (Innate heat) of the body is preserved, All Quwat-e-tabaiya is accelerated, where as Quwat-e-Nafsaniyah lowers.

Awakening from sleep increases the activity of Brain; it is similar to movements, due to movements; temperature or Hararat-e-Ghariziyah is increased. It accelerates the function of Quwat-e-Nafsaniyah. Awakening helps to releases the waste material to the exterior and also facilitates the release of Bukhrat-e-dukhaniyah. ^[4]

The depth of sleep is not constant throughout the sleeping period ;it varies in different Stages of Sleep.

It is the unconsciousness from which the person can be aroused by sensory or other stimuli.

Naum wa yaqza (sleep and wakefulness) are an essential factors of life. Naum(Sleep) is analogous to rest and yaqza (wakefulness) is analogous to movement.

Normal sleep and wakefulness are essential for health. Sleep is an ideal form of physical and mental rest while wakefulness resembles the motion.

Aristotle said that, "sleep is a necessity related to the activity of heart from which both motion and sense perception originate".

Majoosi said that tabi'at is benefitted in two ways by sleep. One is mental and physical rest and second is the digestion and concoction of akhlaat which causes innate heat to enter the body.

An eminent unani Scholar, Zakariya Razi delineates that 8hrs of sleep is very essential for health. He also says that sleep strengthens the vital faculty, pneuma & promotes digestion by retaining Hararat - e - Ghariziyah.

Burhan uddin nafees ^[5]also says that sleep should be deep, continuous, and average according to time,

TYPES OF SLEEP

The sleep is of two types :- ^[9]

1) Rapid eye movement sleep or REM sleep.

2) Non-Rapid eye movement sleep or Non REM sleep.

REM sleep :- Rapid conjugate movements of the eye balls occur frequently during this type of sleep. Dreams occur during this period. Though the eye balls move, the sleep is deep. So, this is also called "Paradoxical sleep". Occupies about 20-30% of sleeping period. Functionally, this type of sleep, plays an important role in consolidation of memory.

Non- REM sleep :- Eye ball do not move during this type of sleep. This is also called "Slow wave sleep". Dreams do not occur in this type of sleep. This Occupies 70-80% of total sleeping period. The Non-REM sleep is followed by REM sleep.

Mechanism of sleep :- Sleep occurs due to the activity of some sleep inducing Center in brain. Stimulation of these centers induces sleep. Damage of sleep centers result in sleeplessness or persistent wakefulness called "Insomnia". ^[8]

SLEEP CENTERS :-[11] Complex pathways between the reticular formation of brainstem, diencephalons & cerebral cortex are involved in the onset & Maintainance of sleep. However, two centers are located in the brainstem, which induces sleep.

Role of Raphe nucleus:- It is situated in lower pons and medulla. Activation of this, results in Non-REM sleep. This is due to release of serotonin by the nerve fires arising from this nucleus. Serotonin induces Non-REM sleep.

Role of Locus ceruleus of pons:- Activation of this produces REM sleep. Noradrenaline released by the nerve fibres arising from Locus ceruleus induces the REM sleep.

Inhibition of Ascending Reticular Activating System (RAS) :- RAS is responsible for wakefulness because of its afferent and efferent connections with cerebral cortex. Inhibition of RAS, induces sleep. The lesions of RAS leads to permanent somnolence, ie..coma.

Activation of RAS by sensory input activates the cerebral cortex, which in turn activates the RAS. So, there is a positive feedback mechanism leading to arousal & wakefulness. This happens during day time. At the end of the day, the subject goes into fatigue. The sensory input to the RAS decreases and the cerebral cortex becomes less active. This is by positive feedback mechanism, slowly and completely inactivates the RAS including sleep.

The Subcortical structures that induce sleep actively by sending rhythmic discharges to the cerebral cortex are :- Diencephalic sleep zone, Medullary synchronising zone, Basal forebrain sleep zone.

How darkness induces sleep:- Darkness or absence of light stimulates the production of hormone, 'melatonin' from its immediate precursor, the neurotransmitter 'Serotonin'. When light enters our eyes, photoreceptor cells convert it, to generate nerve impulses that travel via the optic nerve to brain and then to visual cortex, where they are processed to produce the sensation of vision. This along with suprachiasmatic nucleus of the hypothalamus constitutes "Circadian rhythm". (Circa =about; dia = a day) a 24 hr cycle.

SLEEP REQUIREMENT:-

It is not constant. It varies with Age.

1. New born infants _____ 18-20hrs.
2. Growing children _____ 12-14hrs.
3. Adults _____ 7-9hrs.
4. Old persons _____ 5-7hrs.

PHYSIOLOGICAL CHANGES DURING SLEEP :-^[12]

Most of the body functions are reduced to the basal level. Some important changes are as follows :-

- 1) Plasma volume decreases by about 10% during sleep.
- 2) Heart rate :- Reduces. ie., 45 - 60 beats per minute and also Blood pressure(systolic pressure) falls to about 90 - 110mm Hg ;until or unless disturbed by exciting dreams., in that case by elevates by about 130 mm Hg.
- 3) Rate and force of respiration are decreased.
- 4) Secretion of saliva decreases. Gastric juice Secretion is not altered or it increases slightly. contraction of empty stomach is more vigorous.
- 5) Formation of urine decreases. Specific gravity of urine increases.
- 6) Sweat Secretion increases during sleep.
- 7) Sleep is a major modulator of endocrine function, particularly of pituitary dependent hormone release; Growth hormone, secretion of which is stimulated during sleep. This explains the sleep requirement of children.

IMPORTANCE OF SLEEP :-

Sleep is essential for health and well being. But millions of people do not get enough sleep, resulting in such problems as day time sleepiness, poor decision making, irritability, fatigue etc.,

Not getting enough sleep can have profound consequences on daily and potential long-term basis for individual's health and mental well being.

There is some sense relationship between sleep and ability to function throughout the day. After all everyone has experienced the fatigue, bad mood or lack of concentration ; that so often follow the night of poor sleep.

Lack of sleep may be due to life style changes, pathological conditions involving sleep centers of Brain, Systemic illness, pain or due to anxiety, fear, excitement or tensions, due to addiction to latest technologies like mobile phones, computers, television etc.

Lack of sleep on the regular basis is associated with longterm health consequences like Diabetes, High Blood pressure, Heart diseases, obesity and mood disorders.

DIABETES :- Adults who slept <8hrs/night have increased risk of having type 2 Diabetes as it influences the way the body process glucose.^[10]

OBESITY:- Several studies have linked insufficient slept and weight gain. persons who sleep less than 6hrs per night habitually, are more likely to have higher BMI, than persons who sleep 8hrs per night. During sleep our body secretes hormones, that helps to control appetite, energy metabolism & glucose processing. Insomnia disturbs the balance of these hormones. ex:- poor sleep leads to an increase in the secretion of Cortisol (stress hormone).

Insufficient sleep is also associated with lower levels of leptin, hormone that alerts brain that it has enough food; as well as higher levels of "Ghrelin", a biochemical that stimulates appetite.

HEART DISEASES AND HYPERTENSION:- Studies found that a single night of inadequate sleep in people with existing hypertension can cause elevated Blood pressure throughout the following day.

MOOD DISORDERS :- Inadequate sleep makes the person irritable and moody.

To get good night sleep, practice good sleep hygiene :-

- *Maintains a regular sleep and wake schedule.
- *Avoid napping during the day esp. after 3pm.
- *Limits naps to <1hr.
- *Keep the environment neat and clean.
- *Room should be low lightened.
- *Avoid using any electronic gadgets at sleeping time.
- *Do regular exercises.
- * Avoid eating large meals before sleep.
- * Avoid Caffeinated beverages, particularly after lunch.
- * Avoid Noise and light, as they inhibit ability to fall asleep.

Conclusion: - Naum wa yaqza is the one of the essential factor, which enhances mental, emotional, hormonal and physical well being of the individual. By simply changing our sleeping pattern we can prevent from many diseases.

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