The Unani medicine plays a vital role when the individual experiences the humoural imbalance. The correct diet and digestion can bring back the humoural balance. Its main emphasis is on diagnosis of a disease through Nabz (Pulse), Baul (Urine), Baraz (Stool) etc. It has laid down six essential prerequisites for the prevention of disease. They are known as “Asbab-E-Sitte Zarooriya’ viz. air, drinks and foods, bodily movement and repose, psychic movement and repose, sleep and wakefulness, excretion and retention. The modes of treatment of unani are Ilaj-bid-Tadbeer (Regimental therapy) and Ilaj-bid-Ghiza (Dieto Therapy).²

It is one of the most well known traditional medicine systems and draws on the Ancient Traditional systems of Medicine of China, Egypt, India, Iraq, Persia and Syria. It is also called Arab medicine. Unani is still popular in many Arab and East Asian countries. In fact Unani Medicine and herbal products are gradually more being used in many countries where modern medicine is easily available.³

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Situation as regards the use of traditional medicine is different. Traditional medicine is widely and increasingly being used in both developing and developed countries. Upto 80% of the population in Africa and 65% in India depend on traditional medicine to meet their Health care needs. Elsewhere, in Asia and Latin America, historical circumstances and cultural beliefs mean that populations continue to use traditional medicine. In many developed countries, certain complementary and alternative medicine therapies are popular. The percentage of the population that has used complementary and alternative medicine at least once is 48% in Australia, 70% in Canada, 70% in USA, 40% in Belgium and 49% in France. However, comprehensive and reliable data and information about the global use of traditional medicine are more available.  

The disease is caused by the derangement of temperament or humor and retention of health is carried out by applying the various measures to render balance in the polar dimensions of six essential prerequisites of health. The applied aspect of Unani System of Medicine

books called the Quarabadeen (Pharmacopeias). Which has got information related to the number of herbs, quantity used, and preparation of bases and powder size of each constituent. Along with these standards, the dosage and use has been enumerated. The standard preparation usually is used fresh and the time period of its use is generally given. Certain preparations are to be stored up to 6 months so as to stabilize them and the practitioners can then only use them.

Type of compound drug Formulations which are used in Unani System of Medicine. There are Solid formulations, Powder, tablets and pills, Semi Solid formulations, Electuaries, Aperients, Jwarishat, Khamerajat, Liquid formulations, Syrups, decoctions, linctuses, eye and nasal drops, Gaseous formulations, Snuffs, Shamoom, notukh and lakh lakhka.11

The official formulary of Unani System of Medicine has enumerated certain general principles for compounding various drug preparations. They can be categorized into two parts. They are Principles related to routine process

authority, the expiry dates of various drugs have been mentioned in classical literatures of Unani System of Medicine.\textsuperscript{13}

Time frame for the Unani method was fixed. Powders are fixed not more than one month, Tiryaque akbar was fixed Upto thirty years and more \textsuperscript{14}Tiryaque faruq was fixed ten to twenty years and Barshasha has retained their potency for five years.\textsuperscript{15}

There are many challenges for Unani Medicine. Among them validation of Empirical claims is a notable one. The government of India considered the medical system of Unani and permitted the state of Tamilnadu to develop the colleges to the progress of Unani medicine. In Tamilnadu a college was started in Chennai.

Classical Unani practitioners mentioned a lot from their experience regarding the identification of crude drugs, their authentication methods, and about their clinical efficacy. They also mentioned the method of compound drug formulations, and their possible expirations dates. The present challenge for Unani scholars

\textsuperscript{13} National Formulary of Unani Medicine, Government of India, Ministry of Health and Family Welfare, New Delhi, 1981, pp.1-5.
\textsuperscript{14} Tabri, A.H., Firdousul Hikmat, \textit{Maktaba Munshi Nawal Kishore}, Lucknow, 1928, pp.7-19.
\textsuperscript{15} Kabiruddin, \textit{Bayaz-E-kabir}, Dakan, 1938, pp.4-5.
methods to avert controversies. Human history took another two centuries to develop these methods now so called scientific methods. Sciences of this modern age is quite newer and sophisticated, like claims of expiration dates of Unani formulations was based only on organoleptic characteristics are colour, odour, taste and consistency, along with these in modern pharmaceutics, specific precise analytical techniques are used to evaluate the Physical, Chemical and Microbiological stability studies.

Next important challenge is Standardization of single and compound drugs. Standardization of crude drugs and the compound formulations as described by Unani experts is based on experience. Documentation of the same seems to be only statements of various authorities. Although they seem to be very accurate, yet these cannot be taken at par with a scientific statement. These claims need to be validated and the drugs need to be standardized on more precise scientific parameters.  

A research council of Siddha and Unani was established at Noida near New Delhi, in 1978. Further in Tamilnadu a Government Unani medical college was established in 1985 called Arinjar Anna Government Homeo and Indian Medicine, Chennai.

Now it is understood that the system is not used by many people because of the lack of availability of hospitals and eminent doctors in the Unani System of Medicines. This system is not wholly practised by the medical practitioners.

21. List of Medical Colleges, Published in Government of Tamilnadu, 1985, p.11.