

Editorial

Covid-19 Quarantena a Unani Way

Prof. Rubi Anjum

Chairperson, Dept. of Tahaffuzi wa Samaji Tib, (Preventive & Social Medicine), Faculty of Unani Medicine, Aligarh Muslim University, Aligarh.

I N F O



E-mail Id:

drRubianjum@gmail.com

Orcid Id:

<https://orcid.org/0000-0001-7354-6424>

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A B S T R A C T

It gives me immense pleasure to place on record that under the uninterrupted efforts of publication of *The Journal of Integrated Community Health (JICH)* ISSN 2319 it is once again in the hands of readers and academicians with new dimensions, views, attributes and traits. Though at this immediate juncture we are staying home under the LOCKDOWN as a threat of the dreaded novel coronavirus COVID-19 affected 213 Countries and Territories around the world, have reported a total of 5,603,587 confirmed cases of the coronavirus that originated from Wuhan, China, and a death toll of 348,194 deaths including India where total number of cases are 145,456 and deaths are 4172 (Last updated: May 26, 2020, 09:02 GMT). This novel coronavirus pandemic has put the entire communities around the globe on high alert that no one has ever imagine. This devastating fatality ruined thousands of families and if not for three inventions—soap, alcohol, and quarantine the number would be even uncountable. So I want to elaborate and highlight few concepts of ancient physician among the readers.

The infectious diseases have a long history and tremendous documentations are found throughout the ancient ages. Even in 23rd century B.C a period of Babylonian highly infectious illness rabies was well mentioned in tomb of Babylonian. The father of medicine Hippocrates was the first ancient Unani physician who documented the infectious diseases. Another Unani Physician Galen proposes the theory of miasma i.e how the diseases transmitted, such as cholera, chlamydia or plague were caused by a miasma (pollution), a noxious form of filthy air. But none of them before Razi gave detailed and descriptive features of infectious diseases. Stalwart Unani Physician Razi during the period of 9th century A.D has laid the foundation of basic idea of the transmission of infectious diseases during the construction of the hospital in the city of Baghdad. This well-known unique approach that were adopted in the construction of the hospital worthy to say Razi stalwart in the concept of transmission of infection. Ten chapters based praiseworthy compilation 'Kitab al-Mansuri' written by this great Physician. Dedicated on the name of Samanid prince Abu Salih al-Mansur Ibn Ishaq, Governor of Rey. This valuable ancient medical literature in 16th century A.D becomes the part of syllabus of European Universities medical courses. The basic thought of quarantine were also given by Rhazes As he stated public transportation must be stopped during the period of epidemic plague of that time He also stated that the people must avoid crowds and gatherings in case of epidemic fever

because infection can be transmitted to others healthy individuals. He also advocated the use of citrus fruits and other dietary measures to combat and to prevent infectious diseases especially in the fourth chapter of the above mentioned book.

Another well-built historical records of isolations to control the spread of diseases are also found in the treatise of Ibn Sina (980-1037), known as Avicenna. Notably in “The Canon of Medicine,” a five-volume medical encyclopedia. To avoid contagion through 40-day sanitary isolation Ibn Sina was the first to designate an entire method. He called the method “al-Arba’iniya” (the fortieth), translated literally to “quarantena” in early ancient literature. In 14th and 15th centuries in Europe Quarantine became more common, especially in the Black Death plague. The forty-day period in which all ships were enforced to be isolated the term “quarantena” is designated. Now a day’s Quarantine is designated to all types of isolation, even when the duration is not forty days. So stay Safe and to prevent novel corona Lockdown under Quarantine the best way to prolong, protect and promote Health.

Optimistic literary criticism is the backbone of the academic repositories and motivates the editorial team to place on record the best efforts. The team JICH always cherishes the suggestions so as to ameliorate and to furnish the updated scientific tempered literary contributions. So keep on keen reading and best writings.