

**COMPARISON OF TWO MEANS OF RESISTED
EXERCISES –UNANI ILAJ-BIT-TADBEER- REGIMENTAL
THERAPY AMONG TYPE II DIABETES MELLITUS**

S. S. SUBRAMANIAN¹, SYED M M AMEEN² & OMME SALMA³

¹Principal, Sree Balaji College of Physiotherapy & Hony. Research Associate,
Center for Unani Ilaj-Bit-Tadbeer - Regimental Therapy, Project funded by Ministry of AYUSH,
Govt. of India, A unit of Niamath Science Academy, Tamil Nadu, India

²Project Director & Chief Functionary, Center for Unani Ilaj-Bit-Tadbeer - Regimental
Therapy, Project funded by Ministry of AYUSH, Govt. of India,
A Unit of Niamath Science Academy, Tamil Nadu, India

³Hony. Research Associate, Center for Unani Ilaj-Bit-Tadbeer - Regimental Therapy,
Project funded by Ministry of AYUSH, Govt. of India, A Unit of Niamath Science Academy, Tamil Nadu, India

ABSTRACT

Unani System of Medicine and Regimental Therapy – Ilaj Bit Tadbeer. Unani System of Medicine was originated in 460 B.C. by the Hippocrates in Greece – Unani. Ilaj Bit Tadbeer is one of the four methods of treatment in Unani System of Medicine and one of the most popular modality of treatment described in classical literature of Unani System of Medicine. Ilaj Bit Tadbeer has many therapies like Venesection, Cupping, Diuresis, Massage, Counter Irritant, Cauterization, Purging, Vomiting, Exercise, Sweating, Turkish Bath and Leech Therapy

KEYWORDS: ADA – American Diabetic Association, ACSM - American College of Sports Medicine, HBA1C – Glycated Haemoglobin, WHO – World Health Organization, BMI – Body Mass Index, USM – Unani System of Medicine, PHYSIOBALL–Air Inflated ball of various sizes 55cm, 65 cm, 75 cm, TUBING – Elastic Device Used for Resisted Exercises & RT – Regimental Therapy – Ilaj Bit Tadbeer

Received: Jan 20, 2016; **Accepted:** Jan 25, 2016; **Published:** Feb 02, 2016; **Paper Id.:** TJPRC:JAMRJUN20161