EVALUATION OF CLINICAL EFFICACY IN
EXERCISE - A REGIMENTAL THERAPY

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ABSTRACT

It is well known that Exercise is one of the Regimental therapies which has many health benefits on human
being. Exercises are numerous, and among the various types of exercise belly roller, vibrator, cycling exercise, treadmill
are provided to a patient coming to Center for Unani Ilaj Bit Tadbeer.

According to Avicenna “Exercise is a series of voluntary movements of the body which produce deep and rapid
respiration”.

KEYWORDS: Regimental Therapy, Belly Rozler, Vibrator

Original Article
MATERIALS AND METHODS

Materials
To carry out the Exercise therapy the following materials where arranged:

- Patient
- Belly roller, vibrator, cycle and treadmill

Methods

- Patients were monitored and their measurement of Chest, Abdomen and waist in cms and weight in kgs were checked before the treatment.
- Patients were selected based on the rigid bodily movement, they were generally advised to have morning and evening walks for at least 30 mins per day.
- The patients were put on belly roller equipment for about 30 minutes, cycling 20 mins, treadmill 20 mins, and patients wellbeing was monitored often to continue further exercise because the patients were given clear instructions to perform exercise, so any discomfort in any of the equipment, the patients were stopped to do exercise and their vital parameters were monitored.
- In addition, the selected patients were subjected to belly roller, vibrator and cycling and treadmill exercise. These exercise help to stimulate their bodily movement.
- After performing the exercises, they were given hot or cold shower bath, in order to get rid of sweating problem.
- The patients were observed before and after with pulse rate, blood pressure, respiratory rate and later discharged.

Photographs of Exercise Therapy for various diseases done at the Center

Figure 1: Cycle

Figure 2: Vibrator
Exercise Therapy Data

- The following data reveals the total number of patients treated followed by graphical representation:

**Total Number of Patient’s Data:**

<table>
<thead>
<tr>
<th>Therapy</th>
<th>Period &amp; Total Number of Patients</th>
<th>Inpatient</th>
<th>Out Patient</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise</td>
<td>Oct 2011 - Sep 2015 &amp; 53639</td>
<td>1450</td>
<td>1520</td>
<td>2970</td>
</tr>
</tbody>
</table>
• The data shown are for the treatment given by Exercise in order to alleviate certain diseases or illness like pain, sinusitis, skin disorders with graphical representation.

**Total Number of Patient’s Data**

**In a Particular Disease**

<table>
<thead>
<tr>
<th>Therapy</th>
<th>Pain</th>
<th>Sinusitis</th>
<th>Skin</th>
<th>Others</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise</td>
<td>1848</td>
<td>417</td>
<td>518</td>
<td>187</td>
<td>2970</td>
</tr>
</tbody>
</table>

**DISCUSSIONS AND RESULTS**

By using exercise therapy to let out the morbid matters through sweating the patient were asked to perform various types of exercise suffering from different ailments like pain, sinusitis, skin disorder and others.

During this 4 years period total number of patients seen in Center for Unani Ilaj Bit Tadbeer among various therapies are 53,639 and in exercise total no. of patients seen are 2970.

1848 patients were treated for pain, 417 patients were treated for sinus, 518 patients were treated for skin disorder.

100 patients were treated for weight reduction and shown good results. The patients were monitored and their measurements of Chest, Abdomen and waist in cms and weight in kgs were checked before and after therapy. After 8 sittings 90% of patients parameters were reduced.

Therefore, the Exercise therapy process has given good success result in Regimental Therapy.
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