

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

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INTRODUCTION

Exercise therapy is given to patient whose bodily movement are restricted or moved in insufficient period. Exercises help the patient for free movement of joint and muscles, Thereby leading human being to give a healthy life with least possible sickness and morbidities.

Aims & Objectives

- To evacuate waste (Superfluous) matter from the body.
- To tone up individual organs.
- To improve *Istehala* (Metabolism) for proper functioning of body organs and systems.
- To maintain or improve flexibility, co-ordination and balance of the musculoskeletal and loco motor system and thus strengthen the body as a whole.
- To relieve anxiety, insomnia and depression.

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



Figure 3: Belly Roller



Figure 4: Treadmill

Exercise Therapy Data

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

Total Number of Patient’s Data:

Table 1

Therapy	Period	Total Number of Patients	Total Number of Patients in Exercise
Exercise	Oct 2011 - Sep 2015	53639	2970

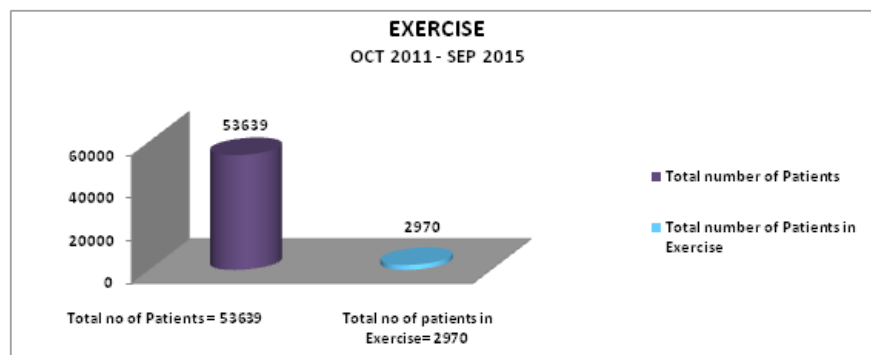


Figure 5

Table 2

Therapy	Period & Total Number of Patients	Inpatient	Out patient	Total
Exercise	Oct 2011 - Sep 2015 & 53639	1450	1520	2970

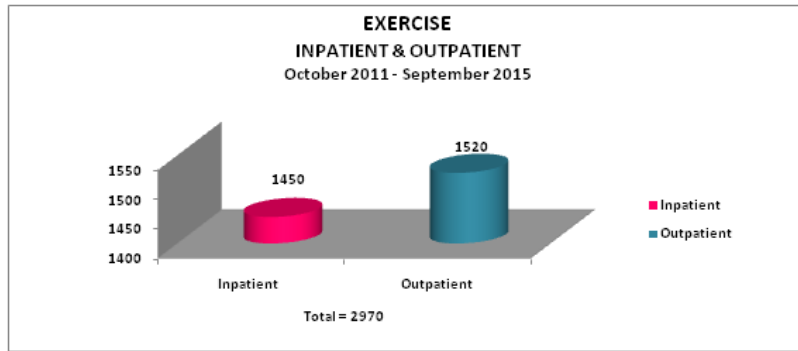


Figure 6

- 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 3

Therapy	Pain	Sinusitis	Skin	Others	Total
Exercise	1848	417	518	187	2970

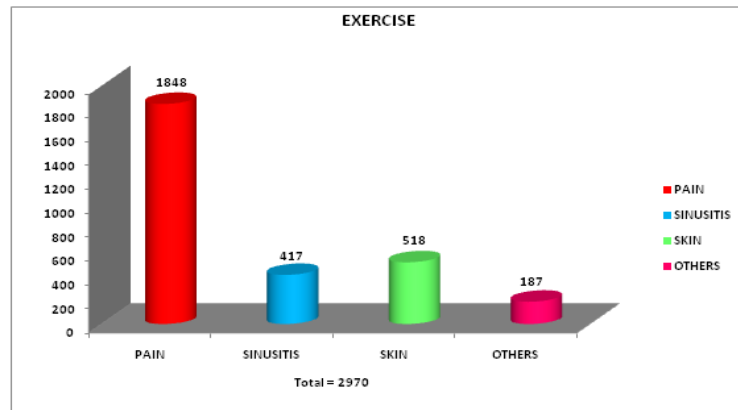


Figure 7

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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