

## **SAFETY, EFFICACY AND MECHANISM OF ACTION OF UNANI FASD (BLOOD LETTING THROUGH VENESECTION) IN CASES OF OSTEOARTHRISIS (OA)–A RANDOMIZED CONTROLLED STUDY**

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### **ABSTRACT**

Osteoarthritis is the commonest life style disorder encountered by the society. In the western countries radiographic evidences of this disease is present in majority of persons by 65 years of age and about 80% persons more than 75 years of age; despite exhaustive work, still no satisfactory answer has been placed forward by the modern medicine, conservative measures are ineffective and produce various Adverse drug reactions. Whereas, the Unani physicians e.g. Galen, Ibn Sina, Razi, Majoosi, Akbar Arzani, Azam Khan & Kabiruddin has suggested Fasd as an adjuvant regimental therapy for various types of Arthritis. Though venesection is in vogue, but its scientific validation has not been carried out so far about its safety, efficacy and mechanism of action. Therefore, to explore new alternatives and for scientific validation of Fasd, this study at Center for Unani Ilaj Bit Tadbeer a unit of Niamath Science Academy – a project funded by Dept. of AYUSH at Puduvoyal Village, Gummidipoondi Taluk, Tamilnadu has been designed and carried out to evaluate the safety and efficacy; and to explore the mechanism of action of Fasd in the cases of Osteoarthritis.

**KEYWORDS:** Bloodletting, Venesection, Fasd, Osteoarthritis

Unani System of Medicine was originated in 460 B.C. by Hippocrates in Greece – Unan. One of the Therapy of Unani System of Medicine is Regimental Therapy – Ilaj Bit Tadbeer. The following Unani Therapies are:

Venesection, Cupping, Diuresis, Massage, Counter Irritant, Cauterization, Purging, Vomiting, Exercise, Sweating, Turkish Bath, and Leech Therapy.