

## APPLICATIONS OF MASSAGE (*DALAK*) IN UNANI SYSTEM OF MEDICINE

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### ABSTRACT

*Dalak* (Massage) is one of the most important therapy of Regimental therapies (it includes massage, exercise, venesection, cupping, leeching, diaphoresis, diuresis, purging, emesis, turkish bath, cauterization). *Dalak* (Massage) is a type of exercise in which surface of body is rubbed with hands, to increase the blood circulation and remove the waste materials from the body. Several types of *Dalak* (Massage) are mentioned in unani classical literature e.g. *Dalak Layyan* (Soft massage) is sedative and relaxant. *Dalak Khashan* (dry and hard massage) is deobstruent and increase the blood supply. According to Allama Nafees *Dalak* (Massage) is described under the heading of exercise because it executes the same function as exercise i.e. it disintegrates the waste product, liquify the viscid matter, produces energy and strengthens ligament, tendons and muscles. *Dalak*

(Massage) are indicated by Unani physicians in chronic arthralgia, muscular weakness, paralysis, sciatica, gout, melancholia, uterine complications, obesity, sprain, neuralgia etc. so, it can be utilized for the purpose of restoring individual health and therapeutic purposes. The detail of this topic will be discussed in full length paper.

**KEYWORDS:** *Dalak*, Massage, Regimental Therapy.

## INTRODUCTION

Massage therapy is one of the oldest health care practices known to history. References to massage are found in Chinese medical texts more than 4,000 years old. Massage has been advocated in Western health care practices at least since the time of Hippocrates, the "Father of Medicine" In the fourth century B.C. Hippocrates wrote, "The physician must be acquainted with many things and assuredly with rubbing (the ancient Greek term for massage was rubbing). The roots of modern, scientific massage therapy go back to Per Henrik Ling (1776-1839), a Swede, who developed an integrated system consisting of massage and active and passive exercises.<sup>[1]</sup>

In *Unani* system of Medicine, to restore the health, various types of treatment are employed such as *Ilaj-bil-Tadbeer* (Regimental therapy), *Ilaj-bil-Ghiza* (Dietotherapy), *Ilaj-bid-Dawa* (Pharmacotherapy) and *Jarahat* (Surgery).<sup>[2]</sup>

Massage which has been used in almost all the civilizations in the history, evidence of this is present in several manuscripts.

Regimental therapies are mostly non medicinal procedures for health promotion in *Unani* medicine. Several regimens have been used by *Unani* physicians, among which *Dalak* (massage) is the most common and widely practiced method that is used restorative, preventive as well as therapeutic purposes.

In ancient Syria, Babylon and Assyrian massage was believed to be capable of expelling spirits from a person's body. Hippocrates was the first person, who discussed the qualities and contraindication of *Dalak* (Massage). He recognized massage as a therapeutic agent. Another Greek physician Asclepius who was great advocate of massage and physical therapy, had recommended this technique as the third most important treatment modality.<sup>[3]</sup> Considering a low risk of harm and high benefits massage is a perfect regimen for the treatment of pain. Research has confined the use of massage therapy as an effective tool for pain management without producing adverse reactions that can occur with medication. *Dalak* (Massage) is among the most common alternative therapies for relieving the pain.<sup>[4]</sup>

This review focuses a detail description, types of *Dalak* (massage), aims & objective,

mechanism of action, timing of *Dalak*, benefits of *Dalak* (massage), indications of *Dalak* (massage), contraindications of *Dalak* (massage), qualities of massager (*Dallak ki khoobiyān*) and scientific reports.

### ***Dalak* (Massage)**

*Dalak* is an Arabic word means ‘*Maalish*’ is a form of *Riyāzat* (exercise) as a manipulative technique by means of hands on muscles of particular organ without movement of whole body. As a result of that *Hararat* (heat) is produced which causes *Tahallul* (dissolution) and *Riqqat* (liquidity) in accumulated *Fuzlat-e-Raddiya* (morbid matter) of the body. It is a special technique of *Ilaj-bil- Tadbeer* which is performed to maintain the health and removal of disease. It evacuates the *Fuzlah of Hazm Akheer* (waste metabolites) accumulated in the body and strengthened) the *Azlat* (muscles) and *Autar* (ligaments).<sup>[5,6]</sup>

‘Massage’ is the word derived from the Arabic word- *massa* (to touch), or from the Greek word- *Massein* (to knead). Hippocrates used the term *anatripsis*, meaning to rub down and this was translated into the Latin ‘*frictio*’ meaning friction or rubbing.<sup>[1]</sup>

French colonies in India first used the term “massage” during 1761-1773 and included it for the first time in 1812 in French-German dictionary. According to Oxford dictionary, in 1879 this word entered in the English literature.<sup>[7]</sup>

Massage is a scientific way of treating some forms of disease by external manipulations, employed in a variety of ways to the soft tissues of the body.<sup>[8]</sup>

### **Classification of *Dalak***

*Dalak* is classified as *Dalak Baseet* and *Dalak Murakkab* by Ibne Sina and Ibne Rushd. *Dalak Baseet* is further subdivided on the basis of *kaifiyat* (quality) and *kammiyat* (quantity) into 6 types,<sup>[9,10]</sup>

On the basis of *kaifiyat* (Quality of pressure applied)

- (i) ***Dalak Sulb* (Hard/Firm Massage):** It is a type of massage in which firm pressure is applied while stroking with hands is done. It renders the body firm and strong by eliminating the *Rutubat* (moistness).
- (ii) ***Dalak Layyan* (Smooth/Gentle Massage):** In this type, massage is performed slowly and softly with hands, without exerting much pressure. It produces muscle relaxation.

(iii) **Dalak Moatadil (Moderate Massage):** Moderate pressure is applied between Sulb and Layyan in this type of Dalak (massage). Thus it induces better perfusion in muscles which promote the growth and development of the body.

On the basis of Kammiyat (Quantity of pressure applied)

(iv) **Dalak Kaseer (Prolonged/Heavy Massage):** This type of *Dalak* (massage) is done for longer duration to reduce body fat hence it renders the body lean and thin.

(v) **Dalak Qaleel (Short Massage):** This type of *Dalak* (massage) is done for shorter duration.

(vi) **Dalak Moatadil (Moderate Massage):** The duration of this *Dalak* (massage) is in between *Kaseer* and *Qaleel*.

### **Dalak Murakkab (Compound Massage)**

*Dalak Murakkab* is the combination of different types of *Dalak* and it is divided *Dalk* in accordance to *Kaifiyat* (quality of pressure) or *Kammiyat* (quantity of pressure) or both into nine types.<sup>[9,10]</sup>

1. *Dalk-e-Sulb Kaseer* (Firm Massage with prolong duration)
2. *Dalk-e-Sulb Qaleel* (Firm Massage with short duration)
3. *Dalk-e-Sulb Mu'tadil* (Firm Massage with moderate duration)
4. *Dalk-e-Layyin Kaseer* (Gentle Massage with prolonged duration)
5. *Dalk-e-Layyin Qaleel* (Gentle Massage with short duration)
6. *Dalk-e-Layyin Mu'tadil* (Gentle Massage with moderate duration)
7. *Dalk-e-Mu'tadil Kaseer* (Moderate Massage with prolonged duration)
8. *Dalk-e-Mu'tadil Qaleel* (Moderate Massage with short duration)
9. *Dalk-e-Mu'tadil Mu'tadil* (Moderate Massage with moderate duration)

### **Special Types of Dalak (Massage)**

(iv) **Dalk-e-Khashin (Rough Massage):** This type of massage is done with a rough piece of cloth. It draws the blood rapidly to the surface. It should not be done for longer duration as this may lead to excessive elimination of *Rutubat* (moistness) from the body.<sup>[2,9,11]</sup>

(v) **Dalk-e-Amlas (Gentle Massage):** This type of massage is carried out with hands or a soft piece of cloth. It increases the blood flow in the treated area that makes the body firm.<sup>[9,11]</sup>

(vi) ***Dalk-e-Istidad (Preparatory Massage before starting Exercise)***: It is a special type of massage is done before exercise in order to prepare the body for exercise. It starts slowly/gently in the beginning and then intensified towards the end of the massage.<sup>[2,9,11]</sup>

(vii) ***Dalk Istidad is further divided into 6 types***<sup>[10]</sup>

1. *Dalk Istidad Qawi*
2. *Dalk Istidad Zaeef*
3. *Dalk Istidad Mu'tadil*
4. *Dalk Istidad Taweel*
5. *Dalk Istidad Qaseer*
6. *Dalk Istidad Mu'tadil*

(viii) ***Dalk-e-Istidad / Dalk-e-Musakkin (Restorative Massage)***: This massage is done at the end of exercise and should be carried out gently and in moderation, preferably with oil. Massage should be soft in nature; vigorous, rough or hard manipulation should not be adopted specially at the end. When massage is over, treated part should be kept in a tense and taut position. The purpose of this massage is to liquefy and eliminate the metabolic waste products left from exercise; if retained in the tissues, these may cause fatigue.<sup>[2,9,11,12]</sup>

### AIIMS AND OBJECTIVES

Ibne Sina has also mentioned the purpose of different types of *Dalak*

- To make the body firm, if it is loose and flabby.
- To make the body soft, if it is hard and firm.
- To eliminate the *rutoobat* (fluid) from the body that is left after purgation;
- To develops the body as well as to improve and to maintain blood circulation of the particular organ;
- For dissolution of *riyah* (morbid gases) from the body;
- To remove the *barid mizaj* (cold temperament);
- For *imalah* (to divert the matter from one organ to another);
- Massage is done by using oil with an aim to retain the *rutoobat* (moisture of the body);
- Massage is done to relieve pain.<sup>[10,11]</sup>

### Mechanism of Actions

The mechanism of action of *Dalak* (Massage) is based on holistic approach of two fundamental concepts i.e. *Tanqiya-e-Mawad* (Elimination of morbid humour/matter) and

*Imala-e-Mawad* (Diversion of humour/morbid matter).

1. *Tanqiyae Mawad* (Elimination of morbid humour/matter) means the resolution and excretion of morbid humors and excessive fluids from the body, thereby maintaining the normal quality and quantity of four bodily humors.<sup>[6,9]</sup>

2. *Imala-e-Mawad* (diversion of morbid matter) acts through diversion of the morbid fluids from the site of affected organ to the site where from it is easily expelled out from the body tissues. It also induces sedation, analgesia and increases blood circulation.<sup>[13]</sup> Both are actually responsible for the maintenance of normal health.

### **Timing of Massage (*Awqat-E-Dalak*)**

Most of the reknown Unani physicians has emphasized more on the timings of massage. But there is a question when massage has to be done for the more benefits and good results and to avoid adverse events. Timing of massage exclusively depends on the type and nature of massage required according to Unani literature are:

- *Dalak* (Massage) should not be done immediately after taking food.
- *Dalak* Massage should not be done in empty stomach.
- *Dalak* (Massage) should be done in the morning.
- *Dalak* (Massage) can also be done in the evening but 3-4 hours after lunch.

Timing of massage also differs according to changes in weather;

- *Dalak* (Massage) should be done at noon; in *Mausam-e-Rabi* (spring season) and *Mausam-e-Kharif* (autumn).<sup>[11]</sup>
- *Dalak* (Massage) should be done in the morning; in *Mausam-e-Saif* (summer season).
- It should be done in afternoon in *Mausam-e-Shita* (winter season).<sup>[14]</sup>

### **Duration of Massage (*Muddat-E-Dalak*)**

Duration of massage is not exactly mentioned in terms of minute or hours in Unani literature. But it has been extensively discussed depending upon the various conditions as follows:

In Unani literature, duration of massage is not exactly mentioned in terms of minute or hours, but it has been extensively discussed depending upon the various conditions as follows:<sup>[14,15]</sup>

1. Strength of organ
2. *Mizaj* of body part to be massaged
3. *Mizaj* of disease and person
4. *Mizaj* of disease and person

5. Type of oil used
6. Condition of disease (acute, sub-acute, chronic)
7. Condition of patients (obese, lean and thin, healthy)
8. Seasons
9. Temperature of the massage cabin
10. Desired outcome
11. Other factors<sup>[15]</sup>
  - In healthy individuals with no pains just for relaxation: massage for 30 to 40 minutes;
  - In pains and aches: for longer duration;
  - In physically weak: 15-20 minutes in beginning slowly then increased to 30-35 minutes;
  - For those who are habitual to it, daily massage: 25-30 minutes;
  - Old people need massage for one hour or more.

#### **Benefits OF *Dalak***<sup>[2,9,11,16]</sup>

- *Tahleel-e- Mawad: Dalak* (Massage) easily excretes stagnant, thick and sticky *Madda* which is difficult to be excreted by *Mus 'hil* (purgative).
- Only *Dalak* (Massage) can detach a viscous, tenacious morbid matter which is firmly attached within the organ.
- *Dalak* (Massage) produces *Riqqat* (liquefaction) in *Ratubat-e-Badani* (body humour).
- *Dalak* (Massage) produces mild to moderate *Hararat* (Heat) in body.
- *Dalak* (Massage) alleviates *Riyah* (air) trapped in organs.
- *Imalae Mawad: Dalak* (Massage) is applied to divert *Madda* (morbid matter) from one point of the body to the other.
- *Dalak* (Massage) with *Roghan* produces *Rutoobat* (moistness) in the body/massaged part and thus helps in treatment of diseases induced by *Yubusat* (dryness).
- *Taskeen Alam: Dalak* (Massage) alleviates the pain.
- *Dalak* (Massage) strengthens the muscle & ligaments.
- *Dalak* (Massage) restores the atrophied organs to their normal size.

#### **Indications of *Dalak***

Massage is indicated in promotion of the health as well as for therapeutic purposes.

Therapeutic Indications:



**In the Treatment of different types of Pain**

To relieve pains the affected part of the body should be massaged softly for a longer duration.<sup>[9]</sup>

**Pain Due to *Galba-e-Buroodat* (Excessive Cold)**

Massage the affected part with *Roghan-e-Nargis/Roghan-e-Sosan* mixed with *Dhatoora oil*.<sup>[17]</sup>

**Pain Due to *Galba Haraarat* (Excessive Heat)**

*Dalak* should be done with *Roghan-e-Hina*.<sup>[17]</sup>

***Waja-ul-Asab* (Neurologic Pain)**

Turkish bath, local massage of *Roghan-e-Sosan*, *Roghan-e-Nargis* and *Roghan-e-Gaar* relieve the neurologic pain and flaccidity.<sup>[17]</sup>

***Tashannuje Haad* (Acute Spasm)**

Acute spasm can be managed by bringing the extended and spasmodic parts to their original positions and massage them with *Roghan-e-Suddab* and *Roghan-e-Qisa-ul-Himaar*<sup>[17]</sup> or massage with olive oil mixed with sulphur.<sup>[18]</sup>

***Tashannuje Muzmin* (Chronic Spasm)**

Apply lukewarm *Roghan-e-Banafsha* or *Roghan-e-Kaddu* on affected parts.<sup>[19]</sup>

***Waja Irqun Nasa* (Sciatica)** Apply *Roghan-e-Kunjad* in the portions inflicted with the symptoms.<sup>[20]</sup> Local application of *Roghan-e-Sosan* is also described by Razi.<sup>[19]</sup>

***Suda* (Headache)**

In *Suda Haar*, apply *Roghan-e-Banafsha* on soles and in *Suda Baarid* apply lukewarm oils on the scalp and massage for few minutes.<sup>[21]</sup>

***Sarsaam* (Meningitis)**

Massage the scalp with vinegar mixed with *Roghan-e-Banafsha* and milk.<sup>[19]</sup>

***Sakta* (shock)**

In shock apply warm tempered oil with sulphur on the whole body.<sup>[17]</sup>



**Sidr (vertigo)**

At the time of attack hold the limb tightly and massage them.<sup>[17]</sup>

**Malikholiya (Melancholiya)**

Massage the ribs with olive oil and *Roghan-e-Sosan* softly with hands on the abdomen.<sup>[17]</sup>

**Fasad-e-Zik'r (Dementia)**

If it is resulted from excessive *Buroodat* and *Yaboosat*, then apply *Roghan-e-Khiri* and *Roghan-e-Sosan* on the scalp daily for the best results.<sup>[17]</sup>

**Ikhtelaaj (Fasciculation)**

This is commonly caused by excessive intake of chilled beverages, cold producing agents, cold weather and cold temperaments. So, on its infliction, massage the face with *Roghan-e-Farbiyoon* and *Roghan-e-Aaqar Qarha*<sup>[17]</sup> or massage with olive oil mixed with sulphur.<sup>[18]</sup>

**Sara (Epilepsy)**

During episodes of fits, massage the spasmodic body parts with oils, water and emollients. At first massage the whole body, then lower portion of head and cervical vertebrae.<sup>[17]</sup>

**Mustarkhi Mafasil (Flaccid Joints)**

Massage with *Roghan-e-Qust* as it has potential effect in the management of flaccid joints.<sup>[17]</sup> *Roghan-e-Qust* mixed with *Roghan-e-Zaitoon* shows very good results.<sup>[17]</sup>

**Istirkhaa (flaccidity)**

Apply *Roghan-e-Sosan* and *Roghan-e-Nargis* daily. It should be stopped when the affected part turns red. Besides this, massage with Olive oil, *Natroon* and *Qand* is said to be very effective in its management.<sup>[17]</sup>

**Management of Paralysis**

Massage the body with *Roghan-e-Qust* and *Aaqar Qarha* with firm hands on affected parts of the body massage the flaccid and paralysed joints with *Roghan-e-Qust*. The *Roghan-e-Qust* should be applied on the insertion points of the flaccid muscles.<sup>[17]</sup>

**Laqwa (Bell's palsy/ facial paralysis)<sup>[17]</sup>**

*Dalak* (Massage) should be done firmly with *Roghan-e-Qust* on face and cervical vertebrae.<sup>[19]</sup> If *Laqwa* (facial paralysis) is due to *Yaboosat*, massage the head with *Roghan-e-*

*Banafsha* and cervical vertebrae with *Roghan-e-Khatmi*.<sup>[17]</sup> The ancient Greek physicians used sore vinegar boiled with mint or Sa'tar to massage on facial muscles, temporal area, neck and back for the treatment of *Laqwa*.

### ***R'asha* (Tremor)**

According to Descorides, taking *Jund bedastar* orally or rubbing it on the manifested parts is very useful. Galen has also used the same for the tremor patients.<sup>[17]</sup>

### ***Khidr* (Paraesthesia)**

Massage the diseased part with *Roghan-e-Farbiyoon* mixed with Castor oil and hot wax.<sup>[17]</sup>

### ***Zeequnnafas* (Asthma)**

If the cause of *Zeequnnafas* (Asthma) is *yaboosat* (dryness), then massage the lateral parts of the thorax with *Roghan Naardeen*, *Roghan Gaar*, *Roghan suddab* and hot temperament oils to alleviate the symptoms of asthma.<sup>[22]</sup>

### ***Nigras wa Wajaul mafasil* (Gout & Arthritis)**

Soft massage daily with *Roghan-e-Sosan* is very useful in these conditions.<sup>[19]</sup>

### ***Waja-ul-Unq* (Cervical Spondylosis, Frozen Shoulder)**

Massage the affected areas with *Roghan-e-Shibbat*, *Roghan-e- Baboona* and *Roghan-e-Murakkab*.<sup>[18]</sup>

### ***Waja-ul-Zohar and Waja-ul-Warik* (Backache)**

Apply *Roghan-e-Joz Ma'sil*, *Roghan-e-Tukhm-e-Injeer*, *Roghan-e-Qurtum* and *Roghan-e-Qust* firmly with hands.<sup>[23]</sup>

### **Wrist Joint Pain /Carpel tunnel syndrome**

Local application of *Roghan-e-Haft Barg*, *R.babooba* and *R. murakkab* softly with hands is very useful in such pain.<sup>[9]</sup>

### **For the Generalized Weakness**

The whole body should be massaged softly with hands daily in the morning with *Roghan-e-Zaitoon* (olive oil) and hot wax. It rejuvenates as well as awakens the dormant *Quwatt-e-Jaaziba* (absorbant faculty) of the body parts.<sup>[9]</sup>

### In Sexual Disorders

It is very effective to do massage on male sexual organ with certain oils like: *Roghane Soosan*, *Roghane Zambaq*, *Roghane Nargis*, *roghane yasmin*, *Roghane Kheeri*, *Roghan Punba Dana* with *Aqar Qarha* etc. in different conditions.<sup>[23]</sup>

### Preventive Indications of *Dalak*

- In early days of childhood (when start walking in their 3<sup>rd</sup> year of life). *Dalak* should be done lightly when they wake up from the sleep in the morning and be given bath.<sup>[15]</sup> It boosts immunity and endows strength to the bodily organs.<sup>[6]</sup>
- In Youngsters, the whole body should be massaged slowly with *Roghan-e-Zaitoon Shireen* (sweet olive oil) after digestion of meal. Its purpose is to prepare the body for exercise. Oil dissolves the waste metabolites and evacuates them. After exercise, body is massaged with firm hands for two purposes:<sup>[6]</sup> (1) To evacuate the stagnant waste metabolites in subcutaneous tissues. (2) To make body muscular and strong.
- In elderly persons moderate massage is very effective if done with oils, it may be done twice a day in lean and thin persons.<sup>[9]</sup>
- In Pregnant Women, massage is strongly recommended to back, abdomen and pubic area, few days before the delivery with *Roghan-e-Zanbaq* and *Roghan-e-Kheeri* as it helps in easy passage for foetus at the time of delivery.<sup>[19]</sup>

### Contraindications of *Dalak*<sup>[10]</sup>

- *Humma* (fever): *Dalak* (Massage) should not be performed in *Humma* (fever).
- Septicemia: It cannot be done in septicaemic condition.
- The organ having any prulant condition.
- *Warm-e-Mafasil Haad* (Acute Arthritis): *Dalak* (Massage) should not be done in acute arthritis.
- *Warm-e-wareed* (phlebitis) & *Warm-e-shiryān* (Arthritis): It is contraindicated in both the condition.
- *Qurooh-e-Jildiya* (skin ulcers): It should not be done any type of ulcers of the skin.

### Qualities of Massager (*Dallak ki Khoobiyān*)<sup>[10]</sup>

A good massager should have the following characters

1. **Good physical health:** Because it cannot be performed properly, if massager has not good physical health.

2. **Habit:** If massager is habitual then may perform well.
3. **Sensation:**
4. **Experience:** If they have long experience to perform Dalak, then it should be preferred.
5. **Morality/Sanctitude:** They should have good moral characters.

### Scientific Reports

Various studies have been conducted which have proved the effectiveness of *Dalk* (massage) in musculoskeletal diseases and its related symptoms.

- Arshid et al reported the efficacy of *Dalk Layyain* with *Raughan Zaitun* in *Waja uz Zahr* (low back pain).<sup>[24]</sup>
- Cherkin et al in a RCT found that both relaxation and structural massages are treatment of choice in chronic low back pain.<sup>[25]</sup>
- Furlan et al in a systemic review detected the efficacy of massage in subacute and chronic nonspecific Low Back Ache.<sup>[26]</sup>
- Majchrzycki et al, In a Prospective Randomized clinical Trial found that Deep tissue massage in chronic Low Back Ache patients had been effective due to pain alleviation.<sup>[27]</sup>
- Gufran et al reported efficacy of *Dalk Layyen* (soft massage) with *Roghane Gule Aakh* in alleviating pain, difficulty and tenderness associated with Cervical Spondylosis.<sup>[28]</sup>
- Kong et al reported that massage therapy is an effective intervention that produces immediate relief in neck and shoulder pain.<sup>[29]</sup>
- Lone et al reported the potential effects of *Roghan Gule Aak* in the treatment of *Tahajjure-Mafasil* (frozen shoulder).<sup>[13]</sup>
- Perlman et al found that massage therapy is efficacious and well tolerated in Osteo Arthritis of the knee and its beneficial effects persist for weeks after cessation of the treatment.<sup>[30]</sup>
- Anderson et al suggested that massage is beneficial as a conjunctive therapeutic treatment in RA patients.<sup>[31]</sup>
- Singh et al found that massage plays a vital role in improving the signs and symptoms of sciatica.<sup>[32]</sup>
- Zarnigar *et al.* conducted a study entitled, “role of Dalak and *Riyazat* in the rehabilitation of patients with post stroke hemiplegia”, the results of Dalak showed significant effect in improvement of Fugl Meyer upper limb score.<sup>[33]</sup>
- A study was conducted on ‘Effect of *Dalak Layyan kaseer* with *Roghane Shibbat* in

slowing the progress of *Wajaul Unuq* (cervical pain)' in NIUM Hospital. The regimen was found highly significant both statistically and clinically in relieving acute and chronic cervical pain.<sup>[15]</sup>

- A study was carried out by Haji Amanullah *et al.* "to evaluate the efficacy of massage with *Roghan Seer* in motor recovery in hemiplegia secondary to ischemic stroke". They reported that the massage with test drug has significant improvement in voluntary movements and basic mobility of the lower limb.<sup>[34]</sup>

## CONCLUSION

In Unani medicine *Dalak* (massage) is an important technique in which the body surface and musculoskeletal system are therapeutically stroked, kneaded, pounded, and yanked; *Dalak* (massage) has a time honored history in medicine that stretches back to ancient Greece; massages are intended to relax the body—and mind, mobilize stiff joints, increased flow of blood and lymph, decreased muscular tension and chronic pain, decreased swelling and inflammation and decreased tension and stress; *Dalak* (massage) is also believed to integrate the mind and body, improve skin tone, increased energy flow through the nervous system and eliminate the wastes product through skin.

Clinical trials shows efficacy in various diseases of different system. For better results it is necessary that Unani drugs and medicated oils both should be used according to the Mizaj of the disease. There is a lot of medicated oils which should be used in various conditions and disorders. These therapeutic oils should be chosen appropriately as indicated in Unani literature for the result of better efficacy. Above facts mentioned in Unani literature, It can be widely used restorative of health, preventive as well as therapeutic purposes.

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