

An Overview on Indications of *Fasd*(Venesection)

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ABSTRACT: In Unani System of Medicine health depends upon the equilibrium in the quantity and quality of the Akhlat. Whenever superfluous matters accumulate in the body various diseases occur consequently. In Unani system of medicine, the disease has been treating through three modalities Ilal- bil-Dawa, Ilaj-bil-Yad and IlajBit Tadbeer. *Fasd* has been mentioned in the context of ilaj bit tadbeer, which is one of the crucial methods for the correction of superfluties inside the body. In this method treatment is performed by various modifications in Asbab-I-Sitta Daruriyah. *Fasd* is based on the principle of evacuation (Istifragh). In *Fasd* incision is given on the blood vessels to evacuate the Ghaleed Wa Fasid Mawad and excessive quantity of Akhlat from the body in order to treat disease or keep the person in good state of health. Present study will discuss the name of different kind of *fasd* and their indications, which can be carried out for the correction of superfluous morbid matter, in order to treat different kind of the diseases.

Key Words: *fasd* (venesection), indication, Unani system of medicine

Introduction

The Unani System of Medicine is based on seven bedrocks known as “*Umoor-i-Tabi’eeyah*” and absence of any one of them means absence of life. *Akhlat* or humours are one of the important components of them. According to the Hippocrates (460-370BC) health depends upon the balance in quality and quantity of the humours, any disturbance in quality or quantity of humours will result in disease^{1,2}.

In Unani System of Medicine provision of various treatment modalities are mentioned comprehensively. In this system the correction of imbalance of humours in the body are achieved by various clinical procedures like purgation, vomiting, perspiration, cupping, leeching, and venesection etc. *Fasd* or phlebotomy is one of the oldest and popular treatment modalities, used to evacuate the morbid matter from the body. In this treatment modality some specific veins are cut at specific site of the body to evacuate the blood with morbid matter.

Warid-i-Bāsaliq *Fasd* of this vein has a great potential in alleviating many diseases. It is useful in diseases of *Tannur-i-Badan*/Liver.^{3,4,5} And rapidly draws the blood from abdomen and surrounding of thorax.^{6,7} According to some physicians, *Fasd* of this vein is beneficial in all diseases occur anywhere in the body from neck to foot^{8,9,10,11} including disease of liver, spleen, lungs, pleura^{05,12,13} and stomach pain.⁵ It is also useful in *Hayjān*/surge of blood.¹⁴ Besides these, it is also beneficial in all those pain that occurs in hips, thighs and legs.^{12,13}

Sanguinic fever is also an indication for *Fasd* in this vein.¹⁵

In case of migraine the same side of *Warid-i- Bāsaliq* to be used.¹⁶

It perform *Tanqiya* of the organ around abdomen.¹⁷

Warid-i-Qifāl: It drains blood from head and neck^{5,8} and also from the lower part of neck upto *Sharāsifi*/lower Thorax.⁴ *Fasd* of this vein is beneficial in diseases of head and neck^{3,9,11,14,18} sanguinous disease of head,¹⁹ diseases of face¹¹, backache¹⁴ and also in diseases occur in thorax or in the parts above thorax.⁶ *Fasd* in this vein is also effective in epistaxis,^{9,20,21} diseases of eyes, ear, palate, mouth, teeth and lips,^{12,13} *Bakhrul Fam*,²² *Šudā’-i-Har*,²³ *Šhaqiqa*,²⁴ *Šudā’-i-Damwi*.^{25,26} Author of *Kitab-ul-Umda* has stated that headache and other sanguinous diseases of upper part of the body can be best treated by *Fasd* of this vein.²¹ Performing *Fasd* in this vein is also effective in cases of diphtheria, migraine, and infection of tongue along with other diseases mentioned above.²⁰

Warid-i-Ibti: - Mostly it drains blood from lower body parts,³ and the benefits of *Fasd* in this vein are similar to that of in *Bāsaliq*.^{4,11} Venesection of the vein is beneficial in disease of organs of abdomen, diseases of lower body parts,¹⁰ lungs, thorax, diaphragm, and also it is effective in bronchitis.⁹

Warid-i-A'khal: It drains blood from all over the body, from head to toe,⁷ thus venesection of this vein is beneficial in diseases of whole body.^{27,10,12,14} Razi states that performing *Fasd* in this vein has a great virtue, if drainage of blood from whole body is intended,⁶ as the vein has a cumulative effect of *Bāsaliq* and *Qifāl*⁴ and according some physicians additive effects of *Qifāl*, *Habl-uz-Zira'* and *Bāsaliq*.⁵ According to Ibn-i-HabalBaghdādi, it mostly drains blood from inner part of thorax and organ above it.³ *Fasd* of this vein is quite effective in reducing excessive accumulations of blood in the whole body,¹² inflammation of upper & lower part of body,²¹ diseases of organ lying below the neck,⁹ and gastrointestinal diseases.¹¹ It is also useful in diseases of abdomen, head and neck, pneumonia, melancholia and phlegmatic headache.²⁰

WaridHabl-uz-Zira': - *Fasd* of this vein has similar benefits as of *Qifālas* stated by many scholars,^{4,10,21} but by observation and experiment its benefit is found to be similar to *Bāsaliq*.¹⁰ The indications of *Fasd* in this vein are similar to that of *Qifāl* according to ancient scholars including Sheikh, but according to the author of Dhakhira and some modern physicians indications of *Fasd* are similar to that of *Bāsaliq*.^{8,11}

The vein has 2 branches, left side branch deals with spleen and heart and its *Fasd* is beneficial for the diseases of these two organs, while right side branch works for liver, hence its *Fasd* is beneficial for liver disorder.¹⁸ The *Fasd* of this vein also purifies the organ of neck and organ above it.^{20,27}

Warid-i-Usailim : It has 2 branches, *Fasd* of right side branch is beneficial for liver diseases and venesection into left side branch is beneficial for spleen diseases.^{3,4,5,6,7,10,12,13,21,27} According to some scholars *Fasd* of right side branch is also beneficial for splenic disorders.⁷ On the other hand, some scholars have stated that *Fasd* of right side branch is useful in liver pain, pleural pain and spleen diseases while *Fasd* of left sided branch is useful in heart diseases.⁸ It is also useful in treating haemorrhoids,^{11,12,21} chronic low back pain,²¹ itching and rashes,^{12,13} breathlessness and other diseases of thorax,³ also beneficial in pneumonia and pain of anus.¹² RabanTabari proposed the same statement as of other scholars by saying that the *Fasd* of right sided branch is beneficial for inflammation of liver and inflammation of diaphragm and of left sided branch is beneficial for spleen.¹⁴ Sheikh states that its *Fasd* is quite effective in joints pain and has an additive value on *Bāsaliq* in treating liver and spleen diseases.⁸

Warid-i-Sāfin:- It drains blood from those organ which lies below the liver.^{4,8,11,28,29} It is the most suitable vein for *Fasd* in cases of menstrual disorders.^{3,5,6,7,8,9,10,11,12,13,14,18,20,21,27,29} The *Fasd* of this vein is useful in a wide variety of diseases including itching of scrotum,^{8,12,13} amenorrhoea due to obesity,³¹ itching of thigh,^{8,13} inflammation of calf, scrotum and thigh,^{7,9,20,21} diseases of uterus, renal disorder,^{6,7} diseases of anus,³ haemorrhoids^{3,8,28,29} and diseases of head.^{3,11} It is also effective in debility of liver and spleen,¹⁸ back pain and renal pain,²⁰ sciatica^{5,8,27} and varicose vein.²⁷

Warid-i-'Irq-un-Nasā: Unani scholars have stated that the benefits of *Fasd* in '*Irq un-Nasā* are almost equal to that of in *Sāfin*,¹² however, '*Irq-un-Nasā* is more suitable for *Fasd* in cases of sciatica, and *sāfin* is more valuable for *Fasd* in other diseases.^{8,10,12,13} *Fasd* of this vein is effective considerably in cases of sciatica,^{3,4,5,9,10,20,21,27,28} hip pain,^{7,20,21} pain of buttocks,³ *Niqris* (Gout),^{4,5,11,18,20,27,28} Varicose Vein,^{4,5,7,20,27,28} and elephantiasis.^{4,20,28} Its *Fasd* is also useful in some brain/psychological disorders especially melancholia.¹¹

Warid-i-Mābiq-ur-Rukbā: This vein is substantially being used for *Fasd* in a wide variety of diseases. Though most of ancient scholars have stated that the benefits of *Fasd* in this vein is similar to that of in *Sāfin*,⁶ it has some added advantages over *Sāfin* as stated by some scholars.^{4,10} Author of Al-Mukhlātārāt and some other scholars propose that the venesection of this vein is as useful as of *Sāfin*, but it has added value over *Sāfin* in relieving amenorrhoea.^{3,18} Its *Fasd* is useful in amenorrhoea,^{8,9,12,13,21,28,29} pain in anus and haemorrhoids,^{8,10,11,12,18,28,29} visceral pain and backache,^{8,10,12,13} uterine pain,^{8,9,10,12,13} renal pain^{9,12} and pain in urinary bladder.^{9,21} It is also effective in relieving pain in thigh,^{9,21} pain of sciatica, pain in calf muscle and hysteria.²¹

Drain the blood from uterus, kidney and urinary bladder same as the *Warid-i-Sāfin*.³²

WaridKhalf-al-Urquq: *Fasd* in this vein is same as of *Warid-i-Sāfin*,³ hence prosperity and benefits are also same as *Sāfin*.^{8,28,29}

WaridMush-t-i-Qadam: - Its benefits are more than *Warid-'Irq-un-Nasā*.⁸

Warid al-Jab'ha: - *Fasd* of this vein has a potent effect in alleviating various diseases, especially diseases occur in head and face. Chronic conditions of head and face like *Şudā* (headache), *Şhaqiqa* (migraine), *Dhuf-i-Dimaghi* (brain debility), other diseases like *Ātshak* (Syphillis) and other boils and wounds of face etc. can be best treated by *Fasd* of this vein.^{7,18} *Buqrāt* (Hippocrates) has strongly recommended the *Fasd* of this vein in the patients with posterior headache. Further, it is also beneficial in ocular pain and in pain of other organs of head.¹² It is also useful to perform *Fasd* in heaviness of head, especially in posterior area, heaviness in eye,^{3,4,8,12,21,28,29} Chronic headache as mentioned above³¹ and chronic disease of eye and other conditions of face.⁶

Irq Al-Yāfukh: Phlebotomy of this vein is helpful in treating *Shaqiqā*,^{3,4,8,12,28,29} old small eruption of head, conjunctivitis, corneal opacity, itching of eyelid,²¹ *Quruḥ* and *Buthur* of scalp,⁹ chronic morbid ulcer in scalp and *Sa'fa*.⁶

IrqTaht-Al-Khushsha: *Fasd* of this vein is beneficial in chronic headaches, vertigo^{4,8,28,29} and pain in forehead.²¹

WaridKhalf Al-Udhun:- Phlebotomy of this vein diverts the *Bukhārāt* which ascends towards head.^{3,4,8,12,28,29} It is effective in cataract,^{3,8,12,29} small eruptions of scalp, boils and wounds of head^{7,8,9,12,21,29} and wounds of ear.^{4,8,14} It is also recommended to perform *Fasd* in this vein in cases of *Sa'fa* and *Ganj*.^{7,9,21} The *Fasd* of this vein is also useful in *Nazlā-i-Muzminā*, *Shaqiqā*.⁷ *Waja' ur-Raas*, *Khuḍha*, *Dawār*.¹⁸ Also indicated in wounds of ear.^{4,8,14}

Warid-i-Sudghi:- It diverts the morbid matter of eyes^{7,12} and its *Fasd* is beneficial in *Shaqiqā*,^{3,6,7,12,28} chronic headache,^{7,12,28} conjunctivitis^{6,7} and other diseases of eyes.²⁸

Warid-i-Arnabah: *Fasd* of this vein is useful in different kinds of skin problems and face conditions especially cosmetic problems. It is quite effective in treating eruptions of nose,^{8,12,21,29} *Kalaf* (Melasma),^{4,8,9,12,28} dark spot of face³ *Sa'fa*, and also in cases of high fever, severe headache, and erythema produced in nose⁷ and irritation in the nose.^{12,29} It is also beneficial in cases of *Bawasir Al-Anf*,^{8,9,12,21,29} carcinoma of nose, *Waram-i-Lithā* (gingivitis), bad smell of mouth,²¹ pain in eye,^{9,21} irritation of eye^{8,14} and sty.⁹

Warid-i-Mankharain:- Its *Fasd* is useful in *Waram* of nose, chronic headache, chronic pain in eye¹² and ocular congestion.⁸

WaridThat-Al-Lisān:- *Fasd* of this vein is effective in treating diseases of oral cavity,⁷ *Khunāq*,^{3,6,7,8,21,29} including heaviness in tongue,^{8,12,14,18,29} disease of ovule,^{7,21} pain in tongue and tonsil,¹⁸ *Waram-i-Lawzatayn* (Tonsillitis)^{8,29} wound of oral cavity, pain in throat, cough, and *Khanāzirof* head and neck. It is also useful in treating *Nāsur* of inner canthus of eye¹² and chronic *Dhibha*.⁹

Warid-i-Widajayn: *Fasd* of this vein is beneficial in a wide range of diseases. It is useful in many skin disease like urticaria, *Dā'ul-Hayya*, *Dā'uth-Tha'lab*,²¹ melancholic disease appearing superficially on the body e.g. *BahaqAswad*, *Qubā* bad and corrosive wound.⁷ It is also effective in the initial stage of leprosy.^{3,6,7,8,12,18,21} Many respiratory and splenic diseases may also be treated by *Fasd* of this vein,^{8,12} including *Khunāq* (diphtheria)^{3,4,8,12} *Deeq-un-Nafas* (Asthma),^{3,6,7,8,12} hoarseness^{3,8,12,18} and *Khanāziro* etc. It is also useful in chronic head ache as mentioned by various scholars.²¹

Irq Al-Māq: *Fasd* of this vein has great virtue in treating various eye diseases which include pterigium,^{4,8,12,21,28,29} *Padbāl*,^{12,21} *Nāsur* of eye.^{12,21} *Shabkori* (Night blindness),^{8,12,28,29} Vascular keratitis,⁷ amaurosis,^{11,21} chronic irritation of eye,²¹ *Ashob-i-Chashm*,^{3,11} pain in eye,^{3,11} *Ramad Muzmin*,^{8,10,28} and heaviness of eye.¹⁴ It is also beneficial in cases of general headache,^{8,12,28,29} and *Shaqiqā* (Migrain).^{4,8,28,29}

Chahār Rag:- Diseases of oral cavity and gums are best treated by *Fasd* of this vein,^{10,18} which include *Qulā'Al-Fam* (stomatitis),^{4,6,7,8,28,29} suppurative gingivitis,⁷ wound of oral cavity and gums,^{6,8,29} pain of gums,^{4,8,28,29} eruption in oral cavity,³ *Waram*, *Istirkhā*, and *Bawāseer* of gums.^{8,28,29}

Warid Al-Anfaqā: *Fasd* of this vein has similar effect as of *Chahār Rag* upto some extent. It is effective in bad smell of mouth.^{3, 4,8,18,21,28,39} *Waram* of lips and blood accumulations in gums.

Warid-i-Shikam: These are two veins in the abdomen. *Fasd* of right sided vein is beneficial in pain of liver while of left sided is beneficial in pain of spleen.^{18, 21}

Warid-i-Labbah: -*Fasd* of this vein is beneficial in disease of stomach, ⁴especially diseases of cardiac end of stomach.^{3, 8,18,28,29}

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