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 Akhlāt. Wheneversuperfluous matters accumulate in the body various diseases occurs consequently. In Unani system of medicine, the disease has been treating through three modalities Ilal-bil-Dawa, Ilaj-bil-Yadand Ilaj Bit Tadbeer. Fasd has been mentioned in the context of ilaj bit tadbeer, which is one of the crucial methods for the correction of superfluities inside the body. In this method treatment is performed by various modifications in Asbāb-i-Sitta Daruriyah. Fasd is based on the principle of evacuation (Istfār). In Fasd incision is given on the blood vessels to evacuate the Ghaleed Wa Fasid Mawad and excessive quantity of Akhlāt 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‘eyyah” and absence of any one of them means absence of life. Akhlāt humour 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. 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, 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. And rapidly draws the blood from abdomen and surrounding of thorax. According to some physicians, Fasd of this vein is beneficial in all diseases occur anywhere in the body from neck to foot including disease of liver, spleen, lungs, pleura and stomach pain. It is also useful in Hayjān/surge of blood. Besides these, it is also beneficial in all those pain that occurs in hips, thighs and legs.

Sanguinic fever is also an indication for Fasd in this vein. In case of migraine the same side of Warid-i-Bāsaliq to be used. It perform Tanqiya of the organ around abdomen.

Warid-i-Qifāl: It drains blood from head and neck and also from the lower part of neck up to Sharāsifi/Lower Thorax. Fasd of this vein is beneficial in diseases of head and neck diseases of head, diseases of face, backache and also in diseases occur in thorax or in the parts above thorax. Fasd in this vein is also effective in epistaxis, diseases of eyes, ear, palate, mouth, teeth and lips. Author of Kitab-ul-Umda has stated that headache and other sanguinic diseases of upper part of the body can be best treated by Fasd of this vein. Performing Fasd in this vein is also effective in cases of diphtheria, migraine, and infection of tongue along with other diseases mentioned above.

Warid-i-Ibti: - Mostly it drains blood from lower body parts, and the benefits of Fasd in this vein are similar to that of in Bāsaliq. Venesection of the vein is beneficial in disease of organs of abdomen, diseases of lower body parts, lungs, thorax, diaphragm, and also it is effective in bronchitis.
Warid-i-A‘khāl: It drains blood from all over the body, from head to toe, thus venesection of this vein is beneficial in diseases of whole body. Razi states that performing Fasad in this vein has a great virtue, if drainage of blood from whole body is intended, as the vein has a cumulative effect of Bāsaliq and Qifāh and according to some physicians additive effects of Qifāl, Habl-uz-Zira’ and Bāsaliq. According to Ibn-i-Haballah, it mostly drains blood from inner part of thorax and organ above it. Fasad of this vein is quite effective in reducing excessive accumulations of blood in the whole body, inflammation of upper & lower part of body, diseases of organ lying below the neck, and gastrointestineial diseases. It is also useful in diseases of abdomen, head and neck, pneumonia, melanocoria and phlegmatic headache.

WaridHabl-uz-Zira’: Fasad of this vein has similar benefits as of Qifāl as stated by many scholars, but by observation and experiment its benefit is found to be similar to Bāsaliq. The indications of Fasad 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 Fasad are similar to that of Bāsaliq.

The vein has 2 branches, left side branch deals with spleen and heart and its Fasad is beneficial for the diseases of these two organs, while right side branch works for liver; hence its Fasad is beneficial for liver disorder. The Fasad of this vein also purifies the organ of neck and organ above it.

Warid-i-Usallim: It has 2 branches, Fasad of right side branch is beneficial for liver diseases and venesection into left side branch is beneficial for spleen diseases. According to some scholars Fasad of right side branch is also beneficial for splenomegaly. On the other hand, some scholars have stated that Fasad of right side branch is useful in liver pain, pleural pain and spleen diseases while Fasad of left side branch is useful in heart diseases. It is also useful in treating haemorrhoids, chronic low back pain, itching and rashes, breathlessness and other diseases of thorax, as also beneficial in pneumonia and pain of anus. Raban Tabari proposed the same statement as of other scholars by saying that the Fasad of right side branch is beneficial for inflammation of liver and inflammation of diarrhaphag and of left sided branch is beneficial for spleen. Sheikh states that its Fasad is quite effective in joints pain and has an additive value on Bāsaliq in treating liver and spleen diseases.

Warid-i-Sāfin: It drains blood from those organ which lies below the liver, is the most suitable vein for Fasad in cases of menstrual disorders and amnorrhoea due to obesity, itching of thigh, inflammation of calf, scrotum and thigh, diseases of uterus, renal disorder, haemorrhoids, diseases of anus, haemorrhoids and diseases of head. It is also effective in debility of liver and spleen, back pain and renal pain, sciatica and varicoce veins.

Warid-i-Irq-un-Nasā: Unani scholars have stated that the benefits of Fasad in ‘Irq un-Nasā are almost equal to that of in Sāfin, however, ‘Irq-un-Nasā is more suitable for Fasad in cases of sciatica, and Sāfin is more valuable for Fasad in other diseases. Fasad of this vein is effective considerably in cases of sciatica, hip pain, pain of buttocks, Nigris (Gout), Varicoose Vein, and elephantiasis. Its Fasad is also useful in some brain/psychological disorders especially melancholia.

Warid-i-Mābiḍ-ur-Rukbā: This vein is substantially being used for Fasad in a wide variety of diseases. Though most of ancient scholars have stated that the benefits of Fasad in this vein is similar to that of in Sāfin, it has some added advantages over Sāfinas stated by some scholars. Author of Al-Mukhitarat 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 amnorrhoea. Its Fasad is useful in amnorrhoea, pain in anus and haemorrhoids, visceral pain and backache, uterine pain, renal pain, and pain in urinary bladder. It is also effective in relieving pain in thigh, sciatica, pain in calf muscle and hysteria.

Drain the blood from uterus, kidney and urinary bladder same as the Warid-i-Sāfin. Its benefits are more than Warid-i-Sāfin, hence prosperity and benefits are also same as Sāfin.

WaridMusht-i-Qadam: Its benefits are more than Warid-i-Irq-un-Nasā.

Warid al-Jab’ha: Fasad of this vein has a potent effect in alleviating varieties diseases, especially diseases occur in head and face. Chronic conditions of head and face like Sūdā (headache), Shaqiqā (migraine), Dhu’f-i-Dimaghi (brain debility), other diseases like Āţshak (Syphillis) and other boil and wounds of face etc. can be best treated by Fasad of this vein. Buqrat (Hippocrates) has strongly recommended the Fasad 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. It is also useful to perform Fasad in heaviness of head, especially in posterior area, heaviness in eye, Chronic headache as mentioned above and chronic disease of eye and other conditions of face.

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Iqiq Al-Yāfik: 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 Sā’fā.6

IqiqTaht-Al-Khushsha: Fasd of this vein is beneficial in chronic headaches, vertigo4,8,28,29 and pain in forehead,21

WaridKhalf Al-Adhun: 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 head7,8,9,12,21,29 and wounds of ear.4,8,14 It is also recommended to perform Fasd in this vein in cases of Sa’fāand Ganj.7,9,21 The Fasd of this vein is also useful in Nazlā-i-Muzminā, Shaqiqā.7 Waja’ ur-Raas, Khuḍhā, Dawār,18 Also indicated in wounds of ear.4,8,14

Warid-i-Sudghi: It diverts the morbid matter of eyes7,12 and its Fasd is beneficial in Shaqiqā,3,6,7,12,28 chronic headache,7,12,28 conjunctivitis6,7 and other diseases of eyes.28

Warid-i-Arbanah: 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),8,4,8,12,29 dark spot of face3 Sā’fā, and also in cases of high fever, severe headache, and erythema produced in nose6 and irritation of nose12,29. It is also beneficial in cases of Bawasir Al-Anf9,8,12,21,29 carcinoma of nose, Waram-i-Lithā (gingivitis), bad smell of mouth,21 pain in eye,9,21 irritation of eye6,14 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,8,12,14,18,28 disease of ovule,7,21 pain in tongue and tonsil,18 Waram-i-Lawaratayn (Tonsilitis)8,28 wound of oral cavity, pain in throat, cough, and Khandāziro head and neck. It is also useful in treating Nāsurof inner canthus of eye12 and chronic Dhība.9

Warid-i-Wadajayn: 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.3,6,7,12,18,21 Many respiratory and splenic diseases may also be treated by Fasd of this vein,8,12 including Khunāq (diphtheria)3,8,12 Deeq-un-Nafas (Asthma)3,6,7,8,12 hoarseness3,18,12 and Khudāziro. It is also useful in chronic head ache as mentioned by various scholars.21

Iqiq Al-Māq: Fasd of this vein has great virtue in treating various eye diseases which include pterigium,4,8,12,21,28,29 Paddbāl,121 Nāsūr of eye.12,22 Shabkori (Night blindness),8,12,28,29 Vascular keratitis,3 amaurosis,11,21 chronic irritation of eye,21 Ashob-i-Chashm,3,11 pain in eye,3,11 Ramad Muzmīn8,10,28 and heaviness of eye.14 It is also beneficial in cases of general headache8,12,28,29 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, Istırlıkā and Bawāseerofgums.8,28,29

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

Warid-i-Shikal: 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,4 especially diseases of cardiac end of stomach,3,4,8,12,28,29

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