

## Unani Concept on Thahajjar-E-Mafasil (Degenerative Arthritis)

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Osteoarthritis is also called as degenerative or senile arthritis, characterized by progressive erosion of articular cartilage with the hypertrophic changes in the underlying bone. Radiological and autopsy reports shows degenerative changes in joints from the fourth decade of life. By the age of 65, 80 % of people have some radiological evidence of osteoarthritis, though 75 % may have no symptoms. Both sexes are effected but it is more severe in older women. Obesity and body mass index arc particularly associated with knee osteoarthritis. This review is mainly based on Unani classical books, Google scholar and scientific studies in research journals. Results and discussion Unani concept (Mahiyaath-e-Marz) - It reveals that the change in temperament and the accumulation of the abnormal humor or of accumulation of Mawad-e-fuzooni are the main etiological factors causing pain and restricted movements. Synovial fluid (Rurubath-e-zulabi), which plays a major role in disturbed synovial joints of lubrication. Since the contents of the joints are temperamentally moist and dry, the Mawad-e-fuzooni gets accumulated in joint spaces and not the only synovial fluid of consistency but also the cause of dryness fatigue after mild exertion of movements of the joining space, pain and restriction of the articular cartilage resulting from the damage of the graft. Correction of imbalanced humors, relieving the symptoms and restoration of movements. The Unani system of medicine offers an excellent remedy, which is non-steroid, non-toxic, nonmetallic and only herbal remedy. Experimentations have shown that herbal drugs have been found to possess anti-inflammatory, analgesic effect but also enhances production of immuno-globulins and proteoglycans. Further research is required to evaluate the use of Unani herbs as potential agents in the prevention of Osteo Arthritis.

**Key Words :** Osteoarthritis, Unani concept, ThaharajjurulMafasi