



Unani Medical and Wellness Tourism Centre for Domestic Health Seekers at Regional Research Institute of Unani Medicine, Chennai- 600013

“Heal in India & Heal by India”



Regional Research Institute of Unani Medicine, Chennai
(NABH & NABL Accredited)
CCRUM, Ministry of Ayush, Govt. of India

**Experience Traditional Regimenal Therapies, Natural
Healing & Wellness Care**



Medical and Wellness Tourism in Unani system of medicine

The unique treatment modalities of Unani medicine, such as *'Ilāj bi'l Tadbīr* (regimenal therapy), *'Ilāj bi'l Ghidā'* (dietotherapy), and *'Ilāj bi'l Dawā'* (pharmacotherapy) may play a pivotal role in establishing medical tourism centres in India. *'Ilāj bi'l Tadbīr* (regimenal therapy), includes *Fasd* (venesection), *Hijāma* (cupping therapy), *Ta'līq al-'Alaq* (hirudotherapy), *Qay'* (emesis), *Ishāl* (purgation), *Idrār-i-Bawl* (diuresis), *Ta'rīq* (diaphoresis), *Riyādat* (exercise), *Dalk* (massage), *Hammām* (bath), *Tadhīn* (oiling), *Takmīd* (fomentation), *Natūl* (irrigation), *Sakūb* (douching), *Inkibāb* (steam application), *Pāshoya* (foot bath), *Aabzān* (sitz bath), *Ubtan* (skin cleansing), *Huqna* (enema), *Dhūnī* (fumigation), *Nafūkh* (insufflation), *Kaiy'* (cauterization), etc., are applied for the treatment of various ailments. *'Ilāj bi'l Ghidā'* (dietotherapy) is another distinctive mode of Unani treatment, in which certain diseases are managed by modifying the dietary habits of patients. The main objective of dietotherapy is to maintain the nutritional demand as per the body's need and avoid the use of drugs since they may produce adverse effects.

The Unani system of medicine provides physical, mental, social, and spiritual well-being through preventive and promotional strategies and holistic disease treatment. The Unani medicine utilizes a holistic approach, considering a patient's physical characteristics accordance with its philosophy of equilibrium with the environment, using natural resources as a medium for treatment, restoration of wholeness and harmony, and preservation of equilibrium between the fragmentation and disorder of the mind-body complex. Due to these unique characteristics, Unani medicine has a greater potential to become an ideal alternative to health tourism, especially wellness tourism.

Tourist spots-At a glance



Marina Beach



Government Museum



VGP Golden Beach



Mahabalipuram



Kanchipuram



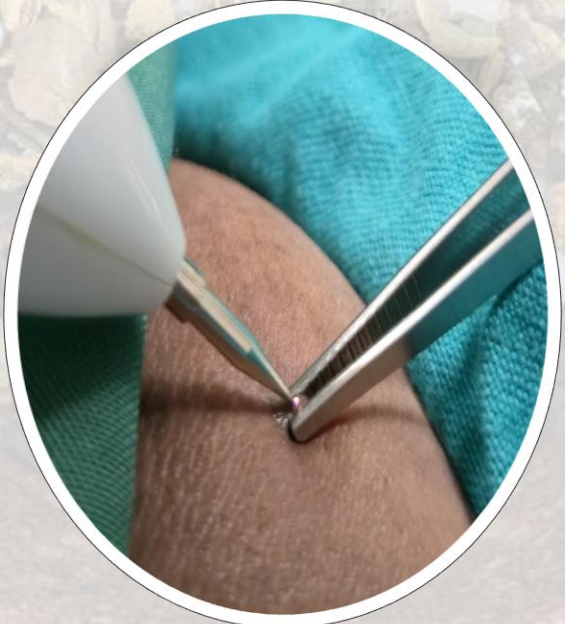
Puducherry



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Regional Research Institute of Unani Medicine, Chennai

Regional Research Institute of Unani Medicine, Chennai, is one of the premier institutes accredited by NABH and NABL (EL), functioning under the Central Council for Research in Unani Medicine, New Delhi, Ministry of Ayush, Govt. of India. It was established on July 6, 1979 with the objective of undertaking scientific research on various aspects of Unani medicine. The institute has developed over the years a sound research infrastructure and has obtained significant leads in the fields of clinical research, drug standardization research, safety evaluation of Unani drugs, survey and cultivation of medicinal plants, molecular, and biological studies. During the last 4 decades of its existence, the institute has developed into a leading institution in the southern part of India in its research activities and earned a national fame for the successful treatment of filariasis, infective hepatitis, and musculoskeletal disorders. The institute is located in the heart of the city, around 6 km away from M. G. R. Central Railway station and 24 km away from the International Chennai Air Port.



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Types of Services For Catering Unani Medical and Wellness Tourism at RRIUM, Chennai

Body Purifying / Detoxification Therapy

INDICATIONS

- * Musculoskeletal disorders
- * Neurological disorders
- * Life style diseases
- * Metabolic disorders

THERAPIES



Hijāma bi'l Shart (Cupping with scarification)



Hijāma Muzliqa (Massage cupping)



Ta'liq al-'Alaq (Leech therapy)



Dalk (Massage)



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Rejuvenation Therapy

INDICATIONS

- * Mental stress
- * Anxiety
- * Dementia
- * Depression
- * Insomnia
- * Diabetes mellitus

THERAPIES



Natūl (Irrigation) therapy



Jacuzzi bath



Hijāma bilā Shart
(Cupping without scarification)



Pāshoya (Foot bath)



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Skin, Hair, and Beauty Care

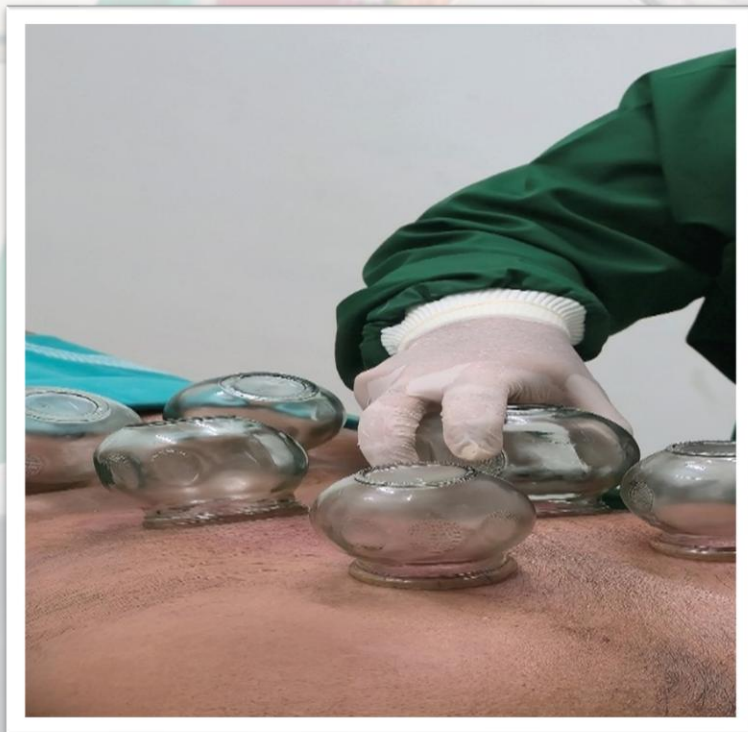
THERAPIES



Full body steam



***Tadheen* (Oiling)**



***Hijāma Nariya* (Fire Cupping)**



***Ubtan* (Body scrub)**



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