

Riyazat: An Excellent Mode of Tadabeer in Prevention and Treatment of Various Ailments - A Review

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Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity. Hippocrates wrote extensively about the benefits of exercise for a variety of ailments, including both physical and mental illnesses. World wide, around 3.2 million death per year are being attributed to physical inactivity. The World Health Organization (WHO) has identified physical inactivity as the 4th leading risk factor for mortality. *Riyazat* is a voluntary movement with the purpose of *Tanqiyaemawad* (evacuation of wastes material) for an individual. It plays an important role in maintaining good health and prevention of diseases. According to IbnSina Exercise is a series of voluntary movements which produce deep and rapid respirations. A moderate amount of exercise taken regularly is effective prophylactic against all temperamental and humoral disturbances. In recent times there is markedly increasing incidence of diseases such as hypertension, Diabetes Mellites, Dyslipidemia cardiac diseases and obesityamong the very young people including school children. The objective of the study was to ascertain the description of riyazatin Unani System of Medicine and its role in different types of ailments. Details and facts regarding Riyazat gathered from classical Unani texts, Journal articles and through web search. Present review highlights the work done on Riyazat (Exercise) and its mode of action on various ailments. At present, drug treatment has its limitations but exercise compared to medications is easier to carry out and has fewer side effects.in order to prevent most of the disease clinicians should encourage physical activity as much as possible.

Key Words: Riyazat, IlajbilTadbeer, Ailments