Introduction

Unani medicine is a conventional word for Graeco-Arabic medicine, a kind of traditional medicine that is widely practiced across the Middle East and South Asia. This system of medicine was originated in Greece around 2500 years back and is based on the teachings of great scholars like Hippocrates, Galen, Avicenna, and Rhazes. Riyazat is a regimented treatment that improves and maintains physical fitness, health, and overall wellbeing. It is performed for many reasons like strengthening of tendons, muscles, ligaments, cardiovascular system, maintenance or loss of weight, enhancement of athletic skills, improvement of metabolic functions, to improve mental health by reducing stress, and sometimes merely for enjoyment. Numerous ancient Unani experts, including Galen, Hippocrates, Avicenna, and Rhazes, have written treatises on the advantages of Riyazat. Riyazat is a regimented treatment that prevents the buildup of morbid material and aids in the natural outflow of waste products from the body, hence lowering the risk of acquiring a variety of ailments. Regular Riyazat helps to build immunity, avoids and cures a variety of ailments and promotes overall health.

The main objectives of performing Riyazat (exercise) are:

1. To relieve from conditions like anxiety, insomnia, and depression.
2. It enhances the metabolism of the body.
• Aids in the elimination of waste materials from the body.
• Helps in toning up the individual organs of the body.
• It strengthens the body as a whole and improves its flexibility.

How do physical activity and fitness contribute to improved health outcomes?

Physical activity (expending more than 2000 kcal [8400 kJ] per week) was associated with an increase in life expectancy of one or two years by the age of 80, and the advantages remained linear even at lower levels of energy dispersal, according to Paffenbarger and collaborators in their work (5). Further research has connected a weekly average energy expenditure of up to 1000 kcal (4200 kJ) with a 20-30% reduction in all-cause death. In recent years, health professionals have recommended a physical workout that burns at least 1000 kcal (4200 kJ) every week, as well as the additional benefits of larger energy expenditures (6).

Perspectives of different old physicians regarding Riyazat (exercise) (7)

The majority of medical historians believe that therapeutic exercises were first popularised in ancient Greece.

Herodicus was a 5th-century BC Greek physician from Selymbria who is known as the "Father of Therapeutic Exercise" because he claimed to have cured his incurable condition with exercise and later established an intricate system of exercises for athletes.

Hippocrates (460-375 BCE), an ancient Greek physician who studied under Herodicus, wrote extensively about the benefits of exercise, such as weight loss, muscle building, and mental health improvement.

Galen, born in 129 AD, was a renowned physician, surgeon, and philosopher during the second century of the Roman Empire. He wrote extensively about exercise, categorizing it by intensity, duration, and frequency.

Rhazes (865AD–925AD) was a Persian philosopher who made significant contributions to the history of medicine. In his work Kitab-ul-Murshid, he discussed the different types of exercise, their appropriate times and uses, as well as preventative steps to take before and after exercise.

Avicenna [980AD–1030AD] elaborated on Riyazat in his renowned book Al Qanoon Fit Tib. He discussed the mechanism of action, the ways and kinds of Riyazat, therapeutic exercise, particular exercises for each organ, as well as the dosage and limit of Riyazat.

Types of Riyazat

a) Riyazate Haqeeqi/Kulli /Complete exercise e.g. horse-riding (8) (9)

b) Riyazate Juziya /Partial exercise e.g. stone lifting (9) (8)

Certain or partial workouts are tied to specific quwa (faculties) and specific organs, such as reading little alphabet through eyes, sobbing is the exercise of children, and angriness is the exercise of those with Barid Mizaj (cold temperament).

Other Types of Riyazat

A. Riyazate A’rziya/Ghair Iradi (unwillingly): When there is no desire to exercise, it is performed as part of everyday routine occupational activities, such as ironsmithing and washerman (10) (8).

B. Riyazat-e-Zatiya /Khalisa: This exercise is done on purpose to get the advantages. It is further Sub categorized according to its duration, intensity, and modality, among other factors. (10) (8)

Types of Riyazat-e-Zatiya/Khalisa

<table>
<thead>
<tr>
<th>According to duration</th>
<th>Riyazat-e-qaleela</th>
<th>Short duration exercise (8).</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Riyazat-e-kaseera</td>
<td>Long duration exercise (11) (8).</td>
</tr>
<tr>
<td></td>
<td>Riyazat-e-moatadil</td>
<td>Movements in between Riyazat qaleela, and kaseera (11) (8).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>According to strength</th>
<th>Riyazat-e-qawiya/shadeeda</th>
<th>Forceful exercise (11) (8).</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Riyazat-e-zaseefa</td>
<td>Mild exercise is one in which little force is applied (11) (8).</td>
</tr>
<tr>
<td></td>
<td>Riyazat-e-moatadil</td>
<td>Exercise that requires the utilization of moderate force. (11) (8).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>According to sura’at</th>
<th>Riyazat-e-sariya</th>
<th>The exercise in which quick and swift movements are required (11) (8).</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Riyazat-e-batiya</td>
<td>Exercises in which the motions should be sluggish and staccato (11) (8).</td>
</tr>
<tr>
<td></td>
<td>Riyazat-e-moatadil</td>
<td>Movements in between ryazat sariya and batiya (11) (8).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>According to strength and sura’at</th>
<th>Riyazat-e-hasheesha</th>
<th>Movements that are both strong and rapid are carried out (11).</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Riyazat-e-mutarakhiya</td>
<td>The movement is faint and sluggish in this situation (11).</td>
</tr>
<tr>
<td></td>
<td>Riyazat-e-moatadil</td>
<td>Exercise between hasheesha and mutarakhiya (11).</td>
</tr>
</tbody>
</table>
**Sharaite Riyazat/principles of exercise**

In the Sharaite Riyazat, eight principles are considered.

- The amount of physical activity, (8)(12)
- The timing of physical activity, (8)(12)
- Pre-exercise meal, (8)
- The age of the person who is performing Riyazat is taken into consideration, (8)
- The temperament of the individual performing Riyazat, (8)
- Physical characteristics of the individual doing Riyazat, (8)
- Present environment, (8)
- The physical condition of the bodily parts to be exercised, (8)

According to Hippocrates (Buqrat), one should avoid exercising or engaging in physical activity while hungry or on an empty stomach since it causes tiredness. As we all know, a person’s health is determined by the foods he consumes, such as meat, chapatti, lentils, and rice, (8). Because not all meals are completely digested, the undigested elements are discarded. And, while tabiyat removes waste, it does not eliminate it. As a result, reaming waste inside the body is harmful. If this waste material is putrified, it might cause infections (ufooni amraz) (13). When the Kayfiyt (quality) of retained matter changes, Sue Mizaj is created. Kammiyat (quantity) can sometimes grow, resulting in congestive illnesses (imtelai amraz). If they aggregate in an organ, they might induce inflammation (waram). Waste items can also modify the mizaj of rooh. Thus, exercise both avoids waste accumulation and aids in the disposal of waste from the body to preserve health, (8) (11).

**MIQDARE RIYAZAT (QUANTITY OF EXERCISE)**

When it comes to exercise, Miqdare Riyazat refers to how much exercise should be done and when it should be ended (8). It should stop gradually. Three things should be kept in mind.

1. **Colour of the body**
   
   Exercise should be continued until the skin’s color remains radiant, and should be terminated if the skin’s color turns dull or yellow (8), (10).

2. **Movements (Harkat) of the body**
   
   When the body’s movement is effortless, the exercise should be continued. If there is a sense of exhaustion, it should be discontinued, (8) (10) (14).

3. **(Azaa ka phoolna) Swelling of the organs.**
   
   Exercise should be continued till the organs are swollen and sweating dried up and when the organs stop swelling and sweating continues, exercise should be stopped (8) (10).

**BENEFITS OF RIYAZAT (EXERCISE)**

- It gives the body a sensation of lightness (8) (12).
- Riyazat protects nerves, ligaments, cartilage, and joints by reinforcing them (11)(15).
- Riyazat fortifies the digestive ability (Qwate Huzama) and ability of evacuation (Qwate Dafia) (8) (15) (16).
- During Riyazat, the body’s pores open, assisting in the natural evacuation of waste items from the body (8) (11) (15).
- Riyazat protects the body from ghair maddi and other maddi disorders, (8).

**Conclusion**

It has been seen in our culture that individuals are disinterested in exercising despite their knowledge of the beneficial roles of exercise in the prevention and control of several ailments. Numerous studies have demonstrated that exercise can also enhance immunity, self-esteem, mood, sleep quality, and energy levels while lowering the chance of developing a variety of ailments such as type 2 diabetes, hypertension, cardiovascular diseases, insomnia, depression, and dementia, among others. Given the rising incidence of lifestyle and non-communicable illnesses, healthcare providers should promote and prescribe exercise to patients who are at a higher risk of acquiring lifestyle disorders.

**Funding:**

None

**Declaration of competing interest:**

The authors declare that they have no known competing financial interests or the personal relations that could have seemed to affect the work reported in this paper.

**Acknowledgment:**

None

**References**

1. NHP A. Unani Medicine. ; 2016.
3. Portal ANH. Riyazat (Exercise); 2015.
7. Firdaus, Sultana. RIYAZAT (EXERCISE): A PART OF ILAJ BIL TADBEER AND ITS ROLE IN THE PREVENTION OF


