

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MD (UNANI) 1125]

NOVEMBER 2025

Sub. Code: 2021

UNANI MAHIR TIB (DOCTOR OF MEDICINE – MD)  
COMPETENCY – BASED DYNAMIC CURRICULAM (CBDC)  
FIRST YEAR - (For candidates admitted in the academic year 2024-2025)  
SEMESTER II / SECOND SUMMATIVE ASSESSMENT EXAMINATIONS  
BRANCH – X ILAJ BIT TADABEER (REGIMENAL THERAPY)  
PAPER I - APPLIED BASICS OF ILAJ BIT TADABEER  
UNIPG – AB-IBT

*Q.P. Code: 482021*

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Analytical-Based Structured Question (ABQ):**

**(1 x 20 = 20)**

1. A 50-year-old woman with chronic arthritis presents with persistent joint stiffness and pain, which intensify at night and in cold, damp weather conditions. Her diet primarily consists of yogurt, rice and fruit juice, with minimal consumption of warm or dry foods.
  - a) Identify the predominant humoral imbalance most likely responsible for her symptoms according to Unani theory.
  - b) Classify the foods she commonly consumes according to their *Mizāj*, and explain how these may contribute to the aggravation of her condition.
  - c) Propose a Unani dietary regimen designed to restore humoral equilibrium, including specific examples of foods that should be recommended and those that should be restricted.
  - d) Discuss ways in which modern nutritional science can be integrated with Unani dietary principles to enhance therapeutic outcomes in similar clinical cases.

**II. Short Answer Questions:**

**(8 x 5 = 40)**

1. Write a short note on the scope of *Ilāj bit-Tadbīr* (Regimenal Therapy).
2. Describe diet plan in Renal disease.
3. What are the dietary sources of water?
4. Explain the interrelation of *Quwā* and *Ḥarakāt*.
5. *Qillat* and *Ghizlat-i-Rūh* will result in an increase or decrease in *Ḥarakāt Nafsāniya*, explain how?
6. How the moistness and dryness of the brain affect sleep and wakefulness?
7. Write down the types of *Istifrāgh* and their indications.
8. What are the causes of *Yubusat-i-Jild* in *Mashāikh* and *Tadābīr* to counter it?

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### III. Long Answer Questions:

(4 x 10 = 40)

1. Describe the properties of healthy and unhealthy air, and discuss the effects of modern-day air pollution on human beings.
2. Discuss the effects of prolonged bed rest on the human body and its countermeasures.
3. Explain how modifications in *Ḥarakat wa Sukūn-i-Nafsānī* (psychic movements and repose) can be achieved through appropriate dietary regimens?
4. Explain why *Nudj* (concoction) is essential for *Is'hāl* (purgation), in the light of Unani principles and recent researches.

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