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## Review Article

### A REVIEW ON INNATE MOISTURE - THE FUEL FOR LIFE

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#### ABSTRACT

The age of natural death is planned at birth and coded in innate moisture because innate moisture acts as fuel for life. Ibn Sina compared it with fuel which aids in the burning of a lamp. Every individual gets innate moisture from parents at the time of conception. This innate moisture feeds and protects the innate heat, heart distributes this heat to every part of the body, and it is utilized in the accomplishment of all vital and organic functions and is essential for the survival of life. Throughout life, the innate heat utilizes innate moisture for growth, development, and all other body functions, hence, gradually leading to its dissolution, ultimately innate moisture becomes insufficient to protect the innate heat which results in death. "The innate moisture is to the seat of innate heat as the oil of a lamp is to the flame" – Ibn Sina

**KEYWORDS:** Innate heat, Innate moisture, Unani medicine, Ruṭūbat-e-gharīziyya, death.

#### INTRODUCTION

The philosophy of innate heat provides the earliest explanation of the phenomenon of aging and death. According to this philosophy, an organism gets moisture at the time of conception called innate moisture, which is essential for the maintenance of life, because it feeds the spirit and innate heat.<sup>1</sup> The synonyms of innate moisture are Ruṭūbat-e-gharīziyya; Humidum radical/primigenium; Primitive moisture/humor and synonyms of innate heat are Ḥarārat-e-gharīziyya; Calidum innatum; Calor innatus/nativus/vitalis; and Vital heat.<sup>2,3</sup> Innate moisture is inborn moisture specific to a living organism, comes from a parental source and essential for life.

There are several elemental theories regarding the formation and composition of bodies, but humoral theory of Hippocratic medicine is based upon the four-element theory of Empedocles.<sup>4</sup> According to this elemental theory, there are four elements – fire, air, water, and earth. These are the simplest constituents of bodies. The fire is the lightest element and earth is the heaviest, water is heavier than air but lighter than earth. The element Earth is situated at the Centre of all existence, when it is at rest because of its intrinsic weight. It shapes the body and holds together into a compact form. Its principal property is cold and dry. The position of element water is exterior to the sphere of the Earth, and interior to the Air in nature because of its relative density. In the formation of the body, it provides the possibility of their being molded and spread out and attempered. It is cold and moist. Due to its moist property, it gains shapes readily and loses easily. The element air is lighter than water and heavier than fire hence its position in nature is in between these two. Its nature is hot and moist and because of this, body become able to rarefy, and render things finer, lighter, more delicate, softer, and consequently better able to move to the higher spheres. The involuntary movements in the body get possible due to it. The element fire occupies the highest position in nature. Its property is hot and dry, due to which it

matures, rarefies, refines, and intermingles all things. The tendency of movement of all elements is mutually opposite, causes continuous change in the body. This change may be either cyclical or progressive. The cyclical change characterizes the ordinary physiological phenomena whereas progressive change is manifested as growth.<sup>1</sup> During the formation of the body, it gets a special quality called temperament (Mizāj) by action and reaction of opposite qualities of these four basic elements. This temperament provides a unique property to the body which varies in different stages and states of life.<sup>5</sup> Innate heat is not an elemental heat it is different from the temperament. It is inherited from the parent at the time of conception through the seed in innate moisture. In the human body, the innate heat spreads from the heart through the artery to the whole body to operate the vital functions and cooled down by the inspired air in the lungs.<sup>6,7</sup> It is the tool for the vegetative soul to achieve the physiological functions of life and generation.<sup>3</sup> A fixed amount of innate moisture received at birth from the parent, refresh by food, provides fuel to the innate heat, hence undergoes a slow consumption and dissolution, which reflected in aging, ultimately gets extinction results in the death of the organism.<sup>2</sup> Innate heat protects the body from unhealthy physical conditions and during disease condition nature tries to bring these pathological irregularities to a normal state, apparently by the action of innate heat, which leads to premature dissolution of innate moisture. Premature consumption or corruption and dissolution due to faulty diet, regimen, physical factor, and disease of the radical moisture may lead to early aging and premature death.<sup>1</sup>

According to Unani system of medicine, human life is broadly divided into four stages - Growing age (Sinn-i-Numū): up to 30-year; Adulthood (Sinn-i-Shabāb):30-40 year; Age of decline (Sinn-i Kuhuḷat):40- 60 year and Senility (Sinn-i- Shaiykhūkhat): 60 years to till death.<sup>8</sup> The intensity of innate heat and quantity of innate moisture also determine their respective temperament. There are three different opinions about the intensity of innate

heat in a different stage of life. One group of scholars believes that innate moisture is maximum and moderate in heat during growing age because it is nearest to birth. Another group of scholars believes that the innate heat of Adulthood is far greater than that of growing age, because of their hotter temperament, more energetic movement, and better digestion, plenty of thicker blood. But Galen's teaching is opposed to both of the above groups. As per his opinion, heat is the same in each group of ages. As he says—"let us imagine first a single measure of " heat," or a subtle body of unit heat, penetrating an abundance of moist substance—as it might be, water. Then imagine a unit of heat penetration a small bulk of stone. The heat in the water would then be more in quantity but less in quality, whereas the heat in the stone would be less in amount but of great intensity. This is analogous to the state of affairs regarding the heat of juvenility and youth".<sup>5</sup> The innate moisture is being steadily used up by innate heat for growth and development as well as in the accomplishment of all vital and organic functions results in its lessening both in quantity and quality. Innate heat protects the body from unhealthy physical conditions and during disease condition nature tries to bring these pathological conditions to a normal state, apparently by the action of innate heat, which leads to premature dissolution of innate moisture.<sup>1</sup>

#### DISCUSSION

A fixed amount of innate moisture is derived from the parent who is essential to life, because of innate heat used in accomplishment of all functions of life. Innate heat is present in and maintained or nourished by innate moisture. This innate moisture is replenished from food. In childhood its replenishment is more than dissolution, in adulthood replenishment is equal to the dissolution, the fact that the dissolution is increasing steadily day after day inevitably leads to a limit beyond which the loss could not be made good, results in ageing and death is the extinction of innate moisture.<sup>1</sup>

#### CONCLUSION

According to the philosophy of innate moisture and innate heat, the body undergoes deliberate deterioration due to the dissolution of innate moisture, reflects in ageing. Life is programmed in innate moisture and death is the result of the extinction of this moisture. In this sense it can be concluded that death is preprogrammed but can be modulated by some efforts.

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