

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Unani Medicine: Healing Through Tradition</title>
  <meta name="description" content="Explore Unani medicine, its history,
principles, treatments, herbs, and modern relevance.">
  <meta name="keywords" content="Unani medicine, Unani herbs, herbal remedies,
AYUSH, holistic healing">
  <link
href="https://fonts.googleapis.com/css2?family=Lora:wght@700&family=Roboto:wght
@400;700&display=swap" rel="stylesheet">
  <style>
    * {
      margin: 0;
      padding: 0;
      box-sizing: border-box;
    }
    body {
      font-family: 'Roboto', sans-serif;
      background-color: #F5F5F5;
      color: #212121;
      line-height: 1.6;
    }
    .navbar {
      background-color: #2E7D32;
      padding: 15px 0;
      position: sticky;
      top: 0;
      z-index: 100;
      text-align: center;
    }
    .navbar a {
      color: white;
      text-decoration: none;
      font-family: 'Lora', serif;
      font-size: 18px;
      margin: 0 15px;
      transition: color 0.3s;
    }
    .navbar a:hover {
      color: #FFB300;
    }
    .container {
      max-width: 1000px;
      margin: 40px auto;
      padding: 0 20px;
    }
  </style>
</head>
<body>
```

```
section {
  padding: 40px 0;
  background-color: white;
  margin-bottom: 20px;
  border-radius: 8px;
  box-shadow: 0 2px 5px rgba(0,0,0,0.1);
}
section h1 {
  font-family: 'Lora', serif;
  font-size: 36px;
  color: #2E7D32;
  text-align: center;
  margin-bottom: 20px;
}
section h2 {
  font-family: 'Lora', serif;
  font-size: 24px;
  color: #2E7D32;
  margin: 20px 0 10px;
}
section p, section li {
  font-size: 16px;
  color: #212121;
  margin-bottom: 10px;
}
section ul {
  list-style-type: disc;
  margin-left: 20px;
}
#home {
  background: linear-gradient(rgba(0,0,0,0.5), rgba(0,0,0,0.5)),
url('assets/hero.jpg');
  background-size: cover;
  background-position: center;
  color: white;
  text-align: center;
  padding: 100px 20px;
}
#home h1 {
  color: white;
}
#home p {
  font-size: 20px;
  color: #F5F5F5;
}
.cta-btn {
  display: inline-block;
  padding: 10px 20px;
  background-color: #F57C00;
```

```
    color: white;
    text-decoration: none;
    border-radius: 4px;
    font-size: 18px;
    margin-top: 20px;
    transition: background-color 0.3s;
}
.cta-btn:hover {
    background-color: #FFB300;
}
.infographic-section {
    text-align: center;
    padding: 20px;
}
.infographic-img {
    max-width: 100%;
    height: auto;
    border: 2px solid #2E7D32;
    border-radius: 4px;
}
.infographic-caption {
    font-size: 14px;
    color: #616161;
    margin: 10px 0;
}
.download-btn {
    display: inline-block;
    padding: 10px 20px;
    background-color: #F57C00;
    color: white;
    text-decoration: none;
    border-radius: 4px;
    font-size: 16px;
    margin-top: 10px;
    transition: background-color 0.3s;
}
.download-btn:hover {
    background-color: #FFB300;
}
.tooltip {
    position: absolute;
    background-color: #6D4C41;
    color: white;
    padding: 5px 10px;
    border-radius: 4px;
    font-size: 12px;
    display: none;
    z-index: 10;
}
```

```
.herb-highlights {
  display: grid;
  grid-template-columns: repeat(auto-fit, minmax(200px, 1fr));
  gap: 20px;
  margin-top: 20px;
}

.herb-card {
  background-color: #C8E6C9;
  padding: 15px;
  border-radius: 8px;
  text-align: center;
}

.herb-card h3 {
  font-family: 'Lora', serif;
  font-size: 20px;
  color: #2E7D32;
  margin: 0 0 10px;
}

.herb-card p {
  font-size: 14px;
  color: #212121;
}

.contact-form {
  max-width: 600px;
  margin: 0 auto;
}

.contact-form label {
  display: block;
  font-size: 14px;
  color: #616161;
  margin-bottom: 5px;
}

.contact-form input, .contact-form textarea {
  width: 100%;
  padding: 10px;
  margin-bottom: 15px;
  border: 1px solid #2E7D32;
  border-radius: 4px;
  font-size: 14px;
}

.contact-form button {
  background-color: #F57C00;
  color: white;
  padding: 10px 20px;
  border: none;
  border-radius: 4px;
  font-size: 16px;
  cursor: pointer;
  transition: background-color 0.3s;
```

```

    }
    .contact-form button:hover {
        background-color: #FFB300;
    }
    @media (max-width: 600px) {
        .navbar a {
            display: block;
            margin: 10px 0;
        }
        section h1 {
            font-size: 28px;
        }
        section p, section li {
            font-size: 14px;
        }
        .herb-highlights {
            grid-template-columns: 1fr;
        }
        #home {
            padding: 60px 20px;
        }
        #home h1 {
            font-size: 28px;
        }
        #home p {
            font-size: 16px;
        }
    }
</style>
</head>
<body>
    <nav class="navbar">
        <a href="#home">Home</a>
        <a href="#history">History</a>
        <a href="#principles">Principles</a>
        <a href="#treatments">Treatments</a>
        <a href="#modern">Unani & Modern</a>
        <a href="#herbs">Herbs</a>
        <a href="#contact">Contact</a>
    </nav>
    <section id="home">
        <h1>Unani Medicine: Healing Through Tradition</h1>
        <p>Discover the ancient art and science of Unani medicine, blending natural remedies with holistic care.</p>
        <a href="#herbs" class="cta-btn">Explore Unani Herbs</a>
    </section>
    <div class="container">
        <section id="history">
            <h1>History of Unani Medicine</h1>

```

<p>Unani medicine, or Unani Tibb, originated in ancient Greece with Hippocrates (460–370 BCE) and Galen (129–200 CE), who developed the humoral theory. It was refined during the Islamic Golden Age by scholars like Avicenna (Ibn Sina) and Al-Razi, with Avicenna’s Canon of Medicine as a cornerstone. Unani spread to Persia, India, and beyond, flourishing under the Mughal Empire. Today, it’s recognized by WHO and integrated into India’s AYUSH system.</p>

<h2>Key Milestones</h2>

- 400 BCE: Hippocrates establishes humoral theory.
- 9th-10th Century: Avicenna codifies Unani principles.
- 13th Century: Unani reaches India via Persian physicians.
- 20th Century: Formalized in India’s healthcare system.

</section>

<section id="principles">

<h1>Principles of Treatment</h1>

<p>Unani medicine focuses on balancing four humors (blood, phlegm, yellow bile, black bile) linked to four elements (air, water, fire, earth). Health depends on humoral equilibrium, influenced by lifestyle and environment.</p>

<h2>Core Principles</h2>

- Temperament (Mizaj): Unique individual constitution.
- Humors (Akhlat): Balance maintains health.
- Elements (Arkan): Body’s foundational components.
- Faculties (Quwa): Vital forces like digestion.
- Spirits (Arwah): Energy governing functions.
- Lifestyle Factors: Air, diet, sleep, exercise, mental health, excretion.

<p>Diagnosis uses pulse, urine, and symptoms to identify imbalances, treated naturally.</p>

</section>

<section id="treatments">

<h1>Treatment Methods</h1>

<p>Unani treatments are holistic, emphasizing prevention and natural remedies tailored to the patient’s temperament.</p>

<h2>Modalities</h2>

- Regimental Therapy: Cupping, massage, baths (e.g., hijama for detoxification).
- Pharmacotherapy: Herbal medicines like saffron or compound formulas (Majoon).
- Dietotherapy: Personalized diets (e.g., cucumber for excess bile).
- Surgery: Minor procedures for abscesses.

```

        <li><strong>Psychotherapy</strong>: Counseling for mental health.</li>
    </ul>
</section>
<section id="modern">
    <h1>Unani & Modern Medicine</h1>
    <p>Unani shares similarities with modern medicine, both aiming for holistic health and prevention.</p>
    <h2>Resemblances</h2>
    <ul>
        <li><strong>Holistic Care</strong>: Like integrative medicine, Unani emphasizes lifestyle.</li>
        <li><strong>Personalized Medicine</strong>: Temperament-based treatments resemble precision medicine.</li>
        <li><strong>Pharmacology</strong>: Herbs like turmeric validated for anti-inflammatory effects.</li>
        <li><strong>Prevention</strong>: Lifestyle factors align with public health principles.</li>
    </ul>
    <p><strong>Differences</strong>: Unani uses humoral theory; modern medicine relies on molecular models.</p>
    <p>Unani is integrated into India's AYUSH system, with research by CCRUM validating its efficacy.</p>
</section>
<section id="herbs">
    <h1>Unani Herbs</h1>
    <p>Unani herbs restore humoral balance using natural remedies. Explore our infographic for key herbs, their uses, and modern validations.</p>
    <div class="infographic-section">
        
        <div class="tooltip">Fun Fact: Saffron is worth more than gold by weight!</div>
        <p class="infographic-caption">Discover the healing power of Unani herbs, from traditional remedies to validated benefits.</p>
        <a href="assets/unani-herbs-infographic.pdf" download class="download-btn">Download PDF</a>
    </div>
    <h2>Featured Herbs</h2>
    <div class="herb-highlights">
        <div class="herb-card">
            <h3>Black Seed</h3>
            <p>Boosts immunity, aids digestion with thymoquinone.</p>
        </div>
        <div class="herb-card">
            <h3>Turmeric</h3>
            <p>Reduces inflammation with curcumin, ideal for arthritis.</p>
        </div>
        <div class="herb-card">
            <h3>Ginger</h3>

```

```

        <p>Eases nausea, warms body with gingerol.</p>
    </div>
    <div class="herb-card">
        <h3>Saffron</h3>
        <p>Elevates mood, comparable to antidepressants.</p>
    </div>
    <div class="herb-card">
        <h3>Haritaki</h3>
        <p>Supports gut health, detoxification in Triphala.</p>
    </div>
</div>
</section>
<section id="contact">
    <h1>Contact Us</h1>
    <p>Have questions about Unani medicine? Reach out to us!</p>
    <div class="contact-form">
        <form action="/submit" method="post">
            <label for="name">Name</label>
            <input type="text" id="name" name="name" required>
            <label for="email">Email</label>
            <input type="email" id="email" name="email" required>
            <label for="message">Message</label>
            <textarea id="message" name="message" rows="5" required></textarea>
            <button type="submit">Send</button>
        </form>
    </div>
    <p style="text-align: center; margin-top: 20px;">
        <strong>Disclaimer</strong>: Consult a qualified Unani practitioner
        before starting treatments.
    </p>
</section>
</div>
<script>
    document.querySelectorAll('.navbar a').forEach(anchor => {
        anchor.addEventListener('click', function(e) {
            e.preventDefault();
            const sectionId = this.getAttribute('href');
            document.querySelector(sectionId).scrollIntoView({ behavior: 'smooth'
});
        });
    });
    const infographic = document.querySelector('.infographic-img');
    const tooltip = document.querySelector('.tooltip');
    if (infographic && tooltip) {
        infographic.addEventListener('mouseover', () => {
            tooltip.style.display = 'block';
            tooltip.style.left = `${infographic.offsetLeft + 50}px`;
            tooltip.style.top = `${infographic.offsetTop + 50}px`;
        });
    }

```



```
        infographic.addEventListener('mouseout', () => {
            tooltip.style.display = 'none';
        });
    }
</script>
</body>
</html>
```