

# SELECTED HERBO-MINERAL REMEDIES



**MZH**



Compiled By

**Prof. Hakeem Mohd. Zahoorul Hasan**

Foreword By

**Dr. Ahmed Rajali El-Gindy**

**1989**

# **SELECTED HERBO-MINERAL REMEDIES**

Compiled and Authored By

**Prof. Hakeem Mohd. Zahoorul Hasan**

B.A. (Osm.), G.C.U.M. (Hyd.) & B.U.M.S. (Alig.)  
Principal, Govt. Nizamia Tibbi College,  
Hyderabad, Andhra Pradesh, India.  
(On Deputation)  
Advisor, Islamic Medicine,  
Ministry of Public Health,  
Government of Kuwait.

Foreword By

**Dr. Ahmed Rajail El-Gindy**

Ph.D. (Cairo)

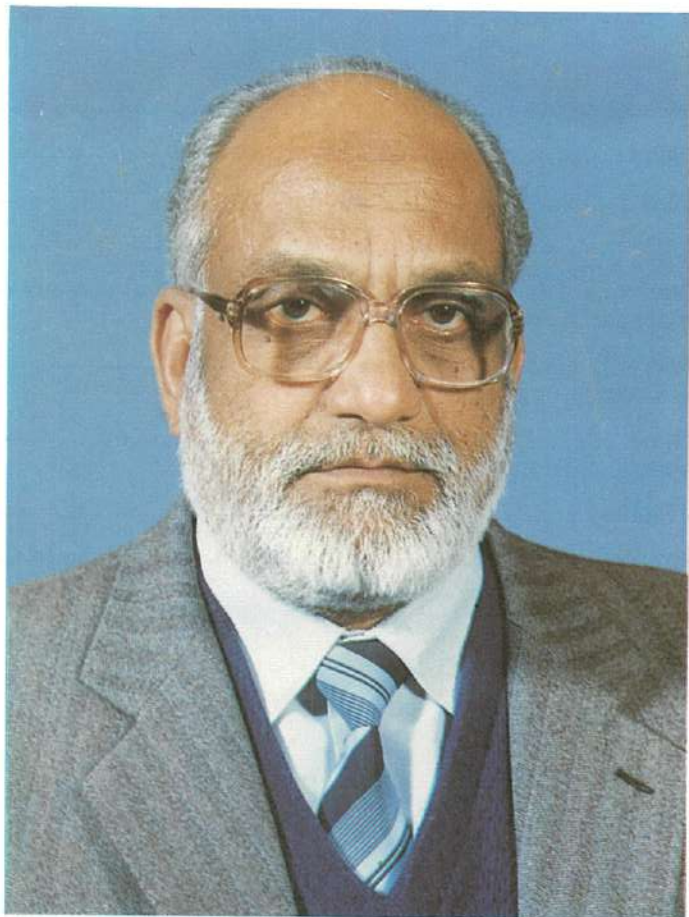
Chairman, Islamic Centre for Medical Sciences,  
Ministry of Public Health,  
Government of Kuwait (Arabian Gulf)  
and  
Assistant Secretary General  
Islamic Organization for Medical  
Sciences, State of Kuwait

**1989**

- All rights reserved for the Publisher
- Partly financed by the Islamic Organization for Medical Sciences, Kuwait
- First Edition, 1989.
- Copies: 2000
- Price: KD 3.000
- Published by the Author
- Address:
  - (i) In India :— H.No. 16-3-991/1,  
Bait-ul-Baseer  
Malak-pet, Hyderabad,  
Andhra Pradesh.
  - (ii) In Kuwait:— P.O. Box 26935, Safat  
13130 - Safat- Kuwait.

## GENERAL CONTENTS

● Acknowledgements .....	5
● Dedication .....	6
● Foreword .....	9
● Introduction .....	11
● Part One .....	15
(Pharmaceutical preparations)	
● Part Two .....	65
(Single Drugs)	
● Part Three .....	195
(Therapeutical Terms)	
● List of Plants .....	241
● Bibliography .....	249



*Author*

## **ACKNOWLEDGEMENTS**

I express my indebtedness to the Government of Kuwait to have obtained my services on deputation and provided me an opportunity to serve the people of Kuwait through the herbal remedies. I am highly grateful to H.E. Dr. Abdul Rahman Abdullah Al-Awadi, Minister of Planning and Chairman of Islamic Organization for Medical Sciences who always appreciated my work and also encouraged me to publish this book. I am proud of dedicating this book to his eminence.

I tender my heartfelt thanks to Dr. Ahmed Rajaii El-Gindi, Chairman of Islamic Medicine Centre, who had convinced me to work with him and also introduced me in Kuwait. He always extended his favour and provided a good atmosphere to show my experiences. Really, without his support, it was not possible for me to present my knowledge on herbal remedies in Kuwait. I also thank him for contributing his foreword to this book.

I am much indebted to the Islamic Organization for Medical Sciences for its financial aid, in publishing this book.

I am highly grateful to my colleagues Prof. Dr. Mohammad Sabir, Department of Pharmacology, Islamic Medicine Centre, Kuwait and Prof. Dr. Sakait Rama Rao, Rtd. Head of the Department of Pharmacology, Gandhi Medical College, Hyderabad who have gone through my notes and rendered very constructive and useful suggestions to improve the text and setting of the book.

I also thank my children for their affection, services and full co-operation in publishing this book.

In the end, my thanks go to other colleagues especially Mrs. Laila Abdo, Staff Nurse and Madam Rehana Sufi of our secretariat for their help. I also thank press people especially Mr. Mohammad Al-Hashmi and Mrs. Reshma Moin for their co-operation and neat work.

**Hakeem Mohd. Zahoorul Hasan**

**DEDICATED**

**TO**

**H.E. Dr. Abdul Rahman Abdulla Al-Awadi**

**Minister of Planning, Govt. of Kuwait,  
Chairman of the Islamic Organization  
for Medical Sciences  
and**

**Ex-Minister of Public Health**

**Who is the pioneer of  
Renaissance of the Greco-Arab Medicine  
in the Arabian Gulf Countries and the  
Great Patron of Islamic Medicine  
in the State of Kuwait**



*H.E. Dr. Abdul Rahman A. Al-Awadi*





## FOREWORD

Herbal treatment (Unani Medicine) is a part of Islamic Medicine in our Center. It is the treasure of God-the Almighty, to the mankind for healing his ailments. It has passed different ages through different stages. It remained the main source for the treatment of the most, if not all, of the diseases from which the man suffered.

At the beginning of the 20th century, the chemistry started its birth in the field of drugs by the synthesis of acetyl-salicylic acid, followed by thousands of chemical compounds which are now in extensive use. But, in spite of the great achievements and developments of the chemical drugs which succeeded in combatting many diseases, still the compounds derived from plants have their own place and are neither deleted from the treatment nor imitated uptill now. Some of the outstanding examples of such compounds which opened new era for the treatment of certain diseases, are digitalis, reserpine, morphine and codeine etc.

The consumption of the herbal medicine is increasing all over the world in both the developed and under developed countries. I am sure that, if the research in the field of herbal medicine receives the same vigorous attention and devoted efforts as that of the synthetic chemistry, it will supply the mankind with new compounds, having new structures and will open a new field for the treatment of some of the most difficult diseases like Cancer and AIDS. The isolation of vinablistine from *Vinca rosea* or *Catheranthus rosea* is a new challenge of the man against Cancer. Also, a new compound, gossypol isolated from *Gossypeum herbaceum* is now considered as a new contraceptive agent to be used by the male and not the female.

Keeping in view the richness of herbal remedies, due patronage and encouragement must be accorded, from the concerned quarters, for the publication of every possible aspects of plant medicines. Accordingly, I have been always encouraging the publications in this field. This book is unique in its monograph and it will help those who are interested in the field of herbal treatment. It is a new addition to the literature under this topic.

About the author, I met him for the first time at Hyderabad in 1979 and was impressed by his dedication, sincerity and faith in healing capacities of herbal preparations. I convinced him to join us in the Islamic Centre as an Advisor for the Islamic Medicine. He is a capable and learned man, and is

highly devoted to the development and practice of traditional medicine. This book is one of the fruits from his excellent experiences. May God-the Almighty, bless his efforts and give him sound health.

**Dr. Ahmed R. El-Gindy**

Chairman, Islamic Medicine Center  
Ministry of Public Health  
Govt. of State of Kuwait &  
Assistant Secretary General,  
Islamic Organization for  
Medical Sciences, KUWAIT.

## INTRODUCTION

In the modern world, interest in the therapeutic value of medicinal plants is getting revived and attention is being diverted to re-explore and re-evaluate the efficacy of herbal drugs for the treatment of various ailments including the emerging ones as also for those which do not respond adequately to chemical drugs. Hence herbal remedies are being advocated in the form of scientific pharmaceutical preparations which are manufactured in Europe and marketed in the Gulf countries. For example, one preparation which has come from West Germany, contains seeds of *Plantago ovata*, husk of *Isphagula* and pods of *Tinnevelly senna*, is used for removing chronic constipation. Another preparation which is indicated for the treatment of phlebitis, varicose ulcers, bed-sores, burn, keloids and ulcerous lesions in leprosy etc., is manufactured in France from the herb *Centella asiatica* (*Brahmi-booti*). A third product is in liquid form, prepared from the flowers of *Camomile* (*Babuna*) in West Germany. It is indicated internally for the treatment of gastritis, duodenitis, duodenal ulcer, colitis, proctitis and haemorrhoids and externally in skin diseases. Similar to these, various other products are now available in Kuwait. These examples give enough evidence in favour of re-awakening that has taken place in the field of herbal treatment.

In the developing countries, medicinal plants have remained in therapeutic use since a long time. Their traditional systems deal with herbal remedies. In the Indian sub-continent, traditional systems are very popular and serve about 80% of the population. These systems are known as Ayurveda and Unani Tibb, and are broadly considered as Indian Systems of Medicine. They are being flourished under the full patronage of their Governments and public alike.

*Ayurveda*, the native system of medicine in India is one of the oldest systems of therapeutic practice. It influenced the traditional systems of medicine in Egypt, Greece, Rome and Arabia. *Unani Tibb* is also a very old system of medicine, originated in Greece, based on the teachings of Hippocrates (460 BC) and Galen (151-201 AD). Later it was developed by the Arab physicians e.g. Ibn Abbas Al-Majoosi, Abu Sahel Maseehi, Ibn Sina, Al-Razi, Ibn-ul-Baitar, Ibn-ul-Nafees, Al-Samarqandi, Dawood Antaki, Ibn Rushd and Al-Zahrawi etc. Then it spread to India by Arab and Persian traders. Hence, it is also called as Greco-Arab System of Medicine. Indian physicians enriched this system with their local knowledge of indigenous herbs, their own observations and experiments to make it one of the national

systems of treatment. Though the present Unani System of Medicine in India, is largely different from the old Greek Medicine, it is still called as Unani Tibb to indicate its origin. This system of medicine is taught in most of the Universities in India with full fledged Faculties of Unani Medicine. They award Graduate (BUMS) and postgraduate (M.D. Unani) degrees of 5 years and 3 years duration respectively. The minimum eligibility requirement of the graduate course is 12 years of schooling. Indeed there also exists a 'Central Council for Research in Unani Medicine' (CCRUM) under which many small and big regional or central institutes for research have been established throughout India.

In the year 1979, an interest in Unani Medicine was generated in Kuwait to treat common chronic ailments with herbal remedies and to conduct research on such remedies and their ingredients in the field of pharmacognosy, phyto-chemistry, pharmacology and pharmacy. Here, it is named as Islamic Medicine because the Herbal (Unani) Medicine has been clubbed with Islamic (Medical) Jurisprudence and preservation of heritage of Muslim scholars.

To start with, the author of this book was appointed from India, on deputation as an Advisor for Islamic Medicine who joined in 1980, the team of other experts from Kuwait in internal diseases, phyto-chemistry, pharmacy and pharmacology. Thus, clinical activities were initiated but the real organized work started in 1982. In the mean-time, a highly magnificent building was constructed in the premises of Al-Sabah Hospital and donated to the Islamic Medicine by a noble philanthropist of Kuwait, Mr. Khaled Al-Marzooq. This building now houses the Islamic Centre for Medical Sciences (commonly known as Islamic Medicine Centre), established by the Government of Kuwait, with Clinical and Research Departments. It was inaugurated on 22-2-1987 by His Highness Sheikh Jaber Al-Ahmed Al-Sabah, the Amir of the State of Kuwait. In February 1984, the famous and history making decree for the Constitution of the Islamic Organization for Medical Sciences (IOMS) was kindly issued by the Amir of Kuwait. So far, five international conferences on Islamic Medicine and three special seminars on current burning medical problems and their Islamic Solutions have been held under this organization.

With the blessing of Allah, the Almighty, under the able guidance and wise leadership of H.E. Dr. Abdul Rahman A. Al-Awadi, with generous support of the Government and under the chairmanship of Dr. Ahmed Rajaii El-Gindi, the Islamic Medicine Centre is now well-organized providing satisfactory treatments for over 15 chronic diseases. These treatments are through the use of these remedies which are introduced either from the Indian Unani Pharmacopoeias or from the personal, and long experience of the author. All these formulations have been introduced step by step in a span of 9 years. Since the beginning of the work, the author has been writing

notes on these remedies and their ingredients for the guidance of Tabeebes, Practitioners of Islamic Medicine and Researchers. These notes are being presented in the form of the present book.

This book is divided into three parts: The first part describes various formulations covering their composition, actions and uses, dosage, mode of administration, precautions and side-effects and the form(s) of their presentations. The second part deals with the individual plants with respect to their scientific and vernacular names, botanical characteristics, action and uses and pharmaceutical preparations in which they are used. In the third part, necessary therapeutical terms used in the book have been defined with adequate examples.

The criterion for the selection of bibliographic references require comment. It is obviously unwise, if not impossible to document all the available references for each plant, for that would be a complete documentation in itself which is certainly not the purpose of this book. Nevertheless, the superbly written and universally recognized book "The Canon of Sheikh Bu Ali Sina" has been thoroughly checked and the Sheikh's views have been included in this book for those plants which have been described by him. Similarly, the important bibliographical sources for each formulation have also been footnoted.

Customarily, in Unani Medicine, the temperament of drugs is expressed in degrees of hotness or coldness i.e. the extent of heat or dryness which is generated in the body by a drug after its digestion, absorption and distribution in the body fluids; accordingly, such degrees are categorized as hot 1, 2 or 3 or 4, dry 1, 2 or 3 or 4, cold 1, 2 or 3 or 4 and moist 1, 2 or 3 or 4. But, in this book, a different pattern has been followed, in that, the first degree has been expressed as mild, the second and third degrees as moderate and the fourth degree as severe for each temperament.

As with any human endeavour, shortcomings are at times masked by broader prospectives. The author will appreciate receiving comments and suggestions from the readers.

May Allah guide and support us in achieving the desired progress in the field of herbal treatment.

**Hakeem Mohd. Zahoorul Hasan**



# **PART ONE**

## **Pharmaceutical Preparations (Compound Remedies)**





## CONTENTS

1. F.A.R. ....	19
2. F.C.S. ....	20
3. F.C.B. ....	21
4. Hyssop Simple Cough Syrup .....	22
5. Hyssop Compound Cough Syrup .....	23
6. Linctus Cordia .....	24
7. Linctus Cassia .....	25
8. P.A. Lozenge .....	26
9. S.T. Gargle .....	27
10. M.M. Paste .....	28
11. M.M1 Capsule .....	29
12. U1 Syrup .....	30
13. U2 Powder .....	31
14. U3 Powder .....	32
15. U4 Powder .....	33
16. U.H. Capsule .....	34
17. R.A. Tablet .....	35
18. W.S. Tablet .....	36
19. F.F.3 .....	37
20. N.S. Oil .....	38
21. Camomile Oil .....	39
22. Red Oil .....	40
23. M. Syrup .....	41
24. White Ointment .....	42
25. D.E. Capsule .....	43
26. M.D. Capsule .....	43
27. M.G. Capsule .....	44
28. D.U. Capsule .....	45
29. A.O. Root .....	46
30. S.M. Capsule .....	47
31. Z1 Powder .....	48
32. Z2 Powder .....	49
33. Z3 Powder .....	50
34. P.S. Capsule .....	51

35. C.M. Capsule .....	52
36. C.I. Formula .....	53
37. R.C. Capsule .....	54
38. Amla Hair Oil .....	55
39. D.D. Majoon / Paste .....	56
40. Asthma (Relief) Powder .....	57
41. G.T. Paint .....	58
42. Merendera Tablet / Pill .....	58
43. Radish Oil .....	59
44. Z.A. Powder .....	60
45. Z.B. Powder .....	61
46. C.M. Compound .....	62
47. C.I. Formula Forte .....	63

## F.A.R.\*

### Description:

- A formulation for allergic rhinitis, sinusitis and acute catarrh.

### Composition\*:

- *Cydonia vulgaris*, Pers. (Seed)
- *Cordia latifolia*, Roxb. (Fruit)
- *Zizyphus vulgaris*, Lam. (Fruit)  
With or Without
- *Lactuca scariola*, Linn. (Seed)

### Action and Uses:

- It has demulcent and soothing effect on the mucous membrane of respiratory tract. As such, it is very useful mainly in allergic type of naso-pharyngeal irritation and other acute catarrhal conditions of nose and upper respiratory tract i.e. in sinusitis, tonsillitis, pharyngitis, laryngitis and bronchitis. It is also astringent and hence checks the nasal secretion and increases the viscosity of nasal discharge.
- In severe cases of allergic rhinitis or when the response is not quick or satisfactory, addition of *Lactuca scariola* / *sativa* seeds in the formula makes it much effective.

### Dosage and Administration:

- One packet twice daily in the form of decoction or infusion before meal.

### Side-effects and precautions:

- Prolong and continuous use may cause temporary indigestion and loss of appetite. If such a situation arises, the treatment be discontinued.
- During treatment if the patient develops thick nasal discharge or nasal obstruction, this may be discontinued and replaced by F.C.S.

### Contra-indications:

- Nasal obstruction and heaviness in head and sinuses.
- Thick nasal discharge.

### Presentation:

- Dried plants in packets of single dose.

---

\* • This is the commonest formulation in Unani Medicine for the treatment of *Nazla har* (Acute coryza), *Zukam har* (Acute nasal-catarrh) and *Enaf-ul-anza* (Influenza). [See Ref: 5, P: 37, 62; Ref: 6, P: 8 and Ref: 10, Vol. 1, P: 24 & 250].

- This has been found useful for the treatment of Allergic rhinitis by the Author.

## F.C.S.\*

### Description:

- A remedy for chronic sinusitis, headaches and catarrh.

### Composition\*:

- *Viola odorata*, Linn. (Flower)
- *Vitis vinifera*, Linn. (Dried fruit)
- *Zizyphus vulgaris*, Lam. (Fruit)
- *Cordia latifolia*, Roxb. (Fruit)
- *Althaea officinalis*, Linn. (Seed)
- *Lavendula stoechas*, Linn. (Herb)  
With or Without
- *Onosma bracteatum*, Wall. (Fowers/Leaves)

### Note:

For preparing syrup, sugar (q.s.) may be added to the decoction of the ingredients as per routine procedure. Name will be C.S. Syrup.

### Action and Uses:

- This formulation is demulcent, resolvent, diaphoretic, febrifuge and expectorant. It is efficiently used in all chronic allergic and inflammatory ailments of nose, sinuses, throat and lungs especially in chronic sinusitis, headaches, catarrh and bronchitis.
- It is mild laxative, deobstruent and carminative. As such, it is useful in nasal obstruction, heaviness in head and sinuses, also in flatulent abdomen and constipation.

### Dosage and Administration:

- One packet twice daily in the form of decoction or infusion before meal.
- 1-2 tablespoonful syrup be mixed with one cup of warm water to be drunk twice daily before meals.

### Side-effects and precautions:

- No side effects.
- During treatment, if the patient develops running nose or an attack of sneezing and watery discharge from nose, this may be replaced by F.A.R.

---

\* • This is a special combination of popular plants which are usually used in *Nazla barid* (Chronic coryza), *Zukam barid* (Chronic catarrh) and *Su'al muzmin* or *barid* (Chronic cough and bronchitis). [See Ref: 5, P: 38, 63, 64, 66 & 69].

- This has been found useful for the treatment of chronic sinusitis by the Author.

- Lukewarm decoction should be drunk.
- Syrup of this formulation should be kept at cool place or in refrigerator.

**Contra-indications:**

- Acute allergic rhinitis.
- Diarrhoea.

**Presentation:**

- Dried plants in packets of single dose.
- Syrup in bottles.

**F.C.B.\***

**Description:**

- A remedy for chronic bronchitis and bronchial asthma.

**Composition\*:**

- *Viola odorata*, Linn. (Flower)
- *Vitis vinifera*, Linn. (Dried fruit)
- *Zizyphus vulgaris*, Lam. (Fruit)
- *Cordia latifolia*, Roxb. (Fruit)
- *Althaea officinalis*, Linn. (Seed)
- *Lavendula stoechas*, Linn. (Herb)
- *Malva sylvestris*, Linn. (Seed)
- *Adiantum capillus-veneris*, Linn. (Herb)
- *Glycyrrhiza glabra*, Linn. (Rhizome)

**Note:**

To make a syrup, sugar (q.s.) may be added to the decoction of the formula as per routine procedure. Name will be C.B. Syrup.

---

\* ● This is a special combination of well-known plants which are usually used in *Nazla barid* (Chronic coryza), *Zukam barid* (Chronic catarrh) and *Su'at muzmin* (Chronic cough and bronchitis) and *Zeeq-un-nafas* or *Fabuo* (Bronchial asthma). [See Ref: 5, P: 38, 63, 64, 66 & 69; Ref: 2, P: 197 and Ref: 4, P: 267].

- This composition has been found very useful for chronic bronchitis and bronchial asthma by the Author.

- Pharmacological research has also been done on this compound formulation in the Department of Pharmacology, Islamic Medicine Centre, Kuwait. [See Proceedings of the Vth International Conference on Islamic Medicine, held at Cairo/Egypt in November 1988].

**Action and Uses:**

- This formulation acts as a demulcent, emollient, resolvent, febrifuge diaphoretic, spasmolytic, expectorant and also as carminative and laxative. It is a fortified combination of Unani herbal drugs to be used effectively in all chronic allergic and inflammatory ailments of nose, sinuses, throat and lungs, mainly in chronic sinusitis, bronchitis and bronchial asthma.
- In addition to the above, it removes constipation and gases and in this way reduces intra-abdominal pressure over the diaphragm and relieves chest distress.

**Dosage and Administration:**

- One packet twice daily in the form of decoction or infusion before meal.
- 1-2 tablespoonful syrup mixed with one cup of warm water to be drunk twice daily before meal.

**Side-effects and precautions:**

- No side effects.
- Decoction should be drunk lukewarm.
- Syrup should be kept at any cool place or in refrigerator.

**Contra-indications:**

- Acute allergic rhinitis.
- Diarrhoea.

**Presentation:**

- Dried plants in packets of single dose.
- Syrup in bottles.

## HYSSOP SIMPLE COUGH SYRUP\*

**Description:**

- A single drug remedy for bronchial asthma and cough.

**Composition\*:**

- *Hyssopus officinalis*, Linn. (Plant / Flowers)
- Sugar

**Action and Uses:**

- It is stimulant-expectorant, resolvent, diaphoretic, deobstruent, cathartic

---

\* ● See Ref: 3, P: 209.

and carminative. As such it is effectively used in coughs, bronchitis and bronchial asthma. It is also used in bronchiectasis, pulmonary tuberculosis and chronic pneumonia for good expectoration.

- It is useful in flatulent abdomen, hepatic obstruction and dropsy.

**Dosage and Administration:**

- Two tablespoonful or 30 ml syrup, mixed with one cup of warm water or with decoction of F.C.S. or F.C.B. twice daily before meal.

**Side-effects and precautions:**

- No side-effects.
- Syrup should be kept at cool place or in refrigerator.

**Contra-Indications:**

- Diarrhoea.

**Presentation:**

- Syrup in bottles.

## HYSSOP COMPOUND COUGH SYRUP\*

**Description:**

- A fortified formula of hyssop (plant) for the treatment of coughs and bronchial asthma.

**Composition\*:**

- *Hyssopus officinalis*, Linn. (Herb)
- *Adiantum capillus-veneris*, Linn. (Herb)
- *Foeniculum vulgare*, Mill. (Seed)
- *Apium graveolens*, Linn. (Seed)
- *Althaea officinalis*, Linn. (Seed)
- *Glycyrrhiza glabra*, Linn. (Rhizome)
- *Iris florentina / ensata*, Linn. (Root)
- *Ficus carica*, Linn. (Fruit)
- Sugar
- Confection of Rose petals

---

\* See Ref: 2, P: 110.



**Action and Uses:**

- This fortified formula of hyssop is stimulant-expectorant, carminative and cathartic and also deobstruent. It is more effective and useful than Hyssop Simple Cough Syrup in chronic coughs, bronchitis and bronchial asthma.
- It is beneficially used for expectoration of sputum or exudate in cases of chronic chest affections such as bronchiectasis, pulmonary tuberculosis and chronic pneumonia.
- It is preferred over other formulations e.g. F.C.B. when constipation is associated with chest affection especially bronchitis and bronchial asthma.

**Dosage and Administration:**

- 1-2 tablespoonful or 15-30 ml syrup mixed with one cup of warm water twice daily before meal.

**Side-effects and precautions:**

- Diarrhoea; if so, the treatment be discontinued.
- Syrup should be kept at cool place or in refrigerator.

**Contra-indications:**

- Diarrhoea.

**Presentation:**

- Syrup in bottles.

## LINCTUS CORDIA\*

**Description:**

- A herbal remedy for allergic affection of buccal cavity, naso-pharynx and chest, associated with constipation.

**Composition\*:**

- *Cordia latifolia*, Roxb. (Fruit)
- *Cassia fistula*, Linn. (Pulp of the pod)
- *Vitis vinifera*, Linn. (Dried fruit)
- Sugar

**Action and Uses:**

- This is a combination of demulcent, soothing and laxative drugs of plant

---

\* See Ref: 2, P: 161, 62; Ref: 4, P: 220 and Ref: 5, P: 293.

origin. It is also resolvent and expectorant.

- This formulation is effectively used in acute and allergic type of affections of buccal cavity, naso-pharynx and chest such as stomatitis, sore-throat, hoarseness of voice, rhinitis, sinusitis, and bronchitis.
- This is also used in constipation, associated with chest affection, colitis and congestion of intestines.

**Dosage and Administration:**

- One teaspoonful (5-10 gm) linctus should be licked slowly and swallowed twice daily before meals.

OR

- One teaspoonful linctus be mixed with half cup of warm water and licked or sipped slowly twice daily before meals.

**Side-effects and precautions:**

- No side-effects.
- More effective when mixed with warm water before use.

**Contra-indications:**

- Diarrhoea.

**Presentation:**

- In the form of linctus.

## LINCTUS CASSIA\*

**Description:**

- A valuable, fortified Unani formula for acute catarrhal affections of naso-pharynx and chest, associated with constipation.

**Composition\*:**

- *Cassia fistula*, Linn. (Pulp of the pod)
- *Cordia latifolia*, Roxb. (Fruit)
- *Glycyrrhiza glabra*, Linn. (Rhizome)
- *Astragalus virus*, Linn. (Gum)

**Action and Uses:**

- It is an efficient demulcent, resolvent, expectorant, healing and antacid. It

---

\* See Ref: 2, P: 161; Ref: 4, P: 219 and Ref: 5, P: 293.

is useful in acute nasal catarrh, coryza, influenza, acute rhinitis, sinusitis, bronchitis and bronchial asthma. Also used in sore-throat, elongated uvula, mouth ulcers and headaches.

- It has also very good laxative effect and preferred to be used in acute chest affections associated with constipation.

**Dosage and Administration:**

- One teaspoonful (5-10 gm) of linctus should be licked slowly and swallowed twice daily before meals.

OR

- One tablespoonful (15 gm) be mixed with one cup of warm water and licked or sipped at bed-time once only.

**Side-effects and precautions:**

- Nothing particular.

**Contra-indications:**

- Diarrhoea.

**Presentation:**

- In the form of linctus.

## P.A. LOZENGE\*

**Description:**

- A herbal remedy for dry cough to be used as lozenges.

**Composition\*:**

- *Psoralea corylifolia*, Linn. (Seed)
- *Acacia arabica*, Willd. (Gum)
- Sugar
- Suitable flavour

**Action and Uses:**

- This formulation has good soothing effect on mucous membrane. It is successfully used in coughs especially in dry cough and bronchitis.
- It also has astringent and styptic effects. Hence it is a good decongestant and healing remedy for stomatitis, mouth ulcers, spongy gums, sore-throat,

---

\* See Ref: 2, P: 208.

elongated uvula and coughs especially dry cough.

**Dosage and Administration:**

- 4-6 tablets to be used daily as lozenges in divided doses.

**Side-effects and precautions:**

- Nil.

**Contra-indications:**

- Productive cough.

**Presentation:**

- In the form of tablets or pills of 500 mg.

## S.T. GARGLE\*

**Description:**

- An effective anti-septic and astringent gargle.

**Composition\*:**

- *Sapindus trifoliatus*, Linn. (Rind)  
With or Without
- *Quercus infectoria*, Oliv. (Rind)

**Action and Uses:**

- It has astringent, decongestant, anti-septic and styptic effects.
- It is effectively used as mouth-wash in excessive salivation, mouth ulcers and bleeding gum and as gargle in sore-throat, elongated uvula, hoarseness of voice and enlarged tonsils.

**Dosage and Administration:**

- 1/4th part of a rind in the form of decoction for gargle, mixed with table salt.
- Gargle should be used twice daily i.e. in the morning and at bed-time.

**Side-effects and precautions:**

- Gargle water is nauseating and emetic when used internally.
- Gargle water should not be swallowed to reach the stomach.

---

\* From the personal experience of the Author.

**Contra-Indications:**

- Nil.

**Presentation:**

- In the form of whole nut or its rind.

## M.M. PASTE\*

**Description:**

- A herbal remedy for migraine and chronic headaches.

**Composition\*:**

- *Mentha arvensis*, Linn. (Fresh Juice)
- *Zingiber officinale*, Rosc. (Fresh Juice)
- *Citrus limonum*, (Risso.) Linn. (Fresh Juice)
- *Mentha arvensis*, Linn. (Dried Leaves)
- *Amomum subulatum*, Roxb. (Seed)
- *Zingiber zerumbet*, Smith. (Dried Rhizome)
- Sugar

**Action and Uses:**

- This formulation is stomachic, carminative, deobstruent, expectorant, anti-spasmodic, anti-bilious and refrigerant.
- It is beneficially used in dyspepsia, flatulent abdomen and colic, nausea, vomiting, bilious headaches and diarrhoeas. It is also used in cold, cough, asthma, chronic headaches and migraine.

**Dosage and Administration:**

- 1/2-1 teaspoonful twice daily after meal.

**Side-effects and precautions:**

- Nil.
- In nauseating conditions and vomiting, this may be used or licked before meal.
- This paste should be stored at cool place or in refrigerator.

---

\* • See Ref: 2, P: 60; Ref: 4, P: 94-95 and Ref: 5, P: 267.

• This has been found specifically useful for the treatment of Migraine by the Author.

**Contra-indications:**

- Nil.
- Diabetes mellitus.

**Presentation:**

- In the form of paste or confection.

## M.M1 CAPSULE\*

**Description:**

- An excellent Unani remedy for chronic headaches and migraine.\*

**Composition\*:**

- *Lavendula stoechas*, Linn. (Herb)
- *Piper nigrum*, Linn. (Fruit)

**Action and Uses:**

- It is cephalic, deobstruent, resolvent, carminative and expectorant. It is used in chronic headache and migraine, chronic catarrhal affections of nose, sinuses, throat and chest.
- The main ingredient (*Lavendula stoechas*) is mentioned in the classical literature of Unani System of Medicine as the 'Broom of the Brain,' which removes obstruction, resolves swellings, expels cephalic crudities, strengthens brain powers and improves the intellect.
- It is specific for relief in migraine, chronic headaches, facial palsy and trigeminal neuralgia.

**Dosage and Administration:**

- One capsule of 500 mg twice daily before meal.
- Better to take with warm drink.

**Side-effects and precautions:**

- Nil.

**Contra-indications:**

- Acute rhinitis.
- Severe cold.

**Presentation:**

- In the form of capsule (500 mg) or powder.

\* From the personal experience and research of the Author.

## U1 SYRUP\*

### Description:

- A famous combination of well-known Unani drugs used as diuretic and urinary anti-septic.

### Composition\*:

- *Cichorium intybus*, Linn. (Seed)
- *Cichorium intybus*, Linn. (Root)
- *Foeniculum vulgare*, Mill. (Seed)
- *Cucumis melo*, Linn. (Seed)
- *Cucumis sativus*, Linn. (Seed)
- Sugar

### Action and Uses:

- This is a very good combination of drugs. Some of them are known to have diuretic, stomachic, carminative, resolvent, anti-septic and cholagogue actions whereas others act as nutritive, demulcent and diuretic.
- This formulation is used alone or as an adjuvant in urinary tract, cardiovascular and hepatic disorders such as oliguria, dysurea, burning micturition, nephro-lithiasis, sub-acute and chronic nephritis and pylo-nephritis.
- It is useful in hypertension, congestive heart-failure, viral hepatitis and many other liver diseases.
- It is also a pleasant cooling drink in summer.

### Dosage and Administration:

- 1-2 tablespoonful twice daily before meal mixed with one cup of water.

### Side-effects and precautions:

- Diarrhoea — If so, it may be discontinued.
- Preferred to use with warm water in winter and cold water in summer.
- Syrup must be stored at cool place or in the refrigerator.

### Contra-indications:

- Diarrhoea and dysentery.
- Acute nephritis.

### Presentation:

- In the form of syrup.

---

\* See Ref: 2, P: 106; Ref: 3, P: 204 and Ref: 5, P: 286.

## U2 POWDER\*

### Description:

- A herbal preparation with carminative and digestive properties.

### Composition\*:

- *Foeniculum vulgare\*\**, Mill. (Seeds)
- *Zingiber officinale\*\**, Rosc. (Rhizome)

\*\* To be fried with *ghee* and powdered; sugar may be added to taste.

### Action and Uses:

- It is a combination of two simple drugs which are well-known for their digestive, carminative and mild astringent actions.
- It is palatable with agreeable taste for patients of all ages (especially for children).
- It is very much useful in gastric discomfort owing to flatulent dyspepsia. It can also be used in chronic diarrhoea.

### Dosage and Administration:

- 3-5 gm powder after meal once or twice daily.

### Side-effects and precautions:

- Nil.

### Contra-indications:

- Diabetes mellitus.
- Hyper-lipidaemia.

### Presentation:

- In the form of powder.

---

\* See Ref: 2, P: 81-82 and Ref: 4, P: 127.



## U3 POWDER\*

### **Description:**

- An excellent antacid and anti-flatulent herbal remedy.\*

### **Composition\*:**

- *Foeniculum vulgare*, Mill. (Seed)
- *Glycyrrhiza glabra*, Linn. (Root)  
With or Without
- *Cuminum cyminum*, Linn. (Seed)

### **Action and Uses:**

- This formula acts as stomachic, antacid, anti-flatulent, diuretic, mild laxative and expectorant.
- It may be used in flatulent dyspepsia, hyper-acidity, peptic ulcer, burning micturition and urinary tract disorders.
- It is also used as a corrective to modify the gripping effect of certain types of laxatives and purgatives.

### **Dosage and Administration:**

- 1/2-1 teaspoonful powder twice or thrice daily before meal.
- One teaspoonful powder with laxative or purgative drug as a corrective.

### **Side-effects and precautions:**

- Prolong use may cause loss of appetite and diarrhoea. If so, its use should be discontinued.

### **Contra-indications:**

- Achlorhydria and chronic gastritis.
- Anorexia.
- Diarrhoea.

### **Presentation:**

- In the form of powder.
- In the form of packets.
- In the form of capsule.

---

\* From the personal experience and research of the Author.

## U4 POWDER\*

### Description:

- A herbal remedy for *tabkheer*\* or burning hands and feet syndrome.

### Composition\*:

- *Foeniculum vulgare*, Mill. (Seed)
- *Cuminum cyminum*, Linn. (Seed)
- *Coriandrum sativum*, Linn. (Seed)
- *Amomum subulatum*, Roxb. (Seed)
- *Bambusa arundinaceae*, Retz. (Manna)
- Sugar-candy

### Action and Uses:

- This formulation is basically digestive, carminative, diuretic and astringent but also exerts febrifuge and cooling effects.
- It is mainly prescribed in over-heat or burning hands and feet syndrome known as *tabkheer* in Unani Tib, but is commonly used in almost all digestive disorders e.g. dyspepsia, gastric upset and flatulence, nausea, bilious vomiting and diarrhoea.
- It is very useful in mouth ulcers, caused by over-heat or *tabkheer* and palpitation of the heart.

### Dosage and Administration:

- 1/2-1 teaspoonful twice daily after meals.

### Side-effects and precautions:

- Nil.

### Contra-indications:

- Common cold and rhinitis.

### Presentation:

- In the form of powder or capsule.

---

\* See Ref: 5, P: 92 & 276 and Ref: 10, Vol. II, P: 644.

## U.H. CAPSULE\*

### **Description:**

- A useful diuretic and lithontriptic for the treatment of urinary tract disorders.

### **Composition\*:**

- *Dolichos biflorus*, Linn. (Seed)
- Turnip salt (Salt)
- Judaicus stone (Stone)
- Fish-Head-Stone [Otolith] (Stone)

### **Action and Uses:**

- This is a unique combination of herbal and mineral drugs. Herbal ingredients have anti-spasmodic, carminative and diuretic actions whereas the minerals have specific action of breaking and expelling the stones in the urinary tract.
- This formulation is very beneficial in crystalluria and renal colic, either used alone or with U1 Syrup in urolithiasis.

### **Dosage and Administration:**

- One capsule or one teaspoonful powder twice or thrice daily after meal.

### **Side-effects and precautions:**

- Blood-pressure may be raised as it contains salt. To avoid this side effect, it may be used with U1 Syrup.
- During the course of treatment with this formula, dietary salt intake should be reduced.

### **Contra-indications:**

- Hypertension.
- Congestive heart-failure.

### **Presentation:**

- In the form of capsules (1.5 gm) or powder.

---

\* See Ref: 2, P: 87; Ref. 4, P: 123 and Ref: 5, P: 278.

## R.A. TABLET\*

### Description:

- An excellent anti-rheumatic and anti-inflammatory remedy.

### Composition\*:

- *Withania somnifera*, Dun. (Root)
- *Alpinia galanga*, Willd. (Rhizome)
- *Merendera persica*, Linn. (Corm)
- *Pyrethrum indicum*, DC. (Root)

### Action and Uses:

- This formulation is resolvent, stomachic, anti-inflammatory, alterative, warming, aphrodisiac, mild sedative and expectorant.
- It is specifically used in rheumatism (arthritis) and its allied diseases.
- It is also effective in gout, neurasthenia, general and sexual debility, musculo-skeletal pains and as an adjuvant in diabetic neuritis and bronchial asthma.

### Dosage and Administration:

- 1-2 tablets or capsules twice daily after meal.

### Side-effects and precautions:

- Patient may feel excessive heat in body. In this case, it may be discontinued.
- Preferred to use with some cooling or diuretic formula e.g. U1 Syrup.

### Contra-indications:

- Nil.

---

\* • From the personal experience and research of the Author.

- The ingredients of the formulation are well-known anti-inflammatory and anti-rheumatic drugs since long.

- Clinical evaluation of the response of the drugs of the formula was studied first by the Author in the Govt. Nizamia General Hospital of Hyderabad, Andhra Pradesh, India. He had presented a scientific paper on this research in the 9th Annual Session of the All-India Unani Tibbi Conference, held at Bangalore in January 1973 and won the first award.

- Also see M.D. Thesis on "Rheumatoid Arthritis and Unani Treatment." This research work done by Hakeem Syed Abrar, a post-graduate scholar of Govt. Nizamia Tibbi College, Hyderabad, India in 1976 under the guidance of the author of this book. They studied the clinical response of this formula and found it very effective and useful for the treatment of rheumatoid arthritis.

- See Ref: 5, P: 211 (Treatment of Rheumatoid Arthritis).

- Pharmacological research has also been done on this formula in the Department of Pharmacology, Islamic Medicine Centre, Kuwait. (See Proceedings of the Fourth International Conference on Islamic Medicine, held at Karachi, Pakistan in 1986, published from Kuwait).

**Presentation:**

- In the form of tablet or capsule of 500 mg.

## W.S. TABLET\*

**Description:**

- An aphrodisiac, anti-leucorrhoeal, anti-rheumatic and general tonic.\*

**Composition\*:**

- *Withania somnifera*, Dun. (Root)

**Action and Uses:**

- It is a single drug remedy which is aphrodisiac, anti-leucorrhoeal, uterine tonic, general tonic and anti-rheumatic.
- It is used in sexual and general weakness, leucorrhoea, spermatorrhoea, premature ejaculation and rheumatoid arthritis.
- It is very efficacious for toning up the uterus of those women who suffer from habitual miscarriages.
- It is also used in the emaciation of children.

**Dosage and Administration:**

- Two tablets of 500 mg each, twice daily or once at bed-time with milk.
- The powder of the root is also used with *ghee* or with sugar candy.

**Side-effects and precautions:**

- Weight gain.
- To avoid the side-effect, prolong use is not advisable.

**Contra-indications:**

- Obesity.

**Presentation:**

- In the form of tablet of 500 mg.

---

\* ● From the personal experience and research of the Author.  
● Also mentioned in the form of *Majoon* as Uterine tonic. (See Ref: 2, P: 187 and Ref: 5, P: 304).

## F.F.3\*

### Description:

- An excellent herbal anti-phlogistic and anodyne (sedative) remedy.

### Composition\*:

- *Matricaria chamomilla*, Linn. (Flower)
- *Trigonella uncata*, Boiss. (Pod)
- *Butea frondosa*, Roxb. (Flower)
- With or Without
- *Papaver somniferum*, Linn. (Capsule)

### Action and Uses:

- This is an excellent emollient formulation for external use i.e. for fomentation.
- It is resolvent, anti-phlogistic, sedative and muscle relaxant.
- It is used externally in acute arthritis, severe cramps in legs, colicky pains (renal or uterine colics), painful piles and acute orchitis.

### Dosage and Administration:

- One packet once or twice in the form of decoction to be used for fomentation or for Sitz-bath.

### Side-effects and precautions:

- Nil.

### Contra-indications:

- Chronic arthritis.

### Presentation:

- In the form of packets of single dose.

---

\* • This is a special composition of anti-inflammatory and sedative plants which are usually used for fomentation.

- See Ref: 5, P: 210.

## N.S. OIL\*

### Description:

- An anodyne and anti-eczematic Unani remedy.

### Composition\*:

- *Nigella sativa*, Linn. (Seeds)
- *Sesamum indicum*, Linn. (Oil)

### Action and Uses:

- It is an excellent anodyne, resolvent, anti-eczematic and anti-pruritic remedy.
- It is beneficially used as an external medicine in chronic rheumatic diseases, gout, musculo-skeletal pain, neuralgia, sciatica and lumbago.
- It is also used externally in skin diseases e.g. eczema, allergic eruptions, pruritis and psoriasis.

### Dosage and Administration:

- Quantity as required for external use only.
- Apply on the affected parts and massage gently.
- Preferred to use it with Red Oil in weeping eczema and psoriasis.

### Side-effects and precautions:

- Nil.

### Contra-Indications:

- Acute rheumatic arthritis.
- Severe inflammatory conditions.

### Presentation:

- In the form of oil.

---

\* • This has been found effective as anti-rheumatic and anti-eczematic drug by the Author.  
• See Ref: 14, P: 855 and Ref: 22, P: 121.

## CAMOMILE OIL\*

### **Description:**

- An anodyne, warming and stimulant oil for external application and massage.

### **Composition\*:**

- *Matricaria chamomilla*, Linn. (Flower)
- *Sesamum indicum*, Linn. (Oil)

### **Action and Uses:**

- Camomile oil has locally resolvent, anodyne and soothing effects. It is beneficially used in cases of arthralgias, neuralgias and lumbago. Also applied to painful parts in chronic rheumatoid arthritis, osteo-arthritis and cervical or lumbar spondylitis.
- It is used in chronic and cold earache.
- It has also warming and tonic effects on musculature and nerves. It is very effective when used as massage in hemiplegia and facial palsy.

### **Dosage and Administration:**

- As per requirement for external application and massage.
- 2-3 drops be instilled in the ear.

### **Side-effects and precautions:**

- Nil.

### **Contra-indications:**

- Acute arthritis.

### **Presentation:**

- In the form of oil.

---

\* See Ref: 2, P: 74; Ref: 4, P: 108 and Ref: 5, P: 273.



## RED OIL\*

### Description:

- An anti-septic and healing remedy.

### Composition\*:

- *Mallotus philippinensis*, Muell. Arg. (Powder)
- *Sesamum indicum*, Linn. (Oil)

### Action and Uses:

- The main ingredient of this formula is Kamala (*Kamela*) powder which has very good anti-septic, desiccant and healing effects.
- The oil is used externally in wet and putrid sores, wet scabies, eczema, ring worm, psoriasis, herpes, acne and pityriasis.
- It is also used for dressing of the wounds.
- It is very good in otorrhoea.

### Dosage and Administration:

- Quantity sufficient to be applied externally alone or mixed with N.S. Oil.
- 2-4 drops be instilled in the ear.
- Dressing of the wounds with gauze, soaked in the oil.
- Also used mixed with the White Ointment.

### Side-effects and precautions:

- Dryness of skin lesions.
- In case of excessive dryness, it should be discontinued.

### Contra-indications:

- Very dried skin lesions.

### Presentation:

- In the form of oil.

---

\* • This is usually used for the treatment of bad or filthy wounds, boils and small abscesses. [See Ref: 2, P: 75 and Ref: 4, P: 111 & 274].

• It has been found useful by the Author for the treatment of psoriasis and eczema when used with N.S. Oil.

## M. SYRUP\*

### Description:

- A well-known Unani remedy used as blood-purifier (*Musaffi-ud-Dam*).

### Composition\*:

- *Fumaria officinalis*, Linn. (Plant)
- *Swertia chirata*, Ham. (Plant)
- *Tephrosia purpurea*, Per. (Leaves)
- *Sphaeranthus indicus*, Linn. (Flowers)
- With or Without
- *Zizyphus vulgaris*, Lamk. (Fruit)
- *Smilax china*, Linn. (Root)
- Sugar

### Action and Uses:

- This is a well-known formula of very reputed plants which are basically *musaffiyat-ud-dam* i.e. blood-purifier.
- The formulation is very good alterative, bitter tonic, stomachic, anthelmintic, mild laxative, febrifuge and expectorant.
- It has beneficial value in skin diseases, especially in boils, abscesses, itchings (scabies), skin eruptions (also allergic types), in liver diseases e.g. hepatitis, jaundice and loss of appetite, in gastric disturbances e.g. dyspepsia, flatulent abdomen and in intermittent (bilious) fevers.
- It is also good in resistant cases of vitiligo, chronic eczema, psoriasis and rheumatism.

### Dosage and Administration:

- 1-2 tablespoonful mixed with one cup of warm water to be drunk twice daily before meal.

### Side-effects and precautions:

- Nil.
- Necessary to store the drug at cool place or in the refrigerator.

### Contra-indications:

- Nil.

---

\* ● This has been commonly used with some changes in the formulation as blood-purifier [See Ref: 2, P: 197; Ref: 4, P: 267 and Ref: 5, P: 307].

● The present composition with *Zizyphus vulgaris* and *Smilax china* is suggested by the Author.

**Presentation:**

- In the form of syrup in bottles.

## WHITE OINTMENT\*

**Description:**

- An anti-septic and wound-healing ointment.

**Composition\*:**

- *Shorea robusta*, Gaertn. (Resin)
- *Sesamum indicum*, Linn. (Oil)  
With or Without
- *Camphora (Officinarum)*, Nees. (Crystals)

**Action and Uses:**

- This is a very simple ointment which has astringent, anti-septic, detergent and healing properties.
- It is used alone or mixed with Kamala powder (*Mallotus philippinensis*) or Red Oil for dressing of the wounds and for external application in skin diseases e.g. boils, pimples, eruptions, scabies, eczema, psoriasis, and dermatitis etc. and to the haemorrhoids and anal fissure.

**Dosage and Administration:**

- Quantity sufficient to be used externally.
- Preferred to use it mixed with Red Oil or N.S. Oil or both and applied to the chronic skin lesions.

**Side-effects and precautions:**

- Nil.

**Contra-indications:**

- Nil.

**Presentation:**

- In the form of ointment or cream.

---

\* See Ref: 2, P: 160; Ref: 4, P: 225 and Ref: 5, P: 296.

## **D.E. CAPSULE\*/ TABLET\***

### **Description:**

- A popular single drug remedy for diabetes mellitus.

### **Composition\*:**

- *Eugenia jambolana*, Lam. (Seed-Kernel)

### **Action and Uses:**

- It has anti-diabetic, refrigerant, tonic and astringent effects.
- It is used as a specific remedy for mild diabetes mellitus and glycosuria. It allays unquenchable thirst of diabetes and gives strength to the skeletal muscles.
- It is also used in diarrhoea.

### **Dosage and Administration:**

- 2 capsules or 3 tablets twice daily before meals.

### **Side-effects and precautions:**

- Constipation and abdominal distension; if so, discontinue the treatment and use U3 powder and S.M. Capsule.

### **Contra-indications:**

- Constipation.

### **Presentation:**

- In the form of capsules (750 mg) or tablets (500 mg).

## **M.D. CAPSULE\*\*/ POWDER\*\***

### **Description:**

- A specific and single drug remedy for diabetes mellitus.

### **Composition\*\* :**

- *Momordica charantia*, Linn. (Fruit)

### **Action and Uses:**

- It has specific anti-diabetic action and also bitter tonic, laxative,

---

\* See Ref: 10, Vol. III, P: 911-912 and Ref: 5, P: 154.

\*\* See Ref: 4, P: 134.

anti-bilious and anthelmintic properties.

- It is used in mild and moderate diabetes mellitus, gastric upset, colitis, jaundice and diabetic neuralgias, piles and asthma. It is also used to expel round worms.

**Dosage and Administration:**

- 2 gm powder or 2 capsules (each of 1 gm) twice or thrice a day before meals.

**Side-effects and precautions:**

- Nothing specific.

**Contra-indications:**

- Nil.

**Presentation:**

- In the form of powder or capsule (1 gm).

## M.G. CAPSULE\*

**Description:**

- A special formula of well-known herbal anti-diabetic drugs.

**Composition\*:**

- *Eugenia jambolana*, Lam. (Seed-Kernel)
- *Momordica charantia*, Linn. (Fruit)
- *Gymnema sylvestre*, R.Br. (Leaves)

**Action and Uses:**

- This combination is very good anti-diabetic, anti-bilious, alterative and stomachic. It corrects the functions of vital organs.
- It is beneficially used in moderate and severe diabetes mellitus, gastro-intestinal disturbances e.g. abdominal flatulence, biliousness and spastic colon. It is also good and effective in diabetic neuralgias.

**Dosage and Administration:**

- Mild diabetes: 1 capsule 2-3 times a day.

---

\* ● This formula is developed by the Author from his research who found it very useful in Diabetes mellitus.

- All the ingredients are known anti-diabetic to the practitioners of Unani Medicine.

- Moderate diabetes: 2 capsules twice a day.
- Severe diabetes: 2 capsules thrice a day.

**Note:** Better to use the drug before meals.

**Side-effects and precautions:**

- Nil.

**Contra-indications:**

- Nil.

**Presentation:**

- In the form of capsules (1 gm).

## D.U. CAPSULE\*

**Description:**

- A single drug (herbal) remedy for peptic ulcer.

**Composition\*:**

- *Pistacia lentiscus*, Linn. (Resin)

**Action and Uses:**

- This drug has astringent, desiccant, healing and tonic effects. It also has stomachic, expectorant and styptic properties.
- It is mainly used in peptic ulcer, colitis with diarrhoea, intestinal ulceration, haematemesis and melena. It is also good and used in cough, haemoptysis and tracheitis.
- It is used alone or with other drugs as sexual tonic.

**Dosage and Administration:**

- 1-2 capsule twice or thrice daily before meals.

**Side-effects and precautions:**

- Constipation; if so, discontinue the treatment or use it with U3 Powder.

**Contra-indications:**

- Constipation.

**Presentation:**

- In the form of capsule (500 mg).

---

\* This has been found very useful in duodenal ulcer by the Author.

## A.O. ROOT\*

### **Description:**

- A single drug remedy used as soothing agent in gastro-intestinal and respiratory diseases.

### **Composition\*:**

- *Althaea officinalis*, Linn. (Root)

### **Action and Uses:**

- This root acts as demulcent, resolvent and soothing agent in gastro-intestinal, respiratory and urinary tract disorders.
- It is used in cold or hot infusion form in oesophagitis, peptic ulcer, diarrhoea, dysentery, tracheo-bronchial catarrh, bronchitis and also in burning micturition. The infusion is also used as an emollient enemata in irritability of rectum and ulcerative colitis.

### **Dosage and Administration:**

- 5-7 gm of smashed root or its cut pieces in the form of cold or hot infusion to be drunk before meal.
- 10 gm of mashed root or its cut pieces in the form of infusion to be used as an emollient enemata.

### **Side-effects and precautions:**

- Nil.

### **Contra-indications:**

- Nil.

### **Presentation:**

- Mashed root in packets of either single dose or multiple doses.

---

\* This is found useful by the Author for the treatment of Duodenal ulcers, Colitis and Diarrhoea.

## S.M. CAPSULE\*

### Description:

- A herbo-mineral remedy used as laxative or purgative.

### Composition\*:

- *Cassia angustifolia*, Vahl. (Leaves)
- *Zingiber officinale*, Rosc. (Dried rhizome)
- *Terminalia chebula*, Retz. (Fruit-rind)
- Black salt (Salt)

### Action and Uses:

- The first three ingredients have laxative or purgative action depending upon the dosage and the remaining one acts as a carminative. This combination does not cause gripping and after-constipation.
- It is mainly used in constipation and irritable bowel syndrome. It is also used in headaches, giddiness, rheumatism, gout, sciatica, lumbago and asthma when associated with constipation.
- Generally use of anthelmintic drug is followed by administration of this formulation to assist expulsion of intestinal worms.

### Dosage and Administration:

- 2-3 capsules or 2-3 gm powder orally as laxative and 4 capsules or 4 gm powder as purgative with warm water or milk or tea at bed-time on alternate days or whenever necessary.

### Side-effects and precautions:

- Nil.

### Contra-indications:

- Diarrhoea.

### Presentation:

- In the form of capsule (1 gm) or powder.

---

\* See Ref: 2, P: 85 and Ref: 4 P: 137.



## Z1 POWDER\*

### Description:

- A simple anti-septic and anti-vitiligo\* remedy.

### Composition\*:

- *Curcuma longa*, Linn. (Rhizome)
- *Lawsonia inermis*, Linn. (Leaves' juice)

### Action and Uses:

- This formulation is basically anti-septic, healing, astringent, blood-purifier, cooling and colouring agent. It is used in skin diseases e.g. boils, pimples, whitlow, itching and eruptions etc.
- It is beneficially used in vitiligo especially in nervous and sensitive patients, suffering from reactionary hyperaemia and itching in white lesions from external use of other anti-vitiligo drugs e.g. Z2 and Z3 Powders.

### Dosage and Administration:

- Internally:—  
One capsule (500 mg) thrice daily before meals.
- Externally:—  
As per requirement, the powder be taken and mixed with water to make a paste to be applied on the lesions.

### Side-effects and precautions:

- Nil.

### Contra-indications:

- Nil.

### Presentation:

- In the form of capsule (500 mg) for oral use, named C.L. Capsule.
- In the form of powder for external use.

---

\* • Developed by the Central Research Institute of Unani Medicine, Hyderabad, Andhra Pradesh, India.

• Clinical response of this formula was studied in the Islamic Medicine Centre of Kuwait and a scientific paper about this study was presented in the IVth International Conference on Islamic Medicine, held at Karachi, Pakistan in 1986. [See Proceedings of the Conference published from Kuwait].

## Z2 POWDER\*

### Description:

- A specific herbo-mineral remedy used topically as anti-vitiligo.\*

### Composition\*:

- *Cassia tora*, Linn. (Seeds)
- *Punica granatum*, Linn. (Flower-bud)
- Red ochre (Clay)

### Action and Uses:

- The formula acts as alterative, astringent, detergent, anti-pruritic, healing and anti-vitiligo.
- It is a beneficial remedy for external application in skin diseases especially in ring worm and vitiligo. It is also used in scabies, boils and eczema.

### Dosage and Administration:

- As per requirement for application.
- Powder is mixed with water to make a paste to be applied on the lesions of vitiligo and the part(s) be exposed to sun till the paste dries.

### Side-effects and precautions:

- Rarely hyperaemia and itching.
- In that case, the treatment should be discontinued and Coconut Oil or N.S. Oil be applied for 2 or 3 days.

### Contra-indications:

- Ulcerative lesions.

### Presentation:

- In the form of powder for external use.

---

\* • Developed by the Central Research Institute of Unani Medicine, Hyderabad, Andhra Pradesh, India.

• Clinical response of this formula was studied in the Islamic Medicine Centre of Kuwait and a scientific paper on this study was presented in the IVth International Conference on Islamic Medicine, held at Karachi, Pakistan in 1986. [See Proceedings of the Conference published from Kuwait].

## Z3 POWDER\*

### Description:

- A specific herbo-mineral remedy used externally for vitiligo.\*

### Composition\*:

- *Psoralea corylifolia*, Linn. (Seed)
- *Punica granatum*, Linn. (Flower-bud)  
or / and Red Ochre (Clay)  
With or Without
- Sulphur (Mineral)

### Action and Uses:

- This formulation has a specific fortified action on skin when applied to the lesions of vitiligo. It acts as stimulant to pigment forming cells i.e. melanoblasts. It produces first mild hyperaemia in the lesions and later normal colour of skin spreading from normal area towards inside the white lesion.
- It is customary since long to use sulphur for skin diseases as cleansing, anti-septic and healing agent. Hence it is included in this formulation. However it can be used without sulphur.

### Dosage and Administration:

- Quantity sufficient for external use.
- Powder is mixed with water to make a paste to be applied (externally) on the lesions of vitiligo and the part(s) be exposed to sun till the paste dries.

### Side-effects and precautions:

- Rarely troublesome hyperaemia and blisters formation at application site.
- In the above conditions, the treatment should be discontinued and Red Oil or Coconut Oil be applied.

### Contra-indications:

- In cases of ulceration in the white lesions.

### Presentation:

- In the form of powder.

---

\* ● Developed by the Central Research Institute of Unani Medicine, Hyderabad, Andhra Pradesh, India.

● See Ref: 24, P: 59 for composition of the formula with red ochre and sulphur.

● Clinical response of the formula was studied in the Islamic Medicine Centre of Kuwait and a scientific paper on this study was presented in the IVth International Conference on Islamic Medicine, held at Karachi, Pakistan in 1986. [See Proceedings of the Conference published from Kuwait].

## P.S. CAPSULE\*

### Description:

- An efficient herbal remedy for internal use in vitiligo\* and leprosy.

### Composition\*:

- *Psoralea corylifolia*, Linn. (Seed)
- *Valeriana jatamansi*, DC. (Rhizome)

### Action and Uses:

- The main drug of this formulation is *Psoralea* seed which is a well-known drug for vitiligo and leprosy. Although, it is specific in local action on skin, its internal use is beneficial in generalised vitiligo.
- This formulation has systemic effect in skin diseases especially in vitiligo and leprosy. It is specifically useful orally in sensitive and nervous patients, having spreading and generalised type of vitiligo. It is also used beneficially as anthelmintic, stomachic and liver tonic in cases of vitiligo, associated with worms infestation and impaired liver functions.

### Dosage and Administration:

- One capsule thrice a day before meals or two capsules 2-3 times daily.

### Side-effects and precautions:

- Rarely gastric upset. If so, the drug be used after meals.

### Contra-indications:

- Nil.

### Presentation:

- In the form of capsules of 750 mg each.

---

\* • Developed by the Central Research Institute of Unani Medicine, Hyderabad, Andhra Pradesh, India.

• Clinical response of the formula was studied in the Islamic Medicine Centre of Kuwait. [See Proceedings of IVth International Conference on Islamic Medicine, held at Karachi, Pakistan in 1986].

## C.M. CAPSULE\*

### **Description:**

- A single drug remedy, used as anti-lipid, anti-rheumatic and anti-flatulent.

### **Composition\*:**

- *Commiphora mukul*, Engl. (Resin)

### **Action and Uses:**

- The drug has various important effects. It acts as coctive, warming, resolvent and anti-lipid. It also has anti-rheumatic, anti-flatulent, intestinal disinfectant, mild laxative and anti-haemorrhoidal properties.
- The drug is also stimulating expectorant, anti-spasmodic, uterine stimulant and diuretic.
- It is mainly used in hyper-cholesterolaemia and hyper-triglyceridaemia and also beneficially used in rheumatoid arthritis and allied diseases, hemiplegia and facial (Bell's) palsy, chronic bronchitis and asthma and also in menstrual irregularities.

### **Dosage and Administration:**

- 1/2 gm powder or capsule once or twice daily before meals or at bed-time only.

### **Side-effects and precautions:**

- Nil.

### **Contra-indications:**

- Nil.

### **Presentation:**

- In the form of powder or capsule (500 mg).

---

\* ●From the personal experience of the Author.  
● See Ref: 25 P: 209

## C.I. FORMULA\*

### Description:

- An excellent herbal remedy for liver and gall-bladder diseases.\*

### Composition\*:

- *Cichorium intybus*, Linn. (Root)
- *Cichorium intybus*, Linn. (Seed)

### Action and Uses:

- This formula is commonly used in Unani system of Medicine. It has stomachic, tonic, deobstruent, resolvent and cholagogue effects. It is aperient and diuretic in large doses. It is also lithontriptic and anti-lipid.
- It is used as an excellent remedy in gastritis, hepatitis, jaundice especially obstructive type, cholecystitis and gall-stones, impaired liver and kidney functions, crystalluria and renal calculi. It is beneficially used in chronic urinary tract infection, enlarged prostate and in hyper-lipidaemia.

### Dosage and Administration:

- One packet twice daily in the form of infusion or decoction before meal.  
OR
- 3 gm each of the ingredient twice daily in infusion or decoction form before meal.

### Side-effects and precautions:

- Nil in routine dose.
- In large doses, diarrhoea may occur. If so, discontinue the treatment.

### Contra-indications:

- Nil.

### Presentation:

- Dried and smashed root and seeds in packets of single dose or multiple doses.

---

\* • From the personal experience of the Author.  
• Also See Ref: 8, P: 117 and 286.

## R.C. COMPOUND\*

### Description:

- A specific herbal remedy for obesity.\*

### Composition\*:

- *Trachyspermum ammi*, Sprague (Seed)
- *Foeniculum vulgare*, Mill. (Seed)
- *Ruta graveolens*, Linn. (Leaf)
- *Carum nigrum* (carvi) Royle/Linn. (Seed)
- *Cinnamomum zeylanicum*, Blume (Bark)
- *Origanum majorana*, Linn. (Leaf)
- *Gateria lacca* (Resin)

### Action and Uses:

- This is a special formula which has various useful properties such as warming and drying, stomachic and carminative, resolvent and alterative, anti-spasmodic, diuretic and liver tonic. It corrects the functions of all vital organs e.g. digestion, evacuation, excretion and metabolism. Thus it reduces body weight safely.
- It is used in gastric upset, flatulent abdomen, spastic colon, constipation and rheumatism and specifically in obesity.

### Dosage and Administration:

- 2-3 gm powder or 2-3 capsules twice daily after meals.

### Side-effects and precautions:

- Harmless.

### Contra-indications:

- Nil.

### Presentation:

- In the form of powder or capsules (1 gm).

---

\* See Ref: 3, P: 185.

## AMLA HAIR OIL\*

### Description:

- A herbal hair tonic and hair blackener.\*

### Composition\*:

- *Emblica officinalis*, Linn. (Green Fruit)
- *Lawsonia alba*, Lam. (Green leaves)
- *Eclipta alba*,\*\* Hassk. (Green leaves)
- *Valeriana jatamansi*, DC. (Rhizome)
- *Zingiber zerumbet*, Smith. (Rhizome)
- *Sesamum indicum*, Linn. (Oil)

\*\* *Myrtus communis*, Linn. (Green leaves) can be used as a substitute for *Eclipta alba*, Hassk.

### Action and Uses:

- This formulation is basically a good hair tonic. It strengthens hair roots and promotes the growth of hair. It also blackens or darkens the hair. It is useful in hair-falling.
- Beside the above specific effects, it acts as cooling, soothing and refreshing to the mind. It is used also in tension headaches, *tabkheeri* headache (i.e. headache due to over-heat), migraine, vertigo and insomnia.

### Dosage and Administration:

- As per requirement for external use i.e. applying and rubbing on scalp gently with finger tips.

### Side-effects and precautions:

- Rarely cold symptoms e.g. nasal discharge and sneezing develop. If so, its use should be stopped.

### Contra-indications:

- Cold diseases e.g. common cold, nasal catarrh and coryza.
- Cold season.

### Presentation:

- In the form of oil for external use.

---

\* See Ref: 3, P: 147.



## D.D. MAJOON / PASTE\*

### Description:

- A popular aphrodisiac (sex-tonic) and anti-spermatorrhoeal remedy of Unani Tibb, suitable for all ages.\*

### Composition\*:

- |   |                |
|---|----------------|
| ● <i>Acacia arabica</i> , Willd.                            | (Gum)          |
| ● <i>Phoenix dactylifera</i> , Linn.                        | (Dried dates)  |
| ● <i>Trapa natans</i> , Linn. syn. <i>bispinosa</i> , Roxb. | (Dried Kernel) |
| ● <i>Prunus amygdalus</i> , Baill                           | (Seed Kernel)  |
| ● <i>Pinus gerardiana</i> , Wall.                           | (Seed Kernel)  |
| ● <i>Juglans regia</i> , Linn.                              | (Nut Kernel)   |
| ● <i>Alhagi maurorum</i> , Medic./Desv.                     | (Manna)        |
| ● <i>Gossypium herbaceum</i> , Linn.                        | (Seed Kernel)  |
| ● <i>Myrtus caryophyllus</i> , Linn.                        | (Flower-bud)   |
| ● <i>Myristica fragrans</i> , Houtt.                        | (Nut-Seed)     |
| ● <i>Myristica fragrans</i> , Houtt.                        | (Arii/Mace)    |
| ● Honey   |                |

### Action and Uses:

- The main ingredients have many beneficial effects i.e. astringent, semen-forming, semen-thickening and aphrodisiac. Hence the formulation is very useful in spermatorrhoea, thin seminal fluid, premature ejaculation and sexual weakness. The other important ingredient is manna of *Alhagi maurorum* which is laxative, diuretic and expectorant to regulate the bowels and improve renal functions.
- Further the formula is nourishing, fattening and general tonic and used in underweight and weak people. It is also beneficially used in convalescence and consumption.

### Dosage and Administration:

- 5 gm. twice daily before meal.
- 10 gm once daily before meal or at bed-time.
- For 1-2 or 3 months and not more than this.

### Side-effects and precautions:

- Nothing particular.

---

\* ● Ref: 4, P: 232 and Ref: 5, P: 297.

- Long use, rarely, causes flatulence and gastric upset; if so, the use be discontinued.

**Contra-indications:**

- Nil.

**Presentation:**

- In the form of paste or majoon.

## **ASTHMA (RELIEF) POWDER,\***

**Description:**

- A unique Unani remedy for asthma.\*

**Composition\*:**

- *Iris ensata*, Linn. (Root)
- *Asarum europaeum*, Linn. (Root)
- *Origanum majorana*, Linn. (Plant)

**Action and Uses:**

- It is a unique formulation which has warming, anti-spasmodic and expectorant effects.
- It is used on getting the attack of asthma and coughing for quick relief and easy expectoration.
- It is also used in nasal obstruction, chronic sinusitis and headache.

**Dosage and Administration:**

- One teaspoonful or 5-10 gm powder is burnt and the fumes are inhaled once or twice daily or on getting the attack of asthma.

**Side-effects and precautions:**

- Nothing particular.

**Contra-indications:**

- Nil.

**Presentation:**

- In the form of coarse powder or cut pieces of smashed roots and plant.

---

\* Through the generosity of the Author's teacher, (Late) Shifa-ul-Mulk Allama Hakeem Abdul Lateef Falsafi, Ex-Principal of Tibbiya College, A.M.U., Aligarh, India.

## G.T. PAINT\*

### Description:

- A herbal throat paint.\*

### Composition\*:

- *Quercus infectoria*, Oliv. (Gall)
- Honey

### Action and Uses:

- It is astringent, decongestant and styptic.
- It is used as a paint in sore-throat, enlarged tonsils, elongated uvula and hoarseness of voice.

### Dosage and Administration:

- Soak the cotton-swab in the drug and paint the throat once or twice daily.

### Side-effects and precautions:

- Nil.

### Contra-indications:

- Nil.

### Presentation:

- In the form of semi-liquid paste.

## MERENDERA TABLET\*\*

### Description:

- A famous Unani formulation for rheumatic pains and gouty arthritis.\*\*

### Composition\*\*:

- *Merendera persica*, Linn. (Corm)
- *Terminalia chebula*, Retz. (Rind)
- *Aloe indica*, Linn. (Extract)

---

\* ● From the personal experience of the Author.

● See Ref: 5, P: 63 (Treatment for Pharyngitis, Tonsillitis, Laryngitis & Hoarseness of voice).

\*\* See Ref: 2, P: 45, Ref: 4, P: 65 and Ref: 5, P: 261.

**Action and Uses:**

- This famous Unani formulation has anti-rheumatic and anti-inflammatory effect.
- It is alterative, aperient (especially for phlegm), deobstruent and expectorant.
- It is specifically used in rheumatic pains, sciatica, backache and gouty arthritis.
- It removes constipation.

**Dosage and Administration:**

- One tablet or pill of 250 mg once at bed-time or twice daily before meals.

**Side-effects and precautions:**

- Mild diarrhoea and tenesmus. If so, this drug must be discontinued and D.U. Capsule with *Althaea officinalis* root may be used for one week.
- The drug should not be used for longer period.

**Contra-indications:**

- Diarrhoea.
- Pregnancy.

**Presentation:**

- In the form of tablet or pills of 250 mg.

## RADISH OIL\*

**Description:**

- A herbal remedy for quick relief of earache.

**Composition\*:**

- *Raphanus sativus*, Linn. (Fresh Root Juice)
- *Sesamum indicum*, Linn. (Oil)

**Action and Uses:**

- This common Unani remedy has resolvent, sedative (pain relieving), anodyne and carminative effects.
- It is commonly used in earache, caused by cold, heaviness in the ear and tinnitus.

---

\* See Ref: 2, P: 74; Ref: 4, P: 108 and Ref: 5, P: 274.

**Dosage and Administration:**

- 2-4 drops are instilled in the ear.
- Before putting in the ear, it may be heated to make it lukewarm.
- After instillation, the ear must be packed with cotton.

**Side-effects and precautions:**

- Nil.

**Contra-indications:**

- Nil.

**Presentation:**

- In the form of oil.

## Z.A. POWDER\*

**Description:**

- A simple herbal remedy for genito-urinary tract infection.\*

**Composition\*:**

- *Curcuma longa*, Linn. (Rhizome)
- *Emblica officinalis*, Linn. (Fruit rind)
- Sugar (q.s.)

**Action and Uses:**

- This formulation possesses cooling, diuretic, anti-septic, blood-purifier and stomachic properties.
- It is used in urinary tract infections, gonorrhoeal strangury, chronic diarrhoeas and irritable bowel syndrome.

**Dosage and Administration:**

- 2-3 gm powder once or twice daily before meals with water.
- Preferably used with U1 Syrup in urinary tract infection and with the infusion of *Althaea officinalis* root in gastro-intestinal diseases.

**Side-effects and precautions:**

- Nothing specific.

---

\* ● See Ref: 2, P: 89; Ref: 4, P: 134 and Ref: 5, P: 280.

● It has been found useful for the treatment of urinary tract infection by the Author.

- Constipation; if so, discontinue the treatment or administer with U3 Powder.

**Contra-indications:**

- Constipation.

**Presentation:**

- In the form of powder or capsule (1 gm).

## Z.B. POWDER\*

**Description:**

- A simple herbal remedy for vitiligo.\*

**Composition\*:**

- *Oryza sativa*, Linn. (Grain)
- *Psoralea corylifolia*, Linn. (Seed)
- *Sapindus trifoliatus*, Linn. (Rind)

**Action and Uses:**

- This formula has a specific local action on skin. It acts as detergent and stimulant to pigment-forming cells i.e. melanoblasts. It produces mild hyperaemia in the lesions which facilitates the recovery from the disease.
- It is used as a specific herbal drug for external application in vitiligo.

**Dosage and Administration:**

- As per requirement.
- The powder is mixed with water to make a paste which is applied on the lesions and then the parts are exposed to sun-rays till the paste dries.

**Side-effects and precautions:**

- Rarely troublesome hyperaemia.
- In this case, discontinue the treatment and apply coconut oil or Red Oil or any cream.

**Contra-indications:**

- Nil.

---

\* ● Through the generosity of Author's teacher, (Late) Allama Hakeem Mohd. Azam Saheb, Ex-Professor of Nizamia Tibbi College, Hyderabad, Andhra Pradesh, India.

**Presentation:**

- In the form of powder.

## C.M. COMPOUND\*

**Description:**

- A fortified and specific herbal formula used as anti-paralytic, anti-rheumatic and anti-lipid.\*

**Composition\*:**

- *Commiphora mukul*, Engl. (Resin)
- *Piper longum*, Linn. (Fruit)
- *Piper longum*, Linn. (Root)
- *Zingiber officinale*, Rosc. (Rhizome)
- *Zingiber zerumbet*, Smith. (Rhizome)
- *Cubeba officinalis*, Linn. (Fruit)
- *Juniperus communis*, Linn. (Fruit)
- *Cichorium intybus*, Linn. (Seed)
- *Mentha arvensis*, Linn. (Plant)

**Action and Uses:**

- It is a fortified formula which has various beneficial and specific effects. It is warming, resolvent, anti-rheumatic, coctive, anti-lipid, carminative and tonic. It is also anti-spasmodic, diuretic and emmenagogue.
- It is used in hemiplegia, facial palsy, rheumatoid arthritis and allied diseases and also in gout, flatulent abdomen, chronic dyspepsia, chronic bronchitis and bronchial asthma. It is also used in hyper-lipidaemia, dysmenorrhoea and chronic metritis with amenorrhoea.

---

\* ● Developed by the Author's teacher, (Late) Maulana Hakeem Syed Mohammad Shibli (Nadvi), Ex-Superintendent of Nizamia General Hospital, Ex-Professor of Post-Graduation Department, Nizamia Tibbi College, Hyderabad and Ex-Honorary Director of Central Research Institute of Unani, Hyderabad, India.

- Clinical response of the formula was studied by (Late) Hakeem Nazeer Ahmed Siddiqui, Senior Lecturer of Nizamia Tibbi College, Hyderabad, under the guidance of the Author in the Govt. Nizamia General Hospital, Hyderabad in 1976. [See M.D. Thesis of Hakeem Nazeer Ahmed Siddiqui].

- A scientific paper on the above-mentioned study was presented by (Late) Hakeem Nazeer Ahmed Siddiqui in the 1st International Conference on Islamic Medicine held at Kuwait in January 1981. [See Proceedings of the Conference].

**Dosage and Administration:**

- 1-2 pills or tablets or capsules twice daily before meals.

**Side-effects and precautions:**

- Nothing specific.

**Contra-Indications:**

- Nil.

**Presentation:**

- In the form of pills or tablets or capsule of 250 mg.

## C.I. FORMULA FORTE\*

**Description:**

- A fortified herbal remedy for liver and gall-bladder diseases.\*

**Composition\*:**

- *Cichorium intybus*, Linn. (Root)
- *Cichorium intybus*, Linn. (Seed)
- *Valeriana jatamansi*, Linn. (Rhizome)
- *Solanum nigrum*, Linn. (Leaves)  
/ (Fruits)
- With or Without.
- *Acacia arabica*, Willd. (Flowers)

**Action and Uses:**

- This special formula of popular plants, used in Unani System of Medicine, has specific effects on liver and gall bladder. It acts as deobstruent, alterative, resolvent, cholagogue, mild aperient, diuretic and anti-spasmodic. It is also anti-lipid and lithontriptic.
- It is used in gastro-intestinal diseases e.g. gastritis and colitis etc., liver diseases e.g. hepatitis, cirrhosis of the liver, jaundice and ascites etc., cholecystitis and gall stones and also in uterine diseases e.g. metritis etc.

---

\* ● Developed by the Author who found it very useful for the treatment of liver diseases especially Hepatitis and Impaired Liver functions.

● Clinical response of the formula with some change was studied in the treatment of Infective hepatitis by Hakeem Darakhsheed Alam, Research Scholar of Post-Graduate Department of Nizamia Tibbi College, Hyderabad, India, in 1978, under the guidance of the Author. [See M.D. Thesis of Hakeem Darakhsheed Alam].



- It is highly beneficial in impaired liver and kidney functions, renal calculi and enlarged prostate and also in hyper-lipidaemia.

**Dosage and Administration:**

- One packet twice daily before meals in infusion or decoction form.

OR

- 3 gm each of the ingredient twice daily in infusion or decoction form before meals.

**Side-effects and precautions:**

- Nil.

**Contra-indications:**

- Nil.

**Presentation:**

- Dried and smashed plants in packets of single dose or multi-doses.

## **PART TWO**

### **Single Drugs (Simple Remedies)**



## CONTENTS

1.	Abhal .....(Habb-ul-Aaraar) .....	71
2.	Adrak .....(Zanjabeel) .....	72
3.	Ajowain .....(Nakhvah) .....	73
4.	Amaltas .....(Khiyar-shamber) .....	74
5.	Amla .....(Amlaj) .....	76
6.	Anjir .....(Teen) .....	77
7.	Asarun .....(Asarun) .....	78
8.	Asgandh .....(Fuqqaysh) .....	79
9.	Babchi .....(Mahlab Aswad) .....	80
10.	Babool .....(Ummu-Ghilan) .....	82
11.	Babuna .....(Babunaj) .....	83
12.	Badiyan .....(Shamar) .....	85
13.	Balchar .....(Sumbul Hindi) .....	86
14.	Banafsha .....(Banafsaj) .....	88
15.	Behidana .....(Habb-us-Safarjal) .....	89
16.	Bhangra .....(Suweyd) .....	90
17.	Buzidan .....(Mustajela) .....	92
18.	Chiraeta .....(Qasab-uz-Zarirah) .....	93
19.	Chobchini .....(Jazer Sini) .....	94
20.	Darchini .....(Dar Sini) .....	95
21.	Dhania .....(Kuzbarah) .....	97
22.	Elaichi Kalan .....(Hel Kubar) .....	98
23.	Gaozaban .....(Lisan-us-Saur) .....	99
24.	Geru .....(Mughra) .....	101
25.	Gul Mundi .....(Habaqbaq) .....	102
26.	Guinar .....(Julnar) .....	103
27.	Gurmar .....(Julmar) .....	105
28.	Haldi .....(Kurkum) .....	106
29.	Halela .....(Halelaj) .....	107
30.	Hajar-ul-Yahud .....(Hajar-ul-Yahud) .....	109
31.	Irsa .....(Irsa) .....	110

32. Jaiphal/Jaifal .....	(Jouz-ut-Teeb) .....	112
33. Jamun .....	(Jamun) .....	113
34. Jawasa .....	(Aaql) .....	114
35. Kabab-chini .....	(Kababa) .....	115
36. Kahu .....	(Khas) .....	117
37. Kali Mirch .....	(Filfil Aswad) .....	119
38. Kalonji .....	(Habba-tul-Barka) .....	120
39. Kamela .....	(Qanbil) .....	121
40. Karafs .....	(Karafs) .....	123
41. Karela .....	(Karela) .....	124
42. Kasni .....	(Hinduba) .....	125
43. Katira .....	(Qatad) .....	127
44. Kharbuza .....	(Shammam) .....	129
45. Khashkhash .....	(Khashkhash) .....	130
46. Khatmi/Khatmi .....	(Khatmiyah) .....	132
47. Khiyar .....	(Khiyar) .....	133
48. Khubbazi .....	(Khubbazi) .....	134
49. Khulanjan .....	(Khulanjan Kabeer) .....	136
50. Khurma Khushk .....	(Tamer Yabis) .....	137
51. Kulthi .....	(Qulth) .....	138
52. Kunjad .....	(Simsim) .....	139
53. Lakh .....	(Luk) .....	140
54. Laung .....	(Qaranful) .....	142
55. Lemu .....	(Laimoon) .....	143
56. Mako .....	(Anab-us-Salab) .....	145
57. Marwa .....	(Mardaqush) .....	146
58. Mastagi .....	(Mastika) .....	148
59. Maurid .....	(As/Aas) .....	149
60. Mazu .....	(Afas) .....	151
61. Mehndi .....	(Hinna) .....	152
62. Mulethi (Mulathi) .....	(Arq-Soos) .....	153
63. Muli .....	(Fugl) .....	155
64. Munaqqa .....	(Zabeeb) .....	156
65. Muqil .....	(Muqil) .....	158
66. Nakhuna .....	(Ikil-ul-Malik) .....	160
67. Namak-e-Siyah .....	(Maleh Aswad) .....	161
68. Palas .....	(Butiya) .....	162
69. Panwar .....	(Ashraq) .....	164

70. Persiavishan .....	(Shair-ul-Ard) .....	165
71. Pippali/Piplamoul .....	(Dar Filfil/Filfil Moya) .....	166
72. Podina .....	(Na'na) .....	167
73. Ral .....	(Ratinaj) .....	169
74. Ritha .....	(Reta) .....	170
75. Sadab .....	(Sadab/Faygan) .....	172
76. Sanaa .....	(Sana Hindi) .....	173
77. Sang-e-Sar-e-Mahi .....	(Hajar-us-Samak) .....	174
78. Sapistan .....	(Mukhitah/Dibak) .....	175
79. Sarpboka .....	(Sarboka) .....	177
80. Shahterah .....	(Shahteraj) .....	178
81. Sibr-e-Zard .....	(Sabbarah) .....	179
82. Singhara .....	(Abu Qarnain) .....	181
83. Suranjan .....	(Suranjan) .....	182
84. Tabasheer .....	(Tabasheer) .....	185
85. Unnab/Unab .....	(Unnab) .....	186
86. Ustukhudus .....	(Ustu Khudus) .....	187
87. Zaranbad .....	(Zadwar) .....	189
88. Zira Sufaid .....	(Kamoon Asfar) .....	190
89. Zira Siyah .....	(Kamoon Aswad) .....	191
90. Zufa Kushk .....	(Zufa Yabis) .....	193



## ABHAL

**Botanical name** : *Juniperus communis*, Linn.

**Family** : Coniferae / Pinnaceae

**Other names** :

**English** : Juniper berry

**Urdu** : Abhal / Hauber

**Arabic** : Habb-ul-Aaraar

**Persian** : Tukhm-e-Rahel

**Telugu** : Vatubuda-thermu

**Parts Used** : Dry ripe fruits and volatile oil

**Temperament** : Hot (moderate) and Dry (moderate)

**Description:** It is a dense shrub, rarely a small tree, growing chiefly on chalky downs in temperate Europe, Asia and North America.

It has reddish brown bark, peeling off in papery shreds, sharply pointed leaves, convex on back, concave and bluish white on the upper surface and axillary flowers.

The fruit is sub-spherical, berry-like, from about 0.5-1 cm in diameter, bluish-black and fleshy containing 1-3 seeds.

**Note:** Indian juniper berry is obtained from a big tree, known as *Cedrus deodara*, Loud.

**Action and Uses:** Juniper berry and its oil are aromatic, carminative, stomachic, mild astringent, attenuant and deobstruent. They are also good diuretic and emmenagogue.

They are used beneficially in flatulence, colic and chronic diarrhoea, chronic bronchitis and bronchial asthma. They are specifically useful in different forms of dropsies, amenorrhoea and dysmenorrhoea. It is included in the formulations, used for the treatment of facial paralysis, hemiplegia, neurasthenia and rheumatism.

Oil is used externally as sedative and resolvent in rheumatic pains.

### **Dosage and Administration:**

(i) Fruit — 2-4 gm once or twice daily alone or with other drugs in the form of powder, tablet or decoction.

(ii) Oil — a) Internally 1-3 min. putting on one spoon sugar once or twice daily.

b) Externally be mixed with sesame oil for massage.



**Preparations:**

- (1) Majoon Musakkin Waja Rahem
- (2) Majoon Mudir-e-Tamas
- (3) Humool Mudir-e-Tamas
- (4) Sharbat Mudir-e-Tamas
- (5) C.M. Compound

**Ibn Sina's View:** It is a strong resolvent, desiccant, irritant and latently astringent. Its powder mixed with honey is useful in corroding and septic ulcers. Its drink is abortifacient.

## ADRAK (SONTH)

**Botanical name :** *Zingiber officinale*, Rosc.

**Family :** Zingiberaceae

**Other names :**

**English :** Ginger

**Urdu :** Adrak / Sonth

**Arabic :** Zangabil / Zanjabil

**Persian :** Zangabil / Zanjabil

**Telugu :** Allam / Sonti

**Parts Used :** Fresh and dried rhizome.

**Temperament :** Adrak — Hot (moderate) and Dry (mild)

Sonth — Hot (moderate) and Dry (moderate)

**Description:** This is a herb with a perennial, creeping, stout, tuberous rhizome and an annual erect stem with lanceolate leaves and greenish flowers in spikes.

Ginger occurs in laterally flattened, branched rhizomes known as 'races' or 'hands.' The rhizome is buff-coloured externally. Its odour is aromatic and taste pungent.

**Action and Uses:** Ginger is digestive, appetizer, carminative, brain tonic which strengthens memory, and also stimulant and aphrodisiac.

It is used in the treatment of weakness of the stomach, indigestion, anorexia, flatulent colic and constipation and also in neurasthenia, paralysis and sexual debility.

It is used as a corrective adjuvant to purgatives to prevent their side-effects e.g. nausea and tenesmus.

**Dosage and Administration:**

- a) 10-15 ml of fresh juice
- b) 0.5 - 1 gm in powder form

**Preparations:**

- (1) Jawarish Zanjabil
- (2) Sufoof-e-Hazem Jadid
- (3) Habbe Qadri
- (4) M.M. Paste
- (5) S.M. Capsules
- (6) U2 Powder
- (7) Sufoof-e-Mushil
- (8) Luboob-e-Kabeer
- (9) Majoon Supari-pak
- (10) Jawarish Safrashikan

**Ibn Sina's View:** Ginger is digestive and suitable for hepatic and gastric coldness. Also sex stimulant and mild laxative.

## AJOWAIN

**Botanical name :** *Ptychotis ajowan*, DC.  
/ *Carum copticum*, Benth. & Hook.  
/ *Trachyspermum ammi*, (Linn.) Sprague

**Family :** Umbelliferae

**Other names :**

**English :** Ajwa / Ajova / Ammi / Bishop's weed / Omum.

**Urdu :** Ajwain / Ajowain / Ajwan

**Arabic :** Kamun-ul-muluk / Kamun muluki.

**Persian :** Nankhah

**Telugu :** Omamu

**Parts Used :** a) Fruits (seeds) and volatile oil.  
b) Thymol crystals.

**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** This is an erect annual herb with much branched and leafy stem, small leaves, white flowers in bunches and tiny fruits. The herb

resembles *Anethum sowa* plant and leaves resemble *Coriandrum sativum* leaves.

Ajowain fruit is ovoid in shape and of greyish brown colour, having tubercular surface with five prominent ridges to each mericarp. Its odour is agreeable and taste aromatic and warming.

**Action and Uses:** Ajowain has carminative, stimulant tonic, sedative, anti-spasmodic, warming and drying actions.

It is beneficially used in flatulent abdomen and colic, indigestion, diarrhoea and atonic dyspepsia, coughs especially whooping cough and asthma.

**Dosage and Administration:**

- a) Seeds/Fruits — 3-5 gm internally
- b) Volatile Oil — 1-3 drops
- c) Thymol — 30-125 mg.

**Preparations:**

- (1) Majoon Kasir-e-Riyah
- (2) Sufoof-e-Hazem Qadeem
- (3) Tiryaqe Azam or Arq-e-Ajeeb
- (4) Majoon-e-Nankhah
- (5) Majoon-e-Giyasi
- (6) Habbe Jund
- (7) Sufoof Mohazzel
- (8) R.C. Compound Powder or Capsule.

**Ibn Sina's View:** Ajowain has deobstruent with desiccative and laxative effects. Useful in pyo-thorax, hyper-secretion of stomach and nausea. Excellent for chronically impaired stomach and liver. Also diuretic, lithontrip-tic, carminative and anti-spasmodic.

## AMALTAS

**Botanical name :** *Cassia fistula*, Linn.

**Family :** Leguminosae

**Other names :**

**English :** Purging fistula or cassia / Indian laburnum

**Urdu :** Amaltas / Mughze amaltas

**Arabic :** Khiyar-shanbar / Maghze Khiyar-shanbar

**Persian** : Khiyar-shambar / Khiyar-chambar  
/ Maghze Khiyar-shamber.

**Telugu** : Rela-chettu / Rela-Kayalu

**Parts Used** : Pod and its pulp.

**Temperament** : Hot and Moist.

**Description:** It is a medium-sized tree with greenish-grey and smooth bark when young, and brown and rough when old and also with compound leaves and large shining dark green leaflets. The leaves resemble Jambolana leaves and flowers are bright yellow, in very large hanging bunches. When the flowers are shed, cylindric and long pods are produced which are green when unripe but turn black on ripening and contain seeds immersed in a black pith known as *Maghz-e-Amaltas* or cassia pulp.

**Action and Uses:** The pulp has dual effects i.e. laxative and expectorant. It also has resolvent, demulcent and decongestant actions.

It is beneficially used in chest affections e.g. cough, breathlessness and congestion of lungs with constipation. Also used in colitis, congestion of liver, stomach and intestines.

It is also used as gargle in swallowing difficulties due to inflammation of the structures of the throat or diphtheria and as a plaster, applied on swollen and painful joints.

#### **Dosage and Administration:**

- a) 5-10 gm as laxative especially in children.
- b) 10-20 gm as purgative.

#### **Preparations:**

- (1) Lauq Khiyar-shambar
- (2) Linctus Cordia
- (3) Linctus Cassia
- (4) Humool Varam-e-Rehm.

**Ibn Sina's View:** Maghz Khiyar-shambar is resolvent and laxative. It is used in acute inflammations of viscera especially of throat and applied externally on hard swellings, on gout and painful joints.

Its gargle is useful in suffocating affections. It is useful in jaundice and hepatic pain.

It is a good laxative and excretes burnt bile and phlegm. It is a non-irritative purgative.

## AMLA

**Botanical name** : *Embelica officinalis*, Gaertn.  
/ *Phyllanthus emblica*, Linn.

**Family** : Euphorbiaceae

**Other names** :

**English** : Emblica / Emblic myrobalan /  
Indian gooseberry

**Urdu** : Amla / Aamla / Aonla

**Arabic** : Amlag / Amlaj

**Persian** : Ameleh / Amla

**Telugu** : Amalakamu / Usirikaia

**Parts Used** : Fresh and dried fruit.

**Temperament** : Cold (mild) and Dry

**Description:** It is a small or medium-sized deciduous tree with smooth, greenish-grey, exfoliating bark. Leaves feathery with small leaflets and flowers greenish yellow, usually below the leaves. Fruits depressed globose and obscurely 6-lobed containing 6 trigonous seeds. They are green when tender and light yellow or brick red colour when mature. They are sour and astringent.

**Action and Uses:** The fresh fruit is tonic, refrigerant, diuretic, anti-bilious, laxative and anti-scorbutic. It is useful in hiccup, vomiting, indigestion, *tabkheer* (burning hands and feet syndrome), habitual constipation and scurvy.

The dried fruit is an excellent astringent, styptic, stomachic, cooling, blood-purifier, diuretic, liver and brain tonic. It is widely used in indigestion, nausea and vomiting, biliousness, *tabkheer* (burning feet syndrome), diarrhoea and acute dysentery, enlargement of liver and ascites, weakness of heart and palpitation, anxiety states and melancholia. It improves eye-sight and brain faculties e.g. memory and intelligence.

It is beneficially used in excessive thirst, fevers of 'Sanguine and Bilious humours,' burning micturition and chronic gonorrhoea.

It is used as head shampoo and scalp paste. Its oil has reputation of being one of the best hair tonics.

**Dosage and Administration:**

- a) 3-5 gm daily once or twice in powder form before meal.
- b) Fruit jam — 1-2 daily before meal.

**Preparations:**

- (1) All Itrifalath
- (2) Anushdaru Sadah
- (3) Anushdaru Lului
- (4) Jawarish-e-Amla
- (5) Habbe Pechish
- (6) Sufoof-e-Amla
- (7) Sufoof-e-Hazim
- (8) Z.A. Powder
- (9) Majoon Muqavi Rehm Murakkab
- (10) Mufarreh Shahi
- (11) Roughan Amla  
or Amla Hair Oil

**Ibn Sina's View:** It is a tonic for stomach, heart and eye; thirst-quenching and anti-emetic. It improves appetite and also eye-sight. It blackens the hairs and strengthens their root. It is very useful in haemorrhoids.

## ANJIR

**Botanical name :** *Ficus carica*, Linn.

**Family :** Moraceae

**Other names :**

**English :** Fig tree / Common fig

**Urdu :** Anjir

**Arabic :** Teen

**Persian :** Anjir

**Telugu :** Anjuru / Teneatti / Manjimeddi / Simayatti

**Parts Used :** Fresh and dried fruits and latex.

**Temperament :** Hot (mild) and Moist (mild)

**Description:** It is a small or moderate sized deciduous 4.5-9 m high, having broad ovate leaves, rough above and pubescent below and axillary fruits, usually pear-shaped variable in size and colour, generally green or light purple in colour with a rosy and delicious flesh containing many seeds.

**Action and Uses:** Figs are nutritive and used in prevention of nutritional anaemia. Their continuous use fattens the body especially in children and

improves the complexion.

Figs are laxative, demulcent, diaphoretic and diuretic. They are beneficially used in mild constipation, chronic coughs and asthma and in fevers of small-pox and chicken-pox.

Figs are also coctive and included in the well-known formulations of *munzigat* which are prescribed in the treatment of paralysis.

Latex is used externally for the treatment of warts.

### **Dosage and Administration:**

2-3 fruits daily.

### **Preparations:**

- (1) Majoon-e-Anjir
- (2) Hyssop Compound Cough Syrup
- (3) Sharbat-e-Damma
- (4) Sharbat-e-Mulaiyan

**Ibn Sina's View:** Figs are maturative, resolvent and diaphoretic. Fresh and dried fruits are useful in epilepsy and also in sore-throat and suitable for chest and trachea. They are deobstruent for liver and spleen. They are good for kidney and urinary bladder.

## **ASARUN**

**Botanical name :** *Asarum europaeum*, Linn.

**Family :** Aristolochiaceae

**Other names :**

**English :** Asarun / Asarabacca /  
Hazelwort / Wild Nard

**Urdu :** Asaron / Asarun

**Arabic :** Asaron / Asarun / An-Nardin-al-barri

**Persian :** Asarun

**Telugu :** Asaramu

**Parts Used :** Root and leaves

**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** This is a herbaceous perennial bearing 2 kidney-shaped, leathery, long-stalked or cyclamen-shaped leaves on short pubescent stems and nut-shaped flowers on soil surface. Single purplish flower appears early

summer to early autumn. The plant grows in temperate zones.

The root which is known as *Asarun* or *Asaron*, is irregular and knotty in appearance having sweet smell, slightly bitter taste and yellowish or brownish colour.

**Action and Uses:** *Asarun* is stimulant, diuretic, resolvent, deobstruent and stemutatory. It produces copious mucus flow if taken as snuff. Hence it is used in catarrhal diseases of naso-pharynx and bronchi, in nasal obstruction and headache, sore-throat and hoarseness of voice. It is good for rheumatism. It is also emetic, purgative and emmenagogue. Hence it is used as snuff or its fumes from burning of root pieces are inhaled. It gives quick relief when used with other drugs e.g. Iris root and Wild Marjoram plant. In small doses, it is a good liver and stomach tonic.

**Dosage and Administration:**

(1) 1-2 gm root-powder internally alone or with other drugs.

(2) 3-5 gm root pieces alone or with Iris root etc. are burnt to have fumes to be inhaled.

**Preparations:**

- (1) Majoon-e-Suranjan
- (2) Majoon-e-Dabeed-ul-Vard
- (3) Jawarish-e-Jalinoos
- (4) Dawa-ul-Kurkum
- (5) Asthma (Relief) Powder

**Ibn Sina's View:** It is deobstruent and diuretic. Useful in hepatic obstruction, jaundice, ascites and sciatica.

## ASGANDH

**Botanical name :** *Withania somnifera*, Dun.

**Family :** Solanaceae

**Other names :**

**English :** Withania / Winter cherry

**Urdu :** Asgandh / Asgandh-e-Nagori / Asgund

**Arabic :** Ain-ul-ghurab / Fuqqaysh

**Persian :** Asgandh-e-Nagori

**Telugu :** Ashwagandha / Asvagandhi



**Part Used** : Root  
**Temperament** : Hot (severe) and Dry (severe)

**Description:** It is an erect, branching plant, 1.5 m high, wholly covered with white stellate hairs, having ovate and upto 5-10 cm long leaves and bi-sexual greenish or lurid yellow flowers about 1 cm long in clusters. Its berries are in 6 mm diameter and partially enclosed in the enlarged calyx and seeds are yellow. It is also called 'Oxan-booti'.

**Action and Uses:** The root has tonic, stimulant, alterative and aphrodisiac effects. It is beneficially used in general and nervine debility and impotency, in spermatorrhoea, premature ejaculation, leucorrhoea and blood discharges from the uterus.

It has also good anti-phlegmatic, anti-rheumatic and resolvent actions. It is very effective in rheumatism and arthritis internally and externally alone or in combination of other drugs e.g. *Merendera persica*, *Alpinia galanga* and *Pyrethrum indicum*.

It is very efficacious for toning up the uterus when used internally in habitual miscarriage.

**Dosage and Administration:**

- (a) 1-3 gm in powder form internally.
- (b) As per need externally.

**Preparations:**

- (1) Majoon Muqavi Rehm Sadah
- (2) R.A. Tablets or Capsules
- (3) Habbe Asgandh
- (4) Sufoof-e-Jeryan
- (5) W.S. Capsule or Tablet.

**Ibn Sina's View:** He did not mention about this drug.

## BABCHI

**Botanical name** : *Psoralea corylifolia*, Linn.  
**Family** : Leguminosae  
**Other names** :  
**English** : Psoralea seeds / Babchi seeds

**Urdu** : Babchi / Bavachi / Bakuchi  
**Arabic** : Mahhlab aswad  
**Persian** : Bakuchi / Babkuchi  
**Telugu** : Bavanchalu / Kala-giuja / Kalagija

**Part Used** : Seeds

**Temperament** : Hot (mild) and Dry (moderate)

**Description:** It is an erect annual herbaceous plant 0.6-1.2 m high with densely gland-dotted branches, round and black gland-dotted leaves, small and bluish-purple flowers, 10-30 in a bunch arising, in axils of leaves and very small, slightly compressed, pitted, black, beaked and one-seeded pods. Seeds are odourless but on chewing they emit a pungent odour and have a bitter unpleasant and acrid taste.

**Action and Uses:** Psoralea or babchi is blood purifier, alterative, laxative, anthelmintic, carminative and stomachic. It is also diuretic and diaphoretic in febrile conditions and demulcent in dry cough.

It is used internally in diseases of blood-impurities, leprosy, vitiligo, psoriasis, ringworm and pruritus. It is used externally in vitiligo as a specific drug. The mode of action is local effect on the arterioles of the sub-capillary plexus which are dilated so that plasma is increased in this area. The skin becomes red and the melanoblasts (pigment-forming cells) are stimulated. In vitiligo, melanoblasts do not function properly and their stimulation by the drug leads them to form and exude pigments which gradually diffuse into the white patches. In non-syphilitic group, seeds are effective otherwise not useful.

It is suggested by some authorities to rectify the drug by soaking seeds in ginger juice for 7 days and change the juice daily.

#### **Dosage and Administration:**

(i) Internally 1-3 gm as a single drug or mixed with other drugs.

(ii) Externally as per requirement as a single drug or in combination with other drugs. The drug is mixed with water to make a paste and applied over the vitiligo patches and then the part be exposed to the sun till the paste dries.

#### **Preparations:**

- (1) Nard Qoba
- (2) Sufoof-e-Bars
- (3) P.A. Cough Lozenge / Tablet
- (4) Z.B. Powder

- (5) Z3 Powder
- (6) P.S. Capsule

**Ibn Sina's View:** He did not mention about this drug.

## BABOOL

- Botanical name** : *Acacia arabica*, Willd.  
**Family** : Leguminosae  
**Other names** :  
**English** : Babool tree or gum / Indian acacia  
/ Gum-arabic tree / Gum acacia  
**Urdu** : Babool or Kikar / Babool or Kikar gond  
**Arabic** : Ummu-ghilan / Samgh Arabi / Akakia  
**Persian** : Khare-mughilan / Samghe arabi / Akakia  
**Telugu** : Nallatumma / Tumma / Thumma / Barbaramu  
**Parts Used** : Bark, leaves, flowers, pods and gum.  
Also extract known as *Akakia*.  
**Temperament** : Cold (moderate) and Dry (moderate)

**Description:** It is a moderate-sized thorny tree with dark brown or black and fissured bark, slender branches, straight and sharp-pointed spines, 2-pinnate leaves 5-10 cm long, yellow and round flowers and whitish green flat pods 7.5-15 by 1.3-1.6 cm containing 8-12 seeds. The gum exudes from fissures or cracks in the bark.

*Acacia arabica* gum occurs in irregular and broken tears (pieces) of varying size, brown or red to light-straw colour and brittle in nature. It is odourless and has bland and mucilagenous taste. It is almost entirely soluble in twice its volume of water yielding a viscous solution.

The extract of leaves and pods is known as *Akakia*.

**Action and Uses:** Bark is astringent, styptic and constipating and useful in diarrhoea, spongy gums, stomatitis, prolapse ani, piles, leucorrhoea and spermatorrhoea. For this purpose, the solution or decoction of the bark is used as mouth-wash, gargle, drink or as douche. Incinerated bark is used as a good tooth powder. Tender twigs of the tree are used as tooth brush which strengthens the gums and clears the teeth. It prevents bleeding of gums.

Leaves, flowers and pods are used as astringent in diarrhoea, dysentery,

spermatorrhoea, leucorrhoea and premature ejaculation in the form of powder or decoction to be used orally, and externally for washing bleeding ulcers and wounds.

*Akakia* is used, like bark, leaves and pods, as astringent and styptic.

Gum arabica is demulcent, nutritive tonic and aphrodisiac and used in the form of mucilage (infusion) in dysentery and diarrhoea and in powder form in cases of cough, asthma and phthisis to remove dryness and irritation. Fried in *ghee*, it is given as nutritive tonic and aphrodisiac in sexual debility.

#### **Dosage and Administration:**

- Bark — 5-7 gm to prepare decoction.
- Leaves, flowers and pods — 5-7 gm to prepare decoction or infusion and 1-3 gm as powder.
- *Akakia* — 1-2 gm to make solution or as powder.
- Gum — 1-3 gm as powder or fried in *ghee* and mixed with sugar.

#### **Preparations:**

- (1) Habbe Mubarak
- (2) Habbe Sil
- (3) P.A. Cough Tablets (Lozenges)
- (4) Linctus Cordia
- (5) Sharbat Banafshah Murakkab

**Ibn Sina's View:** It is astringent and arrests bleeding and all discharges. Useful in haemoptysis and leucorrhoea.

## **BABUNA**

**Botanical name :** *Matricaria chamomilla*, Linn.

**Family :** Compositae

**Other names :**

**English :** German chamomile / Chamomile / Camomile  
Dog's chamomile / Wild chamomile.

**Urdu :** Babuna / Babunah

**Arabic :** Babunaj / Babunag / Tuffah-el-ard

**Persian :** Gule babunah / Beike babunah

**Telugu :** —

**Parts Used :** Flowers, leaves and root.

**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** There are many species of chamomile. One is indigenous to Britain and cultivated, which is known as True or Roman chamomile (*Anthemis nobilis*, L.). From wild species, single chamomiles are collected and sold in Scotland as Scotch chamomiles. Another is indigenous to northern Europe and grows wild in Germany and known as Wild or German chamomile (*Matricaria chamomilla*, L.).

Wild or German chamomile is a glabrous much-branched, aromatic herb about 30 cm high. The flower-heads are composed of a few yellowish-orange to pale-yellow ray florets 10-20 and numerous somewhat darker and tubular disc, peduncles are about 2.5 cm long and dark brown or dark greenish yellow and achenes are with 3-5 faint ribs. It has a pleasant aromatic odour and bitter taste.

**Action and Uses:** Wild or German chamomile possesses anti-spasmodic, expectorant, carminative, anthelmintic, sedative, diuretic and emmenagogue properties.

It is used in coughs, asthma, stomach disorders, abdominal flatulence, hysteria, dysmenorrhoea, neuralgias, cramps in leg and rheumatism.

It is also used externally in the form of decoction with other anti-phlogistic and sedative drugs (to be used) for fomentation in rheumatic swellings and pains and also as sitz-bath for piles, uterine and renal colics. An infusion is also used as an external counter-irritant to eczema, bruises, sores and for hair washes.

Root is considered more powerful than flowers.

### **Dosage and Administration:**

Flowers and root: 1-4 gm

### **Preparations:**

- (1) Camomile Oil
- (2) F.F.3
- (3) Zimad-e-Jiger
- (4) Zimad-e-Muhallil
- (5) Jawarish-e-Babuna
- (6) Majoon-e-Falasifa

**Ibn Sina's View:** It is deobstruent, attenuant, resolvent, sedative and brain- tonic. Also expectorant, diuretic, lithontriptic and emmenagogue. Useful in cold headache, jaundice and kidney stones.

## BADIYAN

**Botanical name** : *Foeniculum vulgare*, Mill.

**Family** : Umbelliferae

**Other names** :

**English** : Fennel

**Urdu** : Saunf / Sonf / Badi Saunf

**Arabic** : Razianaj / Shamar

**Persian** : Badiyan

**Telugu** : Sopu / Pedda jila-kurra

**Parts Used** : Seeds, root and oil.

**Temperament** : Hot (mild) and Dry (mild)

**Description:** This is a perennial herb, having erect and nearly about 70-90 cm high stem and 3 or 4 times pinnate leaves and fruits 6-10 mm long and 4 mm wide. *Saunf* or fennel consists of the dried ripe fruits of this plant. These are sweet in taste and contain sweet-smelled and volatile oil.

**Action and Uses:** Seeds are mild laxative, stomachic, carminative, lactagogue, diuretic and eye-sight tonic. When roasted, they act as astringent and anti-diarrhoeal.

Seeds are used in abdominal flatulence and pain, dyspepsia, biliousness, constipation and for promoting breast-milk and eye-sight. Also used in urinary tract diseases. Fennel is an important ingredient in the compound preparations which are used as diuretic e.g. U1 syrup and antacid e.g. U3 powder.

Root is coctive for phlegm, diuretic and emmenagogue. It is used in coctive formulations, used in paralysis, headaches, retention of urine and menses.

Oil is an anthelmintic against hookworm and carminative. It is used in gastro-intestinal diseases.

### **Dosage and Administration:**

- Seeds — 4-7 gm in decoction and 1-2 gm in powder form.
- Root — 4-7 gm in decoction.
- Oil — a) 5 minims as digestive and carminative.  
(b) 60 minims as anthelmintic.

### **Preparations:**

- (1) Sufoof-e-Hazim

- (2) Jawarish-e-Raziana
- (3) Jawarish-e-Zaruni
- (4) Jawarish-e Mastagi Murakkab
- (5) Sharbat-e-Zufa
- (6) Sharbat-e-Buzuri Motadil
- (7) Sharbat Mudir-e-Tamas
- (8) Matbukhe Badiyan
- (9) U1 Syrup
- (10) U2 Powder
- (11) U3 Powder
- (12) U4 Powder

**Ibn Sina's View:** Fennel is deobstruent and eye-tonic. Garden variety is galactagogue and useful in nausea and gastritis. Wild variety is lithontriptic and useful in strangury and chronic fevers.

## BALCHAR

**Botanical name :** *Nardostachys jatamansi*, DC.  
/ *Valeriana jatamansi*, DC.

**Family :** Valerianaceae

**Other names :**

**English :** Nardus root / Indian Nard / Spikenard

**Urdu :** Balchar

**Arabic :** Sumbul-ut-teeb / Sumbul-ul-hind

**Persian :** Sumbul-ut-teeb

**Telugu :** Jatamansi / Jatamamsi

**Part Used :** Rhizome

**Temperament :** Hot (mild) and Dry (moderate)

**Description:** This is a perennial herb having its stem partly underground and partly above ground about 10-60 cm woody long and stout rhizome. It is the drug which is grey in colour as thick as the little-finger, covered by a bundle of fine reddish-brown fibres from the stalks of the dead leaves. It has aromatic odour and bitter taste. It contains a volatile oil. Leaves arise from the root-stock, 15-20 cm long and 2.5-3 cm broad.

**Action and Uses:** Root or rhizome is warming, resolvent, diuretic,

emmenagogue, tonic for vital organs, depressant, anti-spasmodic and sedative.

It is used in gastritis, hepatitis, jaundice, impaired liver functions, spastic colon, cystitis and metritis. It is also used in the treatment of epilepsy, hysteria, other convulsive affections, hyperkinesia, chorea, nervous headache, palpitation of heart, menopausal disturbances and amenorrhoea.

It is good and effective in insomnia in which its volatile oil mixed with sesame oil is rubbed on the head as a nervine sedative. It promotes growth and blackness of hairs. Hence it is included in the formulations of hair oils and hair tonics.

The juice extracted from the fresh rhizomes is more effective and the properties of the drug are lost in drying.

#### **Dosage and Administration:**

- (1) 0.5-1 gm in powder form twice daily.
- (2) 3-5 gm in decoction or infusion form twice daily.
- (3) 15-60 ml of the decoction or infusion (1:20) twice or thrice a day.

#### **Preparations:**

- (1) Majoon Dabidul Ward
- (2) Habb-e-Iyarij
- (3) Anoshdaru
- (4) Barsha'sha
- (5) Dawa-ul-Kurkum
- (6) Dawa-ul-Misk Motadil
- (7) Jawarish-e-Anarain
- (8) Jawarish-e-Jalinoos
- (9) Jawarish-e-Shahreyaran
- (10) C.I. Formula Forte
- (11) P.S. Capsule

**Ibn Sina's View:** It is deobstruent and resolvent. Indian variety is more constipating but less hot. It prevents catarrh and strengthens the brain. Useful in palpitation and clears lungs. It is a good deobstruent for hepatic and gastric obstructions and gives them strength. Very useful in jaundice. Also diuretic and emmenagogue.



## BANAFSHA

**Botanical name** : *Viola odorata*, Linn.

**Family** : Violaceae

**Other names** :

**English** : Violet herb / Violet flower

**Urdu** : Banafsha / Gul-e-Banafsha

**Arabic** : Banafsag / Banafsaj

**Persian** : Banafsha / Gule Banafsha

**Telugu** : —

**Parts Used** : The whole herb or flowers, leaves and root.

**Temperament** : Cold and Moist

**Description:** The herb is well-known in India for its medicinal virtues. In olden days, it was imported from Iran to India and considered genuine and very effective. However, it is now available in Kashmir and other parts of India. Kashmir varieties are considered good and known as '*Banafsha Kashmiri*.'

It is a glabrous or pubescent herb rarely more than 15 cm in height, arising from a root-stock with tufted and broadly ovate-cordate leaves and violet flowers.

**Action and Uses:** The herb or flower is very useful as demulcent, expectorant, diaphoretic, anti-pyretic and diuretic in catarrhal and pulmonary troubles and in calculous affections. It is used in cold, catarrh, coughs, sore throat, hoarseness, sinusitis, bronchitis, pneumonia, pleurisy, asthma, fevers, kidney and liver disorders.

The herb is emetic and cathartic in large doses especially the leaves and the root. It is also considered quite effective in the treatment of eczema.

### **Dosage and Administration:**

- (1) 5-7 gm internally in decoction or infusion form with other drugs.
- (2) As per requirement externally.

### **Preparations:**

- (1) Itrifal Zamani
- (2) Habb-e-Sibr (Sabr)
- (3) Habb-e-Banafsha
- (4) Sharbat-e-Banafsha
- (5) Sharbat-e-Ejaz
- (6) Sharbat-e-Mulaiyan

- (7) F.C.S. / C.S. Syrup
- (8) F.C.B. / C.B. Syrup
- (9) Khamira Banafsha
- (10) Raughan-e-Banafsha

**Ibn Sina's View:** Banafsaj is useful in headache, acute cough, acute conjunctivitis and in constipation. It is demulcent, laxative, diuretic. Its drink is useful in pleurisy and pneumonia.

It is sedative on external application and its oil is very good in scabies.

## BEHIDANA

**Botanical name :** *Cydonia vulgaris*, Pers.  
 / *Cydonia oblonga*, Mill.  
 / *Pyrus cydonia*, Linn.

**Family :** Rosaceae

**Other names :**

**English :** Quince seeds

**Urdu :** Behidana / Bihidana

**Arabic :** Safarjal / Habb-us-Safarjal

**Persian :** Behidana / Tukhme-e-abi

**Telugu :** Simadanimma

**Part Used :** Seeds

**Temperament :** Cold and Moist

**Description:** It is a small tree with spreading branches, thin and purplish-brown bark, shortly stalked, entire, ovate, blunt or acute leaves, 3.5-6 cm long, solitary flowers at the ends of the branches. It has usually pyriform and sometimes apple-shaped fruits bright golden yellow, very fragrant having yellowish flesh and cartilaginous endocarp, surrounding the cells. There are 12-14 seeds in each cell, flattened by mutual pressure pointed at hilum, having brown and cartilaginous testa. They have no odour and only a simple mucilaginous taste.

**Action and Uses:** Seeds are demulcent and used as a popular remedy in gonorrhoea and dysentery. They are also used in sore-throat, acute nasal catarrh and fevers. They have soothing effect on mucous membrane. Their mucilage protects it from irritants. They are useful in gastro-intestinal irritation and ulceration.

They are used with cordia fruit and zizyphus in acute rhino-sinusitis, bronchitis and bronchial asthma.

The mucilage is used as external application for scalds and ulcers.

#### **Dosage and Administration:**

(i) 3 gm once or twice daily in infusion or decoction form internally before meals.

(ii) As per requirement the mucilage (1:10) is used externally.

#### **Preparations:**

- (1) Habb-e-Surfa Atfaal
- (2) Jawarish-e-Amla Ambari Ba-Nuskhae Kalan
- (3) Dawa-e-Sahaj
- (4) Jawarish-e-Safarjali
- (5) Khamira Marwareed Ba-Nuskhae Kalan
- (6) Sharbat-e-Behi
- (7) Sharbat-e-Ejaz
- (8) F.A.R.
- (9) Dayaqqozah
- (10) Majoon Muqqavi Rehm Murakkab

**Ibn Sina's View:** Fruit, flower and oil are astringent and tonic. Oil is good for herpes and malignant ulcers. Extract is useful for asthma and checks haemoptysis. Seeds are useful in sore throat and tracheal inflammations; useful in vomiting and hang-over. They are thirst-quenching, stomachic and strong diuretic. They are useful in dysentery and burning micturition. They check menstrual bleeding.

## **BHANGRA**

**Botanical name :** *Eclipta alba*, Hassk.  
/ *Eclipta erecta*, Linn.  
/ *Eclipta prostrata*, Roxb.

**Family :** Compositae

**Other names :**

**English :** False daisy / Eclipta

**Urdu :** Bhangra / Babri

**Arabic :** Suweyd

**Persian :** —

**Telugu** : Galagara-chettu / Gunta-galijaeru  
**Parts Used** : Leaves and root / Herb.  
**Temperament** : Hot (mild) and Dry (mild)

**Description:** This is a common and small herb, found abundantly throughout India in wet places. It is a coarsely hairy, annual, erect or prostrate. Leaves are hairy and variable in shape. Flower heads are white, small, axillary or terminal. It is of 3 kinds i.e. yellow, white and black. Black variety (*Kala Bhangra*) is more effective than others but is not commonly found.

**Action and Uses:** It is an alterative, deobstruent, carminative, blood-purifier, pectoral and anti-asthmatic, resolvent and eye-sight tonic. It is a good hair-tonic especially black variety and blackens the hair.

It is internally used in the form of fresh juice of the leaves in hepato-splenomegaly, jaundice and various chronic skin diseases e.g. leprosy, vitiligo, skin eruptions, itching and scabies etc. It is also used in flatulent abdomen and colic. It is given to improve eye-sight. It is useful in coughs and bronchial asthma. It is also an emetic.

It is externally used for cleaning and healing sores and applied to chronic glandular swellings and skin diseases. Fresh juice of the leaves is dropped in eyes in case of conjunctivitis and also rubbed into the shaven scalp to promote growth of hair. It is included in the formulations of hair oils and tonics. It is also useful in alopecia.

Root is also used in liver diseases and in scalding of urine.

#### **Dosage and Administration:**

(i) Fresh juice of leaves: One teaspoonful once or twice a day before meal.

(ii) Decoction of leaves: 4-6 gms dried leaves to be used in the form of decoction once or twice a day before meal.

(iii) Paste of the herb is mixed with sesame oil and applied externally.

#### **Preparations:**

(1) Amla Hair Oil

**Ibn Sina's View:** He did not mention about this plant.

## BUZIDAN

**Botanical name** : *Pyrethrum indicum*, DC.  
/ *Chrysanthemum indicum*, DC.

**Family** : Compositae

**Other names** :

**English** : Sweet pellitory

**Urdu** : Buzidan / Satavari

**Arabic** : Musta'jala

**Persian** : Bozidan

**Telugu** : Chamunti

**Part Used** : Root

**Temperament** : Hot (mild) and Dry (mild)

**Description:** In *Kitab-ul-Advia* written by Allama Hakeem Mohammed Kabiruddin Saheb, it is clearly mentioned that *buzidan* is other than *satavari* i.e. *Asparagus racemosus*. However, in *Qarabadeen jadid* of Govt. of Andhra Pradesh (India) it is recognised as *Asparagus racemosus*, Willd.

In Dr. Nadkarni's *Materia Medica*, it is mentioned as *Chrysanthemum indicum* which is a very famous plant for its multi-coloured flowers known as *Gul-e-Dawoodi* or *chamunti*.

However *Buzidan* is usually described as the root of a wild plant. It is 7.5 cm long, hard and wrinkled. It is brownish in colour but whitish brown root is considered as the best variety.

*Buzidan* or sweet pellitory root is free from the acidity of the true pellitory root i.e. *Anacyclus pyrethrum* but resembles it (i.e. *Akarkara*).

**Action and Uses:** It is deobstruent, alterative, resolvent, tonic and aphrodisiac.

It is used as a single drug or in combination with Surinjan (*Merendera persica*) and/or Khulanjan (*Alpinia galanga*) in rheumatic diseases, gout and neurasthenia. It is also anthelmintic and used in intestinal parasitic infestation. It is also beneficially used in sexual debility, spermatorrhoea and leucorrhoea.

**Dosage and Administration:**

1-3 gm in powder form alone or with other drugs in combination.

**Preparations:**

- (1) Sufoof Sailanur Rehm
- (2) Sufoof Muqawwi-e-Gurda

- (3) Luboob-e-Kabeer
- (4) Luboob-e-Sagheer
- (5) R.A. Tablets
- (6) Majoon-e-Chobchini
- (7) Majoon Mubahi Antaki

**Ibn Sina's View:** Bozidan is attenuant and aphrodisiac. It is useful in rheumatism and gout.

## CHIRAITA SHIRIN

- Botanical name :** *Swertia chirata*, Ham.  
**Family :** Gentianaceae  
**Other names :**  
**English :** Chiretta  
**Urdu :** Chiraita / Chiraita shirin  
**Arabic :** Qasab-uz-Zarirah  
**Persian :** Chiraita shireen  
**Telugu :** Nila vemu  
**Part Used :** The whole plant  
**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** It is a 1-1.5 m high shrub of strong and branching stem, having leaves in opposite pairs usually lanceolate and 10 cm long and numerous flowers in large panicles, very small, green-yellow, tinged with purple with long, white or pink hairs. Capsules are minute and sharp-pointed. The stem which forms the major part of the drugs, is purplish brown and glabrous. The drug is odourless and taste intensely bitter.

**Action and Uses:** It is a valuable bitter tonic especially for liver, appetizer and stomachic and hence is given in liver disorders, indigestion, loss of appetite and flatulent abdomen.

It is febrifuge, anti-periodic, anthelmintic, alterative, blood-purifier, anti-diabetic and expectorant. It is used in intermittent fevers, intestinal worms, skin diseases, e.g. boils, abscesses, syphilis, leprosy, eczema, psoriasis and scabies and in diabetes mellitus, impaired liver functions and bronchial asthma.

**Dosage and Administration:**

- (1) 0.5-1 gm in powder form.

(2) 4 gm infusion or decoction.

**Preparations:**

- (1) Matbukh Musaffi
- (2) M. Syrup
- (3) Jawarish Jalinoos
- (4) Majoon Masik-ul-Baul
- (5) Arq Musaffi-e-Khoon

**Ibn Sina's View:** It is resolvent, healing, and eye-sight tonic. It is very useful in burns when used with rose oil and vinegar and also used in muscular rupture. It is also useful in cough, hepatitis, gastritis, ascites and in strangury.

## CHOBCHINI

**Botanical name :** *Smilax china*, Linn.

**Family :** Liliaceae

**Other names :**

**English :** China root

**Urdu :** Chobchini

**Arabic :** Khashab-us-Sini / Gadhr or  
Jazer Sini

**Persian :** Chob Chini

**Telugu :** Pirangi-chekka / Gali-chekka

**Part Used :** Root tubers

**Temperament :** Hot and Dry

**Description:** It is a deciduous climber with rounded leaves, red berries and the root tubers known as 'China roots.' These tubers resemble to elongated potatoes in shape and size, knotty, 10-15 cm long and 3-5 cm thick. They are usually peeled and available in the form of irregular pieces having pinkish white odourless wood with acrid taste.

**Action and Uses:** It is considered as good as 'Sarsaparilla' (*Ushba*) for the treatment of venereal diseases, rheumatic disorders and skin affections.

It is attenuant, deobstruent, diaphoretic, blood-purifier, diuretic and tonic. Fresh root is hypnotic and sedative.

It is commonly used in chronic skin diseases e.g. leprosy, vitiligo,

malignant ulcers, ringworm, eczema and psoriasis. It is also used in chronic headaches, migraine, chronic nasal catarrh and coryza, mental disorders, paralysis (hemiplegia and facial palsy) general dropsy, piles and fistula-in-ano and chronic pyelonephritis, chronic arthritis and gout.

**Dosage and Administration:**

5-7 gm in decoction form.

**Preparations:**

- (1) Matbookh-e-Musaffi
- (2) Majoon-e-Chobchini
- (3) M. Syrup
- (4) Marham Gulabi

**Ibn Sina's View:** He did not mention about this plant.

## DARCHINI

**Botanical name :** *Cinnamomum zeylanicum*, Blume

**Family :** Lauraceae

**Other names :**

**English :** Cinnamon / Ceylon cinnamon

**Urdu :** Darchini / Dalchini

**Arabic :** Darsini / Qirfah

**Persian :** Darchini / Salikhah

**Telugu :** Lavanga-patta / Dalchini

**Parts Used :** Dried inner bark of the shoot (cinnamomi cortex) and essential oil (oleum cinnamomi).

**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** It is a hardy plant which can grow on any soil but the quality of bark is different as influenced by the soil and ecological factors. In Ceylon, the finest quality of cinnamon bark is obtained from plants raised on white sandy soil.

Ceylon cinnamon is an evergreen tree usually 6-7 m or sometimes more high. The leaves are long, leathery, shining green on the upper surface on maturity. They have a spicy odour and a hot taste. The flowers have a foetid disagreeable smell. The fruit is a dark-purple and single-seeded. The bark of tender shoots and stems is smooth and pale while that of old branches is



rough and brown. The bark obtained from the central branches is superior to that from the outer shoots. The bark from the base is inferior. Plants are usually raised from seeds.

**Action and Uses:** Cinnamon bark is aromatic, anti-septic, astringent, stomachic, carminative, anti-spasmodic and stimulant.

It is used in gastric upset, dyspepsia, atony of stomach, palpitation, spastic colon, flatulent colic and chronic diarrhoea.

It possesses the property of checking nausea and vomiting. Cinnamon oil is aromatic, anti-septic, hot and stimulant. It is used externally in cold headache, rheumatic pain and toothache.

**Dosage and Administration:**

1-2 gm bark.

**Preparations:**

- (1) Jawarish-e-Bisbasa
- (2) Jawarish-e-Jalinoos
- (3) Jawarish-e-Pudina
- (4) Jawarish-e-Zarooni Sadah
- (5) Majoon-e-Anjir
- (6) Majoon-e-Chobchini
- (7) Majoon-e-Dabeed-ul-Ward
- (8) Dawa-ul-Kurkum
- (9) Qurs-e-Muffarrah / Mufarreh
- (10) Luboob-e-Sagheer
- (11) Lubob-e-Kabeer
- (12) Raughan-e-Darchini
- (13) R.C. (Compound) Capsule

**Ibn Sina's View:** It is warming and deobstruent, diuretic, emmenagogue and expectorant. It is useful in cold, cough and catarrh; hepatic obstruction and dropsy; and uterine and renal pains. It is applied on freckles, acne, ringworm and ulcer. It is also applied on fore-head in cold headaches.

## DHANIA

- Botanical name** : *Coriandrum sativum*, Linn.  
**Family** : Umbelliferae  
**Other names** :  
**English** : Coriander  
**Urdu** : Dhania / Dhaniya / Kothmir / Kouthmir  
**Arabic** : Kuzbarah / Kusbarah  
**Persian** : Kishniz / Kashniz  
**Telugu** : Kotimir / Kotmiri / Dhaniyalu  
**Parts Used** : Fresh plant and dried fruits (seeds). Also dry plant.  
**Temperament** : (i) Fresh plant — Cold (moderate) and  
Moist (moderate)  
(ii) Dried fruits — Cold (moderate)  
and Dry (moderate)

**Description:** It is a smooth, erect, annual herb, 20-60 cm high with small, white or pinkish purple flowers borne on compound terminal umbels. The lower leaves are broad with crenately lobed margins while the upper ones are narrow, finely cut with linear lobes. The fruits are globular and ribbed, yellow brown in colour and range in size from 2-3.5 mm diameter. When pressed they get bifurcated, each half containing a seed. They have aromatic odour and taste.

**Action and Uses:** It is cooling, aromatic, stimulant, carminative, anti-spasmodic, anti-bilious, corrective and diuretic.

The green herb is, internally, used in *tabkheer* (over-heat syndrome) biliousness. Its juice or paste is applied to the forehead in severe headache and sun-stroke or to the lesions of acute irritation or inflammation. The juice is used as mouth-wash in ulceration and burning of mouth and as nasal drops in epistaxis.

A strong decoction of the herb is given with milk and sugar for the cure of bleeding piles and to correct the side effects i.e. gripping (gripes) due to purgatives like rhubarb and senna etc.

The fruits (seeds) are used in flatulent colic, bleeding piles, irritative or bilious diarrhoea, *tabkheer* or over-heat syndrome or burning feet syndrome, increased nocturnal pollution and sexual desire.

### **Dosage and Administration:**

- (1) Powder of seeds — 0.5-2 gm
- (2) 3-5 gm in decoction

### **Preparations:**

- (1) Itrifal-e-Kishnizi
- (2) Itrifal-e-Zamani
- (3) Khamira Gaozaban
- (4) Mufarreh Azam Sadah
- (5) Majoon Kalkalanaj
- (6) Mufarreh Dilkusha
- (7) Mufarreh Shahi
- (8) Tiryag-e-Nazla
- (9) Habb-e-Banafsha
- (10) Sufoof-e-Hazim
- (11) Sufoof-e-Tabkheer
- (12) U4 Powder

**Ibn Sina's View:** It is astringent and narcotic. Its extract with milk, relieves throbbing pains. Useful in acute inflammations, persistent vertigo and epilepsy. Fresh herb is hypnotic and checks epistaxis. Useful in acute palpitation. Roasted seeds are anti-emetic and constipating.

## **ELAICHI KALAN**

**Botanical name :** *Amomum subulatum*, Roxb.

**Family :** Zingiberaceae

**Other names :**

**English :** Nepal or Greater Cardamom / Amomum

**Urdu :** Bari Elaichi / Elaichi Badi

**Arabic :** Habb-el-Hal / Hel Kubar /  
Hel Zakar / Qaqilah Kubar

**Persian :** Elaichi Kalan / Qaqilah-e-Kalan

**Telugu :** Pedda Yelaki / Pedda Elakky

**Part Used :** Capsule / Seeds

**Temperament :** Hot and Dry

**Description:** It is a herb with a leafy stem, 0.9-1.2 m high. Leaves are 30-60 by 7.5-10 cm, oblong lanceolate, green and glabrous on both surfaces. Capsules are ovate or bluntly triangular with a tuft of fibres at its smaller end which is often destroyed in course of time, generally 2.5 cm in length, ribbed coriaceous and reddish or blackish brown in colour.

Capsule contains several seeds held together by a viscid sugary pulp. Seeds are small, almost round or bluntly angular, brown and feebly aromatic in taste and smell.

**Action and Uses:** Seeds are stomachic, carminative, stimulant, refrigerant, diuretic and flavouring. They are used in nausea, vomiting, indigestion, flatulent colic, congestion of the liver, kidney stones, palpitation and *tabkheer* (burning feet syndrome). They are also used and chewed to remove bad smell from mouth. They are included in composition of some purgatives and bitters to relieve their gripping effect.

**Dosage and Administration:**

0.5-1 gm seeds in powder form alone or with other drugs e.g. cumin and fennel etc.

**Preparations:**

- (1) Anoshdaru
- (2) Jawarish-e-Anarain
- (3) Jawarish-e-Zarishk
- (4) Khamira Abresham Hakeem Arshad-Wala
- (5) M.M. Paste
- (6) U4 Powder
- (7) Sufoof Satt-e-Gilo
- (8) Sufoof-e-Shora Murakkab
- (9) Habb-e-Limoon
- (10) Muffarreh Azam Sadah

**Ibn Sina's View:** It is warming and astringent. It is useful in nausea and vomiting. It is stomachic.

## GAOZABAN

**Botanical name :** *Borago officinalis*, Linn.  
/ *Onosma bracteatum*, Wall.  
/ *Anisomeles malabarica*, R.Br.  
/ *Caccinia glauca*, Savi.

**Family :** Boraginaceae

- Other names** :
- English** : Borage / Bugloss / Catmint
- Urdu** : Gaozaban / Gul-e-Gaozaban / Barg-e-Gaozaban
- Arabic** : Lisun-us-Saur / Lisan-el-Thaur / Lisan-eth-thawar
- Persian** : Gul-e-Gaozaban and Barg-e-Gaozaban / Gavzaban
- Telugu** : Mogobiraku
- Parts Used** : Flowers and leaves
- Temperament** : (i) Fresh — Hot and Moist  
(ii) Dry — Hot and Dry

**Description:** It is an erect shrubby plant having all parts hairy; large, thick and whitish green leaves resembling cow's or bull's tongue in appearance; white, tiny and thorny spots on their surfaces; sky-blue coloured or pale purple flowers resembling *Punica granatum* flowers but smaller. Seeds are white, long and thinner than *Carthamus tinctorius* seeds.

**Action and Uses:** Flowers and leaves both are anti-periodic, anti-pyretic and diaphoretic, alterative, exhilarant and tonic for vital organs i.e. heart, brain and liver, diuretic, refrigerant, demulcent and expectorant.

They are used in inter-mittent fevers, catarrh, coryza, influenza, rhinosinusitis, tracheo-bronchitis, bronchial asthma, cardiac asthma, pulmonary congestion, liver congestion and ascites and also in rheumatism. They are good in relieving irritation of the stomach, bowels and bladder.

They are highly beneficial drugs in the treatment of melancholia, insanity and palpitation of heart.

**Dosage and Administration:**

- Flowers — 3-5 gm
- Leaves — 5-7 gm

**Preparations:**

- (1) Joshanda Nazla
- (2) Matbookh-e-Bukhar
- (3) F.C.S. / C.S. Syrup
- (4) Tiryag-e-Nazla
- (5) Khamira Gaozaban Sadah  
and also Amberi Jawahardar.
- (6) Khamira Abresham Sadah and also Arshad Wala
- (7) Dawa-ul-Misk Motadil Sadah and also Lului

- (8) Mufarreh Azam Sadah  
and also Jawahardar  
(9) Mufarreh Barid  
(10) Araq-e-Gaozaban

**Ibn Sina's View:** Its actions are refreshing, tranquilizer, exhilarant and heart-tonic. It is having excellent effect in wild behaviour. Very useful as demulcent and expectorant in cough and tracheal irritation.

## GERU

- Scientific name :** *Silicate of Alumina and Oxide of Iron / Bole rubra*
- Nature :** Mineral
- Other names :**
- English :** Red ochre / Red earth / Bole rubra
- Urdu :** Geru / Geru matti / Geru-e-Surkh
- Arabic :** Mugrah / Mugra / Teen Ahmer
- Persian :** Gil-e-Surkh
- Telugu :** Sona Geru / Kavi Rai
- Material Used :** Soft and red clay
- Temperament :** Cold (moderate) and Dry (moderate)

**Description:** It is a clay found in lead and iron ore and contains an excess of oxide of iron more than any other clay. It sometimes occurs in powder form and sometimes as hard pieces.

**Action and Uses:** Red ochre is cooling, demulcent and astringent (anti-diarrhoeal), styptic (anti-haemorrhagic) and desiccant. Hence it is used alone or with other drugs in diarrhoea, bloody stools, melena, haematuria, intestinal ulcers and menorrhagia. In gonorrhoea and burning micturition, it is prescribed with alum in powder form.

It is also used as a local application alone or mixed with vinegar to burns, ulcers, boils, prickly heat, pustular eruptions, herpes and aphthous sores of the mouth. It is applied alone or with other drugs e.g. Psoralea seeds or *Cassia tora* seeds to the lesions of vitiligo.

**Dosage and Administration:**

- (i) 1-2 gm internally in powder form alone or with other drugs.
- (ii) Upto 7-10 gm powder, dissolved in water and the supernatant is drunk.
- (iii) Included in the formulations to be used as per prescribed weights for external use.

**Preparations:**

- (1) Sufoof-e-Teen
- (2) Sufoof-e-Istehaza
- (3) Z2 Powder
- (4) Habb-e-Surkh
- (5) Habb-e-Raswat
- (6) Habb-e-Sozak

**Ibn Sina's View:** Astringent and agglutinant. Useful in hepatic troubles. It is anthelmintic and also healing agent.

## GUL MUNDI

**Botanical name :** *Sphaeranthus hirtus* / indicus, Linn.

**Family :** Compositae

**Other names :**

**English :** East Indian Globe-thistle /  
Globe flower

**Urdu :** Gul Mundi / Gorakh Mundi / Mundi

**Arabic :** Kamazarius / Zirr-el-Vard  
/ Habaqbaq

**Persian :** Gul-e-Mundi

**Telugu :** Boeda tarapu chettu / Boda soram

**Parts Used :** Flowers and root

**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** It is a small, hairy and aromatic annual plant having stems and branches, clothed with glandular hairs, irregularly winged. Leaves are alternate, toothed, hairy, oblong and broader at the top and flowers are very small, round and pink or purple, and both have smell similar to the flowers of unripe fruits of mango tree.

**Action and Uses:** The herb is bitter, stomachic, demulcent and emollient. Root is used as stomachic and anthelmintic.

Flowers are highly esteemed as alterative, refrigerant, tonic and blood-purifier. They are used in skin diseases especially in itchings, skin eruptions, eczemas, psoriasis and vitiligo etc., in weak heart, palpitation, melancholia and brain-fog, joint diseases, liver diseases especially jaundice and in chronic cough. Also useful in diabetes. Flowers are very useful in promoting eye-sight.

**Dosage and Administration:**

- (1) Root: 2-5 gm in powder form.
- (2) Flowers: 1-2 gm in powder form and 4-6 gm in decoction.

**Preparations:**

- (1) Matbookh-e-Musaffi
- (2) M. Syrup
- (3) Nuqu'a-e-Shahtarah
- (4) Itrifal-e-Mundi
- (5) Araq-e-Musaffi-e-Khoon

**Ibn Sina's View:** It is deobstruent, attenuant, diuretic and emmenagogue. It cleanses chronic ulcer and is useful in convulsions, chronic cough, jaundice, dropsy and indigestion.

## GULNAR

- Botanical name :** *Punica granatum*, Linn.  
(Male or Wild Variety)
- Family :** Punicaceae
- Other names :**
- English :** Pomegranate flower bud  
/ Pomegranate flower
- Urdu :** Gulnar / Goolnar
- Arabic :** Julnar / Gulnar
- Persian :** Gulnar
- Telugu :** Dadim (pulo) / Danimma
- Part Used :** Flower buds
- Temperament :** Cold (mild) and Dry (moderate)



**Description:** Pomegranate is a well-known wild as well as garden tree. There are many varieties. Some trees produce small or big fruits, sour or sweet in taste with fast orange colour or white flowers.

There is one special variety of this tree, called 'male variety' which is wild and fruitless but produces flower buds. These are known as *Gulnar*.

**Action and Uses:** Pomegranate flower buds are astringent, styptic, desiccant and stomachic and as such used in nasal haemorrhage, haemoptysis, haematemesis, haematuria, menorrhagia, chronic diarrhoea and dysentery (especially in children), leucorrhoea, blenorhoea and bronchitis.

Externally flower buds are used alone or with other astringent drugs in bleeding gums as tooth powder and the powder is also sprinkled on mouth ulcers, stomatitis and prolapse ani. Patient is directed to sit in the decoction of the drug in cases of prolapse ani and bleeding piles.

It is specifically used in cases of vitiligo with Psoralea seeds to produce astringent effect locally and to counteract against the excessive local irritating effect of Psoralea seeds.

#### **Dosage and Administration:**

- (1) 1-2 gm internally in the form of powder alone or with other drugs.
- (2) Externally in powder form as a single drug or mixed with Psoralea seeds.

#### **Preparations:**

- (1) Qurs-e-Gulnar
- (2) Qurs-e-Tabashir
- (3) Sufoof-e-Ziabetus
- (4) Sunoon-e-Zard
- (5) Z2 Powder
- (6) Z3 Powder
- (7) Sufoof-e-Istehaza
- (8) Qurs-e-Bavaseer

**Ibn Sina's View:** Checks all discharges. Good for bleeding gum. Heals wounds, and chronic ulcers. Strengthens loose teeth, prevents haemoptysis. Constipating and useful in intestinal ulcers, leucorrhoea and uterine bleeding.

## GURMAR

- Botanical name** : *Gymnema sylvestre*, R.Br.  
**Family** : Asclepiadaceae  
**Other names** :  
**English** : Sweet taste killing plant or leaves  
/ Australian Cow Plant  
**Urdu** : Gurmar / Gurmar Booti /  
Gurmar patta  
**Arabic** : Barkista / Julmar  
**Persian** : Kista  
**Telugu** : Boda patra / Poda patri /  
Putla podra  
**Part Used** : The whole plant or leaves  
**Temperament** : Cold (moderate)\*

**Description:** It is a creeper, spreading like *Gilo* or *Gul bail* (*Tinospora cordifolia*) on *Babool* (*Acacia arabica*), *Kher* (*Acacia catechu*) and other trees. Leaves resemble those of *Bael-phal* tree (*Aegle marmelos*), having long pointed pods which on breaking exude a white sticky fluid and reveal a white, woolly substance filling the interior. Leaves are opposite and usually ovate. Flowers are small and yellow. Leaves, when chewed possess the remarkable property of desensitizing, for a few hours, the taste buds for sweet and bitter substances; acid taste is not affected, while salt taste is very slightly influenced.

**Action and Uses:** It is anti-diabetic, astringent, stomachic and tonic. It is highly valued as a specific drug for diabetes mellitus and used alone or with other drugs. It is also good in chronic dyspepsia and diarrhoea and for vital organs.

### **Dosage and Administration:**

1-3 gm once or twice in powder form alone or mixed with other drugs.

### **Preparations:**

- (1) Sufoof-e-Ziabetus
- (2) M.G. Capsules

**Ibn Sina's View:** He did not mention about this plant.

---

\* Some practitioners describe it as hot.

## HALDI

- Botanical name** : *Curcuma longa*, Linn.  
**Family** : Zingiberaceae  
**Other names** :  
**English** : Turmeric rhizome or root  
**Urdu** : Haldi  
**Arabic** : Aqid Hindi / Kurkum / Hurd /  
Urook-ul-Saffer  
**Persian** : Chobe zard  
**Telugu** : Pasupu  
**Parts Used** : Tubers and rhizomes  
**Temperament** : Hot (severe) and Dry (moderate)

**Description:** It is a tall perennial, herb, 60-90 cm high with a short stem, large oblong, lanceolate leaves in tufts and flowers in autumnal spikes. The rhizomes are large, ovate, oblong or pyriform (Round turmeric) or cylindrical and often short-branched (Long turmeric). The round form is about half as broad as long, the long form 2.5 cm long and about 1-1.8 cm thick, externally yellowish to yellowish brown with root scars and annulations, the latter from the scars of leaf bases. The internal colour varies from yellow to yellow-orange to orange, waxy. Its odour is aromatic and taste also aromatic and bitter. When chewed, it colours the saliva yellow.

**Action and Uses:** Internally, it is expectorant, mild anti-spasmodic, aromatic, carminative, stomachic, anthelmintic (for thread-worms), styptic, deobstruent, anti-septic and blood-purifier. It is used in cold, cough and bronchitis, bronchial asthma, haemoptysis, dyspepsia, flatulent abdomen, threadworm infestation, in liver diseases, gonorrhoea and skin diseases.

Externally, it is cleansing, desiccant, anti-septic and anti-inflammatory. It is applied on contusions, bruises, foul ulcers, small-pox and chicken pox eruptions and also ringworm, eczema and other ecto-parasitic diseases.

Inhalation of the fumes from burning turmeric root is recommended in nasal catarrh and in hysterical fits.

### **Dosage and Administration:**

- (1) 0.5-1 gm in powder form.
- (2) 1-2 gm in decoction.
- (3) Externally as per need, alone or with *henna* leaves or *sandal*.

**Preparations:**

- (1) Habb-e-Surkhbada
- (2) Ba Saliqoon Kabeer
- (3) Z.A. Powder
- (4) Zimad-e-haldi Murakkab
- (5) Z1 Powder and C.L. Capsule

**Ibn Sina's View:** It is a strong detergent. Chewing of the root is good for toothache. Useful in persistent jaundice due to obstruction.

## HALELA

**Botanical name :** *Terminalia chebula*, Retz.

**Family :** Combretaceae

**Other names :**

**English :** Myrobalan / Chebulic myrobalan /  
Yellow myrobalan / Black myrobalan

**Urdu :** Har / Harda / Pila or Kala Har /  
Halela zard or siah or kabuli

**Arabic :** Halelaj / Halelaj asfer or  
aswad or kabuli

**Persian :** Halelah / Halila-e-zard  
or siah or kabuli

**Telugu :** Karitaki / Karaka kaya / Karakhai

**Parts Used :** Dried fruits, immature and  
mature fruits (mostly their rind)

**Temperament :** Cold and Dry

**Description:** This is a moderate-sized sometimes large i.e. 15-24 m in height, deciduous tree having leaves not clustered, sub-opposite, 10-18 cm, ovate and rounded at the base and often with glands at its summit. It has terminal spikes, dull-white flowers with an offensive smell and ellipsoidal or ovoid, yellow to orange-brown, sometimes tinged with red or black and hard when ripe, 3-5 cm long and become 5-ribbed on drying.

In India, six kinds of myrobalan are usually recognized and all these are the produce of one and same tree:

- (i) *Halela zira* (Cumin-sized myrobalan)
- (ii) *Halela javi* (Barley-sized myrobalan)

- (iii) *Halela zangi* (Raisin-sized myrobalan)
- (iv) *Halela chini* (Greenish yellow and hard myrobalan)
- (v) *Halela asfer* (Nearly mature variety or yellow myrobalan)
- (vi) *Halela kabuli* (Fully matured or large myrobalan)

Out of these, the following three kinds are commonly used in various remedies:

- (1) As long as stone has not formed in and it drops from the tree like young mango fruit, it assumes a black colour on drying and known as *halela siah* i.e. small or black myrobalan.
- (2) When it is half ripe and yellow, and stone has formed in, it is called *halela zard* i.e. yellow myrobalan. ....
- (3) When it is fully ripe, it is called *halela kabuli* or Kabuli myrobalan or large myrobalan.

**Action and Uses:** Black myrobalan is blood-purifier, brain tonic, stomachic, melanagogue, and styptic. Roasted one is astringent. It is usually used after mixing with almond oil or *ghee*.

Yellow myrobalan is a tonic to brain and vision, stomach and intestines and to hair. It sharpens the intellect and memory. It prevents hairs from turning grey before due time, if used for long time or regularly. It is alterative, stomachic, laxative and styptic. It is useful in fevers, cough, asthma, piles and rheumatism. Its speciality is that unripe fruits are more purgative and the ripe are astringent.

Large myrobalan, rubbed in water and applied to the eyes by means of an eye-pencil, is cooling and cleanses the eyes.

Chebulic myrobalans are usually used in combination with belleric and emblic myrobalans under the name *triphala* (three fruits) and also as an adjunct to other medicines in numerous diseases. These three fruits are the important ingredients of some well-known medicines, i.e. *Itrifalat* e.g. *Itrifal-e-Ustukhudus*, *Itrifal-e-Mulaiyan*, *Itrifal-e-Muqil* and *Itrifal-e-Kishnizi* etc.

Externally, yellow myrobalan is used as a local application to chronic ulcers and wounds or as a gargle of cold infusion of the drug in sore-mouth, stomatitis and spongy gums.

**Dosage and Administration:**

- (i) Black myrobalan: 5-7 gm
- (ii) Yellow myrobalan: 5-7 gm
- (iii) Large myrobalan: 5-7 gm

**Preparations:**

- (1) Itrifal-e-Ustukudus  
and other itrifalat
- (2) Sharbat-e-Mulaiyan
- (3) Majoon-e-Ushba
- (4) Habb-e-Sibr
- (5) Habb-e-Kishmish
- (6) Sufoof-e-Halela
- (7) S.M. Capsules

**Ibn Sina's View:** All varieties of myrobalan are cold and good anti-bilious. Also good for leprosy. Kabuli variety is good for senses, memory, intelligence and also useful for headache. Yellow variety is good for eye and useful orally for palpitation and wild behaviour, also a cholagogue and phlegmagogue. Black variety is specifically good for splenic pain and digestive organs.

## HAJARUL YAHUD

- Scientific name :** *Lapis judaicus*  
**Nature :** Stone  
**Other names :**  
**English :** Fossil encrinite / Jerusalem stone /  
Judaicus stone  
**Urdu :** Baer pather / Hajar-ul-Yahud  
**Arabic :** Hajar-ul-Yahud  
**Persian :** Sange Yahud / Sang-e-jahudan  
**Telugu :** —  
**Part Used :** Stony growth  
**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** It is a stony growth or stone resembling long jujube fruit having as a petrified oblong, obtusely pointed structure with a stalk. It is about 1-4 cm long, having longitudinally ribbed surface. Each rib is tuberculated. Externally the colour is dirty-grey but internally, it is greenish white.

**Action and Uses:** It is diuretic, anti-spasmodic and lithontriptic. It is used in kidney, ureter and bladder stones. It relieves renal colic, splits the stones

and excrete them or their pieces. It is also used in retention of urine.

It is used alone or with other diuretic and lithontriptic drugs e.g. Fish Head Stone, horse-gram and turnip salt. It is also incinerated and used for the treatment of kidney stones.

**Dosage and Administration:**

- (1) 1-1.5 gm in powder form
- (2) 60-125 mg in incinerated form

**Preparations:**

- (1) U.H. Capsule
- (2) Sufoof-e-Hajarul-Yahud
- (3) Majoon Hajar-ul-Yahud
- (4) Majoon-e-Yadullah
- (5) Kushta-e-Sang-e-Yahud
- (6) Majoon-e-Sang-e-Sar-e-Mahi

**Ibn Sina's View:** It is lithontriptic and expels kidney stone and also bladder stone. It checks rectal bleeding. It lessens appetite.

## IRSA

**Botanical name :** *Iris ensata*, Thunb.  
/ *Iris florentina*, Linn.  
/ *Iris germanica*, Linn.  
/ *Iris pallida*, Lamk.

**Family :** Iridaceae

**Other names :**

**English :** Iris root / Orris root

**Urdu :** Irsa / Sosun / Beikh-e-Sosun  
Asmani or Asmanjoni

**Arabic :** Irsa

**Persian :** Beikh-e-Sosun-or-Banafsha

**Telugu :** Pushkaramulamu

**Part Used :** Root

**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** *Iris ensata* is a perennial, herb having stout and creeping rootstock, tufted stems upto 40-60 cm high, linear and greenish blue leaves

and lilac or white flowers.

*Iris florentina*, *Iris germanica* and *Iris pallida*, all are perennials and their rhizomes resemble each other and called orris root. They occur as hard cream-coloured, jointed or branched pieces, 5-10 cm long and 2-3 cm broad having an agreeable aromatic odour and bitter taste. The flowers are of various colours i.e. white, blue and violet according to the concerned species. The colour of the flower of *Iris florentina* is usually somewhat slaty or faintly bluish but often pure white.

**Action and Uses:** Iris or Orris root is coctive, warming, stimulant, deobstruent, blood purifier, cathartic, expectorant, diuretic and emmenagogue.

It is used in paralysis, neurological disorders e.g. paresis, loss of memory and tremors etc., coughs, hoarseness of voice, bronchitis and bronchial asthma and also venereal diseases. It is also used to remove hepatic and bilious obstructions in jaundice and ascites, retention of urine and amenorrhoea.

It is applied as resolvent on chronic inflammations and hardenings and scrofula. It is used in powder form as snuff in chronic sinusitis, nasal obstruction and headaches including migraine. It induces sneezing and nasal flow and gives relief.

**Dosage and Administration:**

- (1) 3-5 gm internally in decoction.
- (2) 5-10 gm externally or as per need.

**Preparations:**

- (1) Asthma Powder
- (2) Hyssop Compound Cough Syrup
- (3) Sharbat-e-Istisqa Varmi
- (4) Marham-e-Irsa
- (5) Zimad-e-Khanazeer
- (6) Zimad-e-Mur-Sibr

**Ibn Sina's View:** It is warming, maturative, deobstruent and expectorant. It is useful in dirty wounds, chronic headache, cough, pneumonia and difficult breathing. Also useful in dropsy and gripping and in amenorrhoea.



## JAIPHAL

- Botanical name** : *Myristica fragrans*, Houtt.  
**Family** : Myristicaceae  
**Other names** :  
**English** : Nutmeg (fruit) / Mace (aril)  
**Urdu** : Jaiphal (fruit) / Javatri (aril)  
**Arabic** : Jouz-ul-teeb or Jouz bova (fruit)  
/ Bisbasa (aril)  
**Persian** : Jouz bova (fruit) / Bizbaza (aril)  
**Telugu** : Jajikaya (fruit) / Japatri (aril)  
**Parts Used** : Fruit kernel and aril  
**Temperament** : Hot (severe) and Dry (severe)

**Description:** It is a tall, glabrous and aromatic tree, usually 9-12 m or sometimes 20 m with greyish black bark, 5-12.5 cm long, elliptic or oblong, lanceolate, pale-yellow brown leaves, creamy yellow and fragrant flowers and broadly pyriform or globose 4-5 cm long, hanging, reddish, yellowish fruit, splitting into 2 halves at maturity, disclosing the scarlet aril or mace surrounding the nutmeg. Seed is broadly ovoid, arillate with a shell-like purplish brown testa. It has a strong aromatic odour and a pungent aromatic taste. Aril is red, fleshy and laciniate. It resembles nutmeg in odour and taste.

**Action and Uses:** Nutmeg is stimulant, carminative, stomachic, appetizer, astringent, exhilarant and aphrodisiac. It is included in the compositions of tonic and electuaries to be used in general debility, neurasthenia, paralysis, rheumatism, sciatica and sexual weakness. It is very useful in nausea, vomiting hiccough, stomach-ache, cold stomach, flatulence and biliary diarrhoea. Excessive doses have narcotic effect.

Mace is also used like nutmeg. It is also chewed for masking foul breath. It is included in external medicine e.g. in *Qairuti* and *tila khas*.

### **Dosage and Administration:**

- (i) 0.5-1 gm in the form of powder or small pieces.
- (ii) As per formula, it is included in the form of fine powder to be used externally.

### **Preparations:**

- (1) Jawarish-e-Utraj
- (2) Jawarish-e-Bisbasa
- (3) Jawarish-e-Zaruni

- (4) Jawarish-e-Ud Shireen
- (5) Habb-e-Aasab
- (6) Majoon-e-Chobchini
- (7) D.D. Majoon

**Ibn Sina's View:** It produces much heat in the body. It is constipating and tonic for liver, spleen and stomach. It is also diuretic and useful in dysurea and rheumatic pains. It inhibits vomiting. It has good flavour.

## JAMUN

- Botanical name :** *Eugenia jambolana*, Lam.  
/ *Syzygium cumini*, (Linn.) Skeels
- Family :** Myrtaceae
- Other names :**
- English :** Jambul / Black plum or berry
  - Urdu :** Jamun / Jaman
  - Arabic :** —
  - Persian :** —
  - Telugu :** Naraedu / Nareyr / Neereedu
- Parts Used :** Fruit, leaves, dried seeds and bark
- Temperament :** Cold (moderate) and Dry (moderate)

**Description:** *Jamun* is a well-known Indian fruit. It is eaten like other fruits and the seed or kernel is used as a drug. It is a large evergreen tree, attaining 30 m in height having opposite leaves, 8-20 cm long lanceolate and elliptic-oblong in shape, leathery, smooth and shining flowers, small dull or greenish white and in large bunches and fruits, ellipsoid or oblong, 1.5-4 cm long, void, purplish when young, almost black when ripe, juicy and seed usually one in each fruit.

**Action and Uses:** Jambul fruit is astringent, stomachic, anti-scorbutic, diuretic and anti-diabetic. Fresh juice and syrup or vinegar prepared from the ripe fruit, is beneficially used in enlargement of liver and spleen, diarrhoea and dysentery and diabetes mellitus. Leaves are astringent and their juice is a useful remedy for dysentery with bloody discharges.

Seed is astringent and tonic. It is very efficacious for diabetes mellitus and for glycosuria. It allays unquenchable thirst of diabetics. It is also given in dysentery and diarrhoea.

Bark is also astringent and used in the form of decoction as mouth wash and gargle for treating spongy gums and stomatitis.

**Dosage and Administration:**

- (i) 2-4 gm powder of seeds' kernel
- (ii) 25-50 ml of syrup or vinegar
- (iii) 25-50 gm of extract or *Rubb-e-jamun*

**Preparations:**

- (1) D.E. Capsules
- (2) M.G. Capsules
- (3) Rubb-e-Jamun
- (4) Sharbat-e-Jamun
- (5) Sufoof Magz-e-Jamun

**Ibn Sina's View:** He did not mention about this plant.

## JAWASA

**Botanical name :** *Alhagi maurorum*, Desv. /  
*Alhagi camelorum*, Fisch.

**Family :** Leguminosae

**Other names :**

**English :** Arabian manna plant / Hebrew manna  
plant / Camel thorn / Manna

**Urdu :** Jawasa / Turanjabeen (Manna)

**Arabic :** Aaqul / Shouk-ul-Jamal /  
Asal-ul-Haj

**Persian :** Khar-e-Shutar / Ashtar-khar  
/ Turanjabeen (Manna)

**Telugu :** Tellaginiya

**Part Used :** Manna

**Temperament :** Hot and Dry

**Description:** It is a small herb, 20-30 cm high, covered with numerous hard prickles. Leaves are simple, drooping, oblong, leathery, smooth and apex rounded. Flowers, dark red and pods upto 2.5 cm long, curved, or straight, greenish grey and very hard.

The manna or the sweet exudation on the leaves and branches, is known

as *turanjabeen* on which the Israelites were fed in the wilderness. This secretion is not obtained from the plant anywhere out of Persia and Bokhara. It is collected in Iran and exported to India which is known as '*Turanjabeen-e-Khorasan*'. There is no evidence to obtain manna from Indian variety of the plant. It occurs in the form of little round granular tears, varying from the size of mustard to that of hemp seed, mixed with leaflets and stocks of the plant and other impurities. Camel likes this plant very much and eats it happily. Hence it is known as camel thorn.

**Action and Uses:** It has sweet taste and a gentle laxative effect. Hence it is considered a good drug for children, pregnant and those adults who have delicate health. It is expectorant, diuretic and cholagogue. It is beneficially used in chronic cough, suppression of urine and biliousness.

**Dosage and Administration:**

- (i) 20-40 gm for adults once daily or whenever needed in the form of infusion
- (ii) 5-10 gm for children.

**Preparations:**

- (1) D.D. Majoon
- (2) Qurs-e-Tabasheer Mulaiyan
- (3) Joshanda / Khaisanda (infusion) used as Mushil in paralysis

**Ibn Sina's View:** It is temperate in temperament but inclined towards the heat. It is laxative and excellent in cleansing the bowels i.e. evacuation. Also useful in cough. It is thirst-quenching and cholagogue.

## KABABCHINI

<b>Botanical name</b>	: <i>Piper cubeba</i> , Linn. / <i>Cubeba officinalis</i> , Miq.
<b>Family</b>	: Piperaceae
<b>Other names</b>	:
<b>English</b>	: Tail-pepper / Cubebs
<b>Urdu</b>	: Kabab-chini / Sital-chini
<b>Arabic</b>	: Kababah / Habb-ul-arus
<b>Persian</b>	: Kabab-chini
<b>Telugu</b>	: Toka-miriyalu / Chalava-miriyalu
<b>Part Used</b>	: Dried immature fully-grown fruits

**Temperament** : Hot (moderate) and Dry (moderate)

**Description:** It is a climbing and twining plant of Indonesia and Malaysia. The leaves are glabrous, ovate oblong with cordate or rounded base and the fruits are globular with a slender stalk-like portion attached to its base. The pericarp of the fruit is dusky red to slightly brown, rarely greyish in colour. The fruits are collected when fully grown but still green and dried in the sun when they become black and wrinkled. They possess a spicy aromatic odour and a bitter and acrid taste. They are imported into India.

**Action and Uses:** Cubebs are deobstruent, stimulant, carminative, expectorant, anti-asthmatic, diuretic and anti-septic. They are beneficially used in hepato-splenic obstructions; flatulent abdomen and chronic diarrhoea; laryngitis, bronchitis and bronchial asthma, urinary tract infection and gonorrhoeal urethritis.

Cubebs also strengthen the teeth and gum. They are used in the formulations of tooth-powders and also of lozenges to be used for various throat conditions and hoarseness of voice. They are externally used as resolvent in rheumatism.

**Dosage and Administration:**

- (i) 1-2 gm internally in the form of powder alone or with liquorice, long pepper, cinnamon and cardamom etc.
- (ii) Also included in the formulations of *Zimadat*.

**Preparations:**

- (1) Jawarish-e-Zaruni
- (2) Jawarish-e-Mastagi Murakkab
- (3) Zuroor-e-Qula Sufaid
- (4) Sufoof-e-Shora Murakkab
- (5) Araq-e-Sozak
- (6) Luboob-e-Sagheer
- (7) Luboob-e-Kabeer

**Ibn Sina's View:** It is deobstruent in hepatic obstruction, excellent for septic ulcers in soft tissues or organs and also for septic stomatitis. It cleanses urinary tract, excretes sand and expels kidney and bladder stones.

## KAHU

**Botanical name** : *Lactuca sativa*, Linn.  
/ *Lactuca indica*, Linn.

**Family** : Compositae

**Other names** :

**English** : Lettuce / Garden lettuce

**Urdu** : Kahu / Salad

**Arabic** : Khas / Bizr-ul-Khas

**Persian** : Kahu / Tukhm-e-Kahu

**Telugu** : Kavu / Shallattu / Salattu

**Parts Used** : Seeds, leaves, dried latex and oil.

**Temperament** : Cold (moderate) and Moist (moderate)

**Description:** There are several species available in the world. About 25 species are found in India. All the species contain a milky latex which yields lactucarium also known as lettuce opium.

Garden lettuce (*Lactuca sativa*) is grown as a winter crop in the plains of India; however in the hills, it can be grown anytime during spring or early summer. It is an erect, glabrous and herbaceous annual 0.5-1.2 m high, having 12.5-25 cm long and thin leaves and flower heads of yellow rays.

Other variety which is known as *Lactuca indica* syn *Lactuca brevirostris*, Champ., and also used as vegetable, is a tall annual with long linear-lanceolate leaves and 12-20 flower heads.

European variety is bitter lettuce (*Lactuca virosa*, Linn.).

**Action and Uses:** *Lactuca sativa* syn *L. scariola* is valued more for the seeds than leaves. It is also valued for leaves to be eaten as salad and for its lactucarium which is used in bronchitis and asthma. The seeds are used in powder form for cough and in decoction form for insomnia.

*Lactuca indica* syn *L. brevirostris* is valued more for leaves which are reported to possess tonic, digestive and depurative properties.

*Lactuca virosa* is valued for its dried latex which is reported to have diuretic, mild sedative and hypnotic properties and has been used in the treatment of dropsy, cough, asthma, gout and jaundice.

Generally, the seeds are cooling, diuretic, sedative, hypnotic, diaphoretic, demulcent, expectorant and anti-bilious. They are used in powder form in fevers, cough, rhinitis, asthma and pertussis and also used in decoction form in insomnia, wakefulness due to mental over-work, rheumatism, insanity and spermatorrhoea.

Oil extracted from the seeds, mixed with sesame oil, is used externally and applied on head to induce sleep, to strengthen hairs and to stop their falling and to cure severe headache especially due to worries and tensions.

Lettuce opium is mild hypnotic and sedative. It is better than poppy opium as lettuce opium does not upset digestion nor produces constipation and laziness or weakness.

Lettuce leaves are usually used as salad in food but they are cooling, anti-bilious, hypnotic, diuretic, stomachic, and galactagogue. They are considered suitable for those persons who have sanguine (hot) and bilious (irritative and dry) temperaments. They are also useful in acute cough, jaundice and acute fevers.

#### **Dosage and Administration:**

- (i) Seeds in powder form: 0.6-1.2 gm
- (ii) Dried latex: 0.3-1 gm
- (iii) Leaves' juice: 25-50 ml
- (iv) Oil: As per need

#### **Preparations:**

- (1) F.A.R. with Lettuce
- (2) Qurs-e-Tabasheer Kafoori
- (3) Qurs-e-Musallus
- (4) Qurs-e-Ziabetus
- (5) Qurs-e-Sartan Kafoori
- (6) Mufarreh Barid
- (7) Tiryaq-e-Nazla
- (8) Raughan-e-Mom
- (9) Raughan-e-Lubub-e-Saba'a

**Ibn Sina's View:** It is useful in acute inflammations and applied on sprains. It is hypnotic and cures insomnia. Also useful in delirium, thirst, gastric heat and inflammation. Garden variety is good for stomach, easily digestible and useful in jaundice. Seeds are desiccative for semen and suppressive for sexual desires and useful in excessive nocturnal emissions.

## KALI MIRCH

- Botanical name** : *Piper nigrum*, Linn.  
**Family** : Piperaceae  
**Other names** :  
**English** : Black pepper / Pepper  
**Urdu** : Kali Mirch / Gol Mirch  
**Arabic** : Filful Aswad / Filfil Aswad  
**Persian** : Filfil Siah / Mirch Siyah  
**Telugu** : Miriyalu / Marichamu  
**Parts Used** : Dried unripe fruits (black pepper) and ripe fruits without outer covering (white pepper).  
**Temperament** : Hot (moderate) and Dry (moderate)

**Description:** Pepper is one of the most ancient crops cultivated in India. Several types are known in cultivation. It is a stout and glabrous creeper (climber) much swollen at the nodes. Leaves of the creeper are broadly ovate 12.5-17.5 cm long and 5-12.5 cm wide, leathery; flowers in long spikes and fruits or berries small and globose, at first yellow, becoming red when ripe.

Fruits are almost blackish brown or greyish black, 3.5-6 mm in diameter having reticulated wrinkled surface and a visible sessile stigma at the apex. They have aromatic odour and pungent taste.

**Action and Uses:** Black pepper is an aromatic stimulant, hot, stomachic and carminative and also anti-periodic. It is used in dyspepsia, hypoacidity, flatulent abdomen and malarial fever. It is also used in nasal obstructions, sinusitis, headaches, throat affections, arthritic diseases and vertigo. Externally it is rubefacient like mustard and used locally as a paste for sore-throat, boils, piles, rheumatic pains, headache, toothache and urticaria.

### **Dosage and Administration:**

0.5-1.25 gm in powder form alone or with other drugs e.g. Lavender plant.

### **Preparations:**

- (1) Thabaduritoos
- (2) Jawarish-e-Falafili
- (3) Jawarish-e-Jalinoos
- (4) M.M1 Capsules
- (5) Jawarish-e-Kamooni
- (6) Namak-e-Suleimani



- (7) Habb-e-Surfa
- (8) Habb-e-Zeequn-Nafs
- (9) Habb-e-Qadri
- (10) Sunoon Mukhrij-e-Rutubat

**Ibn Sina's View:** It is hot and dry. It is warming for nerves and muscles. It is used with Natron as detergent in vitiligo and with *Zift* (Tar) as resolvent for scrofula. It is digestive and useful in flatulence and gripping. It is included in *Linctii* for coughs and chest pain.

## KALONGI

- Botanical name :** *Nigella sativa*, Linn.  
**Family :** Ranunculaceae  
**Other names :**  
**English :** Black seeds / Black cumin  
**Urdu :** Kalonji  
**Arabic :** Habba-tus-Sauda / Habba-tul-Barka / Shoneez  
**Persian :** Shoneez / Shuneez / Siyahdana  
**Telugu :** Nallajilakara  
**Parts Used :** Seeds and oil.  
**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** This is a small plant with pungent odour, about 30-60 cm high, having 2.5-5 cm long leaves and pale, blue flowers. Seeds are 3-angled tubercular, very black in colour and bitter in taste.

**Action and Uses:** Seeds are aromatic, digestive, carminative, stomachic anti-bilious, diuretic, lithontriptic, anthelmintic, emmenagogue and galactagogue. They are used in indigestion, biliousness, dropsy, worm infestation, renal (colic) calculi, oligo-galactia, mild puerperal sepsis, amenorrhoea and dysmenorrhoea. In large doses (more than 2 gm) seeds cause abortion. Seeds are also anti-phlegmatic, expectorant and used in chronic bronchitis and bronchial asthma. They are locally anaesthetic especially their oil, which is externally used in rheumatic pains, vitiligo, eczema and skin eruptions.

### **Dosage and Administration:**

- (i) 0.5-1 gm seeds in powder form alone or mixed with honey.
- (ii) Seeds are ground in vinegar to make a paste to be applied externally on vitiligo.

(iii) Seeds are heated in oil (1:10) on slow fire to be used externally.

**Preparations:**

- (1) Jawarish Shoneez
- (2) Habb-e-Hilteet
- (3) Majoon Kalkalanaj
- (4) N.S. Oil

**Ibn Sina's View:** It is pungent, expectorant, cleansing and carminative. It is used externally to cut and remove warts and moles. Also applied to ulcerative scabies and vitiligo. It is used internally in nasal catarrh and orthopnoea. It is vermifugal for round worms and tape worms. It is diuretic, lithontriptic and emmenagogue. It is useful in renal stones and amenorrhoea.

## KAMELA

**Botanical name :** *Mallotus philippinensis*, Muell.Arg.

**Family :** Euphorbiaceae

**Other names :**

**English :** Indian Kamela / Rottlera  
/ Monkey-face tree

**Urdu :** Kamala / Kamela

**Arabic :** Qanbil / Kinbila

**Persian :** Kanbela

**Telugu :** Kumkuma

**Part used :** Powder from the hairs and glands separated from the fruits.

**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** It is a small, much-branched, evergreen tree having thin, grey and somewhat rough bark, broadly ovate or ovate-lanceolate leaves, glabrous above, pubescent with numerous red glands beneath, small flowers in spikes and 3-lobed, 3-valved and globose capsules, covered with a bright red powder, known as kamala dye or kamala powder. This powder is separated from ripe fruit by beating and shaking. It may be obtained by stirring the fruits vigorously in water. When the dye settles down as a sediment, it is collected, dried and foreign matter or other refuse separated by sifting.

Kamala dye or powder is available as a granular reddish brown resinous powder, almost without odour and taste. It is insoluble in cold water, slightly soluble in boiling water and freely soluble in alkalis, alcohol and ether forming deep red solution.

**Action and Uses:** Kamala powder is purgative and anthelmintic against tape worms (taeniaceae) when taken internally. The drug is mixed with milk or honey and then used. The worms usually expel at the third or fourth defecation. If the first dose fails it may be repeated in four hours or followed by a dose of castor oil or the drug may be repeated after an interval of a week. In full doses, it occasionally causes nausea.

Kamala powder is considered as a good healing agent and desiccant. It is also anti-parasitic when used externally in scabies and ringworm and in other skin diseases e.g. herpes, pimples and pityriasis etc.

**Note:** Oral administration in the form of emulsion reduces fertility in female rats and guinea pigs. The effect, as reported, is temporary and the animals become normal after the drug is withdrawn. The anti-fertility factor is rottlerin but iso-rottlerin is weakly active.

**Dosage and Administration:**

- (i) Internally: 1-3 gm powder
- (ii) Externally: As per need

**Preparations:**

- (1) Itrifal-e-Qanbili or-Deedan
- (2) Sufoof-e-Barg-e-Hena
- (3) Sufoof-e-Hakkah
- (4) Red oil
- (5) Habb-e-Didan
- (6) Marham-e-Gulabi
- (7) Marham-e-Kamela

**Ibn Sina's View:** It is strong astringent and vermifugal for round worms and tape worms.

## KARAFS

- Botanical name** : *Apium graveolens*, Linn.  
**Family** : Umbelliferae  
**Other names** :  
**English** : Apium / Celery  
**Urdu** : Karafs  
**Arabic** : Bizrul Karafs  
**Persian** : Tukhm-e-Karafs  
**Telugu** : Ajamoda  
**Parts Used** : Leaves, fruits (seeds) and root  
**Temperament** : Hot (moderate) and Dry (moderate)

**Description:** This is a biennial or annual herb with erect and branching stem 0.3-2.4 m high; pinnate and deeply-lobed leaves; small and white flowers, and small fruits containing minute seed.

Fruit (seed) is 1-1.5 mm long, 1.5 mm broad and 0.5 mm thick, sub-spherical and laterally compressed having characteristic aromatic odour and taste.

**Note:** *Karafs* or *Apium graveolens* is true or common celery which is in use in Arabia and Iran but in India it is recognized as *Carum roxburghianum* syn. *Apium involucreatum* which is locally known as *Ajmod*.

**Action and Uses:** Celery leaves are warming vegetable having carminative, digestive and anti-spasmodic properties. It is eatable and also used as medicine for the treatment of cold, rhinitis, chest affections, gastro-intestinal upset, flatulent colic, hiccough, coughs, asthma and rheumatic pains.

Celery seeds and root are warming, resolvent, deobstruent, diaphoretic, expectorant, anti-spasmodic, diuretic and emmenagogue and lithontriptic. They are beneficially used in phlegmatic diseases, rheumatic pains, gout, sciatica and backache, bronchitis and asthma, fevers, uterine colic, amenorrhoea, retention of urine, crystalluria and renal stones.

### Dosage and Administration:

- (i) Seeds: 3-5 gm
- (ii) Root: 5-7 gm

### Preparations:

- (1) Jograj Goggul
- (2) Majoon-e-Dabeedul Vard

- (3) Namak-e-Suleimani
- (4) R.C. Capsule
- (5) Sikanjabeen-e-Buzoori
- (6) Jawarish-e-Boqrat
- (7) Jawarish-e-Zaruni
- (8) Qurs-e-Kaknaj
- (9) Majoon-e-Kalkalanaj
- (10) Majoon-e-Afsantin
- (11) Dawa-ul-Kurkum

**Ibn Sina's View:** It is carminative, deobstruent, diaphoretic and anodyne. It is useful in cough and asthma. Seeds are good for ascites and dropsy. Also diuretic and emmenagogue. Useful in all stages of fevers.

## **KARELA**

**Botanical name :** *Momordica charantia*, Linn.

**Family :** Cucurbitaceae

**Other names :**

**English :** Bitter ridged gourd

**Urdu :** Karela

**Arabic :** —

**Persian :** —

**Telugu :** Kakara

**Parts Used :** The whole fruit, leaves, root.

**Temperament :** Hot (severe) and Dry (severe)

**Description:** This is a climbing plant having hairy stem, toothed leaves and pale yellow flowers. It is cultivated everywhere in India for its fruit which is long and spindle-shaped with a beak at the apex, covered with ridges and raised tubercles, bright coloured and contains compressed seeds.

**Action and Uses:** Fruit is tonic, stomachic, appetizer, anti-pyretic, anti-bilious, anthelmintic, laxative and anti-diabetic. It is used in gout, rheumatism, diabetes mellitus, jaundice, piles, leprosy, bronchitis and asthma.

Leaves are locally applied as a galactagogue and the juice extracted from leaves is used as a liniment for relief of burning of soles of the feet. The juice is used internally in bilious affections as emetic and purgative.

A paste of the root is applied over haemorrhoids.

**Dosage and Administration:**

- (i) Juice extracted from fresh fruits: 25-50 ml, once or twice daily before meals.
- (ii) Powder of the dried fruit: 2-3 gm daily twice before meals.
- (iii) Powder of the dried seeds: 2-3 gm daily twice before meals.

**Preparations:**

- (1) Sufoof-e-Karela or  
M.D. Capsule
- (2) Sufoof-e-Ziabetus
- (3) M.G. Capsules

**Ibn Sina's View:** He did not mention about this plant.

## KASNI

**Botanical name :** *Cichorium intybus*, Linn.

**Family :** Compositae

**Other names :**

**English :** Wild endive or chicory  
/ Endive or Garden endive

**Urdu :** Kasni / Tukhm-e-Kasni  
/ Barg-e-Kasni / Beikh-e-Kasni

**Arabic :** Shikoryah / Siris /  
Kasiniyah / Hindiba

**Persian :** Kasni / Tukhm-e-Kasni /  
Barg-e-Kasni / Beikh-e-Kasni

**Telugu :** Kasni vittulu

**Parts Used :** Leaves, seeds and root.

**Temperament :** (1) Leaves: Cold and Moist  
(2) Seeds: Cold (mild) and Dry (mild)  
(3) Root: Hot (mild) and Dry (moderate)

**Description:** This is an annual shrub, having two varieties — (i) Cultivated (ii) Wild. The root which is used in treatment is obtained from *Chicorium intybus* by a special method. The plant is not usually allowed to seed. The roots are either sun-dried or kiln dried. Although sun-dried roots have a

better appearance, kiln dried is more efficient and preferred in use. The root is supplied in the form of broken pieces. They show a light brown or white outer surface and white interior. They are odourless and tasteless. The fracture of the pieces is fibrous.

*Cichorium endivia* grows well on enriched garden soil. Its root, and seeds are used in treatment. Seeds are yellowish-brown in colour with faint odour and slight taste. They measure 2 mm in length and 0.5-1 mm in width. They are oblong in shape and their testa is hard in texture and has a rough surface.

**Action and Uses:** Leaves' juice is resolvent, deobstruent, cholagogue and febrifuge. It is used in inflammatory diseases of internal organs. It is also used as vaginal drug. For this purpose, cotton (ball) is soaked in juice and put inside vaginal canal in fornices for the treatment of metritis, salpingitis, cervicitis and vaginitis etc.

Seeds are deobstruent, diuretic and carminative. They are used in liver, gall-bladder and kidney diseases e.g. obstructive jaundice, hepatitis and chronic fevers; renal stones etc.

Root is bitter, deobstruent, diuretic, emmenagogue and resolvent. It is also febrifuge, cholagogue and lithontriptic. In large doses it is aperient. It is used in hepatitis, gastritis, cholecystitis, colitis, dropsy, compound fevers, renal calculi and gall-stones.

**Note:** Juice extracted from the fresh leaves is put on fire, to be splitted. Then the solid leafy contents settle down and the water comes up. The water is poured and strained to use orally. It is called *Muravvaq*.

When water is also extracted from the fresh leaves of *Solanum nigrum* in the aforesaid method and used with the chicory water, the two are called *Muravvaqain*.

#### **Dosage and Administration:**

- (i) Leaves' juice *muravvaq*: 25 ml twice daily before meal.
- (ii) Seeds: 3-5 gm in the form of watery extract and 5-7 gm in decoction.
- (iii) Root: 4-6 gm in the form of decoction.

#### **Preparations:**

- (1) Sharbat-e-Buzoori
- (2) Sharbat-e-Kasoo
- (3) Sharbat-e-Dinar
- (4) Sharbat-e-Istesqa Varmi
- (5) Sharbat-e-Zarishk

- (6) Qurs-e-Zarishk
- (7) Qurs-e-Tabasheer Kafoori
- (8) Majoon Dabeed-ul-Vard
- (9) U1 Syrup
- (10) C.I. (R&S) Formula
- (11) C.I. Formula Forte
- (12) Sikanjabeen-e-Buzoori

**Ibn Sina's View:** It is deobstruent for visceral and vascular obstruction. It is also anti-nauseating, anti-bilious and stomachic. Suitable for liver and useful for chronic fevers.

## KATIRA

- Botanical name :** *Astragalus virus*, Oliver  
                                   / *Astragalus gummifer*, Labill.  
                                   / *Astragalus tragacanth*, Linn.
- Family :** Leguminosae
- Other names :**
- English :** Gum tragacanth / Astragal
- Urdu :** Katira / Gond Katira / Anjira
- Arabic :** Kathira bayda / Qatad /  
                   Kathira / Khalusiya
- Persian :** Samagh-e-Katira
- Telugu :**
- Part Used :** Gum from stem-bark
- Temperament :** Cold and Moist.

**Description:** Astragalus is a large genus of herbs or under-shrubs (often spinous), comprising about 1600 species distributed from Asia Minor through Khurdistan to Iraq, Iran, Greece, Turkey, Syria and north-western India. A few of these species, especially *Astragalus gummifer* (*Qatad*) are the source of the commercially important gum tragacanth. About 70 species of Astragalus are reported to occur in India and Pakistan. Of these, *Astragalus hamosus*, Linn., *Astragalus multiceps*, Wall. and *Astragalus tribuloides*, Delile, are medicinally used as emollients and demulcents etc.

Another species, known as Indian tragacanth / Sterculia gum / Karaya gum, which is produced in India, Pakistan and Africa, is a substitute for the



true tragacanth. It is obtained from *Sterculia urens*, Roxb. and other species of *Sterculia* (Fam. Sterculiaceae).

Tragacanth is obtained on making incisions, usually at the base of the stem and the oozing gum is allowed to dry before it is collected. It forms irregularly flattened, more or less curved, ribbon-like flakes, about 25 mm long and 12 mm broad. It is white or pale yellowish-white, horny, translucent, and breaks with a short fracture. It is odourless and almost tasteless. Only a part of the gum is soluble in water and the rest swells to a highly viscous gel, absorbing a large quantity of water.

**Action and Uses:** Gum tragacanth is agglutinant, laxative, cooling, styptic, fattening, emollient and demulcent.

It is used alone, or with other drugs in liniments, to soften the skin and to cure dryness of the skin and fissured (chapped) lips from exposure to cold. It is included in purgatives' composition to correct their side-effects. It is used alone with fresh milk. It is included in the formulations which are used as demulcent and styptic in cases of acute cough, sore-throat, hoarseness of voice and haemoptysis. It is also used beneficially in intestinal ulceration, kidney ulceration (pyelitis), and bladder irritation.

**Dosage and Administration:**

1-3 gm in powder form alone or with other drugs.

**Preparations:**

- (1) Habb-e-Baqila
- (2) Habb-e-Surfa
- (3) Habb-e-Shibiyar
- (4) Dayaqaqa
- (5) Lauq-e-Shamoon
- (6) Lauq-e-Nafus-ud-Dam
- (7) Linctus Cassia
- (8) Qurs-e-Kaknaj
- (9) Qurs-e-Kahruba
- (10) Qurs-e-Tabashir Mulaiyan
- (11) Majoon-e-Teewaj
- (12) Sufoof-e-Istehada

**Ibn Sina's View:** It is cold and dry. It has gum-like characters but also has desiccant effect.

## KHARBUZAH

- Botanical name** : *Cucumis melo*, Linn.  
**Family** : Cucurbitaceae  
**Other names** :  
**English** : Melon / Sweet melon  
**Urdu** : Kharbuza / Khurbuzah / Kharbuja  
**Arabic** : Shammam / Bateekh  
**Persian** : Kharpazah  
**Telugu** : Velipandu  
**Parts Used** : Fruit pulp, skin, seeds and kernels  
**Temperament** : (1) Fruit (Sweet): Hot and Moist  
(2) Fruit (Not sweet): Cold and Moist  
(3) Seeds: Hot and Moist

**Description:** It is an annual climbing or creeping herb with large, soft hairy leaves and spherical, ovoid or elliptic fruits of varying size and colour. The skin of the fruit may be soft or hard, yellow, green, cream or orange coloured. The colour of the flesh varies from white to cream-yellow, orange or green. The flesh is soft with musk like odour and delicious taste. The seeds contain a kernel rich in oil, edible and are used as substitute for almond and pistachia. It grows in hot and dry regions and requires a plentiful supply of water. It is often grown on sandy riverbeds hardly suited to any other crop.

**Action and Uses:** Fruit is eaten raw especially its pulp or juice forms a nutritive, demulcent, diuretic and cooling drink. It is mild laxative and its continuous and regular use is fattening. It is useful in constipation, dropsy, jaundice, kidney and bladder stone and urinary tract infection. It is also galactagogue and given to increase milk.

Seeds or their kernels are good diuretic, lithontriptic, deobstruent, tonic and cleansing agent. They are successfully used in renal calculi, burning micturition, chronic nephritis, jaundice, hepatitis and dropsy.

Skin of the fruit is a very good diuretic, lithontriptic and emmenagogue. It is beneficially used in kidney and liver diseases and also in amenorrhoea. It is beautifying and cleansing agent and used in skin diseases.

### **Dosage and Administration:**

- (1) Fruit pulp: As per desire
- (2) Fruit skin: 4-6 gm in decoction
- (3) Seeds: 4-6 gm in decoction
- (4) Kernels: 2-4 gm in the form of watery extract.

### Preparations:

- (1) Sharbat-e-Buzoori
- (2) Sharbat-e-Ushba
- (3) Sikanjabeen-e-Buzoori Sadah
- (4) U1 Syrup
- (5) Jawarish-e-Zarooni
- (6) Majoon Dabeed-ul-Vard
- (7) Majoon Hajar-ul-Yahud
- (8) Majoon-e-Mudir-e-Tamas
- (9) Qurs-e-Mulaiyan
- (10) Qurs-e-Buzoor
- (11) Sufoof-e-Maqawwi-e-Gurda
- (12) Araq-e-Mudir

**Ibn Sina's View:** It is lithontriptic and diuretic. Fruit pulp is coctive. Fruit skin and its seeds are diuretic and emmenagogue. Skin is detergent and useful in freckles and vitiligo. Root is desiccant.

## KHASHKHASH

**Botanical name :** *Papaver somniferum*, Linn. / Roxb.

**Family :** Papaveraceae

**Other names :**

**English :** Poppy capsule or head /  
Poppy fruit's rind

**Urdu :** Khashkhash / Post-e-Khashkhash

**Arabic :** Khashkhash / Qishr-ul-Khashkhash  
/ Abu-an-Naum

**Persian :** Koknar / Post-e-Koknar

**Telugu :** Khaskhasu / Postakaya

**Part Used :** Dried capsule or rind.

**Temperament :** Cold (moderate) and Dry (mild)

**Description:** This is an erect annual herb, green, glabrous, scarcely branched about 0.6 m high or more. Leaves clasping the stem by their cordate base, oblong, irregularly toothed and slightly sinuate or lobed. Flowers large usually of a bluish white with a purple base. The fruit or capsule is large globular and glabrous. It is pale yellowish-brown in colour.

Often marked with darker spots. It is odourless but has a slightly bitter taste. Numerous seeds of 1-1.25 mm length almost white are present in the fruit. When it becomes dry, it is removed from the plant and used as a drug. So long as it is filled with seeds, it is named *Post-e-Khashkhash Musallum* or *Koknar Musallum* i.e. the entire poppy capsule.

**Action and Uses:** Poppy capsule is mildly sedative, hypnotic, anodyne, haemostatic and astringent. It is included in the preparations of fomentations and gargles to relieve inflammatory swellings and pain. It is prescribed in arthralgias, sciatic pains, gouty arthritis, muscular spasms, colics, pain in testicles and painful haemorrhoids. Gargle of capsule is used in gingivitis, stomatitis, sore throat, elongated uvula and hoarseness of voice. It is also included in some of the formulations to be used for irritative and acute coughs and in haemoptysis, haematemesis and malena e.g. *Lauq-e-Sapistan*, *Sharbat-e-Khashkhash* and *Dayakhoza* etc.

It is used internally in the form of decoction in cases of insomnia, insanity, melancholia and acute watery diarrhoea.

**Dosage and Administration:**

- (i) Orally: 1-2 gm
- (ii) Externally: 4 gm

**Preparations:**

- (1) F.F.3
- (2) Lauq-e-Sapistan
- (3) Sharbat-e-Khashkhash
- (4) Khamira-e-Khashkhash
- (5) Dayaqaqa
- (6) Tiryaq-e-Nazla
- (7) Dawa-e-Sahej
- (8) Sufoof-e-Hakkah
- (9) Sufoof-e-Sabz
- (10) Sufoof Chutki-e-Atfaal Qabiz.

**Ibn Sina's View:** It is cold, desiccant, hypnotic and narcotic. It is useful in acute cough, catarrhal infiltration in chest and in haemoptysis. Also useful in gastric secretions. Checks chronic diarrhoea.

## KHITMI

- Botanical name** : *Althaea officinalis*, Linn.  
**Family** : Malvaceae  
**Other names** :  
**English** : Althaea / Marsh or White mallow  
**Urdu** : Khitmi / Khatmi / Khero /  
Guli Kheri (Khairo)  
**Arabic** : Khitmi / Al-Ghasool  
**Persian** : Tukhm-e-Khitmi (Khatmi)  
and Resha-e-Khitmi  
**Telugu** : —  
**Parts Used** : Seeds, flowers and root.  
**Temperament** : Hot and Moist

**Description:** It is a perennial plant, having about 15 species, distributed in the temperate regions of which two are native to India i.e. *Althaea officinalis* (Marsh mallow) which has medicinal value and *Althaea rosea*, Cav. (Holly hock) which is an ornamental plant. *Althaea officinalis* has also ornamental flowers of white, red, black and blue colours. The variety having blue flowers, is called *Khairo* or *Khero* or *Gul-i-Khairo*.

*Althaea* root is the dried peeled root of *Althaea officinalis*. It is collected in the autumn from plants, not less than two years old, trimmed and scrapped to remove the cork and finally dried. It is sometimes split longitudinally or cut into transverse slices. The root is yellowish-white in colour, straight and tapering from 10-30 cm long and 10-20 mm in diameter. The odour is faint and the taste is mucilaginous.

**Action and Uses:** *Althaea* root is demulcent, resolvent and emollient. It is used internally as a popular remedy for catarrhs and bronchitis, irritable states of the respiratory, digestive and urinary tracts e.g. irritative coughs, colitis, bilious diarrhoea, and burning micturition.

*Althaea* flowers and seeds are expectorant, emollient and used like root in all phlegmatic and catarrhal diseases e.g. rhino-sinusitis, pharyngitis, laryngitis, bronchitis, bronchial asthma, urinary tract diseases etc. Leaves and seeds are very good anti-phlogistic and used with other drugs as *zimad* (poultice or plaster) to be applied on inflammatory lesions e.g. arthritis, orchitis etc.

### **Dosage and Administration:**

- (i) Seeds: 4-6 gm in decoction

- (ii) Root: 5-7 gm in infusion or decoction
- (iii) Leaves and seeds, externally alone or with other drug: As per requirement.

**Preparations:**

- (1) Lauq-e-Sapistan
- (2) Lauq-e-Behidana
- (3) Matbookh-e-Su'aal
- (4) F.C.S. and C.S. Syrup
- (5) Hyssop Compound Cough Syrup
- (6) Zimad-e-Mohallil
- (7) Sufoof-e-Teen
- (8) Dayaqozah
- (9) Sharbat-e-Eijaz
- (10) Sharbat-e-Faryadrus

**Ibn Sina's View:** Althaea seeds are resolvent, anti-rheumatic and applied externally. Also anti-vitiligo and applied with vinegar on white lesions and then the parts are exposed to sun. Seeds are useful in acute cough as emollient and in haemoptysis being astringent. Decoction of root is useful drink in burning micturition, intestinal irritation and proctitis.

## KHIYAR

**Botanical name :** *Cucumis sativus*, Linn.

**Family :** Cucurbitaceae

**Other names :**

**English :** Cucumber / Common Cucumber

**Urdu :** Khira / Kiyar

**Arabic :** Khiyar / Qisa

**Persian :** Tukhm-e-Khiyar / Kiyar

**Telugu :** Dosakaya

**Parts Used :** The whole fresh fruit and the dried seeds or their kernels.

**Temperament :** Cold (moderate) and Moist (moderate)

**Description:** This is a popular vegetable crop and widely cultivated throughout the world. There are numerous varieties under cultivation. Some bear fruits 25-35 cm long and 7-10 cm in diameter with fairly thick rind while

others yield small, ovoid fruits with thin and smooth rind. The colour of the fruits varies from whitish green to dark green turning, brownish yellow or rusty brown when mature.

**Action and Uses:** Fruit is a vegetable and also a drug. It is demulcent, deobstruent, cooling and diuretic. Seeds are edible, tonic, cooling, anti-bilious, diuretic, lithontriptic and anti-lipid agent.

Seeds are used in cases of dysuria, burning micturition, over-heat, excessive thirst and biliousness. They are also used in combination with other drugs in chronic nephritis, urinary tract diseases, kidney stones, crystalluria, dropsy, hepatitis, jaundice, impaired liver functions, over-weight and high lipids.

**Dosage and Administration:**

- (i) Fruits: 4-5 in numbers
- (ii) Seeds or their kernels: 4-6 gm in the form of watery extract and decoction.

**Preparations:**

- (1) Sharbat-e-Buzoori
- (2) U1 Syrup
- (3) Sufoof-e-Muqawwi-e-Gurda
- (4) Qurs-e-Buzoor
- (5) Qurs-e-Kaknaj
- (6) Jawarish-e-Zarooni
- (7) Sufoof-e-Ziabetes
- (8) Sufoof-e-Mamiran
- (9) Majoon Dabeedul Vard
- (10) Araq-e-Sozak

**Ibn Sina's View:** It is cooling, anti-bilious and thirst-quenching. Excellent for stomach, laxative and diuretic. Suitable for urinary bladder.

## KHUBBAZI

**Botanical name :** *Malva sylvestris*, Linn.

**Family :** Malvaceae

**Other names :**

**English :** Common mallow

**Urdu** : Khubbazi / Tukhm-e-Khubbazi

**Arabic** : Khubbazi / Al-Dhamsa

**Persian** : Tukhm-e-Khubbazi  
/ Khatmi (Khitmi)-e-Kochak

**Telugu** : Trikalamalli

**Parts Used** : Fruit (seeds) and leaves

**Temperament** : Cold (mild) and Moist (mild)

**Description:** It is an erect, branched and woody biennial or perennial 30-120 cm high plant. It is wild and grows as a weed but is also cultivated in the gardens. It has 3-7 lobed leaves, purple flowers and smooth fruit. Leaves are eaten as a vegetable.

**Action and Uses:** The plant is coctive for bile, demulcent, cooling, diuretic, anti-septic and emollient. It is used in pulmonary and urinary diseases, intestinal irritation and ulcerative colitis and also used as external applications for abscesses and inflammations.

Flowers and immature fruits are used for whooping cough. Seeds are used as cooling and demulcent and as diuretic, anti-septic and anti-catarhal. They are used as a substitute of marsh-mallow or with it to produce a fortified effect and prescribed in naso-pharyngeal and chest diseases, gastro-intestinal and kidney diseases.

#### **Dosage and Administration:**

Seeds: 4-6 gm in the form of infusion or decoction twice daily before meals.

#### **Preparations:**

- (1) Lauq-e-Sapistan
- (2) Matbookh-e-Nazla
- (3) F.C.B. / C.B. Syrup
- (4) Dayaqaza
- (5) Sharbat-e-Eijaz
- (6) Matbookh-e-Su'aal
- (7) Sufoof-e-Ibn-e-Masuvia

**Ibn Sina's View:** Wild variety is attenuant and desiccant. Useful for herpes and erysipelas. Garden variety is useful in inflammatory diseases. Leaves and flowers are demulcent for chest and sedative for acute and dry cough. Seeds cure harshness of chest and good for liver. Flowers are useful in pyelitis and cystitis orally and seeds of garden variety are useful in tenesmus and intestinal ulcers.



## KHULANJAN

**Botanical name :** *Alpinia galanga*, Willd.

**Family :** Zingiberaceae

**Other Names :**

**English :** Greater Galangale

**Urdu :** Khulanjan / Kulanjan /  
Badi Khulanjan

**Arabic :** Khulanjan Kabeer

**Persian :** Khusrodaru-e-Kalan

**Telugu :** Pedda Dhampa

**Part Used :** Rhizome (Root)

**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** It is a herbaceous plant 2 m high, having lanceolate and smooth with white margin leaves, small greenish white flowers about 3 cm long and orange red fruits. The rhizome (root) is red in colour and aromatic having good odour.

**Action and Uses:** The rhizome is aromatic, carminative, tonic, stomachic and aphrodisiac and used in abdominal pain and flatulent abdomen, incontinence of urine and diabetes mellitus. It is used as a deodorizer of foul smell from the mouth and other parts of the body. It is good anti-phlegmatic, expectorant, anti-rheumatic and aphrodisiac. It is beneficially used in thick tongues, coughs, asthma, hoarseness of voice and rheumatic pains. It is also used in nervous debility and impotence.

### **Dosage and Administration:**

1-2 gm in powder form alone or with other drugs before meals once or twice with warm milk or water.

### **Preparations:**

- (1) Jawarish-e-Jalinoos
- (2) Habb-e-Hilteet
- (3) Habb-e-Jadwar
- (4) Halwa-e-Saleb
- (5) Luboob-e-Kabeer
- (6) Luboob-e-Sagheer
- (7) Majoon-e-Giyasi
- (8) Mufarreh Motadil
- (9) Majoon-e-Saleb
- (10) R.A. Tablet

**Ibn Sina's View:** Greater galangale is attenuant and carminative. Excellent for stomach and is digestive. Useful in colic and renal pain. Also aphrodisiac.

## KHURMA

- Botanical name :** *Phoenix dactylifera*, Linn.  
**Family :** Palmae  
**Other Names :**  
**English :** Edible dates / Dried dates  
**Urdu :** Pend Khajur / Khurma / Chuhara  
**Arabic :** Tamer yabis  
**Persian :** Khurma / Khurma Khushk  
**Telugu :** Ita / Kharjuramu  
**Parts Used :** Fresh dates (fruit) and dried dates (fruit)  
**Temperament :** Hot (mild) and Dry (mild)

**Description:** This is a tall tree, a native of Arabia but now cultivated in India and Pakistan. It is upto 36 m in height and its trunk is covered with persistent bases of petioles. The base is usually surrounded by a mass of shoots or suckers; leaves are in open crown, pinnate, upto 5 m long, greyish green; pinnae 20-40 cm long, linear, keeled, lower pinnae modified into spines; flowers in branched spadices, small; fruit an oblong berry, 2.5-7.5 cm long, reddish or yellowish brown when ripe; seed cylindrical, hard with a longitudinal furrow.

**Action and Uses:** Dates are rich in sugars and are eaten fresh or dried. They form an important item of food in the Arabian countries. They are nutritious, fattening and general as well as sexual tonic.

Dates, fresh or dried both, are infused in hot milk and used as nourishing and restorative drinks to underweight and weak people especially during convalescence from fevers and consumptions. They are demulcent, expectorant and laxative and used beneficially in respiratory diseases and fever, in common cold, bronchitis, laryngitis, asthma, heart weakness, brain fog and neurasthenia, backache, sexual weakness and constipation.

### **Dosage and Administration:**

- (i) 5-7 dates to be soaked in hot milk and used as nutritious food and tonic.
- (ii) Powder of dried dates is also used mixed with *ghee* or milk.

**Preparations:**

- (1) D.D. Majoon
- (2) Majoon Supari-pak.

**Ibn Sina's View:** It increases semen.

## KULTHI

**Botanical name:** : *Dolichos biflorus*, Linn.

**Family** : Leguminosae

**Other Names** :

**English** : Horse-gram

**Urdu** : Kulthi

**Arabic** : Qulth / Quls / Habb-ul-Qulth

**Persian** : Sung Maskan

**Telugu** : Ulavalu

**Part Used** : Seeds

**Temperament** : Hot (severe) and Dry (severe)

**Description:** It is grown as a dry crop on poor soils and is hardy and draught resistant. It is a native of India and the important areas are Madras, Mysore, Bangalore, Hyderabad, Gulbarga, Bombay and Ahmednagar etc.

It is a branched sub-erect or trailing annual with small trifoliate leaves and narrow, flat and curved pods 1.5-2 inches or 3.8-5.1 cm long tipped. The pods contain 5-6 flattened and ellipsoid seeds.

Several varieties, differing in the colour of seed coat, are known e.g. brown, light red, grey, black or mottled. The black-seeded variety is of shorter duration than others.

**Action and Uses:** Horse-gram is astringent, demulcent, diuretic, cleansing, emmenagogue, lithontriptic and tonic. It is used alone or with other drugs in diarrhoea, colitis, during parturition to promote discharge of the lochia, also in leucorrhoea and menstrual derangements. In sub-acute cases of enlarged liver and spleen and also in piles, its soup is a good diet.

Externally, it is used in face powders which are used for beautification.

**Dosage & Administration:**

- (i) Seeds in decoction (1 in 10): 4 gm and Decoction: 15-30 ml
- (ii) Seeds in powder form: upto 3 gm

**Preparations:**

- (1) U.H. Capsules
- (2) Sufoof-e-Hajar-ul-Yahud

**Ibn Sina's View:** It checks hiccough. It is lithontriptic for kidney and bladder's stone. Excellent in intestinal evacuation.

## KUNJAD

**Botanical name :** *Sesamum indicum*, DC.

**Family :** Pedaliaceae

**Other Names :**

**English :** Sesame / Gingelly /  
Gingili / Gingely

**Urdu :** Til / Tiloun ka Tail  
/ Tiloun ke Beej / Kunjad

**Arabic :** Simsim

**Persian :** Kunjad

**Telugu :** Nuvulu

**Parts Used :** Seeds and their oil

**Temperament :** Hot (moderate) and Moist (moderate)

**Description:** This is a small bush about 45-90 cm high. Leaves are large, thin, hairy upto 12.5 cm long and lower leaves are lobed and toothed. Flowers have offensive smell. Capsules are oblong, erect, 2 cm long, 4 sided and splitting open from above.

There are three varieties of Sesame seeds — (i) black, (ii) white and (iii) red or brown. The black variety is most common and yields the best quality of oil and is also used for medicinal purpose. However the white variety is richer in oil.

Sesame oil is the fixed oil obtained by expression of the seeds.

**Action and Uses:** Seeds are demulcent, laxative and emollient. They are useful in dry coughs, asthma, piles, dysentery and constipation. They are good tonic, aphrodisiac and fattening agent. They are also used in bed-wetting. Seeds are also good lactagogue and emmenagogue but in larger doses, abortifacient.

The oil extracted from the seeds is demulcent and emmenagogue. In smaller doses, it is generally used in dysentery. The oil is also rubbed on the

head for relief of migraine and vertigo. The oil is considered as the best base for preparing medicated oils to be used for paralysis, rheumatic pain, muscular spasms, and as hair tonic e.g. Camomile oil, Nigella oil, and Amla Hair oil etc.

**Dosage and Administration:**

- (i) Seeds: 7-10 gm
- (ii) Oil: 5-7 ml

**Preparations:**

- (1) Camomile Oil
- (2) Radish Oil
- (3) N.S. Oil
- (4) Red Oil
- (5) Amla Hair Oil
- (6) Raughan-e-Gul
- (7) Raughan-e-Qust
- (8) Raughan-e-Haft Barg
- (9) Marham-e-Dakhiliyun
- (10) Qairrooti-e-Mohallil

**Ibn Sina's View:** It is laxative and fattening. It lengthens hairs and removes dandruff. Oil mixed with the decoction of Myrtle leaves (*Myrtus communis*, Linn.) protects and strengthens hairs. Excellent for asthma, bad for stomach, nauseating and anorectic. Its infusion is strong emmenagogue.

## LAKH

**Scientific name :** *Cateria lacca / Tachardia lacca*

**Nature :** A resinous substance deposited on trees by a small insect

**Other Names :**

**English :** Lac

**Urdu :** Lakh / Lac / Luc

**Arabic :** Luk

**Persian :** Lakh

**Telugu :** Laksha / Lacca / Lukkah

**Part Used :** Resinous substance

**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** Lac is a resinous substance of reddish or dark-brown colour with a disagreeable smell. It is produced and deposited by a small insect on the twigs of big trees e.g. banyan (*Ficus bengalensis*, Linn.), acacia (*Acacia arabica*, Willd.) and sacred fig or peepal (*Ficus religiosa*, Linn.) and palas (*Butea frondosa*, Roxb.).

Stick lac is the name given to the twigs encrusted with lac that are collected from the trees. On drying when the resinous concretion is taken off, the twigs are broken, triturated and washed in water, the greater part of the colouring matter is dissolved and the remaining granular matter is known as seed lac. When lac is melted on fire and dropped in hot water, the dust settles down and clean lac comes up. This lac is known as *Luc-maghsool* or *Lakh-maghsool* (washed or bathed lac).

**Action and Uses:** Lac is cleansing, depurative, resolvent and styptic. It is also expectorant, liver tonic and desiccant.

It is a valuable remedy in liver diseases e.g. hepatitis, jaundice, ascites and anasarca, haemoptysis, cough and asthma and also in obesity. It is considered as the best drug for reducing body weight and in the practice of medicine its two preparations are very popular i.e. *Dawa-e-Luc* and *Mohazzal Powder*.

**Dosage and Administration:**

0.5-1 gm in powder form alone or in combination of other drugs, twice daily after meals.

**Preparations:**

- (1) Majoon-e-Dabeed-ul-Vard
- (2) Dawa-e-Luk
- (3) R.C. Compound / Capsules
- (4) Qurs-e-Kahruba
- (5) Qurs-e-Zarishk Kabeer
- (6) Muffareh Nizam Lului

**Ibn Sina's View:** He did not mention about this drug.

## LAUNG

**Botanical name** : *Syzygium aromaticum*, Linn.  
/ *Eugenia aromatica*, Kuntze  
or *Eugenia caryophyllata*, Thunb.  
/ *Caryophyllus aromaticus*, Linn.

**Family** : Myrtaceae

**Other Names** :

**English** : Clove / Caryophyllum

**Urdu** : Laung / Lavang

**Arabic** : Qaranful

**Persian** : Mekhak

**Telugu** : Lavangamulu

**Parts Used** : Dried flower buds (cloves) and Clove oil

**Temperament** : Hot (severe) and Dry (severe)

**Description:** It is a small ever-green tree of pyramidal or conical form. The stem is of hard wood and covered with a smooth greyish bark. The leaves are in pairs, lanceolate and acuminate at the end. They are of shining green colour and when bruised are highly fragrant. The flowers are pale purple and exhale a strong, penetrating and grateful odour. The flower buds are borne in small clusters at the ends of branches, green turning pink at the time of maturity. The dried floral bud (clove) has a strong and aromatic odour and a hot pungent and aromatic taste.

**Action and Uses:** Clove is stomachic, aromatic, calorifacient, stimulant, carminative, anti-bilious, anti-spasmodic, anti-septic and expectorant. It is also aphrodisiac and tonic for vital organs. It is used internally in dyspepsia, nausea and vomiting, flatulent abdomen, hic-cough, pharyngitis, acute bronchitis and gastro-intestinal pains and spasms. It is also used to correct gripping caused by purgatives. It is useful in paralysis and apoplexy. It is included in the formulations used as sex tonics.

Clove oil is externally anti-septic, local anaesthetic and rubefacient. It is used as an application in rheumatic pains, sciatica, lumbago, headache, neuralgia and toothache. Usually cloves are heated over flame and kept in mouth and juice swallowed to improve the breath, strengthen the gums and relieve sore-throat and irritative cough.

**Dosage and Administration:**

(i) Internally — 0.5-1 gm in the form of powder or infusion.

(ii) Externally —

- (a) Clove oil is mixed with sesame oil to make it dilute and applied.
- (b) Cotton is soaked in clove oil and kept in painful and infected cavities of teeth.

**Preparations:**

- (1) Jawarish-e-Shaher-e-Yaran
- (2) Jawarish-e-Jalinoos
- (3) Raughan-e-Moam
- (4) D.D. Majoon Muqawwi

**Ibn Sina's View:** Hot and dry, pleasantly flavoured, stomachic and liver tonic. Useful in vomiting and nausea.

## LEMU

**Botanical name :** *Citrus limon*, (Linn.) Burm. f.  
*Citrus medica*, Linn. var.limonum

**Family :** Rutaceae

**Other Names :**

**English :** Lemon

**Urdu :** Lemu / Lembu / Nembu /  
Nenbu / Bara Nebu

**Arabic :** Qalambak / Limoon

**Persian :** Kalanbak / Lemu-e-tursh

**Telugu :** Bijapuram / Pedda Nimba

**Parts Used :** Fruit juice (Succus limonis),  
and rind (Limonis cortex)

**Temperament :** (i) Juice: Cold (moderate) and Moist (mild)  
(ii) Rind: Hot and Dry

**Description:** It is a small glabrous tree 3-6 m high with stout and stiff thorns. Leaves are pale-green, oblong to elliptic, ovate 5-10 cm long, short-pointed or obtuse, flowers, solitary or clustered in the axils 8-16 mm long pinkish outside but white inside and fruits oblong to ovoid with a terminal nipple, 7.5-12.5 cm long, light-yellow, shallowly roughened segments 8-10, very sour.

Externally, lemon peel is pale or greenish yellow in colour, the surface



being glabrous but somewhat rough owing to the presence of large oil glands just beneath the epidermis. Internally it contains only a small amount of the white spongy part of the pericarp.

**Action and Uses:** Lemon juice is a valuable anti-scorbutic and cooling drink, primarily anti-alkaline and secondarily anti-acid. It is digestive, anti-bilious and appetizer and beneficially used in heart-burn, excessive thirst, spongy and bleeding gums, nausea, vomiting and headache due to biliousness and in seasonal or intermittent fevers.

Externally, it is cleansing and beautifying agent and used for removing dry itching, red eruptions, acne vulgaris and freckles, in hair-falling and dandruff. It is also used in the form of mouth-wash or gargle in spongy and bleeding gums.

Lemon peel is internally bitter stomachic and carminative and externally beautifying. It is used orally in gastric upset, nausea and vomiting, diarrhoea, headache and vertigo and also included in the remedies of skin diseases and face powders, e.g. dry scabies, skin eruptions, freckles and acne vulgaris etc.

**Dosage and Administration:**

- (i) Lemon juice: 5 ml once or twice a day before meals.
- (ii) Lemon peel: 1 gm internally

**Preparations:**

- (1) M.M. Paste
- (2) Sharbat-e-Lemu
- (3) Jawarish-e-Ood-e-Tursh
- (4) Jawarish-e-Fawkhæ
- (5) Sikanjabeen-e-Na'na'ie
- (6) Habb-e-Lemu
- (7) Namak-e-Tursh
- (8) Nard-e-Quba

**Ibn Sina's View:** Fruit is astringent and drying. Useful in diarrhoea, intestinal bleeding when drunk with wine and also in menstrual bleeding.

## MAKO

- Botanical name** : *Solanum nigrum*, Linn.  
**Family** : Solanaceae  
**Other Names** :  
**English** : Common or Black Night-shade  
**Urdu** : Mako / Kaamuni / Kamuni  
**Arabic** : Enabus Salab / Anab-us-Salab  
/ Enab ut-Thalab / Anab-ut-Thalab  
**Perslan** : Robah Turbuk / Angoor-e-Shifa  
**Telugu** : Kamanchi Chettu / Kamanchi / Kachi  
**Parts Used** : The whole plant or leaves, ripe  
fruit and root.  
**Temperament** : Cold (moderate) and Dry (moderate)

**Description:** This is a well-known leafy annual plant, having numerous and bluish green branches, ovoid leaves with wavy margin, small and white flowers, and pepper-sized fruits, growing in clusters, dark green in colour and bitter in taste when unripe but on ripening they become sweet and red, yellow or black. Green unripe fruits are considered toxic whereas ripe ones are nearly free from their toxic alkaloids and can be consumed without ill-effects. Black fruits which contain an alkaloid solinidine, have the property of dilating the pupils.

**Action and Uses:** Green and dry leaves and also ripe fruits (dried) are very valuable in the treatment as resolvent, diuretic, alterative, febrifuge, cholagogue and mild aperient.

The juice is extracted from green leaves and used orally and vaginally alone or with the juice extracted from green leaves of *Cichorium intybus* plant, in the acute inflammatory conditions of stomach, liver, kidneys and uterus. This juice is obtained in a special way. First of all, the juice, extracted from green leaves, is placed on fire. After a while, it boils and splits, the solid leafy contents settle down and the water comes up. Then this water is poured and strained to get clean water. It is known as *Muravvaq*.

Drugs which are resolvent and anodyne, are mixed with the *Muravvaq* water of *Mako* leaves and placed on fire to make a paste to be applied externally on inflammatory swellings of tonsils, liver, spleen and joints. Similarly, the pith of *Amaltas* pod (*Cassia fistula*) is mixed and dissolved in the *Muravvaq* water of *Mako* leaves, warmed and used as mouth-wash for quick relief in swelling of tongue and throat.

### **Dosage and Administration:**

(i) *Muravvaq water:*

25-50 ml once or twice daily orally alone or with Sharbat-e-Deenar or e-Buzoori.

(ii) Dry leaves or ripe fruits:

3-5 gm in infusion or decoction.

### **Preparations:**

(1) Matbookh-e-Bukhar

(2) Matbookh-e-Jiger

(3) C.I. Formula Forte

(4) Sharbat-e-Mulaiyan

(5) Sharbat-e-Istesqaa

(6) Zimad-e-Muhallil

(7) Zimad-e-Jiger

**Ibn Sina's View:** Seeds (fruits) of the garden variety are astringent. That variety which is narcotic and hypnotic, possesses characteristics similar to that of opium. Its plaster is excellent in all external and internal inflammations. When applied externally, it is good for gastritis and nephritis. Diuretic and cleans kidneys and bladder. Checks menstrual bleeding and prevents nocturnal emissions.

## **MARWA**

**Botanical name :** *Origanum majorana*, Linn.

**Family :** Labiatae

**Other names :**

**English :** Sweet or Common Marjorum  
/ Origanum

**Urdu :** Marwa / Murwa /  
Ban-tulsi / Marzanjosh

**Arabic :** Mardaqush

**Persian :** Marzangosh

**Telugu :** Maruvamu

**Parts Used :** The whole plant, leaves and seeds

**Temperament :** Hot (mild) and Dry (moderate)

**Description:** Origanum or Common Marjorum plant is a variety of Ocimum

(*Tulsi* or *Raihan*) and grows upto 30-90 cm high. When it is fresh, it has a strong, characteristic, aromatic, agreeable odour and a warm, bitterish, aromatic taste.

It is a perennial herb with a creeping elongated, woody, root-stock, erect, stiff and branched stem and opposite leaves, spreading and broadly ovate, obtuse or sub-acute. The flowers are of violet colour and grow in branches. The seeds are black and small.

**Action and Uses:** Marjorum is stimulant, carminative, stomachic, anthelmintic, mild tonic to the liver, diaphoretic, expectorant, emmenagogue and galactagogue.

The dry plant is used internally in the form of infusion or decoction for the treatment of gastric upset, flatulent abdomen and colic, chronic liver disorders, chronic bronchitis and asthma, menstrual disturbances e.g. oligo-menorrhoea and amenorrhoea, oligo-galactia and hysteria.

It is used externally in the form of paste or hot fomentation in acute diarrhoea, chronic headache and migraine, sprains, bruises and paralysis. For this purpose, volatile oil is also used as liniment and applied in rheumatism, toothache and earache. The drug alone or with other drugs e.g. Iris root, in crushed form, is burnt to produce fumes which are allowed to be inhaled in chronic coughs and asthma to have quick relief.

**Dosage and Administration:**

- (1) 2-5 gm in powder form orally
- (2) Infusion or decoction (1:10):
  - (a) 15-30 ml orally.
  - (b) As per requirement, externally for fomentation.
- (3) Fumigation or inhalation of fumes from burning of the drug: 5-7 gm.

**Preparations:**

- (1) Mufarreh Nizam Lului
- (2) Mufarreh Kabeer
- (3) Asthma (Relief) Powder

**Ibn Sina's View:** It is attenuant, deobstruent and resolvent. Applied on phlegmatic swellings and useful in backache. Opens cerebral obstructions and useful in migraine and headache. When decoction is drunk, it is useful in dropsy, dysuria and gripping.

## MASTAGI

- Botanical name** : *Pistacia lentiscus*, Linn.  
**Family** : Anacardiaceae  
**Other Names** :  
**English** : Mastic / Mastiche / Mastiche tree  
**Urdu** : Mastagi / Mastaki / Rumi Mastagi  
**Arabic** : Mastaka / Alak Roomi / Mastaka Roomi  
**Persian** : Kundur Roomi  
**Telugu** : Rumardhakamu / Pilli-Kandla-guggilan  
**Part Used** : Gum-resin  
**Temperament** : Hot (moderate) and Dry (moderate)

**Description:** Mastiche tree is indigenous to the Mediterranean countries. Mastiche is an oleo-resin which exudes from the punctured bark of the tree and hardens.

Mastiche occurs in small hard globular or pyriform pieces about 4-8 mm in diameter or more, rarely in ovoid or nearly cylindrical pieces upto 2 cm long and 1 cm wide; when fresh, the tears (pieces) are pale yellow in colour, clear and glassy but on keeping the surface becomes dull and dusty; they are brittle, and break with a conchoidal fracture. It is insoluble in water, having aromatic odour and agreeable taste. When ground slowly, it is broken into powder otherwise turned into plastic-like mass.

**Action and Uses:** Mastiche is stomachic, carminative, resolvent, expectorant and anti-septic and hence used in gastro-intestinal diseases e.g. gastric upset, peptic ulcer, diarrhoeas and colitis with or without ulcers. It is styptic and useful in bleeding diseases e.g. haemoptysis, and haemetemesis etc. Mastiche is included in the formulations of purgatives to correct their side-effects.

Mastiche is a cleansing agent and included in the prescriptions to be used for beautification of face. Mastiche is kept as astringent in the mouth for sore-mouth and applied for the cure of aphthae on the tongue. It is used as a masticatory to sweeten the breath and preserve the teeth and gums.

### **Dosage and Administration:**

1-3 gm in powder form once or twice daily before meal.

### **Preparations:**

- (1) Itrifal-e-Mulaiyan
- (2) Anoshdaru Sadah

- (3) Jawarish-e-Mastagi Sadah and also Murakkab
- (4) Jawarish-e-Jalinoos
- (5) D.U. Capsules
- (6) Qurs-e-Kahruba
- (7) Qurs-e-Mulaiyan
- (8) Mufarreh Nizam Lului
- (9) Sufoof-e-Amla
- (10) Sunoon Mustehkam-e-Dandaan

**Ibn Sina's View:** It is astringent and resolvent. All parts of the tree are astringents. Useful for herpetic inflammations, cough and haemoptysis esp. decoction of root and bark. It is stomachic, liver tonic and appetizer and also intestinal tonic. It is useful in their inflammations and decoction of root and bark is useful in dysentery and gripping.

## MAURID

- Botanical name :** *Myrtus communis*, Linn.  
**Family :** Myrtaceae  
**Other names :**  
**English :** Myrtle / Common Myrtle  
/ Myrtle berries or leaves  
**Urdu :** Maurid / Murad / Murid  
/ Tukhm-e-Maurid / Barg-e-Maurid  
/ Hab-ul-As  
**Arabic :** As / Mirsin / Hambalas  
/ Hab-ul-As / Varq-ul-As  
**Persian :** Tukhm-e-Maurid / Varq-e-Maurid  
**Telugu :**  
**Parts Used :** Leaves and berries  
**Temperament :** Cold (mild) and Dry (moderate)

**Description:** This is an evergreen shrub, 1.0-3.0 m in height, often grown for its attractive foliage, flowers, and berries. Leaves opposite, ovate to lanceolate, aromatic; flowers white, fragrant, axillary; and berries ellipsoid, blue black with hard, kidney-shaped white seeds.

**Action and Uses:** Myrtle leaves are astringent, desiccant, sedative, hair-tonic and hair-blackener. They are useful in cerebral affections,

especially epilepsy, also in dyspepsia and diseases of the stomach and liver. Also beneficial in pulmonary disorders. A decoction is employed as a mouth wash in cases of aphthae. Leaves are topically used as (a sedative) *Zimad* to relieve pain in cases of burn, bruises, acute inflammations and headache.

They are also used in powder form to be applied in eczema, wounds and ulcers. They are rubbed in axilla as anti-hydrotic (anti-perspirant) and deodorant to check sweating and bad smell. Leaves in the form of their juice or decoction are included in the formulation of hair tonics and oils to strengthen and blacken the hair.

Myrtle berries are (also) esteemed as astringent (anti-diarrhoeal, anti-perspirant and styptic), tonic to the brain and the heart, diuretic and as hair tonic. They are stomachic and carminative. They are used beneficially in diarrhoea, dysentery, intestinal ulcerations, and haemorrhages. They are very useful in cardiac weakness and palpitation and also in bronchitis and haemoptysis. Berries are ground and applied to the body as anti-perspirant and deodorant. They promote the growth of the hair and cure headache.

#### **Dosage and Administration:**

- (1) Internally: 3-5 gm leaves and/or berries in powder form.
- (2) Externally: As per requirement.

#### **Preparations:**

- (1) Tiryag-e-Nazla
- (2) Jawarish-e-Jalinoos
- (3) Habb-e-Zaheer Jadid
- (4) Sunoon Mujalla-e-Dandan
- (5) Sharbat Habis-e-Ishal
- (6) Majoon Sangdanah-e-Murgh
- (7) Majoon Masik-ul-Boul
- (8) Majoon Muqavvi-e-Rehm
- (9) Amla Hair Oil

**Ibn Sina's View:** It is anti-diarrhoeal, anti-perspiratory and styptic. It is stomachic and sedative for acute inflammation. It is used (esp. berries) in the form of oil or extract or decoction to strengthen and blacken the hair. It gives strength to heart and cures palpitation. Berries are useful for cough and haemoptysis, also for menorrhagia, diarrhoea and burning micturition.

## MAZU

- Botanical name** : *Quercus infectoria*, Oliv.  
**Family** : Fagaceae  
**Other names** :  
**English** : Oak galls / Galls / Magic nut /  
Turkey or Aleppo galls  
**Urdu** : Mazu / Mazu subz.  
**Arabic** : A'fas / Uffes / A'fss /Ballut Afssi  
**Persian** : Mazu-e-sabz  
**Telugu** : Mashi-kaya / Machi-kaya  
**Part Used** : Galls  
**Temperament** : Cold (moderate) and Dry (moderate)

**Description:** Galls are obtained from various species of oak (*Quercus*) and a species of *Sumach* (*Rhus coriaria*). They result from the puncture and deposit of an egg or eggs of an insect 'Cynips Gallae Tinctorie Oliver' on the leaves and buds of the above trees. They are darker in colour and known as the 'black' or 'blue,' the 'white' or 'green' and 'perforated' or 'unperforated' galls. Green and unperforated gall is considered the best among all the varieties.

**Action and Uses:** It is astringent, desiccant, styptic, anti-septic and deodorant.

It is used internally in the form of powder in chronic diarrhoea, intestinal ulcers, leucorrhoea and menorrhagia.

It is used as tooth-powder alone or with other drugs in spongy gum, loose teeth and excessive salivation; as mouth-wash or gargle and throat paint in elongated uvula, sore-throat, mouth ulcers and gingivitis; as enema in bloody diarrhoea and ulcerative colitis and as vaginal douch in leucorrhoea, menorrhagia and metrorrhagia. Its powder is sprinkled on prolapsed rectum and uterus, anal ulcers and fissures and its decoction is used for washing them.

It is also used as liniment in skin diseases e.g. intertrigo, impetigo and eczema etc. It is rubbed in powder form on the body and in all the pits to decrease excessive sweating and to destroy its bad smell. It blackens the hairs and included in the hair dyeing formulations.

### **Dosage and Administration:**

- (i) 0.5-2 gm orally.
- (ii) As per requirement for external use.



**Preparations:**

- (1) S.T. Gargle
- (2) G.T. Paint
- (3) Sunoon-e-Zard
- (4) Zuroor-e-Qula'a-e-Khabisa
- (5) Humool Khushki-e-Rehm
- (6) Sufoof-e-Istehaza
- (7) Habb-e-Rasvat
- (8) Habb-e-Penchish

**Ibn Sina's View:** It is strong astringent. Hair wash with its juice and water, blackens hair. Application with vinegar, cures ringworm. Its drink with vinegar is useful in stomatitis esp. in children. Its drink is useful in intestinal ulcers and chronic diarrhoea.

## MEHNDI

**Botanical name :** *Lawsonia alba*, Lam.  
/ *Lawsonia inermis*, Linn.

**Family :** Lythraceae

**Other names :**

**English :** Henna / Henna leaves

**Urdu :** Mehndi / Mehendi / Menhdi / Hina

**Arabic :** Hinna / Yoranna

**Persian :** Hina

**Telugu :** Gorianta

**Part Used :** Leaves

**Temperament :** Cold and Dry

**Description:** It is a medium-sized or large, much branched shrub, sometimes tree-like with greyish brown bark and 4-angled branches, usually ending in a sharp point. Leaves are opposite 2.5-5 cm long and 1-2.5 cm broad, greenish-brown, often acute and sharp pointed. Flowers are small, white or pinkish, fragrant and in terminal large bunches. Fruits are small round and of a pea-size and seeds are many.

**Action and Uses:** Henna is alterative, blood purifier, cooling, astringent, diuretic and a hair-dye.

Internally, it is used in the form of powder, juice or decoction in skin

diseases especially boils and acne etc., in vitiligo and liver diseases e.g. jaundice and enlargement of liver etc. and urinary calculus. It quenches thirst and allays the burning sensation caused by fever and protects the heart. It relieves body itching.

Externally, it is used in the form of paste of fresh leaves or dried leaves, juice of the leaves and medicated oil, in headache, burning hands and feet syndrome, bruises, skin inflammation and itching, and acute rheumatic swellings. It is a drug of choice to be applied to whitlow for quick relief of pain and swelling. It is also included in the formulation of hair-dye and hair-tonic which blackens or darkens and strengthens the hair.

#### **Dosage and Administration:**

- (i) Internally, 1-3 gm in the form of powder, decoction or juice.
- (ii) Externally, as per requirement in the form of paste.

#### **Preparations:**

- (1) Sufoof-e-Hina
- (2) Sufoof-e-Tehal Aksiri
- (3) Habb-e-Surkhbadah
- (4) Sufoof-e-Hakkah (Hikkah)
- (5) Roughan-e-Vaja-ul-Mafasil
- (6) Zimad-e-Mehndi
- (7) Amla Hair Oil

**Ibn Sina's View:** Resolvent, astringent and desiccant. Useful in acute inflammation and burns and also in neuralgias when the decoction is poured upon them. Mixed with vinegar and applied on forehead for headache, and to the mouth ulcers. Suitable for pleuralgia and included in the formulations of *zimad* and ointments for diphtheria.

## **MULATHI**

**Botanical name :** *Glycyrrhiza glabra*, Linn.

**Family :** Leguminosae

**Other names :**

**English :** Liquorice / Sweet wood

**Urdu :** Mulathi / Mulhatti / Mithi Lakdi

**Arabic :** Asl-us-soos / Arq Soos

**Persian :** Beikh-e-mahak

**Telugu** : Yashti-madhukam  
**Part Used** : Root / Peeled root / Rhizome  
**Temperament** : Hot and Dry (mild)

**Description:** It is a tall 1-5 m high, erect, herbaceous perennial having leaflets 4-7 pairs, oblong to lanceolate, acute or obtuse, violet coloured flowers 1 cm long and many-seeded, compressed, small, and glandular pods oblong to linear, 1-3 cm long. Its root which is underground, consists of additional long roots.

Peeled liquorice occurs in cylindrical pale yellow pieces with a fibrous surface 1-2 cm in diameter. When unpeeled, the external surface is yellowish-brown or dark brown and longitudinally wrinkled. Odour is faint and characteristic and taste sweet almost free from bitterness.

**Action and Uses:** Liquorice root is sweet, cooling, tonic, diuretic, alterative, emmenagogue, galactagogue, mild laxative and expectorant.

It is used in cough, bronchitis, asthma, hoarseness of voice, catarrhal condition of bowels and urinary passages and dysuria. It is also used for relieving pain, discomfort and burning sensation of the stomach. It seems to remove the irritative effects of gastric acids in a better way than alkalies i.e. a good antacid.

Usually it is used in the form of powder in gastro-intestinal diseases alone or with other drugs e.g. fennel and ginger or cardamom and mint etc. It is also used in the form of decoction with other drugs in chest affections.

**Dosage and Administration:**

- (i) 4-7 gm root in decoction
- (ii) 1-2 gm root powder

**Preparations:**

- (1) Matbookh-e-Su'aal
- (2) F.C.B. / C.B. Syrup
- (3) U3 Powder or Capsules
- (4) Hyssop Compound Cough Syrup
- (5) Linctus Cassia
- (6) Habb-e-Baqia
- (7) Habb-e-Surfa Digar
- (8) Dayaqozah
- (9) Jawarish-e-Asl-us-Soos
- (10) Sharbat-e-Eijaz
- (11) Lauq-e-Shamoon

(12) Namak-e-Suleimani

**Ibn Sina's View:** It soothes and clears trachea and useful for lungs, throat and voice. It is thirst quenching, good for gastritis, burning micturition and ulceration in kidney (pyelitis) and cystitis. It is also useful in chronic fevers.

## MULI

- Botanical name :** *Raphanus sativus*, Linn.  
**Family :** Crucifera  
**Other names :**  
**English :** Radish / Common Radish / Indian Radish  
**Urdu :** Muli  
**Arabic :** Fugl / Phujal  
**Persian :** Turb  
**Telugu :** Mullangi  
**Parts Used :** Seeds, leaves, root and salt  
**Temperament :** Hot and Dry

**Description:** This is an annual or biennial bristly herb with a white or brightly coloured tuberous tap root. Stems are simple or branched, erect, 20-100 cm, basal leaves long, flowers in long terminal racemes, usually white or lilac with purple veins, fruits inflated, 25-90 mm long, with a long tapering beak hardly or irregularly constricted and filled inside with white pith between the seeds which are 2-8, globose, yellow or brown.

The cultivated radishes from various regions of the world are considered by the most authors under one species *Raphanus sativus*, Linn. In India, the indigenous types usually cultivated are white, with a conical shape, attaining 25-40 cm in length and are said to be generally more pungent than the introduced European types. Amongst the latter, there are red, purple, or scarlet types.

Salt is prepared by incineration of leaves and root. It is commonly used in treatment and known as *Namak-e-turb*.

**Action and Uses:** Seeds and leaves are carminative, expectorant, resolvent, diuretic, laxative and lithontriptic. Seeds are also emetic and emmenagogue. Leaves are considered more powerful diuretic and juice of fresh roots, is powerful anti-scorbutic.

Root is digestive, carminative, appetizer, diuretic, resolvent and lithontriptic and itself is lately digestible. Salt is a very good digestive, diuretic and lithontriptic.

Seeds are used in gonorrhoea, abdominal distension, dropsy and colitis. Root is a reputed medicine for gastric pains, colitis, piles, liver and gall-bladder diseases e.g. hepatitis, dropsy and jaundice, cholecystitis and gallstones and also used in urinary complaints esp. kidney stones, dysuria and strangury. Root in the form of syrup is used in hoarseness, whooping cough, bronchial disorders and other chest complaints. Oil prepared from the juice extracted from the root in the sesame oil (1:4) is used effectively in earache and tinnitus. Salt is used in stomach troubles and kidney stones.

#### **Dosage and Administration:**

- (1) Seeds: 1-3 gm usually and 6 gm as emetic dose.
- (2) Juice of fresh Root: 15-30 ml
- (3) Dried Root in powder form: 0.5-2 gm
- (4) Salt: 0.3-0.6 gm

#### **Preparations:**

- (1) U.H. Capsules
- (2) Raughan-e-Turb (Radish Oil)
- (3) Sharbat-e-Mudir-e-Tamas
- (4) Luboob-e-Kabeer

**Ibn Sina's View:** As food, it is phlegm producing and lately digestible and flatulent. Seeds are carminative and strong attenuant. They are excellent for rheumatism. Decoction is good for chronic and persistent cough and useful in asphyxia caused by toad-stool (fungus) and increases milk. Leaves and their juice relieve hepatic obstruction and cures jaundice. Seeds' application with honey cures malignant ulcers and acne.

## **MUNAQQA**

**Botanical name :** *Vitis vinifera*, Linn.

**Family :** Vitaceae

**Other names :**

**English :** Dried grapes / Raisin / Large Raisin

**Urdu :** Munaqqa / Monaqqa / Angur-e-Khusk

**Arabic :** Enab Yabis / Zabeeb

**Persian** : Mavez / Maveez / Ab-josh  
**Telugu** : Draksha  
**Part Used** : Dried fruits (raisins)  
**Temperament** : Dried Fruits: Hot and Moist

**Description:** *Vitis vinifera* species is the most important and widely cultivated grapevine out of more than 50 known species of *Vitis*.

Many types of grapes are grown in various parts of India but the more common of them are as follows:

(1) *Anab-e-Shahi* (from Andhra Pradesh, Maharashtra and Punjab) is a vigorous vine with large berries having thin skin, soft and meaty flesh, medium acid and found in large bunches.

(2) *Bhokri* or *Abi* or *Nasik Green* (From Maharashtra and Deccan) is a vigorous vine with medium-sized berries having green slightly brownish colour when over-mature, thin skin, soft and juicy pulp, highly acidic and grown in large bunches.

(3) *Kali* or *Kali Sahebi* or *Habshi* or *Black* (From Andhra Pradesh, Maharashtra and Delhi) is a vigorous vine with large and cylindrical berries having thin skin, firm pulp, dark purple colour, sweet taste and grown sometimes in very large bunches.

(4) *Pandhari Sahebi* (From Maharashtra) is a vigorous vine with medium-sized berries having greenish yellow colour at maturity, very thin skin, soft and very juicy flesh, sweet with medium acidity and found in large bunches.

(5) *Bangalore Blue* (From Karnataka and Tamil Nadu) is a vigorous vine with medium-sized berries having purplish-black colour, slip skin, soft and green pulp, juicy and aromatic.

(6) *Bedana Sultana* or *Sultani* or *Royal* (From all states of India, Baluchistan and Greece) is a reputed raisin-grape, excellent for eating fresh and for juice extraction, and also a fairly productive type for the first few years with medium sized, greenish white to light golden yellow seedless berries having sweet taste, firm pulp and found in medium to large-sized bunches.

**Action and Uses:** Raisins are demulcent, laxative, cooling and expectorant, attenuant, nutritious and blood purifier. Dried fruits of a seedless variety, are recommended in anaemia.

Raisins are usually included in the formulations of coctive drugs which are used for maturation of humours as well as in the remedies for cold, catarrh, sinusitis, tracheitis, pharyngitis, laryngitis, bronchitis and mild constipation. It

is also used with purgative drugs to enhance their action and considered very good in chronic bronchitis, Bright's disease and gout and in consumption and in wasting diseases.

**Dosage and Administration:**

Raisins: 5-9 numbers once or twice or 4-7 gm.

**Preparations:**

- (1) F.C.S. / C.S. Syrup
- (2) F.C.B. / C.B. Syrup
- (3) Linctus Cordia
- (4) Sharbat-e-Damma
- (5) Habb-e-Bachh
- (6) Itrifal-e-Ustukhudus
- (7) Majoon-e-Anjir
- (8) Majoon-e-Falasifa

**Ibn Sina's View:** Raisin is beneficial for liver and stomach. Grape and raisin are good for intestinal pains. Raisin is useful for kidney and bladder.

## MUQIL

- Botanical name :** *Commiphora mukul*, Engl.  
/ *Balsamodendron mukul*, Hook.
- Family :** Burseraceae
- Other names :**
- English :** Gum-guggul / Muqul /  
Indian bdellium
- Urdu :** Muqul / Gugul / Guggul  
/ Moql-e-arzaq
- Arabic :** Muql / Muql-el-Yahud
- Persian :** Boe-Jahudan
- Telugu :** Guggilamu
- Part Used :** Gum-resin
- Temperament :** Hot (severe) and Dry (severe)

**Description:** It is a small tree or shrub with spinescent branches occurring in the arid rocky tracks. It is sometimes planted in hedges. It is about 1.20-1.80 m high, having greenish yellow outer bark, shining and alternate

leaves, and few flowers, solitary or in clusters. A gum-resin i.e. Muqil (Mukul) is obtained by incision of the bark. Each plant yields about 1.5-2 lb of the gum which is collected in the cold season.

The resin occurs in rounded irregular tears or lumps of agglutinated tears of variable sizes. It is pale-yellow, brown or dull-green in colour with a bitter aromatic taste and balsamic odour. It burns in fire, melts in the sun and forms a milky emulsion with hot water.

It is a substitute of African bdellium (*Commiphora africanum*, Engl.) or *Muql makki* and also known as 'False myrrh' on account of its close resemblance to myrrh which is adulterated with *muql*.

**Action and Uses:** Muqil resin is resolvent, anti-lipid, coctive, anti-coagulant, warming, carminative, intestinal disinfectant and phlegmagogue. Hence it is beneficially used in internal and external inflammatory swellings, rheumatism, gout and sciatica, paralysis esp. hemiplegia, hyper-cholesterolaemia, hyper-triglyceridaemia, chronic dyspepsia, colitis and intestinal tuberculosis and also in haemorrhoids.

It is stimulating expectorant, anti-spasmodic, uterine stimulant and emmenagogue. Hence it is successfully used in chronic bronchitis, bronchial asthma and pulmonary tuberculosis, also in amenorrhia and menorrhagia to regulate menses.

#### **Dosage and Administration:**

- (1) 1-1.5 gm in the form of powder alone or with other drugs internally.
- (2) As per requirement for external use alone or with other drugs to be included in the compound preparations e.g. *Zimad-e-Mohallil*.

#### **Preparations:**

- (1) Itrifal-e-Muqil Mulaiyan
- (2) Jograj Goggul
- (3) Habb-e-Bawaseer Badi
- (4) C.M. Capsule
- (5) C.M. Compound
- (6) Habb-e-Muqil
- (7) Zimad-e-Mohallil

**Ibn Sina's View:** It is resolvent to the extent of resolving coagulated blood, laxative, coctic and carminative. It is very useful in hard swellings, spasms and stiffening of nerves, chronic coughs, tracheal pains and pleuritic pain. Its drink or suppository or fumigation is useful in piles and their bleeding. It is also lithontriptic, diuretic and emmenagogue.



## NAKHUNA

- Botanical name** : *Trigonella uncata*, Boiss.  
**Family** : Leguminosae  
**Other names** :  
**English** : Crescent legnum  
**Urdu** : Nakhuna  
**Arabic** : Iklil-ul-malik  
**Persian** : Iklil-ul-malik / Giyah-e-Qaiser  
**Telugu** : —  
**Part Used** : Fruits (legume)  
**Temperament** : Hot and Dry

**Description:** *Nakhuna* is the fruit (or pod) of a plant like fenugreek. It is also considered as a species of wild fenugreek. The pods are crescent-shaped, small and brownish yellow in colour and sweet-scented. They contain small and round seeds.

Few authors consider *Iklil-ul-malik* as *Melilotus officinalis* which is called 'Zirir' in Persian and 'Aspurk' in Hindi. This plant also has pods resembling *Nakhuna*. It is another species but can be used as a substitute.

**Action and Uses:** *Iklil-ul-malik* or *Nakhuna* pods are resolvent, carminative, deobstruent, emollient, tonic and pain reliever.

Internally it is used in gastric disturbances and flatulent abdomen, hepatosplenomegaly and metritis. It is also used in paralysis.

Externally, it is applied as fomentation or poultice (*Zimad*) on inflammatory swellings, rheumatic pains, colicky pains, piles and uterine troubles. Its decoction is used in enemas as astringent, emollient and tonic to strengthen the intestines.

### **Dosage and Administration:**

- (1) 2-4 gm in powder form mixed with honey internally.
- (2) As per requirement for external application or 5-7 gm in the form of poultice or decoction for fomentation.

### **Preparations:**

- (1) F.F.3
- (2) Zimad-e-Kabeer
- (3) Zimad-e-Jiger
- (4) Zimad-e-Mohallif
- (5) Zimad-e-Varm Unsaiyain

(6) Raughan-e-Nakhuna

**Ibn Sina's View:** It is resolvent, attenuant, visceral tonic and maturative for inflammation. It is useful in secretory ulcers and otitis. On external application, it relieves earache and reduces anal and testicular swellings.

## NAMAK-E-SIYAH

**Scientific name :** *Sodium sulphate mixed with Sodium chloride.*

**Nature :** Mineral

**Other names :**

**English :** Black salt

**Urdu :** Namak-e-siyah / Kala Namak

**Arabic :** Malhe aswad / Maleh aswad

**Persian :** Namak-e-siyah

**Telugu :** Swarchala Iavanamu

**Part Used :** Salt

**Temperament :** Hot and Dry

**Description:** It is an artificially prepared salt in dark-red shining granules. It consists mainly of Sodium chloride with traces of Sodium sulphate, Alumina, Magnesium, Ferric oxide and Sulphide of iron. It also contains minute quantities of Sulphuretted hydrogen.

**Action and Uses:** Black salt is carminative, stomachic and mild purgative. Hence it is used in flatulent abdomen and colic, dyspepsia, indigestion and bowel complaints.

It is also included in the composition of purgative formule e.g. Sufoof-e-Arab or S.M. Capsule to remove gases and enhance the action of purgatives.

**Dosage and Administration:**

0.5-2 gm

**Preparations:**

(1) S.M. Capsules

(2) Habb-e-Qadri

(3) Habb-e-Kabid Naushadari

- (4) Intesabi
- (5) Sufoof-e-Chutki-e-Atfaal-Mulaiyan
- (6) Sufoof-e-Tehal Aksiri

**Ibn Sina's View:** It is hot and dry. It is resolvent, cleaning and carminative. It checks putrefaction and useful in thickened humours (i.e. **attenuant**). Also useful in cold stomachache. It is used with purgatives to enhance their action in excreting black humour and viscous substances.

## PALAS

**Botanical name :** *Butea monosperma*, (Lam.) Kuntze  
/ *Butea frondosa*, Koenig ex Roxb.

**Family :** Leguminosae

**Other Names :**

**English :** Bastard teak / Bengal Kino /  
Butea flowers / Butea gum

**Urdu :** Dhak / Palas / Tesu /  
Gul-e-tesu / Palas papra / Chunia gond

**Arabic :** —

**Persian :** Palah / Darakht-e-Palasha

**Telugu :** Palasamu / Paladutu / Modugo

**Parts used :** Bark, Gum, Leaves, Flowers  
and Seeds.

**Temperament :** (i) Bark and Leaves: Cold and Dry  
(ii) Flowers: Cold and Dry inclined towards Hot  
(iii) Gum: Hot and Dry  
(iv) Seeds: Hot and Dry (Severe)

**Description:** It is a medium-sized deciduous tree with a somewhat crooked trunk. The bark is bluish-grey or light-brown and yields a gum known as *Chunia gond* or Butea gum or Bengal Kino. The gum occurs in small, irregular angular fragments. When fresh, it is brittle, vitreous, ruby red in colour and transparent in small fragments but on keeping, it becomes tougher, dull, opaque and nearly black. It is soluble in water and its taste is astringent.

Butea flowers are large yellowish red and black in colour. Fruits (pods) are long with flat seeds, known as *palas papada*. The seeds are 25-38 mm long,

16-25 mm wide and 1.5-2 mm thick. The seed coat is dark reddish-brown in colour, thin and wrinkled. Seeds odour is faint, taste slightly acrid and bitter.

**Action and Uses:** Bark is cooling, demulcent and astringent. It is chewed with sugar candy to subside abnormal thirst and a weak decoction of bark is used for cold, cough and catarrh.

Leaves are astringent and tonic. Rectal enema with their infusion or decoction is good in dysentery and diarrhoea. Vaginal douche in leucorrhoea and mouth wash in septic and congested throat.

Gum is powerful astringent and a good tonic. It is used in diarrhoea and dysentery and also in leucorrhoea, spermatorrhoea and premature ejaculation. It gives much strength to back and hence known as *Kamarkas* or *Kamarghat* i.e. a drug which makes the back strong.

Flowers are astringent, pungent, bitter and also resolvent, diuretic and emmenagogue. They are very useful in cystitis, dysurea, pain in bladder, retention of urine, amenorrhoea, painful piles and uterine pain etc. In all such cases, patients are to sit in the decoction of flowers alone or with Camomile flowers, Crescent pods and Poppy capsules. In rheumatic pains and swellings and gouty arthritis, fomentation with the above decoction gives quick relief.

Seeds are anthelmintic, diuretic, astringent and rubefacient. They are beneficially used for the cure of *dhobis* itch (which is a form of herpes) and ringworm. For this purpose seeds are pounded in lemon juice and applied to the lesions. They are commonly used orally in intestinal worms.

#### **Dosage and Administration:**

- (i) Bark: 5-10 gm in decoction
- (ii) Leaves (Newly grown): 3-5 gm in decoction
- (iii) Seeds: 0.6-1.2 gm in powder form orally and as per requirement for external use.
- (iv) Flowers: 7-10 gm in decoction
- (v) Gum: 1-3 gm in powder form

#### **Preparations:**

- (1) Sufoof-e-Sailan-ur-Rehm
- (2) Majoon Supari-pak
- (3) Habb-e-Didaan
- (4) F.F.3

**Ibn Sina's View:** He did not mention about this plant.

## PANWAR

- Botanical name** : *Cassia tora*, Linn.  
/ *Cassia foetida*, Salisb.
- Family** : Leguminosae
- Other names** :
- English** : Foetid cassia / Wild cassia  
/ Wild senna / Ringworm plant
- Urdu** : Panwar / Panevar / Tarota / Panvar
- Arabic** : Ashraq / Qulaqil / Qulqul
- Persian** : Sangsboyah
- Telugu** : Tantemu / Tantiyamu / Tagirisha
- Parts Used** : Leaves, Root and Seeds
- Temperament** : Hot (moderate) and Dry (moderate)

**Description:** It is common herbaceous annual 30-90 cm high, occurring as a weed throughout India, having pinnate leaves with the glands between the leaflets small and yellow flowers in axillary pairs and very long (i.e. 12.5-20 cm by 4.5 mm), much curved pods containing 25-30 seeds, rhombohedral with the long axis in the direction of the pods (i.e. sharply pointed).

**Action and Uses:** Leaves are anti-periodic, aperient, alterative, blood-purifier and anthelmintic. They are given in the form of decoction (1:10). They are used externally as a poultice in skin diseases e.g. ringworm, scabies, eczema, vitiligo, inflammations and boils, gout, sciatica and pains in the joints.

Root rubbed into paste with lime juice is specific for ringworm and applied also to bubo in plague.

Seeds are tonic and stomachic but are particularly used externally in skin diseases and so have the same uses in skin diseases as the leaves (have). A paste made with curd (i.e. putting seeds in curd for a few days to be rotten) is applied over the affected part. Seeds are also useful in paralysis, rheumatic pains, cough and bronchial asthma.

### **Dosage and Administration:**

- (1) Seeds: 1-3 gm in the form of powder to be used internally or externally alone or with other drugs.
- (2) Leaves: in the form of decoction (1:10) 30 ml as one dose daily or twice.
- (3) External use of leaves or seeds: As per requirement.

**Preparations:**

- (1) Narde Qoba
- (2) Z2 Powder

**Ibn Sina's View:** He did not mention about this plant.

## PERSIAVISHAN

**Botanical name :** *Adiantum capillus-veneris*, Linn.

**Family :** Polypodiaceae

**Other names :**

**English :** Maiden-hair fern

**Urdu :** Persiavishan / Hansraj

**Arabic :** Shair-ul-jin / Shair-ul-ard  
/ Kuzbarat-ul-bir / Shair-ul-ghoul

**Persian :** Persiavishan

**Telugu :** Hansa-peddamu

**Part Used :** The whole plant

**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** It is believed that nearly 190 species are found in tropical America and about nine species in India chiefly at higher altitudes. Many are cultivated in gardens and green-houses. It is also found in Iran and Afghanistan.

It is perennial fern 10-40 cm tall petioles thin, delicate, black and shiny. Leaves ovate to narrowly triangular, finely pinnate, pinnules fan-shaped and toothed, reddish brown on the underside of leaf tips.

**Action and Uses:** This plant is demulcent, expectorant, resolvent, febrifuge, diuretic and emmenagogue.

It is very useful in cold, cough, asthma, pneumonia, phlegmatic fevers, delayed expulsion of placenta, moist-ulcers especially mouth-ulcers in children.

It is also beneficially used in urinary troubles e.g. burning micturition, kidney stone and crystalluria etc.

It is externally used in the form of paste to resolve hard swellings and scrofula.

**Dosage and Administration:**

- (1) 4-6 gm for internal use in the form of infusion or decoction
- (2) As per requirement for external use in the form of paste or powder

**Preparations:**

- (1) F.C.B. / C.B. Syrup
- (2) Matbookh-e-Su'aal
- (3) Hyssop Compound Cough Syrup
- (4) Sharbat-e-Mudir-e-Tams
- (5) Lauq-e-Sapistan Murakkab

**Ibn Sina's View:** It is hot and dry. It cleanses chest and lungs. It is resolvent, attenuant and deobstruent. Useful in abscesses, fistulae, malignant ulcer, cough and jaundice. Diuretic, lithontriptic, emmenagogue. Expels placenta.

## PIPPALI / PIPPALA MUL

**Botanical name :** *Piper longum*, Linn.

**Family :** Piperaceae

**Other names :**

**English :** Long pepper or Pipal  
(Fruit and Root)

**Urdu :** Pippali (Fruit) and Pippala Mul  
(Root) / Pipal

**Arabic :** Dar Filfil and Filfilmoya

**Persian :** Filfil Deraz (Fruit)  
and Filfilmoya (Root)

**Telugu :** Pippalu / Modi

**Parts Used :** (i) Dried ripe or unripe fruits  
(ii) Dried root and rhizomes

**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** It is a slender, aromatic climber with perennial woody roots occurring in the hotter parts of India and Ceylon. Stems are creeping, jointed, young shoots downy, leaves 5-9 cm long and 3.5 cm wide, ovate, cordate with broad rounded lobes at base and glabrous; spikes cylindrical and fruits ovoid, yellowish orange sunk in fleshy spike. It has a pungent pepper-like taste and produces salivation and numbness of the mouth. Root

and thicker part of stem are cut and dried and used as drug. It also has a pungent bitter taste producing numbness on the tongue.

**Action and uses:** Both the fruits and roots are warming, alterative, resolvent, stomachic, carminative and expectorant. They are beneficially used in cold or chronic diseases especially cough, bronchitis and asthma; dyspepsia, flatulence and abdominal colic. They are also cholagogue, liver tonic and useful in obstruction of bile duct and gall bladder. They are used as general and sexual tonic. They are given as sedative in insomnia and epilepsy. They are externally used as counter-irritant and analgesic for muscular pains and inflammations.

**Dosage and Administration:**

- (i) 1-2 gm in the form of powder alone or mixed with honey to be used internally twice a day.
- (ii) Included in the special liniment to be used externally.

**Preparations:**

- (1) Jawarish-e-Bisbasa
- (2) Jawarish-e-Utraj
- (3) Jawarish-e-Jalinoose
- (4) Majoon-e-Filasifa (Falasifa)
- (5) Majoon-e-Kalkalanaaj
- (6) Jograj Goggul
- (7) Luboob-e-Kabeer
- (8) Habb-e-Mubarak
- (9) Sufoof-e-Tehal Iksiri
- (10) Habb-e-Zeeq-un-Nafas

**Ibn Sina's View:** It is resolvent and excellent for cold diseases. Also digestive, stomachic and sex-stimulant.

## PODINA

**Botanical name :** *Mentha arvensis*, Linn.  
/ *Mentha arvensis-var-piperascens*, Holmes  
/ *Mentha piperita*, Linn.

**Family :** Labiatae

**Other Names :**

**English :** Mint / Marsh Mint / Field Mint /



	Peppermint / Japanese Mint
<b>Urdu</b>	: Podina / Pudina / Pudinah
<b>Arabic</b>	: Nana / Nana yabani / Nana hindi
<b>Persian</b>	: Pudinah
<b>Telugu</b>	: Pudina
<b>Parts Used</b>	: Fresh leaves and their juice, dried leaves and plant.
<b>Temperament</b>	: Hot (moderate) and Dry (moderate)

**Description:** *Mentha arvensis* grows in Kashmir near Gulmarg and cultivated through India. It is known as 'field mint' which is an erect hairy or glabrous herb, 10-60 cm high, having leaves 2.5-5 cm long, oblong-ovate or lanceolate and flowers lilac in axillary.

*Mentha arvensis* subsp. *haplocalyx* Briq.-var-*piperascens* Holmes, is introduced from Japan and cultivated in Jammu and Kashmir. It is known as 'Japanese Mint' which is a downy perennial herb with running root-stocks and rigid branching stem 60-90 cm high, having lanceolate or oblong sharply toothed 3.7-10 cm long with minute hairs and purplish flowers. It yields peppermint oil, known as Japanese Peppermint Oil which is used throughout the world as a substitute for true peppermint.

*Mentha piperita* is cultivated in temperate regions of Europe, Asia, North America and Australia. Now it is grown in Indian gardens and also cultivated in Kashmir, Delhi and Dehra Dun. It is known as White Mint or Peppermint which is an erect, glabrous, strongly scented herb 30-90 cm high with purplish or green stem, ovate or oblong lanceolate, 2.5-10 cm long and purplish flowers, in thick terminal spikes. This herb is the source of true peppermint oil.

**Action and Uses:** Mint leaves or the whole plant is aromatic, carminative, stimulant, stomachic, anthelmintic, emmenagogue and anti-bilious. It is also used in cases of dyspepsia and indigestion, intestinal colics, nausea and vomiting constipation and helminthiasis. It is also used in cough and biliary headaches.

Mint leaves are very useful in cases of urticaria. For this purpose, 10 ml of juice of green leaves, 50 ml of rose water and 10 ml of oxymel are mixed together and taken orally. Mint leaves are also used with cardamom seeds or caraway seeds or cumin seeds in cases of abdominal flatulence, flatulent colics and indigestions.

**Dosage and Administration:**

- (i) 3-5 gm leaves dried in the form of powder or decoction.

(ii) Fresh leaves juice = 10 ml

**Preparations:**

- (1) Jawarish-e-Pudinah
- (2) Jawarish-e-Anarain
- (3) M.M. Paste
- (4) Mufarreh Nizam Lului
- (5) Namak-e-Tursh
- (6) Matbookh-e-Badiyan
- (7) Sikanjabeen-e-Nanai

**Ibn Sina's View:** It is warming and astringent. With flour of roasted wheat, it is applied on abscesses.

It prevents haematemesis and other haemorrhages. It strengthens and warms stomach. It relieves hic-cough; it is digestive and anti-emetic. Useful in jaundice.

## RAL

- Botanical name :** *Shorea robusta*, Gaertn.  
**Family :** Dipterocarpaceae  
**Other Names :**  
**English :** Sal tree / Sal resin / Sal dammar  
**Urdu :** Ral / Safed dammar  
**Arabic :** Qanqahar / Qinqahar / Ratinaj  
**Persian :** La'ale moabbari  
**Telugu :** Jalari chettu / Guggilamu / Sarjakama / Telladamaramu  
**Part Used :** Resin  
**Temperament :** Hot (severe) and Dry (severe)

**Description:** It is a large sub-deciduous tree, 18-30 m high and 1.8-2.1 m wide seldom quite leafless, having reddish brown or grey and smooth or longitudinally fissured, ovate-oblong leaves 10-30 cm × 5-18 cm in size and ovoid fruits 10-15 mm long and 10 mm in diameter and reddish to pale yellowish green in colour.

An aromatic, oleo-resinous gum exudes from the stem on tapping by a special method, called 'Sal dammar' or 'Bengal dammar' of commercial variety and is locally known as 'Ral.' It usually occurs in rough, brittle pieces

16-24 cu.cm. in size, pale creamy-yellow in colour nearly opaque and having a faint resinous balsamic odour.

**Action and Uses:** Sal resin is an astringent, anti-septic, detergent and also expectorant.

It is used internally in diarrhoea, dysentery and tenesmus, bleeding piles, menorrhagia, chronic bronchitis and bronchiectasis and asthma.

It is used externally in the form of ointment or paste or fumigation in skin diseases e.g. itching, ringworm, eczema, psoriasis etc, haemorrhoids and anal fissures and also in rheumatic diseases e.g. lumbago and other rheumatic pains. It is burnt and the fumes or smoke are inhaled in asthma.

**Dosage and Administration:**

- (1) Internally: 1-2 gm in powder form alone or with other drugs
- (2) Externally: As per requirement

**Preparation:**

- (1) White Ointment
- (2) Sufoof-e-Istehaza
- (3) Habb-e-Ral

**Ibn Sina's View:** Hot and dry. Flesh-growing.

## RITHA

**Botanical name :** *Sapindus trifoliatus*, Linn.  
/ *Sapindus emarginatus*, Vahi.

**Family :** Sapindaceae

**Other Names :**

**English :** Soap-nut / Soap-nut tree /  
Indian Filbert

**Urdu :** Ritha / Rithah

**Arabic :** Reta / Fandaq hindi / Ritah

**Persian :** Ratah

**Telugu :** Kunkudu / Kunkudu chettu

**Part Used :** Fruit pulp or rind or outer skin

**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** The fruit of the tree is used as medicine. It is of the size of betel-nut. Its outer-skin is wrinkled and darkish yellow. On breaking it, a dark

stone resembling 'sacred lotus-nut' (*Kanwal-gatta*) is obtained containing a white kernel inside.

**Action and Uses:** The fruit is detergent, emetic, resolvent, astringent and expectorant. It is also anthelmintic.

The rind of the fruit is prescribed internally in small doses (0.5-1 g) as resolvent and expectorant in cases of phlegmatic cough and asthma. However the common practice is to use the drug externally. A paste of the drug with vinegar is externally applied to lessen scrofulous swellings and to kill head lice, and also another paste with psoralea seeds to white discolouration of the skin and lesions of vitiligo. A decoction (1:50 or 100) of the drug is used as gargle in throat and vocal cord affections especially in hoarseness of voice.

Soapnut water is used for washing hair and body to improve complexion and to clean hair. It is also included in the formulations of face powders known as '*Ubtan*.'

A watery solution of pulpy pericarp (5 to 10%) dropped into the nostrils relieves hemicrania and nasal obstruction and restores consciousness during epileptic and hysteric fits by irritating the mucous membrane and increasing its secretions. For this purpose the usual method of use is to put drops in the nostrils of healthy side e.g. if the left side aches, the right nostril has to be irrigated and vice versa.

### **Dosage and Administration:**

- (i) Internally in powder form: 0.5-1 gm
- (ii) Externally in decoction form (1:50) to be used as gargle: As per requirement
- (iii) Externally in the form of paste with other drugs: As per requirement

### **Preparations:**

- (1) S.T. Gargle
- (2) G.T. Paint
- (3) Sapindus Nasal Drops
- (4) Z.B Powder (for vitiligo)

**Ibn Sina's View:** Its application with vinegar is useful in scrofula. Also good for scabies and pruritus. When used as snuff, it is highly beneficial in facial paralysis, migraine, headache, giddiness, epilepsy, insanity and melancholia. A drink prepared in wine from Sapindus root (6 gm) is given in pleurisy, asthma and chronic cough and haemoptysis. Also useful in cholera.

## SADAB

- Botanical name :** *Ruta graveolens*, Linn.  
/ *Ruta angustifolia*, Pers.
- Family :** Rutaceae
- Other names :**
- English :** Garden Rue
- Urdu :** Sadab / Suddab / Titlee
- Arabic :** Fegan / Fejan
- Persian :** Sudaf
- Telugu :** Arudu / Sadapaka / Sadapu
- Part Used :** The whole plant or leaves
- Temperament :** Hot (moderate) and Dry (moderate)

**Description:** This is a strong-scented erect and glabrous herb which is 30-90 cm high. The leaves are green on the borders and white in the middle portion. Flowers are small, white or yellowish and have thorns. Capsules are small with rounded lobes.

**Action and Uses:** The herb is resolvent, carminative and appetizer, warming and drying, diuretic and emmenagogue, and also stimulant and anti-spasmodic.

It is useful in hysteria, infantile convulsions, amenorrhoea and flatulent colic. It is also used in chronic rheumatic pains, gout and sciatica.

The juice of the herb is reported to relieve earache and toothache. It also possesses anthelmintic property besides other usual effects of the herb in children.

### Dosage and Administration:

- (i) 3-5 gm in the form of decoction
- (ii) 1-1.5 gm in the form of powder alone or with other drugs e.g. cumin seeds

### Preparations:

- (1) R.C. Compound Capsule
- (2) Jawarish Kamuni Sadah
- (3) Majoon Kaser-e-Riyah
- (4) Majoon-e-Hilteet
- (5) Raughan-e-Azam

**Ibn Sina's View:** It is resolvent, dispersing, ulcerative and astringent. Useful in paralysis, sciatica and rheumatic pains orally and externally.

Decoction of herb with dry dill seeds is good for chest pain, dyspnoea and cough. Also stomachic and anti-spasmodic. It dries and reduces semen and abolishes sex-desire.

## SANA

- Botanical name** : *Cassia acutifolia*, Delile  
/ *Cassia angustifolia*, Vahl.
- Family** : Leguminosae
- Other names** :
- English** : True Alexandrian Senna  
/ Indian or Tinnevely Senna
- Urdu** : Sana
- Arabic** : Sana Makki or Hijazi  
/ Sana Hindi
- Persian** : Sana-e-Makki / Sana-e-Hindi
- Telugu** : Suna-mukhi / Naelaponna
- Parts Used** : Leaves and pods
- Temperament** : Hot (moderate) and Dry (moderate)

**Description:** *Cassia acutifolia* which is known as True or Alexandrian Senna, is a bushy herbaceous plant with leaves having 5-8 pairs of leaflets and awl-shaped basal appendages, many flowers and broadly oblong, slightly curved pods. The leaflets are lanceolate to ovate lanceolate about 2-5 cm long and 0.5-1.6 cm wide, pale greyish-green or yellowish-green and brittle in texture. The margin is entire, the apex acute and the base asymmetric. Both surfaces are pubescent. The odour is slight and taste mucilaginous and unpleasant.

*Cassia angustifolia* which is known as Indian or Tinnevely Senna, resembles true senna with small differences of leaves in size.

**Action and Uses:** Senna leaves are laxative in small doses i.e. 1.5-3 gm and purgative in large doses i.e. 3-6 gm, deobstruent and anthelmintic. The leaves cause gripping and vomiting but free from astringency and do not induce after constipation. They are also used as hair-dye in combination with henna leaves. They are effective in rheumatism, gout, sciatica, lumbago and asthma, in intestinal worms and in fevers (tertian and quartan).

Senna leaves are used in the form of infusion, decoction, powder and

confection. To avoid its side-effects i.e. gripping and vomiting, these leaves are always used with rose flowers (*Rosa damascena*, Mill.) or aniseeds (*Pimpinella anisum*, Linn.) or if used in powder form, it can be lubricated with almond oil.

### **Dosage and Administration:**

- (1) Infusion: 15-30 ml with hot milk and sugar. Method of preparation is that Senna leaves 64 gm with Ginger 4 gm in weight are soaked in 600 ml of water for 15 minutes in a covered vessel to get good infusion.
- (2) Decoction: Senna leaves 6 gm with aniseeds 6 gm are boiled in water and mixed with brown sugar or jaggery 25 gm and used as a drink.
- (3) Powdered leaves of Senna about 1.5 gm is given alongwith 25 gm of confection of rose petals. It produces thorough evacuation of the bowels.

### **Preparations:**

- (1) S.M. Capsules
- (2) Sufoof-e-Mushii
- (3) Itrifal-e-Shahtera
- (4) Majoon-e-Suranjan
- (5) Majoon-e-Ushba
- (6) Majoon-e-Makki
- (7) Majoon-e-Anjir
- (8) Habb-e-Shibbiyar

**Ibn Sina's View:** He did not mention about this plant.

## **SANGE-SARE-MAHI**

- Scientific name** : Otolith of Fish  
**Nature** : Calculus formed in the head (ear) of fish
- Other names** :
- English** : Fish-Head-Stone / Otolith of fish
  - Urdu** : Sang-e-Sar-e-Mahi / Sang-e-Sanol
  - Arabic** : Hajar-ul-Houth
  - Persian** : Sang-e-Sar-e-Mahi
  - Telugu** : —

**Part Used** : Otolith (Ear-calculus)  
**Temperament** : Hot and Dry

**Description:** It is a variety of lime stone resembling human incisor (tooth) in colour, form and appearance. It is triangular and biconvex in shape i.e. broad at one end and obtuse at the other. Externally, it is shining, glabrous and of a brownish white colour. It is formed in the head (ear) of fish known as *Pathar chatta* and *Sanul*. This stone is formed from silicate of lime.

**Action and Uses:** It is diuretic and lithontriptic and used in kidney, ureter and bladder stones. It splits the stones and expels them or their particles. It is also used in retention of urine.

It is used alone or with *Sharbat-e-Buzoori* or U1 Syrup or with the decoction of horse-gram (*Dolichos biflorus*).

It is also used in combination of other drugs, e.g. Judaicus stone, Horse-gram and turnip salt.

**Dosage and Administration:**

1 gm in powder form alone or with other drugs once or twice a day.

**Preparations:**

- (1) U.H. Capsules
- (2) Majoon-e-Hajar-ul-Yahud
- (3) Dawa-e-Zeeq-un-Nafas

**Ibn Sina's View:** He did not mention about this stone.

## SAPISTAN

**Botanical name** : *Cordia latifolia*, Roxb.  
/ *Cordia myxa*, Roxb.

**Family** : Boroginaceae

**Other Names** :

**English** : Sebesten plum or fruit / Sebestan

**Urdu** : Sapistan / Lasora

**Arabic** : Dibaka / Mukhitah

**Persian** : Sapistan

**Telugu** : Botuku / Nakkaeru / Bankana Keru

**Parts Used** : Dry fruits and their kernel

**Temperament** : Temperate but inclined towards Moist.



**Description:** It is a medium-sized tree with a short usually crooked trunk 0.9-1.2 m in girth. Its fruits are known as Sebestan. There are two commonest species — large and small fruits. Usually fruit is 1.2-2.5 cm long, yellowish brown, pink or nearly black when ripe with a viscid sweetish, almost transparent pulp, surrounding a central stony part. The fruit is edible and mucilaginous. The dry fruit which is used as drug, is conical i.e. cardiac shape and wrinkled and black or brown in colour.

**Action and Uses:** Fruit is esteemed as demulcent and expectorant in chest affections e.g. bronchitis and pneumonia etc.; naso-pharyngeal diseases e.g. rhinitis, sinusitis, sore throat and tonsillitis etc. and as diuretic in burning micturition.

Kernels are very useful for ringworm. For this purpose, they are powdered, mixed with oil and applied.

Fresh ripe fruits are used to correct the seminal fluid and cure spermatorrhoea due to over-heat.

**Dosage and Administration:**

9-15 fruits or 6-10 gm twice daily alone or with other drugs e.g. Cydonia seeds and Jujube fruits etc. in the form of infusion or decoction.

**Preparations:**

- (1) F.A.R.
- (2) F.C.S. or C.S. Syrup
- (3) F.C.B. / C.B. Syrup
- (4) Matbookh-e-Su'aal
- (5) Linctus Cordia
- (6) Linctus Cassia
- (7) Sharbat-e-Eijaz
- (8) Sharbat-e-Sader
- (9) Sharbat-e-Ustukhudus
- (10) Arq-e-Ahmer

**Ibn Sina's View:** It is resolvent and demulcent. It is useful in chronic inflammations, urticaria and night itching. It softens chronic ulcers, filthy wounds and also joints.

## SARPHOKA

**Botanical name** : *Tephrosia purpurea*, Pers.  
/ *Tephrosia maxima*, Pers.  
/ *Galega purpura*, Linn.

**Family** : Leguminosae

**Other Names** :

**English** : Purple tephrosia

**Urdu** : Sarphoka

**Arabic** : Sarboka

**Persian** : Sarphoka

**Telugu** : Vempali / Pampara chettu /  
Neela vempali

**Parts Used** : The whole plant or leaves, root and seeds.

**Temperament** : Hot and Moist

**Description:** It is a much branched and sub-erect perennial plant about 30-60 or 75 cm high, having leaves about 5-15 cm long, leaflets 9-21, narrow and oblanceolata; red or purple flowers and slightly curved pods 3.7-5 cm × 4 mm containing 5-10 greenish-grey and smooth seeds.

**Action and Uses:** The plant or leaves are tonic, laxative, blood-purifier, deobstruent, febrifuge, alterative, cholagogue, anthelmintic and anti-diabetic.

Leaves are used in diseases of liver, spleen and gall-bladder e.g. insufficiency of liver, ascites, impaired liver functions, jaundice and bilious febrile attacks; in chest affections e.g. coughs, bronchitis, asthma; in blood and skin diseases e.g. boils and pimples, eczema, psoriasis and ringworm etc. and intestinal worms and flatulence and piles. They are also used in diabetes mellitus.

The root is bitter, blood-purifier, diuretic, demulcent, resolvent and febrifuge. It is useful in dyspepsia, tympanitis and chronic diarrhoea and also in rheumatism. It is used in skin diseases. It is crushed, burnt and fumes are inhaled for relief from asthma and cough. For the cure of enlarged glands of the neck, a paste of the root made with rice water, is applied to the affected glands.

An ointment made of the fine powder of the leaves with some bland oil has healing properties.

The oil extracted from the seeds is an efficacious local application for eczema, scabies, itch and other eruptions on the skin.

**Dosage and Administration:**

- (1) 4 gm of the whole plant or of leaves or of root in the form of decoction as a single drug or with other drugs.
- (2) 0.5-1 gm powder of the whole plant or leaves.

**Preparations:**

- (1) M. Syrup
- (2) Matbookh-e-Musaffi
- (3) Araq-e-Musaffi-e-Khoon
- (4) Araq-e-Murakkab Musaffi
- (5) Araq-e-Gul Neem

**Ibn Sina's View:** He did not mention about this plant.

## **SHAHTERAH**

- Botanical name :** *Fumaria officinalis*, Linn.  
/ *Fumaria parviflora*, Lamk.
- Family :** Fumariaceae
- Other Names :**
- English :** Fumitory / Common fumitory
- Urdu :** Shahtarah / Shahterah /  
Pitpapra / Pitpapda
- Arabic :** Shahtaraj / Shahteraj /  
Buklat-ul-Malik
- Persian :** Shahtarah / Shahterah
- Telugu :** Chata-rashi / Chatha-rasi
- Part Used :** The whole plant
- Temperament :** Temperate in heat and cold  
but inclined towards heat.

**Description:** It is not indigenous to India but imported from Iran. An allied variety *Fumaria parviflora*, Lamk.-subsp. *vailantii* Hook.f. or *Fumaria vailantii*, Loisel syn *Fumaria indica*, Pugsley is found in many parts of India.

Indian fumitory grows wild in wheat and gram fields as a weed. It flowers and fruits during the cold season. It is a pale green, much branched annual 30-60 cm high with leaves divided into narrow segments, flowers pink or whitish with purple tips, in terminal and fruits globose, 1-seeded.

**Action and Uses:** It is blood-purifier, diaphoretic, tonic, diuretic, anthelmintic, mild purgative, alterative and anti-diabetic. It is used in scabies, psoriasis, ringworm, eczema, syphilis, boils, abscesses, leucoderma, fevers and diabetes mellitus. It is also used in high blood cholesterol levels. It is used in stomach upset and liver complaints e.g. dropsy, hepato-megaly and also for good urination: For eradication of intestinal worms, it is used alone or with *Baeberang (Embelia ribes)* and rind of *halela (Terminalia chebula)*.

**Dosage and Administration:**

- (1) 4-6 gm alone or with other drugs in the form of decoction.
- (2) 0.5-2 gm in powder form.

**Preparations:**

- (1) Itrifal-e-Shahterah
- (2) M. Syrup
- (3) Matbookh-e-Musaffi
- (4) Araq-e-Murakkab  
Musaffi-e-Khoon
- (5) Majoon-e-Ushbah
- (6) Araq-e-Shahterah
- (7) Araq-e-Aab-e-Hayat
- (8) Araq-e-Yarqan

**Ibn Sina's View:** It is a blood-purifier and deobstruent. Its infusion is drunk in scabies. It is stomachic and removes hepatic obstruction. It is laxative and diuretic.

## SIBR-E-ZARD

**Botanical name :** *Aloe vera*, Linn. / *Aloe indica*, Royle  
/ *Aloe ferox*, Mill. / *Aloe indica*, Royle

**Family :** Liliaceae

**Other names :**

**English :** Aloe / Indian Aloes

**Urdu :** Ghee-Kanwar / Elva  
/ Sibr-e-zard

**Arabic :** As-saber / Sabbarah / Musabar

**Persian :** Sibr-e-zard

**Telugu** : Kalabanda / Chinna-Kalabanda  
/ Musambaramu

**Parts Used** : Expressed and dried juice  
of leaves and pulp.

**Temperament** : Hot (moderate) and Dry (moderate)

**Description:** It is a well-known and widely grown plant, having thick and upto 60 cm long leaves with thorny edges, growing from the root all round. It looks like a collection of leaves only and in middle of the leaves there grows a branch bearing beautiful red flowers. On cutting a leaf some yellow sticky bitter fluid oozes which is called the mucilage of *Gheekanwar*. When this expressed juice is dried, it is called *Elva* or *Sibr* i.e. Aloe which is used as drug alone or with other drugs like *Suranjan* (*Merendera*).

Many varieties of Aloe are available throughout the world. For example:

(i) *Cape aloe*, prepared in Cape colony from *Aloe ferox*, Mill.,

(ii) *Curacao aloe*, prepared in Islands of Curaco,

(iii) *Barbados aloe* on Island of Barbados,

(iv) *Socotrine aloe* which is considered the best variety to be used in medicine prepared on the Islands of Socotra on the African and the Arabian mainland.

*Zanziber aloe* which is regarded as a variety of Socotrin and usually imported to India.

*Zanziber aloe* consist of semi-solid masses or may be present as small flattened oval cakes about 5-7 cm. It has livery brown colour and a dull waxy smooth fracture usually showing a few small cavities. Its odour is characteristic and the taste is very bitter.

*Indian aloe* occur in dark chocolate-brown to black, irregular mass, surface dull, opaque with slightly vitreous appearance. Odour characteristic, taste nauseous and bitter.

**Action and Uses:** Aloe is stomachic and liver tonic in small doses, purgative, emmenagogue and anthelmintic (especially for thread-worms) in large doses. It is resolvent and hair-growth stimulant. It cleans brain crudities through purgation.

It is used in the treatment of swellings, hepato-megaly, spleno-megaly, helminthiasis, constipation, rheumatic pains, sciatica, lumbago and gout.

It is also included in the formulations, related with brain diseases e.g. hemiplegia, facial palsy etc. It is also mixed with castor oil and applied in the anus to kill or expel the thread-worms. It is dissolved in spirit and used as a hair-dye to stimulate hair-growth.

It is not used in pregnancy and cases of haemorrhoids as it is irritant and abortifacient.

**Dosage and Administration:**

125-500 mg alone or mixed with other drugs.

**Preparations:**

- (1) Merendera Pills or Tablets
- (2) Habb-e-Sibr
- (3) Habb-e-Shibbiyar
- (4) Habb-e-Aiyarej

**Ibn Sina's View:** It is desiccant without producing irritation, and healing for ulcerative whitlow. It is useful in arthralgia, ophthalmia, ulcers and itching. It cleans bilious and phlegmatous substances from stomach. It is purgative and useful in gastric pains. Also deobstruent for hepatic obstructions and subsides jaundice through purgation.

## SINGHARA

**Botanical name :** *Trapa natans*, Linn.  
/ *Trapa bispinosa*, Roxb.

**Family :** Onagraceae / Trapaceae

**Other Names :**

**English :** Indian Water Chestnut / Singhara nut

**Urdu :** Singhara / Singara

**Arabic :** Abu Qarnain

**Persian :** —

**Telugu :** Kubyakama / Pani-gadda /  
Parike-gadda

**Part Used :** Fruit seed / Kernel

**Temperament :** Fresh Kernel: Cold and Moist  
Dried Kernel: Cold and Dry

**Description:** It is an aquatic herb on the water surface of lakes, tanks and pools in Kashmir and also other parts of India. It is also cultivated for its fruits. Stems long, flexuose, ascending in the water, sub-merged portions, possessing pairs of green pectinate spreading organs (representing leaves, pair of stipules or adventitious roots) at intervals below the margins of leaf

scars, leaves floating, crowded at the upper parts of stems, flowers white opening above the surface of water; fruits bony, turbinate 2-4 cm long and broad, 4-angled, 2 opposite angles each with a scabrous spine, 2 other spines obsolete indehiscent 1-seeded; seeds white starchy.

The fresh, tender kernels are sweet and delicious, nutritious and good source of minerals and vitamins. They are eaten raw when tender and fresh or after cooking or boiling and roasting.

**Action and Uses:** Fruit Kernels are cooling, constipating, styptic, flatulent, semen-forming, semen-thickening and tonic.

They are used to quench the thirst and subside dryness of mouth and throat. They are beneficially used in leucorrhoea, spermatorrhoea, premature ejaculation, watery semen, diarrhoea and biliousness and also menorrhagia.

**Dosage and Administration:**

Powdered Kernel: 2-5 gm alone or with other tonic drugs with salt, cumin or honey and with decoction of *Cichorium intybus* (root and seeds).

**Preparations:**

(1) D.D. Majoon Muqawwi

**Ibn Sina's View:** He did not mention about this plant.

## SURANJAN

**Botanical name :** *Colchicum autumnale*, Linn.  
/ *Colchicum luteum*, Baker  
/ *Merendera persica*, Linn.

**Family :** Liliaceae

**Other names :**

**English :** Colchicum / Meadow Saffron  
/ Autumn crocus / Merendera

**Urdu :** Suranjan / Surinjan

**Arabic :** Suranjan / Aknah

**Persian :** Suranjan talkh and  
Suranjan shirin

**Telugu :** Tuthan / Tuthanjan / Haran tutiya

- Parts Used** : Root / Corm (bulb-like stem dried and cut in slices) and seeds
- Temperament** : (i) Bitter variety: Hot (severe) and Dry (severe)  
(ii) Sweet variety: Hot (moderate) and Dry (moderate)

**Description:** *Colchicum autumnale*, Linn. is that species which grows in moist meadows and pastures in England, Central and Southern Europe and Northern Africa. It is not found in India. Since the time of the ancient Greeks, seeds and corms of this species, have been used as a specific treatment for gout. The active principle is the alkaloid 'Colchicine,' found also in *Colchicum luteum*, *Gloriosa superba*, *Merendera persica*, *Androcymbium gramineum* and other plants.

*Colchicum luteum*, Baker has been recognized in open pasture lands or in the out-skirts of forests extending from Western Temperate Himalayas — Muree Hills to Kashmir. Hence it is also known as Kashmir hemodactyls. It is bitter in taste but lesser than *Colchicum autumnale*, Linn. However, it is bitter variety of colchicum i.e. *Suranjan talkh*.

Another species has been under-use which is not bitter in taste but sweet and hence called *Suranjan shirin* or sweet variety of colchicum. It is recognized as *Merendera persica*, Linn. and found in Iran.

Both varieties of *Suranjan* i.e. bitter and sweet, are now available in the market but the sweet variety is weaker in action and safer in use than the bitter one.

According to the Indian Hakeems, bitter variety (*Colchicum luteum*) is used externally in the form of poultice and oil whereas the sweet variety (*Merendera persica*), used internally in the form of powders, pills, capsules and *majoon* (paste).

Tubers of colchicum are of three colours belonging to different species viz. White, Yellow and Black. The white is not bitter, yellow is slightly bitter. Both these varieties are used in medicine. The black one is too much bitter and poisonous and hence not used internally. In the sweet variety, the corm is starchy, dirty yellow externally and white internally. In the bitter variety, the colour is dirty brown from outside and pale-white inside and also starchy.

When the plants are two years old, corms are collected. They are somewhat conical in shape, rounded on one side and flattened on the other, with small depression near the base containing a bud. The corm is enclosed in a thin, brown, membranous outer coat and a reddish-yellow inner-coat. The fresh corms usually measure 15-35 mm in length and 10-20 mm in



diameter. The dried corm breaks easily and the broken surface is white and starchy. After removing the scaly coats, the corms are sliced transversely and dried at a temperature not exceeding 65°.

**Action and Uses:** Bitter variety is only used externally in rheumatism in the form of poultice or oil. A paste made of it with saffron (*Crocus sativus*, Linn.) and white of eggs, is applied to rheumatic and other swellings. However some authorities use bitter variety also orally alone or with other drugs but in small quantity.

Sweet variety is used internally as deobstruent, alterative, resolvent, sedative and aperient for phlegm. It is used alone or with aloes or other drugs in rheumatic diseases, gout and sciatica. It is also used to check intermittent fever, to relieve bronchial catarrh and congestion of the air-tubes. It is useful in hysteria, chorea, whooping cough and epilepsy.

**Dosage and Administration:**

(1) Bitter variety:

Externally as per requirement and internally 150-400 mg in the form of powder.

(2) Sweet variety:

Internally 1-2 gm alone or with aloes and other drugs in the form of powder.

**Preparations:**

- (1) R.A. Tablet
- (2) Habb-e-Suranjan Shirin
- (3) Majoon-e-Suranjan Shirin
- (4) Sufoof Vaja-ul-Mafasil
- (5) Majoon-e-Chobchini
- (6) Luboob-e-Kabeer
- (7) Itrifal-e-Qanbili
- (8) Raughan-e-Suranjan Talkh
- (9) Habb-e-Suranjan Talkh.

**Ibn Sina's View:** White variety is good for chronic wounds and useful in gout and as poultice. It is theriac for all joints particularly during the catarrhal process. Not good for stomach and produces gastric weakness. Purgative, and sex-stimulant. Red and black varieties are poisonous.

## TABASHIR

- Botanical name** : *Bambusa bambos*, Voss.  
/ *Bambusa arundinacea*, Retz. / Willd.
- Family** : Gramineae
- Other names** :
- English** : Common bamboo manna /  
Spiny bamboo manna
- Urdu** : Tabasheer / Bans / Bansalochan
- Arabic** : Tabashir / Qasab
- Persian** : Tabashir / Nai
- Telugu** : Veduru / Bongu-veduru
- Part Used** : Bamboo manna
- Temperament** : Cold (moderate) and Dry (moderate)

**Description:** It is a tall, thorny bamboo with a thick central root-stock, bearing bright green shining culms, 24-30 m high and upto 15-17.5 cm in diameter. It grows rapidly about 4.5 cm per day. It is having crooked and knotty culms. It yields paper pulp of good quality. *Tabasheer* or manna is a silicious crystalline secretion found in the hollows of the culms of (female) plants. Two varieties of manna are available in the market, the blue and the white, both having a sweet taste. However, the best variety is white, transparent and light in weight.

**Action and Uses:** *Tabashir* or bamboo manna is exhilarent, astringent, cooling and desiccant and also a tonic for heart and liver. It is anti-bilious, demulcent and pectoral.

It is used in over-heat problems e.g. burning hands, feet and eyes, hot (acute) headache, palpitation, mouth ulcers etc., bilious vomiting, diarrhoea and giddiness; fevers, spermatorrhoea and bleeding piles. It is applied to the mouth ulcers and spongy gums.

It is specifically cooling and anti-tabkheer agent and included in the formulations to be used for the treatment of *tabkheer* or burning feet syndrome.

### Dosage and Administration:

1-2 gm in powder form alone or with other drugs.

### Preparations:

- (1) U4 Powder
- (2) Sufoof Satte Gilo (Gulo)

- (3) Sufoof-e-Sailan-ur-Reham
- (4) Sufoof-e-Salab
- (5) Sufoof-e-Ziabetus
- (6) Sufoof-e-Teen
- (7) Habb-e-Tabashir
- (8) Qurs-e-Tabashir Mulaiyan
- (9) Khamira-e-Marvareed
- (10) Khamira-e-Yashab

**Ibn Sina's View:** Astringent, mild resolvent and excessively cooling. Useful in stomatitis, heart weakness and beneficial in acute palpitation and coma from infiltration of bile in stomach. Useful in thirst, vomiting and gastritis. Checks biliary humour and acute fevers.

## UNNAB

- Botanical name :** *Zizyphus jujuba*, Lam.  
/ *Zizyphus vulgaris*, Lam.
- Family :** Rhamnaceae
- Other names :**
- English :** Jujube berries / Indian plum
  - Urdu :** Unnab / Unab / Annab / Baer
  - Arabic :** Unnab / Unab / Annab
  - Persian :** Sinpo-i-jilani / Kunar
  - Telugu :** Advi Regu / Ganga-regu Pandu
- Part Used :** Dry fruits
- Temperament :** Temperate but inclined towards Moist

**Description:** It is a deciduous tree upto 12 m in height found, both cultivated and naturalized, in Punjab India. Leaves ovate to oblong-oval or nearly lanceolate, 2.5-5 cm long obtusely serrate; spines usually two, one of them mostly recurved; fruits oblong to ovoid or sub-globose, 3 cm or less in length. Species are many, producing various types of berries. Fruits are commonly found as wild, sweet-budded and sour-budded. Sweet and sour varieties are raised (grown) in gardens or in the neighbourhood of wells by budding on wild varieties. Fruit of the wild variety is very acidic and astringent whereas fruits of the cultivated varieties which resemble the crab-apple in flavour and appearance and whose pulp is sweet, are more

palatable and less acid.

**Action and Uses:** Jujube fruits are coctive, mild laxative, resolvent, cooling, expectorant and blood-purifier. They are used alone or with other drugs in nasal catarrhs, rhinitis, sinusitis, headaches, sore-throat, coughs, bronchitis and bronchial asthma. They are also used in over-heat, fevers and pox-diseases, syphills and skin diseases especially scabies, skin eruptions, itching, pimples, boils and abscesses. They are useful in rheumatic fever and excessive thirst.

**Dosage and Administration:**

5-7 fruits or 5-7 gm in the form of infusion or decoction.

**Preparations:**

- (1) F.A.R.
- (2) F.C.S. and C.S. Syrup
- (3) F.C.B. and C.B. Syrup
- (4) M. Syrup
- (5) Sharbat-e-Unnab Vilayeti
- (6) Sharbat-e-Ushbah
- (7) Sharbat-e-Aijaz
- (8) Khamira Abresham Sheera  
Unnab-vala
- (9) Sharbat-e-Sadar
- (10) Lauq-e-Sapistan Murakkab

**Ibn Sina's View:** It is a blood-purifier and good for over-heated blood. It is difficultly digestible, less nutritive, excellent for chest and lungs and bad for stomach. Useful in kidney and bladder pains.

## USTUKHUDUS

**Botanical name :** *Lavendula stoechas*, Linn.

**Family :** Labitae

**Other Names :**

**English :** French Lavender

**Urdu :** Ustukhudus / Dharu

**Arabic :** Ustukhudus / Shah Isbarum Roomi

**Persian :** Ustukhudus

**Telugu** : —

**Part Used** : The whole plant with flowers  
or leaves and flowers

**Temperament** : Hot (mild) and Dry (moderate)

**Description:** It is a fragrant herb 0.6-0.9 m high, having sessile and oblong-linear leaves, and small and dark purple flowers in dense and short peduncled spikes. It has an agreeable odour resembling that of true lavender i.e. *Lavendula angustifolia* syn *Lavendula officinalis*.

**Actions and Uses:** The plant with flowers or leaves and flowers are cephalic, resolvent, deobstruent and carminative. Hence it is effectively prescribed in intestinal colic and chest affections.

It is diaphoretic, expectorant, anti-spasmodic, phlegmagogue, melanagogue and emmenagogue. As such, it is usually used in the diseases of brain and nerves e.g. paralysis (hemiplegia) and facial paralysis, epilepsy; nasal catarrh, allergic chronic sinusitis, pharyngitis, laryngitis, bronchitis, bronchial asthma and chronic headache including migraine.

The plant is considered and named as 'the broom of the brain.' It sweeps or washes out all impurities and crudities from brain and improves the intellect.

Externally, flowers are used for fomentation as a single drug remedy or in combination with camomile flowers, butea flowers and trigonella pods etc. to relieve rheumatic and neuralgic pains.

**Dosage and Administration:**

- (1) 4-6 gm plant or flowers in the form of decoction, alone or with other drugs e.g. Althaea seeds, Cordia fruits etc.
- (2) 1 gm in the form of powder.
- (3) 4-6 gm alone or with other drugs in the form of decoction for external fomentation.

**Preparations:**

- (1) Itrifal-e-Ustukhudus
- (2) Itrifal-e-Aftimoon
- (3) Majoon-e-Najah
- (4) Tiryag-e-Nazla
- (5) Matbookh-e-Suaal
- (6) F.C.S. and C.S. Syrup
- (7) F.C.B. and C.B. Syrup
- (8) M.M1 Capsule

- (9) Mufarreh Nizam Lului  
(10) Majoone-Azaraq

**Ibn Sina's View:** It is resolvent, attenuant, deobstruent and sedative for neuralgias. Useful in cold neurological disorders and also in melancholia and epilepsy. Strengthens the renal system and expels phlegm and black bile.

## ZARANBAD

- Botanical name :** *Zingiber zerumbet*, Smith  
/ *Amomum zerumbet*, Linn.  
/ *Curcuma zerumbet*, Roxb.  
/ *Curcuma zedoria*, Rosc.
- Family :** Zingiberaceae
- Other names :**
- English :** Zerumbet / Zedoary /  
Long Zedoary / Setwall
- Urdu :** Zaranbad / Kapur-kachri
- Arabic :** Zadwar / Satwal /  
Auruq-ui-Kafoor
- Persian :** Kazhur / Zaranbad / Zhuranbad
- Telugu :** Kachoeramu / Kichili gaddatu
- Part Used :** Tubers
- Temperament :** Hot (severe) and Dry (severe)

**Description:** *Zaranbad* or Zedoary is the rhizome of the plant. It is long in size when fresh and usually cut into transverse slices and dried. The slices are greyish or yellowish and resemble turmeric grossly but contain no curcumin. The odour and taste resemble those of ginger but are less strong.

The plant is upto 1 m high arising from a large tuberous aromatic rootstock which are biennial, pale-yellow from within. Leaves oblong-lanceolate, spike variable. Fruits ovoid, red and seeds oblong, globular.

**Action and Uses:** It is blood-purifier, detergent, stomachic, expectorant and aromatic. It is also deobstruent, exhilarant, intestinal disinfectant, astringent and diuretic.

It is beneficially used in flatulent abdomen, dyspepsia and anorexia; cold, cough and fever; headache and migraine, palpitation and psychological unrest, and chronic diarrhoeas including amoebiasis. It is also used as

corrective of purgatives, and in leucorrhoea and gonorrhoea. It is used as hair tonic.

**Dosage and Administration:**

0.5-1 gm in powder form alone or mixed with other drugs or included in various formulations.

**Preparations:**

- (1) Jawarish-e-Ud Shirin
- (2) Jawarish-e-Mastagi Murakkab
- (3) Habb-e-Zaheer-Mohra
- (4) Sufoof-e-Zaranbad
- (5) M.M. Paste
- (6) Amla Hair Oil

**Ibn Sina's View:** It is carminative and fattening. It removes the smell of wine, garlic and onion. It is exhilarant and good for heart. It checks vomiting and useful in uterine gases.

## ZIRA SUFAID

**Botanical name :** *Cuminum cyminum*, Linn.

**Family :** Umbelliferae

**Other names :**

**English :** Cumin / White Cumin

**Urdu :** Zira Sufaid / Zira Safed

**Arabic :** Kamoon / Kamoon Asfar

**Persian :** Zira Sufaid / Zira Safed

**Telugu :** Jilakara / Jiraka

**Part Used :** Fruit (seeds)

**Temperament :** Hot (moderate) and Dry (severe)

**Description:** This is a small, slender and glabrous annual herb 30-90 cm high with a long, slender and perpendicular root, much-branched stem, bluish-green and slender leaves, white or rose-coloured flowers and greyish oval-shaped fruits about 4-6 mm long, tapering towards both base and apex having characteristic odour and taste like anise seeds. Black cumin is considered as a variety of *Cuminum cyminum*.

**Action and Uses:** Cumin seeds are aromatic, stomachic, digestive,

stimulant, astringent, diuretic, emmenagogue and lithontriptic.

It is used internally in dyspepsia, diarrhoea, flatulent abdomen and colic, hiccough, renal stones and obesity. It is also used for expectoration in chest affections and as a good relief in nausea and vomiting of pregnancy.

It is used externally as astringent, cleansing and beautifying agent.

### **Dosage and Administration:**

- (1) 3 to 5 gm internally in the form of infusion before meals.
- (2) 1-2 gm internally alone or with other drugs in the form of powder.
- (3) Externally with other cleansing agents as per requirement.

### **Preparations:**

- (1) Sufoof-e-Hazem
- (2) Sufoof-e-Mudir-e-Haiz
- (3) Sufoof-e-Shora Murakkab
- (4) Sufoof-e-Penchish
- (5) Jawarish-e-Mastagi Murakkab
- (6) Habb-e-Mubarak
- (7) U3 Powder
- (8) U4 Powder
- (9) Sufoof Chutki-e-Atfaal Mulaiyan

**Ibn Sina's View:** It is warming, carminative, resolvent, dissolvent, desiccant and astringent. It is healing agent especially wild variety. It is useful in dyspnoea and orthopnoea, chronic cold and catarrh and also palpitation. Good anti-epistactic and lithontriptic. Useful in urinary incontinence, haematuria, gripping and flatulence.

## **ZIRA SIYAH**

**Botanical name :** *Carum nigrum*, Royal  
/ *Carum bulbocastanum*, W. Koch.

**Family :** Umbelliferae

**Other names :**

**English :** Black Caraway / Black Cumin

**Urdu :** Zira Siyah / Kala Zira / Zirah Kirmani

**Arabic :** Kamoon Aswad / Kamoon Kirmani

**Persian :** Zirah-e-Siyah

**Telugu :** Sima-jilakaru



**Part Used** : Fruits (seeds)  
**Temperament** : Hot (moderate) and Dry (severe)

**Description:** *Carum nigrum* which is known as black caraway, is a herb, found as a weed in cultivated lands or as wild growth on grassy slopes of mountains. It is 15-75 cm high.

Black caraway seeds are elongated with detached mericarps from the pedicel, almost equally five-sided, slightly curved tapering to each end, glabrous brown with five very narrow yellowish primary ridges and thin pericarps and the large oily endosperm; and also with aromatic and characteristic odour and taste.

There is a big confusion in recognizing the real black cummin or *Kamoon aswad*. Usually, *Carum carvi* or Caraway seeds are considered as black cummin or *Kamoon aswad* but it is not correct according to the books "The Wealth of India Vol. II C" and *Ilmul-advia*, Written by (Late) Allama Hakeem Mohammed Kabeer-ud-din Saheb." Caraway is a different species which is *Caroya* or *Caravia* in Arabic and Urdu languages which is included in the formulation of '*Jawarish-e-Mastagi Murakkab*' with *Kamoon aswad*. However both the species i.e. caraway and black caraway are commonly used as black cummin. Some other authorities mention black cummin in the Chapter of Cummin seeds i.e. *Cuminum cyminum* in a normal way as if there are two varieties of Cummin i.e. one is white cummin and the other is black cummin.

**Action and Uses:** Black caraway is a good stomachic, appetizer, carminative and diuretic. It is used in gastric upset, dyspepsia, hiccough and flatulent colic, chronic diarrhoea, dropsy and renal calculus and crystalluria. It is also included in some formulations as a corrective of other constituents i.e. to correct their nauseating and gripping effect. It also relieves nausea and vomiting of pregnancy. Its continuous use reduces body-weight and is such useful in obesity.

Caraway is a mild stomachic and carminative and also corrective of other drugs like black caraway. It is also used in all those affections in which black caraway can be given. Caraway water is a useful remedy in the flatulent colic of infants.

**Dosage and Administration:**

- (1) 3-5 gm internally in the form of infusion or decoction.
- (2) 1-2 gm internally in the form of powder.

**Preparations:**

- (1) *Jawarish-e-Kamoon Sadah*

- (2) Jawarish-e-Mastagi Murakkab
- (3) Majoon-e-Kaser-e-Riyah
- (4) Majoon-e-Suranjan
- (5) Namak-e-Suleimani
- (6) R.C. Compound / Capsule

**Ibn Sina's View:** It is hot and dry; carminative and desiccant. It checks vomiting and warms stomach and also digestive. It is useful in hiccough and palpitation. Decoction of seeds is used to be drunk as diuretic, anti-spasmodic and vermifugal.

## ZUFA KHUSHK

**Botanical name :** *Hyssopus officinalis*, Linn.

**Family :** Labiatae

**Other names :**

**English :** Hyssop / Hyssop herb /  
Hyssop flowers / Hyssop leaves

**Urdu :** Zufa Khushk / Zufa Yabis  
/ Gul-e-Zufa

**Arabic :** Zufa / Zufa Yabis

**Persian :** Zufa-e-Khushk / Zupha /  
Zufa-e-Yabis / Gul-e-Zufa

**Telugu :** —

**Part Used :** The whole plant or flowers

**Temperament :** Hot (moderate) and Dry (moderate)

**Description:** It is an aromatic, glabrous and herbaceous perennial, 30-60 cm high having erect or diffused branches, sessile leaves, linear to oblong, usually narrow at both ends upto 2.5 cm long and 2 mm wide, opposite, and bluish flowers, tubular, 2 lipped, about 6 mm long, in long narrow spikes. Seeds are tiny and brown. Root is mainly fibrous.

**Action and Uses:** The plant or flowers are anthelmintic, stimulant, carminative, diuretic, deobstruent, cathartic, stomachic, expectorant, diaphoretic and resolvent.

It is used for expulsion of round worms. The infusion or decoction of the plant with honey is effectively used in coughs, bronchitis and asthma, in flatulent abdomen and colic, sore throat and hepato-spleno-megaly and

also in dropsy.

The infusion or decoction of the plant is a useful gargle for sore throat and a wash for sore eyes. Crushed plant steeped in hot water is used as fomentation for wounds, sprains and muscular stiffness and pains.

**Dosage and Administration:**

3-9 gm plant or leaves or flowers in the form of infusion or decoction to be used internally or externally.

**Preparations:**

- (1) Hyssop Simple Cough Syrup
- (2) Hyssop Compound Cough Syrup
- (3) Habb-e-Tehal

**Ibn Sina's View:** It is attenuant and resolvent. Decoction with vinegar relieves toothache. Useful in chronic cough, asthma and dropsy (or ascites). Good phlegmagogue. Expels tapeworms and round worms.

## **PART THREE**

### **Terms Used in Therapeutics With Their Definitions And Examples**



### **Abortifacient (*Musqat-ul-Janeen*)**

- An agent that promotes abortion or expels the foetus.

#### *Examples:*

#### **(A) (Oral drugs)**

• Qurtum	<i>Carthamus tinctorius</i> , L.	Seed
• Abhal	<i>Juniperus communis</i> , L.	Fruit
• Mushktra-mashie	<i>Mentha sylvestris</i> , L.	Plant

#### **(B) (External or Vaginal drugs)**

• Marwa	<i>Origanum majorana</i> , L.	Plant
• Podina	<i>Mentha arvensis</i> , L.	Plant
• Kalonji	<i>Nigella sativa</i> , L.	Seed

### **Adherent (*Multasliq*)**

- An agent that adheres to the wound to protect it from external irritants and to promote healing.

#### *Examples:*

• Resha-e-Khitni	<i>Althaea officinalis</i> , L.	Root
• Behidana	<i>Cydonia vulgaris</i> , Pers.	Seed
• Ispaghul	<i>Plantago ispagula</i> , Forsk.	Seed
• Balangu	<i>Lallementia royleana</i> , Benth.	Seed
• Kanocha	<i>Salvia spinosa</i> , L.	Seed

### **Alterative (*Mu'addil*)**

- A drug which corrects disordered processes of nutrition and restores the normal function of an organ or system. It also corrects altered humours and makes them normal.

#### *Examples:*

- All Musaffiyat i.e. Blood purifiers.
- All Munzijat i.e. Coctive drugs.

### **Anaesthetic (*Mukhaddir*)**

- An agent which produces reversible loss of consciousness — a condition of inability to appreciate sensation.

#### *Examples:*

● Afyun	<i>Papaver somniferum</i> , L.	Latex
● Ajowain Khurasani	<i>Hyoscyamus niger</i> , L.	Seed
● Kahu	<i>Lactuca scariola</i> , L.	Seed
● Kafoor	<i>Camphora officinarum</i> , Bah.	Oil
● Raughan-e-Kalonji	Black Seeds Oil	Oil
● Raughan-e-Darchini	Cinnamon Oil	Oil
● Raughan-e-Laung	Clove Oil	Oil

### **Anodyne (*Musakkin-ul-Vaja'*)**

- A drug which relieves pain on external application.

#### *Examples:*

● Babuna	<i>Matricaria chamomilla</i> , L.	Flower
● Nakhuna	<i>Trigonella uncatata</i> , Boiss.	Pod
● Gul-i-tesu	<i>Butea frondosa</i> , Roxb.	Flower
● Khashkhash	<i>Papaver somniferum</i> , L.	Capsule
● Muqil	<i>Commiphora mukul</i> , Engl.	Resin
● Kafoor	<i>Camphora officinarum</i> , Bah.	Oil
● Barg-e-hina	<i>Lawsonia inermis</i> , L.	Leaves
● Ispaghool	<i>Plantago ispagula</i> , L.	Seed
● Khitmi	<i>Althaea officinalis</i> , L.	Seed
● Kahu	<i>Lactuca scariola</i> , L.	Seed & Oil
● Kanocha	<i>Salvia spinosa</i> , L.	Seed
● Raughan-e-Kalonji	<i>Nigella sativa</i> , L.	Oil

### **Antacid (*Muzad-ul-Hamoodha*)**

- A drug which neutralizes the acidity of the gastric juices.

#### *Examples:*

● Mulathi	<i>Glycyrrhiza glabra</i> , L.	Root
● Kahu	<i>Lactuca scariola</i> , L.	Seed
● Soda Khurdani	Sodium bicarbonate	Soda

● Bora-e-Armani	Armenian bole	Powder
● Sohaga	Sodium borate	Salt
● Jawakhar	Potassium carbonate	Salt
● Namak-e-Turb	Turnip salt	Salt
● Resha-e-Khitmi	<i>Athaea officinalis</i> , L.	Root
● Behidana	<i>Cydonia vulgaris</i> , Pers.	Seed
● Ispaghoul	<i>Plantago ispagula</i> , L.	Seed

### **Anthelmintic (Zidd-ul-Deedan or Qatil Deedan)**

- A drug that kills or expels the intestinal worms.

#### **Examples:**

● Kamela	<i>Mallotus philippinensis</i> , Muell.Arg.	Powder
● Palas papada	<i>Butea frondosa</i> , Roxb.	Seed
● Baibarang	<i>Myrsine africana</i> , L.	Seed
● Post Bekh-e-Anar	<i>Punica granatum</i> , L.	Root-bark
● Sana-e-hindi	<i>Cassia angustifolia</i> , Vahl.	Leaves
● Chiraeta	<i>Swertia chirata</i> , Ham.	Plant
● Darmana	<i>Artemisia santonicum</i> , L.	Plant
● Kalonji	<i>Nigella sativa</i> , L.	Seed
● Murra	<i>Commiphora myrrah</i> , Nees.	Gum
● Kardvi Ziri	<i>Veronia anthelmintica</i> , Willd.	Seed

### **Antianorectic (Mushahhl)**

- An agent which corrects anorexia and improves appetite.

#### **Examples:**

● Lemu	<i>Citrus limonum</i> , Riss.	Juice
● Mooli	<i>Raphanus sativus</i> , L.	Root
● Zira sufaid	<i>Cuminum cyminum</i> , L.	Seed
● Ajowain desi	<i>Ptychotis ajowain</i> , DC.	Seed
● Karafs	<i>Apium graveolens</i> , L.	Seed
● Caraviya	<i>Carum carvi</i> , L.	Seed
● Badiyan	<i>Foeniculum vulgare</i> , Mill.	Seed
● Anisoon	<i>Pimpinella anisum</i> , L.	Seed
● Sirka	Vinegar	Sour liquid
● Huuf	<i>Lepidium sativum</i> , L.	Seed
● All digestive drugs		



### **Antibillious (Muzad-ul-Safra)**

• An agent which corrects biliary disorders or subsides biliousness or makes the altered yellow bile normal.

#### **Examples:**

• Alu-bukhara	<i>Prunus communis</i> , Huds.	Fruit
• Tamer hindi	<i>Tamarindus indica</i> , L.	Fruit
• Kasni	<i>Cichorium intybus</i> , L.	Seed
• Khurfa	<i>Portulaca oleracea</i> , L.	Seed
• Turanjabeen	<i>Alhagi maurorum</i> , Medic.	Manna
• Zarishk	<i>Berberis aristata</i> , DC.	Fruit
• Unnab	<i>Zizyphus vulgaris</i> , Lam.	Fruit
• Kamooni (Mako)	<i>Solanum nigrum</i> , L.	Plant
• Anardana	<i>Punica granatum</i> , L.	Seed
• Guli-niloufer	<i>Nymphae lotus</i> , L.	Flower

### **Antidiabetic (Muzad-ul-Diabetes)**

• An agent which is used for lowering blood sugar.

#### **Examples:**

• Jamun	<i>Eugenia jambolana</i> , Lam.	Kernel
• Afyun	<i>Papaver somniferum</i> , L.	Latex
• Guli-mundi	<i>Sphaeranthus indicus</i> , L.	Flower
• Kundur	<i>Boswellia glabra</i> , Roxb.	Resin
• Kalonji	<i>Nigella sativa</i> , L.	Seed
• Murra-makki	<i>Commiphora myrrha</i> , Nees.	Resin
• Methi	<i>Trigonella foenum-graeceum</i> , L.	Seed
• Karela	<i>Momordica charantia</i> , L.	Fruit
• Gurmar	<i>Gymnema sylvestre</i> , R.Br.	Leaves
• Zamarud-paither	Emerald stone	Stone

### **Antidiarrhoeal (Qabiz-ul-Ishaal)**

• An agent which checks diarrhoea or arrests intestinal secretions and discharges or decreases peristalsis.

#### **Examples:**

• Zaher-mohra	Bezoar stone	Stone
---------------	--------------	-------

● Afyun	<i>Papaver somniferum</i> , L.	Latex
● Post-e-turanj	<i>Citrus medica</i> , L.	Fruit-skin
● Post Sangdana-e-Murg	Chicken Gizzard	Inner membrane
● Khurfa	<i>Portulaca oleracea</i> , L.	Seed
● Mastagi	<i>Pistacia lentiscus</i> , L.	Resin
● Amla	<i>Emblica officinalis</i> , L.	Fruit rind
● Bailgiri	<i>Aegle marmelos</i> , Correa.	Pulp
● Hab-ul-As	<i>Myrtus communis</i> , L.	Fruit
● Mocharus	<i>Salmalia malabarica</i> , Schott & Endl.	Resin
● Zaranbad	<i>Zingiber zerumbet</i> , Smith.	Rhizome
● Zarishk	<i>Berberis aristata</i> , DC.	Fruit

### **Antidote (*Dafae Sumoom*)**

- An agent which nullifies the effect of another agent or drug or of a toxic substance.

#### *Examples:*

● Jadvar	<i>Delphinium denudatum</i> , Wall.	Root
● Ud-e-Saleeb	<i>Paeonia emodi</i> , Wall.	Root
● Narjeel daryai	<i>Lodoicea sechellarum</i> , Labill.	Fruit
● Papita	<i>Strychnos ignatii</i> , Berg.	Seed
● Gulab	<i>Rosa damascena</i> , Mill.	Flower
● Sumaq	<i>Rhus coriaria</i> , L.	Fruit
● Anardana	<i>Punica granatum</i> , L.	Seed
● Zarishk	<i>Berberis aristata</i> , L.	Fruit
● Hab-ul-Ghar	<i>Laurus nobilis</i> , L.	Seed
● Murra-makki	<i>Commiphora myrrha</i> , L.	Resin

### **Antidysenteric (*Muzad Du-Shantaria*)**

- An agent which checks dysenteric diarrhoea.

#### *Examples:*

- See antidiarrhoeal drugs.

### **Antiemetic (*Muzad-ul-Qai*)**

- An agent which checks vomiting.

#### *Examples:*

- See anti-bilious drugs.

### **Antiepileptical (*Muzad-ul-Sara*)**

- An agent which checks epilepsy or relieves epileptical convulsions.

#### *Examples:*

• Jadvar	<i>Delphinium denudatum</i> , Wall.	Root
• Ud-e-Saleeb	<i>Paeonia officinalis</i> , L.	Root
• Gaozaban	<i>Onosma bracteatum</i> , Wall.	Leaves
• Bachh	<i>Acorus calamus</i> , L.	Root
• Jund-e-bedustar	Castoreum	Dried secretions
• Zaranbad	<i>Zingiber zerumbet</i> , Smith.	Rhizome
• Sunbul-et-teeb	<i>Valeriana jatamansi</i> , DC.	Rhizome
• Asaron	<i>Asarum europaeum</i> , L.	Rhizome
• Kahu	<i>Lactuca scariola</i> , L.	Seed

### **Antiflatulent (*Mohallil-ur-Riyah*)**

- An agent which checks or relieves flatulence.

#### *Examples:*

• Hing	<i>Ferula assafoetida</i> , L.	Resin
• Namak-e-siyah	Black salt	Salt
• Badiyan	<i>Foeniculum vulgare</i> , Mill.	Seed
• Zira sufaid	<i>Cuminum cyminum</i> , L.	Seed
• Zira siyah	<i>Carum nigrum</i> , L.	Seed
• Saddab	<i>Ruta graveolens</i> , L.	Leaves
• Asl-us-Soos	<i>Glycyrrhiza glabra</i> , L.	Root
• Elaichi	<i>Elettaria cardamomum</i> , Maton	Seed
• Podina	<i>Mentha arvensis</i> , L.	Leaves
• Soda Khurdani	Sodium bicarbonate	Powder

### **Antifungal (*Muzad-ul-Futar*)**

- An agent which cures fungal infections.

#### **Examples:**

• Am	<i>Mangifera indica</i> , L.	Leaves
• Unnab	<i>Zizyphus jujuba</i> , Lam.	Fruit
• Laung	<i>Eugenia aromatica</i> , L.	Flower bud
• Panwar	<i>Cassia tora</i> , L.	Seed

### **Antlhaemorrhoidal (*Muzad-ul-Bawasir* or *Dafae Bawasir*)**

- An agent which cures haemorrhoids e.g. laxative, intestinal sedative, haemostatic and anodyne.

#### **Examples of laxatives:**

• Munaqqa	<i>Vitis vinifera</i> , L.	Dried fruit
• Anjir	<i>Ficus carica</i> , L.	Fruit
• Muqil	<i>Commiphora mukul</i> , Engl.	Resin
• Halela	<i>Terminalia chebula</i> , Retz.	Rind
• Turanjabeen	<i>Alhagi maurorum</i> , Medic.	Manna
• Gul-Qand	Confection of rose petals	Confection
• Raugan Zaitun	Olive oil	Oil
• Raugan Badam	Almond Oil	Oil

#### **Examples of Intestinal Sedatives:**

• Bartang	<i>Plantago major</i> , L.	Seed
• Kanocha	<i>Salvia spinosa</i> , L.	Seed
• Rehan	<i>Ocimum basilicum</i> , L.	Seed
• Khatmi	<i>Althaea officinalis</i> , L.	Root
• Behidana	<i>Cydonia vulgaris</i> , Pers.	Seed
• Gaozaban	<i>Onosma bracteatum</i> , Wall.	Leaves
• Samag-e-arabi	<i>Acacia arabica</i> , Willd.	Gum

#### **Examples of Haemostatics and Anodynes:**

• Afyūn	<i>Papaver somniferum</i> , L.	Latex
• Ajowain Khurasani	<i>Hyoscyamus niger</i> , L.	Seed
• Barg-e-Bhang	<i>Cannabis indica</i> , L.	Leaves
• Haldi	<i>Curcuma longa</i> , L.	Rhizome

● Mazu	<i>Quercus infectoria</i> , Oliv.	Gall
● Rasvat	<i>Berberis aristata</i> , L.	Extract
● Muqil	<i>Commiphora mukul</i> , Engl.	Resin
● Kafoor	<i>Camphora officinarum</i> , Bauh.	Crystals

### **Antilhaemorrhagic (Muzad-ud-Dam / Habis-ud-Dam)**

- An agent which checks bleeding.

#### **Examples:**

● Sang-e-jarahat	Silicate of magnesia	Stone
● Afiyun	<i>Papaver somniferum</i> , L.	Latex
● Geru	Red ochre	Mineral bole
● Gulnar	<i>Punica granatum</i> , L.	Flower
● Gil-e-armani	Armenian bole	Mineral bole
● Dam-ul-akhwain	<i>Pterocarpus draco / marsupium</i> , Roxb.	Resin
● Anjubar	<i>Polygonum barbatum</i> , L.	Root
● Post-e-anar	<i>Punica granatum</i> , L.	Rind
● Akakia	<i>Acacia arabica</i> , Willd.	Extract
● Khurfa	<i>Portulaca oleracea</i> , L.	Seed

### **Antihydrotic (Manae-ul-Arq)**

- A drug which checks sweating.

#### **Examples:**

● Dhatura	<i>Datura alba</i> , Nees.	Seed
● Yebroj	<i>Atropa mandragora</i> , L.	Fruit & Root
● Ajowain Khurasani	<i>Hyoscyamus niger</i> , L.	Seed
● Gariqun	<i>Agaricus albus</i> , Fr.	Wood
● Shailam	<i>Lolium temulentum</i> , L.	Grain

### **Antiinflammatory (Muzad-iltehab / Mohallil-ul-Varam)**

- An agent which checks or resolves inflammation which is used internally and also externally.

### Examples:

● Alsi	<i>Linum usitatissimum</i> , L.	Seed
● Balchar	<i>Valeriana jatamansi</i> , DC.	Rhizome
● Buzidan	<i>Pyrethrum indicum</i> , DC.	Root
● Khulanjan	<i>Alpinia galanga</i> , Willd.	Rhizome
● Kasni	<i>Cichorium intybus</i> , L.	Leaves & Seeds
● Kamooni (Mako)	<i>Solanum nigrum</i> , L.	Plant
● Methi	<i>Trigonella foenum-graeceum</i> , L.	Seed
● Muqil	<i>Commiphora mukul</i> , Engl.	Resin
● Revand-chini	<i>Rheum emodi</i> , Wall.	Rhizome
● Suranjan shirin	<i>Merendera persica</i> , L.	Corn
● Khatmi	<i>Althaea officinalis</i> , L.	Seed
● Hansraj	<i>Adiantum capillus-veneris</i> , L.	Plant

### Antileucorrhoeal (*Muzad* or *Dafae Sailan-ur-Rehm*)

- An agent which corrects or checks leucorrhoea e.g. astringent and anti-haemorrhagic drugs.

### Examples:

● Sang-e-jarahat	Silicate of magnesia	Stone
● Talmakhana	<i>Hygrophila spinosa</i> , T. Anders.	Seeds
● Moosli	<i>Curculigo orchioides</i> , Gaertn.	Root
● Mazu	<i>Quercus infectoria</i> , Oliv.	Gall
● Mocharus	<i>Bombax malabaricum</i> , DC.	Resin
● Kahrubā	<i>Vateria indica</i> , L.	Resin
● Chuniya gond	<i>Butea frondosa</i> , Roxb.	Gum
● Supari	<i>Areca catechu</i> , L..	Fruit & Flower
● Asgandh	<i>Withania somnifera</i> , Dun.	Root
● Mayen khurd	<i>Tamarisk indica</i> , L.	Galls
● Tabasheer	<i>Bambusa arundinaceae</i> , Retz.	Manna
● Mastagi	<i>Pistacia lentiscus</i> , L.	Resin

### Antillithic (*Manae Taulid Hasaat*)

- A drug which prevents the formation and development of stone.

**Examples:**

• All diuretic drugs.		
• Hajar-ul-Yahud	Lapis judaicus	Stone
• Sange-Sare-Mahi	Fish Head Stone	Stone
• Shora	Potassium nitrate	Salt
• Naushader	Ammonium chloride	Salt
• Jawakhar	Potassium carbonate	Salt
• Aqrah sokhta	Scorpion incinerated	Ash
• Namak-e-turb	Turnip salt	Salt
• Tukhm-e-karafs	<i>Apium graveolens</i> , L.	Seed
• Tukhm-e-Haliyun	<i>Asparagus officinalis</i> , L.	Seed
• Alu-baloo	<i>Prunus cerasus</i> , L.	Fruit
• Arand kharbuza	<i>Carica papaya</i> , L.	Fruit
• Kulthi	<i>Dolichos biflorus</i> , L.	Seed

**Antinauseating (*Manae Gasiyan*)**

- An agent which checks nausea.

**Examples:**

- See antibilious drugs.
- See antiemetic drugs.

**Antiperspirant (*Manae Arq*)**

- An agent which checks perspiration.

**Examples:**

- See anti-hydrotic drugs.

**Antiphlogistic (*Muzad iltehab / Mohallil*)**

- A drug which counteracts inflammation.

**Examples:**

- See anti-inflammatory drugs.
- See anodyne drugs.

### **Antipruritic (Muzad-ul-Hakka / Dafae-Hakka)**

- An agent which checks pruritus or itching.

#### *Examples:*

• See antibilious drugs.		
• See alterative drugs.		
• Hina	<i>Lawsonia inermis</i> , L.	Leaves
• Kamela	<i>Mallotus philippinensis</i> , Muel.Arg.	Powder
• Badam talkh	<i>Prunus amygdalus-var-amara</i> , Baill.	Kernel
• Karvi Ziri	<i>Veronia anthelmintica</i> , Willd.	Seed
• Chob Zard	<i>Curcuma longa</i> , L.	Rhizome
• Sandal sufaid	<i>Santalum album</i> , L.	Wood
• Panwar	<i>Cassia tora</i> , L.	Seed
• Ral sufaid	<i>Shorea robusta</i> , Gaertn.	Resin
• Gandhak	Sulphur	Mineral
• Roughan-e-Neem	Margosa or Neem Oil	Oil
• Roughan-e-Kalonji	Black Seeds Oil	Oil
• Roughan-e-Chambeli	Jasmine Oil	Oil

### **Antipyretic (Muzad-ul-Humma / Dafae Humma)**

- An agent which reduces elevated body temperature.

#### *Examples:*

• Karanjua	<i>Cassalpinia bonducella</i> , Roxb.	Seed Kernel
• Gilo	<i>Cocculus cordifolia</i> , Miers.	Plant & Extract
• Afsantin	<i>Absinthium officinalis</i> , L.	Plant
• Shukai	<i>Onopordon acanthium</i> , L.	Plant
• Brinjasif	<i>Artemisia vulgaris</i> , L.	Plant
• Badavard	<i>Onopordon macracanthum</i> , Sch.	Plant
• Khaksi	<i>Sisymbrium irio</i> , L.	Seed
• Kasoos	<i>Cuscuta reflexa</i> , Roxb.	Seed
• Tabasheer	<i>Bambusa arundinaceae</i> , Retz.	Manna
• Hazardana	<i>Euphorbia thymifolia</i> , Burn.	Plant
• Unnab	<i>Zizyphus vulgaris</i> , Lam.	Fruit
• Gaozaban	<i>Onosma bracteatum</i> , Wall.	Leaves

### **Antirheumatic (Muzad-ul-Rumatism / Dafae-Vaja-ul-Mafasli)**

- A drug which cures rheumatism i.e. rheumatic inflammation and pain. It



may be coctive, anti-inflammatory, anodyne, diuretic and laxative.

**Examples:**

● Kasni	<i>Cichorium intybus</i> , L.	Root
● Badiyan	<i>Foeniculum vulgare</i> , Mill.	Root
● Kamooni (Mako)	<i>Solanum nigrum</i> , L.	Plant
● Unnab	<i>Zizyphus vulgare</i> , Lam.	Fruit
● Suranjan shirin	<i>Merendera persica</i> , L.	Root
● Buzidan	<i>Pyrethrum indicum</i> , L.	Root
● Khulanjan	<i>Alpinia galanga</i> , Willd.	Rhizome
● Asgandh	<i>Withania somnifera</i> , Dun.	Root
● Ushbah	<i>Hemidesmus indicus</i> , R.Br.	Root
● Muqil	<i>Commiphora mukul</i> , Engl.	Resin
● Babuna	<i>Matricaria chamomilla</i> , L.	Flower
● Nakhuna	<i>Trigonella uncata</i> , Boiss.	Pod
● Guli-tesu	<i>Butea frondosa</i> , Roxb.	Flower
● Post Khashkhash	<i>Papaver somniferum</i> , L.	Capsule
● Hina	<i>Lawsonia inermis</i> , L.	Leaves
● Roughan Kalonji	<i>Nigella Sativa</i> , L.	Oil
● Khtyar	<i>Cucumis sativus</i> , L.	Seed
● Kharbuzah	<i>Cucumis melo</i> , L.	Seed
● Kharkhask	<i>Tribulus terrestris</i> , L.	Fruit or thorn
● Elva	<i>Aloe indica</i> , L.	Extract
● Sana-e-hindi	<i>Cassia angustifolia</i> , Vahl.	Leaves
● Turbud	<i>Ipomoea turpethum</i> , Br.	Root
● Turanjabeen	<i>Alhagi maurorum</i> , Medic.	Manna

**Antiseptic (Manae-ul-'Ufunat)**

● An agent that opposes sepsis, putrefaction or decay i.e. that prevents the growth of micro-organisms.

**Examples:**

● Koela	Charcoal	Coal
● Tambacu	<i>Nicotiana tabacum</i> , L.	Leaves
● Neem	<i>Melia azadirachta</i> , L.	Leaves & Oil

● Behroza	<i>Pinus longifolia</i> , Roxb.	Resin
● Kafoor	<i>Camphora officinarum</i> , Bauh.	Oil
● Ral sufaid	<i>Shorea robusta</i> , Gaertn.	Resin
● Gandhak	Sulphur	Mineral
● Kamela	<i>Mallotus philippinensis</i> , Muel.Arg.	Powder
● Haldi	<i>Curcuma longa</i> , L.	Rhizome
● Balsan	Balsam oil	Oil
● Raughan-e-Qaranfal	Clove oil	Oil
● Raughan-e-Darchini	Cinnamon oil	Oil

### **Antispasmodic (*Muzad-ul-Tashannug / Dafa-e-Tashannug*)**

● A drug which counteracts spasmodic disorders i.e. which reduces spastic power of nerves or nerve-centres and thus subsides spasmodic condition.

#### **Examples:**

● Dhatura	<i>Datura alba</i> , Nees.	Leaves
● Afiyun	<i>Papaver somniferum</i> , L.	Latex
● Ud-e-Saleeb	<i>Paeonia officinalis</i> , L.	Root
● Jadvar	<i>Delphinium denudatum</i> , Wall.	Root
● Balchar	<i>Valeriana jatamansi</i> , DC.	Rhizome
● Asaroon	<i>Asarum europaeum</i> , L.	Root
● Abhal	<i>Juniperus communis</i> , L.	Fruit
● Khashkhash	<i>Papaver somniferum</i> , L.	Seed & Capsule
● Kahu	<i>Lactuca scariola</i> , L.	Seed
● Irsa	<i>Iris florentina</i> , L.	Root

### **Antitussive (*Mukhaffaf-ul-Su'al / Musakkin-e-Su'al*)**

● An agent which is thought to act selectively on the medullary centres to suppress the cough reflex.

#### **Examples:**

● Afiyun	<i>Papaver somniferum</i> L.	Latex
● Post-e-Koknar musailum	<i>Papaver somniferum</i> L.	Capsule
● Ajowain desi	<i>Ptychotis ajowan</i> , DC.	Seed
● Ajowain Khurasani	<i>Hyoscyamus niger</i> , L.	Seed
● Lavang	<i>Myrtus caryophyllus</i> , L.	Flower bud

● Namak-e-siyah	Black salt	Salt
● Dar-e-Filfil	<i>Piper longum</i> , L.	Fruit
● Babchi	<i>Psoralea corylifolia</i> , L.	Seed
● Samag-e-arabi	<i>Acacia arabica</i> , Willd.	Gum
● Bhang	<i>Cannabis indica</i> , L.	Leaves

### **Aperient (*Mushil Kafeef*)**

- An agent which produces mild purgation.

#### *Examples:*

● Elva	<i>Aloe indica</i> , L.	Extract
● Revand	<i>Rheum emodi</i> , Wall.	Root
● Sana	<i>Cassia angustifolia</i> , Vahl.	Leaves
● Suranjan talkh	<i>Colchicum luteum</i> , Baker	Corm
● Kamela	<i>Mallotus philippinensis</i> Muel.Arg.	Powder

### **Aphrodisiac (*Naghouth / Muqawwi-ul-Bah*)**

- A drug which promotes sexual desire.

#### *Examples:*

● Asgandh	<i>Withania somnifera</i> , Dun.	Root
● Saleb-misri	<i>Orchis mascula</i> , L.	Root
● Shekakul-misri	<i>Pastinaca schekakul</i> , Rus.	Root
● Halem	<i>Lepidium sativum</i> , L.	Seed
● Khurma	<i>Phoenix dactylifera</i> , L.	Dried Fruit
● Zanjabeel	<i>Zingiber officinale</i> , Rosc.	Rhizome
● Sataver	<i>Asparagus racemosus</i> , Willd.	Root
● Amber	<i>Ambra grasea</i>	Concrete Mass
● Mushk	<i>Moschus moschiferus</i>	Gland
● Zaffron	<i>Crocus sativus</i> , L.	Stigma & styles
● Moosli	<i>Curculigo orchoides</i> , Gaertn.	Root
● Gazer	<i>Daucus carota</i> , L.	Seeds
● Salajeet	Asphaltum	Mineral pitch
● Jaiphal	<i>Myristica fragrans</i> , Hout.	Nut-seed
● Magziyat	Seeds Kernel e.g. almond, pistachia, hazel & walnut etc.	Kernels

### **Appetizer (*Mushahhi*)**

- An agent which improves appetite.

#### *Examples:*

- See antianorectic drugs.
- See digestive drugs.

### **Astringent (*Qabiz / Mumsik*)**

- A drug which arrests secretions, discharges or bleeding..

#### *Examples:*

- See antidysentric drugs.
- See antidiarrhoeal drugs.
- See antileucorrhoeal drugs.
- See antihaemorrhagic drugs.
- See antihaemorrhoidal drugs.

### **Attenuant (*Mulattif / Muraqqiq*)**

- An agent that attenuates fluidity or dilutes fluids.

#### *Examples:*

• Ustakhudus	<i>Lavendula stoechas</i> , L.	Plant & Flower
• Kasni	<i>Cichorium intybus</i> , L.	Root
• Abhal	<i>Juniperus communis</i> , L.	Fruit
• Chiraeta shirin	<i>Swertia chirata</i> , Ham.	Plant
• Chobchini	<i>Smilax china</i> , L.	Root
• Zufa	<i>Hyssopus officinalis</i> , L.	Plant & Flower
• Saddab	<i>Ruta graveolens</i> , L.	Leaves
• Ushbah	<i>Hemidesmus indicus</i> , R.Br.	Root
• Kamooni (Mako)	<i>Solanum nigrum</i> , L.	Plant
• Hansraj	<i>Adiantum capillus-veneris</i> , L.	Plant

### **Attractive / Absorbefacient / Counter-irritant (*Jazib / Jazzab*)**

- An agent which absorbs or attracts material towards the place of application i.e. which induces a mild irritation or inflammation at the site of

application to relieve congestion of the deeper structures.

**Examples:**

● Panwar	<i>Cassia tora</i> , L.	Seed
● Khardal	<i>Brassica juncea</i> , Coss.	Seed
● Lahson	<i>Allium sativum</i> , L.	Bulb
● Piyaz	<i>Allium cepa</i> , L.	Bulb
● Lavang	<i>Myrtus carophyllus</i> , L.	Flower bud

**Beautifying (Musaffi-e-Loun / Ubtan / Jali)**

● An agent which improves the beauty or the complexion.

**Examples:**

● Ritha	<i>Sapindus trifoliatus</i> , L.	Nut-rind
● Chana	<i>Cicer arietinum</i> , L.	Gram flour
● Haldi	<i>Curcuma longa</i> , L.	Root
● Sandal sufaid	<i>Santalum album</i> , L.	Wood & Oil
● Lembu	<i>Citrus limonum</i> , Risso.	Juice
● Masoor	<i>Lens esculenta</i> , Moench.	Seed
● Post Sangtara	<i>Citrus auruntinum-var-deliciosa</i> , L.	Fruit skin
● Neem	<i>Melia azadirachta</i> , L.	Leaves & Oi
● Badam talkh	<i>Prunus amygdalus-var-amara</i> , Bail.	Kernel
● Kamela	<i>Mallotus philippinensis</i> , Muel.Arg.	Powder

**Blood Purifier (Mussaffi-ud-Dam / Munaqqi-u-Dam)**

● An agent which purifies the blood from its impurities.

**Examples:**

● Shahtera	<i>Fumaria parviflora</i> , L.	Plant
● Chiraeta	<i>Swertia chirata</i> , Ham.	Plant
● Saphoka	<i>Tephrosia purpurea</i> , Pers.	Leaves
● Guli-Mundi	<i>Sphaerantus indicus</i> , L.	Flower
● Unnab	<i>Zizyphus vulgaris</i> , Lam.	Fruit
● Chob-chini	<i>Smilax china</i> , L.	Root
● Chob-zard	<i>Curcuma longa</i> , L.	Rhizome
● Ushbah-desi	<i>Hemidesmus indicus</i> , R.Br.	Root
● Babchi	<i>Psoralea corylifolia</i> , L.	Seed

● Panwar	<i>Cassia tora</i> , L.	Seed
● Neem	<i>Melia azadirachta</i> , L.	All parts
● Gilo	<i>Tinospora cordifolia</i> , Miers.	Plant

### **Blood Thickening (*Mughalliz-ud-Dam*)**

- An agent which increases the viscosity of blood.

#### *Examples:*

- See haemostatic drugs.
- See cooling drugs.

### **Bursting (*Mufagger*)**

- An agent which bursts the ripen abscesses and allows pus to be discharged out.

#### *Examples:*

● Chuna	Calcium carbonate	Lime crystals
● Piyaz	<i>Allium cepa</i> , L.	Bulb
● Ratanjot	<i>Onosma echioides</i> , L.	Root
● Sheer-e-madar	<i>Calotropis gigantea</i> , R.Br.	Milky Latex
● Farfiyun	<i>Euphorbia resinifera</i> , Berg.	Gum
● Hurf	<i>Lepidium sativum</i> , L.	Seed
● Hira-Kasees	Ferrous sulphate	Salt
● Hartal	Yellow Arsenic tri-sulphate,	Yellow Crystals
● Saboon	Soap	Soap
● Sohaga	Sodium borate	Mineral

### **Calorificient (*Muwallad-ul-Hararah / Harr*)**

- An agent that generates heat in the body.

#### *Examples:*

● Hing	<i>Assafoetida</i> , L.	Resin
● Lavang	<i>Myrtus caryophyllus</i> , L.	Flower bud
● Qurtum	<i>Carthamus tinctorius</i> , L.	Seed
● Kalonji	<i>Nigella sativa</i> , L.	Seed
● Zaffron	<i>Crocus sativus</i> , L.	Stigma & Style

● Methi	<i>Trigonella foenum-graeceum</i> , L.	Seed
● Zira Siyah	<i>Carum nigrum</i> , L.	Seed
● Jauz and Javatri	<i>Myristica fragrans</i> , Hout.	Nut & Mace
● Amber	<i>Ambra grasea</i>	Concrete mass
● Filfil aswad	<i>Piper nigrum</i> , L.	Fruit
● Abhal	<i>Juniperus communis</i> , L.	Fruit
● Kuchla	<i>Strychnos nux-vomica</i> , L.	Seed

### **Carminative (*Muhallil-ul-Riyah / Kaser-ur-Riyah*)**

● A drug which relieves gases or gaseous distension of stomach or intestines.

#### **Examples:**

- See antifatulent drugs.
- See digestive drugs.

### **Cathartic (*Mushil Shadeed or Qavi*)**

● A drug which facilitates the passage and elimination of faeces from the colon.

#### **Examples:**

● Jamal gotta	<i>Croton tiglium</i> , L.	Seed
● Bindal	<i>Luffa echinata / bindal</i> , Roxb.	Fruit
● Usarah revand	<i>Garcinia morella</i> , Desv.	Resin
● Bekh-e-jalapa	<i>Ipomoea purga</i> , Hayne.	Root
● Saqmonia	<i>Convolvulus scamonium</i> , L.	Gum Resin
● Habb-un-neel	<i>Ipomoea hederaceae</i> , Jacq.	Seed
● Sheham-e-hanzal	<i>Citrus colocynthis</i> , Sch.	Pulp
● Turbud	<i>Ipomoea turpethum</i> , R.Br.	Root
● Kutki	<i>Picrorrhiza kurroa</i> , Benth.	Rhizome

### **Caustic (*Kavi / Kaavi / Moharreq*)**

● A topical agent that causes destruction of tissues at the site of application.

### Examples:

● Tezab Gandhak	Sulphuric acid	Acid
● Tezab Shora	Nitric acid	Acid
● Tezab Namak	Hydrochloric acid	Acid
● Phitkari	Aluminium sulphate	Salt
● Kasees	Ferrous Sulphate	Green vitriol
● Chuna	Calcium carbonate	Lime crystals
● Tutiya	Copper Sulphate	Blue vitriol

### Cholagogue (*Mufarreg-us-Safra / Mushil Safra*)

- A drug which promotes flow of bile or excretes bile in stools.

### Examples:

● Saqmonia	<i>Convolvulus scammonium, L.</i>	Resin
● Shirkhisht	<i>Fraxinus ornus, L.</i>	Manna
● Turanjabeen	<i>Aihagi maurorum, Medic.</i>	Manna
● Sibr zard	<i>Aloe indica, L.</i>	Extract
● Halela zard	<i>Terminalia chebula, Retz.</i>	Rind
● Guli surk	<i>Rosa damascena, Mill.</i>	Flower
● Khubani	<i>Prunus armeniaca, L.</i>	Fruit
● Alu-bukhara	<i>Prunus communis, L.</i>	Fruit
● Tamer-hindi	<i>Tamarindus indica, L.</i>	Fruit
● Guli banafsha	<i>Viola odorata, L.</i>	Flowers

### Cleansing (*Jali / Musaffi / Musaffa*)

- An agent which cleanses the skin and improves complexion.

### Examples:

- See beautifying agents.

### Coagulating / Coagulant (*Jamed / Mukhascer*)

- An agent which coagulates fluids or humours or blood.

### Examples:

- See blood-thickening agents.
- See haemostatics.



### **Coctive / Concoctive (Munzij / Mughli)**

- An agent which corrects the consistency of the humours (i.e. abnormal or altered humours) of the body and makes them normal.

#### *Examples:*

#### **Coctive Drugs for Phlegm: (Munzij Balgham)**

• Badiyan	<i>Foeniculum vulgare</i> , Mill.	Seed
• Bekh Badiyan	<i>Foeniculum vulgare</i> , Mill.	Root
• Bekh Kasni	<i>Cichorium intybus</i> , L.	Root
• Khatmi	<i>Athaea officinalis</i> , L.	Seed
• Khubbazi	<i>Malva sylvestris</i> , L.	Seed
• Asl-us-soos	<i>Glycyrrhiza glabra</i> , L.	Root
• Gaozaban	<i>Onosma bracteatum</i> , Wall.	Leaves
• Unnab	<i>Zizyphus vulgaris</i> , Lam.	Fruit
• Ustukhudus	<i>Lavendula stoechas</i> , L.	Plant
• Sapistan	<i>Cordia latifolia</i> , Roxb.	Fruit

#### **Coctive Drugs for Atrabile (Munzij Souda)**

• Aftimoon	<i>Cuscuta reflexa</i> , Roxb.	Plant
• Ustukhudus	<i>Lavendula stoechas</i> , L.	Plant
• Anjir	<i>Ficus carica</i> , L.	Fruit
• Badavard	<i>Onopordon macracanthum</i> , Sch.	Plant
• Badranjboya	<i>Melissa parviflora</i> , Benth.	Leaves & Seeds
• Turanjabeen	<i>Alhagi maurorum</i> , Medic.	Manna
• Sapistan	<i>Cordia latifolia</i> , Roxb.	Fruit
• Shahtera	<i>Fumaria parviflora</i> , L.	Plant
• Unnab	<i>Zizyphus vulgaris</i> , Lam.	Fruit
• Munaqqa	<i>Vitis vinifera</i> , L.	Fruit

#### **Coctive Drugs for Yellow Bile (Munzij or Moaddil Safra)**

- See antibilious drugs.
- All sour articles and eatables.

#### **Coctive Drugs for Blood (Munzij / Moaddil-ud-Dam)**

- See blood-purifiers.
- See alterative drugs for blood.

### **Constipating (*Qabiz-ul-Ishal / Qabiz-ul-Ama'a*)**

- See antidyenteric drugs.
- See antidiarrhoeal drugs.

### **Cooling / Coolant (*Mubarrid / Barid*)**

• An agent which alleviates excessive heat from the body or reduces the body heat.

#### *Examples:*

- See haemostatic drugs.
- See astringent drugs.
- See anaesthetic drugs.
- See diaphoretic drugs.

### **Corrosive (*Akkal*)**

- See caustic drugs.

### **Decoagulant (*Mane' Al-Takhascur / Mulattif / Muraqqiq*)**

- An agent which decoagulates the blood.

#### *Examples:*

- See coctive drugs.
- See blood-purifiers.

### **Demulcent (*Musakkin* or *Mulaiyan-ul-Jild-val-Ghisha*)**

• An agent having a soothing effect on the skin and the mucous membrane or abraded tissues.

#### *Examples:*

- |            |                                  |       |
|------------|----------------------------------|-------|
| • Behidana | <i>Cydonia vulgaris</i> , Pers.  | Seed  |
| • Unnab    | <i>Zizyphus vulgaris</i> , Lamk. | Fruit |
| • Sapistan | <i>Cordia latifolia</i> , Roxb.  | Fruit |

● Tukhm-e-Kahu	<i>Lactuca scariola</i> , L.	Seed
● Samagh-e-arabi	<i>Acacia arabica</i> , Willd.	Gum
● Katira	<i>Astragalus virus</i> , Oliv.	Gum
● Khatmi	<i>Althaea officinalis</i> , L.	Seed & Root
● Ispaghool	<i>Plantago ispagula</i> , Forsk.	Seed
● Gaozaban	<i>Onosma bracteatum</i> , Wall.	Leaves
● Kanocha	<i>Salvia spinosa</i> , L.	Seed
● Koknar	<i>Papaver somniferum</i> , L.	Capsule & Seed
● Bartang	<i>Plantago major</i> , L.	Seed

### Deobstruent (Mufatteh)

● A drug that removes an obstruction to the flow of secretions or excretions by opening the natural passages or orifices of the body.

#### Examples:

● Afsantin	<i>Absinthium officinalis</i> , L.	Plant
● Kasni	<i>Cichorium intybus</i> , L.	Seed & Root
● Sumbul-et-teeb	<i>Valeriana jatamansi</i> , DC.	Rhizome
● Kasoos	<i>Cuscuta reflexa</i> , Roxb.	Seed
● Karafs	<i>Apium graveolens</i> , L.	Seed
● Hansraj	<i>Adiantum capillus-veneris</i> , L.	Plant
● Munaqqa	<i>Vitis vinifera</i> , L.	Fruit
● Kamooni (Mako)	<i>Solanum nigrum</i> , L.	Plant
● Ustukhudus	<i>Lavendula stoechas</i> , L.	Plant
● Tagger	<i>Valeriana wallichii</i> , DC.	Root

### Desiccant / Drying (Mujaffif)

● An agent which lowers the moisture content of a tissue.

#### Examples:

● Sange jarahat	Silicate of magnesia	Stone
● Surma	Antimony sulphide	Stone
● Mazu	<i>Quercus infectoria</i> , Oliv.	Gall
● Tabasheer	<i>Bambusa arundinacea</i> , Retz.	Manna
● Gulnar	<i>Punica granatum</i> , L.	Flower
● Post-e-anar	<i>Punica granatum</i> , L.	Rind

● Hina	<i>Lawsonia inermis</i> , L.	Leaves
● Qust	<i>Saussurea lappa</i> , Clarke	Root
● Kamela	<i>Mallotus philippinensis</i> , Muell.Arg.	Powder
● Ral	<i>Shorea robusta</i> , Gaertn.	Resin
● Phitkari	Aluminium sulphate	Alum
● Koela	Charcoal	Coal

### **Detergent (*Munazzif / Jali*)**

- A cleansing agent.

#### *Examples:*

- See cleansing drugs.
- See beautifying agents.

### **Diaphoretic (*Mu'arreq*)**

- A drug that induces copious perspiration.

#### *Examples:*

● Kafoor	<i>Camphora officinarum</i> , Bauh.	Crystals
● Chai	<i>Camellia theifera</i> , Griff.	Leaves
● Bish	<i>Aconitum ferox</i> , Wall.	Root
● Suranjan talkh	<i>Colchicum luteum</i> , Baker.	Corm
● Suranjan shireen	<i>Merendera persica</i> , L.	Corm
● Ushba	<i>Hemidesmus indicus</i> , R.Br.	Root
● Chobchini	<i>Smilax china</i> , L.	Root
● Anjir	<i>Ficus carica</i> , L.	Fruit
● Karafs	<i>Apium graveolens</i> , L.	Seed
● Khaksi	<i>Sisymbrium irio</i> , L.	Seed
● Lahsan	<i>Allium sativum</i> , L.	Bulb

### **Digestive / Digestant (*Hazim / Musa'id-ul-Hazm*)**

- An agent which promotes the process of digestion in the gastrointestinal tract.

**Examples:**

● Lemu	<i>Citrus limonum</i> , Risso.	Fruit
● Ajowain	<i>Ptychotis ajowan</i> , DC.	Seed
● Elaichi khurd	<i>Elettaria cardamomum</i> , Matron.	Seed
● Anardana	<i>Punica granatum</i> , L.	Seed
● Badiyan	<i>Foeniculum vulgare</i> , Mill.	Seed
● Podina	<i>Mentha arvensis</i> , L.	Leaves
● Zanjabeel	<i>Zingiber officinale</i> , Rosc.	Rhizome
● Zira Sufaid	<i>Cuminum cyminum</i> , L.	Seed
● Namak-e-siyah	Black salt	Salt
● Soda Khurdani	Sodium bicarbonate (impure)	Soda
● Naushader	Ammonium chloride	Salt
● Jawakhar	Potassium carbonate (impure)	Salt

**Dissolvent (*Mulattif / Hal*)**

- An agent which lowers the viscosity of the secretions, excretions or discharges.

**Examples:**

- See attenuant.

**Diuretic (*Mudir-Lil-Baul / Mubouwal*)**

- A drug which increases the rate of urine formation and its discharge.

**Examples:**

● Izkhar	<i>Andropogon shoenantus</i> , DC.	Grass & Roo
● Anannas	<i>Ananas sativus</i> , L.	Fruit
● Badiyan	<i>Foeniculum vulgare</i> , Mill.	Seed
● Kasni	<i>Cichorium intybus</i> , L.	Seed & Root
● Parsiawushan	<i>Adiantum capillus-veneris</i> , L.	Plant
● Khurfa	<i>Portulaca oleracea</i> , L.	Seed
● Tukhm-e-Kadu	<i>Cucurbita pepu</i> , DC.	Seed
● Tukhm-e-Khiyar	<i>Cucumis sativus</i> , L.	Seed
● Tukhm-e-Tarbuz	<i>Citrullus vulgaris</i> , Sch.	Seed
● Tukhm-e-Kharbuza	<i>Cucumis melo</i> , L.	Seed
● Tukhm-e-Karafs	<i>Apium graveolens</i> , L.	Seed

● Chai	<i>Camellia thea</i> , Link.	Leaves
● Kulthi	<i>Dolichos biflorus</i> , L.	Seed
● Kharkhask	<i>Tribulus terrestris</i> , L.	Calatrops
● Kaknaji	<i>Physalis alkekengi</i> , L.	Fruit
● Falsa	<i>Grewia asiatica</i> , L.	Fruit & Bark

### Emetic (*Muqi / Muqai*)

- A drug which induces vomiting.

#### Examples:

● Kadu talkh	<i>Cucurbita pepo-var-amara</i> , DC.	Juice
● Barg-e-turb	<i>Raphanus sativus</i> , L.	Leaves
● Bindal	<i>Luffa echinata / bindal</i> , Roxb.	Fruit
● Phitkari	Aluminium sulphate	Alum crystals
● Tukhm-e-mooli	<i>Raphanus sativus</i> , L.	Seed
● Tukhm-e-jargeer	<i>Eruca sativa</i> , Mill.	Seed
● Tambaku	<i>Nicotiana tabacum</i> , L.	Leaves
● Khardal	<i>Brassica juncea</i> , Coss.	Seed
● Kharbaq	<i>Picrorrhiza kurooa</i> , Benth.	Root
● Namak-e-ta'am	Sodium chloride	Salt

### Emollient (*Mulaiyan / Mulattif / Muhallij*)

- A drug which allays irritation of the skin and alleviates swellings and pain.

#### Examples:

● Arad-e-Gundum	<i>Triticum sativum</i> , Lam.	Seeds' Flour
● Ispaghol	<i>Plantago ispagula</i> , Forsk.	Seed
● Aisi	<i>Linum usitatissimum</i> , L.	Seed
● Nakhuna	<i>Trigonella uncata</i> , Boiss.	Pod
● Babuna	<i>Matricaria chamomilla</i> , L.	Flower
● Khatmi	<i>Althaea officinalis</i> , L.	Seed
● Goggul	<i>Commiphora mukul</i> , Engl.	Resin
● Mom zard	<i>Cera flava</i>	Wax
● Mehndi	<i>Lawsonia inermis</i> , L.	Leaves
● Kanocha	<i>Salvia spinosa</i> , L.	Seed

### **Emmenagogue (*Mudira-tul-Haiz / Mudira-tul-Tams*)**

- A drug which promotes menstruation or regulates the menstrual cycles.

#### **Examples:**

● Abhal	<i>Juniperus communis</i> , L.	Fruit
● Inderjo talkh	<i>Holarrhena anti-dysenterica</i> , Wall.	Seed
● Parsiawushan	<i>Adiantum capillus-veneris</i> , L.	Fruit skin
● Habb-ul-Qurtum	<i>Catharmus tinctorius</i> , L.	Seed
● Saddab	<i>Ruta graveolens</i> , L.	Leaves
● Mushktramashi	<i>Mentha sylvestris</i> , L.	Plant
● Kasoos	<i>Cuscuta reflexa</i> , Roxb.	Seed
● Karafs	<i>Apium graveolens</i> , L.	Seed
● Hing	<i>Ferula assafoetida</i> , L.	Resin
● Haliyun	<i>Asparagus officinalis</i> , L.	Seed & Root
● Elva	<i>Aloe indica</i> , L.	Extract

### **Exhilarant (*Mufarrah / Mun'ish*)**

- A drug which cools and refreshes the body and mind.

#### **Examples:**

● Lemu	<i>Citrus limonum</i> , Risso.	Juice
● Marvarid	Pearl	Pearl
● Yashab	Jade stone	Stone
● Abresham	<i>Bombyx mori</i>	Silkworm cocoon
● Elaichi	<i>Elettaria cardamomum</i> , Maton.	Seed
● Anar	<i>Punica granatum</i> , L.	Fruit juice
● Badranjboya	<i>Melissa parviflora</i> , Benth.	Leaves & Seeds
● Balangu	<i>Lallemantia royleana</i> , Benth.	Seed
● Bahman	<i>Centaurea behen</i> , L.	Root
● Petha	<i>Benincasa cerifera</i> , Savi.	Seed
● Tamer hindi	<i>Tamarindus indica</i> , L.	Fruit
● Gaozaban	<i>Onosma bracteatum</i> , Wall.	Leaves & Flower
● Kahruba	<i>Vateria indica</i> , L.	Resin
● Keora	<i>Pandanus odoratissimus</i> , Willd.	Flower
● Faranjemushk	<i>Ocimum gratissimum</i> , L.	Seed

• Khas	<i>Lactuca scariola</i> , L.	Seed & Leaves
• Ushna	<i>Parmelia perlata</i> , Ach.	Flower
• Tez-path	<i>Cinnamomum iners</i> , Rinw.	Leaves

### Expectorant (*Munaffes-ul-Balgham / Mukhrej-ul-Balgham / Muqashsha'*)

• A drug that assists in the removal of secretion or exudate from the trachea, bronchi or lungs.

#### Examples:

• Arusa / Adusa	<i>Adhatoda vasika</i> , Nees.	Leaves
• Asalussus	<i>Glycyrrhiza glabra</i> , L.	Root
• Alsi	<i>Linum usitatissimum</i> , L.	Seed
• Khubbazi	<i>Malva sylvestris</i> , L.	Seed
• Khatmi	<i>Athaea officinalis</i> , L.	Seed & Root
• Zufa khushk	<i>Hyssopus officinalis</i> , L.	Plant & Flower
• Sapistan	<i>Cordia latifolia</i> , Roxb.	Fruit
• Unnab	<i>Zizyphus vulgaris</i> , Lam.	Fruit
• Gaozaban	<i>Onosma bracteatum</i> , Wall.	Leaves
• Murra makki	<i>Commiphora myrrha</i> , Nees.	Resin
• Methi	<i>Trigonella foenum-graceum</i> , L.	Seed
• Parsiawushan	<i>Adiantum capillus veneris</i> , L.	Plant

### Fattening (*Musammin / Musammin-ul-Jism*)

• An agent which promotes anabolism and increases body weight.

#### Examples:

• Narjeel	<i>Cocos nucifera</i> , L.	Kernel & Oil
• Pambadana	<i>Gossypium herbaceum</i> , L.	Seed Kernel
• Chilgoza	<i>Pinus gerardiana</i> , Wall.	Seed Kernel
• Chironji	<i>Buchanania latifolia</i> , Roxb.	Seed Kernel
• Munaqqa	<i>Vitis vinifera</i> , L.	Dried Fruit
• Khurma yabis	<i>Phoenix dactylifera</i> , L.	Dried Fruit
• Am	<i>Mangifera indica</i> , L.	Fruit Pulp
• Asgandh	<i>Withania somnifera</i> , Dun.	Root



● Makkhan	Butter / Cream	Butter
● Salab misri	<i>Orchis mascula</i> , L.	Tuber

**Febrifuge (*Mukhaffaf-ul-Humma / Muqalla'-ul-Humma / Dafa'e' Humma*)**

- An agent which reduces fever.

*Examples:*

- See anti-pyretic drugs.

**Flatulent (*Naffakh / Muwallad-ul-Riyah*)**

- An agent which produces gas or wind in the stomach or intestines.

*Examples:*

● Alu	<i>Solanum tuberosum</i> , L.	Corn
● Aru	<i>Prunus persica</i> , Benth.	Fruit
● Arvi	<i>Colocasia anti-quorum</i> , Schott.	Corn
● Amrood	<i>Psidium guajava</i> , L.	Fruit
● Angoor	<i>Vitis vinifera</i> , L.	Fresh fruit
● Arhar	<i>Cajanus indicus</i> , Spreng.	Seed
● Baigun	<i>Solanum melongena</i> , L.	Fruit
● Mash	<i>Phaseolus roxburghii</i> , L.	Seed
● Chana	<i>Cicer arietinum</i> , L.	Seed
● Lobia	<i>Dolichos catiang</i> , Endl.	Seed

**Foeticidal (*Qatil-ul-Hamal*)**

- An agent which produces lethal effect on the foetus.

*Examples:*

- See abortifacient.

**Galactagogue (*Muwallad-ul-Laban / Mudirr-ul-Laban / Mudirr-ul-Haleeb*)**

- An agent that promotes secretion and flow of milk.

### Examples:

● Sataver	<i>Asparagus racemosus</i> , Willd.	Root
● Kalonji	<i>Nigella sativa</i> , L.	Seed
● Tooderi	<i>Mathiola incana</i> , R.Br.	Seed
● Pambadana	<i>Gossypium herbaceum</i> , L.	Seed Kernel
● Asgandh	<i>Withania somnifera</i> , Dun.	Root
● Shekakul	<i>Pastinaca schekakul</i> , Rus.	Root
● Lobia	<i>Dolichos catieng</i> , Endl.	Seed
● Zira sufaid	<i>Cuminum cyminum</i> , L.	Seed
● Doodh	Creamy Milk	Milk

### Haemostatic (*Habis-ud-Dam*)

- An agent which arrests bleeding.

### Examples:

- See antihæmorrhagic drugs.

### Healing (*Mudammil*)

- An agent that promotes healing of wounds.

### Examples:

- See desiccants.

### Hydragogue (*Mushil-ul-Mae*)

- A drug which causes discharge of watery fluid or which evacuates watery fluid through rectum or which causes watery stools.

### Examples:

- See cathartics.

### Hypnotics (*Munauvim / Munavim*)

- A drug which induces sleep.

**Examples:**

● Ajowain Khurasani	<i>Hyoscyamus niger</i> , L.	Seed
● Khashkhash	<i>Papaver somniferum</i> , L.	Capsule & Seed
● Afyun	<i>Papaver somniferum</i> , L.	Latex
● Bhang	<i>Canabis indica</i> , L.	Leaves
● Tukhm-e-Dhatura	<i>Datura alba</i> , Nees.	Seed
● Kafoor	<i>Camphora officinarum</i> , Bauh.	Crystals
● Shailum	<i>Lolium temulentum</i> , L.	Grain
● Kahu	<i>Lactuca scariola</i> , L.	Seed, Latex & Oil
● Shokran	<i>Conium maculatum</i> , L.	Leaves & Flowers
● Kasoos	<i>Cuscuta reflexa</i> , Roxb.	Plant & Seed

**Irritant (*Lazae / Mukharrash / Muhaeeg*)**

- A drug which acts locally on the skin and mucous membrane to induce hyperaemia, inflammation and even vesication when the action is severe.

**Examples:**

- See rubefacient drugs.
- See vesicants.
- See attractive.

**Laxative (*Mulaiyan*)**

- An agent which promotes passage of soft and formed stools.

**Examples:**

● Ispaghul	<i>Plantago ispagula</i> , Forsk.	Seed
● Anjir	<i>Ficus carica</i> , L.	Fruit
● Tamer hindi	<i>Tamarindus indicus</i> , L.	Fruit
● Khubani	<i>Prunus armeniaca</i> , L.	Fruit
● Sheerkhisht	<i>Fraxinus ornus</i> , L.	Manna
● Kutki	<i>Picrorrhiza kurrooa</i> , Benth.	Root
● Kasoos	<i>Cuscuta reflexa</i> , Roxb.	Seed
● Kishmish	<i>Vitis vinifera</i> , L.	Dried fruit
● Gul-i-banafsha	<i>Viola odorata</i> , L.	Flowers

● Gul-i-surkh	<i>Rosa damascena</i> , Mill.	Flowers
● Amaltas	<i>Cassia fistula</i> , L.	Pulp

### Lethal (*Mohlik*)

- An agent which exerts killing effect.

#### Examples:

● Summul Far	Arsenic oxide	White Arsenic
● Kuchla	<i>Strychnos nux-vomica</i> , L.	Seed
● Shangraf	Red Sulphide of Mercury	Cinnabar
● Para	Hydrargyrum	Mercury
● Darchikna	Mercuric chloride	Metallic mass
● Ras Kapoor	Sub-chloride of Mercury	Calomel
● Bish	<i>Aconitum ferox</i> or <i>luteum</i> , Hook.	Root
● Hartal	Yellow Arsenic trisulphide	Yellow Arsenic
● Jamal-gotta	<i>Croton tiglium</i> , L.	Seed
● Afyūn	<i>Papaver somniferum</i> , L.	Latex
● Sendur	Red Oxide of Lead	Powder
● Dhatura	<i>Datura alba</i> , Nees.	Seed
● Shukran	<i>Conium maculatum</i> , L.	Grain
● Saqmonia	<i>Convolvulus scammony</i> , L.	Resin
● Hira-kasees	Ferrous sulphate (Crude)	Green vitriol
● Nila-thoṭha	Copper sulphate (Crude)	Blue vitriol

### Lithontriptic (*Mukhrej-ul-Hasat*)

- An agent which is used for removing calculi or stones formed in the urinary system.

#### Examples:

- See antilithic drugs.

### Maturative / Maturant (*Munzij*)

- An agent which matures raw or immature humours of the body and

maintains their balance through digestive, alterative and excretory processes.

**Examples:**

- See coctive drugs.
- See alterative drugs.

**Melanagogue (*Mukhref-ul-Sauda / Mushil-ul-Sauda*)**

- An agent which facilitates passage of atrabile (black bile) through bowels.

**Examples:**

● Jamal-gotta	<i>Croton tiglium</i> , L.	Seed Kernel
● Shahem-e-hanzal	<i>Citrus colocynthis</i> , Schard.	Pulp
● Kharbaq siyah	<i>Picrorrhiza kurrooa</i> , Benth.	Rhizome
● Habbun-nil	<i>Ipomoea hederaceae</i> , Jacq.	Seed
● Afimoon	<i>Cuscuta reflexa</i> , Roxb.	Plant
● Turbud	<i>Ipomoea turpethum</i> , R.Br.	Root
● Halela-e-siyah	<i>Terminalia chebula</i> , Retz.	Fruit black
● Sana-e-hindi	<i>Cassia angustifolia</i> , Vahl.	Leaves
● Baibarang	<i>Embelia ribes</i> , Burm.	Berry
● Basfaj	<i>Polypodium vulgare</i> , L.	Root

**Moistening (*Muratteb*)**

- An agent which lubricates or moistens the tissues or organs and removes dryness.

**Examples:**

- See cooling drugs.
- See antidiarrhoeal drugs.
- See antihydrotic drugs.

● For internal use:

● Turbuzah	<i>Citrullus vulgaris</i> , L.	Seed kernel
● Kharbuzah	<i>Cucumis melo</i> , L.	Seed Kernel
● Samag-e-arabi	<i>Acacia arabica</i> , Willd.	Gum
● Arq-e-gulab	Rose Water	Water
● Raughan-e-badam	Almond Oil	Oil

● Raughan-e-zaitun	Olive Oil	Oil
● Sheer-e-gao	Cow Milk	Milk
● Sheer-e-buzz	Goat Milk	Milk
● For external use:		
● Raughan-e-badam	Almond Oil	Oil
● Raughan-e-zaitun	Olive Oil	Oil
● Raughan-e-gul	Rose Oil	Oil
● Raughan-e-Kadu	Pumpkin / Gourd Seed Oil	Oil
● Raughan Luboob-e-sabaa	Oil of Seven varieties of seeds	Oil
● Sandal sufaid	<i>Santalum album</i> , L.	Wood
● Khurfa	<i>Portulaca oleraceae</i> , L.	Seed
● Khashkhash	<i>Papaver somniferum</i> , L.	Seed

### **Narcotic (*Mukhaddir / Musakkin*)**

- A drug which induces deep sleep.

#### *Examples:*

- See anaesthetics.
- See hypnotics.

### **Nauseant / Nauseous (*Mugas / Gasiyani*)**

- An agent which causes nausea.

#### *Examples:*

- See emetic drugs.

### **Nutritive / Nutrient (*Mugazzi*)**

- An agent which nourishes the body.

#### *Examples:*

- All food articles e.g. Rice, Wheat, Meat, Milk, Pulses, Eggs and Sweets, etc.
- All eatable fruits e.g. Apple, Oranges, Banana, Figs, Mango, Grapes, Peaches, Pears, etc.
- All magziyat e.g.

● Badam shirin	<i>Prunus amygdalus</i> , Baill.	Seed Kernel
● Chilgoza	<i>Pinus gerardiana</i> , Wall.	Seed Kernel
● Pista	<i>Pistacia vera</i> , L.	Seed kernel
● Chironji	<i>Buchanania latifolia</i> , Roxb.	Seed Kernel
● Kunjad	<i>Sesamum indicum</i> , DC.	Seed
● Others:		
● Makkhan	Butter	Butter
● Ghee	Butter oil	Oil
● Shahad	Honey	Honey
● Munaqqa	<i>Vitis vinifera</i> , L.	Large raisin
● Kishmish	<i>Vitis vinifera</i> , L.	Small raisin
● Qand sufaid	White Sugar	Sugar

### **Pectoral (*Mulaiyan-us-Sader / Mukhrej-ul-Balgham*)**

- A drug which cures disorders of the chest.

#### *Examples:*

- See demulcent drugs.
- See expectorant drugs.

### **Phlegmagogue (*Mushil-ul-Balgham*)**

- A drug which evacuates or excretes phlegm through bowels or faeces.

#### *Examples:*

● Turbud	<i>Ipomoea turpethum</i> , R.Br.	Root
● Bekh-e-Jalapa	<i>Ipomoea purga</i> , Hayne.	Root
● Habbun-nil	<i>Ipomoea hederaceae</i> , Jacq.	Seed
● Sana hindi	<i>Cassia angustifolia</i> , Vahl.	Leaves
● Suranjan talk	<i>Colchicum luteum</i> , Baker.	Corn
● Shaham-e-hanzal	<i>Citrullus colocynthis</i> , Schard.	Fruit Pulp
● Sibr-e-zard	<i>Aloe indica</i> , L.	Extract
● Muqil	<i>Commiphora mukul</i> , Engl.	Resin
● Baiberang	<i>Embelia ribes</i> , Burm.	Berry
● Basfajj	<i>Polypodium vulgare</i> , L.	Root
● Shukai	<i>Onopordon acanthium</i> , L.	Plant
● Raughan bedanjir	Castor Oil	Oil

**Purgative (*Mushil*)**

- An agent which facilitates evacuation of bowel.

**Examples:**

- See aperient drugs.
- See cathartic drugs.

**Refrigerant (*Mubarrid*)**

- A drug which relieves feverishness or produces a feeling of coolness.

**Examples:**

- See cooling drugs.
- See exhilarent drugs.

**Resolvent (*Muzieb / Mohallil-ul-Varam*)**

- An agent which alleviates swellings and inflammations.

**Examples:**

- See antiinflammatory drugs.
- See antiphlogistic drugs.

**Ripening (*Munzil*)**

- See coctive drugs.

**Rubefacient / Mild Counter-Irritant (*Muhammir*)**

- An agent which induces hyperaemia on topical application. Rubefacient is accompanied by a feeling of comfort, warmth and sometimes itching and hyperthesia.

**Examples:**

- See attractive or counter-irritants.



**Sedative (Musakkin / Musaddar)**

- A drug which reduces excitement and irritation and allays the anxiety and apprehension.

**Examples:**

- See anaesthetic drugs.
- See exhilarent drugs.

**Sialagogue (Mudir-ul-Lu'ab / Musail-ul-lu'ab)**

- A drug which promotes salivation.

**Examples:**

• Lemu	<i>Citrus limonum</i> , Risso.	Fruit
• Tamer hindi	<i>Tamarindus indicus</i> , L.	Fruit
• Filfil siyah	<i>Piper nigra</i> , L.	Fruit
• Mooli	<i>Raphanus sativus</i> , L.	Root
• Tambaku	<i>Nicotiana tabacum</i> , L.	Leaves
• Aqarqarha	<i>Anacyclus pyrethrum</i> , DC.	Root
• Sonth	<i>Zingiber officinale</i> , Rosco.	Dried Rhizome
• Alu bukhara	<i>Prunus communis</i> , L.	Fruit

**Softening (Mulaiyan-ul-Varam / Mulaiyan-ul-Salabat)**

- An agent which softens the hardening of the tissues.

**Examples:**

- See emollient.

**Stomachic (Muqawwi-ul-Me'da)**

- A drug that strengthens and tones up the stomach and promotes its action.

**Examples:**

• Amla	<i>Emblica officinalis</i> , L.	Fruit rind
• Elaichi khurd	<i>Elettaria cardamomum</i> , Maton.	Seed

• Anardana	<i>Punica granatum</i> , L.	Seed
• Badiyan	<i>Foeniculum vulgare</i> , Mill.	Seed
• Balchar	<i>Valeriana jatamansi</i> , DC.	Rhizome
• Belgiri	<i>Aegle marmelos</i> , Corr.	Fruit Pulp
• Pan	<i>Piper betle</i> , L.	Leaves
• Papita	<i>Strychnos ignatii</i> , Berg.	Seed
• Turanj	<i>Citrus medica</i> , L.	Fruit skin
• Sangdana-e-Murg	Chicken Gizzard	Dried membrane
• Jamun	<i>Eugenia jambolana</i> , Lam.	Seed kernel
• Chiraita	<i>Swertia chirata</i> , Ham.	Plant
• Hab-bul-As	<i>Myrtus communis</i> , L.	Fruit
• Zarishk	<i>Berberis aristata</i> , L.	Fruit
• Zanjabeel	<i>Zingiber officinale</i> , Rosco.	Rhizome
• Zaranbad	<i>Zingiber zerumbet</i> , Smith.	Root pieces
• Mayen (Maaen)	<i>Tamarix articulata / gallica</i> , L.	Resin
• Falsa	<i>Grewia asiatica</i> , L.	Fruit
• Podina	<i>Mentha arvensis</i> , L.	Leaves

### **Styptic (*Habis-ud-Dam*)**

- An agent which checks bleeding.

#### **Examples:**

- See antihæmorrhagic drugs.

### **Thirst Quenching (*Musakkin-ul-Atash*)**

- An agent that satisfies feeling of thirst.

#### **Examples:**

- See cooling drugs.
- See exhilarent drugs.

### **Tonic (*Muqawwi / Muqawa*)**

- An agent which gives strength to the body or its organs, e.g. tooth and

gum, eye, brain and nerves, heart, sex, stomach, intestines, liver and also blood etc.

### Teeth And Gingival Tonic (*Muqawwi-ul-Asnan and Lessah*)

- A drug which gives strength to the teeth and gums.

#### Examples:

• Anar	<i>Punica granatum</i> , L.	Bark & Fruit rind
• Babool	<i>Acacia arabica</i> , Willd.	Bark
• Phitkari	Aluminus sulphate	Alum
• Tambaku sokhta	<i>Nicotiana tabacum</i> , L.	Leaves
• Aqaraqara	<i>Anacyclus pyrethrum</i> , DC.	Root
• Mazu	<i>Quercus infectoria</i> , Oliv.	Gall
• Mayen (Maen)	<i>Tamarix articulata</i> , Vahl.	Gall
• Mastagi	<i>Pistacia lentiscus</i> , L.	Resin
• Nagarmotha	<i>Cyperus rotundus</i> , L.	Tubers
• Kabab-chini	<i>Cubeba officinalis</i> , Miq.	Fruit
• Miswak	<i>Salvadora persica</i> , L.	Stem & Branches
• Sat-e-podina	Menthol	Extract crystals
• Filfil siyah	<i>Piper nigrum</i> , L.	Fruit
• Laung (Lavang)	<i>Myrtus caryophyllus</i> , L.	Flower bud

### Nervine Tonic (*Muqawwi-ul-Asab*)

- A drug which gives strength to the nerves and promotes their faculties and function.

#### Examples:

• Ustukhudus	<i>Lavendula stoechas</i> , L.	Plant
• Babuna	<i>Matricaria chamomilla</i> , L.	Flower
• Balchar	<i>Valeriana jatamansi</i> , DC.	Rhizome
• Jadvar	<i>Delphinium denudatum</i> , Wall.	Root
• Talispatra	<i>Taxus buccata</i> , L.	Leaves & twigs
• Salab-misri	<i>Orchis masculata</i> , L.	Tubers
• Jundebedastor	Castoreum	Dried secretions

● Kuchla	<i>Strychnos nuxvomica</i> , L.	Seed
● Khubsul hadeed	Impure oxide of iron	Iron rust
● Methi	<i>Trigonella foenum-graceum</i> , L.	Seed

### Eye-Tonic / Eye-sight or Vision Tonic (*Muqawwi-ul-Basar*)

- A drug which gives strength to eyes and promotes eye-sight or vision.

#### Examples:

● Mimiran	<i>Coptis-teeta</i> , Wall.	Root
● Sang-e-basri	Zinc carbonate	Stone
● Surma	Antimony sulphide	Black powder
● Badiyan	<i>Foeniculum vulgare</i> , Mill.	Seed
● Bhangra	<i>Eclipta alba</i> , Hassk.	Leaves & Root
● Amla	<i>Emblica officinalis</i> , L.	Fruit & rind
● Mushkdana	<i>Hibiscus abelmoschus</i> , L.	Seed
● Halela	<i>Terminalia chebula</i> , Retz.	Fruit rind
● Chaksu	<i>Cassia absus</i> , L.	Seed
● Balela	<i>Terminalia belerica</i> , Roxb.	Fruit skin

### Brain Tonic (*Muqawwi-ud-Dimag*)

- A drug which gives strength to the brain and promotes its faculties and functions.

#### Examples:

● See Nervine tonic drugs.		
● Amla	<i>Emblica officinalis</i> , L.	Fruit & rind
● Brahmi	<i>Hydrocotyle asiatica</i> , L.	Plant
● Bedemushk	<i>Salix caprea</i> , L.	Stem
● Baida-e-murg	Chicken egg	Egg
● Sumbul-e-teeb	<i>Valeriana jatamansi</i> , DC.	Rhizome
● Kashniz	<i>Coriandrum sativum</i> , L.	Fruit
● Gosht-e-murg	Chicken meat	Meat
● Badam	<i>Prunus amygdalus</i> , Baill.	Seed kernel
● Akhrot	<i>Juglans regia</i> , Linn.	Fruit kernel
● Amber	<i>Amber grasea</i>	Concrete mass
● Faranjemishk	<i>Ocimum gratissimum</i> , L.	Seed
● Behi	<i>Cydonia vulgaris</i> , Pers.	Fruit

### **Blood Tonic (*Muqawwi-ud-Dam*)**

- A drug which increases haemopoietic factors to produce more red cells and haemoglobin.

#### **Examples:**

● Sammul-far	White oxide of Arsenic	Arsenic
● Kushta-e-faulad	Incinerated Iron	Ash
● Raugan-e-Mahi	Cod Liver Oil	Oil
● Munaqqa	<i>Vitis vinifera</i> , L.	Fruit
● Kabad	Liver	Organ
● Anar shirin	<i>Punica granatum</i> , L.	Sweet fruit
● Seb (Saib)	<i>Pyrus mallus</i> , L.	Fruit
● Anar tursh	<i>Punica granatum</i> , L.	Sour fruit
● Am	<i>Mangifera granatum</i> , L.	Fruit pulp
● Amla	<i>Emblica officinalis</i> , L.	Fruit

### **Heart Tonic (*Muqawwi-ul-Qalb*)**

- A drug which gives strength to heart and tones up the heart muscle and improves its function.

#### **Examples:**

● Amla	<i>Emblica officinalis</i> , L.	Fruit
● Abresham	<i>Bombyx mori</i>	Silk cocoon
● Elaichi-khurd	<i>Elettaria cardamomum</i> , Maton.	Seed
● Anar	<i>Punica granatum</i> , L.	Fruit
● Anannas	<i>Ananas sativus</i> , L.	Fruit
● Badranjboya	<i>Melissa parviflora</i> , Benth.	Leaves & See
● Bahman	<i>Centaurea behen</i> , L.	Root
● Post-e-turanj	<i>Citrus medica</i> , L.	Fruit skin
● Charela (Ushna)	<i>Parmelia perlata</i> , Ach.	Flower
● Hab-ul-as	<i>Myrtus communis</i> , L.	Seed
● Darchini	<i>Cassia zeylanicum</i> , Blume.	Bark
● Daronaj aqrabi	<i>Doranicum hookari</i> , Clarke.	Root
● Faranjemishk	<i>Ocimum gratissimum</i> , L.	Fruit
● Kishniz	<i>Coriandrum sativum</i> , L.	Fruit
● Kahrubā	<i>Vateria indica</i> , L.	Resin
● Gaozaban	<i>Onosma bracteatum</i> , Wall.	Leaves

• Marwarid	Pearl	Pearl
• Mushk	<i>Moschus moschiferus</i>	Gland
• Mastagi	<i>Pistacia lentiscus</i> , L.	Resin
• Yaqut	Rubianus stone	Stone

### **Stomach and Intestine Tonic (*Muqawwi-ul-Me'da-val-Ama'a*)**

• A drug which gives strength to the stomach and intestine and improves their functions.

#### *Examples:*

- See stomachic drugs.
- See astringent and antidiarrhoeal drugs.

### **Liver Tonic (*Muqawwi-ul-Kabad*)**

• A drug which gives strength to the liver and improves its functions directly or indirectly.

#### *Examples:*

• Asarun	<i>Asarum europaeum</i> , L.	Root
• Afsantin	<i>Absinthium officinalis</i> , L.	Plant
• Barg-e-jhau	<i>Tamarix gallica</i> , L.	Leaves
• Darchini	<i>Cinnamomum zeylanicum</i> , Blume.	Bark
• Revand-chini	<i>Rheum emodi</i> , Wall.	Rhizome
• Zarishk	<i>Berberis aristata</i> , L.	Fruit
• Zaffron	<i>Crocus sativus</i> , L.	Stigmas & tops of flower
• Sumbul-et-teeb	<i>Valeriana jatamansi</i> , DC.	Rhizome
• Faulad	Iron/Ferrous	Steel
• Kasni	<i>Cichorium intybus</i> , L.	Root & Seed
• Kasoos	<i>Cuscuta reflexa</i> , Roxb.	Seed
• Gul-i-surk	<i>Rosa damascena</i> , Mill.	Flower
• Lakh magsul	<i>Coccus lacca</i>	Resin
• Mastagi	<i>Pistacia lentiscus</i> , L.	Resin
• Munaqqa	<i>Vitis vinifera</i> , L.	Fruit
• Nag-Kesar	<i>Mesua ferra</i> , L.	Flower bud
• Naushader	Ammonium chloride	Salt
• Halela	<i>Terminalia chebula</i> , Retz.	Fruit rind

- |                  |                                 |        |
|------------------|---------------------------------|--------|
| ● Kamooni (Mako) | <i>Solanum nigrum</i> , L.      | Plant  |
| ● Kasondi        | <i>Cassia accidentalis</i> , L. | Leaves |

### **Sexual Tonic / Sex Tonic (*Muqawwi-ul-Bah*)**

- A drug which increases sexual desire and performance.

#### *Examples:*

- See Aphrodisiac drugs.

### **Hair-Tonic (*Muqawwi-ul-Sha'r*)**

- A drug which gives strength to the hair root, makes hair strong and blackens them.

#### *Examples:*

- |                    |                                   |              |
|--------------------|-----------------------------------|--------------|
| ● Amla             | <i>Emblica officinalis</i> , L.   | Fruit juice  |
| ● Asarun           | <i>Asarum europaeum</i> , L.      | Root         |
| ● Balchar          | <i>Valeriana jatamansi</i> , DC.  | Rhizome      |
| ● Barg-e-hina      | <i>Lawsonia inermis</i> , L.      | Leaves juice |
| ● Babuna           | <i>Matricaria chamomilla</i> , L. | Flowers      |
| ● Bhangra          | <i>Eclipta alba</i> , Hassk.      | Leaves juice |
| ● Hab-ul-as        | <i>Myrtus communis</i> , L.       | Leaves juice |
| ● Raugan-e-Kunjad  | Sesame Oil                        | Oil          |
| ● Raugan-e-Narjeel | Coconut Oil                       | Oil          |
| ● Raugan-e-Badam   | Almond Oil                        | Oil          |
| ● Raugan-e-Zaitun  | Olive Oil                         | Oil          |

### **Toxic (*Sum / Summi*)**

- An agent which produces toxic effect or toxicity in the body.

#### *Examples:*

- See lethal drugs.

**Theriac (*Tiryaaq*)**

- An agent which nullifies the toxic effect from the body i.e. antidote.

***Examples:***

- See antidote drugs.





## LIST OF PLANTS

Botanical Name	Arabic Name
<i>Absinthium officinalis</i> , Linn.	Afsantin
<i>Acacia arabica</i> , Willd.	Samagh Arabi
<i>Acacia catechu</i> , Willd.	Kath
<i>Aconitum ferox</i> , Wall.	Bish
<i>Acorus calamus</i> , Linn.	Vaj
<i>Adhatoda vasika</i> , Nées.	Hasheeshat-us-Sual
<i>Adiantum capillus-veheris</i> , Linn.	Sher-ul-Erd
<i>Aegle marmelos</i> , Correa.	Safarjal Hindi
<i>Agaricus albus</i> , Fr.	Ghariqun
<i>Alhagi maurorum</i> , Medic.	Turanjabeen
<i>Allium cepa</i> , Linn.	Basl
<i>Allium sativum</i> , Linn.	Thom
<i>Aloe indica / vera</i> , Linn.	Sabbara
<i>Alpinia galanga</i> , Willd.	Khulanjan Kabeer
<i>Althaea officinalis</i> , Linn.	Khitmiyah / Khitmi
<i>Amomum subulatum</i> , Roxb.	Hél Kibar
<i>Anacyclus pyrethrum</i> , DC.	Aqaraqarha (Ud-ul-Qarha)
<i>Ananas sativus</i> , Linn.	Anariás
<i>Andropogon schoenanthus</i> , DC.	Izkhar
<i>Anisomelos malabarica</i> ,	Lisan-ut-Thor
<i>Anthemis nobilis</i> , Linn.	Babunaj Rumi
<i>Apium graveolens</i> , Linn.	Karafs
<i>Areca catechu</i> , Linn.	Foful
<i>Artemisia santonicum</i> , Linn.	Shih Khurasani
<i>Artemisia vulgaris</i> , Linn.	Brinjasif
<i>Asarum europaeum</i> , Linn.	Asaroon
<i>Asparagus officinalis</i> , Linn.	Halyun
<i>Asparagus racemosus</i> , Linn.	Sataver
<i>Astragalus virus / tragacanth</i> , Linn.	Qatad
<i>Atropa mandragora</i> , Linn.	Yebroj
<i>Bambusa arundinacea</i> , Willd.	Tabasheer
<i>Benincasa cerifera</i> , Savi.	Qara
<i>Berberis aristata</i> , DC.	Zarishk
<i>Bombax malabarica</i> , DC.	Bombax/Mocharus

<b>Botanical Name</b>	<b>Arabic Name</b>
<i>Borago officinalis</i> , Linn.	Lisan-ut-Thor
<i>Boswellia glabra</i> , Roxb.	Luban
<i>Brassica juncea</i> , Coss.	Khardal
<i>Buchanania latifolia</i> , Roxb.	Habbus Samna
<i>Butea frondosa</i> , Roxb.	Butiya
<i>Caccinia glauca</i> , Savi.	Lisan-ut-Thor
<i>Caesalpinia bonducella</i> , Roxb.	Qareh
<i>Cajanus indicus</i> , Spreng.	Shaz / Bisilla Hindia
<i>Calotropis gigantea</i> , R.Br.	Ashar
<i>Camellia theifera</i> , Griff.	Shai
<i>Camphora officinarum</i> , Nees.	Kafoor
<i>Cannabis indica</i> , Linn.	Khinnab / Bung
<i>Carica papaya</i> , Linn.	Arand Kharbuza / Babaya
<i>Carthamus tinctorius</i> , Linn.	Habb-ul-Qurtum
<i>Carum carvi</i> , Linn.	Karaviya
<i>Carum nigrum</i> , Linn.	Kamoon Aswad
<i>Cassia angustifolia</i> , Vahl.	Sana Hindi
<i>Cassia fistula</i> , Linn.	Khiyarshanbar
<i>Cassia occidentalis</i> , Linn.	Sufra / Sufera
<i>Cassia tora</i> , Linn.	Ashruq (Qalb)
<i>Cedrus deodara</i> , Loud.	Abhai Hindi
<i>Centaurea behen</i> , Linn.	Bahman Abiyaz
<i>Centella asiatica</i> , Linn.	Brahmi / Brami
<i>Cicer arietinum</i> , Linn.	Hummus
<i>Cichorium intybus</i> , Linn.	Shikoriah
<i>Cinnamomum iners</i> , Rinw.	Sazaj Hindi
<i>Cinnamomum zeylanicum</i> , Blume	Darsini (Qirfa)
<i>Citrus aurantium deliciosa</i> , Linn.	Yusuf Afandi
<i>Citrus limonum</i> , Risso.	Limoon
<i>Citrus medica</i> , Linn.	Utraj
<i>Citrulus colocynthis</i> , Sch.	Hanzal
<i>Citrulus vulgaris</i> , Sch.	Batikh Hindi
<i>Cocos nucifera</i> , Linn.	Jouz-ul-Hind
<i>Colchicum autumnale</i> , Linn.	Suranjan Al-Mur
<i>Colchicum luteum</i> , Baker	Suranjan Al-Mur
<i>Colocasia antiquorum</i> , Sch.	Qulqash
<i>Commiphora mukul</i> , Engl.	Muqil
<i>Commiphora myrrha</i> , Engl.	Murra
<i>Convolvulus scammonium</i> , Linn.	Saqmonia (Mahmooda)
<i>Coptis teeta</i> , Wall.	Khet-ul-Dhab

<b>Botanical Name</b>	<b>Arabic Name</b>
<i>Cordia latifolia</i> , Roxb.	Mukhita (Dibakh)
<i>Coriandrum sativum</i> , Linn.	Kuzbara
<i>Crocus sativus</i> , Linn.	Zaffran
<i>Croton tiglium</i> , Linn.	Habbul Salateen
<i>Cucumis melo</i> , Linn.	Shammam
<i>Cucumis sativus</i> , Linn.	Khiyar
<i>Cucurbita pepu</i> , DC.	Qara Taweel
<i>Cucurbita pepu-var-amara</i> , DC.	Qara Al-Mur
<i>Cuminum cyminum</i> , Linn.	Kamoon Asfar
<i>Curculigo orchioides</i> , Gaertn.	Musale Aswad
<i>Curcuma longa</i> , Linn.	Kurkum
<i>Cuscuta reflexa</i> , Roxb.	Aftmoon
<i>Cydonia oblonga / vulgaris</i> , Pers.	Habbus Safarjal
<i>Cyperus rotundus</i> , Linn.	Sad Kufi / Suad
<i>Datura alba</i> , Nees.	Jouz Mathil
<i>Daucus carota</i> , Linn.	Jazar
<i>Dolichos biflorus</i> , Linn.	Habb-ul-Qulth
<i>Dolichos catiang</i> , Endl.	Lobia Baldi
<i>Doranicum hookeri</i> , Clarke	Zanb-ul-Aqrub
<i>Eclipta alba</i> , Hassk.	Suweyd
<i>Elettaria cardamomum</i> , Maton.	Hel Sighar
<i>Embellia ribes</i> , Burm.	Birang
<i>Embllica officinalis</i> , Gaertn.	Amlaj
<i>Eruca sativa</i> , Mill.	Jarjir / Jirjir
<i>Eugenia jambolana</i> , Lam.	Jamun
<i>Euphorbia resinifera</i> , Berg.	Farfiyun (Afarbiyun)
<i>Euphorbia thymifolia</i> , Burm.	Rumayed
<i>Ferula assafoetida</i> , Linn.	Hilteeth
<i>Ficus carica</i> , Linn.	Teen
<i>Ficus bengalensis</i> , Linn.	Asab
<i>Foeniculum vulgare</i> , Mill.	Shamar
<i>Fraxinus ornus</i> , Linn.	Asl-us-Samawi
<i>Fumaria parviflora</i> , Linn.	Shahtaruj (Baqla-tul-Malik)
<i>Garcinia morela</i> , Desv.	Usara Revand (Firifiran)
<i>Glycyrrhiza glabra</i> , Linn.	Arqsoos / Asl-us-Soos
<i>Gossypium herbaceum</i> , Linn.	Qutun Hindi

<b>Botanical Name</b>	<b>Arabic Name</b>
<i>Grewia asiatica</i> , Linn.	Phalsa
<i>Gymnema sylvestre</i> , R.Br.	Gulmar (Gurmar)
<i>Hemidesmus indicus</i> , R.Br.	Ushbah Hindi
<i>Hibiscus abelmoschus</i> , Linn.	Habbul Misk
<i>Holarrhena anti-dysenterica</i> , Wall.	Lisan-ul-Asafir Al-Mur
<i>Hygrophila spinosa</i> , T.Anders.	Talmakhana
<i>Hyoscyamus niger</i> , Linn.	Bizrul Banja
<i>Hyssopus officinalis</i> , Linn.	Zufa Yabis
<i>Ipomoea hederaceae</i> , Jacq.	Hab-un-Nil
<i>Ipomoea purga</i> , Hayne	Julaba (Shatii) / Mechoacan
<i>Ipomoea turpethum</i> , R.Br.	Turbud
<i>Iris ensata / florentina</i> , Linn.	Irsa
<i>Juglans regia</i> , Linn.	Jouz
<i>Juniperus communis</i> , Linn.	Hab-ul-Aaraar
<i>Lactuca scariola</i> , Linn.	Khas
<i>Lallementia royleana</i> , Benth.	Balangu
<i>Laurus nobilis</i> , Linn.	Hab-ul-Ghar
<i>Lavendula stoechas</i> , Linn.	Ustukhudus
<i>Lawsonia inermis</i> , Linn.	Hina
<i>Lens esculenta</i> , Moench.	Adasa
<i>Lepidium sativum</i> , Linn.	Hab-ur-Rashad
<i>Linum usitatissimum</i> , Linn.	Katan
<i>Lodoicea schellarum</i> , Labill.	Narjeel Bahri
<i>Lolium temulentum</i> , Linn.	Zawan (Shailam)
<i>Luffa echinata/bindal</i> , Roxb.	Bindal
<i>Mallotus philippinensis</i> , Muell.& Arg.	Qanbil
<i>Malva sylvestris</i> , Linn.	Khubbazi
<i>Mangifera indica</i> , Linn.	Manga
<i>Mathiola incana</i> , R.Br.	Todri Abiyaz
<i>Matricaria chamomilla</i> , Linn.	Babunaj
<i>Melia azadirachta</i> , Linn.	Azad Diracht
<i>Melilotus officinalis</i> , Linn.	Iklil-ul-Malik
<i>Melissa parviflora</i> , Benth.	Badranjboya
<i>Mentha arvensis</i> , Linn.	Na'na yabani
<i>Mentha piperita</i> , Linn.	Na'na Hindi

**Botanical Name****Arabic Name**

<i>Mentha sylvestris</i> , Linn.	Mushktaramashi
<i>Merendera persica</i> , Linn.	Suranjan Al-Hulu
<i>Mesua ferra</i> , Linn.	Misk-ur-Rumman
<i>Momordica charantia</i> , Linn.	Karela
<i>Myristica fragrans</i> , Hoult.	Jouz-buwa / Bisbasa
<i>Myrtus communis</i> , Linn.	Hab-ul-As
<i>Myrtus caryophyllus</i> , Linn.	Qaranfal
<i>Nardostachys jatamansi</i> , DC.	Sunbul-ut-Teeb
<i>Nicotiana tabacum</i> , Linn.	Tanbak
<i>Nigella sativa</i> , Linn.	Habat-ul-Barka
<i>Nymphae lotus</i> , Linn.	Niloufar (Lotus)
<i>Ocimum basilicum</i> , Linn.	Rehan
<i>Ocimum gratissimum</i> , Linn.	Faranjemishk
<i>Onopordon acanthium</i> , Linn.	Shukai
<i>Onopordon macracanthum</i> , Sch.	Shoukat-ul-baida
<i>Onosma bracteatum</i> , Wall.	Lisan-ut-Thour
<i>Onosma echioides</i> , Linn.	Shanjar / Onuma
<i>Orchis mascula</i> , Linn.	Khusi-at-Thaiab
<i>Origanum majorana</i> , Linn.	Mardqosh (Marzanjosh)
<i>Oryza sativa</i> , Linn.	Arruz
<i>Paeonia emodi</i> , Wall.	Fawania (Ud-ul-Saleeb)
<i>Pandanus odoratissimus</i> , Willd.	Talha (Kader)
<i>Papaver somniferum</i> , Linn.	Khashkhash/Afiyun
<i>Parmalia perlata</i> , Ach.	Ushna
<i>Pastinaca schekakul</i> , Rus.	Sheqaqul Misri
<i>Phaseolus roxburghii</i> , Linn.	Moong Aswad
<i>Phonix dactylifera</i> , Linn.	Tamer yabis
<i>Physalis alkekenji</i> , Linn.	Hab-ul-Kaknaj
<i>Picrorrhiza Kurroa</i> , Royle	Kharbaq Hindi
<i>Pimpinella anisum</i> , Linn.	Anisoon
<i>Pinus gerardiana</i> , Wall.	Hab-ul-Sanobar
<i>Pinus longifolia</i> , Roxb.	Sanobar Kibar
<i>Piper betle</i> , Linn.	Tanbole
<i>Piper cubebs</i> , Linn.	Kababa Sini
<i>Piper longum</i> , Linn.	Dar Filfil
<i>Piper nigrum</i> , Linn.	Filfil Aswad
<i>Pistacia lentiscus</i> , Linn.	Mastaka

**Botanical Name****Arabic Name**

<i>Pistacia vera</i> , Linn.	Fistaq / Fustaq
<i>Plantago ispagula</i> , Forsk.	Ispaghole
<i>Plantago major</i> , Linn.	Lisan-ul-Hamal Al-Kabeer
<i>Polygonum barbatum / bistorta</i> , Linn.	Anjubar
<i>Polypodium vulgare</i> , Linn.	Azras-ul-Kalab
<i>Portulaca oleracea</i> , Linn.	Regla
<i>Prunus amygdalus</i> , Bail.	Louz
<i>Prunus amygdalus-var-amara</i> , Bail.	Louz Mur
<i>Prunus armeniaca</i> , Linn.	Mishmish
<i>Prunus cerasus</i> , Linn.	Qarasiya (Karaz)
<i>Prunus communis</i> , Huds.	Ajas
<i>Prunus persica</i> , Benth.	Khokh
<i>Psidium guajava</i> , Linn.	Jawafa
<i>Psoralea corylifolia</i> , Linn.	Mahlab Aswad (Babchi)
<i>Pterocarpus draco</i> , Linn.	Dam-ul-Akhwain
<i>Pterocarpus marsupium</i> , Roxb.	Dam-ul-Akhwain Hindi
<i>Punica granatum</i> , Linn.	Rumman / Gulnar
<i>Pyrethrum indicum</i> , DC.	Mustajala (Bozidan)
<i>Pyrus mallus</i> , Linn.	Tuffah
<i>Quercus infectoria</i> , Oliv.	Uffes
<i>Raphanus sativus</i> , Linn.	Phujal (Fuji)
<i>Rheum emodi</i> , Wall.	Ravand
<i>Rhus coriaria</i> , Linn.	Sumaq-ud-Dabagheen
<i>Rosa damascena</i> , Mill.	Vard
<i>Ruta graveolens</i> , Linn.	Saddab (Fijan)
<i>Salix caprea</i> , Linn.	Khilaf
<i>Salvadora persica</i> , Linn.	Sivak
<i>Salvia spinosa</i> , Linn.	Rehan-ul-Sheikh
<i>Santalum album</i> , Linn.	Sandal Abiyaz
<i>Sapindus trifoliatus</i> , Linn.	Reta
<i>Sausurrea lappa</i> , Clarke.	Qust-Al-Mur
<i>Sesamum indicum</i> , Linn.	Simsim
<i>Shorea robusta</i> , Gaertn.	Qiqhar
<i>Sisymbrium irio</i> , Linn.	Khubah
<i>Smilax china</i> , Linn.	Khashab Sini / Jazer Sini
<i>Solanum nigrum</i> , Linn.	Anab-ut-Thalab
<i>Sphaeranthus indicus</i> , Linn.	Kamazarius

<b>Botanical Name</b>	<b>Arabic Name</b>
<i>Straculla urens</i> , Roxb.	Katira
<i>Strychnos ignatii</i> , Berg.	Papita / Ful Ijnaz
<i>Strychnos nux-vomica</i> , Linn.	Hab-ul-Ghurab
<i>Tamarindus indica</i> , Linn.	Tamer Hindi
<i>Tamarix articulata</i> , Linn.	Hab-ul-Atal
<i>Tamarix gallica</i> , Linn.	Jouz-ul-Turfa
<i>Taxus buccata</i> , Linn.	Zarnab / Saru Turki
<i>Tephrosia purpurea</i> , Pers.	Sarbuka
<i>Terminalia belerica</i> , Roxb.	Balelaj
<i>Terminalia chebula</i> , Retz.	Halelaj
<i>Trachyspermum ammi</i> , Sprague.	Nakhva
<i>Trapa bispinosa</i> , Roxb.	Abu Qamain
<i>Tribulus terrestris</i> , Linn.	Khasak Sagheer (Hassak)
<i>Trigonella foenum graceum</i> , Linn.	Hulbah
<i>Trigonella uncatata</i> , Boiss.	Nakhuna
<i>Triticum sativum</i> , Lam.	Hentah
<i>Valeriana officinalis</i> , Linn.	Sunbul-ut-Teeb
<i>Valeriana wallichii</i> , DC.	Sunbul Barri
<i>Vateria indica</i> , Linn.	Kahruba (Karba)
<i>Veronia anthelmintica</i> , Willd.	Kamoon Al-Mur
<i>Viola odorata</i> , Linn.	Banafsaj
<i>Vitis vinifera</i> , Linn.	Zabeeb
<i>Withania somnifera</i> , Dun.	Fuqqaysh
<i>Zingiber officinale</i> , Rosc.	Zanjabeel
<i>Zingiber zerumbet</i> , Smith.	Zaranbad
<i>Zizyphus vulgaris</i> , Linn.	Unnab

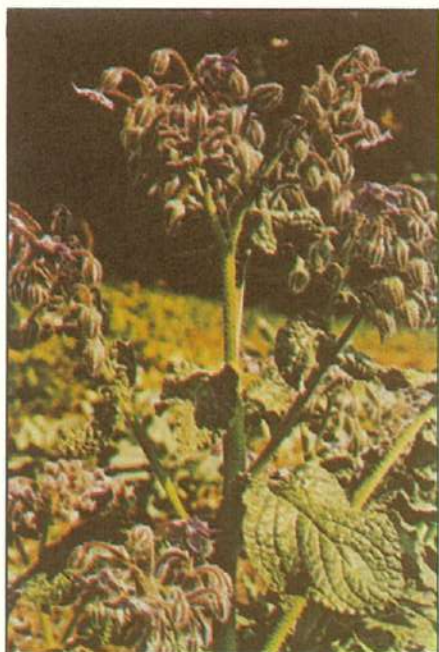




## BIBLIOGRAPHY

1. '**Unani Pharmacopoeia**' - Vol. I, Indian Medicine Department, Govt. of Andhra Pradesh, Hyderabad, India, 1967.
2. '**Unani Pharmacopoeia**' - Vol. II, Indian Medicine Department, Govt. of Andhra Pradesh, Hyderabad, India, 1967.
3. '**Qarabadeen-e-Hamdard**' - Hamdard Dawakhana, Delhi, India.
4. '**Qarabadeen-e-Sarkari**' - Govt. of Hyderabad, Matbu'a Dar-ul-Taba'a Sarkar-e-Aali, 1363 H.
5. '**Rahbar-e-Matab**', Hakeem Mohd. Zahoorul Hasan, J. Ram Printing Press, Hyderabad, India, 1980.
6. '**Amaliya Jalinoos**' Hakeem Ashifta Lucknowi.
7. '**Bustanul Mufadrat**', Hakeem Ajmal Khan and Hakeem Allah Baksh Khan, Kutub-Khana, Munshi Aziz-ud-din, Lahore, Pakistan, 1914.
8. '**Kitab-ul-Advia**', Allama Hakeem Mohammad Kabir-ud-din, Deen Mohammadi Press, Lahore, Pakistan, 11nd Edition, 1937.
9. '**Kulliyat-e-Advia**', Allama Hakeem Mohammad Kabir-ud-din, Daftir Al-Maseeh, Qarol-bagh, Delhi, India, 1937.
10. '**Tarjuma-e-Kabeer**', Vols. I, II, III, IV, Allama Hakeem Mohammad Kabir-ud-din, Daftir Al-Maseeh, Bazaar Noor-ul-Umra, Hyderabad, India, VII Edition, 1949.
11. '**Tarjuma-e-Qanoon**', Sheikh Bu Ali Sina', Allama Hakeem Syed Gulam Hasnain Kantoori, Matba' Naval Kishore, Lucknow, India, 1887.
12. '**Glossary of Avicenna's Canon of Medicine**', Institute of History of Medicine and Medical Research, New Delhi, Dairatul Ma'arif Press, Osmania University, Hyderabad, A.P. India, 1967.
13. '**Wealth of India**', Vols. I-XI, Council of Scientific and Industrial Research, New Delhi, India. 1948-56.
14. '**Indian Materia Medica**', Vols. I & II, Dr. K.M. Nadkarni, Popular Book Depot, Bombay, India, 3rd edition, 1954.
15. '**Indian Medicinal Plants**', Vols. I-IV, K. R. Kirtikar, B. D. Basu, L. M. Basu, Expert Book Agency, Vivek-Vihar, Delhi, 2nd Edition, 1935.
16. '**Glossary of Indian Medicinal Plants**', R.N. Chopra, S. L. Nayar and I. C. Chopra, Council of Scientific and Industrial Research, New Delhi, India, 1956.
17. '**Illustrated Polyglottic Dictionary of Plant Names**', A. K. Bedevian, Argus and Papazian Presses, Cairo, Egypt, 1936.
18. '**British Pharmaceutical Codex**', Council of the Pharmaceutical Society of Great Britain, Lund Humphries, London, Bradford, 1934.

19. '**British Pharmaceutical Codex Plants and Their Indian Substitutes**', K. S. Ahluwalia, Central Institute of Research in Indigenous Systems of Medicine, Jamnagar, India, Part I, 1959 and Part II, 1949.
20. '**The Indian Pharmaceutical Codex**', Vol. I, Indigenous Drugs; B. Mukerji; Council of Scientific and Industrial Research, New Delhi, India, 1953.
21. '**Catalogue of Indian Synonyms of the Medicinal Plants**', Moodeen Sheriff, Periodical Experts Book Agency, Vivek-Vihar, Delhi, India, 1st Edition 1869 and 1st Reprint Edition, 1978.
22. '**Medicinal Plants of India and Pakistan**', J. F. Dastur, D. B. Taraporewala Sons & Co. Pvt. Ltd. Bombay, India, 1962, 4th Indian Reprint, 1977.
23. '**Medicinal Plants**', S. K. Jain, National Book Trust, India, New Delhi, 1968, 3rd Revised Edition, 1979.
24. '**Unani Advia Mufridah**', Syed Safiuddin Ali, Bureau for Promotion of Urdu, Ministry of Education and Social Affairs, Govt. of India, New Delhi, 1st Edition, 1979.
25. '**Economic Botany, 29**', 208-218; July - September, 1975.



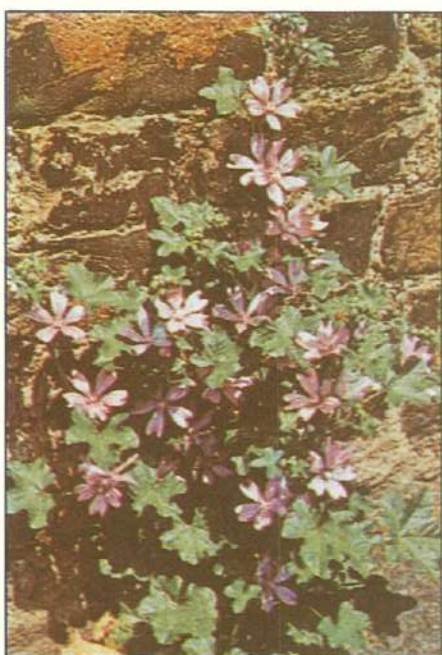
● *Borago officinalis*, Linn.



● *Lavendula stoechas*, Linn.



● *Althaea officinalis*, Linn.



● *Malva sylvestris*, Linn.



● *Papaver somniferum*, Linn.



● *Camphora officinarum*, Nees.



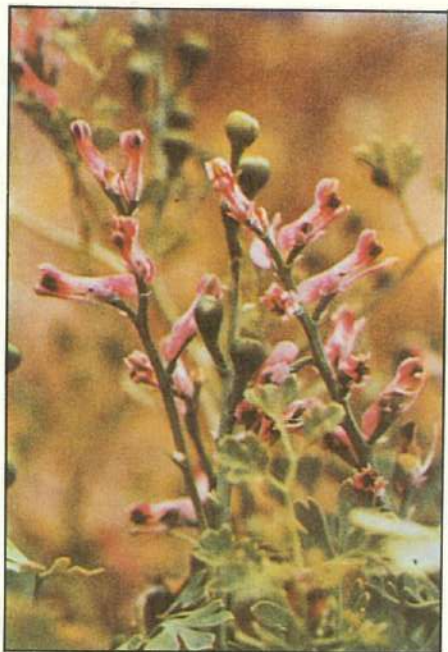
● *Viola odorata*, Linn.



● *Solanum nigrum*, Linn.



● *Foeniculum vulgare*, Mill.



● *Fumaria officinalis*, Linn.



● *Iris florentina*, Linn.



● *Elettaria cardamomum*, Maton



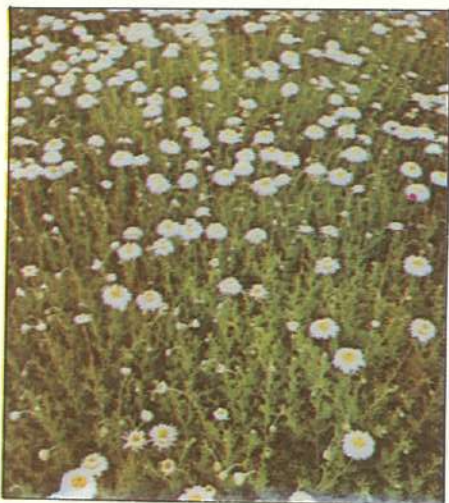
● *Carum carvi*, Linn.



● *Mentha piperita*, Linn.



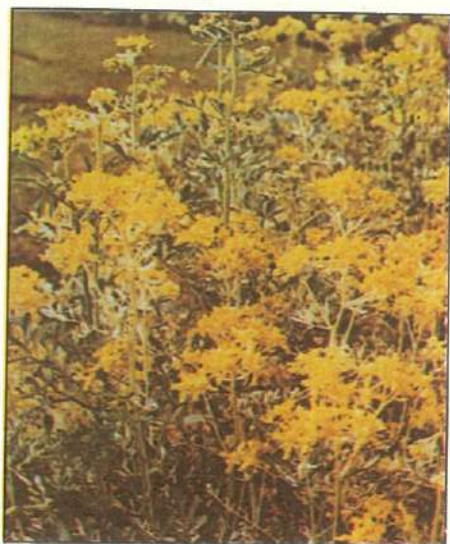
● *Apium graveolens*, Linn.



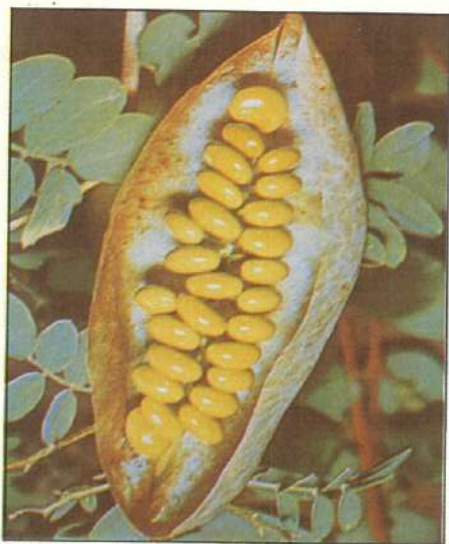
● *Matricaria chamomilla*, Linn.



● *Myrtus communis*, Linn.



● *Ruta graveolens*, Linn.



● *Cassia angustifolia*, Vahl.





● *Colchicum autumnale*, Baker