

## ILAJ AL-ATFAL OF SYED FAZL ALI SHIFAI KHAN

(Part I, Chapter 01-08)

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### ABSTRACT

Treatment for diseases of children has been very challenging for the physicians since ancient times. Among those physicians who paid full attention to this subject is a distinguished *Tabeeb* Syed Fazl Ali Shifai Khan of Hyderabad who has mentioned in his manuscript *Ilajul Atfal* (Pediatrics) a health agenda, and prolix in children medicine. It is divided into seventy chapters and every chapter consists of many diseases along with its treatment. The book was written in 1836 AD in Persian language by Shifai Khan for his patron Maharaja Chandu Lal, a minister of Hyderabad state. Many simple and compound drugs tested and tried in children diseases by the author, are mentioned in this book. It needs to be subjected for scientific research to find out the wonderful result. The translation of *Ilaj al-Atfal* consists of 70 chapters which have been divided into four parts. Part I is presented here and other three parts will be presented in following issues.

**Key Words:** *Ilaj al Atfal, Unani Medicine, Manuscript*

### Introduction:

*Ilaj al-Atfal* written in 1836 AD by Syed Fazl Ali Shifai Khan having a historical value is preserved in a manuscript form in various libraries. It is great honor for the author that he has written on the pediatric when it was yet to be developed as a subject. It has not been printed or published so far neither it has been translated in any language. In view of the importance, utility and world wide interest in pediatrics it was considered necessary to collate and edit this Persian treasure and to translate into English. Another source of inspiration was our endeavor to bring out the scientific and medial masterpieces of Indian *Tabeebs* into light.

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H. S. Fazl Ali Shifai Khan was a learned physician with a number of works to his credit. He was a native of Shahjahanpur (U.P.). Shifai Khan went to Madras to receive medical knowledge from Hakim Ahmadulla Khan a much knowledgeable physician. He stayed there for sometime and attained perfection in *Tib*.

He migrated to Hyderabad and joined the court of Maharaja Chandu Lal (Prime Minister of Hyderabad) who was a great patron of learned men. He also served as personal physician of Nawab Sikander Jah (Asif Jah III, 1829) and Nawab Nasir al Daula (Asif Jah IV, 1829-1856). The title of *Motamad al-Mulook* was conferred on him. Among his pupil was Hakim Mir Inayat Ali Khan a skillful physician of Hyderabad whose family was very well known on account of its medical services and held place of distinction in Hyderabad Deccan. Syed Fazl Ali Shifai Khan authored many books like *Ilajul Atfal*, *Risala Qoot La Yamut*, *Risala Chob chini*, *Moalijat Chandulal* etc. He gave a great impetus to the promotion of the Unani healing art in South India. It was due to the royal patronage of the ruler of Deccan that distinguished physicians from other Indian cities migrated to Hyderabad to settle there.

Copies of *Ilaj al-Atfal* are preserved in different libraries like National Institute of Indian Medical Heritage, Hyderabad, Government Nizamia Tibbi College Library, Hyderabad, A. P. Government Oriental Manuscript Library and Research Institute, Hyderabad, Ibn Sina Academy of Medieval Medicine and Sciences, Aligarh, Maulana Azad Library Aligarh Muslim University Aligarh and National Museum of Pakistan, Karachi.

Before taking up the translation of this work I had prepared its edition after collation with the following manuscripts:

1. 1<sup>st</sup> copy with Accession no. 439 at National Institute of Indian Medical Heritage, Hyderabad, India, has diameter of 5.5' x 8.5' and contains 313 pages with 12 lines on each page and 10 letters in each line. The script is ordinary, the green fish made holes here and there, though it is complete and bound it is difficult in some places to read due to the tear and worm eating. Important points and headlines are marked by red inks. Date of scribe given in the colophon is *Zee Qada* 1265 *Hijri* (1848 AD)
2. 2<sup>nd</sup> copy with Accession no. 792 available at Government Nizamia Tibbi College Library, Hyderabad, India, contains 364 pages with 13 lines in each page and 10 letters in each line. Date of scribe given in the colophon is *Rabiul Awwal* 1252 *Hijri* (1836 AD).
3. 3<sup>rd</sup> copy with Accession no. 2197/1392 is available at Government Nizamia Tibbi College Library, Hyderabad, India. It contains 197 pages with 17 lines in each page and 13 letters in each line. This mss is complete but script is not good and very difficult to read. Date of scribe given in the colophon is *Safar* 1257 *Hijri* (1841 AD).

4. 4<sup>th</sup> copy with Accession no. 951 available at Government Nizamia Tibbi College Library, Hyderabad, contains 43 pages with 23 lines in each page and 27 letters in each line. Major portion of this Mss is absent especially initial three chapters were not found. Date of scribe given in the colophon is 7 *Rajab* 1249 *Hijri* (1833 AD).
5. 5<sup>th</sup> copy with Accession no. 3250/2396 available at Government Nizamia Tibbi College Library, Hyderabad, India, contains 120 pages with 17 lines in each page and 19 letters in each line. Major parts of chapter one are missing, remaining parts are in good condition. Date of scribe is not given.
6. 6<sup>th</sup> copy with Accession No. 9022 available at A. P. Government Oriental Manuscript Library and Research Institute, Hyderabad, India. It contains 226 pages having 15 lines in each page with 13 letters in each line. Date of scribe given in the colophon is 9 *Rabiul Awwal* 1249 *Hijri* (1833 AD).
7. 7<sup>th</sup> copy is available at Ibn Sina Academy of Medieval Medicine and Sciences, Aligarh, India

I have made 5<sup>th</sup> copy with Accession no. 3250/2396 of Government Nizamia Tibbi College Library, Hyderabad my base manuscript because it is nearly complete, script is excellent, easy to read and error is minimal.

The text has been compared and collated with the other copies to find out the right words in case of torn, missing and faded folios and differences are clarified in foot notes of the Persian texts. Persons concerned in editing manuscripts know fully well that the variations in different copies however appear well in the footnotes and also point to the effort and endeavor of the editor to clarify the differences but the degree of satisfaction achieved after the different copies help each other in reading the complete text and removing the difficulty, none other than the editor can perceive it.

The translation is aimed to the persons who are unaware of Persian language and want to access the experiences and findings of learned Unani physicians who compiled their treasures in that language. Many parts of the Persian text were ambiguous so an effort has been made in the translation to make it nearer to the author's meaning.

There are interesting findings in this text which need systematic exploration and scientific validation, some of them are cited here for example:

'Ash of a scorpion is taken out after burning with sting and this ash is applied to the palate and uvula of the infant just after birth. This child will not be affected by scorpion sting'.

Use of a compound drug named '*Majun Hafiz al-Ajinna*' during initial forty days after conception, gives immunity to the infant from *Umm al-Sibyan* (infantile epilepsy).

Some contents of chapter 56 are repeatedly written so I maintained the status quo and translated the same in English.

I hope the researchers in the subject of pediatrics will get benefits from Unani prescriptions of this book and new compounds will come into light by working on the exploration and research of Unani drugs mentioned in this book which will contribute for reduction of many diseases in children. We should try to be more productive, focused, intuitive, analytical and creative.

#### **Weights and measures described in Unani classics and their metric equivalents adopted by the Unani Pharmacopoeia Committee**

1 Aasar =1000 ml, 1 Chawal =15 mg, 1 Ratti =125 mg, 1 Dang =500 mg, 1 Masha = 1 g  
1 Dirham = 3.5 g, 1 Misqal = 4.5 g, 1 Tola = 12 g, 1 Dam = 21 g, 1 Chhatak = 60 g,  
1 Pao = 240 g, 1 Ser = 960 g, 1 Man Tabrizi=2.90 kg, 1 Oqia = 32 g, 1 Astar = 1 Kg  
1 Surkh = 125 mg, 1 Ratal Tibbi = 420 g, 1 Qeerat = 250 mg

In case of liquid the metric equivalents would be the corresponding liter and milliliter.

#### **Chapters of ‘Ilaj al Atfal’**

1 *Tadbeer Hamila wa Nufasa* (Management of pregnancy and Puerperium), 2 *Tadabeer Kullia Atfal* (General Care of the Child), 3 *Reeh al Sibyan* (Infantile Convulsion), 4 *Atas Motwatir*, (Sneezing), 5 *Utaash* (Thirst), 6 *Ijtima Aab dar Ras* (Accumulation of fluid inside the skull), 7 *Warm kharij Qahf* (Swelling out side skull), 8 *Sarsam* (Meningitis), 9 *Tashannuj wa Kazaz* (Convulsion and Tetanus), 10 *Girya Tifl Wa Sahr* (Crying of child and insomnia), 11 *Al-Faza fin Naum* (Fear during sleep), 12 *Al-Faza fil Yaqza* (Fear during awakening), 13 *Dard Gosh* (Earache, Otagia), 14 *Kharish dar Gosh* (Itching in the ear), 15 *Sailanul Uzun* (Otorrhea), 16 *Insibab Mawad Raddia* (Suppuration in the ear), 17 *Intifakh Ain* (Swelling in the Eye lids), 18 *Ramad* (Conjunctivitis), 19 *Bayaz Ahdaq* (Whiteness of the pupil), 20 *Sulaq* (Blepharitis, Tarsitis), 21 *Iltisaqul Jafan* (Sticking of eye lids), 22 *Kabudi Chashm* (Blueness of the eye), 23 *Ehtibas dar Anaf* (Obstruction in nostril), 24 *Qula* (Stomatitis), 25 *Laza Liththa* (Irritation of the gum), 26 *Awram Liththa* (Swelling of the gum), 27 *Awram Halaq* (Pharyngitis), 28 *Warm Lauzatain* (Tonsillitis), 29 *Istirkha Luhath* (Elongation of uvula), 30 *Surfa* (Cough), 31 *Zukam Wa Nazla* (Cold and Coryza), 32 *Warm Shush* (Pneumonia), 33 *Sue-Tanaffus* (Dyspnoea), 34 *Kharkhara Scena* (Snoring in the chest), 35 *Fuwaq* (Hiccup), 36 *Qai ba Ifrat* (Vomiting), 37 *Zof Meda* (Stomach weakness), 38 *Tajabbun Laban* (Caseation of milk inside stomach), 39 *Takassur Laban* (Excessive milk production), 40 *Haiza* (Cholera), 41 *Is'hal* (Diarrhea), 42 *Eteqal* (Intussusceptions), 43 *Maghs* (Cramp),

44 *Su al-Qinya* (Anemia), 45 *Am Bad* (Paleness), 46 *Nutu us Surra* (Umbilical Hernia), 47 *Fataq wa Qeel* (Hernia and Hydrocele), 48 *Zaheer* (Dysentery), 49 *Deedan* (Worm infestation), 50 *Khuruj al Maqad* (Anal Prolapse), 51 *Hurqat al Baul* (Burning micturition), 52 *Baul Fil Farash* (Bed wetting, Enuresis), 53 *Usrul Baul* (Painful or difficult urination), 54 *Ehtibas al Baul* (Retention of Urine), 55 *Advia Mudirrah* (Diuretic drugs), 56 *Judri wa Hasba* (Small pox and measles), 57 *Hummiat* (Fever), 58 *Bathur* (Papules eruption), 59 *Safa* (Favus, Mycosis), 60 *Sahjul Fakhiz* (Excoriation of the thigh), 61 *Thulul* (Warts), 62 *Quba* (Ring worm), 63 *Ghudud Unuq* (Mumps), 64 *Khanazeer* (Scrofula), 65 *Surkh Bada* (Erysipelas), 66 *Shara* (Urticaria), 67 *Awram* (Swellings), 68 *Jarb* (Scabies), 69 *Harq al Nar* (Burn), 70 *Marz Jild* (Chronic Skin Disease)

#### **Translation of *Ilaj al-Atfal***

After praising Almighty and Peace be upon the Prophet Mohammad, this humble author Syed Fazl Ali Shifai Khan says that my friend, especially Hakim Mir Mohammad Ali Khan told me that in this great state of Hyderabad most of the pregnant women succumb to complications following child birth and mostly Unani Physicians never give due attention to the management of mother and child. They have written only few pages containing the treatment of mother and child. Considering the request of my well wishers I have written on the management and treatment of the mother and child during pregnancy and post child birth based on the books written by the experts like Canon, *Mufarrehul Qulub*, *Khulasatut Tajarib* and also my own experience with the patient. It is named with *Ilajul Atfal* (Treatment of the Children) which consists 70 chapters.

I hope that his highness King *Nawab Nasirud Daula Bahadur Asif jah* and his learned minister *Raja Chandu Lal Bahadur Maharaj* would grace this tract with kind observation. The mistakes made by this humble author would be neglected and pardoned by our kind rulers and Allah is the best provider of opportunity and blessing best in disguise.

#### **Chapter 1: *Tadbeer Hamila wa Nufasa* (Management of the pregnant and puerperal women)**

When pregnancy is confirmed, Mother should take all precautions and avoid going for venesection, use of purgatives and emetics, cupping, leeching, extreme heat and cold, dry and moist, severe pungent stuffs, violent movements, excessive awakening. All six essential things should be kept in moderate as much as possible, if the disease is a simple, adjustment and moderation is sufficient. If it is humoral it is better to be cured by alteration in six essential things and some therapeutic measures otherwise it can be treated by purging of that humor without any fear and whatever is advised by expert physician should be carried out.

A princess in her 4<sup>th</sup> month of pregnancy had suffered from diphtheria, physicians were hesitant to do venesection, her condition was worsening, but she was relieved completely when I did the venesection. After nine months a healthy child of that woman was born. Another woman, whenever her children were born, they could die of erysipelas, excessive papules and boils, sanguine disease and incessant fever. When physicians did venesection in mid pregnancy (5-7 month) followed by blood purifier drugs, all the children of that patient would remain alive and never suffer from sanguine or blood born diseases.

Children of some women acquired epilepsy; they were given a Unani compound *Majun Hafizul Ajinnah* advised by *Nawab Alvi Khan*. After ingestion her children stayed healthier and never suffered from epilepsy or convulsion. The ingredients of that *Majun* and blood purifier have been described later in the chapter of *Sara Atfal* and *Surkhbada*.

A woman suffered from *Ghibb Khalis* (tertian fever) in her 3<sup>rd</sup> month of pregnancy she was given following drugs.

**For initial 7 days:**

*Aab zual Tamar Hindi* infusion of Tamarind (with *Sheera Maghz tukhm kaddu shirin* (Emulsion of Pumpkin seeds) and *Sheera Dana Heel* (Emulsion of Cardamom seeds) extracted in *Arq Shahtra* (*Fumaria officinalis*), *Arq Mako* (*Solanum nigrum*), *Arq Gaozaban* (*Borago officinalis*) and given to the patient. (*Arq*: A purified liquid produced by condensation from a vapor during distilling of the drug)

For next eight days: *Aloo Bukhara* (*Prunus insititia*) 10 pieces, *Tamar Hindi* (Tamarind) 36 gm, *Gul Neelofar* (*Nymphaea alba*, Water lily) 6 gm, Crushed seeds of *Khayar* (Cucumber), *Kasni* (Seeds of *Cichorium intybus*, Chicory) 12 gm each, *Khatmi* (Seeds of *Althaea officinalis*, Marsh mallow) 4 gm, *Unnab* (*Zizyphus vulgaris*, Jujube) 5 pieces, *Sapistan* (*Cordifolia latifolia*) 7 pieces. All the drugs are soaked over night in *Arq Shahtra* (*Fumaria officinalis*), *Arq Mako* (*Solanum nigrum*) and *Gaozaban* (*Borago officinalis*) 84 grams each, rubbed and filtered in the morning then it was administered to the patient for eight days.

**On 16<sup>th</sup> day:** *Senna Makki* (Leaves of *Cassia angustifolia*) 7 gm and *Sheer khisht* (*Fraxinuous ornus*, Manna) 72 gm mixed with *Gulqand Aftabi* (Rose preserve) 36 gm was given.

**On 17<sup>th</sup> day:** *Behdana* (Mucilage of *Cydonia vulgaris*, Quince seeds) 3 gram, *Sheera Maghz tukhm kaddu shirin* (Emulsion of Pumpkin seeds) 5 gram, *Khayar* (Seeds of Cucumber) 7 gram, *Dana Heel* (Seeds of Cardamom) 2 gram extracted in above three *Arq*, dissolved in syrup of *Neelofar* (*Nymphaea alba*, Water lily) and was given to the patient. Severity of fever was reduced after using all the above laxative drugs.

Following drugs were given in the case of fever with rigor and severe weakness:

*Kasni* (Water of Cichorium intybus, Chicory) 36 gm. with *Sikanjabeen Bazoori* (Oxymel of seeds) 24 gm and *Khaksi* (Sysymbrium irio) 72 gm were given for 7 days, the patient got relieved of all types of fever.

It is proved that in case of humoral disease, cleansing is essential but it should not be done before 4<sup>th</sup> month or after 7<sup>th</sup> month, it should be treated by other measures in that period if it is not beneficial then never hesitate to give purgative drugs.

During pregnancy nausea or vomiting mostly occurs because nature tries to dispel the material towards the epigastrium so it should not be suppressed but excessive vomiting is harmful to the body and it should be suppressed.

**Note:** A pregnant women started excessive vomiting which could be fatal if it was not stopped, all measures to stop the vomiting were adopted but with no benefit and that women was reaching near to death.

In this condition following drugs were given and proved very beneficial: *Khashak* (Husk chaff) *Barg Amala* (leaves of *Emblica officinalis*) 6 gm, *Khashak Barg Tamarind*, *Khashak Khurfā* (*Portulaca oleracea*) 6 gm, *Khashak Neem* (*Azadarachta indica*, Margosa) 6 gm, *Kamrakh* (*Averrhoa carambola*) 6 gm, Half burnt rind of Lemon 3 gm, Crushed seeds of *Heel* (Cardamom) 5 gm, *Podina Khushk* (Dried Mint) 2 gm. All the drugs are soaked in 250 ml of water overnight and boiled in the morning till one third remains it is filtered and added with pounded *Zahr Mohra Khatai* (Benzoar stone) one gm in rose water. It is given to the patient followed by 25 ml of a suitable syrup like syrup of Lemon or Sour *Anar* (*Punica granatum*) or Tamarind or *Alu Bukhara* (*Prunus insititia*) or *Sikanjabeen Sada* (Oxymel). This prescription was tried on many occasions and found much useful.

Some pregnant women especially with female fetus incline towards eating coal or clay if it is little, nothing to worry but in case of severity evacuation of phlegm and foreign material should be done.

Tablet made of these drugs is much beneficial: *Zanjabeel* (*Zingiber officinalis*), *Namak Lahori*, (Rock Salt) one part, *Khardal* (Mustard) one part, *Nashasta* (Starch) four part.

*Zanjabeel* (*Zingiber officinalis*) is soaked in water for 15 days, the water is changed every 2<sup>nd</sup> and 3<sup>rd</sup> day, after softening it is dried and crushed and pounded with all above drugs together and cleaned then pills or tablets are made after mixing with the lemon water or water of sour pomegranate.

Some women have desire for clay, therefore a half burnt clay pots soaked in water for two days is given to the woman to keep it in her mouth. Black clay which is found among the wheat and gram is also good.

In case, a pregnant woman has complaint of palpitation, warm water with *Arq Gaozaban*, warm rose water like a tea, powder of dried coriander and cardamom with sugar are beneficial. Following exhilarant drugs are also unique for palpitation: White Sandal Wood 12 gm (made paste in rose water) , Sugar candy 250 gm, Rose 250 gm, Extracts of Apple 48 gm, Extracts of *Bahidana* (*Cydonia vulgaris*, Quince seeds) 48 gm, *Amber Ash-hab* (Ambergris) 1 gm, Musk 0.1 gm, Saffron 0.4 gm, Silver foil 2 gm, Gold foil 0.4 gm, *Tabasheer* (*Bambusa arundinacea*) 20 gm, *Zahr Mohra Khatai* (Benzoar stone) 20 gm, *Marwareed* (Pearl) 0.2 gm, *Zamarrud Mahlul* (Emerald) 0.1 gm, *Yaqut* (Ruby) 0.1 gm

Preparation: Drugs 1, 2 and 3 are mixed and boiled together till a firm consistency (*Qiwam*) is formed then drugs 4, 5 and 6 are poured in the *Qiwam* till *Amber* is fully dissolved then the *Qiwam* is taken off the stove and drugs 7 to 15 after grinding in rose water are mixed in that *Qiwam*. This preparation is preserved and administered to the patient every morning with *Arq Bed Mushk* (*Salix caprea*, Musk Willow), *Arq Kavi*, or *Arq Badranj boya* (*Melissa parviflora*, Catmint) or *Arq Gulab* (Rose) or *Arq Gaozaban* (*Borago officinalis*).

**For pain due** to the flatulence or stomach sound: *Taqleel Ghiza* (Reduction of diet), soft and easy digestible foods are given. Cardamom mixed with mint is given to be chewed. *Majun Kamuni Alvi Khani* with *Arq Badian* (water of fennel) or rose water is given.

Following *Safoof* (powder) is also very much beneficial,

Ingredients: *Aneesun* (*Pimpinella anisum*), *Badian* (Fennel), *Zeera siah* (*Carum carvi*), *Zeera safaid* (*Cuminum carvi*), *Mastagi* (*Pistacia lentiscus*), *Uood Gharqi* (Eagle Uood), *Darchini* (Cinnamom), *Heel* (Cardamom), *Podina Khushk* (Dry Mint), All the drugs are powdered and sugar is added. Dose is 3 gm with water extract of *Badian* (Fennel) after meal.

**For swelling** or edema on the feet of a pregnant lady:

*Khakister Sirgeen Gao* (Cow dung ash) 2 parts and Dry ginger 1 part are mixed together and rubbed on the feet.

This ointment is also useful: *Jadwar* (Delphinium), *Rasot* (Extract of *Berberis aristata*), *Kali Zeeri* (*Centrathema anthelminticum*), *Sibr Saqutri* (Aloe barbadensis), *Supari* (Areca nut), and red Sandal. These drugs are pounded in vinegar or water of *Mako* (*Solanum nigrum*) and ointment is made. It is applied on the swelling.

**For itching and pruritus** inside and outside vulva:

Mucilage of *Khatmi* (*Althaea officinalis*, Marsh mallow) mixed with *Gil Multani*, *Gil Sarshawi* (Bole Arminia) should be applied.



**Other** Formulation: *Gil Multani*, *Gil Sarshawi* (Bole Arminia) dissolved in curd water, (water of green *Mako Solanum nigrum*) and *Kasni Sabz* (Chicory), is applied to the affected part and used for sitz bath.

**For exhaustion** and pulling of the muscles of the back, shoulder and stomach due to the weight of the fetus and flatulence:

Manual massage with rose oil is done. *Takmeed* (Fomentation): Thick bread made of barley flour kneaded with goat dung and sheep wool and wrapped in a cloth used for fomentation. To wear velvet cloth is also useful for resolution.

Author of '*Khulasa al-Tajarib*' has written about how to relieve the fatigue:

A pregnant woman who was so much distressed and exhausted was given fomentation with above bread by an experienced lady, massaged with rose oil, and given soft diet. Her muscles of the back, shoulder and axillae became strong by these measures. Some women given *Fad Zahr Haiwani* (animal antidote) mixed with curd, got relieved and all gave birth to male children, at that time this prescription became popular for bearing male children.

For undue bleeding following drugs should be used: *Adas* (Lentil), *Gulnar* (Flower of Pomgranate), *Post Anar* (Peel of Pomgranate), *Haleela* (*Terminalia chebula*), Dry Fig, and Vinegar. All these drugs are boiled in the water and a decoction is prepared, the patient is asked to sit down in this decoction and also it is applied to the pubic regions of the patient.

Purging or *Fasd* (venesection) can be done but it should be avoided before 4<sup>th</sup> month and after 7<sup>th</sup> month, only cupping and laxatives can be used in that period, however it depends upon the acumen of the physician.

When there is a difficult or delayed delivery, the mother is asked to sit in the decoction of the following drugs up to the umbilicus:

*Karnab*, (*Brassica oleracia*), *Shibbat* (common dill, *Anethum graveolens*), *Hulba* (Fenugreek), Seeds of *Katan* (Linseed), *Khubbazi* (*Malva sylvestris*), *Khatmi* (*Althaea officinalis*, marsh mallow), This decoction mixed with castor or sesame or dill oil is poured over the back, pubic region, groin and lumber region and massaged then she is asked to walk few steps and suddenly stand up after sitting over the ankle and toes. It should be repeated few times. At that time midwife should massage the uterus with the mucilage of *Tukhm Katan* (Linseed) mixed with almond oil or sesame oil or duck fat or oil of *Banafsha* (*Viola odorata*) and the mother is asked to retain her breath for a while during parturition. This process is the work of the mid wife.

The drugs which are helpful in easy delivery are described here:

1. Bark of *Khiar Shanbar* (Cassia fistula) powdered 60 gm. is boiled with fatty chicken and given to the patient.

2. Chicken soups cooked with *Hulba* (Fenugreek), mustard oil or almond oil and *Khatmi* (*Althaea officinalis*, marsh mallow) are also useful.
3. Decoction of *Hilteet* (Asafoetida), *Jund Bedastar* (Castoreum), *Mushktramshi* (*Mentha pulegium*)
4. Decoction of *Baqila* (*Faba vulgaris*), *Mur makki* (*Commiphora myrrh*), *Zafran* (Saffron) and *Hulba* (Fenugreek) is given.

A very useful *Majun* is prepared of following drugs: *Jund Bedastar* (Castoreum), 10 gm, *Mur makki* (*Commiphora myrrh*), 10 gm, *Meea Sails* (*Altingia excelsa*, Noronhat resin) 10 gm, *Darchini* (Cinnamom) 5 gm, *Abhal*, *Ar'ar* (*Juniperus communis*) 5 gm, All the drugs are crushed, cleaned and mixed with honey. This is given to the patient with warm water. It is tried drug. *Moattis* (Drugs for sneezing) are also beneficial.

*Bakhur* (Fumigation) of vulva by burning of fish eye, dung of the pigeon, human hair and donkey hoof is very much beneficial.

Ancient physicians has written that at the time of labor pain, the patient is taken to bath room and made to stay for a while, oils and mucilage are also used at that time, warm water is poured upon her body and her lower part is covered with the warm cloth. Parturition should be carried out in warm places. The woman should clean her bowel and bladder before labour, soft enema should be given in case of constipation, some pleasant nuts and soups are given to the woman. Cold water and sour food stuffs are avoided; she must tolerate the labour pain and avoid undue crying. Never ask the woman to exert the pressure unless the child is felt to come out.

If the mother is afraid of the delivery, her fear is allayed by telling her the story of other women. If there is faulty position of the fetus, the expert midwife should correct it with care otherwise the pregnant lady lying over her back raises her both legs up softly so that the buttock is also raised up a little, the both legs are shaken so that the fetus comes to its normal place, then the patient is made on pillow to sit on hams, so that the fetus come out by its vertex. The midwife should ensure the position of the fetus by her finger. If the fetus is coming out by its both legs straight, it should not be stopped because it will be more dangerous and painful. If only one hand or one leg is coming out, it is bad condition and it must be stopped. Best position is that the fetus should come out by its vertex facing towards back of the mother and no organ should appear before the head.

Some times thick placenta makes the parturition difficult, in that condition the attendant should hold the placenta and pull out by her finger then cut it by her right hand or a knife. If fetus does not come out four days after labour pain, then the fetus may be dead and it

should be expelled out as it would be fatal to the mother also. Best procedure is that If organs are formed and midwife can reach to it then it should be cut into pieces and expelled out with care without any harm to the mother otherwise anointing of uterus is done and proper nutrient diets are given to the mother. For example:

- Soups of various tonics and Jadwar (*Delphinium*) with mucilage of fenugreek are given.
- Strong suppository made of *Shaitraj Hindi* (*Plumbago zeylanica*, Lead Wort) or *Suddab* (*Ruta grveolens*) or Oil of Balsam (Balm) or *Shahm Hanzal* (Colocynth) is used.
- Suppository made of *Bakhur Maryam* (Cyclamen, sow bread) and *Hilteet* (Asafoetida) is also better.
- The patient is given *Jund Bedastar* (Castoreum) and *Mur makki* (*Commiphora myrrh*) to eat and smell.
- Pessaries made of *Ushaq* (Gum ammoniac), *Qust* (Costus root), *Kharbaq* (Veratrum, Hellebore), *Maveezaj*, *Zaravind mudahraj* (Aristolochia rotunda), *Mazaryun* (Mezereon seeds) and *Shahm Hanzal* (Colocynth) are very beneficial.
- Paste of *Suddab* (*Ruta grveolens*), *Qust* (Costus root), *Shahm Hanzal* (Colocynth) and are made and applied over the pelvis and navel.

If the placenta remains inside following expulsion of the fetus it must be taken out softly with care. Expulsion of placenta becomes difficult in case of dead fetus. Sometimes after child birth there is massive flow of puerperal fluid which causes weakness to the mother. Retention of puerperal fluids is also harmful.

**Note:** Retention of puerperal fluid may become fatal to the mother so the efforts should be made to bring it out.

Major cause of the retention is that some ignorant ladies deny the food and water to the mother just after delivery and she is administered hot nature drugs like *Jund*, *Fad zahr* (Tiryag), excessive clove in betel leaves etc. The place of delivery is also not ventilated enough the room is over crowded with frequent visiting ladies when a healthy midwife can not sit in such a room so how a weak lady can tolerate this. Puerperal blood becomes too viscous to be excreted due to the overwhelming heat further more no food or drink is given so it makes the mother weaker and unable to expel the waste fluid.

**Note:** Time period of puerperal flow in case of male fetus is 25-30 days and female fetus is 35-40 days. Some women have no puerpeium at all and some have very little so the period can not be fixed. At the end of puerperal period if the mother condition is normal nothing to be feared. If there is pain around the uterus, headache or heaviness, fever or confusion

following the cessation of puerperal fluid then it is due to the retention so its excretion should be encouraged. The practice of our expert is described here.

At the time of labour pain, the mother is placed in a safe and comfortable room according to the weather. In summer season the room should be vast and ventilated. A brazier is ignited in that room in which some horse hoof is burnt so that the smell penetrated to the brain of the mother, if she feels hunger she is given light diet such as soup, milk bread, then water is given till she is satiated.

If there is problem in parturition and labour pain is prolonged, the decoction of these drugs is administered to the mother.

Ingredients: *Murgh Kharus* (Bird hen) 250 gm, *Qaranfal* (Clove), Black *Zecra* (*Carum carvi*), *Darchini* (Cinnamom), Cardamom, Ginger, Dry Coriander, Common salt, Rind of Cassia fistula seeds 10 gm, Mustard oil or Almond oil

Method: the bird is sacrificed and cleaned of wings, nails and viscera then boiled with above hot spices and salt as required in sufficient water till it is reduced to 1/3<sup>rd</sup> then it is fried with above oil. This decoction is given to the patient following *Tiryag Farooq* (Unani Antidote compound). After four hours it may be repeated if need arises. In some condition it is given two times a day for three days and the fetus dead or alive easily comes out of the uterus.

Other process like *Natul* (irrigation), *Abzan* (sitz bath), *Tila* (liniment), *Farzaja* (vaginal pessary) and *Fateela* (plug bougie) should be adapted as mentioned earlier.

A lady suffered miscarriage of a fetus of two months or less, there was excessive bleeding and nothing came out. The city physician told that all coagulated blood has been flown out after liquefaction and nothing is left inside the uterus, her condition was worsening due to severe pain, fainting and discomfort. My opinion was that between 40-50 days the fetus is completely formed which was not expelled out. The lady was close to death when was brought to me. I had given her above decoction three times a day and a complete formed fetus was expelled out of the uterus. Just after expulsion her condition was much improved and she was relieved.

**Note:** At the time of delivery, no drug should be given to the mother because child birth is a normal physiological process and the drug is given in pathological condition. If there is any problem like retentive puerperium or inflammation of uterus or fever post delivery then drugs may be given. Water should not be given for 8-10 hrs after parturition. In hot season if thirst is intolerable a mixture of *Arq Mako* (*Solanum nigrum*) and *Arq Gaozaban* (*Borago officinalis*) may be given 2 hours after delivery if it is not sufficient then Syrup *Zarishk Bazuri* is given to relieve the thirst and fever also.

Ingredients of Syrup *Zarishk Bazuri*: *Badian* (Fennel) 5 gm and root of the Fennel 5 gm, Seeds of *Kasni* (*Cichorium intybus*) 5 gm, *Karafs* (*Apium graveolens*) seeds, 5 gm, *Izkhar* (Rusa grass) roots 5 gm, Seeds of *Kasus*, *Aftimun* (*Cuscuta reflexa*) 5 gm, *Revand Cheeni* (Rhubarb) 5 gm, Seeds of *Khiarain* (Cucumber and Snake Cucumber) 20 gm, Seeds of *Kharbuza* (*Cucumis melo*) 5 gm, *Zingiber officinalis*, 5 gm, *Filfilmoya* (root of long pepper) 5 gm, *Nankhwah*, *Ajwain Desi*, *Kamun* (*Trachyspermum ammi*) 5 gm, *Zard chob* (Turmeric) 5 gm, *Zarishk* (*Berberis aristata*) 36 gm, *Bahidana* (*Cydonia vulgaris*) 36 gm, *Post Khia Shamber* (*Cassia fistula*) 36 gm, Cardamom, 10 gm. All these drugs are crushed and soaked in 250 ml of water overnight, it is boiled in the morning till 1/3<sup>rd</sup> water remains, it is rubbed, filtered and a consistency for syrup is prepared after adding sugar.

**Another** Formula: *Revand Cheeni* (Rhubarb), 10 gm is pounded and dissolved in the water extract of Fennel and kept preserved.

If thirst is relieved by above drugs it is better, otherwise following drugs are given;

*Nankhwah* (*Trachyspermum ammi*) 5 gm and Black sugar 25 gm are boiled in 250 ml of water till 1/3<sup>rd</sup> water is burnt, then 10 gm *Suji* is added.

**Note:** Puerperal women may suffer with fever 2<sup>nd</sup> day just after delivery mostly it goes off itself, if it persists then above syrup of *Zarishk* sprinkled with *Khaksi* (*Sysymbrium irio*) along with *Arq Mako* (*Solanum nigrum*) and *Arq Gaozaban* (*Borago officinalis*) should be given for 2-3 days,

If fever still persists then following *Munziji* drugs should be started.

Ingredients: *Gaozaban* (*Borago officinalis*) 5 gm, Flower of *Gaozaban* (*Borago officinalis*) 10 gm, *Bad ranj boya* (*Melissa parviflora*) 10 gm, Fennel 10 gm, *Khatmi* (*Althaea officinalis*) 7 pieces, *Khubbazi* (*Malva sylvestris*) 7 pieces, *Mako* (*Solanum nigrum*) 7 pieces, *Unnab* (*Zizyphus jujube*) 7 pieces, *Sapistan* (*Cordifolia latifolia*) 7 pieces, Seeds of *Kharbuza* (*Cucumis melo*) 5 gm, *Persiaoshan* (*Adiantum capillus veneris*) 7 pieces, *Maveez Munaqqa* (*Vitis vinifera*) 12 gm, *Aslus Soos* (*Glycyrrhiza glabra*), All these drugs after crushing are soaked in the 250 ml mixture of *Arq Mako* (*Solanum nigrum*) and *Arq Gaozaban* (*Borago officinalis*) overnight, it is boiled in the morning till 1/3<sup>rd</sup> water remains then filtered and mixed with 25 ml of Syrup *Zarishk Bazuri* and sprinkled with 6 gm of *Khaksi* (*Sysymbrium irio*) over it and given to the patient. Purgatives are used on 8<sup>th</sup> or 10<sup>th</sup> or 12<sup>th</sup> or 18<sup>th</sup> day.

For purgation, leaves of *Senna makki* (*Cassia angustifolia*) 12 gm, *Sheer khisht* (*Fraxinuous ornus*, Manna) 72 gm, Tamarind 6 gm are added in above drugs.

For cooling in hot season, 25 ml Syrup *Zarishk Bazuri* dissolved in 250 ml of *Arq Mako* (*Solanum nigrum*) and *Arq Gaozaban* (*Borago officinalis*) sprinkled with seeds of *Kanocha*

(*Phyllanthus maderaspatensis*, Canoe) and seeds of *Rehan* (*Ocimum pilosum*) 12 gm, each is given and the patient is relieved of the fever. These coctive drugs have also many benefits if given in a cough with fever in the morning and in the evening with Unani compound drugs like *Barshasha Abul barkat*, *Dayaquza*, *Lauq Khayar Shanbar* and *Haboob Surfa*.

At the onset of 7<sup>th</sup> month of pregnancy, suppositories of various fruits are prepared and kept ready so that within 2-3 months the fruits' heat is reduced. In the morning of 20<sup>th</sup> day after parturition one suppository is kept in the vagina, it is removed in the evening and another suppository is inserted this process is repeated for 20 days. Then it is discontinued on 40<sup>th</sup> day after parturition. These suppositories are tonic to the nerves and myometrium. Preparation and ingredients of above suppositories: Almond 25 gm, *Pista* (Pistachio) 25 gm, Coconut 25 gm, Sesame 25 gm, *Khurma Kuhna* (Dry dates) 25 gm, *Kishmish Kuhna* (Dry grapes) 25 gm, *Maveez Munaqqa* (*Vitis vinifera*) 25 gm, *Girdigan* (Walnut) 25 gm, *Mazu*, *Afis* (*Quercus infectoria*, Oak Galls) 12 gm, Saffron 12 gm, *Jauzbuwa*, *Jaifal* (*Myristica fragrans*, Nutmeg) 12 gm, *Bisbasa*, *Javitri* (*Myristica fragrans*) 12 gm, Flower of *Dhawa* (*Woodfordia fruticosa*) 12 gm, *Paneer maya* (Rennet) of camel 12 gm, *Darchini* (*Cinnamom*) 12 gm, *Kazmazaj* 12 gm, *Pumba* (Cotton) 100 gm, *Qand siah* (Black Sugar) 500 gm, *Zingiber officinalis* 12 gm, Cardamom 12 gm, *Darunaj Aqrabi* (*Doronicum hookeri*) 12 gm, *Moocharas* (Semul gum) 12 gm, *Majeth* (*Rubia cordifolia*) 12 gm, *Supari* (Areca nut) 12 gm, *Kakra singi* (*Pistacia integarrima*) 12 gm, *Pakhan bed* (*Saxifraga ligulata*) 12 gm, *Mastagi*, *Ilak al Butum* (*Pistacia lentiscus*) 12 gm, Pure Honey 500 gm, *Pumba* (Cotton) 100 gm after beating is mixed with *Qand siah* (Black Sugar) 500 mg to form the ointment then honey is added, after softening other drugs after pounding are mixed in the ointment then suppositories of 50 gm each are prepared and kept in a *Chini* container filled with the almond oil two fingers above the drug then it is buried deep in the soil. It is prepared 2-3 months before parturition, so that it becomes suitable to use at the time of requirement.

Following drugs are very beneficial for *Istirkha* (atony and flaccidity) of the uterus and other functional and anatomic changes of pregnancy when given on 40<sup>th</sup> day following childbirth:

*Agar Gharqi*, (Eagle Uood) 25 gm, Black *Musle* (*Curculigo orchioides*) 25 gm, White *Musle* (*Chlorophytum arundinaceum*) 25 gm, *hob Cheeni* (*Smilax china*, China Roots) 120 gm, Flower of *Fufal* (Areca nut) 25 gm, Flower of *Pista* (Pistachio) 25 gm, Flower of *Dhawa* (*Woodfordia fruticosa*) 25 gm, *Kazmazaj* 25 gm, *Tudri* Red, white and yellow (*Cheiranthus cheiri*) 25 gm, *Moocharas* (Semul gum) 25 gm, Green *Mazu* (*Quercus infectoria*, Oak Galls) 25 gm, *Majeth* (*Rubia cordifolia*) 85 gm, *Mastagi Roomi* (Pistacia

lentiscus) 12 gm, *Asgand Nagori (Withenia somnifera)* 25 gm, Cardamom small 25 gm, *Jauzbuwa, Jaifal (Myristica fragrans)*, Nutmeg 25 gm, *Bisbasa, Javitri (Myristica fragrans)* 25 gm, *Satawar (Asparagus recemosus)* 85 gm, *Kaiphal, Dar Sheshan (Myrica nagi)* 50 gm, *Darchini* (Cinnamom) 25 gm, *Badranj boya* (Melissa parviflora) 25 gm, *Beejband, Bariara (Sida cordifolia)* 25 gm, Piper longum 25 gm, *Zingiber officinalis* 25 gm, *Khusiatus Salab* (Orchis latifolia) 25 gm, Red Rose 25 gm, *Shaqaqul Misri (Pustinaca secacul)* 25 gm, *Bozidan (Pyrethrum indicum)* 25 gm, *Gaozaban (Borago officinalis)* 25 gm, *Punba Dana* (Cotton seeds) 25 gm, *Abresham* (Silk Cocoon) 25 gm, White *Behman* (Centaurea behen) 25 gm, Red *Behman* (Salvia haematodes) 25 gm, *Khar khasak (Tribulis terrestris)* small and big 25 gm, *Talmakhana (Asteracantha longifolia)* 25 gm, Black Scorpion 25 gm, *Paneer maya* (Rennet) of camel 25 gm, *Samandr sokh (Argyreia speciosa, Elaphant Creeper)* 25 gm, *Khulanjan* (Alpinia galanga) 25 gm, *Tabasheer* (Bambusa arundinacea) 25 gm, *Kamar kas* (Gum of Bengal Kino tree, *Butca frondosa*) 25 gm, *Samagh Arabi (Acacia arabica)* 10 gm, Sweet Almond 10 gm, *Pista* (Pistachio) nut 10 gm, *Kishmish* (Dried Grapes) 10 gm, *Maveez Munaqqa (Vitis vinifera)* 5 gm, *Maghz Injalak, Qurtum Hindi, Habb al-Neel* (Pharbatis seeds), *Habbus Samana, Chironji (Buchanania axillaries)* 5 gm, *Girdigan* (Walnut) 5 gm, *Mung flour* 10 gm, *Nashashta* (Starch) 20 gm, Mustard oil 40 gm, Sugar 100 gm

All above drugs are powdered and large numbers of pills are prepared. It should be distributed in the community for women as it is much beneficial for *Istirkha Rahm* (A condition where muscles of the uterus become flaccid and are not able to perform function).

**Note:** Some women have the tendency for premature movement of the fetus. It may aggravate the abortion. Efforts should be made to remove the causes of miscarriage. Therefore women should be given the drugs before pregnancy which are tonic to the uterus, brain, heart and kidney. Best tonic is *Chob Cheeni (Smilax china, China Roots)* then the drugs which are exhilarant. During pregnancy use of *Majoon Hafizul Ajinna* is best option.

The woman should also avoid each and every thing that can aggravate the miscarriage such as:

1. Trauma or falling,
2. Excessive coitus against normal position,
3. Venesection and purging during 1<sup>st</sup> and 3<sup>rd</sup> trimester,
4. Shock, fear, anxiety, anger,
5. Lifting of heavy weight,
6. Insertion of any drug inside the womb,
7. Exposure to excessive heat or cold,
8. Eating of sour, pungent and bitter things,

9. Congestion and overfilling of the stomach
10. Ingestion of toxic and bitter medication
11. Excessive enema or diuresis
12. Excessive hunger or thirst
13. Severe pain, fever, illness or uterus disease.

The signs of miscarriage are ultimately discharge of fluid or blood from the uterus, mild pain at umbilicus and pubic area, laziness, with all signs of parturition if the fetus is well developed. When there is twins and one of them has some problem, the breast will be pushed to opposite side, if the fetus is dead and there is inclination to expel the fetus out, abdomen becomes hard enough, when the women turns from one side to the other it seems like a stone is rolling inside the abdomen and it becomes cold following hot. Severe emaciation of the breast is visible and there is discharge of foul smelling fluid from the uterus, while the color of eye becomes turbid, margins of ear and nose turn white after redness. These signs point to the weakness of the fetus. The warning of miscarriage may be predicted by illness of the mother, menstrual flow in its time, absence of movement of the fetus after 4 months, a little movement after 6 months, excessive discharge from the vagina, presence of swelling or wind in the uterus.

**Caution:** Reasons for habitual miscarriage may be:

1. Swelling of the uterus makes it unable to hold the embryo for nourishment due to the abnormality, there is a secretion of excessive thick fluid from the uterine vessels. Placenta connected to the uterus through these vessels is source of nutrition to the fetus. Connection of placenta with these vessels due to excessive fluid secretion becomes too weak. Therefore it can not protect a growing fetus and it may be detached from the uterus with slight movement.
2. The growth and development of the fetus may also not occur because of burning or freezing condition of the semen due to hot or cold temperament of the uterus.
3. The pregnant woman is very weak and anemic that she is unable to supply the blood to the fetus for nutrition. So the fetus grows weaker and vulnerable for the miscarriage
4. The pregnant women cannot hold the growing fetus inside the uterus due to the dilation of the cervix
5. External cold or heat may cause harm to the fetus or there may be paralysis or sluggishness of the nerves.

The treatments of most of the causes are described in the chapter of *Aqr* (Infertility).

*Chob Cheeni* (*Smilax china*, China Roots) has been a tested and tried drug. It should



be given in the case of difficult pregnancy or habitual abortion for the period of complete 80 days or 40 days in each two seasons. I think Almighty has made this drug much effective, no any simple drug has such benefits. When ever I have given *Chob Cheeni* in other contrary diseases to any women it was proved much useful. It creates dryness in case of moistness and moistness in the condition of dryness, generates innate fluid, it strengthens not only one part but all organs of the body, acts as antidote to the toxins, produced by the humors.

### **Chapter 2: *Tadabeer Kullia Atfal* (General Care of the Child)**

Natures of the male children are very delicate, so all care should be taken for their treatment. The potent and severely active drugs which may cause harm to the child should be completely avoided. Camphor should be kept away from the child. Extreme hot, cold and sour food stuffs should not be given, only *Sikanjabeen* is permitted which is little sour. Basic nature of children is hot and humid, so their protection should be done by soft drugs which are warm nature. In fact hot and dry drugs are not given except when it is required considering the child's nature. Infants' organs are weak, so the child and the mother are given exhilarants mixed with *Yaqut* (Ruby) and suitable fruits like Pomegranate, Apple, Pears, Quince, Fig, Guava etc. for cleaning of kidney and bladder. Cucumbers seeds, powder of funnel and sugar are also better.

For the treatment of children, mothers' condition should also be taken in to consideration and it is proved by experiences that child's condition is improved by rectifying the milk of the mother while corrupted milk worsens the conditions of the child. Therefore improvement of the mother and her milk is enough to correct the children's condition, the children who are on both mother's milk and other food, correction in both is required. The drug should be avoided as far as possible because it is contrary to the nature especially of the children as they have weak temperament. The drug cannot enhance the strength but after severe weariness and exhaustion to the child. In this condition the effect of useful drugs is devastated and harmful drug can potentiate the harm to the child. So it is written in the book that the mother's health should be corrected to improve the health of the child by giving her medicinal diet then good quality of milk will be achieved. When medicinal diet enters the stomach its medicinal part corrects the impurities of the milk while dietary part produces each day the good nutrition which in turn gives rise to good milk. If lactating mother is suffering with vomiting or cholera she should not feed the child till she fully regains her good health and the child should be fed by other women, if the child is not suckling, mother's milk is expressed and given to the child. Cow and goat milk mixed with little fennel may be given after light boiling. It is better than the milk of the sick mother.

**Advantage:** At the time of child birth the opinion of midwife is important so the author of *Khulasa al Tajarib* (Hakim Alvi Khan) has written it should be left to the midwife how to hold the baby at the time of parturition because they are more trained about practicality.

**Important point:** When the umbilicus is cut off it should be tied and the baby is wrapped properly in a cloth otherwise infants may play and hit with their hands and legs then the legs may reach to the naval and may cause the umbilicus to be twisted and when the child tries to bring the leg down, as a result the umbilicus is fragmented and injured which can be fatal to the child. If wrapped properly the movement is restricted and the umbilical wound dries up well.

**Warning:** There is a custom in some cities that the infant is cauterized with iron or *Anacardium* in the stomach just after birth and the child becomes immune to the diseases of gastro intestinal tract. It depends on the midwives whether they cauterize with hot needle or Honey of *Anacardium* (*Aslul Baldur*), especially the child of the father who is already cauterized, must be cauterized.

**Advantage:** Some children acquire epilepsy or infantile convulsion just after birth so the mother of such children should be administered a Unani compound '*Majun Hafizul Ajinna*' throughout the entire pregnancy three times a day. It is given for forty days in 1<sup>st</sup> trimester, forty days in 2<sup>nd</sup> trimester and forty days in 3<sup>rd</sup> trimester. Then the child is cauterized with coral in between both eyebrows and another one at the fontanel just after birth after cutting the umbilicus when he becomes accustomed with outer atmosphere.

**Advantage:** Male child is circumcised on 2<sup>nd</sup> day after birth as the wound is healed and dried up along with umbilicus. It gives great relief to the child and the mother. It is also beneficial for the disease of brain, kidney and bladder.

**Very Important point:** A scorpion is taken and burnt with sting, its ash is preserved. This ash is applied to the palate and uvula of the infant by finger just after birth. The child will not be affected by scorpion sting. Also a live scorpion is killed and poured in the oil of a lamp; the lamp is placed before the child, the scorpion with oil remains in the lamp for six days. This act also gives immunity to the scorpion sting.

**Note:** the child is bathed and salt is applied all over the body then it is washed so that it is cleaned of all sticky materials then the child is bathed with pure clean water and cleared of all foul smell. Then the child is wrapped in a clean cloth after cutting the umbilicus with extreme care that no organ is twisted other wise it will not be corrected throughout the life. At the time of urination the dress should be changed so that the body is not eroded due to the urine acidity.

If the child is crying due to hunger just after delivery the milk of a wet nurse (*Murzia*) should be given if available otherwise the child is passed on *Cassia fistula* for three days. On 3<sup>rd</sup> day, if the mother's condition is better, the milk produced just after parturition (which is called colostrums) must be given to the child, as it is considered very potent and healthy. The first milk is thick so the nipple hole may be dilated for easy excretion it is like a panacea for the child if it is easily digested. After 2-3 days the milk becomes moderate, thin and normal, it should be given to all types of children weak or strong. Initially the baby is fed three times, if child is crying due to hunger its frequency is increased gradually. The mother and child should be protected from indigestion and diarrhea. The feeding should not be repeated rapidly after a little crying, the child is kept busy. When the child is hungry and severely crying then he will suckle maximum amount of milk forcibly with full stomach, it is better for the child and demand interval will be prolonged gradually.

The wet nurse (*Murzia*) (A woman hired to suckle a child of someone else) must be caring, loving and kind enough to tolerate the child's habit as some children suckle the one breast while scratch the other one with their nail and engage in playing for happiness. The rude and unkind mother becomes angry, separates the child rashly of the breast, stares at them and starts abusing the baby which the child can not understand. Due to this ill behavior the child becomes weaker day by day and nobody looks into it. Therefore it is necessary to observe the behavior of wet nurse (*Murzia*) with the child very carefully and she should be given the responsibility only after confirmation that she has fed 2-3 children with affectionate. If wet nurse (*Murzia*) is young, inexperienced and ignorant, the real mother or grand mother must be present at the time of feeding as some children may succumb to death due to the cruelty and deliberate infliction of pain and suffering from the wet nurse (*Murzia*).

Best milk for the child is of her/his real mother if she is strong and young with healthy temperament, otherwise wet nurse (*Murzia*) with these qualities is better.

**Warning:** The child should be bathed each day in summer season and every 3<sup>rd</sup> day in winter season at a place protected from the wind and care is taken that water not to enter into the ear, then its body is wiped with soft towel and dressed properly as soon as possible. It is better to bath the child with hot decoction of these drugs: *Amaltas* (*Cassia fistula*), *Hashish* (*Cannabis indica*), *Hennaleaf* (*Lawsonia inermis*), *Turanjabeen* (*Alhagi pseudalhagi*). The child is kept in a moderate place after bathing then he becomes gradually accustomed to the light and cool atmosphere.

**Advantage:** Some learned Englishmen cauterize some organs of their children in 1<sup>st</sup> twenty or forty days and they become protected of certain diseases, such as cauterization on forehead and fontanel protects from epilepsy and insanity while on temporal region protects

from eye disease. Some arteries and veins are also cauterized which become carrier of bad humors and gases towards vital organs.

The child under age of 40 days never be left alone, one elder person should always be there. The young mother of a child should not be trusted completely as most young mothers fall in deep sleep holding the baby in her arms which becomes fatal due to bearing of weight on the child. The child should be covered well and protected from the cold atmosphere in winter season as the risk of pneumonia and cough are more which are killer to the infants.

**Advantage:** a person brought one and a half year old son of another person to his home, while he was making opium pills the child took one pill and inserted it into his nostril, the pill reached deep in the nose. He started difficulty in breathing, his condition began deteriorated and he fell fainted after half an hour. The person was near to collapse after looking this condition. the cause of fainting was not ascertained despite deep enquiry, helplessly he came back to the child's father and begged that I had taken your son out of you now his condition is worsened if you think I did some fault I present myself to be killed by you. The father replied you did nothing, it is our fortune I have no retaliation at all. Finally the child was brought to me there was a pale discharge from one nostril that was smelling like opium, at that time I inserted a snuff of tobacco into his nostrils suddenly a series of sneezing started and after a while a pill of opium came out of the nose immediately the child became conscious and took the milk, before two hours his condition was deteriorated and after two hours he returned to healthy state.

Prevalent measures to remove the opium toxicity are to take care in 1<sup>st</sup> two hours and the use of *Angozah* (Asafoetida) is very beneficial in this condition. If any one ingested opium he or she must be subjected to vomiting after giving full stomach water or cow milk. After vomiting and stomach washing, *Angozah* (Asafoetida) dissolved in water equal to the eaten opium is administered orally followed by *Tiryah Faruq* (Antidote) after two hours. It is very much beneficial.

**Note:** Toxics like opium never kept in the reach of the children as it may be fatal to them, other articles like iron, stick, knife, scissor, glass particles, bangles etc always kept out of the reach of the infants as they may injure themselves, care is necessary in that situation.

### **Chapter-3- *Reeh al Sibyan* (Infantile Convulsion)**

*Reeh al Sibyan* or *Umm al Sibyan* or *Faza al Sibyan* is that type of disease in which the child suddenly becomes fainted, hands and legs are twisted, froth from the mouth, both eyes are pulled up, blackness of eye is not seen. The reasons are different as it may be due to condition of general heat, material or non material or due to wind.

**Treatment:** No drug is given till the cause is ascertained however some *Zul-Khassa* (multi purpose) drugs may be given for recovery then full investigation is conducted to find out the exact reason.

Ingredient of *Zul-Khassa* drugs: *Bekh phiki* 5 gm, Leaves of *Suddab* (*Ruta graveolens*) 5 gm, Leaves of *Karela* (*Momordica charantia*, Bitter Gourd) 3 pieces, *Waj Khorasani* (*Acorus calamus*) 2 gm, *Nankhwah* (*Trachyspermum ammi*) 5 gm, Peeled Garlic one piece, *Gao rohan* (Cow stone), *Musk* 10 mg. All these drugs are finely pounded with water, kept in a cloth and extract is filtered and given to the patient. The residue is pounded again and given to smell then it is rubbed all over the head, temples, cervical and thoracic vertebrae, fingers of hands and legs and both jugular veins.

If the causative factor of the disease is coldness, above drugs are used both internally and externally if it is due to the heat and bile or hot season, the drugs are not given orally, only it is applied externally and given to smell. If it is not sufficient a little amount can be given orally. If there is a fever proper cooling should be done.

To make the patient conscious in epilepsy, fresh leaves of *Suddab* (*Ruta graveolens*) is given to the child to smell and it is rubbed over both temples or Two drops of smashed white onion is instilled in the nostrils. *Aab Barg Rawasan* is also beneficial. *Jund Bedastar* (*Castoreum*) is rubbed inside the ear, nose, over the palm and toes as reaching of its smell to the brain is very beneficial for epileptic child. *Fad Zahr Haiwani* (Animal Antidote) dissolved in a little amount of mother's milk is given orally. Then full investigation is carried out to find out the exact reason whether it is cold or heat.

In case of coldness *Jund Bedastar* (*Castoreum*), *Satar Farsi* (*Zataria multiflora*) and *Kamun* (*Trachyspermum ammi*) are crushed, pounded and dissolved in the mother milk and is administered orally which gives immediate relief. If it is due to heat or bile the decoction of peeled Liquorice and *Gaozaban* (*Borago officinalis*) 6 gm each mixed with syrup *Banafsha* (*Viola odorata*) 50 ml is given orally to the child of two years old and remaining is administered to the mother. *Jauzbu* (*Myristica fragrans*) pounded well in rose water is rubbed over the stomach of the patient. It is essential for the physician to find out other signs of heat and cold also, before cooling or heating measures are employed.

A person told *Hakim Nawab Alvi Khan* that his children used to acquire infantile convulsion at the age of 2-3 years. He was advised for *Majun Hafizul-Ajinna* to be given to his wife at the time she conceives for 40 days. After ingestion of this drug all her children born healthy and never acquired the disease. This *Majun* was given to many patients and was everywhere successful. Dose: it should be given for forty days in 1<sup>st</sup> trimester, for forty days in 2<sup>nd</sup> trimester and for forty days in 3<sup>rd</sup> trimester.

Ingredients of *Majun Hafizul Ajinna*.

*Marwareed Nasufta* (Pearl Unpierced) 10 gm, *Kahruba Shamai* (*Vateria indica*, yellow amber) 10 gm, *Busud* (Coral) burnt and washed 10 gm, White and red Sandal 10 gm, *Tabasheer* (*Bambusa arundinacea*) 10 gm, *Mazu, Afis* (*Quercus infectoria*, Oak Galls) un perforated, 10 gm, *Darunaj Aqrabi* (*Doronicum hookeri*) 10 gm, *Uood Saleeb* (*Paeomia emodi*) 10 gm, *Abresham* (Silk Cocoon) 10 gm, Root of *Enjibar* (*Polygonum bistorta*) 10 gm, *Gil Armani* (Arminina Bole) 10 gm, Seeds of *Hinduana* (Water melon) 25 gm, Seeds of *Khurfa* (*Portulaca oleracea*) 25 gm, Silver leaves 20 pieces, Gold leaves 20 pieces, *Amber Ash-hab* (Ambergris) 1 gm, Syrup of *Ghorah* (sour grapes) 750 ml, Sugar 1500 gm, Pure Honey 500 gm, *Majun* of above drugs is prepared as per norm.

**Dose:** 5-10 gm with water extract of *Gaozaban* (*Borago officinalis*) and *Bed Mushk* (*Salix caprea*, Musk Willow) or with emulsion of *Khurfa* (*Portulaca oleracea*), cardamom and syrup of pomegranate. Mutton and sour food stuff should be avoided.

**Note:** Cauterization with coral between both eye brows of the child removes the epilepsy. Some cauterize with red roasted dung of sheep. However cauterization gives relief from epilepsy. Meat of squirrel cleaned of all impurities is roasted in mustard oil and 1-2 gm is given to the child. Inhalation of the smoke of brunt donkey hoof is also beneficial as it reaches to the brain.

Following procedure is very much experimented in this condition.

Cotton is purchased on Monday with legal money and fibers are made by little girls, given to weavers for preparing a cloth and a cap and shirt is stitched of that cloth and colored with blue then all this process should be completed within four hours and it is put on the affected child before sun set. It is useful for epilepsy.

Another tried and tested drug: Worm found in Acacia fruit or in moist soil 2 pieces, *Gosht Dehn Chidi* (Meat of the bird mouth) 1 gm, Earth worms 2 pieces, *Murdar sang* (Letharge) 2 gm, *Waj Turki* (*Acorus calamus*) 2 gm, *Piaz Jangali* (Onion wild) 2 pieces, Pure Musk 1 gm, Fat of Rabbit 2 gm, *Haleela* (*Terminalia chebula*) 2 gm, *Jauzbua* (*Myristica fragrans*) 2 gm, All these drugs are pounded well with the water of Betel leaves and solid paste is made then pills of *Mung* size are prepared. One pill is dissolved in mother's milk and given to the child.

**Advantage:** At the time of delivery the infant is rubbed with egg white and egg yolk of the hen all over his or her body and bathed with saline water. The chicken, egg, coconut and sweets are provided and their smell is made to reach the brain of the infant.

The drugs advised are: Garlic, one slice, *Waj Khorasani* (*Acorus calamus*), 1 gm, Piper

longum, 1 gm, Musk, 0.1 gm, Clove, 1 gm, *Nankhwah (Trachyspermum ammi)*, 25 pieces, Leaves of *Suddab (Ruta graveolens)*, 3 pieces, Leaves of *Karela (Momordica charantia)*, Bitter Gourd) 3 pieces, Betel Leaf, 3 pieces, One piece of cut garlic is taken and wrapped in a cloth then it is kept in the hot ash till it is roasted then it is taken out and peeled off then it is pounded with all remaining drugs. Dose: 1-2 gm for 2 year child.

#### **Difference between *Reeh al-Sibyan* and *Umm al-Sibyan* or *Faza al-Sibyan***

According to some experts *Reeh al Sibyan* is that disease in which the child suddenly falls unconscious twisting his body, hands and legs, secretion of froth in the mouth, eyes are pulled up towards the roof. Main reason is that some thick gases are accumulated inside the skull and cause distension of the head producing the symptoms resemble to the *Sara* (epilepsy). While *Umm al Sibyan* or *Faza al Sibyan* or *Umm al Shayateen* are synonym it is type of *Sara* (Epilepsy) which comes with burning fever. According to some physicians if above symptoms are continuous called *Umm al Sibyan* otherwise it is *Reeh al Sibyan*. However treatment started only after confirmation of the exact cause and dominance of the specific humor.

**Treatment of convulsion:** Both hands and legs of the patient are tied at the time of fits till the convulsion disappears, then immediately few *Suddab (Ruta graveolens)* leaves with *Jund Bedastar (Castoreum)* smashed in water is given to smell then this drug is rubbed over the back bone, jugular vein, both hands and legs, fingers and nails. It gives immediate relief.

After that exact cause should be found out. If the cause is heat proper cooling and moistening should be done externally and internally. Best thing for this purpose is the milk of women should be poured over the vertex, fontanel and gums. Scraps of *Kaddui* (Pumpkin) and cucumber are smashed with water of fresh *Solanum nigrum*, coriander, rose, oil and vinegar and made paste. Application of this paste on the head is much beneficial. Patient is kept in a cool and moist room and given proper laxatives such as use of soft suppositories and massage of the organs with almond oil mixed with cow butter is good. If the cause is cold and phlegm dominance, purging and warming should be done. Following prescription is tested and tried in this condition.

*Jund Bedastar* (Castoreum), *Satar Farsi (Zataria multiflora)* and *Kamun (Trachyspermum ammi)* are crushed, pounded and dissolved in the mother milk is administered orally.

**Warning:** Experts written in the books that convulsion in children always accompanied with the fever and temperature is reduced after use of cooling drugs. Some persons misunderstood that the only treatment of convulsion is cooling so they started generally to use abundant cooling drugs that became fatal. It is also written in some books that *Reeh al Sibyan* arises due to phlegmatic matter and the general conclusion by lay persons that

heating is the only solution, they used heating drugs carelessly every where and destroyed the whole community. It is repeatedly warned that this disease needs full investigation before treatment is started.

- Use of antidote especially *Fad Zahr Haiwani* (Animal Antidote) dissolved in a little amount of mother milk given orally, is better.
- Tying of both limbs and to put cupping glass over both calves.
- *Jund Bedastar* (Castoreum) is rubbed inside the ear, nose, over the palm and toes as its smell is very beneficial for epileptic child.
- Throwing of warm water over palm and legs and massage with pounded and smashed mustard.
- *Paneer maya* (Rennet) of rabbit dissolved in water is also useful
- Blood of rabbit or two drops of blood from the ear of donkey is also unique

A child suffered few times with *Umm al Sibyan*, he was cauterized with coral between both eye brows he was completely cured and the epilepsy never recurred. Cauterization with red roasted dung of sheep also gives relief from the disease. Whenever a gap of 2-3 days the child suffers with the disease and the body becomes pale and turbid he or she should not be subjected to that agony.

**Advantage:** A 4 to 5 years old child of a pharmacist suddenly fell unconscious crying loudly uninterrupted and raising both hands. All people considered it the consequence of a demon and they started searching for an amulet. I told them 'why you are wasting your money on these so called *Mullas*, this is a disease of epilepsy. It will recur again with much severity if not cured properly but he did not care. However six months later, the child started to suffer with froth in the mouth, convulsion and fainting, at that time he admitted the existence of this disease and fell on my feet. Starting his treatment, I gave him first *Munziji Balgham* (Coctive of Phlegm) drugs three times a day for 12 days then *Mushil Balgham* (Purgative) like *Habb Ayaraj* for 10 days, then antidote like *Jund Bedastar* (Castoreum). He was completely cured of epilepsy by this treatment.

The purpose of quoting this incident is:

1. That prelude of epilepsy comes suddenly then confirming epilepsy, if the physicians know this they will become very careful not to make any mistake in the treatment.
2. Some persons are convinced as per ancient writings that epilepsy occurs due to cold only and some consider opposite to it, both are wrong. There is no generalized rule, epilepsy may occur because of either conditions cold or heat, it is up to the physician to enquire about the specific cause and start the right treatment.



#### Chapter-4 *Atas Mutwatir* (Incessant Sneezing)

The cause may be acute inflammation around the brain with high rise temperature. **Treatment** is cooling of brain by cold liniments such as: *Khar Shutr* (*Hedysarum alhagi*) and Pumpkin are cut into small pieces and made paste with *Aab Mako Sabz* (Juice of green *Solanum nigrum*), Green coriander juice, Pumpkin oil, Oil of *Banafsha* (*Viola odorata*), Almond oil, Rose oil, and *Bartang* leave juice (*Plantago major*), then they are made into tablet form by adding a little vinegar. This tablet is very cooling and kept over the fontanel. Another drugs: Juice of green *Mako* (*Solanum nigrum*), rose and rose oil are mixed with the mother milk thoroughly and an old cotton dipped within kept on the forehead.

Other drugs: A bread of *Mung* flour is prepared and kept raw on one side, milk of woman is applied on the raw side which is placed on the head. Yellow fluid of sheep's kidney which is separated while roasting is instilled warm in the child's nose. Young bird or wild pigeon is sacrificed over the fontanel so that the warm blood is poured over the head then its chest and stomach are also cut down and bandaged fresh on the head as the heat of the stomach may transmit to the child's head. A little amount of *Jund Bedastar* (Castoreum) is smelled to the child and a little dissolved in mother's milk given to the child internally. This is very much useful. *Hashish* (Hemp plant) fresh is taken and pounded with a little saffron adding mother milk. This drug taken in a clean cloth dipped in almond oil is instilled in the nostril.

A child was suffering from sneezing unremittingly, all physicians of the city came together to cure but without any success, it shows how much difficult and fatal is that disease. Some times the child has acute inflammation of the cerebrum itself. Its treatment is written in the chapter of meningitis.

#### Chapter 5: *Utaash* (Excessive Thirst)

In this disease vertex of the head is depressed, there is acute inflammation of the membrane. The signs are: soft vertex is suppressed, and the child is not satiated of water. There is pain up to the throat and eye, Body become pale due to bile dominance and severe pain preceded by papule eruption over the head.

**Treatment:** Cooling and moistening of the brain.

Green Pumpkin cut into small pieces and made paste with the Juice of green *Mako* (*Solanum nigrum*), green coriander juice, juice of leaves of *Khirfa* (*Portulaca oleracea*, Parselane) and rose oil. This paste is added with little vinegar and kept over the head especially on the vertex.

Egg white mixed with rose oil, starch, vinegar, the Juice of green *Mako*, fresh *Khubbazi* (*Malva sylvestris*) is kept ready and applied over the vertex.

Other Formulation: Leaves of *Khirfa* (*Portulaca oleracea*, Parselane) pounded alone or with rose oil are applied over the head. Emulsion of seeds of *Khirfa* (*Portulaca oleracea*, Parselane) alone or with *Tabasheer* (*Bambusa arundinacea*) is given internally.

The child's body is washed with sour milk or the water of musk melon or decoction of *Khar Shutr* (*Hedysarum alhagi*). Leaves of *Henna* (*Lawsonia inermis*) are applied over the hands, feet and sides of the head. Barley water is also useful. Diets of the mother and child should also be cooling. Other treatments written in the chapter of *Sarsam* should be adopted.

Diarrhea in this condition is very dangerous. In case of loose motion roasted *Khirfa* (*Portulaca oleracea*, Parselane) with *Tabasheer* (*Bambusa arundinacea*) is given to the child. Other astringents like roasted barley also can be used till motion is stopped. Reduction of mother's diet is useful for infants' diarrhea.

**Note:** In the region of Delhi and North India this disease generally comes in summer season. Most of the infants who are unfamiliar with other diet than mother's milk succumb to this ailment. So the mothers in that region are well aware of the precaution and management of their children. They wean their children in winter season and start them on other diets; therefore on sudden arrival of summer season, they do not succumb to *Utaash* (thirst) due to unfamiliarity with the diets. The children who are not habitual with the food other than mother milk may suffer with diarrhea due to excessive intake of water and this may lead to death. Because uninterrupted water intake in empty stomach continues this may cause to diarrhea and subsequently death. The children who are habitual to the food never suffer with the diarrhea and become safe.

**Treatment:** On the eve of summer season children should be weaned (Freed of dependence on mother's milk) toward other diets.

Following drugs should be given in summer season:

Seeds of *Khirfa* (*Portulaca oleracea*, Parselane) 12 gm, *Maghz tukhm kaddu shiri* (Nut of the sweet pumpkin seeds) 6 gm, *Tukhm Khiyar* (Cucumber seeds) 9 gm, *Dana Heel* (*Elettaria cardamomum*) 2 gm, their emulsion is taken out in cold water and added with sugar. A little is given to child and rest is given to the mother.

Useful compound drugs: Qurs tabasheer Kafuri, Sharbat Aalu, Sharbat Tamr Hindi, Sharbat Turanj, Sharbat Neelofar.

**Warning:** It is repeatedly written that excessive cooling especially with camphor is unsuitable for the child. But if the severe heat can not be reduced without use of camphor, it should be done as most of the decisions are solely taken by the physicians.

A child suffered from *Humma Muhtariqa* (burning fever) and was brought to a physician. He gave the patient a pill of his own formulation which was based on Arsenic and Aconite. The child became unconscious due to high rise temperature; his mouth was stretched out with dry and black tongue pulled aside. The child was brought late night to me. The child was given *Arq Mubarrid* with rose little by little with the gap of half an hour in two sitting. Whole *Arq* was digested by the patient, and he fell asleep and he woke up with much better condition without any discomfort. The real healer is Almighty; however it was proved that giving camphor to the infants in this situation has a lot of benefits. Therefore shunning the camphor is not a generalized rule.

Ingredients of *Arq Mubarrid*:-

Seeds of *Khirfa* (*Portulaca oleracea*, Parselane) peeled 10 gm, Nut of the sweet pumpkin seeds 10 gm, Cucumber seeds 10 gm, Seeds of *Kahu* (*Lactuca sativa*) peeled 10 gm, Dried coriander 10 gm, *Tabasheer* (*Bambusa arundinacea*) white 10 gm, Seeds of *Kasni* (*Cichorium intybus*, chicory) semi crushed 10 gm, White Sandal (*Santalum album*) filing 10 gm, Red Sandal (*Pterocarpus santalinus*) filing 10 gm, Green pumpkin 5 gm, *Khiair Shanber* (*Casia fistula*) 5 gm, Juice of green *Mako* (*Solanum nigrum*) filtered 5 gm, Juice of green *Kasni* (*Cichorium intybus*, chicory) filtered 5 gm, Green leaves of *Khirfa* 5 gm, Green leaves of *Kahu* 5 gm, Green leaves of *Bartang* (*Plantago major*) 5 gm, Banana seeds 5 gm, *Arq Gaozaban* (*Borago officinalis*) 3 gm, *Arq Neelofar* (*Nymphaea alba*, Water Lilly) 3 gm, Rose flower 3 gm. All these drugs are cleaned and coarsely pounded. Some quantity of water is added to the drugs for soaking and kept over-night. This makes the drugs soft and when boiled, it releases the essential volatile principles easily. The next morning it is poured into the distillation apparatus and boiled. The vapor is condensed and collected in a receiver. *Kafur Qaisuri* (Camphor) 20 gm is tied in a cloth through which this liquid passes.

**Warning:** When a child becomes thirsty in India in summer season and asks for a cup of water and is not habitual to the foods other than the mother's milk, the women relatives become apprehensive as they consider it a disease that may lead to death. The reason is that loose motion occurs on 3<sup>rd</sup> or 4<sup>th</sup> day which may be fatal. If the child is regular to the foods, sudden intake of water never harms. Therefore the ladies give the water drop by drop to their 4 month old children and gradually start with other foods also to make the child familiar with water and food so that in case of the disease no harm occurs. *Sagudana* and biscuits like foods can be given to the child. *Sagudana* 6 gm boiled in water or cow milk added with sugar should be given to children. Nut of the Papaya seeds and *Maghz Shakh Kunar* (nut of the Lotus tree stem) are special drugs for *Utaash Mufrit*.

**Chapter 6: *Ijtima Aab dar Ras* (Accumulation of fluid inside the skull)**

Generally fluid is collected in the head subcutaneously outside the cranium or inside the skull but outside of the hard meninges. It occurs mostly in children because of the moistness of their brains. It is 2 types according to the site of collection.

**Type One:** Water collects in the head outside the skull. It may occur as the midwife compresses the head tightly by mistake, because of this, the vessels are ruptured and plasma is collected subcutaneously after oozing out, other humors are also deposited.

**Symptom:** Color of skin is normal. Due to dilatation of the vessels there is a pain, crying and insomnia especially in initial stages. The difference between this disease and swelling is that swelling is characterized by changes in skin color and temperature, painful condition and irritation. These symptom are absent in the condition of simple collection of fluids.

**Treatment:** Fluid in large amount: on compression this fluid may go inside. In this condition it is left as such because manipulation may be harmful.

If the fluid is less and surrounded then it is treated by two methods:

1<sup>st</sup> Light resolving liniment are applied locally and dressed.

2<sup>nd</sup> Oedema is incised and the fluid drained out, then alcohol and olive oil is inserted inside the wound for three days little by little, it is treated with honey and ointment if needed and it should be stitched. In case of looseness or gap in the muscle, the edge of that region should be incised till it bleeds slightly, thus the new muscle re-grows very quickly. The size of incision must be proportionate to the size of edema. If size is small one transverse incision is enough but if size is large 2 to 3 cross incision should be made to drain out the complete pollutants.

**Advantage:** Before incision a poultice should be prepared. Lemon is cut, heated and sprinkled with little salt then fomentation is done on the edematous place 2 -3 times a day for few days. It gives complete resolution. The son of the author named Ahmadullah suffered from this ailment in his head. He got relieved by use of this drug in 7 days. Sour things are unsuitable for brain; hence other drugs may be tried.

**Type Two:** Fluid accumulates inside the skull above the hard membrane which touches the curved surface of the skull.

**Symptoms:** Blinking of eye becomes difficult, eyes are moist and open and tears continue to flow. Experts have written no management of this. Probably it is written about children because their brain has excessive moistness and easily susceptible. Due to this reason use of strong brain purifying drugs in the children is not possible so it should be left to the nature and this disease may be resolved at the time of puberty when the moisture is reduced.

Accumulation of fluid outside or inside the skull in elder persons may also occur but it is rare so it is not described in the elder's diseases.

### **Chapter 7: Warm *kharij Qahf* (Swelling out side the cranium)**

Some times there is acute or chronic inflammation in the membrane or in the skin of the skull. The difference between the swelling and fluid collection is that there is pain in all types of inflammation and swelling.

**Treatment:** Application of proper poultice according to the cause. In acute inflammation cupping is better option than venesection if possible, especially in elder persons.

### **Chapter 8: *Sarsam* (Meningitis)**

According to some experts, sometime this disease occurs to the children also. A child of 10 month old suffered with the disease of pneumonia. All near and dear elders started to treat by giving warming and drying agents excessively the child got no relief. The decoction of *Nankhwah* (*Trachyspermum ammi*) and clove was also given. He lost his consciousness due to severe fever. No part of his body had the movement for 14 days except left shoulder; it was repeatedly trembling like shiver. After one or two hours expressed milk of the mother was instilled into the throat of the child then trembling subsided. Finally after 14 days all his relatives distanced themselves, child's mother requested me to do something without any objection.

Desperately, I gave him following drugs:

Emulsion of *Khirfa* seeds was mixed with syrup *Neelofar* 24 ml in a cup. I placed edge of the cup on child's lip for feeding to see whether he has some sense or not. As the coldness reached to the child's lip he held the cup firmly with his both hands in unconscious condition and all cold syrup was consumed by him completely. Quickly he opened his eyes and got relieved. The purpose of quoting this incident is that children mostly suffer from the diseases of phlegm and moisture. It is for the physician to purge the phlegm completely after the maturation by prevalent drugs like *Glycyrriza glabra*, *Gaozaban* (*Borago officinalis*), *Khatmi* (*Althaea officinalis*), *Khubbazi* (*Malva sylvestris*), *Persiaoshan* (*Adiantum capillus veneris*), *Maveez Munaqqa* (*Vitis vinifera*) and *Injeer* (Fig) followed by moderating agents. In case of meningitis, the cause should be found out whether it is due to heat or cold.

The symptoms of bile or sanguine: Atmosphere, season and region are hot, anxiety, discomfort, red or pale eye and skin, yellow or dark tongue, dry mouth and nostrils, excessive thirst. Absence of above symptoms and presence of cold air, season and region points to phlegm occasionally to *Sauda* (black bile).

When hyperemia from vascular congestion, redness of eye and skin is felt and confirmed that it is sanguine, immediate cleaning of both ear lobes and over the forehead and cupping on calf muscles is compulsory. Application of leeches on posterior of the ear, between the shoulders and over the coccyx is essential followed by use of laxatives.

*Bal Sengi* 'Dry cupping' (A treatment in which evacuated cups are applied to the skin to draw blood through the surface) is useful in all types of meningitis. Young cock with chest and stomach slit is applied over the head. Application of bread prepared of the pulse flour which is kept raw on one side and mother's milk is spread on that side is also helpful. Pouring of rose oil, women's milk, green *Mako* juice and green coriander juice over the head and massage of both hands and legs with women milk is unique especially in bilial case. The bile nature is confirmed by yellow skin and eye, dry mouth and nostrils, excessive thirst, yellow and green stools, then cooling drugs are given to the mother that can reduce the heat. The child is given purgative without waiting for maturation as the fever itself is a maturing agent. Infants are delicate who cannot tolerate the difficult situation.

Ingredients: Seeds of *Khatmi* (*Althaea officinalis*), *Tukhm Khiyar* (Cucumber seeds), Seeds of *Kasni* (*Cichorium intybus*, chicory) semi crushed, Flower of *Banafsha* (*Viola odorata*), Rose flower, *Unnab* (*Zizyphus vulgaris*, Jujube), *Sapistan* (*Cordifolia latifolia*), Leaves of *Senna makki* (*Cassia angustifolia*), *Aslus Sus* (*Gycyrriza glabra* root), Water of *Mako* (*Solanum nigrum*), Water of *Gaozaban* (*Borago officinalis*), *Sheer khisht* (*Fraxinous ornus*, Manna), *Khiar Shanbar* (*Cassia fistula*), Tamarind, Drugs 1 to 9 are crushed, soaked in the drugs 10 and 11 overnight, rubbed together with the drugs 12 to 13 and filtered. This is sprinkled with almond oil and given internally.

On 2<sup>nd</sup> day mucilage of *Bahidana* (*Cydonia vulgaris*, Quince seeds), emulsion of Nut of the sweet pumpkin seeds and cucumber seeds mixed with syrup *Alu* (Potato) are given.

If needed, other measures like *Bad Kash* (Dry cupping), foot bath, inhalation and cleaning should be adopted. The patient of meningitis remains nearly unconscious, so the drugs cannot be given orally, in this condition enema is the best option and acts like magic. Insertion of suppositories and bougie in children to stimulate evacuation is also helpful. This humble person had given enema to a child of one and a half year old who was close to death, and after one motion he had blinked.

A child of 7 years old suffering from acute sanguine meningitis came to me, his eyes were protruded due to excessive boiling of the blood, looked like both eye balls would come out of the sac, skin color was like pigeon's blood, all blood vessels appeared prominent due to congestion. Then a divine idea came to my mind that there is no option except the

venesection, his father was hesitant how it is possible for such young child of 7 years old. Ladies also severely resisted. Finally the child's father agreed despite severe resistance from all relatives. As nearly 125 ml blood was drawn from his head by venesection, the child opened his eyes and responded to every word. A physician should take a bold step when needed and must know that newer experiment is required which may be an evidence for the later physicians.

**Warning:** Dose of purgative drugs for children is written in lesser amount considering their nature. But some children are unable to tolerate that little amount too, either due to ill temperament or displeasure or mischief. At that time the pills made of *Habb al-Salateen (Croton tiglium)* should be given for proper purgation of that humors followed by sufficient cooling.

**Laxative Bougie:** Soap *Iraqi* 2 gm and *Boorah Armani* (Arminina bole) 1 gm smashed and mixed with the fragments of tobacco thoroughly and *Fateela* (Bougies) are made. This is inserted into the anus of the child.

Another Bougie: Seeds of *Khatmi (Althaea officinalis)* 1 gm, Flower of *Banafsha (Viola odorata)* 1 gm, *Turanjabeen (Alhagi pseudalhagi)* 2 gm, *Boorah Armani* (Arminina bole) 1 gm, Soap *Iraqi*. *Fateela* made of above drugs is inserted into rectum. Sometimes fragrant of tobacco with tamarind fiber is sufficient.

**Enema:** *Khaksi (Sysymbrium irio)* 12 gm and common salt 12 gm are boiled in 250 ml of water till water is reduced to 3/5 of it, then it is filtered and used for enema.

Other Formulation: Hot water extract of the following drugs should be injected through the anus to stimulate evacuation: Seeds of *Khatmi (Althaea officinalis)* 3 gm, Flower of *Banafsha (Viola odorata)* 3 gm, Rose flower 3 gm, *Khaksi (Sysymbrium irio)* 3 gm, *Tukhm Marv (Phyllanthus maderaspatensis, Canoe seeds)* 3 gm, Flower of *Babuna* (Chamomile) 2 gm, *Ikleel al Malik, Nakhuna (Trigonella uncata)* 2 gm, Leaves of *Choqandar (Beta vulgaris rubra, Beetroot)* 24 gm, *Khiaar Shanbar (Cassia Fistula)* 2 gm, *Turanjabeen (Alhagi pseudalhagi)* 2 gm, *Boorah Armani* (Arminina bole) 2 gm, Rose oil 5 gm. Drugs 1 to 8 are boiled in the water and filtered, and added with drugs 9-12 and used for enema.

(Contd..)