

## **AMRAZ KABID (HEPATIC DISORDERS) IN CLASSIC LITERATURE OF UNANI SYSTEM OF MEDICINE**

### **(PART IV)**

**Dr. Ashfaque Ahmad**

**(Continued from the previous issue..)**

#### **Section 29: Jaundice**

Jaundice or icterus is the yellowish pigmentation of the skin caused by the deposition of bilirubin in the blood. This pigment is also filtered through the kidneys, making the urine darker in colour. Jaundice may appear as a symptom of hepatitis, although not in all cases, complicated biliary lithiasis (gallstones) and tumors of the liver, gall bladder and pancreas.

Jaundice in a new born is not related to liver disease, but is caused by the liver's metabolic inability to process the haemoglobin released by the destruction of red blood cells at birth. This normally clears up after a few hours and with exposure to sun light. It may be more serious if the haemolysis (destruction of red blood cells) was extensive due to Rh incompatibility or for any other reasons. In these cases, if the appropriate treatment is not administered, the bilirubin may be deposited in the brain and have serious side effects, such as mental retardation. The yellow coloring of the skin which may occur after eating certain vegetables that are rich in carotene, such as carrots, is not to be confused with jaundice, and is of no importance whatsoever. The difference between the two is that carotene changes the color of palms of the hands and the soles of the feet, but does not affect the conjunctive, where as jaundice does the exact opposite.

#### **Section 30: Cirrhosis**

Cirrhosis is a chronic disease that destroys the noble cells of the liver, which are then replaced by fibrous connective tissue.

#### **Causes**

1. The habitual consumption of alcohol is the most frequent cause.
2. Viral hepatitis, especially type C, which has become chronic,
3. Congenital metabolic alterations.
4. In some cases, the cause is not known

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**Symptoms**

1. Feeling unwell in general, weakness and lack of appetite
2. Jaundice
3. Edemas in the lower extremities and an accumulation of fluid in the abdomen (ascites)
4. Hemorrhages in the digestive system caused by ulcers, varicose veins in the esophagus or hemorrhoids. Alterations to the nervous system that may lead to coma.

**Treatment**

1. Avoid alcohol completely
2. The hepatic regeneration diet (see box below and see vol. 2, page 154)

3. The gastric protection diet
4. Fomentations, hay flower sachets over the kidneys and abdominal wraps.
5. Relaxation exercises

### Phytotherapy

Herbal teas made with the following plants are recommended for cases of liver disease:

1. Dandelion (*Taraxacum officinale* web.)
2. Milk thistle (*Silybum marianum* Gaertn.)
3. Celandine (*Chelidonium majus* L.),
4. Lesser centaury (*Centaureum umbellatum* Gilib.),
5. Chicory (*Cichorium intybus* Linn. L.)
6. Wormwood (*Artemisia absinthium* Linn L.)

### Section 31: Liver cancer

Liver cancers are malignant tumors that grow on the surface or inside the liver. The most common liver cancer is hepatocellular carcinoma, also named as hepatoma. Some of the most common cancers that spread to the liver are from the colon, pancreas, stomach, lung, and breast, they are called metastatic diseases or metastases.

Common culprits that give rise to cancer are excessive alcohol consumption and hepatitis B and C., while alcohol turns toxic inside the body and destroys the cell in the liver, hepatitis B and C viruses spread from person to person through blood or other body fluids, damaging the liver.

Unfortunately the signs and symptoms of liver cancer do not become apparent until the disease has progressed to a late stage. Symptoms such as weakness fatigue, weight loss or loss of appetite are common. Signs of liver damage may appear as the tumour grows such as an increase in abdominal size due to accumulation of fluids around the liver and intestines and jaundice, a yellowing of the skin and eyes along with dark urine.

Detection of liver cancer can be done through common radiological tests such as CT scans, ultrasound and MRIs.

Once the cancer is confirmed different types of treatments are available. Heating of cancer cells (RFA) or freezing of cancer cells (Cryo) is used in very early stages of cancer. Sometimes injection of drugs into the liver tissue known as chemoembolization could halt cancer progression. But all this can be avoided if individuals take precautions such as avoiding alcohol and getting the hepatitis B vaccination. Regular health screenings are also important for early detection and cure.

### Section 32: Diet for hepatitis sufferers

A person suffering from cirrhosis or hepatitis must follow a diet that is adapted to their individual state of health and the stage to which the disease has evolved, and therefore this should always be prescribed by a doctor and will generally be based on the guidelines given below:

- During the acute phase: herbal tea, juice, semolina, milk, porridge made with skimmed or vegetable milk, cereals mixed with vegetable broth, creamed rice and creamed potatoes.
- After the second week: if the disease has evolved well, fresh fruit and dried fruit (raisins, *Ficus hispida* Linns, prunes, etc) vegetables, honey and jam can be added to the diet indicated for the acute phase.
- After the third week: if the disease continues to improve a vegetarian or vegan diet is recommended although eggs should be boiled. Curd cheese and tofu are good sources of protein.

The majority of cirrhoses are caused by alcohol, which is why it is essential to avoid alcohol completely, not only when sick and also beforehand to avoid contraction of the disease. Symptoms of cirrhosis include weakness and fatigue.

### Section 33: Formulation of Unani drugs used in liver disorders

#### 1. Tiryaq Arb'a

##### Definition:

Tiryaq Arb'a is a semi solid preparation made of ingredients in the quantity given below:

##### Formulation:

1. Juntiana *Gentiana kurru*, Rhizome 40 gm, 2. Zarawand Taweel *Aristolochia indica*, Root 40 gm, 3. Habbul Ghar *Laurus nobilis*, Fruit 40 gm, 4. Mur Makki *Commiphora myrrha*, Gum Resin 40 gm, 5. Qand Safed (Sugar), IP Crystal 1 Kgm,

**Actions:** Dafei Samoom (Antidote to poison), Dafei Tashannuj (Anticonvulgent) and Mudirr Baul (Diuretic).

**Therapeutic Use:** Tashannuj (Convulsions), Qoolanj (Colitis) and Istisqa (Ascites).<sup>42</sup>

#### 2. Majoon Rewand

##### Definition:

Majoon-e-Rewand is a semi solid preparation made with the ingredients in the formulation composition given below:

**Formulation composition:**

1. Rewand Chini *Rheum emodi* Root 40 gm, 2. Waj *Acorus calamus* Linn., Rhizome 40 gm, 3. Bekh-e-Karafs *Apium graveolens* Linn., Root 40 gm, 4. Badiyan *Foeniculum vulgare*, Fruit 40 gm, 5. Anisoon *Pimpinella anisum* Linn, Fruit 40 gm, 6. Nankhwah *Trachyspermum ammi*, Fruit 40 gm, 7. Zard Chaub *Curcuma longa*, Rhizome 40 gm, 8. Lak Maghsool *Laccifer lacca*, Appendix Resin 40 gm, 9. Sugar, IP Crystal 960 g

**Therapeutic use:** Waja al-Kabid (Hepatalgia), Warm al Kabid (Hepatitis), Waja al Rahem (Uteralgia) and Waja al Meda (Gastralgia).

**Action:** Mohallil Warm (Anti-inflammatory) and Musakkin Alam (Analgesic).

**3. Majoon Buqrat****Definition:**

Majoon Buqrat is a semi solid preparation made with the ingredients in the formulation composition given below:

**Formulation composition:**

1. Asal Honey, -250gm, 2. Beikh-e-Karafs *Apium graveolens* Linn Appendix Root 10gm, 3. Nankhwah *Ptychotis ajowan* Fruitlets 20gm, 4. Tukhm-Gazar *Daucus carota*, Seeds 20gm, 5. Zafran *Crocus sativus*, Styles 5 gm, 6. Zanjabeel *Zingiber officinale*, Rhizome 20g

**Therapeutic use:** Zof-e-Kabid (Hepatositis), Zof-e-Meda (Weakness of liver), Zof-e- Ishteha (Anorexia), Nafkh-e- Shikam (Flatulence).

**Action:** Muqawwi-e-Kulya (Renal tonic), Muqawwi-e-Kabid (Liver tonic), Muqawwi-e-Meda (Stomachic), Muqawwi-e-Bah (Aphrodisiac), Kasir-e-Riyah (Carminative), Qatil-e-Deedan Am'a (Vermicidal) <sup>43</sup>

**4. Jawarish Darchini Qawi****Definition:**

Jawarish-e-Darchini Qawi is a semi solid preparation made with the ingredients in the formulation composition given below.

**Formulation composition:**

1. Darchini *Cinnamomum zeylanicum* Blunc., Inner stem 33.3 gm, bark, 2. Ood Kham *Styrax benzoin*, Appendix Resin 33.3 gm, 3. Rasan *Inula racemosa*, Root 33.3 gm, 4. Qaranful *Syzygium aromaticum*, Flower bud 20 gm, 5. Filfil Siyah *Piper nigrum*, Fruit 20 gm, 6. Filfil Daraz *Piper longum*, Fruit 20 gm, 7. Sumbul-al-Teeb *Nardostachys jatamansi*, Rhizome 20 gm, 8. Asaroon *Asarum europeum*, Rhizome 20 gm, 9. Zanjabeel *Zingiber*

*officinale*, Rhizome 33.3 gm, 10. Nana Khushk *Mentha viridis*, Aerial part 33.3 gm, 11. Heel Khurd *Elettaria cardamomum*, Fruit 6.7 gm, 12. Qirfa/Saleekha *Cinnamomum cassia*, Stem bark 16.7 gm, 13. Anisoon *Pimpinella anisum Linn*, Fruit 10 gm, 14. Badiyan *Foeniculum vulgare*, Fruit 10 gm, 15. Mastagi *Pistacia lentiscus*, Resin 10 gm, 16. Qand Safed, Sugar, IP Crystals 960 gm,

**Action:** Muqawwi-e-Meda (Stomachic) and Muqawwi-e-Kabid (Liver tonic).

**Therapeutic Use:** Muqawwi-e-Kulya (Renal tonic), Kasir-e-Riyah (Carminative), Zof-e-Meda (Weakness of the stomach), Zof-e-Kabid (Weakness of the liver), Zof-e-Kulya (Weakness of the kidney) and Nafkh-e-Shekam (Flatulence in the stomach).

### 5. Majoon Sangdana Murgh

**Definition:**

Majoon Sangdana Murgh is a semi solid preparation made of ingredients in quantity given below.

**Formulation composition:**

1 Gul-e-Surkh *Rosa damascene*, Flower 100 gm, 2 Post-e-Sangdana Murgh Gizzard of the Cock Hen, 90 gm, 3. Tabasheer *Bambusa arundinacea* 90 gm, 4. Behman Safed *Centanrea behen* Root 70 gm, 5. Behman Surkh *Salvia haematodes*, Root 70 gm, 6. Sandal Surkh *Pterocarpus santalinus*, Heart wood 70 gm, 7. Sandal Safed *Santalum album* Heart wood 70 gm, 8. Satar Farsi *Zataria multiflora*, Leaf 70 gm, 9. Kishneez Khushk Biryani *Coriandrum sativum*, Fruit 70 gm, 10. Habb-ul-Aas *Myrtus communis*, Fruit 70 gm, 11. Pudina Khushk *Mentha viridis*, Aerial part 45 gm, 12. Post-e-Berun-e-Pista *Pistacia vera*, Fruit rind 45 gm, 13. Post-e-Turanj *Citrus medica* Fruit rind 45 gm, 14. Post-e-Halela Zard *Terminalia chebula Retz.* Fruit rind 45 gm, 15. Qand Safed (Sugar, API Crystals) 3 Kg

**Therapeutic uses:** Zof-e-Meda (Weakness of the Stomach), Ishal (Diarrhoea), Zof-e-Kabid (Hepatitis) and Zof-e-Ama (Weakness of the Intestines).

**Actions:** Muqawwi-e-Meda (Stomachic), Muqawwi-e-Kabid (Liver tonic).

### 6. Majoon Dabeed al-Ward

**Definition:**

Majoon Dabeed al-Ward is a semi-solid preparation made of ingredients in quantity given below:

**Formulation composition:**

1. Sumbul-al-Teeb *Nardostachys jatamansi*, Root 10 g stock, 2. Mastagi *Pistacia lentiscus*, Secretion 10 gm, 3. Zafran *Crocus sativus*, Style 10 gm, 4. Tabasheer *Bambusa arundinacea*,

Exdute 10 gm, 5. Darchini (*Cinnamomum zeylanicum Blunc.*) Bark 10 gm, 6. Izkhar *Cymbopogon citrates*, Leaf 10 gm, 7. Asaroon *Asarum europaeum*, Rhizome 10 gm, 8. Qust Shireen *Saussuria hypoleuca* Root 10 gm, 9. Gul-e-Ghafis *Gentiana olivierii* Griseb. *Gentiana olivierii*, Flower 10 gm, 10. Tukhm-Kasoos *Cuscuta reflexa Roxb.*, Seed 10 gm, 11. Majeeth *Rubia cordifolia*, Root 10 gm, 12. Lak Maghsool *Lacifer lacca*, Appendix Secretion 10 gm, 13. Tukhm-Kasni, *Cichorium intybus Linn.*, Seed 10 gm, 14. Tukhm-Karafs *Apium graveolens Linn.* Seed 10 gm, 15. Zarawand Taweel *Aristolochia longa*, Root 10 gm, 16. Habb-e-Balsan *Commiphora opobalsamum* Seed 10 gm, 17. Ood Hindi *Aquilaria agallocha*, Gum 10 gm, 18. Qaranful *Syzygium aromaticum*, Flower bud 10 gm, 19. Heel Khurd *Elettaria cardamom*, Fruit 10 gm, 20. Waraq-e-Gul-e-Surkh *Rosa damascena*, Petal 200 gm, 21. Asal Honey, API - 600 g

**Therapeutic uses:** Istisqa (Dropsy), Zof-e-Kabid (Weakness of Liver), Warm-e-Kabid (Hepatitis), Warm-e-Rahem (Uteritis), Faqr-al-Dam (Anaemia).

**Actions:** Mudirr-e-Baul (Diuretic), Mohallil-e-Warm (Anti-inflammatory), Mowallid-e-Dam (Haematogenic).

## 7. Jawarish Anarain

### Definition:

1Jawarish-e-Anarain is a semi solid preparation made of ingredients in quantity given below:

### Formulation composition:

1. Aab-Anar Shireen *Punica granatum*, Juice of the sweet fruits 1000 ml, 2. Aab-Anar Tursh *Punica granatum*, Juice of the sour fruits 1000 ml, 3. Qand Safed Sugar, API Crystals 1 Kg, 4. Aab-Nana Sabz *Mentha piperita*, Juice 50 ml, 5. Araq-e-Gulab Rose water, 150 ml, 6. Sumbul-al-Teeb *Nardostachys jatamansi*, Root 50 gm, 7. Mastagi *Pistacia lentiscus*, Gum 50 g, 8. Dana Heel Khurd *Elettaria cardamomum*, Seed 5 gm, 9. Post-e-Turanj *Citrus medica*, Fruit Rind 5 gm, 10. Post Biroon-e-Pista *Pistacia vera*, Testa 5 gm, 11. Dana-e-Heel Kalan *Amomum subulatum*, Seed 05 gm,

**Therapeutic uses:** Zof-e-Kabid (Weakness of liver), Zof-e-Meda (Weakness of stomach), Zof-e-Ishteha (Indigestion), Qai (Vomiting).

**Actions:** Muqawwi-e-Meda (Stomachic), Qabiz (Constipative).

## 8. Jawarish Aamla Sada

### Definition:

Jawarish Aamla Sada is a semi solid preparation made with the ingredients in the formulation composition given below.

**Formulation composition:**

1. Aamla Khushk (*Emblica officinalis* Dried Fruit) 50 gm, 2. Post Turanj (*Citrus medica* Fruit Rind) 10 gm, 3. Sandal Safed (*Santalum album* Heart Wood) 10 gm, 4. Mastagi *Pistacia lentiscus*, Gum 5 gm, 5. Dana Heel Khurd (*Elettaria cardamomum* Seed) 5 gm, 6. Gulnar Farsi (*Punica granatum* Flower) 5 gm, 7. Qand Safed Sugar, API Crystals 1.5 Kg

**Therapeutic uses:** Zof-e-Meda (Weakness of the stomach), Zof al Kabid (Weakness of the liver), Zof-e-Qalb (Weakness of the heart), Khafqan (Palpitation), Nafakh-e-Shikam (Flatulence in the stomach) and Ishal-e-Safrawi (Diarrhoea due to yellow bile).

**Actions:** Muqawwi Aam (General tonic), Kasir-e-Riyah (Carminative) and Qabiz (Constipative).

**9. Araq Mako****Definition:**

Araq-e-Mako is a liquid preparation obtained by steam distillation of fruits of Mako in accordance with the composition of formulation given below:

**Formulation composition:**

1. Mako Khushk *Solanum nigrum*, Fruit 0.50 Kg
2. Aab Purified water, - 10.00 l

**Therapeutic uses:** Warm-e-Ahsha (Visceritis), Zof-e-Kabid (Weakness of liver).

**Actions:** Mohallil-e- Warm (Anti inflammatory), Muqawwi-e-Kabid (Liver tonic).

**10. Araq Kasni****Definition:**

Araq-e-Kasni is a liquid preparation obtained by steam distillation of Kasni (Fruits) in accordance with the composition of formulation given below:

**Formulation composition:**

1. Tukhm Kasni (*Cichorium intybus* Linn.) Fruit 250 g
2. Aab Purified water, - 5.00 l

**Therapeutic uses:** Warm-e-Kabid (Hepatitis), Yarqan (Jaundice), Aatish-e-Mufrit (Polydipsia).

**Actions:** Mohallil Warm (Anti inflammatory), Musakkin (Sedative).

**11. Dawa al Misk Motadil Sada**

**Action and uses:** It is particularly used in Khafqan Saudavi (Melancholic Palpitation). It is Muqavvi Qalb (Cardiac tonic), Muqavvi Kabid (Liver tonic) and Muqavvi Meda (Gastric tonic).



**Ingredients:**

Zarishk (*Berberis aristata fruit*) 15gm, Behi Dana (*Cydonia quincy seed*) 15gm, Tabasheer (*Bambusa arundinaria dried exudate on node*) 10gm, Sandal safed (*Santalum album wood*) 10gm, Sandal surkh (*Pterocarpus santalinus wood*) 10gm, Kashneez (*Coriandrum sativum fruit*) 10gm, Gul Gaozaban (*Borago officinalis flower*) 10gm, Amla Muqashsher (*Emblica officinalis Gaertn pieces of fruit*) 10gm, Tukhm Khurfa (*Portulaca oleracea seed*) 10gm, Gul Surkh (*Rosa damascena flower*) 7gm, Abresham (*Bombax mori Cocoon*) 7gm, Dar Chini (*Cinnamomum zeylanicum Blunc. bark*) 7gm, Behman safed (*Centaurea behen root*) 7gm, Behman surkh (*Salvia heamatodes root*) 7gm, Daroonaj Aqrabi (*Doronicum hookarii root*) 7gm, Ood Hindi (*Aquilaria agallocha fungus*) 5gm, Badranjboya (*Melissa parviflora Benth. herb*) 5gm, Mastagi (*Pistacia lantiscus gum*) 4gm, Ushna (*Usnea longissima*) 4gm, Dana Heel Khurd (*Elettaria cardamomum seed*) 4gm, Sugar two times of all ingredients, Asl (*Honey*) equal to all ingredients weight, Aab Seb Sheereen (*Pyrus malus fruit juice*) equal to all ingredients weight, Zafran (*Crocus sativa gynacium*) 5gm, Musk (*Moschus moschiferus secretion*) 2gm, Anber (*Ambra grasea secretion*) 2gm.<sup>4</sup>

**12. Khameera Abresham Hakim Arshad wala**

Action and Uses: It is beneficial in Amraz Qalb (Cardiac Ailments), Khafqan (Palpitation), Malekholia (Melancholia) and Nazla (Catarrh) in summer. It is used as Muqavvi Kabid (Liver tonic), Muqavvi Qalb (Heart tonic), Muqavvi Dimagh (Brain tonic) and Muqavvi Aaza Raisa (Vital organ tonic).

**Ingredients:**

Abresham (*Bombax mori cocoon*) 425gm, Burada Sandal safed (*Santalum album wood powder*) 6gm, Sumbuluttib (*Nardostachis jatamansi root*) 5gm, Post Turanj (*Citrus medica fruit epicarp*) 5gm, Mastagi (*Pistacia lantiscus gum*) 5gm, Qeranfal (*Caryophyllus aromatica bud*) 5gm, Dana Heel Khurd (*Elettaria cardamomum seed*) 5gm, Sazij Hindi (*Cinnamomum obtusifolium leaf*) 5gm, Ood Gharqi (*Aquilaria agallocha fungus*) 4gm, Arq Gaozaban 150ml, Arq Bedmushk 150ml, Arq Gulab 150ml, Aab Seb (*Pyrus malus fruit juice*) 150ml, Aab Anar Sheereen (*Punica granatum sweet juice*) 150ml, Aab Behi (*Cydonia quincy fruit juice*) 150 ml, Distilled water 2 litre, Anber (*Ambra grasea*) 5gm, Arq Kewra, Verq Tila (*Gold leaf*) 6gm, Verq Nuqra (*Silver leaf*) 6gm, Kehrubia (*Vateria indica Linn. gum*) 6gm, Marjan (*Corallium rubrum*) 6gm, Marvareed (*Mytilus margaritiferus pearl*) 9gm, Yaqoot (*Ruby*) 9gm, Yashb (*Jade*) 9gm, Musk (*Moschus moschiferus secretion*) 5gm, Zafran (*Crocus sativa gynacium*) 5gm, Asl (*Honey*) 250gm, Sugar 750gm,

### 13. Khameera Sandal

**Action and uses:** It is Muqavvi Qalb (Cardiac tonic). It is beneficial in palpitation; it is also used in *Atash* (Thirst)

**Ingredients:**

1. Burada Sandal safed (*Santalum album wood*) 75gm,
2. Arq Gulab 500 ml
3. Sugar 1 kg

### 14. Qurs Kafoor

**Action and uses:** It is used in Sil wa Diq (Tuberculosis), Hummiyat Hadda (Acute Fever), Yarqan (Jaundice)

**Ingredient:** Zarishk (*Berberis aristata fruit*) 7gm, Tabasheer (*Bambusa arundinasia dried exudate on node*) 7gm, Gul surkh (*Rosa damascena flower*) 7gm, Tukhm Kahu (*Lactuca sativa Linn seed*) 3gm, Tukhm Khurfa (*Portulaca oleracea seed*) 3gm, Tukhm Kasni (*Cichorium intybus Linn. seed*) 3gm, Kateera (*Astragalus gummifera gum*) 3gm, Maghz Tukhm Kharpaza (*Cucumis melo seed*) 5gm, Maghz Tukhm Kadu sheereen (*Laginaria siceraria seed kernel*) 5gm, Sandal safed (*Santalum album wood*) 2gm, Rubb al soos (*Glycyrrhiza glabra Linn root extract*) 2gm, Kafoor (*Cinnamomum camphora dried extract*) 1gm, Luab Aspghol (*Plantago ovata Forsk seed mucilage*) as needed

### 15. Dawaul Kurkum Sagheer

**Action and uses:** It is beneficial in those liver and Spleen disorders, which are mainly due to Coldness. It is Muqavvi Kulya (Renal tonic), Muqavvi Masana (Urinary bladder tonic) and Muqavvi Kabid (Liver tonic). It is also beneficial in Istisqa (Dropsy). It is Mufatteh Sudad (Deobstruent) and Mohallil Riyah (Carminative)

**Ingredients:** Zafran (*Crocus sativa gynacium*) 10gm, Sumbuluttib (*Nardostachis jatamansi root*) 10gm, Taj Qalmi (*Cinnamomum cassia bark*) 10gm, Shagofa Izkher (*Cymbopogon jwarancusa flower*) 5gm, Mur (*Commiphora myrrh gum*) 5gm, Qust Sheereen (*Sassurea lappa root*) 5gm, Dar Chini (*Cinnamomum zeylanicum Blunc. bark*) 5gm, Sharab Angoor (*Grape Wine*) as needed, Asl (*Honey*) 3 times of all drugs

### 16. Habb Kabid Naushadri

**Action:** Mohallil Kabid (Resolvant of liver inflammation), Hazim (Digestive)

**Uses:** Warm Kabid (Hepatitis), Sue Hazm (Dyspepsia) and Qabz (Constipation)

**Ingredients:** Naushader (Ammonium chloride), Namak Tuam (Sodium chloride), Namak

Siyah (Sodium sulphate with Sodium chloride), Namak lahori (Sodium Chlorate), Haleela Siyah (*Terminelia chebula* unripe fruit), Post Haleela Kabuli (*Terminelia chebula* ripe fruit), Baobarang (*Artemisia vulgaris* seed), Filfil Siyah (*Piper nigrum* fruit), Zanjabil (*Zingiber officinalis* rhizome), Suhaga (Borax), Zaranbad (*Curcuma zedoria* root)

### 17. Arq Maa al Lehem Mako Kasni wala

**Action:** Mohallil Auram Shikam (Resolvent of inflammation of stomach)

**Uses:** Liver and other abdominal disorder

**Ingredients:** Asl al-Soos Muqashsher (*Glycyrrhiza glabra* peeled root) 125gm, Badiyan (*Foeniculum vulgare* Mill) 125gm, Badranjboya (*Melissa parviflora*) 125gm, Beikh Izkher (*Cymbopogon jwarancusa* root) 125gm, Beikh Kibr (*Capparis spinosa* root) 125gm, Brinjasif (*Achillea millefolium* herb) 125gm, Gilo Sabz (*Tinospora cordifolia* fresh stem) 125gm, Mako Khushk (*Solanum nigrum* fruit) 125gm, Maveez Munaqqa (*Vitis vinifera* Linn. seed less fruit) 125gm, Shukai (*Volutarella divertica* herb) 125gm, Barg Gaozaban (*Borago officinalis* leaf) 60gm, Gul Gaozaban (*Borago officinalis* flower) 60gm, Water 20 litre, Aab Kasni (*Cichorium intybus* Linn. fresh herb juice) 2 litre, Aab Barg Gilo (*Tinospora cordifolia* leaf juice) 2 litre, Gosht Hulwan (*Milk feeding goat meat*) 4kg

### 18. Arq Brinjasif

**Action:** Beneficial in Amraz Kabid (Liver ailments), Auram Ah-sha (inflammation of membranes) and Balghami Bukhar (Phlegmatic fevers)

**Uses:** Amraz Kabid (Liver ailments), Auram Ah-sha (inflammation of membranes) and Balghami Bukhar (Phlegmatic fevers)

**Ingredients:** Brinjasif (*Achillea millefolium* herb) 100gm, Shukai (*Volutarella divertica* herb) 100gm, Badranjboya (*Melissa parviflora* Benth. herb) 100gm, Badiyan (*Foeniculum vulgare* Mill seed) 100gm, Maveez Munaqqa (*Vitis vinifera* Linn. seed less fruit) 100gm, Aab Mako Sabz (*Solanum nigrum* Herb juice) 750 ml, Water 12 litres

### 19. Habbe Ayarij

**Action:** Mus-hil Balghem (Phlegm, Purgative)

**Uses:** Sara (Epilepsy), Sakta (Coma) and Sar Dard (headache)

**Ingredients:** Ayarij Feqra (*Aloe vera* dried juice of leaf) 4gm, Turbud (*Ipomea turpenthum* root) 3gm, mixed with Roghan Badam, (*Prunus amygdalus* oil), Asaroon (*Valeriana wallichii* DC root) 2gm, Ghareequn (*Polyporus officinalis*) 2gm, Habbunneel (*Ipomoea hederacea*)

fruit) 2gm, Kateera (*Astragalus gummifera gum*) 1gm, Namak Hindi (*Sodium chloride*) 1½ gm, Shahem Hanzal (*Citrullus colocynthis Shrad.is septum in fruit*) 1½ gm, Arq Badiyan as needed

### 20. Jawarish Bisbasa

**Action:** Hazim (Digestive), Nafe Buroodat Meda (Beneficent in coldness of gastric)

**Uses:** Buroodat Meda (coldness of gastric), Sue Hazm (Dyspepsia), Riyahi Dard (Gaseous Pain)

**Ingredients:** Asaroon (*Valerina wallichil DC root*) 10gm, Bisbasa (*Myristica fragrans Hoult. fruit coat*) 10gm, Dar Chini (*Cinnamomum zeylanicum Blunc. bark*) 10gm, Filfil Daraz (*Piper longum fruit*) 10gm, Heel Khurd (*Elettaria cardamomum seed*) 10gm, Taj qalmi (*Cinnamomum cassia bark*) 10gm, Zanjabil (*Zingiber officinalis rhizome*) 10gm, Qeranfal (*Caryophyllus aromatica bud*) 20gm, Filfil Siyah (*Piper nigrum fruit*) 25gm, Heel Kalan (*Amomum subulatum fruit*) 50gm, Chini (Sugar) 500gm,

### 21. Jawarish Jalinus

**Action:** Muqavvi Meda (Gastric tonic), Muqavvi Kabid (Liver tonic) and Muqavvi Bah (Aphrodisiac)

**Uses:** Amraz Meda (Gastric diseases), Dard Meda (Gastralgia), Sooe Hazm (Dyspepsia), Riyah (Gases), Zof Bah (Sexual Weakness), Amraz Kabid (Liver Disorder), Amraz Balghamia (Phlegm,atic diseases)

**Ingredients:** Asaroon (*Valerina wallichil DC root*) 7gm, Chiraita (*Swertia chiratta herb*) 7gm, Dana Heel Khurd (*Elettaria cardamomum seed*) 7gm, Dar Chini (*Cinnamomum zeylanicum Blunc. bark*) 7gm, Dar Filfil (*Piper longum root*) 7gm, Filfil Siyah (*Piper nigrum fruit*) 7gm, Habbul Aas (*Myrtus communis fruit*) 7gm, Khoolanjan (*Alpinia galanga Willd. root*) 7gm, Ood Balsan (*Balsamodendron opobalsamum Linn twigs*) 7gm, Qeranfal (*Caryophyllus aromatica bud*) 7gm, Qust Sheereen (*Sassurea lappa root*) 7gm, Saad (*Cyperus scariosus rhizome*) 7gm, Sumbu al tib (*Nardostachis jatamansi root*) 7gm, Taj qalmi (*Cinnamomum cassia bark*) 7gm, Zafran (*Crocus sativa gynacium*) 7gm, Zanjabil (*Zingiber officinalis rhizome*) 7gm, Mastagi (*Pistacia lantiscus gum*) 21gm, Asl (Honey) two times of all drugs weight.

### 22. Jawarish Mastagi

**Action:** Muqavvi Kabid (Liver tonic), Muqavvi Meda wa Ama (Gastric and intestine tonic)

**Uses:** Buroodat Aalate Hazm (Coldness in GIT), Is-hal (Diorrhoea), Ral (Excess saliva)

**Ingredients:** Mastagi (*Pistacia lentiscus gum*) 25gm, Chini (Sugar) 1kgm, Arq Gulab (*Rosa damascena flower aqua*) 750 ml

### 23. Jawarish Zar Ooni Ambari

**Action:** It is unique drug as Muqavvi Kulia (Renal tonic), Muqavvi Kabid (Liver tonic), Muqavvi Meda (Gastric tonic), Muqavvi Dimagh (Brain tonic) and Muallid Mani (Semen Procreator). It strengthens to spine.

**Uses:** Excess urination, Frequency of urination, renal problems.

**Ingredients:** Chiraita Sheereen (*Swertia chiratta herb*) 10gm, Kharkhasak (*Tribulus terrestris fruit*) 10gm, Khurma (*Phoenix dactylifera fruit*) 10gm, Maghz Sar kanjishk Ner (*Male sparrow brain*) 10gm, Qazeeb Gao (*Bos taurus penis*) 10gm, Salab (*Orchis latifolia root*) 10gm, Badiyan (*Foeniculum vulgare Mill seed*) 25gm, Beikh Karafs (*Apium graveolence Root*) 25gm, Habbul qilqil (*Cardiospermum halicacabum fruit*) 25gm, Habbul Zalam (*Egyptian nut*) 25gm, Maghz Chilghoza (*Pinus gerardiana kernel*) 25gm, Nankhwah (*Carum capticum seed*) 25gm, Narjeel (*Lodoicea maldivica Pers fruit*) 25gm, Tukhm Gazer (*Daucus carota seed*) 25gm, Tukhm Karafs (*Apium graveolence seed*) 25gm, Tukhm Kharpaza (*Cucumis melo seed*) 25gm, Tukhm Khayaren (*Cucumis sativa seed*) 25gm, Tukhm Shalgham (*Bressica rapa seed*) 25gm, Tukhm Shibbat (*Anthium sowa seed*) 25gm, Anber (*Ambra grasea*) 5gm, Musk (*Moschcus moschiferus secretion*) 2gm, Aqarqarha (*Anacylus pyrethrum root*) 10gm, Bisbasa (*Myristica fragrans Houitt. fruit coat*) 10gm, Filfil Daraz (*Piper longum fruit*) 10gm, Filfil Siyah (*Piper nigrum fruit*) 10gm, Gul Surkh (*Rosa damascena flower*) 10gm, Hilyun (*Asparagus officinalis Linn. seed*) 10gm, Jaifal (*Myristica fragrance fruit*) 10gm, Kababkhanda (*Zenthoxylum alatum fruit*) 10gm, Qeranfal (*Caryophyllus aromatica bud*) 10gm, Taj (*Cinnamomum cassia bark*) 10gm, Tukhm Anjara (*Astragalus sarcacola seed*) 10gm, Tukhm Gandana (*Allium ascalonicum seed*) 10gm, Tukhm Jarjir (*Brusa sativa seed*) 10gm, Tukhm Piyaz (*Allium cepa seed*) 10gm, Zanjabil (*Zingiber officinalis rhizome*) 10gm, Kundur (*Boswalia serrata gum*) 15gm, Mastagi (*Pistacia lantiscus gum*) 15gm, Ood (*Aquilaria agallocha fungus*) 15gm, Zafran (*Crocus sativa gynacium*) 15gm, Behman safed (*Centaurea behen root*) 20gm, Behman surkh (*Salvia heamatodes root*) 20gm, Bozidan (*Chrysanthemum indicum root*) 20gm, Inderjo Sheereen (*Wrightia tinctoria fruit*) 20gm, Shaqaqul (*Pustinaca secacul root*) 20gm, Asl (*Honey*) 1 ¼ kgm, Qand Safed (Sugar) 750gm,

### 24. Jawarish Zar-Ooni Sada

**Action:** It is unique drug as Muqavvi Kulia (Renal tonic). Muqavvi Kabid (Liver tonic), Muqavvi Meda (Gastric tonic), Muqavvi Dimagh (Brain tonic)

**Uses:** Excess urination, Frequency of urination, renal problems.

**Ingredients:** Badiyan (*Foeniculum vulgare Mill seed*) 25gm, Filfil Siyah (*Piper nigrum fruit*) 25gm, Nankhwah (*Carum capticum seed*) 25gm, Post Beikh Karafs (*Apium graveolence root bark*) 25gm, Qeranfal (*Caryophyllus aromatica bud*) 25gm, Tukhm Gazer (*Daucus carota seed*) 25gm, Tukhm Karafs (*Apium graveolence seed*) 25gm, Tukhm Kharpaza (*Cucumis melo seed*) 25gm, Tukhm Khayaren (*Cucumis sativa, Cucumis melo*) 25gm, Aqarqarha (*Anacylus pyrethrum root*) 10gm, Bisbasa (*Myristica fragrans Houtt. fruit coat*) 10gm, Dar Chini (*Cinnamomum zeylanicum Blunc. bark*) 10gm, Mastagi (*Pistacia lantiscus gum*) 10gm, Ood (*Aquilaria agallocha fungus*) 10gm, Zafran (*Crocus sativa gynacium*) 10gm, Asl (*Honey*) three times of total drug

#### 25. Khameera Abresham Ood Mastagi wala

**Action:** Muqavvi Dimagh (Brain tonic), Muqavvi Kabid (Liver tonic), Muqavvi Meda (Gastric tonic), Nafe Bavaseer (Beneficial piles)

**Uses:** Malekholia (Melancholia), Zof Qalb (Weakness of Heart), Zof Meda (Weakness of Stomach), Zof Kabid (Hepatitis). It is beneficial in Bavaseer (piles).

**Ingredients:** Ood Gharqi (*Aquilaria agallocha fungus*) 2gm, Mastagi (*Pistacia lantiscus gum*) 2gm, Musk (*Moschus moschiferus secretion of a gland*) 2gm, Yaqoot (*Ruby*) 4gm, Kehrubah (*Vateria indica Linn. gum*) 4gm, Marjan (*Corallium rubrum*) 4gm, Yashb (*Jade*) 4gm, Marvareed (*Mytilus margaritifera pearl*) 8gm, Anber (*Ambra grasea secretion*) 8gm, Barg Badranjboya (*Melissa parviflora Benth.leaf*) 75 gm, Barg Franjmushk (*Ocimum gratissimum leaf*) 75gm, Abresham (*Bombax mori cocoon without insect*) 350gm, Sugar 125 gm, Aab Aahan Taab (water obtained by keeping red hot iron in water), Aab Tila Taab (water obtained by keeping red hot gold in water) 4litre

#### 26. Kushta Post Bezae Murgh

**Action and Uses:** It is used in Zeequnnafas (Asthma), Sual Muzmin (Chronic Cough), Nafsuddam (Haemoptysis), Raaf (Epistaxis), Sil Diq (Tuberculosis), Is-hal Kabidi (Diorrhoea due to liver), Suzak (Gonorrhoea), Sailanurrehem (Leucorrhoea), Kasrat Tams (Polymenorrhoea), Menorrhagia, Zof Bah (Sexual Weakness), Sur-at Inzal (Premature Ejaculation), Salasul Bol (Incontinence of Urine). It is particularly used in Jiryana (Spermatorrhoea) and to reduce excess secretions.

**Ingredients:** Post Bezae Murgh Musaffa (Hen Egg shell cleaned) and Sheer Mudar (*Calotropis procera latex*) as needed

**27. Majun Fanjnosh**

**Action:** Muqavvi Meda (Gastric tonic), Muqavvi Kabid (Liver tonic), Muqavvi Bah (Aphrodisiac) and Mumsik Mani (Avaricious)

**Uses:** Zof Meda (Weakness of Stomach), Su-ul-Qinya (Anaemia), Istisqa (Dropsy),

**Ingredients:** Amla (*Emblica officinalis fruits*), Balela (*Terminelia belerica fruit*), Haleela (*Terminelia chebula fruit*), Khabsul Hadeed (Iron Rust) Equal in weight, Asl (*Honey*) Three times of all above drugs weight

**28. Sharbat Anjbar**

**Action:** Habis dam (Haemostatic or haemostyptic), Muqavvi Kabid (Liver tonic), Muqavvi Meda (Gastric tonic)

**Uses:** Jiryan Dam (Bleeding), Nazfuddam (Bleeding nose), Kasrate Tams (Polymenorrhoea), Melena.

**Ingredients:** Beikh Anjbar (*Polygonum viviparum root*) 25 gm, Khernob (*Ceratonia siliqua fruit*) 20 gm, Burada Sandal surkh (*Pterocarpus santalinus wood powder*) 10 gm, Burada Sandal safed (*Santalum album wood powder*) 10 gm, Habbul Aas (*Myrtus communis fruit*) 10 gm, Aab Aahan Taab (water obtained by dipping red hot iron in water)

**29. Sharbat Buzoori Braid**

**Action and Uses:** It is particularly used in liver's Hot Problems. It is used as Mudir Bol (Diuretic), Mudir Hez (Emmenagogue) and in high fevers.

**Ingredients:** Beikh Kasni (*Cichorium intybus Linn. root*) 20gm, Tukhm Kharpaza (*Cucumis melo seed*) 15gm, Tukhm Khayar (*Cucumis sativus seed, fruit*) 15gm, Tukhm Khyarzah (*Cucumis melo var: utilissimus seed*) 15gm, Maghz Tukhm Tarbooz (*Citrullus vulgaris seed kernel*) 8gm, Sugar 1kg

**30. Sharbat Buzoori Motadil**

**Action and Uses:** It eliminates the waste products of Kabid (liver), Kulia (kidney) and Rehem (uterus)

**Ingredients:** Beikh Kasni (*Cichorium intybus Linn. root*) 50gm, Tukhm Kasni (*Cichorium intybus Linn. seed*) 25gm, Tukhm Kharpaza (*Cucumis melo seed*) 25gm, Tukhm Khayar (*Cucumis sativus seed*) 25gm, Tukhm Khyarzah (*Cucumis melo var: utilissimus seed*) 25gm, Beikh Badiyan (*Foeniculum vulgare root*), Sugar 1 kg

### 31. Sharbat Buzoori Haar

**Action and Uses:** Beneficial in Barid (Cold) ailment of liver, Cures Broodat (Coldness) of liver and stomach, Beneficial in Kulia (Kidney) and Masana (Urinary bladder) ailments.

**Ingredients:** Beikh Kasni (*Cichorium intybus Linn. root*) 75gm, Beikh Badiyan (*Foeniculum vulgare root*) 50gm, Tukhm Kasni (*Cichorium intybus Linn. seed*) 50gm, Tukhm Karafs (*Apium graveolence seed*) 25gm, Beikh Karafs (*Apium graveolence seed*) 25gm, Tukhm Kasoos Basurra Basta (*Cuscuta reflexa Roxb. seed, in cloth bag*) 25gm, Sugar 1 kg

### 32. Sharbat Deenar

**Action and Uses:** It is drug of choice of Amraz Shakum (abdominal disorders). It is used in Waja al Meda (Gastralgia), Pain in urinary bladder, pain in liver, pain in uterus, ascites, and pleurisy. It is beneficial in seasonal fevers.

**Ingredients:** Post Beikh Kasni (*Cichorium intybus Linn. root bark*) 100gm, Tukhm Kasni (*Cichorium intybus Linn. seed*) 50gm, Gul Surkh (*Rosa damascena flower*) 50gm, Gul Neelofer (*Nymphaea alba flower*) 25gm, Gul Gaozaban (*Borago officinalis flower*) 25gm, Tukhm Kasoos (*Cuscuta reflexa Roxb. seed*) Ba-Surra Basta (in bag of cloth) 80gm, Revand Chini (*Rheum palmatum root*) 40gm, Sugar 1kg

### 33. Sharbat Vard Mukarrer

**Action and Uses:** Mullayyin (Laxative), Muqavvi Meda (Gastric tonic), Muqavvi Kulia (Renal tonic), Muqavvi Masana (Urinary bladder tonic), It is useful in Gastric problems, Amraz Kabid (Liver diseases).

**Ingredients:** Gul Surkh Taza (*Rosa damascena fresh flower*) 2 kgm, Water 5litre, Sugar 2 kg

### 34. Sikanjbeen Buzoori

**Action and Uses:** Mudir Bol (Diuretic), Mudirr Haiz (Emmenagogue), Munaqqi Fuzlat Kabid (Eliminate liver waste matters) Munaqqi Fuzlat Tihal (Eliminate Spleen waste matters).

**Ingredients:** Tukhm Kasni (*Cichorium intybus Linn. seed*) 25gm, Tukhm Karafs (*Apium graveolence seed*) 25gm, Badiyan (*Foeniculum vulgare Mill seed*) 25gm, Sirka (*Acetic acid*) 60 ml, Water 1 ½ litre, Sugar 1 ½ kg

### 35. Sikanjbeen Nanayee

**Action and Uses:** It reduces Safra (Bile). It helps in digestion.

**Ingredients:** Podina Khushk (*Mentha arvensis dry herb*) 25gm, Aab Leemun (*Citrus lemonum fruit juice*) 100 ml, Sugar ½ kg



### 36. Sikanjbeen Unsuli

**Action and Uses:** It is beneficial in hard swellings of Liver and Spleen.

**Ingredients:** Unsul (*Urginea indica bulb*) 250gm, Sirka (*Vinegar*) 2½ litre, Sugar 2½ kg

### 37. Qurs-e-Rewand Kabidi

Rewand Chini 50gm, Lak Maghsool 25gm, Tukhm-Karafs 10gm, Samagh Arabi 50gm, Gil-Armani 40gm, Anisoon 20gm, Aab-Bartang Q. S.

**Action:** Habis-ud-Dam. Therapeutic use: Nafs-ud-Dam, Zumoor-e-Kabid

### 38. Qurs-e-Hummaz

Tukhm-Hummaz 50 gm, Tabasheer 50 gm, Gul-Surkh 50 gm, Zarishk 50 gm, Lak Maghsool 50 gm, Zarawand 50 gm, Zafran 1.5 gm,

**Action:** Mohallil-e-Warm. Therapeutic use: Warm-e-kabid, Ishal

### 39. Qurse-e-Istisqa

Sunbul-ut-Teeb 5 gm, Maghz-e-Tukhm-Khiyar 10 gm, Tukhm-Khurfa 10 gm, Tukhm-Kasoos 10 gm, Tukhm-Karafs 10 gm, Mastagi 10 gm, Lak Maghsool 10 gm, Rewand Chini 10 gm, Gul-e-Surkh 10 gm, Zarishk 10 gm, Aab-Kasni Q. S., Aab-Mako Q. S.

**Action:** Muqawwi-e-Kabid, Mudirr-e-Baul.

**Therapeutic use:** Istisqa

### 40. Qurs-e-Lak

Lak Maghsool 40 gm, Rewand Chini 20 gm, Asaroon 10 gm, Sunbul-al-Teeb 10 gm, Mastagi 10 gm, Tukhm-Karafs 10 gm, Anisoon 10 gm, Nankhwah 10 gm, Izkhar 10 gm, Qust 10 gm, Filfil Siyah 10 gm, Zanjabeel 10 gm,

**Action:** Muqawwi-e-Kabid, Mudirr-e-Baul.

**Therapeutic use:** Istisqa-e-Lahmi

### 41. Qurs-e-Sumbul

Fuqah-e-Izkhar 20 gm, Saleekha 30 gm, Gul-Surkh 30 gm, Rewand Chini 30 gm, Chiraita 30 gm, Sumbul-al-Teeb 30 gm, Zafran 10 gm, Mur Makki 10 gm, Anisoon 10 gm, Qust 10 gm, Filfil Siyah 10 gm, Muqil 30 gm, Mastagi 20 gm, Meya-e-Saila 20 gm, Ushaq 10 gm,

**Action:** Murkhi, Mohallil-e-Warm.

**Therapeutic use:** Warm-e-Meda, Warm-e-Kabid

**42. Qurs-e-Ward**

Gul-Surkh 70 gm, Usara-Ghafis *Gentiana olivierii* Griseb 10 gm, Tabasheer 10 gm, Rubb-al-Soos 10 gm, Sumbul-al-Teeb 10 gm, Water Q.S.

**Action:** Mufatteh-e-Sudad, Daf-e-Humma

**Therapeutic use:** Sudad-e-Kabid, Hummiyat-e-Balghami, Hummiyat-e-Safrawi.

**Section 34: Simple Unani drugs for liver disorders**

1. *Abhal* (*Juniperus communis* Linn, *Ar'ar*)<sup>45</sup>
2. *Abresham* (Silk Cocoon)
3. *Afsanteen* (*Artemisia absinthium* Linn)
4. *Amala Emblica officinalis*
5. *Anber Ash'hab* (Anbargris)
6. *Aneesun, Pimpinella anisum* Linn.
7. *Anjara* (*Blepharis edulis*)
8. Anjeer Khushk (Dry Figm, *Ficus hispida* Linn.)
9. *Aqar Qarha* (*Anacyclus pyrethrum* D.C., Pellitory)
10. *Aslus Soos* (*Glycyrrhiza glabra* Linn, Liquorice root, )
11. Asaroon, Hazelwort *Asarum europaeum* Linn
12. *Asi Al Raee*
13. *Badranjboya, Melissa parviflora* Benth., *Mentha arvensis* Linn.
14. Baqlatul Humaqa (Rumes vesicarius)
15. *Baqila* (*Faba vulgaris*)
16. Bartangm, *Plantago major* Linn.
17. *Babuna* (*Matricaria chamomilla* Linn Chamomile,)
18. Bazrul Banj, *Ajwain Khurasani, (Hyoscyamus albus* Linn.)
19. *Bed Mushk, Khalaf, (Salix caprea, Musk Willow)*
20. *Behroza gum (Pinus longifolia* Roxb.)
21. *Booriq* (Boran)
22. *Bazr Qatuna (Gossypium herbaceum)*
23. *Balsan (Balsamodendron opobalsamum* Linn.)
24. *Banafsha (Viola odorata* Linn.)
25. *Bozidan (Pyrethrum indicum* Linn.)
26. *Bunduq* (Hazelnuts)
27. *Bisbasa* (Mace)
28. *Bisfajj Fustuqi (Polypodium vulgare* Linn. )

29. *Bishhopra* (*Trianthema portulacastrum* Linn.)
30. *Bussud*, Coral
31. *Chaub Cheeni* (*Smilax china* Linn Roots)
32. *Choqandar* (*Beta vulgaris rubra*, Beetroot)
33. *Damul Akhwain* (*Dracaena cinnabari* Balf.)
34. *Darmena Turki* (*Artemisia maritime* Linn)
35. *Darunj Aqrabi* (*Doronicum hookeri* Hook.)
36. *Darcheeni*, *Cinnamomum zeylanicum* Blunc.
37. *Duqu* (*Peucedanum grande* C. B. Clark)
38. *Enjibar* (*Polygonum bistorta*)
39. *Enjidan*, *Sasalius* , *Hilteet* (*Ferula foetida* Regel. *assafoetida*)
40. *Farasiun*, *Shoneez*, *Nigella sativa*
41. *Faudanj Mentha arvensis* Linn., *Podina Khushk*
42. *Favana*, *Ood Saleeb* (*Paeonia emodi* Linn.)
43. *Fanjkasht* seeds (*Sanbhalu*, *Vitex trifolia*)
44. *Filfil Daraz* (*Piper longum*)
45. *Gaozaban*, *Borago officinalis* Linn
46. *Ghafis* *Gentiana olivierii* Griseb.
47. *Ghareequn* (*Agaricus campestris*)
48. *Gil Armani* (*Arminina Bole*)
49. *Gul surkh*, Rose
50. *Gulnar Farsi* (flower of *Punica granatum* Linn.)
51. *Haleela*, *Terminalia chebula* Retz.
52. *Hanzal* (*Citrullus colocynthis* Shrad.)
53. *Hasram*, *Maveez Munaqqa*, *Vitis vinifera* Linn.
54. *Hayy al Alam*
55. *Habbul Ban*, *Neem*, *Azadirachta indica* A. Juss. Margosa
56. *Habbun Neel* (*Ipomoea hedracea* (Linn.))
57. *Halyun* (*Asparagus officinalis* Linn. )
58. *Henna* (*Lawsonia inermis* Linn.)
59. *Hulba*, *Trgomella foenum-graecum* Linn.
60. *Ilakal Butum* (*Pistacia terebinthus* Linn.)
61. *Ikleel al Malik*, *Nakhuna*, *Trigonella uncatata* Boiss.
62. *Izkhar*, Rusa grass *Andropogon shoenantus* Linn.
63. *Jadwar* (*Delphinium denudatum* Wall.)

64. *Jawakhar* (Barley salt)
65. *Jauzbua, Jaifal*, Nutmeg (*Myristica fragrans* Houtt.)
66. *Jauz Sarv* (*Cupressus sempervirens* Linn.)
67. *Jaosheer Ferula galbaniflua* Boiss.
68. *Jund Bedastar* (Castoreum )
69. *Juntiana* (*Gentiana lutea* Linn.)
70. *Kaiphal* (*Myrica nagi* Thunb., *Dar Sheshan*)
71. *Kakanj*, *Physalis alkakenji* Linn.
72. *Kakronda, Kamafitus* (*Blumea balsamifera* Dc.,)
73. *Kahruba Shamai Vateria indica* Linn. (yellow Anber,)
74. *Katan* (*Linum usitatissimum* Linn.)
75. *Karafs*, Fitra asaliun, *Apium graveolens* Linn.
76. *Karanjwa* (*Caesalpinia bonducella* Flemingm,)
77. *Kasus* (*Cuscuta reflexa* Roxb.)
78. *Kasni* (*Hinduba, Cichorium intybus* Linn., Chicory ,)
79. *Karnab* , *Brassica oleracia*, cabbage, kale
80. *Kundur* (*Boswellia serrata* Roxb, Olibanum)
81. *Khar khasak* (*Tribulus terrestris* Linn)
82. *Khulanjan* (*Alpinia galanga* Willd.)
83. *Kishmish* (Dried Grapes)
84. *Kharbaq* (*Helleborus niger* Linn.)
85. *Khardal* (*Brassica nigra* Linn.)
86. *Khaksi Sisymbrium irio* Zinn
87. *Khas* (*Andropogon muricatus* Retz.)
88. *Khiar* (Cucumber, *Cucumis sativus* Linn)
89. *Khirfa, Qurfa* (*Portulaca oleracea* Linn., Parselane)
90. *Khubbazi* (*Malva sylvestris* Linn, mallow)
91. *Khitmi* (*Althaea officinalis* Linn., marsh mallow)
92. *Khiar Shanbar* (*Cassia fistula* Linn.)
93. *Kusum* (*Carthamus tinctorius* Linn.)
94. *Lak Maghsool*, Cateria lacca
95. *Lohchon* (Ferrous-ferric oxide, Iron rust)
96. *Maghz tukhm kaddu shiri*, Pulp of Pumpkin seeds (*Cucurbita moschata* Duchesne.)  
F. Cucurbitaceae)
97. *Mako, Enabus Salab*, (*Solanum nigrum* Linn.), gooseberry, nightshade

98. *Majeth* (*Rubia cordifolia* Linn.),
99. *Mathruditus* (Methroditos)
100. *Marzanjosh* (*Origanum vulgare* Linn.)
101. *Mundi* (*Sphaeranthus indicus* Linn.)
102. *Momiyai* (Bitumen, mineral pitch)
103. *Mastagi*, Mastiche (*Pistacia lentiscus* Linn.)
104. *Meea Saila*, Silaras (*Altingia excelsa* Noronha. or *Liquidambar orientalis*, Miller.),  
Noronhat resin
105. *Mur makki*, (*Commiphora myrrh* Nees.)
106. *Mukul*, (*Balsamodendron mukul*, Hook. Or *Commiphora mukul*)
107. *Nag Keser*, Cobra's Saffron (*Mesua ferra* Linn.)
108. *Neelofar* (*Nymphaea alba* Linn), Water lilly
109. *Namak Lahori* Rock Salt
110. Musk
111. Mazryun (Mezereon, *Clitoria ternatia* Linn.)
112. *Nankhwah* (*Ajwain Desi*, *Kamun*, *Trachyspermum ammi* Linn.)
113. *Namak Sang* (Rock salt)
114. *Naushadar* (Ammonium chloride)
115. *Ood Gharqi*, Eagle Wood, *Hindi*, *Agar* (*Aquilaria agallocha* Roxb.)
116. Persiaoshan, Hansraj, Shair-ul Jin (*Adiantum capillus veneris* Linn)
117. Pista, *Fustaq*, Pistachio (*Pistacia vera*, Linn.)
118. Qaqila Kibar, Cardamom, *Dana-e-Heel* (*Amomum sublatum* Roxb.)
119. Qaqila Sighar, Lesser Cardamom (*Elettaria cardamomum* Maton.)
120. Qasbuz Zareera (*Swertia chirata* Buch.)
121. *Qanturion* (Centaurea officinale or *Polycarpea corymbosa* Lamk.)
122. Qeranfal, Clove (*Myrtus caryophyllus*, Linn. and *Eugenia caryophyllata*.)
123. *Qarnul Ayyil* (Stag Horn, *Cervus elaphus*)
124. *Qissaul Himar*, Bindaal (*Luffa echinta* Roxb.)
125. Qust Shireen - *Saussurea hypoleuca* Spreng
126. Qust Talkh - *Saussurea lappa* C.B. Clarke) Costus root
127. Razianaj, Badiyan, Fennel (*Foeniculum vulgare* Mill.)
128. Rewand Chini (Rhubarb, Rheum *Rheum officinale* Baillon.)
129. *Sad Kufi* (Cyperus rotundus Linn.)
130. Sandal Safaid (Sandal Wood, *Santalum album* Linn.)
131. Sandal Surkh (Red Sandal Wood, *Pterocarpus santalinus* Linn.)

132. Sapistan (Lasora, Common Sebestens, *Cordia latifolia* Roxb.)
133. *Satar Farsi* (Savoir, *Zataria multiflora* Boiss.)
134. *Sosan, Zanbaq* (*Iris ensata*)
135. *Sunbulut Teeb, Balchad, Nardeen* (*Nardostachys jatamansi* DC.),
136. *Shibbat* Common dill (*Anethum graveolens* Roxb.) )
137. *Sakbeenaj* (*Ferula persica* Willd.)
138. Saqmoonnia (Scammony, *Convolvulus scommonia* Linn.)
139. *Sanobar, (Pinus gerardiana* Wall.)
140. *Saleekha, (Cinnamomum cassia* Blume.)
141. *Sheer khisht* (*Fraxinus ornus* Linn.), Manna
142. *Safarjal* (*Cydonia vulgaris* Pers.) )
143. *Sikanjabeen Buzoori*, Oxymel of seeds
144. *Sibr Saqutri* (*Aloe barbadensis* Mill.)
145. *Suddab* (*Ruta grveolens* Linn.)
146. *Shora Qalmi* (Potassium Nitrate, Salt peter)
147. *Shahtra* (Fumitory, *Fumaria officinalis* Linn) )
148. *Sheb Yamani* (Alum)
149. *Sirphoka* (*Tephrosia purpurea* Linn.)
150. *Suhaga* (Sodium Borate, Borax)
151. *Tabasheer, (Bambusa arundinacea* Retz.)
152. *Turb* (Radish, *Raphanus sativus* Linn.)
153. *Turmus* ((*Lupinous albus* Linn)
154. *Tiryaq Faruq* (Quadruple Antidote)
155. *Turbud Safed* (*Ipomea turpethum* Br.)
156. *Turanj* (*Citrus medica* Linn.)
157. *Turanjabeen* (*Alhagi pseudalhagi*.)
158. *Ustokhuddus* (*Lavandula stoechas* Linn.)
159. *Ushuq*, Gum (*Dorema ammoniacum* Don.)
160. *Utangan* (*Blepharis edulis* Pess.)
161. *Waj Khurasani* (Sweetflagm, *Acorus calamus* Linn.)
162. *Zafran, (Crocus sativus* Linn.) Saffron,
163. *Zaitun* (*Olea europaea* Linn.)
164. *Zanjabeel, (Zingiber officinalis* Boscoe.)
165. *Zaravand mudahraj, (Aristolochia rotunda* Linn.)
166. *Zarneekh* (Orpiment)

167. *Zarnab (Abies alba)*
168. *Zarishk, (Berberis aristata DC.*
169. *Zeera Siah (Carum carvi Linn.)* Black Zeera
170. *Zeera Safed (Cuminum cyminum Linn.)*
171. *Zubad al Bahr* (Froth of sea)
172. *Zufa (Hyssopus officinalis Linn)*, <sup>46</sup>

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## सारांश

### प्राचीन यूनानी साहित्य में यकृत संबंधित रोगों का अध्ययन

अशफाक अहमद

यूनानी पद्धति स्वास्थ्य सेवा की एक प्राचीन प्रणाली है जिसमें अनेक रोगों का समाधान उपस्थित है। इनमें से यकृत रोग विशेष है। प्राचीन यूनानी विद्वानों द्वारा लिखित साहित्य में यकृत रोग के सिद्धांत एवं उपचार का विस्तृत वर्णन है। यकृत एक अति-आवश्यक अंग है जिस पर जीवन निर्भर है। यकृत रोग उन रोगों में से है जिसके प्रभावकारी उपचार की खोज प्राचीन युग से अब तक जारी है। यूनानी साहित्य में यकृत रोग के सफल उपचार का विस्तृत वर्णन है। इस लेख में यकृत रोग से संबंधित जानकारी, लक्षण, प्रतीक एवं यूनानी औषधियों से उपचार, जो दुर्लभ यूनानी पुस्तकों एवं यूनानी चिकित्सकों के उपयोग में रहा है, प्रस्तुत किया गया है।