

ILAJ AL-ATFAL OF SYED FAZL ALI SHIFAI KHAN

(PART IV, CHAPTER 56-70)

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(Continued from the previous issue..)

Section 4 (*Shifa al-Majdur*): Protection of organ from *Judri* and *Hasbah*

The organs may be affected are throat, eyes, nasal fossae, lung, heart and intestine. Sometimes eyes are damaged due to appearance of *Judri* in the eyes. Sometimes it causes opacity or whiteness of the cornea due to its erosion. *Judri* in the throat may cause diphtheria. Abrasion caused in the esophagus by *Judri* may prove fatal. Appearance of *Judri* in nasal fossae produces ulcer causing obstruction to the passage of air. *Judri* of the lung causes severe dyspnea, if it is ulcerated *Sill* (Phthisis) is produced. *Judri* in intestine causes ulceration which is difficult to heal. Heart becomes combustible due to severe heat so the protection of each organ is essential.

Method for protection of eye: A collyrium or eye powder is made by dissolving *Sumaq* (*Rhus coriaria*, Sumach) and *Kafur* (Camphor) in *Aab Kashneez* (green Coriander juice) and applied in the eye especially on first day of fever. *Qatur Muri* is also beneficial for eye. Application of eye drop made by dissolving of Camphor in the juice of green coriander or infusion of Sumach in rose water and emulsion of sore pomegranate seeds is better likewise *Kuhl Muri* with the juice of green coriander and Sumach or camphor. *Qatur Shahmur Rumman* (eye drop made of pomegranate pulp extract) is also good especially on first day of fever. Application of *Henna* (*Lawsonia inermis*) kneaded with warm water over the feet is also beneficial.

When *Judri* appears in the eye, use of Antimony of Asfahan pounded in the rose water or mixed with the camphor is most appropriate. It is also reported that application of eye lotion with the *Roghan Nift Abyaz* is also useful.

Ingredients of *Shayaf* (Suppository) for eye: *Huzaz* (Extract of Berberry, *Berberis aristata*) 3 gm, *Sibr* (Aloe barbadensis) 3 gm, *Shiaf Mameetha*, gold thread (*Thalictrum foliolosum*, Glaucium) 3 gm, Acacia 3 gm, *Zafran* (Saffron) 1 gm. All these drugs are crushed and made *Shayaf*. It is dissolved in the coriander juice and applied in the eye. Eye drop of *Pista* (*Pistacia vera*) oil is applied for harmful effects of *Judri* in the eye. Use of *Shayaf Abyaz* after eruption of *Judri* papules may cause pain.

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Protection of mouth and throat: Eating and mastication of sweet pomegranate seeds is beneficial likewise eating of *Toot* and gargling with its extract especially for the throat pain, gargling with the decoction of *Sumaq*, red rose and lentil, licking of *Rubb Toot* little by little several times are much beneficial.

For protection of Nasal fossae: *Mameetha* (*Thalictrum foliolosum*, Glaucium) and *Sandal* dissolved in the vinegar and juice of *Ghorah* (sour grapes) are locally applied. Inhalation of vinegar is also useful.

Protection of lung: Nothing is better than *Lauq Adas* (Linctus of Lentil) that is made with poppy seeds. If there is appearance of blisters in the chest with hoarseness of voice, fever not so high and stool is not soft, then patient is given butter and sugar little by little. If fever is high, *Luab Aspghol* (*Plantago ovata* husk seed mucilage) with almond oil and sugar is given. Formulation of a useful *Lauq* in this disease: *Tukhm kaddu shirin* (Pumpkin seeds, *Laginaria siceraria* seed) 2 parts, *Maghz Badam Safaid* (White almond nut), one part, *Kateera* (*Astragalus gummifera* gum), one part, Sugar 3 parts, *Luab Behidana* (Mucilage *Cydonia oblonga*), *Luab Aspghol* (Mucilage *Plantago ovata*)

Drugs 1-4 are pounded with the mixture of drug 5 and 6 and *Lauq* is prepared. If stool is soft then *Lauq* made of Acacia gum, roasted almond nut, roasted seeds of *Khiarain* (Cucumber and Snake Cucumber) and starch with *Luab Aspghol* (*Plantago ovata*) is beneficial.

Protection of Heart from the fever of *Judri*: The patient is given the decoction of lentil and fig with above conditions.

Protection of intestine: Initially by use of astringent drugs like Gum Acacia, *Gil Armani* (Arminina Bole) and *Aspghol* (*Plantago ovata*) is compulsory.

Author of the book '*Zakheera*' mentioned that on open joints a big bristle may appear and damage the Joint. For protection of articulations *Sandal safed* (*Santalum album*), *Shayaf Mameetha* (*Thalictrum foliolosum*, Glaucium), Red Rose, *Gil Armani* and a little Camphor pounded with vinegar and rose are applied over it as embrocation.

Protection of Joints: *Sandal* (*Santalum album*), *Shayaf Mameetha* (*Thalictrum foliolosum*, Glaucium), *Gil Armani* (Arminina Bole), Red Rose Dried, Camphor

All these drugs are pounded with rose and added with a little vinegar then it is applied as paste over the joints.

Section 5 (*Shifa al-Majdur*): Removal of marks left over by *Judri*.

Marks or signs of *Judri* persist due to the combustion of the humors in the skin,

however where the cauterization is done with fire it is curable before one year is passed, after that it is not curable.

The drugs which help for removal of the marks are: *Bekh Nai* (Root of the straw) dried, *Baqila* (*Faba vulgaris*), *Hakaka Chob Khilaf* (Willow wood), *Anzaroot* (*Leguminosae*), Seeds of *Kharpaza* (*Cucumis melo*, Musk Melon), *Post Khushk Kharpaza*, *Biranj Maghsul* (Washed Rice), Barley Water, Egg White, *Teen Mutakhalkhal* (Porous Clay), *Murdar sang* (Litharge), *Shaker Tabar zad* (Refined sugar), Starch, Sweet and bitter Almond Nut, Oil of *Pista* (Pistachio), *Piah Khar* (Fat of Donkey), Rose oil, Fat separated from roasted Camel hoof. All these drugs are useful in that condition.

Other potent formulation: *Zubad al Bahr* (Froth of sea), *Hijarah al Filfil* (small Stone), *Ushaq* (Gum ammoniac), *Qust* (Costus root), *Kundur* (*Boswellia serrata*, Olibanum), *Sabun* (Soap), *Boorah Armani* (Arminina bole), *Ustakhwan Sokhta* (Burnt Bone), *Ustakhwan Kuhna* (Archiac Bone), *Tukhm Turab o Turab Khushk* (Dried Radish and its seeds), *Zaravind* (Aristolochia), *Turmus* (Lupine, *Lupinus x hybrida*). All these drugs are pounded together or separately then applied over the body.

Sometimes after elimination of the marks of *Judri* body color becomes weak so it should be treated by use of good nutrients like sweet and sour pomegranate, flavored drinks, half fried egg yolk, soup of healthy chicken, *Kubk*, and *Tadru* and taking regular bath.

Formulation of useful compound: *Ustakhwan Sokhta* (Burnt Bone) 10 parts, *Pishkal Kuhna Meesh* (Orbicular dung of sheep) 10 parts, *Khazaf jadeed* (fresh broken clay) 10 parts, Seeds of *Kharpaza* (*Cucumis melo*, Musk Melon) 10 parts, *Nashasta* (Starch) 10 parts, *Biranj Maghsul* (Washed rice) 10 parts, *Nakhud* (Pea) 10 parts, *Habbul ban*, *Bakain* (*Melia azedarach*) 5 parts, *Zaravind* (Aristolochia) 5 parts, *Turmus* (Lupine, *Lupinus x hybrida*) 5 parts, *Qust* (Costus root) 5 parts, *Bekh Nai* (Root of the straw) dried, 20 parts, *Aab Kharpaza* (Juice of Musk Melon), *Aab Qiththa* (Juice of Snake Cucumber), *Maus Shaer* (Barley water), *Aab Baqila* (*Faba vulgaris*). The drugs 1- 12 are pounded with the mixture of drug 13-16 and used with decoction of *Banafsha* (*Viola odorata*) for washing or cleansing in the morning.

Other Formulation: *Khazaf jadeed* (fresh broken clay), *Ustakhwan Kuhna* (Archiac Bone), *Bekh Ne* (Root of the Bamboo), Seeds of *Kharpaza* (*Cucumis melo*, Musk Melon), *Nashasta* (Starch), *Biranj Maghsul* (Washed rice), *Habbul Ban*, *Bakain* (*Melia azedarach*), *Turmus* (Lupine, *Lupinus x hybrida*), *Qust* (Costus root). All these drugs taken in equal amount and powdered.

Other Formulation: *Turmus* (Lupine, *Lupinus x hybrida*) and *Nakhud Siah* (Balck Pea) are used.

Chapter 57: Hummiat (Fever)

It is not hidden that there are many types of fever. Each type consists of few classes. Occurrence of *Humma Youm* (Ephemeral fever) in children is rare and *Humma Diq* (Hectic fever) rarest. *Humma Khilti* (Humoral fever) described in short. Fevers according to four humors simple or compound are written separately with the name of *Moalijat Makhsusa*.

Type 1, *Humma Damvi* (Sanguine Fever): This fever generally comes with hot and boiled blood or it may be infected. The signs are rise of temperature, congestion of the blood vessels, red color of the body and eyes with no sweating. Ingestion of hemopoietic foods and fruits by the mother or child is omitted or hot air is blown out.

Treatment: If child is young and *Murzia* is self indulgent and sanguine nature she should undergo *Fasd* (Blood letting) without any thought. Hot eatables should be avoided. Drugs and syrup which are quenching the blood warmth and removing the heat are used for rectifying the milk and food. If the child is above 6 months and humid nature, his ear lobe is pricked for drawing out of a little blood on 3rd or 4th day. It is much useful. Applying of leech on that site is also permitted. Blood letting from other places is also beneficial however from the ear lobe it is tried and tested to be more useful and quicker for the cure of syncope and weakness. Sometime blood is not drawn out quickly after puncturing; therefore neck and ear are intensely rubbed so that blood comes quickly.

Author of the book '*Khulasa al-Tajarib*' has written that a child suffered from measles' fever for last 8 days with comatose, lassitude and weakness. His ear lobes were scarified but no blood came out for a long period finally I made him seated and started rubbing his neck and ear intensely till the blood was accumulated and come out profusely so I have to stop it meanwhile the child became conscious and asked for food and within few days he was completely relieved of the fever. Hot water extract of *Unnab* (*Zizyphus vulgaris*, Jujube) filtered and cooled given orally early morning for few days is much effective in fever of *Hasbah* (Measles) and *Mutbiqa* (incessant fever). It is known that simple and sanguine fever is characterized with no sweating at all but on the day fever is reduced. Sweating is beneficial in most of the fevers therefore the method for sweating has been described so that it may be used when required.

Method for *Tareeq* (diaphoresis): *Qasbur Rutab*, *Nai Tazah* (Fresh Cane) is crushed and its extract is taken out. The extract is applied on the head and over the inferior surface of the feet, body kept warm by covering with cloth to produce huge sweating. If fresh cane is not available then a vessel filled with hot water is kept behind the back and the body is covered with a sheet to bring out the sweat then *Pa Shoya* (Foot bath) is done for diaphoresis.

When diaphoresis is over and the target is achieved all clothes placed over the body for warming are kept away. If headache is accompanied with fever and not relieved by scarification of earlobe or blood letting is contraindicated then *Pa Shoya* (Foot Bath) is done, constipation are treated by insertion of laxative suppositories, suitable *Shamum* (olfactory drugs) and *Tila* (liniment) are also employed.

Type 2, Humma Safravi Baseet (Simple Biliac Fever):

Symptoms: Yellow color of the body and the tongue, yellow urine, presence of hot atmosphere and heat producing agents. If extravascular matter is putrefied fever occurs for a day with severity.

Treatment: Purging of the *Murzia* is done by fruit juices and other appropriate laxatives. The child is also given the same if he is on food. If there is dominance of blood then *Fasd* (Blood Letting) should be done. To extinguish the biliac effects *Sikanjaben* (Oxymel) and other appropriate drugs are given. Repeatedly it is said that main initiative is taken by mid wife. The child on food with constipation has soft suppositories to be inserted into the rectum.

It is to be noted that *Henna* which has humid nature is pounded and applied as paste over the palm, foot and crown of the head, it relieves the heat very quickly. Diaphoresis should be adopted if need arises as described above. Headache if not relieved by foot bath should be cured by use of liniment or smelling drugs.

Advantage: Avicenna advised in this type of fever that the child should be given pomegranate juice with *Sikanjaben Asli* (honey oxymel) or drugs like cucumber extract with little camphor and sugar. *Qarshi* has objected that ingestion of sour foods by a milk fed child is not permitted as mixture of sour article with the milk in the stomach causes caseation and corruption of the milk which may lead to poisoning. According to this humble author the objection is not correct because it is generalized while the advice by Avicenna for oxymel to be given to the child is in that condition when stomach is free of milk otherwise it is well known that mixture of sour with milk in general has been prohibited by every one. It is not hidden also that use of camphor particularly in female child without any strong need or intensive heat is harmful.

Ingredients of drugs for *Pa Shoya* (Foot Bath): Seeds of *Khitmi* (*Althaea officinalis*), Flower of *Banafsha* (*Viola odorata*), *Chuqandar* (Beet root), *Barg Beid* (*Salix alba*), Wheat flour.

All above drugs are taken in required amount and boiled in the sufficient water and added with softened water melon. It is poured in a deep vessel in which foot is dipped upto the knee joint, the leg is massaged from above downward, when water is no longer hot foot

is taken out of the water.

Ingredients of drugs for *Shaafa Naram* (Suppository): Seeds of *Khitmi* (*Althaea officinalis*) 10 gm, Flower of *Banafsha* (*Viola odorata*) 10 gm, Leave of Senna 15 gm, Cassia fistula Kernel 21 gm, Red sugar 21 gm, *Namak Sang* (Rock Salt) 3 gm. Suppository is made of above drugs and applied with almond oil.

Type 3, *Humma Balgham Baseeta* (Simple Phlegmatic Fever):

Signs: Signs of bile and blood will be absent. Thirst will be less in this type of fever. But in case of sour phlegm the fever is characterized by its occurrence each day with condition that extra vascular matter is putrefied. If intra vascular matter is infected fever with severity comes each day while duration of the fever, edema of the face and stomach weakness indicate the infection.

Treatment *Murzia* is given each morning the decoction of *Kasni* and Fennel along with *Gul Qand* and a little of it is given to the infant. Emollients, cool water and stomach weakening agents should be avoided. Tolerance of the thirst is best option. *Baranjasaf* (*Achillea millefolium*) is boiled or infused and filtered and given to the *Murzia* and child both. After 2-3 weeks it has beneficial effect. After maturation of the matter *Murzia* is given purgative drugs like *Turbed* (*Ipomea turpethum*) and other methods described in compound fever are carried out it is better.

Type 4, *Humma Saudavi* (Melancholic Fever): This type of fever is rare in children as their nature is completely different from the nature of black bile (Melancholic). Its characteristic is that mostly it comes after 2 days gap if extravascular material is infected. If infection is intra vascular the fever is intensified on 4th day. Quartan fever is rare in children.

Treatment: *Murzia* (Wet nurse) is given the decoction of following drugs with *Gul Qand* for maturation of the matter. *Maveez Munaqqa* (*Vitis vinifera*), *Sapistan* (*Cordifolia latifolia*), *Aslus Soos* (*Glycyrrhiza glabra*, Liquorice root), *Badian* (*Foeniculum vulgare*, Fennel)

Diet of made of *Nakhud Aab* (Pea soap) is given. After 40 days and complete maturation purgatives are given, evacuation is done by diaphoresis. Eating child should not be given wet fruits like Muskmelon, *Shaftalu* (Peach) and cold vegetables. Dry and Cold drugs like *Kahu* and *Hindbad* are also avoided. While this fever is long lasting main emphasis is given to maturation with consideration of strength. *Dawa al-Hilteet* given to *Murzia* after 40 days has great effect. Other experimented drugs in Quartan fever can be given as usual.

Advantage: *Tap Rubo'* (Quartan Fever is two edged; one is normal *Sauda* gets infected and causes fever. The signs, symptoms and treatment mentioned related to this group.

Type two is combusted *Sauda* is infected and causes fever. Combusted *Sauda* is produced as a result of the burning of other humors, each humor which is burnt turns into *Sauda Ghair Tabai* (Abnormal Black Bile) named with *Ehtraqi* (combusted)

Treatment: Combined treatment of the *Sauda* and management of the humor from which combusted *Sauda* is produced.

Type 5, Humma Murakkaba (Compound Fever):

It is not hidden that it has so many types of fever. Basic principle of the treatment of this disease is that the drugs are prescribed for that humor which has the dominance in the symptoms of the fever.

Most commonly occurring complex fevers are: *Ghib Ghair Khalisa* and *Shatr Al Ghib* (Tertian fever) both are same with a slight difference. It is written in *Tib Akbar* and *Meezan Al Tib* in detail. Few drugs reported beneficial in the fever combined of bile and phlegm, are written here. The drugs for a particular humor which has the dominance should be carried out. Other parameters for maturation, purging and precautions are same as described earlier in simple fevers. It is noted that *Sikanjabeen Usooli* (Oxymel made of the Herbal roots) is much beneficial like *Qurs Gul*, *Sharbat Deenar*. Mostly, use of a little *Maul Asl* (Honey water) and rose water is beneficial prior to the rigor. Cold water should be avoided in the beginning of the rigor. Ingestion of honey few hours before rigor is useful for old fever and shivering. *Nankhwah* (Cumin seeds) powdered and mixed with honey is also useful. *Mastagi*, *ILuk al Butum* (*Pistacia lentiscus*) is finely powdered and mixed with powdered dried bread then pills are made the size of pea. One pill given to the child after meal is useful.

Ingestion of a little *Jund Bedastar* (Castoreum) few hours before the rigor after passage of 40 days in phlegmatic fever is also beneficial. Use of *Jauzbu*, *Jaifal* (*Myristica fragrans*, Nutmeg) powdered in a little honey before the rigor without water is quickly effective to stop the shivering. It should be repeated 2-3 times. Main emphasis in chronic fever is given to strengthening of the stomach.

Warning: It is better to deny the oil and protein in diet of that child who is on food and not taking the milk otherwise what the child desires can be given except severe harmful things. Diet of children is quite different from that of elders. Mostly it is seen that in chronic fever with no recovery with strict diet restraint they start to eat meat with fried rice (*Pulao*) without restriction the fever is subsided. So changing the taste of the patient especially children according to the nature is essential. But overeating should be avoided as it is harmful and invites congestion and thousands of complication.

***Hasbah* (Measles, Rubeola), *Judri* (Small pox, Variola), *Humeqa* (Chicken pox):**

These diseases were not included in the children's diseases by the physician while they mentioned it in the fevers of adults in other books but this humble author is mentioning it in the diseases of the children as it is most appropriate.

***Hasbah* (Pathology):** Rubeola, An acute and highly contagious viral disease marked by distinct red spots followed by a rash; occurs primarily in children) is a red papule which is discrete and is of the size of *Jaoras* (Panic grass). At the time of eruption initially it is inflamed which is red with small size resembling *Baragheeth* (fleas or insects) then the *Hasbah* (Measles, rubeola) appears on that site, its material is biliac so it is not matured nor it contains pus but scab is formed that slough off at the time of healing. Essentially fever comes first followed by appearance of *Hasabah* (Measles).

***Judri* (Small pox, Variola):** (Pathology: A highly contagious viral disease characterized by fever and weakness and skin eruption with pustules that form scabs that slough off leaving scars) it is large papule at the size of *Adas* (Lentil) or bigger. It becomes matured and pus is also formed within it. It is called *Aabla* in Persian. Preceding fever is essential in this disease also.

Signs of *Judri* fever and *Hasbah* fever are back pain, nasal itching, flow of tears, redness of eye, headache, heaviness of the head and the body, frightening during sleep, feeling of burn and prick in the skin. Some patients may complain of cough, difficulty in breathing, hoarseness of voice and pain in the throat. Whenever this type of fever occurs certainly it is followed by *Judri* or *Hasbah* especially in the season of this disease.

The difference between these two fevers is that fever of *Hasaba* is hotter and more acute than that of *Judri*. Back pain is lesser but distress is more. Measles papules appear suddenly and quickly within 3 days or 7 days. Measles is more dangerous than small pox especially if it is black, hard, dark blue or violet. If its eruption is delayed with syncope and abundant grief it is fatal likewise if it suddenly disappears then syncope occurs, blisters are as usual abundant and adherent to each other, color is black or violet, appears mostly over the chest and abdomen with slow eruption and slow swelling which is dangerous. Likewise if blood is oozing from *Judri* or initially blisters appear followed by fever which is worse. In that manner it is also not good if fever has not been subsided after appearance of pustule. The best and safe parameters in *Aabla* and *Hasbah* are that the patient is conscious, breathing is normal and liking for food and drink persists.

Warning: Both these diseases occur in children due to *Ghalyan Khun* (Plethora); the nature brings about the changes in the condition of blood for maturation of raw blood as the

children's blood is unripe and wet. It is impossible that a matter turns hot, moist and matured without boiling so mostly the above pustules erupt in the children due to fermentation for maturation of the blood. It is rare that blood is stirred and matured without appearance of any pustule on the surface due to some impediment.

Treatment: When it is confirmed that the fever is of *Judri* or *Hasbah* and still no pustule appears on the skin, Blood is drawn out by cupping method or by applying leeches. In case of *Hasbah* less Blood is drawn out while in *Judri* more blood is drawn out because it has abundant blood. The best process in measles fever where the temperature is high with bitter mouth taste, pale eye and *Baul Nari* (Igneous urine) is that at first a little bile is purged out by use of laxatives with condition that no soft motion occurs then sedatives are used and blood letting is stopped as it is harmful in that condition.

It is noted that some physicians have prohibited the use of *Mubarridat* (cooling) and *Mughallizat* (blood thickening) drugs in the fever of *Judri* and *Hasbah* even there is no appearance of pustule and given the reasoning that *Ghalyan Dam* (gush of the blood) occurs due to the nature's effort for brining out the waste materials so use of *Mughallizat* prevents that *Ghalyan* (Gush), in that sense its use is against the nature and causing distress.

In fact if there is dominance of bile in fever, alleviation is must but intense cooling should be avoided, in this type of fever even with the dominance of bile, slight cooling can be done which gives relief to the organs, breaks down the *Hararat Ghareeba* (Alien Heat), strengthens the physique and innate heat and is helpful for removal of waste and protects the body from the ailments.

After appearance of the pustules in the body, use of laxative, cooling and thickening drugs are prohibited due to the reasons mentioned above. In that conditions blood is also not drawn out but in case of a *Judri* when blood is excessively dominates to cause some harm then a little blood must be drawn out despite appearance of the pustules. Often it was experienced by me in that situation that if blood was drawn out as per need lightness to the body appeared and the disease was reduced to its end.

It is also essential that at the time of pustule appearance the patient should put on the soft and warm clothes, room temperature should be kept moderate so that the skin pores are dilated to cause slight sweating and easy appearance of the papules. Cold water is given little by little; *Sandal* (Santalum album) and camphor are given to smell which gives strength to the heart and mind and stimulates the nature to expel the materials outside. If there is a thickness of the matter or pores are blocked then efforts for *Talteef* (thinning of the matter) and *Taftech Masam* (opening of the pores) should be done.

The signs for thick matters are appearance of pustules mostly over the chest and around it and lesser appearance in other places, the appearance of pustule not completed even after passage of four days.

Signs of pores blockage: Skin becomes rough with very less sweating. However attenuation and dilatation of the pores should be done according to the condition of the patient.

Treatment: Considering the temperature of the patient for example circulation and respiration are normal with no severe grief, heat and syncope inside the body, tongue is not black then room temperature is kept warm, cold water is avoided, cool articles given to smell and fresh water is given to drink. Warm water is given time to time with water extract of fresh fennel.

This formulation is much effective, Ingredients:

Luk Maghsool (*Cateria lacca*) 14 gm, *Adas* (Peeled Lentils) 21 gm, *Kateera* (*Traga canth*) 10 gm are boiled in 250 ml of water till the water reduces to half. Then this decoction is filtered and given to the patient. It is better if added with rose flower 6 gm, 7 pieces of fig and fennel 6 gm and 10 pieces of *Maveez* (*Vitis vinifera*) with seeds. If only fig is boiled in the water with little saffron and given to the patient it is also effective.

Also hot water is placed beneath the patient and he is covered up by a sheet so that the steam reaches to the body and causes dilatation of the pores and appearance of papules. The head must be kept out of the sheet so the vapors do not reach the brain to cause discomfort. If there is change in the pulse or breath and syncope, fever or blackness of tongue occurs no hot things should be ever given. All measures described above should be adapted such as to keep clothes warm, giving cold water, smelling of cold articles. In this condition no measure is adapted for dilatation of pores except vapor bath of the hot water. In case of struggle and anger when there is increased temperature and putting on clothes brings on grief, syncope and weakness then room temperature should be cooled down, cold perfumes are inhaled continuously and shaken for ventilation and oxygenation but the body is kept covered moderately to prevent cold exposure. If smelling of cold perfumes are not sufficient for relief then the garment over the chest should be loosened to give some relief with utmost care that the body is not exposed to cold air.

Likewise where blisters have appeared with no reduction of fever for 3 days and tongue turns black, in this condition keeping the body warm is a blunder. Whenever syncope occurs all efforts should be done for strengthening of heart and for other complications. When all *Aabla* and *Hasabah* (measles) completely appeared cold syrups

should be given as per need considering the motion of the patient. At that time motion should not be disturbed by use of purgative or astringent. But if it is known that loose motion is dangerous in the end of *Hasabah* then it should be stopped by use of astringent and tonic drugs like *Qurs Tabasheer* and *Rubb Bahi*.

When *Ruaf* (epistaxis, nosebleed) occurs it should not be stopped till pure blood starts to come out and it must be stopped immediately when there is a danger of weakness. It is written that even the blood is black and symptoms like insomnia and cough occur in this disease the main cause of each disease should be treated by the most suitable way. When there is appearance of some pustules and some are hidden, it is indicative of bad prognosis then it is essential to help the nature as mentioned earlier. Use of Emulsion of fennel and emulsion of *Karafs* (*Apium graveolens*) seeds separately or collectively is beneficial.

Advantage: Protection of eye, nose, throat, ear, lung, intestine and joints is essential at the time of appearance of pustule. If there is light appearance of pustules protection of each organ is described separately.

Protection of Eye: *Sumaq* (*Rhus coriaria*, Sumach) is soaked in rose water and filtered added with little camphor and few drops is instilled in the eye. If blister appears in the eye, camphor dissolved in rose water used as eye drop. Antimony of *Asfahan* and camphor pounded in coriander juice and made an eye lotion. It is very beneficial for eye redness and pustule in the cornea. In case of severe congestion when eyes are near to protrusion use of above drugs is beneficial. Eye is applied with bandage till the eye is cooled down if the child is irritated then bandage is untied, then tied and untied time to time.

Protection of nostrils: Vinegar with or without Rose is made as nose drop and few drops are instilled into the nose every hour or Rose oil added with camphor is also instilled into the nostrils and inner part of nostril is kept anointed.

Protection of throat: When patient gets fever of measles or small pox or pustules appear in any part of the body he should be immediately given pomegranate juice with seeds hour after hour. Gargling with syrup *Kharnub* (*Ceratonía siliqua*, carob, Locust) or decoction of *Sumaq* (*Rhus coriaria*, Sumach), rose flower and *Adas Muqashar* (Peeled Lentil) boiled in rose water. Gargling with cold water is also beneficial especially with rose and extract of pomegranate and *Toot* (*Morus indica*).

Protection of lung: at the time of papules eruption, presence of hoarse voice and congested chest if temp is high with constipation the *Luab Aspghol* and *Bahidana* (mucilage of Aspogel and Quince seeds) added with sugar and almond oil are given sip by sip to lick so it may

stay for a while. Crushed almond is kept in the mouth for a while.

Following *Lauq* (Linctus) is much useful. Ingredients: *Maghz tukhm kaddu shiri* (Pumpkin seeds) 2 parts, Peeled almond nuts 1 part, *Kateera* (Tragacanth, *Astragalus gummifera*), half part, *Qand* (sugar candy) 3 parts, *Luab Aspghol* (Plantago ovalis), *Luab Bahidana* (mucilage of Quince seeds). The drugs 1- 4 are crushed and mixed well with the drug 5 and 6 and given to lick.

If there is soft motion despite heat then Pulp Seeds of *Khiar* (*Cucumis sativus*, Cucumber), *Samagh Arabi* (*Acacia arabica*) and almond nuts are taken and each is roasted then crushed and mixed well with *Luab Aspghol* (Plantago ovalis) and given to lick, But in case of not much heat and no soft motion then licking of fresh butter with sugar is beneficial.

Protection of Joints: *Sandal* (*Santalum album*), *Shayaf Mameetha* (*Thalictrum foliolosum*, Glaucium), *Gil Armani* (Arminina Bole), Red Rose Dried, Camphor

All these drugs are pounded with rose and added with a little vinegar then it is applied as paste over the joints. If there is any big abscess on the joint it should be immediately incised and drained out of the pus then healing measures are carried out.

Protection of intestine: Unani formulations like *Sharbat Maured* (*Myrtus communis*), *Qurs Tabasheer*, and *Rubb Bahi* are given especially when blisters are in decline phase. Because when blisters are reduced out of the body remaining materials may persist in the intestines therefore care of intestine is essential.

Advantage: It is to be noted that foods and drinks for patients of *Judri* and *Hasbah* should include cold materials also. Barley and lentil mixed with the water of sour pomegranate or sour grapes or *Aab Reebas* is useful. If there is dryness in the stool with sour throat and chest and heat is not so intense barley with rose water should be given and sour articles are avoided. When stool is soft with intense heat and harshness in the chest and throat Barley flour is roasted two times, mixed with *Qurs Tabasheer Qabiz* and given to eat.

If stool is extremely soft then *Kashkab* (dried and roasted whey water), Pomegranate seeds and Poppy seeds are taken equally, pounded and given to eat. If harshness in the throat is accompanied with insomnia water of roasted whey and poppy seeds are given. Other measures adapted as per advice of the physician.

Madda Hasbah (Causative Materials of Measles) and *Safra Sokhta* (burnt bile) may ruin the blood so the patient should be given the cold and moist diets like whey water and added with sour foods if there is no cough. Drugs like juice of water melon, *Khirfa* (*Portulaca oleracea*, Parselane) and pumpkin are also beneficial but not given without sour foods.

Other food articles which are prevalent in the city and suitable can be given. It is noted that use of *Turanjabeen* (*Alhagi pseudalhagi*), *Banafsha* (*Viola odorata*) and *Aab Lublab* (Extract of Field Bean) is prohibited in small pox.

Warning: Whenever the eruption of small pox and measles is generalized in a season blood is drawn out by cupping and leeching. If it is done in the children who are less than 10 years old, then all precautions mentioned earlier should be carried out. *Murzia* (Nursing mother) should be given purgatives and undergone *Fasd* (venesection) her diets also be given carefully. Use of sweet, milk, wine, meat, dates, honey, fig, grape and other things which are hot, haematogenic and bile stimulating should be avoided by mother and child. Fruit juices can be used as a laxative. Sitting and roaming in the sun, sitting near fire and every act which can generate heat should be avoided. Best diets in this season are cold vegetables and citreous fruits. Meats with vegetables and sore fruits for correction may be given occasionally. Use of *sharbat Unnab*, syrup of carrot, *Sikanjabeen*, *Safuf Tabasheer*, *Qurs Kafur* are beneficial, cold water bath is also useful. Use of sugar syrup prevents papule eruption in that year or very few papules erupt.

Caution: Most of the papules erupted subside on itself and no need arises for drying up and separation of sloughing. Sometimes it requires treatment therefore 3 measures are described here.

Tadbeer Puzaneedan Aabla (Measures for maturation of papules): It should be known that each time papule erupts with less fever, discomfort and disturbance, pulse rate and respiration are normal and it is known that papules would mature lately then patient is given hot water extract of following drugs separately or collectively: Seeds of *Khitmi* (*Althaea officinalis*) 3 gm, Flower of *Banafsha* (*Viola odorata*) 3 gm, Flower of *Babuna* (Chamomile) 2 gm, *Ikleel al Malik*, *Nakhuna* (*Trigonella uncata*) 2 gm, *Sabus Gandum* (Wheat flour)

This decoction is kept in two vessels under a sheet, one in front of the body and other behind it so that the vapor of drugs reaches to the body and causes papules maturation then measures for drying up should be adapted. After eruption of papules if fever and discomfort are not reduced, pulse and respiration have not become normal it points to bad prognosis.

Tadbeer Khushk Kardan Aabla (Desiccation of Papules): When all papules erupt and within seven days all becomes matured then big ones are punctured with golden needle slowly the exudates is taken out with the soft cotton. After that dried rose flower, Leaves of *Maurid* (*Myrtus communis*), Leaves of *Sosan* (*Iris ensata*) crushed and pounded with *Sandal* and *Chob Gaz* (wood of *Tamarix articulata*) then fumigation is done with these

drugs. In hot season Rose, Leaves of *Maurid (Myrtus communis)* and *Sosan* is better while fumigation with *Sosan* and *Chob Gaz* (wood of *Tamarix articulata*) is better in winter season. If there is a wound or ulcer then powder of following drugs should be sprinkled. Ingredients: Rose flower, *Kundur (Boswellia serrata)*, *Olibanum*, *Sibr Saqutri (Aloe barbadensis)*, *Anzaroot (Leguminosae)*, *Damul Akhwain (Dracaena cinnaber)*

If blister is large containing enough exudates, rose leave pounded with millet flour or barley flour, is sprayed on the bed and patient is asked to sleep on it. in case of abrasion of the skin fresh Leaves of *Sosan (Iris ensata)* is taken and spread on the bed below the patient, dried leaves of rose and *Maurid (Myrtus communis)* are also sprinkled on the bed. Thus to sleep on soft sand is also quick effective nearly within a day.

If blisters are drying up late the saline water is better to use in the following methods:

Adas Surkh (red lentil), rose leave and *Chob Gaz* (wood of *Tamarix articulata*) are soaked in the water and added with saline water then clean and soft cotton soaked in this solution is placed over the blisters so that salt water reaches deep in the blisters and facilitates for quick drying. If heat is abundant then a little camphor and *Sandal* wood are also dissolved in that water. Leaves of *Za' rur*, Leaves of *Beid (Salix alba)*, *Asfedaj* (Plumbi Carbonas, White Lead) and *Murdar Sang* (Mono Oxide of Lead, Litharge) are finely powdered and sprinkled over the wounds. If blisters are ulcerated even in the nostrils, it is cured by use of *Marham Kafuri*. When blisters are dried up, method for removal of slough is adapted.

An Incident: Mohammad Shukurullah one of my sons suffered with the eruption of huge blisters which was much irritating and distressful. Rupturing of the blister is less prevalent in Indian region so I hesitated initially but finally against the wishes of elders I started to incise the blisters by needle, after extracting the fluid from the blisters the patient was much relieved. So gradually I completed the puncturing of all blisters within three hours the patient attained complete relief with glad. After this act I experimented several times and found this process to be quickly effective in such cases by the grace of Almighty.

Tadbeer Khuskresha Dur Kardan (Method for removal of slough):

Slough is that part of skin which appears over the wound. If slough is dry and fine and no moisture beneath it then it is moistened with some drops of lukewarm oil so that it is quickly separated and best oil is *Roghan Kunjud* (Sesame Oil) but in case of worse blister Pistachio oil is better because Sesame Oil leaves behind the marks often.

If the slough is thick and sturdy with moisture beneath it then it should be separated

slowly without using oil, moisture is wiped out and observed for depth in the skin. In case of deep wound powder of following drugs is sprinkled inside the wound,

Ingredients: *Sibr* (*Aloe vera*), *Mur Makki* (*Commiphora myrrh*), *Zardchoba* (*Curcuma longa*), *Murdar Sang* (Mono Oxide of Lead, Litharge), *Aqleemia Nuqra* (dirt of Silver), *Sapeda Arzeez* (Plumbi Carbonas, White Lead), *Asranj*

If the wound is at the level of the skin having no depth then alum and salt pounded together, sprinkled on the wound and left for reappearance of the slough then it is separated slowly and observed for moistures beneath it in case of moistness all above process is repeated if no moisture no need for treatment if slough regenerates it should be oiled to be fallen off.

When blister leave the marks following drugs are used for its removal: *Bekh Nai Khushk* (Root of Bamboo), Flour of *Baqila* (*Faba vulgaris*), Seeds of *Kharpaza* (*Cucumis melo*, Musk Melon), *Biranj* (Rice), Almond Nut, *Ard Jau* (Barley flour). All these drugs are crushed and mixed well with egg white to make an ointment which is applied over the marks. When bad marks are left behind the duck fats and *Marham Dakhilyun* are applied.

Humaiqa are large white discrete papules occur without fever. Patient has consciousness with normal respiration, this type is safest one. Blisters if present subside automatically without cure. If needs arise, the method of treatment in small pox should be adapted.

The practice of this author in the treatment of *Judri* and *Hasbah* is the same as described by two learned physicians. So each time when the air became infected and polluted in the season of eruption of *Judri* and *Hasbah* I tried my best for its cure. The leeches were applied in the children less than seven years on sites of sub pubic region, below both ears, between the shoulders and over the coccyx. For 7-12 years children cupping is done on the site between both shoulders, over coccyx and on both forelegs. *Fasd Ak-hal* (Venesection at median cutaneous vein) is done in children who are more than 12 years old. Blood is drawn out according to the child's age. Therefore that year due to reduced amount of blood either blisters did not appear or appeared in less number with no distress or hardships. When these papules erupt due to *Judri* or *Hasbah* children's condition should be observed and these conditions should be left to the nature as the nature is producing all these things for the betterment of the body but whenever there is any major hindrance physician should assist the nature for its remedy. Therefore at the time of eruption when there are raised papules accompanied with fever it requires no treatment. Sometimes children are given cow milk with cream removed added with black sugar some require roasted pea with little black sugar as it strengthens the nature for its nutrition and assisting for eruption of

papules.

If the eruption of papules becomes sluggish then this decoction should be used for 2-3 days.

Sar Khashaak Neem (Ash of *Azadarachta indica*, Margosa) 21 pieces, *Filfil Gard* (*Piper nigrum*) 7 pieces, Dried Carrot 7 gm, *Post Bekh Kavi* dried 4 gm, *Badian* (*Foeniculum vulgare*, Fennel) 4 gm, *Mako* (*Solanum nigrum*) 4 gm, Yellow Fig 3 pieces, *Unnab* (*Zizyphus vulgaris*, Jujube) 3 pieces. All these drugs are soaked in 250 ml of water over the night, boiled in the morning till water is reduced to its half then sprinkled with *Khaksi* (*Sysymbrium irio*) and given to drink along with *Sharbat Unnab* 12 ml. Soaking of drugs for a while is must but if need arises it can be boiled outright and given to drink.

In the evening following drugs are given: *Post Bekh Kavi* 4 gm, *Karafs* (*Apium graveolens*) seeds 2 gm, *Badian* (*Foeniculum vulgare*, Fennel) 2 gm, *Arq Badian* (Distillate of Fennel), *Arq Mako* (Distillate of *Solanum nigrum*), *Marwareed Nasufta* (Pearl unbored) 170 mg, *Shaqaiqun Numan*, *Gul Lalah* (Anemone) 667 mg

Drugs 1-3 are made paste in the mixture of drug 4 and 5, added with drug 6 and 7 and given to drink to the child of 10 years old.

Another Formulation: *Sar Khashak Neem* (Ash of *Azadarachta indica*, Margosa) 21 pieces, *Filfil Gard* (*Piper nigrum*) 10 pieces, Dried Carrot 6 gm, *Adas Muqashar* (Peeled Lentil) 6 gm, *Badian* (*Foeniculum vulgare*, Fennel) 6 gm, *Luk Maghsul* (*Tachardia laccca*) 6 gm, Yellow Fig 3 pieces, *Unnab* (*Zizyphus vulgaris*, Jujube) 5 pieces, *Mako* (*Solanum nigrum*) 6 gm, *Kateera* (Tragacanth, *Astragalus gummifera*) 3 gm, Dried Coriander 6 gm, *Bekh Kavi* 6 gm, *Zafran* (Crocus sativus) 30 mg. All these drugs are soaked in 400 ml of water for a while then boiled till water is reduced to its one third then it is filtered, added with syrup *Unnab* and *Khaksi* (*Sysymbrium irio*) and given to drink. According to experienced persons swallowing eleven pieces of *Marwareed Nasufta* (Pearl unbored) protects the vital organs from papules.

Another Formulation for the children above 12 years: *Adas Muqashar* (Peeled Lentil) 15 gm, *Nakhud Gair Muqashar* (Unpeeled Peas) 15 gm, Dried Carrot 15 gm, *Sar Khashak Neem* (Ash of *Azadarachta indica*, Margosa) 21 pieces, *Filfil Gard* (*Piper nigrum*) 10 pieces, Yellow Fig 7 pieces. All these drugs are soaked in 250 ml of water for a while then boiled till water is reduced to its one third then it is filtered and given to drink.

It should be noted that sometimes papules erupt in large due to the extinguishing causes which prevents the excitement of blood and subsides the papules so the skin of the

body becomes black. The body may get excited inside so intensely that child can not bear which may be fatal. If such scenario happens to any child decoctions of drugs which are described earlier should be immediately given so that the material can be excited causing the eruption of subsided papules and fill up with milky fluids. While in this situation toxicity of the matter may be injurious to vital organs therefore it should not be overlooked.

The drugs that remove toxicity and bring out the suppressed papules are:

Post Bekh Kavi 7 gm, *Karafs (Apium graveolens)* seeds 3 gm, *Badian (Foeniculum vulgare, Fennel)* 5 gm, *Sar Khashak Neem* (Ash of *Azadarachta indica*, Margosa) 21 pieces, *Filfil Gard (Piper nigrum)* 3 pieces, Dried Carrot 7 gm, *Enabus Salab (Solanum nigrum)* 3 gm. All these drugs are made paste emulsion with the mixture of *Arq Shahtra (Fumaria officinalis)*, *Arq Kavi* and *Arq Badian*. This emulsion is simmered and added with 170 mg paste made of *Jadwar Banafsh Khatai (Delphinium denudatum)* with Rose and 30 mg paste made of *Fad Zahr Barri, Tiryayq* (antidote) with Rose water then given to drink. After 4-5 hours *Post Bekh Kavi* 7 gm pounded with 3 pieces of black pepper in water and given to drink. A large amount of *Khaksi (Sysymbrium irio)* is spread on the patient's bed, his body should be protected from outer atmosphere if patient becomes much distressful his body may be ventilated air with a fan made of cotton then a large vessel full of hot water is placed before the child and he is covered with a sheet so that the vapors may not disperse elsewhere but reaches well to his body causing diaphoresis and eventually opening of the pores and bringing out of the material from inside.

Other Formulation: Crushed *Badian (Foeniculum vulgare, Fennel)* seeds and roots 24 gm each, *Kasni (Cichorium intybus, chicory)* seeds and roots 24 gm each, *Karafs (Apium graveolens)* seeds and roots 24 gm each, *Shibbat* (common dill) seeds and roots 24 gm each, *Khaksi (Sysymbrium irio)* 24 gm, *Kodo* (a small grain) husk 250 gm, *Amar Bel* (*Cuscuta reflexa*) 24 gm, *Gil Khana Arza 'Deemak'* (clay of white ant house) 24 gm. All these drugs are boiled in a big vessel with water and kept before and behind the child so that the body may expose to its vapors after finishing the vapors a sponge dipped in this fluid used for fomentation which helps in the eruption of papules.

Another Formulation: *Barg Neem* (Leaves of *Azadarachta indica*, Margosa), *Aspand Sokhtani* (*Peganum harmala*), *Nankhwah (Trachyspermum ammi)* husk, *Shahtra (Fumaria officinalis)*, All these drugs taken in equal amount and poured little by little in a censer (a container for burning incense). The incense is burned near the patient to produce a fragrant odor so that it may help for eruption of papules and keep the body safe from itching.

Warning: On some occasion all papules are filled with milky fluid while it is strongly

expected that today or tomorrow the papules will start diminishing, suddenly a white bright papule full of clear fluid appears and because of eruption of this kind of papule all papules are filled up with this clear fluid abolishing the milky white fluid then many hot papules appear and sooner or later it may be fatal to the child. Sometimes a papule of violet or peacock color erupts probably on the joints or at other places and it has slight toxicity which can not be tolerated by the child and he becomes fatally overwhelmed.

Treatment: All decoctions mentioned above should be given to the child in these two types with following drugs.

Post Bekh Kavi 7 gm, *Filfil Gard* (*Piper nigrum*), *Narjeel Bahri* (Sea Coconut), *Papeeta* (Papaya), *Bakhma* (root of bitter pumpkin), *Pia Ranga* (*Thalictrum foliolosum*), *Fad Zahr Barri*, *Tiryaaq* (antidote), *Tiryaaq Faruq* (Quadruple Antidote), *Mathruditus* (Methroditos)

All these drugs are pounded and made paste. It is much effective by the grace of Almighty who is the sole sustainer and healer.

Advantage: For white and violet papule drugs have been mentioned above are for internal use. Drugs for external use are described here.

Ingredients of tested and tried drugs for violet papule: Leaves of these drugs: *Anar* (*Punica granatum*), *Konar* (Lotus), *Henna* (*Lawsonia inermis*), *Aas* (*Myrtus cmmunis*), *Seb* (Apple)

All these drugs are crushed, pounded with *Jurada Kaddu* (rind of Pumpkin), *Jurada Khaar* (Cucumber) and *Jurada Mohaddabah or Petha* (Sweet Gourd) and tablets are made. This tablet is mixed well with the Juices of *Solanum nigrum*, fresh coriander, green *Bartang* (*Plantago major*), green *Kasni* (*Cichorium intybus*, chicory) and white and red Sandal. This drug is placed over the papules. After warming it is wiped off and another tablet is placed and juices mentioned above are poured over it for quick drying of papules. It gives immense relief to the child. This tablet is repeated few times.

Drugs *Narjeel Bahri* (Sea Coconut) 250 mg, *Papeeta* (Papaya) 500 mg, and *Jadwar* (*Delphinium*) 500 mg are pounded with Juice of *Solanum nigrum* and Juice of fresh coriander then it is applied externally over the papules.

Another method: Bandage of *Zarareeh* (Cantharides) is applied or it is cauterized with the iron. For papules *Gil Awah Kulal*, *Safed Aab Arzeez* (Plumbi Carbonas, White Lead) and *Hajr Aarabi* (Arabicos lithos) are pounded well and kept in a bag and sprinkled over the papules, blisters are washed with *Matbukh Barg Neem* (hot decoction of leaves of *Azadarachta indica*, Margosa). *Aab Barg Shaftalu* (Juice of Peach leaves) and *Aab Barg Neem* (Juice of Margosa leaves) are poured and the bandage of *Neem* leaves paste is applied. Ointments

like *Marham Shaljam*, *Marham Ral* and *Marham Siah* are also better.

Advantage: In the season of eruption of *Judri* and *Hasbah* children up to 15 years should be monitored very carefully and never be over looked. Whenever they suffer with fever in these seasons they should be treated with proper investigation.

One person came to me to tell the condition of his wife that she was suffering for two days from high fever uttering nonsense in delirium and wakes up from dreadful dream, her age was told to be 15 years. He also told that at the age of 3 years she suffered with light eruption of papules of *Hasbah* sometimes there was no papule only distress and anxiety were so much that it seems to be fatal. I reached to the conclusion that these are predisposing factors of small pox so I proposed for following drugs:

Karafs (*Apium graveolens*) seeds 4 gm, *Badian* (*Foeniculum vulgare*, Fennel) 6 gm, Yellow Fig 5 pieces, Dried Carrot 6 gm, *Kateera* (Tragacanth, *Astragalus gummifera*) 6 gm, *Unnab* (*Zizyphus vulgaris*, Jujube) 5 pieces, *Sar Khashak Neem* (Ash of *Azadarachta indica*, Margosa) 6 gm, *Bekh Kavi* 6 gm, *Filfil Gard* (*Piper nigrum*). All these drugs were boiled in water, filtered and given with *Khaksi* (*Sysymbrium irio*).

In the evening following drugs were given: *Karafs* (*Apium graveolens*) seeds 3 gm, *Sheera Badian* (*Foeniculum vulgare*, Fennel) 6 gm, *Sheera Bekh Kavi* 6 gm, *Filfil Gard* (*Piper nigrum*) 5 pieces. These drugs were made paste with distilled water of Fennel and given to drink. After ingestion of all these drugs, at mid night, the eruption of papules got started. These decoctions were given for 3 days all papules erupted properly, filled up with milky fluid and on 10th day these started diminishing. The main point is that it is not necessary that every one in this season may suffer with small pox and nothing else. People may suffer with the disease of bilial fever which may be accompanied with distress or grief. If these decoctions are given in this disease it may be fatal likewise excessive cooling in case of gush of blood or material of small pox is dangerous. So first it is compulsory to find out the cause then through research whatever is appropriate should be carried out.

My opinion is that sometimes *Murzia* gets fever due to any pyrogenic reason resulting the suffering of child from intense fever therefore the mother should be treated first. For example if mother has excessive blood or decomposed one blood letting should be done in both conditions and blood moderating drugs are used like *Shahtra* (*Fumaria officinalis*) 6 gm, *Chiraita* (*Swertia chirata*) 4 gm, *Unnab* (*Zizyphus vulgaris*, Jujube) 7 pieces, *Arq Shahita*, *Arq Mako*, *Arq Gaozaban*. Drugs 1-3 are soaked in the mixture of drugs 4-6 and boiled in the morning, filtered, dissolved in *sharbat Unnab* 24 ml, sprinkled with *Khaksi*

(*Sysymbrium irio*) 6 gm and given to the mother to drink, it is also given to the child more than one year old if there is congestion of other humor concoctive drugs are used then humor is cleansed by use of purgatives so that pure milk may be produced and causes no harm to the child. It is better to hire other woman for feeding the milk during this period.

If the nursing mother has some stomach upset, weak digestion of food or the corrupted milk is produced out of incomplete metabolism the child may suffer with fever, then some suitable Unani compound drugs should be given for strengthening the stomach and liver so that the food is digested well and milk is not decayed. Best stomach tonics for the mother are *Jawarish Ud Shirin*, *Jawarish Mastagi*, *Jawarish Kamuni Alvi Khani* and *Anushdaru*. Use of White Zeera (*Cuminum cyminum*) is very much lactogenic, stomachic and digestive of food while use of *Tiryay Faruq* (Quadruple Antidote) and *Mathruditus* (Methroditos) is appropriate for phlegmatic people.

Sometimes child acquires fever from the mother and most of the time accumulation of immature humor which becomes putrefied in the stomach of the child may be the reason of the fever, in that condition if child becomes unconscious due to intense fever, unable to suck the milk, the stomach is hard and inflated and has constipation the purgative decoction or infusion should be given if possible otherwise *Habb Habbus Salatin* (pill of *Croton tiglium*) or powder of *Turbud Safed* (*Ipoemea turpethum*) dissolved in warm water or mother's milk should be given to the child. If these are effective it is better otherwise Iraqi soap pounded and mixed with the fibers of tobacco or Tamarind is inserted into child's rectum so the constipation is removed.

Ingredients of Decoction which is given in phlegmatic fever and cold season:

Badian (*Foeniculum vulgare*, Fennel) 2 gm, Seeds of *Khitmi* (*Althaea officinalis*) 1 gm, Red Rose flower 2 gm, *Unnab* (*Zizyphus vulgaris*, Jujube) 2 piece, *Sapistan* (*Cordifolia latifolia*) 3 piece, Leaves of *Senna makki* (*Cassia angustifolia*) 2 gm, *Aslus Sus* peeled (*Gycyrriza glabra* root) 1 gm, *Gaozaban* (*Borago officinalis*) 1 gm, *Sheer Khisht* (*Fraxinous ornus*, Manna) 24 gm, *Khiar Shanbar* (*Cassia fistula*) 24 gm, *Bad Aawar* (*Fagonia Arabica*) 1 gm, *Shukai* (*Echinops echinatus*) 1 gm, *Maveez Munaqqa* (*Vitis vinifera*) 5 pieces, *Gul Qand* 9 gm.

All these drugs are rubbed together, filtered and given to drink, it is the dose of one year old child, and it may be adjusted according to the age of the child. If there is sticky phlegm or thick humor in the stomach amount of *Senna* is increased and to remove the phlegm addition of Black salt, *Suhaga* (Borax), *Sibr Saqutri* (*Aloe barbadensis*) in the

decoction is better. Use of *Habb Habbus Salatin* (pill made of *Croton tiglium*) is much effective to treat the fever by purgation. It is tested and tried by me in many cases.

Ingredients of the pill: *Sibr Saqutri* (*Aloe barbadensis*), *Kateera* (Tragacanth, *Astragalus gummifera*) 3 gm, Pulp of *Croton tiglium*, All these drugs are pounded well in the juice of *Kanghi* (*Abutilon indicum*) and *Karela* (*Momordica charantia*, Bitter Gourd) and pills like pulse of *Mash* are made.

Dose: one for the child up to 3 months, 2 pills for 3- 6 month old and 4 pills for 6 months to one year child is enough.

Ingredients of the powder of Turbud: *Turbud Safed* (*Ipoemea turpethum*) 3 gm, Root of Jalapa (Indian Jalap) 3gm, Ginger 2 gm, Dry Mint 2 gm, Black salt 2 gm

All these drugs are crushed and powdered then roasted in almond oil. It is given with warm water or with mother's milk.

Following drugs are used in bilial fever and hot season: Seeds of *Khitmi* (*Althaea officinalis*) 2 gm, Flower of *Banafsha* (*Viola odorata*) 2 gm, Rose flower 2 gm, *Unnab* (*Zizyphus vulgaris*, Jujube) 2 pieces, *Sapistan* (*Cordifolia latifolia*) 3 pieces, Leaves of *Senna makki* (*Cassia angustifolia*) 2gm, *Aslus Sus* Peeled (*Gycyrriza glabra* root) 1 gm, Flower of *Neelofar* (*Nymphaea alba*, Water lilly) 2gm, Crushed seeds of *Khayar* (Cucumber) 2gm, *Alu Bukhara* (*Prunus insititia*) 2 piece, *Maveez Munaqqa* (*Vitis vinifera*, cleaned grape) 5 pieces, *Arq Mako* (*Solanum nigrum*) 250 ml, *Arq Gaozaban* (*Borago officinalis*) 250 ml, *Gul Qand* 4 gm, *Khiair Shanbar* (*Cassia fistula*) 24gm, *Sheer khisht* (*Fraxinuous ornus*, Manna) 24 gm

The drugs 1-11 are soaked in the mixture of drugs 12 and 13 over night, boiled in the morning and filtered, dissolved with drugs 14-16 and added with almond oil 2 gm then this hot decoction given to drink. If the administration of above decoction is not possible due to unconsciousness of the child or mischievous following drugs are given in form of pills dissolved in mother's milk.

Ingredients: Flower of *Banafsha* (*Viola odorata*) 20 gm, Flower of *Neelofar* (*Nymphaea alba*, Water lilly) 20 gm, *Maghz tukhm kadu shirin* (Pumpkin seeds) 20 gm, Pulp of seeds of *Khayar* (Cucumber) 20 gm, Seeds of *Hinduana* (Water melon) 20 gm, *Bao Badang* (*Embelia ribes*) 20 gm, Peeled seeds of *Khirfa* (*Portulaca oleracea*) 20 gm, Red Rose 20 gm, White *Tabasheer* (*Bambusa arundinacea*) 20 gm, *Kateera* (Tragacanth, *Astragalus gummifera*) 20 gm, *Mastagi* (*Pistacia lentiscus*) 12 gm, *Aneesun* (*Pimpinella anisum*) 12 gm, Pulp of *Croton tiglium* peeled and cotyledon separated 9 pieces. All these drugs are pounded

well in the juice of *Kanghi* (*Abutilun indicum*) and *Kakronda* (*Blumea balsamifera*) and pills like pulse of *Mash* are made. It may be used in all types of diseases mentioned above.

Ingredients of the powder which are useful in compound fever and bilial fever in hot season:

Jalapa (Root of Indian Jalap) 3 gm, *Namak Angur* (Salt of Grape) 3gm, Red Rose 3gm

All these drugs are crushed and powdered. Dose: 2 gm for one year old child and 3 gm for 2 years old child dissolved in warm water.

Another Formulation: *Tukhm Shah Pasand Siah* (Verbena) 2 gm dissolved in warm water is given to one year old child. If a little sugar is added and roasted in almond oil it becomes tasty and protects from dysentery.

If there is *Humma Ghibb* (Tertian Fever) the child should be given purgatives 2-3 times in the form of decoction or infusion or pills or powder if fever departs it is better otherwise after nine days of fever one pill of *Ruh Barik* at the size of small *Mung* pulse is given with water to one year old child. After one hour second pill then after an hour third pill is given. The fever will be subsided within three days. One pill of *Ruh Barik* at the size of medium *Mung* pulse is given with water to two years old child and one pill of *Ruh Barik* at the size of small *Mung* pulse is given with water to three years old child. Use of syrup depends on the opinion of the physician. If *Ruh Barik* is not available only *Barik* can be given 500 mg to one year old child, 750 mg to two year old and 1 gm to three years old child. Evacuation (*Tanqiyah*) is compulsory before use of *Barik* otherwise it may be harmful.

Warning: Two conditions are necessary for effect of *Ruh Barik* and *Barik*, one is complete evacuation of body by *Tanqiyah* and second there should be *Humma Naiba* (Paroxysm type of fever). If body has congestion with *Humma Daimi* (Perpetual fever) *Ruh Barik* and *Barik* may be harmful. If fever is departed three dose of *Barik* is given at that time.

Ingredients of the pill that is useful in *Humma Murakkaba Balghamia Muzmina* (chronic compound phlegmatic fever):

Leaves of black *Tulsi* (*Ocimum sanctum*) 3 pieces, Leaves of White Betel one piece, Clove one piece, Piper longum one piece, *Nankhwah* (*Trachyspermum amm*) 21 pieces, *Bad Aawar* (*Fagonia arabica*) 125 mg, *Shukai* (*Echinops echinatus*) 125 mg. All these drugs are pounded on a stone by a stone and pill are made then given to eat followed by *Khaksi* (*Sysymbrium irio*). The chronic fever will be resolved within 3-10 days.

Chapter 58: *Al Bathur Fil Badan* (Papules of the body)

Papules erupted on the skin are black and ulcerated it is dangerous if white and red it is safe. Mostly eruption of normal papules gives protection from bigger hazards therefore treatments should not be hastened how much time is passed. The process for expulsion of internal matter is adopted. The dangerous papules which are killer, should not be left untreated, all efforts should be done for strengthening the vital organ and correction of infected papules as per need.

Treatment: First of all, *Tanqiah* (purging) and *Tadeel* (Moderation) of humor for *Murzia* should be done by diets or drugs, safe papules may be left till it becomes matured, after that fine desiccant drugs are used to achieve the target. Best drying agents are *Warad* (Rose), *Aas* (Myrtle), Leaves of *Henna* and *Turfa* (*Tamarix articulata*) like all these drugs are boiled in the water and child is given bath with this decoction once daily. After bath the body is warped in a silk towel, anointed with the oil of rose or Myrtle. If papules are ulcerated ointment made of *Asfedaj* (White Lead) are used. If suppurated and needs to be incised then it should be washed and cleansed with honey water mixed with *Netron* (sodium) if more potent effect is needed then lime water is enough but it should be mixed with milk which makes it tolerable for papule.

Sometimes blisters appear on the skin because of these hot articles or due to the intensity of the material the patient should be bathed with hot decoction of *Warad* (Rose), *Aas* (Myrtle), Lentil, Leaves of *Konar* (Lotus Tree) and *Turfa* (*Tamarix articulata*). In case of sanguine dominance, the blood is drawn out by cupping or leeching.

These drugs are also useful: *Tootia* (Blue Vitriol), *Murdar sang* (Letharge), *Sefal Aab Nakhurda*, *Kora piala* (unwashed earthenware)

These three drugs are finely powdered and mixed with the oil of rose or Myrtle or *Kaner* (*Nerium olender*) and applied externally. Drugs rubbed prevent ulceration and its application on ulcer is useful. *Unnab* (*Zizyphus vulgaris*, Jujube) is burnt in cow ghee and added with cleaned *Tootia* (Blue Vitriol) it is mixed well till it becomes unified then it is applied externally.

Other drugs which lessen the papules and rectify the ulcers:

Roghan Sirgeen Khar (oil of donkey dung) is rubbed for three days then the body is washed with the decoction of above drugs. If other papules are erupted then an embrocation is prepared by grinding *Henna* in vinegar and juice of *Kasni* (*Cichorium intybus*, chicory) and it is applied over the papules with recurrent use of *Roghan Zablul Himar* (oil of donkey dung) to remove the stain on skin.

The method of *Roghan Zablul Himar* (oil of donkey dung) preparation:

Semi dried dung of donkey is taken, coal is burnt in a small pit then dung is poured above this coal. The dung is covered with a dish in the manner that some part of the dung sheet is protruded slightly above the earth to allow the smoke and vapors to be escaped outside then within a moment thick yellow and dirty vapors from the dung is seen coming out to be collected in the large dish then these water vapors are collected, kept in a vessel and used for application.

Chapter 59: *Sa'fa* (Favus, Mycosis) Fungal infection of the scalp

This kind of ulcer appears on the head and sometimes all over the body near the hair follicles. It is of various types. In children mostly wet type of *Safa* appears containing yellow fluid.

Treatment: *Tanqiah* (Cleansing) of the *Murzia* should be done by blood letting, improving of diets and use of purgatives. In children blood is drawn out by cupping or leeching and moderation of blood is done by suitable drugs. Blood taken from the vein of back of the ear is rubbed over the *Safa*. It is much beneficial.

Murzia is administered the powder of *Haleela* (Myrobolan), *Aneesun* (*Pimpinella anisum*) and sugar for few days.

Following drugs are also experienced and tried: *Kameela* (*Mallotus philippinensis*), *Henna* leaf (*Lawsonia inermis*), *Murdar sang* (Litharge), *Mazu Sabz* (*Querius infectoria*, Oak Galls), Post Anar (Rind of Pomegranate), *Zard Chob* (Turmeric)

All above drugs taken in equal amounts and powdered then added with the grape vinegar and wax dissolved in the oil of Rose or Sesame and mixed well and kept preserved. Hair must be removed before applying this drug on the head, slough on the ulcer if any, should also be removed to expose the ulcer more to the drugs.

Other effective drugs:

Ard Nakhud (Flour of gram) one fistful and *Tootia* (Blue Vitriol) are roasted and pounded fine then added with sour crud and stirred together for fermentation, then it is rubbed over the affected site after removing of hair if any and washed after an hour.

Chapter 60: *Sahj al-Fakhz* (Abrasion of the thigh)

It is noted that mostly groins, axillae, ear lobes, nap of the neck are prone to abrasion due to dirt and heat, these abrasions mostly occur in groin due to acidity of urine.

Treatment: *Aas* (*Myrtus communis*), Red Rose, *Aslus Soos* (*Glycyrrhiza glabra*, Liquorice root), *Sod Kufi* (*Cyperus rotundus*), Barley flour, Lentil flour

All these drugs are pounded and sprinkled over the affected site after thorough washing and cleansing then *Gil Sarshoe* (Bole Arminia) is also sprinkled and if needed suitable ointment is also applied.

Chapter 61: Thulul (Warts)

(Pathology: a firm abnormal elevated blemish on the skin; caused by a virus). It is well known and called *Massa* in Hindi.

Treatment: Dried dung of human is burnt in the coal and wart is exposed to its smoke for a while, this process is repeated for few days till it dries up. Milk of fig leaf is also applied on the wart to remove it. Wart is two types: one is triangular whose angle is attached to the skin and base is upward. Best treatment is that it is tied firmly by the hair of horse tail so that these warts may be dried up and detached from the body within 3-4 days due to lack of nutrition and blood supply, a little lime is also applied to its root to burn it so it will not recur. Second type, which base is attached to the skin and angle is upward. Its treatment is difficult and takes time. The learned commentator has written about it, that it is exposed to the smoke of the dung for few days till it dries up and detaches from the body.

Chapter 62: Quba, (Ringworm, Herpes)

(Ringworm: Infections of the skin or nails caused by fungi and appearing as itching circular patches). If it is fresh then rubbing each day with the saliva of a fasting person each day is enough.

For chronic ringworm:

Root of *Palak Juhi* (Anti ring worm plant, *Rhincanthus nasuta*) and its pessaries are beneficial. Ingredients:

Bark of the Root of *Palak Juhi* (*Rhincanthus nasuta*) and rind of *Haleela* (Myrobolan) are taken in equal amount, crushed and pounded well then mixed with water and suppositories are formed. This suppository is applied over ringworm after it is scratched by dry dung of animals gradually. It gives immense relief unlike other ringworm drugs which may cause inflammation.

Other tested drugs: *Kat safed* (*Acacia catechu*) 12 gm, *Brinj Sahi* 12 gm, *Dana Lakh* 12 gm, *Panwar* seeds (*Lawsonia alba*) 24 gm. All these drugs are crushed and pounded then it is taken as per need, soaked in the infusion of *Amla* (*Emblica officinalis*) and applied over ringworm after it is scratched by dry dung of animals gradually.

Other tested drugs: Gum Acacia 12 gm, Sulphur 12 gm, *Ral Safed (Shorea robusta)* 12 gm, *Suhaga* (Sodium Borate, Borax) 12 gm, White sugar 24 gm. All these drugs are crushed and pounded finely then it is applied on *Quba* as per need. The saliva of a fasting person is tried to be effective in case of ringworm in children as described by the learned commentator. It should be tried from the beginning if effective it is better otherwise other measures should be adapted.

Note: Leaving of wet clothes on the child till it dries up often leads to ringworm therefore each time the child's clothes are moistened due to any reason it should be immediately removed off the body and dried up then put on the child.

Chapter 63: Ghudud Unuq Sibyan (Cervical Glands of children)

It should be known that sometimes cervical lymph nodes are inflamed it may be with pain or without pain.

Treatment: *Turbud Safed (Ipomea turpethum)* hollowed and Cleaned 125 gm, *Ghudud Zer Gosh Gao Meesh* (glands beneath Cow ear) 125 gm, *Jauzbu* (*Myristica fragrans*, Nutmeg) 4 pieces, *Qaranfal* (Clove) 12 gm. All these drugs are crushed and pounded finely.

Dose: 1 gm is given to child to eat then following drugs are used:

Uood Saleeb (Paecomia emodi) 1 gm, *Ustokhuddus (Lavandula stoechas)* 1 gm, *Bad ranj boya (Melissa parviflora, Catmint)* 1 gm, *Gaozaban (Borago officinalis)* flower 1 gm, *Bisfaj Fustuqi (Polypodium vulgare)* 1 gm, and *Maveez Munaqqa (Vitis vinifera, cleaned grape)* 22 gm are soaked in the mixture of *Arq Gaozaban*, and *Arq Badian* over night and boiled in the morning then given to drink.

Another Formulation:

Milk of the Fig tree set in a cloth is applied over the gland, it will dissolve it if the material is less and thin otherwise it will lead to maturation of the matter, eventually to come out, at that time *Marham Siah* or *Marham Shalajam* is applied for cleansing and ultimate healing.

Ingredients of Marham Siah:

Safeda Kashghari, Asfedaj (Plumbi Carbonas, White Lead) 110 gm is boiled in oil of sesame 450 ml till it becomes black thick then wax 25 gm is poured and taken out then grape vinegar is dissolved till it becomes like ointment and kept preserved. At the time of need, it is set in a cloth, heated and pasted on the affected site, if the cotton is polluted with pus or fluid it is washed and cleaned, heated and pasted again on the lesion.

Ingredients of Marham Shaljam: *Shlajam* (Turnip) 50 gm, *Safeda Kasghari*, *Asfedaj* (Plumbi Carbonas, White Lead) 50 gm, *Ral Safed* (*Shorea robusta*) 12 gm, *Sendur* (Red Lead) 50gm, Camphor 6 gm. Drug 1 is burnt in Sesame oil 150 ml and filtered then powder of drug 2-4 are added and boiled till it become thick black then it is taken out and powder of drug 5 is added and kept preserved to be applied as per need.

Chapter 64: Khanazeer (Scrofula)

(Pathology): A form of tuberculosis characterized by swellings of the lymphatic glands
Treatment: Initially milk of fig is used if it is not beneficial *Marham Dakhilyun* and *Marham Siah* is applied. The matter may be dissolved within few days if it is not resolved and is increasing day by day in number and volume, this is called *Khnazeer*, it is very difficult to treat, especially when it becomes chronic however it must be treated.

Useful Liniment: Red *Sandal* (*Pterocarpus santalinus*), *Qust* (Costus root), *Zard chob* (Turmeric) 5 gm, *Dar Hald* (*Berberis aristata*) 36 gm, *Aslus Soos* (*Glycyrrhiza glabra*, Liquorice root), *Namak Sang* (Rock salt), *Shahtra* (*Fumaria officinalis*) 2 gm. All these drugs are pounded well in water and applied as paste on the lesion.

Another Formulation:

Sesame oil 250 ml are boiled in iron vessel till it is heated well then a healthy and active *Sam Abras* (Wild lizard) is poured within the oil till it is exhausted and ash of cow's hoof 36 gm is also poured and boiled well and taken out and kept preserved. It is applied 2-3 times each day on the *Khnazeer*, it will be dissolved. When no drug is effective then Soap Iraqi, *Semicarpus anacardium* and lime are taken in equal amounts, pounded with double distilled liquor to make a liniment. It is applied over the lesion for effective resolution.

Whenever these paste and liniments are not effective and scrofula is not resolved the patient must be given the roasted meat of infant mouse for 3 days.

The method: The mice two or three days after birth is taken away and sacrificed, skin and viscerae are removed only meat is taken as per need of the child, meat of the sheep is also taken and is minced and it is mixed with mouse meat, added with green and hot spices, cow ghee is heated, the meat *Kabab* is roasted in the ghee and served hot to the patient but patient is never informed about the mouse meat otherwise it maybe disagreeable to eat. It is not given to children less than 4-5 years because this drug is too hot to be tolerated by infants.

Chapter 65: *Humra* (Erysipelas)

(Pathology: An acute streptococcal infection characterized by deep-red inflammation of the skin and mucous membranes)

The commentator has written nothing about this disease. This disease is of bilial nature occurs to children in many types. Some children have green motion and redness is felt around the anus, some have papules all over the body and skin colour becomes red or yellow, green stool is necessary. One of my son (the author) of one year old, suddenly a swelling started to appear in his limb and with in a few hours it reached to that point that skin was incised due to severity and abundance of swelling, amid confusion came to my mind that a pill prescribed by Hakim Alvi Khan should be given to child. Within an hour all ingredients were collected, pill was made and dissolved in *Arq Shahtra* (*Fumaria officinalis* distillate) and given to child to eat then swelling started to reduce and within 2-3 days complete relief was seen.

Ingredients of the Pill: *Marwareed Nasufta* (Pearl unbored) 12 gm, *Nilkanthi* (*Curcuma caesia*) 12 gm, *Bram Dandi* (*Tricolepsis glaberrima*) 12 gm, *Neem* (Ash of *Azadarachta indica*, Margosa) Leaves 6 gm, *Sarphoka* (*Tephrosia purpurea*) 12 gm, *Kusum* (*Carthamus tinctorius*) 6 gm, *Bao Badang Kabuli* (*Embelia ribes*) 6 gm, *Gulnar* (Flower of Pomgranate) 6 gm, *Nag Keser* (*Mesua ferra*) 12 gm, *Chaksu* (*Cassia absus*) 12 gm, *White Sandal* (*Santalum album*) filing 12 gm, *Red Sandal* (*Pterocarpus santalinus*) filing 12 gm, Flower buds of *Babul* (*Acacia arabica*) 12 gm, *Zahr Mohra Khatai* (Benzoar stone) 12 gm dissolved in Rose, *Narkachoor* (*Zingiber zerumbet*) 6 gm, *Black Haleela* (*Terminalia chebula*, Myrobolan) each 6 gm, Rind of *Kabuli Haleela* 6 gm, Rind of *Yellow Haleela* 6 gm, Rind of *Baleela* (*Terminalia belerica*) 6 gm, *Amla* (*Emblia officinalis*) 6 gm, *Munaqqa* (*Vitis vinifera*) 6 gm, *Shahtra* (*Fumaria officinalis*) 12 gm, Rind of *Kachnal* tree 12 gm, *White Zeera* (*Cuminum cyminum*) 12 gm, *Rasot* (Extract of Berberry, *Berberis aristata*) 6 gm, *Mako* (*Solanum nigrum*) 12 gm, *Maghz tukhm kaddu shirin* (Pumpkin seeds) 12 gm, *Maghz tukhm Khiar* (*Cucumis sativus*, Cucumber seeds) 12 gm, Seeds of *Khirfa* (*Portulaca oleracea*, Parselane) 12 gm, Seeds of *Hinduana* (Water melon) 12 gm

All above drugs are crushed, pounded, mixed with the mucilage of *Bahidana* (*Cydonia vulgaris*) and pills like peas are prepared.

Dose: 2-5 pills for 2 years old child is given with mother's milk or *Arq Shahtra* or *Arq Mako*.

Another Formulation: *Nilkanthi* (*Curcuma caesia*) 5 gm, *Sarphoka* (*Tephrosia purpurea*) 5

gm, *Chaksu (Cassia absus)* 5 gm, *Red Sandal (Pterocarpus santalinus)* filing 5 gm, *White Zeera (Cuminum cyminum)* 5 gm, *Zahr Mohra Khatai* (Benzoar stone) 5 gm dissolved in Rose, *Narkachoor (Zingiber zerumbet)* 5 gm, *Gilo (Tinospora cordifolia)* 5gm, *Shahtra (Fumaria officinalis)* 5 gm, All these drugs are crushed, pounded and kept safe. Two gm is taken and emulsion is made in mother's milk or *Arq Shahtra* or *Arq Mako* and given to drink.

Another Formulation: *Shahtra (Fumaria officinalis)* 5 gm, *Badian (Foeniculum vulgare, Fennel)* 4 gm, *Kashneez Khushk* (Dry Coriander), *Persiaoshan (Adiantum capillus veneris)* 7 pieces, *Post Kachnal (Bauhinia racemosa)* rind, *Post Kondani, Post Moolsary* (rind of *Mimusops elengh*), *Post Jharbery* (rind of *Ziziphus xylopyra*), *Post Babul (Acacia Arabica)*, *Post Shaftalu* (Peach, apricot nuts), *Nilkanthi (Curcuma caesia)* 5 gm, *Sarphoka (Tephrosia purpurea)* 5 gm, *Chaksu (Cassia absus)* peeled 5 gm, *Red Sandal (Pterocarpus santalinus)* filing 5gm, *White Zeera (Cuminum cyminum)* 5 gm, *Narkachoor (Zingiber zerumbet)* 5 gm

All these drugs are crushed, pounded, mixed and kept. Each day 9 gm is taken out and soaked in the mixture of *Arq Shahtra* 72 gm and *Arq Mako* 72 gm over night, filtered in the morning and given to the mother and child to drink. The residue of the infusion is applied over the papules and wounds of the skin.

Another Formulation: *Sar Khashaak Neem* (Ash of *Azadarachta indica*, Margosa) 5 pieces, *Filfil Gard (Piper nigrum)* 2 pieces, *Gilo (Tinospora cordifolia)* 1 gm, *Dhamaya* 1 gm, *Shahtra (Fumaria officinalis)* 1 gm, Leaves of *Henna (Lawsonia inermes)* 1 gm, *Kakronda (Blumea balsamifera)* leaves 1 gm, *Mako (Solanum nigrum)* 1 gm, *Red Sandal (Pterocarpus santalinus)* filing 1 gm, *Unnab (Zizyphus vulgaris, Jujube)* 1 piece

All these drugs are soaked in *Arq Mako* 72 gm overnight, filtered in the morning, mixed with dissolved *Zahr Mohra Khatai* (Benzoar stone) 250 mg in Rose and given to drink. The Neem wood of 100 years old pounded with the stone is applied over the papules and wounds of the skin.

Note: There may be redness inside and outside of the anus in children which is more painful.

Treatment: *Dhamasa, Khar Shutr (Hedysarum alhagh)*, *Zard Chob* (Turmeric), *Rasot* (Extract of Berberry, *Berberis aristata*) 6 gm, Buds of *Neem* (Ash of *Azadarachta indica*, Margosa).

All these drugs are crushed gradually then finely powdered and applied inside and outside of the anus. It is better to make a suppository of these drugs in the water of *Kakronda (Blumea balsamifera)* leaves for insertion into the rectum.

Chapter 66: *Shara* (Urticaria, Nettle Rash)

(Pathology): An itchy skin eruption characterized by weals with pale interiors and well-defined red margins; usually the result of an allergic response to insect bites, food or drugs).

Treatment of this disease in children:

Zingiber officinalis and *Teen Mughra, Geru* (Red Chalk, *Bole rubra*) are taken in equal amounts in cold and thick season otherwise both in 1:2 ratios are taken. Both drugs are crushed, pounded well and rubbed over the body of the child then a cotton cloth is put on the child till skin pores are dilated due to heat.

The following drugs are used: *Shahtra (Fumaria officinalis)*, *Sarphoka (Tephrosia purpurea)*, *Persioshan (Adiantum capillus)*, Red Sandal (*Pterocarpus santalinus*) filing, *Unnab (Zizyphus vulgaris)*, Jujube), *Qasbuz Zareera (Swertia chirata)*, *Bekh Kavi, Khar Shutr (Hedysarum alhagi)*, *Haleela Siah (Terminalia chebula)*, Leaves of *Henna (Lawsonia inermes)*, *Enabus Salab (Solanum nigrum)*, *Neelofar (Nymphaea alba)*, Water Lilly) flower, *Maveez Munaqqa (Vitis vinifera)*, *Alu Bukhara (Prunus insititia)*

All these drugs are crushed and soaked in the mixture of *Arq Shahtra* and *Arq Mako* 48 ml each over night, boiled slightly in the morning, dissolved with syrup *Aalu* or Tamarind and given to the mother and child to drink. After 5 days 6-7 gm of this decoction is taken, mixed with Cassia fistula, *Gulqand* and *Sheer Khisht (Fraxinous ornus, Manna)* then filtered and dissolved in almond oil. It is given to 3-4 years old child.

Following blood purifier *Arq* is kept ready and 50 ml given each day to the child and 180 ml to the mother with syrup of *Unnab (Zizyphus vulgaris)*, Jujube). Ginger and *Geru* (Red Chalk, *Bole rubra*) are rubbed all over the body then no need for evacuation.

Ingredients:

Unnab (Zizyphus vulgaris), Jujube) 10 pieces, *Maveez Dana (Vitis vinifera)* seeds 12gm, *Kishmish* 12 gm, *Shahtra (Fumaria officinalis)* 6 gm, Red Sandal (*Pterocarpus santalinus*) filing 6 gm, *Qasbuz Zareera (Swertia chirata)* 6 gm, *Post Bekh Kavi* 6 gm, *Khar Shutr (Hedysarum alhagi)* 6 gm, *Mundi (Sphaeranthus indicus)* 6 gm, *Gul Babu (Acacia Arabica)* flower 6 gm, Leaves of *Henna (Lawsonia inermes)* 6 gm, *Post Darakht Neem* (Bark of *Azadarachta indica* tree) 6 gm, *Gul Bel* 6 gm. All these drugs are crushed and soaked in *Aab yakneem aasar* (water 1500 ml), in the morning 125 ml *Arq* is obtained by distillation apparatus, dissolved with syrup *Unnab (Zizyphus vulgaris)*, Jujube). Dose: 50 ml with 3 ml *Sharbat Unnab*.

Chapter 67: Auram (Swellings)

For swellings in children, *Ravadey* (Repellent drugs) should be used like Red *Sandal* (*Pterocarpus santalinus*) filing 2 gm, *Geru* (Red Chalk, *Bole rubra*) 2 gm, *Solanum nigrum* 2 gm, *Huzaz Makki* (Extract of *Berberis aristata*) 2 gm, *Ard Jau* (Barley flour) 2 gm, Dried coriander 2 gm, Black *Haleela* (Myrobolan) 2 gm. All these drugs are pounded and made paste with the juice of green coriander and *Solanum nigrum* then applied over the lesion. If it is not effective, after 3 days following drugs are also with the above drugs:

Jadwar (*Delphinium denudatum*) 2 gm, Flower of *Babuna* (Chamomile) 2 gm, Seeds of *Khitmi* (*Althaea officinalis*) 2 gm, *Ikleel al Malik*, *Nakhuna* (*Trigonella uncata*) 2 gm, *Kali Zeeri* (*Centrathema anthelminticum*, Kuntz) 2 gm, Formulation of *Zemad* (Paste of drugs) for cold swellings:, *Azaraqi* 2 gm pounded in the juice of *Datura nigra*, *Kali Zeeri* (*Centrathema anthelminticum*, Kuntz) 6 gm, *Zard Chob* (Turmeric) 6 gm, Flower of *Babuna* (Chamomile) 6 gm, *Jadwar* (*Delphinium denudatum*) 3 gm, *Ikleel al Malik*, *Nakhuna* (*Trigonella uncata*) 6 gm, *Solanum nigrum* 12 gm. All these drugs are pounded with water and made paste to be applied warm.

Note: If there is no resolution of the swelling whether it is acute or chronic and is near to maturation and bursting then drugs for maturation like the paste of *Neem* leaves should be applied. If it is ruptured on its own it is better otherwise it should be incised and drained out of the materials followed by application of healing drugs like *Marham Siah* and *Marham Shaljam*.

Chapter 68: Jarb (Scabies)

Some children acquire the scabies from the infected mothers due to closeness which gives severe discomforts and pain.

Treatments: *Murzia* should be replaced if possible and child should be kept away from the affected persons also as it is contagious. Following drugs are applied:

Maghz Badam Jangli (Wild almond nuts) 12 gm and *Nagkesar* (*Mesua ferra*) 12 gm are pounded with water, mixed with rose oil 25 ml in a china vessels and left in the sunlight for an hour then it is mixed with 25 gm Sandal perfume. It is applied each day as per need. After gap of every 2-3 days *Sabus Gandum* (Wheat flour) is rubbed all over the body before giving bath with lukewarm pure water.

Following drugs are applied in dry scabies:

Peeled sweet almond nuts 125 gm and Wild almond nuts 50 gm are pounded together and oil is extracted then added with Sandal oil and rose oil 25 ml each and kept preserved in glass bottle. It is rubbed on the body each day as per need. If it is not effective and the

child is of strong nature with a sign of congestion and dominance of blood, few leeches are applied on the coccyx and between the fingers.

If there is phlegm dominance it should be cleansed by use of purgatives then above drugs are rubbed over the body.

Another Formulation: *Seemab* (Mercury) 6 gm with betel juice 25 ml is rubbed with hand (*Kafmal*) in a bronze vessel till *Seemab* (Mercury) becomes concentrated then following drugs are used:

Tutia (Copper sulphate, Blue vitriol) roasted 1 gm, *Filfil Gard* (*Piper nigrum*) 1 gm, Leaves of *Henna* (*Lawsonia inermis*) 12 gm, *Qanbeel* (*Mallotus philippinensis*) 12 gm, Wild almond nuts 50 gm. All these drugs are crushed separately and added with above *Seemab* then it is rubbed all over the body.

Chapter 69: Harqun Nar (Fire Burn)

Whenever there is a burn of skin, immediately a paste made by dissolving soaps in water added with a little of salt is applied over the affected site as a liniment and it should be repeated 2-3 times within an hour then replaced with a clean cotton of fresh drugs.

Another Formulation:

Lemon *Kaghzi* one piece is burnt in 50 ml of castor oil till it becomes absolute black, it is taken out and kept preserved in a vessel and used as per need. It is much effective.

Another Formulation:

Lime water cleanly taken out and equally mixed with *Dogh* (yoghurt) and *Neel* (*Ipoemia hederecea*) then it is applied, it is much effective.

Marham Naurah is also effective. Ingredients: *Murdar sang* (Litharge) 2 gm, Silver oxide 1 gm, *Safed Aab* (White Lead) 6 gm, *Aqleemia Nuqra* (Litharge of Silver) 2 gm, *Aahak Maghsul* (lime) 12 gm, Rose oil 72 ml, White wax 3 gm, Egg white one piece. All these drugs are mixed and made ointment then used.

Another Formulation: Rose oil 72 ml heated, White wax 3 gm, and Lime water 72 ml, are mixed and stirred well till they become thick like butter, then powder of drugs *Safeda Kashghri* (White Lead), *Ral Safed* (*Shorea robusta*), and Camphor are added and again stirred then one egg white is added and little stirred so they become homogenous. It is kept preserved and at the time of need it is spread on cold cotton cloth and pasted over the burn wound. It relieves the burning and helps in healing.

Chapter 70: Marz Jild Muzmin (Chronic skin disease)

It is ringworm like disease called *Akota* and *Esf* in Deccan. It is a surgical disease and

hot in nature, so it is also called *Gharghara* in Bengal. This type of wound is applied and bandaged with an old cotton piece wetted in the cow urine, followed by regular irrigation by the same urine till the wound is cleansed of all worms like substances then a cotton bandage with following ointment is pasted on the wound. This bandage is replaced with fresh one every day.

Ingredient of the ointment: *Lehsun Khushk* (Dried garlic) 36 gm, *Neem* leaves 6 gm, are boiled in mustard oil till it is burnt, then drug *Anguzah* (Asafetida) 6 gm, is mixed thoroughly and stirred with a *Neem* to make an ointment. It is tried, tested and found useful.

Colophon: The book '*Ilaj al-Atfal*' completed by the grace of Almighty on 07-07-1249 AH (1832 AD).

Explanation of some drugs used in this book

1. *Asa Al Race, Lal Sag ka Patta* (Leaves of *Amarantus tristis*)
2. *Aqleemia Fizza* (Dirt of Silver)
3. *Arziz (Raang, Tin)*
4. *Anzaroot (Leguminosae)* Sarcacol
5. *Aakola* (Asafoetida tree)
6. *Badrooj* (Sweet Basil)
7. *Bakhoor Maryam, Hatha Jodi* (Cyclamen or Heliotrope)
8. *Bekh Ne* (Root of the Bamboo)
9. *Chob Khilaf* (Willow wood)
10. *Fuqah, Kali* (a bud)
11. *Fad Zahr Barri, Tiryag* (antidote)
12. *Fitr Asalion, Karafs Pahadi* (Celery of mountain)
13. *Filfil Gard or Siah* (Black pepper)
14. *Fuqa* (A kind of wine)
15. *Gao rohan, Hajr al-Baqar, Gau lochan* (Cow stone)
16. *Ghubar al-Ruha* (Dust of mill)
17. *Ghalyan Khun* (Plethora)
18. *Gul Shaqaiq al-Noman, Gul Lala* (Tulip, Poppy flower)
19. *Hijarah al Filfil* (small Stone found in the bag of pepper)
20. *Injalak, Qurtum Hindi, Habb al-Neel* (Pharbatis)
21. *Jarob* (Wild thyme)
22. *Jaoras, Bajra* (Italian Millet)
23. *Kardia, Shah zeera, Zeera Siah* (Caraway)

24. *Kamrakh (Averrhoa carambola)*
25. *Kanghi, Darakht Shana* (Country mallow)
26. *Kazmazaj, Jauz al-Tarafa, Jhao ka phal* (French Tamarisk Gall)
27. *Kavi* (Screw pine: Any of various Old World tropical palmlike trees having huge prop roots and edible conelike fruits and leaves like pineapple leaves)
28. *Kewanch* (Cow Hage)
29. *Kharnub* (Carob tree, Locust) a tree like walnut
30. *Kunair* (Oleander)
31. *Kundush, Nakchhikni* (sneez wort)
32. *Lihya al-Tees* (joint weed)
33. *Lublab, Ishq Pechan* (Field Bean)
34. *Mishmish* (Apricot)
35. *Mohaddabah or Petha* (Sweet Gourd)
36. *Palak Juhi, Gul Bagla* (Anti ring worm plant)
37. *Piah Kohan* (fat of a hump)
38. *Qurfā, Saleekha, Taj* (Cassia bark)
39. *Sangtab*. Putting hot stone in a liquid or water
40. *Sarv*, Cypress tree
41. *Saleesalios, Hing (Ferula qalbaniflua)*
42. *Shaker Tabar zad* (Refined sugar)
43. *Shah Pasand Siah* (Verbena)
44. *Sefal Aab Nakhurda, Kora piala* (unwashed earthenware)
45. *Yadullah* (blood of child of 4 years old Goat)
46. *Zarur* (Azarole)
47. *Zaft Rumi* (Pitch, a type of Gum)

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सारांश

इलाजुल अतफाल (शिशु रोग)

सम्पादन एवं अनुवाद – अशफाक अहमद

प्राचीनकाल से ही शिशु रोगों का उपचार एक चुनौतिपूर्ण कार्य रहा है। इस विषय पर जिन चिकित्सकों ने एकाग्रता और परिश्रम किया है, उनमें हैदराबाद दक्कन के एक प्रसिद्ध चिकित्सक हकीम सैयद फज्ज अली शिफाई खान है, जिन्होंने शिशु रोग पर एक महत्वपूर्ण पुस्तक फारसी भाषा में इलाजुल अतफाल के नाम से लिखी। सन् १८३६ ई० में यह पुस्तक उस समय के मंत्री महाराजा चन्दूलाल को भेंट की गयी। इस पुस्तक में बालरोग से संबंधित विस्तृत जानकारी एवं उपचार प्रस्तुत किया गया है। यह पुस्तक ७० अध्याय पर आधारित है और प्रत्येक अध्याय में अनेक रोगों का विवरण किया गया है। यह पुस्तक अभी तक अप्रकाशित है एवं इसका किसी भाषा में अनुवाद भी नहीं किया गया है। अंग्रेजी में इसका अनुवाद पहली बार किया जा रहा है। इस पुस्तक में उपस्थित विभिन्न रोगों के उपचार हेतु औषधियों पर शोध की आवश्यकता है ताकि बहुत से बाल रोगों का सफल उपचार किया जा सके।