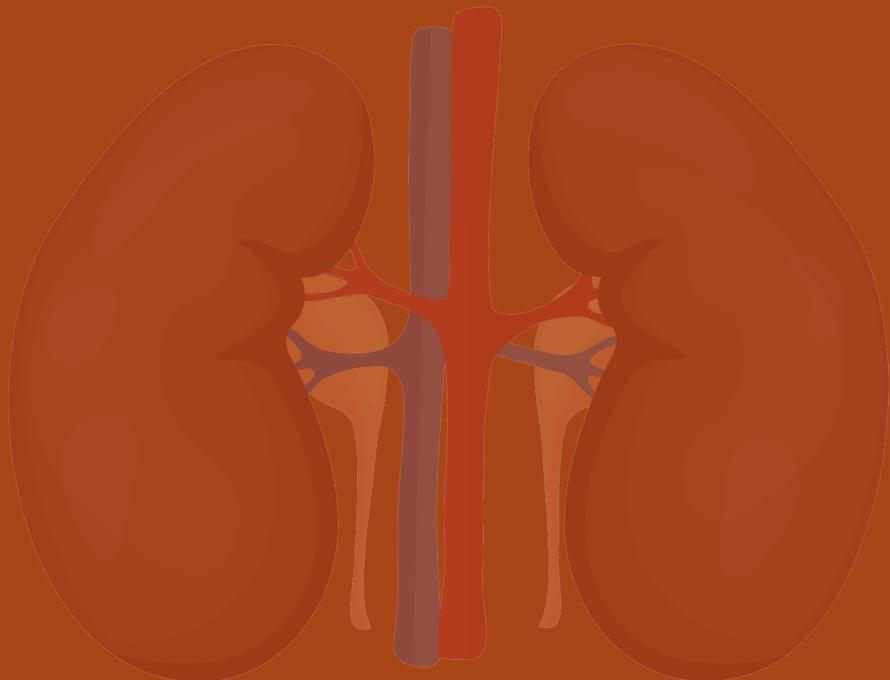


Adwiya Kulwiyya

**A compendium of classical and evidence-based
Unani drugs acting on the kidneys**



**Central Council for Research in Unani Medicine
Ministry of Ayush, Government of India**

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A Compendium of Classical and Evidence-based Unani
Drugs Acting on the Kidneys

© Central Council for Research in Unani Medicine, 2023

ISBN: 978-93-94347-13-7

First published: May 2023

Copies printed: 500

Publisher

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61-65, Institutional Area, Janakpuri, New Delhi - 110 058
Telephone: +91-11-28521981, 28525982
Email: unanimedicine@gmail.com
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Printed at

Hi-Tech Graphics
F-28/3, Okhla Industrial Area, Phase-II
New Delhi – 110 020

PREFACE

Literary research has been an integral part of various research programmes of the Central Council for Research in Unani Medicine (CCRUM) since its establishment. Under the literary research programme, the CCRUM has published translation of numerous classical books originally written in Arabic and Persian, compiled important books on different subjects of Unani Medicine, reprinted rare and out of print books, standardized terminologies of Unani Medicine, and developed standard Unani treatment guidelines besides executing other projects of importance. It is a matter of fact that a fair number of translations of Unani classics are available in Urdu and English languages only because of the CCRUM. It is indeed a great way to preserve and present the unexplored wisdom contained in the classics of Unani Medicine. This treasure of knowledge can be and is being utilized for experimental and clinical researches as well. The proposal for publishing '*Adwiya Kulwiyya* (A compendium of classical and evidence-based Unani drugs acting on the kidneys)' was conceived on this line.

Unani Medicine considers preservation of health as its primary objective and takes all measures to achieve this objective before engaging into the tasks of prevention and treatment of diseases. Health is preserved and promoted only when structures and functions of all organs of the body remain at normal levels and in a harmonious manner. Any structural or functional disorder not only affects health but also predisposes for various disease conditions.

The kidneys perform many important functions related to sustenance of life and maintenance of health. Besides being an important excretory channel of water and metabolites, they are also responsible for eliminating residues of drug and any therapeutic agent taken by the individual. The physical examination of urine has been adopted by Unani physicians as an important method to know various states of human body during health and disease. Description of various indicators of urine and types of urine reflect the understanding of Unani physicians not only about functions of the kidney and it's diseases but also about diseases of other organs of the body.

The use of temperament specific drugs, organ-specific tonics, immunomodulatory drugs, correctives for adverse effects and exhilarants are unique features of Unani Medicine besides the use of drugs for prophylactic and therapeutic purposes. The urbanization, modern day

living and non-use of natural products for treating ailments are taking their toll on human health. Frequent and non-cautious use of synthetic drugs and chemical agents for the treatment of various diseases exert adverse effects on the kidneys leading to alterations in their physiological functions and making them vulnerable to various diseases.

The repository of Unani drugs, single as well as compound, includes various drugs that have been categorized as *Muhāfiz-i-Kulya* (nephroprotective) and *Muqawwī-i-Kulya* (renal tonic). Such drugs have been found to be effective and acceptable for protecting and toning up the kidneys. A growing interest has also been observed within scientific community for validation of these drugs for their claimed effects. Various research studies have been conducted on this line besides studies to evaluate the safety and efficacy of Unani drugs in treating kidney diseases. The results of such studies have been mentioned in the fifth section of this document. A detailed account of hundreds of Unani drugs useful in kidney diseases has been given in the third and fourth sections of the book.

Adwiya Kulwiyya (A compendium of classical and evidence-based Unani drugs acting on the kidneys)' covers different aspects of kidney's health and presents a fair detail of Unani drugs, diets and regimen employed by Unani physicians in kidney diseases. This document has been intended mainly for researchers who wish to study Unani drugs for their protective, prophylactic and therapeutic effects in respect of the kidneys. The presentation has been kept simple and captivating using Unani terminologies preferentially with their English equivalents in parenthesis for a wider readership.

I hope the book would help explore the scope of Unani Medicine in the field of nephrology and pave the way for further research in the field.



(Dr. M. A. Qasmi)
Adviser (Unani), Ministry of Ayush &
Director General (I/C), CCRUM

TRANSLITERATION TABLE

- The following Arabic letters have been transliterated with diacritical marks as mentioned against each:

ا	a	ر	r	ف	f
ب	b	ز	z	ق	q
ت	t	س	s	ك	k
ث	th	ش	sh	ل	l
ج	j	ص	ṣ	م	m
ح	h	ض	ḍ	ن	n
خ	kh	ط	ṭ	ه	h
د	d	ظ	ẓ	ى	y
ذ	dh	غ	gh		

- The following Persian letters have been transliterated with diacritical marks as expressed against each:

پ	p	گ	g	ٿ	th
ڦ	t	ڻ	n	ڻ	ch
چ	ch	ڦ	bh	ڦ	dh
ڏ	d	ڦ	ph	ڏ	kh
ڙ	r	ڙ	th	ڙ	gh

- Letter ڻ has been transliterated with elevated coma (‘) if used in the mid or end of word followed by relevant vowel and this elevated coma is not expressed at the beginning and only related vowel has been used directly.
- Letter ڦ is transliterated as elevated inverted coma (‘).
- Letter ڦ as Arabic letter is transliterated as w and as Persian/Urdu letter is transliterated as v.
- ڮ and ڹ are not expressed in both pause and construct forms.
- Article ال is transliterated as al- ('l- in construct form) whether followed by a moon or a sun letter.
- ڻ as a Persian/Urdu conjunction is transliterated as (-o-) and as an Arabic conjunction is transliterated as wa.
- Short vowel (ڦ) in Persian/Urdu passive or in conjunction form is transliterated as (-i-).

- Doubled alphabet has been expressed in the following form:

$\ddot{\text{و}}$ = uww

$\ddot{\text{ى}}$ = iyy

- Short and long vowels and diphthongs are used in the following form:

Short vowels		Long vowels		Diphthongs	
܂	a	܄	܆	܂܂	aw
܃	i	܅	܇	܃܂	ay
܄	u	܈	܊		
		܉	܋		

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INTRODUCTION

The discussion about *Istifrāgh* (evacuation) and *Dharā'i-i-Istifrāgh* (channels of evacuation) has been vividly presented in the literature of Unani Medicine. The waste products produced during different stages of *Haḍm* (digestion) and *Istihāla* (metabolism) need to be eliminated outside the body in a timely manner. The lungs, intestines, kidneys, skin and reproductive organs are the main excretory channels through which sputum, stool, urine, sweat, menstrual blood and semen are excreted. The kidneys are an important organ that performs several important functions other than forming urine. They are mainly responsible for filtering waste products, excess water, and other impurities out of blood. During the process, the kidneys get exposed to various endogenous as well as exogenous chemicals and toxins that affect their health leading to development of various kidney diseases.

Amrād-i-Kulya (kidney diseases), which have been a major area of concern for Unani physicians for long period, affect millions of people worldwide. The term broadly denotes the meaning of the conditions in which structure or functions of the kidney are disturbed due to various underlying causes. Studies reveal that damage to the kidneys may be caused by diabetes, high blood pressure, and various other chronic (long-term) conditions and the resultant disease can lead to other health problems, including weak bones, nerve damage, and malnutrition. If the disease gets worse over time, the kidneys may stop working completely. The diseases of kidney that have been described in Unani classical texts include *Sū'-i-Mizāj Kulya* (impaired temperament of kidney), *Du'f-i-Kulya* (renal debility), *Waram al-Kulya* (nephritis), *Waja' al-Kulya* (renal pain), *Sudad al-Kulya* (renal obstruction), *Rīh al-Kulya* (flatulence around kidney), *Huzāl al-Kulya* (renal atrophy), *Quriḥ al-Kulya* (renal ulcers), *Haṣā wa Raml al-Kulya* (nephrolithiasis), *Dhayābītus Ḥarr* (diabetes mellitus), *Dhayābītus Bārid* (diabetes insipidus), *Jarab al-Kulya* (renal irritability), *Dubayla wa Khurāj al-Kulya* (renal abscess), *Hurqa al-Bawl* (burning micturition), *Iḥtibās al-Bawl* (retention of urine) and *Bawl al-Dam* (haematuria), etc.

A large number of single and compound drugs have been advised and time-tested by Unani physicians for the management of these diseases and associated disorders. Scientific studies on various drugs have also shown nephroprotective activity that can have an adjuvant role in the maintenance of renal health.

In addition to drug therapy, Unani physicians have laid great emphasis on dietary recommendations and dietary restrictions in kidney diseases to maintain its overall health. The world is showing signs of reverting to natural products in combating different health challenges. Unani Medicine which relies on medicinal plants as its main source of drugs offers a wide range of safer options for the maintenance of kidney health and treatment of its diseases. The use of Unani drugs, single or compound, has been proved safe and effective in kidney diseases.

The present document comprises five sections; section one contains overview that includes anatomical and physiological considerations and basic concepts in kidney diseases. Section two contains time-tested Unani prescriptions for kidney diseases and associated conditions. In this section, twenty-two kidney diseases, their patho-physiology along with prescriptions and dietary recommendations and restrictions are included. Section three contains useful *Mufrad Adwiya* (single Unani drugs) in kidney diseases. This section describes more than a hundred single Unani drugs under the headings of scientific name/English name, synonym, temperament, part used, actions, therapeutic uses, method of use and dosage. Section four deals with useful *Murakkabāt* (compound drugs) mentioned in classical formularies for kidney diseases. This section has description of 130 compound formulations from different Unani classics under the sub-headings of composition, actions/therapeutic uses and dose. The uniqueness of this section lies in the fact that if one compound drug is taken from two different books with a slight difference of composition or weight, then a note is added to mark the difference. Section five contains description of evidence-based Unani single and compound drugs. Another feature of this document is that a list of original Arabic, Persian and Urdu reference books is also given at the end of each section separately that include *Kitāb al-Hashā'ish*, *Kitāb al-Hāwī fi'l-Tibb*, *Kāmil al-Šanā'a al-Tibbiyya*, *Al-Qānūn fi'l-Tibb*, *Kitāb al-Mukhtārāt fi'l-Tibb*, *Kitāb al-'Umda fi'l-Jarāhat*, *Kitāb al-Taysīr fi'l-Mudāwa wa al-Tadbīr*, *Kitāb al-Kulliyāt*, *Zakhīra Khwārizm Shāhī*, *Al-Jāmī li-Mufradāt al-Adwiya wa'l-Aghdhiya*, *Minhāj al-Dukkān*, *Ikhtiyārāt-i-Badī'i*, *Qarābādīn-i-Qādirī*, *Muḥīṭ-i-A'zam*, *Qarābādīn-i-A'zam*, and *Makhzan al-Adwiya*.

All possible efforts have been made to ensure correctness of the contents. However, if any inadvertent error occurs, corrective measures shall be taken up once such errors are brought to notice.

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SECTION-1

OVERVIEW

Kidneys are an important organ of human body. They perform important function of removing waste products outside the body in the form of urine, and regulate body fluid levels. With changes in lifestyle, many diseases have emerged in the past few decades that include diabetes and hypertension and lead to kidney failure and other disorders. Chronic kidney disease (CKD) is a worldwide public health problem arising mostly from diabetes, hypertension, obesity, etc. especially in the developing countries.

Unani Medicine provides an excellent picture of lifestyle management for promotion of health and prevention and treatment of disease. The system prescribes not only a large number of drugs for strengthening, toning, preventing, treating and restoring functions of the kidneys but also help revert the effects of nephrotoxicity.

Every system of medicine has its strengths and limitations and there is no single drug that can be used as a prophylaxis or preventive drug for diseases of the kidneys. Certain drugs used to treat various diseases have nephrotoxic effects. Moreover, the cost of treatment of kidney diseases is also a factor to explore some new options for prevention and treatment.

Keeping the above in consideration, it is necessary that knowledge of the concepts of Unani Medicine and drugs related to kidney diseases are made accessible to the researchers of present times. The researchers are usually not acquainted with Arabic and Persian languages in which the information is documented in Unani classics. Therefore, it is in the benefit of the scientific community in particular and the patients in general to gather the information contained in classical books and present them in a language that people understand.

This section deals with the description of the structure and functions of the kidneys along with basic concepts in kidney diseases.

Anatomical and physiological considerations

The kidneys are a pair of muscular organs situated on both sides of the vertebrae on the ventral aspect of the body. The structure of a kidney is very compact by which it absorbs the watery constituents of the blood. Its shape is elongated and its convex part is kept outside to protect it from trauma and concave part is kept inside.^{1,2,3,4}

The liver is responsible for production of chyme. The *Fuḍlāt* (waste materials of body) that are separated from the chyme after its *Nuḍj* (concoction/maturation) appear in various forms and one such form is urine that is eliminated through the urinary system.²

Every organ of the body has definite *Quwā* (faculties). *Quwwat Ghādhiya* (nutritive faculty) of the body has been divided into four types, i.e. *Quwwat Jādhiba* (absorptive faculty), *Quwwat Māsika* (retentive faculty), *Quwwat Hāḍima* (digestive faculty), and *Quwwat Dāfi'a* (expulsive faculty). All these four powers are found in all cells of the body, which absorb food materials, metabolise, and transform them into various compounds and also replace the wear. *Quwwat Dāfi'a* (expulsive faculty) helps in excretion of waste products, i.e. the products which after metabolism cannot be transformed into good humours. Waste materials produced during *Haḍm Kabidī* (hepatic digestion/chyle formation) and *Haḍm 'Uḍwī* (organic digestion) are expelled out by the kidneys and skin in the form of urine and sweat.⁵

When the blood passes through the kidneys, most of the substances not needed in the body are removed from the blood. These include waste products produced during the course of metabolism, excess of electrolytes and water. At first, everything except colloid material of *Sā'il al-Dam* (plasma) is filtered through glomeruli of the kidneys, then selective reabsorption of various materials take place according to the temperament of the body. This power of selective reabsorption is known as *Quwwat Mumayyiza*. This is a special power of the kidneys by which *Akhlāt Bawliyya* (urinary waste products) are separated from the blood.⁶

If any of the above said five faculties becomes weak, the nature of waste products to be excreted out is affected. If *Quwwat Hāḍima* (digestive faculty) becomes poor, blood carrying nutrients to the kidneys will not be picked up and will ultimately be eliminated through urine. If *Quwwat Māsika* becomes weak, the kidneys will not be able to hold *Mā'iyat* (watery content) and will eliminate it through urine. The sudden loss of *Mā'iyat* (watery content) deprives the kidneys that causes further absorption of the blood and this cycle continues. When *Quwwat Mumayyiza* (faculty of selective reabsorption) becomes poor, the kidneys are not able to distinguish the matter from *Mā'iyat* (watery content) and excrete some important substances which should have been reabsorbed. The power of separation is responsible for the ultrafiltration and reabsorption in the kidneys.⁷

Basic concepts in kidney diseases

As per *'Ilm al-Amrād* (pathology), diseases are divided into two broad groups, *Amrād-i-Mufrada* (single diseases) and *Amrād-i-Murakkaba* (complex/compound diseases). *Amrād-i-Mufrada* (single diseases) are further divided into *Amrād-i-Sū'-i-Mizāj* (diseases due to impaired temperament), *Amrād-i-Sū'-i-Tarkīb* (diseases of abnormal composition) and *Tafarruq-i-Ittiṣāl* (loss of continuity). Accordingly, kidney diseases can be divided into:

1. ***Amrād-i-Sū'-i-Mizāj*** (diseases due to impaired temperament): Normal temperament of the kidneys is *Hārr Raṭab* (hot and moist). Any deviation from the normal temperament causes *Sū'-i-Mizāj* (impaired temperament) that is a disease condition. This impaired temperament can be of the following types:
 - *Sū'-i-Mizāj Hārr* (abnormal hot temperament): When the normal hot temperament exceeds and occurs in the kidneys, it leads to polyuria, burning micturition due to increased absorption and filtration.^{5,8}
 - *Sū'-i-Mizāj Bārid* (abnormal cold temperament): When the normal hot temperament decreases, it leads to decreased absorption in the kidneys.^{5,8}
 - *Sū'-i-Mizāj Yābis* (abnormal dry temperament): When the normal wet temperament of the kidneys is altered, it decreases the function of *Quwwat-i-Mumayyiza* (faculty of selective reabsorption) leading to *Du'f-i-Kulya* (renal debility).^{5,8}
2. ***Amrād-i-Sū'-i-Tarkīb*** (diseases of abnormal composition): In this condition, normal structure of the kidneys is altered. Sometimes, the size of the kidneys become small, i.e. *Huzāl al-Kulya* (renal atrophy). Sometimes, it increases from the normal size.⁸
3. ***Tafarruq al-Ittiṣāl*** (loss of continuity): This occurs due to any kind of inflammation or rupture of the vessels due to trauma. This includes *Waram al-Kulya* (nephritis) and *Waj'a al-Kulya* (renal pain).⁸

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SECTION-2

TIME-TESTED UNANI PRESCRIPTIONS FOR KIDNEY DISEASES AND ASSOCIATED CONDITIONS

This section of the book deals with the description of 22 diseases and associated conditions. Unani classical texts of *Mu‘älajāt* (medicine) have been the source for selecting diseases and associated conditions that have been described according to the order adopted by Unani scholars. The description starts with a brief introduction of the disease followed by time-tested formulations prescribed by Unani physicians. An attempt has been made to select only the useful and easily preparable formulations. In addition, this section also consists of single and compound drugs that were used by Unani physicians for a particular disease and associated condition of the kidneys. One of the salient features of this section is that it contains dietary recommendations and restrictions for every disease condition as ‘*Ilāj bi’l-Ghidhā*’ (dietotherapy) is one of the important principles employed for the management of diseases in Unani Medicine.

1. *Sū’-i-Mizāj Ḥārr Kulya* (hot impaired temperament of the kidneys)

It is a condition of hot morbid temperament of the kidneys. It is characterized by yellowish or red coloured urine, polydipsia and sensation of heat on renal area. The principle of treatment includes *Tabrīd* (cooling) and *Tanqiya* (elimination of morbid matter).¹

Formulations

1. Oral administration of *Khiyār* (*Cucumis sativus* L.) soaked in vinegar.¹
2. Oral administration of *Sikanjabīn* (oxymel) prepared with juice of *Khiyār* (*Cucumis sativus* L.), vinegar, *Turanjabīn* (*Alhagi maurorum* Medik.) and juice of *Kishnīz* (*Coriandrum sativum* L.).¹
3. Oral administration of *Shīra’-i-Tukhm-i-Khurfa* (semi liquid material obtained after grinding the seeds of *Portulaca oleracea* L.), *Sikanjabīn* (oxymel), *Āb-i-Khiyār* (juice of *Cucumis sativus* L.) and whey.¹

4. Oral administration of *Kāsnī* (*Cichorium intybus* L.) and *Kāhū* (*Lactuca sativa* L.) with *Āb-i-Ghūra* (juice of unripe *Vitis vinifera* L.).¹
5. Oral administration of *Shīra'-i-Kāsnī* (semi liquid obtained by crushing the plant of *Cichorium intybus* L.) 9 g, *Shīra'-i-Khiyārāyn* (semi liquid material obtained after grinding the seeds of *Cucumis sativus* L. and *Cucumis melo* L.) 9 g, *Lu'āb-i-Bihīdāna* (mucilage of seeds of *Cydonia oblonga* Mill.) 9 g, along with *Qurṣ-i-Tabāshīr Kāfūrī* 3 g, *Sharbat-i-Nīlofar* 120 ml, *Sabūs-i-Aspghol* (husk of *Plantago ovata* Forssk.) 7 g (sprinkled).¹
6. Oral administration of 3.5 g powder of drugs *Maghz-i-Tukhm-i-Khiyār* (seed kernel of *Cucumis sativus* L.) 35 g, *Maghz-i-Tukhm-i-Kāhū* (seed kernel of *Lactuca sativa* L.) 35 g, *Maghz-i-Tukhm-i-Khiyārza* (seed kernel of *Cucumis sativus* L.) 35 g, *Tukhm-i-Khubbāzī* (seeds of *Malva sylvestris* L.) 10.5 g, *Tukhm-i-Khaṭmī* (seeds of *Althaea officinalis* L.) 10.5 g, *Maghz-i-Bādām Shīrīn Muqashshar* (dehusked kernel of *Prunus amygdalus* Batsch.) 3.5 g, *Şamagh-i-Ālū Bukhāra* (gum of *Prunus domestica* L.) 7 g, *Şamagh-i-Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 7 g, *Rubb al-Sūs* (extract of *Glycyrrhiza glabra* L.) 1.75 g.¹
7. Oral administration of *Āb-i-Anārāyn* (juice of *Punica granatum* L.) 108 g, *Maghz-i-Khiyār Shambar* (pulp of *Cassia fistula* L.) 72 g, *Turanjabīn* (*Alhagi maurorum* Medik.) 60 g, *Shīr-i-Khisht* (*Fraxinus ornus* L.) 48 g, *Ālū Bukhāra* (*Prunus domestica* L.) 10 pieces, *Sharbat-i-Ward Mukarrar* 84 ml, *Ravghan-i-Bādām Shīrīn* (almond oil) 7 ml.¹
8. *Dimād* (paste) prepared with *Şandal Safayd* (*Santalum album* L.) mixed in '*Araq-i-Gulāb* (rose water).¹
9. *Dimād* (paste) prepared with *Aqāqiyā* (extract of pods of *Acacia nilotica* (L.) Willd. ex Delile), '*Uşāra'-i-Lahya al-Tays* (extract of *Citrus parviflorus* (DC.) Kuntze), *Şandal Safayd* (*Santalum album* L.), *Gulnār Fārsī* (flower of *Punica granatum* L.), juice of fresh stem of '*Inab* (grapes) (*Vitis vinifera* L.)/juice of leaves of *Mūrad* (*Myrtus communis* L.)/juice of *Khār Shutr* (*Alhagi maurorum* Medik.).¹
10. Local application of *Tilā'* (liniment) prepared by mixing *Ravghan-i-Gul* and *Sirka* (vinegar).¹
11. Local application of *Āb-i-Hayy al-'Ālam* (*Citrus aurantium* L.), *Gulāb* (*Rosa Damascena* Mill.) and *Şandal Safayd* (*Santalum album* L.) on renal area.¹

Single drugs

- *Āb-i-Dogh* (whey) [oral]²
- *Lu'āb-i-Asphol* (mucilage of seeds of *Plantago ovata* Forssk.) [oral]³
- *Tabāshīr* ((*Bambusa bambos* (L.) Voss) [oral]³
- *Kāfūr* (*Cinnamomum camphora* (L.) J.Presl) [oral]¹
- *Nīlofar* (*Nymphaea alba* L.) [oral]¹
- *Banafsha* (*Viola odorata* L.) [oral]¹
- *Āb-i-Barg-i-Kāsnī* (juice of leaves of *Cichorium intybus* L.) [oral]¹
- *Āb-i-Tukhm-i-Kāsnī* (juice of seeds of *Cichorium intybus* L.) [oral]¹
- *Kharpaza Zard* (*Cucumis melo* L.) [oral]¹
- *Ravghan-i-Tukhm-i-Khiyār* (oil of seeds of *Cucumis sativus* L.) [local as enema]¹

Compound drugs

- *Sharbat-i-Hummād* [oral]¹
- *Sharbat-i-Rībās* [oral]¹
- *Sharbat-i-Anār* [oral]³
- *Sharbat-i-Zirishk* [oral]³
- *Sharbat-i-Khashkhāsh* [oral]³
- *Ravghan-i-Kāfūr* [local]¹

Dietary recommendations

- *Ghūra* (unripe *Vitis vinifera* L.)¹
- *Isfānākh* (spinach)¹
- *Āsh-i-Jav* (barley water) with *Sharbat-i-Nīlofar*¹
- *'Adasiyya* (a diet prepared with lentils)¹
- *Hiṣrimiyya* (the gravy which contains unripe grapes)¹
- *Zirishkiyya* (a diet containing *Zirishk* (*Berberis aristata* DC.) with *Shīrā'-i-Maghz-i-Bādām Shīrīn* (semi liquid obtained by crushing the seeds of *Prunus amygdalus* Batsch.)¹
- *Mā' al-Sha'īr* (barley water)¹

- *Muzawwara* (a kind of gravy prepared without meat) of *Isfānākh* (spinach)¹

Dietary restrictions

- *Aghdhiya Hārra* (foods of hot temperament having ability to produce the humours which induce heat in the body, e.g. onion and garlic)¹

2. *Sū'-i-Mizāj Bārid Kulya* (cold impaired temperament of the kidneys)

It is a condition of cold morbid temperament of the kidneys.¹

Formulations

1. Oral administration of *Maghz-i-Funduq* (*Corylus avellana* L.), *Pista* (*Pistacia vera* L.), *Nārjīl* (*Cocos nucifera* L.), *Kunjad* (*Sesamum indicum* L.), *Habba al-Khadrā'* (*Pistacia terebinthus* L.) *Bādām Shīrīn* (*Prunus amygdalus* Batsch.) along with sugar or *Mawīz* (*Vitis vinifera* L.) or *Anjīr* (*Ficus carica* L.).¹
2. Oral administration of three half-fried egg yolks in which *Ravghan-i-Gā'o* (clarified butter), *Tukhm-i-Jirjīr* (seeds of *Nasturtium officinale* R. Br.) 3.5 g and salt are added. This is taken at bedtime.¹
3. Oral administration of decoction prepared with the following drugs along with *Gulgand 'Asalī* 48 g for 3-4 days: *Asl al-Sūs Muqashshar* (peeled root of *Glycyrrhiza glabra* L.) 7 g, *Parsiyā'oshān* (*Adiantum capillus-veneris* L.) 7 g, *Bādiyān* (*Foeniculum vulgare* Mill.) 9 g, *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.) 9 g, *Tukhm-i-Qurṭum* (seeds of *Carthamus tinctorius* L.) 9 g, *Mako* (*Solanum americanum* Mill.) 9 g.¹
4. Oral administration of decoction prepared with *Ravghan-i-Bādām Shīrīn* (*Prunus amygdalus* Batsch.) 7 g, *Sanā Makkī* (*Senna alexandrina* Mill.) 12 g, *Turbud Safayd* (*Operculina turpethum* (L.) Silva Manso) 7 g, *Mawīz Munaqqād* (deseeded *Vitis vinifera* L.) 24 g, *Rewand Chīnī* (*Rheum officinale* Baill.) 5 g, *Khiyār Shambār* (*Cassia fistula* L.) 84 g and *Turanjabīn* (*Alhagi maurorum* Medik.) 48 g along with *Sharbat-i-Dīnār* 48 g.¹

5. Oral administration of *Jullāb* (preparation of rose water and sugar), *Bādiyān* (*Foeniculum vulgare* Mill.) 10.5 g and *Gulqand 'Asalī* 35 g in morning.¹
6. Local application of *Ravghan-i-Qust* mixed with *Farfiyūn* (*Euphorbia resinifera* A. Berger) on renal area.¹
7. *Huqna* (enema) with *Āb-i-Hulba* (juice of *Trigonella foenum-graecum* L.) and *Shibit* (*Anethum sowa* Roxb. ex Flem.).^{1,2}

Single drugs

- *Hurf* (*Lepidium sativum* L.) [oral]¹

Compound drugs

- *Ma 'jūn-i-Lisan al- 'Aṣāfir* [oral]¹
- *Ma 'jūn Kamūnī* [oral]¹
- *Lubūb Ṣaghīr* [oral]¹
- *Lubūb Kabīr* [oral]¹
- *Habb-i-Ayārij* [oral]¹
- *Ravghan-i-Bādām Talkh* [oral & local]¹
- *Ravghan-i-Nārjīl* [oral & local]¹
- *Ravghan-i-Qust* [local]^{1,3}
- *Ravghan-i-Qurṭum* [local]^{1,3}
- *Ravghan-i-Bādām Talkh* [local]^{1,3}
- *Ravghan-i-Farfiyūn* [local]¹
- *Ravghan-i-Zambaq* [local]¹

Dietary recommendations

- *Muzawwara* (a kind of gravy prepared without meat)¹
- *Āb-i-Nakhūd* (decanted water of *Cicer arietinum* L.) with meat of hen¹
- *Kabak* (a bird, Francolin)¹
- *Muṭanjan* (a sweet dish prepared with meat, rice, condiments and certain drugs)¹
- *Zīrbāj* (a diet comprising meat, vinegar and cloves.)¹

Dietary restrictions

- Sour diets¹
- Sour fruits¹

3. *Huzāl al-Kulya* (renal atrophy)

It is the weakness of the kidneys caused by excessive hot or cold morbid temperament. Sometimes, it is caused by excessive evacuation from the body either due to excessive sexual indulgence or use of purgatives. It is characterized by polyuria, emaciation, low backache, and loss of libido. The principle of treatment includes *Tasmīn-i-Kulya* by the use of oral and local *Musammin-i-Kulya* drugs or diets.^{1,3}

Formulations

1. Oral administration of *Lubūb* prepared with *Maghz-i-Nārjīl* (kernel of *Cocos nucifera* L.), *Maghz-i-Pista* (kernel of *Pistacia vera* L.), *Maghz-i-Funduq* (kernel of *Corylus avellana* L.), *Maghz-i-Jawz* (kernel of *Juglans regia* L.), *Maghz-i-Chilghoza* (kernel of *Pinus gerardiana* Wall. ex D. Don), *Maghz-i-Bādām Shīrīn* (kernel of *Prunus amygdalus* Batsch.), *Habba al-Khadrā'* (*Pistacia terebinthus* L.), *Halyūn* (*Asparagus officinalis* L.) and sugar/honey.¹
2. Oral administration of *Jawz* (*Juglans regia* L.) with sugar.¹
3. Oral administration of cow's milk with *Turanjabīn* (*Alhagi maurorum* Medik.).^{1,4}
4. *Huqna* (enema) prepared with *Gandum* (*Triticum aestivum* L.), *Nakhūd* (*Cicer arietinum* L.), *Lobiya* (*Vigna catjang* Walp), *Bāqla* (*Vicia faba* L.), water, *Ravghan-i-Maghz-i-Qurtum* (oil of seed kernel of *Carthamus tinctorius* L.).¹

Single drugs

- *Bādām Shīrīn* (*Prunus amygdalus* Batsch.) [oral]³
- *Nārjīl* (*Cocos nucifera* L.) [oral]³
- Fat of hen/duck [local]¹

Compound drugs

- *Dawā' al-Turanjabīn* [oral]^{1,3}
- *Ravghan-i-Bādām Shīrīn* [local]⁴
- *Ravghan-i-Banafsha* [local]⁴
- *Ravghan-i-Kadū* [local]⁴

Dietary recommendations

- Half-fried egg¹
- Butter smeared on wheat bread¹
- Cow's milk¹
- *Aghdhiya Murattiba* (foods of wet/moist temperament having ability to produce the humours which give rise to wetness in the body, e.g. milk, cucumber, water melon, clarified butter and almond oil)⁴
- *Mā' al-Lahm* (distillate of meat)⁴

4. *Du'f-i-Kulya* (renal debility)

It is the weakness of the kidneys caused by hot or cold morbid temperament, *Huzāl al-Kulya* (renal atrophy) and excessive evacuation. In this condition, the function of filtration of the kidneys diminishes. It is characterized by severe pain when caused by inflammation or trauma, and by nausea and feeling of distension if caused by gas or calculi.^{1,2,3}

Formulations

1. Oral administration of *Dam al-Akhwayn* (*Dracaena cinnabari* Balf.f.), *Gulnār Fārsī* (flower of *Punica granatum* L.), '*Uṣāra'-i-Lahya al-Tays* (extract of *Citrus parviflora* (DC.) Kuntze), *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Gil Armanī* (Armenian earth) with *Āb-i-Bārtang* (juice of *Plantago major* L.)¹
2. Oral administration of camel's or sheep's milk 80 ml along with *Sharbat Buzūrī* 40 ml³
3. Oral administration of *Harīra* prepared with *Biranj* (*Oryza sativa* L.), *Bahman Surkh* (*Salvia haemetodes* L.), *Bahman Safayd* (*Centaurea behen* L.), *Tūdrī Surkh* (*Cheiranthus cheiri* L.), *Tūdrī Zard* (*Matthiola incana* (L.) R. Br.), *Dār Chīnī* (*Cinnamomum*

verum J.Presl), *Jawz Hindī* (*Cocos nucifera* L.), *Maghz-i-Pista* (*Pistacia vera* L.) 3 g each, cow's milk 250 ml, sugar 40 g³

4. Local application on back (renal area) of *Dimād* (paste) prepared with *Sandal Safayd* (*Santalum album* L.), *Gul Surkh* (*Rosa damascena* Mill.), *Aqāqiyā* (extract of pods of *Acacia nilotica* (L.) Willd. ex Delile), *Ās* (*Myrtus communis* L.), *Sukk* (extract of *Phyllanthus emblica* L.) and *Āb-i-Mūrad* (juice of *Myrtus communis* L.)¹
5. Local application on renal area of *Dimād* (paste) prepared with *Ravghan-i-Gul* and vinegar.¹
6. Local application of *Ravghan-i-Gul* 6 ml mixed with vinegar 6 ml³

Single drugs

- Fat of hen [local as enema]¹
- *Gil Armanī* (Armenian earth) [oral]¹

Compound drugs

- *Aflūniyā Rūmī* [oral]^{1,2}
- *Qurṣ-i-Kawkab* [oral]^{1,2}
- *Banādiq al-Buzūr*[oral]^{1,2}
- *Habb-i-Marwārid* [oral]¹
- *Habb-i-Fād Zahr Ma'dinī* [oral]¹
- *Sharbat-i-Post-i-Turanj* [oral]⁵
- *Ma'jūn-i-Lisān al-'Aṣāfir* [oral]¹
- *Lubūb Kabīr wa Ṣaghīr* [oral]¹
- *Khamīra'-i-Ābresham* [oral]¹
- *Halwa'-i-Gazar* [oral]¹
- *Halwa'-i-Supārī Pāk* [oral]¹
- *Halwa-i-Mochras* [oral]¹
- *Falūniyā Rūmī* with *Shīr-i-Shutr* [oral]¹

Dietary recommendations

- *Sawīq* (In this diet, required cereals especially barley are boiled in water. The boiled cereals are dried in the sun. They are then roasted

and powdered. Similarly chopped fruits are dried in the sun, roasted and powdered)²

- Grapes²
- Plum²
- Quince²
- *Rummāniyya* (a diet containing pomegranates)²
- Milk of she-camel and sheep¹
- *Muṭanjan* (a sweet dish prepared with meat, rice, condiments and certain drugs)⁵
- 'Adasiyya (a diet prepared with lentils) with *Āb-i-Sumāq* (juice of *Rhus coriaria* L.), *Āb-i-Ghūra* (juice of upripe fruit of *Vitis vinifera* L.) and *Āb-i-Anār* (juice of *Punica granatum* L.)¹

Dietary restrictions

- *Mudirr Aghdhiya* (diets that produce diuresis)¹

5. *Rīḥ al-Kulya* (flatulence around the kidneys)

It is the accumulation of thick gases and humours either in the surroundings of the kidneys or inside them. It is characterized by a backache and distension. The pain usually aggravates on empty stomach. It is usually treated with *Mudirrāt* (diuretics) and *Muḥallil-i-Riyāḥ Adwiya* (drugs used for resolution of flatulence).^{1,2,3}

Formulations

1. Oral administration of decoction prepared with the following drugs along with sugar or honey 24 g:
 - *Bādiyān* (*Foeniculum vulgare* Mill.) 4 g, *Gul Surkh* (*Rosa damascena* Mill.) 4 g, *Post-i-Bīkh-i-Kabar* (root bark of *Capparis spinosa* L.) 4 g, *Post-i-Bīkh-i-Bādiyān* (root bark of *Foeniculum vulgare* Mill.) 6 g, *Anīsūn* (*Pimpinella anisum* L.) 3 g and *Sudāb* (*Ruta graveolens* L.) 2 g.¹
2. Oral administration of *Tukhm-i-Sudāb* (seeds of *Ruta graveolens* L.), *Habb al-Faqd* (*Vitex negundo* L.) after mixing with *Mā' al-'Asal* (honey water) or *Jullāb* (preparation of rose water and sugar)^{1,2}

3. Oral administration of *Sharbat-i-Dīnār*, *Āb-i-Bādiyān* (juice of *Foeniculum vulgare* Mill.) and *Āb-i-Anīsūn* (juice of *Pimpinella anisum* L.) 40 ml each with *Shīra'-i-Khiyārāyn* (semi liquid obtained by crushing the seeds of *Cucumis sativus* L. & *Cucumis melo* L.)³
4. Local application of *Dimād* (paste) prepared with *Tukhm-i-Sudāb* (seeds of *Ruta graveolens* L.), *Zīra Siyāh* (*Carum carvi* L.), *Shibit* (*Anethum sowa* Roxb. ex Flem.) and *Kurūyā* (*Carum carvi* L.)¹
5. Local application of *Dimād* (paste) prepared with *Maghz-i-Karanjwā* (kernel of *Caesalpinia bonduc* (L.) Roxb.) (powdered) and *Safaydī-i-Bayḍā'-i-Murgh* (egg white).¹
6. *Naṭūl* (irrigation) on back with decoction of *Gul-i-Palās* (*Butea monosperma* (Lam.) Taub.) and *Ma‘asfar* (*Schleichera oleosa* (Lour.) Merr.) in water¹
7. Local application of *Dimād* (paste) or *Takmīd* (fomentation) on back with *Zīra* (*Carum carvi* L.), *Bābūna* (*Matricaria chamomilla* L.), *Shibit* (*Anethum sowa* Roxb. ex Flem.) and *Sudāb* (*Ruta graveolens* L.)^{1,2}

Single drugs

- *Shīra'-i-Bādiyān* (semi liquid material obtained by crushing the seeds of *Foeniculum vulgare* Mill.) [oral]¹
- *Shīra'-i-Anīsūn* (semi liquid material obtained by crushing the seeds of *Pimpinella anisum* L.) [oral]¹
- *Shīra'-i-Tukhm-i-Kashūth* (semi liquid material obtained by crushing the seeds of *Cuscuta reflexa* Roxb.) [oral]¹
- *Barg-i-Tambākū* (leaf of *Nicotiana tobacum* L.) [local as paste]¹

Compound drugs

- *Gulqand* [oral]¹
- *Sharbat Buzūrī* [oral]¹
- *Sharbat-i-Dīnār* [oral]¹
- *Ravghan-i-Bābūna* [local]¹
- *Ravghan-i-Gul* [local]¹
- *Ravghan-i-Qust* [local]²
- *Ravghan-i-Zambaq* [local]²

- *Ravghan-i-Khayrī* [local]²
- *Ravghan-i-Sudāb* [local]¹

Dietary recommendations

- Chicken curry with bread²

Dietary restrictions

- *Aghdhiya Nāfikha* (foods liable to produce flatus and vapours, e.g. cabbage, pea, brinjal, cauliflower, beans and turnip)²

6. *Waja‘al-Kulya* (renal pain)

Pain in the kidney can be caused by morbid temperament of the kidney, *Huzāl al-Kulya* (renal atrophy), *Du‘f-i-Kulya* (renal debility) or *Rīh al-Kulya* (flatulence around the kidney). Sometimes, it may be caused by inflammation of the kidney, ulcers and calculi. The principle of treatment includes *Taskīn-i-Alam* (reducing the pain), *Talyīn-i-Taba‘* (laxation) and *Tahlīl-i-Riyāh* (resolution of gases).^{1,3}

Formulations

1. Oral administration of *Lubūb-i-Banafsha* (*Viola odorata* L.), *Khurfa* (*Portulaca oleracea* L.), *Gil Armanī* (Armenian earth) and *Kāsnī* (*Cichorium intybus* L.)¹
2. Oral administration of *Tukhm-i-Anjira* (seeds of *Blepharis edulis* (Forssk.) Pers.) with *Sikanjabīn* (oxymel)¹
3. Oral administration of *Āb-i-Sibr Sabz* (juice of fresh *Aloe vera* (L.) Burm.f.) with sugar [highly beneficial]¹
4. Oral administration of decoction of *Hulba* (*Trigonella foenum-graecum* L.), *Nānkhvāh* (*Trachyspermum ammi* (L.) Sprague), *Tukhm-i-Gazar* (seeds of *Daucus carota* L.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Sudāb* (*Ruta graveolens* L.) in equal parts with sugar [highly beneficial]¹
5. Oral administration of decoction of *Kākanaj* (*Physalis alkekengi* L.), *Tukhm-i-Khiyārayn* (seeds of *Cucumis sativus* L. & *Cucumis melo* L.) 7 g each, *Zīra* (*Carum carvi* L.), *Afsantīn* (*Artemisia absinthium* L.), *Aşl al-Sūs* (*Glycyrrhiza glabra* L.) and *Tukhm-i-Kharpzā* (seeds of *Cucumis melo* L.) 14 g each¹

6. Local application of *Kāfūr* (*Cinnamomum camphora* (L.) J.Presl) 1 g mixed in vinegar 20 ml at the site of pain [highly beneficial]³
7. Local application of lukewarm paste prepared by mixing egg yolks 2 pieces and powdered *Haldī* (*Curcuma longa* L.) 6 g in hot water³

Single drugs

- *Banafsha* (*Viola odorata* L.) [oral]¹
- ‘Uṣāra-i-Chavlā’ī (extract of *Amaranthus tricolor* L.) [oral]³
- *Shīra’-i-Anīsūn* (semi liquid material obtained by crushing the seeds of *Pimpinella anisum* L.) [oral]⁹
- *Shīra’-i-Tukhm-i-Kashūth* (semiliquid material obtained by crushing the seeds of *Cuscuta reflexa* Roxb.) [oral]⁹
- *Qusṭ* (*Saussurea costus* (Falc.) Lipsch.) [oral]¹
- *Dār Chīnī* (*Cinnamomum verum* J.Presl) [oral]¹
- *Maghz-i-Chilghoza* (seed kernel of *Pinus gerardiana* Wall. ex D.Don) [oral]¹
- *Jawz* (*Juglans regia* L.) [oral]¹
- *Sa’d Kūftī* (*Cyperus rotundus* L.) [oral]¹
- *Khūlanjān* (*Alpinia galanga* (L.) Willd.) [oral]¹
- *Shīra’-i-Bādiyān* (semiliquid material obtained by crushing the seeds of *Foeniculum vulgare* Mill.) [oral]¹
- *Jadwār* (*Delphinium nududatum* Wall. ex Hook.f. & Thomson) [oral & local]¹
- ‘Uṣāra-i-Khurfa (extract of *Portulaca oleracea* L.) [oral & local]¹
- *Nishāsta* (starch) [oral & local]¹
- *Barg-i-Chavlā’ī* (leaf of *Amaranthus tricolor* L.) [local as paste on pelvis]³

Compound drugs

- *Falūniyā* [oral]¹
- *Qurṣ-i-Kawkab* [oral]¹
- *Banādiq al-Buzūr* [oral]¹
- *Barsha ‘shā’* [oral]¹

- *Sharbat-i-Banafsha* [oral]^{1,3}
- *Athānāsiyā* [oral]⁹
- *Ma jūn-i-Junṭiyāna* [oral]⁹
- *Ma jūn-i-Falāsifa* [ora]⁹
- *Tiryāq Fārūq* [oral]⁹

Dietary recommendations

- *Mā' al-Sha 'īr* (barley water)¹

7. *Sudad al-Kulya* (renal obstruction)

It is the obstruction in the kidneys due to accumulation of viscous humors and inflammation. It is characterized by scanty urine with low specific gravity, heaviness at back, and fever. The principle of treatment includes *Taftīh-i-Sudad* (deobstruction), *Tahlīl-i-Waram* (resolving the swelling) and *Indāj-i-Mādda* (concoction of matter).^{1,2,3,4}

Formulation

- Oral administration of decoction of *Bādīyān* (*Foeniculum vulgare* Mill.), *Nakhūd* (*Cicer arietinum* L.), *Anīsūn* (*Pimpinella anisum* L.), *Bādām Talkh* (*Prunus dulcis* (Mill.) D.A.Webb.) and *Āb-i-Kharpaza* (juice of *Cucumis melo* L.)¹

Single drugs

- *Qusṭ Talkh Hindī* (*Saussurea auriculata* (DC.) Sch. Bip.) [oral]¹
- *Kabāba* (*Zanthoxylum armatum* DC.) [oral]¹
- *Ghārīqūn* (*Polyporus officinalis* (Vil.) Fr.) [oral]¹

8. *Waram al-Kulya Ḥārr* (hot/acute inflammation of the kidney)

It is an inflammation of the kidney due to the predominance of viscous sanguine and liquefied yellow bile. This inflammation may involve one or both the kidneys at a time. It is characterized by pain, heaviness and swelling on the affected side, excessive thirst, sleeplessness, irregular fever, bilious vomiting, dysuria and mental confusion. The principle of treatment includes *Taskīn-i-Alam* (relieving pain) and *Tanqiya-i-Ṣafrā'* (evacuation of yellow bile).^{1,2,3,4}

Formulations

1. Oral administration of *Lu'āb-i-Asphol* (mucilage of seeds of *Plantago ovata* Forssk.) 3 g, *Lu'āb-i-Bihīdāna* (mucilage of seeds of *Cydonia oblonga* Mill.) 3 g, *Shīra'-i-'Unnāb* (semiliquid obtained by crushing the fruits of *Zizyphus jujuba* L. 5 pieces), *Shīra'-i-Tukhm-i-Khurfa* (semi liquid obtained by crushing the seeds of *Portulaca oleracea* L.) 3 g mixed in water along with *Sharbat-i-Banafsha* 20 ml^{1,3}
2. Oral administration of *Āb-i-Mako* (juice of *Solanum americanum* Mill.) 40 ml with *Sharbat Buzūrī* 40 ml for few days³
3. Oral administration of *Shīra'-i-Khashkhāsh* (semi liquid obtained by crushing the seeds of *Papaver somniferum* L.) with *Sharbat-i-Banafsha*¹
4. Oral administration of decoction of '*Unnāb* (*Zizyphus jujuba* L.) 10 pieces, *Mako* (*Solanum americanum* Mill.) 17.5 g and *Tukhm-i-Kāsnī* (seeds of *Cichorium intybus* L.) 35 g in morning after *Tanqiya* (evacuation of morbid matter) with *Faṣd* (venesection)¹
5. Oral administration of *Āb-i-Tukhm-i-Khurfa* (juice of the seeds of *Portulaca oleracea* L.), *Shīra'-i-Tukhm-i-Khiyārayn* (semiliquid obtained by crushing the seeds of *Cucumis sativus* L. & *Cucumis melo* L.) and *Āb-i-Tarbūz* (juice of *Citrullus lanatus* (Thunb.) Matsum. & Nakai) along with *Sharbat-i-Anār*⁴
6. Oral administration of boiled mixture of *Khashkhāsh* (seeds of *Papaver somniferum* L.) and '*Unnāb* (*Zizyphus jujuba* L.) in *Mā' al-Sha'ir* (barley water) along with *Ravghan-i-Bādām Shīrīn* (almond oil).⁴
7. Oral administration of *Tukhm-i-Kanavcha* (seeds of *Phyllanthus maderaspatensis* L.) 5 g and *Nishāsta* (starch) 2 g with *Jullāb* (preparation of rose water and sugar)⁴
8. Oral administration of *Tukhm-i-Katān* (seeds of *Linum usitatissimum* L.) 9 g and *Nishāsta* (starch) 9 g²
9. Oral administration of decoction of *Bihīdāna* (seeds of *Cydonia oblonga* Mill.) 3 g, '*Unnāb* (*Zizyphus jujuba* Mill.) 5 pieces and *Shīra'-i-Khiyārayn* (semiliquid obtained by crushing 6 g seeds of *Cucumis sativus* L. & *Cucumis melo* L.) mixed in water along with *Sharbat-i-Banafsha* 24 g and *Khāksī* (*Sisymbrium altissimum* L.) 5 g¹

10. Local application of paste prepared with *Ārad-i-Jav* (flour of *Hordeum vulgare* L.), *Khaṭmī* (*Althaea officinalis* L.), *Şandal Surkh* (*Pterocarpus santalinus* L.f.), *Şandal Safayd* (*Santalum album* L.), *Shiyāf-i-Māmītha*, *Mughāth* (honeybee), fresh juice of *Mako* (*Solanum americanum* Mill.) and *Kāsnī* (*Cichorium intybus* L.), *Jurāda-i-Kadū* (peel of *Cucurbita moschata* Duchesne) and *Ravghan-i-Banafsha*⁶

Note: All the above formulations are to be given after *Faṣd* (venesection).

Single drugs

- *Rātīnaj* (resin of *Shorea robusta* Gaertn.) [oral]³
- *Āb-i-Barg-i-Mako Sabz Murawwaq* (defrothed juice of the leaves of *Solanum americanum* Mill.) [oral]³
- *Āb-i-Barg-i-Kāsnī Sabz Murawwaq* (defrothed juice of the leaves of *Cichorium intybus* L.) [oral]³
- *Lehsun* (*Allium sativum* L.) [oral]⁴
- *Kharbaq* (*Helleborus niger* L.) [oral]⁴
- *Dār Chīnī* (*Cinnamomum verum* J.Presl) [oral]⁴
- *Hālūn* (*Lepidium sativum* L.) [oral]⁴
- *Maghz-i-Amaltās* (pulp of *Cassia fistula* L.) [local as enema]⁴
- *Āb-i-Kadū* (juice of *Cucurbita moschata* Duchesne) [local]⁴
- *Şandal Safayd* (*Santalum album* L.) [local]⁴
- *Kishnīz Sabz* (fresh *Coriandrum sativum* L.) [local]⁴
- *Bābūna* (*Matricaria chamomilla* L.) [local as irrigation]²
- *Khaṭmī* (*Althaea officinalis* L.) [local as irrigation]²
- Wheat husk [local as irrigation]²

Compound drugs

- *Banādiq al-Buzūr* 3 pills powdered in ‘*Araq-i-Bādiyān* and taken with *Sharbat-i-Khashkhāsh* [oral]³
- *Banādiq al-Buzūr* taken with *Shīr-i-Buz* (goat’s milk) [oral]¹
- *Aflūniyā Rūmī* [oral]^{1,2,4}
- *Sharbat-i-Hasak* [oral]⁹

- *Ravghan-i-Gul* [local]⁹
- *Ravghan-i-Banafsha* with wax [local]⁹

Dietary recommendations

- *Aghdhiya Latifa* (food stuffs which are easy to digest but have little nutritional value and produce sanguine type of humour which is normal in viscosity, e.g. garlic, raddish, spicy and salty fishes).⁵
- Barley water with sugar/*Sharbat-i-Nilofar*¹
- *Isfānākh* (spinach), *Kadū* (*Cucurbita moschata* Duchesne) and *Māsh* (*Vigna radiata* (L.) R. Wilczek)¹
- *Malūkhiya* (*Malva sylvestris* L.) with *Ravghan-i-Bādām Shīrīn* (almond oil)¹
- *Mā' al- 'Asal* (honey water)¹
- *Muzawwara* (a kind of gravy prepared without meat) of *Āb-i-Ghūra* (juice of unripe fruit of *Vitis vinifera* L.)¹
- *Kashkāb* (barley water) with *Sharbat-i-Banafsha*¹
- *Muzawwara* (a kind of gravy prepared without meat) of *Māsh* (*Phaseolus radiatus* L.) and *Isfānākh* (spinach)¹
- *Mā' al-Sha 'īr* (barley water) with *Ravghan-i-Bādām Shīrīn* (almond oil)¹
- *Isfānākh* (spinach) and bread/*Āsh-i-Jav* (barley water) with '*Araq-i-Gulāb* and sugar¹
- *Aghdhiya Latifa* (food stuffs which are easy to digest but have little nutritional value and produce sanguine type of humour which is normal in viscosity, e.g. garlic, raddish, spicy and salty fishes)
- *Mā' al- 'Asal* (honey water) and honey¹⁰
- *Harīra* (Certain drugs are soaked overnight in water/suitable decoction and grinded in mortar and pestle. Sugar is then added and this is fried with *Ravghan Zard* (clarified butter) before using.)²

Dietary restrictions

- Salty and sour diets¹
- Acidic diets and purgatives¹
- Meat²
- Sweet diets²

9. *Waram al-Kulya Bārid* (cold phlegmatic inflammation of the kidney)

It is the inflammation of the kidney due to the predominance of phlegm. It is characterized by mild pain, heaviness accompanied with strain, puffiness of the face and swelling of the body. The principle of treatment includes *Tanqiya-i-Balgham* (evacuation of phlegm) followed by *Idrār* (diuresis) and *Taskhīn-i-Kulya* (producing heat in the kidney)^{1,2,3,4,9}

Formulations

1. Oral administration of decoction of *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Khār Khasak* (*Tribulus terrestris* L.), *Anīsūn* (*Pimpinella anisum* L.), *Parsiyā'oshāq* (*Adiantum capillaris-veneris* L.) and *Halyūn* (*Asparagus officinalis* L.) along with *Gulqand 'Asalī/Sharbat-i-Dīnār/Sharbat Buzūrī/Sharbat-i-Anjīr*. This is to be followed by *Qay'* (induced vomiting).¹
2. Oral administration of decoction of *Aşl al-Sūs* (*Glycyrrhiza glabra* L.), *Bādiyān* (*Foeniculum vulgare* Mill.), *Tukhm-i-Kāsnī* (seeds of *Cichorium intybus* L.) 10.5 g each and sugar 35 g in morning¹
3. Oral administration of decoction of *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Anīsūn* (*Pimpinella anisum* L.), *Tukhm-i-Katān* (seeds of *Linum usitatissimum* L.) and *Parsiyā'oshāq* (*Adiantum capillaris-veneris* L.) along with *Gulqand 'Asalī*¹
4. *Huqna* (enema) with decoction of *Bābūna* (*Matricaria chamomilla* L.), *Nākhūna* (pods of *Trigonella uncata* Boiss.), *Darmana Turkī* (*Artemisia maritima* L.), *Soyā* (seeds of *Anethum sowa* Roxb. ex Flem.), *Sudāb* (*Ruta graveolens* L.), branch of *Karam Kalla* (*Brassica olearacea* L.), *Tukhm-i-Hulba* (seeds of *Trigonella foenum-graecum* L.), *Khār Khasak* (*Tribulus terrestris* L.), *Anjīr* (*Ficus carica* L.), *Ravghan-i-Kunjad*, *Namak* (salt) and *Būra Armanī* (Armenian earth)³
5. *Ābzān* (Sitz bath) with *Bābūna* (*Matricaria chamomilla* L.), *Iklīl al-Malik* (pods of *Trigonella uncata* Boiss. & Noe), *Sabūs-i-Gandum* (*Triticum aestivum* L.) and *Kashak-i-Jav* (barley water of thick consistency)¹
6. Local application of paste prepared with *Ārad-i-Jav* (flour of *Hordeum vulgare* L.), *Āb-i-Kishnīz* (juice of *Coriandrum sativum* L.) and *Āb-i-Kāsnī* (juice of *Cichorium intybus* L.)¹

Single drugs

- *Āb-i-Mawīz* (juice of *Vitis vinifera* L.) [oral]¹
- *Āb-i-Turanjabīn* (juice of *Alhagi maurorum* Medik.) [oral]¹
- *Bābūna* (*Matricaria chamomilla* L.) [local]⁹
- *Nammām* (*Ocimum americanum* L.) [local]⁹
- *Barg-i-Ghār/Ghār* (leaf of *Laurus nobilis* L.) [local]^{2,9}
- *Marzanjosh* (*Origanum vulgare* L.) [local]⁹
- *Maghz-i-Amaltās* (pulp of pods of *Cassia fistula* L.) [local as paste and enema]³
- *Sudāb* (*Ruta graveolens* L.) [local as paste and enema]²

Compound drugs

- *Julanjabīn* [oral]⁹
- *Ayārij-i-Fayqrā* [oral]⁹
- *Ravghan-i-Qust* [local]^{3,9}
- *Ravghan-i-Bābūna* [local]^{3,9}
- *Ravghan-i-Hasak* [local]^{3,9}
- *Ravghan-i-Sudāb* [local]⁹
- *Ravghan-i-Ghār* [local]²

Dietary recommendations

- *Muzawwara* (a kind of gravy prepared without meat) of *Nakhūd* (*Cicer arietinum* L.) *wa Māsh* (*Phaseolus radiatus* L.)¹
- Chicken¹
- Roasted chicks or partridge¹
- *Pudīna* (*Mentha arvensis* L.)¹
- *Karafs* (*Apium graveolens* L.)¹

10. *Waram al-Kulya Ṣulb* (hard inflammation of the kidney)

This type of inflammation occurs due to non-resolution of either *Waram al-Kulya Hārr* or *Waram al-Kulya Bārid* and sometimes due to

accumulation or predominance of *Sawdā'* (black bile) in the kidney. It is characterized by severe heaviness, numbness of the lower part of the body and watery urine. The principle of treatment includes *Tanqiya-i-Sawdā'* (evacuation of black bile) and *Talyīn-i-Kulya* (softening of the hard swelling of the kidney)^{1,2,3}

Formulations

1. Oral administration of *Tukhm-i-Khatmī* (seeds of *Althaea officinalis* L.), *Tukhm-i-Alsī* (seeds of *Linum usitatissimum* L.) and *Methī* (*Trigonella foenum-graecum* L.) along with *Tukhm-i-Khiyārāyn* (seeds of *Cucumis sativus* L. & *Cucumis melo* L.) and *Tukhm-i-Tarbūz* (seeds of *Citrullus lanatus* (Thunb.) Matsum. & Nakai)^{2,3}
2. Oral administration of *Kashak-i-Jav* (barley water of thick consistency) with *Sharbat-i-Khashkhāsh* and *Sharbat-i-Banafsha*¹
3. Oral administration of *Khiyār Shambār* (pulp of pods of *Cassia fistula* L.) with *Jullāb* (preparation of rose water and sugar)¹
4. Oral administration of *Tukhm-i-Khiyārāyn* (seeds of *Cucumis sativus* L. & *Cucumis melo* L.), *Khurfa* (*Portulaca oleracea* L.) and *Khashkhāsh* (seeds of *Papaver somniferum* L.) with *Sharbat-i-Banafsha*¹
5. Oral administration of decoction of *Aşl al-Sūs* (root of *Glycyrrhiza glabra* L.) with *Jullāb* (preparation of rose water and sugar)¹
6. Oral administration of powder of *Tukhm-i-Khiyārāyn* (seeds of *Cucumis sativus* L. & *Cucumis melo* L.), *Tukhm-i-Kadū* (seeds of *Cucurbita moschata* Duchesne), *Tukhm-i-Katān* (seeds of *Linum usitatissimum* L.), *Khatmī* (*Althaea officinalis* L.) and *Khubbāzī* (*Malva sylvestris* L.) 1 part each in the dose of 10.5 g with *Sharbat-i-Banafsha*⁶
7. *Ābzān* (Sitz bath) having *Ushaq* (*Dorema ammoniacum* D.Don.), *Rātīnaj* (resin), *'Ilk al-Buṭm* (*Pistacia vera* L.), *Bābūna* (*Matricaria chamomilla* L.), *Iklīl al-Malik* (pods of *Trigonella uncata* Boiss. & Noe), *Khubbāzī* (*Malva sylvestris* L.) and *Hulba* (*Trigonella foenum-graecum* L.) as ingredients¹
8. *Naṭūl* (irrigation)/*Huqna* (enema) with decoction of *Bābūna* (*Matricaria chamomilla* L.), *Khār Khasak* (*Tribulus terrestris* L.), *Alsī* (*Linum usitatissimum* L.), *Banafsha* (*Viola odorata* L.), *Bisfāyij* (*Polypodium vulgare* L.), *Anjīr* (*Ficus carica* L.) and *Methī* (*Trigonella foenum-graecum* L.)^{1,3}

9. Local application of decoction of *Barg-i-Khubbāzī* (leaf of *Malva sylvestris* L.) with *Ravghan-i-Gul*¹
10. Local application of paste prepared with *Bābūna* (*Matricaria chamomilla* L.), *Nākhūna* (pods of *Trigonella uncata* Boiss.), *Hulba* (*Trigonella foenum-graecum* L.), *Ārad-i-Bāqla* (flour of *Vicia faba* L.), *Khaṭmī* (*Althaea officinalis* L.), *Ushaq* (*Dorema ammoniacum* D.Don.) and *Muqil* (*Commiphora mukul* (Hook. ex Stocks) Engl)¹

Single drugs

- *Bābūna* (*Matricaria chamomilla* L.) [oral]²
- *Khasak* (*Tribulus terrestris* L.) [oral]²
- *Bisfāyij* (*Polypodium vulgare* L.) [oral]²
- *Murr* (*Commiphora myrrha* (Nees) Engl.) [oral & local]¹
- *Nākhūna* (pods of *Trigonella uncata* Boiss.) [local]²
- *Tukhm-i-Katān* (seeds of *Linum usitatissimum* L.) [local]²
- *Zūfā Raṭb* (*Nepeta orientalis* Mill.) [local]¹

Compound drugs

- *Maṭbūkh-i-Aftīmūn* [oral]⁶
- *Maṭbūkh-i-Khiyār Shambar* [oral]¹
- *Sikanjabīn Aftīmūnī* [oral]¹
- *Iṭrīṣal Kabīr* [oral]¹
- *Ravghan-i-Bābūna* [local]^{1,2,3}
- *Ravghan-i-Qurṭūm* [local]^{1,3}
- *Ravghan-i-Ghār* [local]^{1,2,3}
- *Ravghan-i-Qusṭ* [local & fomentation]^{1,2,3}
- *Ravghan-i-Shibit* [local & fomentation]^{1,2,3}
- *Marham Dākhiliyūn* [local]⁶

Dietary recommendations

- *Zīrbāj* (a diet comprising of meat, vinegar and cloves)¹
- *Mā' al-Jubn* (whey)¹
- *Isfīdbāj* (preparation made of meat without addition of spices)⁶

11. Qurūḥ al-Kulya (renal ulcers)

These are ulcers found in the kidney. According to *Ibn Sīna*, ulcers of the kidneys can be caused due to injury, boils, passing of acute bilious saline humours, passing of calculus and abrasions caused by the detachment of hard viscous humour. In this condition, patient feels pain without heaviness and distension at renal angle. There is appearance of pus, blood and dead tissues in urine. Excessive thirst, nausea, foul smelling urine indicate ulcers of the kidneys.^{1,3,4,6}

Formulations

1. Oral administration of camel's milk with *Sharbat Buzūrī*³
2. Oral administration of *Āb-i-Tukhm-i-Khiyārayn* (juice of seeds of *Cucumis sativus* L. & *Cucumis melo* L.) and *Āb-i-Tukhm-i-Kharbūza* (juice of seeds of *Cucumis melo* L.) along with *Sharbat-i-Anār*⁴
3. Oral administration of *Āb-i-Tarbūz* (juice of *Citrullus lanatus* (Thunb.) Mastum. & Nakai, *Tabāshīr* (*Bambusa bambos* (L.) Voss) and *Gil Armanī* (Armenian earth) with *Sharbat-i-Khashkhāsh*⁴
4. Oral administration of powder of *Maghz-i-Tukhm-i-Khiyārayn* (seed kernel of *Cucumis sativus* L. & *Cucumis melo* L.), *Maghz-i-Tukhm-i-Khurfa* (seed kernel of *Portulaca oleracea* L.) and *Maghz-i-Tukhm-i-Khas* (seed kernel of *Lactuca serriola* L.) 10 g each, *Savṇf* (*Foeniculum vulgare* Mill.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) and *Ajwā'in Khurasānī* (*Hyoscyamus niger* L.) 3.5 g each and *Afyūn* (dried latex of *Papaver somniferum* L.) 2 g. Dose - 7 g with *Jullāb* (preparation of rose water and sugar)/*Sharbat-i-Banafsha*.⁴
5. Oral administration of decanted water of *Post-i-Halayla Zard* (fruit rind of *Terminalia citrina* Roxb. ex Fleming), *Halayla Kābulī* (*Terminalia chebula* Retz.), deseeded *Āmla* (*Phyllanthus emblica* L.), *Post-i-Balayla* (fruit rind of *Terminalia bellirica* (Gaertn.) Roxb.), *Kishnīz Khushk* (dried *Coriandrum sativum* L.), *Bādiyān* (*Foeniculum vulgare* Mill.) 17.5 g each and *Birang Kābulī Muqashshar* (dehusked *Embelia ribes* Burm.f.) 8.75 g. This is to be taken for 5-7 days.¹
6. Oral administration of powder of *Gokhrū* (*Tribulus terrestris* L.), *Sang-i-Jarāḥat* (Soap stone) and *Bījband* (*Rumex maritimus* L.) in equal parts mixed with equal amount of sugar. Dose - 3.5 g with *Lassī/Shīr-i-Buz* (goat's milk).¹

7. Oral administration of *Tukhm-i-Khiyār* (seeds of *Cucumis sativus* L.) and *Gil Armanī* (Armenian earth) with *Jullāb* (preparation of rose water and sugar)¹
8. Oral administration of *Parsiyā'oshān* (*Adiantum capillaris-veneris* L.) and *Bīkh-i-Sosan* (root of *Iris ensata* Thunb.) with *Mā'al-'Asal* (honey water)¹
9. Oral administration of *Bazr-i-Katān* (seeds of *Linum usitatissimum* L.) and *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 1 part each and *Nishāsta* (starch) 2 parts with *Mā' al-'Asal* (honey water)¹
10. Oral administration of *Maghz-i-Chilghoza* (seed kernel of *Pinus gerardiana* Wall. ex D. Don) and *Maghz-i-Tukhm-i-Khiyār* (seed kernel of *Cucumis sativus* L.) 48 g¹
11. Oral administration of *Maghz-i-Tukhm-i-Khiyār* (seed kernel of *Cucumis sativus* L.), *Tukhm-i-Khiyār* (seeds of *Cucumis sativus* L.), *Bādrang* (*Cucumis sativus* L.) and *Bazr-i-Katān* (seeds of *Linum usitatissimum* L.) 10.5 g each, *Nishāsta* (starch), *Gil Armanī* (Armenian earth) 7 g and *Khashkhāsh* (seeds of *Papaver somniferum* L.) 15 g. Dose 7-10.5 g with *Sharbat-i-Khashkhāsh*.⁶
12. In absence of fever, oral administration of *Maghz-i-Tukhm-i-Khiyār* (seeds of *Cucumis sativus* L.), *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.) and *Maghz-i-Tukhm-i-Kadū* (seed kernel of *Cucurbita moschata* Duchesne) in the dose of 17.5 g for 3 days¹
13. In absence of pus discharge, oral administration of *Āb-i-Sabūs-i-Gandum* (decoction of husk of *Triticum aestivum* L.) with sugar and *Ravghan-i-Bādām Shīrīn* (almond oil)¹
14. In absence of fever, oral administration of decoction of *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Bīkh-i-Bādiyān* (root of *Foeniculum vulgare* Mill.) and *Bīkh-i-Idhkhīr* (root of *Cymbopogon jwarancusa* (Jones) Schult.) along with *Mā' al-'Asal* (honey water) for *Tanqiya-i-Qurūh*¹
15. Oral administration of powder of *Fitrāsāliyūn* (*Petroselinum crispum* (Mill.) Nyman ex A.W. Hill), *Karafs* (seeds of *Apium graveolens* L.), *Anīsūn* (*Pimpinella anisum* L.), *Fuwrah* (*Rubia cordifolia* L.), *Murr* (*Commiphora myrrha* (Nees) Engl.), *Rāsan* (*Inula helenium* L.) and *Maghz-i-Tukhm-i-Kharpaza* (seed kernel of *Cucumis melo* L.) in the dose of 3.5 g with *Mā' al-'Asal* (honey water)¹

16. Oral administration of powder of *Bazr-i-Katān* (seeds of *Linum usitatissimum* L.), *Nishāsta* (starch), *Gil Armanī* (Armenian earth) and *Kākanaj* (*Physalis alkekengi* L.) 10.5 g each in the dose of 10.5 g with *Sharbat-i-Khashkhāsh* 35 ml¹
17. Oral administration of *Āb-i-Hinduwāna* (juice of *Citrullus lanatus* (Thunb.) Mastum. & Nakai), *Tabāshīr* (*Bambusa bambos* (L.) Voss), *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.), *Maghz-i-Tukhm-i-Khiyār* (seed kernel of *Cucumis sativus* L.) and *Maghz-i-Tukhm-i-Kharpaza* (seed kernel of *Cucumis melo* L.) with *Sharbat-i-Anār*¹
18. Oral administration of *Gil Armanī* (Armenian earth) with *Sharbat-i-Khashkhāsh*¹
19. Oral administration of *Āb-i-Anār Shīrīn* (juice of *Punica granatum* L.) with *Parsiyā'oshān* (*Adiantum capillaris-veneris* L.)¹
20. Oral administration of *Tukhm-i-Khiyār* (seeds of *Cucumis sativus* L.) and *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.) with *Jullāb* (preparation of rose water and sugar)¹
21. Local application of *Dimād* (paste) prepared with *Şandal Safayd* (*Santalum album* L.), *Gul Surkh* (*Rosa damascena* Mill.), *Māzū* (*Quercus infectoria* Olivier), rose water and vinegar¹
22. Local application of *Dimād* (paste) prepared with *Ārad-i-Jav* (flour of seeds of *Hordeum vulgare* L.), *Khaṭmī* (*Althaea officinalis* L.), *Banafsha* (*Viola odorata* L.), *Āb-i-Mako* (juice of *Solanum americanum* Mill.) and *Ravghan-i-Gul*¹
23. *Ābzān* (Sitz bath) with *Gul-i-Bābūna* (flower of *Matricaria chamomilla* L.), *Barg-i-Nīm* (leaf of *Azadirachta indica* A. Juss.), *Barg-i-Anār* (leaf of *Punica granatum* L.), *Panba Bāghī* (*Gossypium herbaceum* L.), *Fajanākusht* (*Vitex negundo* L.), *Tukhm-i-Qurṭum* (seeds of *Carthamus tinctorius* L.), *Gokhrū* (*Tribulus terrestris* L.), *Parsiyā'oshān* (*Adiantum capillaris-veneris* L.), *Tukhm-i-Khubbāzī* (seeds of *Malva sylvestris* L.), *Bazr al-Banj* (*Hyoscyamus niger* L.) and *Shibit* (*Anethum sowa* Roxb. ex Flem.) 60 g each, *Bādiyān* (*Foeniculum vulgare* Mill.), *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.), *Barg-i-Karnab* (leaf of *Crambe maritima* L.) and *Yāsmīn* (*Jasminum officinale* L.) 98 g each¹

Single drugs

- *Dam al-Akhwayn* (*Dracaena cinnabari* Balf.f.) [oral]^{1,3}
- *Gil Armanī* (Armenian earth) [oral]^{1,3}

- *Kāghaz Sokhta* (burnt paper) [oral]^{1,3}
- *Fuwwah* (*Rubia cordifolia* L.) [oral]¹
- *Azfar al-Tib* (onycha) [oral]¹
- *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.) [oral]¹
- *Āb-i-Mūrad* (juice of *Myrtus communis* L.) [local as liniment]¹

Compound drugs

- *Qurş-i-Kahrubā* [oral]³
- *Qurş-i-Shibit* [oral]³
- *Banādiq al-Buzūr* with *Sharbat-i-Khashkhāsh* [oral]⁴
- *Qurş-i-Kākanaj* orally with *Shīr-i-Khar* (milk of she donkey) and *Sharbat-i-Khashkhāsh*¹
- *Sharbat-i-Ālū Bālū* orally with *Shīra'-i-Tukhm-i-Khurfa* (semiliquid obtained by crushing the seeds of *Portulaca oleracea* L.), *Khashkhāsh* (seeds of *Papaver somniferum* L.) and *Tukhm-i-Khiyār* (seeds of *Cucumis sativus* L.)¹
- *Sharbat-i-Banafsha* [oral with water]¹
- *Sharbat-i-Kashūth 'Alvī Khān* [oral]¹
- *Safūf-i-Māmīrān* [oral]¹
- *Ma'jūn-i-Abū Māhir* [oral with milk]¹

Dietary recommendations

- *Isfīdbāj* (preparation made of meat without addition of spices) with *Māsh* (*Phaseolus radiatus* L.) and *'Adas* (*Lens culinaris* Medik.)⁶
- Half-fried egg with *Ravghan-i-Bādām Shīrīn* (almond oil), sugar and *Khashkhāsh* (seeds of *Papaver somniferum* L.)⁶
- *Mā' al-Sha'īr* (barley water) with *Sharbat-i-Khashkhāsh/Sharbat-i-Banafsha/Sharbat-i-Anjīr*¹
- *Muzawwara* (a kind of gravy prepared without meat) of *Ghūra* (unripe *Vitis vinifera* L.) with *Sumāq* (*Rhus coriaria* L.) and *Anārdāna* (*Punica granatum* L.)¹
- *Muzawwara* (a kind of gravy prepared without meat) of *Māsh* (*Phaseolus radiatus* L.)¹

- *Shīra'-i-Bādām Shīrīn* (semi liquid obtained by crushing the seeds of *Prunus amygdalus* Batsch)¹
- Fresh *Kadū* (*Cucurbita moschata* Duchesne)¹
- *Shīr-i-Khar* (milk of she donkey) 96 g with sugar 35 g¹
- Egg yolk, *Kāhū* (*Lactuca sativa* L.), *Kāsnī* (*Cichorium intybus* L.), *Khurfa* (*Portulaca oleracea* L.), *Muzawwara* (a kind of gravy prepared without meat) of *Isfānākh*, chicks¹

Dietary restrictions

- Spicy, sweet and sour diet^{2,4}

12. *Haṣā wa Raml al-Kulya* (renal calculi and crystals)

These are renal calculi. According to *Ibn Sīna*, the inflammation and obstruction of the kidneys, due to their impaired temperament, weaken their expulsive faculty resulting into retention of viscous humour inside them which is later transformed into calculi by the action of innate heat of the kidneys. They are characterized by pain in pubic region, retention of urine, urethral itching, etc. The principle of treatment includes *Taskīn-i-Alam* (relieving the pain) and *Taftīt-i-Haṣāt* (breaking of calculi)^{1,2,4}

Formulations

1. Oral administration of powder of *Tukhm-i-Kharbūza* (seeds of *Cucumis melo* L.), *Tukhm-i-Kakrī* (seeds of *Cucumis sativus* L.), *Tukhm-i-Halyūn* (seeds of *Asparagus officinalis* L.) and *Gokhrū* (*Tribulus terrestris* L.) 10 g each, *Post-i-Bīkh-i-Kabar* (root bark of *Capparis spinosa* L.), *Bīkh-i-Kākanaj* (root of *Physalis alkekengi* L.), *Savnf* (*Foeniculum vulgare* Mill.) and *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) 3.5 g each and *Hajar al-Yahūd* (silicate of lime) 7 g. This is taken in the dose of 7 g with 1 g ash of scorpion along with decoction of *Parsiyā'oshāq* (*Adiantum capillaris-veneris* L.) and *Tukhm-i-Khubbāzī* (seeds of *Malva sylvestris* L.).⁴
2. Oral administration of powder of *Maghz-i-Tukhm-i-Khiyārayn* (seed kernel of *Cucumis sativus* L. & *Cucumis melo* L.), *Tukhm-i-Kharbūza* (seeds of *Cucumis melo* L.), *Tukhm-i-Halyūn* (seeds of *Asparagus officinalis* L.), *Tukhm-i-Khubbāzī* (seeds of *Malva sylvestris* L.), *Savnf* (*Foeniculum vulgare* Mill.), *Tukhm-i-Karafs*,

(seeds of *Apium graveolens* L.) 1 part each, *Bādām Shīrīn* (*Prunus amygdalus* Batsch), *Habb al-Bān* (*Melia azedarach* L.), *Bīkh-i-Kākanaj* (root of *Physalis alkekengi* L.), *Habb-i-Balsān* (seed of *Commiphora gileadensis* (L.) C.Chr.), *Dūqū* (*Anethum graveolens* L.), *Idhkhir* (bud of *Cymbopogon jwarancusa* (Jones ex Roxb.) Schult.), *Nānkhvāh* (*Trachyspermum ammi* (L.) Sprague), *Tukhm-i-Sudāb* (seeds of *Ruta graveolens* L.), *Filfil Siyāh* (*Piper nigrum* L.), *Gul Surkh* (*Rosa damascena* Mill.) and *Nāgarmoth* (*Cyperus rotundus* L.) ½ part each in the dose of 10 g with decoction of *Parsiyā'oshān* (*Adiantum capillaris-veneris* L.) and *Post-i-Bīkh-i-Kabar* (root bark of *Capparis spinosa* L.)/*Mā'al-Uṣūl*⁴

3. Oral administration of *Āb-i-Tarbūz* (juice of *Citrullus lanatus* (Thunb.) Mastum. & Nakai) with *Sharbat-i-Khashkhāsh* and *Sikanjabīn Uṣūl*⁴
4. *Naṭūl* (irrigation) with decoction of *Gul-i-Palās* (flower of *Butea monosperma* (Lam.) Taub.), *Gul-i-Mu'sfar* (*Schleichera oleosa* Merr.), *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.), *Tukhm-i-Khiyārāyn* (seeds of *Cucumis sativus* L.) and *Khār Khasak* (*Tribulus terrestris* L.) in water. Thereafter its sediment is applied locally.¹
5. *Ābzān* (Sitz bath) with *Tukhm-i-Shibit* (seeds of *Anethum sowa* Roxb. ex Flem.), *Bādiyān* (*Foeniculum vulgare* Mill.), *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.), *Qurṭum* (*Carthamus tinctorius* L.) and *Gokhrū* (*Tribulus terrestris* L.) 60 g each, *Iklīl al-Malik* (pods of *Trigonella uncata* Boiss. & Noe) 36 g, *Nakhūd Siyāh* (*Cicer arietinum* L.), *Tukhm-i-Turb* (seeds of *Raphanus sativus* L.) and *Gul-i-Bābūna* (flower of *Matricaria chamomilla* L.) 98 g¹
6. Oral administration of *Hajar al-Yahūd* (silicate of lime), *Shīra'-i-Mako* (semiliquid obtained by crushing the seeds of *Solanum americanum* Mill.), *Shīra'-i-Khiyārāyn* (semiliquid obtained by crushing the seeds of *Cucumis sativus* L. & *Cucumis melo* L.) and *Shīra'-i-Khār Khasak* (semiliquid obtained by crushing the seeds of *Tribulus terrestris* L.) 6 g each with *Sharbat Buzūrī* 24 g, *Gulqand* 12 g, *Sharbat-i-Anār* 12 ml and *Tūdrī* (*Cheiranthus cheiri* L.) (sprinkled) for relief of backache and pelvic pain¹
7. Oral administration of powder or concoction of *Habb al-Qilt* (*Macrotyloma uniflorum* (Lam.) Verdc.) 6 g with sugar¹
8. Oral administration of powder of *Gul-i-Dā'ūdī* (flower of *Chrysanthemum indicum* L.) mixed with equal amount of sugar in the dose of 7-21 g with water¹

9. Oral administration of ash of wood of *Angūr* (*Vitis vinifera* L.) 6 g with *Shīra'-i-Gokhrū* (semiliquid obtained by crushing the seeds of *Tribulus terrestris* L.)¹
10. Oral administration of powder of *Jawākhār* 4.5 g, *Shora* (Potassium nitrate) 9 g and *Tukhm-i-Gazar* (seeds of *Daucus carota* L.) 18 g in the dose of 4.5 g with whey of cow's milk¹
11. Oral administration of *Tukhm-i-Turb* (seeds of *Raphanus sativus* L.) and *Tukhm-i-Qilt* (seeds of *Dolichos biflorus* L.) in equal amount in the dose of 3.5 g with *Ravghan-i-Yāsmīn*¹
12. Oral administration of *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.), *Qurṭum* (*Carthamus tinctorius* L.), *Za'farān* (*Crocus sativus* L.) and *Qilt* (*Dolichos biflorus* L.) with sugar¹
13. Oral administration of *Khār Khasak* (*Tribulus terrestris* L.), *Bādiyān* (*Foeniculum vulgare* Mill.) and *Anīsūn* (*Pimpinella anisum* L.) 7 g each, *Hīl* (*Amomum subulatum* Roxb.), *Habb-i-Kākanaj* (*Physalis alkekengi* L.) and *Parsiyā'oshān* (*Adiantum capillaris-veneris* L.) 3 g each, *Dār Chīnī* (*Cinnamomum verum* J.Presl) and *Iklīl al-Malik* (pods of *Trigonella uncata* Boiss. & Noe) 2 g each, *Qaranful* (*Syzygium aromaticum* (L.) Merr. & L.M.Perry) 1 g, sugar 48 g, water 960 g and *Hajar al-Yahūd* (silicate of lime) 3 g with *Ma'jūn-i-'Aqrab/Ma'jūn-i-Yadullah* 7 g [beneficial for expulsion of renal calculi. Repeated intake for 3-4 times till large calculi break into pieces and are expelled out.]¹
14. Oral administration of *Ma'jūn* prepared with *Sang Sarmāhī* (otolith from fish) and *Hajar al-Yahūd* (silicate of lime) 7 g each, *Şadaf* (pearl) 3.5 g, *Maghz-i-Tukhm-i-Kharpaza* (seed kernel of *Cucumis melo* L.), *Maghz-i-Tukhm-i-Khiyārayn* (seed kernel of *Cucumis sativus* L. & *Cucumis melo* L.), *Maghz-i-Kasta Ālū* (seed kernel of *Prunus domestica* L.), *Tukhm-i-Halyūn* (seeds of *Asparagus officinalis* L.), *Maghz-i-Habb al-Mahlab* (kernel of *Cerasus mahaleb* (L.) Mill.) 9 g, *Anīsūn* (*Pimpinella anisum* L.), *Dūqū* (*Anethum graveolens* L.), *Kākanaj* (*Physalis alkekengi* L.), *Tukhm-i-Qilt* (seeds of *Dolichos biflorus* L.), *Khār Khasak* (*Tribulus terrestris* L.), *Maghz-i-Tukhm-i-Kāhū* (seeds of *Lactuca sativa* L.) and *Maghz-i-Chilghoza* (seed kernel of *Pinus gerardiana* Wall. ex D. Don) 4.5 g each, sugar, *Sharbat-i-Halyūn*, equal amount, *'Araq-i-Bedmushk*, *'Araq-i-Gulāb* 240 ml, *'Ambar* 1.75 g¹
15. Oral administration of decoction prepared with *Bādiyān* (*Foeniculum vulgare* Mill.), *Anīsūn* (*Pimpinella anisum* L.), *Tukhm-*

i-Kharpaza (seeds of *Cucumis melo* L.), *Tukhm-i-Khiyārāyn* (seeds of *Cucumis sativus* L. & *Cucumis melo* L.), *Khār Khasak* (*Tribulus terrestris* L.), *Parsiyā'oshān* (*Adiantum capillaris-veneris* L.), *Tukhm-i-Khubbāzī* (seeds of *Malva sylvestris* L.), *Gul-i-Banafsha* (flower of *Viola odorata* L.), *Tukhm-i-Kashūth* (seeds of *Cuscuta reflexa* Roxb.) and *Habb al-Qilt* (seeds of *Macrotyloma uniflorum* (Lam.) Verdc.) in '*Araq-i-Khār Shutr*' (distillate of *Alhagi maurorum* Medik.) 400 ml along with *Sharbat Buzūrī*/*Sharbat-i-Dīnār*/*Sharbat-i-Ālū Bālū* 24.5 ml¹

16. Oral administration of powder of *Maghz-i-Tukhm-i-Qurtūm* (seed kernel of *Carthamus tinctorius* L.) mixed with equal amount of sugar in the dose of 24 g twice daily¹

Single drugs

- *Shīra'-i-Kashūth* (semiliquid obtained by crushing the seeds of *Cuscuta reflexa* Roxb.) [oral]¹
- *Bīkh-i-Kabar* (root of *Capparis spinosa* L.) [oral]¹
- *Halyūn* (*Asparagus officinalis* L.) [oral]¹
- *Habb al-Qilt* (*Macrotyloma uniflorum* (Lam.) Verdc.) [oral]¹
- *Qusṭ Hindī* (*Saussurea costus* (Falc.) Lipsch.) [oral]¹
- *Stīr* (*Allium sativum* L.) [oral for seven consecutive days before breakfast]¹
- *Sambāzaj* (emery) [oral in powdered form]¹
- *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.) [oral]¹
- *Tukhm-i-Khiyār* (seeds of *Cucumis sativus* L.) [oral]¹
- *Khubbāzī* (*Malva sylvestris* L.) [oral]¹
- *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) [oral]¹
- *Nānkhvāh* (*Trachyspermum ammi* (L.) Sprague) [oral]¹
- *Sa'd Kūftī* (*Cyperus rotundus* L.) [oral]¹
- *Zīra* (*Carum carvi* L.) [oral]¹
- *Tukhm-i-Turb* (seeds of *Raphanus sativus* L.) [oral]¹
- *Bādām Talkh* (*Prunus dulcis* (Mill.) D.A.Webb.) [oral]¹
- *Gul-i-Dā'ūdī* (*Chrysanthemum indicum* L.) [oral as decoction]¹
- *Khār Khasak* (*Tribulus terrestris* L.) [oral & locally as enema]¹

Compound drugs

- *Safūf-i-Hajar al-Yahūd* [oral]¹
- *Ma'jūn-i-Hajar al-Yahūd* [oral]¹
- *Tiryāq Fārūq* [oral]¹
- *Kushta-i-Marjān* [oral]¹
- *Amrūsiyā* [oral]¹
- *Dawā' al-Kurkum* [oral]¹
- *Kushta-i-Hajar al-Yahūd* [oral]¹
- *Sharbat-i-Ālū Bālū* [oral]¹
- *Sharbat-i-Halyūn* [oral]¹
- *Ravghan-i-Sosan* [local]⁴
- *Ravghan-i-Sumbul al-Tīb* [local]⁴
- *Ravghan-i-Hinā'* [local]⁴
- *Ravghan-i-Gul* [local]¹
- *Ravghan-i-Bābūna* [local]¹

Dietary recommendations

- *Aghdhiya Laṭīfa* (food stuffs which are easy to digest but have little nutritional value and produce sanguine type of humour which is normal in viscosity, e.g. garlic, raddish, spicy and salty fishes)^{4,5}
- *Isfīdbāj* (preparation made of meat without addition of spices)⁴
- Soup prepared with black gram, chicken and *Khubbāzī* (*Malva sylvestris* L.)⁴
- Decanted water of black gram mixed with almond oil⁴
- Fermented bread along with *Halyūn* (*Asparagus officinalis* L.)/spicy vegetables/walnuts/*Habb-i-Şanūbar*⁵
- Meat of sparrow, chicken/chick⁵
- Carrot⁵
- Dried fig with walnut⁵

13. Dhayābītus Hārr (diabetes mellitus)

It is a disease in which the kidney expels maximum water due to strengthening of its expulsive faculty. As a result, the patient remains thirsty. The most common cause is the increase in innate heat of the kidney either simple or organic which increases the absorption of water from the kidney and thereby its expulsion. The principle of treatment includes *Taskīn-i-'Aṭash* (quenching of thirst), *Tabrīd* (cooling) and *Tarṭīb-i-Badan* (moistening of body)^{1,2,4,6}

Formulations

1. Oral administration of *Mā' al-Sha'īr* (barley water) alone or along with *Ravghan-i-Bādām Shīrīn* (almond oil)¹
2. Local application of *Dimād* (paste) prepared with *Sandal Safayd* (*Santalum album L.*), *Gulnār Fārsī* (flower of *Punica granatum L.*), *Aqāqiyā* (*Acacia nilotica (L.)* Willd. ex Delile), *Gil Armanī* (Armenian earth) and *Ārad-i-Jav* (flour of *Hordeum vulgare L.*) mixed with *'Araq-i-Gulāb* (rose water) and *Āb-i-Kāsnī* (fresh juice of *Cichorium intybus L.*) on renal area¹
3. Oral administration of powder of *Kishnīz Khushk* (dried *Coriandrum sativum L.*), *Gul Surkh* (*Rosa damascena Mill.*), *Tabāshīr* (*Bambusa bambos (L.)* Voss), *Tukhm-i-Kāhū* (seeds of *Lactuca sativa L.*), *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea L.*), *Gil Armanī* (Armenian earth) and *Şamagh 'Arabī* (gum of *Acacia nilotica (L.)* Willd. ex Delile) 0.5 g each and *Kāfür* (*Cinnamomum camphora (L.)* J.Presl) 125 mg along with *Sharbat-i-Anār Shīrīn* 12 ml¹
4. Oral administration of powder of *Gulnār Fārsī* (flower of *Punica granatum L.*) with equal amount of sugar in the dose of 12 g before breakfast¹
5. Oral administration of *Qurş* (tablet) prepared with *Tabāshīr* (*Bambusa bambos (L.)* Voss), *Rubb al-Sūs* (extract of *Glycyrrhiza glabra L.*), *Maghz-i-Tukhm-i-Khiyārīn* (seeds of *Cucumis sativus L.* & *Cucumis melo L.*), *Tukhm-i-Kāhū* (seeds of *Lactuca sativa L.*), *Tukhm-i-Khurfa Biryānī* (roasted seeds of *Portulaca oleracea L.*) and *Sandal Safayd* (*Santalum album L.*) 1 part each, *Kishnīz Khushk* (dried *Coriandrum sativum L.*), *Gil Armanī* (Armenian earth) and *Nishāsta* (starch) 1/2 part each, *Gulnār Fārsī* (flower of *Punica granatum L.*), *Sumāq* (*Rhus coriaria L.*) and *Şamagh 'Arabī* (gum of *Acacia nilotica (L.)* Willd.ex Delile) 1.5 parts each¹

6. Oral administration of *Qurṣ* (tablet) prepared with *Ṭabāshīr* (*Bambusa bambos* (L.) Voss), *Rubb al-Sūs* (extract of *Glycyrrhiza glabra* L.), *Şamagh ‘Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile) and *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 1.75 g each, *Kāfūr* (*Cinnamomum camphora* (L.) J.Presl) and *Afȳūn* (dried latex of *Papaver somniferum* L.) 250 mg each, and *Lu’āb-i-Aspghol* (mucilage of seeds of *Plantago ovata* Forssk.) along with *Āb-i-Tamar Hindī* (juice of *Tamarindus indica* L.)¹
7. Local application of *Dimād* (paste) prepared with *Şandal Safayd* (*Santalum album* L.), *Kāfūr* (*Cinnamomum camphora* (L.) J.Presl) and *Gul Surkh* (*Rosa damascena* Mill.).^{1,6}
8. Local application of *Dimād* (paste) prepared with *Şandal Safayd* (*Santalum album* L.), *Şandal Surkh* (*Pterocarpus santalinus* L. f.) and *Gul Surkh* (*Rosa damascena* Mill.) 14 g each, *Aspghol* (*Plantago ovata* Forsk.) 10.5 g, *Gil Armanī* (Armenian earth), *Gulnār Fārsī* (flower of *Punica granatum* L.) 7 g and *Āb-i-Khurfa* (juice of *Portulaca oleracea* L.)/*Āb-i-Kāhū* (juice of *Lactuca sativa* L.)^{1,6}
9. Local application of *Dimād* (paste) prepared with *Aqāqiyā* (*Acacia nilotica* (L.) Willd. ex Delile), *Kāfūr* (*Cinnamomum camphora* (L.) J.Presl), *Şandal Safayd* (*Santalum album* L.) and *Bazr al-Banj* (*Hyoscyamus niger* L.) equal part with *‘Araq-i-Gulāb* (rose water) on hypochondric region¹
10. Oral administration of *Mā’ al-Sha‘īr* (barley water) with *Sharbat-i-Khashkhāsh*⁴
11. Oral administration of *Qurṣ* (tablet) prepared with *Tukhm-i-Khas* (seeds of *Lactuca serriola* L.), *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.), *Gil Armanī* (Armenian earth), *Aqāqiyā* (*Acacia nilotica* (L.) Willd. ex Delile), *‘Usāra’-i-Lahya al-Tays* (extract of *Citrus parviflora* (DC.) Kuntze), *‘Usāra-i-Bārtang* (*Plantago major* L.), *Juft Balūṭ* (*Quercus incana* Bartr.) and *Habb al-Ās* (*Myrtus communis* L.) 1 part each, *Kāfūr* (*Cinnamomum camphora* (L.) J.Presl) 1/4 part and *Lu’āb-i-Aspghol* (mucilage of seeds of *Plantago ovata* Forssk.) in the dose of 7-10 g with *Āb-i-Zirishk* (juice of *Berberis aristata* DC.), *Āb-i-Anār Tursħ* (juice of fruit of *Punica granatum* L.) and *Pudīna* (*Mentha arvensis* L.)⁴
12. Oral administration of *Qurṣ* (tablet) prepared with *Aqāqiyā* (extract of pods of *Acacia nilotica* (L.) Willd. ex Delile) 7 g, *Gul Surkh* (*Rosa damascena* Mill.) 10.5 g, *Gulnār Fārsī* (flower of *Punica granatum* L.) 14 g, *Şamagh ‘Aarbī* (gum of *Acacia nilotica* (L.)

- Willd. ex Delile) 3.5 g, *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 1.75 g. It is taken along with *Lu'āb-i-Asphol* (mucilage of seeds of *Plantago ovata* Forssk.)/water/*Āb-i-Kadū* (juice of *Cucurbita moschata* Duchesne).²
13. Local application of *Tilā'* (liniment) prepared with *Aqāqiyā* (*Acacia nilotica* (L.) Willd. ex Delile) 14 g, *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *'Usāra'-i-Lahya al-Tays* (extract of *Citrus parviflorus* (DC.) Kuntze), *Lādhan* (*Cistus ladanifer* L.), *Rāmak* [compound prepared by mixing *Āmla* (*Phyllanthus emblica* L.), *Post-i-Anār* (fruit rind of *Punica granatum* L.) and *Māzū* (*Quercus infectoria* Olivier)]²
 14. Oral administration of *Qurş-i-Kāfūr* (tablet) prepared with *Tabāshīr* (*Bambusa bambos* (L.) Voss), *Şandal Safayd* (*Santalum album* L.), *Kishnīz Khushk* (dried *Coriandrum sativum* L.), *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.), *Tukhm-i-Hummād* (seeds of *Rumex vesicarius* L.), *Tukhm-i-Kāhū* (seeds of *Lactuca sativa* L.), *Tukhm-i-Kakrī* (seeds of *Cucumis sativus* L.), *Tukhm-i-Kadū* (seeds of *Cucurbita moschata* Duchesne), *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Gil Armanī* (Armenian earth) and *Kāfūr* (*Cinnamomum camphora* (L.) J.Presl)³
 15. Oral administration of *Qurş-i-Tabāshīr* (tablet) prepared with *Tabāshīr* (*Bambusa bambos* (L.) Voss) and *Rubb al-Sūs* (extract of *Glycyrrhiza glabra* L.) 17.5 g each, *Tukhm-i-Kāhū* (seeds of *Lactuca sativa* L.) and *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.) 35 g each, *Tukhm-i-Hummād* (seeds of *Rumex vesicarius* L.), *Kishnīz Khushk* (dried *Coriandrum sativum* L.) and *Gil Armanī* (Armenian earth) 10.5 g each, *Şandal Safayd* (*Santalum album* L.), *Gulnār Fārsī* (flower of *Punica granatum* L.), *Sumāq* (*Rhus coriaria* L.) and *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile) 7 g each, *Kāfūr* (*Cinnamomum camphora* (L.) J.Presl) 25 mg powdered and mixed with *Āb-i-Kāhū* (juice of *Lactuca sativa* L.) and *Āb-i-Anār Tursħ* (juice of *Punica granatum* L.) in the dose of 4.5 g³
 16. Oral administration of *Qurş-i-Dhayābītūs* (tablet) prepared with *Tabāshīr* (*Bambusa bambos* (L.) Voss), *Tukhm-i-Kāhū* (seeds of *Lactuca sativa* L.), *Tukhm-i-Khurfa Siyāh* (seeds of *Portulaca oleracea* L.), *Gul Surkh* (*Rosa damascena* Mill.), *Gil Armanī* (Armenian earth) and *Gulnār Fārsī* (flower of *Punica granatum* L.)³
 17. Local application of *Dimād* (paste) prepared with *Şandal Safayd* (*Santalum album* L.), *Gulnār Fārsī* (flower of *Punica granatum* L.),

Aqāqiyā (extract of pods of *Acacia nilotica* (L.) Willd. ex Delile), *Gil Armanī* (Armenian earth), *Jav* (*Hordeum vulgare* L.) and *Āb-i-Kāhū* (juice of *Lactuca sativa* L.)³

18. Oral administration of *Qurs* (tablet) prepared with *Tabāshīr* (*Bambusa bambos* (L.) Voss), *Rubb al-Sūs* (extract of *Glycyrrhiza glabra* L.), *Şamagh ‘Aarbī* (gum of *Acacia nilotica* (L.) Willd. ex Delile) and *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 1.75 g each, *Kāfūr* (*Cinnamomum camphora* (L.) J.Presl), *Afyūn* (dried latex of *Papaver somniferum* L.) 250 mg each and *Lu ‘āb-i-Aspghol* (mucilage of seeds of *Plantago ovata* Forssk.) with *Āb-i-Tamar Hindī* (juice of *Tamarindus indica* L.)⁹

Single drugs

- *Āb-i-Anār Tursh* (juice of *Punica granatum* L.) [oral]^{1,2}
- *Āb-i-Ālū Bukhāra* (juice of *Prunus domestica* L.) [oral]^{1,2}
- *Lu ‘āb-i-Aspghol* (mucilage of seeds of *Plantago ovata* Forssk.) [oral]^{1,2}
- *Mā’ al-Khiyār* (juice of *Cucumis sativus* L.) [oral]¹
- *Āb-i-Kadū Biryān* (juice of roasted *Cucurbita moschata* Duchesne) [oral]²
- *Āb-i-Khiyār* (juice of *Cucumis sativus* L.) orally along with *Lu ‘āb-i-Aspghol* (mucilage of seeds of *Plantago ovata* Forssk.)²
- *Āb-i-Tūt* (juice of *Morus nigra* L.) [oral]²
- *Kāhū* (*Lactuca sativa* L.) [oral]⁹
- *Khashkhāsh* (seeds of *Papaver somniferum* L.) [oral]⁹
- *Zar-i-Ward* (stamens of *Rosa damascena* Mill.) [oral]⁹
- *Kishnīz Khushk* (dried *Coriandrum sativum* L.) [oral]⁹
- *Khurfa* (*Portulaca oleracea* L.) [oral]⁹
- *Kāfūr* (*Cinnamomum camphora* (L.) J.Presl) [local as inhalation]²
- *Nīlofar* (*Nymphaea alba* L.) [local as inhalation]²

Compound drugs

- *Qurs-i-Kāfūr* [oral]^{6,9}
- *Qurs-i-Dhayābītus* [oral]^{1,9}

- *Qurş-i-Gulnār Fārstī* [oral]^{1,9}
- *Sharbat-i-Anār Tursh* [oral]¹
- *Sharbat-i-Ghūra* [oral]¹
- *Sharbat-i-Hummād* [oral]¹
- *Sharbat-i-Lemūn* [oral]¹
- *Sharbat-i-Anār Tursh* [oral]³
- *Sharbat-i-Angūr Khām* [oral]³
- *Sharbat-i-Hummād* [oral]³
- *Ma'jūn-i-Falāfilī* [oral]¹⁰
- *Qurş-i-Tabāshīr* [oral with *Āb-i-Anār Tursh* (juice of *Punica granatum* L.)]⁴
- *Qurş-i-Tabāshīr* [oral with *Āb-i-Kadū* (juice of *Cucurbita moschata* Duchesne)/*Āb-i-Khiyār* (juice of *Cucumis sativus* L.)/*Āb-i-Anār* (juice of *Punica granatum* L.)]²

Dietary recommendations

- Chilled, sour buttermilk prepared with milk of sheep^{1,2,9}
- *Aghdhiya Bārida* (food of cold temperament having ability to produce the humours which induce coldness in the body)¹
- *Aghdhiya Qābiḍa* (food producing astringent effect)¹
- *Hişrimiyya* (gravy containing unripe grapes)^{1,3,6}
- *Rummāniyya* (a diet containing pomegranates)^{1,3}
- *Āsh-i-Jav* (barley water) with *Sharbat-i-Anār Tursh* and *Sharbat-i-Nīlofar*¹
- Sour apple⁴
- *Rībāsiyya* (diet prepared with root of *Rewand Chīnī* (*Rheum officinale* Baill.))^{4,6}
- *Sumāqiyya* (meat marinated in a mixture of spices and onion and cooked after adding oil and water followed by adding *Sumāq* (*Rhus coriaria* L.) and spices/dry fruit)^{4,6}
- *Zirishkiyya* (a diet containing *Zirishk* (*Berberis aristata* DC.))⁴
- *Maşūş* (a type of kebab with gravy), *Qarīş* (a type of diet or curry prepared with easily digestible meat) and *Tafshīl* (a type of diet prepared with dehusked lentils and vinegar)⁴

- Half-fried egg, yolk of egg boiled in vinegar, fresh paneer, date pulp, guava, pear, sour pomegranate, peach and butter milk^{4,6}
- *Mā' al-Sha 'īr* (barley water)^{3,8,10}
- *Mā' al-Sha 'īr* (barley water) with *Sikanjabīn* (oxymel)
- *Ṭabāshīr* (*Bambusa bambos* (L.) Voss)⁶
- Meat of goat-kid⁶
- *Mā' al-Jubn*⁸

Dietary restrictions

- Sweet, salty and spicy diets⁴

14. *Dhayābitus Bārid* (diabetes insipidus)

It is a condition that represents excessive thirst and excessive urination but there is absence of sugar in urine. This condition usually occurs due to coldness of the kidney leading to the weakness of its *Quwwat Māsika*.³

Formulations

1. Oral administration of powder of *Jadwār Khaṭā'ī* (*Delphinium denudatum* Wall. ex Hook.f. & Thomson) 2 g, *Dawā'al-Misk Talkh* 9 g and *Waraq-i-Tilā'* (gold foil) 1 no.¹
2. *Ābzān* (Sitz bath) in *Āb-i-Gogard* (sulphur water)¹
3. Oral administration of *Lu'āb-i-Asphol* (mucilage of seeds of *Plantago ovata* Forssk.) and *Shīra'-i-Qurṭum* (semiliquid material obtained by crushing the seeds of *Carthamus tinctorius* L.) 6 g each and *Sharbat-i-Anār Shīrīn* 24 ml¹
4. *Huqna* (enema) with decoction of *Turb* (*Raphanus sativus* L.) and *Sikanjabīn 'Asalī*¹
5. Local application of *Dimād* (paste) prepared with *Ārad-i-'Adas* (flour of *Lens culinaris* Medik.) with *'Araq-i-Gulāb*⁹

Compound drugs

- *Habb-i-Ayārij 'Alvī Khānī* [oral]¹
- *Ma'jūn Falāfilī* [oral]¹
- *Sharbat-i-Anjīr* [oral]¹

- *Ma 'jūn Māsik al-Bawl* [oral]¹¹
- *Ravghan-i-Qust* [local]^{9,11}
- *Ravghan-i-Mahlab* [local]^{9,11}
- *Ravghan-i-Sa 'd Kūfī* [local]^{9,11}
- *Ravghan-i-Jundbedastar* [local]^{9,11}
- *Ravghan-i- Āqarqarhā* [local]^{9,11}

Dietary recommendations

- Chicken curry with bread^{1,11}

15. *Jarab al-Kulya* (renal irritability)

It is renal irritability. In this condition, small eruptions appear on the kidney characterized by irritation at the site of the kidney with severe pain. Pus and mucoid casts appear in the urine.^{2,3}

Formulations

1. Oral administration of decoction of *Shāhtara* (*Fumaria officinalis* L.), *Ālū Bukhārā* (*Prunus domestica* L.) and *Sapistāñ* (*Cordia myxa* L.) along with *Turanjabīn* (*Alhagi maurorum* Medik.)³
2. Oral administration of decoction of *Shāhtara* (*Fumaria officinalis* L.) 10 g, *'Unnāb* (*Zizyphus jujuba* L.) 5 pieces, *Sarphūka* (*Tephrosia purpurea* (L.) Pers.) 10 g and *'Araq-i-Gulāb* 120 ml.³
3. Oral administration of *Banādiq* (bigger pills) prepared with *Maghz-i-Tukhm-i-Tarbūz* (seed kernel of *Citrullus lanatus* (Thunb.) Mastum. & Nakai) 35 g, *Tukhm-i-Kakrī* (seeds of *Cucumis melo* L.) 17 g, *Maghz-i-Kadū Shīrīn* (seed kernel of *Cucurbita moschata* Duchesne), *Bazr al-Banj* (*Hyoscyamus niger* L.), *Tukhm-i-Khurfa Siyāh* (seeds of *Portulaca oleracea* L.), *Tukhm-i-Khaṭmī* (seeds of *Althaea officinalis* L.), *Maghz-i-Bādām Shīrīn Muqasshar* (dehusked kernel of *Prunus amygdalus* Batsch.), *Nishāsta* (starch), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston), *Rubb al-Stūs* (extract of *Glycyrrhiza glabra* L.) and *Khashkhāsh Safayd* (seeds of *Papaver somniferum* L.) 7 g each, *Lu'āb-i-Aspghol* (mucilage of seeds of *Plantago ovata* Forssk.) and *Gil Armanī* (Armenian earth).³
4. Oral administration of decoction of *Shāhtara* (*Fumaria officinalis*

L.), *Halayla* (*Terminalia chebula* Retz.), *Ālū Bukhārā* (*Prunus domestica* L.) and *Sapistān* (*Cordia myxa* L.) along with *Turanjabīn* (*Alhagi maurorum* Medik.).⁹

5. Oral administration of powder of *Tabāshīr* (*Bambusa bambos* (L.) Voss), *Şamagh Fārsī* (gum of *Prunus domestica* L.), *Nishāsta* (starch) and *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 7 g each, *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.) 10.5 g, *Rewand Chīnī* (*Rheum officinale* Baill.), *Māmīrān* (*Coptis teeta* Wall.) 3.5 g, *Zirishk* (*Berberis aristata* DC.) 24.5 g, *Kunjad Safaiyd Biryān* (roasted *Sesamum indicum* L.) 52.5 g and *Gogard* (sulphur)⁹
6. Oral administration of *Maghz-i-Tukhm-i-Khiyārayn* (seed kernel of *Cucumis sativus* L. & *Cucumis melo* L.) along with *Sharbat-i-'Unnāb* and *Sharbat-i-Banafsha*⁹

Single drugs

- *Chavlā'ī* (*Amaranthus tricolor* L.) [oral]³
- *Pālak* (*Spinacia oleracea* L.) [oral]³
- *Khaṭmī* (Seeds of *Althaea officinalis* L.) [oral]³
- *Kishnīz* (fresh *Coriandrum sativum* L.) [oral]³
- *Lu'āb-i-Asphol* (mucilage of seeds of *Plantago ovata* Forssk.) [oral]⁴
- *Lu'āb-i-Bihīdāna* (mucilage of seeds of *Cydonia oblonga* Mill.) [oral]⁴

Compound drugs

- *Sharbat-i-Banafsha* [oral]³
- *Sharbat-i-Nīlofar* [oral]³
- *Sharbat-i-Khashkhāsh* [oral]³
- *Banādiq al-Buzūr* [oral with *Gil Armanī* (Armenian earth) and *Rubb al-Sūs* (extract of *Glycyrrhiza glabra* L.)]^{2,3}
- *Sharbat-i-Ward Mukarrar* [oral]⁹
- *Sharbat-i-Dīnār* [oral]⁹

Dietary recommendations

- Egg yolk^{1,2,4}
- Chicks^{1,2,4}

- Melon with seeds^{2,4}
- Peach, guava, apple, pine nut, pistachio, almond^{2,4}
- *Mā' al-Sha 'Ir* (barley water) with *Maghz-i-Bādām Shīrīn* (kernel of *Prunus amygdalus* Batsch.)¹

16. *Dubayla wa Khurāj al-Kulya* (renal abscess)

In renal abscess, there is severe heaviness at the site of kidney when the inflammation of kidney gets suppurrated. The condition is marked by fever with chills and rigors. Urine becomes viscous with precipitates. When abscess ruptures, it leads to discharge of pus in urine eventually leading to health.^{2,6}

Formulations

1. Oral administration of decoction of *Tukhm-i-Katāñ* (seeds of *Linum usitatissimum* L.), *Tukhm-i-Khaṭmī* (seeds of *Althaea officinalis* L.) and *Hulba* (*Trigonella foenum-graecum* L.) with sugar¹
2. Local application of lukewarm *Dimād* (paste) prepared with *Tukhm-i-Katāñ* (seeds of *Linum usitatissimum* L.), *Tukhm-i-Khaṭmī* (seeds of *Althaea officinalis* L.), *Hulba* (*Trigonella foenum-graecum* L.) and *Ravghan-i-Kunjad*¹
3. *Naṭūl* (irrigation) with the decoction of *Tukhm-i-Katāñ* (seeds of *Linum usitatissimum* L.), *Tukhm-i-Khaṭmī* (seeds of *Althaea officinalis* L.) and *Hulba* (*Trigonella foenum-graecum* L.)¹
4. Local application of *Dimād* (paste) prepared with *Anjīr* (*Ficus carica* L.) and *Mā' al-'Asal* (honey water)²
5. Local application of *Dimād* (paste) prepared with *Kamāfītūs* (*Blumea balsamifera* (L.) DC.), *Ja'da* (*Ajuga reptans* L.), *Fatrasāliyūn* (*Petroselinum crispum* (Mill.) Nyman ex A.W. Hill), *Fuqqāh* (a kind of wine), *Idhkhir* (*Cymbopogon jwarancusa* (Jones) Schult.) and *Sumbul al-Ṭib* (*Nardostachys jatamansi* (D. Don) DC.)²
6. Local application of *Dimād* (paste) prepared with *Ārad-i-Jav* (flour of *Hordeum vulgare* L.), *Khaṭmī* (*Althaea officinalis* L.), *Iklīl al-Malik* (pods of *Trigonella uncata* Boiss. & Noe), *Hulba* (*Trigonella foenum-graecum* L.), *Tukhm-i-Katāñ* (seeds of *Linum usitatissimum* L.), *Banafsha Khushk* (dried *Viola odorata* L.) , extract of *Anjīr* (*Ficus carica* L.) and *Ravghan-i-Banafsha*⁶

7. *Natūl* (irrigation) with the decoction of *Khaṭmī* (*Althaea officinalis* L.), *Banafsha* (*Viola odorata* L.), *Shibit* (*Anethum sowa* Roxb. ex Flem.) and *Hulba* (*Trigonella foenum-graecum* L.) on the renal site.⁶
8. Oral administration of decoction of *Anjīr* (*Ficus carica* L.), *'Unnāb* (*Ziziphus jujuba* Mill.), *Sapistān* (*Cordia myxa* L.), *Bīkh-i-Bādiyān* (root of *Foeniculum vulgare* Mill.), *Bīkh-i-Karafs* (root of *Apium graveolens* L.) and *Khiyār Shambar* (*Cassia fistula* L.)⁶
9. Oral administration of *Mā' al-Sha'īr* (barley water) with honey¹
10. Oral administration of *Nishāsta* (starch), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston), *Dam al-Akhwayn* (*Dracaena cinnabari* Balf.f.) and *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.) with *Sharbat-i-Ālū Bālū*¹

Single drugs

- *Afyūn* (dried latex of *Papaver somniferum* L.) [oral]²
- *Bādiyān* (*Foeniculum vulgare* Mill.) [oral]¹
- *Karafs* (*Apium graveolens* L.) [oral]¹
- *Tukhm-i-Khiyār* (seeds of *Cucumis sativus* L.) [oral]¹
- *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.) [oral]¹
- *Waj* (*Acorus calamus* L.) [local as paste]²
- *Tukhm-i-Fanjanākusht* (seeds of *Rumex maritimus* L.) [local as paste]²
- *Dār Chīnī* (*Cinnamomum verum* J.Presl) [local as paste]²
- *Hurf* (*Lepidium sativum* L.) [local as paste]²

Compound drugs

- *Falūniyā* [oral]^{1,2}
- *Sharbat-i-Nīlofar* [oral]³

Dietary recommendations

- *Shīr-i-Khar* (donkey's milk)⁶
- Spinach⁶
- *Malūkhiya* (*Malva sylvestris* L.)⁶
- *Qaṭaf* (*Chenopodium album* L.)⁶

- *Kāhū* (*Lactuca sativa* L.) with *Ravghan-i-Bādām Shīrīn* and *Ravghan-i-Kunjad*⁶

17. *Hurqa al-Bawl* (burning micturition)

It is the burning sensation during micturition. It is caused by increased acidity of urine and development of ulcers in urinary tract. It is characterized by fever, chills and pain in the lower abdomen. When it is due to ulcers, there is discharge of pus in urine. The principle of treatment includes evacuation with mild laxative.^{1,2,6}

Formulations

1. Oral administration of powder of *Tukhm-i-Kharpaza Muqashshar* (dehusked seeds of *Cucumis melo* L.) 105 g, *Tukhm-i-Khiyār Muqashshar* (dehusked seeds of *Cucumis sativus* L.), *Tukhm-i-Kadū Muqashshar* (dehusked seeds of *Cucurbita moschata* Duchesne), *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.) and *Khashkhāsh Safayd* (seeds of *Papaver somniferum* L.) 35 g each, *Nishāsta* (starch), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) and *Rubb al-Sūs* (extract of root of *Glycyrrhiza glabra* L.) 10.5 g each, *Tukhm-i-Bhang Safayd* (seeds of *Cannabis sativa* L.) 70 g and sugar in the dose of 10.5 g twice daily along with 35 ml *Sharbat-i-Banafsha/Sharbat-i-Gulāb*¹³
2. Oral administration of juice of stem of banana 50 ml mixed with 10 g sugar¹
3. Oral administration of powder of *Tukhm-i-Kadū* (seeds of *Cucurbita moschata* Duchesne), *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.), *Tukhm-i-Khiyār* (seeds of *Cucumis sativus* L.) and *Khubbāzī* (*Malva sylvestris* L.) 17.5 g each in the dose of 10.5 g along with *Jullāb* (preparation of rose water and sugar)⁶
4. Oral administration of *Qurs* (tablets) prepared with *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.), *Tukhm-i-Khiyār* (seeds of *Cucumis sativus* L.) and *Tukhm-i-Kāhū* (seeds of *Lactuca sativa* L.) 70 g each, *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Dam al-Akhwayn* (*Dracaena cinnabari* Balf.f.) 35 g, *Afyūn* (dried latex of *Papaver somniferum* L.) 10.5 g and *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) 3.5 g in the dose of 7 g along with *Sharbat-i-Khashkhāsh*²

5. Oral administration of decanted water of *Kishnīz Khushk* (dried *Coriandrum sativum* L.), *Gul-i-Nīlofar* (flower of *Nymphaea alba* L.), *Şandal Safayd* (*Santalum album* L.) and *Āmla Muqashshar* (peeled fruit of *Phyllanthus emblica* L.) with *Sharbat-i-Nīlofar*
6. Oral administration of powder of *Tukhm-i-Khiyār* (seeds of *Cucumis sativus* L.), *Maghz-i-Tukhm-i-Kadū* (seed kernel of *Cucurbita moschata* Duchesne), *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.), *Khashkhāsh* (seeds of *Papaver somniferum* L.) and *Khurfa* (*Portulaca oleracea* L.) with sugar (highly beneficial)¹
7. Oral administration of decoction of *Aşl al-Sūs* (*Glycyrrhiza glabra* L.) with sugar¹
8. Oral administration of decoction of *Lu'āb-i-Aspghol* (mucilage of *Plantago ovata* Forsk) with *Ravghan-i-Gul*¹
9. Oral administration of powder of *Şandal Safayd* (*Santalum album* L.) and *Şandal Surkh* (*Pterocarpus santalinus* L. f.) 250 mg each, *Tukhm-i-Kāsnī* (seeds of *Cichorium intybus* L.) and *Kāfür* (*Cinnamomum camphora* (L.) J. Presl) 500 mg each sprinkled on water in which sugar 24 g is dissolved¹
10. Oral administration of *Shīra'-i-Khār Khasak* (semiliquid obtained by crushing the seeds of *Tribulus terrestris* L.), *Shīra'-i-Tukhm-i-Kharpaza* (semiliquid obtained by crushing the seeds of *Cucumis melo* L.) 6 g, *Shīra'-i-Zīra Safayd* (semiliquid obtained by crushing the seeds of *Carum carvi* L.) 4 g and *Gulqand* 24 g¹
11. Oral administration of *Lu'āb-i-Aspghol* (mucilage of seeds of *Plantago ovata* Forssk.) 6 g, *Shīra'-i-Khār Khasak* (semiliquid obtained by crushing the seeds of *Tribulus terrestris* L.) 6 g, *Shīra'-i-Khār Shutr* (semiliquid obtained by crushing *Alhagi maurorum* Medik.) 4 g and sugar 18 g¹
12. Oral administration of *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.) 105 g, *Tukhm-i-Khiyār Muqashshar* (dehusked seeds of *Cucumis sativus* L.), *Tukhm-i-Kadū Muqashshar* (dehusked seeds of *Cucurbita moschata* Duchesne), *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.) and *Khashkhāsh Safayd* (seeds of *Papaver somniferum* L.) 35 g each, *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston), *Rubb al-Sūs* (extract of root of *Glycyrrhiza glabra* L.) 10.5 g each, *Tukhm-i-Bazr al-Banj Safayd* (seeds of *Hyoscyamus niger* L.) 7 g and sugar in the dose of 10.5 g twice daily along with 35 ml *Sharbat-i-Khashkhāsh*¹

13. Oral administration of *Asphol* (*Plantago ovata* Forssk.) 7 g with *Sharbat-i-Anār*.¹
14. Oral administration of *Qurş* (tablet) prepared with *Maghz-i-Tukhm-i-Khiyārayn* (seed kernel of *Cucumis sativus* L. & *Cucumis melo* L.), *Tukhm-i-Kāhū* (seeds of *Lactuca sativa* L.) and *Khashkhāsh Safayd* (seeds of *Papaver somniferum* L.) 35 g each, *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Rubb al-Sūs* (extract of *Glycyrrhiza glabra* L.), *Dam al-Akhwayn* (*Dracaena cinnabari* Balf.f.), *Maghz-i-Bādām Shīrīn* (kernel of *Prunus amygdalus* Batsch.) and *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 10.5 g each, *Afyūn* (dried latex of *Papaver somniferum* L.) 7 g and *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) in the dose of 3.5-7 g¹
15. Oral administration of *Āb-i-Anār* (juice of *Punica granatum* L.) with *Shīra'-i-Tukhm-i-Khurfa* (semiliquid obtained by crushing the seeds of *Portulaca oleracea* L.)¹
16. Oral administration of *Qurş* (tablet) prepared with *Maghz-i-Tukhm-i-Khiyārayn* (seed kernel of *Cucumis sativus* L. & *Cucumis melo* L.) 17 g, *Tukhm-i-Khas* (seeds of *Vetiveria zizanioides* (L.) Nash) and *Khashkhāsh Safayd* (seeds of *Papaver somniferum* L.) 35 g each, *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Rubb al-Sūs* (extract of root of *Glycyrrhiza glabra* L.), *Dam al-Akhwayn* (*Dracaena cinnabari* Balf.f.), *Maghz-i-Bādām Shīrīn* (kernel of *Prunus amygdalus* Batsch.) and *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 10 g each, *Afyūn* (dried latex of *Papaver somniferum* L.) and *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) 7 g each in the dose of 7 g along with *Āb-i-Tukhm-i-Khurfa* (juice of seedsof *Portulaca oleracea* L.), *Āb-i-Tukhm-i-Kakrī* (juice of seeds of *Cucumis sativus* L.) and *Sharbat-i-Khashkhāsh*⁴

Single drugs

- *Lu'āb-i-Asphol* (mucilage of *Plantago ovata* Forssk.) [oral]^{3,4}
- *Lu'āb-i-Bihidāna* (mucilage of *Cydonia oblonga* Mill.) [oral]⁴
- *Hinduwāna* (*Citrullus lanatus* (Thunb.) Mastum. & Nakai) [oral]¹
- *Tukhm-i-Kāsnī* (seeds of *Cichorium intybus* L.) [oral]¹
- *Āb-i-Barg-i-Khurfa* (juice of leaves of *Portulaca oleracea* L.) [oral]¹

- *Āb-i-Tukhm-i-Khurfa* (juice of seeds of *Portulaca oleracea* L.) [oral]¹
- *Tukhm-i-Khaṭmī* (seeds of *Althaea officinalis* L.) [oral]¹
- *Bīkh-i-Khaṭmī* (root of *Althaea officinalis* L.) [oral as decoction]¹
- *Habb al-Ās* (*Myrtus communis* L.) [oral as decoction]¹
- *Sapistān* (*Cordia myxa* L.) [oral as decoction]¹
- *Kelā* (*Musa paradisiaca* L.) [oral as decoction]¹
- *Resha'-i-Khaṭmī* (*Althaea officinalis* L.) [oral as decoction]¹
- *Barg-i-Kāsnī* (leaf of *Cichorium intybus* L.) [local as paste]¹
- *Āb-i-Safarjal* (juice of *Cydonia oblonga*) [local as enema]¹

Compound drugs

- *Sharbat-i-Banafsha* [oral]³
- *Banādiq al-Buzūr* orally^{1,3} with *Jullāb* (preparation of rose water and sugar)⁶ or *Lu 'āb-i-Asphol* (mucilage of *Plantago ovate* Forsk)¹
- *Sharbat-i-Banafsha/Sharbat-i-Khashkhāsh* orally¹ with *Āb-i-Hinduwāna* (juice of water melon)⁴
- *Sharbat-i-Khashkhāsh* [oral]⁴
- *Sharbat-i-Kākanaj* [oral]¹
- *Qurṣ-i-Post-i-Khashkhāsh* [oral]¹
- *Sharbat-i-Banafsha* with *Lu 'āb-i-Asphol* [oral]¹
- *Sharbat-i-Hasak* [oral]¹

Dietary recommendations

- Light and oily soups with little spices¹³
- *Mā' al-Sha 'ir* (barley water) with almond oil¹
- Half-fried egg, almond oil, chicken soup, *Āsh-i-Jav* (barley water), *Kadū* (*Cucurbita moschata* Duchesne)^{1,4}
- *Isfīdbāj* (preparation made of meat without addition of spices)^{1,4}
- *Zīrbāj* (a diet comprising meat, vinegar and cloves)¹
- *Halwā* prepared with white flour, almond oil and sugar⁴
- *Aghdhiya Laṭīfa* (food stuffs which are easy to digest but have little nutritional value and produce sanguine type of humour which is normal in viscosity, e.g. garlic, raddish, spicy and salty fishes)⁴

Dietary restrictions

- Spicy and salty diets^{4,13}
- *Aghdhiya Hāmiḍa* (sour foods, e.g. lemon, sour pomegranate, sour apple, orange, vinegar and curd)¹
- *Aghdhiya Hirrīfa* (spicy/pungent foods that may produce heat in the body, e.g. pepper)¹

18. *Iḥtibās al-Bawl* (retention of urine)

It is retention of urine or difficulty in passing urine. It may be due to inflammation of the kidney, urinary bladder, stones in the kidney and urinary bladder, and accumulation of pus or blood in the urinary bladder. Sometimes, it may be due to accumulation of flatus or any growth in the urinary tract. It can also be due to the laxation of the urinary bladder muscles.³

Formulations

1. Oral administration of *Anīsūn* (*Pimpinella anisum* L.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Tukhm-i-Gājar Janglī* (seeds of *Daucus carota* L.), *Dūqū* (*Anethum graveolens* L.), *Tukhm-i-Mūlī Janglī* (seeds of *Raphanus sativus* L.) along with decoction of *Shibit* (*Anethum sowa Roxb. ex Flem.*)³
2. *Ābzān* (Sitz bath) with the decoction of *Barg-i-Ghār* (leaf of *Laurus nobilis* L.), *Marzanjosh* (*Origanum vulgare* L.), *Bābūna* (*Matricaria chamomilla* L.), *Iklīl al-Malik* (pods of *Trigonella uncata* Boiss. & Noe), *Tukhm-i-Soyā* (seeds of *Anethum sowa Roxb. ex Flem.*), *Methī* (*Trigonella foenum-graecum* L.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) and *Tukhm-i-Hurmūl* (seeds of *Peganum harmala* L.).³
3. Oral administration of powder of *Jawākhār* (salt of tartar, potash, pearl ash), *Namak-i-Turb* (salt of *Raphanus sativus* L.) and *Shora Qlamī* (salt marsh/salt petre) 1 g each along with *Lassī* prepared with 250 ml of goat's milk³
4. Local application of paste prepared with *Shora Qlamī* (salt marsh/saltpetre) and *Tukhm-i-Nīl* (seeds of *Indigofera tinctoria* L.) 10 g each and water on the lower abdomen³
5. *Ābzān* (Sitz bath) with the decoction of *Gul-i-Bābūna* (flower of *Matricaria chamomilla* L.), *Gul-i-Tesū* (flower of *Butea monosperma* (Lam.) Taub.), *Parsiyā'oshān* (*Adiantum capillaris*-

veneris L.), *Tukhm-i-Khaṭmī* (seeds of *Althaea officinalis* L.) and *Anīsūn* (*Pimpinella anisum* L.) 10 g each, *Namak-i-Ṭā’ām* (common salt) 50 g in 5 litre water. The patient is advised to sit in the above water for 15 minutes.³

6. Oral administration of powder of *Maghz-i-Tukhm-i-Kakrī* (kernel of *Cucumis sativus* L.) 35 g, *Maghz-i-Tukhm-i-Kharbūza* (kernel of *Cucumis melo* L.) 35 g, *Bādiyān* (*Foeniculum vulgare* Mill.) 10 g, *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) 10 g, *Tukhm-i-Gazar* (seeds of *Daucus carota* L.) 10 g, *Tukhm-i-Khubbāzī* (seeds of *Malva sylvestris* L.) 14 g, *Tukhm-i-Khaṭmī* (seeds of *Althaea officinalis* L.) 14 g, *Bādām Shīrīn* (seed kernel of *Prunus amygdalus* Batsch.) 14 g, *Maghz-i-Akhrot* (kernel of *Juglans regia* L.) 14 g, *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 14 g, *Rubb al-Sūs* (extract of root of *Glycyrrhiza glabra* L.) 14 g, *Majīth* (*Rubia cordifolia* L.) 70 g in the dose of 10.7 g followed by oral administration of decoction of *Bīkh-i-Khubbāzī* (root of *Malva sylvestris* L.), *Gokhrū* (*Pedalium murex* L.) and *Parsiyā’oshān* (*Adiantum capillaris-veneris* L.) in which *Ravghan-i-Bādām Shīrīn* 5 g is added.⁴
7. *Ābzan* (Sitz bath) with the decoction of *Banafsha* (*Viola odorata* L.), *Nīlofar* (*Nymphaea alba* L.), *Bābūna* (*Matricaria chamomilla* L.), *Nākhūna* (pods of *Trigonella uncata* Boiss.), *Barg-i-Karamkalla* (leaf of *Brassica oleracea* L.), *Raṭaba* (*Medicago sativa* L.), *Methī* (*Trigonella foenum-graecum* L.), *Qurṭum* (*Carthamus tinctorius* L.) and *Majīth* (*Rubia cordifolia* L.).⁴
8. Oral administration of *Ma’jūn* (semisolid preparation) prepared with *Bādiyān* (*Foeniculum vulgare* Mill.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Dūqū* (*Anethum graveolens* L.), *Asārūn* (*Asarum europaeum* L.), *Waj Turkī* (*Acorus calamus* L.), *Majīth* (*Rubia cordifolia* L.), *Qusṭ* (*Saussurea costus* (Falc.) Lipsch.), *Kāshim* (*Alstonia scholaris* (L.) R. Br.), *Abhal* (*Juniperus communis* L.) and *Murr Makkī* (*Commiphora myrrha* (Nees) Engl.) 10 g each, *Maghz-i-Tukhm-i-Kakrī* (seed kernel of *Cucumis sativus* L.), *Maghz-i-Tukhm-i-Kharbūza* (seed kernel of *Cucumis melo* L.), *Maghz-i-Tukhm-i-Kadū* (seed kernel of *Cucurbita moschata* Duchesne) and *Maghz-i-Bādām Shīrīn* (kernel of *Prunus amygdalus* Batsch.) 7 g each, *Hīng* (*Ferula assafoetida* L.) 5 g and honey in the dose of 5-9 g with *Āb-i-Mūlī* (juice of *Raphanus sativus* L.), *Āb-i-Chanā Siyāh* (decanted water of *Cicer arietinum* L.) and almond oil 5 ml for one month⁴

9. Local application of paste prepared with *Barg-i-Karamkalla* (leaf of *Brassica oleracea* L.), *Bābūna* (*Matricaria chamomilla* L.), *Nākhūna* (pods of *Trigonella uncata* Boiss.), *Soyā* (*Anethum sowa* Roxb. ex Flem.), flour of *Chanā Siyāh* (*Cicer arietinum* L.) and *Habb al-Ghār* (*Laurus nobilis* L.) 1 part each, *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Tukhm-i-Mūlī* (seeds of *Raphanus sativus* L.) and *Tukhm-i-Gazar Dashtī* (seeds of *Daucus carota* L.) 1/2 part each in *Āb-i-Mūlī* (juice of *Raphanus sativus* L.) and *Ravghan-i-Sosan*⁴
10. *Ābzan* (Sitz bath) with *Mā' al-Uṣūl* and *Ravghan-i-Bed Anjīr*¹²
11. Local application of *Ravghan-i-Gul* (if the retention of urine is due to inflammation of the bladder)¹²
12. Local application of lukewarm *Dimād* (paste) prepared with powder of dried *Banafsha* (*Viola odorata* L.), fresh *Banafsha* (*Viola odorata* L.), *Barg-i-Kākanaj* (leaf of *Physalis alkekengi* L.), *Khaṭmī* (*Althaea officinalis* L.), dried *Mako* (*Solanum americanum* Mill.) and *Khubbāzī* (*Malva sylvestris* L.) along with flour of *Jav* (*Hordeum vulgare* L.) and *Ravghan-i-Banafsha*⁶
13. Local application of lukewarm *Dimād* (paste) prepared with powder of dried *Banafsha* (*Viola odorata* L.), *Khaṭmī* (*Althaea officinalis* L.), flour of *Jav* (*Hordeum vulgare* L.), *Bābūna* (*Matricaria chamomilla* L.) and *Aşl al-Sūs* (*Glycyrrhiza glabra* L.) in *Āb-i-Mako Sabz* (juice of *Solanum americanum* Mill.), *Āb-i-Kāsnī Sabz* (juice of fresh *Cichorium intybus* L.) and *Ravghan-i-Banafsha* on the site of the bladder⁵
14. Local application of lukewarm *Dimād* (paste) prepared with powder of *Iklīl al-Malik* (pods of *Trigonella uncata* Boiss. & Noe), *Bābūna* (*Matricaria chamomilla* L.), *Soyā* (*Anethum sowa* Roxb. ex Flem.), *Qayṣūm* (*Achillea millefolium* L.), *Habb al-Ghār* (*Laurus nobilis* L.), *Faṭrasāliyūn* (*Petroselinum crispum* (Mill.) Nyman ex A.W. Hill), *Tukhm-i-Turb* (seeds of *Raphanus sativus* L.), *Ḩamāmā* (*Amomum aromaticum* Roxb.) 17.5 g each mixed in *Ravghan-i-Sosan/Ravghan-i-Khayrū/Ravghan-i-Bān* on the bladder⁶
15. Local application of lukewarm *Nāṭūl* (irrigation) prepared with *Harmal* (*Peganum harmala* L.), *Mushkṭarāmashī'* (*Mentha spicata* L.) and *Barg-i- Ḥamāmā* (leaf of *Amomum aromaticum* Roxb.).²

Single drugs

- *Habb-i-Balsān* (*Commiphora gileadensis* (L.) C.Chr.) [oral]¹²
- *Ażfār al-Ṭīb* (onycha) [oral]¹²

- *Ghārīqūn* (*Polyporus officinalis* (Vil.) Fr.) [oral]¹²
- *Zarāwand Tawīl* (*Aristolochia fontanesii* Boiss & Reut.) [oral]¹²
- *Sakbīnaj* (*Ferula persica* Willd.) [oral]¹²
- *Ganda Behroza* (*Pinus roxburghii* Sarg.) [oral]¹²
- *Jā'oshīr* (*Ferula galbaniflua* Boiss. & Buhse) [oral]^{2,12}
- *Tukhm-i-Kashūth* (seeds of *Cuscuta reflexa* Roxb.) [oral]¹⁰
- *Maghz-i-Tukhm-i-Qurṭum* (seed kernel of *Carthamus tinctorius* L.) [hot fomentation on the lower abdomen]¹²
- *Tukhm-i-Kashūth* (seeds of *Cuscuta reflexa* Roxb.) [fumigation]¹⁰

Compound drugs

- *Qurṣ Mulayyin* [oral]³
- *Tiryāq Kabīr* [oral]⁴
- *Amrūsiyā* [oral]^{2,4}
- *Dawā' al-Kurkum* [oral]^{2,4}
- *Mā' al-Uṣūl* [oral]⁴
- *Banādiq al-Buzūr* [oral]^{1,9}
- *Sikanjabīn* (oxymel) [oral]¹²
- *Ravghan-i-Gokhrū* [local]³
- *Ravghan-i-Shibit* [local]³
- *Ravghan-i-Yāsmīn* [local]²
- *Ravghan-i-Sosan* [local]²
- *Ravghan-i-Nargis* [local]²
- *Ravghan-i-Bān* [local]²

Dietary recommendations

- *Āb-i-Nakhūd* (decanted water of *Cicer arietinum* L.) with *Zaytūn* (*Olea europaea* L.), *Soyā* (*Anethum sowa* Roxb. ex Flem.), *Zīra* (*Carum carvi* L.) and *Dār Chīnī* (*Cinnamomum verum* J.Presl)⁶
- *Karafs* (*Apium graveolens* L.), *Pudīna* (*Mentha arvensis* L.), *Rāziyāna* (*Illicium verum* Hook. f.), *Jirjīr* (*Nasturtium officinale* R. Br.), almond and pistachio⁶
- *Aghdhiya Muraṭṭiba* (foods of wet/moist temperament having ability

to produce the humours which give rise to wetness in the body, e.g. milk, cucumber, water melon, clarified butter and almond oil)²

Dietary restrictions

- *Aghdhiya Hāmiḍa* (sour foods, e.g. lemon, sour pomegranate, sour apple, orange, vinegar and curd)^{2,12}
- *Aghdhiya Qābiḍa* (foods producing astringent effect)^{2,12}

19. *Taqṭīr al-Bawl* (dribbling of urine)

It is a condition in which urine passes out in drops. It can be due to collection of irritation causing urine in urinary bladder. Sometimes, it is caused by weakness of muscle of the urinary bladder especially in old age. It is characterized by burning micturition, colour of urine becomes deep yellow due to the predominance of *Safrā'* (Yellow bile) in it. The principle of treatment includes removal of acuteness of urine, producing warmth in the bladder and to tone up the bladder.^{3,11}

Formulations

1. Oral administration of powder of *Banslochan* (*Bambusa bambos* (L.) Voss), *Kishnīz* (*Coriandrum sativum* L.), *Tukhm-i-Hummād* (seeds of *Rumex vesicarius* L.), *Gil Armanī* (Armenian earth), *Sandal Safayd* (*Santalum album* L.), *Gulnār Fārsī* (*Punica granatum* L.) and *Gond-i-Babūl* (gum of *Acacia nilotica* (L.) Willd. ex Delile) along with *Āb-i-Kāhū* (juice of *Lactuca sativa* L.)³
2. Oral administration of *Shīra-i-Tukhm-i-Khiyār* (semiliquid obtained by crushing the seeds of *Cucumis sativus* L.) and *Shīra-i-Tukhm-i-Bādrang* (seeds of *Cucumis sativus* L.) 35 g each along with sugar 35 g in morning.¹
3. Oral administration of *Lu ‘āb-i-Asphol* (mucilage of seeds of *Plantago ovata* Forssk.) and *Lu ‘āb-i-Bihīdāna* (mucilage of seeds of *Cydonia oblonga* Mill.) 17.5 g each along with sugar 35 g in morning¹
4. Oral administration of powder of *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Balūṭ* (*Quercus incana* Bartr.), *Nāgarmoth* (*Cyperus rotundus* L.), *Khūlanjān* (*Alpinia galanga* (L.) Willd.), *Khurfa* (*Portulaca oleracea* L.), *Habb al-Āṣ* (*Myrtus communis* L.) and *Hālūn* (*Lepidium sativum* L.) mixed with honey³
5. Oral administration of *Shīra’-i-‘Unnāb* (semiliquid obtained by

crushing the fruits of *Ziziphus jujuba* Mill.) 5 no., *Maghz-i-Tukhm-i-Kadū Shīrīn* (seed kernel of *Cucurbita moschata* Duchesne), *Maghz-i-Tarbūz* (kernel of *Citrullus lanatus* (Thunb.) Mastum. & Nakai), *Maghz-i-Khiyār* (kernel of *Cucumis sativus* L.) 3 g prepared in ‘*Araq-i-Nīlofar* and ‘*Araq-i-Gāozabān* 6 ml each. This is taken along with *Sharbat-i-Nīlofar* or *Sharbat-i-‘Unnāb* 40 ml.³

6. Oral administration of *Hāshā* (*Thymus serpyllum* L.) along with ‘*Āqirqirhā* (*Anacyclus pyrethrum* (L.) Lag.)²
7. Oral administration of *Kamūn* (*Carum carvi* L.), *Qantūriyūn* (*Centauria centaurium* L.) and *Şā’tar* (*Zataria multiflora* Boiss) 3.5 g each along with hot water.²
8. Oral administration of *Habb al-Ās* (*Myrtus communis* L.), *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Balūt* (*Quercus incana* Bartr.) and *Kamūn Kirmānī* (*Carum carvi* L.) 1 part each in the dose of 10.5 g along with *Sharāb ‘Atīq*.²
9. Oral administration of *Ma’jūn* (semisolid preparation) prepared with *Halayla Siyāh* (*Terminalia chebula* Retz.), *Halayla Kābulī* (*Terminalia chebula* Retz.) and *Sukk* (extract of *Phyllanthus emblica* L.) 17.5 g each, *Murr* (*Commiphora myrrha* (Nees) Engl.) and *Jund Bedastar* (castorium/beaver) 5.25 g each, *Kahrubā* (*Pinus succinifera* L.) and *Sa’d Kūft* (*Cyperus rotundus* L.) 8.75 g each, *Habb al-Mahlab* (*Cerasus mahaleb* (L.) Mill.) 5 g and honey in the dose of 4.5 g^{2,12}
10. Oral administration of powder of *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) and *Nāgarmoth* (*Cyperus rotundus* L.) in equal parts mixed with honey in the dose of 4.5 g in morning⁴
11. Oral administration of powder of *Halayla Kābulī* (*Terminalia chebula* Retz.) 35 g, *Nāgarmoth* (*Cyperus rotundus* L.), *Habb al-Ās* (*Myrtus communis* L.) and *Balūt* (*Quercus incana* Bartr.) 10.5 g each, *Faṭrāsāliyūn* (*Petroselinum crispum* (Mill.) Nyman ex A.W. Hill) and *Dūqū* (*Anethum graveolens* L.) 4.5 g each, *Filfil Siyāh* (*Piper nigrum* L.) and *Pudīna* (*Mentha arvensis* L.) 1.75 g each with sugar⁴
12. Local application of *Shiyāf* (stick/suppository) prepared with powder of *Tukhm-i-Kharbūza* (seeds of *Cucumis melo* L.), *Tukhm-i-Khiyār* (seeds of *Cucumis sativus* L.), *Tukhm-i-Kadū Shīrīn Muqashshar* (seeds of *Cucurbita moschata* Duchesne), *Nishāsta* (starch) and *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) mixed with *Afyūn* (dried latex of *Papaver somniferum* L.)¹²

13. Oral administration of powder of *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Abhal* (*Juniperus communis* L.), *Sa'd Kūfī* (*Cyperus rotundus* L.), *Nānkhvāh* (*Trachyspermum ammi* (L.) Sprague) and *Rubb al-Sūs* (extract of root of *Glycyrrhiza glabra* L.) 1 part each, *Waj Turkī* (*Acorus calamus* L.) 2 parts and *Fānīdh* (sugar puffed candy) in the dose of 3.5 g at bedtime [highly beneficial]¹

Single drugs

- *Tukhm-i-Kharbūza* (seeds of *Cucumis melo* L.) [oral]³
- *Tukhm-i-Khashkhāsh* (seeds of *Papaver somniferum* L.) [oral]³
- *Tukhm-i-Kadū* (seeds of *Cucurbita moschata* Duchesne) [oral]³
- *Tukhm-i-Tarbūz* (seeds of *Citrullus lanatus* (Thunb.) Mastum. & Nakai [oral]³
- *Tukhm-i-Kāhū* (seeds of *Lactuca sativa* L.) [oral]³
- *Shīra'-i-Tukhm-i-Khurfa* (semiliquid obtained by crushing the seeds of *Portulaca oleracea* L.) [oral]³
- *Shīra-i-Tukhm-i-Khiyārāyn* (semiliquid obtained by crushing the seeds of *Cucumis sativus* L. & *Cucumis melo* L.) [oral]³
- *Mawīz Munaqqā* (deseeded *Vitis vinifera* L.) [oral]³
- *Anjīr* (*Ficus carica* L.) [oral smeared in olive oil]¹
- *Habb al-Maḥlab* (*Cerasus mahaleb* (L.) Mill.) [oral]¹
- *Hurf* (*Lepidium sativum* L.) [oral]²
- *Bādiyān* (*Foeniculum vulgare* Mill.) [oral]²
- *Barg-i-Sudāb* (leaf of *Ruta sylvestris* Mill) [oral]^{1,2}
- *Āb-i-'Aṣā al-Rā'i* (juice of *Amaranthus tricolor* L.) [oral]¹

Compound drugs

- *Itrīfal Kabīr* [oral]¹
- *Itrīfal Ṣaghīr* [oral]^{3,4}
- *Tiryāq Kabīr* [oral]⁴
- *Jawāriš-i-Kundur* [oral]^{1,3}
- *Ma'jūn Māsik al-Bawl Hārr* [oral]³
- *Mā' al-Jubn* (whey) [oral]³

- ‘Araq-i-Shīr Murakkab [oral]³
- Banādiq al-Buzūr [oral]³
- Ravghan-i-Sudāb [local]¹²
- Ravghan-i-Nārdīn [local]¹²

Dietary recommendations

- Malūkhiya (*Malva sylvestris* L.)^{1,3}
- Kāsnī (*Cichorium intybus* L.), Kadū (*Cucurbita moschata* Duchesne) and Kāhū (*Lactuca sativa* L.)^{1,3}
- Almond oil, water (treated with iron), chicken, meat, Mā’ al-Sha‘īr (barley water)^{1,12}
- Muzawwara (a kind of gravy prepared without meat) of Māsh (*Phaseolus radiates* L.) with Kadū (*Cucurbita moschata* Duchesne)¹
- Muzawwara (a kind of gravy prepared without meat) of Nakhūd (*Cicer arietinum* L.)¹

Dietary restrictions

- Sour, spicy diets^{1,12}

20. Salas al-Bawl (incontinence of urine)

It is the incontinence of urine. It can be due to the predominance of *Ruṭūbat* (wetness) in the urinary bladder leading to its cooling. Sometimes, it is caused by muscle weakness especially in old age and sometimes caused by laxation of muscles at the neck of urinary bladder leading to no control on holding urine.³

Formulations

1. Oral administration of *Shāhasfaram* (*Ocimum tenuiflorum* L.) 22 g along with *Māzū* (*Quercus infectoria* Olivier) 1 piece³
2. Oral administration of powder of *Zīra Kirmānī* (*Carum carvi* L.), *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) and *Habb al-Ās* (*Myrtus communis* L.) in equal parts³
3. Oral administration of *Ma’jūn* (semisolid preparation) prepared with *Tukhm-i-Katān* (seeds of *Linum usitatissimum* L.) and *Tukhm-i-*

Khatmī (seeds of *Althaea officinalis* L.) 25 g each, *Aqāqiyā* (*Acacia nilotica* (L.) Willd. ex Delile), *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) and *Shiyāf-i-Māmīthā* 7 g each, *Zanjabīl* (*Zingiber officinale* Roscoe), *Halayla Biryānī* (fried *Terminalia chebula* Retz.) and *Phitkarī* (alum) 35 g each, and honey (3 times) in the dose of 10 g³

4. Local application of *Dimād* (paste) prepared with *Gil Armanī* (Armenian earth), *Sandal Safayd* (*Santalum album* L.) and *Āb-i-Sumāq* (juice of *Rhus coriaria* L.) on back and pelvis⁴
5. Local application of *Ravghan-i-Habb al-Bān* with *Jund Bedastar* (castorium/beaver) and *Farfiyūn* (*Euphorbia resinifera* A. Berger)⁴
6. Oral administration of tablets prepared with *Balūṭ* (*Quercus incana* Bartr.) soaked in vinegar for 3 days and dried, *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) 1 part, *Murr* (*Commiphora myrrha* (Nees) Engl.) 1/2 part, *Sarw* (*Cypressus sempervirens* L.) 1/4 part and *Şamagh ‘Arabī* (gum of *Acacia arabica/nilotica* Willd.) 35 g each in the dose of 10.5 g twice daily¹⁰
7. Oral administration of powder of *Balūṭ* (*Quercus incana* Bartr.) 175 g, *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) 105 g, *Kishnīz Khushk* (dried *Coriandrum sativum* L.), *Gil Armanī* (Armenian earth) and *Şamagh ‘Arabī* (gum of *Acacia arabica/nilotica* Willd.) 35 g each in the dose of 10.5 g twice daily¹³
8. Oral administration of powder of *Qanṭūriyūn* (*Centauria centaurium* L.) 1 part and *Zīra* (*Carum carvi*L.) 1 part in the dose of 7 g with water⁶
9. Oral administration of powder of *Balūṭ* (*Quercus incana* Bartr.) 17.5 g, *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) 7 g and *Habb al-Mahlab* (*Cerasus mahaleb* (L.) Mill.) 10.5 g in the dose of 7 g with *Sharbat-i-Bihī*⁶

Single drugs

- *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) [oral]^{2,3}
- *Khūlanjān* (*Alpinia galanga* (L.) Willd.) [oral]³
- *Nāgarmoth* (*Cyperus rotundus* L.) [oral]³
- *Juft Balūṭ* (*Quercus incana* Bartr.) [oral]^{1,3,4}
- *Habb al-Ās* (*Myrtus communis* L.) [oral]^{1,3,4}
- *Jawzbuwā* (*Myristica fragrans* Houtt.) [oral]¹

- *Lāl Sāg* (*Amaranthus tricolor* L.) [oral]¹
- *‘Ud al-Bakhūr* (*Aquilaria agallocha* Roxb.) [oral]¹
- *Gulnār Fārsī* (*Punica granatum* L.) [oral]^{1,3}
- *Habb al-Maḥlab* (*Cerasus mahaleb* (L.) Mill.) [oral]²

Compound drugs

- *Iṭrīfāl Kabīr* orally, especially when the drugs used to prepare this compound are fried in clarified butter to increase their dessicant quality³
- *Iṭrīfāl Ṣaghīr* orally, especially when the drugs used to prepare this compound are fried in clarified butter to increase their dessicant quality^{3,6}
- *Ravghan-i-Qust* [local]^{1,4}
- *Ravghan-i-Balsān* [local]⁴
- *Ravghan-i-Bān* [local]¹

Dietary recommendations

- *Tafshīl* (a type of diet prepared with dehusked lentils and vinegar)⁴
- *Hiṣrimiyya* (gravy which contains unripe grapes)⁴
- *Sumāqīyya* (Meat marinated in a mixture of spices and onion and cooked after adding oil and water followed by addition of *Sumāq* (*Rhus coriaria* L.) and spices/dry fruit)⁴
- *Zirishkiyya* (a diet containing *Zirishk* (*Berberis aristata* DC.))⁴
- *Mā’ al-Sha ‘ir* (barley water)¹³

Dietary restrictions

- Milk, diuretic diets^{4,6}
- Spicy diets, alcohol¹³

21. *Kathra al-Bawl* (polyuria)

Excessive passage of urine is polyuria. It is characterized by the passage of large volumes of urine and is a symptom of diabetes. There will be burning micturition if it is caused by ulcers in the urinary bladder. It can also be due to exposure of cold environment^{1,10}

Formulations

1. Oral administration of *Ma'jūn* (semisolid preparation) prepared with *Habb al-Ghār* (*Laurus nobilis* L.) and *Barg-i-Habb al-Ghār* (leaf of *Laurus nobilis* L.) 3 parts, *Jund Bedastar* (castorium/beaver), *Gil Armanī* (Armenian earth) 2 parts and *Chilghoza* (*Pinus gerardiana* Wall. ex D. Don) 3 part smeared with *Ravghan-i-Saynbal* and mixed with honey¹⁰
2. Local application of *Huqna* (enema) prepared with *Shūnīz* (*Nigella sativa* L.), *Qanṭūriyūn* (*Centauria centaurium* L.), *Pudīna Barī* (*Mentha spicata* L.), *Sudāb* (*Ruta graveolens* L.), *Tukhm-i-Shalgham* (seeds of *Brassica rapa* L.) and *Ravghan-i-Sosan* at bedtime¹⁰
3. Oral administration of powder of *Khūlanjān* (*Alpinia galanga* (L.) Willd.) mixed with sugar syrup¹
4. Oral administration of powder of *Kunjad* (*Sesamum indicum* L.) 2 parts and *Ajvā'in* (*Trachyspermum ammi* (L.) Sprague) 1 part in the dose of 24 g¹
5. Oral administration of powder of *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) and *Gulnār Fārsī* (*Punica granatum* L.) 4.5 g each and *Maṣtagī* (*Pistacia lentiscus* L.) 3.5 g mixed with honey in the dose of 10.5 g¹
6. Oral administration of tablets prepared with *Kunjad* (*Sesamum indicum* L.) and *Ajvā'in* (*Trachyspermum ammi* (L.) Sprague) in jiggery in the dose of 10.5 g¹
7. Oral administration of powder of *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Sa'd Kūfī* (*Cyperus rotundus* L.), *Khūlanjān* (*Alpinia galanga* (L.) Willd.), *Zīra Siyāh* (*Carum carvi* L.), *Balūt* (*Quercus incana* Bartr.), *Habb al-Ās* (*Myrtus communis* L.), and *Kishnīz* (*Coriandrum sativum* L.) detoxified in vinegar in the dose of 6.75 g¹

Single drugs

- *Murr Makkī* (*Commiphora myrrha* (Nees) Engl.) [oral]¹
- *Habb al-Mahlab* (*Cerasus mahaleb* (L.) Mill.) [oral]¹
- *Sa'd Kūfī* (*Cyperus rotundus* L.) [oral]¹
- *Kundur* (*Boswellia serrata* Roxb. ex Colebr.) [oral]¹
- *Khūlanjān* (*Alpinia galanga* (L.) Willd.) [oral]¹

- *Khabath al-Hadīd* (iron rust) [oral]¹
- *Kishnīz* (*Coriandrum sativum* L.) [oral]¹
- *Kunjad* (*Sesamum indicum* L.) [oral]¹
- *Khashkhāsh* (seeds of *Papaver somniferum* L.) [oral]¹

Compound drugs

- *Jawārish Māsik al-Bawl* [oral]¹
- *Jawārish-i-Kundur* [oral]¹
- *Safūf Māsik al-Bawl* [oral]¹
- *Qurş Māsik al-Bawl* [oral]¹
- *Ma 'jūn-i-Balūṭ* [oral]¹
- *Ma 'jūn-i- Khabath al-Hadīd* [oral]¹
- *Ma 'jūn-i-Qusṭ* [oral]¹
- *Ravghan-i-Sosan* [local at the site of bladder]¹⁰
- *Ravghan-i-Saynbhal* [local at the site of bladder]¹⁰

Dietary recommendations

- Roasted meat¹⁰
- Honey and its preparation¹⁰
- *Harīra* (drugs are soaked overnight in water/suitable decoction and grinded in mortar and pestle. Sugar is then added, and fried with *Ravghan-i-Zard* before using.)¹⁰
- Half fried egg yolk¹

22. *Bawl al-Dam* (haematuria)

Passing of urine mixed with blood is known as haematuria. It is caused by the extravasation of blood from ruptured renal vessels, renal and hepatic debility and renal ulcers. The principle of treatment is to check bleeding and promote healing.^{1,2,3,12}

Formulations

1. Oral administration of *Qurş* (tablet) prepared with *Tukhm-i-Kakrī* (seeds of *Cucumis melo* L.), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston), *Gulnār Fārstī* (flower of *Punica granatum*

L.), *Sukk* (extract of *Phyllanthus emblica* L.), *Dam al-Akhwayn* (*Dracaena cinnabari* Balf.f), *Gond-i-Babūl* (gum of *Acacia nilotica* (L.) Willd. ex Delile) and *Āb-i-Khurfa* (juice of *Portulaca oleracea* L.)/*Āb-i-Bārtang* (juice of *Plantago major* L.)³

2. Oral administration of powder of *Chāksū* (*Cassia absus* L.) 21 pieces along with water 125 ml in which *Burāda-i-Şandal Safayd* (sawdust of *Santalum album* L.) 6 g is soaked overnight. This is taken after sieving in the morning.³
3. Oral administration of *Lu ‘āb-i-Bihīdāna* (mucilage of seeds of *Cydonia oblonga* Mill.) 3 g, *Shīra’-i-Tukhm-i-Khurfa* (semiliquid obtained by crushing the seeds of *Portulaca oleracea* L.) and *Shīra’-i-Bīkh-i-Anjbār* (semiliquid obtained by crushing the root of *Polygonum bistorta* (L.) Samp.) 5 g each mixed with *Sharbat-i-Anjbār* 40 ml sprinkled with *Tukhm-i-Bārtang* (seeds of *Plantago major* L.) 7 g³
4. Local application of *Dimād* (paste) prepared with *Aqāqiyā* (extract of pods of *Acacia nilotica* (L.) Willd. ex Delile), *Şandal Safayd* (*Santalum album* L.), *Kharnūb* (*Ceratonia siliqua* L.), *Bīkh-i-Pudīna* (root of *Mentha arvensis* L.), *Āb-i-Sumāq* (juice of *Rhus coriaria* L.) and *Āb-i-Khurfa* (juice of *Portulaca oleracea* L.)⁴
5. Oral administration of *Qurş* (tablet) prepared with *Gil Armanī* (Armenian earth), *Gond-i-Babūl* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Dam al-Akhwayn* (*Dracaena cinnabari* Balf.f), *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) and *‘Usāra’-i-Lahya al-Tays* (extract of *Citrus parviflora* (DC.) Kuntze) 7 g each, *Maghz-i-Tukhm-i-Kharbūza* (seed kernel of *Cucumis melo* L.) 7 g, *Maghz-i-Tukhm-i-Khurfa* (seed kernel of *Portulaca oleracea* L.) 3.5 g and *Afyūn* (dried latex of *Papaver somniferum* L.) 500 mg in *Lu ‘āb-i-Asphol* (mucilage of seeds of *Plantago ovata* Forssk). These tablets are taken along with *Āb-i-Khurfa* (juice of *Portulaca oleracea* L.) and *Sharbat-i-Anār*.⁴
6. Oral administration of powder of *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) and *Shākh-i-Gā’ozan Muḥarraq* (burnt staghorn) in equal parts along with *Āb-i-Ās* (juice of *Myrtus communis* L.)^{2,12}
7. Oral administration of *Qurş* (tablet) prepared with *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 6 g, *Phitkarī* (alum), *Dam al-Akhwayn* (*Dracaena cinnabari* Balf.f) and *Gulnār Fārsī* (flower of *Punica granatum* L.) 3 g each and *Samagh* (resin) 1.5 g in *Āb-i-Khurfa* (juice of *Portulaca oleracea* L.)¹²

Single drugs

- *Gil Armanī* (Armenian earth) [oral]⁴
- *Gil Rūmī* (red bole) [oral]⁴
- *Gond-i-Babūl* (gum of *Acacia nilotica* (L.) Willd. ex Delile) [oral]⁴
- *Nishāsta* (starch) [oral]⁴
- *Shādnaj* (nummulite) [oral]⁴
- *Ajvā 'in Khurāsānī* (*Hyoscyamus niger* L.) [oral]⁴
- *Kahrubā* (*Pinus succinifera* L.) [oral]⁴
- *Dam al-Akhwayn* (*Dracaena cinnabari* Balf.f) [oral]⁴
- *Gulnār Fārsī* (flower of *Punica granatum* L.) [oral]⁴
- *Soyā* (seeds of *Anethum sowa* Roxb. ex Flem.) [oral]⁴
- *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) [oral]⁴
- *Tukhm-i-Khubbāzī* (seeds of *Malva sylvestris* L.) [oral]⁴
- *Khashkhāsh* (seeds of *Papaver somniferum* L.) [oral]⁴
- *Pudīna* (*Mentha arvensis* L.) [oral]⁴

Compound drugs

- *Qurṣ-i-Kahrubā* [oral]³
- *Qurṣ-i-Nafthuddam* [oral]³
- *Ma'jūn-i-Kākanaj* [oral]⁴
- *'Araq-i-Mako* [oral]⁴

Dietary recommendations

- *Mūng Dāl*, *Roṭī*, vegetable gourd, *Khurfa* (*Portulaca oleracea* L.), milk, rice, *Khichrī* prepared with *Mūng Dāl* and rice³
- Meat of birds
- *Sumāqiyya* (Meat marinated in a mixture of spices and onion and cooked after adding oil and water followed by adding *Sumāq* (*Rhus coriaria* L.) and spices/dry fruit)
- *Zirishkiyya* (a diet containing *Zirishk* (*Berberis aristata* DC.))
- *Hişrimiyya* (gravy which contains unripe grapes)

- *Rībāsiyya* (diet prepared with root of *Rewand Chīnī* (*Rheum officinale* Baill.)
- *Āb-i-Anār* (juice of pomegranate)
- Yolk of half fried egg
- Lentil
- Buttermilk prepared with cow's milk
- Curry prepared with *Khubbāzī* (seeds of *Malva sylvestris* L.), *Shīra'-i-Bādām Shīrīn* (semiliquid obtained by crushing the seeds of *Prunus amygdalus* Batsch.) and *Shīra'-i-Khashkhāsh* (semiliquid obtained by crushing the seeds of *Papaver somniferum* L.)⁴
- Fish¹²
- *Aghdhiya Laṭīfa* (food stuffs which are easy to digest but have little nutritional value and produce sanguine type of humour which is normal in viscosity, e.g. garlic, raddish, spicy and salty fishes)^{2,5}

Dietary restrictions

- Hot spicy foods, meat, sour diets³
- Salty and spicy diets¹²
- Sour diets²
- *Aghdhiya Qābida* (foods producing astringent effect)²

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SECTION-3

USEFUL *MUFRAD ADWIYA* (UNANI SINGLE DRUGS) IN KIDNEY DISEASES

In Unani Medicine, only natural substances from plant, mineral and animal origin are used as drugs. Drugs from plant origin are the main source and have been used to preserve health, maintain the body's defense system and treat diseases. Unani physicians have recommended use of single drugs in various kidney diseases. The present section carries description of 102 Unani single drugs in alphabetical order. The description of each drug has been detailed under the subheadings of botanical/scientific/English name, synonym, temperament, part used, actions/uses, method of use and dosage. The information has been supported with a reference and the list of references has been provided at the end of the section. The drugs included in this section may be subjected for further observations and experiments that may lead to isolation of active principle and synthesis of new drugs.

1. *Ābnūs*

- **Scientific name/English name:** *Diospyros ebenum* J.Koenig
- **Synonym:** *Siyāfīlūs*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Wood
- **Actions:** *Mufattit-i-Haṣāt* (lithotriptic), *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Haṣāt-i-Kulya* (renal calculus)
- **Method of use:** Oral with *Sikanjabīn* (oxymel)
- **Dosage:** 10.5 g¹²³⁴

2. *Ās Barrī*

- **Scientific name/English name:** *Ruscus aculeatus* L.
- **Synonym:** *Marsīna Aghriya*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Root
- **Actions:** *Mudirr-i-Bawl* (diuretic)

- **Therapeutic uses:** *Haṣāt-i-Kulya* or *Mathāna* (renal and vesicular calculi), *Taqīr al-Bawl* (dribbling of urine)
- **Method of use:** Oral in the form of decoction of root^{4,13}

3. *Abū Khālsā*

- **Scientific name/English name:** *Onosma echiooides* L.
- **Synonym:** *Shanjār, Ratanjot*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Root
- **Actions:** *Muhallil* (resolvent), *Mufattit-i-Haṣāt* (lithotriptic)
- **Therapeutic uses:** *Waja‘ al-Kulya* (renal pain), *Haṣāt-i-Kulya* (renal calculus)
- **Method of use:** Oral
- **Dosage:** 3-5 g^{1,14}

4. *Ālū Bukhārā*

- **Scientific name/English name:** *Prunus domestica* L.
- **Synonym:** *Ijjāṣ*
- **Temperament:** *Bārid* (cold) in second degree and *Raṭb* (wet) in third degree
- **Part used:** Gum
- **Actions:** *Qābid* (astringent), *Hābis* (styptic)
- **Therapeutic uses:** *Haṣāt al-Kulya* (renal calculus)
- **Method of use:** Oral in the form of decoction
- **Dosage:** Decoction 210 g^{1,3,4,6}

5. *Anār Tursħ*

- **Scientific name/English name:** *Punica granatum* L.
- **Synonym:** *Rummān*
- **Temperament:** *Bārid Yābis* (cold & dry)
- **Part used:** Fruit pulp with seed
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Jālī* (detergent), *Qābid* (astringent)

- **Therapeutic uses:** ‘*Usr al-Bawl* (dysuria)
- **Method of use:** Oral in the form of juice
- **Dosage:** 25-60 ml^{10,13}

6. *Anīsūn*

- **Scientific name/English name:** *Pimpinella anisum* L.
- **Synonym:** *Bādiyān Rūmī*, *Zīra Rūmī*
- **Temperament:** *Hārr* (hot) in second degree and *Yābis* (dry) in third degree
- **Part used:** Seed
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Muhallil-i-Waram* (resolvent of swelling), *Muhallil-i-Riyāḥ* (anti-flatulent)
- **Therapeutic uses:** *Sudad al-Kulya wa Mathāna* (renal and vesicular obstruction)
- **Method of use:** Oral in the form of powder
- **Dosage:** 9 g^{1,4,5}

7. *Anjibār*

- **Scientific name/English name:** *Polygonum bistorta* (L.) Samp.
- **Temperament:** *Bārid Yābis* (cold & dry) in first degree
- **Part used:** Root
- **Actions:** *Qābid* (astringent), *Hābis* (styptic)
- **Therapeutic uses:** *Bawl al-Dam* (haematuria), *Bawl al-Midda* (pyuria)
- **Method of use:** Oral
- **Dosage:** 4.5 g^{4,13}

8. *Arāk*

- **Scientific name/English name:** *Salvadora oleoides* Decne.
- **Synonym:** *Darakht-i-Shora*
- **Part used:** Root
- **Actions:** *Mudirr-i-Bawl* (diuretic) and *Munaqqī-i-Mathāna* (vesicular cleanser)

- **Therapeutic uses:** ‘*Usr al-Bawl* (dysuria)
- **Method of use:** Oral in the form of decoction
- **Dosage:** 4.5-10.5 g^{4,13}

9. ‘Aṣā al-Rā’ī

- **Scientific name/English name:** *Amaranthus tricolor* L.
- **Synonym:** *Lāl Sāg*
- **Temperament:** *Bārid* (cold) in third degree
- **Part used:** extract
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Qābiḍ* (astringent), *Mubarrīd* (coolent)
- **Therapeutic uses:** ‘*Usr al-Bawl* (dysuria)
- **Method of use:** Oral
- **Dosage:** Extract 315 ml^{7,8,12,14}

10. Asārūn

- **Scientific name/English name:** *Asarum europaeum* L.
- **Synonym:** *Saraniyūn*
- **Temperament:** *Hārr Yābis* (hot and dry) in third degree
- **Part used:** Root
- **Actions:** *Muqawwī-i-Kulya wa Mathāna* (renal and vesicular tonic), *Munaqqī-i-Kulya* (kidney cleanser)
- **Therapeutic uses:** *Haṣā al-Kulya* (renal calculus), *Waja‘ al-Kulya* (renal pain), ‘*Usr al-Bawl* (dysuria)
- **Method of use:** Oral in the form of distillate
- **Dosage:** 4.5-13.5 g^{1,2,3,4,13,15}

11. Bādrūj

- **Scientific name/English name:** *Ocimum gratissimum* L.
- **Synonym:** *Jangalī Tulśī, Hūk*
- **Temperament:** *Hārr Raṭb* (hot and wet)
- **Part used:** Seeds
- **Actions:** *Mulaṭṭif* (demulcent), *Mufarriḥ* (exhilarant)¹³

- **Therapeutic uses:** ‘*Usr al-Bawl* (dysuria)¹³
- **Method of use:** Oral
- **Dosage:** 7-13 g^{2,4}

12. *Bābūna*

- **Scientific name/English name:** *Matricaria chamomilla* L.
- **Synonym:** *Bābūnaj*
- **Temperament:** *Hārr* (hot) in second degree and *Yābis* (dry) in first degree
- **Part used:** whole plant
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Haşā al-Kulya* (renal calculus), ‘*Usr al-Bawl* (dysuria)
- **Method of use:** *Ābzān* (Sitz bath) and oral
- **Dosage:** 3.5 g^{2,9,4,13,15}

13. *Bādiyān*

- **Scientific name/English name:** *Foeniculum vulgare* Mill.
- **Synonym:** *Savnf*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Seed
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Mufattih-i-Sudad* (deobstruent), *Mufattit-i-Haşāt* (lithotriptic)
- **Therapeutic uses:** *Sudad al-Kulya* (renal obstruction), *Waja‘ al-Kulya wa ’l-Mathāna* (renal and vesicular pain)
- **Method of use:** Oral administration of extract of *Bādiyān* (*Foeniculum vulgare* Mill.) along with barley water helps in the treatment of *Waja‘ al-Kulya wa ’l-Mathāna* (renal and vesicular pain)
- **Dosage:** 17.5 g^{4,9,13}

14. *Balsān*

- **Scientific name/English name:** *Commiphora gileadensis* (L.) C.Chr.

- **Synonym:** *Lusīrmiyūn*
- **Temperament:** *Hārr Yābis* (hot and dry) in third degree
- **Part used:** Fruit and seed's oil
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Muqawwī-i-Kulya* o *Mathāna* (renal and vesicular tonic), *Mufattit-i-Haṣāt* (lithotriptic)
- **Therapeutic uses:** *'Usr al-Bawl* (dysuria), *Hurqa al-Bawl* (burning micturition), *Salas al-Bawl* (urinary incontinence), *Haṣā al-Kulya* (renal calculus)
- **Method of use:** Decoction of fruit taken orally helps in the treatment of *'Usr al-Bawl* (dysuria) and oil is used for *Haṣā al-Kulya* (renal calculus)
- **Dosage:** Oil 2.25 ml^{1,2,3,4}

15. *Banafsaj*

- **Scientific name/English name:** *Viola odorata* L.
- **Synonym:** *Banafsha*
- **Temperament:** *Bārid Raṭb* (cold & wet) in first degree
- **Part used:** Leaves
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Waja' al-Kulya* (renal pain), *Iḥtibās al-Bawl* (retention of urine), *Hurqa Majārī-i-Bawl* (burning sensation in urinary tract)
- **Method of use:** Oral
- **Dosage:** 22.5 g^{1,2,4,9}

16. *Baqla al-Humaqā'*

- **Scientific name/English name:** *Portulaca oleracea* L.
- **Synonym:** *Khurfa*
- **Temperament:** *Bārid* (cold) in third degree and *Raṭb* (wet) in second degree
- **Part used:** Whole plant
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Mufattit-i-Haṣāt* (lithotriptic)
- **Therapeutic uses:** *Waja' al-Kulya wa'l-Mathāna* (renal and vesicular pain), *Qurūḥ al-Kulya* (renal ulcers), *Haṣā al-Kulya wa'l-*

Mathāna (renal and vesicular calculi), *Ḥurqat-i-Majārī-i-Bawl* (burning sensation in urinary tract)

- **Method of use:** Extract of whole plant is taken orally
- **Dosage:** 35-90 ml^{1,3,5,9,11}

17. Baranjāsaf

- **Scientific name/English name:** *Achillea millefolium* L.
- **Synonym:** *Qayṣūm*
- **Temperament:** *Bārid Raṭb* (cold & wet) in first degree
- **Part used:** Whole plant
- **Actions:** *Mufattit-i-Ḥaṣāt* (lithotriptic), *Musakhkhin* (calorific)
- **Therapeutic uses:** *Haṣā al-Kulya* (renal calculus), *Iḥtibās al-Bawl* (retention of urine)
- **Method of use:** Orally as decoction for *Iḥtibās al-Bawl* (retention of urine), Sitz bath in its decoction for *Haṣā al-Kulya* (renal calculus)
- **Dosage:** Decoction 10.5-13.5 g^{1,2,4,13}

18. Bazr-i-Katān

- **Scientific name/English name:** *Linum usitatissimum* L.
- **Synonym:** *Alsī*
- **Temperament:** *Hārr Raṭb* (hot and wet)
- **Part used:** Seeds
- **Actions:** *Muḥallil* (resolvent), *Musakkin-i-Alam* (analgesic), *Musakkin-i-Sozish* (soothing)
- **Therapeutic uses:** *Qurūḥ al-Kulya wa'l-Mathāna* (renal and vesicular ulcers), *Salas al-Bawl* (urinary incontinence)
- **Method of use:** Oral in the form of powder of seeds
- **Dosage:** 10.5 g^{1,9,10,13}

19. Bitṭīkh

- **Scientific name/English name:** *Cucumis melo* L.
- **Synonym:** *Kharpaza*
- **Temperament:** *Bārid Raṭb* (cold & wet) in second degree

- **Part used:** Seeds
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular ulcers), *Hurqa al-Bawl* (burning micturition)
- **Method of use:** Oral
- **Dosage:** 10.5 g^{1,2,3,7,8,11,13}

20. *Chirchita*

- **Scientific name/English name:** *Achyranthes aspera* L.
- **Synonym:** *Khārwāz Guna*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Root
- **Actions:** *Hādim* (digestive), *Mulaṭṭif* (demulcent), *Kāsir-i-Riyāḥ* (carminative), *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Haṣā al-Mathāna* (vesicular calculus)
- **Method of use:** oral
- **Dosage:** 1-3 g¹¹

21. *Chob Chīnī*

- **Scientific name/English name:** *Smilax china* L.
- **Synonym:** *Bīkh-i-Chīnī*
- **Temperament:** *Murakkab al-Qūwā*
- **Part used:** Root
- **Actions:** *Mulaṭṭif* (demulcent), *Mufattih-i-Sudad* (deobstruent), *Muḥallil* (resolvent)
- **Therapeutic uses:** *Qurūḥ al-Kulya wa'l-Mathāna* (renal and vesicular ulcers), *Salas al-Bawl* (urinary incontinence)
- **Method of use:** Oral in the form of decoction
- **Dosage:** 6-9 g¹¹

22. *Dār-i-Shīsha'ān*

- **Scientific name/English name:** *Myrica esculenta* Buch.-Ham. ex D. Don

- **Synonym:** *Kā'iphāl*
- **Temperament:** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used:** Stem bark
- **Actions:** *Mujaffif* (desiccant), *Qābid* (astringent), *Muhallil-i-Waram* (resolvent)
- **Therapeutic uses:** '*Usr al-Bawl* (dysuria)
- **Method of use:** Oral in the form of decoction
- **Dosage:** 3.5-7 g^{1,5,7,9,11,13}

23. *Dār Chīnī*

- **Scientific name/English name:** *Cinnamomum verum* J.Presl
- **Synonym:** *Qirfa*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Bark
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Musakkin-i-Alam* (analgesic), *Muhallil* (resolvent)
- **Therapeutic uses:** *Waja' al-Kulya* (renal pain), '*Usr al-Bawl* (dysuria)
- **Method of use:** Oral in the form of powder
- **Dosage:** 7-10.5 g^{5,7,11,13}

24. *Deodār*

- **Scientific name/English name:** (*Cedrus deodara* (Roxb. ex D. Don) G.Don)
- **Synonym:** *Şanūbar Hindī*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Wood
- **Actions:** *Mufattit-i-Hasāt* (lithotriptic)
- **Therapeutic uses:** *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculi)
- **Method of use:** Oral
- **Dosage:** 3.5 g^{1,11}

25. *Dūqū*

- **Scientific name/English name:** *Anethum graveolens* L.
- **Synonym:** *Tukhm-i-Gazar Dashtī*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Seeds
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Mufattih* (deobstruent), *Muhallil* (resolvent), *Muqawwī-i-Kulya* (renal tonic)
- **Therapeutic uses:** *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculus)
- **Method of use:** Oral
- **Dosage:** 3.5 g^{1,2,5,9,11}

26. *Fāwāniyā*

- **Scientific name/English name:** *Orchis officinalis* Salisb.
- **Synonym:** ‘Ūd al-Rīḥ
- **Temperament:** *Hārr Yābis* (hot & dry) in first degree
- **Part used:** Root
- **Actions:** *Mufattih* (deobstruent), *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Waja' al-Kulya wa'l-Mathāna* (renal and vesicular pain)
- **Method of use:** Oral
- **Dosage:** 4.5 g^{2,8}

27. *Filfil Siyāh*

- **Scientific name/English name:** *Piper nigrum* L.
- **Synonym:** *Gol Mirch, Kālī Mirch*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Seed
- **Actions:** *Musakhkhin* (calorific), *Hādim* (digestive), *Jādhib* (absorbent), *Muhallil* (resolvent), *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Taqṭīr al-Bawl* (dribbling of urine)
- **Method of use:** Oral
- **Dosage:** 4.5-9 g⁸

28. *Fuwwāh*

- **Scientific name/English name:** *Rubia cordifolia* L.
- **Synonym:** *Majīth*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Stem
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Haṣā al-Kulya* (renal calculus)
- **Method of use:** Oral
- **Dosage:** 4.5 g⁸

29. *Ghārīqūn*

- **Scientific name/English name:** *Polyporus officinalis* (Vil.) Fr.
- **Synonym:** *Aghārīqūn*
- **Temperament:** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used:** Root
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Qābid* (astringent), *Musakhkhin* (calorific)
- **Therapeutic uses:** *Waja‘ al-Kulya* (renal pain), *‘Usr al-Bawl* (dysuria)
- **Method of use:** Oral
- **Dosage:** 3.5 g^{1,9,11,14}

30. *Hāshā*

- **Scientific name/English name:** *Thymus serpyllum* L.
- **Synonym:** *Şanūbar al-Himār*, *Māmūn*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Whole plant
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Musakhkhin* (calorific)
- **Therapeutic uses:** *‘Usr al-Bawl* (dysuria)
- **Method of use:** Oral
- **Dosage:** 7 g^{5,11}

31. *Habb al-Ās*

- **Scientific name/English name:** *Myrtus communis* L.
- **Synonym:** *Mūrad*
- **Temperament:** *Bārid* (cold) in first degree and *Yābis* (dry) in second degree
- **Part used:** ‘*Uṣāra*’-i-*Habb al-Ās* (extract of *Myrtus communis* L.)
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Hurqa al-Bawl* (burning micturition), *Hurqa al-Mathāna* (vesicular burning), *Haṣā al-Kulya* (renal calculus)
- **Method of use:** Oral in the form of extract
- **Dosage:** Extract 32-106 g^{1,3,4,5}

32. *Habb al-Ghār*

- **Scientific name/English name:** *Laurus nobilis* L.
- **Synonym:** *Zāqnī*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Fruit, leaf
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Mufattit-i-Haṣāt* (lithotriptic)
- **Therapeutic uses:** *Salas al-Bawl* (urinary incontinence), *Haṣā al-Kulya* (renal calculus), *Taqṭīr al-Bawl* (dribbling of urine)
- **Method of use:** Root peel for oral administration and decoction of leaves for Sitz bath
- **Dosage:** 2.25-9 g^{1,3,9,11}

33. *Habb al-Qilt*

- **Scientific name/English name:** (*Macrotyloma uniflorum* (Lam.) Verdc.)
- **Synonym:** *Kulthī*
- **Temperament:** *Bārid* (cold) in second degree, *Raṭb* (wet) in first degree
- **Part used:** Seed
- **Actions:** *Mufattit-i-Haṣāt* (lithotriptic), *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Haṣā al-Kulya* (renal calculus)

- **Method of use:** For the treatment of *Haṣā al-Kulya* (renal calculus), it is taken along with the juice of leaf of *Mūlī* (*Raphanus sativus L.*)
- **Dosage:** 3.5 g^{1,2,3,9,11,13}

34. *Habb-i-Şanavbar*

- **Scientific name/English name:** *Pinus roxburghii* Sarg.
- **Synonym:** *Arzah*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Fruit
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Musakkin-i-Alam* (analgesic)
- **Therapeutic uses:** *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculi), *Qurūḥ al-Mathāna* (vesicular ulcers)
- **Method of use:** Oral with seeds of *Kakrī* (*Cucumis melo L.*) or honey
- **Dosage:** 9 g^{2,8,12,14}

35. *Hajar al-Asfanj*

- **Scientific name/English name:** Spongestone
- **Synonym:** *Haṣā al-Asfanj*
- **Part used:** Stone
- **Actions:** *Mufattit-i-Haṣāt* (lithotriptic), *Mujaffif* (desiccant)
- **Therapeutic uses:** *Haṣā al-Kulya* (renal calculus)
- **Method of use:** It is taken orally for the treatment of *Haṣā al-Mathāna* (vesicular calculi)^{1,2,3,9,11,15}

36. *Hajar al-Yahūd*

- **Scientific name/English name:** Silicate of lime/jewishstone
- **Synonym:** *Hajar al-Yahūd*
- **Temperament:** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used:** Stone
- **Actions:** *Mufattit-i-Haṣāt* (lithotriptic)
- **Therapeutic uses:** It is highly beneficial for the treatment of *Haṣā*

al-Kulya (renal calculus), ‘*Usr al-Bawl* (dysuria) and *Haṣā al-Mathāna* (vesicular calculus)

- **Method of use:** It is grinded with water and taken orally in the dose of 1.75 g for the treatment of ‘*Usr al-Bawl* (dysuria) and *Haṣā al-Mathāna* (vesicular calculus)
- **Dosage:** 1.75 g^{1,2,5,7,9,11,13,15}

37. *Halyūn*

- **Scientific name/English name:** *Asparagus officinalis* L.
- **Synonym:** *Markiya*
- **Temperament:** *Hārr Raṭb* (hot & dry)
- **Part used:** Root, seed
- **Actions:** *Musakhkhin-i-Kulya* (heat producing in the kidney), *Jālī* (detergent)
- **Therapeutic uses:** ‘*Usr al-Bawl* (dysuria), *Taqṭīr al-Bawl* (dribbling of urine)
- **Method of use:** Oral in the form of decoction
- **Dosage:** 9 g^{1,3,10,12,14}

38. *Harnavh*

- **Scientific name/English name:** *Averrhoa carambola* L.
- **Synonym:** *Qalamīk*
- **Temperament:** *Hārr Raṭb* (hot & wet)
- **Part used:** Whole plant
- **Action:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculi)
- **Method of use:** Oral in the form of decoction is used in the treatment of *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculi)
- **Dosage:** 7 g³

39. *Hasak*

- **Scientific name/English name:** *Tribulus terrestris* L.
- **Synonym:** *Gokhrū, Khār Khasak*

- **Temperament:** *Bārid Yābis* (cold & dry)
- **Part used:** Fresh fruit
- **Action:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculi), *'Usr al-Bawl* (dysuria)
- **Method of use:** Oral
- **Dosage:** 7-17.5 g^{1,2,3,5,9,11,13}

40. *Hiltīt*

- **Scientific name/English name:** *Ferula assafoetida* L.
- **Synonym:** *Hīng*
- **Temperament:** *Hārr Yābis* (hot & dry) in the initial stage of fourth degree
- **Part used:** Gum
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Jālī* (detergent), *Dāfi 'i-Ta'affun* (antiseptic), *Kāsir-i-Riyāḥ* (carminative)
- **Therapeutic uses:** *Qilla al-Bawl* (oliguria)
- **Method of use:** Oral
- **Dosage:** 1 g¹³

41. *Himmaṣ*

- **Scientific name/English name:** *Cicer arietinum* L.
- **Synonym:** *Nakhūd, Chanā*
- **Temperament:** *Hārr Raṭb* (hot & wet)
- **Part used:** Seeds
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Jādhib* (absorbent), *Muḥallil* (resolvent), *Mufattit-i-Haṣāt* (lithotriptic)
- **Therapeutic uses:** *Haṣā al-Kulya* (renal calculus)
- **Method of use:** Oral^{5,10}

42. *Hinduwāna*

- **Scientific name/English name:** *Citrullus lanatus* (Thunb.) Mastum. & Nakai

- **Synonym:** *Tarbūz*
- **Temperament:** *Bārid Raṭb* (cold & wet)
- **Part used:** Seed, fruit
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Muraṭṭib* (humidifying)
- **Therapeutic uses:** *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculus)
- **Method of use:** Oral with *Sikanjabīn*
- **Dosage:** 17.5 g^{7,9,10}

43. *Hulba*

- **Scientific name/English name:** *Trigonella foenum-graecum* L.
- **Synonym:** *Methī*
- **Temperament:** *Hārr* (hot) in second degree and *Yābis* (dry) in first degree
- **Part used:** Whole plant, seed
- **Actions:** *Muḥallil* (resolvent), *Kāsir-i-Riyāḥ* (carminative), *Mulayyin* (laxative)
- **Therapeutic uses:** *Burudat-i-Mathāna* (coldness of bladder), *Taqṭīr al-Bawl* (dribbling of urine)
- **Method of use:** Oral
- **Dosage:** 3-5 g¹³

44. *Iklīl al-Malik*

- **Scientific name/English name:** *Trigonella uncata* Boiss. & Noe
- **Synonym:** *Nākhūna*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Leaf
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Mufattit-i-Haṣāt* (lithotriptic)
- **Therapeutic uses:** *Haṣā al-Kulya* (nephrolithiasis)
- **Method of use:** Oral in the form of decoction
- **Dosage:** 3.5-4.5 g^{1,3,4}

45. *Inab al-Tha'lab*

- **Scientific name/English name:** *Solanum americanum* Mill.
- **Synonym:** *Mako*
- **Temperament:** *Bārid* (cold) in first degree and *Yābis* (dry) in second degree
- **Part used:** Fruit, seed
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Munaqqī-i-Kulya wa 'l-Mathāna* (kidney and vesicular cleanser)
- **Therapeutic uses:** *Waram al-Kulya* (nephritis), *'Usr al-Bawl* (dysuria)
- **Method of use:** Oral
- **Dosage:** 22.5 g^{1,2,3,4,7,9,14}

46. *Īrsā*

- **Scientific name/English name:** *Iris ensata* Thunb.
- **Synonym:** *Sosan*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Root
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Mukhrij-i-Haṣāt* (evacuation of renal calculus)
- **Therapeutic uses:** *Haṣāt al-Kulya* (renal calculus)
- **Method of use:** Oral
- **Dosage:** 7-9 g^{1,4}

47. *Ispand*

- **Scientific name/English name:** *Peganum harmala* L.
- **Synonym:** *Harmal*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Seed
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *'Usr al-Bawl* (dysuria)
- **Method of use:** Oral
- **Dosage:** 4.5-9 g^{1,4}

48. *Isqīl*

- **Scientific name/English name:** *Drimia indica* (Roxb.) Jessop
- **Synonym:** *Baṣal al-Fār*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Whole plant
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *'Usr al-Bawl* (dysuria)
- **Method of use:** Oral
- **Dosage:** 4.5 g^{1,8}

49. *Idhkhir*

- **Scientific name/English name:** *Cymbopogon jwarancusa* (Jones) Schult.
- **Synonym:** *Tīn-i-Makkah, Rājhans*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Flower buds, whole plant
- **Actions:** *Mufattit-i-Hasāt* (lithotriptic), *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** Its flower buds are used in the treatment of *Waja 'al-Kulya* (renal pain), *'Usr al-Bawl* (dysuria)
- **Method of use:** Oral
- **Dosage:** 5-7 g^{1,3,5,7,13}

50. *Jā'oshīr*

- **Scientific name/English name:** *Ferula galbaniflua* Boiss. & Buhse
- **Synonym:** *Aqāmo, Ga'oshīr*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Latex
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Taqṭīr al-Bawl* (dribbling of urine), *Haṣā al-Kulya* (renal calculus), *'Usr al-Bawl* (dysuria)
- **Method of use:** Oral
- **Dosage:** 2.25-4.5 g^{1,3,5,9,11}

51. *Jawz*

- **Scientific name/English name:** *Juglans regia* L.
- **Synonym:** *Akhrot*
- **Temperament:** *Hārr* (hot) in second degree and *Yābis* (dry) in first degree
- **Part used:** Fruit kernel, peel and leaves
- **Actions:** *Muqawwī-i-Aṣāb* (nervine tonic), *Muqawwī-i-Aḍā’ Ra’īsa* (tonic for vital organs)
- **Therapeutic uses:** *Taqṭīr al-Bawl* (dribbling of urine)
- **Method of use:** Oral administration of powder of *Post-i-Jawz* (peel) and *Barg-i-Jawz* (leaves) in the dose of 10.5 g for few days helps in the treatment of *Taqṭīr al-Bawl* (dribbling of urine)
- **Dosage:** 10-20 g¹¹

52. *Jawzbuwā*

- **Scientific name/English name:** *Myristica fragrans* Houtt.
- **Synonym:** *Jā’iphal*, *Jawz al-Tīb*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Fruit
- **Actions:** *Mudīrr-i-Bawl* (diuretic)
- **Therapeutic uses:** *‘Usr al-Bawl* (dysuria). It is highly beneficial for the treatment of *Salas al-Bawl* (urinary incontinence) if used locally in the form of *Dimād* (paste)
- **Method of use:** Oral and local
- **Dosage:** 4.5-9 g^{1,3,7,9,11,13}

53. *Jawākhār*

- **Scientific name/English name:** Potassium carbonate
- **Part used:** Salt of plant
- **Actions:** *Mudīrr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Haṣā al-Kulya* (renal calculus), *Taqṭīr al-Bawl* (dribbling of urine)
- **Method of use:** Oral¹¹

54. *Jazar*

- **Scientific name/English name:** *Daucus carota* L.
- **Synonym:** *Gājar*
- **Temperament:** *Hārr Raṭb* (hot & wet)
- **Part used:** Root, seed
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Hāqdim* (digestive)
- **Therapeutic uses:** ‘*Usr al-Bawl* (dysuria)
- **Method of use:** Oral
- **Dosage:** 5-10 g¹³

55. *Jirjīr al-Mā'*

- **Scientific name/English name:** *Nasturtium officinale* R. Br.
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Leaf
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Muḥallil* (resolvent) and *Mufattit-i-Ḥaṣāt* (lithotriptic)
- **Therapeutic uses:** *Haṣā al-Kulya* (renal calculus)
- **Method of use:** Oral^{1,3,5,8,9,14}

56. *Junṭiyānā*

- **Scientific name/English name:** *Gentiana lutea* L.
- **Synonym:** *Shanbalī, Dawā' al-Hayya*
- **Temperament:** *Hārr* (hot) in third degree and *Yābis* (dry) in second degree
- **Part used:** Root
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** ‘*Usr al-Bawl* (dysuria)
- **Method of use:** Oral in the form of powder of its root mixed with honey
- **Dosage:** 4.5 g^{1,9,11,13}

57. *Kabāba Khandān*

- **Scientific name/English name:** *Zanthoxylum armatum* DC. Syn.: *Z. alatum* Roxb.

- **Synonym:** *Kabāba'-i-Dahan, Fāghira*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Root
- **Actions:** *Munaqqī-i-Kulya* (kidney cleanser), *Mukhrij-i-Hasāt* (evacuation of calculi)
- **Therapeutic uses:** *Hasāt al-Kulya* (renal calculus)
- **Method of use:** Oral
- **Dosage:** 5.25-7 g^{1,2,7,9,10,12,14}

58. *Kabāb Chīnī*

- **Scientific name/English name:** *Piper cubeba* L.f.
- **Synonym:** *Kabāba*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Fruit
- **Actions:** *Muḥallil* (resolvent), *Mudirr-i-Bawl* (diuretic), *Mufattit-i-Hasāt* (lithotriptic)
- **Therapeutic uses:** *Iḥtibās al-Bawl* (retention of urine), *Hasāt al-Kulya wa'l-Mathāna* (renal & vesicular calculi)
- **Method of use:** Oral
- **Dosage:** 1-3g¹⁴

59. *Kabar*

- **Scientific name/English name:** *Capparis spinosa* L.
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Root
- **Action:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Iḥtibās al-Bawl* (retention of urine)
- **Method of use:** Oral
- **Dosage:** 5-7 g¹⁰

60. *Kāfūr*

- **Scientific name/English name:** *Cinnamomum camphora* (L.) J. Presl
- **Synonym:** *Ākil-i-Banafsha*

- **Temperament:** *Bārid* (cold) in first degree and *Yābis* (dry) in second degree
- **Part used:** Bark, wood
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Mufattit-i-Hasāt* (lithotriptic)
- **Therapeutic uses:** *Hasā al-Kulya wa'l-Mathāna* (renal and vesicular calculi), *Hurqa al-Bawl* (burning micturition)
- **Method of use:** Oral
- **Dosage:** 250-500 mg^{1,3,10}

61. *Kākanaj*

- **Scientific name/English name:** *Physalis alkekengi* L.
- **Synonym:** *Papotan*
- **Temperament:** *Bārid Yābis* (cold & dry) in second degree
- **Part used:** Fruit
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Qurūh al-Kulya* (renal ulcers), *Bawl al-Dam* (haematuria)
- **Method of use:** Oral
- **Dosage:** 7-10.5 g^{2,7,10}

62. *Kamūn*

- **Scientific name/English name:** *Carum carvi* L.
- **Synonym:** *Zīra Siyāh*
- **Temperament:** *Hārr* (hot) in second degree and *Yābis* (dry) in third degree
- **Part used:** Seed
- **Actions:** *Mufattit-i-Hasāt* (lithotriptic)
- **Therapeutic uses:** *Taqṭīr al-Bawl* (dribbling of urine), *Bawl al-Dam* (haematuria)
- **Method of use:** Oral
- **Dosage:** 7 g^{1,11,12,14}

63. *Karafs*

- **Scientific name/English name:** *Apium graveolens* L.
- **Synonym:** *Ajmūd*
- **Temperament:** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used:** Root, seed
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Mufattit-i-Haṣāt* (lithotriptic), *Munaqqī-i-Kulya* (kidney cleanser)
- **Therapeutic uses:** *Waja‘ al-Kulya* (renal pain), *Haṣā al-Kulya* (renal calculus), *‘Usr al-Bawl* (dysuria)
- **Method of use:** Oral
- **Dosage:** 3.5 g^{1,9,10,12,14}

64. *Katīrā*

- **Scientific name/English name:** *Cochlospermum religiosum* (L.) Alston
- **Synonym:** *Tarāḥā*
- **Temperament:** *Bārid Yābis* (cold & dry) in second degree
- **Part used:** Gum
- **Actions:** *Mugharrī* (glueing drug)
- **Therapeutic uses:** *Waja‘ al-Kulya* (renal pain)
- **Method of use:** Oral
- **Dosage:** 2.25-3.5 g^{10,14}

65. *Khatmī*

- **Scientific name/English name:** *Althaea officinalis* L.
- **Synonym:** *Khubbāzī Shahmī*
- **Temperament:** *Bārid Raṭb* (cold & wet) in first degree
- **Part used:** Root
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Hurqa al-Bawl* (burning micturition), *‘Usr al-Bawl* (dysuria), *Haṣā al-Kulya* (renal calculus)
- **Method of use:** Oral in the form of powder of root or decoction. Its

decoction helps in the treatment of *Hasā al-Kulya wa'l-Mathāna* (renal and vesicular calculi) and *'Usr al-Bawl* (dysuria)

- **Dosage:** Powder of root 4.5-7 g and decoction 135 ml^{1,2,5,7,9,11,13}

66. *Khubbāzī*

- **Scientific name/English name:** *Malva sylvestris* L.
- **Synonym:** *Malūkhiya*
- **Temperament:** *Bārid Raṭb* (cold & wet) in first degree
- **Part used:** Stem, seeds
- **Actions:** *Muhallil* (resolvent)
- **Therapeutic uses:** *Qurūh al-Kulya wa'l-Mathāna* (renal and vesicular ulcers), *Hurqa al-Bawl* (burning micturition)
- **Method of use:** Its seeds mixed with seeds of *Hindqūqā Barrī* (*Trianthema portulacastrum* L.) and taken orally for *Waja' al-Mathāna* (vesicular pain)
- **Dosage:** 9-17.5 g^{1,2,3,5,9,11,13,15}

67. *Khūlanjān*

- **Scientific name/English name:** *Alpinia galanga* (L.) Willd.
- **Synonym:** *Kalanjan*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Root
- **Actions:** *Kāsir-i-Riyāḥ* (carminative)
- **Therapeutic uses:** *Waja' al-Kulya* (renal pain), *Rīḥ al-Kulya*, *Kathra al-Bawl* (polyuria)
- **Method of use:** Oral
- **Dosage:** 3.5-6.75 g^{1,2,5,9,11,13}

68. *Kunjad Siyāh*

- **Scientific name/English name:** *Sesamum indicum* L.
- **Synonym:** *Til, Simsīm*
- **Temperament:** *Hārr Raṭb* (hot wet)
- **Part used:** Seed

- **Actions:** *Muhallil* (resolvent), *Muqawwī-i-Kulya* (renal tonic)
- **Therapeutic uses:** *Kathra al-Bawl* (polyuria), *Du'f-i-Kulya wa Mathāna* (weakness of kidney and bladder)
- **Method of use:** Oral
- **Dosage:** 5 g^{9,10,14}

69. *Lawz*

- **Scientific name/English name:** *Prunus dulcis* (Mill.) D.A.Webb.
- **Synonym:** *Bādām*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Seed
- **Actions:** *Mufattih-i-Sudad* (deobstruent), *Mufattit-i-Haşāt* (lithotriptic), *Munaqqī-i-Kulya* (kidney cleanser)
- **Therapeutic uses:** *Haşā al-Kulya* (renal calculus), *'Usr al-Bawl* (dysuria), *Sudad al-Kulya* (renal obstruction)
- **Method of use:** Oral
- **Dosage:** Oil 18 ml^{1,2,3,4,7,14}

70. *Lisān al-Hamal*

- **Scientific name/English name:** *Plantago major* L.
- **Synonym:** *Bārtang*
- **Temperament:** *Bārid Yābis* (cold & dry) in second degree
- **Part used:** Whole plant
- **Actions:** *Jālī* (detergent), *Musakkin-i-Alam* (analgesic)
- **Therapeutic uses:** *Waja 'al-Kulya wa'l-Mathāna* (renal and vesicular pain), *Bawl al-Dam* (haematuria), *Hurqa al-Bawl* (burning micturition)
- **Method of use:** Oral in the form of decoction of its root for *Waja 'al-Kulya wa'l-Mathāna* (renal and vesicular pain) and local in the form of paste of its leaf
- **Dosage:** 10.5 g^{2,3,4,9,14}

71. *Maḥlab*

- **Scientific name/English name:** *Cerasus mahaleb* (L.) Mill.

- **Synonym:** *Payvand-i-Maryam, Ghiyunī*
- **Temperament:** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used:** Seeds
- **Actions:** *Mufattit-i-Hasāt* (lithotriptic), *Jālī* (detergent), *Musakkin-i-Alam* (analgesic)
- **Therapeutic uses:** *Hasā al-Kulya wa'l-Mathāna* (renal and vesicular calculi)
- **Method of use:** Oral
- **Dosage:** 10.5-17.5 g^{1,7,11,14}

72. Marzanjosh

- **Scientific name/English name:** *Origanum vulgare* L.
- **Synonym:** *Marzjosh*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Leaf
- **Actions:** *Musakhkhin* (calorific), *Mujaffif* (desiccant)
- **Therapeutic uses:** *'Usr al-Bawl* (dysuria)
- **Method of use:** Oral in the form of decoction
- **Dosage:** Upto 9 g^{1,3,9,10,14}

73. Mizmār al-Rā'ī

- **Scientific name/English name:** *Alisma plantago-aquatica* L.
- **Synonym:** *Tāmūsūniyūn*
- **Temperament:** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used:** Whole plant
- **Actions:** *Mufattit-i-Hasāt* (lithotriptic), *Jālī* (detergent)
- **Therapeutic uses:** *Hasā al-Kulya* (renal calculus)
- **Method of use:** Oral in the form of decoction or extract
- **Dosage:** 9 g^{2,10}

74. Nammām

- **Scientific name/English name:** *Ocimum americanum* L.

- **Synonym:** *Kālī Tulsī*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Whole plant
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculi), *Taqṭīr al-Bawl* (dribbling of urine)
- **Method of use:** Oral
- **Dosage:** 10.5 g^{2,10,12}

75. *Nānkhvāh*

- **Scientific name/English name:** *Trachyspermum ammi* (L.) Sprague
- **Synonym:** *Ajvā'in*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Seeds
- **Actions:** *Munaqqī-i-Kulya* (kidney cleanser), *Muḥallil* (resolvent), *Mujaffif* (desiccant)
- **Therapeutic uses:** *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculi), *'Usr al-Bawl* (dysuria)
- **Method of use:** Oral with water
- **Dosage:** 4.5-7 g^{1,3,10,14}

76. *Qaṣab al-Dharīra*

- **Scientific name/English name:** *Swertia chirayita* (Roxb.) H. Karst.
- **Synonym:** *Chirā'ita*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Whole plant
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *'Usr al-Bawl* (dysuria), *Taqṭīr al-Bawl* (dribbling of urine)
- **Method of use:** For dysuria, it is taken with the seeds of *Karafs* (*Apium graveolens* L.)
- **Dosage:** 3.5-7 g^{1,2,7,8,9,14}

77. *Qirdimāna*

- **Scientific name/English name:** *Elettaria cardamomum* (L.) Maton
- **Synonym:** *Qirdamūn*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Seeds
- **Actions:** *Musakkin-i-Alam* (analgesic), *Mufattit-i-Haşāt* (lithotriptic), *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Waja' al-Kulya* (renal pain), *'Usr al-Bawl* (dysuria)
- **Method of use:** Oral
- **Dosage:** Upto 4.5 g^{1,2,3,5,7,8,14}

78. *Qust*

- **Scientific name/English name:** *Saussurea costus* (Falc.) Lipsch.
- **Synonym:** *Kūth*
- **Temperament:** *Hārr* (hot) in second degree and *Yābis* (dry) in fourth degree
- **Part used:** Root
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Musakkin-i-Alam* (analgesic), *Muḥallil-i-Waram* (resolvent)
- **Therapeutic uses:** *Waja' al-Kulya* (renal pain), *Haşā al-Kulya* (renal calculus)
- **Method of use:** Oral
- **Dosage:** 3.5-4.5 g^{7,8}

79. *Qatrān*

- **Scientific name/English name:** *Cedrus libani* A.Rich.
- **Synonym:** *Kantrān*
- **Temperament:** *Hārr Yābis* (hot & dry) in fourth degree
- **Part used:** Exudate
- **Action:** *Musakkin-i-Waja'* (analgesic)
- **Therapeutic uses:** *Taqṭīr al-Bawl* (dribbling of urine)
- **Method of use:** Oral
- **Dosage:** 5-10 drops²

80. Rāziyāna

- **Scientific name/English name:** *Illicium verum* Hook. f.
- **Synonym:** *Bādiyān Rūmī*
- **Temperament:** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used:** Root and seed
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Mufattit-i-Haṣāt* (lithotriptic)
- **Therapeutic uses:** *Haṣā al-Kulya* (renal calculus), *Taqṭīr al-Bawl* (dribbling of urine)
- **Method of use:** Oral
- **Dosage:** 3.5 g^{1,3,4,5,7,9}

81. Rewand

- **Scientific name/English name:** *Rheum officinale* Baill.
- **Synonym:** *Rewand Chīnī*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Root
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Mufattit-i-Haṣāt* (lithotriptic)
- **Therapeutic uses:** *Waja‘ al-Kulya wa’l-Mathāna* (renal and vesicular pain)
- **Method of use:** Oral
- **Dosage:** 4.5-7 g^{1,2,3,7,9,11,13}

82. Rubb al-Sūs

- **Scientific name/English name:** Extract of root of *Glycyrrhiza glabra* L.
- **Synonym:** *Mulaythī*
- **Temperament:** *Hārr Raṭb* (hot & wet)
- **Part used:** Extract of root
- **Actions:** *Qābid* (astringent)
- **Therapeutic uses:** *Hurqa al-Bawl* (burning micturition), *Qurūh al-Kulya wa’l-Mathāna* (renal and vesicular ulcers), *Jarab al-Kulya* (renal irritability)

- **Method of use:** Oral
- **Dosage:** 4.5-17.5 g^{1,2,4,7,12,14}

83. *Sa'd Kūfī*

- **Scientific name/English name:** *Cyperus rotundus* L.
- **Synonym:** *Nāgarmotha*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Rhizome
- **Actions:** *Mukhrij wa Mufattit-i-Haṣāt* (lithotriptic), *Mudirr-i-Bawl* (diuretic), *Musakhkhin-i-Kulya* (producing heat in kidney)
- **Therapeutic uses:** *Taqṭīr al-Bawl* (dribbling of urine), *Du'f al-Mathāna* (weakness of bladder)
- **Method of use:** For *Taskhīn-i-Kulya* (heat production in kidney), it is used locally with *Ravghan-i-Habba al-Khadrā* and for other therapeutic purposes it is used orally.
- **Dosage:** 1.75-4.5 g^{1,2,8,12,14}

84. *Safarjal*

- **Scientific name/English name:** *Cydonia oblonga* Mill.
- **Synonym:** *Bihī*
- **Temperament:** *Bārid Yābis* (cold & dry) in second degree
- **Part used:** Seeds, fruits
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Waja' al-Kulya* (renal pain) and '*Usr al-Bawl*' (dysuria)
- **Method of use:** Oral in the form of juice
- **Dosage:** 9 g^{4,12}

85. *Salīkha*

- **Scientific name/English name:** *Cinnamomum cassia* (Nees & T.Nees) Presl
- **Synonym:** *Taj*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree

- **Part used:** Leaf
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Muḥallil* (resolvent), *Qābiḍ* (astringent)
- **Therapeutic uses:** *Waja‘ al-Kulya* (renal pain), *Haṣā al-Kulya* (renal calculus)
- **Method of use:** Oral
- **Dosage:** 4.5 g^{3,8,12}

86. *Shalgham*

- **Scientific name/English name:** *Brassica rapa* L.
- **Synonym:** *Shaljam, Lift*
- **Temperament:** *Bārid Raṭb* (cold & wet)
- **Part used:** Root, seed
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Mushtahī* (appetizer)
- **Therapeutic uses:** ‘*Usr al Bawl* (dysuria)
- **Method of use:** Oral in the form of powder of its root along with honey
- **Dosage:** 3 g¹⁴

87. *Shibit*

- **Scientific name/English name:** *Anethum sowa* Roxb. ex Flem.
- **Synonym:** *Soyā*
- **Temperament:** *Hārr* (hot) in third degree and *Yābis* (dry) in second degree
- **Part used:** Seeds
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Bawl fi'l-Farāsh* (bed wetting), *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculus)
- **Method of use:** Oral intake of roasted seeds with sugar
- **Dosage:** 7 g^{8,14}

88. *Shūnīz*

- **Scientific name/English name:** *Nigella sativa* L.
- **Synonym:** *Kalonjī*

- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Seeds
- **Actions:** *Muhallil* (resolvent), *Jālī* (detergent)
- **Therapeutic uses:** *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculi)
- **Method of use:** Oral with *Mā' al-'Asal* (honey water)
- **Dosage:** 3.5 g^{2,8,9,12,14}

89. *Shora Qalamī*

- **Scientific name/English name:** Potassium nitrate
- **Synonym:** *Shora*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Actions:** *Mufattih-i-Sudad* (deobstruent), *Jālī* (detergent), *Munaqqī-i-Balgham* (evacuator of phlegm)
- **Therapeutic uses:** *Iḥtibās al-Bawl* (retention of urine), *Qurūh Majāri-i-Bawl* (ulcers of urinary tract)
- **Method of use:** Oral
- **Dosage:** 1.75 g⁸

90. *Sumbul al-Tīb*

- **Scientific name/English name:** *Nardostachys jatamansi* (D. Don) DC.
- **Synonym:** *Bālchar*, *Jatāmānsī*, *Nārdīn*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Root
- **Actions:** *Muhallil* (resolvent), *Mujaffif* (desiccant), *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Waram-i-Mathāna* (cystitis), *'Usr al-Bawl* (dysuria)
- **Method of use:** Oral
- **Dosage:** 3-5 g¹⁴

91. *Thūm*

- **Scientific name/English name:** *Allium sativum* L.
- **Synonym:** *Lehsun*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Bulb
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Taqṭīr al-Bawl* (dribbling of urine) of old age
- **Method of use:** Oral
- **Dosage:** 2-3 g^{2,13}

92. *Tīn*

- **Scientific name/English name:** *Ficus carica* L.
- **Synonym:** *Anjīr*
- **Temperament:** *Hārr Raṭb* (hot & wet)
- **Part used:** Fruit
- **Actions:** *Jālī* (detergent), *Muḥallil* (resolvent)
- **Therapeutic uses:** *Iḥtibās al-Bawl* (retention of urine), *Taqṭīr al-Bawl* (dribbling of urine), *‘Usr al-Bawl* (dysuria), *Huzāl al-Kulya* (atrophy of kidney)
- **Method of use:** Oral
- **Dosage:** 13.5 g^{1,3,4,13}

93. *Tukhm-i-Kadū Shīrīn*

- **Scientific name/English name:** *Cucurbita moschata* Duchesne
- **Synonym:** *Qarāyah*
- **Temperament:** *Bārid Raṭb* (cold & wet) in third degree
- **Part used:** Seeds, seed kernel
- **Actions:** *Mubarrīd* (refrigerant), *Muraṭṭib* (humidifying), *Mufattih-i-Sudad* (deobstruent), *Mudirr-i-Bawl* (diuretic), *Munaqqī-i-Gurda* (kidney cleanser)
- **Therapeutic uses:** *Qurūḥ al-Mathāna* (vesicular ulcers), *‘Usr al-Bawl* (dysuria), *Hurqa al-Bawl* (burning micturition)
- **Method of use:** Oral

- **Dosage:** 10.5-31.5 g¹⁰

94. *Tukhm-i-Khiyār*

- **Scientific name/English name:** *Cucumis sativus* L.
- **Synonym:** *Khīrā*
- **Temperament:** *Bārid Raṭb* (cold & wet)
- **Part used:** Seeds
- **Action:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Haṣā al-Kulya* (renal calculus), *Hurqa al-Bawl* (burning micturition)
- **Method of use:** Oral
- **Dosage:** 17.5 g^{3,11,12}

95. *Tukhm-i-Turb*

- **Scientific name/English name:** *Raphanus sativus* L.
- **Synonym:** *Mūlī*
- **Temperament:** *Hārr* (hot) in third degree and *Yābis* (dry)
- **Part used:** Seeds
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Waja‘ al-Kulya* (renal pain)
- **Method of use:** Oral
- **Dosage:** 3.5-7 g^{11,13}

96. *'Unnāb*

- **Scientific name/English name:** *Ziziphus jujuba* Mill.
- **Synonym:** *Saylānah*
- **Temperament:** *Hārr Raṭb* (hot & wet) in first degree
- **Part used:** Fruit
- **Actions:** *Musakkin-i-Harārat* (antipyretic/febrifuge)
- **Therapeutic uses:** *Waja‘ al-Kulya wa'l-Mathāna* (renal and vesicular pain)
- **Method of use:** Oral in the form of decoction

- **Dosage:** 20 pieces^{1,4,9,14}

97. *Uq̄huwān*

- **Scientific name/English name:** *Tenacetum parthenium* (L.) Sch. Bip.
- **Synonym:** *Bābūnaj*, *Bābūna Gā’o*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Whole plant without flower
- **Actions:** *Mudirr-i-Bawl* (diuretic)
- **Therapeutic uses:** *Haṣā al-Kulya* (renal calculus)
- **Method of use:** Oral
- **Dosage:** 4.5 g^{1,4}

98. *Ushnān*

- **Scientific name/English name:** *Salicornia arabica* L.
- **Synonym:** *Marsiyūn*
- **Temperament:** *Hārr* (hot) in third degree
- **Part used:** Branches and stem
- **Actions:** *Jālī* (detergent)
- **Therapeutic uses:** *‘Usr al-Bawl* (dysuria)
- **Method of use:** Oral
- **Dosage:** 1.75 g^{1,4,13}

99. *Usqūluqandaryūn*

- **Scientific name/English name:** *Asplenium scolopendrium* L.
- **Synonym:** *Saqūlūqandaryūn*
- **Temperament:** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used:** Leaf
- **Actions:** *Mufattit-i-Haṣāt* (lithotriptic)
- **Therapeutic uses:** *Haṣā al-Kulya wa ’l-Mathāna* (renal and vesicular calculi), *Taqṭīr al-Bawl* (dribbling of urine)
- **Method of use:** Oral

- **Dosage:** 7-10.5 g^{1,2,4,7,14}

100. *Waj Turkī*

- **Scientific name/English name:** *Acorus calamus* L.
- **Synonym:** *Aqārūn, Bach*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Rhizome
- **Actions:** *Mudirr-i-Bawl* (diuretic), *Jālī* (detergent)
- **Therapeutic uses:** *Taqṭīr al-Bawl* (dribbling of urine)
- **Method of use:** Oral
- **Dosage:** 1-3 g¹⁴

101. *Zabad al-Baḥr*

- **Scientific name/English name:** Cuttle fishbone
- **Synonym:** *Samandar Jhāg*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Bone
- **Actions:** *Munaqqī -i-Mathāna* (vesicular cleanser)
- **Therapeutic uses:** *Waja‘ al-Kulya* (renal pain), ‘*Usr al-Bawl* (dysuria)
- **Method of use:** Oral in the form of powder
- **Dosage:** 0.5-1 g^{1,2,9,10}

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15. Dioscrides, *Kitāb al Ḥashā'ish*, Copy of Manuscript preserved in Khuda Baksh Oriental Public Library, Patna.

SECTION-4

QARĀBĀDĪNĪ MURAKKABĀT (PHARMACOPOEIAL FORMULATIONS) USEFUL IN KIDNEY DISEASES

Unani physicians have been compiling *Qarābādīn* (classical Unani formularies) for centuries in which they have mentioned thousands of formulations for diseases of different body systems. Such *Qarābādīn* have a fair number of formulations prescribed for managing various kidney diseases and associated conditions. This section deals with the description of about 130 formulations from different Unani classics under the sub headings - composition, actions/therapeutic uses and dose. The uniqueness of this section lies in the fact that if one compound is described from two different books with a slight difference of composition or weights, then a note is added to mark the difference. The note also provides additional information about the substitute of a drug. This feature may be of some help in manufacturing these formulations.

1. Ābzān barā'i Waram al-Kulya Hārr wa Bārid

Composition: *Iklīl al-Malik* (pods of *Trigonella uncata* Boiss. & Noe), *Bābūna* (*Matricaria chamomilla* L.), *Sabūs-i-Gandum* (wheat husk), *Jav Muqashshar* (dehusked seeds of *Hordeum vulgare* L.), *Inab al-Tha'lab* (*Solanum americanum* Mill.), *Tukhm-i-Khaṭmī* (seeds of *Althaea officinalis* L.). All the ingredients are powdered and boiled in water.

Actions/therapeutic uses: *Waram al-Kulya Hārr wa Bārid* (acute and chronic nephritis)⁸

2. Amrūsiyā

Composition: *Dūqū* (*Anethum graveolens* L.), *Zīra Kirmānī* (*Carum carvi* L.), *Salīkha* (*Cinnamomum cassia* (Nees & T.Nees) Presl), *'Ud Balsān* (*Commiphora gileadensis* (L.) C.Chr.), *Qirdimāna* (*Elettaria cardamomum* (L.) Maton.), *Shagūfa'-i-Idhkhir* (bud of *Cymbopogon jwarancusa* (Jones) Schult.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) 3.5 g each, *Dār Filfil* (*Piper longum* L.), *Qust* (*Saussurea auriculata* (DC.) Sch. Bip.) 1.75 g each, *Filfil Siyāh* (*Piper nigrum* L.) 1.75 g. (in some formulation 3.5 g), *Murr* (*Commiphora myrrha* (Nees Engl.) 10.5 g, *Habb al-Ghār* (*Laurus nobilis* L.) 10 pieces, *Waj Turkī* (*Acorus calamus* L.) and *Za'farān* (*Crocus sativus* L.) 7 g each. All the

ingredients are powdered, sieved and mixed with purified honey and prepared as *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Mudirr-i-Bawl* (diuretic), *Mufattit-i-Haṣṭāt* (lithotriptic)

Dose: 3.5 g with hot water^{3,4,7}

3. *Athānāsiyā Kabīr*

Composition: *Murr Makkī* (*Commiphora myrrha* (Nees) Engl.), *Za'farān* (*Crocus sativus* L.), *Afyūn* (dried latex of *Papaver somniferum* L.), *Jund Bedastar* (castorium/beaver), *Sa'd Kūfī* (*Cyperus rotundus* L.), *Ajvā'in Khurāsānī* (*Hyoscyamus niger* L.), *Qusṭ Talkh* (*Saussurea auriculata* (DC.) Sch. Bip.), *Qirdimāna* (*Elettaria cardamomum* (L.) Maton.), *Sumbul al-Tīb* (*Nardostachys jatamansi* (D. Don) DC.), *Bīkh-i-Ghāfīth* (root of *Gentiana dahurica* Fisch.), burnt Goat's horns. All the ingredients are taken in equal quantity, powdered, sieved and mixed with *Sharāb-i-Muthallath* and purified honey to make *Ma'jūn* (semi solid preparation). To be consumed after 6 months of the preparation.

Actions/therapeutic uses: *Waja' al-Kulya* (renal pain)

Dose: 2.25-3.5 g along with *Āb-i-Seb/Āb-i-Kāsnī*^{3,4,7}

- Baghdādī, IH has added *Sa'd Kūfī* (*Cyperus rotundus* L.) and *Bīkh-i-Ghāfīth* (root of *Gentiana dahurica* Fisch.) instead of *Ghāfīth* (*Gentiana dahurica* Fisch.) in this formulation.³

4. *Athānāsiyā Ṣaghīr*

Composition: *Mi'a Sā'ilā*/dried *Mi'a* (*Altingia excelsa* Noronha), *Za'farān* (*Crocus sativus* L.), *Qusṭ* (*Saussurea auriculata* (DC.) Sch. Bip.), *Sumbul al-Tīb* (*Nardostachys jatamansi* (D. Don) DC.), *Murr* (*Commiphora myrrha* (Nees) Engl.), *'Ud Balsān* (*Commiphora gileadensis* (L.) C. Chr.), *Afyūn* (dried latex of *Papaver somniferum* L.), *Taj Qalamī* (*Cinnamomum cassia*) 14 g each, *Asl al-Sūs* (*Glycyrrhiza glabra* L.) 42 g, *'Uṣāra'-i-Ghāfīth* (extract of *Gentiana dahurica* Fisch.) 28 g. All the ingredients are powdered, sieved and mixed with purified honey to make *Ma'jūn* (semisolid preparation) that is used after 6 months of preparation.

Actions/therapeutic uses: *Waja' al-Kulya* (renal pain), *Rīḥ al-Kulya wa'l-Mathāna* (flatulence around kidney and bladder).^{2,3,4,7}

- Baghdadi, IH added *Murr* (*Commiphora myrrha* (Nees) Engl.), ‘Ūd *Balsān* (*Commiphora gileadensis* (L.) C.Chr.), *Aşl al-Sūs* (*Glycyrrhiza glabra* L.) 42 g, ‘Uṣāra-i-Ghāfis (extract of *Gentiana dahurica* Fisch.) 28 g in this formulation.³

Dose: As prescribed by the physician.

5. *Ayārij-i-Jälīnūs*

Composition: *Şahm-i-Hanżal* (fruit pulp of *Citrullus colocynthis* (L.) Schrad.), *Għarīqūn* (*Polyporus officinalis* (Vil.) Fr.), *Başal al-Fār Biryān* (fried *Urginea indica* (Roxb.) Kunth.), *Ushaq* (*Dorema ammoniacum* D. Don.), *Saqmūniyā* (*Convolvulus scammonia* L.), *Kharbaq Siyāh* (*Helleborus niger* L.), *Hūfārīqūn* (*Hypericum perforatum* L.), *Farbiyūn* (*Euphorbia resinifera* A. Berger) 56 g each, *Basfā’ij* (*Polypodium vulgare* L.), *Aftīmūn Aqrītī* (*Cuscuta reflexa* Roxb.), *Muqil Azraq* (*Commiphora mukul* (Hook. ex Stocks) Engl.), *Kamādharyūs* (*Teucrium chamaedrys* L.), *Salīkha* (*Cinnamomum cassia* (Nees & T.Nees) Presl) 17.5 g each, *Murr* (*Commiphora myrrha* (Nees) Engl.), *Sakbīnaj* (*Ferula persica* Willd.), *Zarāwand Ṭawīl* (*Aristolochia fontanesii* Boiss & Reut.), *Filfil Safayd* (*Piper nigrum* L.), *Filfil Siyāh* (*Piper nigrum* L.), *Dār Filfil* (*Piper longum* L.), *Dār Chīnī* (*Cinnamomum verum* J.Presl), *Jā’oshīr* (*Ferula galbaniflua* Boiss. & Buhse), *Jund Bedastar* (*castorium/beaver*), *Fatrāsāliyūn* (*Petroselinum crispum* (Mill.) Nyman ex A.W. Hill) 14 g each. All the ingredients are powdered, sieved, mixed with honey and prepared as *Ma’jūn* (semisolid preparation).

Actions/therapeutic uses: *Salas al-Bawl* (urinary incontinence), *Istirkhā’ al-Mathāna* (atonic bladder), *Muqawwī-i-Mathāna* (vesicular tonic)

Dose: 9-18 g along with water mixed with *Halayla Kābulī* (*Terminalia chebula* Retz.), *Mawīz Kalān* (*Vitis vinifera* L.) and *Namak Siyāh* (black salt) 3.5 g.^{1,2,3}

- Some physicians have added *Za’farān* (*Crocus sativus* L.) 14 g also in this formulation.^{2,3}
- *Jurjānī I* has given the weights of *Şahm-i-Hanżal* (fruit pulp of *Citrullus colocynthis* (L.) Schrad.), *Għarīqūn* (*Polyporus officinalis* (Vil.) Fr.), *Başal al-Fār Biryān* (fried *Urginea indica* (Roxb.) Kunth.), *Ushaq* (*Dorema ammoniacum* D. Don.), *Saqmūniyā*

(*Convolvulus scammonia* L.), *Kharbaq Siyāh* (*Helleborus niger* L.), *Hūfārīqūn* (*Hypericum perforatum* L.), *Farbiyūn* (*Euphorbia resinifera* A. Berger) 24.5 g each and added *Zarāwand Mudaḥraj* (*Aristolochia rotunda* L.) 14 g. He has mentioned that in some formulations *Basfā’ij* (*Polypodium vulgare* L.), *Aftīmūn Aqrīṭī* (*Cuscuta reflexa* Roxb.), *Muqil Azraq* (*Commiphora mukul* (Hook. ex Stocks) Engl), *Kamādharyūs* (*Teucrium chamaedrys* L.), *Salīkha* (*Cinnamomum cassia* (Nees & T.Nees) Presl) 31.5 g each are also included.⁴

6. *Ayārij-i-Jālīnūs ba Nuskha Būlas*

Composition: *Kamādharyūs* (*Teucrium chamaedrys* L.), *Filfil Safayd* (*Piper nigrum* L.), *Dār Filfil* (*Piper longum* L.), *Ghārīqūn* (*Polyporus officinalis* (Vil.) Fr.), *Uṣṭūkhūdūs* (*Lavandula stoechas* L.), *Kharbaq Siyāh* (*Helleborus niger* L.), *Saqmūniyā* (*Convolvulus scammonia* L.), *Sumbul Rūmī* (*Valeriana celtica* L.), *Aftīmūn* (*Cuscuta reflexa* Roxb.), *Baṣal al-Fār Mushawwā* (roasted *Urginea indica* (Roxb.) Kunth.) 27 g each, *Murr* (*Commiphora myrrha* (Nees) Engl.), *Za’farān* (*Crocus sativus* L.), *Ushaq* (*Dorema ammoniacum* D. Don.), *Hūfārīqūn* (*Hypericum perforatum* L.) 36 g each. All the ingredients are powdered, sieved, and mixed with purified honey to make *Ma’jūn* (semisolid preparation). It is used after six months of preparation.

Actions/therapeutic uses: *Istirkhā’ al-Mathāna* (atonic bladder), *Salas al-Bawl* (urinary incontinence)

Dose: 18 g²

7. *Ayārij-i-Jālīnūs ba Nuskha Ibn Sarābiyūn*

Composition: *Şahm-i-Hanżal* (fruit pulp of *Citrullus colocynthis* (L.) Schrad.) 14 g, *Kamādharyūs* (*Teucrium chamaedrys* L.), *Baṣal al-Fār Mushawwā* (roasted *Urginea indica* (Roxb.) Kunth.), *Ghārīqūn* (*Polyporus officinalis* (Vil.) Fr.), *Saqmūniyā* (*Convolvulus scammonia* L.), *Kharbaq Siyāh* (*Helleborus niger* L.), *Uṣṭūkhūdūs* (*Lavandula stoechas* L.), *Ushaq* (*Dorema ammoniacum* D. Don.), *Hūfārīqūn* (*Hypericum perforatum* L.) 10.5 g each, *Aftīmūn* (*Cuscuta reflexa* Roxb.), *Ja’da* (*Ajuga reptans* L.), *Muqil Azraq* (*Commiphora mukul* (Hook. ex Stocks) Engl), *Kumāftūs* (*Blumea balsamifera* (L.) DC.), *Farāsiyūn* (*Valeriana jatamansii* Jones), *Sibr* (*Aloe vera* (L.) Burm.f.), *Salīkha* (*Cinnamomum cassia* (Nees & T. Nees) Presl), *Basfā’ij*

(*Polypodium vulgare* L.) 5.25 g each, *Filfil Safayd* (*Piper nigrum* L.), *Filfil Siyāh* (*Piper nigrum* L.), *Dār Filfil* (*Piper longum* L.), *Murr* (*Commiphora myrrha* (Nees) Engl.), *Dār Chīnī* (*Cinnamomum verum* J. Presl), *Za'farān* (*Crocus sativus* L.), *Jā'oshīr* (*Ferula galbaniflua* Boiss. & Buhse), *Sakbīnaj* (*Ferula persica* Willd.), *Jund Bedastar* (castorium/beaver), *Faṭrāsāliyūn* (*Petroselinum crispum* (Mill.) Nyman ex A.W. Hill), *Zarāwand Mudahraj* (*Aristolochia rotunda* L.), *Junṭiyānā* (*Gentiana lutea* L.), *Farbiyūn* (*Euphorbia resinifera* A. Berger) 3 g each. All the ingredients are powdered, sieved, and mixed with purified honey to make *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Istirkhā' al-Mathāna* (atonic bladder), *Salas al-Bawl* (urinary incontinence)

Dose: 18 g with water or honey²

8. *Banādiq al-Buzūr*

Composition: *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.) 35 g, *Maghz-i-Tukhm-i-Khiyār* (seed kernel of *Cucumis sativus* L.) 17.5 g, *Maghz-i-Tukhm-i-Kadū* (seed kernel of *Cucurbita moschata* Duchesne), *Bazr al-Banj Safayd* (*Hyoscyamus niger* L.), *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.), *Tukhm-i-Khaṭmī* (seeds of *Althaea officinalis* L.), *Maghz-i-Bādām Shīrīn Muqashshar* (dehusked kernel of *Prunus amygdalus* Batsch.), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston), *Nishāsta* (starch), *Khashkhāsh* (seeds of *Papaver somniferum* L.), *Gil Armanī* (Armenian earth), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) 7 g each. All the ingredients are powdered and mixed with *Lu'āb-i-Bihidāna* (mucilage of seeds of *Cydonia oblonga* Mill.) and made into *Bunduqa* (big pill).

Actions/therapeutic uses: *Hurqa al-Bawl* (burning micturition), *Qurūḥ al-Kulya* (renal ulcers), *Jarab al-Kulya* (renal irritability), *'Usr al-Bawl* (dysuria)

Dose: 3.5 g with *Sharbat-i-Khashkhāsh* or *Sharbat-i-Banafsha*.^{6,7,8}

9. *Dawā' barā'i Taftīt-i-Haṣāt*

Composition: Ash of *'Aqrab* (scorpion), *Hajar al-Yahūd* (silicate of lime/jewish stone), *Hajar al-Asfanj* (sponge stone) 416 mg each are powdered and sieved.

Actions/therapeutic uses: *Mufattit-i-Haṣāt* (lithotriptic)

Dose: To be taken along with *Sharāb* or *Mā' al-'Asal* (honey water)⁵

10. *Dawā' al-Kibrīt*

Composition: *Filfil Safayd* (*Piper nigrum* L.) 21 g, *Bazr al-Banj* (*Hyoscyamus niger* L.), *Qirdimāna* (*Elettaria cardamomum* (L.) Maton.), *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Murr Makkī* (*Commiphora myrrha* (Nees) Engl.) 42 g each, *Afyūn* (dried latex of *Papaver somniferum* L.), *Za'farān* (*Crocus sativus* L.) 35 g each, *Kibrīt Zard* (sulphur), *Dār Filfil* (*Piper longum* L.), *Qusṭ Talkh* (*Saussurea auriculata* (DC.) Sch. Bip.), *Zarāwand Tawīl* (*Aristolochia fontanesii* Boiss & Reut.), *Post-i-Bīkh-i-Lufāh* (root bark of *Atropa belladonna* L.), *Farbiyūn* (*Euphorbia resinifera* A. Berger) 10.5 g each. All the ingredients are powdered, gums are dissolved in *Sharāb Kuhna*, then mixed with honey three times the weight of ingredients and prepared as *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Mudirr-i-Bawl* (diuretic), *Mufattit-i-Haṣāt* (lithotriptic)¹

Dose: 3.5 g with hot water¹

- In some formulations, *Afyūn* (dried latex of *Papaver somniferum* L.) and *Za'farān* (*Crocus sativus* L.) 35 g each are replaced with dehusked *Taj* (*Cinnamomum cassia* (Nees & T.Nees) Presl) and *Barg-i-Sudāb* (leaf of *Ruta sylvestris* Mill) 35 g each.¹
- *Ibn Sīnā* quoted this formulation as: *Kibrīt Zard* (sulphur), *Bazr al-Banj* (*Hyoscyamus niger* L.), *Qirdimāna* (*Elettaria cardamomum* (L.) Maton.), *Mī'a* (*Altingia excelsa* Noronha), *Murr* (*Commiphora myrrha* (Nees) Engl.) 28 g each, *Sudāb* (*Ruta sylvestris* Mill), *Qusṭ* (*Saussurea auriculata* (DC.) Sch. Bip.) 35 g each, *Za'farān* (*Crocus sativus* L.), *Afyūn* (dried latex of *Papaver somniferum* L.) 7 g each, *Salīkhā* (*Cinnamomum cassia* (Nees & T.Nees) Presl) 42 g.²
- *Jurjānī I* replaced *Sudāb* (*Ruta sylvestris* Mill), *Qusṭ* (*Saussurea auriculata* (DC.) Sch. Bip.) 35 g each, *Za'farān* (*Crocus sativus* L.), *Afyūn* (dried latex of *Papaver somniferum* L.) 7 g each with *Filfil Safayd* (*Piper nigrum* L.) 77 g.⁴

11. *Dawā'al-Kurkum Kabīr*

Composition: *Za'farān* (*Crocus sativus* L.) 54 g, *Asārūn* (*Asarum europaeum* L.), *Mū* (*Cornus mascula* L.), *Fū* (*Valeriana officinalis* L.),

Anīsūn (*Pimpinella anisum* L.), *Faṭrāsāliyūn* (*Petroselinum crispum* (Mill.) Nyman ex A.W. Hill), *Rewand Chīnī* (*Rheum officinale* Baill.) 14 g each, *Sumbul Rūmī* (*Valeriana celtica* L.) 21 g, *Qust* (*Saussurea auriculata* (DC.) Sch. Bip.), *Salīkha* (*Cinnamomum cassia* (Nees & T.Nees) Presl), *Idhkhīr* (*Cymbopogon jwarancusa* (Jones) Schult.), *Habb-i-Balsān* (*Commiphora gileadensis* (L.) C.Chr.) 3.5 g each, *Fuwwah* (*Rubia cordifolia* L.) 7 g, *Aṣl al-Sūs* (*Glycyrrhiza glabra* L.), *Ja’da* (*Ajuga reptans* L.), *Maṣṭaqī* (*Pistacia lentiscus* L.), *Ghāfitī* (*Gentiana dahurica* Fisch.) 10.5 g each, *Ravghan-i-Balsān* (oil of *Commiphora gileadensis* (L.) C.Chr.) 17.5 g, *Murr* (*Commiphora myrrha* (Nees) Engl.) 14 g. All the ingredients are powdered and mixed with purified honey to make *Dawā’*.

Actions/therapeutic uses: *Muqawwī-i-Kulya wa Mathāna* (renal and vesicular tonic)

Dose: 3.5-7 g with *Mā’ al-‘Asal* (honey water)⁷

12. *Dawā’al-Kurkum Ṣaghīr*

Composition: *Za’farān* (*Crocus sativus* L.), *Salīkha* (*Cinnamomum cassia* (Nees & T.Nees) Presl), *Sumbul Rūmī* (*Valeriana celtica* L.) 7 g, *Idhkhīr* (*Cymbopogon jwarancusa* (Jones) Schult.), *Dār Chīnī* (*Cinnamomum verum* J.Presl) 7 g each. All the ingredients are powdered, soaked in *Sharāb Angūrī* for one day and mixed with purified honey to make *Dawā’*.

Actions/therapeutic uses: *Muqawwī-i-Kulya wa Mathāna* (renal and vesicular tonic)

Dose: 4.5 g⁷

13. *Dawā’ barā’i Bawl al-Dam [Mujarrab formulation prepared by uncle of Sharīf Khān]*

Composition: *Chashmīzaj* (*Cassia absus* L.) 21 pieces are powdered and sieved.

Actions/therapeutic uses: *Mufattit-i-Hasāt* (lithotriptic), *Bawl al-Dam* (haematuria)

Dose: As prescribed by the physician, taken with *Āb-i-Burāda’-i-Ṣandal* (decanted water of *Santalum album* L.)⁵

14. Dawā' barā'i Habs al-Bawl

Composition: *Shora* (salt marsh/salt petre) 4.5-9 g with sugar in equal quantity is powdered and prepared as *Safūf* (powder).

Actions/therapeutic uses: *Iḥtibās al-Bawl* (retention of urine)⁸

Dose: As prescribed by the physician

15. Dawā' barā'i Habs al-Bawl [Mujarrab]

Composition: *Chavka* (*Rumex vesicarius* L.) 1 g

Actions/therapeutic uses: *Iḥtibās al-Bawl* (retention of urine)

Dose: 1 g orally with betel leaf⁹

16. Dawā' barā'i Hurqa al-Bawl Zanān [Mujarrab]

Composition: *Sang Iarāhat* (soap stone/talc/steatites/hydrated magnesium silicate) 21 g and *Gil Armanī* (Armenian earth) 2 g are powdered and 6 g of the powder is mixed with *Āb-i-Biranj* (rice water), kept overnight and taken before sunrise.

Actions/therapeutic uses: *Hurqa al-Bawl* (burning micturition)

Dose: 6 g⁸

17. Dawā' Mufattit-i-Haṣā al-Mathāna

Composition: *Asārūn* (*Asarum europaeum* L.), *Fatrāsāliyūn* (*Petroselinum crispum* (Mill.) Nyman ex A.W. Hill), *Mū* (*Cornus mascula* L.), *Fū* (*Valeriana officinalis* L.) 7 g each, *Dūqū* (*Anethum graveolens* L.), *Waj Turkī* (*Acorus calamus* L.), *Habb-i-Balsān* (*Commiphora gileadensis* (L.) C.Chr.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Anīsūn* (*Pimpinella anisum* L.), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 3.5 g each powdered and mixed with *Mayfukhtaj*.¹¹

Actions/therapeutic uses: *Mufattit-i-Haṣāt* (lithotriptic), *Mudirr-i-Bawl* (diuretic)

Dose: Oral with *Āb-i-Parsiyā' oshān* (juice of *Adiantum capillaris-veneris* L.)¹¹

18. Dawā' barā'i Qurūh al-Kulya

Composition: *Maghz-i-Khiyār* (*Cucumis sativus* L.) 35 pieces, *Maghz-i-Habb-i-Şanavbar* (*Pinus roxburghii* Sarg.) 12 pieces, *Maghz-i-Bādām Shīrīn Muqashshar* (dehusked kernel of *Prunus amygdalus* Batsch.) 5 pieces, *Za'farān* (*Crocus sativus* L.) in small quantity. All the ingredients are powdered and sieved.

Actions/therapeutic uses: *Qurūh al-Kulya* (renal ulcers)

Dose: To be taken along with breakfast⁵

- If there is excessive heat then *Maghz-i-Habb-i-Şanavbar* (*Pinus roxburghii* Sarg.) may be replaced with *Maghz-i-Khiyār* (*Cucumis sativus* L.).

19. Dawā' barā'i Qurūh al-Kulya Dīgar

Composition: *Habb-i-Şanavbar* (fruit of *Pinus roxburghii* Sarg.) 8 pieces, *Maghz-i-Habb-i-Qiththā'* (seed kernel of *Cucumis sativus* L.). 40 pieces, *Nishāsta* (starch) 4.75 g. All the ingredients are powdered, sieved and boiled in 400 g of water containing *Nārdīn* (*Valeriana tuberosa* L.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) 28 g each till ¼ water is left.

Actions/therapeutic uses: *Qurūh al-Kulya* (renal ulcers)⁵

Dose: As prescribed by the physician.

20. Dawā' barā'i Salas al-Bawl

Composition: *Balūṭ* (*Quercus incana* Bartr.) and *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) in equal parts are powdered and sieved.

Actions/therapeutic uses: *Mufattit-i-Haşāt* (lithotriptic), *Salas al-Bawl* (urinary incontinence)

Dose: As prescribed by the physician along with *Ravghan-i-Zaytūn* (olive oil)⁵

21. Dawā' barā'i Salas al-Bawl [Mujarrab]

Composition: *Kunjad Siyāh* (*Sesamum indicum* L.), *Ispand Sokhtanī* (*Peganum harmala* L.) and *Nānkhvāh* (*Trachyspermum ammi* (L.) Sprague) in equal quantities are mixed with jaggery.

Actions/therapeutic uses: *Salas al-Bawl* (urinary incontinence)

Dose: 10.5 g⁸

22. *Dawā' barā'i Sang-i-Gurda wa Mathāna*

Composition: *Hajar al-Yahūd* (silicate of lime/Jewish stone), *Sang Sarmāhī* (Otolith from Fish), *Tukhm-i-Turb* (seeds of *Raphanus sativus L.*), *Habb al-Qilt* (*Macrotyloma uniflorum* (Lam.) Verdc.) 2 g each. All the ingredients are powdered and sieved.

Actions/therapeutic uses: *Mufattit-i-Haṣāt* (lithotriptic)

Dose: To be taken along with *Sharbat-i-Kashūth* followed by 12 g of *Shīra'-i-Tukhm-i-Kharbūza* (semiliquid obtained by crushing the seeds of *Cucumis melo L.*)⁵

23. *Dawā' barā'i Taftīt-i-Haṣāt*

Composition: *Maghz-i-Tukhm-i-Kharbūza* (seed kernel of *Cucumis melo L.*), *Habb al-Qilt* (*Macrotyloma uniflorum* (Lam.) Verdc.), *Zujāj Abyād Muḥarraq* (burnt glass), *Dūqū* (*Anethum graveolens L.*) 3.5 g each. All the ingredients are powdered, sieved, kneaded with *Āb-i-Khasak* (juice of *Tribulus terrestris L.*) or *Āb-i-Turb* (juice of *Raphanus sativus L.*) and made into *Habb* (pill).

Actions/therapeutic uses: *Mufattit-i-Haṣāt* (lithotriptic)⁵

Dose: As prescribed by the physician

24. *Dawā' barā'i Taftīt-i-Haṣāt [‘Ajīb al-Fi’I]*

Composition: *Maghz-i-Tukhm-i-Kharbūza* (seed kernel of *Cucumis melo L.*), *Nānkhvāh* (*Trachyspermum ammi* (L.) Sprague), *Tukhm-i-Karafs* (seeds of *Apium graveolens L.*), *Tukhm-i-Turb* (seeds of *Raphanus sativus L.*), *Zīra Safayd* (*Cuminum cyminum L.*), *Maghz-i-Bādām Talkh* (kernel of *Prunus dulcis* (Mill.) D.A.Webb.) in equal parts. All the ingredients are powdered and sieved.

Actions/therapeutic uses: *Mufattit-i-Haṣāt* (lithotriptic)

Dose: 7 g to be taken with *Āb-i-Parsiyā'oshān* (juice of *Adiantum capillaris-veneris L.*) for few days⁵

- It is quoted that this formulation in the dose of 10.5 g should be

taken along with decoction of *Parsiyā' oshān* (*Adiantum capillaris-veneris* L.) for early removal of stone.⁵

25. *Dawā' barā'i Taftīt-i-Hasāt [Mujarrab]*

Composition: *Tukhm-i-Kharbūza* (seeds of *Cucumis melo* L.), *Tukhm-i-Qurṭum* (seeds of *Carthamus tinctorius* L.), *Za'farān* (*Crocus sativus* L.), *Habb al-Qilt* (*Macrotyloma uniflorum* (Lam.) Verdc.). All the ingredients are powdered and sieved.

Actions/therapeutic uses: *Mufattit-i-Hasāt* (lithotriptic)

Dose: As prescribed by the physician with suitable adjuvant⁵

26. *Dawā' barā'i Taftīt-i-Hasāt Dīgar*

Composition: *Asfanj* (sponge), *Aṣl-i-Khasak* (*Tribulus terrestris* L.), *Tukhm-i-Gazar* (seeds of *Daucus carota* L.) 7 g each, *Tukhm-i-Khiyārza* (seeds of *Cucumis sativus* L.), *Tukhm-i-Khaṭmī* (seeds of *Althaea officinalis* L.), *Nishāsta* (starch) 3.5 g each, *Rāziyāna* (*Illicium verum* Hook. f.), *Anīsūn* (*Pimpinella anisum* L.), *Ja'da* (*Ajuga reptans* L.) 105 g each. All the ingredients are powdered and sieved.

Actions/therapeutic uses: *Mufattit-i-Hasāt* (lithotriptic)

Dose: As prescribed by the physician with suitable adjuvant⁵

27. *Dawā' barā'i Waja'al-Kulya*

Composition: *Bazr al-Banj* (*Hyoscyamus niger* L.) 250 mg, *Maghz-i-Tukhm-i-Khiyārayn* (seed kernel of *Cucumis sativus* L. & *Cucumis melo*) 7 g, *Tukhm-i-Kāhū* (seeds of *Lactuca sativa* L.) 3.5 g, *Tukhm-i-Khurfā Muqashshar* (dehusked seeds of *Portulaca oleracea* L.) 3.5 g. All the ingredients are powdered, sieved and made into *Habb* (pill).

Actions/therapeutic uses: Severe *Waja' al-Kulya* (renal pain) due to *Qurūḥ al-Kulya* (renal ulcers)⁵

Dose: As prescribed by the physician

28. *Dimād barā'i Bawl al-Dam*

Composition: *Aqāqiyā* (extract of pods of *Acacia nilotica* (L.) Willd. ex Delile), *Sandal Surkh* (*Pterocarpus santalinus* L. f.), *Khurmūb* (*Ceratonia siliqua* L.). All the ingredients are powdered in *Āb-i-Sumāq*

(juice of *Rhus coriaria* L.) and made in the form of *Dimād* (paste).

Actions/therapeutic uses: *Bawl al-Dam* (haematuria)

Dose: Local^{5,9}

29. *Dimād barā'i Bawl al-Dam Dīgar*

Composition: ‘Adas Muqashshar (dehusked seeds of *Lens culinaris* Medik.), *Habb al-Ās* (*Myrtus communis* L.), *Aqāqiyā* (extract of pods of *Acacia nilotica* (L.) Willd. ex Delile), *Sumāq* (*Rhus coriaria* L.), ‘Usāra’-i-Barg-i-Ās (extract of leaf of *Myrtus communis* L.), *Murr* (*Commiphora myrrha* (Nees) Engl.). All the ingredients are powdered in Āb-i-Seb (juice of *Malus-sylvestris* Mill.)/Āb-i-Bihī (juice of *Cydonia oblonga* Mill.) and made in the form of *Dimād* (paste).

Actions/therapeutic uses: *Bawl al-Dam* (haematuria)

Dose: Local^{5,9}

- *Khashkhāsh* (seeds of *Papaver somniferum* L.) is also added in this formulation.⁹

30. *Dimād barā'i Bawl al-Dam Kulwī*

Composition: ‘Adas Muqashshar (dehusked seeds of *Lens culinaris* Medik.), Āb-i-Seb *Kohī* (juice of *Malus-sylvestris* Mill.), *Habb al-Ās* (*Myrtus communis* L.), *Tukhm-i-Khashkhāsh* (seeds of *Papaver somniferum* L.), *Post-i-Khashkhāsh* (fruit rind of *Papaver somniferum* L.). All the ingredients are powdered in ‘Usāra’-i-Barg-i-Mūrad (extract of leaf of *Myrtus communis* L.) and made in the form of *Dimād* (paste).

Actions/therapeutic uses: *Bawl al-Dam* (haematuria)

Dose: Local^{5,9}

- *Aqāqiyā* (extract of pods of *Acacia nilotica* (L.) Willd. ex Delile), *Gulnār* (flower of *Punica granatum* L.) and *Sumāq* (*Rhus coriaria* L.) may also be added in this formulation for better results.

31. *Dimād barā'i Dhayābītūs*

Composition: *Barg-i-Bed* (leaf of *Salix alba* L.), *Barg-i-Khurfa* (leaf of *Portulaca oleracea* L.), *Hayy al-Ālam* (*Citrus aurantium* L.), Ārad-i-

Jav (flour of *Hordeum vulgare* L.), *Sirka* (vinegar), *Ravghan-i-Gul*. All the ingredients are mixed well to make *Dimād* (paste).

Actions/therapeutic uses: *Dhayābītus* (diabetes)

Dose: Local application on back^{5,9}

32. *Dimād barā'i Dhayābītus Dīgar*

Composition: *Māzū* (*Quercus infectoria* Olivier) 3.5 g, ‘Uṣāra’-i-*Lahya al-Tays* (extract of *Citrus parviflora* (DC.) Kuntze), *Lādhan* (*Cistus ladanifer* L.), *Rāmak* (compound prepared by mixing *Āmla* (*Phyllanthus emblica* L.), *Post-i-Anār* (fruit rind of *Punica granatum* L.) and *Māzū* (*Quercus infectoria* Olivier) 7 g each, *Aqāqiyā* (extract of pods of *Acacia nilotica* (L.) Willd. ex Delile) 14 g. All the ingredients are powdered and mixed well in *Āb-i-Mūrad* (juice of *Myrtus communis* L.) to make *Dimād* (paste).

Actions/therapeutic uses: *Dhayābītus* (diabetes)

Dose: Local application on back^{5,9}

33. *Dimād barā'i Habs -i-Bawl al-Dam*

Composition: *Gil Makhtūm* (Bohairian bole), *Şamagh-i-'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston), *Gul Surkh* (*Rosa damascena* Mill.), *Gulnār* (flower of *Punica granatum* L.), *Shākh-i-Gozan Sokhta* (burnt horns of antelope), *Lahya al-Tays* (*Citrus parviflora* (DC.) Kuntze) 7 g each, *Māzū* (*Quercus infectoria* Olivier) 3.5 g. All the ingredients are powdered in *Āb-i-Mūrad* (juice of *Myrtus communis* L.) to make *Dimād* (paste).

Actions/therapeutic uses: *Bawl al-Dam* (haematuria)

Dose: Local^{5,9}

34. *Dimād barā'i Tahlīl-i-Waram al-Kulya*

Composition: *Ārad-i-Gandum* (flour of *Triticum aestivum* L.), *Barg-i-Hulba* (leaf of *Trigonella foenum-graecum* L.), *Barg-i-Kalam* (leaf of *Brassica oleracea* L.), *Bīkh-i-Mahak* (root of *Glycyrrhiza glabra* L.), *Khatmī* (*Althaea officinalis* L.), *Shibit* (*Anethum sowa* Roxb. ex Flem),

Bābūna (*Matricaria chamomilla* L.), honey. All the ingredients are powdered and made in the form of *Dimād* (paste).

Actions/therapeutic uses: *Muhallil-i-Waram-i-Kulya* (resolvent of nephritis)

Dose: Local^{5,9}

35. *Dimād barā'i Waram al-Kulya*

Composition: *Gul-i-Banafsha* (flower of *Viola odorata* L.), *Iklīl al-Malik* (pods of *Trigonella uncata* Boiss. & Noe), iron rust, *Tukhm-i-Shibit* (seeds of *Anethum sowa* Roxb. ex Flem.), *Hulba* (*Trigonella foenum-graecum* L.), *Ārad-i-Jav* (flour of *Hordeum vulgare* L.) 35 g each. All the ingredients are powdered and mixed well in *Ravghan-i-Bābūna* (*Matricaria chamomilla* L.) and made in the form of *Dimād* (paste).

Actions/therapeutic uses: *Waram al-Kulya* (nephritis)

Dose: Local application on back⁵

36. *Dimād barā'i Waram al-Kulya Şulb*

Composition: *Ushaq* (*Dorema ammoniacum* D. Don.), *Muqil* (*Commiphora mukul* (Hook. ex Stocks) Engl), *'Ilk al-Butm* (*Pistacia vera* L.) 10.5 g each, *Tukhm-i-Khaṭmī* (seeds of *Althaea officinalis* L.), *Tukhm-i-Khubbāzī* (seeds of *Malva sylvestris* L.), *Shibit* (*Anethum sowa* Roxb. ex Flem) 14 g each, *Tukhm-i-Katān* (seeds of *Linum usitatissimum* L.), *Hulba* (*Trigonella foenum-graecum* L.) 17.5 g each. Gums are dissolved in hot water and other ingredients are powdered and made in the form of *Dimād* (paste).

Actions/therapeutic uses: *Waram al-Kulya Şulb* (hard nephritis)

Dose: Local application on back^{5,9}

37. *Habb Mufattit-i-Hasā al-Mathāna*

Composition: *Hajar al-Yahūd* (silicate of lime/Jewish stone), *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Maghz-i-Tukhm-i-Khiyārāyn* (seeds of *Cucumis sativus* L. & *Cucumis melo* L.), *Sīsāliyaws* (*Levisticum officinale* W.D.J. Koch), *Za'farān* (*Crocus sativus* L.), *Rubb al-Sūs* (extract of *Glycyrrhiza glabra* L.), *Māya Buzghāla* (rennet of

goat kid). All the ingredients are powdered and made into pill of 170 mg each with rose water or *Shīra'-i-Tukhm-i-Karafs* (liquid obtained by crushing seeds of *Apium graveolens* L.)¹¹

Actions/therapeutic uses: *Mufattit-i-Haṣāt* (lithotriptic), *Mudirr-i-Bawl* (diuretic)¹¹

Dose: As prescribed by the physician

38. *Habb barā'i Taftīt-i-Haṣāt* [formulation prescribed by Rāzī]

Composition: *Bīkh-i-Jā'oshīr* (root of *Ferula galbaniflua* Boiss. & Buhse), *Salīkha* (*Cinnamomum cassia* (Nees & T.Nees) Presl), *Habb-i-Balsān* (*Commiphora gileadensis* (L.) C.Chr.), *Tukhm-i-Mūlī* (seeds of *Raphanus sativus* L.), *Bādām Talkh* (*Prunus dulcis* (Mill.) D.A.Webb.), *Habb al-Ghār* (*Laurus nobilis* L.), *Idhkhīr Makkī* (*Cymbopogon jwarancusa* (Jones) Schult.), *Sa'd Kūft* (*Cyperus rotundus* L.), *Sumbul al-Tīb* (*Nardostachys jatamansi* (D. Don) DC.), *Dūqū* (*Anethum graveolens* L.), *Tukhm-i-Karafs Kohī* (seeds of *Apium graveolens* L.), root bark of *Kabar* (*Capparis spinosa* L.), *Usqūluqandaryūn* (*Asplenium scolopendrium* L.), *Ispand* (*Peganum harmala* L.), *Junṭiyāna* (*Gentiana lutea* L.), *Zarāwand Mudahraj* (*Aristolochia rotunda* L.), *Asārūn* (*Asarum europaeum* L.), *Qirdimāna* (*Elettaria cardamomum* (L.) Maton.), *Ushaq* (*Dorema ammoniacum* D. Don.), *Sakbīnaj* (*Ferula persica* Willd.), *Muqil Azraq* (*Commiphora mukul* (Hook. ex Stocks) Engl), *Filfil Siyāh* (*Piper nigrum* L.), *Waj Turkī* (*Acorus calamus* L.). All the ingredients are taken in equal quantity. Gums and resins are dissolved separately, other drugs are fried in *Ravghan-i-Balsān* (oil of *Commiphora gileadensis* (L.) C. Chr.). Thereafter, all these drugs are kneaded with water to make *Habb* (pill).

Actions/therapeutic uses: *Mufattit-i-Haṣāt* (lithotriptic)

Dose: 3.5 g³

39. *Huqna barā'i Burūdat-i-Kulya*

Composition: *Ravghan-i-Jawz* (oil of *Juglans regia* L.), *Ravghan-i-Bādām Shīrīn* (oil of *Prunus amygdalus* Batsch.), *Ravghan-i-Habba al-Khaḍrā'* (oil of *Pistacia terebinthus* L.), *Zayt* (olive oil) 33.75 g, *Ravghan-i-Gā'o* (clarified butter) 16.87 g. All these are mixed well in *Maṭbūkh-i-Methī* (decoction of *Trigonella foenum-graecum* L.) 264 g and lukewarm *Huqna* (enema) is given.

Actions/therapeutic uses: *Burūdat-i-Kulya* (coldness of the kidney)

Duration: 3 days^{1,7}

Dose: As prescribed by the physician

40. *Huqna barā'i Waram al-Kulya Šulb*

Composition: *Bābūna* (*Matricaria chamomilla* L.), *Karnab* (*Brassica olearacea* L.), *Iklīl al-Malik* (*Trigonella uncata* Boiss. & Noe), *Sabūs-i-Gandum* (wheat husk), *Khaṭmī* (*Althaea officinalis* L.). All the ingredients are powdered and mixed with *Ravghan-i-Sosan* (oil of *Iris ensata* Thunb.).

Actions/therapeutic uses: *Waram al-Kulya Šulb* (hard nephritis), *Tahlīl-i-Waram* (resolvent)

Dose: Local as enema⁷

41. *Itrīfāl Kabīr Dīgar*

Composition: *Halayla Kābulī* (*Terminalia chebula* Retz.), *Baylayla* (*Terminalia bellirica* (Gaertn.) Roxb.), *Āmla* (*Phyllanthus emblica* L.), *Būzīdān* (*Orchis laxiflora* Lam.), *Bisbāsa* (*Myristica fragrans* Houtt.), *Shītaraj Hindī* (*Plumbago zeylanica* L.), *Shaqāqul* (*Malabalatia secacul* (Mill.) Boiss.) 1 part each, *Tūdrī Surkh* (*Cheiranthus cheiri* L.), *Tūdrī Safayd* (*Matthiola incana* (L.) R.Br.), *Lisān al-‘Aṣāfir* (*Wrightia tinctoria* (Roxb.) R. Br.), *Bahman Surkh* (*Salvia haemetodes* L.), *Bahman Safayd* (*Centaurea behen* L.) 1/2 parts each. All the ingredients are powdered, sieved, smeared with *Ravghan-i-Bādām Shīrīn* (oil of *Prunus amygdalus* Batsch.), *Ravghan-i-Gā'o* (clarified butter) and mixed with quantity sufficient purified honey to make *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Du'f al-Mathāna* (weakness of the bladder), *Istirkhā' al-Mathāna* (atonic bladder)^{2,4,7}

Dose: As prescribed by the physician

42. *Itrīfāl Kabīr*

Composition: *Halayla Siyāh Muqashshar* (fruit rind of *Terminalia chebula* Retz.) 24 g, *Baylayla* (*Terminalia bellirica* (Gaertn.) Roxb.), *Āmla* (*Phyllanthus emblica* L.), *Shītaraj Hindī* (*Plumbago zeylanica* L.),

Faṭrāsāliyūn (*Petroselinum crispum* (Mill.) Nyman ex A.W. Hill), *Nānkhvāh* (*Trachyspermum ammi* (L.) Sprague), *Ša ‘tar Fārsī* (*Zataria multiflora* Boiss) 35 g each, *Sumbul Rūmī* (*Valeriana celtica* L.), *Ḩamāmā* (*Amomum aromaticum* Roxb.), *Waj Turkī* (*Acorus calamus* L.) 10.5 g each, *Dār Chīnī* (*Cinnamomum verum* J. Presl) 14 g, *Filfil Siyāh* (*Piper nigrum* L.), *Nārmushk* (*Mesua ferrea* L.), *Namak Hindī* (rock salt) 17.5 g, *Khabath al-Hadīd* (iron rust) 11.6 g, *Khardal* (*Brassica nigra* (L.) W.D.J. Koch) 53.5 g, *Navshādar* (ammoniumchloride) 1.75 g. All the ingredients are powdered, sieved, smeared with *Ravghan-i-Bādām Shīrīn* (oil of *Prunus amygdalus* Batsch.)/*Ravghan-i-Gā’o* (clarified butter) and mixed with quantity sufficient purified honey to make *Ma ‘jūn* (semisolid preparation).

Actions/therapeutic uses: *Du’f al-Mathāna* (weakness of bladder), *Istirkhā’ al-Mathāna* (atonic bladder)

Dose: 4.5-9 g, effective for 3 months^{2,3}

43. Jarāniya (*Ma’jūn-i-Jarāniya*)

Composition: *Afyūn* (dried latex of *Papaver somniferum* L.), *Farbiyūn* (*Euphorbia resinifera* A. Berger), *Dār Filfil* (*Piper longum* L.), *Za’farān* (*Crocus sativus* L.), *Jund Bedastar* (castorium / beaver), *Sumbul al-Ṭib* (*Nardostachys jatamansi* (D. Don) DC.), *Dār Chīnī* (*Cinnamomum verum* J. Presl) 14 g each, *Bazr al-Banj* (*Hyoscyamus niger* L.) 3.5 g, *Ravghan-i-Balsān* 105 g. All the ingredients are powdered and smeared with *Ravghan-i-Balsān* and kept aside. *Afyūn* (dried latex of *Papaver somniferum* L.) and *Za’farān* (*Crocus sativus* L.) are dissolved in *Sharāb*. These are then mixed with honey three times the weight of ingredients and prepared as *Ma’jūn* (semisolid preparation) to be consumed after six months.

Actions/therapeutic uses: ‘*Usr al-Bawl* (dysuria), *Mufattit-i-Haṣāt* (lithotriptic)

Dose: 3.5 g with hot water in adults, 25 mg in children¹

44. Jawārish-i-Anjudān

Composition: *Anjudān Siyāh* (*Ferula assafoetida* L.) 35 g, *Tukhm-i-Jirjīr* (seeds of *Nasturtium officinale* R. Br.), *Tukhm-i-Kurāth* (seeds of *Asphodelus tenuifolius* Cav.) 28 g each, *Zanjabīl* (*Zingiber officinale* Roscoe), *Balayla* (*Terminalia bellirica* (Gaertn.) Roxb.),

Āmla (*Phyllanthus emblica* L.) 24.5 g each, *Nānkhvāh* (*Trachyspermum ammi* (L.) Sprague), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Anīsūn* (*Pimpinella anisum* L.), *Qāqula Ṣighār* (*Elettaria cardamomum* (L.) Maton Maton), *Zīra Kirmānī* (*Carum carvi* L.), *Dār Chīnī* (*Cinnamomum verum* J.Presl) 17.5 g each, *Halayla Siyāh* (*Terminalia chebula* Retz.) 24.5 g, *Qirfa* (*Cinnamomum cassia* (Nees) Nees ex Ebern. ex Blume) 3.5 g, *Filfil Siyāh* (*Piper nigrum* L.), *Dār Filfil* (*Piper longum* L.) 14 g each, *Sumbul al-Ṭīb* (*Nardostachys jatamansi* (D. Don) DC.) 7 g, *Qaranful* (*Syzygium aromaticum* (L.) Merr. & L.M. Perry) 3.5 g, *Fānīdh Abyad* (puffed sugar candy) 70 g. All the ingredients are powdered, sieved, mixed in purified honey and kept in a container.

Actions/therapeutic uses: *Burūda al-Kulya* (coldness of the kidney)

Dose: 7 g with *Anīsūn* (*Pimpinella anisum* L.), *Maṣṭagī* (*Pistacia lentiscus* L.) and *Sumbul al-Ṭīb* (*Nardostachys jatamansi* (D. Don) DC.)²

45. *Jawārīsh-i-Dār Chīnī*

Composition: *Dār Chīnī* (*Cinnamomum verum* J.Presl), *‘Ud* (*Aquilaria malaccensis* Lam), *Rāsan* (*Inula helenium* L.) 21 g each, *Qaranful* (*Syzygium aromaticum* L.) (Merr. & L.M. Perry), *Filfil Siyāh* (*Piper nigrum* L.), *Dār Filfil* (*Piper longum* L.), *Sumbul Rūmī* (*Valeriana celtica* L.), *Asārūn* (*Asarum europaeum* L.) 17.5 g each, *Zanjabīl* (*Zingiber officinale* Roscoe) 35 g, *Na‘nā‘* (*Mentha arvensis* L.) 28 g, *Jawzbuwā* (*Myristica fragrans* Houtt.), *Qirfa* (*Cinnamomum cassia* (Nees) Nees ex Ebern. ex Blume) 7 g each, *Maṣṭagī* (*Pistacia lentiscus* L.), *Anīsūn* (*Pimpinella anisum* L.), *Tukhm-i-Rāziyāna* (seeds of *Illicium verum* Hook. f.), *Salīkha* (*Cinnamomum cassia* (Nees & T.Nees) Presl) 10.5 g each. All the ingredients are powdered, sieved and mixed with purified honey and prepared as *Ma‘jūn* (semisolid preparation).

Actions/therapeutic uses: *Du‘f-i-Kulya* (renal insufficiency)^{2,4}

Dose: As prescribed by the physician

- As per *Jurjānī I*, *Qirfa* may be replaced with *Kabab Chīnī* (*Piper cubeba* L.f.) 10.5 g and *Khūlanjān* (*Alpinia galanga* (L.) Willd.) may be added in this formulation.⁴

46. *Jawārīsh-i-Jālīnūs*

Composition: *Sumbul Rūmī* (*Valeriana celtica* L.), *Qāqula* (*Amomum subulatum* Roxb.), *Salīkha* (*Cinnamomum cassia* (Nees & T.Nees) Presl), *Dār Chīnī* (*Cinnamomum verum* J.Presl), *Khūlanjān* (*Alpinia galanga* (L.) Willd.), *Qarānful* (*Syzygium aromaticum* (L.) Merr. & L.M. Perry), *Sa'd Kūfī* (*Cyperus rotundus* L.), *Zanjabil* (*Zingiber officinale* Roscoe), *Filfil Siyāh* (*Piper nigrum* L.), *Dār Filfil* (*Piper longum* L.), *Qust Bahī* (*Saussurea auriculata* (DC.) Sch. Bip.), *'Ud-i-Balsān* (*Commiphora gileadensis* (L.) C.Chr.), *Asārūn* (*Asarum europaeum* L.), *Tukhm-i-Mūrad* (seeds of *Myrtus communis* L.), *Qasāb al-Dharīra* (*Swertia chirayita* (Roxb.) H. Karst.), *Za'farān* (*Crocus sativus* L.) 7 g each, *Maṣṭagī* (*Pistacia lentiscus* L.) 35 g, sugar. All the ingredients are powdered and mixed with purified honey two times the weight of all ingredients and made into *Jawārīsh*.

Actions/therapeutic uses: *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculi)

Dose: 9-13.5 g before meals^{7,8}

47. *Jawārīsh-i-Tamrī*

Composition: *Būra Armanī* (Armenian borax), *Zīra Kirmānī* (*Carum carvi* L.), *Tukhm-i-Karafs Kohī* (seeds of *Apium graveolens* L.), *Zanjabil* (*Zingiber officinale* Roscoe), *Filfil Safayd* (*Piper nigrum* L.) 8.75 g each, *Saqmūniyā* (*Convolvulus scammonia* L.) 17.5 g, *Tamr Hayrūnī* (*Phoenix* sp.), *Bādām Shīrīn* *Muqashshar* (dehusked kernel of *Prunus amygdalus* Batsch.) 45 g each, *Barg-i-Sudāb* (leaf of *Ruta sylvestris* Mill) 35 g each. All the ingredients are powdered and sieved. *Tamr* (fruit of *Phoenix dactylifera* L.) is soaked in vinegar for 24 hours and then powdered. Thereafter all these drugs are mixed with purified honey to make *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *'Usr al-Bawl* (dysuria)

Dose: 18 g^{2,3}, 22.5-31.5 g with hot water⁷

48. *Kalkalānaj*

Composition: *Halayla Siyāh* (*Terminalia chebula* Retz.), *Baylayla* (*Terminalia bellirica* (Gaertn.) Roxb.), *Āmla Munaqqā* (deseeded *Phyllanthus emblica* L.), *Filfil Moya* (*Piper longum* L.), *Tukhm-i-Karafs*

(seeds of *Apium graveolens* L.), *Shītaraj Hindī* (*Plumbago zeylanica* L.), *Filfil Siyāh* (*Piper nigrum* L.), *Indarjav Shīrīn* (*Wrightia tinctoria* Roxb.) R. Br., *Zīra Kirmānī* (*Carum carvi* L.), *Dār Chīnī* (*Cinnamomum verum* J.Presl), *Shaqāqul* (*Malabalia secacul* (Mill.) Boiss.), *Namak Indrā'in* (Andaran salt), *Namak Hindī* (rock salt), *Namak Siyāh* (black salt), *Namak Ṭa'ām* (common salt), *Nānkhvāh* (*Trachyspermum ammi* (L.) Sprague) 13.5 g each, *Turbud* (*Operculina turpethum* (L.) Silva Manso) 400 g. All the ingredients except *Āmla* are powdered. *Āmla* (deseeded *Phyllanthus emblica* L.) 1200 g is boiled in 9600 ml of water until 2500 ml of water is left, and then it is sieved and boiled with 1800 g of sugar until it thickens. Thereafter, it is mixed well with *Sharāb* 1200 ml. After cooling, all the other drugs are sprinkled on it, mixed well and kept in a glass container.

Actions/therapeutic uses: 'Usr al-Bawl (dysuria)

Dose: 4.5-18 g. According to some physicians, dose can be 10.5-18 g^{2,3,5}

49. *Khamīra'-i-Marwārid*

Composition: *Şadaf* (pearl), *Tabāshīr* (*Bambusa bambos* (L.) Voss) 24 g each, *Hajar al-Yahūd* (silicate of lime/Jewish stone), *Sang Sarmāhī* (otolith from fish) 6 g each, *'Ambar Ashhab* (ambergris) 12 g, *Şamagh 'Aarbī* (gum of *Acacia nilotica* (L.) Willd. ex Delile) 3 g, *Gulāb* (*Rosa damascena* Mill.), *Bedmushk* (*Salix caprea* L.) 960 g each, sugar 480 g, purified honey 480 g. All the ingredients are powdered and made into *Khamīra*.

Actions/therapeutic uses: *Mukhrij-i-Sang-i-Gurda wa Mathāna* (expulsion of renal and vesicular calculi)⁸

Dose: 5 g oral

50. *Lubūb Kabīr*

Composition: *Maghz-i-Pista* (seed kernel of *Pistacia vera* L.), *Maghz-i-Bādām Shīrīn* (kernel of *Prunus amygdalus* Batsch.), *Maghz-i-Funduq* (seed kernel of *Corylus avellana* L.), *Maghz-i-Habba al-Khadrā'* (seed kernel of *Pistacia atlantica* Desp.), *Maghz-i-Gardgān* (seed kernel of *Juglans regia* L.), *Maghz-i-Chilghoza* (seed kernel of *Pinus roxburghii* Sarg.), *Maghz-i-Habb al-Zulam* (seed kernel of *Cyperus esculentus* L.), *Maghz-i-Habb al-Buṭm* (seed kernel of *Pistacia terebinthus* L.), *Māhī Rūbiyān* (fish), *Khūlanjān* (*Alpinia galanga* (L.) Willd.), *Shaqāqul* (*Malabalia secacul* (Mill.) Boiss.), *Bahmanayn* (*Centaurea behen* L. &

Salvia haemetodes L.), *Tūdriyayn* (*Matthiola incana* (L.) R. Br. & *Cheiranthus cheiri* L.), *Zanjabīl* (*Zingiber officinale* Roscoe), *Kunjad Muqashshar* (dehusked seeds of *Sesamum indicum* L.), *Dār Chīnī* (*Cinnamomum verum* J.Presl) 17.5 g each, *Sumbul al-Tīb* (*Nardostachys jatamansi* (D. Don) DC.), *Sa'd Kūfī* (*Cyperus rotundus* L.), *Qaranful* (*Syzygium aromaticum* (L.) Merr. & L.M. Perry), *Kabāb Chīnī* (*Piper cubeba* L.f.), *Habb-i-Qilqil* (*Cardiospermum halicacabum* L.), *Tukhm-i-Gazar* (seeds of *Daucus carota* L.), *Tukhm-i-Turb* (seeds of *Raphanus sativus* L.), *Tukhm-i-Shalgham* (seeds of *Brassica rapa* L.), *Tukhm-i-Piyāz* (seeds of *Urginea indica* (Roxb.) Kunth.), *Tukhm-i-Ispast* (seeds of *Trifolium alexandrinum* L.), *Tukhm-i-Halyūn* (seeds of *Asparagus officinalis* L.), *Lisān al-'Aṣāfir* (*Wrightia tinctoria* (Roxb.) R. Br.), *Darūnaj 'Aqrabī* (*Dornoicum hookeri* C.B. Clarke), *Zarambād* (*Zingiber zerumbet* Roscoe ex Smith) 10.5 g each, *Jawzbuwā* (*Myristica fragrans* Houtt.), *Dār Filfil* (*Piper longum* L.) 7 g each, *Tha'lab Miṣrī* (*Orchis latifolia* L.), *Anjīr* (*Ficus carica* L.), *Khashkhāsh* (seed of *Papaver somniferum* L.) 35 g each, *Sūranjān* (*Colchicum autumnale* L.), *Būzīdān* (*Orchis laxiflora* Lam.), *Na'nā' Khushk* (dried *Mentha arvensis* L.) 14 g each, *Za'farān* (*Crocus sativus* L.), *Maṣṭaqī* (*Pistacia lentiscus* L.) 13.5 g each, 'Ūd (*Aquilaria malaccensis* Lam.) 9 g, *Waraq-i-Tilā'* (gold sheet) 30 pieces, *Waraq-i-Nuqra* (silver sheet) 50 pieces, 'Ambar Ashhab' (ambergris) 4.5 g, *Mushk* (musk) 2.25 g, honey three times the weight of all ingredients. All the ingredients are powdered, and made into *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Musakhkhin wa Muqawwī-i-Kulya* (heat producing and renal tonic)⁸

Dose: As prescribed by the physician

51. *Ma'jūn-i-'Aqrab*

Composition: 'Aqrab Sokhta (burnt scorpion) 10.5 g, *Junṭiyāna* (*Gentiana lutea* L.) 3.5 g, *Zanjabīl* (*Zingiber officinale* Roscoe) 3.5 g, *Filfil Siyāh* (*Piper nigrum* L.) 7 g, *Dār Filfil* (*Piper longum* L.) 7 g, *Kākanaj* (*Physalis alkekengi* L.) 17.5 g, *Jund Bedastar* (castorium/beaver) 14 g. All the ingredients are powdered, sieved, mixed with purified honey and made into *Ma'jūn* (semisolid preparation) to be consumed after six months.

Actions/therapeutic uses: *Mufattit-i-Hasāt-i-Mathāna* (lithotriptic)

Dose: 500 mg in adults and 250 mg in children^{4,6,7,9,10}

52. Ma'jūn-i-'Aqrab (Ibn Sarāfiyūn)

Composition: 'Aqrab Sokhta (burnt scorpion) 11.75 g, Junṭiyāna Rūmī (Gentiana lutea L.) 15.75 g, Zanjabīl (Zingiber officinale Roscoe) 3.5 g, Filfil Siyāh (Piper nigrum L.) 8.75 g, Bīkh-i-Kākanaj (root of Physalis alkekengi L.) 3.5 g, Jund Bedastar (castorium/beaver) 14 g. All the ingredients are powdered and mixed with purified honey three times the weight of all ingredients and made into *Ma'jūn* to be consumed after six months.

Actions/therapeutic uses: Haṣā al-Kulya wa'l-Mathāna (renal and vesicular calculi)

Dose: 1 g with Āb-i-Karafs (juice of *Apium graveolens* L.)^{5,7,9}

53. Ma'jūn-i-Balūṭ [Mujarrab]

Composition: Balūṭ Muqashshar Maqlū (fried dehusked *Quercus incana* Bartr.) 52.5 g, Ḥurf (*Lepidium sativum* L.), Murr (*Commiphora myrrha* (Nees) Engl.), Tukhm-i-Sudāb (seeds of *Ruta sylvestris* Mill) 3.5 g each, Kundur (gum of *Boswellia serrata* Roxb. ex Colebr.), ḥabb al-Ās (*Myrtus communis* L.), Jawzbuwā (*Myristica fragrans* Houtt.), Qaranful (*Syzygium aromaticum* (L.) Merr. & L.M. Perry), Halayla Siyāh (*Terminalia chebula* Retz.) 7 g each, Sa'd Kūfī (*Cyperus rotundus* L.), Shūnīz (*Nigella sativa* L.), Hīl (*Amomum subulatum* Roxb.) 10.5 g each, Anjīr Khushk (dried *Ficus carica* L.) 17.5 g. All the ingredients are powdered and mixed with honey and made into *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: Salas al-Bawl (urinary incontinence), Taqtīr al-Bawl (dribbling of urine)

Dose: 13.5-22.5 g^{7,8}

54. Ma'jūn barā'i Salas al-Bawl [Mujarrab]

Composition: Murr (*Commiphora myrrha* (Nees) Engl.), Sudāb (*Ruta sylvestris* Mill), Ḥurf (*Lepidium sativum* L.) 3.5 g each, Kundur (gum of *Boswellia serrata* Roxb. ex Colebr.), ḥabb al-Ās (*Myrtus communis* L.), Jawzbuwā (*Myristica fragrans* Houtt.), Qaranful (*Syzygium aromaticum* (L.) Merr. & L.M. Perry), Halayla Siyāh (*Terminalia chebula* Retz.) 7 g each, Sa'd Kūfī (*Cyperus rotundus* L.), Shūnīz (*Nigella sativa* L.) 10.5 g each, Anjīr Khushk (dried *Ficus carica* L.) 17.5 g, Tabāshīr (*Bambusa*

bambos (L.) Voss) 52.5 g. All the ingredients are powdered and mixed with purified honey and made into *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Salas al-Bawl* (urinary incontinence), *Taqṭīr al-Bawl* (dribbling of urine)

Dose: 13.5-22.5 g⁵

55. *Ma'jūn-i-Chilghoza*

Composition: *Dūqū* (*Anethum graveolens* L.), *Rewand Chīnī* (*Rheum officinale* Baill.), *Idhkhir* (*Cymbopogon jwarancusa* (Jones) Schult.), *Habb-i-Balsāñ* (*Commiphora gileadensis* (L.) C.Chr.), *Anīsūn* (*Pimpinella anisum* L.), *Sumbul Rūmī* (*Valeriana celtica* L.), *Salīkha* (*Cinnamomum cassia* (Nees & T.Nees) Presl), *Za'farān* (*Crocus sativus* L.), *Dār Chīnī* (*Cinnamomum verum* J.Presl), *Asārūn* (*Asarum europaeum* L.), *Faṭrāsāliyūn* (*Petroselinum crispum* (Mill.) Nyman ex A.W. Hill), *Kumāfītūs* (*Blumea balsamifera* (L.) DC..) 10.5 g each, *Maghz-i-Chilghoza* (seed kernel of *Pinus roxburghii* Sarg.) 105 g, dried *Pudīna* (*Mentha arvensis* L.) 1.75 g. All dried ingredients are powdered separately with *Maghz-i-Chilghoza* (seed kernel of *Pinus roxburghii* Sarg.), sieved, mixed with purified honey and made into *Ma'jūn* (semi solid preparation).

Actions/therapeutic uses: '*Uṣr al-Bawl* (dysuria)^{4,7}

Dose: As prescribed by the physician

56. *Ma'jūn-i-Falāsifa*

Composition: *Balayla* (*Terminalia bellirica* (Gaertn.) Roxb.), *Āmla* (*Phyllanthus emblica* L.), *Filfil Styāh* (*Piper nigrum* L.), *Dār Filfil* (*Piper longum* L.), *Shītaraj Hindī* (*Plumbago zeylanica* L.), *Zanjabīl* (*Zingiber officinale* Roscoe), *Dār Chīnī* (*Cinnamomum verum* J.Presl), *Zarāwand Mudahraj Shāmī* (*Aristolochia rotunda* L.), *Maghz-i-Habb-i-Şanavbar* (*Pinus roxburghii* Sarg.), '*Urūq al-Bābūnaj* (root of *Matricaria chamomilla* L.), *Tha'lab Mişrī* (*Orchis latifolia* L.), *Jawz Hindī* (*Cocos nucifera* L.) 35 g each, *Nabāt-i-Angūr* (whole plant *Vitis vinifera* L.) 105 g, *Mawīz Munaqqā* (deseeded *Vitis vinifera* L.). All the ingredients are powdered and mixed with honey two times the weight of the ingredients and prepared as *Ma'jūn* (semisolid preparation) and kept in a glass container.

Actions/therapeutic uses: *Salas al-Bawl* (urinary incontinence)

Dose: 7-10 g

- In some formulations, *Jawz Hindī* (*Cocos nucifera* L.) 35 g is replaced with *Ravghan-i-Jawz Hindī*.³
- *Ibn Sīnā* quoted this formulation as: ‘Urūq al-Bābūnaj (root of *Matricaria chamomilla* L.), *Tha’lab Miṣrī* (*Orchis latifolia* L.), *Jawz Hindī* (*Cocos nucifera* L.) 35 g each, *Nabāt-i-Angūr* (whole plant of *Vitis vinifera* L.) 105 g, *Mawīz Munaqqā* (deseeded *Vitis vinifera* L.).^{2,5,6}
- *Ibn Sīnā* added *Khabath al-Hadīd* (iron rust) in this formulation for *Taqṭīr al-Bawl* (dribbling of urine).^{5,7,8}

57. *Ma’jūn-i-Hajar al-Yahūd*

Composition: *Maghz-i-Tukhm-i-Kadū* (seed kernel of *Cucurbita moschata* Duchesne), *Maghz-i-Tukhm-i-Khiyār* (seed kernel of *Cucumis sativus* L.), *Maghz-i-Tukhm-i-Kharbūza* (seed kernel of *Cucumis melo* L.), *Habb-i-Kākanaj* (fruit of *Physalis alkekengi* L.) 17.5 g, *Haajr al-Yahūd* (silicate of lime/Jewish stone) 175 g. All the ingredients are powdered and mixed with purified honey and made into *Ma’jūn* (semisolid preparation).

Actions/therapeutic uses: *Mufattit-i-Hasāt-i-Kulya wa Mathāna* (lithotriptic), *Hasāt al-Kulya wa ’l-Mathāna* (renal and vesicular calculi)

Dose: 7-10.5 g^{4,5,7,9}

58. *Ma’jūn-i-Hajar al-Yahūd Dīgar*

Composition: *Hajar al-Yahūd* (silicate of lime/Jewish stone) 175 g, *Kākanaj* (*Physalis alkekengi* L.), *Asārūn* (*Asarum europaeum* L.), *Qirdimāna* (*Elettaria cardamomum* (L.) Maton.), *Maghz-i-Tukhm-i-Kharbūza* (seed kernel of *Cucumis melo* L.), *Tukhm-i-Khiyār* (seeds of *Cucumis sativus* L.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Maghz-i-Habb al-Qurṭūm* (seed kernel of *Carthamus tinctorius* L.), *Dūqū* (*Anethum graveolens* L.), *Anīsūn* (*Pimpinella anisum* L.), *Maghz-i-Tukhm-i-Kadū* (seed kernel of *Cucurbita moschata* Duchesne), *Maghz-i-Tukhm-i-Tarbūz* (seed kernel of *Citrullus lanatus* (Thunb.) Matsum. & Nakai), *Maghz-i-Tukhm-i-Khiyār* (seed kernel of *Cucumis sativus* L.) 17.5 g each. All the ingredients are powdered, mixed with purified honey three times the weight of all ingredients) and made into *Ma’jūn* (semisolid preparation).

Actions/therapeutic uses: *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculi)

Dose: 7-10.5 g^{5,8,9}

59. *Ma'jūn-i-Ibn Māswayh*

Composition: *Asārūn* (*Asarum europaeum* L.), *Habb al-Ghār* (*Laurus nobilis* L.), *Salīkha* (*Cinnamomum cassia* (Nees & T.Nees) Presl), *Ispand* (*Peganum harmala* L.), *Habb-i-Balsān* (*Commiphora gileadensis* (L.) C.Chr.), *'Ud-i-Balsān* (*Commiphora gileadensis* (L.) C.Chr.). All the ingredients are powdered, boiled in *Āb-i-Bādiyān* (juice of *Foeniculum vulgare* Mill.), mixed with purified honey and made into *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculi)

Dose: 10.5 g^{5,9}

60. *Ma'jūn-i-Jālīnūs*

Composition: *Filfil Siyāh* (*Piper nigrum* L.), *Filfil Safayd* (*Piper nigrum* L.), *Hamāmā* (*Amomum aromaticum* Roxb.), *Qusṭ Talkh* (*Saussurea auriculata* (DC.) Sch. Bip.), *Sumbul al-Ṭib* (*Nardostachys jatamansi* (D. Don) DC.), *Chirā'ita* (*Swertia chirayita* (Roxb. ex Flem.) Karst.), *Sādhaj Hindi* (*Cinnamomum tamala* (Buch.-Ham.) Nees & Eberm.), *Za'farān* (*Crocus sativus* L.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Anīsūn* (*Pimpinella anisum* L.), *'Aqirqirhā* (*Anacyclus pyrethrum* (L.) Lag.), *Tukhm-i-Anjora* (seeds of *Ortie urticadioica* L.), *Tukhm-i-Sudāb Kohī* (seeds of *Ruta sylvestris* Mill.). All the ingredients are taken in equal quantity, powdered, sieved, and mixed with honey to make *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Burūdat-i-Kulya wa Mathāna*

Dose: 3.5 g with water of stem bark of *Saunf* (*Foeniculum vulgare* Mill.) and root bark of *Karafs* (*Apium graveolens* L.)³ 4.5 g with *Mā' al-Uṣūl*⁹

61. *Ma'jūn-i-Kākanaj*

Composition: *Ajvā'in Khurāsānī* (*Hyoscyamus niger* L.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Saunf* (*Foeniculum vulgare* Mill.) 24.5 g

each, *Maghz-i-Tukhm-i-Khiyār* (seed kernel of *Cucumis sativus* L.) 17.5 g, *Shūkrān* (*Conium maculatum* L.), *Tukhm-i-Hummād* (seeds of *Rumex vesicarius* L.), *Afyūn* (dried latex of *Papaver somniferum* L.), *Maghz-i-Chilghoza Maqlū* (fried seed kernel of *Pinus roxburghii* Sarg.), *Za'farān* (*Crocus sativus* L.), *Bunduq Mushawwā* (roasted *Sapindus trifoliatus* L.), *Bādām Shīrīn Maqlū* (fried *Prunus amygdalus* Batsch.) 10.5 g each, *Habb-i-Kākanaj* (Fruit of *Physalis alkekengi* L.) 25 piece, *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 3.5 g. All the ingredients are powdered, sieved and mixed with *Sharāb Mayfukhtaj* and made into *Ma'jūn* (semisolid preparation) to be consumed after six months.

Actions/therapeutic uses: *Qurūḥ al-Kulya wa'l-Mathāna* (renal and vesicular ulcers), *Bawl al-Dam* (haematuria) [Mujarrab]

Dose: 3.5 g with *Handīqūn* (a type of *Sharāb*), or honey water^{2,3,4,5,7} or *Sharbat-i-Khashkhāsh*.^{9,10}

- *Ibn Sīna* mentioned that weight of *Maghz-i-Tukhm-i-Khiyār* (seed kernel of *Cucumis sativus* L.) and *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) is 10.5 g & 17 g respectively.²
- *Jurjani I* has given the weight of *Shūkrān* (*Conium maculatum* L.) 7 g, *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 14 g and *Habb-i-Kākanaj* (fruit of *Physalis alkekengi* L.) 20 pieces, and removed *Bunduq Mushawwā* (roasted *Sapindus trifoliatus* L.) from the formulation.⁴

62. *Ma'jūn-i-Khabath al-Hadīd*

Composition: *Khabath al-Hadīd Mudabbar* (detoxified iron rust) 28 g, *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) 17.5 g, *Banslochan* (*Bambusa bambos* (L.) Voss), *Kishnīz Khushk* (dried *Coriandrum sativum* L.) 10.5 g each, *Shūkrān* (*Conium maculatum* L.) 24.5 g. All the ingredients are powdered, sieved and mixed with *Sharbat-i-Maybih* and made into *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Kathra al-Bawl* (polyuria)

Dose: 10.5 g with *Sharbat-i-Maybih*^{4,7}

- *Arzānī A* has given the weight of *Khabath al-Hadīd Mudabbar* (detoxified iron rust) 70 g, *Banslochan* (*Bambusa bambos* (L.) Voss), *Kishnīz Khushk* (dried *Coriandrum sativum* L.) 14 g each and *Shūkrān* (*Conium maculatum* L.) 7 g.⁷

63. Ma'jūn-i-Kundur

Composition: *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Gulnār* (flower of *Punica granatum* L.), *Balūt* (*Quercus incana* Bartr.), *Shūnīz* (*Nigella sativa* L.) 35 g each, *Zīra Kirmānī* (*Carum carvi* L.), *Nānkhvāh* (*Trachyspermum ammi* (L.) Sprague) 17.5 g each, *Post-i-Balayla* (fruit rind of *Terminalia bellirica* (Gaertn.) Roxb.), *Halayla Siyāh* (*Terminalia chebula* Retz.), *Post-i-Halayla Zard* (fruit rind of *Terminalia citrina* Roxb. ex Fleming), *Āmla Muqashshar* (peeled fruit of *Phyllanthus emblica* L.) 10.5 g each. All the ingredients are powdered and mixed with honey three times the weight of all ingredients and made into *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Taqīr al-Bawl* (dribbling of urine)

Dose: 9 g twice daily⁷

64. Ma'jūn-i-Kundur [Mujarrab]

Composition: *Dār Chīnī* (*Cinnamomum verum* J.Presl) 3.5 g, *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Marjān* (coral), *Bādiyān* (*Foeniculum vulgare* Mill.), *Kuriyā* (*Carum carvi* L.), *Zanjabīl* (*Zingiber officinale* Roscoe), *Tukhm-i-Rayḥān* (seeds of *Ocimum tenuiflorum* L.), *Gā'ozabāñ* (*Onosma bracteatum* Wall.) 7 g, *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Sandal Safayd* (*Santalum album* L.), *Gil Armanī* (Armenian earth), *Dam al-Akhwayn* (*Dracaena cinnabari* Balf.f.), *Bādranjboya* (*Nepeta hindostana* (B. Heyne ex Roth.) Haines), *Tūdrī Zard* (*Matthiola incana* (L.) R. Br.) 9 g each, *Tukhm-i-Khashkhāsh Safayd* (seeds of *Papaver somniferum* L.) 17.5 g. All the ingredients are powdered and mixed with purified honey and prepared as *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Taqīr al-Bawl* (dribbling of urine)⁸

Dose: As prescribed by the physician

65. Ma'jūn Māsik al-Bawl

Composition: *Aqāqiyā* (extract of pods of *Acacia nilotica* (L.) Willd. ex Delile), *Gulnār* (flower of *Punica granatum* L.) 10.5 g each, *Şandal* (*Santalum album* L.), *'Adas* (*Lens culinaris* Medik.), *Qaṣab al-Dharīra* (*Swertia chirayita* (Roxb.) H. Karst.), *Tukhm-i-Hummād* (seeds of *Rumex vesicarius* L.), *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.)

Willd. ex Delile), *Tabāshīr Safayd* (*Bambusa bambos* (L.) Voss) 7 g each, *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) 3.5 g, *Tukhm-i-Mūrad* (*Myrtus communis* L.) 9 g. All the ingredients are powdered and mixed with ‘*Araq-i-Gulāb* and purified honey and made into *Ma‘jūn* (semisolid preparation).

Actions/therapeutic uses: *Salas al-Bawl* (urinary incontinence)

Dose: 17.5 g^{5,7}

66. *Ma‘jūn-i-Qust*

Composition: *Qusṭ Shīrīn* (*Saussurea auriculata* (DC.) Sch. Bip.), *Sa‘d Kūftī* (*Cyperus rotundus* L.), *Balūt* (*Quercus incana* Bartr.), *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Dār Filfil* (*Piper longum* L.) 17.5 g each, *Zanjabil* (*Zingiber officinale* Roscoe) 3 g, *Filfil Siyāh* (*Piper nigrum* L.) 2 g. All the ingredients are powdered and mixed with purified honey three times the weight of all ingredients and made into *Ma‘jūn* (semisolid preparation).

Actions/therapeutic uses: *Kathra al-Bawl* (polyuria)⁸

Dose: As prescribed by the physician

67. *Ma‘jūn-i-Sang-i-Sarmāhī [Mujarrab]*

Composition: *Sang-i-Sarmāhī* (otolith from fish), *Hajar al-Yahūd* (silicate of lime/Jewish stone) 7 g each, *Şadaf* (pearl) 3.5 g, *Maghz-i-Tukhm-i-Kharpaza* (kernel of *Cucumis melo* L.), *Maghz-i-Tukhm-i-Khiyārayn* (seed kernel of *Cucumis sativus* L. & *Cucumis melo* L.), *Ālū Bālū* (*Prunus cerasus* L.) 9 g each, *Anīsūn* (*Pimpinella anisum* L.), *Dūqū* (*Anethum graveolens* L.), *Kākanaj* (*Physalis alkekengi* L.) 4.5 g each, *Tukhm-i-Halyūn* (seeds of *Asparagus officinalis* L.), *Maghz-i-Habb al-Mahlab* (*Cerasus mahaleb* (L.) Mill.) 9 g each, *Tukhm-i-Qilt* (seeds of *Dolichos biflorus* L.), *Khār Khasak* (*Tribulus terrestris* L.), *Maghz-i-Tukhm-i-Kadū Shīrīn* (seed kernel of *Cucurbita moschata* Duchesne), *Maghz-i-Chilghoza* (seed kernel of *Pinus roxburghii* Sarg.) 4.5 g each, *Nabāt Safayd* (sugar), *Sharbat-i-Halyūn*, *Sharbat-i-Khār Khasak*, ‘*Araq-i-Bedmushk*, ‘*Araq-i-Gulāb* 240 ml, ‘*Ambar* (ambergris) 1.75 g. All the ingredients are made into *Ma‘jūn* (semisolid preparation).

Actions/therapeutic uses *Sang-i-Gurda wa Mathāna* (renal and vesicular calculi)⁸

Dose: As prescribed by the physician

68. *Ma'jūn-i-Habb-i-Kākanaj*

Composition: *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Rāziyāna* (*Illicium verum* Hook. f.) 25 g, *Tukhm-i-Khiyār Muqashshar* (dehusked seeds of *Cucumis sativus* L.) 7 g, *Shawkrān* (*Conium maculatum* L.), *Tukhm-i-Hummād* (seeds of *Rumex vesicarius* L.), *Afyūn* (dried latex of *Papaver somniferum* L.), dehusked and roasted seeds of *Şanavbar* (*Pinus roxburghii* Sarg.), *Za'farān* (*Crocus sativus* L.), roasted *Bunduq* (*Sapindus trifoliatus* L.), dehusked *Bādām* (*Prunus amygdalus* Batsch.) 10.5 g each, *Habb-i-Kākanaj* (fruit of *Physalis alkekengi* L.) 25 pieces. All the ingredients are powdered and mixed with *Sharāb Muthallath* and made into *Ma'jūn* (semisolid preparation) to be consumed after six months.

Actions/therapeutic uses: *Waja' al-Kulya* (renal pain), *Waja' al-Mathāna* (vesicular pain), *Bawl al-Dam* (haematuria)¹

Dose: 3.5 g¹

- Some physicians made it into *Qurş* (tablet) after binding with *Muthallath*. To be consumed after six months.¹

69. *Ma'jūn-i-Junṭiyāna*

Composition: *Junṭiyāna Rūmī* (*Gentiana lutea* L.), *Filfil Siyāh* (*Piper nigrum* L.) 3.5 g each, *Qust* (*Saussurea auriculata* (DC.) Sch. Bip.), *Sādhaj Hindī* (*Cinnamomum tamala* (Buch.-Ham.) Nees & Eberm.), *Sumbul al-Ṭib* (*Nardostachys jatamansi* (D. Don) DC.), *Rewand Chīnī* (*Rheum officinale* Baill.) 31.5/35 g. All the ingredients are powdered and sieved, mixed with honey three times the weight of all ingredients and prepared as *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Waja' al-Kulya wa'l-Mathāna* (renal and vesicular pain)

Dose: Oral, 3.5-7 g with *Āb-i-Sudāb* (juice of *Ruta sylvestris* Mill.)^{1,3,7,10}

70. *Ma'jūn-i-Mathrūdītūs*

Composition: *Murr* (*Commiphora myrrha* (Nees) Engl.), *Zanjabil* (*Zingiber officinale* Roscoe), *Za'farān* (*Crocus sativus* L.), *Dār Chīnī* (*Cinnamomum verum* J. Presl), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 35 g each, *Sumbul al-Ṭib* (*Nardostachys*

jatamansi (D. Don) DC.), *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Rā'ī* (*Brassica nigra* (L.) W.D.J. Koch), *Idhkhir* (*Cymbopogon jwarancusa* (Jones) Schult.), *'Ūd-i-Balsān* (*Commiphora gileadensis* (L.) C.Chr.), *Uṣṭūkhūdūs* (*Lavandula stoechas* L.), *Qusṭ* (*Saussurea auriculata* (DC.) Sch. Bip.), *Kumāftūs* (*Blumea balsamifera* (L.) DC.), *Bahroza* (*Pinus roxburghii* Sarg.), *Rātīnaj* (resin), *Dār Filfil* (*Piper longum* L.), *Jund Bedastar* (castorium/beaver) 28 g, *Taj* (*Cinnamomum cassia* (Nees & T.Nees) Presl), *Filfil Safayd* (*Piper nigrum* L.), *Sūranjān* (*Colchicum autumnale* L.), *Ja'da* (*Ajuga reptans* L.), *Lehsun* *Şahrā'ī* (*Allium sativum* L.), *Dūqū* (*Anethum graveolens* L.), *Iklīl al-Malik* (pods of *Trigonella uncata* Boiss. & Noe), *Junṭiyāna Rūmī* (*Gentiana lutea* L.), *Ravghan-i-Balsān*, *Muqil* (*Commiphora mukul* (Hook. ex Stocks) Engl) 25 g each, *Sudāb* (*Ruta sylvestris* Mill.), *Sumbul Hindī* (*Valeriana officinalis* L.), *Maştāgī* (*Pistacia lentiscus* L.), *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Faṭrāsāliyūn* (*Petroselinum crispum* (Mill.) Nyman ex A.W. Hill), *Qirdimāna* (*Elettaria cardamomum* (L.) Maton.), *Tukhm-i-Rāziyāna* (seeds of *Illicium verum* Hook. f.), *Gul Surkh* (*Rosa damascena* Mill.), *Mushkṭarāmashī'* (*Mentha spicata* L.) 17 g, *Anīsūn* (*Pimpinella anisum* L.), *Waj Turkī* (*Acorus calamus* L.), *Fū* (*Valeriana officinalis* L.), *Mū* (*Cornus mascula* L.), *Sakbīnaj* (*Ferula persica* Willd.), *Asārūn* (*Asarum europaeum* L.) 10.5 g, *Aqāqiyā* (extract of pods of *Acacia nilotica* (L.) Willd. ex Delile), *Ghārīqūn* (*Polyporus officinalis* (Vil.) Fr.) 15.75 g. All the ingredients are powdered and sieved. Gum and resin are dissolved in *Sharāb*, mixed with honey three times the weight of all ingredients and prepared as *Ma'jūn* (semisolid preparation) to be consumed after six months.

Actions/therapeutic uses: *Mufatti-i-Haşāt* (lithotriptic)

Dose: 3.5 g^{1,6}

71. *Ma'jūn Mudirr-i-Bawl*

Composition: *Dūqū* (*Anethum graveolens* L.), *Rewand Chīnī* (*Rheum officinale* Baill.), *Idhkhir* (*Cymbopogon jwarancusa* (Jones) Schult.), *Ḥabb-i-Balsān* (*Commiphora gileadensis* (L.) C.Chr.), *Shagūfa-i-Idhkhir* (bud of *Cymbopogon jwarancusa* (Jones) Schult.), *Anīsūn* (*Pimpinella anisum* L.), *Sumbul al-Tīb* (*Nardostachys jatamansi* (D. Don) DC.), *Taj* (*Cinnamomum cassia* (Nees & T.Nees) Presl), *Za'farān* (*Crocus sativus* L.), *Dār Chīnī* (*Cinnamomum verum* J.Presl), *Asārūn* (*Asarum europaeum* L.), *Faṭrāsāliyūn* (*Petroselinum crispum* (Mill.)

Nyman ex A.W. Hill), *Kumāfītūs* (*Blumea balsamifera* (L.) DC..) 10.5 g, *Lawz* (*Prunus dulcis* (Mill.) D.A.Webb.), dehusked *Şanavbar* (*Pinus roxburghii* Sarg.) 105 g, dried *Pudīna* (*Mentha arvensis* L.) 12.75 g. All the ingredients are powdered, sieved and mixed with honey three times the weight of ingredients and made into *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Mudirr-i-Bawl* (diuretic)¹

Dose: As prescribed by the physician

72. *Ma'jūn Mudirr-i-Bawl-1*

Composition: *Faṭrāsāliyūn* (*Petroselinum crispum* (Mill.) Nyman ex A.W. Hill), *Mū* (*Cornus mascula* L.), *Fū* (*Valeriana officinalis* L.) 14 g, *Dūqū* (*Anethum graveolens* L.), *Anīsūn* (*Pimpinella anisum* L.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Habb-i-Balsān* (*Commiphora gileadensis* (L.) C.Chr.) 10.5 g, *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 3.5 g. All the ingredients are powdered, sieved and mixed with *Sharāb Muthallath* to make *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Mudirr-i-Bawl* (diuretic)¹

Dose: As prescribed by the physician

73. *Ma'jūn Tamārī*

Composition: *Tamar Hayrūn/Şarafān Munaqqā* (deseeded *Phoenix* sp.) 175 g soaked in water for 5 days, filtered and its *Rubb* (extract) is collected. The *Rubb* (extract) is mixed with sieved powder of *Saqmūniyā* (*Convolvulus scammonia* L.), *Sudāb Khushk* (dried *Ruta sylvestris* Mill.) 31.5 g, *Filfil Siyāh* (*Piper nigrum* L.) 100 piece, *Zanjabil* (*Zingiber officinale* Roscoe) 25.5 g, *Būra Armanī* (Armenian borax) 4.5 g, *Bādām Talkh Muqashshar* (dehusked *Prunus dulcis* (Mill.) D.A.Webb.) 30 pieces, mixed with honey three times the weight of ingredients and made into *Ma'jūn* (semisolid preparation).

Actions/therapeutic uses: *Iḥtibās al-Bawl* (retention of urine)

Dose: 18 g withhot water^{1,6,7,10}

74. *Mā' al-Uṣūl*

Composition: Root bark of *Kabar* (*Capparis spinosa* L.), *Bīkh-i-Karafs* (root of *Apium graveolens* L.), *Bīkh-i-Bādiyān* (root of *Foeniculum*

vulgare Mill.) 21 g each, *Parsiyā'oshān* (*Adiantum capillaris-veneris* L.) 7 g, *Habb al-Qilt* (*Macrotyloma uniflorum* (Lam.) Verdc.), *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.) 14 g each, *Mawīz Munaqqā* (deseeded *Vitis vinifera* L.) 35 g, *Anjīr* (*Ficus carica* L.) 5 piece. All the ingredients are boiled in 1400 ml of water until it remains 420 ml, filtered as per process and used.

Actions/therapeutic uses: *Mufattit-i-Hasāt* (lithotriptic), *'Usr al-Bawl* (dysuria)

Dose: 140 ml with *Hajar al-Yahūd* (silicate of lime/Jewish stone)^{2,3}

- *Ibn Sīna* quoted this formulation as: root bark of *Kabar* (*Capparis spinosa* L.), *Bīkh-i-Karafs* (root of *Apium graveolens* L.), *Bīkh-i-Bādiyān* (root of *Foeniculum vulgare* Mill.), *Bīkh-i-İdhkhir* (root of *Cymbopogon jwarancusa* (Jones) Schult.), *Tukhm-i-Rāziyāna* (seeds of *Illicium verum* Hook. f.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Anīsūn* (*Pimpinella anisum* L.), *Sumbul al-Ṭib* (*Nardostachys jatamansi* (D. Don DC.), *Parsiyā'oshān* (*Adiantum capillaris-veneris* L.), *Maṣṭagī* (*Pistacia lentiscus* L.), *Mawīz Munaqqā* (deseeded *Vitis vinifera* L.). All the ingredients are boiled in water and used after the process of filtration.²
- *Arzānī* A mentioned the formulation as weights of *Bīkh-i-Karafs* (root of *Apium graveolens* L.), *Bīkh-i-Bādiyān* (root of *Foeniculum vulgare* Mill.) 35 g each, root bark of *Kabar* (*Capparis spinosa* L.) 17.5 g, *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Anīsūn* (*Pimpinella anisum* L.), *Tukhm-i-Rāziyāna* (seeds of *Illicium verum* Hook. f.), *Bīkh-i-İdhkhir* (root of *Cymbopogon jwarancusa* (Jones) Schult.) 14 g each, *Asārūn* (*Asarum europaeum* L.), *Habb-i-Balsān* (*Commiphora gileadensis* (L.) C.Chr.) 7 g each, *Juntiyāna* (*Gentiana lutea* L.), *Salīkha* (*Cinnamomum cassia* (Nees & T.Nees) Presl) 8.75 g each, *'Ūd-i-Balsān* (*Commiphora gileadensis* (L.) C.Chr.), *Būzīdān* (*Orchis laxiflora* Lam.), *Ispand* (*Peganum harmala* L.) 10.5 g each, *Mawīz Munaqqā* (deseeded *Vitis vinifera* L.) 70 g. All the ingredients are boiled in 1632 g of water until it remains 816 g.

Dose: 135 g with 9 g of *Ravghan-i-Bed Anjīr* (castor oil) and 17.5 g of *Ravghan-i-Bādām Shīrīn* (oil of *Prunus amygdalus* Batsch.)⁷

75. Maṭbūkh barā'i Waja' al-Kulya

Composition: *Habb-i-Kākanaj* (fruit of *Physalis alkekengi* L.), *Tukhm-i-Khubbāzī* (seeds of *Malva sylvestris* L.) 7 g each, *Zīra* (*Cuminum cyminum* L.), *Afsantīn* (*Artemisia absinthium* L.), *Aṣl al-Sūs* (*Glycyrrhiza glabra* L.), *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.) 14 g each. All the ingredients are boiled in water 1.62 litre until half of water remains.

Actions/therapeutic uses: *Waja' al-Kulya* (renal pain), '*USR al-Bawl* (dysuria)

Dose: 64 g oral^{5,9}

76. Maṭbūkh barā'i Waja' al-Kulya [Mujarrab]

Composition: *Habb-i-Kākanaj* (fruit of *Physalis alkekengi* L.), *Tukhm-i-Khubbāzī* (seeds of *Malva sylvestris* L.) 7 g each, *Zīra* (*Cuminum cyminum* L.), *Afsantīn* (*Artemisia absinthium* L.), *Aṣl al-Sūs* (*Glycyrrhiza glabra* L.), *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.) 14 g each. All the ingredients are boiled in 1.62 litre of water until it remains half.

Actions/therapeutic uses: *Waja' al-Kulya* (renal pain), '*USR al-Bawl* (dysuria)

Dose: 64 g oral^{5,9}

77. Maṭbūkh barā'i Idrār-i-Bawl [Mujarrab]

Composition: *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) 4.5 g, *Bādiyān* (*Foeniculum vulgare* Mill), *Anīsūn* (*Pimpinella anisum* L.), *Bīkh-i-Karafs* (root of *Apium graveolens* L.), *Bīkh-i-Bādiyān* (root of *Foeniculum vulgare* Mill.), *Zīra Safayd* (*Cuminum cyminum* L.), *Qirdimāna* (*Elettaria cardamomum* (L.) Maton.), *Nānkhvāh* (*Trachyspermum ammi* (L.) Sprague) 6 g each, *Sumbul al-Tīb* (*Nardostachys jatamansi* (D. Don) DC.), *Gul Surkh* (*Rosa damascena* Mill.), *Waj Turkī* (*Acorus calamus* L.), *Fuwwa al-Ṣabgh* (*Rubia cordifolia* L.), *Rewand Chīnī* (*Rheum officinale* Baill.) 3 g each, *Mawīz Munaqqā* (deseeded *Vitis vinifera* L.) 10 pieces, *Aṣl al-Sūs* (*Glycyrrhiza glabra* L.) 3 g, *Anjīr Zard* (*Ficus carica* L.) 5 pieces. All the ingredients are boiled in water until it remains half.

Actions/therapeutic uses: *Mudirr-i-Bawl* (diuretic)

Dose: 108 g with *Ravghan-i-Bed Anjīr* (castor oil)⁸

78. Maṭbūkh barā'i Sang-i-Gurda [Sarī' al-Athar]

Composition: *Khār Khasak* (*Tribulus terrestris* L.), *Bādiyān* (*Foeniculum vulgare* Mill.), *Anīsūn* (*Pimpinella anisum* L.) 4 g each, *Hīl* (*Amomum subulatum* Roxb.), *Habb-i-Kākanaj* (fruit of *Physalis alkekengi* L.), *Parsiyā'oshān* (*Adiantum capillaris-veneris* L.) 3 g each, *Dār Chīnī* (*Cinnamomum verum* J.Presl) 2 g, *Qaranful* (*Syzygium aromaticum* (L.) Merr. & L.M. Perry) 1 g, *Iklīl al-Malik* (pods of *Trigonella uncata* Boiss. & Noe) 2 g, sugar 48 g. All the ingredients are boiled in 960 ml of water until 1/7th part is left.

Actions/therapeutic uses: *Mufattit-i-Hasāt-i-Kulya* (lithotriptic).⁸

Dose: As prescribed by the physician

79. Mayfukhtaj

Composition: Honey 400 g is added to 4000 g of *Muthallath* and boiled until one third is left to prepare *Mayfukhtaj*. Optionally, *Zanjabīl* (dried *Zingiber officinale* Roscoe), *Dār Chīnī* (*Cinnamomum verum* J.Presl), *Filfil Siyāh* (*Piper nigrum* L.), *Sumbul al-Tīb* (*Nardostachys jatamansi* (D. Don) DC.), *Za'farān* (*Crocus sativus* L.) 35 g are added through tying in a pouch of linen cloth while boiling.

Actions/therapeutic uses: *Burūdat-i-Kulya* (coldness of kidney)

Dose: 140 ml with *Hajar al-Yahūd* (silicate of lime/Jewish stone), *Sanjarīnā* 1.75 g each³

80. Murabbā'-i-Gazar

Composition: Carrots are first cleaned and boiled in water mixed with purified honey. After softening, the carrots are dried and further boiled in purified honey to make *Murabba*.

Actions/therapeutic uses: *Burūdat-i-Kulya*, *Du'f-i-Kulya* (renal insufficiency)^{2,3,6}

Dose: As prescribed by the physician

81. Qurs-i-Afsantīn

Composition: *Afsantīn Rūmī* (*Artemisia pontica* L.), *Anīsūn* (*Pimpinella anisum* L.), *Asārūn* (*Asarum europaeum* L.), *Bādām Talkh* (*Prunus dulcis* (Mill.) D.A.Webb.), *Qusṭ* (*Saussurea auriculata* (DC.)

Sch. Bip.), *Dār Chīnī* (*Cinnamomum verum* J.Presl), *Zarāwand Ṭawīl* (*Aristolochia fontanesii* Boiss & Reut.), ‘Uṣāra’-i-Ghāfith (extract of *Gentiana dahurica* Fisch.) 17.5 g. All the ingredients are powdered, sieved and made into *Qurṣ* (tablet) of 4.5g each.

Actions/therapeutic uses: ‘*Usr al-Bawl* (dysuria)¹

Dose: As prescribed by the physician

82. *Qurṣ-i-Afsantīn ba Nuskha’-i-Hunayn*

Composition: *Afsantīn Rūmī* (*Artemisia pontica* L.), *Anīsūn* (*Pimpinella anisum* L.), *Asārūn* (*Asarum europaeum* L.) 7 g each, *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Şibr* (*Aloe vera* (L.) Burm.f.), ‘Uṣāra’-i-Ghāfith (extract of *Gentiana dahurica* Fisch.) 5.25 g, *Bādām Shīrīn Muqashshar* (dehusked kernel of *Prunus amygdalus* Batsch.), *Sādhaj Hindī* (*Cinnamomum tamala* (Buch.-Ham.) Nees & Eberm.), *Maştagī* (*Pistacia lentiscus* L.) 8.75 g. All the ingredients are powdered, sieved and made into *Qurṣ* (tablet) of 3.5 g each.

Actions/therapeutic uses: ‘*Usr al-Bawl* (dysuria)¹

Dose: As prescribed by the physician

83. *Qurṣ-i-Asqūludīs*

Composition: *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Tukhm-i-Shīḥ* (seeds of *Artemisia maritima* L.) 12.75 g each, *Tukhm-i-Rāziyāna* (seeds of *Illicium verum* Hook. f.) 7 g, *Habb-i-Şanavbar* (*Pinus roxburghii* Sarg.), *Za’farān* (*Crocus sativus* L.), *Tukhm-i-Hummād* (seeds of *Rumex vesicarius* L.), *Afyūn* (dried latex of *Papaver somniferum* L.), *Bādām Muqashshar* (dehusked kernel of *Prunus amygdalus* Batsch.) 10.5 g, *Habb-i-Kākanaj Kohī* (fruit of *Physalis alkekengi* L.) 25 pieces, *Tukhm-i-Khiyār Muqashshar* (dehusked seeds of *Cucumis sativus* L.) 42 g. All the ingredients are powdered, sieved and made into *Qurṣ* (tablet) after mixing in *Sharāb Tilā’*.

Actions/therapeutic uses: *Qurūḥ al-Kulya wa ’l-Mathāna* (renal and vesicular ulcers), *Bawl al-Dam* (haematuria)¹

Dose: As prescribed by the physician

84. Qurṣ barā'i Bawl al-Midda

Composition: *Anīsūn* (*Pimpinella anisum* L.) 10.5 g, *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Gil Armanī* (Armenian earth), *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Dam al-Akhwayn* (*Dracaena cinnabari* Balf.f) 7 g, *Maghz-i-Tukhm-i-Kharbūza* (seed kernel of *Cucumis melo* L.), *Maghz-i-Tukhm-i-Khiyār* (seed kernel of *Cucumis sativus* L.), *Maghz-i-Tukhm-i-Kadū* (seed kernel of *Cucurbita moschata* Duchesne) 70 g each. All the ingredients are powdered, sieved and made into *Qurṣ* (tablet).

Actions/therapeutic uses: *Bawl al-Midda* (pyuria)

Dose: 7 g with *Sharbat-i-Khashkhāsh* 32 g^{5,7,9}

- *Khān S* replaced *Anīsūn* (*Pimpinella anisum* L.) with *Afyūn* (dried latex of *Papaver somniferum* L.)⁹

85. Qurṣ barā'i Dhayābītus

Composition: *Tabāshīr* (*Bambusa bambos* (L.) Voss) 5 parts, *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.), *Tukhm-i-Kāhū* (seeds of *Lactuca sativa* L.) 7 parts each, *Tukhm-i-Hummād* (seeds of *Rumex vesicarius* L.), *Gul Surkh* (*Rosa damascena* Mill.), *Kishnīz Khushk* (dried *Coriandrum sativum* L.), *Gil Armanī* (Armenian earth) 3 parts each, *Şandal Safayd* (*Santalum album* L.), *Gulnār* (flower of *Punica granatum* L.), *Sumāq* (*Rhus coriaria* L.) 2 parts each, *Kāfir* (*Cinnamomum camphora* (L.) J. Presl) 1/2 part. All the ingredients are powdered, sieved and mixed with *Āb-i-Barg-i-Khurfa* (juice of leaves of *Portulaca oleracea* L.) to make *Qurṣ* (tablet).

Actions/therapeutic uses: *Dhayābītus* (diabetes)

Dose: One tablet /4.5 g with *Āb-i-Anār* (juice of pomegranate).^{5,9}

86. Qurṣ barā'i Dhayābītus [Thābit Ibn Qurra]

Composition: *Habb al-Ās* (*Myrtus communis* L.), *Tukhm-i-Hummād* *Muqashshar* (dehusked seeds of *Rumex vesicarius* L.) 7 g each, *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Nishāsta* (starch) 3.5 g each are powdered and mixed in *Lu'āb-i-Bazr-i-Qatūnā* (mucilage of seeds of *Plantago ovata* Forssk.) to make *Qurṣ* (tablets).

Actions/therapeutic uses: *Dhayābītus* (diabetes)

Dose: 7 g^{5,9}

87. Qurṣ barā'i Qurūḥ al-Kulya wa'l-Mathāna, Taqtīr al-Bawl, Bawl al-Dam [Mujarrab]

Composition: *Afyūn* (dried latex of *Papaver somniferum* L.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Bazr al-Banj Safayd* (*Hyoscyamus niger* L.) 4.5 g each, *Tukhm-i-Rāziyāna* (seeds of *Illicium verum* Hook. f.) 9 g, *Za'farān* (*Crocus sativus* L.), *Tukhm-i-Hummād Barrī* (seeds of *Rumex vesicarius* L.), *Maghz-i-Bādām* *Talkh Muqashshar* (dehusked kernel of *Prunus dulcis* (Mill.) D.A.Webb.) 13.5 g each, *Tukhm-i-Khār Khasak* (seeds of *Tribulus terrestris* L.) 54 g, *Kākanaj Jabalī* (*Physalis alkekengi* L.) 25 pieces are powdered and mixed with *Mayfukhtaj* to make *Qurṣ* (tablets).

Actions/therapeutic uses: *Qurūḥ al-Kulya wa'l-Mathāna* (renal and vesicular ulcers), *Taqtīr al-Bawl* (dribbling of urine), *Bawl al-Dam* (haematuria)⁵

Dose: As prescribed by the physician

88. Qurṣ-i-Dhayābīṭus

Composition: *Banslochan* (*Bambusa bambos* (L.) Voss) 35 g, *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.), *Tukhm-i-Kāhū* (seeds of *Lactuca sativa* L.) 52.5g each, *Kishnīz Khushk Mudabbar Muhammaş* (dried and roasted *Coriandrum sativum* L.) 17.5 g each, *Gul Surkh* (*Rosa damascena* Mill.) 17.5 g, *Gil Armanī* (Armenian earth) 17.5 g, *Gulnār Fārsī* (flower of *Punica granatum* L.), *Şandal Surkh* (*Pterocarpus santalinus* L. f.), *Şandal Safayd* (*Santalum album* L.), *Gond Babūl* (gum of *Acacia nilotica* (L.) Willd. ex Delile) 7 g, *Kāfūr* (*Cinnamomum camphora* (L.) J. Presl) 1.75 g. All ingredients are powdered, sieved and mixed with purified honey to make *Qurṣ* (tablet) of 10.5 g each.

Actions/therapeutic uses: *Dhayābīṭus* (diabetes)

Dose: *Qurṣ* (tablet) of 10.5 g to be taken with juice of *Anār Tursh* (*Punica granatum* L.) or '*Araq-i-Gulāb*'^{4,5,7,8}

- As per *Khān A*, *Rubb al-Sūs* (extract of *Glycyrrhiza glabra* L.) is added with change in weights of ingredients and this is advised to be taken either with '*Araq-i-Gulāb*' or '*Āb-i-Anār Tursh*' (juice of *Punica granatum* L.) 84 ml.⁸

89. Qurṣ-i-Dīsiyulidūs

Composition: *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Ajwā'īn Khurāsānī* (*Hyoscyamus niger* L.), *Shahdānaj* (seeds of *Cannabis sativa* L.) 24.5 g each, *Tukhm-i-Rāziyāna* (seeds of *Illicium verum* Hook. f.) 7 g, *Za'farān* (*Crocus sativus* L.), *Tukhm-i-Hummād* (seeds of *Rumex vesicarius* L.), *Habb-i-Şanavbar* (*Pinus roxburghii* Sarg.), *Afyūn* (dried latex of *Papaver somniferum* L.), *Maghz-i-Bādām Shīrīn* (kernel of *Prunus amygdalus* Batsch.) 10.5 g each, *Habb-i-Kākanaj* (fruit of *Physalis alkekengi* L.) 25 pieces, *Tukhm-i-Kakrī Muqashshar* (dehusked seeds of *Cucumis sativus* L.) 42 g. All the ingredients are powdered, sieved and kneaded to make tablet.

Actions/therapeutic uses: *Qurūh al-Kulya wa'l-Mathāna* (renal and vesicular ulcers), *Bawl al-Dam* (haematuria), *'Usr al-Bawl* (dysuria)²

Dose: As prescribed by the physician

90. Qurṣ-i-Kahrubā

Composition: *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) 3.5 g, *Afyūn* (dried latex of *Papaver somniferum* L.), *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) 8.75 g each, *Kahrubā* (*Pinus succinifera* L.), *Şamagh-i-Gardgān* (gum of *Juglans regia* L.) 17.5 g each are powdered to make *Qurṣ* (tablet) of 4.5 g each.

Actions/therapeutic uses: *Bawl al-Dam Kulwī* (haematuria due to the involvement of kidney)

Dose: One tablet along with *Naqū'i-Sumāq* (concoction of *Rhus coriaria* L.)⁵

91. Qurṣ-i-Kākanaj

Composition: *Kakrī* (seed kernel of *Cucumis melo* L.) 42 g, *Shahdānaj* (seeds of *Cannabis sativa* L.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Ajvā'īn Khurāsānī* (*Hyoscyamus niger* L.) 21 g each, *Tukhm-i-Rāziyāna* (seeds of *Illicium verum* Hook. f.) 7 g, *Za'farān* (*Crocus sativus* L.), *Maghz-i-Habb-i-Şanavbar* (kernel of *Pinus roxburghii* Sarg.), *Tukhm-i-Hummād* (seeds of *Rumex vesicarius* L.), *Afyūn* (dried latex of *Papaver somniferum* L.), *Maghz-i-Bādām Talkh Muqashshar* (dehusked kernel of *Prunus dulcis* (Mill.) D.A.Webb.) 10.5 g, *Tukhm-i-Kākanaj* (seeds of *Physalis alkekengi* L.) 25 pieces. All the ingredients are powdered, sieved and kneaded to make *Qurṣ* (tablet).

Actions/therapeutic uses: *Qurūḥ al-Kulya* (renal ulcers), *Qurūḥ al-Mathāna* (vesicular ulcers), *Taqṭīr al-Bawl* (dribbling of urine)^{2,3,6}

Dose: As prescribed by the physician

92. *Qurs-i-Kākanaj Dīgar*

Composition: *Tukhm-i-Kharbūza* (seeds of *Cucumis melo* L.) 162 g, *Afyūn* (dried latex of *Papaver somniferum* L.), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Ajvā'in Khurāsānī* (*Hyoscyamus niger* L.), *Tukhm-i-Hummād* (seeds of *Rumex vesicarius* L.) 31.5 g each, *Tukhm-i-Shūkrān* (seeds of *Conium maculatum* L.), *Tukhm-i-Kishnīz* (seeds of *Coriandrum sativum* L.) 81 g each, *Tukhm-i-Rāziyāna* (seeds of *Illicium verum* Hook. f.), *Habb-i-Şanavbar Maqlū* (fried *Pinus roxburghii* Sarg.), *Za'farān* (*Crocus sativus* L.), *Maghz-i-Bādām* *Talkh Muqashshar* (dehusked kernel of *Prunus dulcis* (Mill.) D.A.Webb.) 40.5 g each, *Habb-i-Kākanaj* (fruit of *Physalis alkekengi* L.) 75 piece. All the ingredients are powdered, sieved and kneaded to make *Qurs* (tablet).

Actions/therapeutic uses: *Waja‘ al-Kulya wa'l-Mathāna* (renal and vesicular pain), *Bawl al-Dam* (haematuria), *Bawl al-Midda* (pyuria)

Dose: 9-13.5 g^{2,6}

93. *Qurs-i-Kākanaj Dīgar [Mujarrab]*

Composition: *Tukhm-i-Khiyārayn* (seeds of *Cucumis sativus* L. & *Cucumis melo* L.) 35 g, *Şamagh-i-Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Dam al-Akhwayn* (*Dracaena cinnabari* Balf.f) 8.75 g, *Khashkhash Safayd* (seeds of *Papaver somniferum* L.), *Maghz-i-Bādām Shīrīn* (kernel of *Prunus amygdalus* Batsch.), *Rubb al-Sūs* (extract of *Glycyrrhiza glabra* L.), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston), *Nishāsta* (starch) 7 g, *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) 7 g, *Kākanaj* (*Physalis alkekengi* L.) 21 g, *Afyūn* (dried latex of *Papaver somniferum* L.) 3.5 g. All the ingredients are powdered, sieved and kneaded with *Lu‘ab-i-Bihidāna* to make *Qurs* (tablet) of 10.5 g each.

Actions/therapeutic uses: *Qurūḥ al-Kulya* (renal ulcers), *Qurūḥ-i-Mathāna* (vesicular ulcers), *Hurqa al-Bawl* (burning micturition), *Bawl al-Dam* (haematuria)

Dose: One tablet with *Sharbat-i-Banafsha*⁴

94. *Qurş-i-Khashkhāsh*

Composition: *Khashkhāsh Safayd* (seeds of *Papaver somniferum* L.), *Khashkhāsh Siyāh* (seeds of *Papaver somniferum* L.) 7 g each, *Bazr al-Banj Safayd* (seed of *Hyoscyamus niger* L.) 2 g, *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston), *Nishāsta* (starch), *Gond Babūl* (gum of *Acacia nilotica* (L.) Willd. ex Delile) 3.5 g each, *Banslochan* (*Bambusa bambos* (L.) Voss), *Kahrubā* (*Pinus succinifera* L.) 5.25 g each, *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) 1.75 g, *Gil Armanī* (Armenian earth), *Gil Qubrusī* (red fragrant clay), *Gil Makhtūm* (Bohairian bole) 3.5g each, *Sumāq* (*Rhus coriaria* L.), *Gul Surkh* (*Rosa damascena* Mill.) 2 g each, *Rewand Chīnī* (*Rheum officinale* Baill.) 1 g. All the ingredients are powdered, sieved and kneaded in *Āb-i-Bārtang* (juice of *Plantago lanceolata* L.) to make *Qurş* (tablet) of 7 g each.

Actions/therapeutic uses: *Qurūh al-Mathāna* (vesicular ulcers), *Hurqa al-Bawl* (burning micturition), *Bawl al-Dam* (haematuria)

Dose: To be taken with *Sikanjbīn Safarjali*⁴

95. *Qurş-i-Lubūb*

Composition: *Maghz-i-Funduq* (*Corylus avellana* L.), *Maghz-i-Pista* (*Pistacia vera* L.), *Maghz-i-Bādām Shīrīn* (kernel of *Prunus amygdalus* Batsch.), *Maghz-i-Bihīdāna* (*Cydonia oblonga* Mill.) 14 g each, *Tukhm-i-Khiyār* (seeds of *Cucumis sativus* L.), *Tukhm-i-Kharpaza* (seeds of *Cucumis melo* L.), *Tukhm-i-Kadū Shīrīn* (seeds of *Cucurbita moschata* Duchesne), *Rubb al-Sūs* (extract of *Glycyrrhiza glabra* L.), *Tukhm-i-Hummād* (seeds of *Rumex vesicarius* L.) 17.5 g each, *Tukhm-i-Mahlab* (seeds of *Cerasus mahaleb* (L.) Mill.) 10.5 g, *Tukhm-i-Chilghoza* (seeds of *Pinus roxburghii* Sarg.), *Maghz-i-Bādām Talkh* (kernel of *Prunus dulcis* (Mill.) D.A.Webb.) 14 g each, *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Dūqū* (*Anethum graveolens* L.) 10.5 g each, *Bazr al-Banj Safayd* (seed of *Hyoscyamus niger* L.), *Afyūn* (dried latex of *Papaver somniferum* L.) 7 g each, *Gil Armanī* (Armenian earth) 35 g. All the ingredients are powdered, sieved and kneaded in *Lu‘ab-i-Alsī* (mucilage of *Linum usitatissimum* L.) and made into *Qurş* (tablet) of 7 g each.

Actions/therapeutic uses: *Qurūh al-Kulya wa ’l-Mathāna* (renal and vesicular ulcers)

Dose: 7 g with *Mayfukhtaj* or ‘*Araq-i-Gulāb*^{4,5,9}

96. Qurṣ Māsik al-Bawl

Composition: *Kazmāzaj* (*Tamarix orientalis* Forssk.), *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.), *Aqāqiyā* (extract of pods of *Acacia nilotica* (L.) Willd. ex Delile) 3.5 g each, *Post-i-Halayla Kābulī* (fruit rind of *Terminalia chebula* Retz.) fried in *Ravghan-i-Gā’o* 4.5 g, *Kishnīz Khushk Biryāñ* (dry and fried *Coriandrum sativum* L.) 5.25 g, *Gulnār* (flower of *Punica granatum* L.), *Gil Armanī* (Armenian earth) *Gul Surkh* (*Rosa damascena* Mill.), ‘*Adas* (*Lens culinaris* Medik.) 7 g each, *Tukhm-i-Balūt* (seeds of *Quercus incana* Bartr.), *Tukhm-i-Mūrad* (seeds of *Myrtus communis* L.) 10.5 g each. All the ingredients are powdered, sieved and made into *Qurṣ* (tablet).

Actions/therapeutic uses: *Salas al-Bawl* (urinary incontinence)

Dose: 7 g with *Rubb-i-Bihī* (extract of *Cydonia oblonga* Mill.)^{8,9}

97. Qurṣ Nāfi’-i-Dhayābīṭus

Composition: *Habb al-Ās* (*Myrtus communis* L.), *Tukhm-i-Hummād* *Muqashshar* (dehusked seeds of *Rumex vesicarius* L.) 7 g each, *Samagh ‘Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Nishāsta* (starch) 3.5 g each. All the ingredients are powdered, sieved and kneaded in *Lu‘āb-i-Asphol* (mucilage of *Plantago ovata* Forssk.) to make *Qurṣ* (tablet).¹¹

Actions/therapeutic uses: *Dhayābīṭus* (diabetes)¹¹

Dose: 7 g¹¹

98. Qurṣ-i-Tīn

Composition: *Gil Makhtūm* (Bohairian bole), *Banslochan* (*Bambusa bambos* (L.) Voss), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston), *Gond Babūl* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Samagh Fārsī* (gum of *Prunus domestica* L.), *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.), *Tukhm-i-Khiyārāyn* (seeds of *Cucumis sativus* L. & *Cucumis melo* L.) in equal quantity. All the ingredients are powdered, sieved and kneaded in *Mayfukhtaj* or *Lu‘āb-i-Asphol* (mucilage of *Plantago ovata* Forssk.) to make *Qurṣ* (tablet).

Actions/therapeutic uses: *Bawl al-Dam* (haematuria), *Qurūḥ al-Mathāna* (vesicular ulcers)

Dose: As prescribed by the physician with *Kashkāb* (barley water)^{4,5,7,9}

99. *Quṭūr barā'i Sang-i-Gurda wa Mathāna*

Composition: *Ravghan-i-Khasak* (oil prepared with *Tribulus terrestris* L.), *Ravghan-i-Turb* (oil prepared with *Raphanus sativus* L.) 7 g each, *Ravghan-i-'Aqrab* (oil prepared with Scorpion) 10.5 g, *Ḩajar al-Yahūd* (silicate of lime/Jewish stone), *Maghz-i-Tukhm-i-Kharbūza* (seed kernel of *Cucumis melo* L.), *Maghz-i-Tukhm-i-Kadū* (seed kernel of *Cucurbita moschata* Duchesne), *Habb-i-Kākanaj* (fruit of *Physalis alkekengi* L.) 17.5 g each, *Habb al-Qilt* (*Macrotyloma uniflorum* (Lam.) Verdc.) 7 g, *Āb-i-Khasak* (juice of *Tribulus terrestris* L.) 52.5 g, *Āb-i-Parsiyā'oshāñ* (juice of *Adiantum capillaris-veneris* L.) 35 g. All the ingredients are powdered, boiled in water and filtered to make *Quṭūr* (drops).

Actions/therapeutic uses: *Haṣā al-Kulya wa'l-Mathāna* (renal and vesicular calculi specifically that are stick in urethra)

Dose: Local, in urethral orifice in the form of drops^{5,9}

100. *Ravghan-i-'Aqrab barā'i Sang-i-Gurda wa Mathāna*

Composition: *Rewand Chīnī* (*Rheum officinale* Baill.), *Sa'd Kūft* (*Cyperus rotundus* L.), *Junṭiyāna Rūmī* (*Gentiana lutea* L.), *Post-i-Bīkh-i-Kabar* (root bark of *Capparis spinosa* L.) 35 g each. All the ingredients are powdered and mixed with *Ravghan-i-Bādām Talkh* (oil of *Prunus dulcis* (Mill.) D.A.Webb.) 420 ml, and kept in a glass bottle in sunlight. After one week, ten live scorpions are added in it and kept in sunlight for another week before use.

Actions/therapeutic uses: *Sang-i-Gurda wa Mathāna* (renal and vesicular calculi)

Dose: Local, 2 drops per urethra^{5,7,9}

101. *Ravghan-i-Khasak*

Composition: *Gokhrū* (*Pedalium murex* L.) 70 g, *Zanjabīl* (*Zingiber officinale* Roscoe) 14 g, *Ravghan-i-Til* (sesame oil) 140 ml, water 2100 ml, boiled until the whole water evaporates. It is used by syringing.

Actions/therapeutic uses: *Haṣā al-Mathāna* (vesicular calculi)^{3,7}

- *Ibn Sīna* has mentioned the weights of *Gokhrū* (*Pedalium murex* L.) 35 g, *Zanjabīl* (*Zingiber officinale* Roscoe) 14 g, *Ravghan-i-Til* (sesame oil) 35 ml, water 500 ml.²

102. Ravghan-i-Kalkalānaj

Composition: *Halayla Siyāh* (*Terminalia chebula* Retz.), *Halayla Zard* (*Terminalia citrina* Roxb. ex Fleming), *Halayla Kābulī* (*Terminalia chebula* Retz.), *Balayla* (*Terminalia bellirica* (Gaertn.) Roxb.), *Āmla* (*Phyllanthus emblica* L.), *Filfil Siyāh* (*Piper nigrum* L.), *Dār Filfil* (*Piper longum* L.), *Zanjabīl* (*Zingiber officinale* Roscoe) 27 g each, *Jā'oshīr* (*Ferula galbaniflua* Boiss. & Buhse), *Ushaq* (*Dorema ammoniacum* D. Don.), *Sakbīnaj* (*Ferula persica* Willd.) 22.5 g, *Turbud* (*Operculina turpethum* (L.) Silva Manso) 18 g, *Khasak* (*Tribulus terrestris* L.), *Karnab Tāza* (fresh *Brassica olearacea* L.), *Sudāb Tāza* (fresh *Ruta sylvestris* Mill) 35 g each. All the ingredients are powdered and boiled in 4599 g of water until half left. It is then mixed with *Ravghan-i-Bed Anjīr* 1800 ml and further boiled to make *Ravghan*.

Actions/therapeutic uses: *Muqawwī-i-Kulya* (renal tonic), *Mudīrr-i-Bawl* (diuretic)

Dose: As prescribed by the physician⁷

103. Ravghan-i-Khasak barā'i 'Usr al-Bawl [highly beneficial]

Composition: *Khasak* (*Tribulus terrestris* L.) 45 g, *Zanjabīl* (*Zingiber officinale* Roscoe) 20.25 g. All the ingredients are powdered and boiled in water, mixed with *Ravghan-i-Kunjad* four times of ingredients' weight, further boiled until all the water evaporates and *Ravghan* is prepared.

Actions/therapeutic uses: *Iḥtibās al-Bawl* (retention of urine), *'Usr al-Bawl* (dysuria)

Dose: Local^{5,6,7,9}

104. Ravghan-i-Sudāb

Composition: *Ravghan-i-Kunjad* (sesame oil) 1050 g, *Barg-i-Sudāb* (leaf of *Ruta sylvestris* Mill) 132.25 g, water 600 g. All the ingredients are boiled until only *Ravghan* is left behind, then kept in a clean container and used after cooling.

Actions/therapeutic uses: *Burūdat-i-Kulya wa Mathāna* (coldness of kidney and bladder)^{1,6}

105. Ravghan-i-Sosan

Composition: *Gul-i-Sosan* (flower of *Iris ensata* Thunb.) 30 piece, *Salīkha* (*Cinnamomum cassia* (Nees & T.Nees) Presl), *Habb-i-Balsāñ* (*Commiphora gileadensis* (L.) C.Chr.), *Qusṭ* (*Saussurea auriculata* (DC.) Sch. Bip.) 35 g, *Qirfa* (*Cinnamomum cassia* (Nees) Nees ex Ebern. ex Blume), *Qaranful* (*Syzygium aromaticum* (L.) Merr. & L.M. Perry), *Maṣṭagī* (*Pistacia lentiscus* L.) 17.5 g, *Za'farān* (*Crocus sativus* L.) 7 g, *Ravghan-i-Kunjad* (sesame oil) 630 g. All the ingredients are powdered, mixed and kept in sunlight for 40 days to make *Ravghan*.

Actions/therapeutic uses: *Burūdat-i-Kulya wa Mathāna* (coldness of kidney and bladder)

Dose: Local⁷

106. Ravghan-i-Thūm barā'i Taqtīr al-Bawl

Composition: *Thūm Muqashshar* (peeled clove of *Allium sativum* L.) 1 part, *Farfiyūn* (*Euphorbia resinifera* A. Berger), *'Āqirqirḥā* (*Anacyclus pyrethrifolius* (L.) Lag.) 1/3 part, *Filfil Styāh* (*Piper nigrum* L.), *Sudāb* (*Ruta sylvestris* Mill) 1/4 part each. All the ingredients are powdered and mixed with *Zayt* (olive oil) nine times the weight of the ingredients, then boiled until it remains 1/3 part.

Actions/therapeutic uses: *Iḥtibās al-Bawl* (retention of urine)

Dose: Local⁵

107. Safūf Māsik al-Bawl

Composition: *Gulnār* (flower of *Punica granatum* L.), *Kazmāzaj* (*Tamarix orientalis* Forssk.) 17.5 g each, *Kishnīz Khushk Biryāñ* (dry and fried *Coriandrum sativum* L.), *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Gil Armanī* (Armenian earth) 35 g each, *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) 105 g, *Balūt* (*Quercus incana* Bartr.) 175 g. All the ingredients are powdered, sieved and made into *Safūf* (powder).

Actions/therapeutic uses: *Salas al-Bawl* (urinary incontinence) without burning micturition

Dose: 10.5 g with water^{5,7,9}

108. *Safūf barā'i Dhayābītus*

Composition: *Şandal Safayd* (*Santalum album L.*) 3.5 g, *Nishāsta* (strarch), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston), *Tukhm-i-Kāhū* (seeds of *Lactuca sativa L.*), *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea L.*) 10.5 g each, *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Gil Armanī* (Armenian earth), *Gulnār* (flower of *Punica granatum L.*), *Sumāq* (*Rhus coriaria L.*), *Balūt* (*Quercus incana Bartr.*) 17.5 g each. All the ingredients are powdered, sieved and made into *Safūf* (powder).

Actions/therapeutic uses: *Dhayābītus* (diabetes).^{5,9}

Dose: As prescribed by the physician

109. *Safūf barā'i Hurqa al-Bawl*

Composition: *Maghz-i-Tukhm-i-Khiyārāyn* (seed kernel of *Cucumis sativus L.* & *Cucumis melo L.*), *Maghz-i-Tukhm-i-Kadū Shīrīn* (seed kernel of *Cucurbita moschata Duchesne*), *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea L.*), *Nishāsta* (starch), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston), *Rubb al-Sūs* (extract of *Glycyrrhiza glabra L.*) 10.5 g each, *Bazr al-Banj* (*Hyoscyamus niger L.*) 7 g, sugar equal to the weight of all ingredients powdered, sieved and made into *Safūf* (powder).

Actions/therapeutic uses: *Hurqa al-Bawl* (burning micturition), *Sozish-i-Mathāna* (vesicular burning)

Dose: 10.5 g with *Āb-i-Khashkhāsh*⁵

110. *Safūf barā'i Jarab al-Kulya*

Composition: *Rubb al-Sūs* (extract of *Glycyrrhiza glabra L.*) 2 g, *Nishāsta* (starch), *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston), *Khashkhāsh Safayd* (seeds of *Papaver somniferum L.*), *Bazr al-Banj Safayd* (*Hyoscyamus niger L.*) 7 g each, *Maghz-i-Tukhm-i-Khiyār* (seed kernel of *Cucumis sativus L.*), *Maghz-i-Tukhm-i-Kharpaza* (seed kernel of *Cucumis melo L.*) 17.5 g each, *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea L.*) 35 g. All the ingredients are powdered, sieved and *Bazr-i-Qaṭūnā* (seed of *Plantago ovata Forssk.*) 35 g is added in the last to make *Safūf* (powder).

Actions/therapeutic uses: *Jarab al-Kulya* (renal irritability)

Dose: 7 g with decoction of *Shāhtara* (*Fumaria officinalis* L.) and *Sharbat-i-Anjīr* in morning^{5,9}

- This formulation is used after *Istifrāgh* (evacuation) and *Qay'* (vomiting)

111. *Safūf Mufattit-i-Haṣāt*

Composition: *Nānkhvāh* (*Trachyspermum ammi* (L.) Sprague), *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.) 17.5 g each, *Tukhm-i-Jirjīr* (seeds of *Nasturtium officinale* R. Br.) 3.5 g. All the ingredients are powdered, sieved and made into *Safūf* (powder).

Actions/therapeutic uses: *Mufattit-i-Haṣāt* (lithotriptic)

Dose: 7 g with cold water⁵

112. *Safūf Muqawwī-i-Gurda wa Mathāna*

Composition: *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston), *Tabāshīr Safayd* (*Bambusa bambos* (L.) Voss), *Gil Armanī* (Armenian earth), *Gil Qibrīsī* (red fragrant clay), *Gil Makhtūm* (Bohairian bole), *Šandal Safayd* (*Santalum album* L.), *Gulnār* (flower of *Punica granatum* L.), *Aqāqiyā* (extract of pods of *Acacia nilotica* (L.) Willd. ex Delile), *Busad* (coral), *Rubb al-Sūs* (extract of *Glycyrrhiza glabra* L.), *Gul Surkh* (*Rosa damascena* Mill.), *Shādanaj* (nummulite), *'Adas Maghsūl* (*Lens culinaris* Medik.), *Khurfa Muqashshar* (dehusked seeds of *Portulaca oleracea* L.), *Khār Khasak* (*Tribulus terrestris* L.) dipped in *Satt-i-Gilo* (extract of *Tinospora cordifolia* Miers), *Silājīt* (black bitumen), *Kushta Qala* (calyx of tin), *Şadaf* (pearl) 2 g each, *Tukhm-i-Khashkhāsh* (seeds of *Papaver somniferum* L.), *Tukhm-i-Khiyārayn* (seeds of *Cucumis sativus* L. & *Cucumis melo* L.) 4 g each, *Bisbāsa* (aril of *Myristica fragrans* Houtt.), *Maghz-i-Tukhm-i-Kadū* (seed kernel of *Cucurbita moschata* Duchesne), *Maghz-i-Bādām* (kernel of *Prunus amygdalus* Batsch.), *Maghz-i-Funduq* (kernel of *Corylus avellana* L.), *Maghz-i-Chilghoza* (seed kernel of *Pinus roxburghii* Sarg.), *Mochras* (gum of *Bombax ceiba* L.) 3 g each. All the ingredients are powdered, sieved and made into *Safūf* (powder).

Actions/therapeutic uses: *Muqawwī-i-Kulya wa Mathāna* (renal and vesicular tonic)^{5,9}

Dose: As prescribed by the physician

113. *Safūf barā'i Qurūh-i-Majārī wa Mathāna*

Composition: *Māmīrān Chīnī* (*Thalictrum foliolosum* DC.), *Reward Chīnī* (*Rheum officinale* Baill.) 4.5 geach, *Zirishk Munaqqā* (deseeded *Berberis aristata* DC.) 31.5 g, *Gulnār Fārsī* (flower of *Punica granatum* L.), *Afyūn* (dried latex of *Papaver somniferum* L.), *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile) 4.5 g each, *Tabāshīr* (*Bambusa bambos* (L.) Voss), *Kibrīt Zard* (sulphur), *Maghz-i-Tukhm-i-Khiyār* (seed kernel of *Cucumis sativus* L.) 45 g each, *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.) 225 g, *Kunjad Safayd* (*Sesamum indicum* L.) 27 g, *Shakar Tabarzad* 90 g. All the ingredients are powdered, sieved and made into *Safūf* (powder)¹¹.

Actions/therapeutic uses: *Qurūh al-Kulya wa'l-Mathāna* (renal and vesicular ulcers)

Dose: 7 g with water at bedtime¹¹

114. *Safūf barā'i Taftīt wa Ikhraj-i-Hasāt [Mujarrab]*

Composition: Ash of *Bīkh-i-Kabar Nabaṭī* (root of *Capparis spinosa* L.), ash of *Post-i-Bayda'-i-Murgh* (egg shell), *Hajar al-Yahūd* (silicate of lime/Jewish stone) are powdered, sieved and made into *Safūf* (powder).

Actions/therapeutic uses: *Mufattit-i-Hasāt* (lithotriptic), *Mukhrij-i-Hasāt* (evacuates renal calculus)

Dose: As prescribed by the physician along with *Āb-i-Khashkhāsh/Sharbat-i-Khashkhāsh*⁵

115. *Safūf-i-Dhayābitus*

Composition: *Khabath al-Hadīd* (iron rust) powdered and sieved 70 g is soaked in vinegar for seven days. Then it is roasted, dried and powdered again. *Tabāshīr* (*Bambusa bambos* (L.) Voss), *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) 14 g soaked in vinegar and dried, add *Kishnīz* (*Coriandrum sativum* L.) 10.5 g, *Shūkrān* (*Conium maculatum* L.) 7 g powdered, mixed and made into *Safūf* (powder).

Actions/therapeutic uses: *Kathra al-Bawl* (polyuria) due to predominance of *Harārat* (heat)

Dose: 7 g with *Sharbat-i-Bihī* or cold water³

116. *Safūf-i-Dhayābītus [Mujarrab]*

Composition: *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston), *Nishāsta* (starch), *Tukhm-i-Kāsnī* (seeds of *Cichorium intybus* L.), *Maghz-i-Tukhm-i-Kadū* (seed kernel of *Cucurbita moschata* Duchesne), *Maghz-i-Tukhm-i-Tarbūz* (seed kernel of *Citrullus lanatus* (Thunb.) Matsum. & Nakai), *Maghz-i-Tukhm-i-Kharpaza* (seed kernel of *Cucumis melo* L.), *Tukhm-i-Kāhū* (seeds of *Lactuca sativa* L.), *Gul-i-Nīlofar* (flower of *Nymphaea alba* L.), *Tukhm-i-Khaṭmī* (seeds of *Althaea officinalis* L.), *Gul Surkh* (*Rosa damascena* Mill.), *Gā'ozabān* (*Onosma bracteatum* Wall.), *Tukhm-i-Hummād* (seeds of *Rumex vesicarius* L.), *Sandal Safayd* (*Santalum album* L.), *Kishnīz Khushk* (dried *Coriandrum sativum* L.), *Hajar al-Yahūd* (silicate of lime/Jewish stone), *Gil Armanī* (Armenian earth), *Gul-i-Fūfāl* (flower of *Areca catechu* L.) 6 g each, *Tha'lāb Miṣrī* (*Orchis latifolia* L.) 24 g. All the ingredients are powdered, mixed with sugar half the weight of the ingredients and made into *Safūf* (powder).

Actions/therapeutic uses: *Dhayābītus* (diabetes), *Harārat-i-Gurda* (heat of kidney)

Dose: 5 g with water⁸

117. *Safūf-i-Hajar al-Yahūd*

Composition: *Maghz-i-Tukhm-i-Khiyār* (seed kernel of *Cucumis sativus* L.), *Maghz-i-Tukhm-i-Kharbūza* (seed kernel of *Cucumis sativus* L.), *Maghz-i-Tukhm-i-Kadū* (seed kernel of *Cucurbita moschata* Duchesne) 17.5 g each, *Khasak Murabbā* (treated *Tribulus terrestris* L.) 14 g, *Hajar al-Yahūd* (silicate of lime/Jewish stone), *Habb al-Qilt* (*Macrotyloma uniflorum* (Lam.) Verdc.) 10.5 g each, *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Sīsāliyaws* (*Levisticum officinale* W.D.J. Koch), *Fatrasāliyūn* (*Petroselinum crispum* (Mill.) Nyman ex A.W. Hill) 3.5 g each, *Şamagh 'Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 4.5 g each. All the ingredients are powdered, sieved, mixed and made into *Safūf* (powder).

Actions/therapeutic uses: *Sang-i-Gurda wa Mathāna* (renal and vesicular calculi)

Dose: 7 g with *Sharbat-i-Khasak*^{5,7,9}

118. *Safūf-i-Hajar al-Yahūd Dīgar*

Composition: *Tukhm-i-Qilt* (seeds of *Dolichos biflorus* L.) 52.5 g, *Maghz-i-Tukhm-i-Kharbūza* (seed kernel of *Cucumis sativus* L.), *Maghz-i-Tukhm-i-Khiyārāyn* (seed kernel of *Cucumis sativus* L. & *Cucumis melo* L.) *Maghz-i-Tukhm-i-Kadū* (seed kernel of *Cucurbita moschata* Duchesne) 15.75 g each, *Sīsāliyaws* (*Levisticum officinale* W.D.J. Koch) 7 g, *Şamagh ‘Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Nishāsta* (starch), *Katīrā* (gum of *Cochlospermum religiosum* (L.) Alston) 10.5 g each, *Hajar al-Yahūd* (silicate of lime/Jewish stone) 21 g, sugar 308 g. All the ingredients are powdered, sieved, mixed and made into *Safūf* (powder).

Actions/therapeutic uses: *Mufattit-i-Hasāt* (lithotriptic)

Dose: 7 g with *Āb-i-Nakhūd Siyāh* (decanted water of black *Cicer arietinum* L.)^{5,7,9}

119. *Safūf-i-Māmīrān [Mujarrab]*

Composition: *Māmīrān Chīnī* (*Thalictrum foliolosum* DC.), *Rewand Chīnī* (*Rheum officinale* Baill.) 4.5 g each, *Gulnār* (flower of *Punica granatum* L.), *Şamagh ‘Arabī* (gum of *Acacia nilotica* (L.) Willd. ex Delile), *Afyūn* (dried latex of *Papaver somniferum* L.) 9 g each, *Tukhm-i-Khurfa* (seeds of *Portulaca oleracea* L.) 22.5 g, *Kunjad Safayd* (*Sesamum indicum* L.) 27 g, *Zirishk* (*Berberis aristata* DC.) 31.5g, *Tabāshīr Safayd* (*Bambusa bambos* (L.) Voss), *Kibrīt Zard* (sulphur), *Maghz-i-Tukhm-i-Khiyārāyn* (seed kernel of *Cucumis sativus* L. & *Cucumis melo* L.) 9 g each, *Shakar Tabarzad* (Tabarzad sugar) 90 g. All the ingredients are powdered, sieved, mixed and made into *Safūf* (powder).

Actions/therapeutic uses *Qurūh al-Kulya wa ’l-Mathāna* (renal and vesicular ulcers), *Jarab al-Kulya* (renal irritability), *Bawl al-Dam* (haematuria), *Sozish-i-Bawl* (burning micturition)

Dose: 17.5 g with *Mayfukhtaj* in morning and 8.75 g with cold water in evening⁸

120. *Safūf Māsik al-Bawl*

Composition: *Habb al-Ās* (*Myrtus communis* L.), *Juft Balūṭ* (*Quercus incana* Bartr.), *Tarāthīth* (*Aegle marmelos* (L.) Corr.), *Kishnīz* (dried

Coriandrum sativum L.) 17.5 g each, *Tukhm-i-Khas* (seeds of *Vetiveria zizanioides* (L.) Nash) 35 g, *Aqāqiyā* (extract of pods of *Acacia nilotica* (L.) Willd. ex Delile), *Kundur* (gum of *Boswellia serrata* Roxb. ex Colebr.) 3.5 g each, sugar two times the weight of all ingredients. All the ingredients are powdered, sieved, mixed and made into *Safūf* (powder).

Actions/therapeutic uses: *Kathra al-Bawl* (polyuria), *Salas al-Bawl* (urinary incontinence).³

Dose: As prescribed by the physician

121. *Safūf Mudirr-i-Bawl*

Composition: *Usqūluqandaryūn* (*Asplenium scolopendrium* L.) 35 g, *Zujāj Muḥarraq* (burnt glass), *Kulthī* (*Dolichos biflorus* L.) 21 g, *Tukhm-i-Gājar Ṣahrā’ī* (seeds of *Daucus carota* L.) 10.5 g, *Tukhm-i-Rāziyāna* (seeds of *Illicium verum* Hook. f.) 7 g, *Maghz-i-Tukhm-i-Kharpaza* (seed kernel of *Cucumis melo* L.) 10.5 g. All the ingredients are powdered, sieved, mixed and made into *Safūf* (powder).

Actions/therapeutic uses: *Mudirr-i-Bawl* (diuretic)

Dose: As prescribed by the physician. In case of *Harārat* (heat), it is taken with *Sikanjabīn* and in case of *Burūdat* (coldness) with *Mā’ al-Uṣūl*.¹

122. *Sanjrīnā Kabīr*

Composition: *Filfil Siyāh* (*Piper nigrum* L.), *Dār Filfil* (*Piper longum* L.), *Qinna* (*Pinus roxburghii* Sarg.), *Qusṭ Talkh* (*Saussurea auriculata* (DC.) Sch. Bip.) 21 g each, *Afyūn* (dried latex of *Papaver somniferum* L.), *Jund Bedastar* (castorium/beaver), *Dār Chīnī* (*Cinnamomum verum* J.Presl), *Asārūn* (*Asarum europaeum* L.), *Fū* (*Valeriana officinalis* L.), *Mū* (*Cornus mascula* L.), *Dūqū* (*Anethum graveolens* L.) 3.5 g each, *Za’farān* (*Crocus sativus* L.) 1.75 g. *Zāfrān* is dissolved in *Mā’ al-‘Asal* (honeywater) and *Qinna* (*Pinus roxburghii* Sarg.) is dissolved in honey. All other ingredients are powdered, sieved, mixed well with remaining drugs and prepared as *Ma’jūn* (semisolid preparation).

Actions/therapeutic uses: *‘Usr al-Bawl* (dysuria)

Dose: 1-9 g to be consumed after six months of preapartition.^{2,3,4,10}

123. Sanjrīnā Ṣaghīr

Composition: *Afyūn* (dried latex of *Papaver somniferum* L.), *Jund Bedastar* (castorium/beaver), *Dār Chīnī* (*Cinnamomum verum* J.Presl), *Fū* (*Valeriana officinalis* L.), *Mū* (*Cornus mascula* L.), *Asārūn* (*Asarum europaeum* L.) 35 g each, *Filfil Siyāh* (*Piper nigrum* L.), *Dār Filfil* (*Piper longum* L.), *Bahroza* (*Pinus roxburghii* Sarg.), *Murr* (*Commiphora myrrha* (Nees) Engl.), *Qust* (*Saussurea auriculata* (DC.) Sch. Bip.) 21 g each, *Za'farān* (*Crocus sativus* L.) 7.75 g.

Actions/therapeutic uses: ‘*Usr al-Bawl* (dysuria)

Dose: 1-9 g to be consumed after six months of preapartition^{2,3}

124. Sharbat-i-Ālū Bālū

Composition: *Ālū Bālū* (*Prunus cerasus* L.) 210 g is soaked in 840 g water overnight, boiled in the morning until half of the water is evaporated, cleaned and syrup is prepared with mixing 840 g of sugar.

Actions/therapeutic uses: *Mufattit-i-Haṣāt* (lithotriptic), *Mudirr-i-Bawl* (diuretic)

Dose: 24 g^{5,7,9}

125. Sharbat-i-Halyūn

Composition: *Halyūn* (*Asparagus officinalis* L.) 135 g is boiled in 1680 g water and syrup is prepared after mixing with sugar 120 g.

Actions/therapeutic uses: *Mufattit-i-Haṣāt* (lithotriptic), *Mudirr-i-Bawl* (diuretic)

Dose: 24 g^{6,9}

126. Sharbat-i-Khasak

Composition: Fresh *Khasak* (*Tribulus terrestris* L.) is crushed in water to make extract. Syrup is prepared with mixing 420 g of extract with 64 g of honey and 840 g of sugar.

Actions/therapeutic uses: *Mufattit-i-Haṣāt* (lithotriptic), ‘*Usr al-Bawl* (dysuria)^{5,6,7,9}

Dose: As prescribed by the physician

127. *Sikanjabīn Buzūrī*

Composition: Root bark of *Kabar* (*Capparis spinosa* L.), root bark of *Bādiyān* (*Foeniculum vulgare* Mill.) 35 g each, *Tukhm-i-Karafs* (seeds of *Apium graveolens* L.), *Anīsūn* (*Pimpinella anisum* L.) 10.5 g each. All the ingredients are soaked in vinegar 1200 ml and water 2 L for one day. Thereafter it is boiled until 6th part is left, then filtered and mixed with sugar 400 g for every 800 ml of mixture. The mixture is further boiled to prepare *Sikanjabīn*.

Actions/therapeutic uses: *Mudirr-i-Bawl* (diuretic)^{2,3,6,10}

Dose: As prescribed by the physician

128. *Sikanjabīn Sukkarī*

Composition: First, a mixture is prepared by mixing water 200 ml with every 400 ml of vinegar of *Sharāb*. Then sugar 800 g is added to every 400 ml of this mixture, boiled and froths are removed from the surface. ‘*Araq-i-Gulāb* is added at the end.

Actions/therapeutic uses: *Mudirr-i-Bawl* (diuretic)³

Dose: As prescribed by the physician

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SECTION-5

EVIDENCE-BASED RESEARCHES ON KIDNEY DISEASES

There has been a general notion that traditional medicines are based on theories, beliefs, observations, skills and experiences. Owing to growing interest in traditional systems of medicine including Unani Medicine across the globe, the need for having evidence-based researches to prove safety and efficacy of Unani drugs has been immensely felt during recent times. This section covers 87 evidence-based studies on 49 single drugs/combination of single drugs and formulations that were found safe and effective in various kidney diseases. The study drugs have references related to kidney diseases in classical texts of Unani Medicine.

Studies on single drugs

1. *Ālū Bukhārā* (*Prunus domestica* L.)

- *Prunus domestica* was found effective in lowering blood glucose.¹

2. *Anīsūn* (*Pimpinella anisum* L.)

- A study was conducted to evaluate the beneficial effect of oral administration of aqueous extract of *P. anisum* L. in young rats intoxicated with lead during gestation and lactation on renal function. Result showed that aqueous extract of *P. anisum* L. has corrective effect against nephrotoxicity induced by lead by lowering serum concentrations of kidney markers and lipid peroxidation while lead toxicity and treatment did not change the architecture of kidney tissue. Therefore, *P. anisum* L. has a beneficial effect on the kidney intoxicated with lead acetate.²

3. *Aqāqiyā* (*Acacia nilotica* (L.) Willd. ex Delile)

- A study was conducted to describe a new model for the management of end-stage renal failure (ESRF) associated with longest period of dialysis freedom (4-year) achieved with a novel form of renal replacement therapy (RRT). Conservative management of chronic renal failure (CRF) can only be successful in nonterminal CRF, and patients with ESRF cannot sustain life in the absence of renal replacement therapy. A new regimen combining the traditional

conservative management of CRF (dietary and pharmacologic) with addition of acacia gum (AG) 1 g kg (-1) per day has been reported to provide patients with ESRF dialysis freedom. An 11-year-old girl with ESRF initially required four sessions of intermittent peritoneal dialysis to control uremic symptoms despite conservative measures. The parents refused further treatment by dialysis. Thereafter, she was managed with a new regimen combining the traditional conservative management of CRF with addition of AG. She got rid of four-year dialysis and improved well-being was observed. The chronicity of her illness was confirmed by the presence of small contracted kidneys, a finding that has not changed during the subsequent follow-up.³

4. Asgand (*Withania somnifera* (L.) Dunal.)

- The drug has been found to have protective effect on cadmium induced toxicity in mice.⁴
- In another study, the protective effect of *Withania somnifera* was investigated on Gentamicin-induced nephrotoxicity. Results suggested the nephroprotective effect of *Withania somnifera*, which could be by enhancing antioxidant activity with natural antioxidants and scavenging the free radicals.⁵

5. Bābūna (*Matricaria chamomilla* L.)

- Ethanolic extract of the drug exhibited significant anti-hyperglycemic effect and protected beta-cells in streptozotocin induced diabetic rats in a dose-dependent manner and diminished the hyperglycemia-related oxidative stress.⁶

6. Bādiyān (*Foeniculum vulgare* Mill.)

- The drug has been found to have diuretic activity and used for treatment of urinary ailments.⁷
- The essential oil of *F. vulgare* Mill. exhibited potential hypoglycemic and anti-oxidant activity against streptozotocin induced diabetes in rats. Further, essential oil of fennel improved the pathological changes noticed in their kidneys and pancreas as compared with the control group of animals. The results of the study showed that essential oil of *F. vulgare* has anti-diabetic and anti-inflammatory activity.⁸

7. Bihidāna (*Cydonia oblonga* Mill.)

- The aqueous extract of *Cydonia oblonga* Mill. has been found to improve some of the symptoms associated with diabetes and possess hypolipidemic, hepatoprotective, and renoprotective effects in streptozotocin induced diabetic rats.⁹
- Histological comparison of kidney tissues from New Zealand white rabbits fed on a cholesterol-rich diet with and without *Cydonia oblonga* leaf extract supplement was made. Mild glomerular injury and moderate tubular damage were apparent in all rabbits in disease group. Meanwhile, milder tubular injury was detected in all animals in treatment group.¹⁰

8. Bisehrī Būtī (*Aerva lanata* (L.) Juss.)

- The ethanol extract of the entire plant of *Aerva lanata* reduced the elevated blood urea and serum creatinine and normalized the histopathological changes in Cisplatin and Gentamicin induced acute renal injury in albino rats.¹¹
- Aqueous extract of aerial parts of *A. lanata* was used for calcium oxalate urolithiasis in male Wistar albino rats. Extract in the dose of 2 g/kg body weight/dose/day was administered into rats having kidney stone induced by 0.75% ethylene glycol with drinking water for 28 days. The study revealed that the aqueous extract of aerial parts of *A. lanata* reversed the ethylene glycol induced calcium oxalate urolithiasis.¹²
- Another study showed that methanolic flower extract of *A. lanata* L. exhibited remarkable antimicrobial and anti-urolithiatic potential.¹³

9. Biskhapra (*Trianthema portulacastrum* L.)

- The diuretic effect of the crude aqueous extract of *Trianthema portulacastrum* L. was investigated in albino rats (divided into five groups) in comparison to a control group that received normal saline (10 mg/kg) and a reference group that received furosemide (10 mg/kg), as well as other test groups that received different doses of crude extract (10, 30, and 50 mg/kg) via intraperitoneal route. The results showed that at a dosage of 50 mg/kg, the urine volume and concentration of urinary electrolytes increased, causing diuresis.¹⁴

- The anti-lithiatic activity was seen in ethanolic extract of *Trianthema portulacastrum* L. (200 mg/kg and 400 mg/kg b.w.) induced by administration of ethylene glycol 0.75% and ammonium chloride 1% against Cystone, a standard control drug. Results showed significant restoration of urinary and serum parameters and increase in antioxidant enzymes activity.¹⁵

10. *Bit̄ikh* (*Cucumis melo* L.)

- Nephroprotective activity of methanolic extract of *Cucumis melo* L. (MECM) seed kernel in Gentamicin-induced nephrotoxicity was evaluated in a study in which MECM was administrated orally (190 mg/kg/d) for 8 days. Gentamicin (alone) treated group showed increased levels of blood urea nitrogen and serum creatinine, which were significantly retrieved in group pretreated with MECM. The study revealed that the level of superoxide dismutase (SOD), catalase (CAT), glutathione peroxidase (GPx) and reduced glutathione (GSH) were increased with decrease in malondialdehyde (MDA) content in MECM pre-treated group when compared with Gentamicin alone treated group. Histopathological analysis also showed the protective nature of MECM in Gentamicin-induced renal damage. The drug has been found to have nephroprotective activity in Gentamicin-induced nephrotoxicity.¹⁶
- Significant diuretic effect was observed in experimental animals treated with extracts of *Macrotyloma uniflorum* and *Cucumis melo* individually compared to the control. Further, extract of *Cucumis melo* L. (400mg/kg) showed more diuretic effect than standard.¹⁷

11. *Dā'ūdī* (*Chrysanthemum indicum* L.)

- Chrysanthemum indicum* extracts exhibited a promising protective effect on Cisplatin-induced nephrotoxicity by antioxidant activity.¹⁸

12. *Dār Chīnī* (*Cinnamomum verum* J.Presl)

- Aqueous extract of *Cinnamomum verum* J.Presl (Lauraceae) stem bark ameliorated Gentamicin-induced nephrotoxicity in rats by modulating oxidative stress and inflammatory markers. The result showed that the *Cinnamomum verum* J.Presl stem bark aqueous extract (AECZ) had nephroprotective effect against Gentamicin induced toxicity and the study supported the use of this plant by the local population in the

management of kidney diseases. The nephroprotective effect of AECZ is more likely mediated by its antioxidant and anti-inflammatory capacities. AECZ might be a good candidate for the development of new drugs that can protect against acute kidney diseases.²⁰

- *Cinnamomum zeylanicum* has strong antioxidant properties and has been reported to have nephroprotective effects.¹⁹

13. *Dūqū* (*Anethum graveolens* L.)

- The drug has been found to have protective effect against Cadmium chloride inducedrenal toxicity in Wistar rats.²¹

14. *Habb al-Ās* (*Myrtus communis* L.)

- Extracts of leaves of *Myrtus communis* L. suggested that it stimulates the beta cells of pancreas to release insulin. The results showed that extracts of leaves of *Myrtus communis* L. have significantly decreased serum glucose in diabetic rats as compared to control diabetic rats.²²

15. *Habb al-Qilt/Kulthī* (*Macrotyloma uniflorum* (Lam.) Verdc.)

- Extracts of seeds of *Habb al-Qilt* (*Macrotyloma uniflorum* (Lam.) Verdc.) were found to have antilithiatic/anticalcification activity.²³

16. *Habb-i-Sanavbar* (*Pinus roxburghii* Sarg.)

- Bark extract of *Pinus roxburghii* Sarg. was studied to assess analgesic and anti-inflammatory activities. The results showed that the bark extract of *Pinus roxburghii* Sarg. had significant analgesic and anti-inflammatory activities in the tested models.²⁴

17. *Inab al-Tha'lab/Mako* (*Solanum americanum* Mill.)

- In a study, it was found out that the treatment of diabetic nephropathy by insulin and *Solanum nigrum* extract (SNE) decreased weight of enlarged kidney throughout the period of study but SNE was more successful than insulin in 8 weeks. Further SNE diminished creatinine level whereas insulin did not change it. Urine protein became less by SNE but insulin treatment increased significantly. *S. nigrum* fruit diminished levels of urea, uric acid and creatinine in kidney against ethanol induced toxicity.²⁵

- The aqueous and hydro-alcoholic extracts of different parts of *Solanum nigrum* plant, viz. leaf, fruit and stem showed hypoglycemic activity in Sprague Dawley rats that indicated the anti-diabetic property of *Solanum nigrum*. It was also concluded that the aqueous extract of *Solanum americanum* Mill. berries (AESNB) in the dose of 200 mg/kg/day produced significant blood glucose reduction ($p<0.01$) from day 7 and 400 mg/kg/day produced highly significant reduction in blood glucose from day 7 ($p<0.001$). The standard drug Glimepride reduced the blood glucose as equal to normal on day 21 ($p<0.001$). Histopathological examination showed the regeneration of pancreatic beta cells in AESNB group.²⁶

18. Jā'oshīr (*Ferula gummosa* Boiss.)

- The nephroprotective effects of hydroalcoholic extract of *Ferula gummosa* (HEG) was studied in Nx-nitro-L-arginine methyl ester (L-NAME) induced oxidative stress and inflammation to explore the mechanisms that link Nitric oxide (NO) deficiency with altered renal heat shock protein (HSP70). Nitric oxide (NO) synthase inhibition increases hypertension and causes renal injury. The findings supported that NO deficiency induces renal stress oxidative and inflammation, which markedly increases renal HSP70 and HEG that could protect kidney against these damaging effects via its anti-oxidative, antiinflammatory action and modulate renal HSP70.²⁷
- Another study showed that *Ferula gummosa* extract is a multifaceted compound and its pharmacological properties can help mitigate and/or protect against renal failure in multiple diseases that are coupled to NO deficiency, such as hypertension.²⁸

19. Jawz (*Juglans regia* L.)

- The drug showed anti-diabetic effects in an animal model.²⁹
- The study showed the effects of hydroalcoholic extract of *Juglans regia* leaf on histological changes of Langerhans islet in diabetic rats model.³⁰
- The drug showed anti-glycation and anti-oxidation properties of *Juglans regia* and its possible role in reducing diabetic complications and slowing down ageing.³¹

20. *Jirjīr al-Mā'* (*Nasturtium officinale* R. Br.)

- A study was conducted to evaluate the role of inflammation and oxidative damage in nephrotoxic potential of gentamycin (G) and protective effects of *Nasturtium officinale* against G-induced nephrotoxicity in Wistar rats. The results showed that oxidative damage and inflammation in G-induced nephron toxicity markedly inhibited by administration of *Nasturtium officinale*. Therefore, *Nasturtium officinale* can be suggested for prevention of G-induced nephrotoxicity.³²

21. *Kabāba* (*Zanthoxylum armatum* DC.)

- A study was carried out to evaluate anti-diabetic potential of the aqueous leaves extract of *Zanthoxylum armatum* DC. using *in-vivo* and *in-vitro* approaches. The results showed that aqueous extract of the leaves of *Zanthoxylum armatum* possesses anti-diabetic property in both *in-vivo* and *in-vitro* condition.³³

22. *Kabāb Chīnī* (*Piper cubeba* L.f.)

- Studies on *Piper cubeba* L.f. demonstrated a significant protective and curative effect on stress induced antimicrobial renal insult in both the histological and biochemical parameters. Oral administration of suspension at the dose of 800 mg/kg and 100mg/kg significantly decreased the elevated blood urea and serum creatinine.³⁴
- Another study demonstrated that *Kabāb Chīnī* (*Piper cubeba* L.f.) possesses significant protective and curative effect against Cisplatin induced nephrotoxicity.³⁵

23. *Kumāfītūs* (*Blumea balsamifera* (L.) DC.)

- *Blumea balsamifera* extract was observed to have decreased crystal size, shifted crystal phase from calcium oxalate monohydrate to calcium oxalate dihydrate and prevented the aggregation of calcium oxalate crystals.³⁶

24. *Kamūn* (*Carum carvi* L.)

- Cadmium chloride administration induces toxic effects on liver, kidney and gonads of female rats. Results of the study showed that aqueous seed extracts of *Carum carvi* (CCE) are efficient treatment for liver and kidney against Cadmium chloride intoxication.³⁷

- The diuretic (acute and chronic) activity of *Carum carvi* was explored in rats. Before treatment, all animals received normal saline. In acute diuretic activity, the first group received orally distilled water 10 mL/kg body weight and served as the control group. The second group was administered orally 100 mg/kg body weight of caraway fruit extract. The third group was treated with an oral dose of 10 mg/kg body weight of furosemide as a standard. Urine was collected and measured at 1, 2, 4, 6, and 24 h after the dose. Sodium and potassium concentrations were determined in the 24 h urine samples as well as in the plasma of rats. In chronic diuretic activity, daily oral doses of caraway fruit extract (100 mg/kg body weight) and furosemide (10 mg/kg body weight) were administered to three groups of rats for 8 days; the control animals received water (10 mL/kg) every day. For each rat, after 24 h urine was collected daily and its volume measured. Urinary sodium and potassium concentrations were measured in each urine specimen. Sodium, potassium and creatinine levels were measured in plasma of rats on 8th day. Urinary creatinine excretion was also determined and its clearance was calculated for day 8. The rats were observed daily for apparent toxicity. The single dose of *Carum carvi* extract (100 mg/kg body weight) showed significant increase in diuresis as compared to control group and significantly enhanced the urinary electrolyte excretion of Na⁺ and K⁺ as compared to control group. In chronic diuretic activity, administration of *Carum carvi* fruit extract (100 mg/kg body weight) produced significant diuresis as compared to control group.³⁸
- Another study was carried out to show the effect of aqueous extract of *Carum carvi* seeds in experimentally induced diabetic nephropathy (DN) in adult male Wistar rats. The results showed that *Carum carvi* significantly decreased the levels of the biochemical parameters. *Carum carvi* constituents, especially flavonoids and carvone, have strong anti-oxidant activity, which provides renoprotection against diabetes and its complications. In conclusion, high dose of *Carum carvi* aqueous seed extract (60 mg/kg) showed renoprotection against STZ induced diabetic nephropathy in rats.³⁹

25. Katān (*Linum usitatissimum* L.)

- A study was conducted to evaluate ethanolic extract of seeds of *Linum usitatissimum* (L.) (EELU) for its renoprotective role in rats

through its antihypertensive effect and conservation of biological oxidation enzymes. Results of the study showed that EELU protected the kidney against RIR-induced renal injury, probably by inhibiting reactive oxygen species that have a causal role in such cases. It also inhibited apoptotic cell death and inflammation, and improved haemodynamic changes.⁴⁰

26. *Khār Khasak (Tribulus terrestris L.)*

- The nephroprotective activity has been identified in the ethanolic extract of *T. terrestris* in Cadmium intoxicated rats by reversing the Cd induced changes such as peroxidation markers (malondialdehyde and protein carbonyls), antioxidant markers (super oxide dismutase and reduced glutathione) and renal functional markers in serum, viz. blood urea nitrogen and creatinine.⁴¹
- An aqueous extract of *T. terrestris*, in oral dose of 5g/kg, elicited a positive diuresis in male rats, and evoked a contractile activity on Guinea pig ileum.⁴²
- An ethanolic extract of the fruits of *T. terrestris* showed significant dose-dependent protection against uroliths induced by glass bead implantation in albino rats. The extract provided significant protection against deposition of calculogenic material around the glass bead and also protected leucocytosis and elevation in serum urea levels.⁴³
- A study was carried out to show the activity of *T. terrestris* on the nucleation and growth of calcium oxalate (CaOx) crystals as well as on oxalate-induced cell injury of NRK 52E renal epithelial cells. The results showed that *T. terrestris* extract not only has a potential to inhibit nucleation and growth of the CaOx crystals but also has a cytoprotective role.⁴⁴
- A study showed that antiurolithic activity of *T. terrestris* is attributed to its GOX inhibition, glycolate oxidase (GOX) is one of the principal enzymes involved in the pathway of oxalate synthesis converting glycolate to glyoxylate by oxidation and finally to oxalate. Quercetin and kaempferol, the active components of *T. terrestris*, were found to be non-competitive and competitive inhibitors of GOX, respectively.⁴⁵
- Another study was conducted to investigate the influence of methanolic fraction of *T. terrestris* fruit extract on the kidney tissues of mercury intoxicated mice. The results suggested that oral administration of

methanolic fraction of *T. terrestris* fruit extract provided protection against the mercuric chloride induced toxicity in the mice.⁴⁶

27. Khatmī (*Althaea officinalis* L.)

- Polysaccharide from the root of *A. officinalis* administered intraperitoneally to non-diabetic mice significantly reduced blood glucose.⁴⁷

28. Khiyār (*Cucumis sativus* L.)

- The drug has been found to be effective for treatment of urolithiasis in albino rats. Various biochemical estimations in serum, urine, kidney homogenates and histological examination of the kidneys showed that the test extract has been beneficial in urolithiasis when given in preventive and curative regimens.⁴⁸
- A study proved the protective effect of hydroalcoholic extract of seeds of *Cucumis sativus* against Cisplatin and Gentamicin-induced nephrotoxicity in male albino Wistar rats.⁴⁹
- Aqueous and alcoholic leaves extract of *C. sativus* was screened for its antiurolithiatic activity by *in-vitro* model. Aqueous extract showed significant anti-urolithiatic activity when compared to the reference standard.⁵⁰
- In a study, hydro-alcoholic extract of *Cucumis sativus* L. (HCS) was given to evaluate the lithotryptic effect in adult male albino rats of Wistar strain. Treatment with preventive and curative doses of HCS was found to exert dose-dependent antiurolithiatic action. Increased urine volume in HCS-treated groups as compared to disease group was indicative of diuretic property. Elevated calcium, phosphate and oxalate levels in disease group animals were found to be decreased in animals treated with HCS.⁵¹

29. Khubbāzī (*Malva sylvestris* L.)

- The *Malva sylvestris* decoction, rich in phenolic compounds, possesses potent antioxidant activity, enough to prevent vanadium-induced nephrotoxicity.⁵²
- *Malva sylvestris* extract is effective against lithium carbonate toxicity.⁵³
- *Malva sylvestris* extract protects the kidney against ischemia-reperfusion and reduces remote organ injury in the liver.⁵⁴

30. Khūlanjān (*Alpinia galanga* (L.) Willd.)

- The activity of the alcoholic extract of the rhizomes of *Alpinia galanga* (L.) Willd. was studied for the treatment of diabetes-induced nephropathy in rats. In the study, the rhizomes of *Alpinia galanga* demonstrated significant nephro-protective activities in the tested models. The alcoholic extract of the rhizomes of *Alpinia galanga* holds promise for the development of a standardized phyto medicine for the treatment of diabetes mellitus and kidney diseases.⁵⁵

31. Khurfa (*Portulaca oleracea* L.)

- A study proved that the ethanolic extract of *Portulaca oleracea* is effective against ethylene glycol and ammonium chloride induced urolithiasis in albino rats.⁵⁶
- Another study demonstrated that *Portulaca oleracea* seeds possesses notable hypoglycaemic, hypolipidaemic and insulin resistance reducer effects, possibly due to its contents of polyunsaturated fatty acids, flavonoids, and polysaccharides.⁵⁷
- In a study, *Khurfa* (*Portulaca oleracea* L.) demonstrated significant nephroprotective effect against Gentamicin and Doxorubicin induced nephrotoxicity.⁵⁸

32. Kundur (*Boswellia serrata* Roxb. ex Colebr.)

- Methanol soluble and non-soluble fraction of *Kundur* (*Boswellia serrata*) showed capability to reduce the nephrotoxicity caused by Gentamicin by reducing the levels of blood urea nitrogen and serum creatinine.⁵⁹

33. Kunjad (*Sesamum indicum* L.)

- A study showed that the ethanolic extract of *Sesamum indicum* seeds has a potential effect to control hyperglycemia in streptozotocin induced diabetic rats.⁶⁰
- Another study showed that a single dose of sesame oil inhibits oxidative stress to shorten the recovery period and allows the regeneration of renal tubules after the onset of Gentamicin-induced renal injury in rats.⁶¹

34. *Lisān al-Hamal* (*Plantago major* L.)

- A study was conducted on the experimental investigation of the anti-diabetic activity of the leaves of *Plantago major* L. Diabetes was induced in Wister rats used for this study by Streptozotocin. The methanolic extract of leaves of *Plantago major* was administered orally (100 and 200 mg/kg for 15 days). Significant differences were observed in urine glucose level, oral glucose tolerance test, serum lipid profile and body weight of methanolic extract treated diabetic rats when compared with diabetic, normal and standard drug treated rats.⁶²
- Another study was carried out to determine *in-vitro* effect of *Plantago major* extract on calcium oxalate crystals and to compare the effects of *Plantago major* extract with clinically used drugs like allopurinol and potassium citrate (positive controls). The results of the study showed that extract of *Plantago major* was better than allopurinol and potassium citrate in inhibiting the size of the calcium oxalate crystal *in-vitro*.⁶³
- The results of a study showed that *P. major* extract and vitamin E are able to ameliorate the nephrotoxicity induced by Cisplatin, possibly via their antioxidant properties. However, future studies are required to determine the exact mechanisms involved in *P. major* effects on Cisplatin induced kidney toxicity.⁶⁴
- The findings of another study suggested that hydroalcoholic extract of *P. major* protected renal tissue against doxorubicin-induced nephropathy. The protective effects of *P. major* on renal lesions associated with doxorubicin may be due to its antioxidant and anti-inflammatory actions.⁶⁵

35. *Nāgarmoth* (*Cyperus rotundus* L.)

- The effect of a hydroalcoholic extract of *Cyperus rotundus* on nephrolithiatic male Sprague Dawley rats revealed a reduction (P 0.001) in the number of urinary crystals, a reduction in urine sodium (P <0.05), a reduction in urine calcium (P< 0.001), and an increase in urine magnesium. Serum creatinine (P< 0.01) and urea (P< 0.05) levels were lower in the test group.⁶⁶
- Another study results indicated that aqueous extract of *Cyperus rotundus* could have a beneficial role against mercuric chloride induced nephrotoxicity and oxidative stress in rats.⁶⁷

36. Pakhānbed (*Bergenia ciliata* (Haw.) Sternb.)

- Extract of *B. ciliata* has an excellent inhibitory activity on crystalluria and therefore it is beneficial in dissolving urinary stones.⁶⁸

37. Qaṣab al-Dharīra (*Swertia chirayita* (Roxb.) H. Karst.)

- In a study, aqueous and 12% ethanolic extracts of wild and cultivated *S. chirayita* were investigated to understand possible variation in potential anti-diabetic-related bioactivity. In general, higher antioxidant activity was found in wild extracts, while higher α -glucosidase inhibitory activity was found in cultivated extracts for all plant parts. This indicates that despite the small differences in their biological functionality, cultivated *S. chirayita* has the same potential as wild *S. chirayita* in the management of type 2 diabetes and its related complications.⁶⁹

38. Rewand Hindī (*Rheum australe* D. Don)

- Water-soluble and water-insoluble portions of the alcoholic extract of *Revand Hindī* (*Rheum australe* D. Don) showed nephroprotective activity in cadmium chloride, mercuric chloride, potassium dichromate and Gentamicin-induced nephrotoxicity in rats.⁷⁰
- Emodin, an anthroquinone from *Rheum australe* D. Don, significantly decreased osmolarity and protein concentrations in Cisplatin-induced nephrotoxicity in rats and also reduced cortical glutathione concentration and the activity of superoxide dismutase.⁷¹
- Rhein purified from *Rheum officinale* reduced urinary albumin excretion while morphomatrix analysis revealed that levels of extracellular significantly reduced in the test group.⁷²

39. Uq̄huwān (*Tenacetum parthenium* (L.) Sch. Bip.)

- A study was carried out on ethanolic extract of *Chrysanthemum parthenium* (EECP) flowers in gentamycin-induced nephrotoxic rats and two different dose levels of 250 and 500 mg/kg/p.o. EECP extract were used for nephroprotective activity. The study revealed that elevated levels of blood urea nitrogen, uric acid, urea, total protein, albumin, and creatinine levels significantly decrease estimated parameters in extract treated and standard groups. Animal

body weight was significantly decreased and kidney weight was increased in toxic control group and in extract treated group, the animal body weight was increased and kidney weight was decreased. Histopathological studies showing the structural changes were observed in EECP-treated groups compared to toxic group. Results showed that the ethanolic extract of flowers of *Chrysanthemum parthenium* has significant nephroprotective activity in Wistar rats that might be due to presence of flavonides. The results also showed that the EECP has significant protective effect against the Gentamycin-induced nephrotoxicity.⁷³

40. Waj Turkī (*Acorus calamus* L.)

- Extracts of *Acorus calamus* protected the renal tissue by decreasing the level of lipid peroxidation and enhanced the activity of the anti-oxidant in renal tissue induced by Cisplatin.⁷⁴
- Extracts of *Acorus calamus* increased the activity of renal enzyme superoxide dismutase, glutathione peroxidase, and catalase and decreased the level of mono-dialdehyde content in acetaminophen poisoning. It showed the protective effect in acetaminophen induced necrotic tissue and renal damage in experimental rats.⁷⁵
- Ethanolic extract of *Acorus calamus* confirmed nephroprotective and antioxidant activities by histopathological and biochemical observations against acetaminophen-induced renal damage in rats.⁷⁶

41. Zard Chob (*Curcuma longa* L.)

- Powder of rhizome of *Curcuma longa* showed significant decrease in serum uric acid and increase in haemoglobin and absolute neutrophil count in broiler birds. The data suggested that it has the potential of nephroprotection.⁷⁷
- Curcumin from *Curcuma longa* was found significantly effective in streptozotocin induced diabetic nephropathy in rats.⁷⁸ Curcumin showed significant nephroprotective effect against sodium fluoride-induced nephro-toxicity in rats.⁷⁹

Studies on combination of single drugs/formulations

1. *Kabāb Chīnī* (*Piper cubeba* L.f.) and *Sa'd Kūfī* (*Cyperus rotundus* L.)

- A study was undertaken to investigate the effect of a combination of *Kabāb Chīnī* (*Piper cubeba* L.f.) and *Sa'd Kūfī* (*Cyperus rotundus* L.) in urolithiatic rats. Thirty male Sprague Dawley rats divided into 5 groups of 6 animals each were used. Group I served as control and received regular rat food and drinking water ad libitum. The animals of group II to V were treated with ethylene glycol (EG) 0.75% (V/V) and ammonium chloride (AC) 1% (W/V) by adding in their drinking water for 7 days to induce urolithiasis. The animals of group II were sacrificed just after 7 days of administration of EG and AC and served as positive control A, while group III was left untreated till 14 days, and served as positive control B. The animals of group IV were treated with cystone (750 mg/kg) and served as standard control, while the animals of group V were treated with hydroalcoholic extract of the combination of *Piper cubeba* L.f. and *Cyperus rotundus* L. (135mg/ kg) and served as test group. The treatment continued further for next 14 days. At the end of treatment, all the animals were sacrificed after 24 hrs of fasting. Highly significant calcium oxalate stones were found in renal tissue as well as in urine along with increase in urine and serum calcium, chloride, sodium, phosphorus and creatinine. The results showed that test drug significantly decreased the quantity of calcium oxalate deposited in the kidney and also reverted all the biochemical changes induced by calcium oxalate. The effect of the test drug was found to be comparable to the standard drug cystone. The study demonstrated a significant lithotriptic effect produced by the combination of *Piper cubeba* L.f. and *Cyperus rotunda*.⁸⁰

2. *Gul Surkh* and *Bīkh-i-Kāsnī* (*Rosa damascena* Mill. and *Cichorium intybus* L.)

- In a study, it was reported that aqueous extract of *Rosa damascena* (250 and 500 mg/kg), *Cichorium intybus* (250 and 500 mg/kg) and their mixture (250 and 500 mg/kg) revealed nephroprotective activity against Gentamicin (80 mg/kg) induced nephrotoxicity in albino rabbits.⁸¹

3. *Ma'jūn-i-'Aqrab* and *Sharbat-i-Ālū Bālū*

- A study was carried out to evaluate the efficacy of *Ma'jūn-i-'Aqrab* and *Sharbat-i-Ālū Bālū* in nephrolithiasis. The results showed that *Ma'jūn-i-'Aqrab* and *Sharbat-i-Ālū Bālū* are effective in nephrolithiasis particularly in symptoms such as flank pain, dysuria and hematuria. Furthermore, *Ma'jūn-i-'Aqrab* and *Sharbat-i-Ālū Bālū* were found safe and effective in not only reducing the size of stones but also in eliminating the stones. About 60% patients treated with *Ma'jūn-i-'Aqrab* and *Sharbat-i-Ālū Bālū* passed stones within the treatment period and became symptom free.⁸²

4. *Ma'jūn-i-Kundur*

- *Ma'jūn-i-Kundur* (MK) is a Unani formulation used in *Taqṭīr al-Bawl* (dribbling of urine), *Salas al-Bawl* (urinary incontinence), and *Du'f al-Mathāna* (weakness/insufficiency of urinary bladder). However, toxicity studies on MK have not been carried out for its long-term use. There were no toxicologically significant alterations with respect to clinical signs of toxicity, body weight gain and feed intake, hematology, clinical chemistry, organ weight, gross necropsy and histopathological findings in MK-treated rats at the dose of 2000 mg/kg bw as compared to control group. Based on the above observations, it may be concluded that MK is safe up to the dose tested in rats.⁸³

5. *Sharbat Buzūrī Mu'tadil*

- A study revealed that *Sharbat Buzūrī Mu'tadil* is an antiurolithiatic agent. It can prevent the recurrence of stone formation by forming soluble calcium compound with citric acid and also possesses lithotriptic, diuretic and alkalinising effects.⁸⁴

6. *Jawārīsh Zar'ūnī Sāda*

- *Jawārīsh Zar'ūnī Sāda* (JZS) is a polyherbal preparation containing 15 ingredients mainly described to be diuretic and nephroprotective. In a study, ethanol and water extracts of JZS (300 mg each) were investigated for diuretic activity by measuring the total urine output over a period of 6 h. Sodium and potassium levels in urine samples were also estimated. Nephroprotective activity of JZS against Gentamicin-induced nephrotoxicity was investigated by

administering JZS along with high dose of Gentamicin (40 mg/kg) and elevation of serum urea and serum creatinine was taken as the index of nephrotoxicity. The results showed that it has significant diuretic and nephroprotective effect.⁸⁵

7. *Banādiq al-Buzūr*

- Nephroprotective and steroid activities of *Banādiq al-Buzūr* were tested in Gentamycin (40 mg/kg, i.m.) induced nephrotoxicity in albino rats. The results showed that *Banādiq al-Buzūr* decreases serum urea and serum creatinine levels significantly.⁸⁶

8. *Ma'jūn-i-Hi-ar al-Yahūd, Jawārish Zar'ūnī Sāda* and *Habb Mudirr*

- In a case study, a male patient aged 64 having stone of 5 mm in calyceal region of each kidney was treated with Unani regimen comprising three formulations; *Ma'jūn-i-Hajar al-Yahūd* (5 g), *Jawārish Zar'ūnī Sāda* (5 g) and *Habb Mudirr* (1000 mg) for 6 months. The patient did not report any acute pain during the therapy. After 6 months of treatment, the ultrasonography of whole abdomen showed absence of the stone from each kidney, ureters and bladder. There was no recurrence of the disease during next 6 months of post treatment follow-up. This case report documented the successful medical treatment and prevention of recurrence of bilateral nephrolithiasis through Unani medicines.⁸⁷

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ISBN: 978-93-94347-13-7

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