

Medicinal plants used in Bronchial Asthma (*Dīq al-Nafas*)



Pūḍina (Mentha arvensis Linn.)



Kalonji (Nigella sativa L.)



Isbaghol (Plantago ovata Forsk.)



Irsā (Iris ensata Thunb.)



Zūfā Khushk (Hyssopus officinalis Linn.)



For further Information, please contact

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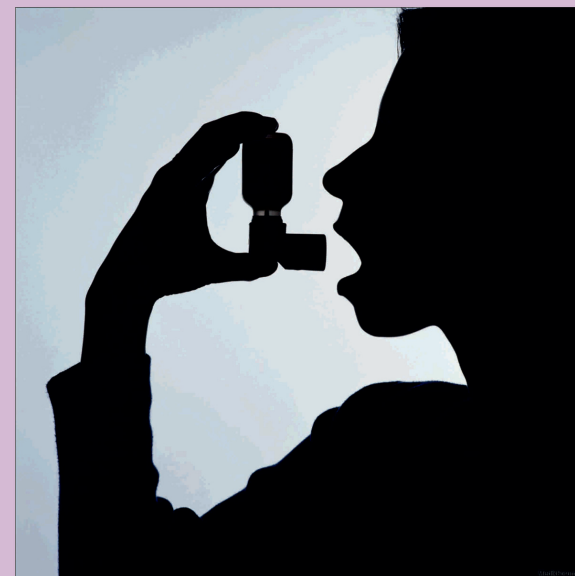
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Prevention and Control of

Bronchial Asthma

(*Dīq al-Nafas*)

...through Unani Medicine



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What is *Ḍiq al-Nafas* (Bronchial Asthma)?

Bronchial Asthma, known as *Ḍiq al-Nafas/Dama/Rabw* in Unani System of Medicine, is a *Balghami* (phlegmatic) disease caused by accumulation of thick viscid *Balgham* (phlegm) in the lung airways leading to '*Usr al-Tanaffus* (difficulty in breathing).

Asbāb (Causes)

A. Inducing Factors (Risk Factors)

- Endogenous Factors
 - ❖ Genetic predisposition
 - ❖ Airway hyper-responsiveness
 - ❖ Viral infections in early life
- Environmental Factors
 - ❖ Indoor and outdoor allergens
 - ❖ Occupational sensitizers: platinum, chrome, nickel, bleaches and dyes, varnishes, spray painting, drugs, latex, wood dust, cotton dust, soldering, welding, etc.
 - ❖ Passive smoking (maternal smoking during pregnancy or infancy)
 - ❖ Respiratory infections (Rhinovirus, Parainfluenza virus, RSV)
 - ❖ Dietary factors: Vitamin D deficiency, diets low in vitamin A & C and magnesium, and high in sodium



B. Trigger Factors

- Allergens: house dust mite, grass pollen, mold, cockroaches
- Irritants: household sprays, paint fumes, perfumes, cooking gas fumes
- Air pollutants: sulphur dioxide, ozone, diesel particulates
- Upper respiratory tract viral infections
- Thyrotoxicosis and hypothyroidism
- Drugs: Beta-blockers, Aspirin and other NSAIDs
- Cold air
- Vigorous exercise (particularly on a cold and dry day)
- Psychological factors: stress/ emotion
- Food allergens: seafood (shellfish), nuts, egg, milk, food preservatives (sulphites), food-colouring agents (tartrazine)

'Alāmāt (Symptoms)

The symptoms of asthma are usually worse during night and early morning. The characteristic symptoms of asthma are:

- Difficulty in breathing
- Chest tightness
- Whistling sound during breathing
- Cough

'Awāriḍ (Complications)

- Refractory asthma (difficult-to-control asthma)
- Brittle asthma
- Acute severe asthma

Tahaffuz (Prevention)

- Keep equilibrium in humoral balance by
 - ❖ Adopting changes in *Asbāb Sitta Ḍarūriyya* (six essential factors)
 - ❖ Modification in living style
- Avoid following things:
 - ❖ Exposure to excessive heat and cold, smoke, dust, etc.
 - ❖ Smoking
 - ❖ Stress
 - ❖ Exposure to occupational sensitizers
 - ❖ Vigorous exercise
 - ❖ Constipation

'Ilāj (Treatment)

'Ilāj bi'l-Ghidhā' (Dietotherapy)

- Eat light and healthy diet having hot and dry temperament like wheat husk, almond, walnut, chicken soup, mutton, fish and apple
- Drink lukewarm or normal water
- Avoid cold, phlegm producing and flatulent food items, e.g. lemon, citrus fruits, grapes, jaggery, oily food, milk, curd, tomato and tamarind
- Avoid triggering agents, e.g. chilled water, seafood, nuts, egg

'Ilāj bi'l-Dawā' (Pharmacotherapy)

- Single drugs
 - ❖ *Zūfā Khushk* (*Hyssopus officinalis* Linn)
 - ❖ *Tukhm Katān* (*Linum usitatissimum* Linn.)
 - ❖ *Irsā* (*Iris ensata* Thunb.)
 - ❖ *Kurkum* (*Curcuma longa* Linn.)
 - ❖ *Kalonjī* (*Nigella sativa* Linn.)
 - ❖ *Isbaghol* (*Plantago ovata* Forsk.)
 - ❖ *Unṣul* (*Urginea indica* Kunth.)
 - ❖ *Pūdina* (*Mentha arvensis* Linn.)
- Compound drugs
 - ❖ *Habb Hindi Ḍiqī*
 - ❖ *La'ūq Katān*
 - ❖ *Ma'jūn Rāḥ al-Mu'minīn*
 - ❖ *Sharbat Zūfā Murakkab*



'Ilāj bi'l-Tadbīr (Regimenal Therapy)

- *Faṣḍ* (venesection)
- *Qay* (emesis)
- *Munzij-Mushil* therapy for removal of morbid matter from the body
- *Dalk Khashin* (rough massage with cloth)
- *Inkibāb* (steam inhalation) of medicated decoction
- *Hijāmah* (cupping) at inter-scapular region
- *Mu'tadil Riyāḍat* (mild to moderate exercise) before meal
- Sound sleep for 6-7 hours

Note: Consult a registered Unani physician before using recommended drugs.