

Medicinal plants used in *Qillat al-Laban*



Satāwar (*Asparagus racemosus*
Willd.)



Pambādāna (*Gossypium herbaceum*
Linn.)



Zīra Siyāh (*Carum carvi*
Linn.)



Tudrī Surkh
(*Cheiranthus cheiri*
Linn.)



Kalonjī (*Nigella sativa*
Linn.)



For further Information, please contact

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First Published: April 2016 • 30,000 Copies

Prevention and Control of

Deficient Lactation (*Qillat al-Laban*)

...through Unani Medicine



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What is Qillat al-Laban?

Qillat al-Laban or deficient lactation is a condition of decreased milk production in lactating mothers. The condition may result in undernourishment and growth abnormalities in the infant.

Asbāb (Causes)

- Diseases such as anaemia, malnutrition, anxiety, *Fasād al-Dam*
- Low intake of nutritious food
- Over exhaustion
- Psychic trauma
- Insufficient sleep



‘Alāmāt (Symptoms)

- If the mother is suffering from *Qillat al-Laban*, the infant may
 - ❖ Feel restless
 - ❖ Cry excessively
 - ❖ Demand frequent feeding
 - ❖ Show poor weight gain
 - ❖ Urinate less often

Tahaffuz (Prevention)

- Take nutritious diet
- Avoid anxiety
- Maintain a pleasant environment at home
- Avoid tobacco
- Avoid carbonated sodas, caffeine, chocolate, spicy foods
- Avoid giving pacifiers to the infant
- Avoid excessive use of feeding bottles/artificial nipples
- Consume about 500 additional calories



‘Ilāj (Treatment)

‘Ilāj bi’l-Ghidhā’ (Dieto-therapy)

Include the following in diet:

- *Harīra* or *Hasw* (pudding) prepared with wheat, milk, *Pambādāna* (binola seeds) and *Roghan-i Bādām* (almond oil)
- Cereals, such as wheat, rice and *Bājrā*
- Pulses, such as *Mūng Dāl*, *Rājma* and soybean
- Dairy products like milk, paneer and curd.
- Fruits, vegetables and their juices

‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

- Single drugs
 - ❖ *Satāwar* (*Asparagus racemosus* Willd.)
 - ❖ *Zira Siyāh* (*Carum carvi* Linn.)
 - ❖ *Kalonjī* (*Nigella sativa* Linn.)
 - ❖ *Pambādāna* (*Gossypium herbaceum* Linn.)
 - ❖ *Bādiyān* (*Foeniculum vulgare* Mill.)
 - ❖ *Tudrī Surkh* (*Cheiranthus cheiri* Linn.)
- Compound drugs
 - ❖ *Halwa Nākhud*
 - ❖ *Halwa Bayzah-i Murgh*
 - ❖ *Halwa Sa’lab*

‘Ilāj bi’l-Tadbīr (Regimenal Therapy)

- *Hijāma* (cupping) as advised by physician
- *Naṭūl* (pouring of lukewarm water on breast)

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