

Medicinal plants used in *Ḥumq* (Dementia)



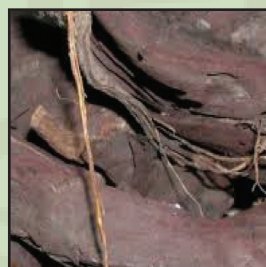
Brahmī (*Bacopa monnieri* (L.) Pennell)



Filfil Siyāh (*Piper nigrum* Linn.)



Asgandh (*Withania somnifera* Dunal)



Jadwār (*Delphinium denudatum* Wall.)



Bādām (*Prunus amygdalus* Batsch)

Prevention and Control of *Dementia* (*Ḥumq*)

...through Unani Medicine



For further Information, please contact

Director General

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What is Ḥumq?

Ḥumq (dementia) describes a group of symptoms affecting memory, thinking and social abilities severely enough to interfere with daily functioning. Technically, it is a progressive, degenerative disorder that attacks brain's nerve cells, or neurons, resulting in memory loss, problems in communication, confusion, frustration, as well as personality and behavioral changes. People with dementia may also develop psychological symptoms like depression, aggression and wandering.

Asbāb (Causes)

- Damage of nerve cells in the brain
 - ❖ Age above 65 years
 - ❖ Reduced or blocked blood flow in the vessels leading to the brain
 - ❖ Abnormal clumps of protein in the brain
 - ❖ Genetic mutations
 - ❖ Reaction to medications or infection
 - ❖ Repetitive head trauma
 - ❖ Any alteration in the *Balgham* (phlegm) leading to its abnormal form

‘Alāmāt (Signs & Symptoms)

- A. Cognitive changes
 - ❖ Memory loss
 - ❖ Difficulty in planning and organizing things
 - ❖ Difficulty in communication
 - ❖ Disorientation as to time, place or identity
- B. Psychological changes
 - ❖ Personality changes
 - ❖ Inappropriate behavior
 - ❖ Agitation
 - ❖ Inability to reason
 - ❖ Paranoia
 - ❖ Hallucinations

Taḥaffuḡ (Prevention)

- Abide by the principles of healthy living based on *Asbāb Sittah Zarūriyyah* (six essential prerequisites)
- Lower your blood pressure
- Avoid extreme stress and sadness
- Avoid excessive mental work
- Keep your mind active
- Be physically and socially active
- Quit smoking
- Maintain a healthy diet
- Refrain from frequent coitus

‘Ilāj (Treatment)

‘Ilāj bi’l-Ghidhā’ (Dieto-therapy)

- Use the following -
 - ❖ *Ḥasw* / *Ḥarīrah* (pudding) prepared with almond, honey and wheat bread

- ❖ *Shorba* (watery gravy) of chicks’ flesh
- ❖ *Mā’ al-Ḥimmaṣ* (decoction of gram)
- ❖ *Ḥarīrah* as per following preparation: *Maghz Bādām* 5 in number, *Maghz Nārjīl* 5 gm, *Maghz Tukhm-i Kaddū Shīrīn* 3 gm, *Maghz Tarbūz* 3 gm and *Maghz Tukhm-i Kharpozah* 3 gm ground and mixed together in 20 ml *Raughan Zard* (clarified butter) and administered with cow milk 250 ml in morning

- Avoid the following -

- ❖ Excessive use of *Kishnīz* (*Coriandrum sativum* Linn.)
- ❖ Excessive use of citrus fruits
- ❖ Chilled water and extremely cold air



‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

- Single drugs
 - ❖ *Asgandh* (*Withania somnifera* Dunal)
 - ❖ *Kurkum* (*Curcuma longa* Linn.)
 - ❖ *Brahmī* (*Bacopa monnieri* (L.) Pennell)
 - ❖ *Mālkangnī* (*Celastrus paniculatus* Willd.)
 - ❖ *Sunbul-al-Tīb* (*Nardostachys jatamansi* DC.)
 - ❖ *Āmla* (*Emblica officinalis* Gaertn.)
 - ❖ *Jadwār* (*Delphinium denudatum* Wall.)
 - ❖ *Filfil Siyāh* (*Piper nigrum* L.)
 - ❖ *Bādām* (*Prunus amygdalus* Batsch)
 - ❖ *Ustukhudūs* (*Lavandula steochas* Linn.)
 - ❖ *Kanwal Gatta* (*Nelumbo nucifera* Gaertn.)
 - ❖ *Waj Turkī* (*Acorus calamus* Linn.)
 - ❖ *Bisbāsā* (*Myristica fragrans* Houtt.)
 - ❖ *Qaranful* (*Syzygium aromaticum* Linn.)
 - ❖ *Marzanjosh* (*Origanum vulgare* Linn.)
 - ❖ *Maghz Nārjīl* (*Cocos nucifera* Linn.)
 - ❖ *Maghz Tukhm-i Kaddū Shīrīn* (*Cucurbita moschata* Duchesne ex Poir.)
 - ❖ *Maghz Tarbūz* (*Citrullus lanatus* Thumb)
 - ❖ *Maghz Tukhm Kharpozah* (*Cucumis melo* Linn.)
- Compound drugs
 - ❖ *Iṭrīfal Ustukhudūs*
 - ❖ *Iṭrīfal Aftīmūn*
 - ❖ *Dawā’ al-Misk Mu’tadil*
 - ❖ *Iṭrīfal Kishnīzī*
 - ❖ *Ḥabb Amber Momyaī*
 - ❖ *Ma’jūn Nisyān*



‘Ilāj bi’l-Tadbīr (Regimenal Therapy)

- ❖ *Inkibāb* (vaporization) with decoction of *Bābūnah* and *Marzanjosh*

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