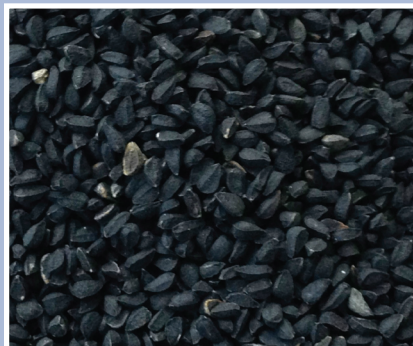


Medicinal plants used in Zayābītus Sukkarī



Karelā (*Momordica charantia* L.)



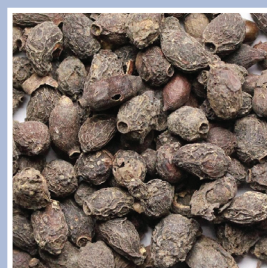
Kalonji (*Nigella sativa* L.)



Dārchīnī (*Cinnamomum zeylanicum* Blume)



Seeds of Methī (*Trigonella foenum-graecum* L.)



Seeds of Jāmun (*Syzygium cumini* L.)



For further Information, please contact

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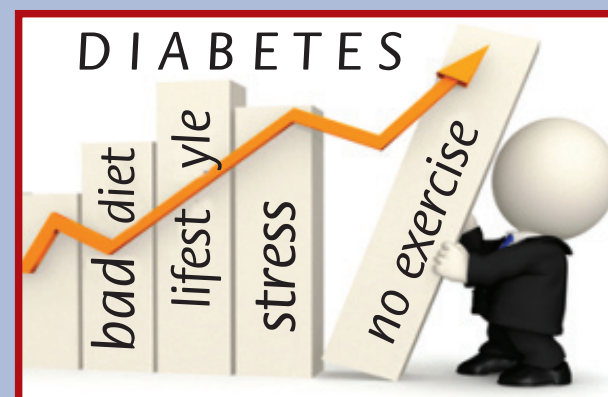
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First Published: March 2016 • 20,000 Copies

Prevention and Control of

# ZAYĀBĪTUS SUKKARĪ (Diabetes Mellitus)

...through Unani Medicine



**CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE**

## What is Zayābīṭus Sukkarī?

Zayābīṭus Sukkarī (Diabetes Mellitus) is a heterogeneous metabolic disorder characterized by polydipsia (increased thirst), polyphagia (excessive hunger) and polyuria (increased frequency of urination), associated with persistent hyperglycemia leading to a number of complications. It is due to deficient production of insulin or defect in receptor cells of the body. Unani physicians have described diabetes mellitus as abnormal functioning of liver and kidney. Sometimes, the condition arises during pregnancy and subsides after childbirth.

## Risk Factors

- Family history
- Obesity
- Junk food
- Low-fiber diet
- Sedentary lifestyle
- Excessive intake of saturated fat / high calorie diet
- Mental stress

## Clinical Features

- Frequent urination
- Excessive hunger
- Tingling or numbness in hands or feet
- Very dry skin
- Recurrent infections
- Excessive thirst
- Tiredness and weakness
- Unexplained weight loss
- Changes in vision
- Delayed wound-healing

## Complications

- Angiopathy e.g., Coronary Artery Disease
- Stroke
- Diabetic foot
- Retinopathy
- Neuropathy
- Nephropathy

## Prevention

- Maintain healthy lifestyle
- Reduce intake of sugar and saturated fat
- Take fruits and vegetables in 3–5 servings daily
- Exercise for 45 minutes daily at least 5 days a week
- Make a habit of sound sleep for 6–8 hours



- Avoid –
  - ❖ Tobacco and alcohol
  - ❖ Junk and smoked foods
  - ❖ Red, dried and salted meat & fish
  - ❖ Mental stress and anxiety

## Management

Unani Medicine offers the following therapies for the management of diabetes mellitus:

### ‘Ilāj bi’l-Ghidha’ (Dieto-therapy)

- Avoid sugar containing items like potato, carrot, banana, beetroot and turnip
- Eat vegetables like beans, bitter gourd, pumpkins, fenugreek, lettuce, cucumber and broccoli
- Consume papaya, orange, apple, guava and similar fruits
- Include whole grains like wheat, barley, corn, oats and gram in diet
- Eat dry fruits like almond, pistachio and walnut
- Consume non-fatty dairy products and fish

### ‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

#### • Single drugs

- ❖ Jāmun (*Syzygium cumini* L.)
- ❖ Karelā (*Momordica charantia* L.)
- ❖ Panbādāna (*Gossypium herbaceum* L.)
- ❖ Falsā (*Grewia asiatica* L.)
- ❖ Kalonjī (*Nigella sativa* L.)
- ❖ Methī (*Trigonella foenum-graecum* L.)
- ❖ Dārchīnī (*Cinnamomum zeylanicum* Blume)
- ❖ Nīm (*Azadirachta indica* L.)

#### • Compound drugs

- ❖ Qurs Kāfūr
- ❖ Safūf Sandal Zayābīṭus Wālā
- ❖ Qurs Ṭabāshīr
- ❖ Safūf Zayābīṭus

### ‘Ilāj bi’l-Tadbīr (Regimenal Therapy)

- Dalk (Massage)
- Hījāmah (Cupping)
- Riyāḍat (Exercise)

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