

HEALTH PROMOTING *Unani* MEDICINAL PLANTS



CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE

Ministry of AYUSH, Government of India

New Delhi

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AMLA

(Emblic Myrobalan)

(Emblica officinalis Gaertn.)



‘AMLA’ is found both wild and cultivated in India, Sri Lanka and China. Its temperament is cold in the first degree and dry in the second degree. Amla is astringent and sedative. It provides strength to vital organs of the body. It is useful in diarrhoea and weakness of brain and eyesight. Amla is also used in weakness of stomach and uterus. Single dose of Amla is 3 to 5 grams.

AMROOD

(Guava)

(*Psidium guajava* Linn.)



‘**AMROOD**’ is cultivated in India, Pakistan and Bangladesh. Its temperament is hot and moist in the first degree. Its fruits and leaves are used as medicine. Amrood provides strength to heart and brain and reduces cholesterol. It is very effective in constipation. Decoction of its leaves is useful in sore throat and cold.

ANJEER

(Fig)

(*Ficus carica* Linn.)



‘ANJEER’ is cultivated in India, Pakistan, China and Africa. Its temperament is hot and moist in the second degree. Anjeer is very effective in constipation. It is highly nutritious and provides strength to the body. It expels toxic residue from the body, and is quite effective in paralysis and arthritis. Anjeer also disinfects kidney and bladder stones and relieves burning micturation. Two to five fruits of Anjeer can be taken each day.

ARUSA
(Vasaka)
(*Adhatoda vasica* Nees.)



‘ARUSA’ is found wild in India, Pakistan and Bangladesh. Its temperament is hot and dry in the first degree. Its leaves, roots and flowers are used as medicine. Decoction prepared from its leaves and root is useful in cough and cold. It checks bleeding from any part of the body. It is an effective drug for tuberculosis and asthma. It may be taken in a dose of 3 grams.

ASGAND **(Withania)**

(Withania somnifera (Linn.) Dunal.)



‘ASGAND’ is found wild in India, Pakistan and Bangladesh. Its temperament is hot and dry in the third degree. Root of the plant is used as medicine. It is used in leucorrhoea, backache and arthritis. It is useful in general weakness, and improves health. Asgand can be taken in a dose of 3 to 5 grams.

ASPAGHOL

(Ispaghul)

(Plantago ovata Forsk.)



‘ASPAGHOL’ is cultivated widely in India, Pakistan, Iran and Afghanistan, though grown throughout the world. Its temperament is cold and moist in the second degree. Aspaghul is particularly used for treating dysentery, and also useful in cold, cough and sore throat. Its single dose comprises 3 to 9 grams.

BADIYAN (SAUNF) **(Fennel)**

(Foeniculum vulgare Mill.)



‘BADIYAN’ is cultivated in India, Pakistan, Nepal, China, Arab and Russia. Its temperament is hot and dry in the second degree. Seeds and roots of the plant are used as medicine. It is digestive, anti-flatulent and helps relieve abdominal pain, colic and flatulence. It is useful in liver, spleen and chest diseases. The drug is stomachic and effectively used in the treatment of arthritis and paralysis. Regular use of Badiyan is helpful in improving eyesight. A dose of 5 to 7 grams is adequate.

BED ANJEER (ARAND) **(Castor)**

(Ricinus communis Linn.)



‘BED ANJEER’ is found wild and also cultivated in India, Pakistan, Arab, China and Africa. Its temperament is hot and dry in the second degree. Leaves and seeds of the plant are used as medicine. Arand is purgative and used to treat constipation. Its leaves are used against inflammation, injury and arthritis. It expels toxic residue from the body. Castor oil is prepared from Arand seeds. Five seeds are enough in a single dose. Its leaves are used externally.

BEL
(Bengal Quince)
(*Aegle marmelos* Corr.)



‘**BEL**’ is found both cultivated and wild in India, Pakistan, China and Bangladesh. Its temperament is hot and dry in the first degree. Fruits, leaves and roots of the plant are used as medicine. Its fruit (Belgiri) is constipative and thus helps control diarrhoea. It gives strength to stomach, liver and heart. The powder of its root bark is used for treating chronic fevers. It should be taken in the quantity of 3 to 4 grams in a single dose.

GAJAR

(Carrot)

(*Daucus carota* Linn.)



‘GAJAR’ is cultivated in India, Pakistan, Nepal and Africa. Its temperament is hot and moist in the second degree. Gajar is diuretic. It is efficacious in burning micturition and useful in kidney and bladder stones as well as different inflammations. It is also useful in general weakness and palpitation. It should be used according to the need.

GILO
(Moon Creeper)
(*Tinospora cordifolia* (Willd.) Miers.)



‘**GILO**’ is found wild in India, Pakistan and Africa. Its temperament is hot and dry in the first degree. It is very effective in treating chronic fevers. Decoction of its leaves and stem is used as medicine. Extract of the plant is used in dysentery. Its leaves should be used in a dose of 1 to 2 grams, and stem in a dose of 5 to 7 grams.

GUL-E-SURKH (GULAB) **(Rose)**

(Rosa damascena Mill.)



‘GUL-E-SURKH’ is grown everywhere. Its temperament is cold and dry in the second degree. Its leaves and flowers are used as medicine. It refreshes the heart and brain and removes general weakness. It also cures constipation. Paste of its leaves is used to cure abscesses. Single dose of its flower petals is 5 to 7 grams.

HINA (MEHNDI)

(Henna)

(Lawsonia inermis Linn.)



‘HINA’ is cultivated on large scale in warm areas particularly in India, Pakistan, Egypt, Sudan, Madagascar and Australia. Its temperament is cold and dry in the second degree. It is used for colouring hair and reducing inflammations. It is diuretic and blood purifier. Paste of its leaves is applied on forehead to relieve headache. Its single dose consists of 1 to 3 grams.

HULBA (METHI) **(Fenugreek)** (*Trigonella foenum-graecum* Linn.)



‘HULBA’ is cultivated in India, Pakistan, Nepal and Africa. Its temperament is hot and dry in the second degree. Its leaves and seeds have medicinal properties. Seeds are used in backache, diarrhoea, dysentery, flatulence and diseases of muscles. Its poultice is effective against inflammation. Washing hair with Hulba seeds make them blackish and shiny. Seeds should be taken in a dose of 3 grams and leaves according to the need.

INABUS SALAB (MAKO) **(Black Nightshade)** (*Solanum nigrum* Linn.)



‘INABUS SALAB’ is found wild throughout the world. Its temperament is cold and moist in the second degree. It relieves fever and inflammation. Its paste is applied externally to reduce inflammation of stomach and liver. Dose of the drug is 5 to 7 grams.

IZKHIR

(Lemon Grass)

(Cymbopogon jwarancusa Schult.)



‘IZKHIR’ is grown in India, Pakistan, Bangladesh, Arab and China. Its temperament is hot and dry in the second degree. Its leaves and roots are used as medicine. Decoction of the leaves is used to treat seasonal fevers, cold and cough, whereas decoction of its roots is used to treat paralysis, arthritis and all types of inflammations. Single dose of the drug consists of 5 to 7 grams.

JAMUN

(Black Berry)

(*Syzygium cumini* (Linn.) Skeels)



‘**JAMUN**’ is found wild in India, Pakistan, Nepal and Africa. Its temperament is cold and dry in the second degree. Its leaves, fruits and seeds are used as medicine. It is a good appetizer and provides strength to stomach and liver. It helps to check diarrhoea. The seeds are an effective treatment for diabetes. Powder of its leaves strengthens the teeth. Seed kernel should be used in powder form in the quantity of 3 to 5 grams.

KALONJI

(Small Fennel)

(Nigella sativa Linn.)



‘KALONJI’ is cultivated in India, Pakistan, Arab and Africa. Its temperament is hot and dry in the third degree. Its seeds are used as medicine. It is digestive, anti-flatulent. Inhalation of roasted seed poultice is useful in fits. Its single dose consists of 1 to 3 grams.

KAMOON (ZEERA SAFAID)

(Cumin)

(Cuminum cyminum Linn.)



‘KAMOON’ is cultivated in India, Pakistan, Nepal and Bangladesh. Its temperament is hot and dry in the second degree. It removes all weakness of stomach and liver. It is effective in all sorts of gastric problems. It also helps increase lactation in nursing mothers. Kamoon is useful in reducing obesity. A single dose consists of 3 to 5 grams.

KASNI

(Cichory)

(Cichorium intybus Linn.)



‘KASNI’ is found wild and cultivated in India, Pakistan, Nepal and China. Its temperament is cold and moist in the first degree. Its leaves, seeds and roots are used as medicine. Seeds are used in the form of decoction to treat inflammation of stomach, liver and joints. Root decoction is used to treat facial paralysis, hemiplegia and arthritis. Single dose of the drug consists of 5 to 7 grams.

KATAN (ALSI) **(Linseed)**

(Linum usitatissimum Linn.)



‘KATAN’ is cultivated in India, Pakistan, Egypt, Russia and Europe. Its temperament is hot and dry in the first degree. Seeds are used as medicine. The decoction prepared from the seeds is useful in cough, asthma and sore throat. The poultice prepared from its seeds is useful in opening up abscesses.

NEEM
(Margosa)
(*Azadirachta indica* A. Juss.)



‘NEEM’ is grown in India, Pakistan, Africa and China. Its temperament is hot and dry in the first degree. All parts of the tree have medicinal properties. The seeds are used in piles. Neem has no parallel for fighting against skin diseases and chronic fevers, and for cleaning wounds. Its seeds can be used in a dose of 3 to 5 grams, and leaves and bark in a dose of 5 to 7 grams.

PAPITA

(Papaya)

(*Carica papaya* Linn.)



‘PAPITA’ is grown abundantly in India, Pakistan and Bangladesh. Its temperament is hot and dry in the third degree. It is digestive and helps remove flatulence from the stomach, which in turn provides relief in abdominal pain, vomiting and diarrhoea. It also helps reduce obesity. Papita is very effective in piles and colic. Papita should be used in limited quantity according to one’s digestive capacity.

RAIHAN (TULSI) **(Holy Basil)**

(Ocimum sanctum Linn.)



‘RAIHAN’ is found both wild and cultivated in India, Pakistan and Bangladesh. Its temperament is hot and dry in the second degree. Its leaves and seeds are used as medicine. Decoction of the leaves is an effective remedy for fever and cold. Fresh juice of leaves is useful for earache and relieves flatulence. Single dose consists of 500 mg to 1 gram.

SATAWAR

(Asparagus)

(Asparagus racemosus Willd.)



‘SATAWAR’ is found wild in India and Pakistan. Its temperament is cold and moist in the first degree. Its roots are used as medicine. Satawar is particularly used in leucorrhoea and spermatorrhoea and also helps relieve backache. It is also used to increase lactation in nursing mothers. Single dose of the drug weighs 7 to 12 grams.

SEER (LEHSUN) **(Garlic)** (*Allium sativum* Linn.)



‘**SEER**’ is cultivated almost everywhere. Its temperament is hot and dry in the third degree. Seer is used to treat all types of gastric problems. It is useful as expectorant and reduces obesity. It also strengthens muscles of the body and is very effective in hemiplegia and facial paralysis. It may be taken in a dose of upto 3 grams.

SHAHTOOT

(Mulberry)

(Morus indica Linn.)



‘SHAHTOOT’ is found wild and cultivated in India, Pakistan and Bangladesh. Its temperament is hot and moist in the second degree. Its fruits and leaves are used as medicine. Decoction of the leaves is very useful in sore throat, cold and cough. Shahtoot reduces heat of blood, and improves complexion of skin. Leaf juice should be taken 25 ml in single dose.

TEZPAT

(Indian Bay Leaf)

(*Cinnamomum tamala* Nees. & Eberm.)



‘**TEZPAT**’ is found in India, Pakistan and Burma. Its temperament is hot and dry in the second degree. Leaves of the plant are used as medicine. Tezpat is digestive and anti-flatulent. It is useful in weakness of stomach. It stimulates heart and brain. Leaves are also used to keep insects away from clothes. Single dose of the drug consists of 2 to 4 grams.



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