

Useful medicinal plants



Satāwar (Asparagus racemosus Willd.)



Gilo (Tinospora cordifolia Willd.)



Bisfā'ij (Polypodium vulgare Linn.)



Zūfā (Hyssopus officinalis Linn.)



Waj (Acorus calamus Linn.)

Healthy Ageing

...through Unani Medicine



For further Information, please contact

Director General

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Healthy Ageing

In Unani System, the process of ageing is attributed to depletion of *Ruṭūbah Gharīziyyah* (innate humour) and *Harārah Gharīziyyah* (innate heat) of the body. *Ruṭūbah Gharīziyyah* (innate humour) is essential for maintaining the health of the vital organs and its depletion marks the onset of senility. Healthy ageing can be secured by safeguarding of *Ruṭūbah Gharīziyyah* (innate humour) from early dissipation.

Tadbīr al-Mashā'ikh (Regimen for the Elderly)

Tadbīr al-Mashā'ikh is based on *Asbāb Sittah Zarūriyyah* (six essential prerequisites). The aims of *Tadbīr al-Mashā'ikh* are –

- To prevent the conversion of *Mizāj* to *Barid Yabis*
- To avoid production of *Ruṭūbah Gharībah*
- To remove the wastes from the body through natural methods
- To protect the body from hazardous extrinsic factors

'Ilāj bi'l-Ghidhā' (Dieto-therapy)

- Take frequent meals in small quantity
- Include the following in diet:
 - ❖ Meat of chicken or goat
 - ❖ Honey, milk, rice and dates
 - ❖ Fruits – *Anjīr* (figs), *Ākhrot* (walnut), *Bādām* (almonds), *Angūr* (grapes), *Tūt* (mulberries), *Mawīz* (raisins), *Ālū Bukhārā* (plum)
 - ❖ Vegetables – *Sīr* (garlic), *Piyāz* (onion), *Kāhū* (lettuce), *Chuqandar* (beet root), *Zanjabīl* (ginger), *Khubbāzī* (common mallow), *Halīlah* (myrobalan), *Kāsnī* (chicory)



- Avoid the following -
 - ❖ Excessive consumption of tea and coffee
 - ❖ Drinking water during and just after meals
 - ❖ Bathing immediately after meals
 - ❖ Use of *Ghalīz 'Aghziyah* (late digesting diet) like *Khushk Gosht* (dry and salted meat), *Masūr Dāl* (lentils), etc.

'Ilāj bi'l-Dawā' (Pharmacotherapy)

• Single drugs

- ❖ *Gilo* (*Tinospora cordifolia* Willd.)
- ❖ *Satāwar* (*Asparagus racemosus* Willd.)
- ❖ *Jadwār* (*Delphinium denudatum* Wall.)
- ❖ *Waj* (*Acorus calamus* L.)
- ❖ *Bisfā'ij* (*Polypodium vulgare* Linn.)
- ❖ *Zūfā* (*Hyssopus officinalis* Linn.)

• Compound formulations

- ❖ *Jawārish Jālīnūs*
- ❖ *Ma'jūn Falāsifa*
- ❖ *Khamīra Gā'uzabān Sāda*
- ❖ *Khamīra Ābresham Sāda*
- ❖ *Khamīra Marwārīd*
- ❖ *Ma'jūn Azarāqī*
- ❖ *Ma'jūn Brahmī*



'Ilāj bi'l-Tadbīr (Regimenal Therapy)

- *Mu'tadil Riyāḍat* (moderate exercise)
- *Dalk Mu'tadil* (moderate massage)
- *Ḥammām* (Turkish bath)

Note: Consult a registered Unani physician before using recommended drugs