

Medicinal plants used in *Fart Tashahhum al-Dam*



*Arjun (Terminalia arjuna
Roxb. ex DC)*



*Muqil (Commiphora
mukul Hook. ex Stocks.)*



Sir (Allium sativum Linn.)



*Dārchīnī (Cinnamomum
zeylanicum Blume.)*



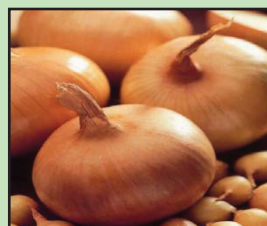
*Jauzbūwa (Myristica
fragrans Houtt.)*



*Bisbāsā (Myristica fragrans
Houtt.)*



*Zanjabil (Zingiber
officinale Roscoe.)*



Unsul (Allium cepa Linn.)



For further Information, please contact
Director General

CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE

Ministry of AYUSH, Government of India

61-65, Institutional Area, Janakpuri, New Delhi - 110058

Telephone: +91-11-28521981, 28520501, 28525831/52/62/83/97

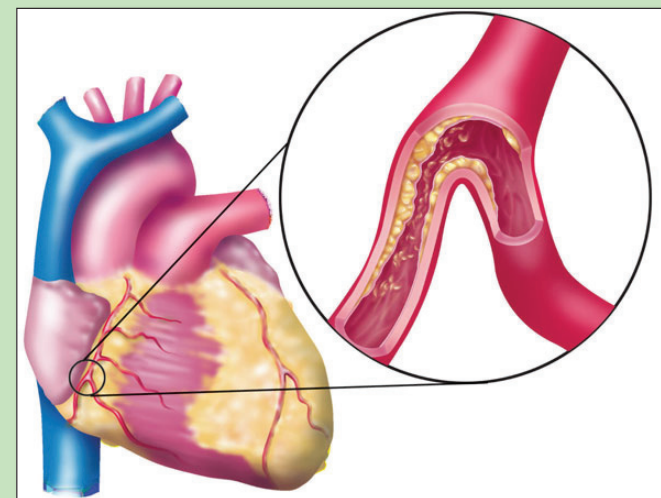
Fax: +91-11-28522965

Email: unanimedicine@gmail.com

Website: www.ccrum.net

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Prevention and Control of ***FART TASHAHHUM AL-DAM*** **(Hyperlipidaemia)** ...through Unani Medicine



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What is *Faṭṭ Tashahḥum al-Dam*?

Faṭṭ Tashahḥum al-Dam (Hyperlipidaemia) is a condition characterized by abnormally elevated levels of lipids and/or lipoproteins in the blood. It makes the patients susceptible to accelerated atherosclerosis leading to cardiovascular diseases and stroke.

Lipid Profile

Test	Desirable	Borderline High	High
Total Cholesterol	<200 mg/dL	200-239 mg/dL	>239 mg/dL
LDL Cholesterol	60-129 mg/dL	130-159 mg/dL	160-189 mg/dL (Very High: >189 mg/dL)
HDL Cholesterol	>59 mg/dL	40-59 mg/dL	<40 mg/dL
Cholesterol/HDL ratio	4.0	5.0	6.0
Triglycerides	<150 mg/dL	150-199 mg/dl	200-499 mg/dl (Very High: ≥ 500 mg/dL)

Risk Factors

- Family history
- Obesity
- Junk food
- Alcohol and tobacco
- Lack of physical activity
- Fat and carbohydrate-rich diet
- Stress and anxiety
- Middle and old age

Clinical Features

- Asymptomatic

Complications

- Coronary artery disease (CAD)
- Heart attack
- Stroke

Prevention

- Get regular lipid profile test
- Reduce saturated fat intake
- Maintain healthy lifestyle
- Exercise for 45 minutes daily at least five days a week
- Make a habit of sound sleep for 6–8 hours
- Restrict salt intake to <5 gm/day

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

Management

Unani Medicine offers following therapies for the management of the disease:

'Ilāj bi'l-Ghidhā' (Dieto-therapy)

- Diet should include:
 - ❖ Low-fat and high-fibre diet
 - ❖ Fruits, vegetables and their juices
 - ❖ Cucumber, Bottle Gourd, Ridge Gourd, Water Melon, Grapes
 - ❖ *Khall* (Vinegar)
 - ❖ *Mā' al-Jubn* (Whey)

'Ilāj bi'l-Dawā' (Pharmacotherapy)

- Single Drugs
 - ❖ *Arjun* (*Terminalia arjuna* Roxb. ex DC)
 - ❖ *Muqil* (*Commiphora mukul* Hook. ex Stocks.)
 - ❖ *Sīr* (*Allium sativum* Linn.)
 - ❖ *Zanjabil* (*Zingiber officinale* Roscoe.)
 - ❖ *Unsul* (*Allium cepa* Linn.)
 - ❖ *Zīra Siyāh* (*Carum carvi* Linn.)
 - ❖ *Bisbāsā* (*Myristica fragrans* Houtt.)
 - ❖ *Jauzbūwa* (*Myristica fragrans* Houtt.)
 - ❖ *Dārchīnī* (*Cinnamomum zeylanicum* Blume.)
- Compound Drugs
 - ❖ *Ma'jūn Sīr 'Alvī Khānī*
 - ❖ *Safūf Muhazzil*
 - ❖ 'Arq Zīra
 - ❖ *Safūf Lūk*

'Ilāj bi'l-Tadbīr (Regimenal Therapy)

- *Riyāḍat* (Exercise)
- *Ḥammām* (Turkish bath)
- *Fasd* (Venesection)

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