

Medicinal plants used in Zaght al-Dam Qawī



Ābresham (*Bombyx mori*
L. Cocoon)



Bark of Arjun (*Terminalia*
arjuna Roxb. ex DC)



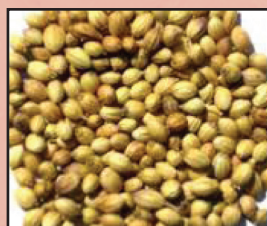
Asrol (*Rauvolfia serpentina*
(L.) Benth. ex Kurz)



Gā'uzabān (*Onosma*
bracteatum Wall.)



Khashkhāsh (*Papaver*
somniferum Linn.)



Kishnīz Khushk (*Coriandrum*
sativum Linn.)



Sandal Safed (*Santalum*
album Linn.)



Tukhm-i Kahū (*Lactuca*
sativa 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

ZAGHT AL-DAM QAWĪ (Hypertension)

...through Unani Medicine



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What is *Zagħt al-Dam Qawī*?

Zagħt al-Dam Qawī (Hypertension) is defined as high blood pressure. The blood pressure is considered high if systolic blood pressure is ≥ 140 mmHg and/or diastolic blood pressure ≥ 90 mmHg. The condition is called primary hypertension if blood pressure rises without any known reason, and secondary hypertension if it is due to underlying causes, such as endocrine diseases, kidney diseases, cardiovascular diseases, use of drugs and alcohol. Primary hypertension may be mild, moderate and severe depending on the intensity.

Risk Factors

- Family history
- Obesity
- Lack of physical activity
- Alcohol and tobacco
- Stress and anxiety
- Middle and old age
- Radiation, pollution and other environmental factors
- Excessive intake of salt



Clinical Features

- Asymptomatic at initial stage
- Symptoms may include –
 - ❖ Headache
 - ❖ Redness of eyes
 - ❖ Mental irritation
 - ❖ Insomnia
 - ❖ Flushing of face
 - ❖ Lack of concentration
 - ❖ Vomiting

Prevention

- Get blood pressure checked regularly
- Maintain healthy lifestyle
- Exercise for 45 minutes daily at least 5 days a week
- Make a habit of sound sleep for 6–8 hours
- Reduce saturated fat intake
- 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
- ❖ Extreme emotions, e.g. anger, fear, sadness

Management

Unani Medicine offers following therapies for the management of hypertension:

'*Ilāj bi'l-Ghidhā*' (Dieto-therapy)

- Diet should include –
 - ❖ Low-fat and low-salt food items
 - ❖ Fruits, vegetables and their juices
 - ❖ Cucumber, Bottle Gourd, Ridge Gourd, Water Melon, Grapes

'*Ilāj bi'l-Dawā*' (Pharmacotherapy)

- Single drugs
 - ❖ *Asrol* (*Rauvolfia serpentina* (L.) Benth. ex Kurz)
 - ❖ *Ābresham* (*Bombyx mori* L. Cocoon)
 - ❖ *Arjun* (*Terminalia arjuna* Roxb. ex DC)
 - ❖ *Gā'uzabān* (*Onosma bracteatum* Wall.)
 - ❖ *Khashkhāsh* (*Papaver somniferum* Linn.)
 - ❖ *Kāhū* (*Lactuca sativa* Linn.)
 - ❖ *Kishnīz Khushk* (*Coriandrum sativum* Linn.)
 - ❖ *Sandal Safed* (*Santalum album* Linn.)
- Compound drugs
 - ❖ *Qurs Dawā' al-Shifa*
 - ❖ *Asrofin*
 - ❖ *Khamīrah Ābresham Sādah*
 - ❖ *Khamīrah Khashkhāsh*

'*Ilāj bi'l-Tadbīr*' (Regimenal Therapy)

- *Riyādat* (Exercise)
- *Ḥammām* (Turkish bath)
- *Idrār* (Diuresis)

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