

IMPORTANT FOOD RECIPES IN UNANI MEDICINE



CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE

IMPORTANT FOOD RECIPES IN UNANI MEDICINE



CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE

Ministry of Ayush, Government of India

IMPORTANT FOOD RECIPES IN UNANI MEDICINE

Chief Editor

Prof. Asim Ali Khan

Editors

Dr. Merajul Haque

Dr. Mohammad Fazil

Associate Editors

Dr. Bilal Ahmad

Dr. Azma

Content Planning

Dr. Jamal Akhtar

Dr. Nighat Anjum

Language Editor and Producer

Mohd Niyaz Ahmad

Production Assistance

Md Hasnain Raza

© Central Council for Research in Unani Medicine, 2022

ISBN: 978-81-87748-74-5

First published: March 2022

Copies printed: 500

Publisher

Central Council for Research in Unani Medicine

Ministry of Ayush, Government of India

61-65, Institutional Area, Janakpuri, New Delhi - 110 058

Telephone: +91-11-28521981, 28525982

Email: unanimedicine@gmail.com

Website: www.ccrum.res.in

Printed at

Rakmo Press Pvt. Ltd.

C-59, Okhla Industrial Area, Phase-I

New Delhi – 110 020

PREFACE

Unani Medicine being a comprehensive medical system gives prime importance to food in both health and disease. Precise dietary and lifestyle advices are always provided with medications and therapies to aid in the restoration of optimum health and wellbeing. It describes several dietary regimens, including recipes, that are advised for health promotion and disease prevention, as well as dealing with lifestyle related non-communicable diseases and metabolic disorders, etc.

The most important criterion for a healthy lifestyle is intake of adequate food and nutrients. Unani Medicine has always been playing an important role in inculcating healthy eating habits and advocating suitable natural and seasonal meals based on the temperaments of food items and the individual. Unani Medicine views nutrition from a broad perspective and considers eating as a primary source of health preservation and promotion. It asserts that the body's well-being is determined by eating the suitable food in the correct amount at the right time.

Unani Medicine absorbed rich ideas and practises during its interaction with different cultures and civilizations. Food recipes listed in Unani texts reflect the food culture and customs of various geographical boundaries including Indian subcontinent, and offer a treasure trove of best eating practises from diverse civilizations for health promotion and disease treatment.

This document on important food recipes mentioned by Unani physicians of Indian subcontinent in their invaluable books includes selected food dishes with the details of their components, preparation methods, health advantages, and contraindications.

Important Food Recipes in Unani Medicine

The objective of this document is to raise community knowledge about food recipes of Unani Medicine and promote healthy and nutritional diets. I hope that it will serve as a quick reference for healthcare providers and will be a valuable resource for public health programmes that emphasise nutrition and preventative health care.



New Delhi
March 07, 2022

Prof. Asim Ali Khan
Director General, CCRUM

CONTENTS

PREFACE	3
INTRODUCTION	7
FOOD RECIPES	11
1 <i>Hareera</i>	13
2 <i>Firni</i> (Rice Pudding)	15
3 <i>Halwa Gheekwar</i>	17
4 <i>Halwa Baiza Murgh</i>	19
5 <i>Halwa Badam</i>	21
6 <i>Saweeq / Sattu</i>	23
7 <i>Khageena</i>	25
8 <i>Gulqand</i> (Rose petal jam)	27
9 <i>Murabba Amla</i>	29
10 <i>Murabba Belgiri</i>	31
11 <i>Murabba Gazar</i>	33
12 <i>Murabba Zanjabeel</i>	35
13 <i>Besan Laddoo</i>	37
14 <i>Falooda</i>	39
15 <i>Ma' al-'Asal</i> (Honey water)	41
16 <i>Jullab</i>	43

Important Food Recipes in Unani Medicine

17	<i>Ma' al-Sha'eer</i> (Barley water)	45
18	<i>Ganne ka Sirka / Khall</i> (Sugarcane vinegar)	47
19	<i>Sikanjabeen Sada</i>	49
20	<i>Sikanjabeen Lemuni</i>	51
21	<i>Sikanjabeen Nanaee</i>	53
22	<i>Qahwa</i> (Kahwa)	55
23	<i>Sharbat Anba Kham</i> (Unripe mango squash)	57
24	<i>Sharbat Ghawra</i> (Syrup of unripe grapes)	59
25	<i>Sharbat Lemun</i>	61
26	<i>Sharbat Tamar Hindi</i> (Syrup of tamarind)	63
27	<i>Hazim Chutny</i>	65
28	<i>Hazim Chutney - II</i>	67

INTRODUCTION

Nutrients obtained from diet have an important role in physical growth and development, normal bodily function, physical activity, and overall health. As a result, nutrient-dense food is required to keep life and activity afloat. All vital elements must be provided in adequate proportions in our diet. Age, gender, physiological status, and physical activity all influence essential nutritional requirements. Under nutrition (deficiency diseases) or over nutrition (affluent diseases) can result from dietary intakes that are lower or higher than the body's requirements. Eating too little or too much food at critical life stages such as childhood, adolescence, pregnancy and lactation as well as eating too much at any age can have negative consequences. Throughout our lives, we require an adequate diet that provides all nutrients. The nutrients must be obtained by combining a variety of foods from various food categories in a wise manner.

Concept of dietetics in Unani Medicine

According to Unani Medicine, the most basic source of energy is food. A balanced diet and proper consumption are essential for the body's optimal growth and development. As per six essential factors of life, food is only second to air in terms of supporting life and health by replenishing the body's depleted and broken-down components (*Badal ma Yatahallal*). Considering the importance of food, Unani Medicine makes considerable use of diet for the promotion of health as well prevention and treatment of disease.

According to Unani Medicine, the entire universe, including humans, diseases, drugs, diets and environmental factors, is defined by four primary qualities – *Harr* (hot), *Barid* (cold), *Ratb*

(wet/moist) and *Yabis* (dry). These qualities are represented in all the basic concepts of Unani Medicine including temperament. Based upon the four primary qualities, Unani scholars have classified the temperament of dietary substances into *Harr* (hot), *Barid* (cold), *Ratb* (wet/moist) and *Yabis* (dry). Thus, *Ghiza Harr* is the dietary substance which possesses hot temperament and produces heat in the body, *Ghiza Barid* is the dietary substance which possesses cold temperament and produces cold in the body, *Ghiza Ratb* is the dietary substance which possesses wet/moist temperament and produces wetness in the body and *Ghiza Yabis* is the dietary substance which possesses dry temperament and produces dryness in the body. This four temperament based grouping is used to correlate human health and illness with preventative and curative properties of the dietary substances. Using the notion of temperament, Unani Medicine has been quite successful in determining the suitable food. The choice of a specific diet or combination of foods is based on the individual's current health level, seasonal conditions, and any ailment affecting the body.

Dietotherapy

According to the activity of various substances after entering the body, classical books of Unani Medicine classify dietary substances and medications as *Ghiza* (absolute diet), *Dawa* (absolute drug), *Ghiza Dawai* (medicinal diet), and *Dawa Ghizai* (food-like drug). Considering the significance of diet in an individual's life and its acquaintance with the human body, Unani scholars have devised a concept of treatment with dietary substances known as dietotherapy. Dietotherapy is considered the best approach for the promotion of health and treatment of disease as it helps the individual to stay away from usage of drugs to a large extent. Unani Medicine lays great stress on treating certain ailments by administration of specific diets or by regulating the quantity and quality of food.

Classification of *Ghiza* (food/dietary substance)

Unani Medicine has classified *Ghiza* (food/dietary substance) in three basic groups:

Ghiza Lateef: Food which produces blood of thin consistency in the body.

Ghiza Kaseef: Food which produces blood of thick consistency in the body.

Ghiza Mo'tadil: Food which produces blood of moderate consistency in the body.

Based upon nutritional value and quality of humours produced, the foods belonging to these three basic groups are further classified into twenty seven subcategories; each category having 9 subcategories.

Some other criteria used for classification of dietary substances are taste, temperament, rate of digestion, rate of evacuation of their waste products from the body, time taken by them to pass through the stomach, quality of nourishment provided by them, nutritional value, quality of humours produced by them, etc.

Aghziya Mufrada and Aghziya Murakkaba

There are a large number of dietary substances and recipes documented in classical literature of Unani Medicine. These dietary substances and recipes have been discussed under the headings of *Aghziya Mufrada* and *Aghziya Murakkaba*. *Aghziya Mufrada* are those dietary substances which are used without the addition of any other substance, while *Aghziya Murakkaba* are the diets/recipes prepared by the combination of different substances.

It is widely acknowledged that *Aghziya Murakkaba* (compound food preparations) are closely intertwined with culture and

traditions, therefore, Unani Medicine imbibed rich ideas and practices as a result of coming across a diverse range of cultures, civilizations en route to its long journey across different geographical regions. Compound food preparations mentioned in the books of Unani Medicine reflect the food culture and traditions of Egyptians, Greeks, Arabs, Iranians, Andalusians, Indians, etc. and present a treasure of best food practices of many civilizations utilized for the promotion of health and treatment of disease. *Ma' al-'Asal*, *Ma' al-Sha'eer*, *Sikbaaj*, *Isfedbaaj*, *Muzayyaraat*, *Sambusak*, *Masliyya*, *Kashkiyya*, *Zeerbaaj*, *Mutajjana*, *Hisrimiyya*, *Hareesa*, *Shiwaa*, *Kabaab*, *Karnabiyya*, *Qunnabitiyya*, *Liftiyya*, *Jazariyya*, *Jurjaniyya*, *Bawaarid*, *Qarees*, *Masoos*, *Faaneez*, *Lawzeenaj*, *Jawzeena*, *Murabba*, *Faalooda*, *Halwa*, *Gulqand*, *Achaar*, *Chatni*, etc. are compound food preparations, which have evolved through the customs followed in various geographical regions and used to promote health and prevent and treat disease conditions.

These food items documented by Unani physicians of Indian subcontinent with all necessary details such as SOPs and medicinal uses are invariably inter-woven with basic principles of health and have been part of the culture of this subcontinent since centuries. Benefits from these recipes may only be obtained when consumed in moderation, tailored to the individual's health, status of digestion, climate, environment and habituation. The present document is a broad exploration into dietetics of Unani Medicine with added explanation to position it in our present day. It offers broad principles, hence users of the book may make required changes to the recipes based on their preferences and the availability of ingredients in their area.

FOOD RECIPES

Hareera



It is a dietary recipe prepared mainly with starch, certain seeds, dry fruits and pure ghee/almond oil. It is ideally used in the morning.

S. No.	Ingredients	Quantity
1.	<i>Saboos-i-Gandum</i> (wheat husk)	1 bowl (36 g)
2.	<i>Maghz-i-Badam Shireen</i> <i>Muqashshar</i> (peeled almonds)	11 in no.
3.	<i>Khashkhash Safed</i> (poppy seeds)	1 TSF (5 g)
4.	<i>Khishneez Khushk Muqashshar</i> (coriander seeds)	½ TSF (3 g)
5.	Misri (candy sugar)	2 TSF (12 g)
6.	<i>Raughan Zard</i> (pure ghee)	1 TSF (10 mL)

Method of preparation

Soak the wheat husk in sufficient water overnight. In the morning, grind it with water and filter it to remove solid fibres. Grind the remaining ingredients in water to obtain milky paste of them. Mix all the ingredients in a pan and cook it on low flame for 7-10 minute till it attains a required consistency of *Hareera*. Fry it with pure ghee and use in the morning. Other dry fruits may be added, if required.

Serving

One serving

Health benefits

Hareera is a rich source of energy with its nutritious value which gets digested easily. It may be used as a brain tonic for students, elders, and weak persons recovering from fever or other chronic diseases. It can be given to lactating mother also.

Other instruction

Diabetic patients and obese people should avoid it or take it carefully.

Reference

Kabirrudin M. Al-Qarabadin (2nd edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 230

Firni (Rice pudding)



Firni is a sweet dietary preparation used as a desert. It is a delicious dessert usually served after meal. This milk-based pudding has high nutritious value.

S. No.	Ingredients	Quantity
1.	<i>Chawal</i> (rice of good quality)	2 table spoon
2.	<i>Qand Safed</i> (sugar)	4 table spoon or as per taste
3.	<i>Sheer</i> (milk)	1 L
4.	<i>Heel Khurd</i> (green cardamom)	4-6 no.

Method of preparation

Soak rice in water for 5 minutes. Then remove water and keep rice to dry. Make coarse powder of rice. Grind cardamom seeds in a mortar. Take milk in a deep pan and put on low flame to boil. Mix rice powder in half cup milk in a bowl. When milk starts boiling, pour this mixture slowly into milk and stir continuously to avoid lump formation. Now add cardamom powder to it and keep stirring it regularly at least for 30-40 minutes. When paste becomes thick and creamy contents are almost evaporated, add sugar to it and mix properly. Within 3-4 minutes, sugar will dissolve completely and its consistency will decrease slightly. Switch off flame and transfer it to small clay bowls and leave it to cool. Silver foils, saffron filaments, grated coconut or other chopped dry fruits may be added to garnish it.

Serving

1-2 small bowl

Health benefits

It is a nutritious desert which helps to strengthen bones, muscles, increases musculature and sperm count in males. Beside its refreshing quality, it is a nutritious recipe for children, during recovery from illness and in aged people.

Other instruction

Diabetic patients and obese people should avoid it or take it carefully.

Reference

Razi M. Manafi al-Aghzia wa Daf-o-Mazarriha. Misr: Mataba Khairiya; 1305 AH, p. 8

Halwa Gheekwar



Halwa Gheekwar is a common sweet preparation. Wheat flour, *Besan*, *Sooji*, carrot, aloe, egg, etc. are used as main ingredients. Dry fruits and other ingredients are added to make it more nutritious and tasty.

S. No.	Ingredients	Quantity
1.	<i>Maghz Gheekwar</i> (leaf pulp of aloe)	250 g
2.	<i>Sheer</i> (milk)	750 mL
3.	<i>Arad-i-Khurma</i> (date powder)	125 g
4.	<i>Raughan Zard</i> (pure ghee)	250 g
5.	<i>Qand Safed</i> (sugar)	250 g

Method of preparation

Obtain leaf pulp by removing green layer of leaf with knife. Cut it into small pieces. Take milk in a deep pan, add pulp to it and put it on medium flame to boil for 30 minutes or so till the pulp is completely cooked and milk becomes thick. Add date powder and sugar to it and continue stirring it frequently till the oil starts coming out. Now add ghee and stir for few minutes and remove from the fire and let it cool down. Store it in a glass jar and use.

Grated dry fruits like almonds, pistachios and walnuts may be added to make it more palatable.

Serving

20-25 g

Health benefits

This recipe is rejuvenating, caloric and health promoting especially for elderly people. It is a tonic for vital organs and nerves, and useful in arthritis, backache and general debility. It is recommended to take it in winter.

Other instruction

It should not be given to diabetic patients.

Reference

Ghani N. Qarabadin Najmul Ghani. New Delhi (India): Central Council for Research in Unani Medicine; 2010, pp. 219-20, 227

Khan MA. Qarabadin Azam. New Delhi (India): Central Council for Research in Unani Medicine; 2009, p. 101

Halwa Baiza Murgh



S. No.	Ingredients	Quantity
1.	<i>Zardi Baiza-i-Murgh</i> (boiled egg yolk)	20 in no.
2.	<i>Raughan Gaw</i> (pure ghee)	125 g
3.	<i>Qand Safed</i> (sugar)	250 g
4.	<i>Araq-i-Naranj</i> (orange distillate)	250 mL
5.	<i>Araq-i-Bed Mushk</i> (willow distillate)	250 mL
6.	<i>Jaifal</i> (nutmeg)	5 g
7.	<i>Bisbasa</i> (mace)	5 g
8.	<i>Zafaran</i> (saffron)	1 g

Method of preparation

Put a pan on medium flame. Pour ghee in the pan. When it melts, add mashed boiled egg yolks to it. Stir continuously and roast them till become brown. Remove the pan from the flame. Prepare *Qiwam* (concentrated syrup) of required consistency by boiling sugar with the *Araq-i-Naranj* in a separate pot, and then mix the fried yolks in sugar syrup. Add powder of remaining drugs and saffron ground in *Araq Bed Mushk* to it and mix properly.

Serving

10-20 g

Health benefits

It is a highly rich diet with good nutritional value. It is taken in winter season. It promotes general health, is beneficial for the heart and brain, increases sperm count in males and useful in general debility and sexual dysfunction.

Other instruction

Not to be given to diabetic patients

Reference

Kabirrudin M. Al-Qarabadin (2nd edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 244-45

Halwa Badam



S. No.	Ingredients	Quantity
1.	<i>Maghz-i-Badam Shireen</i> (almond)	200 g
2.	<i>Maghz-i-Chilghoza</i> (pine nut)	50 g
3.	<i>Maghz-i-Tukhm-i-Kadu</i> (pumpkin kernel)	50 g
4.	<i>Tukhm-i-Khashkhash</i> (poppy seeds)	50 g
5.	<i>Maghz-i-Chironji</i> (almondette seeds)	50 g
6.	<i>Qand Safed</i> (sugar)	1.5 kg
7.	<i>Araq Gulab</i> (rose water)	100 mL

Method of preparation

Grind nuts and kernels in water and obtain *Sheera* (milky liquid). Take sugar in a deep pan and add rose water and plain water to it. Boil it on medium flame till it is converted into *Qiwam* (concentrated syrup) of required consistency. Now add *Sheera* (milky liquid) to it and cook for few minutes till the water content gets evaporated completely. Remove the pan from flame. Take a big round flat utensil, spread thick layer of *Halwa* on it and cut it into pieces and preserve after cooling.

Servings

20- 40 g along with milk

Health benefits

It is highly beneficial for persons of cold temperament. It is good for brain and heart and enhances sperm count. It is recommended to take in winter season.

Other instruction

It is not recommended for diabetic patients.

Reference

Kabirrudin M. Al-Qarabadin (2nd edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 243

Saweeq / Sattu



Flours of roasted grains like barley, wheat or gram are used as *Sattu*. Barley flour is a complete food with important health benefits.

S. No.	Ingredients	Quantity
1.	<i>Shaeer</i> (barley flour)	100 g
2.	<i>Qand Safed</i> (sugar)	As per taste

Method of preparation

Four to five teaspoonful *Sattu* is mixed in a full glass of water. Sugar is added as per taste and used. Ice cubes may be added to it. People also use it after kneading it with pure *ghee* and

sugar syrup. But, to digest it properly, plenty of water should be used. To avoid sugar, salt may be added to it and used as salted *Sattu*.

Serving

1-2 glass

Health benefits

It is a better substitute of regular meal. During summer season, it is a good dietary supplement especially for persons with hot temperament. It quenches thirst, cleans the stomach and acts as laxative.

Reference

Razi M. Manafi al-Aghzia wa Daf-o-Mazarriha. Misr: Mataba Khairiya; 1305 AH, p. 7

Khageena



Khageena is a dietary preparation of eggs with certain spices.

S. No.	Ingredients	Quantity
1.	<i>Zardi Baiza-i-Murgh</i> (egg yolk)	3 in no.
2.	<i>Aab-i-Piyaz</i> (onion juice)	Equal to weight of yolks
3.	<i>Aab-i-Adrak</i> (fresh ginger juice)	½ part of onion water
4.	<i>Raughan Zard</i> (pure ghee)	As per need
5.	<i>Salab Misri</i> (<i>orchis latifolia</i>)	3 g
6.	<i>Daar Chini</i> (cinnamon)	1 g

Important Food Recipes in Unani Medicine

S. No.	Ingredients	Quantity
7.	<i>Laung</i> (clove)	1 g
8.	<i>Dana Heel Khurd</i> (seeds of green cardamom)	1 g
9.	<i>Namak</i> (common salt)	According to taste

Method of preparation

Beat egg yolks with onion and ginger juices in a bowl. Take a frying pan, pour ghee in it and put it on medium flame. When ghee melts well, pour the mixture in it and cook on low flame for 2-3 minutes. Sprinkle powder of remaining ingredients and salt on it. Remove it from fire and use.

Serving

One serving

Health benefits

It is a highly rich diet having good nutritional value. It is good for general health. It improves sperm count and is useful for general debility and sexual dysfunction. Due to its hot nature, it is usually served in winter season.

Reference

Ghani N. Qarabadin Najmul Ghani. New Delhi (India): Central Council for Research in Unani Medicine; 2010, p. 244

Kabirrudin M. Al-Qarabadin (2nd edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 253

Gulqand (Rose petal jam)



Gulqand is a sweet preparation prepared with petals of aromatic flowers and sugar in a ratio of 1:1. When it is prepared with flowers and honey then it is known as '*Julanjbeen*' in Arabic.

S. No.	Ingredients	Quantity
1.	<i>Gul Surkh</i> (red rose petals)	500 g
2.	<i>Qand Safed</i> (sugar)	500 g

Method of preparation

Collect petals from fresh red rose flowers. Wash these petals and dry in the shade. Crush the petals and mix them with sugar well in an air tight earthen / glass jar. Keep the jar in

sunlight for 2-4 weeks. Stir the ingredients well everyday with a dry spoon or shake the jar to mix the ingredients properly. Silver foils and other fragrances may be added, if required.

If fresh rose petals are not available then dried rose petals are first soaked in *Araq Gulab* and dried. Remaining process will be the same.

Servings

5-10 g usually (20-30 g when used as laxative)

Health benefits

It is a mouth freshener, soothing and exhilarant. It is beneficial for digestion, brain, heart, stomach and liver. It prevents movement of gaseous vapors from stomach towards the brain, increases urine output, induces sleep and useful for headache, hyperacidity, palpitation due to excessive heat in the body and constipation. In patients of tuberculosis, it is recommended as a diet.

Other instruction

As it is high in sugar content, it should be avoided in diabetic patients and patients suffering from renal disease.

Reference

Anonymous. National Formulary of Unani Medicine, Vol. I (Reprint Edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 181

Murabba Amla



Murabba is a type of preparation in which fruits or vegetables are preserved in *Qiwam* (concentrated syrup) of honey or sugar. It makes these seasonal fruits and vegetables available throughout the year.

S. No.	Ingredients	Quantity
1.	<i>Amla Taza</i> (fresh goose berry)	1 kg
2.	<i>Qand Safed</i> (sugar)	2 kg
3.	<i>Aab</i> (water)	Quantity sufficient

Method of preparation

Take gooseberries in a pan, add water and put the pan on medium flame. Boil the gooseberries till they become soft. Remove the pan from flame and take out goose berries. Dry the gooseberries and keep aside. Take a pan, add sugar and water in it, put it on medium flame and boil the contents till water contents are mostly evaporated and *Qiwam* of required consistency is prepared. Then add the gooseberries in the sugar syrup to preserve them.

Serving

1-2 pieces after washing with water, preferably in the morning

Health benefits

It is good for health promotion. It boosts immunity as *Amla* is a good source of vitamin C and produces quality blood. It is a brain tonic which improves memory, tonic for stomach and liver which enhances digestive functions and normalizes cardiac activity. It strengthens gums and prevents anaemia and infections.

Reference

Anonymous. National Formulary of Unani Medicine, Vol. I (Reprint Edition), New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 179

Murabba Belgiri



S. No.	Ingredients	Quantity
1.	<i>Maghz Bel</i> (stone apple/ wood apple)	1 kg
2.	<i>Qand Safed</i> (sugar)	2 kg
3.	<i>Aab</i> (water)	Quantity sufficient

Method of preparation

Take unripe stone apple and remove the rind. Cut it into slices, remove seeds and cook it by steaming. When becomes soft, remove from flame and let it dry. Take sugar and water in a pan and boil it on medium flame till it attains thick consistency

of *Qiwam* (concentrated syrup). Now add steamed slices to this *Qiwam* (concentrated syrup). After cooling, preserve it in a glass jar.

Serving

20 g in the morning or when required

Health benefits

It improves tonicity of stomach and thus improves digestion. It is highly recommended for those suffering from frequent indigestion, dysentery and diarrhea.

Other instruction

Diabetic patients should avoid it (due to sugar content).

Reference

Anonymous. National Formulary of Unani Medicine, Vol. I (Reprint Edition), New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 179

Murabba Gazar



S. No.	Ingredients	Quantity
1.	<i>Gazar</i> (carrot)	1 kg
2.	<i>Qand Safed</i> (sugar)	2 kg
3.	<i>Aab</i> (water)	Quantity sufficient

Method of preparation

Wash, peel and cut the carrots into small pieces (2-5 cm). Steam-cook these pieces and when become soft, remove them from flame and let them dry. Take sugar in a pan and add water to it and boil on medium flame till it attains thick

consistency of *Qiwam* (concentrated syrup). Now add steamed carrot pieces in the sugar syrup and correct consistency of *Qiwam*. After cooling, keep it in a glass jar and use.

Servings

20-40 g

Health benefits

Carrot is an excellent source of vitamin A, fibres, potassium, biotin and carotenoids, hence it promotes general health. It is good for brain, lowers bad cholesterol and boosts heart health. It clears the chest congestion, voice and enhances skin complexion.

Other instruction

Diabetic patients should avoid it (due to sugar content).

Reference

Anonymous. National Formulary of Unani Medicine, Vol. I (Reprint Edition), New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 180

Murabba Zanjabeel



S. No	Ingredients	Quantity
1.	Zanjabeel Taaza / Adrak(fresh ginger)	1 kg
2.	Qand Safed (sugar)	2 kg

Method of preparation

Wash, peel and cut gingers into small pieces of 1 inch. Take a pan, put it on medium flame, add pieces of ginger and water in it, and boil for 2-3 minutes to soften the ginger pieces. Small amount of salt can be added while boiling. Remove the soft pieces of ginger and let them dry. Now take sugar and water in a deep pan and boil on medium flame till *Qiwam*

(concentrated syrup) acquires required consistency. Add ginger pieces to it and cook for few minutes. Remove it from fire. Preserve it in an airtight jar after cooling.

Serving

10-20 g

Health benefits

Due to its hot and dry nature, it is used commonly during winter season and especially for people with cold temperament. It strengthens stomach, kidney, urinary bladder, increases urine output and sexual power. It is a good expectorant and carminative. Therefore, it is used for productive cough, phlegmatic fever, flatulence, gastric pain and backache.

Other instruction

Not to be given to diabetics.

Reference

Anonymous. National Formulary of Unani Medicine, Vol. I (Reprint Edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 180-81

Besan Laddoo



S. No.	Ingredients	Quantity
1.	<i>Arad-i-Chana</i> / <i>Beasan</i> (gram flour)	1 kg
2.	<i>Khand</i> (impure sugar)	1 kg
3.	<i>Raughan Zard</i> (pure ghee)	Quantity sufficient

Method of preparation

First prepare *Qiwam* (concentrated syrup) of required consistency by boiling sugar and water. Keep it aside. Mix *Besan* in water to obtain thick paste. Heat ghee in a deep pan and prepare *Boondi* (drops) by passing *Besan* paste through

slotted spoon directly into the heated ghee. Fry them till they become light brown. Dip these *Boondi* in the sugar syrup and take out after few minutes. Make small *Laddoos* (round shape balls) of them by hand. Dry fruits may be added to enhance nutritional value of *Laddoo*.

Health benefits

Laddoo is a tasty dessert and highly nutritious as it contains fibres and sugar. It helps in weight gain therefore useful in emaciation, general weakness and fatigue. It is good for general health and sexual health.

Serving

Take 1-2 *Laddoo* at a time

Other instructions

Diabetics should avoid it.

Reference

Ghani N. Qarabadin Najmul Ghani. New Delhi (India): Central Council for Research in Unani Medicine; 2010, p. 875

Falooda



Falooda, a famous desert used specially in summer season, has some important health benefits besides its taste and flavor. *Kulfi Falooda* is a common dish used nowadays with addition of *Kulfi* to it.

S. No.	Ingredients	Quantity
1.	<i>Nashasta</i> (starch)	20 g
2.	<i>Sheer</i> (milk)	750 mL
3.	<i>Qand Safed</i> (sugar)	50 g
4.	<i>Araq Gulab</i> (rose water)	10 mL

Method of preparation

Take milk in a pan. Dissolve starch into it. Boil the milk on medium flame and stir it gently till the milk is converted into thick paste. Let it cool down. Prepare vermicelli by passing milk paste through sieves of desired pores directly into cold water. Remove water after 10-15 minutes and store vermicelli in a bowl in fridge for further use. Prepare thick *Qiwam* (concentrated syrup) of sugar in other pan. When *Qiwam* attains required consistency, take it out of flame and shift in a glass bowl. To use, take 2 spoonful syrup in a bowl, add vermicelli to it and pour rose water on it and use. Basil seeds soaked in water for 20-30 minutes may be added to it.

Serving

1-2 bowl

Health benefits

It is a delicious dessert mainly used in summer. It is a very nutritious dessert which refreshes the mood, gives energy and strengthens the heart.

Other instruction

Not recommended for diabetic patients.

Reference

Kabirrudin M. Al-Qarabadin (2nd edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 883

Razi M. Manafi al-Aghzia wa Dafo Mazarriha. Misr: Mataba Khairiya; 1305 AH, p. 50

Ma' al-'Asal (Honey water)



S. No.	Ingredients	Quantity
1.	'Asal Musaffa (purified / de-frothed Honey)	500 g
2.	Aab (water)	1 L

Method of preparation

Mix honey in water and boil it on low flame and remove froth, if any. Continue boiling until 1/3 part of it is evaporated. Now remove from flame and let it to cool down. Store it in a bottle / jar and use. Spices like nutmeg, mace or saffron can be added to it to increase the health benefits of this drink.

Serving

20-40 mL

Health benefits

It is a highly energetic drink which can be prepared easily at home. It is rich in minerals and good for skin. It is stomachic which improves digestion and promotes health especially in children and elderly. It detoxifies the body by its antioxidant property and boosts immunity by maintaining innate heat in the body and prevents cold and cough. It is a good cleanser and thus helps in depletion of fat and cholesterol and thus prevents weight gain. For the patients of *Falij* (paralysis) and *Laqwa* (Bell's palsy), it is recommended as main diet in early days of the disease.

Other instruction

Diabetic patients should avoid it.

Reference

Kabirrudin M. Al-Qarabadin (2nd edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 1023

Razi M. Manafi al-Aghzia wa Daf-o-Mazarriha. Misr: Mataba Khairiya; 1305 AH, p. 20

Jullab



It is a basic form of sweet drink in which distillates have been used as base. These distillates have special health benefits. Different distillates or fruit juices may be used as per health needs.

S. No.	Ingredients	Quantity
1.	<i>Araq Gulab</i> (rose water)	250 mL
2.	<i>Araq Bed Mushk</i> (<i>salix caprea</i> distillate)	250 mL
3.	<i>Aab Tuffah</i> (apple juice)	125 mL
4.	<i>Aab Anar</i> (pomegranate juice)	125 mL
5.	<i>Qand Safed</i> (sugar)	750 g

Method of preparation

Take a deep pan, pour distillates and juices with sugar to it. Boil it for 20-25 minutes on medium flame. When mixture become slightly thick, remove from flame and let it to cool down. Store it in a bottle and use. It is recommended for use in the morning.

Serving

50-100 mL

Health benefits

It is an energetic drink which produces exhilaration, improves heart function, and relieves cough. It is a useful drink for the patients of tuberculosis and persons recovering from chronic diseases. It is used as laxative especially in elders.

Other instruction

Not recommended for diabetic patients.

Reference

Kabirrudin M. Al-Qarabadin (2nd edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 60

Razi M. Manafi al-Aghzia wa Daf-o-Mazarriha. Misr: Mataba Khairiya; 1305 AH, p. 20

Ma' al-Sha'eer (Barley water)



It is a drink prepared with barley and water.

S. No.	Ingredients	Quantity
1.	<i>Jaw Muqashshar</i> / <i>Sha'eer Muqashshar</i> (de-husked barley)	100 g
2.	<i>Aab</i> (water)	1L

Method of preparation

Soak barley in water overnight. Remove the water and keep barley in the sun till it is dried completely. De-husk barley by pounding in *Okhli* (wooden mortar) or by other means. Take

100 g of it in a deep pan and add 1 L of water to it and boil it on low flame. Continue cooking till the grains burst and water becomes thick and brown. Remove from flame and filter it to obtain liquid contents. After cooling, save in a bottle / jar and use when required with addition of sugar or salt as per taste.

Serving

1-2 cups

Health benefits

It is one of the oldest drinks used in Unani Medicine as a dietary supplement and Hippocrates had praised it a lot for its multiple health benefits.

Barley water is a light diet and energetic drink which digests easily, provides moderate nutrition and most suitable diet which may be used in health and disease and children and elders both. Besides nutrition, it quenches thirst, cleanses the body wastes through urine, and improves digestion, metabolism and blood circulation.

Reference

Kabirrudin M. Al-Qarabadin (2nd edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 1020-22

Ganne ka Sirka / Khall (Sugarcane vinegar)



Vinegar is a sour liquid preparation obtained by keeping juice of carbohydrate rich substances in a container in the sun / warm area for fermentation. Chemical changes occurring during the process make it sour and more beneficial for health.

S. No.	Ingredients	Quantity
1.	<i>Aab-i-Nai Shakar / Ganne ka Ras</i> (sugarcane juice)	1 L
2.	<i>Khall / Sirka</i> (vinegar)	50 mL

Method of preparation

Take a clean and dry earthen pitcher (*Mitti ka Ghara*). Pour fresh sugarcane juice into it along with vinegar (as a source

of fermentation). Cover the mouth of the pot with a cotton piece and place it in the sun for 60 days. Now look it for fermentation in the juice. Black mustard or garlic cloves may be added to it to make vinegar more pungent. Filter it with a cotton cloth and keep in a glass bottle. Alternately, jaggery dissolved in water and filtered may be used in place of sugarcane juice.

Health benefits

Besides its frequent use as an additive in different recipes, vinegar may be used directly for its health benefits. It is a good appetizer and helps in digestion of foods. It acts as a blood thinner and thus improves microcirculation. In case of flatulence and after heavy meals, two tea spoons of vinegar makes a magic. Due to its cooling effect, it may be added to drinks for its quenching effect in summer. In epidemics, its frequent use in different ways helps to protect from disease. There is a group of dishes which have vinegar as an important ingredient. Dressing salads and adding vinegar in pickles and chutney are some ways to use it.

Serving

20-25 mL mixed in water or other food items

Other instruction

Pure vinegar may cause sore throat. It is not recommended in winter season.

Reference

Kabirrudin M. Al-Qarabadin (2nd edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 262

Sikanjabeen Sada



Sikanjabeen is a tasty, sweet and sour drink which contains vinegar and honey as main ingredients. *Sikanjabeen Sada* refers to its basic recipe which is prepared from two ingredients, *Khall* (vinegar) and *Asal / Qand Safed* (honey / sugar) only. When other ingredients are added, it is named accordingly like *Sikanjabeen Lemuni* refers to addition of lemon juice and *Sikanjabeen Nanaee* refers to addition of mint leaves.

S. No.	Ingredients	Quantity
1.	<i>Khall / Sirka</i> (vinegar)	1.5 L
2.	<i>Qand Safed</i> (sugar)	1 kg

Method of preparation

Boil sugar and vinegar in a deep pan on medium flame till it attains required consistency of *Qiwam* (concentrated syrup). To enhance its flavor, '*Araq Gulab* (rose water) 20 mL may be added to it.

Health benefits

Its sour and sweet taste makes it a favorite drink specially when it is chilled or ice cubes added to it. It has quenching effect; increases urine output and fastens digestive process. It is a good tonic for stomach, liver and spleen. It is a useful drink for patients of fever, nausea, vomiting, indigestion and obstructive jaundice.

Serving

20-50 mL mixed in water

Other instruction

It should not be used in diabetic patients.

Reference

Anonymous. National Formulary of Unani Medicine, Vol. I (Reprint Edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 221

Kabirrudin M. Al-Qarabadin (2nd edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 582

Kabirrudin M. Bayaz Kabir Vol. II. New Delhi (India): Central Council for Research in Unani Medicine; 2008, p. 108

Sikanjabeen Lemuni



Sikanjabeen is a tasty, sweet and sour drink which contains vinegar and honey as main ingredients. *Sikanjabeen Lemuni* is prepared with addition of lemon juice to the main ingredients.

S. No.	Ingredients	Quantity
1.	<i>Khall-i-Nai Shakar/ Ganne ka Sirka</i> (sugarcane vinegar)	150 mL
2.	<i>Aab-e-Lemun</i> (lemon Juice)	150 mL
3.	<i>Araq Gulab</i> (rose water)	150 mL
4.	<i>Asal</i> (honey)	1 kg

Method of preparation

Take honey in a deep pan and heat on low flame. Remove the froth, then add other ingredients to it and boil again on medium flame. Remove the froth, if any, and continue boiling till it attains required consistency of *Qiwam* (concentrated syrup). Remove from flame and let it cool down. Store it in a bottle / glass jar and use when required.

Serving

20-50 mL mixed in water

Health benefits

It is a tasty and soothing drink which may be used in summer specially. It is a good appetizer and improves digestion when used after meal. It is a tonic for stomach, liver and spleen and increases urine output. As appetizer, it is recommended to persons recovering from chronic fevers or other chronic diseases. It is very effective in relieving nausea, vomiting and loss of appetite in pregnant women. Similarly, it is used to counter nausea, vomiting and diarrhea occurring in the summer season.

Other instruction

Not advisable to diabetic patients.

Reference

Anonymous. National Formulary of Unani Medicine, Vol. I (Reprint Edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 220

Kabirrudin M. Bayaz Kabir Vol. II. New Delhi (India): Central Council for Research in Unani Medicine; 2008, p. 108

Sikanjabeen Nanaee



Another preparation of *Sikanjabeen* in which mint leaves are added to make it more digestive.

S. No.	Ingredients	Quantity
1.	<i>Barg Pudina</i> (mint leaves)	75 g
2.	<i>Khall / Sirka</i> (vinegar)	400 mL
3.	<i>Qand Safed</i> (sugar)	1 kg

Method of preparation

Boil mint leaves in water on low flame. Collect the water by straining. Add vinegar and sugar in the filtered water and cook

on low flame till it acquires a required consistency of *Qiwam* (concentrated syrup). Remove from flame and let it cool down. Store it in a bottle / glass jar and use when required.

Serving

20-50 mL mixed in water

Health benefits

Besides goodness of *Sikanjabeen Sada*, addition of mint leaves makes it more palatable and enhances its digestive effect. It neutralizes ill effects of excess yellow bile. It is beneficial for nausea, vomiting, indigestion, cholera and diarrhea.

Other instruction

Diabetic patients should avoid it.

Reference

Anonymous. National Formulary of Unani Medicine, Vol. I (Reprint Edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 220

Kabirrudin M. Al-Qarabadin (2nd edition). New Delhi (India): Central Council for Research in Unani Medicine; 2006, p. 581

Qahwa (Kahwa)



Qahwa is a classical hot drink which is commonly used in Kashmir throughout the year. It may be used as a refreshing agent at any time but winters are the best time to enjoy it.

S. No.	Ingredients	Quantity
1.	<i>Heel Khurd</i> (cardamom)	2-4 no.
2.	<i>Jaifal</i> (nutmeg)	¼ piece
3.	<i>Zafran</i> (saffron)	15-20 filaments
4.	<i>Maghz Badam Shireen</i> (crushed almond)	8-10 no.
5.	<i>Aab</i> (water)	2.5 cups

Method of preparation

Almond, cardamom and nutmeg are crushed slightly. Take water in a pan and add ingredients to it and cover it. Boil it on a low flame for 8-10 minutes. Remove from flame and keep it at least for one minute so that the ingredients settle down. Now filter it in a cup. Add honey to taste if needed and sip it hot. Chopped almonds are usually added in the cup for garnishing. Cloves, mace or cinnamon may also be used as alternate ingredients. Green tea leaves are also added to it nowadays.

Serving

50-100 mL

Health benefits

Its rich flavor and taste refreshes mood and makes the body and mind more active and energetic. Due to spices, it improves digestion and metabolism. Its antioxidant and immunity boosting properties make it a special drink. It keeps seasonal flu and cold and cough at bay.

Reference

Ghani N. Qarabadin Najmul Ghani. New Delhi (India): Central Council for Research in Unani Medicine; 2010, p. 737-39

Sharbat Anba Kham (Unripe mango squash)



During hot summer, fruit drinks having cooling properties are very popular. Unripe mango is one of the fruits used for this purpose widely in the form of squash during summer season.

S. No.	Ingredients	Quantity
1.	<i>Anba Kham</i> (unripe mango)	4 pieces of medium size
2.	<i>Qand Safed</i> (sugar)	2 table spoon

Method of preparation

Wash mangoes and boil them with water in a pan on medium flame. When mangoes become soft, remove it from flame and

allow it to cool. After removing the skin and seed (when present), obtain soft pulp in a bowl. Mash it properly in a little amount of water; add sugar and store in fridge. Dilute it with chilled water or ice cubes and drink. To improve its taste, black salt, roasted cumin powder and '*Araq Gulab* / '*Araq Kewda* may be added to it.

Serving

1-2 glass

Health benefits

To counter hot waves of summer, it is the best drink. It has a soothing effect, hydrates the body, maintains electrolytes and prevents ill effects of hot weather like reduced appetite, nausea, vomiting, loose motions and dehydration. Besides refreshing the body, providing energy and maintaining body salts and electrolytes, it works as a preventive measure against heat strokes.

Other instruction

Not recommended to diabetic patients.

Reference

Khan MA. Iksir Azam Vol. IV. Lucknow (India): Matba Nami Munshi Nawal Kishor, 1324 AH. p. 86

Ghani N. Khazain al-Adviya Vol. I. New Delhi (India): Central Council for Research in Unani Medicine; 2010, p. 393

Sharbat Ghawra (Syrup of unripe grapes)



S. No.	Ingredients	Quantity
1.	<i>Aab Ghawra</i> (unripe grapes juice)	1 L
2.	<i>Qand Safed</i> (sugar)	500 g

Method of preparation

Crush unripe sour grapes to obtain the juice. Strain the juice and boil it on medium flame until the liquid is reduced to half. Switch off the flame and let it cool down to room temperature.

Without mixing, carefully collect clear liquid in a pan and discard sediments. Add sugar to this juice. Heat it on low

flame and stir until sugar is dissolved and takes the form of *Qiwam* (concentrated syrup). Remove it from fire and save it in a glass jar after cooling.

Serving

20-50 mL mixed in water

Health benefits

It is a tasty drink which quenches thirst and refreshes the body and mind.

Reference

Ghani N. Qarabadin Najmul Ghani. New Delhi (India): Central Council for Research in Unani Medicine; 2010, p. 607

Sharbat Lemun



S. No.	Ingredients	Quantity
1.	<i>Aab Lemun</i> (lemon juice)	500 mL
2.	<i>Qand Safed</i> (sugar)	500 g

Method of preparation

Take fresh lemon and collect its juice by pressing it or other suitable means. Take this juice in a deep pan and add sugar to it. Boil it on low flame till it takes the form of *Qiwam* (concentrated syrup). Remove from fire and let it cool down. Keep in a glass jar and use. It can be prepared instantly by adding fresh lemon juice and sugar in water.

Serving

20-50 mL mixed in chilled water

Health benefits

It is a popular energetic drink of summer season. It quenches thirst and refreshes the body and mind.

Reference

Anonymous. Kitab al Tabikh fi-l-Maghrib wa'l Andalus fi 'Asr al-Muwahhidin, p. 18 (http://italophiles.com/andalusian_cookbook.pdf)

Sharbat Tamar Hindi (Syrup of Tamarind)



S. No.	Ingredients	Quantity
1.	<i>Tamar Hindi</i> (tamarind)	500 g
2.	<i>Qand Safed</i> (sugar)	500 g

Method of preparation

Take tamarind and remove outer coat. Soak it in 2.5 L water overnight. Mash it by hand so that whole pulp comes in the water. Strain it to remove sediments. Add sugar to this tamarind water and boil it in a deep pan on medium flame till it takes the form of *Qiwam* (concentrated syrup). Remove it from fire and store in a glass bottle after cooling.

Serving

20-50 mL mixed in water

Health benefits

Besides a refreshing drink, it is a good appetizer. It quenches thirst and prevents symptoms like nausea and vomiting associated with excess of bile.

Reference

Anonymous. Kitab al Tabikh fi-l-Maghrib wa'l Andalus fi 'Asr al-Muwahhidin, p. 20 (http://italophiles.com/andalusian_cookbook.pdf)

Hazim Chutney



Various *chutneys* are offered as a side dish with a main menu. *Chutney* is a spicy or flavored condiment. Spices and herbs are combined with vinegar and jaggery/sugar to make *chutney*. *Chutney* in Unani Medicine usually refers to anything that has been preserved in jaggery and vinegar, regardless of texture, ingredients, or consistency.

S. No.	Ingredients	Quantity
1.	<i>Amchoor</i> (mango powder)	1 kg
2.	<i>Qand Siyah</i> (jaggery)	1 kg
3.	<i>Seer</i> (garlic cloves-peeled)	1 kg

S. No.	Ingredients	Quantity
4.	<i>Mirch Surkh</i> (red chilli)	125 g
5.	<i>Filfil Siyah</i> (black pepper)	84 g
6.	<i>Zanjabeel</i> (ginger)	84 g
7.	<i>Dana Heel Khurd</i> (green cardamom seeds)	42 g
8.	<i>Barg Pudina</i> (mint leaves)	42 g
9.	<i>Laung</i> (cloves)	20 g
10.	<i>Khall / Sirka</i> (vinegar-purified)	3 L

Method of preparation

Soak the mango powder in vinegar overnight and grind it in the morning to make a paste. Add garlic and salt to taste and grind the mixture again to obtain a paste that is smooth. Mix the already pounded jaggery, ginger, red chilli, green cardamom seeds and mint and uncrushed clove to the paste. Mix all the ingredients thoroughly and store the *chutney*.

Serving

As per desire

Health benefits

This *chutney* promotes digestion. Garlic being one of the chief ingredients, it may help in lowering cholesterol. It can also enhance appetite and protect the liver.

Reference

Ghani N. Qarabadin Najmul Ghani. New Delhi (India): Central Council for Research in Unani Medicine; 2010, p. 203

Hazim Chutney - II



Another preparation with different composition and taste.

S. No.	Ingredients	Quantity
1.	<i>Anba Kham</i> (Unripe mango-peeled and deseeded)	100 no.
2.	<i>Barg Pudina</i> (mint leaves)	125 g
3.	<i>Filfil Siyah</i> (black pepper)	84 g
4.	<i>Zeera Siyah</i> (black cumin)	84 g
5.	<i>Laung</i> (clove)	20 g
6.	<i>Kalonji</i> (nigella seeds)	63 g

Important Food Recipes in Unani Medicine

S. No.	Ingredients	Quantity
7.	<i>Dana Heel Khurd</i> (green cardamom seeds)	20 g
8.	<i>Dana Heel Kalan</i> (black cardamom seeds)	20 g
9.	<i>Filfil Daraz</i> (long pepper)	42 g
10.	<i>Zanjabeel</i> (dry ginger)	42 g
11.	<i>Namak</i> (salt)	To taste

Method of preparation

Make a smooth paste of unripe mango and mix the powder of all the other ingredients except clove to the paste. Keep this mixture in a safe place and let it dry. Grind the dried mixture with purified vinegar to make a smooth paste, mix the uncrushed clove and store in a jar.

Serving

As per desire

Health benefits

This *chutney* promotes digestion, enhances appetite and strengthens the stomach and liver.

Reference

Ghani N. Qarabadin Najmul Ghani. New Delhi (India): Central Council for Research in Unani Medicine; 2010, p. 203



Central Council for Research in Unani Medicine

Ministry of Ayush, Government of India

61 -65, Institutional Area, Janakpuri, New Delhi - 110 058

Telephone: +91-11-28521981, 28525982

Email: unanimedicine@gmail.com

Website: www.ccrum.res.in

ISBN 978-81-87748-74-5



9 788187 748748