

Improve Your Immunity

...through Unani Medicine



CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE

Unani Medicine (*Tibb*) is a medical system that deals with the management of health and disease. It provides preventive, promotive, curative and rehabilitative healthcare with holistic approach. Unani Medicine believes that *Medicatrix Naturae* (*Tabiyat Mudabbira'-i Badan*) is the supreme power, which controls all the physiological functions of the body, provides resistance against diseases and helps in healing naturally. It is said that the real physician is the *Tabi'at* that and the task of the physician is only to help it. The use of immunomodulatory drugs, besides others, is the unique feature of Unani Medicine which plays an important role in modulating the body immunity and improving overall quality of life.

General guidelines for increasing immunity

Unani Medicine lays emphasis on maintaining health in a positive and individualized manner taking into consideration; the different temperaments, genders, age groups, geographical regions, seasons, occupations, etc.

- ❖ Abide by the principles of **Six Essential Factors** (*Asbab Sitta Zaruriya*): The role of the six essential factors is crucial in maintaining health and preventing diseases. Abiding by them through dietotherapy, regimenal therapy and pharmacotherapy helps preserve and restore the health. These factors are:
 - Air (*Hawa*): Air should be free from physical, chemical and biological pollutants / contaminants. Purify the air by Fumigation (*Bakhur*) of the house at frequent intervals with combination of *Sandal* (*Santalum album*) and *Kafur*

(*Cinnamomum camphora*). Avoid staying in air conditioner for long and maintain room temperature.

- Food and Drink (*Makul-o-Mashrub*): Nutritive and easily digestible food should be taken. Use of seasonal fruits and vegetables should be preferred.
- Bodily Movement and Repose (*Harakat-o-Sukun Badani*): Perform adequate physical exercises as per age, sex and individual condition.
- Psychic Movement and Repose (*Harakat-o-Sukun Nafsan*): Maintain a balance in emotional state. Take care of mental health by avoiding emotions like anger, grief and stress. Practice stress relieving techniques, meditation, etc.
- Sleep and Wakefulness (*Nawm-o-Yaqza*): Maintain a balance between sleep and wakefulness by taking adequate sleep.
- Evacuation and Retention (*Istifragh-o-Ihtibas*): Maintain good bowel habits and take care of digestive health.

Certain non-essential factors (*Asbab Ghayr Zaruriya*) e.g. Massage (*Dalk*) and Turkish Bath (*Hammam*) may also help to increase immunity.

Immunity enhancers

A large number of drugs have been prescribed in Unani Medicine in which certain lead on immuno-modulatory effects have been reported.

Single drugs

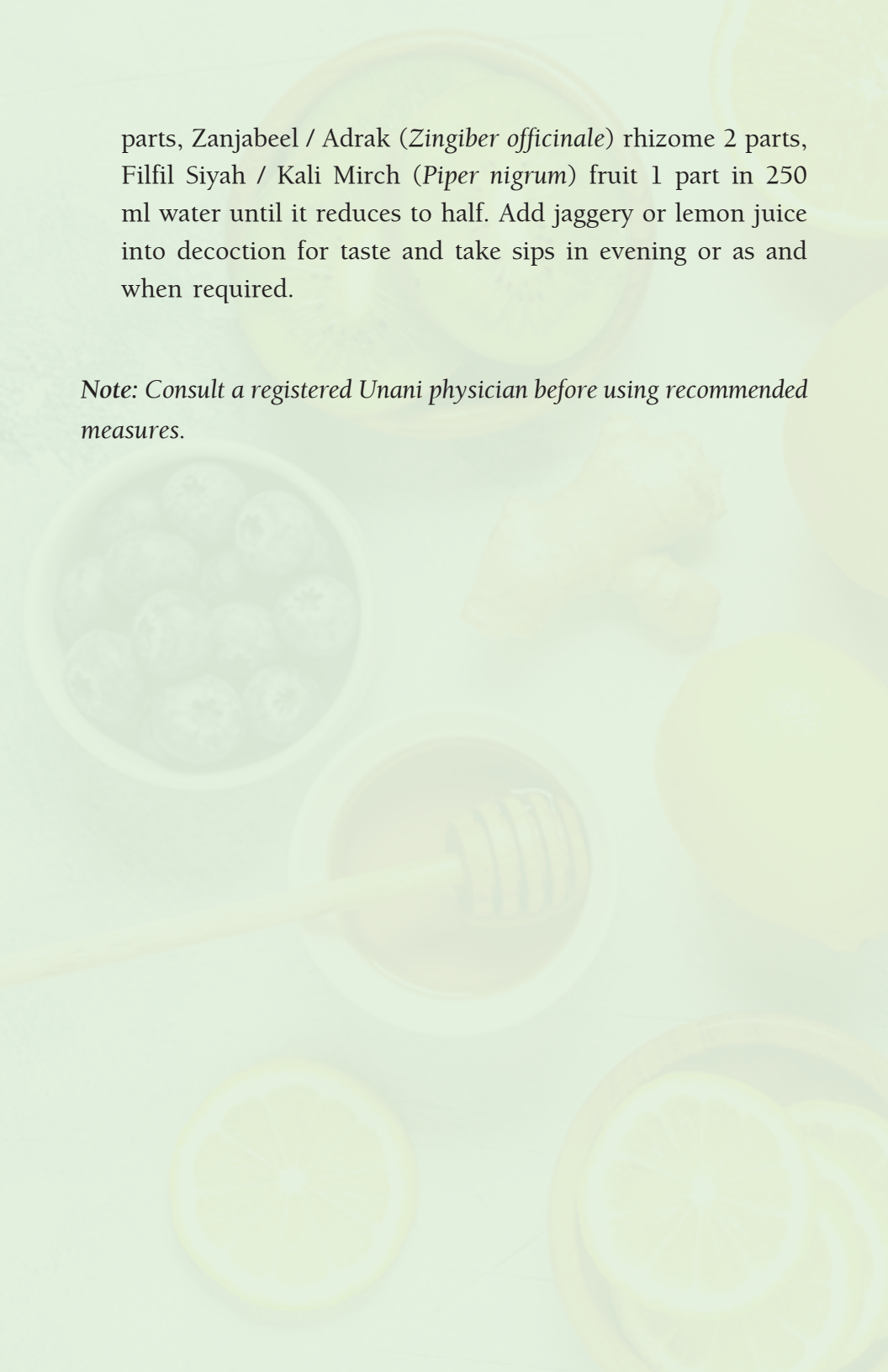
- Zanjabil / Adrak (*Zingiber officinale*)
- Asgandh (*Withania somnifera*)
- Amla (*Emblica officinalis*)
- Gilo (*Tinospora cordifolia*)
- Sir / Lahsun (*Allium sativum*)
- Anjeer (*Ficus carica*)
- Zafran (*Crocus sativus*)
- Shivniz / Kalonji (*Nigella sativa*)
- Zard Chob / Haldi (*Curcuma longa*)
- Zaitoon (*Olea europaea*)
- Rehan (*Ocimum sanctum*)
- Rumman (*Punica granatum*)
- Badranjboya (*Mellisa officinalis*)
- Brahmi (*Bacopa monnieri*)
- Badam Shirin (*Prunus amygdalus*)
- Sahajna (*Moringa olifera*)
- Gurmar (*Gymnema sylvestre*)
- Sibr / Gheekawar (*Aloe vera*)
- Musli Safaid (*Chlorophytum borivilianum*)
- Asl al-Sus / Mulethi (*Glycyrrhiza glabra*)
- Halela (*Terminalia chebula*)

Compound drugs

1. *Khamira Marwareed*
2. *Habb-i Marwareed*
3. *Jawarish Amla Sada*
4. *Majun Falasefa*
5. *Tiryaq-i Arb'a*
6. *Khamira Gaozaban Ambri Jadwar Ud Salib Wala*
7. *Khamira Abresham Hakim Arshad Wala*

Suggested prescriptions

1. Avoid drinking cold water, perform moderate exercises, maintain good bowel habits and adequate sleep. Use *Sir/ Lehsun* (*Allium sativum*) and *Kalonji* (*Nigella sativa*) in diet.
2. Take *Khameera Marwareed* 3-5 g in morning and *Tiryaq-e-Arba* in the dose of 3-5 gm with lukewarm water in evening for enhancing immunity (Not recommended for diabetics). Diabetics may take *Safuf Asgandh* (powder of *Withania somnifera*) in a dose of 5 gm daily.
3. Prepare decoction by boiling *Behidana* (*Cydonia oblonga*) (3 gm), *Unnab* (*Zizyphus jujuba*) (5 pcs.), *Sapistan* (*Cordia myxa*) (9 pcs.) in 250 ml water until it reduces to half. Take sips as and when required.
4. **AYUSH Joshanda:** Prepare AYUSH Joshanda (decoction) by boiling *Raihan / Tulsi* (*Ocimum sanctum*) leaves 4 parts, *Dar Chini / Cinnamon* (*Cinnamomum zeylanicum*) stem bark 2



parts, Zanjabeel / Adrak (*Zingiber officinale*) rhizome 2 parts, Filfil Siyah / Kali Mirch (*Piper nigrum*) fruit 1 part in 250 ml water until it reduces to half. Add jaggery or lemon juice into decoction for taste and take sips in evening or as and when required.

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

Useful medicinal plants



Sir (Allium sativum Linn.)



Zanjabil (Zingiber officinale Roscoe)



Badam (Prunus amygdalus Batsch)



Amla (Embllica officinalis)



Asgandh (Withania somnifera Dunal)



Zafran (Crocus sativus)



For further Information, please contact
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