

Medicinal plants used in *Siman Mufrit*



Zira Siyāh (Carum carvi Linn.)



Shivniz (Nigella sativa Linn.)



Muqil (Commiphora mukul Hook. ex Stocks)



Luk (Lac)



Zanjabil (Zingiber officinale Linn.)

Obesity

(*Siman Mufrit*)



For further Information, please contact

Director General

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What is *Siman Mufrit*?

Siman Mufrit (Obesity) is the condition in which excess fat accumulates in the body leading to various health problems, such as osteoarthritis, hypertension, palpitation, stroke, diabetes, cancer, infertility, etc.

Asbāb (Causes)

- Overeating
- High calorie diet
- Lack of physical activity
- Genetic susceptibility
- Endocrine disorders
- Insufficient sleep
- Stress



Tahaffuz (Prevention)

- Eat plenty of fruits and vegetables
- Consume whole grain foods such as whole wheat bread and brown rice
- Avoid junk and processed foods made with refined sugar, flour and saturated fat
- Avoid overeating and high calorie foods
- Eat easily digestible and nutritive food
- Exercise regularly

‘Ilāj (Treatment)

‘Ilāj bi’l-Ghidhā’ (Dieto-therapy)

- Eat easily digestible and nutritive food
- Drink skimmed milk, *Mā’ al-Jubn* (whey) and *Mā’ al-Laḥam* (meat soup)
- Include salad in your diet

Ilāj bi’l-Dawā’ (Pharmacotherapy)

• Single drugs

- ❖ *Lūk Maghsūl* (purified lac)
- ❖ *Zīra Siyāh* (*Carum carvi* Linn.)
- ❖ *Muqil* (*Commiphora mukul* Hook. ex Stocks)
- ❖ *Bādiyīn* (*Foeniculum vulgare* Mill)
- ❖ *Nānkhwāh* (*Ptychotis ajowan* D. C.)
- ❖ *Sudāb* (*Ruta Sylvestris* Mill)
- ❖ *Marzanjosh* (*Origanum vulgare* Linn.)
- ❖ *Zanjabīl* (*Zingiber officinale* Linn.)
- ❖ *Shivnīz* (*Nigella sativa* Linn.)
- ❖ *Būrā Armānī* (A type of Borax found in Rome)

• Compound drugs

- ❖ *Safūf Muhazzil*
- ❖ *Jawārish Falāfilī*
- ❖ *Jawārish Bisbāsā*
- ❖ *Jawārish Kamūnī*
- ❖ *Dawā’-i Lūk*



‘Ilāj bi’l-Tadbīr (Regimenal Therapy)

- *Munzij* and *Mushil* therapy
- *Riyāḍat* (physical exercise)
- *Tā’rīq* (euphoresis), *Idrār* (diuresis), *Ḥammām Hār* (hot Turkish bath)
- *Dalk* (massage) with *hār-wa-muḥallil raughaniyāt* (hot & resolvent oils)

Note: Consult a registered Unani physician before using recommended drugs