



# भारतीय चिकित्सा एवं होम्योपैथी भेषजसंहिता आयोग

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## NOTICE

### Inviting public comments/suggestions on draft of revised National Formulary of Unani Medicine (NFUM) Part-IV.

Draft document of revised National Formulary of Unani Medicine (NFUM) Part-IV is hereby placed for calling stakeholders Comments/Suggestion by 31<sup>st</sup> December, 2021 at 5:30 PM.

Comments/Suggestions may be sent through email to [dir.hpl-ayush@gov.in](mailto:dir.hpl-ayush@gov.in) within the prescribed time period. No comments after due date will be entertained.

This issues with the approval of Director I/c, PCIM&H

भवदीय,

(जी. वी. आर. जोसफ) 16/12/2021  
प्रभारी संयुक्त निदेशक

Note: Hindi translation follows

# **NATIONAL FORMULARY OF UNANI MEDICINE**

## **PART IV**



**Government of India  
Ministry of AYUSH  
New Delhi  
2020**

## ABBREVIATIONS FOR PLANT PARTS

S.No.	UNANI TERM	ENGLISH EQUIVALENT
1.	<i>Ūṣūl/ Bīkh/ Mool</i>	Root
2.	<i>Barg</i>	Leaf
3.	<i>Dānā/ Tukhm/ Bazr</i>	Seed
4.	<i>Fuqah</i>	Flower bud
5.	<i>Gul</i>	Flower
6.	<i>Hashā'ish</i>	Whole herb
7.	<i>Khaṣhab</i>	Wood
8.	<i>Laban</i>	Milk secretions (of plant)
9.	<i>Maghz</i>	Kernel
10.	<i>Post</i>	Pericarp
11.	<i>Qishr</i>	Fruit rind
12.	<i>Rāl</i>	Resin
13.	<i>Şamagh</i>	Gum
14.	<i>Thamar</i>	Fruit
15.	<i>Shagufa</i>	Inflorescence
16.	<i>Shākh</i>	Branches

## ABBREVIATIONS FOR TECHNICAL TERMS

S.No.	UNANI TERM	ENGLISH EQUIVALENT
1.	<i>Āb</i>	Water/ juice/ infusion
2.	<i>'Arq</i>	Distillate
3.	<i>Biryān</i>	Roasted
4.	<i>Burāda</i>	Coarse powder
5.	<i>Daq-wa-Sahaq</i>	Crush and grind
6.	<i>Darāz</i>	Long
7.	<i>Habb</i>	Pills/tablets
8.	<i>Joshānda</i>	Decoction
9.	<i>Kalān</i>	Big
10.	<i>Kasaīla</i>	Acrid
11.	<i>Kharal</i>	Mortar and pestle
12.	<i>Khurd</i>	Small
13.	<i>Khushk</i>	Dry
14.	<i>Lugdī</i>	Mass/ Semi-solid
15.	<i>Namak/ Satt</i>	Salt
16.	<i>Maghsūl</i>	Washed
17.	<i>Malma</i>	Muslin
18.	<i>Marham</i>	Ointment
19.	<i>Mahlūl</i>	Solution
20.	<i>Mudabbar</i>	Detoxified
21.	<i>Muqarrad</i>	Cut

<b>22.</b>	<i>Muqashshar</i>	Peeled
<b>23.</b>	<i>Muṣaffa</i>	Cleaned
<b>24.</b>	<i>Nīm kofta</i>	Partially crushed
<b>25.</b>	<i>Nīthārna</i>	Decantation
<b>26.</b>	<i>Qiwām</i>	Concentrated sugar solution
<b>27.</b>	<i>Qurs</i>	Tablet
<b>28.</b>	<i>Roghan</i>	Oil
<b>29.</b>	<i>Sā’īda</i>	Fine Powder
<b>30.</b>	<i>Safayd</i>	White
<b>31.</b>	<i>Sharbat</i>	Syrup
<b>32.</b>	<i>Shīrīn</i>	Sweet
<b>33.</b>	<i>Siyāh</i>	Black
<b>34.</b>	<i>Surkh</i>	Red
<b>35.</b>	<i>Talkh</i>	Bitter
<b>36.</b>	<i>Tursh</i>	Sour
<b>37.</b>	<i>‘Uṣāra</i>	Extract
<b>38.</b>	<i>Zard</i>	Yellow/orange
<b>39.</b>	<i>Dimād</i>	Liniment

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## **SECTION - I**

# **ḤUBŪB-WA-AQRĀṢ**

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## **HUBŪB-WA-AQRĀŞ**

### **DEFINITION**

*Hubūb* (Pills) are small round and uniformly shaped medicinal preparations. While *Aqrāş* (tablets) are flat and circular in shape. Size and weight of *hubūb* and *aqrāş* vary in weight from one tenth of a gram to one gram. *Banādiq* are in bigger forms of *hubūb* and weight from 1-3 g.

### **METHOD OF PREPARATION**

There are two methods of preparation of *Hubūb* and *Aqrāş*. These are (i) Manual process and (ii) Mechanical process. The details of the preparation may be seen in the chapter ‘General Methods of Preparations’.

### **GENERAL PRECAUTIONS**

- (i) For powdering the drugs heading “*Daqq-wa-Sahaq*” in the chapter of ‘General Methods of Preparation’ may be seen.
- (ii) For making the *Lugdī* (mass), take a sufficient amount of water, dissolved adhesive like *Şamagh-i- 'Arabī* is used in cases where the constituent drugs are not mucilaginous in nature.
- (iii) To avoid the sticking of the *Lugdī* during the rolling between the fingers, lubricants like *Roghan Zard* or *Roghan Kunjad* is applied.
- (iv) The formulae where in *Sīmāb* (Mercury) and *Kibrīt* (Sulphur) are used together, the *Kajlī* (See General Methods of Preparation) is made first and then mixed with the powder of other drugs.
- (v) Drugs like *Dārchikna*, *Raskapūr*, *Halīlājāt*, *Āmla*, *Gul-i-Surkh*, *Post Anār* etc. should be grounded in porcelain mortar. The use of iron knife, spoon etc. should be avoided.

### **CHARACTERISTICS**

The finished products (Pills and Tablets) should neither be very hard nor very soft.

### **PRESERVATION**

The *Hubūb* and *Aqrāṣ* are preserved in well dried, clean glass jars, stopped bottles, phials etc. and stored in a cool and dry place to avoid contamination. Chalk or starch powder is sprinkled inside the containers before use.

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		<i>(Urdu Translation);2009</i>	31
<b>1.7</b>	<i>Habb-i-Fāwāniyā Mushil</i>	<i>Qarābādīn-i-A ‘zam</i> (Urdu);1903	29
<b>1.8</b>	<i>Habb-i-Fāwāniyā</i>	<i>Qarābādīn-i- A ‘zam(Urdu);1903</i>	29
<b>1.9</b>	<i>Habb-i- Ḥummā-i-Murakkaba</i>	<i>Qarābādīn-i-A ‘zam-o-</i> <i>Akmal (Fārsī);1315 H</i>	82
		<i>(Urdu) ;2005,Reprint</i>	72
<b>1.10</b>	<i>Habb-i-Ibn-i-Hārith</i>	<i>Qarābādīn-i-A ‘zam-o-</i> <i>Akmal (Fārsī);1315 H</i>	92
		<i>(Urdu) ;2005,Reprint</i>	81
<b>1.11</b>	<i>Habb-i-Ikhtilāj</i>	<i>Qarābādīn- Qādrī</i> (Fārsī);1914	21
		<i>(Urdu Translation);2009</i>	37
<b>1.12</b>	<i>Habb-i- Ishrat</i>	<i>Qarābādīn- Qādrī</i> (Fārsī);1914	21
		<i>(Urdu Translation);2009</i>	37

<b>1.13</b>	<i>Habb-i-Kāfūr</i>	<i>Qarābādīn-i-A ‘zam-o-Akmal (Fārsī);1315 H (Urdu) ;2005,Reprint</i>	81 71
<b>1.14</b>	<i>Habb-i-Kāfūrī</i>	<i>Qarābādīn-i-A ‘zam-o-Akmal (Fārsī);1315 H (Urdu) ;2005,Reprint</i>	84 74
<b>1.15</b>	<i>Habb-i-Kalaf</i>	<i>Qarābādīn-i-A ‘zam-o-Akmal (Fārsī);1315 H (Urdu) ;2005,Reprint</i>	92 81
<b>1.16</b>	<i>Habb-i-Khīzarān</i>	<i>Qarābādīn-i-A ‘zam-o-Akmal (Fārsī);1315 H (Urdu) ;2005,Reprint</i>	85 75
<b>1.17</b>	<i>Habb-i-Kotwālī</i>	<i>Qarābādīn- Qādrī (Fārsī);1914 (Urdu Translation);2009</i>	17 30
<b>1.18</b>	<i>Habb-i-Lājward</i>	<i>Qarābādīn- Qādrī (Fārsī);1914 (Urdu Translation);2009</i>	21 37
<b>1.19</b>	<i>Habb-i-Muhallil</i>	<i>Qarābādīn-i-A ‘zam-o-Akmal (Fārsī);1315 H (Urdu) ;2005,Reprint</i>	85 74
<b>1.20</b>	<i>Habb-i-Navī</i>	<i>Qarābādīn-i-A ‘zam (Urdu);1903</i>	34-35
<b>1.21</b>	<i>Habb-i-Rādi ‘</i>	<i>Qarābādīn-i-A ‘zam-o-Akmal (Fārsī);1315 H (Urdu) ;2005,Reprint</i>	84 74
<b>1.22</b>	<i>Habb-i-RasKapūr</i>	<i>Qarābādīn-i-A ‘zam-o-Akmal (Fārsī);1315 H (Urdu) ;2005,Reprint</i>	88 77
<b>1.23</b>	<i>Habb-i-Sabz</i>	<i>Qarābādīn-i-A ‘zam (Urdu);1903</i>	33
<b>1.24</b>	<i>Habb-i-Saylān-i-Lu ‘āb-i-Dahan</i>	<i>Qarābādīn-i-A ‘zam-o-Akmal (Fārsī);1315 H (Urdu) ;2005,Reprint</i>	53 46
<b>1.25</b>	<i>Habb-i-Sakbīnaj</i>	<i>Qarābādīn-i-A ‘zam-o-Akmal (Fārsī);1315 H (Urdu) ;2005,Reprint</i>	82 72
<b>1.26</b>	<i>Habb-i-Shīr-al-Āgh</i>	<i>Qarābādīn-i-A ‘zam-o-Akmal (Fārsī);1315 H</i>	84

		(Urdu) ;2005,Reprint	74
<b>1.27</b>	<i>Habb-i-Shuk</i>	<i>Qarābādīn-i-A‘zam-o-Akmal (Fārsī); 1315 H</i>	92
		<i>(Urdu);2005,Reprint</i>	81
<b>1.28</b>	<i>Habb-i-Tap-o-Larza</i>	<i>Qarābādīn-i-A‘zam-o-Akmal (Fārsī);1315 H</i>	82
<b>1.29</b>	<i>Habb-i-Zangār</i>	<i>Qarābādīn-i-A‘zam-o-Akmal (Fārsī);1315 H</i>	88
		<i>(Urdu) ;2005,Reprint</i>	77
<b>1.30</b>	<i>Habb-i-Māzaryūn</i>	<i>‘Ilāj-al-Amrād (Fārsī);1921</i>	182
		<i>(Urdu); 2005, Reprint</i>	442
<b>1.31</b>	<i>Habb-i-Bahrāmī</i>	<i>‘Ilāj-al-Amrād (Fārsī);1921</i>	182
		<i>(Urdu); 2005, Reprint</i>	442
<b>1.32</b>	<i>Habb-i-Jawāhar Kāfūrī</i>	<i>Al-Qarābādīn (Urdu);2006</i>	137
<b>1.33</b>	<i>Habb-i-Banafsha Mushil</i>	<i>Al- Qarābādīn (Urdu);2006</i>	119
<b>1.34</b>	<i>Habb-i-Kibr</i>	<i>‘Ilāj-al-Amrād (Fārsī)</i>	182
		<i>(Urdu); 2005, Reprint</i>	443
<b>1.35</b>	<i>Habb-i- Za ‘frān</i>	<i>Al-Qarābādīn (Urdu);2006</i>	128
<b>1.36</b>	<i>Habb-al-Lūbān Qawī</i>	<i>Al- Qarābādīn (Urdu);2006</i>	130
<b>1.37</b>	<i>Habb-i-Habb al Quṭn</i>	<i>Al-Qarābādīn (Urdu);2006</i>	133
<b>1.38</b>	<i>Habb-i-Bāqla</i>	<i>Al- Qarābādīn (Urdu);2006</i>	135
<b>1.39</b>	<i>Habb-al-Sadr</i>	<i>Al- Qarābādīn (Urdu);2006</i>	136
<b>1.40</b>	<i>Habb-i-Jāoshīr</i>	<i>Al- Qarābādīn (Urdu);2006</i>	137
<b>1.41</b>	<i>Habb-al-Ushuq</i>	<i>Al- Qarābādīn (Urdu);2006</i>	137
<b>1.42</b>	<i>Habb-i-Mujarrab</i>	<i>Al-Qarābādīn (Urdu);2006</i>	102
<b>1.43</b>	<i>Habb-i-Uṣṭūkhudūs</i>	<i>Al-Qarābādīn (Urdu);2006</i>	103
<b>1.44</b>	<i>Habb-i-Afyūn</i>	<i>Al- Qarābādīn (Urdu);2006</i>	112

<b>1.45</b>	<i>Habb-i-Maghziyāt</i>	<i>Bayād Kabīr (Urdu)</i> <i>Part-II; 1947</i>	224
<b>1.46</b>	<i>Habb-i-Abyad</i>	<i>Bayād Kabīr (Urdu)</i> <i>Part-II; 1947</i>	221
<b>1.47</b>	<i>Habb-i-Istisqā' Ishālī</i>	<i>Bayād Kabīr (Urdu)</i> <i>Part-II; 1947</i>	221-22
<b>1.48</b>	<i>Habb-i-Adrak Qawī</i>	<i>Al-Qarābādīn (Urdu); 2006</i>	132
<b>1.49</b>	<i>Habb-i-Buzūr</i>	<i>'Ilāj-al-Amrād (Fārsī); 1921</i>	225
		<i>(Urdu); 2005, Reprint</i>	567
<b>1.50</b>	<i>Habb-i-Bar'yūmā</i>	<i>'Ilāj-al-Amrād (Fārsī); 1921</i>	303
		<i>(Urdu); 2005, Reprint</i>	756
<b>1.51</b>	<i>Habb-i-Fād-i-Zahr Haywānī</i>	<i>'Ilāj-al-Amrād (Fārsī); 1921</i>	242
		<i>(Urdu); 2005, Reprint</i>	616
<b>1.52</b>	<i>Habb-i-Qudrat</i>	<i>'Ilāj-al-Amrād (Fārsī); 1921</i>	243
		<i>(Urdu); 2005, Reprint</i>	620
<b>1.53</b>	<i>Habb-i-Khush Kayf</i>	<i>'Ilāj-al-Amrād (Fārsī); 1921</i>	247
		<i>(Urdu); 2005, Reprint</i>	613
<b>1.54</b>	<i>Habb-i-Sahl-al-Wajūd</i>	<i>'Ilāj-al-Amrād (Fārsī); 1921</i>	247
		<i>(Urdu); 2005, Reprint</i>	
<b>1.55</b>	<i>Habb-i-Mushkil Kushā</i>	<i>'Ilāj-al-Amrād (Fārsī); 1921</i>	248
		<i>(Urdu); 2005, Reprint</i>	613
<b>1.56</b>	<i>Banādiq-i-Kundurī</i>	<i>Al-Qarābādīn (Urdu); 2006</i>	45

## 1.1 HABB-AI-‘ĀFIYAT

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Turbud Mawsūf	<i>Operculina turpethum</i> (L.) Silva Manso	Root	Powder	15g
2.	Sūranjān	<i>Colchicum luteum</i> Baker	Root	Powder	7.5g
3.	Halīla Zard	<i>Terminalia chebula</i> Retz.	Semi ripe fruit	Powder	7.5g
4.	Gul-i-Surkh	<i>Rosa damascena</i> Mill.	Flower	Powder	5g
5.	Banafsha	<i>Viola odorata</i> L.	Whole herb	Powder	5g
6.	Namak Hindī	Sodium chloride (Common Salt) NaCl	As such	Crystals	5g
7.	Aftīmūn	<i>Cuscuta epithymum</i> (L.)	Whole herb	Powder	5g
8.	Anīsūn	<i>Pimpinella anisum</i> L.	Seed	Powder	5g
9.	Saqmūniyā (Mushawwa)	<i>Convolvulus scammonia</i> L.	Dried resinous secretion of root (detoxified)	Powder	5g
10.	Būzidān	<i>Pseudohandelia umbellifera</i> (Boiss.) Tzvelev	Root	Powder	5g
11.	Muqil	<i>Commiphora wightii</i> (Arn.) Bhandari	Gum resin	Powder	5g
12.	Ghāriqūn	<i>Agaricus alba</i> L.	Dried mycelium	Powder	5g
13.	Sakbīnaj	<i>Ferula persica</i> Willd.	Gum resin	Powder	5g

**Action:** *Munaqqī-i-Dimāgh* (Brain cleanser), *Munaqqī-i-Aṣāb* (Nerve cleanser), *Mushil* (Purgative)

**Therapeutic Use:** *Waja'-al-Mafāṣil* (arthritis), *Şudā'* (headache), *Şaqīqa* (migraine), *Waja'-al-'Ayn* (eye pain), *Thiql-i-Sar* (Heaviness of Head)

**Dose:** 7 pills (1g each) per day

## 1.2 HABB-i-AŞTAMKHIQŪN

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Ayārij-i-Fayqra	(Q.V.)			35g
a.	Asārūn	<i>Asarum europaeum</i> L.	Rhizome	Powder	1 part
b.	Elvā (Şibr)	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	16 part

c.	Bālchar	<i>Nardostachys jatamansi</i> (D. Don) DC.	Root	Powder	1 part
d.	Taj	<i>Cinnamomum cassia</i> (L.) J. Presl	Stem Bark	Powder	1 part
e.	Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	1 part
f.	Habb-i-Balsāñ	<i>Commiphora gileadensis</i> (L.) C.Chr.	Seed	Powder	1 part
g.	‘Ūd Balsāñ	<i>Commiphora gileadensis</i> (L.) C.Chr.	Heartwood	Powder	1 part
h.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	1 part
i.	Za‘frān	<i>Crocus sativus</i> L.	Style and Stigma	Powder	1 part
2.	Habb al Nīl	<i>Indigofera tinctoria</i> L.	Seeds	Powder	35g
3.	Şibr (Elvā)	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	35g
4.	Post Halīla zard	<i>Terminalia chebula</i> Retz.	Fruit pericarp	Powder	17.5g
5.	Aftīmūn	<i>Cuscuta reflexa</i> L.	Whole herb	Powder	17.5g
6.	Bisfā’ij	<i>Polypodium vulgare</i> L.	Root	Powder	17.5g
7.	Saqmūniyā	<i>Convolvulus scammonia</i> L.	Dried resinous secretion of root	Powder	17.5g
8.	Şahm-i-Hanżal	<i>Citrullus colocynthis</i> (L.) Schrad.	Dried fruit pulp	Powder	11.66g
9.	Sanā	<i>Senna alexandrina</i> Mill.	Leaves	Powder	7g
10.	Muqil	<i>Commiphora wightii</i> (Arn.) Bhandari	Gum resin	Powder	7g
11.	Āb-i-Bādiyān	<i>Foeniculum vulgare</i> Mill.	Infusion of fruit	Liquid	Q.S.

**Action:** *Munaqqī-i-A ‘şāb* (Nerve cleanser), *Munaqqī-i-‘Āam* (Eliminates morbid humours from the body), *Mushil* (Purgative)

**Therapeutic Use:** *Fālij* (Paralysis), *Laqwa* (Facial Palsy), *Waja ‘-al-Mafāṣil* (Arthritis), *Istirkhā‘* (Atony), *Niqris* (Gout), *Şudā‘* (Headache), *Tanqiya-i-Sar* (elimination of morbid material from head)

**Dose:** 10 pills (1g each) per day with *Āb-i-Anisūn*

### 1.3 HABB-I-BARMAKİ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Şahm-i-Hançal	<i>Citrullus colocynthis</i> (L.) Schrad.	Dried fruit pulp	Powder	24.5g
2.	Elvā (Şibr)	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	24.5g
3.	Za‘frān	<i>Crocus sativus</i> L.	Stigma and style	Powder	3.5g
4.	Sumbul al Tīb	<i>Nardostachys jatamansi</i> (D. Don) DC.	Root	Powder	3.5g
5.	Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	3.5g
6.	Ḥabb-i-Balsān	<i>Commiphora gileadensis</i> (L.) C.Chr.	Seed	Powder	3.5g
7.	Asārūn	<i>Asarum europaeum</i> L.	Root	Powder	3.5g
8.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	3.5g
9.	Afsantīn	<i>Artemisia absinthium</i> L.	Herb	Powder	3.5g
10.	Saqmūniyā	<i>Convolvulus scammonia</i> L.	Dried resinous secretion of root	Powder	3.5g
11.	Turbud	<i>Operculina turpethum</i> (L.) Silva Manso	Root	Powder	3.5g
12.	Salīkha	<i>Cinnamomum cassia</i> (L.) J. Presl	Bark	Powder	1.75g
13.	Roghan Bādām Shīrīn	<i>Prunus amygdalus</i> Bastch.	Seed oil, sweet variety	Liquid	Q.S.

**Action:** *Munaqqī-i-Dimāgh* (Brain cleanser), *Mohallil-i-Waram* (Anti-inflammatory)

**Therapeutic Use:** *Şudā‘* (Headache), *Şaqīqa* (Migraine), *Hurqa al’Ayn* (Blepharo Spasm), *Nazla Muzmin* (Chronic Catarrh), *Du’f-i-A’sāb* (Neurasthenia), *Du’f-i-Dimāgh* (Cerebral Asthenia)

**Dose:** 7 pills (1g each) at night

## 1.4 HABB-I-BARAS

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Għāriqun	<i>Agaricus alba</i> L.	Dried mycelium	Powder	20g
2.	Shahm-i-Hanzal	<i>Citrullus colocynthis</i> (L.) Schrad.	Dried fruit pulp	Powder	20g
3.	Rätinaj	<i>Pinus succinifera</i> L.	Resinous exudate	Powder	20g
4.	Turbud Safayd	<i>Operculina turpethum</i> (L.) Silva Manso	Root	Powder	20g
5.	Rubb al Sūs	<i>Glycyrrhiza glabra</i> L.	Dried extract of root	Powder	20g
6.	Maṣtagħi	<i>Pistacia lentiscus</i> L.	Resin	Powder	10g
7.	Magħż-i-Hanzal	<i>Citrullus colocynthis</i> (L.) Schrad.	Kernel	Powder	10g
8.	Ḩilti	<i>Ferula assafoetida</i> L.	Resin	Powder	10g
9.	Sakbīnaj	<i>Ferula persica</i> Willd.	Gum resin	Powder	10g
10.	Marwārīd	<i>Mytilus marginiferus</i> (L.)	Whole pearl	Powder	10g
11.	‘Uđ Hindi	<i>Aquilaria malaccensis</i> Lam.	Heartwood	Powder	10g
12.	Za‘frān	<i>Crocus sativus</i> L.	Stigma and style	Powder	5g
13.	Post Bīkh Kanīr	<i>Nerium oleander</i> L.	Root bark	Powder	5g
14.	Shīṭraj	<i>Plumbago zeylanica</i> L.	Root	Powder	5g
15.	Āb-i-Karafs	<i>Apium graveolens</i> L.	Infusion/Juice of seeds	Liquid	Q.S

**Action:** *Munzijj* (concoctive), *Munaqqi* (cleanser)

**Therapeutic Use:** *Baras* (Vitiligo), *Bahaq-i-Abyad* (Pityriasis Alba)

**Dose:** 3-5 pills (1g each) per day

## 1.5 HABB-I-DĀFI‘-I-ŞAR‘-I-ATFĀL

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Dam-i-Kashaf	<i>Geochelone elegans</i> L.	TortoiseBlood	Liquid	10g
2.	Ārad-i-Jao	<i>Hordeum vulgare</i> L.	Barley flour	Powder	10g
3.	‘Asal	Honey	As such	Liquid	10g

**Action:** *Muqawwī-i-A ‘śāb* (nerve tonic), *Dāfi‘-i-Tashannuj* (Antispasmodic), *Munaqqī-i-A ‘śāb* (nerve cleanser)

**Therapeutic Use:** *Sar‘-i-Atfāl* (infantile epilepsy), *Tashannuj-i-Atfāl* (infantile spasm)

**Dose:** 150 mg in morning and evening

## 1.6 HABB-I-FARFIYŪN

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Farfiyūn	<i>Euphorbia resinifera</i> O. Berg.	Dried secretion	Powder	10g
2.	Għarīqūn	<i>Agaricus alba</i> L.	Dried mycelium	Powder	10g
3.	Muqil / guggul	<i>Commiphora wightii</i> (Arn.) Bhandari	Gum resin	Powder	10g
4.	Sakbīnaj	<i>Ferula persica</i> Willd.	Gum resin	Powder	10g
5.	Şahm-i-Hanżal	<i>Citrullus colocynthis</i> (L.) Schrad.	Dried fruit pulp	Powder	10g
6.	Şibr (Elvā)	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	20g
7.	Āb-i-Gandanā	<i>Allium ascalonicum</i> L.	Infusion/ Juice of seeds	Liquid	Q.S.

**Special Method of Preparation:** Dissolve *Sakbīnaj* and *Muqil* in *Āb-i-Gandanā*. Pulverize ingredients no. 1, 2, 5 & 6 separately. Mix and prepare Ḥabb as usual.

**Action:** *Munaqqī-i-Aṣāb* (nerve cleanser)

**Therapeutic Use:** *Ra'sha* (tremors), *Fālij* (paralysis), *Baraṣ* (vitiligo), *Sard-o-balghamī amrād* (wet and phlegmatic diseases)

**Dose:** 7 pills (1g each) for adults and 4 pills (1g each) for elderly per day

## 1.7 ḤABB-I-FĀWĀNIYĀ MUSHIL

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	‘Ūd Salīb (Fāwāniyā)	<i>Paeonia emodi</i> Wall. ex Royle	Root	Powder	9g
2.	Jund Bedastar	Castoreum	As such	Powder	3.5g
3.	Mushk	Musk	As such	Powder	3.5g
4.	Ḥabb al Mulūk (Ḥabb- al-Salāṭīn)	<i>Croton tiglium</i> L.	Seed (detoxified)	Powder	1.75g

**Action:** *Munaqqī-i-Aṣāb* (nerve cleanser), *Mushil* (purgative), *Munaqqī-i-Dimāgh* (brain cleanser)

**Therapeutic Use:** *Sar'* (epilepsy)

**Dose:** 1 pill (750) mg per day

## 1.8 ḤABB-I-FĀWĀNIYĀ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	‘Ūd Ṣalīb	<i>Paeonia emodi</i> Wall. ex Royle	Root	Powder	9g
2.	Jund Bedastar	Castoreum	As such	Powder	4.5g

3.	Mushk	Musk	As such	Powder	4.5g
4.	Za‘frān	<i>Crocus sativus</i> L.	Stigma and style	Powder	2.25g
5.	‘Arq-i-Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Distillate of stem bark	Liquid	Q.S.

**Action:** *Munaqqī-i-A ‘ṣāb* (nerve cleanser)

**Therapeutic Use:** *Sar‘* (epilepsy), *Fālij* (paralysis), *Amrād Dimāghī Balghamī* (phlegmatic diseases of brain)

**Dose:** 1 pill (750mg) with *Mā’al ‘asal* (Honey water) or ‘Arq-i-Dārchīnī after meals.

## 1.9 HABB-I-HUMMĀ-I-MURAKKABA

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Laung (Qaranful)	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	10g
2.	Ilā’ichi	<i>Elettaria cardamomum</i> (L.) Maton.	Fruit	Powder	10g
3.	Nār Mushk	<i>Mesua ferrea</i> L.	Flower	Powder	10g
4.	Zarishk	<i>Berberis aristata</i> DC.	Fruit	Powder	10g
5.	Sa‘d Kūfī	<i>Cyperus rotundus</i> L.	Rhizome	Powder	10g
6.	Sandal Safayd	<i>Santalum album</i> L.	Heartwood	Powder	10g
7.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	10g
8.	Sumāq	<i>Rhus coriaria</i> L.	Fruit	Powder	10g
9.	Āb	Pure water	As such	Liquid	Q.S.

**Action:** *Dāfi‘-i Hummā* (anti-pyretic), *Dāfi‘-i-Ishāl* (anti-diarrhoeal)

**Therapeutic Use:** *Hummā -i-Murakkaba* (compound fever), *Waja‘ al-Me‘da* (gastralgia), *Qay* (vomiting), *Ishāl* (diarrhoea), *Hayda* (cholera)

**Dose:** 1 pill (500 mg) with lukewarm water

## 1.10 ḤABB-I-IBN-I-ḤĀRITH

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Post Halīla Zard	<i>Terminalia chebula</i> Retz.	Fruit pericarp	Powder	50g
2.	Halīla Siyāh	<i>Terminalia chebula</i> Retz.	Fruit	Powder	50g
3.	Şibr (Elvā)	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	50g
4.	Anzarūt	<i>Astragalus sarcocolla</i> Dymock.	Resin	Powder	50g
5.	Sakbīnaj	<i>Ferula persica</i> Willd.	Gum resin	Powder	50g
6.	Muqil	<i>Commiphora wightii</i> (Arn.) Bhandari	Gum resin	Powder	50g
7.	Şahm-i-Hanżal	<i>Citrullus colocynthis</i> (L.) Schrad.	Dried fruit pulp	Powder	50g
8.	Khardal	<i>Brassica nigra</i> (L.) K. Koch	Seed	Powder	10g
9.	Şa‘tar Fārsī	<i>Zataria multiflora</i> Boiss	Herb	Powder	10g
10.	Kalonjī	<i>Nigella sativa</i> L.	Seed	Powder	10g
11.	Zīra Siyāh	<i>Carum carvi</i> L.	Seed	Powder	10g
12.	Namak Sang	Rock salt	As such	Crystals	10g
13.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	10g
14.	Āb-i-Gandanā	<i>Allium ascalonicum</i> L.	Infusion of seed	Liquid	Q.S.

**Special Method of Preparation:** Dissolve *Muqil* and *Sakbīnaj* in *Āb-i-Gandanā* and keep in an iron vessel in sun. Pulverize the remaining drugs separately. Mix and prepare pills of the size of black pepper.

**Action:** *Munaqqī-i-balgham* (expellent of phlegm), *Kāsir-i-Riyāḥ* (carminative)

**Therapeutic Use:** *Bahaq Abyad* (pityriasis alba), *Bahaq Aswad* (pityriasis nigra), *Hummayāt-i-Balghamī* (phlegmatic fever), *Nafkh-i-Shikam* (flatulence), *Waja ‘al- Balghamī* (phlegmatic pain)

**Dose:** 4 pills (1g each) in morning and evening

## 1.11 HABB-I-IKHTILĀJ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Turbud Mawsūf	<i>Operculina turpethum</i> (L.) Silva Manso	Root	Powder	5.5g
2.	Aftīmūn Wilāyatī	<i>Cuscuta epithymum</i> (L.)	Whole plant	Powder	1.75g
3.	‘Usara-i-Ghāfith	<i>Gentiana olivieri</i> Griseb.	Flower extract	Powder	500mg
4.	‘Usara-i-Afsantīn	<i>Artemisia absinthium</i> L.	Plant extract	Powder	500mg
5.	Şahm-i-Hanżal	<i>Citrullus colocynthis</i> (L.) Schrad.	Dried Fruit pulp	Powder	500mg
6.	Muqil	<i>Commiphora wightii</i> (Arn.) Bhandari	Gum resin	Powder	500mg
7.	Anīsūn	<i>Pimpinella anisum</i> L.	Fruit	Powder	500mg
8.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	500mg
9.	Āb	Water	As such	Liquid	Q.S.

**Action:** *Munaqqī-i-Dimāgh* (brain cleanser)

**Therapeutic Use:** *Mālankhūliyā* (melancholia), *Mirāq* (psychoneurosis)

**Dose:** 3-5 pills (1g each) per day

## 1.12 HABB-I-‘ISHRAT

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	7g
2.	Zanjabīl	<i>Zingiber officinale</i> Rosc.	Rhizome	Powder	7g

3.	Filfil Darāz	<i>Piper longum</i> L.	Fruit	Powder	7g
4.	Shīr-i-Āmla	<i>Phyllanthus emblica</i> L.	Fruit	Powder	7g
5.	Sa'd Kūfī	<i>Cyperus rotundus</i> L.	Rhizome	Powder	7g
6.	Maṣṭagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	7g
7.	Dārchiṇī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	7g
8.	Sumbul al Ṭīb	<i>Nardostachys jatamansi</i> (D. Don) DC.	Rhizome	Powder	7g
9.	Salīkhā	<i>Cinnamomum cassia</i> (L.) J. Presl	Stem bark	Powder	7g
10.	Asārūn	<i>Asarum europaeum</i> L.	Rhizome	Powder	7g
11.	Şibr (Elvā)	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	70g
12.	Āb-i-Karafs	<i>Apium graveolens</i> L.	Infusion of seeds	Liquid	Q.S.

**Action:** *Munaqqī-i-A'şāb* (nerve cleanser)

**Therapeutic Use:** *Laqwa* (facial palsy), *Ra'shā* (tremors), *Fālij* (paralysis)

**Dose:** 9 pills (1g each) per day

## 1.13 HABB-I-KĀFŪR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Şandal Safayd	<i>Santalum album</i> L.	Heartwood	Powder	12g
2.	Kāfūr	<i>Cinnamomum camphora</i> (L.) J. Presl	Exudate	Crystals	2g
3.	Ṭabāshīr	<i>Bambusa bambos</i> (L.) Voss	Silica concretion	Powder	1g
4.	Zahr Mohra	Serpentine	As such	Powder	1g
5.	'Arq-i-Gulāb	<i>Rosa damascena</i> Mill.	Distillate of rose	Liquid	Q.S.
6.	Sabzi-i-Kaṇwal Gatta	<i>Nelumbo nucifera</i> Gaertn.	De-seeded seed pod	Powder	1g

7.	Kath safayd	<i>Acacia leucophloea</i> (Roxb.) Willd.	Wood extract	Powder	4g
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**Special Method of Preparation:** *Sandal safayd* is triturated in ‘Arq-i-Gulāb and Zahr Mohra is ground in ‘Arq-i-Gulāb separately and then pills are prepared as usual.

**Action:** *Dāfi‘-i Hummā* (anti-pyretic), *Dāfi‘-i-Tabkhīr* (carminative)

**Therapeutic Use:** *Hummā-i-Muḥarraqa* (high grade fever), *Hummā-i-Diq* (Tubercular fever)

**Dose:** 1 pill (250mg)

## 1.14 HABB-I-KĀFŪRĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Kāfūr Qaysūrī	<i>Cinnamomum camphora</i> (L.) J. Presl	Exudate	Crystals	2.25g
2.	Ṭabāshīr	<i>Bambusa bambos</i> (L.) Voss	Silica concretion	Powder	4.5g
3.	Nishāsta Gandum	<i>Triticum aestivum</i> L.	Starch	Powder	4.5g
4.	Şandal Safayd	<i>Santalum album</i> L.	Heartwood	Powder	4.5g
5.	Maghz-i-Tukhm-i-Kadū	<i>Cucurbita moschata</i> Duchesne	Kernel	Powder	4.5g
6.	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder	4.5g
7.	Lu‘āb-i-Behīdāna	<i>Cydonia oblonga</i> Mill.	Seed mucilage	Liquid	Q.S.

**Action:** *Dāfi‘-i Hummā* (anti-pyretic), *Qābiḍ* (astringent), *Mubarriḍ* (refrigerant)

**Therapeutic Use:** *Hummā-i- Hāddā* (acute fever), *Tap-i-Diq* (tubercular fever), *Ishāl* (diarrhoea), *Amrād-i-Hāddā wa Shadīd al Ḥarāra* (acute diseases and fever)

**Dose:** 4 pills (1g each) per day

## 1.15 HABB-I-KALAF

S. No.	Ingredient in name as in reference followed by official name in parenthesis		Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Sankhyā Mudabbar	Safayd	White Arsenic (detoxified)	As such	Powder	125mg
2.	Suhāga Chokiya		Sodium Borate	As such	Powder	3g
3.	Şandal Safayd		<i>Santalum album</i> L.	Heartwood	Powder	12g
4.	‘Arq -i-Gulāb		<i>Rosa damascena</i> Mill.	Distillate of rose petals	Liquid	Q.S.

**Action:** *Jālī* (detergent)

**Therapeutic Use:** *Baraş* (Vitiligo), *Kalaf* (melasma)

**Dose:** The required amount of the pill should be dissolved in ‘*Arq -i-Gulāb* and applied to the affected area

## 1.16 HABB-I-KHĪZARĀN

S. No.	Ingredient in name as in reference followed by official name in parenthesis		Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Ayārij-i-Fayqra			Q.S.		10.5g
a)	Asārūn		<i>Asarum europaeum</i> L.	Rhizome	Powder	1 part
b)	Elvā		<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	16 part
c)	Bālchhar		<i>Nardostachys jatamansi</i> (D. Don) DC.	Root	Powder	1 part
d)	Taj		<i>Cinnamomum cassia</i> (L.) J. Presl	Stem Bark	Powder	1 part
e)	Dārchīnī		<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	1 part

f)	Habb-i-Balsāñ	<i>Commiphora gileadensis</i> (L.) C.Chr.	Seed	Powder	1 part
g)	‘Ūd -i-Balsāñ	<i>Commiphora gileadensis</i> (L.) C.Chr.	Heartwood	Powder	1 part
h)	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	1 part
2.	Għarīqūn	<i>Agaricus alba</i> L.	Dried mycelium	Powder	8.75g
3.	Şahm-i-Hanżal	<i>Citrullus colocynthis</i> (L.) Schrad.	Dried fruit pulp	Powder	5.25g
4.	Anzarūt	<i>Astragalus sarcocolla</i> Dymock.	Resin	Powder	14g
5.	Turbud Mawsūf	<i>Operculina turpethum</i> (L.) Silva Manso	Root	Powder	24.5g
6.	Jāoshīr	<i>Ferula galbaniflua</i> Boiss.	Gum resin	Powder	4.5g
7.	Naushādar	<i>Ammonium Chloride</i>	As such	Powder	7g
8.	Saqmūniyā	<i>Convolvulus scammonia</i> L.	Dried resinous secretion of root	Powder	4.5g
9.	Āb-i-Gandanā	<i>Allium ascalonicum</i> L.	Infusion of seed	Liquid	Q.S.

**Action:** *Muħallil-i-Waram* (anti-inflammatory)

**Therapeutic Use:** *Khanazīr* (scrofula), *Għudad* (lymphadenitis), *Sala* ‘ (tumour)

**Dose:** 3.5 pills (1g each) per day with *Āb-i-Gandanā*

## 1.17 HABB-I-KOTWĀLĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalen ts of measure ments as per reference
1.	Şibr Saqūṭī	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	750mg
2.	Saqmūniyā Mushawwa	<i>Convolvulus scammonia</i> L.	Dried resinous secretion of root	Powder	750mg

				(detoxified)
3.	Şahm-i-Hanżal	<i>Citrullus colocynthis</i> (L.) Schrad.	Dried Fruit pulp	Powder 750mg
4.	‘Uşara-i-Afsantīn	<i>Artemisia absinthium</i> L.	plant extract	Powder 750mg
5.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder 750mg
6.	Muqil	<i>Commiphora wightii</i> (Arn.) Bhandari	Gum resin	Powder 500mg
7.	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder 250mg
8.	Āb	Pure water	As such	Liquid Q.S.

**Action:** *Mushil-i-Balgham* (purgative of phlegm), *Munaqqī-i-Dimāgh* (brain cleanser)

**Therapeutic Use:** *Fālij* (paralysis), *Laqwa* (facial palsy), *Dā’al-Tha’lab* (alopecia), *Sudā’* (headache), *Nuzūl al-Mā’* (cataract), *Du’f al-Baṣar* (asthenopia)

**Dose:** Above prescription for a single dose

## 1.18 HABB-I-LĀJWARD

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Lājward Maghsūl	Lapis lazuli (Sodium silica Aluminate in sulphur matrix)	As such	Powder	10.5g
2.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	3.5g
3.	Anīsūn	<i>Pimpinella anisum</i> L.	Fruit	Powder	3.5g
4.	Saqmūniyā Mushawwa	<i>Convolvulus scammonia</i> L.	Dried resinous secretion of root	Powder	3.5g
5.	Għarīqūn	<i>Agaricus alba</i> L.	Dried mycelium	Powder	17.5g
6.	Aftīmūn	<i>Cuscuta reflexa</i> L.	Whole plant	Powder	14g

7.	Bisfā'ij	<i>Polypodium vulgare</i> L.	Root	Powder	14g
8.	Ayārij-i-Fayqra				21g
a)	Asārūn	<i>Asarum europaeum</i> L.	Rhizome	Powder	1 part
b)	Elvā (Şibr)	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	16 part
c)	Bālchhar̄	<i>Nardostachys jatamansi</i> (D. Don) DC.	Root	Powder	1 part
d)	Taj	<i>Cinnamomum cassia</i> (L.) J. Presl	Stem Bark	Powder	1 part
e)	Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	1 part
f)	Habb-i Balsāñ	<i>Commiphora gileadensis</i> (L.) C.Chr.	Seed	Powder	1 part
g)	‘Ūd -i-Balsāñ	<i>Commiphora gileadensis</i> (L.) C.Chr.	Heartwood	Powder	1 part
h)	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	1 part
9.	Āb-i-Karafs	<i>Apium graveolens</i> L.	Infusion of seeds	Liquid	Q.S.

**Action:** *Munaqqī-i- Sawdā'* (expellant of black bile)

**Therapeutic Use:** *Mālankhūliyā* (melancholia), *Amrāq-i- Sawdāwī* (melancholic diseases)

**Dose:** 10 pills (1g each) with *Mā ’-al-Jubn* per day

## 1.19 HABB-I-MUHALLIL

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Jadwār	<i>Delphinium nudatum</i> Wall. Ex Hook. f. & Thomson	Root	Powder	7g
2.	Şandal Surkh	<i>Pterocarpus santalinus</i> L. f.	heartwood	Powder	7g
3.	Karylā Khushk	<i>Momordica charantia</i> L.	Dried Fruit	Powder	7g
4.	Kālī Zīrī	<i>Centratherum anthelminticum</i> (Willd.) Kuntze	Seed	Powder	7g
5.	Gil-i-Armanī	Bole armeniac (Silicates of Alumina, Magensia and Iron oxide)	As such	Powder	7g

6.	Rasawt	<i>Berberis aristata</i> DC.	Dried root extract	Powder	7g
7.	Khasta-i-Ānba	<i>Curcuma amada</i> Roxb.	Rhizome	Powder	7g
8.	Mako	<i>Solanum nigrum</i> L.	Fruit	Powder	7g
9.	Tukhm-i-Khaṭmī	<i>Althaea officinalis</i> L.	Seed	Powder	7g
10.	Bābūna	<i>Matricaria chamomilla</i> L.	Whole herb	Powder	7g
11.	Iklīl-al-Malik	<i>Astragalus homosus</i> L.	Seed pod	Powder	7g
12.	Fūfal	<i>Areca catechu</i> (L.f.) Willd.	Fruit	Powder	7g
13.	Zaranbād	<i>Curcuma zedoaria</i> (Christm.) Roscoe	Root	Powder	3.5g
14.	Zard Chob	<i>Curcuma longa</i> L.	Root	Powder	3.5g
15.	Ārad-i-‘Adas	<i>Lens culinaris</i> Medik.	Lentil flour	Powder	10.5g
16.	Ārad-i-Jao	<i>Hordeum vulgare</i> L.	Barley flour	Powder	10.5g

**Action:** *Muḥallil-i-Waram* (anti-inflammatory), *Muḥallil-i-Ghudud-i-Lawzatayn*

**Therapeutic Use:** *Waram-i-Lawzatayn* (tonsillitis)

**Dose:** For local application as *Dimād* after dissolving in *Āb-i-Mako Sabz* or *Sirka*

## 1.20 HABB-I-NAVĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Għuncha-i-Yāsmīn	<i>Jasminum grandiflorum</i> L.	Flower bud	Powder	3g
2.	Kaf-i-Daryā	<i>Sepia officinalis</i> L.	Cuttle fish Bones	Powder	3g
3.	Magħż-i-Tukhm-i-Nīm	<i>Azadirachta indica</i> A. Juss.	Seed kernel	Powder	3g
4.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	21 in No.
5.	Āb-i-Līmu	Citrus limon (L.) Osbeck	Lemon juice	Liquid	Q.S.

Note: the ingredients 1-4 are triturated for 6 hours in *Shīra-i-Līmu* and then pills are prepared as usual

**Action:** *Muqawwī-i-Başar* (eye tonic), *Jālī* (detergent)

**Therapeutic Use:** *Du'f al-Başar* (diminished eye sight), *Sabal* (vascular keratitis), *Dam'a* (epiphora)

**Dose:** For ophthalmic use after dissolving in water. To be used in the morning.

## 1.21 HABB-I- RĀDI‘

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Gerū	Red Ochre (Iron oxide)	As such	Powder	10g
2.	Rasawt	<i>Berberis aristata</i> DC.	Dried root extract	Powder	10g
3.	Halīla Zard	<i>Terminalia chebula</i> Retz.	Semi ripe fruit	Powder	10g
4.	Aqāqiyā	<i>Acacia nilotica</i> (L.) Wild ex. Delile	Leaf and pod extract	Powder	10g
5.	Post Anār	<i>Punica granatum</i> L.	Fruit pericarp	Powder	10g
6.	Fūfal	<i>Areca catechu</i> (L.f.) Willd.	Fruit	Powder	10g
7.	Şandal Safayd	<i>Santalum album</i> L.	Heartwood	Powder	10g
8.	Murdār Sang	Litharge (Lead oxide)	As such	Powder	10g
9.	Kath Safayd	<i>Acacia leucophloea</i> (Roxb.) Willd.	Wood extract	Powder	10g

**Action:** *Muḥallil-i-Waram* (anti-inflammatory), *Rādi‘* (regressive), *Musakkin* (sedative)

**Therapeutic Use:** *Waram* (inflammation), *Buthūr* (pustule), *Ramad* (conjunctivitis)

**Dose:** For local application as *Dimād* after dissolving in *Āb-i-Barg-i-Mako Sabz or Sirka*

## 1.22 HABB-I-RASKAPŪR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	3g
2.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	3g
3.	Hīl Khurd	<i>Elettaria cardamomum</i> (L.) Maton.	Fruit	Powder	3g
4.	Gerū	Red Ochre (Iron Oxide)	As such	Powder	3g
5.	Raskapūr	Mercurous Chloride	As such	Powder	3g
6.	Qand Siyāh	Jaggery	As such	Solid	9g
7.	Āb	Water	As such	Liquid	Q.S.

**Action:** *Dāfi‘-i Ta‘affun* (anti-septic), *Dāfi‘-i-Sumūm* (antidote), *Dāfi‘-i Ta‘diya* (anti-infective)

**Therapeutic Use:** *Ātishak* (syphilis)

**Dose:** 1 pill (250 mg) per day after wrapping in *Qand Siyāh*

## 1.23 HABB-I-SABZ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Shibb-i-Yamānī	Alum	As such	Powder	42g
2.	Afyūn	<i>Papaver somniferum</i> L.	Dried latex	Semi solid	21g
3.	Rasawt	<i>Berberis aristata</i> DC.	Dried root extract	Powder	14g
4.	Barg-i-Nīm	<i>Azadirachta indica</i> A. Juss.	Leaf	Powder	5 in no.
5.	Za‘frān	<i>Crocus sativus</i> L.	Stigma & Style	Powder	625mg

**Action:** *Muḥallil-i-Waram* (anti-inflammatory), *Musakkin* (soothing), *Rādi'* (regressive)

**Therapeutic Use:** *Ramad* (conjunctivitis), *Sabal* (vascular keratitis)

**Dose:** To be applied around the eyes after dissolving in lukewarm *Āb-i-Kishnīz* or *Āb-i-Koknār*.

## 1.24 ḤABB-I-SAYLĀN-I-LU'ĀB-I-DAHAN

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Anīsūn	<i>Pimpinella anisum</i> L.	Fruit	Powder	500mg
2.	Nānkhwāh	<i>Trachyspermum ammi</i> (L.) Sprague	Seed	Powder	500mg
3.	Namak Hindī	<i>Sodium chloride</i> (Common Salt)	As such	Crystals	1.5g
4.	Ayārij-i-Fayqrā	Q.V.			4.5g
	a. Asārūn	<i>Asarum europaeum</i> L.	Rhizome	Powder	1 part
	b. Elvā (Şibr)	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	16 part
	c. Bālchhar	<i>Nardostachys jatamansi</i> (D. Don) DC.	Root	Powder	1 part
	d. Taj	<i>Cinnamomum cassia</i> (L.) J. Presl	Stem Bark	Powder	1 part
	e. Dārchiṇī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	1 part
	f. Ḥabb-i Balsān	<i>Commiphora gileadensis</i> (L.) C.Chr.	Seed	Powder	1 part
	g. ‘Ūd-i-Balsān	<i>Commiphora gileadensis</i> (L.) C.Chr.	Heartwood	Powder	1 part
	h. Maṣṭagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	1 part

**Action:** *Mukhrīj-i-Lu'āb-i-Dahan* (anti-sialorrhoea)

**Therapeutic Use:** *Bakh-al-Fam* (halitosis), *Thiql-i-Lisān* (glossitis)

**Dose:** The above prescription is for single dose to be taken once in a week.

## 1.25 HABB-I-SAKBĪNAJ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Ayārij-i-Fayqrā	Q.V.			10g
	a. Asārūn	<i>Asarum europaeum</i> L.	Rhizome	Powder	1 part
	b. Elvā	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	16 part
	c. Bālchhar	<i>Nardostachys jatamansi</i> (D. Don) DC.	Root	Powder	1 part
	d. Taj	<i>Cinnamomum cassia</i> (L.) J. Presl	Stem Bark	Powder	1 part
	e. Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	1 part
	f. Ḥabb-i Balsāñ	<i>Commiphora gileadensis</i> (L.) C.Chr.	Seed	Powder	1 part
	g. ‘Ūd-i- Balsāñ	<i>Commiphora gileadensis</i> (L.) C.Chr.	Heartwood	Powder	1 part
	h. Maṣṭagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	1 part
2.	Turbud Safayd	<i>Operculina turpethum</i> (L.) Silva Manso	Root	Powder	5g
3.	Għarīqūn	<i>Agaricus alba</i> L.	Dried mycelium	Powder	5g
4.	Muqil	<i>Commiphora wightii</i> (Arn.) Bhandari	Gum resin	Powder	5g
6.	Sakbīnaj	<i>Ferula persica</i> Willd.	Gum resin	Powder	5g
7.	Būra Armanī	Bole armeniac (Silicates of Alumina, Magensia, and Iron Oxide)	As such	Powder	2.5g
8.	Namak Hindī	<i>Sodium chloride</i> (Common Salt) (NaCl)	As such	Crystals	2.5g
9.	Anīsūn	<i>Pimpinella anisum</i> L.	Fruit	Powder	2.5g
10.	Halīla Kabulī	<i>Terminalia chebula</i> Retz.	Fruit	Powder	2.5g
11.	Āb-i-Karafs	<i>Apium graveolens</i> L.	Infusion of seeds	Liquid	Q.S.

**Action:** *Dāfi‘-i Hammā* (anti-pyretic)

**Therapeutic Use:** *Hummā-i-Balghami* (phlegmatic fever)

**Dose:** 4 pills (1g each) per day with *Sikanjabīn ‘Asali* or *Sharbat-i-Usūl*

## 1.26 ḤABB-I-SHĪR-AL-ĀGH

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Biranj Sāthī	<i>Oryza sativa</i> L.	Seed	Powder	Q.S
2.	Shīr-i-Khar	Milk of she ass ( <i>Equus africanus asinus</i> L.)	As such	Liquid	Q.S

**Special Method of Preparation:** Soak *Biranj Sāthī* in *Shīr-i-Khar* and after eight hours grind the *Biranj Sāthī* in it and prepare pills.

**Action:** *Dāfi‘-i Hammā-i-Diqqi* (anti-tubercular fever), *Muqawwī-i-‘Ām* (general tonic)

**Therapeutic Use:** *Diqq-i-Ri‘wī* (Pulmonary tuberculosis), *Sil* (phthisis), *Du‘f-i-‘Ām* (general debility)

**Dose:** 3 pills (250 mg each) twice a day

## 1.27 ḤABB-I-SHUK

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Post Bīkh-i-Madār	<i>Calotropis gigantea</i> (L.) Dryand.	Root bark	Powder	72g
2.	Tukhm-i-Jawzmāthil	<i>Datura metel</i> L.	Seed	Powder	36g
3.	Samm al Fār	Arsenic trioxide	As such	Powder	2g
4.	Āb-i-Zanjabīl	<i>Zingiber officinale</i> Rosc.	Juice of ginger	Liquid	Q.S.

**Action:** *Jālī* (detergent)

**Therapeutic Use:** *Baraş* (vitiligo)

**Dose:** 1 pill (75mg) per day with water, sour foods to be avoided.

## 1.28 HABB-I-TAP-O-LARZA

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Qinnab (Bhang)	<i>Cannabis sativa</i> L.	Leaf	Powder	20g
2.	Kāfūr	<i>Cinnamomum camphora</i> (L.) J. Presl	Exudate	Crystals	5g

**Action:** *Dāfi‘-i Hammā* (anti-pyretic)

**Therapeutic Use:** *Hummā Ajāmiyya* (malaria)

**Dose:** 2 pills (125mg each) twice a day

## 1.29 HABB-I-ZANGĀR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Kath Safayd	<i>Acacia leucophloea</i> (Roxb.) Willd.	Wood extract	Powder	24g
2.	Zangār	<i>Hydrated iron oxide</i>	As such	Powder	3g
3.	Jāvitrī	<i>Myristica fragrans</i> Houtt.	Aril	Powder	3g
4.	Afyūn	<i>Papaver somniferum</i> L.	Dried latex	Semi solid	2g
5.	Fūfal Kohna	<i>Areca catechu</i> L.	Fruit	Powder	2g
6.	Konpal Bed Anjīr	<i>Ricinus communis</i> L.	Young leaves	Powder	24g

7.	Bālāyī-i-Shīr	Milk cream	As such	Semi solid	250gm
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**Special Method of Preparation:** Mix all the ingredients with *Bālāyī-i-Shīr* and grind it in Kharal three days. Prepare pills as usual.

**Action:** *Mudammil-i-Qurūh* (cicatrizant)

**Therapeutic Use:** *Qūbā* (ringworm)

**Dose:** 1 pill orally and for local application.

### 1.30 HABB-I-MĀZARYŪN

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Rewand Chīnī	<i>Rheum australe</i> D. Don	Root	Powder	10.5g
2.	‘Uṣāra-i-Ghāfith	<i>Gentiana olivieri</i> Griseb.	Dried flower extract	Powder	10.5g
3.	Tukhm-i-Karafs	<i>Apium graveolens</i> L.	Seed	Powder	10.5g
4.	Ghāriqūn	<i>Agaricus alba</i> L.	Dried mycelium	Powder	17.5g
5.	Māzaryūn Mudabbar	<i>Daphne mezereum</i> L.	Leaf	Powder	35g
6.	Āb	Water	As such	Liquid	Q.S.

**Action:** *Muḥallil-i-Waram* (anti-inflammatory), *Mudirr-i-Bawl* (diuretic)

**Therapeutic Use:** *Istisqā'-i-Ziqqī* (ascites), *Istisqā'-i-Laḥmī* (anasarca), *Waram-i-Kabid* (hepatitis), *Du'f-i-Kabid* (hepatosis)

**Dose:** 7 pills (1g each) per day

## 1.31 ḤABB-I-BAHRĀMĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Elvā (Şibr)	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	42g
2.	Aftīmūn	<i>Cuscuta reflexa</i> L.	Whole plant	Powder	21g
3.	Saqmūniyā Mushawwa	<i>Convolvulus scammonia</i> L.	Dried resinous secretion of root (detoxified)	Powder	14g
4.	Għarīqūn	<i>Agaricus alba</i> L.	Dried mycelium	Powder	10.5g
5.	Bālchhar	<i>Nardostachys jatamansi</i> (D. Don) DC.	Rhizome	Powder	7g
6.	Salīkhā	<i>Cinnamomum cassia</i> (L.) J. Presl	Bark	Powder	7g
7.	Turbud Safayd	<i>Operculina turpethum</i> (L.) Silva Manso	Root	Powder	7g
8.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	7g
9.	Za‘frān	<i>Crocus sativus</i> L.	Stigma and style	Powder	5.25g
10.	Barī Ilā’ichī	<i>Amomum subulatum</i> Roxb.	Whole	Powder	3.5g
11.	Āb	Water	As such	Liquid	Q.S.

**Action:** *Muhallil-i-waram* (anti-inflammatory), *Mudirr-i-Bawl* (diuretic)

**Therapeutic Use:** *Istisqā'-i- Ziqqī* (Ascites), *Istisqā'-i-Laḥmī* (anasarca), *Waram-i-Kabid* (hepatitis), *Du'f -i- Kabid* (hepatosis), *Istisqā'-i-balghamī* (phlegmatic ascites)

**Dose:** 9 pills (1 g each) per day

## 1.32 ḤABB-i-JAWĀHAR KĀFŪRĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivale nts of measure ments as per reference
1.	Marwārīd Nasufta	<i>Mytilus marginatus</i> (L.)	Pearl	Powder	3.5g
2.	Zumurrud	Mineral beryl (emerald)	Whole	Powder	3.5g
3.	Yaqūt Rummānī	Ruby (Red Corundum)	Whole	Powder	3.5g
4.	Zahr Mohra	Serpentine (hydrated magnesium iron phyllosilicate )	As such	Powder	3.5g
5.	Kahrubā'-i-Sham'ī	<i>Pinus succinifera</i> L.	Gum	Powder	3.5g
6.	La'l badakhshānī	<i>Badakhshani Ruby</i>	Whole	Powder	3.5g
7.	Yashab Safayd	White Jasper	Whole	Powder	3.5g
8.	Kāfūr	<i>Cinnamomum camphora</i> (L.) J. Presl	Exudate	Crystals	3.5g
9.	Resha-i-Post Bīkh Anjabār	<i>Persicaria bistorta</i> (L.) Samp./ <i>Polygonum bistorta</i> L.	Root peel paste	Semi solid	2.25g
10.	Şandal Safayd	<i>Santalum album</i> L.	Heartwood	Powder	2.25g
11.	Gil-i-Armanī	Bolus armenia rubra/ Armenian Bole	As such	Powder	2.25g
12.	Rubb al sūs	<i>Glycyrrhiza glabra</i> L.	Dried root extract	Powder	4.5g
13.	Şamagh-i-'Arabī	<i>Acacia nilotica</i> (L.) Willd. ex Delile	Gum	Powder	4.5g
14.	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder	4.5g
15.	Nishāsta	<i>Triticum aestivum</i> L. / Wheat Starch	Starch	Powder	4.5g
16.	Gul-i-Nīlofar	<i>Nymphaea alba</i> L./ <i>Nymphaea nouchali</i> Burm. f.	Flower	Powder	4.5g
17.	Saraṭān Sokhta	<i>Scylla serrata</i> (Forsskal)	Bones (roasted)	Powder	4.5g
18.	Ṭabāshīr Safayd	<i>Bambusa bambos</i> (L.) Voss	Silica concretion	Powder	4.5g
19.	Post Khashkhāsh	<i>Papaver somniferum</i> L.	Fruit capsule	Powder	4.5g

20.	Tukhm-i-Khashkhāsh Safayd	<i>Papaver somniferum</i> L.	Seed	Powder	4.5g
21.	Gul-i-Gāozabān	<i>Borago officinalis</i> L.	Flower	Powder	4.5g
22.	Za‘frān	<i>Crocus sativus</i> L.	Style & Stigma	Powder	500mg
23.	‘Arq-i-Gulāb	<i>Rosa damascena</i> Mill.	Distillate of rose petals	Liquid	Q.S.

**Special Method of Preparation:** Grind (Kharal) *Jawāhirāt* in ‘Arq-i-Gulāb. Mix powdered ingredients and *jawāhirāt* in *Lu‘āb-i-Behīdanā* & prepare pills.

**Action:** *Qābid/Mubarrid* (refrigerant), *Mujaffīf* (desiccant), *Dāfi‘-i-Ta‘affun* (antiseptic), *Dāfi‘-i-Hummā-i-Diq* (anti pyretic), *Dāfi‘-i-Harārat* (anti pyretic), *Dāfi‘-i-Ishāl* (anti-diarrhoeal)

**Therapeutic Use:** *Sil* (phthisis), *Diq* (tuberculosis), *Ishāl* (diarrhoea)

**Dose:** 2-7 pills (1g each) per day

### 1.33 HABB-I-BANAFSHA MUSHIL

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Banafsha	<i>Viola odorata</i> L.	Whole plant	Powder	7g
2.	Turbud Mujawwaf Kharāshīda	<i>Operculina turpethum</i> (L.) Silva Manso	Root (peeled and pith removed)	Powder	4.5g
3.	Rubb-al-sūs	<i>Glycyrrhiza glabra</i> L.	Dried root extract	Powder	1.75g
4.	Saqmūniyā	<i>Convolvulus scammonia</i> L.	Dried resinous secretion	Powder	562.5mg
5.	Āb-i-Kāsnī Sabz	<i>Cichorium intybus</i> L.	Leaf juice	Liquid	Q.S.

**Action:** *Mushil* (purgative of bile)

**Therapeutic Use:** *Qabd / Huṣr* (constipation), *Dīq-al-Nafas* (bronchial asthama), *Amrād -i-Sadr* (chest diseases), *Amrād -i-chashm* (eye diseases), *Amrād -i-Şafrāwī* (bilious diseases), *Sudā‘* (headache)

**Dose:** 5 pills (1g each) per day

## 1.34 ḤABB-I-KIBR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Post Bīkh-i-kibr (Kabār)	<i>Capparis spinosa</i> L.	Root peel	Powder	7g
2.	Rewand	<i>Rheum australe</i> D. Don	Root	Powder	7g
3.	Marjān Sokhta	<i>Corallium rubrum</i> L.	Branches of corals (roasted)	Powder	3.5g
4.	Şibr Zard	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	powder	3.5g
5.	Tukhm-i-Karafs	<i>Apium graveolens</i> L.	Seed	Powder	3.5g
6.	Ghārīqūn	<i>Agaricus alba</i> L.	Dried mycelium	Powder	3.5g
7.	Namak Hindī	<i>Sodium chloride</i> (Common Salt) NaCl	As such	Crystals	3.5g
8.	‘Arq Bed Mushk	<i>Salix caprea</i> L.	Distillate	Liquid	Q.S.

**Action:** *Kāsir-i-Riyāḥ* (carminative), *Muḥallil-i-Waram Tīḥāl* (anti-splenitis)

**Therapeutic Use:** *Istisqā’-i-Tablī*, *Waram-i-Kabid* (hepatitis), *Waram-e-Tīḥāl* (splenitis)

**Dose:** 4.5 pills (1g each) per day with *Mā’-al-‘Asal* (Honey water)

## 1.35 ḤABB-I- ZA‘FRĀN

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Afyūn	<i>Papaver somniferum</i> L.	Dried latex	Semi solid	24.5g
2.	Za‘frān	<i>Crocus sativus</i> L.	Style & Stigma	Powder	10.5g
3.	Maghz-i-Tukhm-i-	<i>Lagenaria siceraria</i> (Molina)	Kernel	Powder	10.5g

	Kadū Shīrīn	Standley			
4.	Maghz-i-Tukhm-i-Khiyārayn (Khīrā & Kakrī)	<i>Cucumis sativus</i> L. + <i>Cucumis melo</i> var. <i>utilissimus</i> Duthie & Fuller	Kernel	Powder	10.5g
5.	Maghz-i-Bādām Shīrīn Muqashshar	<i>Prunus amygdalus</i> Bastch.	Kernel (peeled)	Powder	10.5g
6.	Rubb-al-Sūs	<i>Glycyrrhiza glabra</i> L.	Dried root extract	Powder	10.5g
7.	Şamagh ‘Arabī	<i>Acacia nilotica</i> (L.) Willd. ex Delile / <i>A. arabica</i> Willd.	Gum	Powder	10.5g
8.	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder	10.5g
9.	Nishāsta-i-Gandum	<i>Triticum aestivum</i> L.	Starch	Powder	10.5g
10.	Lu‘āb -i-Aspaghol	<i>Plantago ovata</i> Forssk.	powder	Semi solid	Q.S.

**Action:** *Musakkin-i-Su ‘āl* (cough suppressant)

**Therapeutic Use:** *Su ‘āl* (cough), *Khushūnat-i-Halaq* (sore throat), *Raqīq Nazla* (acute catarrh)

**Dose:** 1 pill (250mg) at bed time as lozenges

### 1.36 HABB-AL-LŪBĀN QAWI

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Kundur	<i>Boswellia serrata</i> Roxb. ex Colebr.	Gum	Powder	24.5g
2.	Bāqlā	<i>Vicia faba</i> L.	Fruit	Powder	24.5g
3.	Tukhm-i-Khashkhāsh Safayd	<i>Papaver somniferum</i> L.	Seed	Powder	24.5g
4.	Maghz-i-Behīdāna	<i>Cydonia oblonga</i> Mill.	Kernel	Powder	24.5g
5.	Rubb-al-Sūs	<i>Glycyrrhiza glabra</i> L.	Dried root extract	Powder	17.5g

6.	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder	17.5g
7.	Banafsha	<i>Viola odorata</i> L.	Whole plant	Powder	17.5g
8.	Turanjabīn	<i>Alhagi maurorum</i> Medik.	Exudate	Powder	17.5g
9.	Mawaīz Munaqqa	<i>Vitis vinifera</i> L.	Fruit	Powder	15.75g
10.	Anīsūn	<i>Pimpinella anisum</i> L.	Fruit	Powder	7g
11.	Bādiyān	<i>Foeniculum vulgare</i> Mill.	Fruit	Powder	7g
12.	Maghz-i-Bādām Talkh Muqashshar	<i>Prunus amygdalus</i> Bastch.	Kernel (peeled)	Powder	7g
13.	Qand Safayd	Sugar	As such	Crystal	7g
14.	Lu‘āb-i-Aspaghol	<i>Plantago ovata</i> Forssk.	powder	Semi solid	Q.S.

**Action:** *Musakkin-i-Su ‘āl* (cough suppressant), *Munaffīth* (expectorant)

**Therapeutic Use:** *Su ‘āl Shadīd* (severe cough)

**Dose:** 1 pill (250mg) to be used as lozenges whenever required

**Note:** The term **Qawī** has been suffixed in the title of the formulation and this has been approved by UPC.

## 1.37 HABB-I-HABB-AL-QUTN

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Maghz-i-Pambādānā	<i>Gossypium herbaceum</i> L.	Kernel	Powder	14g
2.	Maghz-i-Bādām Shīrīn Muqashshar	<i>Prunus amygdalus</i> Bastch.	Kernel (peeled)	Powder	14g
3.	Aşl al Sūs	<i>Glycyrrhiza glabra</i> L.	Root	Powder	17.5g
4.	Zardī-i-Bayza-i-Murgh	Egg yolk (boiled egg)	As such	Solid	4 in no.
5.	‘Asal Muṣaffā	Honey	As such	Liquid	Q.S.
6.	Roghan Bādām	<i>Prunus amygdalus</i> Bastch.	Seed oil	Liquid	Q.S.

**Action:** *Musakkin* (cough suppressant), *Muqawwī-i-‘Umūmī* (general tonic)

**Therapeutic Use:** *Khushūnat-i-Halaq/Şadr* (sore throat), *Du‘f-i-‘Umūmī* (general debility), *Su‘āl-i-Yābis* (dry cough)

**Dose:** 1 pill (1g) thrice a day

## 1.38 HABB-I-BĀQLĀ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder	6g
2.	Şamagh ‘Arabī	<i>Acacia nilotica</i> (L.) Willd. ex Delile	Gum	Powder	6g
3.	Aşl al Sūs Muqashshar	<i>Glycyrrhiza glabra</i> L.	Root (peeled)	Powder	6g
4.	Rubb-al-Sūs	<i>Glycyrrhiza glabra</i> L.	Dried root extract	Powder	6g
5.	Tukhm-i-Khashkhāsh Safayd	<i>Papaver somniferum</i> L.	Seed	Powder	6g
6.	Maghz-i-Tukhm-i- Kadū	<i>Cucurbita moschata</i> Duchesne	Kernal	Powder	6g
7.	Maghz-i-Tukhm-i- Bāqlā	<i>Vicia faba</i> L.	Kernal	Powder	6g
8.	Lu‘āb-i-Aspaghol	<i>Plantago ovata</i> Forssk.	Mucilage	Semi solid	Q.S.

**Action:** *Musakkin-i-* *Su‘āl* (cough suppressant), *Dāfi‘-i-Nazla* (anticatarrh)

**Therapeutic Use:** *Nazla* (catarrh), *Su‘āl* (cough)

**Dose:** 1 pill (1g) thrice a day as lozenges

## 1.39 ḤABB-AL-ṢADR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Turbud Safayd	<i>Operculina turpethum</i> (L.) Silva Manso	Root	Powder	10.5g
2.	Għarīqūn	<i>Agaricus alba</i> L.	Dried mycelium	Powder	10.5g
3.	Rubb-al-Sūs	<i>Glycyrrhiza glabra</i> L.	Dried root extract	Powder	7g
4.	Shahm-i-Hanżal	<i>Citrullus colocynthis</i> (L.) Schrad.	Dried fruit pulp	Powder	7g
5.	Ayārij Fayqrā	Q.V.			7g
	a. Asārūn	<i>Asarum europaeum</i> L.	Rhizome	Powder	1 part
	b. Elvā	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	16 part
	c. Bālchħar	<i>Nardostachys jatamansi</i> (D. Don) DC.	Root	Powder	1 part
	d. Taj	<i>Cinnamomum cassia</i> (L.) J. Presl	Stem Bark	Powder	1 part
	e. Dārċhīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	1 part
	f. ḥabb-i-Bālsān	<i>Commiphora gileadensis</i> (L.) C.Chr.	Seed	Powder	1 part
	g. ‘Uđ-i-Bālsān	<i>Commiphora gileadensis</i> (L.) C.Chr.	Heartwood	Powder	1 part
	j. Maṣṭagħi	<i>Pistacia lentiscus</i> L.	Resin	Powder	1 part
6.	Anzarūt	<i>Astragalus sarcocolla</i> Dymock.	Resin	Powder	7g
7.	Āb	Ditstilled water	As such	Liquid	Q.S.

**Action:** *Munaqqī-i-Balgham* (expectorant)

**Therapeutic Use:** *Su ‘äl-i-Muzmin* (chronic cough), *Rabw* (asthma), *Dīq-al-nafas* (bronchial asthma)

**Dose:** 4.5 pills (1g each) per day with *Mā’-al-‘Asal* (honey water)

## 1.40 ḤABB-I-JĀOSHĪR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Jāoshīr	<i>Ferula galbaniflua</i> Boiss.	Gum resin	Powder	1.75g
2.	Shahm-i-Hanżal	<i>Citrullus colocynthis</i> (L.) Schrad.	Dried fruit pulp	Powder	1.75g
3.	Āb-i-Bādiyān	<i>Foeniculum vulgare</i> Mill.	Infusion of fruit	Liquid	Q.S.

**Special Method of Preparation:** *Jāoshīr* is dissolved in *Āb-i-Bādiyān*. Grind *Shahm-i-Hanżal* in it well and use with *Mā'-al-'Asal*.

**Action:** *Munaqqī-i-Balgham* (expectorant)

**Therapeutic Use:** *Rabw* (asthma), *Dīq-al-nafas* (bronchial asthma)

**Dose:** 3-5 pills (1g each) per day with *Mā'-al-'Asal* (honey water)

## 1.41 ḤABB-I-USHUQ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Ushuq	<i>Dorema ammoniacum</i> D. Don.	Gum	Powder	3.5g
2.	Jundbedastar	Castoreum	As such	Powder	1.75g
3.	Āb-i-Bādiyān Sabz	<i>Foeniculum vulgare</i> Mill.	Fresh fruit juice	Liquid	Q.S.

**Special Method of Preparation:** *Ushuq* is dissolved in *Āb-i-Bādiyān Sabz*. Grind *Jundbedstar* finely and mix in it, prepare pills.

**Action:** *Muḥallil-i-Waram* (anti-inflammatory), *Munaqqī-i-Balgham* (expectorant), *Muqawwī-i-Aṣāb* (Nervine tonic)

**Therapeutic Use:** *Rabw* (bronchial asthma)

**Dose:** 1-3 pills (1g each) per day with *Mā'-al-'Asal* (honey water)

## 1.42 HABB-I-MUJARRAB

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Elvā	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	1g
2.	Chirāytā	<i>Swertia chirayata</i> (Roxb.) H. Karst.	Whole	Powder	1g
3.	Jā'ifal	<i>Myristica fragrans</i> Houtt.	Fruit kernel	Powder	2g
4.	Zīra Safayd	<i>Cuminum cyminum</i> L.	Fruit	Powder	3g
5.	Tukhm-i-Karafs	<i>Anethum graveolens</i> L.	Seed	Powder	3g
6.	Āb-i-Kundush	<i>Centipeda minima</i> (L.) A. Br. & Asch.	Infusion of root	Liquid	Q.S.

**Action:** *Munaqqī-i-Dimāgh* (brain cleanser)

**Therapeutic Use:** *Sudā'* (headache), *Shaqīqa* (migraine), *Hayda* (cholera)

**Dose:** 1 pill (750mg) is to be taken twice a day with water.

## 1.43 HABB-I-USTŪKHUDŪS

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Turbud Muqashshar	<i>Operculina turpethum</i> (L.) Silva Manso	Root	Powder	26.25g

2.	Elvā (Şibr)	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	powder	23.75g
3.	Post Halīla Zard	<i>Terminalia chebula</i> Retz.	Fruit pericarp	Powder	17.5g
4.	Post Halīla Kābulī	<i>Terminalia chebula</i> Retz.	Fruit pericarp	Powder	17.5g
5.	Ustūkhudūs	<i>Lavendula stoechas</i> L.	Inflorescence	Powder	10.5g
6.	Għāriqūn Safayd	<i>Agaricus alba</i> L.	Dried mycelium	Powder	10.5g
7.	Bisfā'ijj	<i>Polypodium vulgare</i> L.	Root	Powder	10.5g
8.	Aftīmūn	<i>Cuscuta reflexa</i> L.	Whole herb	Powder	10.5g
9.	Shahm-i-Hanżal	<i>Citrullus colocynthis</i> (L.) Schrad.	Dried fruit pulp	Powder	5.25g
10.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	3.5g
11.	Pudīna	<i>Mentha arvensis</i> L.	Aerial part	Powder	3.5g
12.	Rogħan Bādām	<i>Prunus amygdalus</i> Bastch.	Seed oil	Liquid	Q.S.
13.	Āb	Pure water	As such	Liquid	Q.S.

**Action:** *Munaqqī-i-Dimāgh* (brain cleanser), *Mukhrij-i-Sawdā'* (expellant of black bile)

**Therapeutic Use:** *Fālij* (paralysis), *Laqwa* (facial palsy), *Istirkħā'* (atony), *Mālankħūliyā* (melancholia), *Dā'al-Tha'lāb* (alopecia), *Şar'* (epilepsy)

**Dose:** 10 pills (1g each) per day with lukewarm water

## 1.44 HABB-I-AFYŪN

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Jund bedastar	<i>Castoreum</i>	As such	Powder	4.5g
2.	Za'frān	<i>Crocus sativus</i> L.	Style & Stigma	Powder	4.5g
3.	Rubb-al-Sūs	<i>Glycyrrhiza glabra</i> L.	Dried root extract	Powder	9g

4.	Dār̄chīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	13.5g
5.	Afyūn	<i>Papaver somniferum</i> L.	Dried latex	Semi solid	13.5g
6.	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder	22.5g
7.	Nishāsta	<i>Triticum aestivum</i> L.	Wheat starch	Powder	22.5g
8.	Āb	Pure water	As such	Liquid	Q.S.
9.	Gond kīkar	<i>Acacia nilotica</i> (L.) Willd. ex Delile	Gum	Powder	22.5g

**Action:** *Dāfi‘-i-Nazla* (anticatarrh), *Musakkin* (tranquilizer)

**Therapeutic Use:** *Nazla* (catarrh), *Zukām* (cold)

**Dose:** 2 pills (125 mg each) per day

## 1.45 HABB-I-MAGHZIYĀT

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Şamagh-i-‘Arabī	<i>Acacia nilotica</i> (L.) Willd. ex Delile	Gum	Powder	10g
2.	Nishāsta Biryān	<i>Triticum aestivum</i> L.	Starch (roasted)	Powder	10g
3.	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder	10g
4.	Maghz-i-Tukhm-i-Tarbūz	<i>Citrullus lanatus</i> (Thunb.) Mats. & Nakai	Kernel	Powder	10g
5.	Maghz-i-Tukhm-i-Kadū shīrīn	<i>Cucurbita moschata</i> Duchesne	Kernel	Powder	10g
6.	Maghz-i-Tukhm-i-Khayār	<i>Cucumis melo</i> Var.	Kernel	Powder	10g
7.	Maghz-i-Pambādāna	<i>Gossypium herbaceum</i> L.	Kernel	Powder	10g
8.	Maghz-i-Pista	<i>Pistacia vera</i> L.	Kernel	Powder	10g

9.	Maghz-i-Bādām Shīrīn	<i>Prunus amygdalus</i> Bastch.	Kernel	Powder	10g
10.	Maghz-i-Funduq	<i>Corylus avellana</i> L.	Kernel	Powder	10g
11.	Maghz-i-Ākhrot (Gardgān)	<i>Juglans regia</i> L.	Kernel	Powder	10g
12.	Maghz-i-Chilghoza	<i>Pinus geradiana</i> Wall. ex D. Don	Kernel	Powder	10g
13.	Khashkhāsh Safayd	<i>Papaver somniferum</i> L.	Seed	Powder	10g
14.	Maghz-i-Tukhm-i- Behīdāna	<i>Cydonia oblonga</i> Mill.	Seed	Powder	10g
15.	Rubb-al-Sūs	<i>Glycyrrhiza glabra</i> L.	Dried root extract	Powder	10g
16.	Aşl-al-Sūs	<i>Glycyrrhiza glabra</i> L.	Root	Powder	10g
17.	‘Āqarqarhā	<i>Anacyclus pyrethrum</i> (L.) Lag.	Root	Powder	10g
18.	Zanjabīl Khushk	<i>Zingiber officinale</i> Rosc.	Rhizome	Powder	10g
19.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	10g
20.	Maghz-i-Tukhm-i- Kharpaza	<i>Cucumis melo</i> L.	Kernel	Powder	10g
21.	Tukhm-i-Khaṭmī	<i>Althaea officinalis</i> L.	Seed	Powder	10g
22.	Tukhm-i-Katāñ	<i>Linum usitatissimum</i> L.	Seed	Powder	10g
23.	Qand Safayd	Sugar	As such	Crystal	70g
24.	Lu‘āb-i-Aspaghol	<i>Plantago ovata</i> Forssk.	powder	Semi solid	Q.S.

**Action:** *Munaffith-i-Balgham* (cough suppressant), *Dāfi ‘-i-Tashannuj* (anti-convulsant)

**Therapeutic Use:** *Su ‘āl-i-Yābis* (dry cough), *Khushūnat-i-Ri’ā* (dryness of lung), *Yabūsat-i-Halaq* (dry throat)

**Dose:** 2 pills (250mg each) per day as lozenges

**NOTE:** *Shakar Teghāl* (honeydew) has been deleted from the original text.

## 1.46 ḤABB-I-ABYAD

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Suhāga Biryān	Borax (roasted)	As such	Powder	120g
2.	Zanjabīl Tāza Muṣaffā	<i>Zingiber officinale</i> Rosc.	Rhizome	Crushed	60g

**Action:** *Qābid* (constipative)

**Therapeutic Use:** *Ishāl-i-Abyad Atfāl* (paediatric diarrhoea)

**Dose:** 1 pill (125mg) thrice a day

## 1.47 ḤABB-I- ISTISQĀ’ ISHĀLĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Qinnab	<i>Cannabis sativa</i> L.	Leaf	Powder	12g
2.	Āmba haldī	<i>Curcuma amada</i> Roxb.	Root	Powder	12g
3.	Āhak	Calcium carbonate (lime)	As such	Powder	12g
4.	Tamar Hindī	<i>Tamarindus indica</i> L.	Fruit pulp	Semi solid	12g
5.	Dhamāsa	<i>Fagonia cretica</i> L.	Whole herb	Powder	12g

**Action:** *Qābid* (constipative), *Hābis* (astringent/retentive), *Musakkīn* (sedative),

**Therapeutic Use:** *Ishāl-i-Istisqā’* (diarrhoea with ascites)

**Dose:** Adult - 250-500 mg

Children - 200 mg

Infant - 100 mg

## 1.48 ḤABB-I-ADRAK QAWĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Gul-i-Pista	<i>Pistacia vera</i> L.	Flower	Powder	10g
2.	Balīla	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruit	Powder	10g
3.	Āb-i-Adrak	<i>Zingiber officinale</i> Rosc.	Juice of Rhizome	Liquid	Q.S.

**Action:** *Munaffīth-i-Balgham* (expectorant), *Dāfi'-i-Khushūnat-i-Halaq* (anti-sore throat), *Muhallil* (anti-inflammatory)

**Therapeutic Use:** *Su 'āl* (cough), *Khushūnat-i-Halq* (sore throat)

**Dose:** 1 pill (150mg) to be used as lozenges

**NOTE:** The term *Qawī* has been suffixed in the title of the formula. This has been approved by the UPC.

## 1.49 ḤABB-AL-BUZŪR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Tukhm-i-Khaṭmī	<i>Althaea officinalis</i> L.	Seed	Powder	100g
2.	Maghz-i-Tukhm-i-Khiyārayn	<i>Cucumis sativus</i> L.	Kernel	Powder	100g
3.	Maghz-i-Tukhm-i-Kharbūza	<i>Cucumis melo</i> L.	Kernel	Powder	50g
4.	Tukhm-i-Khurfa	<i>Portulaca oleracea</i> L.	Seed	Powder	50g

5.	Tukhm-i-Khashkhāsh Safayd	<i>Papaver somniferum</i> L.	Seed	Powder	50g
6.	Lu‘āb-i-Asphaghol	<i>Plantago ovata</i> Forssk.	Mucilage of seeds	Liquid	Q.S.

**Action:** *Mudirr-i-Bawl* (diuretic)

**Therapeutic Use:** *Qillat-i-Bawl* (oliguria), *Iḥtibās-i-Bawl* (anuria), *Qurūḥ-i-Mathāna-o-Qadīb* (vesicular and penile ulcers)

**Dose:** 5 pills (1g each) in the morning

## 1.50 HABB-I-BAR’YŪMĀ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Elvā	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	28g
2.	Turbud Safayd	<i>Operculina turpethum</i> (L.) Silva Manso	Root	Powder	28g
3.	Post Halīla Zard	<i>Terminalia chebula</i> Retz.	Fruit pericarp	Powder	7g
4.	Būzidān	<i>Pseudohandelia umbellifera</i> (Boiss.) Tzvelev	Root	Powder	7g
5.	Sūranjān	<i>Colchicum luteum</i> Baker	Root	Powder	7g
6.	Anīsūn	<i>Pimpinella anisum</i> L.	Fruit	Powder	5.25g
7.	Saqmūniyā	<i>Convolvulus scammonia</i> L.	Dried resinous secretion of root	Powder	5.25g
8.	Muqil	<i>Commiphora wightii</i> (Arn.) Bhandari	Gum resin	Powder	3.5g
9.	Āb-i-Gandanā	<i>Allium ascalonicum</i> L.	Leaves juice	Liquid	Q.S.

**Action:** *Muḥallil-i-Waram* (anti-inflammatory), *Musakkin-i-Alam* (analgesic)

**Therapeutic Use:** *Waja ‘-al-Mafāṣil* (arthritis), *Niqris* (gout), *Waja ‘-al-Quṭn* (lumbago)

**Dose:** 10 pills (1g each) per day with lukewarm water.

## 1.51 HABB-I-FĀD-I-ZAHR ḤAYWĀNĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Fād Zahr Ḥaywānī	Bezoar stones of animals	As such	Powder	2.25g
2.	Fād Zahr Mādanī	Bezoar stones of mines	Whole	Powder	2.25g
3.	‘Ūd Hindī	<i>Aquilaria malaccensis</i> Lam.	Heartwood	Powder	2.25g
4.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	2.25g
5.	Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	2.25g
6.	Jā’ifal	<i>Myristica fragrans</i> Houtt.	Fruit kernel	Powder	2.25g
7.	Jāvitrī	<i>Myristica fragrans</i> Houtt.	Aril	Powder	2.25g
8.	Sumbul al Ṭīb	<i>Nardostachys jatamansi</i> (D. Don) DC.	Herb	Powder	2.25g
9.	Shaqāqul Miṣrī	<i>Malabaila secacul</i> (Mill.) Boiss.	Root	Powder	2.25g
10.	Bahman Surkh	<i>Salvia sclarea</i> L.	Root	Powder	2.25g
11.	Bahman Safayd	<i>Centaurea behen</i> L.	Root	Powder	2.25g
12.	Tha’lab Miṣrī	<i>Dactylorhiza hatagirea</i> (D. Don) Soo / <i>Orchis latifolia</i> L.	Root	Powder	2.25g
13.	Za’frān	<i>Crocus sativus</i> L.	Style and stigma	Powder	5.25g
14.	‘Ambar Ashhab	Ambra grisea (intestinal secretion of sperm whale)	As such	Powder	250mg

**Action:** *Muḥarrik-i-A ‘ṣāb* (nerve stimulant), *Muqawwī-i-Bāh* (aphrodisiac)

**Therapeutic Use:** *Du’f-i-A ‘ṣāb* (neurasthenia), *Du’f-i-Bāh* (sexual debility)

**Dose:** 2 pills (250 mg each) per day.

## 1.52 ḤABB-I-QUADRAT

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Fād Zahr Haywānī	Bezoar stones of animals	As such	powder	4.5g
2.	‘Ambar Ashhab	Ambra grisea	As such	Powder	4.5g
3.	Marwārīd Nāsufta	<i>Mytilus marginiferus</i> (L.)	Pearl	Powder	9g
4.	Yāqūt Rummānī	Ruby (red)	As such	Powder	9g
5.	Jāvitrī	<i>Myristica fragrans</i> Houtt.	Aril	Powder	9g
6.	Tezpāt	<i>Cinnamomum tamala</i> (Buch.-Ham.) Nees & Eberm.	Leaves	Powder	13.5g
7.	Darūnaj ‘Aqrabī	<i>Nannoglottis hookeri</i> (C. B. Clarke Hook.f.) Kitam.	Root	Powder	9g
8.	Kabāb Chīnī	<i>Piper cubeba</i> L. f.	Fruit	Powder	9g
9.	Asārūn	<i>Asarum europaeum</i> L.	Root	Powder	9g
10.	Fād Zahr Mādanī	Serpentine	As such	Powder	13.5g
11.	Hīl Khurd	<i>Elettaria cardamomum</i> (L.) Maton.	Fruit	Powder	13.5g
12.	Qaranful	<i>Syzygium aromaticum</i> L. Merr. & L. M. Perry	Flower bud	Powder	13.5g
13.	Hīl Kalāṇ	<i>Amomum subulatum</i> Roxb.	Fruit	Powder	13.5g
14	Maṣṭagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	13.5g
15	Bahman Safayd	<i>Centaurea behen</i> L.	Root	Powder	13.5g
16	Bahman Surkh	<i>Salvia sclarea</i> L.	Root	Powder	13.5g
17	Khusyat-al- Tha‘lab	<i>Dactylorhiza hatagirea</i> (D. Don) Soo	Root	Powder	13.5g
18	Shaqqāqul Miṣrī	<i>Malabalia secacul</i> (Mill.) Boiss.	Root	Powder	13.5g
19	Şamagh-i-‘Arabī	<i>Acacia nilotica</i> (L.) Willd. ex Delile	Gum	Powder	13.5g
20	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder	13.5g
21	Sa‘d Kūfī	<i>Cyperus rotundus</i> L.	Rhizome	Powder	22.5g
22	Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	22.5g

23	Za‘frān	<i>Crocus sativus</i> L.	Style and Stigma	Powder	22.5g
24	Waraq-i-Tila	Gold	As such	Solid	30 in no.
25	Waraq-i-Nuqra	Silver	As such	Solid	50 in no.
26	Afyūn	<i>Papaver somniferum</i> L.	Dried latex	Semi solid	Q.S.

**Action:** *Muqawwī* (tonic), *Mubahhī* (aphrodisiac), *Mufarriḥ-i-Qalb* (exhilarant)

**Therapeutic Use:** *Du‘f-i-Bāh* (sexual debility), *Tabkhīr* (flatulence), *Du‘f-i-Qalb* (cardiac asthenia), *Du‘f-i-Ām* (general weakness)

**Dose:** 1 pill (250mg) per day

Note: Mushk has been replaced by Tezpāt

## 1.53 HABB-I-KHUSH KAYF

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Ja‘i fal	<i>Myristica fragrans</i> Houtt.	Fruit kernel	Powder	42g
2.	Khūlanjān	<i>Alpinia galanga</i> (L.) Willd.	Root	Powder	42g
3.	Khuṣya-al- Tha‘lab	<i>Dactylorhiza hatagirea</i> (D. Don) Soo	Root	Powder	42g
4.	Afyūn Muṣaffā	<i>Papaver somniferum</i> L.	Dried latex purified	Semi solid	31.5g
5.	Jāvitrī	<i>Myristica fragrans</i> Houtt.	Aril	Powder	21g
6.	Jadwār	<i>Delphinium nudatum</i> Wall. ex Hook. f. & Thomson	Root	Powder	21g

**Action:** *Mumsik* (semen retentive)

**Therapeutic Use:** *Jarayān* (spermatorrhoea), *Ihtilām* (nocturnal emission), *Sur‘at-i-Inzāl* (premature ejaculation)

**Dose:** 1 pill (250 mg) per day

## 1.54 HABB-I-SAHL-AL-WAJŪD

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Tukhm-i-Tamar Hindī	<i>Tamarindus indica</i> L.	Seed	Powder	100g
2.	Qand Safayd	Sugar	As such	Crystal	200g

**Action:** *Mumsik* (semen retentive)

**Therapeutic Use:** *Jarayān* (spermatorrhoea), *Ihtilām* (nocturnal emission), *Sur'at-i-Inzāl* (premature ejaculation)

**Dose:** 2 pills (each 250 mg) per day with *Āb-i-Līmū*

**Special Method of Preparation:** Soak *Dāna-i-Tamar Hindī* in water for 4 days, and then remove the seed coat to obtain the kernel from it. Then mix with sugar and prepare the pills as usual.

## 1.55 HABB-I-MUSHKIL KUSHĀ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	‘Āqarqarhā	<i>Anacyclus pyrethrum</i> (L.) Lag.	Root	Powder	7g
2.	Jā’ifal	<i>Myristica fragrans</i> Houtt.	Fruit kernel	Powder	7g
3.	Jāvitrī	<i>Myristica fragrans</i> Houtt.	Aril	Powder	7g
4.	Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	7g

5.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	7g
6.	Ispand	<i>Peganum harmala</i> L.	Seed	Powder	7g
7.	Kunjad Siyāh	<i>Sesamum indicum</i> L.	Seed	Powder	7g
8.	Afyūn	<i>Papaver somniferum</i> L.	Dried latex	Semi solid	7g
9.	‘Asal	Honey	As such	Liquid	7g

**Action:** *Mumsik* (semen retentive)

**Therapeutic Use:** *Sayalān-i-Manī* (spermatorrhea)

**Dose:** 1 pill (125 mg) per day for three days with *Shīr-i-Gāo* and thereafter 1 pill twice a day

## 1.56 BANĀDIQ KUNDURĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Māzū Sabz	<i>Quercus infectoria</i> G. Olivier	Excrescence	Powder	3.5g
2.	Afyūn	<i>Papaver somniferum</i> L.	Dried latex	Semi solid	14g
3.	Kundur	<i>Boswellia serrata</i> Roxb. ex Colebr.	Gum	Powder	17.5g
4.	Māyīn kalān	<i>Tamarix gallica</i> L.	Fruit	Powder	17.5g
5.	Habb al Ās	<i>Myrtus communis</i> L.	Seed	Powder	35g

**Action:** *Hābis-i-Ishāl* (anti-diarrhoeal), *Qābid* (astringent)

**Therapeutic Use:** *Sangrahnī* (sprue), *Ishāl-i-Mi ‘wī* (diarrhoea due to intestinal disorder)

**Dose:** 2 pills (500mg each) per day

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AQRĀS

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S.No.	Name of the Formulation	Reference	
		Book Vol.	Page No.
1.57	<i>Qurṣ Īrsā</i>	‘Ilāj-al-Amrād(Fārsī); 1921 (Urdu); 2005, Reprint	194 472
1.58	<i>Qurṣ Fuwwah</i>	‘Ilāj-al-Amrād(Fārsī); 1921 (Urdu); 2005, Reprint	194 473
1.59	<i>Qurṣ Gazmāzaj</i>	‘Ilāj-al-Amrād(Fārsī); 1921 (Urdu); 2005, Reprint	194
1.60	<i>Qurṣ Faranjmushk</i>	‘Ilāj-al-Amrād(Fārsī); 1921 (Urdu); 2005, Reprint	193 473
1.61	<i>Qurṣ Kabīr</i>	‘Ilāj-al-Amrād(Fārsī); 1921 (Urdu); 2005, Reprint	193 472
1.62	<i>Qurṣ Sumbul-al-Tīb</i>	‘Ilāj-al-Amrād (Fārsī); 1921 (Urdu); 2005, Reprint	192 473
1.63	<i>Qurṣ Reward</i>	‘Ilāj-al-Amrād(Fārsī); 1921 (Urdu); 2005, Reprint	193 474
1.64	<i>Qurṣ Shubram</i>	‘Ilāj-al-Amrād(Fārsī); 1921 (Urdu); 2005, Reprint	193 472
1.65	<i>Qurṣ Shifā Hindī</i>	Bayād Kabīr(Urdu), Part-II; 1947	232
1.66	<i>Qurṣ Tabāshīr Afyūnī</i>	‘Ilāj-al-Amrād(Fārsī); 1921 (Urdu); 2005, Reprint	316 793
1.67	<i>Qurṣ Tabāshīr Mushil</i>	‘Ilāj-al-Amrād(Fārsī)	316

		<i>;1921</i>	
		<i>(Urdu); 2005, Reprint</i>	790
1.68	<i>Qurş AmbarBārīs</i>	<i>'Ilāj-al-Amrād(Fārsī)</i> <i>;1921</i>	316
		<i>(Urdu); 2005, Reprint</i>	787-88
1.69	<i>Qurş AmbarBārīs Qawī</i>	<i>'Ilāj-al-Amrād(Fārsī)</i> <i>;1921</i>	317
		<i>(Urdu); 2005, Reprint</i>	788
1.70	<i>Qurş Tabāshīr Saratānī</i>	<i>'Ilāj-al-Amrād (Fārsī);</i> <i>1921</i>	318
		<i>(Urdu); 2005, Reprint</i>	789
1.71	<i>Qurs Şamūgh</i>	<i>'Ilāj-al-Amrād(Fārsī)</i> <i>;1921</i>	278-79
		<i>(Urdu); 2005, Reprint</i>	695
1.72	<i>Qurş Mur</i>	<i>'Ilāj-al-Amrād(Fārsī)</i> <i>;1921</i>	279
		<i>(Urdu); 2005, Reprint</i>	695
1.73	<i>Qurş Lubūb</i>	<i>'Ilāj-al-Amrād(Fārsī)</i> <i>;1921</i>	233
		<i>(Urdu); 2005, Reprint</i>	586

## 1.57 QURŞ İRSĀ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	İrsā	<i>Iris ensata</i> Thunb.	Root	Powder	14g
2.	Filfil Safayd	<i>Piper nigrum</i> L.	Fruit	Powder	7g
3.	Ushuq	<i>Dorema ammoniacum</i> D. Don	Gum	Powder	7g
4.	Sırka ‘Unşul	<i>Drimia indica</i> (Roxb.) Jessop (Vinegar)	As such	Liquid	Q.S.

**Special Method of Preparation:** *Ushuq* is dissolved in *Sırka*. Pulverize all remaining drugs properly, mix and prepare tablets.

**Action:** *Muḥallil-i-wara m-i-Tihāl* (anti-inflammatory)

**Therapeutic Use:** *‘Izam-i-Tihāl* (splenomegaly), *Şalābat-i-Tihāl* (indurated spleen)

**Dose:** 7 tablets (1g each) per day with *Sikanjabīn Buzūrī*

## 1.58 QURŞ FUWWAH

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Majīth (Fuwwah)	<i>Rubia cordifolia</i> L.	Root	Powder	42g
2.	İrsā	<i>Iris ensata</i> Thunb.	Root	Powder	7g
3.	Post Bīkh-i-Kibr	<i>Capparis spinosa</i> L.	Root rind	Powder	7g
4.	Zarāwand Ṭawīl	<i>Aristolochia fontanesii</i> Boiss &Reuter.	Root	Powder	7g
5.	Sikanjabīn Sāda				Q.S.
a.	Sırka Nayshakar	Sugarcane Vinegar	As such	Liquid	1.6lt

b.	Qand Safayd	Sugar	As such	Crystal	1kg
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**Action:** *Muḥallil-i-Waram-i- Ṭihāl* (anti-splenitis)

**Therapeutic Use:** *Waram-i- Ṭihāl* (splenitis), *Izam-i- Ṭihāl* (splenomegaly)

**Dose:** 2-3 tablets (1g each) per day in divided doses with *Joshānda Anīsūn*

## 1.59 QURŞ GAZMĀZAJ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Gazmāzaj (Māyīn Khurd)	<i>Tamarix aphylla</i> (L.) H. Karst	Fruit	Powder	18g
2.	Filfil Safayd	<i>Piper nigrum</i> L.	Fruit	Powder	9g
3.	Sumbul al Ṭib	<i>Nardostachys jatamansi</i> (D. Don) DC.	Rhizome	Powder	9g
4.	Asārūn	<i>Asarum europaeum</i> L.	Root	Powder	9g
5.	Ushuq	<i>Dorema ammoniacum</i> D. Don	Gum	Powder	9g
6.	Sirka ‘Unşul	<i>Drimia indica</i> (Roxb.) Jessop (Vinegar)	As such	Liquid	Q.S.

**Special Method of Preparation:** *Ushuq* is dissolved in *Sirka ‘Unşul*. Pulverize all remaining drugs finely and prepare tablets.

**Action:** *Muḥallil-i-Waram-i- Ṭihāl /Sulb* (resolvent of hard swellings of spleen)

**Therapeutic Use:** *Ṣalābat-i- Ṭihāl* (indurated spleen), *Awrām-i-Ṣulbiyya* (hard swellings)

**Dose:** 4 tablets (1g each) per day with *Sikanjabīn*

## 1.60 QURŞ FARANJMUSHK

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Tukhm-i-Faranjmushk	<i>Ocimum basilicum</i> L.	Seed	Powder	10g
2.	Tukhm-i-Kāsnī	<i>Cichorium intybus</i> L.	Seed	Powder	10g
3.	Tukhm-e-Khurfa	<i>Portulaca oleracea</i> L.	Seed	Powder	10g
4.	Tukhm-i-Kadū	<i>Cucurbita moschata</i> Duchesne	Seed	Powder	10g
5.	Sikanjabīn Sāda				Q.S.
	a. Sirka Nayshakar	Sugarcane Vinegar	As such	Liquid	1.6lt
	b. Qand Safayd	Sugar	As such	Crystal	1kg

**Action:** *Mufattih Sudad-i-Jigar-o-Tihāl* (hepatic and spleen de-obstruent)

**Therapeutic Use:** *Sudad-i-Jigar-o-Tihāl, Waram-i-Kabid* (hepatitis)

**Dose:** 2-3 tablets (1g each) per day

## 1.61 QURŞ KABĪR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Zarāwand Ṭawīl	<i>Aristolochia fontanesii</i> Boiss &Reuter.	Root	Powder	7g
2.	Post Bīkh-i-Kabār	<i>Capparis spinosa</i> L.	Root pericarp	Powder	14g
3.	Ushuq	<i>Dorema ammoniacum</i> D. Don	Gum	Powder	14g
4.	Sanbhālū	<i>Vitex negundo</i> L.	Dried leaf	Powder	21g
5.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	21g

6.	Sirka ‘Unşul	<i>Drimia indica</i> (Roxb.) Jessop (Vinegar)	As such	Liquid	Q.S.
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**Special Method of Preparation:** Dissolve *Ushuq* in *Sirka Kohna*. Pulverize other ingredients properly and mix it well and prepare tablets.

**Action:** *Mufattih Sudad* (deobstruent)

**Therapeutic Use:** *Waja ‘-al-Tihāl* (splenalgia), *Waram-i-Tihāl* (splenitis)

**Dose:** 2-3 tablets (1g each) per day in divided doses

## 1.62 QURŞ SUMBUL-AL-TİB

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Sumbul al Tīb	<i>Nardostachys jatamansi</i> (D. Don) DC.	Rhizome	Powder	10.5g
2.	Fuqāh-i-Izkhir	<i>Cymbopogon jwarancusa</i> (Jones) Schult	Inflorescence	Powder	10.5g
3.	Salīkha (Taj)	<i>Cinnamomum cassia</i> (L.) J. Presl	Stem Bark	Powder	10.5g
4.	Gul-i-Surkh	<i>Rosa damascena</i> Mill.	Flower	Powder	10.5g
5.	Rewand Chīnī	<i>Rheum australe</i> D. Don	Root	Powder	10.5g
6.	Chirāyta	<i>Swertia chirayata</i> (Roxb.) H. Karst.	Herbs	Powder	10.5g
7.	Ushuq	<i>Dorema ammoniacum</i> D. Don.	Gum	Powder	1.75g
8.	Muqil	<i>Commiphora wightii</i> (Arn.) Bhandari	Gum resin	Powder	7g
9.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	7g
10.	Za‘frān	<i>Crocus sativus</i> L.	Style & Stigma	Powder	3.5g
11.	Mur Makkī	<i>Commiphora myrrha</i> (Nees) Engl.	Gum resin	Powder	3.5g
12.	Anīsūn	<i>Pimpinella anisum</i> L.	Seed	Powder	3.5g
13.	Qusṭ Talkh	<i>Saussurea auriculata</i> (DC.) Sch. Bip.	Root	Powder	3.5g
14.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	3.5g

15.	Sharāb	Concentrated Grape Juice (Brandy)	As such	Liquid	Q.S.
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**Special Method of Preparation:** Dissolve *Ushuq* and *Muqil* in *Sharāb-i-Muthallath*. Pulverize all the ingredients, mix it in the *Sharāb-i-Muthallath* and prepare tablets.

**Action:** *Muhallil-i-Waram* (anti-inflammatory), *Musakkin-i-Alam* (analgesic).

**Therapeutic Use:** *Waram-i-Şulb-i-Kabid* (hepatitis), *Waram-i-Şulb-i-Me'da* (gastritis), *Waja'-al-Kabid* (hepatic pain), *Waja'-al-Me'da* (gastralgia)

**Dose:** 2-3 tablets (1g each) per day in divided doses

For *Waram-o-Dard-i-Me'da* with *Doshāb*

For *Waram-i-Jigar* with *Sikanjabīn Sāda*

For *Şalābat-i-Tihāl* with *Sikanjabīn 'Unşult*

**Note:** The title of medicine was *Qurş Sumbul*. It has been changed to *Qurş Sumbul al ıtib*. This has been approved by the UPC.

## 1.63 QURŞ REWARD

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Za'frān	<i>Crocus sativus</i> L.	Style & Stigma	Powder	500mg
2.	Reward Chīnī	<i>Rheum australe</i> D. Don	Root	Powder	1g
3.	Zarishk	<i>Berberis aristata</i> DC.	Fruit	Powder	4.5g
4.	Behīdāna	<i>Cydonia oblonga</i> Mill.	Seed	Powder	4.5g
5.	Luk Maghsūl	<i>Kerria lacca</i> Kerr (Resinous secretion)	Lac (washed)	Powder	4.5g
6.	Majīth	<i>Rubia cordifolia</i> L.	Root	Powder	4.5g
7.	Tabāshīr	<i>Bambusa bambos</i> (L.) Voss	Silica concretion	Powder	4.5g
8.	Şandal Safayd	<i>Santalum album</i> L.	Heart wood	Powder	4.5g
9.	Tukhm-i-Hummād	<i>Rumex vesicarius</i> L.	Seed	Powder	4.5g
10.	Waraq-i-Gul-i-Surkh	<i>Rosa damascena</i> Mill.	Petals	Powder	6.75g

11.	Zīra Siyāh	<i>Carum carvi</i> L.	Seed	Fine Powder	6.75g
12.	Nashāsta		Starch	Powder	9g
13.	Şamagh-i-'Arabī Biryān	<i>Acacia nilotica</i> (L.) Willd. ex Delile	Gum (roasted)	Powder	9g
14.	Āb	Pure water	As such	Liquid	Q.S.

**Action:** *Hābis-al-dam* (haemostatic), *Qābid* (astringent)

**Therapeutic Use:** *Istisqā'* (ascites), *Nafth-al-dam* (haemoptysis), *Ishāl* (Diarrhoea)

**Dose:** 7 tablets (1g each) per day with suitable 'Arq.

## 1.64 QURŞ SHUBRAM

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Shubram	<i>Euphorbia pithyusa</i> L.	Aerial part	Powder	10g
2.	Halīla Zard	<i>Terminalia chebula</i> Retz.	Semi ripe fruit	Powder	10g
3.	Āb	Pure water	As such	Liquid	Q.S.

**Action:** *Mudirr-i-bawl* (diuretic)

**Therapeutic Use:** *Istisqā'-i-Ziqqī* (ascites)

**Dose:** 1 tablet (500 mg) with *Sikanjabīn*, once a week, and then dose may be increased upto 7 tablets gradually.

## 1.65 QURŞ SHIFĀ HINDĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Kanwal gatta	<i>Nelumbo nucifera</i> Gaertn.	Deseeded lotus	Powder	180g
2.	Şandal Safayd	<i>Santalum album</i> L.	Heart wood	Powder	120g
3.	Kath Safayd	<i>Acacia leucophloea</i> (Roxb.) Willd.	Wood extract	Powder	39g
4.	Kāfur	<i>Cinnamomum camphora</i> (L.) J. Presl	Exudate	Crystals	12g
5.	Zahr Mohra	Serpentine,Hydrous magnesium iron phyllosilicate minerals	As such	Powder	10g

**Action:** *Musakkin-i-'Atsh* (thirst quenching), *Mubarrid* (refrigerant)

**Therapeutic Use:** '*Uṭāsh* (polydipsia), *Hurqat-al-bawl* (burning micturition)

**Dose:** 1 tablet (each 1g) thrice a day

## 1.66 QURŞ TABĀSHĪR AFYŪNĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Tukhm-i-Hummād	<i>Rumex vesicarius</i> L.	Seed	Powder	8.75g
2.	Tabāshīr	<i>Bambusa bambos</i> (L.) Voss	Silica concretion	Powder	3.5g
3.	Gul-i-Surkh	<i>Rosa damascena</i> Mill.	Flower	Powder	3.5g
4.	Sumāq	<i>Rhus coriaria</i> L.	Fruit peel	Powder	3.5g
5.	Tukhm-i-Kāhū	<i>Lactuca sativa</i> L.	Seed	Powder	3.5g
6.	Tukhm-i-Khurfa	<i>Portulaca oleracea</i> L.	Seed	Powder	3.5g

7.	Tukhm-i-Kāsnī	<i>Cichorium intybus</i> L.	Seed	Powder	3.5g
8.	Gulnār	<i>Punica granatum</i> L.	Flower	Powder	1.75g
9.	Şandal Safayd	<i>Santalum album</i> L.	Heart wood	Powder	1.75g
10.	Afyūn	<i>Papaver somniferum</i> L.	Dried latex	Semi solid	1.75g
11.	Kāfūr	<i>Cinnamomum camphora</i> (L.) J. Presl	Exudate	Crystals	500mg
12.	Āb	Pure water	As such	Liquid	Q.S

**Action:** *Qābid* (constipative), *Hābis-i-Ishāl* (anti-diarrhoeal)

**Therapeutic Use:** *Ishāl* (diarrhoea), *Zahīr-i-Muzmin* (chronic dysentry)

**Dose:** 1-2 tablets (250 mg each) per day

## 1.67 QURŞ TABĀSHĪR MUSHIL

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Zarishk Munaqqa	<i>Berberis aristata</i> DC.	Deseeded fruit	Crushed	5.25g
2.	Tabāshīr	<i>Bambusa bambos</i> (L.) Voss	Silica concretion	Powder	3.5g
3.	Saqmūniyā Mushawwa	<i>Convolvulus scammonia</i> L.	Dried resinous secretion of root (detoxified)	Powder	500mg
4.	Ghuncha-i-Gul-i-Surkh	<i>Rosa damascena</i> Mill.	Buds without sepals	Powder	500mg
5.	Āb-i-Kāsnī (Tāza)	<i>Cichorium intybus</i> L.	Fresh juice	Liquid	Q.S.

**Action:** *Mushil-i- Safrā'* (purgative of bile), *Qāti'-i-Safrā'* (antibilious), *Dāfi'-i- Hammā* (anti-pyretic), *Musakkin-i-Harārat* (refrigerant), *Muqawwī-i-Me 'da* (stomachic)

**Therapeutic Use:** *Qabd* (constipation), *Hummiyat-i-Safrāwiyya* (bilious fever), *Du 'f-i-Me 'da* (gastric debility)

**Dose:** The above preparation is for single dose.

## 1.68 QURŞ AMBARBĀRĪS

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Rasawt	<i>Berberis aristata</i> DC.	Bark extract	Powder	9g
2.	Luk Maghsūl	<i>Kerria lacca</i> Kerr ( <i>Resinous secretion</i> )	Lac (washed)	Powder	9g
3.	Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	9g
4.	‘Uṣāra-i-Kāsnī (Khushk)	<i>Cichorium intybus</i> L.	Leaf extract	Powder	9g
5.	Gul-i-Surkh	<i>Rosa damascena</i> Mill.	Petals	Powder	9g
6.	Tukhm-i-Kathūth	<i>Cuscuta reflexa</i> Roxb.	Seed	Powder	9g
7.	Rewand Chīnī	<i>Rheum australe</i> D. Don	Root	Powder	4.5g

**Action:** *Muqawwī-i-Kabid* (liver tonic), *Mufattih-i-Sudad* (deobstruent), *Dāfti ‘-i-Hummā* (anti-pyretic)

**Therapeutic Use:** *Istisqā’* (ascites), *Du ‘f-i-Kabid* (hepatosis), *Sudad-i-Kabid* (biliary obstruction), *Hummiyat-i-Murakkaba* (compound fevers)

**Dose:** 7 tablets (1g each) per day with *Āb-i-Kāsnī Tāza* or *Sikanjabīn* or *Āb-i-‘Inab-al-Tha ‘lab Tāza*

## 1.69 QURŞ AMBARBĀRĪS QAWĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Rasawt	<i>Berberis aristata</i> DC.	Dried bark extract	Powder	17.5g
2.	Luk Maghsūl	<i>Kerria lacca</i> Kerr ( <i>Resinous secretion</i> )	Lac (washed)	Powder	8.75g
3.	Kundur	<i>Boswellia serrata</i> Roxb. ex Colebr.	Gum	Powder	8.75g
4.	Sumbul al Ṭīb	<i>Nardostachys jatamansi</i> (D. Don)	Herb	Powder	8.75g

DC.

5.	Asārūn	<i>Asarum europaeum</i> L.	Root	Powder	8.75g
6.	Rewand Chīnī	<i>Rheum australe</i> D. Don	Root	Powder	8.75g
7.	Lisān al ‘Aṣāfir (Inder Jao Shīrīn)	<i>Wrightia tinctoria</i> R. Br.	Seed	Powder	8.75g
8.	‘Uṣāra Afsantīn	<i>Artemisia absinthium</i> L.	plant extract	Powder	8.75g
9.	‘Uṣāra-i-Gul-i-Ghāfīth	<i>Gentiana olivieri</i> Griseb.	Flower extract	Powder	7g
10.	Ṭabāshīr	<i>Bambusa bambos</i> (L.) Voss	Silica concretion	Powder	7g
11.	Za‘frān	<i>Crocus sativus</i> L.	Style & Stigma	Powder	3.5g
12.	Āb-i-Kāsnī Tāza	<i>Cichorium intybus</i> L.	Fresh Juice	Liquid	Q.S.

**Action:** *Muqawwī-i-Kabid* (liver tonic), *Dāfi‘-i-Hummā* (anti-pyretic)

**Therapeutic Use:** *Hummiyāt-i-Rib‘* (Quartian fevers), *Du‘f-i-kabid* (Hepatitis), *Hummiyat-i-Murakkaba* (compound fevers)

**Dose:** 2-3 tablets (1g each) per day

**NOTE:** The term *Qawī* has been suffixed at the end of the title of the formulation. This has been approved by UPC.

## 1.70 QURŞ TABĀSHĪR SARĀTĀNĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Za‘frān	<i>Crocus sativus</i> L.	Style & Stigma	Powder	1.75g
2.	Kāfūr	<i>Cinnamomum camphora</i> (L.) J. Presl	Exudate	Crystals	1.75g
3.	Saraṭān Nahrī	<i>Scylla serrata</i> (Forsskal)	Whole river	Powder	3.5g

			crab	
4.	Rubb-al-Sūs	<i>Glycyrrhiza glabra</i> L.	Dried root extract	Powder 3.5g
5.	Şamagh-i-‘Arabī	<i>Acacia nilotica</i> (L.) Willd. ex Delile	Gum	Powder 5.25g
6.	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder 5.25g
7.	Tukhm-i-Khurfa Muqashshar	<i>Portulaca oleracea</i> L.	Peeled/ dehusked Seed	Powder 10.5g
8.	Maghz-i-Tukhm-i-Khiyār	<i>Cucumis sativus</i> L.	Kernel	Powder 10.5g
9.	Bādranjboya	<i>Melissa axillaris</i> (Benth.) Bakh. f.	Whole herb	Powder 10.5g
10.	Maghz-i-Tukhm-i-Kadū Shīrīn	<i>Lagenaria siceraria</i> (Molina) Standl.	Kernel	Powder 10.5g
11.	Şandal Safayd	<i>Santalum album</i> L.	Heart wood	Powder 10.5g
12.	Tukhm-i-Kāhū	<i>Lactuca sativa</i> L.	Seed	Powder 14g
13.	Tukhm-i-Kāsnī	<i>Cichorium intybus</i> L.	Seed	Powder 14g
14.	Tabāshīr Safayd	<i>Bambusa bambos</i> (L.) Voss	Silica concretion	Powder 17.5g
15.	Guncha-i-Gul-i-Surkh	<i>Rosa damascena</i> Mill.	Buds without sepals	Powder 17.5g
16.	Turanjabīn Munaqqā	<i>Alhagi maurorum</i> Medik.	Gum/resin	Powder 35g
17.	Lu‘āb-i-Asphol or Lu‘āb-i-Behīdāna	<i>Plantago ovata</i> Forssk.	Mucilage of seeds	Semi Solid Q.S.

**Action:** *Mubarrid* (refrigerant), *Dāfi-i-Hummā* (anti-pyretic), *Musakkin* (tranquilizer)

**Therapeutic Use:** *Diq* (tuberculosis), *Sil* (phthisis), *Hummā-i-Diq* (tubercular fever)

**Dose:** 4 tablets (1g each) per day

## 1.71 QURS SAMUGH

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Mur	<i>Commiphora myrrha</i> (Nees) Engl.	Gum resin	Powder	3.5g
2.	Jāoshīr	<i>Ferula galbaniflua</i> Boiss.	Gum resin	Powder	3.5g
3.	Sakbīnaj	<i>Ferula persica</i> Willd.	Gum resin	Powder	3.5g
4.	Ḩiltīt	<i>Ferula assafoetida</i> L.	Gum	Powder	1.75g
5.	Āb	Pure water	As such	Liquid	Q.S.

**Action:** *Mukhrij-i-Janīn-wa-Mashīma* (abortifacient)

**Therapeutic Use:** *Diqqat-i-Wilādat* (difficult labour)

**Dose:** The above formula is for single Dose with *Āb-i-sudāb* or *Joshānda-i-Hulba*

## 1.72 QURS MUR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Ḩiltīt	<i>Ferula assafoetida</i> L.	Gum	Powder	7g
2.	Sakbīnaj	<i>Ferula persica</i> Willd.	Gum resin	Powder	7g
3.	Jāoshīr	<i>Ferula galbaniflua</i> Boiss.	Gum resin	Powder	7g
4.	Barg-i-Sudāb Khushk	<i>Ruta graveolens</i> L.	Dried leaves	Powder	7g
5.	Barg-i-Nānā' Khushk	<i>Mentha arvensis</i> L.	Dried leaves	Powder	7g
6.	Mushktarāmashīt	<i>Mentha pulegium</i> L.	Whole herb	Powder	7g
7.	Zīra Siyāh	<i>Carum carvi</i> L.	Seed	Powder	7g
8.	Majīth	<i>Rubia cordifolia</i> L.	Root	Powder	7g

9.	Mur	<i>Commiphora myrrha</i> (Nees) Engl.	Gum resin	Powder	10.5g
10.	Turmus	<i>Lupinus albus</i> L.	Seed	Powder	17.5g
11.	Āb	Water		Liquid	Q.S.

**Action:** *Mudirr-i-Tamth* (emmenagogue)

**Therapeutic Use:** *Diqqat-i-Wilādat* (difficult labour), *Iḥtibās-i-Tamth* (amenorrhoea)

**Dose:** 7 tablets (1g each) per day with *Joshāndā-i-Abhal*

*Note:* *Turmus* can be replaced with *Dārchiṇī*, when unavailable

## 1.73 QURŞ LUBŪB

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Maghz-i-Funduq	<i>Corylus avellana</i> L.	Kernel	Powder	100g
2.	Maghz-i-Pista	<i>Pistacia lentiscus</i> L.	Kernel	Powder	100g
3.	Maghz-i-Bādām Shīrīn	<i>Prunus amygdalus</i> Bastch.	Kernel	Powder	100g
4.	Maghz-i-Behīdāna	<i>Cydonia oblonga</i> Mill.	Kernel	Powder	100g
5.	Maghz-i-Tukhm-i- Kharbūza	<i>Cucumis melo</i> L.	Kernel	Powder	100g
6.	Maghz-i-Tukhm-i- Khiyārayn	<i>Cucumis sativus</i> L.	Kernel	Powder	100g
7.	Maghz-i-Tukhm-i- Kadū	<i>Cucurbita moschata</i> Duchesne	Kernel	Powder	100g
8.	Maghz-i-Tukhm-i- Tarbūz	<i>Citrullus lanatus</i> (Thunb.) Mats. & Nakai	Kernel	Powder	100g
9.	Tukhm-i-Khashkhāsh Safayd	<i>Papaver somniferum</i> L.	Seed	Powder	100g
10.	Maghz-i- Ḥabb al Mahlab (Cherry)	<i>Prunus mahaleb</i> L.	Kernel	Powder	100g

11.	Nishāsta	Wheat Starch	Starch	Powder	100g
12.	Tukhm-i-Khatmī	<i>Althaea officinalis</i> L.	Seed	Powder	100g
13.	Tukhm-i-Khubbāzī	<i>Malva sylvestris</i> L.	Seed	Powder	100g
14.	Rubb-al-Sūs	<i>Glycyrrhiza glabra</i> L.	Dried root extract	Powder	100g
15.	Gil-i-Armanī	Bolus armenia rubra	As such	Powder	100g
16.	Maghz-i-Chilghoza	<i>Pinus geradiana</i> Wall. ex. D. Don	Kernel	Powder	100g
17.	Dūqū	<i>Peucedanum grande</i> C.B Clarke	Fruit	Powder	100g
18.	Bādiyān	<i>Foeniculum vulgare</i> Mill.	Fruit	Powder	100g
19.	Tukhm-i-Karafs	<i>Apium graveolens</i> L.	Seed	Powder	100g
20.	Lu‘āb-i-Tukhm-i-Katāñ	<i>Linum usitatissimum</i> L.	Mucilage of seeds	Semi solid	Q.S.

**Action:** *Mudir-i-Bawl* (diuretic), *Mudammil-i-Qurūh-i-Gurda-o-Mathāna* (cicatrizing for renal and vesicular ulcers)

**Therapeutic Use:** *Qurūh-i-kuliya wa Mathāna* (vesicular and renal ulcers)

**Dose:** 4 tablets (1g each) per day

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**SECTION - II**

*MA‘JŪN*

*(JAWĀRISHĀT, ITRĪFALĀT,  
LA‘ŪQ & TIRYĀQĀT)*

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## **MA‘JŪN**

### **Definition**

*Ma‘jūn* is a semisolid medicinal preparation where one or more single drugs of plant, animal or mineral origin are mixed in powder or liquid form in the base (*Qiwām*) made of purified honey, sugar, candy or jaggery. These include preparation like *jawařish*, *Iṭrīfāl*, *La‘ūq* and *Tiryāq* etc.

### **Method of Preparation**

For making *Ma‘jūn* or any of the above categories of preparations refer to ‘General Method of preparation’.

### **General Precautions**

- 1) For making the powder of ingredient drugs to be used in *Ma‘jūn /Jawārishāt*, the methodology described in ‘General Methods of preparation’ is to be followed.
- 2) Utmost care should be taken to avoid moisture coming in contact with the *Ma‘jūn /Jawārish*.
- 3) During the preparation of *Ma‘jūn* the ingredient drugs should always be mixed one after the other and stirred constantly to ensure uniform mixing.
- 4) *Ma‘jūn* should be according to the required consistency.

### **Characteristics**

During presearvation, if *Ma‘jūn* gets dry, it can be brought to normal consistency by adding purified honey or *Qiwām* made of sugar.

### **Preservation**

- 1) *Ma‘jūn* (or any of its categories) is preserved in dried and clean glass, china clay or tin coated metallic containers.
- 2) The *ma‘jūn* containing *Tirphalā* (Three Myrobalan fruits) as main ingredients should not be preseraved in metallic containers.

S.No.	Name of the Formulation	Reference	
		Book Vol.	Page No.
<b>2.1</b>	<i>Ma 'jūn Rāshīdī</i>	'Ilāj-al-Amrād (Fārsī);1921	294
		(Urdu);2005,Reprint	706
<b>2.2</b>	<i>Ma 'jūn Pilpil Pāk</i>	'Ilāj-al-Amrād (Fārsī);1921	285
		(Urdu);2005,Reprint	704
<b>2.3</b>	<i>Ma 'jūn Māddā-al-Hayāt Jadwārī</i>	'Ilāj-al-Amrād (Fārsī);1921	288
		(Urdu); 2005,Reprint	714
<b>2.4</b>	<i>Bazarjalī</i>	Al- Qarābādīn (Urdu);2006	44

## 2.1 MA‘JŪN RASHĪDĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Ārad Kunār (Ber)	<i>Zizyphus mauritiana</i> Lam.	Flour of fruit	Powder	35g
2.	Fūfal	<i>Areca catechu</i> (L.f.) Willd.	Fruit	Powder	35g
3.	Khuṣya-al-Tha‘lab	<i>Dactylorhiza hatagirea</i> (D. Don) Soo	Root	Powder	35g
4.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	35g
5.	Sumbul al ṭīb	<i>Nardostachys jatamansi</i> (D. Don) DC.	Rhizome	Powder	35g
6.	Maṣṭaqī	<i>Pistacia lentiscus</i> L.	Resin	Powder	35g
7.	Nānkhwāh	<i>Trachyspermum ammi</i> (L.) Sprague	Seed	Powder	35g
8.	‘Asal	Honey	As such	Liquid	480g

**Action:** *Mumsik* (semen retentive), *Hābis* (astringent)

**Therapeutic Use:** *Sur‘at-i-Inzāl* (premature ejaculation), *Taqṭīr-al-Bawl* (dribbling of urine)

**Dose:** 7g per day

## 2.2 MA‘JŪN PILPIL PĀK

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	‘Asal	Honey	As such	Liquid	42g
2.	Roghan Gāo Tāza	Clarified butter from Cow’s milk (fresh)	As such	Semi solid	84g
3.	Filfil Darāz	<i>Piper longum</i> L.	Fruit	Powder	160g

4.	Nabāt Safayd	Crystallised Sugar	As such	Crystals	320g
5.	Shīr-i-Gāo Tāza	Cow Milk	As such, fresh	Liquid	640g
6.	Nāgkesar	<i>Mesua ferrea</i> L.	Flower	Powder	4g
7.	Tezpāt	<i>Cinnamomum tamala</i> (Buch.-Ham.) T. Nees & Eberm.	Leaf	Powder	4g
8.	Hīl Khurd	<i>Elettaria cardamomum</i> (L.) Maton.	Fruit	Powder	4g
9.	Taj	<i>Cinnamomum cassia</i> (L.) Presl	Stem bark	Powder	4g

**Special Method of Preparation:** Bruise *Filfil Darāz* and boil it with *Roghan Gāo* and *Shīr-i-Gāo*, when it becomes soft, add rest of the ingredients and prepare *ma‘jūn* as usual.

**Action:** *Muqawwī-i-Bāh* (aphrodisiac), *Mushtahī* (appetizing)

**Therapeutic Use:** *Du‘f-i-Bāh* (sexual debility), *Du‘f-i-Ishthihā’* (anorexia)

**Dose:** 5-10 g per day

## 2.3 MA‘JŪN MĀDDA-AL-HAYĀT JADWĀRĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest nomenclature	Scientific name (Binomial) name (Binomial)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Filfil Siyāh	<i>Piper nigrum</i> L.		Fruit	Powder	11.25g
2.	Filfil Darāz	<i>Piper longum</i> L.		Fruit	Powder	11.25g
3.	Dārchīnī	<i>Cinnamomum verum</i> J. Presl		Stem bark	Powder	11.25g
4.	Jadwār Khaṭāyī	<i>Delphinium nudatum</i> Wall. ex hook. F. & Thomson		Root	Powder	22.5g
5.	‘Ūd Ṣalīb	<i>Paeonia emodi</i> Wall. ex Royle		Root	Powder	22.5g
6.	Bahman Surkh	<i>Salvia sclarea</i> L.		Root	Powder	22.5g
7.	Āmla Munaqqā	<i>Phyllanthus emblica</i> L.		Fruit	Powder	33.75g
8.	Marwārīd Nāsufta	<i>Mytilus marginiferus</i>		Pearl, unpierced	Powder	33.75g
9.	Post Balīla	<i>Terminalia bellirica</i> (Gaertn.) Roxb.		Fruit pericarp	Powder	56.25g

10.	Shīṭraj Hindī	<i>Plumbago zeylanica</i> L.	Root	Powder	56.25g
11.	Zarāwand Mudahraj	<i>Aristolochia rotunda</i> L.	Root	Powder	56.25g
12.	Gul-i-Bābūna	<i>Matricaria chamomilla</i> L.	Flower	Powder	56.25g
13.	Khuṣya-al-Tha‘lab	<i>Dactylorhiza hatagirea</i> (D. Don) Soo	Root	Powder	56.25g
14.	Nabāt Safayd	Sugar	As such	Crystals	56.25g
15.	Chilghoza	<i>Pinus geradiana</i> Wall. ex. D. Don.	Fruit	Powder	56.25g
16.	Maghz-i-Nārjil	<i>Cocos nucifera</i> L.	Kernal	Powder	56.25g
17.	‘Arq-i-Bābūna	<i>Matricaria chamomilla</i> L.	Distillate	Liquid	56.25g
18.	Mawaīz Munaqqa	<i>Vitis vinifera</i> L.	deseeded	Crushed	168.75g
19.	‘Asal	Honey	As such	Liquid	1.9kg

**Action:** *Musakkin-i-Alam* (analgesic), *Muwallid-i-Manī* (spermatogenic), *Munaqqī-i-Balgham* (expellant of phlegm), *Hāḍim* (digestive), *Muqawwī-i-Bāh* (aphrodisiac)

**Therapeutic Use:** *Nisyān* (forgetfulness), *Salas al Bawl* (incontinence of urine), *Waja ‘-al -Kulya* (renal pain), *Waja ‘-al-Qutn* (lumbago), *Waja ‘-al-Mafāṣil* (arthritis)

**Dose:** 5-10g per day

## 2.4 BAZARJALĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used
1.	Bachnāk safayd	<i>Aconitum napellus</i> L.	Root
2.	Jā’ifal	<i>Myristica fragrans</i> Houtt	Fruit kernel
3.	Hīl Khurd	<i>Elettaria cardamomum</i> (L.) Maton.	Fruit
4.	Dūqū	<i>Peucedanum grande</i> C.B Clarke	Fruit
5.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit
6.	Filfil Darāz	<i>Piper longum</i> L.	Fruit
7.	Nāgkysar	<i>Mesua ferrea</i> L.	Flower
8.	Kundush	<i>Centipeda minima</i> (L.) A. Br. & Asch.	Whole plant

9.	Tezpāt	<i>Cinnamomum tamala</i> (Buch.-Ham.) T. Nees & Eberm.	Leaf
10.	Kundur	<i>Boswellia serrata</i> Roxb. ex Colebr.	Gum
11.	‘Uşāra-i-‘Unşul (onion)	<i>Drimia indica</i> (Roxb.) Jessop	Bulb Extract
12.	Bahera	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruit
13.	Āmla	<i>Phyllanthus emblica</i> L.	Fruit
14.	Shītraj	<i>Plumbago zeylanica</i> L.	Root
15.	Qand Safayd	Sugar	As such

**Action:** *Muṣaffī-i-Dam* (blood purifier), *Mushil-i-Sawdā'* (purgative of black bile)

**Therapeutic Use:** *Fasād-i-Dam* (blood impurities), *Judhām* (leprosy), *Amrād-i-Sawdāwī* (diseases of black bile)

**Dose:** 3-5g per day

## **JAWĀRISHĀT**

*Jawārish* is a type of *Ma‘jūn*, it is a semi-solid dosage form wherein one or more single drugs of plant, animal or mineral origin are mixed in a powdered or liquid form in the *Qiwām* (base of a particular consistency), made by purified honey, sugar candy or jaggery.

S.No.	Name of the Formulation	Reference	
		Book Vol.	Page No.
2.5	<i>Jawārish Muqawwī-i-Qalb</i>	<i>Al- Qarābādīn (Urdu);2006</i>	65
2.6	<i>Jawārish Buqrāt</i>	<i>'Ilāj-al-Amrād (Fārsī);1921</i>	149
		<i>(Urdu); 2005,Reprint</i>	363
2.7	<i>Jawārish Tīwāj</i>	<i>Al- Qarābādīn (Urdu);2006</i>	70
2.8	<i>Jawārish Jāved</i>	<i>'Ilāj-al-Amrād (Fārsī);1921</i>	150
		<i>(Urdu); 2005,Reprint</i>	364
2.9	<i>Jawārish Tabāshīr</i>	<i>'Ilāj-al-Amrād (Fārsī);1921</i>	151
		<i>(Urdu); 2005,Reprint</i>	364
2.10	<i>Jawārish 'Ūd Kibrītī</i>	<i>Al- Qarābādīn (Urdu);2006</i>	78
2.11	<i>Jawārish Muqawwī-i-Me 'da</i>	<i>Al- Qarābādīn (Urdu) ;2006</i>	84
2.12	<i>Jawārish Nārmushk Mushil</i>	<i>'Ilāj-al-Amrād (Fārsī);1921</i>	154
		<i>(Urdu); 2005,Reprint</i>	361
2.13	<i>Jawārish Fawākih</i>	<i>'Ilāj-al-Amrād (Fārsī);1921</i>	153
		<i>(Urdu); 2005,Reprint</i>	355
2.14	<i>Jawārish Kāfūr Qawī</i>	<i>'Ilāj-al-Amrād (Fārsī);1921</i>	153
		<i>(Urdu); 2005,Reprint</i>	367
2.15	<i>Jawārish Anjadān</i>	<i>Al- Qarābādīn (Urdu) ;2006</i>	85
2.16	<i>Jawārish Qayṣar</i>	<i>Al- Qarābādīn (Urdu) ;2006</i>	85
2.17	<i>Jawārish Khūzī</i>	<i>'Ilāj-al-Amrād</i>	150

		<i>(Fārsī); 1921</i>	
		<i>(Urdu); 2005, Reprint</i>	354
<b>2.18</b>	<i>Jawārish ‘Aṭā’ī</i>	<i>Al- Qarābādīn (Urdu); 2006</i>	87
<b>2.19</b>	<i>Jawārish Usquf</i>	<i>Al- Qarābādīn (Urdu); 2006</i>	64

## 2.5 JAWĀRISH MUQAWWĪ-I-QALB

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Murabbā Halīla	<i>Terminalia chebula</i> Retz.	Fruit	Semi solid	5 in No.
2.	Murabbā Āmla	<i>Phyllanthus emblica</i> L.	Fruit	solid	4 in No.
3.	Kishnīz Khushk	<i>Coriandrum sativum</i> L.	Dried fruit	Powder	12g
4.	Hīl Khurd	<i>Elettaria cardamomum</i> (L.) Maton.	Fruit	Powder	3g
5.	‘Arq Bed Mushk	<i>Salix caprea</i> L.	Distillate	Liquid	Q.S.
6.	Nabāt Safayd	Sugar	As such	Crystals	2 times

**Special Method of Preparation:** Soak ingredients No. 1 to 4 in water for 24 hours. Then wash ingredient 1 & 2 and grind it with other ingredients. Dissolve in ‘Arq-i-Bed Mushk and Prepare *Ma’jūn* in *Qiwām* of *Miṣrī*.

**Action:** *Muqawwī-i-Qalb* (cardiac tonic), *Mufarrih -i-Qalb* (exhilarant)

**Therapeutic Use:** *Du’f-i-Qalb* (cardiac asthenia), *Khafāqān* (palpitation), *Waswās* (obsession)

**Dose:** 5-10g per day

## 2.6 JAWĀRISH BUQRĀT

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Tukhm-i-Karafs	<i>Apium graveolens</i> L.	Seed	Powder	960g
2.	Tukhm-i-Gazar	<i>Daucus carota</i> L.	Seed	Powder	960g
3.	Tukhm-i-Soyā	<i>Anethum graveolens</i> L.	Seed	Powder	960g

4.	Bādiyān	<i>Foeniculum vulgare</i> Mill.	Fruit	Powder	960g
5.	Kishnīz Khushk	<i>Coriandrum sativum</i> L.	Dried fruit	Powder	960g
6.	Ajwāyin	<i>Trachyspermum ammi</i> (L.) Sprague	Seed	Powder	960g
7.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	4.5g
8.	‘Āqarqarħā	<i>Anacyclus pyrethrum</i> (L.) Lag.	Root	Powder	4.5g
9.	‘Ūd Hindī Khām	<i>Aquilaria malaccensis</i> Lam.	Heart wood	Powder	2.25g
10.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	2.25g
11.	‘Asal	Honey	As such	Liquid	3 times of all ingredients

**Action:** *Muqawwī-i-Me ‘da* (stomachic), *Muqawwī-i-Bāh* (aphrodisiac), *Hādim* (digestive), *Mushtahī* (appetizing), *Kāsir-i-Riyāḥ* (carminative)

**Therapeutic Use:** *Du ‘f-i-Me ‘da* (gastric debility), *Du ‘f-i-Hādm* (poor digestion), *Nafkh-i-Shikam* (flatulence), *Sayalān-i-Lu ‘āb -i-Dahan* (sialorrhoea), *Fuwāq* (hiccup)

**Dose:** 5-10g per day

## 2.7 JAWĀRISH TĪWĀJ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Tīwāj-i-Khaṭāyī (Inder jao Talkh)	<i>Holarrhena pubescens</i> Wall. ex. G. Don.	Stem bark	Powder	13.5g
2.	Post Bīkh-i-Anjabār	<i>Persicaria bistorta</i> (L.) Samp.	Root peel	Powder	4.5g
3.	Kahrubā’	<i>Pinus succinifera</i> L.	Gum	Powder	4.5g
4.	Ṭabāshīr	<i>Bambusa bambos</i> (L.) Voss	Silica concretion	Powder	4.5g
5.	Marwārīd	<i>Mytilus marginiferus</i> L.	Pearl	Powder	4.5g

6.	Gil-i-Makhtūm	Sealing clay	As such	Powder	2.25g
7.	Damm-al-Akhawayn	<i>Dracaena cinnabari</i> Balf f.	Exudates	Powder	2.25g
8.	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder	2.25g
9.	Sharbat Seb	<i>Malus sylvestris</i> (L.) Mill	Fruit juice	Liquid	Q.S.
10.	Sharbat Behī	<i>Cydonia oblonga</i> Mill	Fruit juice	Liquid	Q.S.
11.	Qand Safayd	Sugar	As such	Crystals	3 times of all the ingredients

**Action:** *Hābis-i-Dam* (haemostatic), *Hābis-i-Ishāl* (anti-diarrhoeal)

**Therapeutic Use:** *Bawāsīr Damwiya* (bleeding piles), *Ishāl-i-Bawāsīrī* (diarrhoea associated with haemorrhoids), *Dhūsanṭāriya* (diarrhoea due to liver disorders), *Jarayān-al-Dam* (haemorrhage).

**Dose:** 5-7 g with *Shīra-i-Tukhm-i-Khaskhāsh* 5g or *Shīra-i-Tukhm-i-Khurfa* 5g

**NOTE:** If *Sharbat-i-Seb* and *Sharbat-i-Behī* are not available, then *Sharbat-i-Anjabār* and *Sharbat-i-Habb-al-Ās* can be used.

## 2.8 JAWĀRISH JĀVED

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Jā’ifal	<i>Myristica fragrans</i> Houtt.	Fruit kernel	Powder	1 part
2.	Jāvitrī	<i>Myristica fragrans</i> Houtt.	aril	Powder	1 part
3.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	1 part
4.	Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	1 part
5.	Sumbul al Tīb	<i>Nardostachys jatamansi</i> (D. Don) DC.	Rhizome	Powder	1 part
6.	Sa‘d Kūfī	<i>Cyperus rotundus</i> L.	Rhizome	Powder	1 part
7.	Āmla Munaqqā	<i>Phyllanthus emblica</i> L.	Deseeded fruit	Powder	1 part

8.	Dāna Hīl Khurd	<i>Elettaria cardamomum</i> (L.) Maton.	Seed	Powder	1 part
9.	Qand Safayd	Sugar	As such	Crystals	Q.S.
10.	‘Asal Muşaffā	Honey (purified)	As such	Liquid	Q.S.

**Action:** *Muqawwī-i-Me ‘da* (stomachic), *Hādim* (digestive), *Muqawwī-i-Dimāgh* (brain tonic), *Muqawwī-i-Hāfiẓa* (memory enhancer), *Muṭayyib-i-Dahan* (mouth freshener)

**Therapeutic Use:** *Du ‘f-i-Me ‘da* (gastric debility), *Du ‘f-i-Dimāgh* (cerebral asthenia), *Du ‘f-i-Hāfiẓa* (poor memory), *Bakhr-al-Fam* (halitosis), *Bawāsīr* (piles)

**Dose:** 5-10 g

## 2.9 JAWĀRĪSH TABĀSHĪR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Gul-i-Surkh	<i>Rosa damascena</i> Mill.	Flower petals	Powder	36g
2.	Şandal Safayd	<i>Santalum album</i> L.	Heartwood	Powder	36g
3.	Āmla Munaqqā	<i>Phyllanthus emblica</i> L.	Deseeded fruit	Powder	36g
4.	Tabāshīr	<i>Bambusa bambos</i> (L.) Voss	Silica concretion	Powder	36g
5.	Kishnīz Khushk	<i>Coriandrum sativum</i> L.	Dried fruit	Powder	36g
6.	Ḩabb al Ās	<i>Myrtus communis</i> L.	Seed	Powder	17.5g
7.	Post Utraj	<i>Citrus medica</i> L.	Peel of fruit	Powder	17.5g
8.	Gird-i-Sumāq	<i>Rhus coriaria</i> L.	Thin peel of fruit	Powder	17.5g
9.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	17.5g
10.	Kāfūr	<i>Cinnamomum camphora</i> (L.) J. Presl	Exudate	Crystals	4.5g
11.	Āb-i-Behī shīrīn	<i>Cydonia oblonga</i> Mill	Juice	Liquid	3 times of all the

					ingredients
12.	Qand Safayd	Sugar	As such	Crystals	Equal to all ingredients
13.	‘Arq-i-Gulāb	<i>Rosa damascena</i> Mill.	Distillate	Liquid	Q.S.

**Action:** *Muqawwī-i-Me ‘da* (Stomachic), *Kāsir-i-Riyāḥ* (Carminative), *Qāṭi ‘-i-Safrā’* (anti-bilious)

**Therapeutic Use:** *Du ‘f-i-Me ‘da* (gastric debility), *Tabkhīr-i-Me ‘da* (flatulence), *Dawār* (giddiness)

**Dose:** 5-10 g

## 2.10 JAWĀRISH ‘ŪD KIBRĪTĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	‘Ūd (agar)	<i>Aquilaria malaccensis</i> Lam.	Heartwood	Powder	10.5g
2.	Dāna-i-Hīl Khurd	<i>Elettaria cardamomum</i> (L.) Maton.	Seed	Powder	3.5g
3.	Dāna Hīl Kalān	<i>Amomum subulatum</i> Roxb.	Seed	Powder	3.5g
4.	Sāzaj Hindī	<i>Cinnamomum tamala</i> (Buch.-Ham.) T. Nees & Eberm.	Leaf	Powder	3.5g
5.	Post Turanj	<i>Citrus medica</i> L.	Fruit pericarp	Powder	3.5g
6.	Ṭabāshīr	<i>Bambusa bambos</i> (L.) Voss	Silica concretion	Powder	3.5g
7.	Pudīna	<i>Mentha spicata</i> L.	Aerial part	Powder	3.5g
8.	Dārchnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	3.5g
9.	Gul-i-Surkh	<i>Rosa damascena</i> Mill.	Flower	Powder	7g
10.	Zarambād	<i>Zingiber zerumbet</i> (L.) Roscoe ex Sm.	Rhizome	Powder	1.75g
11.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	1.75g
12.	Jā’ifal	<i>Myristica fragrans</i> Houtt.	Fruit kernel	Powder	1.75g

13.	Jāvitrī	<i>Myristica fragrans</i> Houtt.	Aril	Powder	1.75g
14.	Nabāt Safayd	Crystallised Sugar	As such	Crystals	240g
15.	‘Arq-i-Kibrīt	Sulphur	Distillate of Sulphur	Liquid	1.75g

**Action:** *Muqawwī-i-Me ‘da* (stomachic), *Mushtahī* (appetizing)

**Therapeutic Use:** *Du ‘f-i-Me ‘da* (gastric debility), *Du ‘f-i-Ishtihā’* (anorexia)

**Dose:** 5-10g per day

## 2.11 JAWĀRISH MUQAWWĪ-I- ME‘DA

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	6g
2.	Sumbul al Ṭīb	<i>Nardostachys jatamansi</i> (D. Don) DC.	Rhizome	Powder	6g
3.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	6g
4.	‘Ūd Hindī	<i>Aquilaria malaccensis</i> Lam.	Heartwood	Powder	12g
5.	Sāzaj Hindī	<i>Cinnamomum tamala</i> (Buch.-Ham.) T. Nees & Eberm.	Leaves	Powder	12g
6.	Talīspatrā	<i>Abies Webbiana</i> L.	Leaves	Powder	12g
7.	Sa‘d Kūfī	<i>Cyperus rotundus</i> L.	Rhizome	Powder	12g
8.	Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	12g
9.	Dāna Hil Khurd	<i>Elettaria cardamomum</i> (L.) Maton.	Seed	Powder	24g
10.	Zarishk	<i>Berberis aristata</i> DC.	Fruit	Powder	24g
11.	Gul-i-Surkh	<i>Rosa damascena</i> Mill.	Flower	Powder	24g
12.	Gāozabāñ	<i>Borago officinalis</i> L.	Leaf, Flower	Powder	24g
13.	Qand Safayd	Sugar	As such	Crystals	3 times of all ingredients

**Action:** *Muqawwī-i-Me ‘da* (stomachic)

**Therapeutic Use:** *Du ‘f-i-Me ‘da* (gastric debility), *Du ‘f-i-Hadm* (poor digestion)

**Dose:** 5-10 g per day

## 2.12 JAWĀRISH NĀRMUSHK MUSHIL

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Zanjabīl	<i>Zingiber officinale</i> Rosc.	Rhizome	Powder	21g
2.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	21g
3.	Filfil Darāz	<i>Piper longum</i> L.	Fruit	Powder	21g
4.	Hīl Khurd	<i>Elettaria cardamomum</i> (L.) Maton.	Fruit	Powder	28g
5.	Taj	<i>Cinnamomum cassia</i> (L.) J. Presl	Stem bark	Powder	28g
6.	Saqmūniyā	<i>Convolvulus scammonia</i> L.	Dried resinous secretion of root	Powder	42g
7.	Qand Safayd	Sugar	As such	Crystals	140g
8.	‘Asal	Honey	As such	Liquid	Q.S.

**Action:** *Kāsir-i-Riyāḥ* (carminative), *Mufattih-i-Sudad* (de-obstruent), *Mulayyin* (laxative)

**Therapeutic Use:** *Nafkh-i-Shikam* (flatulence), *Qūlanj* (intestinal colic), *Qabd* (constipation)

**Dose:** 5-7 g

Note: The above *Jawārish* has to be used after two months of preparation.

## 2.13 JAWĀRISH FAWĀKIH

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Āb-i-Anār Shīrīn	<i>Punica granatum</i> L.	Juice (sweet variety)	Liquid	50ml
2.	Āb-i-Anār Tursh	<i>Punica granatum</i> L.	Juice (sour variety)	Liquid	50ml
3.	Āb-i-Seb Shīrīn	<i>Malus sylvestris</i> (L.) Mill.	Juice	Liquid	50ml
4.	Āb-i-Behī	<i>Cydonia oblonga</i> Mill.	Juice	Liquid	50ml
5.	Āb-i-Amrūd	<i>Psidium guajava</i> L.	Juice	Liquid	50ml
6.	Āb-i-Ghora (Angūr Khām)	<i>Vitis vinifera</i> L.	Juice	Liquid	50ml
7.	Āb-i-Zarishk	<i>Berberis aristata</i> DC.	Fruit juice	Liquid	50ml
8.	Āb-i-Sumāq	<i>Rhus coriaria</i> L.	Juice	Liquid	50ml
9.	Āb-i-Līmū	<i>Citrus aurantiifolia</i> (Christm.) Swingle	Juice	Liquid	50ml
10.	Qand Safayd	Sugar	As such	Crystals	Q.S.

**Special Method of Preparation:** Boil all the ingredients till one-fourth remains, and then add sugar and boil again to make *Jawārish*.

**Action:** *Mufarriḥ* (exhilarant), *Muqawwī-i-Qalb* (cardiac tonic), *Muqawwī-i-Kabid* (liver tonic), *Muqawwī-i-Aḥshā'* (tonic to visceral organs), *Dāfi‘-i Ṣafrā'* (anti-bilious), *Muqawwī-i-Me‘da* (stomachic)

**Therapeutic Use:** *Du‘f-i-Qalb* (cardiac asthenia), *Du‘f-i-Kabid* (hepatic dibility), *Du‘f-i-Aḥshā'* (weakness of visceral organ), *Qay* (vomiting)

**Dose:** 5-10gm

## 2.14 JAWĀRISH KĀFŪR QAWĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Kāfūr	<i>Cinnamomum camphora</i> (L.) J. Presl	Exudate	Crystals	1 part
2.	Za‘frān	<i>Crocus sativus</i> L.	Stigma & Style	Powder	1 part
3.	Jawzbuwā	<i>Myristica fragrans</i> Houtt.	Fruit kernel	Powder	1 part
4.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	1 part
5.	Zanjabīl	<i>Zingiber officinale</i> Rosc.	Rhizome	Powder	1 part
6.	Jāvitrī	<i>Myristica fragrans</i> Houtt.	Aril	Powder	1 part
7.	Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	1 part
8.	Nārmushk	<i>Mesua ferrea</i> L.	Flower	Powder	1 part
9.	Qirfa-al-Tīb (Taj)	<i>Cinnamomum cassia</i> (L.) J. Presl	Stem bark	Powder	1 part
10.	Filfil-Moyā	<i>Piper longum</i> L.	Root	Powder	1 part
11.	Faranjmushk	<i>Ocimum basilicum</i> L.	Seed	Powder	1 part
12.	‘Asal	Honey	As such	Liquid	3 times of all the ingredients

**Action:** *Kāsir-i-Riyāḥ* (carminative), *Muqawwī-i-Me ‘da* (stomachic), *Muqawwī-i-Jigar* (liver tonic)

**Therapeutic Use:** *Du‘f-i-Me ‘da* (gastric debility), *Nafkh-i-Shikam* (flatulence), *Du‘f-i-Kabid* (hepatic debility)

**Dose:** 3-5 g per day

**NOTE:** The term *Qawī* has been suffixed in the title of the formulation. This has been approved by UPC.

## 2.15 JAWĀRISH ANJADĀN

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Hiltīt (Anjadān)	<i>Ferula assafoetida</i> L.	Resin	Powder	52.5g
2.	Īrsā	<i>Iris ensata</i> Thunb.	Root	Powder	21g
3.	Zanjabīl Khushk	<i>Zingiber officinale</i> Rosc.	Rhizome	Powder	21g
4.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	17.5g
5.	Filfil Darāz	<i>Piper longum</i> L.	Fruit	Powder	17.5g
6.	Anīsūn	<i>Pimpinella anisum</i> L.	Seed	Powder	7g
7.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	7g
8.	Nānkhwāh	<i>Trachyspermum ammi</i> (L.) Sprague	Seed	Powder	7g
9.	Bādiyān	<i>Foeniculum vulgare</i> Mill.	Fruit	Powder	7g
10.	Tukhm-i-Karafs	<i>Apium graveolens</i> L.	Seed	Powder	7g
11.	‘Asal	Honey	As such	Liquid	3 times of all the ingredients

**Action:** *Mufattih-i-Sudad* (de-obstruent), *Kāsir-i-Riyāḥ* (carminative), *Dāfi‘-i-Humūdat* (antacid)

**Therapeutic Use:** *Qūlanj* (intestinal colic), *Nafkh-i-Shikam* (flatulence), *Humudat-i-Me‘da* (hyperacidity)

**Dose:** 5-10 g per day

## 2.16 JAWĀRISH QAYŞAR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Tukhm-i-Karafs	<i>Apium graveolens</i> L.	Seed	Powder	21g
2.	Nānkhwāh	<i>Trachyspermum ammi</i> (L.) Sprague	Seed	Powder	21g
3.	‘Āqarqarhā	<i>Anacyclus pyrethrum</i> (L.) Lag.	Root	Powder	21g
4.	Namak Lāhorī	Rock Salt	As such	Crystals	21g
5.	Filfil Darāz	<i>Piper longum</i> L.	Fruit	Powder	42g
6.	Zanjabīl Khushk	<i>Zingiber officinale</i> Rosc.	Rhizome	Powder	42g
7.	Halīla Zard	<i>Terminalia chebula</i> Retz.	Fruit	Powder	42g
8.	Saqmūniyā	<i>Convolvulus scamanmia</i> L.	Dried resinous secretion of root	Powder	42g
9.	Turbud Safayd	<i>Operculina turpethum</i> (L.) Silva Manso	Root	Powder	42g
10.	Qand Safayd	Sugar	As such	Crystals	52.5g
11.	‘Asal	Honey	As such	Liquid	Q.S.

**Action:** *Mufattih Sudad* (de-obstruent), *Kāsir-i-Riyāḥ* (carminative), *Mushil-i-Akhlat-i-Ghalīza* (purgative of thick and viscid humors)

**Therapeutic Use:** *Qūlanj* (colic), *Qabd-i-Muzmin* (Chronic constipation), *Niqris* (gout)

**Dose:** 5-10g

## 2.17 JAWĀRISH KHŪZĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Jā'ifal	<i>Myristica fragrans</i> Houtt.	Fruit kernel	Powder	5 no.
2.	Balīla	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruit	Powder	10 no.
3.	Qusṭ	<i>Saussurea auriculata</i> (DC.) Sch. Bip.	Root	Powder	7 g
4.	Sumbul al Ṭīb	<i>Nardostachys jatamansi</i> (D. Don) DC.	Root	Powder	7g
5.	Taj	<i>Cinnamomum cassia</i> (L.) J. Presl	Stem Bark	Powder	7g
6.	Ḩabb-i-Balsāñ	<i>Commiphora gileadensis</i> (L.) C.Chr.	seed	Powder	7g
7.	Salīkha	<i>Cinnamomum cassia</i> (L.) J. Presl	Stem Bark	Powder	7g
8.	Jāvitrī	<i>Myristica fragrans</i> Houtt.	aril	Powder	10.5g
9.	Darūnaj ‘Aqrabī	<i>Nannoglotis hookeri</i> (C. B. Clarke ex Hook.f.) Kitam.	Exudate	Powder	10.5g
10.	Qaqla Kibār	<i>Amomum subulatum</i> Roxb.	Seed	Powder	14g
11.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	14g
12.	Anīsūn	<i>Pimpinella anisum</i> L.	Seed	Powder	14g
13.	Shīṭraj	<i>Plumbago zeylanica</i> L.	Root	Powder	14g
14.	Iklīl-al-Malik	<i>Astragalus homosus</i> L.	Seed	Powder	14g
15.	Nārmushk	<i>Mesua ferrea</i> L.	Flower	Powder	14g
16.	Rewand Chīnī	<i>Rheum australe</i> D. Don	Root	Powder	17.5g
17.	Zarāwand Mudāḥraj	<i>Aristolochia rotunda</i> L.	Root	Powder	17.5g
18.	Ushna	<i>Usnea longissima</i> Asch.	Dried lichen	Powder	17.5g
19.	Halīla Siyāh	<i>Terminalia chebula</i> Retz.	Unripe Fruit	Powder	70g
20.	Post Halīla Kabulī	<i>Terminalia chebula</i> Retz.	Fruit pericarp	Powder	70g
21.	Tukhm-i-Mūrad	<i>Myrtus communis</i> L.	Seed	Powder	Equal to

				all ingredients
22.	Nabāt Safayd	Crystallised Sugar	As such	Crystals      2 times of all ingredients
23.	‘Arq Gulāb	<i>Rosa damascena</i> Mill.	Distilled	Liquid      Q.S.

**Special method of preparation:** Post *Halīla Kabulī* and *Halīla Siyāh* are roasted in *Roghan Zaytūn* (Olive oil) before adding in the *Jawārish*. To be used after two months of preparation.

**Action:** *Muqawwī-i-Me ‘da* (stomachic), *Muqawwī-i-Am ‘ā*’ (intestinal tonic), *Mudirr-i-Bawl* (diuretic), *Ishāl* (diarrhoea), *Istisqā’* (ascites), *Haḍim* (digestive)

**Therapeutic Use:** *Du ‘f-i-Mi ‘da* (stomachic), *Du ‘f-i-Am ‘ā*’ (intestinal debility), *Du ‘f-i-Hadm* (poor digestion)

**Dose:** 5-10g per day

## 2.18 JAWĀRISH ‘ĀTĀ’Ī

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Bahman Surkh	<i>Salvia sclarea</i> L.	Root	Powder	3.5g
2.	Bahman Safayd	<i>Centaurea behen</i> L.	Root	Powder	3.5g
3.	Tūdrī Surkh	<i>Matthiola incana</i> (L.) R. Br	Seed	Powder	3.5g
4.	Tūdrī Safayd	<i>Erysimum cheiri</i> (L.) Crantz.	Seed	Powder	3.5g
5.	Tukhm-i-Ispast	<i>Trifolium alexandrinum</i> L.	Seed	Powder	3.5g
6.	Maghz-i-Kharbūza	<i>Cucumis melo</i> L.	Kernel	Powder	3.5g
7.	Tukhm-i-Jarjīr	<i>Eruca vesicaria</i> (L.) cav.	Seed	Powder	3.5g
8.	Tukhm-i-Piyāz	<i>Allium cepa</i> L.	Seed	Powder	3.5g
9.	Tukhm-i-Hummād	<i>Rumex vesicarius</i> L.	Seed	Powder	3.5g
10.	Tukhm-i-Anjra	<i>Ficus carica</i> L.	Seed	Powder	3.5g
11.	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder	3.5g

12.	Tukhm-i-Halyūn	<i>Asparagus officinalis</i> L.	Seed	Powder	3.5g
13.	Tukhm-i-Shalgham	<i>Brassica rapa</i> L.	Seed	Powder	3.5g
14.	Tukhm-i-Karafs	<i>Apium graveolens</i> L.	Seed	Powder	3.5g
15.	Shaqāq al Miṣrī	<i>Malabaila secacul</i> (Mill.) Boiss.	Root	Powder	4.5g
16.	Hīl Khurd	<i>Elettaria cardamomum</i> (L.) Maton.	Fruit	Powder	4.5g
17.	Filfil Darāz	<i>Piper longum</i> L.	Fruit	Powder	4.5g
18.	Khūlanjān	<i>Alpinia galanga</i> (L.) Willd.	Root	Powder	4.5g
19.	Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	4.5g
20.	Zanjabīl	<i>Zingiber officinale</i> Rosc.	Rhizome	Powder	4.5g
22.	Taj	<i>Cinnamomum cassia</i> (L.) J. Presl	Stem bark	Powder	4.5g
21.	Turanjabīn Safayd	<i>Alhagi maurorum</i> Medik.	Seed	Powder	3 times of all ingredients

**Special Method of Preparation:** Soak *Turanjabīn* in cow milk whole night. Next morning filter it, boil it till it becomes thick/semi solid. Mix powdered ingredients with it and prepare *Jawārish* as usual and kept in glass containers.

**Action:** *Muqawwī-i-Dimāgh* (brain tonic), *Muqawwī-i-Kuliya* (renal tonic), *Muwallid-i-Manī* (spermatogenic)

**Therapeutic Use:** *Du'f-i-Kuliya* (renal debility), *Suqūt-i-Kuliya* (renal failure), *Du'f-i-Dimāgh* (cerebral asthenia), *Du'f-i-A 'ṣāb* (nervine debility)

**Dose:** 5-10 g with fresh cow milk (70ml)

## 2.19 JAWĀRISH USQUF

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Zanjabīl Khushk	<i>Zingiber officinale</i> Rosc.	Rhizome	Powder	8.75g
2.	Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	8.75g
3.	Āmla Munaqqā	<i>Phyllanthus emblica</i> L.	Deseeded fruit	Powder	8.75g

4.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	8.75g
5.	Bisfā'ij	<i>Polypodium vulgare</i> L.	Rhizome	Powder	8.75g
6.	Jā'ifal	<i>Myristica fragrans</i> Houtt.	Fruit kernel	Powder	8.75g
7.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	10.5g
8.	Hīl Kalāñ	<i>Amomum subulatum</i> Roxb.	Fruit	Powder	10.5g
9.	Saqmūniyā	<i>Convolvulus scammonia</i> L.	Dried resinous secretion of root	Powder	17.5g
10.	Turbud	<i>Operculina turpethum</i> (L.) Silva Manso	Root	Powder	17.5g
11.	Qand Safayd	Sugar	As such	Crystals	316g

**Action:** *Munaqqī-i-A 'sāb* (nerve cleasner)

**Therapeutic Use:** *Laqwa* (facial palsy), *Qūlanj* (intestinal colic), *Nafkh-i-Shikam* (flatulence), *Bawāsīr* (piles), *Waja 'al-Khāṣira* (pain in gluteal region), *Waja 'al-Zahr* (backache), *Qay* (vomiting)

**Dose:** As *Hādim* (digestive)-7g

As *Mushil* (purgative)-18 to 21g

## **IṬRĪFALĀT**

### **Definition:**

The word ‘*Iṭrifal*’ is derived from ‘Trīphal’ (Hindi: tri = three; phal = fruit), from the three fruits employed in *Iṭrifal* which are *Halīla* (*Terminalia chebula* Retz.), *Bahera* (*Terminalia belerica* Roxb.) and *Āmla* (*Emblica officinalis* Gaertn.). As these three fruits are the essential ingredients of the formulation hence it is named as *Iṭrifal*. Several types of *Iṭrifal* are in vogue in *Tibb-i-Unānī*. They are specifically effective in the treatment of ailments associated with the diseases of the brain, eye, nose and ear. They are a good cure for constipation and are used to strengthen the intestines and stomach. It is not advisable to prolong the use of *Iṭrifal* uninterrupted. In case of prolonged use, an interval of 3-4 days between 3-4 weeks of treatment is advised.

### **Storage of *Iṭrifal*:**

Immediately after preparation, *Iṭrifal* should be stored in a glass, China-clay, or glazed earthen utensil. Bronze, brass, or non-stainless steel containers should not be employed for the purpose of storage unless recoated/replated with tin. It is better to use *Iṭrifal* after storing for 4-5 weeks from the date of manufacture.

<b>S.No.</b>	<b>Name of the Formulation</b>	<b>Reference</b>	
		<b>Book Vol.</b>	<b>Page No.</b>
<b>2.20</b>	<i>Iṭrīfal Muqawwī-i-Dimāgh</i>	<i>Al-Qarābādīn (Urdu)</i> ;2006	16
<b>2.21</b>	<i>Iṭrīfal Hāmān</i>	<i>Al-Qarābādīn (Urdu)</i> ;2006	20
<b>2.22</b>	<i>Iṭrīfal ‘Irq-i-Madnī</i>	<i>Al-Qarābādīn (Urdu)</i> ;2006	21

## 2.20 İTRİFAL MUQAWWİ-I-DIMĀGH

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Post Halīla Zard	<i>Terminalia chebula</i> Retz.	Semi ripe fruit pericarp	Powder	12g
2.	Post Halīla Kābulī	<i>Terminalia chebula</i> Retz.	Ripe fruit pericarp	Powder	12g
3.	Post Balīla	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruit pericarp	Powder	12g
4.	Āmla Muqashshar	<i>Phyllanthus emblica</i> L.	Fruit	Powder	12g
5.	Kishnīz	<i>Coriandrum sativum</i> L.	Fruit	Powder	12g
6.	Maghz-i-Bādām Shīrīn	<i>Prunus amygdalus</i> Bastch.	Kernal	Powder	12g
7.	Tukhm-i-Khashkhāsh	<i>Papaver somniferum</i> L.	Seed	Powder	6g
8.	Tukhm-i-Kāhū	<i>Lactuca sativa</i> L.	Seed	Powder	6g
9.	Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	6g
10.	Ustūkhudūs	<i>Lavendula stoechas</i> L.	inflorescence	Powder	35g
11.	Banafsha	<i>Viola odorata</i> L.	Whole herb	Powder	9g
12.	Bīkh-i-Bādiyān	<i>Foeniculum vulgare</i> Mill.	Root	Powder	9g
13.	Aşl al Sūs	<i>Glycyrrhiza glabra</i> L.	Root	Powder	9g
14.	Gāozabāñ	<i>Borago officinalis</i> L.	Whole herb	Powder	9g
15.	‘Unnāb	<i>Zizyphus sativa</i> Gaertn.	Fruit	Powder	15 in no.
16.	Sapistāñ	<i>Cordia dichotoma</i> G. Forst.	Fruit	Powder	17 in no.
17.	‘Ūd Hindī	<i>Aquilaria malaccensis</i> Lam.	Heart wood	Powder	3.5g
18.	Zūfā Khushk	<i>Hyssopus officinalis</i> L.	Dried herbs	Powder	3.5g
19.	Sumbul al Ṭīb	<i>Nardostachys jatamansi</i> (D. Don) DC.	Rhizome	Powder	3.5g

20.	Īrsā	<i>Iris ensata</i> Thunb.	Root	Powder	4.5g
21.	Parsiyaoshāñ	<i>Adiantum capillus-veneris</i> L.	Herbs	Powder	4.5g
22.	Anjīr Zard	<i>Ficus carica</i> L.	Fruit	Powder	7 in no.
23.	Mawaīz Munaqqā	<i>Vitis vinifera</i> L.	Deseeded fruit	Powder	48g
24.	Āb	Pure water	As such	Liquid	750ml
25.	Qand Safayd	Sugar	As such	Crystallized	480g

**Special Method of Preparation:** Pulverize drugs (1 to 10) separately except *Khashkhāsh*, *Kāhū* and *Maghz-i-Bādām*. Mix it well; boil ingredient no. 11-22 in 750ml of water. When water remains 250ml, mix it well and filter. Mix sugar in it and prepare Qiwām as usual.

**Action:** *Muqawwī-i-Dimāgh* (brain tonic), *Dāftī-i-Nazla* (anti-catarrh), *Mulayyin-i-A‘dā-i-Sadr* (removes stiffness of chest).

**Therapeutic Use:** *Du‘f-i-Dimāgh* (cerebral asthenia), *Nazla-i-Muzmin* (chronic catarrh)

**Dose:** 5-10 g per day

## 2.21 İTRİFAL HĀMĀN

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Shītraj	<i>Plumbago zeylanica</i> L.	Root	Powder	7g
2.	Sāzaj Hindī	<i>Cinnamomum tamala</i> (Buch.-Ham.) T. Nees & Eberm.	Dried leaf	Powder	7g
3.	Maṣtagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	7g
4.	Anīsūn	<i>Pimpinella anisum</i> L.	Seed	Powder	7g
5.	Hāshā	<i>Thymus serpyllum</i> L.	Seed	Powder	7g
6.	Kundur	<i>Boswellia serrata</i> Roxb. ex Colebr.	Gum	Powder	10.5g
7.	Sa‘d Kūfī	<i>Cyperus rotundus</i> L.	Rhizome	Powder	10.5g
8.	Qusṭ	<i>Saussurea auriculata</i> (DC.) Sch. Bip.	Root	Powder	10.5g
9.	Zanjabīl Khushk	<i>Zingiber officinale</i> Rosc.	Rhizome	Powder	10.5g
10.	Zūfā Khushk	<i>Hyssopus officinalis</i> L.	Dried herb	Powder	10.5g

11.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	14g
12.	Filfil Darāz	<i>Piper longum</i> L.	Fruit	Powder	14g
13.	Nārmushk	<i>Mesua ferrea</i> L.	Flower	Powder	14g
14.	Ghārīqūn	<i>Agaricus alba</i> L.	Dried mycelium	Powder	17.5g
15.	Uṣṭukhuddūs	<i>Lavendula stoechas</i> L.	Inflorescence	Powder	24.5g
16.	Bisfā'ij	<i>Polypodium vulgare</i> L.	Root	Powder	24.5g
17.	Post Balīla	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruit pericarp	Powder	35g
18.	Āmla Munaqqā	<i>Phyllanthus emblica</i> L.	Deseeded fruit	Powder	35g
19.	Aftīmūn	<i>Cuscuta epithymum</i> (L.) L.	Whole plant	Powder	35g
20.	Bāobarang Muqashshar	<i>Embelia ribes</i> Burm. f.	Fruit (peeled)	Powder	35g
21.	Turbud Safayd	<i>Operculina turpethum</i> (L.) Silva Manso	Root	Powder	52.5g
22.	Post Halīla Kabulī	<i>Terminalia chebula</i> Retz.	Fruit pericarp	Powder	70g
23.	'Asal	Honey	As such	Liquid	Q.S.

**Action:** *Muṣaffī-i-Dam* (blood purifier), *Dāfi‘-i-Baraṣ* (anti-vitiligo), *Dāfi‘-i-Bahaq* (anti-pityriasis), *Musawwid-i-Sha‘r* (prevents premature graying of hair)

**Therapeutic Use:** *Bahaq* (pityriasis), *Baraṣ* (vitiligo), *Amrād-i-Balghamī* (phlegmatic diseases)

**Dose:** 5-10 g per day

## 2.22 ITRĪFAL ‘IRQ-I-MADNĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Post Halīla Kabulī	<i>Terminalia chebula</i> Retz.	Ripe Fruit peel	Powder	10g

2.	Post Halīla Zard	<i>Terminalia chebula</i> Retz.	Unripe Fruit peel	Powder	10g
3.	Post Balīla	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruitpericarp	Powder	10g
4.	Āmla Munaqqā	<i>Phyllanthus emblica</i> L.	Deseeded fruit	Powder	10g
5.	Turbud	<i>Operculina turpethum</i> (L.) Silva Manso	Root	Powder	10g
6.	Zanjabīl Khushk	<i>Zingiber officinale</i> Rosc.	Rhizome	Powder	10g
7.	Kamīla	<i>Mallotus philippensis</i> (Lam.) Mull. Arg.	Glandular hairs of the fruit	Powder	10g
8.	Roghan Bādām	<i>Prunus amygdalus</i> Bastch.	Fruit oil	Liquid	Q.S.
9.	‘Asal	Honey	As such	Liquid	210g

**Action:** *Qātil-i-Dīdān-i-Am ‘ā’* (vermicidal), *Dāfi ‘-i- ‘Irq-i-Madnī* (anti-dracunculiasis), *Mushil* (purgative)

**Therapeutic Use:** *‘Irq-i-Madnī* (dracunculiasis/Guinea worm disease), *Dīdān-i-Am ‘ā’* (helminthiasis)

**Dose:** 5-10 g per day

## **LA‘ŪQ**

*La‘ūq* (plural-*La‘ūqāt*) means linctus, or a lincture. It is a kind of *Ma‘jūn* that is taken orally by licking with the tongue. Generally, the *La‘ūqāt* are employed as remedial medicines for lung, throat, and allied ailments.

The consistency of *La‘ūq* is in between the Sharbat and *Ma‘jūn*. *La‘ūq* is prepared by making powder of drugs and mixed in *Qiwām* (base of sugar or honey).

S.No.	Name of the Formulation	Reference	
		Book Vol.	Page No.
2.23	La‘ūq Ṭabāshīr	<i>‘Ilāj-al-Amrād (Fārsī); 1921 (Urdu); 2005, Reprint</i>	318 793

## 2.23 LA‘ŪQ TABĀSHĪR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Tabāshīr	<i>Bambusa bambos</i> (L.) Voss	Silica concretion	Powder	14g
2.	Maghz-i-Tukhm-i-Khiyār	<i>Cucumis sativus</i> L.	Seed kernel	Powder	24.5g
3.	Maghz-i-Chilghoza	<i>Pinus geradiana</i> Wall. ex D. Don.	Kernel	Powder	24.5g
4.	Şamagh-i-‘Arabī	<i>Acacia nilotica</i> (L.) Willd. ex Delile	Gum	Powder	24.5g
5.	Hīl Khurd	<i>Elettaria cardamomum</i> (L.) Maton.	Fruit	Powder	24.5g
6.	Nishāsta-i-Gandum	<i>Triticum aestivum</i> L.	Wheat starch	Powder	35g
7.	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder	35g
8.	Qand Safayd	Sugar	As such	Crystals	270g
9.	Roghan Bādām	<i>Prunus amygdalus</i> Bastch.	Fruit oil	Liquid	Q.S.
10.	‘Asal	Honey		Liquid	Q.S.

**Action:** *Mubarrid* (refrigerant), *Dāfi-i-Humma* (anti-pyretic), *Musakkin-i-Su ‘āl* (cough suppressant)

**Therapeutic Use:** *Humma-i-Diqqī* (tubercular fever), *Sil* (phthisis), *Qarha-i-Am ‘ā/Ri ‘a* (intestinal/pulmonary ulcers), *Surfa Hār* (acute cough)

**Dose:** 5-10g

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**TIRYĀQĀT**

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S.No.	Name of the Formulation	Reference	
		Book Vol.	Page No.
2.24	<i>Tiryāq Dhahab</i>	<i>Al- Qarābādīn (Urdu) ;2006</i>	52
2.25	<i>Tiryāq-al-Asnān</i>	<i>Al- Qarābādīn (Urdu) ;2006</i>	53
2.26	<i>Tiryāq Saratān</i>	<i>Al- Qarābādīn (Urdu) ;2006</i>	58
2.27	<i>Tiryāq Balīgh-al-naf‘</i>	<i>Al- Qarābādīn (Urdu) ;2006</i>	57-58
2.28	<i>Tiryāq-al-Tīn</i>	<i>Al- Qarābādīn (Urdu) ;2006</i>	58
2.29	<i>Tiryāq Afyūn</i>	<i>Al- Qarābādīn (Urdu) ;2006</i>	58-59
2.30	<i>Tiryāq ‘Aqrab</i>	<i>Al- Qarābādīn (Urdu) ;2006</i>	59

## 2.24 TIRYĀQ DHAHAB

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Marwārid Nāsufta	<i>Mytilus marginiferus</i> L.	Unpierced pearl	Powder	Q.S.
2.	Āb-i-Turanj	<i>Citrus medica</i> L.	Fruit juice	Liquid	10 times of ingredient no 1.
3.	Mom Zard	Bees wax	As such	Solid	Q.S.
4.	Elvā	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	24.5g
5.	Saqmūniyā	<i>Convolvulus scammonia</i> L.	Dried resinous secretion of root	Powder	17.5g
6.	Aftīmūn	<i>Cuscuta reflexa</i> L.	Whole herb	Powder	14g
7.	Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	14g
8.	Chirā’ita	<i>Swertia chirayata</i> (Roxb.) H. Karst.	Whole herb	Powder	14g
9.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. Perry	Flower bud	Powder	10.5g
10.	Agar	<i>Aquilaria malaccensis</i> Lam.	Wood	Powder	10.5g
11.	Lājward	A sodium silico-aluminate in a sulphur matrix	As such	Powder	10.5g
12.	Şandal Surkh	<i>Pterocarpus santalinus</i> L. f.	Heartwood	Powder	10.5g
13.	Şamagh-i-‘Arabī	<i>Acacia nilotica</i> (L.) Willd. ex Delile	Gum	Powder	10.5g
14.	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder	10.5g

**Special Method of Preparation:** Take *Marwārid Nāsufta* and triturate it in a *Kharal* with *Āb-i-Turanj* (10 times the quantity of *Marwārid Nāsufta*, Put it in a glass container. Seal the mouth of the glass container with wax, put the container in the hot water upto 3 weeks, so that it may dissolve and mix. Take the container out. Pulverize ingredient no. 4 to 14 and mix it in the *Āb-i-Marwārid* which has already been prepared earlier. Prepare 250mg Pills/Tablets.

**Action:** *Muṣaffī-i-Dam* (blood purifier), *Mushil-i-Şafrā’* (purgative of bile), *Mushil-i-Sawdā’* (purgative of black bile)

**Therapeutic Use:** *Mālīkhūliyā* (malancholia), *Şar'* (epilepsy), *Judhām* (leprosy), *Yaraqān* (jaundice), *Istisqā'* (ascites), *Ihtibās-i-Bawl* (anuria), *Bawāsīr* (Piles)

**Dose:** 18 pills (each 250 mg) per day in divided doses

## 2.25 TIRYĀQ-AL-ASNĀN

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	10g
2.	‘Āqarqarhā	<i>Anacyclus pyrethrum</i> (L.) Lag.	Root	Powder	10g
3.	Hiltīt	<i>Ferula assafoetida</i> L.	Resin	Powder	10g
4.	Narkachūr	<i>Zingiber zerumbet</i> (L.) Roscoe ex Sm.	Root	Powder	10g
5.	Namak Lāhorī	Rock Salt	As such	Crystals	10g
6.	‘Asal	Honey	As such	Liquid	Q.S.

**Action:** *Musakkin-i-Waja'-al-Asnān* (analgesic for toothache)

**Therapeutic Use:** *Waja'-al-Asnān* (toothache)

**Dose:** Put 1-2 g *ghalolā* on the painful teeth

## 2.26 TIRYĀQ SARATĀN (DAWĀ'-AL- SARATĀN)

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Juntiyānā	<i>Gentiana lutea</i> L.	Root	Powder	17.5g
2.	Kundur	<i>Boswellia serrata</i> Roxb. ex Colebr.	Gum	Powder	17.5g
3.	Saratān Sokhta	<i>Scylla serrata</i> (Forsskal)	Whole	Burnt	35g

4.	‘Asal	Honey	As such	Liquid	Q.S.
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**Action:** *Dāfi ‘-i-Sammiyat-i- Dā’-al-Kalb* (antidote for dog bite)

**Therapeutic Use:** *Dā’-al-Kalb* (rabies)

**Dose:** 3-5 g per day

## 2.27 TIRYĀQ BALIGH-AL-NAF‘

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Zarāwand Mudahraj	<i>Aristolochia rotunda</i> L.	Root	Powder	5.25g
2.	Jund Bedastar	<i>Castoreum</i>	As such	Powder	5.25g
3.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	10.5g
4.	Anīsūn	<i>Pimpinella anisum</i> L.	Seed	Powder	35g
5.	‘Asal	Honey	As such	Liquid	Q.S.

**Action:** *Dāfi ‘-i-Sumūm* (antidote for snake poison)

**Therapeutic Use:** *Sammiyāt-i-Mār Gazīdagī* (snake bite poisoning)

**Dose:** 21g

## 2.28 TIRYĀQ-AL-TĪN

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Gil-i-Makhtūm	Sealing clay	As such	Powder	10g
2.	Ḩabb-al-Ghār	<i>Laurus nobilis</i> L.	Seed	Powder	10g
3.	Īrsā	<i>Iris ensata</i> Thunb.	Root	Powder	10g

4.	Roghan Gāo	Clarified butter from cow milk	As such	Semi solid	Q.S.
5.	‘Asal	Honey	As such	Liquid	Q.S.

**Action:** *Dāfi‘-i-Sumūm* (antidote for ingested poison)

**Therapeutic Use:** *Sammiyat* (poisoning) of various toxic substances ingested orally.

**Dose:** 4g before or after meal. (If vomiting does not occur after taking *Tiryāq*, it means the poison has not been ingested)

## 2.29 TIRYĀQ AFYŪN

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Ḩiltīt	<i>Ferula assafoetida</i> L.	Resin	Powder	10g
2.	Jund Bedastar	Castoreum	As such	Powder	10g
3.	Abhal	<i>Juniperus communis</i> L.	Fruit	Powder	10g
4.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	10g
5.	‘Asal	Honey	As such	liquid	Q.S.

**Action:** *Dāfi‘-i-Sammiyat-i-Afyūn* (antidote for opium poisoning), *Dāfi‘-i-Sammiyat-e-Luffah* (antidote for belladonna poisoning), *Dāfi‘-i-Sammiyat-i-Shokrān* (antidote for hemlock poisoning).

**Therapeutic Use:** *Sammiyat-i-Afyūn* (opium poisoning), *Sammiyat-i-Luffāh* (belladonna poisoning), *Sammiyat-i-Shokrān* (hemlock poisoning)

**Dose:** 4g of *Tiryāq* dissolved in old sharāb

## 2.30 TIRYĀQ ‘AQRAB

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per

					reference
1.	Mur Makkī	<i>Commiphora myrrha</i> (Nees) Engl.	Gum	Powder	10g
2.	Qusṭ Talkh	<i>Saussurea auriculata</i> (DC.) Sch. Bip.	Root	Powder	10g
3.	Pudīna	<i>Mentha arvensis</i> L.	Aerial Part	Powder	10g
4.	Suddāb	<i>Ruta graveolens</i> L.	Leaf	Powder	10g
5.	Jund Bedastar	Castoreum	As such	Powder	10g
6.	‘Āqarqarḥā	<i>Anacyclus pyrethrum</i> (L.) Lag.	Root	Powder	10g
7.	Zanjabīl Khusk	<i>Zinziber officinale</i> Rosc .	Dried Rhizome	Powder	10g
7.	Filfil Siyāḥ	<i>Piper nigrum</i> L.	Fruit	Powder	10g
8.	Kalonjī	<i>Nigella sativa</i> L.	Seed	Powder	10g
9.	Hiltīt	<i>Ferula assafoetida</i> L.	Resin	Powder	10g
10.	Ḩabb al Ghār	<i>Laurus nobilis</i> L.	Fruit	Powder	10g
11.	‘Asal	Honey	As such	Liquid	3 times of all ingredients

**Action:** *Dāfi ‘-i-Sammiyat-i-‘Aqrab* (antidote for scorpion poisoning), *Kāsir-i-Riyāḥ* (carminative), *Muqawwī-i-Me ‘da* (stomachic)

**Therapeutic Use:** ‘Aqrab Gazīdagī (scorpion bite), *Qūlanj* (intestinal colic), *Waja ‘-al-Me ‘da* (gastralgia), *Waja ‘-al-Aḥshā*’ (visceral pain), *Diqqat-i-wilādat* (labour pain)

**Dose:** 7g with lukewarm water.

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**SECTION - III**

**BARŪDĀT (KOHL, SHIYĀF)**

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## **BARŪDĀT**

### **Definition:**

*Barūd (Kohl or Surma)* is a type of *Safūf* (powder) which is especially meant for ophthalmic treatment. They are distinguished from other types of *Safūf* by their fineness, as they are sieved through a fine cloth. They are applied to the eye by means of a coryllium stick.

### **Method of Preparation:**

The method of preparation of *Barūd (Kohl or Surma)* is described in the Chapter “General Methods of Preparation” under the heading *Sang-i-Surma*.

### **General Precautions:**

*Barūd (Kohl or Surma)* should be ground to the finest degree of powder form (microfine powder).

### **Characteristics:**

*Barūd (Kohl or Surma)* is an ultra-fine powder that does not give any feeling of roughness to touch.

### **Preservation:**

*Barūd (Kohl or Surma)* is stored in well stoppered glass bottles, phials and other glass containers in neat, clean and dry places.

<b>S.No.</b>	<b>Name of the Formulation</b>	<b>Reference</b>	
		<b>Book Vol.</b>	<b>Page No.</b>
3.1	<i>Barūd Aswad</i>	<i>Al-Qarābādīn (Urdu)</i> ;2006	42
3.2	<i>Barūd Banafshajī</i>	<i>Al-Qarābādīn (Urdu)</i> ;2006	43

### 3.1 BARŪD ASWAD

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Surma İsfahānī	Black Antimony	As such	Powder	42g
2.	Tūtiyā Maghsūl	Copper sulphate	As such	Powder	42g
3.	Sonā Mukhī	Mineral marcasite (Copper iron sulphide)	As such	Powder	28g
4.	Marwārīd Nāsufta	<i>Mytilus marginatus</i> L.	Whole pearl	Powder	7g
5.	Tezpāt	<i>Cinnamomum tamala</i> (Buch.-Ham.) Nees & Ebern.	Leaf	Powder	3.5g
6.	Za‘frān	<i>Crocus sativus</i> L.	Style and stigma	Powder	1.75g
7.	Kāfūr	<i>Cinnamomum camphora</i> (L.) J. Presl	Exudate	Crystals	375mg

**Special Method of Preparation:** Grind (*Kharal*) all the ingredients together and prepare a very fine powder.

**Action:** *Mujaffif* (dessicant)

**Therapeutic Use:** *Dam'a* (epiphora), *Bayād-al-Qarniya/Ayn* (Corneal Opacity)

**Dose:** To be applied in both eyes with the help of coryllium sticks, 2 to 3 times a day.

### 3.2 BARŪD BANAFSHAJĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Shādnaj Maghsūl	Nummulite	As such	Powder	7g
2.	Jast Sokhta	Zinc	As such	Powder	1.75g
3.	Filfil Darāz	<i>Piper longum</i> L.	Fruit	Powder	1.75g
4.	Sumbul al Ṭīb	<i>Nardostachys jatamansi</i> (D. Don) DC.	Rhizome	Powder	1.75g
5.	Tezpāt	<i>Cinnamomum tamala</i> Nees & Eberm.	Leaf	Powder	750mg
6.	Dam-al-Akhawayn	<i>Dracaena cinnabari</i> (Buch.-Ham.) Balf. f.	Dried secretion	Powder	375mg
7.	Hīl Khurd	<i>Elettaria cardamomum</i> (L.) Maton.	Fruit	Powder	375mg
8.	Mushk	Musk	Secretory substance	Powder	375mg
9.	Kāfūr	<i>Cinnamomum camphora</i> (L.) J. Presl	Exudate	Crystals	187.50mg

**Special Method of Preparation:** Pulverize all the ingredients into a *Kharal* and filter it with a silk cloth.

**Action:** *Muqawwī-i-Baṣar* (eye tonic), *Mujaffīf* (desiccant)

**Therapeutic Use:** *Du'f-i-Baṣar* (diminished vision), *Dam'a* (epiphora), *Khārīsh-i-Čashm* (itching in eyes)

**Dose:** To be applied in both eyes with the help of coryllium sticks, 2 to 3 times a day.

**Note:** *Mushk* may be replaced by a suitable *badal* (substitute), as it is no longer available or banned.

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**SECTION – IV**  
**KUSHTAJĀT**

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## **KUSHTAJĀT (CALX)**

### **Definition:**

*Kushta* is the finest powder form of the medicinal preparations obtained by the calcination of metal, mineral and animal drugs. These drugs, by special process are calcinated in closed crucibles and in pits of different size, having varying number of cowdung cakes and different intensity of heat. *Kushta* (Calcined product) is easily absorbed in the human body and is highly efficacious in action.

### **Method of Preparation:**

Before making *Kushta*, the metal, mineral and animal drugs are cleaned and purified. After this the drugs are ground in pestle and mortar (*Kharal*) with the specified juice of the known drugs as mentioned in the classical texts for a specified period of time. Thereafter, small cakes of varying sizes and thickness are made depending on the heaviness of the drug. These cakes are well dried in the shade and are put in the earthen discs and the process of *Gil-i-Hikmat* is followed and the whole apparatus is dried, after this a pit is dug in an open space. The diameter and the depth of the pit depend on the amount of metal or the mineral to be calcined. Half the pit is filled with the cowdung cakes which are then ignited. After the calcination is over, the pit is allowed to cool completely, the apparatus is removed and the contents thus obtained, are again powdered with specified juice as many times as prescribed in the text, till the proper fineness and quality is obtained.

### **Characteristics:**

The tests for properly prepared *Kushtajāt* are as follows:

- There should be no metallic lustre.
- When taken between the index finger and thumb and spread, it should be as fine as it gets immersed easily into finger lines.
- When a small quantity is spread on cold and still water, it should float on the surface.
- The *Kushta* should not revert to the original state.
- *Kushtajāt*, unless otherwise specified in individual formulations, are generally yellowish, black, white, grey, reddish black and red coloured, depending upon the

predominant drugs as well as the other drugs used in the process of preparation.

Preservation:

- *Kushtajāt* are preserved in airtight glass or metallic containers and not in paper.
- *Kushtajāt* have no characteristic taste, they maintain their potency indefinitely.

### **General Precautions:**

1. While making *Kushtajāt*, any addition or deletion of any of the item, duration and mode of mortaring, the quantity of fire to which it is to be subjected, should strictly be followed according to the classical text.
2. When the fresh juice of any particular plant is to be added it should be either *Muqattar* or *Murawwaq* and it should be strictly followed according to the text.
3. When any dry ingredient of the plant origin drug is to be added it should not be more than one year old. It should be dried and well preserved.
4. Utmost precautions should be taken in subjecting the “*Būta*” to the fire:
  - Fluctuation in the intensity of the heat (fire) should be avoided.
  - The *Būta* should be subjected to the fire of cow dung cakes according to the method given in the text.
  - When more heat is required to be given, old cow dung cakes are used and when less heat is required new cow dung cakes are used.

S.No.	Name of the Formulation	Reference	
		Book Vol.	Page No.
4.1	Kushta Hartāl	<i>Şanā ‘t-al-Taklīs(Urdu);1931</i>	166-167
4.2	Kushta Hartāl Qawī	<i>Şanā ‘t-al-Taklīs(Urdu);1931</i>	167
4.3	Kushta Hartāl ‘Abbāsī	<i>Şanā ‘t-al-Taklīs(Urdu);1931</i>	168
4.4	Kushta Shangraf	<i>Şanā ‘t-al-Taklīs(Urdu);1931</i>	177
4.5	Kushta Shangraf Qawī	<i>Şanā ‘t-al-Taklīs(Urdu);1931</i>	176
4.6	Kushta Raskapūr Qawī	<i>Kitāb-al-Taklīs(Urdu);1922</i>	81
4.7	Kushta Raskapūr	<i>Şanā ‘t-al-Taklīs(Urdu);1931</i>	98
4.8	Kushta Dārchikna	<i>Şanā ‘t-al-Taklīs(Urdu);1931</i>	181-182
4.9	Kushta Yashab	<i>Şanā ‘t-al-Taklīs(Urdu);1931</i>	210

## 4.1 KUSHTA HARTĀL

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Hartāl Tabqī	Red Arsenic	As such	Powder	10g
2.	Shīr-i-Madār	<i>Calotropis gigantea</i> (L.) Dryand.	Exudate	Liquid	Q.S.

**Special Method of Preparation:** Take *Hartāl* and grind it with *Shīr-i-Madār* for 12 hours. Prepare tablets and dry in shade. When dried, wrap cotton thread over it and burn it; when it cools, take out the tablet and make a fine powder.

**Action:** *Muṣaffī-i-Dam* (blood purifier)

**Therapeutic Use:** *Buthūr-i-Labaniyya* (acne vulgaris), *Buthūr* (pustules), *Damāmīl* (boils), *Khārish* (itching/pruritus), *Amrād-i-Bārida Dimāghī* (cold diseases of the brain)

**Dose:** 15mg with buttermilk in the form of capsule or tablet

## 4.2 KUSHTA HARTĀL QAWĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Hartāl Tabqī	Red Arsenic	As such	Powder	6g
2.	Shīr-i-Madār	<i>Calotropis gigantea</i> (L.) Dryand.	Exudate	Liquid	600ml
3.	Bed Sāda Khākistar	<i>Salix alba</i> L.	Stem bark	Powdered ash	42g

**Special Method of Preparation:** Grind *Hartāl Tabqī* with 125ml of *Shīr-i-Madār* daily for five days. Prepare one tablet and cover it with a piece of cloth and keep it in sunlight daily for 15 to 16 days. Take one *Uplā* (Cow dung cake) and make a cavity in it and put 42 g of ash of *Bed Sāda* in it. Place the prepared tablet over it and then cover the tablet with the ash of *Bed Sāda*. Keep another cow dung cake over it and seal the borders with fresh cow dung. Once dried, place it in a pit and give fire of 2 kg cow dung cakes. When it cools, take out the tablet and prepare a fine powder of it and preserve.

**Action:** *Muṣaffī-i-Dam* (blood purifier), *Mukhrij-i-Balgham* (expectorant), *Muqawwī-i-Bāh* (aphrodisiac)

**Therapeutic Use:** *Dīq-al-Nafas Balghamī* (bronchial asthma), *Su'āl-i-Muzmin* (chronic cough), *Du'f-i-Bāh* (sexual debility), *Sur'at-i-Inzāl* (premature ejaculation)

**Dose:** 15mg in the form of capsule or tablet with butter or *munaqqa*

**Note:** The term “*Qawī*” has been suffixed at the end of title of the formulation and has been approved by UPC.

### 4.3 KUSHTA HARTĀL ‘ABBĀSĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Hartāl Tabqī	Red Arsenic	As such	Powder	12g
2.	Barg-i-Gul-i-‘Abbāsī Safayd	<i>Mirabilis jalapa</i> L.	Leaves	Powder	Q.S.

**Special Method of Preparation:** Take 12gm of *Hartāl Tabqī*, wrap it in 250g of *Lugdī* of *Barg-i-Gul-i-‘Abbāsī Safayd* and put it in a cavity made in 250g of cow dung cake. Place another cake over it, seal the borders with fresh cow dung and let it dry. Put a big piece of burning coal over it in an air protected place and let it stay as it is overnight. Next morning, when it cools down, take out the *Hartāl*, white kushta is ready. Pulverize finely and preserve in a neat and clean glass container.

**Action:** *Dāfi‘-i-Hummā* (anti-pyretic), *Muṣaffī-i-Dam* (blood purifier), *Muḥallil-i-Waram* (anti-inflammatory)

**Therapeutic Use:** *Ātishak Muzmin* (chronic syphilis), *Judhām* (leprosy), *Amrād-i-Jildiyā* (skin diseases), *Waja‘-al-Mafāṣil* (arthritis), *Hummā-i-Lathiqa* (phlegmatic fever)

**Dose:** 60 mg with butter in the form of capsule or tablet

### 4.4 KUSHTA SHANGRAF

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Shangraf Rūmī	Cinnabar	As such	Solid	60g
2.	Āb-i-Piyāz	<i>Allium cepa</i> L.	Onion juice	Liquid	5lt
3.	Sīr	<i>Allium sativum</i> L.	Bulb	Crushed fresh bulb	240g
4.	Roghan Zard	Clarified butter	As such	Semi solid	960g

**Special Method of Preparation:** Keep *Shangraf* in a pan and add 120ml of *Āb-i-Piyāz* to it and let it get absorbed completely in to the *Shangraf*. Keep on adding more *Āb-i-Piyāz* till the entire 5lt. quantity is absorbed completely into the *Shangraf*. Take out the *Shangraf*, put it in a 250 g *lugdī* of ripe seer and put it on fire of 2kg cow dung cakes. When the *lugdi* gets red hot, take out the *Shangraf* from it and let it cool. Repeat this process 21 times. Then cook the *Shangraf* in 960 g of *Roghan Zard*, until the entire *Roghan* is burnt out. Pulverize the *Shangraf* and preserve.

**Action:** *Muqawwī-i Aṣāb* (nerve tonic), *Muwallid-i-Dam* (hematogenic), *Muqawwī-i-Bāh* (aphrodisiac)

**Therapeutic Use:** *Du'f-i-A 'ṣāb* (neuro asthenia), *Faqr-al-Dam* (anaemia), *Daght-al-Dam Da'if* (hypotension), *Du'f-i-Bāh* (sexual debility)

**Dose:** 30 mg in the form of capsule or tablet with balai (milk cream) and hot cow milk

#### 4.5 KUSHTA SHANGRAF QAWI

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Shangraf Muṣaffā	Cinnabar (purified)	As such	Solid	24g
2.	Sīmāb Muṣaffā	Mercury (purified)	As such	Liquid	12g
3.	Shīr-i-Madār	<i>Calotropis gigantea</i> (L.) Dryand.	White exudate	Liquid	Q.S.

**Special Method of Preparation:** Grind *Shangraf*, *Sīmāb Muṣaffā* along with *Shīr-i-Madār* for 3 days and prepare a tablet from the ground mixture. Wrap 4 to 5 layers of a cloth soaked in *Shīr-i-Madār* over the tablet and wrap another layer of un-soaked dry cloth over the tablet. Burn the tablet overnight in an air protected place. When it cools down, grind the tablet finely and preserve.

**Action:** *Muqawwī-i-Bāh* (aphrodisiac), *Muwallid-i-Dam* (Heamtaogenic)

**Therapeutic Use:** *Du'f-i-Bāh* (sexual debility), *Faqr-al-Dam* (Anaemia)

**Dose:** 30 mg in the form of capsule or tablet with balai (milk cream) or butter

**Note:** The term “*Qawī*” has been suffixed at the end of the title of the formulation and has been approved by UPC.

#### 4.6 KUSHTA RASKAPŪR QAWI

S.No .	Ingredient in name as in reference followed by official name in parenthesis	Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Raskapūr Mudabbar	Calomel (treated)	As such	Solid	12g
2.	Kibrīt/Gandhak Āmla Sār	Sulphur precipitated from spring water	As such	Liquid	120g

**Special Method of Preparation:** Put *Raskapūr* in an iron pan over mild fire. Pulverize *Gandhak Āmla Sār* and sprinkle it over *Raskapūr*, pinch by pinch when all the gandhak is used, then take out *Raskapūr*, pulverize the mixture finely and preserve.

**Action:** *Mudammil* (cicatrizing), *Muṣaffī-i-Dam* (blood purifier), *Dāfi 'i- 'Ufīnat* (antiseptic)

**Therapeutic Use:** *Bawāsīr* (piles), *Nawāsīr* (anal fistula), *Khanāzīr* (scrofula), *Judhām* (leprosy), *Ātishak* (syphilis), *Nāṣūr* (fistula), *Quriḥ Muta 'affina* (septic ulcers)

**Dose:** 125 mg in the form of capsule or tablet with butter or balai (milk cream)

**Note:** The term “*Qawī*” has been suffixed at the end of the title of the formulation and has been approved by UPC.

#### 4.7 KUSHTA RASKAPŪR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Raskapūr	Calomel	As such	Powder	12g
2.	Qand Siyāh Kohna	Jaggery	As such	Solid	Q.S.
3.	Sang Jarāḥat	Hydrated Magnesium Silicate	As such	Powder	12g

**Special Method of Preparation:** Take 12 g of *Raskapūr* and wrap it with 3-4 layers of cotton cloth and stich it. Place this wrapped ball in *Qand Siyāh Kohna* and put it in *Bhūbhal*. Give fire over it till all *Qand Siyāh* is burnt. Take out *Raskapūr* and pulverize it with 12 g of *Sang Jarāḥat* till it becomes a fine powder and kept it in a neat and clean container. 500 mg of this mixture is wrapped in Balai of curd (milk cream) for 12 days and then can be used orally.

**Action:** *Mudammil* (cicatrizing), *Muṣaffī-i-Dam* (blood purifier), *Dāfi'-i-Ta'affun* (antiseptic)

**Therapeutic Use:** *Quriḥ Muta 'affina* (septic ulcers), *Ātishak* (syphilis)

**Dose:** 250-500 mg in the form of capsule or tablet for 12 days

#### 4.8 KUSHTA DĀRCHIKNA

S.No	Ingredient in name as in reference followed by official name in parenthesis	Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Dārchipna	Per chloride of Mercury	As such	Solid	12g
2.	Maghz-i -Habb-al-Salāṭīn	<i>Croton tiglium</i> L.	Seed kernel	Powder	18g
3.	Balādur	<i>Semecarpus anacardium</i> L.f.	Fruit	Powder	18g
4.	Sīr	<i>Allium sativum</i> L.	Bulb	Crushed, fresh bulb	18g
4.	Shīr-i-Āk	<i>Calotropis gigantea</i> (L.) Dryand.	Exudates	Liquid	60ml

**Special Method of Preparation:** Prepare a *Lugdī* of ingredient No. 2, 3, 4 in 60 ml of *Shīr-i-Āk*. Keep *Dārchikna* in it and put it in between two earthen pots. Apply *Gil-i-Hikmat* and dry it. Give fire of 3 kg cowdung cakes. Take out *Dārchikna* and prepare powder. Keep it in a neat and clean glass container.

**Action:** *Mudammil* (cicatrizant), *Dāfi'-i-Ta'affun* (antiseptic).

**Therapeutic Use:** Useful in *Khanāzīr* (scrofula), *Qurūḥ Khabīṭha* (malignant/non-healing ulcers), *Waja'-al-Mafāṣil Ātishak* (syphilitic arthritis), *Ātishak* (syphilis), *Qurūḥ-i-Muta'affina* (septic ulcers)

**Dosage and Administration:** 15 mg wrapped in *Mawaīz Munaqqā*.

#### 4.9 KUSHTA YASHAB

S.No	Ingredient in name as in reference followed by official name in parenthesis	Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Sang-i-Yashab	Jasper	As such	Powder	12g
2.	Barg-i-Anār Tursh	<i>Punica granatum</i> L.	Leaf	Powder	250g
3.	Barg-i-Zakhm-i-Ḥayāt	<i>Acyranthus aspera</i> L.	Leaf	Powder	250g
4.	Gāozabāñ	<i>Borago officinalis</i> L.	Leaf /flower	Powder	250g
5.	'Arq Keora	<i>Pandanus tectorius</i> Park ex Du Roi	Distillate of flower	Liquid	Q.S.
6.	'Arq Bedmushk	<i>Salix caprea</i> L.	Distillate of flower	Liquid	Q.S.
7.	'Arq Gāozabāñ	<i>Borago officinalis</i> L.	Distillate of flower	Liquid	Q.S.
8.	Brandī	Wine	As such	Liquid	Q.S.

**Special Method of Preparation:** Prepare *Lugdī* of ingredient No.2, 3 and 4 and put *Sang-i-Yashab* in it. Keep it in an earthenpot. Apply *Gil-i-Hikmat* to it; give fire of 25 kg cowdung cakes. On cooling take out *Sang-i-Yashab* and grind it in a *Kharal* with *'Arq Keora*, *'Arq Bed Mushk*, *'Arq Gāozabāñ* and *Sharāb* one by one for 3 consecutive days till it dries. Preserve it in a neat and cleanglass container.

**Action:** *Mufarriḥ* (exhilarant), *Muqawwī-i-Qalb* (cardiac tonic), *Musakkin* (sedative).

**Therapeutic Use:** *Khafaqān* (palpitation), *Du'f-i-Qalb* (cardiac asthenia).

**Dosage and Administration:** 250 g mixed with 3 g of *Dawā'-al-Misk*.

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**SECTION - V**

**ROGHANIYYĀT**

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## **ROGHANIYYĀT (OILS)**

### **Definition:**

*Roghan* (Oil) is a medium which is used in different forms. It is used for making the medicine, as medicine itself, as one of the ingredients in a particular formula or as medicated oil by mixing with other drugs of plant, animal or mineral origin. It is mostly used as a base (as in the case of ointment) and is generally obtained from plant sources. Oil can be extracted from different parts of the plants, viz. *Maghziyāt* (kernels of the fruits), roots, leaves, flowers, seeds and so on. On the basis of its use, method of extractions and preparations, it is broadly classified into two main categories:

- (i) **Extracted Oils:** Oil extracted from plant sources
- (ii) **Medicated Oils:** Oil prepared by mixing with other drugs (Plant, animal or mineral)

### **Method of preparation:**

Extraction of oil from plant sources is generally done by the methods given in the Unani classical texts. But because of the increasing demand and large scale preparation of Unani drugs, manufacturers are now extracting oil by adopting modern technologies. Now a days, oils are mostly extracted and obtained by Mechanical Process viz.

- (i) **Cold Expelling Process**
- (ii) **Steam Distillation or Solvent Process**

Oils from *Maghziyāt* (kernels), *Tukhm-i-Sarshaf* (mustard seeds), *Tukhm-i-Til* (sesame seeds) are mostly obtained by Cold Expelling Process, while oils from *Qaranful* (clove), *Ilā'ichī* (cardamom) and *Kamūn* (anise fruit) are obtained by Steam Distillation Process.

For details of extracting and preparing medicated oil refer to *Kashīdagī-i-Roghaniyyāt* and *Adwiyāt-i-Roghaniyyāt* in the chapter “General Methods of Preparation”.

### **General Precautions:**

1. Extraction of the oils from plant sources, preparation of the medicinal oils, crushing of the ingredient drugs and their mixing should strictly be done according to the methods given in the chapter “General Methods of Preparation”

2. For the preparation of medicated oil from animal and mineral origin drugs the methodology given under the chapter “General Methods of Preparation” should strictly be followed.

**Characteristics:**

Extracted and medicated oils should always be of the required consistency, flavour, colour and taste as given in the Unani texts.

**Preservation:**

1. Extracted or medicated oils can be preserved for one to two years.
2. *Roghaniyyāt* (extracted and medicated oils) should be preserved in clean and dry glass containers under hygienic conditions in cool and dry places.

S.No.	Name of the Formulation	Reference	
		Book Vol.	Page No.
5.1	<i>Roghan-i-Mukhtara'</i>	<i>Qarābādīn-Jalālī</i> (Fārsī);1897	65
5.2	<i>Roghan-i-Mujarrab</i>	<i>Qarābādīn-Jalālī</i> (Fārsī);1897	66
5.3	<i>Rogan-i-Rāl</i>	<i>Qarābādīn-Jalālī</i> (Fārsī);1897	66
5.4	<i>Roghan-i-Muqawwī-i-Dimāgh</i>	<i>Qarābādīn-Jalālī</i> (Fārsī);1897	67
5.5	<i>Roghan-i-Nafī'-i-Fālij</i>	<i>Qarābādīn-Jalālī</i> (Fārsī);1897	68
5.6	<i>Roghan-i-Nafī'-i-Waram-i-Niqrīs</i>	<i>Qarābādīn-Jalālī</i> (Fārsī);1897	70
5.7	<i>Roghan-i-Hinā</i>	<i>Qarābādīn-i-A 'zam-o-Akmal</i> (Fārsī);1315 H	399
		(Urdu);2005, Reprint	326
5.8	<i>Roghan-i-Tambākū</i>	<i>Qarābādīn-i-A 'zam-o-Akmal</i> (Fārsī);1315 H	399
		(Urdu);2005, Reprint	326
5.9	<i>Roghan-i-Shibbat</i>	<i>Qarābādīn-i-A 'zam-o-Akmal</i> (Fārsī);1315 H	400
		(Urdu);2005, Reprint	326
5.10	<i>Roghan-i-Sām Abrās</i>	<i>Qarābādīn-i-A 'zam-o-Akmal</i> (Fārsī);1315 H	400
		(Urdu);2005, Reprint	327
5.11	<i>Roghan-i-Zarnīkh</i>	<i>Qarābādīn-i-A 'zam-o-Akmal</i> (Fārsī);1315 H	401
		(Urdu);2005, Reprint	327
5.12	<i>Roghan-i-Nārjīl</i>	<i>Qarābādīn-i-A 'zam-o-Akmal</i> (Fārsī);1315 H	401
		(Urdu) ;2005, Reprint	327
5.13	<i>Roghan-i-Kanīr</i>	<i>Qarābādīn-i-A 'zam-</i>	401

		<i>o-Akmal (Fārsī);1315</i> H (Urdu);2005, Reprint	
<b>5.14</b>	Roghan-i- <u>Chhājan</u>	<i>Qarābādīn-i-<i>A</i> ‘zam-</i> <i>o-Akmal(Fārsī);1315</i> H (Urdu);2005, Reprint	327
<b>5.15</b>	Roghan-i-Baraş	<i>Qarābādīn-i-<i>A</i> ‘zam-</i> <i>o-Akmal(Fārsī);1315</i> H (Urdu) ;2005, Reprint	401
<b>5.16</b>	<i>Roghan-i-Khidāb</i>	<i>Qarābādīn-i-<i>A</i> ‘zam-</i> <i>o-Akmal (Fārsī);1315</i> H (Urdu) ;2005, Reprint	328
<b>5.17</b>	<i>Roghan-i-Maştagī</i>	<i>Qarābādīn-Jalālī</i> ( <i>Fārsī</i> );1897	402
<b>5.18</b>	<i>Roghan-i-Gogard</i>	<i>Qarābādīn-Jalālī</i> ( <i>Fārsī</i> );1897	328
<b>5.19</b>	<i>Roghan Hindī</i>	<i>Qarābādīn-i-<i>A</i> ‘zam-</i> <i>o-Akmal(Fārsī);1315</i> H (Urdu) ;2005, Reprint	65
<b>5.20</b>	<i>Roghan-i-Laqwa</i>	<i>Qarābādīn-i-<i>A</i> ‘zam-</i> <i>o-Akmal (Fārsī);1315</i> H (Urdu) ;2005, Reprint	392
<b>5.21</b>	<i>Roghan-i-Bazr-al-Banj</i>	<i>Qarābādīn-i-<i>A</i> ‘zam-</i> <i>o-Akmal (Fārsī); 1325</i> H (Urdu) ;2005, Reprint	322
<b>5.22</b>	<i>Roghan-i- Dhatūra</i>	<i>Qarābādīn-i-<i>A</i> ‘zam-</i> <i>o-Akmal (Fārsī);1315</i> H (Urdu) ;2005, Reprint	392
<b>5.23</b>	<i>Roghan-i-Bādām Talkh</i>	<i>Al-Qarābādīn</i> ( <i>Urdu</i> );2006	322
<b>5.24</b>	<i>Roghan-i-Sawsan</i>	<i>Al-Qarābādīn</i> ( <i>Urdu</i> );2006	441
<b>5.25</b>	<i>Roghan-i-Jund</i>	<i>Qarābādīn-i-<i>A</i> ‘zam-</i> <i>o-Akmal (Fārsī);1315</i>	451

		H	
		(Urdu);2005, Reprint	323
<b>5.26</b>	<i>Roghan-i-Aurāq</i>	<i>Qarābādīn-i-A ‘zam-o-Akmal (Fārsī);1315</i> H	393-394
		(Urdu);2005, Reprint	323
<b>5.27</b>	<i>Roghan-i-Aurāq Qawī</i>	<i>Qarābādīn-i-A ‘zam-o-Akmal (Fārsī);1315</i> H	402
		(Urdu);2005, Reprint	328

## 5.1 ROGHAN-I-MUKHTARA‘

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Mako	<i>Solanum nigrum</i> L.	Fruit	Powder	12 g
2.	Chobchīnī	<i>Smilax china</i> L.	Tuberous root	Powder	12 g
3.	Gul-i-Banafsha	<i>Viola odorata</i> L.	Flowers	Powder	24 g
4.	Gul-i-Bābūna	<i>Matricaria chamomilla</i> L.	Flowers	Powder	12 g
5.	Gul-i-Khaṭmī	<i>Althaea officinalis</i> L.	Flowers	Powder	12 g
6.	Īrsā	<i>Iris ensata</i> Thunb.	Roots	Powder	12 g
7.	Aşl al Sūs	<i>Glycyrrhiza glabra</i> L.	Roots	Powder	12 g
8.	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed Oil	Liquid	240 ml

**Action:** *Dāfi‘-i-Alam* (analgesic), *Muhallil-i-Waram* (anti-inflammatory)

**Therapeutic Use:** *Awjā‘* (pains & aches), *Waram-i-Mafāṣil* (arthritis)

**Dosage and Administration:** For local use

**Note:** *Bīkh-i-Banafsha* has been deleted from the original text and the proportion of *Gul-i-Banafsha* has been increased, as approved by UPC.

## 5.2 ROGHAN-I-MUJARRAB

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Roghan Pambadāna	<i>Gossypium herbaceum</i> L.	Oil	Liquid	180 ml
2.	Roghan Mūrad	<i>Myrtus communis</i> L.	Oil	Liquid	180 ml

3.	Roghan Āmla	<i>Phyllanthus emblica</i> L.	Oil	Liquid	180 ml
4.	Sa‘d Kūfī	<i>Cyperus rotundus</i> L.	Rhizome	Powder	31.5 g
5.	Salīkha	<i>Cinnamomum cassia</i> (L.) J. Presl	Leaf	Powder	31.5 g
6.	Sumbul al Ṭīb	<i>Nardostachys jatamansi</i> (D. Don) DC.	Rhizome	Powder	31.5 g
7.	Shūnīz	<i>Nigella sativa</i> L.	Seeds	Powder	31.5 g
8.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry	Flower bud	Powder	31.5 g
9	Şahm-i-Hanżal	<i>Citrullus colocynthis</i> (L.) Schrad.	Fruit pulp	Powder	31.5 g
10	Qusṭ Talkh	<i>Saussurea auriculata</i> (DC.) Sch. Bip.	Roots	Powder	31.5 g
11	‘Ūd Hindī	<i>Aquilaria malaccensis</i> Lam.	Heartwood	Powder	31.5 g
12	Gul-i-Izkhir	<i>Cymbopogon jwarancusa</i> (Jones) Schult.	Flower	Powder	31.5 g
13	Chirā’ita	<i>Swertia chirayata</i> (Roxb.) H. Karst.	Whole plant	Powder	31.5 g
14	Asārūn	<i>Asarum europaeum</i> L.	Rhizome	Powder	31.5 g
15	Post Jā’ifal Tar	<i>Myristica fragrans</i> Houtt.	Nutmeg peel fresh	Powder	31.5 g

**Action:** *Musawwid-i Sha’r* (prevents premature graying of hair).

**Therapeutic Use:** *Sha’r Abyad* (premature graying of hair).

**Dosage and Administration:** For local use. To be applied daily.

### 5.3 ROGHAN-I-RĀL

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed Oil	Liquid	90 ml
2.	Mom Zard Muşaffā	Yellow Bees wax	As such	Solid	45 g
3.	Rāl	<i>Vateria indica</i> L.	Resinous exudates	Powder	45 g

**Action:** *Mudammil-i-Qurūh* (cicatrizant), *Muḥallil-i-Waram* (anti-inflammatory).

**Therapeutic Use:** *Waram-i-Qaḍīb* (balanitis), *Waram-i-Khuṣya* (orchitis), *Buthūr* (pustules), *Jarāḥat* (injury), *Qurūh-i-Udhn* (ear ulcers), *Qūbā* (ringworm), *Istisqā'* (ascites)

**Dose:** For local use

## 5.4 ROGHAN-I-MUQAWWĪ-I-DIMĀGH

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Mawaīz	<i>Vitis vinifera</i> L.	Dried ripe fruit	Crushed	240 g
2.	Kishmish	<i>Vitis vinifera</i> L.	Dried unripe fruit	Crushed	240 g
3.	Anjīr	<i>Ficus carica</i> L.	Fruit	Crushed	240 g
4.	Maghz-i-Pista	<i>Pistacia vera</i> L.	Kernel	Powder	120 g
5.	Tukhm-i-Khiyār	<i>Cucumis sativus</i> L	Seeds	Powder	120 g
6.	Maghz-i-Tukhm-i- Kharpaza	<i>Cucumis melo</i> L.	Kernel	Powder	120 g
7.	Tukhm-i-Karafs	<i>Apium graveolens</i> L.	Seeds	Powder	12 g
8.	Anīsūn	<i>Pimpinella anisum</i> L.	Rhizome	Powder	12 g
9	Uṣṭūkhuddūs	<i>Lavendula stoechas</i> L.	Inflorescence	Powder	21 g
10	Bādām	<i>Prunus amygdalus</i> Bastch.	Seeds	Powder	21 g
11	Bābūna	<i>Matricaria chamomilla</i> L.	Whole plant	Powder	21 g
12	Bādiyān	<i>Foeniculum vulgare</i> Mill.	Fruit	Powder	12 g
13	Maṣṭagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	21 g
14	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	42 g
15	Sumbul al Ṭīb	<i>Nardostachys jatamansi</i> (D. Don) DC.	Rhizome	Powder	12 g

16	Gul-i-Surkh	<i>Rosa damascena</i> Mill.	Flowers	Powder	105 g
17	Gul-i-Banafsha	<i>Viola odorata</i> L.	Flowers	Powder	21 g

**Special Method of Preparation:** Mix all the *Fawakihāt* together and grind. Boil the dried drugs in water till water remains half. Mix it in *Roghan Bādām* (105 ml), *Roghan Zaytūn* (480 ml), *Roghan Katān* (42 ml), *Roghan Sarson* (105 ml), *Roghan Kunjad* (105 ml), and *Roghan Mālkangnī* (105 ml). Boil it again till water evaporates.

**Action:** *Muqawwī-i-Dimāgh* (brain vitalizer)

**Therapeutic Use:** *Du'f-i-Dimāgh* (cerebral asthenia), *Sahar* (insomnia)

**Dosage and Administration:** For local use.

**Note:** *Chahār Maghz* has been deleted from the original text. This has been approved by UPC.

## 5.5 ROGHAN-I-NĀFI‘-I-FĀLIJ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Bīsh	<i>Aconitum napellus</i> L.	Roots	Powder	42 g
2.	Azārāqī	<i>Strychnos nux-vomica</i> L	Seeds	Powder	42 g
3.	‘Āqarqarhā	<i>Anacyclus pyrethrum</i> (L.) Lag.	Roots	Powder	42 g
4.	Tukhm-i-Dhatūra	<i>Datura metel</i> L.	Seeds	Powder	42 g
5.	Tukhm-i-Karafs	<i>Apium graveolens</i> L.	Seeds	Powder	42 g
6.	Post Bīkh-i-Kanīr Safayd	<i>Nerium oleander</i> L.	Peel of root	Powder	42 g
7.	Afyūn	<i>Papaver somniferum</i> L.	Exudate	Semi solid	42 g
8.	Ghūngchī Safayd	<i>Abrus precatorius</i> L	Seeds	Powder	42 g
9	Mālkanganī	<i>Celastrus paniculatus</i> Willd.	Seeds	Powder	120 g
10	Shūnīz	<i>Nigella sativa</i> L.	Seeds	Powder	120 g

11	Shīr-i-Gāo	Cow milk	As such	Liquid	Q.S. (equal to the weight of ingredients No. 1 to 10)
12	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed Oil	Liquid	1.2 lit.

**Special Method of Preparation:** Soak ingredients No. 1 to 10 in *Shīr-i-Gāo*. Keep the mixture for three days till all the milk is dried. Then boil the same ingredients with *Roghan Kunjad* (1.2 litre) and *Shīr-i-Gāo* (960 ml.) on the low flame till the milk evaporates.

**Action:** *Muharrik-i-A 'ṣāb* (nervine stimulant), *Muqawwī-i-A 'ṣāb* (nervine tonic).

**Therapeutic Use:** *Fālij* (paralysis), *Laqwa* (facial palsy), *Du'f-i-A 'ṣāb* (neurasthenia), *Waja '-al-Mafāṣil* (arthritis), *Ra 'sha* (tremor)

**Dosage and Administration:** For Local Use.

## 5.6 ROGHAN-I-NĀFI'-I-WARAM-I-NIQRIS

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Bābūna	<i>Matricaria chamomilla</i> L.	Whole plant	Powder	100 g
2.	'Inab-al-Tha'lab	<i>Solanum nigrum</i> L.	Fruit	Powder	100 g
3.	Parsiyāoshāñ	<i>Adiantum capillus-veneris</i> L.	Whole plant	Powder	100 g
4.	Iklīl-al-Malik	<i>Astragalus homosus</i> L.	Fruit	Powder	100 g
5.	Barg-i-Hinā	<i>Lawsonia inermis</i> L.	Leaf	Powder	100 g
6.	Sūranjān	<i>Colchicum luteum</i> Baker	Corm	Powder	100 g
7.	Būzīdān	<i>Pseudohandelia umbellifera</i> (Boiss.) Tzvelev	Roots	Powder	100 g
8.	Mayda Lakṛī	<i>Litsea glutinosa</i> (Lour.) C. B. Rob.	Stem bark	Powder	100 g
9	Gul-i-Khaṭmī	<i>Althaea officinalis</i> L.	Flowers	Powder	100 g

10	Gul-i-Bābūna	<i>Matricaria chamomilla</i> L.	Flowers	Powder	100 g
11	Aşl al Sūs	<i>Glycyrrhiza glabra</i> L.	Roots	Powder	100 g
12	Īrsā	<i>Iris ensata</i> Thunb.	Roots	Powder	100 g
13	Āb	Water	Pure water	Liquid	4 lit.
14	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed Oil	Liquid	Q.S.
15	Roghan Zayt	<i>Olea europaea</i> L	Fruit Oil	Liquid	Q.S.
16	Roghan Tukhm-i-Khashkhāsh	<i>Papaver somniferum</i> L.	Seed oil	Liquid	Q.S.
17	Roghan Tukhm-i-Kharpaza	<i>Cucumis melo</i> L.	Seed oil	Liquid	Q.S.

**Special Method of Preparation:** Boil ingredients No. 1 to 12 in 4 litre water, till it reaches half of the volume, 2 litres. Mix ingredients No. 14-17 in it and boil again till water evaporates, preserve it and use.

**Action:** *Muḥallil-i-Waram* (anti-inflammatory), *Dāfi‘-i-Alam* (analgesic)

**Therapeutic Use:** *Niqris* (gout), *Waja ‘al-Mafāṣil* (arthritis).

**Dosage and Administration:** For local use.

## 5.7 ROGHAN-I-HINĀ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Barg-i-Hinā	<i>Lawsonia inermis</i> L.	Leaf	Powder	500 g
2.	Āb Tāza	Purified water	As such	Liquid	2 lt
3.	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed oil	Liquid	500 ml

**Special Method of Preparation:** Boil *Barg-i-Hinā* in water (2 litres) till it remains 1 litre. Then add *Roghan Kunjad* (500 ml) in it, again boil till water evaporates. Preserve the oil remained.

**Action:** *Muḥallil-i-Waram* (anti-inflammatory), *Musakkin-i-Alam* (analgesic).

**Therapeutic Use:** *Waja ‘al-Mafāṣil* (arthritis)

**Dosage and Administration:** For local use.

## 5.8 ROGHAN-I-TAMBĀKŪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Barg-i-Tambākū Muqarrad	<i>Nicotiana tabacum</i> L.	Leaf	Powder	112 g
2.	Gul-i-Bābūna	<i>Matricaria chamomilla</i> L.	Flower	Powder	18 g
3.	Zanjabīl Khushk Nīm Kofta	<i>Zingiber officinale</i> Rosc.	Dried and crushed rhizome	Powder	12 g
4.	Āb-i-Tāza	Fresh water	As such	Liquid	420 ml
5.	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed oil	Liquid	210 ml

**Special Method of Preparation:** Soak ingredients No. 1 to 3 in *Āb-i-Tāza* (fresh water) overnight. Add *Roghan Kunjad* in it and boil till water evaporates, preserve it and use.

**Action:** *Muḥallil-i-Waram* (anti-inflammatory), *Musakkin-i-Alam* (analgesic).

**Therapeutic Use:** *Waja ‘-al-Mafāṣil* (arthritis)

**Dosage and Administration:** (For local use)

## 5.9 ROGHAN-I-SHIBBAT

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measuremen ts as per reference
1.	Āb-i-Shibbat Sabz	<i>Anethum sowa</i> Roxb. ex Fleming	Leaf juice	Liquid	960 ml

2.	Roghan Kunjad Siyāḥ	<i>Sesamum indicum</i> L.	Seed oil	Liquid	960 ml
3.	Qusṭ	<i>Saussurea auriculata</i> (DC.) Sch. Bip.	Roots	Powder	12 g
4.	Gul-i-Bābūna	<i>Matricaria chamomilla</i> L.	Flowers	Powder	12 g
5.	Zanjabīl	<i>Zingiber officinale</i> Rosc.	Rhizome	Powder	12 g
6.	Ispand	<i>Peganum harmala</i> L.	Seeds	Powder	12 g

**Special Method of Preparation:** Boil ingredient No. 3 to 6 in *Āb-i-Shibbat* and *Roghan Kunjad* till water evaporates. Preserve oil and use.

**Action:** *Muḥallil-i-Waram* (anti-inflammatory), *Musakkin-i-Alam* (analgesic)

**Therapeutic Use:** *Waja ‘-al-Mafāṣil* (arthritis), *Awjā ‘-i-Bārida* (pain due to cold).

**Dosage and Administration:** (For local use).

## 5.10 ROGHAN-I-SĀM ABRAŞ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	<u>Chipkalī</u> (Sām-i-Abras)	<i>Lizard</i>	Whole	Solid	3 in No.
2.	Rogan-i-Nīm	<i>Azadirachta indica</i> A. Juss.	Oil	liquid	960 ml
3.	Shākh-i-Gāo Khākastar	Cow's Horn (burnt)	Whole	Powder	40.5 g

**Special Method of Preparation:** Boil *Sām-i-Abras* in *Roghan Nīm* till it is burnt. Then filter the oil and add *Shākh-i-Gāo Khākastar* into it and boil again.

**Action:** *Muḥallil-i-Khanāzīr/Ghudad-i-Diqqī* (anti-scarfula)

**Therapeutic Use:** *Khanāzīr* (scarfula)

**Dose:** Local application

## 5.11 ROGHAN-I-ZARNĪKH

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Roghan Sarson (Sarshaf)	<i>Brassica rapa</i> L.	Seed Oil	Liquid	162 ml
2.	Hartāl	Red Arsenic (Arsenic disulfide)	As such	Powder	2.5 g
3.	Lahsun	<i>Allium sativum</i> L.	Bulb	Crushed, fresh bulb	5 in No.
4.	Barg-i-Kanīr Zard	<i>Nerium oleander</i> L.	Leaf	Powder	21 in No.

**Special Method of Preparation:** Boil *Roghan Sarson* and then add powdered *Hartāl* in it. Grind *Lehsun* in same vessel where *Hartāl* was powdered and mix it in roghan till it becomes black. Now add *Barg-i-Kanīr* and boil it till it gets burnt. Preserve oil and use.

**Action:** *Jālī* (detergent), *Muṣaffī-i-Dam* (blood purifier)

**Therapeutic Use:** *Hikka* (pruritus), *Sa'fa* (alopecia areata), *Qūbā* (ringworm), *Buhtūr* (pustules)

**Dosage and Administration:** (For local use)

## 5.12 ROGHAN-I-NĀRJĪL

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Post Nārjīl	<i>Cocos nucifera</i> L.	Endocarp (shell)	Powder	420 g
2.	Tūtiyā-i-Sabz	Copper sulphate	As such	Powder	8.75 g
3.	Nawshādar	Ammonium Chloride	As such	Powder	8.75 g

4.	Tankār	Borax	As such	Powder	8.75 g
5.	Āhak	Calcium carbonate	As such	Powder	8.75 g
6.	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed oil	Liquid	70 ml

**Special Method of Preparation:** Prepare oil as per *Patāl Jantar* or crush *Post Nārjil* in a grinder. Add *Tūtiyā-i-Sabz*, *Nawshādar* and *Tankār* to the crushed *Post Nārjil*. Put all the ingredients in a container and add *Roghan Kunjad*. Place the container over an induction plate and bring the mixture to boil at 240° C. Stir frequently for approximately 30 minutes. Collect the oil that separates from the mixture by decantation. Squeeze the remaining solid mixture through a fine cotton cloth to obtain the oil.

**Action:** *Jālī* (detergent), *Muṣaffī* (Blood purifier)

**Therapeutic Use:** *Qūbā* (ringworm)

**Dosage and Administration:** For local use

## 5.13 ROGHAN-I-KANĪR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Barg-i-Kanīr Safayd	<i>Nerium oleander</i> L.	Leaf	Chopped	3 kg
2.	Āb	Purified water	As such	Liquid	4.5 lit
3.	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed oil	Liquid	250 ml

**Special Method of Preparation:** Boil *Barg-i-Kanīr* with 4.5 litre of water in a large pitcher on low flame for 9 hours. Then add *Roghan Kunjad* into it and boil again till water remains 1/3rd, and then allow it to cool. After some time the Barg will settle down and oil will come on the surface of water. The oil on surface is now slowly taken out and collected in a bowl.

**Action:** *Muṣaffī* (cleanser), *Jālī* (detergent)

**Therapeutic Use:** *Jarb-i-Raṭab* (wet scabies), *Hikka* (pruritus), *Khārish-i-Hād* (acute itching), *Fasād-i-Dam* (blood impurities)

**Dosage and Administration:** For local use

## **5.14 ROGHAN-I-CHĀJAN**

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Bābchī	<i>Psoralia corylifolia</i> L.	Fruit	Crushed	24g
2.	Sendūr	Red lead oxide	As such	Powder	48g
3.	Qinnab	<i>Cannabis sativa</i> L.	Leaf	Chopped	96g
4.	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed oil	Liquid	480 ml

**Action:** *Muṣaffī* (cleanser), *Jālī* (detergent)

**Therapeutic Use:** *Chajan* (eczema).

**Dosage and Administration:** For local use.

## **5.15 ROGHAN-I-BARAS**

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Post Bīkh-i-Shīṭraj Hindī	<i>Plumbago zeylanica</i> L.	Root bark	Powder	5 g
2.	Tankār	Borax	As such	Powder	5 g
3.	Ghūngchī Safayd	<i>Abrus precatorius</i> L.	Seeds	Powder	5 g
4.	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed oil	Liquid	24 ml

**Special Method of Preparation:** Grind ingredients No. 1 to 3 with *Roghan Kunjad* in a *Kharal* and preserve it.

**Action:** *Muṣaffī* (cleanser), *Muḥammir* (rubeficient), *Musakhkhin* (Sedative)

**Therapeutic Use:** *Baras* (vitiligo), *Bahaq-Abyad* (ptyriasis alba).

**Dosage and Administration:** For local use as ointment. If blister appears, then *Fūfal Sokhta* and *Kath safayd* should be sprinkled on blisters.

## 5.16 ROGHAN-I-KHIDĀB

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Amba Khām	<i>Mangifera indica</i> L.	Unripe peeled fruit	Powder	250 g
2.	Māzū	<i>Quercus infectoria</i> G. Olivier	Excrescence	Powder	63 g
3.	Burāda-i-Faulād	Ferric Oxide	As such	Powder	63 g
4.	Anār Tursh Musallam	<i>Punica granatum</i> L.	Seeds	Solid	250 g
5.	Roghan Kunjad Siyāh	<i>Sesamum indicum</i> L.	Seed oil	Liquid	750 ml

**Special Method of Preparation:** Pulverize ingredient No. 1 to 4, put it in an earthen pot. Add *Roghan Kunjad* in it and bury it in the earth for 40 days, take it out from the earth and use the oil.

**Action:** *Musawwid-i-Sha'r* (hair blackener)

**Therapeutic Use:** *Shayb* (gray hair).

**Dosage And Administration:** For local use as *Khidāb* (hair dye)

## 5.17 ROGHAN-I-MAŞTAGĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Sumbul al Ṭīb	<i>Nardostachys jatamansi</i> (D. Don) DC.	Rhizome	Powder	210g
2.	Iklīl-al-Malik	<i>Astragalus homosus</i> L.	Fruit	Powder	15g

3.	Zarnab	<i>Flacourtie jangomas</i> (Lour.) Raeusch.	Leaf	Powder	12g
4.	Asārūn	<i>Asarum europaeum</i> L.	Rhizome	Powder	12g
5.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	21g
6.	Agar Khām	<i>Aquilaria malaccensis</i> Lam.	Heart wood	Powder	12g
7.	Gul-i-Surkh	<i>Rosa damascena</i> Mill.	Flowers	Powder	21g
8.	Āb	Water	Water	Liquid	786 ml
9.	Roghan Chanbelī	<i>Jasminum officinale</i> L.	Flower oil	Liquid	105 ml

**Special Method of Preparation:** Boil ingredient No. 1 to 7, in water till water remains half. Add *Roghan Chanbelī* in it and heat till water evaporates.

**Action:** *Dāfi'-i-Iltihāb* (anti-inflammatory), *Dāfi'-i-Alam* (Analgesic)

**Therapeutic Use:** *Waja'-al-Mafāṣil* (arthritis), *Niqris* (gout), *Waja'-al-'Aḍalāt* (myalgia).

**Dosage and Administration:** For local use

**Note:** *Ingredient Hamama* has been deleted from the original text approved by UPC.

## 5.18 ROGHAN-I-GOGARD

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Gogard Zard	Sulphur	As such	Powder	100 g
2.	Shahm-i-Dumba	Sheep's fat	As such	Semi solid	400 g

**Special Method of Preparation:** Prepare fine powder of *Gogard* (*Kibrīt*) and mix it in *Shahm-i-Dumba*. Prepare suppository of it. Burn the suppository with the flame till oil oozes out. Collect the oil.

**Action:** *Dāfi'-i-'Ufūnat* (anti-septic), *Nāfi'-i-Jarab* (anti-scabies)

**Therapeutic Use:** *Jarab* (scabies), *Qūbā* (ringworm), *Hikka* (pruritus)

**Dosage and Administration:** For local use

## 5.19 ROGHAN-I-HINDĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Şandal Safayd	<i>Santalum album</i> L.	Heartwood	Powder	13.5 g
2.	Filfil Darāz	<i>Piper longum</i> L.	Fruit	Powder	13.5 g
3.	Gul-i-Nīlofer	<i>Nymphaea alba</i> L.	Flowers	Powder	13.5 g
4.	Aşl al Sūs	<i>Glycyrrhiza glabra</i> L.	Roots	Powder	13.5 g
5.	Shīra-i-Āmla Tāza	<i>Phyllanthus emblica</i> L.	Fresh fruit Juice	Liquid	336 g
6.	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed oil	Liquid	168 ml

**Special Method of Preparation:** Crush ingredients No.1-4 and mix with *Shīra-i-Āmla*. Then boil the mixture with *Roghan-i-Kunjad* till all the water evaporates.

**Action:** *Musakkin-i-Alam* (analgesic)

**Therapeutic Use:** *Sudā'-i-Muzmin* (chronic headache)

**Dosage And Administration:** 2 drops to be instilled in nostrils.

## 5.20 ROGHAN-I-LAQWA

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Īrsā	<i>Iris ensata</i> Thunb.	Root	Powder	10.5 g
2.	Sīr Muqashshar	<i>Allium sativum</i> L.	Bulb-peeled	Crushed	10.5 g

3.	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed Oil	Liquid	56 ml
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**Special Method of Preparation:** Grind *Īrsā* with *Sīr Muqashshar* and prepare tablets. Mix tablet in *Roghan Kunjad* and put it on fire till it becomes brown. Remove tablets, cool it, and use the *roghan*.

**Action:** *Muqawwī-i-Aṣāb* (nervine tonic), *Muḥarrīk-i-Aṣāb* (nerve stimulant)

**Therapeutic Use:** *Laqwa* (facial palsy), *Fālij* (paralysis), *Ra'sha* (tremor)

**Dosage and Administration:** For local use.

## 5.21 ROGHAN-I-BAZR-AL-BANJ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Bazr-al-Banj	<i>Hyoscyamus niger</i> L.	Seeds	Powder	6 g
2.	Tukhm-i-Kāhū	<i>Lactuca sativa</i> L.	Seeds	Powder	3 g
3.	Tukhm-i-Khashkhāsh	<i>Papaver somniferum</i> L.	Seeds	Powder	3 g

**Method of Preparation:** Prepare oil by cold pressing.

**Action:** *Dāfi'-i Tashannuj* (anti-spasmodic), *Musakkin* (tranquilizer), *Tiryāq Sarsām*

**Therapeutic Use:** *Sarsām* (meningitis), *Mālankhūliyā* (melancholia), *Waswās* (obsession).

**Dosage and Administration:** Local/ Oral /Inhalation; used locally for massage, oral use and inhalation of oil in cases of meningitis

## 5.22 ROGHAN-I-DHATŪRA

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Tukhm-i-Dhatūra	<i>Datura metel</i> L.	Seeds	Powder	3.5 g
2.	Sīmāb Mudabbar	Mercury	As such	Liquid	3.5 g
3.	Bīsh	<i>Aconitum napellus</i> L.	Roots	Powder	3.5 g
4.	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed oil	Liquid	70 ml

**Special Method of Preparation:** Heat Roghan Kunjad on fire till it becomes red hot. Mix ingredients No. 1 to 3 in it and stir with an iron rod. Filter and cool it and use filtrate as oil.

**Action:** *Muqawwī-i-Aṣāb* (nervine tonic), *Muḥarrik-i-Aṣāb* (nervine stimulant)

**Therapeutic Use:** *Laqwa* (facial palsy), *Fālij* (paralysis), *Istirkhā'* (atony), *Waja'-al-Mafāṣil* (arthritis), *Ra'sha* (tremor)

**Dosage and Administration:** For local use

## 5.23 ROGHAN-I-BĀDĀM TALKH

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Maghz-i-Bādām Talkh Muqashshar	<i>Prunus amygdalus</i> Batsch.	Peeled kernel	Powder	QS
2.	Nabāt Safayd	Crystallised Sugar	As such	Powder	QS

**Action:** *Sama'-at* *Kushā'* (auditory stimulant), *Musakkin-i-Alam* (analgesic).

**Therapeutic Use:** *Waja'-al-Udhun* (otalgia), *Thiql-i-Sama'-at* (deafness), *Sudā'* (headache).

**Dosage and Administration:** For local use, also to be instilled in the ear in case of *Waja ‘-al-Udhun* (otalgia) and *Thiql-i-Sama ‘āt* (deafness)

## 5.24. ROGHAN-I-SAWSAN

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Taj	<i>Cinnamomum cassia</i> (L.) J. Presl	Stem bark	Powder	30 g
2.	Qusṭ Talkh	<i>Saussurea auriculata</i> (DC.) Sch. Bip.	Roots	Powder	30 g
3.	Za‘frān	<i>Crocus sativus</i> L.	Style and stigma	Powder	30 g
4.	Maṣṭagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	30 g
5.	Qaranful	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. perry.	Flower bud	Powder	15 g
6.	Dārchnī	<i>Cinnamomum zeylanicum</i> Blume	Stem bark	Powder	15 g
7.	Gul-i-Sawsan	<i>Iris ensata</i> Thunb.	Flowers	Powder	30 in No.
8.	Roghan Zaytūn	<i>Olea europaea</i> L.	Fruit oil	Liquid	960 ml

**Special Method of Preparation:** Crush all the ingredients except *i. Za‘frān* and *Gul-i-Sawsan*. Put it in a bottle, add oil in the bottle. Add *Gul-i-Sawsan* 30 in number in the bottle and keep it in the bottle upto 40 days. After 40 days filter it and use it as oil.

**Action:** *Muḥallil-i-Waram* (Anti-inflammatory), *Muqawwī-i-A ‘ṣāb* (nervine tonic), *Muḥarrik-i-A ‘ṣāb* (Nerve stimulant).

**Therapeutic Use:** *Fālij* (paralysis), *Laqwa* (facial palsy), *Istirkhā’* (atony), *Waja ‘-al-Mafāṣil* (arthritis), *Waram-i-Mafāṣil* (Arthritis)

**Dosage and Administration:** For local use

**Note:** *Habb-i-Balsān* has been deleted from the original text. This has been approved by UPC.

## 5.25. ROGHAN-I-JUND

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Jund Bedastar	Castoreum	Beaver secretion	Solid	8.75 g
2.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	8.75 g
3.	‘Āqarqarḥā	<i>Anacyclus pyrethrum</i> (L.) Lag.	Roots	Powder	8.75 g
4.	Şahm-i- Ḥanzal	<i>Citrullus colocynthis</i> (L.) Schrad.	Fruit pulp	Powder	8.75 g
5	Ḩiltīt	<i>Ferula asafoetida</i> L.	Resin	Powder	8.75 g
6	‘Ūd Ṣalīb	<i>Paeonia emodi</i> Wall. ex Royle	Tuber	Powder	10.5 g
7	Roghan Suddāb	<i>Ruta graveolens</i> L.	Oil	Liquid	420 ml

**Special Method of Preparation:** Mix all the ingredients in *Roghan Suddāb*. Keep it in sun light for upto 7 days. After 7 days filter it and keep filtrate (oil) and use.

**Action:** *Dāfi‘-i-Tashannuj* (anti-convulsant), *Muqawwī-i-A ‘ṣāb* (nervine tonic), *Mufattīḥ-i- Sudad* (Deobstruent), *Muḥarrīk-i-A ‘ṣāb*

**Therapeutic Use:** *Ṣar‘* (epilepsy), *Ikhtināq-al-Raḥīm* (hysteria), *Umm-al Ṣibyān* (infantile convulsions).

**Dosage and Administration:** For local use

**Note:** *Farfiyūn* has been deleted from the original text. This has been approved by UPC.

## 5.26. ROGHAN-I-AWRĀQ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Barg-i-Āk	<i>Calotropis gigantea</i> (L.) Dryand	Fresh leaf	extract	50 g
2.	Barg-i-Bakā’īn	<i>Melia azedarach</i> L.	Leaf	extract	50 g

3.	Barg-i-Arand	<i>Ricinus communis</i> L.	Leaf	extract	50 g
4.	Barg-i-Sambhālū	<i>Vitex negundo</i> L.	Leaf	Powder	50 g
5.	Barg-i-Sahjana	<i>Moringa oleifera</i> Lam.	Leaf	Powder	50 g
6.	Barg-i-Thūhar	<i>Euphorbia royleana</i> Boiss.	Leaf	Powder	50 g
7.	Barg-i-Dhātūra	<i>Datura metel</i> L	Leaf	Powder	50 g
8.	Barg-i-Bhangara	<i>Eclipta prostrata</i> (L.) L.	Leaf	Powder	50 g
9.	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed oil	Liquid	Equal to all
					ingredients
10.	Mur	<i>Commiphora myrrha</i> (Nees) Engl.	Gum resin	Powder	50 g
11.	Qusṭ	<i>Saussurea auriculata</i> (DC.) Sch. Bip.	Root	Powder	50 g

**Special Method of Preparation:** Take out *Shīra* from all the Ingredient No. 1 to 8. Mix it in *Roghan Kunjad*. Put it on fire and mix *Mur* and *Qusṭ* in the last and use.

**Action:** *Muqawwī-i-A 'ṣāb* (nervine tonic), *Muharrīk-i-A 'ṣāb* (nervine stimulant)

**Therapeutic Use:** *Waram-i-Mafāṣil* (arthritis), *Waja'-al-Mafāṣil* (arthralgia), *Fālij* (paralysis), *Laqwa* (facial palsy), *Ra'sha* (tremor)

**Dosage and Administration:** For local use.

## 5.27. ROGHAN-I-AWRĀQ QAWĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Barg-i-Yāsmīn	<i>Jasminum officinale</i> L.	Fresh Leaf	extract	12 g
2.	Barg-i-Nīm	<i>Azadirachta indica</i> A. Juss.	Fresh Leaf	extract	12 g
3.	Barg-i-Biskhapra	<i>Trianthema portulacastrum</i> L.	Fresh Leaf	extract	12 g
4.	Barg-i-Bed Anjīr	<i>Ricinus communis</i> L.	Fresh Leaf	extract	12 g

5	Barg-i-Bakā'in	<i>Melia azedarach</i> L.	Fresh Leaf	extract	12 g
6	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed oil	Liquid	250 ml
7	Kamīla	<i>Mallotus philippensis</i> (Lam.) Mull. Arg.	Fruit hair and gland	Powder	7 g
8	Koknār Sokhta	<i>Papaver somniferum</i> L.	Roasted fruit	Powder	7 g
9	Suhāga Biryāñ	Borax	As such	Powder	7 g
10	Zard Chob Sokhta	<i>Curcuma longa</i> L.	Burnt rhizome	Powder	7 g
11	Kath Safayd	<i>Acacia leucophloea</i> (Roxb.) Willd.	Stem bark	Powder	7 g
12	Bābchī Sokhta	<i>Psoralia corylifolia</i> L.	Burnt fruit	Powder	7 g
13	Āmla Sokhta	<i>Phyllanthus emblica</i> L.	Fruit	Powder	7 g
14	Tūtiya Sa'īda	Copper Sulphate triturated	As such	Powder	1.75 g

**Special Method of Preparation:** Take out Shīra from all the ingredients No. 1 to 5. Mix it in *Roghan Kunjad*. Prepare fine powder of ingredients No. 7 to 14 and mix in it. Put it on fire and filter. Use filtrate as oil.

**Action:** *Munbit-i- Sha'r* (hair growth promoter)

**Therapeutic Use:** *Sa'fa* (alopecia).

**Dosage and Administration:** (For local use).

**Note:** *Barg-i-Farāsh* and *Filfil Gird* and *Murdār Sang* have been deleted from original text. "Qawī" has been suffixed to the end of the title of the formulation and this has been approved by UPC.

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**SECTION VI**

**DMIADAT WA MARAHIM**

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## **DIMĀD WA MARHAM (PASTE AND OINTMENT)**

*Dimādāt* is the plural of *Dimād* (paste, poultice). It is generally a thick, viscous liquid which is applied locally as a poultice to external organs or on the spot of the affected internal organ. It is also known as *layp*. *Dimād* is a powder preparation and always used in a paste form after mixing in any of the specified oils, water etc. at the time of use. *Dimādāt* and *Marāhīm* are used externally and generally prepared with the drugs having *Muhallil* (anti-inflammatory), *Dāfi‘-i-Ta‘affun* (antiseptic), *Hābis* (haemostatic), and *Qābiq* (astringent) properties.

*Marham* is a semi-solid compound which is prepared from the powder of one or more ingredients in a base like *Mom* (wax), *Roghan* (oil) or other *Shahmī* (fatty) substances. It is generally used in the treatment of external inflammations, swellings, abrasions, wounds, cuts, boils, pustules etc. For preparing *Marham* and *Dimād*, refer to the Chapter “General Methods of Preparations”.

### **General Precautions**

1. Ingredient drugs should be finely powdered before mixing in the base. The powdering of drugs should strictly be done as given in the heading *Daq-wa-Sahaq* in the chapter “General Methods of preparation”.
2. Continuous stirring of the ingredient drugs after mixing in the base should be scrupulously followed.
3. Excessive boiling should be avoided as it hardens the *Marham*.

### **Characteristics**

1. *Marham* or any of its allied preparations are mostly light brown, brown, and dark brown or black in color.
2. *Marham* should always be opaque in transparency.

### **Preservation:**

*Marham* and any of its preparations should always be preserved in airtight, clean and dry glass or porcelain containers and stored in cool and dry place.

S.No.	Name of the Formulation	Reference	
		Book Vol.	Page No.
<b>6.1</b>	<i>Dimād Qūtūn</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	190
		(Urdu); 2005, Reprint	465
<b>6.2</b>	<i>Dimād Iklīl al Malik</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	191
		(Urdu); 2005, Reprint	464
<b>6.3</b>	<i>Dimād Fīsāghūras</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	191
		(Urdu); 2005, Reprint	465
<b>6.4</b>	<i>Dimād Rūth</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	306
		(Urdu); 2005, Reprint	763
<b>6.5</b>	<i>Dimād Waja '-al-Mafāṣil</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	306
		(Urdu); 2005, Reprint	763-64
<b>6.6</b>	<i>Marham Shalgham</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	353
		(Urdu); 2005, Reprint	881
<b>6.7</b>	<i>Marham Miṣrī</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	353
		(Urdu); 2005, Reprint	880
<b>6.8</b>	<i>Marham 'Aṣal</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	354
		(Urdu); 2005, Reprint	880
<b>6.9</b>	<i>Marham Ābtī</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	351
		(Urdu); 2005, Reprint	872
<b>6.10</b>	<i>Marham Khall</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	352
		(Urdu); 2005, Reprint	877
<b>6.11</b>	<i>Marham Khall Khamrī</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	352
		(Urdu); 2005, Reprint	876
<b>6.12</b>	<i>Marham Hindī</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	353
		(Urdu); 2005, Reprint	882

## 6.1 DİMĀD QŪTŪN

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	'Ilak al Buṭm	<i>Pistacia atlantica</i> Desf.	Exudate	Powder	16 g
2.	Maṣṭaqī	<i>Pistacia lentiscus</i> L.	Resin	Powder	32 g
3.	Salāras	<i>Liquidambar orientalis</i> Mill.	Exudates	Powder	64 g
4.	Wasakh-i-Kawar Nahl	Waxy impurities in the honeycomb after obtaining honey.	As such	Solid	192 g
5.	Roghan Bālchar	<i>Nardostachys jatamansi</i> (D. Don) DC.	Oil	liquid	Q.S.

**Action:** *Muḥallil-i-Kabid*

**Therapeutic Use:** *Waram-i-Kabid* (hepatitis), *Waram-i-Me 'da* (gastritis), *Şalabat-i-Kabid* (Induration of liver), *Şalabat-i-Me 'da* (Induration of stomach)

**Dosage and Administration:** For local application.

## 6.2 DİMĀD-I-İKLİL-AL-MALIK

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Za'frān	<i>Crocus sativus</i> L.	Style and stigma	Powder	64 g
2.	Sumbul al Tīb	<i>Nardostachys jatamansi</i> (D. Don) DC.	Rhizome	Powder	64 g
3.	Sa'd Kūfī	<i>Cyperus rotundus</i> L.	Rhizome	Powder	64 g
4.	Mur Makkī	<i>Commiphora myrrha</i> (Nees) Engl.	Gum resin	Powder	64 g
5.	Zīra Siyāh	<i>Carum carvi</i> L.	Seed	Powder	64 g
6.	Bīkh-i-Sawsan	<i>Iris ensata</i> Thunb.	Roots	Powder	64 g
7.	Muqil	<i>Commiphora wightii</i> (Arn.) Bhandari	Exudates	Powder	192 g.
8.	'Iklīl al-Malik	<i>Astragalus homosus</i> L.	Fruit	Powder	420 g
9.	Ushuq	<i>Dorema ammoniacum</i> D. Don.	Oleo gum resin	Powder	420 g
10.	'Ilak al Buṭm	<i>Pistacia atlantica</i> Desf.	Exudates	Powder	420 g
11.	Dahan-i-'Aşīr-i-'Inab*	<i>Vitis vinifera</i> L	Dried Fruit juice	Sticky Powder	840 g
12.	Mom	Bees wax	As such	Solid	1260 g
13.	Sharāb	Wine/ Brandy	As such	Liquid	Q.S.

\**Dahan-i-'Aşīr-i-'Inab* is prepared by the following method. Take *Angūr* ('Inab). Put it into a cloth, squeez it. Take the filtrate and heat it till entire water evaporates. It is known as *Dahan-i-'Aşīr-i-'Inab*.

**Action:** *Muḥallil-i-Waram-i-Kabid* (anti-hepatitis)

**Therapeutic Use:** *Amrād-i-Bārida-i- Kabid* (chronic liver disorders)

**Dose:** For local application

### 6.3 ȐIMĀD-I-FĪSĀGHŪRAS

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Zūfa Raṭab	<i>Hyssopus officinalis</i> L.	Flower	Powder	108 g
2.	Mom	Bees wax	As such	Solid	108 g
3.	Za‘frān	<i>Crocus sativus</i> L.	Style and stigma	Powder	54 g
4.	Pīh-i-Baṭṭ	Duck’s fat	As such	Solid	54 g
5.	Pīh-i-Murghābī	Drake’s fat.	As such	Solid	54 g
6.	Şibr	<i>Aloe vera</i> (L.) Burm. f.	Leaf Extract	Semi solid	4.5 g
7.	Salāras	<i>Liquidambar orientalis</i> Mill.	Gum	Solid	4.5 g
8.	Muqil	<i>Commiphora wightii</i> (Arn.) Bhandari	Exudates	Powder	4.5 g
9.	Ushuq	<i>Dorema ammoniacum</i> D. Don	Oleo gum resin	Powder	4.5 g
10.	Maṣṭaqī	<i>Pistacia lentiscus</i> L.	Resin	Powder	4.5 g

**Action:** *Mudirr-i-Bawl* (diuretic), *Muḥallil-i-Waram* (anti-inflammatory).

**Therapeutic Use:** *Istisqā’* (ascites), *Du‘f-i-Kabid* (hepatic debility), *Du‘f-i-Rahim* (uterine debility).

**Dose:** For local application.

### 6.4 ȐIMĀD RŪTH

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Maghz-i-Tukhm-i-Bed Anjīr	<i>Ricinus communis</i> L.	Seed kernel	Powder	300 g
2.	Roghan Gāo Tāza	Clarified butter from fresh cow milk	As such	Semi solid	100 g
3.	‘Asal	Honey	As such	Liquid	100 g

**Special Method of Preparation:** Grind *Maghz-i-Bed Anjīr* with *Roghan Gāo* and ‘Asal till it becomes paste-like. Mix it in cow dung. Use it as a *Dimād*.

**Action:** *Muḥallil-i-Waram* (anti-inflammatory)

**Therapeutic Use:** *Tahajjur-i-Mafāṣil* (osteoarthritis)

**Dose:** For local application

## 6.5 ȐIMĀD WAJĀ'-AL-MAFĀŠIL

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Şibr Zard	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Semi solid	10g
2.	Za'frān	<i>Crocus sativus</i> L.	Style and stigma	Powder	10g
3.	Mur Āb-i-Karamkalla	<i>Commiphora myrrha</i> (Nees) Engl. <i>Brassica oleracea</i> L.	Gum resin Juice of leaves	Powder Liquid	10g Q.S
4.	Āb-i-Kāsnī	<i>Cichorium intybus</i> L.	Juice of leaves	Liquid	Q.S.

**Method of Preparation:** Grind all the ingredients in the *Āb-i-Karamkalla* and preserve. If joints show more heat then apply it with *Āb-i-Kāsnī*

**Action:** *Muḥallil-i-Waram* (anti-inflammatory) *Dāfi'-i-Alam* (analgesic), *Musakkin-i-Alam* (analgesic)

**Therapeutic Use:** *Waja'-al-Mafāṣil* (arthritis), *Hudār* (rheumatoid arthritis), *Niqris* (gout).

**Dose:** For local application

## 6.6 MARHAM SHALGHAM

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Roghan Gul	<i>Rosa damascena</i> Mill.	Flower oil	Liquid	120 ml
2.	Sendūr	Red Lead	As such	Powder	63 g
3.	Kāfūr	<i>Cinnamomum camphora</i> (L.) J. Presl	Exudate	Powder	3 g
4.	Shalgham	<i>Brassica rapa</i> L.	Tuber	Sliced	Q.S.

**Special Method of Preparation:** *Shalgam* is sliced into pieces and roasted in *Roghan Gul* properly. Remove from fire. *Sendūr* is dissolved in it and stirred by a *Nīm* (*Azadirachta indica* A.Juss.) stick and then mix *Kāfūr* in it.

**Action:** *Muḥallil-i-Waram* (anti-inflammatory), *Mudammil* (cicatrizant).

**Therapeutic Use:** *Waram* (inflammation), *Qurūh* (ulcers), *Purāne zakhm* (old wounds)

**Dose:** For external use

## 6.7 MARHAM MISRĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Sirka	Vinegar	As such	Liquid	24.5 ml
2.	‘Asal	Honey	As such	Liquid	24.5 ml
3.	Zangār	Copper (II) acetate	As such	Powder	3.5 g
4.	Anzarūt	<i>Astragalus sarcocolla</i> Dymock	Gum	Solid	7 g

**Action:** *Mudammil* (cicatrizant)

**Therapeutic Use:** *Waram* (inflammation), *Qurūh ‘atīqa* (chronic ulcers).

**Dose:** For external use

## 6.8 MARHAM ‘ASAL

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Anzarūt	<i>Astragalus sarcocolla</i> Dymock.	Gum	Solid	50g
2.	‘Asal	Honey	As such	Liquid	50ml

**Special Method of Preparation:** Boil ‘Asal and filter, pulverize Anzarūt and Mix it with ‘Asal.

**Action:** *Munaqqī* (cleanser), *Mudammil* (cicatrizant)

**Therapeutic Use:** *Qurūh Mufajjara* (ruptured/crushed ulcers), *Damāmīl* (boils)

**Dose:** For external use

## 6.9 MARHAM ĀBĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Muqil	<i>Commiphora wightii</i> (Arn.) Bhandari	Gum resin	Powder	3.5 g
2.	Sīmāb	Elemental Mercury (Mudabbar)	As such	Liquid	3.5 g
3.	Rasawt	<i>Berberis aristata</i> DC.	Dried Root extract	Powder	7 g
4.	Āb	Water	As such	Liquid	Q.S.
5.	Kibrīt	Sulphur	As such	Powder	3.5 g

**Action:** *Mudammil-i-Qurūḥ* (cicatrizant)

**Therapeutic Use:** *Qurūḥ* (ulcers), *Jurūḥ* (wounds), *Nāsūr* (fistula)

**Dose:** For external use

**Note:** *Kibrīt* has been added in the formulation which has been approved by UPC.

## 6.10 MARHAM KHALL

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Murdār Sang	Lead Monoxide	As such	Powder	35g
2.	Mom Safayd	Bees' wax	As such	Solid	35g
3.	Roghan Gul	<i>Rosa damascena</i> Mill.	Flower oil	Liquid	70g
4.	Sirka (Khall)	Vinegar	As such	Liquid	Q.S.

**Action:** *Mudammil* (cicatrizant), *Dāfi'-i-'Ufūnat* (anti-septic), *Qāti'-i-Lahm Zā'id* (Proud flesh remover)

**Therapeutic Use:** *Qurūḥ-i-'Ufūnī* (septic ulcers), *Lahm Zā'id* (hypergranulation)

**Dose:** For local application

## 6.11 MARHAM KHALL KHAMRĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Murdār Sang	Lead Monoxide	As such	Powder	630g
2.	Roghan Zaytūn	<i>Olea europaea</i> L.	Fruit oil	Liquid	840g
3.	Sirka Angūrī (Khall-i-Khamrī)	Old Vinegar ( <i>Vitis vinifera</i> L.)	As such	Liquid	1260ml

**Action:** *Mudammil* (cicatrizant), *Musakkin-i-Alam* (analgesic), *Muṣaffī-i-Dam* (blood cleanser).

**Therapeutic Use:** *Jarāhat* (injury), *Qurūḥ-i-'Ufūnī* (septic ulcers), *Bawāsīr* (haemorrhoids), *Shiqāq-al-Miq'ad* (anal fissure), *Hikka* (pruritus), *Dā'-al-Tha'lāb* (alopecia), *Sa'fa* (alopecia areata)

**Dose:** For local application

**Note:** The Term "Khamrī" has been suffixed to the end of the title of the formulation. This has been approved by UPC.

## 6.12 MARHAM HINDĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Scientific name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Roghan Kunjad	<i>Sesamum indicum</i> L.	Seed oil	Liquid	240 ml
2.	Piyāz	<i>Allium cepa</i> L.	Bulb	Solid	240 ml
3.	Mur Siyāh	<i>Commiphora myrrha</i> (Nees) Engl. (Black Variety)	Gum resin	Solid	120 g
4.	Mur Makkī Surkh	<i>Commiphora myrrha</i> (Nees) Engl.) (Red Variety)	Gum resin	Solid	42 g
5.	Mom Safayd	Bees wax	As such	Solid	42 g
6.	Behroza	<i>Pinus roxburghii</i> Sarg.	Oleo gum resin	Solid	250mg

**Action:** *Mudammil* (cicatrizant), *Musakkin* (analgesic), *Dāfi ‘-i-Ta ‘affun* (antiseptic)

**Therapeutic Use:** *Jarāhat* (injury), *Qurūh-i-‘Ufūnī* (septic ulcers)

**Dose:** For local application

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**SECTION-VII**

**AYĀRIJĀT-WA-SAFŪFĀT**

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## **SAFŪFĀT (POWDERS)**

### **Definition:**

The word ‘*Safūfāt*’ is plural of *Safūf* which is a dry medicinal product prepared from single drug or a mixture of several medicinal ingredients which have been ground or triturated and sieved. *Safūf* is also called *Chūran* and *Phāṇkī* but the word “*Chūran*” is applied to the *Safūf* which is especially meant for digestive action and consists of inorganic salts (*Namakiyāt*) as its principal ingredients. *Safūfāt* which are used for dentrificial purposes are called ‘*Sanūnāt*’ and those which are employed in eyes are called ‘*Kuhl*’ or ‘*Surma*’ (coryllium).

*Ayārijāt* are reformed *mushil* (purgative) in *Safūf* form. *Ayārij Fayqra* is the first purgative employed by ancient physicians.

### **Method of Preparation:**

For preparing *Safūf* (Powder Drugs) different methodology is given in the chapter “General Methods of Preparation” under the heading “*Daq-wa-Sahaq*”.

### **General Precautions:**

The precautions for powdering different kinds of drugs are given under the heading “*Daq-wa-Sahaq*” in the chapter “General Methods of Preparation”.

### **Characteristics:**

1. *Safūfāt* are the finest forms of powdered drugs.
2. Fineness or coarseness of the powder is judged by putting it between the fingers.

### **Preservation:**

1. *Safūfāt* are generally preserved in dry, clean and airtight glass containers under hygienic conditions in cool and dry places.
2. *Safūfāt* having ingredients like *Shora*, *Naushadar* etc. are always preserved in airtight glass containers.
3. *Safūfāt* containing salt or *Halīlajāt* are not preserved in tin or metallic containers.

4. When *Maghziyāt* are ingredients in *Safūfāt*, they should be used within six months.
5. *Safūfāt* generally retain their potency for one year.

S.No.	Name of the Formulation	Reference	
		Book Vol.	Page No.
7.1	Ayārij-i-Shabyār	<i>Al-Qarābādīn</i> (Urdu); 2006	31
7.2	Ayārij Bārid	<i>Al-Qarābādīn</i> (Urdu); 2006	32
7.3	<i>Safūf Kharnūb</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	161
		<i>(Urdu); 2005, Reprint</i>	390
7.4	<i>Safūf-i-Sumāq</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	162
		<i>(Urdu); 2005, Reprint</i>	390
7.5	<i>Safūf-i-Barangī</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	160
		<i>(Urdu); 2005, Reprint</i>	
7.6	<i>Safūf-i-Bīnā'yī</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	160-61
		<i>(Urdu); 2005, Reprint</i>	390
7.7	<i>Safūf-i-Habb-al-'Inab</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	161
		<i>(Urdu); 2005, Reprint</i>	387
7.8	<i>Safūf Shumār</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	162
		<i>(Urdu); 2005, Reprint</i>	391
7.9	<i>Safūf-i-'Ud</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	162
		<i>(Urdu); 2005, Reprint</i>	386
7.10	<i>Safūf-i-Kahrubā</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	162
		<i>(Urdu); 2005, Reprint</i>	389
7.11	<i>Safūf Mukhtara'</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	163
		<i>(Urdu); 2005, Reprint</i>	393
7.12	<i>Safūf Māliḥ</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	163
		<i>(Urdu); 2005, Reprint</i>	395
7.13	<i>Safūf-i-Waj</i>	<i>'Ilāj-al-Amrād</i> (Fārsī); 1921	163
		<i>(Urdu); 2005, Reprint</i>	396

## 7.1 AYĀRIJ-I-SHABYĀR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Dūqū	<i>Peucedanum grande</i> C. B Clarke	Fruit	Powder	6g
2.	Kabāb-i-Khandān	<i>Zanthoxylum armatum</i> DC.	Seed	Powder	6g
3.	Tagar	<i>Valeriana jatamansi</i> Jones	Rhizome	Powder	12g
4.	Sumbul al Ṭīb	<i>Nardostachys jatamansi</i> (D.Don) DC.	Rhizome	Powder	12g
5.	Zīra Siyāh	<i>Carum carvi</i> L.	Seeds	Powder	12g
6.	Turbud	<i>Operculina turpethum</i> (L.) Silva Manso	Roots	Powder	72g
7.	Sanā	<i>Cassia angustifolia</i> Vahl.	Leaf	Powder	72g
8.	Shahm-i-Hanzal	<i>Citrullus colocynthis</i> (L.) Schrad.	Fruit pulp	Powder	72g
9.	Gul-i-Surkh	<i>Rosa damascene</i> Mill.	Petals	Powder	22.5g
10.	Habb al Nīl	<i>Ipomoea nil</i> (L.) Roth.	Seeds	Powder	22.5g
11.	Kundur	<i>Boswellia serrata</i> Roxb. ex Colebr.	Gum	Powder	22.5g
12.	Katīrā	<i>Cochlospermum religiosum</i> (L.) Alston	Gum	Powder	22.5g
13.	Dārchīnī	<i>Cinnamomum zeylanicum</i> Blume.	Stem bark	Powder	22.5g
14.	Şibr	<i>Aloe vera</i> (L.) Burm.f.	Leaf extract	Semi solid	45g
15.	Muqil	<i>Commiphora wightii</i> (Arn.) Bhandari	Gum resin	Solid	45g
16.	Rewand Chīnī	<i>Rheum australe</i> D. Don.	Roots	Powder	45g
17.	Post Halīla Kābulī	<i>Terminalia chebula</i> Retz.	Fruit pericarp	Powder	180g
18.	Ghārīqūn	<i>Agaricus alba</i> L.	Whole	Powder	180g

**Action:** *Mushil-i-Balgham* (purgative of phlegm), *Mushil-i-Sawdā'* (purgative of black bile)

**Therapeutic Use:** *Şudā'i-Balghamī* (phlegmatic headache), *Fālij* (paralysis), *Laqwa* (facial palsy), *Istirkhā'* (atonny), *Waja'-al-Mafāṣil* (arthralgia)

**Dose:** 3.5 gm. with 'Arq-i- Gulāb or lukewarm water

## 7.2 AYĀRIJ-I-BĀRID

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Post Halīla Zard	<i>Terminalia chebula</i> Retz.	Fruit pericarp	Powder	42g
2.	Turbud Safayd	<i>Operculina turpethum</i> (L.) Silva Manso	Roots	Powder	42g
3.	Roghan Bādām	<i>Prunus amygdalus</i> Batsch.	Seed Oil	Liquid	42g

4.	Banafsha Khushk	<i>Viola odorata</i> L.	Whole plant	Powder	42g
5.	Ayārij-i-Fayqra a. Asārūn	Q.V. <i>Asarum europeum</i> L.	As such Rhizome	Powder Powder	35g 1 part
	b. Elvā	<i>Aloe vera</i> (L.) Burm. f.	Leaf extract	Powder	16 part
	c. Bālchar	<i>Nardostachys jatamansi</i> (D Don) DC.	Root	Powder	1 part
	d. Taj	<i>Cinnamomum cassia</i> (L.) J. Presl	Stem bark	Powder	1 part
	e. Dārchīnī	<i>Cinnamomum verum</i> J. Presl	Stem bark	Powder	1 part
	f. ‘Ūd-i-Balsān	<i>Commiphora gileadensis</i> (L.) C. Chr.	Heartwood	Powder	1 part
	g. Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	1 part
	h. Za‘frān	<i>Crocus sativus</i> L.	Style and Stigma	Powder	1 part
6.	Gul-i-Surkh	<i>Rosa damascena</i> Mill.	Petals	Powder	17g
7.	Tukhm-i-Kāsnī	<i>Cichorium intybus</i> L.	Seeds	Powder	17g
8.	Katīrā	<i>Cochlospermum religiosum</i> L.	Gum	Solid	11g
9.	Saqmūniyā Mushawwa	<i>Convolvulus scammonia</i> L.	Dried resinous secretion of root	Solid	11g

**Action:** *Mushil* (purgative), *Munaqqī-i-Dimāgh* (brain cleanser).

**Therapeutic Use:** *Şudā‘* (headache), *Duwār* (giddiness), *Āshob-i-Hashm* (conjunctivitis), *Imtilā‘-i-Balghamī* (phlegmatic congestion), *Nazla Muzmin* (chronic catarrh), *Waja‘-al-Udhn* (otalgia), *Waja‘-al-Asnān* (toothache), *Imtilā‘-i-Nazlāwī*

**Dose:** 10g with water containing *Shīr-i-Khisht* or *Turanjabīn*.

### 7.3 SAFŪF-I-KHARNŪB

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Kharnūb	<i>Ceratonia siliqua</i> L.	Fruit	Powder	10g
2.	Behīdāna	<i>Cydonia oblonga</i> Mill.	Seeds	Powder	10g
3.	Zīra Siyāh Mudabbar	<i>Carum carvi</i> L.	Seeds	Powder	10g
4.	Sumāq	<i>Rhus coriaria</i> L.	Fruit	Powder	10g
5.	Post Ber	<i>Ziziphus mauritiana</i> Lam.	Fruit pericarp	Powder	10g
6.	Habb al Ās	<i>Myrtus communis</i> L.	Fruit	Powder	10g
7.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	10g
8.	Balūt	<i>Quercus infectoria</i> G. olivier	Fruit	Powder	10g
9.	Kishnīz Khushk Biryān	<i>Coriandrum sativum</i> L.	Dried and	Powder	10g

roasted  
fruit

**Action:** *Muqawwī-i Am ‘ā’* (intestinal tonic), *Muqawwī-i Me ‘da* (stomachic).

**Therapeutic Use:** *Ishāl-i-Me ‘da* (*Gastrogenic diarrhoea*), *Istirkhā’-i-Me ‘da* (gastric tonic).

**Dose:** 4.5 g

## 7.4 SAFŪF-I-SUMĀQ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Şamagh-i-‘Arabī	<i>Acacia nilotica</i> (L.) Willd.ex.Delile	Gum	Solid	7g
2.	Gulnār	<i>Punica granatum</i> L.	Flowers	Powder	7g
3.	Ḥabb al Āṣ	<i>Myrtus communis</i> L.	Fruit	Powder	17.5g
4.	Anār Dāna Biryāñ	<i>Punica granatum</i> L.	Roasted seeds	Powder	17.5g
5.	Sumāq	<i>Rhus coriaria</i> L.	Fruit	Powder	35g
6.	Kharnūb	<i>Ceratonia siliqua</i> L.	Fruit	Powder	52.5g

**Action:** *Muqawwī-i Am ‘ā’* (intestinal tonic), *Muqawwī-i-Me ‘da* (stomachic).

**Therapeutic Use:** *Ishāl-i-Me ‘dī-wa-Me ‘wī* (diarrhoea due to gastroenteritis), *Istirkhā’-i-Me ‘da* (gastric tonic), *Magħṣ* (tenesmus), *Tashnagī* (thirst)

**Dose:** 4.5g

## 7.5 SAFŪF-I-BARANGĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Halīla Kābulī	<i>Terminalia chebula</i> Retz.	Ripe fruit	Powder	35g
2.	Āmla	<i>Phyllanthus emblica</i> L.	Fruit	Powder	35g
3.	Bāobarang	<i>Embelia ribes</i> Burm f.	Fruit	Powder	35g
4.	Turbud Mujawwaf	<i>Operculina turpethum</i> (L.) Silva Manso	Roots	Powder	105g
5.	Miṣrī	Crystallized sugar	As such	Powder	Twice of all ingredients

**Action:** *Qātil-wa-Mukhrīj-i-Dīdān* (anthelmintic)

**Therapeutic Use:** *Dīdān-i-Am ‘ā’* (intestinal worms)

**Dose:** 7 g

## 7.6 SAFŪF-I-BĪNĀ'YĪ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	'Ūd Gharqī	<i>Paeonia emodi</i> Wall.ex Meissn	Tuber	Powder	2g
2.	Qaranful	<i>Syzygium aromaticum</i> Merr. & L.M. Perry	Flower bud	Powder	2g
3.	Pudīna	<i>Mentha spicata</i> L.	Aerial part	Powder	21g
4.	Bādiyān	<i>Foeniculum vulgare</i> Mill.	Fruit	Powder	21g

**Action:** *Muqawwī-i-Me 'da* (stomachic), *Mujaffīf-i-Ruṭūbāt-i-Nazla* (dessicant to nasal secretions), *Mushtahī* (appetizer)

**Therapeutic Use:** *Du'f-i-Ishtihā* (anorexia), *Du'f-i- Me 'da* (gastric debility), *Waram-i- Me 'da* (gastritis).

**Dose:** 2-4g

## 7.7 SAFŪF-I-HABB-AL-'INAB

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Dāna-i-Angūr	<i>Vitis vinifera</i> L.	Fruit	Crushed	14g
2.	Şamagh-i-‘Arabī	<i>Acacia nilotica</i> (L.) Willd.ex.Delile	Gum	Solid	14g
3.	Habb al Ās	<i>Myrtus communis</i> L.	Fruit	Powder	7g
4.	Sumāq	<i>Rhus coriaria</i> L.	Fruit	Powder	7g
5.	Maşṭaqī	<i>Pistacia lentiscus</i> L.	Resin	Powder	3.5g
6.	Gulnār	<i>Punica granatum</i> L.	Flower	Powder	3.5g

**Action:** *Muqawwī-i-Me 'da* (stomachic), *Hābis-i-Ishāl* (anti-diarrhoeal)

**Therapeutic Use:** *Du'f-i- Me 'da* (gastric debility), *Ishāl* (diarrhoea).

**Dosage and Administration:** 3-5 g

## 7.8 SAFŪF-I-SHUMĀR

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Zar-i-Ward	<i>Rosa damascena</i> Mill.	Stamens	Powder	10.5g
2.	Bīkh-i-Kibr	<i>Capparis spinosa</i> L.	Roots	Powder	14g

3.	Post Bīkh-i-Karafs	<i>Apium graveolens</i> L.	Root bark	Powder	21g
4.	Gul-i-Banafsha	<i>Viola odorata</i> L.	Flowers	Powder	24.5g
5.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	16g
6.	Tukhm-i-Kathūth	<i>Cuscuta reflexa</i> Roxb.	Seeds	Powder	16g
7.	Anīsūn	<i>Pimpinella anisum</i> L.	Fruit	Powder	32g
8.	Bīkh-i-Sawsan	<i>Iris ensata</i> Thunb.	Roots	Powder	64g
9.	Bādiyān	<i>Foeniculum vulgare</i> Mill.	Fruit	Powder	96g
10.	Qand Safayd	Sugar	As such	Crystals	Equal to the weight of all ingredients

**Action:** *Hādim* (digestive), *Mushtahī* (appetizing), *Muhallil Riyāḥ* (resolves flatulence)

**Therapeutic Use:** *Du'f-i-Ishtihā* (anorexia), *Du'f-i-Hadīm* (poor digestion).

**Dosage and Administration:** 3-5 g

## 7.9 SAFŪF-I-‘ŪD

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Sumbul al Ṭīb	<i>Nardostachys jatamansi</i> (D.Don) DC.	Rhizome	Powder	10.5g
2.	Maştagī	<i>Pistacia lentiscus</i> L.	Resin	Powder	10.5g
3.	Qaranful	<i>Syzygium aromaticum</i> Merr & L.M. Perry	Flower bud	Powder	17.5g
4.	Kabāba Khandāñ	<i>Zanthoxylum armatum</i> DC.	Seed	Powder	17.5g
5.	‘Ūd Khām	<i>Aquilaria agallocha</i> Roxb.	Heartwood	Powder	28g
6.	Shakar Ṭabrزاد	Sugar (Obtained by boiling Qand with a tenth of its weight of milk till it becomes solid)	As such	Solid	Equal to all ingredients

**Action:** *Muqawwī-i-Me'da* (stomachic), *Qābid* (constipative)

**Therapeutic Use:** *Du'f-i-Me'da* (gastric debility), *Ishāl* (diarrhoea), *Sardī-i-Me'da* (coldness of stomach)

**Dosage and Administration:** 4.5 g with 35 g of *Gulgand*

## 7.10 SAFŪF-I-KAHRUBĀ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Zarishk	<i>Berberis aristata</i> DC.	Fruit	Powder	35g

2.	Kahrubā	<i>Pinus succinifera</i> L.	Gum resin	Powder	17.5g
3.	Gul-i-Surkh	<i>Rosa damascena</i> Mill	Petals	Powder	17.5g
4.	Āmla	<i>Phyllanthus emblica</i> L.	Fruit	Powder	10.5g
5.	Ṭabāshīr	<i>Bambusa bambos</i> (L.) Voss	Silica concretion	Powder	10.5g
6.	‘Ūd Khām	<i>Aquilaria agallocha</i> Roxb.	Heartwood	Powder	7g
7.	Sumbul al Ṭīb	<i>Nardostachys jatamansi</i> (D.Don) DC.	Rhizome	Powder	3.5g
8.	Za‘frān	<i>Crocus sativus</i> L.	Style and stigma	Powder	1g
9.	Kāfūr	<i>Cinnamomum camphora</i> (L.) J. Presl	Exudate	Crystals	1g

**Action:** *Muqawwī-i-Me’da* (stomachic), *Mubarid* (refrigerant).

**Therapeutic Use:** *Du’f-i-Me’da* (gastric debility), *Harārat-i- Me’da* (burning sensation in stomach).

**Dosage and Administration:** 3.5 g with Sharbat Anār

## 7.11 SAFŪF MUKHTARA‘

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference
1.	Namak-i-Qinnab	<i>Cannabis sativa</i> L.	Salt	Powder	10g
2.	Namak-i-Kundush	<i>Centipeda minima</i> L. A. Br. & Asch.	Salt	Powder	10g
3.	Namak-i-Turb	<i>Raphanus sativus</i> L.	Salt	Powder	10g
4.	Namak-i-Barg-i-Pudīna	<i>Mentha arvensis</i> L.	Salt of leaves	Powder	10g
5.	Namak-i-Barg-i-Kaṭā’ī	<i>Solanum virginianum</i> L.	Salt of leaves	Powder	10g
6.	Āb-i-Nānkhwāh	<i>Trachyspermum ammi</i> (L.) Sprague	Infusion of seeds	Liquid	Equal to above all quantities

**Special Method of Preparation:** Take all 5 Namakiyāt in equal quantity. Soak it in *Itr-i-Nānkhwāh* till it becomes dry. Pulverize it and use.

**Action:** *Hādim* (digestive), *Mulayyin* (laxative), *Mushtahī* (appetizing), *Dāfi‘-i-Qabd* (removes constipation)

**Therapeutic Use:** *Du’f-i-Hādm* (poor digestion), *Du’f-i-Ishtihā* (anorexia), *Qabd* (constipation)

**Dosage and Administration:** 500 mg-2 g

## 7.12 SAFŪF MĀLIH

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measurements as per reference

1.	Namak Ṭa‘ām	Common salt	As such	Powder	420g
2.	Filfil Safayd	<i>Piper nigrum</i> L.	Fruit	Powder	96g
3.	Naushādar	Sal ammoniac (Ammonium chloride)	As such	Powder	64g
4.	Zanjabīl	<i>Zingiber officinale</i> Rosc.	Rhizome	Powder	64g
5.	Filfil Siyāh	<i>Piper nigrum</i> L.	Fruit	Powder	64g
6.	Pudīna Nahrī	<i>Mentha arvensis</i> L.	Aerial part Seeds	Powder	64g
7.	Tukhm-i-Karafs	<i>Apium graveolens</i> L.	Seeds	Powder	48g
8.	Anīsūn	<i>Pimpinella anisum</i> L.	Fruit	Powder	32g
9.	Tukhm-i-Jarjīr	<i>Eruca vesicaria</i> (L.) Cav.	Seeds	Powder	32g
10.	Nānkhwāh	<i>Trachyspermum ammi</i> (L.) Sprague	Seeds	Powder	32g
11.	Sumbul al Ṭīb	<i>Nardostachys jatamansi</i> (D.Don) DC.	Rhizome	Powder	32g

**Action:** *Muqawwī-i-Me ‘da* (stomachic), *Muqawwī-i-Kabid* (liver tonic)

**Therapeutic Use:** *Waja ‘-al-Kabid* (hepatic pain), *Waja ‘-al-Me ‘da* (gastralgia), *Waja ‘-al-Mafāṣil* (arthritis)

**Dosage and Administration:** 9 g with lukewarm water

## 7.13 SAFŪF-I-WAJ

S. No.	Ingredient in name as in reference followed by official name in parenthesis	Latest Botanical name (Binomial nomenclature)	Part used	Form	Quantity in metrics equivalents of measureme nts as per reference
1.	Waj Turkī	<i>Acorus calamus</i> L.	Rhizome	Powder	10g
2.	Zanjabīl	<i>Zingiber officinale</i> Rosc.	Rhizome	Powder	10g
3.	Kundur	<i>Boswellia serrata</i> Roxb. ex Colebr.	Gum	Powder	10g
4.	Kalonjī	<i>Nigella sativa</i> L.	Seeds	Powder	10g
5.	Kishnīz Khushk	<i>Coriandrum sativum</i> L.	Dried seeds	Powder	40g
6.	Nabāt-i-Safayd	Sugar	As such	Crystals	80g

**Action:** *Muqawwī-i-Me ‘da* (stomachic), *Muqawwī-i-Dimāgh* (brain tonic), *Kāsir-i-Riyāḥ* (carminative),  
*Munaqqī-i-Me ‘da*, *Dāfi ‘-i-Tabkhīr*

**Therapeutic Use:** *Du ‘f-i-Me ‘da* (gastric debility), *Du ‘f-i-Dimāgh* (cerebral asthenia), *Nafkh-i-Shikam*  
(flatulence)

**Dosage and Administration:** 7-21 gm with *Rubb-i-Behī Shīrīn*

## **DRUGS OF PLANT ORIGIN**

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S.No.	Tibbi/Popular Names with Synonyms	English Name	Botanical Names	Family
1.	Āb Nayshkar	Sugar Cane Juice	<i>Saccharum officinarum</i> L.	Poaceae
2.	Ābnūs	Ebony	<i>Diospyros ebenum</i> Koenig.	Ebenaceae
3.	Ālū Bālū	Morello Cherry, Sour Cherry	<i>Prunus cerasus</i> L.	Rosaceae
4.	Ālū Bukhārā (Ālūcha, Ijjāṣ)	Plum, Prune	<i>Prunus domestica</i> L.	Rosaceae
5.	Āmla	Emblic Myrobalan	<i>Phyllanthus emblica</i> L. Syn. <i>Embla officinalis</i> Gaertn.	Euphorbiaceae
6.	‘Āqarqarhā	Pellitory root, Pyrethrum Root	<i>Anacyclus pyrethrum</i> (L.) Lag.	Asteraceae
7.	Abhal (‘Ar‘ar)	Juniper Berries, Mountain Cyperus	<i>Juniperus communis</i> L.	Cupressaceae
8.	‘Adas (Masūr)	Lentil	<i>Lens culinaris</i> Medik. Syn. <i>L. esculenta</i> Moench.	Fabaceae
9.	Afsantīn	Worm Wood, Southern Wood	<i>Artemisia absinthium</i> L.	Asteraceae
10.	Aftīmūn Hindi (Ākāsh Bayl, Amar Bayl, Kathūth)	Dodder or Cuscuta	<i>Cuscuta reflexa</i> L.	Convolvulaceae
11.	Aftīmūn Vilāyatī	Dodder or Cuscuta	<i>Cuscuta epithymum</i> L.	Convolvulaceae
12.	Afyūn	Opium	<i>Papaver somniferum</i> L.	Papaveraceae
13.	Ajwā’īn Desī (Nānkhwāh)	Bishop's Weed	<i>Trachyspermum ammi</i> (L.) Sprague.	Apiaceae
14.	Ajwā’īn Khurāsānī (Bazr-al-Banj)	Henbane	<i>Hyoscyamus niger</i> L.	Solanaceae
15.	Akhrot (Girdgān)	Walnut	<i>Juglans regia</i> L.	Juglandaceae
16.	Amaltās (Khiyār Shambar)	Indian Laburnum, Drumstick Plant, Golden Shower, Purging Cassia	<i>Cassia fistula</i> L.	Fabaceae
17.	Āñba Haldī	Mango Ginger	<i>Curcuma amada</i> Roxb.	Zingiberaceae

18.	Ambūtī (Tapti, Khattī Būtī)	Indian Sorrel, Creeping Wood Sorrel	<i>Oxalis corniculata</i> L.	Oxalidaceae
19.	Amrūd	Guava	<i>Psidium guajava</i> L.	Myrtaceae
20.	Anannās	Pineapple	<i>Ananas comosus</i> (L.) Merr.	Bromeliaceae
21.	Anant Mūl ('Ushba- i-Hindī)	Indian Sarsaparilla	<i>Hemidesmus indicus</i> (L.) R.Br. ex Schult.	Asclepiadaceae
22.	Anār	Pomegranate	<i>Punica granatum</i> L.	Lythraceae
	Gulnār (Gulnār Fārsī)	Abortive variety of Pomegranate		
23.	Āñba (Ām)	Mango	<i>Mangifera indica</i> L.	Anacardiaceae
24.	Angūr ('Asīr 'Inab)	Grapes	<i>Vitis vinifera</i> L.	Vitaceae
	Kishmish	Raisin		
	Mawaīz Munaqqa	Grape vine, Raisin		
25.	Anīsūn	Anise, Aniseed	<i>Pimpinella anisum</i> L.	Apiaceae
26.	Anjabār	Bistort, Adderwort, Snake Weed	<i>Persicaria bistorta</i> (L.) Samp. Syn. <i>Polygonum</i> <i>bistorta</i> L.	Polygonaceae
27.	Anjīr (Anjra, Tīn)	Dried Fig	<i>Ficus carica</i> L.	Moraceae
28.	Anjīr Kohī/Dashtī	Mountain fig (Wild variety)	<i>Ficus glumosa</i> Delile	Moraceae
29.	Anzarūt	Sarcacolla	<i>Astragalus sarcocolla</i> Dymock.	Fabaceae
30.	Kīkar (Babūl)	Acacia tree	<i>Acacia nilotica</i> (L.) Willd. ex Delile Syn. <i>Acacia arabica</i> Willd.	Mimosoideae
	Aqāqiyā (Şamagh 'Arabī, Mughīlān)	Exudate/ Gum		
31.	Arārot̄	Arrowroot	<i>Maranta arundinaceae</i> L.	Marantaceae
32.	Arjan	Arjuna Tree, Myrobalan	<i>Terminalia arjuna</i> (Roxb. ex DC.) Wight & Arn	Combretaceae
33.	Arnī	Nutgrass, Headache tree	<i>Clerodendrum</i> <i>phlomidis</i> L. f.	Verbenaceae
34.	Arūsa (Bāñsa)	Vasaka	<i>Justicia adhatoda</i> L. Syn. <i>Adhatoda vasica</i> Nees	Acanthaceae

35.	Asārūn	Asarbacca, Hazelwort	<i>Asarum europaeum</i> L.	Aristolochiaceae	
36.	Asfidār (Safeda)	Tasmanian blue gum	<i>Eucalyptus globulus</i> Labill.	Myrtaceae	
37.	Asgand	Withania Root, Winter Cherry	<i>Withania somnifera</i> (L.) Dunal.	Solanaceae	
38.	Ashokā	Ashoka tree	<i>Saraca asoca</i> (Roxb.) Willd.	Fabaceae	
39.	Aşl-al-Sūs (Mule <th>hī</th> )	hī	Liquorice	<i>Glycyrrhiza glabra</i> L.	Fabaceae
	Rubb-al-Sūs	Extract			
40.	Asphaghol (Bazr Quṭūnā)	Ispaghul, Spogel Seed	<i>Plantago ovata</i> Forssk.	Plantaginaceae	
	Sabūs Asphaghol	Husk			
41.	Asrol (Sarapgandha)	Serpentine wood, Indian snakeroot	<i>Rauvolfia serpentina</i> (L.) Benth. ex Kurz.	Apocynaceae	
42.	Atīs	Monk's Hood, Aconite	<i>Aconitum heterophyllum</i> Wall. ex Royle	Ranunculaceae	
43.	Atkūma (Khar-i- Waj Guna)	Prickly chaff flower	<i>Acyranthus aspera</i> L.	Amaranthaceae	
44.	Aṭrīlāl	Bishop's weed, Bullwort	<i>Ammi majus</i> L.	Apiaceae	
45.	Adhārāqī (Kuchla)	Nux vomica	<i>Strychnos nux-vomica</i> L.	Loganiaceae	
46.	Bābchī	Babchi Seed (Psoralea)	<i>Psoralea corylifolia</i> L.	Fabaceae	
47.	Bābūna	Wild Chamomile	<i>Matricaria chamomilla</i> L.	Asteraceae	
48.	Bādām (Shīrīn/ Talkh)	Almond	<i>Prunus amygdalus</i> Bastch.	Rosaceae	
49.	Bādiyān (Saunf)	Fennel	<i>Foeniculum vulgare</i> Mill.	Apiaceae	
50.	Bādranjiboya (Billī lotān)	Catmint (Catnip, Mountain Balm)	<i>Melissa axillaris</i> (Benth.) Bakh.f. <i>Syn.Nepta hindostana</i> (B.Heyne ex Roth) Haines	Lamiaceae	
51.	Baharangī (Bharangī)	Blue Flowered Glory Tree, Beetle killer	<i>Rothea serrata</i> (L.) Steane & Mabb. <i>Syn.Clerodendrum</i> <i>serratum</i> (L.) Moon	Verbenaceae	

52.	Bakā'in	Persian lilac, Bead Tree	<i>Melia azedarach</i> L.	Meliaceae
53.	Balādur ( <u>Bhilāvāñ</u> )	Marking Nut Tree	<i>Semecarpus anacardium</i> L.f.	Anacardiaceae
54.	Bālangu	Salvia Seed	<i>Lallemandia royleana</i> (Benth.)	Lamiaceae
55.	Balīla (Bahera)	Beleric Myrobalan	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Combretaceae
56.	Balūṭ	Oak	<i>Quercus incana</i> Bartram Syn. <i>Quercus infectoria</i> G. olivier	Fagaceae
57.	Balsāñ	Balsam Tree	<i>Commiphora gileadensis</i> (L.) C.Chr. Syn. <i>C. opobalsamum</i> (L.) Engl.	Burseraceae
	'Ūd-i-Balsāñ	Balsam Wood, Mecca Balsam, Mecca Myrrh		
	Habb Balsāñ	Balsam seeds		
58.	Banafsha	Sweet Violet	<i>Viola odorata</i> L.	Violaceae
59.	Bāobarang	Embelia	<i>Embelia ribes</i> Burm. f.	Primulaceae
60.	Band̄hal	Bitter Sponge Gourd	<i>Luffa echinata</i> Roxb.	Cucurbitaceae
61.	Bāokhamba	Wild Guava	<i>Careya arborea</i> Roxb.	Lecythidaceae
62.	Bāqlā	Broad Bean, Horse Bean	<i>Vicia faba</i> L.	Fabaceae
63.	Bargad	Banyan Tree	<i>Ficus benghalensis</i> L.	Moraceae
64.	Bārtang (Lisān-al-Ḥamal)	Plantain Tree, Ribleaf, Lamb's Tongue	<i>Plantago lanceolata</i> L. Syn. <i>P. major</i> L.	Plantaginaceae
65.	Bathva Sabz	White Goosefoot	<i>Chenopodium album</i> L.	Amaranthaceae
66.	Bed Sāda	Common Willow	<i>Salix alba</i> L.	Salicaceae
67.	Bed Anjīr (Arand)	Castor Plant, Plamachristi	<i>Ricinus communis</i> L.	Euphorbiaceae
68.	Bed Mushk	Willow Plant	<i>Salix caprea</i> L.	Salicaceae
69.	Bījband	Sorrel	<i>Rumex maritimus</i> L.	Polygonaceae
70.	Bīsh (Mīthā Zahr, Bachnāk)	Wolfsbane	<i>Aconitum napellus</i> L.	Ranunculaceae
71.	Behī (Safarjal)	Quince fruit	<i>Cydonia oblonga</i> Mill.	Rosaceae
	Behīdāna	Quince seed		

72.	Behman Safayd	White Behen	<i>Centaurea behen</i> L.	Asteraceae
73.	Behman Surkh	Red Behen (Red Sage)	<i>Salvia sclarea</i> L. <i>Syn. S. haematodes</i> L.	Lamiaceae
74.	Belgirī (Bael)	Bengal quince, Bael Tree	<i>Aegle marmelos</i> (L.) Corr.	Rutaceae
75.	Ber (Kunār)	Chinese Date, Jujab Tree	<i>Ziziphus jujuba</i> Mill.	Rhamnaceae
76.	<u>Bhangrā</u>	Bhangra	<i>Eclipta prostrata</i> (L.) L. Syn. <i>E. alba</i> (L.) Hassk.	Asteraceae
77.	Ban <u>thal</u> Būtī	Beauty berry	<i>Callicarpa arborea</i> Roxb.	Verbenaceae
78.	Bichū Būtī	Stinging Nettle	<i>Urtica dioica</i> L.	Urticaceae
79.	Bichwā Siyāh	Stinging Nettle	<i>Girardinia zeylanica</i> Decne.	Urticaceae
80.	Bījāsār	Kino, Indian Kino	<i>Pterocarpus marsupium</i> Roxb.	Fabaceae
81.	Biranj Sāthī (Chāwal)	Rice (var. Sathi)	<i>Oryza sativa</i> L.	Poaceae
82.	Biranjāsif	Indian Worm weed	<i>Achillea millefolium</i> L.	Asteraceae
83.	Bisfā'ij	Common Polypody	<i>Polypodium vulgare</i> L.	Polypodiaceae
84.	Biskhapra	Desert Horsepurslane, Black Pigweed	<i>Trianthema portulacastrum</i> L.	Azioceae
85.	Brahm dandī	Camel's Thistle	<i>Tricholepis glaberrima</i> DC.	Asteraceae
86.	Brahmī Būtī	Indian Pennywort	<i>Bacopa monniera</i> (L.) Wettst.	Scrophulariaceae
87.	Bukun Būtī	Purple Lippia, Frog fruit	<i>Phyla nodiflora</i> (L.) Greene <i>Syn. Lippia nodiflora</i> (L.) Michx.	Verbenaceae
88.	Bunduq (Rīthā)	Hindi Notched leaf Soapnut	<i>Sapindus emarginatus</i> Vahl.	Sapindaceae
89.	Būzīdān 'Āqrarqarhā)	(Mithā Sweet Pellitory root	<i>Tanacetum umbelliferum</i> Boiss. <i>Syn. Pseudohandelia umbellifera</i> (Boiss.) Tzvelev <i>Syn. Pyrethrum umbelliferum</i> (Boiss.)	Asteraceae
90.	Chāe Khaṭa'yī	Arabian Tea	<i>Catha edulis</i> (Vahl) Endl.	Celastraceae

91.	Chāē Siyāh	Tea Plant	<i>Camellia sinensis</i> (L.) Kuntze	Camelliaceae
92.	Chāksū (Chashmīzaj)	Chaksu seeds	<i>Chamaecrista absus</i> (L.) Syn. <i>Cassia absus</i> L.	Fabaceae
93.	Chāl Mogra	Chaulmoogra	<i>Hydnocarpus wightianus</i> Blume	Achariaceae
94.	Chāp (Gaj Pīpal)	Oriental Cashew	<i>Scindapsus officinalis</i> Schott.	Araceae
95.	Chaulā'ī Surkh	African Spinach	<i>Amaranthus caudatus</i> L.	Amaranthaceae
96.	Chamelī (Yāsmīn, Chanbelī)	Jasmine	<i>Jasminum officinale</i> L.	Oleaceae
97.	Charelā	Lichen	<i>Parmelia perlata</i> L.	Parmeliaceae
98.	Chilghoza (Habb-i- Şanobar)	Edible Pine	<i>Pinus geradiana</i> Wall. ex D.Don	Pinaceae
99.	Chirā'ita	Chirata (Indian Gentian)	<i>Swertia chirayata</i> (Roxb.) H.Karst.	Gentianaceae
100.	Chirchāta	Prickly chaff flower	<i>Achyranthes aspera</i> L.	Amaranthaceae
101.	Chironjī (Habb-al- Samīna)	Cuddapah almond	<i>Buchanania cochinchinensis</i> (Lour.) Syn. <i>Buchanania lanza</i> Spreng.	Anacardiaceae
102.	Chobchīnī	China Root, Chinese Smilax	<i>Smilax china</i> L.	Smilacaceae
103.	Dab (Dabh)	Halfa Grass	<i>Desmostachya bipinnata</i> Stapf.	Poaceae
104.	Dam-al-Akhawayn	Dragon's Blood	<i>Dracaena cinnabari</i> Balf. f.	Asparagaceae
105.	Dārchīnī	Ceylon Cinnamon	<i>Cinnamomum verum</i> J. Presl Syn. <i>C.zeylanicum</i> Blume	Lauraceae
106.	Darūnaj 'Aqrabī	Leopard's Bane	<i>Doronicum hookeri</i> C.B. Clarke ex Hook. f. Syn. <i>Nannoglottis hookeri</i> (C.B.Clarke Hook. f.) Kitam	Asteraceae
107.	Devdār	Devdar	<i>Cedrus deodara</i> (Roxb. Ex D. Don) G. Don.	Pinaceae
108.	Dhāk (Plant) Palāspāpṛa (Seeds)	Flame of the Forest, Bastard	<i>Butea frondosa</i> Roxb. ex Willd. Syn. <i>Butea</i>	

	Gul-i-Tesū (Flower) Samagh Dhāk / Kamarkas/ Chinyā Gond (Gum)	Teak, Bengal Kino	<i>monosperma</i> (Lam.) Taub.	Fabaceae	
109.	Dhamya (Dhamāsa)	Cretan Prickly Clover, Khoran Thorn	<i>Fagonia cretica</i> L.	Zygophyllaceae	
110.	D̄hatūra (Joz-i- Māthal)	Datura	<i>Datura metel</i> L. <i>Syn. D. alba</i> Nees. / <i>Datura stramonium</i> L.	Solanaceae	
111.	Darmana Turkī	Sontonica (Worm- Seed)	<i>Artemisia maritima</i> L.	Asteraceae	
112.	Dūqū	Hill Carrot	<i>Peucedanum grande</i> C.B Clarke	Apiaceae	
113.	Dudhī Kalān̄	Australian Asthma Weed	<i>Euphorbia hirta</i> L.	Euphorbiaceae	
114.	Dudhī Khurd	Gulf sandmat, Dwarf spurge	<i>Euphorbia thymifolia</i> L. <i>Syn. Chamaesyce</i> <i>thymifolia</i> L.	Euphorbiaceae	
115.	Fālsa	Phalsa Fruit	<i>Grewia asiatica</i> L.	Tiliaceae	
116.	Faranjmushk (Sosambar, Kalī Tulsī, Rām Tulsī)	Sweet Basil, Black Basil	<i>Ocimum basilicum</i> L.	Lamiaceae	
117.	Farfiyūn (Afarbiyūn)	Euphorbium	<i>Euphorbia resinifera</i> O. Berg.	Euphorbiaceae	
118.	Filfil Darāz (Pīpal Kalān̄)	Long Pepper	<i>Piper longum</i> L.	Piperaceae	
119.	Filfil Safayd	Pepper (riped peeled fruit)	<i>Piper nigrum</i> L.		
120.	Filfil Siyāh/Gird	Pepper (dried,unripened)			
121.	Fitrasāliyun (Karafs-i-Kohī)	Parsley	<i>Petroselinum crispum</i> (Mill.) Fuss	Apiaceae	
122.	Fūfal (Chāliya/ Supārī)	Areca Nut, Betel Nut	<i>Areca catechu</i> (L.f.) Willd.	Arecaceae	
123.	Funduq	Hazel Nut	<i>Corylus avellana</i> L.	Betulaceae	
124.	Gandānā (Kurrāth)	Shallot	<i>Allium ascalonicum</i> L. <i>Asphodelus tenuifolius</i> Cav.	Liliaceae Asphodelaceae	
125.	Gāozabān̄ (Lisān- al-Thaur)	Cow's Tongue Plant	<i>Borago officinalis</i> L.	Boraginaceae	
126.	Gazar (Gājar)	Carrot	<i>Daucus carota</i> L.	Apiaceae	

127.	Ghāfith	Persian Gentian	<i>Gentiana olivieri</i> Griseb.	Gentianaceae
128.	Għarīqūn	Agaricus (Mushroom)	<i>Agaricus alba</i> L.	Agaricaceae
129.	Għikawār (Elvā/Şibr)	Aloe Plant	<i>Aloe vera</i> (L.) Burm.f <i>Syn. A. barbadensis</i> Mill.	Liliaceae
130.	Għungħchī (Rattī)	Indian Liquorice	<i>Abrus precatorius</i> L.	Fabaceae
131.	Gilo	Moon Creeper, Bile killer	<i>Tinospora cordifolia</i> (Willd.) Miers	Menispermaceae
132.	Gūlar	Cluster Fig, Cratcock	<i>Ficus racemosa</i> L.	Moraceae
133.	Gul-i-Dhāwā	Axlewood	<i>Anogeissus latifolia</i> (Roxb.ex DC.)Wall. ex Guill. & Perr.	Combretaceae
134.	Gul-i-Gurhal	China Rose, Shoe Flower	<i>Hibiscus rosa-sinensis</i> L.	Malvaceae
135.	Gul Dā'ūdī	Crown Daisy	<i>Chrysanthemum coronarium</i> L.	Asteraceae
136.	Gul-i-ħamās (Sukhdarshan)	Crinum	<i>Crinum latifolium</i> L.	Amarynnidaceae
137.	Gul-i-Machkan	Muchukunda flowers	<i>Pterospermum acerifolium</i> (L.) Willd	Sterculiaceae
138.	Gul-i-Sewtī	White Rose	<i>Rosa alba</i> L.	Rosaceae
139.	Gul-i-Surkh (Ward, Gulāb)	Rose flower	<i>Rosa damascena</i> Mill.	Rosaceae
	Zar-i-Ward	Anther		
140.	Guṛmār Būtī	Small Indian Ipecac	<i>Gymnema sylvestre</i> R. Br.ex Schult	Asclepidaceae
141.	Ḩabba-al-Khaḍrā' (Ḩabba-al-Buṭm, Bun)	Persian Turpentine tree	<i>Pistacia atlantica</i> Desf.	Anacardiaceae
	‘Ilak-al-Buṭm	Resin		
142.	Ḩabb-i-Mahlab	St. Lucie Cherry	<i>Prunus mahaleb</i> L.	Rosaceae
143.	Ḩabb-al-Ās (Mūrad)	Myrtle	<i>Myrtus communis</i> L.	Myrtaceae
144.	Ḩabb-al-Għar	Laurel, Bay tree	<i>Laurus nobilis</i> L.	Lauraceae
145.	Ḩabb-al-Nīl (Kālādāna)	Indigo, Pharbitis Nil	<i>Indigofera tinctoria</i> L. <i>Ipomoea nil</i> (L.) Roth	Fabaceae Convolvulaceae
146.	Ḩabb-al-Qilqil	Balloon Vine	<i>Cardiospermum halicacabum</i> L.	Sapindaceae

147.	Habb-al-Rashād (Tera tezak, Halūn)	Garden Cress, Rocket Plant, Common Cress	<i>Lepidium sativum</i> L.	Brassicaceae
148.	Habb-al-Zalam	Tiger Nut	<i>Cyperus esculentus</i> L.	Cyperaceae
149.	Habb-al-Salāṭīn (Jamālgotā, Habb al-Mulūk)	Croton seeds	<i>Croton tiglium</i> L.	Euphorbiaceae
150.	Halīla (Siyāh, Zard, Kabulī)	Chebulic Myrobalan (Black, Yellow, Brown)	<i>Terminalia chebula</i> Retz.	Combretaceae
151.	Halyūn (Mār choba)	Garden Asparagus	<i>Asparagus officinalis</i> L.	Liliaceae
152.	Hamāma	Bengal Cardamom	<i>Amomum aromaticum</i> Roxb.	Zingiberaceae
153.	Hanzal (Indarā'in)	Colocynth, Bitter Apple	<i>Citrullus colocynthis</i> (L.) Schrad.	Cucurbitaceae
154.	Hār Singār	Night Jasmine	<i>Nyctanthes arbor-tristis</i> L.	Oleaceae
155.	Hāshā	Thyme, Lemon Thyme	<i>Thymus serpyllum</i> L.	Lamiaceae
156.	Hāthi Sundī	Erysipela Plant	<i>Heliotropium indicum</i> L.	Boraginaceae
157.	Hil Kalāñ (Barī Ilā'ichī)	Greater Cardamon, Wild Cardamon	<i>Amomum subulatum</i> Roxb.	Zingiberaceae
158.	Hil Khurd (Choti Ilā'ichī)	Lesser Cardamon	<i>Elettaria cardamomum</i> (L.) Maton.	Zingiberaceae
159.	Heufārīqūn	St. John's Wort	<i>Hypericum perforatum</i> Linn.	Hypericaceae
160.	Hiltīt (Hīng, Anjadān)	Asafoetida	<i>Ferula assafoetida</i> L.	Apiaceae
161.	Hinā	Henna	<i>Lawsonia inermis</i> L. Syn. <i>L. alba</i> Lam.	Lythraceae
162.	Hulhul	Yellow pider Flower, Sticky Cleome, Wild Mustard	<i>Cleome viscosa</i> L. Syn. <i>C. icosaandra</i> L.	Cleomaceae
163.	Hummađ (Chūka, Tursha)	Sorrel	<i>Rumex vesicarius</i> L.	Polygonaceae
164.	Iklīl-al-Malik (Nākhūna)	European Milk Vetch	<i>Astragalus homosus</i> L.	Fabaceae
165.	'Inab-al-Tha'lab (Mako)	Black Nightshade	<i>Solanum nigrum</i> L.	Solanaceae

166.	Inderjao Shīrīn (Lisān-al-‘Aṣāfir)	Dyer's Oleander	<i>Wrightia tinctoria</i> R. Br.	Apocynaceae
167.	Inderjao Talkh (kurchī)	Seed	<i>Holarrhena pubescens</i> Wall. ex G.Don. Syn. <i>H.antidysenterica</i> Wall.	Apocynaceae
	Tīwāj (Post Kuda)	Conessi Bark		
168.	Īrsā (Sawsan)	Russian Iris, Japanese Iris	<i>Iris ensata</i> Thunb.	Iridaceae
169.	Ispand/Aspand (Hurmul)	African Rue, Wild Rue	<i>Peganum harmala</i> L.	Nitrariaceae
170.	Ispast	Clover, Trefoil Berseem	<i>Trifolium alexandrinum</i> L.	Fabaceae
171.	Isqīl (Piyāz Dashtī)	Squill	<i>Drimia indica</i> (Roxb.) Jessop Syn. <i>Urginea indica</i> (Roxb.) Kunth	Liliaceae
172.	Izkhir	Lemon Grass	<i>Cymbopogon jwarancusa</i> (Jones) Schult. Syn. <i>Andropogon jwarancusa</i> Jones	Poaceae
173.	Jadwār	Delphinium	<i>Delphinium nudatum</i> Wall. ex Hook.f. & Thomson	Ranunculaceae
174.	Jalāpā	Jalap	<i>Ipomoea purga</i> (Wender) Hayne	Convolvulaceae
175.	Jāmun	Black plum, Jambolan	<i>Syzygium cuminii</i> (L.) Skeels	Myrtaceae
176.	Jao (Sha‘ir)	Pearl Barley, Bear	<i>Hordeum vulgare</i> L.	Poaceae
177.	Jāoshīr	Opopanax Tree, Galbanum	<i>Ferula galbaniflua</i> Boiss.	Apiaceae
178.	Jarjīr	Rocket Plant	<i>Eruca vesicaria</i> (L.) Cav. Syn. <i>E.sativa</i> Mill.	Brassicaceae
179.	Jā’ifal (Jawzbuwā)	Nutmeg	<i>Myristica fragrans</i> Houtt.	Myristicaceae
	Jāvitrī (Bisbāsa)	Macerbs		
180.	Jawansa	Camel's Thorn	<i>Alhagi maurorum</i> Medik. <i>Syn.A.pseudalhagi</i> (M. Bieb.) Desv.	Fabaceae
	Turanjabīn	Exudate/ Gum		
181.	Jharberī, Zaryab	Seeds jubebe, Woody Fruited Jujube	<i>Ziziphus nummularia</i> (Burm.f.) Wt. & Arn. Syn. <i>Z. rotundifolia</i> Lam.	Rhamnaceae

182.	Jhāo' (Māyīn)	Indian Tamarisk	<i>Tamarix gallica</i> L.var.indica	Tamaricaceae
183.	Junṭiyānā	Great Yellow Gentian	<i>Gentiana lutea</i> L.	Gentianaceae
184.	Kansī (Kānsa)	Wild Sugar Cane, Kans Grass	<i>Saccharum spontaneum</i> L.	Poaceae
185.	Kabābchīnī (Kankol)	Cubeb	<i>Piper cubeba</i> L.f.	Piperaceae
186.	Kabāb-i-Khandāñ	Toothache Plant	<i>Zanthoxylum armatum</i> DC. Syn. <i>Z.alatum</i> Roxb.	Rutaceae
187.	Kabār (Kibr)	Capers	<i>Capparis spinosa</i> L.	Capparaceae
188.	Kachnāl (Kachnār)	Mountain Ebony	<i>Bauhinia racemosa</i> Lam.	Fabaceae
189.	Kadū	Pumpkin, Musk Melon	<i>Cucurbita moschata</i> Duchesne	Cucurbitaceae
190.	Kadū Darāz	Bottle Gourd, Calabash Gourd	<i>Lagenaria siceraria</i> (Molina) Standley	Cucurbitaceae
191.	Kāfūr	Camphor	<i>Cinnamomum camphora</i> (L.) J. Presl	Lauraceae
192.	Kahrubā' (Kahrubā'-i-Shamī)	Amber	<i>Pinus succinifera</i> L.	Pinaceae
193.	Kāhū	Lettuce	<i>Lactuca sativa</i> L.	Asteraceae
194.	Kā'ifal, Kā'iphal	Box Myrtle	<i>Myrica nagi</i> Thunb.	Myricaceae
195.	Kakrī (Khiyārza, Qithhā')	Armenian Cucumber	<i>Cucumis melo</i> var. <i>flexuosus</i> . (L.) Naudin.	Cucurbitaceae
196.	Khiyārayn	Cucumber	<i>Cucumis sativus</i> L.	Cucurbitaceae
197.	Kāgjanga	Giang	<i>Leea aequata</i> L.	Vitaceae
198.	Kāknaj	White Cherry, Night Shade	<i>Physalis alkekengi</i> L.	Solanaceae
199.	Kākrā Sīnghī	Japanese wax tree	<i>Rhus succedanea</i> L.	Anacardiaceae
200.	Kakronda	Ngai Camphor	<i>Blumea balsamifera</i> DC.	Asteraceae
201.	Kālī Zīrī	Black Cumin	<i>Centratherum anthelminticum</i> (Willd.) Kuntze	Asteraceae
202.	Kalonjī (Shonīz Habb-al-Sawdā')	Small Fennel	<i>Nigella sativa</i> L.	Ranunculaceae
203.	Kamīla (Qimbīl)	Monkey Face Tree, Kamala	<i>Mallotus philippensis</i> (Lam.) Mull. Arg.	Euphorbiaceae

204.	Kamrakh	Star fruit tree	<i>Averrhoa carambola</i> L.	Oxalidaceae
205.	Kanakana	Cinchona Plant, Crown Bark, Loxa Bark	<i>Cinchona officinalis</i> L.	Rubiaceae
206.	Kanīr (Khar Zahra)	Oleander, Rose Bay	<i>Nerium oleander</i> L. <i>Syn. N. indicum</i> Mill.	Apocynaceae
207.	Kanghī	Country Mallow	<i>Abutilon indicum</i> (L.) Sweet	Malvaceae
208.	Kanocha (Maru)		<i>Phyllanthus maderaspatensis</i> L.	Euphorbiaceae
209.	Kāñwal Gatta	Indian lotus, Sacred lotus	<i>Nelumbo nucifera</i> Gaertn.	Nelumbonaceae
210.	Karafs (Ajmūd)	Celery, Marsh Parsley	<i>Apium graveolens</i> L.	Apiaceae
211.	Karanj	Indian Beach Physic	<i>Pongamia pinnata</i> (L.) Pierre <i>Syn. P. glabra</i> Vent.	Fabaceae
212.	Karanjwā	Fever Nut, Mulacea Bean, Nicker Nuts	<i>Caesalpinia bonduc</i> (L.) Roxb. <i>Syn.C.bonducella</i> (L.) Fleming	Fabaceae
213.	Karel (Kāchia Phal)	Caper	<i>Capparis decidua</i> Edgew.	Capparaceae
214.	Karylā	Bitter gourd, Bitter Squash	<i>Momordica charantia</i> L.	Cucurbitaceae
215.	Karnab(Band Gobhī, Patta Go <b>bhī</b> )	Cabbage	<i>Brassica oleraceae</i> L.	Brassicaceae
216.	Karsana (Matar)	Garden Pea, Field Pea	<i>Pisum sativum</i> L.	Fabaceae
217.	Kasaundī	Negro Coffee	<i>Cassia occidentalis</i> L.	Caesalpiniaceae
218.	Kāshim (Chatim)	Dita Bark	<i>Alstonia scholaris</i> R. Br.	Apocynaceae
219.	Kāsnī	Cichory	<i>Cichorium intybus</i> L.	Asteraceae
220.	Kaṭā'ī Khurd	Indian Solanum	<i>Solanum virginianum</i> L. <i>Syn.S.surattense</i> Burm.f.	Solanaceae
221.	Katāñ (Alsī)	Linseed	<i>Linum usitatissimum</i> L.	Linaceae
222.	Katīrā	Gum Tragacanth, Tragacanth	<i>Cochlospermum religiosum</i> (L.) Alston	Bixaceae
223.	Kath Safayd	White Catechu, White Bark Acacia	<i>Acacia leucophloea</i> (Roxb.) Willd.	Fabaceae
224.	Kathā	Catechu, Cutch	<i>Acacia catechu</i> (L.f.) Willd.	Fabaceae

225.	Kelā (Mūz)	Banana	<i>Musa paradisiaca</i> L.	Musaceae
226.	Keora	Screw Pine	<i>Pandanus tectorius</i> Parkinson ex Du Roi	Pandanaceae
227.	Khaksī (Khub kalāñ)	London Rocket	<i>Sisymbrium irio</i> L.	Brassicaceae
228.	Kharbaq Siyāh	Black Helleborus, Christmas Rose	<i>Helleborus niger</i> L.	Ranunculaceae
229.	Kharbūza (Khpaza)	Sweet Melon, Rock Melon, Cantaloupe	<i>Cucumis melo</i> L.	Cucurbitaceae
230.	Khardal (Rā'ī)	Black Mustard	<i>Brassica nigra</i> (L.) K. Koch	Brassicaceae
231.	Khār-i-Khasak Kalāñ(Bara Gokhrū)	Big Caltrops	<i>Pedalium murex</i> L.	Pedaliaceae.
232.	Khār-i-Khasak Khurd( <u>Chotā</u> Gokhrū)	Small Caltrops, Devil's Thorn	<i>Tribulus terrestris</i> L.	Zygophyllaceae
233.	Kharnūb-i-Shāmī	Carob tree, Locust Tree	<i>Ceratonia siliqua</i> L.	Fabaceae
234.	Khas Hindī	Vetiver, Khuskhus	<i>Chrysopogon zizanioides</i> (L.) Roberty <i>Syn. Vetiveria zizanioides</i> (L.) Nash	Poaceae
235.	Khashkhāsh (Safayd / Siyāh)	Poppy Seeds, Opium poppy, Maw Seeds	<i>Papaver somniferum</i> L.	Papaveraceae
236.	Khatmī	Marsh Mallow, Holly Hock, Sweet Weed	<i>Althaea officinalis</i> L.	Malvaceae
237.	Khīrnī	Wongai Plum, Wongi Plum	<i>Manilkara kauki</i> (L.) Dubard	Sapotaceae
238.	Khūbānī	Apricot	<i>Prunus armeniaca</i> L.	Rosaceae
239.	Khubbāzī	Common Mallow, Blue Mallow, Cheese Flower	<i>Malva sylvestris</i> L.	Malvaceae
240.	Khūlanjān	Galangal, Greater galangal, Siamese ginger	<i>Alpinia galanga</i> (L.) Willd.	Zingiberaceae
241.	Khurfa	Common Purslane, Money Plant	<i>Portulaca oleracea</i> L.	Portulacaceae
242.	Khurmā	Dates, Date Palm	<i>Phoenix dactylifera</i> L.	Arecaceae
243.	Kishnīz (Dhaniya)	Coriander	<i>Coriandrum sativum</i> L.	Apiaceae

244.	Konch	Cow Hage	<i>Mucuna pruriens</i> (L.) DC. Syn. <i>M.prurita</i> Hook.	Fabaceae
245.	Kulthī (Habb-al-Qilt)	Horse Gram	<i>Vigna unguiculata</i> (L.) Walp. Syn. <i>Dolichos biflorus</i> L.	Fabaceae
246.	Kundur	Olibanum	<i>Boswellia serrata</i> Roxb. ex Colebr.	Burseraceae
247.	Kunjad (Til)	Sesame, Gingelly	<i>Sesamum indicum</i> L.	Pedaliaceae
248.	Kutkī	Kutki	<i>Picrorhiza kurroa</i> Royle ex Benth.	Scrophulariaceae
249.	Lablāb	Field Bean	<i>Lablab purpurens</i> (L.) Sweet Syn. <i>Dolichos lablab</i> L.	Fabaceae
250.	Lihya al Tīs	Showy goatsbeard, Meadow salsify	<i>Tragopogon pratensis</i> L.	Asteraceae
251.	Lāzan	Pink rock-rose, Hoary rock-rose	<i>Cistus creticus</i> L.	Cistaceae
252.	Līmū Kāghzi	Acid lime or Sour lime	<i>Citrus aurantiifolia</i> (Christm.) Swingle	Rutaceae
253.	Lobān	Benzoin resin	<i>Styrax benzoin</i> Dryand.	Styraceae
254.	Lodh Pathānī	Lodh Tree, Lodh	<i>Symplocos racemosa</i> Roxb.	Symplocaceae
255.	Luffāh (Yabrūj)	Deadly Nightshade, Fair lady	<i>Atropa belladonna</i> L. <i>A. acuminata</i> Royle ex. Lindl.	Solanaceae
256.	Māhī Zehraj (Marg Māhī, Ban Tambākū)	Great mullein, Common mullein	<i>Verbascum thapsus</i> L.	Scrophulariaceae
257.	Madār (Āk)	Madder Tree	<i>Calotropis gigantea</i> (L.) Dryand	Asclepidaceae
258.	Mayda Lakrī	Soft bollygum	<i>Litsea glutinosa</i> (Lour.) C. B. Rob. Syn. <i>L. sebifera</i> Pers.	Lauraceae Lauraceae
259.	Mainphal	Common Emetic Nut, Poison Fruit	<i>Catunaregum spinosa</i> (Thunb.) Tirvengadum Syn. <i>Randia dumetorum</i> Lam.	Rubiaceae
260.	Majīth (Fūwwah)	Indian Madder	<i>Rubia cordifolia</i> L.	Rubiaceae
261.	Makhānā	Fox Nut	<i>Euryale ferox</i> Salisb.	Nymphaeaceae
262.	Mālkangnī	Black Oil Plant, Climbing staff tree	<i>Celastrus paniculatus</i> Willd.	Celastraceae

263.	Māmīthā (Māmīran)	Golden Thread Root	<i>Thalictrum foliolosum</i> DC. Syn. <i>Coptis teeta</i> Wall.	Ranunculaceae Ranunculaceae
264.	Maror Phalī	Indian Screw Tree	<i>Helicteres isora</i> L.	Sterculiaceae
265.	Marzanjosh	Marjoram	<i>Origanum vulgare</i> L.	Lamiaceae
266.	Maştagī	Mastich, Lentisco	<i>Pistacia lentiscus</i> L.	Anacardiaceae
267.	Māyīn Kalān (Chobgaz)	Tamarix Galls (Large)	<i>Tamarix gallica</i> L.	Tamaricaceae
268.	Māyīn Khurd (Gazmāzaj)	Tamarisk Galls	<i>Tamarix aphylla</i> (L.) H. Karst	Tamaricaceae
269.	Māzaryūn	February daphne, spurge olive	<i>Daphne mezereum</i> L.	Thymelaeaceae
270.	Māzū	Gall, Dyer's Oak	<i>Quercus infectoria</i> G. olivier	Fagaceae
271.	Methī (Hulba)	Fenugreek, Bird's Foot	<i>Trigonella foenum-graecum</i> L.	Fabaceae
272.	Mi'a Sa'ila (Salāras)	Oriental Sweetgum	<i>Liquidambar orientalis</i> L.	Hammamelidiaceae
273.	Mūlī (Turb)	Radish	<i>Raphanus sativus</i> L.	Brassicaceae
274.	Mūng	Green Gram, Mung Bean	<i>Vigna radiata</i> (L.) R. Wilczek Syn. <i>Phaseolus radiatus</i> L.	Fabaceae
275.	Moth	Moth bean, Mat bean, Turkish Gram	<i>Vigna aconitifolia</i> (Jacq.) Marechal	Fabaceae
276.	Mūlsarī	Spanish Cherry, Bullet Wood	<i>Mimusops elengi</i> L.	Sapotaceae
277.	Mundī	East India Globe Thistle, Indian Sphaeranthus	<i>Sphaeranthus indicus</i> L.	Asteraceae
278.	Muqil	Indian Bdelium	<i>Commiphora wightii</i> (Arn.) Bhandari Syn. <i>C. mukul</i> (Hook. ex Stocks) Engl.	Burseraceae
279.	Mur Makkī	Myrrh	<i>Commiphora myrrha</i> (Nees) Engl.	Burseraceae
280.	Murharī (Mūrwa)	Devil's Tongue	<i>Marsdenia tenacissima</i> L.	Asclepiadaceae
281.	Mushktarāmashī (Pudīna Kohī)	Squaw Mint, Mosquito Plant, Pudding Grass	<i>Mentha pulegium</i> L.	Lamiaceae

282.	Mūṣlī Safayd	White Musale	<i>Chlorophytum arundinaceum</i> Baker	Liliaceae
283.	Mūṣlī Siyāh	Black Musale	<i>Curculigo orchoides</i> Gaertn.	Hypoxidaceae
284.	Nāgbālā (Tukhm-i-Khayrantī)	Arrowleaf Sida	<i>Sida spinosa</i> L.	Malvaceae
285.	Nakchiknī (Kundush)	Sneeze Wort	<i>Centipeda minima</i> (L.) A. Br. & Asch.	Asteraceae
286.	Nakhūd (Chanā)	Primrose, Gram, Chick Pea	<i>Primula vulgaris</i> Huds <i>Cicer arietinum</i> L.	Fabaceae
287.	Na‘nā‘	Field Mint, Wild mint	<i>Mentha arvensis</i> L.	Lamiaceae
288.	Nargis	Chinese Sacred Lily, Narcissus	<i>Narcissus tazetta</i> L.	Amaryllidaceae
289.	Nārjīl	Coconut Tree, Coconut palm	<i>Cocos nucifera</i> L.	Arecaceae
290.	Nārjīl Daryā’ī	Sea Coconut	<i>Lodoicea maldivica</i> (J. F. G mel.) Pers.	
291.	Narkachūr (Kapūr Kachrī, Zarambād)	Shampoo Ginger, Pinecone Tree, Zedoary	<i>Curcuma zedoaria</i> (Christm.) Roscoe Syn. <i>Zingiber zerumbet</i> (L.) Roscoe ex Sm.	Zingiberaceae Zingiberaceae
292.	Nārmushk (Nāgkesar)	Iron Wood Tree	<i>Mesua ferrea</i> L.	Clusiaceae
293.	Nīm	Margosa, Margosa tree	<i>Azadirachta indica</i> A. Juss.	Meliaceae
294.	Nīlofer (White, Blue)	Indian blue Water lilly	<i>Nymphaea alba</i> L./ <i>Nymphaea nouchali</i> Burm. f.	Nymphaeaceae
295.	Nishāsta-i-Gandum	Wheat Starch,	<i>Triticum aestivum</i> L.	Poaceae
296.	Nishāsta-i-Maka’ī	Maize Starch	<i>Zea mays</i> L.	Poaceae
297.	‘Ūd Hindī (Agar)	Agarwood, Eagle Wood, Aloe Wood	<i>Aquilaria malaccensis</i> Lam. Syn. <i>A.agallocha</i> Roxb.	Thymelaeaceae
298.	‘Ūd Salīb (‘Ūd Gharqīl, Fāwāniyā)	Paeonea Root	<i>Paeonia emodi</i> Wall. ex Royle.	Paeoniaceae Orchidaceae
299.	Ūnt Kaṭāra	Indian globe thistle	<i>Echinops echinatus</i> Roxb.	Asteraceae/ Compositae
300.	Pātha	Velvetleaf, Pereira root	<i>Cissampelos pareira</i> L.	Menispermaceae
301.	Pakhānbed	Hairy Bergenia, Saxifrages,	<i>Bergenia ligulata</i> (Wall.) Engl.	Saxifragaceae

	(Pashanbheda)	Rockfoils	Syn. <i>ligulata</i> Wall.	
302.	Pokharmūl	Eyeball plant, Toothache plant	<i>Spilanthes acmella</i> L. Syn. <i>Acmella oleracea</i> (L.) R.K.Jansen	Asteraceae
303.	Pālak	Spinach	<i>Spinacia oleracea</i> L.	Chenopodiaceae
304.	Pambadāna (Habb-al-Quṭn, Binola, Kapās)	Cotton Plant	<i>Gossypium herbaceum</i> L.	Malvaceae
305.	Panwār	Coffee cassia	<i>Cassia tora</i> L.	Casalpinaecea
306.	Papīta Desī	Papaya, Paw Paw	<i>Carica papaya</i> L.	Caricaceae
307.	Papīta Vilāyatī	Ignatius Bean	<i>Strychnos ignatii</i> P. J. Berg.	Loganiaceae
308.	Parsiāoshān (Hansrāj)	Black Maidenhair Fern, Venus hair Fern, Adiantum Fern	<i>Adiantum capillus-veneris</i> L.	Pteridaceae
309.	Pīpal Chab	Java long pepper root, Balinese Pepper, Pepper Chaba	<i>Piper retrofractum</i> Vahl. Syn. <i>P. chaba</i> Hunter	Piperaceae
310.	Pethā	White Gourd Melon, Wax Gourd, Ash Pumpkin	<i>Benincasa hispida</i> (Thunb.) Cogn.	Cucurbitaceae
311.	Pista (Fustaq)	Pistachio Nut	<i>Pistacia vera</i> L.	Anacardiaceae
	‘Ilak-al-Anabāṭ	Pistachio resin		
312.	Piyabānsa (Bajardantī)	Porcupine Flower	<i>Barleria prionitis</i> L.	Acanthaceae
313.	Piyāz (‘Unşul)	Onion	<i>Allium cepa</i> L.	Amaryllidaceae (Liliaceae)
314.	Prisht Parnī (Pathūn)	Hare Foot Uraria	<i>Uraria lagopoides</i> (L.) DC.	Fabaceae
315.	Pūdīna (Fūdanj)	Garden Mint, Common Mint	<i>Mentha spicata</i> L.	Lamiaceae
316.	Qaranful (Laung)	Clove, Zanziber	<i>Syzygium aromaticum</i> (L.) Merr. & L. M. Perry	Myrtaceae
317.	Qinnab (Bhang)	Indian Hemp, Hashish	<i>Cannabis sativa</i> L.	Lauraceae
318.	Qunṭūriyūn (Lūfa)	Red star thistle,	<i>Centaurea calcitrapa</i>	Asteraceae

		Purple star thistle	L.	
319.	Qurṭum	Safflower, Bastard Saffron	<i>Carthamus tinctorius</i> L.	Asteraceae
320.	Qusṭ	Costus root	<i>Saussurea auriculata</i> (DC.) Sch. Bip. Syn. <i>S. hypoleuca</i> Spreng.	Asteraceae
321.	Rāl	Sal dammar (Gum)/ Indian Dammar	<i>Shorea robusta</i> Roth	Dipterocarpaceae
322.	Rayḥān	Holy Basil, Thai Basil	<i>Ocimum tenuiflorum</i> L. Syn. <i>O. sanctum</i> L.	Lamiaceae
323.	Rasawt/ Ambarbārīs (Extract)	Indian Barberry, Chitra	<i>Berberis aristata</i> DC.	Berberidaceae
	Zarishk (Fruit)			
	Dār hald (Bark)			
324.	Ratanjot	Alkanet, Dyer's bugloss	<i>Onosma echiooides</i> L.	Boraginaceae
325.	Rewand Chīnī	Rhubarb, Rheum	<i>Rheum australe</i> D. Don Syn. <i>R. emodi</i> Wall.ex Meiss. <i>Rheum officinale</i> Baill. <i>Rheum palmatum</i> L.	Polygonaceae
326.	Sa‘d Kūfī (Nāgarmotha)	Nut Grass, Nut Sedge	<i>Cyperus rotundus</i> L.	Cyperaceae
327.	Sahajna	Bean Oil tree, Horse Radish Tree, Drumstick Plant	<i>Moringa oleifera</i> Lam.	Moringaceae
328.	Sajjī Bütī	Stocks stalwort	<i>Salsola stocksii</i> Boiss. Syn. <i>Haloxylon stocksii</i> (Boiss.) Benth. & Hook	Amaranthaceae
329.	Sakbīnaj	Sagapenum	<i>Ferula persica</i> Willd.	Apiaceae
330.	Tha‘lab Miṣrī (Khusya-al-Tha‘lab)	Salep	<i>Dactylorhiza hatagirea</i> (D.Don) Soo Syn. <i>Orchis latifolia</i> L. <i>Anacamptis laxiflora</i> (Lam.) R.M. Bateman, Pridgeon & M.W chase Syn. <i>Orchis laxiflora</i> Lam. <i>Orchis mascula</i> (L.) L	Orchidaceae

331.	Salīkha (Taj, Qirfa)	Cinnamon	<i>Cinnamomum cassia</i> (L.) J. Presl	Lauraceae
332.	Samandar Sokh	Elephant Creeper, Woolly MorningGlory	<i>Argyreia speciosa</i> (L.f.) Sweet. Syn. <i>A. nervosa</i> (Burm.f.) Bojer	Convolvulaceae
333.	Samandar <u>phal</u>	Indian Oak	<i>Barringtonia acutangula</i> (L.) Gaertn. <i>Rhus parviflora</i> Roxb.	Lecythidaceae Anacardiaceae
334.	Samb̄halū	Chinese Chaste Tree, Negundo	<i>Vitex negundo</i> L.	Verbenaceae
335.	Sanā	Senna, Tinnevelly Senna, Mecca Senna	<i>Senna alexandrina</i> Mill. Syn. <i>Cassia angustifolia</i> Vahl.	Fabaceae
336.	Sanobar	Pine tree	<i>Pinus roxburghii</i> Sarg. Syn. <i>Pinus longifolia</i> Roxb.	Pinaceae
	Behroza (Bīhroza, Ganda Birozah)	Oleoresin		
	Zift (yābis, Raṭab)	Exudate prepared from various pine trees.		
	Rātīnaj	Resin		
337.	Şandal Safayd	Sandal Wood	<i>Santalum album</i> L.	Santalaceae
338.	Şandal Surkh	Red Sandal Wood	<i>Pterocarpus santalinus</i> L. f.	Fabaceae
339.	Sangtara	Orange Tree, Clementine	<i>Citrus reticulata</i> Blanco	Rutaceae
340.	Sankhaholī	English SpeedWheel	<i>Evolvulus alsinoides</i> (L.) L. <i>Onosma bracteatum</i> Wall.	Convolvulaceae Boraginaceae
341.	Sapistāñ (Lasora)	Common Sebestens	<i>Cordia dichotoma</i> G. Forst.	Boraginaceae
342.	Saqmūniyā (Mehmūda)	Levent Scammony	<i>Convolvulus scammonia</i> L.	Convolvulaceae
343.	Sarkhas	Male Fern	<i>Dryopteris filix-mas</i> L. Schott.	Dryopteridaceae
344.	Sarphūka	Wild Indigo, Purple Tephrosia	<i>Tephrosia purpurea</i> (L.) Pers.	Fabaceae
345.	Sarson (Sarshaf)	Mustard	<i>Brassica rapa</i> L. Syn. <i>B. campestris</i> L.	Brassicaceae

346.	Şa‘tar Fārsī	Savory	<i>Zataria multiflora</i> Boiss <i>Satureja hortensis</i> L.	Lamiaceae Lamiaceae
347.	Satāwar	Wild Asparagus	<i>Asparagus racemosus</i> Willd.	Asparagaceae
348.	Satyanāsī	Mexican Prickly Poppy	<i>Argemone mexicana</i> L.	Papaveraceae
349.	Sādhaj Hindī (Tezpāt)	Indian Cassia Lignea	<i>Cinnamomum tamala</i> (Buch.-Ham.) Nees & Eberm.	Lauraceae
350.	Seb (Tuffāḥ)	Apple	<i>Malus sylvestris</i> (L.) Mill.	Rosaceae
351.	Sīr (Lahsun)	Garlic	<i>Allium sativum</i> L.	Liliaceae
352.	Sembhal	Silk Cotton Tree, Red Cotton Tree	<i>Bombax ceiba</i> L. Syn. <i>Salmania malabarica</i> (DC.) Schott & Endl.	Malvaceae
	Mūchras	Gum		
	Muşlī Sembhal	Root		
353.	Shaftālū	Peach	<i>Prunus persica</i> (L.) Batsch	Rosaceae
354.	Shāhtara	Fumitory	<i>Fumaria parviflora</i> Lam.	Fumariaceae
355.	Shalgham	Turnip	<i>Brassica rapa</i> L.	Brassicaceae
356.	Shaqā’iq-al-Nomān (Lāla)	Windflower	<i>Anemone coronaria</i> L.	Ranunculaceae
357.	Shaqāqul Mişrī	Wild Parsnip	<i>Malabaila secacul</i> (Mill.) Boiss. Syn. <i>Pastinaca secacul</i> L.	Apiaceae
358.	Shīsham	Sisoo, Shisham Plant	<i>Dalbergia sissoo</i> Roxb. ex DC.	Fabaceae
359.	Shīṭraj Hindī (Chīta Lakṛī)	Ceylon Lead Wort	<i>Plumbago zeylanica</i> L.	Plumbaginaceae
360.	Shibit (Soya)	Sova Seeds	<i>Anethum sowa</i> Roxb. ex Fleming	Apiaceae
361.	Shikākā’ī	Soap Pod	<i>Acacia concinna</i> DC.	Mimosaceae
362.	Şibr (Elvā)	Aloe plant	<i>Aloe vera</i> (L.) Burm. f. Syn. <i>A. barbadensis</i> L.	Liliaceae
363.	Singhārā	Water Chest Nut, Singhara Nut	<i>Trapa natans</i> L. var. <i>bispinosa</i> (Roxb.) Makino Syn. <i>T. bispinosa</i> Roxb.	Lythraceae

364.	Siras	Siras	<i>Albizzia lebbeck</i> (L.) Benth.	Mimosaceae
365.	Sonā-Pāthā (Shyonāka)	Indian Trumpet Flower	<i>Oroxylum indicum</i> (L.) Vent.)	Bignoniaceae
366.	Suddāb	Garden Rue, German Rue	<i>Ruta graveolens</i> L.	Rutaceae
367.	Sumāq	Sumach, Japan Wax Tree	<i>Rhus coriaria</i> L.	Anacardiaceae
368.	Sumbul al Ṭīb (Bālchhar)	Indian Velerian	<i>Nardostachys jatamansi</i> (D.Don )DC. Syn. <i>N.grandiflora</i> DC.	Valerianaceae
369.	Sūranjān (Talkh, Shīrīn)	Colchicum	<i>Colchicum luteum</i> Baker	Liliaceae
370.	Surwālī	Wheat Celosia, Silver Cockscomb	<i>Closia argentea</i> L.	Amaranthaceae
371.	Ṭabāshīr (Banslochan)	Spiny Bamboo, Bambu Manna	<i>Bambusa bambos</i> (L.) Voss	Poaceae
372.	Tagar (Farāsiyūn)	Tagar	<i>Valeriana jatamansi</i> Jones Syn. <i>V. wallichii</i> DC.	Valerianaceae
373.	Tālmakhāna	Starthorn	<i>Hygrophilla auriculata</i> (Schum.) Heine Syn. <i>Asteracantha longifolia</i> L.	Acanthaceae
374.	Talispatr (Zarnab)	Himalayan Silver Fir	<i>Abies Webbiana</i> L.	Pinaceae
375.	Tamar Hindī (Imlī)	Indian Date, Tamarind	<i>Tamarindus indica</i> L.	Fabaceae
376.	Tambākū	Tobacco	<i>Nicotiana tabacum</i> L.	Solanaceae
377.	Tambol (Pān)	Betel Leaf	<i>Piper betle</i> L.	Piperaceae
378.	Tarbūz (Hindvāna)	Water Melon	<i>Citrullus lanatus</i> (Thunb.) Mats. & Nakai Syn. <i>C. vulgaris</i> Schrad.	Cucurbitaceae
379.	Thūhar (Zaqqūm)	Common Milk Hedge, Holy Milk Hedge, Dog's Tongue	<i>Euphorbia royleana</i> Boiss. Syn. <i>Euphorbia neriifolia</i> L.	Euphorbiaceae
380.	Tūt Siyāh (Shahtūt)	Black Mulberry	<i>Morus australis</i> Poir. Syn. <i>M. acidosa</i> Griff.	Moraceae

381.	Tūdrī (Safayd/Zard)	Common stock, Gilli-flower	<i>Matthiola incana</i> R. Br	Brassicaceae
382.	Tūdrī (Surkh)	Wall flower	Erysimum cheiri L. Syn. Cheiranthus cheiri L.	Brassicaceae
383.	Turanj (Utraj)	Citron	<i>Citrus medica</i> L.	Rutaceae
384.	Turbud	Turpeth , Turpethum	<i>Operculina turpethum</i> (L.) Silva Manso	Convolvulaceae
385.	Turmus	Lupin, White Lupin	<i>Lupinus albus</i> L.	Fabaceae
386.	‘Unnāb	Jujube, French jujube	<i>Zizyphus mauritiana</i> Lam. Syn. <i>Z. jujuba</i> Lam. <i>Zizyphus sativa</i> Gaertn.	Rhamnaceae Rhamnaceae
387.	‘Ushba Maghrabī	Mexican Sarsaparilla	<i>Smilax aristolochiifolia</i> Mill.	Smilacaceae
388.	Ushna	Usnea (Lichen)	<i>Usnea longissima</i> Asch.	Usneaceae
389.	Ushuq	Ammoniacam (Gum ammoniac)	<i>Dorema ammoniacum</i> D. Don	Apiaceae
390.	Usqurdiyun (Kamazariyus)	Germander	<i>Teucrium chamaedrys</i> L.	Lamiaceae
391.	Uṣṭūkhudūs	French Lavender, Spanish Lavender	<i>Lavandula stoechas</i> L.	Lamiaceae
392.	Uṭangan	Acanthus	Blepharis edulis (Forssk.) Pers.	Acanthaceae
393.	Waj Turkī(Bachh)	Sweet Flag	<i>Acorus calamus</i> L.	Acoraceae
394.	Za‘frān	Saffron	<i>Crocus sativus</i> L.	Iridaceae
395.	Zaytūn	Olive	<i>Olea europaea</i> L.	Oleaceae
396.	Zamīnqand (Sūran)	Elephant-foot Yam, Whitespot Giant Arum	Amorphophallus paeoniifolius (Dennst.) Nicolson Syn. <i>A. campanulatus</i> (Roxb.) Bl.ex.Decne.	Araceae
397.	Zanjabīl Khushk (Sonth)	Dry Ginger	<i>Zingiber officinale</i> Rosc.	Zingiberaceae

	Zanjabīl Rāṭab (Adrak)	Ginger		
398.	Zarāwand Hindī	Indian Birthwort	<i>Aristolochia indica</i> L.	Aristolochiaceae
399.	Zarāwand Madaharaj	European Birthwort	<i>Aristolochia rotunda</i> L.	Aristolochiaceae
400.	Zarāwand Ṭawīl	European Birthwort	<i>Aristolochia fontanesii</i> Boiss & Reuter Syn. <i>A.longa</i> L.	Aristolochiaceae
401.	Zard Chob (Haldī)	Turmeric	<i>Curcuma longa</i> L.	Zingiberaceae
402.	Zīra Safayd (Kamūn Abyad)	Cumin	<i>Cuminum cyminum</i> L.	Apiaceae
403.	Zīra Siyāh (Kamūn Aswad)	Caraway Seed	<i>Carum carvi</i> L.	Apiaceae
404.	Zīra Romī (Karoyā, Qirdmānā, Shāhī Zīra)	Black Caraway	<i>Bunium persicum</i>	Apiaceae
405.	Zūfa	Hyssop	<i>Hyssopus officinalis</i> L.	Lamiaceae

## **DRUGS OF ANIMAL ORIGIN**

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S.No.	TIBBI NAME	ENGLISH NAME	SOURCE OF ORIGIN AND ITS SCIENTIFIC NAME
1.	Ābresham	Silkworm Cocoon	Silkworm - <i>Bombyx mori</i> L.
2.	‘Ambar ashhab	Ambergris	<i>Ambra grisea</i>
3.	‘Aqrab	Scorpion	
4.	‘Asal	Honey	
5.	Aspanj	Marine sponges	Phylum: Porifera
6.	Azfar-al- Ṭib	Odoriferous Snail (a kind of sea shell)	Gallipoda arteronia
7.	Bayda-i-Kashaf	Tortoise egg	
8.	Bayda-i-Murgh	Hen’s egg	Hen - <i>Gallus gallus domesticus</i> L.
9.	Bīr Bahūṭī	Velvety tick, cochineal insect	<i>Trombidium holosericeum</i> L.
10.	Burāda Dandān-i-Fīl	Elephant tusk powder	<i>Elephas maximus indicus</i> L.
11.	Busud (Bīkh-i-Marjān)	Coral roots	<i>Corallium rubrum</i> L.
12.	Chāch	Butter milk	-----
13.	Chirak Gosh Ādmī	Ear wax of man	
14.	Dahī	Curd	-----
15.	Dam-i-Kashaf	Tortoise blood	
16.	Fād-i-Zahr Ḥaywānī	Bezoar Stones of animal origin	-----
17.	Gāo Roghan (Ḥajr-al-Baqar)	Gall Stones of Cow	Cow - <i>Bos taurus</i> L.
18.	Ghudad-i-Gosfand	Dried Glands of Sheep or Goat	Sheep- <i>Ovis aries</i> L. Goat- <i>Capra agellarus hircus</i> L.
19.	Jhīngā (Rūbiyān)	Prawn	<i>Fenneropenaeus indicus</i> H. Milne-Edwards Syn. <i>Penaeus indicus</i> H. Milne-Edwards
20.	Jonk (‘Alaq)	Leech	<i>Hirudo medicinalis</i> L.
21.	Jund Bedastar	Castoreum	Castor beaver- <i>Castor canadensis</i> (Kuhl)
22.	Kān Salāyī (Gijāyī)	Millipede	Class: Diplopda

			Many families and species
23.	Kabūtar	Pigeon, Rock Dove	<i>Columba livia</i> Gmelin
24.	Kaf-i-Daryā (Samandar Jhāg, Samandar phayn)	Cuttle fish bones	<i>Sepia officinalis</i> L.
25.	Kashaf (Sang-i-Pusht, Kachvā)	Tortoise	<i>Geochelone elegans</i> L.
26.	Khar Mohra (Kowry)	Cowry shells	<i>Cyprea moneta</i> L.
27.	Kharāṭīn	Earthworm	<i>Pheretima posthuma</i> Vaillant
28.	Khīs	Colostrum of cattle	-----
29.	Khuṣiya-i-Buz	Goat's Testicle	<i>Capra agellarus hircus</i> L.
30.	Kunjashk	Sparrow	<i>Passer domesticus</i> L.
31.	Lahm-i-'Irs (Nevle ka gosht)	Mongoose flesh	<i>Hespeles edwarsi</i> É. Geoffroy Saint-Hilaire
32.	Lahm-i-Bāz	Hawk flesh	Birds of prey belonging to family <i>Accipitridae</i> ; many species
33.	Luk	Lac insect	<i>Kerria lacca</i> Kerr
34.	Mā'-al-Jubn	Whey	
35.	Maghz Sāq-i-Gāo	Leg Bone Marrow of Cow	<i>Bos Taurus</i> L.
36.	Maghz Sāq-i-Jāmūs	Leg Bone Marrow of Buffalo	<i>Bubalus bubalis</i> L.
37.	Māhī rūbiyān	Shrimps	<i>Palaemon serratus</i> Pennant
38.	Marjān (Mūngā)	Coral branches	<i>Coraalium rubrum</i> L.
39.	Marwārīd (Lūlū)	Pearl	<i>Mytilus margaritiferus</i> L.
40.	Maska	Butter	
41.	Mastī-i-Ghok	Nasal secretion of frog	Frog - <i>Hoplobatrachus tigerinus</i> (Daudin)
42.	Marāra-al-Baqr	Gall bladder of cow	
43.	Mom Zard	Bees wax (yellow)	<i>Cera alba</i>
44.	Morčha Kalan (Chīnwta, Namla)	Big Ant	Family: Formicidae; Many species
45.	Mushk	Musk	
46.	Panīr Māya Shutur A'rābī	Rennet of Arabian Camel	Arabian Camel - <i>Camelus dromedaries</i> L.

47.	Post Bayda Murgh	Egg Shell	<i>Gallus gallus domesticus</i>
48.	Regmāhī (Samaka-al-Şayda, Samak-al-Ramal)	Eastern skink, Arabian sand fish	<i>Scincus mitranus</i> Anderson
49.	Roghan Zard	Clarified butter	
50.	Roghan-i-Māhī	Cod Liver Oil	Oil obtained from cod liver fishes (Family: Gadiidae)
51.	Sānp kī Kenchlī	Slough Or Snake Castings	-----
52.	Şadaf	Pearl shells	<i>Pinctada margaritifera</i> L.
53.	Sangdāna-i-Murgh	Gizzard of cock/hen	-----
54.	Sang-i-sar-Māhī	Otoliths (head stone) of fish	-----
55.	Saqanqūr	Golden Skink, Keeled Indian Mabuya	<i>Eutropis carinata</i> Schneider Syn. <i>Mabuya carinata</i> Schneider
56.	Saresham Māhī (Garī-al-Samak)	Isinglass	-----
57.	Saratān (Kekra)	Crab	<i>Scylla serrata</i> Forsskal
58.	Şahm-i-Gurg (Bheriye kī Charbī)	Wolve's Fat	<i>Canis lupus</i> L.
59.	Şahm-i-Buz (Peeh-i-Buz)	Goat's Fat	<i>Capra aegagrus hircus</i> L.
60.	Şahm-i-Duñba	Sheep Fat	Fat tailed ovine breed
61.	Şahm-i-Ghük	Frog Fat	Frog - <i>Hoplobatrachus tigerinus</i> (Daudin)
62.	Şahm-i-Gurda-i-Buz	Fat from Goat's kidney	Goat - <i>Capra aegagrus hircus</i> L.
63.	Şahm-i-Sher	Lion's Fat	<i>Panther leo</i> L.
64.	Shakar Tīghāl	Tegal fly's cocoon/Honey dew found on certain trees	Hemiptera
65.	Şākh-i-Gauzan (Qarn-al-iyyal)	Stag's horn	Stag – <i>Cervus elaphus</i> L.
66.	Halzūn (Shankh)	Conch (Gastropod shell)	<i>Turbanella pyrum</i> L.
67.	Şīr-i-Asp	Mare's milk	<i>Equus ferus callabus</i> L.
68.	Şīr-i-Buz	Goat's Milk	Goat - <i>Capra aegagrus hircus</i> L.
69.	Şīr-i-Gāo (Laban-al-Baqr)	Cow's Milk	Cow - <i>Bos taurus</i> L.

70.	Shīr-i-Jāmūs	Buffalo's Milk	<i>Bubalus bubalis</i> L.
71.	Shīr-i-Khar	Ass's Milk	<i>Equus africanus asinus</i> L.
72.	Shīr-i-Mīsh	Sheep's Milk	Sheep - <i>Ovis aries</i> L.
73.	Shīr-i-Shutur	Camel's Milk	Camel – <i>Camelus</i> L.
74.	Zahra-i-Gāo	Gall bladder of cow	Cow - <i>Bos taurus</i> L.
75.	Zahra-i-Māhī	Gall bladder of fish	
76.	Dharārīḥ (Telnī Makkhī)	Cantharides/ Cantharidin (Broken dried remains of blister beetle/Spanish fly)	Spanish Fly- <i>Lytta vesicatoria</i> L. Syn. <i>Cantharis vesicatoria</i> L.

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## **DRUGS OF MINERAL ORIGIN**

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S.No.	Tibbi/Popular Names	English Mineralogical Name	Chemical composition/Scientific Name	Formula
1.	Āhak	Lime, Lime stone	Calcium carbonate	<chem>CaCO3</chem>
2.	Abrak / Ṭalq (Safayd, Siyāh, Zard)	Biotite (Black mica)	Phyllosilicates	
3.	Alkohl Khashbī	Chloroform	Trichloromethane	<chem>CHCl3</chem>
4.	Almās (Hīrā)	Diamond	Tetrahedrally bonded carbon (Crystalline allotrope of carbon)	
5.	‘Aqīq	Agate, quartz	Silicon dioxide	<chem>SiO2</chem>
6.	‘Aqīq Surkh	Red agate	Silica	
7.	Iqlīmiyā’-i-Fidḍa (Rupa Makkhī, Mārqashīsha Fidḍi)	White iron pyrite, Marcasite	Iron sulphide	<chem>Fe2S</chem>
8.	Iqlīmiyā’-i-Tilā’ (Sonā Makkhī, Mārqashīha Dhahabī)	Copper pyrite, Chalcopyrite	Copper iron sulphide	<chem>CuFeS2</chem>
9.	Banafshīn	Iodide	Potassium iodide, sodium iodide	<chem>KI, NaI</chem>
10.	Banjol Bunjavi	Ascabin	Benzyle benzoate	<chem>C14H12O2</chem>
11.	Hāmid -i-Boraq	Boric Acid, Hydrogen borate	Trihydro-oxido-boron	<chem>H3BO3</chem>
12.	Dārchikna	Corrosive Sublimate	Per chloride of Mercury	<chem>HgCl2</chem>
13.	Dehna Firang	Malachite	Copper carbonate hydroxide mineral	<chem>Cu2CO3(OH)2</chem>
14.	Dukhna-i-Munjamid	Soot	Carbon	<chem>C</chem>
15.	Faulād, Āhan	Iron ore containing magnetite	Ferric Oxide	<chem>Fe3O4</chem>
16.	Fīroza	Turquoise	Hydrated phosphate of copper and aluminium	<chem>CuAl6(PO4)4(OH)8·4H2O</chem>
17.	Gandhāk (Kibrīt, Gogard)	Sulphur	Elemental Sulphur	<chem>S</chem>

18.	Godantī (Hartāl Safayd)	Selenite, Gypsum	Calcium Sulphate Dihydrate	$\text{CaSO}_4 \cdot 2\text{H}_2\text{O}$
19.	Gil-i-Surkh (Gerū, Gil Mughra, Haramchi)	Red Ochre , Reddle, hematite	Oxide	$\text{Fe}_2\text{O}_3$
20.	Gil-i-Dāghistānī			
21.	Gil-i-Armanī (Būra Armanī)	Bolus armenia rubra Armenian Bole, Bole Armeniac	Silicates of Alumina, Magnesia and Iron oxide	
22.	Gil-i-Kharya (Gil-i-Qaymūliyā, Chīnī Mattī, Chiknī or Safayd Mattī)	Feldspar	Tectosilicate	$\text{KAlSi}_3\text{O}_8 - \text{NaAlSi}_3\text{O}_8 - \text{CaAl}_2\text{Si}_2\text{O}_8$
23.	Gil-i-Makhtūm	Sealing clay, Marl	Silicate of alumina, oxide of iron	
24.	Gil-i-Multānī	Solum follownum Fuller's earth / Multan clay	Hydrous aluminum silicates	$\text{Al}_2\text{SiO}_5$
25.	Hajar-i-Armanī	Armenian Bole	Iron oxide, hydrous silicates of aluminum and magnesium	
26.	Hajar-al Yahūd (Sang-i-Yahūda)	Lapis Judaicus	Silica	$\text{SiO}_2$
27.	Hāmiḍ -Fahmī	Phenol	Carbolic acid	
28.	Hartāl Ṭabqī (Zarnīkh-i-Qirmīz, Lāl Hartāl, Zarnīkh-i-Surkh)	Red orpinent, Realgar, Red Arsenic	Arsenic disulphide	$\text{As}_2\text{S}_2$
29.	Hartāl Waraqī (Zarnīkh Zard, Zarnīkh Aşfar)	Yellow Orpiment	Arsenic trisulphide	
30.	Jast	Zinc	Elemental zinc	$\text{Zn}$
31.	Jawākhār	Salt of tarter, Parl Ash , Postash is a group of potassium salts	Potassium carbonate	$\text{K}_2\text{CO}_3$
32.	Khabath-al-Hadīd (Chirak-i-Āhan)	Hammerscale	Composed of some form of iron oxide	
33.	Khashab Safsafī	Wintergreen Oil	Methyl salicylate	$\text{C}_8\text{H}_8\text{O}_3$

34.	Lājward	Lapis Lazuli	A blue feldspathoid silicate mineral	$(\text{Na,Ca})_8(\text{AlSiO}_4)_6(\text{S,SO}_4,\text{Cl})_{1-2}$
35.	Momin Safayd	White Petroleum Jelly or Vaseline	Semisolid mixture of hydrocarbons	
36.	Momyāyī' (Salājīt)	Asphaltum, Asphaltum punjabianum	Exudate that oozes from the rocks of mountainous regions in Asia	
37.	Murdār Sang	Massicot, Litharge	Lead Monoxide	PbO
38.	Namak Banafshī	Potassium Iodide	Potassium iodide	KI
39.	Namak Munawwim	Bromide Salt of Potassium	Potassium bromide	KBr
40.	Namak-i-Siyāh (Malah aswad, Sonchar laūn)	Black salt	A mixture of Sodium Chloride with traces of Sodium sulfate, magnesia, ferrous sulfate, greigite and ferric oxide.	
41.	Namak-i-Sambhar	Salt from Sambhar Lake		
42.	Namak-i-Sang (Namak-i-Lāhorī, Sendha Namak, Namak Indrānī)	Rock salt	Natural form of Sodium Chloride	NaCl
43.	Namak-i-Shor	Saltpetre	Potassium nitrate	$\text{KNO}_3$
44.	Namak-i- Ṭa'ām	Common salt, Table salt	Sodium Chloride	NaCl
45.	Natrūn Bunjawi	Sodium Salt of Benzoic Acid	Sodium benzoate	$\text{C}_7\text{H}_5\text{NaO}_2$
46.	Natrūn Munawwim	Bromide Salt of Sodium	Sodium bromide	NaBr
47.	Natrūn Safsaf	Sodium Salt of Salicylic Acid	Sodium salicylate	$\text{C}_7\text{H}_5\text{NaO}_3$
48.	Nawshādar	Sal ammoniac	Ammonium Chloride	$\text{NH}_4\text{Cl}$
49.	Nīlam (Yāqūt Kabūd)	Sapphire	Corundum consisting of aluminum oxide	$(\alpha\text{-Al}_2\text{O}_3)$
50.	Nuhās Muḥarraq	Burnt copper	End product of the metallurgical process of Copper ore, Cu fillings or chips	Cu
51.	Nuqra (Chāndī, Fiḍḍa)	Silver	Argentum	Ag

52.	Phitkarī (Shibb-i-Yamānī)	Alum	Potash alum	K Al(SO <sub>4</sub> ) <sub>2</sub> ·12H <sub>2</sub> O
53.	Qala'ī (Rāng, Raṣāṣ-al-Abyad)	Tin, Stannum		Sn
54.	Raskapūr	Calomel	Mercury Chloride	Hg <sub>2</sub> Cl <sub>2</sub>
55.	Roghan-i-Safayd Madanī	White Mineral Oil	Paraffinum liquidum	
56.	Safayda Kāshgharī (Asfidāj, Safaydrāj, Safaydāb)	White Lead	Lead Carbonate	2PbCO <sub>3</sub> ·Pb(OH) <sub>2</sub>
57.	Safayda Arzīz	Flower of Tin, Cassiterite	Tin Oxide	SnO <sub>2</sub>
58.	Safayda Jast	Flower of Zinc	Zinc oxide	ZnO
59.	Sajjī Khār	Washing soda, Soda ash	Crude Sodium carbonate	Na <sub>2</sub> CO <sub>3</sub>
60.	Samm-al-Fār (Sankhyā, Marg-i-Mūsh)	White Arsenic	Arsenic trioxide	As <sub>2</sub> O <sub>3</sub>
61.	Sang-i-Başrī (Hajar-al-Kohl)	Smithsonite	Zinc Carbonate	ZnCO <sub>3</sub>
62.	Sang-i-Jarāhat (Hajar-al-'Arābī)	Soapstone, Steatite	Hydrated Magnesium Silicate	
63.	Satt-i-Ajwā'in	Thymol	Monoterpenoid phenol	C <sub>10</sub> H <sub>14</sub> O
64.	Satt-i-Behroza	Turpentine oil, Spirit of turpentine	Distillation of resin mainly from pine tree	
65.	Satt-i-Līmū	Citric Acid		C <sub>6</sub> H <sub>8</sub> O <sub>7</sub>
66.	Satt-i-Lobān	Carboxybenzene	Benzoic acid	C <sub>6</sub> H <sub>5</sub> CO <sub>2</sub> H
67.	Satt-i-Māzū	Gallic Acid	Trihydroxybenzoic acid	
68.	Satt-i-Pudīna	Peppermint	Menthol	C <sub>10</sub> H <sub>20</sub> O
69.	Sīmab (Pāra, Zanbaq)	Mercury	Elemental Mercury	Hg
70.	Sīmab Banafshī	Red Mercury	Mercuric iodide	HgI <sub>2</sub>
71.	Sendūr	Red Lead, Minium	Lead tetraoxide	Pb <sub>3</sub> O <sub>4</sub>
72.	Shādnaj (Shādnah, Hajar-al-Hindī, Hajar-	Lentil shaped stone	Nummulite	

	al-Dam)			
73.	Shamāyīn	Liquid Paraffin		C <sub>n</sub> H <sub>2n+2</sub>
74.	Shahdīn	Glycerine	Glycerol	C <sub>3</sub> H <sub>8</sub> O <sub>3</sub>
75.	Shangraf (Hinglo)	Cinnabar	Mercuric (II) Sulphide	HgS
76.	Sırka Desī	Vinegar	Acetic acid	CH <sub>3</sub> COOH
77.	Sīsa (Usrub, Raşāş -al-Aswad)	Lead, Plumbum	Elemental Lead	Pb
78.	Surma Siyāh (Kohl, Kohl İŞfahānī)	Black antimony, Kermes mineral, Lead ore	Lead sulphide, Antimony sulphide	PbS, Sb <sub>2</sub> S <sub>3</sub>
79.	Tankār (Suhāga, Boraq)	Borax	Sodium Borate	Na <sub>2</sub> H <sub>4</sub> B <sub>4</sub> O <sub>9</sub> •nH <sub>2</sub> O
80.	Tezāb-i-Namak (Tursha Namak shora)	Muriatic Acid	Hydrochloric acid	HCl
81.	Tezāb-i-Shora (Tursha shora)	Spirit of Niter	Nitric acid	HNO <sub>3</sub>
82.	Tursha Kibrīt	Oil of vitriol	Sulphuric Acid	H <sub>2</sub> SO <sub>4</sub>
83.	Ṭilā (Dhahab, Sonā)	Gold	Elemental Gold	Au
84.	Tānba (Tobāl, Nuḥās, Mis)	Copper	Elemental Copper	Cu
85.	Tūtiyā (Kabūd)	Blue Vitriol	Copper Disulphate	CuSO <sub>4</sub> ·5H <sub>2</sub> O
86.	Tūtiya Sabz (Hīrā Kasīs/Zaj-i-Aşfar)	Green vitriol	Iron (II) sulfate	FeSO <sub>4</sub> ·7H <sub>2</sub> O
87.	Yāqūt Surkh (La' al)	Ruby, Red Corundum	Aluminium Oxide with chromium	Al <sub>2</sub> O <sub>3</sub> with chromium
88.	Yāqūt Aşfar (Zard)	Topaz	Aluminum fluoro-hydroxyl-silicate	Al <sub>2</sub> SiO <sub>4</sub> (F,OH) <sub>2</sub>
89.	Yashab (Sabz/ Safayd)	Jade /Jasper	Impure silica	SiO <sub>2</sub> dopes by various iron oxide and organic substances
90.	Zahr Mohra (Ḩajar al-Sam, Fād Zahr Mādanī, Hajar-al-Baḥr)	Serpentine, Mineral Bezoar	Hydrous magnesium iron phyll osilicate minerals; they may contain minor amounts of other elements including chromium, manganese, cobalt or nickel.	((Mg, Fe) <sub>3</sub> Si <sub>2</sub> O <sub>5</sub> (OH) <sub>4</sub> )

91.	Zangār (Zanjār)	Verdigris	Copper (II) acetate	$\text{Cu}(\text{CH}_3\text{COO})_2 \cdot \text{H}_2\text{O}$
92.	Zankhār-al-Hadīd (Zang-i-Āhan)	Iron Rust	Iron Oxide	$\text{Fe}_2\text{O}_3 \cdot n\text{H}_2\text{O}$
93.	Zumurrud (Pannā)	Emerald	Beryllium Aluminium Metasilicate	$\text{Be}_3\text{Al}_2(\text{SiO}_3)_6$ having traces of Cr and V

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## **TECHNICAL TERMS**

- A. Action-wise**
  - B. Disease-wise**
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## A. ACTION-WISE

S. No.	Unani Term	Modern Equivalents	Explanatory
1.	<i>Akkāl</i>	Corrosive	Poison / drug which causes ulceration of the tissues due to strong caustic and ulcerative properties
2.	<i>'Āṣir</i>		The agent which squeezes out all the secretions present in the organ spaces
3.	<i>Dāfi'-i-Dhayābītus</i>	Antidiabetic	—
4.	<i>Dāfi'-i-Dīdān-i-Am'ā'</i>	Anthelmintic, Vermifuge	—
5.	<i>Dāfi'-i-Humūdat</i>	Antacid	The agent which neutralize acid in the stomach
6.	<i>Dāfi'-i-Hummā</i>	Antipyretic	An agent that reduces the body temperature during fevers
7.	<i>Dāfi'-i-Nazla</i>	Anti-catarrhal	
8.	<i>Dāfi'-i-Qay'</i>	Antiemetic	—
9.	<i>Dāfi'-i-Safrā'</i>	Antibilious	—
10.	<i>Dāfi'-i-Ta'affun</i>	Antiseptic	—
11.	<i>Dāfi'-i-Tashannuj</i>	Antispasmodic/ Anticonvulsive	An agent which decreases the contractibility of muscles by acting through the CNS
12.	<i>Hābis</i>	Astringent	—
13.	<i>Hābis-i-Bawl</i>	Antidiuretic	—
14.	<i>Hābis-i-Dam</i>	Styptic	The agent which stops bleeding
15.	<i>Hādim</i>	Digestive	An agent which aids in digestion
16.	<i>Hakkāk</i>	Irritant	An agent which causes irritation on the surface of the skin
17.	<i>Hāliq-i-Sha'r</i>	Hair remover	
18.	<i>Jālī</i>	Detergent	An agent which cleans the surface of the skin
19.	<i>Jādhib</i>		An agent which absorbs the excess fluid
20.	<i>Kāsir-i-Riyāḥ</i>	Carminative	—
21.	<i>Kāwī</i>	Caustic	An agent which destroys the surface of the tissue/ skin/organ
22.	<i>Lādhi'</i>	Irritant	An agent which causes burning and irritation in the organs
23.	<i>Māni'-i-Asarāt-i-Wabā'</i>	Antiepidemic	—
24.	<i>Māni'-i-Nawbat</i>		An agent which prevents the recurrence of the episodes of fever
25.	<i>Mu'addil</i>	Alterative	—
26.	<i>Mu'arriq</i>	Diaphoretic	The drugs which induce perspiration
27.	<i>Mubakhkhir /Munaffikh</i>	Flatulent	An agent that produces flatulence
28.	<i>Mubaththir</i>	Eruptive	An agent which causes eruptions on the surface of the body due to its irritant

			properties
29.	<i>Mubarrid</i>	Refrigerant	An agent which reduces the body temperature from normal limits
30.	<i>Mudammil</i>	Cicatrizant	The drugs which help in the process of wound healing and scar formation
31.	<i>Mudirr-i-Bawl</i>	Diuretic	An agent that increases the excretion of urine
32.	<i>Mudirr-i-Hayd</i>	Emmenagogue	A substance that stimulates or increases menstrual flow
33.	<i>Mudirr-i-Laban</i>	Galactogogue	An agent which enhances the output of milk
34.	<i>Mufarrih-i-Qalb</i>	Exhilarant	—
35.	<i>Mufattit-i-Haṣāḥ</i>	Lithotrictic	An agent that breaks down calculi
36.	<i>Mufattih-i-Sudad</i>	Deobstruent	An agent which dilates the blood vessels or dissolves thick / viscous matter to remove the obstruction
37.	<i>Mughalliz-i-Manī</i>	Inspissant to semen	An agent which increases the viscosity of the semen
38.	<i>Mugharriṭ</i>	Agglutinant	The mucilaginous drug which produces stickiness on the mouth of bleeding vessels after internal administration
39.	<i>Muhallil</i>	Resolvent	An agent which resolves thick and viscous humours
40.	<i>Muhallil-i-Waram</i>	Anti-inflammatory	—
41.	<i>Muḥammir</i>	Rubefacient	A substance for topical application that produces redness of the skin
42.	<i>Muharrīk</i>	Stimulant	—
43.	<i>Muḥarrik-i-Aṣāb</i>	Nerve Stimulant	An agent which stimulates the nerves
44.	<i>Muḥarrik-i-Bāḥ</i>	Sex stimulant	
45.	<i>Muḥarrik-i-Dimāgh</i>	Brain stimulants	An agent which enhances the function of brain
46.	<i>Muḥarrik-i-Kabid</i>	Liver stimulant	
47.	<i>Muḥarrik-i-Qalb</i>	Heart stimulant.	
48.	<i>Muḥarrik-i-Ruṭūbat Me'da</i>	Stimulant to Gastric Secretions	
49.	<i>Muhazzil</i>	—	Thinning specially due to loss of fat
50.	<i>Mujaffif</i>	Desiccant	An agent which constricts blood vessels
51.	<i>Mujammid</i>	Coagulant	The drugs that aid or produce coagulation and cause a liquid/blood to coagulate
52.	<i>Mukhaddir</i>	Anaesthetic	An agent which causes loss of sensation in the organ
53.	<i>Mukharrish</i>	Pruritic /Irritant	Itch Causing / An agent that causes irritation and inflammation at the site of contact
54.	<i>Mukhashshin</i>	Roughening agent	An agent which causes roughening of the skin surface
55.	<i>Mukhrij-i-Dīdān-i-Am'ā'</i>	Vermifuge	An agent which expels out the intestinal worms

56.	<i>Mukhrij-i-Lu'āb-i-Dahan</i>	Sialogogue	A drug that promotes the secretion of saliva
57.	<i>Mukhrij-i-Janīn wa Mashīma</i>	Abortifacient	An agent which expels out the foetus by virtue of contracting the uterine muscles
58.	<i>Mulaṭṭif</i>	Demulcent	An agent which liquefies thick and viscous matter
59.	<i>Mulayyin-i-Am'ā'</i>	Laxative	—
60.	<i>Mumallis</i>	Skin Lubricant	An agent which makes rough skin surface to smooth
61.	<i>Mumsik</i>	Retentive of semen	Retention of semen by making it thick
62.	<i>Munaffit</i>	Vesicant	An agent which produces blisters on the surface of the skin
63.	<i>Munaffith-i-Balgham</i>	Expectorant	—
64.	<i>Munaqqī-i-Dimāgh</i>	Brain cleanser	Elimination of morbid material from the brain
65.	<i>Munaqqī-i-Me'da</i>	—	Elimination of morbid material from the stomach
66.	<i>Munawwim</i>	Hypnotic	An agent which induces sleep
67.	<i>Munbit-i-Sha'r</i>	Hair grower	An agent which promotes the growth of hair
68.	<i>Mundij</i>	Concoctive	An agent which matures and prepares the morbid humours for evacuation from the body
69.	<i>Muqarriḥ</i>	Ulcerative	An agent which produces wounds and ulceration on surface of the skin and mucous membrane
70.	<i>Muqawwī /Muqawwī-i-'Ām</i>	General tonic	General Health Improving
71.	<i>Muqawwī-i A'dā'-i-Ra'īsa</i>	Tonic for vital organs	An agent which provides strength to the vital organs of the body
72.	<i>Muqawwī-i-Am'ā'</i>	—	Strength giving to Intestines (Intestinal tonic)
73.	<i>Muqawwī-i-A'sāb</i>	Nervine tonic	Nerve strengthening
74.	<i>Muqawwī-i-Bāh</i>	Aphrodisiac	—
75.	<i>Muqawwī-i-Başar</i>	—	Vision improving
76.	<i>Muqawwī-i-Dimāgh</i>	Brain tonic	An agent that strengthens the brain
77.	<i>Muqawwī-i-Kabid</i>	Liver tonic	An agent which tones up the liver and improves its function
78.	<i>Muqawwī-i-Kulya</i>	Renal tonic	An agent which strengthens the kidney and improves its function
79.	<i>Muqawwī-i-Mathāna</i>	Vesicular tonic	An agent which tones up the bladder and improves its function
80.	<i>Muqawwī-i- Me'da</i>	Stomachic	An agent which strengthens the stomach and improves its function
81.	<i>Muqawwī-i-Qalb</i>	Cardiac tonic	
82.	<i>Muqawwī-i-Rahīm</i>	Uterine tonic	
83.	<i>Muqawwī-i-Sha'r</i>	Hair tonic	

84.	<i>Muqī</i>	Emetic	
85.	<i>Muratṭib</i>	Humectant	Retaining or preserving moisture
86.	<i>Murkhī</i>	Relaxant	An agent which produces laxity in the skin
87.	<i>Muṣaffī-i-Dam</i> ( <i>Muṣaffī-i-Khūn</i> )	Blood purifier	An agent which eliminates the toxic matters, waste products and putrefied material from the blood through urine, stool and sweat
88.	<i>Musakhkhīn</i>	Calorific	An agent which, increases the metabolism of the body due to its hot temperament
89.	<i>Musakkīn</i>	Sedative	Soothing / Sedating
90.	<i>Musakkīn-i-Alam</i>	Analgesic	An agent which relieves the pain
91.	<i>Musakkīn-i-A ḫāb</i>	—	Nerve sedative
92.	<i>Musakkīn-i-Harārat</i>	Febrifuge	An agent which lowers the body temperature when it is above normal
93.	<i>Musakkīn-i-Su ‘āl</i>	Antitussive	
94.	<i>Musakkīn-i-Alam</i>	Analgesic	An agent which relieves the pain
95.	<i>Musammin-i-Badan</i>	Adipogenous	An agent which increases the formation of fatty tissue in the body
96.	<i>Musawwid-i-Sha ‘r</i>	—	To blacken hair
97.	<i>Mushtahī</i>	Appetizer	—
98.	<i>Mushil</i>	Purgative	—
99.	<i>Mushil-i-Akhlāt Thalātha</i>		An agent which causes evacuation of the three humours <i>Safrā’</i> (Yellow bile), <i>Sawdā’</i> (Black bile) and <i>Balgham</i> (Phlegm) through purgation
100.	<i>Mushil-i-Balgham</i>	Phlegmagogue	An agent which causes evacuation of <i>Balgham</i> (phlegm) through purgation
101.	<i>Mushil-i-Safrā’</i>	Cholagogue	An agent which causes evacuation of <i>Safrā’</i> (yellow bile) through purgation
102.	<i>Mushil-i-Sawdā’</i>	Melanogogue	An agent which causes evacuation of <i>Sawdā’</i> (black bile) through purgation
103.	<i>Musqīt-i-Janīn</i>	Abortifacient.	An agent which aids the termination of pregnancy
104.	<i>Muwallid-i-Dam</i>	Haematopoiesis	An agent which stimulates the production of blood
105.	<i>Muwallid-i-Laban</i>	Galactopoietic	An agent which promotes the secretion of milk
106.	<i>Muwallid-i Manī</i>	Spermatogenic	An agent which improves the production of semen
107.	<i>Muzliq</i>	Lubricant	An agent which provides lubrication in intestine
108.	<i>Qābid</i>	Constipative	—
109.	<i>Qāshir</i>	Sloughing agent	An agent which acts superficially on the surface of the skin and induces sloughing
110.	<i>Qāti‘-i-Bāh</i>	Anaphrodisiac	An agent which suppresses the libido
111.	<i>Qāti‘-i-Lahm Zā’id</i>	—	Proud flesh remover
112.	<i>Qātil-i-Dīdān-i-</i>	Vermicidal	The agent which kills the intestinal worms

	<i>Am‘ā'</i>		
113	<i>Qatil-i-Didan-i-Shikam</i>	Vermicidal	—
114	<i>Qātil-i-Jarathīm</i>	Germicidal, Bactericidal	—
115	<i>Rādi‘</i>	Repellent	An agent that diverts the matter from one part of the body/organ to another part
116	<i>Tiryāq-i-Sumūm</i> ( <i>Dāfi‘-i Sumūm</i> )	Antidote	It refers to any substance or drug that neutralizes a poison or counteracts its effects

## B. DISEASE-WISE

S.No.	UNANI TERM	MODERN EQUIVALENTS	EXPLANATORY
1.	<i>Anūrasmā</i>	Aneurysm	Enlargement of an artery caused by weakness in the arterial wall
2.	<i>Ātishak / Darma / Sā'ūr / Ābla Farang</i>	Syphilis	Sexually transmitted disease caused by Treponema pallidum
3.	<i>Ātishak Mawrūthī / Wabāl Warāthī / Khilqī Ātishak / Al-Afranjī al-Warāthī /</i>	Congenital syphilis	—
4.	<i>Bādushnām</i>	Rosacea	—
5.	<i>Bahaq Abyad</i>	Pityriasis alba	Slight white discolouration of the skin associated with fine scaling of the skin. (white scales)
6.	<i>Bahaq Aswad</i>	Pityriasis nigra	Blackish discoloration of the skin. (black scales)
7.	<i>Bakhr-al-Fam</i>	Halitosis	Foul-smelling breathe
8.	<i>Baraş</i>	Vitiligo/ Leucoderma	White discolouration of the skin mostly occurs on hands and feet
9.	<i>Bawl-fī'l-Farāsh</i>	Nocturnal enuresis / Bed wetting	Involuntary passing of urine during sleep mostly in children
10.	<i>Bawāsīr</i>	Hemorrhoids	Piles
11.	<i>Bawāsīr Dāmiya</i>	Bleeding piles	
12.	<i>Bawāsīr -al-Rahīm</i>	Uterine polyps	
13.	<i>Bawāsīr Ummiyā</i>	Non bleeding piles / Blind piles	
14.	<i>Bayād-al-Qarniyya</i>	Corneal opacity	White spot formation on the cornea. Loss of transparency of cornea due to scarring

15.	<i>Buhha-al-Sawt</i>	Hoarseness of voice	Abnormal voice changes
16.	<i>Buthūr Labaniyya</i>	Acne	Pimples
17.	<i>Butlān-al-Dhawq</i>	Aguesia	Complete loss of sense of taste
18.	<i>Dabba Atfāl/ Waram Ri'a-al-Atfāl</i>	Infantile Bronchopneumonia	Condition of breathlessness occurring in children.
19.	<i>Darba wa Saqṭa</i>	Trauma, faintness	
20.	<i>Dharab-o-Khilfa / Sangrahni</i>	Sprue	
21.	<i>Dā'-al-Fīl</i>	Elephantiasis/ Filariasis	Collection of fluid in the lymphatic channels due to their obstruction as a result of which the legs become swollen
22.	<i>Dā'-al-Tha'lab</i>	Alopecia areata	Baldness or loss of hair in the form of patches from scalp, beard and eyebrows
23.	<i>Dagħt-al-Dam Qawī</i>	Hypertension	Condition in which there is persistent high arterial blood pressure
24.	<i>Dagħt- al-Dam Qawī Awwalī /Dagħt -al-Dam Qawī Lāzimī/ Dagħt al-Dam Qawī Ibtidā'ī/ Dagħt al-Dam Qawī Aşlī</i>	Primary hypertension	
25.	<i>Dagħt -al-Dam Qawī Ri'wī</i>	Pulmonary Hypertension	The increased blood pressure within the pulmonary circulation
26.	<i>Dagħt-al-Dam Qawī Thānwī</i>	Secondary hypertension	
27.	<i>Dawālī</i>	Varicose veins	Swollen, twisted veins that lie just under the skin and usually occur in the legs
28.	<i>Dawālī-al-Şafan</i>	Varicocele	Enlargement of the veins within the scrotum
29.	<i>Dhakāwa-al-Hiss</i>	Hyperesthesia of brain	A condition of increased sensitivity of brain which leads to headache and epilepsy
30.	<i>Dhāt-al- 'Ard</i>	Mediastinal	Pain due to the inflammation of

		pleuritis	posterior part of mediastinal pleura
31.	<i>Dhāt-al-Janb</i>	Pleurisy	.....
32.	<i>Dhāt-al-Ri'a</i>	Pneumonia	Infection that inflames air sacs in one or both lungs, which may fill with fluid
33.	<i>Dhāt-al-Ri'a Faṣṣī</i>	Lobar Pneumonia	Pneumonia that affects a large and continuous area of the lobe of a lung or Acute inflammation of the entire lobe or lung
34.	<i>Dhāt-al-Ri'a Fuṣayṣī</i>	Lobular Pneumonia	Patchy foci of consolidation (pus in many alveoli and adjacent air passages) scattered in one or more lobes of one or both lungs
35.	<i>Dhāt-al-Ṣadr</i>	Mediastinal pleuritis	Pain due to the inflammation of anterior part of mediastinal pleura
36.	<i>Dhayābītus Ḥarr</i>	Diabetes Mellitus	A group of metabolic disorders characterized by a high blood sugar level
37.	<i>Dhayābītus Bārid</i>	Diabetes Insipidus	A disorder of salt and water metabolism marked by intense thirst and heavy urination.
38.	<i>Dīdān al-Am'ā'</i>	Worm Infestation	Intestinal worms
39.	<i>Diqq</i>	Tuberculosis	Infectious disease caused by <i>Mycobacterium tuberculosis</i>
40.	<i>Dīq- al-Nafas/ Dama</i>	Bronchial Asthma	Difficulty of the patient to breath because of the narrowing of air passages.
41.	<i>Dīq-al-Nafas Qalbī</i>	Cardiac Asthma	Shortness of breath due to congestion of arteries of lungs secondary to heart failure
42.	<i>Diqq-al-Ri'wī/ Tadarrun Ri'wī</i>	Pulmonary tuberculosis	Tuberculosis of the lungs
43.	<i>Dubayla / Khurāj Muzmin</i>	Cold abscess	
44.	<i>Dubayla-al-Kabid</i>	liver abscess	An abscess of liver resulting from its

			acute inflammation.
45.	<i>Du'f-al-Am'ā'</i>	.....	Weakness of intestines
46.	<i>Du'f-al-A 'ṣāb</i>	Neurasthenia	.....
47.	<i>Du'f-A 'ṣāb-i-Qadīb</i>	...	Weakness of the nerves of penis
48.	<i>Du'f-al-A 'dā'-al-Ra'iṣa</i>	....	Weakness of the principal organs like heart, brain and liver
49.	<i>Du'f-al-Badan</i>	General debility	Weakness of the body (general weakness)
50.	<i>Du'f-al-Bāḥ</i>	Anaphrodisia/ Sexual debility	Loss of libido
51.	<i>Du'f-al-Baṣar</i>	Diminished vision	Impairment of Vision
52.	<i>Du'f-al-Dimāgh</i>	Cerebral asthenia	Weakness of the brain
53.	<i>Du'f-al-Hadm</i>	Delayed digestion	A condition where food remains in the stomach for a longer time.
54.	<i>Du'f-al-Ishtihā'</i>	Anorexia	Poor appetite
55.	<i>Du'f-al-Kabid</i>	Hepatic insufficiency	...
56.	<i>Du'f-al-Kulya</i>	Renal debility	Weakness of the kidney
57.	<i>Du'f-al-Mathāna</i>	Vesicular debility	Weakness of the bladder
58.	<i>Du'f-al-Me'da</i>	Gastric debility	Weakness of the stomach
59.	<i>Du'f-al-Qalb</i>	Cardiac asthenia	Weakness of the heart
60.	<i>Du'f-al-Rahim</i>	Uterine debility	Atony of the uterus
61.	<i>Du'f-al-Tihāl</i>	Splenic insufficiency	
62.	<i>Dummal</i>	Furuncles, boil	A painful, pus-filled bump under the skin caused by infected, inflamed hair follicles.
63.	<i>Duwār</i>	Giddiness	
64.	<i>Fālij</i>	Hemiplegia	Muscle weakness or partial paralysis on one side of the body

65.	<i>Faqr-al-Dam</i>	Anaemia	Decrease in the total amount of red blood cells or hemoglobin in the blood.
66.	<i>Fasād- al-Dam</i>	Blood impurities	Chronic abnormality of blood which affects the nutrition of the skin and produces various changes
67.	<i>Fasād-al-Dhawq</i>	Dysgeusia	Impairment of the sense of taste.
68.	<i>Fasād-al-Hadm</i>	Dyspepsia	Incomplete digestion of food leading to the putrefaction of food in the stomach.
69.	<i>Fatq-Urbī-o-Rābī</i>	Indirect inguinal hernia	
70.	<i>Fatq Mustaqīm</i>	Direct inguinal hernia	
71.	<i>Fatq Surri</i>	Umbilical hernia	A condition in which the intestine protrudes through the abdominal muscles at the navel.
72.	<i>Fatq Fakhidhī</i>	Femoral hernia	
73.	<i>Fuwāq</i>	Hiccups	An involuntary upward movement of the muscles of stomach and diaphragm as a result of the injury and dryness of cardiac end of the stomach.
74.	<i>Gazīdgī-i- 'Aqrab</i>	Scorpion bite	
75.	<i>Ghāngharānā Yābisa</i>	Dry gangrene	
76.	<i>Ghāngharānā Ratba</i>	Wet gangrene	
77.	<i>Gharab</i>	Chronic Dacryocystitis	
78.	<i>Ghashī</i>	Syncope	Fainting
79.	<i>Ghathayān</i>	Nausea	
80.	<i>Hafr-al-Asnān-wa'l Qalah</i>	Dental plaque	A yellow crust or discolouration of teeth
81.	<i>Harq</i>	Burn	Burn injury with dry heat
82.	<i>Harārat-i-Qalb</i>		Warmth of the heart
83.	<i>Haṣāh-al-Kulya</i>	Nephrolithiasis	Renal calculus

84.	<i>Haṣāh-al-Mathāna</i>	Cystolithiasis/vesicular calculus	Calculi of urinary bladder
85.	<i>Haṣaf</i>	Miliaria rubra	Prickly eruptions due to closing of pores and caused by collection of acute humours under the skin.
86.	<i>Haṣba / Khasra</i>	Measles	
87.	<i>Hayda Wabā'ī</i>	Cholera	
88.	<i>Hawal</i>	Strabismus/ squint	Disorder in which the eyes don't look in exactly the same direction at the same time.
89.	<i>Hikka</i>	Pruritis	Itching of skin
90.	<i>Humayqa'/Bād Ābla</i>	Chicken Pox	
91.	<i>Hurqa-al-Me'da</i>	Hyperacidity	Burning sensation of the stomach
92.	<i>Hummā (Hummayāt)</i>	Pyrexia / Fever	
93.	<i>Hummā Ajāmiyya</i>	Malarial fever	
94.	<i>Hummā Diqqiyā</i>	Tubercular fever	
95.	<i>Hummā-al-Ghibb (Ṣafrāwiyya)</i>	Tertian fever	A type of fever that occurs due to the predominance of Ṣafrā' (yellow bile) in the body. It is of three types i.e. Ghibb Dā'ira, Ghibb Lāzima and Ghibb Muḥarriqa
96.	<i>Hummā Hādda</i>		Acute fever
97.	<i>Hummā Judariyya</i>	Small pox	
98.	<i>Hummā Mi'wiyya</i>	Enteric fever	
99.	<i>Hummā Muṭbiqa (Damwiyya)</i>	Continous fever	A type of fever that is sanguinous in nature and rises with the passage of time. It is of two types: Muṭbiqa Ghalayāniyya and Muṭbiqa 'Ufūniyya
100	<i>Hummā Muwāḍiba (Balghamiyya)</i>	Quotidian fever	A type of septic phlegmatic fever whose attacks occur on consecutive days
101	<i>Hummā-al-Rib'</i>	Quartan fever	Fever due to black bile in which

	( <i>Sawdāwī</i> )		subsequent attack occurs every four day
102	<i>Humma Wabā'iyya</i>	Epidemic fever	
103	<i>Humma 'Ufūniyya</i>	Septic fever	Fever due to putrefaction
104	<i>Humma Murakkaba</i>	Compound fever	Different kinds of fevers due to different causes
105	<i>Humma Muzmina</i>	Chronic fever	
106	<i>Hurqa-al-Me'da</i>	Hyperacidity	A severe type of burning sensation in the stomach
107	<i>Hurqa-al-Hashm</i>		Burning sensation in the eye
108	<i>Hurqa-al-Bawl</i>	Burning micturition	Burning sensation during voiding of urine
109	<i>Huzāl</i>	Emaciation or cachexia	Undernutrition
110	<i>Ihtibās-al-Bawl</i>	.....	Retention of urine
111	<i>Ihtibās-al-Tamth</i>	Amenorrhoea	The absence of monthly menstrual periods
112	<i>Ikhtināq-i-Rahim</i>	Hysteria	Exaggerated or uncontrollable emotion or excitement.
113	<i>Intithār-al-Sha'r</i>	Hair fall	
114	<i>Inzilāq-al-Rahim</i>	Prolapse of the uterus	
115	<i>'Irq-al-Nasā</i>	Sciatica	A type of pain which originates from the hip joints and runs along with the sciatic nerve.
116	<i>'Irq Madnī</i>	Dracunculiasis	Guinea-worm disease
117	<i>Ishāl</i>	Diarrhoea	loose stools
118	<i>Ishāl-al-Atfāl</i>	Infantile diarrhoea	Infants passing loose stools during their teething period.
119	<i>Ishāl-al-Dam</i>	Bloody diarrhoea	Passage of blood with loose stool
120	<i>Ishāl Diqqi</i>	Tubercular diarrhoea	

121	<i>Ishāl Muzmin</i>	Chronic diarrhoea	
122	<i>Ishāl-Kabidī-Šafrāwī</i>	Bilious diarrhoea	Passing of bilious loose stools due to hot impaired temperament of liver.
123	<i>Isqāṭ</i>	Abortion	Expulsion of foetus before the viability period.
124	<i>Isqāṭ ‘Ādī</i>	Habitual abortion	Three or more consecutive pregnancy losses before 20 weeks of gestation
125	<i>Istihāda</i>	Metrorrhagia	Bleeding from the uterus that occurs in between periods
126	<i>Istirkhā’</i>	Atony/flaccidity	A condition where muscles of an organ or the whole body become flaccid
127	<i>Istirkhā’-al-Jafn</i>	Ptosis	Drooping of upper eyelids
128	<i>Istirkhā’-al-Qadīb</i>	Penile flaccidity	
129	<i>Istirkhā’-al-Rahīm</i>	Uterine inertia	Atony of the uterus
130	<i>Istisqa’</i>	Oedema	Collection of fluid in the organs and their cavities
131	<i>Istisqā’ Lahmī</i>	Cachexic oedema/anasarca	A type of swelling of the body due to cachexia.
132	<i>Istisqā’ Tablī</i>	Ascites succatus	Collection of condensed gases or mixed fluid in the abdominal cavity.
133	<i>Istisqā’ Ziqqī</i>	Ascites	Collection of fluid in the peritoneal cavity.
134	<i>Ittisā’-al-Shu‘ab</i>	Bronchiectasis	Abnormal permanent dilatation of the bronchi marked by foetid breath and paroxysmal coughing with muco purulent discharge.
135	<i>I'yā’</i>	Fatigue	
136	<i>Inkhifād</i>	Depression	
137	<i>'Izam-al-Kabid</i>	Hepatomegaly	A condition in which the size of liver increases without inflammation
138	<i>'Izam-al-Tihāl</i>	Splenomegaly	Enlargement of spleen
139	<i>Jahar/ Rozkorī</i>	Day blindness/ Hemeralopia	A disease in which patient cannot see properly in day light
140	<i>Jarab</i>	Scabies	Contagious, intensely itchy skin condition caused by Dūd-i-Jarab (animalcule)

141	<i>Jarab-al-Ajfān</i>	Trachoma	
142	<i>Jarayān Manī</i>	Spermatorrhoea	
143	<i>Jū'-al-Baqar/ Būlīmūs</i>	Bulimia	A condition in which requirement of food in the body increases but the stomach has no affinity towards food
144	<i>Judhām</i>	Leprosy	Chronic infectious disease caused by <i>Mycobacterium leprae</i>
145	<i>Juhūz al- 'Ayn</i>	Exophthalmos	A condition where the eyeball protrudes from the eye socket
146	<i>Kalaf</i>	Melasma/cholasma	Bluish, black or red spots united to form a patch on the face
147	<i>Kathrat-al-Bawl</i>	Polyuria	Frequent passage of large volumes of urine
148	<i>Kathrat-al-Iḥtilām</i>	Excessive nocturnal emission	
149	<i>Kathrat-al-Laban</i>	Galactorrhoea	Excessive lactation
150	<i>Kathrat-al-Lu 'āb</i>	Ptyalism	Involuntary secretion of saliva during sleep.
151	<i>Kathrat-i-Hayd</i>	Menorrhagia	Increased menstrual bleeding which includes increase in amount of bleeding, prolonged duration of bleeding.
152	<i>Kasr-al- Iẓām</i>	Fracture	
153	<i>Khadar</i>	Numbness	Complete/partial loss of sensation
154	<i>Khafaqān</i>	Palpitation	
155	<i>Khanāzīr</i>	Scrofula (cervical-adenitis)	
156	<i>Khunāq</i>	Diphtheria	
157	<i>Khurāj</i>	Abscess	Collection of pus that has built up within the tissue of the body
158	<i>Khurūj-al-Maq 'ad</i>	Rectal prolapse	In this condition, the rectum or a part of rectum protrudes through the anus due to paresis of sphincter muscles and inflammation of the rectal muscles.
159	<i>Khushūna-al-Halaq</i>	Sore throat	Irritation of throat

160	<i>Khushūna-al-Jild</i>		Dryness of skin
161	<i>Kuzāz</i>	Tetanus	A serious bacterial infection that causes painful muscle spasms and can lead to death.
162	<i>Kuzāz Sibyānī</i>	Tetanus neonatarum	Tetanus that occurs in new born due to the wound of umbilical cord.
163	<i>Lahm Zā'id</i>	Hypergranulation	Proud flesh
164	<i>Laqwa</i>	Bell's palsy /Facial palsy	A condition that causes a temporary weakness or paralysis of the muscles in the face.
165	<i>Litha Dāmiya</i>	Haemorrhagic gingivitis	Bleeding gums
166	<i>Mā' Akhḍar</i>	Glaucoma	
167	<i>Mā' - al-Ra's</i>	Hydrocephalus	Accumulation of fluid in the cavities (ventricles) deep within the brain.
168	<i>Maghs</i>	Tenesmus (cramps)	Gripping pain of intestines which usually occurs in small intestine.
169	<i>Mālankhūliyā</i>	Melancholia	Derangement of imagination and thinking caused by the accumulation of Muhtariq Sawda.
170	<i>Mālankhūliyā Marāqī / 'Illat Nāfikha</i>	Psychoneurosis	
171	<i>Māniyā/ Junūn Saba'i</i>	Psychosis/mania	A severe form of agitated behaviour.
172	<i>Māsharā</i>	Erysipelas	An acute disease caused by a bacterial infection, characterized by large raised red patches on the skin.
173	<i>Nafkh-al-Me'da</i>	Flatulence	Distension of abdomen due to the accumulation of Rih (gases) in it.
174	<i>Nafth-al-Dam</i>	Haemoptysis	Blood coming from the respiratory tract
175	<i>Namla /Sā'iya</i>	Herpes	
176	<i>Namla Mintaqiyya</i>	Herpes zoster	Eruptions appear on the line of distribution of nerves which changes into transparent papules and causes

			severe burning and itching
177	<i>Namla Sādhija</i>	Herpes simplex	Cold sore
178	<i>Naqāhat</i>	Weakness/ Debility	Weakness due to any disease or lack of nourishment
179	<i>Namla Khitāniyya</i>	Herpes genitalis	
180	<i>Nār Fārstī</i>	Eczema	
181	<i>Nāṣūr</i>	Fistula	
182	<i>Nawāṣīr or Nawāṣīr Ghayr Nāfidha</i>	Sinus	Deep and severe ulcers of rectum as a result of boils of rectum which have got only one opening externally on the rectum and create a blind track
183	<i>Nawāṣīr Nāfidha</i>	Fistula in ano	Deep and severe ulcers of rectum as a result of boils of rectum which have got two openings i.e. external and internal in the rectum
184	<i>Nazf-al-Dam</i>	Haemorrhage /Bleeding	Escape of blood from blood vessels
185	<i>Nazla-o-Zukām</i>	Coryza and Catarrh	Flow of catarrhal fluids from the brain towards nose and throat
186	<i>Nazla Hādd</i>	Acute catarrh	
187	<i>Nazla Muzmin</i>	Chronic catarrh	
188	<i>Nazla Wabā'iyya</i>	Influenza	
189	<i>Niqrīs</i>	Gout	A specific type of arthritis and pain that occurs in foot especially in great toe.
190	<i>Nisyān</i>	Amnesia	State of memory loss
191	<i>Nuzūl-al-Mā'</i>	Cataract	Opacity of lens of the eye.
192	<i>Qūbā</i>	Ringworm/ Dermatophytosis.	A highly contagious fungal infection of the skin or scalp.
193	<i>Qabd/Huṣr/Iḥtibās al-Baṭn</i>	Constipation	
194	<i>Qabd Atfāl</i>	Infantile constipation	
195	<i>Qabd Muzmin / Huṣr Mu'tād</i>	Chronic constipation	
196	<i>Qarw Mā'ī</i>	Hydrocele	Accumulation of fluid in the scrotal sac

197	<i>Qay'</i>	Vomiting	Reflex action of stomach to get rid of contents of stomach and adjoining organs through mouth.
198	<i>Qay'-al-Dam</i>	Haematemesis	Vomiting of blood from the stomach or oesophagus.
199	<i>Qillat-al-Bawl</i>	Oliguria	Urine output below normal
200	<i>Qillat-al-Manī</i>	Oligospermia	Low semen volume
201	<i>Qūlanj</i>	Colic	Intestinal colic/A type of severe pain of colon
202	<i>Qūlanj Suddī</i>	Obstructive colic	Colic due to obstruction
203	<i>Qulā'</i>	Aphthous ulcers	Stomatitis/oral thrush
204	<i>Qurūh</i>	Ulcers	
205	<i>Qurūh-al-Anf</i>	Nasal ulcers	
206	<i>Qurūh-al-'Ayn</i>	Ulcers of the eye	
207	<i>Qurūh-i-Ihlīl</i>	Ulcers of urethra	
208	<i>Qurūh-i-Ithnā 'Asharī</i>	Duodenal ulcers	
209	<i>Qurūh-al-Kulya</i>	Renal ulcers	
210	<i>Qurūh-al-Litha</i>	Gingival ulcers	Ulcers in the gum
211	<i>Qurūh-al-Mathāna</i>	Vesicular ulcers	Ulcers of bladder
212	<i>Qarha-al-Me'da</i>	Gastric ulcers	Ulcers of stomach
213	<i>Qurūh-al-Maq'ad</i>	Anal ulcers	Ulcers of the anal canal
214	<i>Qurūh Muta'affina</i>	Septic ulcers	Ulcers due to putrefaction
215	<i>Qurūh Muzmina</i>	Chronic ulcers	
216	<i>Ramad</i>	Conjunctivitis	Inflammation of conjunctiva of eye.
217	<i>Ra'sha</i>	Tremors	Trembling of the organs of the body due to the weakness or defect in motor system.
218	<i>Ru'āf</i>	Epistaxis	Bleeding from nose
219	<i>Sabal</i>	Vascular keratitis	Inflammation of the cornea

220	<i>Sadr</i>	Vertigo	
221	<i>Sahj-al-Am ‘ā’</i>	Intestinal abrasion	
222	<i>Sahr</i>	Insomnia	
223	<i>Sayalān-al-Rahīm</i>	Leucorrhoea	A whitish or yellowish discharge of mucus from the vagina.
224	<i>Sala‘</i>	Baldness	Falling of hair from the anterior portion of the scalp.
225	<i>Sal‘āt</i>	Tumours	
226	<i>Şalāba-al-‘Adalāt</i>	Muscular rigidity/stiffness	
227	<i>Şalābat-al-Kabid</i>	Hepatic fibrosis	
228	<i>Tahajjur-wa-Şalābat-al-Mafāşil</i>	----	Joint stiffness
229	<i>Şalābat-al-Me‘da</i>	.....	Induration of stomach
230	<i>Salas-al-Bawl</i>	urinary incontinence	Involuntary passing of urine
231	<i>Salq</i>	Scald	Burn caused by hot liquid or steam.
232	<i>Samam/Lādī</i>	Congenital deafness	An anomaly where patient has no external ear opening
233	<i>Siman Mufrit</i>	Obesity	A disorder involving excessive body fat caused by leading sedentary life, intake of fatty diets
234	<i>Sar‘</i>	Epilepsy	Neurological disorder in which brain activity becomes abnormal, causing seizures or periods of unusual behaviour, sensations, and sometimes loss of awareness
235	<i>Sarsām</i>	Meningitis	Inflammation of meninges of brain
236	<i>Sarsām Balghamī/Lītharghus</i>	Phlegmatic meningitis	The inflammation of meninges of brain due to predominance of Balgham (phlegm)
237	<i>Sarsām Şafrāwī/Farānīṭus Khāliṣ</i>	Bilious meningitis	The inflammation of meninges of brain due to predominance of Şafrā’ (yellow bile)
238	<i>Sarsām Damwī/Farānīṭus</i>	Acute meningitis	The inflammation of meninges of brain due to predominance of Dam (blood)

239	<i>Sarsām Sawdāwī</i>	Melancholic meningitis	The inflammation of meninges of brain due to predominance of Sawdā' (black bile)
240	<i>Saratān</i>	Cancer	
241	<i>Saratān-al-Rahim</i>	Uterine carcinoma	
242	<i>Shab Chirāgh/ Jamra</i>	Carbuncle	
243	<i>Shabkori/’Ishā’</i>	Night blindness/ Nyctalopia	A disease in which patient cannot see properly in dim light and at night
244	<i>Sha ’īra</i>	Stye , hordeolum	Inflammation of the root of eye lashes associated with a small collection of pus
245	<i>Shahīqa</i>	Pertussis/ Whooping cough	An infectious respiratory disease especially of children caused by a bacterium ( <i>Bordetella pertussis</i> )
246	<i>Shaqīqa</i>	Hemicrania/ migraine	A type of severe headache which involves one half of head whether it is right or left accompanied with nausea and vomiting
247	<i>Sharā</i>	Urticaria	A skin rash triggered by a reaction to food, medicine or other irritants
248	<i>Shuqāq-al-Maq ’ad</i>	Anal fissure	Fissure of the anus
249	<i>Sill</i>	Phthisis	Ulceration of lungs always accompanied with tuberculosis of lungs
250	<i>Sozāk/ Hurqa/’Uqūba</i>	Gonorrhoea	
251	<i>Su ’āl -o-Surfa</i>	Cough	reflex action of the body to get rid of some irritative substance from the respiratory air passage
252	<i>Su ’āl Balghamī / Surfa Rutūbiyya</i>	Productive cough	.....
253	<i>Su ’āl Muzmin</i>	Chronic cough	.....
254	<i>Su ’āl Yābis / Surfa Yubsiyya</i>	Dry cough	.....
255	<i>Sudā‘</i>	Cephalalgia	Headache
256	<i>Sudā‘ Muzmin</i>	Chronic headache	.....
257	<i>Sudā‘ Rīhī</i>	....	Headache due to accumulation of gases in the brain
258	<i>Sudad-al-Kabid</i>	Intrahepatic obstruction	

259	<i>Sudad -al- 'Urūq</i>	Thrombosis/ embolism	Occlusion in the vessel
260	<i>Sulāq/ Bāmnī</i>	Blepharitis	Inflammation of the eyelids
261	<i>Sur'at-al-Inzāl</i>	Premature ejaculation	
262	<i>Sur'at-al-Qalb</i>	Tachycardia	A rapid heartbeat that may be regular or irregular
263	<i>Sū'-al-Qinya</i>	Anaemia due to liver disorder	
264	<i>Ta'akkul-al-Asnān</i>	Dental caries	Decaying of teeth
265	<i>Taharruk-al-Asnān</i>		Loosening of teeth
266	<i>Tap Muḥarriqa</i>	High grade fever	Fever due to high temperature
267	<i>Taqṭīr-al-Bawl</i>	Strangury	Dribbling of urine
268	<i>Tarash</i>	Impaired hearing	Diminished power of hearing
269	<i>Tasmīm</i>	Poisoning	
270	<i>Tashannuj</i>	Cramp/Convulsion/ spasm	A condition in which muscles contract towards their origin. It is a state of muscular spasm
271	<i>Tashannuj Ri'wī</i>	Pulmonary spasm	
272	<i>Tā'ūn</i>	Plague	
273	<i>Tha'ālīl</i>	Warts	A small, hard, benign growth on the skin, caused by a virus
274	<i>Tukhma</i>	Indigestion	Undigested foods get transformed into decomposed state
275	<i>Umm-al-Šibyān/ Sar'-al-Atfāl</i>	Infantile epilepsy	Epilepsy that occurs in children
276	<i>'Uqr</i>	Sterility	Inability of women to conceive
277	<i>'Usr -al-Bawl</i>	Dysuria	Pain or discomfort in passing urine
278	<i>'Usr -al-Tanaffus</i>	Dyspnoea/breathlessness	Difficulty in respiration
279	<i>'Usr -al-Wilādat</i>	Dystocia	Obstructed Labour / Difficult labour
280	<i>'Utās</i>	Sneezing	
281	<i>'Utāsh Mufriṭ</i>	Polydipsia	Excessive thirst
282	<i>Waja '-al-A 'sāb</i>	Neuralgia	Pain in nerve
283	<i>Waja '-al-Asnān</i>	Odontalgia	Toothache
284	<i>Waja '-al- 'Adalāt</i>	Myalgia	Muscular pain

285	<i>Waja ‘-al- Fu’ād</i>	Epigastric pain	Pain of the cardiac end of stomach
286	<i>Waja ‘-al-Kabid</i>	Hepatalgia	Pain of liver which is caused by the intemperament and gaseous distension of membrane covering the liver
287	<i>Waja ‘-al-Khāṣira</i>	Lowbackache	
288	<i>Waja ‘-al-Kulya</i>	Nephralgia	Pain in the kidney
289	<i>Waja ‘-al-Mafāṣil / Hudār</i>	Arthritis	Inflammation of one or more joints, causing pain and stiffness
290	<i>Waja ‘-al-Mathāna</i>	Cystalgia	Pain in the bladder
291	<i>Waja ‘-al-Me’da</i>	Gastralgia	Pain of the stomach.
292	<i>Waja ‘-al-Qalb (Dhabha Ṣadriyya)</i>	Angina pectoris	Pain of heart caused by trauma, impaired temperament of heart, inflammation and predominance of fluids over heart
293	<i>Waja ‘-al-Udhun</i>	Otalgia	Ear ache
294	<i>Waja ‘-al-Warik</i>		Pain of hip joint
295	<i>Waja ‘-al-Zahr</i>	Backache	
296	<i>Waja ‘-al-Raḥīm</i>	Metralgia	Uterine pain
297	<i>Waram</i>	Inflammation	Swelling
298	<i>Waram-Asl-al-Udhun / Waram-i-Ghudda-i-Nakaf</i>	Parotitis/mumps	A viral infection that primarily affects the salivary glands
299	<i>Waram-al-Aḥshā’</i>	Visceritis	Inflammation of viscera
300	<i>Waram-al-Am‘ā’</i>	Enteritis	Inflammation of the small intestine.
301	<i>Waram-al-A ‘sāb</i>	Neuritis	Inflammation of nerves
302	<i>Waram-al-Ghudad</i>	Lymphadenitis	Enlargement of one or more lymph nodes
303	<i>Waram-i-Halaq</i>	Pharyngitis	Inflammation of pharynx
304	<i>Waram-al-Hanjara</i>	Laryngitis	Inflammation of larynx
305	<i>Waram-al-Kabid</i>	Hepatitis	Inflammation of the liver
306	<i>Waram-al-Khuṣyatayn/ Unthayayn</i>	Orchitis	Inflammation of the testes

307	<i>Waram-al-Kulya</i>	Nephritis	Inflammation of kidneys
308	<i>Waram-al-Lawzatayn</i>	Tonsillitis	Inflammation of tonsils
309	<i>Waram-al-Litha</i>	Gingivitis	Inflammation of gums
310	<i>Waram-al-Mathāna</i>	Cystitis	Inflammation of the urinary bladder
311	<i>Waram-al-Me‘da</i>	Acute Gastritis	Inflammation of gastric mucosa
312	<i>Waram-al-Marāra</i>	Cholecystitis	Inflammation of the gall bladder
313	<i>Waram-al-Thadī</i>	Mastitis	Inflammation of breast
314	<i>Waram-al-Qalb</i>	Carditis	Inflammation of heart
315	<i>Waram-al-Rahīm</i>	Metritis	Inflammation of the wall of the uterus
316	<i>Waram-o-Şalāba-al-Tihāl</i>	Chronic splenitis	Inflammation and consolidation of spleen
317	<i>Waram-al-Zā‘ida A‘war/ Waram-al-Zā‘ida Dūdiyya</i>	Appendicitis	Inflammation of the appendix
318	<i>Waswās</i>	Obsession	....
319	<i>Waqr</i>	Deafness	Complete loss of hearing
320	<i>Yaraqān Asfar</i>	Jaundice	Yellow discoloration of eyes and skin due to the accumulation of uninfected yellow bile towards skin
321	<i>Yaraqān Aswad</i>		Blackish discoloration of the skin which is due to the impaired function of spleen
322	<i>Yaraqān Suddī</i>	Obstructive jaundice	.....
323	<i>Yubūsat-i-Dimāgh</i>	.....	Dryness of the brain
324	<i>Zafara</i>	Pterygium	
325	<i>Zahīr</i>	Dysentery	Frequent passage of stools with or without blood associated with tenesmus and spasm of the intestine
326	<i>Zahīr Muzmin</i>	Chronic dysentery	

# **GENERAL METHODS OF PREPARATION**

## **A. PROCESS**

1. ‘Amal-i-Iqlā’
2. Daqq-Wa-Sahq
3. İhraq-i-Adwiya
4. Ghasl-i-Adwiya
5. Nīm-Kob-karnā
6. Tadbīr-i-Adwiya
7. Tahmīş -o-Biryān-i-Adwiya
8. Tarwiq-i-Adwiya
9. Taşfiya-i-Adwiya
10. Taşvīl-i-Adwiya

## **B. PREPARATION**

1. Ḥubūb-wa-Aqraş
2. Marham, Qayrūtī and Dīmād
3. Qiwām

## A. PROCESS

### 1. ‘AMAL-I-IQLĀ’ (LIXIVIATION)

It is a process to obtain organic salt (*Namak/Khār*) from plants, namely *Chirchāṭa* (*Achyranthes aspera*), *Turb* (*Raphanus sativus*), *Jao* (*Hordeum vulgare*) etc. Cut the drug into small pieces and dry completely. Burn the drug to ashes. Allow the ash to cool down to room temperature and collect the ash, add water and mix well. Allow the mixture to settle down and decant the supernatant layers through a piece of clean cotton cloth. Repeat the process of straining 2 to 3 times till a clear liquid is obtained. Heat the liquid over a moderate fire till the water evaporates completely, leaving a solid white substance at the bottom. The substance (*Namak*) is collected and placed in an air-tight container.

### 2. DAQQ-WA-SAHQ (POUNDING AND GRINDING):

In the preparation of many formulations single drugs are used in the form of coarse or fine powder. The process of powdering by pounding or grinding is called *Daqq-wa-Sahq* (*Kūtnā-aur-Pīsnā*).

Drugs are generally powdered in a mortar and pestle, made of stone, iron, wood, porcelain or glass. Sometimes, they are pounded only in an iron or stone mortar. In large scale manufacture of drugs, pulverizing machines are now used.

#### (i) Powdering of hard drugs

Tough, hard and fibrous drugs are first dried in shade, sun or over low fire to evaporate their moisture contents and pounded in an iron mortar. Initially, gentle pounding is employed to avoid drug pieces being scattered outside the mortar. When the drugs are initially broken into small pieces by gentle pounding vigorous pounding is then employed till they are finally powdered. The powder is sieved through sieves of the prescribed meshes. The coarse particles left in the sieves are again pounded and re-sieved. The remaining pieces of drugs which can no longer be pounded are ground on a *sil-batta* with a little water to form a fine paste which is then dried and ground to powder form in a porcelain or glass mortar.

#### (ii) Powdering of Nuts and Dry Fruit

Kernels of Nuts and dry fruit are ground only on a *Sil-batta* or in a *Kharal*. The powder of these drugs is not sieved.

### **(iii) Powdering of Precious Stones Minerals**

Precious stones and minerals are first grounds in an iron mortar or *Kharal* of hard stone and then sieved through sieves of 100 Mesh. The sieved powder is put in the same mortar or *Kharal* and ground with '*Arq-i-Gulāb*' for three hours till the '*Arq*' is completely absorbed. The powder is then tested between the fingers for its fineness. If coarseness is still felt, more '*Arq-i-Gulāb*' is added and 253 ground till the coarseness disappears. The fine powder is then sieved through a piece of fine Muslin Cloth.

### **(iv) Powdering of Mushk, 'Ambar etc.**

Drugs like *Mushk*, '*Ambar*, *JundBedaster*, etc, are ground either dried or with a suitable '*Arq* or *Roghan* and then used Q.S. in the respective formula.

### **(v) Powdering of Za'frān, Kāfūr, etc.**

Drugs like *Za'frān* and *Kāfūr* are ground only in a dry mortar (*Kharal*), with slow and light movement of the pestle to avoid sticking of the drug with the mortar. It is also ground with a few drops of *Sharbat Angūrī*. Lastly, these drugs are added to the other drugs and mixed well in a mortar.

### **(vi) Powdering of Toxic Drugs.**

Poisonous or Toxic drugs are first purified or detoxified (*Mudabbar*) and then ground to fine powder. *Kuchlā* (nux-vomica), besides being toxic (poisonous), is also very hard and difficult to powder. It is therefore, ground immediately when it is soft. In case it gets hard on drying, it is powdered by frying in *Roghan Zard* or any other suitable oil by which the drug is crisped.

### **(vii) Powdering of Ābresham**

Silk cocoons (*Ābresham*) are cut into small pieces and roasted in an iron pan over low fire, care being taken to ensure that they are not burnt. It is then ground in a mortar and pasted to fine powder form.

### **(viii) Powdering of moist and resinous drugs**

Drugs like *Afyūn*, *Ushuq*, *Muqil*, *Anārdāna*, *Nārjīl Daryā* etc, are first dried over a low fire to evaporate the moisture content, care being taken to ensure that they are not burnt. They are then powdered.

#### **(ix) Powdering of Khurmā Khushk**

In case of *Khurmā Khushk* (dry dates) the seeds are first removed and then dried over a low fire in a frying pan before powdering. In some formulations, *Khurmā Khushk* is soaked in the prescribed liquids. In such cases they are ground on *Sil-batta*, with a little water to form a fine paste and then mixed with other drugs coming in the respective formula.

#### **(x) Powdering of Maṣṭagī**

*Maṣṭagī* is powdered in a porcelain mortar by slow and light motion. It is also dissolved in any oil over a low fire and added to the other drugs in the formula.

#### **(xi) Powdering of Abrak**

The layer of *Abrak* is first separated by pounding in an iron mortar. The small pieces of *Abrak* are kept in a bag of thick cloth along with small pebbles, Cowrie shell, Date seeds or Dhan (paddy) and tied. The bag is then dipped in hot water and rubbed vigorously with both hands. Small particles of *Abrak* are then squeezed out of the bag. The process of dipping the bag in hot water and rubbing is repeated till all the particles of *Abrak* are squeezed out of the bag. The particles of *Abrak* are allowed to settle down at the bottom of the vessels and the water is decanted. The *Abrak* particles are removed and then allowed to dry. The dry particles are called *Abrak Mahlūb*.

#### **(xii) Powdering of Tukhm-i-Imlī**

*Tukhm-i-Imlī* is soaked in water for four or five days. The brownish outer covering (testa) of the seeds is removed and the seeds are ground to powder. The outer covering can also be removed by roasting the seeds.

#### **(xiii) Method of Preparation of Kajlī**

*Sīmāb (Pāra) Muṣaffā* (purified Mercury) and *Gandhak* (sulphur) are mixed together and crushed and ground in a mortar till the whole mixture is converted into fine, black powder, resembling the *Kājal* (cone). This black fine powder is now called *Kajali\**. The prescriptions wherein *Pāra* (Mercury) and *Gandhak* (Sulphur) are used together, the *Kajlī* is made first which is then mixed with the powder of the other drugs. \**Bayād-i-Kabīr*, Part III, pp.137.

#### **(xiv) Powdering of Sang-i-Surma**

*Sang-i-Surma* is grounded in a mortar and pestle (*Kharal*). The process of powdering is continued till the shine of the particles disappears and the powder is tested between the fingers for its fineness. If it is still coarse then the process is repeated till the highest degree of fineness for which it is sieved through piece of silk cloth to obtain the finest quality of *Surma*.

### **3. IHRĀQ-I-ADWIYA (BURNING):**

*Ihrāq* is the process by which drugs are burnt to the charring stage but not reduced to ash. Drugs which undergo this process are suffixed with the term '*Muḥarraq*' or '*Sokhta*', for example, *Saraṭān Muḥarraq*, *Busud Sokhta*, '*Aqrab Sokhta* etc. This process is undertaken to evaporate all the moisture content and to make the drug completely dry as indicated in respective formula. These are described below. 255

#### **(i) Busud Sokhta**

*Busud* is broken down into small pieces and kept between a pair of shallow earthen discs. The edges of the discs are sealed with layers of cloth and bonded with *Gil-i-Multānī*. The discs are heated in fire of cow dung cakes or charcoal for a specific period. Afterwards, discs are removed, allowed to cool and opened. This way the drug inside the discs gets charred.

#### **(ii) Saraṭān Sokhta or Saraṭān Muḥarraq**

Fully grown crabs (*Saraṭān*), after removing their appendages and viscera, are washed thoroughly with saline water. They are then kept in an earthen pot and sealed with clay and dried. Then they are subjected to required heat over a low fire till charred.

#### **(iii) ‘Aqrab Sokhta**

‘*Aqrab* (scorpion) after removing the poisonous sac and the appendages are kept in an earthen pot and sealed with clay. The pot is then kept in fire of cow dung cakes for a specified period. Thereafter, the pot is removed and allowed to cool. The charred scorpions are removed by breaking the pot.

### **4. GHUSL-I-ADWIYA (PURIFICATION OF DRUGS)**

In order to bring about moderation in the properties and action the drugs of plant, animal and mineral origin are washed with special method. This special method of washing is called *Ghusl-i-Adwiya*. The drugs which undergo this process are suffixed with the terms *Maghsūl*

(washed) in the respective formulae. A few of the drugs which are processed by this method are described below.

**(i) Āhak (*Chūnā*)**

Āhak (edible lime) is soaked in a large quantity of water, stirred well and allowed to settle down at the bottom. After settling down of the particles of *Chūnā* the supernatant water is decanted. Fresh water is again added to the sediment and stirred well. The process of addition of water to fine particles of *Chūnā* and decantation is repeated 7 to 8 times and the particles of the *Chūnā* are collected in the end. The product thus obtained is called *Chūnā Maghsūl* or *Āhak Maghsūl*.

**(ii) Hajariyāt**

Precious stones like *Shādnaj* ‘*Adasī*, *Lājward* etc. are used after they are purified. The stones are ground to fine powder, sufficient quantity of water is then added to the powder, stirred and allowed to settle down. The finer particles of the stone still suspended in the water will come out when decanted. The coarse particles will settle down at the bottom. These coarse particles are removed and 256 ground till all the particles pass through the process of decantation. The decanted water is left undisturbed so that the finest particles are settled down in the bottom, water is removed and the particles when dried are finely powdered.

The drugs treated by the above method are suffixed “*Maghsūl*” viz., *Shādnaj* ‘*Adasī Maghsūl*, *Sang-i-Surma Maghsūl* and *Lājward Maghsūl*.

**(iii) Roghan Zard or Ghī (clarified butter)**

Ghī is taken in a tin-coated metallic plate or *Kasna* (a metallic alloy) plate and water is poured over it. The Ghee is then rubbed with the hands for five minutes and the watery part is decanted. This process is repeated many times as indicated in the particular formula to obtain the *Roghan Zard Maghsūl*.

**(iv) Luk**

First of all, the visible impurities are removed from *Luk*. 30 gm of *Luk* is finely powdered and ground in the decoction prepared by 15 gm each of *Rewand Chīnī* and *Izkhir Makkī*. The mixture is sieved through a piece of clean fine cloth and when the fine particles of *Luk* settle down, it is then decanted and the fine particles of *Luk* are washed with water and dried to obtain the *Luk Maghsūl*.

## **5. NĪM KOB KARNA (BRUISING)**

*Nīm Kob Karna* is the process by which hard and fibrous drugs (roots, stems, seeds, etc.,) are crushed to small pieces in an iron mortar and softened in order to obtain the maximum efficacy, when used in the preparation made by the process of decoction or infusions. The word "*Nīm Kofta*" is suffixed to the name of the drug in the formula which undergoes this process.

## **6. TADBĪR-I-ADWIYA (DETOXIFICATION OF DRUGS)**

Some of the plant, animal and mineral origin drugs are naturally toxic in their properties and actions. Therefore, these drugs before making the medicines are detoxified or purified in order to enhance their therapeutic action and reduce their toxicity. The process of detoxification or purification of the drugs is called *Tadbīr-i-Adwiya* and the drugs which undergo this process are suffixed with the term "*Muṣaffā*" or "*Mudabbar*". Different processes of detoxification and purification are employed for different drugs. Details of these processes for a few important drugs are described below.

### **(i) Afyūn and Rasawt**

*Afyūn* or *Rasawt* is cut into small pieces and soaked in '*Arq-i-Gulāb*' for 24 hours. It is then stirred well and sieved through a clean piece of fine cloth into a big cylindrical glass jar and the sediments are allowed to settle down. The supernatant liquid is then decanted into another vessel without disturbing the sediment and boiled till it becomes a thick mass. The purified *Afyūn* or *Rasawt* is called *Afyūn Muṣaffā* or *Rasawt Muṣaffā*.

### **(ii) Anzarūt**

*Anzarūt* powder is mixed with mother's milk or donkey's milk to form a paste. The paste is smeared over a piece of *Jhāo* wood (Tamarix wood) and dried directly over a charcoal fire.

### **(iii) Bhilāwān (Balādur)**

After removing the cap (thalamus) of the *Bhilāwān* fruit, the juicy contents ('*Asal-i-Bhilāwān*') are squeezed out completely with the help of a red hot tongs. Thereafter, *Bhilāwān* fruit are boiled in fresh water at least for three times. Lastly, the fruit are boiled in milk, washed with water and dried. Precaution must be taken not to touch the juice with hands as the juice is toxic.

**(iv) Habb-al-Salātīn (Jamālgotā)**

25 gm. of the Kernel of *Jamālgotā* is tied in a cloth bag and boiled in one litre of cow's milk for sufficient time till the milk becomes dense. When cooled, the kernel are taken out from the bag and the embryo part (pitta) of the seeds is removed to obtain *Jamālgotā Mudabbar*.

**(v) Chāksū**

*Chāksū* is kept in a cloth bag and which is tied at the mouth. It is then soaked in a vessel of water containing *Bādiyān* (Fennel) equal to half the weight of *Chāksū* or *Barg-i-Nīm Taza* (Fresh Nīm Leaves) equal in weight of *Chāksū*. The water is boiled for half an hour and then the cloth bag is removed and allowed to cool. *Chāksū* is then removed from the bag and rubbed between the palms to remove the outer covering of *Chāksū Mudabbar*.

**(vi) Azārāqī**

70 gm. of *Azārāqī* is buried in *Pīlī Mattī* (yellow clay) and water is poured over it daily for ten days. The *Azārāqī* is then removed and washed. The outer covering (testa) is peeled off with the knife and the cotyledons of *Azārāqī* are separated after removing the embryo part (pitta). Only the healthy *Azārāqī* is sorted out for use. It is then washed with hot water and tied in a clean cloth bag. The bag is immersed in a vessel containing two litres of milk. The milk is then boiled till it evaporated, care being taken that the bag does not touch the bottom of the vessel. Thereafter, *Azārāqī* is removed from the bag and washed with water to obtain *Azārāqī Mudabbar*.

**(vii) Kibrīt (Gandhak)**

One part of *Gandhak Āmlasār* and two parts of *Roghan Zard (ghī)* are taken in a *Karchā* (ladle) and kept on a low fire. When *Gandhak* is melted, four parts of the milk is added. This process is repeated at least three times changing the fresh *Ghī* and milk each time to obtain *Gandhak Mudabbar*.

**(viii) Samm-al-Fār (Sankhyā)**

Fine powder of *Sankhyā* is immersed in sufficient quantity of fresh *Āb-i-Līmū* (lemon juice) and ground in a mortar of China clay or glass till the juice is completely absorbed. This process is repeated seven times to obtain *Samm-al Fār* or *Sankhyā Mudabbar*.

## (ix) **Shangraf**

*Shangraf* is ground with fresh *Āb-i-Līmū* (lemon juice) till it is absorbed and a fine powder is obtained. This process is repeated three times to obtain *Shangraf Mudabbar*.

## (x) **Sīmāb**

There are three following methods of purifying *Sīmāb*:

- a) *Sīmāb* is ground with half burnt brick pieces for 12 hours. It is then washed with water and *Sīmāb* is separated. The whole process is repeated three times.
- b) *Sīmāb* is kept in a four layer thick cloth bag (50 counts) and squeezed out by pressing with hands. This process is repeated till the blackish tinge of *Sīmāb* completely disappears.
- c) *Sīmāb* is ground with turmeric powder as long as the powder does not change its original colour. The resultant product is called *Sīmāb Mudabbar*

## (xi) **Khabth-al-Hadīd**

- a) Small pieces of *Khabath-al-Hadīd* are heated red hot in charcoal fire and then immersed in *Āb-i-Triphala* or *Sirka Nayshakar* (sugarcane vinegar) by holding each piece with a tongs. The whole process is repeated seven times.
- b) In this process *Khabth-ul-Hadīd* is ground to powder form and kept immersed in *Sirka Nayshakar* (sugarcane vinegar) or *Sharāb-i-Angūrī* (Wine). The level of either of the two should be 5 cm. above the level of the powder. After 14 days, the *Sirka Nayshakar* or *Sharāb-i-Angūrī* is 259 decanted; the powder is dried and fried in *Roghan-i-Bādām*.

## (xii) **Bīsh (Bachnāk or Mīthā Tiliya)**

30 gm. of *Bīsh* is cut into small pieces, tied in a bag of clean fine cloth and dipped in vessel containing milk so that the bag is completely immersed without touching the bottle. When the milk is completely evaporated, the pieces of *Bīsh* are removed and washed well with water to obtain *Bīsh Mudabbar*.

## (xiii) **Hartāl**

Juice of 5 kg of *Pethā* (white gourd melon) is taken and kept in a vessel. Sixty grams of *Hartāl* (small pieces) are put in clean, soft cloth bag and immersed in *Pethā* juice without touching the bottom of the vessel and boiled. When the *Pethā* juice is completely evaporated the *Hartāl* pieces are removed and washed with water thoroughly to obtain purified *Hartāl* or *Hartāl Mudabbar*.

#### (xiv) Sang-i-Surma

There are four following methods of purifying *Sang-i-Surma*:

- a) A piece of *Sang-i-Surma* is covered with the goat's fat and kept on low fire till all the fat is completely burnt into fumes. The piece of *Sang-i-Surma* is then removed from the fire with a tongs and immersed in '*Arq-i-Gulāb*' or ice water. The whole process is repeated three times.
- b) A piece of *Sang-i-Surma* is immersed in '*Arq-i-Gulāb*' or '*Arq-i-Bādiyān*' and heated till the '*Arq*' is evaporated. The process is repeated seven times.
- c) *Sang-i-Surma* is immersed in *Āb-i-Triphala* and boiled for 12 hours.
- d) *Sang-i-Surma* is kept immersed in rain water (*Āb-i-Bārān*) or distilled water for 21 days.

#### (xv) Ajwāyin, Zīra and other seeds of hot and dry temperament

Any of the above drugs are soaked in *Sirka Nayshakar* (sugarcane vinegar). The level of sugarcane vinegar in the container should be 5 cm. above the level of drug. The drug is then removed and allowed to dry and then roasted over a low fire before use. Besides purifying *Sirka Nayshakar* (sugarcane vinegar) also enhances the efficacy of the drugs.

### 6. TAHMİŞ WA BIRYĀN (ROASTING or PARCHING)

#### (i) Taḥmīṣ (Roasting or Parching with a Medium)

*Taḥmīṣ* is a process in which drugs like *Chana* (gram), *Jau* (barley) etc., are roasted with some medium e.g. *Chanā* or *Jau* is roasted with sand till they get 260 swelled.

#### (ii) Biryān (Roasting or Parching without a Medium).

In the process of *Biryānī*, drugs are parched or roasted without any medium e.g. drugs like *Shibb Yamānī*, *Tinkār*, *Tūtiyā-i-Sabz* etc. are directly put over the fire in any vessel or frying pan and roasted.

## **7. TARWIQ-I-ADWIYA:**

In this process the juice of the fresh herb is poured in a tin-coated vessel and heated over low fire till a green froth appears on the surface. The juice is then slowly sieved through a piece of fine cloth leaving behind the froth on the surface of the cloth. The watery juice thus obtained is called *Āb-i-Murawwaq*. In case of dry herbs, a decoction is first made to which a small quantity of fresh lemon or Alum powder is added. This will separate the green contents from the decoction. The aqueous portion is decanted and stored.

## **8. TAŞFIYA-I-ADWIYA (CLEANING PROCESS)**

Single drugs of plants, mineral and animal origin obtained either from the market or collected from any other source contain dust, dirt and other foreign matter. Before using for manufacture, these foreign matters and impurities are removed by sieving, washing etc. This process of cleaning is called '*Taşfiya*'. Some of the single drugs are cleaned by specific methods. Some of them are described below.

### **(i) Behroza**

A metallic vessel of a suitable size is filled three fourths (3/4) with water and covered with a fine clean cloth and tied firmly. The drug *Behroza* is spread over the surface of the cloth and the vessel is placed over moderate fire and allowed to boil. After some time the *Behroza* melts and strains into the water and foreign matters (impurities) remain over the cloth. Thereafter, the water is allowed to cool due to which *Behroza* settles down at the bottom of the vessels. Lastly the water in the vessel is decanted and the *Behroza* thus obtained is allowed to dry in shade. The *Behroza* obtained by this process is called *Behroza Muşaffa* or *Satt-i-Behroza*.

### **(ii) Post-i-Bayda-i-Murgh**

The shells of chicken eggs (*post-i-Bayda-i-Murgh*) are crushed into small pieces and washed with saline water (*Namak Kā Pānī*) till the inner membrane of the shell is removed. The small pieces are then again washed with clean water and dried. 261

### **(iii) Shahed ('Asal)**

Honey when freshly collected is generally mixed with bees wax and small pieces of honey comb. To remove these foreign matters (impurities) the honey is boiled over a low fire, with a little water and after some time the impurities and froth floats on the top. Then the vessel is removed from the fire and allowed to cool. After some time the deposited impurities are skilfully skimmed out. The honey thus obtained is called *Shahed ('Asal) Muṣaffā*.

### **(iv) Kharāṭīn**

Live earth worms are collected in a vessel containing salted butter milk and kept till the worms excrete out the mud completely and settle down at the bottom. These (mud free earth worms) are removed and washed with fresh water, dried in shade and preserved. The earth worms are then pounded in an iron mortar and sieved through a fine mesh for use in medicine.

### **(v) Salājīt**

*Salājīt* is dissolved in a vessel containing fresh water and stirred well. After some time, impurities like stone particles etc. settle down at the bottom of the vessel. The dissolved *Salājīt* is decanted into an earthen pot without disturbing the sediment. The process is repeated in case where some impurities still remain in the solution. The pot is kept in the sun till the solution becomes a viscous mass. This way the *Salājīt Muṣaffā* or *Satt-i-Salājīt* is obtained.

## **9. TASVĪL-I-ADWIYA (SIEVING)**

Sieves of different mesh sizes are used in the process of powdering the drugs. Each sieve has a particular mesh number. The mesh number depends on the number of holes in the mesh in an area of 2.5 sq. cm (1 sq. inch.) If there are 20 holes, the mesh number is 40, if there are 30 holes the mesh number is 60, for 50 holes the mesh number is 100. If coarse powder is required then sieve number 40 is used. For fine powders, sieves of highest number are used. Sieve of 100 meshes gives the finest powder. Powders are also sieved through a piece of muslin or thin silk cloth when the highest degree of fineness is required as in the case of preparation of Surma.

*Joshāndas* (decoctions) and *Sharbats* (Syrups) are filtered through a piece of clean thick cloth. *Joshāndas* prepared for *Sharbats* are filtered through cotton pads to ensure a greater degree of homogeneity and purity of the end product. Uniformly thick layers of cotton wool or double layered flannel cloth are spread over the sieve and the decoction is passed slowly through it. When a small quantity of fluid drug is required to be filtered then a filter paper or a 262 flannel cloth is used. The pulpy drugs like *Mawaīz Munaqqa*, *Anjīr* etc., are first cleaned by washing and then soaked in water and boiled till they become a soft mass. They are then removed from the water, allowed to cool squeezed and the pulp is sieved through metallic silver or a piece of cloth.

*Turanjabīn* is first soaked or boiled in water, when dissolved completely the solution is filtered through a piece of clean fine cloth and kept in a vessel to allow the impurities to settle down. The solution is then decanted into another container without disturbing the sediments.

## B. PREPARATION

### 1. HUBŪB-WA-AQRAS

#### (i) Manual Process

Crude drugs are ground into fine powder and passed through No. 100 mesh sieve. The powder is mixed with any *Rābṭa* (binding agent) like water, honey, *Lu‘ab-i-Samagh ‘Arabi*, *Lu‘ab-i-Asphol*, etc. Thus, by prolonged mixing of the two, a *Lugdī* (mass) is made. This *Lugdī* is rolled into sticks of required size and thickness and cut into pieces with a knife. These cut pieces are rounded between the fingers to shape the *Hubūb* of required size and weight. Similarly, the *Aqrāṣ* are flattened by pressing with finger. The *Hubūb* and *Aqrāṣ* thus made are dried in the shade.

#### (ii) Mechanical Process

The crude drugs are first ground into fine powder and passed through No. 100 mesh Sieve. The powder is then mixed with water or a specified binding agent to make a semi-solid mass and granulated by passing through No. 20 mesh sieve. The granules thus obtained are dried and kept in cooling pans and revolved. To make the pills, little water is sprinkled over the granules to keep them moist. Later on, these granules in the pan are coated with fine powder of crude drugs by rotating the pan with an interval of one minute to ensure the uniform and smooth coating of the granules and lastly passed through different size of sieves. This process is repeated till the pills of required size are obtained. For preparing tablets the granules are lastly subjected to tabletting machines.

### 2. MARHAM, QAYRŪTĪ AND DİMĀD

*Qayrūtī* is a kind of *Marham* and resembles to it in appearance. It is prepared in same way as *Marham*, while *Dimād* is a powder preparation and always used in a paste form after mixing in any of the specified oils; water etc. at the time of use. Both *Qayrūtī* and *Dimād*, like *Marham*, are used externally.

*Marham*, *Qayrūtī* and *Dimād* are generally prepared with the drugs having *Muhallil* (anti-inflammatory), *Dāfi‘-i-Ta‘affun* (antiseptic), *Hābis* (haemostatic), and *Qābiḍ* (astringent) properties.

For making *Marham* or *Qayrūtī* any of the following oils is first heated and then wax or fat is dissolved in it. Afterwards, the finely powdered drugs are mixed and stirred well till it forms a soft and semi-solid mass and then cooled. These oils are *Roghan-i-Sarshaf*, *Roghan-i-Zaytūn*, *Roghan-i-Kunjad*, *Roghan-i-Bādām*, *Roghan-i-Gul*, *Roghan Zard* or any others specific oil mentioned in the text.

For making any of the preparations and mixing of the ingredient drugs, the following precautions must be taken:

- 1) *Gugal*, *Ganda Behroza* and *Sābūn* (Soap) should first be dissolved in oil, containing wax, before making *Marham*.
- 2) *Afyūn* or White/Yolk of an egg should be mixed in boiled oil after cooling. Boiled Yolk of an egg can also be used in making *Marham*.
- 3) Mucilage/Juice containing drugs should be mixed in oil, containing Wax and boiled till the moisture content are dried completely and mixed uniformly. It should be cooled to obtain a normal *Marham*. Excessive boiling should be avoided as it hardens the *Marham*.
- 4) *Kāfūr* (camphor) or any volatile oil containing drugs should always be added in powder form at the last stage of making *Marham*.
- 5) For making *Qayrūtī*, the oil should first be heated (as in case of *Marham*) and mixed with Wax till it gets dissolved and stirred cautiously for a longer period till it is cooled.
- 6) Drugs having *Muhallil* (anti-inflammatory) and *Dāfi'-i-Ta'affun* (antiseptic) properties should be added during the process of stirring.

### **3. QIWĀM (CONSISTENCY) FOR JAWĀRISH, MA'JŪN, ITRĪFAL, HALWA AND DAWĀ**

For making *Ma'jūn* or any of its allied preparations, *Qiwām* (base) of different consistencies (tar) is generally made, depending of the nature of ingredient drugs to be used in a particular formula. The ingredient drugs in a *Qiwām* may be used either in powder or liquid form.

The *Qiwām* (base) of *Ma'jūn* is generally made by adding *Āb* (water), *'Arq* (distillate) or *Āb-i-Thamar* (fruit juice), etc., in any of the bases of purified Honey with Sugar, Candy and

Jaggery etc., and boiled over a low fire till it acquires a required consistency. The bases are generally purified by adding *Āb-i-Līmū* (lemon juice), *Satt-i-Līmū* (lemon extract) or *Shibb Yamānī* (alum) etc., before making the *Qiwām*. Afterwards, the ingredient drugs are mixed in *Qiwām* to prepare *Jawārish*, *Ma'jūn*, *Itrīfāl*, *Halwa* and *Dawā* etc. For making *Ma'jūn* or any of its allied preparations the consistency of *Qiwām* is Three *tār*.

For mixing of the ingredient drug of different origin (plant, animal and mineral) in the *Qiwām*, following precautions should always be taken:

- (i) Plant origin drugs: *Tripṭhalā* (three myrobalan fruit) before powdering should always be rubbed (charb) with *Roghan-i-Bādām* (almond oil) or *Roghan Zard (ghī)*.
- (ii) *Murabbajāt* (special preparations of fruit soaked in sugar) when used for making *Ma'jūn*, should always be ground into paste and then be mixed in *Qiwām*.
- (iii) *Maghziyāt* (Kernel) for making *Ma'jūn* or its allied preparation should first be ground into powder and then be mixed in small quantities in *Qiwām*. If the kernel powder is required to be sieved then it should be passed through No. 40 mesh Sieves.
- (iv) *Sapistān* and *Behīdāna* should be mixed cautiously as these drugs are mucilaginous in nature and on mixing with *Qiwām* form a viscous mass.
- (v)
  - a. *Āmla* (emblic myrobalan) fruit for making preparation like *Anoshdārū* are either used fresh or dry. If it is to be used fresh then it is first boiled in water to make it soft and then fruit pulp is squeezed out after removing the seeds. Then the required quantity of the pulp is mixed in double the quantity of Sugar to make the *Qiwām*.
  - b. If the fruit are dry then it is first cleaned and washed with water to remove the impurities and dust, etc. Thereafter, it is soaked in water of Cow's milk for 12 hours to remove the acrid (*Kasailā*) taste of the fruit. The pulp thus obtained is then boiled in water and decoction is made for use in *Qiwām*.
- (vi) *Fulūs-i-Khiyār Shanbar* (pulp of drum stick plant-*Amaltās*) should not be boiled as it loses its property on boiling. It should always be first rubbed with hands and squeezed out through a fine cotton cloth and then be used along with other decoctions for mixing in the *Qiwām*.

**(vii)** *Za'frān* (saffron) and *Mushk* (musk) should always be ground with '*Arq-i-Keora* (screw pine distillate), '*Arq-i-Gulāb* (rose distillate) or '*Arq-i-Bed Mushk* (common willow plant's distillate) before mixing in the *Qiwām*.

## MERTIC EQUIVALENTS OF UNANI CLASSICAL WEIGHT

S. No	Unani classical weight	Metric equivalent
1.	1 Āthār	1 kg
2.	1 Arhar Dāna	40 mg
3.	1 Awqiya	32 g
4.	1 Bunduqa	3.5 g
5.	1 Chanā Siyāh Dāna	200 mg
6.	1 Chāwal	15 mg
7.	1 Chatānk	60 g
8.	1 Dām	21 g
9.	1 Dāng	500 mg
10.	1 Dīnār (= 20 Qīrāt)	5 g
11.	1 Dirham	3.5 g
12.	1 Falas/Falūs (1tola 6 masha)	18 g
13.	1 Filifil Siyāh Dāna	60 mg
14.	1 Ḥabba	32 mg
15.	1 Istar (=4.5 Mithqāl)	20.25 g
16.	1 Joza	4.5 g
17.	1 Khashkhāsh Dāna (=1/8 Chāwal)	1.875 mg
18.	1 Laung (Qaranful)	100 mg
19.	1 Man Tabrīzī (=600 Mithqāl)	2 kg. 900 g
20.	1 Man Ṭibbī (= 140 Tola)	1.728 kg
21.	1 Masūr Dāna	40 mg
22.	1 Māsha	1 g
23.	1 Mithqāl (=1 Tānk)	4.5 g
24.	1 Mūng Dāna Desī	30 mg
25.	1 Ounce (= 2.5 Tola)	30 g
26.	1 Pāo (= ¼ Ser)	240 g
27.	1 Qīrt (=2 Rattī)	250 mg
28.	1 Rā'i Dāna (= 1/3 Sarson Dāna)	2.5 mg

29.	1 Ratl Tibbī	420 g
30.	1 Ratṭī (=1 Surkh)	125 mg
31.	1 Sarson Dāna	7.5 mg
32.	1 Sha’īra (Jau)	60 mg
33.	1 Ser	960 g
34.	1 Tola	12 g

In case of liquids, the metric equivalents would be the corresponding litre and millilitre.