

Taz'īniyāt

(Cosmetology)

A compendium on classical and evidence-based
Unani drugs for cosmetic care



Central Council for Research in Unani Medicine

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Central Council for Research in Unani Medicine
Ministry of Ayush, Government of India

TAZ'ĪNIYĀT (COSMETOLOGY): A COMPENDIUM ON CLASSICAL AND EVIDENCE-BASED UNANI DRUGS FOR COSMETIC CARE

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PREFACE

The pursuit of beauty and personal care has been an integral part of human civilization since antiquity. Throughout the annals of history, people have explored various ways to enhance their physical appearance and preserve their health, relying on natural substances sourced from plants, minerals, and animals. Among the several traditional healing systems, Unani medicine stands out for its holistic approach to health, offering not only therapeutic remedies but also guiding principles of well-being. Based on the principles laid down by the great scholars of millennia, Unani medicine views beauty as more than a mere external trait; it is considered a reflection of internal health, balance, and overall well-being.

Based on the foundational principles of *Mizāj* (temperament), *Akhlāt* (humours), and *Asbāb Sitta Darūriyya* (six essential factors), Unani scholars have documented extensive details on skin and hair care, focusing on both therapeutic remedies and aesthetic wellness. *Taz'īniyāt* (cosmetology) in Unani Medicine is profoundly entrenched discipline focused on enhancing beauty, treating dermatological conditions, and promoting overall well-being through natural remedies, dietary regulation and lifestyle modifications. Classical Unani texts provide a wealth of knowledge on *Mufrad Adwiya* (Unani single drugs) and *Murakkabāt* (formulations) that nourish and rejuvenate the skin, hair, and body. These time-tested remedies not only enhance aesthetic appeal but also address underlying pathological conditions that may affect external appearance. Further, Unani medicine stresses on detoxification therapies and *Ta'dīl al-Mizāj* (moderation of temperament), including *Hijāma* (cupping therapy), *Faşd* (venesection), *Ta'liq al-'Alaq* (leech therapy), *Tabkhūr-o-Inkibāb* (steam/vapour bath), and *Hammām* (therapeutic bath), which promote internal homeostasis and contribute to a healthy and radiant appearance.

“Taz'īniyāt (Cosmetology): A compendium on classical and evidence-based Unani drugs for cosmetic care” is a dedicated endeavor to revive, preserve, and highlight the profound heritage of Unani medicine in cosmetology. This book meticulously draws knowledge from classical texts and presents the information in a structured and accessible manner. Organized into six chapters, this compilation offers comprehensive knowledge on cosmetic care of skin, hair, and nail employing both single drugs and compound drugs.

The first chapter of this book delves into the historical aspect and importance of cosmetology in Unani medicine. It highlights the meticulous contributions of Unani scholars to the field and emphasizes the continued relevance of Unani cosmetics in the modern era. Chapter two provides an overview of the skin, hair, and nails, discussing their cosmetic care and common disease conditions, with a focus on enhancing overall appearance and managing dermatological disorders. The third chapter addresses various systemic diseases of cosmetic concerns and their management through pharmacotherapy, detoxification, and rejuvenation techniques. Chapters four and five offer detailed descriptions of 169 Unani single drugs and 200 formulations, outlining their characteristics, cosmetics applications as well as their therapeutic benefits in various conditions. The sixth and final chapter presents evidence-based research studies on both single and compound drugs, reinforcing the scientific foundation of Unani cosmetology.

The content is presented in a simple yet engaging manner, incorporating Unani terminologies alongside their English equivalents in parentheses to ensure accessibility for a wider audience.

In the recent times, where synthetic cosmetics and chemical-based beauty products dominate the market, there is a growing awareness and preference for natural and organic alternatives. Unani medicine, with its rich heritage of herbal and mineral-based preparations, offers a safe, effective, and time-tested approach to skincare, haircare, and overall beautification. This book serves as a testament to bridge the gap between the traditional wisdom of Unani medicine and contemporary scientific advancements in cosmetology.

Taz'īniyāt (cosmetology) aims to provide valuable insights for researchers, practitioners, scholars, and other stakeholders, inspiring further exploration and practical application of Unani principles of cosmetology.

I hope this effort will foster a renewed interest in Unani medicine's holistic approach to cosmetology and personal care.


Dr. N. Zaheer Ahmed
Director General

TRANSLITERATION TABLE

The following Arabic letters have been transliterated with diacritical marks as mentioned against each:

ا	a	ر	r	ف	f
ب	b	ز	z	ق	q
ت	t	س	s	ك	k
ث	th	ش	sh	ل	l
ج	j	ص	ṣ	م	m
ح	ḥ	ض	ḍ	ن	n
خ	kh	ط	ṭ	ه	h
د	d	ظ	ẓ	ي	y
ذ	dh	غ	gh		

The following Persian letters have been transliterated with diacritical marks as expressed against each:

پ	p	گ	g	ث	<u>th</u>
ٹ	<u>t</u>	ن	<u>n</u>	چ	<u>ch</u>
ج	<u>ch</u>	بھ	<u>bh</u>	دھ	<u>dh</u>
ڈ	<u>d</u>	پھ	<u>ph</u>	کھ	<u>kh</u>
ز	r	تھ	<u>th</u>	گھ	<u>gh</u>

- ؤ has been transliterated with elevated coma (°) if used in the mid or end of word followed by relevant vowel and this elevated coma is not expressed at the beginning and only related vowel has been used directly.
- Letter ع is transliterated as elevated inverted coma (°).
- Letter و as Arabic letter is transliterated as w and as Persian/Urdu letter is transliterated as v.
- ؤ and و are not expressed in both pause and construct forms.
- Article ال is transliterated as al- (l- in construct form) whether followed by a moon or a sun letter.

- و as a Persian/Urdu conjunction is transliterated as (o) and as an Arabic conjunction is transliterated as wa-.
- Short vowel (ـِ) in Persian/Urdu passive or in conjunction form is transliterated as (-i).
- Double letters have been expressed as following:

وِ = uww

وِي = iyy

- Short & long vowels and Diphthongs are used in the following form:

Short vowels	Long vowels	Diphthongs
اَ = a	اَ = ā	اَو = aw
اِ = i	اِ = ā	اَي = ay
اُ = u	اُ = ū	
	اِي = ī	

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Chapter-1
Overview of *Taz'īniyāt*

Introduction

Cosmetology, the art and science of enhancing beauty, is an integral part of human history and cultural evolution. From ancient times to the modern era, humans have sought to improve their appearance, maintain skin health, and combat the effects of aging. This alluring field encompasses a wide range of practices aimed at caring for and beautifying the skin, hair, and nails through various means. Today, cosmetic products have become essential commodities of daily life. Cosmetics, in fact, not only alter physical appearance but also contribute significantly to building and grooming the personality, and improving the psychological well-being of consumers. The growing popularity of this field, in the current scenario, is attributable to various factors. These include increased awareness of skin health, the rising prevalence of cosmetic problems, and a growing beauty consciousness among people of all gender. The demand for antiaging products is also on the rise, driven by the elderly population's desire to maintain a youthful appearance.

A number of cosmetic products are available in the market; however, their use often leads to allergic reactions and other side effects. As awareness grows, consumers are becoming increasingly discerning about the ingredients in the products they use, often avoiding chemicals associated with adverse effects. Consequently, there is a growing public interest in herbal or traditional cosmetics. Market research indicates a rising global trend in the use of natural cosmeceuticals. Ancient traditional systems boast a rich legacy of cosmetic use, with many products having remained popular since antiquity. This timeless journey of beautification, deeply rooted in the history, holds a significant place in Unani medicine, one of the oldest traditional systems of healing. The concept of cosmetology in Unani medicine is particularly comprehensive, encompassing preparations for both oral and topical applications. These are primarily focused on enhancing the appearance of the face, eyes, and lips, as well as promoting skin and hair care. Additionally, Unani medicine addresses various skin conditions and cosmetic issues.

Unani classics enumerate a wide range of plant, mineral, and animal origin drugs and formulations for beautifying the body and refining individuals' personality. *Ghidhā' Dawā'ī* (dietary drug / nutraceuticals), dietary products and medicinal drinks are discussed that contain nutrients and antioxidants, that are known to exhibit preventive effect on the skin, hair, or nails. In the classical scriptures, several preparations are also mentioned for treating skin disorders like leukoderma, acne, melasma, darkening of the skin, and most importantly for delaying aging process and its effects. These compounds, upon oral administration, detoxify the body and maintain humoral balance, which is thought to be crucial for maintaining health of the body as well as the skin. Unani physicians have also advised various regimetal therapies such as *Ḥammām* (therapeutic bath), *Faşd* (venesection), and *Inkibāb* (vapour bath) for beautification of skin and hair. Despite the wealth of knowledge contained in classical Unani texts, most of these works are written in Arabic or Persian, making them inaccessible to many Unani practitioners and the general public. While some books written in Urdu address these topics, they often lack comprehensive insight into Unani cosmetology. Moreover, modern research on Unani cosmeceuticals is notably missing in these documents. This underscores the urgent need to compile and consolidate Unani literature on cosmetology to better understand traditional beauty concepts and to provide an extensive range of natural products for both internal and external beauty care as outlined in Unani classical text.

This present compilation aims to explore the rich heritage of cosmetology in Unani medicine, delving into its historical roots, fundamental principles, and practical applications. By bridging traditional wisdom with modern scientific understanding, it aspires to provide a comprehensive guide for those seeking natural and effective ways to enhance beauty and well-being. Further, it serves as a valuable resource for future research and advancements in the field.

Evolution

The use of cosmetics can be traced back to ancient civilizations, where beauty was not only a mark of physical allure but also a reflection of spiritual and social well-being. Archaeological evidence from Mesopotamia, Egypt, Greece, and the Indus Valley reveals that people used natural substances such as herbs, oils, and minerals for skincare, haircare, and overall beautification. In ancient Egypt, kohl was widely applied to the eyes, both for aesthetic appeal and protection against the sun's glare. Similarly, in the Indian subcontinent, turmeric, sandalwood, and henna were essential components of beauty rituals. Unani medicine, which evolved through the synthesis of Greco-Arabic knowledge and was later enriched by Persian and Indian traditions, embraced the concept of beauty as a reflection of health. Renowned Unani scholars like Avicenna (*Ibn Sina*) and *Al-Razi* among many others wrote extensively on maintaining skin health, hair care, and enhancing overall beauty. They believed that beauty is intertwined with the balance of humours, emphasizing the importance of internal health for external radiance. Unani medicine emphasizes the maintenance of physical, mental, and spiritual health as a pathway to beauty. Its approach to cosmetology is deeply rooted in the use of natural ingredients, dietary regulation, detoxification, and lifestyle modifications. Moreover, Unani medicine underscores the role of detoxification through regimens like *Hijāma* (cupping therapy) and *Ta'dīl-i-Mizāj* (moderation of temperament) to achieve inner health, which reflects outwardly as beauty.

Cosmetology, as a separate branch of science was developed by Unani physicians. The word cosmetology, consisting of two words, comes from the Greek words 'kosmetikos' which means 'to adorn'¹ and Logia, which means 'to study'. It refers to the study and application of cosmetology for enhancement of the contour of the human body.² It includes skin care, hair care, manicures, pedicures, body care, and especially beautification of the face. Similar description is found in Unani classics under the headings of *Ta'zīniyāt* or *Zīnat o Ārā'ish* or *Amrāq-i Jild wa Zīna*.

The glorious era of Unani medicine began with *Buqrāt* (Hippocrates: 460–370 BC), who is considered as the father of medicine. He revolutionized the medical field by identifying the real causes of health and disease through a rational and systematic approach, which also covered the cosmetic care aspect. His writing, *Kitāb al-Buthūr*, focused on skin eruptions and acne, while *Ebizīmia*, a treatise on therapeutics, addressed various cosmetic problems.³ *Dimād* (poultice) was first prepared by *Buqrāt*, that still remains in use for local applications in the treatment of cosmetic problems.⁴ *Aqrītan*, a Unani physician of post Hippocratic era, compiled a book on cosmetology with the title of '*Kitāb al-Zīna*' which is referenced by *Jālīnūs* in his book *Kitāb al-Mayāmar*.³ Dioscorides (40–90 A.D.), often regarded as the father of herbal drugs, authored a comprehensive book '*Kitāb al-Hashā'ish*', that comprises five chapters and explores the research into the nature, characteristics, and usage of more than 600 drugs. The first chapter focuses on aromatic drugs,³ beauty enhancement and skin pigmentation. *Jālīnūs* (130–200 A.D.), the great Roman physician, authored *Kitāb al-Adwiya al-Mufrada*, consisting of 11 chapters that describes single drugs useful for enhancement of complexion, blood purification, etc. He invented *Ghāliya* (an aromatic cosmetic product) for beautification,⁴ pioneered the development of cold cream, by melting bees wax with rose oil and blending it with water. *Abū al-Ḥasan Raban Ṭabarī* (d. 460 A.D.) described the formation of skin, hair, and nails, climatic effects on skin complexion, hair growth, and reasons for premature greying of hair, as well as skin problems such as melasma, vitiligo, etc. in his book *Firdaws al-Ḥikma fi'l Ṭibb*.⁷

Besides these treatises, other Arab physicians during 10th to 15th centuries contributed significantly to the knowledge of cosmetics, elevating cosmetology into a distinct branch of study known as '*Ilm al-Zīna* or *Zīnat-o-Ārā'ish*'. Among them *Abu Bakr Muḥammad ibn Zakariyyā Rāzī* (d. 850 A.D.) played a prominent role. In his renowned compilation '*Kitāb al-Manṣūrī*', he explored the principles of beautification under the heading of *Zīnat wa Ārā'ish*. He provided detailed discussions on various aspects of personal care,

including the beautification of hair, skin, and nails; treatment of bromhidrosis and excessive sweating; as well as enhancing the appearance of the breasts, eyes, and teeth through various means.⁸ Notably, *Rāzī's* works, such as *Kitāb al-Fākhīr*⁹ and *Kitāb al-Ḥāwī fi'l Ṭibb*¹⁰ stand as significant contributions within the corpus of Unani classical literature. These texts integrate the research of ancient Greek, Roman, and other early Unani scholars, with several chapters dedicated to beauty care and the underlying factors affecting skin complexion. *Alī ibn Abbās Majūsī* (d. 994 AD), another important physician of the Abbasid period, in his compilation *Kāmil al-Ṣanā'ā al-Tibbiyya*, also known as *Kitāb al-Malikī*, described cosmetics under the section *Kitāb al-Zīna* in the second volume. *Rāzī* and *Majūsī* also covered topics such as how to make a lean and thin body of moderate appearance and also explored various measures and drugs for reducing excessive body weight in their compilations.^{8,11}

Ibn Sīnā (980–1037 A.D.), also discussed cosmetics in his medical writing *Al-Qānūn fi'l Ṭibb*, a five-volume masterpiece, which has been acclaimed not only in the orient but also in the occident as one of the most authoritative works in the medical history, and was included in the medical curriculum of European medical institutions. The first volume of *Al-Qānūn fi'l Ṭibb* deals with the general principles of Unani medicine and the role of *Asbāb Sitta Darūriyya* (six essentials of life) for a healthy body, covering details of skin care during various seasons and travel. The second volume deals with single drugs, wherein detailed characteristics and actions of different classes of drugs including cosmetics such as *Muṭīb-i-Dahan* (mouth fresheners), *Jālī* (detergent), *Māni'-i-'Araq* (antiperspirant), etc have been described. *Ibn Sina* has elaborately discussed numerous drugs for cosmetics purposes and treatments for several conditions such as hair fall, alopecia, vitiligo, pityriasis, bromhidrosis, and other aspects of cosmetic care. The seventh and last chapter in the fourth volume of the book is dedicated to cosmetology, as *Kitāb al-Zīna*. Cosmetology is discussed in length, and a broad classification of cosmetic care is evidenced in this book. It consists of four main chapters dealing with hair care and its diseases; topics on beautifying and dressing hair, including curling, smoothing, and softening of hair; preventing hair from turning gray; vitalizing hair; hair dyes; and hair diseases posing cosmetic issues like hair fall, dandruff, splitting hair, alopecia, etc. Factors that lead to change the skin complexion are also elaborated. Dermatological problems of cosmetic concern and their management such as *Kalaf* (melasma), *Bahaq* (pityriasis), *Namash* (naevus), *Barash* (freckle), *Buthūr Labaniyya* (acne), cracked skin, cracked lips, warts removal, nail care, management of nail diseases, and bromhidrosis are discussed in detail. He also mentioned the effects of *Huzāl* (emaciation) and *Siman Mufrīt* (obesity), which are also included in this section as miscellaneous cosmetic issues with other skin diseases.¹²

Other Unani classical books on therapeutics, such as *Ghinā Munā* by *Abu al- Mansūr al-Ḥasan Nuh al-Qamarī* (d. 999 AD), also discussed cosmetic problems under 'Amrād al-Zāhira al-Badan (diseases of exposed parts) and hair and skin beautification.¹³ The eminent Unani surgeon and physician *Abu'l Qāsim Zahrāwī* (936–1013 AD) described the cauterization of pustules and furuncles in his extensive work, *Kitāb al-Taṣrīf*.¹⁴ The 19th volume of this book entirely devoted to cosmetics. He detailed the preparation of perfumes and scented 'Iṭr, which he collected, rolled, and pressed into a special mould to create a solid form. This innovative approach suggests that he may have been the pioneer of present-day lipsticks and solid deodorant. He used oily substances called *Ādhān* for medication and beautification, and also mentioned drugs used in *Amrād-i-Jild-o-Taz'niyāt* (diseases of skin and cosmetology).¹⁵ Another writing on surgery, *Kitāb al-'Umda fi'l Jarāḥa* (two volumes) authored by *Ibn al-Quf al-Masīhī*, classified skin into two layers *Bashara* (epidermis) and *Adama* (dermis), and described about hair dyes, cosmetic problems, and drugs useful in cosmetic care.¹⁶

Abū al-Ḥasan Aḥmad bin Muḥammad Ṭabarī (d. after 850 A.D.) described four layers of skin. He discussed various cosmetic problems such as *Bakhr al-Fam* (halitosis), *Baras* (vitiligo), *Bahaq* (pityriasis), *Kathra-i-'Araq* (excessive perspiration), *Tashaqquq-i-Jild* (cracked skin), nail diseases with etiology, signs and

symptoms, and treatment in his book *Kitāb Al-Mu‘ālaġāt al-Buqrāġiya*.¹⁷ *Abū Marwān ‘Abd al-Malik ibn Abī l-‘Alā’ ibn Zuhr* (d. 1162 AD), authored *Kitāb al-Zīna*, an exclusive book on cosmetology and *Kitāb al-Aghziya* (Book on Dietetics), where he explored the vital role of diet in maintaining healthy skin, hair, and overall body care. Additionally, he authored concise *Risāla* (booklet) on two significant skin conditions, vitiligo and pityriasis, highlighting their psychological and cosmetic impacts.¹⁸ *Ibn Hubal Baghdādī* (d. 1213 AD), has described *Amrāḍ al-Zīna* (cosmetic diseases) in his writing *Kitāb al-Mukhtārāt fi’l-Ṭibb*. He defined cosmetic ailments as diseases that affect the visible parts of the body, such as the skin and hair, leading to changes in the look and appearance of the individual.¹⁹ *Ibn al-Bayṭār* (1197–1248 A.D.), an eminent medicinal botanist, has compiled a voluminous book, *Kitāb al-Jāmi‘li Mufradāt al-Adwiya wa’l Aghdhiya*. Comprising four volumes, this monumental compilation provides detailed description of approximately 1400 single drugs. Although a number of books have been compiled on single drugs by various physicians between Dioscorides and *Ibn al-Bayṭār*, this book has achieved exceptional acclaim. In his writing, *Ibn al-Bayṭār* has detailed single drugs useful in cosmetic care, drawing on both his own observations and the knowledge of ancient physicians.

The Persian medical compendium *Dhakhīra Khwarizm Shāhī*, written by *Ismā‘īl Jurġānī* (1040–1136), comprises of 10 volumes. The 8th volume of the book (sections 36 and 37) is devoted to cosmetology, addressing topics related to integumentary systems such as dermatology, hair care and beautification, hair-related diseases, obesity, and its treatment. The author categorized cosmetics into three main sections:

1. Cosmeceuticals for hair care: Covering hair beautification and hair diseases, detailed across 16 chapters.
2. Cosmeceuticals for skin problems: Addressing various skin conditions in 11 chapters.
3. Discussion on obesity and nail care.

Further, he classified the drugs based on their action and uses in Volume 10 of the book.²⁰ Additionally, his writing *Kitāb Zubdat al-Ṭibb*, also dealt with cosmetics. Another significant Arabic writing, *Sharah al-Asbāb wa al-‘Alāmāt* authored by *Naḥs ibn ‘Iwāḍ* (d.1439 AD), includes a detailed discussion on cosmetic problems in the *Amrāḍ-i-Jild wa Sha’r* (skin and hair diseases) section along with description of formulations for beautifying hair.²¹

During the Mughal period, Persian emerged as the official / first language of North India and Unani medicine was the predominant healthcare system. Extensive Unani medical literature was compiled in Persian language on various subjects during the Mughal dynasty. *Mīzān al-Ṭib*²² and *Ṭibb-i-Akbar*²³ by *Muḥammad Akbar Arzānī* (d. 1721 AD), *Iksīr-i-A‘zam*²⁴ and *Rumūz-i-A‘zam*²⁵ by *Muḥammad A‘zam Khān* (18th century), are some of the notable medical works, exploring exhaustive knowledge on various conditions including beautification and cosmetic problems. The compilation of *Muḥammad A‘zam Khān*, in particular, was based on the references of ancient and Indian physicians along with clinical observations and research on cosmetic care. Pharmacology appears to be the discipline that has most captivated the attention of medical practitioners, as evidenced by the extensive knowledge base developed in this field. Several significant works on Unani single drugs have been compiled in Persian, including *Makhzan al-Adwiya* of *Muḥammad Husayn Shirāzī*, *Tālīf-i-Sharīfī* by *Shareef Khān*. The book *Muhīt-i-A‘zam* authored by *Muḥammad A‘zam Khān*, is a comprehensive resource on single drugs that contains detailed information on drug actions and their applications for enhancing beauty and body care. Later, in the 19th century, *Khazā’in al-Adwiya* by *Muḥammad Najmul Ghanī*, and *Makhzan al-Mufradāt* by *Muḥammad Kabīruddīn*, written in Urdu, gained prominence for their insights into the use of single drugs as cosmeceuticals. Unani *Qarabādīns* contain a diverse array of compound formulations and various dosage forms such as *Iṭrīfal*, *Ma’jūn* for oral administration; *Ghamrah*, *Ubtan*, *Ghāza*, *Ghāliya*, *Ṣibgh*, *Khidhāb*, etc. for local application; and *Habb* and *Qurṣ* for oral as well as topical use for hair and skin beautification.

It is important to note that the primary aim of Unani physicians in the chapter on *Taz'īniyāt* (cosmetology) extends beyond mere beautification. They also approach the subject from a medical perspective, addressing diseases and conditions that alter or affect a person's appearance^{12,19}. The discussion on *Zīna* begins with hair care and progresses to various other subjects, including body weight management, weight-reducing strategies, and nail care. Cosmetic products are categorized into several types: hair care and treatment for hair-related problems, skincare and remedies for skin conditions, dental cosmetics, eye cosmetics, body care, preparations like *Sanūn* for teeth whitening and cleaning, and lip balms for lip care. These classifications are detailed in Unani texts on compound formulations.^{8,26,27} Factors influencing changes in *Mizāj* (temperament) are also taken into account in beauty care. These include overeating, a sedentary lifestyle, bathing immediately after meals, irregular sleep patterns, the use of stagnant water, exposure to extreme temperatures, and excessive mental stress.^{9,13,24} Unani physicians categorized single drugs based on their actions and properties. For instance, drugs with coloring properties were used for dyeing hair. Similarly, other categories of drugs were employed for skin beautification and cosmetic care, such as *Qābiḍ* (astringent), *Muḥassin al-Lawn* (complexion booster), *Jālī* (detergent), and *Qāshir* (exfoliant or sloughing agent). Additionally, drugs like *Muṣaffī al-Dam* (blood purifier), *Muḥallil* (resolvent), *Mujaffif* (drying agent), and *Muraṭṭib* (moisturizer) were used for both cosmetic purposes and treating diseases.²⁸ Various aromatic oils, including olive oil, almond oil, saffron oil, and *Āmla* oil, are also noted for their role in cosmetic care.^{26,27} In Unani medicine, heat is often provided through *Dalk* (massage) or rubbing, which are emphasized in the management of cosmetic concerns. These techniques create friction that enhances the absorption of substances into the skin. By promoting absorption, massage helps restore skin smoothness and improves overall appearance.

The discussion above underscores the prominent role of Unani medicine in cosmetology, focusing not only on enhancing physical beauty but also on addressing various cosmetic concerns. It highlights the extensive knowledge, expertise, and invaluable contributions of Unani physicians in resolving cosmetic issues and advancing the development of cosmeceuticals.

Cosmetics, Cosmeceuticals, and Cosmetology

Cosmetics are substances or products used to cleanse, enhance, or alter the appearance of the skin, hair, nails, or teeth. They include skincare products like moisturizers and cleansers, makeup items such as foundations and lipsticks, and hair treatments including oils and shampoos. In Unani medicine, cosmetics are often derived from natural ingredients, combining therapeutic benefits with beautification.

Cosmeceuticals represent a hybrid between cosmetics and pharmaceuticals. These products not only enhance appearance but also deliver medicinal benefits, such as treating acne, reducing pigmentation, or combating wrinkles. They occupy a vital space in Unani medicine, where formulations are meticulously crafted from natural sources like herbs, minerals, and animal derivatives to achieve both aesthetic and therapeutic outcomes.

Cosmetology, is the comprehensive study and application of beauty treatments. It encompasses various disciplines, including skincare, haircare, nail care, and dermatology. In the Unani system, cosmetology extends beyond mere beautification; it aligns with the holistic principles of maintaining balance within the body's humours and promoting overall well-being.

Classification

Unani cosmetics and cosmaceuticals can be classified into several types based on their various attributes which are as follow:

I. Classification according to physical form^{1,2,3}

- a) Solid: e.g. *Habb* (pill), *Qurs* (tablet), *Dharūr* (dusting powder) etc.
- b) Semisolid: e.g. *Dimād* (poultice), *Ṭilā'* (liniment), *Marham* (ointment), *Ghāliya* (aromatic powder / perfumed powder), *Ubtan* (semi-solid oily preparation for local application) etc.
- c) Liquid: e.g. *Duhn* / *Ravghan* (oil), *ʿIṭr* (perfumes), *Lu'āb* (mucilage), *Maṭbūkh* / *Joshānda* (decoction), *Pāshoya* (footbath), *Ghasūl* (washing agent) etc.
- d) Gas: *Inkibāb* (vapour bath), *Bakhūr* / *Dhūnī* (incense) etc.

II. Classification according to the site of application

a) Cosmetics for hair^{2,3}

According to *Ibn Sīnā*, *Ismā'īl Jurjānī*, and *Baghdādī* cosmetics for hair are classified into two main categories.

- i. Cosmetics for hair beautification: it include hair curling agents, hair straightening agents, hair dyes, oils, hair conditioners etc.
- ii. Cosmetics for hair care: it includes hair growth agents, hair tonics, management of hair problems like dandruff etc.

b) Cosmetics for skin

Cosmetics for skin are subdivided into two groups based on their purpose of use:

- i. Cosmetics for skin beautification: it includes *Ghāliya*, *Ghasūl*, *Ghamrah* and *Muḥassin-i-Lawn Adwiya*
- ii. Cosmetics for skin care: it includes *Muraṭṭibāt* (humidifying drugs), *Jālī* (detergent), scar removing agents, antitanning agents, and drugs useful in cosmetic problems

c) Cosmetics for eyes: It includes *Kuḥl* and *Kājal* etc.^{5,6}

d) Cosmetics for mouth, lips and teeth: It includes lip balm for *Tashaqquq-i-Shafatayn* (cracked lips), *Sanūn* (tooth powder) for teeth whitening and cleaning, teeth and tongue clouring agents, *Muṭīb-i-Dahan* (mouth fresheners) for *Bakhr al-Fam* (halitosis), etc.

e) Cosmetics for face^{19,27}

It includes products like *Rūshoya* (face wash) for facial cleansing , a facial scrubber for exfoliation of dead cells on facial skin, a facial *Dimād* (poultice) for tanning, a *Ghāza* (face powder) for improving complexion, a facial *Marham* or *Ṭilā'* for dark spots, and other marks on the face etc.

f) Cosmetics for body care or for hygiene purpose: It includes *Muraṭṭibāt* (moistening agents / humectants), *Ghasūl*, *Hāliq-i-Sha'r* (depilatory drug), perfumes/ aromatics etc.

g) Cosmetics for nails^{10,12}

Local application of *Ravghan* (oils), *Ṭilā'* (liniment), *Dimād* (poultice) etc. on nails for nail care and beautification

III. Classification according to solvent base ⁴

- a) Water based cosmetics-*Ghasūl, Pāshoya* etc.
- b) Oil based cosmetic -*Qayrūṭī, Marham, Ravghan* etc.
- c) Water and oil based cosmetics -*Dimād, Ṭilā'* etc.

IV. Classification according to mode of administration^{1,10,12, 27}

- a) Cosmeceuticals for oral administration-*Itrīfal, Ḥabb, Maṭbūkh* etc.
- b) Cosmeceuticals for external or local application like *Dharūr* (powder for sprinkle), *Ubtan, Ghasūl* (product for washing body parts), *Ghāliya* and *Ghamrah* (for fair complexion), *Khidāb* (hair dye), *Dimād* (poultice) and *Marham* (ointment/cream) etc.^{4,27}

Holistic Approach of Unani Medicine

In recent times, where natural and sustainable products are gaining popularity, the principles of Unani cosmetology hold significant relevance. A key appeal of Unani cosmetology is its reliance on natural ingredients. Herbs like, saffron, sandalwood, turmeric and aloe vera among many others are used for their proven therapeutic properties. With the increasing global shift toward organic and chemical-free skincare, Unani remedies provide a sustainable alternative to synthetic cosmetics that often carry side effects. The holistic approach of Unani medicine, which addresses physical, mental, and spiritual health, offers a refreshing perspective to modern cosmetology. Unani cosmetology integrates internal health with external beauty, understanding that the skin, hair, and overall appearance are reflections of internal well-being. This philosophy aligns with the modern demand for wellness-focused beauty solutions, where consumers prioritize products and treatments that promote long-term health alongside aesthetic benefits.

Unani cosmetology emphasizes preventive care, focusing on maintaining the body's natural balance to prevent skin and hair disorders before they arise. Further, treatments are personalized, considering an individual's *Mizāj* (temperament) and lifestyle, which aligns with modern trends in personalized beauty and wellness solutions. In an era where pollution, stress, and lifestyle disorders significantly impact skin and hair health, Unani cosmetology offers effective solutions. Detoxification therapies, dietary advice, and topical applications rooted in Unani principles help mitigate the effects of environmental and lifestyle-induced damage. Modern research has validated many Unani formulations, enhancing their credibility in cosmetic care. This scientific integration bridges traditional wisdom with evidence-based practices, making Unani cosmetology a relevant choice in the global beauty industry.

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Chapter-2
Skin, Hair, and Nail

Skin

General Description

Anatomical considerations

Skin is the largest organ of the body and forms its outer covering.^{20, 23} Some ancient physicians opined that the expulsion of waste matter of a dry temperament toward the periphery of the body constitutes one of the components of the skin.^{5,6,20,25}

In Unani medicine, skin is considered as *A'dā' Mufrada* (simple organs / homogeneous organs).¹⁰ It is also termed as *Bashra*, *Ghishā-i-Muḥīt* and *Satārat al-Lahm* (covering layer of muscles).¹⁹ *Abū al-Hasan Aḥmad bin Muḥammad Ṭabarī* has mentioned in his book *Al-Mu'ālajāt al-Buqrāṭiyya* that the skin is composed of four layers. The innermost layer, positioned just above the muscles, is the strongest and is essential for skin regeneration and hair growth. If the three outer layers of the skin are lost while the innermost layer remains intact, the skin can regenerate. However, if the innermost layer is damaged or lost due to injury, the skin cannot restore its original form.¹⁹

According to *Masīhi*, skin is divided into two layers; *Bashara* (epidermis) and *Adama* (dermis).¹⁰

1. *Bashara* (epidermis): It is the outermost layer of the skin,
2. *Adama* (dermis): It is the deeper layer of the skin located beneath the epidermis. It varies in thickness to provide cushioning to different parts of the body, offering protection from stress and strain. Skin contains hair follicles called as *Jild-i-Haqiqī* (true skin). It consists of blood vessels and network of nerves endings that enables the sense of touch. The blood vessels, including *Sharāyīn* (arteries) and *Awrida* (veins), deliver oxygen and nutrients while also removing waste from the skin.^{10, 25}

Nature has endowed the skin with region-specific characteristics to meet functional and aesthetic needs. Certain areas, such as the scalp, eyebrows, upper lip (moustache), and chin (beard), are hairy, providing protection and enhancing appearance, whereas other regions, including the face bears only fine hair, and the palms and soles are completely hairless.²³ In some parts of the body, the skin is soft and thin and closely adherent to the underlying muscles, as seen on the face, lips, and palms, thereby facilitating greater tactile sensitivity.^{2,24} In contrast, the skin of the soles and heels is thick and tough, serving to protect the underlying tissues and provide stability during walking.^{10,23} Classical texts also indicate a close interrelationship between the nature of the skin and human temperament.^{19,20}

People with a hot and wet temperament possess the best and most beautiful skin. On the other hand, individuals with a hot and dry temperament often have hard and thick skin. Those with a cold and moist temperament tend to have whitish skin that feels cold to the touch, and their skin quality is superior compared to those with a cold and dry temperament.^{2,19, 24,26}

The color and quality of a skin can also be affected by the occupation of the person. Individuals who engage in strenuous physical labor or often exposed to heat, such as farmers, tend to develop harder, rougher skin due to the conditions of their work environment.²³

Manāfi' al-Jild (function of the skin)

Few important functions of the skin are categorized below:

- **Protection:** The skin envelops the organs of the body and functions as the primary protective barrier. It safeguards the body against various external factors, including climatic influences, mechanical pressure,

microorganisms, chemicals, and radiation, while also protecting the underlying muscles, bones, nerves, blood vessels, and other internal structures. The thinnest skin in the human body is found on the eyelids, whereas the thickest skin is present on the soles of the feet.^{5,20} In addition, the skin serves as the first interface between the body and the external environment, enabling sensory interaction while providing protection.²⁰

- **Perception:** Skin is a sensory organ and therefore perceives sensations such as pain, touch, and variations in temperature, including heat and cold.^{10,23}
- **Temperature regulation:** The skin helps regulate body temperature through sweating and by constriction or dilation of cutaneous blood vessels.^{2,20}
- **Excretion of bodily waste:** The skin contains pores that facilitate the excretion of sweat, vapours (*Bukhārāt*), and waste materials (*Fuḍlāt*) from the body. *Abū al-Ḥasan Rabān Ṭabarī* observed that these pores are located at the roots of the hair. When the pores become constricted or obstructed due to coldness (*Burūdat*) or dryness (*Yabūsat*), vapours may accumulate beneath the skin and cause harm to the body.²⁰ Such accumulation of waste materials or unprocessed metabolites can disrupt normal cellular function, potentially resulting in a loss of the body's natural lustre and beauty.
- **Reflection of health and beauty:** The skin reflects the condition of internal organs and humoral balance. Changes in color, texture, moisture, temperature, and eruptions are important diagnostic clues for systemic disorders. It plays a vital role in physical attractiveness and overall appearance. Clear, smooth, and radiant skin is commonly regarded as a sign of good health, vitality, and beauty. Its tone and texture significantly contribute to aesthetic appeal. Facial skin, in particular, enhances expressions and emotions, lending a lively and dynamic character to appearance.^{19,23} Further, maintaining healthy skin through appropriate skincare practices and therapeutic interventions can enhance confidence and self-esteem, thereby strengthening the link between physical appearance and emotional well-being.
- **Helps in Mizāj assessment:** The examination of skin helps in assessing the *Mizāj* of an individual through its characteristic features. Individuals with warm and soft skin, a pinkish tint and fair complexion, and thick and shiny hair with rapid hair growth can be categorized *Damawī al-Mizāj*. Individuals with dry, warm skin with a yellowish complexion can be categorized as *Ṣafrāwī al-Mizāj*. Individuals with a whitish complexion, soft smooth texture, and less body hair can be categorized as *Balghamī al-Mizāj*. Individuals with dark, rough skin and less body hair can be categorized as *Sawdāwī al-Mizāj*.^{2, 10, 19, 20, 24, 26}

Asbāb Sitta Ḍarūriyya for healthy skin

The proper functioning and appearance of the skin is closely related to the abidance by the *Asbāb Sitta Ḍarūriyya*, which constitute the fundamental principles for the maintenance of health. Healthy skin is achieved through equilibrium in *Hawā'* (air), *Al-Ma'kūlāt wa'l Mashrūbāt* (foods and drinks), *Al-Ḥaraka wa'l Sukūn al-Badanī* (bodily movement and repose), *Al-Ḥaraka wa'l Sukūn al-Nafsānī* (psychic movement and repose), *Al-Nawm wa'l Yaqza* (sleep and wakefulness), and *Al-Ihtibās wa'l Istifrāgh* (retention and evacuation).

Exposure to extreme climatic conditions, poor nutrition and unsuitable diets, excessive or deficient physical and mental activity, inadequate sleep, and impaired elimination adversely affect *Ḥarārat-e-Gharīziyya* (innate heat) and disrupt proper skin nourishment which results in tanning, discoloration, dull complexion, pigmentation, and premature aging. Conversely, moderation and balance in these factors help maintain humoral equilibrium, these factors preserve humoral balance, enhance vitality, and maintain healthy skin appearance.^{2,3,5,7,10,24,26,27}

Skin Care and Skin Beautification

Clear, smooth, and radiant skin signifies good health, vitality, and beauty. Unani medicine adopts holistic approach through dietary regulation, detoxification, lifestyle modification and natural drugs, for skin care and beautification. Various herbs possessing *Qābiḍ* (astringent), *Muḥassin al-Lawn* (complexion enhancers), *Jālī* (detergent), and *Qāshir* (sloughing agent) properties are employed for the purpose. Additionally, some drugs like *Muṣaffī-i-Dam* (blood purifier), *Muḥallil* (resolvent), *Mujaffif* (drying agent), and *Muraṭṭib* (humidifying drug) are used for both cosmetic purposes and the treatment of skin disorders. Aromatic oils, including olive oil, almond oil, and *Āmla* oil, are also noted for their role in cosmetic care.^{28, 29}

General measures for skin care^{1,4,5,6,7,11}

- Regular cleansing of skin should be practiced.
- Hydrate and moisturise the skin with suitable oils and creams
- Remedial measures to be adopted while going outside
 - Cover the face in harsh weather conditions
 - Apply concentrated *Khurfa* juice to the face before going outside.
 - *Tanqiya* or *Istīfrāgh* (detoxification or elimination of morbid humour) of the body to be carried out⁵
 - *Ibn Sīnā* described several drugs for the preservation and enhancement of skin colour, which act by attracting *Dam* (blood) and *Rūḥ* (pneuma) toward the skin, thereby imparting a pinkish, clear, and radiant appearance. These drugs exert their effects through three distinct mechanisms. First, certain drugs improve skin colour by promoting the production and augmentation of blood in the body, such as fig, pomegranate, and gram. Second, some compound formulations, including *Itrīfal Ṣaghīr* and *Murabbā Halayla*, enhance skin colour by purifying the blood through the elimination of impurities. Third, certain drugs act as stimulants, antiseptics, or digestives; after diffusing into the bloodstream, they cause dilation of blood vessels (vasodilation) and draw blood toward the skin, as seen with *Hiltīt* and *Sa'd Kūfī*.⁴
- Eliminate the causative factors of the diseases like jaundice, anemia, nutritional deficiency etc.
- In cases of weakness, anemia and malnutrition, a proper and balanced diet is recommended, and *Muqawwiyāt* (tonics) are given, like *Anjīr*, *Anār*, *Angūr*, *Halwa*, *Chanā*, roasted chicken, sweet wine, and *Baiza-e Neem Barisht* (half-boiled egg)^{4,7}. Foods like Gram, egg yolk, *Mā' al-Laḥm*, bread, fresh milk, produce *Raqīq* (thin) and good quality of blood. Fresh and dry *Anjīr* preserves innate heat and produces thin consistency humours.^{1,6}
- For healthy and glowing skin, daily consumption of milk is recommended.^{1,8}
- *Hiltīt*, *Sīr*, *Ṣ'atar*, *Filfil* should be added with the dietary preparation to aid in thinning of the blood, facilitating its smooth flow through the capillaries of the skin.⁴
- Oral administration of *Za'farān*, *Piyāz*, *Karnab*, *Fujl* enhances complexion^{4,6}
- *Hammām* (therapeutic bath) with soft water is advised for healthy skin.^{1,4}
- Washing face frequently with soap and water cleanses the skin⁵
- A steam bath is advised in cases of exposure to extreme cold winds, as it effectively cleanses the skin and helps restore its natural glow.⁷

- For facial care, it is recommended to first perform a gentle massage using *Qāshir Adwiya* (sloughing agent) to exfoliate dead skin cells. This should be followed by the application of *Jālī Tīlā'* (detergent liniments) to further cleanse and rejuvenate the skin. Subsequently, the face should be washed first with warm water and then with cold water.⁷
- Living in a clean, airy, well-ventilated environment is beneficial for overall health and contributes to maintenance of healthy skin.⁷
- Use detergent, humidifying drug, and products that improve the complexion.
- Maintenance of balanced *Su'-i-Mizāj*, along with the avoidance of excessive mental stress, prolonged sadness, and severe pain, is essential for preserving normal skin tone.
- Conditions such as jaundice, anaemia, malnutrition, and general weakness, which may lead to yellowish or blackish discoloration of the skin,⁹ should be prevented where possible or appropriately managed if present.

Tab'īq-i-Lawn (to make skin fair)⁸

Oral administration:

- *Laban* (milk), *Maghziyāt* (kernels), and edible oils, consumed individually or in combination^{4,8}
- *Harīra* prepared with *Nishasta*, *Shakar*, *Laban* and *Ravghan-i-Bādām Shīrīn*⁸
- *Halayla Kābulī* and *Karamkalla*⁸

Local application:

- *Katīra* may be applied alone or mixed with egg albumin^{3,5}
- *Ghamrah* (a beautifying powder) prepared from the following ingredients may be applied to the face:¹¹

Katīra, *Šamagh-i-'Arabī*, and *Lu'āb-i-Aspghol* are dried separately. *Lu'āb-i-Bihīdāna* (1 part) is mixed with *Safaidī Bayḍa-i-Murgh* (1 part) and dried. All the ingredients are then combined, finely powdered, and preserved. For use, the powder is mixed with *Shīra Tukhm-i-Khurfa* and applied to the face.

- *Lu'āb-i-Aspghol* or *Shīra Tukhm-i-Khurfa* or *Šamagh-i-'Arabī*, or *Katīra* dissolved in water; *Safaidī Bayḍa-i-Murgh*; or *Nān* (bread) soaked in water may be applied to the face to prevent tanning.⁵
- *Mom Safaid* is melted in *Ravghan-i-Chamelī*, washed with water, and perfumed with *Itr* for fragrance. The preparation is applied locally to the face.⁵
- Application of *'Asal* (honey) to the face at night, followed by rinsing with cold water in the morning, is recommended.^{1,8}
- The appearance and complexion of the skin may be enhanced by regularly cleansing the face and hands with a facewash prepared from *Qaimūliya* (400 g) and *Naṭrūn Mushawwa*, *Īrsa*, *Sa'd*, and *Sunbul al-Ṭīb* (32 g each).⁸

Single drugs

Oral administration^{4,7,8,10}

- *Anār*, *Anjūr*,^{1,4,8} *Halayla Kābulī*,^{1,8,12} *Ḥiltūt*,¹ *Nakhūd*,^{6,7} *Nashāsta Piyāz*,⁸ *Zūfa*,^{1,6} *Laban*,^{1,8} *Za'farān*¹

Local application^{1,4,6,8}

- *'Adas, Bāqla, Bayaād al-Bayḍ, Gandum, Himmās / Nakhūd, Jaw, Karsana, Katīra, Kundur, Nashāsta, Saresham Māhī, Ṣadaḡ, Tukhm-i-Jirjūr, Tukhm-i-Kharpaza, Tukhm-i-Mūlī, Turanj, Turmus, Za'farān*

Regimenal therapy

- *Faṣḍ-i-Qīfāl* (venesection of cephalic vein),¹ *Faṣḍ-i-Bāsīlīq* (Venesection of basilic vein),¹¹ *Faṣḍ-i-Usaylim* (Venesection of third dorsal metacarpal vein)¹¹
- *Hammām* (therapeutic bath) ⁹
- *Irsal-i-'Alaq* (leech therapy)⁷
- *Takmīd-i-Hār* (hot fomentation)⁷
- *Mu'tadil Riyāḍat* (moderate exercises), horse riding, listening melodious and soft music, wrestling, and happiness can have significant positive effects on skin⁶

Tahmīr-i-Lawn (to make facial complexion pinkish)

Oral administration

- *Safūf* prepared with *Zūfa Khushk*-35 g, *Za'farān*-10 g, and sugar-65 g is to be taken 7g daily⁷
- *Zūfa Khushk*-7g and *Za'farān*-1.75 g for few days¹
- *Za'farān* with *Mayfukhtaj* enhances skin complexion¹
- *Safūf* prepared with *Zūfa Khushk*-5g, *Za'farān*-1g and sugar 14 g ⁵

Local application

- Washing the face with vinegar in which *Ushnān Sabz* has been boiled, or with *Mā' al-Jubn*, is recommended⁷
- Frequent gentle scrubbing of the face with *Ārad-i-Nakhūd* mixed with vinegar, followed by washing with gram flour and sweet water, is advised.⁷
- Juice and pulp of *Līmūn* or *Turanj* are beneficial for improving skin complexion⁵
- *Qayrūfī* (a kind of ointment) prepared from *Ravghan* (oil), *Mom* (wax), *Ārad-i-Gandum* and *Safaidī Bayḍa-i-Murgh*^{4,5}
- *Khardal Abyaḍ, Zarnīkh Aḡmar*-1part each are finely ground, mixed with milk, and applied as thin, diluted liniment^{4,5,7}
- Ointment prepared with *Za'farān, Fuwwāh, Kundush, Mur,* and *Maṣṭagī* (one part each) is recommended. These ingredients may be ground with *Balbūs* to prepare a liniment, which is applied to the face at night and washed off in the morning.^{7,8}
- *Nashāsta* and *Katīra* mixed with milk are applied locally to the face^{4,5,13}
- *Bādām Shīrīn Muqashshar, Nashāsta* and *Katīra* mixed with *Āb-i-Kusum*, is recommended to be applied over the face at night; the face should then be washed in the morning with the decoction of *Banafsha* and *Bābūna* in the morning^{7,8}
- Washing face with lukewarm decoction of *Bādām Talkh*¹

- *Behman Surkh* is finely powdered and mixed with salt and honey to prepare a *Ṭilā'* (liniment), which may be applied to the face. Regular use of this formulation enhances facial complexion and helps remove dark spots.¹³

Measures to prevent tanning due to exposure to sun and air^{4,5}

- Local application of *Ṣamagh-i-'Arabī'* or *Mom Ravghan*⁴ dissolved in water while going outside
- Local application of *Āb-i-Khurfa* while going outside⁵
- *Nān Maida* (bread prepared with fine flour) is soaked in water, mixed with egg albumin and apply to the face^{4,5,11}
- Local application of *Ṭilā'* on to the face, prepared with *Duḥn*, *Mom*, *Lub al Ḥuwāra* (pulp of chappati), *Bayāḍ al-Bayḍ* in case of tanning.⁵
- Before going outside, washing face with a *Ghamrah* (face pack) made of *Katīra*, *Ṣamagh-i-'Arabī'*, *Lu'āb-i-Aspghol*, *Lu'āb-i-Bihīdāna*-1 part each, by mixing with egg albumin, and dried¹¹
- Local application of *Ghamrah* prepared with *Ārad-i-Nakhūd*, *Nashāsta*, *Katīra*, *Safaidī Bayḍa-i-Murgh* mixed with *Ravghan-i-Gul* or *Shahm-i-Mākiyān* (hen's fat); applying the same overnight and washing it off in the morning, may help brighten the complexion¹¹
- *Ghamrah* prepared with *Ārad-i-Baqḷa*, *Ārad-i-Matar*, *Ārad-i-Turmus*, *Ārad-i-Nakhūd*, *Tukhm-i-Mūlī*, *Nashāsta* (starch)-1part each, is rubbed on the face and then washed⁶
- Local application of *Mom Ravghan i.e.*, white wax, melted in Jasmine oil¹¹
- Washing face with *Ārad-i-Nakhūd* and warm water⁵
- *Safaidī Bayḍ*, *Lu'āb-i-Aspghol*, *Ārad-i-Matar*, *Ṣamagh-i-'Arabī'*, *Bādām Shīrīn*,² *Maṣṭagī*, *Muqil*, *Kundur* and *Anjīr*
- Decoction of *Hulba*
- Decoction of *Iklīl al-Malik*, *Ārad-i-Gandum*^{1,4,5,7,11}

Common Skin Disorders

1. *Kalaf* (melasma)

It refers to bluish or blackish patches (macules) on the face,^{5,9,11} which occur due to rupture of the capillaries of the skin, resulting in the oozing of blood beneath the skin surface. ¹Dark hyperpigmented patches on skin without roughness or itching.

The condition is characterized by blackish patches appearing on the facial skin commonly involving the cheeks, nose, chin, and forehead and is particularly observed in women during pregnancy.²⁰ According to Unani concepts, it is attributed to hormonal alterations causing cessation of menstrual blood, resulting in the accumulation of morbid matter ⁸

Causative factors include morbid blood,⁷ *Sawdāwī Bukharāt* (melancholic vapours), excessive consumption of *Muwallid-i- Sawdā 'Aghdhiya* (black bile producing diet), splenic weakness, intercourse during menses and puerperium.¹⁵ Additionally, oozing of blood from ruptured capillaries beneath the facial skin due to capillary rupture caused by trauma or vascular congestion may also contribute to the development of melasma.⁷ Fresh spots are easy to treat, while chronic cases are much more challenging⁵

The principles of treatment include *Istifrāgh* (evacuation of morbid matter) ^{5,9,18} and *Tasfiya-i-Jild* (cleansing of skin).¹¹

Pharmacotherapy

Oral administration

- *Joshānda Halayla* with *Mā' al-Jubn* ⁶
- *Joshānda Ushaq* with *Mā' al-Jubn*, or *Habb-i-Ayārij*, or *Habb-i-Shabyār* for *Istifrāgh* (evacuation of morbid matter)^{5,7,8}
- *Joshānda Halayla*, and *Joshānda Gā'ozubān*⁵
- *Safūf* (powder)-14 g prepared with *Halayla Siyāh*-2 parts, *Zanjabīl*-½ part and sugar equal to cumulative weight of the ingredients⁷
- *Safūf* prepared with *Aftīmūn*, *Turbud* and *Ghariqūn*-31.5 g each, to be taken in divided dose with *Sikanjabīn* (oxymel)¹¹

Local Application

- First, *Takmīd* (fomentation) with hot water or *Inkibāb* (vapour bath) is performed, then medicines are applied to the affected part.^{5,7,9} Steam opens the skin pores, increases blood circulation towards the skin, and also induces perspiration at the site, which helps in cleansing the skin
- Powder of *Filfill*, *Būraq* mixed with water, is useful for deep seated spots of melasma²⁰
- *Dawā'* (used as liniment) prepared with *Būra Armani*, *Laban al-Jamal* (camel milk) or *Shahm-i-Dujāj* (hen's fat) and *Başl*²⁰
- Face pack prepared with *Bekh-i-Sosan* and water to be applied at night on the face, and washed with decoction of *Tukhm-i-Biṭṭīkh* in the morning ²⁰
- *Dimād* prepared with *Tukhm-i-Turb*, *Bādām Shīrīn Muqashshar*, *Boraq*, *Lu'āb-i-Hulba*^{5,8}
- Ground *Waraq-i-Gul Surkh* (rose petals), *Ārad-i-Adas*, *Tukhm-i-Faranjmushk* each-1 part, *Mawīz*

Munaqqa-2 part, then all drugs are soaked in *Sirka Kohna*. Apply this paste locally by mixing of *Āb-i-Ās*¹⁸

- *Ṭilā'* prepared with *Reward Chīnī* and vinegar⁷
- Paste prepared with *Turmus*, *Qust Hindī*, *Sirka* and *Shehad*¹¹
- *Ḍimād* prepared with *Tukhm-i-Mūlī* and *Bādām Shīrīn Muqashshar* in case of *Muzmin Kalaf* (chronic melasma)^{7,12}
- *Ṭilā'* prepared with *Ārad-i-Bāqila* and *Tukhm-i-Kharpaza*^{6,7}
- Paste prepared with *Tukhm-i-Jirjīr* and *Muqil*⁴ or honey¹¹
- Paste prepared with *Tukhm-i-Mūlī*, *Khardal* or *Anjīr* with *Sirka*^{3,6}
- Powdered *Anzarūt* mixed with vinegar^{1,12}
- Ointment prepared with *Ravghan-i-Bādām Talkh* mixed with wax and honey. It is also useful in *Baras* (vitiligo)¹⁰
- Paste of *Anjīr* soaked in vinegar resolves the coagulated blood spots under the skin, *Namash* (naevus), *Barash* (freckle), and *Kalaf*.¹³ Local application of paste of *Marzanjosh* also resolves coagulated blood spots under the skin¹³
- *Lu'āb-i-Hulba* and *Muqil*⁵

Single drugs^{4,7,8,12,21}

- *Afsantīn*,¹⁷
- '*Aqarqarha*'⁸,
- *Ārad-i-Bāqila*,
- *Bādām Shīrīn*,
- *Būra Armanī*,
- *Dārchīnī*,⁸
- *Filfil Siyāh*,
- *Hartāl Surkh*,
- *Khardal*,
- *Tukhm-i-Mūlī*,
- *Tukhm-i-Jirjīr*,^{4,11}
- *Zarāwand Mudhārij*

Compound drugs

- *Habb-i-Ushaq*-5 to 9 g along with *Joshānda Ushaq*¹¹
- *Ayārij-i-Fayqrā*²⁰
- *Habb-i-Šibr* or *Habb-i-Maṣṭagī* is beneficial²⁰
- *Habb-i-Shabyār*-3 to 7 g¹¹
- *Sharbat Ushaq*-30 ml¹¹

Regimenal therapy

- *Faşd-i-Qifāl, Faşd-i-Bāsīlīq, Faşd-i-Uşaylīm*^{3,11}
- *Irsāl-i-'Alaq*⁷
- *Takmīd-i-Ḥār* to face⁷

Dietary recommendations

- *Mā' al-Jubn*^{5,11}
- *Laṭīf Aghdhiya* (diet producing fine / thin consistency humours)¹⁸
- Dietary recommendations as discussed in skin care

Dietary restrictions

- Avoid *Muwallid-i- Sawdā' Aghdhiya* like red meat, sheep meat and cabbage¹¹
- Avoid prolong use of eggs¹¹
- Avoid *Adwiya Ḥirriḥa* (spicy drugs)

Prevention

- Avoid mental stress, anger, excessive thinking etc.^{7,8}

2. *Barash* (freckle), *Namash* (naevus) and *Khilān* (mole)

- ***Barash***: Black or reddish spots on skin, especially on face^{4,5,9}
- ***Namash***: Black or reddish dot-like spots or patch on skin, especially on face^{11,12,18}
- ***Khilān***: Black or blackish small plain or raised spots on skin^{11,12,18}

These cutaneous spots are attributed either to the accumulation of viscid morbid matter beneath the skin or to the rupture of superficial capillaries with subsequent oozing of blood into the subcutaneous tissue.⁵ *Muḥammad Ibn Zakariyyā Rāzī* has described *Namash* as a condition resulting from the predominance of *Khilī-i-Sawdāwī*, which is diverted towards the skin for elimination.¹ *Namash* may also be congenital, commonly presenting as a birthmark, and such cases are considered untreatable.¹⁸ Furthermore, chronic forms of this condition are often difficult to manage effectively.⁵

The principles of treatment include *Tanqiya-i-Badan* (evacuation of morbid matter from the body),⁹ *Takmīd* (fomentation) with warm water, and *Tasfiya-i-Jild* (cleansing of the skin) using *Muḥallil* (resolvent) and *Jālī adwiya* (detergent drugs).¹²

Pharmacotherapy: for *Barash* (freckle) and *Namash* (naevus)

- Oral administration of *Mā' al-Jubn* or drugs like *Halayla, Ushaq* etc., for *Istifrāgh* (evacuation)⁵
- Drugs for local application are used after bathing or washing face with hot water or steam^{8,12}
- Local application of a *Ṭilā'* prepared with *Za'farān* and *Lu'āb-i-Safarjal* or *Mā' al-Ḥulba* on *Namash*¹
- *Khardal* is ground with *Joshānda Anjīr* and applied to the spots⁵
- Local application of *Bekh-i-Sosan Āsmānajūnī*⁷
- Local application of paste prepared with *Kutki Siyāh* and *Turmus*⁵

- Local application of paste prepared with *Būra Armanī*-2 part and *Bādām Talkh*-1 part, is useful for these conditions including moles ⁵
- Local application of paste prepared with *Hartāl Surkh*-2 parts, *Kundush*-1 part, *Mā' al-Ra'ib* to the affected part ^{5,7}
- *Ushaq* dissolved in vinegar and used as liniment⁵
- *Lu 'āb-i-Hulba* and *Muqil*-local application to the affected part^{5,8}
- Local application of *Ravghan-i-Bādām Talkh* mixed with *Mom* (wax) and honey¹⁰
- Local application of fine powder of *Za'farān* mixed with *Lu 'āb-i- Bihīdāna* is beneficial for *Namash*, *Barash* and other skin marks¹⁰
- *Kundur* dissolved in vinegar and then *Tukhm-i-Karafs* and *Iqlīmiya-i-Nuhās* are powdered finely and mixed, to prepare a *Qayrūtī*. It is applied on face for *Namash*¹⁸
- *Kushta Sīmāb*-7 g is ground with powder of *Bādām Talkh*-10.5 g till it becomes black in colour. After that, mix finely ground *Tukhm-i-Kharpaza*-17.5 g with it. Apply the paste on the affected part at night and wash off in the morning. This regimen can be continued for one week. It is thought to be highly beneficial for *Kalaf*, *Barash*, *Namash* and *Khīlān*¹³
- For *Khīlān*, prick the mole with a needle to remove the coagulated blood and then rub vinegar on the affected part^{5,18}

3. *Āthār al-Qurūh* (scar) and *Āthār al-Judarī* (marks of smallpox)

- *Āthār al-Qurūh* refers to the marks formed after healing of the ulceration, wounds, injury, boil and acne^{9,11}
- *Āthār al-Judarī* refers to the marks of smallpox^{1,3,4}

The principles of treatment includes *Tasmīn-i-'Udhw* (to make the organ fatty) when the scars are depressed and *Tadbīr-i-Azāla-i Āthār* (measures adopted to reduce or remove the scars) ⁹

Pharmacotherapy

- Local application of a paste prepared with *Habb al-Bān* and *Sirka*¹
- Local application of *Zāj* with water removes acne scar¹
- Rubbing of *Ravghan-i-Akhrot* to the injury marks followed by application of *Lādan* and then paste prepared with brittle bones and water¹
- Local application of *Murdār Sang* blended with *Ravghan-i-Gul* on injury mark.^{8,9} It may be mixed with *Shahm-i-Baṭṭ* (duck's fat) before use²
- Local application of *Marham Dākhaliyūn* mixed with *Shahm-i-Baṭṭ* in cases where the surface of scar is elevated ¹¹
- Local application of paste prepared with *Habaq Nehrī*, *Namak* and '*Asal Muṣaffā*¹
- Local application of paste prepared with powder of *Jirjīr* and '*Asal* for several days¹
- Local application of paste prepared with *Hīnṭa* and *Ravghan-i-Gul*^{1,2}
- Local application of liniment prepared with *Asfidāj* and vinegar^{1,2}
- *Naṭrūn*, *Ushaq*, *Murr*, *Kibrūt Aṣfar*-1 part each. These ingredients are ground with white vinegar and applied on the injury mark or scar. It is very beneficial for removal of injury marks ¹

Single drugs useful to reduce scars^{1,13}

- *Bān*,
- *Barg-i-Marzanjosh*,
- *Būra Armanī*,
- *Duḥn al-Ḥulba*,
- *Fūdanj, Īrsa*,
- *Karsana*,
- *Khardal*,
- *Murdār Sang*,
- *Naṭrūn*,
- *Qust*,
- *Tukhm-i-Fujl*,
- *Ushaq*,
- *Zabd al-Baḥr*

Formulations for *Āthār al-Judarī* (smallpox scars)

- Local application of *Shahm-i-Baṭṭ* or *Shahm-i-Himār Dashtī* (fat of wild donkey) on the marks of smallpox^{2,3,4}
- Local application of *Ḍimād* prepared with *Kā'ī* (algae) and olive oil³
- Local application of *Ḍimād* prepared with *'Usārah Karafs*, *Farāsiyūn* and honey on the marks of smallpox³
- Local application of *'Usārah* (extract) obtained from fresh root of *Qaṣab* and honey⁴
- Local application of paste prepared with *Ḥabaq* and *Namak* mixed with honey⁴
- Local application of *Fāshra* cooked with olive oil⁴
- *Murdār Sang Mudabbar*, *Bekh-i-Nay Khushk*, *Ārad-i-Nakhūd*, *Ārad-i-Baranj*, *Tukhm-i-Kharpaza*, *Ḥabb al-Bān*, *Qust*-1 part each. These drugs are ground and mixed with *Āb-i-Kharpaza* or *Matbukh-i-Ilaichī* and then applied locally on marks of smallpox³
- *Murdār Sang Mudabbar*, *Bekh-i-Nay Khushk*, *Ārad-i-Nakhūd*, *ʿAzam Busīda* (decayed bone), *Ārad-i-Baranj*, *Tukhm-i-Kharpaza Muqashshar*, *Ḥabb al-Bān*, *Qust*-1 part each. These drugs are ground and mixed with *Lu'āb-i-Ḥulba* and *Lu'āb-i-Katān* and then applied locally²
- Formulations mentioned in wound scars are also beneficial for marks of smallpox^{2,4}

Single drugs for removal of *Āthār-i Judarī* (smallpox marks)^{1,11}

- *Anzarūt*,
- *Aṣl al-Qaṣab Mujaffif*,
- *Bādām Shīrīn*,
- *Bayāḍ al-Bayḍ*,

- *Buraq,*
- *Fujl,*
- *Habb al-Bān,*
- *Kundur,*
- *Murdār Sang,*
- *Murr,*
- *Tukhm-i-Kharpaza,*
- *Ushaq,*
- *Zabd al-Bahr,*
- *Zarāwand Ṭawīl*

4. *Shuqūq al-Aṭrāf wa'l Wajh / Shiqāq-i-Jild-o-Aṭrāf-o-Wajh (cracks / fissures in skin)*

This condition is characterized by the appearance of cracks and roughness on the skin,^{4,9,11} particularly affecting the face, hands, feet and soles.^{11,16} It arises due to excessive dryness of skin, *Sū'-i Mizāj Bārid Yābis* (cold and dry morbid temperament), or or prolonged exposure to extreme cold or heat.^{4,9,11,18,20}

The principles of treatment include, *Tanqiya-i-Badan* (evacuation of morbid matter),^{4,9,11,12} *Talayyin-i-Jild* (to produce softness in the skin),¹ *Tarṭīb-i-Jild wa Badan* (to produce moistness in the skin and body),^{1,12} and *Islāh-i-Ghidha* (dietary correction).

Pharmacotherapy

Oral administration

- *Lu'āb-i-Bihādāna, 'Araq-i Shāhtara with Sharbat Nīlofar*^{4,11}
- *Shīr-i-Buz* (goat's milk) with *Khāksi* sprinkled on it¹¹
- *Mā' al-Jubn*, if it is due to predominance of *Sawdā'*^{11,12}
- *Ravghan-i-Kunjad* up to 48 ml⁴ or 70 ml for 7 days in case of dry temperament¹²
- *Ravghan-i-Bādām Shīrīn* with *Naqū-i-Mawīz*⁴
- *Maṭbūkh-i-Afīmūn*³

Local application (humidifying drugs or cold cream)

- *Muḥammad ibn Zakariyyā Rāzī* and *Ismā'īl Jurjānī* has mentioned that local application of oil on hand and foot is beneficial⁶
- *Shaqā'iq al-Nu'mān* mixed with *Ravghan-i-Zait* are kept in bottle for 40 days, then filtered and preserved. This oil is applied locally on the affected parts⁴
- *Katīra* and *Māzū* are ground finely and mixed with melted fat of hen, the same is advised to apply as cream locally^{11,12}
- Lotion prepared with *Murdār Sang, Mom, Ravghan-i-Zait* and honey⁶
- Wash the cracked heel, apply powdered *Ṣamaḡh-i-'Arabī* or *Katīra* and wear socks⁶

- *Marham* prepared with *Mom Zard* and *Zūfa Raṭb*⁶
- *Marham* prepared with *Shahm-i-Baṭṭ*, *Nashāsta*, *Katīra*, mucilage of *Aspghol* and *Ravghan-i-Gul*^{12,16}
- *Marham* prepared with *Tukhm-i-Kunjad*, *Banaḥsha* and oil or fat¹¹
- *ʿIlak al-Baṭam* dissolved in olive oil¹¹
- *Ravghan-i-Ḥulba*-35 g mixed with 7 g of wax¹¹
- *Āb-i-Barg-i-Anjīr Tāza* mixed with olive oil and *Mom Zard*¹¹
- *Ḍimād* prepared with *Baṣl Biryān* or *Ḥabb-i-Maḥlab* and honey¹¹
- *Iklīl al-Malik*, *Post-i-Anār* and *ʿAdas*, is cooked with honey and applied as *Ḍimād*¹¹
- *Ṣibr Sokhta* is mixed with olive oil and applied as *Ḍimād*¹¹
- *Naṭūl* with decoction of *Salaq* or decoction of *Shalgham* or decoction of *Karnab* or decoction of *Karsana*^{11,12}
- The hands and feet are recommended to be immersed in warm water or a decoction of *Qust* for a few minutes, followed by gentle massage with *Ravghan-i-Zard*, and subsequently covered with a cloth.¹¹
- Apply *Ḍimād* prepared with *Ḥinnā* and water, for 4 hours followed by local application of castor oil after removing the paste¹¹
- *Mom Safaid* melted in *Ravghan-i-Banaḥsha*, mixed with powdered *Katīra* in small quantity, then applied and rubbed on the face³
- *Rāl* and *Ravghan-i-Zard*-21 g each, *Mom*-5.5 g is taken. *Mom* is melted in pure ghee and then powdered *Rāl* is added in it and mixed well. This ointment is applied and rubbed gently on cracked skin 3-4 times daily³
- *Ravghan-i-Banaḥsha* is used as *Sa'ūt* to produce moistness in the body² and prevent from dryness of hand and feet.

Formulations for dry and rough facial skin and cracked lips

- Local application of paste prepared with *Māzū Khām* and honey^{2,5}
- *Ravghan-i-Gul* and *ʿAlak al-Baṭam* is heated till it melts, then fine powder of *Māzū* sprinkled on it and applied as *Ṭilā* on face and lips²
- Use of vitelline membrane (found beneath the egg shell) on the lips
- Oil is rubbed into the umbilicus to prevent cracked lips⁵
- Oral administration or local application of *Maska*⁶

Formulations for dryness and itchy fingers due to cold²

- Oral administration of *Ravghan-i-Kunjad*-64 ml daily for one week³
- *Naṭūl* on fingers with solution prepared with warm water and salt²
- The hand or fingers are advised to be immersed in the warm decoction of *Shaljam* or *Salaq* for few minutes²
- Massage fingers with lukewarm *Ravghan-i-Bān*³
- Local application of paste prepared with *Anjīr* and olive³
- Local application of powder of dried flower of *Banaḥsha* on hand, in the morning and evening³
- In severe condition, paste prepared with *Piyāz* and wine is applied locally⁵

Formulations for cracked heel and feet

- First, *Pāshoya* with hot water is given till skin of heels becomes soft, followed by local application of fine powder of *Katīra* on feet / heels^{2,4}
- Local application of paste prepared with powder of *Hinnā* and decoction of *Harma*⁸
- Local application of cream prepared with *Pīh-i-Buz* (goat's fat) and *Māzū* (in chronic cases)²
- Local application of *Ṭilā'* prepared by heating powder of *Sandrūs* with sesame oil is useful for chronic and deep cracked heels²
- *Başl al-Fār* is cooked with sediments of olive oil and applied on the affected part³
- Local application of *Ṭilā'* prepared with '*Alak al-Baṭam* cooked with olive oil³
- *Ravghan-i-Banaḡsha*-2 part, *Mom Safaid*-1 part, *Murdār Sang*-1 part. These are ground, heated and mixed in mortar and pestle and the prepared ointment is applied on the affected part¹⁰
- '*Alak al-Baṭam*, *Mī'a Sāila*-1 part each, *Ravghan-i-Kunjad*-2 part, *Mom Safaid*-½ part. All these drugs are ground, heated and mixed well then applied locally¹⁰
- Inner membrane of onion-1 part is cooked with olive oil and '*Alak al-Baṭam* ½ part is added in it while heating. Then the preparation is mixed well in mortar and pestle and applied locally¹⁰
- *Naṭūl* on hands and feet with the decoction prepared with *Gul-i-Banaḡsha*, *Tukhm-i-Khubbāzī*, *Tukhm-i-Khaṭmī* and water¹⁰
- Local application of *Marham* prepared with *Bisḡāyij Maşḡūf*-½ part, *Kehrubā*, *Kundur*, '*Alak al-Baṭam*-1 part each, *Katīra*- ½ part and *Mom*-1 part, after washing hands and feet with warm water¹⁰

Single drugs useful as humidifying drugs^{4,8,20}

- *Mom*,
- *Khaṭmī*,
- *Şibr*,
- *Bādām Shīrīn*,
- *Kundur*,
- *Anjīr*,
- *Kehrubā*,
- *Katīra*,
- *Kunjad*

Regimenal therapy

- Bath with lukewarm water in which *Khaṭmī*, *Nīlofar* and *Khashkhāsh* are boiled¹¹
- Body massage with *Ravghan Bādām Shīrīn*, *Ravghan-i-Banaḡsha*, *Ravghan-i-Gul* or *Ravghan-i-Kadū*¹¹
- *Pāshoya* prepared with *Sabūs-i-Gandum* and *Tukhm-i-Kharpaza*, followed by wearing socks in cases of cracked feet¹¹
- Put oil drops in umbilicus⁵

Dietary recommendations

- *Aghdhiya Murattiba* like fresh milk 48ml daily¹⁸

Dietary restrictions

- *Aghdhiya Muwallid-i- Sawdā'* (black bile producing diet) like meat of sheep, cabbage etc.^{3,11}

5. 'Araq Muntin (bromhidrosis) and Şunān (foul smell of axilla)

'Araq Muntin (bromhidrosis) is a condition characterized by foul-smelling sweat, resulting from the presence of morbid matter either within the body or localized in the sweat glands. Şunān refers specifically to an offensive odor arising from the axillary region (underarms). In other words, Şunān denotes body odor produced due to excessive sweating and the interaction of sweat with cutaneous bacteria. The axilla is the most commonly affected site.^{9,11}

The condition is attributed to poor personal hygiene, consumption of odorous foods such as onion, garlic, and asafetida, and the predominance of *Khilt-i- 'Afin* (putrefied humour).⁶ It is clinically manifested by an offensive body odor associated with excessive sweating, particularly in the axillary region.^{6,11}

The principles of treatment include *Tanqiya '-i-Badan* (cleansing of morbid matter / humour from body),^{4,10} *Ta 'dīl-i-Sū '-i-Mizāj* (moderation of abnormal temperament),⁴ *Islāh-i-Hazm* (correction of digestion), *Tasfiya-i-Jild* (cleaning of the skin),³ oral and local application of *Mutīb Adwiya*⁵ and *Māni '-i- 'Araq Adwiya* (drugs that prevents sweating).⁶

Pharmacotherapy

Oral administration

- *Naqū-i-Zard Ālū*^{4,6}
- *Maṭbūkh-i-Afīmūn*¹⁹
- Adding aromatic drugs such as *Salīkha*, *Karafs* ⁴ in breakfast⁶
- Decoction of *Harshaf*^{1,4,6}

Local application

- Spray '*Itir* (perfume)⁵
- *Ravghan-i-Ās* on the body³
- *Masūh* prepared with *Ravghan-i-Gul* in which powder of '*Afis* is mixed^{3,9}
- *Gul Surkh* 400 g, *Sukk*, *Sunbul*, *Murr Makkī*, *Shibb*, *Nāgarmotha* and '*Araq-i-Gulāb* all these drugs are ground, a small quantity of *Kāfūr* is mixed in it, and tablets are prepared. When needed, the tablet is ground and rubbed on the body⁵
- Application of paste prepared with *Shib-i-Aḥmar* and water to check excessive sweating^{3,12}
- Decoction of *Namām* is applied on the body⁶
- Foot massage with decoction of *Barg-i-Sarw* reduces sweating of feet¹
- Decoction prepared with *Marzanjosh* and *Barg-i-Seb*⁶
- *Dharūr* prepared with *Şandal*, *Moth*, *Chira`ita*
- Post *Turanj*, *Marzanjosh*, *Rayhān*, *Charela* and *Barg-i-Sosan* is used after bath⁶

- *Zarnab*-7 g, *Ushna*-7 g, *Post Utraj*-21-24 g, all these drugs are boiled with rose distillate and filtered, later mix rose distillate, camphor and musk in it. This aromatic mixture may be sprinkled over the body after bath ¹⁹
- *Ṭilā'* prepared with *Ṣandal Surkh* prevents sweating¹²
- Drugs used as deodorant and antiperspirant locally^{1,3-5,12, 19}
- *Ās*, *Banaḥsha*, *Dārchīnī*, *Jāiphal*, *Sunbul*, *Kāḥūr*, *Mushk*, *Nāgarmoth*, *Safarjal*, *Ṣandal Safaid*, *Ṣandal Surkh*, *Shibb*, *Turanj*, *Ward*, *Zarnab* etc.

Compound drugs

- *Habb-i-Shangraf*-[oral]¹²
- *Ravghan-i-Safarjal*-[local]¹²
- *Ravghan-i-Gul*-[local]⁴
- *Ravghan-i-Ās*-[local]⁴

Dietary recommendations

- Diet that produces blood of good quality¹⁹
- Light and soft diet¹⁹

Dietary restrictions

- Foods causing bromhidrosis ⁶like asafoetida, fenugreek, onion, garlic etc.¹⁹
- Alcohol ¹

Prevention

- Maintain hygiene of the body
- *Hammām* daily^{2,3}
- Wear clean clothes⁵
- Spray *Iṭr* ^{5,6}
- Remove underarm hair at regular interval

6. *Buthūr Labaniyya* (acne)

It is a condition characterized by eruptive lesions resulting from inflammation of the sebaceous glands of the skin. This condition predominantly affects young adults and is most commonly observed on the cheeks and nose. The eruptions resemble drops of milk filled with an oily substance, and when squeezed, a greasy material is released. ^{9,11} The primary cause of these eruptions is the accumulation of thick *Ṣadīdi Mādda* (putrefied matter/pus) beneath the skin pores or within the sebaceous glands.

The principles of treatment include, *Tanqiya-i-Badan* ^{9,11} (evacuation of morbid matter from the body), followed by *Itfa-i-Dam*³ (to moderate the heat of sanguine), topical cleansing of the skin with *Jālī Adwiya* (detergent drugs)⁹ and *Tahlīl wa Tajfīf* (resolution and inducing dryness) if not cured with the application of a detergent drug^{9, 11}

Pharmacotherapy

Oral administration

- *Maṭbūkh-i-Ushaq* or *Habb-i-Ushaq*¹¹
- *Halayla Zard* and *Dārchīnī*¹¹

Local application

- *Ḍimād* of *Barg-i-Sosan*¹¹
- *Ḍimād* prepared with *Salīkha* and honey¹¹
- *Ubṭan* prepared with *Maghz-i-Ghonchī* mixed with *Ravghan-i-Kunjad* is applied on face at night and washed in the morning. It also clears melasma¹¹
- *Ḍimād* prepared with *Kharbaq Safaid*-1 part, *Īrsa*- ½ part and vinegar⁹
- Apply paste prepared with powder of *Kaf-i-Dariya* and *Maghz-i-Bādām Talkh* on face at night. Wash the face in the morning with lukewarm water¹¹
- Paste prepared with *Murdār Sang* and vinegar¹²
- Paste prepared with powder of *Khāksī*, *Şandal Safaid* and *Şandal Surkh* mixed with Rose water¹¹
- *Zāj* mixed with *Sharāb Kohna*¹¹
- *Ṭilā'* prepared with *Shonīz*, *Boraq*, *Nawshādar* and vinegar¹⁷
- *Ṭilā'* prepared with *Murdār Sang*-3.5 g, *Şibr*-17.5 g, mixed with vinegar and *Ravghan-i-Gul* in case of acne with pus formation³
- *Ṭilā'* prepared with powder of *Kāfūr*, *Za'farān*-125mg each, *Gil-i-Armanī* and *Gil-i-Makhtūm*-3.5 g each, mixed with Rose water and *Sirka Angūrī*³
- Paste prepared with powder of *Post-i-Darakht-i-Siras* and *Kunjad Siyāh* mixed with vinegar⁴
- Paste prepared with *Maghz-i-Tukhm-i-Kunār*, *Aşl al-Sūs*, *Qust Talkh*-1 part each, and water³
- *Ṭilā'* prepared with *Qaranful* and water in case of acne with pus points³
- *Ārad-i-Nakhūd Muqashshar*-6 g, *Murdār Sang*-3 g, and *Safaida Kāshgharī*-4 g. are roasted and grind. This preparation is then mixed with water or fresh milk and applied as a *Ḍimād* on the face. Once it dries, the face is washed off. It is highly beneficial¹¹

Single Drugs^{1,11,12}

- *Halayla Zard*-[oral and local]¹¹
- *Dārchīnī*-[oral and local]¹¹
- *Karsana*-[local]
- *Post Bayḍa-i-Murgh*-[local]
- *Ustukhwan Sokhta*-[local]
- *Kharbaq Safaid*-[local]
- *Siras*-[local]
- *Īrsa*-[local]

- *Safaida Kāshgharī*-[local]
- *Murdār Sang*-[local]
- *Anzarūt* with lemon juice-[local]¹²
- *Hinnā*-[local]¹²
- *Sīr*-[local]¹²

Compound Drugs

- *Habb-i-Qoqaya*-orally for evacuation¹¹
- *Habb-i-Şibr*-[oral]¹²
- *Habb-i-Ayārij*-[oral]^{3,11}

7. *Bahaq* (pityriasis)

Bahaq (pityriasis) refers to a dermatological condition characterized by hypo or hyperpigmentation of the skin, presenting as small, circular patches.^{9,11} Based on the color of the lesions, it is classified into two types:⁷

- Bahaq Abyaḍ* (pityriasis alba)
- Bahaq Aswad* (pityriasis nigra)

i. *Bahaq Abyaḍ* (pityriasis alba)

It is a condition characterized by the appearance of small, circular, clay-colored patches on the skin.^{7,11} The hypopigmented patches, with preservation of normal hair texture, are generally reversible. The condition is attributed to the accumulation of *Balgham Fāsid* (morbid phlegm) beneath the skin.⁸ Predominance of *Burūdat* (coldness) and *Rutūbat* (moistness) in the temperament of the skin or the body serves as a predisposing factor.^{5,9} At times, the lesions resemble scars produced at the site of wet cupping.⁵

Clinically, it presents as light-colored patches that become erythematous on rubbing.¹ The lesions are small, rounded, and dry, with the shedding of fine, clay-colored scales. Hair over the affected area may also become lighter in color.^{5,9} The condition remains confined to the skin and does not involve the underlying muscles or bones. It is generally self-limiting,^{1,7} though treatment may be required in certain cases.

The principles of treatment includes *Istifrāgh-i-Balgham* (evacuation of morbid phlegm), *Taşfiya-i-Jild* (cleansing of skin) and *Islāh-i-Kabid* (correction of liver function).²²

Pharmacotherapy

Oral administration

Fāsid Balgham (morbid phlegm) is evacuated by utilizing following remedies:

- *Habb*-10.5 g, prepared with *Halayla Kābulī* 7g, *Turbud*-3.5 g for evacuation of *Balgham*⁸
- *Turbud*-3.5 g, *Sheham-i-Hanzal*-875 mg with *Iṭrīfal Şaghīr* 7 g, once in a week^{8,9}
- Fine powder of *Ushaq* in a dose of 3.5 g with *Mā al-Jubn* 125 ml

Local application

- *Tilā* prepared with *Majīth*, *Zabd al-Baḥr*, *Tukhm-i-Fujl*, *Kundush* and *Khall al-Khamr*¹
- Paste prepared with *Piyāz Dashtī* and vinegar⁷

- *Khardal* is ground and mixed with honey or vinegar and applied locally¹¹
- Paste prepared with *Shīh*, Egg shell, *Nawshādar* and *Sirka* or *Āb-i-Līmūn*¹⁷
- Paste prepared with *Gulnār*, *Bābchī* and water¹¹
- Paste prepared with *Suhāga* and lemon juice¹¹
- *Ṭilā* prepared with *Shītraj*, *Āqarqarḥa*, *Tukhm-i-Fujl*, *Kundush*, *Khardal*-1 part each, and concentrated vinegar, is to be applied locally followed by exposure to sunlight⁹

Single drugs

The following drugs (as single or in combination of two or more) are mixed with honey or vinegar and used for local application^{1,5,8,9,10, 11}

- *Turmus*, *Tukhm-i-Mūlī*, *Kaf-i-Dariya* / *Zabd al-Baḥr*¹
- *Āqarqarḥa*, *Kundush*, *Aṣl al-Kabar*, *Kalonjī*, *Būra Armanī*, *Qust*, *Ḥabb al-Ghār*, *Bekh wa Tukhm-i-Khaṭmī*¹
- *Nīlofar* and *Mā al-Karnab*¹

Compound drugs

- *Itrīfal Ṣaghīr*⁸
- *Ḥabb-i-Ṣibr*¹¹
- *Ma‘jun Balādur*⁷

Regimenal therapy

- *Qay* (inducing emesis) to evacuate phlegm^{5,7}
- *Ta‘rīq* (diaphoresis) through steam bath⁷
- Regular *Ḥammām* (therapeutic bath)^{7,9}
- *Ḥammām Kibrītī* (sulphur bath)¹¹

Dietary recommendations

- *Hār wa Yābis Aghdhiya* (diet of hot and dry temperament)⁴
- *Ghidhā’ Jayyid al-Kaymūs* (dietary substances producing humours of good quality in body)¹¹

Dietary restrictions

- *Aghdhiya Bārīda wa Raṭba*^{5,7}
- *Muwallid-i-Balgham Aghdhiya* like milk and other dairy products, fish, melon etc.⁸

ii. *Bahaq Aswad* (pityriasis nigra)

Bahaq (pityriasis) is a condition characterized by the appearance of scaly patches with a blackish discoloration on the skin.^{8, 9,11} The hyperpigmented lesions exhibit scaling on rubbing, which results from the accumulation of *Sawdā’* (black bile) beneath the skin due to the admixture of blood with *Mirra Sawdā’* (morbid black bile).⁹

Hot climatic conditions, amenorrhoea, excessive fatigue, consumption of *Al-Aghdhiya al-Muwallida li'l Sawdā'* (black bile-producing diets) or *Aghdhiya Hirrifa* (pungent diets), and *Du'f al-Tihāl* (debility of the spleen) are recognized as predisposing factors, as these conditions lead to excessive production of *Sawdā'*.¹¹

The blackish patches are often associated with dryness of the skin. On rubbing, the affected areas shed scales,⁵ revealing underlying erythema.⁹ The condition is commonly observed in adults and shows increased prevalence during pregnancy.

The principles of treatment include, *Istifrāgh-i- Sawdā'* (evacuation of black bile)^{5,9} *Taftūh-i- Masām* (inducing deobstruction of pores), *Tarṭīb-i-Badan* (moistening of body or part of body)^{1,9} and *Ta'd il-i- Ghidha* (diet moderation)¹¹

Pharmacotherapy

Oral administration

- *Joshānda-i-Ushaq* to evacuate *Sawdā'*⁷
- *Ma'jun* prepared with *Halayla Aswad*, *Halayla Kābulī*, *Ushaq* and *Zabīb*⁸
- *Naqū-i-Barg-i-Hinā*¹¹
- *Maṭbūkh-i-Ushaq*⁹

Local application

- Fomentation of the affected area with hot water, till the area becomes red, and application of *Adviya Raṭba* (drugs of moist temperament) and detergent with the capability of removing the hyperpigmented spots⁷
- *Ṭilā'* prepared with *Tukhm-i-Jirjīr*, *Tukhm-i-Mūlī*, *Kundush* and vinegar⁷
- *Inab al-Tha'lab* is rubbed over the affected area⁷
- Paste prepared with *Filfil Siyāh* and *Būra Armanī*⁷
- Paste prepared with *Bekh-i-Nīlofar* and water⁷
- *Ṭilā'* prepared with *Kibrīt*, *Farfiyūn*, *Kharbaq*- 3.5 g each, *Balādur*-7 g, *'Aqarqarha*, *Shītraj*-4.5 g each and vinegar¹
- Paste prepared with *Bazr al-Fujl* and *Kundush*¹
- Local application of *'Usārah-i-Baṣl* mixed with small amount of concentrated vinegar, then exposure of affected area to sunlight¹

Single drugs useful for local application^{1,11}

- *Shītraj*,
- *Majīth*,
- *'Aqarqarha*,
- *Kundush*,
- *Laban al-Tīn*,
- *Farfiyūn*,
- *Kibrīt*
- *Tukhm-i-Jirjīr*

Compound drugs

- *Ma'jun Najah*⁷
- *Itrifal Ushaq*¹¹
- *Sharbat Nilofar* or *Sharbat Banafsha*¹¹
- *Ravghan-i-Bādām Talkh*¹⁰

Regimenal therapy

- *Faşd* (venesection): *Faşd-i-Akhal* (median cubitus vein), *Faşd-i-Bāsalīq* (basilic vein), *Faşd-i-Şāfin* (saphenous vein)¹¹
- Regular massage with oil
- *Hammām* (therapeutic bath)^{7,9}

Dietary recommendations

- *Aghdhiya Laṭīfa*⁸ and *Aghdhiya Muraṭṭiba* like meat of chicken and baby goat, egg yolk
- Diet producing good and less viscous blood¹¹
- *M ā'al-Jubn*^{5,7}

Dietary restrictions

- *Aghdhiya Muwallid-i- Sawdā'*⁵ like cabbage, lentil, red meat, brinjal, excess of sweet dishes¹¹
- *Aghdhiya Hirrīfa* like pepper etc.¹¹

Prevention

- Adopt the measures which produce moistness in the body and less viscous blood.⁷
- *Islāh-i-Ṭihāl* (correction of spleen functions)^{7,11}

8. Baraş (vitiligo)

Baraş is described as a condition involving whitening of the skin.³ It refers to a dermatological disorder characterized by the appearance of white patches on the skin.⁴ Clinically, it corresponds to vitiligo and is marked by amelanotic, non-scaly, chalky-white macules with well-defined borders.

Jālīnūs (Galen, 129–200 AD) stated that *Du'f al-Quwwat-i-Mughayyira wa Mushabbiha* (weakness of the assimilative and transformative faculty) is a principal etiological factor.^{9,19} Other causative factors include *Fasād al-Dam* (vitiation of blood),²⁰ *Sū'-i-Mizāj Bārid* (morbid cold temperament), and *Ghalaba'-i-Balgham* (predominance of phlegmatic humour).^{5,9}

Clinically, the condition presents with white discoloration of the skin, which may be localized or may involve extensive areas of the body.^{9,11} Hair in the affected regions often becomes lighter in color. The disease is considered deep-seated; when the involved area is pricked, a whitish secretion may ooze out, and the skin remains white on rubbing.¹

The principles of treatment include, *Tanqiya o Istifrāgh* with *Mundij* and *Mushil-i-Balgham*, correction of temperament with *Ma'jūn Hārri*, *Ayārijāt* and *Itrifalāt*³ and local application of drugs with exposure of the effected part to sunlight.¹

Pharmacotherapy

Oral administration

- *Mā' al-Aṣūl* with *Julanjābīn* for few days followed by *Ayārij-i-Fayqrā*, *Ghariqūn*, *Tukhm-i-Hanzal*.⁵

Local application

- *Ṭilā'* prepared with *Shītraj*, *Kundush*, *Post Bekh-i-Kabar*, *Farfiyūn*, *Sirka* and *Asal*.⁵
- *Murdār Sang* at the site of *Hijāma*⁵ may be applied as preventive measure
- *Gul-i-Kusum* is ground with vinegar and applied. Repeatedly applying this paste without washing the part for 20 days helps improve the condition¹³

Ṣabagh (skin dye) for colouring white patches of vitiligo

- *Shora*, *Murr Makkī*, and *Shibb* are ground with wine sediments and rubbed on the effected part several times to dye vitiligo patch^{1,4,5,8}
- *Ṭilā'* prepared with *Post-i-Akhrot*, *Hinā* and *Barg-i-Wasma* is applied on vitiligo patch. It is highly beneficial^{4,5}
- *Shibb*, *Hinā*, *Murdār Sang*, *Fuwwā* and *Zangār*. All these drugs are ground with *Āb-i-Post-i-Anār Sabz* and applied on vitiligo patch to dye it. It is used after massage of affected part with vinegar and Borax⁵
- *Wasma*-7 g and *Fuwwā*-3 g is ground and then soaked in *Sirka Angūrī* for 3 days. After that the paste is applied on white patch³
- Fine branches of *Anjūr Siyāh* soaked in vinegar and then ground to prepare paste. Then *Būra*, *Kibrūt Zard* and *Shītraj* is ground, mixed in the prepared paste and used as *Ṭilā'* to dye vitiligo spot. It is used after washing the spot with vinegar and borax³

Single drugs^{1,5,11}

- *Ushaq*,
- *Shītraj*,
- *Mawīzaj*,
- *Bābchī*,
- *Balādur*,
- *Halayla*,
- *Bisfāyij*

Compound drugs^{3,5}

- *Ayārij-i-Loghāziya*
- *Ayārij-i-Jālinūs*
- *Ma'jūn Kalkalānaj*
- *Safuf Baras*

Regimenal therapy

- *Hammām* (therapeutic bath) with sulphur water⁷

Dietary recommendations

- *Musakhkhin Aghdhiya* (heat-producing diet) like roasted and spicy meat of common partridge, honey, wine¹
- Meat of young goat and birds¹

Dietary restrictions

- *Al-Aghdhiya al-Muwallida li'l Balgham* (phlegm-producing diets) like milk and dairy product, fish, moist vegetables and fruits^{1,3}

9. *Al-Qummal* (pediculosis), *Al-Qamqām wa Suaib / Şi'bān* (eggs and larvae of head lice)

- *Qummal* (pediculosis) refers to adult lice infestation in head¹
- *Şi'bān* (eggs and larvae of head lice)^{1,7}
- *Qamqām* is a special kind of louse that remains firmly attached to hair roots / skin pore and can be removed by pouring hot water⁹

Muhammad ibn Zakariyyā Rāzī, in his book *Kitāb al-Fākhir*, stated that pediculosis develops when *Rūṭubat-i Hādda Ghalīza* (hot and viscous secretions) fail to expel through the skin pores.⁷ Accumulations of these secretions beneath the deeper layers of the skin creates a favorable environment for the growth and proliferation of lice

Unhygienic bodily conditions such as infrequent bathing, irregular changing of clothes, and inadequate washing of hair are recognized as important predisposing factors.^{5, 9} Infestation occurs through direct contact with infested individuals or via contaminated objects including combs, pillows, and blankets. It is characterized by the presence of lice on the scalp, hair, eyelashes, or other parts of the body. Nits appear as tiny white structures firmly attached to the hair shafts.⁹

Lice feed on blood, and their bites can lead to itching and inflammation. In addition to these symptoms, individuals infested with lice may experience a pallor of the face, anorexia, general weakness, and lethargy.¹

The principles of treatment include, *Tanqiya-i-Badan*⁹ through bloodletting and purgation in the case of excess of sanguine humour, *Tasfiya-i-Jild* with drugs having *Mujaffif*, *Muḥallil* properties.¹ Local application of drugs having *Mulattif* (attenuant), *Jālī* (detergent) or *Mufattiḥ-i-Sudad* (deobstruent drug) properties are effective in cases of pediculosis.⁹

Pharmacotherapy

Oral administration

- *Sīr* along with decoction of *Fūdnaḥ Jabalī*¹

Local application

- *Ghasūl* with decoction of *Turmus*, followed by paste prepared with *Mawīzaj* and vinegar¹
- *Ṭilā'* prepared with *Sumāq* and *Ravghan-i-Zait* on the scalp¹
- Paste prepared with *Hartāl Surkh*, *Mawīzaj*, *Kundush*, *Būra Armanī* and vinegar, applied to the body in case of body lice⁵

- Paste prepared with *Zarāwand Ṭawīl*, *Barg-i-Şanobar*, *Kushta Sīmāb*, *Ravghan-i-Bādām Talkh*. It is advised to apply at night, and in the morning, bath is taken with lukewarm water in which *Shīh Armanī* and *Baranjāsif* is boiled³
- *Ghasūl* prepared with the decoction of *Charela*, *Kaner*, *Mī'a Sāila*, *Filfil Safaid*, *Post Anār* for *Qamqām* (small lice) infestation⁹
- *Ṭilā'* prepared with *Zarāwand Ṭawīl*, *Zarāwand Mudḥarij*, *Zarnīkh Aḥmar* and *Ravghan-i-Bān*, to the body and then bath is taken with the water in which husk and flour of *Bāqla* is boiled.³
- Wash eyelashes with salted water or sea water in case of *Quml al-Jafn* (pediculosis of eyelashes).⁶

Single Drugs:

Following single drugs are used that kill or remove louse when applied externally to the body or head¹

- *Zarnīkh Aḥmar*,
- *Zarāwand*,
- *Kibrīt*,
- *'Aqarqarha*,
- *Qust*,
- *Nīm*,
- *Duḥn al-Fujl*
- *decoction of Jhāu'*

Regimenal therapy

- Regular *Ḥammām* with hot water or salty water^{3,9}
- *Dhūnī* (incense) with *Kundush*, *Barg-i-Nīm*, *Qust*, *Kaner* on clothes to prevent body lice infestation⁵

Dietary recommendation

- *Aghdhiya Mulaṭṭifa'*
- *Aghdhiya Muwallid-i-Dam* (blood producing diets) and *Aghdhiya Mubarrida* (cooling diets)¹
- *Ghidhā' Jayyid al-Kaymūs* (dietary substance producing humours of good quality in body)³

Dietary restriction

- *Ghidhā' Ghalīz* (diet producing thick blood)¹
- *Aghdhiya Ḥārri Ghalīza'*¹

Prevention^{1,5}

- Maintain proper personal hygiene by regularly bathing and washing hair.⁹
- Bathing with *Mā'al-Kibrīt* or rubbing it over the body prevents lice infestation¹
- Wear clean clothes and change regularly⁵
- Avoid excessive eating of figs⁵
- Avoid direct contact and sharing combs, hair accessories, pillows, and blankets with the affected person

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Hair

General Description

Anatomical considerations

As per Unani philosophy, the hair is formed by a waste substance of dry temperament expelled towards the periphery of the body and collected in the skin that appears as hair.^{1-3,6}

Alī ibn Abbās Majūsī mentioned that hairs are formed from *Abkhira-i-Dukhānīyya* (smoky vapours) of dry and hot type² and their growth and length are under the control of *Ṭabī'at* (medicatrix naturae).^{1,2} It is only the *Ṭabī'at* that regulates the growth of scalp hair, promotes the development of a beard and moustache in males after puberty,² and controls the growth of eyelashes and eyebrows to protect the eyes and maintain clear vision.^{2,4}

The abundance, scarcity, and quality of hair depend on the amount of *Abkhira-i-Dukhānīyya* present in the body, which acts as the *Jawhar* (substance essential for hair formation). These vapors are collected and embedded in the skin pores or hair follicles, leading to the formation of hair. Growth of hair depends on the quantity and thickness of these vapours.^{3,5,6}

Ibn Hubal Baghdādī mentioned that moist vapors are responsible for the formation of hair during infancy and childhood, resulting in soft and thin hair.⁵ As the age advances hair becomes coarse, black, and strong due to increased production of *Abkhira-i-Dukhānīyya*.^{5,6}

The Unani concept of hair formation closely aligns with the modern understanding, which suggests that an active matrix of growing cells at the dermo-epidermal interface generates a mass of dead cells primarily made up of keratin, a tough protein. As a result, the external hair fibers can be cut, bleached, curled, or straightened without any harm. Additionally, hair can fall out without causing any pain.

Manāfi '-i-Sha 'r (functions of hair)

- **Enhancement of beauty:** Hair is an important aspect of physical appearance and is often associated with beauty. In females, long scalp hair, thick eyebrows, and long, thick, curled eyelashes contribute to their overall attractiveness.^{2,11} Similarly, in males, a thick beard and moustache are considered features that enhance their appearance.²
- **Protection:** One of the primary functions of hair is protection, particularly scalp hair, eyelashes, and eyebrows. Scalp hair serves as a shield against climatic conditions, helping to protect the head from excessive heat and cold. Eyelashes and eyebrows play a crucial role in preventing foreign particles from entering the eyes.^{3,4} Specifically, eyebrows help block sweat, water, and debris from reaching the eyes, while also serving as a tool for communication and emotional expression by conveying subtle facial cues.^{4,8}
- **Excretion of waste:** Hair in the regions of axilla and pubic areas are meant to remove waste material in the form of *Bukhūr-i-Dukhānī*. Hair is formed from waste smoky vapors that are excreted towards the skin, i.e., these vapors are the source material for hair.^{3,6} *Rabban Ṭabrī*, in his writings, mentioned that pores are present at the root of each hair to facilitate the excretion of sweat and waste vapors. If these pores become constricted or obstructed due to factors such as *Burūdat* (coldness) or *Yabūsat* (dryness), the retention of *'Araq* (sweat) and *Bukhārāt* (vapors) beneath the skin can lead to harmful effects in the body.¹

- **Mizāj assessment:** Hairs are one of the determining factor of temperament among the *Ajnās ‘Ashara* (ten identifying features of temperament) of an individual.^{2,4,5} Growth of hair, quantity and quality of the hair, straightening or curling and colour of the hair helps in identification of individual’s temperament.⁷

Factors responsible for growth and quality of hair ^{1,3,5,6}

Hair growth and quality depends on the following factors:

- **Temperament of a person:** The humoral and temperamental constitution of an individual has a great impact on the appearance of the hair. *Sū’-i-Mizāj* (morbid temperament) particularly lack of *Yabūsat* (dryness), excess of *Burūdat* (coldness) and humoral imbalance lead to failure of hair growth, premature graying and changes in hair quality.^{1,2,3}
- **Health status of the body:** Healthy individuals generally possess strong, healthy, and lustrous hair.⁵ Strength and growth are largely dependent on an adequate and balanced nutritional supply to the hair follicles. Hair maintains its vitality when it receives an appropriate amount of moisture and oily substances through diet.³ Hair fall is commonly observed in *Nuqṣ-i-Taghdhiya* (nutritional deficiencies), some conditions like *Sill* (tuberculosis) and as a complication of a disease such as typhoid fever.
- **Hereditary and racial factors:** *Ṣala* (baldness) often appears in certain families after a specific age, indicating a hereditary tendency. With advancing age, both men and women commonly experience gradual hair thinning or loss, mainly due to a deficiency of essential substances required for hair formation.^{2,3} Baldness has a strong genetic predisposition, affecting nearly four out of ten individuals. Hair characteristics and distribution are also influenced by racial and climatic factors; for instance, people of African descent typically have sparse, black, curly hair adapted to hot, dry climates, whereas individuals from moderate climates usually have straighter and longer hair.^{1,3,5}
- **Age:** In children, the absence or scantiness of body hair and beard is attributed to a predominantly moist temperament, which produces a reduced amount of *Abkhira-i-Dukhānīyya* (smoky vapours) essential for hair growth.^{3,5,6}
- **Gender:** Lack or scarcity of hair on the body (except scalp) and lack of beard and moustache in women are explained on the basis of temperamental and humoral theory. In women, less dry vapours are formed due to their cold and moist temperament, whereas, thick and dry vapours are required for the growth of beard.^{1,2,6} Dry vapour can be co-related to the masculine hormone (testosterone) and the moist vapour with the female hormone (estrogen). Since men have more hot and dry temperament so more dry vapours are formed that are expelled by *Ṭabī’at* towards the chin, which appear as beard.^{2,5} This can be co-related with the findings of polycystic ovarian disease (PCOD) in females, as in PCOD cases increased level of male hormone (testosterone) is found, that leads to hair growth of male pattern in females.

Unani physicians mentioned that, those males castrated before puberty, beards will not grow due to the deficiency of dry vapors, because their temperament becomes moist and cold, similar to that of women. The absence of gonads (sperm-producing ability) leads to decline in innate heat resulting in hair growth cessation.^{5,6}

Causes of lack of hair or reduced hair growth^{3, 5, 6}

Ibn Sīnā explained three basic reasons for the failure of hair growth, while *Ibn Hubal Baghdādī* included *Sū’-i-Mizāj* (morbid temperament) and *Qillat-i-Ḥarārat Gharīziyya* (reduced innate heat) with the three basic reasons responsible for the reduced hair growth:

- Lack of hair forming *Mādda* or qualitative changes in it.
- Failure of the penetration of hair forming *Mādda* into the place where hair grows.
- The hair-growth promoting *Mādda* penetrates the hair follicles; however, it does not stay long enough to support complete and proper hair growth.
- ***Sū'-i-Mizāj-i-Jild* (morbid temperament of skin):** *Sū'-i-Mizāj Yābis Sāda* (simple morbid dry temperament) is a condition, where sufficient amount of *Bukhūr-i-Dukhānī* is formed, but gets spoiled before it reaches to the part. Whereas, *Sū'-i-Mizāj Māddī* (morbid temperament associated with substance) is a condition that reflects back the hair-growing *Mādda*, leading to failure of hair growth, as seen in *Dā' al-Tha'lab* (alopecia areata).^{5,6}

Yābis Mizāj (dry temperament) of the body leads to the development of *Ṣala'* (baldness) faster in persons with morbid dry temperament. It is difficult to cure scarcity of hair in people with excessive dry temperament.⁵

- ***Qillat* or *Ḍu'f-i-Ḥarārat-i-Gharīzī* (reduced innate heat or its weakness):** Deficiency or weakness of innate heat is one of the key factors responsible hair weakness and reduced hair density.⁵

Hair Care and Hair Beautification

Long, lustrous hair is an important determinant of beauty and external appearance. As healthy and attractive hair significantly contributes to an individual's aesthetic appeal, appropriate hair care is essential for maintaining its health and vitality. Classical Unani physicians such as *Muḥammad ibn Zakariyyā Rāzī*, *Ibn Sīnā*, *Ibn Hubal Baghdādī*, and *Ismā'īl Jurjānī* extensively discussed hair care, hair beautification, and hair-related disorders under the domain of cosmetology. Drugs employed for hair care exert their effects primarily through their *Musakkkhin* (calorific) and *Qābiz* (astringent) properties.^{3,5} According to *Ibn Sīnā* and *Ismā'īl Jurjānī*, hair-protective drugs possess *Ḥarārat-i-Laṭīf* (mild hot temperament), *Quwwat Jādhiba* (absorptive property), and *Quwwat Qābiḍa* (astringent property), while certain drugs act through their *Ṣūrat-i-Naw'iyā* (specific form or intrinsic nature).^{3,6} The astringent action of these drugs also facilitates external healing of scalp lesions and wounds.⁶

Hair care

General measures^{5,7,9}

- Maintain hair cleanliness by washing it regularly to remove dirt, oil, and buildup
- Perform regular scalp massage with oil to improve blood circulation
- Consume a diet (hematinic and high-quality diet) that promotes the production of good humors and healthy blood, ensuring proper nourishment for hair growth.
- Spicy and excessively sour diet must be avoided.
- *Ta'dīl-i-Sū'-i-Mizāj* (moderation of abnormal temperament)
- If morbid matter accumulates in the body, *Tanqiya* (cleansing of morbid matter/ humour from body) is advised
- Protect your hair from exposure to dust, extreme heat, and cold to prevent damage and maintain its health and strength.
- *Naṭūl* (douche) with drugs like *Til*, *Barg-i-Āzād Darakht*, *Āmla*, *Tukhm-i Chuqandar*, *Parsiyāoshān* each-1 part, after hair wash

Hair blackening and prevention of premature graying^{5,6,8,14}

- Excess of *Balgham* (phlegm) and *Ruṭubat* (moistness) in the body is considered a primary cause of premature graying of hair. In such cases, it is advised to regularly evacuate these excess humors through methods like *Qay'* (inducing emesis) and *Ishāl* (inducing purgation).¹ Additionally, the process of *Tanqiya'-i-Dimāgh* (cleansing morbid matter or humor from the brain) should be carried out using *Shaḥm-i-Hanzal* (oil of colocynth) alone or by using formulations containing *Shaḥm-i-Hanzal*.⁶
- *Ta'dīl-i-Sū'-i-Mizāj* (moderation of abnormal temperament) to be done with appropriate and correct diet^{10,12,14}
- *Ghidhā' Jayyid al-Kaymūs* (diet producing good quality humours) like sauté meat, roasted meat or *Qaliya* (meat with thin gravy), beet root, and black mustard may be used.⁷
- Oral administration of *Ma'al-'Asal* is also beneficial^{7,8}
- Oral administration of *Sirka* and *Sikanjabīn* is suggested to hot temperament individuals⁷
- In cases of a moist temperament, spices should be added to the food. Old wine in small quantity or

Ābkāma may be used before breakfast. *Ābkāma* (a type of fermented condiment) is a liquid preparation in which salt, vinegar, ginger, black pepper and water are mixed and kept until it turns sour; the strained liquid is then obtained and stored. ^{6,7}

- Adequate sleep is advised, for maintaining proper moisture in the body, which helps prevent dryness and supports overall health, including hair vitality, ² but excessive sleep should be avoided ⁶
- In case of excess hair fall, decoctions of *Ĥanzal*, *Kalonjī*, and *Zīra* should be added to the hair wash, and the hair should be dried properly as well ^{6,14}
- Meat of small birds are advised to strengthen the hair ⁹
- Avoid application of rose water, especially containing camphor; local application of *Ravghan-i-Chamelī*, *Hartāl* etc. on hair ^{3,5, 6,8,10}
- Avoid *Al-Aghdhiya al-Muwallida li'l Balgham* (phlegm-producing diets) ¹⁴ like *Sarīd* (bread soaked in gravy), *Asāyad* (bread prepared with ghee), *Harīsa* (preparation made of ground wheat, meat, salt and spices) ^{9,14}
- Drinking ice chilled water is contraindicated. ¹⁰
- Excessive rest and intercourse are contraindicated. ^{10,14}
- Oral administration of *Ma'jūn* prepared with *Halayla Kābulī* and *Āmla*-1 part each. All the ingredients are powdered, sieved, and mixed with purified honey to make *Ma'jūn* (electuary: a semi solid preparation) ^{3,9}
- Oral administration of *Ma'jūn* prepared with *Zanjabīl*, *Halayla Kābulī* and *Dār Filfil*-1 part each. ⁹
- Oral administration of *Ma'jūn* prepared with *Halayla Kābulī*-28 gm, *Khubs al-Hadīd*-14 gm, *Ghāriqūn*-17.5gm, *Zanjabīl*, *Qaranful* and *Dār Filfil* each 10.5 gm. ^{3, 6}
- Local application of olive oil daily on scalp will prevent premature graying of hair ^{3,6,8}
- Local application of decoction of beet root with *Khardal* may increases hair length ¹¹
- Local application of decoction of *Qitrān* on hair 4 hours before bathing is beneficial in excessive *Burūdat*, and prevents premature graying of hair ^{3,5}
- Local application of *Ravghan* prepared with *Ĥanzal*, *Duĥn al-Ghār* and *Bazr al-Banj Aswad*-24 g, prevents *Shayb* (greying of hair) ⁸

Single drugs useful in preventing premature graying of hair^{8,14,15}

- *Halayla Siyāh* [oral and local]
- *Sarw* [local]
- *Sumāq* [local]
- *Lādan* [local]
- *Qishūr al-Jawz* [local]

Compound drugs useful in preventing premature graying of hair:

- *Itrīfal Ṣaghīr* [oral] ^{9,12,15}
- *Itrīfal Kabīr* [oral] ^{3,6,9}
- *Murabbā Halayla* [oral] ^{3,6,9}-1 piece daily for a year maintains the blackening of hair ³

- *Ma'jūn Khubs al Hadīd* [oral]^{3,15}
- *Ma'jūn Balādur* [orally taken during winter]¹⁵
- *Ravghan-i-Lādan* [local]^{3,12}
- *Ravghan-i-Āmla* [local]¹²
- *Ravghan-i-Mūrad* [local]¹²
- *Ravghan-i-Shaqaiq* [local]¹⁵
- *Ravghan-i-Shonīz* [local]^{3,6}
- *Ravghan-i-Qust* [local]⁶

Hair beautification

1. *Taqwiyat-i-Sha'r* (strengthening hair)^{3,5,6}

Process that strengthens the hair and skin, and promote hair growth

Formulations

- *Shaqā'iq al-Nu'mān*-4 part, *Lādan*-3 part, *Pasiyāoshān*-2 part, '*Aṣī al-Rā'ī*', branches of *Anjūr*-1 part each. All these ingredients are powdered, mixed with *Ravghan-i-Maṣṭagī* and applied locally on hair^{3,7}
 - ❖ *Ismā'īl Jurjānī* added *Iklīl al-Malik* in this formulation⁶
- *Mūrad*, branches and ash of *Anjūr*, fresh *Habb al-Ṣanobar*-1 part each, *Būra Armanī*-2 part. All of these drugs are ground, mixed with *Ravghan-i-Ās* and used locally^{3,6}
- Local application / massage on the scalp with *Qābiḍ Ravghan* (astringent oil)³ like *Ravghan-i-Mūrad*^{10,13} *Ravghan-i-Lādan*^{10,13} or *Ravghan-i-Afsantīn*¹⁴
- Washing hair with the *Maṭbūkh-i-Salaq* (decoction of beet root)^{3,5-8,,10,14}
- *Āmla* and *Barg-i-Ās*, are boiled with water till water becomes reddish in colour. After that, *Ravghan-i-Zait Kohna* (old olive oil), *Āb-i-Ās*, *Āb-i-Āmla*-400 g each are added to the prepared decoction and boiled again till all the watery part is evaporated and oil remains. Then, *Lādan*-35 g (after dissolving in wine) is mixed to the duly prepared oil. The oil is applied on scalp and hair.⁷ This preparation strengthens the hair, making it stronger, helps maintain its natural black color, and prevents hair fall.

2. *Inbāt-i-Sha'r* (trichogenesis)

Process that increases the circulation of blood in the skin and helps in the growth of hair, prevents hair fall associated with illness such as localized or generalized alopecia, and baldness. The process also involves in growing hair of the eyebrows, beard or moustaches.^{3,7}

Formulations

- *Lādan* dissolved in wine is mixed with *Ravghan-i-Ās* in an equal amount and applied to the scalp at night followed by washing of hair with *Āb-i Nīm Garam* (lukewarm water) in the morning.^{7,8}
- Local application of paste of *Khardal* on scalp will help grow new hair¹⁰
- *Barg-i-Hinā*-1 part, *Parsiyāoshān*-1/2 part is ground, sieved and mixed with *Āb-i-Mūlī* to make *Ṭilā'*. It is applied on hair root at night and washed in the morning with the water in which *Khaṭmī* is boiled. It grows, strengthens hairs and makes hair beautiful.¹⁶

- *Zabd al-Bahr*, Ash of *Qaiṣūm* mixed with olive oil and rubbed on the scalp^{10, 15}
- *Zarārīh*-after removing its head and legs, is dried under the shade and ground or cooked with *Ravghan-i-Banafsha* and applied to the scalp³
- Local application of *Kundush*, ground with *Ravghan-i-Bayḍ*¹⁴
- Local application of *Siyāh dāna*, ground with water, followed by application of *Ravghan-i-Lādan* facilitates hair growth¹⁵
- Local application of *Dimād*, prepared with *Ārad-i-Karsana* mixed with vinegar, on scalp helps in growth of hair¹⁴
- Local application of *Ravghan-i-Shonīz* and *Ravghan-i-Bādām Talkh* on scalp and hair¹⁴
- Local application of *Kalonjī Sokhta* mixed with *Ravghan-i-Zait*, on scalp and hair^{15,17}
- Local application of *Būra Armanī* and *Navshādar* soaked in vinegar, on scalp and hair. It is applied at every 3 hours for 3 days^{14,15}
- *Safūf* (powder) of *Maghz-i-Bunduq Sokhta*-20 pieces mixed in *Ravghan-i-Turb* and applied on scalp¹⁴
- Local application of ash of *Qaiṣūm* mixed with *Ravghan-i-Zait Kohna*^{11,14,15}
- Local application of *Shahem* on scalp is beneficial for hair growth^{3,9}
- Local application of *Ravghan-i-Bān* and *Ravghan-i-Utraj* on hair and scalp^{8,9}
- Fruit and seed of *Habbat al-Khaḍra Sokhta*, *Bādām Talkh Sokhta* and fruit of *Habb al-Ghār*. These drugs are ground, mixed with *Ravghan-i-Zait* and applied on hair^{3,9}
- *Ravghan-i-Kadū*, *Qisa al-Himār* and *Shīh Sokhta* are ground, mixed with *Ravghan-i-Bān* and *Ravghan-i-Utraj* is applied locally on hair⁹
- Local application of *Ṭilā'* (liniment) prepared with *Sunbul al-Ṭīb*, *Kaf-i-Dariya* and *Sha'r Sokhta* (burnt hair) on hair and scalp¹⁴
- Local application of fruit of *Habb al-Ghār* ground with *Sirka* and olive oil or only with olive oil¹⁴
- Massage with crow's feather, head of honey-bee (half burnt) and hoof of donkey (half burnt) mixed with olive oil^{14,17}
- *Akhrot*-10 pieces with shell, and *Maghz-i-Khajūr*-4.5 g, are burnt to an extent that these can be ground but should not turn to ash. After that these drugs are ground with *Ravghan-i-Zait*, *Waraq-i-Gul Surkh* (rose petals) and *Filfil Siyāh*-15 pieces, and massaged on head. It grows new hair speedily and stops hair fall^{3,9}
- *Rimād-i-Qaiṣūm*, *Bunduq Sokhta*, *Zarārīh*, *Kundush* and *Lādan*. These drugs are mixed and heated with *Ravghan-i-Bān* till it become black. Filter the oil and rub on scalp^{3,5}
- Equal amount of *Parsiyāoshān*, seed of *Habb al-Ās* and *Tukhm-i-Karafs* are taken and roasted till it become black. Mix it with *Pīh-i-Dūb* (fat of bear) and *Ravghan-i-Turb* and apply on scalp^{6,15}
- *Bekh-i-Nay Sokhta*-7 part, *Rimād-i-Zifda' Sokhta* (ash of burnt frog)-5 part, *Tukhm-i-Jirjīr*-4 part, *Bekh-i-Ushrāq*-3 part. Drugs are ground with *Ravghan-i-Ghār* and applied on scalp³
- *Parsiyāoshān* is one of the best drugs which facilitate growth of new hair. Washing hair with fresh *Parsiyāoshān*, makes hair strong and healthy¹⁶

- Local application of *Dimād* (poultice) prepared with *Shūnīz Sokhta* and water, will helps grow eyebrows and beard^{3,14}
- Local application of *Ṭilā* (liniment) prepared with *Rimād-i-Qaiṣūm* and *Kaf-i-Dariya*-1 part each, and *Ravghan-i-Zaytūn Kohna* on eyebrow and chin facilitates new hair growth. It is applied at night and left overnight. The affected part is rubbed with rough cloth before application of *Ṭilā*⁷

3. *Taṭwīl-i-Sha‘r* (elongation of hair)

Drug which increases hair length

Formulations

- Rinse the scalp thoroughly with decoction of *Barg-i-Āzād Darakht*, fresh *Parsiyāoshān*, *Barg-i-Kanocha* and *Āmla*⁷
- Wash hairs with decoction of *Salaq* and *Khardal* followed by application of *Ravghan -i-Ās* on scalp and massage with fingertips on hair roots^{7,10,11}
- Local application of *Ravghan-i-Balādur* on scalp and massage with fingertips on hair roots³
- Local application of oils like *Ravghan-i-Hinā*, *Ravghan-i-Āmla*¹¹, *Ravghan-i-Sosan* or *Ravghan-i-Kadū* on scalp and massage with fingertips on hair roots¹⁴
- Rinse the scalp thoroughly with *Naqū ‘-i-Ḥanza*^{3,14}
- *Barg-i-Āzād Darakht*, *Parsiyāoshān Tāza*, *Murr* and *Āmla*. Ground, mixed with *Lu‘āb-i-Khaṭmī* and applied on hairs and left for overnight. Wash hair in the morning^{3,8,11}
- *Kashk-i-Jaw*-105 g, *Āmla*-17.5 g with 2.8 liter of water are boiled till half part of water is evaporated. Then add *Barg-i-Khaṭmī*, *Barg-i-Kadū* and *Barg-i-Chuqandar*-36 g each, in the decoction and boil again and filter the decoction. After that add *Ravghan-i-Banafsha* half part of the decoction, and boil till watery content is evaporated and only oil remains. Then powder of *Lādan*-10.5 g is mixed in this oil and applied on scalp^{3,6}
- Local application of paste prepared with *Barg-i-Baṭam* and *Hinā* increases hair length¹⁴
- Local application of *Dimād* (poultice) prepared with *Barg-i-Ghār*, *Ās*, *Āzād Darakht*-67 g each, *Lādan* -10.5 g, and *Āb-i-Ās*^{14,15}
- Local application of *Ravghan-i-Ās* on hair. ^{14,15} Fresh leaves of *Ās* are collected, ground and boiled with *Ravghan-i-Kunjad*-405 ml and *Sharāb-i-Rayḥānī*-200 ml, till watery content is evaporated and only oil remains.
- Local application of *Katān Biryān* mixed with *Ravghan-i-Kunjad* on hair^{3,5}
- Rinse scalp thoroughly with *Naqū* (infusion) of *Barg-i-Kunār* and *Post Bunduq Hindī*¹⁴
- Local application of *Ravghan* (oil) on scalp and its massage with fingertips on hair roots is advised. ^{3,15} The oil is prepared first by making a decoction using 70 grams of *Shūr-i-Āmla* and 800 milliliters of water, which is boiled until one-fourth of the original volume remains. The decoction is then filtered, and an equal amount of *Ravghan-i-Bān* and *Jaw Muqashshar* is added. After filtration, a small quantity of powdered *Lādan* is mixed thoroughly into the solution. The mixture is then boiled again until all the water evaporates, leaving behind the oil. ³

Oil for local application

- *Ravghan-i-Āmla*^{11,14}
- *Ravghan-i-Afsantīn*¹⁴
- *Ravghan-i-Lādan*^{9,14}
- *Ravghan- i-Sosan*¹⁴
- *Ravghan-i-Hinā*¹⁵

4. *Ju'ūda al-Sha'r* (curling of hair)

Curling of hair for cosmetic purposes

Formulations

- Rinse scalp thoroughly with the decoction of *Barg-i-Sidr* and *Māzū*^{3,7,11,12}
- Local application of *Dimād* (poultice) prepared with leaf and fruits of *Māzū*⁵
- Local application of *Dimād* on hair prepared with *Hulba*, *Murr*, *Bazr al-Banj Safaid*, *Murdār Sang*, *Barg-i-Sidr*, *Barg-i-Māzū* and *Chūna*-1 part each. All ingredients are ground and mixed with suitable liquid (like water) to make a paste.^{7,14} It is applied at night and washed in the morning.⁶
- Local application of *Dimād* (poultice) prepared with *Āb-i-Barg-i-Chuqandar* and powdered *Māzū Sabz Khurd* on scalp and hair¹⁷
- *Dimād* prepared with *Bazr al-Banj*, *Murdār Sang*, *Barg-i-Sidr*, *'Afis*, *Kazmāzaj*, *Barg-i-Sarw*, *Tukhm-i-Sarw*, *Katīra*, *Gul-i-Surkh* and *Chūna* -1 part each. All the ingredients are ground to fine powder. Then added and mixed thoroughly in *Āb-i-Barg-i-Chuqandar* (twice the cumulative weight of drugs) to make a paste to be applied on scalp and hair⁹
- *Dimād* prepared with *Māzū*, *Kazmāzaj*, *Barg-i-Sarw*, *Barg-i-Sosan*, *Katīra*, *Bihīdāna*, *Gil Khurdanī*, *Āmla* and *Murdār Sang*-1 part each. All the ingredients are ground to make a fine powder. Then added and mixed well *Āb-i-Barg-i-Chuqandar* to make a paste to be applied on scalp and hair. It is useful for blackening and curling of hairs.⁸
- Local application of *Dimād* (poultice) on scalp and hair, prepared with *Murdār Sang*-35 g, *Hulba*, *Māzū*, *Āmla*, *Kazmāzaj* and *Barg-i-Sarw* -17.5 g each. All the ingredients are ground, and mixed with *Āb-i-Barg-i-Chuqandar*^{3,8,11,14}
- Local application of *Dimād* (poultice) on scalp and hair, prepared with *Ārad-i-Hulba*, *Ravghan-i-Hulba*, *Murr*, *Barg-i-Sidr*, *Māzū*, *Murdār Sang* and *Chūna*-1 part each. All the ingredients are ground, mixed well to make a paste.¹⁴
- Local application of *Dimād* (poultice) prepared with *Bazr al-Banj* on hair.^{8,14} Its oil is also beneficial³
- Local application of *Ravghan-i-Hulba*^{7,8}
- Local application of *Rimād Post-i-Jawz* dissolved in wine¹⁴
- Local application of oil on scalp and hair, prepared with *Habb al-Ās* and *Chuqandar*-1part each, is ground with water and boiled after adding *Ravghan-i-Hulba* in it, till all water is evaporated and oil is left.¹⁴

5. *Subūṭa al-Shaʿr* (straightening of hair)

Formulations

- Local application of *Ravghan Murkhīyya* (laxity-producing oils) on scalp / hair^{3,5,14} like *Ravghan-i-Shibit*,^{3,14} followed by washing of hair with *Luʿābāt* (mucilages) and decoction of *Barg-i-Kunjad* are beneficial⁵
- Local application of *Ravghan-i-Kunjad* with lukewarm water on hair is beneficial^{5,10,14}
- Local application of *Luʿābāt-i Muraṭṭiba*⁵ like *Khaṭmī*, *Khubbāzī*, *Aspghol*, *Bihīdāna* with *Ravghan-i-Banafsha*¹⁴
- Local application of *Luʿābāt* of drugs mixed with oil and water^{3,5,7,12}
- *Ghasūl-i-Shaʿr* (hair washing) with mucilage and decoction of *Barg-i-Kunjad*^{5,17}
- Rinsing scalp thoroughly with decoction of root of *Tūt Siyāh* and *Tūt Safaid* is beneficial¹⁷

6. *Tarqīq-i-Shaʿr* (thinning of hair)

Formulations

- *Dimād* prepared with *Āhak*, Ash of grape's wood or *Boraq*, mixed well to form a paste, applied on scalp and hair followed by washing of hair with water after some time^{11,12,14}
- Local application of *Dimād* on scalp and hair, prepared with *Ārad-i-Bāqla*, *Ārad-i-Jav* and *Tukhm-i-Kharpaza* -1 part each, add water, mixed well to make a paste,¹⁴
- Head massage with *Ravghan-i-Shīraj*⁹ or *Ravghan-i-Banafsha* is beneficial¹⁴
- Local application of *Dimād* prepared with *Hulba*-45 g, *Bazr-i-Katān*-45 g, *Bekh-i-Nay Khushk*-9 g, *Qirdāmāna*-9 g, *Aqāqīya*, *Māzū*, *Jawz* and *Īrsa*-22 g each. All the ingredients are ground, mixed thoroughly in vinegar to make a paste.^{11,14}

Single drugs

The following single drugs are used in the form of *Ṭilāʿ* (liniment) for thinning of coarse hairs:^{7,8,11}

- *Bāqla*
- *Jaw*
- *Karsana*
- *Boraq*
- *Naṭrūn*
- *Kaf-i-Dariya*
- *Kundush*
- *Kharbaq Safaid*
- *Bekh-i-Jāʿoshīr*

7. *Taswīd-i Sha'r* (blackening of hair)

Formulations

- Local application of oil on scalp and hair prepared with *Gul-i-Lāla*, *Barg-i-Ās*, *Parsiyāoshān*, *Sunbul al-Ṭīb*, *S'ad Kūfī*, *Tukhm-i-Gazar*, *Tukhm-i-Karafs*, *Āmla*-24 g each. All the ingredients are ground and boiled with 1250 ml of water until the volume is reduced to 400 ml. This decoction is then filtered, and 400 ml of *Ravghan-i-Khairi* is added. The mixture is boiled again until all the watery content evaporates, leaving only the oil. Once the oil is obtained, 17.5 grams of powdered *Aqāqiya* and 17.5 grams of ash from *Resh-i-Darakht-i-Şanobar* are added. The ingredients are thoroughly mixed to achieve a well-blended oil.¹⁵
- Local application of hair dye prepared with *Māzū* 1200 grams roasted with olive oil until it cracks, then grind it into a fine powder. Add 17.5 grams each of powdered *Nuhās Sokhta* and *Katīra*, along with 7 grams of *Namak Indrani* and 3.5 grams of *Shibb Yamānī*. Mix all the ingredients thoroughly. The resulting fine powder is then combined with water and left aside for 4 hours, and the same can be applied as hair dye and washed after 4 hours^{7,9,15}
- *Māzū Sabz Khurd*-60 g is roasted in a pan properly, powdered with decoction of *Post-i-Halayla Zard* in an iron pot for three days and then dice sized pills are made and stored. Whenever required, grind it with water and apply on hair¹⁷
- Paste of *Barg-i-Hinā* is applied and washed after sometime, followed by local application of paste of *Barg-i-Wasma*. *Wasma* is the best hair coloring agent^{3,6,7,17}
- Local application of *Dimād* prepared with *Barg-i-Wasma* and *Barg-i-Hinā*, by grounding all ingredients and mixing it with the decoction of *Sumāq* and *Anār*^{6,9}
- Application of hair dye prepared with *Hinā*-2 g and *Wasma*-12 g, by soaking in *Naqū'-i Āmla*; and keeping the same in sunlight for 2 hours¹⁰ *Qaranful* may also be added to the formulation to further enhance its effect.
- Local application of dye prepared with *Murdār Sang*, *Āhak* and *Multānī Mittī*-1 part each mixed in water¹⁵
- *Sang-i-Jarahat*-500 mg, lime of marble-8g, *Murdār Sang*-4 g are ground to fine powder; then soaked in water to make paste, and the same is applied on hair by covering it with betel leaf over an hour¹⁵
- Local application of hair dye prepared with *Māzū*-4 part, *Sang-i-Runās*-2 part, *Navshādar*-1 part, *Shibb Yamānī*-1/2 part. First, *Māzū* is roasted in hot ash and then each ingredient is grinded separately. Then the powder of the drugs is ground further in an iron mortar and pestle, and *Naqu-i-Āmla* mixed thoroughly to make a paste (dye). The prepared dye is to be applied for 2 hours and the hair is washed with hot water, followed by application of *Ravghan-i-Chamelī*.¹⁵ Before use, it is advisable to wash hair with *Maṭbūkh-i-Āmla*¹⁵
- Local application of hair dye prepared with *Gandum*-10 g, and *Lohchūn*-4 g. These ingredients are finely ground with water in iron mortar and pestle.⁸ *Hakim A'zam Khān* advised to keep the formulation under the sun for 2 days before application on hair. The dye is applied for 4 hours, then washed and *Dimād* (poultice) prepared with *Halayla Siyāh* and water is applied¹⁵

- Local application of hair dye prepared with *Murdār Sang* and *Chūna*-1 part each. First, ingredients are soaked in water-6 part and kept under the sunlight for 3 days. Then, *Hinā*-2 part and *Wasma*-1 part and some amount of *Qaranful*, is mixed in the fermented paste to make pills. Whenever required, pills are ground with water and applied as hair dye¹⁵
- Local application of hair dye prepared with *Anba*-250 g, *Māzū* and *Khubs al-Hadīd*-10.5 g each, *Anār Tursh*-250 g. First, ingredients are ground with 750 g of sesame oil, then kept in old earthen pot and buried in dung for 40 days. After that, oil is filtered and used as hair dye^{11,14}
- Local application of hair dye prepared with *Māzū Sokhta*-405 g, *Rū ṭ Sokhta*, *Shibb Yamānī*, *Katīra*-52.5 g each, *Namak Hindī*-7 g. All ingredients are ground, mixed with hot water and left for 3-4 hours and then applied on hair for 6 hours and washed^{5,15}
- Local application of hair dye prepared with *Wasma*-2 part, *Hinā*-1 part, *Māzū Sokhta Rū ṭ Sokhta*, *Shibb Yamānī*, *Katīra*, *Namak Hindī* and *Khubs al-Hadīd*, are taken in equal quantity. All these ingredients are ground, mixed with *Sirka*.
- Local application of *Khidāb* (hair dye) prepared with *Gul-i-Lāla*, *Āmla*, fresh *Bāqila*-1 part each. These drugs are immersed in vinegar and kept under the sunlight for 20 days. Then vinegar is filtered and used as hair dye¹¹
- Oil prepared with *Asfidāj* mixed in olive oil for local application on hair¹¹
- Local application of paste of *Barg-i-Kabar* after pounding and boiling with milk. It is applied on hair at night, left overnight and washed in the morning. This treatment effectively dyes the hair and enhances its natural black color.⁸
- Local application of *Dimād* (poultice) prepared with *Sirka Angūri*-675 ml is boiled with equal quantity of cow milk till it converts into a thick paste. Then *Post-i-Anār*, *Āmla Muqashshar*, *Munaqqa* and *Halayla Siyāh*-135 g each, are ground, sieved and added to the paste. Paste is kept in an air tight glass pot and buried in dung for three months. After that the paste is collected and used as hair dye. Before use, hair wash with lemon juice is advised. Hair remains black for six months¹⁷
- *Halayla Siyāh Kalān*-22.5 g, *Āb-i-Nayshkar*-960 g, *Bhangra*-13.5 g, *Bekh-i-Nīlofar*-22.5 g, *Bekh-i-Anār*-28 g. These ingredients are ground, kept in an iron pot and buried in horse dung for one month, thereafter it is applied on the hair.¹⁷
- For local application, a hair dye is prepared using fresh *Kadū*, which is plucked from the creeper, peeled, and a small hole is made to remove part of its pulp. A specific amount of *Namak* and *Khubs al-Hadīd* is then filled into the hollow space. The hole is sealed, and the *Kadū* is wrapped in mud and left for 40 days. After this period, the contents are used as a hair dye by making a paste, which enhances natural black color of the hair.^{5,6}
- To prepare *Ghāliya* for dyeing hair black,^{3,6,11} 175 grams of *Āmla* and 607.5 grams of *Āb-i-Ās* are boiled in 1.6 liters of water until the volume is reduced by half and the prepared decoction is filtered. Then, 87.5 grams of powdered *Hinā*, 175 grams of *Wasma*, 175 grams of *Khaṭmī*, 20 pieces of roasted *Māzū*, 35 grams of *Māzū Khām*, and 175 grams of *Ṣamagh-i-'Arabī* are added in the decoction and boiled until the mixture thickens into a paste. The prepared paste can be used as a hair dye. Additionally, a small amount of *Mushk* and *Sukk* may be added to enhance its aroma.⁶

Single drugs^{3,8,14}

- *Ās*
- *Abhal*
- *Māzū*
- *Izkhar*
- *Sumāq*
- *Sunbul al-T̄ḥb*
- *Shibb Yamānī*
- *Qust*
- *Khubs al-Hadīd*
- *Post-i-Anār*
- *Khardal*
- *Ḥinā*

8. *Tahmīr-i-Sha'r* and *Tashqīr-i-Sha'r* (reddening and blonding of hair)

Formulations

- Liquid obtained through burning of fresh peeled *Qaşab Nabatī* from one side and used as hair dye to blonde hair golden^{3,6,10-12,15} or bloody red⁸
- Local application of paste prepared with *Khubs al-Hadīd* and *Āb-i-Zāj*, to dye hair golden brown^{3,14}
- Local application of paste prepared with *Ḥinā*, *Durdī-i-Sharāb* (sediments of wine), *Rātīnaj*-1 part each, and small amount of *Īrsa*. This dye gives hair a reddish or golden brown colour^{5,11,12}
- Local application of *Khidāb* (hair dye) prepared with *Shibb*, *Za'farān*, *Mi'a Yābisa* and *Matbūkh-i-Hulba* results in blonde hair⁸
- Local application of paste prepared with *Ḥinā* and Decoction of *Kundush*, as dye gives hair a reddish brown or golden colour^{3,5,8}
- Local application of decoction prepared with *S'ad Kūfī*, results in blonde hair of golden colour^{9,12}
- Local application of *Kundush* after boiling with water also dyes hair golden / reddish^{3,5}
- Local application of *Dimād* prepared with *Turmus*-35 g, *Murr*-17.5 g, *Shora*-10.5 g, and *Durdī-i-Sharāb Muḥarraḡ* (roasted sediments of wine)-10.5 g. All ingredients are powdered, and mixed with *Naqū'* (infusion) of ash of grape's wine and the same is applied overnight and washed in the morning. Repeated application of this preparation dyes hair reddish^{5,7,10,11}
- For local application, *Khidāb* (hair dye) is prepared by mixing *Durdī al-Sharāb* (wine sediments), either roasted or unroasted with *Ravghan-i-Bān*¹ or *Ravghan-i-Īrsa*. This mixture, when applied, imparts a reddish color to the hair^{3,5}

- For local application, *Dimād* is prepared with *Shibb*, *Za'farān*, *Murr* and *Shora*. All the ingredients are soaked in water for few days and paste is formed.³
- Local application of paste, prepared by grinding *Turmus* with water, on hair to dye hair reddish⁸
- Local application of *Dimād* prepared with *Sumāq*-70 g, *Māzū*-105 g, *Parsiyāoshān*-70 g, *Ādhariyūn Zard*-70 g, *Afsantīn*-35 g, *Turmus Muqashshar Yābis*-48 g. First, all the ingredients are soaked in 4 liter of water for few days, and then lukewarm paste of the drugs is applied on head followed by washing of hair with *Ṣābūn* (soap). It is a potent hair colour that dyes hair reddish³

9. *Tab'ṭd-i-Sha'r* (whitening / bleaching of hair)

Formulations

- For local application, *Dimād* is prepared using *Tukhm-i-Rāsan*, *Qishūr-i-Turb Yābis*, and *Shibb*. Firstly, all the ingredients are ground into a fine powder and *Ṣamagh-i-'Arabī* (half the total weight of the other ingredients) is mixed into it. The mixture is then blended with vinegar before being applied.^{3,6,8}
- For local application, *Khiḍāb* is prepared using the following ingredients: dropping of *Abābīl*, *Rāsan Khushk*, *Māsh*, *Tukhm-i-Fujl*, *Tukhm-i-Nasrīn*, *Kibrīt*, and dried buds of *Kabar*, each equal parts. These are ground into a fine powder and soaked in vinegar to prepare the dye. Before and after applying the dye to the hair, the hair is fumigated with sulfur^{6,10,14} *Chuqandar* may also be used in place of *Māsh*.¹¹
- *Dhūnī* (incense) with *Kibrīt* on scalp / hair also makes hair white^{3,10,14}
- Local application of paste of *Gandhak* on wet hair repeatedly for 2-3 times a day bleaches hair to gray or white⁶
- Local application of paste prepared with flower of *Nasrīn*, *Luffāh*, *Post-i-Khashkhāsh* are ground with rose distillate, mixed with oil and used, to bleach hair^{3,8,11}
- Local application of paste prepared with *Luffāh*, *Post-i-Khashkhāsh*, *Qataf*, *Tukhm-i-Bhang* and *Kāfūr* are ground with rose distillate and used to bleach hair⁵

Single drugs

Single drugs or in combination with vinegar are used locally to make hair gray/white^{1, 3,6,8,14,15}

- *Nasrīn*
- *Rāsan*
- *Qishūr-i-Fujl*
- *Kabar*
- *Mā' al-Ward*
- *Kāfūr*
- *Kibrīt*
- *Tukhm-i- Qataf*

Prevention of complications associated with hair dyes^{3, 7, 8, 11, 12}

Application of hair dyes may cause weakness of brain and increase the risk of some ailments like *Zukām* (coryza) and *Sakta* (unconsciousness). Some dyes lead to hair damage, alter the quality and texture of hair. These complications can be avoided by adopting the following measures:

- Some hot temperament drugs like *mushk*, clove are mixed in the hair dyes or used after removal of hair dye^{3,11,12}
- Massage oils such as *Ravghan-i-Banafsha*, *Ravghan-i-Khairi* on hair after application of hair dye to prevent dryness and hair damage^{6,14}
- To remove the hair dye spots from the skin, wash the part with *Ārad-i-Nakhūd* and *Ārad-i-Bāqla* or apply lukewarm oil^{3,14,15}

10. *Ḥāliq-i-Sha‘r* / *Ḥallāq* / *Muzīl-i-Sha‘r* (depilatory drug)

Drug which removes hair from body

Formulations

- Rubbing of *Āhak* removes the hair and checks further growth of hair^{15,17}
- Local application of *Tukhm-i-Bhang* cooked with vinegar arrests the hair growth in axilla and pubic region^{3,7}
- Local application of *Tīn-i-Qaimūliya*, *Safaida Qalaī*-1part each, and *Shibb*-half part, mixed with *Āb-i-Bhang* prevents hair growth in axilla and pelvic region for a long period⁷
- Frequent application of *Shahm-i-Durrāj* (fat of common partridge) in the axilla after hair removal weakens the hair or removes hair permanently⁶
- *Āhak* is mixed with ash of grape’s wood or *Būra Armanī* found beneficial in removing hair locally⁷
- Local application of oil prepared with *Maghz-i-Akhrot*-100 pieces and powder of *Hartāl*, mixed with *Ravghan-i-Balsān*-17.5 ml can be use as hair remover^{7,8}
- For local application, a paste is prepared by soaking *Āhak* of fine quality (1 part) in water (6 parts) and filtering the mixture. This process is repeated three times, with an additional 1/6th part of *Āhak* added to the filtered water each time. Then, mix powder of *Hartāl* (1/3rd part) into the filtered water and set it aside until it becomes an effective hair-removing agent (by testing through application). The prepared mixture is applied with cotton to the body part to remove unwanted hair, followed by a massage with *Ravghan-i-Gul*.^{7,9}
- Local application of paste prepared with *Āhak Safaid* of fine quality, *Kushta Ṣadaf* and *Hartāl Zard*-1 part each. The ingredients ground as a fine dust, then mixed and stir well with water-8 part, in a pestle and left for 2 hours. Then water is removed and the powder thus obtained is used as hair remover⁷
- Local application of paste prepared with *Āhak*, *Hartāl zard*-1 part each, and *Ṣibr*-8 part. These ingredients are soaked in water for 1 hour and applied locally.⁶ This formulation is also used in form of oil. Oil is prepared by boiling the drugs with water and suitable oil, till all amount of water is evaporated and oil remains. Then oil is filtered and used locally. It acts as an effective hair remover⁶

- Local application of oil prepared with *Sajjī*-1 part, *Āhak*-2 part, *Hartāl Zard*-10 part. These ingredients are soaked in water for 3 days. On the fourth day, oil-4 part is added in it and heated till all water is evaporated and oil remains. This oil is used as hair remover^{7,14}
- *Karsana*-350 g, *Āhak*-175 g, *Hartāl*-70 g. Mixed all these ingredients and apply locally⁶
- For local application, a paste is prepared by grinding 35 grams of *Āhak* and 7 grams of *Hartāl Zard* with *Kashkāb* (a type of barley water preparation). The mixture set aside to allow the sediments to settle and filtered. The body part is washed with *Ārad-i-Bāqla* after application of paste
- Local application of paste prepared with *Āhak*-210 g, *Zarnīkh Zard*-105 g, *Şibr*-4.5 g. All the ingredients are soaked in water and mixed thoroughly in egg white. After mixing well *Ravghan-i-Gul*- 105 g is added to form a paste.¹⁵

Prevention and Management of Side effects associated with hair removers^{3,11,12}

Local application of hair-removing products containing lime as an ingredient exerts an unpleasant smell or causes burn or wound. To prevent such side effects, Unani physicians have recommended following measures: ^{3,11,12}

- *Ravghan-i-Gul* is applied locally before applying hair remover^{3,5,6,10-12}.
- Wash the hair removing area with lukewarm water, by sitting in cold water^{3,7}
- Rubbing of *Ravghan-i-Gul* and powder of *Gul-i-Surkh* after the use of hair remover^{3,5,6,11}
- *Safūf-i-Şandal* [local]⁹
- *Sirka* or *Sharāb* [local]^{3,5,14}
- *Barg-i-Shaftālū* [local]⁵
- Local application of paste prepared with '*Adas Muqashshar*, *Şandal* and *Gulāb* after hair removing ^{6,14}
- Local application of *Marham* (ointment) prepared with *Safaida Kāshgharī* in case of burns⁶
- Local application of paste prepared with '*Adas Muqashshar* ground with vinegar and rose water in case of severe burn⁷
- Local application of *Murdār Sang Mudabbar* (i.e. *Murdār Sang* is detoxified by soaking in rose water) with egg yolk / albumin^{7,10}

11. *Māni'-i-Imbāt-i-Sha'r* or *Māni'āt-i-Sha'r* (drugs that prevent or reduce hair growth)

Formulations

- Local application of paste prepared with *Zabd al-Baḥr*, *Zarnīkh Surkh* grinded and mixed with vinegar⁶
- Local application of paste prepared with *Bādrūj* with leaf juice of *Bazr al-Banj*¹⁴
- Local application of *Ḍimād* (poultice) prepared with *Bāqla* and water¹¹
- Local application of *Ṭilā'* (liniment) prepared with dried *Zifda'*⁵ ground with mucilage of *Aspghol*⁶
- Rubbing of *Āhak* to remove hair and check further hair growth¹⁷
- Local application of paste prepared with *Jundbedastar* mixed with honey.^{2,5,7,17}

- Local application of *Şamagh-i- 'Ar 'ar* mixed with oil checks or reduces further hair growth^{14,17}
- Local application of *Aspghol* with *Khall al-Khamr* repeatedly followed by local application of paste prepared with *Bhang*, *Afiyūn* mixed with *Sirka*^{5,7,8}
- Local application of *Navshādar* mixed with goat's bile¹⁶

Single drugs^{6, 14}

The following drugs may be used alone or in combination for local application after mixing with vinegar or olive oil^{6, 14}

- *Zarnīkh Surkh*
- *Iqlīmiya*
- *Safaidā*
- *Tukhm-i-Khashkhāsh*
- *Bazr al-Banj*

Common Hair Disorders

1. *Intithār al-Sha‘r* (hair fall)

It is a common condition characterized by loss of hair from the scalp, eyebrow and beard.¹¹ The causative factors of hair fall are *Naqṣ-i-Taghdhiya* (malnutrition), intake of *Fāsid Aghdhiya* (bad quality diet), accumulation of *Mawād-i- Fāsid* (putrefied matter), dilatation of hair follicles, excessive dryness or moistness of skin, and as a sequel / complication of some illnesses.^{10,14}

The principles of treatment include, *Taghdhiya* (nourishment),¹⁰ *Taqwiyat-i-Sha‘r* (toning of skin to grow hair), *Inbāt-i-Sha‘r* (trichogenesis), *Taqwiyat wa Tarṭīb-i-Jild* (toning and moistening of skin) and *Izāla Mawād-i-Fāsida* (removal of putrefied matter)¹⁴

Pharmacotherapy

- Local application of *Ravghan-i-Ās* and *Ravghan-i-Lādan* on scalp is beneficial in preventing hair fall due to nutritional deficiency¹⁰
- Massage the scalp with *Ravghan-i-Bābūna*¹⁰
- Application of emollient prepared with roasted *Bādām Talkh*, burnt *Shīh* and *Zabd al-Baḥr* mixed with olive oil on scalp prevent hair fall¹⁰
- Washing of hair with *Būra Armanī* and *Kaf-i-Dariya*¹⁴
- Washing of hair with flour of *Himmas*¹⁰
- Washing of hair with *Āb-i-Halayla Siyāh* or *Āb-i-Chuqandar* or *Āb-i Ās* is beneficial in hair fall¹⁰
- *Naṭūl* on scalp with decoction of *Māzū* and or *Halayla Siyah*¹⁴
- Local application of oil prepared with *Parsiyāoshān*, *Bābūna*, *Ās* with oil¹⁵
- Local application of *Ravghan-i-Ās*³ along with *Tukhm-i-Chuqandar*^{14,15}
- *Aqāqiya*-10.5 g, *Lāzan*-10.5 g are heated in 18 ml of wine, added with *Ravghan-i-Ās* 18 ml, and applied on head to prevent hair fall¹⁰
- *Naṭūl* of decoction prepared with *Halayla Kābulī* and *Māzū* on scalp.¹⁵
- Local application of oil prepared with *Māzū Khushk* by crushing and soaking them in wine for few days, followed by boiling until it becomes soft, 1/3rd part *Duḥn al Khal* is added and boiled till wine is evaporated and only oil remains¹⁰
- *Ṣibr* is grinded and soaked in *Ma'al-Ās*, mixed well and applied on the scalp for 1 hour and washed^{3,10}

Compound drugs

- *Ravghan-i-Bādām Talkh*-[local]¹⁰
- *Ravghan-i-Ās*-[local]^{3,10}
- *Ravghan-i-Āmla*-[local]¹⁴

Regimenal therapy

- *Tadhīn* (oiling of hair / anointing)¹⁸
- *Hammām* (therapeutic bath)^{10,15}

Dietary recommendations:

- Spices, honey, radish are recommended to use¹⁴
- *Aghdhiya Muraṭṭiba wa Maḥmūda* in case of excessive skin dryness is recommended¹⁴

Dietary restrictions

- *Aghdhiya Muraṭṭiba* (moistness producing diet) in case of excessive skin moistness¹⁴

2. *Dā' al-Tha'lab* (alopecia areata) and *Dā' al-Ḥayya* (alopecia with loss of skin layer)

Dā' al-Tha'lab is a condition characterized by patchy loss of hair without scaling, predominantly affecting the scalp, beard, and eyebrows.^{14,19} In contrast, *Dā' al-Ḥayya* refers to patchy hair loss associated with loss of the superficial skin layer, resembling the shedding of a snake's exuviae.^{3,19,20}

According to *Abū al-Ḥasan Raban Ṭabarī*, it may occur on the whole body, however, most of the physicians associate it exclusively with the scalp.²¹ It commonly manifests in individuals with impaired hair nutrition, leading to the accumulation or adhesion of *Hād o Lazi Madda Raddiyā* (acidic, viscous morbid matter of humoral origin) at the hair roots.^{3,15,20}

Dā' al-Ḥayya predominantly arises due to morbid phlegm and *Mirra Sawdā'* (black bile) and is more frequently observed in individuals consuming cold, moist, and salty diets.²¹

It is characterized by localized hair loss, accompanied by features indicative of the predominant humour involved.¹⁵ When *Balgham* (phlegm) is the causative factor, the affected area appears white and soft; in cases of *Ṣafrā'* (bile), the skin becomes yellowish, dry, and rough; predominance of black bile results in ash-colored, dry, and rough skin; while involvement of *Dam* (sanguine humour) produces a reddish and soft appearance of the affected part. In *Dā' al-Ḥayya*, hair loss typically follows a zigzag pattern, resembling the creeping movement of a snake, and is associated with dryness of the skin.²¹

The principles of treatment for the diseases are *Tanqiya* (cleansing of morbid matter/ humour from body),^{3,11,12} followed by *Tadbīr Muqāmī* (local management) that includes increasing blood supply,¹⁵ *Tahlīl* (dissolving morbid matter), *Inbāt-i-Sha'r* (trichogenesis),^{12,15} *Tanqiya'-i-Dimāgh* (cleansing of morbid matter / humour from brain)³ and *Islāh-i-Ghidha* (dietary correction)^{3,9}

Pharmacotherapy

Oral administration

- *Mā'al-Jubn* for 7 days²¹
- *Joshānda-i-Halayla* in case of predominance of *Ṣafrā'* (bile)^{3,15}
- *Joshānda-i-Aftīmūn* for *Ishāl-i-Sawdā'* (purgation of black bile)^{3,11}
- Decoction prepared with *Ṣibr*, *Saqmūniya*, *Shaḥm-i-Ḥanzal* and *'Usārah-i-Afsantīn*-1 part each¹¹
- *Azba / Māyīn Khurd* in a dose of 3.5 g with some quantity of honey before breakfast for 40 days¹⁶

Local application

- Application of *Piyāz* after rubbing the scalp with rough cloth^{11,12}
- Paste prepared with *Qaiṣūm*, *Parsiyāoshān* and *Bābūna*^{11,12}

- Burnt or cooked *Qishūr-i-Kundur*¹¹
- *Kibrīt* mixed with vinegar¹⁵
- Application of olive oil on scalp and hair in which '*Aqrab* (scorpion) is fried¹⁵
- First, wash hair with *Āmla* water, followed by application of *Dimād* on the scalp prepared with powdered *Navshādar* and *Maska* (butter)¹⁵
- Paste prepared with *Kaf-i-Dariya*-7 g, *Buraq*-7 g, *Khardal*-7 g., *Kibrīt*-7 g, *Sudāb* -7 g, *Farfiyūn*-7 g, *Mawīzaj*-3.5 g and *Rāzīyānaj*-3.5 g mixed with olive oil and applied on the scalp¹¹
- First, local application of paste prepared with *Sīr* and *Khardal*, followed by rubbing the affected part with a rough cloth¹⁵
- Washing hair with the decoction of *Shīh*, *Parsiyāoshān* and *Marzanjosh* ¹⁵
- *Naṭūl* (douche) on scalp with decoction of *Iklīl al-Malik*, *Bābūnaj*, *Mawezaj*, *Buraq* followed by application of *Ravghan-i-Zanbaq*²⁰
- Application of concentrated mixture made up of vinegar and *Āb-i-Adrak* to the affected part, after rubbing the part with rough cloth ^{15,16}
- Paste prepared with *Abhal* and vinegar is applied on the scalp^{15,16}

Single drugs useful for alopecia^{5,6,11,20,21}

These drugs are used locally alone or in combination with vinegar or oils like olive oil, castor oil, etc.

- *Bādām Talkh*, *Barg-i-Hanzal*, *Başl*, *Balbūs*¹¹
- *Būra Armanī*, *Farfiyūn*^{7,2}
- *Kharbaq Abyaḍ*, *Khardal*, *Kibrīt*, *Sāfīsiya*, *Tukhm-i-Jirjīr*, *Zarāwand*^{3,16}

Compound drugs

- *Ayārij-i-Fayqrā*^{11,15}
- *Ayārij-i-Shahm-i-Hanzal*³
- *Habb-i-Şibr*⁹
- *Habb-i-Qoqāya*⁹
- *Marham Safiada Kāshgharī*²¹
- *Ravghan-i-Baid Anjūr* ¹⁶
- *Ravghan-i-Ghar*¹
- *Ravghan-i-Akhrot Kohna* or *Ravghan-i-Zaitūn*¹⁹

Some physicians advises that patient of alopecia to wear a woolen cap all the time, as it facilitates sweating, which is beneficial for alopecia.⁵

Regimnal therapy useful for *Dā' al-Tha'lab*

- *Faşd* (venesection) bloodletting from cephalic vein ^{9,20}
- *Ishāl* ^{9,12}(purgation) ¹¹
- *Hijāma* (cupping) on head ^{3,12,15}

- Acupuncture / multiple pricks with needle over the affected part³
- *Hammām* (therapeutic bath) with lukewarm water^{3,12}
- *Dalk* (therapeutic massage) with *Farfiyūn* or *Khardal*²⁰

Dietary recommendations

- *Ghidhā' Jayyid al-Kaymūs* (dietary substance producing humours of good quality in body),⁴ *Ghidhā' Laṭīfā* (diet producing fine / thin consistency humours)⁸ and *Ghidhā' Sarī' al-Inhiḍām* (easily digestible diet) like meat of birds,^{3,11,21} *Āsh-i Jaw* (barley water),^{14,21}

Dietary restrictions

- Diets of hot temperament diets should be avoided¹¹
- Diets according to the predominance of humour involved³
- Avoid cold water²¹

Prevention

- Follow general hair care

3. *Hazāz* / *Bafā* / *Hibriyya* (dandruff)

Hazāz is a condition characterized by the shedding of whitish scales from the scalp.^{3,12} The etiological factors include *Sū'-i-Mizāj* (morbid temperament) of the scalp skin, predominance of *Hād Boraqī Mādda* (strong saline matter), *Yabūsat* (dryness),³ *Akhlāt-i-Balghamiyya Māliḥa* (salty phlegmatic humours), *Sawdā' Muḥtariqa* (burnt black bile), or an excess of *Sawdā'* (black bile) in the blood affecting the scalp or the body.^{3,12,14}

The condition presents with various forms of husk-like scales on the scalp. The severity and nature of the scaling depend on the underlying cause,¹² the quantity of morbid humour involved, and the duration of the disease. Associated symptoms such as itching and, in some cases, ulceration may also be observed.³ Although *Hazāz* does not pose a serious health threat, it may result in cosmetic concerns and social embarrassment.

The principles of treatment include, *Istifrāgh* (evacuation of morbid matter) with *Mushil-i- Sawdā'* and *Mushil-i-Balgham*, and *Tanqiya-i-jild-i Rās* by *Jālī Adwiya* (cleansing agents)^{10,12}

Pharmacotherapy

- Oral administration of *Mā' al-Jubn* (whey) and *Ayārij* for *Istifrāgh* (evacuation)¹⁵
- Oral administration of *Mushil-i-Balgham* (purgatives of Phlegm) like *Turbud* or *Mushil-i- Sawdā'* (purgatives of black bile) like *Halayla*, *Aftīmūn* or *Qurş* (tablet) containing *Ḥanzal* and *Şibr*¹⁰
- *Ghasūl*: wash head with *Ārad-i-Nakhūd*, *Sirka* and *Khaṭmī* or with decoction of *Salaq* mixed with small amount of *Boraq*¹⁴
- Regular scalp massage with oils like *Ravghan-i-Banaḥsha* or *Ravghan-i-Kadū* at night and washing hair in the morning with lukewarm water¹⁴
- Local application of *Katīra*, *Lu'āb-i-Aspghol*, *Lu'āb-i-Bihī* and *Lu'āb-i-Khaṭmī Safaid* on scalp¹⁵
- Washing hair with a decoction or juice of beet root^{3,8,10}
- First, wash hair with fresh leaf juice of *Baid*, followed by local application of *Ravghan-i-Gul* or *Ravghan-i-Banaḥsha* at night¹⁴

- Mixture of sugar and lemon juice is applied on scalp and washed after 6 hours^{14,15}
- Local application of *Ārad-i-Karsana* and powder of *Turmus* mixed with mucilage of *Aspghol*^{11,14}
- *Ārad-i-Nakhūd*-3.5 g, powder of *Hulba*, *Sabūs-i-Gandum*, powder of *Khubz / Nān* (bread), powder of *Zāj Asfar*-1g each, *Khaṭmī* -20 g. All these drugs are mixed with water and *Khall al-Khamr*. The preparation is used to wash hair once in a week.¹¹ *Muḥammad ibn Zakariyyā Rāzī* incorporated *Khardal* (mustard) in a quantity of 52.5 g into this formulation to enhance its effects.¹⁵
- Local application of *Ḍimād* (poultice) prepared with *Tulsī* on scalp for 5 days¹⁵
- Local application of *Ravghan-i-Gul* mixed with vinegar after removing the hair¹⁴
- Local application of paste of *Shāhtara*, followed by washing of hair with its decoction¹⁴
- Olive oil is cooked with *Piyāz* and filtered, then *Gandhak* and *Mom* are mixed in it. The preparation is applied on scalp in the form of *Qayrūṭī*^{4,14}
- Local application of *Murr Makkī* mixed with Juice of *Salaq*¹⁴
- Local application of *Ushaq* mixed with vinegar¹⁴
- *Ārad-i-Bāqila*, *Ārad-i-Nakhūd*, *Ārad-i-Turmus* and *Khaṭmī*-1 part each are powdered. Then, mixed with barley water and mucilage of *Hulba*, and applied on scalp as a paste^{12,14}
- *Ārad-i-Turmus*, *Ārad-i-Bāqila*, *Katīra*, *Gil-i-Khurdanī*, *Qaimuliya*-1 part each are powdered, mixed with *‘Usārah Chuqandar* to form a paste. The paste is applied on scalp for 2 hours followed by washing with water³

Compound drugs

- *Ayārij-i-Fayqrā*-[oral]^{12,14}
- *Ravghan-i-Banaḡsha*-[local]¹²
- *Ravghan-i-Kadū*-[local]¹⁴

Regimenal Therapy

- *Halaq* (shaving of head)^{2,10,13}
- *Hammām* (therapeutic bath)^{10,12}
- *Tadhīn* (oil massage)^{10,12}
- *Tarṭīb-i-Jild-i Rās* (moistening of skin of head)¹²

Note: *Ṣala‘* (baldness) is discussed under the diseases of hair, but its treatment is difficult. The drugs which are useful in hair fall and *Dā‘ al-Tha‘lab* (alopecia areata) are beneficial during the initial stage of baldness.

4. *Tashaqquq al-Sha‘r* (split ends of hair)

It refers to the splitting of hair shaft at the tip due to damage or weakening of the hair.^{3,5,10} It is mainly caused by excessive exposure to sun and dust, washing of hair with hard water, predominance of *Yabūsāt* (dryness),^{4,22} predominance of *Khilt-i-Shor* (strong alkaline matter) and poor nutrition²¹

The principles of treatment, *Tadhīn* (anointing/oiling), with oils of moist temperament on scalp and hair, cutting of split ends of hair, *Ta‘dīl-i-Sū‘-i-Mizāj* and *Tanqiya* (elimination of morbid matter)⁵ and *Islāh-i Ghidha* (correction of diet)²¹

Pharmacotherapy

- Washing hair with *Khaṭmī* mixed with *Lu'āb-i-Aspghol*, followed by regular scalp massage with oils like *Ravghan-i-Banafsha* or *Ravghan-i-Nīlofar* or *Ravghan-i-Kadū*^{5,21}
- Local application of *Ravghan Katan*²²
- *Ravghan Bādām* or *Ravghan Zaitūn*-35 ml with *Lādan*-7 gm are heated and vinegar is mixed thoroughly. The oil is applied over the scalp.²²
- Washing hair with *Ārad-i-Bāqla* and *Ārad-i-Nakhūd*²¹
- *Naṭūl* (douche) prepared with *Kunjad* and *Barg-i-Kadū* on hair⁵
- Local application of *Lu'ābāt* like *Lu'āb-i-Aspghol*, *Lu'āb-i-Khaṭmī* on hair^{3,5,11}
- *Ghasūl* and formulations mentioned in *Taqwiyat-i-Sha'r* and *Taṭwīl-i-Sha'r* are beneficial¹¹

Regimenal therapy

- *Tadhīn* (oil massage)⁵
- *Hammām* (therapeutic bath)^{3,5} with sweet water
- Cutting of split ends of hairs

Dietary recommendations

- *Muraṭṭib Aghdhiya* (moist diet)⁵ and *Muwallid-i-Dam Aghdhiya* (hematopoietic diet)²¹
- *Bādām Shīrīn* with sugar²²

Dietary restrictions

- A diet that is high in salt and causes dryness in the body.
- Diet is restricted according to the predominance of humour involved²¹

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Nail

General Description

Anatomical considerations

A nail is a protective plate typically found at the tip of the digits (fingers and toes) in all primates. Nails are akin to the claws found in other mammals and are composed of a tough, protective protein called alpha-keratin, which is a polymer. In Unani philosophy, nails, like hair, are believed to be formed from bodily waste materials that are expelled towards the fingertips, accumulating at the distal ends of the fingers and toes.^{1,2}

Manāfi ‘-i-Azāfir (functions of nails)

Nails have been created for four purposes:²⁻⁵

- **Beautification:** Nails vary in shape and play an important role in enhancing the aesthetic appearance of the fingers. Healthy nails not only contribute to a pleasing look but also reflect the overall health of an individual.
- **Support:** Nails provide support to the fingertips, enabling a firm grip and enhancing the ability to make precise, delicate movements of the distal digits. This counter-pressure allows the fingers to pick up small objects with greater accuracy.
- **Protection:** Nails protect the distal ends of the fingers and toes, safeguarding the soft tissues from injury. In some cases, nails can also serve as a tool or weapon.
- Nails are helpful for scratching surfaces or objects.

Nail Care

- *Dharūr* prepared with *Şibr*; that is washed with the distillate of aromatic drugs and *Gulnār*; prevents nail infection or *Dākhis* (paronychia)^{6,12}
- Local application of a small amount of *Tukhm-i-Terātezak* and *Namak* checks peeling cuticles around the nail¹²

Common Nail Disorders

1. *Baraṣ al-Aẓfār* (whitening of nails)

It refers to the appearance of pale or white discoloration patches on the nails.^{10,11}

Pharmacotherapy

Local application

- *Ḍimād* of *Rāziyānāj* on nails^{6,12}
- *Ḍimād* prepared with *Tukhm-i-Katān*, *Thūm* and '*Asal*'^{6,12}
- Paste prepared with *Hurf* and *Sudāb*¹²
- Ointment prepared with *Tukhm-i-Katān* and *Tukhm-i-Ḥulba*, *Mom* and *Asal* on the nails^{10,12}
- *Turmus*, *Jawz al-Sarw* is ground with vinegar and applied on nails^{6,11}
- *Jawz al-Sarw* is ground, mixed with vinegar and wheat flour, applied on nail⁹
- *Ḍimād* prepared with *Zift Raṭab* (gum of *Cedrus deodara* D. Don), '*Alak-al-Ambāt* (gum of *Pistacia terebinthus* L.), and *Khakistar Sum-i Buz* (ash of burnt hoof of goat), *Bekh-i-Nay Masfūf*. All these drugs are ground, mixed well to form a paste.¹¹

2. *Ṣufra al-Aẓfār* (yellowness of nails)

This condition is characterized by yellow discoloration of the nails, which may result from anemia or an increased predominance of *Ṣafirā'* in the blood.¹⁰ The principles of treatment include, removal of the causative factor and conservative treatment.

Pharmacotherapy

Local application

- *Marham* prepared with *Māzū*, *Shibb* and *Shahm-i Baṭṭ* on nail^{6,12}
- *Ṭilā'* prepared with *Tukhm-i-Jirjīr* is ground with vinegar^{6,10,12}

3. *Tashaqquq al-Aẓfār* or *Asnān al-Fār* (splitting of nails)

The condition is characterized by ridging or splitting of the nails.^{10,12} The causative factors include predominance of *Mirra Sawdā'* (black bile), excessive dryness, and frequent consumption of *Aghdhiya Yābisa* (diets with a dry temperament). The treatment principle involves *Tanqīya* (cleansing of morbid matter or humour from the body) through *Mushil* (purgative)⁶ therapy, followed by *Tarṭīb* (moistening of the body or affected area) and local application of ointments that promotes *Talyīn* (softness).¹²

Pharmacotherapy

Oral administration

- *Mā' al-Jubn*¹⁰

Local application

- *Ṭilā'* prepared with *Barg-i-Mūrad*, *Barg-i-Sarw* followed by *Ḍimād* prepared with *Anār Khām* cooked in wine¹²

- *Marham* prepared with *Shahm-i-Murgh*, *Shahm-i-Baṭṭ*, *Lu ‘āb-i-Ḥulba*, *Lu ‘āb-i-Katān*¹⁰
- *Sarīsh* mixed with vinegar¹¹
- *Başl al-Fār Mushawwa*^{6,12}
- *Piyāz* and sesame oil^{9,11}
- Ointment prepared with *Sarīsh* mixed with *Namak* and *Durdī-i-Sirka* (sediments of vinegar)^{7,12}
- *Maştagī* is ground with *Namak* and applied on nail as *Ṭilā*¹⁰
- *Ḥurf* is ground with *Namak*, mixed with vinegar and then rubbed on nail as *Ṭilā*¹²

4. *Ta‘aqquf al-Aẓfār* (onychogryphosis/ hypertrophy of nails)

It is a condition characterized by abnormal thickening, excessive curvature, and deformity of the nails. The affected nails often appear markedly thickened with a yellowish discoloration. The condition predominantly involves the toenails, although fingernails may also be affected. *Ta‘aqquf al-Aẓfār* commonly develops following nail regrowth after trauma or as a result of repeated and prolonged contact with hard surfaces, which leads to progressive nail deformity.⁹⁻¹¹

The principles of treatment include, *Tanqiya-i- Sawdā*’ and local application of the following drugs to soften the nail.

Formulations⁹⁻¹¹

- *Marham Dākhaliyūn*
- *Mom Ravghan* (compound formulation prepared by melting wax in oil base)

5. *Radd al-Aẓfār* (crushing of nails)

This condition refers to the crushing of the nail due to trauma.^{7,8}

Formulations

- Local application of *Ḍimād* of *Barg-i-Mūrad* and *Barg-i-Anār*^{11,12}
- Local application of *Ārad-i-Gandum* mixed with olive oil¹¹
- Local application of *Ḍimād* of *Karnab*¹¹

6. *Zufra Ṭalqiyya* (brittle nails)

This condition is characterized by nails that resemble white mica and are fragile, with a tendency to break, split, or peel easily. It is attributed to excessive dryness of the body or diminished blood supply, as seen in conditions such as anemia.⁹⁻¹²

Formulations

- Local application of *Ḍimād* prepared with *Zūfa Raṭb*, *Ḥabb al-Maḥlab*, *Bādām Shirin* and *Shahm-i-Buz*¹¹

7. *Mawt al-Dam Taḥat al-Aẓfār* (subungual clotting)

It refers to accumulation of blood in the nail bed due to vascular rupture or injury.⁸⁻¹¹

The principles of treatment include removal of collected blood under the nail followed by *Taskīn-i-Alam* (analgesia) by *Musakkin* (soothing agent / calming agent) and *Muhllil Adwiya* (resolvent) drugs.¹²

Formulations for local application^{6,12}

- *Anjīr* soaked in vinegar, ground with *Qirdamāna* is applied on affected nail as *Ḍimād* for 30 days. It is very effective and helps make nail very soft¹²
- *Ḍimād* of *Khardal*¹²

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Chapter-3

Related Cosmetic Disorders

1. *Bakhr al-Fam* (halitosis)

Bakhr al-Fam is a morbid condition characterized by a persistent unpleasant odor from the mouth and nose.¹ It arises due to various underlying causes, including 'Ufūnat-i-Litha o Asnān (infection of the gums and teeth), Sū'-i-Mizāj Hārr (morbid hot temperament) of the oral cavity, accumulation of bilious and phlegmatic humors in the stomach, 'Ufūnat-i-Ri'a (lung infection), and Qurūh-i-Ri'a (lung ulcers).² Commonly known as bad breath, the condition may be associated with symptoms related to disorders of the gums, teeth, stomach, or lungs, depending on the primary etiological factor.^{1,3}

The principles of treatment include, *Izāla'-i-Sabab* (removal of cause), maintaining oral hygiene, and conservative treatment.⁴

Pharmacotherapy

- *Tanqiya'-i-Dandān* (cleansing of morbid matter / humour from teeth) with vinegar and water⁵
- Oral administration of fresh *Zard Ālū*⁵
- Oral administration of decanted water of *Tamar Hindī* and *Shīra-i-Zarishk* with *Sharbat-i-Anār Shīrīn* and *Sikanjabīn*⁴
- Chewing of *Kishnīz Khushk* or *Sudāb*⁶
- *Maḍmaḍa* (mouthwash) with *Māzū*, *Barg-i-Ās*, *Gulnār* boiled in vinegar, in case when gums are involved⁴
- *Maḍmaḍah* with 'Araq-i-Gulāb mixed with vinegar⁴
- *Maḍmaḍah* with *Khall al-Unsul*⁵
- Local application of honey⁴
- *Muṭīb-i-Dahan* (mouth fresheners)

Compound drugs

- *Murabbā Zanjabīl*⁵
- *Murabbā Halayla*⁴
- *Iṭrīfal Ṣaghūr*⁵

Regimenal therapy

- *Qay'* (inducing emesis)⁵
- *Ishāl* (inducing purgation)⁵
- *Faṣd-i-Chahār Rag*, if gums are involved

Dietary recommendations

- *Aghdhiya Laṭīfa*⁴

Dietary restrictions:

- Sweet dishes and meat⁴
- *Aghdhiya Muraṭṭiba*⁴
- *Aghdhiya Muwallid-i-Balgham*⁴

Prevention

- Oral hygiene to be maintained⁵

2. *Taghayyur Lawn al-Asnān* (discoloration of teeth)

It is a morbid condition caused by the penetration of putrid humors into the teeth, resulting in their discoloration.⁴ This condition occurs due to *Insibāb-i Mādda Radī* (deposition of morbid matter) on the teeth. It is characterized by an abnormal change in tooth color, which reflects the nature and quality of the underlying morbid matter responsible for the discoloration.⁴

The principles of treatment include *Tanqiya*³ and *Mujallī-i-Dandān* Adwiya (teeth cleaner)⁴

Pharmacotherapy

- *Maḍmaḍa* with *Āb-i-‘Inabal-Tha‘lab* mixed with vinegar in cases of yellowish discoloration³
- *Maḍmaḍa* with deseeded *Ḥanzal* boiled with vinegar, is useful in greenish / blackish discoloration of teeth⁴
- Local application of paste prepared with *Bekh-i-Kabar*, *Afsantīn*, *Aftīmūn*, *Ushna* and *Maṣṣtagī* mixed with *Ravghan-i-Gul*, is useful in greenish/blackish discoloration of the teeth³
- Local application of paste prepared with *Post-i-Bekh-i-Kabar* and *Maṣṣtagī* mixed with *Ravghan-i-Gul*⁴
- *Sanūn* (toothpowder) prepared with *Namak*, *Kaf-i-Dariya* and *Sumāq*, mixed with suitable oil and rubbed on teeth at night. It also prevents dental caries⁷

Compound drugs

- Local application of *Ravghan-i-Maṣṣtagī*³ on teeth in cases of chalky white teeth
- Local application of *Sanūn Mujallī*⁴ on teeth
- Local application of *Sanūn Missī*⁴ on teeth

Regimenal therapy

- *Faṣḍ-i-Bāslīq*⁴
- *Hijāma*⁴
- *Ishāl*⁴

Dietary restrictions

- Cold drinks⁴

Prevention

- Tooth care, and maintaining oral hygiene

3. *Huzāl Mufriṭ* (cachexia / emaciation)

Extremely thin and obese body types significantly impact an individual's appearance and overall health. This condition is characterized by pronounced thinning of the body and hair, accompanied by a significant reduction in physical strength.⁹ It may exert adverse physical and psychological effects, thereby increasing susceptibility to various diseases.^{10, 11} In individuals with extreme leanness, weight gain is essential for restoring humoral balance and improving health outcomes.^{8,9}

Leanness may result from prolonged intake of insufficient or poor-quality food, consumption of foods that produce humors of thin consistency, *Sū-i-Mizāj* (morbid temperament), and underlying diseases such as *Sudad-i-Kabid* (hepatic obstruction), *Izam-i-Tihāl* (splenomegaly), *Dīdān-i-Am‘ā* (intestinal worms), and *Kathrat al-Taḥallul* (excessive catabolism).^{8,9,13}

The principles of treatment include, *Izāla 'i-Sabab* (removal of cause)⁸ and *Tasmīn-i-Badan* (increasing weight).⁸

Pharmacotherapy

Oral administration

- *Anjīr* and *Anīsūn* for forty days⁸
- Decoction of *Behman Safaid* with sugar in morning⁸
- Powder prepared with *Asgand*, *Mūsī Safaid* and *Mūsī Siyāh*⁸
- Powder prepared with *Simsim*, *Khashkhāsh*, Sugar-100 g each, *Maghz-i-Bādām*-50 g, and *Ajwā'in Khurāsānī*-10 g in a dose of 30 g.⁸

Compound drugs

- *Labūb Kabīr*⁹
- *Halwa 'i-Gazar*^{8,9}
- *Safūf Musammin* with milk⁸
- *Ravghan-i-Musammin* for massage⁸

Regimenal therapy

- *Hammām* (therapeutic bath)⁸ followed by gentle massage with oils producing wetness in the body
- *Riyadat-i-Mu'tadila* (moderate exercise)^{12,13}
- *Dalk-i-Mu'tadil* (moderate massage)^{12,13}

Dietary recommendations

- *Al-Aghdhiya Musammīna* (weight enhancing diet)⁸
- *Al-Aghdhiya al-Muwallida li'l Dam* (sanguine-producing diets)^{12,13}

Dietary restrictions

- *Al-Ghidhā' al-Māliḥ* (salty diet)^{11,12}
- *Al-Ghidhā' al-Ḥirṛīf* (pungent diet)¹²
- *Al-Ghidhā' al-Ḥāmiḍ* (sour diet)¹²

Prevention

- Avoid rigorous physical movements^{8,9,13}
- Avoid excessive indulgence in psychological activities and mental stress⁸
- Avoid activities that cause excessive exhaustion⁸

4. *Siman Mufriṭ* (obesity)

Obesity is a condition characterized by excessive body fat accumulation which can interfere with normal physical functions and affect a person's overall appearance.^{8,9} It is caused by *Sū 'i-Mizāj* (morbid temperament), excessive and abnormal accumulation of humours that are normally evacuated, a luxurious lifestyle, and the consumption of diets that promote weight gain.¹⁴ Obesity leads to difficulty in physical movement, and increased risk for various health issues such as heart disease, diabetes, and joint problems.¹⁴

The principles of treatment include, *Ta'dīl-i-Sū'-i-Mizā*,¹⁴ *Tajfīf-i-Badan*,^{8,9} *Tahzīl*^{1,2} and *Taqīl-i-Ghidhā* (reducing dietary intake)^{8,13-14}

Pharmacotherapy

Oral administration

- *Luk Maghsūl* 7 g on empty stomach in the morning⁹
- *Luk Maghsūl* 3 g with vinegar on empty stomach in the morning^{9,10}
- Vinegar on empty stomach in the morning⁹
- *Zīra Siyāh*, empty stomach in the morning for forty days⁹

Single drugs¹³

- *Luk Maghsūl*, *Sandrūs*
- *Tukhm-i-Sudāb*

Compound drugs

- *Safūf Muhazzil*^{8,9}
- *Dawā' al-Luk*^{9,13}
- *Itrīfal Şaghūr*⁹ at bedtime
- *Jawārish Kamūnī*^{8,9}
- *Jawārish Falāfilī*⁹ after meal or *Ma'jun Falāfilī*¹³

Regimenal therapy

- *Riyādat Shāqqa*^{8,9}
- *Taqīl-i Nawm*^{8,9}
- *Ḥammām Yābis*^{8,9,13} on empty stomach
- *Ḥammām Muḥallil*^{8,9}
- *Idrār*¹³
- *Ta'rīq*^{1,14}

Dietary recommendations

- *Taqīl-i-Ghidhā*¹³ and low calorie diet intake
- Lemon, piper, garlic, onion,² lentil, vinegar¹³
- Lukewarm water¹⁴

Dietary restrictions

- Meat, milk and sweat diet²

Prevention

Avoid sedentary life style

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Chapter-4
Mufrad Adwiya
(Unani single drugs)
Useful in Cosmetic Care

In Unani medicine, medications are primarily derived from natural sources, including plants, minerals, and animal products. Plants are the primary source of remedies, playing a key role in treating diseases, promoting overall health, and enhancing the body's natural defenses. Unani practitioners have recommended specific medications that support cosmetic health, enhancing beauty and maintaining healthy skin. This section provides alphabetically organized descriptions of 169 Unani single drugs. Each description includes information of botanical, scientific, and English names, synonyms, temperament, parts used, pharmacological actions, therapeutic and cosmetic applications, methods of use, and dosage. The information is supported by references, and a comprehensive list of sources included at the end of the section. Rigorous research and testing of these drugs could play a key role in identifying active ingredients and facilitating the development of new pharmaceutical compounds.

Classification of single drugs

On the basis of their pharmacological actions in cosmetic care, Unani drugs are classified as:

1. **Akkāl (corrosive):** Drugs that cause ulceration in the tissues due to their caustic and resolving properties, or drugs that remove unwanted tissue from wounds for healing. It is helpful in the treatment of abnormal skin growth like warts, e.g. *Zangār, Anzarūt, Tutīya, Murdār Sang* etc.^{1,2,3}
2. **Dāfi'-i-Ta'affun (antiseptic):** An agent that prevents infection by inhibiting the growth of *Ajsam Khabitha*, changing the composition of putrefied matter, or by any other means hindering the putrefaction process.^{4,5}
3. **Ghassāl (abluent):** A liquid agent that cleanses the body surface or treated part due to its detergent property.^{1,3, 6, 7,8}
4. **Hābis-i-'Araq (ischidrotic / adiaphoresis):** Drug or substances that reduces sweating by virtue of constricting skin pores.^{4,5}
5. **Hāliq-i-Sha'r (depilatory drug):** Drug that removes hair from the body surface. e.g. Lime, Realgar.^{5,8}
6. **Jālī (detergent):** Drug that facilitates the movement of viscous and concentrated secretions towards the skin pores and cleanses the skin by virtue of its detergent or cleansing action.^{1-5,9}
7. **Jādhib (absorbent):** Drug or substances that absorbs the humuor or secretions towards the organ, from where they can be easily eliminated from the body^{1,3-4,7,8}
8. **Kāwī (escharotic agent):** A corrosive or caustic drug or substance that destroys or burns the surface of tissue, skin, or organ. An agent that burns and hardens the skin. These drugs are used to prevent the oozing of blood and are also used to remove tattooing marks e.g. *Zāj*.^{1-3,5}
9. **Māni'-i-'Araq (antiperspirant drug):** Drugs that decrease the production of sweat in the body.
10. **Mu'arriq (diaphoretic):** Drug that causes sweating by virtue of its heating and demulscient action and helps in the excretion of secretions collected below the skin through sweating.^{6,7}
11. **Mubarriid (refrigerant):** Drug that reduces body temperature, by producing cooling effect when applied locally due to its *Barid* (cold) property or temperament e.g. camphor, sandalwood, white lily, lettuce.⁸
12. **Mudammil (vulnerary agent):** Drug that helps in the process of wound healing by absorbing the wound secretions.^{2,3,-5,8}
13. **Mufattiḥ-i-Sudad (deobstruent drug):** Drugs or substance that removes the matter causing obstruction in the vessels or skin pores.^{7,8,9}

14. **Muhallil (resolvent):** Drug that dissolves thick or viscous matter to remove obstructions from any luminal organ in the form of vapors due to its heat and dryness.^{2,3,6,8}
15. **Muḥallil-i-Waram (anti-inflammatory):** Drug that resolves inflammation.^{4,5}
16. **Muḥammir (rubefacient):** Drug that absorbs blood towards the skin and provides a reddish tint. These drugs also produce redness, as these are *Musakhkhin* (calorific) in nature. External application of these drugs can cause redness of the skin.^{1,3-5,7}
17. **Muḥassin-i-Lawn (complexion booster):** Drug or an agent that makes skin fair and bright when used orally or locally.⁵
18. **Muhazzil (weight reducing agent):** Drug that reduces the weight of the body by virtue of its *Musakhkhin* (calorific drug) action.^{5,8}
19. **Mujaffif (drying agent):** Drug that constricts blood vessels, decreases exudation from them, and thus helps promote wound healing.^{1,3,6}
20. **Mulaṭṭif (attenuant):** Drug that liquefies thick and viscous matter by disintegrating into small particles and helps evacuate from the body e.g. *Hāsha*.^{3,4,5,8}
21. **Munbit-i-Sha‘r (hair-grower agent):** *Munbit* (growing agent / regenerative) is a drug that alters the nutritive substance in the blood until it becomes part of that organ.^{2,3} So a drug that promotes the growth of hair is called as *Munbit-i-Sha‘r*.^{5,8}
22. **Muqawwī (tonic):** It tones up and prevents the infiltration of morbid secretions towards the organs, improving their function.^{1,3,5,9} e.g. *Muqawwī-i Sha‘r* (hair tonic), *Muqawwī-i Dandān wa Lissa* (teeth and gum tonic).
23. **Murkhī (laxity-producing drug):** Drug that opens and widens the skin pores and softens the skin,^{3,6,7,8} by virtue of their heat and moistness, e.g. *Katān*.²
24. **Murattib (humidifying drug):** Drug that softens the rough skin by virtue of the presence of moistness, an oily substance or mucilage.^{3,4,6-8}
25. **Muṣaffī-i-Dam (blood purifier):** Drug that eliminates toxic substances, waste products, and putrefied material from the body and purifies the blood.⁵
26. **Muṭawwil-i-Sha‘r (hair elongater):** Drug that increases the length of hair / promote hair growth.
27. **Rādī‘ (repellent agent):** Drug that prevents the collection of morbid secretions by virtue of its *Qābiḍ* (astringent) and *Bārid* properties.^{2,4,6,7,8}
28. **Qābiḍ (astringent):** Drug that causes contraction of body tissue and lumen, or drug that causes constriction of the pores and reduces the intercellular space. These drugs can increase the tone of the skin on local application.^{1-3,4,6,7}
29. **Qāshir (sloughing agent):** Drug that acts superficially on the surface of the skin and removes dead cells. These drugs possess powerful detergent activity.^{1,3,4,7,8}

Single drugs

1. *Ābnūs*^{1,3,10,11}

- **Scientific name:** *Diospyros ebenum* J. Koenig ex Retz.
- **Synonym:** *Siyāfīlūs*
- **Part used:** Wood
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Actions:** *Jālī* (detergent),¹ *Muqawwī-i-Başar* (eye tonic)^{10,11}
- **Therapeutic / Cosmetic uses:** *Bayāḍ al-‘Ayn* / *Bayāḍ-i-Chashm* (corneal opacity) and *Qurūḥ al-Qarniyya* (corneal ulcers),¹ beautification of eyelashes, useful for eye care^{3,11}
- **Method of use:** Local application¹¹

2. *Ādharyūn*^{1,4}

- **Scientific name:** *Helianthus annuus* L.
- **Synonym:** *Sūraj Mukhī*
- **Part used:** Seed, flower
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Therapeutic / Cosmetic uses:** *Dā’ al-Tha‘lab* (alopecia areata)⁴
- **Method of use:** Local application (ground with vinegar and applied locally)¹

3. *Āhak*^{5,6}

- **Scientific name / English name:** Lime
- **Synonyms:** *Chūna*
- **Temperament:** *Hārr* (hot) in Fourth degree and *Yābis* (dry) in second degree
- **Actions:** *Hāliq-i-Sha‘r* (depilator)
- **Therapeutic / Cosmetic uses:** To remove unwanted hair from the body, *Şunān* (foul smell of axilla)
- **Method of use:** Local application
 - Hair: It is used in hair removing formulations
 - Application of lime water to axilla for *Şunān* (foul smell of axilla)

4. *Ālūsan*^{1,12}

- **Scientific name:** *Lupinus termis* Forrsk.
- **Synonym:** *Habb al-Butam*
- **Temperament:** *Hārr* (hot) in First degree and *Yābis* (dry) in second degree
- **Actions:** *Mujaffif* (drying agent) and *Jālī* (detergent)
- **Therapeutic/ Cosmetic uses:** It is beneficial in *Kalaf* (melasma)^{12 1}
- **Method of use:** Local application

5. *Āmlaj*:^{1-3,5,13,17,27}

- **Scientific name:** *Phyllanthus emblica* L. / *Emblica officinalis* Gaertn.
- **Synonym:** *Āmla*
- **Temperament:** *Bārid Yābis* (cold & dry) in second degree²⁷
- **Part used:** Fruit
- **Actions:** *Muṣaffī-i-Dam* (blood purifier), *Qābiḍ* (astringent),⁵ *Muqawwī-i-Sha‘r* (hair tonic),² *Musawwid-i-Sha‘r* (hair blackener)^{1,13}
- **Therapeutic/ Cosmetic uses:** *Intithār al-Sha‘r* (hair fall), *Khiḍāb* (hair dye)⁵
- **Method of use:** Oral and local
- **Dosage:**
 - Oral dose: 3 to 5 g²⁷
 - Local: In the form of paste, hair dyes, etc.

6. *Ānba Haldī*^{4,5,12,26}

- **Scientific name:** *Curcuma amada* Roxb.
- **Synonym:** *Dārchoba*, *Ambiya Haldī*²⁶
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Actions:** *Muṭīb-i-Dahan* (mouth freshener),^{4,5} *Muḥassin-i-Lawn* (complexion booster),^{5,12} *Muḥallil* (resolvent), *Muṣaffī-i-Dam* (blood purifier)²⁶
- **Therapeutic / Cosmetic uses:** *Fasād-i-Dam* (blood impurities that may cause skin pigmentation or discoloration),⁵ *Amrād-i-Jild-o-Taz‘īniyāt* (diseases of skin and cosmetology)²⁶
- **Method of use:** oral and local
- **Dosage:** Oral dose: 2-3 g²⁶

7. *Ās*^{1,3,4,5,11,13}

- **Scientific name:** *Myrtus communis* L.
- **Synonym:** *Murad*
- **Temperament:** *Hārr* (hot) in First degree and *Yābis* (dry) in second degree
- **Part used:** Leaf, wood, flower, fruit⁴ and oil⁵
- **Actions:** *Qābiḍ* (astringent),^{4,13} *Muqawwī-i-Sha‘r* (hair tonic),¹ *Musawwid-i-Sha‘r* (hair blackener), *Muqawwī-i-Dandān* (teeth tonic),⁵ *Hābis-i-‘Araq* (ischidrotic),³ nail beautifier^{4,5}
- **Therapeutic/ Cosmetic uses:** *Hazāz* (dandruff),^{3,13} *Intithār al-Sha‘r* (hair fall),¹¹ hair care,^{5,13} *Bahaq Abyaḍ* (pityriasis alba), *Kalaf* (melasma),⁵ *Bakhr al-Fam* (halitosis),¹¹ *Araq Muntin* (bromhidrosis), *Buthūr* (eruptions), *Kathra al-‘Araq* (polyhidrosis)¹³
- **Method of use:**
 - Decoction of fruit is used to wash hair and also used in hair dyes¹¹
 - Hair wash with *Ās* fruit and beet root in *Hazāz* (dandruff)¹¹

- Local application of fruit's oil, extract or decoction for strengthening hair roots, which prevents hair fall. Oil is applied on scalp and hair for dandruff³
- It is included in tooth powder^{5,11}
- Local application on skin marks⁵
- Fruit's decoction mixed with olive oil checks perspiration¹
- Dry leaves remove *Şunān* (foul smell of the armpits)
- It's ash acts as a substitute of copper sulphate and removes *Barash* (freckle), other spots on the body and clears pityriasis¹
- Paste prepared with its leaves, *Gil-i-Armanī* and vinegar is applied on nails for beautification of nails^{4,5}

8. *Ārīlāl*^{6,10,11}

- **Scientific name:** *Ammi majus* L.
- **Part used:** Seed
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Actions:** *Mulaṭṭif* (attenuant), *Mufattiḥ* (deobstruent drug), *Mujaffif* (drying agent)
- **Therapeutic/ Cosmetic uses:** *Baraş* (vitiligo), *Bahaq* (pityriasis)
- **Method of use:** Local application

9. *Abhal*^{4,6,10,11}

- **Scientific name:** *Juniperus communis* L.
- **Synonym:** *Habb-al-'Ar'ar*³⁰
- **Part used:** Fruit and leaf
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Actions:** *Muḥallil* (resolvent), *Jālī* (detergent),³⁰ *Dāfi '-i-Ta'affun* (antiseptic), *Mudammil* (vulnerary agent), *Muḥassin-i-Lawn* (complexion booster)^{4,6}
- **Therapeutic / Cosmetic uses:** *Āthār al-Jild* (skin spots)^{6,10}
- **Method of use:** Oral and local
 - Oral administration is effective in cases of halitosis; contraindicated in children, pregnant women and hot temperament individuals⁶
 - Local application cleanses skin and makes it fair
 - It is included in aromatic oil formulations⁶

10. *Adhārāqī*^{1,13,25}

- **Scientific name:** *Strychnos nux-vomica* L.
- **Synonym:** *Kuchla*, *Khāniq al-Kalb*, *Fulūs Māhī*, *Habb al-ghurāb*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree²⁵
- **Part used:** Seed, root

- **Actions:** *Jālī* (detergent),¹ *Muḥarrīk* (stimulant), *Muḥallīl* (resolvent)²⁵
- **Therapeutic/ Cosmetic uses:** *Kalaḥ* (melasma), *Buthūr Labaniyya* (acne)^{1,13}
- **Method of use:** Local application in the form of liniment¹

11. *Afsantīn*^{1-3,10,25}

- **Scientific name:** *Artemisia absinthium* L.
- **Temperament:** *Hārr* (hot) in first degree and *Yābis* (dry) in third degree
- **Part used:** Stem
- **Actions:** *Muḥallīl-i-Waram* (anti-inflammatory),^{1-3,25} *Muḥassin-i-Lawn* (complexion enhancer),¹ *Munbit-i-Sha‘r* (hair-grower agent)¹⁰
- **Therapeutic/Cosmetic uses:** *Dā‘ al-Tha‘lab* (alopecia areata) and *Dā‘ al-Ḥayya* (alopecia with loss of a layer of skin), fairness of skin,^{1,10} *Āthār al-Qurūḥ* (wound scars / scar marks), petechiae or ecchymosed spots below eyes¹⁰
- **Method of use:** Local application

12. *Aḫīmūn*^{3,29}

- **Scientific name:** *Cuscuta reflexa* Roxb.
- **Synonym:** *Kathūth*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Actions:** *Mushil-i-Sawdā‘* (purgative of black bile), *Mushil-i-Balgham* (purgative of phlegm), *Muṣaffī-i-Dam* (blood purifier), *Muḥallīl-i-Waram* (anti-inflammatory), *Mufattiḥ-i-Sudad* (deobstruent), *Mudirr-i-Bawl* (diuretic)
- **Therapeutic/ Cosmetic uses:** *Bahaq* (pityriasis) and other skin problems
- **Method of use:** Oral¹⁷ and local
- **Dosage:** 3 to 5 g or 4.5 g¹⁷

13. *Ajvā‘in*^{3,5,15}

- **Scientific name:** *Trachyspermum ammi* (L.) Sprague
- **Synonym:** *Nānkhāh*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Seed
- **Actions:** *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/ Cosmetic uses:**
 - Skin: *Bahaq* (pityriasis), *Baraṣ* (vitiligo) and *Buthūr Labaniyya* (acne)³
 - Eyes: It is useful in the dark circles around the eyes¹⁵
- **Method of use:** Oral and local
 - Local application of a paste prepared with honey
 - It is included in the drugs useful for *Bahaq* (pityriasis) and *Baraṣ* (vitiligo)³

Note: Its prolonged oral use may cause yellowish dis-colouration of the skin⁵

14. *Akhrōt*^{1,3,5}

- **Scientific name:** *Juglans regia* L.
- **Synonym:** *Jawz*, *Girdgān*, *Gaw*³⁰
- **Temperament:** *Hārr* (hot) in second degree and *Raṭab* (moist) in third degree
- **Part used:** Fruit's kernel and root
- **Actions:** *Musawwid-i Sha'r* (hair blackener),⁵ *Muḥassin-i-Lawn* (complexion booster)⁵
- **Therapeutic/Cosmetic uses:** Fresh fruit kernel is beneficial for *Āthār-i Zarba* (marks after injury)³
- **Method of use:** Oral and local
- **Dosage:** Oral -10 to 20 g³⁰
 - Local application of oil and roots maintains blackening of hair and beneficial in hair care

15. *Anba*^{10,12}

- **Scientific name:** *Mangifera indica* L.
- **Synonym:** *Ām*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Fruit, stem bark
- **Actions:** *Mujallī-i-Dandān* (teeth cleaner), *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/ Cosmetic uses:** skin cleansing and beautification, brightening of teeth^{10,12,10,12}
- **Method of use:** Local application

16. *Anjūr*^{4,5, 10,13,25}

- **Scientific name:** *Ficus carica* L.
- **Synonym:** *Tīn*²⁵
- **Temperament:** *Hārr* (hot) in first degree and *Raṭab* (moist) in second degree
- **Part used:** Fruit, latex, leaf
- **Actions:** *Jālī* (detergent), *Muḥallīl* (resolvent),⁵ *Mulaṭṭīf* (attenuant), *Mulayyin* (laxative),²⁵ *Mujallī-i-Dandān* (teeth cleaner), *Musawwid-i-Sha'r* (hair blackener)¹⁰
- **Therapeutic/Cosmetic uses:** *Baraṣ* (vitiligo),⁵ *Tha'ālīl* (warts) and *Bahaq* (pityriasis),¹³ *Khīlān* (mole), *Kalaf* (melasma),^{10,13} *Athār-i-Jild* (skin marks)¹⁰
- **Method of use:** Oral and local
- **Dosage:**
 - Upto 10 pieces²⁵
 - Local application as paste or ointment or liniment²⁵

17. *Anjudān*^{1,3}

- **Scientific name:** *Ferula asafoetida* L.
- **Synonym:** *Hiltīt, Hīng*
- **Temperament:** *Hārr* (hot) in fourth degree and *Yābis* (dry) in second degree
- **Part used:** Gum
- **Actions:** *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic / Cosmetic uses:** Dark circles around the eyes, ecchymosed marks of lower lid¹
- **Method of use:** Oral and local

18. *Anzarū*^{3,4, 10, 13}

- **Scientific name:** *Astragalus sarcocola* Dymock
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Gum
- **Actions:** anti- ageing, pediculicide,^{13,10} *Muqawwī-i-Başar* (eye tonic)³ *Muḥammir* (rubefacient)¹⁰
- **Therapeutic/ Cosmetic uses:** *Qummal* (pediculosis), *Şunān* (foul smell of axilla), *Āthār al-Judarī* (marks of smallpox) and to improve complexion¹⁰
- **Method of use:**
 - Local application, ophthalmic preparation^{10,13}
 - It is used in the combination of *Ravghan-i-Ās* and used locally^{10,13}

19. *Aqāqiya*^{1, 4,6,13,16,17}

- **Scientific name:** *Acacia nilotica* (L.) Willd. ex Delile
- **Synonym:** *Rubb-i-Mughlān,*
- **Temperament:** *Bārid Yābis* (cold & dry)
- **Part used:** Dried concentrated extract of pod
- **Actions:** *Qābiḍ* (astringent), *Mujaffif* (drying agent), *Musawwid-i-Sha‘r* (hair blackener)^{1,4} *Muḥassin-i-Lawn* (complexion booster), *Muraṭṭib* (humidifying drug), *Māni‘-i-‘Araq* (reduce sweating) and *Muqawwī-i-Dandān wa Litha* (teeth and gums tonic)^{16,17}
- **Therapeutic/ Cosmetic uses:** *Tashaqquq-i-Jild* (cracked skin) due to cold^{1,13}
- **Method of use:** Local application
 - Local application of paste on skin prepared with rose petals, and leaves of *Ās* is effective in excessive sweating and bromhidrosis⁶
 - Included as an ingredient in various ophthalmic preparations

20. *Armāk*^{1,11}

- **Scientific name:** *Pandanus fascicularis* Lam.
- **Synonym :** *Kevda*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Stem bark
- **Actions:** *Muṭīb-i-Dahan* (mouth freshener), *Dāfi '-i-Ta 'affun* (antiseptic)
- **Therapeutic/ Cosmetic uses:** *Qurūḥ* (wound), *Buthūr Labaniyya* (acne), *Bakhr al-Fam* (halitosis)
- **Method of use:**
 - Oral: Pieces of *Armāk* kept in mouth act as a mouth freshener
 - Local application on pimples

21. *Asārūn*^{4,5}

- **Scientific name:** *Asarum europaeum* L.
- **Synonym:** *Saraniyūn*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Wood, root
- **Actions:** *Muṭīb-i-Dahan* (mouth freshener), *Jālī* (detergent),⁴ *Muḥassin-i-Lawn* (complexion booster)^{4,5}
- **Therapeutic/ Cosmetic uses:** *Bakhr al-Fam* (halitosis),⁴ *Dā' al-Tha 'lab* (alopecia areata), improves skin complexion⁵
- **Method of use:**
 - It is kept in mouth in case of halitosis⁵
 - Local application⁵

22. *Asfīdāj*^{10,11}

- **Scientific name/English name:** *Zinc oxide*
- **Synonym:** *Safaīda Kāshgharī*
- **Temperament:** *Bārid Yābis* (cold & dry) in third degree
- **Actions:** It checks the growth of unwanted hair¹¹
- **Therapeutic/ Cosmetic uses:** *Buthūr* (eruptions), prevents scarring in burn cases
- **Method of use:** Local application (included as an ingredient in ointment and hair remover preparations)

23. *Aspghol*^{4,5,10}

- **Scientific name:** *Plantago ovata* Forst.
- **Synonyms:** *Bazr-i-Qaṭūnā*
- **Temperament:** *Bārid* (cold) in third degree and *Raṭab* (moist) in second degree

- **Part used:** Seed
- **Actions:** Hair conditioner & hair elongater,¹⁰ *Muraṭṭib* (humidifying drug), *Muḥassin-i-Lawn* (complexion booster)⁴
- **Therapeutic/ Cosmetic uses:** It is used to prevent *Tashaqquq al-Sha 'r* (hair end splitting), *Intithār al-Sha 'r* (hair fall),^{4,5} dryness of skin⁴
- **Method of use:** Local application-used in hair wash, ointment and cream

24. *Aṣl al-Sūs*^{1,4,27}

- **Scientific name:** *Glycyrrhiza glabra* L.
- **Synonym:** *Mulethī*, *Bekh-i Mehak*
- **Temperament:** *Mu'tadil* (moderate)¹
- **Part used:** Root-rhizome
- **Actions:** *Muḥib-i-Dahan* (mouth freshener)
- **Therapeutic/Cosmetic uses:** *Dā'al-Tha'lab* (alopecia areata), *Bakhr al-Fam* (halitosis)^{1,4}
- **Method of use:** Oral and local
- **Dosage:** Oral- small pieces are kept in mouth

25. *'Adas*^{6,14}

- **Scientific name:** *Lens culinaris* Medik.
- **Synonym:** *Masūr*
- **Temperament:** *Bārid Yābis* (cold & dry) in second degree
- **Part used:** Seed
- **Actions:** *Jālī* (detergent), *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/ Cosmetic uses:** *Shaqūq-i-Jild* (cracked skin), *Kalaf* (melasma)
- **Method of use:** Local application as a single drug or in combination with other drugs for cosmetic purposes

26. *Asaf*^{3,24}

- **Scientific name/English name:** *Honey*
- **Synonym:** *Angabīn*, *Shahed*²⁴
- **Temperament:** *Hār* (hot) in first degree and *Yābis* (dry) in second degree
- **Actions:** *Muddammil* (vulnerable agent),¹ *Jālī* (detergent), *Munaqqī* (cleanser), *Dāfi'-i-Ta'affun* (antiseptic), and *Muhazzil* (weight reducing drug)^{2,3,24}
- **Therapeutic/ Cosmetic uses:** *Hazāz* (dandruff), *Dā'al-Tha'lab* (alopecia areata), *Kalaf Muzmin* (chronic melasma), *Baraṣ* (vitiligo), *Bahaq* (pityriasis),^{1-3,24} hair care
- **Method of use:** Oral and local
 - Oral administration of *Mā'al-'Asal* (honey water) is beneficial in reducing body weight
 - Local application of paste prepared with honey in cases of *Kalaf* (melasma)

- Local application of honey after mixing with salt is beneficial for *Āthār al-Zarba* (injury/wound scars)^{1,24}
- Local application of honey over the face, acts as detergent and is beneficial in *Kalaf* (melasma)²⁴
- It is used as face pack, body wash and other preparations used in cosmetic care²⁴

27. *Bābchī*^{4, 12, 27}

- **Scientific name:** *Psoralea corylifolia* L.
- **Synonym:** *Bākchī*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Fruit
- **Actions:** *Muḥallil* (resolvent), *Muṣaffī-i-Dam* (blood purifier), *Muḥāfiẓ Ḥarārat Gharizīyya* (innate heat protector),^{4,12} *Muḥammir-i-Jild* (rubefacient),²⁷ *Qātil-i-Dīdān-i-Am‘ā’* (anthelmintic)²⁷
- **Therapeutic/ Cosmetic uses:** *Baraṣ* (vitiligo), *Bahaq* (pityriasis),^{4,12} *Fasād al-Dam* (blood impurities causing skin discolouration / skin marks), *Bahaq Abyaḍ* (pityriasis alba)²⁷
- **Dosage:** 3 to 5 g
- **Method of use:** Oral and local
 - Oral administration as *Safūf* (powder) or *Naqū‘* (infusion)
 - Local application in the form of *Dimād* (poultice)

28. *Bādām Shīrīn*¹⁵

- **Scientific name:** *Prunus amygdalus* Batsch.
- **Synonym:** *Lawz Hulw*
- **Temperament:** *Hārr Raṭab* (hot & moist) in first degree²⁵
- **Part used:** Leaves, fruit’s kernel, root and its oil
- **Actions:** *Muṭaffif* (attenuant),¹⁵ *Jālī* (detergent), *Muwallid-i-Khilṭ-i-Şāwliḥ* (produces good humour) and *Musammin-i-Badan* (adipogenic),^{1,15} *Muḥallil* (resolvent)^{3,5,15}
- **Therapeutic/ cosmetic uses:** *Hazāz* (dandruff), dryness of scalp,⁵ *Kalaf* (melasma), *Āthār-i-Jild* (skin marks), blackish pigmentation of skin,^{1,5,15} tanning / sun-burn, *Barash* (freckle), *Namash* (naevus)¹
- **Method of use:** Oral and local application
- **Dosage:** *Oral*-7 to 11 nuts orally²⁵ and local application
- **Local application**
 - Creams and lotion
- Paste prepared with *Bādām Shīrīn*, honey, root powder of *Sosan*, wax, *Ravghan-i-Ḥinā* or *Ravghan-i-Gul* can be rubbed on face to reduce/ remove dark spots and hyperpigmented marks, wrinkles and *Kalaf* (melasma)

29. *Bādām Talkh*^{4,5,6,15}

- **Scientific name/English name:** *Prunus dulcis* (Mill.) D.A. Webb.
- **Synonym:** *Lawz Mur*
- **Temperament:** *Hārr* (hot) in first degree and *Raṭab* (moist) in second degree
- **Part used:** Leaves, kernel, root and oil
- **Actions:** *Mulaṭṭif* (attenuant),¹⁵ *Jālī* (detergent), *Muḥallil* (resolvent)^{3,5,15}
- **Therapeutic/ cosmetic uses:** *Kalaf* (melasma), *Namash* (naevus).^{4,6} It's oil is used in *Ḥazāz* (dandruff) and dryness of scalp,⁵ blackish pigmentation of skin, *Barash* (freckle) and *Namash* (naevus)
- **Method of use:** Local application
 - Kernel and root of *Bādām Talkh* are boiled, ground, and then used as a face pack for beautification⁵
 - *Ravghan Bādām Talkh* is mixed with honey, root powder of *Sousan*, wax, *Ravghan-i-Hinā* or *Ravghan-i-Gul* and rubbed on the face to reduce / remove dark spots, hyperpigmented marks, wrinkles and *Kalaf* (melasma)¹⁵
 - The root of *Bādām Talkh* is boiled and used as liniment in *Kalaf*¹

30. *Bādranjboya*^{4,11,25}

- **Scientific name:** *Nepeta hindostana* (B. Heyne ex Roth.) Haines)
- **Synonym:** *Billīlotan*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Seed, leaf
- **Actions:** *Muṭīb-i-Dahan* (mouth freshener)^{4,11} *Muṣaffī-i-Dam* (blood purifier), *Mundij-i-Sawdā* (concoctive of black bile)²⁵
- **Therapeutic/ cosmetic uses:** *Bakhr al-Fam* (halitosis), removal of *Washm* (tattooing)^{4,11}
- **Method of use:** Oral and local
 - Its extract is useful in *Nār Fārsī* (eczema)¹¹
 - It is an aromatic drug and is included as an ingredient in *‘Iṭr* (perfume)
- **Dosage:** oral-5 to 7 g²⁵

31. *Bāqlā*^{5,11,13,16,17}

- **Scientific name:** *Vicia faba* L.
- **Synonym:** *Bākla*
- **Temperament:** *Bārid Yābis* (cold & dry) in second degree
- **Part used:** Seed
- **Actions:** *Jālī* (detergent), *Mujaffif* (drying agent)^{13,17} and *Māne Inbāt-i-Sha ‘r* (anti-trichogenesis),¹⁷ *Muḥassin-i-Lawn* (complexion booster)¹⁷

- **Therapeutic/ Cosmetic uses:**
 - Hair: *Tarqīq al-Sha‘r* (to make hair thin)⁵
 - Eyes: Dark circles around the eyes^{5,13}
 - Skin: It cleanses the skin and useful in *Kalaf* (melasma),^{13,17} *Bahaq* (pityriasis), *Namash* (naevus),^{11,13,16} *Āthār-i Jild* (skin marks) and *Āthār al-Judarī* (marks of smallpox)¹⁶
- **Method of use:**
 - It is included in the *Ghamrah* formulations^{5,16}
 - It’s flour is used for *Ghasūl* (body wash and hair wash)¹³

32. *Bakāyin*^{11,29}

- **Scientific name:** *Melia azedarach L.*
- **Synonyms:** *Bān, Ḥabb al-Bān*
- **Temperament:** *Bārid Yābis* (cold & dry) in second degree
- **Part used:** Leaf, fruit
- **Actions:** *Muṣaffī-i-Dam* (blood purifier), *Muḥallil* (anti-inflammatory),²⁹ *Qābiḍ* (astringent) and *Muqawwī-i-Sha‘r* (hair tonic)¹¹
- **Therapeutic/ cosmetic uses:** *Taṭwīl al-Sha‘r* (lengthening of hair),^{1,11} *Qummāl* (pediculosis),¹ *Judhām* (leprosy), *Baraṣ* (vitiligo)
- **Method of use:**
 - Leaf and it’s juice are used for local application on hair
 - Leaf and fruit are used as ointments for hair care
 - Leaves are used for washing hair
 - Branches are used with wine as a hair wash for hair care¹

33. *Bakhūr-i Maryam*^{5,6,8,10}

- **Scientific name:** *Martynia annua L.*
- **Temperament:** *Ḥārr Yābis* (hot & dry) in second degree
- **Part used:** Seed, root
- **Actions:** *Jālī* (detergent), *Muḥassin-i-Lawn* (complexion booster), *Mulaṭṭif* (attenuant)
- **Therapeutic/ cosmetic uses:** *Dā‘ al-Tha‘lab* (alopecia areata), *Āthār-i-Jild* (skin marks), *Kalaf* (melasma), *Shuqūq al-Wajh wa Shafayatayn* (cracks of face and lips) due to cold^{5,6}
- **Method of use:** Local application

34. *Balbūs*^{3,5}

- **Scientific name:** *Urginea indica* Kunth
- **Synonym:** *Piyāz Dashtī, Isqīl*
- **Temperament:** *Ḥārr Yābis* (hot & dry)

- **Part used:** Juice, root, bulb, seed
- **Actions:** *Jālī* (detergent)
- **Therapeutic/ Cosmetic uses:** *Dā'al-Tha'lab* (alopecia areata), *Bahaq* (pityriasis), *Tha'alīl* (warts), *Shuqūq al-Aṭrāf* (cracks skin of hand and feet) due to cold
- **Method of use:** Local application
 - Paste prepared with *Balbūs* and egg yolk is beneficial in skin care, *Bahaq* (pityriasis), *Kalaf* (melasma), *Ḥazāz* (dandruff) and hair care^{3,5}

35. *Balsān*¹⁶

- **Scientific name:** *Commiphora gileadensis* (L.) C.Chr.
- **Synonym:** *ʿūd Balsān*, *Ḥabb-i-Balsān*
- **Temperament:** *Ḥārr Yābis* (hot & dry) in third degree
- **Part used:** Wood, oil
- **Actions:** *Munbit-i-Sha'r* (hair-grower agent), *Muqawwī-i-Sha'r* (hair tonic)
- **Therapeutic/ Cosmetic uses:** *Dā'al-Tha'lab* (alopecia areata), *Dā'al-Ḥayya* (alopecia with loss of a layer of skin)¹⁶
- **Method of use:** Local application on the scalp or hair

36. *Balūt*^{1,5}

- **Scientific name:** *Quercus incana* Bartr.
- **Synonym:** *Safarjal*¹
- **Temperament:** *Bārid Yābis* (cold & dry) in first degree
- **Part used:** Fruit, root, stem bark, seed, resin⁵
- **Actions:** *Qābiḍ* (astringent), *Mujalli-i-Dandān* (teeth cleaner)
- **Therapeutic/ Cosmetic uses:** Beneficial for teeth and gums. It cleanses teeth and checks pyorrhea, and useful in nail care
- **Method of use:** Local application
 - Paste prepared with *Balūt* fruit and old wine, applied for hair blackening and strengthening of hair⁵
 - Applications of paste prepared with its gum, *Ṣamagh-i-'Arabī* and *Sirka* on nails may prevent cracking of nail
 - Stem bark and wood is used in hair dyes to dye hair black¹

37. *Banafsha*^{5,25}

- **Scientific name:** *Viola odorata* L.
- **Synonym:** *Banafsa*²⁵
- **Temperament:** *Bārid Raṭab* (cold & moist) in second degree
- **Part used:** Flower and its oil

- **Actions:** *Muraṭṭib* (humidifying drug), *Muḥassin-i-Sha‘r* (hair conditioner)⁵
- **Therapeutic/ cosmetic uses:** *Intithār al-Sha‘r* (hair fall),⁵ *Tashaqquq-i-Jild* (cracked skin due to cold). It also protects nails.⁶
- **Method of use:** Local application

38. *Baramdandī*^{4,5,12}

- **Scientific name:** *Echinop echinatus* Roxb.
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Actions:** *Muḥassin-i-Lawn* (complexion booster)^{4,5}
- **Therapeutic/ Cosmetic uses:** It prevents skin rashes, useful in *Baraṣ* (vitiligo),¹² to improve complexion
- **Method of use:** Local application

39. *Baṣl*^{3,5,6,7,13,16}

- **Scientific name:** *Allium cepa* L.
- **Synonym:** *Piyāz*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Bulb, seed
- **Actions:** *Mulaṭṭif* (attenuant), *Jādhib* (absorbent),¹⁶ *Munbit-i-Sha‘r* (hair-grower), *Muḥassin-i-Lawn* (complexion booster)^{3,17}
- **Therapeutic/ Cosmetic uses:** *Dā‘al-Tha‘lab* (alopecia areata),^{5,6,16} *Baraṣ* (vitiligo), *Kalaf* (melasma), *Barash* (freckle), *Tha‘ālīl* (warts), *Bahaq abyad* (pityriasis alba).^{5,6,13} Seeds are useful for beautification of eyes³ and also useful for nail care.¹⁶
- **Method of use:** Local application

40. *Bayd*^{2,5,10}

- **Scientific name/English name:** *Egg*
- **Synonym:** *Tukhm-i Murgh*, *Anda*
- **Temperament:**
 - Egg yolk-*Bārid Raṭab* (cold & moist) in second degree
 - Egg shell-*Bārid Yābis* (cold & dry) in second degree
- **Part used:** Egg white, egg yolk
- **Actions:** Oil prepared with egg yolk is *Munbit-i-Sha‘r* (hair-grower),⁵ it also keeps skin tight and protects it from tanning.²
- **Therapeutic/ cosmetic uses:** Egg yolk is useful for *Kalaf* (melasma), *Namash* (naevus) and *Barash* (freckle)^{2,5}
- **Method of use:** Local application^{2,10}

41. *Behman Surkh*^{5,10}

- **Scientific name:** *Salvia sclarea* L.
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Root
- **Actions:** *Muḥassin-i-Lawn* (complexion booster) and *Jālī* (detergent)⁵
- **Therapeutic/ cosmetic uses:** Useful in pediculosis, *Kalaf* (melasma) and *Namash* (naevus)¹⁰
- **Method of use:** Local application

42. *Bhangra*^{5,30}

- **Scientific name:** *Eclipta prostrata* (L.) L.
- **Synonym:** *Bhangra Safayd*³⁰
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Leaf, stem, root, seed⁵
- **Actions:** *Musawwid-i-Sha'r* (hair blackener), *Muḥassin-i Sha'r* (hair conditioning agent), *Mutawwil-i Sha'r* (increases hair length),⁵ *Muṣaffī-i-Dam* (blood purifier)³⁰
- **Therapeutic/ cosmetic uses:** *Dā'al-Tha'lab* (alopecia areata), *Baraṣ* (vitiligo), *Bahaq* (pityriasis), *Buthūr* (eruptions), *Amrād-i-Jild* (diseases of skin) and hair care
- **Method of use:** Oral and local
 - Oral administration of seeds at a dose of 10.5 g prevents graying of hair⁵
 - Local application of hair oil prepared with leaf juice and sesame oil, softens and blackens hair
 - Local application of paste prepared with its leaves and *Aṣl al-Sūs* is useful for *Dā'al-Tha'lab* (alopecia areata)
 - Used in Hair dyes

43. *Bhojpatr*²⁶

- **Scientific name:** *Betula utilis* D. Don²⁶
- **Synonym:** *Bhoj patra*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Stem bark
- **Actions:** *Muṣaffī-i-Dam* (blood purifier), *Dafi'-i-Ta'affun* (antiseptic)²⁶
- **Therapeutic/ Cosmetic uses:** *Fasād al-Dam* (blood impurities causing skin discolouration /skin marks)²⁶
- **Method of use:** Oral
- **Dosage:** 1 to 3 g²⁶

44. *Binola*^{5,27}

- **Scientific name:** *Gossypium herbaceum* L.
- **Synonym:** *Panbadāna*, *Habb al-Quṭn*²⁷
- **Temperament:** *Hārr Raṭab* (hot & moist)
- **Part used:** Seed^{5,27}
- **Actions:** *Mughadhdhī* (nutritive), *Jālī* (detergent) and *Musammin-i-Badan* (adipogenic)²⁷
- **Therapeutic/Cosmetic uses:** *Bayāq-i-Chashm* (corneal opacity), *Kalaf* (melasma), *Āthār al-Jild* (skin marks), *Buthūr* (eruptions) and bluish marks⁵
- **Method of use:** Oral or local
- **Dosage:** 3 to 7 g²⁷

45. *Biskhapra*^{5,12}

- **Scientific name:** *Trianthema portulacastrum* L.
- **Synonym:** *Ābīl*, *Hindqūqā Barrī*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Seed, leaf
- **Actions:** *Jālī* (detergent), *Muṣaffī-i-Dam* (blood purifier),¹² *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/ cosmetic uses:** *Kalaf* (melasma), falling of eyelashes, improves eyelashes growth and prevents itching
- **Method of use:** Local application
 - Seed 's paste is useful in *Kalaf*⁵
 - Leaves with or without honey removes skin spots¹²

46. *Bunduq Hindī*^{3,6}

- **Scientific name:** *Sapindus trifoliatus* L.
- **Synonyms:** *Rītha*, *Bunduq*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Actions:** *Jālī* (detergent)
- **Therapeutic/ cosmetic uses:** *Bahaq* (pityriasis), *Baraṣ* (vitiligo), It is included as an ingredient in collyrium preparation and used for beautification of eyes⁶
- **Method of use:** Local application
 - It is also included as an ingredient in collyrium preparation and *Ghasūl-i-Sha'r* (shampoos)

47. *Būra*^{6,10}

- **Scientific name/English name:** *Borax*
- **Synonym:** *Būraq*¹
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree

- **Actions:** *Muḥammir* (rubefacient), ¹*Musawwid-i-Sha'ar* (hair blackener), *Jālī* (detergent), *Muḥassin-i-Lawn* (complexion booster), beneficial for eyes.^{2,5,10}
- **Therapeutic/ Cosmetic uses:** *Dā' al-Tha'lab* (alopecia areata), *Dā' al-Ḥayya* (alopecia with loss of a layer of skin), *Kalaf* (melasma), *Namash* (naevus)^{6,10}
- **Method of use:**
 - Local application of paste prepared with *Būra* and water to hair is beneficial in making hair thin and black. It removes skin marks and cleanses the body when used as a body wash. However, its excessive use darkens skin colour.¹

48. *Bussad*^{1,6}

- **Scientific name/English name:** *Coral*
- **Synonyms:** *Marjān*
- **Temperament:** *Ḥārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used:** Shell
- **Actions:** *Muqawwī-i-Dandān* (teeth tonic), *Muqawwī-i-Baṣar* (eye tonic) and skin cleanser
- **Therapeutic/ cosmetic uses:** *Āthār al-Qurūḥ* (scar marks)
- **Method of use:** Local application, as it is included in various cosmetic preparations

49. *Chāi Khata'ī*^{6,19}

- **Scientific name:** *Camellia sinensis* L.
- **Synonym:** *Chāi*
- **Temperament:** *Ḥārr Yābis* (hot & dry) in second degree
- **Part used:** leaf
- **Actions:** *Muṣaffī-i-Dam* (blood purifier), *Mulattif* (attenuant), *Mufattih* (deobstruent), *Muḥassin-i-Lawn* (complexion booster), *Muḥib-i-Dahan* (mouth freshener)
- **Therapeutic/ Cosmetic uses:** *Bakhr al-Fam* (halitosis) and used for beautification of skin
- **Method of use:** Oral and local

50. *Chāksū*²⁵

- **Scientific name:** *Cassia absus* L.
- **Synonym:** *Chāshmiẓaj*
- **Temperament:** *Ḥārr Yābis* (hot & dry) in second degree
- **Part used:** Seed
- **Actions:** *Ḥābis-i-Dam* (haemostyptic drug), *Muḥallil* (anti-inflammatory), *Jālī* (detergent), *Muṣaffī-i-Dam* (blood purifier)
- **Therapeutic/ Cosmetic uses:** *Baraṣ* (vitiligo), *Judhām* (leprosy), *Nuzūl al-Mā'* (cataract)
- **Method of use:** Oral and local
- **Dosage:** oral-2 to 3 g²⁶

51. Chamelī^{5,6,20}

- **Scientific name:** *Jasminum officinale* L.
- **Synonym:** *Yāsmīn*¹
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Flower and its oil
- **Actions:** *Muḥassin-i-Lawn* (complexion booster) and removes *Āthār-i-Jild* (skin marks)^{3,5,20}
- **Therapeutic/ Cosmetic uses:** *Kalaf* (melasma)¹ and it gives pinkish tint to the cheeks, but its prolong use may cause yellowish discoloration of the face.⁶
- **Method of use:**
 - Washing face with *Yāsmīn* flower in cases of *Kalaf*¹
 - It is included as an ingredient in *Ghamrah* preparation⁶
 - Local application of *Yāsmīn* flower or its oil on the hair, sometimes may cause premature graying of the hair²⁰
 - Oil and perfume

52. Champā⁵

- **Scientific name:** *Michelia champaca* L.
- **Synonym:** *Champak*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used:** Flower
- **Actions:** *Muṭīb* (fragrant and deodorant)
- **Method of use:** It is an aromatic drug and is used as an ingredient in perfumes, oil and *Itṛ* formulation.

53. Chirā'ita^{5,27}

- **Scientific name:** *Swertia chirayita* (Roxb.) H. Karst
- **Synonym :** *Qaşab al-Dharīra*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Whole plant
- **Actions :** *Muṣaffī-i-Dam* (blood purifier), *Muḥallil-i-Waram* (anti-inflammatory)
- **Therapeutic/ Cosmetic uses:** *'Araq Muntin* (bromhidrosis), *Fasād al-Dam* (blood impurities causing skin discoloration /skin marks)
- **Method of use:** Oral or local
- **Dose:** *oral-5 to 7 g*²⁷
 - Local application: It is included in *Marham* (ointment / cream) preparations for local application.

54. *Chirchīṭa*^{19,30}

- **Scientific name:** *Achyranthes aspera* L.
- **Synonym :** *Khār wāz Guna*
- **Temperament:** *Hārr Yābis* (hot & dry)
- **Part used :** Root
- **Actions:** It is *Muḥassin-i-Lawn* (complexion booster),¹⁹ *Muḥallil-i-Waram* (anti-inflammatory)³⁰
- **Therapeutic/ Cosmetic uses:** *Qūba* (ringworm), *Bahaq* (pityriasis) and skin rashes
- **Method of use:** Local application

55. *Chob Chīnī*^{5,6}

- **Scientific name:** *Smilax china* L.
- **Synonym:** *Bīkh-i-Chīnī*
- **Temperament:** *Murakkab al-Qūwā*
- **Part used:** Wood
- **Actions:** *Muṣaffī-i-Dam* (blood purifier), *Muraqqiq* (diluent), *Mu'arriq* (diaphoretic), *Muḥallil-i-Fuzlāt* (resolvent of morbid matter), *Mulattif* (attenuant).^{5,6}
- **Therapeutic/ Cosmetic uses:** *Fasād al-Dam* (blood impurities causing skin discolouration /skin marks), *Baraṣ* (vitiligo), *Kalaf* (melasma), *Bahaq* (pityriasis), *Dā' al-Tha'lab* (alopecia areata), *Dā' al-Hayya* (alopecia with loss of a layer of skin), cleanses face and makes skin fair and glowing⁶
- **Method of use:** Oral and local
- **Dosage:** oral-1 to 3 g⁵
 - It is used in the form of decoction and included in *Ma'jun* formulation

56. *Dār Chīnī*^{3,16,17,27}

- **Scientific name:** *Cinnamomum verum* J.Pres
- **Synonym :** *Dār Sīnī*, *Qirfa*
- **Temperament :** *Hārr Yābis* (hot & dry) in third degree¹⁷
- **Part used :** Stem bark
- **Actions :** *Jādhib* (absorbent), *Mulattif* (attenuant), *Musakhkhin* (calorific drug) and *Dāfi'-i-Ta'affun* (antiseptic), *Muḥallil* (resolvent), *Mufattiḥ-i-Sudad* (deobstruent)
- **Therapeutic/ Cosmetic uses:** *Kalaf* (melasma),^{3,17} *Namash* (naevus)¹⁷ and *Buthūr Labaniyya* (acne),³ *Bakhr al-Fam* (halitosis) and *Bahaq* (pityriasis)²⁷
- **Method of use:** Oral and local
- **Dosage:** Oral- 1 to 2 g²⁷
 - Local application of paste prepared with *Dār Chīnī* and vinegar, used in cases of *Buthūr-i-Labaniyya*³

57. *Dārhalā*³⁰

- **Scientific name:** *Berberis aristata* DC.
- **Synonym:** *Dārchoba*
- **Temperament:** *Bārid Yābis* (cold & dry)
- **Part used:** Stem
- **Actions:** *Muḥallil* (anti-inflammatory), *Musakkin* (soothing agent), *Muṣaffī-i-Dam* (blood purifier)
- **Therapeutic/ Cosmetic uses:** *Fasād al-Dam* (*Fasād al-Dam* blood impurities causing skin discolouration /skin marks)
- **Method of use:** Oral
- **Dose:** 3-5 g³⁰

Note: Extract of *Dārhalā* is used for hair strengthening, hair conditioning and also beneficial in *Bayād al-Ayn* (corneal opacity) and *Kalaf* (melasma)^{11,13}

58. *Fāshra*^{3,10,18}

- **Scientific name:** *Bryonia alba* L.
- **Synonym:** *Fishāgh*
- **Temperament :** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used :** Fruit, root
- **Actions:** Fruit is *Hāliq* (hair removing agent); Root is *Jālī* (detergent) and *Muḥassin-i Lawn* (complexion booster).
- **Therapeutic/ Cosmetic uses :** Skin: *Buthūr* (eruptions), *Tha'ālīl* (warts), *Āthār al-Qurūḥ* (injury marks), *Baraṣ* (vitiligo) and *Taqashshur-i Jild* (ichthyosis)¹⁸ and dark circles round the eyes.¹⁸
- **Method of use:** Local application
 - The root of *Fāshra* cooked with olive oil, and applied locally
 - Paste prepared with root of *Fāshra*, flour of peanut and fenugreek useful in *Bahaq* (pityriasis), *Barash* (freckle), *Āthār al-Qurūḥ* (injury marks), bruises and enhances skin complexion.^{3,18}
 - Paste prepared with fruit of *Fāshra* and *Anjīr* is useful for *Baraṣ* (vitiligo) and *Taqashshur al-Jild* (scaling with roughness of skin).¹⁸

59. *Fāwāniya*^{3,18}

- **Scientific name:** *Paeonia emodi* Wall.
- **Synonym :** 'Ud Ṣalīb, *Fwāniya*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Wood and root
- **Actions :** Reduces skin marks
- **Therapeutic/ Cosmetic uses :** *Barash* (freckle) and other skin marks
- **Method of use :** Local application

60. *Filfil*^{1,3,24}

- **Scientific name:** *Piper nigrum* L.
- **Synonym :** *Filfil Siyāh*²⁴
- **Temperament:**
 - *Hārr Yābis* (hot & dry) in third degree²⁴
- **Part used :** Fruit, seed, root ²⁴
- **Actions :** *Jālī* (detergent),¹ *Jādhīb* (absorbent) and *Muḥallīl* (resolvent)¹, *Muḥassin-i-Lawn* (complexion booster) and cleanses eyes.^{3,24}
- **Therapeutic/ Cosmetic uses :** *Siman Mufriṭ* (obesity), *Bahaq* (pityriasis), *Dā'al-Tha'lab* (alopecia areata)
- **Method of use:** Oral and local
 - Used in collyrium preparation and other local application for cosmetic purposes^{3,24}
 - Oral administration with *Naṭrūn* or *Bura Armani*³ reduces weight.³
 - Local application of *Ḍimād* (poultice) prepared with *Filfil*, *Namak* and *Piyāz*, after mild massage on affected part, in cases of alopecia areata²⁴
 - It is used locally with *Naṭrūn* (sodium carbonate)¹ or *Arad-i-Nakhūd* (gram flour)²⁴ in the *Bahaq* (pityriasis).

61. *Fūdnaj*^{1,18,24}

- **Scientific name:** *Mentha piperita* L.L.
- **Synonym:** *Pudīna*
- **Temperament :** *Hārr Yābis* (hot & dry) in third degree
- **Part used :** Leaf, branches
- **Actions:** *Mulaṭṭif* (attenuant), *Mujaffif* (drying agent), *Musakhkhin* (calorific drug),^{1,18} *Jālī* (detergent) and *Qāṭi'-i-Mawād* (viscous humour remover)^{18,24}
- **Therapeutic/ Cosmetic uses :** It removes hyperpigmented skin marks and dark circles around the eyes,^{1,18,24} and *Judhām* (leprosy)²⁴
- **Method of use :** Local application¹

62. *Fujl*^{3,5,18,24,26}

- **Scientific name:** *Raphanus sativus* L.
- **Synonyms:** *Mūlī*, *Turb*
- **Temperament:**
 - Leaf- *Hārr Yābis* (hot & dry) in second degree
 - Seed- *Hārr* (hot) in third degree and *Yābis* (dry) in second degree
 - Root- *Hārr* (hot) in first degree and *Yābis* (dry) in second degree

- **Part used** : Seed, leaf, root
- **Actions:** *Jālī* (detergent), *Mulaṭṭif* (attenuant), *Muḥallil-i-Waram* (anti-inflammaotry), *Hazim* (digestive), *Kāsir-i Riyāh* (flatulent)
- **Therapeutic/ Cosmetic uses** : *Dā'al-Tha'lab* (alopecia areata) and *Ṣala'* (baldness); Seeds are useful for *Āthār-i-Jild* (skin marks), *Āthār al-Qurūḥ* (scar marks), *Bahaq* (pityriasis), *Barash* (freckle), *Buthūr Labaniyya* (acne), dark circles round the eyes,¹⁸ *Kalaf* (melasma), *Bars* (vitiligo), hyperpigmented marks^{24,26}
- **Method of use** : Local application^{3,18}
 - Local application for cosmetic purpose.
 - Seeds are grind with *Kundush* (*Centipeda minima* L.) mixed with vinegar and applied on hyperpigmented marks of *Bahaq Aswad* (pityriasis nigra)²⁴

63. *Gharab*¹

- **Scientific name/English name:** *Populus alba* L.
- **Temperament** : *Hārr Yābis* (hot & dry)
- **Part used** : Bark, root
- **Actions:** *Jālī* (detergent), *Muḥallil* (resolvent), *Mujaffif* (drying agent)
- **Therapeutic/Cosmetic uses** : *Tha'ālīl* (warts) and used to dye hair
- **Method of use** : Local application
 - Application of *Rimād al-Gharab* (ash of its wood) mixed with vinegar on warts helps dry out and remove warts.

64. *Ghonghchī*³⁰

- **Scientific name:** *Abrus precatorius* L.
- **Synonym** : *Rattī*³⁰
- **Temperament** : *Hārr Yābis* (hot & dry)³⁰
- **Part used:** Root
- **Actions** : *Jālī* (detergent), *Muḥallil* (resolvent), *Akkāl* (corrosive)
- **Therapeutic/ Cosmetic uses** : *Bayāḍ-i-Chashm* (corneal opacity), *Sabal* (pannus), beautification of eyes, *Bahaq* (pityriasis), *Baraṣ* (vitiligo), *Kalaf* (melasma)
- **Method of use** : Local application
 - Eye care in the form of *Surma*³⁰ and oil in skin care.

65. *Habba al-Khadrā'*³

- **Scientific name:** *Lupinus albus* L. / *Pistacia terebinthus* L.
- **Synonym** : *Bun*
- **Temperament** : *Hārr Yābis* (hot & dry)
- **Part used** : Fruit, seed, wood

- **Actions** : *Jālī* (detergent), *Muraṭṭīb* (humidifying drug)
- **Therapeutic/ Cosmetic uses** : *Āthār-i-Jild* (skin marks), beneficial for eyelashes and cracked skin of face/cheeks
- **Method of use** :
 - Smoke collected after burning of wood is applied in eyes.
 - Locally used for cleansing of skin, skin marks and dryness/ roughness of skin

66. *Halayla Kābulī*^{3,5,15}

- **Scientific name**: *Terminalia Chebula* Retz.
- **Synonym** : *Har*
- **Temperament** : *Bārid Yābis* (cold & dry) in first degree
- **Part used** : Fruit, fruit's rind
- **Actions** : *Musawwid-i-Sha'r* (hair blackener),⁵ *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/ Cosmetic uses** : prevents premature graying of hairs, cataract and delays aging, beneficial for eye care¹⁵
- **Method of use**:
 - Oral administration of *Murabbā Halayla* one piece daily for one year prevents graying of hair.⁵ and enhances skin complexion.¹⁵
 - Eyes: Beneficial for eyes, prevents cataract and is included in some Surma preparation.³

67. *Haldī*^{5,6,24,27}

- **Scientific name**: *Curcuma longa* L.
- **Synonym** : *Zard Chob*
- **Temperament** : *Hārr Yābis* (hot & dry) in third degree
- **Part used** : Rhizome/root
- **Actions** : *Musakkin-i-Alam* (analgesic), *Mujaffif-i-Quruh* (drying agent to wound), *Jālī* (detergent), *Muṣaffī-i-Dam* (blood purifier),^{3, 6,24,27} *Muḥallil-i-Waram* (anti-inflammatory)²⁷
- **Therapeutic/Cosmetic uses** : *Kalaf* (melasma), *Namash* (naevus) and wound scars
- **Method of use**:
 - Its root and sesame seeds are ground and rubbed on the melasma and other skin marks⁵
 - Local application of *Haldī* with vinegar is effective for *Kalaf* (melasma)⁵
 - *Ubtan /Ghamrah* formulation

68. *Hanzal*^{5,19}

- **Scientific name**: *Citrullus colocynthis* (L.) Schrad.
- **Synonym** : *Indrā'in*

- **Temperament** : *Hārr* (hot) in third degree and *Yābis* (dry) in second degree
- **Part used** : Fruit's pulp, leaf, seed
- **Actions** : prevents premature graying of hair^{5,19} and hairfall.¹⁹
- **Therapeutic/ Cosmetic uses** : *Dā' al-Tha'lab* (alopecia areata) and *Intithār al-Sha'r* (hair fall)
- **Method of use** :
 - Local application of paste made from *Hazal* leaves is beneficial in *Dā' al-Tha'lab* (alopecia areata)¹⁹
 - Oil prepared with *Hanzal* extract in olive or sesame oil is beneficial for preventing hair fall.¹⁹

69. *Harshaf*^{3,5,6}

- **Scientific name**: *Cynara carduncula* L.
- **Synonym** : *Kankar*
- **Part used** : Seed and oil
- **Actions** : *Muḥassin-i-Lawn* (complexion booster), deodorant, and *Jālī* (detergent)
- **Therapeutic/ Cosmetic uses**: *Hazāz* (dandruff), *Dā' al-Tha'lab* (alopecia areata), *Qummal*(pediculosis),^{3,5} *Kalaf* (melasma),⁵ and useful in burns⁶ and *Hikka Hād* (acute pruritus).³
- **Method of use**: Local application.

70. *Himmaṣ*^{1,5,13}

- **Scientific name**: *Cicer arietinum* L.
- **Synonym** : *Nakhūd*, *Chanā*
- **Temperament** : *Hārr Yābis* (hot & dry) in first degree
- **Part used** : Seed
- **Actions** : *Muḥassin-i-Lawn* (complexion booster),¹ *Mufattiḥ-i-Sudad* (deobstruent drug),^{1,5} *Jādhib* (absorbent), *Jālī* (detergent) and increases blood flow towards skin^{5,13}
- **Therapeutic/ Cosmetic uses** : *Bahaq* (pityriasis), *Kalaf* (melasma),^{5,13} *Namash* (naevus) and for cleansing skin¹
- **Method of use**: Oral and local application.¹
 - Oral administration of gram produces good quality of blood and adds a pinkish tint to the skin complexion.^{1,13}
 - Local application as *Ṭilā'* for cosmetic use.¹

71. *Hinā*^{6,7,10,12}

- **Scientific name**: *Lawsonia inermis* L.
- **Synonym** : *Hinnā*, *Mehndī*
- **Temperament** : *Bārid Yābis* (cold & dry) in second degree
- **Part used** : Leaf
- **Actions** : *Muraṭṭib* (humidifying drug)

- **Therapeutic/ Cosmetic uses:** prevents *Intithār al-Sha‘r* (hair fall), useful in burns and scars formation, dryness of skin, and is also used for hair conditioning, dyeing hair, and coloring hands and nails for beautification.
- **Method of use:** Local application.

72. *Hintā*^{1,10}

- **Scientific name:** *Triticum aestivum* L.
- **Synonym :** *Gandum*
- **Temperament :** *Hārr Yābis* (hot & dry)¹
- **Part used :** Seed, flour, oil
- **Actions :** *Muḥassin-i-Lawn* (complexion booster) and *Jālī* (detergent)
- **Therapeutic/ Cosmetic uses :** *Hazāz* (Dandruff),¹⁰ *Kalaf* (melasma), *Qūba* (ringworm),¹⁰ and is used to make face clean and flawless^{1,10}
- **Method of use :** Local application

73. *Hulba*^{1,11, 13,19}

- **Scientific name:** *Trigonella foenum-graecum* L.
- **Synonym :** *Methī*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Seed, leaves and oil,
- **Actions :** *Muqawwī-i-Sha‘r* (hair tonic), *Muja‘id-i-Sha‘r* (hair curling agent)¹ and *Muḥassin-i-Lawn* (complexion booster) and *Jālī* (detergent)^{13,19}
- **Therapeutic/ Cosmetic uses :** *Intithār al-Sha‘r* (hair fall), *Hazāz* (dandruff),¹³ *Bakhr al-Fam* (halitosis), *Ṣunān* (foul smell of axilla), *Tashaqquq-i-Jild* (cracked skin) due to cold, *Kalaf* (melasma) and *Āthār al-Qurūḥ* (scar marks)
- **Method of use:**
 - Wash hair with its decoction for making hair curly, and this decoction is also useful for dandruff.^{1,11}
 - It is used as an ingredient in *Ghamrah* preparations.¹¹

74. *Husn-i-Yūsuf*¹⁹

- **Scientific name:** *Laminaria saccharina*
- **Synonym:** *Hāshīsh*, *Tukhm-i-Karamli*, *Tukhm-i-Kalamli*
- **Temperament:** *Hārr Yābis* (hot & dry) in fourth degree
- **Part used:** Seed
- **Actions:** *Jālī* (detergent), *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/ Cosmetic uses:** *Kalaf* (melasma), *Barash* (freckle), *Namash* (naevus).
- **Method of use:** It is ground with water or cow’s milk and applied locally, as face pack

75. *Īrsā*^{3,5,18,24}

- **Scientific name:** *Iris ensata* Thunb.
- **Synonym :** *Sosan*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Root
- **Actions :** *Jālī* (detergent), *Mujaffif* (drying agent),^{3,5,24} *Muḥassin-i-Lawn* (complexion booster),¹⁸ *Jādhīb* (absorbent) and *Mulaṭṭif* (attenuant)²⁴
- **Therapeutic/ Cosmetic uses :** *Hibriyya* (dandruff), *Ṣala‘* (baldness),¹⁸ *Kalaf* (melasma),³ *Bahaq* (pityriasis),^{5,18} *Jarab* (scabies)¹⁸ and *Namash* (naevus),³ *Ghuḍūn* (wrinkles of forehead),²⁴ *Harq-o-Salq* (burn and scald)
- **Method of use :**
 - It's root powder is mixed with honey and applied locally
 - It's root powder is used as *Ghasūl* /Roshoya (face wash), it enhances facial complexion and reduces wrinkles.^{5,24}

76. *Ithmid*^{3,11,17}

- **Scientific name/English name:** *Antimony sulphide*
- **Synonym :** *Surma*
- **Temperament :** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Actions :** *Muqawwī-i-Baṣar* (eye tonic)
- **Therapeutic/ Cosmetic uses :** It is used to beautify eyes^{3,11}
- **Method of use :** *Surma* (collyrium) is applied in eyes to beautify eyes

77. *Jaw*^{2,6}

- **Scientific name:** *Hordeum vulgare* L.
- **Synonym :** *Sha‘īr*
- **Temperament :** *Bārid Yābis* (cold & dry)
- **Part used :** Seed and flour
- **Actions :** *Jālī* (detergent)⁶
- **Therapeutic/ Cosmetic uses :** *Jarab* (scabies), *Kalaf* (melasma) and removes *Āthār-i- Jild* (skin marks)²
- **Method of use :** Local application
 - It is used as an ingredient in various cosmetic preparations like *Ubtān* or *Ghamrah*

78. *Jawzbuwā*^{3,6,19,27}

- **Scientific name:** *Myristica fragrans* Houtt.
- **Synonym :** *Jā‘iphal*, *Jawz al-Ṭīb*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree

- **Part used** : Seed
- **Actions** : *Muṭīb-i-Dahan* (mouth freshener), *Munaqqī-i-Ayn* (eyes cleanser)³, *Muḥāfiz-i-Harārat-i-Gharīzi* (maintains innate heat) and *Dafi'-i-Bu* (deodorant)⁶
- **Therapeutic/ Cosmetic uses** : *Kalaf* (melasma), *Namash* (naevus), *Āthār al-Qurūh* (scar marks)¹⁹
- **Method of use** : Oral and local
- **Dosage**: 1 to 2g²⁷

79. *Jirjūr*^{5,6}

- **Scientific name**: *Eruca Sativus* Mill.
- **Synonym** : *Anjura*
- **Temperament** : *Hārr Yābis* (hot & dry) in third degree
- **Part used** : Seed
- **Actions** : *Mufattiḥ-i-Sudad* (deobstruent drug), *Mulattīf* (attenuant) and *Jālī* (detergent)⁵
- **Therapeutic/ Cosmetic uses**: *Ṣunān* (foul smell of axilla), *Bahaq* (pityriasis), *Namash* (naevus), *Kalaf* (melasma), *Āthār al-Qurūh* (scar marks).⁶
- **Method of use** : Local application
 - Juice / extract is rubbed on the skin to remove acne spots. Its juice and seeds are used with honey for local applications in cases of *Kalaf* (melasma), *Bahaq* (pityriasis) and *Barash* (freckle).⁶

80. *Kabāba*⁷

- **Scientific name**: *Piper cubeba* L.f.
- **Synonym** : *Kabāb Chīnī*
- **Temperament** : *Hārr Yābis* (hot & dry) in second degree
- **Part used** : Seed
- **Actions**: *Mulattīf* (attenuate) and *Mufattiḥ* (deobstruent)
- **Therapeutic/Cosmetic uses**: It is included as an ingredient in *Ghāliya* (cosmetic product) to perfuming the body.
- **Method of use** : Local application

81. *Kabar*^{21,22,23}

- **Scientific name**: *Capparis spinosa* L.
- **Temperament** : *Hārr Yābis* (hot & dry) in second degree
- **Part used** : Root, root bark, leaf
- **Actions** : *Jālī* (detergent), *Muḥallil* (resolvent)^{21,22}
- **Therapeutic/ Cosmetic uses** : *Bahaq Abyaḍ* (pityriasis alba), *Kalaf* (melasma) and *Buthūr* (eruptions)²²
- **Method of use** :

- Local application of leaves paste is useful for *Bahaq* (pityriasis), and *Buthūr* (eruptions).²²
- Local application of paste prepared with root bark and vinegar is useful for *Kalaf* (melasma), *Bahaq Abyaḍ* (pityriasis alba)²²

82. *Kabīkaj*^{1,18}

- **Scientific name:** *Petroselinum crispum* (Mill.) Nyman ex A.W.Hill .
- **Synonym :** *Karafs Dashtī*
- **Temperament :** *Hārr* (hot) in first degree and *Yābis* (dry) in third degree
- **Part used :** Leaf, wood
- **Actions :** *Muṣaffī-i-Dam* (blood purifier), *Jālī* (detergent) and *Qāshir* (sloughing agent)¹
- **Therapeutic/ Cosmetic uses :** *Jarab* (scabies), *Khīlān* (mole) and *Baraṣ al-Azḡār* (whitening of nails),^{1, 18} *Dā' al-Tha'lab* (alopecia areata) and *Baraṣ* (vitiligo)¹
- **Method of use :** Local application

83. *Kachnāl*^{25,28}

- **Scientific name:** *Bauhinia racemosa* Lam.
- **Temperament :** *Bārid Yābis* (cold & dry) in second degree
- **Part used :** Stem, bark, flower
- **Actions :** *Qābiḍ* (astringent), *Hābis-i-Dam* (haemostyptic drug), *Musakkin* (soothing agent), *Muṣaffī-i-Dam* (blood purifier)^{25,28}
- **Therapeutic/Cosmetic uses :** *Jarab* (scabies), *Fasād al-Dam* (blood impurities causing skin discolouration /skin marks),²⁸
- **Method of use :** Oral and local
- **Dosage:**
 - Oral-6 to 12 g²⁵
 - Local application as *Ḍimād* (poultice)²⁸

84. *Kamīla*^{8, 27}

- **Scientific name:** *Mallotus philippensis* (Lam.) Muell.-Arg.
- **Synonym :** *Qunbil* ²⁷
- **Temperament :** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used:** Fruit and it's oil
- **Actions (Afa'l):** *Qātil-i-Dīdān-i-Am 'ā'* (anthelmintic), *Mudammil-i-Qūruh* (vulnerary agent), *Mujaffif* (drying agent), *Dāfi '-i-Ta'affun* (antiseptic)²⁷
- **Therapeutic/ Cosmetic uses :** *Buthūr*, *Jarab*²⁷
- **Method of use :** Oral and local
- **Dosage:** Oral-2 g²⁷

85. *Kamūn*^{3,7}

- **Scientific name:** *Cuminum cyminum* L.
- **Synonym :** *Zīra Siyāh*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Fruit, seed
- **Actions:** *Mujaffif* (drying agent), *Qābiḍ* (astringent), *Haḍim* (digestive)
- **Method of use :** Oral and Local
 - Oral administration in small quantity and washing of face with its decoction, cleanses the face

Note: Prolong oral use may cause yellowish discoloration of skin

86. *Kaner*^{8,27, 28}

- **Scientific name:** *Nerium indicum* Mill. Syn: *Nerium oleander* L.
- **Synonym :** *Samm al-Himār, Khar Zehra*
- **Temperament :** *Hārr Yābis* (hot & dry) in third degree
- **Part used :** Leaf
- **Actions :** *Muḥallil-i-Waram* (anti-inflammatory), *Jālī* (detergent), *Muṣaffī-i-Dam* (blood purifier), *Mujaffif* (drying agent)^{8,27}
- **Therapeutic/ Cosmetic uses :** *Judhām* (leprosy), *Fasād al-Dam* (blood impurities causing skin discoloration /skin marks), *Baraṣ* (vitiligo),²⁷ *Shuqūq al-Aṭrāf wa'l Wajh* (cracks/ fissures in skin due to excessive dryness in the body), *Buthūr-i-Jild* (skin rashes).^{27,28}
- **Method of use :** Oral and local use
- **Dosage:** 1 to 15 g²⁷

87. *Karanj*^{27,28}

- **Scientific name:** *Pongamia pinnata* (L.) Merr
- **Synonym :** *Dhitouri, Karanajaka*
- **Temperament :** *Hārr* (hot) in second degree and *Yābis* (dry) in third degree
- **Part used :** Leaf, flower, seed, *seed's oil*
- **Actions:** *Hābis* (styptic / anastaltic drug), *Muṣaffī-i-Dam* (blood purifier), *Dafi'-i-Ta'affun* (antiseptic)²⁷ and oil is *Daf'-i- Khārish* (anti pruritic) and *Muḥassin-i-Jild* (complexion booster)²⁸
- **Therapeutic/Cosmetic uses :** *Judhām* (leprosy), *Hikka* (pruritus), *Amraḍ-i-Jildiyya* (skin diseases) like *Buthūr* (eruptions), *Jarab* (scabies), and used to enhance skin texture or beauty.²⁸
- **Method of use :** Local application
 - Its flower is used in *Sanūn* (tooth powder) and *Latūkh* (semisolid preparation for local application) formulations.
 - Leaf and seed's oil

88. Karnab^{18,28}

- **Scientific name:** *Brassica oleracea* L.
- **Synonym :** *Karamkalla, Kalam*
- **Temperament :** *Murakkab al-Quwa* (compound temperament)²⁸
- **Part used :** Seed, leaf
- **Actions :** *Jālī* (detergent), *Mujaffif* (drying agent) and *Muḥassin-i-Lawn* (complexion booster)¹⁸
- **Therapeutic/ Cosmetic uses :** *Intithār al-Sha‘r* (hair fall), *Kalaf* (melasma), *Namash* (naevus), *Buthūr Labaniyya* (acne) and *Bahaq* (pityriasis)
- **Method of use :** Hair wash and local application for cosmetic purposes
 - Extract of *Karnab* with *Shibb* and *Sirka* is useful in *Baraş* (vitiligo) and *Jarab* (scabies)
 - Half-crushed seed is boiled with water, and then water is used for washing hair
 - Seed used in *Tilā’* for *Kalaf*, *Namash* etc.

89. Karsana^{1,3,18,21}

- **Scientific name:** *Pisum sativum* L.
- **Synonym:** *Maṭar*
- **Temperament:** *Hārr* (hot) in first degree and *Yābis* (dry) in third degree¹
- **Part used:** Seed, flour
- **Actions:** *Jālī* (detergent),³ *Qāṭi‘-i-Mawād* (remover of viscous humour),²¹ and *Muḥassin-i-Lawn* (complexion booster)^{1,18}
- **Therapeutic/ Cosmetic uses:** *Buthūr Labaniyya* (acne), *Bahaq* (pityriasis), *Kalaf* (melasma),¹ *Barash* (freckle), *Tashaqquq-i-Aṭrāf* (cracked skin of hands and feet) due to cold, *Āthār al-Jild* (skin marks) and it makes face glowing and free of blemishes, wrinkles, scars,^{213,18,21}
- **Method of use:** Oral and local
 - Flour is mixed with honey and rubbed on the face/ body²¹
 - *Dimād* is effective for *Şala‘* (baldness).¹⁸ It is included in various cosmetic preparations
- **Dosage :** Oral-4.5g¹

90. Katān^{3,6,10,18, 22,27}

- **Scientific name:** *Linum usitatissimum* L.
- **Synonym :** *Bazr-i Katān, Alsī*
- **Temperament:** *Hārr Raṭab* (hot & moist) in first degree
- **Part used:** Seed
- **Actions:** *Muḥallil-i Waram* (anti-inflammatory),¹⁸ *Jālī* (detergent)²⁷ and useful for hair and skin care¹⁰
- **Therapeutic/Cosmetic uses :** *Tashaqquq al-Aẓfār* (splitting of nails)³, *Buthūr Labaniyya* (acne), *Kalaf* (melasma)¹⁸, *Tha‘ālīl* (warts), *Qūba* (ringworm),²² *Harq* (burn),²⁷ *Şunān* (foul smell of axilla)⁶ and beautification of nails³
- **Method of use :** Local application

91. *Kaṭra*^{10, 21,23, 28}

- **Scientific name:** *Astragalus gummifer* L.
- **Synonym:** *Tarāḥā*
- **Temperament :** Moderate in *Harārat* (hotness) & *Barudat* (coldness) and *Raṭab* (moist) in first degree
- **Part used :** Gum, root
- **Actions :** *Muraṭṭib* (humidifying drug), *Mulayyin-i- Jild* (softens skin), hair straightener²¹
- **Therapeutic/ Cosmetic uses :** *Tasbīṭ al-Sha ‘r* (straightening of curly hair), *Tashaqquq al-Sha ‘r* (splitting of hair end),²⁸ *Intithār al-Sha ‘r* (hair fall),²¹ *Bahaq* (pityriasis),¹⁰ skin marks, *Kalaf* (melasma),¹⁰ *Tashaqquq-i-Jild* (cracked skin) due to dryness and *Tashaqquq al-Shafa* (cracked lips)²¹
- **Method of use :** Local application
 - Hair dyes²¹
 - Gum is dissolved in water and applied to the scalp for hair care
 - As a humidifying drug and lip balm
 - It is included as an ingredient in facepacks and other cosmetic formulations

92. *Khall*^{1,5,14}

- **Scientific name/English name:** Vinegar
- **Synonym :** *Sirka*^{5,14}
- **Temperament :** *Bārid* (cold) in second degree and *Yābis* (dry) in third degree
- **Actions :** *Mujaffif* (drying agent),¹ *Jālī* (detergent), *Muḥassin-i-Lawn* (complexion booster)¹⁴
- **Therapeutic/Cosmetic uses :** *Qummal* (pediculosis), *Ṣi ‘bān* (eggs and larvae of head lice), and *Kalaf* (melasma), *Baraş* (vitiligo)¹⁴ and *Āthār al- Dam*¹
- **Method of use :** Local application
 - Local application with honey to skin is beneficial in cases of haemorrhagic / ecchymosed spots¹
 - Vinegar is used as a base in various *Ṭilā’* (liniment / cream) and *Ḍimād* (poultice) preparations, recommended for cosmetic purpose

93. *Khardal*^{1,3,5}

- **Scientific name:** *Brassica nigra* L.
- **Synonym:** *Ra ‘ī*
- **Temperament:** *Hārr Yābis* (hot & dry) in fourth degree
- **Part used:** Seed
- **Actions:** *Jālī* (detergent), *Muṣaffī al-Dam* (blood purifier) and softens eyelashes.
- **Therapeutic/Cosmetic uses :** *Dā’ al-Tha ‘lab* (alopecia areata),¹ *Barash* (freckle), *Namash* (naevus), *Bahaq* (pityriasis),^{1,3} *Āthār al-Dam al-Mayyat*,¹ *Kathra al- ‘Araq* (polyhidrosis), and *Taqashshuf al-Jild* (ichthyosis)³

- **Method of use:** Local application
 - Face pack prepared with its seed and wax, used as complexion booster
 - Oil massage before bath prevents excessive sweating and checks tanning³
 - It is used with vinegar and honey for *Barash* (freckle), *Namash* (naevus) and *Bahaq* (pityriasis)³

94. *Kharpaza*^{15,16,19,23}

- **Scientific name:** *Cucumis melo L.*
- **Synonym:** *Biṭṭīkh, Kharbūza*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Fruit, fruit's peel, seed
- **Actions:** *Jālī* (detergent), *Munaqqi-i-Jild* (skin cleanser), *Mulaṭṭif* (attenuant), *Ghassāl* (abluent), *Muraṭṭib-i-Badan* (humidifying drug) and *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/ Cosmetic uses :** *Kalaf* (melasma), *Bahaq* (pityriasis), *Hazāz* (dandruff) and *Āthār-i-Jild* (skin marks).^{2,19,23}
- **Method of use :** Local application
 - Pulp with *Būra* is useful in *Kalaf* and skin marks^{3,19}
 - Paste of fruit is useful in cleansing the skin, melasma and pityriasis.
 - *Qushūr-i-Kharpaza* is dried under the sun and powdered finely, and the same may be applied as paste in skin diseases including *Baraṣ* (vitiligo)^{19,23}
 - Decoction is used for washing of face²³

95. *Khaṭmī*^{7,23}

- **Scientific name:** *Althea officinalis L.*
- **Synonym :** *Khubbāzī Barrī*
- **Temperament :** *Bārid Raṭab* (cold & moist) in first degree
- **Part used :** Seed
- **Actions :** *Jālī* (detergent) and *Muḥallil* (resolvent)
- **Therapeutic/Cosmetic uses :** *Kalaf* (melasma)
- **Method of use :** Local application²³

96. *Khūlanjān*^{3,5}

- **Scientific name:** *Alpinia galanga (L.) Willd.*
- **Synonym :** *Kalanjan*²⁵
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Rhizome
- **Actions :** *Muṭīb-i-Dahan* (mouth freshener),^{3,25} *Jālī* (detergent),⁵ *Mujalli-i Dandan* (teeth cleaner)³
- **Therapeutic/Cosmetic uses :** *Kalaf* (melasma)⁵, *Bakhr al-Fam* (halitosis)²⁵

- **Method of use:** Local application²³
 - It is included in 'Ubtan formulations' (semi-solid oily preparation for local application), used to enhance complexion, act as a cleanser, and impart pleasant fragrance to the body.
 - It is included in the *Sanun* (tooth powder) preparation for teeth care.
 - It is ground, mixed with water, jasmine oil, or olive oil, and applied locally to remove *Kalaf*

97. *Kibrū*^{3,6,16}

- **Scientific name/English name:** *Sulphur*
- **Synonym :** *Gandhak*
- **Temperament :** *Hārr Yābis* (hot & dry) in third degree
- **Therapeutic/ Cosmetic uses:** It removes scars, and useful for *Dā' al-Tha'lab* (alopecia areata),⁶ *Bahaq* (pityriasis),^{3,16} *Buthūr* (eruptions) and *Baraş* (vitiligo)¹⁶.
- **Method of use: Local application**
 - Its fumigation causes greying of the hair¹⁶
 - Rubbing its fine powder on the body prevents excessive sweating
 - Bathing with sulphur water is effective for various skin diseases

98. *Kundur*^{1,3,5,16,18}

- **Scientific name:** *Boswellia serrata* Roxb. ex Colebr.
- **Temperament :** *Hārr* (hot) in second degree and *Yābis* (dry) in first degree
- **Part used:** Gum, bark
- **Actions :** *Qabis* (astringent), *Mujaffif* (drying agent),¹ *Mudammil* (vulnerary agent),⁵ *Muraṭṭib* (humidifying drug) and cleanses eyes¹⁸
- **Therapeutic/ Cosmetic uses :** *Dā' al-Tha'lab* (alopecia areata),^{3,5} *Hibriyya* (dandruff), *Āthār al-Qurūḥ* (scars)¹, and *Tashaqquq-i Jild* (cracked skin) during winters
- **Method of use:** Local application.
 - It is useful for *Hibriyya* (dandruff) when used locally with *Naṭrūn*³
 - Its application with honey removes whitlow¹
 - Bark removes scars¹

99. *Kundush*^{6,16,22,23,28}

- **Scientific name:** *Centipeda minima* L.
- **Synonym:** *Nak Chiknī*
- **Temperament:** *Hārr Yābis* (hot & dry) in third degree
- **Part used:** Root
- **Actions:** *Jālī* (detergent), *Munaqqī* (cleanser), *Muqarriḥ* (ulcerative), *Qat'e Balgham wa Sawdā*^{6,23,28}

- **Therapeutic/ Cosmetic uses:** *Dā' al-Tha'lab* (alopecia areata), *Kalaf* (melasma), *Baras* (vitiligo), *Buthūr* (eruptions), *Bahaq Aswad* (pityriasis nigra)^{22,23,28}
- **Method of use:** Local application
 - Local application of *Dimād* (poultice) prepared with equal parts of its root, *Zarnīkh* (orpiment), and olive oil, on the scalp is effective to growing hair in cases of *Dā' al-Tha'lab* (alopecia areata)²⁸
 - *Ṭilā'* prepared with its root and *sirka* for *Bahaq Aswad*⁸

100. *Lājward*^{1,3,10,15}

- **Scientific name/English name:** *Lapis lazuli*
- **Synonym :** *Hajr-i-Lājward*¹
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Actions:** *Qābiḍ* (astringent), *Jālī* (detergent)³ and prevents falling of eyelashes
- **Therapeutic/ Cosmetic uses :** *Tha'ālīl* (warts)^{1,3}
- **Method of use:** Local application
 - Eyes: Local application in the form of *Dharūr* and *Surma* is useful for the falling of eyelashes and the beautification of eyelashes³
 - Skin: Local application as *Dimād*

101. *Laban*^{1,15}

- **Scientific name/English name:** *Milk*
- **Synonym :** *Dūdh*
- **Temperament :** *Bārid Raṭab* (cold & moist) in second degree
- **Actions :** *Mughadhhdhī* (nutritive), *Tiryāq* (antidote), removes morbid humour, and *Dafi'-i-Ta'affun* (antiseptic)
- **Therapeutic/ Cosmetic uses:** Beneficial for eyes, restores health, makes skin glowing and flawless, and whitens the teeth
- **Method of use:** Oral and local
 - Oral administration of milk is beneficial for the eyes, makes skin glowing, and whitens the teeth^{1,15}
 - Oral administration of milk with sugar improves the complexion¹
 - Oral administration of milk products like fresh *Panīr* (cheese) removes dark circles around the eyes, salted cheese reduces weight, butter moistens the body, and *Mā' al-Jubn* (whey) is beneficial for *Buthūr* (eruptions) and *Kalaf*^{1,15}
 - Local application of *Mā' al-Jubn* (whey), to remove freckle, followed by local application of *Laban* (milk), which reduces skin marks¹

102. *Līmūn*^{5,24, 28}

- **Scientific name:** *Citrus limon* (L.) Osbeck
- **Temperament :** *Bārid* (cold) in second degree and *Yābis* (dry) in first degree
- **Part used :** Fruit, seed, fruit's rind
- **Actions :** *Muṭawwil-i-Sha'r* (hair-elongator agent), *Muṭīb-i-Dahan* (mouth freshener), *Jālī* (detergent), *Qati* '-i- *Ṣafrā*'²⁴ and beneficial for beautification of skin^{5,24}
- **Therapeutic/ Cosmetic uses :** *Intithār al-Sha'r* (hair fall),⁵ *Bahaq Aswad* (pityriasis nigra), *Kalaf* (melasma), and *Buthūr* (eruptions)^{24,28}
- **Method of use :** Local and oral
 - Grind *Āmla* with lemon juice and apply on the hair in cases of hair fall
 - Local application of *Aab-i-Līmūn* (lemon juice)

103. *Lawf*^{1,3,15,23}

- **Scientific name:** *Arum maculatum* L.
- **Temperament:** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used:** Root
- **Actions :** *Jālī* (detergent) and *Munaqqī* (cleanser)¹
- **Therapeutic/ Cosmetic uses :** *Āthār al-Qurūḥ* (scar marks) in eyes, *Bahaq* (pityriasis), *Khashūnat-i-Jild Bārid* (dryness of skin due to cold), *Barash* (freckle), *Namash* (naevus), *Kalaf* (melasma)^{3,15,23}
- **Method of use :** Local application
 - Eyes: its extract cleanses the eyes and removes the injury's mark²³
 - It is used with honey for *Bahaq* , *Barash*, *Namash*, *Kalaf*¹
 - It is used with wine for *Shiqaq al-Jild* (cracked skin due to cold)

104. *Mādhariyūn*^{1,3,6,11}

- **Scientific name:** *Daphne mezereum* L.
- **Temperament:** *Hārr Yābis* (hot & dry) in fourth degree
- **Part used:** Barg, latex²⁸
- **Actions:** *Jālī* (detergent), *Munaqqī* (cleanser), *Muqashshir* (peeling agent)²⁸
- **Therapeutic/ Cosmetic uses :** *Baraṣ* (vitiligo), *Bahaq* (pityriasis), *Namash* (naevus) and *Qūba* (ringworm)^{1,3,6}
- **Method of use :** Local application
 - *Barg* in the form of *Dimād* (poultice) or *Ṭilā*' (liniment) alone or with *Gandhak* (sulphur)^{1,28}
 - Latex in cases of vitiligo and pityriasis²⁸

105. *Māmīrān*^{3,15,20,28}

- **Scientific name:** *Thalictrum foliolosum* DC.
- **Temperament :** *Hārr Yābis* (hot & dry) in third degree
- **Part used :** Root
- **Actions :** *Jālī* (detergent), *Muḥallil* (resolvent), *Muqarriḥ* (ulcerative drug), *Mufattiḥ* (deobstruent) and *Muqawwī-i-Başar* (eye tonic)²⁸
- **Therapeutic/ Cosmetic uses :** *Kalaf* (melasma),¹⁶ *Baraş* (vitiligo), *Jarab* (scabies),^{16,20} *Āthār-i Jild* (skin marks), *Bayāḍ al-Azfar* (white discoloration of nail)¹ and also useful in eye care^{3,15}
- **Method of use :** Local application
 - It is used with honey or vinegar in the form of paste or liniment
 - In the form of collyrium

106. *Māsh*^{1,4,5,10}

- **Scientific name:** *Vigna radiate* (L.) R. Wilczek
- **Synonym :** *Urad*
- **Temperament:** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used :** Seed
- **Actions :** *Munbit-i-Sha'r* (hair-grower agent), *Muḥassin-i-Sha'r* (hair conditioner), *Jālī* (detergent)^{4,5,10}
- **Therapeutic/ Cosmetic uses :** *Kalaf* (melasma) and for beautification of hair
- **Method of use :**
 - Powder is used for washing of the hair
 - It is used in various dosage forms for local application in cosmetic care

107. *Māzū*⁵

- **Scientific name:** *Quercus infectoria* G. Olivier
- **Synonym:** *Afis*
- **Temperament :** *Bārid Yābis* (cold & dry)
- **Part used :** Fruit
- **Actions :** *Musawwid-i-Sha'r* (hair blackener), *Muja'id-i-Sha'r* (hair curling agent) for hair, *Qabis* (astringent)
- **Therapeutic/ Cosmetic uses :** *Shayb* (greying of hair), *Taj'id al-Sha'r* (curling of hair) for hair beautification, *Kalaf* (melasma), *Bahaq* (pityriasis), and *Barash* (freckle), *Kathra al-'Araq* (polyhidrosis) and *Şunān* (foul smell of axilla)
- **Method of use :** Local application
 - Paste prepared by mixing it with vinegar
 - It is used in hair dyes

108. *Majīth*^{6,30}

- **Scientific name:** *Rubia cordifolia* L.
- **Synonym :** *Fuwwāh*³⁰
- **Temperament :** *Hārr Yābis* (hot & dry)
- **Part used :** Stem
- **Actions :** *Munaqqi-Kabid wa Tihal*, *Mufattiḥ* (deobstruent), *Musakkin* (soothing agent), *Jālī* (detergent), *Muḥallil* (resolvent), *Mujaffif* (drying agent)^{6,30}
- **Therapeutic/ Cosmetic uses :** *Qūba* (ringworm), *Bahaq* (pityriasis), *Āthār-i Jild* (skin marks), *Kalaf* (melasma) and *Taqashshuf al-Jild* (ichthyosis)^{6,30}
- **Method of use :** Oral and local
 - It is used in various dosage forms for local application in cosmetic care
- **Dosage:** 3-5 g³⁰

109. *Marqashīshā*^{3,6,28}

- **Scientific name/English name:** *Copper Pyrites/ Ferri sulphuratum*
- **Synonym:** *Sona Mukhhī*, *Mārqashīshā*, *Hajr al-Noor*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Actions :** *Qābiḍ* (astringent), *Jālī* (detergent), *Muḥallil* (resolvent)^{3,6,8}
- **Therapeutic/Cosmetic uses:** Useful in hair beautification like *Taj'īd wa Tarqīq al-Sha'r* (curling and thinning of hair) for cosmetic purpose, *Baraṣ* (vitiligo), *Bahaq* (pityriasis),^{3,6,24} *Namash* (naevus), *Barash* (freckle)²⁸
- **Method of use :** Local application only
 - It is used for washing hair
 - It is used with *Sirka* on skin marks and *Barash* (freckle)²⁴

110. *Maṣṭagī*^{15,20,28}

- **Scientific name:** *Pistacia lentiscus* L.
- **Synonym:** '*Alak al-Batam*, '*Alak Romī*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Branches, gum
- **Actions:** *Jālī* (detergent), *Qābiḍ* (astringent), *Muḥassin-i-Lawn* (complexion booster) and *Muqawwī-i-Dandān wa Litha* (teeth and gum tonic).¹⁵
- **Therapeutic/ Cosmetic uses:** *Āthār-i Jild* (skin marks) and used to make skin fair and flawless.²⁸
- **Method of use:**
 - It cleanses the teeth when used as *Miswak* and tooth powder¹⁵
 - It is included in various facial *Ghamrah* formulations²⁰

111. *Mundī*^{12,28}

- **Scientific name:** *Sphaeranthus indicus* L.
- **Temperament :** *Hārr Raṭab* (hot & moist) in second degree
- **Part used :** Whole plant, flower, inflorescence
- **Actions :** *Muṣaffī-i-Dam* (blood purifier),¹² *Qābiḍ* (astringent), *Muḥallil* (resolvent), *Mulaṭṭif* (attenuant), *Mufattiḥ* (deobstruent)²⁸
- **Therapeutic/ Cosmetic uses :** It enhances skin complexion and useful in skin care⁵
- **Method of use:** *Oral*
- **Dosage :** Oral administration of its decoction in a dose of 48 ml per day²⁸

Note: The whole plant with its flowers is dried in the shade, then powdered and halwa is prepared with this powder, *Arad-i Gandum* (wheat flour), ghee, and sugar. It is taken orally to maintain health, delay aging, and prevent premature graying of the hair and hair fall.²⁸

112. *Murr*^{1,3,15,21}

- **Scientific name:** *Commiphora myrrha* (Nees) Engl.
- **Synonym:** *Murr makkī*
- **Temperament:** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Gum-resin
- **Actions:** *Muqawwī-i-Sha‘r* (hair tonic), *Musakhkhin* (calorific drug), *Qābiḍ* (astringent), *Jālī* (detergent), *Muṭīb-i-Dahan* (mouth freshener),^{3,15,21} deodorant and *Dafi‘-i-Ta‘affun* (antiseptic)¹
- **Therapeutic/Cosmetic uses:** *Tasbīṭ al-Sha‘r* (straightening of hair), *Intithār al-Sha‘r* (hair fall),^{3,21} dryness of eyelids³ and also beneficial for eyes,²¹ to strengthening teeth and to preventing tooth decay.^{3,15} Also useful in *Bakhr al-Fam* (halitosis),¹⁵ *Kalaf* (melasma), *Āthār al-Qurūḥ* (injury scar), *Tha‘ālīl* (warts) and *Ṣunān* (foul smell of axilla)^{1,15}
- **Method of use :**
 - It is used in the form of *Surma*¹⁵, tooth powder, and local applications for skin care
 - Local application of gum mixed with *Ravghan-i-Ās* and *Lādan* strengthens and promotes hair growth and removes scars
 - Chewing of *Murr* acts as a mouth freshener and removes the foul smell of the mouth¹
 - Local application of myrrh with wine and alum in armpits acts as a deodorant
 - It is decocted with honey and *Salīkha* and applied to remove the warts¹

113. *Murdār Sang*^{6,10,15}

- **Scientific name/English name:** *Litharge*
- **Synonym:** *Murdār Sanj*
- **Temperament :** *Hārr* (hot) in second degree and *Yābis* (dry) in third degree
- **Actions :** *Qābiḍ* (astringent), *Mujaffif* (drying agent), *Mudammil* (vulnerable agent), *Jālī* (detergent)¹⁵ and *Māni‘-i-‘Araq* (antiperspirant drug)⁶

- **Therapeutic/ Cosmetic uses :** removes hyperpigmented spots, *Āthār al-Qurūh* (scar marks/burns or injury scars), *Āthār al-Judarī* (marks of smallpox), *Ṣunān* (foul smell of axilla) and *Kathra-i‘Araq* (hyperhidrosis), *Kalaf* (melasma) and freckle^{6,19,15}
- **Method of use:** Local application in the form of *Marham* (ointment/cream) formulation

114. *Nabaq*^{3,5,15}

- **Scientific name:** *Ziziphus mauritiana Lam.*
- **Synonym :** *Bayr, Sidr*
- **Temperament :** *Bārid Yābis* (cold & dry)
- **Part used:** Leaf, fruit, wood, gum
- **Actions :** *Mujaffif* (drying agent), *Qābiḍ* (astringent), *Munbit-i Sha‘r* (hair growing),¹⁵ *Jālī* (detergent)⁵ and cleanses the skin⁵
- **Therapeutic/ Cosmetic uses:** prevents *Intithār al-Sha‘r* (hair fall)⁵, sawdust of wood is used to dye hair reddish and to clean skin `for cosmetic purpose.¹⁵ Gum also exhibits the same actions³
- **Method of use:** Local application
 - Washing hair with decoction of its leaves increases hair length³

115. *Nakhl*¹⁵

- **Scientific name:** *Phoenix dactylifera L.*
- **Temperament :** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used :** Kernel, seed
- **Therapeutic/ Cosmetic uses :** beneficial for beautification of eyelashes, prevent falling of eyelashes
- **Method of use :** Local application
 - The date stone is burned, soaked in wine, and added to the *Kajal* preparation
 - It is also used with *Nārdayn* to prevent the falling of eyelashes

116. *Nārjīl*^{5,6}

- **Scientific name:** *Cocos nucifera L.*
- **Synonym :** *Nāriyal, Jāwz Hindī*
- **Temperament:** *Hārr Yābis* (hot & dry) in first degree
- **Part used:** Oil
- **Actions:** *Muqawwī-i-Sha‘r* (hair tonic) and *Mujalli-i Dandan* (teeth cleaner), *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/ Cosmetic uses :** *Intithār al-Sha‘r* (hair fall),⁶ *Kalaf* (melasma), *Namash* (naevus), *Jarab* (scabies) and removes hyperpigmented /injury marks.^{5,6}
- **Method of use :** Local application

117. *Nargis*^{1,3,28}

- **Scientific name:** *Narcissus tazetta* L.
- **Synonym:** *Narjis*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used:** Flower, root
- **Actions :** *Jālī* (detergent),^{1,3} *Ghassāl* (abluent),²⁸ *Mujaffif* (drying agent),¹ *Muḥallil* (resolvent)²⁸
- **Therapeutic/ Cosmetic uses :** *Dā'al-Tha'lab* (alopecia areata), *Kalaḥ* (melasma), *Namash* (naevus), *Bahaq* (pityriasis), and *Jurūḥ Nāriyya/ Jurūḥ Bārūdiyya* (burns injury or wound due to gunshot), *Barash* (freckle)^{1,3,28}
- **Method of use:** Local application
 - Root is used with vinegar to remove freckle and pityriasis¹
 - Flower is used for making *'Iṭr* (perfume), *Ravghan* (oil)³ and *Dharūr* (powder for sprinkle)²⁸
 - Local application of *Dimād* prepared with *Nargis* root and honey or vinegar to skin²⁸

118. *Nasrīn*^{6,28}

- **Scientific name:** *Rosa brunonii* Lindl.
- **Synonym :** *Gul-i-Suyōī*
- **Temperament:** *Hārr Yābis* (hot & dry) in first degree
- **Part used :** Flower and its oil
- **Actions :** *Muḥallil* (resolvent), *Munaqqī* (cleanser),⁶ *Muṭīb* (fragrant), *Mufarriḥ* (exhilarant)
- **Therapeutic/ Cosmetic use :** *Shayb* (greying of hair), prevents graying of hair, *Kalaḥ* (melasma) and reduces other skin marks /spots
- **Method of use :** Oral and local
 - Oral administration of powder of dried flower in a dose of 2.25-4.5 g daily for 1 year delays the aging process.²⁸
 - For the prevention of graying of the hair, it is used in the form of *Murabbā* in a dose of 9 gm^{6,28}
 - Flower is used in aromatic cosmetic products like perfume, powder, oil etc.²⁸

119. *Nīlofar*^{1,3,15,16}

- **Scientific name:** *Nymphaea alba* L.
- **Temperament :** *Bārid Raṭab* (cold & moist) in second degree
- **Part used :** Flower, root, *flower's* oil
- **Actions :** *Muraṭṭib* (humidifying drug) and *Mulaṭṭif* (attenuant)^{15,16}
- **Therapeutic/ Cosmetic uses :** *Dā'al-Tha'lab* (alopecia areata), *Baraṣ* (vitiligo), *Namash*³⁰ and *Bahaq* (pityriasis)^{3,15,30}

- **Method of use:** Oral and local
 - Root is ground with water and applied to the affected part in case of pityriasis¹⁶ and with *Zift* for alopecia areata
- **Dosage:** oral- Flower: 5 to 7 g³⁰

120. *Nīm*^{3,5,10,20,29}

- **Scientific name:** *Azadirachta indica* A. Juss.
- **Synonyms :** *Nīb*
- **Temperament :** *Hārr Yābis* (hot & dry)
- **Part used :** Leaf, fruit, exudate, oil²⁹
- **Actions :** *Qābiḍ* (astringent), *Daf-i Ta'affun* (anti septic), *Muṣaffī-i-Dam* (blood purifier), ^{5,29} *Muraṭṭib* (humidifying drug), *Mutawwil-i Sha'r* (increases hair length)²⁰ and hair growing agent⁵
- **Therapeutic/ Cosmetic uses :** *Intithār al-Sha'r* (hair fall), *Sa'fa Raṭba* (wet folliculitis), *Qummal-o-Ṣi'bān* (pediculosis),¹ *Dā' al-Tha'lab* (alopecia areata),^{10,20} *Buthūr Labaniyya* (acne), *Āthār al-Humayqa* (marks of chicken pox),^{5,20} *Baraṣ* (vitiligo), *Bahaq* (pityriasis),²⁰ *Namash* (naevus), *Buthūr* (eruptions), *Quruh* (wound)²⁹
- **Method of use :** Oral and local
 - Oil prepared with its leaves, prevents skin dryness during the winter and kills lice
 - Paste prepared with leaves of *Nīm* and leaves of *Beri* is applied to the hair and washed off after 4 hours, which is beneficial in cases of hair fall⁵
- **Dosage:** Oral- seed: 5 g; gum: 2g²⁹

121. *Nishā'*^{1,6,10,20}

- **Scientific name/English name:** *Starch*
- **Synonym :** *Nashāsta*
- **Temperament :** *Bārid Yābis* (cold & dry) in first degree
- **Actions :** *Rāde'* (repellent agent), *Qābiḍ* (astringent)
- **Therapeutic/ Cosmetic uses:** *Kalaf* (melasma)
- **Method of use :** Local application
 - It is used with *Za'farān* locally in the cases of *Kalaf*¹

122. *Panwār*^{4,5,25}

- **Scientific name:** *Cassia tora* L.
- **Synonym :** *Chakonr*²⁵
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Seed, leaf

- **Actions :** *Muḥallil* (resolvent), *Jādhīb* (absorbent)^{4,5} and *Jālī* (detergent)²⁵
- **Therapeutic/ Cosmetic uses :** *Intithār al-Sha ‘r* (hair fall), *Bahaq* (pityriasis),⁴ *Baraş* (vitiligo),^{4,25} *Fasād al-Dam* (blood impurities causing skin discolouration /skin marks), *Qūba* (ringworm)²⁵
- **Method of use :** Local and oral
 - Local application as *Ḍimād* (poultice), liniment or ointment
- **Dosage:** oral-*seed*: 1.7 to 3.6 g²⁵

123. *Parsiyā’oshāḡ*²³

- **Scientific name:** *Adiantum capillaris-veneris* L.
- **Synonym :** *Sha ‘r al-Jin, Hansrāj*
- **Temperament :** *Ḥārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used :** Leaf, frond
- **Actions :** *Munbit-i-Sha ‘r* (hair-grower agent)
- **Therapeutic/Cosmetic uses:** *Dā’ al-Tha ‘lab* (alopecia areata) and hair care.
- **Method of use :** Local application

124. *Qaşab*^{1,2,14,21}

- **Scientific name:** *Bambusa bambos* (L.) Voss.
- **Synonyms :** *Bāns, Nay*
- **Temperament :** *Bārid Yābis* (cold & dry) in third degree
- **Part used:** Stem bark ash , root ash
- **Actions:** *Munbit-i-Sha ‘r* (hair-grower agent), *Jālī* (detergent) and used to dye hair,^{1,2,14}
- **Therapeutic/ Cosmetic uses:** *Dā’ al-Tha ‘lab* (alopecia areata),¹ *Buthūr* (eruptions)¹²
- **Method of use :** Local application
 - The ash of its root and *Hinā* 1 part each is taken and soaked in vinegar to make a paste. The paste is applied to the scalp ¹
 - It is also included in skin beauty care products and hair dyes^{2,14}

125. *Qusṭ*^{1,3, 16,20, 21,23}

- **Scientific name:** *Saussurea costus* (Falc.) Lipsch. Synonym *Saurea lappa* C. Clarke
- **Synonym:** *Kūth, Kuṭ*
- **Temperament :** *Ḥārr Yābis* (hot & dry) in third degree
- **Part used :** Root
- **Actions :** *Muqawwī-i-Sha ‘r* (hair tonic), *Munbit-i-Sha ‘r* (hair-grower agent) and *Jālī* (detergent)^{3,20}
- **Therapeutic/ Cosmetic uses :** Hair care, *Dā’ al-Tha ‘lab* (alopecia areata),¹⁶ *Bahaq* (pityriasis), *Namash* (naevus), *Kalaf* (melasma) and cleanses face^{1,16,20, 21}

- **Method of use :** Local application
 - It is ground with water or honey and applied to remove *Kalaf* (melasma)¹
 - Used in *Ghasūl* formulations

126. *Rayhān*^{5,10}

- **Scientific name:** *Ocimum tenuiflorum* L.
- **Synonym:** *Tulsī*
- **Temperament :** *Hārr* (hot) in second degree and *Yābis* (dry) in first degree
- **Part used:** Leaf, seed
- **Actions :** *Muḥassin-i-Lawn* (complexion booster)⁵ and *Muḥallil-i-Waram* (anti-inflammatory)¹⁰
- **Therapeutic/Cosmetic uses:** To enhance skin complexion and for skin beautification
- **Method of use :** Local application
 - *Rayhān* is used while bathing to beautify skin, i.e., soften and cleanse skin¹⁰

127. *Ratanjot*^{9,24,29}

- **Scientific name:** *Onosma echioides* L.
- **Synonym :** *Abū Khālsā, Shanjār*
- **Temperament :** *Bārid Yābis* (cold & dry) in second degree
- **Part used:** Root
- **Actions :** *Qābiḍ* (astringent), *Jālī* (detergent), *Mujaffif* (drying agent)²⁹
- **Therapeutic/ Cosmetic uses :** *Hazāz* (dandruff), *Bahaq* (pityriasis) and *Surkhabāda* (erysipelas),^{9,24} *Qarḥa Khabītha* (malignant ulcer), *Harq* (burn), *Namla* (herpes zoster)²⁹
- **Method of use :** Local application
 - It is included as an ingredient in various *Marham* useful for *Qarḥa Khabītha* (malignant ulcer), *Harq* (burn) and *Namla* (herpes zoster)²⁹

128. *Reward*^{1,13,16}

- **Scientific name:** *Rheum australe* D.Don
- **Synonym :** *Reward Chīnī*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Root/rhizome
- **Actions :** *Qābiḍ* (astringent),¹ *Jālī* (detergent) and *Muḥallil-i-Waram* (anti-inflammatory)²⁵
- **Therapeutic/ Cosmetic uses :** *Kalaf* (melasma) and other skin marks¹
- **Method of use :** Oral and local¹
 - Grind it with vinegar finely in the form of paste for application on the affected part^{13,16}
 - Orally used for *Istafragh* (evacuation)¹
- **Dosage:** oral- 1 to 3 g²⁵

129. *Sa'd Kūfi*^{7,14,24}

- **Scientific name:** *Cyperus rotundus* L.
- **Synonym :** *Sa'd, Nāgarmotha*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Root
- **Actions:** *Mujaffif* (drying agent), *Muḥassin-i-Lawn* (complexion booster), *Muṭīb-i-Dahan* (mouth freshener)^{7,14}
- **Therapeutic/ Cosmetic uses:** *Bakhr al-Fam* (halitosis), *Ṣunān* (foul smell of axilla) and used for skin fairness.
- **Method of use :** Oral and local
 - It is used as mouth freshener
 - *Sabun* (soaps), *Ghasūl* (body wash)

130. *Sādhaj*^{3,7,14,23,24}

- **Scientific name:** *Cinnamomum tamala* (Buch.-Ham.) T.Nees & C. H. Eberm.
- **Synonym :** *Tezpāt, Sādhaj Hindī*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Leaf
- **Actions :** *Muṭīb-i-Dahan* (mouth freshener), *Muqawwī-i-Dandān* (teeth tonic), prevents *Ta'akkul al-Asnān* (dental caries)
- **Therapeutic/Cosmetic uses :** *Kathra al-'Araq* (polyhidrosis),²³ *Ṣunān* (foul smell of axilla)¹⁴
- **Method of use :** Oral and local
 - It is used in skin care products, mouth freshners, tooth powders, and aromatics¹⁴
 - Local application of powder with vinegar¹⁴

131. *Ṣadaf*^{18,24}

- **Scientific name/English name:** *Oyster's shell/ Ostrea edulis*
- **Synonym :** *Sīp, Gosh Māhī*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** *Shell*
- **Actions :** *Hābis* (styptic drug), *Muḥallil* (resolvent),¹⁴ *Munbit-i-Sha'r* (hair-grower agent), *Jālī* (detergent)¹⁸ *Mujalli-i-Dandān* (teeth cleaner), *Mudammil* (vulnerary agent), it softens eyelashes, and beautifies eyes,²⁴
- **Therapeutic/ Cosmetic uses :** *Intithār al-Sha'r* (hair fall),¹⁴ *Khushūna al-Ayn* (dryness of eyes), *Bahaq* (pityriasis), *Āthār al-Qurūḥ* (scar marks), *Kalaf* (melasma), *Jarab* (scabies) and cleanses teeth.^{18,24}

- **Method of use :** Local application
 - The drug *Ṣadaḥ* with olive oil is used to prevent hair fall and it also grows new hair
 - It's ash is used in *Sanūn* (tooth powder) for tooth care
 - Burnt shell is used with vinegar for cosmetic purposes

132. *Salaq*^{3,7,16,18,19,23}

- **Scientific name:** *Beta vulgaris* L.
- **Synonym :** *Chuqandar*
- **Temperament :** *Ḥārr Raṭab* (hot & moist) in second degree
- **Part used :** Leaf, root
- **Actions :** *Muḥassin-i-Sha'r* (hair conditioner), *Jālī* (detergent), *Mulaṭṭif* (attenuant), *Muḥallil* (resolvent) and enhances beauty of hair
- **Therapeutic/Cosmetic uses :** *Intithār al-Sha'r* (hair fall), *Ḥazāz/ Bafā/Hibriyya* (dandruff), *Qummal-o-Ṣi'bān* (pediculosis), *Dā' al-Tha'lab* (alopecia areata), also used for *Taṭwīl al-Sha'r* (to increase hair length), *Tashaqquq-i-Jild* (cracked skin) due to cold, *Buthūr* (eruptions), *Kalaḥ* (melasma), *Bahaq* (pityriasis), *Tha'ālīl* (warts) *Barash* (freckle)
- **Method of use :** Local application
 - It's decoction is used for washing hair^{18,23}

133. *Sanā'*^{24,27}

- **Scientific name:** *Senna alexandrina* Mill.
- **Synonym :** *Sanā' Makkī*
- **Temperament :** *Ḥārr* (hot) in third degree and *Yābis* (dry) in second degree
- **Part used :** Leaf
- **Actions :** *Jālī* (detergent), *Muṣaffī-i-Dam* (blood purifier), *Mushil* (purgative)²⁷
- **Therapeutic/Cosmetic uses :** *Dā' al-Tha'lab* (alopecia areata), *Intithār al-Sha'r* (hair fall),²⁴ *Jarab* (scabies), *Buthūr* (eruptions)²⁷
- **Method of use :** Oral and local
 - *Khiḍāb* (hair dye) prepared with it's leaves.²⁴
- **Dosage:** oral-5-10 g²⁷

134. *Ṣandal*^{10,12,24}

- **Scientific name:** *Santalum album* L.
- **Synonym :** *Ṣandal Safayd, Chandan*
- **Temperament :** *Bārid* (cold) in third degree and *Yābis* (dry) in second degree
- **Part used :** Wood
- **Actions :** *Mubarrid* (refregirent), *Muṭīb* (fragrant) and used as deodorant,²⁴ *Muḥassin-i-Lawn* (complexion booster).¹²

- **Therapeutic/Cosmetic uses :** ‘*Araq-i-Muntin* (bromhidrosis), *Buthūr Labaniyya* (acne) and rashes on face.¹⁰
- **Method of use :** Local application in the form of powder, paste, soap and oil

135. *Sandrūs*^{1, 14}

- **Scientific name:** *Trachylobium hornemannianum* Hayne
- **Temperament :** *Ḥārr Yābis* (hot & dry) in second degree
- **Part used :** Resin
- **Actions :** *Musakhkhin* (calorific drug), *Mujaffif* (drying agent), *Qābiḍ* (astringent),¹⁴ and *Muhazzil* (weight reducing agent)^{1,14}
- **Therapeutic/ Cosmetic uses :** *Tashaqquq-i-Jild* (cracked skin) and *Qūba* (ringworm).¹⁴ It reduces body weight^{1,14}
- **Method of use:** Oral and local
 - Oral administration at a dose of 2.6 g along with *Sikanjabīn* daily for 3 weeks reduces weight effectively¹⁴
 - Oral administration with *Mā’* (water) and *Sikanjabīn* reduces weight¹

136. *Sangtara*²⁹

- **Scientific name:** *Citrus reticulata* Blanco.
- **Synonym :** *Nārang, Nāranj*
- **Temperament :** *Bārid Raṭab* (cold & moist) in second degree
- **Part used :** Flower, Fruit, fruit’s pericarp/fruit’s rind
- **Actions :** *Muqawwī-i-Qalb* (heart tonic), *Musakkin* (soothing agent), *Daḡī ‘-i-Ta’affun* (antiseptic), *Jālī* (detergent), *Muqawwī-i-Dandān* (teeth tonic)
- **Therapeutic/Cosmetic uses :** *Litha Dāmiya* (pyorrhea),³ *Kalaf* (melasma), *Bahaq* (pityriasis)
- **Method of use :** Oral and local
 - Local application of fruit rind used in face packs and other cosmetic product

137. *Shaljam*^{5,14,24, 29}

- **Scientific name:** *Brassica rapa* L.
- **Synonym :** *Shalgham, Lift*
- **Temperament :** *Ḥārr Raṭab* (hot & moist) in first degree
- **Part used :** Leaf, tuber, seed
- **Actions :** *Muḡhallil* (resolvent)
- **Therapeutic/ Cosmetic uses :** *Barash* (freckle), *Tashaqquq-i-Jild* (cracked skin) due to cold, *Kalaf* (melasma).^{5,14}

- **Method of use:** Local application
 - It is applied locally after grinding with vinegar in the case of *Kalaf*⁹
 - *Naṭūl* of its leaves or decoction or paste prepared with its leaves and seeds are useful for swollen fingers due to cold and dry/cracked skin^{5,24}
 - Seed is included in formulations of *Ghazā* (facial powder)²⁴

138. *Shaqā'iq al-N'umān*^{7,14,24}

- **Scientific name:** *Anemone coronaria* L.
- **Synonym :** *Gul-i Lāla, Shaqā'iq*
- **Temperament :** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used :** Flower, leaf, branches
- **Actions :** *Jālī* (detergent), *Muḥallil* (resolvent), *Ghassāl* (abluent), *Jādhib* (absorbent), *Muqawwī-i-Baṣar* (eye tonic), *Mufattiḥ* (deobstruent), *Musawwid-i-Sha'r* (hair blackener)
- **Therapeutic/ Cosmetic uses :** Used as hair dye for cosmetic purposes, beneficial in *Hibriyya* (dandruff), cleanses eyes, removes *Āthār al-Qurūḥ* (scar marks) of eyes, effective in *Baraṣ* (vitiligo), *Bahaq* (pityriasis) and *Namash* (naevus)
- **Method of use :** Oral and local
 - Oral administration of seed in a dose of 3.5 g with water for few days is beneficial for *Baraṣ*²⁴
 - Local application of paste prepared with its flower and fresh rind of walnut increases the blackness of hair and is also beneficial for *Qūba* (ringworm).²⁴
 - *Khiḍāb* (hair dye), *Kajal* or *Kuhl* preparation, and other cosmetic products

139. *Shibb*^{3,5,13,24}

- **Scientific name/English name:** *Alum*
- **Synonym :** *Zāj, Phitkarī*
- **Temperament :** *Hārr* (hot) in first degree and *Yābis* (dry) in third degree
- **Actions :** *Musakkkhin* (calorific drug), *Mujaffif* (drying agent), *Qābiḍ* (astringent), *Muqawwī-i-Dandān* (teeth tonic) and is beneficial for eyes and eyelid /eyelashes³
- **Therapeutic/ Cosmetic uses :** *Hazāz/Hibriyya* (dandruff), dryness of scalp, teeth care, *Buthūr Labaniyya* (acne),^{13,24} *Baraṣ al-Azḡār* (whitening of nails), *Shuqūq-ul-Atrāf* (cracked skin of hand and feet),²⁴ *Khiḍāb* (hair dye)¹³ and beneficial for eyes, skin care
- **Method of use :** Local application

140. *Shibrim*^{14,24}

- **Scientific name:** *Euphorbia pithyusa* L.
- **Synonym:** *Jajāth*
- **Temperament :** *Hārr* (hot) in third degree and *Yābis* (dry) in second degree²⁴
- **Part used :** Whole plant

- **Actions :** *Hāliq* (epilator), *Jālī* (detergent)¹⁴
- **Therapeutic/ Cosmetic uses:** *Tha 'ālīl* (warts) and used for cleansing skin.
- **Method of use :** Local application

141. *Shūtaraj*^{7,14,16,24,27}

- **Scientific name:** *Plumbago zeylanica* L.²⁷
- **Synonym :** *Shūtaraj Hindī*, *Chīta*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Root
- **Actions :** *Jālī* (detergent), *Munaqqī* (cleanser) and *Munbit-i Sha 'r* (hair-grower agent)^{14,16}
- **Therapeutic/Cosmetic uses :** *Taqashshur-i Jild* (ichthyosis), *Bahaq* (pityriasis), *Baraş* (vitiligo) and *Kalaf* (melasma)¹⁶
- **Method of use :** Oral and local
- **Dosage:** oral- 1.5 to 3 g²⁷

142. *Shūnīz*^{5,10,14,24,27}

- **Scientific name:** *Nigella sativa* L.
- **Synonym :** *Kalonjī*
- **Temperament :** *Hārr* (hot) in second degree and *Yābis* (dry) in third degree
- **Part used :** Seed
- **Actions :** *Muḥassin-i Lawn* (complexion booster), boosts the complexion to pinkish¹⁰, *Jālī* (detergent),^{10,27} *Muḥallil-i-Awram* (anti-inflammatory)^{5,10,27}, *Mujaffif* (drying agent) and *Munaqqī* (cleanser)¹⁴
- **Therapeutic/Cosmetic uses :** *Dā 'al-Tha 'lab* (alopecia areata), *Intithār al-Sha 'r* (hair fall),¹⁰ *Şala'* (baldness),¹⁴ *Buthūr Labaniyya* (acne), *Bahaq* (pityriasis),²⁷ *Baraş* (vitiligo),²⁷ *Khīlān* (mole)^{5,14,24}
- **Method of use :** Oral and local
 - Half crushed nigella seeds are mixed with *Ravghan-i-Hinā* to form a paste for local application in cases of *Intithār al-Sha 'r* (hair fall)⁵
 - Local application of paste prepared with *Kalonjī* and *Ravghan-i-Gāo*, is used as complexion booster⁵
 - In cases of *Buthūr Labaniyya* (acne), paste is prepared with *Kalonjī* and vinegar. It is applied at night and left overnight, face is washed in the morning⁵
- **Dosage:** oral-1 to 2 g²⁷

143. *Simsim*^{5,18,23,24}

- **Scientific name:** *Sesamum indicum* L.
- **Synonym :** *Kunjad*, *Til*
- **Temperament :** *Bārid Raṭab* (cold & moist) in second degree
- **Part used :** Leaf, seed, seed's oil

- **Actions :** *Muraṭṭib* (humidifying drug), *Jālī* (detergent), *Muqawwī-i-Sha‘r* (hair tonic), *Muṭawwil al-Sha‘r* (hair elongator), *Muḥassin-i-Sha‘r* (hair conditioner), *Muḥassin-i-Lawn* (complexion booster).^{5,18}
- **Therapeutic/Cosmetic uses :** Hair care, *Khushunat wa Tashaquq-i-Jild* (dryness and cracked skin).^{5,24}
- **Method of use:** Local application
 - The decoction of leaves is used for washing hair and scalps. It makes hair soft and increases hair length^{1,23,24}
 - Oil prepared with *Ravghan-i-Kunjad*, *Āb-i Barg Ās*, and *Ravghan-i-Zaitoon Kham* is applied to hair to make it coarse and hard²⁴
 - Oil to the scalp prevents hair fall⁵
 - Paste prepared with sesame seed is beneficial in *Khushunat wa Tashaquq-i-Jild* (cracked skin)^{5,24}
 - Seed’s oil is used as a humidifying drug for dryness and cracked skin^{5,24}
 - *Ravghan-i-Kunjad*, *Sibr*, *Mawīz*, ‘*Araq-i Anīsūn* is ground and used as *Ṭilā’*. It revitalizes the skin by improving blood circulation¹⁸ and is useful for dryness and cracked skin¹⁸
 - *Ḍimād* prepared with *Ravghan-i-Kunjad* and *Mom* is used as a humidifying drug and skin detergent. It also enhances the skin’s complexion and removes wrinkles²⁴

144. *Sṭr*^{3,13,23}

- **Scientific name:** *Allium sativum* L.
- **Synonym :** *Thūm*, *Lehsun*
- **Temperament :** *Hārr* (hot) in second degree and *Yābis* (dry) in third degree
- **Part used :** Bulb/ clove
- **Actions :** *Dāfi’-i-Ta‘affun* (antiseptic), *Muḥallil* (resolvent)
- **Therapeutic/ Cosmetic uses :** *Qummal-o-Ṣi‘bān* (pediculosis), *Da‘al-Thālab* (alopecia areata), *Ḥazāz/Ḥibriyya* (dandruff), *Buthūr* (eruptions), *Bahaq* (pityriasis)^{3,13,23}
- **Method of use :** Local application
 - Paste prepared with burnt garlic cloves and honey removes discoloration below the eyes²⁴

145. *Sudāb*^{5,18,24}

- **Scientific name:** *Ruta graveolens* L.
- **Synonym :** *Fījan*, *Sānawl*
- **Temperament :** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used :** Root, leaf
- **Actions :** *Muṭib-i-Dahan* (mouth freshener), *Muqawwī-i-Baṣar* (eye tonic) and beneficial for skin care

- **Therapeutic/ Cosmetic uses :** *Bakhr al-Fam* (halitosis).²⁴ It removes unpleasant smell of mouth produced due to eating of onion and garlic,^{5,18} beneficial in *Bahaq* (pityriasis), *Dād / Qūba* (ring worm) and *Buthūr Labaniyya* (acne)^{5,18}
- **Method of use :** Chewing and local application for cosmetic purpose
 - It is soaked with *Naṭrūn* in water and then used as *Ghasūl* (washing agent), which is beneficial for *Bahaq Abyaḍ*²⁴
 - It is added to *Marham* and aromatic oils

146. *Sumāq*^{3,14,18,24}

- **Scientific name:** *Rhus coriaria* L.
- **Synonym :** ‘*Anzab*
- **Temperament :** *Bārid Yābis* (cold & dry) in second degree
- **Part used :** Leaf, fruit
- **Actions :** *Musawwid-i-Sha‘r* (hair blackener), *Jālī* (detergent),³ *Muḥallil-i-Waram* (anti-inflammatory),¹⁴ *Muqawwī-i-Baṣar* (improves vision) and beneficial for eyes¹⁸
- **Therapeutic/ Cosmetic uses :** Dryness of eyelid, *Sulāq* (blepharitis), *Barada* (chalazion), *Āthār al-Qurūḥ* (scar marks)^{14,24}
- **Method of use :** Local application
 - The washing of hair with the decoction of its leaves is used for hair blackening³
 - Henna powder mixed in the decoction of its leaves is used as *Khiḍāb* (hair dye)¹⁴
 - Fruit paste with honey is applied to the eyelids for dryness and blepharitis²⁴
 - Hot fomentation of the eyes with the decoction of *Sumaq* is beneficial for itchy eyes and *Barada* (chalazion)^{18,24}
 - Local application on *Āthār al-Qurūḥ* (scar marks)

147. *Sumbul al-Ṭīb*^{5,6,10,27}

- **Scientific name:** *Nardostachys Jatamansi* (D.Don) DC.
- **Synonym :** *Jatāmānsī, Nārdīn, Bālchar*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Rhizome/ root
- **Actions :** *Muṭīb* (aromatic), *Muṭīb-i-Dahan* (mouth freshener),²⁷ *Māni‘-i-‘Araq* (antiperspirant), *Munbit-i-Sha‘r* (hair-grower), *Musawwid-i-Sha‘r* (hair blackener),^{5,10} *Muḥassin-i-Lawn* (complexion booster),⁵ *Jālī* (detergent)²⁷ and beautifies eyelashes
- **Therapeutic/Cosmetic uses :** *Intithār al-Sha‘r* (hair fall), *Kathra al-‘Araq* (polyhidrosis), *Ṣunān* (foul smell of axilla), fairness of skin.^{5,6,10}
- **Method of use :** Oral and local
- **Dosage:** oral- 3 to 5 g.²⁷

148. *Şibr*^{3,5,18}

- **Scientific name:** *Aloe vera* (L.) Burm.f.²⁷
- **Synonym :** *Ghīkawār*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Leaf's pulp
- **Actions :** *Muraṭṭib* (humidifying drug), *Muḥāfiz-i-Badan* (general body care),^{18 3} *Musawwid-i-Sha 'r* (hair blackener), *Muqawwī-i-Sha 'r* (hair strengthening agent) and evacuates morbid matter from the body^{3,5}
- **Therapeutic/Cosmetic uses:** *Dā'al-Tha'lab* (alopecia areata), *Hazāz* (dandruff), *Qūba* (ringworm),⁵ blepharitis and removes irritation of eye's¹⁸ removes violet spots below the eyes and useful for *Tashaqquq-i-Jild* (cracked skin),¹⁸ *Āthār al-Qurūḥ* (scar marks)³
- **Method of use :** Oral and local
 - It evacuates morbid matter from the body when used orally at a dose of 4.5g³
 - Local application of paste prepared with *Şibr*, leaves of *Ās* and lime on hair and scalp blackens and strengthens hair, increases hair length and makes hair curly⁵
 - Local application with vinegar prevents hair fall¹⁸
 - It is included in *Surma*, creams and soap preparations, after detoxification
 - It is applied locally with honey for skin care³
- **Dosage:** oral-1 to 4 g²⁷

149. *Ṭalaq*^{6,10}

- **Scientific name/English name:** *Talc, mica*
- **Synonym :** *Abrak*
- **Temperament :** *Bārid* (cold) in second degree and *Yābis* (dry) in third degree
- **Actions :** *Hābis* (anastaltic drug), *Mujaffif* (drying agent)
- **Therapeutic/ Cosmetic uses :** *Hikka* (pruritus), *Āthār-i-Jild* (marks or spots), and hyperpigmented skin
- **Method of use :** Local application in various dosage forms for cosmetic purposes

150. *Ṭālisfar*^{13,14}

- **Scientific name:** *Abies pindrow* (Royle ex D.Don) Royle
- **Synonym :** *Zarnab*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Leaf, stem bark
- **Actions :** *Muṭīb-i-Dahan* (mouth freshener), *Muṭīb* (aromatic),¹³ *Qābiḍ* (astringent), *Mulaṭṭif* (attenuant), and *Muḥallil* (resolvent)¹⁴
- **Therapeutic/ Cosmetic uses :** Used as a skin detergent to make it fair and glowing
- **Method of use :** Local application of face pack prepared with its powder, milk and water¹⁴

151. *Tanbūl*^{2,3}

- **Scientific name:** *Piper betle* L.
- **Synonym :** *Pān*
- **Temperament :** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used :** Leaf
- **Actions:** *Muṭīb-i-Dahan* (mouth freshener), *Qābiḍ* (astringent), and *Muḥallil* (resolvent). Dyes lips temporarily
- **Therapeutic/Cosmetic uses:** When chewed along with lime, *kath*, and *supari*, the leaves impart a temporary reddish coloration to the mouth and lips.
- **Method of use :** It's leaves are chewed with other ingredients

152. *Tūdrī Surkh*^{5,6}

- **Scientific name:** *Erysimum cheiri* L.
- **Synonym :** *Quṣṭ al-Barrī*¹⁰
- **Temperament :** *Bārid* (cold) in first degree and *Raṭab* (moist) in second degree
- **Part used :** Seed
- **Actions :** *Muraṭṭīb* (humidifying drug), *Muḥassinn-i-Lawn* (complexion booster), *Jālī* (detergent)
- **Therapeutic/ Cosmetic uses:** For cleansing of skin and fairness.
- **Method of use :** Local application in various dosage forms for cosmetic purpose

153. *Turanj*^{5,11,13,16,19,29}

- **Scientific name:** *Citrus medica* L.
- **Synonym :** *Utraj*²⁹
- **Temperament :** *Bārid Raṭab* (cold & moist)²⁹
- **Part used :** Fruit, fruit rind/ pericarp, leaf
- **Actions :** *Muṭīb-i-Dahan* (mouth freshener), *Jālī* (detergent), *Muḥallil* (resolvent) and *Mulaṭṭīf* (attenuant)^{5,19} and brighten teeth⁵
- **Therapeutic/ Cosmetic uses:** *Baraṣ* (vitiligo), *Bahaq Aswad* (pityriasis nigra),^{11,16} *Kalaf* (melasma) and *Qūba* (ringworm)^{11,13}. Fruit's peel is useful for *Baraṣ* (vitiligo) and *Āthār-i-Jild* (skin spots) where as fruit and leaves are useful for beautification of face, remove melasma and brighten teeth⁵
- **Method of use :** Oral and local use
- **Dosage:** oral-3.5 g²⁹

154. *Turmus*^{3,5,13,23}

- **Scientific name:** *Lupinus albus* L.
- **Synonym :** *Ban*, *Ḥabba al-Khaḍrā'*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Seed, seed's powder

- **Actions :** *Muraqqiq-i-Sha 'r* (hair thinner), *Jālī* (detergent),³ *Muṭīb-i-Dahan* (mouth freshener)³ *Muḥallil* (resolvent)⁵ and *Jālī* (detergent)^{3,13}
- **Therapeutic/ Cosmetic uses :** *Tarqīq-i-Sha 'r*, and used as *Khiḍāb* (hair dye) for cosmetic purposes
- **Method of use :** Local application
 - Used as hair dye. Its seeds are soaked in an infusion of *Naṭrūn* and then the hair is washed daily with this mixture for 5 days to dye the hair golden⁵
 - Seed paste is used to make hair course⁵
 - Local application of powdered turmus with honey is useful for *Buthūr Labaniyya* and to make skin fair and soft³

155. *Ṭīn al-Qaimūliya*^{6,22,24}

- **Scientific name/English name:** *Camolian earth/Cimolite earth*
- **Synonym :** *Gil Qaimūliya, Kharyā Mittī*
- **Temperament :** *Bārid* (cold) in first degree and *Yābis* (dry) in second degree
- **Part used :** Clay
- **Actions :** *Mujaffif* (drying agent), *Qābiḍ* (astringent),^{6,22} *Muḥassin-i-Lawn* (complexion booster), *Muḥassin-i-Sha 'r* (hair conditioner)²⁴
- **Therapeutic/ Cosmetic uses :** *Buthūr* (eruptions), *Bahaq* (pityriasis), *Harq* (burn), prevents burn marks in burn cases
- **Method of use: Local application**
 - Clay cleanses the face (for oily skin) and body^{6,24}
 - Included as an ingredient in face pack formulations

156. *Ullaiq*^{1,10,18,12,24}

- **Scientific name:** *Morus sp.*
- **Temperament :** *Bārid Yābis* (cold & dry) in second degree
- **Part used :** Leaves, flowers, fruit, stem
- **Actions :** *Muḥallil* (resolvent)¹⁶ *Mujaffif* (drying agent), *Qābiḍ* (astringent), *Jādhib* (absorbent)^{4,11}
- **Therapeutic/ Cosmetic uses :** Removes dryness of eyelashes / eyelid, cleanses eyes and it is also beneficial for *Sulāq* (blepharitis)^{4,11}, *Kalaḥ* (melasma), *Bahaq* (pityriasis),^{4,5,16} and beneficial for *Buthūr* (eruptions), *Tha 'ālīl* (warts) and *Ṣunān* (foul smell of axilla)⁴, *Bakhr al-Fam* (halitosis), strengthening of gums.
- **Method of use :** Local application in various dosage forms for cosmetic purposes

157. *Ushaq*^{4,5,11,16}

- **Scientific name:** *Dorema ammoniacum* D. Don. Synonym *Ferula ammoniacum* (D.Don) Spalik, M.Panahi, Piwczynski & Puchałka
- **Synonym :** *Ushuq, Ushaq*^{5,29}
- **Temperament :** *Hārr Yābis* (hot & dry) in first degree

- **Part used** : Oleo-gum resin
- **Actions** : *Muḥallil* (resolvent)¹⁶ *Mujaffif* (drying agent) and *Jādhīb* (absorbent), eyes, cleanser^{4,11} *Daf-i-Ta'affun* (antiseptic)²⁹
- **Therapeutic/Cosmetic uses** : Removes dryness of eyelashes / eyelid and it is also beneficial for blepharitis,^{4,11} *Kalaf* (melasma) and *Bahaq* (pityriasis),^{4,5,16} *Buthūr* (eruptions), *Tha'ālīl* (warts) and *Ṣunān* (foul smell of axilla)⁴
- **Method of use** : Local application in various dosage forms for cosmetic purposes

158. *Ushba*^{5,6,8}

- **Scientific name:** *Smilax ornata* Lem.
- **Synonym:** *Fawfa*
- **Temperament** : *Hārr Yābis* (hot & dry) in second degree
- **Part used** : Root
- **Actions** : *Muṣaffī-i-Dam* (blood purifier), *Muḥallī-i-Waram* (anti-inflammatory), *Mushil-i-Akhlāt Thalātha* (purgative of phlegm and yellow and black bile)^{5,8}
- **Therapeutic/ Cosmetic uses** : *Fasād al-Dam* (blood impurities causing skin discolouration / skin marks),⁸ *Amrād-i-Jild* (skin diseases)^{6,8}
- **Method of use** : Oral and local
- **Dosage:** oral-4.5-9 g⁵

159. *ʿŪd*^{1,10,14}

- **Scientific name:** *Aquilaria malaccensis* Lam.
- **Synonym** : *Agar*
- **Temperament** : *Hārr Yābis* (hot & dry) in second degree
- **Part used** : Wood
- **Actions:** *Muṭīb-i-Dahan* (mouth freshener),^{1,10} *Mujallī wa Muqawwī-i-Dandān* (teeth tonic and cleaner)^{10,14}
- **Therapeutic/ Cosmetic uses** : *Bakhr al-Fam* (halitosis)¹⁴
- **Method of use** : It's wood is chewed as a mouth freshener¹ and used for making perfume and dental products

160. *Ward*^{1,15,20,21}

- **Scientific name:** *Rosa damascena* Mill.
- **Synonym** : *Gul Surkh*, *Gulāb*
- **Temperament** : *Murakkab al-Quwā*
- **Part used:** Flower
- **Actions** : *Jālī* (detergent), *Mufattiḥ* (deobstruent), *Qābiḍ* (astringent), *Mujaffif* (drying agent), and *Muṭīb* (fragrant)
- **Therapeutic/ Cosmetic uses** : *Ṣunān* (foul smell of axilla)²¹

- **Method of use :**
 - When used in baths, it removes foul smell of the body, is worn as garland, and is used in various cosmetic products.¹
 - ‘*Araq-i Gulāb* (rose distillate) is used to make various cosmetic products.
 - Used in *Ghasūl* (lotions or body wash)¹
 - Flower is burned and included in *Kuḥl* preparations.
 - Rose petals-180g, *Sumbul al-Ṭīb*-22g and *Murr*-23g, are grind to form pills and preserved. Pills are rubbed on the body after mixing it with water for perfuming the body.¹⁵

161. *Wasma*^{1,2,5,6,18,23}

- **Scientific name:** *Indigofera tinctoria* L.
- **Synonym :** *Nīl*, *Khiḍāb*²⁸
- **Temperament :** *Hārr* (hot) in first degree and *Yābis* (dry) in second degree
- **Part used :** Leaf
- **Actions :** *Musawwid-i-Sha‘r* (hair blackener), *Muqawwī-i-Sha‘r* (hair strengthener),^{5,18} *Hābis* (styptic), *Jālī* (detergent).^{1,2,5,23} *Mujaffif* (drying agent) and *Jādhib* (absorbent)²⁸
- **Therapeutic/ Cosmetic uses :** *Shayb* (greying of hair)^{1,18,23} *Dā‘al-Thālab* (alopecia areata), *Kalaf* (melasma), *Namash* (naevus), *Bahaq* (pityriasis)
- **Method of use :** Local application as *Khiḍāb* (hair dye)^{18, 1, 28}

162. *Yabrūj*^{1,3,16}

- **Scientific name:** *Atropa belladonna* L.
- **Synonym :** *Lufāḥ*
- **Temperament :** *Bārid* (cold) in third degree and *Yābis* (dry) in second degree
- **Part used :** Leaf, latex
- **Actions :** *Jālī* (detergent) and *Mujaffif* (drying agent)¹
- **Therapeutic/Cosmetic uses :**
 - Fresh leaf is useful in the cases of *Baraş* (vitiligo)³ and *Barash* (freckle)¹
 - Latex is useful in the cases of *Kalaf* (melasma),¹ *Namash* (naevus)^{1,16} and *Khīlān* (mole)³
- **Method of use :** Local application
 - Rubbing a fresh leaf (as a paste) for a week removes *Bararsh* (freckle) without causing any ulceration¹
 - Latex is beneficial for melasma and reddish spots¹

163. *Zabad al-Baḥr*^{2,3,13}

- **Scientific name/English name:** *Cuttle fishbone*
- **Synonym :** *Samandar Jhāg*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree

- **Part used :** Bone
- **Actions :** *Jālī* (detergent), *Hāliq-i- Sha 'r* (hair remover), *Munaqqī* (cleanser) and *Mujallī-i-Dandān* (teeth cleaner)^{2,3}
- **Therapeutic/ Cosmetic uses :** *Bahaq Aswad* (pityriasis nigra), *Kalaf* (melasma), *Namash* (naevus), *Āthār-i-Jild* (skin marks) and *Buthūr Labaniyya* (acne)^{13,28}
- **Method of use :** Local application
 - Used in the form of *Ghasūl* and other cosmetic products for skin care
 - *Ṭilā'* prepared with vinegar is useful for *Kalaf*. It also reduces weight when applied on the body²⁸
 - It is used in the form of tooth powder with *Marjān* ²⁸

164. *Za'farān* ^{5,13,17}

- **Scientific name:** *Crocus sativus* L.
- **Synonym :** *Kurkum*
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Stigma
- **Actions :** *Mufarriḥ* (exhilarant), *Mundij* (concoctive), *Dāfi '-i-Ta 'affun* (antiseptic),¹³ *Muḥassin-i-Lawn* (complexion booster),^{13,17} prevents tanning and premature aging of skin⁵
- **Therapeutic/cosmetic uses :** *Taqashshuf al-Jild* (ichthyosis), improve complexion /fairness of skin
- **Method of use :** Oral and local
- **Dosage:** oral- up to 1.3 gm¹⁷

165. *Zaytūn* ^{1,3,5,13}

- **Scientific name:** *Olea europaea* L.
- **Synonym :** *Zayt*
- **Temperament :** *Hārr Yābis* (hot & dry) in first degree
- **Part used :** Fruit, leaf, fruit's oil
- **Actions :** *Muraṭṭib* (humidifying drug), and anti-ageing drug³ *Ravghan-i-Zaitūn* (oil) prevents hair fall, moisturizes skin and improves face glow ⁵
- **Therapeutic/Cosmetic uses :** *Hazāz / Hibriyya* (dandruff), *Dā' al-Tha 'lab* (alopecia areata), *Dā' al-Hayya* (alopecia with loss of a layer of skin),^{5,13} *Bahaq* (pityriasis)¹³, *Āthār al-Ḥumayqa* (chicken pox marks), boils and acne marks.⁵ Oil is useful in damaged hair, *Intithār al-Sha 'r* (hair fall),^{1,5,13} preventing premature graying of hair^{1,5,13} and *Kathra al-'Araq* (polyhidrosis)^{1,13}
- **Method of use :** Local application
 - Leaf extract on the scalp is useful in dandruff ¹³
 - Paste of unripe fruit is useful for *Hazāz* (dandruff) and scalp wounds
 - Paste prepared with the ash of unripe fruit and honey is useful for *Dā' al-Tha 'lab* (alopecia areata)^{3,5}
 - *Ṭilā'* prepared with the nuts and fat is used for nail beautification and nail care^{1,13}
 - Oil is applied to hair, skin, and nails locally for the care of the skin, hair, and nails

166. *Zanjabīl al-Kilāb*^{1,16}

- **Scientific name:** *Portulaca quadrifida* L.
- **Temperament :** *Hārr* (hot) in second degree and *Yābis* (dry) in first degree
- **Part used :** Root
- **Actions :** *Jālī* (detergent)
- **Therapeutic/Cosmetic uses :** *Kalaf* (melasma) and *Namash* (naevus),^{1,16} *Āthār al-Wajh* (marks on face)¹
- **Method of use :** Local application

167. *Zarāwand Mudahraj*^{5,7,16}

- **Scientific name:** *Aristolochia rotunda* L.
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Root / rhizome
- **Actions :** *Muḥallil-i-Waram* (anti-inflammatory), *Mulaṭṭif* (attenuant), *Mudammil* (vulnerary agent)^{5,7}
- **Therapeutic/Cosmetic uses :** *Kalaf* (melasma) and *Bahaq* (pityriasis).^{5,16}
- **Method of use :** Local application

168. *Zarnīkh*^{1,3,13}

- **Scientific name/English name:** *Orpiment*
- **Synonym :** *Hartāl*
- **Temperament :** *Hārr Yābis* (hot & dry) in third degree
- **Actions :** *Hāliq al-Sha‘r* (hair remover)¹
- **Therapeutic /Cosmetic uses :** *Qummal* (pediculosis),¹ *Namash* (naevus), *Baraṣ* (vitiligo), *Kalaf* (melasma), *Āthār al-Qurūḥ* (scar marks), *Buthūr* (eruptions), *Buthūr Labaniyya* (acne),^{1,3} *Bahaq* (pityriasis) and useful for *Zufra Ṭalqiyya* (brittle nails)^{3,13}
- **Method of use:** Local application for cosmetic purpose, included as an ingredient in various formulations like *Nawra*, *Marham* and *Ṭilā‘*

169. *Zūfa*^{3,6,10}

- **Scientific name:** *Hyssopus officinalis* L.
- **Synonym :** *Zūfa Yābis*, *Sankal Mīsh*¹¹
- **Temperament :** *Hārr Yābis* (hot & dry) in second degree
- **Part used :** Whole plant
- **Actions :** *Jālī* (detergent) and *Muḥassin-i-Lawn* (complexion booster)^{3,11}
- **Therapeutic/ Cosmetic uses :** Haemorrhagic spot on lower eyelid and other *Āthār al-Jild* (skin marks).⁶
- **Method of use:** Oral and local use.
 - Oral administration with wine enhances skin complexion
- **Dosage :** 750 mg¹⁰
 - It is included in various cosmetic product for local application

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Chapter-5

Qarabādīnī Murakkabāt
(Pharmacopeal formulations)
Useful in Cosmetic Care

Unani physicians have been compiling *Qarābādīn* (classical Unani formularies) for centuries, while documenting thousands of formulations for treating ailments of different body systems. These *Qarābādīns* also feature a fair number of formulations prescribed for cosmetic care. Though cosmetics are applied locally, Unani physicians have also described some preparations for oral administration. These formulations detoxify the body by eliminating vitiated or morbid humours, prevent aging, enhance complexion and beauty, and address cosmetic problems.

This section presents around 206 formulations sourced from different Unani classics, categorized under different sub-headings like composition, actions, therapeutic uses, and dosage. A distinctive aspect of this section is that, if one compound is described from two different books with a slight difference in composition or weight, then a note is added to mark the difference. The note also provides additional information about the potential substitute of a drug that may be helpful in manufacturing of certain formulations.

A. Oral Administration

Anushdārū / *Nushdārū* ^{1,2,7,11, 20, 22}

It is a kind of *Ma'jūn* (semi-solid preparation), contains *Āmla*, as main ingredient.^{3,26}

1. *Anushdārū*

- **Ingredients:** *Gul Surkh*-21 g, *S'ad Kūfī*-17.5 g, *Qaranful*-12 g, *Maṣṭagī Rumī*-12 g, *Asārūn*, 12 g, *Sumbul al-Ṭīb*-12 g, *Qāqla Sighār*, *Qāqla Kibār*, *Bisbāsa*, *Zarnab*, *Jawzbuwā*, *Qirfa*, *Za'farān*-7 g each, *Āmla Muqashshar Munaqqa*-240 g, *Qand Safaid* or *Shehad Musaffa*-540 g
- **Method of preparation:** *Āmla* is soaked in 3.36 liters of milk for 24 hours, then washed and boiled in water until it softens before being sieved. Meanwhile, the *Qiwām* (base) is prepared using honey or sugar. *Za'farān*, dissolved in a small amount of water, is then added to the base, followed by the incorporation of *Āmla*. The remaining ingredients are finely ground into a powder and gradually mixed into the *Qiwām* while continuously stirring with a willow stick to ensure a uniform consistency.^{2,7}
- **Pharmacological actions:** It strengthens vital organs, enhances facial complexion^{1,6}. Acts as mouth freshener, eliminates foul body odor caused by perspiration, imparts a pleasant fragrance to the body, and delays aging^{2,7}
- **Therapeutic/Cosmetic uses:** promotes skin fairness, prevents and treats *Bakhr al-Fam* (halitosis), *Ṣunān* (foul smell of axilla)
- **Dose:** 3.5-10.5 g¹ or 4.5-9 g²
- **Time of administration:** Before or after meal²²

Ayārij^{1,4-6}

It is a type of *Ma'jūn* (semisolid preparation) prepared by ancient Unani physicians for evacuation and detoxification of the body through purgation.¹ It is prepared by adding the powdered drugs into the *Qiwām* (base) of honey.⁷⁻⁹

2. *Ayārij-i-Loḡhāziya*^{1,7}

- **Ingredients:** *Sheham-i-Ḥanzal*-17.5 g, *Baṣl al-Fār Mushawwa*, *Ghāriqūn*, *Saqmūniya*, *Kharbaq Siyāh*, *Ushaq*, *Usqundriyun*-15.75 g each, *Aftīmūn Wilāyati*, *Kamāfitūs* (Mundi), *Muqil Azraq*, *Ṣibr*-10.5 g each, *Hāsha*, *Hiyufariqūn*, *Sāzaj Hindī*, *Farāsiyūn*, *Ju'da*, *Salīkha/Taj*, *Filfil Siyāh*, *Filfil Safaid*, *Dār Filfil*, *Za'farān*, *Dārchīnī*, *Bisfāyij Fustuqī*, *Sakbīnaj*, *Jā'oshīr Jundbedastār*, *Murr Sāf*, *Fītrasāliyūn*, *Zarāwand Tawīl*, *'Usārah-i- Afsantīn*, *Farfiyūn*, *Sumbul*, *Ḥamāma*, *Zanjabīl*-7 g each, *Juntiyāna*, *Ustūkhūdūs*-5.25 g each and *'Asal*-quantity sufficient
- **Method of preparation:** All the ingredients are powdered, sieved, and mixed with purified honey to make *Ayārij*. It is used after six months of preparation²²
- **Pharmacological actions:** It evacuates morbid matter
- **Therapeutic/Cosmetic uses:** *Dā' al-Tha'lab* (alopecia areata), *Baraṣ* (vitiligo), *Bahaq* (pityriasis), *Taqashshur al-Jild* (scaling with roughness of skin)
- **Dose:** 18 g used with *Matbūkh Aftīmūn*²²

Dawā'^{6,8,9,10-12}

It may be a solid, liquid or semisolid preparation used for oral or local application

3. *Dawā'*¹¹

- **Ingredients:** *Sumāq*, *Kishnīz*, *'Adas* and *'Unnāb*-quantity sufficient
- **Method of preparation:** All the ingredients are soaked in water, boiled and sieved, used orally as decoction with or without *Sharbat Khashkhāsh*
- **Pharmacological actions:** *Mani'-i-'Araq* (antiperspirant), constricts the pores of skin
- **Therapeutic/Cosmetic uses:** *Kathra al-'Araq* (polyhidrosis)
- **Dose:** As prescribed by the physician

4. *Dawā'*¹¹

- **Ingredients:** *Halayla Siyāh*-35 g, *Kundur*, *Agar*, *Ṭabāshīr*-17.5 g each, *Filfil*-8.75 g, *Zanjabīl*, *Ward*, *Waj*-5.25 g each, *Ṣandal Safaid*, *Tukhm-i- Kasnī*-10.5g each
- **Method of preparation:** All the ingredients are powdered, sieved, and mixed with purified honey to make *Dawā'* (semi solid preparation)
- **Pharmacological actions:** Antiaging i.e. longevity-promoting agent
- **Therapeutic/Cosmetic uses:** It is useful in delaying ageing signs (of skin and hair)
- **Dose:** 10.5 g

5. *Dawā*^{11, 17}

- **Ingredients:** *Luk Maghsūl*, *Sandrūs*-2 g each, *Marzanjosh*-250 mg, *Zāj*, *Zarāwand* and *Juntyāna*-500 mg each
- **Method of preparation:** All the ingredients are powdered and sieved to make *Safūf* (powder)
- **Pharmacological actions:** *Muhazzil* (weight reducing agent)
- **Dose:** 1 g

6. *Dawā*¹¹

- **Ingredients:** *Nānkhwāh*, *Tukhm-i- Bādiyān*, *Sudāb*, *Zīra Kirmānī*-14 g each, *Marzanjosh Khushk*, *Būra Armanī*-3.5 g each and *Luk Maghsūl*-7 g
- **Method of preparation:** All the ingredients are powdered and sieved to make *Safūf* (powder)
- **Pharmacological actions:** It reduces weight
- **Dose:** 4.5g

7. *Dawā' al-Kurkum*^{1,6}

- **Ingredients:** *Sunbul al-Ṭīb*, *Za'farān*-7 g each, *Dārchīnī*, *Murr*, *Qust* and *Fiqāh-i-Izkhar*-4.5 g each
- **Method of preparation:** All the ingredients are powdered, sieved, and mixed with purified honey (three times the weight of all ingredients) to make *Dawā'* (semi solid preparation).
- **Pharmacological actions:** It enhances skin complexion.
- **Dose:** 5 to 10 g²⁴

Ḥabb (Pill)^{1-4,13-15}

Ḥabb (Pill) is small round and uniformly shaped medicinal preparation. It is prepared by mixing powdered drugs with suitable binders to form small, round, and uniformly shaped units of varying sizes and weights. The size and weight of *Hubūb* vary, ranging from 100 mg to one gram.³¹

8. *Ḥabb*⁴

- **Ingredients:** *Jawzbuwā*, *Qāqla*, *Qaranful*, *Kāfūr*, *Dārchīnī*, *Khūlanjān*, *Fūfal*-3.5 g each and *Mushk*-1.1 g
- **Method of preparation:** All the ingredients are finely powdered, with *Mushk* powdered separately and then mixed with other ingredients, or kneaded using '*Araq-i-Gulāb* and mixed to form pills. The prepared pills are then dried in the shade and stored properly. The final product should have an ideal consistency-neither too hard nor too soft.
- **Pharmacological actions:** *Muṭīb-i-Dahan* (mouth freshener)
- **Therapeutic/Cosmetic uses:** *Bakhr al-Fam* (halitosis)
- **Dose:** 1 pill kept in mouth or as prescribed by the physician

9. *Ḥabb*⁴

- **Ingredients:** *Qushūr-i-Utraj sabz* or *Barg*, *Faranjmushk*, *Sunbul al-Ṭīb*, *Qaranful*, *Jawzbuwā*, *Nārmushk*, *Zanjabīl*, *Qimbīl*, *Kabāba*, *Bisbāsa*, *S'ad*-32 g each and *Mushk* - 3.5 g

- **Method of preparation:** All the ingredients are finely powdered and then mixed or kneaded with 'Araq-i-Gulāb (rose water), Āb-i-Bihī (quince water), or Āb-i-Seb (apple water) to prepare flat pills. The prepared pills are then dried in the shade and stored properly. The final product should have an ideal consistency-neither too hard nor too soft.
- **Pharmacological actions:** *Muṭīb-i-Dahan* (mouth freshener).
- **Therapeutic uses:** It eliminate fetid breath and freshens breathing.
- **Dose:** 1 pill or as prescribed by the physician
- **Method of use:** Used as *Mazūgh* (tablet kept in mouth and chewed)

10. Ḥabb Ibn Hāris^{1,2,21,22}

- **Ingredients:** *Halayla Siyāh*, *Balayla*, *Şibr*, *Anzarūt*, *Muqil*, *Sakbīnaj Asfahānī*, *Sheham-i-Hanzal*-17.5 g each, *Ḥurf Abyad*, *Ş'atar Fārsī*, *Zīra Siyāh*, *Shonīz*, *Namak Indrānī*, *Ilak Rūmī*-1 part each
- **Method of preparation:** All the ingredients are finely powdered, except for the gums. The gums are soaked in *Mā' al-Kurrās* (water of *Achillea millefolium L.*) in a brass pot and exposed to sunlight until they dissolve completely. Once the gums are fully dissolved, the powdered ingredients are gradually mixed with the gum solution and kneaded thoroughly to form pills. The prepared pills are then dried in the shade and stored properly. The final product should have an ideal consistency-neither too hard nor too soft.
- **Therapeutic/Cosmetic uses:** *Bahaq* (pityriasis) and *Baraş* (vitiligo)
 - *Ibn Sīna* has recommended this formulation in *Bahaq al-Fāhish* (severe pityriasis)
 - *Ismā'īl Jurjānī* has mentioned that, this formulation can cure *Bahaq* (pityriasis) in 3 days.²²
- **Dose:** 4.5 g with lukewarm water.

11. Ḥabb Muṭīb-i-Dahan²

- **Ingredients:** *Qaranful*, *Jawzbuwā*, *Dār Filfil*, *Dārchīnī*, *Sunbul al-Ṭīb*, *Khūlanjān*, *Supārī*-1 part each, *Qushūr-i-Utraj Khushk*, *Bisbāsa*, *Kabāba*, *Maştagī*, *S'ād Kūfī*-2 part each, *Mushk*-1/3rd part and *Kāfūr*-½ part
- **Method of preparation:** All the ingredients are powdered and mixed or kneaded with 'Araq-i-Gulāb (rose water), Āb-i-Bihī (quince water), or Āb-i-Seb (apple water) to form pills. These pills are then coated with powdered sugar to enhance their texture and flavor. The prepared pills are then dried in the shade and stored properly. The final product should have an ideal consistency-neither too hard nor too soft.
- **Pharmacological actions:** *Muṭīb-i-Dahan* (mouth freshener)
- **Therapeutic uses:** It eliminate fetid breath and freshens breathing.
- **Dose:** One pill is kept in the mouth and allowed to dissolve gradually

12. Ḥabb Muṭīb-i-Dahan^{4,11}

- **Ingredients:** *Jawzbuwā*, *Qāqla*, *Supārī*, *Kāfūr*, *Qaranful*, *Dārchīnī*, *Khūlanjān*-3.5 g each and *Mushk*-500 mg.

- **Method of preparation:** All the ingredients are finely powdered, with *Mushk* powdered separately and then mixed or kneaded using ‘*Araq-i-Gulāb* to form pills. The final product should have an ideal consistency-neither too hard nor too soft.
- **Pharmacological actions:** *Muṭīb-i-Dahan* (mouth freshener).
- **Therapeutic uses:** It eliminate fetid breath.
- **Dose:** 1 pill kept in mouth.

13. *Ḥabb Muṭīb-i-Dahan*^{2,4}

- **Ingredients:** *Qaranful*, *Jawzbuwā*, *Dārĥīnī*, *Sunbul al-Ṭīb*, *Khūlanjān*, *Supārī*-1 part each, *Qushūr-i-Utraj Khushk*, *Bisbāsa*, *Kabāba*, *Maṣṭagī*, *S’ad Kūfī*-2 part each, *Mushk*-1/3rd part and *Kāfūr*-½ part.
- **Method of preparation:** All the ingredients are powdered and then mixed or kneaded with ‘*Araq-i-Gulāb* (rose water), *Āb-i-Bihī* (quince water), or *Āb-i-Seb* (apple water) to form pills. These pills are then coated with powdered sugar to enhance their texture and flavor. The prepared pills are then dried in the shade and stored properly.
- **Pharmacological actions:** *Muṭīb-i-Dahan* (mouth freshener)
- **Therapeutic uses:** It eliminate fetid breath.
- **Dose:** 1 pill or as prescribed by the physician
- **Method of use:** 1 pill kept in mouth and allowed to dissolve slowly.

Iṭrīfal^{1,4,8,11}

It is a semisolid preparation containing *Halayla*, *Balayla* and *Āmla*, as main ingredients. The powder of the drugs is smeared with almond oil or pure ghee before mixing with honey or *Qiwām* (base/ sweet syrup) of required consistency.

14. *Iṭrīfal Ṣaghīr*^{2,4,6,11,17}

- **Ingredients:** *Post-i-Halayla Kābulī*, *Post-i-Halayla Zard*, *Post Halayla Siyāh*, *Post-i-Balayla* and *Āmla Muqashshar Munaqqa*- each in equal quantity
- **Method of preparation:** All the ingredients are powdered, sieved, smeared with *Ravghan-i-Bādām Shīrīn* / *Ravghan-i-Gā’o* and mixed with purified honey (twice or thrice the weight of cumulative drugs) to make *Iṭrīfal* (semisolid preparation).
- **Pharmacological actions:** *Muḥassin-i-Lawn* (complexion booster), and it delays signs of ageing.
- **Dose:** 7-17.5 g

Note: In the book *Minhāj al-Dukān*, it is mentioned that *Iṭrīfal Ṣaghīr* delays aging if taken in the dose of 13.5 g.⁶

15. *Iṭrīfal Kabīr*^{1,4,6,11}

- **Ingredients:** *Post-i-Halayla Kābulī*, *Post-i-Halayla Siyāh*, *Āmla Muqashshar Munaqqa*, *Filfil*, *Dār Filfil*-21 g each, *Shaḳāqul Misrī*, *Zanjabīl*, *Tudrī Surkh*, *Tudrī Safaid*, *Lisān al-Asāfir*, *Behman Surkh*, *Behman Safaid*, *Ḥabb al-Qilqil*, *Kunjad Muqashshar*, *Shakar Tabarzad*, *Khashkhāsh Safaid*-7 g each

- **Method of Preparation:** All the ingredients are finely powdered and sieved. They are then smeared with *Ravghan-i-Bādām Shīrīn* (sweet almond oil) and mixed with purified honey, using twice or thrice the weight of the cumulative drugs. This mixture is kneaded into a semisolid preparation called *Iṭrīfal*. The preparation is preserved for 3 months before use. The shelf life of the product is 3 years.
- **Pharmacological actions:** *Musammin-i-Badan* (adipogenic), *Muṣaffī-i-Dam* (blood purifier), and it delays aging signs
- **Therapeutic/Cosmetic uses:** To reduce aging signs, and to increase body weight
- **Dose:** 5-10 g.

Note: Another *Iṭrīfal Kabīr* composition is mentioned by *Samarqandī* in which quantity of first five drugs is 17.5 g each, *Būzidān* and *Shītraj* are added in place of *Tudrayn*¹¹

16. *Iṭrīfal Kabīr Dīgar*^{2,11}

- **Ingredients:** *Post-i-Halayla Kābulī*, *Post-i-Balayla*, *Āmla Muqashshar*-24 each, *Tukhm-i-Karafs*, *Shītraj Hindī*, *Nānkhwāh*, *Ṣ'atar Fārsī*-35 g each, *Sunbul al-Ṭīb*, *Waj Turkī*, *Hamāma*, *Hīl*-10.5 g each, *Dārchīnī*, *Filfil Siyāh*, *Filfil Safaid*, *Nārmushk*, *Namak Hindī*-17.5 g each, *Khubs al-Hadīd*-10.5 g, *Khardal*-52.5 g, *Nawshādar*-1.75 g
- **Method of preparation:** All the ingredients are powdered, sieved, smeared with *Ravghan-i-Bādām Shīrīn* or *Ravghan-i-Gā'o* and mixed with purified honey (twice or thrice the weight of cumulative drugs) to make *Iṭrīfal*.
- **Therapeutic/Cosmetic uses:** *Bahaq* (pityriasis) and *Baraş* (vitiligo) and *Fasād-i-Lawn* (skin discoloration due to cold).
- **Dose:** 4.5-9 g

Note: This formulation is also mentioned in *Qarābādīn-i-Qādrī* without *Khardal* and *Khubs al-Hadīd*.

17. *Iṭrīfal Hāmān*^{1,22,24}

- **Ingredients:** *Halayla Kābulī*-28 g, *Balayla*, *Āmla Muqashshar*-35 g each, *Turbud Safaid*-52.5g, *S'ad Kūfī*, *Shītraj Hindī*, *Zanjabil*, *Qust*,-10.5 g each, *Sāzaj Hindī*-17.5 g, *Bisfāyij*, *Ustūkhūdūs*-7 g, *Ghāriqūn*-21 g, *Maṣṭagī*, *Kundur*, *Anīsūn*, *Qaranful*, *Hīl Khurd* 35 g each, *Filfil*, *Dār Filfil*, *Nārmushk* -14 g each and *Asal*-twice or thrice the cumulative weight of drugs.
- **Method of preparation:** All the ingredients are powdered, sieved, smeared with *Ravghan-i-Bādām Shīrīn* or *Ravghan-i-Gā'o* and mixed with purified honey.
- **Pharmacological actions:** *Mushil-i-Balgham* (purgative of phlegm) and prevents pre-mature graying of hair
- **Therapeutic/Cosmetic uses:** *Bahaq* (pityriasis) and *Baraş* (vitiligo) and *Amrād-i-Balghamī* (phlegmatic diseases)
- **Dose:** 5 to 10 g²⁴; 10.5 g to 14 g^{1,22}

18. *Iṭrīfal Mushil*²⁵

- **Ingredients:** *Post-i-Halayla Zard*, *Post-i-Balayla*, *Āmla*, *Aftīmūn*, *Ṣibr*, *Ayārij-i-Fayqra*, *Shāhtara*-20 g each, *Bisfāyij*, *Sanā*-70 g each, *Turbud Safaid*-100 g, *Hāsha*-30 g, *Ustūkhūdūs*, *Saqmūniya Mushawwa* -50 g each, *Anīsūn*-10 g, and *Qand Safaid*-1.5 kg

- **Method of preparation:** All the ingredients are powdered, sieved, smeared with *Ravghan-i-Bādām Shīrīn* or *Ravghan-i-Gā'o* and mixed with *Qiwām* of *Qand Safaid*.
- **Pharmacological actions:** *Musaffī-i-Dam* (blood purifier), *Jālī* (detergent)
- **Therapeutic / Cosmetic uses:** *Bahaq* (pityriasis), *Baraṣ* (vitiligo)
- **Dose:** 15-25 g

Jawārish^{12,13}

Jawārish, a type of *Ma'jūn*, is a semi-solid dosage form which contains one or more single drugs of plant, animal or mineral origin. The drugs are mixed in a powdered or liquid form in the *Qiwām* (base of a particular consistency), made with purified honey, sugar candy or jaggery. These semi-solid compound medicinal preparations are designed primarily for diseases of digestive system.¹⁴

19. *Jawārish Jālīnūs*^{11,13}

- **Ingredients:** *Sumbul al-Tīb*, *Qāqla Sighār*, *Salīkha*, *Dārchīnī*, *Khūlanjān*, *Qaranful*, *S'ad Kūfī*, *Zanjabīl*, *Filfil*, *Qust*, *'ūd Balsān*, *Asārūn*, *Tukhm-i-Mūrad*, *Qasb al-Zarīrah*, *Za'farān*- 7g each, *Maṣṭagī Rūmī*-35 g, *Qand Safaid*- equal to the cumulative weight of the drugs and *Shehad*-twice the cumulative weight of the drugs

Note: Some physicians also added 13.5 g of *Juntiyāna* to this formulation

- **Method of preparation:** All the ingredients are powdered, sieved and mixed with purified honey (two times weight of all ingredients) & *Qand Safaid* (equal to the weight of all ingredients).
- **Pharmacological actions:** It helps maintain natural black colour of hairs and delays aging sign.
- **Therapeutic/Cosmetic uses:** *Bahaq* (pityriasis) and premature graying of hair.
- **Dose:** 9 -13.5 g
- **Time of administration:** Before or after meal.

20. *Jawārish Utraj*^{1,2,13}

- **Ingredients:** *Filfil*, *Dār Filfil*, *Qaranful*, *Jawzbuwā*, *Dārchīnī*, *Darūnaj Aqrabī*, *Zanjabīl*, *Hīl Khurd*, *Khūlanjān*-3.5 g each, *Mushk*-875 mg and *Post-i-Utraj*-105 g
- **Method of preparation:** All the ingredients are powdered, sieved and mixed with purified honey (twice the weight of all ingredients).
- **Pharmacological actions:** *Hāḍim* (digestive) and *Muṭīb-i-Dahan* (mouth freshener)
- **Dose:** 7 g.

Ma'jūn^{2,6,7}

Ma'jūn is a semisolid medicinal preparation, comprising of one or more single drugs of plant, animal or mineral origin. These drugs are mixed in powder or liquid form in the base (*Qiwām*) made of purified honey, sugar, candy or jaggery.¹⁵

21. *Ma'jūn Falāsfa*^{6,11}

- **Ingredients:** *Zanjabīl*, *Filfil*, *Dār Filfil*, *Dārchīnī*, *Āmla*, *Post-i-Halayla*, *Shītraj Hindī*, *Zarāwand Mudharij*, *Khussiya al-S'alab*, *Maghz-i-Chilghoza*, *Bekh-i-Bābūna*, *Narjīl Tāza*-35 g each, *Tukhm-i-Bābūna*-17.5 g, *Mawīz Munaqqa*-105 g and *'Asal*- thrice the cumulative weight of drugs

- **Method of preparation:** All the ingredients are finely powdered, sieved, and then mixed with purified honey. This mixture is kneaded into a *Ma'jūn* (semisolid preparation). It is then stored in a clean, dried glass or China clay container and left to mature for 40 days before use.
- **Pharmacological actions:** It enhances skin complexion, delays ageing, acts as *Muṭīb-i-Dahan* (mouth freshener), *Muqawwī-i-Dandān wa Litha* (tonic for teeth and gums).
- **Dose:** 9-18 g

Note: Some physicians also added turmeric and fennel seeds to this formulation

22. *Ma'jūn Mufarriḥ or Mufarriḥ Ḥār*^{9,11}

- **Ingredients:** *Qaranful*, *Jawzbuwā*, *Bisbāsa*, *Darūnaj Aqrabī*, *Behman Surkh*, *Behman Safaid*, *Post-i-Turanj*, *Barg-i-Bādranjboya*, *Gā'ozabān*, *Maṣṭagī*, *Za'farān*, *Zaranbād*, *Nāgkesar*, *Tukhm-i-Faranjmushk*, *Tukhm-i-Bādrūj*, *Ṭabāshūr*, *Ṣandal*, *Ābresham Muqarraḍ*, *'Ūd Hindī* and *Mushk* -1part each
- **Method of preparation:** All the ingredients are finely powdered and sieved. Decoction of *Āmla* and *Halayla Kābulī* is prepared by boiling 30 pieces of *Āmla* and 20 pieces of *Halayla Kābulī* in 1.2 liter of water until the volume reduces to one-third. Thereafter 400 grams of honey is added in the filtered decoction and boiled until the *Qiwām* (base) reaches the desired consistency. The powdered drugs are added into the *Qiwām*. The prepared *Ma'jūn* is preserved in a dried, clean glass container.
- **Pharmacological actions:** *Mufarriḥ* (exhilarant), *Muqawwī-i-Qalb* (heart tonic), *Muḥassin-i-Lawn* (complexion booster), delay ageing process² and maintains blackening of hair.^{9,11}
- **Therapeutic/Cosmetic uses:** It keeps skin and hair healthy and beautiful.
- **Dose:** 3.5-7 g¹¹

23. *Ma'jūn Thūm / Ma'jūn Sīr*^{1,6,11}

- **Ingredients:** *Sīr*-400 g, *Zanjabīl*, *Filfil*, *Dār Filfil*, *Dārchīnī*, *Kabāba*, *Jawzbuwā*, *'Āqarqarḥa*, *Khūlanjān*-9 g each, *Za'farān*-6.75 g and *Ravghan-i-Gul-Q.S.*
- **Method of preparation:** Firstly, the cloves of *Sīr* are boiled in 600 ml of fresh milk until thick paste is obtained. Remaining drugs are finely grinded and sieved. Thereafter, *Qiwām* (base) of required consistency is prepared with 600 g of purified honey on low flame. The powdered drugs and garlic paste are added to the *Qiwām* and mixed thoroughly. The prepared *Ma'jūn* is preserved in dried, clean glass and is used in winter season.
- **Pharmacological actions:** *Muḥassin-i-Lawn* (complexion booster), makes facial skin glowing and pinkish, and removes scars
- **Therapeutic/Cosmetic uses:** *Āthār al-Qurūḥ* (scar marks) and to make skin bright and glowing.
- **Dose:** 9 g¹¹

Maṭbūkh / Joshānda (decoction)^{6,14}

Joshānda basically is a homogenous, pure, fresh syrup. It is obtained after boiling the drugs in water in a ratio of 1:3 or 1:5. The drugs first cleaned and then soaked in water with the ratio as specified, for a while or sometimes for overnight, followed by boiling in the morning till the water quantity becomes one third of its volume and then filtered.

24. *Maṭbūkh-i- Aftīmūn*⁶

- **Ingredients:** *Post-i-Halayla Kābulī*, *Post-i-Halayla Hindī*-35 g each, *Bisfāyij*, *Sanā*, *Aftīmūn*, *Gā'ozabān*, *Ustūkhūdūs*-17.5 g each, *Mawīz Munaqqa*-35 g, *Tukhm-i-Shāhtara*, *Aṣl al-Sūs*, *Tukhm-i-Kāsnī*-10.5 g each, *Bādiyān*, *Tukhm-i- Kasūs*-3.5 g each and *Gul Surkh*-4.5 g
- **Method of preparation:** All the ingredients are soaked in 1.4 liter of water, boiled till ¼th of its volume remains. *Khayār Sh 'Ambar*-24.5 g and *Turanjabīn*-24.5 g are added and filtered, thereafter 35g of sugar and 3.5 ml of almond oil are added in the prepared decoction.
- **Pharmacological actions:** *Mushil-i-Balgham* (purgative of phlegm), *Mushil-i- Sawdā'* (purgative of black bile), *Mushil-i-Ṣafra* (purgative of yellow bile), evacuates morbid matter from the body and makes skin complexion fair
- **Therapeutic Uses:** *Bahaq* (pityriasis), *Kalaf* (melasma), *Buthūr* (eruptions), and *Baraṣ* (vitiligo).
- **Dose:** As prescribed by the physician. It is used orally before breakfast. *Ghāriqūn*-3.5 g and salt-875 mg is mixed in it before use

Murabbā

It is a formulation in which medicinal fruits or vegetables, such as gooseberry, are pierced, boiled, and preserved in a prepared base (*Qiwām*) of honey or sugar with a specific consistency. This process enhances their longevity and preserves their therapeutic effectiveness for future use.

25. *Murabbā Halayla*^{11,12}

- **Ingredients:** *Halayla Kābulī*-100 pieces
- **Method of preparation:** The drug is soaked in water in such a way that it remains a few fingers deep in the water. Then 105 g ash of grape's wood are sprinkled on water and left for 10 days, but the water and ash should be changed every 3 days. Then *Halayla* is boiled with water and hand full (21-24 g) of barley. After that, the *Halayla* is dried on a cloth and kept in honey for 20 days, while changing honey weekly. After that, it is preserved in honey for 40 days and used. (other drugs like clove, cinnamon, and green cardamom (35 g each) may be added to the preparation)
- **Pharmacological actions:** *Musawwid-i-Sha 'r* (hair blackener)
- **Therapeutic/Cosmetic uses:** It is used to keep hair black
- **Dose:** 1 piece daily (wash before use) for 1 year

26. *Murabbā Āmla*¹¹

- **Ingredients:** *Āmla*-100 pieces
- **Method of preparation:** Preparation of *Murabbā Āmla* is same as *Murabbā Halayla*
- **Pharmacological actions:** *Musawwid-i-Sha 'r* (hair blackener)
- **Therapeutic/Cosmetic uses:** It is used to keep hair black
- **Dose:** 1 piece daily (wash before use) for 1 year

Qurṣ (tablet)^{16,17}

A solid, flat and circular medicinal preparation of varying size and weight for oral use.³⁰ Powder of the drugs is mixed with any suitable binding agent to make tablets.^{14,15}

27. *Qurş Bar Makkī*⁶

- **Ingredients:** *Halayla Kābulī*, *Halayla Zard*, *Halayla Hindī*, *Balayla*, *Āmla*-1 part each, *Turbud*-2 part, *Ustūkhūdūs*, *Bisfāyij*, *Salīkha*, *Asārūn*, *Maştagī*-1/2 part each and *Fanīz*-cumulative weight of the drugs
- **Method of preparation:** All the ingredients are powdered, sieved and *Qurş* (tablet) are prepared
- **Pharmacological actions:** It delay ageing process (antiaging)
- **Dose:** 3.5 g

Safūf (powder)

Safūf is a form of dried, fine powder obtained by grinding a drug or combination of drugs

28. *Safūf*¹⁷

- **Ingredients:** *Zūfa Khushk*-10 part and *Za'farān*-3 part
- **Method of preparation:** All the ingredients are ground, sieved and made into *Safūf* (powder)
- **Pharmacological actions:** It enhances skin complexion and adds pinkish tint to facial skin
- **Therapeutic/Cosmetic uses:** It is used for beautification and fairness of skin
- **Dose:** 7 g

29. *Safūf-i-Baraş*²⁴

- **Ingredients:** *Bābchī*, *Chaksū*, *Anjīr Khushk* and *Tukhm Panwār*-1 part each
- **Method of preparation:** All the ingredients are ground, sieved and made into *Safūf* (powder)
- **Pharmacological actions:** *Muşaffī-i-Dam* (blood purifier), *Mukharrish* (roughness-producing irritant)
- **Therapeutic uses:** *Baraş* (vitiligo)
- **Dose:** 10-12 g

B. Local Application

Barūd (eye-dusting powder / eye coolant)

Barūd (also known as *Kohl* or *Surma*) is a specialized type of *Safūf* (powder) primarily used for ophthalmic treatment. It is distinguished from other forms of *Safūf* by its exceptional fineness, achieved by sieving through a fine cloth. *Barūd* is traditionally applied to the eyes using a collyrium stick.^{2,3, 7, 18, 26}

- A microfine powder of drugs with cooling effect meant for dusting in eyes
- Cold drugs put in a *Potlī* (small bag) and placed on eyes to cool them

30. *Barūd*¹⁸

- **Ingredients:** *Sumbul al-Ṭīb*, *Surma*-3 g each, *Tukhm-i- Chuwāra*, *Tukhm-i-Halayla Zard*-33 g each
- **Method of preparation:** *Tukhm-i-Chuwāra* and *Tukhm-i-Halayla Zard* are kept in dough and roasted in *Tanūr* (furnace). Then all the ingredients are added and grinded finely with *Barg-i-Kishnīz Sabz* and *Barg-i-Ās* to make *Barūd*. The preparation is stored in air-tight glass bottles, phials, and glass containers in neat, clean, and dry places.
- **Therapeutic/Cosmetic uses:** It is used to grow / beautify eyelashes, beautification of eyes, to improve vision, and preventing catarrh
- **Method of use:** Application in eyes as *Kuhl*

31. *Barūd*²

- **Ingredients:** *Ithmid* and *Shādnaj Maghsūl-1 part each*
- **Method of preparation:** All the ingredients are ground finely and stored in well stoppered glass bottles, phials and other glass containers in neat, clean and dry places
- **Pharmacological actions:** *Munaqqī-i-Baṣar* (eye cleanser)
- **Therapeutic/Cosmetic uses:** To make eyes beautiful and healing wound of eyes
- **Method of use:** Applied in eyes with the help of metal stick (applicator)

32. *Dawā*^{9,11}

- **Ingredients:** *Kibrīt*, *Zarnīkh Zard*, *Shonīz* and *Khākistar-i-'Aqrab*-1 part each
- **Method of preparation:** All the ingredients are ground with olive oil or vinegar.
- **Therapeutic/Cosmetic uses:** *Khīlān* (mole) and *Tha'ālīl* (warts).¹¹
- **Method of Use:** Local application on mole and warts.

33. *Dawā*^{9,11}

- **Ingredients:** *Anzarūt*, *Nabāt* and *Bādām Talkh* -1 part each
- **Method of preparation:** First, all the ingredients are mixed with water and soap, then rubbed on spots.
- **Pharmacological actions:** It helps remove / lightens skin scar
- **Therapeutic/Cosmetic Uses:** *Khīlān* (mole) and *Āthār al-Qurūḥ* (scar marks)
- **Method of Use:** Local application on moles and scar

Note: Local application of *Ushaq* dissolved in vinegar, is also beneficial for the same⁹

34. *Dawā*⁹

- **Ingredients:** *Būra* and *Şibr Zard*-1 part each
- **Method of preparation:** These ingredients are mixed with vinegar.
- **Pharmacological actions:** It helps cleanse skin
- **Therapeutic uses:** *Barash* (freckle) and hyperpigmented spots on skin
- **Method of use:** Local application on skin marks

35. *Dawā*⁵

- **Ingredients:** *Zarnīkh Ahmar*, *Zarāwand Ṭawīl*, *Mawīz Jablī*-1 part each, and *Ravghan-i-Şanobar*-½ part
- **Method of preparation:** Grind *Zarnīkh Ahmar*, *Zarāwand Ṭawīl*, *Mawīz Jablī* in *Ravghan-i-Şanobar* and preserve.
- **Therapeutic/Cosmetic uses:** It is useful for *Hikka* (pruritus) of scalp, *Qummal* (pediculosis) and *Hibriyya* (dandruff)
- **Method of use:** The hair is washed with a mixture of *Āb-i-Chuqandar* (beetroot water) and *Boraq* (borax), followed by the application of a prepared formulation, to which vinegar is added a day before use.

36. *Dawā*^{8,17,18}

- **Ingredients:** *Maghz-i-Bādām* and *‘Adas*-1 part each
- **Method of preparation:** These drugs are ground finely and mixed with *Joshānda Anjīr*
- **Pharmacological actions:** *Jālī* (detergent) and removes hyperpigmented marks
- **Therapeutic uses:** It is effective for *Kalaf* (melasma) *Namash* (naevus), *Barash* (freckle)
- **Method of use:** Local application on affected part

37. *Dawā*¹⁸

- **Ingredients:** *Kaf-i-Dariya*
- **Method of preparation:** The drug is ground and preserved as powder.
- **Pharmacological actions:** It lightens hyperpigmented skin spots.
- **Therapeutic uses:** It is effective in *Kalaf* (melasma)
- **Method of use:** Powder is mixed with lemon juice, and applied as paste to the affected area in the morning and evening.

38. *Dawā*¹⁰

- **Ingredients:** *Şandal* and *Marwārīd*-1 part each
- **Method of preparation:** These drugs are soaked in lemon juice and then dried in the shade for 7 days. After that tablets are prepared and preserved for further use.
- **Therapeutic uses:** *Kalaf* (melasma), *Namash* (naevus), *Barash* (freckle)
- **Method of use:** The tablet is ground, mixed with *Āb-i-Khaṭmī*, applied to the affected area overnight, and washed off in the morning.

39. *Dawā*¹¹

- **Ingredients:** *Ārad-i-Karsana* and *Sargīn-i-Kabūtar*-17.5 g each, *Post Bayḍa-i-Murgh*, *Sajjī*, *Būra Armanī*, *Zarāwand Tawīl*, *Nashārah Āj* and *Ārad-i-Nakhūd*-7 g each, *Īrsaa* and *Shākh-i-Gā'ozan Sokhta*-10.5 g and *Maghz-i-Bādām Talkh*-24.5 g
- **Method of preparation:** All the ingredients are ground with vinegar to make paste
- **Therapeutic uses:** *Kalaf* (melasma), *Namash* (naevus), *Barash* (freckle), *Āthār al-Qurūḥ* (wound marks), petechial marks and *Washam* (tattooing)
- **Method of use:** Paste is applied on affected part

40. *Dawā*^{11,17}

- **Ingredients:** *Hartāl Surkh*, *Shibb*, *Gandhak* and *Zift Rumī*-3.5 g each
- **Method of Preparation:** First, dissolve the drug *Zift Rumī* in vinegar and honey, and filter the solution. Then add and mix the remaining ingredients into it to make a paste
- **Therapeutic uses:** *Baraṣ* (vitiligo) especially in children
- **Method of use:** Paste is applied to the vitiligo patch

41. *Dawā*⁸

- **Ingredients:** *Gulnār* and *Aqāqiya*-1 part each
- **Method of preparation:** All the ingredients are ground and mixed with water to prepare paste
- **Therapeutic uses:** *Baraṣ* (vitiligo)
- **Method of use:** Local application to vitiligo patch

42. *Dawā*¹⁷

- **Ingredients:** *Shagūfah-i-Anār*, *Bābchī* and *Ravghan-i-Pista*-1 part each
- **Method of preparation:** All the ingredients are ground and mixed in *Ravghan-i-Pista* and used as paste
- **Pharmacological actions:** *Baraṣ* (vitiligo)
- **Method of use:** Local application to the vitiligo patch

43. *Dawā*¹²

- **Ingredients:** *Khūlanjān*
- **Method of preparation:** *Khūlanjān* is grinded and mixed with *Āb-i-Līmūn* or water to prepare *Tilā'* (liniment).
- **Therapeutic uses:** *Kalaf* (melasma)
- **Method of use:** Applied to the affected part 2-3 times per day

44. *Dawā*⁶

- **Ingredients:** *Shibb*-7 g, *Murr*-10.5 g, *Zarr-i-Ward*-21 g and *Murdār Sang*-28 g
- **Method of preparation:** All the ingredients are ground and sieved to make powder and preserved
- **Pharmacological actions:** Deodorant

- **Therapeutic/Cosmetic uses:** *Ṣunān* (foul smell of axilla)
- **Method of Use :** The armpit is washed with decoction of *Ushnā* and the powder is sprinkled

45. *Dawā*¹⁷

- **Ingredients:** *Nīla Tutīya*
- **Method of preparation:** drug is washed with saline water and dried, rose water mixed thoroughly followed by adding *Kāfūr* in it.
- **Pharmacological actions:** Deodorant
- **Therapeutic/Cosmetic uses:** *Ṣunān* (foul smell of axilla)
- **Method of use:** Applied locally or sprayed to the axilla.

46. *Dawā*⁶

- **Ingredients:** *Nuhās Sokhta* and *Zarr-i-Ward*-35 g each, *Maṣṭagī*-10.5 g
- **Method of preparation:** All the ingredients are ground separately and mixed to make powder
- **Pharmacological actions:** *Hābis-i-‘Araq* (reduces sweating) and acts as deodorant.
- **Therapeutic uses:** *Kathra al-‘Araq* (polyhidrosis), and it imparts fragrance to the body
- **Mode of use:** The powder is sprinkled on the body after bath

47. *Dawā*^{8,11}

- **Ingredients:** *Gul Surkh*, *Gulnār*, *Aqāqiya*, *Haziz* and *Kundur*-in quantity sufficient
- **Method of preparation:** These drugs are ground with rose water and rubbed on the body
- **Pharmacological actions:** It is used as deodorant, prevents excessive sweating and imparts fragrance
- **Therapeutic uses:** *Kathra al-‘Araq* (polyhidrosis)
- **Method of use:** Local application on the body

48. *Dawā*^{8,9,11}

- **Ingredients:** *Māzu* and *Safaida Arzīr*-in Quantity Sufficient
- **Method of preparation:** These drugs are ground, mixed with *Ravghan-i-Gul* and used as *Dawā*’
- **Pharmacological actions:** *Hābis-i-‘Araq* (reduces sweating)
- **Therapeutic/Cosmetic uses:** *Kathra al-‘Araq* (polyhidrosis)
- **Method of use:** Rubbed over the body after bath

49. *Dawā*^{9,12}

- **Ingredients:** *Kazmāzaj*-8 part, *Shibb Yamānī* and *Gil Armanī*-5 part each, *Murdār Sang*, *Māzu Sabz* and *Safaida Kāshgharī*-10 part each and *Ravghan-i-Mūrad*-15 part
- **Method of preparation:** All the ingredients are dried, ground, and mixed with *Ravghan-i-Mūrad*, stored and preserved in a bottle for further use.
- **Pharmacological actions:** *Hābis-i-‘Araq* (reduces sweating)

- **Therapeutic uses/Cosmetic uses:** *Kathra al- 'Araq* (polyhidrosis)
- **Method of use:** It is rubbed on the body

50. *Dawā*⁹

- **Ingredients:** *Lu 'āb-i-Hulba*, *Lu 'āb-i-Aspghol*, *Lu 'āb-i-Bihidāna* and *Lu 'āb-i-Khaṭmī*
- **Method of preparation:** All the ingredients are mixed with *Ravghan-i-Gul*, and heated on flame to make lotion
- **Pharmacological actions:** *Muraṭṭib* (humidifying drug)
- **Therapeutic uses:** *Shuqūq al-Wajh* (dryness and cracks of facial skin)
- **Method of use:** It is applied on face and washed off with warm water

51. *Dawā*¹¹

- **Ingredients:** *Gil-i-Armanī* and *Murdār Sang*
- **Method of preparation:** All the ingredients are soaked in rose distillate and ground finely to make powder. Then powder is mixed with rose distillate and applied as *Ṭilā'* (liniment)
- **Pharmacological actions:** It prevents excessive sweating
- **Therapeutic uses:** *Kathra al- 'Araq* (polyhidrosis)
- **Mode of use:** Local application

52. *Dawā*⁹

- **Ingredients:** *Māzu Sabz*, *Nāna*, *Marzanjosh* and *Barg-i-Seb-1* part
- **Method of preparation:** Decoction of the drug is prepared by boiling the drugs, and grinded *Barg-i-S'ad Kūfi*, *Barg-i-Mūrad*, and *Ushna* are added to the decoction and heated again with *Āb-i-Mūrad* until the water evaporates and oil remains. The prepared oil is filtered and preserved in glass bottle.
- **Pharmacological actions:** *Muṭayyib* (fragrant)
- **Therapeutic/Cosmetic uses:** Used as perfume.
- **Method of use:** Applied on the body.

Dharūr (dusting powder)^{2,11}

A fine powder of drugs, used for dusting to mask the body odour, to prevent sweating, for the treatment of wounds, ulcers and skin eruptions. It is also used as ophthalmic application.^{9,14} *Dharūr* is used on various parts of the body as absorbent, antipruritic, coolant, antiperspirant, etc. A fine powder of drugs, applied on face for enhancing complexion is known as *Ghāza* (face powder).^{24,26}

53. *Dharūr*¹⁷

- **Ingredients:** *Nāgarmoth*, *Tezpāt*, *Fuqāh-i-Izkhar*, *Salāras* and *Tukhm-i-Anār*-45g each, *Gul-i-Surkh* and *Shākh-i-Mūrad*-90 g each
- **Method of preparation:** *Tejpāt* and the buds of *Izkhar* are soaked in *Sharāb-i-Rayhānī*, (a type of wine), and then dried. Once dried, they are ground together with the remaining ingredients. A small amount of *Za 'farān* (saffron) is then added to the mixture, along with rose water, and the grinding process is repeated. The final powder is dried again and preserved.

- **Pharmacological action:** Deodorant, *Māni* '-i- '*Araq* (antiperspirant)
- **Therapeutic/Cosmetic uses:** *Kathra al- 'Araq* (polyhidrosis) and used as deodorant to impart fragrance to the body
- **Method of use:** The powder is sprinkled on the body after bath

54. *Dharūr*¹⁶

- **Ingredients:** *S'ad*, *Sāzaj*, *Shagūfa-i-Izkhar*, *Ward*, *Şandal* and *Ās*-1 part each
- **Method of preparation:** *S'ad*, *Sāzaj*, *Shagūfa-i-Izkhar* and *Ward* are ground with *Sharāb Rayḥānī* and then dried. Once dried, the powder is mixed with the remaining drugs and ground. Thereafter, the powder is soaked in '*Araq-i- Gulāb*, dried and preserved
- **Pharmacological actions:** *Muṭayyib* (fragrant) and it checks foul smell of sweat (bromhidrosis)
- **Method of use:** It is sprinkled or rubbed on the body after bath

55. *Dharūr*²

- **Ingredients:** *Şandal*, *Nāgarmoth*, *Shāhtara*, *Post Turanj*, *Marzanjosh*, *Shāhsafram*, *Ushna* and *Barg-i- Sosan*-each in sufficient quantity
- **Method of preparation:** All the ingredients are ground, sieved to make *Dharūr* (dusting powder).
- **Uses:** It is used as aromatic powder for sprinkling on the body.

56. *Dharūr Fārsī Akbar*⁶

- **Ingredients:** *Ithmid Masafūf wa Maghsūl*, *Tutīya Mudabbar*, *Marqashīshaha Maghsūl* and *Iqlīmiya Muharriq*-17.5 g each, *Marwārīd Nāsufta*, *Shādnaj Hindī*, *Sunbul*, *Za 'farān*-3.5 g each and *Kāfūr*-500 mg
- **Method of preparation:** All the ingredients are ground, sieved to make *Dharūr* (dusting powder-like a fine dust) and preserved
- **Pharmacological actions:** It beautifies and protects eyes, removes morbid secretions also
- **Method of use:** Applied to eyes

Ḍimād (poultice)

It is a semi solid preparation prepared by grinding and mixing drugs with liquid base. It is applied in thick consistency over the body parts or rubbed.^{9,15}

57. *Ḍimād*¹⁰

- **Ingredients:** *Zard Chob*, *Barg-i-Hinā*, *Halayla Zard*, '*Afis*, *Murdār sang*, *Āmla Muqashshar*, *Sirka* and *Ravghan-i-Gul Surkh*-1 part each
- **Method of preparation:** All the ingredients are dried, ground and mixed with vinegar and oil to make a poultice
- **Therapeutic/Cosmetic uses:** *Hazāz* (dandruff)
- **Method of use:** Local application on the scalp

58. *Ḍimād*⁵

- **Ingredients:** *Nuhas Sokhta*, *Shītraj*, *Zarnīkh Asfar* and *Chūna*-1 part each
- **Method of preparation:** All the ingredients are ground with *Khall al-Saqīf* (very sour vinegar) in *Kharal* (mortar and pestle), and kept in the sunlight for 4 days to dry, and then the powder is preserved.
- **Therapeutic/Cosmetic uses:** *Baraṣ* (vitiligo) and *Tha'ālīl* (warts)
- **Method of use:** The affected part is washed with vinegar and the paste is applied locally after mixing with vinegar

59. *Ḍimād*⁵

- **Ingredients:** *Gandhak Āmla Sār*, *Burāda Jast*, *Tukhm-i-Hulba* and *Qirdamāna*-1 part each, *Barg-i-Tīn Khushk* and *Sosan*- $\frac{1}{4}$ part each
- **Method of preparation:** All the ingredients are ground and mixed with vinegar to prepare a thick paste. The paste thus obtained is heated mildly and preserved in a glass bottle.
- **Therapeutic uses:** *Baraṣ* (vitiligo) and *Intithār al-Jild* (scaling of skin)
- **Method of use:** The affected part is washed with *Āb-i- Ās*, followed by application of paste

60. *Ḍimād*⁸

- **Ingredients:** *Zīra Kirmānī*-1 part and *Zard Chob*- $\frac{1}{4}$ part
- **Method of preparation:** All the drugs are ground, mixed with flour of *Juwār* to make *Ḍimād*
- **Pharmacological actions:** It gives yellowish tint to the complexion⁹
- **Method of use:** The paste is rubbed over the body followed by bathing with water in which figs are boiled

61. *Ḍimād*^{8,18}

- **Ingredients:** *Hartāl Zard*, *Chūna*-1 part each and *Mawīz*- in some quantity
- **Method of preparation:** All the ingredients are ground with water to make a paste
- **Pharmacological actions:** It removes *Tha'ālīl* (warts)
- **Method of use:** Local application on warts

62. *Ḍimād*^{9,17}

- **Ingredients:** *Kibrīt*-1 part, *Maghz Akhrot* and *Ravghan-i-Zard Tāza*-2 part each
- **Method of preparation:** All the ingredients are ground with water to make *Ḍimād* (poultice)
- **Pharmacological actions:** It is *Jālī* (detergent) and makes skin clean
- **Therapeutic uses:** *Bahaq* (pityriasis) and removes other skin marks
- **Method of use:** Applied and rubbed on the face or on the skin marks

63. *Ḍimād*^{9,17}

- **Ingredients:** *Kowdī* / *Kharmohra Sokhta*, *Zarnīkh Sokhta* and *Khardal*-14 g each, *Tukhm-i-Turb*, *Maghz-i-Pista* and *Maghz-i-Bādām Talkh Muqashshar*-4.5 g each
- **Method of preparation:** *Kowdī* shell are soaked in the lemon juice till it becomes soft then it is ground with other drugs. The preparation is used as *Ḍimād* (poultice) after mixing with water.
- **Pharmacological actions:** It is *Jālī* (detergent) and lightens / reduces scars
- **Therapeutic/Cosmetic uses:** *Āthār al-Qurūḥ* (scar marks)
- **Method of use:** Local application on the affected part

64. *Ḍimād*⁷

- **Ingredients:** *Līmun Kāghazī*-1 piece, *Za'farān*, *Kaf-i-Dariya*-2g each
- **Method of preparation:** *Za'farān* and *Kaf-i-Dariya* are kept in a lemon wrapped in a piece of cloth and then encased in a dough of wheat flour. The lemon wrapped in a dough of wheat flour, is placed in fired till it becomes red. Dough is removed and *Ḍimād* is prepared from the lemon piece.
- **Therapeutic uses:** *Buthūr-i-Labaniyya/Muhāsa* (acne)
- **Method of use:** Local application on acne

65. *Ḍimād*⁷

- **Ingredients:** *Anzarūt*-3 g, *Katīra*-36 g
- **Method of preparation:** All the ingredients are ground with *Shīr-i-Gāo Tāza* to make *Ḍimād* (poultice).
- **Pharmacological actions:** It removes hyperpigmented spots
- **Therapeutic uses:** *Kalaf* (melasma)
- **Method of use:** Local application

66. *Ḍimād*⁷

- **Ingredients:** *Samm al-Fār*, *Kabar*-1 g each, *Ṣandal Surkh*, *Ṣandal Safaid*, *Husn-i-yūsuf*-2 g each
- **Method of preparation:** All the ingredients are ground and mixed with *Āb-i-Līmūn* or *Āb-i-Adrak* to form pills
- **Therapeutic uses:** *Kalaf* (melasma)
- **Method of use:** One pill is grinded with lemon juice and applied to the affected part

67. *Ḍimād*¹⁸

- **Ingredients:** *Samm al-Fār*-2 g, *Ṣandal Safaid*-12 g
- **Method of preparation:** All the ingredients are ground with lemon juice and mixed with 4 g of *Ravghan-i-Gul* to prepare *Ḍimād* (poultice)
- **Pharmacological actions:** It removes skin spots and makes skin clean
- **Therapeutic uses:** *Kalaf* (melasma)
- **Method of use:** Paste is applied on the affected part

Faldāfiyūn^{11,15}

It is a tablet formulation that is ground and used as tooth powder

68. *Faldāfiyūn*^{11,15}

- **Ingredients:** *Chūna Āb Nādīda*-35 g, *Zarnīkh Zard*, *Shibb Yamānī*-24.5 g each, *Murr Sāf*-14 g, *Aqāqiya*-42 g
- **Method of preparation:** These drugs are ground, sieved and mixed with vinegar to prepare tablets. Tablets are dried and preserved.
- **Pharmacological actions:** *Muqawwī-i-Dandān* (teeth tonic), *Mujallī-i-Dandān* (teeth cleanser) and removes fetid breath
- **Method of use:** 1 tablet is ground to powder and rubbed on teeth

Ghāliya (aromatic /perfumed powder)

An aromatic powder or oil is prepared from specific fragrant herbs, carefully selected for their beautifying and aromatic properties. These formulations are designed for local application to enhance the skin's natural radiance, provide a soothing effect, and impart a long-lasting, pleasant fragrance to the body.^{13,14,21} This cosmetic product was first prepared by *Jālīnūs*.²¹ It is also known as *Argaja*.³

69. *Ghāliya*⁶

- **Ingredients:** *Lāzan*, *Tanbūl*, *Kabāba*, *Za'farān*, *Murr*, *Qaranful* and *Qafr al-Yahūd*-1 part each
- **Method of preparation:** All the ingredients are soaked in the extract of *Bed Sāda* for three days and the decoction is prepared on forth day. Then *Ravghan-i-Bān* is added to the decoction and boiled until water evaporated and oil remains. Thereafter, *Mushk*, *'Ambar*, and *Sukk*, dissolved in the hen's bile and mixed in oil. The prepared oil is collected in silver or glass bottle and preserved for 40 days before use.
- **Pharmacological actions:** It enhances beauty and imparts fragrance to the body
- **Therapeutic/Cosmetic uses:** It is used for beautification of facial skin and as perfume
- **Method of use:** Local application on the body

70. *Ghāliya*¹⁰

- **Ingredients:** *'Ambar*-7 g and *Mushk*-3.5 g
- **Method of preparation:** All the ingredients are mixed with *Ravghan-i-Bān* to make *Ghāliya*
- **Therapeutic/Cosmetic uses:** It enhances skin complexion and imparts fragrance to the body
- **Method of use:** Rubbed on the body/ face

71. *Ghāliya*^{8,14}

- **Ingredients:** *Āmla Munaqqa*-960 g, *Āb-i-Barg-i-Mūrad*-227.5 g, *Barg-i-Nīl*, *Ushna*-56 g, *Māzu Sabz*-10.5 g, *Zāj*-35 g, *Ṣamagh-i-'Arabī* -28 g, *Sukk* and *Mushk*- in small quantity
- **Method of Preparation:** *Āmla Munaqqa*, and *Āb-i-Barg-i-Mūrad* are boiled in water until the water reduces to half. The remaining ingredients are ground and added to the mixture and cooked on low flame while stirring with a wooden stick till a thick paste is formed. A small amount of *Sukk* and *Mushk* are added to the mixture after removing it from heat. The prepared *Ghāliya* is stored in a glass bottle.

- **Cosmetic use:** It is used for dyeing the hair black and imparting fragrance to hairs
- **Method of use:** 4.5 gm is applied to the hair

Ghamrah^{1,2,4}

A cosmetic preparation, used for cleansing the skin and enhancing fairness or improving facial complexion. It is prepared by kneading or mixing powdered ingredients with oil or water to form a paste. The mixture is then rubbed or applied locally to the body or face to achieve the desired effects.^{8,17,30} It is also known as *Rushoya*, *Ubṭan*^{13,14} or *Ghartī*.¹⁵

72. *Ghamrah*¹⁶

- **Ingredients:** *Maghz-i-Kadū* and *Maghz-i-Bādām*-4 no. each, *Anzarūt*-27 g, *Za'farān*-4.5 g
- **Method of preparation:** All the ingredients are ground and mixed to make *Ghamrah*
- **Pharmacological actions:** *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/Cosmetic uses:** It is used for fairness of facial skin¹⁶
- **Method of use:** Applied or rubbed on the face

73. *Ghamrah*¹⁶

- **Ingredients:** *Ārad-i-Karsana*, *Ḥimmas*, *Bāqla*, *Jaw*, *Turmus*, *Īrsa*, *Bekh-i-Nargis*-1 part each, *Bekh-i-Sosan*, *Ṣamagh-i-'Arabī* -½ part each
- **Method of preparation:** All the ingredients are powdered, sieved, and mixed with suitable binder to make *Qurṣ* (tablet), and preserved
- **Pharmacological actions:** Face cleanser
- **Therapeutic/Cosmetic uses:** It is used for cleansing of facial skin¹⁶
- **Method of use:** The tablet is ground, mixed with *Āb-i-Kharpaza* and applied to the face as a face pack when required

74. *Ghamrah*^{4,16}

- **Ingredients:** *Bādām Shūrīn*, *Katīra*, *Ṣamagh-i-'Arabī*, *Ārad-i-Bāqla*, *Īrsa* and *Ghari al-Samak* in quantity sufficient
- **Method of preparation:** All the ingredients are ground, powdered, and sieved to make *Ghamrah*.
- **Pharmacological actions:** *Qāshir* (sloughing agent)
- **Cosmetic uses:** It is useful for beautification of face¹⁶
- **Method of use:** Some quantity of powder is mixed with water and used as a face pack or rubbed on the face.

75. *Ghamrah* or *Ubṭan*^{11,15}

- **Ingredients:** *Kundush*, *Za'farān*, *Runās/Pushkar Mūl*, *Murr* and *Maṣṭagī*-1 part each
- **Method of preparation:** All the ingredients are ground and mixed with *Āb-i-Piyāz*
- **Pharmacological actions:** *Muḥassin-i-Lawn* (complexion booster) *Muḥammir-i-Lawn* (adds pinkish tint to the facial complexion)

- **Therapeutic/Cosmetic uses:** Beautification of face and enhancement of complexion
- **Method of use:** Applied and rubbed on the face

76. *Ghamrah (Ubtan)*^{16,18}

- **Ingredients:** *Post-i-Bayḍ*, *Ārad-i-Bāqla*, *Ārad-i-Turmus*, *Ārad-i-Nakhūd*, *Chīnī Mittī*, *Māmīrān*, *Ushnān*-10.5 g each, *Tukhm-i-Kharpaḥ* and *Bekh-i-Nay*-70 g each, *Kundush*-17.5 g
- **Method of preparation:** All the ingredients are ground finely and preserved.
- **Pharmacological actions:** It removes skin marks, enhances fairness and makes skin radiant.
- **Cosmetic uses:** *Kalaf* (melasma), *Namash* (naevus) and *Barash* (freckle)
- **Method of use:** When needed, the powder is mixed with water and applied as a face pack for few hours. Then, rubbed and washed off

77. *Ghamrah/ Ghamrah al-Wajah*^{8,10}

- **Ingredients:** *Qaranful*, *S'alab Misrī*, *Khūlanjān*, *Zūfa* and *Zīra Siyāh*-12 g each, *Dār Chīnī* and *Jāiphal*-6 g each, *Jāwz-i-Gandum*, *Fuwwāh*-24 g each, *Za'farān*-3 g, *Gul-i-Gurhal*-120 g, *Shehad*, *Mawīz Surkh* and *Qand*-240 g each, *'Araq-i-Gulāb* in sufficient quantity
- **Method of preparation:** All the ingredients are ground and preserved.
- **Pharmacological actions:** It removes skin marks and makes facial skin fair and flawless
- **Therapeutic/Cosmetic uses:** Beautification and skin care
- **Method of use:** Paste is applied on the face and then washed off with water

78. *Ghamrah*¹⁰

- **Ingredients:** *Ārad-i-Jaw*, *Ārad-i-Nakhūd*, *Ārad-i-Bāqla* and *Ārad-i-'Adas Muqashshar* each in equal quantity
- **Method of preparation:** All the ingredients are mixed well to make powder
- **Pharmacological actions:** Skin cleanser and complexion enhancer
- **Method of use:** The prepared powder is mixed with egg albumin and applied on face at night and washed off with *'Araq-i-Shāhtara* and *'Araq-i-'Inab al-S'alab* in which *Gul-i-Khaṭmī*, *Banafsha* and *Sabūs-i-Gandum* were soaked overnight

79. *Ghamrah*⁶

- **Ingredients:** *Ārad-i-Bāqla*, *Ārad-i-Turmus*, *Ārad-i-'Adas*-10.5 g each
- **Method of preparation:** All the ingredients are mixed well to make powder and preserve
- **Pharmacological actions:** *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/Cosmetic uses:** It cleanses the face and makes facial skin fair
- **Method of use:** The prepared powder is mixed with water to make paste and rubbed on the face

80. *Ghamrah*⁴

- **Ingredients:** *Ārad-i-Bāqla*, *Ārad-i-Turmus*, *Tukhm-i-Kharpaḥ*-1 part each, *Ārad-i-'Adas*-½ part
- **Method of preparation:** These ingredients are ground and mixed with water and used as face pack

- **Pharmacological actions:** *Jālī* (detergent), *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/Cosmetic uses:** It cleanses skin and enhances facial complexion
- **Method of use:** Paste is applied on the face, left for sometime and washed with water

81. *Ghamrah*^{3,4}

- **Ingredients:** *Safūf-i-Turmus*, *Tukhm-i-Kharpaza*-10.5 g each, *Ārad-i-Bāqla*-7 g, *Jaw*, *Nakhūd*-5.25 g each, *Katīra*-3.5 g, *Za'farān*-500mg
- **Method of preparation:** All the ingredients are ground, powdered, sieved and mixed with milk to make paste
- **Pharmacological actions:** *Jālī* (detergent) and *Qāshir* (sloughing agent)
- **Therapeutic/Cosmetic uses:** Cleanses face and improves complexion
- **Method of use:** Application of paste to the face at night, followed by washing of face with decoction of *Sabūs-i-Gandum* in the morning

82. *Ghamrah*⁶

- **Ingredients:** *Jaw*-14 g, *Turmus*, *Tukhm-i-Kharpaza*, *Bāqla*, *Sabūs*, *Katīra*-7 g each
- **Method of preparation:** All the ingredients are ground, powdered, and preserved.
- **Pharmacological actions:** *Jālī* (detergent) and *Muḥassin-i-Lawn* (complexion booster)
- **Method of use:** Face pack is applied at night, and washed with barley flour and water in the morning. It is advised to use daily for a week.

83. *Ghamrah*^{8,21}

- **Ingredients:** *Jaw Muqashshar*-4 part, *Tukhm-i-Kharpaza*, *Sabūs-i-Gandum*, *Ārad-i-Nakhūd*, *Ārad-i-Bāqla*- 2 part each, *Ārad-i-Turmus*-0.5 part
- **Method of preparation:** All the ingredients are ground, powdered, and sieved to make powder
- **Pharmacological actions:** *Jālī* (detergent), *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/Cosmetic uses:** It cleanses face and enhances facial complexion
- **Method of Use:** Face pack is applied at night and washed off in the morning

84. *Ghamrah*^{8,17}

- **Ingredients:** *Ārad-i-Jaw*, *Ārad-i-Nakhūd*-1 part each, *Ārad-i-‘Adas*, *Katīra*, *Karsana*-1/2 part each, *Būra Armanī*-2 part, *Za'farān*-in small quantity
- **Method of preparation:** All the ingredients are ground, powdered, sieved and preserved.
- **Pharmacological actions:** It cleanses face and enhances facial complexion
- **Method of use:** The powder is mixed with water and paste is applied to the face at night, followed by washing of face with decoction of *Banafsha* and *Sabūs Tukhm-i-Kharpaza* in the morning

85. *Ghamrah/ Ubṭan*^{15,17}

- **Ingredients:** *Ārad-i-Jaw*, *Ārad-i-Bāqla*, *Ārad-i-Karsana*, *Ārad-i-Turmus*, *Ārad-i-Nakhūd*, *Ārad-i-‘Adas*, *Maghz-i-Bādām*, *Nasha*-6 g each, *Maghz-i-Kharpaza*-6 g, *Katīra*, *Post Bayḍ*-4 g each

- **Method of preparation:** All the ingredients are ground, powdered to make *Ubṭān*
- **Pharmacological actions:** *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/Cosmetic uses:** Skin care and beautification
- **Method of use:** The paste is applied and rubbed on the face or body

86. *Ghamrah*¹³

- **Ingredients:** *Jaw Muqashshar*-4 part, *Tukhm-i-Kharpaza*, *Ārad-i-Bāqla*, *Chirounjī*-2 part each
- **Method of preparation:** All the ingredients are ground, powdered, and preserved.
- **Pharmacological actions:** *Muḥassin-i-Lawn* (complexion booster) and *Jālī* (detergent)
- **Therapeutic/Cosmetic uses:** It cleanses facial skin and makes it fair and flawless
- **Method of use:** The powder is mixed with water and applied or rubbed on face at night followed by washing it off in the morning

87. *Ghamrah/Ubṭān*¹³

- **Ingredients:** *Ṣandal Surkh*, *Ṣandal Safaid*, *Agar*-6g each, *Za'farān*-3 g, *Chirounjī*-48 g
- **Method of preparation:** All the ingredients are ground with water and mixed with wheat flour (125 g) and jasmine oil (24 ml) to make a paste
- **Pharmacological actions:** *Muḥassin-i-Lawn* (complexion booster), *Muraṭṭib* (humidifying drug) and *Muṭayyib* (fragrant)
- **Therapeutic/Cosmetic uses:** Skin care and beautification, and to improve body odour
- **Method of use:** Rubbed on the face or body

88. *Ghamrah*¹³

- **Ingredients:** *Barg-i-Hinā Tāza*-60 g, *Ṣandal Surkh*-24 g, *Chirounjī*-36 g, *Maida-i-Gandum*-125 g, *Ravghan-i-Bela*-24 g
- **Method of preparation:** All these drugs are ground to make a paste
- **Pharmacological actions:** Face and skin cleanser
- **Therapeutic/Cosmetic uses:** Beautification of facial skin
- **Method of use:** Used as a face pack

89. *Ghamrah/Ghartī*^{11,15}

- **Ingredients:** *Ārad-i-Jaw*, *Ārad-i-Nakhūd*, *Katīra*, *Tukhm-i-Fujl*-1 part each, *Ārad-i-Karsana*-1/4 part
- **Method of preparation:** All these drugs are ground and mixed with milk
- **Pharmacological action:** *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/Cosmetic uses:** It is used to make skin fair and flawless
- **Method of use:** The paste is rubbed on the face at night and washed with decoction of *Sabūs* in the morning

Ghasūl (washing agent) ^{7,8,9,15,20,26}

Liquid or semisolid preparation used for washing or cleaning affected body part/organ.

90. Ghasūl ¹⁶

- **Ingredients:** *Qaimūliya*- 400 g *Īrsa*, *Afarbiyūn*-35 g each
- **Method of preparation:** All the ingredients are ground while adding water to make a paste.
- **Pharmacological actions:** *Muḥassin-i- Lawn* (complexion booster) and *Jālī* (detergent)
- **Therapeutic/Cosmetic uses:** It is useful for beautification, cleansing of skin and reversing tanning¹⁶
- **Method of use:** The paste is applied to the face or body parts, and rubbed on drying followed by washing with water

91. Ghasūl ¹⁶

- **Ingredients:** *Qaimūliya*, *Natrūn Mushawwa*, *Īrsa*, *S'ad*, *Sumbul*-35 g each
- **Method of preparation:** All the ingredients are ground to make powder
- **Pharmacological actions:** *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/Cosmetic uses:** It beautifies skin and makes it fair
- **Method of use:** When needed, the powder is mixed with some water to make paste and used as a body wash

92. Ghasūl ¹⁶

- **Ingredients:** *Ārad-i-Turmus*, *Kharpozah*-3 part each, *Ārad-i-Karsana*, *Ārad-i-Bāqla*, *Ārad-i-Jaw*, *Himmas*-2 part each, *Tukhm-i-Turb*, *Katīra* -0.5 part *'Adas Muqashshar*, *Nashāsta*-1 part each, *Tukhm-i-Kharpozah*, *Za'farān*-in small amount
- **Method of preparation:** All the ingredients are ground and mixed with milk to make paste.
- **Pharmacological actions:** *Muḥammad ibn Zakariyyā Rāzī* (Rhazes: 865-925 AD) has mentioned that this product is a good face cleanser, complexion booster and face beautifier
- **Therapeutic/Cosmetic uses:** Skin care and beautification and useful for *Kalaf* (melasma)
- **Method of use:** Application of paste on the face/body at night, followed by washing of the face/body with a decoction of *Qushūr-i-Bittīkh* and *Banaḥsha* in the morning

93. Ghasūl ^{8,15}

- **Ingredients:** *Ārad-i-Nakhūd*, *Sirka-i- Khumr*, *Lu'āb-i-Khaṭmī*-3.5 g each
- **Method of preparation:** All the ingredients are mixed well to make a paste
- **Therapeutic/Cosmetic uses:** *Hazāz/ Hibriyya* (dandruff)
- **Method of use:** Apply it to the scalp and wash it

94. Ghasūl ¹⁵

- **Ingredients:** *Chuqandar*
- **Method of preparation:** *Chuqandar* is boiled in water to make decoction
- **Therapeutic/Cosmetic uses:** *Hazāz/ Hibriyya* (dandruff)
- **Method of use:** The decoction is used for washing hairs

95. *Ghasūl*^{8,17,18}

- **Ingredients:** *Ārad-i-Turmus*, *Ārad-i-Bāqla*, *Katīra*, *Qaimūliya*-3.5 g each
- **Method of preparation:** Ingredient are ground, mixed with *Āb-i-Chuqandar* to make a paste
- **Therapeutic/cosmetic uses:** *Ḥazāz* (dandruff)
- **Method of Use:** Paste is used for washing of hair

96. *Ghasūl*^{8,9,15}

- **Ingredients:** *Ushnān Sabz*, *Ārad-i-Bāqla*, *Turmus*, *Nakhūd*, *Bihīdāna*, *Tukhm-i-Khiyār*, *Tukhm-i-Kharpaza*, *Zabd al-Baḥr*, *Gil Armanī*-1 part each
- **Method of preparation:** All the ingredients are ground, mixed with fresh milk and honey to make a paste.
- **Pharmacological actions:** Face cleanser
- **Method of use:** The paste is rubbed on the face at night, and washed off in the morning

97. *Ghasūl*^{11,15}

- **Ingredients:** *Za'farān*, *Rūnās/Pushkar Mūlī*, *Kundur*, *Maṣṭagī*-1 part each
- **Method of preparation:** All the ingredients are ground, mixed with onion juice and lukewarm water to make a paste
- **Pharmacological actions:** Face cleanses and complexion enhancer.
- **Therapeutic/Cosmetic uses:** It is use for beautification of facial skin.
- **Method of use:** The paste is rubbed on the face and washed off after 3 hours

98. *Ghasūl*⁷

- **Ingredients:** *Ḥusn-i-Yūsuf*, *Ustukhwān-i-Nārjīl*, *Sinān-i-Qassārīm*, *Gul-i-Sewtī*, *Zabd al-Baḥr*, *Burāda Şandal Safaid*-2 g each, *Maghz-i-Kharpaza*-3g
- **Method of preparation:** All the ingredients are ground, and mixed with onion juice and lukewarm water to make a paste
- **Pharmacological actions:** *Jālī* (detergent) and facial cleanser
- **Therapeutic/Cosmetic uses:** Facial skin care and beautification, removes black spots/hyperpigmented marks of skin
- **Method of use:** The paste is rubbed on face and washed after 3 hours

99. *Ghasūl*^{11,15}

- **Ingredients:** *Khardal Safaid*, *Hartāl*-1 part each
- **Method of preparation:** All the ingredients are ground and then mixed with fresh milk to make a paste
- **Pharmacological actions:** *Muhassin-i-Lawn* (complexion booster) and *Muhammir-i-Lawn* (adds pinkish tint to the facial skin)
- **Therapeutic/Cosmetic uses:** It is used for cleansing of skin and fairness of facial complexion
- **Method of use:** Used as face wash

100. *Ghasūl*^{11,15}

- **Ingredients:** *Shītraj Hindī*-in Q.S
- **Method of preparation:** The ingredient is boiled with vinegar, then mixed with water
- **Pharmacological actions:** *Muhassin-i-Lawn* (complexion booster) and *Muhammir-i-Lawn* (adds pinkish tint to the facial skin)
- **Method of use:** Used as a facewash

101. *Ghasūl*¹⁸

- **Ingredients:** *Ārad-i-Jaw*-9 g, *Murdār Sang*-6 g, *Sirka*, *Ravghan-i-Chamelī*-24 ml each, *Ravghan-i-Gul*-12 ml
- **Method of preparation:** All the ingredients are mixed well
- **Pharmacological actions:** It removes/reduces scars and other skin marks
- **Therapeutic/Cosmetic uses:** *Āthār al-Qurūh* (scar marks) and skin beautification
- **Method of use:** Used as body wash

102. *Habb*²¹

- **Ingredients:** *Sankhiya*-125 mg, *Suhāga*-3 g, *Şandal Safaid*-12 g
- **Method of preparation:** First soak *Şandal Safaid* in '*Araq-i-Gulāb* and then prepare pills as usual and preserve
- **Therapeutic/Cosmetic use:** *Kalaf* (freckle) and *Namash* (naevus)
- **Method of use:** 1 pill is ground with '*Araq-i-Gulāb* and rubbed on the affected part at night, and washed in the morning, with the water in which wheat husk is boiled

Inkibāb (vapour bath)

a regimental procedure in which parts of the body or whole body is exposed to vapours obtained from decoction of drugs or simple boiled water.^{3,9,12,18-19} *Muḥammad ibn Zakariyyā Rāzī* has mentioned it as a treatment for skin spots and pityriasis.²¹

103. *Inkibāb*¹⁸

- **Ingredients:** *Sabūs-i-Gandum*-27 g
- **Method of preparation:** The drug is boiled with water
- **Pharmacological actions:** It removes hyperpigmented marks
- **Therapeutic/cosmetic uses:** It is useful for *Kalaf* (melasma)
- **Method of use:** *Ghamrah* (face pack) prepared with *Tukhm-i-Mūlī*, *Katīra*, *Nashāsta*, *Bāqla*, *Haldī*, *Za'farān*, *Fūfal* and egg albumin is applied at night and washed off in the morning followed by exposing of affected parts to this medicated water

‘Iṭr (perfume)

104. ‘Iṭr -i-Argaja⁷

- **Ingredients:** ‘Ūd Hindī, Bekh Banafsha, Şandal, Post-i-Nāranj, Khas Khushbudār-960 g each, Şandal Safaid-1.20 kg, Shagūfa-i-Nāranj, Qāqla Sighār-96 g each, Sunbul al-Ṭīb, Za’farān, Ushna-12 g each, Bisbāsa-18 g, Bachh-6 g, Lāzan, ‘Ambar Ashhab-2 g
- **Method of preparation:** All the ingredients are ground except Lāzan and ‘Ambar. Then, ‘Araq is extracted. Lāzan and ‘Ambar are tied to the end of the pipe while extracting the ‘Araq. It is cooled and ‘Iṭr is collected.
- **Pharmacological actions:** It imparts fragrance and used as perfume
- **Method of use:** Sprinkle or spray on the body

105. ‘Iṭr-i-Majmu ‘āī⁷

- **Ingredients:** Şandal Safaid, ‘Ūd Hindī-240 g, Şandal-480 g, Hīl Buwā, Bisbāsa, Azfār al-Ṭīb, Post-i-Nāranj-18 g each Ḥabb al-Mahlab-12 g, ‘Ambar Ashhab-48 g, Mushk Khālis-24 g, Kāfūr-500 mg, Za’farān-1 g, Chobah Agar-36 g
- **Method of preparation:** All the ingredients are ground, mixed with ‘Araq-i- Gulāb then, ‘Araq is extracted by usual procedure and preserved as ‘Iṭr
- **Pharmacological actions:** It imparts fragrance to the body
- **Method of use:** Sprinkle/spray on the body as perfume

Kājal (topical ophthalmic medicament / eyeliner) ^{13,14,18}

Semi-solid dosage form prepared by mixing smoke collected from the flamed / burning drugs with some oily substance. It is used both as eyeliner and topical ophthalmic medicament. In this dosage form, drugs are ground to make a fine powder. Drugs are applied to cloth properly, when wick is formed, it is burned with oil, and smoke is collected. The formed matter/smoke is scrapped out, collected and used for application in the eyes either for beautification or treating ophthalmic conditions.

106. Kājal ¹²

- **Ingredients:** Panba Dāna-60 g, Sang-i- Başrī, Angūza Hīra-3 g each
- **Method of preparation:** All the ingredients are ground to form a suppository. The suppository is dipped in some quantity of mustard oil and burned in a lamp. The smoke is collected. Surma- (antimony)-12 g may also be added to this preparation
- **Therapeutic/Cosmetic uses:** It enhances beauty of eyes and useful for Sabal (pannus)
- **Method of use:** Applied to the eyes

107. Kājal¹⁸

- **Ingredients:** Gul-i-Sewtī, Kundur-1 part each
- **Method of preparation:** All the ingredients are ground to form a suppository. The suppository is dipped in some quantity of mustard oil and burned in a lamp. The smoke is collected by holding a clean plate over the top of the flame.
- **Therapeutic/Cosmetic uses:** It beautifies the eyes and prevents cataract as well
- **Method of use:** Applied to the eyes

***Khiḍāb* (hair dye) ^{9,15,17}**

Liquid/semi liquid preparation used as hair dye

108. *Khiḍāb*⁷

- **Ingredients:** *Māzu Sabz Khurd*-60 g
- **Method of preparation:** The drug is roasted in a pan on low heat, ensuring it is neither undercooked nor burnt to ash. Then the roasted drug is ground with a decoction of *Post-i-Halayla Zard* in an iron pot for three days, dice-sized pills are made and preserved⁷
- **Pharmacological actions:** It dyes hair black
- **Therapeutic/Cosmetic uses:** It is used to dye hair black
- **Method of use:** Grind the pill, prepare paste, and use as hair dye

109. *Khiḍāb*¹³

- **Ingredients:** *Lohchūn*-1 part, *Ārad-i-Gandum*-2 part
- **Method of preparation:** All the ingredients are soaked in water and kept under sunlight until fermentation occurs
- **Pharmacological actions:** *Musawwid-i-Sha 'r* (hair blackener)
- **Therapeutic/Cosmetic uses:** It is used to dye hair black
- **Method of use:** Applied as *Khiḍāb* (hair dye) and then washed

110. *Khiḍāb*¹³

- **Ingredients:** *Shaqā'iq*-1 part, *Zait*-2 part
- **Method of preparation:** The drugs are soaked in olive oil till it becomes soft and Alum is added to it to make oil
- **Pharmacological actions:** *Musawwid-i-Sha 'r* (hair blackener)
- **Therapeutic/Cosmetic uses:** It is used to dye hair black
- **Method of use:** Applied on hair

111. *Khiḍāb*^{11,17,21}

- **Ingredients:** *Māzu*, *Sang-i-Rāsikh*-4 part each, *Nawshādar*-1 part, *Shibb*-0.5 part
- **Method of preparation:** *Māzu* is buried in hot ash until it is properly roasted. Once roasted, all the ingredients are ground separately into fine powders, then mixed and stored in a glass container. When needed, the powder can be mixed with water to prepare a paste for use.
- **Pharmacological actions:** *Musawwid-i-Sha 'r* (hair blackener).
- **Therapeutic/Cosmetic uses:** It is used to dye hair black. It dyes hair black without affecting the scalp.
- **Method of use:** Firstly, the hair is washed with a decoction of *Āmla* and then the paste is applied. Thereafter the hair is washed after 6 hours.

112. *Khiḍāb*⁹

- **Ingredients:** *Nārjīl Kohna*-5 pcs, *Halayla Siyāh*-2.25 part, *Nawshādar*-550 mg
- **Method of preparation:** All the ingredients are ground and mixed with water to make a paste
- **Pharmacological actions:** *Musawwid-i-Sha 'r* (hair blackener), makes hair remain black for a long duration.
- **Therapeutic/Cosmetic uses:** It is used to dye hair black
- **Method of use:** Paste on hair

Kuḥl / Surma (collyrium):^{1,2,6,8,13,14}

Microfine powder of drugs including antimony used as ophthalmic medicine / eyeliner. It is used in eyes¹⁴ with a small smooth glass or metallic stick. ²⁶ *Sang-i- Surma* (antimony) is the basic ingredient of *Kuḥl*. These are very fine and smooth powder, and do not feel gritty when rubbed between the fingers. ²⁵

113. *Kuḥl*¹³

- **Ingredients:** *Surma*-3 g, *Dūd-i-Chirāgh*-2 g, *Māzu*-1g
- **Method of preparation:** All the ingredients are ground to make *Kuḥl* (fine dust)
- **Uses:** It is used for blackening and beautification of eyes
- **Method of use:** Applied to the eyes as *Kuḥl*

114. *Kuḥl*⁶

- **Ingredients:** *Tutīya Hindī*-45 g, *Iqlīmiya-i-Ṭilā*, *Sāzaj Hindī*, *Surma Isfahānī*-13.5 g each, *Sartān Chīnī*-4.5 g, *Dār Filfil*-13.5 g
- **Method of preparation:** All the ingredients are ground, sieved, and again ground in a mortar and pestle to make a microfine powder. The prepared powder is soaked in '*Araq-i- Bādiyān* and '*Araq-i- Gulāb* for 7 days. Thereafter '*Araq-i- Gulāb* and *Hasram* is added and kept for drying for a day. The powder is then preserved.
- **Pharmacological actions:** It strengthens eye sight and prevents wrinkles of eyelids.
- **Therapeutic/Cosmetic uses:** For beautification of eyes, weak eye sight
- **Method of use:** Applied to the eyes as *Surma*

Note: *Kāfūr* 500 mg may be added, if it is prepared during summer season, whereas 32mg of *Musk* may be added, if it is prepared and used in winter

115. *Kuḥl Sāzaj*⁹

- **Ingredients:** *Surma Isfahānī*, *Iqlīmiya-i-Fizza*-14 g each, *Sāzaj Hindī*-3.5 g, *Marwārīd*, *Za'farān*-1.75g each, *Mushk*-1 g
- **Method of preparation:** *Kuḥl* is prepared as per the methods mentioned above.
- **Pharmacological actions:** *Muqawwī-i-Baṣar* (eye tonic)
- **Therapeutic/Cosmetic uses:** Beautification of eyes and dim vision
- **Method of use:** Applied to the eyes with a metal stick

116. *Kuḥl Sāda*²

- **Ingredients:** *Ithmid*-21 g, *Marqashīshā*-14 g, *Iqlīmiya-i-Zehab*, *Bussad*-7 g each, *Za'farān*-1.75 g, *Sāzaj Hindī*-3.5 g, *Marwārīd*-750 mg, *Mushk*-250mg
- **Method of preparation:** All the ingredients are ground to make *Kuḥl* (fine dust)
- **Pharmacological actions:** *Muqawwī-i-Başar* (eye tonic)
- **Therapeutic/Cosmetic uses:** poor vision, beautification of eyes
- **Method of use:** Application in the eyes with the help of a metal stick

117. *Kuḥl*⁶

This formulation is accredited to ancient physician *Rufas*.

- **Ingredients:** *Ithmid*-1part, *Rāng Sokhta*, *Iqlīmiya-i- Nuhās*-1/2 part each, *Za'farān*, *Gul-i-Surkh*, *Murr*, *Sembul Hindī*, *Kundur*, *Dār Filfil*, *Filfil Siyāh*-1/4 part each, *Khista-i-Khajūr Sokhta*-2 part
- **Method of preparation:** All the ingredients are grounded to fine dust except *Khista-i-Khajūr Sokhta*, which is ground separately with *Ravghan-i-Balsān* and then mixed with fine powder of drugs.
- **Pharmacological actions:** It grows eyelashes
- **Therapeutic/Cosmetic uses:** Beautification of eye lashes and eyes
- **Method of use:** Applied on eyelashes and used as collyrium in eyes with a small, fine stick

118. *Kuḥl Jilā'*⁶

- **Ingredients:** *Ithmid*-35 g, *Filfil*, *Dār Filfil*, *Namak Indrānī*, *Kaf-i-Dariya*-3.5 g each
- **Method of preparation:** All the ingredients are ground to make *Kuḥl* (fine dust)
- **Pharmacological actions:** *Jālī* (detergent)
- **Therapeutic/Cosmetic uses:** It is used for beautification of eyes and cleansing eyes as well
- **Method of use:** Applied in the eyes with a small metallic stick

119. *Kuḥl*⁶

- **Ingredients:** *Surma Isfahānī Taswīl*-4.5 g, *Marwārīd Maghsūl*-3.5 g, *Mushk*-250 mg
- **Method of preparation:** *Mushk* is dissolved in '*Araq-i-Gulāb*, then *Marwārīd* and *Surma Isfahānī Taswīl* are soaked in it and dried. Thereafter, the preparation is mixed with *Āb-i-Bādiyān* and dried. This process is repeated again then finally ground into fine dust and preserved.
- **Therapeutic/Cosmetic uses:** It cleanses the eyes
- **Method of use:** Applied in the eyes with the help of a small metal stick

120. *Kuḥl Māmīrān*^{9,13,29}

- **Ingredients:** *Murr*, *Shibb*, *Māmīrān*, *Iqlīmiya-i-Fizza*, *Iqlīmiya-i-Zahbī*, *Post-i-Halayla*-4 gm each, *Nawshādar*, *Sāzaj Hindī*, *Bisbāsa*-3 gm each, *Filfil Siyāh*, *Kāfūr*, *Jatamānsi*, *Tutīya*, *Ṭabāshūr*, *Kushta Rāng*-1 gm each, *Sang-i-Surma*-18 gm, *Zahra-i-Buz*-1 piece
- **Method of preparation:** All the ingredients are ground with fennel water for 24 hours to make *Kuḥl* (fine dust)

- **Pharmacological action:** It enhances growth of eyelashes, improves vision and useful for itching in the eyes
- **Therapeutic/Cosmetic uses:** It is used to grow eyelashes and beautification of eyes
- **Method of Use:** Local application in the eyes as *Kuḥl*

121. *Kuḥl*¹²

- **Ingredients:** *Ju'da Tāza*-1g, *Anba Haldī*-12 g, *Shibb Safaid*-9 g
- **Method of preparation:** The juice/ liquid of *Ju'da* is squeezed thoroughly. A piece of cloth is soaked 3-4 times in the juice, allowing it to dry between each soak. Then the remaining drugs are grinded and sprinkled evenly over the cloth. A small amount of mustard oil is taken in a small earthen bowl and the prepared cloth is immersed in it and burned. The earthen bowl is covered with another earthen bowl during the burning process. Once the cloth is burnt completely, the fine soot deposited on the inner surface of the covering bowl is scraped off. The soot is collected and preserved as *Kuḥl*.
- **Pharmacological actions:** It is used to blacken and beautification of eyes
- **Therapeutic/Cosmetic uses:** Falling of eyelashes, redness of eye due to conjunctivitis
- **Method of use:** *Kuḥl* is applied in eyes with the help of small metal stick or applicator

122. *Kuḥl*^{12,18}

- **Ingredients:** *Ithmid Isfahānī*-24 g, *Marwārīd Sāyda*, *Sang-i-Baṣrī*-1 g each, *Bussad*, *Shādnaj Maghsūl*-4 g each
- **Method of preparation:** First, each ingredient is ground separately to fine dust. Then, mixed and grinded with rose water, and dried.
- **Pharmacological actions:** It strengthens eyes and use for beautification (blackening) of eyes
- **Method of use:** Applied in the eyes with the help of metal stick

123. *Kuḥl Jilā' wa Mubarrīd*⁶

- **Ingredients:** *Ithmid*, *Iqlīmiya-i-Fizza*, *Asfidāj*, *Rusās*, *Karsana*-17.5 g each, *Tutīya Hindī*-10.5 g, *Māmīrān*-5.25 g
- **Method of preparation:** All the ingredients are ground, sieved to make *Kuḥl* (fine dust)
- **Pharmacological actions:** It is coolant, cleansing agent and *Muqawwī-i-Baṣar* (eye tonic)
- **Cosmetic uses:** Beautification of the eyes
- **Method of use:** Applied in the eyes as *Kuḥl*

124. *Surma/ Kuḥl*¹⁸

- **Ingredients:** *Surma Siyāh*-60 g, *Marwārīd Nāsufta*-6 g, *Shibb Biryān*, *Rasawt*-12 g each, *Afiyūn*-500 mg
- **Method of preparation:** All the ingredients are grinded except *Rasawt* and *Afiyūn*, which are ground separately with lemon juice. All are mixed and ground into fine dust and preserved for further use as *Surma/Anjan*
- **Pharmacological actions:** Beside beautification, it improves vision also
- **Method of use:** Applied to the eyes as *Kuḥl*

***Laṭūkh* (epithem)**

It is a preparation in which drugs are boiled/powdered and mixed with suitable liquid. This mixture is applied locally by spreading it on cloth or paper for topical use.

125. *Laṭūkh*⁶

- **Ingredients:** *Nasha*-35 g, *Chūna* -175 g, *Zarnīkh Asfar*-1 part
- **Method of preparation:** All the ingredients are ground, mixed with hot water, and applied to cloth to make *Laṭūkh*
- **Pharmacological actions:** *Hāliq-i-Sha‘r* (hair remover) and skin softener
- **Therapeutic/Cosmetic uses:** It is used to remove unwanted hair
- **Method of use:** Used locally to remove the unwanted hair

***Maḍmaḍa* (mouthwash)^{9,12,14, 15,18}**

A medicated liquid preparation, such as a decoction, infusion, or solution, used for rinsing the mouth is known a mouthwash.

126. *Maḍmaḍa*¹²

- **Ingredients:** *‘Ūd Kham*, *Maṣṭagī*, *Qaranful*, *Bisbāsa*, *Jawzbuwā*-3 g each
- **Method of preparation:** The ingredients are half crushed, tied in a piece of cloth and boiled with rose distillate and preserved. This mouth wash is used after *Istifrāgh-i-Balgham* (evacuation of morbid phlegm)
- **Pharmacological action:** *Muṭīb-i-Dahan* (mouth freshener)
- **Therapeutic uses:** *Bakhr al-Fam* (halitosis)
- **Method of use:** Used as *Maḍmaḍa* (mouthwash)

127. *Maḍmaḍa*¹²

- **Ingredients:** *Shibb Safaid Biryān*- 42 g, *‘Araq-i- Gulāb*-480 ml
- **Method of preparation:** Grind *Shibb* and mix with Rose distillate
- **Pharmacological action:** *Muṭīb-i-Dahan* (mouth freshener)
- **Therapeutic /Cosmetic uses:** *Bakhr al-Fam* (halitosis)
- **Method of use:** Used as mouthwash

128. *Maḍmaḍa*¹²

- **Ingredients:** *‘Āqarqarḥa*-in small quantity
- **Method of preparation:** *‘Āqarqarḥa* is boiled with *Sirka* and *‘Araq-i-Gulāb* and filtered
- **Pharmacological action:** *Muṭīb-i-Dahan* (mouth freshener)
- **Therapeutic/Cosmetic uses:** *Bakhr al-Fam* (halitosis)
- **Method of use:** Used as mouthwash

Marham (ointment)

It is a topical dosage form in which drugs are mixed with wax and melted in oil or fat.²⁴ Semi-solid medicine prepared by mixing fine powder of drugs with wax or other suitable base, meant for local application. *Qayrūṭī* and *Ḍimād* are included in this category. *Marham*, *Qayrūṭī* and *Ḍimād* are generally prepared with the drugs having *Muhallil* (resolving), *Dāfi'-i-Ta'affun* (antiseptic), *Muraṭṭib* (humidifying drug), *Ḥābis* (anastaltic drug) and *Qābiḍ* (astringent) properties.²⁴

129. Marham (ointment) for lip care¹⁸

- **Ingredients:** *Mom*-9 g, *Ravghan-i-Gao*-48 g, *Kath Safaid*-24g, *Kāfūr*-2 g
- **Method of preparation:** *Mom* is melted in *Ravghan-i-Gao* on heat. Then the remaining drugs are added and mixed thoroughly. The prepared ointment or lip balm is preserved.
- **Pharmacological actions:** It prevents dryness of lips
- **Therapeutic / Cosmetic uses:** It is useful for *Tashaqquq al-Shafatayn* (cracked lips) or *Taqashshur al-Shafatayn* (chapped lips)
- **Method of use:** Applied on the lips as lip balm

130. Marham⁶

- **Ingredients:** *Mom Safaid*-12 g, *Ravghan-i-Kunjad*-24 g, *Kath Safaid*, *Kushta Qalai*, *Nashāsta*, *Māzu Sabz*-3 g each
- **Method of preparation:** All the ingredients are ground except *Mom Safaid* and *Ravghan-i-Kunjad*, which are heated separately and then the powdered drugs are added in it and mixed thoroughly.
- **Pharmacological actions:** It prevents dryness of lips
- **Therapeutic / Cosmetic uses:** *Tashaqquq al-Shafatayn* (cracked lips)
- **Method of use:** Applied on the lips as lip balm

131. Marham⁶

- **Ingredients:** *Ravghan-i-Banafsha*-400 ml, *Mom Safaid*-105 g, *Safaida Kāshgharī Maghsūl*, *Murdār Sang masfūf* 35 g each, *Kāfūr*-3.5 g
- **Method of preparation:** Oil is heated and wax is added to it and melted. Then, the remaining drugs are added and mixed thoroughly. The preparation is used as an ointment or cream
- **Pharmacological action:** It prevents burn marks
- **Therapeutic uses:** It is useful for burns and skin rashes
- **Method of use:** Local application on affected part

132. Marham⁶

- **Ingredients:** *Zangār*, *Qirtās Sokhta*-3.5 g each, *Sābun ka Pāni*-24.5 g, *Shehad*-28 g, *Farbiyūn*-21 g
- **Method of preparation:** All the ingredients are cooked well to make ointment.
- **Pharmacological action:** It removes warts
- **Therapeutic /Cosmetic uses:** *Tha'ālīl* (warts)
- **Method of use:** Local application on warts

132. *Marham*⁶

- **Ingredients:** *Nuhās Sokhta, Gandhak, Shītraj, Chūna, Zarāwand*-1 part each
- **Method of preparation:** All the ingredients are ground, soaked in vinegar, and kept under sunlight for 20 days.
- **Therapeutic/Cosmetic uses:** White patch of vitiligo
- **Method of use:** The vitiligo patch is washed with vinegar, and then ointment is applied to the patch

Nawra (depilatory)

Cosmetic preparation used to remove unwanted hair from the body. In this preparation, drugs having epilating action are used in the form of paste.^{11, 14, 26} Drugs useful to remove unwanted hair from the body are mentioned under the heading *Hāliq-i-Sha'r* (hair remover / depilatory drug) in chapter 2.

Qayrūfī (a kind of ointment)²⁸

It is a kind of *Marham* (ointment / cream) used for massage. Wax or fat is melted in hot oil, followed by the addition of powdered drugs, which are mixed thoroughly and is used locally for massage.^{14, 15}

133. *Qayrūfī*¹⁵

- **Ingredients:** *Lu'āb-i-Khaṭmī, Lu'āb-i-Hulba, Tukhm-i-Katān, Āb-i-Barg-i-Chuqandar*-480 g each, *Pīh-i-Gosfand, Pīh-i-Murgh, Ravghan-i-Bādām, Ravghan-i-Kadū*-35 g each
- **Method of preparation:** All the ingredients are heated together until they achieve a smooth, ointment-like consistency. To enhance the fragrance, musk and rosewater may be added.
- **Pharmacological actions:** *Muraṭṭib* (humidifying drug)
- **Therapeutic/Cosmetic uses:** It is used to prevent dryness of hands and feet
- **Method of use:** Applied on hands and feet

134. *Qayrūfī*¹⁵

- **Ingredients:** *Ravghan-i-Banafsha, Ravghan-i-Bādām, Ravghan-i-Nargis*-35 g each, *Mom Safaid, Pīh-i-Murgh, Pīh-i-Dunba, Maska-i-Mīsh, Ravghan-i-Panba Dāna*-17.5 g each, *Lu'āb-i-Khaṭmī*-70g
- **Method of preparation:** All the ingredients are cooked or boiled until thoroughly mixed. The powder of 1.75 g of *Mushk* and 3.5 g of *'Ambar* are added to it and mixed well with a pestle and mortar to make *Qayrūfī*
- **Pharmacological actions:** *Muraṭṭib* (humidifying drug), makes skin soft and impart fragrance when rubbed on the body
- **Therapeutic/Cosmetic uses:** It is used to keep the skin hydrated and fragrant
- **Method of use:** Local application on the body

135. *Qayrūfī*¹⁸

- **Ingredients:** *Lu'āb-i-Behīdāna, Lu'āb-i-Khaṭmī, Lu'āb-i-Alsī, Āb-i-Barg-i-Kishnīz Sabz, Āb-i-'Inab al-Th'alab Tāza*-each in Q.S.

- **Method of preparation:** All the ingredients are cooked or boiled with white wax and *Ravghan-i-Gul* until they are thoroughly mixed. *Safaida Kāshgharī*, *Maghz-i-Kadū*, *Maghz-i-Tarbūz* and *Rasawt* are added with the boiled drugs to make *Qayrūtī*.
- **Pharmacological actions:** *Muraṭṭib* (humidifying drug)
- **Therapeutic uses:** It prevents *Yabūsat* (dryness) and *Shiqāq-i-Lab* (cracked lips)
- **Method of Use:** Local application as lip balm on the lips

136. *Qayrūtī*¹²

- **Ingredients:** *Mom Zard*, *Zūfa Ratab*, *Pīh Murghābī*, *Katīra*, *Lu ‘āb-i-Bihīdāna*- each in sufficient quantity
- **Method of preparation:** First, *Ravghan-i-Gul* and Pochard’s fat are heated together. Once melted, wax and the remaining ingredients are added and thoroughly mixed using a mortar and pestle to make an ointment or cream.
- **Pharmacological actions:** *Muraṭṭib* (humidifying drug)
- **Therapeutic/Cosmetic uses:** It is useful as lip balm for *Shiqāq-i-Lab* (cracked lips) and humidifying drug for cracked skin of hands and feet
- **Method of use:** Applied and rubbed on the lips and hand and feet

137. *Qayrūtī*^{14,18}

- **Ingredients:** *Āb-i-Chuqandar*, *Āb-i-Shalgham*, *Āb-i-Barg-i-Karamkalla*, *Āb-i-Gul-i-Banafsha*-36 ml each, *Mom*-60 g, *Ravghan-i-Gul*-96 g
- **Method of preparation:** All the ingredients are cooked or boiled with wax and *Ravghan-i-Gul* until they are mixed well.
- **Pharmacological actions:** It produces moistness in the body
- **Cosmetic uses:** It is useful in dandruff and *Shuqūq al-Atrāf* (cracked hand and feet).
- **Method of use:** Local application on hand, feet and scalp

138. *Qayrūtī*¹⁴

- **Ingredients:** *Mom Safaid*, *Ravghan-i-Bādām*-9g each, *Katīra*, *Zūfa Raṭab*-3 g each
- **Method of preparation:** All the ingredients are cooked or boiled with *Mom Safaid* and *Ravghan-i-Gul* until they are mixed well and made into *Qayrūtī*
- **Pharmacological actions:** It is *Muraṭṭib* (humidifying drug), softens skin and imparts fragrance to the body
- **Cosmetic uses:** *Shiqāq-i-Lab* (cracked lips), *Tashaqquq-i-Atrāf* (cracked hand and feet) and dryness and roughness of skin
- **Method of use:** Local application

139. *Qayrūtī*¹⁵

- **Ingredients:** *Mom Safaid*-24.5g, *Ravghan-i-Bādām*, *Ravghan-i-Kadu*-70 g each, *Pīh-i-Buz*-17.5 g, *Lu ‘āb-i-Katīra*, *Lu ‘āb-i-Khaṭmī*, *Lu ‘āb-i-Aspghol*, *Lu ‘āb-i-Bihīdāna*, *Ravghan-i-Bed Mushk*, *Ravghan-i-Banafsha*, *Maska Tāza*-35 g each

- **Method of preparation:** All the ingredients are cooked or boiled till the watery content is evaporated and oil remains. Then, *Kāfūr*-1.75 g is added and mixed well to make an ointment
- **Pharmacological actions:** It is *Murattib* (humidifying drug), softens skin and imparts fragrance to the body. It is beneficial for hot temperament personnel
- **Cosmetic Uses:** Dryness of skin
- **Method of use:** Local application as humidifying drug

140. *Qurs*¹⁶

- **Ingredients:** *Ārad-i-Bāqla*, *Ārad-i-Karsana*, *Daqīq-i-Turmus*, *Īrsa*, *Kundur*, *Qarn al-Iyyal Muḥarriq*-1 part each, *Ushaq*, *Nawshādar*, *Bādām Talkh*-3 part each *Katīra*, *Ṣamagh Arabī*-¼ part each
- **Method of preparation:** All the ingredients are powdered, sieved, and mixed with suitable binder to make *Qurs* (tablet), and preserved
- **Pharmacological actions:** It lightens and reduces hyperpigmented wound marks
- **Therapeutic/Cosmetic uses:** It is used to reduce *Āthār al-Qurūḥ* (skin marks)
- **Method of use:** When needed, a tablet is mixed with water or milk and applied on the hyperpigmented marks

141. *Qurs*¹⁶

- **Ingredients:** *Ārad-i-Bāqla*
- **Method of preparation:** The drug *Ārad-i-Bāqla* is mixed with melon juice and kneaded to make tablets and dried in shade
- **Pharmacological actions:** It lightens injury marks.
- **Therapeutic/Cosmetic uses:** *Āthār al-Qurūḥ* (scars)
- **Method of use:** When needed, a tablet is mixed with water, and left for 6 hours. Then applied to the scar, and washed off after some time.

142. *Qurs*¹⁶

- **Ingredients:** *Ārad-i-Bāqla*-1 part, *Ḥabb al-Bān*, *Qaimūliya*, *Naṭrūn*, *Bādām Talkh*-1/3 part each
- **Method of preparation:** All the ingredients are powdered, sieved, and mixed with suitable binder to make *Qurs* (tablet), and preserved
- **Pharmacological actions:** It lightens skin complexion and hyperpigmented marks
- **Therapeutic/Cosmetic uses:** *Āthār al-Qurūḥ* (scars) and *Taqashshuf al-Jild* (ichthyosis) particularly of neck
- **Method of use:** When needed, a tablet mixed with water and applied as paste, on the affected part

143. *Qurs*¹⁶

- **Ingredients:** *Ārad-i-Bāqla*, *Fāshra*, *Qarn al-i-yyal Muḥarraḡ*, *Ḥabb al-Bān*, *Qaimūliya*-1 part each, *Nawshādar*-1/8 part
- **Method of preparation:** All the ingredients are powdered, sieved, and mixed with water to make *Qurs* (tablet), and preserved

- **Pharmacological actions:** It is very potent formulation for reduction or removal of scar
- **Therapeutic/Cosmetic uses:** *Āthār al-Qurūh* (injury/wound scar) and used to make skin flawless and beautiful
- **Method of use:** When needed, a tablet is mixed with water and applied as paste, on the affected part

144. *Qurş*¹⁶

- **Ingredients:** *Qust, Bādām Talkh, Ārad-i-Bāqla, Ārad-i-Chana*-1 part
- **Method of preparation:** All the ingredients are powdered, sieved, and mixed with melon juice to make *Qurş* (tablet), and preserved
- **Pharmacological actions:** It lightens or reduces wound marks
- **Therapeutic/Cosmetic uses:** It is used to clear *Āthār al-Jild* (skin marks)
- **Method of use:** When needed, a tablet is mixed with water and applied as paste, on the affected part

145. *Qurş*^{8,17}

- **Ingredients:** *Ushaq, Muqil*-7 g each, *Mādharyūn*-14 g, *Khardal Safaid*-35 g
- **Method of preparation:** All the ingredients are powdered and sieved, except *Ushaq* and *Muqil*. *Ushaq* and *Muqil* are dissolved in water and filtered. The filtered water is mixed with the remaining drugs, to make *Qurş* (tablet), and preserved
- **Therapeutic/Cosmetic uses:** *Kalaf* (melasma), *Namash* (naevus)
- **Method of use:** When needed, a tablet is mixed with water and applied as paste, on the hyper pigmented marks and spots

146. *Qurş al-Ward*¹⁶

- **Ingredients:** *Warq-i- Gul Surkh Tar*-1 part, *Sukk, Sunbul*-5 part each, *Murr*-6 part
- **Method of preparation:** First, the rose petals is dried for 40 days. Then, all the ingredients are powdered, sieved, mixed with water to make *Qurş* (tablet), and preserved.
- **Pharmacological actions:** It imparts fragrance and used as deodorant¹⁶
- **Therapeutic uses:** *'Araq-i- Muntin* or *Şunān* (foul smell of axilla)
- **Method of use:** When needed, a tablet is mixed with water and applied as paste, on the body

Ravghan/Duhn (oil)^{1,2,6,8,9, 20}

Oil extracted from oily drugs or seeds is utilized for various purposes, including oral administration, local application on hair, and body massage.

147. *Ravghan*^{17,21}

- **Ingredients:** *Gul-i-Lāla, Barg-i-Ās, Parsiyāoshān, Sunbul al-Ṭīb, S'ad Kūfti, Tukhm-i- Chuqandar, Tukhm-i-Karafs, Āmla*-24 g each
- **Method of preparation:** *Tukhm-i- Chuqandar, Tukhm-i-Karafs* and *Āmla* are boiled in 1200 ml of water for a few minutes. Then the remaining drugs are added and boiled till 1/3rd volume of water (i.e. 400 ml) remains. *Ravghan-i-Khairī* 400 ml is added in the filtered mixture and boiled until the watery content evaporates and oil remains. Further, the dried concentrated pod and leaf extract of *Aqāqiya*-7.5 g and some quantity of ash of *Şanobar* are added in the oil and the oil is preserved.

- **Pharmacological actions:** *Muqawwī-i- Sha‘r* (hair tonic), maintains blackening of hair for long duration
- **Therapeutic/Cosmetic uses:** Beautification of hair and hair care
- **Method of use:** Local application on scalp and hair

148. *Ravghan*²¹

- **Ingredients:** *Barg-i-Mūrad*, *Āmla*-320g each, *Halayla*, *Balayla*-64 g each, *Maṣṭagī*, *Parsiyāoshān*, *Lāzan*-40 g each, *Ṭabāshīr*-16 g, *Fūfal*-80 g
- **Method of preparation:** All the ingredients are crushed and boiled in 1200 ml of water for a few minutes. *Ravghan-i-Gul* 800 ml is added in the filtered water and boiled again on low flame till the watery content is evaporated and only oil remains. Then, the remanent of boiled drugs are tied in a piece of cloth and kept in the the prepared oil, and the oil is heated till the watery contents of the drugs evaporates. The cloth containing residues is removed and oil is preserved.
- **Pharmacological actions:** grows new hair, makes hair strong and black, increases hair length, and is used to make hair curly. Its massage enhances beauty
- **Therapeutic/Cosmetic uses:** Beautification of hair, hair care and for cosmetic purpose
- **Method of use:** Local application on hair and massage on the body

149. *Ravghan*⁵

- **Ingredients:** *‘Usārah Karafs*, *‘Usārah Pudina Nahri*, *Ravghan-i-Zaitūn*-1 part each
- **Method of preparation:** All the ingredients are crushed and boiled till watery content evaporates and oil remains
- **Therapeutic/Cosmetic uses:** It prevents *Kathra al-‘Araq* (polyhidrosis) and *Hikka* (pruritus)
- **Method of use:** Local application

150. *Ravghan*⁶

- **Ingredients:** *Chūna Ābdīda*, *Kibrīt*-1 part each
- **Method of preparation:** All the ingredients are soaked in vinegar for 3 days, and filtered. The filtered liquid is heated with sesame oil till the watery content evaporates and only the oil remains. It may also be prepared by the distillation process
- **Pharmacological actions:** *Hāliq* (hair remover)
- **Method of use:** Applied on the unwanted hair and washed after few minutes

151. *Ravghan*¹⁷

- **Ingredients:** *Jawākhār*-2 part, *Hartāl Zard*-10 part
- **Method of preparation:** All the ingredients are soaked in water for 3 days and then filtered. Sesame oil is mixed with water and heated until the water evaporates and the oil remains
- **Pharmacological actions:** *Hāliq* (hair remover)
- **Method of use:** It is applied on the body part for an hour and then washed off

152. Ravghan¹¹

- **Ingredients:** *Barg-i-Mūrad*, *Post-i- Halayla Kābulī*, *Māzu*-1 part
- **Method of preparation:** All the ingredients are soaked in *Sharāb-i- Reyhānī* (a kind of wine) for 24 hours and then boiled. 1 part sesame oil is added and boiled again till wine evaporates and oil remains. *Lāzan* is then added in the quantity of 1/10 part of the oil, and oil is filtered.
- **Pharmacological actions:** *Musawwid-i-Sha 'r* (hair blackener)
- **Therapeutic/Cosmetic uses:** It is used to dye hair black
- **Method of use:** Local application on hair at night and hair is washed in the morning

153. Ravghan¹¹

- **Ingredients:** *Barg-i-Mūrad*-67.5 g, *Wasma*-13.5 g
- **Method of preparation:** All the ingredients are fried with *Ravghan-i-Kunjad*. Oil is filtered and preserved
- **Pharmacological actions:** It prevents hair fall and acts as *Musawwid-i-Sha 'r* (hair blackener)
- **Therapeutic uses:** *Dā' al-Tha 'lab* (alopecia areata) and *Intithār al-Sha 'r* (hair fall)
- **Method of use:** Local application on scalp and hair

154. Ravghan¹¹

- **Ingredients:** *Maghz-i-Nārjīl*-63 g, *Āmla*-35 g, *Burāda Āhan*-7 g, *Būra Armanī*-1.75 g
- **Method of preparation:** All the ingredients are ground to a fine powder. A small hole is made in coconut and the duly prepared powder is filled in the coconut. Then the coconut is wrapped in a dough and *Gil-i-Ḥikmat* (cover the coconut with sealing compound) is done over it. Further, the coconut is placed in fire for one hour and taken out, the oil is filtered after removing the covering. This oil is used to dye hair.
- **Pharmacological actions:** It dyes hair black, and hair remains black for 6 months
- **Method of use:** Applied as a hair dye on hair

155. Ravghan-i-Āmla^{11,17}

- **Ingredients:** *Āmla Muqashshar*, *Barg-i-Mūrad*, *Post Bekh-i-Şanobar*-1part each
- **Method of preparation:** All the ingredients are grinded, boiled in water and filtered. Then some amount of sesame oil is added and heated again till water is evaporated and oil remains.
- **Pharmacological actions:** It strengthens hair and prevents premature graying of hair
- **Therapeutic/Cosmetic use:** *Shayb* (greying of hair) and hair care
- **Method of use:** Local application on scalp and hair

156. Ravghan-i-Bayḍa^{11,13}

- **Ingredients:** *Ravghan-i-Zait*, *Bekh-i-Sarw*, *Barg-i-Mūrad Kofta*, *Burāda Khubs al-Ḥadīd*-35 g each, *Safaidī wa Zardī Bayḍa-i-Murgh*-3 no¹¹
- **Method of preparation:** All the ingredients are grinded and mixed to form a paste.

A small hole is made in a melon and seeds are removed. The duly prepared paste is filled in the melon and hole is covered. The melon is wrapped in a dough and *Gil-i-Hikmat* (cover the melon with a sealing compound) is done, and it is placed in *Tanūr* (clay furnace) for overnight. Thereafter the outer covering is removed, the drug is collected and mixed well with the olive oil until it reached an ointment-like consistency.

- **Pharmacological actions:** It grows hair very fast
- **Therapeutic/Cosmetic Uses:** It is used for making hair healthy and lengthy, and hair beautification
- **Method of use:** Local application on scalp and hair

157. *Ravghan-i-Bayda-i-Murgh*^{2,11}

- **Ingredients:** *Bayda-i-Murgh* in sufficient quantity
- **Method of preparation:** Eggs are boiled in water, paeled and yolk is taken out. The egg yolk is heated in a pan (while stirring the egg yolks) till oil is extracted. The oil is filtered and preserved.
- **Pharmacological actions:** It is *Munbit-i-Sha'r* (hair growing agent) and *Musawwid-i-Sha'r* (hair blackener)
- **Therapeutic/Cosmetic Uses:** *Intithār al-Sha'r* (hair fall), and used to make hair healthy and strong
- **Method of use:** Applied on the scalp for few hours and then washed

158. *Ravghan-i-Hinā*^{2,11}

- **Ingredients:** *Barg-i-Hinā*-2 g, *Ravghan-i-Kunjad*-50 ml
- **Method of preparation:** *Barg-i-Hinā* is fried in *Ravghan-i-Kunjad* and oil is filtered and preserved.
- **Pharmacological actions:** *Musawwid-i-Sha'r* (hair blackener)
- **Method of use:** Applied on the scalp and hair

159. *Ravghan-i-Jawz Hindī*¹¹

- **Ingredients:** *Nuhās Sokhta*, *Nawshādar*-7g each, *Shaqā'iq al-Nu'mān*
- **Method of preparation:** All the ingredients are grinded to a fine powder. A small hole is made in coconut and the duly prepared powder is filled in the coconut. Then the coconut is wrapped in a dough and *Gil-i-Hikmat* (cover the coconut with sealing compound) is done over it. Further, the coconut is placed in in *Tanūr* (clay furnace) for overnight and taken out and oil is filtered after removing the covering.
- **Pharmacological actions:** *Musawwid-i-Sha'r* (hair blackener), and is very beneficial for hair
- **Method of Use:** Local application on scalp and hair

160. *Ravghan-i-Lādan*¹¹/*Duhn al-Lāzan*²

- **Ingredients:** *Lādan*, *Sāzaj Hindī*, *Hamāma*, *Rasawt Makkī*, *Āmla*-17.5 g each
- **Method of preparation:** All the ingredients are crushed and boiled in 1200 ml of water for a few minutes until 400 ml of water remains. 400 g of crushed *Kunjad* is added to the filtered water and boiled again on a low flame till the watery content evaporates and only oil remains.
- **Pharmacological actions:** It blackens hair and prevents hair fall
- **Method of use:** Firstly, the hair is washed with the decoction prepared with *Barg-i-Kunjad* and *Barg-i-Chuqandar* and then, *Ravghan* is applied on hair and scalp

161. *Ravghan-i-Za'farān /Duhn al- Za'farān*^{1,2,4}

- **Ingredients:** *Qirdmāna*, *Za'farān*-21 g each, *Chirā'ita*, *Murr Makkī*-17.5 g each
- **Method of preparation:** All the ingredients, except *Murr*, are soaked in vinegar for 5 days. On the 6th day, *Murr* is added and the mixture is kept for one more day. Afterward, 100 ml of sesame oil is added, and the mixture is boiled until the watery content evaporates, leaving only the oil behind.
- **Pharmacological actions:** *Muḥassin-i-Lawn* (complexion booster)
- **Method of use:** Local application on skin

Sanūn / Manjan (tooth powder)^{11,13,14}

A finely ground preparation of drugs is used for cleaning and brightening teeth, maintaining oral hygiene, and treating certain dental and gum conditions. It is recommended to apply the *Sanun* on the teeth using a finger or brush, either in the morning or before bedtime.

162. *Sanūn*^{8,13}

- **Ingredients:** *Māzu*, *Zanjabīl*, *Kaf-i-Dariya*, *Filfil Darāz*, *Dāna Ilaichi Safaid*-2 g each, *Namak Sānbhar Biryān*-10 g, *'ūd Muḥarriq*-5 g
- **Method of preparation:** All the ingredients are ground to make tooth powder
- **Pharmacological actions:** It strengthens, cleanses and brightens teeth
- **Method of use:** The powder is rubbed on teeth and the mouth is rinsed

163. *Sanūn*^{8,13} or *Sanūn Mujallī*^{23,24}

- **Ingredients:** *Khar Mohra Muḥarriq*-5 pieces, *Jaw sokhta*, *'ūd Sokhta 'Āqarqarḥa*, *Kabāb Chīnī*-5 g each, *Sajjī*, *Kaf-i-Dariya*, *Namak Lāhori*-3 g each, *Qaranful*-2 g
- **Method of preparation:** All the ingredients are ground to make tooth powder
- **Pharmacological actions:** *Muqawwī-i-Dandān wa Litha* (teeth and gums tonic), *Mujallī-i- Dandān* (teeth cleaner) and teeth whitener
- **Method of use:** The powder is rubbed on teeth and the mouth is rinsed

164. *Sanūn*¹³

- **Ingredients:** *Nāgarmoth*, *Gulnār*, *Agar Muḥarraḡ*, *Shibb*-1part each
- **Method of preparation:** All the ingredients are ground to make *Sanūn* (tooth powder)
- **Pharmacological actions:** It is *Muqawwī-i-Dandān wa Litha* (teeth and gums tonic)
- **Method of use:** The powder is rubbed on teeth and the mouth is rinsed

165. *Sanūn*^{6,14,24}

- **Ingredients:** Roasted flour of *Jaw* soaked in wine vinegar, *Namak Indrānī*, *Kaf-i-Dariya*-35 g each, *'Āqarqarḥa*, *Samar-i-Turfa*-17.5 g each, *Shibb*-7 g, *Sumāq*-14 g, *Qaranful*, *Sunbul*, *Maṣṭagī*-4.5 g each, *Aqīq Sokhta*, *Bussad Sokhta*, *Khazaḡ Chīnī Biryān*-10.5 g each
- **Method of preparation:** All the ingredients are ground to make *Sanūn* (tooth powder)
- **Pharmacological actions:** *Muṭīb-i-Dahan* (mouth freshener), *Mujallī-i-Dandān* (cleanses and brightens teeth) and *Muqawwī -i- Litha* (strengthens gums)

- **Method of use:** The powder is rubbed on teeth followed by rinsing the mouth with rose water and vinegar

166. *Sanūn*⁶

- **Ingredients:** *S'ad Kūft*, *Namak Indrānī*, *Kaf-i-Dariya*-1 part each
- **Method of preparation:** All the ingredients are ground to make *Sanūn* (tooth powder)
- **Pharmacological actions:** It is *Mujallī-i-Dandān* (cleanses and whitens teeth).
- **Method of use:** The powder is rubbed on teeth followed by rinsing the mouth with rose water and vinegar

167. *Sanūn*⁶

- **Ingredients:** *Jaw Muqashshar*, *Namak Indrānī*, *Kaf-i-Dariya*-35 g each, *'Āqarqarḥa*, *Kabāb Chīnī*, *Samar-i-Jhāo*-17.5 g each, *Shibb*, *Qaranful*-7 g each, *Sumāq*-14 g
- **Method of preparation:** All the ingredients are ground to make *Sanūn* (tooth powder)
- **Pharmacological actions:** mouth freshener, *Mujallī-i-Dandān* (teeth brightener) and *Muqawwī-i-Litha* (gums tonic)
- **Method of use:** The powder is rubbed on teeth followed by rinsing the mouth with rose water and vinegar

168. *Sanūn*²

- **Ingredients:** *Ūd al-Kirm (Angūr)*, *Shīh Sokhta*, *Jaw Sokhta*, *Namak Indrānī*-17.5 g each, *Shibb*, *Qaranful*-7 g each, *Gul Surkh*-3.5 g
- **Method of preparation:** All the ingredients are ground to make *Sanūn* (tooth powder)
- **Pharmacological actions:** mouth freshener, brightens teeth and strengthens gums
- **Method of use:** The tooth powder is rubbed on the teeth, followed by rinsing the mouth with water

169. *Sanūn*²

- **Ingredients:** *Halayla Zard*, *S'ad*, *Samar-i-Ṭurfa*-17.5 g each, *Sukk*, *Qarn al-īyyal Sokhta*, *Qaranful*, *Namak Indrānī*, *Jaw Sokhta*, *Shibb*, *Qushūr-i-Utraj Khushk*, *Sumāq*, *Gulnār*-7 g each, *Za'farān*-1.75 g, *Maṣṭagī*-4.5 g
- **Method of preparation:** All the ingredients are ground to make *Sanūn* (tooth powder)
- **Pharmacological actions:** It cleanses and brightens teeth and removes fetid breath
- **Method of use:** The tooth powder is rubbed on the teeth, followed by rinsing the mouth with water

170. *Sanūn*¹⁴

- **Ingredients:** *Halayla Zard*, *Māyīn Khurd*, *Qishur-i-Anār*, *Namak*, *S'ad*, *'Ūd Gharqī*-17.5 g each, *Qaranful*, *Gul Surkh*, *Jaw Muḥarriq*-35 g each
- **Method of preparation:** All the ingredients are ground, sieved and preserved as tooth powder
- **Pharmacological actions:** It cleanses and brightens teeth
- **Method of use:** The tooth powder is rubbed on the teeth, followed by rinsing the mouth with water

171. *Sanūn*¹⁴

- **Ingredients:** *Sāzaj Hindī*, *‘Ūd Hindī*, *Maṣṭagī*, *Murr*, *Qushūr-i-Turanj Khushk*-1 part each
- **Method of preparation:** All the ingredients are ground to make *Sanūn* (tooth powder)
- **Pharmacological actions:** It cleanses and brightens teeth
- **Method of use:** The tooth powder is rubbed on the teeth, followed by rinsing the mouth with water

172. *Sanūn/Missī*^{8,14,18}

- **Ingredients:** *Lohchūn*-960 g, *Māzu Sabz*-360 g, *Nīla Tutīya*-42 g, *Kath Safaid*-126 g, *Ilaichi Khurd*-few pieces
- **Method of preparation:** All the ingredients are ground to make *Sanūn* (tooth powder)
- **Pharmacological actions:** It is used for beautification of teeth
- **Method of use:** The tooth powder is rubbed on the teeth

173. *Sanūn*^{8,14,18}

It was prepared by famous physician *Hakīm Alvī Khān*

- **Ingredients:** *Burāda Miss*-960 g, *Post Anār*-360 g, *Māzu Sabz*-42 g, *Zāj Safaid*-126 g
- **Method of preparation:** All the ingredients are ground to make *Sanūn* (tooth powder)
- **Pharmacological actions:** It is used for beautification of teeth
- **Method of use:** The tooth powder is rubbed on the teeth

174. *Sanūn/ Missī /Dāng*^{8,14,18}

- **Ingredients:** *Tamar Hindī*-240 g, *Kibrīt*-12 g, *Shibb*-4 g, *Namak*-2 g
- **Method of preparation:** All the ingredients are ground to make *Sanūn* (tooth powder)
- **Pharmacological actions:** It produces reddish colouration of teeth
- **Method of use:** The tooth powder is rubbed on the teeth

175. *Sanūn-i-Post-i-Mughlān*^{14,23}

- **Ingredients:** *Post-i-Bīkh-i-Babūl*-48g, *Sang Jarāhat*, *Kath Surkh*, *Fūfal*-12g each, *Filfil Siyāh*, *Zanjabīl*-1 g each
- **Method of preparation:** All the ingredients are ground finely to make *Sanūn* (tooth powder) and preserved in a glass bottle
- **Pharmacological actions:** *Muṭīb-i-Dahan* (mouth freshener), *Mujallī-i-Dandān* (teeth cleaner),²³ and *Muqawwī-i-Dandān wa Litha* (teeth and gums tonic)
- **Therapeutic/Cosmetic uses:** *Taḥarruk al-Asnān* (loose teeth), to clean and brighten teeth and to keep mouth fresh
- **Method of use:** The tooth powder is rubbed on the teeth

Şibgh / Şibgha / Şābigh /¹⁸Şabagh (dye) 2,8,9,17

A dye is used to color the skin or conceal discoloration, such as in cosmetic camouflaging for vitiligo. It serves both beautification and therapeutic purposes, such as applying *Hinā* on the hands and feet, hiding hypo- or hyperpigmented areas like vitiligo patches, or enhancing eye beauty with *kājal*.

176. *Şibgh* ⁸

- **Ingredients:** *Surma*-10.5 g, *Dūd-i-Chirāgh* -7 g, *Mushk*-500 mg, ‘*Āfis*, *Aqāqiya*-3.5 g each
- **Method of preparation:** All the ingredients are ground like a fine dust, sieved to make *Şibgh* / *Kājal*
- **Therapeutic/Cosmetic uses:** It blackens and beautifies the eye
- **Method of use:** Local application to the eyes

177. *Şibgh* ^{1,2,11}

- **Ingredients:** *Shorāh*, *Murr Makkī*, *Shibb*, *Fuwwāh*, *Durdi-i- Sharāb*, *Gerū*-1 part each
- **Method of preparation:** All the ingredients are ground, mixed with water, and rubbed on the affected part
- **Pharmacological actions:** *Şābigh* (dyeing agent of skin)
- **Therapeutic/Cosmetic use:** It is used for colouring the white patch of vitiligo. The colour remains for 20 days
- **Method of use:** Local application to the affected part

178. *Şibgh* ^{2,11,17}

- **Ingredients:** *Kundush*, *Qust*, *Tukhm-i-Mūlī*-35 g each
- **Method of preparation:** All the ingredients are ground, mixed with vinegar and used for local application
- **Pharmacological actions:** It reduces/lightens hyperpigmented skin
- **Therapeutic/Cosmetic uses:** *Bahaq Aswad* (pityriasis nigra)
- **Method of use:** Applied as paste to hyperpigmented skin

179. *Şibgh* ^{10,11,17}

- **Ingredients:** *Shītraj*, *Wasma*, *Fuwwāh*, *Shib Yamānī*, *Banafsha*-1 part each
- **Method of preparation:** All the ingredients are ground, soaked and cooked with vinegar to make *Tilā*’ (liniment)
- **Pharmacological action:** It is used as *Şābigh* (skin dye)
- **Therapeutic/Cosmetic uses:** It is used for colouring white patch of *Baraş* (vitiligo)
- **Method of use:** Applied as liniment on the affected skin

180. *Şibgh*⁹

- **Ingredients:** *Post-i-Nakhūd Sokhta*, *Shītraj*-500mg each, *Surma*, *Hinnā*-1 g each
- **Method of preparation:** All the ingredients are ground and kept in a bottle. 45 ml of sesame oil and 67.5 ml of vinegar are poured over the powdered drugs. The bottle is kept in the sunlight until the mixture begins to impart color to the body (to be tested on skin from time to time). The mixture is filtered and boiled till the watery content is evaporated and only oil remains.
- **Pharmacological actions:** It is useful for various purposes as *Şābigh* (colouring agent/skin dye)
- **Therapeutic/Cosmetic uses:** It is used for dyeing white patch of *Baraş* (vitiligo), *Bahaq* (pityriasis), used as nail paint and may be applied in eyes for beautification
- **Method of use:** Oil is applied on hypopigmented skin, application on nails, etc.

Ṭilā ' (liniment): 8,9,14,19-20

It is a semi-solid or liquid preparation prepared by grinding and mixing the drugs with water or a liquid base, and then a layer is applied over the desired part.

181. *Ṭilā*⁵

- **Ingredients:** *Bāqla*, *Katīra*, *Anzarūt*, *Maştaġī*-1 part each
- **Method of preparation:** All the ingredients are ground, sieved and mixed with egg albumin to prepare the tablets. The tablets are dried and preserved. When required, the tablet is grinded and rubbed (after mixing with water or a suitable liquid) on the face at night, then washed in the morning
- **Pharmacological actions:** *Jālī* (detergent) and *Qāshir* (sloughing agent) and useful for cleansing and beautification of face
- **Therapeutic/Cosmetic uses:** It removes *Kalaf* (melasma)
- **Method of Use:** Local application

182. *Ṭilā*'⁶

- **Ingredients:** *Ārad-i-Jaw*, *Khall al-Khamr*-each in sufficient quantity
- **Method of preparation:** *Ārad-i-Jaw* and *Khall al-Khamr* are mixed, kept till it becomes very sour and vinegar is filtered, then *Barg-i-Wasma* is added and ground. The prepared liniment is preserved.
- **Pharmacological actions:** *Musawwid-i-Sha 'r* (hair blackener)
- **Therapeutic/Cosmetic uses:** To dye hair black
- **Method of use:** Applied on hair as dye

183. *Ṭilā*'¹³

- **Ingredients:** *Kaf-i-Dariya*-6 g, *Maghz-i-Bādām Talkh*-1 g
- **Method of preparation:** All the ingredients are ground with old/aged mustard oil or *Ravghan-i-Bayḍa-i-Murgh* to make *Ṭilā*' (liniment)
- **Pharmacological actions:** It grows moustache and beards
- **Therapeutic/Cosmetic uses:** Beautification of moustache and beard
- **Method of use:** Local application

184. *Ṭilā*¹³

- **Ingredients:** *Şandal Surkh*, *Supāri Pāk*, *Gil Armanī*-1 part each
- **Method of preparation:** All the ingredients are ground with *Āb-i-Barg-i-Kishnīz Tāza* or *Āb-i-Barg-i-Mako* to make *Ṭilā*' (liniment)
- **Therapeutic /cosmetic uses:** *Buthūr Labaniyya* (acne) or skin rashes
- **Method of use:** Applied to the affected part

185. *Ṭilā*⁶

- **Ingredients:** *Tīn Armanī*, *Tīn Makhtūm*-3.5 g each, *Kāfūr*, *Za'farān*-1.75 g each
- **Method of preparation:** All the ingredients are ground, sieved and mixed with rose distillate & *Khall al-Khamr* to make *Ṭilā*' (liniment)
- **Therapeutic /cosmetic uses:** *Buthūr-i-Labaniyya/Muhāsa* (acne)
- **Method of use:** It is applied on acne at night and washed off in the morning

186. *Ṭilā*^{8,12,17}

- **Ingredients:** *Barg-i-Nīm*, *Bekh-i-Sosan*, *Post-i-Siras*-1 part each
- **Method of preparation:** All the ingredients are ground, sieved and mixed to make *Ṭilā*' (liniment)
- **Therapeutic/Cosmetic uses:** *Buthūr Labaniyya /Muhāsa* (acne)
- **Method of use:** It is applied locally on acne

187. *Ṭilā*^{12,18}

- **Ingredients:** *Maghz-i-Kunār*, *Bekh-i-Mehak*, *Qust Talkh*-1 part each
- **Method of preparation:** All the ingredients are ground, sieved and mixed with water to make *Ṭilā*' (liniment)
- **Therapeutic/Cosmetic uses:** *Buthūr-i-Labaniyya / Muhāsa* (acne)
- **Method of use:** Local application on pimples

188. *Ṭilā*¹⁸

- **Ingredients:** *Post-i-Siras*, *Post-i-Amaltās*, *Post-i-Anār*, *Anba Haldī*, *Lūdh Pathānī*, *Nāgarmoth*, *Barg-i-Nīm*, *Qust Talkh*-1 part each
- **Method of preparation:** All the ingredients are ground, sieved and mixed with water to make *Ṭilā*' (liniment)
- **Therapeutic/Cosmetic uses:** *Buthūr-i-Labaniyya/Muhāsa* (acne)
- **Method of use:** Local application on pimples

189. *Ṭilā*^{9,16,17}

- **Ingredients:** *Bādām Muqashshar*-3.5 g each, *Sadaḡ Muḡarriq*, *Ḥurf Safaid*, *Māsh Muqashshar*, *Nakhūd Safaid*, *Karsana*, *Turmus*-7 g each, *Zabd al-Baḡr*, *Izām Busīda Muḡarraḡ*, *Anzarūt*-3.5 g each
- **Method of preparation:** All the ingredients are ground and soaked in *Ma'al-Shaīr* and sugar, then mixed with *Āb-i-Za'farān* to make *Ṭilā*' (liniment)

- **Pharmacological actions:** It cleanses skin
- **Therapeutic/Cosmetic uses:** *Āthār-i-Zarba* (injury marks) and *Āthār-i-Siyāh* (dark spots)
- **Method of use:** Applied on skin marks/spots

190. *Ṭilā*⁴

- **Ingredients:** *Tukhm-i-Karnab*, *Turmus*-7 g each, *Boraq*-3.5 g
- **Method of preparation:** All the ingredients are ground, sieved and mixed with water to make *Ṭilā'* (liniment)
- **Pharmacological actions:** It lightens skin marks
- **Therapeutic/Cosmetic uses:** *Āthār al-Qurūh* (scar marks) and other skin marks
- **Method of use:** It is applied on skin marks and scars

191. *Ṭilā*^{6,17}

- **Ingredients:** *Post-i-Bekh-i-Kabar*, *Shītraj*, *Kharbaq Siyāh*-1 part each
- **Method of preparation:** All the ingredients are ground, sieved and mixed with *Sirka-i-Sharāb* (a kind of vinegar) to make *Ṭilā'* (liniment)
- **Pharmacological actions:** It darkens hypopigmented skin
- **Therapeutic/Cosmetic uses:** It is useful in vitiligo
- **Method of use:** Local application

192. *Ṭilā*^{12,18}

- **Ingredients:** *Gulnār*, *Bābchī*-1 part each
- **Method of preparation:** All the ingredients are ground, sieved and mixed with water to make *Ṭilā'* (liniment)
- **Pharmacological actions:** It dyes hypopigmented skin
- **Therapeutic/Cosmetic uses:** It is used to dye white patch of vitiligo
- **Method of use:** It is applied on vitiligo patch

193. *Ṭilā*¹³

- **Ingredients:** *Chirounjī*-6 g, *Ārad-i-Nakhūd*-1 g
- **Method of preparation:** All the ingredients are ground, sieved and mixed with vinegar to make *Ṭilā'* (liniment)
- **Therapeutic/Cosmetic Uses:** *Baraṣ* (vitiligo) and *Bahaq* (pityriasis)
- **Method of use:** Applied on affected part

194. *Ṭilā*⁶

- **Ingredients:** *Nashārah-i-Āj*, *Māsh*, *Tukhm-i-Tīn*, *Lobiya Ahmar*, *Iqlīmiya-i-Nuhās*, *Bādām Talkh*-1 part each
- **Method of preparation:** All the ingredients are ground, sieved and mixed with *Ma' al-Shaūr* to make *Ṭilā'* (liniment)

- **Pharmacological actions:** It lightens hyperpigmentation of skin
- **Therapeutic/Cosmetic uses:** *Kalaf* (melasma)
- **Method of use:** It is applied to the affected part at night and then washed off in the morning

195. *Ṭilā*⁶

- **Ingredients:** *Murdār Sang, Bekh-i-Nay, Ārad-i-Nakhūd, Ārad-i-Bāq̄la, Ārad-i-Chāwal, Tukhm-i-Kharpaza, Ḥabb al-Bān, Bādām Shūrīn*-1 part each
- **Method of preparation:** All the drugs are ground, sieved and then mixed with *Sirka-i-Sharāb* to make *Ṭilā*' (liniment)
- **Pharmacological actions:** It cleanses skin
- **Therapeutic/Cosmetic uses:** removes / reduces *Āthār al-Judarī* (marks of smallpox)
- **Method of use:** Local application

196. *Ṭilā*⁶

- **Ingredients:** *Kundush*-2 part, *Katīra*-3 part
- **Method of preparation:** All the ingredients are ground, sieved and mixed with milk to make *Ṭilā*' (liniment)
- **Pharmacological actions:** It cleanses skin
- **Therapeutic /Cosmetic uses:** *Kalaf* (melasma)
- **Method of use:** Applied on hyperpigmented skin or spots and then washed off with the decoction of *Sabūs*

197. *Ṭilā*^{6,11}

- **Ingredients:** *Post-i-Bayḍ, Ushnān, Tukhm Kharpaza, Ārad-i-Jaw, Bekh-i-Nay, Post-i-'Adas, Ārad-i-Bāq̄la, Kaf-i-Dariya, Qaranful, Māmīrān Chīnī*-1 part each
- **Method of preparation:** All the ingredients are ground, sieved, and mixed to make powder
- **Pharmacological actions:** *Jālī* (detergent) and cleanses skin
- **Therapeutic/Cosmetic uses:** It is very beneficial for *Kalaf* (melasma)
- **Method of use:** The powder is mixed with vinegar and applied on affected part

198. *Ṭilā*⁸

- **Ingredients:** *Ṣibr, 'Adas Musallam, Fanjankusht*-1 part each, *Mawīzaj*-2 part
- **Method of preparation:** All the ingredients are ground, sieved and mixed with vinegar, wine and *Āb-i-Mūrād* to make *Ṭilā*' (liniment)
- **Pharmacological actions:** *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic uses:** It is beneficial in *Kalaf* (melasma)
- **Method of use:** Local application

199. *Ṭilā*¹⁶

- **Ingredients:** *Anjīr Khushk*- in sufficient quantity
- **Method of preparation:** The drug is soaked in water till it becomes soft and then grinded and used as *Ṭilā*’ (liniment).
- **Pharmacological actions:** *Muraṭṭib* (humidifying drug)
- **Therapeutic/Cosmetic uses:** It is useful for dryness and *Tashaqquq-i- Aṭrāf* (cracked skin of hand and feet) due to exposure to cold
- **Method of use:** Local application as humidifying drug

200. *Ṭilā*^{17,18}

- **Ingredients:** *Kāfūr*-21 g, *Iqlīmiya-i-Fizza*, *Qaranful*, *Maṣṭagī*-4.5 g each, *Shibb Yamānī*-1.75 g, *Tutīya Baṣrī*-35 g
- **Method of preparation:** All these drugs are ground and preserved in a glass bottle
- **Pharmacological actions:** *Dāfi*’-*i-Ta*’*affun* (antiseptic), *Qābiḍ* (stinging), *Mani*’-*i-’Araq* (antiperspirant)
- **Therapeutic/Cosmetic uses:** It is useful in *Ṣunān* (foul smell of axilla)
- **Method of use:** When required, the powder is mixed with rose distillate and used locally

201. *Ṭilā*¹⁸

- **Ingredients:** *Murdār Sang*
- **Method of preparation:** The drug is soaked in rose distillate and used as *Ṭilā*’ (liniment).
- **Pharmacological actions:** Deodorant
- **Therapeutic/Cosmetic uses:** *Ṣunān* (foul smell of axilla)
- **Method of use:** Local application on axilla

202. *Ṭilā*¹⁸

- **Ingredients:** *Tutīya Baṣrī*
- **Method of preparation:** The drug is ground with rose distillate and used as *Ṭilā*’
- **Pharmacological actions:** It is deodorant and *Dāfi*’-*i-Ta*’*affun* (antiseptic)
- **Therapeutic/Cosmetic uses:** *Ṣunān* (foul smell of axilla)
- **Method of use:** Local application on axilla

Ubtan^{14,18}

Semisolid preparation obtained by kneading powdered drugs with some perfumed oil. It is rubbed locally on body or face for cosmetic purposes.²⁶

203. *Ubṭān*¹⁸

- **Ingredients:** *Ṣandal Safaid*, *Ṣandal Surkh*-12 g each, *Maghz-i-Qurṭum*-24 g, *Za'farān*-6 g, *Dārḥald*-9 g, *Sunbul al-Ṭīb*-12 g, *Kasūm*-18 g, 'Adas-480 g
- **Method of preparation:** All the ingredients are ground, sieved and preserved
- **Pharmacological actions:** It cleanses face and the body
- **Therapeutic/Cosmetic uses:** It is used to enhance complexion, beautification of skin and to make the body fragrant
- **Method of use:** When needed, the powder is mixed with water and rubbed on the face or on the body

204. *Ubṭān*⁸

- **Ingredients:** *Sarson Zard*-125 g
- **Method of preparation:** The drug is soaked in 480 ml of milk until all the milk is absorbed, then dried and ground to make *Ubṭān*
- **Pharmacological actions:** *Muḥassin-i-Lawn* (complexion booster)
- **Therapeutic/Cosmetic uses:** To make the skin beautiful and fair
- **Method of use:** Rubbed on face or whole body

205. *Ubtanah*¹⁸

- **Ingredients:** *Haldī*, *Ṣandal Surkh* each in quantity sufficient
- **Method of preparation:** All the ingredients are ground, sieved and mixed with *Shīr-i-Gāomīsh* (buffalows' milk) to make *Ubtanah*
- **Pharmacological actions:** *Muḥassin-i-Lawn* (complexion booster) and makes facial skin fair and glowing
- **Therapeutic/Cosmetic uses:** Beautification and fairness of skin
- **Method of use:** Applied and rubbed on face/body

206. *Ubṭān*¹⁸

- **Ingredients:** *Kunjad Siyāh*, *Zīra*, *Post Siras*-each in sufficient quantity
- **Method of preparation:** All the ingredients are ground with cow's milk and rubbed on the affected part for 1 week
- **Pharmacological actions:** It cleanses skin
- **Therapeutic/Cosmetic uses:** It removes *Kalaf* (melasma) effectively
- **Method of use:** Applied and rubbed on the face daily at night for 1 week

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Chapter-6

**Evidence Based Research
Studies in Cosmetic Care**

The field of Unani cosmetology, rooted in traditional Unani medicine, holds immense potential for innovation and research. Unani medicine, historically based on age-old theories, beliefs, and observations, has garnered global interest as a natural and holistic system of healthcare. However, with the growing emphasis on evidence-based practices in healthcare, there is an urgent need to substantiate the safety and efficacy of Unani drugs and cosmetics through scientific research. Herbal cosmetics stand out due to their natural origins, free from harmful synthetic chemicals that often pose risks to the skin. Their appeal lies in their ability to provide safe and gentle care, making them preferable to synthetic alternatives. As consumer awareness grows, the demand for scientifically validated natural cosmetic products continues to rise.

This chapter underscores the importance of bridging traditional knowledge with modern research methodologies. It highlights 57 evidence-based studies on various single drugs and their formulations, demonstrating their effectiveness and safety in cosmetic care. The need for innovation in this domain is paramount, as it can pave the way for scientifically validated, sustainable, and holistic cosmetic solutions rooted in Unani principles.

A. Studies on Single Drugs

1. *Āmla (Phyllanthus emblica L.)*

- A study was conducted to evaluate the beneficial effect of *Emblica officinalis* fruit on UVB-induced photo-aging in human skin fibroblasts. The results of the study showed that *Emblica officinalis* effectively inhibits UVB-induced photo-aging in human skin fibroblasts.⁵⁰
- A double-blind study was conducted to observe the skin-lightening ability of a topical formulation containing Kojic acid, *Amla* fruit's extract and glycolic acid. Compared with hydroquinone cream 4%. The results of the study showed that a novel skin-lightening preparation as an alternative to hydroquinone cream 4% was found effective in participants with mild to moderate facial dyschromia.⁴⁰

2. *Āṭrīlāl (Ammi majus L.)*

- In a study, patients with leukoderma were given *Atrilal* orally at a dose of 0.05 g three times per day and topical (1 g/100 ml) treatments with daily exposure to the sun or UV light for 30 minutes. The results of the study showed that vesiculated, inflammatory, and normal pigmentation started to appear in the leucodermic skin patches.²

3. *Abhal (Juniperus communis L.)*

- A study was conducted to evaluate the sebostatic activity of cosmetics containing *Juniperus communis* fruit oil, *Pelargonium graveolens* oil, and Niacinamide. Five tonics containing *Juniperus communis* fruit's oil, *Pelargonium graveolens* oil, or niacinamide were prepared and applied to the forehead, cheek, and forearm of six adults. Sebum production was measured by applying the sebumeter. The result of the study showed that the tonics containing *Juniperus communis* fruit's oil with the addition of 0.25% *Pelargonium graveolens* oil were found to be effective in reducing sebum production.³⁷

4. *'Adas (Lens esculenta Medik.)*

- In a study, the effects of p-Refinyl derived from *Lens esculenta* were evaluated through clinical assessments of three primary factors contributing to the appearance of dilated pores. The treatment, applied twice daily for 28 days, was tested against a placebo. Formulated at 3% in an emulsion, p-Refinyl significantly reduced pore size and skin roughness. This natural active ingredient, rich in

oligosaccharides from *Lens esculenta*, is ideal for use in skincare products that aim to minimize pores, refine skin texture, or address cutaneous imperfections.³⁴

5. *Aṣl al-Sūs (Glycyrrhiza glabra L.)*

- The methanolic extract of *Glycyrrhiza glabra*'s rhizomes is a highly effective tyrosinase inhibitor in human skin, inhibiting the enzyme by even more than 75%, when compared to Kojic acid.⁵¹

6. *Bābchī (Psoralea corylifolia L.)*

- In a study, the drug *Babchi (Psoralea corylifolia L.)* was used in powdered form in cases of *Bars* (vitiligo) to evaluate the efficacy. 40 patients of *Bars* (vitiligo) were selected on the basis of clinical diagnosis and investigations. The clinical assessment was done in terms of relief in signs and symptoms. The duration of the study was 60 days. The results of the study showed that oral administration of *Babchi* and local application in the form of paste are effective in vitiligo.²³
- A study was conducted to evaluate the antipsoriatic activity and oxidative stress indicators of *Babchi* oil (BO) using a mouse tail model. BO was formulated in the form of nanostructure gel for local application for fourteen days. The results demonstrated that the BO nanogel effectively managed reactive oxygen species linked to disease pathogenesis and contributed to improvements in the orthokeratotic epidermis.⁵⁷

7. *Bādām (Prunus amygdalus Batsch.)*

- Studies on *Prunus amygdalus* demonstrated significant skin protective, curative and beautifying effects. Almond oil obtained from *Prunus dulcis* contains 78% of fat. This oil contains very small amounts of super-unsaturated omega-3 essential fatty acids. It proves to be nourishing, it softens and strengthens the hair. The almond oil also proves to be a very good skin-cleansing agent. ⁴ *Bādām* kernel extract is used in sunscreen to improve complexion and beautify skin. ⁸

8. *Bihī (Cydonia oblonga Mill.)*

- The seed extract of *Cydonia oblonga* possesses potent antioxidant activity and is useful for beautification and protection of the skin.⁷

9. *Dār Chīnī (Cinnamomum zeylanicum Blume)*

- The essential oils of *Cinnamomum zeylanicum* exhibited potential anti-tyrosinase action, and cinnamonaldehyde, the major component, was found to be responsible for this inhibition and employed as an efficient skin-whitening agent.⁵²

10. *Fūfal (Areca catechu L.)*

- A study was conducted to evaluate the tyrosinase inhibitory action of the methanolic and aqueous leaf extracts of *Acacia catechu*. The results of the study showed that the methanolic extract has 44.40% tyrosinase inhibitory action, while the aqueous leaf extract demonstrated 12.78% inhibition. Which confirms that *Acacia catechu* has the ability to brighten skin.⁵³

11. *Halayla (Terminalia chebula Retz.)*

- A study was conducted to evaluate the effects of the ethanolic extract of *T. chebula* fruit on the inhibition of cutaneous photo damage. The study findings suggested that the ethanolic extract of *T. chebula* fruit has the potential to protect the skin against photo damage. ⁴¹

12. *Haldī (Curcuma longa L.)*

- In a study, curcuminoid-rich extracts from *Curcuma longa* were obtained, topical formulations were developed, and the stability and skin permeation of these formulations in the pig ear membrane were assessed. The study concluded that formulations developed in the study enabled penetration of curcumin limited to the superficial layers of the skin. Skin penetration by curcumin was low, but skin retention was observed, suggesting curcumin a very promising compound for its use in anti-aging formulations. The active ingredient was delivered into the basal layer of the epidermis and the upper layer of the dermis, which are usually the target skin layers for active ingredient delivery in cosmetics and personal care formulations.³⁵
- In a study, two cream formulations were prepared: one contained a 5% extract prepared from the rhizomes of *Curcuma longa*, and the second was served as a placebo. An evaluation of the effect of the creams on skin sebum secretion was conducted on thirteen human volunteers with the aid of a sebumeter. Creams were applied twice daily (on the right and left cheeks for control and extract creams, respectively) for a period of three months. The study findings suggested that the extract obtained from the rhizomes of *Curcuma longa* can be used to regulate excessive sebum secretion in oily skin and those suffering from acne.³⁶

13. *Hīnā (Lawsonia inermis L.)*

- In a study, the leaves of *Hīnā* were applied to dye hair, and showed promising results. The compound lawsone, a brown powder isolated from its leaves is thought to be responsible for the coloring effect of *Hīnā*.¹²

14. *Līmuṅ (Citrus limon (L.) Osbeck)*

- *Citrus limon* is a potential source of Vit. C, its oil is used in various preparations for skin nourishment, and pulp is useful as facial ingredient.⁶

15. *Majīth (Rubia cordifolia L.)*

- A study was conducted to evaluate the tyrosinase inhibitory effect of the methanolic extract of *Rubia cordifolia*. In-vitro testing of skin melanocytes was done to test melanin content by using l-DOPA. The results of the study showed that inhibition of the tyrosinase activity is 14.80%, indicating *Rubia cordifolia* as a potent skin-whitening drug.⁵³
- A study was conducted to evaluate the wound healing activity of hydrogels containing different concentrations of alcoholic extract of *R. cordifolia* in mice. The results revealed that upon application for 15 days, the hydrogel exhibited significant effect on wound excitability, wound closure, wound surface decline, tissue repair at the site of the wound, and histological characteristics.⁵⁵

16. *Nīm (Azadirachta indica A. Juss.)*

- Studies on *Azadirachta indica* demonstrated significant antifungal, antibacterial, and analgesic activities and found to be beneficial in the cases of dandruff. It also has blood purifying potential and can be used in the treatment of common cosmetic problems.¹⁰
- The leaves and seeds of *Azadirachta indica* contains limonoids which is known to have antibacterial activity.⁹

- A study was conducted to evaluate in vitro Anti-lice activity of shampoo containing extract of neem seed (*Azadirachta indica*) in comparison with permethrin-based product. The results of the study showed that the neem shampoo was more effective than the permethrin-based product.³¹
- In a study, a neem based emollient cream was found to be safe and it showed significantly improved sun protection factor, suggesting that the neem based emollient cream can be safely used as a cosmetic topical application for skin protection.³²
- In a study, FAPG base was employed for the preparation of creams of 0.5 %, 1.0 % and 2.0% w/w hydroalcoholic macerate extracts of leaves of neem (*Azadirachta indica* A. Juss) and the prepared creams were tested for their antiaging activity. Results showed that hydroalcoholic macerate extracts cream increase skin renewal rate with significant % increase.³³

17. Rasawt (*Berberis aristata* DC.)

- A study was conducted to evaluate the anti-inflammatory and anti-psoriatic activity of *Berberis aristata* in vitro and in vivo and their efficacy against inflammation as well as imiquimod (IMQ) (immune modifier)-induced psoriasis in animals. The results revealed that *B. aristata* has potent anti-inflammatory and anti-psoriatic activity, higher than the conventional gel.⁵⁹

18. Šandal (*Santalum album* L.)

- The main component of sandalwood oil, i.e. santalol, has greater potential for use in skin care than Kojic acid and Arbutin, since it is a powerful inhibitor of tyrosinase and cholinesterases.⁵⁶

19. Šonṭz (*Nigella sativa* L.)

- The *Nigella sativa* seed contains Thymoquinone, Nigellimine-N-oxide, Nigellicine, Nigellidine, Nigellone, Dithymoquinone, Thymohydroquinone, Thymol, Arvacrol, 6-methoxy-coumarin, 7-hydroxy-coumarin, Oxy-coumarin, Alpha-hedrin, Steryl-glucoside, Tannins, Flavinoids and has antimicrobial, antioxidant, anti-ageing, hair growth promoter, sun protection, anti-cancer activity, which make it a promising candidate for many cosmetic preparations.¹³
- A randomized, double-blind clinical study was conducted to evaluate the efficacy of *Nigella sativa* seed and fish oil against vitiligo lesions. The results showed that *N. sativa* oil used twice daily for 6 months showed a significant decrease in the vitiligo area scoring index with no significant adverse effects.²⁷
- In an in vivo and ex vivo study, the emulsion of seedcake extracts of *Nigella sativa* significantly reduced skin irritation and improved skin hydration and epidermal barrier function as compared with placebo, indicating its potential use as an anti-aging and moisturizing product.²⁸
- In a study, cream with 0.5% *Nigella sativa* oil was tested for in vitro sun protection factor. It was observed that the formulation with 0.5% *Nigella sativa* oil is having SPF value of 1.05 with ultra boot star rating of 2. Rating of 2 is considered as having a real sunscreen activity.²⁹
- Emulsions with *Borago officinalis*, and *Nigella sativa* seedcakes significantly reduced skin irritation and improved skin hydration and epidermal barrier function as compared with placebo. The study suggested the potential application of seedcakes in anti-aging, moisturizing, soothing, and protective cosmetics, attributing their benefits to their antioxidant and anti-inflammatory properties.²⁶

20. *Şibr (Aloe vera (L.) Burm.f.)*

- *Aloe vera* is an ingredient in many cosmetics because it heals, moisturizes, and softens skin. *Aloe vera* leaf extract is used locally as a soothing gel.⁴
- *Aloe vera* has been reported to have a protective effect against skin damage resulted from ultraviolet radiation, due to its antioxidant activity. *Aloe vera* contains mucopolysaccharides, which help in binding moisture to the skin. *Aloe* stimulates the fibroblast, which produces collagen and elastin fibers, making the skin more elastic and less wrinkled. *Aloe*'s benefits can be attributed at least partly to its nutrients, since it contains proteins, carbohydrates (including mucopolysaccharides), vitamins (including B1, B2, B3, B6, C, and folic acid) and minerals. These nutrients, although beneficial individually, may work synergistically to soothe, heal, moisturize, and regenerate the skin.⁵
- *Şibr* gel is used for skin care and cosmetics due to its anti-inflammatory, antibiotics and healing properties. It is an excellent moisturizing agent and accelerates the process of wound healing. It can also be used on melasma and dandruff. Drinking juice supplies the body with essential nutrients that help produce and maintain healthy skin. It helps to remove dead cells, gives the skin a radiant glow, and promotes a youthful skin.³

21. *Sunbul al-Ṭīb (Nardostachys jatamansi (D. Don) DC.)*

- In a study, the hair growth promotion activity of *Nardostachys jatamansi* was studied. The preliminary screening of the hexane extract of the rhizomes of *N. jatamansi* showed a positive response in hair growth promotion activity.⁴⁵
- Powder of *Nardostachys jatamansi* has remarkable hair coloring effects⁴⁶

22. *Zaitūn (Olea europaea L.)*

- Olive oil extracted from the fruits of *Olea europaea*, contains triolein, tripalmitin, trilinolein, tristearate, monostearate, triarachidin, squalene, β -sitosterol and tocopherol. It is used as a skin and hair conditioner in cosmetics like lotions, shampoos etc. It is a potent fatty acid penetration enhancer.¹¹

23. *Zabd al-Baḥr (cuttlefish bone)*

- A randomized, parallel-group comparative clinical trial was conducted to evaluate and compare the clinical efficacy of a topical formulation consisting of powdered cuttlefish bone and lemon juice, combined with oral administration of *Cuscuta reflexa* capsules, in the treatment of *Kalaf* (melasma). The efficacy of this combination was compared against a control group receiving oral placebo along with the same topical application. The results of the study showed that topical application had promising effects on melasma.³⁹

24. *Zanjabīl (Zingiber officinale Roscoe)*

- The 6-gingerol present in *Zingiber officinale* significantly inhibits murine tyrosinase activity, reduces melanin levels and intracellular reactive oxygen species (ROS) levels, and acts as a good skin-whitening agent.⁵⁷

B. Studies on Combination of Single Drugs /Formulations

1. *Ḍimād* for acne

- A study was conducted on 40 female patients with acne. The test drugs *Shonīz*, *Būra Armani*, and *Nawshadar powder*, mixed with *Sirka*, were applied locally for one month with *Taqīl-i-ghidhā Tadābīr* (low calorie index diet). The response of the test drug was found to be statistically significant ($P < 0.01$). There was also relief in subjective parameters. Subjects reported a reduction of 82.6%, 80.9%, and 66.6% in tenderness, itching, and irritation, respectively.¹⁷

2. *Ḍimād-i-Muhāsa*

- A clinical trial was conducted to evaluate the efficacy of *Ḍimād-i-Muhāsa*, a Unani anti acne formulation for *Buthūr Labaniyya* (acne), against 5% benzoyl peroxide in 48 patients. After 6 weeks of treatment, compared with baseline both the treatment preparations decreased the acne lesions. However, it was observed that the Unani formulation improved post inflammatory hyper pigmentation, scarring and fairness. Findings encourage the use of Unani formulation for acne vulgaris.²⁵

3. *Ḍimād* for *Kalaf*

- A randomized, single-blind, standard-control study was conducted on 40 patients with melasma. The test drug, in the form of paste of *Tukhm-i-Turb*, *Tukhm-i-Karafs*, and *Sirka*, was applied locally once a day for 45 days and compared with the local application of the standard drug, Azelaic acid (10%), on 20 patients. The results of the study revealed that the test drug was equally effective as the standard drug in melasma patients.¹⁸

4. *Habb Muṣaffī* and *Ḍimād* for Acne

- A clinical trial was conducted on 50 patients with acne to evaluate the efficacy of Unani regimen. Patients were given *Habb Muṣaffī* in the dose of 2 tablets after meals along with local application of a paste made of Unani drugs, namely *Kaf-i-Dariya*, *Bādām Talkh* and '*Araq-i-Gulāb*, twice daily for 28 days. After completion of therapy, there was a significant recovery in the symptoms of acne. The results of the study showed that this regimen can be used in patients with acne as an alternative.⁴⁴

5. *Khiḍāb (Hīnā wa Wasma)*

- Six hair colorants were prepared from the dried aqueous herbal extracts of *Gudhal* leaves (*Hibiscus rosa-sinensis*), *Jatamansi rhizome* (*Nardostachys jatamansi*), *Kuth roots* (*Saussurea lappa*), *Kattha* (*Acacia catechu*), *Amla* dried fruit (*Embelica officinalis*), *Coffee* (*Coffea arabica*), and *Hina* (*Lawsonia inermis*) in the form of powder. A trial was conducted on 25 human volunteers (15 males and 10 females) to evaluate the hair coloring effect of these colorants. All the six hair colorants with *Jatamansi* herb showed remarkable hair coloring effects. It was observed that the hair colorant, having *Gudhal*, *Jatamansi*, *Kuth* and *Hina*, showed potent hair coloring effects as compared to the hair colorant, which had the same ingredients except *Hina*.⁴⁶

6. *Marham Muhāsā* (cream) for acne

- In a study, the efficacy of *Marham Muhāsā*, a Unani formulation, was evaluated in acne. The results of the study showed that local application of *Marham Muhāsā* reduces acne scores in a reasonably short period without producing any side effects like itching, burning, or rashes.⁴³

7. Poly Herbal Unani Formulation for Acne

- A preliminary trial on twenty five patients was conducted on efficacy of a Polyherbal Unani Formulation (PHUF) in the management of Acne. PHUF was administered locally once at night for a period of 45 days. The severity of acne and efficacy of treatment was assessed by Cook's acne grading scale. The results showed a significant reduction in the Cook's acne grading scores in post-treatment group as compared to pre-treatment scores.¹⁶

8. Ravghan for Hair Fall

- In a clinical study, hair oil containing *Kala Jeera* oil (*Nigella sativa*), *Narkal* oil (*Cocos nucifera*), *Amlaki* (*Emblca officinalis*), *Hina* (*Lawsonia alba*), *Durba Ghas* (*Cynodon dactylon*), and *Methi* (*Trigonella foenumgraecum*) was studied for its hair fall control activity in 90 patients. The drug exhibited the promising results in reducing hairfall.³⁰

9. Ravghan (hair oil)

- In a study, herbal hair oil was prepared with the three drugs *Amla* (*Emblca officinalis*), *Bhrami* (*Bacopa monari*), and *Sa'd* (*Cyperus rotundus*) while using coconut oil as a base. The formulated oil was evaluated for its physical, chemical, and hair growth properties by applying it topically to the shaved skin of albino rats. Primary skin irritation tests and hair length tests were performed, and the hair growth was compared with a standard Minoxidil 2% ethanolic solution. The hair oil containing herbs exhibited promising results by influencing enlargement of follicular size and prolongation of the anagen phase.⁴⁹

10. Tila-i Muhāsā

- *Tila-i Muhāsā* was evaluated for its effectiveness in patient with acne, and found to be very effective. It exhibited significant improvement in the assessment parameters, *i.e.*, Global Acne Grading System (GAGS) and Patient Global Assessment (PGA), higher than that of the 5% Benzoyl Peroxide (BPO), which was used as standard drug in the study.⁶⁰

11. UNIM (coded drugs) for Vitiligo

- Unani coded drugs *i.e.*, UNIM-001 (oral) +UNIM-003 (topical), and UNIM-004 (oral) +UNIM-005 (topical) are studied exhaustively in patients with vitiligo. Nearly 8000 patients were treated with UNIM-001 + UNIM-003, and 14000 patients with UNIM-004 + UNIM-005. Treatment was continued for two full calendar years. The results of the study showed significant improvement and repigmentation in various types of vitiligo. The overall re-pigmentation with the drugs UNIM-001 and UNIM-003 in segmental vitiligo with lesions on cheek, leg, and chest was found to be 49.79±0.75%; in mucosal vitiligo with lesions on lips was found to be 46.5±4.89%; and in non-dermatomal vitiligo with lesions on face, hand, and back, the recovery response was 77.66±4.70%. The recovery response in patients treated with UNIM-004+UNIM-005, in segmental vitiligo was 61.21±18.12%, in mucosal vitiligo was 20.13±13.18%, and in non-dermatomal vitiligo the recovery response was found to be 79.9 ± 0.23%, indicating the potential of these drugs in treating vitiligo.²⁴

12. Unani Face Pack for Skin Care

- In a study, Unani Face Pack (UFP) was designed and developed for skincare. The ingredients of UFP include, *Darchini* (*Cinnamomum zeylanicum*) *Hulba* (seeds of *Trigonella foenum*), *Tukhm-i Kharpaza* (seeds of *Cucumis melo*), *Mamiran* (Root of *Coptis teeta*), *Barg-i-Neem* (leaves of *Azadirachta indica*), *Tukhm-i-Turb* (seeds of *Raphanus sativus*) and *Gil-i-multani* (multan clay). The Unani Face Pack (UFP)

was applied to the face and massaged for 1-2 minutes, after which it was applied on skin and left to dry, followed by washing the face with normal water. The study results demonstrated that the UFP effectively cleansed dirt and dust from the skin, minimized open pores, and enhanced the skin's complexion and texture.⁴²

14. Unani Formulation for Vitiligo

- *Atrilal* and *Sudab* were tested for their effectiveness in vitiligo cases. Microfine powders of *Atrilal* and *Sudabi* in 125 and 115 patients respectively were administered orally in a dosage of 1.5 grams twice daily after meals. The patients were also advised to apply the powders topically by blending it with vinegar in a ratio of 1:2, once daily in the morning, and expose the affected part to sunlight for 10 minutes. The result of the study showed significant improvement in the depigmented white patches.²¹

15. Unani Formulation for Vitiligo:

- In a case study, a 10-year-old male child with complaints of two-sided, multiple, uneven milky patches was selected. The patient was recommended to take 4 g of a compound Unani formulation comprising *Babchi* (*Psoralea corylifolia* L.), *Zanjabeel* (*Zingiber officinale* Rosc.), and *Barg-i-Sudāb* (*Ruta graveolens* L.) as an infusion orally and to apply sediments of the drug over the affected areas of the body twice a day for 60 days. The result of the study showed that, around 90% of the lesions were restored to their normal pigmentation pattern within a month, and the de-pigmented macular lesions were totally re-pigmented following 60 days of management.⁶⁰

16. Unani Herbal Formulation for Skin Care

- A study was conducted to formulate herbal creams for the purposes of moistening, nourishing, lightening, and treating various skin diseases. Different crude drugs like *Aloe barbadensis* (aloe vera leaves), *Ocimum sanctum* (tulsi leaves), *Azadirachta indica* (neem leaves), *Curcuma longa* (turmeric rhizomes), *Cedro oil* (lemon peel), *Myristica fragrans* (nutmeg seeds), *Olium rosae* (rose oil), *Orange oil*, and *Prunus dulcis* (almond oil) were taken. Testing of two final samples was conducted. The work was mainly focused on the assessment of the microbial load of formulated cosmetic preparations. Both formulations were found to comply with the microbial limit tests as per the international specifications, indicating that the formulation is safe and can be used for cosmetic purposes.³⁸

17. Unani Herbo-mineral Cream for Chloasma

- A controlled, randomized, single-blind clinical trial was conducted for two months in cases of chloasma. The effect of the Unani Herbo-Mineral Cream (UHC) was scientifically evaluated on the subjects. The statistical analysis of the effect on chloasma in control and test groups focused on two variables, i.e., the percentage of face area involved and the darkness and homogeneity of chloasma. In the test group, both parameters were significantly decreased, progressively, at various intervals of testing. Thus, the study validates the use of Unani cream in chloasma.¹⁹

18. Unani Pharmacopoeal Formulation for Dandruff

- A study was conducted to evaluate the efficacy of Unani Pharmacopoeal formulation in mild form of seborrhic dermatitis of the scalp (dandruff). Its efficacy was compared with the standard drug (2% ketoconazole shampoo). 30 patients were treated with the Unani formulation and 20 with the standard drug. The assessment of various parameters was made before and after 30 days. The study revealed that the Unani formulation was equally effective as the standard drug.⁶¹

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Annexures

Botanical name/English name

S.No.	Drug name	Botanical name/English name
1.	'Adas	<i>Lens culinaris</i> Medik.
2.	'Afis • Māzū	<i>Quercus infectoria</i> G. Olivier
3.	'Ambar Ashhab	Ambergris
4.	'Āqarqarḥa	<i>Anacyclus pyrethrum</i> (L.) Lag.
5.	'Asal	Honey
6.	'Inab al-Th'alab	<i>Solanum americanum</i> Mill.
7.	'Ūd al-Gharqī • 'Ūd Hindī	<i>Aquilaria malaccensis</i> Lam.
8.	'Unnāb	<i>Zizyphus jujuba</i> Mill.
9.	'Ushba	<i>Smilax ornata</i> Lem.
10.	Ababīl	Swallow bird
11.	Abhal • 'Ar'ar	<i>Juniperus communis</i> L.
12.	Ābresham	Silkworm cocoon
13.	Ādhariyūn Zard	<i>Helianthus annuus</i> L.
14.	Afarbiyūn • Farfiyūn	<i>Euphorbia resinifera</i> O. Berg
15.	Afsantīn	<i>Artemisia absinthium</i> L.
16.	Aftīmūn • Aftīmūn Wilāyati • Kasūs	<i>Cuscuta reflexa</i> Roxb.
17.	Agar	<i>Aquilaria malaccensis</i> Lam.
18.	Āhan	Iron
19.	Ajwā'in Khurāsānī	<i>Hyoscyamus niger</i> L.
20.	Amaltās	<i>Cassia fistula</i> L.
21.	Āmla	<i>Phyllanthus emblica</i> L.
22.	Anār	<i>Punica granatum</i> L.
23.	Anba	<i>Mangifera indica</i> L.
24.	Anba Haldī	<i>Curcuma amada</i> Roxb.
25.	Anīsūn	<i>Pimpinella anisum</i> L.
26.	Anjīr • Tīn	<i>Ficus carica</i> L.
27.	Anzarūt	<i>Astragalus sarcocolla</i> Dymock
28.	Aqāqiya • Şamagh-i-'Arabī	<i>Acacia nilotica</i> (L.) Willd. ex Delile
29.	Aqīq	Agate
30.	'Aqrab	Scorpion
31.	Armāk	<i>Syzygium aromaticum</i> (L.) Merr. & L.M. Perry

32.	Ās • Ḥabb al-Ās • Mūrād	<i>Myrtus communis</i> L.
33.	‘Asal • Shahad	Honey
34.	Asārūn	<i>Asarum europaeum</i> L.
35.	Asfīdāj	Zinc oxide
36.	Asgand	<i>Withania somnifera</i> (L.) Dunal
37.	‘Aṣī al-Rā ī	<i>Amaranthus tricolor</i> L.
38.	Aṣl al-Sūs • Rubb al-Sūs • Mehak	<i>Glycyrrhiza glabra</i> L.
39.	Aspghol	<i>Plantago ovata</i> Forsk.
40.	Āṭrīlāl	<i>Ammi majus</i> L.
41.	Āzād Darakht • Nīm	<i>Azadirachta Indica</i> A. Juss.
42.	Azba • Māyīn Khurd	<i>Tamarix aphylla</i> (L.) H. Karst Syn. <i>Tamarix articulata</i> Vahl.
43.	Azḡār al-Ṭīb	<i>Unguis odoratus</i>
44.	Bābchī	<i>Psoralea corylifolia</i> L.
45.	Bābūna • Bābūnaj	<i>Matricaria chamomilla</i> L.
46.	Bachh	<i>Acorus calamus</i> L.
47.	Bādām Shūrīn	<i>Prunus amygdalus</i> Batch.
48.	Bādām Talkh	<i>Prunus dulcis</i> (Mill.) D.A. Webb.
49.	Bādiyān	<i>Foeniculum vulgare</i> Mill.
50.	Bādranjboya	<i>Nepeta hindostana</i> (B. Heyne ex Roth.) Haines
51.	Bādrūj	<i>Ocimum gratissimum</i> L.
52.	Baid	<i>Calamus rotang</i> L.
53.	Bakhūr-i Maryam	<i>Martynia annua</i> L.
54.	Balādur	<i>Semecarpus anacardium</i> L.f.
55.	Balayla	<i>Terminalia bellirica</i> (Gaertn.) Roxb.
56.	Balbūs	<i>Urginea indica</i> Kunth
57.	Balsān	<i>Commiphora opobalsamum</i> (L.) Engl. Syn. <i>Commiphora gileadensis</i> (L.) C.Chr.
58.	Balūṭ	<i>Quercus incana</i> Bartram
59.	Banafsha	<i>Viola odorata</i> L.
60.	Bāqla	<i>Vicia faba</i> L.
61.	Baramdandī	<i>Echinop echinatus</i> Roxb.
62.	Baranj	<i>Oryza sativa</i> L.
63.	Baranjāsif	<i>Achillea millefolium</i> L.
64.	Baṣl al-Fār	<i>Urginea indica</i> Kunth. Syn. <i>Drimia indica</i> (Roxb.) Jessop
65.	Baṭam	<i>Pistacia lentiscus</i> L.
66.	Bayaāḍ al-Bayḍ	Egg shell

67.	<i>Bayda-i-Murgh</i> • <i>Bayḍ</i>	Egg
68.	<i>Bazr al-Banj Safaid</i>	<i>Hyoscyamus albus</i> L.
69.	<i>Bed Mushk</i>	<i>Salix caprea</i> L.
70.	<i>Behman Safaid</i>	<i>Centaurea behen</i> L.
71.	<i>Behman Surkh</i>	<i>Salvia sclarea</i> L.
72.	<i>Bhang</i>	<i>Cannabis sativus</i> L.
73.	<i>Bhangra</i>	<i>Eclipta prostrata</i> (L.) L.
74.	<i>Bhojpatr</i>	<i>Betula utilis</i> D. Don
75.	<i>Bihī</i> • <i>Safarjal</i> • <i>Bihīdāna</i>	<i>Cydonia oblonga</i> Mill.
76.	<i>Bisbāsa</i>	<i>Myristica fragrans</i> Houtt.
77.	<i>Bisfāyij</i> • <i>Bisfāyij Fustuqī</i>	<i>Polypodium vulgare</i> L.
78.	<i>Biskhapra</i>	<i>Trianthema portulacastrum</i> L.
79.	<i>Biṭṭīkh</i> • <i>Kharpaza</i>	<i>Cucumis melo</i> L.
80.	<i>Bunduq</i>	<i>Corylus avellana</i> L.
81.	<i>Bunduq Hindī</i>	<i>Sapindus trifoliatus</i> L.
82.	<i>Būra Armanī</i>	Borax Armeniaca
83.	<i>Bussad</i>	Coral
84.	<i>Chāi Khata'ī</i>	<i>Camellia sinensis</i> L.
85.	<i>Chaksū</i>	<i>Cassia absus</i> L.
86.	<i>Chamelī</i>	<i>Jasminum officinale</i> L.
87.	<i>Champā</i>	<i>Michelia champaca</i> L.
88.	<i>Chāwal</i>	<i>Oryza sativa</i> L.
89.	<i>Chilghoza</i>	<i>Pinus succinifera</i> L.
90.	<i>Chīnī Mittī</i>	China clay
91.	• <i>Chira'ita</i> • <i>Qasb al-Zarīrah</i>	<i>Swertia chirayita</i> (Roxb.) H. Karst
92.	<i>Chirchīta</i>	<i>Achyranthes aspera</i> L.
93.	<i>Chirounjī</i>	<i>Buchanania lanzan</i> Spreng.
94.	<i>Chīta Lakdī</i>	<i>Plumbago zeylanica</i> L.
95.	<i>Chob Chīnī</i>	<i>Smilax china</i> L.
96.	<i>Chūna</i> • <i>Āhak</i>	Lime
97.	<i>Chuqandar</i> • <i>Salaq</i>	<i>Beta vulgaris</i> L.
98.	<i>Chuwāra</i>	<i>Phoenix dactylifera</i> L.
99.	<i>Dār Filfil</i>	<i>Piper longum</i> L.
100.	<i>Dārchīnī</i>	<i>Cinnamomum verum</i> J. presl
101.	<i>Dārhalḍ</i>	<i>Berberis aristata</i> DC. (Wood)

102.	<i>Darūnaj Aqrabī</i>	<i>Dornoicum hookeri</i> C.B. Clarke Syn. <i>Nannoglottis hookeri</i> (C.B. Clarke ex Hook.f.) Kitam
103.	<i>Dūd-i- Chirāgh</i>	Lamp black
104.	<i>Dunba</i>	Tick tailed sheep
105.	<i>Durdi-i- Sharāb</i>	Sediments of wine
106.	<i>Fanīz</i>	Sugar drop candy
107.	<i>Fanjankusht</i>	<i>Vitex negundo</i> L.
108.	<i>Faranjmushk</i>	<i>Ocimum basilicum</i> L.
109.	<i>Farāsiyūn</i>	<i>Marrubium vulgare</i> L.
110.	<i>Farbiyūn</i>	<i>Euphorbia resinifera</i> O. Berger
111.	<i>Fāshra</i>	<i>Cayaponia lacinosa</i> (L.) C. Jeffrey
112.	<i>Fāwāniya</i>	<i>Paeonia emodi</i> Royle
113.	<i>Filfil Darāz</i>	<i>Piper longum</i> L.
114.	<i>Filfil Safaid</i>	<i>Piper nigrum</i> L.
115.	<i>Filfil Siyāh</i>	<i>Piper nigrum</i> L.
116.	<i>Fitrasāliyūn</i>	<i>Petroselinum crispum</i> (Mill.) Nyman ex A.W.Hill
117.	<i>Fizza</i>	Silver
118.	<i>Fūdanj</i>	<i>Mentha piperita</i> L.
119.	<i>Fūdnaj Jabalī</i>	<i>Mentha spicata</i> L.
120.	<i>Fujl</i>	<i>Raphanus indicus</i> L.
121.	<i>Fuwwāh</i>	<i>Rubia cordifolia</i> L.
122.	<i>Gā'ozabān</i>	<i>Onosma bracteatum</i> Wall.
123.	<i>Gandum</i> • <i>Hinṭa</i>	<i>Triticum aestivum</i> L.
124.	<i>Gazar</i>	<i>Daucus carota</i> L.
125.	<i>Gerū</i>	Red ochre
126.	<i>Ghār</i>	<i>Laurus nobilis</i> L.
127.	<i>Gharab</i>	<i>Populus alba</i> L.
128.	<i>Ghāriqūn</i>	<i>Agaricus alba</i> L.
129.	<i>Ghonchī</i>	<i>Abrus precatorius</i> L.
130.	<i>Gil-i-Armanī</i>	Arminian earth/bole
131.	<i>Gil-i-Khurdanī</i>	Edible clay
132.	<i>Gosfand</i>	Sheep
133.	<i>Gul-i-Lāla</i>	<i>Anemone coronaria</i> L.
134.	<i>Gul-i-Sewtī</i>	<i>Rosa alba</i> L.
135.	<i>Gul-i-Surkh</i> • <i>Ward</i> • <i>Gulāb</i>	<i>Rosa damascena</i> Mill.
136.	<i>Gulnār</i>	Flower of <i>Punica granatum</i> L.
137.	<i>Gurhal</i>	<i>Ficus racemosa</i> L.
138.	<i>Ḥabaq Nehrī</i>	<i>Mentha aquatica</i> L.
139.	<i>Ḥabb al Ghār</i>	<i>Laurus nobilis</i> L.

140.	<i>Ḥabb al-Bān</i> • <i>Bān</i>	<i>Melia azederach</i> L.
141.	<i>Ḥabb al-Qilqil</i>	<i>Cardiospermum halicacabum</i> L.
142.	<i>Ḥabb al-Ṣanobar</i>	<i>Pinus roxburghii</i> Sarg.
143.	<i>Ḥabbat al-Khaḍra</i>	<i>Pinus roxburghii</i> Sarg.
144.	<i>Ḥabb-i-Maḥlab</i>	<i>Cersus mahaleb</i> (L.) Mill. Syn. <i>Prunus mahaleb</i> L.
145.	<i>Halayla Siyāh</i> • <i>Halayla Kābulī</i> • <i>Halayla Hindī</i>	<i>Terminalia chebula</i> Retz.
146.	<i>Halayla Zard</i>	<i>Terminalia citrina</i> (Gaertn.) Roxb.
147.	<i>Hamāma</i>	<i>Amomum aromaticum</i> Roxb. Syn. <i>Amomum subulatum</i> Roxb.
148.	<i>Ḥanzal</i> • <i>Shahm-i-Ḥanzal</i>	<i>Citrullus colocynthis</i> (L.) Schrad.
149.	<i>Ḥarmal</i>	<i>Peganum harmala</i> L.
150.	<i>Ḥarshaf</i>	<i>Cynara carduncula</i> L. Syn. <i>Cynara scolymus</i> L.
151.	<i>Hartāl</i>	Sulphide of arsenic
152.	<i>Hartāl Zard</i>	Yellow orpiment
153.	<i>Hāsha</i>	<i>Thymus serpyllum</i> L.
154.	<i>Haziz</i>	<i>Berberis aristata</i> DC.
155.	<i>Ḥiltūt</i> • <i>Angūza Hīra</i>	<i>Ferula assafoetida</i> L.
156.	<i>Ḥinnā</i>	<i>Lawsonia inermis</i> L.
157.	<i>Ḥiyufariqūn</i>	<i>Hypericum perforatum</i> L.
158.	<i>Ḥulba</i>	<i>Trigonella foenum-graecum</i> L.
159.	<i>Ḥurf</i>	<i>Lepidium sativum</i> L.
160.	<i>Ḥurf Abyad/ Safaid</i>	<i>Brassica juncea</i> (L.) Czern.
161.	<i>Ḥusn-i-Yūsuf</i>	<i>Laminaria saccharina</i>
162.	<i>Ikāl al-Malik</i>	<i>Trigonella uncatata</i> Boiss.
163.	<i>Ilaichī Khurd</i> • <i>Ilaichī</i> • <i>Hīl</i> • <i>Qāqla Sighār</i> • <i>Hīl Khurd</i> • <i>Hīl Buwā</i> • <i>Ilaichī Safaid</i>	<i>Elettaria cardamomum</i> (L.) Maton
164.	<i>Ilaichī Kalan</i> • <i>Qāqla Kibār</i> • <i>Hīl Kalan</i> • <i>Motī Ilaichī</i>	<i>Amomum subulatum</i> Roxb.
165.	<i>‘Ilak al-Baṭam</i> • <i>‘Ilak Rūmī</i>	<i>Pistacia lentiscus</i> L.
166.	<i>Īrsa</i>	<i>Iris ensata</i> Thunb.
167.	<i>Ithmid</i> • <i>Ithmid Isfahānī</i>	Antimony sulphide

168.	<i>Izkhar</i>	<i>Cymbopogon jwarancusa</i> (Jones) Schult.
169.	<i>Jā'oshīr</i>	<i>Ferula gummosa</i> Boiss.
170.	<i>Jāiphāl</i> • <i>Jawzbuwā</i>	<i>Myristica fragrans</i> Houtt.
171.	<i>Jast</i>	Zin
172.	<i>Jaw</i>	<i>Hordeum vulgare</i> L.
173.	<i>Jawākhār</i>	Salt of tartar (potassium carbonate)
174.	<i>Jawz</i> • <i>Akhrot</i>	<i>Juglans regia</i> L.
175.	<i>Jawz al-Sarw</i>	<i>Cupressus sempervirens</i> L.
176.	<i>Jawzbuwā</i>	<i>Myristica fragrans</i> Houtt.
177.	<i>Jhāu</i>	<i>Tamarix aphylla</i> (L.), H.Karst
178.	<i>Jirjīr</i>	<i>Eruca Sativus</i> Mill.
179.	<i>Ju'da</i>	<i>Teucrium polium</i> L.
180.	<i>Jundbedastār</i>	Castorium
181.	<i>Juntiyāna</i>	<i>Gentiana lutea</i> L.
182.	<i>Kabāba</i> • <i>Kabāb Chīnī</i>	<i>Piper cubeba</i> L.f.
183.	<i>Kabar</i>	<i>Capparis spinosa</i> L.
184.	<i>Kachnāl</i>	<i>Bauhinia racemosa</i> Lam.
185.	<i>Kadū</i>	<i>Lagenaria siceraria</i> (Molina) standley
186.	<i>Kaf-i-Dariya</i> • <i>Zabd al-Baḥr</i>	Cuttlefish bone
187.	<i>Kāfūr</i>	<i>Cinnamomum camphora</i> (L.) J. Persl
188.	<i>Kalonjī</i>	<i>Nigella sativa</i> L.
189.	<i>Kamāfītūs</i>	<i>Blumea balsamifera</i> DC.
190.	<i>Kaner</i>	<i>Nerium oleander</i> L.
191.	<i>Kanocha</i>	<i>Phyllanthus maderaspatensis</i> L.
192.	<i>Karafs</i>	<i>Apium graveolens</i> L.
193.	<i>Karamkalla</i> • <i>Karnab</i>	<i>Brassica oleracea</i> L.
194.	<i>Karanj</i>	<i>Pongamia pinnata</i> (L.) Pierre
195.	<i>Karsana</i>	<i>Pisum sativum</i> L.
196.	<i>Kasnī</i>	<i>Cichorium intybus</i> L.
197.	<i>Kasūm</i>	<i>Schleichera oleosa</i> (Lour.) Oken
198.	<i>Katān</i>	<i>Linum usitatissimum</i> L.
199.	<i>Kath Safaid</i>	<i>Acacia catechu</i> (L.f.) Willd.
200.	<i>Kath Surkh</i>	<i>Acacia catechu</i> (L.f.) Willd.
201.	<i>Katīra</i>	<i>Astragalus gummifer</i> L.
202.	<i>Kazmāzaj</i>	<i>Tamarix gallica</i> L.
203.	<i>Kehrubā</i>	<i>Pinus succinifera</i> L.
204.	<i>Khajūr</i>	<i>Phoenix dactylifera</i> L.
205.	<i>Khāksī</i>	<i>Sisymbrium altissimum</i> L.

206.	<i>Kharbaq</i>	<i>Veratrum viride</i> Aiton
207.	<i>Kharbaq Safaid / Kharbaq Abyaq</i>	<i>Veratrum album</i> L.
208.	<i>Kharbaq Siyāh</i>	<i>Helleborus niger</i> L.
209.	<i>Khardal</i>	<i>Brassica nigra</i> L.
210.	<i>Khardal Safaid</i>	<i>Brassica alba</i> L.
211.	<i>Khas Khushbudār</i>	<i>Vetiveria zizanioides</i> (L.) Nash.
212.	<i>Khashkhāsh</i> • <i>Afiyūn</i> • <i>Khashkhāsh Safaid</i>	<i>Papaver somniferum</i> L.
213.	<i>Khaṭmī</i>	<i>Althaea officinalis</i> L.
214.	<i>Khazaf Chīnī Biryān</i>	China clay(parched)
215.	<i>Khiyār</i>	<i>Cumumis sativus</i> L.
216.	<i>Khubbāzī</i>	<i>Malva sylvestris</i> L.
217.	<i>Khubs al-Hadīd</i> • <i>Lohchūn</i>	Iron rust
218.	<i>Khūlanjān</i>	<i>Alpinia galanga</i> (L.) Willd.
219.	<i>Khurfā</i>	<i>Portulaca oleracea</i> L.
220.	<i>Khussiya al- S'alab</i>	<i>Orchis latifolia</i> L.
221.	<i>Kibrūt</i> • <i>Gandhak</i> • <i>Gandhak Āmla Sār</i>	Sulphur
222.	<i>Kishnīz</i>	<i>Coriandrum sativa</i> L.
223.	<i>Kowdī / Kharmohra</i>	Cowdi shell
224.	<i>Kunār</i>	<i>Ziziphus mauritiana</i> Lam.
225.	<i>Kundur</i>	<i>Boswellia serrata</i> Roxb. ex Colebr.
226.	<i>Kundush</i>	<i>Centipeda minima</i> L.
227.	<i>Kunjad</i> • <i>Simsim</i> • <i>Til</i>	<i>Sesamum indicum</i> L.
228.	<i>Kusum</i>	<i>Schleichera oleosa</i> (Lour.) Oken
229.	<i>Kutki Siyāh</i>	<i>Picrorhiza Kurroa</i> Royle ex Benth.
230.	<i>Laban</i>	Milk
231.	<i>Lādan/ Lāzan</i>	<i>Citrus ladanum</i> L.
232.	<i>Lāla</i>	<i>Anemone coronaria</i> L.
233.	<i>Lawf</i>	<i>Arum maculatum</i> L.
234.	<i>Līmūn</i> • <i>Līmun Kāghazī</i>	<i>Citrus limon</i> (L.) Osbeck
235.	<i>Lisān al-Asāfīr</i>	<i>Wrightia tinctoria</i> (Roxb.) R. Br.
236.	<i>Lobiya Ahmar</i>	<i>Vigna unguiculata</i> (L.) Walp.
237.	<i>Lohchūn</i>	Iron rust
238.	<i>Lūdh Pathānī</i>	<i>Symplocos racemosa</i> Roxb.
239.	<i>Luffāh</i>	<i>Atropa belladonna</i> L.

240.	<i>Luk</i>	Lac
241.	<i>Mā' al-Jubn</i>	whey
242.	<i>Mādharyūn</i>	<i>Daphne mezereum</i> L.
243.	<i>Majīth</i>	<i>Rubia cordifolia</i> L.
244.	<i>Māmīrān</i> • <i>Māmīrān Chīnī</i>	<i>Thalictrum foliolosum</i> DC.
245.	<i>Marqashīshā</i>	Copper Pyrites/ Ferri sulphuratum
246.	<i>Marwarīd</i>	Pearl
247.	<i>Marzanjosh</i>	<i>Origanum vulgare</i> L.
248.	<i>Māsh</i>	<i>Vigna radiata</i> (L.) R. Wilczek
249.	<i>Maska-i-Mīsh</i>	Butter of Sheep's milk
250.	<i>Maṣṭagī</i> • <i>Maṣṭagī Rūmī</i>	<i>Pistacia lentiscus</i> L.
251.	<i>Matar</i>	<i>Pisum sativum</i> L.
252.	<i>Mawīz Jablī</i>	<i>Vitis vinifera</i> L.
253.	<i>Mawīz Munaqqa</i> • <i>Mawīz Surkh</i>	<i>Vitis vinefera</i> L.
254.	<i>Mawīzaj</i>	<i>Delphinium staphysagria</i> L./ <i>Ampelocissus araneosa</i> (Laws.) Planch.
255.	<i>Māyīn Khurd</i>	<i>Tamarix gallica</i> L.
256.	<i>Māzu</i> • <i>Māzu Sabz</i>	<i>Quercus infectoria</i> G. Olivier
257.	<i>Mi'a Yābisa</i> • <i>Mī'a Sāila</i>	<i>Styrax officinalis</i> L.
258.	<i>Mishmish</i>	<i>Prunus armeniaca</i> L.
259.	<i>Miss</i>	Copper
260.	<i>Mom Safaid</i>	White wax
261.	<i>Mom Zard</i>	Bee's wax
262.	<i>Moth</i>	<i>Vigna aconitifolia</i> (Jacq.) Marechal
263.	<i>Mūlī</i> • <i>Turb</i> • <i>Fujl</i>	<i>Raphanus sativus</i> L.
264.	<i>Multānī Mittī</i>	Solum follonum /Fuller's earth / Multan clay
265.	<i>Mundi</i>	<i>Sphaeranthus indicus</i> L.
266.	<i>Muqil</i> • <i>Muqil Azraq</i>	<i>Commiphora wightii</i> (Arn.) Bhandari
267.	<i>Murdār Sang</i>	Litharge
268.	<i>Murgh</i>	Cock
269.	<i>Murr</i> • <i>Murr Makkī</i>	<i>Commiphora myrrha</i> (Nees) Engl.
270.	<i>Mushk</i> • <i>Mushk Khālis</i>	Misk
271.	<i>Mūslī Safaid</i>	<i>Chlorophytum arundinaceum</i> Baker

272.	<i>Mūsī Siyāh</i>	<i>Curculigo orchioides</i> Gaertn.
273.	<i>Nabāt</i>	Sugar
274.	<i>Nāgkesar</i>	<i>Mesua ferrea</i> L.
275.	<i>Nakhūd</i> • <i>Nakhūd Safaid</i> • <i>Himmas</i>	<i>Cicer arietinum</i> L.
276.	<i>Namak</i>	Salt
277.	<i>Namak Indrānī</i> • <i>Namak Lāhori</i> • <i>Namak-i-Sang</i>	Rock Salt
278.	<i>Namak Hindī</i>	Indian rock salt
279.	<i>Namak Sānbhar</i>	Sanbhar lake salt
280.	<i>Namām</i>	<i>Ocimum basilicum</i> L.
281.	<i>Nāna</i>	<i>Mentha arvensis</i> L.
282.	<i>Nānkhwāh</i>	<i>Trachyspermum ammi</i> (L.) Sprague
283.	<i>Nāranj</i>	<i>Citrus reticulata</i> Blanco.
284.	<i>Nargis</i>	<i>Narcissus tazetta</i> L.
285.	<i>Narjīl</i>	<i>Cocos nucifera</i> L.
286.	<i>Nārmushk</i>	<i>Mesua ferrea</i> L.
287.	<i>Nashārah Āj</i>	Ivory Dust
288.	<i>Nashāsta</i> • <i>Nasha</i>	Starch
289.	<i>Nasrīn</i>	<i>Rosa brunonii</i> Lindl.
290.	<i>Naṭrūn</i> • <i>Qaimuliya</i>	Sodium carbonate
291.	<i>Navshādar</i>	Ammonium chloride
292.	<i>Nayshkar</i>	Sugarcane
293.	<i>Nīl</i>	<i>Indigofera tinctoria</i> L.
294.	<i>Nīlofar</i>	<i>Nymphaea alba</i> L.
295.	<i>Nuhās</i>	copper
296.	<i>Panba Dāna</i>	<i>Gossypium herbaceum</i> L.
297.	<i>Panwār</i>	<i>Cassia tora</i> L.
298.	<i>Parsiyāoshān</i>	<i>Adiantum capillus-veneris</i> L.
299.	<i>Pista</i>	<i>Pistacia vera</i> L.
300.	<i>Piyāz</i> • <i>Baṣl</i>	<i>Allium cepa</i> L.
301.	<i>Piyāz Dashtī</i>	<i>Drimia indica</i> (Roxb.) Jessop
302.	<i>Qafr al-Yahūd (Momyāt)</i>	Asphaltus
303.	<i>Qaiṣūm</i>	<i>Achillea millefolium</i> L.
304.	<i>Qalai</i>	Tin
305.	<i>Qand</i> • <i>Qand Safaid</i>	Sugar
306.	<i>Qaranful</i>	<i>Syzygium aromaticum</i> (L.) Merr. & L.M. Perry

307.	<i>Qarn al-Iyyal</i>	Horn of Antelop
308.	<i>Qaşab</i> • <i>Ṭabāshīr</i> • <i>Qaşab Nabatī</i> • <i>Nay</i>	<i>Bambusa bambos</i> (L.) Voss.
309.	<i>Qataf</i>	<i>Chenopodium album</i> L.
310.	<i>Qimbīl</i>	<i>Mallotus philippensis</i> (Lam.) Muell.-Arg.
311.	<i>Qirdāmāna</i>	<i>Carum carvi</i> L.
312.	<i>Qirfa</i>	<i>Cinnamomum cassia</i> (L.) J.Presl
313.	<i>Qirtās Sokhta</i>	Burnt paper
314.	<i>Qisa al-Himār</i>	<i>Pueraria tuberosa</i> (Willd.) DC.
315.	<i>Qitrān</i>	<i>Cedrus libani</i> A. Rich.
316.	<i>Qurṭum</i>	<i>Carthamus tinctorius</i> L. (Kernel)
317.	<i>Qust</i> • <i>Qust Hindī</i>	<i>Saurea lappa</i> C. Clarke Synonym <i>Saussurea costus</i> (Falc.) Lipsch.
318.	<i>Qust Talkh</i>	<i>Saurea lappa</i> C.B. Clarke
319.	<i>Rā'ib</i>	Curd
320.	<i>Rāng</i>	Lead
321.	<i>Rāsan</i>	<i>Inula helenicum</i> L.
322.	<i>Raswut</i> • <i>Rasawt Makkī</i>	<i>Berberis aristata</i> DC
323.	<i>Ratanjot</i>	<i>Onosma echioides</i> L.
324.	<i>Rātīnaj</i>	<i>Shorea robusta</i> Gaertn. f.
325.	<i>Ravghan-i-Zard</i>	Clarified butter
326.	<i>Rayḥān</i>	<i>Ocimum tenuiflorum</i> L.
327.	<i>Rāziyānaj</i>	<i>Foeniculum vulgare</i> Mill.
328.	<i>Rewandchīnī</i>	<i>Rheum australe</i> D.Don
329.	<i>Rū'ī</i>	Cotton
330.	<i>Runās</i> • <i>Pushkar Mūl</i>	<i>Cheilocostus speciosus</i> (J.Konig) C.Specht
331.	<i>Rusās</i>	Dross of lead
332.	<i>Ṣ'atar</i>	<i>Satureja hortensis</i> L.
333.	<i>Sābun</i>	Soap
334.	<i>S'ad</i> • <i>S'ad Kūft</i> • <i>Nāgarmoth</i>	<i>Cyperus rotundus</i> L.
335.	<i>Ṣadaf</i>	Oyster's shell
336.	<i>Safaida Kāshgharī</i> • <i>Safaidā</i> • <i>Asfidāj</i>	Zinc oxide
337.	<i>Safaida Qalāī</i> • <i>Safaida Arzīr</i>	Tin oxide
338.	<i>Safaidī Bayda-i-Murgh</i>	Egg albumin

339.	<i>Sajjī</i>	Washing Soda/sodium carbonate
340.	<i>Sakbīnaj</i>	<i>Ferula persica</i> Willd.
341.	<i>S'alab Misrī</i>	<i>Orchis latifolia</i> L.
342.	<i>Salīkha</i> • <i>Taj</i>	<i>Cinnamomum verum</i> J.Presl
343.	<i>Samar-i-Turfā</i>	<i>Tamarix gallica</i> L.
344.	<i>Samm al-Fār</i>	Arsenic trioxide
345.	<i>Sanā</i>	<i>Senna alexandrina</i> Mill.
346.	<i>Şandal</i> • <i>Şandal Safaid</i>	<i>Santalum album</i> L.
347.	<i>Şandal Surkh</i>	<i>Pterocarpus santalinus</i> L. f.
348.	<i>Sandrūs</i>	<i>Trachylobium hornemannianum</i> Hayne
349.	<i>Sang Jarāhat</i>	Soapstone, Steatite/ Hydrated Magnesium Silicate
350.	<i>Sang-i-Başrī</i>	Smithsonite Zinc/ Carbonate/Oxide of zinc
351.	<i>Sang-i-Rāsikh</i>	A kind of stone
352.	<i>Sang-i-Runās</i>	Tone containing burnt copper
353.	<i>Sang-i-Surma</i>	Blue vitriol / lead sulphide / antimony sulphide
354.	<i>Sankhiya</i>	Arsenic oxide
355.	<i>Şanobar</i>	<i>Pinus gerardiana</i> Wall. Ex D. Don.
356.	<i>Saqmūniya</i>	<i>Convolvulus scammonia</i> L.
357.	<i>Saresham Māhī</i>	Isinglass
358.	<i>Sargīn-i-Kabūtar</i>	Dropping of pigeon
359.	<i>Sarīsh</i>	Gelatin
360.	<i>Sartān Chīnī</i>	Crab
361.	<i>Sarw</i>	<i>Cupressus sempervirens</i> L.
362.	<i>Ş'atar Fārsī</i>	<i>Satureja hortensis</i> L.
363.	<i>Sāzaj Hindī</i> • <i>Tezpāt</i>	<i>Cinnamomum tamala</i> (Buch.-Ham.) T.Nees & C. H. Eberm.
364.	<i>Seb</i>	<i>Malus sylvestris</i> (L.) Mill.
365.	<i>Sembul Hindī</i>	<i>Bombax ceiba</i> L.
366.	<i>Sha 'r</i>	Hair
367.	<i>Shādnaj</i> • <i>Shādnaj Hindī</i>	Nummulite
368.	<i>Shaftālū</i>	<i>Prunus persica</i> (L.) Batsch
369.	<i>Shāhsafram</i>	<i>Ocimum tenuiflorum</i> L.
370.	<i>Shāhtara</i>	<i>Fumaria parviflora</i> Lam.
371.	<i>Shākh-i-Gā'ozan</i>	Antelope's Horn
372.	<i>Shalgham</i>	<i>Brassica rapa</i> L.
373.	<i>Shaqā'iq</i> • <i>Shaqā'iq al-Nu'mān</i>	<i>Anemone coronaria</i> L.
374.	<i>Shaqāqul Misrī</i>	<i>Malabaila secacul</i> (Mill.) Boiss.

375.	<i>Shibb Yamānī</i> • Zāj • Shibb • Shibb Safaid	Alum
376.	<i>Shibram</i>	<i>Euphorbia pithyusa</i> L.
377.	<i>Shīh</i>	<i>Artemisia maritima</i> L.
378.	<i>Shīraj</i>	<i>Brassica nigra</i> (L.) W.D.J. Koch
379.	<i>Shītraj</i> • <i>Shītraj Hindī</i>	<i>Plumbago zeylanica</i> L.
380.	<i>Shonīz</i>	<i>Nigella sativa</i> L.
381.	<i>Shora Qlamī</i> • <i>Shorāh</i>	Salt Marsh (Potassium nitrate) Salt peter
382.	<i>Şibr</i> • <i>Şibr Zard</i> • <i>Alwa</i>	<i>Aloe vera</i> (L.) Burm.f.
383.	<i>Sidr</i>	<i>Ziziphus mauritiana</i> Lam.
384.	<i>Sīmāb</i>	Mercury
385.	<i>Sinān-i- Qassārīm</i>	Washerman stone
386.	<i>Sīr</i> • <i>Thum</i>	<i>Allium sativum</i> L.
387.	<i>Siras</i>	<i>Albizia lebeck</i> , (L.) Benth.
388.	<i>Sirka</i>	Vinegar
389.	<i>Sosan</i> • <i>Īrsa</i>	<i>Iris ensata</i> Thunb.
390.	<i>Sudāb</i>	<i>Ruta graveolens</i> L.
391.	<i>Suhāga</i> • <i>Boraq</i> • <i>Būra</i>	Borax
392.	<i>Sukk</i>	<i>Phyllanthus emblica</i> L.
393.	<i>Sumāq</i>	<i>Rhus coriaria</i> L.
394.	<i>Sumbul</i> • <i>Sumbul al-Tīb</i> • <i>Jatamānsi</i>	<i>Nardostachys Jatamansi</i> (D.Don) DC.
395.	<i>Supāri Pāk</i> • <i>Supārī</i> • <i>Fūfal</i>	<i>Areca catechu</i> L.
396.	<i>Surma</i>	Antimony
397.	<i>Surma Siyāh</i> • <i>Surma Isfahānī</i>	Black Antimony
398.	<i>Tamar Hindī</i>	<i>Tamarindus indica</i> L.
399.	<i>Tanbūl</i>	<i>Piper betle</i> L.
400.	<i>Terātezak</i>	<i>Brucea sativa</i> Mill.
401.	<i>Ṭilā</i>	Gold
402.	<i>Ṭīn al-Qaimūliya</i>	Camolian earth / Cimolite earth

403.	<i>Tīn Makhtūm</i> • <i>Gil-i-Makhtūm</i>	Sealing clay
404.	<i>Tudrī Safaid</i>	<i>Matthiola incana</i> R. Br.
405.	<i>Tudrī Surkh</i>	<i>Erysimum Cheiri</i> L.
406.	<i>Tulsī</i>	<i>Ocimum sanctum</i> L.
407.	<i>Turanj</i> • <i>Utraj</i>	<i>Citrus medica</i> L.
408.	<i>Turbud</i> • <i>Turbud Safaid</i>	<i>Operculina turpethum</i> (L.) Silva Manso
409.	<i>Turmus</i>	<i>Lupinus albus</i> L.
410.	<i>Tūt Safaid</i>	<i>Morus macroura</i> Miq.
411.	<i>Tutīya</i> • <i>Nīla Tutīya</i> • <i>Tutīya Basrī</i> • <i>Tutīya Hindī</i>	Blue vitriol /Copper sulphates
412.	<i>Ullaiq</i>	<i>Dorema ammoniacum</i> D. Don.
413.	<i>Ushaq</i>	<i>Dorema ammoniacum</i> D. Don. Synonym <i>Ferula ammoniacum</i> (D.Don) Spalik, M.Panahi, Piwczyński & Puchalka
414.	<i>Ushna</i> • <i>Chharela</i>	<i>Usnea longissima</i> Asch.
415.	<i>Ushnān</i>	<i>Haloxylon multiflorum</i> Bunge
416.	<i>Ushrāq</i>	<i>Senna italica</i> (Mill.)
417.	<i>Usqundriyun</i>	<i>Allium schoenoprasum</i> L.
418.	<i>Ustūkhūdūs</i>	<i>Lavandula stoechas</i> L.
419.	<i>Ustukhwān-i-Nārjīl</i>	Shell of <i>Cocos nucifera</i> L.
420.	<i>Waj</i> • <i>Waj Turkī</i>	<i>Acorus calamus</i> L.
421.	<i>Ward</i>	<i>Rosa damascena</i> Mill.
422.	<i>Wasma</i>	<i>Indigofera tinctoria</i> L.
423.	<i>Za'farān</i>	<i>Crocus sativus</i> L.
424.	<i>Zabīb</i>	<i>Vitis vinifera</i> L.
425.	<i>Zahab</i>	Gold
426.	<i>Zahra-i-Buz</i>	Gall bladder of Goat
427.	<i>Zait</i> • <i>Zaitūn</i>	<i>Olea europaea</i> L.
428.	<i>Zangār</i>	Verdigris
429.	<i>Zanjabīl</i> • <i>Adrak</i>	<i>Zingiber officinale</i> Roscoe
430.	<i>Zanjabīl al-Kilāb</i>	<i>Portulaca quadrifida</i> L.
431.	<i>Zaranbād</i>	<i>Curcuma zedoaria</i> (Christm.) Roscoe.
432.	<i>Zarārīh</i>	Cantharide
433.	<i>Zarāwand</i> • <i>Zarāwand Mudharij</i>	<i>Aristolochia rotunda</i> L.

434.	<i>Zarāwand Tawīl</i>	<i>Aristolochia fontanesii</i> Boiss & Reuter
435.	<i>Zard Ālū</i>	<i>Prunus armeniaca</i> L.
436.	<i>Zard Chob</i>	<i>Curcuma longa</i> L.
437.	<i>Zarishk</i>	<i>Berberis vulgaris</i> L.
438.	<i>Zarnab</i>	<i>Abies pindrow</i> (Royle ex D.Don) Royle
439.	<i>Zarnīkh Ahmar</i> • <i>Zarnīkh Surkh</i>	Realgar or red orpiment
440.	<i>Zarnīkh Asfar/ Zarnīkh Zard</i>	Yellow orpiment
441.	<i>Zifda'</i>	Frog
442.	<i>Zīra</i> • <i>Zīra Kirmānī</i> • <i>Zīra Siyāh</i>	<i>Cuminum cyminum</i> L.
443.	<i>Zūfa</i>	<i>Hyssopus officinalis</i> L.

English Equivalent of Unani Technical Term

S.No.	Unani term	English equivalent
1.	'Araq	distillate
2.	Ābkāma	a type of fermented condiment
3.	Ābzan	sitz bath
4.	Amrūsiyā	saffron-based electuary
5.	Anoshdārū	gooseberry-based electuary
6.	Bakhūr	fumigation
7.	Bakhūr / Dhūnī	incense
8.	Barūd	eye-dusting powder / eye coolant
9.	Biryān	roasted
10.	Dalūk	massage oil
11.	Dharūr	dusting powder
12.	Ḍimād	poultice
13.	Duhn / Ravghan	oil
14.	Ghāliya	aromatic powder / perfumed powder
15.	Ghāza	face powder
16.	Ḥabb	pill
17.	Ḥammām	therapeutic bath / turkish bath
18.	Ḥuqna	enema
19.	Inkibāb	steam inhalation
20.	Iqlīmiya	Litharge / dross
21.	Ishāl	inducing purgation
22.	'Iṭr	Aromatics / perfumes
23.	Iṭrīfal	electuary based on three medicinal fruits
24.	Jawārish	digestive electuary
25.	Joshānda	decoction
26.	Kājal	topical ophthalmic medicament / eyeliner
27.	Kashk	roasted and ground
28.	Khāliṣ	pure
29.	Khamīra	blended whitish and frothy semi-solid preparation
30.	Khiḍāb	hair dye
31.	Kimād	fomentation
32.	Kuḥl/ Surma	collyrium
33.	Kushta	calx
34.	Labūb	kernel-based electuary
35.	Ma'jūn	electuary
36.	Mā' al-'Asal	honey water
37.	Mā' al-Jubn	whey
38.	Mā' al-Sha'ir / Āsh-i-Jav	barley water
39.	Mā' al-Sha'ir Muḥammaṣ	water of roasted barley

40.	<i>Maḍmaḍa</i>	mouthwash
41.	<i>Maghsūl</i>	washed
42.	<i>Marham</i>	ointment
43.	<i>Marqashīshaha Maghsūl</i>	dross detoxified (washed)
44.	<i>Masfūf</i>	powdered
45.	<i>Masūh</i>	oily-liquid preparation
46.	<i>Maṭbūkh</i>	decoction
47.	<i>Mubayyad</i>	treated
48.	<i>Mudabbar</i>	treated drug
49.	<i>Mufarriḥ</i>	exhilarant
50.	<i>Muḥammaṣ / Biryān / Sokhta</i>	roasted/parched drug
51.	<i>Muḥarriq</i>	dissipating drug
52.	<i>Munaqqā</i>	deseeded drug
53.	<i>Muqashshar</i>	skinned, peeled
54.	<i>Muṣaffā</i>	cleaned /washed drug
55.	<i>Mushawwā</i>	roasted drug
56.	<i>Namak</i>	salt
57.	<i>Naqū' /Khīsānda</i>	infusion
58.	<i>Naṭūl</i>	douche
59.	<i>Nawra</i>	depilatory
60.	<i>Nushāra / Burāda</i>	sawdust
61.	<i>Pāshoya</i>	footbath
62.	<i>Qaṭūr</i>	drops
63.	<i>Qay'</i>	inducing emesis
64.	<i>Qayrūṭī</i>	a kind of ointment
65.	<i>Qiwām</i>	consistency
66.	<i>Qurṣ</i>	tablet
67.	<i>Safūf</i>	powder
68.	<i>Sanūn</i>	toothpowder
69.	<i>Sa'ūt</i>	nasal drops
70.	<i>Sāyda</i>	powdered
71.	<i>Sharbat</i>	Syrup/ medicinal syrup
72.	<i>Shīra</i>	milky emulsified product
73.	<i>Shiyāf</i>	suppository
74.	<i>Shiyāf</i>	suppository
75.	<i>Şibgh/ Şibgha</i>	dye
76.	<i>Sirka</i>	vinegar
77.	<i>Sokhta</i>	burnt
78.	<i>Taşwīl</i>	decantation
79.	<i>Ṭilā'</i>	liniment
80.	<i>Tiryāq</i>	antidote
81.	<i>Ublān</i>	semi-solid oily preparation for local application
82.	<i>Uşāra / Afshurda</i>	extract

English Equivalent of Part of the Drug

S.No.	Unani term	English equivalent
1.	<i>‘Ūd</i>	wood
2.	<i>Āb</i>	juice
3.	<i>Ārad</i>	flour
4.	<i>Aşl / Bekh / Jār</i>	root
5.	<i>Barg / Waraqa al-Nabāt</i>	leaf
6.	<i>Bazr</i>	seed
7.	<i>Chobah</i>	wood
8.	<i>Gil / Ṭīn</i>	clay
9.	<i>Gul / Zahra</i>	flower
10.	<i>Khākistar</i>	ash
11.	<i>Khām</i>	Raw / unripe
12.	<i>Khushk</i>	dry
13.	<i>Kohna</i>	aged
14.	<i>Lu‘āb</i>	mucilage
15.	<i>Maghz</i>	kernel
16.	<i>Munaqqa</i>	deseeded
17.	<i>Muqashshar</i>	dehusk
18.	<i>Nāsufta</i>	Unpierced
19.	<i>Pīh</i>	Animal fat
20.	<i>Post</i>	rind
21.	<i>Post-i-Bekh</i>	root peel
22.	<i>Qishūr</i>	peel
23.	<i>Rāl</i>	resin
24.	<i>Ras</i>	juice
25.	<i>Resh-i Darakht</i>	fibres of plant
26.	<i>Rimād</i>	ash
27.	<i>Sabūs</i>	husk
28.	<i>Sabz</i>	unripe
29.	<i>Şamagh / Gond</i>	gum
30.	<i>Sāq / Tanā</i>	Stem / trunk
31.	<i>Shagūfa</i>	tender leaves / flower buds
32.	<i>Shākh</i>	branch of a plant/twig
33.	<i>Sheham</i>	fruit pulp
34.	<i>Shīr</i>	juice
35.	<i>Tāza</i>	fresh
36.	<i>Thamar</i>	fruit
37.	<i>Tukhm /Bazar</i>	seed
38.	<i>Yābis</i>	dried
39.	<i>Zarr</i>	pollens



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