

UNANI MEDICINE KIT

Developed by



CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE
Ministry of Health & Family Welfare, Government of India
NEW DELHI

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FOREWORD

The National Health Policy of India envisages equal participation of all systems of medicine in the primary health care delivery system. The policy recognizes Unani Medicine as one of the Indian Systems of Medicine and places great emphasis on the maximum utilization of this age-old and time-tested system's potential in the national endeavor of providing essential health care to the teeming millions of the country. Unani Medicine, though originated in Greece, has had a long and cherished history in India and is still in vogue in the length and breadth of the country. The system enjoys great acceptability among the Indian masses. One can find a *Hakim*, the practitioner of Unani Medicine, in the remotest village of the country.

The Central Council for Research in Unani Medicine, an autonomous organization of the Ministry of Health and Family Welfare, Government of India had, about two decades back, developed a Unani Medicine kit for use of the health workers. This kit included such drugs as could be useful in day-to-day management of the common clinical conditions and also could satisfy the requirements of the ordinary health workers. Over the years, the Council have been carrying out extensive clinical screening of these medicines to prove their efficacy in different ailments.

While devising the kit, it was kept in view that the items of drugs selected should be handy and acceptable to common man, and their preparation should not involve any cumbersome process. The items of the drugs included in this kit have proved to be efficacious beyond doubt, their rate of efficacy ranging from 78% to 86%. Besides, they are economically cheap, safe and have no side effects.

It is hoped that this kit of Unani medicines would be widely accepted amongst health workers and practitioners of Unani Medicine for management of their day-to-day requirements and clinics in the remote areas. Any suggestions for the improvement are welcome.

Dr. Mohammed Khalid Siddiqui

Director

20 May 2000
New Delhi

Central Council for Research in Unani Medicine
Ministry of Health and Family Welfare, Government of India

Name of the drug : **CAPSULE HABIS** (250 mg)

Indications : Jiryan-ud-Dam (Haemorrhage)

Ingredients	: Shibb-e-Yamani Biryan (Alum)	] Equal parts
	: Geru (Bole Rubra)	
	: Gond Babool (Gum – <i>Acacia arabica</i> Willd.)	

Dose and mode of administration : *Adults*: 2 capsules twice a day orally.
Children: 1 capsule twice a day orally.

Name of the drug : **CAPSULE HUDAR** (125 mg)

Indications : Waj-ul-Mafasil (Joints pain)

Ingredients : Azaraqi Mudabbar (*Strychnos nux-vomica* Linn.)
: Zanjabeel (*Zingiber officinale* Rosc.) } Equal parts

Dose and mode of administration : *Adults*: 2 capsules twice a day with water.

Name of the drug : **CAPSULE MUBARAK** (500 mg)

Indications : Humma (Fever)

Ingredients	: Zeera Safaid (<i>Cuminum cyminum</i> Linn.)	}	2 parts
	: Dar-e-Filfil (<i>Piper longum</i> Linn.)		
	: Maghz-e-Karanjwa (<i>Caesalpinia bonducella</i>)		
	: Barg-e-Babool (<i>Acacia arabica</i> Willd.)		
	: Kushta Gaodanti (Calx Gypsum)	1 part	

Dose and mode of administration : *Adults*: 2-4 capsules thrice a day with water.
Children: 1-2 capsules thrice a day with water.

Name of the drug : CAPSULE NAZLA (500 mg)

Indications : Nazla (Common cold)

Ingredients : Barg-e-Tulsi (*Ocimum sanctum* Linn.)
: Darchini (*Cinnamomum zeylanicum* Blume)
: Zanjabeel (*Zingiber officinale* Rosc.)
: Satt-e-Gilo (*Tinospora cordifolia* Willd.)
: Satt-e-Ajwain (*Ptychotis ajowan* DC.)

Equal parts

Dose and mode of administration : *Adults*: 2 capsules thrice a day orally.
Children: 1 capsule thrice a day orally.

Name of the drug : **CAPSULE SHAQIQA** (500 mg)

Indications : Shaqiqa (Migraine)

Ingredients : Ustukhuddus (*Lavandula stoechas* Linn.) 30 g
: Kishniz Khushk (*Coriandrum sativum* Linn.) 20 g
: Filfil siyah (*Piper nigrum* Linn.) 36 nos.

Dose and mode of administration : *Adults*: 1 capsule daily – preferably before sunrise.
Children: Not recommended for children.

Name of the drug : **CAPSULE TINKAR** (500 mg)

Indications : Qabz (Constipation)

Ingredients	: Suhaga (Borax)	24 g
	: Filfil Siyah (<i>Piper nigrum</i> Linn.)	144 g
	: Ajwain Khurasani (<i>Hyoscyamus niger</i> Linn.)	39 g
	: Elva (<i>Aloe vera</i> Tourn ex. Linn.)	216 g

Dose and mode of administration : *Adults*: 2 capsules thrice a day orally.
Children: 1 capsule thrice a day orally.

Name of the drug : **HABB-E-TASKEEN** (125 mg)

Indications : Waj-ul Badan (Bodyache)

Ingredients : Mom Zard (Bees wax)
: Warq-e-Nuqra (Silver foil)

Dose and mode of administration : *Adults:* 1-2 pills in a day with water.
Children: Half to one pill in a day.

Name of the drug : QURS-E-BEL (500 mg)

Indications : Zaheer, Ishal (Diarrhoea)

Ingredients	: Belgiri (<i>Aegle marmelos</i> Corr.)	} Equal parts
	: Zanjabeel (<i>Zingiber officinale</i> Roxb.)	
	: Teewaj (Chalkura) (<i>Holarrhena antidysenterica</i> Wall.)	

Dose and mode of administration : *Adults*: 2 tablets thrice a day orally.
Children: 1 tablet thrice a day orally.

Name of the drug : **QURS-E-FAQRUDDAM** (500 mg)

Indications : Faqureddam (Anaemia)

Ingredients : Rewand Chini (*Rheum emodi* Wall) 20 parts
: Naushadar (Ammonium Chloride) 20 parts
: Shora Qalmi (Potassium Nitrate) 40 parts
: Arq-e-Kasni (*Cichorium infybus* Linn.) Q.S.

Dose and mode of administration : *Adults*: 1-2 tablet twice a day with water.
Children: Half tablet three times a day with water.

Name of the drug : QURS-E-HAIZA (500 mg)

Indications : Haiza (Cholera)

Ingredients	: Zahar Mohra (Bezoar Stone)	} $\frac{1}{2}$ part
	: Zanjabeel (<i>Zingiber officinale</i> Rosc.)	
	: Mirch Siyah (<i>Piper nigrum</i> Linn.)	
	: Pudina Khushk (<i>Mentha arvensis</i> Linn.)	
	: Gul-e-Madar (<i>Calotropis gigantea</i> (Linn.) R.Br.)	
	: Namak Siyah (Black Salt)	
	: Namak Lahori (Salt of Lahore)	} Equal parts

Dose and mode of administration : *Adults*: 2 tablets three times a day with water.
Children: 1 tablet three times a day with water.

Name of the drug : **QURS-E-MAFASIL** (500 mg)

Indications : Waj-ul-Mafasil (Musculo-skeletal disorders, Joints pain)

Ingredients	: Zanjabeel (<i>Zingiber officinale</i> Rosc.)	1 part
	: Suranjan (<i>Colchicum luteum</i> Baker)	2 parts
	: Filfil Siyah (<i>Piper nigrum</i> Linn.)	1 part
	: Asgand (<i>Withania somnifera</i> Dunal)	1 part

Dose and mode of : *Adults*: 2 tablets twice a day orally with water.

Administration

Name of the drug : QURS-E-MULAIYIN (500 mg)

Indications : Qabz (Constipation)

Ingredients	: Zanjabeel (<i>Zingiber officinale</i> Rosc)	6 g
	: Sana (<i>Cassia angustifolia</i> Vahl)	6 g
	: Gul-e-Surkh (<i>Rosa damascena</i> Mill)	3 g
	: Bekh-e-Jalapa (<i>Ipomoea purga</i> Hayne)	6 g
	: Namak Lahori (Salt of Lahore)	1.5 g

Dose and mode of administration : *As laxative* – 2 tablets at bed time.
As purgative – 3 tablets at bed time.

Name of the drug : QURS-E-MUQAWWI (500 mg)

Indications : Zof-e-Aam (General debility)

Ingredients	: Kuchla Mudabbar (<i>Strychnos nux-vomica</i> Linn.)	] Equal parts
	: Qaranful (<i>Syzygium aromaticum</i> Merr. & L.M. Perry)	
	: Ood Saleeb (<i>Paeonia officinalis</i> Linn.)	
	: Darchini (<i>Cinnamomum Zeylanicum</i> Blume)	
	: Jauzbuwa (<i>Myristica fragrans</i> Houtt.)	
	: Bisbasa (<i>Myristica fragrans</i> Houtt.)	

Dose and mode of administration : *Adults*: 1 tablet twice a day with milk.
Children: Half tablet twice a day with milk.

Contraindication : Hypertension

Name of the drug : QURS-E-MUSAFFI (500 mg)

Indications : Jarb-o-Hikkah (Scabies, Itching)

Ingredients : Maghz-e-Neem (*Azadirachta indica* A. Juss.)

: Rasaut (*Berberis aristata* DC.)

: Chaksu (*Cassia absus* Linn.)

Equal parts

Dose and mode of : *Adults*: 2 tablets thrice a day orally.

administration *Children*: 1 tablet twice a day orally.

Name of the drug : **QURS-E-MUSHTAHI** (250 mg)

Indications : Zof-e-Ashteha (Loss of Appetite)

Ingredients	: Zanjabeel (<i>Zingiber officinale</i> Roxb.)	1 part
	: Zeera Sufaid (<i>Cuminum cyminum</i> Linn.)	1 part
	: Satt-e-Leemu (<i>Citrus aurantifolia</i> (Christm) Swingle)	3 parts
	: Namak Sanhbar (Sambhar Lake salt)	1 part

Dose and mode of administration : *Adults*: 2 tablets thrice a day orally.
Children: 1 tablet thrice a day orally.

Name of the drug : **QURS-E-SHIFA** (125 mg)

Indications : Humma, Waj-ul-Azlat (Pyrexia, Muscular pains/Bodyache)

Ingredients	: Tukhm-e-Dhatura Siyah (<i>Datura metel</i> Linn.)	2 parts
	: Rewand Chini (<i>Rheum emodi</i> Wall.)	2 parts
	: Zanjabeel (<i>Zingiber officinale</i> Rosc.)	1 part

Dose and mode of administration : *Adults*: 1-2 tablets thrice a day orally.
Children: Not recommended for children.

Name of the drug : **QURS-E-SURFA** (500 mg)

Indications : Sual (Cough)

Ingredients	: Rubb-us-Soos (<i>Glycyrrhiza glabra</i> Linn.)	1 part
	: Maghz-e-Behidana (<i>Cydonia oblonga</i> Mill.)	1 part
	: Sugar	2 parts

Dose and mode of administration : *Adults*: 2 tablets thrice a day orally.
Children: 1 tablet thrice a day orally.

Name of the drug : QURS-E-ZAHAR MOHRA (250 mg)

Indications : Su-e-Hazm (Indigestion)

Ingredients : Zaranbad (*Zingiber zerumbet* Rosc. ex. Smith) 2 parts
: Zahar Mohra (Bezoar stone) 1 part

Dose and mode of : *Adults*: 2 tablets thrice a day orally.
administration *Children*: 1 tablet thrice a day orally.

Name of the drug : **SAFOOF-E-DAMA HALDIWALA**

Indications : Zeeq-un-Nafas (Asthma)

Ingredients	: Gandum (<i>Triticum sativum</i>)	1 part
	: Haldi (<i>Curcuma longa</i> Linn.)	½ part

Dose and mode of : 5 g of this powder may be taken on the first day with water.

Administration : Afterwards 125 mg may be added day-by-day upto 51 days.

Name of the drug : **SAFOOF-E-HAZIM**

Indications : Su-e-Hazm (Indigestion)

Ingredients	: Filfil Siyah (<i>Piper nigrum</i> Linn.)	] Equal parts
	: Zeera Safaid (<i>Cuminum cyminum</i>)	
	: Nankhwah (<i>Ptychotis ajowan</i> DC.)	
	: Badiyan (<i>Foeniculum vulgare</i> Mill.)	
	: Kishneez Khusk (<i>Coriandrum sativum</i> Linn.)	
	: Amla (<i>Emblica officinalis</i> Gaertn.)	
	: Namak Siyah (Black salt)	

Dose and mode of : *Adult*: 2 to 4 g twice a day orally after meals.

Administration *Children*: ½ to 1 g twice a day orally after meals.

Name of the drug : **SAFOOF-E-ISHAL**

Indications : Ishal (Diarrhoea)

Ingredients	: Post Halela Zard (<i>Terminalia chebula</i> Retz.)	} Equal parts
	: Belgiri (<i>Aegle marmelos</i> Corr.)	
	: Dar-e-filfil (<i>Piper longum</i> Linn.)	
	: Teewaj (<i>Holorrhena antidysenterica</i> Wall.)	

Dose and mode of : *Adult*: 6 g thrice a day orally.

Administration *Children*: 3 g thrice a day orally.

Name of the drug : SAFOOF-E-SAILAN

Indications : Sailan-ur-Rahem (Leucorrhoea)

Ingredients	: Kushta Baiza-e-Murgh (Calx egg shell)	1 part
	: Talmakhana (<i>Euryale ferox</i> Salisb.)	1 part
	: Darchini (<i>Cinnamomum zeylanicum</i> Blume)	1 part
	: Batasha (Sugar cube)	3 parts

Dose and mode of : *Adult*: 3 g twice a day orally.

Administration

Name of the drug : **SAFOOF-E-SUZAK**

Indications : Suzak (Gonorrhoea), Qarha Majra-e-Baul (Gleet/Urinary tract infection)

Ingredients	: Satt-e-Behroza (Aq. Ext. <i>Pinus longifolia</i> Roxb.)	} Equal parts
	: Raal Safaid (<i>Vateria indica</i> Linn.)	
	: Shora Qalmi (Ammonium nitrate)	

Dose and mode of administration : *Adults*: 3 g orally in a day with Sharbat-e-Buzoori.
Children: 1.5 g orally in a day with Sharbat-e-Buzoori.

Name of the drug : **SAFOOF-E-ZIABETUS**

Indications : Ziabetus (Diabetes)

Ingredients	: Gurmar Buti (<i>Gymnema sylvestris</i> R.Br.)	½ part
	: Gilo (<i>Tinospora cordifolia</i> (Willd.) Miers)	1 part
	: Zanjabeel (<i>Zingiber officinale</i> Rosc.)	½ part
	: Satt-e-Salajeet (Asphaltum)	½ part
	: Kushta-e-Faulad (Calx Iron)	1/8 part
	: Maghz-e-Khasta Jamun (<i>Syzygium cumini</i> (Linn.) Skeels)	1 part

Dose and mode of : 5 g of this power may be taken on the first day with water.

Administration : Afterwards 125 mg may be added day-by-day upto 51 days.



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