

KULLIYAT-E-ADVIA



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TRANSLATED BY THE STUDENTS

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“IN THE NAME OF ALLAH THE MOST BENEFICIENT AND THE MOST MERCIFUL”

PREFACE

When we entered 2nd professional, many of us found it difficult to read the Urdu texts. So we got together and attempted the translation of Kuliyat-e-advia, the result of which lies in your hands Alhamdulillah. We would be pleased to hear your suggestions and corrections if any. This is a very small and meagre contribution which we hope will become the stepping stone towards the upliftment of Unani medicine. InshaAllah.

In need of du'aas

2012-17 Batch

BATCH 2012-18

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12U0015	BARIRAH MARIAM	12U0040	TAHSEEN NESARGI
12U0016	CHAND REHMATHUNNISA	12U0041	TANVEER FATHIMA
12U0017	FATHIMA ANJUM	12U0042	UMME HANI
12U0018	JAVERIYA MAHANOOR	12U0043	UMME KULSUM
12U0019	JAVERIYA NAJMUSSEHER	12U0044	SHAHANA PV
12U0020	KARAM KHATOON	12U0045	SYED SHUAIB PASHA
12U0021	KUBRA SHAFQAATH	12U0046	SYEDA FIROZA BANU
12U0022	LUBNA NIKHATH	12U0047	TANZIA SHAZIA
12U0023	MISSBA SAYEED		
12U0024	MUBASHIRA FATHIMA		
12U0025	NADIYA KHANUM		

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TERMINOLOGIES

1. Akkal (Corrosive): These drugs destroy the tissues. They are resolvent and detergent in nature and have a high penetration power. Zangar (Cupric sulphate) Saindur (Borax) Choona (Lime) Sadaf sokhta (Tribunella rapa ash) Anzroot (Astragalus sarcacola gum) Tootia (Copper sulphate) Sabun (Soap) Murdar Sang (Plumbum oxidum) All concentrated acids and concentrated alkalis.

2. Jazib (Siccative/desiccant/absorbant): These drugs produce dryness. Due to their hot and volatile nature they easily suck the secretions and humours from the body. They are usually acidic and hot in temperament. Jundbedster (Caster beaver secretion) Ghareeqoon (Polyporus officinalis) Lehsun (Allium sativa bulb) Behroza (Pinus longifolia secretion) Rai (Bressica alba, B. nigra seed)

3. Jali (Detergent): These drugs act as cleansers. They clean the sticky matter from skin surface. Aabnoos (Diospyros ebenum wood) Abresham (Bombax mori) Abhal (Juniperus communis fruit) Babchi (Psoralea corylifolia Linn seed) Badam (Prunus amygdalus fruit) Beladur (Semicarpus anacardium fruit) Boora armani (Arminium bole) Habbe balsan (Balsamodendron opobalsamum fruit) Kherbaq (Helleborus niger root) Zafran (Crocus sativa stigma) Shora qalmi (Potassium nitrate) Sheer khisht (Fraxinus ornus secretion) Aqirqarha (Anacylus pyrethrum root) Asl (Honey) Nagermoth (Cyperus scariosus root) Hartal (Arsenic ore) Badam Talkh (Prunus amygdalus var amara fruit) Masoor (Lens culinaris seed) Lehsun (Allium sativa bulb) Boora armani (Arminium bole) Rai (Bressica alba seed) Anzroot (Astragalus sarcacola gum) Haldi (Curcuma longa root) Aab barg Turb (Raphanus sativa juice) Ferfiun (Euphorbia nerifolia latex) Sabun (Soap) Kalonji (Nigella sativa seed) Irsa (Iris ensata root) Phitkri (Alum) Gandhak (Sulphur) Chaksu (Cassia absus fruit)

4. Habis dam (Haemostatic or haemostyptic): These drugs stop the bleeding in the following ways.

(i) They act as astringent and close the vessels or capillaries. These drugs have a strong quwwath-e-qabiza.

(ii) Some drugs are mucilaginous and sticky in nature so they coat the mouth of vessels and capillaries and stop the flow of blood.

(iii) Drugs which have a cold temperament constrict the blood vessels and arrest the flow of blood.

(iv) Drugs which are narcotic in nature also decrease the blood flow.

(v) Some drugs divert the blood inside the blood vessels.

Phitkri (Alum) Kat (Acacia catechu extract) Mazoo sabz (Quercus infectoria abnormal growth) Dammul akhven (Pterocarpus marsupium gum) Sadaf sokhta (Tribunella rapa ash) Anjbar (Polyganum viviparum root) Afiun (Papaver somniferum latex) Post Anar (Punica granatum epicarp of fruit) Gulnar (Punica granatum flower) Safedi Beza (Egg white) Loban (Boswellia serrata gum) Aqaqia (Acacia arabica extract) Bartang (Plantago major seed) Tukhme Rehan (Ocimum sanctum seeds) Kehrubia (Vateria indica gum) Sartan sokhta (Scilla serrata ash) Yaqoot (Ruby) Tootia (Copper sulphate) Marjan (Corallium rubrum) Gul dhava (Woodfordia floribunda flower) Abrak (Talc) Marvareed (Pearl) Saresham mahi (Acipenser husa fat) Sang Jarahat (Silicate of magnesia) Aabnoos (Diospyros ebenum wood) Maieen (Tamarix aphylla, T. gallica growth) Safeda (Plumbi carbonas) Isfanj sokhta (Spong ash) Busud sokhta (Corallium rubrum ash).

Post khashkhash ((Papaver somniferum seed coat) Gile armani (Arminium bole) Kanghi (Abulitone indicum fruit) Zafran (Crocus sativa stigma) Arusa (Adhatoda vasica leaf) Khabsul Hadeed (Iron rust) Zare vard (Rosa damischana anthers) Ghareeqoon (Polyporus officinalis) Muqil (Commiphora mukul gum) Atees (Aconitum heterophyllum root) Chaksu (Cassia absus fruit) Geru (Silicate of alumina, oxides of iron) Baloot (Quercus incana fruit) Mastagi (Pistacia lantiscus gum) Kunjud (Sesamum indicum seed) Goolar (Ficus recemosa fruit) Shadnaj (A certain type of soft stone)

5. Haliq, Hallaq (Depletor or Epilator): These drugs are hair removers. They weaken the hair root which results in the easy removal or falling of hair. They are usually irritant in nature. Safeda, White lead (Plumbi carbonas) Hartal (Arsenic ore) Raakh (Ash) Choonaa (Lime)

6. Hakkak (Irritant): These drugs induce itching. They are hot and irritant, draw the irritant matter towards skin and produce irritation. Konch ki phali (Mucuna pruriens fruit) Barg Bhindi (Abelmoschus esculentus leaf) Utangan (Blepharis edulis seed)

7. Khatim (Cicatrizing): These drugs produce scabs. They are dry in temperament and hence drain the wound and form a scab over them. This process helps in healing by protecting the wound from friction and bleeding. Once the wound heals the scab falls off leaving new skin. Tootia (Copper sulphate) Sadaf sokhta (Turbinella rapa ash) Elva (Aloe vera dried juice of leaf) Shadnaj (A certain type of soft stone) Choonaa maghsool (Wet Lime) Anzroot (Astragalus sarcocolla gum) Chharela (Nardostachis jatamansi root)

8. Dabiq (Adhesive): these drugs are mucilaginous in nature and easily stick on to surfaces. Raal safed, Sareesh, Saresham Mahi, Simagh-e-arabi, Giyah cheeni and different types of gum.

9. Dafe Tashannuj (Antispasmodic): These drugs relieve spasms. They alleviate abnormal contraction of muscles and nerves by depressing the nerve centres and hence relieve the pain. Berg Datura (Datura stramonium, D. alba leaf) Yabruj (Atropa belladonna root) Ushq (Dorcus ammoniacum gum) Ood Saleeb (Paonea officinalis root) Afiun (Papaver somniferum latex) Hildeet (Ferula foetida gum) Asrol (Rauwolfia serpentina root) Kaiphal (Myrica nagi bark) Junudbedster, Castorium (Caster beaver secretion) Shokran (Conium maculatum) Roghan Suddab (Ruta graveolens oil) Tambaku (Nicotiana glauca herb) Jadwar (Delphinium denudatum root) Qaranfal (Caryophyllus aromaticum bud) Karanjwa (Caesalpinia bonducella fruit) Anzroot (Astragalus sarcocolla gum) Sumbuluttib (Nardostachis jatamansi root) Qust (Sassurea lappa root) Kafoor (Cinnamomum camphora extract) Roghan Podina (Mentha arvensis oil) Abhal (Juniperus communis fruit) Aakasbel (Cuscuta reflexa herb) Pia Ayyal (fat of Stag) Behroza (Pinus longifolia latex) Peeplamool (Piper longum root) Izkher (Andropogon schenarthus root) Qinnab (Cannabis sativa leaf)

10. Dafe Taffun (Antiseptic): These drugs prevent sepsis. They act externally or internally to prevent the infections. Para (Mercury) Rai (Bressica alba seed) Ajwain Desi (Carum capticum seed) Zangar (Cupric sulphate) Tezab Namak (Hydrochloric acid) Satyr (Zataria multiflora leaf) Dar chikna (Mercuric chloride) Heeng (Ferula foetida latex) Qaranfal (Caryophyllus aromaticum bud) Mur (Commiphora myrrh gum) Tootia (Copper sulphate) Sat Podina, Menthol (Mentha arvensis extract) Tezpat (Cinnamomum tamala leaf) Loban (Boswellia serrata gum) Kafoor (Cinnamomum camphora extract) Javitry (Myristica fragrance fruit coat) Balsan (Balsamodendron opobalsamum fruit) Sat Ajwain (Thymol) Roghan Qaranfal (Caryophyllus aromaticum oil) Podina (Mentha arvensis herb)

11. Dafe Huma (Antipyretic): These drugs decrease the abnormal body temperature. Karanjwa (Caesalpinia bonducella fruit) Shahtra (Fumaria officinalis herb) Khaksi (Sisymbrium iro seed) Kasoos (Cuscuta reflexa herb) Gilo (Tilifora indica herb) Chiraita (Swertia chiratta herb) Bakain (Melia Azadirachta all parts) Palas Papra (Butea frondosa seed) Abrak (Talc) Neem (Melia Azadirachta all parts) Bramdandi (Tricholepsis glabrima) Jadwar (Delphinium denudatum root) Falsa (Grawia asiatica fruit) Atees (Aconitum heterophyllum root) Biskhapra (Trianthema portulaca herb) Phitkri (Alum) Anisoon (Pimpinella anisum seed) Afsanteen (Artemisia absynthium herb) Shukai (Volutarella divertica) Kakra seenghi (Pistacia integerrima) Narjeel daryai (Lodoicea maldivica Pers fruit) Kafoor (Cinnamomum camphora extract) Ghafis (Agrimonia expatoria Linn flower) Loban (Boswellia serrata gum) Aslussoos (Glycerrhiza glabra root) Tabasheer (Bambusa arundinaria secretion on node) Brinjasif (Achillea millefolium herb) Kat (Acacia catechu extract) Afiun (Papaver somniferum latex) Beesh (Aconitum nepallus root) Badavard (Fagonia arabica herb) Arusa (Adhatoda vasica leaf)

12. Dafe Khumar (Anti fainting): These drugs are acidic in nature and sour in taste. They help in bringing a person back to his senses after an attack of fainting or after intoxication. Aab-e-leemo (lemon juice), Alu Bukhara, Tamar hindi (Tamarind), Sirks (Vinegar).

13. Radey (Divertive): These drugs divert the matter from one part of the body to another. They are usually applied on the skin surface as liniments. They have a strong quwwath-e-qabiza and quwwath-e-barida which constricts the pores and decreases hararat-e-jaziba which prevents further accumulation of madda-e-marz. Kashneez (Coriandrum sativum seed) Fofil (Areca catechu nut) Gile armani (Arminium bole) Gile multani (Silicate of alumina, magnesia oxides of iron) Geru (Silicate of alumina, oxides of iron) Gulnar (Punica granatum flower) Gule surkh (Rosa damascena flower) Safedi beza (Egg white yok) Kat safed (Acacia catechu extract) Khatmi (Althea officinalis seed) Khubbazi (Malva sylvestris seed) Bed sada (Salix alba leaf) Sandal safed (Santalum album wood) Sandal surkh (Pterocarpus santalinus wood) Bartang (Plantago major seed) Zarishk (Berberis aristata fruit) Post khashkhash (Papaver somniferum seed coat) Juft Baloot (Quercus incana fruit) Aqaqia (Acacia arabica extract) Mako (Solanum nigrum fruit) Kahu (Lactuca sativa Linn) Dammul akhven (Pterocarpus marsupium gum) Roghan gul (Rosa damascena oil) Rasaut (Berberis aristata extract) Zare vard (Rosa damascena anthers) Sirka (Acetic acid) Roghan Zetoon (Olea europia oil)

14. Sammi (Poisonous): These drugs are poisons and used very carefully. Sammulfar (Arsenic) Darchikna (Hydrogen peroxide) Hartal (Arsenic ore) Sendur (Borax) Kuchla (Strychnos nuxvomica seed) Raskapur (Colomel) Zangar (Cupric sulphate) Datura (Datura stramonium seed, leaf) Shingarf (Compound of Mercury and Sulphur) Beesh (Aconitum nepallus root) Jamalgota (Croton tiglium fruit) Yabruj (Atropa belladonna root) Saqmoonina (Convolvulus scamony root latex) Para (Mercury) Afiun (Papaver somniferum latex) Shokran (Conium maculatum leaf, seed)

15. Aasir (Squeezing): These drugs are highly astringent in nature and are dry in temperament which help in eliminating the liquid matter from vessels by squeezing. Aamla (Embellica officinalis fruits) Balela (Terminelia blerica fruit) Post darakht Anar (Punica granatum bark) Post Anar (Punica granatum epicarp of fruit)

16. Ghassal (Irrigator): These drugs act as cleansers. Their quwwat-e-jila and viscosity help them to flow easily over surfaces and clean them in the process. Moderate hot water Maul Asl (Honey water) Aash Jau (Barley water) Mauljubn (Whey)

17. Qabiz (Astringent): All Habis dam, Rade, Aasir and Qabiz ama drugs are astringent in nature. These drugs constrict ducts and openings with the help of their burudath and quwwath-e-qabz. Amla (*Embllica officinalis* fruits) Balela (*Terminelia blerica* fruit) Post darakht Anar (*Punica granatum* bark) Post Anar (*Punica granatum* epicarp of fruit) Kashneez (*Coriandrum sativum* fruit) Fofil (*Areca catechu* nut) Gile armani (*Arminium bole*) Gile multani (*Silicate of alumina, magnesia oxides of iron*) Geru (*Silicate of alumina, oxides of iron*) Gulnar (*Punica granatum* flower) Gule surkh (*Rosa damascena* flowers) Safedi Beza (Egg white yok) Kat (*Acacia catechu* extract) Khatmi (*Althea officinalis* seed) Khubbazi (*Malva sylvestris* seed) Bed sada (*Salix alba* laef, flower) Sandal safed (*Santalum album* wood) Sandal surkh (*Pterocarpus santalinus* wood) Bartang (*Plantago major* seed) Zarishk (*Berberis aristata* fruit) Post khashkhash (*Papaver somniferum* seed coat) Juft Baloot (*Quercus incana* fruit) Aqaqia (*Acacia arabica* extract) Mako (*Solanum nigrum* fruit) Kahu (*Lactuca sativa* Linn seed) Dammul akhven (*Pterocarpus marsupium* gum) Roghan Gul (*Rosa damascena* oil) Rasaut (*Berberis aristata* extract) Zare vard (*Rosa damascena* anther)

18. Qabiz Ama: The drugs, which check the secretion and reduce peristaltic movement and produce constipation. These drugs may constrict the blood vessels which supply the intestines and bring about qabz. A few drugs decrease irritation, soreness and hypersensitivity of the intestines by reducing the secretion of juices. Faulad (Iron) Jast (Zinc) Phitkri (Alum) Choona (Lime) Gile armani (*Arminium bole*) Gile Makhtoom (Makhtoom clay) Sangjarahat (Soap stone) Geru (*Silicate of alumina, oxides of iron*) Dammul akhven (*Pterocarpus marsupium* gum) Busud (*Corallium rubrum*) Kehrubia (*Vateria indica* gum) Marvareed (Pearl) Tabasheer (*Bambusa arundinaria* secretion on node) Shadnaj (A certain type of soft stone) Afiun (*Papaver somniferum* latex) Datura (*Datura stramonium* D. alba seed) Bazrulbanj (*Hyoscyamus albus*, *H. niger*, *H. muticus* seed)

19. Qatil Hayat/Qatil-e-Deedan-o-Shikum (Anthelmintic): The agents, which kill the intestinal worms. These drugs act on different worms.

(A) Hayyat (Ascaris) Darmana (*Artemisia maritima* herb) Post Neem (*Melia Azadirachta* bark) Beikh Bakain (*Melia azadrach* bark) Fofil (*Areca catechu* nut) Arand (*Ricinus communis* fruit)

(B) Habbul qara (Tape worm) Beikh Bakain (*Melia azadrach* bark) Post toot Siyah (*Morus nigra* bark) Arusa (*Adhatoda vasica* leaf) Kaknaj (*Phyllis alkakanji* fruit) Kamela (*Mallotus philippinensis*) Ushba maghrabi (*Sarsaparilla europaea* herb) Maghz Narjil Kohna (*Cocus musifera* fruit very old) Nankhuah (*Carum capticum* seed) Baobarang (*Artemisia vulgaris* seed) Post Beikh Anar (*Punica granatum* root bark) Khurfa (*Portulaca oleracea* herb)

(C) Qatil doodul khall (Thread worm) Internal use Darmana (*Artemisia maritima* herb) Fofil (*Areca catechu* nut) Mushktramsheey (*Ziziphora feruor* herb) Use by Enema Roghan Tarpeen (Terpene oil) Roghan Bedanjeer (*Ricinus communis* oil) Roghan Zetoon (*Olea europaea* oil) Sirka (Acetic acid) Aab Namak Tuam (*Sodium chloride*) Kasees (*Ferrous sulphate*) Joshanda Mushktramsheey (*Ziziphora feruor* herb decoction)

(D) Aam Qatil Deedan Ama (General anthelmintic) Heeng (*Ferula foetida* latex) Chirata (*Swertia Chiratta* herb) Kalonji (*Nigella sativa* seed) Zoofa (*Hyssopus officinalis* flower) Senna (*Cassia senna* leaf) Gilo (*Tinospora indica* herb) Bozidan (*Pyrethrum indicum* root) Berg Bedanjir (*Ricinus communis* leaf) Murdar sang (*Plumbum oxidum*) Mur (*Commiphora myrrh* gum) Ispand (*Peganum harmela* seed) Babchi (*Psoralea*

corylifolia seed) Kat (Acacia catechu extract) Revand (Rheum palmatum root) Zanjabil (Zingiber officinalis rhizome) Dooqu (Pencedanum grande seed)

20. Qashir (Sloughing): These drugs separate the necrosed tissues from healed wound. Zaravand (Aristolochia longa, A. rotunda root) Kunjud Siyah (Sesamum indicum seed) Khashkhash (Papaver somniferum seed)5 Qust (Sassurea lappa root) Jau bryan (Hordium vulgare fried seed) Khoolanjan (Alpinia galanga root)

21. Qate Bah (Anaphrodisiac): These drugs depress the sexual desire. These drugs depress the circulation through vaso-constriction in the genitalia and surrounding tissues. Some drugs may also alter the “mawad-e-manviya (semen)” and decrease sexual desire. They are usually mukhaddir (anaesthetic) and tursh (bitter). Kafoor (Cinnamomum camphora extract) Shokran (Conium meculator leaf, seed) Yabruj (Atropa belladonna root) Mako (Solanum nigrum fruit) Chooka (Citrus modica fruit) Tambaku (Nicotinum tabacum herb) Kahu (Lactuca sativa Linn seed) Suddab (Ruta graveolence leaf) Lemon (Citrus lemonum fruit) Datura (Datura alba, D. nigra, seed) Afiun (Papaver somniferum latex) Kashneez (Coriandrum sativum seed) Irsa (Iris ensata root) Aaloobukhara (Prunus domestica fruit) Imli (Tamarindus indica fruit) Khashkhash Siyah (Papaver somniferum black seed) Sandal (Santalum album wood) Franjmishk (Ocymum gratissimum seed) Chhoti Chandan (Rauwolfia serpentina root) Khurfa (Portulaca oleracea herb) Kulthi (Dolichos biflorous seed) Tabasheer (Bambusa arundinasia secretion on node) Naushader (Ammonium chloride)

22. Kasir Riyah (Carminative): These drugs empty gases from intestine and act as anti-flatulents. They are garm-o-khushk in temperament and slightly acidic in nature. Heeng (Ferula foetida latex) Pudina (Mentha arvensis herb) Beladur (Semicarpus anacardium fruit) Chirata (Swertia Chiratta herb) Dooqu (Pencedanum grande seed) Sat Podina, Menthol (Mentha arvensis extract) Peepal (Piper longum fruit) Babchi (Psoralea corylifolia seed) Zanjabil (Zingiber officinalis rhizome) Suddab (Ruta graveolence leaf) Jaosheer (Ferula galbaniflua secretion) Kafoor (Cinnamomum camphora extract) Shibbat (Anthium sowa seed) Juntiana (Gentiana lutea herb) Behroza (Pinus longifolia secretion) Biskhapra (Trianthema portulaca herb) Suhaga (Borax) Darchini (Cinnamomum zyleneum bark) Taj, Salekha (Cinnamomum cassia bark) Bisfaij (Polypodium vulgare Linn root) Mameeran (Captis teeta root) Namak Siyah (Sodium sulphate with Sodium chloride) Qaranfal (Caryophyllus aromaticum bud) Kababkhanda (Zenthaxyhium alatum fruit) Baboona (Matricaria chamomile flower) Afteemoon (Cuscuta reflexa herb) Filfil Siyah (Piper nigrum fruit) Kalonji (Nigella sativa seed) Anzroot (Astragalus sarcacola gum) Filfil surkh (Capsicum armium fruit) Satyr (Zataria multiflora leaf) Aslussoos (Glycerrhiza glabra root) Namak lahari (Sodium Chlorate) Khoolanjan (Alpinia galanga root) Karafs (Apium graveolence seed) Kanocha (Phyllanthus maderaspatensis seed) Naushader (Ammonium chloride) Kaiphal (Myrica nagi bark) Kasoos (Cuscuta reflexa herb) Mushktramsheey (Ziziphora feruor herb)7 Malkangni (Celestrus peniculata fruit) Badiyan (Foeniculum vulgare seed) Kababchini (Piper cubeba fruit) Paan (Piper betel leaf) Chirchita (Lyceum barbarum herb) Ilaichi (Elletaria cardamomum fruit) Sumbuluttib (Nardostachis jatamansi root) Izkher (Andopogon shaenarthus root) Kasaundi (Cassia occidentalis herb) Anisun (Pimpinella anisum seed) Javitry (Myristica fragrance fruit coat) Ispand (Peganum harmela seed) Ustokhuddus (Lavandula stoechas herb, flower) Zeera (Cuminum cyminum seed) Tezpat (Cinnamomum tamala leaf) Zaranbad (Curcuma zedoria root) Kashneez (Coriandrum sativum seed) Kali zeeri (Vernonia anthelmintica seed) Junudbedster (Castorium) Papita (Carica papaya fruit) Anjdan (Ferula foetida gum) Jaiphal (Myristica fragrance nut) Muqil (Commiphora mukul gum) Ajwain Desi (Carum capticum seed) Mur (Commiphora myrrh gum) Post Turanj (Citrus modica fruit epicarp) Karafs (Apium

graveolence seed) Agar (Aquilaria agallocha fungus) Franjmishk (Ocimum gratissimum seed) Daroonaj (Doronicum paradalianchasis root)

23. Kavi (Caustic): These drugs destroy the living tissues through their sozish (irritating property) and yaboosat (dryness). They seal pores and hence arrest the flow of fluids or blood. They are usually used to seal fistulas and open wounds. Tezab Gandhak mehlool (sulphuric acid) Tezab Namak (Hydrochloric acid) Choonaa (Lime) Tezab Shora (Nitric acid) Phitkri (Alum) Kasees (Ferrous sulphate) Tootia (Copper sulphate)

24. Laaze, Muhayyij (Irritant): These drugs produce irritation on body and increase blood circulation. They may also produce tafarruq-e-ittesal (discontinuity) and induce pain. All Hakkak drugs are Laazey in nature.

25. Mane Arq (Anadaphoretic): These drugs reduce the production and secretion of sweat. Sheelam (Ergot) Ghareeqoon (Polyporus officinalis) Datura (Datura stramonium seed) Yabruj (Atropa belladonna root) Kuchla (Strychnos nuxvomica seed) Bazrulbanj (Hyoscyamus albus, H. muticus, H. niger seed)

26. Mane Naubat (Anti-periodic): These drugs arrest the periodic recurrence of fevers. Atees, Barg-e-Tulsi, Phitakri, Charaita, Daar-e-hald, Samm-ul-far, Karanjwa.

27. Mane tauleed-e-deedan-e-ama: These drugs prevent the growth of intestinal worms. Charaita talkh, faulad, kuchla, heera kais.

28. Mane ehlam-e-raddiya: These drugs help put a stop to nightmares. They are mufarreah in nature. Phitakri, Zaitoon, Khurfa, Daronaj, sona, Aqr qarha.

29. Mane tabkheer (Antievaporant): These drugs prevent the formation of vapours or gases. They correct digestion and are hot in temperament. They act on the sweat glands or the nerves that supply the glands or seal the pores that secrete sweat. They are usually qabiz in nature. Ajwain Kharasani, Afyun, Barf, Phitakri, Dhatura, Shailam, Gil-e-armani, Gul-e-surkh, Ghareeqoon, Yabrooj.

30. Mane hamal (Contraceptive): These drugs prevent conception and maintenance of pregnancy. Bet kabootar-e-sehrai, Baazrooj, Baqla, Sudab, Qaranfil, Kaknaj.

31. Mubassir (Ulcerative/ Vessicant): These drugs due to their heat and excessive irritation produce ulcers on skin. Pyaz, Zarareeh, Rayi, Roghan Jamal gotta, Kuchla, Bhilawan, Lehsun, Qaranfil.

32. Mubakhkhir (Flatulent): These drugs produce gas in the intestine by altering the process of digestion. Gandana (Allium ascalonicum seed) Piyaz (Scilla indica bulb).

33. Mubarrid (Refrigerant): These reduce the generating energy in body and cool the body. Moarriq, Qabiz, Habis, Mokhaddir are included in this category.

34. Mubahhi (Aphrodisiac): These drugs increase sexual desire. They increase "ghaleez riyah (viscid vapours)" in the reproductive organs which increases the production of semen. Ber Bahooti, Tukhm pyaz, Tukhm konch, Salab misri, Jayphal, China grass, Khurma, Zafran, Ambar, Fandaq, Kuchla, Maal Kangni, chicken, Mosli Safed, Mosli Siyah.

35. Mujaffif (Siccative): These drugs produce dryness and decrease moisture. Sammul far (Arsenic) Hartal (Arsenic ore) Safeda, white lead (Plumbi carbonas) Murdar sang (Monoxide of lead) Shingarf (Compound of

Mercury and Sulphor) Sangjarahat (Soap stone) Sadaf sokhta (Tribunella rapa ash) 8 Tootia (Copper sulphate) Habbul Aas (Myrtus communis fruit) Berg hina (Lawsonia alba leaf) Ushq (Dorcus ammonicum gum) Tabasheer (Bambusa arundinaria secretion on node) Marjan (Corallium rubrum) Javitry (Myristica fragrance fruit coat) Post Anar (Punica granatum epicarp of fruit) Habbe balsan (Balsamodendron opobalsamum fruit) Persiaoshan (Adiantum capillus herb) Aabnoos (Diarospyros ebenum wood) Sumbuluttib (Nardostachis jatamansi root) Abhal (Juniperus communis fruit) Baloot (Quercus incana fruit) Junudbedster (Castorium) Anzrut (Astragalus sarcacola gum) Mazoo (Quercus infectoria abnormal growth) Main (Tamarix aphylla growth) Kakra seenghi (Pistacia integerrima gall)

36. Mujaamid (Coagulant): These drugs due to their particular property coagulate the blood. Phitkri (Alum) Gond Babool (Acacia arabica gum) Choon (Lime) Geru (Silicate of alumina, oxides of iron) Bazrubanj (Hyoscyamus albus seed) Marvareed (Pearl) Sangjarahat (Soap stone) Kateera (Astragalus gummifera gum) Kehruva (Vateria indica gum) Sadaf (Tribunella rapa shell)

37. Muharrik Aasab (Nervine Stimulant): These drugs stimulate the nerves so increase their activity. Kuchla (Strychnos nuxvomica seed) Yabruj (Atropa belladonna root) Naushader (Ammonium chloride) Sheelam (Ergot) Musk (Moschus moschiferus secretion) Sumbuluttib (Nardostachis jatamansi root) Bhang (Cannabis sativa leaf) Sammulfar (Arsenic) Zarareeh (Canthradin) Qehwa (Coffee) Heeng (Ferula foetida latex)

38. Muharrik Dimagh (Brain Stimulant): These stimulate the brain and increase its activity. Kuchla (Strychnos nuxvomica seed) Afsanteen (Artemisia absinthium herb) Qehwa (Coffee) Tea Alcohol Bhang (Cannabis sativa leaf)

39. Muharrik Doran khoon (Circulatory Stimulant): These drugs increase blood circulation and blood pressure. Alcohol Kuchla (Strychnos nuxvomica seed) Kafoor (Cinnamomum camphora extract) Tea Sumbuluttib (Nardostachis jatamansi root)

40. Muhallile Auram (Resolvent): These drugs resolve the inflammation and reduce swelling. Aatrilal (Ammi majus seed) Baqla (Vicia feba Linn seed) Beikh kasni (Cichorium intybus root) Javitry (Myristica fragrance fruit coat) Dar Hald (Berberis aristata bark) Aanba Haldi (Curcuma amada root) Sumbuluttib (Nardostachis jatamansi root) Paan (Piper betel leaf) Jaosheer (Ferula galbaniflua secretion) Darmana (Artemisia maritima herb) Izkher (Andropogon squarrosus root) Jadwar (Delphinium denudatum root) Dooqu (Pencedanum grande seed) Asarun (Valeriana wallichii root) Berg Aak (Calotropis procera leaf) Zarareeh (Canthradin) Asphol (Plantago ovata seed) Berg Arand (Ricinus communis leaf) Podina (Mentha arvensis herb) Jamalgot (Croton tiglium seed) Rai (Bressica alba seed) Ushq (Dorcus ammonicum gum) Berg Asgand (Withania somnifera leaf) Junudbedster, Castorium (Caster beaver secretion) Rasaut (Berberis aristata extract) Aslussoos (Glycyrrhiza glabra root) Berg Turb (Raphanus sativa leaf) Chaksu (Cassia absus fruit) Roghan balsan (Balsamodendron opobalsamum oil) Afsanteen (Artemisia absinthium herb) Piyaz (Scilla indica bulb) Zaranbad (Curcuma zedaria root) Chirchita (Lyceum barbarum herb) Chob Chini (Smilax china root) Thoher (Euphorbia nerifolia latex) Saqmoon (Convolvulus scamony root latex) Khatmi (Althea officinalis seed) Ood Saleeb (Paonea officinalis root) Ushba (Sarsaparilla indica herb) Mako (Solanum nigrum fruit) Satyr (Zataria multiflora leaf) Kassoos (Cuscuta reflexa seed) Kafoor (Cinnamomum camphora extract)

41. Muhallim Raddi (Anti-Nghmares): These drugs prevent recurring nightmares and induce sound sleep. They are Mubakkhir in nature. Arwi, Baqla, Pyaz, Chana, Moong.

42. Muhammir (Rubefacient): These drugs produce rubor due to their heat and irritation. Zarareeh (Canthradin) Roghan Behroza (Pinus longifolia oil) Roghan Jamalgota (Croton tiglium oil) Roghan Suddab (Ruta graveolence oil) Rai (Bressica alba seed) Roghan Leemun (Citrus lemonum oil) Yabruj (Atropa belladonna root) Rai (Bressica alba seed) Lehsun (Allium sativa bulb) Qaranfal (Caryophyllus aromatica bud) Thoher (Euphorbia nerifolia latex) Kababchini (Piper cubeba fruit) Podina (Mentha arvensis herb)

43. Mukhaddir (Narcotic): These drugs due their coldness and dryness reduce sensation and produce numbness. They act as local and general anesthetic and make a person unconscious. Datura (Datura stramonium leaf, seed) Beesh (Aconitum nepallus root) Post Khashkhash (Papaver somniferum seed coat) Bhang (Cannabis sativa leaf) Yabruj (Atropa belladonna root) Shokran (Conium meculator leaf, seed) Roghan Qaranfal (Caryophyllus aromaticum oil) Kuchla (Strychnos nuxvomica seed) Berg Unnab (Zyzifus sativa leaf) Bazrulbanj (Hyoscyamus albus seed) Roghan Kahu (Lactuca sativa Linn oil) Beikh Shahtra (Fumaria officinalis root)

44. Mukhrij Juneen wa Masheema (Abortifacient): These drugs stimulate the uterine muscles and produce or increase contractions, resulting in the expulsion of foetus or placenta. They also act as emanagogue. Post Amaltas (Cassia fistula fruit epicarp) Abhal (Juniperus communis fruit) Ood balsan (Balsamodendron opobalsamum twigs) All strong purgatives Phitkri (Alum) Alsi (Linum usitatissimum seed) All strong diuretics Junudbedster (Castorium) Persiaoshan (Adiantum capillus herb) Zaravand (Aristolochia longa, A. rotunda root) Hanzal (Citrullus colocynthisis fruit) Juntiana (Gentiana lutea herb) Zeera Siyah (Carum carvi seed) Doda Kapas (Gossypium herbaceum fruit) Bozidan (Pyrethrum indicum root) Berg hina (Lawsonia alba leaf) Mur (Commiphora myrrh gum) Roghan Balsan (Balsamodendron opobalsamum oil) Filfil Siyah (Piper nigrum fruit)

45. Mukhrij Deedan Shakum wa Ama (Vermifuge): These drugs excret worms from stomach and intestine. They do not kill them. Roghan Bedanjir (Ricinus communis oil) Saqmoonina (Convolvulus scamony root latex) Rasaut (Berberis aristata extract) Palas Papra (Butea frondosa seed) Beikh Jalapa (Ipomoea jalp root) Kamela (Mallotus phillipinensis)

46. Muharriq (Corrosive): These drugs burn matter due to their heat and high power of penetration. They convert liquids to vapours. Hildeet, Farafyun.

47. Mukhashshin (Which makes rough): These drugs are detergent and irritant in action. They produce inflammation and (Imtila) accumulation of fluid or they posses astringent action so they make surface rough. Amla (Emblica officinalis fruits) Supari (Areca catechu nut) Rai (Bressica alba seed) Beladur (Semicarpus anacardium fruit) Ikleelulmalik (Trigonella unsata bud) Tukhme Tamarhindi (Tamarindus indica seed) Filfil Siyah (Piper nigrum fruit) Khasta Aam (Mangifera indica seed cotyledens)

48. Mudir (Increase Production): These drugs increase the production of various fluids in the body.

49. Mudir bol (Diuretic): These drugs increase activity of kidneys either by irritation or by increasing filtration. Afsanteen (Artemisia absynthium herb) Anjdan (Ferula asafoetida latex) Ersal (Iris ensata root) Bichchhu (Scorpion) Abhal (Juniperus communis fruit) Anjir (Ficus carica fruit) Elva (Aloe vera dried juice of leaf) Biskhapra (Trianthema portulaca herb) Baadaavard (Fagonia arabica herb) Izkher (Andropogon)

shaenarthus root) Ikleelulmalik (*Trigonella unsata* fruit) Anisoon (*Pimpinella anisum* seed) Badam Talkh (*Prunus amygdalus amara* fruit) Ispand (*Peganum harmela* seed) Badiyan (*Foeniculam vulgare* seed) Behi (*Pyrus cydonia* fruit) Beikh Badiyan (*Foeniculum vulgare* root) Tukhme Kharpaza (*Cucumis melo* seed) Zaravand (*Aristolochia longa*, *A. rotunda* seed) Beid Sada (*Salix alba* leaf) Tukhme Kadu (*Lagenaria siceraria* seed) Chiraita (*Swertia chiratta* herb) Tukhme Khayaren (*Cucumis sativa* seed) Tukhme Kasni (*Cichorium intybus* seed) Persiaoshan (*Adiantum capillus* herb) Kharkhasak (*Tribulus terrestris* fruit) Zarareeh (*Canthradin*) Tukhme Turb (*Rafanus sativus* seed) Revand (*Rheum palmatum* root) Gandana (*Allium ascalonicum* herb) Dooqu (*Pencedanum grande* seed) Ushba (*Sarsaparilla indica* herb) Javakhar (*Potassium carbonate*) Naushader (*Ammonium chloride*) Zafran (*Crocus sativa*) Junudbedster (*Castorium*) Zaranbad (*Curcuma zedoria* root)

50. Mudir Haiz (Emmenagogue): Agents, which stimulate the menses. Abhal (*Juniperus communis* fruit) Ispand (*Peganum harmela* seed) Afsanteen (*Artemisia absinthium* herb) Ikleelulmalik (*Trigonella unsata* fruit) Ersa (*Iris ensata* root) Elva (*Aloe vera* dried leaf juice) Badiyan (*Foeniculam vulgare* seed) Biskhapra (*Trianthema portulaca* herb) Bedanjir (*Ricinus communis* seed) Beesh (*Aconitum nepallus* root) Persiaoshan (*Adiantum capillus* herb) Post Amaltas (*Cassia fistula* fruit epicarp) Piyaz (*Scilla indica* bulb) Tukhme Kharpaza (*Cucumis melo* seed) Tukhme Kasoos (*Cuscuta reflexa* seed) Jadwar (*Delphinium denudatum* root) Junudbedster (*Castorium*) Habbulqilt (*Dolichos biflorous* seed) Zarareeh (*Canthradin*) Kharkhasak (*Tribulus terrestris* fruit) Zafran (*Crocus stiva stigma*) Dar Chini (*Cinnamomum zeylanicum* bark) Dooqu (*Peucendanum grande* seed) Suddab (*Ruta graveolence* leaf) Doda Kapas (*Gossypium herbacicum* fruits) Juntiana (*Gentiana lutea* herb) Zarareeh (*Canthradin*) Suhaga (*Borax*) Tager (*Valeriana walichii* root) Habbe Balsan (*Balsamodendron opobalsamum* fruit) Ghareequn (*Polyporus officinalis*) Mushktramsheey (*Ziziphora feruory* herb) Karafs (*Apium graveolence* seed) Gandana (*Allium ascalonicum* herb) Heeng (*Ferula foetida* latex) Muqil (*Commiphora mukul* gum) Hilyun (*Lepidium sativum* seed) Gule Tesu (*Butea frondosa* leaf)

51. Mudir Luab Dehen (Sialagogue): Agents, which increase secretion of saliva. These act on salivary glands and stimulate them. Para (*Mercury*) Naranj (*Citrus modica* fruit) Turb (*Rafanus sativus* root) Revand (*Rheum palmatum* root) Aqirqarha (*Anacylus pyrethrum* gum) Leemun (*Citrus lemonum* fruit) Filfil Siyah (*Piper nigrum* fruit) Tambaku (*Nicotinum tabacum* herb) Zanjabil (*Zingiber officinalis* rhizome) Tamarhindi (*Tamarindus indica* fruit) Sirka (*Acetic acid*) Rai (*Bressica alba*, *B. nigra* seed) Turshiyan (All type of Sour matters)

52. Mudir-e-lubn (Lactagogue): These drugs increase the production of milk in the body by stimulating the mammary glands. Satavar, Simagh Arabi, Kunjad safed, Mosli safed, Mosli siyah.

53. Mudir-e-mani (Semenagogue): These drugs increase the production and secretion of semen. Akas bel, Ajmood, Badiyan, Tukhm Karafs, Darmane turki.

54. Mudammil (Cicatrizing): Agents, which fill the wounds and help in cicatrisation. These drugs possess dry property and wounds secretion are dried and make scar. Kamela (*Mallotus phillipinensis*) Surma (Antimony) Gule Anar (*Punica granatum* flower) Seesa (Lead) Behroza (*Pinus longifolia* secretion) Gile multani (Silicate of alumina, magnesia oxides of iron)

Dammulakhven (*Doronicum paradalianchasis* gum) Sangjarahat (Soap stone) Aab Barge Bartang (*Plantago major* leaf juice) Zeera Siyah (*Carum carvi* seed) Lodh Pathani (*Symplocos peniculata* root) Choona Maghsool (Wet lime)

55. Murakkhi (Emollient): These drugs loosen skin and tissues by softening them. Alsi (*Linum usitatissimum* seed) Roghan Badam (*Prunus amygdalus* oil) Mom zard (yellow wax) Mom safed (white wax) Roghan Zetoon (*Olea europaea* oil) Cherbi (Fat)

56. Murattib (Humectant): These drugs increase moisture content in the body. Bihidana, Roghan Khaskhash, Roghan Kahu, Roghan Kaddu.

57. Muzliq (Lubricaant): These drugs lubricate surfaces, soften tissues and make them slippery. Alubukhara, Isapgol, Resha Khatmi, Gauzaban, Luba-e-bihidana, Maghz faloos Khayarshambar.

58. Musakkin (Calorific): These drugs increase the normal body temperature and keep the body warm. Zafran (*Crocus sativa* stigma) Amber (Amberis grasea secretion) Junudbedster, Castorium (Caster beaver secretion) Chaey (Tea) Beladur (*Semicarpus anacardium* fruit) Javitry (*Myristica* fragrance seed coat) Khoolanjan (*Alpinia galanga* root) Paan (*Piper betel* leaf) Filfil (peppers) Sumbuluttib (*Nardostachis jatamansi* root) Zaravand (*Aristolochia longa*, *A. rotunda* root) Lehsun (*Allium sativa* bulb) Piyaz (*Allium cepa* bulb) Aqirqarha (*Anacylus pyrethrum* root) Shahed (Honey) Kuchla (*Strychnos nuxvomica* seed)

59. Musaddid (Obstruent): These drugs obstruct ducts and pores due to their dryness, viscosity and power of constriction. Post beroon pista, Tukhm mavez, Simaq, Yashab.

60. Musaqqit-e-Janeen (Abortifacient): These drugs are hot and constrictive in nature. Indrain, Phitakri, Tukhm errand, Hildeet, Roghan suraj makkhi, Sandroos.

61. Musakkir (Narcotic): These drugs cloud intelligence and intoxicate the person. They act on nerves. Bhang, Brown sugar, Charas, Sharab, Ganja, Heroin.

62. Mumallisat (Emollient): These drugs soften and smoothen that part on which they are applied locally. They are hot and moist in temperament, open the pores of skin so the waste matter is passed through and skin become soft. Roghan Kunjud (*Sesamum indicum* oil) Tukhme Khatmi (*Althea officinalis* seed) Tukhme Khubbazi (*Sisymbrium iro* seed) Resha Khatmi (*Althea officinalis* root) Barge Gaozaban (*Borago officinalis* leaf) Behidana (*Cydonia quincy* seed) Roghan Zetoon (*Olea europaea* oil) Roghan Gul (*Rosa damichana* oil) Roghan (Oil) Tukhme Katan (*Linum usitatissimum* seed) Aspghol (*Plantago ovata* seed) Tukhme Rehan (*Ocimum sanctum* seed) Tukhme Kanocha (*Phyllanthus maderaspatensis* seed) Tukhme Bartang (*Plantago major* seed) Kateera (*Astragalus gummifera* gum) Samagh Arabi (*Acacia arabica* gum) Aaloobukhara (*Prunus domestica* fruit) Aslussoos (*Glycerrhiza glabra* root) Baelgiri (*Aegle marmelos* fruit pulp) Jau muqashsher (*Hordium vulgare* husk less) Unnab (*Zyziphus sativus* fruit) Sapistan (*Cordia latifolia* fruit)

63. Musakkin Alam (Analgesic): These drugs relieve pain and can be used externally or internally. They act on nerves and depress their ability to transmit the sensations. Bazrul banj (*Hyoscyamus albus*, *H. nigrum*, *H. muticus* Herb, seed) Afsanteen (*Artemisia absinthium* herb) Afiun (*Papaver somniferum* latex) Alsi (*Linum usitatissimum* seeds) Anisoon (*Pimpinella anisum* seed) Qaranfal (*Caryophyllus aromaticum* bud) Berg Erand (*Ricinus communis* leaf) Berg Aak (*Calotropis procera*, *C. gigantea* leaf) Bhang (*Cannabis sativa* leaf) Berg Hina (*Lawsonia alba* leaf) Beesh (*Aconitum nepallus* root) Post Khashkhash (*Papaver somniferum* seed)

coat) Tukhme Khashkhash (Papaver somniferum seed) Tukhme Kahu (Lactuca sativa Linn seed) Jadwar (Delphinium denudatum root) Tambaku (Nicotinum tabacum herb) Junudbedster (Castorium) Khooolanjan (Alpinia galanga root) Zaravand (Aristolochia longa, A. rotunda root) Kafoor (Cinnamomum camphora extract) Dar Chini (Cinnamomum zylanicum bark) Shokran (Conium meculator leaf, seed) Yabruj (Atropa belladonna root) Sooranjan (Colchicum luteum root) Gule Mudar (Calotropis procera, C. gigantea flower) Qust (Sassuria lappa root) Sheelum (Ergot) Darunaj (Doronicum paradalianchasis root)

64. Musakkin Dimagh wa Aasab (Brain and nerve sedative): These drugs allay irritability and hyperactivity of nerves. Post Khashkhash (Papaver somniferum seed coat) Tukhme Khashkhash (Papaver somniferum seed) Kafoor (Cinnamomum camphora extract) Khooolanjan (Alpinia galanga root) Bazrul banj (Hyoscyamus albus, H. nigrum, H. muticus Herb, seed) Afiun (Papaver somniferum latex) Yabruj (Atropa belladonna root) Asrol (Rauwolfia serpentina root)

65. Musakkin Tanaffus (Respiratory sedative): These drugs allay irritability of respiratory system. They act as sedative on respiratory center and reduce cough and other spasmodic conditions. Post Khashkhash (Papaver somniferum seed coat) Tukhme Khashkhash (Papaver somniferum seed) Afiun (Papaver somniferum latex) Kafoor (Cinnamomum camphora extract) Khooolanjan (Alpinia galanga root) Bazrul banj (Hyoscyamus albus, H. nigrum, H. muticus Herb, seed) Yabruj (Atropa belladonna root) Datura (Datura stramonium, D. alba, D. metel seed) Kahu (Lactuca sativa Lnn seed)

66. Musakkin Qalb (Cardiac sedative): These drugs decrease the cardiac activity and relieve palpitation. Post Khashkhash (Papaver somniferum seed coat) Tukhme Khashkhash (Papaver somniferum seed) Afiun (Papaver somniferum latex) Kafoor (Cinnamomum camphora extract. Khooolanjan (Alpinia galanga root) Bazrul banj (Hyoscyamus albus, H nigrum, H muticus Herb, seed) Yabruj (Atropa belladonna root) Datura (Datura stramonium, D. alba, D. metel seed) Kahu (Lactuca sativa Linn seed) Sheelam (Ergot) Piyaz dashti (Urginea scilla bulb) Bhang (Cannabis sativa leaf)

67. Musakkin Meda (Gastric sedative): These drugs decrease the peristaltic movement and reduce secretion of gastric juice. Post Khashkhash (Papaver somniferum seed coat) Tukhme Khashkhash (Papaver somniferum seed) Afiun (Papaver somniferum latex) Kafoor (Cinnamomum camphora extract) Khooolanjan (Alpinia galanga root) Bazrul banj (Hyoscyamus albus, H. nigrum, H. muticus Herb, seed) Yabruj (Atropa belladonna root) Tukhme Kahu (Lactuca sativa Linn seed)

68. Musakkin Hararat (Febrile sedative): These drugs decrease the abnormal body heat and cool the body. Aab Anar Tursh (Punica granatum sour juice) Aab Anar Sheereen (Punica granatum sweet juice) Aab Berg-e-kasni sabz (Cichorium intybus green leaf juice) Aab Berg-e-Khurfa sabz (Lectuca sativa green leaf juice) Aab Turanj (Citrus modica juice) Aab Zulal Tamar Hindi (Tamarindus indica fruits soaked water) Aab Zulal Aaloobukhara (Prunus domestica fruits soaked water) Aab Kashneez sabz (Coriandrum sativum leaf juice) Aab Leemun (Citrus lemonum juice) Barf (Ice) Arq Kewra (Pandanus odoratisimus aqua) Sheera Tukhme Kashneez (Coriandrum sativum seed ground with water) Sheera Tukhme Kahu (Lactuca sativa seed ground with water) Sirka (Acetic acid) Arq bed sada (Smilax alba aqua) Arq Gulab (Rosa damischana aqua) Kafoor (Cinnamomum camphora extract) Luab Behidana (Cydonia quincy seed mucilage) Dahi (Curd)

69. Musakkin-e-suda (Anticephalalgic): These drugs relieve headache. Post ilaichi kalan, Gil-e-machkan.

70. Musakkin-e-Qai-o-ghishyan (Antiemetic): These drugs act on the CNS and depress the urge to vomit. They relax muscles and are bitter in taste. Pudina Khushk, Tukhm Leemo, Zarishk, Tabasheer, Gulab, Geru, Naarjeel, Daryayi heel khurd musallam.

71. Musammin Baden (Fattening): Agents, which fatten the body. These act on different parts of body and increase BMR resulting in an increase in body weight. Kuchla (Strychnos nuxvomica seed) All dry fruits Toodri (Lepidium iberis seed) Ispand (Peganum harmela seed) Salab (Orchis latifolia root) Behman (Centaurea behen root) Dahi (Curd) Kateera (Astragalus gummifera gum) Turanjabeen (Tamarix indica secretion) Maghz Narjeel (Lodoicea maldivica pulp) Aam (Mangifera indica fruit) Chhohara (Phoenix dactylifera fruit)

72. Mushir (Antihypnotic): These drugs induce insomnia. They are excessively dry. Bachnak, Chai, Shangraf, Qehwah, Coffee.

73. Mushil (Purgative): These drugs increase frequency and consistency of stool. They act in several ways either by squeezing or by increasing peristaltic movements. They specifically excrete balghem, sauda, safra and are called as Mus-hil balghem, Mus-hil sauda, Mus-hil safra respectively.

(i) Mamooli Mus-hil (Mild purgative): These drugs induce one or two loose stools. Ersā (Iris ensata root) Elva (Aloe vera dried leaf juice) Revand (Rheum palmatum root) Senna (Cassia senna leaf) Suranjan (Colchicum leutium root) Kamela (Mallotus philippinensis)

(ii) Qavi Mus-hilat (Strong purgative): These drugs induce frequent loose stools. Stools may be watery. Jamalgota (Croton tiglium fruit) Beikh Jalapa (Ipomoea jalp root) Habbunnil (Ipomoea hederacea fruit) Kherbaq Siyah (Helliborus niger root) Roghan Jamalgota (Croton tiglium fruit oil) Rasaut (Berberis aristata extract) Saqmoonina (Convolvulus scamony root latex) Shehm Hanzal (Citrullus colocynthis fruit) Turbud (Ipomea turpenthum root)

74. Mus-hil Balghem (Phlegm Purgative): These drugs excrete balgham in particular. Ustokhuddoos (Lavandula stoechas herb, flower) Afteemoon vilaiti (Cuscuta reflexa herb) Anzroot (Astragalus sarcacola gum) Ersā (Iris ensata root) Baobarang (Artemisia vulgaris seed) Bisfaij (Polypodium vulgare Linn root) Turbud (Ipomea turpenthum root) Thoher (Euphorbia nerifolia latex) Jalapa (Ipomea purga root) Habbunnil (Ipomoea hederacea fruit) Roghan bedanjiir (Ricinus communis oil) Zaravand (Aristolochia longa, A. rotunda root) Senna (Cassia senna leaf) Shehme Hanzal (Citrullus colocynthis fruit) Shoneez (Nigella sativa seed) Sibr zard (Aloe vera dried leaf juice) Ghareequn (Polyporus officinalis) Qust (Sassurea lappa root) Kanghi (Abulitone indicum fruit) Muqil (Commiphora mukul gum)

75. Mus-hil Safra (Bile purgative): These drugs excrete safra in particular. Senna (Cassia senna leaf) Saqmoonina (Convolvulus scamony root latex) Sheerkhisht (Fraxinus ornus exudate) Turanjabeen (Tamarix indica gum) Sabr zard (Aloe vera dried leaf juice) Haleela zard (Terminelia chebula half ripe fruit) Ersā (Iris ensata root) Gule Surkh (Rosa damascena petals) Gulqand Aaloobukhara (Prunus domestica fruit) Tamarhindi (Tamarindus indica fruit pulp) Gule banafshah (Viola odorata flower) Shahtra (Fumaria officinalis herb)

76. Mus-hil Sauda (Melancholic purgative): These drugs excrete sauda in particular. Jamalgota (Croton tiglium fruit) Haleela Siyah (Terminelia chebula unripe fruit) Kherbaq Siyah (Helliborus niger root) Turbud (Ipomoea turpenthum root) Afteemoon vilaiti (Cuscuta reflexa herb) Bisfaij (Polypodium vulgare Linn herb)

Bao barang (*Artemisia vulgaris* seed) Ushq (*Dorcus ammonicum* gum) Senna (*Cassia senna* leaf) Habbunnil (*Ipomoea hederacea* fruit)

77. Mus-hil Maayee (Body fluid purgative): These drugs excrete water in particular. Jamalgota (*Croton tiglium* fruit) Beikh Jalapa (*Ipomoea jalp* root) Habbunnil (*Ipomoea hederacea* fruit) Kherbaq Siyah (*Helliborus niger* root) Roghan Jamalgota (*Croton tiglium* seed oil) Rasaut (*Berberis aristata* extract) Saqmoonina (*Convolvulus scamony* root latex) Shehm Hanzal (*Citrullus colicynthus* fruit) Turbud (*Ipomea turpenthum* root)

78. Mushil-e-viladat (Oxytoxic): These drugs ease the delivery of the baby during birth. Beekh-e-nilofer, Hulba, Usara bartang, Gulnar, Muqil.

79. Mushtahi (Appetizer): These drugs increase appetite. They may increase gastric secretions. Lemon (*Citrus lemonum* fruit) Jamun (*Syzygium cumini*, *Eugenia jumbolana* fruit) Mooli (*Rafanus sativus* root) Ajwain Desi (*Carum capticum* seed) Ilaichi (*Elletaria cardamomum* fruit) Sirka (*Acetic acid*) Tukhme Karafs (*Apium graveolence* seed) Anisoon (*Pimpinella anisum* seed) Kuchla (*Strychnos nuxvomica* seed) Bhang (*Cannabis sativa* leaf) Badiyan (*Foeniculum vulgare* seed) All carminative drugs

80. Musadde (Cephalgic): These drugs induce headache. They are mubakkhir in nature. Aloo, Baqla, Pyaz, Chana, Moong.

81. Musaffi Dam (Blood purifier): These drugs convert unwanted and harmful substance in blood to those that can be excreted easily. Aabnoos (*Diospyros ebenum* wood) Aanba Haldi (*Curcuma armada* root) Arusa (*Adhatoda vasica* leaf) Ustokhuddus (*Lavandula stoechas* herb, flower) Anjir dashti (*Ficus carica* fruit) Babchi (*Psoralea corylifolia* seed) Bakain (*Melia azadrach* all parts) Chirata (*Swertia chiratta* herb) Chob Chini (*Smilax china* root) Darhald (*Berberis aristata* bark) Raskapoor (*Colomel*) Zard Chob (*Curcuma longa* root) Sarphoka (*Galiga purpurea* herb) Sammulfar (Arsenic) Senna (*Cassia senna* leaf) Seemab (Mercury) Shahtra (*Fumaria officinalis* herb) Sandal surkh (*Pterocarpus santalinus* wood) Sandal Safed (*Santalum album* wood) Ushba maghribi (*Sarsaparilla europaea* herb) Unnab (*Zizyphus sativa* fruit) Gule Ghafis (*Agrimonia eupatoria* flower) Barge Kasni (*Cichorium intybus* leaf) Kahu (*Lactuca sativa* Linn seed) Kuchla (*Strychnos nuxvomica* seed) Karanjwa (*Caesalpinia bonducella* fruit) Gilo (*Tinospora cordifolia* extract) Gandhak (Sulphur) Gheekwar (*Aloe vera* dried leaf secretion) Malkangni (*Celestrus peniculatus* fruit) Gule Mundi (*Sphaeranthus indica* flower) Nim (*Melia Azadirachta* all parts) Haleela Siyah (*Terminelia chebula* unripe fruit)

82. Musleh (Corrective): These drugs correct the toxic effects of other drugs and make them capable of consumption.

83. Moaddilat (Normaliser): These drugs normalise the temperament of humours. Gul Banafshah (*Viola odorata* flower) Burada Aabnoos (*Myrtus communis* wood) Ushba Maghribi (*Sarsaparilla europaea* herb)

84. Muzeyeqe Suqbah Enabeeyah (Pupil constrictor): These drugs act on circular fibers of iris and constrict them, resulting in constriction. Afiun (*Papaver somniferum*) and its compounds Khashkhash (*Papaver somniferum* seed) Post Khashkhash (*Papaver somniferum* seed coat)

85. Moarriq (Sudorific): These drugs act either on nerves of sweat glands or directly on sweat glands and induce sweating. Kafoor (*Cinnamomum camphora* extract) Shoraqalmi (*Ammonium Hydroxide*) Lehsun

(Allium sativa bulb) Afiun (Papaver somniferum latex) Tea Turb (Rafanus sativa root) Beesh (Aconitum nepallus root) Atis (Aconitum heterophyllum root) Suranjan (Colchicum leutium root) Gandhak (sulphur) Ushba (Sarsaparilla indica herb) Aqirqarha (Anacylus pyrethrum root) Post Beikh Aak (Calotropis procera root bark) Chob Chini (Smilax china root) Anjir (Ficus carica fruit) Tukhme Karafs (Apium graveolence seed) Hot Water Khaksi (Sisymbrium iro seed)

86. Muattis (Errhine): These drugs induce sneezing. They irritate the nasal passage and matter of brain is diverted towards nose and so it can be excreted. Tambaku (Nicotinum tabacum herb) Reetha (Sapindus trifolius fruit) Berg Shabit (Anthium sowa leaf) Sheer Mudar (Calotropis procera latex) Junudbedster (Castorium)

87. Muáttish (Thirst Inducing): These drugs increase thirst. They are hot in temperament. Barg shibt, Tambaku, Jundebedastar, Khardil, Sheermadar, Kutki, Kandush, Machhli.

88. Muáffin (Septic): These drugs induce sepsis. Crow, Lehsun Khaam, Hadtal.

89. Mughazzi (Nutritious): These drugs give nutrition to body. All diets, dry fruits Roghan Zetoon (Olea europaea oil) Anjir (Ficus carica fruit) Turanjbin (Tamarix indica gum) Maveez Munaqqa (Vitis vinifera fruit) Kishmish (Vitis vinifera fruit) Sheerkhisht (Fraxinus ornus latex) Fats

90. Mugharri (Glutinous): These drugs are oily and slippery in nature. They attach themselves to vessels and surfaces. Saresham Mahi, Safedah, Simagh Arabi, Kateera, Giyah Cheeni, Nishasta.

91. Mughaiyyir-e-arq: These drugs change the quality and quantity of sweat. Afyun, Loban.

92. Mughayyir-e-lubn: These drugs change the quantity and quality of milk. Afyun, Hileet, Rewand Cheeni, Sankhiya, Saqmoniya, Sana Makki, Kibreet, Lehsun.

93. Mughalliz Mani (Semen concentrative): These drugs make semen viscous. They are astringent in nature. Aspghol (Plantago ovata seed) Asgand (Withania somnifera root) Afiun (Papaver somniferum latex) Palaspapra (Butea frondosa seed) Post khashkhash (Papaver somniferum seed coat) Talmakhana (Asteracantha longifolia) Tukhme Imli (Tamarindus indica seed) Tukhme Khashkhash (Papaver somniferum seed) Tukhme Kahu (Lactuca sativa Linn seed) Salab Misri (Orchis latifolia root) Asrol (Rauwolfia serpentina root) Samagh Dhak (Butea frondosa gum) Sataver (Asparagus racemosus root) Singhara (Trapa bispinosa fruit) Seemab (Mercury) Shaqaqul (Pustinaca secacul root) Kushta Abrak Kushta Jast Kushta Qalai Kushta Nuqra Lodh Pathani (Symplocos peniculata root) Maghz Tukhme Konch (Mucuna pruriens seed cotyledens) Mochrus (Salmalia malabarica gum) Moosli Safed (Chlorophytum arundinaceum root) Moosli Siyah (Curculigo orchioideis root)

94. Mufattit Hisat (Lithotriptic): These drugs break and dissolve the stone of kidney or urinary bladder. They act by their Soorat Naueya. Sang sare Mahi (Stone of fish) Habbulqilt (Dolichos biflorous seed) Tukhme Hilyun (Lepidium sativum seed) Javakhar (Potassium carbonate) Inderjau (Wrightia tinctoria bud) Tukhme Karafs (Apium graveolence seed) Jadwar (Delphinium denudatum root) Hajralyahud (Lapislazuli) Shora (Potassium nitrate) Satyr (Zataria multiflora leaf) Aqrab Sokhta (Scorpion ash)

95. Mufatteh (Deobstruent): These drugs remove any obstruction in ducts and pores. These obstructions may be in form of thick or sticky secretions. The drugs dilute the thick secretions and clear the pathway. Abhal (Juniperus communis fruit) Ustokhuddus (Lavandula stoechas herb, flower) Ajwain (Carum capticum

seed) Izkher (Andropogon squarrosus root) Ushq (Dorcus ammonicum gum) Afsanteen (Artemisia absinthium herb) Anisun (Pimpinella anisum seed) Ersā (Iris ensata root) Brinjasif (Achillea millefolium herb) Paan (Piper betel leaf) Post Beikh Kibr (Caparis spinosa root bark) Piyaz (Allium cepa bulb) Tukhme Kharpa (Cucumis melo seed) Beikh Kasni (Cichorium intybus root) Tager (Valeriana wallichii root) Tukhme Kasni (Cichorium intybus seed) Toot (Morus alba, M. niger fruit) Javitry (Myristica fragrance seed coat) Jadwar (Delphinium denudatum root) Junudbedster, Castorium (Caster beaver secretion) Chob chini (Smilax china root) Zaravand (Aristolochia longa, A. rotunda root) Zaranbad (Curcuma zedoria root) Zoofa (Hyssopus officinalis flower) Suddab (Ruta graveolence leaf) Senna (Cassia senna leaf) Sumbuluttib (Nardostachis jatamansi root) Suranjan (Colchicum leutium root) Aqirqa (Anacyclus pyrethrum root) Oodsalib (Paonea officinalis root) Shoraqalmi (Potassium nitrate) Ghareequn (Polyporus officinalis) Franjmishk (Ocimum gratissimum seed) Favvah (Rubia cordifolia root) Kabab Chini (Piper cubeba fruit) Karafs (Apium graveolence seed) Kasoos (Cuscuta reflexa seed) Mur (Commiphora myrrh gum) Musk (Moschus moschiferus secretion) Persiaoshan (Adiantum capillus herb) Hilyun (Lepidium sativum seed)

96. Mufatteh Suqbah Enabeeyah (Pupil dilator): These drugs act on the fibers of iris and dilate the pupil. Bazrul banj (Hyoscyamus albus seed) Yabruj (Atropa belladonna root) Datura (Datura alba seed)

97. Mufajjir Auram (Supporative): These drugs drain out the pus from the swellings. They are hot in temperament. Panchal Kabooter (Pigeon's feces) Piyaz (Allium cepa bulb) Choona (Lime) Zaj asfer (yellow Alum) Suhaga (Borax) Safeda (White Lead) Sheer Mudar (Calotropis procera latex) Feriun (Euphorbia nerifolia latex) Qust (Sassurea lappa root) Hartal (Arsenic ore) Heera Kasees (Ferrous sulphate)

98. Mufarreh (Refrigerant): These drugs relieve tachycardia, palpitation of heart and thirst. They are cold in temperament. Abresham (Bombax mori) Zafran (Crocus sativa) Badranjboya (Melissa parviflora herb) Mushk (Moschus moschiferus) Sumbuluttib (Nardostachis jatamansi root) Amber (Ambra grosea secretion) Behman (Centaurea behen root) Tamar (Tamarindus indica fruit) Jadwar (Delphinium denudatum root) Daroonaj (Doronicum paradalianchasis root) Behi (Pyrus cydonia fruit) Franjmishk (Ocimum gratissimum seed) Sandal (Santalum album wood) Gulab (Rosa damascena flower) Kewra (Pandanus odoratisimus herb) Gaozaban (Borage officinalis leaf, flower)² Gule Gurhal (Hibiscus rosesinensis flower) Qaranfal (Syzygium aromaticum bud) Marvareed (Pearl)

99. Muqarre (Ulcerative): These drugs produce ulcer on skin or other parts where they are used. They are too hot and penetrative. Choona (Lime) Hartal (Arsenic ore) Thoher (Euphorbia nerifolia latex) Piyaz (Allium cepa bulb) Lehsun (Allium sativa bulb) Sheer Mudar (Calotropis procera latex) Asl Beladur (Semicarpus anacardium juice)

100. Muqatte (Remover): These drugs dissolve and remove any unwanted collection of morbid matter. Badiyan, Khardil, Zeera, Shehed, Filfil siyah.

101. Muqallil-e-lubn (Analactagogue): These drugs decrease the production of milk by acting on mammary glands or the nerves that supply them. Afyun, Yabrooj.

102. Muqavvi (Tonics): These drugs act as strengtheners.

a. Muqavvi Asnan wa Lissah (Teeth and Gum Tonic): These drugs tone up the gums and teeth. They act as astringents, irritants or antiseptics. Burada Aahan (Iron powder) Busud (Corallium rubrum) Beladur Sokhta (Semicarpus anacardium ash) Post Anar (Punica granatum epicarp of fruit) Post Babool (Acacia arabica)

bark) Phitkri (Alum) Tambaku Sokhta (Nicotinum tabacum ash) Tootia Biryān (Copper sulphate) Habbul Aas (Myrtus communis fruit) Dana Ilaichi (Elletaria cardamomum seed) Fofil (Areca catechu nut) Sate Ajwain (Thymol) Sate Podina, Menthol (Mentha arvensis extract) Tabasheer (Bambusa arundinaria dried secretion on node) Aqirqarha (Anacylus pyrethrum root) Qust (Sassurea lappa root) Mazoo (Quercus infectoria abnormal growth) Kabab Chini (Piper cubeba) Gulnar (Punica granatum flower) Kundur (Boswellia serrata gum) Qaranfal (Syzygium aromaticum bud) Maieen Khurd (Tamarix aphylla growth) Maieen kalan (Tamarix gallica growth) Filfil Siyah (Piper nigrum fruit) Mastagi (Pistacia lantiscus gum) Nagermoth (Cyprus scariosus root) Haleela zard (Terminelia chebula half ripe fruit)

b.Muqavvi Aasab (Nervine tonic): These drugs tone up the nerves. They stabilise nerve functions and increase their vitality. Ustokhuddoos (Lavandula stoechas herb) Aslussoos (Glycerrhiza glabra root) Baboona (Matricaria chamomile flower) Blachher (Nardostachis jatamansi root) Brahmi (Bacopa monnaria herb) Beladur (Semicarpus anacardium fruit) Salab (Orchis latifolia root) Jadwar (Delphinium denudatum root) Junudbedster, Castorium (Caster beaver secretion) Hulba (Trigonella foenum seed) Khabsul hadeed (Iron rust) Khurma (Phoenix dactylifera fruit) Sammulfar (Arsenic) Ferfiun (Euphorbia neripholia latex) Faulad (Iron) Qust (Sassurea lappa root) Kaifal (Myrica nagi bark) Kuchla (Strychnos nuxvomica seed) Filfil Siyah (Piper nigrum fruit) Meda lakri (Litsea chinensis bark)

c.Muqavvi Aaza Raisa (Vital organ tonic): These drugs tone up the vital organs. They act on brain, heart and liver. Generally they act on particular organ but in general all vital organs are improved. Amla (Embolia officinalis fruits) Agar (Aquilaria agallocha fungus) Post Turanj (Citrus modica fruit epicarp) Jadwa4r (Delphinium denudatum root) Chob Chini (Smilax china root) Zafran (Crocus sativa stigma) Qust (Sassurea lappa root) Gazer (Daucus carota seed) Gaozaban (Borage officinalis flower, leaf) Gul surkh (Rosa damascena flower) Marvareed (Pearl) Musk (Moschus moschiferus secretion)

d.Muqavvi Baah (Aphrodisiac): These drugs increase sexual power. They act in many ways. They stimulate nerves or increase semen viscosity or normalise the increased sensation etc. Aam (Mangifera indica fruit) Abrak (Talc) Utangan (Blepharis edulis seed) Akhrot (Jugulan regia fruit) Ispand (Peganum harmala seed) Asgand (Withania somnifera root) Anjdan (Ferula foetida gum) Inderjau (Wrightia tinctoria fruit) Biskhapra (Trianthema portulaca herb) Beladur (Semicarpus anacardium fruit) Behman (Centaurea behen root) Bhang (Cannabis sativa leaf) Bezae Murgh (Hen Egg) Para (Mercury) Piyaz (Scilla indica bulb) Peepal (Ficus religiosa seed, fruit) Tukhme shalgham (Turnip seed) Tager (Valerian wallichii root) Toodri (Lepidium iberis seed) Salab (Orchis latifolia root) Shaqaqul (Pustinaca secacul root) Jaifal (Myristica fragrance nut) Kharkhasak (Tribulus terrestris fruit) Kharateen (Earth worm) Khurma (Phoenix dactylifera fruit) Khoollanjan (Alpinia galanga root) Zarareeh (Canthradin) Zaravand (Aristolochia longa, A. rotunda root) Zaranbad (Curcuma zedoria root) Zafran (Crocus sativa stigma) Zanjabil (Zingiber officinalis rhizome) Sataver (Asparagus racemosus root) Sammulfar (Arsenic) Sumbuluttib (Nardostachis jatamansi root) Sooranjan (Colchicum leutium root) Shingarf (Mercuric chloride) Amber (Amberis grasea secretion) Funduq (Corylus avellana fruit) Faulad (Iron) Kuchla (Strychnos nuxvomica seed) Kunjud (Sesamum indicum seed) Gazer (Daucus carota seed) Gandana (Allium ascalonicum seed) Kundur (Boswellia Serrata gum) Qaranfal (Caryophyllus aromaticum bud) Malkangni (Celestrus peniculatus seed) Musk (Moschus moschiferus secretion) Maghz Pamba Dana (Gossypium herbaceum seed) Maghz Sar kanjishk Ner (Male sparrow brain) Yabruj (Atropa belladonna root)

e.Muqavvi Baser (Eye tonic): These drugs increase vision power. Mameeran (Caplic foeta root) Sang Basri (Stone) Suma (Antimony) Badiyan (Foeniculum vulgare seed) Jast (Zinc) Chaksu (Cassia absus fruit) Amla (Emblca officinalis fruits) Balela (Terminelia blerica fruit) Haleela (Terminelia chebula fruit)

f.Muqavvi Jiger (Liver tonic): These drugs tone up the liver. They improve the liver function. Asarun (Valariana walichii root) Afsanteen (Artemisia absynthium herb) Elva (Aloe vera dried juice of leaf) Badranjboya (Melissa parviflora herb) Bartang (Plantago major seed) Behi (Pyrus cydonia, Cydonia quincy fruit) Pan (Piper betel leaf) Podina (Mentha arvensis herb) Taj, Salekha (Cinnamomum cassia bark) Chirata (Swertia Chiratta herb) Chob Chini (Smilax china root) Dar Chini (Cinnamomum cassia bark) Daroonaj Aqrabi (Doronicum hookii) Revand Chini (Rheum palmatum root) Zaravand (Aristolochia longa, A. rotunda root) Zarishk (Berberis aristata fruit) Zafran (Crocus sativa stigma) Sumbuluttib (Nardostachis jatamansi root) Tila (Gold) Gul Ghafis (Agrimonia eupatoria flower) Franjmishk (Ocimum gratissimum seed) Faulad (Iron) Qust (Sassurea lappa root) Kasni (Cichorium intybus herb) Kabab khandan (Zenthepium alatum fruit) Kasoos (Cuscuta reflexa seed) Gaozaban (Borago officinalis leaf, flower) Gule surkh (Rosa damischana flower) Luk maghsool (Cocus lacca purified latex) Qaranfal (Caryophyllus aromatica bud) Filfil Siyah (Piper nigrum fruit) Mastagi (Pistacia Lentiscus gum) Maveez (Vitis vinifera fruit) Nuqra (Silver) Naushader (Ammonium chloride) Haleela (Terminelia chebula fruit)

g.Muqavvi Khoon (Blood tonic): These drugs tone up the blood. They increase haemoglobin content and stabilise other cells in blood. Sammulfar (Arsenic) Khabsul Hadeed (Iron rust) Kaleji (animal Liver) Anar Sheereen and Tursh (Punica granatum fruit sweat and sour)

h.Muqavviy-e-saddain: These drugs strengthen the mammary glands. Habb-uz-zalam, Satavar, Zafran, Qust, Gajar.

i.Muqavvi Dimagh (Brain tonic): These drugs tone up the brain. Aabnoos (Diospyros ebenum wood) Abresham (Bombax mori) Akhrot (Juglans regia fruit) Azaraqi (Strychnos nuxvomica Linn seed) Asgand (Withania somnifera Dunal root) Afsanteen (Artemisia absynthium herb) Amla (Emblca officinalis fruits) Anar (Punica granatum Linn fruit) Baboona (Matricarie chemomile flower) Badam (Prunus amygdalus fruit) Balsan (Commiphora opobalsamum fruit) Balela (Terminelia belerica fruit) Behi (Cydonia oblonga, C. quincy fruit) Jadwar (Delphinium denudatum root) Khashkhash (Papaver somniferum seed) Zaranbad (Curcuma zedoria root) Zafran (Crocus sativa stigma) Zanjabil (Zingiber officinale Rose rhizome) Sandal safed (Santalum album wood) Amber (Amberis grasea secretion) Ood Gharqi (Aquilaria agallocha fungus) Franjmishk (Ocimum gratissimum seed) Feeroza (Ruby) Kababkhanda (Zenthoxylum alatum fruit) Kashneez (Coriandrum sativum fruit) Kundur (Boswalia serrata gum) Kewra (Habisceusable mostchus herb) Gao zaban (Borage officinalis leaf, flower) Gule Surkh (Rosa damascena flower) Malkangni (Celestrus peniculatus seed) Marvareed (Pearl) Nuqra (Silver)

j.Muqavvi Tihal (Spleen Tonic): These drugs tone up the Spleen. The following drugs are reported to be spleen tonic. However research is required. Faulad (Iron) Habbe balsan (Balsamodendron opobalsamum fruit)

k.Muqavvi Qalb (Heart tonic): These drugs tone up the Heart. Abresham (Bombax mori) Akhrot (Juglans regia fruit) Azaraqi (Strychnos nuxvomica Linn seed) Arjun (Terminelia arjuna W & A bark) Amla (Emblca officinalis fruits) Anar (Punica granatum Linn fruit) Badam (Prunus amygdalus fruit) Badranjboya (Melissa parviflora herb) Busud (Corallium rubrum) Bsbasa (Myristica fragrans fruit coat) Bahaman surkh (Salvia

heamatodes root) Bahaman safed (Centaurea behen root) Behi (Cydonia oblonga, C. quincy fruit) Pista (Pistacia vera fruit) Turanj (Citrullus medica fruit) Jadwar (Delphinium denudatum root) Khoolanjan (Alpinia galanja root) Daroonaj (Doronicum hookarii root) Rehan (Ocimum sanctum seed) Zarishk (Berberis aristata fruit) Zafran (Crocus sativa stigma) Zeher mohra (Serpentine) Sammul faar (Arsenic) Sumbuluttib (Nardostachis jatamansi root) Sandal safed (Santalum album wood) Amber (Amberis grasea secretion) Ood Saleeb (Paonea officinalis root) Ood Gharqi (Aquilaria agallocha fungus) Falsa (Grawia sclerophylla fruit) Franjmishk (Ocimum gratissimum seed) Feeroza (Ruby) Faulad (Iron) Qaranfal (Caryophyllus aromaticum, Syzygium aromaticum bud) Kafoor (Cinnamomum camphora extract) Kehrubha (Vateria indica gum) Kewra (Habisceusable mostchus herb) Gazer (Daucus carota seed) Gao zaban (Borage officinalis herb) Gile armani (Arminium bole) Gule Surkh (Rosa damascena flower) Gule dhava (Woodfordia floribunda flower) Gile multani (Silicate of alumina, magnesia oxides of iron) Gile Makhtoom (Makhtoom clay) Marjan Beikh wa shakh (Corallium rubrum) Marvareed (Pearl) Nagermoth (Cyperus scariosus root) Nana (Mentha arvensis herb) Nuqra (Silver) Yaqoot (Ruby)

I. Muqavvi Meda wa Ama (Gastric and intestine tonic): These drugs tone up the gastric and intestine.

These improve the liver function by various ways. Abresham (Bombax mori) Abhal (Juniperus communis fruit) Izkher (Andropogon shaenarthus, Cymbopogon jwarancusa Schult herb) Azaraqi (Strychnos nuxvomica Linn seed) Afsanteen (Artemisia absinthium herb) Amla (Emblica officinalis fruits) Anar (Punica granatum Linn fruit) Anjdan (Ferula foetida gum) Baboona (Anthemis nobilis flower) Badranjboya (Melissa parviflora herb) Badiyan (Foeniculum vulgare seed) Bisbasa (Myristica fragrans fruit coat) Balela (Terminelia belerica fruit) Behi (Cydonia oblonga, C. quincy fruit) Bael (Aegle marmelos fruit) Papeeta (Carica papaya fruit) Pudina (Mentha arvensis herb) Turanj (Citrullus medica fruit) Toodri (Lepidium iberis seed) Juntiana (Gentiana lutea herb) Habbul Aas (Myrtus communis fruit) Habbe balsan (Balsamodendron opobalsamum fruit) Daroonaj (Doronicum hookarii root) Dar Chini (Cinnamomum zeylanicum bark) Dooqu (Pencedanum grande seed) Zarishk (Berberis aristata fruit) Zaranbad (Curcuma zedoria root) Zare vard (Rosa damischana anthers) Zanjabil (Zingiber officinale Rose rhizome) Zeera Siyah (Carum carvi seed) Zeera Safed (Cuminum cyminum seed) Sammulfar (Arsenic) Shahtra (Fumaria officinalis herb) Ushba Hindi (Sarsaparilla indica, Hemidesmus indica herb) Rasaut (Berberis aristata extract) Usara Revand (Rheum palmatum, R. emodi extract) Faulad (Iron) Qaranfal (Caryophyllus aromaticum, Syzygium aromaticum bud) Qust (Sassurea lappa root) Kafoor (Cinnamomum camphora extract) Kakra seenghi (Pistacia integerrima fruit) Kababkhanda (Zenthoxylum alatum fruit) Kibr (Capparis spinoso root) Kasoos (Cuscuta reflexa seed) Kundur (Boswalia serrata gum) Gule Surkh (Rosa damascena flower) Gule Mudar (Calotropis procera flower) Mastagi (Pistacia Lentiscus gum) Mundi (Sphaeranthus indicum flower) Nankhuah (Carum capticum seed) Nagermoth (Cyperus scariosus root) Nana (Mentha arvensis herb) Namak Lahori (Sodium chlorate) Haleela Siyah (Terminelia chebula unripe fruit) Haleela Zard (Terminelia chebula half ripe fruit) Haleela Kabuli (Terminelia chebula ripe fruit)

m. Muqavvi Bah (Aphrodisiac): These drugs tone up the sexual organs. They improve the sexual function.

Khurma (Phoenix dactylifera fruit) Asgand (Withania somnifera root) Bezae Murgh (Hen egg yok) Salab Misri (Orchis latifolia root) Sataver (Asparagus racemosus root) Shaqaqul Misri (Pustinaca secacul root) Anjdan (Ferula foetida gum) Zafran (Crocus sativa) Amber (Amberis grasea) Behman (Centaurea behen root) Beladur (Semicarpus anacardium fruit) Sooranjan (Colchicum luteum root)

n. Muqavvi Gurda (Renal tonic): These drugs tone up the kidney. Jamun ki Guthli (Sisigium Jambulana seed) Mastagi (Pistacia Lentiscus gum)

o.Muqavvi Masana (Urinary bladder tonic): These drugs tone up the urinary bladder. They improve its power of retention. Tabasheer (*Bambusa arundinacea* secretion on node) Luk Maghsool (*Coccoloba laccina* purified latex)

p.Muqavvi Baser (Eye tonic): These drugs tone up the eye. Mameeran (*Caplic foeta* root) Chaksu (*Cassia absus* fruit) Amla (*Emblia officinalis* fruits) Marvareed (Pearl) Haleela (*Terminelia chebula* fruit) 83. Muqi (Emetic): These drugs produce emesis. These stimulate the emetic centre and passes three humor or either one of them through mouth. Aab Garm (Hot water) Aab Palak (*Spinacia oleracea* juice) Aab Kadu (*Lagaria siceraria* juice) Aslussoos (*Glycyrrhiza glabra* root) Afiun (*Papaver somniferum* latex) Alsi (*Linum usitatissimum* Linn seed) Berge Turb (*Raphanus sativus* leaf) Phitkri (Alum) Post Beikh Mudar (*Calotropis procera* root bark) Post Kharpaza (*Cucumis melo* fruit epicarp) Tukhme Shabbat (*Anthium sowa* seed) Tukhme Mooli (*Raphanus sativus* seed) Tambaku (*Nicotina tabacum* herb) Rai (*Bressica alba*, *B. nigra* seed) Sikanjbeen (Syrup of acetic acid) Sheer Mudar (*Calotropis procera* latex) Rasaut (*Berberis aristata* extract) Usara Revand (*Rheum palmatum* root extract) Gule Baboona (*Matricaria chamomile* flower) Maul Asl Maveez (*Vitis vinifera* fruit) Namak Tuam (Sodium chloride)

q.Muqavvi Khusyatain Unsayayain: These drugs tone up testis. Bozidaan, Salab Misri, Habb-e-qilqil, Suranjan.

103. Muqai (Emetic): These drugs induce vomiting. Aab Kaddu Talkh, Aab Garm, Aab Namak, Aab Palak, Aab barg turb, Beekh Kharpiza, Post Kharboza, Tukhm Turb, Tukhm Shibt, Tambaku, Kharbuq, Khardil, Sikanjabeen, Shehed, Ma-ulasl.

104. Mulazziz (Aphrodisiac): These drugs increase the sexual pleasure when applied externally. They are applied on the external genitalia before intercourse. Aab-e-pitta-e-murg, Aqarqarha.

105. Mulattiff (Demulcent): These drugs break the matter into pieces and liquefy humours through their mild heat. Aabnoos (*Diospyros ebenum* wood) Abresham (*Bombax mori*) Abhal (*Juniperus communis* fruit) Izkher (*Andropogon squarrosus* root) Ersa (*Iris ensata* root) Baboona (*Matricaria chamomile* flower) Brinjasif (*Achillea millefolium* herb) Boora armani (*Arminium bole*) Pudina (*Mentha arvensis* herb) Toot (*Morus alba*, *M. indica*, *M. alba* fruit) Toodri (*Lepidium iberis* seed) Jadwar (*Delphinium denudatum* root) Junudbedster, Castorium (*Caster beaver* secretion) Dar Chini (*Cinnamomum zeylanicum* bark) Zaravand (*Aristolochia longa*, *A. rotunda* root) Zoofa (*Hyssopus officinalis* flower) Suddab (*Ruta graveolens* leaf) Satyr (*Zataria multiflora* leaf) Aqirqarha (*Anacyclus pyrethrum* root) Ushba Hindi (*Hemidesmus indica*, *Sarsaparilla indica* herb) Enabussalab (*Solanum nigrum* fruit) Ood Saleeb (*Paonea officinalis* root) Gule Ghafis (*Agrimonia eupatoria* flower) Beikh Kasni (*Chichorium intybus* root) Kababchini (*Piper cubeba* fruit) Kassoos (*Cuscuta reflexa* seed) Maror Phali (*Helicteres isora* fruit) Mushktramsheey (*Leucas stelligera* herb) Vaj (*Acorus calamus* root)

106. Mullein Ama (Laxative): These drugs mildly increase peristaltic movement of intestine or make them slippery or dilute the stool so that it can be excreted easily. Turanjabeen (*Tamarix indica* secretion) Aaloobukhara (*Prunus domestica* fruit) Aam (*Mangifera indica* fruit) Akhrot (*Juglans regia* fruit) Aspghol musallam (*Plantago ovata* seed) Ushq (*Dorcus ammonicum* gum) Alsi (*Linum usitatissimum* seed) Roghan Alsi (*Linum usitatissimum* seed oil) Anjir (*Ficus carica* fruit) Babchi (*Psoralea corylifolia* seed) Badam (*Prunus amygdalus* fruit) Tukhme Khubbazi (*Sisymbrium iro* seed) Tamar Hindi (*Tamarindus indica* fruit pulp) Toot (*Morus alba*, *M. nigra* fruit) Roghan Badam (*Prunus amygdalus* oil) Sapistan (*Cordia latifolia*)

fruit) Roghan Bedanjir (*Ricinus communis* seed oil) Sheerkhisht (*Fraxinus ornus* exudate) Shahtra (*Fumaria officinalis* herb) Unnab (*Zizyphus sativus* fruit) Qand Siyah (Cane Sugar) Kuchla (*Strychnos nuxvomica* seed) Karanjwa (*Caesalpinia bonducella* fruit cotyledens) Kalonji (*Nigella sativa* seed) Zehra Gao (Cow gallbladder) Gaozaban (*Borago officinalis*) Gandhak (Sulphur) Gule Banafshah (*Viola odorata* flower) Gule Surkh (*Rosa damascena* flower) Malkangni (*Celestrus peniculatus* fruit) Maghz Amaltas (*Cassia fistula* pulp) Muqil (*Commiphora mukul* gum) Maveez Munaqqa (*Vitis vinifera* seed less fruit) Nim (*Melia azadirachta* all parts) Heeng (*Ferula foetida* latex) Yabruj (*Atropa belladonna* root)

107. Mullein Varam (Resolvent): These drugs relieve congestion, dilute and increase absorption of inflammatory swelling. Aarad Gandum (wheat flour) Bazrul banj (*Hyoscyamus albus*, *H. niger*, *H. muticus* seed) Aspghol (*Plantago ovata* seed and husk) Ersa (*Iris ensata* root) Baboona (*Matricaria chamomile* flower) Pia Batt (fat of Duck) Pia Murgh (fat of cock) Alsi (*Linum usitatissimum* seed) Tukhme Khatmi (*Althea officinalis* seed) Tukhme Kanocha (*Phyllanthus maderaspatensis* seed) Roghan Pambadana (*Gossypium herbaceum* oil) Roghan Bedanjir (*Ricinus communis* oil) Karanjwa (*Cecelpinia bonducella* fruit) Muqil (*Commiphora mukul* gum) Mur (*Commiphora myrrh* gum)

108. Mumsik Mani (Avaricious): These drugs retain seminal discharge. They are dry in nature and prolong the period of intercourse. Abrak (Talc) Utangan (*Blepharis edulis* seed) Afiun (*Papaver somniferum* latex) Bhang (*Cannabis sativa* leaf) Tukhme Tamer Hindi (*Tamarindus indica* seed) Tukhme Datura (*Datura stramonium*, *D. alba* seed) Jast (Zinc) Chinya Gond (*Butea frondosa* gum) Seemab (Mercury) Shingarf (Mercuric chloride) Aqirqarha (*Anacyclus pyrethrum* root) Kuchla (*Strychnos nuxvomica* seed) Qaranfal (*Caryophyllus aromaticum* bud) Mochrus (*Salmalia malabarca* gum)

109. Munzij auram (Concoctive): These drugs concoct the morbid matter to evacuate them easily.

110. Munzijat (Concoctive): These drugs prepare the matter, so that may be excreted easily.

(i) Munzij Balghem (Phlegm concoctive): These drugs act on humor phlegm and prepare it for elimination. Ersa (*Iris ensata* root) Ustokhuddus (*Lavandula stoechas* herb, flower) Badiyan (*Foeniculum vulgare* seed) Tukhme Khatmi (*Althea officinalis* seed) Aslussoos (*Glycerrhiza glabra* root) Persiaoshan (*Adiantum venustum* herb) Unnab (*Zizyphus sativus* fruit) Tukhme Katan (*Linum usitatissimum* seed)

(ii) Munzij Safra (Bile Concoctive): These drugs act on humor bile and prepare it for elimination. Aspghol (*Plantago ovata* seed) Aaloobukhara (*Prunus domestica* Linn) Baboona (*Matricaria chamomile* flower) Banafshah (*Viola odorata* root, flower) Behi (*Cydonia oblonga*, *C. quincy* fruit) Tamer Hindi (*Tamarindus indica* seed) Khurfa (*Portulaca oleracea* herb) Khayar (*Cucumis sativus* seed, fruit) Amaltas (*Cassia fistula* pulp) Zarishk (*Berberis aristata* fruit) Shahtra (*Fumaria officinalis* herb) Sandal surkh (*Pterocarpus santalinus* wood) Sandal safed (*Santalum album* wood) Unnab (*Zizyphus sativa* fruit) Kasni (*Chichorium intybus* herb) Kahu (*Lactuca sativa* Linn seed) Kadu sheereen (*Laginia siceraria* seed) Tarbooz (*Citrullus vulgaris* fruit) Gule Surkh (*Rosa damascena* flower)

(iii) Munzij Sauda (Melancholic concoctive): These drugs act on humor melanchole and prepare it for elimination. Ustokhuddos (*Lavandula stoechas* herb, flower) Aslussoos (*Glycerrhiza glabra* root) Anjir (*Ficus carica* fruit) Anisun (*Pimpinella anisum* seed) Badranjboya (*Melissa Parviflora* herb) Badiyan (*Foeniculum vulgare* seed) Brinjasif (*Achillea millefolium* root) Beikh Kasni (*Cichorium intybus* root) Persiaoshan (*Adiantum capillus* herb) Tukhme Khubbazi (*Malva sylvestris* seed) Tukhme Khatmi (*Althea*

officinalis seed) Tukhme Katan (Linum usitatissimum seed) Sapistan (Cordia latifolia fruit) Sumbuluttib (Nardostachis jatamansi root) Shukai (Volutarella divertica herb) Unnab (Zizyphus sativa fruit) Gaozaban (Borage officinalis leaf, flower) Gule Surkh (Rosa damischana flower) Maveez (Vitis vinifera fruit)

111. Munaffis (Expectorant): These drugs expel out phlegm. Abresham (Bombax mori) Arusa (Adhatoda vasica Nees) Ersa (Iris ensata root) Badiyan (Foeniculum vulgare seed) Bozidan (Pyrethrum indicum, Chrysanthemum indicum root) Persiaoshan (Adiantum capillus herb) Papeeta (Carica papaya fruit) Habbe balsan (Balsamodendron opobalsamum fruit) Khaksi (Sisymbrium irio seed) Khubbazi (Malva sylvestris seed) Khoolanjan (Alpinia galanja root) Amaltas (Cassia fistula fruit) Rubbussoos (Glycyrrhiza glabra extract) Rehan (Ocimum sanctum herb) Zaranbad (Curcuma zedoria root) Sapistan (Cordia dichotama, C. latifolia fruit) Unnab (Zizyphus sativa fruit) Qust (Sassurea lappa root) Kafoor (Cinnamomum camphora extract) Kakra seenghi (Pistacia integerrima fruit) Gazer (Daucus carota seed) Gaozaban (Borage officinalis herb) Malkangni (Celestrus peniculatus seed) Gule Mudar (Calotropis procera flower) Muqil (Commiphora Mukul, gum)

112. Munaffit (Epispastic): These drugs produce blisters, when applied locally. Asl Beladur (Semicarpus anacardium juice) Roghan Jamalgota (Croton tiglium oil) Rai (Bressica alba seed) Zarareeh (Canthradin) Roghan Suddab (Ruta graveolence oil) Sheer Mudar (Calotropis procera latex) Ferfiun (Euphorbia nerifolia latex)

113. Munavvim (induces sleep): These drugs induce sleep. They either act on brain as sedative or analgesic. Afiun (Papaver somniferum seeds, latex, seed, seed coat) Bhang (Cannabis sativa leaf) Tukhme Datura (Datura stramonium, D. alba seed) Chob Chini (Smilax china root) Shokran (Conium meculator herb) Kafoor (Cinnamomum camphora dried extract) Kahu (Lactuca sativa Linn) Kasoos (Cuscuta reflexa seed, Sarsaparilla indica seed)

114. Munaffiz (Vehicle): A substance used as carrier of drug at site of action. Sirka (Acetic acid) Sharbat (Syrup) Paani (Water) Zafran (Crocus sativa stigma)

115. Munayyish (Stimulant): These drugs act on the blood and stabilise it. Tukhm Gauzaban, Zafran, Ambar, Mushk.

116. Mumbit-e-sha'ar (Hair Grower): These drugs induce hair growth. Habb-us-salateen, Roghan Baiza, Roghan Zarareeh, Samm-ul-faar, Shangraf.

117. Mumbit-e-lehem: These drugs increase growth of flesh. Damm-ul-akhwain, Surma, Sang jarahath, Geru.

118. Munaqqi dimagh: These drugs clean the brain by removing unwanted morbid matter and humours that congest the brain vessels. Ustukhuddus, Chob Chini, Mundi, HalelaJaat.

119. Musikh qurooh: These drugs induce the production of pus in ulcers. Isapgol, Hulba, Alsi, Khitmi.

120. Muallid (Procreator)

a. Muallid dam (Blood procreator): These drugs produce blood in the body. They increase RBC in blood by acting on various organs. Faulad (Iron) Anar (Punica granatum juice) Angoor (Vitis vinifera fruit) Aam (Mangifera indica fruit) Anda (Egg) Doodh (Milk) Khurma (Phoenix dactylifera fruit)

b. Muallid Riyah (Gas Procreator): These drugs produce gases in intestine. Kela (Musa paradisiaca fruit) Bengan (Solanum melongena fruit) Mater (Lathyrus odorata seed) Amrood (Psidium guajava fruit) Alsi (Linum usitatissimum seed) Arher (Cajanus indica: C. cajan seed) Chana (Cicer arietinum seed) Angoor ((Vitis vinifera fruit)

c. Muallid Mani (Semen Procreator): These drugs increase semen production. Asgand (Withania somnifera Dunal root) Bozidan (Pyrethrum indicum, Chrysanthemum indicum root) Bahaman surkh (Salvia heamatodes root) Bahaman safed (Centaurea behen root) Pamba dana (Gossypium herbaceum seed) Tal makhana (Asteracantha longifolia seed) Toodri (Lepidium iberis seed) Piyaz (Scilla indica, Allium cepa bulb) Chilghoza (Pinus gerardiana fruit) Sataver (Asparagus racemosus root) Singhara (Trapa bispinosa fruit) Sammul faar (Arsenic) Shaqaqul (Pustinaca secacul root) Unsul (Urginea indica bulb) Funduq (Corylus avellana fruit) Gazer (Daucus carota root) Moosli Safed (Chlorophytum arundinaceum root) Moosli Siyah (Curculigo orchiodes root) Moosli Senbhal (Salmalia malabarica root) Maghz Pamba dana (Gossypium herbaceum seed cotyledens) Maghz Akhrot (Juglans regia fruit) Maveez ((Vitis vinifera fruit) Chana (Cicer arietinum seed) Hilyun (Asparagus officinalis seed) Kunjud (Sesamum indicum seed)

d. Muallid Sheer (Milk Procreator): These drugs either increase the secretion of milk or increase the production of milk. Sataver (Asparagus racemosus root) Toodri (Lepidium iberis seed) Pambadana (Gossypium herbaceum seed) Kalonji (Nigella sativa seed) Zeera safed (Cuminum Cuminum seed) Asgand (Withania somnifera root) Shaqaqul (Pustinaca secacul root) Doodh (Milk)

121. Muhzil: These drugs decrease the BMR and reduce the over all body weight. Aab Kaama, Raal, Sirka, Lak Maghsool.

122. Maheej (Stimulant): These drugs stimulate a particular humour. Aab Neeshkar, Fawakihat, Lehem Tayyoor.

123. Nashif (Absorbant): These drugs dry up unwanted or excess of humours. They are used externally. Tabasheer, Kaghaz Khaam Sookhta, Nukhood Biryani.

124. Nufakh (Flatulant): These drugs induce flatulence by increasing the production of gases in the intestines. Arwi, Baigan, Pyaz, Kathal.

125. Hazim (Digestive): These drugs help in digestion either by tone up gastric or by toning intestine. Izkher (Andropogon schenarthus, Cymbopogon jwarancusa Schult root) Anjdan (Ferula foetida gum) Badiyan (Foeniculum vulgare seed) Bisbasa (Myristica fragrans fruit coat) Pudina (Mentha arvensis herb) Khoolanjan (Alpinia galanga root) Dar Chini (Cinnamomum zeylanicum bark) Dar Filfil (Piper longum herb) Zanjabil (Zingiber officinale Rose rhizome) Zeera Siyah (Carum carvi seed) Zeera safed (Cuminum cyminum seed) Sazij Hindi (Cinnamomum obtusifolium leaf) Sate Pudina (Mentha arvensis extract) Sate Ajwain (Thymol) Suddab (Ruta graveolens leaf) Filfil surkh (Capsicum armium fruit) Filfil safed (Piper album fruit) Kababchini (Piper cubeba fruit) Malkangni (Celestrus peniculatus fruit) Nankhuah (Carum capticum, Trachyspermum ammi seed) Nana (Mentha arvensis herb) Namaksanbher (Sanbher salt) Namak Lahori (Sodium chlorate) Haleela Siyah (Terminelia chebula unripe fruit) Haleela Zard (Terminelia chebula half ripe fruit) Haleela Kabuli (Terminelia chebula ripe fruit) Heel Kalan (Amomum subulatum fruit) Heel Khurd (Elettaria cardamom fruit)

CHAPTER 1

DRUG AND DIET

ORIGIN OF DRUGS: In the Unani system of medicine there are three main sources of medicine referred to as mavalid-e-salasa. They are:

1. **NABATI ADVIA (BOTANICAL):** These drugs are derived from plants and herbs. Ex: afsanteen, baaqla, izkhar, makau etc
2. **HAIWANI ADVIA (ZOOLOGICAL):** These drugs are derived from animals. It may be in the form of its hide, organs, nails, horns and flesh. Ex: barasingha, zohra-e-gau.
3. **MEDANI ADVIA (GEOLOGICAL):** These drugs are derived from the components of the earth like sand and stones. Ex: gil-earmani, yabroojj, moti, neela totiya etc

DAWA (drug): Dawa is that substance which when used gets effected by hararat-e-ghariziya and produces a new kaifiyath that changes kaifiyath-e-marziya to kaifiyath-e-sehiya. This is called husool-e-shifa.

DIET (Ghiza): It is that substance which when enters the body gets effected by the harath-e-ghariziya and rutubath (body fluids) and is broken down into very small particles that become a part of organs.

DRUG CUM DIET (Dawa-e-ghizayi): It is that drug in which the medicinal components are more than the nutritional components. Eg: kidney beans (baqla), coriander (kishneez) and mint (pudina).

DIET CUM DRUG (Ghiza-e-dawayi): It is that drug in which the nutritional components are more than the medicinal components. Eg: Egg, fish and chick pea (chana).

Based on the way medicine acts in the body it is divided into two types:

- 1) Drugs whose metabolism, absorption, assimilation, excretion, storage and mode of action are exactly known. Eg: Aslasoos – it's beneficial for cough, it's an expectorant (munaffis e balgham) and dilates the air passages.
- 2) Drugs whose metabolism, absorption, assimilation, excretion, storage and mode of action are not exactly known. They are called ZUL KHASA. eg: poisons , fad-e-zeher (mufrad antidote), tiraqiyath (murakkab antidote).

DIFFERENCE BETWEEN DRUG, DIET AND ZULKHASA

The purpose of drug is to cure the disease.

The purpose of diet is to provide nutrition.

The purpose of zulkhasa is to provide both nutrition and cure.

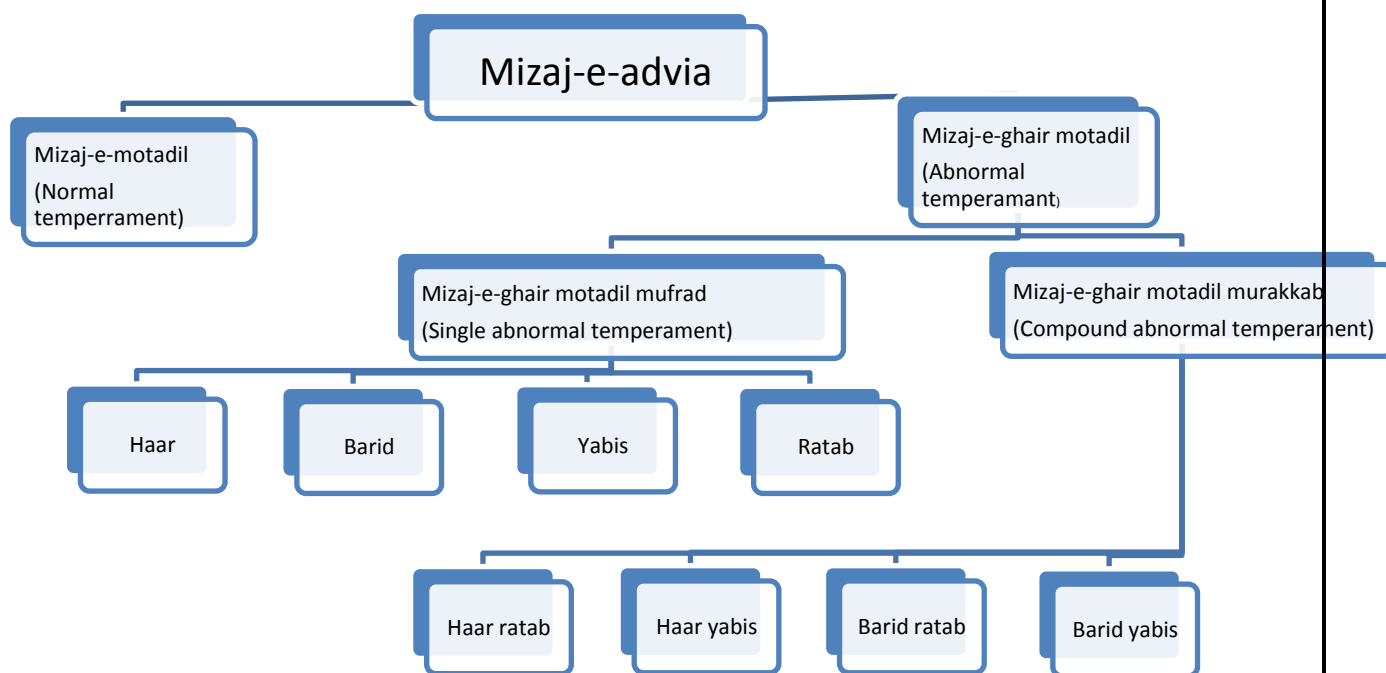
CHAPTER 2

TEMPERAMENT OF DRUGS

The combination of kaifiyath-e-arba (hararath, burudath, rutubath, yabusath) produces a new kaifiyath called Mizaj.

Mizaj-e-advia can be classified in two ways.

(A)



DAWA-E-MOTADIL (NORMAL DRUG):

It is that drug which after reacting with the hararath of the body produces a new kaifiyath which is not very different from the kaifiyath and mizaj of the body.

DAWA-E-GHAIR MOTADIL (ABNORMAL DRUG):

That drug which reacts with the hararath of the body and produces a new kaifiyath which is against the kaifiyath and the mizaj of body.

DAWA-E-GHAIR MOTADIL MUFRAD

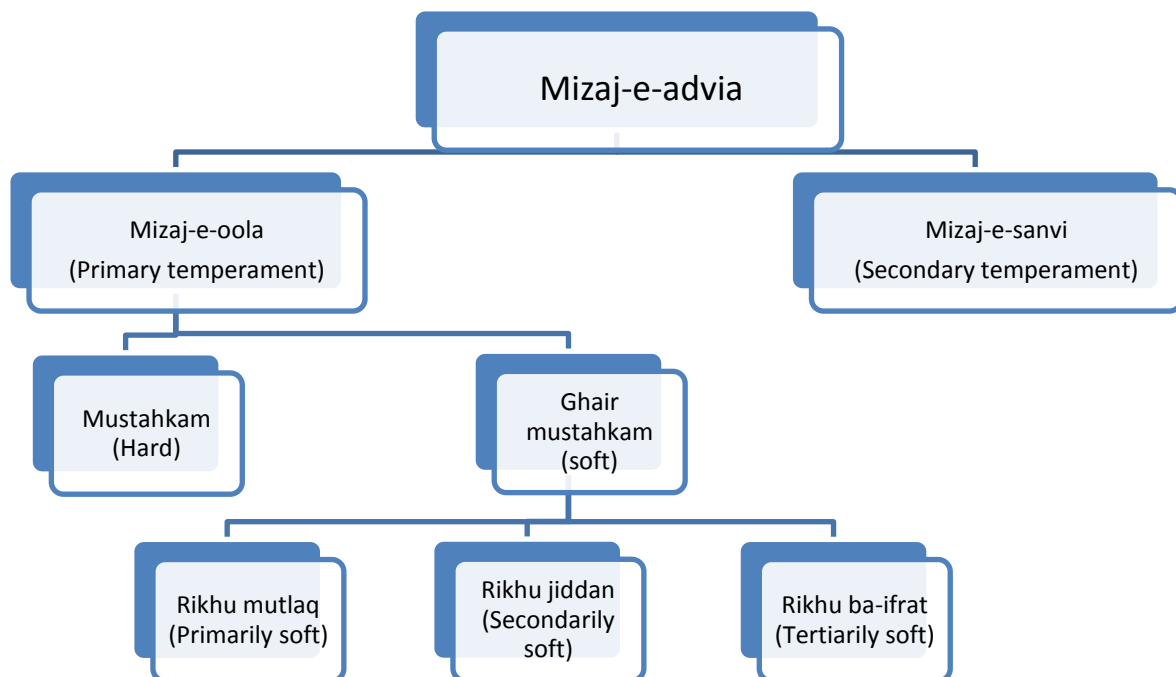
- ❖ **DAWA E HAAR:** It produces abnormal heat in the body after reacting with the hararath-e-ghariziya.

- ❖ **DAWA E BARID:** It produces abnormal cold in the body after reacting with the hararath-e-ghariziya.
- ❖ **DAWA E YABIS:** It produces abnormal dryness in the body after reacting with the hararath-e-ghariziya.
- ❖ **DAWA E RATAB:** It produces abnormal fluids in the body after reacting with the hararath-e-ghariziya.

DAWA-E-GHAIR MOTADIL MURAKKAB

- **DAWA-E-HAAR YABIS:** It produces abnormal heat and dryness in the body after reacting with hararath-e-ghariziya.
- **DAWA-E-HAAR RATAB:** It produces abnormal heat and fluids in the body after reacting with hararath-e-ghariziya.
- **DAWA-E-BARID YABIS:** It produces abnormal cold and dryness in the body after reacting with hararath-e-ghariziya.
- **DAWA-E-BARID RATAB:** It produces abnormal cold and fluids in the body after reacting with hararath-e-ghariziya.

(B)



MIZAJ-E-OOLA (AWWALIYAH): It is that particular mizaj which is produced from the mixing of few basic elements. It is also called as mizaj-e-tabyi or mizaj-e-asli. The drugs that possess this mizaj are called “mufrad-ul-quwwa”.

MIZAJ-E-SANI: It is that particular mizaj which is produced from the mixing of components that have mizaj-e-oola. The drugs which possess this mizaj are called “murakkab-ul-quwwa”.

- ❖ **MIZAJ-E-SANI MUSTAHKAM:** It is the mizaj produced by mixing of a few drugs that are mufrad-ul-quwwa. They bond strongly and cannot be separated. Eg: Brass (peetal) is a combination of aluminium (jast) and copper (tamba). Aluminium and copper have their own mizaj but when they are mixed together they form a secondary mizaj after which it is impossible to separate them.
- ❖ **MIZAJ-E-SANI GHAIR MUSTAHKAM:** It is the mizaj produced by mixing a few drugs that are mufrad-ul-quwwa but are not bound strongly hence can be separated. They are of three types:
 - (1) **Rikhu mutlaq:** The components of the drugs that have this mizaj can be separated by burning on fire. Eg: Baboona is composed of a muhallil (solvent) and qabiz (constrictor) part. When baboona is burned on fire these 2 parts can be separated.
 - (2) **Rikhu jiddan:** The components of the drugs that have this mizaj can be separated by boiling in water. The bond between its components is weak. Eg: masoor dal, when it is boiled (josh dena) the muhallil (solvent) component is released in water and the qabiz (constrictor) component is left behind in the masoor dal.
 - (3) **Rikhu ba-ifrat:** The components of the drugs that have this mizaj can be separated by washing in water. The bond between the components is weaker than in rikhu jiddan. Eg: When kasni leaves are washed with water the muhallil components are washed away easily.

CHAPTER 3

STAGES OF TEMPERAMENT OF DRUGS

From experience it has been proved that more than one drug can have the same type of mizaj. In some drugs the mizaj might be excessive while in others moderate or lesser than moderate in some. From history of treatment it has been found that even disease has different levels of soo-e-mizaj. When a drug with strong mizaj is used in a disease of strong soo-e-mizaj the results are positive and the treatment successful. If this balance between the mizaj of drugs and disease is disturbed then the results are negative and treatment unsuccessful. Based on this theory the experts of medicine have divided the drugs into 4 degrees.

- ❖ **AWWAL (1ST DEGREE):** When these drugs are taken they create a new kaifiyath within the body which is higher than the normal but is not strong enough to be felt or distinguished by the body. However after continuous use of such drugs changes maybe felt.
- ❖ **DUWWAM (2ND DEGREE):** When these drugs are taken they create a new kaifiyath within the body which is higher than normal and are strong enough to be felt or distinguished by the body. However these changes do not effect the persons daily routine like sleep, appetite, rest, exercise etc. These drugs act on body fluids. If the drug is haar yabis there is loss of appetite and insomnia. But when it is barid ratab sleep and appetite are increased.
- ❖ **SUWWAM (3RD DEGREE):** When these drugs are taken they create a new kaifiyath within the body which is higher than normal and is strong enough to be felt or distinguished by the body. However these changes will effect the persons daily routine. Continuous use of these drugs will be harmful to the body. They act on body fluids as well as fat components but are not dangerous.
- ❖ **CHAHNUM (4TH DEGREE):** when these drugs are taken they create a new kaifiyath within the body which is very strong and far higher than normal. It destroys the body and may lead to death. Many poisons are included in this category. They are also called as “simmi advia” (poisonous drugs).

The principles to be followed while allotting a degree to a drug:

1. It should be tested on a person whose mizaj is motadil.
2. The weather should be motadil or close to motadil during testing.
3. The dosage should be calculated and given in correct quantity.
4. Over use of medicine should be avoided.

Difference between Toxic drug (simmi advia) and Absolute poison (simm-e-mutlaq)

TOXIC DRUG: Those drugs which produce excessively strong kaifiyath which is destructive. These drugs can be used only after detoxification (mudabbir). Eg: opium (afyoon), arsenic (samm-ul-far).

Opium produces excess cold in the body where as arsenic produces excess heat because of which the normal body mechanism is destroyed. These harmful effects are removed on detoxification.

ABSOLUTE POISON: Those drugs which have little or no benefits but cause grievous destruction. They cannot be detoxified or used as medicine. Eg: potassium cyanide.

The signs seen after the ingestion of absolute poison are ghashi (syncope), weakness and excessive perspiration.

CHAPTER 4

COMPOSITION OF DRUGS

The following components are found in haiwani (animal origin) and nabati (plant origin) drugs:

1. **Ajzaay-e-boraqiya** (Boric components): This component is usually found in nabati advia. Ex:- Nazroon.
2. **Ajzaay-e-khashbiya** (Wood components): This component is a woody substance or matter that is found in branches, roots, and stem of the plant. Ex:- Buraada-e-sandal, Burrada-e-aabnoos.
3. **Ajzaay-e-shehmiya** (Fatty components): This component is a fatty substance found in volatile oils of kafoor, Roghan-e-bedanjeer and other fats from animal source.
4. **Ajzaay-e-shakariya** (Sugar components): This component is usually found in plant origin drugs. Ex:- Grapes, sugarcane.
5. **Ajzaay-e-lehmiya** (protein components): This component is usually found in animal origin drugs and sometimes from plant origin drugs. Ex: fish
6. **Ajzaay-e-tursh mawad** (Acidic components): This component is usually found in plant origin drugs and some fruits like Aalu buqara, abrak, imli etc.
7. **Ajzaay-e-jauhar-e-fa'al** (Alkaloid components): This component is the active principle of the nabati advia. Ex:- Jauhar-e-afyun, sath-e-pudina, sath-e-kafoor.
8. **Ajzaay-e-khameer** (Fermented components): This component is so strong that it produces fermentation. Ex:- Lemon (sath-e-leemu).
9. **Ajzaay-e-simaghiyath** (Gum components): This component is usually obtained from plants and can be dissolved in water. Ex:- Simagh-e-arabi, simagh-e-kateera.
10. **Ajzaay-e-ra'al** (Raisins): This component also belongs to family of gums but is not soluble in water. However it can be dissolved in alcohol. Ex:- Saqmoniya and afyun. Gondh and raal are used as a base in the preparation of murakkabath like aqras and huboob. Ex:- Ushaq, revand, Makailoban etc.
11. **Ajzaay-e-namkiyath** (salty components):- This component is usually obtained by burning plants. Ex:- Namak-e-turb.
12. **Ajzaay-e-launiya** (Colouring components):- This component is usually obtained from plants. Ex:- Black colour from Amaltas, yellow from Zafran etc.

CHAPTER 5

COMPOSITION OF DRUGS

Different components of a drug bond together to form a mufrad or a murakkab drug. This bonding is termed as Tarkeeb-e-Advia or composition of Drugs.

It's of 2 types:-

1. Tarkib-e-Advia-e-Tabayi (Natural composition)
 2. Tarkib-e-Advia-e-Sana'yi (Artificial composition)
- **Natural composition:-** The composition formed when the basic components of a drug form a bond naturally due to attraction is called as "Tabayi tarkeeb". And the drug is called "Murakkab-e-tabayi" (natural drug). Ex:- All botanical (nabati), zoological (haiwani) and geological drugs (me'dani) come under this category.
 - **Artificial composition:-** The composition formed when an external work is done to bind all the components of a drug together is called as "Sana'yi tarkeeb". And the drug is called "Murakkab-e-sana'yi" (artificial drug). Ex:- All Sharbaths, Itripilaths, Majoons etc.

CHAPTER 6

RULES FOR COMPOUNDING OF DRUGS

The rules for compounding drugs are:-

1. Islah-e-dawa (To detoxify)
2. Izafa-e-quwath (To increase potency)
3. Tazeef-e-amal (To decrease potency)
4. Ibtay-e-nufuz (To decrease penetrative power)
5. Surath-e-nufuz (To increase penetrative power)
6. Ilaaj-e-amraz-e-murakkab (To treat compound diseases)
7. Izafa-e-miqdar-e-dawa (To increase the quantity of drug)
8. Taseer-e-kulli-ki-taseer-e-juzzi (To restrict the actions of drug)
9. Tahaffuz-e-dawa (To protect the drugs)

1. Islah-e-dawa:- To eradicate unpleasant smell or taste, a single drug is mixed with another pleasant smelling drug so that it is easy for consumption or sometimes to end the toxic effects of a drug. Ex:- Shehem-e-hanzal which is effective in intestinal disorders is given along with Ajwain khurasani to end its toxic effect. Saqmonia and Revand are given along with Zanjabeel, sometimes they are also given along with Kateera. Zangar is given with Simagh-e-arabi.

2. Izafa-e-quwath:- If a single drug is not be able to combat a disease then another drug with the same afa'al is added to increase its potency. A question may arise that why can't the potency be increased by increasing the dosage? The answer is a single drug has many properties, by increasing the dosage its toxic effects may also be increased which is not desirable. Therefore, it is compounded. Ex:- Aftimoon is given along with Filfil-e-siyah for diarrhoea.

3. Tazeef-e-amal:- Sometimes a single drug may be more powerful than the disease itself. In such cases the drug is compounded to decrease its potency. Ex:- Zangar is given along with wax, Kafoor with Zafran, Farfiyun with Simagh-e-arabi etc.

4. Ibtay-e-nufuz:- Sometimes the drugs have high penetrative power, this is slowed down by compounding the drug so that it remains long enough in the body to give the desired result. They are of two types:-

- **Directly acting drugs (Ibtay-e-nufuz zati):-** The added drug directly brings down the penetrative power like vinegar mixed with water, kafoor with Roghan-e-Bedanjeer, sankhiya (arsenic) with Roghan-e-zard.
- **Indirectly acting drugs (Ibtay-e-nufuz arzi):-** The added drug does not directly decrease the penetrative power instead it acts on the body organs and makes them less penetrative. Or the added drug regulates an opposite mechanism to cancel out the undesirable effects.
Ex:- a diuretic (mudir-e-boul) is given along with a mu'arriq (diaphoretic).
Ex:- saqmonia and ghariqoon are very strong purgatives due to which they are excreted before they can show their medicinal effects. Therefore they are compounded to slow down their elimination.

5. Surat-e-nufuz:- Sometimes the drug may have low penetrative power this is increased by compounding it with another drug that has high penetrative power. Ex:- vinegar is mixed with the drug to increase its penetrative power.

6. Ilaj-e-amraz-e-murakkabah:- When the disease itself is murakkab there is no choice but to compound the medicine to treat various symptoms. Ex- when there is fever along with cold then a compound medicine that cures both is prescribed.

7. Izaafa-e-miqdar-e-dawa:- Highly potent drug which is very reactive needs to be prescribed in low quantities. Hence it gets digested very fast. To overcome this problem drugs are compounded. Ex- safoof-e-chutki with milk.

8. Taseer-e-kulli-ki-Taseer-e-juzzi:- The disease of a particular organ can be cured by a single drug but this drug may have a wide range of afa'al and can act on other organs as well. In such cases its action on other organs is nullified by compounding the drug so that it acts only on the diseased organs. Ex- medicines given in cardiac diseases are compounded with zafran.

9. Tahafuz-e-dawa:- A drug is also compounded to preserve its effect for a longer duration. Ex-seasonal fruits are preserved in honey or sugar (rubb).

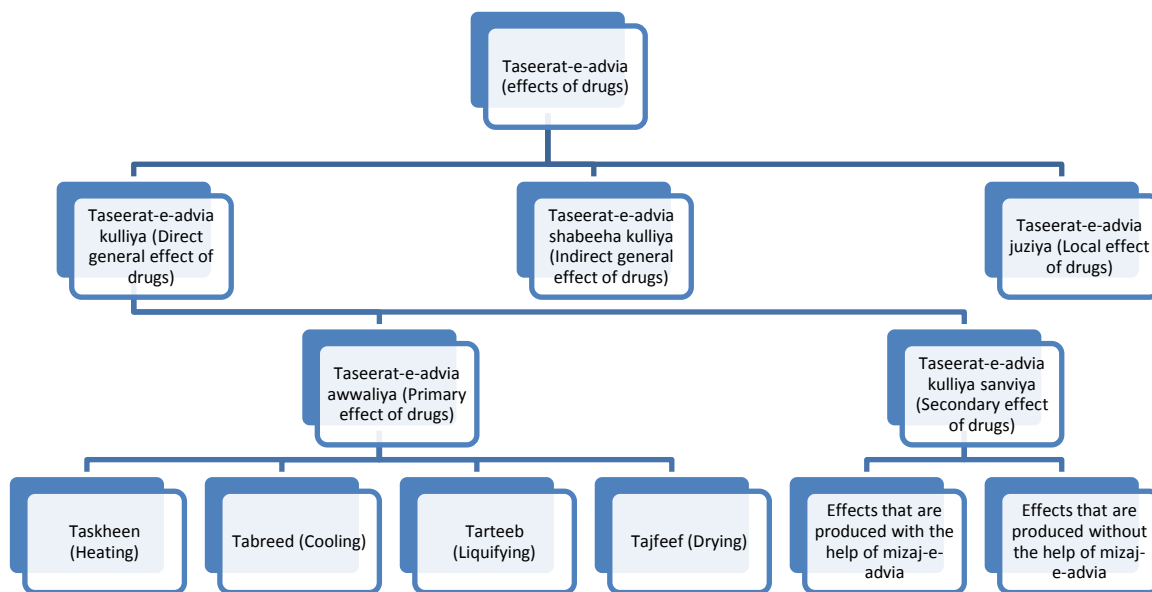
CHAPTER 7

EFFECTS OF DRUGS

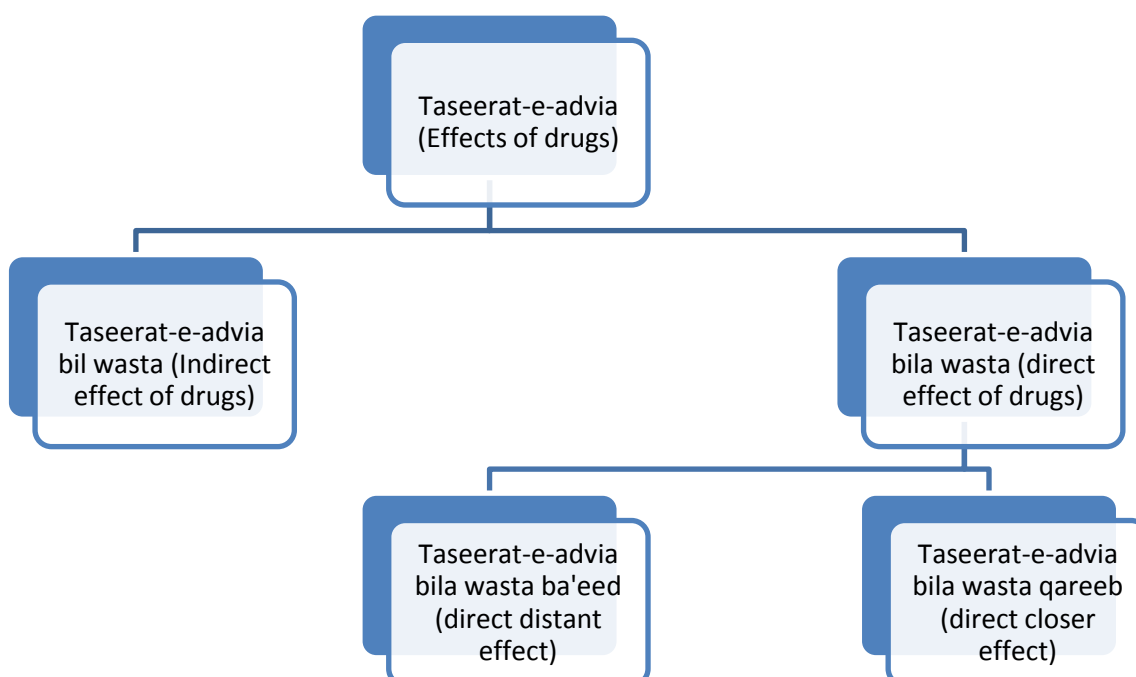
DEFINITION:- The changes in the body in response to the use of drugs in the condition of disease or health is termed as taseerat-e-advia.

Effects of drugs can be classified in 4 ways

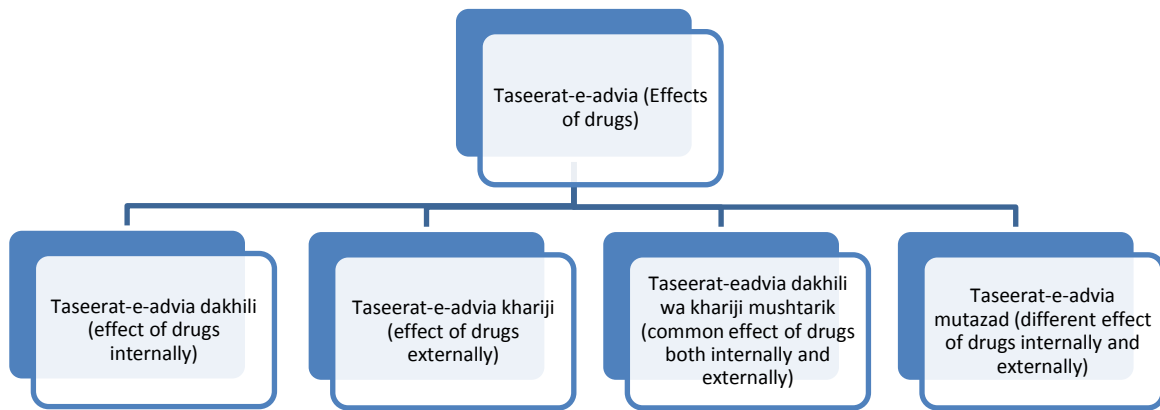
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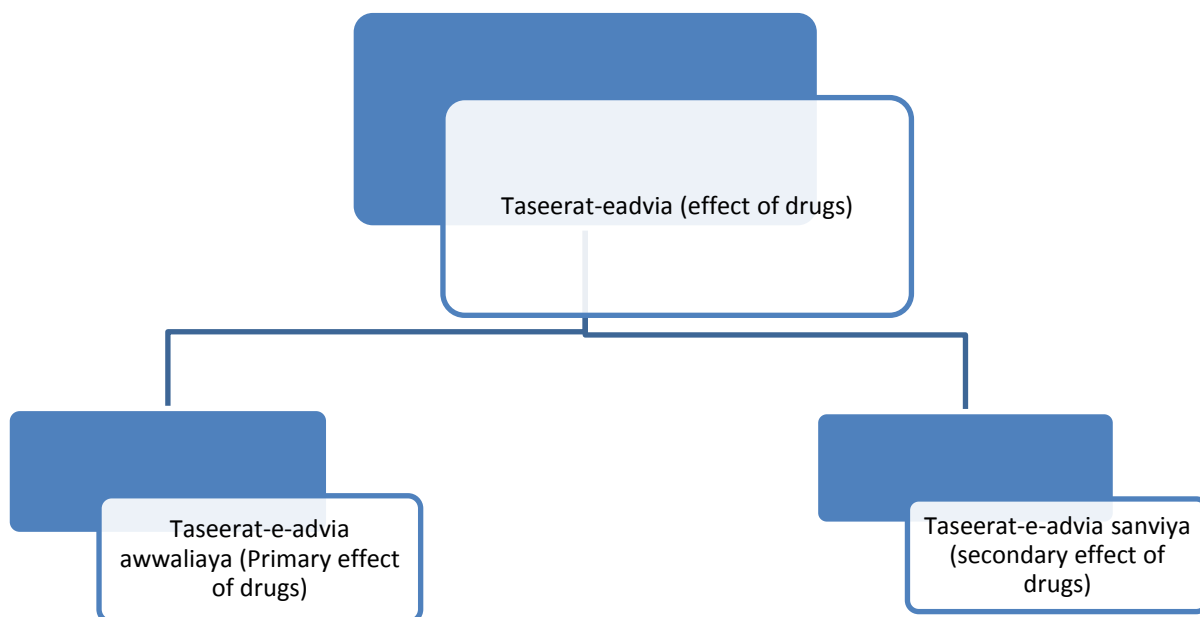
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(D)



(A)TASEERAT-E-ADVIA KULLIYA:- When the drug is consumed, the direct effect of the drug is uniformly distributed throughout the body. It is divided in to 2 types.

- **Taseerat-e-advia kulliya awwaliya (primary effect):-** The primary effect of drug occurs before or during its metabolism. The effect is quick.

It is further divided into 4 types:-

- a) Taseerat-e-advia awwaliya taskheen: These drugs bring about change in the heat of the body
- b) Taseerat-e-advia awwaliya tabreed: These drugs bring about change in the coldness of the body
- c) Taseerat-e-advia awwaliya tarteef: These drugs bring about fluid change in the body
- d) Taseerat-e-advia awwaliya tajfeef: These drugs bring about dryness in the body

- **Taseerat-e-advia kulliya saniya (secondary effects):** The secondary effect of a drug is produced after its metabolism. Ex: the effect of nitric acid on kidneys.

Secondary effect can occur in two ways:

- The effects that occur as a result of the fixed degree of mizaj (mizaj mutaa'yyin) of drug. Ex: Ehraaq can occur only if the degree of heat is of 3rd level or higher.
- The effects that occur in the absence of the fixed degree of mizaj (mizaj mutaa'yyin) of drug. Ex: Idmaal (scabbing), Takseef (thickening), Talteef (lightening), qabz (constricting) etc are not dependant on the mizaj mutaa'yyin of drug.

TASEERAT-E-ADVIA SHABEEHA KULLIYA: The drugs indirectly affect the whole body in general. Ex: cleansing of the whole body after idrar (micturition) or ishal (defecation).

TASEERAT-E-ADVIA JUZIYAH: The effect of the drug is localised to a particular organ or disease.

(B)TASEERAT-E-ADVIA BILA WASTA: The direct effect of a drug on a particular organ or part of the body after it accepts the effect of the normal body temperature (harat-e-ghariziya) . It is of 2 types:

- **Taseerat-e-advia bila wasta qareeb:** These drugs have immediate effect on the body. Ex: bachnak and aqar qarha produce immediate irritation on tongue when placed in the mouth.
- **Taseerat-e-advia bila wasta ba'eed:** These drugs do not have an immediate effect on the body. Ex: jauhar-e-zarareeh produces irritation in the kidney after its metabolism.

TASEERAT-E-ADVIA BIL WASTA: The effects of drugs that occur after their metabolism. Ex: bachnak weakens the relaxation of heart (imbisati quwwat) through nerves after its metabolism.

(C)TASEERAT-E-ADVIA AWWALIYAH: The effects of drugs that occur before their metabolism. Ex: effect of acids

TASEERAT-E-ADVIA SANVIYAH: The effects of drugs that occur after their metabolism. Ex: effect of nitric acid (te zab-e-shora) on kidneys

(D) TASEERAT-E-ADVIA DAKHILI: The drugs that effect the body internally. Ex: Mundi, Halela etc

TASEERAT-E-ADVIA KHARIJI: The drugs that effect the body externally. Ex: zimad-e-rayi produces redness and irritation on the surface of skin, volatile oils like eucalyptus oil when applied on the skin bring cooling effect.

TASEERAT-E-ADVIA DAKHILI-O-KHARIJI MUSHTARIK: The drugs that have the same effect internally and externally. Ex: sandal, isabgol, kaasni, kahu, maghz-e-tukhm-e-kaddu etc

TASEERAT-E-ADVIA MUTAZAD: The same drug when consumed internally and applied externally produce opposite effects. Ex: kishneez dissolves varm-e-sulb when applied externally and hardens the varm-e-sulb when taken internally.

Or the drug produces opposite effects when the quantity is increased or decreased. Ex: kafoor in less quantity is muqavviy-e-baah where as in a large quantity it is zof-e-baah. Revandchini in a large quantity is mushil where as it acts as a qabiz in less quantity.

CHAPTER 8

PHYSICAL AND CHEMICAL CHARACTERISTICS OF DRUG

The characteristics that help in the identification of the drug are called tabayee khususiyath.

The benefits of knowing the tabayee khususiyath are as follows.

1. Ability to identify individual drugs
2. Ability to differentiate similar drugs
3. Acquire the knowledge of effects of the drugs.

The five most common characteristics that every drug has are colour, smell, taste, weight, and consistency.

There are two types of tabayi khususiyath.

- Ijtmayi khususiyath (characteristics on the whole) colour (rang) smell (boo), taste (maza), weight (wazan) and consistency (qivam) come under this.
- Infiradi khususiyath (individual characteristics). There are 14 characteristics
 1. **TAJZEED (Dessication):** The ability of the drug to absorb fluids or moisture. Mostly salty drugs have this ability and then they tend to become soft.
 2. **TAJFEED (Siccation):** The ability of the drug to dry up, this is due to internal and external heat which may reduce the effects of the drugs. Eg: gul-e-surkh and fruits.
 3. **TAJMEED (Condensation):** A few drugs on being exposed to intensive heat for a long time tend to harden instead of melting. Eg: egg white and egg yolk.
 4. **TEHREEQ (Incerenation):** A few drugs have the ability to burn on friction on when mixed with other substances. Eg: barood(gun powder), gandakh(sulphur), when mixed with each other.
 5. **TEHLEEL (Dissolution):** Some drugs have the ability to dissolve in water. Eg: salt and sugar. Some dissolve in oils. Eg: Kafoor and Gandhak. Some dissolve in alcohol. Eg: Gond and Raal. And some dissolve when mixed with each other. Eg: satt-e-pudina, satt-e-ajwain and satt-e-kafoor when mixed with each other dissolve to form arq-e-ajeeb.
 6. **TAZYEEB (Melting):** A few drugs when given a little heat or when mixed with each other tend to melt. Eg: fat, ghee and wax.
 7. **TARSEEB (Precipitation):** A few drugs are liquid in nature but when mixed with other drugs they tend to precipitate. Eg: when egg white is mixed with water and phitakri (alum) is added, alum precipitates. During the purification of water alum is added to it, this causes impure particles to precipitate and settle down.
 8. **TAQLEEM (Crystallization):** When a few drugs are dried they crystallize. Eg: potassium nitrate (daarchikna), raskapoor.
 9. **TARKEEB (Composition):** Drugs when mixed either form tarkeeb-e-sada or tarkeeb-e-haqiqi. Tarkeeb-e-sada: Individual drugs retain their characteristics in the compound. Eg: when bitter things are mixed with salty minerals.

Tarkeeb-e-haqiqi: Individual drugs do not retain their characteristics in the compound. Eg: sikanjabeen mixed with honey.

10. **TALZEEJ (Adhesion):** A few drugs have a lot of mucin content due to which they can be stretched easily. Ex: A drop of pure honey is taken on the thumb and pressed with forefinger. Separating them slowly gives an elastic string.
11. **TAL'EEB (Mucilaginous):** A few drugs when dissolved in water swell and soften.
12. **TALTEEF (Light):** A few drugs are very light in nature. Ex: Daar chini and Zafran.
13. **TA'FEEN (Putrefaction):** A few drugs putrify very easily Ex: milk
14. **TALYEEN (Soften):** A few drugs have the ability to soften. Ex: iron under a very high temperature.

CHAPTER 9

SOURCES OF IDENTIFICATION OF UNKNOWN DRUGS

Identification of drugs can be done in 2 ways:

1. **QIYAS (HYPOTHESIS/IMAGINATION):** The method of establishing a hypothesis on the basis of already known properties regarding the action of drug is termed as qayas. It's of 2 types:
 - Qiyas-e-qawi
 - Qiyas-e-zayeef.
2. **TAJRUBA (EXPERIMENT/EXPERIENCE):** The method of experimenting on the actions of an unknown drug in the light of already established facts which are present in the other drugs such as colour, smell, taste, consistency, and weight is termed as tajruba. Ex: Sandal sufaid and camphor are white in colour and both of them are mufarreah and musakkin in nature. Therefore we can predict that an unknown white coloured drug may probably be a musakkin and a mufarreah. This is further confirmed through experiments. Other factors like istehala (metabolism), heat, cold, air, water, fire and sunlight may also contribute in experimenting on the actions of a drug.

QIYAS

QIYAS-E-QAWI: This hypothesis is stronger in its authenticity. It is usually done based on the following 3 things:

1. **MAZA (TASTE):** Tastes can be classified in 9 categories.
 - **Advia-e-hareef (spicy drugs):** These drugs are hot and moderately dry in temperament. They have the following af'aal-o-khawas (characteristics). They are mufatteh urooq (deobstruent), mulattif, muraqqiq (thinner), muhallil (resolvent), musakhin (calorific), mujaffif (siccative), muharriq (charring) and jali (detergent). Ex: onion, rayi, fil fil-e-siyah, fil fil-e-sufaid, aqarqarha etc
 - **Advia-e-murra (bitter drugs):** These drugs have moderately hot and mostly dry temperament. They resemble advia-e-hareef but do not have strong afaal-o-khawas. They are mufatteh urooq (deobstruent), muhallil-e-mawad (resolvent), musakhin (calorific), mulattif, muraqqiq (thinner) and mana-e-ufoonth (anti-septic). Ex: ustekhuddus, afsanteen, yelwa, charaita, shahetra etc
 - **Advia-e-maleh (salty drugs):** These drugs are less hot but more dry in temperament. They are mufatteh urooq (deobstruent), mulattif, musakhin (calorific), muhallil (resolvent), qate mawad (lacerative), jazib-e-rutubath (absorbant), dafa-e-ufoonth (anti septic) and jail (detergent). Ex: mooli etc

- **Advia-e-hamiz (sour drugs):** These drugs have less cold mizaj, motadil mayal and less dry. They are mubarrid (refrigerant), qate (lacerative), mulattif, murakkhi (oily), musakkin-e-pyaas (thirst quencher), mufatteh (deobstruent), murattib (moisturiser), jali (detergent), kasir-e-riyah (carminative), mana-e-ufoonth (anti septic), muzayyif-e-asaab-o-baah (nerve depressor and and munaffiz (penetrative). Ex: aab-e-leemu, alu bukhara, tamar-e-hindi, amla etc
- **Advia-e-qabiz (astringent drugs):** These drugs are moderately cold and dry in temperament. They are qabiz (astringent), habis (hemostyptic), raade (divertive), aasir (squeeze), mukhashin (peeler), mughalliz (thicken), mubarrid (refrigerant) and mukassif (solidify). Ex: chaliya etc.
- **Advia-e-ufus (bitter drugs):** These drugs are less dry and colder in temperament. They are habis (hemostyptic), aasir (squeeze), qabiz (astringent), rade (divertive), musallib (solidify), mukhashin (peeler), mughalliz (thicken), mubarrid (refrigerant) and mukassif (thicken). Ex: supari, maazu etc
- **Advia-e-dasm (oily):** These drugs contain moderately hot and moist temperament. They are murattib (moisturiser), muraqqiq (thinner), murakkhi (oily), mulayyin (soften), muzliq (mucliginous) and munzi (concoctive). Ex: ghee, all roghans etc
- **Advia-e-hulu (sweet):** These drugs have moderate temperament. They are musakkin (calorific), jaali (detergent), mulayyin (soften), murakkhi (oily), munzij (concoctive), murattib (moisturiser) and mughazzi (nutritive). Ex: shehad, sugar etc
- **Advia-e-tuffa/maseekh (tasteless):** These drugs are also moderate in temperament. They are musakkin-e-atish (thirst quencher) and musakkin-e-hararath (heat reliever). Ex: paan etc

NOTE: advia-e-hamiz, aafiza, and habis are mayal-e-burudath (inclined to cold). In this aafiza is coldest, habis comes next and lastly comes hamiz. Their mizaj is sard-o-khushk. In hareef, hararath and yabusath is more, in murra it is less than that of hareef, whereas in maleh it is very less.

2. RAAIHA (SMELL): Second most important means of doing a qiyas-e-qawi. If a known sedative drug contains a fragrance, and an unknown drug posses a similar fragrance then it can be concluded that the unknown drug may also be sedative in nature. A few examples are mentioned below:

- We are aware of the functions of drugs like phenol and kafoor, they are anti-septic and have a characteristic smell. If an unknown drug has a fragrance similar to that of kafoor and phenol we can predict that it might be anti-septic in nature.
- It is said that drugs having pungent smell are hot and dry in temperament like garlic, onion, mushk, saffron, clove etc as heat is needed for the transport of the chemicals (volatile constituents) to the olfactory receptors and from there to the centre of smell. However there are exceptions to this rule. Ex: even though kafoor has a strong smell it is cold in temperament. In the same way a few drugs with no characteristic smell are hot in nature. Eg: besh and sankhiya.
- The drugs that sooth the brain through their fragrance are cold in temperament.

3. ISTEHALA (METABOLISM): The external and internal changes that occur in the drug due to various factors like heat, cold, moisture, sunlight, moon light and friction are called as metabolism of the drug. Qiyas can also be done by metabolism. Ex: Few drugs when exposed to fire get heated in a

very short span of time where as others are very slow in their reaction. From this observation it can be inferred that the drugs that get heated up early are hot in temperament while the ones that take time to heat up are cold in temperament. The drugs with hot temperament on consumption produce heat in the body.

Learning through animals: Unknown drugs consumed by animals like sheep, goat, cow etc will have almost the same effect on humans as that on the animals. Ex: On consuming Anjabar a goat suffering from Tuberculosis was cured. On the other hand it was observed that another goat that ate mushkatar-amshee had bleeding udders. Similar effects can be observed in humans when these drugs are consumed.

QIYAS-E-ZAYEEF: This type of qiyas does not give reliable results. It can only be made authentic through tajruba. Qiyas-e-zayeef is done through the factors like colour, shape, season of birth, place of birth, resemblance with the human organs, resemblance with other drugs and lustre of the drug.

1. **Dawaon ke rang (colour of drugs):** Drugs are of many colours i.e. black, white, red, green, yellow, blue etc. Doing qiyas on all the colours will make the qiyas-e-zayeef weaker. To remain on the safer side atibba have only done qiyas on 2 colours i.e. black and white. They have also added the consistency of the drug with its colour to make this qiyas a little stronger.

White drugs like sandal-e-safed and kafoor are mufarreh (exhilarant), dafa-e-tafun (anti-septic) and musakkin (sedative). Based on this fact it can be said that the drugs that are white in colour may also possess similar properties.

The following points have been noted from experience:

- White liquid drugs (safed rang ki jamid dawa) have sard mizaj.
- White solid drugs (safed rang ki syyal dawa) have garm mizaj.
- Black liquid drugs (siyah raqeeq dawa) drugs have garm mizaj.
- Black dry drugs (siyah khushk dawa) drugs have sard mizaj.
- If white, red and black coloured nabati and haiwani drugs have sard mizaj then white coloured ones will be extremely cold, red coloured ones will be moderately cold and the black coloured ones are the least cold.
- If white, red and black coloured nabati and haiwani drugs have garm mizaj then white coloured ones will be least hot, red coloured ones will be moderately hot and the black coloured ones the hottest.

2. **Dawaon ki shakl (shape of drugs):** By looking at the external features of a drug qiyas is done to analyse its unknown properties. If the drugs that are spherical and long in shape have a cold temperament then they will be excessively cold and if they have a hot temperament then they will be least hot.

3. **Dawaon ki paidaish ka mousam (season of birth of drugs):** The drugs that grow in a particular season and end with the season will usually have the same mizaj as that of the season.

4. **Dawaon ke muqam-e-paidaish (place of origin of drugs):** The drugs which are cultivated in a particular area will usually be useful in the treatment of endemic disease prevalent in that area. However it is necessary to take precautions before trying them.
5. **Insane azu se mushabahat (resemblance with an organ):** The drugs which resemble human organs are usually useful in the diseases of that organ or help in strengthening that organ. Ex: moghz-e-akhrot resembles brain and it is muqawwi-e-damagh. Badam resembles eye and it is muqawwi-e-ain. Suranjan resembles mufasil (joint) and it is used in waja-ul-mufasil (arthritis). Dana-e-mastagi resembles stomach and used in amraz-e-meda. Bhilawa resembles heart and it is muqawwi-e-qalb.
6. **Dawaon me mushabahath (similarity among drugs):** It has been observed that when two drugs are similar to each other in their appearance then they act as poison and antidote to each other. Ex: Dhathura (poison) and Baigan (antidote), Jadwar (antidote) and Besh (poison). Some poisonous drugs have got antidote in them self. Ex: scorpion has got antidote to its sting in the form of rutoobath which is present in its body.
7. **Dawaon ki chamak damak (lustre of drugs):** The drugs which are shiny in nature fulfil the resplendent needs of the body. Ex: Kohl-ul-jawahar is muqavviy-e-basr and jawahir mohra muqavviy-e-rooh.

TAJRUBA

After establishing the hypothesis, a drug is experimented externally or internally and its effects are authenticated. The process of intentional consumption or application of an unknown drug to confirm its properties/functions is termed as "tajruba". This is why tajruba is "yaqeen (fact)" and qayas is "gumaan (doubt)".

Two important discussions under tajruba are:

- Muharrikaat-e-tajruba (factors that bring about experience)
- Sharayat-e-tajruba (pre-requisites/conditions for doing an experiment)

Muharrikaat-e-tajruba: There are many factors on the basis of which drugs may go under trial. They are termed as "Muharrikat-e-tajruba".

- 1) **Ittefaaq (by chance):** A patient took drugs or diet purely by chance and was relieved of his suffering. Ex: a leper happened to drink an alcohol in which a snake had died and was cured of leprosy. Seeing this incident researchers and scholars started researching on the exact constituent that had acted as the medicine.
- 2) **Mailan-e-tabah/shauq-o-roghbat (interest):** At times, patients develop a strange craving for a particular drug/food at the time of illness. And incidentally that particular drug becomes the reason for their cure. Ex: it has been recorded in history that a woman in Egypt suffered from ehtebas-e-haiz (amenorrhoea) and zof-e-meda (fragile stomach). She developed a strong craving for zanjabeel

shami. After eating it consistently for a few days she was cured of both the diseases. After research it was confirmed that zanjabeel shami is beneficial in ehtebas-e-haiz and zof-e-meda.

3) Ilham (revelation): Spiritual people learned things through their spirituality. Treatment for a particular disease would be revealed to them through ilham. They would use that drug and find it beneficial. Later on research would confirm the benefits of the drug.

4) Ilqa (inclination): Sometimes at the time of dire need or extreme helpless situations people feel inclined to use a particular thing which they feel will relieve them of their suffering. They use it and are cured. Seeing this doctors and researchers experiment on that drug and find it useful. Ex: a patient suffering from hisaat-e-masana (calculi in urinary bladder) felt that ashes of mamoola will cure him. He used it and recovered from his illness.

5) Dars-e-haiwani (lesson from animals): There have been instances in history when great physicians adopted method of treatment from animals and birds.

Ex: Jaalinoos observed a seagull by the seashore. It filled its beak with water and poured the salty water into its anus. After a while the bird passed rigorous stools and was relieved of constipation. This is how the concept of Huqna (enema) was born.

Ex: A snake bit a monkey. His fellow mates started chewing on barg-e-bedanjeer and pouring its juice into his mouth. This cured the monkey.

Ex: when baaz suffers from stomach ache it eats the liver of a particular bird.

Ex: when the eyesight of a snake becomes weak he rubs them on the leaves of badiyan or memre. This returns his eyesight back to normal.

All these treatments were tested in humans and were found beneficial.

6) Khuab (dream): Sometimes a patient or his loved ones see a dream that he has been cured on taking a particular drug. He ate it after waking up and recovered. Thus the effects of the drug came to light.

7) Jung, safar, qahet (war, travel and famine): Unavailability of food during travel, famine and war forces the people to eat things which they do not usually consume. Fruits and vegetables like Aalu, Arwi, shakkarqand etc are known to us today only because our forefathers tried to eat them during famines.

Once there was a severe famine in China. People were forced to eat leaves and roots of trees in the jungle. Chobchini grew in abundance there; since it was better in taste than the rest of the leaves and the smell was tolerable, people started consuming it a lot. Later on they realised that many diseased among them were cured. After a lot of contemplation they realised that all the "saudavi amraz" had been cured. Hence it was formulated that Chobchini is good for saudavi amraz.

8) Adawath aur khudkhushi (enmity and suicide): A few drugs were used with the intent of homicide and suicide but instead of killing the person the drug became the reason for their recovery. A person suffering from zeeq-un-nafs, waja-ul-mafasil, aatishak and su'aal-e-muzmin consumed para, sankhiya or shangraf with the intention of suicide. Instead of leading to his death, the drugs became a source of his partial or complete recovery.

Sharayath-e-tajruba:-

1) Initially qiyas-e-qawi and zayeeef need to be conducted of an unknown drug. Its probable actions need to be recorded. Then the drug should be experimented on an animal (experimental

pharmacology) which is consumed by humans or his internal system resembles that of humans. If the drug gives the same effects as formulated by qiyas then it should be experimented on human beings (clinical pharmacology) under strict precautionary measures.

It is necessary to bear this in mind that a few drugs do not produce any negative symptoms in animals but can be dangerous when consumed by humans. Or they may have different actions in animals and humans. Ex: Revandchini produces heat in a human body, whereas it produces coldness in a horse. Similarly maghz-e-badam produces intense heat in a horse whereas there is no such reaction when it is consumed by humans. Shaukran which is destructive for humans is the food for a bird called zarzor.

- 2) Drug should be free from the influence of any external factors. Ex:- Afyun it is barid but when kept under sunlight it becomes haar.
- 3) Effect of drug should be experimented in a mufrad disease.
- 4) Effect of drug should be experimented in different diseases.
- 5) Drug should be used according to the severity of the diseases.
- 6) Effect of drug should be primary in nature. It should not be affected by any secondary factors that may alter its functions or mizaj or may hinder its treatment of the disease.
- 7) Effect of drug should be permanent and continual.

CHAPTER 10

EFFECT OF DRUGS ON EYES

Different drugs have a different action on the eyes, its lacrimal glands, lacrimal secretions, power of vision etc. The drugs that strengthen the vision are almost the same as that of brain. Drugs that act on eyes have the following effects:

1. **MUSADID-O-MUGHARRI (OBSTRUENT AND GELATINOUS):** These drugs are of two types:
 - **Taleesdar/laisdaar (mucilaginous):** These drugs because of their mucilaginous nature can remain in the eye for a long time and are absorbed very slowly because of which they show their effect for a long time. Ex: safeeda-e-baize-e-murgh, simagh-e-arabi, kateera etc.
 - **Khushk arzi (siccative):** These drugs sicate the eye and are dry in nature. They also drain boils and wounds. Ex: totiya maghsool, safeeda-e-kashgiri etc
2. **MUFATTEH (DEOBSTURENT):** Usually these drugs are qawi or zayeef in nature. The qawi drugs are hot in temperament, and are used in nuzool-ul-maa. Ex: Aab-e-mararah (water extracted from leaves). The zayeef drugs are mixed with munzijath and muhallilath so that their effect reaches the eye. Ex: hilleeth, darchini, sikanjabeen, taji, farfiyun etc
3. **JAALI (DETERGENT):** These drugs are qawi or zayeef in nature. The qawi drugs are used in peeling of nails and eyelids. Ex: burada-e-mas sookhta, naushadar etc. The zayeef drugs are only used to clean the wounds within the eyes. Ex: sibr, aqlimia etc
4. **MU’AFFIN (SEPTIC):** These drugs are very strong in nature and are severe. They are used in jarb-e-muzmin, khushk resha and zufra-e-sulb. Ex: zangaar, hadtaal etc
5. **QABIZ (CONSTRUCTIVE):** These drugs are also qawi or zayeef in nature. The strong drugs are used when there is excessive lacrimal secretion in the eyes. Ex: aab-e-simaq, jalnaar, qasha, kundur, mazu khaam etc. The weak drugs are used when there is relatively low secretion along with pain. Ex: zafran, sazaj hindi, sammul tib, gul-e-surkh etc
6. **MUNZIJ-O-MUHALLIL (CONCOCTIVE AND RESOLVENT):** These drugs are used for the maturity and the resolution of ulcers, boils, inflammation, septicity and viscid fluids within the eyes. They are used together as a group. Ex: akleel-ul-mulk, anzaroot, jundebedastar, raswat, zafran etc
7. **MUKHDDDIR (NARCOTIC):** These drugs are used in the cases of extreme pain and irritation. It is necessary to take precautions as continual usage may lead to eye sight problems. Ex: aftimoon etc
8. **MUBARRID (COOLANT):** These drugs are used to create a cold effect. Ex: arq-e-gulab, egg white, luaab-e-isapghol etc

9. MUSAKHIN (CALORIFIC): These drugs are used to create a hot effect. Ex: fil fil-e-siyah, mushk etc

10. MAAUZU (LOCALLY ACTING): These drugs act on specific part of the eye. They are as follows:

- Suqbay-e-ambiya (pupil): few drugs specifically act on the long fibers and constrict them due to which pupil dilates. Ex: Atropin, jauhar-e-yabrooj etc
- A few drugs act on the lacrimal glands and they are muharrik or habis in nature. The muharrik drugs increase the efficiency of lacrimal glands leading to excessive tear secretion where as the habis drugs decrease the efficiency leading to low tear secretion. Ex: neela totiya, yabrooj, ghunchi etc
- Maidaan-e-basaarat: A few drugs specifically act on vision and increase its efficiency. Ex: kuchla etc
- After using darmanay-e-turki, sclera appears banafshi [violet], later turns yellow in colour.
- After using bhang the person experiences hallucination. In some conditions falij is seen.
- Some drugs are beneficial in multiple eye diseases. Ex: chaksu, mushk etc. Mushk when added in other eye medicine increases their efficacy, chaksu and loodh pathani are jail, qabiz, musakkin, mudammil, muhallil and muqavvi. Surma and raw beetroot increases the power of eye sight.

CHAPTER 11

EFFECTS OF DRUGS ON EAR

- I. **MUSAKKIN-E-ALAM (ANALGESIC):-** These drugs reduce pain which is caused due to nazlavi rutubaath. They are used for symptomatic treatment. e.g:-aab-e-zohra-e-gau boiled in roghan-e-kheeri, roghan-e-badam talkh, roghan-e-motiya, post-e-khashkash are sprayed in the ear to reduce the pain.
- II. **MULAYYIN-O-MURATTIB (SOFTENER AND MOSITURIZER):-** These drugs soften and moisturize the ear. eg:-roghan-e-kunjad, roghan-e-gul etc.
- III. **QABIZ (CONSTRICTOR):-** These drugs are used to prevent the elimination the necessary rutubath from the ear. e.g:- aab-e-berg-e-baid-e-saada, anzarooth, phitakri, maazu.
- IV. **DAF-E-UFOONATH (ANTISEPTIC):-** These drugs remove the septicity in the ear due to infections. e.g:- aab-e-berg-e-neem, boore armani, suhaga, shehed khalis, kafoor.
- V. **QATIL-E-DEEDAN (VERMICIDE):-**These drugs kill the worms if present in the ear. e.g:-aab-e-berg-e-neem, roghan-e-neem etc.
- VI. **MUNAQI (DETERGENT)/JALI:** These drugs are called as “advia-e-munaqia”. They cleanse the ear, remove septicity and unwanted morbid matter. e.g:- aab-e-zohra-e-baz, aab-e-zohra-e-gau, anzaroth, roghan-e-badam talq, zangaar, suhaga, shehed khalis, sibr, roghan-e-heena, roghan-e-motiyan, hydrogenperoxide.
- VII. **MUNFAJIR (ANTI INFLAMATIC):-** These drugs are called “advia-e-munfajira”. They break open boils and pimples. e.g:-aab-e-pyaaz, aab-e-haleel, luab-e-isabghol along with hulba or tukhm-e-katan.
- VIII. **MUDAMMIL (SICCATARISING):-** These drugs fill wounds present in the ear. e.g:-anzaroth, dam-ul-akhwain, kundur.
- IX. **DAF-E-SIQL-E-SAMAATH (REDUCE DIFFICULTY IN HEARING):-**These drugs reduce difficulty in hearing. e.g:-aab-e-pitta (bakri ke pitte ka pani), roghan-e-talkh, kuchla’s murakkabath especially in cases of vestibulocochlear nerve pathology.
- X. **MUKHADDIR (ANESTHETIC):-** In the cases of severe pain anesthetics are used instead of analgesics. These drugs can be used after dissolving them in the milk of afyun. However afyun shouldn’t be dissolved in any oil for internal application in the ear as this is against the principle of treatment.

XI. MUHALLIL (RESOLVENT):- These drugs are used to dissolve inflammation and clots (khoon basta) .e.g:-aab-e-berg-e-karam kala, sirka's murakkabath. Sometimes abnormal buzzing sounds are heard by the patient, this condition is called as "dawi or taneen". The drugs used in this condition are aab-e-turb, abhal, jund-e-bedstar, shehed musaffa, qaranfil, mushk.

CHAPTER 12

EFFECTS OF DRUGS ON NOSE

- I. **MUATTIS (SNEEZE INDUCING):-** These drugs have high power of nufuz (penetration) and are hot in temperament due to which they evacuate the morbid matter from the brain through the nose. This can be accompanied by nasal secretions. .e.g;- fil-fil-e-siyah, fil-fil-e-surkh, nakchakni.
- II. **QABIZ (CONSTRUCTOR):-** These drugs prevent the elimination of blood and “tabayee rutubaath” from the body. e.g:-barf, phitakri, dam-ul-akhwain, sang-e-jarahath, kath sufaid, mazu etc
- III. **MUSAKKIN (ANALGESIC):-** These drugs reduce the irritation of the nasal mucus membrane and produce analgesic effect. e.g:- itr-e-motiyan, meetha teliya. These drugs act through olfactory nerve. e.g:-chuna, sirka, naushadar stimulate the olfactory nerve (asab-e-shama) whereas mushk and hing weaken it temporarily.

CHAPTER 13

EFFECTS OF DRUGS ON THROAT

The drugs that affect the throat have the following actions:

1. **QABIZ (ASTRINGENT):-** These drugs are used to stimulate the constrictor muscles of the pharynx. This principle is used in the treatment of a few diseases of throat. e.g:-phitakri, mazu, gulnar etc.
2. **RAADE (DIVERTIVE):-** These drugs turn the morbid matter away from throat. Eg: Gargling with milk.
3. **MULAYYIN (LAXATIVE):-** These drugs cleanse the stomach and throat.
4. **MUSAKKIN (ANALGESIC):-** These drugs relieve pain in throat. e.g:-Barge tooth, Poste aqrot. These drugs specifically act on throat.

CHAPTER 14

EFFECTS OF DRUGS ON GUMS

The drugs that affect the gum have the following actions:

1. **DAFE UFOONATH (ANTISEPTIC):-** These drugs with their specific action prevent the spread of infection in the gums. Ex:- Sath-e-pudina, Sath-e-ajwain, Aqarqarha, kafoor.
2. **QABIZ, HABIS AND MUJAFFIF (CONSTRUCTIVE, STYPTIC AND DESICCATIVE):-** These drugs prevent the loosening and bleeding of gums. They prevent the leakage of rutubaath and produce dryness. Ex:- Phitakri, post-e-anar, chaliya, gulnar, maazu etc.
3. **MUSAKKIN (ANALGESIC):-** These drugs relieve pain. Ex:- Afyun, Raughan-e-Laung, Kafoor, Joshanda of moghz-e-fulus-e-khiyarshamber etc.
4. **MUQAVVI (TONIC):-** These drugs strengthen gums. Drugs with astringent and desiccative property come in this category. eg. balooth, daarchini, zarband, fofil.
5. **MULAYYIN (SOFTENER):-** These drugs soften the gums. eg. Roghan-e-badam shireen, roghan-e-zard.

CHAPTER 15

EFFECTS OF DRUGS ON TEETH

Drugs which affect the gums affect the teeth as well. A few specific drugs are mentioned below:

1. **DAF-E-UFOONAT (ANTISEPTIC):** These drugs prevent the infection and decaying of the teeth. ex: sath-e-ajwain, sath-e-pudina, aqarqarha, kafoor etc
2. **MUSAKKIN-E-ALAM (ANALGESIC):** These drugs are used to treat tooth ache. Some of these drugs are also used to create an anesthetic effect. Ex: afiyun, joshanda of amaltas, gargling with kafoor, roghan-e-laung, totiya, phitakri, fil fil-e-siyah etc
3. **QABIZ-O-HABIS (CONSTRUCTIVE AND STYPTIC):** These drugs strengthen the teeth and are used in the form of tooth powder, tooth paste and as miswak. Note: stems of certain drugs can be used as miswak which have a bitter taste, astringent effect, strengthen the teeth and make them shiny. Ex: miswak-e-akhrot, miswak-e-neem etc prevent decaying of teeth.
4. **DAFE HUMUZAT (ANTACIDS):** These drugs prevent the acidity of teeth and are useful in excessive salivation. Ex: phitakri, bore Armani, jawakhar, aqarqarha etc.
5. **QALE-O-MUFATTIT (DENTOTROPIC):** These drugs help in removal and cutting of teeth. Ex: berg-e-anjeer, post-e-berg-e-toot, sheer-e-anjeer, aqarqarha [soaked in sirka for 40 days] etc
6. **MUHAFIZ-E-ASNAN (DENTOPROTECTIVE):** These drugs protect the teeth from all aspects. Ex: darchini, zarangbad, satar farsi, maazu etc.

CHAPTER 16

EFFECTS OF DRUGS ON TONGUE

Drugs affect the tongue by stimulating or depressing the nerves supplying it. They have the following actions:

1. **MUQAVVI-E-ASAAB-E-LISAN (LINGUAL NERVES STRENGTHENERS):** These drugs strengthen the nerves that supply the tongue. Ex:- Ajwain khurasani, kuchla.
2. **MUZAYIFAT-E-ASAAB-E-LISAN (LINGUAL NERVES DEPRESSORS):** These drugs depress the nerves that supply the tongue. Ex:- barf (ice cubes), etc.
3. **MUKHADDIR (ANEASTHETICS):** These drugs act on nerve endings and produce anesthetic effect. Ex: barg-e-un nab, aqharqarha etc.

Different drugs have different actions on nerve endings which are as follows:

- *Some have astringent effect. Ex:- filfiil-e-surq, filfiil-e-siyah.
- *Some have acidic effect. Ex:- imli, sirka, limu.
- *Some have tasteless effect. Ex:- kath sufaid, mazu.
- *Some have salty effect. Ex:- all namkiyaths.
- *Some have sweet effect. Ex:- sugar, shehed and other sweets.
- *Some have bitter effect. Ex:- post-e-neem, sibr-e-zard, kuchla.

CHAPTER 17

EFFECTS OF DRUGS ON SALIVARY GLANDS

Drugs acting on salivary glands can be divided into 2 types:

1. **LUAAB-E-DEHEN ME IZAAFA KARNE WALI (THAT INCREASE SALIVA):** all the citrus fruits and the drugs which are acidic in nature fall in this category. Eg: tambaku, darchini, zanjabeel, aqarqharha, etc.
2. **LUAAB-E-DEHEN ME KAMI KARNE WALI (THAT DECREASE SALIVA):** These drugs depress the salivary glands and decrease the secretion of saliva. Eg: afyun, katha sufaid, gil-e-armani, yabrooj etc.

CHAPTER 18

EFFECTS OF DRUGS ON NERVOUS SYSTEM

The effects of drugs are different on each part of nervous system.

ASAAB (NERVES)

The effect of drugs is more effective on nerve endings than that of rest of nerve. Nerve endings are of 2 types:

1.ASAAB-E-HISSIYA (SENSORY NERVES): These nerves carry the afferent fibers. The drugs that act on these nerves have the following actions:

- a) **MUHARRIK (STIMULANTS):** The drugs which stimulate the sensory nerves are called as “advia-e-lazaa’iya” (irritant drugs). The localized use of these drugs activates the nerve centers to increase the working of heart and blood vessels, increase blood pressure and circulation, cause redness on the skin and mucous membranes, produce swelling and pain, stimulates the muscles and viscera due to which a person may regain consciousness and sense of perception. Eg: rayi, lehsun etc.
- b) **MUZA’YYIF (DEPRESSANTS):** The drugs which depress the sensory nerves are called “advia-e-musakkina” (depressant drugs). The localized use of these drugs depresses the nerve centers and causes the opposite effects of advia-e-lazaa’iya. They produce numbness and reduce pain. These drugs may be anesthetic, sedative, and narcotic in nature. Eg: afyun, ajwain khurasani, kuchla, etc.

2.ASAAB-E-HARKIYA (MOTOR NERVES): These nerves carry the efferent fibers. The drugs that act on these nerves have the following actions:

- a) **MUHARRIK (STIMULANTS):** The drugs which stimulate the motor nerves are called as “advia-e-haijiya” (irritant drugs). These drugs bring rigidity in the tissues. Eg: sankhiya
- b) **MUAZ’YYIF (DEPRESSANTS):** The drugs which depress the motor nerves are called “advia-e-sukna” (depressant drugs). They relax the abnormal rigidity in muscles and viscera. Eg: lufaah, shaukran etc

NUKHA (SPINAL CORD)

The drugs that act on spinal cord have the following actions:

- a) **MUHARRIK (STIMULANTS):** These drugs stimulate spinal cord. They produce spasm in the muscle and are beneficial in paralysis. Eg: sheelam (ergot)
- b) **MUZA'YYIF (DEPRESSANTS):** These drugs depress the activities of spinal cord. They induce relaxation in muscles and can be used in spasmodic conditions. Eg: kafoor, samulfar etc

DIMAAG (BRAIN)

The drugs that act on the brain have the following actions:

1. **MUHARRIK (STIMULANTS):** These drugs may be further divided in to 2 types based on their actions.
 - “Advia-e-muhazziya” (hallucinogenic drugs) which produce hallucinogenic effect. Eg: bhang.
 - “Advia-e-mufarreh” (exhilarant drugs) which stimulate the brain and produce feeling of well being. Eg: kafoor, zafran.
2. **MUZA'YYIF (DEPRESSANTS):** These drugs may be further divided in to 3 types based on their actions.
 - Munavvimat (hypnotic drugs) which produce relaxation and induce sleep. Eg: afyun, khash khash etc.
 - Umoomi musakkinat (general sedative drugs) which produce an anesthetic effect throughout the body. Eg: opium.
 - Umoomi mukhaddirath (general narcotic drugs) which decrease sensation and produce unconsciousness. Eg: afyun , ajwain etc
 - Dafa-e-tashanuj advia (anti spasmodic drugs) which depress the actions of brain and reduce spasms.

CHAPTER 19

EFFECTS OF DRUGS ON RESPIRATORY SYSTEM

Drugs that affect the respiratory nerve centre have the following actions:

1. **MUQAVVI-O-MAHEEJ-O-MUHARRIKK (STIMULANTS):** These drugs stimulate (increase quwwat) and produce irritation in the respiratory system due to which respiration becomes easy and balghami mawad (mucous) is expelled out. Eg: Amaltas, which is also known as mushil-e-akhlat-e-salasa (the eliminator of 3 akhlats), Ajwain khurasani, dhatura, Sudab, Kuchla, Aslasoos etc
2. **MUZA'YYIF (DEPRESSANTS):** These drugs depress the markaz-e-tanaffus (respiratory center) and hence decrease the rate of respiration and induce weakness. Eg: afyun, besh, shaukraan. These drugs are used in case of sual-e-yabis (dry cough) and when there is irritation and itching in the air passage.

EFFECTS OF DRUGS ON LUNGS (RIYYA): The drugs that affect the lung have the following actions:

- **Maheej-o-muharrik:** These drugs stimulate and irritate the sensory nerves of lungs. Ex: Ajwain khurasani, kuchla etc. They are used externally and internally.
- **Muza'yyiff-e-aasab-e-hissi:** These drugs produce weakness in the sensory nerves of the lungs. Eg: afyun

EFFECTS OF DRUGS ON TRACHEA (QASBAT-UR-RIYYA): The drugs that affect the trachea have the following actions:

- **Muallid-e-balgham kaseer:** Drugs which increase the production of balgham (mucous). Ex: tambakhu, pyaz, kafoor etc
- **Mukhallit-e-balgham:** Drugs which decrease production of balgham (mucous). Ex: ajwain khurasani, dhatura etc
- **Dafa-e-ufunath:** Drugs which treat the infection or sepsis in the trachea. Ex: Jouhar-e-ajwain, sath-e-pudina, kababchini etc
- **Dafa-e-tashannuj:** Drugs which prevent convulsions/spasms occurring in the trachea. Ex: tambakhu, dhatura, shaukraan etc
- **Munaffius-e-balgham:** Drugs which ease expulsion of balgham (mucous) from the trachea. Ex: adoosa, ushaq, afyun, irsa, aslasoos etc
- **Mufatteh mujaari-e-tanaffus:** Drugs which clear obstruction (accumulation of balgham) in the trachea. Ex: taji, zafran, murmakki etc
- **Musakkin-e-sual-o-mulattif-e-balgham:** Drugs which make the balgham latif (thin) and relieve the irritation caused by cough. Ex: aslasoos, tukhm-e-katan, zoofa etc
- **Muassir-e-balgham:** Drugs which make the expulsion of balgham (mucous) difficult. Ex: afyun, faulad, yabruj etc.

CHAPTER 20

EFFECTS OF DRUGS ON HEART

The drugs that affect the heart have the following actions:

1. **MUQAVVIYAT-E-ASAAB-E-QALB (CARDIAC NERVES STRENGTHENERS):** These drugs strengthen nerves supplying heart and hence strengthen the heart. Ex: azaraqi.
2. **MUFARREH (EXHILRARANTS):** These drugs give farhat (happiness/exhilerance) to the heart. They increase the quwwath of qalb. They act in the following ways:
 - **Mu'attir (Aromatic drugs):** These drugs have exhilarant action through their fragrance. Ex: bed-e-mushk, zafran, kewda, mushk.
 - **Muallid-e-rooh-e-haiwani (drugs that increase oxygen saturation):** These drugs increase the oxygen supply to the heart and increase the overall oxygen saturation. Ex: maa-ul-lahem, sharab.
 - **Munawwarath (lucent drugs):** These drugs have exhilarant action through their lumenscence. Ex: Jawaherath (gems) and Oxygen give taqwiath (strength) to the heart through their noor (glow).
 - **Majhool mufarreh (Passive exhilarants):** These drugs have been proved as mufarreh but their nau'iyate amal (principle of action) is still not known. Ex: gaozaban, lajward (gemstone).
3. **MUBARRID (REFRIGERANTS):** Drugs which produce burudath (coldness) in qalb. These drugs reduce the normal temperature (tabayee hararath) of qalb and hence decrease its function. These drugs are considered to be muza'yyif-e-qalb.
4. **MUKHADDIR (NARCOTICS):** These drugs cause numbness in the cardiac muscles and decrease the functions of heart.
5. **SIMM-E-MUTLAQ (POISONOUS DRUGS):** These drugs when used produce abnormalities (fasaad) in the mizaj of rooh.
6. **TIRYAQ (ANTIDOTES):** These drugs cure the rooh from mizaj-e-muhallik-e-marz of any poisonous drug. Ex: Jadwar, egg, milk of magnesia.
7. **MUZA'YYIF (DEPRESSANTS):** These drugs produces weakness in the activities of the heart. Ex: sankhiya, sharab.

CHAPTER 21

EFFECTS OF DRUGS ON BLOOD VESSELS

The effects of drugs on the blood vessels are different on arteries, vein and capillaries which are as follows:

EFFECTS OF DRUGS ON ARTERIES (SHARAYEEN) AND VEINS (AURDA):

- 1. MUFATTEH-E-UROOQ (DEOBSTRUENTS):** These drugs open up obstructions present in the blood vessels. Generally the principle of action of these drugs is similar to muhallil, mushil, jali and qatey advia. They are used both externally and internally. Ex: tobacco and sharab are used internally. Jamalghota, khardil, darchini, zarooni, sankhiya are used externally.
- 2. BASIT-E-UROOQ (VASODILATORS):** These drugs dilate the blood vessels and are hot in temperament (mizaj). They are muhammir (rubificent) as well. They increase hiddath (irritative power) in the blood and heat in the blood vessels. This makes the skin soft causes dilatation. Ex:- Roghan-e-jamalghota, rayi, sankhiya.
- 3. MUHARRIKAT-E-UROOQ (STIMULANTS):** These drugs increase the movement of arteries. They are hot and mufarreh. Ex:- Kuchla, Arsenic, Filfil-e-siyah, Zafran, Mushk, Amber.
- 4. MUBT-E-HARKAAT-E-UROOQ (DEPRESSANTS):** These drugs decrease the functions of arteries. There are mubarrid and mukhaddir. Ex:- Afyun, Yabruj.
- 5. QABIZ-E-UROOQ (VASOCONSTRICTORS):** These drugs constrict the blood vessels which affects the flow of blood and blood circulation. They are used both externally and internally. Ex:- Onion, Kuchla, Beeq-e-Anjabar, Post-e-anar, Alum etc.

EFFECTS OF DRUGS ON CAPILLARIES (UROOQ-E-SHA'RIYA):

It has been observed that the necessity to use drugs on capillaries is more than those acting on arteries and veins. Note: most of the drugs that have an effect on skin have an effect on capillaries as well. They have two main functions:

Drugs which increase the blood flow:

- **Kaavi (caustic):** These drugs due to their burning action irritate the skin and increase the blood supply. Ex:- Tezaab (acids), lehsun, hot metals etc.
- **Munaffith (vesicants):** These drugs produce blisters. Ex:- Bhilawa, Sankhiya.
- **Mubassir (ulcerative):** These drugs increase the blood supply by producing acne (busoor) filled with pus. Ex:- Khardil, Jamalghota.
- **Muhammir (rubeficient):** These drugs irritate and redden the skin due to which blood supply is increased. Ex:- Rai, Lehsun.

- **Akaal (corroding drugs):** Ex:- tootiya sabz, majeet.
- **Muqarreah (Ulcerative):** These drugs produce ulcers on the skin and effects the capillaries and increases the blood supply. Ex:- Chuna, Jamalgota, Hadtaal.
- **Mumalli (scabbing drugs):** These drugs fill the wounds and form a scab. They help to divert the maadda-e-marz away from the diseased part and bring relief. Ex: when kafoor or sandal is applied on forehead during aheadache the maadda-e-maz is diverted away from forehead and the pain is reduced.

Drugs which decrease the blood flow:

These types of drugs generally causes vasoconstriction due to which blood flow decreases. Ex:-Anjabar, Phitakri, Dammul akhwain.

CHAPTER 22

EFFECTS OF DRUGS ON BLOOD

The drugs that effect the blood have the following actions:

1. **MURAQQIQ (BLOOD THINNERS):** These drugs decrease the consistency/viscosity of blood. Ex: All drugs which have high water content such as Tarbuz, Pyaaz, Kharbuz, Kakdi, Ganna, Kheer, lehsun etc. They also decrease in the blood cholesterol level (Shehmiyath-e-khoon).
2. **MULATTIF (DEMULESCENT):** These drugs produce latafath in consistency of blood. These drugs are acidic (tursh) and destroy the “ghair tabayee amazish of balgham” (abnormal mixing of balgham). (Balgham is also known as Kacha khoon). Ex: Zulaal-e-tamarhindi (clean water which is obtained on crushing the imli), Aab-e-anar tursh is also given in cases of increase in safra.
3. **MUSAFFI (PURIFIER):** These drugs treat septic and saudavi ghulba (prominence of sauda) in blood. Ex: Aftimoon, Bisfaij, Charaita, Shahetra, Unnab, Ushba. All musaffi-e-khoon drugs are lypoglycemic.
4. **MUSLEH (CORRECTIVE):** They correct the consistency and help in digestion. They are also called “Dawa-e-musleh khoon”.
5. **MUGHALLIZ (BLOOD THICKENERS):** These drugs are usually sard (cold) in temperament and qabiz (constrictive) in nature. Ex: tukhm-e-khurfa, tukhm-e-kahu, tabasheer and gul-e-surkh. Mudiraat, mushilaat and fatty drugs are included in this category.
6. **MUFASSID (DESTROYING):-** These drugs produce fasad (disruption) in the qiwwam (consistency) of blood. All zof-e-Jigar-o-Meda drugs produce fasad in the blood. These drugs cause derangement in the colour and taste of blood.
7. **MU’ADDIL (MODERATOR):** These drugs keep the mizaj of khoon on aetadal (normal). Ex: Charaita, Gul-e-Mundi, Gul-e-Surkh.
8. **MUJAMMID (CONDENSOR):** These drugs increase the coagulating property of blood. Ex: Beeq-e-anjabar, Sartaan-e-Muharrik, Sandal-e-sokhta.
9. **MAZEED KIRYAT-E-HUMRA (RBC PRODUCERS):** These drugs which increase the production and count of RBC. Ex: Faulad and murakkabath of sankhiya.
10. **MUQALLIL KIRYAT-E-HUMRA (RBC REDUCTORS):** These rugs reduce the production and count of RBC’s. Ex: Long term use of sankhiya destroys RBC’s.

- 11. KHOON KE RADD-O-AMAL KO KHARI BANANE WALI:** These drugs increase the pH (radd-o-amal) of blood and make it alkaline. Ex: Namak-e-ta'am, Naushadar.
- 12. KHOON KE RADD-O-AMAL KO TEZABI BANANE WALI:** These drugs decrease the pH of blood and make it acidic. Ex:- Aab-e-anar tursh, Zulal-e-tamarhindi.
- 13. MUZA'YYIF-E-QUWWATH-E-INJEMAAD:** These drugs depress the coagulating property of blood. Ex: Tursh mewajath.

CHAPTER 23

EFFECTS OF DRUGS ON YELLOW BILE (SAFRA)

The drugs that act on safra have the following actions:

- I. **MU'ADDIL (MODERATOR):** These drugs moderate the consistency, constituents and pH of safra. Ex: isapghol, bihi dana, tukhm-e-petha, tukhm-e-palak, tukhm-e-khurfa, tukhm-e-khayarin, tukhm-e-kasni, tukhm-e-kahu muqashar etc

- II. **MUNZIJ (CONCOCTIVE):** These drugs produce "nuzj" (cook/boil) in the safra. Nuzj helps in the collection and maturation of the ghair tabyee madda (morbid matter) and makes it easy for evacuation. Ex: post-e-beekh-e-kasni, alu Bukhara, tukhm-e-khitmi, unnab vilayti, inab-us-sal'ab, sikankabeen asli, shahetra etc

- III. **MUSHIL (PURGATIVE):** These drugs excrete the ghair tabyee safra through faeces. Ex: Alu Bukhara, afsanteen, turanjabeen, tamar hindi, sana makki, saqmoniya mushawwa, sheer khisht, sibr zard etc

CHAPTER 24

EFFECTS OF DRUGS ON PHLEGM (BALGHAM)

The drugs that act on balgham have the following actions:

- I. **MU'ADDIL (MODERATOR):** These drugs bring "i'tedaal" in balgham. Ex: asla-as-soosmuqashar, afyun, anjeer zard, badiyaan, parsiyavishan, tukhm-e-khubazi, tukhm-e-khitmi, sumbul-ut-teeb etc
- II. **MUNZIJ (CONCOCTIVE):** These drugs produce "nuzj" (cook/boil/mature) the balgham so that it can be evacuated easily. If the balgham is raqeeq (thin) then it makes it ghaleez (thick) and if it is ghaleez (thick) then it makes it raqeeq (thin) and if it is laisdar (mucilaginous) then it decreases its lazujat so that it is easy for evacuation. Ex: asl-as-soos, anjeer, afyun, badiyan, parsiyavishan, tukhm-e-khitmi, sikanjabeen, shika'ee, gul-e-surkh, gulqand etc
- III. **MUSHIL (PURGATIVE):** These drugs excrete the ghair tabyee or excessive balgham through faeces. Ex: bisfaij, turbud, habb-e-ayarij, habb-e-neel, hurmul, roghan-e-bedanjeer, rewandchini, shehem-e-hanzal, farafyun etc

CHAPTER 25

EFFECTS OF DRUGS ON BLACK BILE (SAUDA)

The drugs that act on sauda have the following actions:

- I. **MU'ADDIL (MODERATOR):** These drugs bring "i'tedaal" (moderation) in the sauda. Ex: ustekhuddus, baadaward, badranjboya, parsiyavishan, tukhm-e-khaboza, shahetra, shika'ee, unnab etc
- II. **MUNZIJ (CONCOCTIVE):** These drugs produce "nuzj" in ghair tabyee sauda. Ustekhuddus, aslasoos, unnab vilayti, sapistan, parsiyavishan, barg-e-shahetra, badiyan etc
- III. **MUSHIL (PURGATIVE):** These drugs help in the excretion of ghair tabyee sauda through feaces. Ex: amla, ustekhuddus, ayarij, barg-e-badranjboya, barg-e-sana makki, bisfaij, tukhm-e-balangu, tukhm-e-kasoos, habb-un-neel, rewand khatayi, ghariqoon etc

CHAPTER 26

EFFECTS OF DRUGS ON LIVER

The drugs that act on liver have the following actions:

- I. **MUQAVVIYAT-E-JIGAR (LIVER STRENGTHENERS):** These drugs are those which strengthen the liver due to their special property and their ajza-e-tarkeebi. They tone the following functions of liver.
- **Quwwat-e-hazima [Power of digestion]:** These drugs strengthen the liver by increasing its power of digestion. Ex: Izkhar, darchini, zafran, murmakki etc
 - **Quwwat-e-jaziba [Power of absorption]:** These drugs strengthen the liver by increasing its power of absorption . Ex: Izkhar ,afsanteen, babuna.
 - **Quwwat-e-masika [Power of transportation]:** These drugs strengthen the liver by increasing its power of transportation. They are qabis in nature and less hot in temperament. Ex: Gul- e-surkh.
 - **Quwwat-e-dafiyah [Power of excretion]:** These drugs strengthen the liver by increasing its power of excretion. Ex: Maa-ul-jubn.

The following types of drugs also help in the strengthening of liver:

- ✓ **MUALLID-E-SAFRA:** These drugs increase the production of safra in the liver and accelerate its functions therefore toning the liver. Eg: Rewand chini, zohra-e-gau, saqmoniya, suranjan, fil fil-e-siyah-o-safed and naushadar.
 - ✓ **MUQALLIL-E-SAFRA:** These drugs prevent the abnormal production of safra. Ex: aab-e-anar tursh, limu, imli, aab-e-innab-us-salab, sabz etc
 - ✓ **DAFA-E-MAVAD-E-MARZ:** These drugs get rid of the mavad-e-marz (disease causing morbid matter) produced in the liver and retain its normal functioning. Ex: Afsanteen, kasni, makau etc
 - ✓ **MUADDIL:** These drugs maintain the mizaj of the liver at a normal temperament, prevents the soo-e-mizaj- e-jigar and strengthen the liver. Ex: Muravvaqain (aab-e-sabz-e-kasni muravviq and aab-e-sabz-e-makau muravviq).
 - ✓ **BIL WASTA AMAL KARNE WALI:** Few drugs do not act directly on the liver; instead they act on stomach and intestine which lead to the strengthening of liver. Ex: Jawarish-e-jalinoos etc
- II. **MUZAYYIFAT-E-JIGAR:** These drugs depress the activities of liver and in turn weaken it. Ex: Gauzaban etc

CHAPTER 27

EFFECTS OF DRUGS ON SPLEEN

The drugs that act on spleen have the following actions

MUQAWWI-E-TIHAL (TONERS): These drugs increase the function of the spleen and strengthen the spleen.

Ex: ushaq [gond], jhaau, beeq-e-kibr etc

MUZAYYIF-E-TIHAL (DEPRESSORS): These drugs which decreases the function of the spleen ana weaken the spleen. Ex: gauzaban etc

CHAPTER 28

EFFECTS OF DRUGS ON GALL BLADDER

The drugs that act on gall bladder have the following actions:

- I. **MUQAVVI (TONICS):** These drugs strengthen the gall bladder. They are the same as muqavvi-e-tihal.
- II. **MUZA'YYIF (DEPRESSANTS):** These drugs weaken the gall bladder. They are the same as muza'yyif-e-tihal.

CHAPTER 29

EFFECT OF DRUGS ON DIGESTIVE SYSTEM

DRUGS ACTING ON STOMACH

The drugs that act on stomach have the following actions:

1. **MUQAVVIY-E-MEDA (STOMACH TONERS):** These drugs increase the secretion of Hcl, and hence strengthen the stomach by increasing its function. They are of 3 types:
 - a. **Khushboodar advia (Fragrant drugs):** These drugs have a pleasant odour and act as gastrotonic. Ex: ansoon, badiyan, clove etc.
 - b. **Adviya-e-murriya (Bitter drugs):** These drugs strengthen the stomach through their bitterness. Eg: gul-e-baboona, post-e-naranj, juntiyana etc.
 - c. **Adviya-e-khareefa (Tangy drugs):** These drugs strengthen the stomach through their tanginess. Eg: fil fil-e-siyah, rayi etc. Some astringent drugs also act as gastrotonic.
2. **MUZAYYIF-E-MEDA (STOMACH DEPRESSANTS):** These drugs decrease the secretion of gastric juice. Eg: jawakhar.
Some drugs in small dose increase the secretion of gastric juice but in larger doses they absorb the fluids and reduce the secretion of the juices. Eg: gram, borax etc.
Opium also depresses the stomach activity and secretions.
3. Some drugs reduce the peristaltic movement such as opium, Datura etc.
4. Some drugs change acidic media in stomach such as naushadar (nacl).
5. Some drugs increase the acidic matter in stomach as acids, sulphur etc.
6. **MANAY-E-Some** drugs reduce putrefaction due to enzymatic changes in stomach food as menthol (pudina) thymol.
7. **KASIR-E-RIYAH (ANTI FLATULANT):** These drugs act on gases in the stomach. Eg: barg-e-sudab, anisoon, ajwain desi, heeng, badiyan, pudina, rai, zanjabeel and zeera
8. **MUQAI (EMETIC):** These drugs act on emetic centre and induce emesis such as rayi, tukhm-e-shibat, jangli pyaaz, phitakri, totiya sabz.

9. **MANAYAT-E-QAI (ANTI-EMETIC):** These drugs stop the emesis such as opium, zarishk, bihidana, sharab (in lesser quantity)

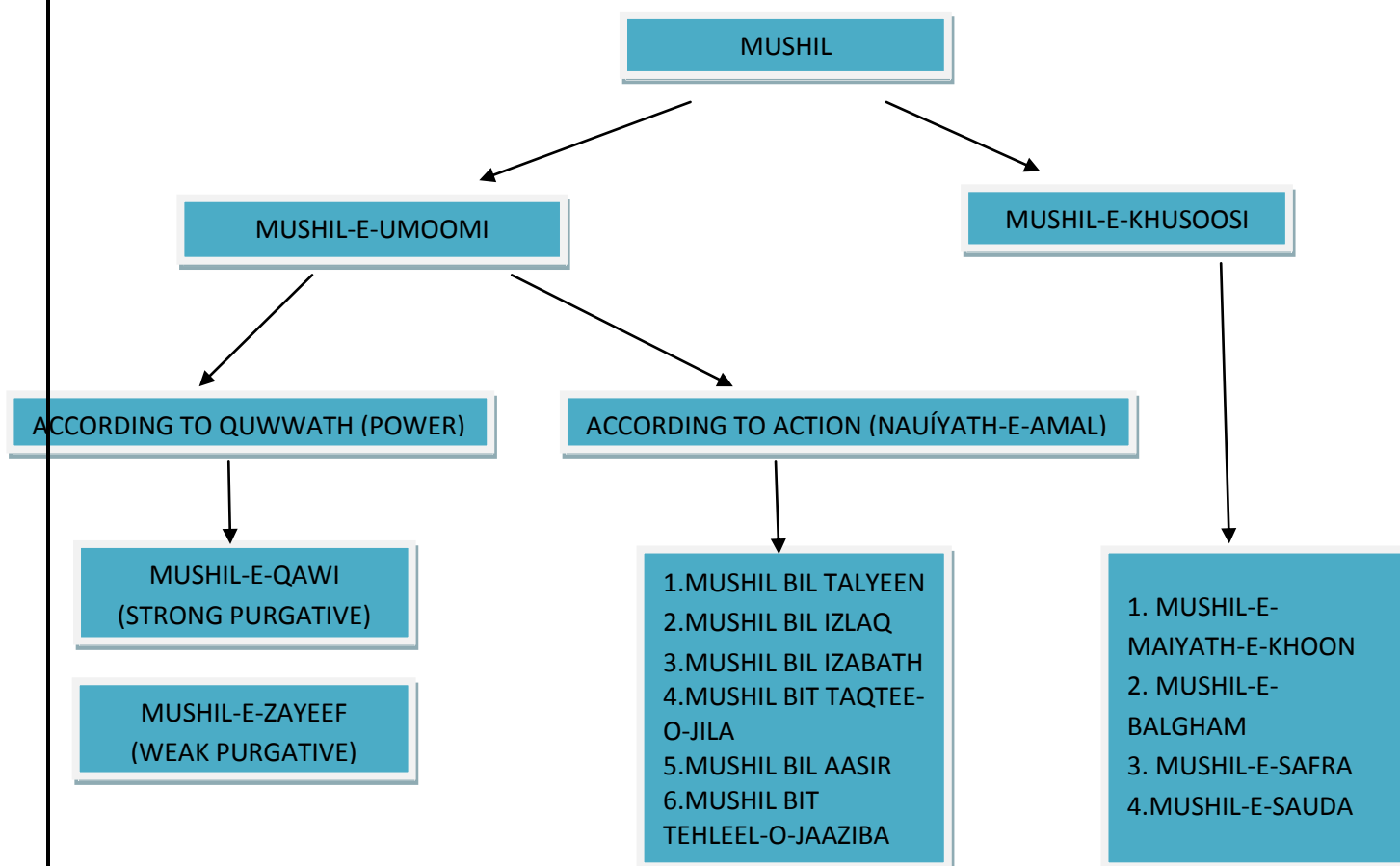
EFFECTS OF DRUGS ON INTESTINES

The drugs that act on intestines have the following actions:

1. **MULLAIYINATH (LAXATIVES):** These drugs stimulate the intestinal tissues and increase their quwath-e-dafiya (repellent power) which makes defecation easier. Eg: roghan-e badam, tamar hindi, roghan e bedanjeer, anjeer, maveez munaqqa, sheerkhist.
2. **MUSHILATH (PURGATIVES):** These drugs increase the secretion of glands along with an increase in the excretory power. This liquefies the feces and several stools are passed. This helps in eliminating the body of unnecessary toxins and morbid matter. Eg: jamalghota, saqmonia, usara-e-rewand, shehm-e-Hanzal, beekh-e-jalapa, habb-un-neel, sana makki, turbud and amaltas.

Difference between mushil and mullaiyin drugs: Laxative drugs clean the stomach and intestines but purgatives clean the whole body.

Purgatives are of the following types:



MUSHIL-E-UMOOMI ACCORDING TO QUWWATH

1. **Mushil-e-qawi:** These drugs produce severe diarrhoea (loose watery stools). They increase the frequency and severity of defecation. They are of 3rd and 4th degree. Due to their strength the person may be dehydrated which may lead to death in fatal cases. Diarrhoea has rice water like consistency. Eg: jalapa , turbud, sheerqist, habbus salateen.
2. **Mushil-e-zayeef:** These drugs are a little stronger than mullaiyin advia . They increase the frequency but not the severity of defecation. Eg: khyashambar in little quantity, erand etc

MUSHIL-E-UMOOMI ACCORDING TO NAUVIYATH E AMAL:

1. **Mushil-bil-talyeen (softening purgatives):** These drugs help in the removal of morbid matter by softening it. Eg: sheer khist etc.
2. **Mushil-bil-izlaq (slippery purgatives):** These drugs scatter the morbid matter through their slippery effect and help in its evacuation. Eg: turbud etc
3. **Mushil-bil-izabath (melting purgatives):** These drugs remove the morbid matter by melting them. Eg: rogha- e-erand, saqmoniya, revand chini and khayashambar.
4. **Mushil-bil-taqtee-o-jila (lacerating and cleansing purgatives) :** These drugs break down the matter into smaller particles and peel them off the surface of intestines. Eg; borax, honey, zohra-e-gau.
5. **Mushil-bil-aasir (congestive purgatives):** These drugs increase astringent power of intestines and squeeze the morbid matter out. Eg: halela, amla.
6. **Mushil-bil-tehleel-o-jazib (dissolving and absorbing purgatives) :** These drugs dissolve the morbid matter so that intestines can absorb them easily and in turn be evacuated. Eg: turbud, salts.

MUSHIL-E-KHUSOOSI/KHILTI

1. **Mushil-e-balgham (phelgmagogue):** These drugs evacuate the ghair tabyee balgham. Eg: turbud, khayashambar.
2. **Mushil-e-sauda (melanagogue):** These drugs evacuate the ghair tabyee sauda. Eg: aftimoon.
3. **Mushil-e-safra (choelagogue):** These drugs evacuate the ghair tabyee safra. Eg: sheerkhist, saqmoniya.
4. **Mushil-e-maiyath-e-khoon (hydragogue):** These drugs evacuate the unnecessary or excessive serum from blood. They do this through their power of absorption. Eg: salts.

3.QABIZ (ASTRINGENT): These drugs contract the surface membrane of the intestine and decrease the power of evacuation because of which it is difficult to defecate. The stools may appear to be dry in nature.

Example of few qabiz drugs and their mode of action:

- Few drugs contract the vessels of intestine and hence act as astringents. Eg: beekh-e-anjbar, post-e-beekh-e-anar, shab-e-yamani.
- Few drugs depress the evacuation power of intestines and hence create contraction. Eg: ajwain kharasani, afyun.

- Few drugs create anaesthetic effect on the intestine and bring out qabz, because of which even the sensory nerves stops working temporarily. Eg: afyon , khash khash , yabrooj , azaraqi.

4.QATIL-E-DEEDAN (VERMICIDE): These drugs kill the worms of intestine.

- Qatil-e-hayath kills round worms. Eg: baubadang
- Qatil-e-habbul qara kills tapeworm. Eg : bakayan.
- Qatil-e-dood-un-nahl kills thread worms. Eg: aab-e-namak taam

5.MANA-E-UFOONATH (ANTISEPTIC): These drugs prevent putrefaction in the intestines. Eg: satt-e-ajwain , satt-e-lemu.

6.LAAZE (IRRITANT): These drugs which produce irritant effect, itching and burning sensation in the intestine. They act on the mucous membrane. They can cause pain, vomits, nausea and haemorrhage. Eg: rayi, sirka, jamoon, salts etc.

7.MUQAVIYATH (TONICS): These drugs increase the activity of intestines which helps them work efficiently. This is done in the following ways:

- Qabiz: As explained earlier.
- Jali: These drugs clean the intestines of any ghair tabayee rutubath. Eg: kharanfil.
- Mushtahi: These drugs increase the appetite and are usually acidic in nature. Eg: lemon, khardil.
- Mo'attar: These drugs indirectly increase the efficiency of intestines through their fragrance. Eg: zafran.
- Muhafiz-e-hararath-e-ghariziya: These drugs protect the normal temperature of intestines. Eg: mastagi
- Moallid-e-hazam: These drugs strengthen the power of digestion in the intestines. Eg: intestine of animals
- Muqaviyath-e-asab: These drugs increase the strength of the intestine indirectly by strengthening their nerves. Eg: kuchla.

8.MUZAYYIFATH (DEPRESSANTS): These drugs depress the efficient working of intestines. Eg: abhal, bhendi, sambhalu.

9.MUKHRIJ-E-DEEDAN (VERMICIDE): similar to qatil-e-deedan.

10.HUQNA (ENEMA): These drugs are administered via the anus for various reasons. This route of administration is ancient. Some old clinicians recommended it in conditions such as oral dysfunction, dysphagia, frequent emesis and obstructive conditions. Some time drugs are also given to stimulate the neighbouring parts of rectum like increasing uterine contractions during labour. Huqna is classified into the following 11 types based on their indications:

❖ **HUQNA-E-MUSHILA (purgative enema):** This enema is clean the intestines usually before operative procedures. It triggers defeacation. Eg: aab-e-saabun, aab-e-namak, aab-e-borax, roghan-e-bedanjeer and moghz-e-fulus-e-khayashambar. Types of huqna-e-mushila:

- **HUQNA-E-MUSHIL-E-MULAYYINA (laxative enema):** These drugs have a moderate potential and clean the intestines through defecation along with laxative effect. Eg: aab-e-sabun and aab-e-namak.

- **HUQNA-E-MUSHIL-E-HADDA (strong purgative enema):** These drugs are very strong in nature and they clean the intestine thoroughly and are used in chronic disorders. Eg: aab-e-berg-e-sanamakki, aab-e-saabun, usara-e-revand (it is very strong and may cause colitis therefore it is given along with zanjabeel.)
- ❖ **HUQNA-E-QABIZ (astringent enema):** This enema prevents the removal of necessary fluids through the intestine. The fluids may be water or blood. Eg: beekh-e-anjabar, phitakri, dam-ul-akhwain and maazu.
- ❖ **HUQNA-E-MOHLILA (resolvent enema):** This enema is used in the treatment of inflammation of rectum and anus. Eg: pudina, hasha, hulba (methi), khitmi, khyashambar, nakhuna, babuna and makau.
- ❖ **HUQNA-E-KASIRA (carminative enema):** This enema is used to reduce flaulence. Eg: anisoon and badiyan.
- ❖ **HUQNA-E-MUGHAZZIYA (nutritive enema):** This enema is given for nutrition in conditions where the patient is unable to take food orally. Eg: maa-us-sha'eer(barley water), maa-ul-'asl (honey water), lemon juice, orange juice etc. Before giving nutritious enema it is necessary to evacuate intestines.
- ❖ **HUQNA-E-MUSAKINNA (analgesic enema):** They reduce the pain in intestines. Eg: Belladonna.
- ❖ **HUQNA-E-MUKHADIRA (narcotic enema):** This enema is given in conditions of pain or irritation in the intestines. Eg: ajwain khurasani.
- ❖ **HUQNA-E-MUMALISA (emmolient enema):** This enema is used for emmolient action to reduce irritation. Eg: lu'aab-e-isabhgol.
- ❖ **HUQNA-E-MO'ADDILA (moderate enema):** This enema is used to alter the mizaj of intestine so that its close to mo'tadil mizaj. Eg: aab-e-tarbooz and aab-e-khayar (cucumber juice).
- ❖ **HUQNA-E-DAAFA- E-UFOONATH (antiseptic enema):** This enema is given to remove the infection from intestine. Eg: neem leaves, honey and camphor.
- ❖ **HUQNA-E-DAAFA-E-TASHANUJ (anti convulsive):** This enema is used to reduce convulsions. Eg: aab-e-baobadang.

CHAPTER 30

EFFECT OF DRUGS ON URINARY TRACT SYSTEM

Urinary system includes the kidneys (kulliya), haalibain (ureters), masana (bladder) and mujariye boul (urethral orifice). The drugs that effect the urinary system have the following actions:

- I. **MUQAWI-E-GURDA-O-MASANA (KIDNEY AND BLADDER STRENGHTENERS):** These drugs give quwath (power) and strengthen kidney and bladder. The drugs which are muqawi for liver and nervous system are also muqawi for kidney and bladder.
Muqavviy-e-kulliya: amla, anar, izkhar, afsanteen, baboona, darchini, etc.
Muqavviy-e-masna: zafran , ambar, mushq, kuchla etc.
- II. **MUSAMMIN (FATTENING):** These drugs fatten the kidney and bladder. Eg: pista, tukhm-e-kharpiza, tukhm-e-kaddu, chilgoza, khash khash, moghz-e-badam.
- III. **MUDIR-E-BOUL (DIURETICS):** These drugs act on urinary system and increase the urinary output. Action of diuretics (mudir-e-boul ki sooratein):
 - i. Induces micturation in case of anuria .
 - ii. These drugs act on blood vessels and other organs of the body thus help in expelling of unnecessary fluids through urine.
 - iii. They cause irritation in kidney because of which the blood flow to kidney increases causing a surge in the filtration of blood.
 - iv. They stimulate the tissues of kidney resulting in increased flow of urine. Eg: water (high intake of water), jawakhar, tea (in large quantity), zarareeh, shor-e-qalmi, kababchini etc.
- IV. **MUQALLIL-E-BOUL/HABIS-E-BOUL (OLIGURIA/ ANURIA):-** The use of these drugs results in the decrease in quantity of urine. The mizaj of these drugs is khushk {dry}. Eg: barood, hab-ul-aas, khaulanjan, saadkoofi, kunjad, kundar, etc.
- V. **MUZA'YYIF-E-GURDA (KIDNEY DEPRESSANTS):-** These drugs decrease the functioning of kidney. The drugs used are gelatinous in nature. Ex: gauzaban.
- VI. **MUZA'YYIF-E-MASANA (BLADDER DEPRESSANTS):-** These drugs depress the functioning of bladder. Eg: tursh ashia (acidic drugs).
- VII. **MUKHADDIR-E-MASANA (BLADDER ANAESTHETICS):-** These drugs cause loss of sensation of bladder. These drugs usually relieve irritation and pain in the bladder.

- VIII. MUFATIT-E-HISSAAT (LITHOTROPIC):-** These drugs break and remove the stones present in kidney, bladder and ureters. These drugs prevent the formation of minute particles in the kidney. Eg: hab-ul-khilt, hijr-ul-yahood, sang-e-sarmahi etc.
- IX. MAN-E-UFOONATH (ANTISEPTIC):-** These drugs prevent sepsis which may be formed in the urinary system. Eg: barg-e-neem, sandal, kafoor, kababchini etc.
- X. MUGHAYYIR-E-AJZA-E-BOUL (URINE VARIANTS):-** These drugs change the chemical constituents of urine. These drugs act on reaction of urine and color of urine.
- i. Drugs which causes changes in colour of urine: Black color- sankhiya. Violet color- revandchini and sanamakki
 - ii. Drugs which effect on reaction of urine: These drugs increase acid content in urine. Eg: sirka, loban, ghosh ki ziyadati etc. Some drugs also increase salt content in the reaction of urine. Eg: shor-e-qalmi, naushadar etc.
- XI. MUSAKKIN-E-ALAM (ANALGESIC):-** These drugs relieve the pain , irritation, discomfort in the urinary organs. Ex: ajwain khurasani, afyun, dhatura, sandal, kafoor , yabruj etc.

CHAPTER 31

EFFECTS OF DRUGS ON REPRODUCTIVE SYSTEM

EFFECTS OF DRUGS ON MALE GENITALIA (AZA-E-TANASUL-E-MARDANA)

The drugs that act on the male genitalia are of 2 types:

1. **MUQAVVIY-E-BAAH (APHRODISIAC):** These drugs increase the desire of coitus and relish it. They act in 4 ways:
 - A few drugs act on the sexual nerve centre and increase the desire of coitus and sexual activities. Ex: bhang, kuchla etc.
 - A few drugs act on the urinary system (nizam-e-boul) and other related organs. They stimulate, irritate and increase the local blood circulation, which causes an increase in the sexual desire and activities. These drugs are usually used externally. Ex: Roghan-e-zarareeh and roghan-e-maalkangni.
 - A few drugs which are general body strengtheners are also muqavviy-e-baah. Ex: mushk, amber, sharab and faulad.
2. **MUZ'YYIF-E-BAAH (ANAPHRODISIAC):** Drugs which decreases the desire of coitus and sexual activity. They have different modes of action which are as follows:
 - Markaz-e-asaab ko mutasir karne wali dawayen: These drugs act on the sexual centre in yhe CNS and depress it which in turn causes depressed sexual activity and a decrease in the desire of coitus. Ex: afyun, ajwain kharasani, tursh and hamiz advia.
 - Muttaslia aza (accessory organs) par asar andaz ho kar zof paida karne wali dawayen: These drugs depress the accessory sexual organs or the neighboring organs of the sexual organs which causes depression in the sexual activity and coitus. Ex: Massage with sard roganiyath, zimad of cold drugs and barf.
 - Aam muza'yyif dawayen: These drugs which causes generalized weakness in the body and also decrease sexual activity and pleasure.
 - Maqami haijan ko kam karne wali dawayen: These drugs also decrease sexual desire. When urine becomes more acidic than normal then drugs that alkalinize the urine are prescribed, these drugs also decrease the desire for coitus.

EFFECTS OF DRUGS ON FEMALE GENITALIA (AZA-E-TANASUL-E-ZANANA)

EFFECTS OF DRUGS ON UTERUS

- 1. MUDIR-E-HAIZ (EMMENOGOGUE):** These are the drugs which stimulate menses. They have different nau'iyath-e-amal:
Some drugs stimulate the muscles of uterus and increase contractions which initiate menses. Ex: abhal, aspand, elwa, badiyan etc
Some drugs stimulate the nerve endings and initiate menses. Ex: kuchla
Some drugs increase the amount of blood and stimulate menses. Ex: Compound faulad preparations.
Some drugs do not have specific action of idrar, but still their action can be modified to help in stimulating menses. Ex: farafyun, fil fil-e-siyah etc
- 2. MUSAQQIT-E-JANEEN O MASHEEMA (ABORTIFICIENT):** These drugs stimulate the uterine muscles and increase the contraction resulting expulsion of fetus and placenta. Mudirat are included in this category. Ex: phitakri, alsi, zeera etc
A few drugs specifically are used in the form of 'humool' to induce abortion. Ex: aab-e-marrarah
These drugs also induce abortion through their specific action. Ex: ushaq, beekh-e-baskhapra, shehem hanzal, sabun, maghz-e-baarbandal, maghz-e-tukhm-e-bedanjeer etc
- 3. MURAKKHI (EMOLLIENT):** These drugs loosen the muscles of the uterus. These drugs also weaken the uterus and reduce its efficiency. Ex: roghan, momzard etc
- 4. MANA-E-HAMAL (CONTRACEPTIVE):** These drugs prevent conception (isteqrar-e-hamal). Due to the use of these drugs ovulation and vaginal secretions are hindered hence there is no conception. Ex: abhal, anisoon, tajj, Tukhm-e-karafs, habb-e-balsan etc
- 5. MUZA'YYIF-E-REHEM (UTERINE DEPRESSANT):** These drugs weaken the uterus. They decrease the power of contraction and depress the function of uterus. Labor and delivery do not occur within the normal duration. There is a delay in menstruation, functions and functions of the uterus are also reduced. Ex: afyun, bhang, Ajwain kharasani etc
- 6. MAYEEN-E-HAMAL (PREGNANCY SUPPORTER):** These drugs help in conception and stimulate ovulation and vaginal secretions. Ex: buraada-e-aaj, beekh-e-piya bansa, khaksi, daronaj-e-aqrabi, samandar phal, gul-e-dhatura etc

CHAPTER 32

EFFECTS OF DRUGS ON MAMMARY GLANDS

The drugs that effect breasts have the following actions:

1. **MUQAVVI-E-SADAIN/ MUALLID E LUBN (BREAST TONERS):** These drugs increase the functioning of mammary gland and the production of milk. Ex: satavar, anisoon, bozidan, kunjad, tukhm-e-shaljam, singhada etc
2. **MUZAYY'IF E SADAIN/ MUQALLIL-E-LUBN (BREAST DEPRESSORS):** These drugs reduce the quwat of breasts [pistaan] and also decrease the production of milk. According to mizaj and nau'iyat-e-amal they are of 3 types:
 - Garm-o-khush
 - Sard (especially tursh drugs)
 - Mukhaddir.These drugs cause fasadi taghaiyur (abnormal changes) in mizaj of blood, due to which metabolism and production rate comes down. Ex: afyun, yabruj etc
3. **MUGHAIYYIR-E-LUBN (DRUGS WHICH DERANGE MILK):** These drugs bring about changes in the quwat, colour, smell and taste of the milk which increases its quwwat-e-ishal. When the infant consumes this milk he suffers from diarrhea. Ex: all mushils, saqmoniya, revanchini, sanamakki etc
 - Few drugs bring about changes in the taste and smell of the milk. Ex: hing, garlic etc
 - Few tursh (acidic) drugs when consumed by the mother change the milk in such a way that when the infant consumes it he experiences a stomach ache.
 - Few salty drugs turn the milk salty.
 - Few munavvim and sard drugs decrease the production of milk and transfer their properties to the milk and change it. Ex: afyun, gandhak etc

CHAPTER 33

EFFECTS OF DRUGS ON SKIN

Skin includes jild (skin), tehta-e-jild (subcutaneous), gudood-e-arqiya (sweat glands), aasab (nerves) and urooq-e-shariya (capillaries). The drugs that act on skin have the following actions:

1. MU'ARRIQ (DIAPHORETIC):

These drugs induce abnormal functioning of the sweat glands resulting in increase sweat production. These drugs can be used in 3 ways:

- External use (berooni istemal) Ex: phitakri.
 - Internal use (androoni istemal) Ex: ashnan.
 - Internal and external use (androoni-o-berooni istemal) Ex: zanjabeel (adrak), kafoor etc
- Some drugs act on nerves of sweat glands resulting in increased perspiration. Ex: afyun, sharab etc
- Some drugs widen the pores of skin (masamat-e-jild) resulting in increased perspiration. Ex: external heat, hot water bath etc.

2. MANA-E-ARQ (ANAPHORETIC):

These drugs decrease perspiration. They act in 3 ways:

- They weaken the movements of sweat glands resulting in decreased perspiration or complete stoppage of perspiration. Ex: burada-e-faulad.
- They act on the nerves of sweat glands and depress them resulting in decreased perspiration. Ex: Ajwain khurasani and dhatura.
- They block pores of the skin and stop perspiration. Ex: cold water bath.

3. MUGHAIYYIR-E-ARQ (DRUGS THAT CHANGE COMPOSITION OF SWEAT):

These drugs change the quality of sweat. Ex: afyun ,loha etc

4. MUMALLIS (LUBRICANT):

These drugs lubricate and smoothen the subcutaneous layer of skin .They are oily in nature. They soften scratches and smoothen the uneven areas in the mucous membrane. Ex: Roghaniyath, charbiyan (fat), luabiyath (mucilaginous drugs) and mom (wax).

5. MURAKKHI (EMOLLIENTS):

These drugs are hot and moist in temperament. They soften the skinand widen the pores skin. Ex: external use of tukhm-e-katan.

6. MUBASSIR (PUSTULES/ACNE PRODUCING DRUGS):

These drugs when applied locally produce acne and pustule like eruptions on the surface of skin due to irritation. Ex: roghan-e-jamal gotta, kuchla, lehsun etc

7. MUNAFFIT (VESICANT):

These drugs will produce blisters on local application. Ex: sankhiya and kuchla.

8. **MUQARREH (ULCERATIVE):** These drugs produce wounds on local application. They are very hot in temperament. Ex: Bhilawan, samm-ul-far etc
9. **AKKAL (CORROSIVE):** These drugs have corrosive action and destroy the part on which they are used. Ex: zangar, mardarsang, norra, ushna etc
10. **MUHAMMIR (RUBIFICIENT):** These drugs dilate the blood vessels and improve local circulation due to which there is rubour and redness of skin. They are hot in temperament. Continual use of these drugs may produce vesicles. Eg: khardil (rayi) etc
11. **MUHAKKIK (IRRITANT):** These drugs cause irritation on the body surface as soon as they are applied. They produce irritation. Ex: post-e-arvi etc
12. **KAVI (CAUSTIC):** These drugs leave marks on the skin when used. Ex: heera kais (copper sulphate)
13. **QASHIR (PEELERS):** These drugs remove dirt from the skin in the form of layers. They slough of the superficial layer of skin on application. Ex: Qusst
14. **LAAZEY (IRRITANT):** These drugs cause burning sensation on the skin. Most of the muhammir advias are included in this category. Ex: Rayi

CHAPTER 34

EFFECTS OF DRUGS ON HAIR

The drugs that act on hair have the following action:

1. **MANA-E-IMBATH-E-SHA'AR (DRUGS THAT PREVENT HAIR GROWTH):** These drugs prevent the growth of hair and have the following characteristics:
 - **Mukhaddir (Anesthetic):** These drugs are anesthetic in nature and prevent the growth of hair. Ex: Afyun, luffah etc
 - **Musaddid-e-masamaat (Obstruents):** These drugs obstruct the pores of skin and prevent growth of hair. Ex: sufaida-e-kashghiri, phitakri etc
 - **Kavi (Caustic):** These drugs have a strong hiddat and leave marks on skin when applied locally. Due to their excessive mizaj they prevent the growth of hair. Ex: Rabbits blood.
 - **Majhool-ul-amal (Passive action):** These drugs prevent the growth of hair however, their nau'iyath-e-amal is not known. Ex: Tortise's blood.
2. **MUMBAAT (DRUGS THAT INDUCE HAIR GROWTH):** These drugs acts on roots of hair and make sure they receive sufficient nutrition. Ex: Roghan-e-baiz-e-murgh, Roghan-e-gandum, rayi, zift rumi etc
3. **MUSAVVID (HAIR BLACKENER):** These drugs help in darkening of hair. Ex: halela- e-siyah, bhangra-e-siyah etc
4. **HAALIQ (EPILATORS):** These drugs are acidic in nature and weaken the roots of hair causing hairfall. Ex: lime, mighz-e-badam-e-talkh, hadtal etc

CHAPTER 35

EFFECTS OF DRUGS ON METABOLISM

Different drugs have different effects on the metabolism of the body. Metabolism is the conversion of drug from one form to another form. Substances that enter the body through food, water, air, medicine, etc come in contact with harath-e-ghariziya and undergo changes, this is termed as metabolism. The changes that occur in the rutubath due to hararat-e-ghariziya which result in the badal-ya-tahallul of the body and maintain nizam-e-jismani are also termed as metabolism.

There are two types of metabolism:-

- I. **Istehaala-e-kaifi /majazi:-** In this metabolism the quality of the drug is changed but its reality and chemical structure remains the same, ex: boiling of water, formation of chyme after digestion.
- II. **Istehaala-e-suri/haqiqi:-** In this metabolism quality, reality and chemical structure of drugs is changed. Ex: conversion of water into vapour, formation of bile in the liver after digestion etc.

The effects of drugs on metabolism are as follows:

1.MUQAVVIYAT-O-MUHARRIKAT-E-ISTEHALA (STIMULATING AGENTS): These drugs increase the rate of metabolism in the body. They are “haar” in temperament. There might be local or general rise in the temperature of the body. These drugs are further divided into 2 types:

- **Maqami muharrikat-e-istehala (Local stimulating agents of metabolism):** These drugs localise their effect to a particular organ/part of the body. They increase digestion, absorption, excretion, blood circulation and nutrient power. When there is a necessity of nutrition to a particular part, mussakkhin (calorific) drugs are used, as a result the arteries get dilated and more nutrition is supplied to that part. Nutrient and metabolic power (Quwwat-e-ghaziya-o-mughaiyyara) increases. This also leads to an increase in the excretion of morbid matter. Examples:
 - ✓ Mumbit-e-shaar: Roghan-e-baiz-e-murgh, Roghan-e-gandum, Roghan-e-malkangni etc
 - ✓ Musamminat-e-badan: Roghan-e-balsan, Roghan-e-malkangni etc
 - ✓ Muhallil-e-auram: Baboona, Tukhm-e-katan, Kasni, Makau, Nakhoona etc
 - ✓ Mujalliyaat: Itrilaal, Post-e-turanj, Aqarqarha etc
- **Umoomi muharrikat-e-istehala (General stimulating agents of metabolism):** These drugs increase the rate of metabolism (BMR) of the whole body. All the Muqavviyat-e-asaab, Muqavviyat-e-qalb-o-jigar, Muqavviyat-e-gurd-o-masana are included in this category.

2.MUZA'YYIFAT-E-ISTEHALA (DEPRESSING AGENTS): These drugs decrease the rate of metabolism in the body. They are “barid” in temperament. There might be local or general fall in the temperature of the body. These drugs are further divided into 2 types:

- **Maqami muza'yyifat-e-istehala (Local depressing agents of metabolism):** These drugs depress the local circulation of the body as a result the digestion, absorption, and nutrition decreases. There a decrease in the hararat-e-ghariziya as well. These drugs are usually habis or qabiz in nature.

- **Umoomi muza'yifat-e-istehala** (General depressing agents of metabolism): These drugs decrease the rate of metabolism (BMR) of the whole body to some extent. The drugs that decrease hararat-e-ghariziya and hararat-e-ghareebiya are included in this category.

3.MU'ADDILAT-E-ISTEHALA: These drugs bring the "ghair tabyee istehala" of the body back to normal. They stimulate the metabolism when depressed and depress when it is excessively stimulated. Examples:

- **Musayyifat-e-khoon:** Charaita, Shahetra, Unnab, Gul-e-neem, Mundi, Halela etc
- **Munzij-e-Safra:** Alubukhara, Post-e-beekh-e-kasni, Tukhm-e-khitmi, Tukhm-e-kasni, Turanjabeen kharasani, Sikanjabeen aslin, Inab-us-sala, Gul-e-banafsha, Gul-e-nilufer etc
- **Munzij-e-sauda:** Ustekhuddus, Aslassoos muqasshar, Badaward, Badranjboya, Badiya, Parsiyavishan, Sapistan, Gauzaban etc
- **Munzij-e-balgham:** Aslassoos muqasshar, Anjeer, Anisoon etc

CHAPTER 36

ACTION OF DRUGS ON NORMAL BODY TEMPERATURE

Just like drugs have an effect on akhlat (humours) they also have an effect on body temperature. Harat-e-ghariziya can be defined as the tabyi hararath that is produced in the body as a result of metabolism. They act in the following ways:

1.MUSSAKKHIN (CALORIFIC): These drugs increase the body temperature of a particular part or the whole body. This type of action is called “amal-e-taskheen” and the drugs are called “advia-e-harra” or “advia-e-musakkhina”. They are of 2 types:

- **ADVIA-E-DAKHILIYA (INTERNAL DRUGS):** These drugs increase the body temperature on consumption. They act internally. They act in two ways:
 - ✓ Drugs act on particular organ and increase its temperature: Mushilat, Mudirat and Lazeyat come under this category. They irritate the mucus membranes of organs leading to vasodilatation, increase in blood circulation and a local rise in temperature. However they do not create an appreciable rise of temperature in the whole body.
 - ✓ Drugs act on the heat regulating centre in the hypothalamus and increase the normal body temperature. When consumed they increase BMR (Basal Metabolic Rate). Ex: Luffah, Yabrooj, Chai, Qehwah, Coffee etc.
Some foods (ghiza) when consumed also increase the body temperature due to their haar mizaj.
- **ADIVA-E-KHARIJIYA (EXTERNAL DRUGS):** There is a local rise in temperature on the application of these drugs. Ex: Munaffit, Akkal, Muqarreh, Muhammir, Lazey, Muhallil, Kavi etc. Application of these drugs leads to irritation, vasodilatation, increase in blood circulation and a rise in temperature. Ex: onion, jamalghota, rayi, roghan-e-balsan, roghan-e-moong, roghan-e-malkangni, lehsun etc.

2.MUBARRID (REFRIGERANT): These drugs decrease the normal body temperature. They are either internally acting or externally acting drugs.

A few drugs are “bis-soorat” in their action i.e. they are cold by themselves. Ex: Ice cubes, cold water etc.

A few drugs are “bil-fel” in their action i.e. they are not cold by themselves but produce a cold effect when used internally or externally. They act in the following ways:

- ✓ MU'ARRIQ: These drugs bring down the body temperature through perspiration.
- ✓ FARARI: These drugs are volatile in nature and when applied to the body surface they evaporate taking the heat with them, as a result the temperature decreases. Ex: Eucalyptus oil, kafoor, sirka etc

- ✓ A few drugs act on the heat regulating centre of hypothalamus and bring down the temperature.
Ex: Muza'yyifat-e-istehala etc
- ✓ A few drugs dissolve the heat of the body. They act in two ways:
 - ❖ Mosi-e-urooq (Vasodilators): On vasodilatation the surface area for the escape of heat increases which results in the fall of temperature. Ex: sharab, besh etc
 - ❖ A few drugs passively reduce the temperature by making hidden changes (makhfi taghayyurat) in the body
- ✓ A few drugs destroy and eliminate the "mawad-e-marz" which is followed by a fall in temperature as this helps in recovery. These drugs either act on the "madda" directly (barah-e-raast) or act on the heat indirectly (bil-wasta). Ex: Atees, afsanteen, karanjwa, sankhiya, gul-e-neem etc

CHAPTER 37

EFFECTS OF DRUGS ON ABNORMAL BODY TEMPERATURE

Drugs do have an effect on the abnormal body temperature (Hararat-e-ghareebiya). They can increase or decrease it based on the mizaj of the drug. When the drugs decrease the hararat-e-ghareebiya they are called “Mubarrid drugs” and when they increase the hararat-e-ghareebiya they are called “Musakkin” drugs.

MUBARRID (REFRIGERANTS): These drugs are of 2 types:

1. **Mubarrid dakhili (Internal refrigerants):** These drugs decrease the hararat-e-ghareebiya on consumption. They are further divided into 2 types:
 - **Mubarrid-e-khafeef (Weak refrigerants):** These drugs are usually used during mild fevers. Their aim is not to decrease the temperature but to soothe and relax the symptoms and bring relief to the body. Ex: Aab-e-tarbooz, aab-e-khayarain, Aab-e-leemu, cold water, Luab-e-isapgol, luaab-e-bihidana etc.
 - **Mubarrid-e-shadeed (strong refrigerants):** These drugs are used in high fevers to combat the greater degree of hararat-e-ghareebiya. They have the potential to bring about a sudden drop in the temperature. They are toxic in nature and may harm the body hence should be used with strict precautions. Ex: para (mercury), phitakri (alum), sankona, sankhiya and its murakkabaths (compound drugs).
2. **Mubarrid khariji (External refrigerants):** These drugs decrease hararat-e-ghareebiya on external application. They can be used in three ways:
 - **Tabreed-e-musakkin (Soothing refrigerant):** The external environment around the patient should be cooled in order to decrease his hararat-e-ghareebiya. This can be done by air conditioning the room, using a cooler, sprinkling water on the floor or placing ice cubes within the room.
 - **Aabzan and ghush (Immersion and bath):** Direct application of ice cubes or cold water on the body surface to bring down the hararat-e-ghareebiya. A sponge bath is also an example of this type of mubarrid.
 - **Sard zimad and nuttol (Cold liniments and irrigation):** Direct application of cold liniments, ointments and creams on the body surface. Nuttol can be done using sard roghaniyath, joshanda or the extracts of sard advia. Ex: Aab-e-khurfa, Aab-e-kahu, Aab-e-leemu, sirka, kafoor, gul-e-sandal, luaab-e-isapgol etc

MUSAKKHIN (CALORIFIC)

These drugs bring about a rise in the abnormal body temperature. The drugs which increase the normal body temperature also increase the abnormal body temperature to a certain degree. For further details on this topic refer “effects of drugs on normal body temperature (Hararat-e-ghareeziya)”.

EFFECTS OF DRUGS ON DISEASE CAUSING MORBID MATTER (MAWAD-E-MARZ)

Many drugs have the speciality of relieving the body of mawad-e-marz by eliminating it.

The drugs that can combat “mawad-e-marz” are unlimited because they act on the principle of “Ilaaj-biz-zid” (treatment with drugs contrary to the mizaj of the disease). Hence a single drug that evacuates mawad-e-marz will be responsible in relieving the body of umpteen diseases that could have been born out of it. Usually their nau’iyat-e-amal is based on “taseer-bil-kaifiyath”. For example many hot drugs are useful in the disease of cold temperament and many cold drugs are beneficial in the disease of hot temperament. The reason for having this generalised rule is this that the drugs are not specific to the disease instead they are specific to the matter that is causing the disease.

However the drugs that are specific to organs are limited. These drugs do not act on mawad-e-marz, instead they relieve the symptoms to treat the disease. Usually their nau’iyat-e-amal is “taseer-bis-soorat”. The drugs mentioned below are specific to the disease:

- **Suranjan and Bozidaan:** These drugs are beneficial in Waja-ul-mafasil (Arthritis) and Niqras (Sciatica). However they are not very potent in curing other diseases that are born due to the same mawad-e-marz of Niqras or Waja-ul-mafasil.
- **Aab-e-barg-e-kasni sabz muravviq and Aab-e-barg-e-makau sabz muravviq** (together called “Muravvaqain”): They are beneficial in inflammation of viscera (Varm-e-ehsha).
- **Aab-e-barg-e-turb sabz:** Beneficial in Irqaan (jaundice).
- **Afsanteen roomi:** Beneficial in Varm-e-jigar muzmin (Cirrhosis of liver) and Huma Ijamia muzmin.
- **Ustekhuddus:** Beneficial in disease of the brain.

The drugs mentioned below are specific to the “madda”.

- **Turbud and Shehem-e-Hanzal:** They are mushil-e-balgham.
- **Saqmoniya:** It is mushil-e-safra.
- **Khareeq:** It is mushily-e-sauda.

The drugs mentioned below act as purgatives to specific organs:

- **Sibr:** Mushil for dimaagh and meda.
- **Shehem-e-hanzal:** Mushil for dimagh and asaab (nerves).
- **Suranjan:** Mushil for mafasil (joints).
- **Ushaq, Anzaroot, Jausheer, Sikanjabeen, Sibr, Usara-e-rewand, Farafyun:** Mushil for autaar (tendons) and aghshiya (membranes).
- **Eersa, Bozidaan, Usara-e-rewand:** Mushil for zard-e-aab in Istesqa (Ascites).

The drugs that act on putrid matter (ufooni madda) are called antiseptic drugs (Mana-e-ufoonath advia). There are different types of putrid matters and every drug is not beneficial in cleansing all the types. These

drugs try to bring the abnormal temperature back to normal and prevent putrefaction or they dry up the ghair tabyee rutubath. The drugs that act as local and general antiseptics are charaita, daar chikna, shahetra, ushba, unnab, kafoor, gandhak, neem etc

ACTION OF DRUGS ON PARASITES (TUFALI AJSAAM)

It should be noted that parasites are present both outside and inside the body. In diseases like Hummiyat-e-ijamiya and Deedan-e-ama the parasites lie within where as lice, ticks, etc lie outside the body. Drugs like para, gandhak, roghan-e-balsan, roghan-e-sandal etc are beneficial for parasites outside the body.

CHAPTER 38

PRINCIPLE OF ACTION OF ANTIDOTES

Antidote is a compound drug (naturally occurring or artificially prepared) which nullifies the effect poisons and protects the body (rooh). Ex: Tiryaaq-e-arba, tiryaaq-e-samaniya , tiryaaq-e-farooq etc. "Faad-e-zeher" is a single drug that has anti-toxic effects. Ex: Jadwar, Habb-ul-ghaar, Hijr-ut-tees, zeher mohra etc.

From the above mentioned facts it can be concluded that antidote is that specific mufrad/ murakkab/ naturally occurring/ artificially prepared drugs that act on one particular poison either directly or indirectly to nullify or decrease the action of poison.

Antidotes work in the following ways:

1. Some antidotes enter the circulation and negate the effects of the poison. Ex: When acids react with salts they form harmless compounds. Same effect is seen when jadwar reacts with besh.
2. Some antidotes decrease the toxic effect indirectly. Ex: samm-ul-faar and ghee. Ghee doesn't negate the effects of samm-ul-faar, instead it acts as a demulcent and coats the tissues (naseej) and prevents samm-ul-faar from being absorbed. However using ghee as an antidote for other poisons like afyun might be disastrous as ghee accelerates the absorption of afyun rather than preventing it.

CHAPTER 39

FORMS OF DRUGS AND THEIR NAMES

Drugs are not always used in their natural form. They are used after necessary changes have been made according to medical needs. Drugs of different shapes have different names. Some drugs are used in solid form (jamid), semisolid (neem jamid), liquid (sayyal), or vapours (bukhari).

- ❖ The effect of drugs should be immediate in diseases of central nervous system hence volatile particles of drugs (lateef ajza) are used. Brain has a higher tendency to accept amraazi mawad (disease causing matter) therefore less penetrating semiliquid (neem sayyal) drugs are also used.
- ❖ In heart diseases, drugs with volatile particles are used so that they can enter the blood circulation easily and affect the heart. Extract of a drug is taken, mixed with qiwan and triturated (made into khameera). Exhilarants (mufarreh) are made of volatile (farari dawayein) or gaseous drugs.
- ❖ Drugs used in the diseases of liver and kidney are moderate in temperament so that they can penetrate within a stipulated time and act on that particular diseased organ. For this purpose fine safoof is made and added to majoonat or sikanjabeen or sharbath or arqiyath.
- ❖ In the diseases of stomach and intestine, coarsely powdered safoof are used so that they can stay at that site for a longer time and penetrate slowly and show their action. For this purpose coarsely powdered safoof is mixed in jawarishat.

DIFFERENT FORMS OF DRUG AND THEIR PREPARATION

Drugs are divided on the basis of two factors:

- Medicine prepared from power of drugs/ from form of drugs/ from both form and power of drugs.
- Based on the consistency of drug

CLASSIFICATION BASED ON POWER AND FORM OF DRUGS

POWER OF DRUGS: These drugs are the extractions of power of power, the form of drug is not used. They are of 2 types:

- Internally used drugs: joshanda, khaisanda, sharbath etc.
- Externally used drugs: aabzan, inkebab, paashoya, gargara, mazmaza, nutool etc.

FORM OF DRUGS: Drug is used in its original form. They are of 2 types:

- Internally used: ayarij, habb, hareera, murabba, qurs, safoof, sikanjabeen etc.
- Externally used: uptana, huqna, roghan, sunoon, burood, humool etc.

BOTH FORM AND POWER OF DRUGS: Drug is used in its original form along with its extraction.

- Internally used: khameera, dayaquza, rub, lavooq etc.

CLASSIFICATION BASED ON CONSISTENCY OF DRUGS

Drugs are divided into 4 types based on consistency.

JAMID DAWAYEIN (SOLID DRUGS):

1. **UBTANA:** These drugs are not completely solid in nature. They are of lubdi (dough) type, which remove dirt and increase the glow of skin. Fragrant substances are also added in their preparation.
2. **HABB/GOLI (PILLS):** Single or multiple drugs are combined to form a solid compound medicine which is round in shape and is called as “habb”. Depending upon the quality of the drug and the purpose for which it is used they are of different sizes. The size varies from mustard seed to a small berry and weighs about 2-3 gms. The habb which is of the size of a Bandaq (reet) is called “Bandaqa”. Ex: habb-e-shifa, habb-e-paan etc.
3. **HALWA (SWEET):** In accordance with its uses, it is of two types:
Ghizayi halwa: It is prepared from soji, chawal, maida and sugar.
Dawayi halwa: Ex: halwa-e-gheekawar, halwa-e-sudab.
4. **HUMOOL:** A baati made out of cloth or cotton is coated with powdered drugs (wet and dry) and inserted into anus or vagina.
5. **RUBB (EXTRACT):** Seasonal fruits are stored by extracting their pulp and preserving it. Ex: rub-e-anar, rub-e-yelwa, rub-e-bihi, rub-e-raswat, rub-us-soos.
6. **SAFOOF (POWDER):** They are finely powdered single or compound drugs which are used both internally and externally.

Internally: Safoof-e-chutki is used in children to stop diarrhea.

Externally: Depending upon the site and method of application they are of the following types

- ✓ **BAROOD (EYE COOLER):** Finely powdered drugs which give coolant effect to eyes. Satt-e-pudina is used as the main constituent.
 - ✓ **ZAROOR (DUSTING POWDER):** Finely powdered safoof used in acne and wounds. Ex: zaroor-e-qala.
 - ✓ **SUNOON (TOOTH POWDER):** Finely powdered safoof used to clean the teeth and also to treat diseases of teeth. Ex: sunoon-e-mujalli and sunoon-e-payera.
 - ✓ **ATOOS (ERRHINE):** Finely powdered drug which is introduced into the nose to induce sneezing. Ex: safoof-e-kundash.
 - ✓ **GHAZAH (FACE POWDER):** It is a fragrant powder which is applied on face for glowing skin.
 - ✓ **GHALIYA (BODY POWDER):** Fragrant powders applied on the whole body, also called as “Argaja”.
 - ✓ **KOHAL (KOHL):** Finely powdered safoof applied in the eyes with the help of a salaayi/stick.
 - ✓ **MAZOOGH (MASTICATORY):** Finely powdered safoof when chewed induces the secretions from the sublingual glands. It also gives anesthetic effect to the gums and teeth. Ex: Mazoogh-e-aqarqarha.
 - ✓ **NUFOOKH (INSUFFLATION):** Finely powdered safoof which is blown through a pipe like structure into the throat, nose or any other opening.
7. **SHIYAAF (SUPPOSITORY):** These drugs are in the shape of cones and coil (batti). They are rubbed at the time of use. Usually they are purely made of drugs and used in diseases of eye,

diseases of rectum, and injuries. Ex: shiyaf-e-abyaz, shiyaf-e-ahmar, shiyaf-e-shabyamani etc. The shiyaf used to induce defecation is placed in the anus (miq'ad). The shiyaf placed in Nasoor (deep wounds) is broken into small pieces before placing, so that the drug can act for a longer time.

8. **FATEELA (MEDICINAL BOUGIE):** Stalk or batti made up of cotton is dipped in medicine and inserted in the natural openings (tabyee surakh) like nostrils, ear, and vagina and in unnatural openings (ghair tabyee surakh) like wounds.
9. **FARZAJAH (VAGINAL SUPPOSITORY):** Stalk made of cotton, wool or cloth is dipped in medicine and kept in the vagina (Andam-e-nahani).
10. **KABOOS:** Dry or wet drugs are pounded and their tikki's (pieces) are placed on wounds and covered with fresh leaves. Some scholars consider kaboos to be a form of zaroor. Others say kaboos is thicka roti made of moong dal which has been cooked on one side. The raw side is smeared with medicine and placed on the wound. A hen or pigeon is slaughtered, its stomach and intestines cleared and tied over the injury when it is still hot. This has also been termed as kaboos.
11. **GULQAND:** Different kinds of flowers dry or wet are mixed with sugar or honey and called gulqand-e-shakri and gulqand-e-asli respectively. When the gulqand is kept under sunlight it is called as gulqand-e-aftabi, when kept under moonlight it is called gulqand-e-mehtabi.
12. **MURABBA (PRESERVE):** This is a method of preserving seasonal fruits. They are soaked in honey or sugar syrup. This process not only retains medicinal properties of fruits but also makes them palatable. Ex: murabba-e-amla , murabba-e-halela and murabba-e-adrak.

NEEM MUNJAMID DAWAYEIN (SEMI SOLID)

Drugs whose consistency lies between that of solid and liquid come under this category.

1. **ITRIPHIL:** This name is been derived from the ayurvedic term "triphala". Indumakhas is the inventor of this compound medicine. Its juz-e-azam are Halela, Balela and Amla. It may be named after its constituents. Ex: Itriphil-e-ustukhuddus , itriphil-e-kishneez etc.
2. **ANUSHDARU:** It is also known as Athiya-e-ilahi, Fanjnoosh/Panjnoosh (because it has five ingredients), Arsh-e-kindi and Majoon-e-kindi. Its constituents include honey, khubs-ul-hadeed and triphala out of which amla is the juz-e-azam. It is just another type of majoon. Its inventor is a famous physician named Yaqoob Al-Kindi, hence the name Majoon-e-kindi/Arsh-e-kindi.
3. **BARSHASHA:** It's a Greek word which means "to cure at once". It is an ancient compound medicine which is also known as majoon-e-barsh. Its inventor is Jalinoos and juz-e-azam is Afyun (opium). It is used in the diseases of sauda (black bile) like gout and arthritis.
4. **TIRYAAQ:** Artificial compound medicine which will nullify the toxic effect of a drug and which will protect the rooh of the body. Ex: tiryaaq-e-arba.
5. **JAWARISH:** Its original name is Gawarish which means "dawa-e-hazim", since Arabic language doesn't have the "G" sound Gawarish was read as Jawarish. Safoof of jawarish is coarsely powdered so that it stays for a longer time in the digestive tract to show its action. Ex: jawarish-e-jalinoos etc.
6. **HAREERAH:** Its consistency is very thin and it is usually prepared from muqavviyat like badam, soji, ghee. Ex: hareerah-e-badam etc.

7. **KHAMEERA:** Joshanda of drugs is added to the qiwaam of honey or sugar. Then this mixture is triturated till it is white in colour. Fragrant medicines, jawaherat and hijriyath can also be added to make it a mufarreah and muqavvi-e-qalb. This medicine was invented by the hukma (physicians) of mughal period in India. It is called so because it starts putrefying after a time. The usara (extract of drugs) are added in its preparation to make it "saree-un-nufuz" (highly penetrative). Ex: khameera-e-abresham, khameera-e-gauzaban etc.
8. **DAWA-UL-MISK:** It's a compound medicine made of fragrant drugs in the qiwaam of honey. Musk is the juz-e-azam, hence the name dawa-ul-misk. It strengthens heart, brain and stomach. It is also a type of a majoon.
9. **DAYAQUZA:** It is a sharbath prepared out of "khashkhash musallam neem kofta" and then the safoof of other drugs is added to it. Dayaquza means sharbat-e-khashkhash in greek. It is useful in cough.
10. **ZAROONI:** It was originally called "zargoni" which means the one that shines like gold. It was changed to "zarooni" by the arabs. This compound drug improves the strength, health and normal functioning of the body. It also improves the quantity and quality of blood due to which the body attains a shine like gold. It is used in lower back ache, oligospermia and diseases of kidney.
11. **ZIMAAD (PASTE):** It is a viscid paste used for external application. According to ancient philosophers, it is an Egyptian invention which was also used by the greeks. Ex: zimaad-e-nana.
12. **USARA (EXTRACT):** The viscid fluid extracted from drugs of plant origin and fruits, is known as usara. When this extract is dried it is called as rubb. Ex: usara-e-revand.
13. **FALUDA:** It is a compound drug prepared from milk, water and nashastadaar ajza. It helps the body while recovering from diseases and strengthens it.
14. **KHAIRUTI:** It is a liniment prepared from mom and roghan that is specifically applied on thorax. It is named after its juz-e-azam. It is used in amraz-e-sadar and dard-e-seena. Ex: khairuti-e-aarad e karasna.
15. **LABOOB (PULP):** It is a compound drug prepared from pulp (lubb) of dry fruits and muqavviyat. It is useful in zof-e-bah and common weakness of body. Ex: Laboob-e-kabeer, Laboob-e-sagheer etc
16. **LAZOOQ:** It is an oily drug, also known as "Lasooq". It is applied on body wrapped in a cloth or paper.
17. **LATOOKH:** It is a liniment thinner than zimad but thicker than tila. It is used for external application.
18. **LAVOOQ (LINCTUS):** Lavooq means a drug that is licked. Its consistency is thicker than that of sharbath but thinner than that of majoon. Drugs are powdered and are mixed with qiwaam of honey or sugar. It is used in the diseases of respiratory system. According to ancient philosophers it was invented by Jalinoos. Ex: Lavooq-e-sapistan, Lavooq-e-badam etc
19. **MARHAM:** It is a paste made up of wax or fat. Safoof of required drugs is mixed with the oil and a paste is made. It was invented before the Hippocratic period. Ex: marham-e-sada.
20. **MUFARREH:** Exhilarant drugs of haar, barid or mo'tadil temperament are powdered and mixed with the qiwaam. They may be named based on their temperament, inventor or ingredients. Ex: mufarreah-e-azam, mufarreah-e-barid, mufarreah-e-shaykh-ur-rayees etc.
21. **MAJOON:** Different drugs are finely powdered and mixed with qiwaam to form a majoon. The word majoon refers to something that's mixed well. According to this all the jawarishaat, itriphilaat, laboobath, anushdaaru, dawa-ul-misk, barshasha and zarooni come under this category. Different

names are given to them based on their specific action and medicines used in their preparation. Ex: majoon-e-ushba.

22. **YAQOOTI:** It is called so because the juz-e-aam in this compound drug is yaqoot (ruby). They are either named after their temperament or ingredients. Ex: Yaqoot-e-haar, Yaqoot-e-barid, Yaqoot-e-mo'tadil, Yaqooti-e-sazaj etc

SAYYAL DAWAYEIN (LIQUID DRUGS)

1. **AABZAN:** The patient is asked to sit or soak the affected area in hot or lukewarm water mixed with Joshanda or khaisanda of the necessary drugs.
2. **AABKAMA:** It is prepared from khardil (rayi), ajwain and salt. After few days this mixture develops a turshi (acidity) like that of sirka.
3. **PASHOYA:** Washing or soaking ones leg up till the knee in luke warm water or joshanda of medicine with a slight massage is called pashoya.
4. **JOSHANDA:** Boiling the medicine (josh dena) in water is termed as joshanda. It is also known as tabeeh and matbookh. Usually the leaves, bark and seeds of more than one drug is used for this purpose. When only roots are used to prepare joshanda, it is termed as "maa-ul-usool". And when only seeds are used it is called "maa-ul-buzoor". There are different ways of preparing joshanda, the drugs may or may not have been soaked overnight in water. After boiling, the mixture is sieved and used as required.
5. **HUQNA:** Joshanda, khaisanda or arq is administered through the rectum. Huqna are of different types. For further detail refer chapter 29.
6. **HALEEB (SHEERA):** Haleeb is prepared by mixing pounded medicine with water or any other arq. Consistency resembles that of milk and is more viscous than water. Generally it is prepared from seeds and pulp. Ex: sheera-e-tukhm-e-kahu.
7. **KHIZAB (DYE):** It is a compound drug used to dye hair. It is usually liquid and rarely solid in consistency.
8. **KHAISANDA /NUQOO (INFUSION):** It is prepared by soaking drugs overnight or for a period of time in water. It is also called as "manqoo" or "naqee".
9. **DALOOK:** It is also called as dawa-e-malish. It is more viscous than water and usually belongs to the family of oils.
10. **DEHEN/ROGHAN/TEL:** This compound medicine is prepared from plant and animal origin drugs and can catch fire easily. It is insoluble in water. They might be named after the flower they are extracted from. Ex: roghan-e-gul, roghan-e-neelofer etc.
11. **ROOH:** An extract in which water content is very less is called as rooh.
12. **ZAROOQ/PICHKARI:** It is a compound medicine which is injected in to natural openings like nose, ear, and vagina. Ex: zarooq-e-anfi, zarooq-e-uzni, zarooq-e-jildi etc.
13. **ZULAAL:** It is a compound medicine prepared by soaking the drugs in water and then skimming off the water with lighter particles of the drugs. Ex: zulaal-e-aalubukhara.
14. **SIRKA:** Any sweet medicine with more content of water extract is cooked on fire for days together. When it starts fermenting, it is sieved and stored. Ex: sirka-e-ganna, sirka-e-angoor etc.
15. **SA'OOT (NASAL DROPS):** It is a liquid used to percolate in the nose. It resembles either water or oil.

16. **SIKANJABEEN:** It is a liquid compound medicine made with sirka and angjabeen (honey). Sometimes sugar is used instead of honey and is called “sikanjabeen-e-sada”.
17. **SAKOOB (PANI GIRANA):** Cold/luke warm water/joshanda or khaisanda is dropped on affected part from a distance.
18. **SHARAB/KHAMAR (ALCOHOL):** It is prepared through tasyeed (distillation) of grapes or sweet things. This liquid with its lighter elements is an excellent stimulant in the initial stages. In less quantity it strengthens the brain and heart. In excess it is a hallucinogen and also acts as sedative.
19. **SHARBATH (SYRUP):** This compound medicine is prepared from khaisanda, joshanda or arq of fruits mixed with honey or sugar. As it is sweet in taste (sheereen) and can be drunk, it has been named sharbath. Ex: sharbat-e-buzoori, sharbat-e-banafsha, sharbat-e-unnab etc.
20. **SIMAGH (GUM):** It imparts color to the skin. It is liquid in nature and usually used to cover unnatural pigmentation of skin like in leukoderma.
21. **TILA:** It is a liquid drug resembling water or oil. It is usually applied on a specific organ (uzoo-e-khas). It is thicker than roghan and thinner than zimad.
22. **GHARGHARA (GARGLE):** Joshanda/khaisanda of medicine, luke warm water or saline water is used to gargle. Water is taken till the throat and spitted out.
23. **GHUSOOL (BODY WASH):** It is a single or compound medicine used to wash any part of the body or wound. It is prepared from khaisanda or joshanda.
24. **LU'AAB (GELATINOUS):** Lu'aabi advia are soaked in water or arq for a period of time to extract the gelatinous content. Ex: isapgol, bartang, balangu, berg-e-gauzaban, bihidana etc.
25. **MAA-UL-BUQQOL (VEGETABLE SOUP):** This compound medicine is prepared from fresh vegetables or herbs. They are finely pounded and their water is extracted. Ex: aab-e-barg-e-kasni sabz muravviq, aab-e-barg-e-makau sabz muravviq, aab-e-kaddu, aab-e-kahu etc.
26. **MAA-UL-JUBN (WHEY):** It is a compound medicine prepared from fermented milk.
Procedure for preparation: Milk is boiled in a vessel and a few drops of tursh ashiya (acids) like leemu are added to ferment the milk. When the jamid ajza (solid constituents) and the sayyal ajza (liquid constituents) are separated it is sieved and the water is called maa-ul-jubn. The milk of a goat whose baby is of 1-4 months old is preferred.
27. **MAA-US-SHA'EER/AASH-E-JAU (BARLEY WATER):** It is a compound medicine prepared from barley.
Procedure for preparation: Fine quality jau is soaked in water till its outer covering becomes soft. It is then pounded gently to separate the husk, dried and stored. Whenever necessary joshanda is prepared out of it and it is called as maa-us-shaeer. When jau is roasted before giving josh it is called as “maa-us-shaeer muhammis”.
28. **MAA-UL-ASL (HYDROMEL):** Honey and water in the ratio of 1:4 is given josh (boiled), this is called maa-ul-asl. Here instead of water arq of any medicine can also be used. If honey is added to arq-e-gulab the resultant is termed “Jalaab” and if other drugs are added during the preparation it is termed as “maa-ul-asl murakkab”
29. **MAA-UL-FAWAKEH (FRUIT JUICE):** It is the arq squeezed from fruits. Ex: aab-e-anar, aab-e-angoor, aab-e-tarbooz etc.
30. **MAA-UL-LEHEM (MEAT SOUP):** It is the water extracted or boiled with meat. According to ancient scholars it was an excellent muqavvi dawa (tonic) however, today's physicians have expressed doubt on its benefits.

31. **MAHLOOL (SOLUTION):** It is preparation in which drugs are dissolved in water either for its preservation or to retain its medicinal properties. Ex: namak mehlool, shakar mehlool etc. It should be noted that at times a safoof is also termed as mehlool. Ex: marwareed mehlool, sadaf mehlool, yashab mehlool etc.
32. **MAROOKH:** These compound preparations are oily in consistency and sticky in nature.
33. **MAZEEJ:** It is prepared by dissolving drugs in lu'aabath. Sheera is included in this category.
34. **MASOOH:** Those liquid drugs which are applied on body and spread in a circular motion. However the effort applied is not as strong as in dalak (massage).
35. **MAZMAZA/KULLI:** Joshanda or khaisanda of medicine is taken in mouth and gargled, however it doesn't reach the throat as in gharghara.
36. **NABEEZ:** Liquid extracted from sheerin mewah (sweet fruits) like raisins and dates. They are obtained by the process of fermentation however, there is no narcotic effect.
37. **NASHOOQ:** Drugs squeezed from the nose are termed as nashooq. It is contrary to sa'oot.
38. **NUZOOH (SPRINKLER):** Fragrant drugs or medicinal water or normal water is kept in a special vessel and sprinkled when required. Usually this type of medicine is used to bring the patient back to consciousness. It is also sprinkled on the wounds.
39. **NUTOOL (IRRIGATION):** saline water or any liquid containing medicine is irrigated on any part of the body in a small quantity.
40. **WAJOOR (THROAT DROPS):** Medicines are percolated in the throat with the help of a spoon or dropper.

BUKHAARI/HAWAYI DAWAYEIN (VOLATILE DRUGS)

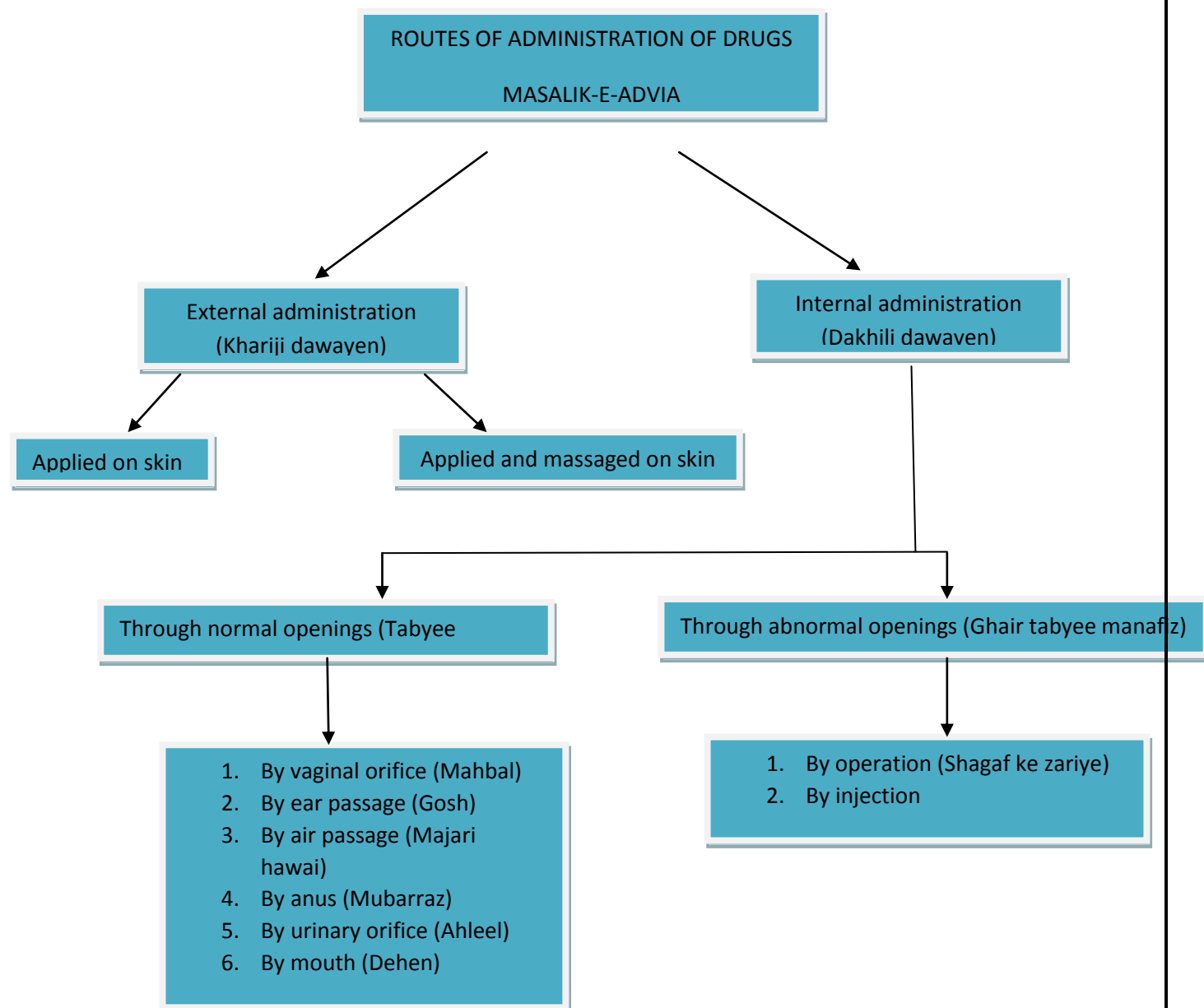
These drugs can be solid or liquid in nature but the volatile substances present in them can be extracted by giving josh to them (dhooni or bhapaara).

1. **INKEBAB (VAPOUR BATH):** Single or compound drugs are given josh in water and their steams are passed over the diseased area (ma'oof jagah).
2. **NUJOOR/DHOONI (FUMIGATION):** Single or compound drugs are fumigated. The fumes produced are passed over the affected area.
3. **SHAMOOM:** Fragrant drugs are inhaled and their volatile particles are allowed to enter the body through the nose. They can be solid or liquid in nature. They act by stimulating the olfactory receptors in the nasal mucous membrane.
4. **LAKHLAKHA:** Fragrant and strong smelling drugs are placed in a vessel with a wide mouth and inhaled.

CHAPTER 40

ROUTES OF ADMINISTRATION OF DRUGS

Due to various medical reasons drugs are administered into the body internally or externally through different routes. The following flow chart gives a brief idea of the classification.



TABYEE MANAFIZ (NATURAL OPENINGS)

1. BARAH-E-DEHEN (BY MOUTH): This the most commonly used way of administration. All the drugs that can be eaten or drunk are administered through the mouth. These drugs travel from the mouth till the anus (mubarraz) and show their effect on the entire alimentary canal (qinaat-e-ghizayi). All the itrifilath, aqras, jawarishat, halwajaath, hareerajaath, haboob, khameerajaath, joshanda, khaisanda, sheerajaath, sharbat, sharab, sikanjabeen, gulqand, arqiyath, lavooqath, murabbajaath, lu'aabath, maa-ul-asl, maa-us-shaeer, ma'ajeen etc are included in this category. Few forms of drugs like sunnon, gharghara, mazmaza, wajoor, mazoogh, masoos etc which have a local effect are also taken through the mouth. Drugs when consumed through mouth are digested in the stomach and absorbed by the mesenteric vessels. They enter the circulation and have an effect on all organs. During lactation the effects of drugs reaches the child through mother's milk. There is a decrease in the potency of the drug after digestion and further decrease till it reaches the peripheral areas. Due to this shortcoming it is advised that the drugs should be administered through an opening closest to the diseased area. This ensures that the drug reaches the diseased area with maximum potency. This is why allopathy medicine prefers injecting drugs directly into the circulation as this ensures instant effect.

2. BARAH-E-MUBARRAZ (BY ANUS): This the second most common path for administering drugs. This route is used in the following cases:

- When there is a difficulty in administering the drug through mouth. Like in inflammation of throat (Iltehab-e-halaq), Diphtheria (Khannaq wabayi), Throat cancer etc.
- When the patient has severe vomiting.
- Due to a special need, as in tapeworm infestation.
- When the drugs need to reach uterus or the neighboring organs.
- To clean the rectum (Maa-e-mustaqeem) and large intestine (Maa-e-tivaal) of toxic matter.
- For immediate action and excretion of drug. Some drugs when taken by mouth take a lot of time to show their effect and may also have minimal toxic effects which can be avoided when taken through anus.

3. BARAH-E-MAJARI-E-HAWAYI (BY RESPIRATION): These drugs are administered through the nose. From there through the throat (halaq), larynx (hanjrah) into the trachea (qasbat-ur-riyah) and alveolar capillaries (urooq-e-khashna). Anesthesia is also administered through this route. The drugs administered are either sayyal (liquid), neem sayyal (semi-liquid), bukhari (vapours) or dukhani (smoky). Bukharat, shamoom, zaroor and tila on nose, qatoor, shiyaf etc are the forms of drugs administered through the nose.

4. BARAH-E-CHASHM (BY EYES): Sayyal (liquid), neem sayyal (semi-liquid), safoof, surma ,shiyaf, qutoor, marham etc are administered through the eyes.

5. BARAH-E-GOSH (BY EAR): The drugs administered through ear act on the tympanic membrane (Ghisha-e-tabli). Qautoor, shayaf, fateela, pichkari, tatkheen, tabkheer, sakoob etc are the forms of drugs that can be administered through the ear.

6. BARAH-E-AHLEEL (BY URETHRA): This route is used in the diseases of bladder and urinary tract (majariy-e-baul) like sozak (gonorrhoea), Iltehab-e-masana (inflammation of the bladder), Hisat-e-masana (urinary calculi), Qurooh-e-masana (ulcers of the bladder) etc. The drugs are sayyal (liquid) or neem sayyal (semi-liquid) in consistency.

7. BARAH-E-MUHBAL (BY VAGINA): This route is used in the diseases of rehem (uterus), unaq-ur-rehem (cervix), khushyat-ur-rehem and qazifain (ovaries). Pichkari, farzaja, humool, qutoor, tila and marham are the forms used.

GHAIR TABYEE MANAFIZ (UNNATURAL OPENENINGS)

1. BY INJECTION: The drugs are administered in to the veins (aurda) or tahtal jild uzlath (subcutaneous muscles) through a needle. However this method has not been adopted by Unani system of medicine yet.

2. BY INCISION: An incision is made on the surface and drugs are administered through that opening.

EXTERNAL ADMINISTRATION

1. APPLICATION ON SKIN: These are applied locally. Ex: tila, ghaza, khizab, qairooti, zimad, marham, kaboos, sakoob, pashoya, ghusool, nutool, tadmkeen, tabkheer, hammam, inkebab, etc are the forms used.

2. MASSAGE ON SKIN: These drugs are rubbed on the skin after local application to aid absorption and stimulation. Masooh, ubtan, dalook etc are the forms used.

CHAPTER 41

COLLECTION AND PRESERVATION OF DRUGS

Collection and preservation of drugs is one of the biggest hurdles in Unani system of medicine. Even after correct diagnosis treatment will remain incomplete if the drugs are not available.

The following points should be kept in mind while collecting and preserving drugs:

- When should the drugs be procured? And what are the effects of constellations on drugs?
- Identification of natural and artificial drugs.
- Importance of habitat of drugs
- Age of drugs

WHEN SHOULD THE DRUGS BE PROCURED?

There are 3 sources of Unani medicine. Nabati (plant origin), haiwani (animal origin) and medani (mineral origin). The exact time for the procurement of all three sources is mentioned below:

NABATI ADVIA (PLANT ORIGIN DRUGS): In unani system of medicine plant origin drugs are most commonly used. The parts used are root, stem, fruits, flowers, leaves, seed, gum and peel.

- **Flowers (Gul) and leaves (Barg):** They should be collected when they are fully mature and fresh. If required buds can also be collected.
- **Seeds (Tukhm) and fruits (Phal):** They should be collected when they are fully ripened and start falling by themselves. If unripened fruits like unripened mango, papaya are to be used they should be collected before ripening. It is not wise to collect the fruits fallen on the ground. Fruits are best picked off the trees.
- **Roots (Asl):** They should be collected when plants have attained maximum maturity just before fruiting. If the fruits start appearing then the medicinal constituents will be transferred from the roots to the fruits. Just before the appearance of fruits, the roots contain maximum active constituents.
- **Branches (Shaakh) and barks (Chaal):** They should be collected in spring season. Care should be taken to select only those plants which are fresh and healthy. Dry and diseased plants should be avoided. The branches shouldn't have any unnatural twists.
- **Shrubs (Bootiyan):** Shrubs should be fresh, healthy and mature. They are procured along with their flowers, fruits and all the other parts and generally these are used as a whole.
- **Gums (Gond):** They should be procured after spring when the flowers start falling and should be collected before sunrise or after sunset because sunlight alters the constituents in some gums. If the gum is amassed and starts falling then it might lose its potency.

HAIWANI ADVIA (ANIMAL ORIGIN DRUGS): Animal drugs are generally obtained from young and fully mature animals. Ex: zohra-e-gau (gall bladder of cow), scorpion sting, Qarn-ul-eel (stag horn), paneermaya,

sheer khar, urusak, qazeeb sheer, qazeeb gau, mushk khalis, nesh aqrab etc. at times it becomes necessary to use the organs of aged animals, these should be regarded as exceptions.

MEDANI ADVIA (MINERAL ORIGIN DRUGS): These drugs are obtained from their ores. They should be free from all impurities like mud and stones. They should not have lost their properties like colour, shine, fragrance etc

EFFECTS OF PLANETS ON DRUGS

The effects of planets on a drug is an established fact. According to ancient physicians there are 7 planets Zehel (Saturn), Mushtari (Jupiter), Mareekh (Mars), Shams (Sun), Zohra (Venus), Atarad (Mercury) and Qamar (Moon). These planets have an effect on all the activities of earth and mavalid-e-salasa (plant, animal and mineral origin drugs). The revolution of a planet from east to west is called “zamana-e-tasharruf” and the revolution from west to east is called “zamana-e-haboot”. The effects of a planet are more pronounced in zamana-e-tasharruf than in zamana-e-haboot. The bitterness in fruits, the falling of leaves, the sweetness of nectar etc of a plant are all due to the effect of these planets. Experience has proved the fact that any change in the kaifiyath or mizaj of a drug is influenced by planets. If a drug has murakkab quwwah (multiple properties) then it can be said with assurity that the drug is under the influence of more than one planet.

ZEHEL (SATURN): Mizaj of Saturn is sard-o-khushk. According to attiba and astronomers the drugs influenced by this planet are black [siyah], bitter [kasela] and foul smelling .This planet shows its effect on the following drugs:

Nabati (plant origin): Abnoos, alubukhara, abhal, ajwain, bartang, karnub, datura, zaitoon, supari, kuchla, babool, dam-ul-akhwain etc.

Haiwani (animal origin): Bichchu [scorpion], billi [cat], bakri [sheep], bail [cow], chuha [rat], gilori [squirrel].

Medani (mineral origin): Black metals, loha, mitti etc

MUSHTARI (JUPITER): Mizaj is garm-o-tar. All sheerin (sweet), khushbudar (fragrant), khush zayeqa (pleasant tasting), chikni (oily), clear leaved flowers and buds are related to this planet. On closer examination it can be observed that most of these drugs are muqavviy-e-jigar (liver tonic).

Nabati : Alu balu, aadu, akleel-ul-mulk, amaltas, elaichi, anjeer, brinjasif, bisfaij, salab misri etc

Haivani Camel, sheep, cow, pigeon, hawk, cock, fish etc

Medani: Neela totiya [copper sulphate], tin, sona [gold], hadtal, heera.

MAREEKH (MARS): Mizaj is garm-o-khushk. The drugs with rough, thorny, prickly, bristly and fruits with salty, bitter, tursh (acidic) taste are related to this planet.

Nabati: Ajwain, aftimoon, badaward, badam talq, dar-e-fil fil, zafran, zanjabeel, pudina, pyaz, baigan etc

Haiwani: Wolf, lion, cheetah, surkh rang ke parinde, Hawk, sheep, horse, crocodile, tortoise, cow etc

Medani: Sang-e-marmar, sona etc

SHAMS (SUN): Mizaj is garm-o-khushk. Mature, fragrant, tasty, red flowers and leaves are related to this planet.

Nabati: Izkhar, tudri, darchini, soya, pudina, asaroon, Turanjabeen, ustekhuddus, brinjasif, narjeel etc

Haivani : Hawk, sheep, horse, crocodile, tortoise, cow etc

Madani: Sang-e-marmar, sona etc

ZOHRA (VENUS): Mizaj is sard-o-tar.

Nabati: Anjeer, angoor, bihi, tarbuz, saib, tamatar, salab misri etc

Haiwani: Bulbul, sea animal, poisonous animals etc

Madani: Tamba, sang-e-sulaimani, seesa etc

ATARAD (MERCURY): Mizaj is sard-o-khushk. Khuski (dryness) is comparatively more than sard mizaj. These drugs usually have a soft mizaj.

Nabati : Aqrot, babuna, baqla, zeera, mash, dhanya etc

Haivani: Monkey, parrot ,fox etc

Medani: Para, peetal, chuna, hadtal etc

QAMAR (MOON): Mizaj is sard-o-tar. All climbers and small branched plants are related to this planet.

Nabati: Aqrot, anar, badam sheerin, saib, palak, kaddu, neelofer, Tarbuz, isapghol etc

Haivani: Camel, goat, cow, duck, sparrow etc

Madani: Mothi [pearl] etc

IMPORATANCE OF HABITAT OF DRUGS

According to ancient attiba the drugs of one place differ in their action with the same drug of different place whether they are nabati, haivani or medani in origin. It has been noted that fruits grown in a

particular city are far tastier than those grown in other cities. Ancient physicians have advised to collect drugs of good quality from place where their action is proved to be beneficial and effective. Ex: Revand Chini, afyun misri, zafran kashmiri, sazaj hindi, ood-e-hindi, unnab vilayati, chaai khatayi, zeher mohra khatayi, sana makki, sibr saqotri, simagh-e-arabi, feroza neshapoori, qinab-e-hindi, gul-e-banafsha kashmiri, lajward kashghiri, etc. This change in potency of the same drug in two different places is considered to be the result of its native air and water.

PRESERVATION OF DRUGS

Proper drug storage is an important factor to protect the potency of the drug. All fresh herbal or animal origin drugs are not available round the year and hence need to be preserved. Following are some important method by which drugs may be stored.

- All the drugs containing volatile constituents should be stored in airtight containers so that their volatile constituents are not lost. Ex: rose, camphor etc.
- Drugs should be protected from strong sunlight, moisture and dust.
- Every drug should be stored in a separate container. It is unwise to store more than one drug in the same container.
- All liquid drugs like Arq-e-gulab or semi solid are kept in cold places so that they are safe from fermentation.
- Some drugs if preserved in sugar solution or honey may be used for a long time like murabbajat .
- It is preferable to store the drugs in lead coated vessels.
- Drugs should not be stored in cloth or jute bags.
- Compound drugs like pills, tablets, powders which do not contain salts may be stored in lead coated vessel.

CHAPTER 42

AGE OF DRUGS

Drugs have a limited time period after which their tabyee mizaj (temperament), haiyat-e-tarkeebi (composition) and soorat-e-nau'iyah (mode of action) are altered. After this alteration there is a decrease or loss in the efficacy of the drugs. They easily get affected by heat, sunlight, moisture and water. However there also exist a group of drugs which are not affected by seasonal changes. Based on the strength of mizaj the drugs are classified in to two types:

- ❖ **Za'eef mizaj dawayen (Drugs with weak temperament):** These drugs are very easily altered by seasonal changes and unnatural environment. As a result they may lose their natural composition, mizaj and medicinal properties.
- ❖ **Mustahkam mizaj dawayen (Drugs with strong temperament):** These drugs are not easily altered by seasonal changes and unnatural environment. Therefore they do not easily lose their medicinal properties.

Note: Along with considering the potency, mizaj and tarkeeb, it is also necessary to consider the colour, smell, taste, consistency, shape, shine and weight of the drug before allotting its shelf life. The method of identifying the shelf life of different types of drugs is given below.

PLANT ORIGIN DRUGS

Plants are the most important source of drugs in Unani medicine. They constitute a large number and a wide variety. Mentioned below is the shelf life of different parts of plant.

- **Roots, branches and barks (Jad, shaakh aur chaal):** Based on shelf life they can be divided into two groups:
 - **1 year drugs:** These roots, branches and barks get infested with termites in and around a span of 1 year. If changes in physical characteristics or termites are seen within a year then the root, bark or branch should be considered as out dated or expired (kharij-e-muddath). Ex: aslassoos, behman-e-surkh, behman-e-safed, beekh-e-anjabar, chob chini, turbud, zaranbad, zanjabeel, shiqaal, aqarqarha etc
 - **5-10 year drugs:** These drugs have a shelf life of 5-10 years. Ez: juntiyana, daar chini, daroonj-e-aqrabi, zard chob, qust talkh, qust sheerien, wajj etc.
- **Leaves (Barg):** Leaves may be used for 1-2 years if stored properly. Ex: barg-e-sana makki, barg-e-gauzaban, barg-e-moorad, barg-e-neem, parsiyavishan, sazaj hindi (tez patta), etc.
- **Buds and Flowers (Shagoofa aur phool):** They may be used for 1-2 years if they have not lost their volatile constituents. Ex: shagoofa-e-izkhar, gul-e-banafsha, gul-e-dhawa, gul-e-zoofa, gul-e-surkh, gul-e-suyuti, gul-e-gauzaban, gul-e-machkan, gul-e-nilofer, rasanghar, qaranfil (laung) etc.
- **Fruits (Phal):** Fruits can further be grouped under two categories:

- **Fresh fruits (taza phal):** They should be used within 1-10 days. Some. Fruits preserved in proper way like in the form of murabba can be used for 1 year.
- **Dry fruits (khushk phal):** They can be used for 1-2 years. If the hard fruit coat is removed then they can be used for 10 days while some can be used for a year even after they are peeled off. Ex: aalu Bukhara, aamla, aalu baalu, ilaichi khurd, ilaichi kalan, akhrot, badam, pista, chilghoza, etc. the dry fruits that contain oils can be used for an year. Ex: akhrot, badam, pista, chilghoza etc.
- **Seeds (Tukhm):** Seeds can usually be used for 2-3 years. The seeds which contain oil have a shorter shelf life than the ones that don't contain oil as they lose their potency when the oils evaporate. Ex: hulba (methi), khashkhash, khayareen, rayi, zeera, kasni, kishneez, kunjad, haloon etc
- **Oil (Roghan):** Generally oils can be used for 2 years sesame. Ex: roghan-e-zaitoon, roghan-e-kahu, roghan-e-kaddu, roghan-e-kunjad etc. The longer storage of few exceptional oils (kohna roghan) increases their potency. Ex: roghan-e-balsan.
- **Gum (Simagh):** Gums can be used for 3 years. Ex: Ushaq, dam-ul-akwain, simagh-e-arabi, kateera etc.
- **Extracts (Usara):** Extracts of various drugs can be used within 3 years of their procurement. Ex: Raswat, rub-us-soos etc.
- **Dried latex (lubn, yatoo'):** These dried milky substances can be used for 20-50 years. Ex: opium can be used for 50yrs, Saqmoniya for 20 years and farafyun for 30-35 years.

MINERAL ORIGIN DRUGS

Minerals are the next biggest source of drugs in Unani medicine. They contain around 150 drugs. Ancient physicians have divided them in to 3 groups.

- **Metals (Zawil ajsad/ dhaat/ filli zaat):** Different metals have a different shelf life. Some metals can be used for millions of years while some for a thousand years. Some metals are destroyed when exposed to air and moisture. Ex: loha. While some are not affected by air and moisture. Ex: sona. Other drugs that belong to this category are taamba, jast, zangar, chandi, seesa etc
- **Non metals (Zawil arwah/updhaat):** Non metals have a shorter shelf life than metals. These drugs evaporate at very high temperatures. Ex: paara, daar chikna, raskapoor, samm-ul-far, shangraf, gandhak, hadtal etc
- **Stones and clays (jawaher-o-arz):** There is a lot of difference in the shelf life of stones and clay. Some can be used for a year where as some can be used for thousands of years. When stones are finely powdered and stored, their shelf life decreases. It is difficult to predict the shelf life of stones

like zamrud, sang-e-moosa, lal, heera and yaqoot. They can be used for millions of years. Aqleemiya, totiya, mardar sang, marqasheesha can be used for a few years. Gil-e-armani, gil-e-daghtani, gil-e-makhtoom, gil-e-multani can also be used for a few years. Zangar and safeda-e-kashgiri can be used for 1 to 6 years.

ANIMAL ORIGIN DRUGS

Animals are the next source of drugs in Unani medicine. Their organs, urine and feces are used as medicine. Their shelf life is decided based on the part used. Dried gall bladed (pitta/marrarah) can be used for 504 years. Dried sartan (crab), urusak and kenjwa/hayat (worm) can be used for 2 years. Salted fats can be used for 1 year. Seeng (horn), khar, nakhoon (nails) can be used for 2 to 3 years. Khoon (blood) gobar (dung) mengni (goat droppings) can be used for 1 year. Jundebedastar, ambar, mushk can be used for 5 to 10 years. If they lose their fragrance then they should be considered useless. Seep (sea shell) and marwareed (pearls) can be used for 5 to 10 years.

CHAPTER 43

SUBSTITUTE OF DRUGS

Sometimes it becomes necessary to use a substitute when the drugs are unavailable or when they are unnaturally expensive or when there is a religious prohibition on the use of the drug. Sometimes it so happens that the required part of the plant might not be available while its other parts are easily available. In such cases physicians make do with whatever is available.

It should be noted that the original ingredient should be used as far as possible. If there has been a decrease in its potency then the dose should be increased to meet the required effect. For example, if the dosage of a drug with its natural potency is 10 gram and due to prolonged storage or any other factor there has been a decrease in its potency then the dosage should be increased to 15, 20, 30 grams as per the requirement.

In cases of unavailability of the required drug, a substitute drug which has similar effects can be used. For example gul-e-surkh vilayati can be used in cases of unavailability of gul-e-surkh desi. However vilayti is less potent than desi and therefore its dosage should be increased to meet the required power (quwwat).

In the same way in the case of unavailability of a part of a plant its other parts can be used. However all the parts should have similar af'aal (actions). For example, a seed or bark can be used in the case of unavailability of a leaf of a particular plant.

When the substitute of a drug contains all the af'aal of the original drug then it is termed as **"Badal-e-kulli"** and when it contains only a few af'aal it is termed as **"Badal-e-juzyi"**. A few physicians have negated the presence of badal-e-kulli. The fact is badal-e-kulli does exist. However many physicians prefer to use badal-e-juzyi. If they require a drug for its particular action and it is not available, then they look for a substitute that has the particular action they are looking for. For example: In cases of unavailability of badaward, shahetra is used. Shahetra is not a badal-e-kulli of badaward. Both of them just have one similar action that is they have the property of "izaly-e-bukhar" (anti pyretic).

PRINCIPLES FOR COLLABORATION OF DRUGS (TA'YEEN-E-BADAL KE USOOL)

There are 3 principles that should be followed while allotting a badal of a drug.

ISHTERAK-E-TASEER (Collaboration by properties): The badal (substitute) should have same effect on body i.e. they should be similar in actions.

ISHTERAK-E-JINS (Collaboration by genus): The badal (substitute) should be of the same genus as that of the actual drug. Ex: both the drugs must be of animal origin or plant origin or mineral origin

ISHTERAK-E-NAU (Collaboration by species): The badal (substitute) and the actual drug should belong to the same species. They should belong to the same kingdom, class, family and genus according to the binomial nomenclature.

THREE TYPES OF SUBSTITUTES (ABDAAL KI TEEN QISMEIN)

There are three types of substitutes:

BADAL-E-AQRAB: The actual drug and its substitute (badal) have similar taseer (properties), jins (genus) and nau (species). Ex: Masnoo'yi suhaga (artificially prepared suhaga) is the badal of naturally occurring suhaga. Their taseer, jins and nau are same.

BADAL-E-QAREEB: The actual drug and its substitute have similar taseer (properties) and jins (genus). Ex: The badal of suhaga-e-medani is naushadar. Their taseer and jins (mineral origin) are same.

BADAL-E-BAYEED: The actual drug and its substitute have similarity only in their properties. Ex: the badal of suhaga-e-medani is rayi. Their taseer is same.

It is best remembered that only taseer is considered while looking for a badal. If they happen to have similar nau and jins as well then it's an icing on the cake.

CHAPTER 44

SIDE EFFECTS OF DRUGS AND THEIR CORRECTIVES

Drugs have their benefits and their side effects. Recalling the definition of “dawa”. It is that matter which when enters the body accepts the effect of harart-e-ghariziya and produces its own effects which result in shifa (health). The effects a drug produces in the human body maybe beneficial or harmful. This harmful effect is termed as “**muzir**”.

Atibba are of the opinion that all the drugs are “khilaf-e-tabiyath” (against natural composition of the body). That is why using a drug in health is “khilaf-e-tabiyath”. Abu Bakar Muhammad Bin Zakariyya Razi clearly mentions in his book that, “It is prohibited to use dawa as long treatment can be done through ghiza”.

Drugs when used in a disease are beneficial to the body while the same drugs used in a healthy condition might be harmful for the body.

Classification of drugs based on their side effects is as follows

HALAT-E-SEHATH MEIN GHAIR MUZIR: These drugs act as tonics in a healthy body while they produce side effects in certain diseases. Ex: Moghz-e-tukhm-e-kaddu is muqavviy-e-dimagh (brain tonic) in a healthy body, where as it is harmful in the diseases of the brain caused due to soo-e-mizaj-e-barid (unnatural cold temperament).

HALAT-E-SEHATH MEIN MUZIR: These drugs are harmful to the body when consumed in health while they are beneficial when taken in disease. Ex: Anjeer in a healthy body is harmful for the liver while it is beneficial in auram-e-jigar (hepatitis) and sudda-e-jigar (obstructive liver).

HAR HALAT MEIN MUZIR: Certain drugs are harmful to the body in both disease and healthy conditions. Ex: phitakri produces side effects on lungs in both health and disease. Such drugs should be detoxified before use. Some drugs are muzir to just one organ of the body be it be healthy or diseased. Ex: sheerkhisht is muzir for intestines and also in diseases of intestines.

KASRAT-E-ISTEMAL MEIN MUZIR: These drugs are beneficial in small quantities. But prolonged use of these drugs is harmful for the body. Ex: halelejath are muqavvi-e-meda but prolonged use leads to dryness of stomach due to absorption of fluids and this impairs digestion. Therefore halelejaath are dry roasted (tadheen) before use.

A few drugs are toxic in nature. If it's necessary to use them then they need to be detoxified. It should be noted that the side effects of a drug are not directly related to its mizaj. It is wrong to say all haar advia (drugs that have a hot temperament) are are muzir to people of hot temperament and all barid advia (drugs that have a cold temperament) are muzir to people of cold temperament.

MUSLEH (CORRECTIVE)

These drugs counteract the toxic effects of other drugs through their mizaji kaifiyath and surat-e-nau'iyah. However only mizaji kaifiyath is not enough to counteract the toxic effects. This is why all haar advia are not the musleh of all barid advia and vice versa. In the same way it is not necessary for a musleh of a drug to be a musleh of its badal (substitute) as well.

For example, simagh-e-arabi and kundur are the musleh of badranjboya. Abresham is the badal of simagh-e-arabi and post-e-turanj is the badal of kundur. And asaroon is the musleh of abresham and shehed is the musleh of post-e-turanj.

Ex: zanjabeel is the musleh of anjabaar. Zarishk is the badal of anjabaar and qaranfil is the musleh of zarishk.

From the above examples it is clear that it is not necessary for a substitute drug (badal) to have the same musleh as that of the drug. Since the method of allotting a musleh for a drug is so diverse, there is no universal rule for their selection. The selection is completely based on "tajruba" and not "qiyas".

METHODS OF DETOXIFYING DRUGS

Drugs can be detoxified in the following ways:

By bringing the changes in the shape and structure of the drug (Dawa ki shakal aur nau'iyath mein taghayur paida karke): Toxicity of the drug can be reduced by bringing changes in their shape and structure. This can be done by tadbeer (detoxification) and ehraaq (incineration). Ex: afyun, phitakri, maazu, neela totiya and halelejath are detoxified by roasting (biryan). Sartan, nesh, aqrab (bicchu), maar (saamp) are detoxified by ehraq (incineration).

By changing the route of administration (Tareeqa-e-istamaal mein tabdeeli paida karke): the drugs which are harmful on oral intake can be taken in the form of enema (huqna). Ex: aab-e-sabun (soap water).

By the addition of the other drug (kisi dusri dawa ko shamil karke): To counteract the ill effect of a drug, other drug is added as its antidote. This becomes a murakkab dawa (compound drug).

MODE OF ACTION OF ANTIDOTE (MUSLEH DAWAOON KI NAU'YATH-E-AMAL]

ASAL DAWA KI HIDDAT KO DUR KARKE (DIRECT REDUCTION OF THE TOXICITY OF THE DRUG): Some musleh drugs counteract the disagreeable effects of a toxic drug directly. Ex: Mixing water with an acid decreases its toxicity. Drugs which are known to promote renal calculi are prescribed along with a lot of water intake.

ASAL DAWA KE SAATH MILKAR NAYA MIZAJ PAIDA KARKE (BY CREATING A NEW MIZAJ): Certain drugs when mixed together produce a new temperament which nullifies its toxic effects. However this new temperament is not against the original temperament of the drug.

ASAL DAWA KI HIDDAT AUR MIZAJ MEIN ISTEHALA AUR TAGHAIYUR KIYE BAGAIR (WITHOUT ACTUALLY CHANGING THE MIZAJ OR SEVERITY): Certain antidotes act without bringing change in the severity and temperament of the actual drug. They protect the organs from the toxic effect. Ex: Musakkin-e-alam advia (analgesics) weaken the heart as well. Ex: ajwain kharasani, afyun etc. Therefore they are used along with muqavviy-e-qalb advia like abresham, daroonaj, zafran, amber and mushk. In the same way mushilat are given with lu'abaath and habis-e-dam advia are given with mullayinaath to protect the intestinal mucosa from irritation and constipation.

