

# Introduction To Ilmul Advia

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**Dedicated**

**To**

**Beloved Parents  
My Real Inspiration**

## Makhaz Advia (Sources of Drugs)

### Preface

As a teacher, it has all along been my feeling that Ilmul Advia (Unani Pharmacology) is neglected in the under graduate course according to need of the students as students admitted in BUMS are from Senior Secondary School with Science and Biology (PCB). Although there is prescribed course for the subject in the CCIM curriculum. Keeping this fact in mind, this is an endeavour to present the more important and common aspect of this highly specialised subject in a concise and compact form, so that it may not be a time consuming affair to go through the book. In order to build up a liking and a basis for Ilmul Advia (Unani Pharmacology). Particular emphasis has been placed on classification of Drugs, Single Drugs, which are described in short but potential.

Cosidering the requirement of the undergraduate candidates for the purpose of understanding the drugs, their botanical names, regional names are given and with that their parts used are also mentioned.

A chapter on Single drugs also has been introduced so that student may know action and uses of certain drugs with their Mizaj (Temperament) and vernaculars in Indian regional languages.

It is my pleasure to express my indebtness to certain works from which I have gathered ideas and illustrations. Khazaenatul Advia, Alkanoon fit tib, Al havi, Qawanin Advia, www.mobot.com, www.botany.com, www.laona project.org and so many other books and other websites.

In last I would like to thank my all colleagues for support and particularly Dr. Mohd Akram lecturer in F/O Medicine Jamia Hamdard for valuable help in editing this book.

New Delhi

*Hifzul Kabir*

**Mavaleed Salasa:** There are three sources of drugs, which are used in Unani system of Medicine. These are Botanical, Animal and Geological or mineral.

**Botanical Source:** All the plants, which may be used as drug. These may be herbs, shrubs and trees. Herbs may be used as whole or part there of. Shrubs and trees are used in different ailment in form of their parts, like juice, root, stem, branch, leaf, flower, fruit, seed, gum, bark, latex etc.

**Animal Source:** Animal or their parts are used as medicine, obtained from this source. As canthradines, pigeon, head of sparrow, gall bladders of some birds, horn, nails, fats, secretions etc.

**Geological Sources:** Substance obtained from earth either in pure or impure from are used medicinally these may be in form of matter like gold, Silver, Copper, iron, coal, salts etc.

### Drug, Diet and their Classification

**Drug:** Drug is any substance or product that is used intended to be used to modify or explore physiological system or pathological states for the benefit of the recipient. (WHO)

“A medicinal substance used in the treatment of disease. (Taber)

“Establishes its effect with its kefiyat (quality). (Allama Qarshi)

**Diet:** The substances, when introduced in body are affected by body and breaks into constituents. Their constituents are able to give replacement of different part of body for.ex. Proteins fats, carbohydrate, vitamins etc.

**Difference between Drug and Diet:** Drug acts due to its kefiyat (quality) and establishes it's effect and eliminate. It does not become a part of body, like Mako (Solanum nigrum), Afsanteen (Artemesia absynthium) etc. these drugs due to their particular property reduces inflammation of liver.

On the other hand diet becomes part of body and only unabsorbed part is eliminated from body. For.ex. Wheat, rice, egg and other protein, fat etc. are broken in their parts and help in repairing or maintaining body system.

In short it can be said that diet becomes part of body and produces replacement. Drugs act with its property and do not become a part of body.

## **Dawae Ghizai (Nutritious Drug) Ghizae Dawae (Medicinal Diet), Zulkhassa (Specific Drug)**

There are so many drugs, which we also use as diet. With the drug effects, they also furnish replacement like, Mentha, Lettuce, etc. these drugs act with their properties to cure some diseases and also give replacement to organs. Some other things, which are used as diet also, act as drug in little. Like Wheat, Rice, Egg etc.

**Dawae Ghizai (Nutritious Drug):** All substances, which are used mainly as drug but contains dietary constituents also. Like Mentha, Lettuce etc.

**Ghizai Dawae (Medicinal diet):** All those substances, which are used as diet but they may be used as drug also. These things have more dietary constituents than drug constituents like Wheat, Gram, Egg Fish etc.

**Zulkhassa (Specific Drugs):** This term is used in Tibb e-Unani from ancient time. This term means, “which has particular action”. It is used for those drugs, which act due to their “Soorat Nau-eya” unknowingly. Sheikh Avecena has different explanation. The drugs act in three ways, Asar bil Kefiyat (effect by property), bil maadda (by matter), and bil joher (by active constituents). The drugs act by their property. Diets act by matter. Zulkhassa acts by active constituents with Soorat Nauyea unknowingly.

Soorat Nauyea is particular combination of different constituents of certain compound. If this combination is changed by any means, the effects of drug are changed. So if a particular compound has similar constituents but arrangement is different, their effects will be different.

The arrangement of atoms in a substance is responsible for its characteristic properties. For example, the atoms of paper and sugar are same, as diamond and graphite are same, but action of each is different.

In this way we can understand that due to change in arrangement of constituent either in Single drug or in compound drug, their action will be different. They may possess same temperament or property but due to

different arrangement of constituents, may differ in action. As the drugs containing Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup> are purgative, diuretic and anti-inflammatory etc. Like this other so many examples may be given. So due to change in arrangement, these drugs discharge different actions. It is concluded that arrangement of constituents in a drug is Soorat-e-Nau-eya, which is responsible for different actions.

## **Classification of Drugs according to Drug Action**

**1. Akkal (Corrosive):** These drugs destroy the tissues. These drugs has their resolvent, detergent and penetration power so they destroy the tissues.

Zangar (Cupric sulphate)

Sendur (Borax)

Choona (Lime)

Sadaf sokhta (Tribunella rapa ash)

Anzroot (Astragalus sarcacola gum)

Tootia (Copper sulphate)

Sabun (Soap)

Murdar Sang (Plumbum oxidum)

All concentrated acids

All Concentrated alkalis

**2. Jazib (Siccative or desiccant):** These drugs cause dryness. These drugs due to their hot and volatile nature take secretions and humor at such place, from where they are easy to eliminate.

Junudbedster, (Caster beaver secretion)

Ghareeqoon (Polyporus officinalis)

Lehsun (Allium sativa bulb)

Behroza (Pinus longifolia secretion)

Rai (Bressica alba, B. nigra seed)

**3. Jali (Detergent):** These are cleansing medicine. These 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 stop the bleeding.

These act in several ways.

(i) These act as astringent and close the vessels or capillaries.

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

(iii) Some drugs having cold property and stop the blood.

(iv) Some drugs due to their narcotic property, slow the flow of blood and stops the blood secretion.

(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)

Kehruba (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 are hair removers. These drugs weaken the root of hair and remove them.

Safeda, White lead (Plumbi carbonas)  
 Hartal (Arsenic ore)  
 Raakh (Ash)  
 Choona (Lime)

**6. Hakkak (Irritant):** These produce itching. These drugs 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 make scars on wounds. These drugs having dry property and so dry the wound and make scar on them.

Tootia (Copper sulphate)  
 Sadaf sokhta (Turbinella rapa ash)

Elva (Aloe vera dried juice of leaf)  
 Shadnaj (A certain type of soft stone)  
 Choona maghsool (Wet Lime)  
 Anzroot (Astragalus sarcacola gum)  
 Chharela (Nardostachis jatamansi root)

**8. Dafe Tashannuj (Antispasmodic):** These relieve the spasm. These drugs relieve abnormal contraction of muscles 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)  
 Hilteet (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 (Nicotinum tabacum herb)  
 Jadwar (Delphinium denudatum root)  
 Qaranfal (Caryophyllus aromaticum bud)  
 Karanjwa (Caesalpinia bonducella fruit)  
 Anzroot (Astragalus sarcacola 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 shaenarthus root)  
 Qinnab (Cannabis sativa leaf)

**9. Dafe Taffun (Antiseptic):** These prevent sepsis. These drugs externally or internally 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)

**10. Dafe Huma (Antipyretic):** These reduce the 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 arundinasia 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)

**11. Radey (Divertive):** These drugs divert the matter from one part to another part.

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)

**12. 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 Sulphor)  
 Beesh (Aconitum nepallus root)  
 Jamalgota (Croton tiglium fruit)  
 Yabruj (Atropa belladonna root)  
 Saqmoonia (Convolvulus scamony root latex)  
 Para (Mercury)  
 Afiun (Papaver somniferum latex)  
 Shokran (Conium meculator leaf, seed)

**13. Aasir (Squeezing):** These are highly astringent and so by squeezing eliminate the liquid matter from vessels by squeezing.

Aamla (Embllica officinalis fruits)  
 Balela (Terminelia blerica fruit)  
 Post darakht Anar (Punica granatum bark)  
 Post Anar (Punica granatum epicarp of fruit)

**14. Ghassal (Irrigator):** These are cleansing medicine. These clean the sticky matter from skin surface.

Moderate hot water  
 Maul Asl (Honey water)  
 Aash Jau (Barley water)  
 Mauljubn (Whey)

**15. Qabiz (Astringent):** All Habis dam, Rade, Aasir and Qabiz ama are astringent.

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 (Ptreocarpus marsupium gum)  
Roghan Gul (Rosa damascena oil)  
Rasaut (Berberis aristata extract)  
Zare vard (Rosa damascena anther)

**16. Qabiz Ama:** The drugs, which check the secretion and reduce peristaltic movement, produce constipation.

Faulad (Iron)  
Jast (Zinc)  
Phitkri (Alum)  
Choon (Lime)  
Gile armani (Arminium bole)  
Gile Makhtoom (Makhtoom clay)  
Sangjarahat (Soap stone)  
Geru (Silicate of alumina, oxides of iron)  
Dammul akhven (Ptreocarpus marsupium gum)  
Busud (Corallium rubrum)  
Kehruba (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)

**17. Qatil Deedan Shakum (Anthelmintic):** The agents, which kill the intestinal worm. These act on different worms.

**(A) Hayyat (Ascaris)**

Darmana (Artemisia maritima herb)  
Post Nim (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 phillipinensis)  
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)

### 18. 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)

**19. Qashir (Sloughing):** These separate the dead matter from healed wound.

Zaravand (Aristolochia longa, A. rotunda root)  
Kunjud Siyah (Sesamum indicum seed)  
Khashkhash (Papaver somniferum seed)  
Qust (Sassurea lappa root)  
Jau biryani (Hordium vulgare fried seed)  
Khoolanjan (Alpinia galanga root)

**20. Qate Bah (Anaphrodisiac):** These drugs depress the sexual desire.

Kafoor (Cinnamomum camphora extract)  
Shokran (Conium maculatum 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 (Ocimum gratissimum seed)  
Chhoti Chandan (Rauwolfia serpentina root)  
Khurfa (Portulaca oleracea herb)  
Kulthi (Dolichos biflorous seed)  
Tabasheer (Bambusa arundinacea secretion on node)  
Naushader (Ammonium chloride)

**21. Kasir Riyah (Carminative):** These pass the gases from intestine.

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 zylenticum 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 (Zenthaxhium 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)<sup>7</sup>  
 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 (Andopogam shaenarthus root)  
 Kasaundi (Cassia occidantalae 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)

**22. Kavi (Caustic):** These destroy the living tissues.

Tezab Gandhak mehlool (sulphuric acid)  
 Tezab Namak (Hydrochloric acid)  
 Choona (Lime)  
 Tezab Shora (Nitric acid)  
 Phitkri (Alum)  
 Kasees (Ferrous sulphate)  
 Tootia (Copper sulphate)

**23. Laaze, Muhayyij (Irritant):** These produce irritation on body and increase blood circulation.

All Hakkak are Laazey

**24. Mane Arq (Anadaphoretic):** These drugs reduces the 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)

**25. Mubakhkhir (Gas producer):** These produce gas in the intestine.

Gandana (Allium ascalonicum seed)  
Piyaz (Scilla indica bulb)

**26. Mobarrid (Cooling):** These reduce the generating energy in body and cool the body.

Moarriq, Qabiz, Habis, Mokhaddir are all cooling.

**27. Mojaffif (Siccative):** These produce dryness and reduce moisture due to dryness.

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 arundinasia 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 ebum 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)

**28. Mujammid (Coagulant):** These drugs due to their particular property coagulate the blood.

Phitkri (Alum)  
Gond Babool (Acacia arabica gum)  
Choona (Lime)  
Geru (Silicate of alumina, oxides of iron)  
Bazrulbanj (Hyoscyamus albus seed)  
Marvareed (Pearl)  
Sangjarahat (Soap stone)  
Kateera (Astragalus gummifera gum)  
Kehruba (Vateria indica gum)  
Sadaf (Tribunella rapa shell)

**29. Moharrik 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)

**30. Moharrik 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)

**31. Moharrik Doran khoon (Circulatory Stimulant):** These increase blood circulation and blood pressure.

Alcohol  
Kuchla (Strychnos nuxvomica seed)  
Kafoor (Cinnamomum camphora extract)  
Tea  
Sumbuluttib (Nardostachis jatamansi root)

**32. Mohallile Auram (Resolvent):** These resolve the inflammation and reduce them.

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 shaenarthus root)  
Jadwar (Delphinium denudatum root)  
Dooqu (Pencedanum grande seed)  
Asarun (Valeriana wallichil root)  
Berg Aak (Calotropis procera leaf)  
Zarareeh (Canthradin)

Aspghol (Plantago ovata seed)  
Berg Arand (Ricinus communis leaf)  
Podina (Mentha arvensis herb)  
Jamalgota (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 (Glycerrhiza 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 zedoria root)  
Chirchita (Lyceum barbarum herb)  
Chob Chini (Smilax china root)  
Thoher (Euphorbia nerifolia latex)  
Saqmoonia (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)  
Kasoos (Cuscuta reflexa seed)  
Kafoor (Cinnamomum camphora extract)

**33. Mobassir (Ulcerative), Mohammir (Rubefacient):** These drugs produce ulcer or make skin red due to irritant property.

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)

**34. Mokhaddir (Narcotic):** These drugs due their coldness and dryness reduces organ senses and produce numbness. They act as local and general anesthetic and make 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)

**35. Mukhrij Juneen wa Masheema (Aborting):** These drugs stimulate the uterine muscles and produce or increase contractions, resulting foetus or placenta is expelled out. These all drugs act as emanagogue also.

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)

**36. Mukhrij Deedan Shakum wa Ama (Vermifuge):** These drugs expell out the worms of stomach and intestine. These do not kill them.

Roghan Bedanjir (Ricinus communis oil)  
Saqmoonia (Convolvulus scamony root latex)  
Rasaut (Berberis aristata extract)  
Palas Papra (Butea frondosa seed)  
Beikh Jalapa (Ipomoea jalp root)  
Kamela (Mallotus phillipinensis)

**37. Mukhashshin (Which make rough):** These drugs posses detergent and irritant action. These 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)

**38. Mudir bol (Diuretic):** These increase activity of kidney either by irritation or by increase filtration.

Afsanteen (*Artemisia absinthium* herb)  
Anjdan (*Ferula asafoetida* latex)  
Ersa (*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 (*Andropogam 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 (*Laginaria siceraria* seed)  
Chiraita (*Swertia chiratta* herb)  
Tukhme Khayaren (*Cucumis sativa* seed)  
Tukhme Kasni (*Cichorium intybus* seed)<sup>5</sup>  
Persiaoshan (*Adiantum capillus* herb)  
Kharkhasak (*Tribulus teristris* 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)

**39. Mudir Hez (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 terristris* fruit)  
Zafran (*Crocus stiva stigma*)  
Dar Chini (*Cinnamomum zeylanicum* bark)  
Dooqu (*Peucedanum 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)

**40. Mudir Luab Dehen (Siatagogue):** Agents, which increase saliva secretion. These act on slavery 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)  
 Turshiyani (All type of Sour matters)

**41. Mudammil (Cicatrizing):** Agents, which help to form scar on the wounds. 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)

**42. Murakkhi:** These make skin or part of body loose.

Alsi (Linum usitatissimum seed)  
 Roghan Badam (Prunus amygdalus oil)  
 Mom zard (yellow wax)  
 Mom safed (white wax)  
 Roghan Zetoon (Olea europaea oil)  
 Cherbi (Fat)

**43. Mumallisat ((Emollient)):** These make soft and smooth that part on which, they are applied locally. These 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 (*Zyzifus sativus* fruit)  
Sapistan (*Cordia latifolia* fruit)

**44. Musakkin Alam (Analgesic):** These relieve pain used either externally or internally. These drugs act on nerves either stops the senses going ahead or paralyse then, resulting feeling of sensation is reduced and pain is reduced.

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*)  
Khoolanjan (*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)

**45. Musakkin Dimagh wa Aasab (Brain and nerve sedative):** These allay irritability and hyper nerve function.

Post Khashkhash (*Papaver somniferum* seed coat)  
Tukhme Khashkhash (*Papaver somniferum* seed)  
Kafoor (*Cinnamomum camphora* extract)  
Khoolanjan (*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)

**46. Musakkin Tanaffus (Respiratory sedative):** These allay irritability of respiratory system. These drugs act as sedative on respiratory center and reduces cough and other spasmodic conditions.

Post Khashkhash (*Papaver somniferum* seed coat)  
Tukhme Khashkhash (*Papaver somniferum* seed)  
Afiun (*Papaver somniferum* latex)  
Kafoor (*Cinnamomum camphora* extract)  
Khoolanjan (*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)

**47. Musakkin Qalb (Cardiac sedative):** These drugs decrease the cardiac force and relieve palpitation.

Post Khashkhash (*Papaver somniferum* seed coat)  
Tukhme Khashkhash (*Papaver somniferum* seed)  
Afiun (*Papaver somniferum* latex)  
Kafoor (*Cinnamomum camphora* extract)

Khoolanjan (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)

**48. Musakkin Meda (Gastric sedative):** These 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)  
Khoolanjan (Alpinia galanga root)  
Bazrul banj (Hyoscyamus albus, H. nigrum, H. muticus Herb, seed)  
Yabruj (Atropa belladonna root)  
Tukhme Kahu (Lactuca sativa Linn seed)

**49. Musakkin Hararat (Febrile sedative):** These decrease the febrile condition.

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)

**50. Musakhkhin (Calorific):** These increase body warmth.

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)

**51. Musammin Baden (Fattening):** Agents, which make fatty body. These act on different parts of body and increase metabolism or act in other way, resulting body is healthy.

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)

**52. Mullein Ama (Laxative):** These drugs mildly increase peristaltic movement of intestine or make them slippery or dilute the stool and pass through anus 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)

**53. Mus-hil (Purgative):** These increase frequency of stool. These act in several ways either by squeeze or by increasing peristaltic movement or other way. These also pass balghem, sauda, safra and so these also called as Mus-hil balghem, Mus-hil sauda, Mus-hil safra.

**(i) Mamooli Mus-hil (Mild purgative):** These discharge one or two stool.

Ersa (*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 discharge loose motion frequently. Loose motion 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)  
Saqmoonia (*Convolvulus scamony* root latex)  
Shehm Hanzal (*Citrullus colocynthis* fruit)

Turbud (*Ipomea turpenthum* root)

**(iii) Mus-hil Balghem (Phlegm Purgative):** These drugs pass Particularly the phlegm through intestine due to their Soorat Naueya.

Ustokhuddoos (*Lavandula stoechas* herb, flower)

Afteemoon vilaiti (*Cuscuta reflexa* herb)

Anzroot (*Astragalus sarcacola* gum)

Ersa (*Iris ensata* root)

Baobarang (*Artemisia vulgaris* seed)

Bisfajj (*Polypodium vulgare* Linn root)

Turbud (*Ipomea turpenthum* root)

Thoher (*Euphorbia nerifolia* latex)

Jalapa (*Ipomea purga* root)

Habbunnil (*Ipomoea hederacea* fruit)

Roghan bedanjjir (*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)<sup>5</sup>

Muqil (*Commiphora mukul* gum)

**(iv) Mus-hil Safra (Bile purgative):** These drugs act on bile and pass it through intestine.

Senna (*Cassia senna* leaf)

Saqmoonnia (*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)

Ersa (*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)

**(v) Mus-hil Sauda (Melancholic purgative):** These drugs act on Melancholia and pass it through intestine.

Jamalgota (*Croton tiglium* fruit)

Haleela Siyah (*Terminelia chebula* unripe fruit)

Kherbaq Siyah (*Helliborus niger* root)

Turbud (*Ipomoea turpenthum* root)

Afteemoon vilaiti (*Cuscuta reflexa* herb)

Bisfajj (*Polypodium vulgare* Linn herb)

Bao barang (*Artemisia vulgaris* seed)

Ushq (*Dorcus ammonicum* gum)

Senna (*Cassia senna* leaf)

Habbunnil (*Ipomoea hederacea* fruit)

**(vi) Mus-hil Maayee (Body fluid purgative):** These produce loose motion and pass body fluid through intestine.

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)

Saqmoonnia (*Convolvulus scamony* root latex)

Shehm Hanzal (*Citrullus colicynthus* fruit)

Turbud (*Ipomea turpenthum* root)

**54. Mushtahi (Appetizer):** These increase hunger. These act in several ways as by acting on intestinal secretion or by increasing body nutritional consumption.

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

**55. Musaffi Dam (Blood purifier):** These drugs make certain action on blood and harmful constituents are changed in such constituents, which are eliminated 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)

**56. Moaddilat (Normaliser):** These drugs make the temperament of other humor normal.

Gul Banafshah (*Viola odorata* flower)  
Burada Aabnoos (*Myrtus communis* wood)  
Ushba Maghribi (*Sarsaparilla europaea* herb)

**57. Muzeyeqe Suqbah Enabeeyah (Pupil constrictor):** These drugs act on circular fibers of iris and constrict them, resulting pupil constricts.

Afiun (*Papaver somniferum*) and its compounds  
Khashkhash (*Papaver somniferum* seed)  
Post Khashkhash (*Papaver somniferum* seed coat)

**58. Moarriq (Sudorific):** These drugs act either on nerves of sweat glands or directly on sweat glands and open them. Some drugs divert the material towards skin and they are passed through pours.

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)

**59. Muattis (Ptarmic):** These drugs cause sneezing. These drugs irritate the nasal passage and matter of brain is diverted towards nose and so passes away.

Tambaku (*Nicotinum tabacum* herb)  
 Reetha (*Sapindus trifoliatus* fruit)  
 Berg Shabit (*Anthium sowa* leaf)  
 Sheer Mudar (*Calotropis procera* latex)  
 Junudbedster (*Castorium*)

**60. Mughazzi (Nutritious):** These drugs give nutrition to body or part their of.

All diets  
 All 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

**61. Mughalliz Mani (Semen viscosity):** These make semen viscous.

These drugs act as astringent also.  
 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 prurience* seed cotyledens)  
 Mochrus (*Salmalia malabarca* gum)  
 Moosli Safed (*Chlorophytum arundinaceum* root)  
 Moosli Siyah (*Curculigo orchioids* root)

**62. Mufattit Hisat (Lithotriptic):** These break the stone of kidney or urinary bladder. These act by their Soorat Naueya and break the stone.

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*)

**63. Mufatteh (Deobstruent):** These drugs remove the obstruction. These obstructions may be in form of thick or sticky secretion or any other form. These dilute the thick secretion in liquid and pass them.

Abhal (*Juniperus communis* fruit)  
Ustokhuddus (*Lavandula stoechas* herb, flower)  
Ajwain (*Carum capticum* seed)  
Izkher (*Andopogam shaenarthus* root)  
Ushq (*Dorcus ammonicum* gum)  
Afsanteen (*Artemisia absynthium* herb)  
Anisun (*Pimpinella anisum* seed)  
Ersa (*Iris ensata* root)  
Brinjasif (*Achillea millefolium* herb)  
Paan (*Piper betel* leaf)  
Post Beikh Kibr (*Caparis spinosa* root bark)  
Piyaz (*Allium cepa* bulb)  
Tukhme Kharpaza (*Cucumis melo* seed)  
Beikh Kasni (*Cichorium intybus* root)  
Tager (*Valariana walichii* 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)  
Aqirqarha (*Anacylus 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 (*Moschcus moschiferus* secretion)  
Persiaoshan (*Adiantum capillus* herb)  
Hilyun (*Lepidium sativum* seed)

**64. Mufatteh Suqbah Enabeeyah (Pupil dilator):** These drug constrict the fibers of iris and dilate the pupil.

Bazrul banj (*Hyoscyamus albus* seed)  
Yabruj (*Atropa belladonna* root)  
Datura (*Datura alba* seed)

**65. Mufajjir Auram (Supporative):** These drugs drain out the pus from the swellings. These 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)  
Ferfiun (*Euphorbia nerifolia* latex)  
Qust (*Sassurea lappa* root)  
Hartal (*Arsenic ore*)

Heera Kasees (Ferrous sulphate)

**66. Mufarreh (Refrigerant):** These drugs relieve the tachycardia, palpitation of heart and thirst. These produce generally cold ness.

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)<sup>2</sup>

Gule Gurhal (Hibiscus rosinensis flower)

Qaranfal (Syzygium aromaticum bud)

Marvareed (Pearl)

**67. Muqarreh (Ulcerative):** These drugs produce ulcer on skin or other parts where they are used. These are too hot and penetrative.

Choonaa (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)

**68. Muqavvi Asnan wa Lissah (Teeth and Gum Tonic):** These tone up the gums and teeth. These act as astringent, irritant or antiseptic.

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 Biryaa (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)

**69. Muqavvi Aasab (Nervine tonic):** These tone up the nerves. These turn nerves normal and increase their vitality.

Ustokhuddoos (Lavandula stoechas herb)

Aslussoos (Glycerrhiza glabra root)

Baboona (Matricaria chamomile flower)



Blachher (Nardostachis jatamansi root)  
 Brahmi (Bacopa moneara 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)

**70. Muqavvi Aaza Raisa (Vital organ tonic):** These drugs tone up the vital organs. These drugs act on brain, heart and liver. Generally these act on particular organ but in general all vital organs are improved.

Amla (Emblica 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)

**71. Muqavvi Baah (Aphrodisiac):** These drugs increase sexual power. These 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 hermala 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 walichii root)  
 Toodri (Lepidium iberis seed)  
 Salab (Orchis latifolia root)  
 Shaqaqul (Pustinaca secacul root)  
 Jaifal (Myristica fragrance nut)  
 Kharkhasak (Tribulus terristeris fruit)  
 Kharateen (Earth worm)  
 Khurma (Phoenix dactylifera fruit)  
 Khoolanjan (Alpinia galanja 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)

**72. 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 (Teminelia blerica fruit)  
 Haleela (Terminelia chebula fruit)

**73. Muqavvi Jiger (Liver tonic):** These drugs tone up the liver. These improve the liver function by various ways.

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 hookrii)  
 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 (Ocymum 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)

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

**75. Muqavvi Dimagh (Brain tonic):** These drugs tone up the brain. These improve the brain power by various ways.  
Aabnoos (Diospyros ebenum wood)  
Abresham (Bombax mori)  
Akhrot (Juglans regia fruit)  
Azaraq (Strychnos nuxvomica Linn seed)  
Asgand (Withania somnifera Dunal root)  
Afsanteen (Artemisia absinthium herb)  
Amla (Emblia officinalis fruits)  
Anar (Punica granatum Linn fruit)  
Baboona (Matricaria chamomile flower)  
Badam (Prunus amygdalus fruit)  
Balsan (Commiphora opobalsamum fruit)  
Balela (Terminelia bellerica 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)

**76. Muqavvi Tihal (Spleen Tonic):** These drugs tone up the Spleen. These improve the spleen function by various ways. These following drugs are reported as spleen tonic. It should be worked out and research is required.  
Faulad (Iron)  
Habbe balsan (Balsamodendron opobalsamum fruit)

**77. Muqavvi Qalb (Heart tonic):** These drugs tone up the Heart. These improve the heart function by various ways.  
Abresham (Bombax mori)  
Akhrot (Juglans regia fruit)  
Azaraq (Strychnos nuxvomica Linn seed)  
Arjun (Terminelia arjuna W & A bark)  
Amla (Emblia 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)  
Khoodanjan (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)  
 Kehruha (*Vateria indica* gum)  
 Kewra (*Habiscusable 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)

**78. 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 (*Andopogon shaenarthus*, *Cymbopogon jwarancusa* Schult herb)  
 Azaraq (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)

**79. Muqavvi Bah (Aphrodisiac):** These drugs tone up the sexual organs.

These improve the sexual function by various ways.

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)

**80. Muqavvi Gurda (Renal tonic):** These drugs tone up the kidney. These improve the kidney function by various ways.

Jamun ki Guthli (Sisigium Jambulana seed)  
 Mastagi (Pistacia Lentiscus gum)

**81. Muqavvi Masana (Urinary bladder tonic):** These drugs tone up the urinary bladder. These improve the retention power by various ways.

Tabasheer (Bambusa arundinasia secretion on node)  
 Luk Maghsool (Cocus lacca purified latex)

**82. Muqavvi Baser (Eye tonic):** These drugs tone up the eye. These improve the eye function by various ways.

Mameeran (Caplic foeta root)  
 Chaksu (Cassia absus fruit)  
 Amla (Emblica 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 olereacea juice)  
 Aab Kadu (Laginaria siceraria juice)  
 Aslussoos (Glycerrhiza 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 (Nicotinum 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)

**84. Mulattiff (Demulcent):** These drugs break the matter into pieces and make humor more liquid by their mild hotness.

Aabnoos (Diospyros ebenum wood)  
Abresham (Bombax mori)  
Abhal (Juniperus communis fruit)  
Izkher (Andropogon schenarthus root)  
Ersa (Iris ensata root)  
Baboona (Metricaria chemomile flower)  
Brinjasif (Achillea millefolium herb)  
Boora armani (Arminium bole)  
Pudina (Mentha arvensis herb)  
Toot (Morus acedosa, 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 (Anacylus 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)  
Kasoos (Cuscuta reflexa seed)

Maror Phali (Helicteres isora fruit)  
Mushktramsheey (Leucas stelligera herb)  
Vaj (Acorus calamus root)

**85. Mullein Ama (Laxative):** These drugs pass feces easily by liquifying and one or two motions are passed without pain.

Maveez Munaqqa (Vitis vinifera seed less fruit)  
Senna (Cassia senna leaf)  
Gulqand  
Turanjabeen (Tamarix indica gum)  
Anjir (Ficus carica fruit)  
Roghan bedanjir (Ricinus communis seed oil)

**86. Mullein Varam (Resolvant):** These 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)

**87. Mumsik Mani (Avaricious):** These retain seminal discharge. These drugs are due to their narcotic action and, dryness property, 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)

**88. Mumallis (Lubricant):** These make rough skin surface smooth.

All oils  
 All luabat (Mucilage)  
 Samagh Arabi (Acacia arabica gum)  
 Unnab (Zyzyphus sativus fruit)  
 Bartang (Plantago major seed)

**89. 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 (Zyzyphus 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 (Zyzyphus sativa fruit)  
 Kasni (Chichorium intybus herb)  
 Kahu (Lactuca sativa Linn seed)  
 Kadu sheereen (Laginaria 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.

Ustokhuddoos (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)

**90. 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)  
Khoodanjan (*Alpinia galanja* root)  
Amaltas (*Cassia fistula* fruit)  
Rubbussoos (*Glycyrrhiza glabra* extract)  
Rehan (*Ocimum sanctum* herb)  
Zaranbad (*Curcuma zedoria* root)  
Sapistan (*Cordia dichotoma*, *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)

**91. Munaffit (Epispastic):** These 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)

**92. Munavvim (induces sleep):** These drugs induce sleep. These act either 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)

**93. Munaffiz (Vehicle):** A substance used as carrier of drug at site of action.

Sirka (*Acetic acid*)  
Sharbat (Syrup)  
Paani (Water)  
Zafran (*Crocus sativa* stigma)

**94. Muallid dam (Blood procreator):** These drugs produce blood in the body. These drugs 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)

**95. 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)

**96. Muallid Mani (Semen Procreator):** These may increase semen production or sperm.

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)

**97. 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)

**98. Hazim (Digestive):** These drugs help in digestion either by tone up gastric or by toning intestine.

Izkher (Andropogon shaenarthus, 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)

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## Mizaj Adiva (Temperament of drugs)

When different basic molecules of different element come into contact at one place, they act and react. Their Kefiyat (quality) interact with each other in such a manner that a new Kefiyat (quality) emerges. This new and intermediate Kefiyat (quality) is called Mizaj. If we mix hot water into cold water it becomes moderate. Hot property and cold property act against each other and a new 'intermediate' property emerges that will be neither so hot nor so cold in such extent as it was earlier.

**Elements:** Ancient Philosophers has said that element may be divided in other molecules (Proton neutron etc) but when they will meat together, they will makes its original element like gold, silver oxygen. As the air, which was considered as an element in old days now it is proved that it is a combination of different other gases. Further more if an element is changed to such an extent that its arrangement is changed then today's element will not be an element of future.

**Number of elements:** Ancients had different opinion regarding number of element. Some told that element is one and all the compounds are different forms of that. Some said that elements are two. Some told three. But most of Philosophers recommended four. There are so many arguments, which can be given in favour of four.

## Degrees of Temperament

Due to difference in temperament of drugs, these are classified, so as appropriate drug for a disease may be given.

## Dawae Haar, Barid, Motadil (Hot, Cold, Normal Drug)

**Dawae Motadil (Normal drug):** All those drugs, which are introduced in body, produce such kefiyat (quality), which is neither more nor less from body property. These drugs will not produce such effects, which are more or less than medically normal. Medically normal drug does not mean to have equal constituents in drug combination but it is related to normal in action.

**Dawae Haar (Hot Drug):** Those drugs, when introduced, produce hotness, which is more than normal hotness of body.

**Dawae Barid (Cold Drug):** If by taking these drugs, coldness is produced more than normal. These drugs will be of cold temperament.

### **Classification criteria**

All the drugs are divided in four groups. Criteria of classification is as follow.

Drug should be used in particular dose.

Drug should not be repeated.

Drug should be used on normal body.

Temperature should be normal because if hotness/coldness is a little more then hot/cold drug will produce more hotness/coldness as case may be.

**Advia Darja Avval (Ist degree):** Those all drugs which produces more hot/cold property than normal but it does not seem in general condition but coldness/hotness may be felt locally or generally.

**Difference between Ist degree drug and moderate drugs:** Moderate drug if given repeatedly, does not produce so much property (coldness/hotness), which is more than normal. Ist degree drugs in repetition produce more property (coldness/hotness) than normal.

**Advia Darja Doem (IInd degree drugs):** In this category all those drugs are described which at first time, produce such effects which can be assessed. But not so, that may alter the daily routine, such as food feeding, sleeping awaking and excretion retention.

**Advia Darja Soem (IIIrd degree drugs):** In this category those drugs are described, which are introduced in normal body, at first instance alter daily routine like sleeping, hunger, passing stool etc. if these drugs are used repeatedly or in over dose, these may cause severe after effects.

**Advia Darja Chaharam (IVth degree drugs):** Those all drugs, which produce acute effect. These drugs are also called poisonous drugs. These drugs have hot or cold property in IVth degree. So they act rapidly and if the dose is increased even a little, that can produce severe side effects.

The degree, which is described here, have three sub degrees. As a drug may be hot in Ist degree initial intermediate and last.

It is very important to clear the difference between 4<sup>th</sup> degree, poisonous drugs and absolute Poison. Poisonous drugs according to unani Pharmacologist, act by their extreme hot or cold properties and even destroy the body functions, like smmulfar (Arsenic), Afiun (opium) etc. So these drugs are used generally after Tadbeer (detoxification). Absolute poison is such substance, which is not used medicinally. But now a days it is impossible to find such substance. Potassium synide is said to be absolute poison but in future there is a possibility to use that as drug.

### **Classification of Mizaj (Temperament)**

**1. Mizaj Ula (Primary Temperament):** It is also called Tabae (natural). It is that state of temperament, which is produced by action and reaction of primary constituents. Such drugs are called Mufradul Quva (Single power drug). Such drugs are rare or impossible to find.

**2. Mizaj Sani (Secondary temperament):** That temperament, which is produced by mixing those constituents, which already have primary temperament. The constituents of such drugs are a combination of those particles, which already have their own Temperament.

These all drugs are called Morakkabul Quva (Compound power). As Revand Chini (Rheum palmatum), contains two different constituents, one from which is laxative, other constituent is constipative. Another example may be of milk, which is a combination of cheese, butter and water. These three constituents have their own Mizaj. As cheese has Hot and dry, butter has hot and moist and water has cold and moist. These three constituents remain on it's own temperament respectively. And they can be separated. It is concluded that all things either from botanical, zoological or geological sources are Morakkabul Quva (compound power)

### **Classification of Mizaj Sani (Secondary Mizaj) / Morakkabul Quva**

1. Mustehkam (Rigid)
2. Ghair Mustehkam (Flexible)

**1. Mustehkam (Rigid):** It is such property, which is obtained after actions of combination of constituents. Here, matter's combination is so rigid that

constituents are not separable. As brass is combination of a particular ratio of Copper and Zinc, which have their own temperament. If these constituents are to be separated, they can not be.

**2. Ghair Mustehkam (Flexible Temperament):** It may be said Rikhv (loose) combination. It may be of three states.

**1. Rikhv mutlaq:** It is such type of combination, which is unbreakable, even boiling can not separate their constituents. If these are burnt, only then, they can be separated. As Baboona (Chamomile), when burnt, its two constituents having (resolvent and astringent) property may be separated.

**2. Rikhv Jaddan (More flexible):** Those drugs, which eliminate their constituents after boiling. As Masoor (lentil), when boiled in water eliminate its constituents having resolvent and astringent property. Resolvent acted constituent comes into water and astringent remains in cotyledons.

**3. Rikhv baa Ifrat (Most flexible):** It is such type of temperament in which constituents are separated by even after washing the drug as Mako (Solanum nigrum), kasni (Cichorium intybus). If these are washed, their active constituents, which are in trichomes of leaves, are destroyed.

On these rigid and flexible binding of constituents, methods of uses are changed, so we use some drugs as in form of Joshanda (decoction), Khesanda (infusion), powder etc. Some constituents are soluble in alcohol and ether etc. It is evident from history that Hakeem used sharab (alcohol) as solvent for Khesanda.

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## Tarkeeb Advia (Composition of Drugs)

**Tarkeeb Tabae'e \Qudrati Tarkeeb (Natural Composition):** All those drugs, which are, composed naturally, and produce single temperament. All the herbal animal mineral drugs have natural composition, these all are called Advia mufrida (single drugs). Compound drugs have more than one single drug, prepared either in laboratory or Pharmacy. Ashrab (syrups), Khameerajat etc, all are example of these drugs.

**Joher faal (Active Constituent):** Those constituent, which dominate in their action for example Opium has several constituent but when Opium is given as drug its sedative action is due to its active principle Morphine.

### Constituents of Drug

Following Constituents are present generally in Herbal and Animal drugs.

**1. Lehem (Proteins):** Various types of Proteins are present in Animal and Herbal drugs.

**2. Namakyat (Salts):** These are obtained generally after burning the herbs. Like, salt of Radish, salt of barley etc.

**3. Turshiyah (Acids):** These are found in sour fruits like Lemon, Tamarind, Pomegranate etc.

**4. Shahem (Fats):** All volatile oil and fixed oil contain fat, like Caster oil. Ghee, Sesame oil. Some fats are obtained from animals.

**5. Ajzae Shakariyah (Carbohydrate):** Obtained from herbs, like sugarcane etc.

**6. Samaghiyat (Gums):** These are dried latex obtained from herbs, like gum acacia, these are dissolved in water.

**7. Ral (Resins):** It is not dissolved in water but soluble in alcohol, for.ex. Mastic, Scamony.

**8. Ratenaj Samaghi Dohni (Olio gum resin):** Some are mixture of oil gum and resin. As Muqil, Laben

**9. Ajzae Lon (Colouring matter):** These are obtained from herbs like green from chlorophyll, red from flower of pomegranate, yellow from saffron etc.

**10. Ajzae Booraqiya (Alkali):** Some alkalis are obtained from herbs. Like sodium benzoic etc.

**11. Joher Fa-al (Active Constituents):** These are obtained from herbs like Morphine, Codeine from Opium, Strychnine from Nuxvomica, Glycyrrhizin from Licorice etc.

## Taseerat Advia (effects of drugs)

During health or illness, the effects of drugs are produced. These may be of following type.

**Taseerate ula (Primary Effect):** This is such effect, which occurs without metabolism of drug, refrigerant, tonicity and action of acid etc.

**Taseerate Saani (Secondary effect):** These are produced after metabolism of drug. As the effect of Nitric acid on kidneys.

**Taseer bila vasta (direct effect):** It effects in a particular organ or system. It may act in two ways.

**(A) Taseer qareeb (Near):** It in produced at once. As Aconite and pyrethrum. Their effect as irritation on tongue occurs at once as they are touched to tongue.

**(B) Taseer baed (Far):** Their effects are after absorption and metabolism. Canthradin, when passes through kidneys, irritate them.

**Taseer Bil vasta (Indirect effects):** These make their effects by nerves as aconite effects on heart.

**Beruni Asrat (External effect):** When drugs are used externally, they produces these effects. Like mustard, produces irritation and redness on surface of skin, when applied locally. Oils produce relaxation. Some times drugs act, but not absorbed as some volatile oil, eucalyptus oil etc.

**Khususi Taseer (Particular effect):** Some drugs produce different effects internally and externally. Onion, garlic mustard etc, which are rubefacient externally. When they are used internally, do not produce any irritation on gastric mucosa. Safeda Kashghari (Plumbi Carbon), when used externally produces no side effects, but internally produces sever side effects and even cause death. Coriender acts as resolvant against inflammation externally, but when used internally, increases these inflammations. Water has same effects on body either used externally or internally.

There are so many drugs under this category, which have particular effects like drug acting on genital organ, liver, eye, central nervous system,

cardiovascular system etc. Some times dose may alter drugs effect as Camphor in low dose acts as aphrodisiac, but in large doses it acts as anapbrodisiac. Rubarb, in low dose acts as gastric tonic but in large dose, its first action is as purgative then constipation.

## Advia ki Tabaee Khusiosiyat (Physical Characters of Drugs)

There are certain characters, which play important role to identify the drugs. There are certain characters to identify drugs in dried form, which are present in all drugs. These characters are colour, smell, taste consistency and weight. There are certain other qualities, which are not found in all drugs. These are evaporation, burn, solidification, dryness, resolution, crystallization sedimentation etc. We observe all external characters like colour smell taste consistency and weight to identify drugs . These can be understood easily. Some particular characters are discussed here.

**1. Taseed (Evaporation):** Some drugs have their property of evaporation. These drugs by getting heat evaporate in form of vapours. For example. Camphor, Mentha, Rose, Musk, Saffron, Laben etc. some drugs are used in vapor and condense form. Some drugs are used in form of smoke.

**2. Tehreeq (Inflame):** some drugs get inflamed by a just rubbing, as sulphur. Some drugs get inflame by combination with some other drugs as glycerin with potash.

**3. Tazeeb (Melting):** some drugs melt by heating, this heat may vary, like fats, Ghee, sulphur, mastic etc.

**4. Tajmeed (Solidification):** Some drugs become solid instead of melting when heated as egg yok.

**5. Tajzeeb (Desiccation):** Some drugs absorb water from atmosphere. Like sodium chloride and lime.

**6. Tajfeef (Siccation):** Some moisture containing drugs get dry by effect of heat. Some drugs lose their original characters after drying. As some volatile constituents contain drugs loses their smelling principle. Some time their colour and contour is also changed.

**7. Tehleel (Solution):** Drugs make their solution in particular solvent. As some drugs are dissolved in water like salts etc, some in alcohol as resins, some in oils. Like camphor, sulphur etc.

**8. Taqleem (Crystallization):** Some drugs are changed in their form as crystals, as Raskapoor (Colomel), Dorchikna (Sodium hydroxide)

**9. Tarseeb (Precipitation):** Some drugs in liquid form, are mixed with other drugs, then they precipitate, As egg yoke mixed in water then mix alum, which precipitate yok.

**10. Khilna (Decomposition):** some drugs absorb external moisture and gets decompose, like lime.

**11. Tarkeeb (Composition):** Some drugs make compound with other drugs. This process may be reversible or irreversible.

Some drugs have their certain properties as apple turns black if left open after making pieces. Lime and caltachu get liquid when mixed.

These all characters help to identify the drugs.

## Identification of Unknown drugs

### Qayas wa Tajurba (Hypothesis and Experiment/trial)

**Qayas (Hypothesis):** To establish a hypothesis on the basis of already known properties, regarding its action.

**Tajurba (Experiment/ Trial):** After establishing the hypothesis, drug is used externally or internally and its effects are established. Ancient Philosophers and researchers adopted these methods to establish action, properties and temperament.

In first phase drugs should be used on animals like rat, mice, rabbits dog, cat, monkey etc. then on human beings.

### Factors for experiments/Trial

There are so many factors on the basis of which drugs may go under trial.

**1. Ittifaq (by chance):** In this situation a patient took such drug or diet by chance, which was not in his knowledge to be beneficial in his sufferings but he got relief. By this, he/some other person interested in research, worked on that drug and drug's particular effect was also established.

**2. Melan Tabiyat (Interest):** The patient got interested to eat a particular thing. He used such thing and got relief. Use of insects in ascitis is one example of this type of interest.

**3. Jang, safer, Qehet (War, Travel and femine):** In these conditions a human being some times uses such things which were unknown to him. So these conditions gave emergence of such thing which helped in curing diseases also. So sweat potato, Potato, Smilax and other many things were introduced.

**4. Adavat, Dushmany (Revenge):** Some poisons were established as drug, after using them to kill. By chance a person suffered to such disease, which was cured by taking that poison. So that poison became poisonous drug. Like Arsenic, lead, etc are beneficial in syphilis, chronic cough gout etc.

**5. Ilham (Revelation):** some spiritual persons knew some things by their spirituality and they used that thing in a particular disease, which was beneficial and that became drug after experiments.

**6. Ilqa:** A person being helpless used some thing in particular disease believing, that will be beneficial. He used and got relief. That thing became drug.

**7. Khuab (dream):** Some times a patient of particular disease saw a dream, eating a particular thing and got relief. He ate and his disease was cured. That thing becomes a drug.

**8. Dars hewani (Animals):** Several animals use such thing or adopted such techniques, which relieves their ailments. Such as enema was learned from a bird. So this act is also called Amal Tair (Bird's action). It is said that either Hippocrates or Galen saw a bird that was pouring sea water in his anus. After some time he passed stool and flew away. It is also said that a snake rubs their eyes on fennel's leaves to tone up its eye power. It was tested and found these actions beneficial and adopted in human beings also.

### Importance of Experiment/Trial

Qayas (hypothesis) is pre-stage of trial. Actual action is known by trial. If an unknown drug comes in contact that is only can be known by some previous knowledge. Some external features can lead towards its actions. Hypothesis and trial are complimentary to each other. As on the basis of

trial we establish results. In the light of these result we make hypothesis for other drugs.

**Qyas (Hypothesis):** If hypothesis is made regarding a particular drugs in the light of already established facts, which are present in other drugs, as colour, smell, taste, consistency and weight. If these all or some of these characters are present in the drug, a hypothesis can be established. For example, Sandal safed (Santalum album) and Camphor (Cinnarmomum camphora) are white in colour. If we see another white coloured thing we can guess for its action, as we know already of white coloured things that may be Mufarreh (Refrigerants), Musakkin (Sedative). This guess may be confirmed by trial. Like this other characters may also be an example, as smell consistency etc.

To establish hypothesis other things may help, like istehala (metabolism) hotness, coldness, air, water, fire, and light of sun. These make same changes in drugs. These changes are of two types.

### **(A) Zahiri Tabdeeli (External Change)**

### **(B) Haqeeqi Tabdeeli (Compositional change)**

**(A) Zahiri Tabdeeli (External changes)** are those which occurs in colour, taste, smell etc.

**(B) Haqeeqi Tabdeeli (Compositional changes)** is that, which occurs in composition of drug. Generally external changes occur after the compositional changes, some times without change in composition, external changes occurs. There are certain conditions, which play important role. A drug melt due to little heat but other drug not, we conclude that a drug, which is melting, contains more hot temperament constituents and other drug contains less hot constituents. The drug, which may inflame outside the body, may produce more heat then others. After concluding this hypothesis, trial should be done, Haleela (Terminelia chebula fruit) becomes black when exposed to air after cutting in pieces and it is Qabiz Habis (Astringent). So other drug having same characters and having same action as qabiz habis (astringent) may be astringent.

**1. Colour:** It helps to establish an effect in the light of previous knowledge regarding action of coloured drug. Result established on this basis is less reliable.

**2. Smell:** It can help to establish hypothesis, as if a drug contains good smell and possess sedative action and unknown drug has also such smell, it may help to conclude that this drug will have also sedative effects.

It is said that drugs having pungent smell contain hot temperament, like garlic, onion, musk, saffron, clove etc. as hotness is needed to send the volatile constituents at the site of action i.e. smell center. So if the hot temperament constituents reach in body, will produce heat but there are some exemptions also as Camphor having pungent smell is cold and produces coldness in body. It is also less reliable but in comparison to colour it is more reliable.

**3. Taste:** All tastes, which are recognized, are in nine categories.

**1. Hirreef, Tez charpara (Pepper):** Filfil Siyah (Piper nigrum), Filfil safed (Piper album)

**2. Murr, Talkh (Bitter):** Chiraita (Swertia chiratta), Shahtra (Fumaria parviflora)

**3. Maleh, Namkeem, Shor (Salty):** Sodium Chloride and other salts.

**4. Hamiz, Tursh, Khatta (Sour)** Aloobukhara (Prunus domestica fruit), Lemon, Tamarind etc.

**5. Afas, Kasela (Astringent)** Mazoo (Quercus infectoria), Maieen (Tamarix gallica),

**6. Qabiz (Astringent)** Fofil (Areca nut)

**7. Dasm, Charp, Chikna (oily)** as oils.

**8. Huluv, Sheereen, Meetha, (Sweet)** like sugar, honey.

**9. Maseekh, Pheeka (Tasteless):** Like pure water.

**1. Hirreef, Tez charpara (Pepper):** Drugs, which contain such taste as mustard, onion, garlic, piper, pyrethrum etc., have following effects.

A. Tafteehe urooq (Deobstruent): which relaxes the vessels and so obstruction may easily passes through.

B. Talteef Mavad (Demulcent): These break the matter in pieces.

C. Tarqeeq (Diluent): These liquefy the matter.

D. Tehleel (Resolvant): Which resolves the inflammation.

E. Taskheen (Calorific): It produces heat.

**2. Murr, Talkh, (bitter):** like Aloe, Chiraita, Shahtra, Ustokhuddoos (Lavandula stoechas), Afsanteen etc. These contain following action.

- A. Tafteeh Urooq (Deobstruent).
- B. Tehleel Mavad (resolvant)
- C. Taskheen (Calorific)
- D. Talteef (Demulcent)
- E. Tarqeeq (liquefaction)
- F. Mane ufoohat (Antiseptic)

**3. Maleh (Namkeem) (Salty):** like salts etc. these have following action.

- A. Tafteeh Urooq (Deobstruent)
- B. Talteef (demulcent)
- C. Tehleel (resolvant)
- D. Taskheen (Calorific)
- E. Taqteeh mavad
- F. Mane uffoonat (anti septic)
- G. Jazib ratubat (Desiccant)

**4. Hamiz, Tursh, Khatta (Sour):** as Lemon, Aloobukhora (Prunus domestica), Amla (Emblica officinalis), unripe mango, Tamarind etc. These have following actions.

- A. Tufteeh (Deobstruent)
- B. Talteef (demulcent)
- C. Tarqeeq (Diluemt)
- D. Taqtee (cut in pieces)
- E. Tanfeez (Penitent)

**5. Afas, Kasela (Astringent):** like Mazoo (Quercus infectoria), Maieen (Tamarix gallica). These have following action.

- A. Radey (Divertive)
- B. Aasir (Shrinctrator)
- C. Maslab (Indurent)
- D. Maksaf (Condenser)
- E. Habis Qabiz (Astringent)
- F. Mukhashshan (Produces roughness)

**6. Qabiz (Astringent):** Areca nut, Kat (Acacia catechu), Mazoo etc. These drugs contain cold temperament. These have afas taste like action, but afas is more effective than Qabiz.

**7. Dasm (Oily):** All oils. These produces following action

- (A). Murattib (Humidative)
- B. Muraqaq (Dilluent)
- C. Murakhkhee (Emollient)
- d. Mulayyin (laxative)
- E. Munzij (Concoctive)

**8. Huluv (Sweet)** Sugar, Honey etc. these have following effect

- A. Jali (Detergent)
- B. Murarhkkee (Emollient)
- C. Mulayyin (Laxative),
- D. Muraqaq (Diluent)
- E. Musakhan (Calrorific)
- F. Munzij (Concoctive)

**9. Maseekh (tasteless)** like pure water. It acts as follow.

- A. Musakkin Hararat (febrile sedative)
- B. Musakkin atash (Thirst sedative)

**4. Consistency:** It also helps to know effects of drugs. Consistency is related to combination of matter, as the drug is volatile, mucilaginous or oily. Hypothesis is established on the basis of same consistency drug produces mucilage like Khatmi (Althea officinalis) and Khatmi is beneficial in dysentery so unknown drug may be beneficial in dysentery.

There are many types of drugs according to consistency.

**1. Dawae Kaseef (Condensed drug):** The drug, which is unbreakable in small particles or the constituents easily and rapidly. These drugs effect slowly. As Heleelajat (Terminelia chebula), Balela (Terminelia blerica), and Amla (Emblica officinalis).

**2. Dawae lateef (volatile drug):** All those drugs, which break easily and rapidly in small particles or constituents and establish their effects, like Zafran (Crocus sativa), Musk, camphor (Cinnamomum camphora) etc.

Like these drugs, diet is also classified as volatile or condensed.



**3. Dawae lazaj (Sticky drugs):** Those drugs, which accept other, shape and form of vessel in which they are stored, they have also property of stickiness, like Honey etc.

**4. Dawae Hush (Brittle drugs):** These drugs break in pieces on touch or by rubbing, like Ghareeqoon (*Polyporus officinalis*), Elva (*Aloe vera*).

**5. Dawae Jamid (Solid drugs):** These are solid but get melt on heating.

**6. Dawae Syyal (Liquid):** All those drugs, which are in liquid form, like oils, aqua etc.

**7. Dawae Luabi (Mucilaginous drugs):** If these drugs are soaked in water, they produce mucilage like Behidana (*Pyrus cydonia* Seeds), Samagh Arabi (*Gum acacia*) Aspghol (*Plantago ovata* seed).

**8. Dawae Dohni (Oily drugs):** These drugs contain oils either in cotyledons or seed coat, as Badam (Almond), Kunjud (Sesame) etc.

**5. Vazan (Weight):** Weight also help to establish the hypothesis, as some drugs acquire large place but has little weight as silk cocoon acquires large place but has little weight, on the other hand Mercury acquires little space but has much weight. Like gold, silver iron lead. If such thing which acquires large place and has less weight, it can be guess that drugs may act like other known drugs which are similar to that.

Besides these properties, there are certain other related properties, which also help to know actions regarding that particular drug. As an astringent drug which acts on gut may act in internal bleeding.

## Experiment/Trial

It is actual and correct way to reach at final decision of actions of drugs.

### Criteria for trial:

**1. Subject should be human being:** A hypothesized drug, after experiment on animals should be tested on human being. It should be finally proved after human trial. Because there is great difference between animal and human temperament, as it is said by a Philosopher 'Allama Sadeedi' that Revand (*Rhubarb*) produces hotness in human beings but in horses, it produces coldness, like this a nut of almond produce profuse sweat in horses but in human being no such effect is produced. There are

so many such examples, which make a clear difference in human and animals trial.

**2. Drug should be free from external effects:** As it should not be made hot or cold by applying heat or cold on them.

**3. Drug should be used in different diseases:** It will be more reliable comparative study, it will clear that a particular drug is more beneficial in a particular disease. Some times a drug is beneficial in hot and cold temperament disease, like kasni (*Cichorium intyus*), Saqmoonia (*Convolvulus scamony*) are useful in phlegmatic disease and bile disease. These are called Morakkabul Quva (Compound of power). The drug should be used in different doses, different ages and in different seasons, so a clear picture may emerge.

**4. Drugs should be used in single disease:** If it is used in combined disease, result will not be clear that how and how much, this drug is beneficial in particular disease.

**5. Drug should be used according to severity of disease:** If a drug with low degree temperament is used in severe degree disease, It is possible that results will not be accurate. On the other hand it is also possible that in mild disease, use of high degree temperament drug may cause other toxic effect or may be harmful.

**6. Drug effects should be primary:** If a drug has permanent properties then its effect will be immediate and long lasting.

**7. Drug effects should be permanent and similar in similar condition:** It should not be changed according to change in condition.

To get better results some other factors also play an important role like identification, collection, preparation and storage of drugs etc.

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## Drug action on different Systems of body

There are various systems in our body. They discharge different functions. A group of drugs act on these systems as one unit. These may be discussed as follow.

### Drug acting on CNS

CNS comprises different parts. We describe them in different headings.

**Aasab (Nerves):** Generally drug acts on terminal fibres of nerves. These are of two types (i) Aasab Hissiya (Sensory) (ii) Aaseb Hirkiya (Motor) All drugs act on these in two ways (I) Muharrik (Stimulant) (II) Depressant (Sedative).

**Lazey (Irritant):** The drugs stimulating the fibres are called Lazey (Irritant). By using these drugs locally vessels are dilated, blood circulation is increased, skin and epithelium is red, pain and irritation increases, for example Rai (Mustard) Lehsun (garlic) Sankhiya (Arsenic).

**Mukhaddir (Narcotic), Musakkin (Sedative):** The drugs depressing the terminal fibres are called Mukhaddir (Narcotic) or Musakkin (Sedative). If these drugs are used locally relieves pain. Like Afiun (Opium), Beesh (Aconitum nepallus) and Luffah (Atropa belladonna).

**A. Aasab Hirkiya (Motor):** On these, drugs also act as (I) Stimulant (II) Depressant.

**I. Stimulant:** Drugs act as stimulant on terminal fibres of motor nerves, they reduce tenderness of muscles and organs are relaxed. These drugs are beneficial in kuzaz (Tetanus). For example Luffah (Atropa belladonna), Datura (Datura Stramonium), Bazrulbanj (Hyoscyamus albus).

**B. Nukha (Spinal Cord):** These drugs act on spinal cord in two ways (I) Muharrik (Stimulant) (II) Muzyif (Depressant)

**(I) Muharrik (Stimulant):** Drugs stimulating spinal cord as Kuchla (Strychnos nuxvomica) and Sheelam (Ergot) these drugs may produce tremor and spasm in muscles. If there is paralysis in spinal cord or general paralysis of body, these drugs may be beneficial.

**(II) Muzyif (Depressant):** Drugs which act as depressant may produce depression as Kafoor (Cinnamomum camphora), Sammulfar (Arsenic).

These drugs may produce relaxation in muscles. So they may be used in spasmodic condition. Opium produces stimulation followed by depression.

**B. Dimagh (Brain):** Actions of drugs on brain are of two-type

(I) Muharrik (Stimulant) (ii) Muzyif (Depressant)

**(I) Muharrik (Stimulant):** These are of following types.

(a) Advia Mohazzia (Hallucinogenic): Those drugs, which produce hallucinogenic effects. As Bhang (Cannabis sativa)

(b) Advia Mufarriha (Refrigerant): These drugs act as stimulant and feeling of well beings as Kafoor (Cinnamomum camphora), Zafran (Crocus sativa), Musk etc.

**(II) Depressant:** These produces depression and patients feel relaxation. These are of following type

(i) Munavvim (Hypnotic): These produce relaxation and induce sleep. As Afiun (Opium), Khashkhash (opium seeds).

(ii) Amumi Musakkinat (General sedative): These produce sedation. In power of sensation and feeling of pain in whole body becomes reduced, and relaxation occurs. As opium.

(iii) Amumi Mukhaddirat (Generalised Narcotic): By using these drugs generalized feelings of sensation is so much reduced that patient may become unconscious. Afiun (opium) and Ajwain khorasani (Hyoscyamus albus) are such drugs.

(iv) Dafe tashannuj (Anti Spasmodic): These drugs act depressant action on brain and reduce spasm. These are used in Ikhtinaqurrehem (Hysteria) Sura (epilepsy).

## Drug Acting on Eye

There are certain parts of the eye. Following are some parts of eye on which, effects of drug are discussed here.

**Multehma (Conjunctiva):** The drugs act on conjunctiva as follow.

(i) Qabiz (Astringent): These drugs act as astringent, as Phitkri (Alum), Rasaut (Berberis aristata extract), Tirphala (Three fruits) etc.

(ii) Musakkin Advia (Sedative): These drugs reduce pain, irritation in the eye, as Luffah (Atropa belladonna), Afiun (Opium) etc.

(iii) Dafe ufoonat (Antiseptic): These drugs inhibit infection. As Camphor.

(iv) Mukharrish (Irritants): These irritate the conjunctive like, Copper Sulphate.

**2. Tabqae Anbiya (Iris):** Dilatation and constriction of pupil depend on its muscle constriction and relaxation.

(i) Advia Qabiza (Astringents): These drugs contract circular fibres of iris, so the pupil is constricted. For example, Afiun (Opium).

(ii) Advia Munbista (Pupil Dilator): These drugs contract the longitudinal fibres of iris, resulting pupil is dilated. As Luffah (Atropa belladonna), Bazrul banj (Hyoscyamus albus).

**3. Azlat hadbeeya (Ciliary muscles):** On these muscles, drugs act as Qabiz (astringent) and relaxant.

**4. Gudade Dammeeya (Lachrymal glands):** Drugs act on these glands in following ways.

(a) Advia Muharrikka (Stimulant): These increase function of lachrymal glands and secretion in form of tears, resulting, excessive tears. For example, Ghoogchi (Abrus precatorius), Neelathotha (Copper sulphate)

(b) Advia Habisa (Astringent): These drugs reduce the function of the glands, resulting tears are decreased. For. ex. Yabrooj (Belladonna).

**5. Quvvat Bisarar (Eye vision):** These drugs act as follow.

(i) Medan Bisarar (Vision field): Some drugs increase vision field.

(ii) Some drugs change the colour of objects, which is being seen. As Darmana (Artemisia meritima).

(iii) Using some drugs as Bhang (Cannabis sativa), some times some other things are seen, which are not in vision field.

The drugs also act on muscles of eye.

## Drug Acting on Ear

Drugs are used on different parts of ear, which are discussed as follow.

**1. Ghishai Tabli (Timpanic membrane):** On this drugs act as follow.

(i) Musakkin Alam (Analgesic): Some drugs relieve pain due to secretion of cold and cough. As Opium and Camphor diluted in Almond oil. Attar Henna, Attar Jasmine, Post khashkhash (Papaver somniferum seed coat)

(ii) Qabiz (Astringent): In otorrhoea some drugs containing astringent property may help, as Mazoo, Phitkary (Alum) Anzroot (Astragalus sarcacola).

(iii) Mulayyanat (laxative): These drugs are helpful to reduce dryness of ear.

(iv) Dafe ufoonat (Antiseptic): These drugs inhibit the infection, as Camphor, Suhaga (Borax) Berg Neem (Melia Azadirachta leaves), honey etc.

There are certain compound drugs, which act to increasing power of listening like Itrifal sagheer etc.

## Drug acting on Nose

Drugs act on nose as follow.

(i) **Muattisar (Irrhine):** These drugs acts and throw out wastage through nose. They produce sneezing. As pepper red and black.

(ii) **Musakkinat (Sedative):** If there is irritation in nose and sneezing is increased, some drugs act and relieve them. As Beesh (Aconitum nepallus).

(iii) **Qabizat (astringent):** These drugs stops bleeding and secretion of nose, as Dammul akhwen (Doronicum paradalianchasis gum), Sang Jarahat (Soapstone), Kat safed (Acacia catechu white), Alum etc.

(iv) Some drugs increase powers of smelling like Sirka (Acetic acid) Shora (Potassium nitrate).

(v) Some drugs decrease powers of smelling like Heeng (Ferula foetida gum).

## Drugs acting on Respiratory System

Drugs act on respiratory system in the following way.

**1. Markaze Tanaffus (Respiratory center):** Drugs act on respiratory center as follow.

(A) Muharrik (Stimulant) (B) Muzif (Sedative)

(A) **Muharrik (Stimulant):** There are some drugs, which stimulate respiration. They also help in expectoration like Datura (Datura spp.), Azaraq (Strychnos nuxvomica)

(B) **Muzif (Sedative):** Some drugs like Opium, Beesh (Aconite) etc reduces irritation and relieves the cough.

**2. Ria (Lungs):** The drugs effect in two ways.

(i) Stimulate the sensory nerves of lung and produce stimulation, either they are used internally or inhalation as Azaraq (Nuxvomica) internally and Tobacco as inhalation.

(ii) Some drugs depress the sensory nerves of lungs. Like Opium.

**3. Qasbaturria and Urooq Khashna (Bronchial Tree):** Drugs act on Qasbaturria and Urooq Khashna (Bronchial Tree) the following way.

(i) Some drugs produce phlegm as camphor, Tobacco, Onion, Garlic.

(ii) Some drugs reduce the production of Phlegm as Datura, Opium, Hyoscyamus.

(iii) Some drugs reduce infection in alveoli. As Kabab Chini (Cubeba officinalis), Kabab Khandan (Zenthoxipium alatum), Podina (Mentha arvensis).

(iv) Some drugs acts as anti spasmodic. As Datura, Tobacco,

(v) Some drugs act as expectorant. As Arusa2 (Adhatoda vasika), Aslussoos (Glycyrrhiza glabra) Irsa (Iris ensata)

(vi) Some drugs act as retentive of phlegm. As Opium, Belladona.

## Drug Acting on Heart

These drug act as follow.

(I) Muqavviyat wa Mufarrehat (Cardiotonic and Refrigerant)

(ii) Muzifat qalb (Cardiac depressant)

(I) **Muqavviyat wa Mufarrehat (Cardiotonic and refrigerant):** These drugs increase cardiac contraction. As Nuxvomica, Amber, Saffron.

(ii) **Muzifat qalb (Cardiac depressant):** These drugs reduce the contraction power of heart, like, Beesh (Aconite) Sheelam (Ergot).

The drugs act on heart either directly on muscles or by nerves.

## Drugs Acting on Gastrointestinal tract

(1) **Tongue:** Drug acting through sensory nerves.

(a) Bitter: As Elva (Aloe), Azaraq (nuxvomica), and Neem.

(b) Mucilaginous: as Samagh arabi (Gum acacia)

(c) Emetic: as Heeng (Ferula foetida), Sumbuluttib (Nardostachis jatamansi)

(d) Hirreef: (Pepper) as pepper red and black.

(e) Astringent: as catechu white.

(f) Salty: as all salts.

(g) Sour: as Lemon, Acetic acid, and Tamarind.

(h) Oily: as Fats, Ghee.

**2. Teeth and Gum:** The drugs are used on gums and teeth, either in form of powder, Paste, rinse or gargle. These act as following

(1) Dafe ufoonat (Antiseptic): These act as antiseptic on teeth and gums. As camphor, Pyrethrum, Mentha.

(2) Musakkin Alam (Analgesics): The drugs act as analgesic and relieves pain in either teeth or gums. As Camphor, Opium, Clove oil, gargle of Butea frondosa pulp.

(3) Qabizat wa Habisat Dam (Styptovit): They stop the bleeding from gums as Alum, Gulnar (Punica granatum flowers)

(4) Defe humuzat (Anti-sour): same drugs reduce sourness of teeth. As Jawakhar (Potassium carbonate), Pyrethrum, Alum.

**3. Slivory glands:** (1) Some drugs increase secretion of slivory glands as Zanjabil (Ginger), Darchini (Cinnamon cassia), Pyrethrum, Tobacco.

(2) Some drugs reduce the secretion of slivory glands, like Opium, Belladonna, Catechu etc.

**4. Stomach:** These drugs act in following way.

(1) Moqavviyat Meda (Gastrotonic): These drugs increase digestion in stomach. These may be of three types.

(A) Volatile drugs: Some drugs containing good odour act as gastrotonic as Anis, Fennel, Ginger, Cardamom, Clove etc.

(B) Advia Murriya (Bitter): Some bitter drugs also act as gastrotonic like Juntiana (Gentian), Post Naranj (Epicarp of Orange), and Gule Babuna (Chamomile flowers).

(C) Advia Hireefa (Pepper): Some pepper taste drugs also act as gastrotonic as Filfil Siyah (Piper nigrum), Rai (Bressica alba). Some astringent drugs also act as gastrotonic.

(2). Some drugs decrease the secretion of gastrium like Jawakhar. Some drugs in small dose increase the secretion of gastrium but in larger doses, they absorb the watery part and reduce the secretion of stomach as Gram, Borax, etc. Opium also reduces the secretion of gastrium.

(3). Some drugs increase peristaltic movement of gastrium as Ro5ghan Kafoor (Camphor oil).

(4). Some drugs reduce the peristaltic movement as Hyoscyamus, Opium, Datura.

(5). Some drugs change acidic media in stomach as Naushader (Sodium hydrochloride).

(6). Some drugs increase acidic matter in stomach. As Acids, sulphur etc.

(7). Some drugs reduce putrefaction due to enzymatic changes in stomach food as Podina (Mentha).

(8). Some drugs act on gases in the stomach. They are Kasir Riyah (Carminative) as Berg Sudab (Ruta graveolence leaf) Anise, Ajwain Desi (Carum capticum).

(9). Some drugs act on emetic center and induce emesis. As Rai, Tukhme Shabit (Sowa seed) Piyaz dashti (Urginea scilla).

(10). Maniate Qai (Anti emetic): Some drugs stop the emesis as Opium. Zarishk (Berberis aristata fruit), Behidana (Pyrus cydonia seed).

## Drugs acting on Intestine

Drugs act on intestine in different ways.

**1. Moleynat (laxative):** These are such drugs, which stimulate the intestine tissues and increase Quvvat-e-dafea (Excretion Power), so the feces some how become loose and passes easily for.ex Roghan Bedanjeer (Caster oil), Maveez (Vitis vinifera), Sheer Khisht (Tamarix ornus), Roghan Badam (Almond oil), honey.

**2. Mus-hilat (Purgatives):** These all not only increase excretion power of intestine but secretions also increased in intestine. So the matter become liquify and several stools are passed. For ex. Senna, Saqmoonina (Scamony), Revand (Rhubarb), Aloe, Habbussalatin (Croton), Bekh Jalapa (Jalapa root).

### Difference between Muleyin and Mus-hil

Laxative drugs pass the material from stomach and intestine but Purgatives pass matter not only from stomach and intestine but also from whole body.

**According to power of excretion purgatives are of following types**

**(i) Mus-hilat Zaeefa (Light purgatives):** These drugs increase the frequency of loose motion but severity is not increased. As Senna (Cassia senna), Khayarshamber (Cassia fistula), Arand (Butea frondosa pulp)

**(ii) Mus-hilat Qaveeya (Strong purgative):** These drugs produce severe purgative action and several watery stools are passed. Due to these drugs, person may be dehydrated and even death may occur. Habbussalatin (Croton), Revand (Rhubarb).

### Classification of Purgative, According to Action

**(i) Mus-hil bil tehleel wal Jazb (Cathartic purg):** These drugs breaks the matter in small pieces and then passe toward intestine and so increase the stool frequency

**(ii) Mus-hil-bil-asr (Purgation by squeeze):** These drugs passes matter from intestine by increasing the power of astringency and squeezing, as Haleela (Terminalia chebula)

**(iii) Mus-hil bit Talieen (By laxation):** These drugs pass stool by making it some how soft, as Sheer khisht (Tamarix ornus)

(iv). Mus-hil bil azlaq (By making in intestine slippery) as Aspghol (Plantago ovata) Resha Khatmi (Althea officinalis root)

(v) Mushil-bil-Taqtee-wa-Al-jila: Some drugs act as detergent and passes stool by clearing mucosa of intestine as Honey, Booraq (Borax).

### Types of Mus-hil according to matter excreted

According to their Soorate Naueya (structural property), the drugs pass so many substances through intestine. So some drugs help to excrete Phlegmatic matter, some excrete bile matter and some excrete Phlegmatic matter. Some pass watery matter from blood. On this basis these may be of following type

(i) Mus-hil Safra (Cholagogue or bile purg): These drugs increase secretion of bile from whole body in intestine through liver and then excretory power of intestine passes it. Revand Chini (Rheum palmatum), Saqmoonina (Scamony).

(ii) Mus-hil balghem (Phlegmagogue, Phlegm purg): These drugs due to their particular structural property excrete Phlegm through intestine. Turbud (Ipomea turbathum), Khayarshamber (Cassia fistula pulp).

(iii) Mus-hil Sauda (Malenagogue, Malena purg): These drugs pass melenchole through intestine. As Afteemoon (Sarsaparilla indica).

(iv) Mus-hil Maiyat (Hydrogogue): These drugs absorb watery matter from blood and pass through intestine. In this condition watery stools are passed.

**3. Qabizat Ama (Intestinal astringents):** Some drugs are used to produce constipation or to stop loose motions. These help in following way.

(A) Some drugs act on vessels of intestine and produce constipation as Phitkiry (alum).

(B) Some drugs reduce secretions of intestine and produce constipation for ex. Opium.

(C) Some drugs decrease the Quvvate dafeya (excretory power) and produce constipation as Bazrul banj (Hyoscyamus), Yabrooj (Atropa belladonna).

**(4) Laziyat Ama (Intestinal irritant):** These drugs produce irritation in intestinal mucosa. Due to irritation pain, emesis, bleeding etc. are produced

as Tukhme Shabit (Sowa seed), Sirka (Acetic acid), Rai (Mustard) and Sirka Jamun.

**(5) Maniat Ufoonat Ama (Intestinal antiseptic):** These inhibit infection in intestine as Podina (Mentha), Lemon etc.

**(6) Qatil wa Mukhrij Deedan Ama (Anthelmintic and expulsive):**

There are three types of macro worms in intestine

(I) Khullia or Chanooney (Thread worms)

(ii) Habbul Qara or kadudaney (Tape worms)

(iii) Hayat or keechuey (Round worms or ascaris)

Drugs may kill them or expulse them or kill and expulse simultaneously.

(I) Some drugs are only wormicidal as Sarkhas, Berg Shaftaloo, Afsanteen (absynthium).

(ii) Some drugs act only expulsive, as Beikh Jalapa (Jalep root), Saqmoonina (Scamony)

(iii) Some drugs are wormicidal and expulsive both as kamela (kamala) Boora armani (Arminium bole), Bao barang (Artemisia vulgaris), Afsanteen (Artemisia absynthium).

Some drugs act only on Hayyat (Round worm) as wormicidal as Neem bark, wormicidal and expulsive as Tukhm-dhak (Butea frondosa seed) and Baobarang (Artemisia vulgaris).

Some drugs act only on tapeworms. Wormicidal is Sarkhas. Wormicidal and expulsive is kamela (Kamala).

Some drugs act on khulliya (Thread worms). Wormicidal is Afsanteen (Absynthium), wormicidal and expulsive is alooe.

### Ehteqan Ama (Enemas)

This route of drug administration is very old. Some old clinicians recommended it in several conditions such as, if a person is unable to take drugs orally due to either some diseases or emesis or some other obstructive condition. Some times drug are given to effect on neighbouring parts of body as to increase labor pain. There are also various indications to give drugs through this route.

**1. Huqna Mus-hila (Purgative Enema):** Some drugs are used for evacuation the fecal matter from intestine. As enema of Anjeer, Soap, Sugarcane juice, olive oil, castor oil. Purgative enemas are of three types.

(i) **Huqna leyyana (Laxative enema)** When only laxation is required then these laxative drugs are used as castor oil, olive oil etc.

(ii) **Huqna Muta-vassita (Ordinary enema)** Here, purgative and laxative drugs are used. They are mixed with.

(iii) **Huqna Hadda (Strong purgative enema):** when ordinary enemas are failed then strong enemas are used and desired evacuation is obtained. As soap water, Aab berg Suddab (Ruta graveolens), Senna (Cassia senna).

**2. Huqna Qabiza Habisa (Astringent enemas):** It is such type of enema in which astringent drugs are used as Mazoo (Quercus infectoria), Phitkri (Alum) and Dammulakhven (Pterocarpus marsupium).

**3. Huqna Mohallila (Resolvent enema):** Resolvent action containing drugs are used, as Mako (Solanum nigrum), Khayarshamber (Cassia fistula pulp).

**4. Huqna Kasira (Carminative enema):** These enemas are used to reduce gaseous formation in intestine, as Anisoon (Anise), Badiyan (Foeniculum vulgare).

**5. Huqna Mughazzia (Nutrient Enema):** This enema is given for nutrition in such a condition when patient is unable to take orally. As Maul-Shaer (Barley water), Maul Asl (Honey water), Lemon Juice, Orange Juice, milk etc. are given. Before giving these materials, it is necessary to evacuate intestine first, then give these materials very easily and slowly.

**6. Huqna Mukhaddira (Narcotic Enema):** These are given in such condition when there is any pain or irritation in intestine, as Hyoscyamus etc.

**7. Huqna Musakkina (Analgesic Enema):** If there is pain in large intestine. These drugs are used. For ex. Belladonna etc.

**8. Huqna Dafe Ufoonat (Antiseptic enema):** To cure certain infections such enemas are given, as Neem leaves (Margosa leaves), Honey, camphor etc.

**Huqna Dafe-Tashannuj (Anti convulsive):** To reduce convulsions certain narcotic drugs or anti convulsives are used as Hyoscyamus.

**Huqna Qatil deedan (Anthelmintic enema):** To kill worms of intestines, these drugs are used as enema, as Aab bao barang (Artemisia vulgaris).

**Huqna Mumlisa (Emollient Enema):** Some times drugs are used for

emollient action so irritation may be reduced. As Luab Aspghol (Plantago ovata mucilage).

**Huqna Moaddila (Moderate enema):** Some times such drugs are needed, which act to alter mizaj of layer of intestine, as AabTarbooz (watermelon juice), Aab Khayar (Cucumber Juice).

## Drugs acting on liver

The main function of liver is to produce particularly bile and other humors. Bile enzymes act on food and helps in digestion. Bile pigment make particular colour is urine and stool. Liver also plays an important role to metabolise the drug, as well as nutritional matters.

**Drugs act on liver by different ways.**

**1. Mudirat Safra (Cholagogue):** Some drugs increase production of bile in liver, these also act as liver tonic. As Revand Chini (Rheum Palmatum), Filfil Siyah (Piper nigrum), Suranjan (Colchicum leutium). These drugs act in two ways.

(A) By increasing function of Liver as colchicum, Aloe, Jalp.

(B) Some drugs increase peristaltic movement of intestine, so reabsorption of bile is reduced as Croton.

**2. Some drugs reduce carbohydrate in liver as Arsenic, Opium.**

**3. Moqavviyate Jiger (Liver Tonic):** These drugs due to structural arrangement improve function of liver in following ways.

(i) Some drugs increase production of Safra (bile). As Naushader, Rhubarb.

(ii) Some drugs reduce over production of bile, as Anar Tursh (Pomegranate Sour).

(iii) Some drugs eliminate matters, causing disease, as Afsanteen (absinthium).

(iv) Some drugs produce moderate temperament in liver and improve function of liver, as Moravvaqen (Solanum nigrum and Cichorium intybus green leaves extract).

(v) Some drugs normalise the function of liver by acting on gastrum and intestine, as Jawarish Jaleenus.

## Drugs acting on urinary System

This system includes Halbeen (Ureters), Masana (Urinary bladder), and Mujari bol (Urethra). On all these organs, drugs act in different ways.

**1. Mudirat bol (Diuretics):** These drugs act on urinary system and increase urine elimination in the following ways.

(i) Some drugs irritate the kidneys when passing through them, this action increases blood supply of kidneys and resulting more filtration of urine, as Zarareeh (Canthradin).

(ii) Some stimulate tissues of kidneys and increase the formation of urine as Shoraqalmi (Potassium nitrate), Javakhar (Potassium carbonate) etc.

(iii) Some drugs act in general on blood circulation and increase the quantity of urine. As Tea, Coffee, Sharbat (sweet drinks) etc.

**2. Muqallalat Bol (Anti diuresis):** Some drugs reduce the quantity of urine as Kundur, (Laben), Kunjud (Sesame).

**3. Mufattit Hisat (Lithotriptic):** Some drugs inhibit the formation of stone and if stone is formed they break and eliminate. As, Hajral yahood (Lapis judiacus), sangsare mahi (Fish stone) etc.

**4. Maney Ufoonat (Antiseptic):** Some drugs act particularly on urinary system as antiseptic. For example camphor, Kabab Chini (Cubeba officinalis), Sandal safed (Santalum album).

**5. Musakkinat Alam (Sedative):** Some drugs reduce pain or irritation in particularly urinary system as Opium, Hyoscyamus, Camphor, and Sandal (Santalum album).

**6. Mugheerat Ajza bol (change in urinary constituents):** some drugs change its combination. As shora Qalmi (Potassium nitrate), Javakhar (Potassium carbonate) change its medium from acidic to alkali. Some make more acidic as Laben, Acetic acid etc, some changes its colour as Revand Chini (Rhubarb), when Senna is used, urine colour become violet, Arsenic make urine black.

## Drugs acting on Genital organs

Male and female genital organs are different so drugs acting on them are also different.

### Male genital organs

**(1) Moqavviyate bah (Aphrodisiac or sexual tonics):** These act in various ways.

(i) Some drugs act on nerve center of genital organ and increase sexual desire, as Nuxvomica, cannabis, etc.

(ii) Some drugs acts on neighbouring parts of genital organs and stimulate them, increase blood circulation in these organs and increase sexual desire. As Roghan Malkangni (Celestrus peniculatus oil), Roghan Zarareeh (Canthradin oil)

(iii) Some drugs, like Musk, Amber, Saffron etc increase general body function and increase sexual desires.

**(2) Muzifat Bah (Anaphrodisiac):** These act in various ways.

(i) Some drugs decrease sexual desire by acting on nerves As acidic or sour edibles, large doses of Hyoscyamus, continuous use of Opium, etc.

(ii) Some sedative or narcotic drugs used on neighboring organs, also affect on sexual desire. As some liniments used for urinary system, may reduce sexual desire.

(iii) General weakness may also decrease sexual desire.

### Female Genital organs

**1. Uterus:** Drugs act in several ways on this organ

**(A) Mudirat Hez (Emmenagogue):** These act in various ways.

(i) These drugs act as emmenagogue by increasing blood circulation in blood vessels of uterus. As hot water or hot decoction of drugs sitz bath.

(ii) Some drugs irritate neighbouring organs and induce the menses, as purgation by aloe (iii) Some drugs stimulate the uterine muscles and induce menses, as Abhal (Juniperus communis) Persiaoshan (Adiantum venustum).

(iv) Some drugs act on uterine nerves and act as emmenagogue as Arsenic.



(v) Some drugs generally increase blood formation and help in menses, as compound of iron.

**(B) Musqitate Juneen (Abortifacient):** These drugs help in expulsion of embryo. As post beikh Kapas (Cotton root bark), Suddab (Ruta graveolence), Abhal (Juniperus communis).

**(C) Muzifat Rehem (Uterine depressant):** These drugs reduce contraction power of uterus. So uterus does not work normally. Due to this condition, menses may be delayed or uterine matter will not be eliminated. As Opium, Cannabis, Hyoscyamus etc.

**2. Breast:** The main function of breast is to produce milk, so the drugs used on breast are to increase or decrease production of milk. There are other drugs, which changes the colour and consistency of milk. Some other drugs act as antiseptic and sedative etc.

**1. Moalledat laban (Lacto procreator):** These drugs increase the production of milk. For ex. Tukhme shabit (Sowa seed), Bozeedan (Pyrethrum indicum), Tukhme shalgham (Turnip seed), Zeera (Cuminum cyminum seeds) etc.

**2. Muqlilat laban (Analactagogue):** Some drugs may decrease production of milk, like Opium, Belladonna.

**3. Mogheerat laban (Milk alterative):** Some drugs make the change in colour, taste and consistency of milk.

**4.** Some purgative drugs may be secreted in milk and induce purgation in neonate as Senna, Saqmoonina (Scamony), Revand (Rhubarb).

**5.** Some drugs change the taste of milk as Lehsun (Garlic), Hilteet (Ferula foetida)

**6.** Some acidic or alkali drugs make milk acidic or alkali, as Arsenic, sulphur, Opium may produce its action in milk as it is secreted in milk.

## Drug Acting on Skin

Skin is included epidermis, dermis, sweat gland, their nerves, hair glands and hair. The drugs act on all these parts in following way.

**1. Moarriqat (Diaphoretic)** (i) There are such drugs, which act on sweat glands present in skin. They act directly and stimulate them, resulting the sweat is increased. As Camphor.

(ii) Some drugs act on nerves of sweat glands and increase the sweat as

Opium, Alcohol etc.

(iii) Some drugs dilate the pores of skin and sweat is increased. As external heat, hot water bath.

**2. Maniat Arq (Anaphoresis):** (i) Some drugs decrease the stimulation of sweat glands as Burada faulad (Iron powder).

(ii) Some drugs depress the nerves of sweat glands and reduce the sweat. As Bazrul banj (Hyoscyamus), Datura etc.

(iii) Some drugs close the pores of skin as bathing in cold water.

**3. Mugheerat Arq (Sweat Alterative):** These drugs change property of sweat, when secreted in sweat as Laban, Opium.

**4. Mumsilat Jild (Skin Lubricants):** The drugs, which make lubrication on skin, reduce irritation on skin, as Carbohydrate, Tukhme Katan (Flaxseeds), Aspghol (Plantago ovata).

**5. Murakhiyat Jild (Emollient or relaxant):** These make skin relax and dilate the pores as external use of Tukhme Katan (Flaxseeds).

**6. Mubassirat (Ulcerative):** Some drugs may produce ulcers on skin as Lehsun (Garlic), Kuchla (Nuxvomica), and Roghan Jamalgota (Croton oil).

**7. Munaffitat (Vesicants):** These drugs may produce boil on skin as Arsenic, Nuxvomica.

**8. Muqarrihat (Vesicants):** These drugs may produce wounds on skin as Asl Beladur (Dhobi nut juice). Sammul far (Arsenic) Jamalgota (Croton).

**9. Akkalat (Corrosive):** Some drugs may destroy the skin or tissues or even muscles, as Zangar (Cupric sulphate), Choonaa (lime).

## Drugs acting on Hair

According to Unani experts, hairs are waste product in results of Hazm Raabe (fourth digestion). Their roots are in epidermis and rest of part is out of skin. There are certain forms of drug action on these.

**(1) Munabbitat Sha-ar (Hair tonic):** These drugs give nutrition to hair follicles and hair becomes long. As Roghan baize murgh (Egg oil), Roghan gandum, (Wheat oil), Rai (Mustard).

**(2) Musavvidat Sha-ar (black hair dye):** Some drugs make black to hairs as Bhangra Siyah, Haleela Siyah (Terminelia chebula).

**(3) Haliqat Sha-ar (Hair removers):** These drugs make hair root weak, so hairs become weak and fall off. As Choonaa (Lime), Hartal (Arsenic ore).

## Drug acting on Urooq (Vessels)

Generally drugs act on capillaries, But for a little extent drugs act on vessels also. These drugs act in two ways.

**1. Mufat-tihat uruq (Vasodilator):** These drugs are used either internally or externally, produce vasodilatation. So flow of blood in vessels is increased. Some drugs are used internally as Alcohol, Tea Coffee, Tobacco etc. Some drugs are used externally and dilate the vessels. As Rai (Mustard), Zarareeh (Canthradin), Arsenic, Clove, Cinnamon etc.

**2. Qabizat Urooq (Vasoconstrictor):** These drugs constrict the blood vessels. If there is haemorrhage then they may stop bleeding. These are called Habisat Dam (Styptovit). These are also act as externally and internally. Internally, Beikh Anjbar Urginea, Nuxvomica. Externally Alum, Geru (Red earth), Sangjarahat (Soapstone) etc.

## Drugs acting on Urooq Sha-ariya (Capillaries)

Drugs act on capillaries in two-way

**(1) Laziat (irritant):** these act in different ways.

(i) Munnaffitat (Vesicants) as Bhilanwan (Dhobi nut), Sankhya (Arsenic).

(ii) Kaviyat (Caustic): These drugs are used as cotri, as Acids, Lehsun (garlic).

(iii) Mubassirat (Ulcerative): Roghan Jamalgota (Croton oil), Rai (Mustard) etc.

(iv) Muhammirat (Rubificiants): As Rai (Mustard), Lehsun (Garlic).

(v) Akkalat (Corrosive): As copper sulphate.

(vi) Muqarrihat (Caustic): As Croton oil, Lime.

(vii) Momeelat (Metastasis): These drugs return the matter towards other organ. As in pain, irritant drugs are used as they dilate the vessels and matter get sprees, resulting pain is relieved, for ex. In headache camphor and Santalum is used and in Hepatitis, Paste of mustard is used on skin.

(viii) Qabizat Urooq (Vasoconstrictor): As Alum, Red earth, Dammul akhven (Pterocarpus marsupium) etc.

## Drug acting on Blood

Blood is combination of different constituent. Drugs effect in different ways on blood.

1. Some drugs make alkaline media of blood as Naushader.

2. Some drugs make acidic media of blood as Zulal Tamar Hindi (Tamarind water), Aab Anar Tursh (Sour Pomegranate Juice).

3. Some drugs liquefy the blood as in take of excess water, Garlic, Onion etc.

4. Some drugs increase concentration of blood as diuretics, purgatives, diaphoretic.

5. Some drugs increase coagulation power of blood as Sadaf sokhta (Ash of Turbinella rapa), Sartan Muharraq (Crab ash), Beikh Anjbar (Polyganum bithrula root).

6. Some drugs reduce the coagulation power. As Some sour fruits.

7. Some drugs increase red blood cells as Iron, Arsenic etc.

8. Some drugs reduce red blood cells as increased dose of arsenic.

9. Some drugs act as purifier of blood as Gule Mundi (Sphaeranthus indicus), Shahtra (Fumaria parviflora) chirata (Swertia chiratta) etc.

10. Some drugs act as Moaddilate Dam (Moderator of blood), as Gul surkh (Rosa damascena), Chirata (Swertia chiratta) etc.

## Drug acting on Badni Istihala (Body metabolism)

Metabolism is a process in which a matter is changed in other matters. It may call biotransformation, as when diet reaches in liver is changed into akhlat (humors).

Body metabolism means that some matters in form of diet, drug, water and air reaching in body's organs or other matters found in body's organs, are affected by the body's Hararat Ghareezi (internal energy) and changes takes place. These changes produce replacement to all parts of body, resulting all body powers are maintained. This process of metabolism works continuously and whenever its process is disturbed, problems arise. There are certain causes, which affect the metabolism. As any change in seven essential factors (food, drink, motion inertia of body, motion and inertia of

brain, sleep and awakesness, elimination and retention) Some drugs also make influence on these factors . So directly indirectly drugs act in three ways on metabolism.

The drugs which, increase body metabolism. The drugs, which decrease body metabolism. The drugs, which maintain body metabolism on equilibrium state.

Drugs, which increase metabolism, are called Advia Musakhkhina (Calorific), Advia Harra (Hot drugs) or Muharrikat Istihala (metabolism stimulant). There are two types of Muharrikat Istihala (Metabolism Stimulant).

(1) Muqami Moharrikat Istihala (Local metabolism stimulant)

(2) Amoomi Moharrikat Istihala (General metabolism stimulant)

**(1) Muqami Moharrikat Istihala (Local metabolism stimulant):** By using these drugs local metabolism actions are increased and blood supply is increased. Local waste materials are eliminated rapidly. When high metabolism of a particular part is required then advia Musakhkhina are used. These increase vasodilatation and blood circulation so maximum nutrients may reach at that place and Quvvat Jazeba (absorption power) and Quvvat Mugheera (alterative power) may act well and waste material may be eliminated well. There are certain mechanism of action, which are as follow.

**(i) Munab-bitat sha-ar (Hair grower):** These drugs act locally and increase blood supply and nutrition of roots of hairs. So hairs become dense and falling hair is inhibited. As Roghan Malkangni (Celestrus peniculatus oil), Roghan Gandum (wheat oil) etc.

**(ii) Musamminat Badan (Fattening agents):** Some drugs make locally fatty to some body parts and that part, due to increased blood supply may get fatty. As Roghan Balsan (Balsam oil) and other liniment used on penis.

**(iii) Mohallilat Auram (Resolvant):** Some drugs decrease inflammation and rigidity, by elimination of inflammation caused by certain matters. As Baboona (Chamomile), Nakhoona (Carum capticum), Kasni (Cichorium intybus), Mako (Solanum nigrum), in form of paste.

**(iv) Muqami Mojalliyat (local detergents):** There become some spots locally due to disturbance in local nutrition as leucoderma or some black

spots, which may be cure by better nutrition in the body. As Aatrilal (Ammi majus), Aqirqarha (Anacylus pyrethrum) etc. These increase local nutrition and cure them. It is also possible that these drugs may eliminate the causative matter and cure them.

**2. Amoomi Moharrikat Istihala (General Stimulating Agents):** These are such drugs, which increase general metabolism and digestion of whole body, and nutrition is increased resulting, person gets fatty. These agents are also called Muqavviyat Amoomi (general tonics). These may be either diet or drug. So such agents are called (i) Amoomi Musakhkhinat (general calorific). These drugs, which tone up the nerves are called Muqavvie aasab (nervine tonics).

Generally arsenic and nuxvomica compounds or liver tonic, cardiotonic, renal tonic, etc affects on general metabolism of body.

**3. Muze-fat Istihala (metabolism depressant):** Some drugs decrease the metabolism activity. These are generally Advia barida (Cold drugs) or Advia Mubrida (Frigorific).

**(i) Muqami Muze-fat Istihala (Local metabolism depressant agents):** Such drugs decrease blood circulation, nutrition, digestion and absorption of that place locally. Vessels become constricted locally. Hotness is reduced and coldness is increased. These all drugs are astringent.

**(ii) Amoomi Muzi-efat Istihala (General enervating agents):** These drugs in general decrease blood circulation and so general nutrition is decrease and weakness occurs.

These drugs play an important role to cure diseases, where function of whole body or part is increased than normal. As in kuzaz (Titanus), astringent cold drug like Opium is used to reduce tremors. In fever coldness is used either internally or externally.

There are some other conditions also where, these drugs increase or decrease metabolism and particular changes occur in the body. Some drugs produce changes in blood and cure many diseases and normal condition in body take place. These all drugs are called Mo-addilat (Normalisor). Drugs, which eliminate fasid mavad (Toxic matters) and other disease producing matters are called Musaffiyat Dam (Blood purifier). Generally to eliminate toxic matters, they are changed in such state they are eliminated easily. This process of preparation, to eliminate is called

Nuzuj (concoction) and drugs are called Munzijat (Concoctive). Some drugs increase nutrition tremendously. Which are called Akseer badan (Refrigerants), as Sankhya (Arsenic), Bhelawan (Dhobi nut) etc. These drugs are discussed, as here in detail.

**(1) Musaffiyat Dam (Blood purifier):** These drugs eliminate the toxic matters, waste products and putreficated material through urine, stool and sweat. These drugs are Mundi (*Sphaeranthus indicus*) Chiraita (*Swertia chiratta*), Shahtra (*Fumaria parviflora*), Gul Neem (*Margosa flowers*). Some times Mercury and Arsenic preparations are used to eliminate syphilitic matter produced in body

**(2) Munzijat (Concoctive):** Munzijat is plural of Nuzuj. Nuzuj means to ripen. It may be explained as the drugs, which make matter, able to eliminate from body. In other words these drugs makes certain changes in humors to eliminate them from body. Humors if they are condense and sticky, they can not be eliminated, then such drugs are used so that humor becomes liquid and non-sticky as honey. In this form they are easily eliminated. As Sikanjbeen, Maul Asl etc. If matter is so liquid that it will be reabsorbed in body and will cause harmful effects, then it should be made thick to eliminate and to inhibit reabsorption.

**3. Akseer badan (Refrigerants):** All those drug either single or compound, which stimulate Aazai Raisa (Vital organs) and revitalise their function, are called Refrigerants. As Kuchla (*Nuxvomica*), Sankhiya (Arsenic) etc.

**4. Tiryaqat Samoom (Antidotes):** Antidotes also affect the body metabolism. These act against poison or toxins externally or internally. We discuss them in detail.

**(i) Samme-Mutlaq (Absolute poisons):** Those agents, which act by their Soorat Nau-eya (arrangement of compound), alter the function and cause death. These act unknowingly and their mechanism of action is not clear. In Unani Medicine, there is no such agent which can be put under this category but recently potassium cyanide is said that it may be such type of agent, but mechanism of action of potassium cyanide is some how known.

**(ii) Dawae Sammi (Poisonous drug):** Those drugs, which have either extraordinary hot / cold quality and make severe functional / structural

disturbances and severe responses may occur. As Beesh (*Aconite*), Afiun (*Opium*), Bazrul banj (*Hyoscyamus*), Kuchla (*Nuxvomica*).

### **Fadzeher, Tiryaq (Antidote)**

**Substances that counter act to poisons.** Jadwar (*Delphinium denudatum*) is single drug. Tiryaq Farooq, Tiryaq Samania, Tiryaq arba-a, Tiryaq afa-ee are compound drugs. Mechanism of action of antidote is explained as, when it reaches in blood, it changes arrangement of poison and so weakens the power of action of poison. As if poisons are acidic and antidote is alkaline, it will change the media of drug and drugs will change into salt. Jadwar also make some constituent of Aconite inert. Some antidotes do not act directly on poisons but inhibit their some process as in case of arsenic poisoning, Ghee is given orally, so it inhibit the absorption from gut and its severity become less active. It acts as antidote to arsenic. If ghee is given in case of Opium poisoning, it will increase its absorption and instead of inhibiting action of Opium, it will increase the action of Opium and severe effects may occur.

**Drugs acting on disease producing matter:** Some drug act on particular disease producing matter. As Cinchona affects on seasonal fever, Colchicum for arthritis and gout, so according to their actions drugs are classified in different group as antiseptic action against sepsis producing matter. But this group of drug is sub divided, as some drugs are effective against the sepsis due to Phlegm or melancholia or bile.

These act according to their particular arrangement of drugs. As some drugs like *Solanum nigrum* and *Cichorium intybus* act against hepatitis.

**Drug acting on Parasites:** Parasites take nutrition from others. These may be out or inside body. Inside body parasites are intestinal worms. Out side body parasites are lice in hairs. Sulphur, Antimony etc are used for lice.

## Drugs acting on Body Temperature

The energy or heat, produced in our body is Hararat Ghareezi (Internal energy), which is called Unsuri Hararat (elemental energy). This energy is generally remains normal and all functions are performed normally. There may be some how difference in the organ temperature, but that temperature will be normal for that organ, as temperature of mouth is 96.8<sup>o</sup>F, in armpit it is decreased. There may also be a change in morning and evening temperature. In morning is slightly low and in noon slightly raised.

If this temperature is increased extraordinary from normal, it is called Hararat ghareeba (Abnormal temperature), which is abnormal temperature, and it may be fever. Fever is abnormal condition. Some drugs increase body temperature and some drugs reduces body temperature. These drugs are as follows.

**1. Musakhkhinat (Calorific):** All those drugs, which increase body temperature, have been discussed in chapter drug acting on skin.

**2. Advia Mubrida (Frigorific):** An agent that generates coldness. These also act externally and internally as ice, cold water produce coldness externally. Some are given internally and they produce coldness internally as antipyretics etc. Some volatile drugs also produce cooling as Sirka (Acetic acid), Camphor, Eucalyptus oil etc. Some drugs act antiseptics and reduce temperature due to infection. As Arsenic, Afsanteen, Gilo (Tilifora indica), Atees (Aconitum heterophyllum) etc.

**Dafe Huma (Antipyretic):** These are of following type.

Mubardat khafeefa (Light Antipyretic)

Mubardat shadida (Strong Antipyretic)

**Mubradat khafeefa (Light antipyretics):** These drugs are used generally in fevers. These are not used to reduce temperature but to save from complication. As Luab Aspghol (Plantago ovata mucilage), Luab Behidana (Pyrus cydonia seed mucilage), Aab Khayaren (Cucumber Juice) etc.

**Mubarrdat Shadeed (Strong antipyretic):** If there is high fever, these drugs are used to reduce temperature. But due to sudden fall of fever may be some times harmful. Some times these drugs may produce toxic effects. These drugs are compound of Arsenic, sulphur, Mercury, Karnjwa

(Cecelpinia bonducella) Alum etc.

There are some external measures, which are used to reduce fever.

Cool the patient's room air. Use cold water, ice water as needed to reduce fever. It may be in different form like sponging, covering with wet sheet, wet cotton /cloth on head or body. Keep patient in cold water tub etc.

Zimad (paste), Tila (Liniment), Nutool (Irrigation) may be used to reduce fever. As use of liniment of Aab Lemon (lemon Juice) or Aab Kahu (Lettuce juice), Aab khurfa (Portulaca olioracea juice), Camphor, etc on chest and abdomen. If patient is getting sweat already then these measures should be avoided.

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## Ashkal Advia (Form of Drugs)

Doctor needs drugs to treat patients. Drugs are used in different form according to need. Some drugs can be made only in particular shape and size. These are made powder, tablet, pill, linctus etc. some times decoction infusion, mucilage, juice, extracts are used. Some drugs are used particularly for brain, heart, abdomen, lungs etc. so it is needed to change such forms of shapes, which are easy to take and beneficial in such cases. Some times drugs are used externally. These may be used in form of paste, liniment, and irrigation. Some are used in form of vapours so according to requirement drugs may be modified and used.

According to Consistency drugs are divided in three major groups.

Jamid (Solid), Neem Jamid or Neem Saiyal (Semisolid or Semi Liquid); Saiyal (Liquid); Bukhari (Gas or Vapours).

**A. Advia Jamid (Solid):** There are solid drugs or near to solid. Some of them are as follows.

**1. Habb (Pill):** Habb is spoken in many other meanings also. This word is also used in term of seed, but in relation to form of drug, it is such solid, which is made in round form. The constituents of pill may be either one or more than one. Volume or size of pill varies. Some are very small like size of Mustard, Masoor (Lentil) or about to one cm or more. Pills of one-cm diameter are called Bandqa. Its plural is Banadiq. It is generally similar to size of Reeth (*Sapindus trifoliatus* fruit).

**2. Qurs (Tablet):** These are flat and round/triangular/quadrangular biconvex. These are made mechanically also. In comparison of pill, these are easy to chew. Pill and tablet are differentiated by only shape. Their aims are some how si lmlar, which are as follows.

(i) Dose maintenance

(ii) Coating sugar or using other agents may alter taste

(iii) Easy to swallow

**3. Shyaf (Suppository):** Shyaf is plural of shaffah. It is generally for external use. These are prepared in biconvex lens shape. These are used by dissolving in water or in required particular aqua.

### Indications:

(i) In eye; Shyaf Abyaz, Shyaf Ahmer, Shyaf shibb-e-Yamani.

(ii) In Wounds and fistula: For the treatment of wounds and fistula, suppository is prepared. These are placed inside wound or fistula. These Shyaf are made up of barley size.

(iii) Suppositories made for anal route also.

**4. Hamool (Passery):** A roll made from cloth / cotton or from both, dusted by drugs introduced in anus or vagina is called Hamool.

**5. Farzaja (Tampons Vaginal suppository):** That particular drug dusted on roll of cotton or cloth, which reaches to the neck of uterus.

**6. Fateela (Bougie):** Roll of cloth or cotton dipped in liquid or thin consistency drug introduced in natural or unnatural openings of body.

**7. Kaboos:** Drugs are used in form of bread either dry or wet, powder or paste on the affected side for long action. Some times bread of Mash, which is heated at one side, on non-heated side drug is dusted or pasted then kept on affected part. Pigeon or chicken (without internal organs) is placed on head in case of meningitis. It is also called Kaboos.

**8. Safoof:** Dried powdered drug is Safoof. It may be from one drug or from more than one drug. Hippocrates used it in his period. There are so many powders used in different ailments. Safoof hazim, Safoof chutki, etc are some examples. There are some other drugs, which are used in form of powder.

**(i) Sanoon (Tooth powder):** Those drugs, which are rubbed on teeth to make them white or to cure pyorrhea or other oral ailment. As sanoon mujalli, which is used to make tooth white and sanoon pyorrhea to cure bleeding and pus from gums.

**(ii) Mazoogh (Masticator):** The powder, which is chewed. It increases the mouth secretion. They are chewed to reduce pain of teeth and gum. As powder of Pyrethrum.

**(iii) Burud aur Kohl (Eye dusting powder):** There are such powders which cools the eyes. In these combinations Mentha is added with other drugs. Kohl is such powder, which is used for eye diseases and used by eye stick on eyelids. As Kohl Chikna.

**(iv) Zaroor (Dusting powder):** Microfine powder dusted on wounds or ulcers. Zaroor Qula is dusted on month ulcers.

(v) **Nafookh (Insufelation):** Microfine powder puffed directly or through pipe in nose.

(vi) **Atoos (Irrhine):** Microfine powder, which causes sneezing on smell. These may be solid or liquid. As powder of Nakchhikni.

(vii) **Ghaza (Face powder):** Microfine scented powder used on face cleansing.

(viii) **Ghalia (Perfumed powder):** Microfined scented powder rubbed on body. It is also called Argajah.

(ix) **Norah (Hair remover):** These drugs are used to remove hair. These are in form of paste powder and liquid. Lime is used as chief ingredient in them.

**11. Murabba, Pervarda (Preserver):** some fruits are preserved in sugar on honey. These may be available in odd season and remains beneficial after a long time also. The taste of fruit may be improved by this process also. As Morabba Haleela, Morabba Adrak etc.

**12. Gulqand, Gulshakar, Julanjbeen or Gulangbeen:** This is also a form of preservation. In this from flower petals are preserved in sugar, or honey. The petals of rose or other flowers are rubbed with sugar or honey and placed in sun. After some days they become homogenous. If these are placed in sun they are called Gulqand Aftabi. When they are placed in Moonlight, they are called Gulqand Mahtabi.

**13. Rub (Extract):** when extract is obtained and dried is called Rub, like Rubbussoos, Rub Behi, Rub Anar, Rasaut, Aloe, etc.

**14. Halva (Sweet):** Halva is solid and semisolid. It is made of sugar and flour of wheat or rice in which other drugs are added. As Halva salab, Halva Gheekwar.

**Advia Neem Jamid (Semi Solid Drugs):** These drugs are in form of neither solid nor liquid. These are semisolid or semi liquid. Some are near to solid and some are near to liquid.

**1. Majoon, Sarishta (Confection):** This was introduced by Egyptians. Hakeem Hurmus is said to be the inventor. Generally Majoon is spoken for all those preparations, which are a product of drug's powder and sugar solution. Word Majun is derived from Ajn, means to mix well. In this preparation powder of drugs is mixed well in a particular consistency

of solution of sugar or honey. Their names are according to chief ingredients or action or inventor. Like Majoon Sheikhurrais is named on inventor. Majoon Mullein is named due to laxative action. Majoon Azaraqi, as Azaraqi is chief ingredient. So Itrifal, Jawarish Anooshdaru, Yaqooti, Bershasha are all Majoon but according to composition, use, ingredient, preparation method, and other properties, their names are different.

**2. Itrifal:** It was triphal, which was made Itrifal in Arabic. Haleela, Balela, Amla are essential ingredients. Some Philosopher says it is Indian origin. But some told that it is Greek origin and Indrumakhas is inventor. According to ingredients certain names are given as Itrifal Ustokhuddoos, Itrifal kishneezi.

**3. Anushdaru:** It is also a type of majoon. Its chief ingredient is Amla (*Embllica officinalis* fruit). Anushdaru is a Persian word, means digestive. It is used in digestive system to improve that. It is also called Panjnosh/Fanjnosh. It is made of five ingredients as Haleela, Balela, Amla, Khabsul Hedeed (Iran rust) and honey. It is Indian origin and Hakeem Kindi introduced it in Arab. So in Arab it is called Majoon Kindi.

**4. Jawarish:** It is a type of majoon. Its taste is some how better, it is semisolid preparation. Word Jawarish is Arabic word made from Gawarish, means digestive. Its consistency is more liquid than majoon. Jawarish is made for digestive system. It acts slowly because its powder is coars than majoon. Jawarish Jaleenus. Jawarish Kamaumi etc. are its examples.

**5. Dawaulmisk:** It is scented drug. Its taste is good. Musk is chief ingredient of it. It is used in cardiac, gastric and brain ailment. It acts as adaptogenic or immunomodulator. As Dawaulmisk motadil

**6. Mufarreh:** It is also a type of majoon. It contains more scented drugs. It is generally of two types Mufarreh har and Mufarreh barid. When hot temperament constituents are more than cold temperament, it is Mufarreh har and if cold constituents are more than hot temperament constituents are it is Mufarreh barid. A normal state is also produced in its preparation when hot and cold constituents are equal then it is Mufarreh motadil. Other Mufarrehat are Mufarreh sheikhurrais, Mufarreh aazam and Mufarreh yaqooti etc.

**7. Laboob (Pulp):** Lub is called Maghz (pulp). This formulation contains

dry fruits so it is called laboob. It is generally used to empower the genital organs. Laboob kabir, Laboob sagheer, Laboob barid etc.

**8. Yaqooti:** This formulation has yaqoot (Ruby) as chief ingredient. It is tonic for vital organs. Yaqooti sada, Yaqooti motadil etc.

**9. Bershasha:** It is formulation of Opium. Word Bershasha is from Suryani language, means Baru-ussa-aa (To cure at once). It is also called Majoon barsh. It is beneficial is pain, particularly in arthritis, and gout. Other melancholic disease also cured by it.

**10. Zarooni:** Zara means seed. This is a type of majoon. Due to constituents mainly seeds, it is called Zarooni. Some Hakeems called Zargon means 'golden colour'. This drug is particularly used for backache. Two main compounds are prepared as one Jawarish Zarooni saada and Jawarish Zarooni ambari.

**11. Khameera (Fermented confection):** It was introduced by the Hakeem in Moghal period. This is also a type of Majoon. There is no description of this compound in Arabic or Greek period. Another reason to call it Khameera is that after some day of this preparation fermentation gets started. In this preparation herbal drugs are used in form of Joshanda (decoction), then in the Joshanda, sugar or honey is mixed and so much is mixed with air that it become white than scented drugs like Saffron, Musk are mixed by making the powder in a particular aqua. Khameera is a drug, which is used generally for cardiac ailments. Drugs used for heart are made in such form as they may be absorbed rapidly and action may be quickly. The herbal drugs are used in form of Joshanda. Other animal/mineral drugs are mixed either by making solution in aqua or microfine power as required. According to constituent these are named. Like Khameera Abresham, Khameera Gaozaban etc

**12. Laooq (Linctus):** It is a drug, which is prepared in syrup form. Its consistency is thick than syrup and liquid than majoon. It is used in the respiratory system. Its inventor is Galen. This is prepared by making powder of drugs and mixed in honey or sugar solution of a particular consistency. This preparation is used in cough, asthma, and other diseases of lung and chest. Laooq Sapistan, Laooq Katan, Laooq Nazli, Laooq Sapistan Khyarshambari etc are some examples.

**13. Usara, Afshurdah (Extract):** Extract, juice or watery material of

herbal drugs or fruits is called extract. It is dried in sun or in heating pans or by artificial heat. It may be used in original as in liquid form or dried form. If it is dried called Rub or some times Usara. Rubbussoos, Rubbe behi, Rasaut, Usara Revand are some example.

**13. Hareera (Liquid nutritious diet):** It is a type of liquid nutritious diet and used in low dose. It is prepared generally from dried fruits pulp. As Hareera badam etc.

**14. Falooda, Falozaj (Semisolid nutritious diet):** It is generally prepared from carbohydrate, milk and water. It is semi solid form. It is given to the patients for rapid recovery from debility diseases.

**15. Marham (Ointment):** It is semi solid preparation. It is prepared generally or external use its drugs are mixed with wax or fat. It is ancient invention, formulated before the Hippocratic period. It is used in skin diseases and other ulcerative diseases. Marham Hina, Marham Zangar, Marham Dakhleun, Marham Ral etc are some examples.

**16. Qeruti (Paste used on thorax):** It is prepared from wax and oil, semi solid ointment used in chest pain and other ailments etc. Qeruti Arad Krisna, Qeruti Arad Baqla, are examples.

**17. Zimad, laip (Paste):** It is used externally. It is semisolid preparation. It is very old preparation. It is invention of Egyptians. It was mostly used in Greece. Its names are due to its chief ingredient and/ or the inventor's name. Zimad Alsi, Zimad Rai etc.

**18. Lazooq wa Lasooq (thick sticky drug):** It is such type of thick and sticky drug used on the affected organ or part by making a layer either on cloth or paper. Generally these are pastes, but only the difference is in stickiness. Zimad Baboona, Zimad Ushq etc.

**19. Natookh (Liquid paste):** It is a type of paste but generally more liquid than paste used externally. Some times these three words are spoken as synonyms as lazooq, lasooq and Natookh. Some times these drugs are made in solid form and preserved. At the time of use, these are heated and changed into semi solid form and used.



**B. Advia Saiyal (Liquid Drugs):** These drugs are in form of liquid. These are generally watery or oily preparations.

**1. Maul jubn (Whey):** It is watery part of milk. In Arabic Jubn is called Paneer (Cheese), which is obtained by separating condense and watery matter of milk. Generally it is obtained from goat milk for medicinal use. It is prepared from milk, which is obtained after about 40 days of childbirth. It is prepared by boiling this milk in a pot and when boiling starts, add few drop of lemon Juice, milk is divided in condense and watery parts. Both are obtained separately. Watery part is Mauljubn.

**2. Maul-asl (Hydromel):** Honey and water in the ratio of 1:4 is mixed and boiled then cooled. Water may be replaced by some other aqua. When it is prepared with rose water it is called Julab or Gule-ab. If some other drugs are mixed in this preparation called Maul-asl murakkab.

**3. Maul-lehem (Mutton Soup):** It is prepared from meat. It is simply boiled. Watery part of cooked meat is obtained.

**4. Ma-ush-shaeer (Barley water):** This is obtained by cooking the healthy seed of barley in water. This is prepared by a particular method. Healthy fresh barley seeds are soaked in water then their outer coat that is seed coat is removed by pestle and mortar. These seeds without seed coat are called Jau muqash-shar . These Jau muqashs-sher are taken 20 gram and boiled in 240 ml of water (1:12) till water attains thick consistency. It is filtered. This filtrate is Ma-ush-shaeer. If meat is mixed with, it is called Ma-ush-shaeer Mulham. If barley is rosted before boiling, it is called Ma-ush-shaeer Muhammas.

**5. Ma-ul baqool (Herb extract):** It is obtained by crushed herbs/vegetables by squeezed method. The extract obtained is called maulbaqool. Berg Mako, berg kasni, Kadu, Kahu and other vegetables are used to obtain this watery preparation.

**6. Ma-ul favakiha (Fruit Juice):** It is fruit Juice obtained from fruits by simple methods. Aab Anar, Aab Angoor Aab terbooz etc

**7. Rooh (Essence):** Aqua with minimum water contents. As Rooh Gulab, Rooh kewra etc.

**8. Sharab (Wine):** It is prepared from carbohydrate containing material as grapes etc. it is obtained by fermentation and distillation method. In

low dose it is cardiac, brain stimulant. In large doses, depressant.

**9. Nabeez:** It is fermented undistillate material. It is prepared from grapes, dates and dry dates. It does not have effect as intoxication. It is also called Darbehrra and in Hindi, Asav, Nabeez tamar, Nabeez faulad are examples

**10. Sharbat (Syrup):** It is sweet syrup compound, which is prepared from Decoction, infusion, and water extract of either dry fruits or herbs or seeds etc.

**11. Sikanjbeen:** Feesaghorus (Py-Thagorus) prepared it at first. Sirka (Acetic acid) and Angbeen (Honey) are two chief ingredients. When mixed these two, Sikanjbeen is produced. It is prepared with sugar also. When it is prepared with sugar called Sikanjbeen saada. These are of different type according to their chief ingredients. As Sikanjbeen usooli, Sikanjbeen bazoori, Sikanjbeen favakiha, Sikanjbeen lemony.

**12. Dayaqoozah:** It is Syrup. Its chief constituent is khashkhash (poppy seed) It is prepared from Post Khashkhash (seed coat of Poppy seed). Dayaqoozah is Greek word, mean Sharbat Khashkhash. It is used in throat ailment and cough.

**13. Sirka:** Sweet extract/juice, if left in slightly raised temperature, after some days fermentation takes place and it becomes acidic. It is made from sugarcane Juice, or grape juice, jambul, its taste is acidic, Smell is pungent, colour redishgreen. If it is distilled it becomes colour less.

**14. Abkama, Sirka Hindi, Mari, and Kanji:** It is similar to Sirka but ingredients are different. If Rai, Namak, Ajwain is left in water in slightly raised temperature for some days, it becomes acidic. There are several other methods also by which it is prepared.

**15. Joshanda (Decoction):** The Herbal drugs boiled in water and filtered, filtrate is called Joshanda. One or some drugs are crushed and soaked in water and left for a particular times, boiled and filtered. This filtrate is decoction. It is also called Tabeekh or Matbookh. If decoction of roots is prepared, than it is called Maulusool and if it is prepared from seed it is called maul buzoor.

**16. Khesanda, Nuqoo, Manqoo, Naqee (Infusion):** It is also a watery preparation which is obtained by soaking and shaking well the drugs in water. Drugs are soaked for a particular time. Material is shacked according

to indication, filtered and filtrate is called Khesanda.

**17. Haleeb, Sheera:** Some drugs are ground with water and then used. Their appearance becomes like milk, generally it is prepared from dry fruits as Sheera maghz Badam, Sheera Tukhme Kahu. If Haleeb is prepared then oil is mixed with mucilage of drug and shaken well.

**18. Luabat: (Mucilage):** Some drugs, soaked in water liberate mucilage and make water mucilaginous. It is filtered and mucilage is used as drug. Behidana, Resha Khatmi, berg Gaozaban, Aspghol etc. are mucilaginous drugs and gives mucilage when soaked in water.

**19. Mazeej (Mixture):** When some drugs are mixed in water/oil in normal way, these are called mazeej. Mucilage and Sheera are also mazeej because they are mixed with water then used.

**20. Zulal:** Some times only volatile parts of drugs are to be obtained. So for this purpose the drug are soaked in water. It is neither boiled nor shaken. The water is separated gently. This is called Zulal. As Zulal Tamar Hindi, Zulal Aloo Bukhara, Zulal Gill makhtoom etc.

**21. Mehlool (Solution):** Some drugs are soluble in water and they are prepared by making a solution in simply water or some aqua. Some times, some microfine powder is also called mehlool. Like Sadaf mehlool, Marvareed mehlool. But here we concern only those drugs, which make a solution either in water or aqua.

**22. Nutool (Irrigation):** If a drug is in watery form like Joshanda, Khesanda or solution, in hot/cold state, is poured keeping distance on a particular part of body to cure disease, generally warm Nutool is used to reduce inflammation or pain.

**23. Sakob (Effusion or Decantation):** Sakob means pouring water or watery substance. Some watery preparations as joshanda, Khesanda, simply cold or hot water is poured on a particular organ from ordinary distance. Sakob is used in meningitis and insanity. There is not much difference in sakob and Nutool. Only difference is that in sakob watery preparation is poured in less quantity repeatedly, but in nutool watery preparation is poured continuously from a particular distance.

**24. Ghusool (Wash lotion):** Those watery preparations, which are used to wash or clean wounds or any part of body.

**25. Abzan, Hamam Juloosi (Sitz bath):** when a person is advised to sit

in a tub filled with either hot water, hot/cold decoction of drugs or Khesanda. Generally those are used for the ailment of urogenital organs.

**26. Pashoya, Ghusle qadam (Footbath):** When feet are placed in either Joshanda/Khesanda or hot water and material is rubbed on lower leg muscles.

**27. Nazooh (Spray):** When any liquid drug is sprayed by keeping it in a particular vessel, which is made for this particular purpose, as rose aqua, kewra aqua, simply cold water etc.

**28. Wajoor (Throat drop):** These are such drugs, which are dropped in throat in such a condition when person is not in condition to take drug himself. It may be administered by dropper or by spoon like utensils.

**29. Zarooq (Drugs by syringe):** The liquid drugs, which are introduced in ear, nose, vagina, urethra by syringe as Zarooq Anfi, Zarooq uzni, Zarooq Ahleeli etc.

**30. Saoot (Nasal drop):** Oily or watery preparation of drug dropped in nose.

**31: Nashooq:** This drug is sucked in nose. It is watery preparation. Some times powdered drug is also sucked by nose, it is also called Nashooq.

**32. Tila (Liniment):** Diluted oily or watery preparation rubbed or used topically on a particular part of body.

**33. Maravvakh (Drug which is rubbed).** This word is noun of samreekh, means rub. Oily or watery preparation used on particular part of body.

**34. Masooh (agent, rubbed with hand gently):** when a drug is applied on body or gently with hand. This is initial stage of massage.

**35. Dalook (Rubbing agent):** When drug is either watery or oily preparation is rubbed on body in a massage manner. There are many kinds of Dalak, like dalak Qavi, Dalk Leyyin, Dalak Khashn etc.

**36. Dohan, Adhan, Roghan (Oils):** This is a matter, which is not mixed with water. It has its particular properties. There are many ways to use these drugs.

**37. Mazmaza ( Rinse):** Such watery drugs, which are used only in oral cavity but does not reach to throat. The drugs are taken in mouth and then spit out.

**38. Gharghara (Gargle):** Drug, which are used in form of liquid either

decoction, infusion, or salt water is taken in mouth and by a particular method send to throat but not swallow and thrown out.

**39. Khizab (Hair dye):** The drugs, which are used to dye the hairs, this may be liquid semi solid or solid. As Hina paste.

**40. Sabagh, Sabigh (Skin dye):** These drugs make the skin colourful. As some drugs are used on leucoderma spots. These may be either liquid, semi solid or solid.

**41. Huqna (Enema)** Liquid drugs introduced in large intestine. These are used generally to evacuate the anal canal but some drugs are used for other ailments also.

**C. Advia Bukharia or Hawaiiya (Gaseous drugs):** There are certain drugs which may be either in solid or liquid form but when, they are used, changed their form and become in vapours or gaseous state. As some drugs are used in form of fume, vapours. these are of following types.

**1. Bakhoor, Dhooni (Fumigation):** Some drugs are burnt and their smoke is introduced to a particular place. This is also called Tadkheen, or Tabkheer.

**2. Inkabab, Bhapara (Vapourbath):** Some drugs or simply water is boiled and their vapours are introduced to a part or whole body.

**3. Shamoom (Olfaction or smell):** The drug, which is smelled and its volatile constituents reaches to nose.

**4. Lakhlakha (Inhalation):** These are either watery or solid drugs, which are kept in a wide mouth container or bottle and smell reaches not only to the nose but air passage also.

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## Masalik Advia (Routes of administration of drug)

The drugs, which are introduced in the body either internally or externally, are in different form. These are introduced by different route to obtain maximum effects. There are natural openings in the body. Like oral cavity anal opening, urethral opening, ear, nose, etc. Drugs acting on these parts or on general body administered by these routes. Some times unnatural route is adopted like by injection or by making cut in the body. There are two ways.

1. Dakhili (Internally)

2. Khariji (Externally)

**1. Dakhili (Internally):** Some drugs are used internally. They are used either by mouth or by any other route inside the body.

**2. Khariji (Externally):** Some drugs are used externally. They are used on external surface of skin. They act locally.

**Natural Passages:** Generally in Unani system of medicine drugs are used through natural routes. These are as follow.

**1. Barahe Dahan (Orally):** Generally most of drugs are introduced through this route, which are used for the effects on whole body. All the edibles and drinks are taken by this passage, pills, tablets, powder, majun Jawarish, Itrifal, syrups are given through this route.

**2. Barah mubraj (By Anus):** By this route drugs are used in three form

(i) Hamool, Shaffa (Vaginal passeries)

(ii) Huqna (Enema)

(iii) Tila wa Zaroor (Liniment and dusting powder)

Drugs are used by this route, in such condition, when patient is not in position to take the drugs by mouth or the effect is required in neighbouring parts of large intestine. The conditions may be as follow.

If there is such disease or there is problem in ingestion through mouth or there is such lesion or problem to swallow, drug may be given by this route.

If there is severe vomiting and drugs or any thing is not acceptable through

mouth.

Drug is to be used for local action in anus or large intestine.

If drug is introduced for the effect on uterus or on other neighboring parts.

Like enema to increase labor pain.

**3. Barahe Majari Hawaiiya (Air passage):** Drugs are used by this route, act on from nose to alveoli. These drugs are given either in form of fume or inhalation. There are some drugs, which are in liquid or powder form, used through nose. Some times shyaf anaf is also used. But generally inhalations are used.

**4. Barahe-Ain (Eye):** Generally, through this rout, unani drugs are used either in powder or liquid form. Shayafat, Kohl, powder, Qatoor, are used.

**5. Barahe Uzn (Ear):** The drugs, used by this route reach to the tympanic membrane. So the drugs are used as sedative or emollient. As Shyaf Uzn, Zaroor, etc are given by this passage.

**6. Bara he Ahleel (Urethral orifice):** Some drugs are given by this route by adopting appropriate catheter. Some shyaf are also used. Cystitis, ulcer, urinary tract infection etc. are treated by giving drugs through this route.

**7. Mahbal (Vaginal orifice):** For the disease in genital organ or pelvic intra diseases, the drugs are used by this route.

**8. Manafiz ghair Tabae (Artificial passage):** Some drugs in allopathic stream are given by injection. In unani system, drugs are not used by this route. In old days, a particular method was used. A cut was made in skin and then drug powder or in other form, drug was filled and sealed. Now days this method is also not in use.

**Advia Kharija (External Drugs):** Some drugs are used externally. This route is used either for local action or for action on some neighbouring parts. There are used in two ways.

Some times these drugs are used very gently. Tila, Ghaza, Zimad, Abzan etc.

Some drugs are used on body and massaged. So they penetrate inside the skin. As Masooh, Ubtan, Dalak etc.

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## **Dawaon Ka Husool Aur Hifazat (Collection and Storage of Drugs)**

The drugs play vital role to fight against diseases in human life. So drugs authenticity is a valuable factor, which affects on the action of drug. If a drug is not authentic or substandard, appropriate results will not be obtained. For authenticity of drug, cultivation method, collection and storage have their significant role.

For an authentic drug, its properties should be on its normal value. Its physical properties (colour, smell, taste, consistency and weight) should be normal. If there is change in all or either one property, drug's internal property as constituents and even bio-action will alter.

It is impossible to cultivate the all herbal drugs. So the drugs are mainly obtained from wild plants. Animal drugs are obtained from animals either wild or pet. All minerals are found naturally if they are produced artificially, their authenticity must be established.

Drugs from different parts of world may differ due to their place of origin, Habitat, Environment etc. A drug obtained from china may differ from India. Like this other example of flower, fruits may be given. Even these factor influence on different places in same country also.

In Unani Ilmul Advia (Pharmacology and Pharmacognosy), some special patterns have been adopted as particular name have been indicated for particular drugs. Like Sabr saqootri (Scotrin aloe), Afsanteen Roomi (Rome absynthium) Senna makki (Arabian Senna) Revand Chini (China Rhubarb etc.)

When collection is made for authentic drugs, it is essential to care about keeping in view its origins, collecting time, as the collection time and season have great influence on the effectiveness of drug.

Some instructions are given regarding collection of different part of plants or animal organs or minerals for optimum benefit.

**Flowers and leaves:** These should be collected when they are fully established and complete. If the immature buds and leaves are to be used, they should be collected before maturing.

**Seeds and Fruits:** These should be collected when they are fully ripened and they fall themselves. If unripe fruits like unripe Mango, unripe Papaya are to be used, they should be collected before ripening. Ripe fruits should not fall on the ground but they should be collected when they are attached to stem/ branch.

**Roots:** These should be collected, when plants have attained its maturity and before fruiting. So that root may contain maximum active constituents.

**Branches and barks:** These should be collected in spring season, when they are fresh. Plant material should not be collected from dry plants or diseased plants.

**Herbs:** Herbs either on ground or erect should be fresh, with flower fruits and other all parts. Generally these are used as whole herb. Balm, Tribulus, etc are collected in this manner.

**Gums, Latex etc:** These should be collected, when the flowers are falling. They should be collected before sun rises or after sun set. The sun heat plays important role to alter the constituent in some products. Like some secretion are obtained in afternoon. As Opium. Gums should be collected before they break up in pieces. It is better to collect entire lump.

**Animal Drugs:** Animal drugs generally obtained from young and complete animals. As Zuhra Gao (gall bladder of cow), Neesh aqrab (Scorpion sting) Uroosak, Qarnul Ayyal (Stag horn) etc. Some animal drugs are obtained from either child animal or old like chicken soup or old chicken soup is obtained as needed.

## Drug storage

Proper drug storage is an important factor regarding efficacy of drug. All fresh herbal or animal drugs are not available round the year. So proper storage is important. Following are some important methods by which drug may be stored.

All the drugs containing volatile constituent should be stored in airtight containers so that their volatile constituents may remain exist. Like Mentha, Jatamansi, Rose, Camphor etc.

All liquid or watery drugs like Aqua Rosa, Aqua kewra, or semi solid drugs like Majun, Jawarish should be kept in cold places so that they are inhibited from fermentation.

Some agents if preserved in sugar solution or honey, may be used for a long time. Like murabbajat etc. Animal drugs like brains, gall bladders, and other parts of body are preserved in honey.

All drugs should be kept away from moisture, hot sun, dust etc.

If vessels are of metals like copper and other, they should be lead coated, otherwise drugs should not be preserved in those vessels.

One drug should be stored in one vessel only.

Drugs should not be stored in cloth or jute bags.

Compound drugs like pills, tablets, powders may be stored in lead coated vessels, if salt is not an ingredient in them.

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## Aamar-e-Advia (Utilization period of drugs)

The drugs have their particular constituents. If they are stored properly, efficacy remains for a particular time, otherwise they lose their efficacy. Some drugs retain their efficacy for a long time. But instead of proper storage they lose their efficacy due to their constituents arrangement. All volatile oil containing drugs lose their volatile constituents easily in a short time. Other drugs as some latex like Opium, Ferfium (Cactus latex) remain on their actual arrangement for a long period. This duration of use is also affected by means of storage also. To determine exact duration of use is impossible but some characteristics (colour, smell, taste etc) are changed, so their efficacy and time will become less.

**Herbal drug:** This is main source of drugs and about 90% of drugs are obtained from this source. Different parts of plants are used medicinally. We discuss them under different headings.

(i) **Root branches, barks:** On these parts of plant, pests attack very soon. So if pests attack them, they should not be used. If these are not deteriorated, then may be used for one year as Glycyrrhiza, Ginger, and Zedoary etc. some drugs are not attacked by pests. These may be used for about 5 years. As Darunaj (*Doronicum hookrii*), Cinnamomum, Gentian etc.

**Leaves:** Leaves may be used for one to two years if stored properly. Senna leaves Neem leaves etc.

**Buds and flowers:** These may be used for 1-2 years, if they have not lost their volatile oil, they contain. Borago flowers, Rose flower, Clove, Hyssopus flower etc.

**Fruits:** Fresh fruits are used only 1-2 week. Some fruits may be used for few days if not preserved properly. If these are stored in proper way like, in form of murabba may be used for one year.

**Dry fruits:** Fruit may be either with or without oil. Oil containing fruits may be used for one year if they are in their seed coat as Almond, Coconut, Which don't contain oil, may be used for one year. Like, Aaloo Bukhara

(*Prunus domestica* fruit), Cardamom etc.

**Seeds:** Seeds containing oil may be used for 1-2 year but in long run their oil contents become less. Seeds not containing oil may be used for 1-2 years. As Cumin, Sesame seeds Cucumber seeds etc.

**Oil:** Generally oils are used for two years. Sesame oil, olive oil, balsam oil may be used for a long period. As how much it gets old, efficacy increases.

**Gums:** Gum may be used for three year. Like Gum Acacia, Dragon blood etc.

**Extracts:** Extracts may be used for less than three years. Aqaqia (Acacia extract), Rasaut (Barberry extract), Rubbussus (*Glycyrrhiza glabra* root extract) etc.

**Dried Juice Latex:** There are different periods for some particular dried latex. As Scamony's age is for about twenty years, Farfun;s (*Cactus latex*) age is more than 20 years, Opium may be used for about 30 years.

**Minerals:** This source also plays important role to provide drugs to cure diseases. In this source all the metals, stones, and other certain type of clays are included. As gold, silver, iron, copper etc are Zavil ajsad (metals). Sulphur, Mercury, Arsenic etc. are Zavil arvah (non-metals), which evaporate on heating. Diamond, Ruby etc are from stones.

**Zavil ajsad (Metal):** Different metals are used for different period. Some metals are destroyed, when exposed to air and moisture as iron gets rusted, when exposed to water and air. Air and moisture do not affect gold, silver. They are used for a long period.

**Zavil arvah (Non Metal):** Sulphur, Mercury, arsenic is from this category they are used for less time than metals.

**Stones and Clays:** Stones are used for a long period. Diamond, Ruby has indefinite time of age. Gilearmani (*Arminium bole*) Gile-Makhtoom (Makhtoom clay) may be used for long period.

**Animal drugs:** This source has less number of drugs. Fats if preserved with salt may be used for one year. Animal's gall bladder (dried) may be used for 4-5 years. If earthworms are kept in dry form may be used for 2 years. Musk, Castorium may be used for 5-10 years, if their smell remain exist. Pearl and Shell may be used till they are bright naturally.

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## Abdal Advia (Alternatives of Drugs)

Some times drugs are used as alternative to other. There are certain conditions when alternative drugs are used.

Availability: Drug is not available or obtainable

Too expensive: If drug is so costly that generally public can not afford.

Toxicity: If the toxicity is more and benefits are less even after detoxification, alternative of drug is used.

### Possible factor for alternative drugs

Similar Mizaj (Temperament)

Similar Physical properties

Similar mechanism of action

**1. Similar Temperament:** Some drugs may be used as alternative to the main drug. If drug containing hot and dry temperament is purgative as Senna, it may be replaced with other drug Shehm hanzal, which is also purgative. But this criteria is not authentic criteria or sole criteria, which may decide the alternative theory. As it is clear by trials that due to similar temperament drugs act in different ways or have different efficacy of action. But on the other hand due to difference in Mizaj (Temperament), drugs discharge similar action as Amla (*Emblica officinalis*) is cold and dry is alternative of Asarun which is hot and dry. These also differ in action but on the gums they have same effect. There are many other example which may/may not be alternative of drugs. So on the basis of Mizaj, theory of alternative is not sure and authentic.

**2. Physical Properties:** The Physical properties as colour smell taste, weight and other properties may be fundamental requirement of alternative. But it is less authentic in comparison to Mizaj. As white colour drugs does not have same Mizaj or same action. Like this other Physical properties may be considered. As white coloured drugs are sedative as well as stimulant.

**3. Similarity in Action:** As the drug is given to cure diseases. So all those drugs which are similar in action in respect to their constituents may

be alternative as Shell and Pearl have similar actions. On the basis of their constituents they may be alternative for each other.

It is also possible that some actions are similar as suppose purgation, but in other action may different so they will antagonise. It is due to their structural difference or arrangement of drugs, as Badranjboya is alternative of Absresham in cardiac disease, but for eye ailments it is not alternative.

Zakaria Razi has discussed, drug action and mechanism for Alternative, So the Alternative of drug should be selected very carefully.

## Muzir aur Musleh (Side effects and Correctives)

There is a variation of Mizaj in every thing found in universe. It may vary drug to drugs, person to person, city to city, season to season and so on. A drug given in a particular season or environment, if given in other season, may cause harm. If a cold drug is given to a patient having cold temperament may cause harm. Diets may also cause benefits or harms on the basis of Mizaj or other state of patients.

It is impossible to believe that a drug will be beneficial and will not harm. Instead of this a drug, which is beneficial, may cause side effects. Like this if the drug is less beneficial will cause least harm and vise versa.

When drugs cause harmful effects the harmful effects are to be reduced or minimized. For this purpose we use some particular measures.

**Mudabbar (detoxification):** Some times drugs are used after passing them through some particular process that may be in certain forms. As we fry some drugs like alum. We burn some drugs like Scorpion sting, Snake, Scorpion, crab etc. Some drugs are mixed with some oils. Some drugs are detoxified. These drugs loose their harmful constituents or cause least harms after detoxification.

**Change in Route of administration:** If the route of administration of certain drugs is changed, then they will be less harmful. As if a drug is emetic may be given by other route.

**Combination:** Some times, some other drugs are included with the drugs, so that they reduce its side effects. Such drug is called Musleh (Corrective) These correctives may work in following way:

**Less concentration:** Some drugs are diluted and so their harmful effect may be reduced. Like any concentrated acid, if given in dilute form may cause less harm. If sulphur containing drugs are to be given and they are prone to produce stone, give large quantity of water so that they will not produce any stone.

**Change in temperaments:** Some drugs alter temperament of other drug and make them less harmful as use of alkali against acids.

Some drugs do not effect on drug itself but act on different part of body which have been affected. As Opium, Hyoscyamus etc. relieve pain but weakens heart. In response to these drugs, some other drugs, which act on the heart, are used. As Abresham (Silk Cocoon), Doronicum, Musk, Saffron etc. If drugs are used as laxative and cause irritation in intestine, add some mucilaginous drugs to reduce this irritation. If some drugs are given as haemostatic and produce constipation, some laxative may be given. If drugs are combined carefully, some correctives give better result with reduced side effects may be achieved.

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## Mufradat (Single Drugs)

Key to abbreviations: (Ver) Vernaculars (A) Arabic (B) Bengali (E) English (G) Gujrati (H) Hindi (P) Persian (S) Sanskrit (T) Tamil

### A:

**Arusa Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical Name:** Adhatoda vasica

**Ver:** (A) Hasheeshatussual (E) Vasaca, Malbarnut (G) Ardusa (H) Adusa, Basak (P) Nansa (S) Adarushah (T) Adhtodal.

**Part Used:** Leaf, flower.

**Constituents:** Alkaloid vasicine, Adhatodic acid.

**Actions:** Expectorant, diuretic, Antispasmodic, Alterative,

**Uses:** Cough, Asthma, and Bronchitis.

**Ajmod Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Apium graveolens, Trachyspermum ammi

**Ver:** (E) Cellery (B) Chano (G) Ajmo (H) Ajwan (S) Ajmoda (T) Ashamtagam.

**Part Used:** Root, Seed.

**Constituents:** Sulphur, Poisonous principle, Glucoside; Apin, Volatile oil, Albumen, Mucilage, and Salts.

**Actions:** Seed; stimulant, cordial, tonic, carminative. Root; alterative, diuretic, emmenagogue, Lithotriptic.

**Uses:** colic, bronchitis, asthma, liver & spleen diseases, flatulence, tympani.

**Aak Mizaj (Temperament) Hot<sup>3</sup> Dry<sup>3</sup>**

**Botanical name:** Calotropis gigantea

**Ver:** (B) Akanda (E) Swallow wart (G) Akado (H) Akonda (S) Manelara (T) Emulau

**Part Used:** Root, plant, Root-Bark, Flower, Juice.

**Constituents:** Leaf; Active principle; Mudarine, Glucosides; Calotropin,



Usenarin, Calotoxin,

**Actions:** Plant; caustic and astringent, cardiac tonic, antispasmodic, expectorant, rubefacient.

**Uses:** leprosy, constitutional syphilis, chronic rheumatism, skin diseases, ascites, anasarca. Leaf; tympani/bloat, foot and mouth diseases. Heated leaf; dengue fever.

**Ajwain Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Carum copticum, C. ajowan, Ptychotis ajowan, Trachyspermum ammi.

**Ver:** (B) Jowan (E) Bishop weed, (G) Ajmo (H) Ajowan (P) Zinanas, Nankhavab (S) Yamoni (T) Oman .

**Part Used:** Fruit, Seed.

**Constituents:** Searoptin, Thymene, Thymol.

**Actions:** Seed; anthelmintic, antiseptic, stimulant, carminative, stomachic, tonic, aromatic, pungent, antispasmodic.

**Uses:** flatulence, indigestion, colic, atonic dyspepsia, diarrhoea, cholera, hysteria & profuse expectoration in bronchitis.

**Amaltas Mizaj (Temperament) Hot<sup>2</sup> Moist<sup>2</sup>**

**Botanical name:** Cassia fistula

**Ver:** (B) Sonalis (E) Indian Laburnum (G) Gamalo (H) Amaltash, Amaltash (S) Niripadruma (T) Konai, Appai.

**Part Used:** Root bark, Root, Leaf, Fruit.

**Constituents:** Leaf; Anthraquinone derivatives, Tannin, Volatile oil, Astringent matter, Gluten, Sugar, Gum, Colouring matter, Water.

**Actions:** Root bark, Leaf & Seed; purgative, laxative. Root; purgative, tonic, febrifuge Fruit; cathartic. Seed; emetic.

**Uses:** Pustules, rheumatism, fever, heart diseases, retained excretions, bronchitis, biliousness and ringworm.

**Afteemoon Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Cuscuta reflexa

**Ver:** (B) Algusi (E) Dodder (G) Amarvel (H) Akasbel (P) Tukhme Kasus (S) Amarvalan (T) Aakashvallai.

**Part Used:** Plant, Seed, Fruit and Stem.

**Constituents:** Colouring matter; Cuscutine, Flavanoid, Beta-sitosterol, C. glucoside, Bergenin & Coumarin.

**Actions:** Plant; purgative, anthelmintic. Seed; carminative, anodyne. Stem; purgative.

**Uses:** Liver disorders, spleen disorder.

**Anjeer Mizaj (Temperament) Hot<sup>2</sup> Moist<sup>2</sup>**

**Botanical name:** Ficus carica

**Ver:** (A) Teen (B), (G) & (H) Anjir (E) Fig tree (S) Anjira (T) Simaiyatti.

**Part Used:** Fruit (Dried fleshy receptacles-figs), Milky juice from fresh fruit.

**Constituents:** Protease, Aminoacid, Trypsin, Enzyme, Cravin, Lipase, Catotin, Leaf; Bitter substance; Ficusin, Bergaptene, Latex, Ficin, Globulin.

**Actions:** Fruit; demulcent, aperient, emollient, nutrient, acid.

**Uses:** Milky juice from green fresh fruit; to destroy worms.

**Aslussoos Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Glycyrrhiza glabra

**Ver:** (B) Yashtimadhu (E) Sweet wood, Liquorice (G) Jethimadh (H) Jethimadh (P) Ausarehama haka (S) Yashtimadhu (T) Ati madhram.

**Part Used:** Root (peeled).

**Constituents:** Root; Glycyrrhizin, Asparagin, Sugar, Starch, Glycyrrhizic acid, Glyrrhetic acid, Resin, Gum, Mucilage. Stembark. Tannin.

**Action:** Root; expectorant, demulcent, laxative, tonic, emollient, cooling, diuretic, emmenagogue.

**Uses:** Root; scorpion-sting, cough, sore throat, asthma, dysuria.

**Afiyun Mizaj (Temperament) Cold<sup>4</sup> Dry<sup>4</sup>**

**Botanical name:** Papaver somniferum: Var Album, P. somniferum var glabrum, P. somniferum var sentigerum

**Ver:** (B) Pasto (E) White poppy. Bale wort, Opium poppy (G) Afiini (H) Afin, Afiyun (S) Ahifen.

**Part Used:** Plant, Leaf, Fruit, Seed, Milky juice of immature capsule, Ripe & dried capsules, petals.

**Constituents:** Seed; Raw poppy oil. Alkaloids; Morphine, Narcotine, Codiene, Codamine, Paramorphine, Trotipine, Narceine, Cryptopine, Pseudomorphine, Paudanine, Laudanocine, Groscopine etc. seeds; Oil, Gum, Albumin, Paudanine Laudanocine, Groscopine etc. seeds; oil Gum, Albumin, Pectin, Wax, Fat.

**Actions:** Seed; demulcent, nutritive, astringent. Capsule; astringent, soporific, sedative, narcotic, anodyne, emollient. Opium; stimulant than narcotic, anodyne, antispasmodic, aphrodisiac, astringent mycotic.

**Uses:** diarrhoea to check peristaltic movement. Prolonged use is constipative.

**Amla Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Emblica officinalis, Phyllanthus emblica

**Ver:** (B) Amlaki (E) Emblic Myrobalan, Indian goose berry (G) Amla (H) Amla (P) Amala (S) Amalalai (T) Toppi.

**Part Used:** Plant, Stembark, Leaf, Root, Flower, Fruit, Seed.

**Constituents:** Fruit, Vitamin-C

**Action:** Fruit; refrigerant, diuretic, laxative, acrid, cooling, carminative, stomachic. Flower and unripe fruit; aperient, vermifuge. Flower; cooling, refrigerant. Root & Stembark; astringent.

**Uses:** haemorrhagia, anaemia, jaundice, dropsy, cough. Exudation from incisions of the fruit; external application for inflammation of the eye. Seed; asthma, bronchitis, biliousness.

**Amla Jangli Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Phyllanthus fraternus, P. niruri

**Ver:** (B) Bhuiamla, Sadahazumani (G) Bhonyambli (H) Jayangaliambli, Bhuyiambla (S) Bhoomyamalkee (T) Keelanelli.

**Part Used:** Plant, Fresh leaves, Root.

**Constituents:** Phyllanthin (Bitter principle) hypohyllanthin (non-bitter compound) Alkaloids, 4-methoxy securinine (Phyllanthin) and 4-mithoxy norsecurinine. Glycoflavones.

**Action:** Plant: bitter, astringent, stomachic, diuretic, febrifuge, antiseptic.

**Uses:** gastric disorders, colic, dyspepsia, diarrhoea, dropsy, diseases of urinogenital system, gonorrhoea, menorrhagia, diabetes. Infusion of young

shoots in dysentery, fresh root is acclaimed remedy for jaundice. Latex mixed with oil applied in offensive sores, ulcers & ophthalmia.

**Aspghol Mizaj (Temperament) Cold<sup>2</sup> Moist<sup>2</sup>**

**Botanical name:** Plantago ovata: P. isabgula

**Ver:** (E) Ispagul (S) Ishadgola (H) & (B) Ispagul (G) Isabgol (T) Ishappukol.

**Part Used:** Seed, Husk.

**Constituents:** Mucilage, Fatty oil, Albuminous matter, Glucoside; Aucubin

**Actions:** Seed; demulcent, cooling, diuretic, laxative, mild astringent, emollient.,

**Uses:** catarrh, chronic constipation & dysentery, diarrhoea, affections of bladder, urehra & kidney.

**Anar Mizaj (Temperament) Cold<sup>2</sup> Moist<sup>2</sup>**

**Botanical name:** Punica granatum

**Ver:** (A) Ruman (E) Pomegranate tree (G) Dadam (H) Anar ((S) Dadima, Dantabija (T) Tadimam

**Part Used:** Rootbark, Stembark, Fruit, Seed, Pulp, Fresh juice.

**Constituents:** Stembark; Alkaloids; Pelletierine, Rootbark; Alkaloid; Pelletierene, pseudo iso methyl- Pelletierene.

**Actions:** Rootbark & Stembark; astringent, anthelmintic. Seed; stomachic. Pulp; cardiac, tonic, stomachic, Fruit juice; cooling, refrigerant.

**Uses:** Bark; specific tape worm. Fruit; diarrhoea & dysentery.

**Asrol Mizaj (Temperament) Cold<sup>3</sup> Dry<sup>3</sup>**

**Botanical name:** Rauwolfia serpentina

**Ver:** (B) & (H) Chhotachand (G) Sarpagandha (S) Sarpagandha (T) Sovannamibon

**Part Used:** Root, Leaf-juice.

**Constituents:** Alkaloids; ajmaline, ajmalinine, ajmalicine, serpentine, serpentine neoajmaline, isoajmaline, oleoresin, sterol, serposterol.

**Actions:** Root; hypnotic, sedative, specific for insanity, reduces high blood pressure, remedy in painful affections of bowels. Decoction is given in labor pain to increase uterine contractions. Leaf juice is used in the eye to remove opacities of the cornea.

**Ashok Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>**  
**Botanical name:** Saraca asoca: S. indica  
**Ver:** (E) Asoka tree (S) Ashoka (H), (B) & (G) Ashoka (T) Asogam.  
**Part Used:** Bark.  
**Constituents:** Tannin, Catachol, Quercetin, Palmitic, b-sitosterol, Stearic, Linoleic and Linolenic acids, Kaempterol.  
**Actions:** Astringent, uterine sedative.  
**Uses:** Decoction; uterine infections, menorrhagia, postparturient after retained placenta in animals.

**Azaraqiz Mizaj (Temperament) Hot<sup>4</sup> Dry<sup>4</sup>**  
**Botanical name:** Strychnos nuxvomica  
**Ver:** (B) Kuchila (E) Crow fig, Poison nut. Vishmusti (G) Zer Kochla (H) Kuchla (P) Khaniqul kalb (S) Kachchira (T) Kalam, Etti.  
**Part Used:** Rootbark, Seed, Leaf, Wood.  
**Constituents:** Alkaloids; Strychnine, Brucine.  
**Actions:** Seed; aromatic, stomachic, nervine tonic.  
**Uses:** Rootbark; Fine paste with lime juice; in cholera, as poultice on wounds with maggots & ulcers. Seed; in colic, respiratory & cardiac stimulant. Wood; dysentery, fever, dyspepsia.

**Arjun Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>**  
**Botanical name:** Terminalia arjuna  
**Ver:** (E) White Murdah (S) Arjuna (H) & (B) Arjun (G) Arjun Sadado, Sadado (T) Attmarubu.  
**Part Used:** Stembark, Fruit, Leaf, Bark, Ashes.  
**Constituents:** Stembark; Arjunin, Lactone-Arjunatin, Essential oil, Tannin.  
**Actions:** Stembark; tonic, astringent, febrifuge. Fruit; tonic, expectorant.  
**Uses:** Stembark; heart diseases as cardiac tonic, in bilious affection, sores. Fresh leaf juice; earache. Fruit; cough, sore throat, dyspepsia.

**Asgand Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**  
**Botanical name:** Withania somnifera, Physalis flexuosa  
**Ver:** (B) Ashvagandha (E) Winter cherry (G) Ashvagandha, Asoda, Ghodasoda (H) Asgandh (S) Ashavagandha (T) Ammukira.

**Part Used:** Root, Leaves.  
**Constituents:** Alkaloids; Sominiferin and three Alkaloids; Phytosterol.  
**Actions:** Plant; tonic, alterative, astringent, aphrodisiac, nervine sedative. Leaf & Root; narcotic. Root; diuretic, tonic, alterative, aphrodisiac.  
**Uses:** Root; in rheumatic swelling all hervine disorders, general debility, diabetes.

**Amba Mizaj (Temperament) Cold<sup>1</sup> Moist<sup>2</sup>**  
**Botanical name:** Mangifera indica, M. montana, M. domestica  
**Ver:** (A) Amba (B) & (H) Aam (E) Mango (G) Ambo (P) Naghzak (S) Amra (T) Mamparam .  
**Part Used:** Fruit; Leaf, Flower, Stembark, Gum.  
**Constituents:** Fruit, Vitamin A, B & C. Stembark; Tannin Seed; Tannin, Gallic acid Fat, Sugar, Gum, Starch.  
**Actions:** Fruit; laxative, diuretic, diaphoretic, astringent, refrigerant, nourishing, stomachic, antiscorbutic. Stembark; tonic, astringent, Kernel; astringent & anthelmintic.  
**Uses:** Bark & Leaf; stops bleeding, prolapse of uterus.

## **B:**

**Bhindi Mizaj (Temperament) Cold<sup>1</sup> Moist<sup>2</sup>**  
**Botanical name:** Abelmoschus esculentus, Hibiscus esculentus  
**Ver:** (A) Bhindi (E) Lady finger (G) Bhinda (H) Bhindi (S) Pitali (T) Vendi  
**Part Used:** Fruit, root, and plant  
**Constituents:** Essential oil, Pectin, and Starch.  
**Actions:** Emollient, demulcent, diuretic. Root: crushed and juice is given in bone fractures.  
**Uses:** in decreased milk flow.

**Babool Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>**  
**Botanical name:** Acacia arabica, A. indica, A. nilotica.  
**Ver:** (E) Babool tree (G) Desi babool (H) Kikar (S) Baboola (T) Karuvetum

**Part Used:** leaf, stem bark, seed, fruit, and leaf.  
**Constituents:** Gum: Arabic acid,, Malic acid, Sugar. Stem bark: Tanin.  
Fruit: Tanin.  
**Actions:** Stem bark: Astringent, Fruits: Expectorant, styptic, tonic.  
**Uses:** Chronic diarrhoea, dysentery, haemorrhage, Gum:

**Beesh Mizaj (Temperament) Hot<sup>4</sup> Dry<sup>4</sup>**  
**Botanical name:** Aconitum nepallus, A. ferox, and A. chasmmanthum.  
**Ver:** (A) Beesh (E) Aconite (G) Vachhnag, Ativish (H) Mitha zeher (S) Vish (T) Vashanni  
**Part Used:** Root.  
**Constituents:** Aconitine, Psudoaconitine, and Nepelline.  
**Action/Uses:** Root: diuretic, anodyne, antidiabetic, antipyretic, narcotic, sedative.  
**Uses:** fever, painful affection, paralysis, sciatica,

**Bael Mizaj (Temperament) Cold<sup>2</sup> Moist<sup>2</sup>**  
**Botanical name:** Aegle marmalos  
**Ver:** (A) Bael (E) Bael fruit (G) Bilvi (H) Baelaripal (S) Bilva (T) Bilvam  
**Part Used:** Root, Stem bark, fruit and Leaf.  
**Constituents:** Fruit: Alkaloid Aegelenine, Tanin, Mormolosin, Leaf: Sterol-Aegelin, Gamma-sito-sterol, Marmarine.  
**Actions:** Fruit: Aromatic, cooling, Alterative, nutritive. Root & Stem bark: Antipyretic.  
**Uses:** Fruit: Habitual constipation, chronic dysentery, and dyspepsia. Unripe fruit: digestive, stomachic, demulcent. Pulp: stimulant, antipyretic. Root & stem bark: Antipyretic.

**Bedanjeer khatai Mizaj (Temperament) Hot<sup>3</sup> Dry<sup>3</sup>**  
**Botanical name:** Baliospermum Axillare, B. montanum, Jatropha montana  
**Ver:** (G) Dantimul, Jamalgota (H) Danti (P) Bedanjirekhatai (S) Dati (T) Nagadani  
**Part Used:** Leaf, Seed, Root.  
**Constituents:** Oil from seed.  
**Actions:** Seed; drastic purgative, stimulant, rubefacient. Oil from seed;

hydragogue, cathartic.  
**Uses:** seed; snake bites. Oil from seed; on rheumatism. Leaf; asthma.

**Banda Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>**  
**Botanical name:** Derris trifoliata, D. uliginosa  
**Ver:** (S) Vanda (H) Banda (B) Baramauda (G) Vando (T) Pulluvi.  
**Part Used:** Root, Bark.  
**Constituents:** Lupeol, Taraxerol, Beta-sitosterol, Scandenin, Coumarin Resins, Alkaloids; Rotenone, Saponin.  
**Actions:** Alterative, insecticide, cathartic, dysmenorrhoea. Bark; astringent, narcotic.  
**Uses:** wounds, rheumatism, menstrual troubles, remedy for constipation, asthma, mania, as a substitute for betel nut.

**Bao barang Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>**  
**Botanical name:** Embelia ribes  
**Ver:** (B) Bhranga (G) Vavading (H) Baberang Umbelia. (S) Vidanga (T) Vayu vilanga  
**Part Used:** Leaf, Root bark, Fruit.  
**Constituents:** Emblic acid, Quercitol, Alkaloid; Christermbine, Resin, Volatile oil.  
**Actions:** Fruit; anthelmintic, astringents, alterative, tonic, carminative  
**Uses:** sore throat; Infusion of root; cough and diarrhoea.

**Bargad Mizaj (Temperament) Cold<sup>1</sup> Dry<sup>1</sup>**  
**Botanical name:** Ficus benghalensis  
**Ver:** (E) Banyan tree (S) Strikasha, Vata (H) Vad (B) Bar (G) Vad (T) Vada pudavam (Pr) Figuier due.  
**Part Used:** Milky juice, Stem bark Young buds, Aerial roots.  
**Constituents:** Stem bark & Young buds, Aerial roots.  
**Constituents:** Stem bark & Young buds; Tannin, Wax, Caouhouc. Fruit; Oil, Albuminoids, Carbohydrates, Fibre.  
**Actions:** Infusion of Stem bark; tonic, astringent. Seed; tonic & cooling.  
**Uses:** Milky Juice; applied externally in pains, rheumatism, lumbago, sores & ulcers, toothache. Infusion of stem bark dysentery. Diarrhoea, diabetes.

Leaf; applied as poultice to abscesses. Root fiber; in gonorrhoea.

**Badiyan Mizaj (Temperament) normal**

**Botanical name:** *Foeniculum vulgare*

**Ver:** (E) Indian sweet fennel (S) Madhurika (H) Bari-saunf (G) Warialli (T) Sohikirai.

**Part Used:** Root, Leaf, Seed.

**Constituents:** Essential oil.

**Actions:** Seed; stimulant, aromatic, stomachic, carminative, emmenagogue. Leaf; Diuretic. Root; Purgative. Oil of seed; wormicide.

**Uses:** Paste of seed or fruit; as cooling drink of fever, burning sensation in passing urine.

**Bazrul banj Mizaj (Temperament) Cold<sup>3</sup> Dry<sup>3</sup>**

**Botanical name:** *Hyoscyamus niger*, *H. alba*, *H. muticus*

**Ver:** (A) Bazrul banj (B) Kharasani ajwon (E) Henbane (G) Khorsani ajma (H) Khurasani ajvayan (P) Tukhm Bang (S) Yavani (T) Kurasani yoman.

Part Used: Leaf, Flowering tops, Seed.

Constituents: Alkaloid; Hyoscyamine, Scopolamine, Hyoscypikrin.

**Actions:** Leaf & Seed; sedative, narcotic anodyne, antiseptic, digestive, astringent, anthelmintic, antispasmodic, mydriatic.

**Uses:** dry cough, haemoptysis, urinary disorders. Asthma, whooping cough, irritability.

**Bakayin Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** *Melia azedarach*

**Ver:** (B) & (H) Nim (E) Bead tree, persian liliac (G) Bakan limbdo (P) Neem (S) Rani priya (T) Malaivenbu

**Part Used:** Root, Stembark, Flower, Leaf, Root, Bark, Fruit, Seed, Gum, Sap.

**Constituents:** Bitter Resinous principle, Tannin. Stembark, Root & Gum; Oil margosline.

**Actions:** Rootbark & Fruit; astringent, tonic, antiperiodic, Stembark; bitter, tonic, astringent, antiperiodic, vermifuge, Fruit; purgative, emollient,

anthelmintic. Leaf; discutient, rheumatism, anthelmintic. Oil; stimulant, insecticide, antiseptic. Flower; stimulant, tonic, Stomachic. Gum; stimulant demulcent, tonic.

**Uses:** Skin diseases, blood disorders.

**Bedanjeer Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** *Ricinus communis*

**Ver:** (A) Bedanjeer (E) Castor oil plant (S) Eranda (H) Arandi (B) Bherenda (G) Erando (T) Aimug, Erandum (Sh) Tel-erandu.

**Part Used:** Seed, Seed-oil, Leaf.

**Constituents:** Alkaloid; Ricinine, Toalbumin ricin.

**Actions:** Seed; purgative, counter irritant. Oil; purgative, emollient. Leaf; galactagogue.

**Uses:** Leaf; applied to relieve headache & as poultice for boils, Constipation, arthritis, inflammatory disorders

**Beladur Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** *Semicarpus anacardium*

**Ver:** (B) Bhela (E) Marking nut (G) Bhilama (H) Bhela (P) Habbul qalb (S) Bhallataka (T) Erimugi

**Part Used:** Fruit, Gum, Juice of pericarp, Oil.

**Constituents:** Kernel; Semecarpol, Bhilawanol, Fixed oil. Pericarp; Tarry oil-containing Anacardic acid, Cardol, Anacardol.

**Actions:** Juice of pericarp and Oil; powerful escharotic, antiseptic, cholegogue. Ripe fruit; stimulant, digestive, nervine tonic. Nut; gastro intestinal, irritant if taken internally. Kernel; cardiac tonic, respiratory, stimulant.

**Uses:** Nut-oil; vesicant in rheumatism. Gum; venereal & leprosy affections and nervous debility. Nut is applied to uterus to procure abortion, in animals to induce heat.

**Bathua Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** *Chenopodium album*

**Ver:** (B) Bathusag (E) Goose foot, Dirt weed (G) Cheel (H) Bathua, Chandan betu (S) Chillika, Vastak (T) Parupkire.

**Part Used:** Plant.

**Constituents:** Leaf; Essential oil, Minerals, Carotene, Vitamin-C.

**Actions:** Plant; anthelmintic, laxative.

**Uses:** treatment of roundworms.

### **Biskhapra**

**Botanical name:** Boerhavia Diffusa

**Ver:** (B) Gandhapuma (E) Spreading hogweed (G) Satodi, (H) Gudhpama, (S) Punenava, Punarnava (T) Mukkaratia

**Part Used:** Plant, Root.

**Constituents:** Large quantities of potassium nitrate, Alkaloid; Punamavine

**Actions:** Bitter, stomachic. Root; diuretic, purgative, laxative, anthelmintic, expectorant, febrifuge.

**Uses:** asthma, kidney ailments, dropsy, jaundice, enlargement of liver.

### **Brahmi**

**Botanical name:** Centella asiatica, Hydrocotyle asiatica

**Ver:** (B) Thulkurhi (G) Brahmi (H) Kalakudi, Brahma-manduki (S) Mandukparni (T) Vallarai.

**Part Used:** Plant Leaf.

**Constituents:** Bitter substance-Hydrocotylin, Resin, Ascorbic acide, Fresh Leaf; Glucoside; Asiaticoside, Essential oil, Fatty oil, Sitosterol, Tannin.

**Actions:** Plant; alternative tonic.

**Uses:** Plant; skin diseases, leprosy. Leaf; for improving memory, syphilis for skin diseases both internally and externally

## **C:**

**Chirchita** Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Achyranthes aspera

**Ver:** (E) Roughchaff tree, Pricklychaff flowers (G) Safed Aghedo (H) Latjira Chirchita (S) Aghata (T) Nayuruvi

**Part Used:** Whole plant, Seed, Root, and Leaf.

**Constituents:** Alkaline ash with potash, Achyranthine. Seed: Oleanolic

acid, Galactose, Saponin.

**Actions:** Plant: diuretic, laxative, purgative, astringent, anodyne.

**Uses:** Snake bite, leprosy, cough, obesity.

**Coffee** Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Coffea indica, C arabica

**Ver:** (B) Kafi (E) Coffea (G) Caffi (H) Coffea (S) Mlecha phala (T) Kappi kottai (P) Cahwa

**Part used:** Seed

**Constituents:** Seed: Alkaloid, Caffein, Trigonelline; Leaf & fruit Adinine, Xanthine, Hypoxathine, Guanine, Volatile oil, wax.

**Actions:** Seed: Stimulant, Diuretic

**Uses:** Chronic diarrhoea, poisoning, Controlling fever, depression.

**Chob zard** Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Curcuma longa C. domestica

**Ver:** (B) Haldu (E) Turmeric (G) Halder (H) Haldi (S) Haridra (T) Manjal.

**Part Used:** Tuber, Rhizome.

**Constituents:** Colouring matter; Curcumin, Aromatic Turmeric oil; Terpenoids Juvabiane.

**Action:** antihistamine, antibacteria.

**Uses:** bronchitis, respiratory disorders, cough, cold, in gastric disorder.

**Chiraita** Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Swertia chirata

**Ver:** (B) Mahatita (E) Chiretta (G) Kariyatu, Chiratu (S) Bhumba (T) Nelavambu.

**Part Used:** Plant.

**Constituents:** Ophelic acid, Bitter principle, Chiratin, Bitter Glucoside, Resin, Gum.

**Actions:** Bitter tonic, stomachic, febrifuge, anthelmintic, laxative.

**Uses:** Dyspepsia, intestinal worms

## D:

**Darhald**      **Mizaj (Temperament)** Cold<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Berberis aristata

**Ver:** (E) Ophthalmic barberry tree (G) Daruhald (H) Darhald/Rasaut (S) Daruharidra (T) Marmanja.

**Part Used:** Root, Stembark. Wood, Stem.

**Constituents:** Rootbark; Alkaloid berberine.

**Actions:** Rootbark; alterative, tonic, antiperiodic.

**Uses:** stembark. Root; skin diseases, Jaundice dysentery colic, nervous diseases. Blood disease, sores, copious discharge from womb decoction in trachoma virus, amoebiasis.

**Dhak**      **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Butea monosperma: B. frondosa

**Ver:** (B) Palasm (E) Bastard teak (G) Khakhro (H) Palas (S) Palasa (T) Kali.

**Part Used:** Seed, Flower, Stembark, Leaf, Gum.

**Constituents:** Leaf; Glucoside Stembark Kino-tannic. Gallic acid. Seed; Oil.

**Actions:** Plant; astringent, Seed; anthelmintic. Leaf & Flower; tonic, astringent, aphrodisiac & diuretic.

**Uses:** Stembark; pthisis & haemorrhage, erysipelas, ringworms, congested & Septic, wounds, diarrhoea, dysentery. Seed; intestinal worms.

**Deodar**      **Mizaj (Temperament)** Cold<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Cedrus deodara

**Ver:** (B) Toon (E) Deodar (G) Devdar (H) Deodar (S) Vrillacshapa (P) Sanoober (T) Tevadaran.

**Part Used:** Wood; Bark & Leaves.

**Constituents:** Aloe-resin, Turpentine, Atlantone, Sequiterpenes like himachalol.

**Actions:** Wood; carminative. Bark; astringent, febrifuge. Alkaloid extract of stem; anticancer activity in human epidermal carcinoma of throat.

**Uses:** Bark; in remittent and intermittent fever, diarrhoea and dysentery. Turpentine; applied to ulcers and skin diseases.

**Darchini**      **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Ciannamomum zylenticumm, C. aromaticum, C. sinense

**Ver:** (A) Darsini (B) Daruchini (E) Cinnamon (G) Taj (H) Dalchini (S) Gudatvak (T) Lowangapatta.

**Part Used:** Stembark, Oil.

**Constituents:** Volatile oil, Cinnamic acid, Cinnamomum Resin, Oil.

**Actions:** Stembark; carminative antispasmodic, aromatic, stimulant, haemostatic, astringent, antiseptic, stomachic, germicide, Oil; astringent, vascular nervine stimulant, aromatic.

**Uses:** dyspepsia, flatulence, diarrhoea, vomiting, toothache, paralysis of tongue.

**Datura safed**      **Mizaj (Temperament)** Cold<sup>3</sup> Dry<sup>3</sup>

**Botanical name:** Datura alba, D. metel, D. fastuosa

**Ver:** (B) Dhutura (E) Thornapple, White Datura (G) Dhaturu, Dhulodhaturo (H) Sadah datura (Pr) Tatulah (S) Dhurta (T) Umatai

**Part Used:** Plant, Leaf, Root, Fruit, Ripe seed.

**Constituents:** Alkaloid; Hyoscyamine, Hyocine, Atropine. Alkaloid Principle; Scopolamine. Seed; Fixed oil, Allantoin. Leaf; Vitamin C.

**Actions:** Seed, Leaf & Root; antiseptic, antispasmodic, counter irritant, narcotic, anodyne.

**Uses:** Seed, Root & Leaf; insanity, fever, with catarrh and cerebral complication. Fruit; to get animal in heat, Prolapsed of uterus/vagina.

**Doodhi**      **Mizaj (Temperament)** Cold<sup>1</sup> Dry<sup>2</sup>

**Botanical name:** Euphorbia hirta

**Ver:** (B) Bara-keru (E) Austringian asthma weed, snake weed or cat's hair (G) Chamardudheli, Dhudeli (H) Dudhi (S) Dughdhika (T) Amum-patchairessi.

**Part Used:** Plant.

**Constituents:** Gum, Resin, Active principle, Alkaloid, Wax, Caoutchouc, Tannin, Sugar, Gallic acid, Quercetin, New phenolic substance.

**Actions:** Demulcent, antispasmodic, anthelmintic, local parastiticide.

**Uses:** cough, coryza, hay asthma, bronchial affections, to cure respiratory passages, bowel complaints, worms, kidney stones.

## E:

**Eucalyptus** Mizaj (Temperament) Cold<sup>1</sup> Dry<sup>2</sup>

**Botanical name:** Eucalyptus globulus

**Ver:** (E) Australian fever tree, Blue gum tree (G) Nilgiri (T) Karpuramaram

**Part Used:** Leaf; Gum, Exudation from stem, oil from leaf.

**Constituents:** Leaf Volatile oil; Cineole, Alcohols, Aldehydes, Ketone, Phenols, Terpenes, Sequiterpene, Tannin, Resin, Gum; Kino-tannic acid, Catechin & Pyro catechin.

**Actions:** Leaf; febrifuge, caminative, stimulant, expectorant, diaphoretic, antiseptic. Oil; antimalarial, powerful antiseptic, disinfectant.

**Uses:** to increase flow of saliva, gastric & intestinal juices, appetite & digestion heart beat. Lowers arterial tension and quickens respiration. Useful in respiratory affections, diphtheria, fever, chronic cystitis.

## F:

**Franjmishk** Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Ocimum gratissimum

**Ver:** (B) Krishna-tulasi (E) Holy Basil (G) & (H) Tulsi (P) Pharanjmisk (S) Vishnu-priya (T) Ajaka, Ganjamkorai.

**Part Used:** Plant, Leaf.

**Constituents:** Essential oil; Camphor, Citronelic acid, Eugenol, Borneol, Dipentene, Terpenolin, Crithmene, Limonene, Mucilage, Terpene.

**Actions:** Plant; antibacterial expectorant, carminative

**Uses:** joint pains, wound healing. Fresh leaves; in systolic and diastolic high blood pressure.

**Filfil Siyah** Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Piper nigrum

**Ver:** (B) Kalimirch (E) Black pepper (G) Kalamari (H) Gulmirch, Kalimirch (S) Marieham (T) Menasu.

**Part Used:** Dried unripe fruit-Black Pepper.

**Constituents:** Volatile alkaloids; Piperine, Piperidine, Balsamic essential oil, Lignin, Gum, Resin; Chavisin.

**Actions:** Acrid, pungent, hot, carminative, antiperiodic, externally rubifacient, stimulant, resolvent. Piperine; mild antipyretic, antiperiodic.

**Uses:** Dyspepsia, dipression, fever.

## G:

**Googhchi** Mizaj (Temperament) Hot<sup>3</sup> Dry<sup>2</sup>

**Botanical name:** Abrus precatorius

**Ver:** (A) Chashme khuroos (E) Jequirity (G) chanothi (H) Rati, Gunja (S) Gunja (T) Gundumani

**Part Used:** Root, leaf, stem, bark

**Constituents:** Abrin, Glucoside, and Abralin

**Actions:** Leaf: Emetic. Seed: Purgative, tonic, aphrodisiac. Root: Emetic

**Uses:** Cough, sore throat. Plant: tympani bloat. Seed: in dropping of placenta.

**Gul Dhava** Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Anogeissus latisfolia

**Ver:** (B) Dhara (E) Ghatigum (G) Dhavdo (H) Bakla (S) Dhara (T) Vakkali,

**Part Used:** Gum, Bark.

**Constituents:** Plant; Tannin, Gum

**Actions:** Bark; astringent.

**Uses:** Gum; confectionery. Plant; scorpion-sting & snake bite. Bark; in chronic diarrhoea, liver complaints.

**Guler** Mizaj (Temperament) Hot<sup>2</sup> Moist<sup>2</sup>

**Botanical name:** Ficus glomerata, F. racemosa.

**Ver:** (B) Jagyadumur (E) Cluster-fig, Country fig tree (G) Umbaro (H) Gular (S) Udambara (T) Atti, Adam.

**Part Used:** Stembark, Leaf, Root, Root-Bark, Fruit, Milky juice.

**Constituents:** Tannin, Wax, Caouhouc, Ash; Silica, Phosphoric acid.

**Actions:** Bark & Root; astringent. Bark & Fruit; astringent, carminative, stomachic. Bark, Fruit & Leaf; vermicide.

**Uses:** Bark; to cattle when suffering from rinder-pest. Root; dysentery, diabetes. Leaf powder with Honey; in bilious affections. Fruit; menorrhagia,



haemoptysis. Milky juice; piles & diarrhoea.

**Gurhal Mizaj (Temperament) Normal**

**Botanical name:** Hibiscus rosasinensis

**Ver:** (B) Jaba (E) Chinese rose, Shoe flower (Jalapuspa (G) Jasud(H) Jasund (P) Angharee-hind (S) Arkapriya (T) Sappaththi.

**Part Used:** Root, Flower, Seed.

**Constituents:** Quercetin, Cyanidin, Kaempferol.

**Actions:** Leaf & Flower; emollient, demulcent, emmenagogue, anti-inflammatory, refrigerant, aphrodisiac, anodyne & laxative.

**Uses:** menorrhagia, fever, cough. Flowers; considered emmenagogue. Root; cough.

**Gule abbas Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Mirabilis jalapa

**Ver:** (E) Four-o'clock (G) & (H) Gulabas (Pr) Gule abbasa (S) Sandhyraga (T) Pattarashu .

**Part Used:** Plant, Root, Flower, Tuber.

**Constituents:** Plant; Resin, Gum, Ash, Alkaloid- Trigonelline.

**Actins:** Root; nutrient, purgative. Aph5rodisiac. Leaf; maturant.

**Uses:** Tuber; as poultice on carbuncles. Leaf; as a stimulating poultice to boils, inflammation phelegmons & whiteglow.

**Gul Surkh Mizaj (Temperament) Morakkabul quva**

**Botanical name:** Rosa centifolia

**Ver:** (A) Gul Surkh (E) Rose (D) Gulisukh (B), (G) & (H) Gulab (T) Irosa.

**Part Used:** Flower, Buds.

**Constituents:** Volatile essential oil, Resin, Malic, Tartaric & Tannic acid. Glucoside Quercetin.

**Actions:** Mild laxative, carminative.

**Uses:** Rose water; as flavoured dilunet, carminative in mixtures.

**Gulab Shahi Mizaj (Temperament) Morakkabul quva**

**Botanical name:** Rosa damascena

**Ver:** (E) Damascus Rose (B), (G) & (H) Shahi Gulab (S) Shatapatrika (T) Irosa.

**Part Used:** Flower, Buds, Volatile oil.

**Constituents:** Volatile essential oil, resin, Malic, Tartaric & tannic acid, Glucosider; Quercetin.

**Actions:** Astringent, aperient, carminative, refrigerant, cardiac tonic.

**Uses:** Palpitation, constipation, dibility.

**Gilo Mizaj (Temperament) Hot<sup>1</sup> Dry<sup>1</sup>**

**Botanical name:** Tinospora cordifolia

**Ver:** (B) Gurach (G) Galo (H) Gulancha (S) Guduchi, Amrita (T) Shindil-kodi.

**Part Used:** Stem, Root, Plant, Fruit.

**Constituents:** Berberine-bitter substance, Crude giloin, Gilonin.

**Actions:** Stem; bitter tonic, antipyretic, alterative, aphrodisiac. Root; Starch; nutrient Fresh leaf juice; diuretic. Water extract (Pulp); antirheumatic, antiinflammatory.

**Uses:** Root; chronic diarrhoea & dysentery. Leaf juice; gonorrhoea. Pulp; as febrifuge.

## H:

**Hanzal Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Citrullus colocynthis

**Ver:** (B) Makhal (E) Indian wild gourd (H) Indrayani (P) Kevistetal (S) Mahendra varani (T) Peyttumatti.

**Part Used:** Root, Bark, Leaf, Fruit, Seed, Oil.

**Constituents:** Bitter principle colocynthein, Glucoside, Colocynthein, Hydrocarbon saponin. Root; Alpha Eleaterin, Bentriacontance, Saponin, Tannin.

**Actions:** Root and Leaf; astringent, diuretic, purgative, bitter tonic, anthelminitic

**Uses:** Root; jaundice, ascites, urinary diseases, rheumatism snakebites, scorpion-stings, dysentery, diarrhoea, epilepsy, inducing conception.

**Habbussalateen Mizaj (Temperament) Hot<sup>4</sup> Dry<sup>4</sup>**

**Botanical name:** Croton tiglium

**Ver:** (B) Jaipal (E) Purging croton (H) Jamalgota (S) Nepala-Jaipala

**Part Used:** Bark, Leaf, Fruit, Root.

**Constituents:** Alkaloids, Globulin, Albumin, Sucrose & Crotonoside.

**Actions:** Bark, Root, Leaf & Fruit; purgative, vermifuge. Bark & Root; alterative Purgative in animals.

**Uses:** Constipation, to eliminate phlegmatic matter

**Hina Mizaj (Temperament) Cold<sup>1</sup> Dry<sup>2</sup>**

**Botanical name:** Lawsonia intermis: L. alba, L. spinosa

**Ver:** (B) Mehendi (E) Henna (G) Mendi (H) Mehndi (P) Hina (T) Maruthasm

**Part Used:** Bark, Leaf, Stembark, Flower, Seed.

**Constituents:** Leaf; Colouring matter, Lawsone, Hannotannic acid, Resin. Seed; Oil, glucoside.

**Actions:** Stembark; alterative, sedative, astringent. Flower; refrigerant, soporific Seed; deodorant, diuretic.

**Uses:** Bark; in jaundice and enlargement of spleen, bruises, sprain inflammations, burns, menorrhagoa, repeat breeding.

**Hulba Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Trigonella foenumgraecum

**Ver:** (E) Fenugreek (B), (G), (H) & (S) Methi (T) Vendagam.

**Part Used:** Seeds, Leaves

**Constituents:** Seed; Alkaloids; Trigonelline, Choline, Essential oil, Saponin, Prolamine.

**Actions:** Seed; carminative, tonic, aphrodisiac, mucilagenous. Mucilage; tonic emmenagogue, demulcent. Leaf; cooling vegetable.

**Uses:** Seed powder if taken internally, controls blood cholesterol level.

## I:

**Inderjau talkh Mizaj (Temperament) Hot<sup>1</sup> Dry<sup>2</sup>**

**Botanical name:** Holarrhena antidysenterica, Wrightia antidysenterica

**Ver:** (A) Ikleemul malik (B) Kurchi (G) Indrajava (H) Inderajab (P) Inderjau talkh (S) Kutaja (T) Vepalai.

**Part Used:** Stembark, Leaf, Seed.

**Constituents:** Alkaloids; Conessine, Kurchine, Kurchine, Holarramine, Conarrhimine, Conamine, Conessimine, Isoconessimine, Conessendine, Conkurchine, Kurchicine.

**Actions:** Stembark & Seed; astringent, febrifuge, anthelmintic, bitter tonic, antibacterial.

**Uses:** dysentery, intestinal worms, amoebiasis, mucus colitis.

## J:

**Jamun Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Eugenia jambolana, E. jambos, S. jambos

**Ver:** (B) Kalajom (E) Black plum Black cherry (G) Jambu (H) Maman (S) Jambala (T) Magom.

**Part Used:** Fruit, Leaf, Dried Seed, Stembark

**Constituents:** Seed; Jamboline, Ellagic acid (Phenolic acid) Stembark; Tannin, Kino like gum.

**Actions:** Stembark, Leaf & Seed; astringent. Fruit; diuretic, stomachic. Dried seed powder, antidiabetic.

**Uses:** Stembark, diarrhoea, dysentery, sore throat, spongy gums.

**Juntiana Mizaj (Temperament) Hot<sup>3</sup> Dry<sup>3</sup>**

**Botanical name:** Gentiana kurru, G. chirayita

**Ver:** (B) & (H) Karu (G) Kadu Gentian (E) Gentian (S) Katuki (T) Nila vimba.

**Part Used:** Plant, Root, Rhizome.

**Constituents:** Root; Gentian bitter, Gentiane acid, Pectin, Chiratin, Ophelic acid.

**Actions:** Plant; bitter, tonic, antibilious, stomachic, aperient, astringent antiperiodic, anthelmintic. Root; tonic, stomachic, febrifuge.

**Uses:** Intestinal worms, poisoning, gestic problems.

**Jangli arand Mizaj (Temperament) Hot<sup>3</sup> Dry<sup>3</sup>**

**Botanical name:** Jatropha curcas

**Regional Syn:** (B) Bon-bheranda (E) Barbados nut, Physic nut, Purging nut (G) Jamalgota, Nepalo (H) Jangli arandi (P) Dandenahri. (S) Kananaeranda

**Part Used:** Leaf, Rootbark, Seed, Juice, oil.

**Constituents:** Seed; Oil, Sugar, Starch, Albumin, Caseine, Inorganic matter. Oil; Jatrophonic acid, Curcin, Phytosterol.

**Actions:** Seed acronarcotic; Seed & Oil; purgative, internally & externally stomachic, astringent.

**Uses:** dyspepsia, diarrhoea, to cure bleeding. Spongy gum, as poultice on boils.

**Jaiphal** **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** *Myristica fragrans*

**Ver:** (B) & (H) Jaiphal (E) Nutmeg (G) Jayiphal (P) Sauzbawwa. (S) Jaiphala, Jatiphola (T) Jadikhay

**Part Used:** Seed, Oil of kernel.

**Constituents:** Essential oil, Saponin. Ripe seed; Volatile oil, Fixed oil. Leaf; Alphapinene, Myristicin, Resin, Fat, Sugar, Dextrin, Mucilage.

**Actions:** Seed; carminative, stomachic, stimulant, aromatic, narcotic in large doses. Oil from dried kernel; aperient, carminative, stimulant.

**Uses:** Seed; flatulence, nausea, vomiting.

**Jangli Khajoor** **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** *Phoenix sylvestris*

**Ver:** (B) Khajur (E) Wild date (G) Kharek, Khajuri (H) Khajuri (S) Kharijuri (T) Paerichhu.

**Part Used:** Root, Flowers, Fruit, Fresh juice (Sap).

**Constituents:** Carbohydrate, Alcohol.

**Actions:** Fruit; nourishing, tonic, restorative & little astringent., Flowers; scented & possess nectar. Juice or Jaggery sap by fermentation & distilling gives intoxicating drink (toddy); euphoric, stimulant, depressant, narcotic. Used in; Root; toothache & nervous debility.

**Jhau** **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** *Tamarix dioica*

**Ver:** (A) Turajbeen (B) Lal-Jhau (E) Manna (G) Jhav (H) Jhau, Bhuri pras (S) Pisula (T) Shrushavakku.

**Part Used:** Galls, Twigs.

**Constituents:** Galls; Tannic acid.

**Actions:** Galls; astringent.

**Uses:** dysentery & diarrhoea. Infusion of galls & Bark; in diarrhoea. As substitute for galls.

**Jangli badam** **Mizaj (Temperament)** Hot<sup>1</sup> Moist<sup>1</sup>

**Botanical name:** *Terminalia catappa*

**Ver:** (B) Badam (E) Indian Almond (G) Kadvi badam, Lili badam, Deshi-badam, (H) Jungli badam (S) Desabadama (T) Amandimaran.

**Part Used:** Oil from kernels, Stembark, Juice of Young leaf.

**Constituents:** Tannin, Lipid, Coumarin, Saponins.

**Actions:** Stembark; astringent, mild diuretic, potent cardio tonic

**Uses:** Young leaf juice; to prepare ointment, for scabies, leprosy, & other skin disease. Internally in colic.

**K:**

**Kanghi** **Mizaj (Temperament)** Hot<sup>2</sup> Moist<sup>1</sup>

**Botanical name:** *Abutilon indicum*

**Ver:** (A) Kanghi (E) Country mallow (G) Kansaki, Dabali (H) Kanghi booti (S) Atibala

**Part Used:** Root, leaf, bark, seed, fruit.

**Constituents:** Mucilage, Tanin, Asparagin,

**Actions:** Leaf: Demulcent, aphrodisiac laxative diuretic pulmonary sedative. Seed: laxative demulcent expectorant.

**Used in:** chest infection, gonorrhoea, and urethritis.

**Kat** **Mizaj (Temperament)** Cold<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** *Acacia catechu*

**Ver:** (A) Kat (E) Catechu (G) Khair, Katho (H) Khair (S) Khadira (T) Veadalum

**Part Used:** Bark, stem bark, fruit, and wood extract.

**Constituents:** Catechu tannic acid., Catechin, Quercetine, Gum, Tanin.

**Actions:** Stem bark: Astringent, Fruits ripe: Laxative, Fruits unripe: Astringent Expectorant, styptic, tonic.

**Uses:** Fruits ripe in constipation, Fruits unripe: in diarrhoea, wounds ulcers, haemorrhage; Extract, in bleeding.

**Khoolanjan Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** *Alpinia galanga*

**Ver:** (A) Khoolanjan (E) Galanga (G) pan-ni-jad (H) kulinijum (P) khusravedurue-kalan (S) kulinjan (T) kattalal.

**Part Used:** Rhizome.

**Constituents:** compheridine, Galangine, Alpinin, Essential oil, Methyl cinnamate, Camphor.

**Actions:** Expectorant, aromatic, stimulant, carminative, stomachic, aphrodisiac.

**Uses:** Rhizome, rheumatism, fever, catarrh, sore throat.

**Konch Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** *Mucuna pruriens*, *Carpopogon pruriens*, *Dolichos pruriens*

**Ver:** (A) Konch (B) Alkusa (E) Cow witch (G) Kavach (H) Kawanch (P) Hub-ul-kalai (S) Atmagupta (T) Punaikali, Amudari.

**Part Used:** Root, Seed, Pods.

**Constituents:** Seed; Alkaloid- Mucunine, Mucunadine, Viscous oil, Resin, Tannin, L-dopa.

**Actions:** Seed; anthelmintic, aphrodisiac, nervine tonic. Pods; anthelmintic. Root; purgative, nerve tonic, diuretic. Hairs covering seed pods; vermifuge, stimulant, mild vesicant.

**Uses:** Seed scorpion-sting. Root; for delirium in fever, in dropsy. strong infusion mixed with honey; cholera, males in oligospermia and to increase libido, spermatogenesis helps female fertilization and conception.

**Kaju Mizaj (Temperament) Hot<sup>2</sup> Moist<sup>2</sup>**

**Botanical name:** *Anacardium occidentale*

**Ver:** (A) Kaju (E) Cashew nut (G) Kaju (H) Kaju (P) Badam phrangi (T) Andima

**Part Used:** Stem bark, fruit, seed and oil

**Constituents:** Cardol (Acrid oil), Anacardic acid, gum.

**Actions:** Vermicide, insecticide, and purgative. Nut oil: irritant and rubefacient.

**Uses:** diarrhoea, dysentery, cough, leprosy.

**Kachnal Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Bauhiniav variegata, B. tomentosa**

**Ver:** (B) Raktakanchan (G) Kovidara, Kachnar (H) Kachnar (S) Kovidara (T) Segapumanchori.

**Part Used:** Stembark. Root, leaf, Flower, Seed, Gum.

**Constituents:** Tannin, Stembark, Gum, Glucose.

**Actions:** Stembark; alterative, tonic, astringent. Root; carminative. Flower; laxative.

**Uses:** Flower; sorethroat. Stembark; cough, bleeding piles, haematuria & menorrhagia, malaria, antidote to snake poison.

**Kundur Mizaj (Temperament) Hot<sup>1</sup> Dry<sup>2</sup>**

**Botanical name:** *Boswellia Serrata*

**Ver:** (A) Laban (B) & (H) Lubani (E) Indian olibanum salai (G) Dhupgugali (S) Shallaki (T) Prangisambrani.

**Part Used:** Gum.

**Constituents:** Gum; Resin, Essential oil.

**Actions:** Resin & Gum; refrigerant, diuretic, aromatic, demulcent aperient, alterative, emmenagogue, embolic. Oil; stimulant.

**Uses:** Resin; rheumatism, nervous and skin diseases.

**Karanjwa Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** *Caesalpinia bonducella*, *C. bonducella*, *C. crista*

**Ver:** (B) Natakanja (E) Molucca Bean, Physic Nut, Fever Nut (G) Kakachia, Kachka (H) Katkaranja (P) Khayahe-i-iblis (T) Ratnagndi, Gech-chakal .

**Part Used:** Seed, Root, Stembark, Leaf.

**Constituents:** Bonducin (non-alkaloids-bitter principle), Seed; Fatty oil.

**Actions:** Seed, Root & Bark; antiperiodic, antispasmodic, bitter tonic, anthelmintic & febrifuge. Seed & Leaf; anti-inflammatory, emmenagogue.

Root; gastric, tonic

**Uses:** Seed, Root & Bark; intermittent fevers, asthma, colic.

**Kakronda Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>4</sup>**

**Botanical name:** *Carissa carandas*

**Ver:** (E) Bengal currants (G) Karamda (H) Karaunda, Karamcha (S) Karamardika (T) Kalaakai.

**Part Used:** Fruit, Stembark, Leaf, Root.

**Constituents:** Root; Fixed oil Volatile oil, Resin, Alkaloid.

**Actions:** Fruit; antiscorbutic, stomachic, refrigerant, digestive. Unripe fruit; astringent, antiscorbutic, Root; anthelmintic.

**Used in:** fevers, intestinal worms.

**Kasondi Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** *Cassia occidentalis*: *C. sericea*

**Ver:** (A) Hindba (E) Negro coffee (H) Kasondi (G) Kasundri (S) Kasamarda (T) Nattuta Kari.

**Part Used:** Leaf, Seed, Root

**Constituents:** Seed; Olein, Margaric acid, Tannic acid, Gum, Starch, Chrysophanic acid, Leaf; Carthartan. Root; Resin, Bitter non-alkaloidal Principle; Emodin, Oxymethyl-anthraquinones, Toxalbumin.

**Actions:** Leaf, Root & Seed; purgative. Seed; febrifuge. Root; diuretic, antiperiodic.

**Uses:** Seed; cough and whooping cough, skin diseases. Root; fever, neuralgia, dropsy.

**Kashneez Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** *Coriandrum sativum*

**Ver:** (B) Dhane (E) Coriander (G) Dhana, Kothmir (H) Kottmir (S) Kustumbari (T) Kottamalli.

**Part Used:** Leaf, Fruit, Seeds, Plant.

**Constituents:** Leaves; Coriandrol, Oxalic acid, Calcium, Vitamin-C, Carotene, Essential oil, Tannin, Malic acid and Ash.

**Actions:** Fruit; aromatic, stimulant, carminative, stomachic, antibilious, refrigerant, tonic, diuretic, aphrodisiac. Leaves; pungent, aromatic.

**Uses:** Seeds; to correct bad breath, dyspepsia. Fruit; flatulence, vomiting,

indigestion, sore throat, bilious complaints.

**Katan Mizaj (Temperament) Hot<sup>1</sup> Dry<sup>1</sup>**

**Botanical name:** *Linum usitatissimum*

**Ver:** (A) Katan (E) Linseed (H) Alsi (B) Masina (G) Alshi (P) Zaghu (S) Uma (T) Alshivirai.

**Part Used:** Stembark, Flower, Seed, Oil, Mucilage.

**Constituents:** Seed; Fixed Oil, Proteins, Resin, Wax, Sugar, HCN, Glucoside; Linamarin.

**Actions:** Seed; demulcent, expectorant, emollient, diuretic, aphrodisiac. Roasted seed; astringent. Flower; cordial, nervine and cardiac tonic.

**Uses:** Ripe seed; as poultice in gout & rheumatism swellings, irritation of genito urinary system. Bark & Leaf; gonorrhoea. Oil mixed with lime water; applied on burns.

**Karela Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** *Momordica charantia*

**Ver:** (B) Karala (E) Bitter gourd (G) Karela (H) Karela (S) Karavella, Sushave (T) Pavakkachedilna.

**Part Used:** Fruit, Seed, Leaf, Root.

**Constituents:** Bitter glucoside, Resin, Ash, Albuminoides, carbohydrates, Alkaloid; Momoridine, Saponin, Essential oil.

**Actions:** Leaf Juice; purgative, emetic, galactagogue. Leaf & Fruit; anthelmintic, vermifuge. Root; astringent. Fruit; stomachic, tonic, stimulant, antibilious, laxative, alterative. Used in; Leaf juice; bilious affections, rubbed in burning of the soles of the feet. Fruit & leaf; piles, leprosy, jaundice. Root; haemorrhoids. Fruit juice; snake-bite, diabetes.

**Kela Mizaj (Temperament) Cold<sup>2</sup> Moist<sup>2</sup>**

**Botanical name:** *Musa paradisiaca*

**Regional Syn:** (A) Mong (B), (G) & (H) Kela, Kel (E) Plantain, Banana (P) Mong (S) Kadali (T) Kadali.

**Part Used:** Fruit, Leaf, Steam, Ashes, Flower.

**Constituents:** Tannic & Gallic acids, Sugar, Starch, Albuminoids, Fat.

**Actions:** Root & Stem; tonic, antiscorbutic. Root; anthelmintic, antibilious, valuable alterative, blood & venereal diseases. Ripe fruit; antiscorbutic, emollient. Demulcent, mild astringent, nutrient, laxative.

**Uses:** Unripe fruit; in dysentery & menorrhagia. Young leaf; as cool dressing for blisters and burns. Sap of stem; nervous affections like hysteria, and epilepsy. Dysentery. Diarrhoea.

### **Kaner**

**Botanical name:** Nerium odorum: N. indicum

**Ver:** (A) Kaner (B) Karavi (E) Sweet scented oleander (G) Karen (H) Kanera (P) Dephali (S) Karavira (T) Arali, Karaveerum.

**Part Used :** Root, Root bark, Leaf, Tuber.

**Constituents:** Tuber; Neriodorin, Nerioderin, Karabin, Rosaganine, Essential oil, Tannic acid, Wax, Glucoside; Pseudo-curarine, Neriene, Neriantine.

**Actions:** Plant; poisonous. Root, Flower & Bark; diuretic, cardiac tonic. Root; powerful resolvent & alternant.

**Uses:** Root applied to caner, ulcers on the penis. Leaf; decoction; to reduce swelling, oil from Rootbark; skin disease of scaly nature & leprosy.

**Kutki Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Picrorhiza kurroa

**Ver:** (B) Katki (E) Katuka (G) Kadu (H) Katak, Kuru (T) Katukarogani,

**Part Used:** Rhizome.

**Constituents:** Glycoside; Picrorrhizine, Non bitter kirrin, kucicol.

**Actions:** Root; bitter, cathartic, stomachic, cholagogue, antiperiodic.

**Uses:** Constipation, to eliminate bile

**Karanj Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Pongamia pinnata, P. glabra, Galedupa indica

**Ver:** (B) Dahar karanja (E) Indian beach (G) Karanj (H) & (S) Karanja

**Part Used:** Seeds, Stem, Leaf, Fruit, Root, Root-oil.

**Constituents:** Seed: bitter brown coloured oil, Karanj; Bark: bitter alkaloid.

**Actions:** Antiseptic, haemostatic

**Uses:** Seed; externally applied on skin diseases. Seed oil; in cutaneous affections, herpes, scabies, rheumatism. Fresh stem bark; internally in bleeding piles. Leaf; as poultice applied on ulcers with worms. Root juice; on fistulous sores, for cleaning foul ulcers. Internally with coconut milk & lime water; in gonorrhoea.

**Kunjud Mizaj (Temperament) Hot<sup>2</sup> Moist<sup>2</sup>**

**Botanical name:** Sesamum indicum: S. orientale

**Ver:** (A) Kunjud (B) Susum (E) Gingelly, Sesame (G) Tal (H) Gingli til (S) Tila (T) Ellu.

**Part Used:** Seed, Oil, Fruit.

**Constituents:** Seed; Fixed oil containing gummy matter.

**Actions:** Seed; laxative, emollient, demulcent, diuretic, nourishing. Lactagogue, emmenagogue. Oil; demulcent.

**Uses:** dysentery, constipation, tympany, Leaf infusion; affections requiring demulcence.

**Kharkhasak Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Tribulus terrestris: T. lenuginosus, T. zeylanicus.

**Ver:** (A) Kharkhasak (B) Gokhuri (E) Small calotropis (G) Gokhru (H) Chhota Gokharu (S) Goksharu (T) Cherunerinche.

**Part Used:** Plant, Fruit, Root.

**Constituents:** Fruit; Alkaloid, Resin, Oil, Nitrates.

**Actions:** Fruit; cooling, diuretic, aphrodisiac.

**Uses:** urinary calculi, burning micturation, urinary affection, gout, and kidney diseases.

## **L:**

**Lehsun Mizaj (Temperament) Hot<sup>3</sup> Dry<sup>3</sup>**

**Botanical name:** Allium sativa

**Ver:** (A) Thom (E) Garlic (G) Lasan (H) Lasun (P) Seer (S) Lasan (T) Vallaippundu.

**Part Used:** Bulb, Tuber and oil.

**Constituents:** Volatile oil, mucilage.

**Actions:** Bulb: carminative, diuretic, expectorant, stimulant, aphrodisiac,

**Uses:** cough, fever, and rheumatism, to control blood cholesterol, ringworm.

## **M:**

**Moong phali**                      **Mizaj (Temperament)** Hot<sup>2</sup> Moist<sup>2</sup>

**Botanical name:** Arachis hypogea

**Ver:** (E) Ground nut (G) Bhosing, Mugphali, Singdana (H) Mungphali (S) Buchanaka (T) Manila Kottai.

**Part Used:** Oil, Seed, Nut.

**Constituents:** Palmitic acid, Oleic acide.

**Actions:** Nutritous, aperient, emollient

**Uses:** Oil; relieving constipation, tymphany.

**Muqil**                      **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Balsamodendron mukul, Commiphora mukul

**Ver:** (A) Muqil (B) Guggal (E) Indian Bdellium (G) Gugal (H) Guggul (P) Bajjahundana (S) Guggula (T) Guggulu

**Part Used:** Gum, Resin

**Constituents:** Gum, Resin, Bitter-principle, Essential oil containing Myrcene,

**Actions:** Astringent, antiseptic, antispasmodic, diaphoretic, echbolic, antisympurative, aphrodisiac, emmenagogue, antirheumatic, antihyperlipidimic.

**Uses:** Constipation, piles, arterioscleriosis

**Mochrus**                      **Mizaj (Temperament)** Cold<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Bombax malabaricum, B. ceiba, Salmalia malabarca

**Ver:** (E) Silk cotton tree (G) Ratoshemalo (H) Simul (S) Rakta shalmali (T) Elevam.

**Part Used:** Gum, Seed, Leaf, Fruit, Taproot, Stembark, Flower, Cotton.

**Constituents:** Seed; Non-drying oil, Gum' Tannic & Gallic acids.

**Actions:** Seed; astringent, styptic. Tap root; demulcent, tonic, slightly diuretic, aphrodisiac, emetic. Stembark; demulcent, diuretic, tonic.

**Uses** prolapse of uterus/vagina, aprodisiac given in impotency; Flower; menorrhoea. Prickle; pimples.

**Mirch surkh**                      **Mizaj (Temperament)** Hot<sup>4</sup> Dry<sup>4</sup>

**Botanical name:** Capsicum annum

**Ver:** (A) Filfil (E) Spanish pepper Red pepper (G) Marcha (B) & (H) Lal Mirch (P) Filfile surkh (S) Marichi phalam (T) Mologay.

**Part Used:** Fruit, Resin.

**Constituents:** Capsicin, Capsaisin, Solanine, Volatile oil, Fatty acid, Resin.

**Actions:** Fruit; stomachic, tonic, rubifacient, vesicant, carminative, stimulant,

**Uses:** Fruit; sore throat, Resin; in liniments for massage in rheumatic joints and inflammation.

**Malkangni**                      **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Celastrus paniculatus

**Ver:** (E) Staff tree (G) & (H) Malakanguni (S) Vanhiruchi (T) Atipari-chchram.

**Part Used:** Stembark, Seed, Leaf, Oil.

**Constituents:** Alkaloid, Glucoside, Colouring material, Seed; Oil, Alkaloid; Paniculaltine & Celastrine.

**Actions:** Stembark; abortifacient, Seed; bitter, laxative, emetic, alterative, stimulant, aphrodisiac. Oil; stimulant, rubefacient.

**Uses:** Seed; rheumatism, leprosy, gout, various fever, paralysis. Oil; berberi.

**Mameeran**                      **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Coptis teeta

**Ver:** (A) Mameeran (B) Tita. (E) Gold thread (S) Mishamilita (H) Mamiran

**Part Used:** Dried Root, Rhizome

**Constituents:** Bitter principle-Berberine

**Actions:** Root; bitter tonic, febrifuge, stomachic.

**Uses:** loss of appetite, flatulence & visceral obstructions, jaundice, debility, convalescence after fevers, debilitating diseases, atonic dyspepsia, mild forms of intermittent fevers, catarrh and rheumatic conjunctivitis.

**Moth**                    **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** *Cyperus rotundus*

**Ver:** (A) Saad (E) Nut grass (G) Moth (H) Motha mutha (T) Korai

**Part Used:** Tubers.

**Constituents:** Essential Oil, Myristic & Stearic acid, Unstable alkaloid, b-Selinne, Cyperenone.

**Actions:** Tuber, diuretic, emmenagogue, anthelmintic, stimulant, tranquilizer, antipyretic.

**Uses:** stomach disorder, diarrhoea, dysentery, irritation of intestines, muscular inflammation.

**Maror phali**                    **Mizaj (Temperament)** Hot<sup>1</sup> Dry<sup>1</sup>

**Botanical name:** *Helicteres isora*

**Ver:** (E) East Indian screw tree (G) Mrigashinga, Marodshingi (H) Morphali (S) Mrigshinga (T) Valambiri

**Part Used:** Stembark, Root juice, Fruit, Seed.

**Constituents:** Tannin.

**Actions:** Fruit; demulcent, astringent. Root & Stembark; expectorant, astringent. Demulcent, antialgalogue, anodyne.

**Uses:** Fruit; griping of bowels & flatulence. Stembark; dysentery, diarrhoea. Root juice; diabetes, empyema, snakebite, stomach trouble. Root & Bark; lessens griping, topically for scabies.

**Meda lakri**                    **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>1</sup>

**Botanical name:** *Litsea sebifera*: *L. chinensis*

**Ver:** (E) Common Laurel (G) Mendalakdi (H) Garbijaur, (P) Khilza ((S) Adhavara, Bahurandhrika (T) Maidalaki.

**Part Used:** Stembark, Leaf, Oil

**Constituents:** Stembark; Alkaloid; Laurotetanine. Fruit; Oil.

**Actions:** Bark; demulcent, astringent, antidiarrhoeal, antidyenteric, aphrodisiac, anodyne. Leaf; antiseptic, emollient.

**Uses:** Bark; antidote to bites of venomous animals. Fresh grounds in water or milk; as application on bruises & styotic dressing of wounds. Oil of Berries in rheumatism.

**Maieen**                    **Mizaj (Temperament)** Cold<sup>1</sup> Dry<sup>1</sup>

**Botanical name:** *Randia dumetorum*

**Ver:** (B) Menphal (E) Common emetic nut (G) Mindhal (H) Arar, Karhar (S) Dharaphala, Galla (T) Kadudam.

**Part Used:** Bark, Fruit, Pulp.

**Constituents:** Fruit; Saponin, Essential oil, Acid resin.

**Actions:** Fruit; irritating emetic, Bark; astringent. Pulp; anthelmintic, abortifacient.

**Uses:** Fruit-pulp; dysentery. Bark; externally as anodyne, on rheumatism, Rootbark; extract as insecticide and on bone ache.

**Majeeth**                    **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** *Rubia cordifolia*

**Ver:** (A) Favvah (B) (H), Manjit (E) Indian madder (G) Mankista (S) Manjista (T) Manditta

**Part Used:** Stem, Root.

**Constituents:** Root; Gum, Sugar, Crystalline principle-purpurin, Glucoside, Manjistin, Garancin, Alizarin (orange red), Zanthine (yellow)

**Actions:** Root; Emmenagogue, astringent, diuretic, tonic, alterative

**Uses:** Dropsy, paralysis, jaundice, amenorrhoea. Infusion of root is given after birth of calf to clear lochia. To dissolve oxalate stones in urinary calculi.

**N:**

**Nim**                    **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** *Azadirachta indica*

**Ver:** (B) Nimb (E) Margosa tree (G) Limbdo (H) Neem (P) Neem (S) Nimba (T) Arulundi, Vembua

**Part Used:** Leaf, Seed, Root, Gum, Fruit, Root and Bark.

**Constituents:** Margosine, Seed; Bitter oil, Azadiractin.

**Actions:** Leaf, Seed & Fruit; antibacterial, antiviral, insecticide, bitter tonic, antiseptic Fruit; astringent, purgative, Gum; demulcent. Leaf; emmenagogue, anthelmintic. Dry flowers; tonic, stomachic. Oil; antiseptic, irritant.



**Uses:** leaf; Skin disease, abortion, foot & mouth diseases. Bark; dengue fever. Plant; as alternate feed and fodder during drought. Flowers; blindness in fever. Plant; as alternate feed and fodder during drought. Flowers; blindness in Sheep/goats. Fruit; in leprosy, bronchitis, intestinal worms. Oil in rheumatism.

**Nil Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Indigofera: tinctoria, I. indica, I. anil, I. sumatrama.

**Ver:** (A) Habbunnil (E) True Indigo (H) & (B) Nil (S) Neela (T) Neelum (P) Darakhate nil.

**Part Used:** Plant, Expressed juice- Indigo.

**Constituents:** Glucoside; Indican oxidised from luc-indigo, Indigotin.

**Action/Uses:** Plant; stimulant, alterative deobstruent, purgative. Juice; antiseptic, astringent.

**Uses:** whooping cough asthma, palpitation of heart, lung diseases, dropsy, calculus, maintenance of pregnancy. Root; hepatitis, scorpionsting.

**Nagkesar Mizaj (Temperament) Hot<sup>1</sup> Dry<sup>1</sup>**

**Botanical name:** Mimosa pudica

**Ver:** (A) Nagkesar (B) Lajjabati (E) Humble tree (H) Chuimui (G) Lajamani (S) Lajjalu (T) Thottalvadi

**Part Used:** Leaf, Root, Stem.

**Constituents:** Root; Tannin, Ash, Alkaloids-Mimosine.

**Actions:** Plant; resolvant, alterative, carminative. Root; aphrodisiac. Leaf; antiseptic

**Uses:** Juice; blood purifier. Leaf & Root; in piles. Decoction of Root; gravelish complaints. Leaf paste; rubbed in hydrocele. Leaf & Stem; scorpion-sting.

**Nagand babri Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Vitex negundo, V. Panniculata

**Ver:** (A) Sanbhalu (B) Nirgundi (E) Five leaved chest tree (G) Nagod (H) Nirgandi (S) Nirgundi (T) Nochchi.

**Part Used:** Root, Fruit, Flower, Leaf, Bark.

**Constituents:** Leaf; Essential oil, Resin, Fruit; Acid resin, Organic acid,

Malic acid. Traces of Alkaloids; Nishindine.

**Actions:** Leaf; aromatic, tonic, vermifuge, anodyne, externally antiparastic. Root; febrifuge, expectorant, diuretic. Fruit; nervine tonic, cephalic, emmenagogue.

**Uses:** Leaf oil & leaf; on inflammatory swelling of joints, in rheumatism. Leaf: applied as plaster on enlarged spleen.

**Neelofer Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Nelumbium speciosum, Nelumbo nucifera

**Ver:** (B) Kambol (E) Sacred Lotus (G) Kamal (H) Kanwal (P) Nilufer (S) Padma-kamal (T) Ambal .

**Part Used:** Plant, Seed, Leaf, Root, Flower, Filament, Anther, Stalks.

**Constituents:** Rhizme & Seed; Resins, Glucose, Metarbin, Tannin, Fat. Leaf; Alkacid; Nelumbine, Nupharine.

**Actions:** Seed; demulcent, nutritive. Flower; cooling, sedative, astringent, cholegogue, cardiac tonic, diuretic, bitter, expectorant, refrigerant. Root; demulcent.

**Uses:** Flower; cholera, fever, disease of liver. Seed; to check vomiting, leprosy, as antidote to poisons. Filaments; burning sensation of body, bleeding of piles & menorrhagea. Root; piles, dysentery, in skin affections & ringworm.

**O:**

**Oont katara Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**

**Botanical name:** Echinops echinatus

**Ver:** (A) Khar shatur (E) Camel's thistle (G) Utakanto, Shuliyo (H) Untakatara (S) Kantalu

**Part Used:** Plant, Root, Root bark, Fruit.

**Constituents:** Alkaloids, Triterpene, Flavonoids, Steroids, Lipids,

**Actions:** Plant; alterative, diuretic, nervine tonic, aromatic, aphrodisiac.

**Uses:** Plant, Root & Fruit; wound in the cattle to destroy maggots, mixed with acacia gum and applied to hair to destroy lice, hoarse cough, hysteria, dyspepsia, scrofula and ophthalmia.

**P:****Piyaz Mizaj (Temperament) Hot<sup>3</sup> Dry<sup>2</sup>****Botanical name:** Allium cepa**Ver:** (A) Unsul (E) Onion (G) dungali (H) Piyaz (P) Piyaz (S) durghandha (T) vengayam.**Part Used:** bulb and seed.**Constituents:** volatile oil, mucilage.**Actions:** bulb: stimulant, diuretic, expectorant, aphrodisiac, carminative, emmenagogue.**Used:** Prolapsed of uterus/vagina, to control blood cholesterol, to induce animal to heat.**Piabansa Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>****Botanical name:** Barleria prionitis**Ver:** (B) Kantajati (G) Kantasherio (H) Kataseriya (S) Vajradant (T) Shemmuli.**Part Used:** Plant, Leaf, Root.**Constituents:** Scutellareing-g-rhamnosyl glucoside, Irioids, Barlerin, Acetyl barlerin**Actions:** Plant & Leaf; expectorant in cattarrh.**Uses:** Leaf; chewed in toothache. Root; paste applied on boils and swelling**Papita Mizaj (Temperament) Hot<sup>2</sup> Moist<sup>2</sup>****Botanical name:** Carica Papaya**Ver:** (E) Papaya tree (G) Papayu (H) Papita (S) Erandakarkatee (T) Pappalai.**Part Used:** Fruit, Seed, Milky juice.**Constituents:** Papain, Alkaloid; Carpaine. Glucoside; Carposide. Plant; Saponin. Seed; Carpesamine.**Actions:** Juice, Seed & Pulp of green fruit; anti-fertility effect. Ripe fruit; digestive emmenagogue. Green fruit; laxative, diuretic.**Uses:** habitual constipation, piles, dyspepsia. Fruit; chopped & fed to bring animal in heat. Fresh milky juice; rubefacient. Milky juice of unripe fruit; in cosmetic.**Peepal Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>****Botanical name:** Ficus religiosa**Ver:** (B) Asvattha (E) Sacred fig, Peepal tree (B) Asvattha (G) Piplo (H) Pipal (S) Ashwatha, Pippala (T) Avasuamaram.**Part Used:** Leaf, Stem, Stembark, Root, Fruit, Seed.**Constituents:** Stembark; Tannin, Wax, Latex.**Actions:** Stembark; astringent. Fruit; laxative. Seed; cooling, refrigerant, laxative & alterative. Young shoot & Leaf; purgative.**Uses:** stem bark; gonorrhoea, ulcers, skin diseases, scabies.**Pamba Dana Mizaj (Temperament) Hot<sup>2</sup> Moist<sup>2</sup>****Botanical name:** Gossypium herbaceum**Ver:** (A) Pamba (B) Karpas (E) Indian cotton (G) Rui, Kapas (H) Kapas (S) Anagnika, karpas (T) Parauthi.**Part Used:** Seed, Stembark, Root, Bark, Leaf, Flower.**Constituents:** Bark; Starch, Chromogen, Tannin. Seed; Oil, Albuminoids; Lignin. Root bark; Resin, Phenols. Flower; Glucoside; Gossypetin.**Actions:** Seed; lactogenic, demulcent, nervine tonic. Rootbark; emmenagogue, galactagogue.**Uses:** Root & Shell; decoction is fed in dropping of placenta. Cotton seed; in ration for increasing fat in milk.**Podina Mizaj (Temperament) Cold<sup>2</sup> Moist<sup>2</sup>****Botanical name:** Mentha viridis, M. crispa, M. spicata. M. sylvestris**Ver:** (B), (H), (G), (T) & (P) Pudinah (E) Mint .**Part Used:** Leaf, Flower, Plant.**Constituents:** Menthol, Methane, Essential oil.**Actions:** Stomachic, diuretic, stimulant, jaundice, vomiting, antispasmodic, carminative, aromatic, emmenagogue.**Uses:** fevers and hiccup.**Peepla mool Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>****Botanical name:** Piper longum**Ver:** (B) Pippali (E) Dried catkins, Long pepper (G) Lindi piper (H) Pipal (P) Filfil daraz (S) Pirpali (T) Pipali.

**Part Used:** Immature berries, Stem, Root.

**Constituents:** Resin, Volatile oil, Starch, Gum, Fatty oil, Alkaloid; Piperine.

**Actions:** Infusion; stimulant, caminative, alterative, tonic, powerful then black pepper, aphrodisiac, vermifuge, emmenagogue. Root; stimulant, externally rubifacient.

**Uses:** Powder; in catarrh, asthma, backache in ladies, respiratory disorder, gastric disorders, colic, flatulence.

**Pakhan baid** Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>1</sup>

**Botanical name:** Saxifraga ligulata, Berginia ligulata

**Ver:** (B) Patharchuri (G) Patharphuti, Pashanbhed (H) Pakhanbhed (S) Ashmabhedak .

**Part Used:** Root (Rhizome).

**Constituents:** Gallic acid, Tannic acid, Mucilage, Wax.

**Actions:** Diuretic, demulcent, astringent, tonic.

**Uses:** To dissolve urinary bladder stone, uric acid diathesis, in diarrhoea, cough and pulmonary affection.

## Q:

**Qinnab** Mizaj (Temperament) Cold<sup>3</sup> Dry<sup>3</sup>

**Botanical name:** Cannabis sativam C. indica

**Ver:** (B), (G) & (H) Bhang, Charas, Ganja (E) Hashish, Marihuana (P) Qinnab (S) Bhang.

**Part Used:** Plant, Leaf.

**Constituents:** Cannabinol, Cannabidiol, Canbigerol, Canabidiolic acid, Resin.

**Actins:** Intoxicating, stomachic, antispasmodic, narcotic, analgesic, stimulant, aphrodisiac, sedative

**Uses:** Asthma, sexual disfunctioning, large doses causes mental exaltation, hallucination, loss of memory.

**Qaqla sighar** Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Elettaria cardamomum: E. major

**Ver:** (E) Cardamom (S) Chandrka, Ela (H) Elachi, Bada Elachi (B)

Elachi (G) Elchi, Elcho (T) Elam yelloka.

**Part Used:** Root, Seeds.

**Constituents:** Essential oil; Terpeniol, Terpimine, Lemonine, Linalool acetate.

**Actions:** Seed; aromatic, stimulant, stomachic, carminative diuretic

**Uses:** In Cambodian medicine both root & fruit are laxative, tonic & given in disease of liver and uterus.

## R:

**Rai** Mizaj (Temperament) Hot<sup>3</sup> Dry<sup>3</sup>

**Botanical name:** Barassica nigra: B. Juncea, Sinapis juncea, S. nigra, S. cunefolia, S. rugosa

**Ver:** (B) Krishnarai (E) Black mustard (G) Rai. (H) Kalorai (S) Madhurika, Sarshpah (T) Kadugu

**Part Used:** Leaf, Seed, Oil.

**Constituents:** Glucoside; Myrosin, Sinigrh Volatile oil, Fixed oil, Brassic acid.

**Actions:** Seed; anti-spasmodic, anti rheumatic, emetic, rubefacient, counter-irritant.

**Uses:** Oil-paste; digestive condiment to induce animals in heat, rubefacient to massage rheumatic joints, massage on chest in pneumonia. Paste of seed; applied on chest in lung infection.

**Rehan** Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Ocimum basilicum

**Ver:** (B) (H) & Babui tulsi (E) Sweet basil (G) Damro(S) Bisva tulasi, Manjarikh (T) Tirnulpatchi.

**Part Used:** Leaf, Root, Flower, Seed.

**Constituents:** Esseintial oil Terpinene, Linalool.

**Actions:** Flower; carminative, diuretic, stimulant, demulcent. Seed; mucilagenous, demulcent, aphrodisiac, diuretic. Leaf; fragrant, aromatic. Plant juice; anthelmintic, aromatic. Root; febrifuge.

**Uses:** Seed; gonorrhoea, chronic diarrhoea, dysentery, catarrh, nephritis, cystitis, internal piles. Root; bower complaints of children. Leaf; treatment of cough.

**Reeth Mizaj (Temperament) Hot<sup>3</sup> Dry<sup>3</sup>**  
**Botanical name:** Sapindus emarginatus, S. detregens, S. trifoliatus, S. laurifolia, S. mukorossi, S. rubiginosus  
**Ver:** (B) & (H) Chandan (E) Soap nut tree (G) Sukhad (S) Chandana (T) Malayiaaram.  
**Part Used:** Fruit.  
**Constituents:** Saponin, Kaempterol, Quercetin, b-Sitosterol.  
**Actions:** Tonic, emetic, purgative, expectorant.  
**Uses:** Salivation epilepsy, chlorosis. In Assamin fever, as emetic. Fruit; as good shampoo, fumigation is useful in hysteria, melancholia.

## S:

**Satyanasi Mizaj (Temperament) Hot<sup>3</sup> Dry<sup>3</sup>**  
**Botanical name:** Argemone mexicana  
**Ver:** (B) Siakanta (E) Mexican poppy (G) Darudi (H) Brahmadundi (S) Sringalakantaka (T) Bramadandu.  
**Part Used:** Root, Seed, Flower.  
**Constituent:** Alkaloid; Barberine, Protopine and Argemone oil.  
**Actions:** See; laxative, emetic, expectorant, demulcent. Oil; purgative. Root; alterative.  
**Uses:** Yellow juice; in dropsy, Jaundice cutaneous infections.

**Sataver Mizaj (Temperament) Cold<sup>2</sup> Moist<sup>2</sup>**  
**Botanical name:** Asparagus racemosus  
**Ver:** (B) Satamuli (G) Satavari (H) Satavari, Shahakul (P) Satavari. (S) Shatavari (T) Kilwari  
**Part Used:** Root, Leaf.  
**Constituents:** Asperagin, Mucilage, Saccharine matter.  
**Actions:** Refrigerant, demulcent, aphrodisiac, galactagogue, tonic, antidiarrhoeal, antispasmodic.  
**Uses:** Root; worms, wounds, sexual disturbances.

**Sapistan Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**  
**Botanical name:** Cordia dichotoma, C. latifolia, C. myxa.  
**Ver:** (B) Babul (E) Sebesten fruit (G) Mota Gunda (H) Lasora (P) Sapistan (S) Bahuvara (T) Naruvilli.  
**Part Used:** Leaf, Bark, Flower, Kernel, Mucilage of fruit.  
**Constituents:** Bark; Tannin, Catharin, Fruit; Sugar, Gum and ash.  
**Actions:** Flower; astringent, demulcent, anthelmintic, diuretic, expectorant. Bark; tonic.  
**Uses:** dyspepsia, fever. Kernels; ringworm. Leaf; ulcers, prolapsed of uterus/vagina and headache. Fruit; affection of urinary passage, diseases of lungs and spleen. Plant; snakebite.

**Sheesham Mizaj (Temperament) Cold<sup>2</sup> Dry<sup>2</sup>**  
**Botanical name:** Dalbertgia sissoo  
**Ver:** (B) Sishu (E) Black-wood, Rosewood (G) Sesum (H) Sisam (S) Shingshupa (T) Nuku-kattai.  
**Part Used:** Stembark, Root, Leaf, Mucilage.  
**Constituents:** Pods; Tannin, Dalberginone, Dalbergin, Allylphenol of latitolintype, 5,7,4-Tripydroxi-s-methoxyisoflorone.  
**Actions:** Stembark; alterative. Root; astringent. Leaf; mucilagenous and stimulant.  
**Uses:** Haemorrhages, leprosy, boils, eruptions, to allay vomiting. Oil; externally applied in cutaneous affections. Mucilage of leaves mixed with sweet oil; applied in excoriation.

**Sankhahuli Mizaj (Temperament) Hot<sup>2</sup> Dry<sup>2</sup>**  
**Botanical name:** Evolvulus alsinoides  
**Ver:** (G) & (H) Shankhapushpi (S) Vishnukraanti (T) Vishukarandi.  
**Part Used:** Whole plant & Leaves.  
**Constituents:** Alkaloid; Evolvin, Betaine, Sterols, Proteins, Carbohydrates, Phenols compounds, Tannin.  
**Actions:** Brain tonic, alterative, febrifuge, vermifuge, anti-phlogistic.  
**Uses:** Leaves; smoke; chronic bronchitis and asthma, Decoction of leaves; in loss of memory and in syphilis.

**Sehjana**                      **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>  
**Botanical name:** Moringa oleifera  
**Ver:** (B) Sajna (E) Drum stick (G) Saragavo (H) Soanjana, Shahijan (S) Sobhanjana (T) Murungas.  
**Part Used:** Root Rootbark, Stembark, Flower, Fruit, Seed, Seed oil, Gum.  
**Constituents:** Rootbark; Alkaloids- Morigine, Moringinine. Flower; Amorphous base. Essential oil.  
**Actions:** Root; stimulant, caminative, stomachic, abortifacient. Stembark; abortifacient. Flower; stimulant, aphrodisiac.  
**Uses:** Paralytic affection, intermittant fever, epilepsy, rubifacient in palsy chronic rheumatism, as cardiac and circulatory tonic. Rootbark; as fomentation to relieve sdpsasm. Fruit; diseases of liver, spleen, articular pains, tetanus, paralysis. Gum; dntal caries. Seed; Veneral affections.

**Shabit**                      **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>  
**Botanical name:** Peucedanum graveolens, Anethum graveolens, A. sowa  
**Ver:** (E) Dill (G) Suva (H) Sowa (S) Atichhatra (T) Satakuppivirai.  
**Part Used:** Seed, Oil.  
**Constituents:** Volatile & Essential oil composed of Anethine, Phellandrine, Apiol and D-lemonien.  
**Actions:** Carmminative, stomachic, aromatic, stimulant, diuretic, resolvent, emmenagogue, galactagogue, abortifacient.  
**Uses:** Dyspepsia, retention of urine, menses disorders

**Sandal Safed**                      **Mizaj (Temperament)** Cold<sup>2</sup> Dry<sup>2</sup>  
**Botanical name:** Santalum album  
**Ver:** (E) Sandal wood tree Chandan (G) Sukhad, (H) & Chandan (P) Sandal (S) Chandana (T) Malayiaaram.  
**Parst Used:** Wood, Wood paste, Oil from wood.  
**Constituents:** Essential oil-Constaining santanol.  
**Actions:** Cardiac and brain tonic, cooling gestic tonic.  
**Uses:** Wood paste in water; applied in headache, fever, local inflammatory, skin diseases, pruritis. Oil; symptomatic treatment of dysuria, gonorrhoea, urethritis, cystitis.

**T:**  
**Turanj**                      **Mizaj (Temperament)** Cold<sup>2</sup> Dry<sup>2</sup>  
**Botanical name:** Citrus medica Var acida  
**Ver:** (B) Chholongo nebu (E) Citron (G) Bijoura, Balank (H) Maphal (S) Karuna  
**Part Used:** Fruit, Juice, Oil and fruit epicarp.  
**Constituents:** Juice; Citric Acid, Citrene, Citrol, Cymene, Citronellal.  
**Actions:** Fruit; aromatic, stomachic, tonic, antiscorbutic. Distilled water of fruit; sedative. Juice; refrigerant, astringent, digestive.  
**Uses:** Juice; biliousness and remittent fevers, dysentery.

**Thohar**                      **Mizaj (Temperament)** Hot<sup>4</sup> Dry<sup>4</sup>  
**Botanical name:** Euphorbia tirucalli  
**Ver:** (B) Lankasij (E) Milk hedge, Indian tree-spurge Sehund (G) Dandalio thor, Kharsani (H) Barki-thohar, (S) (Trikantaka (T) Kalli, Tirugu-kalli.  
**Part Used:** Milky juice, Stembark.  
**Constituents:** Euphorbin, Gum, resin, Fresh latex; Isoeuphorol. Dried latex; Ketone, Euphorone.  
**Actions:** Milky juice; purgative, acrid, counter irritant, vesicant, emetic, rubefacient,  
**Uses:** fish-poison, itch, scorpion-sting, rheumatism, toothache, earache, whooping cough, asthma, neuralgia, application for warts.

**Tukhm konch**                      **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>  
**Botanical name:** Mucuna pruriens, Carpopogon pruriens, Dolichos pruriens  
**Ver:** (B) Alkusa (E) Cow witch (G) Kavach (H) Kawanch (P) Hub-ul-kalai (S) Atmagupta (T) Punaikali, Amudari.  
**Part Used:** Root, Seed, Pods.  
**Constituents:** Seed; Alkaloid- Mucunine, Mucunadine, Viscous oil, Resin, Tannin, L-dopa.  
**Actions:** Seed; anthelmintic, aphrodisiac, nervine tonic. Pods; anthelmintic. Root; purgative, nerve tonic, diuretic. Hairs covering seed pods; vermifuge, stimulant, mild vesicant.

**Uses:** Seed; scorpion-sting. Root; for delirium in fever, in dropsy. strong infusion mixed with honey; cholera, oligospermia and to increase libido, spermatogenesis helps female fertilization and conception.

**Toot safed**                      **Mizaj (Temperament)** Hot<sup>1</sup> Moist<sup>1</sup>

**Botanical name:** Morus alba

**Ver:** (E) White Mulberry (G) Shetur (H) Tut (S) Tula (T) Pattupuch.

**Part Used:** Fruit, Bark.

**Constituents:** Essential oil, Sugar, Pectin, Citarates, Malates.

**Actions:** Frut; refrigerent. Stembark; purgative, anthelmintic.

**Uses:** Frut; fever remedy for sore throat, dyspepsia, melancholia.

**Tambaku**                      **Mizaj (Temperament)** Cold<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Nicotiana tabacum

**Ver:** (B) Tamak (E) Tobacco (H) Tambaku (S) Tamrakuta, Tamakhu Tamaku (T) Pugalyilay.

**Part Used:** leaf.

**Constituents:** Alkaloid; Nicotine, Nicotine, Nicotine, Nicotine, Anabasine, Nicotine, Camphoraceous principle, Resins, Fats, Ash, Albumen, Gum. Leaf; Glucoside; Tabacacin, Iso-quercitrin.

**Actions:** Leaf: sedative, narcotic, emetic, antispasmodic and antiparastic.

**Uses:** rheumatic swelling, skin disease, scorpion-siting, fish poison.

**Tamar hindi**                      **Mizaj (Temperament)** Cold<sup>1</sup> Dry<sup>2</sup>

**Botanical name:** Tamarindus indica

**Ver:** (B) & (G) Ambli (E) Tamarind tree (H) Amla, Imli, (P) Ambala. (S) Amlika (T) Puliyan

**Part Used:** Leaf, Seed, Flower, Fruit-pulp, Stembark.

**Constituents:** Fruit; Tartaric acid, Citric acid, Malic & Acetic acid, Fixed oil, Albuminoids, Carbohydrates, Fiber, Gum, Pectin.

**Actions:** Unripe fruit; acidic. Fruit-pulp; cooling, caminative, digestive, laxative, antibilious, antiscorbute. Leaf & Seed; astringent. Tender Leaf & flower; cooling, antibilious. Stembark; astringent, tonic.

**Uses:** Malaria fever, to normalise bile, spermetorrhoea.

**U:**

**Unnab**                      **Mizaj (Temperament)** Normal

**Botanical name:** Zizyphus jujube, Z. laccifera, Z. oenoplia

**Ver:** (E) Jujube fruit (G) Bor, Moti bordi (H) Ber (B) Kula (S) Badari (T) Elandi.

**Part Used:** Leaf, Fruit, Rootbark.

**Constituents:** Mucilage, Sugar, Bark; Tannin, Stepharine, Asimilobine.

**Actions:** Fruit; mucilagenous, styptic, purifies blood and acid digestion.

**Uses:** Root and Bark; As Decoction; in fever, diarrhoea. Root; Powder; applied on ulcers and wounds. Juice of root & Bark; externally in gout and rheumatism.

**Unnab Jangli**                      **Mizaj (Temperament)** Hot<sup>1</sup> Dry<sup>1</sup>

**Botanical name:** Zizyphus nummularia: Z. microphylla

**Ver:** (E) Wild jujube (G) Chanibor, Adbau bordi (H) Jharaber (S) Bhubadari, Balakpriya (T) Korgodi.

**Part Used:** Fruit, Leaf.

**Constituents:** Jajuboside, Nummularine, Franguloline, Amphibine,

**Z:**

**Zakhm hayat**                      **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Bryophyllum calycinum, Kalanchoe pinnata

**Ver:** (B) Koppata (G) Ghayamari, Panfutti (H) Zakhmehaiyat (S) Astibhaksha (T) Runakalli.

**Part Used:** Leaf-juice.

**Constituents:** Leaf; Malic, Isocitric and Citric acid.

**Actions:** Leaf; styptic, astringent, antiseptic.

**Uses:** pulp; on bruised wounds, insect bites, internally juice is given in diarrhoea, dysentery and lithiasis.

**Zeera safed**                      **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Cuminum cyminum

**Ver:** (B) Safedzir (E) Cumin seed (G) Shahjiru, Jiru (H) Shahjio (P) Kamaun abyaz (S) Jeeralea (T) Sudura.

**Part Used:** Seed, Fruit, Oil, Flower.

**Constituents:** Thymene, Thymol, Oil, Resin, Gum.

**Actions:** Flower & Seed; carminative, aromatic, stomachic, stimulant, astringent, galactagogue, cooling.

**Uses:** hoarseness of voice, dyspepsia, chronic, diarrhoea, gonorrhoea.

**Zanjabeel**                      **Mizaj (Temperament)** Hot<sup>2</sup> Dry<sup>2</sup>

**Botanical name:** Zingiber officinale

**Ver:** (B) Ada (E) Ginger (G) Adu, Sunth (H) Adrak (P) Zanjabil (S)

Adraka, Wiswabhesaj (T) Inji.

**Part Used:** Rhizom e- Green & dried.

**Constituents:** Essential oil with camphene, Beta- philandrene, Zingiberine, Volatile oil containing Comphene, Phillandrence, Cineol, Citral, Bomeol, Gingerp;. Shogaol.

**Actions:** Aromatic, carminative, stimulant, stomachic, lactagogue, digestive.

Externally rubefacient and stimulant.

**Uses:** Dyspepsia, anaemia, cough

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## List of Unani Drugs Botanical /Zoological/Geological Names

Aabnoos Diospyros ebenum	Abresham Bombax mori
Akhrot Juglans regia	Abrak, Silicate of alumina with magnisia
Abhal Juniperus communis Linn	Atees Aconitum heterophyllum Wall
Azaraq Strychnos nuxvomica Linn	Arjun Terminelia arjuna W & A
Arusa Adhatoda vasica Nees	Aspghol Plantago ovata Forsk
Asgand Wiithania somnifera Dunal	Asrol Rauwolfia serpentina
Asaroon Valerina wallichil DC	Asphanakh Spinacia oleracea Linn
Asl Honey	Afsanteen Artemisia absynthium
Afiun Papaver somniferum Linn	Aqaqia Acacia arabica Willd
Aalobukhara Prunus domestica Linn	Amla Emblica officinalis Gaertn
Anar Punica granatum Linn	Anantmool
Anjdan Ferula foetida	Amaltas Cassia fistula
Aqeeq, Agate Silicon dioxide	Amber Ambergris
Aqirqarha Anacylus pyrethrum	Babchi Psoralea corylifolia Linn
Baboona Anthemis nobilis	Baadaavard Amberboa divaricata
Bartang Plantago lanceolata Linn	Baqila Vicia feba Linn
Badam Prunus amygdalus	Badranjboya Melissa parviflora
Badiyan Foeniculum vulgare Mill	Brinjasif Achillea millefolium
Bazrulbanj Hyoscyamus albus, H. niger	Busud Corallium rubrum
Bisfaj Polypodium vulgare Linn	Biskhapra Trianthema portulacastrum
Bisbasa Myristica fragrans	Bakain Mellia Azadirachta
Beladur Semicarpus anacardium	Beikh Mudar Calotropis procera
Baloot Quercus incana	Balela Terminelia belerica
Boora armani Arminium bole	Banafshah Viola odorata
Bozidan Chrysanthemum indicum	Beerbahooti
Behnen surkh Salvia heamatodes	Bahaman safed Centaurea behen
Behi Cydonia oblonga, C. quincy,	Bedanjir Ricinus communis
Beesh Aconitum nepallus	Baidmishk Salix caprea
Bael Aegle marmelos	Balsan Commiphora opobalsamum
Chaksu Cassia absus	Chilghoza Pinus gerardiana
Chob zard Smilax china	Datura Datura stramonium, D. alba
Darhald Berberis aristata	Dar Sheeshaan
Darmana Artemisia maritima	Daroonaj Doronicum hookarii
Dar Chini Cinnamomum zeylanicum	Dar Filfil Piper longum
Darchikna Mercuric chloride	Dammul akhven Dracaena ombet
Dooqu Peucedanum grande	Enabussalab Solanum nigrum
Ersa Iris ensata Thumb	Falsa Grewia sclerophylla
Ferfiun Euphorbia resinifera	Franjmishk Ocimum gratissimum
Favvah	Feeroza Ruby
Filfil moya Piper longum	Filfil Siyah Piper nigrum
Filfil surkh Capsicum	Filfil safed Piper nigrum
Funduq Corylus avellana	Faulad (Iron)
Gazer Daucus carota	Gaozaban Borage officinalis
Gile armani arminium bole	Gule Surkh Rosa damascena
Gule Ghafis Gentiana olivieri	Gule Gurhal Hibiscus rosasinensis
Geru Silicate of alumina and iron oxide	Gule Tesu Butea frondosa flower
Gule dhava Woodfordia floribunda	Gule Machkan
Gile Multani Silicate of alumina, oxide of iron	Gile Makttoom Silicate of alumina, oxide of iron
Gulnar Punica granatum flower	Gilo Tinospora cordifolia
Gandana Allium ascalonicum	Googhchi Abrus precatorius
Gheekwar Aloe vera	Gule Neelofer Nymphaea alba
Gule Mudar Calotropis procera	Hartal Arsenic ore

Hazardana Euphorbia hypericifolia  
Haleela Siyah Terminelia chebula  
Haleela Kabuli Terminelia chebula  
Hilyun Asparagus officinalis  
Heel Khurd Elettaria cardamomum  
Habbul Zalam Egyptian nut  
  
Habbe Qurtum Carthamus tictorious  
Habbunneel Ipomoea hederacea  
Hulba Trigonella foenum-graceum  
Ikleeulmalik Astragalus hamsous  
Ispand Peganum harmala Linn  
Jaosheer Ferula galbaniflua  
Jadwar Delphinium denudatum  
Junudbedster Caster beaver  
Javakhar Potassium carbonate  
Khubbazi Malva sylvestris  
Kharpaza Cucumis melo  
Kherbaq  
Khayar Cucumis sativus  
Kat safed Areca catechu  
Kafoor Cinnamomum camphora  
Kaknaj Physalis alkekengi  
Kahu Lactuca serriola  
Kababchini Piper cubeba  
Kibr Capparis spinosa  
Kasoos Cuscuta reflexa  
Kasondi Cassia occidentalis  
Kashneez Coriandrum sativum  
Kakronda Blumea balsamifera  
Kunwal gatta Nelumbo nucifera  
Kundur Boswalia serrata  
Kanocha Phyllanthus maderaspatensis  
Kehruba Vateria indica  
Lajward  
.Lac Coccus lacca  
Lodh Symplocos racemosus  
Maieen Kalan Tamarix gallica  
Mahi Zehraj  
Mazu Quercus infectoria  
Marzanjosh Origanum vulgare  
Maya Shatur Airabi  
Marvareed Pearl  
Mushktramsheey Leucas stelligera  
Mugheelan Acacia arabica  
Maveez Vitis vinifera fruit  
Mom Wax Bees wax  
Moosli Siyah Curculigo orchioidea  
Mochrus Salmalia malabarca  
Nankhuah Trachyspermum ammi  
Nagermoth Cyperus scariosus  
Nuqra Silver  
Namak Angoori  
Namak Lahori Sodium chlorate

Hartal Godanti Arsenic ore  
Haleela Zard Terminelia chebula  
Heera Kasees Ferrous sulphate  
Heel Kalan Amomum subulatum  
Habbul Aas Myrtus communis  
Habbul qilqil Cardiospermum  
halicacabum  
Habbul qilt Dolichos biflorous  
Habbebalsan Commiphora opobalsamum  
Hanzal Citrullus colocynthis  
Izkher Cymbopogon jwarancusa Schult  
Jamalgota Croton tiglium  
Jamun Syzygium cumini  
Jalapa Exogonium purga, Ipomoea purga  
Juntiana Gentiana lutea  
Khaksi Sisymbrium irio.  
Khabsul Hadeed Iron rust  
Khurfa Portulaca oleracea  
Khoolanjan Alpinia galanga  
Khashkhash Papaver somniferum seed  
Kasni Chichorium intybus  
Kakra seenghi Pistacia integerrima  
Kali zeeri Centrathrum anthelminticum  
Kibreet sulphur  
Kababkhanda Zenthoxylum alatum  
Katan Linum usitatissimum  
Karanjwa Caesalpinia crista  
Kishmish Vitis vinifera  
Kafedarya Cuttle fish bone  
Kamela Mallotus Philippinensis  
Kadu sheereen Cucurbita muschata  
Kanghi Abutilon indicum  
Koknar Papaver somniferum  
Kewra Habiscusable mostchus  
Lisanul Asafeer Wrightia tinctoria R. Br  
Loban Boswellia serrata gum  
Mameeran Coptis teeta  
Maieen Khurd Tamarix  
Malkangni Celestrus peniculatus  
Marjan Beikh wa shakh Corallium rubrum  
Murdar Sang Monoxide of lead  
Muqil Commiphora Mukul, C. myrrh  
Marorphali Helicteres isora  
Mastagi Pistacia Lentiscus  
Mundi Sphaeranthus indicus  
Momiyaee Asphaltum  
Moosli safed Chlorophytum arundinaceum  
Moosli Senbhal  
Meda Lakri Listsea chinensis  
Narjeel Daryaee Lodoicea maldivica  
Nana Mentha arvensis  
Namak Sanbher  
Naushader Ammonium chloride  
Nim Melia azadarachta leaf

Ood Saleeb Paeonia officinalis  
Post Nim Melia azadarachta Bark  
Persiaoshan Adiantum capillum  
Pista Pistacia vera  
Pudina Mentha arvensis  
Qarnul Ayyal Cervus elephus  
Qinnab Cannabis sativa  
Ral Vateria indica  
Rasaut Berberis aristata extract  
Reeth Sapindus trifoliatus  
Rehan Ocimum sanctum  
Sazij Hindi Cinnamomum obtusifolium  
Sataver Asparagus racemosus  
Singhara Trapa bispinosa  
Sajji Khar Sodium Carbonate  
Sarpshoka Tephrosia purpurea  
Saresham mahi Gelatinum (Isinglass)  
Safeda kashghari White lead  
Sooranjan Colchicum luteum  
Silajit  
Simaq Echinochloa crus-qalli  
Senna Cassia acutifolia C. angustifolia  
Sang Jarahat (Soap stone)  
Sang sare mahi  
Shadnaj  
Shibbe Yamani Alum  
Shaqaqul Pustinaca secacul  
Shakerteghal Tigall's cocoon  
Shora qalmi Potassium nitrate  
Shoneez Kalonji Nigella sativa  
Sheetraj Plumbago zeylanicum  
Sadaf Shell  
Samagh Palash Butea monosperma  
Sandal surkh Pterocarpus santalinus  
Samagh Arabi Acacia arabica  
Tukhme Karafs Carum roxburghianum  
Turbud Ipomea turpenthum  
Turanj Citrullus medica  
Tambaku Nicotiana tabacum  
Toot Morus accedes, Morus indica  
Tukhme Nim Melia azadarachta seed  
Tootia sabz Copper sulphate  
Ushba Hindi Hemidesmus indica  
Ustokhuddoos Lavandula stoechas  
Unnab Zizyphus sativa  
Vaj Acorus calamus  
Yabruj Atropa belladonna  
Zaravand Taveel Aristolochia longa  
Zarishk Berberis aristata fruit  
Zarnab  
Zafran Crocus sativus  
Zangar  
Zehermohra Serpentine  
Zeera Siyah Carum carvi  
Zetoon Olea europaea

Ood Gharqi Aquilaria agallocha  
Palash Butea monosperma, B. Frondosa  
Pamba Dana Gossypium herbaceum  
Papeeta Carica papaya  
Qaranfal Syzygium aromaticum  
Qust Sassurea lappa  
Rubbussoos Glycyrrhiza glabra extract  
Raskapoor Colomel  
Rasas  
Regmahy Lacerata sincus  
Salab Orchis latifolia  
Sapistan Cordia dichotama  
Sate Pudina Mentha arvensis extract  
Satte Ajwain  
Suddab Ruta graveolens  
Sartan Sceilla serrata  
Saad  
Saqmoonnia Convolvulus scammonia  
Sakbeenaj Ferula persica  
Salekha Cinnamomum cassia  
Sammul faar Arsenic  
Sumbulutit Nardostachis jatamansi  
Sang Dana murgh  
Seemab Mercury  
Shahtra Fumaria parviflora  
Shaftaloo  
Shokai  
Shingarf Cinnabar  
Shokran Conjum maculatum  
Sheer khisht  
Sabr Aloe barbadensis  
Satyr Zetaria multiflora  
Samagh kateera Cochlospermum religiosum  
Sandal safed Santalum album  
Talmakhana Asteracantha longifolia  
Tukhme Balanga Lallelantia royleana  
Tarbooz Citrullus vulgaris  
Tamer Hindi Tamarindus indica  
Tinkar Suhaga Borax  
Toodri Lepidium iperis  
Tabasheer Bambusa arundinacea  
Unsul Urginea indica  
Usara Revand Rheum palmatum, R. emodi  
Utangan Blepharis edulis Pers  
Ushna  
Yaqoot  
Yashab  
Zaravand Mudharij Aristolochia rotunda  
Zaranbad Curcuma zedoria  
Zare vard Rosa damischana  
Zamarrud  
Zanjabil Zingiber officinale Rose  
Zoofa Hyssopus officinalis  
Zeera safed Cuminum cyminum