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**THERAPEUTIC INDEX - UNANI**

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## INTRODUCTION

The origin of Unani system of Medicine is Greece. It was the Greek philosopher and Physician Hippocrates (460-377 BC) who freed Unani Medicine from the area of superstition and magic, and gave it the status of Science. The theoretical framework of Unani Medicine is based on the teachings of Hippocrates. A number of other Greek Scholars enriched the system considerably. Of them, Galen (131-210 AD) stands out as the one who stabilized its foundation on which Arab physicians like Rhazes (850-925 AD) and Avicenna (980-1037 AD) constructed an imposing edifice. Unani Medicine got enriched by absorbing what was best in the contemporary systems of traditional medicine in Egypt, Syria, Iraq, Persia, India, China and other Middle east and Far east countries.

In India, Unani system of Medicine was introduced by Arabs and soon it took firm roots in the soil. The scholars and Physicians of Unani Medicine who settled in India were not content with the known drugs. They subjected Indian drugs to clinical trials. As a result of their experimentation added numerous native drugs to their own system further enriching its treasures.

The unani medicine is based on the Humoral theory-which presupposes the presence of four humors. They are Dum (blood), Balgham (phlegm), Safra (yellow bile), Sauda (black bile). The body has the power of self preservation to maintain a correct balance of these humors, which is called as Quwwat-e-Mudabbira (Medicatrix natura). Unani medicines help the body to regain this balance.

The Company **SKM ASU (Ayurvedha, Siddha, Unani)** was started as a Charity Trust hospital by name SKM Health and Mind Welfare Charity Trust in the year 1989 with the blessing of **Swami Vethathiri Maharishi**, a Spiritual Scientist based at Tamilnadu. The trust hospital started the service by offering consultations to the needy persons with Siddha Medicines. The name SKM stands for **Mr. SKM. Maeilanandhan**, Chairman of SKM Group companies based at Erode, Tamilnadu, who started his carrier as a General



Merchant in a Small Village Modakkurichi, nearby Erode and build a business domain of INR 5 Billion./annum (2009). Our SKM Group is into the business of Exporting Egg Powder Export by M/s. SKM Egg Product Exports (I) Ltd., an ISO, HACCP, SQF Certified Factory with NABL accredited Laboratory exporting egg powder to 27 countries of Europe, Asia and also in the domestic business of selling value added branded eggs. Since the demand and the need for quality medicines scaled up and also as per the Vision of our Managing Director **Mr. SKM. Shree Shivkumar** the trust was restructured into a Limited Company and pharma infrastructures were improvised with a project cost of INR 120 Million. The installed production capacity is 1200 tonnes per annum, with the total staff strength of 250 Nos. (2009) working down line under our **Executive Director Mrs. Kumutaavalli Shivkumar** who is guiding and motivating the Staff to their excellence.

The SKM Factory is endorsed with **Drugs and Cosmetics Act 1940**, for 400 Products including Shastric and Proprietary Medicines. The Factory is also endorsed with **Good Manufacturing Practices Certification (GMP)** right from the year in 2002 and it is the first factory in Tamilnadu to get this certificate. It has also been certified with **ISO 9001 : 2008** for successful implementation of Quality Management Systems. The medicines are prepared in a clean environment by adopting highest degree of plant hygiene and personal hygiene, which paves the way for Product hygiene.

All GMP guidelines such as **Standard Operating Procedures, Batch Manufacturing Records, In process controls and In House standards** are stringently followed which ensures the efficacy and safety of the medicines. The **Quality Control and Quality Assurance Lab** along with the **Production Department** will go in line with each other and every step of the process is being assured to deliver quality medicine. With the above infrastructure, world - class medicines are being manufactured in an innovative approach to serve humanity and sustain the remarkable healing traditions of ancient indian wisdom.



## NATIONAL AWARD



Prestigious National Innovation Foundation Award - 2002,  
by National Innovation Foundation, under Dept. of Science and Technology,  
Govt.of India to our Mentor **Dr. S.R.MUTHUSAMY RIMP**  
honoured by His. Excellency **Dr. A.P.J. ABDULKALAM**  
The President of India  
on 17.12.2002 at NPL Auditorium, Pusa Campus, NewDelhi

Manufacturing Licence No. : 739  
VAT TIN : 33212903477; CST : 883160 / 3.11.2005

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## I. ANOSHDARU

### 1. ANOSHDARU LULUI

#### Reference :

National Formulary of Unani Medicine, Part I.

#### Ingredients :

Sl.No.	Unani Name	English Name	Qty
1.	Ambar Ash-hab	Ambergris	0.74%
2.	Sad Kufi	Nut grass tuber	0.74%
3.	Zarnab	Yew leaves	0.74%
4.	Heel Khurd	Cardamom seed	0.74%
5.	Asaroon	Wild nard	0.74%
6.	Darunaj Aqrabi	Leopard's bane	0.74%
7.	Sumbul-ul-tib	Indian Spikenard	0.74%
8.	Behman Surkh	Red behen	0.74%
9.	Behman Safaid	White behen	0.74%
10.	Qaranful	Cloves	0.74%
11.	Waraq-e-Nuqra	Silverfoils	0.74%
12.	Marwareed	Pearl	0.74%
13.	Sandal Safaid	Sandal wood white	2.23%
14.	Tabasheer	Bamboo manna	2.23%
15.	Post-e-Turanj	Citron fruit rind	2.23%
16.	Mastagi	Mastiche	2.23%
17.	Gul-e-Surkh	Rose flowers	3.73%
18.	Kishneez Muqashshar	Coriander	3.73%
19.	Sheer-e-Aamla	Emblic myrobalan juice	Q.S
20.	Sharbat-e-Fawakeh	Honey	Q.S
21.	Asal or Qand Safaid	Sugar	74.62%

#### Dosage and Adjuvant

3 to 6 gms two times a day (or) as directed by the Physician.

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#### Indications:

Strengthens brain, liver, heart and stomach. It is given in palpitation.

#### Presentation:

100 gm, 500 gm.

## II. ARAQ

### 1. ARAQ - E - AJWAYIN

#### Reference :

National Formulary of Unani Medicine, Part I

Sl.No.	Unani Name	English Name	Qty
1.	Ajwayin	Ajowan	100%
2.	Aab	Water	Q.S

#### Dosage and Adjuvant

30 to 60 ml with equal quantity of water two times a day (or) as directed by the Physician.

#### Indications :

It is an appetizer and digestive. It is used in diarrhoea and other digestive disorders and liver diseases in children and adult.

#### Presentation :

100 ml, 450 ml.

### 2. ARAQ - E - BADIYAN

#### Reference :

National Formulary of Unani Medicine, Part I

#### Ingredients :

Sl.No.	Unani Name	English Name	Qty
1.	Badiyan	Fennel	100%
2.	Aab	Water	Q.S

2

**Dosage and Adjuvant**

30 to 60 ml with equal quantity of water two or three times a day (or) as directed by the Physician.

**Indications:**

It is given in indigestion, flatulence and loss of appetite. It is a carminative.

**Presentation:**

100 ml, 450 ml.

**III. HABB****1. HABB - E - AZARAQI****Reference :**

National Formulary of Unani Medicine, Part I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Azaraqi Mudabbar	Nux vomica purified	50 %
2.	Filfil Siyah	Black pepper	25 %
3.	Filfil Daraz	Long pepper	25 %
4.	Araq-e-Ajwayia	Ajowan distillate	Q.S

**Dosage and Adjuvant**

1 tablet with milk or Arkh gazuban or Arkh badiyan or Arkh ajwain two times a day (or) as directed by the Physician.

**Indications:**

Nervine and general tonic. It tones up nervous system and liver. It increases appetite.

**Presentation :**

100 Nos.

**2. HABB - E - SURANJAAN****Reference :**

National Formulary of Unani Medicine, Part V

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Elwa	Aloe's extract	11.29 %
2.	Tuhkm Soya	Soya beans	11.29 %
3.	Turbud Safaid	Turpith	30.64 %
4.	Habb-ul-Neel	Indigo	11.29 %
5.	Suranjan Shirin	Colchicum corm	25.80 %
6.	Gugal	Gum gugal	4.83 %
7.	Mastagi	Mastiche	4.83 %

**Dosage and Adjuvant**

Two to three tablets with milk twice (or) thrice a day or as directed by the Physician.

**Indications :**

Rheumatism, Osteo arthritis, Joint pains

**Presentation :**

100 Nos.

**3. HABB - E - BUKHAR****Reference :**

National Formulary of Unani Medicine, Part I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Tabasheer	Bamboo manna	50 %
2.	Kanakana	Quinine sulphate	25 %
3.	Satt-e-Gilo	Tinospora cordifolia	25 %
4.	Samagh-e-Arabi	Babul gum	Q.S

**Dosage and Adjuvant**

1 to 2 tablets with water two to three times a day (or) as directed by the Physician.

**Indications :**

It is an antipyretic. It is given in fever due to elephantiasis and malaria.

**Presentation :**

100 Nos



#### 4. HABB - E - MUDIRR

**Reference :**

National Formulary of Unani Medicine, Part I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Sibr	Aloe extract	50 %
2.	Hira Kasees	Green vitreol	25 %
3.	Zafran	Saffron	25 %

**Dosage and Adjuvant**

1 to 2 tablets two to three times a day (or) as directed by the Physician.

**Indications :**

It regulates menstrual periods in women. This should not be used during menstrual period.

**Presentation :**

20 Nos, 100 Nos

#### IV. HALWA

##### 1. HALWA - E - SALAB

**Reference :**

National Formulary of Unani Medicine, Part - II, Volume - I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Arad-e-Baqila	Field bean flour	6.80 %
2.	Maida-e-Gandum	Wheat flour	6.80 %
3.	Arad-e-Nakhud	Bengal gram powder	9.71 %
4.	Raughan Zard	Ghee	Q.S
5.	Asal	Honey	19.4 %
6.	Qand Safaid	Sugar	38.87 %
7.	Araq-e-Bed Mushk	Baidmisk distillate	Q.S
8.	Salab Misri	Salep orchid	2.91 %



9.	Maghz-e-Pista	Pistachia nut kernel	0.97 %
10.	Maghz-e-Funduq	Kazen nut kernel	0.97 %
11.	Maghz-e-Chilghoza	Chelgoza kernel	0.97 %
12.	Maghz-e-Narjeel	Coconut kernel	0.97 %
13.	Maghz-e-Tukhm-e- Qurtum	Qurtum	0.97 %
14.	Maghz-e-Habb-us-Samena	Sara paruppu	0.97 %
15.	Habb-ul-Khizra	Terebinth	0.97 %
16.	Maghz-e-Badam Shireen	Almond	0.97 %
17.	Maghz-e-Habb-ul-Zalam	Deccan Hemp	0.97 %
18.	Maghz-e-Tukhm-e-Kharbuza	Water melon kernel	0.97 %
19.	Maghz-e-Habb-ul- Qilqil	Baloon vine seeds	0.97 %
20.	Darchini	Cinnamon park	0.48 %
21.	Jauzbuwa	Nutmeg	0.48 %
22.	Mastagi	Mastiche	0.48 %
23.	Khulanjan	Galangal	0.48 %
24.	Bahman Surkh	Red behen	0.48 %
25.	Bahman Safaid	White behen	0.48 %
26.	Shaqaquil misri	Secacul	0.48 %
27.	Dan-e-Heel Khurd	Cardamom seed	0.48 %
28.	Bisbasa	Wild mace	0.29 %
29.	Zanjabeel	Dry ginger	0.29 %
30.	Zafran	Saffron	0.29 %

**Dosage and Adjuvant**

10 to 20 gm two times a day (or) as directed by the Physician.

**Indications :**

It is an aphrodisiac and a tonic in sexual deficiency, defects and premature ejaculation. It is given in leucorrhoea.

**Presentation :**

100 gm, 500 gm

##### 2. HALWA - E - BAIZA - E - MURGH

**Reference :**

National Formulary of Unani Medicine, Part - II, Volume - I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Zardi-wa-Safaidd-e-Baiza-e-Murgh	Yolk of egg	37 %
2.	Raughan zard	Ghee	22 %
3.	Qand Safaid	Sugar	37 %
4.	Darchini	Cinnamon bark	0.37 %
5.	Bisbasa	Wild mace	0.37 %
6.	Zafran	Saffron	0.37 %
7.	Dana heel khurd	Cardomam seeds	0.37 %
8.	Shaqa-ul-misri	Secacul	0.75 %
9.	Khusyat-us-salab	Salep orchid	0.75 %

**Dosage and Adjuvant**

12 to 24 gm two times a day (or) as directed by the Physician.

**Indications :**

It improves complexion. It improves blood condition both in quality and quantity. It stimulates sexual glands and increases the sexual power.

**Presentation :**

100 gm, 500 gm.

**3. HALWA - E - GAZAR****Reference :**

National Formulary of Unani Medicine, Part - II, Volume - I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Gajar Surkh	Carrot	34.84%
2.	Khurma	Date fruit	17.42%
3.	Sheer-e-Gao	Milk	Q.S.
4.	Aarad-e-nakhud biryan	Prime rose gram	1.74%
5.	Maide-e-Gandum	Maide-e-Gandum	1.74%
6.	Raughan zard	Ghee	Q.S.
7.	Qand safaid	Sugar	34.84%
8.	Zardi-e-Baiza-e- Murgh	Egg	Q.S.



9.	Maghz-e-Funduq	Hazelnut kernel	1.16%
10.	Maghz-e-Badam Shireen	Almond kernel	1.16%
11.	Maghz-e- Pista	Pistachia nut kernel	1.16%
12.	Maghz-e- Akhrot	Walnut kernel	1.16%
13.	Maghz-e- Chilghoza	Chelgoza kernel	1.16%
14.	Maghz-e- Narjeel	Coconut kernel	0.16%
15.	Khusyat-us-Salab	Salep orchid	0.35%
16.	Khurma	Date fruit	0.35%
17.	Khar-e-Khasak	Caltrops small	0.35%
18.	Darchini	Cinnamon bark	0.35%
19.	Zanjabeel	Dry zinger	0.35%
20.	Khulanjan	Galangal	0.35%
21.	Zafran	Saffron	0.35%

**Dosage and Adjuvant**

12 to 24 gm two times a day (or) as directed by the Physician.

**Indications :**

It acts as an aphrodisiac in people of hot temperament. It increases the quantity of semen and other sexual glandular secretions.

**Presentation :**

100 gm, 500 gm

**V. ITRIFAL****1. ITRIFAL KISHNEEZI****Reference :**

National Formulary of Unani Medicine, Part I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Post-e-Halela Zard	Chebulic myrobalan rind	4.16 %
2.	Post-e-Halela Kabli	Chebulic myrobalan rind	4.16 %
3.	Halela Siyah	Chebulic myrobalan tender fruit	4.16 %





1.	Post-e-Halela Zard	Chebolic myrobalan rind	4.16 %
2.	Post-e-Halela Kabli	Chebolic myrobalan rind	4.16 %
3.	Halela Siyah	Chebolic myrobalan tender fruit	4.16 %
4.	Aamla	Emblic myrobalan	4.16 %
5.	Post-e-Balela	Beleric myrobalan	4.16 %
6.	Kishneez Khushk	Coriander	4.16 %
7.	Asal or Qand Safaid	Honey	75 %
8.	Raughan Zard	Ghee	Q.S

#### Dosage and Adjuvant

6 to 12 gms two times a day (or) as directed by the Physician.

#### Indications :

It is given in chronic head ache, ear ache, spermatorrhoea, chronic gonorrhoeal discharges, premature ejaculation etc. It strengthens brain and cools the nervous system.

**Presentation :** 100 gm, 500 gm

## 2. ITRIFAL - E - MUQIL

#### Reference :

National Formulary of Unani Medicine, Part I

#### Ingredients :

Sl.No.	Unani Name	English Name	Qty
1.	Muqil	Gum gugul purified	7.57 %
2.	Turbud Safaid	Turpith	2.59 %
3.	Post-e-Halela Zard	Chebolic myrobalan rind	1.94 %
4.	Post-e-Halela Kabli	Chebolic myrobalan rind	1.94
5.	Post-e-Balela	Beleric myrobalan	1.94 %
6.	Halela Siyah	Chebolic myrobalan tenderfruit	1.94 %
7.	Aamla	Emblic myrobalan	1.94 %
8.	Mastagi	Mastiche	1.08 %
9.	Raughan Zard	Ghee	3.24 %



10.	Asal or Qand Safaid	Honey	75.75 %
11.	Aab-e-Gandana	Aab-e-Gandana	Q.S

#### Dosage and Adjuvant

5 to 10 gm two times a day (or) as directed by the Physician.

#### Indications :

It is given in haemorrhoids (bleeding piles) and other inflammatory conditions of intestines. It corrects constipation.

#### Presentation :

100 gm, 500 gm

## 3. ITRIFAL - E - SHAHTARA

#### Reference :

National Formulary of Unani Medicine, Part I

#### Ingredients :

Sl.No.	Unani Name	English Name	Qty
1.	Shahtara	Mollugo oppositifolia	9.70 %
2.	Post-e-Halela Zard	Chebolic myrobalan rind	9.70 %
3.	Post-e-Halela Kabli	Chebolic myrobalan rind	5.82 %
4.	Post-e-Balela	Beleric myrobalan	3.88 %
5.	Sana	Senna leaves	1.94 %
6.	Gul-e-Surkh	Rose flowers	0.97 %
7.	Maweez Munaqqa	Raisin seed removed	67.96 %

#### Dosage and Adjuvant

5 to 10 gm three times a day (or) as directed by the Physician.

#### Indications :

It is a blood purifier. It is given in all skin diseases like boils, ulcers, urticaria, scabies, syphilitic ulcers and psoriasis. It is also given in brain disorders due to souda.

#### Presentation :

100 gm, 500 gm.



#### 4. ITRIFAL - E - USTUKHUDDUS

**Reference :**

National Formulary of Unani Medicine, Part I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Post-e-Halela Zard	Chebolic myrobalan rind	2.5 %
2.	Post-e-Halela Kabli	Chebolic myrobalan rind	2.5 %
3.	Halela Siyah	Chebolic myrobalan tenderfruit	2.5 %
4.	Post-e-Balela	Beleric myrobalan	2.5 %
5.	Aamla	Emblic myrobalan	2.5 %
6.	Gul-e-Surkh	Rose flowers	2.5 %
7.	Ustukhuddus	French lavender	2.5 %
8.	Bisfayej	Common Polypody	2.5 %
9.	Aftimoon	Dodder	2.5 %
10.	Kishmish	Raisins	2.5 %
11.	Raughan Zard	Ghee	Q.S
12.	Asal or Qand Safaid	Honey	75 %

**Dosage and Adjuvant :**

5 to 10 gm two times a day (or) as directed by the Physician.

**Indications :**

Its continuous usage, converts grey hair into black. It cures chronic head ache, cold, mental disorders due to blood impurities, cardiac pain due to gastric disorders and it is used where ever bhalgam is abnormal. In cases of chronic head aches, the treatment is to be started after ‘Thanqhiya’ which is 100% successful.

**Presentation :**

100 gm, 500 gm.

#### 5. ITRIFAL MULAYYAN

**Reference :**

National Formulary of Unani Medicine, Part V

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Aamla Khushk	Emblic myrobalan	1.16 %
2.	Badiyan	Fennel	2.91 %
3.	Post Bahera	Beleric myrobalan	1.16 %
4.	Post Halela Zard	Chebolic myrobalan rind	1.16 %
5.	Turbud Safaid	Turpith	2.91 %
6.	Reward Chini	Rhubarb	2.91 %
7.	Saqmonia	Seammony	14.57 %
8.	Sana	Senna leaves	2.04 %
9.	Halela Siyah	Chebolic myrobalan	1.16 %
10.	Mastagi	Mastiche	2.18 %
11.	Ghee	Ghee	2.18 %
12.	Shakar Safaid	Honey	65.59 %

**Dosage and Adjuvant:**

6 to 12 gms at bed time with Arkhe badiyan (or) water or as directed by the Physician.

**Indications :**

Chronic head ache, ear ache and in disorders of stomach and intestine due to balgham. It is a laxative.

**Presentation :**

100 gm, 500 gm.

#### 6. ITRIFAL ZAMANI

**Reference :**

National Formulary of Unani Medicine, Part V

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Aamla Khushk	Emblic myrobalan	0.99 %
2.	Banslochan	Bamboo manna	0.88 %
3.	Burada Sandal Safaid	Sandal wood white	0.52 %



4.	Post Bahera	Beleric myrobalan	1.11 %
5.	Post Halela Zard	Chebolic myrobalan rind	3.52 %
6.	Turbud Safaid	Turpith	3.52 %
7.	Dhania Khushk	Coriander	3.52 %
8.	Saqmonia	Seammony	0.94 %
9.	Sana	Senna leaves	1.76 %
10.	Gul Surkh	Rose flowers	0.88 %
11.	Halela Siyah	Chebolic myrobalan	1.76 %
12.	Kateera	Katira	0.41 %
13.	Gul-e-Banafsha	Sweet violet	1.76 %
14.	Gul-e-Nilofar	Lotus flowers	0.88 %
15.	Sapistan	Sapisthan plum	0.47 %
16.	Unnab	Jujube	0.47 %
17.	Berg Banafsha	Banafsha leaves	1.76 %
18.	Roghan Arandi	Almond oil	7.05 %
19.	Shakar Safaid	Honey	67.63 %
20.	Sat-e-Leemu	Lemon salt	0.07 %

#### Dosage and Adjuvant

6 to 12 gms two or three times a day (or) as directed by the Physician.

#### Indications :

Laxative. It is given in cases of ENT diseases, intestinal colic, melancholia especially in 'Miraqh'. It is very effective.

#### Presentation :

100 gm, 500 gm.

## VI. JAWARISH

### 1. JAWARISH - E - JALINOOS

#### Reference :

National Formulary of Unani Medicine, Part I

#### Ingredients :

Sl.No.	Unani Name	English Name	Qty
1.	Mastagi	Mastiche	3.18 %
2.	Sumbul-ut-Teeb	Indian spikenard	1.27 %



3.	Heel Khurd	Cardaomum	1.27 %
4.	Saleekha	Cassia bark	1.27 %
5.	Darchini	Cinnamon bark	1.27 %
6.	Khulanjan	Galangal	1.27 %
7.	Qaranfil	Cloves	1.27 %
8.	Sad Kufi	Nutgrass tuber	1.27 %
9.	Zanjabeel	Dry zinger	1.27 %
10.	Filfil Daraz	Long pepper	1.27
11.	Filfil Siyah	Black pepper	1.27 %
12.	Qust Shireen	Costus root	1.27 %
13.	Ood-e-Balsan	Balsom	1.27 %
14.	Asaroon	Wild nard	1.27 %
15.	Habb-ul-Aas	Habb-ul-Aas	1.27 %
16.	Chiraita Shireen	Chirata	1.27 %
17.	Zafran	Saffron	1.27 %
18.	Asal or Qand Safaid	Honey	76.43 %

#### Dosage and Adjuvant

5 to 10 gm two times a day (or) as directed by the Physician.

#### Indications :

It is given in cold, catarrhal conditions of the naso-pharynx and adipose conditions of the body. It increases the appetite, strengthens urinary bladder, dissolves urinary and hepatic calculi, turns grey hair into black in the cases of premature graying etc. It is a sexual stimulant.

#### Presentation :

100 gm, 500 gm.

### 2. JAWARISH AMLA SADA

#### Reference :

National Formulary of Unani Medicine, Part V

#### Ingredients :

Sl.No.	Unani Name	English Name	Qty
1.	Ilaichi Khurd	Cardomom	5.94 %
2.	Aamla Khushk	Emblic myrobalan	66.86 %



3.	Balchhar	Balchhar	5.94 %
4.	Burada Sandal Safaid	Sandal wood white	13.37 %
5.	Gul-e-Surkh	Rose flowers	5.94 %
6.	Qiwam Shakar Safaid	Honey or sugar	0.74%
7.	Natroon Banjawi	Natroon Banjawi	1.18 %

### Dosage and Adjuvant

6 to 12 gms two or three times a day (or) as directed by the Physician.

### Indications :

Diarrhoea, anaemia, dyspepsia and other heated states of liver. It strengthens heart and stomach. It is useful in palpitation.

### Presentation :

100 gm, 500 gm.

## 3. JAWARISH - E - ANARAIN

### Reference :

National Formulary of Unani Medicine, Part I

### Ingredients :

Sl.No.	Unani Name	English Name	Qty
1.	Aab-e-Anar Shireen	Pomegranate sweet juice	Q.S
2.	Aab-e-Anar Tursh	Pomegranate sour juice	Q.S
3.	Qand Safaid	Sugar	89.28 %
4.	Aab-e-Nana sabz	Mint leaves juice	Q.S
5.	Araq-e-Gulab	Rose water	Q.S
6.	Sumbul-ut-Teeb	Indian spikenard	4.46 %
7.	Mastagi	Mastiche	4.46 %
8.	Dana Heel Kalan	Greater cardomam seed	0.44 %
9.	Post-e-Turanj	Citron fruit rind	0.44 %
10.	Post Beroon-e-Pista or Gulnar farsi	Pistachia nut rind	0.44 %
11.	Dana Heel Khurd	Cardomam seeds	0.44 %

### Dosage and Adjuvant

5 to 10 gms two times a day (or) as directed by the Physician.



### Indications :

All liver complaints due to increase of body heat, abdominal diseases.

### Presentation :

100 gm, 500 gm.

## 4. JAWARISH - E - KAMOONI KABIR

### Reference :

National Formulary of Unani Medicine, Part - II, Volume - I

### Ingredients :

Sl.No.	Unani Name	English Name	Qty
1.	Zeera Siyah Mudabbar	Black cumin	16.87 %
2.	Filfil Siyah	Black pepper	0.84 %
3.	Zanjabeel	Dry ginger	1.26 %
4.	Barg-e-Sadab	Rue leaves	0.67 %
5.	Saleekha	Cassia bark	0.67 %
6.	Darchini	Cinnamon park	0.67 %
7.	Qirfa	Qirfa	0.67 %
8.	Habb-e-Balsan	Habb-e-Balsan	0.67 %
9.	Mastagi	Mastiche	0.67 %
10.	Sumbul-ut-Teeb	Indian spikenard	0.67 %
11.	Bura Armani	Red sol	0.33 %
12.	Qand Safaid	Sugar	75.94 %

### Dosage and Adjuvant

5 to 10 gm two times a day (or) as directed by the Physician.

### Indications :

Dyspepsia, diarrhoea, other gastro intestinal disorders due to balgham and safra, fever due to phlegm, whooping cough, liver diseases etc

### Presentation :

100 gm, 500 gm.



## VII. LABUB

### 1. LABUB SAGHEER

#### Reference :

National Formulary of Unani Medicine, Part V.

#### Ingredients :

Sl.No.	Unani Name	English Name	Qty
1.	Behman Surkh	Red Behen	0.18 %
2.	Tukhm Shalgham	Turnip seed	0.09 %
3.	Tukhm Piyaz	Onion seed	0.09 %
4.	Tukhm Jirjir	Prickly chaff seed	0.09 %
5.	Tukhm Khashkhash	Peppy seeds	0.09 %
6.	Tukhm Hanzal	Tukhm Hanzal	45.70 %
7.	Tukhm Katail	Tukhm Katail	45.70 %
8.	Tukhm Qalmi	Tukhm Qalmi	0.09 %
9.	Til Safed Muqashshar	Sesame seeds	0.09 %
10.	Tudri Zard	Pepper grass seeds yellow	0.09 %
11.	Tudri Surkh	Pepper grass seeds red	0.09 %
12.	Maghz Chironji	Galangal	0.09 %
13.	Habbatul Khizra	Terebinth	0.09 %
14.	Habb Qilqil	Baloon vine seeds	0.09 %
15.	Darchini	Cinnamon bark	0.09 %
16.	Sonth	Dry ginger	0.09 %
17.	Shaqaqul Misri	Secacul	0.09 %
18.	Aaqarqarha	Pellitory	0.09 %
19.	Kabab Chini	Cubebs	0.09 %
20.	Maghz Akhrot	Walnut kernel	0.09 %
21.	Maghz Badam		
	Shireen	Almond kernel	0.09 %
22.	Maghz Pista	Pistachia nut kernel	0.09 %
23.	Maghz Narjeel	Coconut kernel	0.09 %
24.	Qiwam Shakar Safaid	Honey or sugar	6.58 %



#### Dosage and Adjuvant

5 to 10 gms with milk in the morning or as directed by the physician.

#### Indications :

General weakness, Rejuvenate, Aphrodisiac and general tonic. It is given in impotency, premature ejaculation and to increase the libido. It improves quality of the semen and increases the sperm count.

#### Presentation :

125 gm, 250 gm, 500 gm.

### 2. LUBOOB KABIR

#### Reference :

National Formulary of Unani Medicine, Part I

#### Ingredients :

Sl.No.	Unani Name	English Name	Qty
1.	Khusyat-us-Salab	Salep orchid	1.31 %
2.	Narjeel Taza	Coconut kernel	1.31 %
3.	Maghz-e-Sar-e-Kunjashk Nar	Sparrow brain	1.31 %
4.	Khasshkhaash safaid seeds	Poppy	1.31
5.	Maghz-e-Pista	Pistachia nut kernel	0.65
6.	Maghz-e-Badam	Almond kernel	0.65 %
7.	Maghz-e-Fundug	Hazel nut kernel	0.65 %
8.	Habb-ul-Khizra	Terebinth kernel	0.65 %
9.	Maghz-e-Akhrot	Walnut kernel	0.65
10.	Maghz-e-Chilghoza	Chlegoza kernel	0.65
11.	Habb-uz-Zalam	Deccan Hemp kernel	0.65
12.	Mahirubiyan	Prawn	0.65 %
13.	Khulanjan	Galangal	0.65 %
14.	Shaqaq-ul-Misri	Secacul	0.65 %
15.	Behman Surkh	Red behen	0.65 %
16.	Behman Safaid	White behen	0.65 %
17.	Tudri Surkh	Pepper grass red	0.65 %



18.	Tudri Zard	Pepper grass yellow	0.65 %
19.	Zanjabeel	Dry ginger	0.65 %
20.	Kunjad Muqashshar	Sesame seeds	0.65 %
21.	Darchini	Cinnamon bark	0.65 %
22.	Qazeeb-e-Gao	Bulls penis	0.52 %
23.	Suranjan	Colchicum	0.52 %
24.	Bozidon	Sweet Pellitory	0.52 %
25.	Pudina Khushak	Mint leaves dry	0.52 %
26.	Paneer Maya		
	Shutur Arabi	Calf camel's intestine	0.52 %
27.	Zafran	Saffron	0.52 %
28.	Mastagi	Matiche	0.52 %
29.	Sumbul-ul-Teeb	Indian spikenard	0.39 %
30.	Sad Kufi	Nut grass tuber	0.39 %
31.	Qaranful	Cloves	0.39 %
32.	Kababchini	Cubebs	0.39 %
33.	Inderjao Shireen	Tellicherry seeds	0.39 %
34.	Darunaj Aqrabi	Leopard's bane	0.39 %
35.	Zarambad	Zedoary	0.39 %
36.	Habb-ul-Qilqil	Baloon's vine seeds	0.39 %
37.	Tukhm-e-Gazar	Carrot seeds	0.39 %
38.	Tukhm-e-Piyaz	Onion seeds	0.39 %
39.	Tukhm-e-Turb	Radish seeds	0.39 %
40.	Tukhm-e-Shalgham	Turnip seeds	0.39 %
41.	Tukhm-e-Ispast	Ispith seeds	0.39 %
42.	Tukhm-e-Halyun	Black night shade seeds	0.39 %
43.	Ood Hindi	Eagle wood	0.39 %
44.	Jaubuwa	Nutmeg	0.26 %
45.	Bisbasa	Mace	0.26 %
46.	Ushna	Lichen	0.26 %
47.	Filfil daraz	Long pepper	0.26 %
48.	Ambar Ash-hab	Amber gris	0.15 %
49.	Mushk	Musk	0.05 %
50.	Waraq-e-Tila	Gold leaves	Q.S
51.	Waraq-e-Nuqra	Silver leaves	Q.S
52.	Asal or Qand Safaid	Honey or Sugar	72.59 %



### Dosage and Adjuvant

5 to 10 gms with milk two times a day or as directed by the physician.

### Indications :

Spermatrorrhoea, Impotency, Premature ejaculation, during convalescence period, Cardiac tonic, Nervine tonic, to increase libido. It improves the quality of the semen and increase the sperm count.

### Presentation :

125 gm, 250 gm, 500 gm.

## VIII. MAJOON

### 1. MAJOON - E - FALASIFA

### Reference :

National Formulary of Unani Medicine, Part I

### Ingredients :

Sl.No.	Unani Name	English Name	Qty
1.	Maweez Munaqqa	Raisin (Seed removed)	4.82 %
2.	Zanjabeel	Dry ginger	1.60 %
3.	Filfil Siyah	Black pepper	1.60 %
4.	Filfil Daraz	Long pepper	1.60 %
5.	Darchini	Cinnamon bark	1.60 %
6.	Aamla	Emblic myrobalan	1.60 %
7.	Post-e-Balela	Beleric myrobalan	1.60 %
8.	Sheetraj Hindi	Lead wort	1.60 %
9.	Zarawand Madahraj	Round birth wort	1.60 %
10.	Salab Misri	Salep orchid	1.60 %
11.	Maghz-e-Chilghoza	Chelgozha kernel	1.60 %
12.	Bekh-e-Babuna	Chamomile root	1.60 %
13.	Maghz-e-Narjeel	Coconut kernel	1.60 %
14.	Tukhm-e-Babuna	Chamomile seeds	0.80 %
15.	Asal or Qand Safaid	Honey or sugar	75.06 %

### Dosage and Adjuvant

5 to 10 gm two times a day with milk (or) as directed by the Physician.

**Indications :**

It is a sexual stimulant. It increases the semen, strengthens heart and brain, increases the appetite and memory power, reduces urine, removes phlegm, strengthens teeth and cures diabetes. It is also given in hip pain, kidney pain, joint pains, high blood pressure and allied conditions, paralysis, hemiplegia, paraplegia, facial palsy etc.

**Presentation :**

100 gm, 500 gm.

**2. MAJUN AZARQI****Reference :**

National Formulary of Unani Medicine, Part V

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Agar	Akil kattai	1.25 %
2.	Ilachi Khurd	Cardamom	1.25 %
3.	Aamla Khushk	Emblic myrobalan	1.25 %
4.	Burada Sandal Safaid	Sandal wood white	1.25 %
5.	Burada Kuchla	Nux vomica seed	
	Mudabbar	(purified)	2.50 %
6.	Badyan	Fennel	1.25 %
7.	Balchhar	Balchhar	1.25 %
8.	Peepal Kalan	Long pepper	1.50 %
9.	Javetri	Wild mace	1.25 %
10.	Jozbua	Nutmeg	1.25 %
11.	Darchini	Cinnamon bark	1.25 %
12.	Zanjabeel (Sonth)	Dry ginger	1.50 %
13.	Saad Kufi		
	(Nagar Motha)	Nut grass tuber	1.25 %
14.	Pakhan Bad	Pakhan Bad	1.25 %
15.	Filfil Siyah		
	(kali Mirch)	Black pepper	2.50 %
16.	Qaranful (Laung)	Cloves	0.62 %
17.	Kalonji	Black cumin	1.50 %



18.	Mastagi	Mastiche	1.25 %
19.	Qiwam Shakar Safaid	Honey or sugar	74.84 %
20.	Zafran	Saffron	0.08 %
21.	Arq gaozaban	Echium ameenum	Q.S

**Indications :**

General tonic and given in impotency, neurasthenia, paralysis, rheumatism, epilepsy and syphilis.

**Presentation :**

100 gm, 500 gm.

**3. MAJUN DABID - UL - WARD****Reference :**

National Formulary of Unani Medicine, Part V

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Izkhar Makki	Lemon gross	0.66 %
2.	Agar (Ood)	Akil kattai	0.66 %
3.	Balchhar	Balchhar	0.66 %
4.	Banslochan	Bamboo manna	0.66 %
5.	Tukhm Kasni	Wild chicory seeds	0.66 %
6.	Tukhm Kasoos	Dodder seeds	0.66 %
7.	Tukhm Karafs	Karafs seeds	0.66 %
8.	Taj Qalmi	Cassia bark	0.66 %
9.	Darchini	Cinnamon bark	0.66 %
10.	Zarawand Mudahraj	Round birth wort	0.66 %
11.	Qust Shireen	Costus root	0.66 %
12.	Gul-e-Surkh	Rose flowers	9.97 %
13.	Gul-e-Ghafis	Kiranthe thagaram	0.33 %
14.	Luk Maghsool	Lac stick	0.33 %



15.	Majeeth	Indian madder	0.33 %
16.	Qiwam Shakar	Honey or sugar	79.78 %
17.	Zafran	Saffron	0.09 %
18.	Arq Gaozaban	Echium ameenum	Q.S
19.	Mastagi	Mastiche	0.33 %
20.	Ghee	Ghee	0.16 %

**Dosage and Adjuvant**

6 to 12 gms with water two times a day (or) as directed by the Physician.

**Indications :**

Jaundice, dropsy and in enlargement of liver and spleen.

**Presentation :**

100 gm, 500 gm.

**4. MAJUN - E - SUPARIPAK****Reference :**

National Formulary of Unani Medicine, Part I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Khurma Khushk	Date fruit	6.74 %
2.	Fufal	Areca nut	3.37 %
3.	Majeeth	Indian madder	1.68 %
4.	Sheer-e-Gao	Milk	Q.S
5.	Maghz-e-Badam		
	Shireen Biryani	Almond kernel	6.74 %
6.	Nishasta-e-Gandum		
	Biryani	Wheat flour	3.37 %
7.	Samagh-e-Arabi Biryani	Babul gum	3.37 %
8.	Aarad-e-Moong	Green gram flour	1.68 %
9.	Raughan Zard	Ghee	13.49 %
10.	Qand Safaid	Sugar	40.48 %
11.	Khar-e-Khasak Khurd	Caltrops small	6.74 %
12.	Samagh-e-Dhak	Butea frondosa	3.37 %



13.	Maghz-e-Narjeel Khushk	Coconut kernel	3.37 %
14.	Salab Misri	Salep orchid	0.74 %
15.	Darchini	Cinnamon bark	0.74 %
16.	Qaranful	Cloves	0.74 %
17.	Heel Khurd	Cardamom	0.74 %
18.	Zanjabeel	Dry ginger	0.74 %
19.	Jauzbuwa	Nutmeg	0.33 %
20.	Gul-e-Supari	Areca nut flowers	0.20 %
21.	Gul-e-Pista	Pistachia nut flowers	0.20 %
22.	Post-e-Rachnal	Bauhinia racemosa	0.13 %
23.	Post-e-Mughilan	Babul park	0.13 %
24.	Post-e-Sankhaholi	Buttefly pea bark	0.13 %
25.	Zafran	Saffron	0.67 %

**Dosage and Adjuvant**

10 to 15 gms two times a day (or) as directed by the Physician.

**Indications:**

Sexual stimulant and uterine tonic. It improves the consistency of glandular secretions. It is given in leucorrhoea and all uterine disorders.

**Presentation :**

100 gm, 500 gm.

**5. MAJUN - E - USHBA****Reference :**

National Formulary of Unani Medicine, Part I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Sana	Senna leaves	3.04 %
2.	Sandal Surakh	Red sanders	2.28 %
3.	Sandal Safaid	Sandal wood	2.28 %
4.	Chobchini	China root	2.28 %
5.	Gul-e-Surkh	Rose flowers	2.28 %
6.	Darchini	Cinnamon bark	1.52 %





7.	Kababchini	Cubebs	1.52 %
8.	Gaozaban	Echium ameenum	1.52 %
9.	Aftimoon	Dodder	1.52 %
10.	Bisfayej	Common polyodi	1.52 %
11.	Ushba	Indian Sarasaparilla	1.52 %
12.	Post-e-Balela	Beleric myrobalan	0.76 %
13.	Sumbul-ut-Teeb	Indian spikenard	0.76 %
14.	Halela Siyah	Chebolic myrobaln tender fruit	0.57 %
15.	Post-e-Halela Zard	Chebolic myrobaln rind	0.38 %
16.	Asal or Qand Safaid	Honey or Sugar	76.19 %

**Dosage and Adjuvant :**

5 to 10 gms two times a day (or) as directed by the Physician.

**Indications :**

In all skin diseases like syphilis, it is a blood purifier. It relieves joint pain. It is a sexual stimulant. It is given in piles.

**Presentation :**

100 gm, 500 gm.

**IX. QURS****1. QURS - E - GUL****Reference :**

National Formulary of Unani Medicine, Part - II, Volume - I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Mastagi	Mastiche	4.76 %
2.	Tabasheer	Bamboo manna	4.76 %
3.	Sunbul-ut-Teeb	Indian spikenard	14.28 %
4.	Asl-us-soos	Liquorice	28.57 %
5.	Gul-e-Surkh	Rose flowers	47.61 %
6.	Araq-e-Gulab	Rose water	Q.S

**Dosage and Adjuvant**

2 tablets three times a day (or) as directed by the Physician.

**Indications :**

Chronic fever. It cools the liver.

**Presentation :**

100 Nos.

**2. QURS-E-GULNAR****Reference :**

National Formulary of Unani Medicine, Part I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Gulnar	Pomegranate flowers dried	20 %
2.	Gil-e-Armani	Red ochre	20 %
3.	Samagh-e-Arabi	Babul gum	20 %
4.	Gul-e-Surkh	Rose flowers	15 %
5.	Aqaqia	Acacia kath	15 %
6.	Kateera	Katira	10 %
7.	Aab-e-Gulnar	Pomegranate flowers juice	Q.S

**Dosage and Adjuvant**

2 tablets two or three times a day (or) as directed by the Physician.

**Indications :**

All haemorrhages, haematemesi, haemoptysis etc

**Presentation:**

100 Nos

**X. RAUGHAN****1. RAUGHAN-E-GUL****Reference :**

National Formulary of Unani Medicine, Part I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Gul-e-Surkh Taza	Rose flowers fresh	100 %
2.	Raughan-e-Kunjad Muqashshar	Gingelly oil	Q.S

**Dosage and Adjuvant**

External use only (or) as directed by the Physician.

**Indications :**

Laxative. It is used for head bath in burning eyes and chronic head ache. In rheumatoid arthritis it is applied externally.

**Presentation :**

100 ml, 500 ml.

**2. ROGHAN BANAFSHA****Reference :**

National Formulary of Unani Medicine, Part V

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Gul Banafsha	Sweet violet flowers	100 %
2.	Roghan Kunjad	Gingelly oil	Q.S

**Dosage and Adjuvant**

External use (or) as directed by the Physician.

**Indications :**

Hair fall, sleeplessness. It cools brain.

**Presentation :**

100 ml, 500 ml.

**3. ROGHAN SURKH****Reference :**

National Formulary of Unani Medicine, Part V

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Ushna	Lichen	4.33 %
2.	Burada Sandal Surkh	Sandal wood white	4.33 %
3.	Habb-ul-Ghurab	Habb-ul-Ghurab	4.33 %
4.	Darhald neem kofta	Tree turmeric	4.33 %
5.	Kaiphal	Nutmeg	4.33 %
6.	Narkchoor (Neem Kofta)	Curcuma zeodaria	4.33 %
7.	Haldi (Neem Kofta)	Turmeric	4.33 %
8.	Berg Aakh Taaz	Indian madder	21.69 %
9.	Lahsun	Nux vomica seeds (purified)	8.67 %
10.	Roghan Sarson	Mastard oil	Q.S
11.	Roghan Raai	Roghan Raai	Q.S
12.	Roghan Darchini	Roghan Darchini	Q.S
13.	Roghan Laung	Clove oil	Q.S
14.	Roghan Safsai	Roghan Safsai	39.04 %
15.	Surkh Roghani rang	Surkh Roghani rang	0.21 %

**Dosage and Adjuvant**

External use (or) as directed by the Physician.

**Indications :**

Rheumatoid arthritis and in inflammatory conditions.

**Presentation :**

100 ml, 500 ml.

**4. RAUGHAN-E-MOM****Reference :**

National Formulary of Unani Medicine, Part I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Mom Zard	Bees wax	25 %
2.	Namak-e-Shor	Common salt	75 %

**Dosage and Adjuvant**

External use only (or) as directed by the Physician.

**Indications :**

It is used as a counter irritant in joint pains and applied in paralysis and nervous pain.

**Presentation :**

30 ml.

**5. RAUGHAN-E-TURB****Reference :**

National Formulary of Unani Medicine, Part I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Aab-e-Turb	Radish juice	Q.S
2.	Raughan-e-Kunjad	Gingelly oil	100 %

**Dosage and Adjuvant**

Used as ear drops (or) as directed by the Physician.

**Indications:**

Ear ache.

**Presentation :**

10ml, 30 ml.

**XI. SHARBAT****1. SHARBAT BUZOORI MOTADIL****Reference :**

National Formulary of Unani Medicine, Part I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Bekh-e-Kasni	Wild chicory root	11.11 %
2.	Bekh-e-Badiyan	Fennel stem	5.55 %



3.	Tukhm-e-Kasni	Wild chicory seeds	5.55 %
4.	Tukhm-e-Khiyarza	Tukhm-e-Khiyarza	5.55 %
5.	Tukhm-e-Khiyar	Cucumber seeds	5.55 %
6.	Tukhm-e-Kharbuza	Sweet melon seeds	5.55 %
7.	Tukhm-e-Khasak Khurd	Tribulus terrestris	5.55 %
8.	Aab	Water	Q.S
9.	Qand Safaid	Sugar	55.55 %

**Dosage and Adjuvant**

15 to 30 ml two times a day (or) as directed by the Physician.

**Indications :**

It is a diuretic and cooling syrup. It is given in nephritis, pyrethrits, fever, jaundice, ascites etc.

**Presentation:**

200 ml, 500 ml.

**2. SHARBAT-E-ANAR SHIREEN****Reference :**

National Formulary of Unani Medicine, Part I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Aab-e-Anar Shireen	Pomegranate sweet fruit juice	50 %
2.	Qand Safaid	Sugar	50 %

**Dosage and Adjuvant**

15 to 30 ml two to three times a day (or) as directed by the Physician.

**Indications :**

It strengthens heart and liver and stops thirst. It is given in diarrhoea in summer.

**Presentation :**

200 ml, 500 ml.



## XII. KHAMIRA

### 1. KHAMIRA GAWZABAN SADA

#### Reference :

National Formulary of Unani Medicine, Part V

#### Ingredients :

Sl.No.	Unani Name	English Name	Qty
1.	Abresham Muqarraz	Silk cocoons	0.22 %
2.	Badranj boya	Badranj boya	1.58 %
3.	Berg-e-Gawzaban	Gawzaban leaves	1.36 %
4.	Burada Sandal Safaid	Sandal wood white	1.13 %
5.	Behman Surkh (Neem Kofta)	Red behen	0.90 %
6.	Tukhm Balangoo	Balangoo seeds	1.13 %
7.	Tudri Surkh	Tudri Surkh	0.45 %
8.	Kishneez Khushk	Coriander	1.36 %
9.	Gul-e-Khatmi	Marshmallow	0.45 %
10.	Gul-e-Gawzaban	Gawzaban flowers	0.45 %
11.	Shakar Safaid	Honey	90.69 %
12.	Sat Leemu	Lemon salt	0.18 %
13.	Natroon Banjawi	Natroon Banjawi	0.05 %

#### Dosage and Adjuvant

3 to 6 gms one or two times a day (or) as directed by the Physician.

#### Indications :

It strengthens heart and brain. It increases the acuity of vision. It is given in palpitation, insomnia and mental disorders.

#### Presentation :

100 gm, 500 gm.

## XIII. KUSHTA

### 1. KUSHTA NUQRA

#### Reference :

National Formulary of Unani Medicine, Part V



#### Ingredients :

Sl.No.	Unani Name	English Name	Qty
1.	Warq Nuqra	Silver leaves	100 %
2.	Arq Gulab	Calotropis lates	Q.S
3.	Aab-e-Gheekawar	Aloe juice	Q.S

#### Dosage and Adjuvant

60 mg two times a day with butter (or) as directed by the Physician.

#### Indications :

Impotency, spermatorrhoea, premature ejaculation, weakness of vital organs like heart, liver, brain.

#### Presentation :

2 gm, 10 gm.

## XIV. MARHAM

### 1. MARHAM KAFOOR

#### Reference :

National Formulary of Unani Medicine, Part V

#### Ingredients :

Sl.No.	Unani Name	English Name	Qty
1.	Safaida Kashgari	White lead	14.45 %
2.	Kafoor	Camphor	3.61 %
3.	Roghan Kunjad	Coconut oil	Q.S
4.	Mom Asli (pure wax)	White wax	36.14 %
5.	Alcohol Khabshi	Alcohol Khabshi	Q.S
6.	White Part of egg (Egg albumin)	Egg sheel	45.78 %

#### Dosage and Adjuvant :

For external use (or) as directed by the physician.

#### Indications :

External use. It is used in burning wounds, chronic ulcers, ring worm infections and warts etc.

#### Presentation:

20 gm, 50 gm.



## XV. SUFOOF

### 1. SUFOOF-E-HABIS-UD-DAM

**Reference :**

National Formulary of Unani Medicine, Part I

**Ingredients :**

Sl.No.	Unani Name	English Name	Qty
1.	Sang-e-Jarahat	Soapstone	11.11%
2.	Samagh-e-Palas	Butea gum	16.66%
3.	Mayeen Kalan	Tamarix gall	5.55 %
4.	Sadaf Sadiq	Pearly oyster burnt shell	5.55 %
5.	Gil-e-Armani	Red ochre	5.55 %
6.	Damm-ul-Akhwain	Dragon’s blood	5.55 %
7.	Qand Safaid	Sugar	50 %

**Dosage and Adjuvant**

1 to 1.5 gm two to three times a day (or) as directed by the physician.

**Indications :**

All types of haemorrhages, epistaxis, haemetemesis, haemoptysis, bleeding piles and bacillary dysentery.

**Presentation :**

100 gm, 500 gm.



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