Sharbat-e-maweez is effective in soo-ul-qiniya bawajah qillat-e-faulad (iron deficiency anemia): A review

Tausif Khan, AH Farooqui, MD Neshat Ahmed and Ayesha Fatima

Abstract
Anemia is a condition in which the oxygen carrying capacity of blood is reduced. Various types of anemia are characterized by reduced numbers of RBCs or a decreased amount of hemoglobin in the blood. According to WHO, Haemoglobin (Hb) of less than 13.0 gm/dl in adult male, less than 12.0 gm/dl in adult non pregnant female and less than 11.0 gm/dl in pregnant female should be considered as evidence of anemia. Most of the unani physicians use the term Soo-Ul-Qiniya, which is similar to anemia, with clinical features of Zaaf-e-Kabid (Weakness of Liver), Zufr-e-Talqia (Nail brittleness) or Fasad-e-Mizaj (Abnormal Temperament), Zardi-wa-Sufaid Jild (Pallor& Yellowish discoloration) and Sudaa (Headache). In many Unani books of medicine, Sharbat-e-Maweez is suggested to use in Iron Deficiency Anemia. It is a good Nutrient and Haemopoitic drug. Its effects are, mawalid-e-dam (Haemopoitic), muqavvi-e-bah-wa-badan (Aphrodisiac & General body tonic), muqavvi-e-meda-wajgar (Stomachic& Strengthen the Liver). Sharbat is palatable and easy to administer form of Unani formulation.

Keywords: Soo-Ul-Qiniya, Zaaf-e-Kabid, Zardi-wa-Sufaid Jild, Sudaa, mawalid-e-dam

1. Introduction
Soo-ul-Qiniya is a combination of two words “Soo and Qiniya” both are Arabic words ‘Soo’ means defect whereas; ‘Qiniya’ means treasure or assets. By continuing both words it become Soo-ul-Qiniya means defect in asset of the body. According to classical Unani literature Soo-ul-Qiniya means defect in the blood. Soo-ul-Qiniya is the condition in which there is decrease in the amount of blood and alteration in its constituents with decrease in the number of Kuriryat-e-Hamrah (Red Blood Cells). When liver becomes functionally weak due to the alteration in its Mizaj (Temperament) it leads to deterioration of whole body. One of the most important causes of Soo-ul-Qiniya is severe malfunction of the liver due to the alteration in its temperaments. Soo-ul-Qiniya is a disorder of blood which refers to deterioration in the quality or quantity of blood due to decreased amount of iron in the body. [1, 9]

Most of the unani physicians use the term Soo-ul-Qiniya, which is similar to anemia, with clinical features of Zaaf-e-Kabid (Weakness of Liver), Zufr-e-Talqia (Nail brittleness) or Fasad-e-Mizaj (Abnormal Temperament), Zardiwa Sufaid Jild (Pallor & Yellowish discoloration) and Sudaa (Headache). The term faagruddam was coined in 20th century before this period the term Soo-ul-Qiniya was used as its synonym. Hakeem Mohammad Kabiruddin (1894-1976AD) has described Soo-ul-Qiniya with synonyms of faagrudam’, Qillatu-dam, Fasadu-dam. In this condition there is decrease in the amount of blood and alteration in its constituents with decrease in the number of Kuriryat-e-hamrah (Red Blood Cell). One of the most important causes of Soo-ul-qiniya is severe malfunction of the liver due to alteration in its temperaments. [9, 23]

Various Unani physicians have described the change in the blood in their own ways. According to them, excessive bleeding, cessation of menstrual bleeding, pathology in the liver and stomach etc. are responsible for the production of imperfect blood and development of Soo-ul-Qiniya. Avicenna described the disease Soo-ul-Qiniya which is similar to iron deficiency anemia (IDA) with clinical features of weakness, palpitation, pallor, fatigue and amenorrhea in the female. The symptoms of Iron deficiency anemia are weakness, extreme fatigue, pallor, shortness of breath, headache, palpitation, rapid heartbeat (tachycardia), confusion or loss of concentration. Other classical features are kolonychias (spoon shaped nail), glossitis, Stomatitis and dysphagia. [3, 24, 26]
Introduction of Sharbat-e-Mawez
In many Unani books of medicine, Sharbat-e-Mawez is suggested to use in Iron Deficiency Anemia. It is a good Nutrient and Haemopoietic drug. Its effects are mawallid-e-dam (Haemopoietic), muqavvi-e-bah-wa-badan (Aphrodiasiac & General body tonic), muqavvi-e-meda-wa-jigar (Stomachic & Strengthen the Liver), muqavvi-e-Qalb-wa-dimaq (Cardio tonic & Brain tonic) and mulayyan (Laxatives). All these effects may help to manage the condition of Soo-ul-Qiniya bawajah Qillat-e-fualad (Iron Deficiency Anemia). There for it seems very relevant to the condition of Iron Deficiency Anemia. Sharbat is palatable and easy to administer form of Unani formulation. [13, 27, 33]

Method of Preparation
All single medicine is soaked in water overnight and decoction is made in morning. In this decoction Honey is added and then it is boiled to consistency of Sharbat.


Dose: - 25ml Bd. [13]

Sharbat-e-Mawez Ingredient and Quantity: [13]

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Ingredients</th>
<th>Botanical Name</th>
<th>Each 250ml Contains</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mawez Munaqa</td>
<td>Vitis vinifera linn</td>
<td>25 gm</td>
</tr>
<tr>
<td>2</td>
<td>Balchad (Sumbulattib)</td>
<td>Nardostachys jatamansi</td>
<td>1.75 gm</td>
</tr>
<tr>
<td>3</td>
<td>Zafran</td>
<td>Crocus sativus</td>
<td>1.75gm</td>
</tr>
<tr>
<td>4</td>
<td>Zanjabeel powder</td>
<td>Zingiber officinale</td>
<td>1.75gm</td>
</tr>
<tr>
<td>5</td>
<td>Jozbuwa (jayaphal)</td>
<td>Myristicafragrans</td>
<td>1.75gm</td>
</tr>
<tr>
<td>6</td>
<td>Qaranful</td>
<td>Eugenia caryophyllata</td>
<td>1gm</td>
</tr>
<tr>
<td>7</td>
<td>Mastagi</td>
<td>Pistacia lentiscus</td>
<td>1gm</td>
</tr>
<tr>
<td>8</td>
<td>Shaded (Honey)</td>
<td></td>
<td>250ml</td>
</tr>
</tbody>
</table>

Mawez Munaqa (Vitis vinifera linn) TEMPERAMENT: Hot and Moist. [34]
ACTION: Mughazzi, Muqawwi Jigar, Mawalid-e-Dam, Muqawwi Badan, Munjiz-e-Khit galiz, Mufatteh Sadad, Mulaiyan-e-Shikam, Mohallit, Jali. [34]

Balchad (Nardostachys jatamansi) TEMPERAMENT: Hot1 and dry2. [34]
ACTION: Mohallit-e-Warom, Musakkin, Jali, Mutayyib-e-Dahan, Mufajjil, Kasir-e-Riyah, Muqawwi-e-Qalb, Muqawwi-e-Dimaq, Mudirr-e-Bah. [34]

Zafran (Crocus sativus) TEMPERAMENT: Hot3 and Dry3. [34]
ACTION: Mawallid-e-Dam, Mufarreh, Mudirr-e-Bah, Mudirr-e-Haiz, Muqawwi-e- Reham, Muqawwi-e-Bah, Muqawwi-e-Meda, Daf-e-Tashannuj, Musakkin. [34]

Zanjabeel (Zingiber officinale) TEMPERAMENT: Hot3 and dry2. [34]

ACTION: Kasir-e-Riyah, Hazim, Munaffis-e-Blagham, Jali [34].

Jozbuwa (Myristicafragrans) TEMPERAMENT: Hot2 and Dry3. [34]
ACTION: Mufarreh, Muqawwi-e-Kabid, Muqawwi-e-Bah, Mutayyib-e-Dahan, Muqawwi-e-Meda, Qabiz, Kasir-e-Riyah, Mukhaddir [34].

Qaranful (Eugenia caryophyllata) TEMPERAMENT: Hot3 and Dry3. [34]

Mastagi (Pistacia lentiscus) TEMPERAMENT: Hot2 and Dry2. [34]
ACTION: Muqawwi-e-Meda wa Jigar, Kasir-e-Riyah [34].

Shahed (Honey) TEMPERAMENT: Hot2 and Dry2. [34]

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