Documentation status of Arq-e-Mako: A Unani compound formulation in perspective of Unani literature

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Abstract

Aim of the study: The drugs of complementary alternative systems of medicine have been used since centuries. The Unani system of medicine (USM) is one among the complementary alternative systems of medicine and the physicians of this system prescribed drugs and other therapeutic measures to the patient. Now, the evidence based medicine limits the role of the healthcare personnel with a sense of responsibility about what they prescribe, administer and follow any procedure. The present study is an effort to evaluate the status of documentation of Arq-e-Mako, a commonly used pharmacopoeia drug formulations in Unani System of Medicine.

Methods: The data was collected from the all possible Unani literature through an extensive search to record the information related to Arq-e-Mako. The Interpretive phenomenological analysis was carried out with the recorded data. The aim of analysis was to generate various themes and presented in different tables. It included the status of documentation regarding preparation method, quality, standards, and claims for drug action, and uses. It also included the historical anecdotal evidences, case reports, experimental evidences from animals and human studies.

Results: There was a fair consistency in historical documentation of the method of preparation, uses, actions and indications of Arq-e-Mako. But there was very little literature found in terms of the clinical trial, case reports or animal experimental assessment.

Conclusion: Documentation status of the Arq-Mako was satisfactory in terms of consistent use of the product and product details.

Keywords: complementary alternative systems of medicine; documentation status; anecdotal evidence; Arq-e-Mako

Introduction

The Ilaj bil Murakkab is one of the treatment mode adopted by the physicians of Unani medicine, in which two are more single drugs are used in a specific dosage form in order to treat a disease. The Qarabadeen (pharmacopoeia) are reference books consisting combinations of Unani formulations. These books are based on certain principles and include method of preparation, dosage and indication etc. WHO drafted a Guideline in Munich Germany for herbal medicine in 1991 and recognized the Unani System of Medicine as an Alternative System of Medicine. The Unani classical books having the detailed mention of Arq-e- Mako that include preparation method, ingredients, dose, indication and mode of administration. [1]

Recently, safety of some herbal ingredients has been questioned because of the identification of adverse events associated with their use and, the demonstration of clinically relevant interactions between herbs and prescription drugs. Adverse events (stroke, heart attacks, heart-rate irregularities, liver toxicity, seizures, psychoses and death) associated with use of ephedra for weight loss, body-building effects and increased energy or kava-kava widely used in Europe and increasingly in Canada to treat anxiety, nervousness, insomnia, pain and muscle tension, have caused some countries to issue regulations restricting or banning these products[2]. The work intended to explore the possibilities of what needs to be done further so that the claims get the status of an evidence for the use of these formulations as drugs along with the extant of documentation of Unani drug formulations.

It is imperative on the scholars of Unani medicine to systemize the documented information for assessment of the claims of Unani medicine. It will be the initial step to evaluate the prospects of converting this rational system into an evidence based system of medicine.

Unani system of medicine has got a lot of knowledge base in relation to practice of drug therapeutics with a lot of written records about the claims regarding efficacy, toxicity,
Standard procedures of preparation of drug formulation, etc. The present study is an attempt to evaluate the status of documentation of the claim for Arq-e-Mako.

Material and Method
The different categories of Unani books consisting various information such as preparation methods in Qurabadeen and indications in Moalajat books along with advanced information were searched. To evaluate the documentation status the following methodology was adopted. The data regarding the Arq-e-Mako was collected from the all possible Unani literature, either books or published and unpublished studies. An extensive search was carried out to record the information of these formulations. Interpretive phenomenological analysis was carried out with the document information [1] to generate various themes/sub themes and presented in suitable lists of tables.

To know the preparation method, storage and dosage form, classical text books were referred, the journal and published articles irrespective of language were surveyed for information of various aspects of Arq-e-Mako. Aspects included the recommended doses and duration of treatment alone or as adjuvant along with common indications of the formulations and its rare use. Review also included the original articles related to the Arq-e-Mako irrespective of system of medicine. It also included new techniques adopted for its contents, preparations and active ingredients. All the published cases reports related to Arq-e-Mako were also incorporated in the study. The documentary claims were interpreted using WHO criteria for evidence claim along with discussion and interpretations.

Results
Documentation Status of Arq-e-Mako
Arqiyat (singular: Arq or aqua) are distillate obtained from one or more medicinal ingredients with or without previous dilution with water; an aqua, however, emplies the condensed vapors. There are three methods by which the aqua is obtained. [4]

(1) The conventional: Qara Ambiq or the modern refluxing apparatus, (2) The Daig Bhapka, (3) Modern distillation method which permits the large scale preparation of aquae. In addition, through the application of modern techniques, many ingredients which were previously lost can be obtained and the application of fractional distillation techniques holds considerable promise. [4] Its origin is of Arabs. It is volatile part of drugs in the form of liquid. [5] Arq-e-Mako is a liquid preparation obtained by steam distillation of the fruits of Mako, in accordance with the composition of formulation as stated in Table 1. Its Mizaj is Braid 1st 'Yaris 2st, claimed to have adverse effect on Musama, and it is used along with its mulsilh, Qand safaid and Shahad khalis. [6]

Documentation related to Method of Preparation of Arq-e-Mako
The Ingredients of which the formulation is composed are summarized in Table 2.

Preparation and administration is same as the Aab-e-Kasni. Mako siyah should not be used in preparation as it causes junoon [7, 8, 9, 10, 11]. It is also referred as Mai- e- Inabas Sa’alab. The dried fruits of Solanum nigrum is stirred a little and tied in a loose bag, after which it is soaked overnight in 6 lit of water. 4 lit of the aqua distillate are obtained in the morning through distillation and stocked in bottles21, 24. Pav ser (250g) 31, 34, or one ser (960g) 30 of dried Solanum nigrum is stirred a little and tied in a loose bag, after which it is soaked overnight in 6 ser (5.76 lit). 2.5 ser (2.4 lit), 3ser (2.88lit) [12] or 20 ser (19.2 lit) of water. 15 ser (14.4 lit) [13] of the aqua distillate are obtained in the morning through distillation and stocked in bottles [14].

Physicochemical standards of Unani formulation Arq-e-Mako
Appearance, liquid; Colour, colourless; Smell, aromatic; Taste, tasteless; pH as such, 4.93; Optical rotation, +0.5; Refractive index, 1.3325; Weight per ml. 0.9882g; Qualitative test for ethanol, negative[13].

Documentation related to dosage and administration of Arq-e-Mako
125 ml with 25ml of Sharbat Kasni[4, 16], 60-120 ml[17], 60-100 ml[18], 12 tola Arq with 2 tola Nabat Safed[12, 14], 12 tola Arq with 2 tola Sharbate Nilofer [19].

Documentation of the claims for Arq-e-Mako
The actions claimed associated with the use of Arq-e-Mako are summarized in Table 3 and the detailed description of the indicated use as described in the source literature of Unani medicine are summarized in Table 4.

Table 1: List of ingredients of Arq-e-Mako in various sources of Unani literature

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Ingredients</th>
<th>[4]</th>
<th>[18]</th>
<th>[16]</th>
<th>[17]</th>
<th>[13]</th>
<th>[12]</th>
<th>[19]</th>
<th>[14]</th>
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<tbody>
<tr>
<td>1</td>
<td>Mako khushk (g)</td>
<td>30</td>
<td>500</td>
<td>300</td>
<td>1 part</td>
<td>960</td>
<td>240</td>
<td>1200</td>
<td>240</td>
</tr>
<tr>
<td>2</td>
<td>Aab (Litres)</td>
<td>6</td>
<td>10</td>
<td>6</td>
<td>20 part</td>
<td>19.2</td>
<td>5.760</td>
<td>q.s.</td>
<td>5.76</td>
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</tbody>
</table>

Table 2: List of Actions Arq-e-Mako in various sources of Unani Medicine

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<tbody>
<tr>
<td>Antiphlogistic for liver, spleen, stomach, bowels &amp; uterus</td>
<td>+</td>
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<td>Mukaawwi-e-kabid</td>
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<tr>
<td>Musakkin-e-hararan</td>
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<tr>
<td>Nafae bukhur due to inflammation of jigar and meda</td>
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<tr>
<td>Nafae Murakhab bukhur</td>
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<td>Nafae vargan</td>
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<td>Musakkin e atsh</td>
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<tr>
<td>Mukaawwi e azae rayeesa</td>
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<tr>
<td>Nafae khatqan</td>
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<tr>
<td>Nafae saudawi amraz</td>
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<tr>
<td>Mulattif</td>
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</tbody>
</table>
Table 3: Anecdotes and Case reports Arq Mako

<table>
<thead>
<tr>
<th>Use</th>
<th>Description of Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qula’a</td>
<td>Application of Sheer-e-Khishr dissolved in Aab-e-Mako is beneficial in Qula’a of children. [27] In Qula (stomatitis) Gargle of Aab-e-Mako mixed with Sirka and Rasot is beneficial. [32] In Qula’a Ahmar, gargle of Sandal Surkh and Fojil after concocted in Aab-e-Mako is beneficial in Qula-e-Ahmar. [33]</td>
</tr>
<tr>
<td>Htonton ka Waram</td>
<td>Tila of Rasot by dissolving it in Aab-e-Mako is much beneficial in inflammation of lips (waram-e-shafatain) especially in early stage of disease. [27]</td>
</tr>
</tbody>
</table>

Table 4: Clinical use of Arq-e-Mako as detailed in Unani texts of Molajaat

<table>
<thead>
<tr>
<th>Use</th>
<th>Description of Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tehal ka Sue Misaj Har</td>
<td>Aab-e-mako sabz, Aab-e-Barg Beal, Aab-e-Kasoo with Sinkanjabeen is indicated for treatment of Sue Misaj Har of Tihal (spleen). [27]</td>
</tr>
</tbody>
</table>
| Waram-e--Masana | In the treatment of Waram-e-Masana (cystitis) Malayyuan Mobarak with Aab-e-Makois useful. [27] Prepare an enema by mixing of Maghaz-e-fuloso Khyar Shambar in Aab-e-Mako. Use it in Waram-e-Masana Har. (cystitis), Local application of paste of Arad Jao, Banafsha, Khatmi, Aab-e-Kasni, and Aab-e-Mako is also beneficial in treatment of Waram-e-Masana Har. (Cystitis). [34] The treatment of Waram-e-Masana (cystitis) is administration of resolvent medicine, such as Maghaz Khyar Shambar, Aab-e-Makoorally. In the treatment of Waram-e-Masana Har Qaairoo should be applied. The Qaairoo should prepare with Aab-e-
An ointment is beneficial for cancer. To prepare the ointment, by making fine powder of safed kashghari, Tootiya Maghsool, Roghan-e-Gul, then grind it in Aab Khurfa or in Aab-e-Mako Sabz, Luab-e-Asphghol and Aab-e-kaddu Sabz. Sartan in Kitabul Ghina Muna under the chapter of Sartan, it is quoted to apply the ointment which was prepared by grinding Asfedaj, Asrab, TootiyaSabzMaghsool in Roghan-e-Gul or Aab-e-Kahna or Aab-e-Mako or Luab-e-Asphghol or Aab-e-Kaddu or Aab-e-Kharyar. Sartan is mentioned in Kitabul Umda fil jarahathat such Quroon with was prepared with Roghan-e-Gul, Aab-e-Kishneeze sabz, Aab-e-Makound Aab-e-Tootiya maghsool should be applied locally for cancer. The dressing in wound of cancer should be done by ointment prepared with Safidaa Qalai, Tootiya Maghsool grinded in Roghay-e-Gul and Luab Asphghol with Aabe Kakdi, Arq-e-Gul and Luab Asphghol with Aab-e-Gul. This ointment is beneficial in both ulcerative and non ulcerative cancer.

In the cancer of eye, paste of Arad Jao, Banafsha Khush, Neelofar, Arad Baqla, AkleelulMalik, Baboona, Aab-e-Kakna and Aab-e-Mako Sabz should apply. The ointment which is prepared with Safed Qalai, Tootiya-e-Maghsool(equal) in Roghan-e-Gul and Aab-e-Mako Sabz or Aab-e-Khurfa Sabz or Aab-e-Kishneeze should be used for cancer.

It is mentioned in Kitabul Hawi that the Haldi, Asfijad, Rasas, and Gul-e-Armanish should be Tila after pulverizing in Aab-e-Mako and Roghan-e-Gul over ulcerative cancer.

The development of Haematuria, Meningitis like symptoms and blackish tongue are feature of Qurunus-Sumbal toxicity. The toxicity treated by oral administration of Aab-e-Jao and Arq-e-Mako. The treatment of Quroonus Sumbul poisoning is induction of vomiting by Mansh Shair or Roghan Banafsha. After evacuation, Kafoor with Galbad and Qures-e-Kafoor with milk should be given for Tabled,Aab-e-Kharyar, loab-e-Bihidana, loab-e-Asphghol, Aab-e-Anar, Sheera Khurfa, Roghan-e-Badam, Roghan-e-Gul, Aab-e-Tarbooz and Aab-e-Mako should also be used for Tabled purpse. It is also mentioned in Tibb-e-Akbar that Sandal and Gulab should also be paste over chest and liver. Oral administration of Aabe Kakri, Ma'ush shearer, and Arq-e-Mako is indicated in Quroonus Sumbul poisoning.

For treatment of hepatic pain (Auja-e-kabid), Aash-e-Jao, Aab-e-Buqool, Aab-e-Kasni, Aab-e-Mako with Sikanjabeen and sugar should be used. In Auja-e-Kabid Aab-e-Kharyar, Aab-e-Mako, Aab-e-Kasisni, Aab-e-khurfa, Sikanjabeen and Amaltas are indicated in order to relieve pain. Waja'ul kabid (Hepatic Pain): Advice laxative for hepatic pain, Arq-e-Mako and Arq-e-Kasni should be orally administered as stated in Kitabul Muktaharat Fil Tib.

It is mentioned in Kitabul Mansoori that, Aab-e-Kasni, Aab-e-Mako Sabz, Aash-e-Jao should be advised for treatment of jaundice associated with fever. YanqarFor the treatment of jaundice; Aab-e-Kasni, Aab-e-Mako, Aab-e-Tarbooz, Aab-e-Jao, Aab-e-Kharyar, Aab-e-Kaddu and Aab-e-Kasos mussa with sikanjabeen should be given. Maul Jaam, Safoof Halaalia Zard, Amaltas, Sheera-Khishht, Aab-e-Kasni and Aab-e-Mako are useful in Jaundice for laxative purpose. The favourable deobstruent should be used after evacuation of morbid matter in jaundice such as Aab-e-Mako, Aab-e-Kasni, and Sikanjabeen. The pill prepare with fine powder of Maqzg Tukhm e Khayarain, Gulab, Zarishk each 10 gmTabasheer, Rewand Chini, Usara Ghafs, Tukhm Kishn Kishn Kasos each 3.5 gm and Kafoor 1.9g. Should be given in dose of 7g with Arq Kasni 140 ml Arq-e-Mako 70 ml Arq lublab 70 ml and Sikanjabeen for treatment of jaundice. Arq-e-kasni, Arq-e-Mako, applied with soaked cloth over inflamed liver. It promptly relieves and yellowishness of urine also reduces suddenly. It is mentioned in Kitabul Muktaharat Fil Tib that Aab-e-Barg-e-Jhaa,Aab-e-Barg-e-Khira, Aab-e-Barg-e-Moofli, Sikanjabeen, and Arq-e-Mako, should be given to patient of Yarqan Siyah. Halalaa, Aftistant, Arq-e-Lablab, Arq-e-Kasni, Arq-e-Mako, with Aab-e-BargMoofli should be given to patient of Jaundice and Aab-e-Barg-e-Moofli, Sikanjabeen or Aab-e-Karafs, Aab-e-Mako. Arq-e-Mako 105g, Aab-e-Lublab 70g should be given after softening the abdomen with khyar shamber. Yarqan: Oral administration of Aab-e-Kahu, Aab-e-Kasisni or Aab-e-Mako with Sikanjabeen is indicated for treatment of yarqan (Jaundice).

In Ghina Muna it is stated that Arqiyat Barida should be recommended for treatment of headache and migraine such as Aab-e-Mako Sabz, Aab-e-KasniSabz, Aab-e-KishneezeSabz. If insufflations (Saoot) are required in treatment of Suda'a-e-Safrawi, the insufflations of Roghan-e-Banafsha or Neelofar, specially Roghan-e-Kaddu, Roghan-e-Kharyar, Aab-e-Khas or Aab-e-Buqool orAab-e-Mako or Roghan-e-Sartan alone or with Aab-e-Mako or fresh Aab-e-Kaddu should be used. The migraine due to Hararat (hotness) should be treated by instillation of below mention formula. Prepare fine powder of Qand Safaid (sugar) Za'Yran and Kafoor equally, dissolve this fine powder inAab-e-Kharyar or Aab-e-Mako and use as nasal drop. Dissolve kafoor in Arq-e-Qate or Arq-e-Khira or Arq-e-Mako and use as nasal drop in Suda'a-e-Haar. (Headache) Suda'a-e-Damwi (Headache): In the treatment of Suda'a-e-Damwi, purgation should be given and it thurst develops due to Mus'hl then advise to use Arq-e-Mako and Arq-e-Kasni. Oral administration of Irifil Kilshneeze followed by decoction of Maweez Munaaqq 2 tola, Kishneeze Kuskh 4g, which were concocted in Arq-e-Mako should use along with Sheera Tukhm-e-Kasni 6g and Sharbat Nilofer 4 tola. Oral use of Ayarij Feqra with Irifil Kilshneeze followed by Arq-e-Shahtra and Arq-e-Mako each 5 tola provide relief in headache. The oral administration of Loab-e-Bihidana and Sheera Tukhm Kharyar which obtained in Arq-e-Mako and Arq-e-Shahtra after dusting Khaki is beneficial in bilious headache associated with fever. Next day add Sheera Tukhm-e-Kaddu Sheerin, Tukhm-e-Kahu and Sheera Aalu Bokhara in it. If migraine (Shapeeqa) associated with giddiness, then Unnab, Bihidana should be given after boiling in it Arq-e-Mako, Arq-e-Shahtra and Arq-e-Nilofer along Sheera Tukhm-e-Kahu and Sharbat-e-Nilofer. UseAyarij Feqra 4gm with Irifil Kilshneeze 1 tola and drink lukewarm Arq-e-Mako and Arq Shahtra for treatment of Headache and Migraine.
Khunaq

Prepare the decoctionin Aab-e–Mako by boiling Adas, Gul-e–Sarkh, Gul-e–Bihi, Gulnaar, Sandal and Fofil in it. This decoction is useful in diphertheria. The treatment of Khunaq (Tonsilitis) is gargle with laxative thing such as Aab-e–Mako, Aab-e–Bartang, and Aab-e–Kishinzeet tabat, [13] Paste Habb-e–Jadwar 3 gm Raktu and 5 gm after grinding in Aab-e–Makosabz in khamper (Diphertheria).[13] Prepare the decoction of Masoir, Gul-e–Sarkh, and Aalassos in Aab-e–Mako and mix Amalitas in it then gargle for treatment of diphertheria. (Zabha) When resolution of swelling starts, then gargle of Aab-e–Mako, Aab-e–Rayyna and Amalitas should use.[13] Gargle with Samaq, Gul-e–Sarkh, Gulnar, Aab-e–Mako and Rubbas soos is beneficial in khawaneeq-e–dawni and safrawi.[13] It is mentioned in Kitabul Fakhir that for the treatment of kwawaneeq (Diphertheria) Aab-e–Mako with Khyar Shamber should be given. [14] It is mentioned in Kitabil Fakhir that decoction of the coarse powder of Sandal Sarkh and Fofil in Aab-e–Mako and use as gargle for treatment of diphertheria. (Khwaneeq) [14]

Zeequn-Nafas

The treatment of Zeequn Nafashar Maddi is use of AdviyaBarista such as Aab-e–As, Kaaib, Aab-e–Mako.[13] Massage of Roghan-e-Jao with addition of Aab-e–Mako and Aab-e–Asa Al rai over the chest relieved the Ribu and IntisabunNajas.[13] A patient consultis to Hakim alwi khan Saheb for treatment of Asthma due to Saudawi Bobkarat of Heart. The sakeensubadte advised him to take Khamira Gaozaban Mako, Gauzaban, Gaozaban each 4gm, which were soaked in Arq-e–Mako, Arq-e–Gozaban and Arq-e–Keora after adding Sharbat Buzoori. [25]

Jalinoos stated that if Waram-e–Medu and Waram-e–Kabid are associated with hararat and waram (temperature and inflammation) this condition should be treated by use of Aab-e–As, Kaaib, Aab-e–Mako and Aab-e–Gozaban.[13]

Fuwqaq

For Hiccup treatment, application of the paste of Aarad Jao, Khatmi, Aspagoole, Aab-e–Mako with Rogan-e–Gul over stomach, is beneficial.[13] It is described in Tibb-e-Akbar that orral administration of Aab-e–Kaaib, Aab-e–Mako along with Maghze–Amalitas is beneficial in treatment of Hiccup due to Waram-e–Jigir (Hepatitis). [14] Oral intake of Khyar Shamber, Aab-e–Mako in hiccup due to stomach swelling, is beneficial.[13] The hiccup caused by Falighamooni Jigir should be treated by use of Arq-e–Mako, Arq-e–Kasni and Jund bedaster.[14] The hiccup due to hepatitis and associated with nausea should be treated by vesecion of Basili vein and oral administration of Aab-e–Mako, Aab-e–Kaaib.[14] In colic (Qulnan), if Waram (inflammation) is due to Hararat, Arq-e–Mako, Lublub, Khyar Shamber and Roghan-e–Badam should be advised orally.[13] Oral administration of Arq-e–Mako, Arq-e–Gozaban, Arq-e–Khyar Shamber and Sharab-e–Rainhani should be prescribed for the treatment of intussuction (Anco ka palat Jana),[13] The management of Qolanj-e–Warami Haar is devided into 2 parts. In beginning, Arq-e–As, Arq-e–Kaaib, and Luab Asphol should be paste over swelling and in second part enema of Arq-e–Mako, Roghan-e–Badam and Aab-e–Kaknaj should be done.[13] Qolanj safrai should be treated by oral administration of Arq-e–Mako, Arq-e–Kaknaj and Maghze–Amalitas.[15] In Qolanj, for Talayyan-e–Tabiyat, Aab-e–Anarain, Aab-e–Barg–Khatmi, Aab-e–Kasni, Aab-e–Mako should be given orally.[16] ForTalayiy-e–Tabiyat in Qolanjwarami, Aab-e–Mako, Aab-e–Barg Khatmi, Aab-e–Kasni Aab-e–Anarain should be given.[15] The Enema prepared with Aab-e–Mako Saz, Aab Kaaib, Lublub, each 5 tola. Amalitas 15 masha and Roghan Badami Shirini should be done in Qolanj.[25] In Ghina Muna, it is mentioned that he has seen a patient, whose scrotal skin was removed due to putrification and only muscle was left. He has been treated, and the skin was regenerated and became fit. The medicine used in this treatment was Sandal–Gul-e–Sarkh, Koofer, Sang-e–Yabis and Aab-e–MakoSaz.[32] The paste prepared by concoction of paste Anaar tursh, Aidas and Gul-e–Surk in Aab-e–Mako then it should be applied with Roghan-e–Gul for treatment of Waram Qazeeb Har (Balanitis).[34]

Gurda wa masana me khoon ka munjamid hona

Prepare the paste with Aarad Jao, Khatmi Safaid, Banafsha, and Aab-e–Makowith Roghan Gul and apply it over pelvis in case of coagulation of blood in bladder and kidney.[32]

Waram-e–Zakar wa Baiza

An ointment is prescribed in Ghina Muna for treatment of Waram-e–Maqad (proctitis). Prepare a decoction of Adas and Gul-e–Sarkh then pulveriz it and make ointment by mixing Aab-e–Mako Saband Roghan-e–Gul in it and apply locally.[32] The treatment is mentioned in Tibb-e-Akbar for soft swelling of anus application of Tila of Adas, Gul-e–Sarkh, equally after grinding mix with Roghan-e–Gul and Aab-e–Mako over anus is beneficial.[32] Application of Masoir Mosqushahr, Khatmi Abyaz, Nakheona in Aab-e–Mako, Roghan-e–Gul and yellow of egg over affected area as paste is beneficial in proctitis and piles.[32] The compound of Arq-e–Barg–Mako, Roghan–e–Gul and wax (Moom) should be used in Proctitis (Waram-e–Maqad Haar) as mention in Kitabil Havi.[31]

Nigras

The treatment of gout pain is local application of the paste which was prepared with Roghan–e–Banafsha, Mom (wax), Aab-e–Kasni and Aab-e–Mako.[32] Habb-e–Nigras is recommended for Nigras management. The method of preparation of Habb-e–Nigras is, first obtain fine powder of Halalita Zard, Halalita, Amla, Zanjameel each 4 misqal, Sater Farsi 7 misqal Shitaraj Hindi 13 misqal, Namak Hindi 2 misqal, Suranjana Safaid, 21 misqal, Fajeez 12 misqal and Muqil 15 misqal and then prepare pills from this after kneading in Aab-e–Mako.[38] Tila (Liniment) of Sandalain, Aab Kasni Sabz, Aab Mako Sabz, and Aab-e–il Saag is...
Shara / Pitti

It is indicated in Ghana Muna that, oral administration of "sufao ajwain" is beneficial in urticaria. If not relieved, then advise patient to take Alwah with Aab-e--Kasni and Aab-e--Mako.[32] In Moalajat Buqratia the treatment of SharaDamwi (sanguinios urticaria) is mentioned, that application of paste on whole body is beneficial. The preparation method of paste is soaking of dry or wet Arad Jao, in Aab-e--Kasni, Aab-e--mako, aab-e--kishneeza sabz and Aab-e--Anar talkh.[30]

Hashawa Jdri

In the management of Hasba wa Jdri (Measles and Chicken Pox) at delayed eruption, the decoction of Anjeer, Munaqqa, Masoor Dal, Badyan, Wood of wood of suk or Arq-e--Badyan, Arq-e--Mako and Arq-e--Karafs should be given; as it is beneficial.[32] A surma was prepared by Tiayah sayyar. The application of that surma in eye during Jdri (Pox) protects the eyes and eruption was not developed in the eye.[49] Make fine powder of Milhe--Chini 3.5 gm Kohal 10.5 gm. Nushasta 10.5 gm Kafoor 512 mg. Soaked this fine powder repeatedly in Aab-e--Mako, Aab-e--Asar ra‘i, Aab-e--Kishneeze, then dry it properly and prepare very fine powder and should be used as surma.[30]

Waram Me’da

The treatment of (Gastritis) Waram-e--Meda is Fasad Baaslic (venesection of Basilic vein) followed by administration of Arq-e--Mako and Arq-e--Kasni and in case of Yaboosat (dryness) Meda Khyar Shambar should be added in Arqiyat.[32] Paste of Sandal, Kafoor, Arq-e--Kasni, Arq-e--Mako and Kishneeze sabz is recommended in Kitabal Mukhurat Fil Tib for treatment of Sae Misja Meda Har(Gastritis). Paste of Arq-e--Mako, Arq-e--Kaknaj and Aab-e--Sada Bahar with Jao Sattoo is also recommended. Oral administration of Aab-e--Alook Bohkara, Unnab, Sharbat-e--Banafsha, Asghool, Arq-e--Kasni, Arq-e--Mako and Arq-e--wild Kasni should be advised. For the treatment of fever associated with gastritis, Arq-e--Kasni, Arq-e--Mako with Badyan should be given.[31] If the patient of Waram-e--Meda Barid (Gastritis cold type) complains dryness, temperature, and thirst then Arq-e--Kasni, Arq-e--Makowith Roghan-e--Arand should be given.[33] The recommended treatment for Waram-e--Meda Sulb is Arq-e--Mako with Ayarij Arkaghanees and also decoction of roots and seeds with Amroisya 4.5 gm should be given.[33] The use of Aab-e--Kasni, Aab-e--Mako, Aab-e--Kaknaj and Aab-e--Tarahshooq should use and continue till Hararat remained.[36]

The gastritis of lean and thin patient should be treated by administration of Khyar Shamber and Arq-e--Mako 2 g or 500 mg. of Ayarij.[30] Use of Aab-e--Kasni, Aab-e--Mako. or Aab-e--Razyana or Aab-e--Karafs relieved Waram-e--Meda Haar (gastritis) if not associated with fever.[34] In case of dryness due to constipation, Khyar Shamber with Arq-e--Mako for one week should be given. After one week add Arq-e--Karafs, Arq-e--Badyan and Qurs-e--Ward 2 gm in that treatment. If temperature and inflammation persist then Arq-e--Mako and Arq-e--Kasni should continue.[35] In mild gastritis (Waram-e--Meda), obtain Sheera Mako and Sheera Tukhm-e--Kasniin Arq-e--Mako, Arq-e--Baranjaisf and advised oral administration with Sharbat-e--Banafsha.[32]

Tabqa-e--Qarnuwa ka Amraz

Tabri mentioned that wet bandage over eye which was soaked in Arq-e--Mako and Arq-e--Gulab is the treatment of cornal disease.[53]

Tabqa-e--Mulithaima ka Waram:

In Moalajat Buqratia it is mentioned that prepare the Shivafat for the treatment of Ashob-e--Chashm (Conjunctivitis). Apply the Shivafat in eye with women’s milk. The method of preparation of shiyafat is; make fine powder of Nushasta, Samagh Arabi, and Samagh Farsi each 3.5 gm, Afyon, Misri 2 gm, Anzaroot Safed is mixed with donkey’s milk 7 gm, Aqlimiya Fizza 3.5 gm, Rasot Tabrani 1 gm. After sieving this powder, prepare the Shivafat. Masoor Pulse or Gram size by mixing it in boiled Aab-e--Mako or Donkey’s milk.[33] The treatment of conjunctivitis damwi with severe pain is local, or for treatment of Kasniin Arq, the white of egg and mother’s milk is made fine powder of Kasni, Aab-e--Mako, Aab-e--Asar ra‘i, Aab-e--Kishneeze, then dry it properly and prepare very fine powder and should be used as surma. [49]

Ashob-e--Chashm

In Moalajat Buqratia, it is mentioned that prepare the Shivafat for the treatment of Ashob-e--Chashm (Conjunctivitis). Apply the Shivafat in eye with women’s milk. The method of preparation of shiyafat is; make fine powder of Nushasta, Samagh Arabi, and Samagh Farsi each 3.5 gm, Afyon, Misri 2 gm, Anzaroot Safed is mixed with donkey’s milk 7 gm, Aqlimiya Fizza 3.5 gm, Rasot Tabrani 1 gm. After sieving this powder, prepare the Shivafat. Masoor Pulse or Gram size by mixing it in boiled Aab-e--Mako or Donkey’s milk.[33] The treatment of conjunctivitis damwi with severe pain is local, or for treatment of Kasniin Arq, the white of egg and mother’s milk is made fine powder of Kasni, Aab-e--Mako, Aab-e--Asar ra‘i, Aab-e--Kishneeze, then dry it properly and prepare very fine powder and should be used as surma. [49]

Danto ka Lambmai Badhna

If teeth are enlarged longitudinally in size the gargle of Aab-e--Mako, Aab-e--Basy-Aleeq and Usara Gul-e--Surkh should be done.[49] It is mentioned in Tihb-e-Akhar that removes the morbid matter in over growth of teeth by gargle of Usaraat-e-Qabiza such as Aab-e--Makoand Gul-e--Surkh.[34]

Dant ka Sabz ya Badiya Rang se Badal Jana

According to Tabri, the treatment of yellowish discouloration of teeth is application Arad Masoor, Arad Jao, and Khatmi over teeth after concocting it in Vinegarand Aab-e--Mako.[49]

Umoor (Danto ke Darmiyani Gosh ki Surkhi):

In the pain of Umoor, gargle of Sirka, Arq-e--Mako, Arq-e--Qushara Kaddu and Arq-e--Khyar Tursh is beneficial.[49]

Namlia

According to Tabri, the treatment of herpe (namla) is administration of Aash-e--Jao with Sikanjabeen sada. If stomach (me’da) is weak then Sikanjabeen along with Aab-e--Kasni and Aab-e--Mako should be administered. If me’da of patient did not tolerate it the Aab-e--Mako with sharbat seb and Arq-e--Gulab should be advised.[30] Tila of Aab-e--Mako is beneficial in herpes. Another Tila mentioned in Moalajat
Humra

Humra can be treated by Tabreed. To provide Tabreed application of bandage after soaking in Aab-e-Makto and Aab-e-Hayyal alam, Asa al rai, Aab-e-Barg-e-Aspgol, Aab-e-Qudah Bed sada, Aab-e-Kaddu and like medicine.[49] In Moulataj-e-Buqriyat, it is mentioned that Tila of Gul-e-Surkh, Gulnar, Gul-e-Armani, Vinegar and Aab-e-Makto is beneficial. [48] Paste of Arq-e-Make with Safed is beneficial in Humra and Namla (Erysipelas and Herpes) as mentioned in Kitabul Mukhtarat Fil Tib.[28] In herpes, cold Tila (liniment) such as Arq-e-Kasni, Arq-e-Makto, Aab-e-Sada Bahar, Aab-e-Khurfa, Sandal, Arq-e-Gulab, Kafoor and Abyoon should apply over affected area.[41]

Falghamooni

In Kitabul Unda fil Jarahat, a formula of Zimad is mentioned for treatment of Falghamooni based on Rad-e-advia. The method of paste preparation is; Take Sandal Safaid, Sandal Surkh each 35 g, Mamisa 10.5 gm Kharya mitti 14 gm and pulverised it till fine powder. Then prepare the paste by adding Sirku and Arq-e-Makoot Aab-e-Kihsnee or Aab-e-Kasni or Aab-e-Kadhu sabz in above fine powder. This paste is indicated in Falghamooni.[40]

Hirgun naar

The Tadheen by the Qariqoot mentioned below is the treatment of burn, hunter injury, abrasion due to journey and erosion due to shoes. The formula of Qariqoot is Teen Qurbasi, Murdar Sang, Khabur Sangas, washed time each 14 gm Aab-e-Kihsnee, Aab-e-Makto each 35 g Roghan-e-Banafsht 105gm and White wax 17.5 g.[40]

Waram Axlul-Uzn

It is mentioned in Tibb-e-Akbar, that Marham Kafoor and Aab-e-Makshoos should be used for the inflammation at base of ear if it is Sadawati nature.[34] External application of Tila (liniment) of Aspgol, Aab Kasni, Aab-e-Mako Sabz and Aab-e-Kihsnee Sabz should be done in cases (Waram-e-Uzn Haar).[29]

Zard Dant

For the cleaning of yellowishness of teeth, paste the Masoor, Jao and Arad Khamti over teeth with vinegar aftergargley Aab-e-Makoosand Vinegar as mention in Tibb-e-Akbar.[34]

Waram Mari

In swelling of oesopagus, paste of Arad Jao, Baboona and Khatmi with Aab-e-Makto and Rogan-e-Gul over chestis beneficial. [38] It is mentioned in Kitabul Mukhtarat Fil Tib, that paste of Arq-e-Kasni, Kaddu, Kheeru and Arq Makto between should be beneficial in Su,l Mizaj Har Mari(Oesopagitis),[38] Sipping of Aab-e-Mako Sabz, Aab-e-Kasni Sabz and Aab-e-Kaknaaj after adding Aalatius and Roghan-e-Banafsht is beneficial in Waram-e-Mari Haar (oesopagitis).[41]

Waram-e-Tehal Har Damw

In Waram-e-Tehal Har Damw, for of the purpos laxation Fuloos-e-Khairy Shamber, Aab-e-Kasni, and Aab-e-Makto should be prescribed. Paste of Arad Jao, Barg-e-Kazmaoo, Gul-e-Surkh, Sandal, Aab-e-Haiful Aalam, Aab-e-Makto, Aqgajiya, Shiyaf-e-Mamisa and Kihsnee should be applied with Sirka over Splicnic area.[34] Obtain Sheera of Badyan, Mako Khiush each 5 gm, Maaeeq Munqaq 9 number in Arq-e-Mako and Arq-e-Badyan and this should be taken with 40 gm khamira banafsht in splenitis. (Waram-e-Tihal)[53]

Zaheer

In early dysentery, Tila of Sandalain, Aab-e-Kasni, and Aab-e-Makto with addition of Kafoor over anal region is beneficial. [34] Maghas/MarofIn tenesmus, for the evacuation of bile (safra), Khairy Shamber, and Sheer-e-Khihs, should be given orally after dissolving in Aab-e-Kasni or Aab-e-Makto.[34] Enema of Arq-e-Makto, Aab-e-Kaknaajand Maussair should be given. In diet only Maussair should be advised in treatment of zaheer. (Dysentery)[34] It is mentioned in Kitabul Mukhtarat Fil Tib, the paste of Sandal Safaid and Surkh, Arq-e-Gulab, and Arq-e-Make with branches of Angoor over stomach should be applied.[53] In early dysentery give enema of Aab-Jao, Aab-e-Makto, Gulab, and Roghan-e-Gul, white of egg and waterof boiled rice.[34] Prepare decoction of Chahar Tukhm by boiling it in Arq-e-Mako and Gulab each 60 ml Then this decoction should be given with Sharbat-e-Banafsht 20 ml as deobstruent for treatment of dysentery (Zaheer). The dysentery which develops after delivery should be treated with Chahar Tukhm 10 g after boiling it in Arq-e-Badyan, Arq-e-Makto each 60 ml with Sheera Maghze Badam 5 numbers.[34] Enema, prepared with Roghan-e-Gul, white of boiled egg, Aab-e-Karnab, Aab-e-Kaknaaj and Aab-e-Mako sabz is indicated in zaheer. (Dysentery)[50]

Waram-e-Kulliya Har

The application of paste prepared with Arad Jao Sandal, Mamisa, Aab-e-Makto Aab-e-Kasni and Roghan-e-Banafsht over kidney is beneficial in waram-e-kulliyah har (Glimerulo-Nephritis)[34]

Waram-e-Gurda (Nephritis): In nephritis associated with constipation, oral administration of Maghe-e-Fuloos Khairy Shamber, Roghan-e-Badam with Aab-e-Makto is beneficial. [34] Waram-e-Gurda (Nephritis) should be treated with application of paste prepared by Arad Jao, Khami, Sandalain, Shiyaf-e-Mamisa, Maidalakdi, Aab-e-Kasni Sabz, Aab-e-Mako Sabz and Roghan-e-Banafsht.[50]

Dard-e-Masana:

The treatment of painful bladder is local application of paste of Sandal, Fofil, Arad Jao, with Aab-e-Makto and Aab-e-Kasni as mentioned in Tibb-e-Akbar.[34]

Khusiyon Ka Waram-e-Har Damw Safrawi

The orchiitis (Waram-e-Khusiya) should be treated by putting the gauze number which was soaked in Aab-e-Kasni or Aab-e-Makto or Aab-e-Kishnee with loab Asphol, Gulab and Sirka.[34] The temperate swelling of scrotum should be treated with paste of Murdar Sang, Sibr, Roghan Gul, and Arq Makto. It also can be treated with paste of Gulab, Usqh and Roghan Banafsht.[34] The orchiitis due to Hararat, paste of Arad Jao,Khami Abyooz, Aab-e-Mako, Aab-e-Kishnee Sabz, Roghan-e-Gul, Sirka Sharabah and yellow of egg...
Waja-ul-Unsayain wa Qazeh

**Tila (liniment)** of Aab-e-Kasni, Aab-e-Kaddu, Aab-e-Kasni, and Aab-e-Mako is recommended in pain of testis and penis due to sue mizaj.[14]

Waram-e-Rahem Har

Oral administration of Maghe-e-Fuloos KhyarShamber with sharbat banafsha or Aab-e-Mako or Aab-e-Kasni relieved constipation. It also relieved visceral swelling and should be given in Waram-e-Rahem (Salpingitis).[34] The Farzaja soaked in Qairoooot which prepared with mom (wax), Roghan-e-Banafsha, Aab-e-Mako Sabz, Aab-e-Bartang And LalSaag should use for treatment of Waram-e-Rahem (salpingitis).[35] Waram-e-Rahem (Salpingitis): Obtain Sheera Badyan, Sheera Mako khuskh, Sheera Tukhm-e-Kasooos each 3gm in Aq-e-Badyan, Arq-e-Mako, Arq-e-Baranjasiq, and Arq-e-Goazaban each 40 ml and then administered it with Khimara Banafsha 40 gm for the treatment of hard swelling of uterus (Nodular salpingitis).[35]

Zamboor and Shahed ki Makki ka katna

Tila of Aab-e-Khatmi, Aab-e-khubaza, Aab-e-Kharfa, Aab-e-Mako Kaknaj is recommended for treatment of Zamboor and Bee sting.[34]

Papeton ka Intifakh

It is mentioned in Kitabul Mukhtar Fil Tib, that Sandal, Shiyaf-e-Mamisa, Arq-e-Kasni, Arq-e-Mako, Supari and Zafran should be Tila in swelling of eye lids.[36] The treatment of swelling of eyelid due to conjunctivitis is Tila of Sihar, Raisot, Shiyaf-e-Mamisa, Fofil, and Zafran in Arq-e-Mako.[34]

Zimad-e-Jaiyyad

Zimad-e-Jaiyyad relieves the sever pain of conjunctivitis. For this purpose grind the Gulab, Nakhoona, and Zafran and then knead it in Arq-e-Kissheen sabz and apply. Cotton soaked in Arq-e-Mako also can be applied.[15]

Gharb (Gosha-e-Chashm ka Nasoor)

If the affected area is hot in gharb then cool it by application of Shiyaf-e-Mamisa, Arq-e-Kasni, Arq-e-Mako, and Arq-e-Sada bahar around it.[15]

Samam wa Tarash

If deafness develops due to hararat, first do the Fasad and then instill the Arq-e-Khus or Arq-e-Mako in ear for treatment purpose.[35] Tarsh Safrawi (Bilious deafness): Instillation of Aab-e-Khah or Aab-e-Mako Sabz is beneficial in deafness due to Safra.[36] Instillation of Arq-e-Mako, Arq-e-Kiisheen relieves the heaviness of ear and deafness associated with Su-e-Mizaj Haar (Hot Temperament).[36] Tarash Safrawi, Aab-e-Khah, Aab-Mako, Aab-e-Kaddu and Roghan-e-Neelofar, are useful in Tarash Safrawi. (Deafness)[35]

Waja-ul-Uzn

The treatment of Waja-ul-Uzn (otalgia) mentioned in kitabul Mukhtarat Fil Tib based on cause, that if it is due to Su-e-Mizaj Haar or Har Madda then instilled fresh milk obtained directly from breast, white of egg alone and Arq-e-Mako, Usara Khas and Arq-e-Kisheen may also be used for this purpose.[15] The Tila of Naraad with Aab-e-Kasni, Aab-e-Mako, and Aab-e-Kasni is useful in Otalgia.[52]

Masodhun ke auram and zakhm

Gargle by Arq-e-Mako and lal Saag with Vinegar is beneficial for the treatment of gingivitis and gingival ulcer which develops due to Har Madda.[15]

Waram Lohat Har


Waram Lauzatayn

Gargle of Qabiz and BaridUssarat after cooling it in ice, is beneficial in tonsillitis. These usarat are Arq-e-Mako, Arq-e-Kasni, Arq-e-Sumaq, Arq-Bih, Arq-e-Gulab, Gulnaar etc.[35]

Pistanon ke auram and un me khoon jam jana


Atashpiays

Paste the Aq-e-Mako, Sada Bahar, Sandal Surkh, after dissolving in vinegar and also paste the Aq-e-Gulab, Kajoor, and cold Usarat in excessive thirst due to Su-e-Mizaj Kabid Har. Arq-e-Kasni, Arq-e-Kharfa with Sikanjabeen and sugar should also be given orally as mentioned Kitabul Mukhtarat Fil Tib.[15]

Istisqa due to Waram-e-Jigar Haar

If Ascitis develops due to Hararat and Waram-e-Jigar Haar, Arq-e-Kasni, Aab-e-Mako, Arq-e-Kaknaj and sikanjabeen with Maghe Amulitas should be given orally. Paste of Sandal, Chhailiya, Balchhar, Ailva, Shiyaf-e-Mamisa, Arad Jao, Khatmi, Banafsha, and Cow Dung (gobar) with Arq-e-Mako, Arq-e-Kasni and aab-e-Kaknaj should be applied over stomach when stomach is empty.[35]

Istisqa (Ascitis): It is mentioned in Firdausul Hikmat that in ascitis oral administration of goat urine with Aab-e-Mako is beneficial.[7] Istisqa-e-Ziqi (Ascitis): Prepare pills in Aab-e-Mako with Shabrum, Usara Afsanteen, Turebud, each 1 Waniq, Ghariqoon, Gul-e-Surkh, each 0.5 dhiram and use it for treatment of Istisqa-e-Ziqi (Ascitis).[36] The best regime for treatment of that condition of Istisqa-e-Ziqi, where temperature remains and body unable to remove Istisqa and swelling, Aab-e-Kaknaj, Aab-e-Mako Sabz, Aab-e-Karafs, Aab-e-Qaflti and Kasni Talkhi.[36] Istisqa-e-Tabli (Ascitis): For the treatment of Istisqa-e-Tabli, oral administration of Majoon Dabidul Ward 7 gm in evening, followed by Sheera of Badyan, Tukhm-e-Kasooos each 3 gm, Muweez Munaaqaq 9 numbers which was obtained in Aq-e-Mako 60 ml, Arq-e-Baranjasiq 60 ml. With Gulqand 40 ml is beneficial.[55] The treatment of Istisqa-e-lahimi is purgation by oral administration of 20 ml goat’s urine and Arq-e-Mako 20 ml.[45] The Ascitis associated with fever should be treated by Arq-e-Mako, Karafs, Luk Maghsool, Qaflti, Rewan, Zafran and Halaai Zard.[45] When fever associated with Ascitis, then Arq-e-Mako, Maghe-e-KhyarShamber, Kaknaj, and Goat’s Urine are the treatment. If it is not successful then administer milk of camel orally.[45]

Baulud Dam

The treatment of haematurea is administration of Usara Kharfa, Arq-e-Makoo, Aab-e-Sada Bahar, Aab-e-lal Sag, Aab-e-Bartang Aab-e-Podina, Aab-e-Summaq, Aab-e-Zarishk and butter milk.[35]

Shiqaq-e-Maqad

Apply Marhum Safeda with Arq Mako and Kafoor in Anal fissure associated with Hararat and drynesses or Marham Safeda with bone marrow of deer, Arq Mako, Arq Kasni and Roghan Mom should be applied.[51]
The Marham Asfdaj is useful in treatment of Anel Fissure. Take fine powder of Safaidha Kashghari 17.5 masha, Kundur 10.5 masha, Aapleeminya-e-Seem (chandki ka mail) 7 masha then grind it in Roghan, Arq Kasni and Arq-e-Mako and prepare ointment.[30]

Waja-al mafasil har

The Tila those can potentiate the organ, relieve the pain and returns the cold matter over organ should use in Waja ul Mafasil Haar, such as Tila of Sandal, Supari, Boosh dard bandi, Aab-e-Sada Bahar, Arq-e-Mako, Arq-e-Kasni, vinegar, Arq-e-Khus, Arq-e-Kishneez and Asphogol, also put the gauze soaked in this Usarat over organ.[41]. This Tila is mention in Kitabul Muktarat Fil Tib for Waja ul Mafasil Haar. It should be prepare with Gulab, Sandal Surkhi, Supari, Shiyaf Mamsa, Boosh Dard bandi, Ayoon, Beeekh luflab knedd in Aab Kishneez Sabz as Nard. This Nard should Tila over affected area after grinding in Arq Galab, Sirka, Arq-e-Mako and Arq Kasni.[41]

Zof-e-Meda

The pill is being used for correction of Sue Mizaj Meda. To prepare the pill, take sib 7 gm, Kaatir 3 gm, Halaila 3 gm, Gul-e-Surkh 2gm, Zafran. 5 gm and then prepare pills in Arq-e-Mako. [33]

Eilaao ‘os

It is mention in Zakira Sabit Bin Quara, that Eilaao ‘os is due to Waram-e-Har should be treated by venscection. After venscection, administration of Aab-e-Mako, Kaknaj, Lablah, Roghan-e-Badam Shirin and Khyar Shambhar is beneficail. [33] Oral administration of Aab-e-Mako, Aab-e-Bartang, Aab-e-Kasni each six tola, after dissolving in Amalitas three tola, Roghan-e-Badam seven masha and Sugar three tola is recommended treatment of Iela ‘os.[30]

Qurooh-e Aalat-e-Baol

The application of paste of Arad Joo, Khatmi Abyaz, Banafsha Yabish, Aab-e-Mako and janglıPiya (wild Onion) over pelvis is beneficial in ulcer of urinary tract.[33]

Foul odour from mouth due to glossitis

Advise gargle of Aab-e-Mako, or Aab-e-Kasni or Aab-e-Khas, or Ania Shireen in treatment of foul odour from mouth due to glossitis. Prepare an ointment by mixing of Aab-e-Mako, Arad Adas, RoghanGul, Zafaran, yellow of egg. Use this ointment in mouth ulcer.[38]

Wardeenaj

For the treatment of Wardeenaj massage with Aab-e-Mako is recommended. [38]

Zaatul Ria

Prepare decoction of Amalitas, Maweez Munaqqa, 3 astar (around 6 tola) with 4 Sakarja water and when water reduces up to half add one sakarja Aab-e-Mako in it. This should give to patient of pneumonia. [30] Boil Amalitas and Maweez Munaqqa each 5 tola till remaining of half quantity and advised the patient to drink it after mixing 125 ml Arq-e-Mako, stat or in devided dose for treatment of pneumonia. [30]

(Zif-ur Mansoor Bhal and Sabab Su

(Complex ulcer) due to Zof-ur Mansoor Bhal should be treated by Eilaao ‘os, that is obtained in Khatmi, Arad Jao, Baboon, Banafsha Khushk, Aslussoos, Aab-e-Mako, Vibhut, Aab-e-Kishneez Sabz and Roghan-e-Har is useful in dysurea and burning micturition.[41]

Kazaz, Due to Warn-e-Rahem

Prepare the paste by mixing fine powder of Jadwar 1 gm BeehSosani 1 gm in 1 tola Marham dakhiliyoon alone with addition of Aab Kasni Sabz 1 tola, Aab-e-Mako Sabz1tola, Roghan-e-Gul 1 tola and white of egg 1 number. This paste pessary should use in Tetanus caused by salpingitis. (Warn-e-Rahem) [37]

Kharish

Drink lukewarm Arq-e- Matbookh and After 1 hour Arq-e-Mako and Arq-e-Goozaba should drink. [37]

Qaraba morakkab ba sabab Su-e-Mizaj Har

Majossi mentioned that the Qaraba Morakkab (complex ulcer) due to Su-e-Mizaj Har should be treated by Tila of Sandalain with Aab-e-Kasni, Aab-e-Mako Sabz, Aab-e-Kishneez Sabz and Aab-e-Khurfa Sabz.[30]

Hirgatal Baul and Ural Baul

The application of lukewarm paste of Khatmi, Arad Joo, Baboon, Banafsha Khushk, Aslussoos, Aab-e-Mako Sabz, Aab-e-Kishneez Sabz and Roghan-e-Banafsha is useful in dysurea and burning micturition.[41]

Sozish-e-Zaban Due to Hararat

The gargo of Bartang, Aab-e-Mako, is indicated for burning of tongue.[30]

Bachchon ka dant nikalna

Application of Aab-e-Mako and Roghan-e-Gul as paste in teething problem is beneficail.[30]

Sue Mizaj Haar Jigar

Take Shagoofa Neeleof3 tola, Barg-e-Gul-e-Surkh 3.5 tola, Sandal Surkhi, Lek Maghsool,Chhaliya each 1.75 tola, Zafran 10.5 masha, Rewand Chini 17.5 masha, Gul-e-Qabris, Mastagi, Hansraj each 10.5 masha, Kafor 7 masha and prepare fine powder then kned the powder and drink water in Arq-e-Mako and Arq-e-Kasni and prepare tablet of 4.5 masha,one tablet of this should be given orally with Arq-e-Kaknaj or Arq-e-Makoot Arq-e-Kasni for treatment of Su-e-Mizaj Haar.[30]

Zeosantariya

The treatment of Zoosantariya due to Safra should be done by Amalitas, Aab-e-Kasni, Aab-e-Mako and tiny amount of Zafran.[30]

Kasrat-e-lo’aab

To treat the excessive salivation, gargle of Rasot, dissolved in Aab-e-Mako with vinegar, should be used.[32]

Khaftaan

Advice Gul Qand Siyoosi to relieve constipation, then after Arq-e-Goozaban, Arq-e-Makoand Sharbat-e-Deenar should be administered.[46]If khaftaan develops due to common cold, then Khamira Goozaban 3gm, khamira khashkhas 3gm should be given with Arq-e-Mako 3 tola, Arq-e-Nilofar 3 tola Arq-e-Goozaban 3tola Sharbat-e-Buzoori 3tola.[25] Khamira Goozaban, Khamira Khashkhas each 6gm,Arq-e-Mako, Arq-e-Nilofar, Arq-e-Goozaban each 3 tola, with Sharbat-e-Buzoori 2tola should be used for treatment of Khaftaan (Palpitation) associated with common cold. [46] The Khaftaan (Palpitation) can be treated with Amla Murabba, Silver Leaf each 1 number Loab Asphogol 9gm, Gulab 4 tola, Arq-Mako 5 tola, Sharbat-e-Aanar Sheerin 5 tola Tukhum-e-Faranjmesh 4gm.[46]

Use Khamira Goozaban and Khamira Khashkhas each 6gm for treatment of Khaftaan with Naiza and Zulam. (Palpitation with Common Cold). Use of Arq-e-Mako, Arq Nilofar, Arq Goozaban each 3tola, and Sharbat-e-Buzoori 2tola is also beneficail. [26]

Waja-ul Meda

In the treatment of galstralgia due to flatus (Reehi), then Sheera Badyan, Sheera Tukhum-e-Kasos, Sheera Ansoon which was obtained in Arq-e-Mako, Arq-e-Badyan should be given with Jawarish Kamooni and Sheera Banafsha or Gulgand. [52]

Zof-e-Jigar Haar

The Sheera of Tukhum-e-Kasni, Badyan each 3 gm which obtained in Arq-e-Mako, Arq-e-Kasni each 50 ml should be given with Sharbat Buzoori or Sikanjabeen Buzoori 40 ml for treatment of Zoof-e-Jigar Haar. (Weakness of liver)[55] It is mentioned in Rumooce-e-Aazam by Hakim Aazmaan Khan that, Prepare decoction of Mako, Kasni, Aslus Sos Muqashsher, Maweez Munaqqa, Reesha Khatmi, Arq-e-Mako and
Arq-e- Gaozaban and add Sharbat-e-Buzzoori in it, then use it in weakness of liver, cough and dysentery. [55]

Sailanur Rahem

In the treatment of Lucorhoea, Jawarish Mastaqi 7 gm should be given followed by Sheera Badyan, Sheera Tukhm-e- Kasoos each 3gm which was obtained in Arq-e- Mako 60 ml with Gulqand 40 ml.[55]

Humna Joo’iya


Humma-e- Mohriqa

For the treatment of Humma-e- Mohriqa, Sheera Tukhm-e- Khiyarin 3g, Sheera Unnab 5 number which were obtained in Arq-e- Gaozaban and Arq-e- Mako each 60ml should be given with Sharbate Deenar and Sikanjabeen each 20ml.[58]

Humma-e- Mutbiqa

For the purpose of Taskeen-e- Hararat, the below treatment should be given.Obtain Lobaab- e- Bihidana 3gm, Sheera Unnab 5 numbers in Arq-e- Gaozaban and Arq-e- Mako 60 ml along with sharbat banafsha 20ml after dusting khaki 7gm should be use.[59]

Yafookh-as Sibyan

Apply the paste of Arq-e- Mako with Roghan-e- Gul in yafookh-as sibyan.[55]

Preshan kan garam zarban

Prepare fine powder of Shaker Tabarzad, Zafaran, and tiny Kafsoor and then dissolve it in Arq-e- Khiyar or Arq-e- Mako. This preparation should use as Nasal Drop in throbbing headache.[54]

Waja-ul Assan

The Toothache due to Hararat should be treated by Arq-e- Mako.[51]

Istirkha-e- Lohat

In the beginning of palsy of uvula (Istirkha-e- Lohat), Gargle of Arq-e- Mako, Gul-e- Surkh, Rabbal Jaoz and Toot should advise [31]

Warams around uterus

The medical benefit in Waram-e- Haar should be given in Waram-e- Rahem Haar such as Aab-e- Kakhaj, Arq-e- Mako, Arq-e- Kasni and Magh-z-e- Khyar Shamber.[57]

Hab-e- waja ul warik

The method of preparation of Habf for Wajaul Warik (hip join arthritis) is: Prepare the fine powder of Post-e- Halaila Kabooli 6 massha, Tukhm-e- Khiyarin 6 massha, Post-e- Halaila Kabooli 6 massha, Barg-e- Badaranjaboya 3 massha, Halaila Siyah 6 massha,Gharigoon 6 massha, Sibh Zard 1 tola SurjanShireen 4 massha, Gul-e- Banafsha 4massa, Gal-e- Surkh 4 massa, Namuk Sihay 6 massa, Fry the Halaila Jaat in Roghan-e- Badam Shiren, then knead the powder in Arq-e- Mako and prepare the pills. [58]

Habb for Surkh Bada


Roghan-e- Musakkin Bara-e- Waja-e- Bawaseer WA

It is mentioned in Yaqooti that prepare Roghan-e- Mosakkin Waja-e- Bawaseer, wa Mohallil-e- Waram Wa Riyah. For preparation of this Roghan, obtain decotion of Gul-e- Baboon 1 tola,Gul-e- Surkh 1 tola, Mako 1 tola Tukhm-e- Shibbat 6 gm,Tukhm-e- Tarb 6 gm, Tukhm-e- Khatmi 6 gm, Tukhm-e- Katan 6gm. Tukhm-e- Halba 6 gm in Arq-e- Mako. Add Aab-e- Barg-e- Mako Sabz, Aab-e- Barg Kakraonnda Sabz, Aab-e- Barg Shibbat Sabz, Aab-e- Barg Sabaanlu Sabz, Aab-e- Barg-e- Turb Sabz,Roghan-e- Kanjil, Roghan-e- Bed Anjeer in this decotion and boil it to complete evaporation of water. This remained oil should be used [58]

Roghan Bara-e- Wajaul Mafasil Haar

Prepare the decotion from coarse powder of Aab Barg-e- Bhungra Sabz 5 tola, Aab-e- Barg-e- Mako Sabz 5 tola, Aab-e- Barg-e- Kasni Sabz 5 tola, Aab-e- Barg-e- Khubazi Sabz 5 tola, Aab-e- Barg-e- Khatmi Sabz 5 tola, Gul-e- Surkh 2 tola, Gul-e- Banafsha 2 tola, Gul-e- Nilofer 2 tola, Post-e- Bekh-e- Kasni 2 tola, Tukhm-e- Khiyarin 2 tola,Tukhm-e- Kasni 2 tola, Parshyaonshan 1 tola, SurjanShirli 1 tola, Barg-e- Shahatra, 6 gm in Arq-e- Mako then add Roghan-e- Chameeri, Ayoon Khali, Roghan-e- Bela, Sirka Khalis in it and again boil it till complete evaporation of water. This oil should be used for the treatment of Wajaul mafasil haar (arthritic) as mentioned in Yaqooti. [58]

Sharat-ul ghib

Obtain decotion of Baranjaisf 4 g, Tukhm-e- Kasni 6gm, Badyan 4g, Unnab Sambhara, Banafsha 6g, Zafir Khush 7g in Arq-e- Shahr, Arq-e- Mako and water. And add Sharbat-e- Buzoori 6 tola or Sharbat-e- Khashkhas 40 tola or Sharbat-e- Diyaqooza 40 tola. It is for oral administration and beneficial in shat-ul ghib. [25]

Haiza

The treatment of cholera is advice of Ustakhuddus, with Dawaul Misk followed by Arq-e- Mako, and Arq-e- Badyan. [25]

Sarsam meningitis

It is mentioned in *Matab Alvi Khan* that for the treatment of *Falij* (paralysis) Take *Ustukhuddas* 6 gm, *Ood Saleeb* 1 gm, Bhek-e Badyun 6 gm, *Gaozaban* 6 gm, *Mako* 6 gm. *Anjeer Zard* 3 numbers, *Banafsha* 6 gm, *Badyun* 6 gm, *Parshiyonsha* 6 gm, *Ezhkar* 6 gm, Bhek-e Kibir 6 gm, should be given as decoction after boiling it in *Arq-e Mako* and mix Gulqand in it and administered orally for paralysis. *Ustukhuddas* 5g, *Anjeer* 3 number should be added in Munzij-e-Balgham for treatment of *Istikhra* and *Falij*. During obtaining decoction, Bhek-e Kasni, Bhek-e Karafs and *Maweec Munaqq* should be replaced by *Ood Saleeb* 2 garm, *Gaozaban*, *Mako*, Bhek-e Kibir each 6g and then boil it in *Arq-e Mako* and use it with Gulqand. In diet, birds and pigeons soup should be given and also give *Arq-e Mako* in place of water. In evening *Tiryaq Farooq* with honey should be given and then after *Arq-e Mako*, *Arq-e Gaozaban* should be used. *Tabeekh-e-Badyan Khatai* is routinely used in paralysis and facial palsy. Prepare decoction of *Badyan Khatai*, Chit-e-Khatai each 4gm, *Darcheni* 2 gm, *Zoofa Khushk* 3gm in *Arq-e Mako* and *Arq-e Badyan* each 1 tola; add 4 tola sugar and drink. [26]

Discussion
Traditional use of herbal medicines implies substantial historical use, and this is certainly true for many products that are available as traditional herbal medicine. [20] Products of traditional medicine have become more widely available commercially, especially in developed countries. The document covered such topics as developing protocols for clinical trials using herbal medicines, evaluating herbal medicine research, guidelines for quality specifications of plant materials and preparations, and guidelines for pharmacodynamic and general pharmacological studies of herbal medicines and for toxicity investigations of herbal medicines [21].

Guidelines for the Assessment of Herbal Medicines has also issued by the WHO [22] defining the basic criteria for the evaluation of safety, quality and efficacy of herbal medicines to assist national regulatory authorities, scientific organizations and manufacturers in assessing documentation, submissions and dossiers for such products. Assessments were to take into account long-term use recommended in various countries (over at least several decades), description in the medical and pharmaceutical literature or similar sources, and/or documentation of knowledge on the application of an herbal medicine, and marketing authorizations for similar products. Use of herbal in Canada, has also witnessed an increase. Berger noted, in summarizing the results of a 2001 survey of 2500 persons, herbal remedies were used by 38% of respondents, up from 28% in 1997. In 1994, the European herbal medicine market had one of the highest forecast growth rates in Europe [23]. There is rare demonstration of efficacy and effectiveness using modern scientific investigations. Only recently an evidence based approach has been implemented, and the results reveal that for most herbal products, considerable gaps in knowledge need to be filled before one is convinced about their efficacy. For herbal products in common use, evidence of efficacy may be based upon traditional use, testimonials, clinical studies, both controlled and uncontrolled and randomized, double-blind, placebo-controlled trials. For the most part, however, there is a lack of systematic clinical studies to support claims.

In a text it is mentioned that *Mako* in a loose bag should be soaked overnight and then obtain *Arq* in morning [12, 13, 14, 16, 24]. No significant difference was found in preparation method of *Arq-e-Mako* during literature review. The dose ranges from 60-144 ml and recommended as 60-100 ml [18], 60-120 ml [17], 125 ml [16, 24], 144ml [12, 14], and 144ml [19]. No study was found on *Arq-e-Mako* during literature survey except the physico chemical Standards of *Arq-e-Mako* [15]. No difference was observed in ingredient except ratio of *Mako* and water. The *Mako* and water ratio of (1:20) is mentioned in few preparation methods [13, 18, 17, 21]. A ratio of 1:24 is also mentioned in few text [12, 14] and 1:200 ratios is mentioned in only one text [4] and in another text the quantity of water is not fixed and mentioned as per need [19]. *Muqavvi aza-e raisa*, *Nafa’e Khaqanf* and *Nafa’e Saudawi amraz* activities are mention only in Makhzanul Murakkabat [19] and not in any other text. The *mulattif* property of *Arq-e-Makah* is also mentioned in only Mufradate Azizi. [16] The *Musakkin Atash* activity was found in two texts [6, 19] and *Muqavvi Kabid* action is also mentioned only in two texts [16, 18]. The *Nafa’e Yaran* activity is mentioned in four classical texts [7, 8, 10, 11], *Mohalil-e-Awram* (Antiphlogistic) for Liver, Spleen, Stomach, Bowels & Uterus [6, 16, 18, 24], *Musakkin Hararat* Activity of *Arq-e-Mako* [6, 16, 12, 13, 14] were found in five texts. *Nafa’e Murakkab Bukhar* action was
found in six texts [6, 7, 8, 9, 10, 11]. The most common activity of Arq-e-Mako which is mention in seven texts is Nafae Bukhar basabab warm-e-jigar and meda [6, 7, 8, 9, 10, 11, 25]. On the basis of above activity it is commonly indicated in treatment of Amraz-e-Jigar [13, 14, 17] and Warm-e ahsha [17, 26]. It is rarely indicated in Zaheer, istsiqq and warm-e Maq’ad[26].

Table 5: Summary of the documentation status of the formulation

<table>
<thead>
<tr>
<th>Formulation</th>
<th>Evidence Status</th>
<th>Arq-e-Mako</th>
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<tbody>
<tr>
<td>Centur y old use</td>
<td>Yes</td>
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</tr>
<tr>
<td>Clinical trial conduct</td>
<td>No</td>
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<tr>
<td>Established Standard</td>
<td>Yes</td>
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<td>Repeated Activity in Animal Model</td>
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<td>Consistency of Ingredients Used</td>
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<td>Ingredients Over Centuries Used</td>
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<tr>
<td>Case Studies</td>
<td>Yes from Classical books</td>
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<tr>
<td>Others</td>
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Conclusion
Present study evaluated the documentation status of a Unani formulation Arq-e-Mako. The documentation status was found to be satisfactory as per classical literature. However, trials are needed to be published for validation of the claims.

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