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

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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 *Zauf-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-wa-jigar* (Stomachic & Strengthen the Liver). *Sharbat* is palatable and easy to administer form of Unani formulation.

Keywords: *Soo-Ul-Qiniya, Zauf-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 the 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) its 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 *Zauf-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 *faqrudam* 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 *faqrudam*, *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 *kuriyat-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 koilonychia (spoon shaped nail), glossitis, Stomatitis and dysphagia. [3, 24, 26]

Introduction of Sharbat-e-Maweez

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 *muwallid-e-dam* (Haemopoitic), *muqavvi-e-bah-wa-badan* (Aphrodisiac & General body tonic), *muqavvi-e-meda-wa-jigar* (Stomachic & Strengthen the Liver), *muqavvi-e-Qalb-wa-dimagh* (Cardio tonic & Brain tonic) and *mulayyan* (Laxatives). All these effects may help to manage the condition of *Soo-ul-Qiniya bawajah Qillat-e-faulad* (Iron Deficiency Anemia). There for it seems very relevant to assess the efficacy of *Sharbat-e-Maweez* in the patient of Iron Deficiency Anemia. *Sharbat* is palatable and easy to administer form of *Unani* formulation. [13, 27, 33]

Method of Preparation [13]

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*.

Action: *mawallid-e-dam* (Haemopoitic), *mulayyan* (Laxatives), *muqavvi-e-meda-wa-jigar* (Stomachic & Strengthen the Liver), *muqavvi-e-bah-wa-badan* (Aphrodisiac & General body tonic), *muqavvi-e-qalb-wa-dimagh* (Cardio tonic & Brain tonic). [13]

Therapeutical Uses: *Soo-ul-Qiniya*, *Qabaz*, *Zof-e-Amma*, *Zof-e-Meda*, *Zof-e-Bah*, *Zof-e-Jigar*, *Zof-e-Qalb*. [13]

Dose: - 25ml Bd. [13]

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

| Sr. No. | Ingredients | Botanical Name | Each 250ml Contains |
|---------|------------------------------|-------------------------------|---------------------|
| 1 | <i>Maweez Munaqqa</i> | <i>Vitis vinifera linn</i> | 25 gm |
| 2 | <i>Balchad (Sumbuluttib)</i> | <i>Nardostachys jatamansi</i> | 1.75gm |
| 3 | <i>Zafran</i> | <i>Crocus sativus</i> | 1.75gm |
| 4 | <i>Zanjabeel powder</i> | <i>Zingiber officinale</i> | 1.75gm |
| 5 | <i>Jozbuwa (jayaphal)</i> | <i>Myristicafragrans</i> | 1.75gm |
| 6 | <i>Qaranful</i> | <i>Eugenia caryophyllata</i> | 1gm |
| 7 | <i>Mastagi</i> | <i>Pistacialentiscus</i> | 1gm |
| 8 | <i>Shahed (Honey)</i> | | 250ml |

Maweez Munaqqa (Vitis vinifera linn)

TEMPERAMENT: Hot and Moist. [34]

ACTION: *Mughazzi*, *Muqawwi Jigar*, *Mawalid-e-Dam*, *Muqawi Badan*, *Munjiz-e-Khilt galiz*, *Mufatteh Sudud*, *Mulaiyan-e-Shikam*, *Mohallil*, *Jali*. [34]

Balchad (Nardostachys jatamansi)

TEMPERAMENT: Hot1 and dry2. [34]

ACTION: *Mohallil-e-Waram*, *Musakkin*, *Jali*, *Mutayyib-e-Dahan*, *Mujaffif*, *Kasir-e Riyah*, *Muqawwi-e-Qalb*, *Muqawwi-e-Dimagh*, *Mudir-e-E Baul*. [34]

Zafran (Crocus sativus)

TEMPERAMENT: Hot3 and Dry3. [34]

ACTION: *Mawallid-e-Dam*, *Mufarreh*, *Mudirr-e-Baul*, *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]

ACTION: *Mufarreh*, *Muqawwi-e-Qalab*, *Daf-e-Taffum*, *Musakkin-e-Alam*, *Muqawwi-e-Dimagh*, *Muqawwi-e-Meda*, *Muqawwi-e-Ama*, *Muqawwi-e-Kabid* [34].

Mastagi (Pistacialentiscus)

TEMPERAMENT: Hot2 and Dry2. [34]

ACTION: *Muqawwi-e- Meda wa Jigar*, *Kasir-e- Riyah* [34].

Shahed (Honey)

TEMPERAMENT: Hot2 and Dry2. [34]

ACTION: *Muqawwi-e-Badan*, *Muqawwi-e- Meda wa Jigar*, *Muqawwi-e-Bah*, *Jali*, *Mufatt-e-Sudda*, *Muqawwi-e-Basarat*, *Mudirr-e-Baul*, *Mudirr-e-Haiz*, *Muqawwi-e-Reham*, *Mullaiyan* [34].

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