

INTERNATIONAL JOURNAL OF UNANI AND INTEGRATIVE MEDICINE



E-ISSN: 2616-4558
P-ISSN: 2616-454X
IJUIM 2021; 5(2): 01-10
Impact Factor (RJIF): 6.3
Peer Reviewed Journal
Received: 02-03-2021
Accepted: 05-04-2021

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Compound Unani formulations used in *Zeeq-un-Nafas* (Bronchial Asthma) with their therapeutic importance: An overview

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Abstract

Asthma is one of the most common chronic diseases in modern society and there is increasing evidence to suggest that its incidence and severity are increasing. There is a high prevalence of usage of complementary medicine for asthma. Current estimates suggest that 300 million people worldwide suffer from Bronchial asthma. This disease is very well recognized since ancient times in Unani system of medicine. Various ancient Unani Scholars and Physicians have used different Arabic terms like *Rabu* (short inspiration and prolonged expiration), *Buhar*, *Dama*, *Intesab-un-Nafas* and *Zeequn Nafas* under the caption of bronchial asthma. They also described the etiopathological factors, clinical features, types, and various complications of bronchial asthma that are presented in detail in their concerning treatises. Unani physicians have been treating this disease for thousands of years and they have mentioned various single as well as compound drugs viz; *Kakra Seenghi* (*Pistacia integerrima*) *Arusa* (*Adhatoda vasica*), *Ajmod* (*Apium graveolens*), *Aslussoos* (*Glycyrrhiza glabra*), *Bazrul banj* (*Hyoscyamus niger*), *Biskhapra* (*Trianthema portulaca*), *Doodhi* (*Euphorbia hirta*), *Nil* (*Indigofera tinctoria*), *Qinnab* (*Cannabis sativam*) etc. and the compound formulations in the forms of - *Kushta*, *Majoon*, *Hubb*, *Sharbat*, *Arqiyat*, *Joshanda*, *Khenshanda*, *Laooq*, *Tiryaaq*, *Sikanjabeen*, *Rub*, *Roghaniyat* for its treatment. The relevance formulations have been described in this review paper with their ingredients and usage also to provide the benefit to the students and researchers for their further researches.

Keywords: Asthma, *Zeeq-un-Nafas*, *Arusa*, *Asl-us-Soos*, *Sharbat*

Introduction

Zeeq-un-Nafas (Bronchial Asthma), *Rabw* and *Dama* are in common language disease of breathing is most prevalent among respiratory diseases. At present time globally, its being a centre of attention of all general and specific public community. Evidence for its importance at National and International level is found by that one day (Tuesday of 1st week of May) is made specific for its awareness. The Global Initiative for Asthma (GINA) has proposed a descriptive definition of Asthma. "Asthma is a chronic inflammatory disorder of the airways in which many cells and cellular elements play a role." Asthma is one of the most common chronic diseases globally [1, 2]. The prevalence of asthma has progressively increased both developed and developing countries [3]. Current estimates suggest that it affects approximately 300 million people worldwide. And more than all that there is large population are found in hospital by which their more prevalence is to be clear [4]. In this situation when we are going to survey the literature of Unani system of medicine, which has been providing a successful cure for public pain and problem from centuries, some regulations and points came forward, by practicing of which control could be avail up to some level.

The term '*Zeeq-un-Nafas*' is composed of two words '*Zeeq*' and '*Nafas*' meaning 'narrowing' and 'breathing', respectively. In other words, it means difficulty in breathing. Unani scholars have mentioned this disease under different headings in their treatises, e.g. *Rabw*, *Buhar*, *Dama*, *Intesab-un-Nafas*, etc [5-7]. *Zeeq-un-Nafas* is a condition in which there is difficulty in breathing due to narrowing in air passages caused by accumulation of *Balgham Lazij* (viscous phlegm) in *Urooq-e-Khashna* (bronchioles). The basic cause of breathlessness in *Zeequn Nafas* is narrowing of *Urooq Khashna* that may be due to various reasons, such as: Accumulation of *Balgham Lazij* (viscous phlegm) in air passage, *Insibab-e-Mawad-e-Nazla*, *Warm* (inflammation), Abnormal shape of chest, Constipation, Polluted

environment, Gaseous collection in the chest putting pressure and leading to bronchial constriction [6-9].

And the line of treatment has been mentioned in classical literature as following;

Ta'deel-e-Mizaj (correction of temperament), *Tanqia Mawad* (cleansing of viscous humour), *Mulattif* (resolving), *Munaffith-e-Balgham* (Expectorants) and *Mukhrij-e-Balgham* (phlegm evacuating) drugs are recommended. Sometimes *Muqi* (emetics) also recommend for evacuation of Balgham. *Muhallil-e-Auram* (anti-inflammatory) and *Daf-e-Tashannuj* (anti-spasmodic) are also recommended [6-12].

For above mentioned purposes, in Unani system of medicine a number of drugs recommended that can be successfully used in the treatment of *Zeeq-un-Nafas* (Bronchial Asthma) and are mostly of the Plant origin. Some drugs of Animal and Mineral Origin are also used. Unani physicians have been treating this disease for thousands of years and they have mentioned various single as well as compound drugs viz; *Kakra seenghi* (*Pistacia integerrima*) *Arusa* (*Adhatoda vasica*), *Ajmood* (*Apium graveolens*), *Asl-us-Soos* (*Glycyrrhiza glabra*), *Bazr-ul-Banj* (*Hyocymus niger*), *Biskhapra* (*Trianthema portulacastrum*), *Doodhi* (*Euphorbia hirta*), *Nil* (*Indigofera tinctoria*), *Qinnab* (*Cannabis sativam*), *Sankhahuli* (*Evolvulus alsinoides*), *Thohar* (*Euphorbia tirucalli*) etc. and the compound formulations in the forms of - *Kushta*, *Majoon*, *Hubb*, *Sharbat*, *Arqiyat*, *Joshanda*, *Khenshanda*, *Laoq*, *Tiryaq*, *Sikanjabeen*, *Rub*, *Roghaniyat* for its treatment [13-16].

Lists of compound formulations which have been used in Asthma are given for students and researchers also their medical importance, effectiveness, honors and dignity represented which are mentioned in medical literature at various places. For this we have specifically select *Kamil al Sanah*, *Al-hawi fit Tib*, *Al-Qanoon fit Tib*, *Zakhira Khwarzam Shahi*, *Ghina Muna*, *Khazaen-al-Advia*, *Al-Qarabadeen*, *Qarabadeen Qadri*, *Bayaz-e-Kabir*, *Ilaj-al-Ghurba*, National Formulary of Unani Medicine, Indian Materia Medica, *Kitab-al-Taisir*, *Al Moalajat-al-Buqratiya*. Make concomitant of this point that action, uses etc. are mentioned from the books in its own words. Properties of formulations have been taken from which books are mentioned in short names with page no. at the end of quotations and arrangement of references also has been made.

Formulations of *Tiryaq* (Antidote) for *Zeeq-un-Nafas* (Bronchial Asthma)

Tiryaq Farooq: It produces ease in ingress and egress of breathing [5]

Formulation of *Joshanda* (Decoction) for *Zeeq-un-Nafas* (Bronchial Asthma)

Joshanda Anjeer: 3.5 gram of Anjeer decoction (*Joshanda*) is effective in *Dyspnea* [10]

Other Nushkha (Preparation) of *Joshanda* (Decoction) - Given by *Ibn-e-Masoya* [17]

1. Anjeer Zard Khushk (*Ficus carica* or fig)- 1part
2. Maweez munaqqa (*Vitis vinifera* or large raising)- 1 part
3. Misri (*sugar rock*)- 1part
4. Tukhm-e-badyan (*Foeniculum vulgare* or fennel seed)- 1/4 part
5. Anisoon (*Pimpinella anisam* or Aniseed)- ¼ part

Methods: Boil all ingredients in required water, when remain 1/3 filtered and drink slightly warm/heated by mixing small amounts of almond oil.

Indications: It is effective for chest and flanks diseases, which developed due to phlegmatic secretion and cold. It is also given benefit to cough, Asthma, Pneumonia and cleaned the stomach, thoracic organs and membrane from bad secretions.

Joshanda Hulba [13]

1. Methi (*Trigonella foenum*, fenugreek)-98 gm
2. Maweez munaqqa (*Vitis vinifera*)-98 gm

Methods: Boil in a bowl of fennel water. Use slightly warm at every morning upto 145 grams.

Indications: It is effective in Rabw (Bronchial Asthma) which developed due to gain of excess the cold air in Respiratory system, entrance of cold air in breathing, by eating of cold things/ stuffs or drinking of cold water and drugs.

Note: If Asthma present with cold then boil the Hulba (fenugreek) and maweez (large Raising) in Aab-e-Baran (rain water) and use.

Joshanda Parsiaoshan: It is helpful in excretion of sticky viscous humour from chest and lungs [10]

Joshanda Pudina: It is efficacious in Ribw. It excretes the viscous humour from chest and brings by coughing [10]

Joshanda Hasha: Decoction of Hasha with honey is effective in *Usr-e-Tanaffus* [10]

Joshanda Zoofa: It ease to excrete the matter which present in lungs [10]

Nuskha Joshanda Zufa Sagheer [19]

Ingredients

1. Anjeer (*Ficus carica*, Fig)
2. Unnab (*Ziziphus sativa*, Jujube),
3. Sapistan (*Cardia latifolia*, Sebstan)
4. Parsiaoshan (*Adiantum capillus*, Maiden hair fern)
5. Mulethi (*Glycyrrhiza glabra*, liquorice)
6. Tukhm-e-Khatmi (*Althaea officinalis*)
7. Asapgol (*Plantago ovate*, Spogel seeds)
8. Bihidana (*Cydonia oblonga*, Quince Fruit)
9. Banafsha (*Viola odorata*, Sweet violet)

Methods: Boil all ingredients in equal quantity in 1200 ml water, when 420 ml remain, use with *Murabba Banafsha*.

Indications: Effective in cough which developed with heat. It is also effective for Ribw and Respiratory diseases.

Nuskha Joshanda Zufa Kabeer [19]

Ingredients

1. Anjeer (*Ficus carica*, Fig) -5 gm
2. Methi (*Trigonella foenum*, fenugreek)-5gm
3. Mulethi (*Glycyrrhiza glabra* or liquorice) -5 gm
4. Zufa Khushk (*Hyssopus officinalis* Hyssop)-5gm
5. Parsiaoshan (*Adiantum capillus* or maiden hair fern)-

5gm

6. Beekh-e-Sosan (*Iris ensata* or Orris root)-5gm
7. Beekh-e-Badyan (*Foeniculum vulgare*, fennel root)-5 gm
8. Beekh-e-Karafs (*Apium graveolens*, celery)-5 gm
9. Tukhm-e-Badyan (*Foeniculum vulgare*, Fennel seeds)- 5 gm
10. Tukhm-e-Anjra (*Anjra seeds*)-5 gm
11. Frasiyun (*Marrubium vulgare*) -5 gm

Method: Boil or cook all ingredient in 3 ratal water (1.5 litter), when remained 420 gm lift it. Take 3 auqiah water (1 litter) and drink with murabba Banafsha.

Indication: Effective for Ribw & viscous humours of chest.
Joshanda Suddab Taza: Beneficial for Chest Pain & Usr-e-Tanaffus (dyspnoea) ^[10]

Joshanda Soya Khushk: Good for chest pain and Usr-e-tanaffus (dyspnoea) ^[10]

Joshanda Qanturiyun: Beneficial in Ribw & Zeeq-un-Nafas (Asthma) by drink with maifkhataj ^[13]

Habb (Pills) for Asthma

Habb Asqulu Qandryun – It is effective in Ribw ^[10]

Qurs Isqeel ^[18]

1. Isqeel (*Urginea maritima*, squill)
2. Arad Krishna (*Pisum sativum*) - Q.S

Dose - 1 -3 grams

Indications: Effective in Diuresis, Phlegmatic expectorant, weakness of Heart due to relief of Urinary Organ, Dysuria, Dyspnoea, ascites.

Habb-e-Bohat-us-Saut Muzmin^[18]

1. Rub-us-Soos (*Glycyrrhiza glabra*, liquorice extract) - 25gm
2. Tukhm-e-Katan (*Linum utilisimum*, alsi)- 20gm
3. Samagh arabi (*Acacia arabica*) - 10gm
4. Maghze badam sheerin (*Prunus amygdalus*, Almond kerne)- 10gm
5. Katira(*Cochlospermum religiosum*, tragacanth - 10gm
6. Maghz-e-Chilgoza (*Pinus longifolia*, kernels) - 20gm
7. Beekh-e-Sosan (*Iris ensata*, orris root)- 20gm
8. Sugar - 40 gm
9. Shahed (Honey)- 20 gm
10. Arq-e-badyan (*Foeniculum vulgare*)- Q.S

Dose - 1-2 grams

Indications: Phlegmatic expectorant, Relax bronchi & bronchioles, due to which use in sore throat, Hoarseness of voice, Asthma and Chronic cough.

Habb-e- Jausheer ^[13]

1. Jausheer (*Ferula galbaniflua*)– 75 grams
2. Arq-e- badyan(*Foeniculum vulgare*, fennel water)
3. Mesocarp of andrain (*Citrullus colocynthus*)

Methods: Dissolve in this dissolvent and prepare pills. Use with Honey water (*Ma-ul-Asl*)

Indications: Very effective in Ribw or Zeeq-un-Nafas (Asthma)

Habb-e-Shifa ^[18]

1. Tukhm-e-Dhaturo (*Dhaturo stramonium*)- 6part,
2. Rewandchini(*Rheum emodi* wall., rhubarb)-4 part,
3. Zanjabeel (*Zingiber officinale*, Ginger) - 2 part.
4. Samagh arabi (*Acacia arabica*) - 2 Part.

Dose - 250 - 500 mg

Indications: Due to possessing antispasmodic action of bronchioles and Analgesic property effective in pyrexia, Spasmodic respiratory breathing(Tashannuj-e-Revi) Ribw, Asthma, Zeeq-un- Nafas and cough

Habb-e-Sanobar ^[9]

Methods: Make a pill and use with honey.

Indication: Effective in Ribw or Zeeq-un-Nafas.

Habb-e-Mushil ^[10]

Ingredients:

1. Shahm-e-Hanzal (*Citrullus colocysthis*)-25 grams,
2. Anisoon (*Pimpinella anisum*)- 0.75 grams

Methods: Make pills of the above mentioned drugs

Indication: Give Plain water Huqna (Enema) a day before using the drug. Next day the drug when given with Ma-ul-Asal (Honey water) is found effective in patient of Asthma.

Habb-e-Haldi ^[21]

Ingredients:

1. Raai (*Brassica nigra*)- 4 parts
2. Lota Saji-4 parts
3. Gud (Jaggery)- 18 parts

Methods: Crush strain and make pills of the size of wild plum and use 1 pill orally, twice a day for 40 days in the morning & Evening.

Indication: It is effective in patients of Bronchial asthma.

Habb-e-Hindi Zeeqi ^[18]

Ingredients:

1. Beesh (*Aconitum napellus*) - 15 grams (after detoxification process)
2. Post Beekih-e-Madar (*Calotropis procera*) - 30grams
3. Aab-e-Adrak (*Zingiber officinale*, Ginger water) - 30grams

Methods: Make pills. Dose is 125- 250 mg twice a day.

Indication: Due to its Expectorant and Bronchial anti-spasmodic activity it is useful in Zeq-un-Nafas Shoabi (Bronchial Asthma)

Formulation of Roghan (Oils) for Zeeq-un-Nafas:

Roghan e- Badam Talkh: Effective in Ribw ^[10]

Roghan-e-Balsan: Because it ripens the wastes, so used in Dyspnoea - 3. 5 grams. It is also used with 100 grams of Anjeer extract or distillates, effective for dyspnea ^[10]

Roghan-e-Habbul ghar: Massage of this Roghan is very effective in blockage of airways due to viscous breathing. ^[13]

Roghan Sosan: It is effective in that condition in which due to weakness of respiratory muscles not breathes without. ^[10]

Formulation of Sirka (Vinegar) for Zeeq-un-Nafas

Sirka Ishqeel: Due to warmth and demulcent properties it

cut out the viscous phlegm and expel out the secretions^[9]

Sirka Unsul: Effective in *Ribw*, which is named as *Intisab-al-Nafas* (orthopnoea). Make demulcent the sticky gelatinous kaimoosi matters and fine the viscous sticky humour^[10]

Sirkah Unsuli - Effective to *Ribw* and *Intisab-al-Nafas* (orthopnoea)^[5]

Khal Unsul: - It is Demulcent and which abundantly not produce warmness and effective for *Ribw*^[10]

Formulations of Safoof (Powder) for Asthma.

Safoof-e Arad Krishna: Use with honey it expels out the matters from chest^[10].

Safoof-e-Dama^[18]

Ingredients:

1. Salt - 3 grams
2. Zohra Mahi – 1 gram
3. Maghz Gheekawar (*Aloe barbadensis*, Aloe pulp) – 20 grams

Method: Make a powder and use 75- 125 mg twice a day.

Indication: Useful in *Zeeq-un-Nafas* (Asthma) due to expectorant property.

Formulations of Sikanjabeen for Zeeq-un-Nafas

Sikanjabeen is very efficient for expectorations of gelatinous humours for sticky humours not only wetness are sufficient/ required but there is also requirement / need for detergentic process in asthmatic patients. Detergentic actions produced by sweet things and unlike this sweet thing also cause cuts off action^[10]

Sikanjabeen Bazoori: This formulation make ease to expel out the viscous matters and clean the chest^[13]

Sikanjabeen Unsuli: Effective in *Ribw* which named as "*Intisab-al-Nafas*".^[10] They make demulcent or lenient the sticky phlegm and make thin gelatinous humours^[13]

Sikanjabeen Unsuli Degar^[19]

Ingredients

1. Piyaz Unsul (*Isquil*) - 750 grams
2. Sirkah (Vinegar) -7000 ml.

Methods: Mix and boil at low flame, when it gets dissolved, cleaned and prepare or make qiwan by mixing Sugar upto 1.5 times of whole weight of drugs, and Use it.

Indication: Beneficent to chronic cough which developed due to secretions and to *Zeeq-un-Nafas* (Asthma).So, it is effective for cutting of humour, open embolism and dissolve hardness.

Sikanjabeen Unsuli Degar^[19]

Ingredients:

1. Piyaz Unsul (*Urginea scilla*, Onion)-17.5 gm
2. Zufa Khushk (*Hyssopus officinalis*, Dry Hyssop)-17.5 gm
3. Asl-us-Soos (*Glycyrrhiza glabra*, Licorice)-17.5 gm
4. Gaozaban (*Borago officinalis*)-17.5 gm

5. Parshiosaon (*Adiantum capillus*, Maiden hair fern)-17.5 gm
6. Ustukhuddus (*Lavendula stoechas*)-17.5 gm
7. Ghariqoon (*Agaricus albus*)-17.5 gm
8. Naana (*Mentha piperatta*, peppermint)-17.5 gm
9. Razyana (*Foeniculum vulgare*, fennel seeds)-10.5 gm
10. Beekh sosan (*Iris ensata*, Orris root)-10.5 gm
11. Kabud-10.5 gm
12. Qardmana-10.5 gm

Methods: Soak all ingredients in 500 ml vinegar and 1530 ml water for 2 days and nights, then boiled. When half of total remain, cleaned and prepare qiwan by adding 950 grams sugar. Dose- 17.5 -35 grams daily with Joshanda Parsiaoshan

Indication: It is very effective in chronic cough, *Zeeq-un-Nafas*.

Formulations of Sharbat (Syrup) for Zeeq-un-Nafas (Bronchial Asthma)

Sharbat e- Irsa: - very effective in *Ribw*^[10]

Sharbat e- Habb-e-Balsan: Beneficial in Orthopnoea^[10]

Sharbat-e- Zarawand Mudahraj- Beneficial in *Ribw* with qaturyun akbar root water^[10]

Sharbat-e Zufa Sazaj^[19]

Methods: Taken the *Zufa Khushk* (dry hyssop) and keep it cleans with wood then Soak in 2500 ml of warm water for a day and night, after that cleaned and prepare Sharbat by adding 2000-gram sugar and honey.

Indication: Beneficent to *Zeeq-un-Nafas* (Asthma) and Cough.

Sharb-e-Zufa Mudabbar^[19]

Ingredients

1. Tukhm-e- Karafs (celery seeds) – 17 grams
2. Zufa Khushk (*Hyssopus officinalis*, Dry hyssop) - 25 grams
3. Anjeer (*Ficus carica*, fig)- 10 piece
4. Maweez (*Vitis vinifera*, large raising) – 30 pieces
5. Hulba(*Trigonella foenum*) – 15 grams
6. Tukhm-e-Khatmi (*Althaea officinalis*, Marsh Mallow seeds)-10.5 gm
7. Asl-us-soos (*Glycyrrhiza glabra*, liquorice)-10.5 gm
8. Irsa (*Iris ensata*, orris root)-10.5 gm
9. Parshiaoshan (*Adiantum capillus*, Maiden hair fern) -21 grams.
10. Maghz-e Badam Talkh (*Prunus amygdalus*, Bitter almond kernels) - 3.50 grams

Method: Prepare Sharbat with all ingredients.

Indication: Given complete Nuz to the phlegm which are present in respiratory tract. Due this region it is effective to cough and Asthma.

Sharbat -e- Sual^[19]

Ingredients

1. Anjeer safed (*Ficus carica*, white fig) - 1500 grams
2. Piyaz Unsul (*Urginea scilla*, onion) -90 grams
3. Maweez Munaqqa (*Vitis vinifera*, large raising] – 180 grams
4. Anisoon (*Pimpinella anisum*, Aniseed) – 950 grams

Methods: Boil all ingredients by soaking in some grapes vinegar and water, and then prepare Sharbat by adding 950 grams of honey.

Indications: Beneficent to Chronic cough, Clears the chest with humours. Also effective to *Ribw* and *Zeeq-un-Nafas*.

Sharbat-e-Shooniz: Beneficent to orthopnoea [10]

Sharbat-e-Shahad (Honey Syrup) [10]

Ingredients:

1. Honey -190 gram
2. Boric Powder- 6gram

Method: Properly mixed above said mentioned ingredients and use 20-40 ml twice a day.

Indication: It is effective in *Zeeq-un-Nafas* (Bronchial Asthma)

Sharbat -e- Sadar [18]

Ingredients

1. Barg-e- Adoosa (*Adhatoda vasaka* leaves) – 240 grams
2. Unnab (*Zizyphus sativa*, Jujube) – 240 grams
3. Gaozaban (*Borage officinalis*) -180 grams
4. Tukhm-e-Katan (*Linum linseed*) – 170 grams
5. Badyan (*Foeniculum vulgare*, Fennel seeds) -170 grams
6. Nankhawah (*Ptycorthis ajowa*, Ajowa) – 170 grams
7. Koknar (*Papaver somniferum*, opium) -150 grams
8. Gul-e-Gaozaban (*Borage officinalis* flower) -145 grams
9. Sapistan (*Cardia latifolia*, Sebstan)-125 grams
10. Tukhm-e- Khatmi (*Althaea officinalis*, Marsh Mallow Seeds) -125 grams
11. Abresham (Silk cocoon) -125 grams
12. Asl-us-Soos (*Glycyrrhiza glabra*, liquorice) -125 grams
13. Parshiaoshan (*Adiantum capillus*, Maiden Hair fern) - 125 grams

Methods: Distillate of Borage (Arq-e- Gaozaban) - Q.S. mix with Sugar- 5 kg and use 20- 40 ml twice daily.

Indication: Due to an expectorant property useful in Cough, Asthma, Chronic Rhinitis and Tuberculosis.

Formulation of Sharbat (Syrup) for Asthma which has been described by Jalinoos [9]

1. Maweez kalan khurasani (*Vitis vinifera*, large raising)- 1 part
2. Methi (*Trigonella foenum*, fenu greek)- 1part
3. Aab-e-Baran (rain water) – 3 parts

Method: Boil well since drugs became swollen, then filter and mix honey of some weight and again boil and clean the foam to prepare *Qiwam* of *Sharbat* and use 42 ml drink this formulation repeatedly.

Indication: Bronchial Asthma

Formulations of Sharbat which are effective to Orthopnoea

Ingredients [9]

1. Sheeh-17.5 gm
2. Qaisoom- 17.5 gm
3. Post Beekh karafs (Celery root)-17.5 gm
4. Post Razyana (*Foeniculum vulgare*, fennel root)- 17.5 gm
5. Futnaj (*Mentha poligonum*, mint)-17.5 gm

6. Suddab (*Ruta graveolans*)-17.5 gm
7. Mastagi (*Pistacia lentiscum*, Mastich) – 10.5 grams
8. Sazij Hindi (*Cinnamomum cassia*)- 10.5 grams
9. Anjeer (*Ficus carica*,fig)- 400 grams

Methods: Boil all ingredients in 2.25 kg of water until remaining 3/4 of 1 kg, and then filter it, use 20-40 ml twice a day.

Indication: *Intesab-un-Nafas* (Orthopnoea)

Formulations of Usarah (Extract) for Zeequn Nafas

1. Boil extract of onion with equal weight of honey to make viscous. Use before meal. it is very effective in *Ribw* [10]
2. Soak *Tukhm-e-Anjra* (Blihar seed) in vinegar for 1 day and used. Using this is effective in *Ribw* [10]
3. Boil Extract of Ishqeel (squill) with equal weight of honey & boil upto it become concentrated and use then. It is very effective in *Ribw* [10]
4. Sakbeenaj (Sagapenum) 3.5- 4.5 grams dissolve in water of wet *Suddab* (Rue) as per requirements and by using this, it's effective in *Ribw* [13]

Formulations of Kushta (Calcination) for Asthma:

Kushta Abrak Safed [18]

Ingredients

1. Dissolved Abrak safed (white Mica) – 120 grams
2. Aab-e- Kukraunda (*Blumea balsamifera* water) - 1 ltr.

Dose: 60-120 mg twice a day

Indications and Mechanism of action: Due to its antispasmodic of bronchioles, expectorant property, it is useful in *Ribw*, bronchial asthma & cough. In this due to presence of Magnesium it becomes efficacious in severe episodes of Asthma, because due to this Istirkha condition develops in Bronchial Muscles.

Kushta Beekh Marjan [11]

Ingredients

1. Busd (Corallium) – 12 grams
2. Sheerah Madar (Oak extract)-36 grams

Methods: Grind well in 36 grams of Sheerah Madar (Oak extract). Put in soil pot and pack properly (*Gile-Hikmat*) and give flame of wild uple, after becoming cold putout & use 121 mg with Barg-e-Tambool at morning.

Indication: Effective & beneficial to phlegmatic Asthma. Due to presence of Mg in this, it is effective in severe episodes of Asthma.

Formulations of Qurs (Tablet) for Asthma:

Qurs-e-Khashkhash: Beneficial to Dyspnoea and *Zeeq-un-Nafas* (Asthma) [5]

Other Nuskha (Prescription) for Qurs

Ingredients [10]

1. Khardal (*Brassica nigra*, Black Mustard) – 3.5 grams
2. Borah (Boric Powder) - 2.25 grams
3. Qashaul Hemar- 375 mg

Method: Make 8 pills of all ingredients, 1 pill used in starting of day. By this waste are expel out from upper side

of respiratory tract and without any difficulty it gets excreted/ evacuated.

Formulations of *Laoq* (Linctus) for *Zeeq-un-Nafas*

Laoq-e-Abhal^[18]

Ingredients:

1. Abhal (*Juniperus communis*, Savin berry) - 60 grams
2. Roghan-e- Gul (*Rosa damiscus* oil) – 30 grams
3. Sugar - 200 grams

Method: Grind, filter all ingredients and mix along with Honey and licked up and use 10grams twice a day

Indication: Due to an expectorant & antispasmodic property, useful in Bronchial Asthma^[18]

Laoq-e-Abhal^[17]

Ingredients

1. Abhal (*Juniperus communis*, Savin berry) - 30 grams
2. Grind and filter then after that roast with 12 grams of ghee.

Method: Mix in honey as per requirement and prepare Laoq. Use repeatedly upto 7 days.

Indication: Very beneficent to phlegmatic Ribw.

Laoq-e-Ishqeel^[19]

Ingredients

1. Piyaz (*Allium cepa*, onion), Unsul – 10.5 grams
2. Irsa (*Iris ensata*, Orris root) – 7 grams
3. Frasiyun – 3.5 grams
4. Zufa (*Hyssopus officinalis*) – 3.5 grams

Method: Grind, filter all ingredients and mix along with Honey and licked up and use 6 grams twice a day.

Indications: Beneficent to Ribw, Chronic cough which is present with secretions.

Laoq-e-Ishqeel^[13]

Ingredients

1. Jangali Piyaz (*Allium cepa*, wild onion)
2. Shahed musaffa (Purified Honey)

Method: Put them each equal weight in *Sangeen dekchi* (*pot*) on flame, when squill cook well and be like *Laoq* (Linctus), given one spoon at morning daily, also can be given after food.

Indication: By this chest and air passage became cleaned / cleared.

Laoq-ut-Teen^[19]

Ingredients & Methods

1. Anjeer zard (*Ficus carica*, fig) – 50 gm
 - o Boil upto swell up. After that by mix in 500 ml of grapes water (vinegar).
 - o After preparation of Qiwan -
1. Maghz-e-Chilgoza (*Pinus longifolia*)-17.5 gm
2. Maghz-e-Badam talkh (*Prunus amygdalus*, Bitter Almond kernel)-17.5 gm
3. Maghz-e-Pista (*Pistachia vera*, kernel)- 17.5 gm
4. Tukhm-e-Anjra (*Blepharis edulis*, Blihar seed)- 10.5 gm
5. Tukhm-e- Razyana (*Foeniculum vulgare*, fennel seed)- 10.5 gm

6. Krisna (gram flour)- 10.5 gm
 7. Hulba (*Foeniculum vulgare*, fenugreek)- 10.5gm
 - o Maghz-e-Pambadana (*Gossypium arboreum*, kernel)- 14 gm
 - o Hab--ul-Qilqil (*Cardio spermum*) - 14gm
- Grind fine and roast in 35 grams of bitter almond oil, then mix in prepared Qiwan and use them.

Indications: Beneficial to Asthma, Chronic cough and Ribw.

Laoq-e-Hulba^[19]

Ingredients & Methods

1. Hulba (*Foeniculum vulgare*, fenugreek)
2. Maweez (*Vitis vinifera*, large raising)
3. Behidana (*Cydonia oblonga*, Quicy seed)
4. Banafsa (*Viola odorata*, violet herb)
5. Jao muqassar (*Hordeum vulgare*)
6. Gaozaban (*Borage officinalis*)
 - o Boil all drugs, cleaned them and prepare qiwan by mixing honey.
1. Maghz -e- chilgoza (*Pinus longifolia*)
2. Maghz-e-Tukhm Kaddu (pumpkin seed kernel)
3. Tukhm-e- Anjra (*Blepharis edulis*, Blihar seed)
4. Tukhm-e - Razyana (*Foeniculum vulgare*, fennel seed)
 - o Grind well and mix in Qiwan.
 - o Dose – 22.5 grams with barley water.

Indications: Beneficent to Ribw & dry cough.

Laoq-e-Zufa^[9]

Ingredients, Method & Mechanism of action

- Grind Fine and drink or lick by mixing with honey or by mixing in *Sikanjabeen Unsuli*.
- Because this drug or formulation is beneficial with powder and open the embolism of bronchioles and also breakdown (make thin) the viscous fluid/phlegms.
- Dose – 6 grams twice a day.

Indications: Effective for Asthma and chronic cough.

Laoq-e-Sanobar^[19]

Ingredients & Methods

Soak the Hulba (fenugreek) in water and make soft, then Squeeze out the sheera. Then prepare qiwan by adding honey and when it gets viscous up to equal of fenugreek add the chilgoza kernel by make soft and grinding. Then, boil several times & put down, & used 6 grams twice a day.

Indications: Effective for *Zeeq-un-Nafas* (asthma), chronic cough & Ribw.

Laoq Zeeq-un-Nafas^[18]

Ingredients

1. Tukhm-e-Katan (*Linum usitatissimum*)- 60gm
2. Maghz-e- Badam Sheerin (*Prunus amygdalus*) -30gm
3. Kateera (*Sterculia urens*)- 30 grams
4. Aslus soos (*Glycyrrhiza glabra*) – 30 grams.
5. Maghz-e- Chilgoza (*Prunus amygdalus*)- 20 grams.
6. Nashasta gandum (starch) – 30 grams.
7. Tukhm-e- Hulba (*Foeniculum vulgare*) -30 grams.
8. Samagh Arabi (*Acacia arabica*)-30 grams.
9. Sugar- 600 grams

Method: Grind, filter all ingredients and mix along with

sugar and licked up and use 6 grams twice a day.

Indications: Due to expectorant and antispasmodic property useful in Bronchial Asthma and hoarseness of voice.

Laoq Unsul ^[17]

Ingredients

1. Jangali piyaz (*Allium cepa*, Wild onion) – 30 grams
2. Beekh e-sosan (*Iris ensata*) – 100 grams
3. Frasiyun - 10 grams
4. Zoofa khushk (*Hyssopus officinalis*)- 10 grams

Methods: Grind, filter and prepare Laoq by adding purified honey and lick 6 grams at the duration of 3-3 hours.

Indications: Effective for asthma (Ribw) and chronic cough.

Laoq-e-Katan ^[19]

Ingredients

1. Alsi biryan (*Linum ussitatissimum*) - I Part
2. Kundur (*Boswellia serrata*)- 5 Part
3. Qardmana-1/4 part
4. Zeera -1/4 part

Methods: Grind, filter and prepare Laoq by adding purified honey 2 times in weight. Use 6 grams at morning & Evening.

Indications: Effective for Ribw (Asthma) and Sual Muzmin (Chronic Cough).

Nuskha of Aab for Zeeq-un-Nafas (Bronchial Asthma)

Aab-e-Babuna: It is useful in Sue *Tanaffus Rutubi*. ^[10]

Aab-e-Badiyan: It is useful in conditions in which *Ghaleez* (viscous) substance gets accumulated in the respiratory tract. ^[13]

Nuskha Aab-e-Zoofa ^[9]

Ingredients

1. Unnab (*Ziziphus sativa*) - 20 in number
2. Sapistan (*Cardia latifolia*) - 20 in number
3. Maveez kalan khurasani (*Vitis vinifera*) - 70 gm
4. Trukhm Khatmi (*Althaea officinalis*) - 70 gm
5. Tukhm Khubbazi (*Malva sylvestris*) - 70 gram
6. Asal us Soos Muqashshar (*Glycyrrhiza glabra*) - 14 gram
7. Qanturiyoon Daqeeq - 14 gram
8. Post Beekhe Kibr (*Capparis spinosa*) - 14 gram
9. Hasha - 14 gram
10. Fotanji Kohi (*Mentha piperatta*) - 14 gram
11. Shekh Armini - 14 gram
12. Brinjasif (*Artimissia vulgaris*) –17.5 gram
13. Post Beekh-e-Raziyana(*Foeniculum vulgare*) - 17.5 gram
14. Post Beekh-e-Karafs (*Apium graveolens*)- 17.5 gram
15. Zoofa khushk (*Hyssopus officinalis*) – 14.5 gram
16. Beekh-e- Sosan asman gooni (*Iris ensata*)– 10.5 gram
17. Faryasiyoon –10.5 gram
18. Zarawand madaharj (*Aristolochia longa*) –7 gram
19. Saazaj Hindi (*Cinnamomum cassia*)–7 gram
20. Mastagi (*Pistacia lentiscum*) – 7 gram
21. Sumbul ul tib (*Valirina jatamansi*) –7 gram

Methods: Boil all ingredients in 2.5 ser (2640 gram) water

till the water reduce to 1.25 pao (300 gram) then use 11.25 tola (135 gram) daily along with *majoon alsi* or *Roghan-e-habbe sanobar 3-5 masha / 3-5 gram* orally to increase its potency include 2.75 gram *tiryaaq-e- arba* in the nuskha.

Indication: Bronchial Asthma

Aab soya: It is useful in Ribw. ^[10]

Aash-e-Jau: Produce a relaxation in body which in turn helps in reliving bronchial asthma. ^[19]

Ma-ul-Leham ^[17]

1. Gaozaban geelani (*Borage officinalis*) –120 gram
2. Badranj boya(*Mellisa officinalis*) –120 gram
3. Darchini (*Cinnamomum zeylanicum*) - 60 gram
4. Mulethi (*Glycyrrhiza glabra*) - 60 gram
5. Elaichi Khurd (*Elettaria cardammum*) - 48 gram
6. Jaiphal (*Myristica fragrance*) - 48 gram
7. Tukhm-e-Karafs (*Apium graveolens*) - 48 gram
8. Zoofa Khushk (*Hyssopus officinalis*) - 48 gram
9. Behman Safed (*Centaurea behen*) - 48 gram
10. Behman Surkh (*Centaurea behen*) - 48 gram
11. Parsiyaaoshan (*Adiantum capillus*) - 48 gram
12. Eersa (*Iris ensata*) - 24 gram
13. Laung (*Eugenia coryophyllata*) - 24 gram
14. Gul-e- surkh (*Rosa Damascus*) - 24 gram
15. Ghafis (*Agrimonia eupatoria*) - 24 gram

Methods: Crush coarsely and Soak in 12 ser (11520 grams.) Rain water Soak in 1 Bottle each of *Arq-e-Gulab*, *Arq-e-Gaozaban*, *Arq-e-badranjboya* for 1 day and 1 night in each bottle. Then take chicken meat- 2400 gram, Meat of teetar – 4 birds, meat of chakor – 4 birds. Make pieces and add to the *khesanda* of above drugs and prepare arq using *qara anbeeq*. On the upper side of qara anbeeq keep amber ashhab 4 masha, zaafraan 9 gram in a potli (Pollice) and hang inside. Dosage: - 2.5 tola (30 gram) with Sharbat Badranjboya orally every day.

Indications: It is useful in Bronchial asthma associated with weakness of the heart and palpitation.

Ma-us-Shaeer

For evacuation for morbid humours ma-us- shaeer (Barley water) is regended best after *Ma-ul- Asl* (Honey water), for patient of Ribw, it is not only necessary to liquefy the viscous humour but also to clean it properly from the air passage. For *jila* or cleansing sweet suranjan drug are useful and such substance is also useful in breaking the viscous humour (*Taqteeh*). In cases where the morbid matter in the chest cavity is hardened and need to be evacuated. *Ma-us-Shaeer* is advised to be used when *Zeeq-un-Nafas* is cause in presence of heat, inflammation and thirst. ^[10]

Barg-e-Anjara when used after being looked with *Ma-us-Shaeer* is helpful in removal of Morbid humours from chest cavity. ^[10]

For the Purpose of *Talaiyyin-e-Tabiya* in patient of Ribw use *ma-us-shaeer* with addition of little *farbiyoon* into it. ^[10]

For purpose of treatment of Dyspnoea, use of *Zeera(cumin)* in *Sirka* (vinegar)with water or *Natroon* with *Shooniz* is recommended^[10].

When Ribw occurs due to *Advia Harr* (hot temperamatic drugs) or *Ghiza Haar* (hot temperamatic diet) or *Hawa-e-harra*(hot air) then for its treatment *Aash-e- jo* with sugar or *Aab-e-Kasni* with *Badiyan* is used. ^[20]

Difficulty in breathing that occurs due to warm-e-Har Sadar, use of Ma-us-Shaeer, Sugar and Aab-e- Kaddu is advised. [10]

Zeequn Nafas is due to *Haar Madda* (Hot matter) then cold temperament drugs are advised, take *Aab-e- Anab-us-Salab* (water of *Solanum nigrum*). [20]

Ma-ul-Asl: *Ma-ul-Asl* when need with *Zoofa* is found effective in chronic cough and difficulty in breathing (Dyspnoea). [10]

Maajoon used in cases of Bronchial asthma

Ayarij Faiqra: By the virtue of its *Hararat* and *Latafat* it removes *Balgham ghaleez* and also does *Tanqiy-e-Rutubat* [9] *Ayarij Faiqra* is recommended in condition where Dyspnoea occur due to Ghaleez (viscous) and Sticky *Rutubat*(secretion) accumulation in lungs cavity [9]

Majoon Barmaki [19]

1. Turbud (*Ipomea turpithum*) - 1 part
2. Halela kabuli (*Terminalia Chebula*) - 1 part
3. Amla (*Embllica officinalis*) - 1 part
4. Baranj muqashshir- 1 part

Method: Sugar equal to the weight of all drugs. Prepare Majoon as per procedure. Use 4 *dirham* with *Aab-e-maweez* (water of raising) twice a day.

Indications: It is useful in *Zeeq-un-Nafas* with cough.

Dawa-ul-Kibreet [5]

Ingredients

1. Kibreet Zard - 28 grams
2. Bazar-ul-Banj (*Hyoscyamus niger*) -28 gram
3. Qird mana - 28 gram
4. Maea (*Liquidamber orientalis*) - 28 gram
5. Murmakki (*Commiphora myrrha*) - 28 gram
6. Sudab (*Ruta graveolans*) -35 gram
7. Qust (*Saussurea lappa*) -35 gram
8. Afyoon (*Papever somniferum*) -7 gram
9. Zafran (*Crocus sativus*) - 7 gram
10. Sankhiya - 42 gram
11. Filfil safed (*Piper alba*)- 77 gram

Method: Powder all the drugs and prepare Majoon in Honey and use 0.5 *dirham* or 1.75 gram to 1 *misqal* (4.5 gram). Keep it for 6 months before use.

Indications: It is beneficial in chronic cough and *Zeeq-un-Nafas*.

Majoon Rah-ul-Momineen [18]

1. Jozbua (*Myristica fragrance*) – 45 grams
2. Kateera (*Sterculia urenus*) - 45 gram
3. Irsa (*Iris ensata*) – 45 grams
4. Barg-e-Gaozaban (*Borage officinalis*) - 45 grams
5. Khusiyatus Salab (*Orchis latifolia*) - 45 grams
6. Tukhm-e-Gazar (*Daucus carota*) - 120 grams
7. Narjeel (*Lodoicea maldivica*) -120 grams
8. Hab Sanobar (*Pinus longiolia*) -120 grams
9. Shaqaqul Misri (*Pustinaca secacul*) - 210 grams
10. Sheera Tukhm Khashkhash (*Papaver somniferum*) - 300 grams
11. Joshanda Post-e-Khashkhash (*Papaver Somniferum*) - 600 ml
12. Sugar – 5 kg

13. Aab-e-Seb (Apple water)- 2 litres

14. Aab-e-Gandana (*Allum ampeloprasum* water) - 2 litres.

Method: Powder all the drugs and prepare Majoon with sugar and use 5-10 grams twice a day.

Indications: Reliever Bronchial spasm, Bronchial Asthma and Palpitation.

Majoon Qibaad-ul-Mulk [19]

1. Juntiyaana Roomi (*Gentiana (lutea)*- 22.5 gram
2. Ustukhuddus (*Lavendula stoechas*)-22.5 gram
3. Qirdmanda-22.5 gram
4. Jaaosheer (*Ferula galbaniflua*)- 22.5 gram
5. Kama faitoos (*Blumea balsamifera*)- 22.5 gram
6. Tukhm-e- Suddab (*Ruta graveolans*)- 22.5 gram
7. Frasiyun- 22.5 grams
8. Mia Saela- 22.5 grams
9. Mirsaafi- 13. 5 grams
10. Zaafran (*Crocus sativus*)- 13. 5 grams
11. Qust (*Saussurea lappa*)- 13. 5 grams
12. White Izkhar-13. 5 grams
13. Filfil (*Piper nigrum*)- 13. 5 grams
14. Sumbul-ut-tib (*Valirina jatamansi*)- 13. 5 grams
15. Farfiyoon- 13. 5 grams
16. Post beekh seb- 13. 5 grams
17. Ushq (*Dorema ammoniacum*)- 13. 5 grams
18. Pudina (*Mentha piperatta*)- 13. 5 grams
19. Raziyaana (*Foeniculum vulgare*)- 13. 5 grams
20. Gul naardeen- 13. 5 grams
21. Habb-e-Balsan (*Commiphora opoballasum*)- 13. 5 grams
22. Usaara ghafis (*Agrimonia eupatoria*)- 14 gram
23. Tukhm-e-Khand qoti- 14 gram
24. Samagh Badaam- 14 gram
25. Afyoon (*Papaver Somniferum*)- 21 gram
26. Bazarul banj (*Hyoscyamus niger*)- 21 gram

Methods: The drug capable of being dissolved is to be dissolved in *Musallas* and powder rest of the drug and then prepare Majoon in honey. Use it after keeping 6 months 5-10 grams twice a day.

Indications: Chronic cough, Chest pain, *Zeeq-un-Nafas*.

Majoon Kalakanj [18]

1. Filfil Siyah (*Piper nigrum*)- 40 grams
2. Filfil Daraaz (*Piper longum*)- 40 grams
3. Zanjabeel (*Zingiber officinale*)- 40 grams
4. Namak Hindi Surkh- 40 grams
5. Namak Hindi Siyah- 40 grams
6. 40 grams Indraain (*Citrullus colocysthis*)- 40 grams
7. Namak Sibr Zard.- 40 grams
8. Namak Sambhar- 40 grams
9. Indrajoshereen (*Wrightia tinctoria*)- 40 grams
10. Sheetraj Hindi (*Plumbago zeylanicum*)- 40 grams
11. Saad Koofi (*Cyperus rotundus*)- 40 grams
12. Heel-e-khurd (*Elettaria cardammum*)- 40 grams
13. khurfa (*Portulaca oleracea*)- 40 grams
14. Qaranfal (*Eugenia coryophyllata*)- 40 grams
15. Baobarang (*Embelia rubusta*)- 40 grams
16. Saatar (*Zataria multiflora*)- 40 grams
17. Kalonji (*Nigella sativa*)- 40 grams
18. Habb-ul-Neel (*Ipomoea nil*)- 40 grams
19. Zeera Siyah (*Carum cavri*)- 40 grams

20. Saazaj hindi (*Cinnamomum tamara*)- 40 grams
21. Tukhm-e-Karafas (*Apium graveolens*)- 40 grams
22. Khiskneez khushk (*Coriandrum sativum*) 40 grams -
23. Halela siyah (*Terminalia Chebula*)- 40 grams
24. Post halela (*Terminalia chebula*)- 40 grams
25. Amla (*Embllica officinalis*)- 40 grams
26. Maghz Fuloos Khyar shambar (*Cassia fistula*) - 60grams
27. Turbud Safed (*Ipomea turphtum*) - 160grams
28. Maveez Munaqqa (*Vitis vinefera*) - 800grams
29. Sheer Amla - 5 litres
30. Qand safed - 5Kg
31. Roghan Kunjad - 500 ml

Method: Powder all the drugs and prepare Majoon with sugar and use 5-10 grams twice a day.

Indications: Muhallil-e-Auram (Anti-inflammatory), Idrar-e-Baol (Dieresis), Tafteeh Suddad (opening of embolism), Istisqa (Ascites), Humma (pyrexia), Zeeq-un-Nafas (asthma), Qoolanj (colic), Ikhtinaq-ur-Reham (Hysteria).

Beneficent of Namkiyaat (Salts) in Zeeq-un-Nafas (Bronchial Asthma)

Namak-e-Chirchita: When used in small Quantities frequently helps in removing the sputum/ phlegm from chest cavity and is also beneficial in Zeequn Nafas (Asthma) [21].

Namak-e-Thoohar: When used frequency in small Quantities is helpful in Removing phlegm from Chest cavity and also beneficial in Zeequn Nafas (Asthma) [21].

Namak Madar: When Used is small quantity is found Effective in Evacuating phlegm from chest cavity and also beneficial in Zeeq-un-Nafas (Asthma) [21].

Nuskha of Rakh (Ash) for Zeeq-un-Nafas (Asthma) [21]

Ingredients

1. Dried fallen leaves of Madar (*Calotropis procurea*) – 960 gm
2. Chuna (Lime)- 7 gm
3. Namak – 7 gm

Procedure - Mix Chuna and Namak in water to make a paste and then apply the paste on leaves of Madar. Keep the leaves in an earthen pot and cover with lid completely. Then apply heat from Jangli Cow dunk cake (Jangli uple) for 1 Peher until it becomes Ash.

Dosage: 125 mg Daily

Indications: Useful in Cough and Zeeq-un-Nafas (Asthma).

Conclusion

The main aim of this review is to highlight and discuss the latest findings and studies conducted on compound Unani formulations for their anti asthmatic effects, in order to fight against this global disease by developing the safe and effective anti asthmatic therapeutic agents. From the above description it is clear that the claims of Unani physician's centuries ago, are as per recent scientific data as well. Unani herbal drugs can be considered as promising chemotherapeutic agents. The efficacy of herbal drugs is significant and they have fewer side effects than the conventional medicines. The randomized controlled clinical trials (RCTs) may be conducted to evaluate the safety and

efficacy of these Unani herbal drugs as an adjunct to conventional anti asthmatic treatment.

Acknowledgements

The authors are extremely thankful to Director National Research Institute of Unani Medicine for skin disorder, Hyderabad and Principal Mohammadia Tibbia College & Assayer Hospital for providing necessary facilities and encouragement while writing this manuscript.

Conflict of Interest

None

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