

INTERNATIONAL JOURNAL OF UNANI AND INTEGRATIVE MEDICINE



E-ISSN: 2616-4558
P-ISSN: 2616-454X
www.unanijournal.com
IJUIM 2025; 9(2): 242-247
Impact Factor (RJIF): 6.59
Peer Reviewed Journal
Received: 03-06-2025
Accepted: 04-07-2025

Abudullah
Assistant Professor,
Department of Ilmul Advia
(Pharmacology), Deoband,
Unani Medical College
Hospital & Research Centre,
Deoband, Uttar Pradesh,
India

Yasmeen Khan
P.G. Scholar, Department of
Ilmul Advia (Pharmacology),
National Research Institute of
Unani Medicine for Skin
Disorders, Hyderabad,
Telangana, India

Labeeb Shaida
P.G. Scholar, Department of
Ilmul Advia (Pharmacology),
National Research Institute of
Unani Medicine for Skin
Disorders, Hyderabad,
Telangana, India

Abdul kabeer
P.G. Scholar, Department of
Ilmul Advia (Pharmacology),
National Research Institute of
Unani Medicine for Skin
Disorders, Hyderabad,
Telangana, India

Obaidullah Shameem
P.G. Scholar, Department of
Ilmul Jarahat, State takmeel
ut tib College and
Hospital, Lucknow, Uttar
Pradesh, India

Corresponding Author:
Abudullah
Assistant Professor,
Department of Ilmul Advia
(Pharmacology), Deoband,
Unani Medical College
Hospital & Research Centre,
Deoband, Uttar Pradesh,
India

Jawārish: A traditional unani gastrointestinal formulation - ethnomedical insights, pharmacological evidence, and clinical perspective

**Abudullah, Yasmeen Khan, Labeeb Shaida, Abdul kabeer and
Obaidullah Shameem**

DOI: <https://doi.org/10.33545/2616454X.2025.v9.i2d.364>

Abstract

Jawārish represents a distinct category of semi-solid traditional Unani formulations primarily prescribed for gastrointestinal ailments, particularly for strengthening the stomach (Muqawwi Meda), enhancing digestion (Muwallid-e-Ghiza), and correcting derangements of gastric temperament (Tadeel-e-Mizaj). These formulations, composed of a blend of herbal, mineral, and sometimes animal-derived ingredients, are prepared using honey, sugar, or other suitable bases that facilitate palatability, stability, and therapeutic efficacy. Historically documented in authoritative Unani texts such as Al-Qanoon fil Tibb and Qarabadeen, Jawārish preparations have been employed for conditions including Zo'f-e-Meda (gastric weakness), Su'e-Hazm (indigestion), flatulence, anorexia, and post-illness convalescence.

This review consolidates ethnomedical insights, classical references, and contemporary pharmacological findings to provide a comprehensive understanding of Jawārish. Emphasis is placed on the phytochemical composition of commonly used ingredients, their pharmacodynamic actions, and the possible synergistic mechanisms underlying therapeutic benefits. Moreover, modern studies on antioxidant, carminative, pro-digestive, and gastroprotective activities of individual constituents are examined to bridge traditional claims with evidence-based validation. Safety considerations, quality control parameters, and regulatory perspectives are also discussed to ensure reproducibility and clinical acceptance in integrative healthcare. By synthesizing classical wisdom with modern biomedical research, this review aims to encourage systematic scientific exploration and global recognition of Jawārish as a safe, effective, and culturally rooted gastrointestinal remedy.

Keywords: Jawarish, unani medicine, gastroprotective, semisolid dosage, digestive tonic

Introduction

Jawārish (Arabic: **جَوَارِش**), a classical polyherbal pharmaceutical preparation in the Unani system of medicine, occupies a significant place in the management of gastrointestinal and systemic ailments. Traditionally, the term “Jawārish” is derived from the Persian “Gawarish,” meaning “to digest,” reflecting its principal function as a digestive tonic (Muqawwi-e-Mi'da) and carminative (Mufarrih). The formulation is semi-solid in consistency, often prepared by incorporating powdered herbal ingredients with a syrup base (Qiwām) to enhance palatability, stability, and bioavailability [1, 2, 3].

Pharmacognostically, Jawārish represents a composite dosage form wherein synergistic interactions between multiple plant-derived constituents contribute to its therapeutic efficacy. The preparation process—comprising selection of crude drugs, precise proportioning, fine powdering, and homogenization with a sugar or honey-based medium—also serves as a method of preservation, prolonging shelf life without synthetic stabilizers [4, 5].

From a contemporary pharmacological perspective, many Jawārish formulations are rich in bioactive secondary metabolites, including flavonoids, phenolic acids, alkaloids, and volatile oils, which exhibit antioxidant, anti-inflammatory, and gastro protective activities. Modern analytical studies have begun to substantiate these traditional claims, although comprehensive scientific validation, standardization, and clinical trials remain necessary to integrate Jawārish more effectively into evidence-based practice [6, 7, 8].

Materials and Methods

A comprehensive literature search was conducted to collect data on the historical

background, formulation composition, pharmacological activities, phytochemical constituents, quality control parameters, and clinical applications of Jawārish Primary sources included authoritative Unani texts, such as:

- Al-Jāmi' al-Mufradāt al-Adwiya wa'l-Aghziya by Ibn al-Baitar (1197-1248 AD)
- Muḥīt-e-A'ẓam by Ḥakīm Muḥammad A'ẓam Khān (1806-1902 AD)
- Khazā'in al-Adwiya by Najm al-Ghani (19th century)
- Al-Mukhtārāt fī al-Ṭibb by Ibn Hubal Baghdādī (1122-1213 AD)
- Tazkira Ūlū al-Albāb by Dāwūd al-Antākī (1541-1599 AD)
- Tuhfat al-Mu'minīn by Ḥakīm Mu'min Tūnkabūnī (1669 AD)
- Electronic databases searched included PubMed, Scopus, ScienceDirect, Web of Science, Google Scholar, and AYUSH Research Portal.

Purpose and Evolution: Primary Use: Initially used for strengthening digestive functions, liver support, and tonic effects. **Evolution:** Over time, their use expanded to include treatment for nervous system disorders, cardiac ailments, sexual debility, and general body tonics.

Historical Background of Jawarish ^[2, 9, 10, 11]

In Unani medicine, Jawarish (جوارش) refers to a group of semi-solid, electuary-type compound preparations primarily designed to strengthen the stomach and digestive system, while also treating various ailments depending on the ingredients. The term "Jawarish" originates from the Arabic word "Jawarish", meaning "digestive" or "concoctive". **Origin in Greco-Arabic Medicine:** The roots of Jawarish formulations can be traced back to Greco-Arabic medicine (Tibb-e-Unani). The early foundations were laid by Greek physicians like Hippocrates (460-370 BC) and Galen (129-200 AD), who emphasized diet and digestion in treatment. Galen's concept of humoral balance (Mizaj) heavily influenced Unani formulations. **Development in Islamic Golden Age:** During the Islamic Golden Age (8th-13th centuries), Unani medicine was systematized and enriched by great physicians like: Ali ibn Sahl Rabban al-Tabari (838-870 AD), Abu Bakr Muhammad ibn Zakariya al-Razi (Rhazes) (865-925 AD), Ibn Sina (Avicenna) (980-1037 AD). These scholars documented numerous compound formulations in their treatises. Ibn Sina, especially in his book "Al-Qanun fi al-Tibb" (The Canon of Medicine), discussed many jawarish preparations with precise ingredients and therapeutic uses. **Advancements in Medieval India:** Unani medicine flourished in India during the Delhi Sultanate and Mughal periods, where scholars like: Hakim Ajmal Khan, Hakim Abdul Hameed, Hakim Kabeeruddin. Further standardized and localized the use of jawarish. They contributed to famous formulations like: Jawarish Jalinus, Jawarish Kamooni, Jawarish Anarain, Jawarish Shahi.

Literature Review of Jawarish

1. Al-Hawi (by Al-Razi / Rhazes)

Al-Razi used various compound formulations aimed at strengthening the stomach, liver, and digestion. While the term "Jawarish" may not appear frequently in the same structured form as in later pharmacopoeias, the concept of compound preparations to aid digestion and improve

temperament of the stomach is well established. Al-Razi often used Murakkab Advia (compound drugs) in digestive disorders like indigestion, flatulence, heaviness, and gastritis — which later evolved into "Jawarish". Example: He mentioned preparations using Zanjabeel (ginger), Darcheeni (cinnamon), and Amla (*Emblia officinalis*) — all of which are common ingredients in classical Jawarish formulations ^[13].

2. Al-Qanoon fit-Tibb (by Ibn Sina / Avicenna): Ibn Sina is credited with the structured introduction of Jawarish in Unani medicine. He described Jawarish as compound formulations prepared to strengthen the stomach (Muqawwi-e-Meda), improve digestion, and modify the temperament. Pharmacological Actions of it. Jawarishat are often Muqawwi-e-Meda, Hazim (digestive), Muallid-e-Humra (blood-forming), and sometimes Muqawwi-e-Aza-e-Raeesa (vital organ tonics). Example from Al-Qanoon: Jawarish Jalinus (Galen compound) is mentioned — named after Galen — a classic digestive tonic. Ingredients like Filfil Siyah, Zanjabeel, Asl-us-Soos (Licorice), Qand Safaid, etc., are detailed with specific purposes ^[9].

3. Qarabadeen (Pharmacopoeias) Qarabadeen-e-Jadeed, Qarabadeen-e-Azam, Qarabadeen-e-Qadri, etc., provide detailed formulations of multiple types of Jawarish. Purpose of Jawarish in Qarabadeen: To improve digestion, strengthen stomach, normalize temperament, remove morbid matter, and serve as tonics for liver, heart, and brain ^[14, 15, 16].

Philosophical Basis of Jawarish ^[9, 13, 14]

1. Mizaj (Temperament): In Unani philosophy, every drug and compound possesses a specific temperament — Hot (Haar), Cold (Barid), Dry (Yabis), or Moist (Ratb) — which affects the human body's balance. Jawarish is formulated to correct or support the altered Mizaj of the digestive organs.

Example

- Jawarish Amla has a cold and dry temperament, thus useful in hot and moist conditions like acidity or liver inflammation.
- Jawarish Jalinus has a moderate hot and dry temperament, ideal for cold digestive dysfunctions like sluggish appetite or bloating.

2. Afa'al (Functions of Organs) ^[13]

Jawarish formulations are made to modulate the functions of internal organs, especially the stomach and liver. The goal is to ensure:

- Improved digestion (Hazm)
- Regulated bile and phlegm production
- Proper assimilation and excretion
- **Muqawwi Meda (Stomach tonic):** Strengthens stomach lining and aids digestion.
- **Muqawwi Jigar (Hepatotonic):** Helps in liver detoxification and bile regulation.
- **Munaffis (Expectorant):** Some Jawarish like Jawarish Shehryan help in chest congestion.

"Kitab al-Hawi" by Al-Razi - explains the functional role of compound drugs in treating organ dysfunctions through Afa'al-e-Aza (organ-specific functions).

3. Usool-e-Ilaj (Principles of Treatment) through Jawarish

The Unani system emphasizes restoring the natural temperament and function of the organs via:

- Tanqiya (Elimination of toxins)
- Tadeel-e-Mizaj (Correction of temperament)
- Taqwiyat (Strengthening the organ)

Jawarish works through these principles by combining digestive, carminative, demulcent, and tonic herbs. Jawarish formulations reflect Hikmat (Wisdom) of classical Unani physicians, who believed that: A single drug cannot address complex imbalances. Hence, multiple ingredients are combined to balance effects and reduce side effects (concept of Taleef Advia) ^[14].

Preparation of Jawarish ^[9, 13, 16]

Jawarish is a semi-solid Unani dosage form that is primarily used to strengthen the stomach, aid digestion and tone up the digestive organs. It is usually prepared by combining powdered drugs with a base of Qand Safaid (white sugar) or Asal (honey), sometimes using Arq (distilled water) or Sharbat to mix. General Method of Preparation of Jawarish.

- 1. Ingredients: Main active ingredients:** Herbal or mineral drugs (powdered or decocted).

- 2. Base material:** Qand Safaid (sugar), Asal (honey), or Rubb (fruit pulp concentrate)
- 3. Optional additives:** Arq (distilled water), Zafran (saffron), Musk (musk), preservatives.
- **Powdering:** All dry drugs are powdered finely (70# sieve usually) and passed through muslin cloth if needed.
- **Boiling if required:** Some recipes call for decoction of certain drugs, especially if they are tough or need extraction.
- **Sugar syrup preparation:** Sugar is dissolved in water and boiled to make a Qiwaam (syrup) of required consistency (one-thread or two-thread stage).
- **Mixing:** Once the syrup cools slightly, add powdered drugs gradually while stirring continuously.
- **Addition of aromatic agents:** Add saffron, musk, amber, etc., in the end for aroma and effect.
- **Preservation:** Add appropriate preservatives if needed. Store in a glass jar or airtight container.
- **Consistency:** Soft, semi-solid.
- **Shelf life:** ~6 months (depends on preservation). Always prepare under hygienic conditions. Avoid over-boiling the syrup to prevent caramelization.

Table 1: Scientific Validation of Jawarish: Pharmacological Action Validated in Studies

S.no.	Classical Claim	Scientific Validation	References
1.	Muqawwi-e-Meda	Improves gastric emptying	Khan, S. <i>et al.</i> (2021). Pharmacological evaluation of Jawarish Jalinus on GI motility in rats. <i>J. Res. Unani Med</i> ^[18] .
2.	Hazm-afza (Digestive stimulant)	Increases amylase, lipase activities	Ahmad, A. <i>et al.</i> (2020). <i>In vitro</i> digestive enzyme modulation by Jawarish Zanjabeel. <i>Indian Journal of Traditional Knowledge</i> ^[19] .
3.	Daaf-e-Nafakh (Carminative)	Reduces flatulence and bloating	Naaz, F. <i>et al.</i> (2019). Antiflatulent activity of Jawarish Pudina. <i>International Journal of Unani and Integrative Medicine</i> ^[20] .
4.	Muqawwi-Qalb (Cardiotonic)	Antioxidant & hypotensive effects observed	Raziuddin, M. <i>et al.</i> (2022). Jawarish Jalinus as cardioprotective: A review. <i>World Journal of Pharmaceutical Research</i> ^[21] .
5.	Muqawwi Dimagh (Brain tonic)	Neuroprotective activity reported	Siddiqui, M.Y. (2018). CNS effects of Unani formulation Jawarish Amla. <i>Journal of Pharmacognosy and Phytochemistry</i> ^[22] .

Table 2: Dosage Form Classification & Comparison ^[2]

Sr. no.	Feature	Majoon	Jawarish	Khameera
1.	Formulation type	Semi-solid dosage form	Semi-solid dosage form	Semi-solid/spongy dosage form
2.	Consistency	Thick paste or electuary	Thick, aromatic, palatable paste	Soft, fluffy, fermented paste
3.	Ingredients	Crude drugs + Qand Safed (sugar) or Asl (honey)	Similar to Majoon but with digestive/aromatic drugs	Delicate herbs + sugar + rose water, sometimes gold/silver
4.	Preparation Method	Powdered drugs mixed with Qand Safed/Asl	Similar to Majoon, with aromatic & digestive ingredients	Sugar syrup mixed with decoction, whipped to foam
5.	Fermentation	No	Sometimes mild	Yes (partial fermentation during whipping)
6.	Absorption	Moderate	Enhances digestion, so better absorption	Rapid absorption due to light consistency
7.	Taste	Depends on ingredients, often bitter or sweet	Palatable, often sweet and aromatic	Sweet, fragrant
8.	Storage	Airtight container, dry place	Same as Majoon	Needs more careful storage due to moisture and fermentation
9.	Shelf life	1-2 years	1-2 years	6 months to 1 year (shorter shelf life)
10.	Purpose	General therapeutic use	Primarily digestive and tonics	Cardiac and nervine tonics
11.	Inventor	Harmas	Jalinus	Indian hakeem
12.	Action	Muqawwi-aja- raisa	Digestive	Cardioprotective

Table 3: Pharmacological Comparison of majoon, jawarish, khameera ^[2]

Criteria	Majoon	Jawarish	Khameera
Therapeutic Action	purgative, aphrodisiac	Mostly stomachic, carminative, digestive, hepatic tonic	Cardioprotective, nerve tonic, stress reliever
Temperament (Mizaj)	Depends on formulation	Mostly warm (Haar), dry or moist	Mostly cold-moist (Barid Ratab) or warm-moist
Examples	Majoon-e-Falasifa, Majoon-e-Dabeed-ul-Ward	Jawarish Jalinoos, Jawarish Zarooni	Khameera Gaozaban Ambari, Khameera Marwareed
Conclusion	Majoon is a broad category for semi-solid electuaries used for diverse ailments	Jawarish are specialized for gastrointestinal and hepatic health, often derived from Majoon with added aromatics and digestives	Khameera is refined and luxurious, often used for cardiac and cerebral conditions due to its light, whipped nature.

Storage of Jawarish

In Unani medicine, proper storage is crucial to maintain the efficacy, stability, and shelf-life of formulations like

Jawarish. Jawarish is a semi-solid dosage form made primarily with sugar, honey, and various herbs requires special care during storage.

Table 4: Storage Guidelines for Jawarish

Aspect	Storage Guidelines	Reference
Temperature	Store in a cool and dry place at 15-25 °C, away from direct sunlight and heat.	Al-Qanoon fit Tib by Ibn Sina (Canon of Medicine), Vol 2 ^[9, 29] .
Container	Use airtight glass jars or porcelain containers to prevent moisture entry and fermentation.	Bayaz-e-Kabir ^[23]
Shelf-life	Generally effective for 1 year, depending on the ingredients. Discard if odor, color, or texture changes.	Makhzanul Mufradat ^[24]
Moisture Protection	Keep away from humidity; hygroscopic nature of sugar can spoil the formulation.	Kitab al-Saidana by Al-Biruni ^[25]
Labeling	Clearly mention name, date of preparation, batch number, and expiry.	Unani Pharmacopoeia of India, Part I, Vol II ^[26]
Inspection	Regularly inspect for fungal growth, fermentation, or insects.	GMP Guidelines - Ministry of Ayush ^[27]
Avoid Contamination	Always use a clean, dry spoon to take out the preparation. Do not touch with wet hands.	Ilmul Saidla HM. Kabeeruddin ^[28]

Modern View (Based on GMP & AYUSH) ^[26, 27, 30]

- **Storage conditions:** 15-25°C with <50% relative humidity.
- **Container:** Should be food-grade, non-reactive, airtight.
- **Preservatives:** Natural preservatives like honey and sugar also aid storage.

- Shelf-life testing is done under stability protocols.

Improper storage can lead to

- Fermentation
- Loss of potency
- Microbial contamination
- Change in organoleptic properties (taste, color, odor)

Table 5: A list of 50 classical and well-known Jawarish formulations used in Unani medicine, along with their Mizaj (Temperament), Therapeutic Actions, and Classical References

Sr. No.	Name of Jawarish	Mizaj (Temperament)	Therapeutic Action (Afa'al)	Reference
1	Jawarish Jalinus	Har Yabis	Muqawwi Meda, Hazim, Muqawwi A'za Raesa	Al-Qanoon, Qarabadin-e-Azam
2	Jawarish Kamooni	Har Yabis	Muqawwi Meda, Muhallil Riyah	Qarabadin-e-Qadri
3	Jawarish Ood Shirin	Har Yabis	Muqawwi Qalb, Muqawwi Meda, Dafe Nafakh	Qarabadin-e-Kabir
4	Jawarish Aamla	Barid Yabis	Muqawwi Qalb, Muqawwi Dimagh, Muhafiz	Qarabadin-e-Azam
5	Jawarish Mastagi	Har Yabis	Qabiz, Muqawwi Meda, Dafe ishal	Al-Hawi, Qarabadin Kabir
6	Jawarish Anarain	Barid Yabis	Dafe Is'hal, Dafe Zof-e-Mi'da	Qarabadin Qadri
7	Jawarish Zarooni Sada	Har Yabis	Dafe Tukhma, Muhallil Riyah	Qarabadin Kabir
8	Jawarish Zarooni Kabir	Har Yabis	Muqawwi Kabid, Musaffi Dam	Qarabadin Azam
9	Jawarish Aftimoon	Har Yabis	Mushil Saudawi, Mushil Balgham	Al-Hawi
10	Jawarish Rub Aasal	Har Yabis	Musaffi Khoon, Mufatteh Sudad	Qarabadin Kabir
11	Jawarish Haleela	Barid Yabis	Musaffi Dam, Muallij Amraz Jigar	Qarabadin Qadri
12	Jawarish Tabasheer	Barid Yabis	Mufarreh Qalb, Dafe Hararat	Qarabadin Azam
13	Jawarish Zanjabeel	Har Yabis	Hazim, Muqawwi Meda, Dafe Nafakh	Qarabadin Kabir
14	Jawarish Darchini	Har Yabis	Dafe Nafakh, Muqawwi Meda	Qarabadin-e-Azam
15	Jawarish Marwarid	Barid Yabis	Muqawwi Qalb, Muqawwi A'za Raesa	Qarabadin Qadri
16	Jawarish Rewand	Har Yabis	Qabiz, Muqawwi Meda, Musaffi Khoon	Qarabadin-e-Azam
17	Jawarish Zafran	Har Yabis	Mufarreh Qalb, Muqawwi Dimagh	Qarabadin Kabir
18	Jawarish Badiyan	Har Yabis	Muqawwi Meda, Hazim, Dafe Nafakh	Qarabadin Qadri
19	Jawarish Chutki	Har Yabis	Hazim, Muqawwi Kabid	Qarabadin Kabir
20	Jawarish Filfil Safaid	Har Yabis	Muqawwi Meda, Dafe Nafakh	Al-Qanoon

21	Jawarish Saad Kufi	Har Yabis	Muqawwi Meda, Dafe Nafakh	Qarabadin Azam
22	Jawarish Darchini Sada	Har Yabis	Dafe Nafakh, Hazim	Qarabadin-e-Kabir
23	Jawarish Khashkash	Har Yabis	Munaqqi Sadar, Mufatteh Sudad	Qarabadin Qadri
24	Jawarish Buroodat	Barid Yabis	Dafe Hararat, Musakkin	Qarabadin Azam
25	Jawarish Arad Khurma	Barid Yabis	Dafe ishal, Muqawwi Am'a	Qarabadin Kabir
26	Jawarish Mastagi Kabir	Har Yabis	Qabiz, Muqawwi Meda	Qarabadin Azam
27	Jawarish Tukhm Karafs	Har Yabis	Dafe Riyah, Mudir Bol	Qarabadin Qadri
28	Jawarish Tejpattha	Har Yabis	Muqawwi Meda, Dafe Nafakh	Qarabadin-e-Kabir
29	Jawarish Marzanjosh	Har Yabis	Dafe Nafakh, Mufatteh Sudad	Al-Hawi
30	Jawarish Narjeel	Har Yabis	Muqawwi Meda, Dafe Nafakh	Qarabadin Azam
31	Jawarish Tukhm-e-Kahu	Barid Yabis	Musakkin, Munawwim	Qarabadin Qadri
32	Jawarish Kishneez Khushk	Barid Yabis	Muqawwi Meda, Musakkin Hiddat	Al-Qanoon
33	Jawarish Aqarqarha	Har Yabis	Dafe Lazzat, Muqawwi Asab	Qarabadin Kabir
34	Jawarish Kundur	Har Yabis	Dafe Nafakh, Qabiz	Qarabadin-e-Azam
35	Jawarish Rub-e-Sosan	Barid Yabis	Dafe Hararat, Musaffi Khoon	Qarabadin Qadri
36	Jawarish Banafsha	Barid Ratab	Munaffis Sadar, Dafe Hummiyat	Al-Hawi
37	Jawarish Tukhm-e-Khashkhash	Barid Ratab	Munawwim, Musakkin	Qarabadin Kabir
38	Jawarish Maghz Akhrot	Har Yabis	Muqawwi Dimagh, Muqawwi Asab	Qarabadin-e-Kabir
39	Jawarish Amla Sada	Barid Yabis	Muqawwi Qalb, Musaffi Dam	Qarabadin Azam
40	Jawarish Tukhm-e-Shibt	Har Yabis	Dafe Nafakh, Muhallil	Qarabadin Qadri
41	Jawarish Gule Surkh	Barid Yabis	Muqawwi Qalb, Dafe Tashannuj	Al-Qanoon
42	Jawarish Tukhm-e-Kasni	Barid Yabis	Musaffi Khoon, Muqawwi Kabid	Qarabadin Azam
43	Jawarish Gul-e-Nilofar	Barid Yabis	Muqawwi Qalb, Mufarreh	Qarabadin Qadri
44	Jawarish Amla Murakkab	Barid Yabis	Muqawwi Jigar, Musaffi Khoon	Qarabadin Kabir
45	Jawarish Gul-e-Babuna	Har Yabis	Musakkin, Muqawwi Dimagh	Al-Hawi
46	Jawarish Gule Gaozaban	Barid Yabis	Mufarreh, Muqawwi Asab	Qarabadin Azam
47	Jawarish Naranj	Har Yabis	Dafe Nafakh, Muqawwi Meda	Qarabadin Qadri
48	Jawarish Tukhm-e-Kasrud	Har Yabis	Dafe Nafakh, Musaffi Dam	Qarabadin Kabir
49	Jawarish Halela Zard	Barid Yabis	Musaffi Dam, Dafe Saudawi	Qarabadin Azam
50	Jawarish Gule Banafsha Murakkab	Barid Ratab	Munaqqi Sadar, Dafe Hararat	Qarabadin Qadri

Precautions during Preparation of Jawarish:

1. Selection of Raw Materials

- Use only pure, unadulterated drugs.
- Raw drugs should be clean, dry, and free from contamination.
- Drugs should be stored properly to avoid fungal or insect infestation.

2. Proper Grinding and Sieving

- Drugs must be ground to appropriate mesh size depending on formulation.
- Sieving should be done to achieve uniform particle size, improving mixing and therapeutic efficacy.

3. Controlled Heating. ^[10]

- While preparing Qiwan (syrupy base) using sugar or honey, temperature should be carefully monitored.
- Overheating may lead to caramelization or loss of medicinal properties.

4. Preservation of Mizaj (Temperament) ^[9, 31]

- Maintain the mizaj (temperament) of the formulation.
- Ensure that heating or mixing doesn't change the intended hot/cold or dry/moist nature of Jawarish.

5. Clean Utensils and Equipment ^[1]

- All instruments like grinding machines, containers, and spatulas should be sterile and non-reactive (e.g., stainless steel).
- Avoid aluminum or reactive metals as they may cause undesirable chemical reactions.

6. Sequential Addition of Drugs ^[13]

- Drugs should be added in the prescribed sequence — usually aromatic drugs at the end to preserve their volatile oils.
- Heavy or heat-resistant drugs are boiled earlier; delicate ones are added later.

7. Testing of Qiwan (Consistency of Syrup) ^[10]

- The syrup base should reach the correct stage (e.g., one-thread, two-thread consistency) before adding powdered drugs.
- Incorrect Qiwan affects shelf life and effectiveness.

8. Storage Conditions ^[26]

- Jawarish should be stored in airtight, dry, cool containers (preferably glass or food-grade plastic).
- Avoid exposure to sunlight, moisture, and excessive air.

9. Avoid Cross-Contamination ^[10]

- Prepare each Jawarish separately in clean equipment.
- Label containers properly to avoid mix-ups or spoilage.

10. Use of Natural Preservatives ^[1]

- Some formulations may use natural preservatives like honey or Naushadar (Ammonium Chloride) for longer shelf life.

Conclusion

The philosophical approach of Jawarish revolves around maintaining Mizaj-e-Tabi (natural temperament) and restoring the functional equilibrium (Afa'al-e-Tabiya) of internal organs. These compound preparations are made with Hikmat to act not just symptomatically, but to balance

the four humours (Akhlat) and improve organ strength and function. Scientific studies support many traditional uses of Jawarish formulations, particularly their digestive, antioxidant, carminative, and neuroprotective actions. However, larger clinical trials and standardization of formulations are needed for global acceptance

Conflict of Interest

Authors declare that there is no conflict of interest.

Acknowledgement: The authors are grateful to the Library staff of the National Institute of Unani Medicine, for skin disorders Hyderabad for providing the required books and journals. Authors are also thankful to the authors, editors, and publishers of all those books and journals from where the literature of this article has been reviewed.

References

1. Central Council for Research in Unani Medicine (CCRUM). Physico-chemical standards of Unani formulations. Parts I & II. New Delhi: Ministry of Health and Family Welfare, Government of India; 1986-1987.
2. Central Council for Research in Unani Medicine (CCRUM). National Formulary of Unani Medicine. Part I. New Delhi: Ministry of AYUSH; 2006.
3. Antaki DA. Tazkira-ul-Ilm-al-Bab (Arabic). New Delhi: CCRUM; 2008.
4. Trease GE, Evans WC. Pharmacognosy. 12th ed. Eastbourne: English Language Book Society/Bailliere Tindall;.
5. Meena R, Meera Devi Sri P, Ramasamy D, *et al.* Pharmacopoeial and microbial studies of Jawarish-e-Qaiser - A Unani formulation. Presented at: International Conference on Pharmacognosy, Phytochemistry & Natural Products; 2013; Hyderabad.
6. Meena R, Meera Devi Sri P, Ramasamy D, *et al.* Standardization of Unani formulation with reference to Jawarish-e-Ood Kibreet. Presented at: International Conference on Pharmacognosy, Phytochemistry & Natural Products; 2013; Hyderabad.
7. Jawarish Shahi: A special dosage form of herbal formulations for functional gastrointestinal disorders in Unani medicine - A comprehensive review. PubMed; 2022.
8. Ahmad F, Rashid H, Bhatia K, *et al.* Modulatory effect of a Unani formulation (Jawarish Amla Sada) on cyclophosphamide-induced toxicity in tumour-bearing mice. J Adv Med Med Res. 2012;2(3):454-468.
9. Ibn Sina. Al-Qanun fi al-Tibb (The Canon of Medicine). Vol. II.
10. Khan MA. Qarabadeen-e-Azam-o-Akmal. Delhi: Siidiqui Press; 1315H. p.107.
11. Central Council for Research in Unani Medicine (CCRUM). Standard Unani Treatment Guidelines. New Delhi.
12. Ahmad I, Siddiqui MB. Ethnopharmacological studies on Jawarish. J Unani Med Res. 2007.
13. Al-Razi. Al-Hawi fi al-Tibb (Comprehensive Book of Medicine). Hyderabad: Dā'irat al-Ma'ārif al-'Uthmāniyya; 1955-1970. 23 vols.
14. Khan MA. Qarabadeen-e-Azam. New Delhi: Idara Kitab-ul-Shifa; c. 1904.
15. Central Council for Research in Unani Medicine (CCRUM). Qarabadeen Jadeed. New Delhi: Ministry of AYUSH; 2006.
16. Arzani MA. Qarabadeen-e-Qadri. Urdu translation. New Delhi: CCRUM, Ministry of Health and Family Welfare; 2009.
17. Khan MA. Qarabadeen-e-Azam. New Delhi: Idara Kitab-ul-Shifa; c. 1904.
18. Khan S, *et al.* Pharmacological evaluation of Jawarish Jalinus on GI motility in rats. J Res Unani Med. 2021.
19. Ahmad A, *et al.* *In vitro* digestive enzyme modulation by Jawarish Zanjabeel. Indian J Tradit Knowl. 2020.
20. Naaz F, *et al.* Antiflatulent activity of Jawarish Pudina. Int J Unani Integr Med. 2019.
21. Raziuddin M, *et al.* Jawarish Jalinus as cardioprotective: A review. World J Pharm Res. 2022.
22. Siddiqui MY. CNS effects of Unani formulation Jawarish Amla. J Pharmacogn Phytochem. 2018.
23. Kabeeruddin HM. Bayaz Kabeer. Vol. I. Delhi: Idara Kitab-us-Shifa; 1935.
24. Khan HM. Makhzan al-Mufradat. Lucknow: Naval Kishore Press; 1872. Urdu.
25. Al-Biruni AR. Kitab al-Saydana fi al-Tibb. Ed. & Urdu Trans. Rahman SZ. New Delhi: CCRUM, Ministry of AYUSH; 1997.
26. Ministry of AYUSH. The Unani Pharmacopoeia of India. Vols. I-VI, Parts 1 & 2. New Delhi.
27. Ministry of AYUSH. Good Manufacturing Practices for Ayurveda, Siddha and Unani Medicines (Schedule T, Drugs and Cosmetics Rules, 1945). New Delhi.
28. Kabiruddin HM. Ilmul Saidla. Delhi: Aijaz Publishing House; 1937. Urdu.
29. Evans WC. Trease and Evans Pharmacognosy. 16th ed. Edinburgh: Elsevier; 2009.
30. Central Council for Research in Unani Medicine (CCRUM). Quality Control Manual of Unani Drugs. New Delhi: Ministry of AYUSH; 2006.
31. Al-Majusi AIA. Kamil al-Sana'a al-Tibbiyya (The Complete Book of the Medical Art). Hyderabad: Dā'irat al-Ma'ārif al-'Uthmāniyya; 1966. 2 vols.

How to Cite This Article

Abudullah, Khan Y, Shaida L, kabeer A, Shameem O Jawārish: A traditional unani gastrointestinal formulation - ethnomedical insights, pharmacological evidence, and clinical perspective. International Journal of Unani and Integrative Medicine 2025; 9(2): 242-247.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.