

# INTERNATIONAL JOURNAL OF UNANI AND INTEGRATIVE MEDICINE



E-ISSN: 2616-4558  
P-ISSN: 2616-454X  
IJUIM 2019; 3(1): 24-26  
Received: 11-11-2018  
Accepted: 15-12-2018

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## Clinical study to evaluate the efficacy of Sharbat-e-Maweez in the management of Soo-ul-Qiniya Bawajah Qillat-e-faulad (Iron deficiency anemia)

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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. Iron deficiency anemia (IDA) is the most common nutritional deficiency worldwide. About one third of the global population (over 2 billion) is anemic. The symptoms of Iron deficiency anemia are weakness, extreme fatigue, Pallor, shortness of breath, headache, palpitation, rapid heartbeat (tachycardia), confusion or loss of concentration. Most of the unani physicians use the term Soo-Ul-Qiniya, which is similar to anemia, In many Unani books of medicine, sharbat-e-Maweez is suggested to use in Iron Deficiency Anemia. Is a good Nutrient and Hematopoietic drug. Their effects are, mawalid-e-dam, muqavvi-e-meda wa-jigar, mugazzi, and mulayyan all these effects may help to manage the condition of Soo-ul-Qiniya bawajah Qillat-e-faulad (Iron Deficiency Anemia).

**Keywords:** Soo-ul-Qiniya, Zauf-e-Kabid, Zardi wa Sufaid Jild, Fasad-e-Mizaj, Sharbat-e-Maweez

### Introduction

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 [1-6].

Iron deficiency anemia (IDA) is the most common nutritional deficiency worldwide. About one third of the global population (over 2 billion) is anemic. The cause of anemia varies according to age and sex. In women of childbearing age excessive menstrual loss is the most frequent etiology, while in post-menopausal women and in males, digestive diseases are the main cause [3, 7, 8].

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 koilonychias (spoon shaped nail), Glossitis, Stomatitis and dysphagia [3, 8-10].

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 Suda (Headache) [11-15].

In many Unani books of medicine, sharbat-e-Maweez is suggested to use in Iron Deficiency Anemia. Is a good Nutrient and Hematopoietic drug. Their effects are, muqavvi-e-bah wa-badan, mawalid-e-dam, muqavvi-e-meda wa-jigar, mugazzi, muqavvi-e-qalb wa-dimag and mulayyan all these effects may help to manage the condition of Soo-ul-Qiniya bawajah Qillat-e-faulad (Iron Deficiency Anemia). There for Its 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 [15-22].

### Methodology

The study was conducted on 60 patients suffering from Soo-ul-Qiniya bawajah Qillat-e-faulad (iron deficiency anemia), who attended the outdoor and indoor sections of Department of Moalijat in Z.V.M. Unani Medical College & Hospital, Pune 2016-2017. The patients belonging to either sex and between age group 15-60 yrs were selected randomly for the study. Only those patients, who came with the complaints of General weakness, Fatigue,

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Pallor, Shortness of breath (Dyspnea), Palpitation and investigated to ascertain the diagnosis, with Haemogram below 13 gm/dl in male, 11.5 gm/dl in female, Serum Iron below 40 µg/dl, respectively. Apart from these investigations, PCV, RBC count, and TIBC were also done for better evaluation of results. Those suffering from external or internal active bleeding, Indication for Blood Transfusion, Patients with Anemia other than Iron deficiency anemia. Chronic diseases like Hepatic cirrhosis, Rheumatoid Arthritis, Connective Tissue disease, systemic disease like Diabetes Mellitus, Coronary Heart disease, Chronic Renal disease, Thyroid dysfunction, Malignancies, Pulmonary Tuberculosis and patient suffering from HIV/AIDS. Mentally retarded patient. Pregnant and lactating mothers. Were excluded from the study.

The compound medicine *Sharbat-e-Maweez* will be obtained from authentic source/GMP certified company. The drugs will be in good standard and used in form of syrup. *Sharbat-e-Maweez* in a dose of 25 ml Orally was administered twice daily for 90 days with monthly follow-up and no concomitant treatment was allowed during the study for the disorder.

### Results

From the observations it is evident that, General weakness was subsided in 100% cases. Followed by Fatigue (86.67% cases), Pallor (90% cases), Palpitation (85% cases), Shortness of breath (81.67% cases), the drug has maximum effect on Headache, Stomatitis, Loss of Appetite, Dizziness, Glossitis and Tachycardia. Koilonychia was observed only in 1 patient and there was no improvement at all even after 90 days of treatment. Overall significant increase in mean hemoglobin (8.99 gm% to 10.68 gm %). Mean RBC (3.32 mil/cmm to 4.24 mil/cmm), mean PCV (25.18% to 36.67%), The mean serum iron increased from (33.97 micro gm/dl to 67.90 micro gm/dl), and The mean total iron binding capacity (TIBC) before treatment was 428.60 micro gm/dl which reduced to 345.60 micro gm/dl, Hence, in all these laboratory parameters the perfection was found to be highly significant statistically.

**Table 1:** *Sharbat-e-Maweez* Ingredient and Quantity

Sr. No.	Ingredients	Botanical Name	Quantity
1	Maweez Munaqqa	Vitis Vinifera Linn	50gm
2	<i>Balchad (Sumbul uttib)</i>	Nardostachys Jatamansi	1.75gm
3	<i>Zafran</i>	Crocus Sativus	1.75gm
4	<i>Zanjabeel powder</i>	Zingiber Officinale	1.75gm
5	<i>Jozbuwa (jayaphal)</i>	Myristica Fragrans	1.75gm
6	<i>Qaranful</i>	Eugenia Caryophyllata	1gm
7	<i>Mastagi</i>	Pistacia Lentiscus	1gm
8	<i>Shahed (Honey)</i>		250ml

### Discussion

There was Highly significant improvement in reduction of Sign & Symptoms i.e: General weakness, Shortness of breath, Headache, Stomatitis, Fatigue, Palpitation, Loss of appetite, Dizziness, Glossitis and Pallor. It shows that *Sharbat-e-Maweez* is effective and reducing all above sign and symptoms, it is statistically significant. However *Sharbat-e-Maweez* is not effective on Koilonychia. *Sharbat-e-Maweez* is very potential drug and it was seen that it is very effective in increasing the Hb% and RBCs count in the anemic patients. Unani system of medicine shows some extra potential of *Sharbat-e-Maweez* to explain in reference

to anemia. *Sharbat-e-Maweez* It is a good Nutrient and Hematopoietic drug. Its effects are, *mawalid-e-dam* (Hematopoietic), *muqavvi-e-bah-wa-badan* (Aphrodisiac & General body tonic), *Muqavvi-e-meda-wa-jigar* (Stomachic & Strengthen the Liver). Hence it accelerates all the metabolic processes- anabolic or catabolic, taking place in liver. Hepatocyte are one of the major site of synthesis of Hemoglobin with help of iron. *Sharbat-e-Maweez* not only provide iron to the body but also help to raised metabolic process to synthesize Hemoglobin with the help of iron. And in this way it helps to overcome Iron deficiency anemia. *Sharbat-e-Maweez* potentiates and toned cardiac functions also because it is *Muqawwi-e-Qalb* (cardiac tonic) in nature.

### Conclusion

*Sharbat-e-Maweez* not only provides the iron supplement, but also manages most of the etiologies of *Soo-ul-Qiniya Bawajah Qillat-e-faulad* (Iron Deficiency Anemia) thus managing *Soo-ul-Qiniya Bawajah Qillat-e-faulad* with *Majoon Sharbat-e-Maweez* is a holistic approach, which is backbone principle of management in *Unani* System of Medicine.

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