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

Tausif Khan, Sadaf Khanam and Khan Nadeem Iqbal

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-fualad (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&amp;amp; Yellowish discoloration) and Sudaa (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 wabadan, 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-fualad (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-fualad (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,
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 well 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, Shortness of breath (81.67% cases), was subsided in all 100% cases.

There was Highly significant improvement in various laboratory parameters the perfection was found to be highly significant statistically.

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

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Ingredients</th>
<th>Botanical Name</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Maweez Munaqqa</td>
<td>Vitis Vinifera Linn</td>
<td>50 gm</td>
</tr>
<tr>
<td>2</td>
<td>Balchad (Sumbul utthi)</td>
<td>Nardostachys Jatamansi</td>
<td>1.75 gm</td>
</tr>
<tr>
<td>3</td>
<td>Zafran</td>
<td>Crocus Sativus</td>
<td>1.75 gm</td>
</tr>
<tr>
<td>4</td>
<td>Zanjabeel powder</td>
<td>Zingiber Officinale</td>
<td>1.75 gm</td>
</tr>
<tr>
<td>5</td>
<td>Jozbowa (jayaphal)</td>
<td>Myristica Fragrans</td>
<td>1.75 gm</td>
</tr>
<tr>
<td>6</td>
<td>Qaranful</td>
<td>Eugenia Caryophyllata</td>
<td>1 gm</td>
</tr>
<tr>
<td>7</td>
<td>Mastagi</td>
<td>Pistacia Lenticus</td>
<td>1 gm</td>
</tr>
<tr>
<td>8</td>
<td>Shathed (Honey)</td>
<td></td>
<td>250 ml</td>
</tr>
</tbody>
</table>

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-medawajigar (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 Muqavvi-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-Qinaya Bawajah Qillat-e-faualad (Iron Deficiency Anemia) thus managing Soo-ul-Qinaya Bawajah Qillat-e-faualad with Majoon Sharbat-e-Maweez is a holistic approach, which is backbone principle of management in Unani System of Medicine.

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