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Documentation status of Arq-e-Mako: A Unani compound formulation in perspective of Unani literature

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Abstract

Aim of the study: The drugs of complementary alternative systems of medicine have been used since centuries. The Unani system of medicine (USM) is one among the complementary alternative systems of medicine and the physicians of this system prescribed drugs and other therapeutic measures to the patient. Now, the evidence based medicine limits the role of the healthcare personnel with a sense of responsibility about what they prescribe, administer and follow any procedure. The present study is an effort to evaluate the status of documentation of *Arq-e-Mako*, a commonly used pharmacopoeia drug formulations in Unani System of Medicine.

Methods: The data was collected from the all possible Unani literature through an extensive search to record the information related to *Arq-e-Mako*. The Interpretive phenomenological analysis was carried out with the recorded data. The aim of analysis was to generate various themes and presented in different tables. It included the status of documentation regarding preparation method, quality, standards, and claims for drug action, and uses. It also included the historical anecdotal evidences, case reports, experimental evidences from animals and human studies.

Results: There was a fair consistency in historical documentation of the method of preparation, uses, actions and indications of *Arq-e-Mako*. But there was very little literature found in terms of the clinical trial, case reports or animal experimental assessment.

Conclusion: Documentation status of the *Arq-Mako* was satisfactory in terms of consistent use of the product and product details.

Keywords: complementary alternative systems of medicine; documentation status; anecdotal evidence; *Arq-e-Mako*

Introduction

The Ilaj bil Murakkab is one of the treatment mode adopted by the physicians of Unani medicine, in which two or more single drugs are used in a specific dosage form in order to treat a disease. The Qarabadeen (pharmacopoeia) are reference books consisting combinations of Unani formulations. These books are based on certain principles and include method of preparation, dosage and indication etc. WHO drafted a Guideline in Munich Germany for herbal medicine in 1991 and recognized the Unani System of Medicine as an Alternative System of Medicine. The Unani classical books having the detailed mention of *Arq-e-Mako* that include preparation method, ingredients, dose, indication and mode of administration.^[1]

Recently, safety of some herbal ingredients has been questioned because of the identification of adverse events associated with their use and, the demonstration of clinically relevant interactions between herbs and prescription drugs. Adverse events (stroke, heart attacks, heart-rate irregularities, liver toxicity, seizures, psychoses and death) associated with use of ephedra for weight loss, body-building effects and increased energy or kava-kava widely used in Europe and increasingly in Canada to treat anxiety, nervousness, insomnia, pain and muscle tension, have caused some countries to issue regulations restricting or banning these products^[2]. The work intended to explore the possibilities of what needs to be done further so that the claims get the status of an evidence for the use of these formulations as drugs along with the extant of documentation of Unani drug formulations.

It is imperative on the scholars of Unani medicine to systemize the documented information for assessment of the claims of Unani medicine. It will be the initial step to evaluate the prospects of converting this rational system into an evidence based system of medicine.

Unani system of medicine has got a lot of knowledge base in relation to practice of drug therapeutics with a lot of written records about the claims regarding efficacy, toxicity,

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Standard procedures of preparation of drug formulation, etc. The present study is an attempt to evaluate the status of documentation of the claim for *Arq-e-Mako*.

Material and Method

The different categories of Unani books consisting various information such as preparation methods in *Qarabadeen* and indications in *Moalajat* books along with advanced information were searched. To evaluate the documentation status the following methodology was adopted. The data regarding the *Arq-e-Mako* was collected from the all possible Unani literature, either books or published and unpublished studies. An extensive search was carried out to record the information of these formulations. Interpretive phenomenological analysis was carried out with the document information [3] to generate various themes/sub themes and presented in suitable lists of tables.

To know the preparation method, storage and dosage form, classical text books were referred, the journal and published articles irrespective of language were surveyed for information of various aspects of *Arq-e-Mako*. Aspects included the recommended doses and duration of treatment alone or as adjuvant along with common indications of the formulations and its rare use. Review also included the original articles related to the *Arq-e-Mako* irrespective of system of medicine. It also included new techniques adopted for its contents, preparations and active ingredients. All the published cases reports related to *Arq-e-Mako* were also incorporated in the study. The documentary claims were interpreted using WHO criteria for evidence claim along with discussion and interpretations.

Results

Documentation Status of *Arq-e-Mako*

Arqiyat (singular: *Arq* or aqua) are distillate obtained from one or more medicinal ingredients with or without previous dilution with water; an aqua, however, implies the condensed vapors. There are three methods by which the aqua is obtained. [4]

(1) The conventional: *Qara Ambiq* or the modern refluxing apparatus, (2) The *Daig Bhapka*, (3) Modern distillation method which permits the large scale preparation of aquas. In addition, through the application of modern techniques, many ingredients which were previously lost can be obtained and the application of fractional distillation

techniques holds considerable promise. [4] Its origin is of Arabs. It is volatile part of drugs in the form of liquid. [5] *Arq-e-Mako* is a liquid preparation obtained by steam distillation of the fruits of *Mako*, in accordance with the composition of formulation as stated in Table 1. Its *Mizaj* is *Braid 1° Yaris 2°*, claimed to have adverse effect on *Masana*, and it is used along with its *muslih*, *Qand safaid* and *Shahad khalis*. [6]

Documentation related to Method of Preparation of *Arq-e-Mako*

The Ingredients of which the formulation is composed are summarized in Table 2.

Preparation and administration is same as the *Aab-e-Kasni*. *Mako siyah* should not be used in preparation as it causes junoon [7, 8, 9, 10, 11]. It is also referred as *Mai- e- Inabus Sa'alab*. The dried fruits of *Solanum nigrum* is stirred a little and tied in a loose bag, after which it is soaked overnight in 6 lit of water. 4 lit of the aqua distillate are obtained in the morning through distillation and stocked in bottles 21, 24. Pav ser (250g) 31, 34, or one ser (960g) 30 of dried *Solanum nigrum* is stirred a little and tied in a loose bag, after which it is soaked overnight in 6 ser (5.76 lit). 2.5 ser (2.4 lit), 3ser (2.88lit) [12] or 20 ser (19.2 lit) of water. 15 ser (14.4 lit) [13] of the aqua distillate are obtained in the morning through distillation and stocked in bottles [14].

Physicochemical standards of Unani formulation *Arq-e-Mako*

Appearance, liquid; Colour, colourless; Smell, aromatic; Taste, tasteless; pH as such, 4.93; Optical rotation, +0.5; Refractive index, 1.3325; Weight per ml. 0.9882g; Qualitative test for ethanol, negative [15].

Documentation related to dosage and administration of *Arq-e-Mako*

125 ml with 25ml of *Sharbat Kasni* [4, 16], 60-120 ml [17], 60-100 ml [18], 12 tola *Arq* with 2 tola *Nabat Safed* [12, 14], 12 tola *Arq* with 2 tola *Sharbate Nilofer* [19].

Documentation of the claims for *Arq-e-Mako*

The actions claimed associated with the use of *Arq-e-Mako* are summarized in Table 3 and the detailed description of the indicated use as described in the source literature of Unani medicine are summarized in Table 4.

Table 1: List of ingredients of *Arq-e-Mako* in various sources of Unani literature

S. No.	Ingredients	[4]	[18]	[16]	[17]	[13]	[12]	[19]	[14]
1	Mako khushk (g)	30	500	300	1 part	960	240	1200	240
2	Aab (Litres)	6	10	6	20 part	19.2	5.760	q.s	5.76

Table 2: List of Actions *Arq-e-Mako* in various sources of Unani Medicine

Afaal	[4]	[6]	[18]	[16]	[17]	[7]	[8]	[9]	[13]	[12]	[19]	[14]	[25]	[10]	[11]
<i>Antiphlogistic for liver, spleen, stomach, bowels & uterus</i>	+	+	+	+	-	-	-	-	-	-	-	-	+	-	-
<i>Mukawwi-e-kabid</i>	-	-	+	+	-	-	-	-	-	-	-	-	-	-	-
<i>Musakkin-e-hararat</i>	-	+	+	+	-	-	-	+	+	-	+	-	-	-	-
<i>Nafae bukhar due to inflammation of jigar and meda</i>	-	+	-	-	-	+	+	+	-	-	-	-	+	+	+
<i>Nafae Murakkab bukhar</i>	-	+	-	-	-	+	+	+	-	-	-	-	-	+	+
<i>Nafae yarqan</i>	-	-	-	-	-	+	+	-	-	-	-	-	-	+	+
<i>Musakkin e atsh</i>	-	+	-	-	-	-	-	-	-	-	+	-	-	-	-
<i>Mukawwi e azaae rayeesa</i>	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-
<i>Nafae khafqan</i>	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-
<i>Nafae saudawi amraz</i>	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-
<i>Mulattif</i>	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-

Table 3: Anecdotes and Case reports Arq Mako

Ighma and Sukoot.	A case history: It is mentioned in Matab Alwi Khan that a patient was suffering from Ighma and Sukoot. The patient was treated with Afyoon after making diagnosis of Leesar- Ghus and Subat-e- Khadri, but not relieved. Tabreed and Pashoya were also given but not get relieved. Then Gul Qand Aftabi with Arq-e- Mako and Arq-e- Badyan was given, pashoya was done by Saboos-e- Gandum, Salit, and Barg-e- Kanar. The inhalation by decoction of Habbul Aas, Roghan Gul, and Sirka were done. After this, patient had perspiration in night and became conscious, but mild fever was there, then Jawarish Jalinoos with Arqiyat and Gulqand Aftabi were given and advised fasting for 3 days. On 4 th day patient were advised to take Aab-e- Yakhni of child goat followed by Soft Khichdi. Finaly Jawarish Ood, Arq-e- Gaozaban, Arq-e- Makoh, Arq-e- Keora, Sharbat Buzoori, Dawaul Misk Motadil and Jawarish Amber were given as per Matab schedule. ^[25]
Catarrh, Nose Block, Headache and hyperpyrexia.	A story is mention in Rumooz-e- Aazam that a patient had complained of Catarrh, Nose Block, Headache and hyperpyrexia.He was treated by application of paste over temporal region. The paste was prepared by obtaining decoction of Gaozaban 5gm,Gul-e--Gaozaba 3g, Parshiyasonshan 7gm, Zafaran 3g, Koknar 2gm, Surkh Nabat 1tola in Arq-e- Makoh,then Khaksi, Afyoon, Zafaran,Qaranfal, Zanjabeel each 1gm, added in it after grinding it in Aab-e- Samagh-e- Arabi. The Pashoya was also done by decoction of Mako, Gul-e- Khatmi each 1tola, Saboos-e- Gandum 4 tola Nakhoona 1tola Barg-e- Kanar, pao asaar,. By this regime, patient gets relieved and treatment was repeated next day. ^[26]
Conjunctivitis And Squint (Ramad Wa Haol)	Hikayat (case history): The patient of conjunctivitis and squint (Ramad wa Haol) was advised to take Ustkhuddus, Post-e--Halaila zard as decoction with honey and also advised to take Arq-e- Makoh in place of water. ^[26]
Meningitis	Hikayat (Case History): A patient of meningitis was treated by decoction of Bihidana 3g, Unnab 4 numbers, Sapistan 9 numbers, Arq-e- Makoh after adding Sheera Kahu, Sharbat-e--Nilofar and Khaksi.Pashoya were also done with Saboos-e--Gandum, Barg-e--Kanar and Makoh. He gets relieved completely. ^[26]
Ra'sha (Tremors)	In Matab Alwi Khan it is quoted that a patient affected with Rasha (Tremors) in summer season, so the patient was treated with Luab-e- Bihidana, Arq-e- Gaozaban, Arq-e- Makoh and Sharbat-e- Buzoori.Patient got relieved. ^[25]

Table 4: Clinical use of Arq-e-Mako as detailed in Unani texts of Molajaat

Use	Descriptuion of Use
<i>Zaban ka Waram</i>	The <i>Waram-e-Lisan</i> (glossitis) due to <i>khiltsafra</i> or <i>dam</i> (bile or blood) can be treated by gargle of <i>Sheera of Kahu, Kasni, Khurfa</i> and <i>Mako</i> for three day and after third day onwards, gargle with water of <i>Karam Kalla,Aab-e-Mako</i> and <i>loaab-e-alsi</i> should be advised. ^[27] Gargle with <i>Arq-e-Mako</i> is beneficial in <i>Waram-e-lisan</i> (Glossitis) ^[28] Gargle of <i>Aab-e-Mako Sabz, Aab-e- kasni, Usara Khamar, Usara lal Saag, Usara Khurfa, Sandal</i> and <i>Gulab</i> is beneficial in <i>Waram-e- Lisan Haar</i> (glositis). ^[29] <i>Waram-e- Lesan Haar</i> (Glossitis): gargle of <i>Aab-e- Kishneez, Aab-e- Kahu, Aab-e- kasni, Aab-e- Mako</i> should be used. ^[30] In the thickening of tongue due to <i>Waram-e- Haar</i> , gargle with <i>Arq-e- Mako</i> is beneficial. ^[31]
<i>Qula 'a</i>	Application of <i>Sheer-e-Khisht</i> dissolved in <i>Aab-e--Makosabz</i> is beneficial in <i>Qula 'a</i> of childrens. ^[27] In <i>Qula</i> (stomatitis) Gargle of <i>Aab-e--Mako</i> mixed with <i>Sirka</i> and <i>Rasot</i> is beneficial. ^[32] In <i>Qula 'a Ahmar</i> , gargle of <i>Sandal Surkh</i> and <i>Fofil</i> after concocted in <i>Aab-e- Mako</i> is beneficial in <i>Qula-e- Ahmar</i> . ^[33]
<i>Honton ka Waram</i>	<i>Tila</i> of <i>Rasot</i> by dissolving it in <i>Aab-e--Mako</i> is much beneficial in inflammation of lips (<i>waram-e--shafatain</i>) especially in early stage of disease. ^[27]
<i>Waram-e--Jigar</i>	<i>Aab-e--Kasni, Aab-e--Mako, Aab-e--Anarain</i> along with <i>sikanjabeen qandi</i> after venesection is indicated in <i>Waram-e--Jigar</i> (hepatitis). <i>Maghz-e-Amalitas</i> with <i>Sheera kasni</i> and <i>Aab-e--Mako</i> has more potential to treat <i>waram-e--jigar</i> . (Hepatitis) ^[27] . <i>Waram-e--Jigar ba Sabab Sauda</i> ,In order to evacuate the <i>Akhlat</i> and <i>madda</i> of <i>Waram-e-JigarSaudawi, Ayarij Feqra, Ghariqoon, Usara Ghafis, Namak Hindi and Anisoon</i> with <i>Arq-e--Mako</i> should be used. ^[32] Akbar Arzani recommended oral administration of <i>Aab-e- Kasni, Aab-e-Mako, Aab-e-Anar</i> with <i>Sikanjabeen shakari</i> for treatment of <i>waram-e-kabid</i> (Hepatitis) ^[34] Apply the paste of <i>Sandalain,Arq-e-Gulab, kafoor, Arq-e- Mako, Arq-e-Kasni, Aab-e- Bartang, Aab-e-Sada Bahar, Aab-e-Kishneez and Usara of Barg-e-Angoor</i> over the liver in <i>Waram-e- Jigar Haar</i> . ^[35] <i>Waram-e- Kabid (Sue Mizaj Har)</i> : If hepatitis is in upper part of liver, the <i>Arq Kasni, Arq-e- Mako</i> with <i>Sikanjabeen</i> is advised. ^[33] <i>Qairooti</i> for <i>waram-e-kabid</i> prepared with <i>Roghan-e-Gul, white wax (mom safaid), Arq-e- Mako, Arq-e-kasni, JhagAspghol</i> and <i>Arad Jao</i> should paste. ⁵³ The medicines those are able to prescribe in early <i>Waram-e- Jigar</i> are <i>Aab-e-Kasni, orAab-e- Mako with Sikanjabeen</i> as mention in <i>Al- Qanoon</i> . ^[36] <i>Khamira Marwareed</i> 7g followed by <i>Aab-e- Mako, Aab-e- Kasni</i> each 4 tola, <i>Sharbat-e- Buzoori</i> 4 tola, <i>Khaksi Pasheeda</i> 7g should be used orally in <i>Waram-e- Jigar</i> .(hepatitis) ^[37] <i>Arq-e- Mako, Arq-e-Gaozaban</i> should be replaced with water in <i>Waram-e- Jigar</i> . ^[37] The pill should prepare with <i>Ayarij Faiqra, Ghariqoon, Usara Ghafis, Namak Hindi and Badyan Roomi</i> . This pill should be given with <i>Arq-e- Mako</i> or <i>Arq-e-Kasni</i> for treatment of <i>waram-e- sulb kabid</i> (Hard swelling of liver) ^[30]
<i>Tehal ka Sue Mizaj Har</i>	<i>Aab-e--mako sabz, Aab-e--Barg Bed, Aab-e--Kasoo</i> with <i>Sikanjabeen</i> is indicated for treatment of <i>Sue Mizaj Har of Tihal</i> (spleen). ^[27]
<i>Waram-e--Masana</i>	In the treatment of <i>Waram-e-Masana</i> (cystitis) <i>Mulayyan Mobarak</i> with <i>Aab-e--Mako</i> is useful. ^[27] Prepare an enema by mixing of <i>Maghz-e-fuloos Khyar Shambar</i> in <i>Aab-e-Mako</i> and use it in <i>Waram-e-Masana Har</i> (cystitis). Local application of paste of <i>Arad Jao, Banafsha, Khatmi, Aab-e-Kasni, and Aab-e-Mako</i> is also beneficial in treatment of <i>Waram-e-Masana har</i> . (Cystitis) ^[34] . The treatment of <i>Waram-e--Masana</i> (cystitis) is administration of resolvent medicine, such as <i>Maghz Khiyar Shamber, Aab-e- Mako</i> orally. ^[38] In treatment of <i>Waram-e- Masana HaarQairooti</i> should be applied. The <i>Qairooti</i> should prepare with <i>Aab-e-</i>

	<i>Kasni Sabz, Aab-e-Mako Sabz, Aab-e- Kaknaj, Aab-e- lal Saag, Roghan-e- Banafsha</i> and white wax. ⁵¹ <i>Amaltas with Arq-e- Mako should be given in Waram-e- Masana Haar.</i> ^[30]
<i>Qeelatul Ama'a</i>	The external application of powder of a formulation, containing <i>Mastagi, Anzaroot, Kundur, Jauzus-Saroo, Barge Saroo, Aqaqiya, Gulnaar, Mur Makki, Damul Akhwain, Phitkiri, Rasot, Abhal and Ailwa</i> after dissolving it in <i>Aab-e--Mako</i> over scrotum is beneficial in <i>Qeelatul Ama'a</i> . ^[27]
<i>Sartan</i>	An ointment is beneficial for cancer. To prepare the ointment, by making fine powder of <i>safeda kashghari, Tootiya Maghsool, Roghan- e-Gul</i> , then grind it in <i>Aab Khurfa</i> or in <i>Aab-e--Mako Sabz, Luab-e--Aspghol and Aab-e--kaddu Sabz</i> . ^[39] <i>Sartan</i> In Ghina Muna under the chapter of <i>Sartan</i> , it is quoted to apply the ointment which was prepared by grinding <i>Asfedaj, Asrab, TootiyaSabzMaghsool</i> in <i>Roghan-e--Gul</i> or <i>Aab-e--Kahu</i> or <i>Aab-e--Mako</i> or <i>Loab-e--Aspghol</i> or <i>Aab-e--Kaddu</i> or <i>Aab-e--Khayar</i> . ^[32] <i>Sartan</i> It is mentioned in <i>Kitabul Umda fil jarahat</i> that such <i>Qairooti</i> with was prepared with <i>Roghan-e-Gul, Aab-e-Kishneez sabz, Aab-e-Mako</i> and <i>Aab-e-Tootiya maghsool</i> should be applied locally for cancer. ^[40] The dressing in wound of cancer should be done by ointment prepared with <i>Safaida Qalai, Tootiya Maghsool</i> grinded in <i>Roghan Gul</i> and mixed with <i>Aabe Kakdi, Arq-e-Mako, Luab Aspghol</i> or <i>Aabe Gul</i> . This ointment is beneficial in both ulcerative and non ulcerative cancer. ^[41] In the cancer of eye, paste of <i>Arad Jao, Banafsha Khushk, Neelofar, Arad Baqla, AkleelulMalik, Baboona, Aab-e- Kaknaj</i> and <i>Aab-e- Mako Sabz</i> should apply. ^[29] The ointment which is prepared with <i>Safed Qalai, Tootiya-e- Maghsool</i> (equall) in <i>Roghan-e-Gul</i> and <i>Aab-e-Mako Sabz</i> or <i>Aab-e- Khurfa Sabz</i> or <i>Aab-e- Kishneez</i> , should be used for cancer. ^[29] It is mentioned in <i>Kitabul Hawi</i> that the <i>Haldi, Asfidaj, Rasas, and Gil-e-Armanis</i> should be <i>Tila</i> after pulverizing in <i>Aab-e- Mako</i> and <i>Roghan-e- Gul</i> over ulcerative cancer. ^[42]
<i>Qurunu-s-Sumbul</i>	The development of Haematuria, Meningitis like symptoms and blackish tongue are feature of <i>Qurunu-s-Sumbul</i> toxicity. The toxicity treated by oral administration of <i>Aash-e-Jao</i> and <i>Arq-e-Mako</i> . ^[39] The treatment of <i>Quroonus Sumbul</i> poisoning is induction of vomiting by <i>Maush Shair</i> or <i>Roghan Banafsha</i> . After evacuation, <i>Kafoor</i> with <i>Gulab</i> and <i>Qurs-e-Kafoor</i> with milk should be given for <i>Tabreed</i> . <i>Aab-e-Khyar, loab-e- Bihidana, loab-e- Aspghol, Aab-e- Anar, Sheera Khurfa, Roghan-e-Badam, Roghan-e- Gul, Aab-e- Tarbooz</i> and <i>Aab-e- Mako</i> should also be used for <i>Tabreed</i> purpose. It is also mentioned in <i>Tibb-e-Akbar</i> that <i>Sandal</i> and <i>Gulab</i> should also be paste over chest and liver. ^[34] Oral administration of <i>Aabe Kakri, Ma'ush shaer, and Arq-e- Mako</i> is indicated in <i>Quroonus Sumbul</i> poisoning. ^[41]
<i>Auja-e--Kabid</i>	For treatment of hepatic pain (<i>Auja-e--kabid</i>), <i>Aash-e--Jao, Aab-e--Buqool, Aab-e--Kasni, Aab-e--Mako</i> with <i>Sikanjabeen</i> and sugar should be used. ^[39] In <i>Auja-e--Kabid</i> <i>Aab-e--khyar, Aab-e--Mako, Aab-e--Kasni, Aab-e--khurfa, Sikanjabeen</i> and <i>Amalitas</i> are indicated in order to relieve pain. ^[32] <i>Waja'ul kabid</i> (Hepatic Pain): Advice laxative for hepatic pain, <i>Arq-e- Mako</i> and <i>Arq-e- Kasni</i> should be orally administered as stated in <i>Kitabul Mukhtarat Fil Tib</i> . ^[35]
<i>Yarqan</i>	It is mentioned in <i>Kitabul Mansoori</i> that, <i>Aab-e--Kasni, Aab-e--Mako Sabz, Aash-e--Jao</i> should be advised for treatment of jaundice associated with fever. ^[39] <i>Yarqan</i> For the treatment of jaundice; <i>Aab-e--Kasni, Aab-e--Mako, Aab-e--Tarbooz, Aash-e--jao, Aab-e--Khyar, Aab-e--Kaddu</i> and <i>Aab-e--Kasnos musaffa</i> with <i>sikanjabeen</i> should be given. ^[32] <i>Maul Jubn, Safoof Halaila Zard, Amaltas, Sheer-e-Khisht, Aab-e-Kasni and Aab-e-Mako</i> are useful in Jaundice for laxative purpose. ^[34] The favourable deobstruent should be used after evacuation of morbid matter in jaundice such as <i>Aab-e-Mako, Aab-e-Kasni, and Sikanjabeen</i> . ^[34] The pill prepare with fine powder of <i>Maghz Tukhm e Khayarain, Gulab, Zarishk</i> each 10 gm <i>Tabasheer, Rewand Chini, Usara Ghafis, Tukhm Kasni Tukhm Kasnos</i> each 3-5 gm and <i>Kafoor</i> 1g. Should be given in dose of 7g with <i>Arq Kasni</i> 140 ml <i>Arq-e- Mako</i> 70 ml <i>Arq lublab</i> 70 ml and <i>Sikanjabeen</i> for treatment of jaundice. <i>Arq-e-kasni, Arq-e- Mako</i> , applied with soaked cloth over inflamed liver. It promptly relieves and yellowishness of urine also reduces suddenly. ^[35] It is mentioned in <i>Kitabul Mukhtarat Fil Tib</i> that <i>Aab-e-Barg-e- Jhao, Aab-e- Barg-e- Kibr, Aab-e- Barg-e- Mooli, Sikanjabeen, and Arq-e- Mako</i> , should be given to patient of <i>Yarqan Siyah</i> . ^[35] <i>Halaila, Aftimoon, Arq-e- Lablab, Arq-e- Kasni, Arq-e- Mako, with Aab-e- BargMooli</i> should be given. ^[35] The Treatment of Jaundice Is Administration of <i>Arq-e- Barg Moli</i> and <i>Sikanjabeen</i> or <i>Aab-e- Karafs, Aab-e- Mako</i> . ^[36] <i>Arq-e- Mako</i> 105g, <i>Aab-e- Lablab</i> 70g should be given after softening the abdomen with khyar shamber. ^[43] <i>Yarqan</i> ; Oral administration of <i>Aab-e- Kahu, Aab-e- Kasni</i> or <i>Aab-e- Mako</i> with <i>Sikanjabeen</i> is indicated for treatment of <i>yarqan</i> (Jaundice). ^[44]
<i>Suda'a wa Shaqiqa</i>	In Ghina Muna it is stated that <i>Arqiyat Barida</i> should be recommended for treatment of headache and migraine such as <i>Aab-e-Mako Sabz, Aab-e--KasniSabz, Aab-e--KishneezSabz</i> . If insufflations (<i>Saoot</i>) are required in treatment of <i>Suda'a-e-Safrawi</i> , the insufflations of <i>Roghan-e- Banafsha</i> or <i>Neelofar</i> , specially <i>Roghan-e- Kaddu, Roghan-e- Khayar, Aab-e- Khas</i> or <i>Aab-e- Baqla</i> or <i>Aab-e- Mako</i> or <i>Roghan-e- Sartan</i> alone or with <i>Aab-e- Mako</i> or fresh <i>Aab-e- Kaddu</i> should be used. ^[33] The migraine due to <i>Hararat</i> (hotness) should be treated by instillation of below mention formula. Prepare fine powder of <i>Qand Safaid</i> (sugar) <i>Za'fran</i> and <i>Kafoor</i> equally, desolve this fine powder in <i>Aab-e- Khiyar</i> or <i>Aab-e- Mako</i> and use as nasal drop. ^[29] Dissolve <i>kafoor</i> in <i>Arq-e- Qata</i> or <i>Arq-e- Khiya</i> or <i>Arq-e- Mako</i> and use as nasal drop in <i>Suda'a-e- Haar</i> . (Headache) ^[44] <i>Suda'a-e- Damwi</i> (Headache): In the treatment of <i>Suda'a-e- Damwi</i> , purgation should be given and if thirst develops due to <i>Mus'hil</i> then advise to use <i>Arq-e- Mako</i> and <i>Arq-e- Kasni</i> . ^[25] Oral administration of <i>Itrifal Kishneezi</i> followed by decoction of <i>Maweez Munaqqa</i> 2 tola, <i>Kishneez Kushk</i> 4g, which were concocted in <i>Arq-e- Mako</i> should use along with <i>Sheera Tukhm-e- Kasni</i> 6g and <i>Sharbat Nilofar</i> 4 tola. ^[25] Oral use of <i>Ayarij Feqra</i> with <i>Itrifal Kishneezi</i> followed by <i>Arq-e- Shahtra</i> and <i>Arq-e- Mako</i> each 5 tola provide relief in headache. ^[25] The oral administration of <i>Loab-e- Bihidana</i> and <i>Sheera Tukh Khiyar</i> which obtained in <i>Arq-e- Mako</i> and <i>Arq-e- Shahtra</i> after dusting <i>Khaksi</i> is beneficial in bilous headache associated with fever. Next day add <i>Sheera Tukhm-e- Kaddu Sheerin, Tukhm-e- Kahu</i> and <i>Sheera Aalu Bokhara</i> in it. ^[46] If migraine (<i>Shaqeeqa</i>) associated with giddiness, then <i>Unnab, Bihidana</i> should be given after boiling it in <i>Arq-e- Mako, Arq-e- Shahtra</i> and <i>Arq-e- Nilofar</i> along <i>Sheera Tukhm-e- Kahu and Sharbat-e- Nilofar</i> . ^[45] Use <i>Ayarij Faiqra</i> 4gm with <i>Itrifal Kishneezi</i> 1 tola and drink lukewarm <i>Arq-e- Mako</i> and <i>Arq Shahtra</i> for treatment of Headache and Migraine. ^[26] <i>Hakeem Akmal Khan</i>

	<p>routinely used below <i>Nuqoo Mus'hil</i> for treatment of <i>Suda'a-e-Haar</i>, <i>Sarsam wa Barsam</i> and <i>Zatul Janab</i> (Pleurisy). Take <i>Turanjabeen</i>, <i>Sheer-e-Khisht</i> each 4 tola, <i>Maghz-e-Fuloos-e-khyar Shambar</i> 7 tola and soaked it in <i>Arq-e-Bedmushk</i>, <i>Arq-e-Bed Sada</i>, <i>Arq-e-Mako</i> and <i>Arq-e-Nikofar</i> and drink it after adding <i>loab Aspghol</i>, <i>Sheera Maghz-e-Tukhm-e-Kaddu Shireen</i>, <i>Sheera Maghz-e-Tukhm-e-Hiduwana</i> each 1 tola and <i>Roghan-e-Badam</i> 6 gm.^[26] If the temperature increased in headache and redness appears over cheek, then <i>Kaknaj</i> and <i>Aab-e-Mako</i> should be used.^[46] The headache due to <i>Waram-e-Sulb Haar</i> should be treated by administering <i>Aab-e-Mako</i>, <i>Kaknaj</i>, <i>kasni (hindiba)</i>, <i>Lisanul Hamal</i> with <i>khyarshamber</i> and <i>Maushsha'eer</i>.^[47]</p>
<i>Khunaaq</i>	<p>Prepare the decoction in <i>Aab-e-Mako</i> by boiling <i>Adas</i>, <i>Gul-e-Surkh</i>, <i>Gul-e-Bihi</i>, <i>Gulnaar</i>, <i>Sandal</i> and <i>Fofil</i> in it. This decoction is useful in diphtheria.^[32] The treatment of <i>Khunaaq</i> (Tonsillitis) is gargle with laxative thing such as <i>Aab-e-Mako</i>, <i>Aab-e-Bartang</i>, and <i>Aab-e-Kishneez</i> ratab.^[33] Paste <i>Habb-e-Jadwar</i> 3 gm <i>Rasot</i> 3 gm after grinding in <i>Aab-e-Makosabz</i> in <i>khunaaq</i> (Diphtheria).^[37] Prepare the decoction of <i>Masoor</i>, <i>Gul-e-Surkh</i>, and <i>Aslussoos</i> in <i>Aab-e-Mako</i>, and mix <i>Amalitis</i> in it then gargle for treatment of diphtheria. (<i>Zabha</i>) When resolution of swelling starts, then gargle of <i>Aab-e-Mako</i>, <i>Aab-e-Razyana</i> and <i>Amalitis</i> should use.^[45] Gargle with <i>Sumaq</i>, <i>Gul-e-Surkh</i>, <i>Gulnar</i>, <i>Arq-e-Mako</i> and <i>Rubbus soos</i> is beneficial in <i>khawaneeq-e-damwi and safrawi</i>.^[31] It is mentioned in <i>Kitabul Fakhir</i> that for the treatment of <i>khawaneeq</i> (Diphtheria) <i>Aab-e-Mako</i> with <i>Khyar Shamber</i> should be given.^[48] It is mentioned in <i>Kitabul Fakhir</i> that decoction of the coarse powder of <i>Sandal Surkh</i> and <i>Fofil</i> in <i>Aab-e-Mako</i> and use as gargle for treatment of diphtheria. (<i>Khawaneeq</i>)^[48]</p>
<i>Zeequn-Nafas</i>	<p>The treatment of <i>Zeequn Nafashar Maddi</i> is use of <i>Adviya Barida</i> such as <i>Aab-e-Kasni</i>, <i>Aab-e-Mako</i>.^[33] Massage of <i>Roghan-e-Jao</i> with addition of <i>Aab-e-Mako</i> and <i>Aab-e-Asa Al rai</i> over the chest relieved the <i>Ribu</i> and <i>Intisabun Nafas</i>.^[49]</p> <p>A patient consults to <i>Hakim alwi khan Saheb</i> for treatment of <i>Asthma</i> due to <i>Saudawi Bokharat of Heart</i>. The <i>Hakeemsaheb</i> advised him to take <i>Khamira Gaozaban</i> followed by decoction of <i>Aslussoos</i>, <i>Gul-e-Gaozaban</i>, <i>Gaozaban</i> each 4 gm, which were soaked in <i>Arq-e-Mako</i>, <i>Arq-e-Gaozabn</i> and <i>Arq-e-Keora</i> after adding <i>Sharbat Buzoori</i>.^[25]</p>
	<p><i>Jalinoos</i> stated that if <i>Waram-e-Meda</i> and <i>Waram-e-Kabid</i> are associated with <i>hararat</i> and <i>waram</i> (temperature and inflammation) this condition should be treated by use of <i>Aab-e-Kasni</i>, <i>Aab-e-Mako</i> and <i>Aab-e-Gaozaban</i>.^[32]</p>
<i>Fuwaq</i>	<p>For Hiccup treatment, application of the paste of <i>Aarad Jao</i>, <i>Khatmi</i>, <i>Aspagole</i>, <i>Aab-e-Mako</i> with <i>Rogan-e-Gul</i> over stomach, is beneficial.^[32] It is described in <i>Tibb-e-Akbar</i> that oral administration of <i>Aab-e-Kasni</i>, <i>Aab-e-Mako</i> along with <i>Maghz-e-Amalitis</i> is beneficial in treatment of <i>Hiccup</i> due to <i>Waram-e-Jigar</i> (Hepatitis).⁷⁴ Oral intake of <i>Khyar Shambar</i>, <i>Aab-e-Mako</i> in hiccup due to stomach swelling, is beneficial.^[38] The hiccup caused by <i>Falghamooni Jigar</i> should be treated by use of <i>Arq-e-Mako</i>, <i>Arq-e-Kasni</i> and <i>Jund bedaster</i>.^[50] The Hiccup due to hepatitis and associated with nausea should be treated by venesection of Basilic vein and oral administration of boiled <i>Aab-e-Mako</i>, <i>Aab-e-Kasni</i>.^[48]</p>
<i>Qulanj</i>	<p>In colick (<i>Qulanj</i>), if <i>Waram</i> (inflammation) is due to <i>Hararat</i>, <i>Arq-e-Mako</i>, <i>Lublab</i>, <i>Khyar Shambar</i> and <i>Roghan-e-Badam</i> should be adviced orally.^[32] Oral administration of <i>Arq-e-Mako</i>, <i>Arq-e-Gaozaban</i>, <i>Arq-e-Khyar Shambar</i> and <i>Sharab-e-Raihani</i> should be prescribed for the treatment of intussusception (<i>Anto ka palat Jana</i>).^[32] The management of <i>Qolanj-e-Warami Haar</i> is divided into 2 parts. In beginning, <i>Arq-e-Kasni</i>, <i>Arq-e-Mako</i>, and <i>Luab Aspghol</i> should be paste over swelling and in second part enema of <i>Arq-e-Mako</i>, <i>Roghan-e-Badam</i> and <i>Aab-e-Kaknaj</i> should be done.^[35] <i>Qolanj safravi</i> should be treated by oral administration of <i>Arq-e-Mako</i>, <i>Arq-e-Kaknaj</i> and <i>Maghz-e-Amalitaas</i>.^[35] In <i>Qolanj</i>, for <i>Talayyan-e-Tabiyat</i>, <i>Aab-e-Anarain</i>, <i>Aab-e-Barg-e-Khatmi</i>, <i>Aab-e-kasni</i>, <i>Aab-e-Mako</i> should be given orally.^[36]</p> <p>For <i>Talayin-e-Tabaiyat</i> in <i>Qolanjwarami</i>, <i>Aab-e-Mako</i>, <i>Aab-e-Barg Khatmi</i>, <i>Aab-e-Kasni</i> <i>Aab-e-Anarain</i> should be given.^[30] The Enema prepared with <i>Aab-e-Mako Sabz</i>, <i>Aab Kaknaj</i>, <i>Aab Lablab</i>, each 5 tola. <i>Amalitis</i> 35 masha and <i>Roghan Badam Shirin</i> should be done in <i>Qolanj</i>.^[50]</p>
<i>Gurda wa masana me khoon ka munjamid hona</i>	<p>Prepare the paste with <i>Aarad Jao</i>, <i>Khatmi Safaid</i>, <i>Banafsha</i>, and <i>Aab-e-Mako</i> with <i>Roghan Gul</i> and apply it over pelvis in case of coagulation of blood in bladder and kidney.^[32]</p>
<i>Waram-e-Zakar wa Baiza</i>	<p>In <i>Ghina Muna</i>, it is mentioned that he has seen a patient, whose scrotal skin was removed due to putrefication and only muscle was left. He has been treated, and the skin was regenerated and became fit. The medicine used in this treatment was <i>Sandal Gul-e-Surkh</i>, <i>Kafoor</i>, <i>Sang-e-Yabis</i> and <i>Aab-e-Mako Sabz</i>.^[32] The paste prepared by concoction of post <i>Anaar tursh</i>, <i>Adas</i> and <i>Gul-e-Surkh</i> in <i>Aab-e-Mako</i> then it should be applied with <i>Roghan-e-Gul</i> for treatment of <i>Waram Qazeeb Har</i> (Balinitis).^[34]</p>
<i>Waram-e-Maqad'd</i>	<p>An ointment is prescribed in <i>Ghina Muna</i> for treatment of <i>Waram-e-Maqad'd</i> (proctitis). Prepare a decoction of <i>Adas</i> and <i>Gul-e-Surkh</i> then pulverize it and make ointment by mixing <i>Aab-e-Mako Sabz</i> and <i>Roghan-e-Gul</i> in it and apply locally.^[32] The treatment is mentioned in <i>Tibb-e-Akbar</i> for soft swelling of anus application of <i>Tila of Adas</i>, <i>Gul-e-Surkh</i>, equally after grinding mix with <i>Roghan-e-Gul</i> and <i>Aab-e-Mako</i> over anus is beneficial.^[34] Application of <i>Masoor Moqashshar</i>, <i>Khatmi Abyaz</i>, <i>Nakhoona</i> in <i>Aab-e-Mako</i>, <i>Roghan-e-Gul</i> and yellow of egg over affected area as paste is beneficial in proctitis and piles.^[33] The compound of <i>Arq-e-Barg-e-Mako</i>, <i>Roghan-e-Gul</i> and wax (<i>Moam</i>) should be used in Proctitis (<i>Waram-e-Maqad Haar</i>) as mention in <i>Kitabul Hawi</i>.^[51]</p>
<i>Fataq</i>	<p>Grind <i>Ailwa</i>, <i>Mur Makki</i> and <i>Gil-e-Armani</i> in <i>Aab-e-Makosabz</i> then prepare an ointment. Application of this ointment is beneficial in <i>Fataq</i>.^[32]</p>
<i>Nigras</i>	<p>The treatment of gout pain is local application of the paste which was prepared with <i>Roghan-e-Banafsha</i>, <i>Mom (wax)</i>, <i>Aab-e-Kasni</i> and <i>Aab-e-Mako</i>.^[32] <i>Habb-e-Nigras</i> is recommended for <i>Nigras</i> management. The method of preparation of <i>Habb-e-Nigras</i> is, first obtain fine powder of <i>Halaila Zard</i>, <i>Halaila</i>, <i>Amla</i>, <i>Zanjameel</i> each 4 misqal, <i>Sater Farsi</i> 7 misqal <i>Shitaraj Hindi</i> 13 misqal, <i>Namak Hindi</i> 2 misqal, <i>Suranjaan Safaid</i>, 21 misqal, <i>Fafeez</i> 12 misqal and <i>Muqil</i> 15 misqal and then prepare pills from this after kneading in <i>Aab-e-Mako</i>.^[38] <i>Tila</i> (Liniment) of <i>Sandalain</i>, <i>Aab Kasni Sabz</i>, <i>Aab Mako Sabz</i>, and <i>Aab-e-lal Saag</i> is</p>

	indicated for treatment of <i>Nigras</i> and <i>Waja-ulMafasil</i> (Arthritis and Gout) due to <i>Haar Madda</i> (hot matter) ^[45]
<i>Shara /Pitti</i>	It is mentioned in Ghina Muna that, oral administration of <i>sufoof ajwain</i> is beneficial in urticaria, If not relieved, then advise patient to take <i>Ailwa</i> with <i>Aab-e--Kasni</i> and <i>Aab-e--Mako</i> . ^[32] In <i>MoalajatBuqratiya</i> the treatment of <i>SharaDamwi</i> (sanguinios urticaria)is mentioned, that application of paste on whole body is beneficial. The preparation method of paste is soaking of dry or wet <i>Arad Jao</i> , in <i>Aab-e--Kasni</i> , <i>Aab-e--mako</i> , <i>aab-e--kishneez sabz</i> and <i>Aab-e--Anar talkh</i> ^[50]
<i>HasbawaJudri</i>	In the management of <i>Hasba wa Judri</i> (Measles and Chicken Pox) at delayed eruption, the decoction of <i>Anjeer,Munaqqa, Masoor Dal, Badyan, Wood of luk or Arq-e--Badyan, Arq-e--Mako</i> and <i>Arq-e--Karafs</i> should be given, as it is beneficial. ^[32] A surma was prepared by <i>Taiyab sayyar</i> . The application of that <i>surma</i> in eye during <i>Judri</i> (Pox) protects the eyes and eruption was not developed in the eye. ^[49] Make fine powder of <i>Milh-e--Chini</i> 3.5 gm <i>Kohal</i> 10.5 gm. <i>Nashasta</i> 10.5 gm <i>Kafoor</i> 512 mg. Soaked this fine powder repeatedly in <i>Aab-e--Mako</i> , <i>Aab-e--Asar ra'i</i> , <i>Aab-e--Kishneez</i> , then dry it properly, and prepare very fine powder and should be used as <i>surma</i> . ^[49]
<i>Waram Me'da</i>	The treatment of (Gastritis) <i>Waram-e--Meda</i> is <i>Fasad Baaslic</i> (venesection of Basilic vein) followed by administration of <i>Arq-e--Mako</i> and <i>Arq-e--Kasni</i> and in case of Yaboosat (dryness) <i>Meda Khyar Shambar</i> should be added in <i>Arqiyat</i> . ^[32] Paste of <i>Sandal, Kafoor, Arq-e- Kasni, Arq-e- Mako</i> and <i>Kishneez sabz</i> is recommended in <i>Kitabul Mukhtarar Fil Tib</i> for treatment of <i>Su,e Mizaj Meda Har</i> (gastritis). ^[35] <i>Arq-e-Mako, Arq-e- kasni</i> with sugar is indicated orally in <i>Waram-e- Meda Haar</i> (Gastritis). Paste of <i>Arq-e-Mako, Arq-e- Kaknaj</i> and <i>Aab-e- Sada Bahar</i> with <i>Jao Sattoo</i> is also recommended. Orall administration of <i>Aab-e- Aloo Bokhara, Unnab, Sharbat-e- Banafsha, Aspghol, Arq-e- Kasni, Arq-e- Mako</i> and <i>Arq-e-wild Kasni</i> should be advised.For the treatment of fever associated with gastritis, <i>Arq-e- Kasni, Arq-e-Mako</i> with <i>Badyan</i> should be given. ^[35] If the patient of <i>Warm-e- Meda Barid</i> (Gastritis cold type) complains dryness, temperature, and thirst then <i>Arq-e- Kasni, Arq-e- Makowith Roghan-e- Arand</i> should be given. ^[35] The recommended treatment for <i>Waram-e- Meda Sulb</i> is <i>Arq-e- Mako</i> with <i>Ayarij Arkaghanees</i> and also decoction of roots and seeds with <i>Amrosiya</i> 4.5 gm should be given. ^[35] The use of <i>Aab-e- Kasni, Aab-e- Mako, Aab-e- Kaknaj</i> and <i>Aab-e- Tarhashqoq</i> should use and continue till <i>Hararat</i> remained. ^[36] The gastritis of lean and thin patient should be treated by administration of <i>Khyar Shamber</i> and <i>Arq-e-Mako</i> 2 g or 500 mg. of <i>Ayarij</i> . ^[50] Use of <i>Aab-e- Kasni, Aab-e- Mako</i> , or <i>Aab-e- Razyana</i> or <i>Aab-e- Karafs</i> relieved <i>Waram-e- Meda Haar</i> (gastritis) if not associated with fever. ^[45] In case of dryness due to constipation, <i>Khyar Shamber</i> with <i>Arq-e- Mako</i> for one week should be given. After one week add <i>Arq-e-Karafs, Arq-e- Badyan</i> and <i>Qurs-e- Ward</i> 2 gm in that treatment.If temperature and inflammation persist then <i>Arq-e- Mako</i> and <i>Arq-e- Kasni</i> should continue. ^[50] In mild gastritis (<i>Waram-e- Meda</i>), obtain <i>Sheera Mako</i> and <i>Sheera Tukhm-e- Kasniin Arq-e- Mako, Arq-e- Baranjasif</i> , and advised oral administration with <i>Sharbat-e- Banafsha</i> . ^[52]
<i>Tabqa-e--Qarnea ke Amraz</i>	Tabri mentioned that wet bandage over eye which was soaked in <i>Arq-e--Mako</i> and <i>Arq-e--Gulab</i> is the treatment of corneal disease. ^[53]
<i>Tabqa-e--Mullitahima ka Waram:</i>	Tabri stated in <i>Moalajat Buqratia</i> that prepare an eye drop, by mixing the white of egg and mother's milk with lukewarm <i>Arq-e--Mako</i> in a glass container and shake it till complete mixing. Instillation of this drop hourly relieves the swelling of conjunctiva. It provides tranquillity in <i>Mizaj</i> and relieves the swelling. ^[53]
<i>Ashob-e--Chashm</i>	In <i>Moalajat Buqratia</i> , it is mentioned that prepare the <i>Shiyafat</i> for the treatment of <i>Ashob-e--Chashm</i> (Conjunctivitis). Apply the <i>Shiyafat</i> in eye with women's milk. The method of preparation of <i>shiyafat</i> is; make fine powder of <i>Nashasta, Samagh Arabi, and Samagh Farsi</i> each 3.5 grm, <i>Afyoon, Misri</i> 2 gm, <i>Anzaroot Safed</i> is mixed with donkey's milk 7 gm, <i>Aqlimiya Fizza</i> 3.5 grm, <i>Rasot Tabrani</i> 1 gm. After sieving this powder, prepare the <i>Shiyafat, Masoor Pulse</i> or <i>Gram</i> size by mixing it in boiled <i>Aab-e--Mako</i> or <i>Donkey's milk</i> . ^[53] The treatment of conjunctivitis damwi with severe pain is local application of <i>Shiyaf-e- Abyaz</i> after dissolving in <i>Arq-e- Gulab</i> or <i>Arq-e- Mako</i> . ^[35] Spongingwith <i>Arq-e- Kasni</i> or <i>Arq-e- Khas</i> or <i>Arq-e- kishneezsabz</i> or <i>Arq-e- Gulab</i> or <i>Arq-e- Mako</i> whichever is available over eye is beneficial in bilious conjunctivitis. ^[35] Ibn-e- Sena stated that apply the paste of <i>Rawad'e</i> advia in conjunctivitis. The examples of <i>Rawade</i> medicine are: <i>post eBateekh, or Shiyaf-e- Mamisa, Feelz Haraj, Sibr, Tukhm-e- Gul, Zafran, Anzaroot, Aab-e- Mako, Aab-e- Asa-al Rai</i> . ^[36] The paste of drugs those have astringent and resolvent property should use in conjunctivitis such as <i>Rasot, Ailwa, Aqaqiya, Shiyaf-e- Mamisa</i> which was kneaded in <i>Aab Kasni, or Aab-e- Mako Sabz, or Aab-e- Bartang Sabz</i> . ^[29] <i>Shiyaf-e- Abyaz</i> dissolved in <i>Arq-e- Mako</i> is beneficial for treatment of <i>Ashob-e--chashm</i> (Conjunctivitis) ^[54] <i>Khaisanda-e- Sibr</i> in <i>Arq-e- Mako</i> or <i>Arq-e- Kasni</i> should be used in conjunctivitis associated with moderate discharge. ^[54] The conjunctivitis due to <i>Hararat</i> and accumulation of <i>Rutubat</i> should be treated with <i>Nuqoo</i> (Concoction) <i>Sibr</i> , which was prepared in rain water or <i>Aab-e- Kasni</i> or <i>Aab-e- Mako</i> . It is the best treatment as mention in <i>Kitabul Fakhir</i> . ^[48]
<i>Danto ka Lambai me Badhna</i>	If teeth are enlarged longitudinally in size the gargle of <i>Aab-e--Mako, Aab-e--Barg-e--Aleeq</i> and <i>Usara Gul-e--Surkh</i> should be done. ^[49] It is mentioned in <i>Tibb-e-Akbar</i> that removes the morbid matter in over growth of teeth by gargle of <i>Usaraat-e-Qabiza</i> such as <i>Aab-e-Mako</i> and <i>Gul-e-Surkh</i> . ^[34]
<i>Dant ka Sabz ya Baigani Rang se Badal Jana</i>	According to Tabri, the treatment of yellowish discolouration of teeth is application <i>Arad Masoor, Arad Jao</i> , and <i>Khatmi</i> over teeth after concocting it in <i>Vinegar</i> and <i>Aab-e- Mako</i> . ^[49]
<i>Umoor (Danto ke Darmiyan Gosht ki Surkhi):</i>	In the pain of <i>Umoor</i> , gargle of <i>Sirka, Arq-e--Mako, Arq-e--Qashara Kaddu</i> and <i>Arq-e--Khyar Tursh</i> is beneficial. ^[49]
<i>Namla</i>	According to Tabri, the treatment of herpe (namla) is administration of <i>Aash-e--Jao</i> with <i>Sikanjabeen sada</i> . If stomach (<i>me'da</i>) is weak then <i>Sikanjabeen</i> along with <i>Aab-e--Kasni</i> and <i>Aab-e--Mako</i> should be administered. If <i>me'da</i> of patient did not tolerate it the <i>Aab-e--mako</i> with <i>sharbat seb</i> and <i>Arq-e--Gulab</i> should be advised. ^[49] <i>Tila</i> of <i>Aab-e--Mako</i> is beneficial in herpes.Another <i>Tila</i> mentioned in <i>Moalajat</i>

	Boqratiya for treatment of Herpes (Namla). The <i>Tila</i> should be prepared by <i>Gil-e--Armani, Sandal Safaid, Gul-e--Surkh and Gulnaar with Aab-e--Mako</i> . ^[49] This <i>tila</i> formulated by Hunain bin Ishaq and recommended as a treatment for <i>namla</i> (Herpes). Prepare the pill like <i>Narad</i> by powder of <i>Gil-e--Armani, Sandalain, Shiyaf-e--Mamisa, Tukhm-e--Kasni, Tabasheer, Kafoor and Mazoo with Aab-e-Mako</i> and fresh vinegar before application of <i>tila</i> . ^[49] In Kamilus Sana'a stated that Muhallil advia (Resolvent) should be added with <i>Maan, e Waram</i> medicine for treatment of herpes, such as <i>Aarad Jao, Wheat, (gehoon)</i> with <i>Aab-e- Kasni, Aab-e- Mako or Aab-e- Kishneez Sabz</i> . ^[29]
Humra	Humra can be treated by <i>Tabreed</i> . To provide <i>Tabreed</i> application of bandage after soaking in <i>Aab-e-Mako, Aab-e-Hayyul alam, Asa al rai, Aab-e-Barg-e-Aspgol, Aab-e-Qadah Bed sada, Aab-e-Kaddu</i> and like medicine. ^[49] In <i>Moalajat-e-Buqratiya</i> , it is mentioned that <i>Tila of Gul-e-Surkh, Gulnar, Gil-e-Armani, Vinegar and Aab-e-Mako</i> is beneficial. ^[48] Paste of <i>Arq-e- Mako</i> with <i>Safeda</i> is beneficial in <i>Hamra and Namla</i> (Eryseplas and Herpes) as mentioned in <i>Kitabul Mukhtarat Fil Tib</i> . ^[28] In herpes, cold <i>Tila</i> (liniment) such as <i>Arq-e- Kasni, Arq-e- Mako, Aab-e- Sada Bahar, Aab-e- Khurfa, Sandal, Arq-e- Gulab, Kafoor and Afyoon</i> should apply over affected area. ^[41]
Baigani, Neel Goon and Siyah Phunsiyan	For the treatment of bluish, blackish eruption. It is advised that <i>Tila of Shiyaf-e-Mamisa and Aab-e-Mako</i> should be applied externally over affected area. ^[49]
Jarrul habal and Baolul Hashaf	Wrapping the bandage, which was soaked in <i>Aab-e-Mako</i> and <i>Vinegar</i> over affected part, is beneficial as mentioned in <i>Moalajat-e-Buqratiya</i> for the treatment of <i>Jarrul Habal and Baolul Hashaf</i> . ^[49]
Falghamooni	In <i>Kitabul Umda fil Jarahat</i> , a formula of <i>Zimad</i> is mentioned for treatment of <i>Falghamooni</i> based on <i>Rad'e advia</i> . The method of paste preparation is; Take <i>Sandal Safaid, Sandal Surkh</i> each 35 g. <i>Mamisa</i> 10.5 gm <i>Kharya mitti</i> 14 gm and pulverised it till fine powder. Then prepare the paste by adding <i>Sirka</i> and <i>Arq-e-Makoor Aab-e-Kishneez or Aab-e-Kasni or Aab-e-Kaddu sabz</i> in above fine powder. This paste is indicated in <i>falghamooni</i> . ^[40]
Hirqun naar	The <i>Tadheen</i> by the <i>Qairooti</i> mentioned below is the treatment of burn, hunter injury, abrasion due to journey and erosion due to shoes. The formula of <i>Qairooti</i> is <i>Teen Qabrasi, Murdar Sang, Khubsur Rasas, washed lime</i> each 14 gm. <i>Aab-e-Kishneez, Aab-e- Mako</i> each 35 g <i>Roghan-e-Banafsha</i> 105gm and White wax 17.5 g. ^[40]
Waram Aslul-Uzn	It is mentioned in <i>Tibb-e-Akbar</i> , that <i>Marham Kafoori</i> and <i>Aab-e-Mako</i> should be used for the inflammation at base of ear if it is <i>Saudawi</i> nature. ^[34] External application of <i>Tila</i> (liniment) of <i>Aspgol, Aab Kasni, Aab-e-Mako Sabz and Aab-e- Kishneez Sabz</i> should be done in otitis (<i>Waram-e- Uzn Haar</i>). ^[29]
Zard Dant	For the cleaning of yellowishness of teeth, paste the <i>Masoor, Jao and Arad Khatmi</i> over teeth with <i>vinegar</i> after gargle by <i>Aab-e-Mako</i> and <i>Vinegar</i> as mention in <i>Tibb-e-Akbar</i> . ^[34]
Waram Mari	In swelling of oesophagus, paste of <i>Arad Jao, Baboona</i> and <i>Khatmi</i> with <i>Aab-e-Mako</i> and <i>Rogan-e-Gul</i> over chestis beneficial. ^[34] It is mentioned in <i>Kitabul Mukhtarat Fil Tib</i> , that paste of <i>Arq-e- Kasni, Kaddu, Kheera</i> and <i>Arq Mako</i> between shoulders is beneficial in <i>Su, e Mizaj Har Mari</i> (Oesophagitis). ^[35] Sipping of <i>Aab-e- Mako Sabz, Aab-e- Kasni Sabz and Aab-e- Kaknaj</i> after adding <i>Amalittas</i> and <i>Roghan-e- Banafsha</i> is beneficial in <i>Waram-e- Mari Haar</i> (oesophagitis). ^[44]
Waram-e-Tehal Haar Damwi	In <i>Waram-e-Tehal Har Damwi</i> , for of the purpos laxation <i>Fuloos-e-Khiyar Shamber, Aab-e-Kasni, and Aab-e-Mako</i> should be prescribed. Paste of <i>Arad Jao, Barg-e-Kazmazoo, Gul-e-Surkh, Sandal, Aab-e-Haiyul Aalam, Aab-e-Mako, Aqaqiya, Shiyaf-e-Mamisa and Kishneez</i> should be applied with <i>Sirka</i> over Splenic area. ^[34] Obtain <i>Sheera of Badyan, Mako Khushk</i> each 5 gm, <i>Maweez Munaqqa</i> 9 number in <i>Arq-e-Mako</i> and <i>Arq-e- Badyan</i> and this should be taken with 40 gm <i>khamira banafsha</i> in splenitis. (<i>Waram-e-Tihal</i>) ^[55]
Zaheer	In early dysentery, <i>Tila of Sandalain, Aab-e- Kasni, and Aab-e-Mako</i> with addition of <i>Kafoor</i> over anal region is beneficial. ^[74] <i>Maghas/ Marod</i> In tenesmus, for the evacuation of bile (<i>safra</i>), <i>Khyar Shambar, and Sheer-e-Khishht</i> , should be given orally after dissolving in <i>Aab-e-Kasni or Aab-e-Mako</i> . ^[34] Enema of <i>Arq-e-Mako, Aab-e- Kaknaj and Ma'usshair</i> should be given. In diet only <i>Ma'usshair</i> should be advised in treatment of <i>zaheer</i> . (Dysentery) ^[35] It is mentioned in <i>Kitabul Mukhtarat Fil Tib</i> , the paste of <i>Sandal Safaid and Surkh, Arq-e- Gulab, and Arq-e- Mako</i> with branches of <i>Angoor</i> over stomach should be applied. ^[35] In early dysentery give enema of <i>Aab- Jao, Aab-e- Mako, Gulab, and Roghan-e- Gul</i> , white of egg and water of boiled rice. ^[36] Prepare decoction of <i>Chahar Tukhm</i> by boiling it in <i>Arq-e- Mako</i> and <i>Gulab</i> each 60 ml Then this decoction should be given with <i>Sharbat- e- Banafsha</i> 20 ml as deobstruent for treatment of dysentery (<i>Zaheer</i>). The dysentery which develops after delivery should be treated with <i>Chahar Tukhm</i> 10 g after boiling it in <i>Arq-e- Badyan, Arq-e- Mako</i> each 60 ml with <i>Sheera Maghz-e-Badam</i> 5 numbers. ^[55] Enema, prepared with <i>Roghan-e- Gul</i> , white of boiled egg, <i>Aab-e- Karnab, Aab-e-Kaknaj</i> and <i>Aab-e- Mako sabz</i> is indicated in <i>zaheer</i> . (Dysentery) ^[50]
Waram-e- Kulliya Haar	The application of paste prepared with <i>Arad Jao Sandal, Mamisa, Aab-e-Mako Aab-e-Kasni and Roghan-e-Banafsha</i> over kidney is beneficial in <i>waram-e-kulliya har</i> (Glomerulo-Nephritis) ^[34] <i>Waram-e- Gurda</i> (Nephritis): In nephritis associated with constipation, orall administration of <i>Maghz-e-Fuloos Khayar Shamber, Roghan-e- Badam</i> with <i>Aab-e- Mako</i> is beneficial. ^[38] <i>Waram-e- Gurda</i> (Nephritis) should be treated with application of paste prepared by <i>Arad Jao, Khatmi, Sandalain, Shiyaf-e-Mamisa, Maida Lakdi, Aab-e- Kasni Sabz, Aab-e- Mako Sabz and Roghan-e- Banafsha</i> . ^[50]
Dard-e-Masana:	The treatment of painful bladder is local application of paste of <i>Sandal, Fofil, Arad Jao, with Aab-e-Mako and Aab-e-Kasni</i> as mentioned in <i>Tibb-e-Akbar</i> . ^[34]
Khusiyon Ka Waram-e-Har Damawi/ Safrawi	The orchitis (<i>Waram-e-Khusiya</i>) should be treated by putting the gauze number which was soaked in <i>Aab-e-Kasni or Aab-e-Mako or Aab-e-Kishneez with loab Aspgol, Gulab and Sirka</i> . ^[34] The temprate swelling of scrotum should be treated with paste of <i>Murdar Sang, Sibr, Roghan Gul, and Arq Mako</i> . It also can be treated with paste of <i>Gulab, Ushq and Roghan Banafsha</i> . ^[41] The orchitis due to <i>Hararat</i> , paste of <i>Arad Jao, Khatmi Abyaz, Aab-e- Mako, Aab-e- Kishneez Sabz, Roghan-e- Gul, Sirka Sharaab</i> and yellow of egg

	should be apply. [33]
<i>Waja-ul-Unsayain wa Qazeeb</i>	<i>Tila</i> (liniment) of <i>Aab-e-Kishneez, Aab-e-Kaddu, Aab-e-Kasni, and Aab-e-Mako</i> is recommended in pain of testis and penis due to <i>sue mizaj har</i> . [34]
<i>Waram-e- Rahem Har</i>	Oral administration of <i>Maghz-e-Fuloos KhyarShamber</i> with sharbat banafsha or <i>Aab-e-Mako</i> or <i>Aab-e-Kasni</i> relieved constipation. It also relieved visceral swelling and should be given in <i>Waram-e-Raham</i> (Salpingitis) [34] The <i>Farzaja</i> soaked in <i>Qairooti</i> which prepared with mom (wax), <i>Roghan-e- Banafsha, Aab-e- Mako Sabz, Aab-e- Bartang And LalSaag</i> , should use for treatment of <i>Waram-e- Rahem</i> (salpingitis). ⁵¹ <i>Waram-e- Rahem</i> (Salpingitis): Obtain <i>Sheera Badyan, Sheera Mako khushk, Sheera Tukhm-e- Kasoos</i> each 3gm in <i>Arq-e- Badyan, Arq-e- Mako, Arq-e- Baranjasif, and Arq-e- Gaozaban</i> each 40 ml and then administered it with <i>Khamira Banafsha</i> 40 gm for the treatment of hard swelling of uterus (Nodular salpingitis) [55]
<i>Zamboor and Shahed ki Makhi ka katna</i>	<i>Tila</i> of <i>Aab-e-Khatmi, Aab-e-khubazi, Aab-e-Khurfa, Aab-e-Mako Kaknaj</i> is recommended treatment for <i>Zamboor</i> and <i>Bee sting</i> . [34]
<i>Papoton ka Intifakh</i>	It is mentioned in <i>Kitabul Mukhtar Fil Tib</i> , that <i>Sandal, Shiyaf-e- Mamisa, Arq-e- Kasni, Arq-e- Mako, Supari and Zafran</i> should be <i>Tila</i> in swelling of eye lids. [35] The treatment of swelling of eyelid due to conjunctivitis is <i>Tila</i> of <i>Sibr, Rasot, Shiyaf-e- Mamisa, Fofil, and Zafaran</i> in <i>Arq-e- Mako</i> . [54]
<i>Zimad-e- Jaiyyad</i>	<i>Zimad-e- Jaiyyad</i> relieves the sever pain of conjunctivitis. For this purpose grind the <i>Gulab, Nakhoona, and Zafran</i> and then knead it in <i>Arq-e- Kishneez sabz</i> and apply. Cotton soaked in <i>Arq-e- Mako</i> also can be applied. [35]
<i>Gharb (Gosha-e-Chashm ka Nasoor)</i>	If the affected area is hot in <i>gharb</i> then cool it by application of <i>Shiyaf-e- Mamisa, Arq-e- Kasni, Arq-e- Mako and Arq-e- Sada bahar</i> around it. [35]
<i>Samam wa Tarash</i>	If deafness develops due to <i>hararat</i> , first do the <i>Fasad</i> and then instill the <i>Arq-e- Khas</i> or <i>Arq-e- Mako</i> in ear for treatment purpose. [35] <i>Tarsh Safrawi</i> (Bilious deafness): Instillation of <i>Aab-e- Kahu</i> or <i>Aab-e- Mako Sabz</i> is beneficial in deafness due to <i>Safra</i> . [36] Instillation of <i>Aab- Mako, Aab- Kishneez</i> relieves the heaviness of ear and deafness associated with <i>Su-e- Mizaj Haar</i> (Hot Temperament). ⁵⁵ <i>Tarash Safrawi: Aab-e- Kahu, Aab- Mako, Aab-e- Kaddu</i> and <i>Roghan-e- Neelofar</i> , are useful in <i>Tarash Safrawi</i> . (Deafness) [52]
<i>Waja-ul Uzn</i>	The treatment of <i>Waja-uluzn</i> (otalgia) mentioned in <i>kitabul Mukhtarat Fil Tib</i> based on cause, that if it is due to <i>Su-e- Mizaj Har</i> or <i>Har Madda</i> then instilled fresh milk obtained directly from breast, white of egg alone and <i>Arq-e- Mako, Usara Khas</i> and <i>Arq-e- kishneez</i> may also be used for this purpose. [35] The <i>Tila</i> of <i>Narad</i> with <i>Aab-e- Kishneez, Aab-e- Mako, and Aab-e- Kasni</i> is useful in <i>Otalgia</i> . [52]
<i>Masodhon ke auram and zakhm</i>	Gargle by <i>Arq-e- Mako</i> and <i>lal Saag</i> with Vinegar is beneficial for the treatment of gingivitis and gingival ulcer which develops due to <i>Har Madda</i> . [35]
<i>Waram Lohat Har</i>	It is stated in <i>Kitabul Mukhtarat Fil Tib</i> that the treatment of uvulitis is gargle by <i>Arq-e- Gulab, Arq-e- Mako, Arq-e- Kasni, Arq-e- Bartang and Arq-e- Sumaaq</i> . [35] The gargle of <i>Aab-e- Bartang, Aab-e- Gul-e- Surkh, Fresh Aab-e- Mako Sabz, and Aab-e- Kishneez</i> in which <i>Sumaq</i> was mixed is beneficial in <i>Waram-e- Lohat Haar</i> (uvulitis). [50] Oral administration and gargle of <i>Aab-e- Mako, Kashkab</i> and <i>Aab-e- Tarbooz</i> is beneficial in <i>Waram-e- Lohat</i> (uvulitis). [30] Gargle with <i>Arq-e- Mako</i> is indicated for treatment of <i>Waram- Lohat Haar</i> (uvulitis) [31] It is mentioned in <i>Kitabul Fakhir</i> that gargle with <i>Aab-e- Mako, Aab-e- Asaru Rai and Lisan-ul Hamal</i> should be advised for the treatment of <i>Waram-e- Lohat</i> (uvulitis). [48]
<i>Waram Lauzatain</i>	Gargle of <i>Qabiz</i> and <i>BaridUsarat</i> after cooling it in ice, is beneficial in tonsillitis. These <i>usarat</i> are <i>Arq-e- Mako, Arq-e- kasni, Arq-e- Sumaaq, Arq- Bihi, Arq-e- Gulab, Gulnaar</i> etc. [35]
<i>Pistanon ke auram and un me khoon jam jana</i>	The hot swelling and haematoma of breast should be treated by irrigation of <i>Arq-e- Mako</i> with <i>Roghan-e- Gul</i> or <i>Arad Baqla</i> and <i>Sikanjabeen</i> . [35] <i>Waram-e- Sadiya 'in Haar</i> (Mastitis associated with burning): Paste of <i>Maida Roti, Aab-e- Mako</i> with <i>Roghan-e- Gul</i> is beneficial in mastitis associated with burning. [45]
<i>Atash/piyas</i>	Paste the <i>Arq-e- Mako, Sada Bahar, Sandal Surkh</i> , after dissolving in vinegar and also paste the <i>Arq-e- Gulab, Kafoor</i> , and cold <i>Usarat</i> in excessive thirst due to <i>Su-e- Mizaj Kabid Har. Arq-e- Kasni, Arq-e- Khurfa</i> with <i>Sikanjabeen</i> and sugar should also be given orally as mentioned <i>Kitabul Mukhtarat Fil Tib</i> . [35]
<i>Istisqa due to Waram-e- Jigar Haar</i>	If Ascitis develops due to <i>Hararat</i> and <i>Waram-e- Jigar Haar, Arq-e- Kasni, Arq-e- Mako, Arq-e- Kaknaj</i> and <i>sikanjabeen</i> with <i>Maghz Amalitas</i> should be given orally. Paste of <i>Sandal, Chhaliya, Balchhar, Ailwa, Shiyaf-e- Mamisa, Arad Jao, Khatmi, Banafsha, and Cow Dunk (gobar)</i> with <i>Arq-e- Mako, Arq-e- Kasni</i> and <i>aab-e- Kaknaj</i> should be applied over stomach when stomach is empty. [35] <i>Istisqa</i> (Ascitis): It is mentioned in <i>Firdaosul Hikmat</i> that in ascitis orall administration of goat urine with <i>Aab-e- Mako</i> is beneficial. [77] <i>Istisqa-e- Ziqi</i> (Ascitis): Prepare pills in <i>Aab-e- Mako</i> with <i>Shabram, Usara Afsanteen, Turbud</i> , each 1 <i>Waniq, Ghariqoon, Gul-e- Surkh</i> , each 0.5 <i>dirham</i> and use it for treatment of <i>Istisqa-e- Ziqi</i> (Ascitis). [36] The best regime for treatment of that condition of <i>Istisqa-e- Ziqi</i> , where temperature remains and body unable to remove <i>Istisqa</i> and swelling, <i>Aab-e- Kaknag, Aab-e- Mako Sabz, Aab-e- Karafs, Aab-e- Qaqili</i> and <i>Kasni Talkh</i> . [36] <i>Istisqa-e- Tabli</i> (Ascitis): For the treatment of <i>Istisqa-e- Tabli</i> , orall administration of <i>Majoon Dabidul Warad</i> 7 gm in evening, followed by <i>Sheera of Badyan, Tukhm-e- Kasoos</i> each 3 gm, <i>Maweez Munaqqa</i> 9 numbers which was obtain in <i>Arq Mako</i> 60 ml, <i>Arq-e- Baranjasif</i> 60 ml. With <i>Gulqand</i> 40 ml. is beneficial. [55] The treatment of <i>Istisqa-e- lahmi</i> is purgation by oral administration of 20 ml <i>goat's urine</i> and <i>Arq-e- Mako</i> 20 ml. [43] The Ascitis associated with fever should be treated by <i>Arq-e- Mako, Karafs, Luk Maghsool, Qaqli, Rewan, Zafran</i> and <i>Halaila Zard</i> . [43] When fever associated with Ascitis, then <i>Arq-e- Mako, Maghz-e- Khyar Shamber, Kaknaj, and Goat's Urine</i> are the treatment. If it is not successful then administer <i>milk of camel</i> orally. [43]
<i>Baulud Dam</i>	The treatment of haematuria is administration of <i>Usara Khurfa, Arq-e- Mako, Aab-e- Sada Bahar, Aab-e- Lal Sag, Aab-e- Bartang Aab-e- Podina, Aab-e- Summaq, Aab-e- Zarishk</i> and <i>butter milk</i> . [35]
<i>Shiqaq-e- Maqad</i>	Apply <i>Marham Safeda</i> with <i>Arq Mako</i> and <i>Kafoor</i> in Anal fissure associated with <i>Hararat</i> and drynees or <i>Marham Safeda</i> with bone marrow of deer, <i>Arq Mako, Arq Kasni</i> and <i>Roghan Mom</i> should be applied. [41]

	The <i>Marham Asfidaj</i> is useful in treatment of <i>Anal Fissure</i> . Take fine powder of <i>Safaida Kashghari</i> 17.5 masha, <i>Kundur</i> 10.5 masha, <i>Aqleemiya-e- Seem</i> (chandi ka mail) 7 masha then grind it in <i>Roghan</i> , <i>Arq Kasni</i> and <i>Arq-e- Mako</i> and prepare ointment. ^[30]
<i>Waja-ul mafasil har</i>	The <i>Tila</i> those can potentiate the organ, relieve the pain and returns the cold matter over organ should use in <i>Waja ul Mafasil Haar</i> , such as <i>Tila</i> of <i>Sandal</i> , <i>Supari</i> , <i>Boosh dard bandi</i> , <i>Aab-e- Sada Bahar</i> , <i>Arq-e- Mako</i> , <i>Arq-e- Kasni</i> , <i>vinegar</i> , <i>Arq-e- Khus</i> , <i>Arq-e- Kishneez</i> and <i>Aspghol</i> , also put the gauze soaked in this <i>Usarat</i> over organ. ^[41] : This <i>Tila</i> is mention in <i>Kitabul Mukhtarat Fil Tib</i> for <i>Waja ul Mafasil Haar</i> . It should be prepare with <i>Gulab</i> , <i>Sandal Surkh</i> , <i>Supari</i> , <i>Shiyaf Mamisa</i> , <i>Boosh Dard bandi</i> , <i>Afyoon</i> , <i>Beekh luffah</i> kneaded in <i>Aab Kishneez Sabz</i> as <i>Nard</i> . This <i>Nard</i> should <i>Tila</i> over affected area after grinding in <i>Arq Gulab</i> , <i>Sirka</i> , <i>Arq-e- Mako</i> and <i>Arq Kasni</i> . ^[41]
<i>Zof-e- Meda</i>	The pill is being used for correction of <i>Sue Mizaj Meda</i> . To prepare the pill, take <i>sibr</i> 7 gm, <i>Katira</i> 3 gm, <i>Halaila</i> 3 gm, <i>Gul-e- Surkh</i> 2gm, <i>Zafran</i> . 5 gm and then prepare pills in <i>Arq-e- Mako</i> . ^[33]
<i>Eilaa'o's</i>	It is mentioned in <i>Zakhira Sabit Bin Qurra</i> , that <i>Eilaa'o's</i> is due to <i>Waram-e- Har</i> should be treated by vensection. After vensection, administrator of <i>Aab-e- Mako</i> , <i>Kaknaj</i> , <i>Lablab</i> , <i>Roghan-e- Badam Shirin</i> and <i>Khiyar Shambar</i> is beneficial. ^[33] Oral administration of <i>Aab-e- Mako</i> , <i>Aab-e- Bartang</i> , <i>Aab-e- Kasni</i> each six tola, after dissolving in <i>Amalitas</i> three tola, <i>Roghan-e- Badam seven masha</i> and <i>Sugar</i> three tola is recommended treatment of <i>Iela'oos</i> . ^[30]
<i>Qurooh-e- Aalat-e- Baol</i>	The application of paste of <i>Arad Jao</i> , <i>Khatmi Abyaz</i> , <i>Banafsha Yabis</i> , <i>Aab-e- Mako</i> and <i>jangliPiyaz</i> (wild Onion) over pelvis is beneficial in ulcer of urinary tract. ^[33]
Foul odour from mouth due to glossitis	Advise gargle of <i>Aab-e- Mako</i> , or <i>Aab-e- Kasni</i> or <i>Aab-e- Khas</i> , or <i>Anaar Shireen</i> in treatment of foul odour from mouth due to glossitis. Prepare an ointment by mixing of <i>Aab-e- Mako</i> , <i>Arad Adas</i> , <i>RoghanGul</i> , <i>Zafaran</i> , yellow of egg. Use this ointment in mouth ulcer. ^[38]
<i>Wardeenaj</i>	For the treatment of <i>Wardeenaj</i> massage with <i>Aab-e- Mako</i> is recommended. ^[36]
<i>Zaatul Ria</i>	Prepare decoction of <i>Amalitas</i> , <i>Maweez Munaqqa</i> , 3 <i>astar</i> (around 6 tola) with 4 <i>Sakarja</i> water and when water reduces upto half add one <i>sakarja Aab-e- Makoin</i> it. This should give to patient of pneumonia. ^[36] Boil <i>Amalitas</i> and <i>Maweez Munaqqa</i> each 5 tola till remaining of half quantity and advised the patient to drink it after mixing 125 ml <i>Arq-e- Mako</i> , stat or in divided dose for treatment of pneumonia. ^[30] (Inflammation of Lungs):For the treatment of <i>Waram-e- Riya</i> ; <i>Aslus Soos</i> 20 <i>dirham</i> , <i>Maweez Munaqqa</i> 50 numbers, <i>Unnab</i> 100 numbers, <i>Fuloos-e- Khyar Shamber</i> , <i>Arq-e- Mako</i> and <i>Qan Safaid</i> should be used. ^[25]
<i>Kazaz, Due to Waram-e- Rahem</i>	Prepare the pessary by mixing fine powder of <i>Jadwar</i> 1 gm <i>BekhSosan</i> 1 gm in 1 tola <i>Marham dakhiliyoon</i> alone with addition of <i>Aab Kasni Sabz</i> 1 tola, <i>Aab-e- Mako Sabz</i> 1 tola, <i>Roghan-e- Gul</i> 1 tola and white of egg 1 number. This pessary should use in Tetanus caused by salpingitis. (<i>Waram-e- Rahem</i>) ^[37]
<i>Kharish</i>	Drink lukewarm <i>Arq-e- Matbookh</i> and After 1 hour <i>Arq-e- Mako</i> and <i>Arq-e- Gaozaba</i> should drink. ^[37]
<i>Qaraha morakkab</i> ba sabab <i>Su-e- Mizaj Har</i>	<i>Majoosi</i> mentioned that the <i>Qaraha Morakkab</i> (complex ulcer) due to <i>Su-e- Mizaj Har</i> should be treated by <i>Tila</i> of <i>Sandalain</i> with <i>Aab-e- Kasni</i> , <i>Aab-e- Mako Sabz</i> , <i>Aab-e- Kishneez Sabz</i> and <i>Aab-e- Khurfa Sabz</i> . ^[29]
<i>Hirqatul Baul and Usrul Baul</i>	The application of lukewarm paste of <i>Khatmi</i> , <i>Arad Jao</i> , <i>Baboon</i> , <i>Banafsha Khushk</i> , <i>Aslussoos</i> , <i>Aab-e- Mako Sabz</i> , <i>Aab-e- Kishneez Sabz</i> and <i>Roghan-e- Banafsha</i> is useful in dysurea and burning micturation. ^[44]
<i>Sozish-e- Zaban Due to Hararat</i>	The gargle of <i>Bartang</i> , <i>Aab-e- Mako</i> , is indicated for burning of tounge. ^[30]
<i>Bachchon ka dant nikalna</i>	Application of <i>Aab-e- Mako</i> and <i>Roghan-e- Gul</i> as paste in teething problem is beneficial. ^[30]
<i>Sue Mizaj Haar Jigar</i>	Take <i>Shagoofa Neelofer</i> 3 tola, <i>Barg-e- Gul-e- Surkh</i> 3.5 tola, <i>Sandal Surkh</i> , <i>Luk Maghsool</i> , <i>Chhaliya</i> each 1.75 tola, <i>Zafran</i> 10.5 masha, <i>Rewand Chini</i> 17.5 masha, <i>Gul-e- Qabrasi</i> , <i>Mastagi</i> , <i>Hansraj</i> each 10.5 masha, <i>Kafoor</i> 7 masha and prepare fine powder then knead this powder in <i>Arq-e- Mako</i> and <i>Arq-e- Kasni</i> and prepare tablet of 4.5 masha. one tablet of this should be given orally with <i>Arq-e- Kaknaj</i> or <i>Arq-e- Makoor Arq-e- Kasni</i> for treatment of <i>Su-e- Mizaj Haar</i> . ^[30]
<i>Zoosantariya</i>	The treatment of <i>Zosantariya</i> due to <i>Safra</i> should be done by <i>Amalitas</i> , <i>Aab-e- Kasni</i> , <i>Aab-e- Mako</i> and tiny amount of <i>Zafran</i> . ^[30]
<i>Kasrat-e- lo'aab</i>	To treat the excessive salivation, gargle of <i>Rasot</i> , dissolved in <i>Aab-e- Mako</i> with vinegar, should be used. ^[52]
<i>Khafqaan</i>	Advice <i>Gul Qand Siyooti</i> to relieve constipation, then after <i>Arq-e- Gaozaban</i> , <i>Arq-e- Mako</i> and <i>Sharbat-e- Deenan</i> should be administered. ⁶⁵ If <i>khafqaan</i> develops due to common cold, then <i>Khamira Gaozaban</i> 3gm, <i>khamira khashkhas</i> 3gm should be given with <i>Arq-e- Mako</i> 3 tola, <i>Arq-e- Nilofar</i> 3 tola <i>Arq-e- Gaozaban</i> 3 tola <i>Sharbat-e- Buzoori</i> 3 tola. ^[25] <i>Khamira Gaozaban</i> , <i>Khamira Khashkhas</i> each 6gm, <i>Arq-e- Mako</i> , <i>Arq-e- Nilofar</i> , <i>Arq-e- Gaozaban</i> each 3 tola, with <i>Sharbat-e- Buzoori</i> 2 tola should be used for treatment of <i>Khafqaan</i> (Palpitation) associated with common cold. ^[46] The <i>Khafqaan</i> (Palpitation) can be treated with <i>Amla Murabba</i> , <i>Silver Leaf</i> each 1 number <i>Loab Aspghol</i> 9gm, <i>Gulab</i> 4 tola, <i>Arq Mako</i> 5 tola, <i>Sharbat-e- Anaar Sheerin</i> 5 tola <i>Tukhm-e- Faranjmushk</i> 4gm. ^[26] Use <i>Khamira Gaozaban</i> and <i>Khamira Khashkhas</i> each 6gm for treatment of <i>Khafqaan</i> with <i>Nazla</i> and <i>Zukam</i> . (Palpitation with Common Cold). Use of <i>Arq-e- Mako</i> , <i>Arq Nilofar</i> , <i>Arq Gaozaban</i> each 3 tola, and <i>Sharbat-e- Buzoori</i> 2 tola is also beneficial. ^[26]
<i>Waja-ul Meda</i>	In the treatment of gastralgia due to flatus (<i>Reehi</i>), then <i>Sheera Badyan</i> , <i>Sheera Tukhm-e- Kasoos</i> , <i>Sheera Anisoon</i> which was obtained in <i>Arq-e- Mako</i> , <i>Arq-e- Badyan</i> should be given with <i>Jawarish Kamooni</i> and <i>Sheera Banafsha</i> or <i>Gulgand</i> . ^[52]
<i>Zof-e- Jigar Haar</i>	The <i>Sheera of Tukhm-e- Kasni</i> , <i>Badyan</i> each 3 gm which obtained in <i>Arq-e- Mako</i> , <i>Arq-e- Kasni</i> each 50 ml should be given with <i>Sharbat Buzoori</i> or <i>Sikanjabeen Buzoori</i> 40 ml for treatment of <i>Zoaf-e- Jigar Haar</i> . (Weakness of liver) ^[55] It is mentioned in <i>Rumooz-e- Aazam</i> by <i>Hakim Aazam Khan</i> that, Prepare decoction of <i>Mako</i> , <i>Kasni</i> , <i>Aslus Soos Muqashsher</i> , <i>Maweez Munaqqa</i> , <i>Reesha Khatmi</i> , <i>Arq-e- Mako</i> and

	<i>Arq-e- Gaozaban</i> and add <i>Sharbat-e--Buzoori</i> in it, then use it in weakness of liver, cough and dysentery. ^[55]
<i>Sailanur Rahem</i>	In the treatment of <i>Lucorrhoea</i> , <i>Jawarish Mastagi</i> 7 gm should be given followed by <i>Sheera Badyan</i> , <i>Sheera Tukhm-e--Kasoos</i> each 3gm which was obtained in <i>Arq-e- Mako</i> 60 ml with <i>Gulqand</i> 40 ml. ^[55]
<i>Humma Joo 'iya</i>	The treatment of <i>Humma-e- Joo 'iya</i> is administration of <i>Arq-e- Mako</i> , <i>Arq-e- Bed Mushk</i> , in <i>Sharbat-e- Nelofer</i> each 40 ml. ^[56]
<i>Humma-e- Mohriqa</i>	For the treatment of <i>Humma-e- Mohiqa</i> , <i>Sheera Tukhm-e- Khyarain</i> 3g, <i>Sheera Unnab</i> 5 number which were obtained in <i>Arq-e- Gaozaban</i> and <i>Arq-e- Mako</i> each 60ml. should be given with <i>Sharbate Deenan</i> and <i>Sikanjabeen</i> each 20ml. ^[56]
<i>Humma-e- Mutbiqa</i>	For the purpose of <i>Taskeen-e- Hararat</i> , the below treatment should be given. Obtain <i>Loab-e- Bihidana</i> 3gm, <i>Sheera Unnab</i> 5 numbers in <i>Arq-e- Gaozaban</i> and <i>Arq-e- Mako</i> 60 ml along with <i>sharbat banafsha</i> 20ml after dusting <i>khaksi</i> 7gm should be use. ^[56]
<i>Yafookh-us Sibyan</i>	Apply the paste of <i>Arq-e- Mako</i> with <i>Roghan-e- Gul</i> in <i>yafookh-us sibyan</i> . ^[45]
<i>Preshan kun garam zarban</i>	Prepare fine powder of <i>Shaker Tabarzaad</i> , <i>Zafaran</i> , and tiny <i>Kafoor</i> and then dissolve it in <i>Arq-e- Khyar</i> or <i>Arq-e- Mako</i> . This preparation should use as <i>Nasal Drop</i> in throbbing headache. ^[45]
<i>Waja-ul Ansan</i>	The <i>Toothache</i> due to <i>Hararat</i> should be treated by <i>Arq-e- Mako</i> . ^[31]
<i>Istirkha-e- Lohat</i>	In the beginning of palsy of uvula (<i>Istirkha-e- Lohat</i>), Gargle of <i>Arq-e- Mako</i> , <i>Gul-e- Surkh</i> , <i>Rubbul Jaoz</i> and <i>Toot</i> should advise. ^[31]
<i>Warams around uterus</i>	The medicine beneficial in <i>Waram-e- Haar</i> should be given in <i>Waram-e- Rahem Haar</i> such as <i>Aab-e- Kaknaj</i> , <i>Arq-e- Mako</i> , <i>Arq-e- Kasni</i> and <i>Maghz-e- Khyar Shamber</i> . ^[57]
<i>Habb Dafa 'e Sozish-e- Bol, Suzak and Waram-e- Unsayain</i>	The <i>habb</i> (pill) <i>Dafa-e- Sozish-e- Bol wa Suzak wa Waram-e- Unsayain</i> should be prepared by grinding the <i>Tabasheer Kabood</i> 7 masha, <i>Zahar Mohra Khatai</i> 7 masha, <i>Kasni</i> 7 masha, <i>Tukhm-e- Kahu Muqashsher</i> 7 masha, <i>Kaknaj</i> 7 masha, <i>Tukhm-e- Khyarain</i> 7 masha, <i>Gil-e- Armani</i> 3 masha, <i>Bazrul Banj</i> 3 masha, <i>Maghz-e- Tukhm-e- Tarbooz</i> 3masha, <i>Gul-e- Daghistani</i> 1drm, <i>Kahraba Shamai</i> , <i>Samagh-e- Arabi</i> , <i>Ksteera</i> , <i>Maghz-e- Tukhm-e- Kaddu Shireen</i> , <i>Maghz-e- Tukhm-e- Pitha</i> , and kneaded with <i>Arq-e- Mako</i> and <i>Arq-e- Keora</i> and prepare <i>Habb</i> (pills) ^[58]
<i>Habb-e- waja ul warik</i>	The method of preparation of <i>Habb</i> for <i>Wajaul Warik</i> (hip joint arthritis) is: Prepare the fine powder of <i>Post-e- Halaila Zard</i> 6 masha, <i>Post-e- Halaila Kabuli</i> 6 masha, <i>Barg-e- Badaranjaboya</i> 3 masha, <i>Halaila Siyah</i> 6 masha, <i>Ghariqoon</i> 6 masha, <i>Sibr Zard</i> 1 tola <i>Suranjan Shireen</i> 4 masha, <i>Gul-e- Banafsha</i> 4masha, <i>Gul-e- Surkh</i> 4 masha, <i>Namak Siyah</i> 6 masha, Fry the <i>Halaila Jaat</i> in <i>Roghan-e- Badam Shirin</i> , then knead the powder in <i>Arq-e- Mako</i> and prepare the pills. ^[58]
<i>Habb for Surkh Bada</i>	Obtain fine powder by grinding of <i>Barg-e- Shahatra</i> 6 gm, <i>Chiraita</i> 6 gm, <i>Sarphuka</i> 9 gm, <i>Burada Sandalain</i> 1 tola, <i>Barg-e- Gaozaban</i> 6 masha, <i>Unnab Welaiti</i> , <i>Burada Aabnoos</i> 9 gm, <i>Sapistan</i> 7 numbers, <i>Neel Kunthi</i> 9 gm, <i>Gul-e- Neem</i> 6 gm, <i>Gul-e- Bakain</i> 6 gm, <i>Tukhm-e- Kasni</i> 6 gm, <i>Gul-e- Surkh</i> 6 masha, <i>Chhal-e- Kachnal</i> 6 gm, <i>Chhal-e- Babool</i> 6 gm, <i>Badyan</i> 6 gm, <i>Rasot Zard</i> 6 gm, <i>Aalu Bokhara</i> 10 number, <i>Bisfaij Fistaqi</i> 6 gm, and prepare pills by kneading the powder in <i>Arq-e- Mako</i> . This pill is beneficial in eryseplas and known as <i>Habb Bara-e- Surkh Bada</i> . ^[58]
<i>Roghan-e- Musakkin Bara-e- Waja-e- Bawaseer WA Mohallil-e- Waram wa Riyah</i>	It is mentioned in <i>Yaqooti</i> that prepare <i>Roghan-e- Mosakkin Waja-e- Bawaseer</i> , wa <i>Mohallil-e- Waram Wa Riyah</i> . For preparation of this <i>Roghan</i> , obtain decoction of <i>Gul-e- Baboona</i> 1 tola, <i>Gul-e- Surkh</i> 1 tola, <i>Mako</i> 1 tola <i>Tukhm-e- Shibbat</i> 6 gm, <i>Tukhm-e- Turb</i> 6 gm, <i>Tukhm-e- Khatmi</i> 6 gm, <i>Tukhm-e- Katan</i> 6gm, <i>Tukhm-e- Hulba</i> 6 gm in <i>Arq-e- Mako</i> . Add <i>Aab-e- Barg-e- Mako Sabz</i> , <i>Aab-e- Barg Kakraonda Sabz</i> , <i>Aab-e- Barg Shibbat Sabz</i> , <i>Aab-e- Barg Sabhanlu Sabz</i> , <i>Aab-e- Barg-e- Turb Sabz</i> , <i>Roghan-e- Kunjad</i> , <i>Roghan-e- Bed Anjeer</i> in this decoction and boil it till complete evaporation of water. This remained oil should used. ^[58]
<i>Roghan Bara-e- Wajaul Mafasil Haar</i>	Prepare the decoction from coarse powder of <i>Aab Barg-e- Bhangra Sabz</i> 5 tola, <i>Aab-e- Barg-e- Mako Sabz</i> 5 tola, <i>Aab-e- Barg-e- Kasni Sabz</i> 5 tola, <i>Aab-e- Barg-e- Khubazi Sabz</i> 5 tola, <i>Aab-e- Barg-e- Khatmi Sabz</i> 5 tola, <i>Gul-e- Surkh</i> 2 tola, <i>Gul-e- Banafsha</i> 2 tola, <i>Gul-e- Nilofer</i> 2 tola, <i>Post-e- Bekh-e- Kasni</i> 2 tola, <i>Tukhm-e- Khyarain</i> 2 tola, <i>Tukhm-e- Kasni</i> 2 tola, <i>Parshiyaonshan</i> 1 tola, <i>Suranjan Talkh</i> 1 tola, <i>Barg-e- Shahatra</i> , 6 gm in <i>Arq-e- Mako</i> then add <i>Roghan-e- Chameli</i> , <i>Afyoon Khalis</i> , <i>Roghan-e- Bela</i> , <i>Sirka Khalis</i> in it and again boil it till complete evaporation of water. This oil should be used for the treatment of <i>Wajaul mafasil haar</i> (arthritis) as mentioned in <i>Yaqooti</i> . ^[58]
<i>Shatr-ul ghib</i>	Obtain decoction of <i>Baranjasif</i> 4 g, <i>Tukhm-e--Kasni</i> 6gm, <i>Badyan</i> 4g, <i>Unnab</i> 5numbers, <i>Banafsha</i> 6g, <i>Zufa Khushk</i> 7g in <i>Arq-e- Shahtra</i> , <i>Arq-e- Mako</i> and water. And add <i>Sharbat-e- Buzoori</i> 4 tola or <i>Sharbat-e- Khashkhash</i> 4 tola or <i>Sharbat-e- Diyaqooza</i> 4 tola. It is for oral administration and beneficial in <i>shatr-ul ghib</i> . ^[25]
<i>Haiza</i>	The treatment of cholera is advice of <i>Ustkhuddus</i> , with <i>Dawaul Misk</i> followed by <i>Arq-e- Mako</i> , and <i>Arq-e- Badyan</i> . ^[25]
<i>Sarsam meningitis</i>	<i>Luab-e- Bihidana</i> 3 g, <i>Sheera Khurfa</i> 3 g, <i>Maghz-e- Tukhm-e- Kaddu</i> 4 masha, <i>Sheera Khyarain</i> 6 g <i>Arq-e- Nilofer</i> , <i>Arq-e- Mako</i> , <i>Arq-e- Keoda</i> , <i>Sharbat-e- Nilofer</i> should be mixed in <i>Gulab</i> and advise to use after dusting <i>khaksi</i> over it. In morning, do <i>Pashoya</i> as per schedule of <i>matab</i> . In evening, <i>Luab-e- Bihidana</i> , <i>Sheera Hindiyana</i> , <i>Arq-e- Keora</i> , <i>Arq-e- Mako</i> <i>Arq-e- Nilofer</i> , and <i>Sharbat-e- Nilofer</i> after dusting <i>khaksi</i> over it should be given. ^[25] Meningitis (<i>Sarsam</i>) associated with <i>nasal</i> discharge, throat congestion and severe redness in eyes, should be treated with <i>Bihidana</i> , <i>Unnab</i> , <i>Sapistan</i> which boiled in <i>Arq-e- Mako</i> should be given with <i>Sheera Kahu</i> and <i>Sharbat-e- Banafsha</i> . ^[46] Give <i>Sharbat-e- Usool Alwi Khan</i> 1-2 tola for concoction of <i>Madda</i> with <i>Gulqand Asli</i> in Phlegmatic Meningitis. Then <i>Sharbat Ustkhuddus</i> 4 tola, <i>Arq-e- Badarajaboya</i> 9 tola and <i>Arq-e- Mako</i> 9 tola should be given. ^[46] For the treatment of <i>Sarsam Haar</i> , <i>Loab-e--Bihidana</i> , <i>Sheera Khurfa</i> , <i>Sheera Kahu</i> , <i>Sheera Maghz-e- Tukhm-e- Kaddu Sheerin</i> , <i>Sheera Khyarain</i> , <i>Arq-e- Neelofar</i> , <i>Arq-e- Mako</i> , <i>Arq-e- Keora</i> and <i>Sharbat Neelofar</i> should drink after dusting <i>khaksi</i> over it. <i>Pashoya</i> should also done in morning and <i>Loab-e--Bihidana</i> , <i>SheeraHidiyana</i> , <i>Arq-e- Keora</i> , <i>Arq-e- Mako</i> , <i>Arq-e- Nilofer</i> should drink in evening after dusting <i>khaksi</i> .

	[[26]]
<i>Falij</i>	It is mentioned in <i>Matab Alwi Khan</i> that for the treatment of <i>Falij</i> (paralysis) Take <i>Ustukhuddus</i> 6gm, <i>Ood Saleeb</i> 1 gm, <i>Bekh-e- Badyan</i> 6 gm, <i>Gaozaban</i> 6 gm, <i>Mako</i> 6gm, <i>Anjeer Zard</i> 3 numbers, <i>Banafsha</i> 6 gm, <i>Badyan</i> 6 gm, <i>Parshiyonsha</i> 6gm, <i>Izkhari</i> 6 gm, <i>Bekh-e- Kibr</i> 6gm, should be given as decoction after boiling it in <i>Arq-e- Mako</i> and mix <i>Gulqand</i> in it and administered orally for paralysis. [25] <i>Ustukhuddus</i> 5g, <i>Anjeer</i> 3 numbers should be added in <i>Munziji-e-Balgham</i> for treatment of <i>Istirkha</i> and <i>Falij</i> . During obtaining decoction, <i>Bekh-e--Kasni</i> , <i>Bekh-e--Karafs</i> and <i>Maweez Munaqqa</i> should be replaced by <i>Ood Saleeb</i> 2 garm, <i>Gaozaban</i> , <i>Mako</i> , <i>Bekh-e- Kibr</i> each 6g and then boil it in <i>Arq-e- Mako</i> and use it with <i>Gulqand</i> . [46] In diet, birds and pigeons soup should be given and also give <i>Arq-e- Mako</i> in place of water. In evening <i>Tiryaaq Farooq</i> with honey should be given and then after <i>Arq-e- Mako</i> , <i>Arq-e- Gaozaban</i> should be used. [46] <i>Tabeeekh-e--Badyan Khatai</i> is routinely used in paralysis and facial palsy. Prepare decoction of <i>Badyan Khatai</i> , <i>Chaa-e- Khatai</i> each 4gm, <i>Darchini</i> 2 gm, <i>Zoofa Khushk</i> 3gm in <i>Arq-e- Mako</i> and <i>Arq-e- Badyan</i> each 5tola; add 4 tola sugar and drink. [26]
<i>Dawi and Taneen</i>	After purgation, <i>Majoon Ushba</i> should be used in Tinnitus and also use <i>Arq-e- Mako</i> , <i>Arq-e- Gaozaban</i> , and <i>Sharbat-e- Anar</i> . [25]
<i>Inflammation of Mouth</i>	It is mentioned in <i>Matab Alwi Khan</i> , that <i>Hakim Saheb</i> advised <i>Itrifal Kishneezi</i> followed by <i>Arq-e- Shahtra</i> , and <i>Arq-e- Mako</i> orally for the Treatment of Swelling inside the Mouth. He Also Advised Gargle by decoction of <i>Mako</i> 4 gm, <i>Koknar</i> 4gm, <i>Kishneezi Khushk</i> 4gm and <i>Bazr-e- Katan</i> . [25]
<i>Malancholiya-e- Maraqi</i>	The <i>Melancholiya Maraqi</i> associated with <i>Flatus</i> , thirst and loss of appetite should be treated with <i>Gulqand</i> , <i>Sikanjabeen</i> each 1.5 tola, <i>Gulab</i> 2tola, <i>Arq-e- Kasni</i> 3tola, <i>Arq-e- Mako</i> 4 tola. [45]
<i>Dard-e--halaq (throat pain):</i>	Obtain <i>Loab-e--Bihidana</i> and <i>Sheera Unnab</i> in <i>Arq-e- Mako</i> and should use with <i>sharbat-e--nilofar</i> in treatment of throat pain caused by catarrh. [46]
<i>Nafasud Dam</i>	The treatment of Haemoptysis associated with fever and diarrhea is oral administration of <i>Loab-e- Bihidana</i> , <i>Loab-e- Reesha Khatmi</i> each 3gm, <i>Sheera Bekh-e- Injibar</i> , <i>Sheera Khurfa</i> each 5gm which were obtained in <i>Arq-e- Mako</i> , <i>Arq-e- Bartang</i> , <i>Arq-e- Gaozaban</i> , <i>Arq-e- Shahra</i> , each 5 tola with <i>Sharbat-e- Buzoori</i> 2 tola, <i>Tukhm-e- Raihan</i> , <i>Bartang</i> , <i>Aspghol Biryani</i> each 3 <i>Masha</i> . [45]
<i>Duwar</i>	The vertigo (<i>Duwar</i>) due to involvement of <i>Meda</i> (stomach) should be treated with <i>Jawarish Anarain</i> , <i>Sheera Dana Heel</i> , <i>Kasni</i> and <i>Kishneezi Khushk</i> should mix in <i>Arq-e- Mako</i> and dissolve in <i>Sharbat-e-- Banafsha</i> and drink. [26]
<i>Dard-e- Shikam, Nafakh, Adm-e- Ishtiha and Zo'af-e- Hazma</i>	It is indicated in <i>Rumooz-e- Aazam</i> that <i>Mastagi</i> and <i>Ood</i> each 1gm should be use with <i>Gulqand</i> 1tola, and <i>Arq-e- Mako</i> 7tola should also be given for treatment of pain abdomen, anorexia and indigestion. [26]

Discussion

Traditional use of herbal medicines implies substantial historical use, and this is certainly true for many products that are available as traditional herbal medicine [20]. Products of traditional medicine have become more widely available commercially, especially in developed countries. The document covered such topics as developing protocols for clinical trials using herbal medicines, evaluating herbal medicine research, guidelines for quality specifications of plant materials and preparations, and guidelines for pharmacodynamic and general pharmacological studies of herbal medicines and for toxicity investigations of herbal medicines [21].

Guidelines for the Assessment of Herbal Medicines has also issued by the WHO [22] defining the basic criteria for the evaluation of safety, quality and efficacy of herbal medicines to assist national regulatory authorities, scientific organizations and manufacturers in assessing documentation, submissions and dossiers for such products. Assessments were to take into account long-term use recommended in various countries (over at least several decades), description in the medical and pharmaceutical literature or similar sources, and/or documentation of knowledge on the application of an herbal medicine, and marketing authorizations for similar products. Use of herbal in Canada, has also witnessed an increase. Berger noted, in summarizing the results of a 2001 survey of 2500 persons, herbal remedies were used by 38% of respondents, up from 28% in 1997. In 1994, the European herbal medicine market had one of the highest forecast growth rates in Europe [23]. There is rare demonstration of efficacy and effectiveness using modern scientific investigations. Only recently an evidence based approach has been implemented, and the

results reveal that for most herbal products, considerable gaps in knowledge need to be filled before one is convinced about their efficacy. For herbal products in common use, evidence of efficacy may be based upon traditional use, testimonials, clinical studies, both controlled and uncontrolled and randomized, double-blind, placebo-controlled trials. For the most part, however, there is a lack of systematic clinical studies to support claims.

In a text it is mentioned that *Mako* in a loose bag should be soaked overnight and then obtain *Arq* in morning [12, 13, 14, 16, 24]. No significant difference was found in preparation method of *Arq-e-Mako* during literature review. The dose ranges from 60-144 ml and recommended as 60-100 ml [18], 60-120 ml [17], 125 ml [16, 24], 144ml [12, 14], and 144ml [19]. No study was found on *Arq-e-Mako* during literature survey except the physico chemical Standards of *Arq-e-Mako* [15]. No difference was observed in ingredient except ratio of *Mako* and water. The *Mako* and water ratio of (1:20) is mentioned in few preparation methods [13, 18, 17, 21]. A ratio of 1:24 is also mentioned in few text [12, 14] and 1:200 ratios is mentioned in only one text [4] and in another text the quantity of water is not fixed and mentioned as per need [19]. *Muqavvi a'za-e raisa*, *Nafa'e Khafqan* and *Nafa'e Saudawi amraz* activities are mention only in Makhzanul Murakkabat [19] and not in any other text. The *mulattif* property of *Arq-e-Makoh* is also mentioned in only Muftrate Azizi. [6] The *Musakkin Atash* activity was found in two texts [6, 19] and *Muqavvi Kabid* action is also mentioned only in two texts [16, 18]. The *Nafa'e Yarqan* activity is mentioned in four classical texts [7, 8, 10, 11]. *Mohalil-e-Awram (Antiphlogistic)* for Liver, Spleen, Stomach, Bowels & Uterus [6, 16, 18, 24, *Musakin Hararat* Activity of *Arq-e- Mako* [6, 16, 12, 13, 14] were found in five texts. *Nafa'e Murakkab Bukhar* action was

found in six texts [6, 7, 8, 9, 10, 11]. The most common activity of *Arq-e-Mako* which is mention in seven texts is *Nafae Bukhar basabab warm-e- jigar and meda* [6, 7, 8, 9, 10, 11, 25]. On the basis of above activity it is commonly indicated in

treatment of *Amraz-e-Jigar* [13, 14, 17] and *Warm-e ahsha* [17, 26]. It is rarely indicated in *Zaheer, istisqa* and *warm-e Maq'ad* [26].

Table 5: Summary of the documentation status of the formulation

Formulation Evidence Status	<i>Arq-e- Mako</i>
Century old use	Yes
Clinical trial conduct	No
Established Standard	Yes
Repeated Activity in Animal Model	No
Consistency of Ingredients Used	Yes
Ingredients Over Centuries Used	Yes
Case Studies	Yes from Classical books
Others	No

Conclusion

Present study evaluated the documentation status of a Unani formulation *Arq-e- Mako*. The documentation status was found to be satisfactory as per classical literature. However, trials are needed to be published for validation of the claims.

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