

## THERAPEUTIC INDICATION OF INGREDIENT OF SAFOOF-E-MOHAZZIL

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### ABSTRACT

The test drug *Safoof-e-Mohazzil* is classical and famous Unani compound formulation being used extensively for obesity in almost every Unani set up. Their said actions is mentioned in various ancient Unani text and some scientific literatures also claim that it has lipolytic activity, it reduces blood pressure markedly, it works on diseases of heart and it opens the blockage and reduces the viscosity of all humours. *Hippocrate* has described that it maintains the viscosity of all humors. In this article authors will try to elaborate the individual medical indication of all the gradients of *Safoof-e-Mohazzil*.

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### INTRODUCTION

*Safoof-E-Mohazzil* is well known and widely used Unani compound herbal formulation. Being used extensively for obesity and deranged lipid profile, this formulation contains following ingredients namely; *Nankhah*, *Baadiyan*, *Zeera Siyah*, *Suddab*, *Marzanjosh*, *Luk Maghsool* and *Boor-E-Armani*. In this article we will discuss the therapeutic use of said drugs one by one so as descriptive therapeutic analysis of the above compound formulation can be understand.

## NANKHAH

The drug *Nankhah* consists of dried fruits of *Trachyspermum ammi linn.* However Arab physicians described “Ammi” and *Nankhah* laterally to be the same plant means appetizer. It is cultivated throughout of India. The whole plant of *Nankhah* has medicinal value hence used in various diseases and included as an ingredient of various numbers of formulations. Leaves and seeds are more commonly used. *Nankhah* is much valued for its antispasmodic, stimulant, tonic and carminative properties. It is administered in flatulence, atonic dyspepsia and diarrhea and often recommended for cholera. In the Unani system, *Nankhah* is used as a crude drug to enhance the body's resistance and is prescribed in amoebiasis. It is a potent antimicrobial agent.<sup>[1,2,3,4,5]</sup>

### Description in Unani literature

It is a small erect, annual shrub, with soft fine hairs. It has many branched leafy stems, feather like leaves 2.5 cm long, about 12 ray flowerheads, each bearing 6 to 12 flowers. The fruits are minute, egg-shaped and greyish.<sup>[6,7,8,9,10]</sup>

### Functions and uses (As described in Unani literature)

Digestive (*Hazim*), Appetizer (*Mushtahi*), Carminative (*Kasir-e-Riyah*), Anticonvulsive (*Dafe-tashannuj*), Antispasmodic (*Dafe-tamaddud*), Antiseptic (*Dafe-taffun*), Expectorant (*Munaffis wa Mukhrij*) Diuretic (*Mudir -e- Baul*), Emmenagogue (*Mudir-e- Haiz*), Anthelmintic (*Qatil-e-deedan*), Deobstruent (*Radae*), Alexipharmic (*Tiryaaq-e-Samoom*), Lithotriptic (*Mufattit-e-Hisat*), Desiccative (*Mufatteh*), Attenuant (*Munzija*).<sup>[5, 6, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21]</sup>

### Therapeutic uses

Used for treatment of Flatulence, Stomachache, Atonic dyspepsia, Colic, Anorexia, Diarrhoea and epidemic disease especially Cholera.<sup>[4,5]</sup> Also used for Sore throat, Bronchitis, and Pertusis; often used as ingredient of cough mixture. It has been found to be useful in Neuralgia, Trigeminal neuralgia Headache, Deep-seated headache and Mania. It is being extensively used in Decayed teeth, Toothache and otalgia.<sup>[6, 12, 20, 22]</sup> It is also useful in Hemorrhoid, Fissure and other painful diseases of rectum.<sup>[2,6,22]</sup> It has been described to be effective in fever, especially in fever associated with catarrhal symptoms.<sup>[3, 6, 21]</sup> It acts as a lithotriptic agents Renal and Vascular Calculi. It is considered to be Emmenagogue and Diuretic, useful in ascites.<sup>[5, 6, 18, 22]</sup> It is recommended as an Alexipharmic for cold venoms.<sup>[5, 6, 14]</sup> Also used in Antiseptic lotion and Ointment.<sup>[8]</sup>

## BAADIYAN

The use of the *Baadiyan* in Unani system of medicine dates back about a couple of thousand years. First time it was mentioned in kitab-ul-Hashaish by Dioscoridus (1<sup>st</sup> C.B.C.).<sup>[1]</sup> The drugs Baadiyan consist of dried ripe fruits of *Feoniculum vulgare* Mill. of Umbelliferae family. Drug yielding plant is an erect glabrous aromatic herb, 1-2 mt high, cultivated extensively throughout India up to 1830 and also sometimes found wild, Stem cut with sickles and put up in loose sheaves to dry in sun; when dry, fruits are beaten out in a cloth in sun, cleaned by winnowing and collected.<sup>[3, 8, 9]</sup>

### Description in Unani literature

*Baadiyan* is the fruit of a shrub plant, about the botanical identification of this drug most of the Unani physicians have given near about same description, that it is resemblance to the plant of *Shibbat*. It is shrub plant 1.5-2 meter in height. Fruit are cylindrical and bright brown in colour. On each fruit 4-5 rays are found. The odour is aromatic and taste is sweet. Stem is thin having more branches, leaves divided into 4-5 parts.<sup>[3, 6, 8, 9, 14, 23]</sup>

### Functions and uses (As described in Unani literature)

Digestive (*Hazim*), Appetizer (*Mushtahi*), Carminative (*Kasir-e-Riyah*), Expectorant (*Munaffis wa Mukhrij*) Diuretic (*Mudir -e- Baul*), Emmenagogue (*Mudir-e- Haiz*), Milk protector (*mudir-e-Labn*), Ophthalmotonic (*Muqawwi-e-Aein*), Tonic to Stomach (*Muqawwi-e-Medah*), Febrifuge (*Dafe-Humma*), Anthelmintic (*Qatil-e-deedan*), Deobstruent (*Radae*), Alexipharmic (*Tiryaaq-e-Samoom*), Resolvent (*Muhallil*), Calorific (*Moaddil -e- Hararat*), Lithotriptic (*Mufattit-e-Hisat*), Desiccative (*Mufatteh*), Attenuant (*Munzij*).<sup>[5, 11, 12, 15, 16, 17, 18, 19, 20, 21]</sup>

### Therapeutic uses

Most of the Unani physician described, it is used for treatment in various ailments. It is used with the combination of suitable drugs in Jaundice and other disease caused by black Humour. When it dissolves in vinegar and pasted on spleen to reduce the inflammation, It removes the obstruction of Liver, Kidney and Spleen. It is also beneficial in constipation, and Haemorrhoid. It is reported that it strengthens the eye sight and removes the Sty's of lids. And it is useful for the dispersion of swelling. It is very frequently prescribed as Liver and digestive tonic, Chronic Dyspepsia, as carminative digestive and appetizer. It is useful for Lung and chest ailments, beneficial in chronic Bronchitis. It is also used as a diuretic.<sup>[5, 6, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20]</sup>

**ZEERA SIYAH**

*Zeera siyah* is one of the oldest and important drugs used in unani system of medicine. *Zeera siyah* (Caraway seeds) is the dried ripe seeds of *Carum carvi*, Linn, family Apiaceace. Caraway and other members of family Apiaceace, have long history of human use. Caraway and other drugs of this family had been used as folk medicine since ancient period because it's curative properties in certain disorder. Studies conduct largely during the last of this century has provided the chemical basis for its effect.<sup>[6, 8]</sup>

**Description in Unani literature**

The plant of *Carum carvi* is 45 cm in height. Leaves resembles to the leaves *shibbat*.<sup>[6,7]</sup> Flowers whitish in colour, born in dense umbels. Generally fruits (caraway seeds) are used for medicinal purpose. Fruits are purplish in colour and resembles to the fruits of *Cuminum cyminum*. The quality of fruits imported from Arab is relatively better and bright brown in colour than Indian variety. Azam Khan, describes that its fruits resembles to the fruits of *feoniculum vulgare* but linear and more blackish than it.<sup>[6, 7]</sup>

**Functions and uses (As described in Unani literature)**

Carminative (*Kasir-e-Riyah*), Weight Reducing Agent (*Muhazzil*), Expectorant (*Munaffis wa Mukhrij*) Diuretic (*Mudir -e- Baul*), Emmenagogue (*Mudir-e- Haiz*), Milk protector (*Mudir-e-Labn*), Alexipharmic (*Tiryaaq-e-Samoom*), Resolvent (*Muhallil*), Calorific (*Moaddil -e- Hararat*), Lithotriptic (*Mufattit-e-Hisat*), Desiccative (*Mufatteh*), Attenuant (*Munzij*), Astringent (*Mujaffif*), Detergent (*Jaali*), Demulcent (*Mulattif*).<sup>[2, 3, 4, 6, 10, 11, 12, 14, 16, 17, 18, 19, 20, 15, 21, 24, 25]</sup>

**Therapeutic uses**

*Zeera siyah* is used as carminative digestive and anti flatulent.<sup>[6, 20, 22]</sup> Some of the unani physicians used this drug as weight reducing agent.<sup>[24, 25]</sup> Caraway oil has been extensively used in itching, herpetic disease, psoriasis, scabies, Leucoderma, carbuncle, Urticaria and other skin diseases.<sup>[3, 8, 9, 14]</sup> It is quite useful in catarrhal affection, phlegmatic disorder, bronchitis, chest pain, chronic cough with scanty expectoration.<sup>[10,11]</sup> It is considered to have strong aphrodisiac effect and astringent activity in bowel complaints.<sup>[2, 13, 22]</sup> It is also a popular internal remedy for worm infestation, hydrophobia and for the prevention of poisonous animal bites and fish bites.<sup>[12]</sup> It is useful in the treatment of diarrhoea, purgation, being followed by as astringent effect.<sup>[11, 20]</sup> It is considered as diuretic and emmenagogue. It acts as lithotriptic agent for renal and vesicular calculi.<sup>[2, 3, 6]</sup>

## SUDDAB

Plant of *Suddab* (*Ruta Graveolens* Linn.) is commonly cultivated in Indian gardens. The whole plant of *Suddab* has medicinal value hence used in various diseases and included as an ingredient in a number of formulations. However its two parts i.e. leaves and seeds are more commonly used. The plant as whole has described to possess *Mudir* (diuretic), *Kasir riyah* (carminative), *Muhallil* and *Dafe Alam* (analgesic) properties and useful in a number of diverse pathological conditions. In some parts of India the juice is given to children as a remedy for worms.<sup>[2, 5, 20]</sup>

### Description in Unani literature

Two varieties of *Suddab* have been described in Unani literature (a) *Bustani* (b) *Jangli*. The stem of *Bustani* is short and different branches arise from it. Flowers grow in its branches; leaves are short and light golden in colour. Fruits present at its branches in the form of cluster. Usually four seeds are found in fruits. The leaves of *Jangli Suddab* are shorter as compared to *Bustani Suddab* but size of flower is same.<sup>[12]</sup>

### Functions and uses (As described in Unani literature)

Anticonvulsive (*Dafe-tashannuj*), Antiseptic (*Dafe-taffun*), Appetizer (*Mushtahi*), Astringent (*Mujaffif*), Antispasmodic (*Dafe-tamaddud*), Contraceptive (*Mane Haml*), Diuretic (*Mudir -e-Baul*), Emmenagogue (*Mudir-e- Haiz*), Nervine Tonic (*Muqawwi-e-Aasab*), Febrifuge (*Dafe-Humma*), Anthelmintic (*Qatil-e-deedan*), Deobstruent (*Radae*), Alexipharmic (*Tiryaaq-e-Samoom*), Resolvent (*Muhallil*), Remover (*Qate*), Sediative (*Munawwim*), Demulcent (*Mulattif*), Desiscent (*Mujaffif*).<sup>[2, 5, 7, 8, 12, 21]</sup>

### Therapeutic uses

It is used in GIT disorders such as indigestion, flatulence etc owing its *Muhallil*, *Musakkin*, and *Kasir riyah* properties.<sup>[2]</sup> This drug is used in the management of *Samane Mufrat*, *Wajaul Mafasil* (Arthritis), *Niqras* (Gout), and *Irqunnisa* (Sciatica).<sup>[7,8, 12]</sup> It is also used in *Istesqa* (Ascitis) and *Tahabbuj* (Oedema) The herb and oil act as stimulant, their influence being chiefly directed to uterine and nervous systems.<sup>[9,13]</sup> Rue has also been regarded as anthelmintic and in excessive doses it is an acro-narcotic poison. Rue was formerly much employed, but it is rarely prescribed at present day, although rue tea is still a popular remedy.<sup>[14, 15, 26]</sup> It may be given in Hysteria, Amenorrhoea, Epilepsy, Flatulent colic, Infantile Convulsions etc and appears to have fallen too much into disuse. The oil is the best

form of administration; it may also be used externally as a rubefacient.<sup>[17, 18, 19, 20, 27]</sup> It has been reported that *Suddab* has anti-inflammatory activity.<sup>[27]</sup>

## MARZANJOSH

*Marzanjosh* (*Origanum Vulgare*, Linn.) is one of the oldest drugs in Unani system of medicines. *Deoscoridus* 40 - 90 B.C., *Ibn-e Sina* 905 B.C., *Ibn-e Baitar* 1291, H; *Antaki*, 1923 and many other ancient physicians described this drug in their books.<sup>[1,3,4]</sup> Persian and Urdu writers also described this drug in their book in detail. Marzanjosh is an Arabic word is derived from Persian word. In Persian *Marzangosh* is a combined word of *Marzan* means mouse and *Gosh* means ear. It means ear of mouse. In Arabic it is also known as Uznul Far because of grayish downy character of leaves resembling to mouse ear. Its plant resembles to the plant of sweet basil. Seeds are like the seeds of *Ocimum babilicum*. Leaves are oblong ovate. Flowers small, whitish or purplish in colour and resembles to the leaves of sweet basil.<sup>[6, 9, 10, 14]</sup>

### Functions and uses (As described in Unani literature)

Desiccative (*Mufatteh*), Weight reducing agent (*Muhazzil*), Deobstruent (*Radae*), Expectorant (*Munaffis wa Mukhrij*), Attenuent (*Munziji*), Lithotriptic (*Mufattit-e-Hisat*), absorbent (*jazib*), Diuretic (*Mudir -e- Baul*), Emmenagogue (*Mudir-e- Haiz*), Alexipharmic (*Tiryaaq-e-Samoom*), Calorific (*Moaddil -e- Hararat*), Ophthalmotonic (*Muqawwi-e-Ain*), Anthelmintic (*Qatil-e-deedan*), Demulcent (*Mulattif*).<sup>[3, 4, 6, 9, 10, 14, 17, 18, 19, 20, 21, 23, 24, 25]</sup>

## LUK MAGHSOOL

*Lac* is a reputed drug of biological origin claimed to possess weight lowering effect produced by an insect criteria lacca. It has been mentioned by ancient scholars such as *Hippocrate* (460BC), *Theophratus* (327BC), *Deoscoridus* (78AD) *Baitar* (1247H) *Galen* (IInd AD.), *Razi* (9<sup>th</sup> AD), *Avicenna* (980-1037 A.D.) in their books.<sup>[1, 4, 5]</sup>

### Functions and uses (As described in Unani literature)

Weight Reducing Agent (*Muhazzil*), Expectorant (*Munaffis wa Mukhrij*) Alexipharmic (*Tiryaaq-e-Samoom*), Resolvent (*Muhallil*), Desiccative (*Mufatteh*), Attenuent (*Munziji*), Astringent (*Mujaffif*), Detergent (*Jali*), Anthelmintic (*Qatil-e-deedan*), Deobstruent (*Radae*), Liver and Gastric tonic, (*Muqawwi-e-Medah-wa-Jigar*), Blood purifier (*Musaffi-e-Dum*), Anti inflammatory, Aphrodisiac (*Muqawwi-e-Bah*), Emollient.<sup>[2, 4, 5, 6, 10, 11, 12, 14, 15, 16, 17, 18, 19, 20, 24, 25, 28]</sup>

### Therapeutic uses

Lac is an important drug used for reducing the weight. Most of the Unani physician reported that when Lac is taken with vinegar it reduces the weight significantly.<sup>[2, 4, 5, 20, 28]</sup> A decoction of Lac is much used in Hindu medicine for preparation of several medicinal oil such as *lakshdi taila*, *Chandnidi taila*, and *Angaraka taila*.<sup>[26]</sup> Homburger states that Lac is used in enlargement of liver, dropsy, ulcer and also in form of varnish as application to wound. Lac powdered ½ a tola mixed with honey and prepared in the form of an electuary is given in haematemesis.<sup>[6, 8, 15, 20, 29]</sup> Lac is specific application for carries and diseased teeth.<sup>[16]</sup> Its decoction mixed with 4 seers of prepared Sesamum oil, 16 seers of whey and 2 tolas of each of the following substances, *Withania somnifera*, turmeric, Devadru wood, Root of *Sansavera Zeylinica*, *Pandanus Adoratisimus*, *Vanda Roxburghi*, Dill seeds and Liquorish root, prepare an oil in usual way, lastly added 4 tola of camphor, this oil is much used for inunctions in chronic fever and is applied to the chest in remittent fever accompanied by cough and dyspnoea, also used in lumbago, myalgia, epilepsy, paralysis, hysteria.<sup>[12, 13, 20]</sup> It is used in certain skin diseases such as Qooba, kalf and Scars.<sup>[20]</sup> It is recommended as an alexipharmic for cold venom specially venom of scorpion. It useful in all complaints arising from cold humorous, pulses in neuralgia in paralysis.<sup>[5]</sup> Bell's palsy, paresthesia, cold pains and other complaints arising due to cold humorous and due to accumulation of viscid matter.<sup>[6, 10, 11, 12]</sup>

### BOOR-E-ARMANI

Boor-e-armani is one of the oldest drugs described in Unani system of medicine. *Deoscoridus* (78 B.C.), *Ibn-e-Sina* (980 B.C.), *Galen* (129 A.D.), *Ibn-Baitar* (1869), *Antaki* (1923), *Al-bairuni* (1973) and many other have described this drug in their books and most of the Urdu and Persian writers have described its medicinal properties in their books. It has also been mentioned in *Charak Sanhita and Sushruta Sanhita* (300 B.C.) and reported to be used by the ancient vaidyas. Authors of Hindus materia medica, such as *Chakardatta* (1050 A.D.) and *Sarangadr*s (1363.) have described this drug for its various medicinal use.<sup>[1, 3, 4]</sup>

### Functions and uses (As described in Unani literature)

Astringent (*Mujaffif*), Weight Reducing Agent (*Muhazzil*), Anti Scabies, Detergent (*Jali*), Diuretic (*Mudir -e- Baul*), Deobstruent (*Radae*), Lithotriptic (*Mufattit-e-Hisat*), Resolvent (*Muhallil*), Emmenagouge (*Mudir-e- Haiz*), Febrifuge (*Dafe-Humma*).<sup>[2, 3, 4, 5, 6, 8, 10, 13, 14, 15, 20, 23, 24, 25, 30]</sup>

### Therapeutic uses

*Boor-e Armani* is given internally in acidity Amenorrhoea, dysmenorrhoea, menorrhagia, puerperal convulsion and to promote uterine pains during labour.<sup>[2, 5, 11, 13, 20, 22]</sup> *Boor-e-Armani*, aconite and some conch-shell in equal parts, powdered, mixed well and soaked in the juice of fresh ginger and made in to pills of 2gm, is used in all types of phlegmatic complaints from common catarrh to bronchitis and pneumonia.<sup>[3, 6, 7]</sup> It is also used in loss of appetite, cough, Asthma and Diarrhoea.<sup>[7, 15, 24, 25]</sup> It is used internally as an important remedy for reducing the weight.<sup>[4, 31]</sup> As an antiseptic it destroys low vegetable organism, hence given in fetid stool of diarrhoea in children.<sup>[20]</sup> Glycerine of *Boor-e-Armani* in 10-20 drops-dose is very beneficial for the treatment of summer diarrhoea of infants. It checks the griping pain and the diarrhoea.<sup>[8, 10, 13]</sup> It is used in convulsion of infants and children, in dose of 1-5 gm in mother milk, according to the age of children.<sup>[2, 5, 6, 14, 24]</sup> Externally it is used in lotion (1:40 of water) in acne, freckles, chloasma, etc. itching, Urticaria, psoriasis, pruritis, in gangrenous buboes and sloughing ulcer.<sup>[2, 4, 5, 6, 15]</sup> For ring worm a solution of *Boor-e-Armani* in distilled vinegar is an effectual application.<sup>[10]</sup> In hoarseness of throat to which songsters are liable, it will be locally applied with benefit. In ulceration of mouth, fissures or cracks in tongue in adults, occurs in the advanced stage of constipation, fever etc., an application to the spot is highly beneficial.<sup>[11, 20, 22]</sup>

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