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“Unani Materia Medica and the Concept of Purgation: A Safe Regimental Therapy (Ilaj Bit-Tadbeer)”

By: Dr Hifzul Kabir
Dept. of Ilmul Advia, Faculty of Medicine,
Hamdard University, New Delhi -62
E-mail: hifzulkabir@hotmail.com

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Abstract

In Unani Medicine, The Concept of Elimination (Istifragh) is described in the six essential pre-requisites or governing factors, referred to in Unani terminology as Asbab Sitta Zarooriyah. Purgation (Is-hal) is one of the methods of Elimination adopted when treating various ailments. It is considered a safe method of regimental therapy, used to eliminate toxic and other unwanted matter through the intestines. Purgation may be conducted in two ways, Laxation (Taleeyeen) and Purgation (Mus-hil) Laxation is a mild purgative whereby matter from the intestines is passed. Purgation refers to the elimination of matter from the intestines together with unwanted matter from other parts of the body such as phlegm from the lungs, black bile (melancholic humour) from the spleen, the watery part from blood or other conditions where there is an excess of unwanted accumulation that may need to be purged. Purgation increases the frequency of stool, acting in several ways, which include increasing the watery part of the intestines, increasing peristaltic movement or by lubrication of the intestines. Due to the action of this type of purgation whereby the passing of humours such as phlegm (phlegmatic humour), yellow (bilious humour) and bile black bile is also an occurrence, it is also referred to as phlegm purgative, yellow bile purgative or black bile purgative as the case may be. There are a number of drugs that may be used as purgatives. These are Single as well as Compound drugs. In this paper, these drugs will be discussed according to the particular system in which they are used.

Key Words: Unani Medicine, Elimination (Istifragh), Laxation (Taleeyeen), Purgative (Mus-hil).

“Unani Materia Medica and the Concept of Purgation: A Safe Regimental Therapy (Ilaj Bit-Tadbeer)”

In Unani Medicine, The Concept of Elimination is described as one of “**The six essential pre-requisites essentials for life**”, also known as governing or lifestyle factors. Purgation (Is-hal) is one of the methods of Elimination adopted in various ailments. It is considered a safe method of regimental therapy, used to eliminate toxic and other unwanted matter through the intestines.

Purgation may be of following two types, both of which are termed purgation:

Laxation (Taleeyeen): When only matter is passed from the intestine and neighbouring parts such as liver using cholegogue (mudir safra) drugs that increase the quantity of bilious humour (safra) - or intestinal laxatives (Mullein Ama). These drugs work either through mildly increasing peristaltic movement of the intestines, making them slippery or diluting the stool to pass through anus easily.

Purgation (Is-hal): Refers to matter that is passed not only from the intestines and neighbouring parts, but also matter such as phlegm from the lungs, black bile from the spleen, the watery part from blood or other conditions that require removal of accumulation. Purgation increases the frequency of stool, acting in several ways, which may include increasing the watery content of the intestines, increasing peristaltic movement or by lubrication of the intestines.

Furthermore, purgation allows the elimination of humours such as phlegm, yellow bile and black bile. For these reasons, purgation is also known as phlegm purgative, yellow bile purgative or black bile purgative as the case may be.

Purgatives are further classified as:-

(i) Mild Purgatives (Mamooli Mus-hil): These result in the discharge of one or two loose motions. They include:

Elva (*Aloe vera dried juice of leaf*)

Ersa (*Iris ensata Thumb root*)

Kamela (*Mallotus philippinensis dried secretion on fruit*)

Revand (*Rheum palmatum root*)

Senna (*Cassia senna leaf*)

Sooranjan (*Colchicum leutium root*)

(ii) Strong Purgatives (Qavi Mus-hilat): These result in the discharge of frequent loose motion that may be watery. They include:

Beikh Jalapa (*Exogonium purga, Ipomoea purga root*)

Habbunneel (*Ipomoea hederacea* fruit)
Jamalgota (*Croton tiglium* fruit)
Kherbaq Siyah (*Helliborus niger* root)
Rasaut (*Berberis aristata* extract)
Roghan Jamalgota (*Croton tiglium* fruit oil)
Saqmoonina (*Convolvulus scamony* root latex)
Shehm Hanzal (*Citrullus colocynthis* fruit)
Turbud (*Ipomea turpenthum* root)

Aims and Objectives:

Laxatives and purgatives are used in Unani Medicine to achieve the following:

1. To eliminate toxic and disease producing matter from body.
2. To eliminate watery matter: It is used for different types of ascitis.
3. To eliminate Phlegm: It is performed for head diseases.
4. To eliminate yellow bile: It is indicated for liver disorders such as jaundice where cholegogue drugs are given.
5. To eliminate Black bile: It is used in disease melancholia, where drugs such as afteemooni (*Cuscuta reflexa*) are used.
6. To purify Blood: It is indicated in skin diseases through the use of blood purifying medication (musaffi dam) such as chiraita (*Swertia chirata*).
7. To divert the matter: It is performed in the initial stages of brain disorders and for inflammation. Drugs such as Sheerkhisht (*Fraxinus ornus exudate*) divert the matter towards the intestine.
8. To eliminate matter from the intestine in conditions such as constipation and colic. Aspghol (*Platago ovata*) husk is used.

The kinds of matter excreted in Purgation.

1. Diet matter, digested or undigested, that has reached the intestines from the gastric tract.
2. Toxic and non-toxic matter produced in the intestines as a result of digestion. These may be enzymes etc.
3. Phlegmatic secretions from the mucosa of the intestines.
4. Watery Part of blood and all accumulated unwanted matter, which is white, yellow or black in colour.
5. Yellow bile, from the liver and gall bladder.
6. Pancreatic juice secreted from pancreas.

Classification according to elimination of matter

(i) Phlegm Purgative: These drugs work to pass phlegm through the intestines due to their specific structure. Several drugs may be used, each having a particular proportion of chemical constituents, thereby allowing for different actions as required.

Afteemoon (*Cuscuta reflexa* herb)
Anzroot (*Astragalus sarcacola* gum)
Baobarang (*Artemisia vulgaris* fruit)
Bisfaij (*Polypodium vulgare* Linn root)
Ersa (*Iris ensata* Thumb root)
Ghareequn (*Polyporus officinalis*)
Habbunneel (*Ipomoea hederacea* fruit)
Jalapa (*Exogonium purga*, *Ipomoea purga* root)
Kanghi (*Abulitone indicum* fruit)
Muqil (*Commiphora mukul* gum)
Qust (*Sassurea lappa* root)
Roghan Bedanjir (*Ricinus communis* oil)
Senna (*Cassia senna* leaf)
Shehem Hanzal (*Citrullus colocynthis septum in fruit*)
Shoneez (*Nigella sativa* seed)
Sabr zard (*Aloe vera* dried leaf latex)
Thoher (*Euphorbia nerifolia* latex)
Turbud (*Ipomea turpenthum* root)
Ustokhuddus (*Lavandula stoechas* flower)
Zaravand (*Aristolochia longa* root, *A. rotunda* root)

(ii) Yellow bile purgative: These drugs act by passing bile through the intestines.

Aaloobukhara (*Prunus domestica* Linn fruit)
Ersa (*Iris ensata* Thumb root)
Gule Banafshah (*Viola odorata* flower)
Gul surkh (*Rosa damascena* flower)
Gulqand
Haleela Zard (*Terminelia chebula* half ripe fruit)
Saqmoonia (*Convolvulus scamony* root latex)
Senna (*Cassia senna* leaf)
Shahtra (*Fumaria officinalis* herb)
Sheerkhisht (*Fraxinus ornus* exudate)
Sabr zard (*Aloe vera* dried leaf latex)
Tamar Hindi (*Tamarindus indica* fruit pulp)
Turanjabeen (*Tamarix indica* gum)

(iii) Black bile purgative: These drugs act on black bile and pass it through the intestines.

Afteemoon (*Cuscuta reflexa* herb)
Baobarang (*Artemisia vulgaris* fruit)
Bisfaij (*Polypodium vulgare* Linn root)
Habbunneel (*Ipomoea hederacea* fruit)
Haleela Siyah (*Terminelia chebula* unripe fruit)
Jamalgota (*Croton tiglium* fruit)

Kherbaq Siyah (*Helliborus niger* root)
 Senna (*Cassia senna* leaf)
 Turbud (*Ipomea turpenthum* root)
 Ushq (*Dorcus ammonicum* gum)

(iv) Body fluid purgative: These produce loose motion and pass body fluids particularly excess watery parts as in conditions of ascitis, where water eliminations is required in large quantities.

Beikh Jalapa (*Exogonium purga*, *Ipomoea purga* root)
 Habbunneel (*Ipomoea hederacea* fruit)
 Jamalgota (*Croton tiglium* fruit)
 Kherbaq Siyah (*Helliborus niger* root)
 Rasaut (*Berberis aristata* extract)
 Roghan Jamalgota (*Croton tiglium* fruit oil)
 Saqmoonina (*Convolvulus scamony* root latex)
 Shehm Hanzal (*Citrullus colocynthis* fruit)
 Turbud (*Ipomea turpenthum* root)

Classification of Purgatives for specific Illness Conditions

Amraz Dimagh wa Asabya (Brain and Nervine Diseases)

Disease	Single Drugs	Compound Drugs
Headache (Suda)	Roghan Badam (<i>Prunus amygdalus</i> oil) Sheerkhisht (<i>Fraxinus ornus</i> exudate) Turanjabeen (<i>Tamarix indica</i> gum)	Gulqand, Habbe Ayarij, Habbe Banafshah, Habbe Shibyar, Itrifal Kashneezi, Itrifal Ustokhuddoos, Itrifal Zamani, Khamira Banafshah, Murabba Haleela,
Chronic Meningitis (Sarsam Barid)	Berg Senna (<i>Cassia senna</i> leaf) Maghz Amaltas (<i>Cassia fistula</i> pulp) Tamar Hindi (<i>Tamarindus indica</i> fruit pulp) Turanjabeen (<i>Tamarix indica</i> gum) Shaker Surkh (<i>Cane sugar</i>) Sheerkhisht (<i>Fraxinus ornus</i> exudate)	Habbe Ayarij, Habbe Shibyar, Habbe Banafshah , Khameera Banafshah,
Acute Meningitis (Sarsam Haar)	Maghz Badam (<i>Prunus amygdalus</i>) Roghan Badam (<i>Prunus amygdalus</i> oil) Jalapa (<i>Exogonium purga</i> , <i>Ipomoea purga</i>) Aaloobukhara (<i>Prunus domestica</i> Linn) Gule Banafshah (<i>Viola odorata</i> flower) Gule Surkh (<i>Rosa damascena</i> flower) Maghz Amaltas (<i>Cassia fistula</i> pulp) Namak Tuam (<i>Sodium chloride</i>) Roghan Bedanjir (<i>Ricinus communis</i> oil) Sapistan (<i>Cordia dichotama</i> , <i>C. latifolia</i> fruit)	Gulqand, Sharbat Deenar,

	<p>Senna (<i>Cassia senna leaf</i>) Sheerkhisht (<i>Fraxinus ornus exudate</i>) Tamar Hindi (<i>Tamarindus indica fruit pulp</i>) Turanjabeen (<i>Tamarix indica gum</i>) Unnab (<i>Zizyfus sativa fruit</i>)</p>	
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<p>Chronic Meningitis (Sarsam Barid)</p> <p>Acute Meningitis (Sarsam Haar)</p>	<p>Berg Senna (<i>Cassia senna leaf</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Tamar Hindi (<i>Tamarindus indica fruit pulp</i>) Turanjabeen (<i>Tamarix indica gum</i>) Shaker Surkh (<i>Cane sugar</i>) Sheerkhisht (<i>Fraxinus ornus exudate</i>) Maghz Badam (<i>Prunus amygdalus</i>) Roghan Badam (<i>Prunus amygdalus oil</i>) Jalapa (<i>Exogonium purga, Ipomoea purga</i>) Aaloobukhara (<i>Prunus domestica Linn</i>) Gule Banafshah (<i>Viola odorata flower</i>) Gule Surkh (<i>Rosa damascena flower</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Namak Tuam (<i>Sodium chloride</i>) Roghan Bedanjir (<i>Ricinus communis oil</i>) Sapistan (<i>Cordia dichotama, C. latifolia fruit</i>) Senna (<i>Cassia senna leaf</i>) Sheerkhisht (<i>Fraxinus ornus exudate</i>) Tamar Hindi (<i>Tamarindus indica fruit pulp</i>) Turanjabeen (<i>Tamarix indica gum</i>) Unnab (<i>Zizyfus sativa fruit</i>)</p>	<p>Habbe Ayarij, Habbe Shibyar, Habbe Banafshah , Khameera Banafshah,</p> <p>Gulqand, Sharbat Deenar,</p>
<p>Insanity (Junoon) and Melancholia (Malekholia)</p>	<p>Senna (<i>Cassia senna leaf</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Sheerkhisht (<i>Fraxinus ornus exudate</i>) Turanjabeen (<i>Tamarix indica gum</i>) Tamar Hindi (<i>Tamarindus indica fruit pulp</i>) Haleela Siyah (<i>Terminelia chebula unripe fruit</i>) Haleela Zard (<i>Terminelia chebula half ripe fruit</i>)</p>	<p>Gulqand, Itrifal Shahtra,</p>
<p>Epilepsy (Sara)</p>	<p>Senna (<i>Cassia senna leaf</i>) Turbud (<i>Ipomea turpenthum root</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Turanjabeen (<i>Tamarix indica gum</i>) Jaosheer (<i>Ferula galbaniflua secretion</i>) Revand (<i>Rheum palmatum root</i>)</p>	<p>Habbe Ayarij</p>
<p>Coma (Sakta)</p>	<p>Senna (<i>Cassia senna leaf</i>) Turbud (<i>Ipomea turpenthum root</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Turanjabeen (<i>Tamarix indica gum</i>) Jaosheer (<i>Ferula galbaniflua secretion</i>)</p>	<p>Habbe Ayarij,</p>

	Revand (<i>Rheum palmatum root</i>)	
Atony (Istirkha) Hemiplegia (Falij), and Facial Palsy (Laqva)	Senna (<i>Cassia senna leaf</i>) Turbud (<i>Ipomea turpenthum root</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Sheerkhisht (<i>Fraxinus ornus exudate</i>) Turanjabeen (<i>Tamarix indica gum</i>) Khamira Banafshah Shaker Surkh (<i>Cane Sugar</i>)	Habbe Ayarij, Gulqand,
Spasm (Tashannuj) and Tetanus (Kuzaz)	Senna (<i>Cassia senna leaf</i>) Turbud (<i>Ipomea turpenthum root</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Sheerkhisht (<i>Fraxinus ornus exudate</i>) Turanjabeen (<i>Tamarix indica gum</i>) Shaker Surkh (<i>Cane sugar</i>)	Gulqand, Habbe Ayarij, Khamira Banafshah,
Chronic Catarrh (Nazla Barid)	Maveez Munaqqa (<i>Vitis vinifera seed less fruit</i>) Anjir (<i>Ficus carica fruit</i>) Revand (<i>Rheum palmatum root</i>) Senna (<i>Cassia senna leaf</i>) Elva (<i>Aloe vera dried juice of leaf</i>) Shakar Surkh (<i>Cane Sugar</i>) Turanjabeen (<i>Tamarix indica gum</i>) Haleelajat: Haleela Zard (<i>Terminelia chebula half-ripe fruit</i>), Haleela Kabuli (<i>Terminelia chebula ripe fruit</i>), and Haleela Siyah (<i>Terminelia chebula unripe fruit</i>)	Khameera Banafshah, Habbe Ayarij, Habbe Banafshah, Itrifalat,
Acute Catarrh (Nazla Haar)	Gule Banafshah (<i>Viola odorata flower</i>) Maveez Munaqqa (<i>Vitis vinifera seed less fruit</i>) Anjir (<i>Ficus carica fruit</i>) Haleelajat (Haleela Zard (<i>Terminelia chebula half-ripe fruit</i>), Haleela Kabuli (<i>Terminelia chebula ripe fruit</i>), and Haleela Siyah (<i>Terminelia chebula unripe fruit</i>))	Khameera Banafshah, Habbe Ayarij, Habbe Banafshah, Itrifalat,
Excess Hunger (Kaboos)	Maveez Munaqqa (<i>Vitis vinifera seed less fruit</i>) Anjir (<i>Ficus carica fruit</i>) Revand (<i>Rheum palmatum root</i>) Senna (<i>Cassia senna leaf</i>) Elva (<i>Aloe vera dried juice of leaf</i>) Shakar Surkh (<i>Cane Sugar</i>) Turanjabeen (<i>Tamarix indica gum</i>) Haleelajat: Haleela Zard (<i>Terminelia chebula half-ripe fruit</i>), Haleela Kabuli (<i>Terminelia chebula ripe fruit</i>), and Haleela Siyah (<i>Terminelia chebula unripe fruit</i>)	Itrifal Mullein, Itrifal Zamani, Itrifal Kashneezi, Habbe Ayarij, Habbe Banafshah, Khameera Banafshah,

Eye Diseases

Opacity (Bayazul Ain)		Itrifalat, Morakkabat Sabr,
Cataract (Nazoolul Maa)		Itrifalat, Morakkabat Sabr,
Vascular Keratitis (Sabal)		Itrifalat, Morakkabat Sabr,

Diseases of the Oral Cavity

Mouth Ulcers (Qula)	Afteemooon (<i>Cuscuta reflexa herb</i>) Bisfaij (<i>Polypodium vulgare Linn</i>) Haleelajat: Haleela Zard (<i>Terminelia chebula half-ripe fruit</i>), Haleela Kabuli (<i>Terminelia chebula ripe fruit</i>), and Haleela Siyah (<i>Terminelia chebula unripe fruit</i>) Senna (<i>Cassia senna leaf</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Turanjabeen (<i>Tamarix indica gum</i>)	Itrifal Shahtra, Itrifal Ustokhuddus, Gulqand,
Diseases of throat and larynx (Amraz Halaq Wa Hanjra), Diphtheria (Khunaq)	Maghz Amaltas (<i>Cassia fistula pulp</i>) Sheerkhisht (<i>Fraxinus ornus exudate</i>) Aaloobukhara (<i>Prunus domestica Linn</i>) Tamar Hindi (<i>Tamarindus indica fruit pulp</i>)	Joshanda Fawakiha,
Tonsillitis (Warm Lozten)	Maghz Amaltas (<i>Cassia fistula pulp</i>) Sheerkhisht (<i>Fraxinus ornus exudate</i>) Aaloobukhara (<i>Prunus domestica Linn</i>) Tamar Hindi (<i>Tamarindus indica fruit pulp</i>)	Joshanda Fawakiha,

Diseases of the Spleen

Inflammation of spleen (Warm Tihal)	Kibreet (<i>Sulphur</i>) Turbud (<i>Ipomea turpenthum root</i>) Senna (<i>Cassia senna leaf</i>) Post Haleela Zard (<i>Terminelia chebula half ripe fruit</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Turanjabeen (<i>Tamarix indica gum</i>)	
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Diseases of the Intestine

Constipation (Qabz)	Elva (<i>Aloe vera dried juice of leaf</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Senna (<i>Cassia senna leaf</i>) Saqmoonnia (<i>Convolvulus scamony root latex</i>) Turbud (<i>Ipomea turpenthum root</i>) Ghareequn (<i>Polyporus officinalis</i>) Usara Revand (<i>Rheum palmatum root extract</i>)	Habbe Usara,
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Respiratory System

Coughs (Sual)	Revand (<i>Rheum palmatum root</i>) Maveez Munaqqa (<i>Vitis vinifera seed less fruit</i>) Anjir (<i>Ficus carica fruit</i>) Revand (<i>Rheum palmatum root</i>) Senna (<i>Cassia senna leaf</i>) Elva (<i>Aloe vera dried juice of leaf</i>) Shakar Surkh (<i>Cane Sugar</i>) Turanjabeen (<i>Tamarix indica gum</i>) Haleelajat: Haleela Zard (<i>Terminelia chebula half-ripe fruit</i>), Haleela Kabuli (<i>Terminelia chebula ripe fruit</i>), and Haleela Siyah (<i>Terminelia chebula unripe fruit</i>)	
Pneumonia (Zaturriya) and Pluresy (Zatuljanb)	Maghz Amaltas (<i>Cassia fistula pulp</i>) Elva (<i>Aloe vera dried juice of leaf</i>) Senna (<i>Cassia senna leaf</i>) Usara Revand (<i>Rheum palmatum root extract</i>) Roghan Bedanjir (<i>Ricinus communis</i>) Roghan Badam (<i>Prunus amygdalus oil</i>)	Laooq Sapistan khyarshambari, Sherbat Deenar, Khameera Banafshah, Habbe usara,

Diseases of the Spleen

Inflammation of spleen (Warm Tihal)	Kibreet (<i>Sulphur</i>) Turbud (<i>Ipomea turpenthum root</i>) Senna (<i>Cassia senna leaf</i>) Post Haleela Zard (<i>Terminelia chebula half ripe fruit</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Turanjabeen (<i>Tamarix indica gum</i>)	
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Diseases of the Intestine

Constipation (Qabz)	Elva (<i>Aloe vera dried juice of leaf</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Senna (<i>Cassia senna leaf</i>) Saqmoonnia (<i>Convolvulus scamony root latex</i>) Turbud (<i>Ipomea turpenthum root</i>) Ghareequn (<i>Polyporus officinalis</i>) Usara Revand (<i>Rheum palmatum root extract</i>)	Habbe Usara,
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Gastric Diseases

Gastralgia (Dard Meda)	Senna (<i>Cassia senna leaf</i>)	Gulqand, Habbe Tinkar, Itrifal Mullein,
Hiccough (Fawaq)	Senna (<i>Cassia senna leaf</i>) Imli (<i>Tamarindus indica fruit</i>) Turanjabeen (<i>Tamarix indica gum</i>) Sheerkhisht (<i>Fraxinus ornus exudate</i>) Turbud (<i>Ipomea turpenthum root</i>) Saqmoonnia (<i>Convolvulus scamony root latex</i>) Revand (<i>Rheum palmatum root</i>) Roghan Bedanjir (<i>Ricinus communis</i>)	
Cholera (Heza)	Senna (<i>Cassia senna leaf</i>) Imli (<i>Tamarindus indica fruit</i>) Turanjabeen (<i>Tamarix indica gum</i>) Sheerkhisht (<i>Fraxinus ornus exudate</i>) Turbud (<i>Ipomea turpenthum root</i>) Saqmoonnia (<i>Convolvulus scamony root latex</i>) Revand (<i>Rheum palmatum root</i>) Roghan Bedanjir (<i>Ricinus communis</i>)	Sherbat vard Mukarrer, Jawarish Kamoni Mus-hil, Jawarish Safarjali Mus-hil, Gulqand, Jawarish Shaheryaran, Sherbat Deenar,
Dyspepsia (Sooe Hazm)	Senna (<i>Cassia senna leaf</i>) Haleelajat: Haleela Zard (<i>Terminelia chebula half-ripe fruit</i>), Haleela Kabuli (<i>Terminelia chebula ripe fruit</i>), and Haleela Siyah (<i>Terminelia chebula unripe fruit</i>) Balela (<i>Terminelia belerica</i>)	Gulqand, Sherbat vard, Qurs Mullein, Murabba Haleela, Habbe Tinkar, Itrifal Mullein,
Chronic Gastritis (Warm Meda Muzmin)	Roghan Bedanjir (<i>Ricinus communis</i>) Revand (<i>Rheum palmatum root</i>) Senna (<i>Cassia senna leaf</i>) Sheerkhisht (<i>Fraxinus ornus exudate</i>) Turanjabeen (<i>Tamarix indica gum</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Roghan Badam (<i>Prunus amygdalus oil</i>)	Habbe Ayarij, Sherbat vard, Gulqand, Maul Usool, Khameera Banafshah,

Diseases of the Liver

Dropsy, Ascites (Istisqa)	Anjir (<i>Ficus carica fruit</i>) Maveez Munaqqa (<i>Vitis vinifera seed less fruit</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Senna (<i>Cassia senna leaf</i>) Sabr zard (<i>Aloe vera dried leaf juice</i>) Turbud (<i>Ipomea turpenthum root</i>) Saqmoonia (<i>Convolvulus scamony root latex</i>) Revand (<i>Rheum palmatum root</i>)	Gulqand, Sherbat Deenar, Khameera Banafshah,
Hepatitis (Waram Jiger)	Revand (<i>Rheum palmatum root</i>) Senna (<i>Cassia senna leaf</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Turanjabeen (<i>Tamarix indica gum</i>) Sheerkhisht (<i>Fraxinus ornus exudate</i>) Tamar Hindi (<i>Tamarindus indica fruit pulp</i>) Turbud (<i>Ipomea turpenthum root</i>) Elva (<i>Aloe vera dried juice of leaf</i>) Maveez Munaqqa (<i>Vitis vinifera seed less fruit</i>) Aspghol (<i>Plantago ovata Forsk seed</i>) Gule Surkh (<i>Rosa damascena flower</i>) Gule Banafshah (<i>Viola odorata flower</i>)	Sherbat Deenar, Sherbat vard Mukarrer, Khameera Banafshah,
Hepatosi (Zofe Jiger)	Revand (<i>Rheum palmatum root</i>) Senna (<i>Cassia senna leaf</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Turanjabeen (<i>Tamarix indica gum</i>) Sheerkhisht (<i>Fraxinus ornus exudate</i>) Tamar Hindi (<i>Tamarindus indica fruit pulp</i>) Turbud (<i>Ipomea turpenthum root</i>) Elva (<i>Aloe vera dried juice of leaf</i>) Maveez Munaqqa (<i>Vitis vinifera seed less fruit</i>) Aspghol (<i>Plantago ovata Forsk seed</i>) Gule Surkh (<i>Rosa damascena flower</i>) Gule Banafshah (<i>Viola odorata flower</i>)	Sherbat Deenar, Sherbat vard Mukarrer, Khameera Banafshah,

General Disease Conditions

Diseases of the joints (Amraz Mafasil)	Gule Surkh (<i>Rosa damascena flower</i>) Turanjabeen (<i>Tamarix indica gum</i>) Senna (<i>Cassia senna leaf</i>) Maghz Amaltas (<i>Cassia fistula pulp</i>) Sooranjan (<i>Colchicum leutium root</i>) Turbud (<i>Ipomea turpenthum root</i>) Elva (<i>Aloe vera dried juice of leaf</i>) Saqmoonia (<i>Convolvulus scamony root latex</i>) Ghareequn (<i>Polyporus officinalis</i>)	
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Syphlis (Atishak)	Elva (<i>Aloe vera</i> dried juice of leaf) Ghareequn (<i>Polyporus officinalis</i>) Kibreer (<i>Sulphur</i>) Maghz Amaltas (<i>Cassia fistula</i> pulp) Post Haleela Zard (<i>Terminelia chebula</i> half ripe fruit) Saqmoonia (<i>Convolvulus scamony</i> root latex) Senna (<i>Cassia senna</i> leaf) Turanjabeen (<i>Tamarix indica</i> gum) Turbud (<i>Ipomea turpenthum</i> root) Usara Revand (<i>Rheum palmatum</i> root extract)	
Fevers (Humiyat)	Elva (<i>Aloe vera</i> dried juice of leaf) Ghareequn (<i>Polyporus officinalis</i>) Kibreer (<i>Sulphur</i>) Maghz Amaltas (<i>Cassia fistula</i> pulp) Post Haleela Zard (<i>Terminelia chebula</i> half ripe fruit) Saqmoonia (<i>Convolvulus scamony</i> root latex) Senna (<i>Cassia senna</i> leaf) Turanjabeen (<i>Tamarix indica</i> gum) Turbud (<i>Ipomea turpenthum</i> root)	
Lymphadinitis (Khanazer)	Elva (<i>Aloe vera</i> dried juice of leaf) Ghareequn (<i>Polyporus officinalis</i>) Kibreer (<i>Sulphur</i>) Maghz Amaltas (<i>Cassia fistula</i> pulp) Post Haleela Zard (<i>Terminelia chebula</i> half ripe fruit) Saqmoonia (<i>Convolvulus scamony</i> root latex) Senna (<i>Cassia senna</i> leaf) Turanjabeen (<i>Tamarix indica</i> gum) Turbud (<i>Ipomea turpenthum</i> root)	

Skin diseases (Amraz Jild)	Elva (<i>Aloe vera</i> dried juice of leaf) Ghareequn (<i>Polyporus officinalis</i>) Kibreet (<i>Sulphur</i>) Maghz Amaltas (<i>Cassia fistula</i> pulp) Post Haleela Zard (<i>Terminelia chebula</i> half ripe fruit) Saqmoonnia (<i>Convolvulus scamony</i> root latex) Senna (<i>Cassia senna</i> leaf) Turanjabeen (Tamarix indica gum) Turbud (<i>Ipomea turpenthum</i> root) Usara Revand (<i>Rheum palmatum</i> root extract)	
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Female Reproductive Disorders

Vaginal discharge Sailanurrehem	Maghz Amaltas (<i>Cassia fistula</i> pulp) Roghan Bedanjir (<i>Ricinus communis</i> oil) Roghan Badam (<i>Prunus amygdalus</i> oil)	Gulqand,
Painful mensuration, Amonorrhoea (Usre Tams wa Ahtebas Tams)	Elva (<i>Aloe vera</i> dried juice of leaf) Revand (<i>Rheum palmatum</i> root) Roghan Bedanjir (<i>Ricinus communis</i> oil) Maghz Amaltas (<i>Cassia fistula</i> pulp) Namak Tuam (<i>Sodium chloride</i>)	

List of Single Drugs used as Purgatives in different ailments.

Aaloobukhara (*Prunus domestica* fruit)
Aam (*Mangifera indica* fruit)
Afteemoon (*Cuscuta reflexa* herb)
Akhrot (*Juglans regia* fruit)
Alsi (*Linum usitatissimum* Linn seed)
Anjir (*Ficus carica* fruit)
Anzroot (*Astragalus sarcacola*)
Aspghol (*Plantago ovata* Forsk seed)
Babchi (*Psoralea corylifolia* seed)
Badam (*Prunus amygdalus* fruit)
Balela (*Terminelia belerica*)
Baobarang (*Artemisia vulgaris* seed)
Beikh Jalapa (*Ipomoea jalp* root)
Berg Senna (*Cassia senna* leaf)
Bisfaij (*Polypodium* dried juice of leaf)
Bisfaij (*Polypodium vulgare* Linn)
Elva (*Aloe vera* *Cassia senna* leaf)
Ersa (*Iris ensata* root)
Gaozaban (*Borago officinalis*)
Ghareequn (*Polyporus officinalis*)
Gule Banafshah (*Viola odorata* flower)
Gule Surkh (*Rosa damascena* flower)
Habbunneel (*Ipomoea hederacea* fruit)
Haleelajat: Haleela Zard (*Terminelia chebula* half-ripe fruit), Haleela Kabuli (*Terminelia chebula* ripe fruit), and Haleela Siyah (*Terminelia chebula* unripe fruit)
Heeng (*Ferula asafoetida* latex)
Jalapa (*Exogonium purga*, *Ipomoea purga*)
Jamalgota (*Croton tiglium* fruit)
Jaosheer (*Ferula galbaniflua* secretion)
Kalonji (*Nigella sativa* seed)
Kamela (*Mallotus phillipinensis*)
Kanghi (*Abutilone indicum* fruit)
Karanjwa (*Caesalpinia bonducella* fruit cotyledens)
Kherbaq Siyah (*Helliborus niger*)
Kibreer (*Sulphur*)
Maghz Amaltas (*Cassia fistula* pulp)
Maghz Badam (*Prunus amygdalus*)
Malkangni (*Celestrus peniculatus*)
Maror Phali` (*Helicteres isora* fruit)
Maveez Munaqqa (*Vitis vinifera* seed less fruit)

List of Morakkabat (Compound Drugs)used as Purgatives.

Gulqand	Jawarish Kamoni Mus-hil
Habbe Ayarij	Jawarish Safarjali Mus-hil
Habbe Banafshah	Jawarish Shaheryaran
Habbe Shibyar	Joshanda Fawakiha
Habbe Tinkar	Khameera Banafshah
Habbe usara	Laoq Sapistan khyarshambari
Huqna (Enema)	Maul Usool
Itrifal Kashneezi	Morakkabat Sabr
Itrifal Mullein	Murabba Haleela
Itrifal Shahtra	Qurs Mullein
Itrifal Ustokhuddoos	Shaker Surkh
Itrifal Zamani	Sherbat Deenar
Itrifalat	Sherbat vard
	Sherbat vard Mukarrer

Conclusion: Research shows that the concept of Purgation as a means of elimination of unwanted matter is effective and safe in treatment.

Note: Bibliography does not include page numbers due to quantity of information that may have been used as referral from each source.

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