

# **Materia Medica II**



**IUB**

**Islamia University Bahawalpur**

*Dr.khalil Ahmad Ansari*

**VITLGOCAP**

**VITLOGO**

**Formula No.1**

**Formula No.05**

**VITLOGO**

**اجزاء:**

بلدی

مغز بادام شیریں

مغز کدو شیریں

مغز پستہ

مغز کابو

مغز چلغوزہ

مغز اخروٹ

خشخاش

فلفل سیاه

دلر چینی

بادیان دیسی

کباب چینی

بال چھر

افیون

بہمن سفید

مصطگی

## ہلدی **Curcuma longa**

**Family:** Zingiberaceae / Scitamineae

**Arabic Name(s):** Kurkum, `Aruq as-Suff

**Urdu Name(s):** Haldi, Zard-Choli

**English Name(s):** Turmeric

**Parts Used**

Rhizome.

**Quality/Temperament**

Warm and dry in third order.

**Functions and Properties (Pharmacological Actions)**

Deobstruent alterative anti-inflammatory, antiseptic, cicatrizing and vulnerary, colouring agent, vasodilator. Externally anti-inflammatory, analgesic, vulnerary and cicatrizing, preventive in several internal and external disorders of catarrhal or bleeding type as well as against accidental shocks, wounds and bruises. Expectorant, cosmetic, blood purifier.

**Specific Action**

Internally as alterative and deobstruent, externally antiseptic, cicatrizing, analgesic and vulnerary.

**Medicinal Uses**

Tumeric is regarded as traditionally effective remedy for expectoration of phlegm in whooping cough, asthma and bronchitis.

In chronic wounds where insects are seen, its application act as insecticide, clears the wound of any specific ooze and dry it subsequently. In strokes or accidents the painful parts are treated by application of the bruised rhizomes and by administering powder with warm milk.

As alterative effective against haemoptysis, and chronic intermittent fevers.

### **Compound Preparations**

Basliquun Kabir, Hab-i-Haldi, Hab Narkachur, Sunun Zard, Marham Jadwar, Roghan Surkh.

### **Dosage**

1-3 g. (approximately).

مزاج: گرم و خشک

ذائقہ: تلخ

مقدار: 1 ماشہ 3 ماشہ تک

طبعی خواص:

1: محلل اور رام مسکن

2: مصفی خون

3: یرقان

4: چوٹ لگنے ؛ موج آنے کے لئے مفید ہے۔

5: بند نکام اور نزلہ کے لئے مفید ہے۔

6: بطور سرما

7: کھانوں میں استعمال ہوتا ہے۔

# مغز بادام شیریں **Prunus amygdalus**

**Syn.:** Prunus amygdalus Baill., Amygdalus communis Linn.

**Family:** Rosaceae

**Arabic Name(s):** Tuffah Arzi

**Urdu Name(s):** Badam Shirin, Loz, Badaam

**English Name(s):** Almond

## **Parts Used**

Seed kernel, oil (and the shell).

## **Quality/Temperament**

Warm and moist in first order.

## **Functions and Properties (Pharmacological Actions)**

Nutritive, nervine-tonic, (semenagogue) increase formation of semen, aphrodisiac, aperient, emollient (for stomach, skin and chest), deterrent.

## **Specific Action**

Nutritive, nervine tonic and emollient.

## **Medicinal Uses**

Almond as nutritive and tonic is used (dry fruit) all over the world and considered good against mental exhaustion and fatigue, keeps the nervous and respiratory organs moist thus relieves dryness and affiliated complaints. The oil is also useful against constipation. Burnt shell of the almonds is regarded as a traditionally esteemed tooth powder.

## **Compound Preparations**

Laoq Sapistan, Laoq Badam, Lubub Kabir, Lubub Saghir, Halwa-i-Sa'lab, Halwai-Gazar Maghz Sar-i-Kunjashkwala, Roghan Badam Shirin, Laoq Bihdana, Ma'jun Qurtum.

## **Dosage**

Oil 5 to 12 ml., kernels 3-12 g. approximately.

مزاج: گرم تر درجہ 1

ذائقہ: شیرین

مقدار: 3 ماشا سے 1 تولہ تک

طبعی خواص:

1: مقوی و مرطب و دماغ

2: بصارت کے لئے

3: خشک کھانسی کے لئے

4: رفع قبض

## مغز کدو شیریں *Lagenaria siceraria* (Molina)

**Syn:** *Lagenaria vulgaris* Ser. *Cucurbita siceraria* Molina., C. *lagenaria* L.

**Family:** **Cucurbitaceae**

**Arabic Name(s):** Qarrf

**Urdu Name(s):** Kaddu, Qarra, Kaddu-e-Daraz, Loki, Kadu, Tumba, Toomri, Hurrea-Kaddu

**English Name(s):** White Gourd

### Parts Used

Pulp and leaves.

### Quality/Temperament

Cold and moist in second order.

### Functions and Properties (Pharmacological Actions)

Nutritive (light vegetable), digestive, diuretic, emollient and febrifuge, reduces heat of (excess) biliousness, and blood heat.

### Specific Action

Antibilious (reduces heat due to excess biliousness) febrifuge, sedative.

## Medicinal Uses

White gourd (fruit) is a common vegetable, leaves are edible but purgative, so not used very much. Pulp of the fruit is employed as an adjunct to purgatives and also as ingredient in various confections - useful in cough and as an antidote to certain poisons. The pulp is also eaten with vinegar or made into curry and used in sweets. Oil obtained from the white gourd is useful in retarding brain and scalp dryness and bring sleep.

## Compound Preparations

Arq Maul Jubn, Arq Hara Bhara, Qurs Kafur, Qurs Tabashir Mulayyin, Qurs Kahruba, Ma'jun Murawweh ul-Arwah, Ma'jun Muqawwi wa Mumsik, Muffareh Barid Jawahar wali, Muffareh Barid Sada, Muffareh Shaikh ul-Rais, Muffareh Yaquti Mo'tadil, Ma'jun Sang-e-Sar-i-Mahi.

## Dosage

3-5 g.

مزاج: سرد درجہ دوم تر درجہ دوم

ذائقہ: شریں

مقدار: 5 تولہ سے 10 تولہ

طبعی خواص:

1: بطور ترکیبی

2: مقوی باہ

3: پٹلس پھوڑوں

4: ٹنپ ورم کو مارنے

# مغز پسته Pistacia vera

**Family:** Anacardiaceae

**Arabic Name(s):** Mistaka, Fustuq, Samar ash-Shajarah

**Urdu Name(s):** Pistah, Fastaq, Pista

**English Name(s):** Pistachio Nut

**Parts Used**

Pistachio Nut and its peel (seed and testa).

**Quality/Temperament**

Pericarp moist in first order and epicarp cold and dry in second order.

**Functions and Properties (Pharmacological Actions)**

The fruit (seed) with somewhat terebenthinate flavour is nutritious and nourishing, have sedative and tonic properties particularly for heart and brain. It is regarded as a sexual tonic, fattening and expectorant.

**Specific Action**

Fruit - cardiac, brain, and sexual tonic (aphrodisiac). Fruit peel - expectorant, antinauseant, astringent.

**Medicinal Uses**

Pistachio nuts are sweet and agreeable and used as food (or dry fruit) being very wholesome and nourishing. They enter into the composition of certain confections, desserts, and in many household items of kitchen for flavouring. Included in aphrodisiac confections, to relieve kidney and general debilitating conditions, useful in coughs and eases expectoration.

**Compound Preparations**

Lubub Kabir, Ma'jun Supari, Jawarish Amla, Arq Amber, Jawarish Amla Ambari ba Nuskha Kalan, Hab Amber Momiyiae, Hab Gule Pista, Halwai Sa'lab.

**Dosage**

Seed 6 g., testa 3 g.



مزاج: گرم و تر بدرجہ 1

ذائقہ: چرب ولزیز

مقدار: 6 ماشہ 1 تولہ تک

طبعی خواص:

1: مقوی قلب و دماغ

2: مقوی باہ

3: منفث بلغم

4: ذہن اور دماغ کو قوت دیتا ہے۔

## مغز کاہو *Lactuca serriola*

**Syn:** *Lactuca scariola* Linn.

**Lactuca sativa**

**Family:** Compositae/Asteraceae

**Arabic Name(s):** Bazr ul-Khas, Khasarul Tabqari, Khasarul Zait

**Urdu Name(s):** Kahu, Salad

**English Name(s):** Lettuce

**Parts Used**

Seeds.

**Quality/Temperament**

Cold and moist in second order.

**Functions and Properties (Pharmacological Actions)**

Antibilious, blood purifier, diuretic, stomach tonic (especially when heat is more), appetite stimulant, lactagogue, preventive of environmental affects,

anodyne, sedative, hypnotic, expectorant, tonic against general debility and for lungs.

### Specific Action

Antibilious, antifatulent, tonic, seeds possess anodyne, and hypnotic activities.

### Medicinal Uses

Lettuce is one of the esteemed preventive herbal drugs of the traditional herbal systems and as salad or as medicine the seeds in prescribed doses or recommended quantity are used to prevent the toxic affects of environment or atmosphere and water which contain adverse epidemic infectious organisms. Lettuce and lettuce seeds reduce Maul Jubn, Qurs Ziabitus, Laooq Ab Tarbuzwala, Ma'jun Mughalliz Jawaharwali, Mufarreh Shaikhul-Rais, Mufarreh Yaquti Mo'tadil.

### Dosage

3-5 g. (seeds), water of leaves approximately 24-48 ml.

مزاج: سرد تر

ذائقہ: شیریں اور پھکا

طبعی خواص:

1: مقوی قلب و دماغ

2: مقوی باہ

3: صفرا کو کم کرتا ہے

4: بطور چائے

## مغز چلغوزہ *Corylus colurna*

**Family:** Corylaceae / Betulaceae

**Arabic Name(s):** Bandaq, Ailawish

**Urdu Name(s):** Findaq, Jaluz, Bindaq, Urni

**English Name(s):** Filber fruit/Filbert Hazel Nut

### Parts Used

Nut.

## Quality/Temperament

Warm and dry in first order.

## Functions and Properties (Pharmacological Actions)

Fattening, aphrodisiac, tonic for intestines and brain, expectorant.

## Specific Action

Aphrodisiac and brain tonic.

## Medicinal Uses

Corylus spp. fruit kernel easily divided into two halves, is effective when administered as single remedy or in compound formulations (as electuary) to procure tonic, weight increasing and antiphlegmatic effects in cold affections.

Mixed with honey administered in nasal catarrh and flu, in cough, bronchitis and asthma, it acts as expectorant in productive cough- It liquefies the phlegm and causes dilatation in the mucous membranes of the affected part of the body.

## Compound Preparations

Lubub Kabir, Lubub Saghir, Halwa-i-Sa'lab, Halwa-i-Gazar Maghz Sar-i-Kunjashkwala, Hab-e-Mumsik Tilai, Lubub Mo'tadil, Ma'jun Kalan, Ma'jun Murawwehul-Arwah, Ma'jun Muqawwi wa Mumsik, Ma'jun Nisyan.

## Dosage

6 g.

مزاج: گرم و تر

ذائقہ: قدرے شیریں

مقدار خوراک: 7 ماشہ سے 1 تولہ

طبعی خواص:

1: قلب و پھٹوں کو قوت

2: منفقت بلغم

3: ممسن بدن

4: فالج، نقوہ، ریشہ، کھانسی، دمہ میں مفید ہے۔

5: بھوک کو بھرھاتا ہے۔

## مغز اخروٹ **Juglans regia**

**Syn.:** Juglans fallax Dode.,  
Juglans duclouxiana Dode.

**Family:** Juglandaceae

**Arabic Name(s):** Juaz

**Urdu Name(s):** Akhrot, Gardgan

**English Name(s):** Walnut

**Parts Used**

Fruit and leaves, oil.

**Quality/Temperament**

Warm in second order and dry in third order

**Functions and Properties (Pharmacological Actions)**

Valuable dry fruit, demulcent, emollient, invigorating for muscles and brain, resolvent, aphrodisiac, antiseptic, anthelmintic (unripe fruit- vermifuge).

**Specific Action**

Aphrodisiac and brain tonic.

**Medicinal Uses**

Walnut kernel mostly used in electuaries act as aphrodisiac. With raisins and Ficus (fig) it particularly acts as brain tonic and brings mild purgation. Oil is effective against skin eruptions, ulcers, sores, pustules and eczema. Green kernel is useful antiseptic and strengthens the gums and teeth, powdered fruit coat is also useful for teeth and gums when applied as tooth powder.

Gargles of young fruit are effective against sore throat even when slightly ulcerated. Obstinate ulcers may be cured by sugar saturated with concentrated decoction of leaves.

**Compound Preparations**

Lubub Kabir, Lubub Saghir, Hab Mumsik Tilai, Halwai Ghaikwar, Ma'jun Raig Mahi, Ma'jun Mobahee Antaki, Ma'jun Murawweh ul- Arwah, Ma'jun Muqawwi wa-Mumsik.

**Dosage**

24 to 36 g. (approximately)-

- مزاج: گرم و خشک  
ذائقہ: پھکامگرلزید اور روغن  
مقدار خوراک: 2 تولہ 3 تولہ  
طبعی خواص:  
1: قلب و پھٹوں کو قوت  
2: پانی بہنے اور سبل کو مفید کرتا ہے۔  
3: مہبی اور محلل  
4: کھانسی، دمہ میں مفید ہے۔  
5: بھوک کو بھرھاتا ہے۔

## خشخاش Papaver somniferum

**Family:** Papaveraceae

**Arabic Name(s):** Afiyun, Lubn Al Khaskhash

**Urdu Name(s):** Khashkhash, Afiyun, Afim, Doda, Afim, Jhal, Dodapost

**English Name(s):** Opium, White Poppy, Carnation Poppy

**Parts Used :** Seeds, extract, latex from the capsules.

**Quality/Temperament**

Cold in second order, moist in the first (white type seeds). Black: cold in third order and dry in second.

**Functions and Properties (Pharmacological Actions)** Anaesthetic, sedative, hypnotic, antispasmodic, anticatarrhal, astringent, haemostatic, general pain reliever and effective against complaints of cold origin.

**Specific Action**

Anaesthetic, anodyne, narcotic, sedative.

## Medicinal Uses

The seeds of Poppy are regarded as nutritive, demulcent and mild astringent; the capsules as astringent, somniferous, soporific, sedative and narcotic, promote talkativeness. Latex has widely anaesthetic and pain relieving effects whether local or systemic-

Useful in headache, pain in tic douloureux, pleurisy, back pain, rheumatism, dental pain, earache, sciatica. Relieves pain after abortion and delivery. Its nutritive preparations are beneficial as cephalic and general tonic as well as aphrodisiac-

Warm seeds made into paste and applied over gouty parts render useful effects and to remove pain in rheumatic affections.

## Compound Preparations

Barsh`esha, Hab Paichish, Hab Sil, Itrifal Kabir, Itrifal Muqawwi Dimagh, Banadiq al-Bazur, Tiryaq-i-Nazla, Hab Surfah, Hab Lub al-Khashkhash-

## Dosage

15 to 120 mg. (approximately).

مزاج: سرد درجہ 2 تر درجہ اول

ذائقہ: پھکا قدرے شیریں

مقدار خوراک: 1 ماشہ تا 3 ماشہ

طبعی خواص:

1: قابض

2: اعضا کو شل اور سست

3: سینے و حلق کی خشکی زائل کرتا ہے۔

4: کھانسی، دمہ میں مفید ہے۔

5: پھپھروں اور آنتوں کے جریان خون کو بند کرتی ہے،

## فلفل سیاہ Areca catechu

**Family:** Palmae

**Arabic Name(s):** Fofil Mufawwar, Fofil Khasab

**Urdu Name(s):** Supari, Chaliya, Fofil

**English Name(s):** Betel Nut

**Parts Used** Nut.

**Quality/Temperament**

Cold and dry in second order.

**Functions and Properties (Pharmacological Actions)**

Astringent, stimulant, sialagogue, masticatory, remove bad taste from mouth, sweeten breath, anthelmintic, emmenagogue, repercussive, resolvent of inflammations (of warm-origin).

Stimulant for the peristaltic movement of the intestines and bowels, produces a marked constriction of the bronchial muscles (generally acts an hour after administration).

**Specific Action**

Astringent, anthelmintic and repercussive (especially for inflammations of warm-origin). **Medicinal Uses**

The Betel nuts are recommended largely against tapeworms and roundworms, especially in veterinary practice, given in case of diarrhoea and dysentery. Chief use of betel nut in the Orient is as breath- sweetening masticatory enjoyed by people from centuries and use in Pan. In conjunctivitis and epiphora the nut is made into ash, made more fine and applied as collyrium gives relief.

**Compound Preparations**

Ma'jun Supari, Hab Hamal, Hab Limun, Sunun Poast Mughilan, Ma'jun Kalan, Ma'jun Mochrus, Ma'jun Nishara-i- Aajwali.

**Dosage**

3 to 5 g. (powdered or dried into ash).

مزاج: گرم خشک

ذائقہ: تیز

مقدار خوراک: 1 ماشہ تا 2 ماشہ

طبعی خواص:

1: مقوی معدہ

2: مرض بضمیہ

3: محلل اورام اور جاذب ہے

4: کھانسی، دمہ میں مفید ہے۔

5: درد کمر

6: عرق النساء

## • دارچینی Cinnamomum cassia 25 g

**Family:** Lauraceae

**Arabic Name(s):** Qirfa, Salikha

**Urdu Name(s):** Taj, Qarfa, Darchini

**English Name(s):** Cinnamon

**Parts Used**

Bark and essential oil.

**Quality/Temperament**

Warm and dry in second order.



### **Functions and Properties (Pharmacological Actions)**

Aromatic, carminative, antispasmodic, stimulant, haemostatic, astringent, antiseptic, demulcent, refrigerant.

### **Specific Action**

Carminative and aphrodisiac.

### **Medicinal Uses**

Oil of cinnamon being carminative and antiseptic is prescribed in gastro-intestinal complaints such as dyspepsia and flatulence. As slightly astringent in diarrhoea and vomiting. The bark has specific action on the uterus and is given to promote parturition and to check uterine haemorrhages. On respiratory organs exerts stimulating effects and thus brings expectoration, tonifies stomach and liver and causes astringency in intestines.

### **Compound Preparations**

Jawarish Ood Shirin, Hab-e-Amber Momiyae, Dawaul Misk  
Mo'tadil Jawahardar (C. officinalis), Jawarish Tamar Hindi, Jawarish Jalinus.

### **Dosage**

2 to 3 g.

مزاج: گرم و خشک

ذائقہ: تیز و شیریں

مقدار: 1 ماشا سے 2 ماشا

طبعی خواص:

1: محلل ریاح

2: کھانسی

3: دمہ

4: سر درد کے لئے مفید

5: تقویت باہ

بادیان دیسی

**Foeniculum vulgare**

**Family:** Umbelliferae/Apiaceae

**Arabic Name(s):** Razyana, Samar

**Urdu Name(s):** Saunf, Badyan, Rizeh, Raz

**English Name(s):** Fennel, Sweet Fennel

**Parts Used**

Fruit, root.

**Quality/Temperament**

Warm and dry in second order.

**Functions and Properties (Pharmacological Actions)**

The whole plant is pleasantly aromatic. Fruits (seeds) are regarded as stimulant, carminative, masticatory (removing bad odour from mouth), flavouring agent, and condiment, emmenagogue, lactagogue, antifatulent (the oil also), check griping of purgatives. Oil (anethole) is gastric stimulant.

**Specific Action**

Tonic for digestive tract (especially stomach), and for eyesight.

**Medicinal Uses**

Fennel is indicated as safe herbal drug in indigestion, abdominal pain, and gastritis. In flatulence, flatulent colic and stomach debility, the seeds are widely used throughout the world. It is an aromatic gastric stimulant, clears the organs of obstructions particularly the digestive tract, thoracic region, liver, spleen and kidneys. They are also used in the manufacture of cordials and enter into the composition of fennel water, which is employed mostly as vehicle for other drugs and as flavouring agent.

**Compound Preparations**

Jawarish Razyana, Jawarish Mastagi Kalan, Ruh-i-Badiyan, Roghan Badiyan, Sherbet Ustukhuddus, Sherbet Khaksi, Sherbet Gaozaban, Sherbet Mushil, Arq Badiyan, Arq Birainjasif, Arq Faulad, Qurs Podina,

**Dosage**

5 to 7 g.

مزاج: گرم درجہ دوم و خشک درجہ دوم

ذائقہ: شیریں

مقدار خوراک: 5 ماشا سے 7 ماشا

طبعی خواص:

1: مدربول و حیض

2: باضم کاسرریاح

3: سینہ، جگر طحال، گردہ کے سدے کھوتی ہے۔

4: مقوی معدہ

5: درد شکم

6: بلغمی سوداوی امراض میں منفج استعمال کرتے ہیں۔

## Piper cububa کباب چینی

**Family:** Piperaceae

**Arabic Name(s):** Filfil Zulzanb, Kababat as Sainiyah

**Urdu Name(s):** Kabab Chini, Kankol, Sital-Chini

**English Name(s):** Cubebs

**Parts Used**

Fruit (like black pepper but smooth).

**Quality/Temperament**

Warm and dry in second order.

**Functions and Properties (Pharmacological Actions)**

Stimulant and aromatic against malodour in mouth, refrigerant, deobstruent, resolvent, stomach tonic, carminative, tonic for gums and teeth, useful against hoarseness of voice, diuretic and emmenagogue, aphrodisiac stimulant and effective in inflammations of the genito- urinary mucous membranes.

### **Specific Action**

Detergent, antiseptic, anti-inflammatory for genito-urinary and upper respiratory mucous membranes. **Medicinal Uses**

Being refrigerant and deobstruent Cubebs are used in liver, spleen, and urinary obstructions and powder and decoction as diuretic and emmenagogue. In gleet and gonorrhoea for cleansing and procuring antiseptic effects cubebs are administered as simple (single product) or in compounds recommended for the purpose.

### **Dosage**

1-3 g. (approximately)

ذائقہ: تلخ

مزاج: گرم و خشک

مقدار خوراک: 1 ماشا سے 37 ماشا

طبعی خواص:

1: ملطف

2: ریاح

3: صاف آواز کے لیے

4: مقوی معدہ

# بال چھر Valeriana hardwickii

**Family:** Valerianaceae

**Arabic Name(s):** Asarun, Valitiyana

**Urdu Name(s):** Taggar, Mushkbala, Bal-Charr, Taggar, Taggar-Kaathi, Charpuk  
(Valeriana diodon Boiss)

**English Name(s):** Valerian

**Parts Used**

Roots.

**Quality/Temperament**

Warm and dry in second order.

**Functions and Properties (Pharmacological Actions)**

Diaphoretic, antiperiodic, stimulant, cephalic tonic, antispasmodic, antiepileptic, anthelmintic, resolvent, deobstruent, sedative, diuretic and emmenagogue, aphrodisiac.

**Specific Action**

Deobstruent and antispasmodic for liver, cephalic tonic, diuretic.

**Medicinal Uses**

Asarun has been used as a spice as well as medicinal. It is useful in disorders of the spinal marrow and nerves - nervous debility and failing reflexes, also as hypnotic and in spastic disorders like chorea, gastric spasms etc. Nervous symptoms during menopause are well-treated by this root. It finds extensive use for women.

**Dosage**

3 to 5 g. (approximately).

مزاج: گرم و خشک

ذائقہ: تلخ

مقدار خوراک: 2 ماشا سے 5 ماشا

طبعی خواص:

1: مقوی اعصاب

2: بالوں کو لمبا کرتی ہے

3: مرگی میں۔

# افیون Papaver somniferum

**Family:** Papaveraceae

**Arabic Name(s):** Afiyun, Lubn Al Khaskhash

**Urdu Name(s):** Khashkhash, Afiyun, Afim, Doda, Afim, Jhal, Dodapost

**English Name(s):** Opium, White Poppy, Carnation Poppy

**Parts Used**

Seeds, extract, latex from the capsules.

**Quality/Temperament**

Cold in second order, moist in the first (white type seeds). Black: cold in third order and dry in second.

**Functions and Properties (Pharmacological Actions)**

Anaesthetic, sedative, hypnotic, antispasmodic, anticatarrhal, astringent, haemostatic, general pain reliever and effective against complaints of cold origin.

**Specific Action**

Anaesthetic, anodyne, narcotic, sedative.

**Medicinal Uses**

The seeds of Poppy are regarded as nutritive, demulcent and mild astringent; the capsules as astringent, somniferous, soporific, sedative and narcotic, promote talkativeness. abortion. Relieves pain after abortion and delivery. Its nutritive preparations are beneficial as cephalic and general tonic as well as aphrodisiac. Warm seeds made into paste and applied over gouty parts render useful effects and to remove pain in rheumatic affections.

**Compound Preparations**

Barsh`esha, Hab Paichish, Hab Sil, Itrifal Kabir, Itrifal Muqawwi Dimagh, Banadiq al-Bazur, Tiryaq-i-Nazla, Hab Surfah, Hab Lub al-Khashkhash, Hab Mumsik Tilai, Dawai Siyah Paichish,

**Dosage**

15 to 120 mg. (approximately).

مزاج: سرد و خشک

ذائقہ: تلخ

مقدار خوراک: مونگ کے دانے ک برابر

طبعی خواص:

1: سرد درد کے لئے

2: کمر درد

3: نیند کے لئے

4: کھانسی کے لئے

5: درد چشم کے لئے

بہمن سفید

## Centaurea behen

**Arabic Name(s):** Behman

**Urdu Name(s):** Behman, Behmen Safaid

**English Name(s):** Behen, Centaurea

**Parts Used**

Roots.

**Quality/Temperament**

Warm and dry in second order.

**Functions and Properties (Pharmacological Actions)**

Exhilarant and cardiac tonic, aphrodisiac, antifatulent, semenagogue, fattening (with comparatively less warm faculty than the red variety).

**Specific Action** Aphrodisiac, tonic and fattening

**Medicinal Uses**

Dried powder of Behen roots when taken with milk strengthen the memory. Flour made of the root is also considered nutritive, aphrodisiac and fattening. Credited to have powerful aphrodisiac properties included in several indigenous preparations particularly the exhilarants, cardiac tonic preparations.

**Dosage**

3 to 7 g. approximately.

مزاج: گرم و خشک

ذائقہ: پھکا

مقدار خوراک: 2 ماشا سے 5 ماشا

طبعی خواص:

1: مفرح

2: مقوی دل

3: مقوی باہ

## Pistacia lentiscus مصطکی

**Family:** Anacardiaceae

**Arabic Name(s):** Mistaka

**Urdu Name(s):** Mastagi, `Alik Rumi, Kundar Rumi

**English Name(s):** Mastic, Mastich

**Parts Used**

Resin.

**Quality/Temperament**

Warm and dry in second order.

**Functions and Properties (Pharmacological Actions)**

Stimulant and diuretic, tonic (restorative) for stomach and liver, carminative, demulcent, resolvent of inflammations, absorbent (of catarrh) for the internal organs, astringent, styptic, antifatulent, appetitive, aphrodisiac, tonic for urogenital organs, expectorant.

**Specific Action**

Diuretic, emmenagogue, restorative tonic, absorbent (of waste humours and catarrhs).

**Medicinal Uses**

Mastich has been used as a masticatory to sweeten the breath and to preserve teeth and gums. It has been considered carminative and astringent and its decoction is extensively employed in infantile diarrhoea. Cotton swab with Mastich in alcoholic solution introduced into carious tooth is useful in relieving toothache and to provide their temporary filling. **Dosage**

1-2 g. (approximately).



مزاج: گرم و خشک

ذائقہ: پھکا

مقدار خوراک: 1 ماشا سے 2 ماشا

طبعی خواص:

1: محلل اورام

2: مقوی معدہ

3: مقوی جگر

4: جاذب رطوبت

-----

## VITLGOCAP

اجزاء:

با بچی

بلادر

## Bloochi seeds با بچی

مزاج: گرم و خشک درجہ دوم

ذائقہ: تیز اور تلخ

مقدار: 1 ماشہ 2 ماشہ تک

طبعی خواص:

1: بواسیر

2: باضم غذا

## Marking Nut بلادر

مزاج: گرم و خشک درجہ چہارم

ذائقہ: تلخ

مقدار: 1رتی 2رتی

طبعی خواص:

1: مسخن

2: عسل بلادر مفرح

3: امراض بلغمیہ، خنازیر

4: دمہ، بوا سیر کے علاج کے لئے

#### Formula No.1

لونگ

عاقرقرحا

خلنجان

جا نفل

معجون ممسک

## لونگ Syzygium aromaticum

**Arabic Name(s):** Qaranfal

**Urdu Name(s):** Long, Qaranful

**English Name(s):** Clove

**Parts Used**

Flower buds.

**Quality/Temperament**

Warm and dry in third order.

**Functions and Properties (Pharmacological Actions)**

Alexipharmic, aromatic stimulant, cephalic, antiseptic whether administered internally or applied locally, flavouring, tonic and astringent for gums, pectoral, cardiacal, digestive adjunct to some medicines.

### Specific Action

Aromatic carminative, antiseptic, stimulan-

### Medicinal Uses

Cloves oil, the major ingredient of cloves is classed as a stimulant flavour, commonly employed as a toothache remedy that is applied topically to dental cavities as required. The oil possesses antiseptic, counter-irritant and carminative properties. The oil on external application to skin and mucous membrane exhibit irritant, rubefacient, and slightly analgesic action . Mixed with zinc oxide, it is used as a temporary anodyne dental filling and as preservative and flavouring agent in over the counter sales products.

### Compound Preparations

Jawarish Jalinus, Jawarish Shahr yaran, Khuban, Arq Amber, Neoba, Jawarish Ood Shirin, Sherbet Mawaiz, Ma'jun Supari Pak, Ma'jun Khadar, Mufarreh Kabir, Naushdaroo-i-Sada.

### Dosage

0.5-1 g., oil 0.5-1.0 ml. (approximately).

مزاج: گرم و خشک درجہ سوم

ذائقہ: تیزوتیزبو

مقدار خوراک: 1/2 ماشا روغن لونگ 1 قطرہ سے 3 قطرہ تک

طبعی خواص:

1: محلل ، محمر ،دافع تعفن

2: هاضم غذا

3: ریح غلیظ کو تحلیل کرتا ہے،

4: ہضم غذا

➤ عاقر قرحا **Chrysanthemum**  
**indicum 50g**

**Family: Compositae/Asteraceae**

**Arabic Name(s):** Nashm Abiaz, Aiyun Abqar Hindi,  
Takhun al-Jabl.

**Urdu Name(s):** Aqarqara, Bikhtar Khun, Aqarqarha

**English Name(s):** Pyrethrum

**Parts Used**

Root.

**Quality/Temperament**

Warm and dry in third order.

**Functions and Properties (Pharmacological Actions)**

Antiphlegmatic, purifier of wasted or extra malhumours from cephalic region, sialagogue (masticatory), stimulant (powerful pungent in taste), bitter, cooling, digestive, cardi tonic, astringent (to the bowels), improves taste and complexion, blood purifier, insecticide and vermifuge.

**Specific Action**

Antiphlegmatic, purifier of extra humoral contents from cephalic region (regulates semen production). Small quantities in certain formulation act as promoter of semen and thus increase number of sperms; large quantities - insecticide

**Medicinal Uses**

Pyrethrum is regarded as deobstruent, purifier of impurities especially from the cephalic region, included in electuaries and embrocations or liniments administered to improve sexual potency, especially useful for individuals having cold temperament. Also acts as deobstruent in cases of dysmenorrhea. Its use in formulations or as masticatory is effective in chorea, palsy, tetanus, chest pain and sciatica. Flowers are useful in stomatitis, in leprosy, burning sensations, urinary discharges, gleet, lumbago, in obstructive affections of brain and calculus and to remove depression.

**Dosage :** Seeds 5-7 g.

مزاج: گرم و خشک درجه دوم

ذائقہ: تیز اور تلخ

مقدار: 1 ماشہ 2 ماشہ تک

طبعی خواص:

1: بواسیر

2: هاضم غذا

## جا نفل *Myristica fragrans*

**Family:** Myristacaceae

**Arabic Name(s):** Jozbuwa, Bisbasa

**Urdu Name(s):** Jaifal, Jaiphal, Goz Buwa, Jawatri, Bisbasa

**English Name(s):** Nut-meg, Mace

**Parts Used**

Seeds.

**Quality/Temperament**

Warm and dry in second order.

**Functions and Properties (Pharmacological Actions)**

Aromatic, carminative. The oil exerts a mild irritant action on the mucous membrane of mouth and the digestive tract which induces a feeling of warmth and increases salivation. May be employed for the relief of gastric discomfort and flatulent colic and also to counteract the griping action of purgatives. in treatment of chronic inflammatory conditions, to relieve neuralgia as psychotropic and rheumatic pains. Stimulant, stomachic, astringent, aphrodisiac (its effect on the mucous membrane of urinary passages is irritative)‘

**Specific Action**

Aromatic, carminative, stomachic and antidiarrhoeal.

**Medicinal Uses**

Nutmeg is given to relieve flatulence and colic, gastro-intestinal complaints like dyspepsia, diarrhoea, nausea and vomiting. Psychological disorders like insomnia. Beneficial in neuralgia, menorrhagia, dysmenorrhoea, lumbago and rheumatism. Included in preparations to relieve cardiac debility, sexual debility and premature ejaculation.

### **Compound Preparations**

Mace: Hab Amber Momiyai, Naushdaroo-i-Sada, Ma'jun Izaraqi, Ma'jun Hara, Mufarreh Hara, Hab Mumsik Surkh, Ma'jun Seer Alvi Khan, Hab Mumsik Tilai,

### **Dosage**

Nutmeg: 500 mg.-1 g., Mace: 1 g.-3g.

## **معجون ممسک**

مزاج: گرم و خشک سوم

ذائقہ: تیز شیریں

مقدار: 1 ماشہ 2 ماشہ تک

طبعی خواص:

1: اس میں ٹینک ایسڈ ہوتا ہے قابض تاثیر ہے اس لئے کھانسی اور دمہ میں شہد میں ملا کر دیں۔۔۔۔

## **Alpinia galanga** خُلَنجَان

**Family:** Zingiberaceae Scitaminae

**Arabic Name(s):** Kholanjan

**Urdu Name(s):** Khulanjan, Khalanjan, Kalijan

**English Name(s):** Galangal, Java Galangal

**Parts Used**

Rhizomes.

**Quality/Temperament**

Warm and dry in second order.

**Functions and Properties (Pharmacological Actions)**

Aromatic stimulant, stomachic, carminative, sialagogue, masticatory, antituberculous. The drug has a slight irritant action on the mucus membrane of the stomach and produces a reflex increase in bronchial secretion.

**Specific Action**

Pectoral (especially in tuberculous conditions) and cardiacal.

**Medicinal Uses**

Galangal being effective against phlegmatic and atrabilious affections included in cardiac tonic, liver and stomach tonic preparations. As a sialagogue and to alleviate stammering it is applied over the tongue or prescribed as masticatory. As expectorant and antiphlegmatic recommended largely in asthma, bronchitis, bronchial catarrh, whooping cough and phlegmatic hoarseness.

**Compound Preparations**

Hab Jadwar, Jawarish Ood Shirin, Arq Pan, Laooq Surfah, Lubub Mo'tadil, Ma'jun Chob-Chini, Ma'jun Khadar, Jawarish Jalinus, Ma'jun Samagh, Ma'jun Muqawwi wa Mumsik, Ma'jun Sa'leb.

**Dosage**

2-3 g



مزاج: گرم و خشک درجہ دوم

ذائقہ: تیزمگر لذیذ

مقدار خوراک: 2 سے 3 ماشا تک

طبعی خواص:

1: مقوی معدہ، باضم، مقوی باہ، مخرج بلغم ہے۔

2: کھانسی، شعبی نزلہ میں مفید ہے۔

3: درد کمر، درد گردہ درد کو لنج کو نافع کرتا ہے۔

4: آواز کو صاف کرتا ہے۔

## Formula(15)

S-3

اجزا:

1. لو نگ

2. جلوتری

3. دار چینی

## 1. لو نگ

طبی خواص:

1. مقوی معدہ

2. مقوی جگر

3. کاسر ریاح

4. هاضم

5. شکم اور قولنج میں مفید ہے

6. بصارت کو تقویت دیتا ہے

مزاج:

گرم خشک 3<sup>rd</sup> order

مقدار خوراک:

1-3 ماشہ

**Eugenia caryophyllata Thunberg.**

**Eugenia aromatica Baill.**

**Family:** Myrtaceae

**Arabic Name(s):** Qaranfal

**Urdu Name(s):** Long, Qaranful

**English Name(s):** Clove

**Quality/Temperament:** Warm and dry in third order.

### Medicinal Uses

Cloves oil, the major ingredient of cloves is classed as a stimulant flavour, commonly employed as a toothache remedy that is applied topically to dental cavities as required. The oil possesses antiseptic, counter-irritant and carminative properties. Oil with particularly high content of eugenol is used in commercial production of vanillin - the source of vanilla. The oil on external application to skin and mucous membrane exhibit irritant, rubefacient, and slightly analgesic actions. Employed as local analgesic for hypersensitive dentine, cavities or exposed tooth pulps. The oil also possesses useful preservative properties. Mixed with zinc oxide, it is used as a temporary anodyne dental filling and as preservative and flavouring agent in over the counter sales products.

## 2. جلوتری

### طبی خواص:

1. مقوی معدہ

2. مقوی جگر

3. مفرح

4. رطوبت کو دور کرتی ہے

5. محرک باہ

### مزاج:

گرم خشک 2<sup>nd</sup> order

### مقدار خوراک:

1-3 ماشہ

### Myristica fragrans Houtt.

**Family:** Myristacaceae

**Arabic Name(s):** Jozbuwa, Bisbasa

**Urdu Name(s):** Jaifal, Jaiphal, Goz Buwa, Jawatri, Bisbasa

**English Name(s):** Nut-meg, Mace

**Quality/Temperament :** Warm and dry in second order.

### Medicinal Uses

Nutmeg is given to relieve flatulence and colic, gastrointestinal complaints like dyspepsia,

diarrhoea, nausea and vomiting. Psychological disorders like insomnia. Beneficial in neuralgia, menorrhagia, dysmenorrhoea, lumbago and rheumatism. Included in preparations to relieve cardiac debility, sexual debility and premature ejaculation. The oil is added in aphrodisiac embrocations. With sesamum oil useful as massage against diseases of cold origin e.g. paralysis, facial paralysis, rheumatism. Mace has been used as spice -s a traditional desiccative, useful in absorbing unwanted catarrhal wastes of thoracic region particularly of lungs. It is astringent and digestive tonic and useful in persistent diarrhoea, strengthens stomach and intestines. Due to this action it is beneficial in incontinence of urine and in serious cases, its paste is applied on the back and over the navel. It is also useful as desiccative against abnormal uterine discharges. For this purpose local application with saffron is advised. As it is an antiseptic and aromatic, therefore chewed to produce flavour in mouth. Effective against headache and migraine (which are due to abnormal cold humoral affections)

### 3. دارچینی

#### طبی خواص:

1. قابض
2. سده کھولتی ہے
3. ملطف ارواح ہے
4. مفرح
5. محلل ریح
6. کھانسی، دمہ میں مفید ہے

#### مزاج:

گرم خشک 3<sup>rd</sup> order

#### مقدار خوراک:

**Cinnamomum cassia Blume****Family:** Lauraceae**Arabic Name(s):** Qirfa, Salikha**Urdu Name(s):** Taj, Qarfa, Darchini**English Name(s):** Cinnamon**Quality/Temperament:** Warm and dry in second order.**Medicinal uses:**

Oil of cinnamon being carminative and antiseptic is prescribed in gastro-intestinal complaints such as dyspepsia and flatulence. As slightly astringent in diarrhoea and vomiting. The bark has specific action on the uterus and is given to promote parturition and to check uterine haemorrhages. It is also used as spice and as flavour in food and perfumes. Externally applied it has absorbent and stimulant action, exerts sedative action on pain sites (locally anodyne) and exhilarant action on heart and brain. On respiratory organs exerts stimulating effects and thus brings expectoration, tonifies stomach and liver and causes astringency in intestines. It is also aphrodisiac stimulant and acts as diuretic and emmenagogue. Cinnamon is used extensively for flavouring mouth and to strengthen the gums in tooth powders. To relieve cough and asthma bark is bruised in honey and given in small doses as linctus, decoction also serves this purpose. To relieve headache which is due to coldness bark is bruised in water and applied on the forehead. To bring menses, bark decoction is given under proper prescription

**Formula(16)****MB-3****اجزا:**

1. دارچینی

2. رائی

3. لونگ

# 1. دارچینی

## طبی خواص:

1. قابض
2. سده کھولتی ہے
3. ملطف ارواح ہے
4. مفرح
5. محلل ریاح
6. کھانسی، دمہ میں مفید ہے

## مزاج:

گرم خشک 3<sup>rd</sup> order

## مقدار خوراک:

1-2 ماشہ

### **Cinnamomum cassia Blume**

**Family:** Lauraceae

**Arabic Name(s):** Qirfa, Salikha

**Urdu Name(s):** Taj, Qarfa, Darchini

**English Name(s):** Cinnamon

**Quality/Temperament:** Warm and dry in second order.

### **Medicinal uses:**

Oil of cinnamon being carminative and antiseptic is prescribed in gastro-intestinal complaints such as dyspepsia and flatulence. As slightly astringent in diarrhoea and vomiting. The bark has specific action on the uterus and is given to promote parturition and to check uterine haemorrhages. It is also used as spice and as flavour in food and perfumes. Externally applied it has absorbent and stimulant action, exerts sedative action on pain sites (locally anodyne) and exhilarant action on heart and brain. On respiratory organs exerts stimulating effects and thus brings expectoration, tonifies stomach and liver and causes astringency in intestines. It is also aphrodisiac stimulant and acts as diuretic and emmenagogue. Cinnamon is used extensively for flavouring mouth and to strengthen the gums in tooth powders. To relieve cough and asthma bark is bruised in honey and given in small doses as linctus, decoction also serves this purpose.

To relieve headache which is due to coldness bark is bruised in water and applied on the forehead. To bring menses, bark decoction is given under proper prescription

## 2. رائ

### طبی خواص:

جاذب رطوبت

محلل

هاضم

مسکن درد

طحال اعظم اور امراض جلد میں مفید ہے

### مزاج:

گرم خشک 4<sup>th</sup> order

### مقدار خوراک:

1-3 ماشہ

## **Brassica juncea(L.) Czern. &Coss**

**Syn.:** Sinapis juncea Linn.

**Family:** Cruciferae

**Arabic Name(s):** Khardal Ahmar

**Urdu Name(s):** Rai, Khardal, Aahar, Jambo

**English Name(s):** Black Mustard/Yellow Mustard

**Quality/Temperament:** Warm and dry in third order/warm and dry in fourth order (Kabiruddin).

### **Medicinal uses:**

Black mustard is used in affections which are caused due to excess of cold malhumours e.g. meningitis, paralysis, palsy, rheumatism, gout, sciatica, pleurisy, pneumonia etc. The seeds are bruised into suitable vehicle (or as oil) and massaged over the thoracic region. A paste of seeds in ointment or cream is applied over the relevant parts in stomachache, painful liver, pain on the site of spleen etc. Amenorrhoea which is due to cold is treated with Sitz bath prepared with the decoction of black mustard seeds. Expressed oil is used as diet. Being resolvent and vesicant seeds made into powder and mixed with white mustard in the form of mustard flour (or as plaster) applied over ringworm, leucoderma affected regions, alopecia, gout, sciatica, urticaria, hard swelling and ulcers. Decoction of seeds is effective gargles in tongue and gums inflammations. As antiphlegmatic expectorant for stomach and to interact or rectify the poisonous affects of some poisons, about 12 grams seeds are administered as emetic in luke warm water. Oil combined with camphor form effective embrocation in muscular rheumatism and stiff neck. Leaves and green pods are taken as vegetable.

## **3. لو نڱ**

**طبی خواص:**

1. مقوی معدہ

2. مقوی جگر

3. کاسر ریاح

4. هاضم

5. شکم اور قولنج میں مفید ہے

6. بصارت کو تقویت دیتا ہے

**مزاج:**



گرم خشک 3<sup>rd</sup> order

مقدار خوراک:

1-1/3 ماشہ

**Eugenia caryophyllata Thunberg.**

**Eugenia aromatica Baill.**

**Family:** Myrtaceae

**Arabic Name(s):** Qaranfal

**Urdu Name(s):** Long, Qaranful

**English Name(s):** Clove

**Quality/Temperament:** Warm and dry in third order.

#### **Medicinal Uses**

Cloves oil, the major ingredient of cloves is classed as a stimulant flavour, commonly employed as a toothache remedy that is applied topically to dental cavities as required. The oil possesses antiseptic, counter-irritant and carminative properties. Oil with particularly high content of eugenol is used in commercial production of vanillin - the source of vanilla. The oil on external application to skin and mucous membrane exhibit irritant, rubefacient, and slightly analgesic actions. Employed as local analgesic for hypersensitive dentine, cavities or exposed tooth pulps. The oil also possesses useful preservative properties. Mixed with zinc oxide, it is used as a temporary anodyne dental filling and as preservative and flavouring agent in over the counter sales products.

## **Formula(17)**

**MS 3/5**

اجزا:

1. نوشادر

2. سونٹھ

3. تخم حنظل

4. مصبر

# **1. نوشادر**

طبی خواص:

1. امراض چشم ، امراض جلد ، امراض جگر میں مفید ہے

2. مقرر

3. مطفح

4. دافع بخار

مزاج:

گرم خشک 3<sup>rd</sup> order

مقدار خوراک:

2 تا 8 رتی

## Ammonium chloride

**Nature/Identification:** Ammonii Chloridum

**Chemical/Common Name:** Ammonium Chloride

**Arabic Name(s):** Milh-un-Nar

**Urdu Name(s):** Naushadar, Milh-un-Nar, Naushadar Qalmi

**English Name(s):** Chloride of Ammonia, Sal Ammoniac

### Quality/Temperament

Warm and dry in third order.

### Medicinal Uses

Ammonium Chloride has marked stimulating effect on the mucous membranes, increasing their secretion also on the absorbent system and on gland structures. It relieves hepatic congestion and modifies hepatic secretions, useful in cases of hepatic abscess, chronic hepatic congestion and in dropsy connected with the liver and ovarian diseases, in cirrhosis, and jaundice due to excess catarrh of the bile ducts. For hepatitis, sal-ammoniac mixed with wormwood, rubbed well in mortar with little water and administered gives relief. In biliousness due to gastric catarrh, flatulence, foetid breath etc. it is of benefit. In bronchial and vesical catarrh, pharyngitis, whooping cough etc. It is combined with glycyrrhiza and administered in recommended doses. It is also effective in desirable preparations against menstrual derangements, leucorrhoea, chronic dysentery and chronic discharges from lungs and stomach, in neuralgia, intermittent fevers, affections of glands (thyroid and liver) and spleen. It is also a useful cooling application to the head in headache, sprains, rheumatism, sciatica, erysipelas, chronic skin diseases and as dressing for bruises, blows on the eyes (black eye) and for local application in cataract. Ammonium chloride is useful for correcting metabolic alkalosis and its solutions are local irritants exert rubefacient action, in high concentrations act as vesicant.

## 2. سونٹھ

طبی خواص:

1. مقوی معدہ

2. کاسر ریاہ

3. ہاضم

4. مقوی باہ

5. قوت حافظہ کو بڑھاتی ہے۔

مزاج:

گرم 3<sup>rd</sup> order خشک 1<sup>st</sup> order

مقدار خوراک:

2 - 1 ماشہ

### **Zingiber officinale Roscoe**

**Family:** Zingiberaceae/Scitamineae

**Arabic Name(s):** Zinjbil

**Urdu Name(s):** Zinjibeel, Adrak, Sundh, Sonth

**English Name(s):** Ginger

**Quality/Temperament:** Warm in third order, dry in first.

### **Medicinal Uses**

Ginger being aromatic and pleasantly pungent is commonly used as spice and in preparation of condiments, curries, in salad, and a conserve and syrup are made from fresh ginger. Dried ginger (sonth) and fresh (adrak) both are used at large. Ginger is one of the best herbal stomachics, good for brain's retentive faculty. Ideal for patients with phlegmatic temperament. It is a useful stimulant for gastro-intestinal tract especially stomach. It has the quality of combating pains due to cold and rheumatic affections when it is burnt in any suitable oil and applied on the affected parts. Fried ginger with table salt is used as tooth powder to allay the acidity of gums and teeth. In this powder lemon juice is added and taken internally, it improves the appetite and produces agreeable sensation.

## 3. تخم حنظل

طبی خواص:

1. محلل

2. مستقط حمل

3. استسقاء، لقوہ، مرگی میں مفید ہے

مزاج:

گرم 4th order خشک 2<sup>nd</sup> order

مقدار خوراک:

2 - 1 ماشہ

### **Citrullus colocynthis (L.) Schard.**

**Syn.:** Cucumis colocynthis Linn.

**Family:** Cucurbitaceae

**Arabic Name(s):** Hanzal

**Urdu Name(s):** Hanzal, Indrain, Kharpaza Talkh, Tumma, Toh, Hanzal, Kulkushta

**English Name(s):** Colocynth.

**Quality/Temperament:** Warm and dry in third order.

#### **Medicinal Uses**

Dried pulp of the bitter fruit of colocynth is used as hydrogogue purgative for the chronic constipation which is due to liver debility or disorders, extensively employed in ascites and jaundice and in various uterine disorders particularly amenorrhoea. It drives away excess of malhumours like phlegm and atrabile therefore proves useful in biliousness, fevers (due to obstructions), intestinal parasites, hepatic, abdominal, visceral and cerebral congestion. In asthma, rheumatism, sciatica, gout, paralysis, facial paralysis, leprosy, elephantiasis, epilepsy, normal doses are given keeping an eye on the patients' response and body weight, otherwise less than minimum doses are administered which also prove useful in colic and unidentified neuralgic complications in addition to above mentioned disorders. Prescribed as vaginal suppository to procure abortion.

## 4. مصبر

## طبی خواص:

1. قبض کشاہ .
2. مقوی و معدہ جگر
3. کاصر الرياح
4. مدر حیض
5. بصارت کو تقویت دیتا ہے
6. طحال اعظم

## مزاج:

گرم خشک 2<sup>nd</sup> order

## مقدار خوراک:

1-4 رتی

## Aloe barbadensis

**Family:** Liliaceae

**Arabic Name(s):** Sibr Saqutari

**Urdu Name(s):** Ailwa, Musabbar, Airio, Airwa

**English Name(s):** Aloes

### Quality/Temperament :

Warm and dry in second order.

## Medicinal Uses

Aloe is frequently used in traditional medicine as anti-constipatory. It gets rid of the waste and obstructive matter present in cephalic, ophthalmic, and skeletal sites possible. With suitable drugs prescribed in atrabilious disorders. As stomach tonic given in very little quantities. As anthelmintic either given as enema or added with some suitable oil applied in the like manner inside the anal ring. In dysmenorrhoea its tablets are administered in prescribed doses. Its compound preparations are effective as purgative of relevant malhumours particularly cephalic, stomach and liver. Pulp with honey and turmeric is given in coughs and cold, as well as in glandular swellings. Pulp is applied to painful inflammations of the body and to chronic ulcers. Freshly expressed juice is an almost universal refrigerant application in local inflammations and as cosmetic with other suitable remedies. In inflammation of the breasts, its tubers ground with turmeric powder and applied locally gives relief. Aloe vera gel has been approved as a very effective local treatment for improving skin texture and for successfully treating chronic ulcers (when used as salve).

## Formula(18)

### Artho 3/5

اجزا:

1. مصبر

2. تدبر سفید

3. سرنجان شیرین

## 1. مصبر

طبی خواص:

1. قبض کشاہ .

2. مقوی و معدہ جگر

3. کاصر الریاح

4. مدر حیض

5. بصارت کو تقویت دیتا ہے

6. طحال اعظم

مزاج:

گرم خشک 2<sup>nd</sup> order

مقدار خوراک:

4 - 1 رتی

## Aloe barbadensis

Family: Liliaceae

Arabic Name(s): Sibr Saqutari

**Urdu Name(s):** Ailwa, Musabbar, Airio, Airwa

**English Name(s):** Aloes

**Quality/Temperament :**

Warm and dry in second order.

### **Medicinal Uses**

Aloe is frequently used in traditional medicine as anti-constipatory. It gets rid of the waste and obstructive matter present in cephalic, ophthalmic, and skeletal sites possible. With suitable drugs prescribed in atrabilious disorders. As stomach tonic given in very little quantities. As anthelmintic either given as enema or added with some suitable oil applied in the like manner inside the anal ring. In dysmenorrhoea its tablets are administered in prescribed doses. Its compound preparations are effective as purgative of relevant malhumours particularly cephalic, stomach and liver. Pulp with honey and turmeric is given in coughs and cold, as well as in glandular swellings. Pulp is applied to painful inflammations of the body and to chronic ulcers. Freshly expressed juice is an almost universal refrigerant application in local inflammations and as cosmetic with other suitable remedies. In inflammation of the breasts, its tubers ground with turmeric powder and applied locally gives relief. Aloe vera gel has been approved as a very effective local treatment for improving skin texture and for successfully treating chronic ulcers (when used as salve).

## 2. تدبیر سفید

**طبی خواص:**

استسقاء، لقوہ، مرگی میں مفید ہے

کھانسی، دمہ میں مفید ہے

مفرج بلغم اور رقیق رطوبت

**مزاج:**

گرم خشک 2<sup>nd</sup> order

**مقدار خوراک:**

2-5 ماشہ

**Operculina turpethum (Linn.) Silva Manso**

**Syn.:** Ipomoea turpethum R. Br.

**Family:** Convolvulaceae

**Arabic Name(s):** Turbud

**Urdu Name(s):** Tarbud, Nissot, Tirvi, Tejkathi

**English Name(s):** Turpeth root.

**Quality/Temperament:** Warm in second order, dry in the first

### **Medicinal Uses**

To render the body slim and thin, as purgative, use of turpeth root is considered beneficial.

Turpeth is best administered in combination with other herbal drugs, particularly beneficial in rheumatic, paralytic and epileptic affections, as purgative (of phlegmatic and bilious humours in excess) and in compound preparations as hepatic stimulant, cathartic and laxative, in melancholia, gout, dropsy, leprosy, etc. Also used in drugs recommended for painful dyspepsia with costiveness and flatulence, also in some confections used for sluggish liver and intestines.

To reduce weight and fatness this is a remedy described by traditional physicians (but not in much practice for this purpose due to its potential cathartic action). Ginger is considered as best combination to intensify its action. Ipomoea resin also manifest strong purgative and hydragogue activities.

## 3. سرنجان شیرین

**طبی خواص:**

1. مفرج بلغم

2. مسکن

3. مقوی باہ / انگیز شہوت

4. درد دور کرتی ہے

**مزاج:**

گرم خشک 2<sup>nd</sup> order

**مقدار خوراک:**

2-3 ماشہ

**Colchicum autumnale Linn. (Sweet variety)**

**Colchicum luteum Baker (Bitter variety)**

**Family:** Liliaceae

**Arabic Name(s):** Suranjan



**Urdu Name(s):** Suranjan shireen (Sweet), Suranjan Talkh (bitter)

**English Name(s):** Colchicum, Hermodactyls

**Quality/Temperament:**

Colchicum autumnale Linn. (Corms) warm and dry in second order with moistness; C. luteum Baker (Corms) warm and dry in third order.

### Medicinal Uses :

Colchicum root or tuber is used as alterative and aperient, for getting rid of cold malhumours excess through purgation. The corms in recommended doses are useful for extracting all kinds of phlegm present in any part of the body. Act as deobstruent and resolvent and allay pain in sciatica, rheumatism, arthritis and gout, as well as those nervous conditions where spasmodic attacks are diagnosed. Due to its depressant action prescribed doses are strictly followed where the corms are powdered with saffron and then applied on the swollen, inflamed and painful parts. C. luteum Baker being local irritant and emetic is mostly applied mixed after being powdered in some suitable oil (of flowers like Rosa damascena Mill.). The powdered corms if sprinkled over the wounds, promote cicatrization.

## Formula(18)

ASAR-al-TAMAT (برائے عسر الطمت)

اجزاء

1. خطائریوند

2. کشنیز

3. اسگندھ

## 1. خطائریوند

طبی خواص:

1. کاصر الریاح

2. مقوی جگر

3. سدھ کھولتی ہے

4. حیض آور

مزاج:

مركب القوه

مقدار خوراك:

1.5-2 ماشه

## **Rheum emodi Wall. ex Meissn.**

**Family:** Polygonaceae

**Arabic Name(s):** Rewand Farnasawi, Dehn al-Rawind

**Urdu Name(s):** Rewand Chini, Bekh Rebas, Tursak

**English Name(s):** Rhubarb, Rheum

**Quality/Temperament:** Compound temperament (Murakkab al Quwa).

### **MEDICINAL USES:**

The root of Rheum emodi Wall. ex Meissn. has been described as useful in removing the freckles, navus and moles, spots, ringworms etc., when bruised and mixed in vinegar and applied externally over the affected parts particularly the face. Sometimes applied to relieve local inflammations externally as well as administered systemically. In certain types of coughs, asthma and haemoptysis as well as to relieve flatulence, stomach and intestinal debility and to stop frequent motions, it is given in small doses. In diarrhoea due to indigestion, jaundice, dropsy, liver inflammations, spleen inflammation and quartan fever it is administered through various modes. It differs from other anthraquinone purgatives in that it exerts an astringent action following purgation; with small doses the astringent action predominates and it is therefore used as astringent bitter occasionally in the treatment of diarrhoea. In children's constipation, anaemic females, gouty subjects and in puerperal states it is especially recommended due to mildness of its action. In diarrhoea depending upon the presence of crude or irritating ingesta, it proves highly effective. In some forms of dyspepsia, it is a remedy of great value either alone or combined with other suitable agents.

## **2. کشنیز**

طبی خواص:

1. كاصر الرياح

2. مقوی جگر

3. مقوی باه / شهوت انگیز

4. مفرح

5. مقوی معدہ

6. مقوی دماغ

7. هاضم

مزاج:

سرد خشک 2<sup>nd</sup> order

مقدار خوراک:

5-7 ماشہ

## **Coriandrum sativum Linn.**

**Family:** Umbelliferae /Apiaceae

**Arabic Name(s):** Kuzbara, Kuzbara Baladi

**Urdu Name(s):** Dhanya, Kishneez, Dhaniya, Dhaneo

**English Name(s):** Coriander

**Quality/Temperament:** Cold and dry in second order.

### **Medicinal Uses**

Coriander is generally used in gastrointestinal complaints such as dyspepsia, flatulence, vomiting and bilious affections. Prescribed in rheumatism, neuralgia, bleeding piles. Externally the seeds are used as poultice for ulcers and carbuncles. Also effective as an eye-wash. Itrifal Kishnizi is a famous compound preparation administered to strengthen the retentive and active memory, to alleviate flatulence and headache due to gasses in the stomach, dry seeds extract in water is useful for checking diarrhoea.

## **3. اسگندہ**

طبی خواص:

1. مقوی باه

2.مرض جريان الرحم

3.رياح امراض

مزاج:

گرم خشک 3<sup>rd</sup> order

مقدار خوراک:

3-5 ماشه

## **Withania somnifera (L.) Dunal**

**Family:** Solanaceae

**Arabic Name(s):** Asghand, Joz Jandam

**Urdu Name(s):** Asgand, Asgand Shirin, Askan, Bogni Buti,

**Bhad Gand,** Lahai Baru, Baibru Bodmar

**English Name(s):** Winter Cherry, Withania

**Quality/Temperament:** Warm and dry in third order (with mucilaginous properties).

and as an effective remedy against rheumatic affections.

### **MedicinalUses**

Withania root finds extensive use in all cases of general debility, consumption, emaciation (of children and women), senile debility, rheumatism, nervous exhaustion, loss of memory, muscular energy and spermatorrhoea. It imparts energy and vigour to the body against diseases like syphilis, rheumatism, rheumatic fever etc. or from over work, and thus prevents premature decay. As nutrient, it is health restorative and the decoction of the root or its powder with milk is given to old people and for curing the sterility in women, it has to be taken for few days soon after the menstrual period. The same is effective for leucorrhoea, and to arrest bloody discharges etc. Fresh green root made into paste with water is applied to scrofulous and glandular swellings. Paste made into milk is applied to breasts to keep them in shape.

Formula no:

: بخار کے لیے

## اجوائن Trachyspermum ammi

**Syn:** Trachyspermum copticum, Carum copticum .  
Ammi copticum

**Family:** Umbelliferae/Apiaceae

**Arabic Name(s):** Nakhwah-Hindi

**Urdu Name(s):** Ajwain desi, Nankhawah, Ajwain, Jann, Sperkai

**English Name(s):** Omum, Ajowan seeds, Lovage, Bishop's weed

**Parts Used:**

Fruit (seeds) and oil.

**Quality/Temperament:**

Warm and dry in third order.

**Functions and Properties:** (Pharmacological Actions)

Carminative, digestive, calorific, resolvent, desiccative, deobstruent, deterative, appetiser, diuretic, hypotensive, vermifuge, antispasmodic, antiseptic.

**Specific Action:**

Carminative, antifatulent, desiccant for unwanted humoral contents of stomach and hypotensive.

**Medicinal Uses:**

Ajwain seeds are like Anise seeds (in action). Useful in flatulence, indigestion, colic, atonic dyspepsia, diarrhoea, cholera, hysteria, spasmodic affections of the bowels, profuse expectoration and bronchitis. The oil applied externally is useful for rheumatic and neuralgic pains,

## **Compound Preparations:**

Ma'jun Nankhawah, Arq `Ajeeb, Tiryag-i-Faruq, Jawarish Zar'uni Sada, Jawarish Safarjali Qabiz, Jawarish Shehryaran, Jawarish Mastagi Kalan, Hab Asgand, Hab Hiltit, Dawai Siyah Kabutar Wali, Ruh-e-Ajwain, Roghan Ajwain, Roghan Kalan, Safuf Dama, Safuf Muhazzil, Sherbet Sadar, Zimad Sheer Shutar, Arq Zira, Arq Faulad, Arq Hazim, Qurs Podina, Ma'jun Muqil, Ma'jun Nankhwah Mushki.

## **Dosage:**

3 to 6 g. (approximately).

## **اجزاء:**

مقدار خوراک: تین ماٹھ تا پانچ ماشہ

## **افعال و استعمال:**

ہاضم

فساد بلغم

ریاح

اپہارہ

پتھری توڑ

بانسہ

**Adhatoda vasica Nees**

**Syn.:** Justicia adhatoda Linn.

**Family:** Acanthaceae

**Arabic Name(s):** Hasheshatus-Sa'al

**Urdu Name(s):** Adusa, Bansa,Basonta, Arosa

**English Name(s):** Vasaka

**Parts Used:**

Leaf, flowers (Gulqand).

**Quality/Temperament:**

Warm and dry in first order.

**Functions and Properties:**(Pharmacological Actions)

Expectorant, antispasmodic, alterative, diuretic, germicide, antiparalytic, concoctive (for phlegm).

**Specific Action:**

Expectorant and antispasmodic.

**Medicinal Uses:**

Chiefly used as expectorant and bronchial antiseptic in chest diseases, efficacious in cough and asthma. Also regarded as of much benefit in tuberculosis. Juice of the leaves is recommended in fever and rheumatism.

**Compound Preparations:**

Sherbet Aijaz and in antitussive and blood purifier syrups.

**Dosage:**

Powder 3 g., decoction 3 to 9 ml



**مقدار خوراک:** پتے اور جڑ سفوف میں تین ماشہ جوشاندہ میں دس ماشہ تا نو ماشہ

### **افعال و استعمال:**

قاتل جراثیم

مخرج بلغم

دافع تشنج

حابس خون

دافع بخار

**خاکسی**

**Sisymbrium irio Linn.**

**Family:** Cruciferae

**Arabic Name(s):** Khubba, Jaljan, Khakshi

**Urdu Name(s):** Khaksir, Khaksi, Khub Kalan, Shaba

**English Name(s):** Hedge Mustard

**Parts Used:**

Seeds.

### **Quality/Temperament:**

Warm and moist in second order.

### **Functions and Properties: (Pharmacological Actions)**

Restorative, expectorant, stimulant, diuretic, febrifuge, anti-emetic, quenches thirst.

### **Specific Action:**

Restorative, febrifuge (disperses body heat, open the pores), antiphlogistic (reduces body heat).

### **Medicinal Uses:**

Being an effective febrifuge and antiphlogistic, Khaksir is commonly used to get rid of fevers (mostly of epidemic or contagious origin). Fried over heat the seeds are useful against persistent cough.

## **Compound Preparations:**

Sherbet Khakshi (Cough syrup)

## **Dosage:**

5 to 7 g. (approximately).

**مقدار خوراک:** پانچ ماشہ تا سات ماشہ

**افعال و استعمال:**

دافع تپ

پرانی کھانسی

چیچک

خسرہ

مسامات کو کھولتی ہے

منقہ

**Vitis vinifera Linn**

**Family:** Vitaceae

**Arabic Name(s):** Mawaiz, Qishmish, `Anb

**Urdu Name(s):** Angoor, Anb, Kishmish, Saongi

**English Name(s):** Raisin, Ripe dried Grape

## **Parts Used:**

Fruits.

## **Quality/Temperament:**

Warm and dry in first order. Kishmish (raisins): warm and moist inclined towards normal.

## **Functions and Properties: (Pharmacological Actions)**

Nutritive, concoctive, laxative, tonic, producer of (good) blood, diuretic, raw fruit is astringent, ripe is easily digested, deobstruent, resolvent, detersive, liver tonic, fattening.

## **Specific Action:**

Fattening, nutritive, tonic (cardiac).

## **Medicinal Uses:**

Grape as raw fruit is astringent and is useful in diarrhoea, whereas ripe fruit is laxative. As decoction and or infusion it is concoctive particularly when the body is under the influence of cold phlegmatic or atrabilious humours. Excess use of the fruits (ripe and dried) may cause loose motions. Extract of the greenish yellow fruits is made into syrup which exerts tonic and refrigerant effects.

## **Compound Preparations:**

Ma'jun Zabib, Itrifal Fauladi, Jawarish Zarishk, Jawarish Fawakih, Khamira Abresham Shira-i-Unnab Wala, Rub-i-Angur, Sherbet Fawakih, Laooq Mo'tadil, Ma'jun Anjir.

## **Dosage:**

Grapes as required; dried grapes 9 to 11 in numbers.

**مقدار خوراک:** دس دانہ

**افعال و استعمال:**

کثیر الغزا

ملطف

منفج

مقوی جگر

محلل اور ام

لونگ

**Syzygium aromaticum (Linn.)**

**Eugenia caryophyllata**

**Eugenia aromatica**

**Family:** Myrtaceae

**Arabic Name(s):** Qaranfal

**Urdu Name(s):** Long, Qaranful

**English Name(s):** Clove

**Parts Used:**

Flower buds.

**Quality/Temperament:**

Warm and dry in third order.

**Functions and Properties: (Pharmacological Actions)**

Alexipharmic, aromatic stimulant, cephalic, antiseptic whether administered internally or applied locally, flavouring, tonic and astringent for gums, pectoral, cardiacal, digestive adjunct to some medicines.

**Specific Action:**

Aromatic carminative, antiseptic, stimulant.

**Medicinal Uses:**

Cloves oil, the major ingredient of cloves is classed as a stimulant flavour, commonly employed as a toothache remedy that is applied topically to dental cavities as required. The oil possesses antiseptic, counter-irritant and carminative properties. The oil on external application to skin and mucous membrane exhibit irritant, rubefacient, and slightly analgesic.

## **Compound Preparations:**

Jawarish Jalinus, Jawarish Shahr yaran, Khuban, Arq Amber, Neoba, Jawarish Ood Shirin, Sherbet Mawaiz, Ma'jun Supari Pak, Ma'jun Khadar, Mufarreh Kabir, Naushdaroo-i-Sada.

## **Dosage:**

0.5-1 g., oil 0.5-1.0 ml. (approximately)

**مقدار خوراک:** نصف ماشه تا ایک ماشه روغن لونگ ایک قطرہ تا تین قطرہ

## **افعال و استعمال:**

بیرونی طور پر

محلل

محمّر

دافع تعفن

اندرونی طور پر

مفرح

مقوی قلب و دماغ

مسخن

دارچینی

**Cinnamomum cassia Blume**

**Family:** Lauraceae

**Arabic Name(s):** Qirfa, Salikha

**Urdu Name(s):** Taj, Qarfa, Darchini

**English Name(s):** Cinnamon

**Parts Used:**

Bark and essential oil

**Quality/Temperament:**

Warm and dry in second order.

**Functions and Properties: (Pharmacological Actions)**

Aromatic, carminative, antispasmodic, stimulant, haemostatic, astringent, antiseptic, demulcent, refrigerant

**Specific Action:**

Carminative and aphrodisiac.

**Medicinal Uses:**

Oil of cinnamon being carminative and antiseptic is prescribed in gastro-intestinal complaints such as dyspepsia and flatulence. As slightly astringent in diarrhoea and vomiting. The bark has specific action on the uterus and is given to promote parturition and to check uterine haemorrhages. It is also used as spice and as flavour in food and perfumes.



## **Compound Preparations:**

Jawarish Ood Shirin, Hab-e-Amber Momiyaie, Dawaul Misk  
Mo'tadil Jawahardar (C. officinalis), Jawarish Tamar Hindi, Jawarish  
Jalinus, Jawarsih Zanjbil, Jawarish Shehr Yaran, Jawarish, Filafili,  
Jawarish Fawakih, Jawarish Kamuni Akbar, Jawarish Kamuni Mushil,  
Jawarish Mastagi Kalan, Ayarij Fiqra, Hab Saqmuniya, Hab Mumsik  
Surkh, Jawarish Kamuni Kabir, Safuf Basbasa, Safuf Shirin, Safuf  
Muhazzil, Lubub Saghir, Lubub Kabir, Lubub Mo'tadil, Ma'jun Talkh,  
Ma'jun Jalali, Ma'jun Jiryan Khas, Ma'jun Jalinus Lului, Ma'jun Chob  
Chini, Ma'jun Supari Pak, Ma'jun Ser Alvi Khan, Ma'jun Ushba, Ma'jun  
Filasfa, Mufarreh Kabir.

## **Dosage:**

2 to 3 g.

**مقدار خوراک:** ایک تا دو ماشہ

**افعال و استعمال:**

قابض

ملطف ارواح

محلل ریاح

مفرح

تقویت باہ

بنفشہ

**Viola odorata Linn**

**Syn.:** Viola indica Becker

**Family:** Violaceae

**Arabic Name(s):** Banafsaj

**Urdu Name(s):** Banafsha, Farfir, Banafsho

**English Name(s):** Violet Herb, Viola, Violet Flowers

**Parts Used:**

Flowers and leaves.

**Quality/Temperament:**

Cold and moist in first order.

**Functions and Properties: (Pharmacological Actions)**

Pectoral, antipyretic, diaphoretic, diuretic, astringent, aperient, demulcent, emetic.

**Specific Action:**

Aperient (i.e. mild laxative) and pectoral.

**Medicinal Uses:**

Flowers of *Viola odorata* Linn. as emollient and demulcent, used in biliousness and lung troubles. Petals made into syrup used as remedy for infantile disorders. The overall activity of plant includes its action as antipyretic, diaphoretic and febrifuge. It is used to neutralize the excessive biliousness, counteracting the fevers, quenching the thirst and lessening blood heat.

## **Compound Preparations:**

Sherbet Banafsha, Joshanda, Itrifal Zamani, Roghan Banafsha, Hab Banafsha, Sherbet Arzani, Sherbet Mushil, Sherbet Mulayyin, Khamira Banafsha, Joshina, Laooq Sapistan Khiyar Shambari, Ma'jun Sana, Muffareh Mo'tadil

## **Dosage:**

5 to 7 g.

**مقدار خوارک:** پانچ ماشہ تا سات ماشہ

## **افعال و استعمال:**

ملطف

ملین حلق و سینہ

ملین شکم

مرطب و منوم

قے آور

**گاوزبان** **Borago officinalis Linn**

**Syn.:** Trochodesma hirsutum Edgew; Borago indica Linn.

**Family:** Boraginaceae

**Arabic Name(s):** Saqil-Hammam, Lisan al-Thawr

**Urdu Name(s):** Gaozaban, Lisan al-Thawr

**English Name(s):** Borage, Vipers bugloss

**Parts Used:**

Leaves, flowers

## **Quality/Temperament:**

Warm and moist in first order (flowers).

## **Functions and Properties: (Pharmacological Actions)**

Demulcent, diuretic, antispasmodic, alexipharmic, antipyretic (alterative), tonic, aphrodisiac, reduces irritation of the mucous membranes, reduce fever and is beneficial in chest ailments (pectoral).

## **Specific Action:**

Demulcent, tonic, alterative.

## **Medicinal Uses:**

Gaozaban is generally prescribed in cases of bronchitis and asthma, useful as a spasmolytic, and to relieve palpitation due to abnormal cardiac function. Recommended in complaints of urinary passages such as gonorrhoea and syphilis. Much prescribed as tonic in decoction (one ounce in a pint of water) in rheumatism, syphilis, leprosy, hypochondriasis and kidney ailments.

## **Compound Preparations:**

Khamira Gaozaban, Khamira Abresham Sada, Dawaul Misk Mo'tadil, Bershe'sha, Tariyaq-i-Samania, Jawarish Amla Ambari Ba Nuskha Kalan, Jawarish Jalinus, Jawarish Zar'uni Sada, Jawarish Zar'uni Ambari Ba Nuskha Kalan, Jawarish Safarjali Qabiz, Jawarish Shahinshahi Ambareen, Jawarish Shehryaran, Jawarish Ood Shirin, Jawarish Mastagi Kalan, Khamira Abresham Shira Unnabwala, Dawaul Misk Har Sada, Rub-e-Angur, Rub-e-Bihi, Rub-e-Toot Siyah.

## **Dosage:**

Leaves 5-7 g., flowers 3-5 g. (approximately).

**مقدار خوراک:** پانچ تا سات ماشہ گل گاؤزبان تین تا پانچ ماشہ

## **افعال و استعمال:**

مفرح

مقوی اعضاء

ملین طبع

منفث بلغم

مسکن پیاس

گلو

**Tinospora cordifolia**

**Miers.**

**Syn.:** Cocculus cordifolius DC.

**Family:** Menispermaceae

**Arabic Name(s):** Zet al-Roomi, Zet al-Butani

**Urdu Name(s):** Gilu, Sat Gilo, Giluncha

**English Name(s):** Tinospora

**Parts Used:**

Stem.

## **Quality/Temperament:**

Warm and dry in first order.

## **Functions and Properties: (Pharmacological Actions)**

Stomachic, bitter tonic, antispasmodic, antipyretic (antiperiodic), anti-inflammatory, blood purifier and alterative.

Root possess emetic activity, and dried powdered fruit (with honey or ghee) as tonic.

### **Specific Action:**

Alterative (antipyretic), general tonic, blood purifier.

### **Medicinal Uses:**

Watery extract of the plant is used as febrifuge. An infusion and aqueous extract (Sat-Gilo) prepared from the dry stem and root is useful tonic in debilitating conditions, intermittent fevers and dyspepsia. Decoction of leaves is used for treating gout. Dried powdered fruit with ghee or honey used as tonic, in the treatment of jaundice and rheumatism. Root is powerful emetic and used for visceral obstructions, its water extract is useful in leprosy.

### **Compound Preparations:**

Hab Masihi, Hab-Tap-Balghami, Hab-e-Humma, Hab-Diqul- Atfal, Dawai-Sandal, Safuf Fauladi, Safuf Musaffi Khas, Safuf Kushta Qalai, Arq Gilo, Arq Maul Lahm Mako Kasniwala, Arq Hara Bhara, Qurs Humma Jadid, Laooq Maseehi.

### **Dosage:**

2-24 g., dry extract (Sat gilv): 0.5-1.0 g. (approximately)

**مقدار خوراک:** لکڑی ایک تولہ تا دو تولہ آب گلو دو تا تین تولہ

**افعال و استعمال:**

مقوی

قابض

دافع تپ

تپ دق

مُدّر بول

**اجمود Apium graveolens Linn.**

**Family:** Umbelliferae / Apiaceae

**Arabic Name(s):** Krafs

**Urdu Name(s):** Krafs, Krafs rumi, Ajmud, Ajmoda, Fatrasaliyun  
Waljan

**English Name(s):** Celery/Wild Celery



## **Parts Used:**

Seeds

## **Quality/Temperament:**

Warm and dry in second order.

## **Functions and Properties: (Pharmacological Actions)**

Carminative, deobstruent, diaphoretic, appetitive, antiphlegmatic, lithontriptic, diuretic, emmenagogue, ecboic, anthelmintic.

## **Specific Action:**

Antiphlegmatic (useful in phlegmatic disorders) and disorders of cold origin.

## **Medicinal Uses:**

Administered in amenorrhoea, urinary discharges, fever with cough, rheumatism, chest pains and inflammations, effective in nasal catarrh and anasarca. These are also given as carminative, stimulant and cordial. As antispasmodic prescribed in bronchitis, asthma, and to some extent for liver obstructions, intestinal debility and spleen disorders. To get rid of kidney and bladder obstructions, fat deposition and stones it is administered with other suitable articles. suppository well dipped in oil and kept into the vaginal canal (a bit deeper) is said to cause abortion.

## **Compound Preparations:**

Jawarish Filafali, Ma'jun Kraf, Tiryag-i-Masana, Jawarish Filafali, Roghan Kalan, Safuf Qinnab, Safuf Namak Sulaimani, Sherbet Bazuri Har, Sherbet Kaknaj, Ma'jun Murraweh ul-Arwah, Muffareh Kabir.

## **Dosage:**

Seeds 3-5 g., root 5-7 g.

**مقدار خوراک:** تخم کرفس تین سے پانچ ماشہ بیخ کرفس پانچ سے سات ماشہ

**افعال و استعمال:**

کاسر ریاح

مشتہی

درد پشت

درد پہلو

بلغمی کھانسی

زنجبیل

**Zingiber officinale**

**Roscoe**

**Family:** Zingiberaceae/Scitamineae

**Arabic Name(s):** Zinjbil

**Urdu Name(s):** Zinjibeel, Adrak, Sundh, Sonth

**English Name(s):** Ginger

**Parts Used:**

Rhizomes

**Quality/Temperament:**

Warm in third order, dry in first.

**Functions and Properties: (Pharmacological Actions)**

Aromatic stimulant, digestive, carminative and antifatulent, appetite, laxative, sialagogue, externally a local stimulant and rubefacient, cordial, corrective adjunct to purgatives to prevent nausea and griping, antirheumatic (when used in prescribed quantity for recommended duration). Fresh juice is regarded as a strong diuretic.

**Specific Action:**

Carminative and digestive.

## **Medicinal Uses:**

Ginger being aromatic and pleasantly pungent is commonly used as spice and in preparation of condiments, curries, in salad, and a conserve and syrup are made from fresh ginger. Dried ginger (sonth) and fresh (adrak) both are used at large. Ginger is one of the best herbal stomachics, good for brain's retentive faculty. Ideal for patients with phlegmatic temperament. It is a useful stimulant for gastro-intestinal tract especially stomach. It has the quality of combating pains due to cold and rheumatic affections when it is burnt in any suitable oil and applied on the affected parts.

## **Compound Preparations:**

Jawarish Zinjabeel, Safuf Hazim, Itrifal Kabir, Jawarish Basbasa, Jawarish Kamuni Mushil, Hab Tursh Mushtahi, Hab Haltit, Hab Gul Pista, Roghan Gul Akh, Safuf Basbasa, Safuf Shirin, Safuf Qinnab, Sunun Kalan, Sherbet Zanjbil, Sherbet Nankhwah, Zimad Jalinus, Arq Pan, Arq Faulad, Qurs Podina, Qurs Mushil, Kuhl Roshnai, Lubub Kabir, Murabba-i-Adrak (Murabba-i-Zanjbil), Ma'jun Izaraqi, Ma'jun Baladur, Ma'jun Khubs al-Hadid, Ma'jun Zanjbil, Ma'jun Finjnosh, Ma'jun Kalkalanj, Ma'jun Mushil Pak, Ma'jun Nisyan, Muffareh Kabir, Muffareh Mo'tadil, Lahmina, Supari Pak, Hab-Amber Momiyaie.

## **Dosage:**

1 to 3 g. (approximately)

**مقدار خوراک:** ایک ماشہ تا دو ماشہ

**افعال و استعمال:**

ہاضم

کاسر ریاح

مقوی باہ

قوت حافظہ

بلغمی مزاج

ہلدی

**Curcuma longa**

**Linn.**

**Family:** Zingiberaceae / Scitaminaceae

**Arabic Name(s):** Kurkum, `Aruq as-Suff

**Urdu Name(s):** Haladi, Zard-Choli

**English Name(s):** Turmeric

**Parts Used:**

Rhizome

**Quality/Temperament:**

Warm and dry in third order.

**Functions and Properties: (Pharmacological Actions)**

Deobstruent alterative anti-inflammatory, antiseptic, cicatrizing and vulnerary, colouring agent, vasodilator. Externally anti-inflammatory, analgesic, vulnerary and cicatrizing, preventive in several internal and external disorders of catarrhal or bleeding type as well as against accidental shocks, wounds and bruises. Expectorant, cosmetic, blood purifier.

**Specific Action:**

Internally as alterative and deobstruent, externally antiseptic, cicatrizing, analgesic and vulnerary.

**Medicinal Uses:**

Turmeric is regarded as traditionally effective remedy for expectoration of phlegm in whooping cough, asthma and bronchitis. As detergent and cosmetic applied in beautifying cream or poultices (as Ubtan) and to relieve scabies and

irritation due to excess phlegmatic humours in the blood. As blood purifier administered in powders or infusion to relief chronic skin disorders. Being effective deobstruent administered in obstructive jaundice and dropsy.

### **Compound Preparations:**

Basliqun Kabir, Hab-i-Haldi, Hab Narkachur, Sunun Zard, Marham Jadwar, Roghan Surkh.

### **Dosage:**

1-3 g. (approximately).

**مقدار خوراک:** ایک تا تین ماشہ

**افعال و استعمال:**

محلل اور ام

مسکن

مصفی خون

یرقان

زہر کو ختم کرتی ہے

**Formula no:**

**Ear infection**

**کیکر پھول**      **Prosopis juliflora**

**Family:** Mimosaceae

**Arabic Name(s):** Ghaaf, Miskeet

**Urdu Name(s):** Kandi, Vilayati Kikar, Jhand, Kandi, Jand

**English Name(s):** Velvet Mesquite

**Parts Used:**

Pods and leaves, bark.

**Quality/Temperament:**

Cold and dry in first order.

**Functions and Properties: (Pharmacological Actions)**

Cathartic, discutient, emetic, astringent, desiccant, cooling.

**Specific Actions:**

Externally applied as antifungal and antiviral agent.

**Medicinal Uses:**

The leaves of Velvet Mesquite are externally employed to treat open sores on the skin, as well as antibacterial, antifungal and antiviral. The bark and seeds used to treat bronchitis, laryngitis, and pharyngitis, while leaves have been used as folk remedy to treat eyes inflammation, catarrh, abscessed teeth, cold, flu, headache, stomachache and diarrhoea. Leaves and pods in the days of famines are made into flour to consume as food.

**Dosage:**

5-7 g. approximately.

**مقدار خوراک:** پانچ سے سات ماشہ

**افعال و استعمال:**

قابض

مجفف

مبرد

اسہال اطفال

سیلان الرحم

سرسوں کا تیل

**(Brassica juncea)**

**افعال و استعمال:**

مقوی بدن

گرمی اور تری فراہم کرتا ہے

مالش میں استعمال ہوتا ہے

گھی کی جگہ استعمال کرتے ہیں

دوا میں ملا کر خارش کے لیے استعمال کرتے ہیں

**Formula no:**

**Appendix hernia:**

رسونت

**Berberis aristata DC.**

**B. lycium Royle**

**B. asiatica Roxb.**



**Family:** Berberidaceae

**Arabic Name(s):** Hazaz, Aqdit Rih, Sagraitil-Hawa

**Urdu Name(s):** Rasaut, Zarishk, Amber Baris, Darhald

**English Name(s):** Berberry

**Parts Used:**

Fruit, bark, flower

## **Quality/Temperament:**

Warm and dry in second order.

## **Functions and Properties: (Pharmacological Actions)**

Antibilious, cholagogue, antiperiodic, alterative, febrifuge, stomachic tonic, emollient. As diaphoretic and antiperiodic almost equal to quinine (and cinchona). Berberine found in various species of Berberis is known to be effective in amoebiasis and cholera and as anti-infective treatment in diarrhoea.

## **Specific Action:**

Alterative, antibilious, febrifuge, antiperiodic, antidiarrhoeal, anti-infective, appetitive.

## **Medicinal Uses:**

The most useful part of the plant is root (and stem) from which extract called 'rasaut' is employed frequently as a remedy in ophthalmia and stomach disorders. Herb is a bitter yielding berberine and is best administered as febrifuge against bilious fevers, promoting digestion and acting as an aperient. It is particularly useful against ague and remittent fevers. Tincture is valuable in periodic neuralgia, in enlargement of liver and spleen and is recommended in fevers accompanied by bilious symptoms and diarrhoea.

## **Compound Preparations:**

Hab Rasaut, Hab Bawasir, Jawarish Zarishk, Dawaul Misk, Jawarish Amla Lului, Jawarish Shahanshahi Ambareen, Masihul Mulkwali, Sherbet Fawakih, Hab Bawasir Khuni, Jawarish Fawakih, Dawaul Misk Har Sada, Safuf Tabashir, Safuf Namak Shaikhur Rais, Qurs Zarishk, Mufarreh Azam, Mufarreh Barid Sada, Mufarreh Dilkusha, Mufarreh Yaquti Mo'tadil, Hab Musaffi Khun, Hab Narkachur, Safuf Habis, Safuf Khas, Zimad Bawasir, Qutur Siyah, Murakkabi.

## **Dosage:**

1-2 g

**مقدار خوراک:** نصف ماشہ تا ایک ماشہ

### **افعال و استعمال:**

مصفی خون

دافع بخار

قابض

خونی بواسیر

یرقان

پنیر

### **افعال و استعمال:**

مقوی غذا

گوشت کا نیم البدل

مقوی معدہ

مقوی گردہ

خلط صالح پیدا کرتا ہے

مغذ ارنڈ

**Ricinus communis**

**Family:** Euphorbiaceae

**Arabic Name(s):** Bed-Anjeer, Bazr Kharii, Khuru

**Urdu Name(s):** Arand, Arandae, Arandai, Hiran Jo-wann,  
Murpad, Harnoli, Murghpad, Bed Anjir

**English Name(s):** Castor, Castor oil Plant

## **Parts Used:**

Oil, seeds, leaves.

## **Quality/Temperament:**

Warm and dry in second order.

## **Functions and Properties: (Pharmacological Actions)**

The oil (castor oil) is non-irritant purgative, stimulates intestines and muscles to cause purgation. Seeds are counter-irritant, leaves are galactagogue. Frequently referred as expectorant, effective against malhumours of cold origin. Resolvent of inflammations.

## **Specific Action:**

Non-irritant purgative of cold malhumours, resolvent.

## **Medicinal Uses:**

The Oil: Expectorant (and laxative), resolvent of hard inflammations, sedative, purgative. Leaves: Galactagogue, emmenagogue, vulnerary in boils. Seeds: Resolvent, deterrent and counter-irritant, purgative, emmenagogue, anthelmintic. The oil in every age and in most conditions is an effective and safe purgative, useful against muscular rheumatism, paralysis, tremors, asthma, cough, colicky pains, and dropsy. Administered in constipation as single dose as well as in phlegmatic complaints. It is also given as enema. Its safety is increased when given with a minimum quantity of *Papaver somniferum* Linn. dried latex (afiyun) or with Acacia gum extract.

## **Compound Preparations:**

Itrifal Zamani, Hab Dabba Atfal, Halwa-i-Supari Pak, Roghan Arandi, Roghan Kalan, Zimad Sheer Shutr, Marham Atishak, Marham Dakhliyun, Ma'jun Bawasir, Ma'jun Suranjan

## Dosage:

Seeds 3 to 5 g., oil 23 ml. to 50 ml

مقدار خوراک: پانچ دانہ تک، برگ ارنڈ سات ماشہ سے ایک تولہ تک

## افعال و استعمال:

مخرج بلغم

دمہ

کھانسی

لقوہ

فالج

گڑ پرانا

مقدار خوراک: چار تولہ سے چھ تولہ

## افعال و استعمال:

مسمن بدن

ملین طبع

دافع تعفن

کھانسی

دمہ

Formula no:

Feet bi

ملٹھی

**Glycyrrhiza**  
**glabra**

**Family:** Papilionaceae

**Arabic Name(s):** Aruq al Misri, Aruq as Soos, Asl al-Soos

**Urdu Name(s):** Mulaithi, Asalas-soos, Khoga Waley, Mithi  
Kaathi, Malkhuzgi, Malkhuzi, Khwazha, Malkhuzigi

**English Name(s):** Liquorice, Glycyrrhiza

**Parts Used:**

Roots



## **Quality/Temperament:**

Warm and dry in first order.

## **Functions and Properties: (Pharmacological Actions)**

Cooling, demulcent, expectorant, diuretic, sedative, gentle laxative, concoctive, local stimulant, anti-inflammatory.

## **Specific Action:**

Expectorant.

## **Medicinal Uses:**

The root of Glycyrrhiza is considered as hot and dry, suppurative, demulcent and lenitive, relieving thirst and cough and removing unhealthy humours, also diuretic and emmenagogue, useful in asthma and irritable conditions of the bronchial passages.

Reputed for hoarseness of voice in Unani medicine for centuries in asthma, irritation of the larynx - largely employed for relieving sore throat. It is much used for flavouring medicinal decoctions and as base for pills.

## **Compound Preparations:**

Sherbet A`ijaz, L`aoq Sapistan, Itrifal Mundi, Banadiqal-Bazur, Tiryah-i-Masana, Hab Awaz Kusha, Hab Maghz Badam, Dawai Sandal, Safuf Lodh, Safuf Longa, Sherbet Faryad Ras, Laoq Bihdana, Laoq Nazla, Laoq Amaltas.

## **Dosage:**

3 to 6 g.

**مقدار خوراک:** تین ماشہ تا چھ ماشہ

**افعال و استعمال:**

مسکن

ملین

مخرج بلخم

محلل

سوزش معده

آمله

## **Phyllanthus emblica Linn.**

**Syn.:** Emblica officinalis Gaertn

**Family:** Euphorbiaceae

**Arabic Name(s):** Amlaj

**Urdu name(s):** Amla, Aaonwala, Ambla, Anura

**English Name(s):** Emblic myroblan, Indian gooseberry

**Parts Used:**

Fruit

**Quality/Temperament:**

Cold in first order, dry in second order.

**Functions and Properties: (Pharmacological Actions)**

Generally the fruit is carminative and stomachic. Fresh fruit is refrigerant, diuretic and laxative, useful in chronic constipation. Dried fruit is stomachic, astringent, antidiarrhoeal. Flowers are cooling and aperient, bark is astringent. It is also regarded as cardiac tonic and hepatoprotective due to vitamin C contents as well as antibilious.

**Specific Action:**

Carminative, diuretic and antiseptic.

**Medicinal Uses:**

Fresh (green) fruits of Phyllanthus emblica Linn. are made into pickles and preserves to stimulate appetite. Effective against

palpitation, scurvy, cardiac and stomach debility, for biliousness and blood heat. Its compound preparations (like Jawarish Amla) are effective against tachycardia and liver dysfunction. Dried fruit is useful in diarrhoea and dysentery (with other myrobalans is useful in chronic diarrhoea and biliousness), in habitual constipation a pleasant purgative and of much benefit in palpitation associated with digestive complaints including flatulence, anorexia, dyspepsia etc.

### **Compound Preparations:**

Jawarish Amla, Jawarish Shahi, Itrifal Ustukhudus, Itrifal Aftimun, Itrifal Deedan, Itrifal Zamani, Itrifal Sanai, Itrifal Shahtara, Itrifal Saghir, Itrifal Ghudaddi, Itrifal Fauladi, Itrifal

Kabir, Itrifal Kishmishi, Itrifal Muqil, Itrifal Muqawi Dimagh, Itrifal Mulayyin, Itrifal Mundi, Anoshdaru, Safuf Hazim.

**Dosage:**

3 to 10 g.

**مقدار خوراک:** تین سے پانچ ماشہ تک

**افعال و استعمال:**

قابض

مفرح

ملین

بواسیر

مسکن صفرا و خون

**صدف**

**Pearl**

**Nature/Identification:** Ostrea gigas Thunberg (Ostrea edulis L.)

**Family:** Ostreidae, Mollusca

**Chemical/Common Name:** Carbonate and oxide of lime

contains

calcium carbonate, phosphate, sulphate of  
calcium and magnesium, oxide of iron, alumina  
and silica etc

**Arabic Name(s):** Lulu

**Urdu Name(s):** Marwarid/Moti

**English Name(s):** Pearls/Common Oyster Shells

**Description:**

The Bivalve mollusc in which pearls are found is a semi- circular shell within which shell-fish is found which produces natural pearls of variable textures and colours. Small size pearls and shells are used in traditional medicine. Pearls are calcined or turned into ash for medicinal use.

**Quality/Temperament:**

Balanced/cold and dry in second order.

**Pharmacological Actions:**

- (i) The pearls are exhilarant, tonic for vital organs, astringent, deterative, ophthalmic tonic, haemostatic, aphrodisiac.
- (ii) The bivalves are demulcent, stomachic, digestive, stimulant, cardiac tonic, aphrodisiac, laxative, sedative, nutritive (the shell and flesh found inside is acrid).

**Medicinal Uses:**

Ash of pearls and shell is used as antacid in dyspepsia, abdominal tumours, liver and spleen enlargements, loss of appetite, cough, phthisis, and asthma, given twice daily in recommended doses with honey. Used in low fever, burning sensation in the eyes, reduces yellowish tinge of eyes when administered as collyrium and internally proves effective against pale urine due to low fever, checks burning sensation during micturition, and is also beneficial as cerebral tonic in nervous complaints like chronic headache, epilepsy, convulsive attacks etc. In piles, leucorrhoea, spermatorrhoea and impotence; with other suitable ingredients it is given in diabetes, seminal weakness, biliousness and to strengthen cardiac muscles. As

an effective astringent and haemostatic given to relieve excessive bleeding in menstruation and to stop bloody diarrhoea.

### **Compound Preparations:**

Khamira Marwarid, Tutiya-i-Kabir, Jawarish Amla Ambari Ba Nuskha Kalan, Jawahar Mohra, Hab Jawahar, Hab Ambar, Momiyai, Khamira Abresham Hakim Arshad wala, Marwarid Sayyal, Ma'jun Kalan, Ma'jun Murawweh ul-Arwah, Ma'jun Momiyai, Ma'jun Nishara-i-Ajwali, Mufarreh Azam, Mufarreh Buqrat, Mufarreh Shaikh ul-Rais, Mufarreh Yaquti Mo'tadil, Naushdaroo-i-Lului.

## **Dosage:**

Up to 60 mg.

**مقدار خوراک:** ایک ماشہ

**افعال و استعمال:**

روح کو لطیف کرتی ہے

نافع امراض چشم

مسوڑوں کو قوی کرتا ہے

سیلان خون کو روکتی ہے

کثرت حیض اور نکسیر کو بند کرتی ہے

1. The study of biochemical & physiological effect of drugs and their mechanism of action is called  
a) Pharmacokinetics      b) Pharmacodynamics      c) Pharmacognosy      d) Pharmacy
2. Which one non-official compendia compendia.  
a) British pharmacopoeia      b) British National Formulary      c) VSP Dispensing information  
d) American Hospital Formulary services.
3. Solid preparation for insertion into rectum.  
a) Suppositories      b) Enemas      c) Capsules  
d) Ampules
4. Which one is catalysis during signal transduction of drugs.  
a) Tyrosine kinases      b) Phospholipase      c) Adenyle cyclase  
d) Phosphotidyle Inositol 3.kinase
5. A drug that produces some of the effects of endogenous compounds when it interacts with receptor is called

- a) Agonist                                      b) Antagonist                                      c) Competitive antagonist
  - d) affinity
6. The ability of the drug to bind its receptors
- a) Agonist                                      b) Antagonist                                      c) Competitive antagonist
  - d) Affinity
7. Dilation of pupil done through\_\_\_\_\_ Nervous system
- a) Parasympathatic                          b) Motor system                                  c) Sympathatic
  - d) Sensory
8. Nicotinic effects on
- a) ANS    b) PNS    c) Muscrinic receptor
  - d) Ganglion
9. Main chemical constituent of Areca catechu is
- a) Fat    b) Tannins                                         c) Starch
  - d) Alkaoids
10. Which one is chemical constituent of Pilocarpus jaborandi
- a) Pilocarpine                                b) Guvaeoline                                    c) Arecoline
  - d) Starch
11. The main elimination half life of Pilocarpus jaborandi
- a) 0.76hrs                                      b) 1.35hrs                                         c) 1.25hrs
  - d) 0.80hrs
12. Family name of Atropa belladonna
- a) Lilliacae                                    b) Apocynaceae                                 c) Solanaceae
  - d) Canabinaceae
13. Which one is the main constituent of Atropa belladonna
- a) Guvaeoline                                b) Atropine                                        c) Limonene
  - d) Pilocarpine
14. Which one drug is used as phosphorus poisoning antidote
- a) Atropa belladonna                        b) Pilocarpus jaborandi                        c) Hyoscymus niger
  - d) Rauwalfia serpentine



15. Which one drug is competitively inhibiting the Acetylcholine neurotransmitter
  - a) *Pilocarpus jaborandi*
  - b) *Atropa belladonna*
  - c) *Hyoscyamus niger*
  - d) *Valeriana officinalis*
16. Which one drug is the antispasmodic effects on the GIT & Urinary tract
  - a) *Hyoscyamus niger*
  - b) *Aloe barbadensis*
  - c) *Allium sativum*
  - d) *Cannabis indica*
17. Which one is beta blocker drug
  - a) *Rauwolfia serpentina*
  - b) *Withania somnifera*
  - c) *Valeriana officinalis*
  - d) *Aloe barbadensis*
18. Which one is anti-inflammatory drug
  - a) Turmeric
  - b) *Atropa belladonna*
  - c) *Valeriana officinalis*
  - d) *Ginkgo biloba*
19. Which one is chemical constituent of *Curcuma longa*
  - a) Zingiberene
  - b) Atropine
  - c) Limonene
  - d) Glycyrrhizine
20. Which one is antispasmodic drug
  - a) *Atropa belladonna*
  - b) *Glycyrrhiza glabra*
  - c) *Withania somnifera*
  - d) *Euphorbia humifusa*
21. Which one drug is antimicrobial
  - a) *Glycyrrhiza glabra*
  - b) *Valeriana officinalis*
  - c) *Ephedra vulgaris*
  - d) *Allium sativum*
22. Excretion of chyle in urine is called
  - a) Haematuria
  - b) Oliguria
  - c) Chyluria
  - d) Dysuria
23. Which one is antidiarrheal drug
  - a) *Allium sativa*
  - b) *Cannabis indica*
  - c) *Berberis vulgaris*
  - d) *Cannabis sativum*
24. Which one is antiemetic drug
  - a) *Zingiber officinalis*
  - b) *Atropa belladonna*
  - c) Turmeric

- d) Pilocarpus jaborandi
25. Which one is CNS stimulant drug
  - a) Caffeine
  - b) Aloe barbadensis
  - c) Berberis vulgaris
  - d) Allium sativum
26. Digitalis drug use for the treatment of
  - a) Respiratory system
  - b) CVS
  - c) CNS
  - d) Urinary system
27. Which one is antitussive drug
  - a) Digitalis
  - b) Atropa belladonna
  - c) Glycyrrhiza glabra
  - d) Valeriana officinalis
28. Which one diuretic drug
  - a) Allium sativum
  - b) Ephedra vulgaris
  - c) Fennel
  - d) Hyoscyamus niger
29. Which one drug is used for the treatment of CHF
  - a) Digitalis
  - b) Ephedra sinica
  - c) Fennel
  - d) Areca catechu
30. Which one drug is carminative
  - a) Mentha piperita
  - b) Hyoscyamus niger
  - c) Ephedra vulgaris
  - d) Aloe barbadensis
31. Which one drug is bronchodilator
  - a) Ephedra vulgaris
  - b) Atropa belladonna
  - c) Fennel
  - d) Hyoscyamus niger
32. Curcuma longa is used in treatment of
  - a) Liver diseases
  - b) Blood disorders
  - c) CNS disorders
  - d) Urinary system disorders
33. Which one drug is used in the treatment of viral hepatitis
  - a) Atropa belladonna
  - b) Aloe barbadensis
  - c) Silibum
  - d) Berberis vulgaris
34. Which one drug is used in treatment of endocrine disorders

