

# Handbook on Unani Medicines with Formulae, Processes, Uses and Analysis

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## About the Book

As an alternative form of medicine, Unani has found favour in India. These Unani practitioners can practice as qualified doctors in India, as the government approve their practice. Unani medicine is very close to Ayurveda. Both are based on theory of the presence of the elements (in Unani, they are considered to be fire, water, earth and air) in the human body. According to followers of Unani medicine, these elements are present in different fluids and their balance leads to health and their imbalance leads to illness. Government have exclusive department of Indian system of medicine inclusive of Unani under Health ministry and several states have department and institutions to ensure the proper regulation and development of Unani medicine in India. Herb gardens, nursery of medicinal plants, experimental and field scale cultivation are the major initiatives taken for the improvement of medicine. Skin disease, liver disorder, sexual disturbances, pulmonary, sinus and communicable diseases are the major effective treatment achieved areas for Unani. Tremendous progress has been registered in the development of modern medicine. Yet, medicinal plants continue to be an important source of drugs throughout the world. Unani medicine is one of them, plant as a source of drugs of much more important for the developing countries.

This book majorly deals with the, habitat, description, procedure and time of collection, chemical constituents, method of processing, therapeutic uses of medicinal plants. This book also constitutes the list of institutes of Unani medicines, list of college of Unani medicines in India, world importers of natural medicine.

This publication is one of its kinds which clearly indicate the usefulness of Unani medicine, shows how the plant secrets, preserve the natural secrets/ hormones/ juices which ultimately uses in Unani system of medicine. This book is most informative and useful for students, Research scholars and scientist. We hope this book will achieve the long standing demand of herbal chemists.

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### PART - I

#### PLANT KINGDOM

1. Aatrilal (Ammi majus)
2. Anjir (Ficus carica)
3. Atis (Aconitum heterophyllum)
4. Azaraq (Strychnos nux-vomica)
5. Badam shireen (Prunus amygdalus)
6. Baqla (Vicia faba)
7. Bazrulbanj (Hyoscyamus)
8. Chashmizaj (Cassia absus)

9. Chobchini (*Smilax china*)
10. Dudhi
11. Dudhi khurd (*Euphorbia thymifolia*)
12. Fifi Siyah (*Piper nigrum*)
13. Gaozaban (*Borago officinalis*)
14. Gulnar Farsi (*Punica granatum*)
15. Habbun Neel (*Ipomoea nil*)
16. Halela Siyah (*Terminalia chebula*)
17. Heel Kalan (*Amomum subulatum*)
18. Heel Khurd (*Elettaria cardamomum*)
19. Heeng (*Ferula foetida*)
20. Hina (*Lawsonia inermis*)
21. Inderjao Shireen (*Wrightia tinctoria*)
22. Inderjeo Talkh (*Holarrhena antidysenterica*)
23. Ispand (*Peganum harmala*)
24. Kaiphah (*Myrica esculenta*)
25. Karanj (*Pongamia pinnata*)
26. Karanjwa (*Caesalpinia crista*)
27. Karnab (*Brassica oleracea*)
28. Kasni (*Cichorium intybus*)
29. Khar-e-Khasak (*Tribulus terrestris*)
30. Khatmi (*Althaea Officinalis*)
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32. Khulanjan (*Alpinia galanga*)
33. Khurfa (*Portulaca oleracea*)
34. Khurfa Khurd (*Portulaca quadrifida*)
35. Kishneez Khushk (*Coriandrum sativum*)
36. Konch (*Mucuna cochinchinensis*)
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38. Madar (*Solanum nigrum*)
39. Mako (*Solanum nigrum*)
40. Mawiz (*Vitis vinifera*)
41. Methi (*Trigonella foenum-graecum*)
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45. Nilofar (*Nymphaea alba*)
46. Panwad (*Cassia tora*)
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48. Sambhalu (*Vitex negundo*)
49. Saranjan (*Colchicum luteum*)
50. Turbud (*Operculina turpethum*)

## PART - II

### MINERAL KINGDOM

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3. Kaolinum
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5. Antimony sulphide



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8. Arsenic disulphidum
9. Arsenic trisulphidum
10. Asphaitum
11. Aurum
12. Makaradhwaja
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14. Calcil carbonas
15. Caicii hydras
16. Calcii oxidum
17. Calcii sulphas
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19. Cuprum
20. Cupri sulphas
21. Ferrum
22. Ferroso-ferric oxide
23. Ferri sulphas
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28. Plumbi oxidum
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35. Silicate of Alumina & Oxide of iron
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### PART - III

#### ANIMAL KINGDOM

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8. Cera
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#### LIST OF COLLEGE OF UNANI MEDICINES IN INDIA

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#### WORLD IMPORTERS OF NATURAL MEDICINE

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