

# **Handbook on Unani Medicines with Formulae, Processes, Uses and Analysis (2nd Edition)**

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Unani medicines are a form of traditional medicine derived from ancient Greek and Arabic sources, and it is based on the concept of restoring balance to the body. Unani Medicines, also known as Unani Tibb or Greek-Arabic medicine, is a traditional form of medicine that has been practiced for centuries. It originated in ancient Greece and was further developed and refined by Arabic scholars. The term "Unani" is derived from the Arabic word "Yunani," which means "Greek."

The core philosophy behind Unani Medicines is the concept of balance and equilibrium in the body. According to Unani practitioners, good health is achieved when the four humors (blood, phlegm, yellow bile, and black bile) are in harmony. Any imbalance in these humors leads to illness. The goal of Unani medicine is to restore this balance through a combination of lifestyle changes, herbal remedies, dietary modifications, and other natural therapies. Unani Medicines have a wide range of applications and can be used to treat various ailments, including digestive disorders, respiratory problems, skin diseases, arthritis, and mental health issues. They are known for their holistic approach and are effective in promoting overall well-being.

In India, the Unani System of Medicine has a long and illustrious history. The Arabs and Persians introduced it to India probably in the seventh century. In terms of the practice of Unani Medicine, India is currently one of the top countries. The Unani System of Medicine treats disorders that affect all of the human body's systems and organs. Chronic skin, liver, musculoskeletal, and reproductive system diseases, as well as immunological and lifestyle issues, have been proven to be extremely effective and acceptable treatments.

Unani Medicine industry in India is expected to register a CAGR of 8.6% during the forecast period. India is the world's 2nd largest exporter of Unani Medicine in the world and is frequently encouraging its export interests. The export of medicinal plants from India has taken an upward trend. The market for Unani Medicines has seen significant growth, with more people seeking alternative and natural remedies. Many Unani products are now available in the form of herbal supplements, oils, ointments, and powders. These products are easily accessible and can be purchased both online and in local health stores.

As the demand for various Unani products to increase immunity grows, the price of these goods would rise. Due to growing knowledge of the effectiveness and efficacy of traditional systems of medicine, as well as increased government activities to promote these systems and rising R&D, the market for Unani Medicines in India is currently undergoing a spike in demand. People are also using alternative medicine more frequently for chronic illnesses including skin, joint pain,

and respiratory problems, which is driving up demand. It is also being emphasised for serious health conditions such as hypertension, heart disease, and even diabetes.

The books' main subjects includes Unani Drug Formulations, Aatrilal, Anjir, Azaraqi, Badam Shireen (*Prunus Amygdalus*), Bazrulbanj (*Hyoscyamus*), Chobchini (*Smilax China*), Dudhi Khurd (*Euphorbia Thymifolia*), Gulnar Farsi (*Punica Granatum*), Halela Siyah (*Terminalia Chebula*), Heel Kalan (*Amomum Subulatum*), Heel Khurd (*Elettaria Cardamomum*), Hina (*Lawsonia Inermis*), Inderjeo Talkh (*Holarrhena Antidysenterica*), Ispand (*Peganum Harmala*), Kaiphal (*Myrica Esculenta*), Karanjwa (*Caesalpinia Crista*), Kasni (*Cichorium Intybus*), Khar-E-Khasak (*Tribulus Terrestris*), Khella (*Ammi Visnaga*), Khurfa (*Portulaca Oleracea*), Kishneez Khushk (*Coriandrum Sativum*), Konch (*Mucuna Cochinchinensis*), Kulthi (*Dolichos Biflorus*), Madar (*Solanum Nigrum*), Mako (*Solanum Nigrum*), Mawiz (*Vitis Vinifera*), Methi (*Trigonella Foenum-Graecum*), Mundi (*Sphaeranthus Indicus*), Nakhud (*Cicer Arietinum*), Nilofar (*Nymphaea Alba*), Panwad (*Cassia Tora*), Palas (*Butea Monosperma*), Sambhalu (*Vitex Negundo*), Saranjan (*Colchicum Luteum*), Turbud (*Operculina Turpethum*), Adamas, Alumen, Kaolinum, Ammonicum Chloride, Antimony Sulphide, Argentum, Arsenum, Arsenic Disulphidum, Asphaitum, Aurum, Makaradhwaja, Calcium, Calcil Carbonas, Calcii Oxidum, Calcii Sulphas, Carbo Ligni, Ferrum, Ferri Sulphuratum, Hydrargyrum, Plumbum, Plumbi Oxidum, Plumbi Sulphuratum, Potassii Carbonas Impura, Potassii Nitras, Silicum, Silicate Of Magnesia, Silicate Of Magnesia And Iron, Saline Substances, Sodii Carbonas Impure, Sodii Biboras, Sodii Chloridum, Stannic Sulphidum, Stannum, Sulphur, Talcum Purification and Zincum. It also includes contact information of machinery suppliers, as well as images of equipment and plant layout.

A thorough guide on Unani Medicines manufacture and entrepreneurship. This book is a one-stop shop for everything you need to know about the Unani Medicines, which is ripe with opportunity for producers, merchants, and entrepreneurs. This is the only book that covers the process of making commercial Unani Medicines. From concept through equipment procurement, it is a veritable feast of how-to information.

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