

**INSTRUCTIONS:**

**Weight**

5gm = 1 Tea spoon full (TSF)

5ml = 1 Tea spoon full (TSF)

125ml = 1/2 Glass of water

**PRECAUTIONS & DIRECTIONS :**

- ✦ Easily digestible, simple and light food should be taken during illness.
- ✦ Avoid fried and spicy, roasted food in case of Vomiting, Diarrhoea, Flatulence and Acidity.
- ✦ In Mouth Ulcer, Gingivitis, Tonsillitis and Pyorrhoea, it is very important to brush the teeth before going to bed and after wakeup.
- ✦ In Cough, Cold, Coryza and Headache avoid cold water bath, curd, ice-cream, cold drinks and take warm water in sips which will give relief to pain in tonsillitis and bronchitis.
- ✦ In Conjunctivitis,
  - i) Wash the eyes with cold water thrice a day.
  - ii) Avoid wiping the eyes with cloth.
- ✦ In vomiting : Do not take milk or fried food.

**In case patient does not get relief within 2-3 days of taking medicine, he/she may consult the nearest Clinic or Hospital.**

**Decoction :** It is prepared by boiling the ingredients in water and reducing it to 1/4th of the total volume. It may be filtered and taken like tea.



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*Unani*

Home remedies for a healthy life

# Unani Medicine

- An Introduction.

While Hippocrates (460-377 BC) is hailed as the founder of Unani system of medicine, the principles of Unani Tibb as followed in India, were first laid by the great Persian physician Ibn Sina (980-1037 AD) in his book Al-Qanun. An integral part of India's national health care system, Unani Tibb is today widely practiced in many parts of the nation.

Unani Tibb stresses on maintaining a proper balance of the various vital forces and humors that make up the body. An imbalance of these constituents is believed to be the root cause of ill health. The treatments aim to cure the ailment through helping the body achieve the desired balance, one again.

Unani Tibb treatments involve extensive use of natural herbs and other material, many of which are commonly available. This book presents you with a few simple Unani Tibb remedies, which can be tried out in the convenience of your home.

## Ailment

### Conjunctivitis (Ashob-e-Chashm)

It is an inflammation of the covering membrane of the eye. The eye becomes red and sore along with lachrymation and photophobia. There is sticking of the eyelids due to purulent discharge.

#### Home Remedies

Phitkari (Alum)	:	3 g
Rasaut (Extract of Berberis Bark)	:	3 g
Arq-e-Gulab (Rose Water)	:	60 ml

**Method of Preparation** : Dissolve the first two drugs in rose water, filter and preserve in a clean glass bottle.

**Administration**: Use as eye drops, instill 2 drops in the affected eye both in morning and evening.

Or

Suhaga (Borax)	:	2 g
Haldi (Turmeric)	:	6 g

**Method of Preparation** : Heat Suhaga on fire till it converts into Calx (Kheel). Make a fine powder of both drugs, add 350 ml of water, boil and strain.

**Administration** : Soak a piece of cloth in the decoction and foment the eyes.



**Gulab/Rose**  
*Rosa damascena Mill*



**Suhaga/Borax**  
*Sodium Borate*

**Ailment**

**Ear ache (Waja-ul-Uzn)**

It is caused by excessive heat or cold, formation of pimples and boils etc.

**Home Remedies**

Fresh leaves of Mooli (Radish) : Quantity Sufficient

**Method of Preparation :** Extract 180 ml of juice from fresh leaves of Mooli, add 60 ml of Til Oil (Sesame Oil), and heat the mixture until the water evaporates.

**Administration :** Install 2 drops (lukewarm) in the ear.

**Ailment**

**Pyorrhoea (Qurooh-e-Lissa)**

Pain in the teeth and inflammation of the gums. Pus oozes from the gums. Bad breath is common in this condition.

**Home Remedies**

Haldi (Turmeric)

**Method of Preparation :** Take a stick of Haldi, burn it and make a fine powder.

**Administration :** Gently rub on the gums both in morning and evening with Sarson Oil (Mustard Oil).



**Mooli/Radish**  
*Raphanus Sativus Linn*



**Haldi/Turmeric**  
*Curcuma Long Linn*

**Ailment**

**Toothache (Dard Dandan)**

The gums are swollen, painful and reddish. Sometimes patient becomes restless due to severe toothache.

**Home Remedies**

Bark of Pomegranate : 35 g

Bark of Ber (Chinese date) : 35 g

Laung (Cloves) : 5 g

**Method of Preparation :** Boil all these in 1 litre of water & filter.

**Administration :** Gargle twice a day.

**or**

Adarak (Ginger) Juice : 5 ml

Namak (Salt) : 1 g

**Method of Preparation :** Mix a little salt with Adrak Juice.

**Administration :** Apply on the gum and aching tooth.

**or**

Laung (Cloves) oil: Apply on the gums and aching tooth.



**Laung/Cloves**  
*(Linn) Aromaticum Merr & LM*



**Adrak/Ginger**  
*Zingiber Officinale Rosc.*

**Ailment**

**Tonsilitis (Warm-e-Leuzatain)**

Tonsils are swollen and red with sore throat and pain

**Home Remedies**

Suhaga (Borax) - 1g ; Honey- 5g;

Method of Preparation : Heat Suhaga on fire till it convert into Calx (kheel).  
Make a fine powder of Suhaga and mix with honey.

**Administration** : Use as throat paint.

or

Retha : 125 mg (Powder) ; Honey : Quantity Sufficient

Method of Preparation: Mix both and take twice a day

or

Kalaunji Seeds : 10 g

**Method of Preparation** : Boil Kalaunji seeds with half litre of water and filter.

**Administration** : Gargle twice a day.

**Ailment**

**Diarrhoea (Dast)**

Frequent motions more in a liquid form than normal.

**Home Remedies**

Dried Belgiri (Pulp of Bel Fruit) - 10g; Zeera Sufaid (Cumin)- 10g;

**Method of Preparation** : Make a fine powder.

**Administration** : 4 g twice daily.



**Reetha/Reetha**  
*Sapindus Mucorosai Gaertn*



**Zeera/Cumin Seeds**  
*Cuminum Cyminum Linn*

**Ailment**

**Indigestion (Zof-e-Hazm)**

Feeling of heaviness in the stomach after taking meals, lack of appetite, flatulence and vomiting are also felt. It is generally due to irregular diet, excessive use of spicy food and irregularities in habits.

**Home Remedies**

Ajwain (Ajowa Seeds) : 10 g

Namak Siyah (Black Salt) : 10 g

**Method of Preparation** : Grind with Lemon juice and make Bengal gram size pills/tablets.

**Administration** : 2 pills/tablet twice daily after meals.

or

Namak Sendha (Rock Salt) : 10 g

adrak Juice (Gringer Juice) : 60 ml

Aab-e-Leemu (Lemon Juice) : 60 ml

**Method of Preparation** : Mix all the ingredients well, preserve in a glass bottle and keep in the sun for three to four days.

**Administration** : Mix a tea-spoonful of this liquid with half cup of water and take twice daily after meals.

or

Sat Pudina (Extract of Mint), Sat Ajwain (Extract of Ajwain), Kaffor (Camphor)

**Method of Preparation** : Mix in equal quantity and keep it in a tightly closed glass container, expose it to sunlight for a day. It becomes liquid.

**Administration** : 3-5 drops in 20 ml of water after meals twice daily for 2-3 days.



**Ajwain/Ajowa Seeds**  
*Ptychotis Ajwain Dc*



**Neembu/Lemon**  
*Citrus Aurantifolia (Christm) Swingle*

**Ailment**

**Cough & Cold (Khansi wa Nazla)**

Cough, Sore throat, Bodyache, Headache.

**Home Remedies**

Adarak Juice : 10 ml  
Honey : 10 g

**Method of Preparation** : Mix and prepare paste (Chatni)

**Administration** : Take 1/2 tea spoon twice or thrice a day before meals

or

Mulethi (Liquorice) : Quantity Sufficient

**Method of Preparation** : Take a piece of Mulethi and keep it in hot ash till it becomes soft.

**Administration** : Chew and swallow the juice two to three times daily.



**Shahad/Honey**  
*Sphingicamp Bicolor*



**Mulethi/Liquorice**  
*Glycyrrhiza Glabra Linn*

**Ailment**

**Vomiting & Nausea (Ghisyan-Wa-Qai)**

**Home Remedies**

Aab-e-Piyaz (Onion Juice) : 10 ml  
Aab-e-Podina (Mint Juice) : 10 ml  
Aab-e-Adarak (Ginger Juice) : 10 ml  
Aab-e-Leemu (Lemon Juice) : 10 ml

**Method of Preparation** : Mix all the juices.

**Administration** : Add 6 ml of the mixture in 120 ml of water, add one pinch of Soda and take immediately.

or

Tender shoot of Jamun (Jambol) : 10 g

**Method of Preparation** : Grind with 60ml of water and strain.

**Administration** : Take the above in two parts twice daily.

or

Ilaichi Badi : 10 g  
Saunf : 10 g  
Pudina : 20 leaves

**Method of Preparation** : Boil in 60ml of water

**Administration** : 2 tea spoon full thrice daily



**Piyaz/Onion**  
*Allium Cepa Linn*



**Pudina/Mint**  
*Mentha Arvensis Linn*

**Ailment**

**Constipation (Qabz)**

Hard stool, difficulty in passing stool in the morning.

Home Remedies

Barg-e-Sana (Senna Leaves)	: 10 g
Sonth (Dry Ginger)	: 10 g
Saunf (Fennel)	: 10 g
Namak Sendha (Rock Salt)	: 10 g

**Method of Preparation** : Make a fine powder.

**Administration** : Take 5 g with water at bed time.

**Ailment**

**Intestinal worms (Deedan-e-Ama)**

Paleness of face, general weakness, sometimes abdominal pain and vomiting.

**Home Remedies**

Rootbark of Anar : Quantity Sufficient (Anar ki jad ki chal)

**Method of Preparation** : Dry and burn it to ash.

**Administration** : 3 g with water at bed time.

or

Palas Seeds (Papra of Bengal Kino tree) : 250 mg-1g

**Method of preparation** : Boil the seeds in 250 ml of water till reduced to half of a glass

**Administration** : Take one dose as full quantity at bed time.



**Saunf/Fennel**

*Foeniculum Vulgare Mill*



**Anar/Pomegranate**

*Punica Granatum Linn*

**Ailment**

**Common fever (Bukhar)**

**Home Remedies**

Khaksi (Khubkalan)	: 6 g
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**Method of preparation** : Boil in 120 ml of water and strain.

**Administration** : Take the above solution in two equal parts twice daily.

Fresh Tulsi leaves	: 25 g
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Kali Mirch (Black pepper)	: 1 g
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**Method of preparation** : Grind with water and make Bengal gram size pills.

**Administration** : 1 pill with water thrice daily.



**Kaalimirch/Black Pepper**

*Piper Nigrum Linn*



**Tulsi/Basil**

*Ocimum Sanctum Linn*