

DESCRIPTION OF UNANI DRUGS USED FOR LIVER DISORDERS***¹Dr. Najmus Sehar, ²Dr. Mohd. Nafees Khan and ³Dr. Maqbool Ahmad Khan**^{1,2}Research Officer Unani, Central Research Institute of Unani Medicine, Lucknow.³Deputy Director, Central Research Institute of Unani Medicine, Lucknow.***Corresponding Author: Dr. Najmus Sehar**

Research Officer Unani, Central Research Institute of Unani Medicine, Lucknow.

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ABSTRACT

Liver is the largest solid organ of the body, situated in the upper part of the abdomen on the right side. The liver has a multitude of important and complex functions, including to manufacture proteins, including albumin (to help maintain the volume of blood) and blood clotting factors to synthesize, store, and process fats, including fatty acids (used for energy) and cholesterol; to metabolism. According to the Unani system of medicine liver is Adhwa Raisa (the principal or vital organ) from which the primary faculties i-e the faculties necessary for the maintenance of life). The equilibrium of body and nourishment of organ are depending on liver, because of because food is actually other configuration (form) of blood and kailoos (digestive fluid) is converted into blood into the liver. Quwwat Hadima (digestive faculty), Quwwat jadhiba (absorptive faculty), Quwwat masika (retentive faculties) and quwwat dafia (expulsive faculty) are present in every organ of body but in the stomach and liver it present with more power. The objective of the present study is to popularize the Unani drugs and their knowledge to serve the humanity. Unani system of medicine has wide range of hepatoprotective drugs in the Pharmacopoeia. The study contains some single as well as compound hepatoprotective drugs and their uses.

KEYWORDS: Kabid, Unani, Gule, hepato.**INTRODUCTION**

Liver is the largest solid organ of the body, situated in the upper part of the abdomen on the right side. The liver has a multitude of important and complex functions, including to manufacture proteins, including albumin (to help maintain the volume of blood) and blood clotting factors; to synthesize, store, and process fats, including fatty acids (used for energy) and cholesterol; to metabolism and store carbohydrates (used as the source for the sugar in the blood); to form and secrete bile that contains bile acids to aid in the intestinal absorption of fats and the fat-soluble vitamins A, D, E, and K; to eliminate, by metabolizing or secreting, the potentially harmful biochemical products produced by the body, such as bilirubin, from the breakdown of old red blood cells and ammonia from the breakdown from the proteins; and to detoxify, by metabolizing and/ or secreting, drugs, alcohol, and environment toxins. (William 2018) It performs an array of functions that help support metabolism, immunity, digestion, detoxification, vitamin storage among other functions. It comprises around 2% of an adult's body weight. The liver is a unique organ due to its dual blood supply from the hepatic artery (approximately 25%). It is intertwined with nearly every system in the body; hence, it is prone to a variety of pathologies. (Karla A, 2019).

According to the Unani system of medicine liver is Adhwa Raisa (the principal or vital organ) from which the primary faculties i-e the faculties necessary for the maintenance of life). (Anonymous 2012) As heart is the abode of quwwat haywaniya (the power which is furnished in an individual to receive other powers essential for the survival, vital power) and brain is the abode of quwwat nafsaniyya (the power which is furnished in an individual for the intellectual, sensory and motor function of the body) just like that liver is the abode of quwwat Tabi'iyya (the natural and specialized power which is furnished in an individual for digestion and assimilation of food and evacuation and assimilation of food and evacuation of waste from the body, it's possible English term is natural faculty.).

The equilibrium of body and nourishment of organ are depending on liver, because food is actually other configuration (form) of blood and kailoos (digestive fluid) is converted into blood into the liver. Quwwat Hadima (digestive faculty), Quwwat jadhiba (absorptive faculty), Quwwat masika (retentive faculties) and quwwat dafia (expulsive faculty) are present in every organ of body but in the stomach and liver it present with more power. The quwwat hadima found in the muscles of liver and other three faculties found in the nerve and vessels of liver. Liver is very important vital organ of body, health of the whole body depends on the health of

liver. If any derangement occurs in the liver, it reflects over the whole body. Therefore it is very imperious to take care of liver's health and aware regarding liver's disorder as well as its treatment. In the treatment all type of liver disorder consider the four Qawwa of liver is very important. Maintain the equilibrium of Su-i-Mijaz and should dissolve the swollen and inflammation. For the treatment of liver disorder there should be choose khushbudar (aromatic), lazeez (delightful), mufatteh (deobstruent) and mudir (diuretic) drugs. (Kabiruddin, 2003). The liver disease has become a global concern worldwide. The principal causative factors are increasing alcohol consumption, infection, malnutrition, anaemia and availability of hepatotoxic drugs over the counter (yu et al, 2010) Moder medicine has very few choices in term of treatment of liver diseases. The conventional drugs used in the treatment of liver diseases viz, corticosteroids, antiviral drugs and immunosuppressant agents are sometimes inadequate and may lead to serious adverse effects. Paradoxically, these may themselves cause hepatic damage e.g., cholestatic jaundice with Azathioprine and elevation of serum transaminases by interferons (Hayden, 2006). More over these drugs are very expensive. It is therefore imperative drugs for the treatment of liver diseases to replace the currently used drugs of double efficacy and safety (Nadeem et al, 1997)

In the light of above mention fact the study is planned to index some important and common Unani single as well as compound drugs which is not only used in treatment of liver disease but also maintain and restore the liver function.

1. Kasni Tukhm and Seeds (Endive) *Cichorium intybus*
2. Gul-e-Ghafis (Persian Gentian Flower) *Gentian*
3. Gul-e-Surkh (Rose) *Rosa*
4. Thukm-e-Kasoos (Dodder Seeds, Akash bel) *Cuscuta reflexa*
5. Badiyaan (Saunf/Fennel) *Foeniculum vulgare*
6. Badrabjboya (Catmint/ mountain balm) *Nepta hindostana*
7. Baranjasif (Common Wormwood) *Artemisia vulgaris*
8. Mastagi (Mastich) *Pistacia lentiscus*
9. Pudina (Mint) *Mentha*
10. Makoh Khushk (Black nightshade) *Solanum nigrum*
11. Naushadar Ammoniumchloride
12. Tinkar Borex
13. Zafran (Saffron) *Crocus sativas*
14. Bhumi Amla (*Phyllanthus niruri*)

Sumbul-ut-teeb / Jatamansi (*Valeriana Officinalis* Linn.)

1. Kasni Tukhm and Seeds (Endive) Wild *Cichrium intybus*

Afal/ Action: Mufatteh, Munqi, Mulatife Akhlath, Mujari bole, useful in awrame ahsha, in istasqa acts as mujiz and muhalile mavad as blood purifier in hummiyathe murakkaba muzmin, in waja mufasil, in ehtebas bole, effective in all type of insects' bites.

This plant is in use since thousands of years by Unani physicians. Classical herbal drug, introduced by Prophet Mohammed (pbuh), It removes the visceral, hepatic and vascular obstruction. It is suitable for all kinds of temperaments of the liver. (Zaman et al, 2013) It removes the visceral, hepatic obstruction. Kasni is mudir bole, taskeen hararath khoon, its root are blood purifier. Kasni act as deobstruent and clears the urinary tract and relieves obstruction caused by suddas abd very useful in kidney diseases. Kasni is more effective as Tafteeh and useful in suddade jigger, as it is very bitter it increases the action of Nufooz (absorbant property) in liver and acts deobstruent. The leaves contain watery substance on their surface which possess medicinal properties hence leaves are not washed. Kasni is consider one of the best drug in sue mizaj meda o jigger. (Zaman et al, 2013) Has purgative effect, therefore used for purgation of khilte Sawda. (Ali, 2004) p 225-226 It removes the visceral, hepatic obstruction. Kasni is mudir bole, taskeen hararath khoon, its root are blood purifier. Kasni act as deobstruent and clears the urinary tract and relieves obstruction caused by suddas abd very useful in kidney diseases. Kasni is more effective as Tafteeh and useful in suddade jigger, as it is very bitter it increases the action of Nufooz (absorbent property) in liver and acts deobstruent. The leaves contain watery substance on their surface which possess medicinal properties hence leaves are not washed. Kasni is consider one of the best drug in sue mizaj meda o jigger. (Zaman et al, 2013) Has purgative effect, therefore used for purgation of khilte Sawda. (Ali, 2004) p 225-226. A well known medicinal plants which grow wild in India, traditionally used as antidiarrhoeal, diuretic, cathartic, antispasmodic and disorder of menstruation. (Subash, 2011).

2. Gule Ghafis (Persian Gentian Flower) *Gentian*

Temperament: Hot and dry.

Action: Mulatife, Muarrique, Mudir-e-Bol, muhalile awrame.

Usages: 10 gram, decoction of Gule Ghafis is useful. (Ali, 2004)

3. Gule Surkh (Rose) *Rosa*

Temperament: Murakkab ul qawa

Action: Muhali, laxative

Usages: Locally application of roghn-e-gul is effective in the condition of war-i-rahim and warm-i-jiger. (Ali, 2004, p241-42)

4. Thukm-e-Kasoos (Dodder Seeds, Akash bel) *Cuscuta reflexa*

Temperament: Hot and dry.

Action: Mushil (Purgative)

5. Badiyaan (Saunf/Fennel) *Foeniculum vulgare*

It has muteeb, muharrik (stimulant), kasir-eriyah (carminative) therefore it is used for bad smell of mouth, duf al hadm, nafakh-e-shikamand abdominal pain. It is

used frequently and mostly is the prescription of munjiz. (Ali, 2004, p193)

6. Badranjboya (Catmint /mountain balm) Nepta hindostana

Temperament: hot and dry in 2nd degree

Taste: A little bitter

1. It has Muhallil-e-Awram, multif actions, therefore it is used for tahleel-e-awram remove the gasses of abdomen and very effective in liver disease like jaundice. Give strength to the stomach and liver. (Hakeem, 2002).

7. Baranjaisif (Common Wormwood) Artemisia vulgaris

Temperament: Hot and dry

It is called Gandana in hindi, it has anti inflammatory effect, therefore it used in liver diseases to reduced the swelling and inflammation. (Khan Ghani 2010)

8. Mastagi (Mastich) Pistacia lentiscus

Granule of the drug is used; the smell of the drug is pleasant.

Temperament: Hot and dry

Action: It has kais-e-riyah, (carminative) hadhim, (digestive) action therefore it is used for the duf al meda (weakness of stomach), nafakh-e-shikam.

Dosages: 2gram separately or with arq-e-gulab (Ali, 2004)

9. Pudina (Mint) Mentha

Part Used: Mostly leaves and satt are used.

Temperament: Hot and dry

Action: It has kasir-e-riyah, (carminative) hadhim, (digestive) action therefore it is used for the duf al meda (weakness of stomach),nafakh-e-shikam.(Ali 2004).

10. Makoh Khushk (Black night shade) Solonum nigram

Part used: Mostly leafs

Temperament: Cold and dry

Action: It has muhallil-e-awram (anti inflammatory) internally and externally is used to remove the inflammation of the organ, especially inflammation of liver, uterus, spleen and stomach.

Dosages: 10 gram used as decoction and locally application as zamad (Ali 2004).

11. Naushadar Ammoniumchloride

Part used: Salt of the plant is used.

Temperament: Cold and dry

Action: It has hadhim, muharrik-e-meda wa Ama, muharrik-e-jiger and muhallil effect. Therefore it is widely used for stomach and liver disorder.

Dosages: 500 mili gram or 1gram

12. Tinkar (suhaga) Borex

Part used: It is a mineral salt

Temperament: Hot and dry

Action: Kasir-e-riyah (carminative), Dafe tauffun (Anti septic), therefore it is used for liver and stomach disorders.

13. Zafran (Saffron, Kurkum, Kesar) Crocus sativas

Part used: Zargul (Fallen grain)

Temperament: Hot and dry

Action: Dafe tauffun (Anti septic), Muhallil (Anti inflammatory)

Dosages:

14. Bhumi Amla ((Phyllanthus niruri)

The plants two types, first one is grow in one meter of upper part of land and other one is spread over the land. Generally it's growing during the rainy season. In India it grows in the hot climates specially Punjab to Assam and in Southern India also.

Temperament: Hot and Dry in first degree

Usages: It provides relaxing, having some astringent properties, its stop the loose motion and secretion of blood, and it has strong diuretic effects. The decoction of the leaf of the plant is removed the stimulation of safra (yellow bile). The root of the plant is very effective in Jaundice. (Khan 2010)

A pre clinical study done by Zahra A. Amin and observed that the extract of plays a protective role against liver cirrhosis induced by TAA in rats can be intervented using the extract. This natural extract has power to protect the liver by preventing the actions of the harmful events associated with the TAA toxicity from taking place. (Amin et al 2012).

15. Sumbul-ut-teeb / Jatamansi (Valeriana Officinalis Linn.)

The roots of the herb supposed to possess stimulant anti inflammatory and antispasmodic properties. It is used in the treatment of liver diseases epilepsy, hysteria, convulsive ailments, palpitations of the heart and diseases of the head etc. (Dweck, 1996). It helps to tone up the brain and stabilizes mental abilities. This drug has specific action on the nervous system and aids in curing a number of mental diseases like hysteria, depression, insomnia, epilepsy and loss of memory. (Anonymous 2007) Valeriana is a well-known Indian traditional medicinal herb with sleepy remedy. It has been used over the years to treat in hysteria, epilepsy and nervous anxiety for nervine sedative and anti inflammatory action. The plant has been used medicinally for a minimum of 2000 years .It is used in the treatment of brain disorder and also used for the treatment of varied nervous disorders, anti spasmodic, anti helminthic, diuretic, diaphoretic, and emmenagogue, and hysteria. (Nandhini S et al 2018).

Temperament- Hot and Dry

Usages-roots of the herb in the form of powder are used (Ali 2004, Khan 2010)

Compound Drugs	Dosages
1. Majoon Dabibil Ward	5 to 7 gram twice daily
2. Dwaul Kurkum Kabir	5 to 7 gram twice daily
3. Sikanjabeen Bazoori Sikanjabeen Ansali	25 to 30 ml twice daily
4. Sayyal-e-Faulad	5 drops with water
5. Sharbat Bazoori Barid	25 to 50 ml
6. Sharbat Bazoori Motadil	25 to 50 ml
7. Sharbat Deenar	25 to 50 ml
8. Sharbat Kasni	25 to 50 ml
9. Sharbat Niloofar	25 to 50 ml
10. Anushdaru sada	5 gram in morning
11. Anushdaru lulwi	5 gram in morning
12. Arq-e-Badyan	125 ml
13. Arq-e-Baranjasif	60 to 125 ml
14. Arq-e-Kasni	125 ml
15. Arq-e-Maullaham Makoh Kasni Wala	50 to 100 ml
16. Arq-e-Makoh	125 ml
17. Habbe Kabid Naushadri	2to 4 pills after meal
18. Kushta Shangraf	60 mg
19. Kushta Faulad	125 to 250 gram
20. (Rahman,1991, Hamdani,2005)	

CONCLUSION

Liver is one of the important vital organs of body. The overall general health is depends on the health of liver, therefore it is very necessary to maintain and take care regarding the health of liver. The conventional medicine have not the appropriate treatment of the liver disorder, hence it is the responsibility of scholars of the traditional medicine to propagate the advantages and knowledge of traditional system / Unani system of medicine. Unani system of medicine can be the best alternative to treat the liver disorder. Unani drugs have either no or least side effects on the human body. The review article is based in the management of all type of liver disorder, but it is advised for the patients suffering from liver disorder to consult the specialist of the above mention Unani system of medicine for the better treatment.

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