

# Nervous System Disorders

## Headache, Migraine and Vertigo

### **Habbe Ayarij**

Useful in chronic headaches, epilepsy and other diseases of the brain. Cleans the brain from toxic substances.

*Directions:* 3 gms. (approx. 24 pills) at night with 125 ml. Arq Gaozaban. In the morning after awakening, give a purgative (Qurs Mulayyan or Itrefal Mulayyan) for cleaning the stomach.

### **Habbe Banafsha**

Removes headaches caused due to intensity of heat. Useful in asthma and shortness of breath.

*Directions:* 1 or 2 pills at night with water.

### **Habbe Shifa**

Useful in headache and fever.

*Directions:* One pill in the morning on an empty stomach with water.

### **Itrefal Kishnizi**

Strengthens the brain, nervous system and intestines. Removes constipation and its regular use relieves chronic cold. Also relieves headaches, dizziness, redness of the eyes and earaches caused due to cold.

*Directions:* 5 to 10 gms. at night with lukewarm milk or water.

### **Itrefal Zamani**

Useful in chronic cold and catarrh, headache, hemicrania, migraine, dizziness, colic and melancholia. Also removes constipation and soothes nervous disorders.

*Directions:* 5 to 10 gms. at night with lukewarm milk or water. For chronic constipation 10 to 20 gms. may be given at night.

### **MigraCap**

MigraCap is useful in migraine which consists of a severe, throbbing headache, usually located on one side of the head. The pain begins suddenly in and around the eye or temple, spreading to one or both sides of the head and often

accompanied by loss of appetite, nausea, vomiting, sensitivity to sound, light and smell, or dislike for food. The attacks typically last 4-72 hours. Attacks can occur in early childhood, but most patients first develop symptoms between the ages of 10 and 30. It is believed that migraines may be hereditary as almost half of those suffering from migraines have family members who also have them. In approximately 30% of all cases, migraine attacks are preceded by warning signs such as scintillating visual effects, blind spots, zigzag flashing lights, numbness in parts of the body, and distorted visual effects, known as aura.

*Directions:* 1 or 2 capsules twice daily with water, once preferably before sunrise.

### **Qurs Musakkin**

Gives immediate relief in headaches, body-aches, muscle and joint pains.

*Directions:* 1 tablet as and when required with water. More effective if given with 5 gms. Khamira Gaozaban Ambari Jawaharwala.

### **Roghan Banafsha**

Useful in headaches. Removes dryness of brain and induces sleep.

*Directions:* Rub gently on the scalp and forehead.

### **Roghan Kaddu**

Relieves headache due to intensity of heat. Removes dryness of brain and induces sleep.

*Directions:* Rub gently on the scalp and forehead. Instil a drop or two in the nose and ears.

### **Roghan Kahu**

Relieves headache due to intensity of heat. Removes dryness of brain and induces sleep.

*Directions:* Rub gently on the scalp and forehead. Instil a drop or two in the nose and ears.

**Note:** Dawaul Misk Motadil, Dehlvi Blue Balm, Habbe Jawahar, Itrefal Mulayyan, Itrefal Ustkhuddus, Khamira Gaozaban Ambari, Khamira Gaozaban Ambari Jawaharwala, Khamira Marwareed, Kushta Marjan, Kushta Marjan Jawahar, Roghan Gul and

Ustkhuddus Capsules are also useful in “Headache, Migraine and Vertigo”.

## **Cerebral Atony**

### **Khamira Gaozaban Ambari**

Strengthens the heart and brain. Relieves heart palpitation and anxiety. Also improves memory and eyesight. Daily use is very useful for those who do excessive mental work.

*Directions:* 5 to 10 gms. in the morning on an empty stomach or as and when required.

### **Khamira Gaozaban Ambari Jawaharwala**

An invigorating tonic for the brain and heart. Its quick effect removes general debility and melancholia. It is very useful for those who do excessive mental work. Improves eyesight and memory.

*Directions:* 5 gms. in the morning on an empty stomach or as and when required.

### **Khamira Gaozaban Sada**

Strengthens the heart and brain. Relieves heart palpitation and anxiety and is useful in melancholia. Also improves eyesight.

*Directions:* 10 gms. in the morning on an empty stomach or as and when required with water or 125 ml. Arq Badiyan.

### **Roghan Badam Shirin**

Rubbed on the scalp, it strengthens the brain, soothes tired nerves and induces sleep. When given orally, it removes dryness of the intestines and removes constipation.

*Directions:* 5 ml. to 10 ml. to be rubbed on the scalp. 1 or 2 drops may be instilled in the nose and ears. For constipation, 5 ml. to 10 ml. with a glass of milk at night may be given.

**Note:** Amleena, Braino, Habbe Amber Momyai, Itrefal Kishnizi, Itrefal Ustkhuddus, Kushta Nuqra, Kushta Tila, Memorin and Ustkhuddus Capsules are also useful in “Cerebral Atony”.

## **Stress**

Amleena, Asabi Khas, Braino and Memorin are useful in “Stress”.

## **Insomnia**

### **Roghan Khashkhaash**

Removes dryness of the brain and induces sleep. Relieves headache due to intensity of heat.

*Directions:* Rub gently on the scalp and forehead. Instill a drop or two in the nose and ears.

### **Roghan Labub Saba**

Soothes and gives a cool feeling to the brain. Useful in chronic insomnia and headaches.

*Directions:* Rub gently on the scalp and forehead. Instill a drop or two in the nose and ears.

### **Tagar Capsules**

It is prescribed as a remedy for anxiety, mental strain, hysteria, hypochondriasis, nervous unrest, lack of concentration, excitability, and emotional troubles and problems of menopause. Tagar reduces mental over-activity and nervous excitability, helping people who find it hard to ‘switch off’. It is beneficial for almost any stress-related condition, and, in general, has a calming, rather than directly sedative, effect on the mind. Many symptoms of anxiety, including tremors, panic, palpitation and sweating, can be relieved with Tagar. It is a useful remedy for insomnia, whether caused by anxiety or over-excitement. It is also useful in premenstrual tension. It also gives relief in muscle spasms and lowers blood pressure caused by stress and anxiety. Also useful in liver disorders.

*Directions:* 1 capsule twice daily after meals with water. In cases of insomnia 2 capsules 1 hour before bedtime.

**Note:** Barshasha, Dawa-ush-Shifa, Roghan Badam Shirin, Roghan Banafsha, Roghan Kaddu and Roghan Kahu are also recommended in “Insomnia”.

## **Amnesia**

**Amleena**

Contains natural vitamins and is specially rich in Vitamin 'C'. Also contains carbohydrates, proteins and minerals which provide energy and supplement Protein Energy Malnutrition (PEM). The special herbal formula provides required sedative elements that relax strained muscles and soothe whole body. Ideal for people involved in academic activities such as students, scientists, advocates, accountants and engineers. The prolonged mental exercise leaves sort of vacant mindedness and induces heaviness, sure signs of mental fatigue. It is beneficial for sportsmen, labourers, housewives, etc., who need lots of muscular energy. Also recommended in loss of memory, stress, strain and fatigue, lassitude, loss of vigour, inertness and apathy, insomnia, anorexia, weakness of eyesight, bronchitis and diarrhoea. On the whole, AMLEENA is a 'total body nourisher from head to toe'.

*Directions:* 20 gms to be given in the morning with breakfast. Tastes good if spread on bread-slices.

**Braino**

It has been created especially for those people whose day-to-day activities demand high mental energy. Such persons as advocates, students, accountants, engineers and the scientists who, after long hours of brain activity feel a sensation of heaviness or vacant-mindedness, which are sure signs of mental fatigue. Also, is equally good for the people whose job requires a lot of muscular energy like sportsmen, manual workers, housewives, etc. It replenishes the lost energy and relieves mental tension. By providing strength it creates desire for more work and increases efficiency. It is a blend of the choicest herbs like BRAHMI (*Centella asiatica*) which has a proven track record of efficiency in improving brain faculties. It provides natural vitamins, minerals, carbohydrates and trace elements.

Braino is useful in mental fatigue after long hours of study or other sorts of mental activity, a sense of vacant-mindedness, forgetfulness - loss or impairment of memory, disinclination to work, scattered thought process, senile dementia, depression, schizophrenia, dullness, inactivity and sluggishness, lack of urge to take initiative and drive, general debility, loss of appetite due

to sluggish body processes, muscular strain or weakness and anxiety and stress during examinations.

*Directions:* 20 gms in the morning and evening.

#### **Kushta Marjan Jawahar**

Strengthens the heart and brain. Improves memory and also removes headaches, cough, cold and catarrh due to weakness of brain.

*Directions:* 30 to 60 mg. or 1 or 2 tablets with 5 gms. Khamira Gaozaban Ambari in the morning and evening.

#### **MemoRise**

MemoRise contains ingredients that help increase the level of neurotransmitters, particularly acetylcholine, and improve blood flow to the brain, thereby increasing its oxygen and nutrient supply, which will aid brain function and memory. It has been created especially for those people whose day-to-day activities demand high mental energy. MemoRise replenishes the lost energy and relieves mental tension. By providing strength it creates desire for more work and increases efficiency. It is a blend of the choicest herbs like BRAHMI (which has a proven track record of efficiency in improving brain faculties).

*Directions:* 2 capsules twice daily with meals.

**Note:** Khamira Gaozaban Ambari and Khamira Gaozaban Ambari Jawaharwala are also recommended in "Amnesia".

## **Sun Stroke**

#### **Shahi Gulberg**

Gives a cool feeling to the body. Relieves heat and quenches thirst. Free from artificial flavours or smell.

*Directions:* 50 ml. with chilled water as and when required.

#### **Sharbat Anar Shirin**

Strengthens the heart and liver. Gives a cool feeling to the body and quenches thirst. Stops diarrhoea with blood (malaena), nausea and vomiting.

*Directions:* 25 ml. with chilled water as and when required.

#### **Sharbat Gulab**

Prepared from fresh flowers of roses. Strengthens the heart and gives a cool feeling to the body. Relieves heat.

*Directions:* 50 ml. with chilled water as and when required.

#### **Sharbat Khus**

Gives a cool feeling to the body. Relieves heat and quenches thirst.

*Directions:* 50 ml. with chilled water as and when required.

#### **Sharbat Keora**

Strengthens the heart and gives a cool feeling to the body. Removes anxiety states and palpitation and quenches thirst.

*Directions:* 50 ml. with chilled water as and when required.

#### **Sharbat Nilofar**

Checks biliousness during fevers and quenches thirst. Relieves heat even when there is no fever. Strengthens the heart and is useful in sun stroke.

*Directions:* 25 to 50 ml. with chilled water as and when required.

#### **Sharbat Sandal**

Removes anxiety states and palpitation. Reduces hepatic and stomach heat and relieves headaches due to intensity of heat.

*Directions:* 50 ml. with chilled water as and when required.

### **Meningitis**

#### **Khamira Marwareed Banuskha Kalan**

Strengthens the heart and brain. Also strengthens the body. Gives relief in anxiety and delirious states.

*Directions:* 1 to 5 gms. with water in the morning.

#### **Roghan Gul**

Useful in early stages of meningitis and delirious states associated with fever. Also relieves headache caused due to intensity of heat.

*Directions:* Apply with cotton wool on the head mixed with Rooh Arq Gulab and Vinegar. In headaches, apply gently on the forehead.

**Note:** Dawaul Misk Barid Jawahar and Dawaul Misk Har Jawahar

are also recommended in "Meningitis".

## **Melancholia**

### **Dawa-ush-Shifa**

A famous medicine for insanity. Also recommended in melancholia, anxiety states, hysteria, epilepsy, insomnia and hyper-excitability. Also effective in cases of high blood pressure.  
*Directions:* 1 tablet at night with water.

### **Majun Najah**

Useful in insanity, melancholia, epilepsy and hysteria.  
*Directions:* 5 to 10 gms. at night with water.

### **Sharbat Ahmed Shahi**

Useful in melancholia and chronic constipation. Strengthens the heart and brain.  
*Directions:* 25 ml. to be given along with 125 ml. Arq Gaozaban or water.

**Note:** Arshadi Pills, Barshasha, D.M.Motadil Jawaharwali Capsules, Dawaul Misk Motadil, Dawaul Misk Motadil Jawarwali, Dehlvi's Shahi, Itrefal Zamani, Khamira Abresham Hakim Arshadwala, Khamira Gaozaban Ambari Jawaharwala and Kushta Marwareed are also recommended in "Melancholia".

## **Epilepsy**

### **Habbe Sara**

An effective medicine for epilepsy and infantile epilepsy.  
*Directions:* 1 or 2 pills in the morning and evening with 5 gms. Khamira Gaozaban Ambari Jadwar Ude Saleebwala. For infants 1/2 to 1 pill to be ground in mothers milk and given. Milk, curd, spicy, oily and gas producing food should be avoided.

### **Khamira Gaozaban Ambari Jadwar Ude Saleebwala**

Specially useful in epilepsy. Also useful in paralysis, facial paralysis, infantile epilepsy, chorea and hysteria. Strengthens the brain and nerves.

*Directions:* 5 gms. in the morning on an empty stomach with 125 ml. milk or Arq Gaozaban.

## **Neuritis**

Habbe Sara, Khamira Gaozaban Ambari Jadwar Ude Saleebwala and Roghan Zaitoon are recommended in "Neuritis".

## **Sciatica**

### **Habbe Asgand**

Recommended in arthritis, gout, sciatica, rheumatism and backache.

*Directions:* 1 or 2 pills in the morning and evening with water.

### **Habbe Suranjan**

Particularly recommended in arthritis and rheumatism. Also useful in chronic cases of gout and sciatica. Removes constipation.

*Directions:* 1 or 2 pills in the morning and evening with water.

**Note:** Dehlvi Blue Balm, Dehlvi's Roghan Phosphorus, Habbe Azaraqi, Majun Azaraqi, Majun Chobchini, Majun Jograj Guggal, Majun Seer Alvi Khani, Majun Suranjan, Nopain Tablets, Ostopain Massage Oil, Qurs Musakkin, Roghan Dard, Roghan Keemia, Roghan Malkangani, Roghan Suranjan, Roghan Surkh and Suranjan Capsules are also recommended in "Sciatica".

## **Paralysis, Facial Paralysis & Chorea**

### **Dawaul Misk Har Jawahar**

Strengthens the heart, brain and liver. Relieves anxiety, and palpitation. Also useful in nervine diseases particularly paralysis, facial paralysis, chorea, hemiplegia and Parkinson's disease.

*Directions:* 5 gms. in the morning with 125 ml. Arq Gaozaban.

### **Dawaul Misk Har Sada**

Useful in nervine diseases particularly paralysis, facial paralysis, chorea, hemiplegia and Parkinson's disease.

*Directions:* 5 gms. in the morning with 125 ml. Arq Gaozaban.

### **Habbe Asab**

Strengthens the nerves and brain. Useful in paralysis, facial paralysis and chorea.

*Directions:* 1 or 2 pills in the morning and evening with milk.

#### **Habbe Azaraq**

Strengthens and stimulates the nerves. Useful in paralysis, facial paralysis, hemiplegia and arthritis.

*Directions:* 1 or 2 pills in the morning and evening with water.

#### **Majun Azaraq**

Strengthens and stimulates the nerves. Useful in nerve diseases particularly paralysis, facial paralysis, hemiplegia and chorea. Also relieves rheumatism and gout. In winters it is particularly recommended for the elderly.

*Directions:* 3 to 5 gms. daily in the morning after breakfast or after both meals with water.

#### **Majun Chobchini Banuskha Khas**

Useful in nerve diseases particularly paralysis, facial paralysis, chorea and gonorrhoea. Strengthens the stomach, kidneys and urinary bladder. Increases formation of pure and healthy blood.

*Directions:* 5 gms. in the morning and evening with water.

#### **Majun Jograj Guggal**

Useful in nerve diseases particularly paralysis, facial paralysis, hemiplegia, chorea, sciatica and gout. Strengthens the nerves. Also relieves rheumatism and is useful in syphilis.

*Directions:* 5 gms. in the morning or at night with water.

#### **Majun Lana**

Useful in paralysis, facial paralysis, hemiplegia, chorea and syphilis. Relieves rheumatism and is also useful in sexual debility.

*Directions:* 5 gms. in the morning or at night with water.

#### **Majun Seer Alvi Khani**

Useful in nerve diseases particularly paralysis, hemiplegia, gout, sciatica, arthritis and rheumatism.

*Directions:* 5 gms. in the morning or at night with water.

#### **Majun Talkh**

Useful in paralysis, facial paralysis, chorea and epilepsy. Strengthens the stomach and liver and gives relief in backache.

*Directions:* 5 gms. in the morning or at night with water.

### **Roghan Keemia**

Useful in rheumatism and paralysis. Increases the circulation of blood and has an immediate action on the affected area on application.

*Directions:* Rub gently for about 10 minutes on the affected area and warm the area.

### **Roghan Suranjan**

Useful in paralysis, facial paralysis, hemiplegia, rheumatism, gout, sciatica and backache.

*Directions:* Rub gently in a lukewarm condition.

### **Roghan Surkh**

Useful as an external application in paralysis, hemiplegia, chorea, sciatica, gout and rheumatism. Also used as a general body massage oil.

*Directions:* Rub gently in a lukewarm condition.

**Note:** Jauhar Munaqqa, Jauhri Capsules, Khamira Gaoaban Ambari Jadwar Ude Saleebwala, Kushta Gaudanti and Roghan Malkangani are also recommended in "Paralysis, Facial Paralysis & Chorea".

## **Apoplexy**

Habbe Sara, Khamira Gaozaban Ambari Jadwar Ude Saleebwala, Majun Jograj Guggal and Sharbat Dinar are recommended in "Apoplexy".

# **Diseases of the Eyes**

## **Weakness of Eyesight (Asthenopia)**

**Khamira Abresham Sada**

Strengthens the heart and brain and is useful in palpitation and anxiety states. Expels phlegm and strengthens eyesight.

*Directions:* 5 gms. in the morning on an empty stomach or at night with water.

#### **Kohlul Jawahar**

Regular use removes asthenopia and protects the eyes from various diseases and increases eyesight.

*Directions:* Apply in the morning and at bedtime as collyrium (Surma) with a glass or lead bougie (Salai).

#### **Noor-o-Nazar Surma**

Prepared from precious ingredients, its regular use removes asthenopia and protects the eyes from various diseases.

*Directions:* Apply in the morning and at bedtime as collyrium (Surma) with a glass or lead bougie (Salai).

**Note:** Arq Mundi, Amleena, Braino, Itrefal Muqavvi Dimagh, Khamira Abresham Shira Unnabwala, Khamira Gaozaban Ambari, Khamira Gaozaban Ambari Jawaharwala and Khamira Gaozaban Sada are also recommended in "Asthenopia".

## **Blepharitis, Conjunctivitis & Stye**

#### **Itrefal Shahtara**

An effective remedy for all kinds of problems arising out of impure blood and fever. Useful in pain, itch and redness of the eyes. It is an effective blood purifier and is also useful in all kinds of itches, scabies, eczema, skin eruptions and syphilis.

*Directions:* 5 to 10 gms. at night with water.

**Note:** Arq Gulab and Rooh Arq Gulab can be put in the eyes in "Blepharitis, Conjunctivitis & Stye". Raktsafa can be used internally for purifying the blood.

## **Cataract**

Itrefal Kishnizi, Kohlul Jawahar, Khamira Gaozaban Ambari Jawaharwala and Noor-o-Nazar Surma are recommended in "Cataract".

## **Diseases of the Ear**

### **Mumps**

Itrefal Shahtara, Majun Ushba, Musaffi Azam and Raktsafa are recommended in "Mumps".

### **Otalgia (Earache)**

Itrefal Kishnizi, Qurs Musakkin and Roghan Babuna are recommended in "Otalgia".

### **Ulceration of the Ear & Otorrhoea**

Arq Chiraita, Arq Murakkab Musaffi Khoon, Arq Shahtara, Habbe Musaffi Khoon, Itrefal Shahtara, Majun Ushba, Musaffi Azam, Raktsafa, Sharbat Murakkab Musaffi Khoon and Sharbat Unnab are recommended in "Ulceration of the Ear & Otorrhoea".

### **Itching in the Ear**

For "Itching in the Ear" 2 drops of Mintol mixed with 5 drops of Rooh Arq Gulab to be instilled in the ears. For internal use, medicines mentioned under "Ulceration of the Ear" are recommended.

### **Loss of Hearing**

Itrefal Kishnizi, Itrefal Mulayyan, Itrefal Zamani, Khamira Gaozaban Ambari and Roghan Badam Shirin are recommended in "Loss of Hearing" unless by birth.

### **Tinnitus**

Itrefal Kishnizi, Itrefal Mulayyan, Itrefal Zamani, Khamira Gaozaban Ambari and Roghan Badam Shirin are recommended in "Tinnitus".

# Diseases of the Nose

## Sneezing

Dehlvi Joshanda, Dehlvi Joshandi, Instant Joshanda, Itrefal Ustkhuddus, Khamira Banafsha, Kushta Marjan, Kushta Marjan Jawahar, Nozina, Sharbat Nazla Khas and Ustkhuddus Capsules are recommended in "Sneezing".

## Epistaxis

### Jawarish Amla Sada

A cardiac and gastric tonic. Useful in palpitation, lowers abnormal hepatic heat and checks diarrhoea. As Amla (*Emblica officinalis*) contains natural Vitamin C, it is useful in epistaxis.

*Directions:* 5 gms. in the morning and evening with 40 ml. Arq Gaozaban or water. Heavy and flatulent producing food should be avoided in the diet.

### Kushta Faulad

Useful in anaemia as it increases formation of pure and healthy blood. Also useful in convalescence. Strengthens the liver and stomach and increases sex vigour.

*Directions:* 60 mg. or 2 tablets daily in the morning with 5 gms. Jawarish Jalinus or 1 pill Jalinus pills. Children should be given 15 mg. or 1/2 tablet with 5 gms. butter.

**Note:** Qurs Kehruba, Sharbat Anjabar, Sharbat Faulad and Sharbat Nilofar are also recommended in "Epistaxis".

## Cold, Catarrh & Influenza

### Barshasha

Useful in common cold, catarrh, melancholia and cough. Also useful weakness of nerves, depression and insomnia.

*Directions:* 1/2 to 1 gm. with 5 gms. Khamira Gaozaban Ambari Jawaharwala.

### Dehlvi Joshanda

A well known remedy for common cold, coughs, nasal

congestions, influenza, catarrh and seasonal changes. Also reduces fever caused by them.

*Directions:* Mix the ingredients in 100 ml. boiling water. Leave it covered for 5 minutes and then strain it through a fine cloth and drink the contents lukewarm.

#### **Dehlvi Joshandi**

A convenient way to fight common cold, coughs, nasal congestions, influenza, catarrh and seasonal changes. Also reduces fever caused by them. The centuries old JOSHANDA is presented in a syrup form.

*Directions:* 10 ml. mixed in half a cup of hot water in the morning and at night.

#### **Dehlvi's Ustkhuddus Capsules**

Itrefal Ustkhuddus is presented in a convenient capsule form. With all the goodness of Itrefal Ustkhuddus, Dehlvi's Ustkhuddus Capsules meet the demands of this modernized age. Specially useful in chronic catarrh. Regular use prevents premature greying of hair. Also strengthens the brain, stomach and intestines and removes constipation.

*Directions:* 1 or 2 capsules at night with lukewarm water.

#### **Habbe Tila**

Useful in common cold and catarrh, whether acute or chronic. Also useful in throat and chest infections due to common cold and catarrh.

*Directions:* 1 pill in the morning and evening with water.

#### **Instant Joshanda**

A convenient way to fight common cold, coughs, nasal congestions, influenza, catarrh and seasonal changes. Also reduces fever caused by them. The centuries old JOSHANDA is presented in granules form.

*Directions:* 1 sachet in half a cup of hot water to be taken in the morning and at night.

#### **Itrefal Ustkhuddus**

Specially useful in chronic catarrh. Regular use prevents premature greying of hair. Also strengthens the brain, stomach and intestines and removes constipation.

*Directions:* 5 to 10 gms. at night with lukewarm water.

#### **Khamira Banafsha**

Useful in all kinds of fever, common cold, catarrh, cough and other diseases of the chest. It is a very mild laxative.

*Directions:* 25 to 50 gms. with water or 125 ml. Arq Badiyan.

#### **Khamira Khashkhash**

Useful in common cold, catarrh and cough.

*Directions:* 5 to 10 gms. in the morning or at night with water or milk.

#### **Kushta Marjan**

Useful in common cold, catarrh and cough. As it is a rich natural source of calcium, it is useful in general debility and weakness of heart. Also strengthens the brain and improves memory.

*Directions:* 60 mg. or 2 tablets with 10 gms. Khamira Gaozaban Sada.

#### **Lauq Sapistan**

Useful in cold, catarrh and cough. Removes phlegm from the chest.

*Directions:* 10 gms. in the morning and at night with 125 ml. Arq Gaozaban.

#### **Nozina**

Useful in common cold, headache, fever and irritation of the throat. Stops excessive sneezing and running nose.

*Directions:* 1 pill in the morning and evening with water.

#### **Sharbat Banafsha**

Useful in fevers, common cold, catarrh, cough and other diseases of the chest.

*Directions:* 25 ml. with water.

#### **Sharbat Nazla Khas**

The process of formation and decay of the Complex Organic Molecules such as LIPIDS, PROTEINS, CARBOHYDRATES etc.

starts off at birth and goes on till the end of life. As a result of the biochemical reactions alongwith useful substances, some substances that are toxic are also generated that must be excreted. The body has its own mechanism to get rid off these unwanted by-products. In the brain too, there is a mechanism which is yet to be fully understood to shed off these harmful substances. According to the Greek school of thought when these degradation products flow towards thoracic region, are called NAZLA and when towards nasal region, are termed ZUKAAM. So, Nazla and Zukaam are two names of the same thing depending upon the route it follows from the brain to the two different sites of the body. Sharbat Nazla Khas helps activate this cleaning up process. This contains such fabulous ingredients as USTKHUDDUS nicknamed "The Broom of Brain". It builds up body resistance besides acting as a protectant against pathogenic invasions.

*Directions:* 10 ml. or 2 teaspoonfuls in the morning and evening with lukewarm water on an empty stomach.

**Note:** Dehlvi Blue Balm, Itrefal Kishnizi, Itrefal Zamani, Kushta Marjan Jawahar, Lauq Motadil, Lauq Sapistan Khayar Shambari and Sharbat Sadar are also recommended in "Cold and Catarrh".

## **Ozena**

Dehlvi's Ustkhuddus Capsules, Itrefal Mulayyan, Itrefal Shahtara, Itrefal Ustkhuddus, Itrefal Zamani, Raktsafa and Ustkhuddus Capsules are recommended in "Ozena". Mintol is also useful. 2 drops of Mintol mixed with 5 drops of Roghan Gul to be instilled in the nose in the morning and evening.

## **Nasal Worms**

Itrefal Shahtara and Raktsafa are recommended in "Nasal Worms".

## **Anosmia**

Dehlvi's Ustkhuddus Capsules, Itrefal Ustkhuddus, Mintol and Roghan Gul are recommended in "Anosmia".

# Diseases of the Teeth and Gums

## Toothache

### **Roghan Darchini**

Useful in toothache. It is a soothing application in insect bites.

*Directions:* Apply with cotton on the tooth. In insect bites, apply 1 or 2 drops on the affected part.

### **Roghan Long**

Useful in toothaches and headaches.

*Directions:* Apply with cotton on the tooth. In headaches, apply on the forehead.

### **Sanun Jadid**

Useful in toothache and gingivitis.

*Directions:* To be rubbed on the teeth and gums in the morning and at bed time after rinsing the mouth with water. Do not rinse the teeth for 30 minutes after application.

**Note:** Dehlvi Manjan, Itrefal Shahtara and Qurs Musakkin are also recommended in "Toothache".

## Stained Teeth

### **Dehlvi Manjan**

Makes teeth sparkling white. Its regular use prevents dental disorders.

*Directions:* To be rubbed on the teeth and gums in the morning after breakfast and at bed time.

**Note:** Sanun Jadid and Sanun Surkh are also recommended in "Stained Teeth".

## Bleeding Gums

### **Sanun Surkh**

A tooth powder which cures gingivitis, fights sepsis and

strengthens the gums.

*Directions:* To be rubbed on the teeth and gums in the morning after breakfast and at bed time.

**Note:** Dehlvi Manjan, Jawarish Amla Sada, Qurs Kehrubā and Sanun Jadid are also recommended in “Bleeding Gums”.

## **Pyorrhoea**

Dehlvi Manjan, Itrefal Shahtara, Majun Ushba, Raktsafa, Sanun Jadid and Sanun Surkh are recommended in “Pyorrhoea”.

## **Gingivitis**

Dehlvi Manjan, Jawarish Amla Sada, Jawarish Mastagi, Jawarish Tabashir, Jawarish Zanjbil, Sanun Jadid and Sanun Surkh are recommended in “Gingivitis”.

## **Loose Teeth**

Dehlvi Manjan, Sanun Jadid and Sanun Surkh are recommended in “Loose Teeth”.

# **Diseases of the Mouth & Tongue**

## **Thrush**

### **Dawai Qula**

Useful in blisters in the mouth and on the tongue.

*Directions:* Apply with cotton swab in the mouth and on the tongue.

**Note:** Jawarish Amla Sada, Jawarish Shahi, Kushta Faulad and Tonsilkure are also recommended in “Thrush”.

## **Ptyalism (Salivation)**

Dehlvi's Kamuni Capsules, Jalinus Pills, Jawarish Jalinus, Jawarish Kamuni, Jawarish Kamuni Mushil, Jawarish Mastagi and Majun Nankhwah are recommended in "Ptyalism".

## **Halitosis (Foul Breath)**

Dehlvi Manjan, Dehlvi's Falasfa Capsules, Jalinus Pills, Jawarish Bisbasa, Jawarish Jalinus, Majun Falasfa, Sanun Jadid and Sanun Surkh are recommended in "Halitosis".

## **Cracked Lips**

Rogan Gul and Roghan Kaddu are recommended in "Cracked Lips".

## **Stammering**

Kushta Gaudanti is recommended in "Stammering".

# **Diseases of the Pharynx & Throat**

## **Elongation of the Uvula**

### **Sharbat Tooth Siah**

Useful in tonsillitis and chloiringitis.

*Directions:* 25 ml. in the morning and evening with hot water.

### **Tonsilkure**

A throat paint which is effective in tonsillitis, sore throat and chloiringitis. It can also be used as a gargle to cure aphthae in the mouth and in thrush and pseudo-membranous deposits.

*Directions:* Apply 2-3 times a day with cotton wool to the tonsils and throat or gargle 2-3 times with lukewarm water mixed with salt.

## **Tonsillitis**

Lauq Sapistan Khayar Shambari, Nokuf Syrup, Nokuf Tablets, Sharbat Khaas, Sharbat Toot Siah and Tonsilkure are recommended in "Tonsillitis".

## **Granular Pharyngitis**

Lauq Sapistan Khayar Shambari and Sharbat Toot Siah are recommended in "Granular Pharyngitis".

## **Laryngitis & Hoarseness of Voice**

### **Habbe Behtussaut**

Clears the voice. Expels phlegm from the chest and is useful in cough and asthma.

*Directions:* 1 pill to be sucked 2-3 times a day.

**Note:** Lauq Badam, Lauq Sapistan, Lauq Sapistan Khayar Shambari, Nokuf Syrup, Sharbat Tooth Siah and Tonsilkure are also recommended in "Laryngitis & Hoarseness of Voice". For immediate relief in "Hoarseness of Voice" 2 tablets of Nokuf to be dissolved in half a glass of hot water and the vapours to be inhaled through the mouth. Drink the water after it cools down.

## **Diphtheria**

Medicines mentioned under "Tonsillitis" are also recommended in "Diphtheria".

## **Diseases of the Chest**

### **Cough**

#### **Kushta Abrak Safed**

Gives relief in cough and asthma. Also useful in sexual debility and general debility.

*Directions:* 60 mg. or 2 tablets with 10 gms. of honey.

### **Kushta Abrak Siah**

Gives relief in cough and asthma. Also useful in sexual debility and general debility.

*Directions:* 30 mg. to 60 mg. or 1 or 2 tablets with 10 gms. of honey.

**lauq motadil**

Useful in cold, catarrh and cough. Removes catarrh after thickening it.

**10 g 3 times a day**

### **Nokuf Syrup**

Gives prompt symptomatic relief in unproductive or dry cough. The demulcent, anti-inflammatory and decongestant properties soothes down irritated mucosa of the throat and upper respiratory tract. The presence of natural anti-allergic principles relieve nasal congestion, sneezing and bronchial congestion.

*Directions:* 10 ml. in the morning and evening mixed with lukewarm water.

### **Nokuf Tablets**

Arrests harassing cough, causes expulsion of morbid and toxic phlegm and clears the throat and lungs. Very useful in bronchitis.

*Directions:* 2 tablets to be sucked 3 or 4 times a day. Children should be given 1 tablet dissolved in warm water.

### **Sharbat Sadar**

Effective in common cold, catarrh, asthma and cough. Also useful in irritation and inflammation of the throat. Strengthens the lungs and expels phlegm. Useful in phthisis and tuberculosis.

*Directions:* 10 ml. with warm water in the morning and evening.

**Note:** Dehlvi Joshanda, Dehlvi Joshandi, Instant Joshanda, Khamira Abresham Sada, Khamira Abresham Shira Unnabwala, Kushta Zamarrud, Lauq Badam, Lauq Sapistan, Lauq Sapistan Khayar Shambari, Sharbat Ejaz, Sharbat Nazla Khas and Sharbat Toot Siah are also recommended in "Cough".

## **Bronchial Asthma**

### **Habbe Ziqunnafas**

Useful in bronchial asthma and cough.

*Directions:* 1 pill in the morning and evening with water.

### **Khamira Abresham Shira Unnabwala**

Useful in dry cough and tuberculosis. Is also useful in nervous debility, anxiety states and palpitation. Reduces the heat of the stomach. Also strengthens the brain and lungs and increases eyesight.

*Directions:* 5 gms. in the morning on an empty stomach with 125 ml. Arq Gaozaban or water.

### **Kushta Abrak Kalan**

Gives prompt symptomatic relief in cough and bronchial asthma. Also useful in general and sexual debility.

*Directions:* 60 mg. or 2 tablets with honey. In general and sexual debility it should be given with 15 gms. butter.

### **Lauq Katan**

Useful in bronchial asthma. Expels phlegm and also relieves constipation.

*Directions:* 10 gms. in the morning and evening.

### **Lauq Sapistan Khayar Shambari**

Useful in common cold and catarrh and relieves cough caused by cold. Expels phlegm and removes constipation. Also useful in other diseases of the throat and oesophagus.

*Directions:* 10 gms. in the morning and evening mixed with warm water.

### **Sharbat Zoofa Murakkab**

Useful in bronchial asthma and phlegmatic cough. Expels phlegm from the chest.

*Directions:* 25 ml. mixed with warm water as and when required.

### **Sharbat Zoofa Sada**

Useful in bronchial asthma and phlegmatic cough.

*Directions:* 25 ml. mixed with warm water as and when required.

**Note:** Kushta Marjan, Kushta Marjan Jawahar and Qairooti Arde Krisna are also recommended in "Bronchial Asthma".

## **Haemoptysis (Spitting of Blood)**

### **Sharbat Anjabar**

Useful in diarrhoea with blood. Also useful in haemoptysis. and bleeding from other parts of the body. Strengthens the stomach and liver and reduces fever.

*Direction:* 25 ml mixed with water.

**Note:** Jawarish Amla Sada, Kushta Marjan, Kushta Marjan Jawahar, Kushta Marwareed, Qurs Kehrubah and Sharbat Ejaz are also recommended in "Haemoptysis"

## **Phthisis & Tuberculosis**

### **Lauq Badam**

It is useful in dry cough. Also strengthens the brain.

*Directions:* 10 gms. in the morning and evening with lukewarm water.

### **Sehat Bakhsh**

Very useful in the initial stages of tuberculosis. After a few doses it kills the tuberculosis organisms, reduces inflammation of the lungs and heals the holes or cavities of the lungs formed as a result of tissue destruction. Useful in cough and fever.

*Directions:* 30 ml in the morning and evening.

### **Sharbat Ejaz**

Useful in phthisis, tuberculosis and dry cough.

*Directions:* 25 ml mixed with 125 ml Arq Gaozaban.

**Note:** Khamira Abresham Shira Unnabwala, Khamira Marwareed, Kushta Aqeeq, Kushta Faulad, Kushta Marwareed and Sharbat Faulad are also recommended in "Phthisis & Tuberculosis".

## **Pneumonia & Pleurisy**

### **Kushta Qarnulail**

Useful in pneumonia, pleurisy and phlegmatic cough. Also useful in scrofula.

*Directions:* 60 mg. or 2 tablets in the morning and evening with 10 gms. Lauq Sapistan Khayar Shambari.

#### **Qairooti Arde Krisna**

Useful in pneumonia, infantile pneumonia, pleurisy and bronchial asthma. Expels phlegm from the chest.

*Directions:* 10 gms. mixed with 5 ml. Roghan Tarpeen (Turpentine Oil) and applied on the ribs and chest and covered with warm cloth.

**Note:** Sharbat Banafsha and Sharbat Dinar are also recommended in "Pneumonia & Pleurisy".

## **Cardiovascular Disorders**

### **Weakness of the Heart**

#### **Arq Amber**

Strengthens the heart, brain, liver and the stomach. Replaces lost energies, produces fresh blood and invigorates the entire body system to maintain general, physical and mental well-being. Removes mental fatigue and exhaustion.

Also useful in general debility and cases of syncope.

*Directions:* 60 ml. in the morning and evening with 20 ml. Sharbat Anar Shirin.

#### **Arshadi Pills**

A good cardiac tonic. A famous Unani medicine for strengthening the heart and other vital organs of the body Khamira Abresham Hakim Arshadwala is presented in a convenient pill form. With all the goodness of Khamira Abresham Hakim Arshadwala, Arshadi Pills meet the demands of this modernized age. Regulates the heart beat and increases circulation and formation of pure and healthy blood. Also useful in general debility, palpitation, anxiety, depression, melancholia, angina pectoris and convalescence. It lowers systolic and diastolic blood pressure and removes general debility.

*Directions:* 1 pill with milk or water in the morning on an empty

stomach.

#### **Habbe Jawahar**

Useful in weakness of the heart, brain and liver. Increases the natural heat of the body. Removes general debility and is useful in palpitation and during convalescence.

*Directions:* 1 pill in the morning and evening with 5 gms. Dawaul Misk Motadil Jawaharwali or Khamira Gaozaban Ambari Jawaharwala followed by a glass of milk. Greasy, rich and flatulent producing food should be avoided in the diet.

#### **Heartovin**

It contains ingredients that are useful in several cardiovascular diseases such as palpitation, angina, hyperlipidemia and post-myocardial infarction. It has a soothing effect on the nervous system thereby controlling tachycardia, anxiety, phobias, stress and depression. It also lowers systolic and diastolic pressure. It is completely safe and can be used without any side effects for a prolonged period. In mild cases it is effective alone and in severe cases it can be combined with other drugs.

*Directions:* 1 pill with water or 5 gms. Khamira Marwareed in the morning or as and when required.

#### **Jawahar Mohra**

A famous Unani medicine for strengthening the heart, brain and liver. Helps in retaining the natural heat of the body and is useful in convalescence.

*Directions:* 30 mg. or 1 tablet in the morning on an empty stomach with 5 gms. Khamira Gaozaban Ambari Jawaharwala or Dawaul Misk Motadil Jawaharwali. Children should be given half a dose.

#### **Jawarish Shahi**

Strengthens the heart and brain. Relieves anxiety and reduces fever.

*Directions:* 5 to 10 gms. in the morning on an empty stomach with water.

#### **Khamira Abresham Hakim Arshadwala**

A good cardiac tonic. A famous Unani medicine for strengthening the heart and other vital organs of the body. Regulates the heart beat and increases circulation and formation of pure and healthy

blood. Also useful in general debility, palpitation, anxiety, depression, melancholia, angina pectoris and convalescence. It lowers systolic and diastolic blood pressure and removes general debility.

*Directions:* 1 to 3 gms. with milk or water in the morning on an empty stomach. Rich, spicy and flatulent producing food should be avoided in the diet.

### **Kushta Marwareed**

Strengthens the heart. Useful in palpitation and tuberculosis, melancholia, hemoptysis, spermatorrhoea in males and leucorrhoea in females.

*Directions:* 30 mg. or 1 tablet with 5 gms. Khamira Gaozaban Ambari Jawaharwala.

### **Kushta Nuqra**

Strengthens the heart, brain and liver. Useful in palpitation and anxiety. Removes sexual debility and is useful in spermatorrhoea, nocturnal emission and hydrospermia.

*Directions:* 60 mg. or 1 tablet with 5 gms. Khamira Gaozaban Ambari Jawaharwala. For sexual debility 60 mg. or 1 tablet with 5 gms. Labub Kabir followed by a glass of milk.

**Note:** Arq Gaozaban, Arq Gulab, D.M.Motadil Jawaharwali Capsules, Dawaul Misk Motadil, Dawaul Misk Motadil Jawaharwali, Dehlvi's Shahi, Habbe Khas, Jawarish Amla Sada, Khamira Abresham Sada, Khamira Abresham Shira Unnabwala, Khamira Gaozaban Ambari, Khamira Gaozaban Sada, Khamira Marwareed, Khamira Marwareed Banuskha Kalan, Kushta Aqeeq, Kushta Marjan Jawahar, Rooh Arq Gulab, Rooh Arq Keora, Sharbat Anar Shirin, Sharbat Angoor Shirin, Sharbat Ahmed Shahi, Sharbat Keora and Sharbat Sandal are also recommended in "Weakness of the Heart".

## **Palpitation**

### **Arq Gaozaban**

Invigorates the heart and relieves palpitation. Also recommended in diseases of the brain. Reduces fever and quenches thirst.

*Directions:* 125 ml. mixed with 25 ml. Sharbat Keora in a lukewarm state.

**Arq Gulab**

Strengthens the heart. Relieves palpitation and anxiety states and quenches thirst. Useful in diseases of the brain, stomach and liver. Also useful in cases of syncope.

*Directions:* 10 ml. mixed with 25 ml. Sharbat Sandal or water.

**Dawaul Misk Motadil**

Strengthens the heart, liver and the stomach. Useful in palpitation, melancholia, syncope, convalescence and general debility.

*Directions:* 5 gms. in the morning and evening with 125 ml. Arq Gaozaban or water.

**Dawaul Misk Motadil Jawaharwali**

A good cardiac tonic. Strengthens the heart and other vital organs of the body and normalises blood pressure. Increases circulation and formation of pure and healthy blood. Also useful in general debility, palpitation, anxiety, depression, angina pectoris and convalescence.

*Directions:* 3 to 6 gms. in the morning and evening with a glass of milk or water.

**Dehvi's D.M. Motadil Jawaharwali Capsules**

Dawaul Misk Motadil Jawaharwali is presented in a convenient capsule form. With all the goodness of Dawaul Misk Motadil Jawaharwali, Dehvi's D.M.Motadil Jawaharwali Capsules meet the demands of this modernized age. A good cardiac tonic. Strengthens the heart and other vital organs of the body and normalizes blood pressure. Increases circulation and formation of pure and healthy blood. Also useful in general debility, palpitation, anxiety, depression, angina pectoris and convalescence.

*Directions:* 1 or 2 capsules in the morning and evening with a glass of milk or water.

**Kushta Aqeeq**

Strengthens the heart. Useful in palpitation and anxiety states, haemoptysis and leucorrhoea in females. In tuberculosis it heals the holes or cavities of the lungs formed as a result of tissue destruction.

*Directions:* 60 mg. or 2 tablets in the morning on an empty stomach

with 5 gms. Khamira Marwareed.

### **Rooh Arq Gulab**

Strengthens the heart and brain. Relieves palpitation and anxiety states. Useful in diseases of the brain, stomach and liver. Relieves heat and quenches thirst. Also useful in cases of syncope.

*Directions:* 10 ml. mixed with water.

### **Rooh Arq Keora**

Strengthens the heart and relieves palpitation and anxiety states. Relieves heat and quenches thirst.

*Directions:* 25 ml. mixed with water.

### **Sharbat Angoor Shirin**

Strengthens the heart and checks biliousness. Useful in palpitation. Reduces heat of the stomach and tones it up. It is also a mild laxative.

*Directions:* 25 ml. mixed with water.

**Note:** Arq Amber, Arshadi Pills, Dehlvi's Shahi, Heartovin, Jawarish Amla Sada, Jawarish Shahi, Khamira Abresham Hakim Arshadwala, Khamira Abresham Sada, Khamira Abresham Shira Unnabwala, Khamira Gaozaban Ambari, Khamira Gaozaban Sada, Khamira Marwareed, Kushta Nuqra, Noshdaru, Noshdaru Lulvi, Sharbat Anar Shirin, Sharbat Keora and Sharbat Sandal are also recommended in "Palpitation".

## **Hypertension (High Blood Pressure)**

Dawa-ush-Shifa is recommended in "Hypertension".

## **Hypotension (Low Blood Pressure)**

In low blood pressure general debility increases and there is disinclination to work or a feeling of tiredness even while doing very light work or a feeling of sleepiness. A-Gile, Arq Maullaham Do Atisha, Arq Maullaham Khas, Arshadi Pills, Dawaul Misk Motadil, Dawaul Misk Motadil Jawaharwali, Dehlvi's D.M.Motadil Jawaharwali Capsules, Dehlvi Health Tonic, Dehlvi's Shahi, Habbe Amber Momyai, Habbe Khas, Jawahar Mohra, Khamira Abresham Hakim Arshadwala and Kushta Faulad are recommended in "Hypotension".

## **Syncope**

### **Dawaul Misk Motadil Jawaharwali**

Restores consciousness and energy if fainting occurs due to extreme physical weakness.

*Directions:* 3 to 6 gms. with milk or water by a spoon. If readily available, give small doses of the mixture of Rooh Arq Gulab and Arq Amber orally. Rooh Arq Gulab is also to be gently sprinkled on the face.

## **Diseases of the Stomach**

### **Atonic Stomach**

#### **Arq Ajwain**

Strengthens the liver and stomach. Useful in colic, gripes, dysentery, indigestion and flatulence. Also checks biliousness, burning sensation, thirst and nausea. Increases appetite.

*Directions:* 75 ml. to be given lukewarm in the morning and evening.

#### **Arq Badiyan**

Strengthens the liver, stomach and intestines. Useful in colic, gripes, dysentery, indigestion and flatulence. Also checks biliousness, burning sensation, thirst and nausea.

*Directions:* 125 ml. to be given lukewarm in the morning and evening.

#### **Arq Brinjasif**

Strengthens the liver, stomach, intestines, uterus, etc. and reduces fever caused due to their disorders.

*Directions:* 125 ml. to be given along with 25 ml. Sharbat Habbul Aas.

#### **Dehlvi's Zaruni Sada Capsules**

Jawarish Zaruni Sada is presented in a convenient capsule form. With all the goodness of Jawarish Zaruni Sada, Dehlvi's Zaruni Sada Capsules meet the demands of this modernized age. Strengthens the kidneys, stomach, liver, intestines and urinary bladder. Aids digestion, relieves excessive urination and is useful in hydrospermia.

*Directions:* 1 or 2 capsules in the morning with water.

### **Gastreen Pills & Syrup**

It helps soothe and tone the stomach and intestines and relieves acute and chronic gastrointestinal disorders. It quickly relieves acidity, indigestion, heartburn, stomach upset and nausea. It eases the discomforts of stomachache, constipation, gastritis, colitis and irritable bowel syndrome (IBS).

*Directions:* Syrup: 10 ml. after meals or as and when necessary.  
Tablets: 2 Pills after meals or as and when necessary.

### **Iksir Meda Khas**

Aids digestion, relieves flatulence and regulates intestinal functions. Useful in loss of appetite, heaviness after meals and acidity.

*Directions:* 2 tablets twice daily after meals or as and when required with water.

### **Jalinus Pills**

A famous Unani medicine, Jawarish Jalinus is presented in a convenient pill form. With all the goodness of Jawarish Jalinus, Jalinus Pills meet the demands of this modernized age. Strengthens the stomach, intestines, kidney, liver and bladder. Regulates gastric functions, increases appetite and helps in digestion and assimilation. It is useful in the treatment of acidity in stomach, burning sensation in the chest, bad breath and pain in the intestines. Also useful in phlegmatic cough and piles and stops excessive urination. Stops the repeated formation of stone in the kidney and urinary bladder. Regular use prevents premature greying of hair.

*Directions:* 1 or 2 pills with water daily after both meals.

### **Jawarish Anarain**

Checks biliousness and diarrhoea due to excessive bile. Strengthens the stomach and liver, increases appetite, reduces acidity and stops nausea and vomiting and is also useful in jaundice.

*Directions:* 5 gms. in the morning or as and when required.

### **Jawarish Jalinus**

A famous Unani Tibbi medicine. Strengthens the stomach,

intestines, kidney, liver and bladder. Regulates gastric functions, increases appetite and helps in digestion and assimilation. It is useful in the treatment of acidity in stomach, burning sensation in the chest, bad breath and pain in the intestines. Also useful in phlegmatic cough and piles and stops excessive urination. Stops the repeated formation of stone in the kidney and urinary bladder. Regular use prevents premature greying of hair.

*Directions:* 5 to 10 gms. with water daily in the morning or after both meals.

#### **Jawarish Meda**

Strengthens the stomach, liver and intestines. Aids digestion and increases formation of pure blood. Removes mild and chronic constipation.

*Directions:* 5 gms. in the morning and evening or after both meals with water.

#### **Jawarish Pudina**

Strengthens the stomach and liver. Useful in nausea, vomiting and hiccups. Increases appetite.

*Directions:* 5 gms. in the morning and evening.

#### **Jawarish Tabashir**

Strengthens the stomach. Reduces fever and is useful in headaches, nausea, vomiting and diarrhoea due to excessive heat.

*Directions:* 5 gms. with water twice daily after both meals.

#### **Jawarish Tamarhindi**

Checks biliousness. Strengthens the stomach and liver, increases appetite and stops nausea and vomiting. When the Cholera epidemic is widespread it can be given as a prophylactic dose.

*Directions:* 5 to 10 gms. twice daily after meals with water.

#### **Jawarish Zaruni Ambari Banuskha Kalan**

Strengthens the kidneys, bladder, liver, stomach and the brain. Relieves excessive urination, headache, flatulence, phlegmatic cough and asthma. Also relieves backache and strengthens the spinal cord. It also increases sperm count and removes sexual debility. Helps in keeping the hair dark.

*Directions:* For strengthening the kidneys, bladder, liver, stomach

and the brain 5 gms. with 30 mg. or 1 tablet Kushta Faulad in the morning and evening. For strengthening the kidneys and bladder and in headaches and phlegmatic cough and asthma 5 gms. with 30 mg. or 1 tablet Kushta Zamarrud in the morning and evening.

#### **Jawarish Zaruni Sada**

Strengthens the kidneys, stomach, liver, intestines and urinary bladder. Aids digestion, relieves excessive urination and is useful in hydrospermia.

*Directions:* 5 gms. in the morning with water.

#### **Majun Nankhah**

Strengthens the stomach. Aids digestion and increases appetite.

*Directions:* 5 gms. in the morning and evening with water.

#### **Noshdaru**

Strengthens the stomach and intestines. Checks diarrhoea caused due to their respective weakness. Aids digestion.

*Directions:* 5 to 10 gms. in the morning on an empty stomach with water.

#### **Noshdaru Lulvi**

Strengthens the stomach, intestines, liver and heart. Relieves palpitation and anxiety. Checks diarrhoea.

*Directions:* 5 to 10 gms. in the morning on an empty stomach.

#### **Safuf Namak Sulemani**

Strengthens the stomach and intestines. Helps in digestion of food and increases appetite. Useful in stomachache, flatulence and heaviness after meals. Also strengthens the liver.

*Directions:* 1 to 3 gms. daily after meals with water.

**Note:** Arq Pudina, Arq Nana, Hazmeen, Jawarish Amla Sada, Jawarish Kamuni, Jawarish Khas, Jawarish Mastagi, Jawarish Ud Tursh, Jawarish Ud Shirin, Jawarish Zanjbil, Kamuni Capsules, Kushta Faulad, Kushta Khabsul Hadid, Riyaaheen Chooran and Sharbat Habbul Aas are also recommended in "Atonic Stomach".

## **Gastralgia**

**Habbe Hilteet**

Relieves pain in the stomach and intestines. Aids digestion, relieves flatulence and increases appetite.

*Directions:* 1 or 2 pills one hour after both meals or as and when required with water.

**Habbe Papita**

Aids digestion, relieves flatulence and stomachache. Also removes constipation. When the Cholera epidemic is widespread it can be given as a prophylactic dose.

*Directions:* 2 pills after both meals with water.

**Jawarish Kamuni**

Relieves pain in the stomach and intestines due to flatulence. Improves digestive functions, stops hiccups and neutralises acidity. Removes constipation.

*Directions:* 5 to 10 gms. twice daily after meals with water.

**Jawarish Kamuni Kabir**

Relieves pain in the stomach, flatulence and colic pain. Improves digestive functions and removes constipation.

*Directions:* 5 to 10 gms. twice daily after meals with water.

**Dehlvi's Kamuni Capsules**

Jawarish Kamuni is presented in a convenient capsule form. With all the goodness of Jawarish Kamuni, Kamuni Capsules meet the demands of this modernized age. Relieves pain in the stomach and intestines due to flatulence. Improves digestive functions, stops hiccups and neutralizes acidity. Removes constipation.

*Directions:* 1-2 capsules twice daily after meals with water.

**Safuf-ul-Imlah**

Useful in flatulence and colic pain. Aids digestion and increases appetite.

*Directions:* 250 to 500 mg. twice daily after meals with 10 gms. Jawarish Kamuni.

**Note:** Arq Ajwain, Arq Badiyan, Gastreen Pills & Syrup. Habbe Kabid Naushadri, Hazmeen, Jawarish Bisbasa, Jalinus Pills, Jawarish Jalinus, Jawarish Kamuni Mushil, Majun Nankhah,

Mintol, Riyaheen Chooran and Safuf Namak Sulemani are also recommended in "Gastralgia".

## **Dyspepsia and Flatulence**

### **Habbe Tinkar**

Strengthens the stomach, aids digestion, relieves flatulence and stomachache. Also removes chronic constipation and is useful in obesity.

*Directions:* 2 to 4 pills at night or after both meals with water.

### **Hazmeen**

Stimulates appetite and digestion. It is effective in stomach troubles and gastrointestinal disorders, such as indigestion, stomachache, anorexia, hyperacidity, flatulence, burning sensation in the chest, heaviness after meals, nausea and vomiting due to indigestion, dyspepsia, gastritis, abdominal distention, halitosis and gastric disorders. Hazmeen acts fast because of natural stimulation of digestive enzymes secretion and is completely safe even for long term therapy.

*Directions:* 2 tablets to be sucked twice daily after meals.

### **Jawarish Bisbasa**

Aids digestion and increases appetite. Useful in piles and obesity.

*Directions:* 5 gms. after both meals with water.

### **Jawarish Zanjbil**

Strengthens the stomach. Aids digestion, increases appetite and gives relief in flatulence and nausea.

*Directions:* 5 gms. after both meals with water.

### **Riyaheen Chooran**

Strengthens the stomach. Useful in indigestion, loss of appetite, stomachache, flatulence, burning sensation in the chest, acidity and chronic constipation.

*Directions:* 5 gms. after both meals with water. For constipation 10 gms. at night with water.

**Note:** Arq Ajwain, Arq Badiyan, Arq Pudina, Arq Zeera, Gastreen Pills & Syrup, Habbe Hildeett, Habbe Papita, Iksir Meda Khas, Jalinus Pills, Jawarish Jalinus, Jawarish Kamuni, Jawarish

Kamuni Kabir, Jawarish Khas, Jawarish Meda, Jawarish Zaruni Sada, Majun Nankhah, Mintol, Qurs Alkaleen and Safuf Namak Sulemani are also recommended in “Dyspepsia and Flatulence”.

## **Hiccups**

Habbe Hilteet, Hazmeen, Iksir Meda Khas, Jawarish Kamuni, Jawarish Mastagi, Jawarish Pudina, Kamuni Capsules and Majun Nankhah are recommended in “Hiccups”.

## **Nausea and Vomiting**

### **Arq Nana**

Strengthens the stomach. Regulates the digestive functions. Stops nausea and vomiting.

*Directions:* 30 to 60 ml. after both meals.

### **Arq Pudina**

Stops nausea and vomiting. Strengthens the stomach, aids digestion, increases appetite and is useful in cholera, vomiting and diarrhoea due to indigestion.

*Directions:* 125 ml. mixed with 25 ml. Shikanjbeen Lemuni.

### **Jawarish Ud Shirin**

Strengthens the stomach. Increases appetite and aids digestion.

*Directions:* 5 gms. in the morning on an empty stomach with water.

### **Jawarish Ud Tursh**

Strengthens the stomach. Aids digestion, increases appetite and gives relief in nausea and vomiting. Checks biliousness.

*Directions:* 5 gms. after both meals with water. Rice with curd is recommended in the diet.

**Note:** In “Nausea and Vomiting” due to disturbed gastrointestinal functions, Hazmeen, Jawarish Anarain, Jawarish Pudina, Jawarish Tamarhindi and Mintol are also recommended.

## **Anorexia (Loss of Appetite)**

A-Gile, Arq Ajwain, Arq Maullaham Do Atisha, Arq Maullaham Khas, Arq Pudina, Dehlvi Health Tonic, Dehlvi's Falasfa Capsules,

Gastreen Pills & Syrup, Habbe Salajit, Hazmeen, Jawarish Anarain, Jawarish Ud Shirin, Jawarish Ud Tursh, Jawarish Zanjbil, Kushta Tila, Majun Falasfa, Riyaaheen Chooran, Sharbat Faulad, and medicines mentioned under “Gastralgia” are useful in “Anorexia”.

## Acidity

### Qurs Alkaleen

Recommended in indigestion, hyperacidity and burning sensation in the chest and intestines.

*Directions:* 2 tablets twice daily after meals with water.

**Note:** Gastreen Pills & Syrup and Iksir Meda Khas are also recommended in “Acidity”.

## Cholera

### Mintol

Useful in early stages of cholera to check vomiting and purging and to stimulate the digestive system. When the Cholera epidemic is widespread it can be given as a prophylactic dose.

*Directions:* 3 drops with Arq Pudina. Repeat every 30 minutes, if necessary.

**Note:** Arq Pudina and Habbe Papita are also recommended in “Cholera”.

## Hematemesis

### Qurs Kahruba

Stops hematemesis. Useful in epistaxis.

*Directions:* 2 tablets with 25 ml. Sharbat Anjabar.

## Stomach Heat

Jawarish Amla Sada, Jalinus Pills, Jawarish Jalinus, Jawarish Shahi, Jawarish Tabashir, Noshdaru and Noshdaru Lulvi are recommended for reducing the heat of the stomach.

## **Polydipsia (Excessive Thirst)**

Arq Ajwain, Arq Badiyan, Arq Gaozaban, Arq Gulab, Arq Kasni, Rooh Arq Gulab, Rooh Arq Keora, Sharbat Anar Shirin, Sharbat Keora and Sharbat Nilofar are recommended in "Polydipsia".

## **Diarrhoea & Vomiting due to Indigestion**

In "Diarrhoea & Vomiting due to Indigestion" do not be in a hurry to stop the diarrhoea and vomiting. Instead, give a mild laxative like Jawarish Kamuni Mushil 10 gms. along with 125 ml. Arq Pudina and 2 to 3 drops of Mintol. This will clean up the stomach and intestines. Then medicines mentioned under "Atonic Stomach" may be given.

## **Diseases of the Liver & Gall Bladder**

### **Hepatitis & Cirrhosis of the Liver**

#### **Arq Afsanteen**

Useful in hepatitis and cirrhosis of the liver, gastritis and inflammation of the uterus and intestines. Helps in reducing their respective heat and quenches thirst.

*Directions:* 125 ml. in the morning.

#### **Arq Arba**

Useful in hepatitis and cirrhosis of the liver, gastritis and inflammation of the uterus and intestines. Helps in reducing their respective heat.

*Directions:* 125 ml. with 25 ml. Sharbat Bazoori Motadil in the morning. In winters give lukewarm.

#### **Arq Kasni**

Useful in hepatitis and cirrhosis of the liver. Reduces hepatic heat and quenches thirst.

*Directions:* 125 ml. mixed with 25 ml. Sharbat Kasni or water.

### **Arq Mako**

Useful in cirrhosis of the liver, gastritis and inflammation of the uterus and intestines. Helps in reducing their respective heat.

*Directions:* 125 ml. mixed with 25 ml. Sharbat Kasni or water.

### **Arq Maullaham Mako Kasni Wala**

Strengthens the liver and stomach and is useful in cirrhosis. Removes general debility..

*Directions:* 125 ml. mixed with 25 ml. Sharbat Kasni or water.

### **Dabidul Ward Capsules**

Majun Dabidul Ward is presented in a convenient capsule form. With all the goodness of Majun Dabidul Ward, Dabidul Ward Capsules meet the demands of this modernized age. Useful in hepatitis, gastritis and metritis. Also useful in liver and spleen enlargement, jaundice, anorexia, dropsy, cirrhosis of the liver and sluggish liver. In alcoholics, daily use ensures protection against hepatic damage. Improves appetite.

*Directions:* 1 or 2 capsules with 60 ml. each of Arq Badiyan and Arq Mako or water.

### **Habbe Kabid Naushadri**

Recommended in hepatitis and enlargement of the liver. Aids digestion, increases appetite and gives relief in indigestion and flatulence. It is also a mild laxative.

*Directions:* 2 pills after both meals with water.

### **Iksir Jigar**

Strengthens the liver and is useful in hepatitis.

*Directions:* 1 tablet after both meals with water. Children may be given half a tablet.

### **Liv-On Syrup & Tablets**

Liver is the largest gland found in the body with several important functions. It secretes BILE that is essential for digestion of food. It breaks down the complex molecules into simpler and usable fragments, retains the useful ones and passes the unwanted products to the excretory system from where it is thrown out of the body. It also metabolises drugs, destroys the toxins released by

the pathogens and protects our body from damage. It also helps in storage of vitamins. Alcohol and most of the chemotherapeutic agents cause liver damage. Liver dysfunction is indicated by lassitude, inactivity or inertness, no desire to take food or total aversion to fatty foods.

Liv-On protects the liver against all kinds of toxins and prevents hepatic damage. Used as a daily health supplement, it keeps the liver functioning at its best and promotes growth, improves appetite and promotes digestion and assimilation of food. It can be used as a routine medicine for liver protection against alcohol, drugs and toxins and to stay healthy.

Liv-On Syrup contains concentrated extracts of only the time-tested herbs provided in a palatable base for easy acceptance by all age groups.

Liv-On Tablets contains dried extract of only the time tested herbs in a convenient easy to carry pack.

*Directions:* Syrup: 10 ml. in the morning and evening.

Tablets: 1-2 tablets in the morning and evening.

#### **Majun Dabidul Ward**

Useful in hepatitis, gastritis and metritis. Also useful in liver and spleen enlargement, jaundice, anorexia, dropsy, cirrhosis of the liver and sluggish liver. In alcoholics, daily use ensures protection against hepatic damage. Improves appetite.

*Directions:* 5 gms. twice a day with 60 ml. each of Arq Badiyan and Arq Mako or water.

#### **Sharbat Bazoori Har**

Useful in various diseases of liver, stomach and kidneys.

*Directions:* 25 to 50 ml. with 125 ml. Arq Badiyan or water.

#### **Sharbat Dinar**

Useful in hepatitis, enlargement of liver, dropsy and pleurisy. Removes constipation and increases urination.

*Directions:* 25 to 50 ml. with 125 ml. Arq Badiyan or water.

#### **Sharbat Kasni**

Useful in hepatitis, cirrhosis of the liver and gastritis. Also useful

in jaundice.

*Directions:* 25 to 50 ml. with water.

**Note:** Arq Brinjasif is also recommended in "Hepatitis & Cirrhosis of the Liver".

## Weakness of the Liver

In "Weakness of the Liver" Arshadi Pills, D.M. Motadil Jawaharwali Capsules, Dabidul Ward Capsules, Dawaul Misk Motadil, Dawaul Misk Motadil Jawaharwali, Dehlvi's Shahi, Habbe Khas, Jalinus Pills, Jawarish Anarain, Jawarish Jalinus, Jawarish Mastagi, Khamira Abresham Hakim Arshadwala, Kushta Faulad, Kushta Khabsul Hadid, Kushta Nuqra, Kushta Tila, Kushta Zamarrud, Liv-On Syrup & Tablets, Majun Dabidul Ward, Noshdaru, Sharbat Faulad and Sharbat Injeer are recommended.

## Bilious Liver

### Sharbat Bazoori Barid

Useful in various diseases of the liver, kidney and bladder. Removes biliousness of liver. Induces urination and removes pain while urinating. Reduces fever caused by hepatic heat.

*Directions:* 25 to 50 ml. mixed with cold water.

### Sharbat Bazoori Motadil

Removes biliousness of liver, kidney and bladder by inducing excessive urination. Reduces fever caused by hepatic heat.

*Directions:* 25 to 50 ml. mixed with cold water.

**Note:** Arq Arba, Arq Kasni, Arq Mako, Jawarish Amla Sada, Jawarish Anarain, Sharbat Kasni and Sharbat Sandal are recommended in "Bilious Liver".

## Sluggish Liver

Jawarish Bisbasa, Jalinus Pills, Jawarish Jalinus, Jawarish Mastagi and Sharbat Bazoori Motadil are recommended in "Sluggish Liver".

## **Cholecystitis & Gall Bladder Stone**

### **Kushta Hajrul Yahud**

Useful in kidney stone, gallstone and stone in the ureter.

*Directions:* 30 to 60 mg. or 1 or 2 tablets with 5 gms. Majun Sangsare Mahi.

### **Majun Hajrul Yahud**

Useful in kidney stone, gallstone and stone in the ureter.

*Directions:* 5 gms. in the morning and evening with water or 1 tablet Iksir Gurda.

### **Roghan Zaitoon**

Useful in gallstones and constipation. It also strengthens the nerves.

*Directions:* 25 ml. at night mixed in a glass of milk.

**Note:** Habbe Salajit is also recommended in "Cholecystitis & Gall Bladder Stone".

## **Ascites**

Dabidul Ward Capsules, Habbe Salajit, Iksir Jigar, Kushta Khabsul Hadid, Liv-On Syrup & Tablets, Majun Dabidul Ward, Sharbat Dinar and Sharbat Faulad are recommended in "Ascites".

## **Diseases of the Spleen**

### **Splenitis (Enlargement of the Spleen)**

Dabidul Ward Capsules, Habbe Salajit, Majun Dabidul Ward, Liv-On Syrup & Tablets and Sharbat Injeer are recommended in "Splinitis".

### **Jaundice**

Dabidul Ward Capsules, Habbe Salajit, Jawarish Anarain,

Jawarish Ud Tursh, Majun Dabidul Ward, Liv-On Syrup & Tablets, Sharbat Bazoori Motadil and Sharbat Kasni are recommended in "Jaundice".

## **Anaemia**

### **Kushta Khabsul Hadid**

Strengthens the stomach and liver. Increases formation of healthy and pure blood.

*Directions:* 60 mg. or 2 tablets in the morning on an empty stomach with 5 gms. Jawarish Jalinus or 1 pill of Jalinus Pills.

**Note:** Habbe Salajit, Kushta Faulad, Kushta Tila, Noshdaru, Noshdaru Lulvi and Sharbat Faulad are also recommended in "Anaemia".

## **Obesity**

### **Arq Zeera**

Reduces obesity. It is also useful in flatulence.

*Directions:* 75 ml. in the morning and evening. More effective if taken along with Obelin or Safuf Mohazzil.

### **Obelin**

As economic progress and globalisation spread, so do waistlines. An unreleased study done by Indian Council of Medical Research (ICMR) notes that 48.6% of women and 35.5% of men in urban areas are obese. Obesity is an excess of body fat, frequently resulting in a significant impairment of health. It results when there is an imbalance between energy intake and energy expenditure. Obesity is intimately linked with a disturbing urban escalation in cardiovascular diseases, osteoarthritis and hypertension. It is a wrong belief that obesity is an adult problem. It can become evident at any age, but makes its first appearance in school age. OBELIN is a herbal slimming tablet that helps in reducing obesity without any side-effects that are normally associated with various weight loss techniques, and helps in controlling and normalising the appetite and providing a satisfying

feeling so that one does not feel constantly hungry. It dissolves the excess fat gradually. Dietary fads and reducing diets that produce quick results without effort are of doubtful effectiveness in reducing body weight and keeping it down, and most are actually deleterious to health.

*Directions:* 2 tablets twice daily after meals with water or 75 ml. Arq Zeera.

#### **Safuf Mohazzil**

Helps in reducing obesity without any side-effects .

*Directions:* 5 gms. with lukewarm water or 75 ml. Arq Zeera in the morning and evening.

**Note:** Jawarish Bisbasa, Jawarish Kamuni Mushil and Majun Nankhah are also useful in "Obesity".

## **Diseases of the Intestines**

### **Diarrhoea and Dysentery**

#### **Habbe Pechish**

Checks diarrhoea and dysentery and is useful in nervous debility.

*Directions:* 1 pill with Arq Gulab or water.

#### **Habbe Raal**

Checks diarrhoea due to weakness of the stomach and intestines. Also useful in chronic dysentery.

*Directions:* 1 or 2 tablets after both meals with water.

#### **Habbe Sumaaq**

Checks diarrhoea due to weakness of the stomach and intestines.

*Directions:* 1 pill with water in the morning and at night.

#### **Jawarish Mastagi**

Strengthens the stomach, liver and intestines. Stops diarrhoea caused due to gastrointestinal weakness. Checks excessive salivation and urination. Useful in sluggish stomach and liver.

*Directions:* 5 to 10 gms. in the morning and evening with 125 ml.

Arq Badiyan or water.

### **Majun Sangdana Murgh**

Strengthens the stomach and intestines. Useful in indigestion and stops diarrhoea caused due to gastrointestinal weakness.

*Directions:* 5 gms. in the morning and evening water.

### **Safuf Muqliasa**

Useful in chronic diarrhoea and dysentery. Gives relief in stomachache and colic pain. Also useful in piles.

*Directions:* 5 g in the morning and evening with water. In dysentery put the powder in the mouth and give 125 ml. extract of 5 g Resha Khatmi along with 25 ml. Sharbat Banafsha.

### **Sharbat Habbul Aas**

Strengthens the stomach and intestines. Stops all kinds of diarrhoea. Gives relief in colic pain and stops the blood oozing in diarrhoea.

*Directions:* 25 to 50 ml. mixed with water.

**Note:** In "Diarrhoea and Dysentery" due to weakness of intestines, Arq Badiyan, Jawarish Amla Sada, Jawarish Anarain, Jawarish Tabashir, Noshdaru, Noshdaru Lulvi, Sharbat Anar Shirin and Sharbat Anjabar are also recommended.

## **Constipation**

### **Constivac**

Effective when bowels are constipated without apparent cause. Also useful in dry, hard and dark coloured stools. Expels waste matter from the intestines. Strengthens the stomach.

*Directions:* 2 pills at night with water.

### **Itrefal Mulayyan**

Removes constipation. Also useful in headache, migraine and vertigo.

*Directions:* 5 to 10 gms. at night with lukewarm milk or water.

### **Jawarish Kamuni Mushil**

Useful in diseases of the gall bladder and stomach. Removes constipation and excessive salivation.

*Directions:* 5 gms. in the morning on an empty stomach with water or 100 ml. Arq Badiyan. For constipation increase the dose to 10 gms.

### **Qabz Kusha**

Strengthens the stomach and removes constipation. Also useful in heaviness after meals.

*Directions:* 2 pills at night with water.

### **Qurs Mulayyan**

Expels waste matter from the intestines and stomach. Removes constipation.

*Directions:* 2 tablets at night with lukewarm milk or water.

### **Roghan Arandi**

Removes constipation and gives relief in colic pain.

*Directions:* 25 to 50 ml. along with 250 ml. lukewarm milk.

### **Sharbat Arzani**

Effective in constipation. Also useful in cold, catarrh and cough and expels phlegm from the chest.

*Directions:* 25 ml. mixed with 125 ml. Arq Badiyan.

### **Sharbat Injeer**

Removes constipation. Expels phlegm from the chest and is also useful in inflammation of the spleen.

*Directions:* 25 ml. mixed with water at night.

**Note:** Habbe Kabid Naushadri, Habbe Muqil, Habbe Papita, Habbe Suranjan, Habbe Tinkar, Itrefal Kishnizi, Itrefal Muqil, Itrefal Zamani, Khamira Banafsha, Jawarish Kamuni Kabir, Jawarish Meda, Lauq Sapistan Khayar Shambari, Majun Suranjan, Rियाहेन Chooran, Roghan Badam Shirin, Roghan Zaitoon, Sharbat Ahmed Shahi, Sharbat Dinar and Suranjan Capsules also remove "Constipation".

## **Piles and Fistula**

### **Habbe Muqil**

Useful in both types of piles and removes constipation.

Strengthens the stomach.

*Directions:* 2 pills at night with water.

**Habbe Muqil Jadid**

Useful in both types of piles. Relieves pain and itching.

*Directions:* 2 pills at night with water.

**Habbe Rassaut**

Useful in bleeding piles.

*Directions:* 2 pills in the morning and evening with water.

**Itrefal Muqil**

Useful in both types of piles. Also removes constipation.

*Directions:* 5 to 10 gms. at night with water.

**Jawarish Khas**

Useful in both types of piles. Also removes constipation and flatulence and strengthens the stomach.

*Directions:* 5 gms. twice daily after both meals with water.

**Marham Bawasir**

Relieves pain and itching in both types of piles and promotes swift and clean repair of the damaged tissues.

*Directions:* Apply locally once or twice a day before and after evacuation.

**Pyleena Marham (Ointment) & Capsules**

Effective treatment for bleeding haemorrhoids, fissures, internal and external piles. Relieves pain and itching in both types of piles and promotes swift and clean repair of the damaged tissues.

*Directions:* Marham : Apply locally once or twice a day before and after evacuation.

Capsules: 2 capsules twice daily after both meals.

**Qurs Bawasir Khas**

Effective in both types of piles. Stops bleeding.

*Directions:* 2 tablets in the morning on an empty stomach or at night with water.

**Roghan Neem**

Purifies the blood and is useful in itch. Kills the germs and is also useful in killing lice.

*Directions:* Locally apply 3 or 4 drops and keep cotton drenched in the oil below the anus. For killing lice, apply on the scalp.

**Note:** Itrefal Kishnizi, Jalinus Pills Jawarish Bisbasa, Jawarish Jalinus and Safuf Muqliasa are also recommended in "Piles and Fistula".

## **Intestinal Worms**

### **Itrefal Deedan**

Kills and removes various intestinal worms specially tape worms. Checks future growth.

*Directions:* 5 to 10 gms. at night with water for 3 days continuously. On the 4th day 2 tablets of Qurs Mulayyan with water should be given at night.

### **Qurs Deedan**

Kills and removes various intestinal worms. Checks future growth.

*Directions:* 2 tablets in the morning and evening with water. Roghan Arandi 25 to 50 ml. mixed with warm milk should be given once a week to remove the dead worms from the stomach.

## **Colic**

Arq Ajwain, Arq Badiyan, Itrefal Zamani, Jawarish Kamuni, Jawarish Kamuni Kabir, Jawarish Kamuni Mushil, Kamuni Capsules, Roghan Arandi and Sharbat Dinar are recommended in "Colic".

## **Diseases of the Pancreas, Kidney & Urinary Bladder**

### **Renal and Bladder Calculus**

#### **Iksir Gurda**

Useful in kidney stone and stone in the bladder. It breaks the stone and passes it through the urinary tract. It also clears the excretion of certain substances formed due to metabolic disorder

that encourages kidney stone formation.

*Directions:* 1 tablet with 5 gms. Majun Hajrul Yahud in the morning and evening. Greasy, sour and spicy food, pulses and rice should be avoided in the diet.

### **Majun Aqarab**

Useful in kidney stone and stone in the bladder. It breaks the stone and passes it through the urinary tract. Gives relief to pain.

*Directions:* 5 gms. in the morning and evening with 1 tablet Qurs Dawai Gurda.

### **Majun Sangsare Mahi**

Useful in kidney and bladder stone. It also clears the excretion of certain substances formed due to metabolic disorder that encourages kidney stone formation.

*Directions:* 5 gms. in the morning and evening with 1 tablet Qurs Dawai Gurda.

### **Qurs Dawai Gurda**

Useful in kidney stone and stone in the bladder. It breaks the stone and passes it through the urinary tract. It also clears the excretion of certain substances formed due to metabolic disorder that encourages kidney stone formation.

*Directions:* 1 tablet with 5 gms. Majun Sangsare Mahi or water in the morning and evening.

### **Sharbat Aloo Baloo**

Induces excessive urination. It breaks the kidney and gall bladder stone and passes it through the urinary tract.

*Directions:* 25 to 50 ml. in the morning and evening with water.

**Note:** Habbe Salajit, Jalinus Pills, Jawarish Jalinus, Kushta Hajrul Yahud, Majun Hajrul Yahud and Sharbat Bazoori Motadil are also recommended in "Renal and Bladder Calculus".

## **Weakness of the Kidney & Urinary Bladder**

Dehlvi's Chyawanprash Special, Dehlvi's Falasfa Capsules, Jalinus Pills, Jawarish Jalinus, Jawarish Zaruni Ambari Banuskha Kalan, Jawarish Zaruni Sada, Kushta Baiza Murgh, Kushta

Zamarrud, Dehlvi's L. Kabir Capsules, Labub Kabir, Majun Anjdan, Majun Falasfa, Majun Jalinus Lulvi, Majun Kundur, Majun Masikul Bol, Majun Piaza, Shugrina, Zaruni Sada Capsules are recommended in "Weakness of the Kidney & Urinary Bladder".

## **Diabetes Insipidus**

### **Kushta Baiza Murgh**

Useful in diabetes. Stops excessive urination and strengthens the kidneys. Also useful in spermatorrhoea and leucorrhoea.

*Directions:* 60 mg. or 2 tablets with 10 gms. Jawarish Mastagi or Butter and a glass of milk.

### **Kushta Zamarrud**

Strengthens the liver and heart. Also strengthens the bladder and stops excessive urination. Useful in diabetes, albuminuria (discharge of albumin in the urine) and in cough.

*Directions:* 30 mg. or 1 tablet in the morning with 5 gms. Jawarish Zaruni Ambari Banuskha Kalan.

### **Majun Kundur**

Stops excessive urination. Also useful in incontinence of urine and bed wetting. Strengthens the kidney and urinary bladder.

*Directions:* 5 gms. in the morning and evening with 30 mg. or 1 tablet Kushta Baiza Murgh or Kushta Khabsul Hadid.

### **Majun Masikul Bol**

Strengthens the urinary bladder. Useful in incontinence of urine, diabetes and weakness of the liver.

*Directions:* 5 gms. in the morning or at night with water.

**Note:** Habbe Salajit, Jalinus Pills, Jawarish Jalinus, Jawarish Mastagi, Jawarish Zaruni Ambari Banuskha Kalan, Jawarish Zaruni Sada, Majun Anjdan, Majun Falasfa, Shugarina and Zaruni Sada Capsules are also recommended in "Diabetes Insipidus".

## **Diabetes Mellitus**

### **Shugarina**

Produces the most beneficial results in treating diabetes mellitus

and diabetes insipidus. It enhances the production of insulin in the pancreas, normalises the sugar levels in the blood of diabetic, checks polyuria and is destroyer of glycosuria and other urinary diseases. Strengthens the urinary bladder and is useful in incontinence of urine. Also strengthens the brain, heart, liver and kidneys.

*Directions:* 1 pill in the morning and evening with water.

**Note:** Habbe Salajit, Jawarish Zaruni Ambari Banuskha Kalan, Jawarish Zaruni Sada, Kushta Baiza Murgh, Kushta Zamarrud, Shahi Salajit and for women Majun Supari Pak are also recommended in "Diabetes Mellitus".

## **Dysuria**

Arq Kasni, Banadiqul Bazoor, Safuf Indri Jullab, Sharbat Bazoori Motadil and Sharbat Dinar are recommended in "Dysuria".

## **Bed Wetting**

Dehli's Falasfa Capsules, Habbe Salajit, Jalinus Pills, Jawarish Jalinus, Jawarish Mastagi, Jawarish Zaruni Sada, Kushta Baiza Murgh, Majun Falasfa, Majun Kundur, Majun Masikul Bol, Shugarina and Zaruni Sada Capsules are recommended "Bed Wetting".

## **Incontinence of Urine**

Medicines mentioned under "Bed Wetting" are also useful in "Incontinence of Urine".

## **Burning Micturition**

### **Banadequl Bazoor**

Removes burning sensation while passing urine and also increases urination.

*Directions:* 5 pills with water.

### **Safuf Indri Jullab**

Increases urination and removes burning sensation. Cleans the

urinary passage in cases of gonorrhoea.

*Directions:* 5 gms. with Lassi (Curd) in the morning.

**Note:** Arq Kasni, Habbe Jiryan Khas and Sharbat Bazoori Motadil are also recommended in "Burning Micturition".

## **Albuminuria**

Kushta Zamarrud is recommended in "Albuminuria".

## **Biliousness of the Kidney & Bladder**

Arq Kasni, Sharbat Bazoori Motadil and Sharbat Kasni are recommended in "Biliousness of the Kidney & Bladder".

## **Nephralgia**

Iksir Gurda, Jawarish Zaruni Banuskha Kalan, Jawarish Zaruni Sada, Kushta Hajrul Yahud, Majun Hajrul Yahud and Zaruni Sada Capsules are recommended in "Nephralgia".

## **Haematuria**

Kushta Aqeeq, Sharbat Anjabar and Sharbat Bazoori Motadil are recommended in "Haematuria".

## **Diseases of Males**

### **Sexual Debility**

#### **Al Ahmer**

Useful in sexual debility. Increases rigidity of the male sex organ. Removes liver dysfunctions and increases formation of pure and healthy blood. In winters it is recommended for the elderly and for those with sluggish temperament.

*Directions:* 30 mg. or 1 tablet with Butter or 5 gms. Labub Kabir. Afterwards a glass of milk should be given.

#### **Asabi Khas**

Useful in lethargy, feeling of tiredness even after doing very light work, feeling of weakness even after a good diet and weakness of the nerves. It increases the red blood corpuscles and formation of pure and healthy blood thereby removing general debility. Removes sexual debility and increases the rigidity of the male sex organ.

*Directions:* 1 pill in the morning and evening with warm milk.

#### **Dehlvi's Falasfa Capsules**

Majun Falasfa is presented in a convenient capsule form. With all the goodness of Majun Falasfa, Falasfa Capsules meet the demands of this modernized age. Strengthens the nerves and increases the density of semen and sex vigour. Also strengthens the kidney and bladder and stops excessive urination. It is also useful in gout and backache and aids in digestion and increases appetite.

*Directions:* 1 or 2 capsules in the morning or at night with a glass of milk or water.

#### **Habbe Amber Momyai**

Strengthens the nerves, heart and brain. Removes sexual debility and safeguards virile power. Increases sperm count and also removes various underlying causes of impotency.

*Directions:* One pill in the morning and evening with milk.

#### **Habbe Jadwar**

Removes sexual debility and safeguards virile power. Increases sperm count and is useful in premature ejaculation. Increases the rigidity of the male sex organ.

*Directions:* 1 or 2 pills in the morning and evening with milk

#### **Habbe Muqavvi Gold**

Strengthens the nerves, heart and brain. Increases sex vigour by activating the glandular and nervous system. Checks the various causes of impotency. Increases sperm count and improves motility and morphology of sperms.

*Directions:* One pill to be given in the morning after breakfast or at night with lukewarm milk.

#### **Habbe Muqavvi Khas**

Strengthens the nerves, heart and brain. Increases sex vigour by activating the glandular and nervous system. Checks the various causes of impotency. Increases sperm count and improves motility and morphology of sperms.

*Directions:* One pill to be given in the morning after breakfast or at night with lukewarm milk.

### **Jalali Capsules**

Majun Jalali is presented in a convenient capsule form. With all the goodness of Majun Jalali, Jalali Capsules meet the demands of this modernized age. Improves vigour and vitality. Increases the density of semen and sperm count. Strengthens the nerves and removes general debility.

*Directions:* 1 or 2 capsules daily in the morning with a glass of milk or water.

### **Jauhar Seen**

Useful in sexual debility. Strengthens the stomach, liver, heart and the brain. Also strengthens the nerves and is useful for those with sluggish temperament.

*Directions:* 30 mg. to be gulped along with one Munaqqa (Dried Grape without seeds) with water without touching the teeth. A glass of milk is to be given afterwards.

### **Jiwan-Pro**

A speedy stimulant for spinal sex centres. Removes sexual debility due to weakness of the nerves. An effective remedy for psychic impotence. Specially recommended for middle-aged persons.

*Directions:* One pill to be given in the morning with lukewarm milk, fresh juice or water.

### **Dehlvi's L.Kabir Capsules**

Labub Kabir is presented in a convenient capsule form. With all the goodness of Labub Kabir, Dehlvi's L. Kabir Capsules meet the demands of this modernized age. Strengthens the brain, nerves and the muscles of the male sex organ. Increases rigidity, sexual vigour and density of semen and sperm count. Also strengthens the kidneys and removes general debility. Controls spermatorrhoea.

*Directions:* 1 or 2 capsules in the morning with 250 ml. milk or 50

ml. Arq Maullaham Do Atisha. Rich, spicy and flatulent producing food should be avoided in the diet.

#### **Labub Barid**

Useful in spermatorrhoea and nocturnal emissions. Increases the density of semen and removes sexual debility.

*Directions:* 5 to 10 gms. in the morning with milk.

#### **Labub Kabir**

Strengthens the brain, nerves and the muscles of the male sex organ. Increases rigidity, sexual vigour and density of semen and sperm count. Also strengthens the kidneys and removes general debility. Controls spermatorrhoea.

*Directions:* 5 gms. in the morning with 250 ml. milk or 50 ml. Arq Maullaham Do Atisha. Rich, spicy and flatulent producing food should be avoided in the diet.

#### **Majun Aspand Sokhtani**

Increases sex vigour and safeguards virile power. Removes sexual debility and prevents premature ejaculation.

*Directions:* 5 to 10 gms. in the morning with a glass of milk.

#### **Majun Falasfa**

Strengthens the nerves and increases the density of semen and sex vigour. Also strengthens the kidney and bladder and stops excessive urination. It is also useful in gout and backache and aids in digestion and increases appetite.

*Directions:* 5 to 10 gms. in the morning or at night with a glass of milk or water.

#### **Majun Jalali**

Improves vigour and vitality. Increases the density of semen and sperm count. Strengthens the nerves and removes general debility.

*Directions:* 5 gms. daily in the morning with a glass of milk.

#### **Majun Jalinus Lulvi**

Improves vigour and vitality. Strengthens the nerves, liver and bladder. Also strengthens the male sex organ and safeguards virile power.

*Directions:* 5 gms. daily in the morning and at night with a glass of

milk.

### **Majun Piaz**

Improves vigour and vitality. Strengthens the liver. Increases the density of semen.

*Directions:* 5 gms. daily in the morning with a glass of milk.

### **Majun Salab**

Improves vigour and vitality. Thickens the consistency of semen. Increases rigidity of the male sex organ. Also useful in spermatorrhoea.

*Directions:* 5 gms. daily in the morning with a glass of milk.

### **Salab Capsules**

Majun Salab is presented in a convenient capsule form. With all the goodness of Majun Salab, Salab Capsules meet the demands of this modernized age. Improves vigour and vitality. Thickens the consistency of semen. Increases rigidity of the male sex organ. Also useful in spermatorrhoea.

*Directions:* 1 or 2 capsules daily in the morning with a glass of milk or water.

**Note:** Arad Khurma Capsules, Arq Amber, Arq Maullaham Do Atisha, Arq Maullaham Khas, Habbe Khas, Jauhar Khusia, Jawarish Zaruni Ambari Banuskha Kalan, Kushta Abrak Safed, Kushta Abrak Siah, Kushta Faulad, Kushta Nuqra, Kushta Qalai, Kushta Tila, Majun Arad Khurma, Majun Mughalliz, Majun Mughalliz Jawahar, Majun Supari Pak, Shababe Shahi, Supari Pak Powder and Tila Benazeer are also recommended in "Sexual Debility".

## **Nocturnal Emission & Spermatorrhoea**

### **Arad Khurma Capsules**

Majun Arad Khurma is presented in a convenient capsule form. With all the goodness of Majun Arad Khurma, Arad Khurma Capsules meet the demands of this modernized age. Controls spermatorrhoea and nocturnal emissions. Increases the density of semen and sperm count. Also useful in premature ejaculation. Increases sex vigour.

*Directions:* 1 or 2 capsules daily in the morning with a glass of

milk or water.

### **Habbe Jiryan Khas**

Controls all types of seminal discharges. Strengthens the kidney and the bladder. Increases density of semen and checks frequent and involuntary micturition.

*Directions:* 1 pill daily in the morning and evening with milk.

### **Iksir Jiryan**

Controls all types of seminal discharges. Increases density of semen.

*Directions:* 1 tablet daily in the morning and evening with milk.

### **Jiryani**

Useful in nocturnal emission and spermatorrhoea. Increases density of semen.

*Directions:* 2 capsules daily in the morning and evening with milk.

### **Kushta Qalai**

Useful in spermatorrhoea, nocturnal emission and premature ejaculation. Increases sex vigour and density of semen. Also useful in impotency caused due to spermatorrhoea.

*Directions:* 60 mg. or 2 tablets with 5 gms. Majun Arad Khurma and a glass of milk.

### **Kushta Sadaf**

Useful in nocturnal emissions, spermatorrhoea and leucorrhoea. Strengthens the heart.

*Directions:* 60 mg. or 2 tablets with 5 gms. Majun Supari Pak.

### **Majun Anjdan**

Useful in all types of spermatorrhoea. Also useful in enlargement of the prostate glands. Strengthens the kidney and the urinary bladder. Stops excessive urination.

*Directions:* 5 gms. in the morning and evening with milk.

### **Majun Arad Khurma**

Controls spermatorrhoea and nocturnal emissions. Increases the density of semen and sperm count. Also useful in premature ejaculation. Increases sex vigour.

*Directions:* 10 gms. with a glass of milk in the morning.

### **Majun Mughalliz**

Controls spermatorrhoea and premature ejaculation. Increases the density of semen and removes sexual debility.

*Directions:* 5 to 10 gms. in the morning with a glass of milk.

### **Majun Mughalliz Jawahar**

Controls spermatorrhoea and premature ejaculation. Increases the density of semen and removes sexual debility.

*Directions:* 5 gms. daily in the morning with a glass of milk.

### **Mumsik Aam**

Useful in premature ejaculation, all type of spermatorrhoea and nocturnal emission. Also increases the density of semen.

*Directions:* 1 pill in the morning with 5 gms. Majun Anjdan and 250 ml. warm milk.

### **Mumsik Khas**

Useful in premature ejaculation. Also useful in nocturnal emission and spermatorrhoea.

*Directions:* 2 gms. daily with milk. For temporary use 2 gms. with milk one hour before intended intercourse on an empty stomach.

**NO** food should be eaten between taking the pill till after intercourse.

### **Qurs Jiryan**

Checks nocturnal emissions and all types of spermatorrhoea. Increases the density of semen.

*Directions:* 4 tablets in the morning with lukewarm milk or water. Light breakfast can be had after one hour of taking the medicine.

### **Sabateen**

Checks excessive nocturnal emissions and removes debility arising from it.

*Directions:* 5 tablets in the morning on an empty stomach with milk or water. Light breakfast is to be eaten after one hour of taking the medicine. Heavy, gas-forming, sour, oily and rich food should be avoided. Diet should be light. Food should be taken at least two hours before going to sleep.

### **Safuf Aslussoos**

Increases density of semen and controls all types of spermatorrhoea. Also useful in premature ejaculation.

*Directions:* 5 gms. in the morning with water.

### **Safuf Beejband**

Increases sperm count and density of semen. Useful in all types of spermatorrhoea, premature ejaculation and nocturnal emission.

*Directions:* 5 gms. in the morning with milk.

### **Tila Mumsik Khas**

It removes the weakness and loss of erection of the penis. Also removes sexual debility due to old age and is useful in spermatorrhoea, nocturnal emission and premature ejaculation.

*Directions:* 1/2 gm. to be rubbed daily at night on the penis leaving the tip for about 8 to 10 minutes and a soft cloth is to be tied. In the morning open the cloth and wash the penis with warm water. After application if pimples start appearing, which is a good sign, stop the usage of the Tila and start applying Roghan Chameli three times a day. When the pimples go away, again apply the Tila. Repeat the process till cured. Care is to be taken that on application of the Tila, semen should not be ejaculated. In such case it will be harmful. Horse riding, cycling and sexual intercourse should be avoided during the treatment.

**Note:** Apsara Gold, Habbe Salajit, Jiwan Pro, Kushta Baiza Murgh, Kushta Marwareed, Kushta Nuqra, L. Kabir Capsules, Labub Barid, Labub Kabir, Majun Aspand Sokhtani, Majun Salab, Salab Capsules and Shababe Shahi are also useful in "Nocturnal Emission & Spermatorrhoea".

## **Premature Ejaculation**

### **Apsara Gold**

Activates the chief organs of the body. Corrects sexual disorders like premature ejaculation, involuntary discharge of semen, functional impotence, depressed libido, unsatisfactory erection and related disorders. Replenishes the vital forces, enhances energy and stamina and makes the body organs and muscles strong. Enables the body to withstand the rigours of life.

*Directions:* One pill should be given 2 hours before intended intercourse on an empty stomach or after complete digestion of food with 250 ml warm milk. **NO** food should be taken between taking the pill till after intercourse. Those suffering from permanent lack of vitality should take half a pill daily as a prophylactic dose. Contraindicated in high blood pressure, chronic renal diseases and cardiac failure.

### **Goli Wajid Shahi**

Activates the chief organs of the body. Corrects sexual disorders like premature ejaculation, involuntary discharge of semen, functional impotence, depressed libido, unsatisfactory erection and related disorders. Replenishes the vital forces, enhances energy and stamina and makes the body organs and muscles strong. Enables the body to withstand the rigours of life.

*Directions:* One pill should be given 2 hours before intended intercourse on an empty stomach or after complete digestion of food with 250 ml warm milk. **NO** food should be taken between taking the pill till after intercourse. Those suffering from permanent lack of vitality should take half a pill daily as a prophylactic dose. Contraindicated in high blood pressure, chronic renal diseases and cardiac failure.

### **Habbe Mumsik Khas**

Increases stamina and retentive power. Also reduces hypersensitivity of sexual glands.

*Directions:* 1 pill daily at night with 250 ml. warm milk. For temporary use 1 pill one hour before intended intercourse on an empty stomach with milk. **NO** food should be eaten between taking the pill till after intercourse.

### **Habbe Mumsik Silver**

Increases stamina and retentive power. Also reduces hypersensitivity of sexual glands.

*Directions:* 1 pill daily at night with 250 ml. warm milk. For temporary use 1 pill one hour before intended intercourse on an empty stomach with milk. **NO** food should be eaten between taking the pill till after intercourse.

### **Habbe Muqavvi Mumsik**

Increases stamina and retentive power. Also reduces

hypersensitivity of sexual organ and improves its performance.  
*Directions:* 1 pill daily at night with 250 ml. warm milk. For temporary use 1 pill one hour before intended intercourse on an empty stomach with milk. NO food should be eaten between taking the pill till after intercourse.

### **Habbe Muqavvi Silver**

Increases stamina and retentive power. Also reduces hypersensitivity of sexual organ and improves its performance.  
*Directions:* 1 pill daily at night with 250 ml. warm milk. For temporary use 1 pill one hour before intended intercourse on an empty stomach with milk. NO food should be eaten between taking the pill till after intercourse.

### **Habbe Nishat**

Increases stamina and regular use improves semen viscosity and cures hydrospermia and premature ejaculation.  
*Directions:* 2 pills should be given 2 hours before intended intercourse on an empty stomach or after complete digestion of food with 25 ml warm milk. **NO** food should be taken between taking the pill till after intercourse.

### **Shababe Shahi**

Increases the production and density of semen. Useful in premature ejaculation and spermatorrhoea. Also increases sex vigour.  
*Directions:* 5 gms. with a glass of warm milk in the morning.

**Note:** Habbe Jadwar, Habbe Salajit, Habbe Muqavvi Gold, Habbe Muqavvi Khas, Jalali Capsules, Jiwan Pro, Kushta Nuqra, Kushta Qalai, Kushta Tila, Majun Aspand Sokhtani, Majun Jalali, Majun Mughalliz, Majun Mughalliz Jawahar, Mumsik Aam, Mumsik Khas, Safuf Aslussoos and Safuf Beejband and Tila Mumsik Khas are also useful in "Premature Ejaculation".

## **Hydrospermia**

Habbe Amber Momyai, Habbe Jiryani Khas, Habbe Muqavvi Gold, Habbe Muqavvi Khas, Habbe Nishat, Iksir Jiryani, Jawarish Zaruni Ambari Banuskha Kalan, Jawarish Zaruni Sada, Jiwan Pro, Kushta Nuqra, Kushta Qalai, Kushta Tila, Majun Arad Khurma,

Majun Mughalliz, Majun Mughalliz Jawahar, Majun Salab, Qurs Jiryan, Safuf Aslussoos, Safuf Beejband, Salab Capsules, Supari Pak Powder and Zarunai Sada Capsules are also useful in "Hydrospermia".

## **Oligospermia**

### **Jauhar Khusia**

It is a testosterone replacement therapy in male hypogonadal disorders and infertility due to disorders of spermatogenesis. Fulfills the hopes of childless couples by increasing the secretion of semen and sperm count thereby removing sexual debility and improving motility and morphology of sperms. May be indicated in osteoporosis due to androgen.

*Directions:* 1 gm. with a glass of milk in the morning. More effective with 5 gms. Labub Kabir or Majun Salab with milk or with 2 capsules of L. Kabir Capsules or Salab Capsules with milk.

**Note:** Apsara Gold, Goli Wajid Shahi, Habbe Amber Momyai, Habbe Jadwar, Habbe Muqavvi Gold, Habbe Muqavvi Khas, Jawarish Zaruni Ambari Banuskha Kalan, Jawarish Zaruni Sada, Kushta Qalai, Kushta Tila, L. Kabir Capsules, Labub Kabir, Majun Falasfa, Majun Jalali, Majun Piaz, Salab Capsules, Shababe Shahi and Zaruni Sada Capsules are also useful in "Oligospermia".

## **Atrophy of Penis & Loss of Erection**

### **Dawai Malish**

Used before Dawai Takore. Useful in weakness and loss of erection.

*Directions:* 1 gm. to be rubbed lukewarm on the penis for about 10 minutes and a muslin cloth is to be tied. In the morning open the cloth and wash the penis with warm water.

### **Dawai Takore**

Used after Dawai Malish. It is useful in weakness and loss of erection.

*Directions:* Make 2 pouches of cloth each containing 3 gms. powder. Dip the pouches in 25 ml. hot Mustard Oil and apply one

pouch on the penis leaving the tip. When the pouch becomes cold, apply the second pouch and put the first pouch in the hot oil. Continue this process for at least 15 minutes. After 15 minutes tie a muslin cloth on the penis. In the morning open the cloth and wash the penis with warm water.

#### **Roghan Beer Bahuti**

Removes the weakness of the penis and enhances sexual desire and satisfaction.

*Directions:* Rub lukewarm on the penis leaving the tip and then tie a Beetle Leaf around it.

#### **Roghan Jonk**

Strengthens the penis and increases blood circulation of the penile tissues.

*Directions:* Rub lukewarm on the penis leaving the tip and then tie a Beetle Leaf around it.

#### **Roghan Kharateen**

Removes the weakness of the penis and enhances sexual desire and satisfaction.

*Directions:* Rub lukewarm on the penis leaving the tip and then tie a Beetle Leaf around it.

#### **Tila Benazeer**

It removes the weakness and loss of erection of the penis.

*Directions:* 1/2 gm. to be rubbed daily at night on the penis leaving the tip for about 8 to 10 minutes and a soft cloth is to be tied. In the morning open the cloth and wash the penis with warm water. After application if pimples start appearing, which is a good sign, stop the usage of the Tila and start applying Roghan Chameli three times a day. When the pimples go away, again apply the Tila. Repeat the process till cured. Care is to be taken that on application of the Tila, semen should not be ejaculated. In such case it will be harmful. Horse riding, cycling and sexual intercourse should be avoided during the treatment.

#### **Tila Darchini**

Removes sexual debility and loss of erection of the penis and enhances sexual desire and satisfaction.

*Directions:* 1/2 gm. to be rubbed daily at night on the penis leaving

the tip for about 8 to 10 minutes and a soft cloth is to be tied. In the morning open the cloth and wash the penis with warm water. After application if pimples start appearing, which is a good sign, stop the usage of the Tila and start applying Roghan Chameli three times a day. When the pimples go away, again apply the Tila. Repeat the process till cured. Care is to be taken that on application of the Tila, semen should not be ejaculated. In such case it will be harmful. Horse riding, cycling and sexual intercourse should be avoided during the treatment.

#### **Tila Khas**

Removes sexual debility and loss of erection of the penis. Increases blood circulation of the penile tissues and enhances sexual desire and satisfaction.

*Directions:* 1/2 gm. to be rubbed daily at night on the penis leaving the tip for about 8 to 10 minutes and a soft cloth is to be tied. In the morning open the cloth and wash the penis with warm water. After application if pimples start appearing, which is a good sign, stop the usage of the Tila and start applying Roghan Chameli three times a day. When the pimples go away, again apply the Tila. Repeat the process till cured. Care is to be taken that on application of the Tila, semen should not be ejaculated. In such case it will be harmful. Horse riding, cycling and sexual intercourse should be avoided during the treatment.

#### **Tila Muqavvi**

Removes sexual debility and loss of erection of the penis and enhances sexual desire and satisfaction. Also removes sexual debility due to old age.

*Directions:* 1/2 gm. to be rubbed daily at night on the penis leaving the tip for about 8 to 10 minutes and a soft cloth is to be tied. In the morning open the cloth and wash the penis with warm water. After application if pimples start appearing, which is a good sign, stop the usage of the Tila and start applying Roghan Chameli three times a day. When the pimples go away, again apply the Tila. Repeat the process till cured. Care is to be taken that on application of the Tila, semen should not be ejaculated. In such case it will be harmful. Horse riding, cycling and sexual intercourse should be avoided during the treatment.

### **Tila Surkh**

Removes sexual debility and loss of erection of the penis and enhances sexual desire and satisfaction.

*Directions:* 1/2 gm. to be rubbed daily at night on the penis leaving the tip for about 8 to 10 minutes and a soft cloth is to be tied. In the morning open the cloth and wash the penis with warm water. After application if pimples start appearing, which is a good sign, stop the usage of the Tila and start applying Roghan Chameli three times a day. When the pimples go away, again apply the Tila. Repeat the process till cured. Care is to be taken that on application of the Tila, semen should not be ejaculated. In such case it will be harmful. Horse riding, cycling and sexual intercourse should be avoided during the treatment.

**Note:** Al Ahmer, Asabi Khas, Kushta Tila, L. Kabir Capsules, Labub Kabir, Majun Jalinus Lulvi, Majun Salab, Salab Capsules, Shababe Shahi and Tila Mumsik Khas are also recommended in "Atrophy of Penis & Loss of Erection".

### **Orchitis**

#### **Zamad Warm Unseyain**

An external application which is useful in orchitis.

*Directions:* Mix 10 gms. of Zamad with water of Mako (Black Nightshade) and apply on the testicles. Tie a Leaf of Arandi.

**Note:** Itrefal Shahtara and Majun Ushba are recommended for internal use in "Orchitis".

### **Itching of the Testicles**

Majun Chobchini, Raktsafa and Sharbat Unnab are recommended in "Itching of the Testicles".

## **Diseases of Females**

### **Lecorhoea & Metritis**

**Habbe Marwaridi**

Checks leucorrhoea and metritis. Strengthens the chief organs of the body. Removes general debility.

*Directions:* One pill with milk or 20 ml. Arq Amber in the morning and evening. In summers it should be given only with water. Not to be given during pregnancy. Greasy, sour, spicy, rich and flatulent producing food should be avoided in the diet.

**Majun Mochras**

Strengthens the uterus and is useful in leucorrhoea.

*Directions:* 10 gms. to be given in the morning with a glass of milk.

**Safuf Selan**

Useful in leucorrhoea.

*Directions:* 5 gms. in the morning with water.

**Selani**

Recommended in leucorrhoea with vaginal pruritus, burning and discharge. Also useful in itching, irritation, backache, stomachache, excessive urination, lethargy and debility due to leucorrhoea. Strengthens the uterus.

*Directions:* 2 tablets in the morning on an empty stomach with a glass of milk. More effective if given with butter mixed in milk. Heavy, gas-forming, sour, oily and rich food should be avoided. Diet should be light. Food should be taken at least 2 hours before going to sleep.

**Selanil**

Recommended in leucorrhoea with vaginal pruritus, burning and discharge. Also useful in itching, irritation, backache, stomachache, excessive urination, lethargy and debility due to leucorrhoea. Strengthens the uterus.

*Directions:* 5 Gms. in the morning on an empty stomach with a glass of milk. Heavy, gas-forming, sour, oily and rich food should be avoided. Diet should be light. Food should be taken at least 2 hours before going to sleep.

**Note:** Anis Khawateen, Dabidul Ward Capsules, Khamira Marwareed, Kushta Baiza Murgh, Kushta Sadaf, Majun Dabidul

Ward, Majun Muqavvi Reham, Majun Supari Pak, Marham Dakhliyun and Supari Pak powder are also recommended in "Leucorrhoea & Metritis".

## **Atony of the Uterus**

### **Majun Muqavvi Reham**

It strengthens the uterine functions and checks complaints arising from weakness of the uterus. Cures leucorrhoea, recurrent miscarriages and premature deliveries.

*Directions:* 5 gms. on an empty stomach in the morning with a glass of milk.

### **Supari Pak Powder**

Useful in leucorrhoea and excessive menstruation. Increases the retentive power of the uterus. Also useful in pain of the joints and back, weakness after delivery, vomiting and dyspepsia. Also increases retention power and density of semen in males.

*Directions:* In ordinary cases 5 to 10 gms. with warm milk before breakfast. In chronic cases, 5 to 10gms. in the morning and evening with warm milk. Can also be used by males in the above dose for their disorders. To be discontinued during menses and from the ninth month of pregnancy to twenty days after delivery. Tea, coffee, sour, heavy, oily and gas-forming foods should be avoided. Milk, butter, dry fruits and wheat as well as other nourishing foods are advised.

**Note:** Anis Khawateen, Arq Maullaham Do Atisha, Arq Maullaham Khas, Majun Hamal Ambari Alvi Khani and Majun Supari Pak are also recommended in "Atony of the Uterus".

## **Threatened Miscarriage**

### **Majun Hamal Ambari Alvi Khani**

Strengthens the uterus. Recommended for women with a history of miscarriages or for women whose offsprings die at birth or are born weak.

*Directions:* 5 gms. with a glass of milk in the morning from the 3rd month of pregnancy to the end of the 7th month of pregnancy.

**Note:** Majun Muqavvi Reham is also recommended in "Threatened Miscarriage".

## **Inability to Conceive**

### **Habbe Hamal**

It corrects internal disorders that result in the inability to conceive.  
*Directions:* 2 pills to be given with 250 ml. milk daily in the morning and evening for 3 days. On the 4th day sexual intercourse is recommended. Treatment is to be continued for two or more months or until conception occurs.

### **Habbe Murad**

It corrects internal disorders that result in the inability to conceive.  
*Directions:* 2 pills to be given with 250 ml. milk daily in the morning and evening for 3 days. On the 4th day sexual intercourse is recommended. Treatment is to be continued for two or more months or until conception occurs.

### **Majun Supari Pak**

Helps in increasing the retentive power of the uterus. Removes debility after child birth. Useful in leucorrhoea and backache. Also increases retention power in males.  
*Directions:* 10 gms. with a glass of milk in the morning.

**Note:** Majun Muqavvi Reham is also recommended in "Inability to Conceive".

## **Menorrhagia**

Kushta Aqeeq, Kushta Marjan, Kushta Sadaf, Majun Mochras, Majun Supari Pak, Qurs Kehrubah and Sharbat Anjabar are recommended in "Menorrhagia".

## **Dysmenorrhoea & Amenorrhoea**

### **Anis Khawateen**

It regulates the secretory functions of the ovaries and abnormal menstrual periods and pregnancy. It acts directly on the uterine musculature and has an astringent and antiseptic effect on the mucus membrane of the urinogenital system. It has stimulating effect on the endometrium and the ovaries. It also eliminates

distress and pain before and during menstruation, tones up the nerves, acts as a uterine tonic and regulates the development of female sexual characteristics. Also checks nonspecific leucorrhoea.

*Directions:* In Amenorrhoea, metritis and in premenstrual syndrome 10 ml. (2 teaspoonful) daily with water. In Dysmenorrhoea, Hypomenorrhoea and nonspecific Leucorrhoea 10 ml. daily with lukewarm milk and in Metrorrhagia and Menorrhagia 10 ml. daily with fruit juice. To be discontinued during menstruation.

### **Vaginal Laxation**

Habbe Marwaridi, Majun Mochras, Majun Supari Pak, Selani and Selanil are recommended in "Vaginal Laxation".

### **Pruitus Vulvae (Vulvar itching)**

Itrefal Shahtara, Majun Mochras, Selani, Selanil and Sharbat Unnab are recommended in "Pruitus Vulvae".

### **Prolapse of the Uterus**

Majun Mochras, Majun Muqavvi Reham and Majun Supari Pak are recommended in "Prolapse of the Uterus".

### **Sterility**

L. Kabir Capsules, Labub Kabir, Majun Mochras, Majun Muqavvi Reham and Majun Supari Pak are recommended in "Sterility".

### **Hysteria**

Anis Khawateen, Dawa-ush-Shifa, Khamira Gaozaban Ambari Jadwar Ude Saleebwala, Majun Muqavvi Reham and Majun Najah are recommended in "Hysteria".

### **Hardening of the Uterus**

### **Marham Dakhliyun**

Useful in enlargement and hardening of the uterus. Also dissolves the glandular nodes.

*Directions:* Apply after mixing 5 gms. of this ointment with 5 ml. fresh leaves of Makoh with a cotton swab in the vagina. If fresh Makoh is not available then use the ointment alone.

### **Galactorrhoea**

Majun Nankhah is recommended in "Galactorrhoea".

### **Frigidity**

Habbe Ambar Momyai, L. Kabir Capsules and Labub Kabir are recommended in "Frigidity".

### **Post-Partum**

#### **Arq Dashmool**

Useful during maternity, cures bodyaches and fever caused by cold. Its regular use for 2-3 months after delivery improves lactation and quality of milk.

*Directions:* 75 ml. in the morning and evening.

#### **Arq Zachcha**

Promotes discharge of the lochia after delivery .

*Directions:* 125 ml. with 25 ml. Sharbat Bazoori Motadil in the morning. In winters give lukewarm.

## **Diseases of the Joints**

### **Rheumatism, Arthritis, Gout & Backache**

#### **Dehlvi's Roghan Phosphorus**

Provides symptomatic relief in backache, tennis/golfers' elbow, frozen shoulder, sprains, sciatica, polio in children, muscular pains, muscular cramps, muscles under stress and strain, swelling

and stiffness of joints and other musculoskeletal affections.

*Directions:* Apply a small quantity of the oil with cotton on the affected part and rub gently till absorbed. Repeat the process two or three times a day. Sensation of warmth and emission of fumes which glow in the dark are due to the presence of Phosphorus in the oil.

### **Kushta Gaodanti**

Useful in syphilis, rheumatism, gout, arthritis, paralysis, facial paralysis and stammering. Also useful in all kinds of fever.

*Directions:* 60 mg. or 2 tablets with 5 gms. Majun Jograj Guggal or Majun Suranjan. In fever give along with Tulsi leaf.

### **Majun Chobchini**

Relieves pain in the joints and body-aches due to syphilis. Purifies blood.

*Directions:* 5 gms. in the morning or evening with water.

### **Majun Suranjan**

Useful in all kinds of pains like rheumatism, gout, sciatica, etc. Expels uric acid deposits from the blood and joints. Removes constipation.

*Directions:* 5 to 10 gms. with water at bed time.

### **Nopain Tablets**

Provides prompt relief in articular and muscular rheumatism with or without inflammatory and febrile complaints, aches, swelling, stiffness and pain of joints and other musculoskeletal inflammations.

*Directions:* 2 tablets twice daily after meals with water.

### **Ostopain Massage Oil**

Provides prompt relief from aches, pains, swelling and stiffness of joints and other musculoskeletal inflammations.

*Directions:* Apply a small quantity of the oil on the affected part and rub with gentle hands till absorbed. Repeat two or three times a day.

### **Roghan Babuna**

Useful in gout, arthritis and backache. Is also useful in otalgia.

*Directions:* Apply lukewarm oil on the affected part and wrap

warm cotton over it. For otalgia instill 1 or 2 drops in the ears.

### **Roghan Dard**

Useful in backache, frozen shoulder, sprains, sciatica, muscular pains, muscular cramps, muscles under stress and strain, swelling and stiffness of joints and other musculoskeletal affections.

*Directions:* Apply 2 or 3 times a day on the affected area and massage slowly till the oil is absorbed.

### **Roghan Malkangani**

Strengthens the nerves. Gives relief in paralysis, facial paralysis, rheumatism, gout, sciatica and backache.

*Directions:* Apply lukewarm oil on the affected part and wrap warm cotton over it.

### **Dehlvi's Suranjan Capsules**

Majun Suranjan is presented in a convenient capsule form. With all the goodness of Majun Suranjan, Dehlvi's Suranjan Capsules meet the demands of this modernized age. Useful in all kinds of pains like rheumatism, gout, sciatica, etc. Expels uric acid deposits from the blood and joints. Removes constipation.

*Directions:* 1-2 capsules daily at bed time with water.

**Note:** Dehlvi Blue Balm, Falasfa Capsules, Habbe Asgand, Habbe Azaraqi, Habbe Suranjan, Jauhar Munaqqa, Jauhri Capsules, Jawarish Zaruni Ambari Banuskha Kalan, Majun Azaraqi, Majun Falasfa, Majun Seer Alvi Khani, Majun Talkh, Majun Ushba, Qurs Musakkin, Roghan Keemia, Roghan Suranjan and Roghan Surkh are also useful in "Rheumatism, Arthritis, Gout & Backache".

## **Diseases due to Impure Blood**

### **Boils, Pimples and other Skin Eruptions**

#### **Arq Chiraita**

Is a blood purifier. Prevents itch, boils, pimples and other skin eruptions. Also useful in syphilis and gonorrhoea.

*Directions:* 125 ml. along with 5 gms. Majun Ushba.

### **Arq Mundi**

Purifies the blood. Strengthens eyesight.

*Directions:* 125 ml. along with 25 ml. Sharbat Unnab.

### **Arq Murakkab Musaffi Khoon**

Is a blood purifier. Prevents itch, boils, pimples and other skin eruptions. Also useful in syphilis and gonorrhoea.

*Directions:* 125 ml. along with 25 ml. Sharbat Unnab.

### **Arq Shahtara**

Prevents itch, boils, pimples and other skin eruptions. Purifies the blood and reduces its heat.

*Directions:* 125 ml. along with 25 ml. Sharbat Unnab.

### **Arq Ushba**

Purifies the blood. Useful in syphilis and in rheumatism, gout, etc. due to syphilis.

*Directions:* 125 ml. along with 5 gms. Majun Ushba.

### **Habbe Musaffi Khoon**

An effective blood purifier and a remedy for boils, scabies, acne, scrofula, pimples, gonorrhoea, syphilis and other skin eruptions due to impure blood. Also useful in gout.

*Directions:* 2 pills to be taken in the morning with water.

### **Husne Rana**

Beautifies the face by removing dark circles, spots and wrinkles. Generates lustre on the face.

*Directions:* Mix the required quantity in water to form a paste. Apply at night and wash off in the morning with a mild soap.

### **Majun Ushba**

A blood purifier. Effective remedy for boils, scabies, acne, scrofula, pimples, gonorrhoea, syphilis and other skin eruptions due to impure blood. Also useful in gout.

*Directions:* 5 to 10 gms. to be given in the morning and evening with water.

**Musaffi Azam**

Purifies the blood from all impurities and poisonous matter. Cures itch, boils, ulcers and other skin diseases. Also useful in syphilis and gonorrhoea.

*Directions:* 5 gms. in the morning and evening with water.

**Raktsafa**

An effective blood purifier and an effective remedy for boils, acne, scrofula, pimples, heat rashes and itching, epistaxis, measles, burning sensation in urination, gonorrhoea, syphilis and other skin eruptions due to impure blood. Also improves the complexion and skin condition. Can also be used as a preventive against conditions arising out of change of season. With the onset of summers when incidence of Malaria is high it can be given as a prophylactic dose.

*Directions :* 10 ml. in the morning with milk or water.

**Sharbat Murakkab Musaffi Khoon**

Is a blood purifier. Prevents itch, boils, pimples and other skin eruptions. Also useful in syphilis and gonorrhoea.

*Directions:* 50 ml. mixed with water.

**Sharbat Unnab**

Purifies the blood and reduces its heat. Also useful in cough and other diseases of the chest.

*Directions:* 25 to 50 ml. mixed with water.

**Note:** Habbe Musaffi Khoon, Itrefal Shahtara, Majun Chobchini, Majun Chobchini Banuskha Khas, Marham Kafoori, Marham Raal and Roghan Neem are also recommended in "Boils, Pimples and other Skin Eruptions".

**Wounds****Marham Kafoori**

Effective for such wounds which cause a lot of pain and burning sensation and also cures burning wheals from which yellow fluid keeps on oozing.

*Directions:* Thinly spread on a piece of cloth and apply on wounds and wheals after washing them first with neem water (prepared

by boiling neem leaves in water). Repeat for several days till completely cured.

### **Marham Raal**

It heals all types of wounds and stops pus formation.

*Directions:* Thinly spread on a piece of cloth and apply on wounds and wheals after washing them first with neem water (prepared by boiling neem leaves in water). Repeat for several days till completely cured.

## **Scrofula**

### **Roghan Gundum**

Useful in scrofula. Also useful in ringworms and in baldness.

*Directions:* Apply lukewarm oil on the affected part and wrap warm cotton over it.

**Note:** Itrefal Shahtara, Kushta Qarnulail, Majun Ushba and Raktsafa are also recommended in "Scrofula".

## **Vitiligo**

### **Roghan Babchi**

Useful in hypopigmented lesions of the skin like leucoderma and psoriasis it is used as a local application.

*Directions:* Apply on affected area. In case of leucoderma after application expose to sunlight.

### **Safuf Bars**

Useful in vitiligo (leucoderma).

*Directions:* Mix 5 gms. in 25 ml. hot water. In the morning sieve and give for drinking. Take the residue and grind it in Vinegar or water to make a paste and apply on the spots. To be given for at least 40 days.

**Note:** In "Vitiligo" medicines for purifying blood especially Raktsafa is recommended.

## **Acne**

### **Zamad Muhasa**

Useful in acne, pimples, dark circles and improves the complexion of the skin.

Directions: Apply 10 gms. mixed with lukewarm water at night before going to sleep. Wash off in the morning with lukewarm water.

**Note:** Arq Murakkab Musaffi Khoon, Arq Shahtara, Itrefal Shahtara, Majun Ushba, Raktsafa and Sharbat Murakkab Musaffi Khoon are also recommended in "Acne".

### **Ringworms**

Roghan Gundum is recommended in "Ringworms". If various parts of the body are affected then Itrefal Shahtara, Raktsafa and Sharbat Murakkab Musaffi Khoon are also useful.

### **Urticaria**

Jawarish Kamuni Mushil and Raktsafa are recommended in "Urticaria".

## **Venereal Diseases**

### **Syphilis**

#### **Habbe Lemu**

Useful in syphilis. Also useful in gout and other ailments due to syphilis.

*Directions:* 1 pill in the morning and evening with water.

#### **Jauhar Munaqqa**

Recommended in all stages of syphilis and gonorrhoea. Also recommended in diseases of the joints caused due to syphilis.

*Directions:* 30 mg. to be swallowed along with one Munaqqa (Dried Grape without seeds) with water without touching the teeth. A glass of milk is to be given afterwards.

#### **Jauhari Capsules**

Recommended in all stages of syphilis and gonorrhoea. Relieves painful conditions of the disease. Also useful in rheumatism and gout due to syphilis.

*Directions:* 1 capsule with a glass of milk.

### **Marham Atshak**

Kills the germs of syphilis and quickly heals the wounds.

*Directions:* Apply after washing the wounds with neem water or lukewarm water.

**Note:** Arq Murakkab Musaffi Khoon, Arq Rahat, Arq Shahtara, Arq Ushba, Itrefal Shahtara, Majun Chobchini, Majun Jograj Guggal, Majun Lana, Majun Ushba, Musaffi Azam, Raktsafa, Roghan Sandal and Sharbat Murakkab Musaffi Khoon are also recommended in "Syphilis".

## **Gonorrhoea**

### **Arq Rahat**

Useful in acute and chronic gonorrhoea and syphilis. Stops bleeding and mucous discharges, burning sensation while urinating and frequent urination. Reduces the swelling of the male organ.

*Directions:* 10 ml. in the morning, afternoon and evening.

### **Indmal**

A well known remedy for acute and chronic gonorrhoea. Stops burning sensation while urinating and also stops bleeding and mucous discharges. Also cures spermatorrhoea caused due to gonorrhoea.

*Directions:* 1 tablet in the morning and evening with water. In case of burning sensation while urinating, 1 tablet along with 50 ml. Sharbat Bazoori Motadil.

### **Roghan Behroza**

Useful in acute gonorrhoea.

*Directions:* 4 or 5 drops put inside a Batasha (Sugar Candy) or on sugar and given with a glass of milk.

### **Roghan Sandal**

Useful in painful urination, acute gonorrhoea and syphilis. Stops bloody and purulent discharges.

*Directions:* 1 ml. put inside a Batasha (Sugar Candy) or on sugar and given with a glass of milk.

**Note:** Arq Murakkab Musaffi Khoon, Itrefal Shahtara, Jauhar Munaqqa, Jauhri Capsules, Kushta Qalai, Majun Ushba, Musaffi Azam, Raktasafa, Safuf Indri Jullab and Sharbat Murakkab Musaffi Khoon are also recommended in “Gonorrhoea”.

## **Diseases of the Hair**

### **Falling of Hair**

#### **Roghan Amla Khas**

Strengthens the hair roots and prevents falling of hair. Increases growth.

*Directions:* Use like any hair oil.

#### **Roghan Chameli**

Strengthens the hair roots and prevents falling of hair and keeps it silky and vibrant.

*Directions:* Use like any hair oil.

#### **Treat Black Hair Soap**

The black lather keeps your hair dark, long, silky and vibrant. Strengthens the hair roots, prevents dandruff, falling of hair and premature greying.

*Directions:* Wet hair thoroughly, rub Treat Black Hair Soap gently on hair for a few minutes. Allow its rich lather to penetrate down to the hair roots and then rinse with lukewarm water. Repeat the above procedure. Regular use of Treat Black Hair Soap is recommended for at least thrice a week. For best results apply Treat Herbal Hair Oil after a bath or washing. Do not use very hot water to wash hair.

#### **Treat Herbal Hair Oil**

It is a useful tonic for the hair. Contains 19 time-tested herbs and is free from any essence, perfume, colour and chemicals. Stops falling hair, prevents premature greying and dandruff. It is an excellent food for your hair. It is manufactured from expensive herbs that our famous for keeping the hair dark, long, silky and vibrant since time immemorial.

*Directions:* Rub Treat Herbal Hair Oil at night or after a bath. For best results wash your hair with Treat Black Hair Soap. Do not use any normal harsh soap or shampoo. Do not mix any other oil in Treat Herbal Hair Oil. If Treat Herbal Hair Oil is to be applied after a bath, the hair should be dried well with a towel.

#### **Treat Powder**

A herbal hair mix. Made entirely from natural ingredients, it strengthens the hair roots, prevents premature greying and dandruff and keeps the hair long, dark and vibrant.

*Directions:* Soak 50 gms. in water for 15 minutes. Apply on hair and wash after 15 minutes with water.

**Note:** Dehlvi Roghan Zarareeh is also useful in "Falling of Hair".

### **Premature Greying of Hair**

Dehlvi's Roghan Zarareeh, Itrefal Ustkhuddus, Jalinus Pills, Jawarish Jalinus, Jawarish Zaruni Ambari Banuskha Kalan, Roghan Amla Khas, Roghan Baiza Murgh, Treat Black Hair Soap, Treat Herbal Hair Oil and Treat Powder are recommended in "Premature Greying of Hair".

### **Alopecia Areata**

#### **Dawai Balkhora**

Prolonged use is helpful in alopecia areata where hair falls in patches or where hair does not grow.

*Directions:* Wash the patch with carbolic soap or Neem water. Then apply and massage the area with the medicine.

#### **Dehlvi's Roghan Zarareeh**

Strengthens the hair and keeps it free from all diseases and disorders of the scalp. Useful in alopecia areata.

*Directions:* Apply the oil daily on the patches.

#### **Roghan Baiza Murgh**

Prolonged use is helpful in alopecia areata where hair falls in patches or where hair does not grow. It also lengthens the hair and prevents premature greying of hair.

*Directions:* Apply the oil daily on the patches.

**Note:** Roghan Gundum is also recommended in “Alopecia Areata”.

## **Lice**

Roghan Neem is recommended in “Lice”.

## **Miscellaneous Diseases**

### **Fever**

#### **Arq Nilofar**

Reduces excess bile production. Also reduces heat and thirst.

*Directions:* 125 ml. along with 25 ml. Sharbat Nilofar.

#### **Dafae Bukhar**

Useful in all types of fevers.

*Directions:* 1 tablet in the morning and evening with water.

**Note:** Arq Ajwain, Habbe Shifa, Kushta Gaudanti, Qurs Musakkin, Sehat Bakhsh, Sharbat Banafsha and Sharbat Nilofar are also recommended in “Fever”.

### **Malarial Fever**

#### **Malikure Syrup & Capsules**

Are indicated in malarial fever, resistant cases of malaria, quartan fever, general pyrexia and bodyache.

*Directions:* 10 ml. or 2 capsules three times a day after meals for 7 days.

**Note:** Arq Brinjasif, Arq Gaozaban, Arq Nilofar, Dafae Bukhar, Habbe Shifa, Kushta Gaudanti, Raktsafa, Sharbat Banafsha, Sharbat Bazoori Motadil, Sharbat Nilofar and Sehat Bakhsh are also recommended in “Malarial Fever”.

### **Typhoid**

Kharmira Marwareed, Khamira Marwareed Banuskha Kalan, Kushta Gaudanti, Kushta Marjan, Kushta Marwareed and Sehat Bakhsh are recommended in "Typhoid".

## **Measles**

Jawahar Mohra, Khamira Marwareed and Raktsafa are recommended in "Measles".

## **Diseases of Children**

### **Indigestion/Constipation**

#### **Dehlvi Baby Tonic**

A Baby Tonic that is specially formulated for infants to promote development and growth. It prevents and controls common neonatal complaints such as flatulence, colic pain, griping and dyspepsia. It increases appetite, aids digestion and assimilation and tones up metabolism. It also assures significant and consistent weight gain and strengthens the bones by making up for the unusual loss of calcium from the body.

*Directions:* 1/4 to 2 teaspoons daily in the morning and evening.

#### **Dehlvi Ghutti**

It is an effective preparation for common ailments of the new born and children. It is useful in flatulence, indigestion, incontinence, atonic stomach, vomiting of clotted milk, gastric disorders during teething and griping. It is also indicated in common cold, cough and constipation. Its regular use corrects appetite and keeps the bowels open.

*Directions:* 10 drops to 1 teaspoon depending on age daily in the morning and evening.

**Note:** A-Gile, Dehlvi Health Tonic and Mintol are also recommended in "Indigestion/Constipation".

### **Infantile Epilepsy**

### **Habbe Jund**

Very useful in infantile epilepsy.

*Directions:* 1 pill to be dissolved in mother's milk and given every 3-4 hours.

### **Khamira Marwareed**

Relieves palpitation and anxiety states. Strengthens the heart and is very useful in infantile epilepsy and general debility. In chicken pox and measles it protects the heart and other chief organs of the body and is very useful during convalescence after such diseases.

*Directions:* 1 to 5 gms. in the morning on an empty stomach and evening or as and when required with Arq Gaozaban or water. Rich, spicy and flatulent producing food should be avoided in the diet.

**Note:** Habbe Sara, Khamira Gaozaban Ambari Jadwar Ud Saleebwala and Dehlvi Baby Tonic are also recommended in "Infantile Epilepsy".

## **General Weakness**

A-Gile, Amleena, Braino, Dehlvi Baby Tonic, Dehlvi Ghutti, Dehlvi Health Tonic, Khamira Marwareed and Memorin are recommended in "General Weakness".

## **Diarrhoea**

Dehlvi Baby Tonic, Dehlvi Ghutti and Mintol are recommended for "Diarrhoea" in children.

## **Infantile Pneumonia**

Kushta Qarnulail and Qairooti Arde Krisna are recommended in "Infantile Pneumonia".

## **Whooping Cough**

Lauq Badam, Lauq Sapistan, Lauq Sapistan Khayarshambari, Nokuf Syrup and Sharbat Ejaz are recommended in "Whooping

Cough”.

## **General Debility**

### **A-Gile**

Provides nutritional support drawn from natural sources. It improves appetite and digestion, restores health, builds a strong body, maximises dietary nutrition, raises body resistance and hastens convalescence and recovery from debilitating illness. It is a general tonic for all chronically wasting diseases, anaemia, general debility and exhaustion with lack of vitality. It also accelerates post-operative recovery, improves muscular tone, tones up the heart and accelerates circulation of blood. As A-Gile is non hormonal, it is completely safe even for long term use. It is a comprehensive tonic for every member of the family for daily consumption.

*Directions:* 20 ml. before breakfast and evening meal. Children should be given half the dose.

### **Amleena**

Contains natural vitamins and is specially rich in Vitamin 'C'. Also contains carbohydrates, proteins and minerals which provide energy and supplement Protein Energy Malnutrition (PEM). The special herbal formula provides required sedative elements that relax strained muscles and soothe whole body. Ideal for people involved in academic activities such as students, scientists, advocates, accountants and engineers. The prolonged mental exercise leaves sort of vacant mindedness and induces heaviness, sure signs of mental fatigue. It is beneficial for sportsmen, labourers, housewives, etc., who need lots of muscular energy. Also recommended in loss of memory, stress, strain and fatigue, lassitude, loss of vigour, inertness and apathy, insomnia, anorexia, weakness of eyesight, bronchitis and diarrhoea. On the whole, AMLEENA is a 'total body nourisher from head to toe'.

*Directions:* 20 gms to be given in the morning with breakfast. Tastes good if spread on bread-slices.

### **Arq Maullaham Do Atisha**

It is a well known tonic for the heart, brain and nerves. It is specially

formulated for replenishing the lost vital forces and energy to meet the natural urges of both the male and female. It soothes shattered nerves, improves digestion and increases formation of pure and healthy blood. It also improves assimilation of waste, restores health, builds a strong body, maximises dietary nutrition, raises body resistance and hastens convalescence. It is a general tonic for all chronically wasting diseases, anaemia, general debility and exhaustion with lack of vitality. It also activates the endocrine system stimulating the functions of the pituitary, thyroid glands and testes thereby increasing their specific secretion. It is also a protein rich diet supplement and improves the liver and stomach functions. Gives vitality in old age. Recommended in winters for both males and females of any age.

*Directions:* A daily dose of 50 ml. in the morning or 25 ml. twice a day in the morning and evening with fresh juice or water.

#### **Arq Maullaham Khas**

It is a well known tonic for the heart, brain and nerves. It is specially formulated for replenishing the lost vital forces and energy to meet the natural urges of both the male and female. It soothes shattered nerves, improves digestion and increases formation of pure and healthy blood. It also improves assimilation of waste, restores health, builds a strong body, maximises dietary nutrition, raises body resistance and hastens convalescence. It is a general tonic for all chronically wasting diseases, anaemia, general debility and exhaustion with lack of vitality. It is also a protein rich diet supplement and improves the liver and stomach functions. Gives vitality in old age. Recommended in winters for both males and females of any age.

*Directions:* A daily dose of 50 ml. in the morning or 25 ml. twice a day in the morning and evening with fresh juice or water.

#### **Dehlvi Health Tonic**

It is a comprehensive tonic for men, women and children. It improves appetite, digestion and assimilation, restores health, builds a strong body, provides energy, removes physical mental exhaustion due to overwork, soothes shattered nerves, accelerates circulation of blood and provides extra energy and vitality. It also provides a protein rich diet supplement and improves the liver and intestinal functions. It raises body resistance and

promotes rapid recovery after illness. It is also recommended for women who have been weakened by frequent child bearing. As Dehlvi Health Tonic is non-hormonal, it is completely safe even for prolonged use. For every member of the family all the year round.

*Directions:* 20 ml. before breakfast and evening meal. Children should be given between 5 ml. and 10 ml.

#### **Dehlvi's Kalonji Oil**

Useful in general lethargy. Increases formation of pure and healthy blood. Useful during pregnancy and lactation. Increases appetite, improves digestion, hastens convalescence and is also useful in general debility. It is useful for every member of the family for daily consumption.

*Directions:* With the pack.

#### **Dehlvi's Majun Kalonji**

Useful in general lethargy. Increases formation of pure and healthy blood. Useful during pregnancy and lactation. Increases appetite, improves digestion, hastens convalescence and is also useful in general debility. It is useful for every member of the family for daily consumption.

*Directions:* With the pack.

#### **Dehlvi's Shahi**

A good herbo-mineral cardiac tonic. Strengthens the heart, brain and nerves. Stimulates liver functions. Extremely beneficial for persons suffering from digestive functions. Increases formation of pure and healthy blood and removes general debility. Also useful in low blood pressure.

*Directions:* 5 gms. in the morning or as and when required.

#### **Habbe Khas**

Strengthens the heart, brain and nerves. Stimulates liver functions. Extremely beneficial for persons suffering from digestive functions. Increases formation of pure and healthy blood and removes general debility and increases vigour and vitality. Also useful in low blood pressure.

*Directions:* 1 pill with milk or water in the morning and evening or as and when required.

### **Habbe Salajit**

“There is hardly any curable disease which cannot be controlled or cured with the aid of Salajit”. - Vaid Charak. It is specially employed as a general tonic in genitourinary diseases, diabetes, gall stones, jaundice, painful and bleeding piles, enlarged liver and spleen, fermentative dyspepsia, digestive disorders, worms, renal stone, renal and bladder calculi, nervous debility, neurasthenia, hysteria, anaemia, obesity and in bone fracture. Effective in biliary congestion, chronic bronchitis, bronchiectasis and asthma. It is valuable in cases of diabetic albuminuria, excessive thirst, polyuria, burning sensation and exhaustion. It is also cholagogue and laxative and a blood purifier. Give strength and vitality in old age.

*Directions:* 1 pill in the morning and evening with milk.

### **Kalonji Capsules**

Kalonji's therapeutic use was initiated after the advent of Islam, since, Prophet Muhammad (Pbuh) mentioned its therapeutic efficacy and potential of cure. Hazrat Abu Hurairah States - *“I have heard from Rasool Allah (Pbuh) that there is cure for every disease in black seeds except death and black seeds are shooneez.”*

Used in diseases of the upper respiratory system, allergies, coughs, colds, bronchitis, fevers, flu and asthma. It is also useful in a wide variety of other diseases and conditions including bilious ailments, cancer, colic, corns, eruptions, headaches, jaundice, myrmecea, orchitis, puerperal fever, sclerosis, stomachache, swellings, tumors of the abdomen and eyes, and warts.

For upper respiratory conditions, at least a few of its constituents have shown an antihistamine-like action, which explains its positive effects for upper respiratory diseases including asthma, bronchitis, and cough. The seeds promote menstrual periods.

It also has a positive effect on liver diseases. One of its most obvious uses is for diarrhoea and dysentery, combined with astringents. The seeds also are a rich source of sterols, especially beta-sitosterol, which is known to have anticarcinogenic activity. This substantiates its use for indurations and/or tumors of the abdomen, eyes and liver.

Nigella seeds are combined with various purgatives to allay gripping and colic and also help kill and expel parasites. Unani medicine

affirms its abortifacient properties and also use it as a diuretic to relieve ascites, for coughs, eye-sores, hydrophobia, jaundice, paralysis, piles and tertian fever.

*Directions:* 2 capsules twice daily with meals.

### **Kushta Tila**

Made from 99.9% pure gold, it strengthens the chief organs of the body. Useful in general debility, anorexia and increases the formation of pure and healthy blood. Increases the rigidity of the male sex organ and removes sexual debility. Strengthens the nerves.

*Directions:* 30 mg. or 2 tablets with 5 gms. Dawaul Misk Motadil Jawaharwali or Labub Kabir along with a glass of milk.

### **Sharbat Faulad**

Stimulates the stomach and intestines, improves the action of the liver and increases the red blood corpuscles. It is indicated in anaemia during pregnancy, iron-deficiency anaemia, hemorrhagic anaemia, hemolytic anaemia, nutritional anaemia, loss of appetite and rundown condition and checks diseases caused by it. Also useful in general debility.

*Directions:* 5 to 10 ml. daily after meals with fresh juice.

**Note:** Arq Amber, Arshadi Pills, Asabi Khas, Braino, D.M. Motadil Jawaharwali Capsules, Dawaul Misk Motadil Jawaharwali, Habbe Amber Momyai, Habbe Jawahar, Jawahar Mohra, Khamira Abresham Hakim Arshadwala, Khamira Gaozaban Ambari Jawaharwala, Khamira Marwareed and Memorin are also recommended in "General Debility."

## **Household Medicines**

### **Dehlvi Blue Balm**

Useful in headaches, cold and catarrh, chest congestion, sore throat and neuralgia.

*Directions:* Apply on the affected part.

### **Mintol**

It is an effective first aid in all kinds of pains, wounds, sores and swelling. Given internally, it gives immediate relief in diarrhoea, indigestion, dysentery and stomach upsets. It is a soothing application in insect bites, burns, scalds and headaches. Useful in early stages of cholera to check vomiting and purging and to stimulate the digestive system. When Cholera epidemic is widespread it can be given as a prophylactic dose.

*Directions:* In the pack.

## **Ayurvedic Medicines**

### **Arogyavardhini Pills**

Useful in skin diseases and blood disorders like jaundice, anaemia and is also useful in poor appetite.

*Directions:* 1 to 3 pills in the morning and evening or as directed by the physician.

### **Basant Kusumakar Ras (Gold)**

Useful in diabetes, weakness of the kidney, nervous debility, asthma, cough, jaundice, hyperacidity and sexual debility. Increases density of sperm and sperm count. Strengthens the brain and heart and checks bleeding from any part of the body.

*Directions:* 1 to 2 tablets in the morning and evening or as directed by the physician.

### **Basant Malti Ras (Gold)**

It is useful in malaria, weakness, asthma, cough, pneumonia and emaciation. It improves the appetite, removes weakness after disease and develops the body.

*Directions:* 1 tablet in the morning and evening or as directed by the physician.

### **Chintamani Ras (Gold)**

Useful in renal disorders, heart diseases, diseases of the lungs, asthma, cough and bronchitis.

*Directions:* 1 tablet in the morning and evening or as directed by the physician.

### **Dehlvi's Chyawanprash Special**

Useful in cold, catarrh, asthma, tuberculosis, laryngitis and pharyngitis. In children, it is indicated for loss of weight and sickness. For adults it acts as a general tonic for increasing vitality. It also checks wasting diseases and builds the body as it contains large quantity of natural Vitamins.

*Directions:* 1 to 2 tablespoonful (10 to 20 gms.) according to age daily with milk or water.

#### **Hingwashtak Churan**

Useful in abdominal diseases like indigestion, colic, sprue, weak stomach, cholera, diarrhoea and stomachache due to flatulence. Increases appetite.

*Directions:* 1 to 3 gms. twice daily after both meals with water.

#### **Lavan Bhaskar Churan**

Its regular use controls malfunctioning of spleen and liver. Useful in dyspepsia, flatulence, nausea, constipation, abdominal colic, piles, indigestion, lack of appetite, acidity, rheumatism, sprue, dropsy and stomachache.

*Directions:* 1 to 3 gms. in the morning and evening with buttermilk (Chhach) or water.

#### **Laxmivilas Ras (Gold)**

It is indicated in common cold, influenza, pneumonia etc. It is also useful in asthma, cough, elephantiasis and general pain in the body.

*Directions:* 1 tablet after every 4 hours 3-4 times a day or as directed by the physician.

#### **Mahalaxmivilas Ras (Gold)**

It is useful in sexual and general debility, common cold, anemia, phthisis and cough. It is recommended in symptoms of old age like greying of hairs, wrinkling of skin of the body.

*Directions:* 1 tablet in the morning and evening or as directed by the physician.

#### **Maha Yograj Guggul**

It is useful in the treatment of rheumatic pains, piles, fistula sprue tumour, paraplegia, indigestion, asthma, cough, anorexia, jaundice, dropsy, colic, eye diseases, urinary calculi and abscess. It is beneficial for pains in any part of the body.

*Directions:* 1 to 2 pills in the morning and evening or as directed by the physician.

**Moti Bhasm No. 1**

Strengthens the heart. Useful in palpitation, phthisis and tuberculosis, melancholia, hemoptysis, spermatorrhoea in males and leucorrhoea in females.

*Directions:* 30 mg. or 1 tablet in the morning and evening or as directed by the physician.

**Siddh Makardhwaj**

Provides strength and energy to the body and is indicated in typhoid, cough, asthma, loss of appetite, weakness of pulse and weakness after serious diseases.

*Directions:* 1/8th to 1 tablet in the morning and evening or as directed by the physician.

**Sitopaladi Churan**

Useful in protracted fever and persistent cough, cold, catarrh, whey breathing, bronchitis, pulmonary tuberculosis and asthma. Also useful in haemoptysis, rhinitis, pyrexia and symptoms caused by bilious disorders.

*Directions:* 1 to 3 gms. to be taken with 10 gms. honey in the morning and evening.

**Sutshekhar Ras Vrihat (Gold)**

It is useful in hyperacidity with symptoms like acid eructation, vomiting, burning sensation in the throat and chest and all over the body, restlessness caused by excessive bile, colic pain caused by bile and acidity, cough, asthma, sprue, diarrhoea and dyspepsia.

*Directions:* 1 tablet in the morning and evening or as directed by the physician.

**Triphala Churan**

Indicated in malarial fever, blood impurities, leprosy, flatulence, dyspepsia, colic pain, spermatorrhoea and dropsy. It also improves appetite and removes constipation. Improves eyesight.

*Directions:* 2 to 3 gms. to be taken in the morning or/and evening.

**Vrihat Vachintamani Ras (Gold)**

Useful in nervous system disorders, insomnia, delirium, etc.

*Directions:* 1 tablets in the morning and evening with honey or as directed by the physician.

Habbe Jalinus

