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## Unani Dosage Form- The Review



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### ABSTRACT

Basically unani system of medicine, dosage form are divided into four forms are solid, semi-solid, liquid and gases. in solid dosage form suff, qurs, habb, barood, zarour, itrifal .kushta etc. then another semi-solid dosage form laooq, manjoon, kohal, marham etc and liquid dosage form araq, jawarish tila, sharbat etc which is alternative to allopathic system of medicine.

### INTRODUCTION

Basically unani dosage form are divided into form 1) solid, 2) semi-solid, 3) liquid 4) gases.

Sufoof are solid fine powder forms of medicinal active formulation made of various source like plant, animal or mineral drug. it is also applied external or taken internal. in Ayurveda system of medicine it is called as churan. basically inorganic salt are triturated as the active ingredients in the digestive disorder.

#### Preparation of sufoof-

There are various mortar and pestles are used in unani formulation are as follow;

\*stone mortar and pestle- it is made up hardstone and its shape is like boat.

\*Iron mortar and pestle- it is made of iron and pound hard drugs like bark, root and wood.

\*glass mortar and pestle- it is particularly useful when sample is in lesser amount for medicament .e.g. crocus sativus.

\*Kohal (collyrium)- basically kohal is an Arabic and further Persian it is surma. it is one type of sufoof that applied externally for the ocular treatment. it is applied directly by eye but some kohal preparation mixed with water or any selective liquid before application, kohal used in following eye disorder like redness of eye, xerophthalmia, incipient cataract.

\*method of preparation (kohal)-

The formulation of powder is continued till shiny form of the particle disappears and particle size tested between the fingers for its fine size. further pass into muslin cloth.

\*sunoon or manjan- it is a type of sufoof which is used for cleaning the teeth and maintain oral hygiene. further it act as root strengthener, as a gum tonic, imparting sparkle for the teeth and some of the active ingredients are used that is roasted alum, oak galls, neem, turmeric, bambusa arundinacea<sup>(9)</sup>.

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\*Barood- the meaning of barood means cooling. its mainly contain camphor as a active ingredients which give cooling effect on eye, due to cooling action it act anti-inflammatory on eye. but barood formulation are used other than eye is stomatitis, oral ulcer and strengthening of teeth.<sup>(9)</sup>

\*Zarur (dusting powder)- it is a type of sufoof which is only applicable for the wounds, boils condition and further action is not systemic, in wound condition its stop bleeding and healing. another use of zarur nowadays are lubricant, antiseptic, astringent, antiperspirant.<sup>(11)</sup>

\*Nufookh (insufflation)- it is type of sufoof which is used for insufflated the nose and further relieve headache due to migraine or cold.<sup>(5)</sup>

\*Qurs (tablet)- in Arabic qurs means flattened disc. now a days qurs is manufactured by punching machine which involves process of preparation of granules and then compressed it.<sup>(8)</sup>

\*Tila- the word tila is employed for a liquid or a viscous liquid which is just touched on an external organ, but in the tibbi terminology, its meaning have been revised to cover those liquid medicines which are applied on male genital organs.<sup>(8)</sup>

\*Sharbat- a sharbat is a concentrated liquid which is made from decoction or fruit juices by the addition of sugar therefore give a qi-wam<sup>(9)</sup>.

\*Araq- it is a preparation which contain liquid which are made by using the crude drugs of plant, animal and mineral origin by the process of distillation involving the steps of evaporation and condensation.<sup>(9)</sup>

\*preparation of araq- extraction of oil is generally done by the methods given in unani texts, but because of increasing demand manufacturers are now extracting oil by adopting modern technologies.<sup>(8)</sup>

\*Raughan (oil)- it is excipient which is used in different dosage form and but also act as medicine in many diseases. mostly used as the base for ointments and is generally obtained from plant source.<sup>(9)</sup>

\*Marham- it is semisolid preparation prepared by mixing fine powder of crude drugs in a base like wax, oil or other fatty substances. it is used externally on wounds, boils, abscesses, inflammation.<sup>(11)</sup>

\*preparation of marham- the dried medicines are ground sieved through 100-mesh. after which oil and wax are placed in a pan and

warmed on fire. when wax melt and mix with oil, the pan is taken off the fire and then sufuf is added and the mixture stirred vigourously<sup>(9)</sup>.

Laooq- In Arabic laooq means linctus or lincture, it is a kind of majoon that is taken orally by licking with the tongue. generally they are employed as remedial medicines for lungs, throat and allied ailments. its qiawam is thicker than sharbat's qiawam and thinner than majoons qiawam.<sup>(9)</sup>

\*jawarish- a type of majoon prepared by mixing coarse powder of crude drugs in the base of purified honey, sugar or jiggery. jawarish is the adjunctive of gawarish, which means pleasant tasting. since the jawarish is a stomachic. its principals are so incorporated as to be neither too coarse or large or small, then are all ground to medium size sufuf, so that the action of the jawarish is prolonged. therefore sufuf is passed through the 50 no mesh.<sup>(10)</sup>

\*Itrifal-it is derived from the hindi word trifal(three fruits), that is har, bahera & amla. they are especially effective in ailments associated with the disease of the brain, eye, nose & ear. sufuf is passed through 50 no mesh. they are also efficacious against constipation and strengthen the stomach and intestines<sup>(10)</sup>.

\*khomeera- a type of majoon obtained by mixing decoction of crude drugs in a base made of purified honey, sugar or jaggery. the qiawam of khamira is usually thicker and more concentrated than of a sharbat. when the qiawam is properly formed take it off the fire and stir till its colour become white or whitish. when the khamira is stirred the CO<sub>2</sub> from the air reacts with it and it swells like khamir hence its name. khomeera is the invention of the latter day tabibs, during the Mughal days the mobility usually tended to refrain from bitter medicines like khomeera come into vogue, which are characterized both by their palatability.

\*Majoon- majoons are semisolids which have been prepared from the qiawam of white sugar or honey and a medicinal sufuf. it could be classified as majoon, but have been classified separately because of their special characteristics.

\*kushta- it is purified crude drug of mineral, animal origin are calcined and these calcined crude drugs are used either as powder or tablets. In the past participle of Persian word kushtan which mean to kill or conquered. in the tibb terminology kushta is employed for a medicine that is used in small quantity and one that is immediately effective.

Bakhor dama- it is sufuf which is sprinkled on the burning coal, and the patient made to smell the smoke. crude drugs are burn and vapour or smoke is inhaled or the desired organ is exposed to it.

\*sikanjabin- it is a variation of the word sikanjabin which is the abbreviation of sirka angbin, angbin meaning honey and sioka vinegar. on this definition sikanjabin should be a honey based vinegar preparation, but nowadays sugar is generally used instead of honey and therefore the modern sikanjabin preparation is known as sikanjabin sada.

If any sikanjabin preparation incorporates any other ingredients besides the vinegar

Conclusion-Unani system of medicine is one of the oldest system of medicine that are more than 500 years old and it regulate by arab countries, but in many diseases the dosage form of unani is effective but lack of language of unani understanding that system remaining as history, then my aim as review that pharmacist may know all the dosage form of unani and as a dissertation work it is helpful.

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