Review of *Majoone Falasfa* – A Unani formulation

Basharat Rashid, Zarnigar, Peerzada Mohd. Younis, Malik Itrat, Mohd. Tarique

**Abstract**

*Majoone Falasfa* is one of the most reputed polypharmaceutical preparations of Unani System of Medicine. It was originally called Madaat-ul-Hayaat i.e. Elixir of life. It is attributed to Indrumakhas of Greece (Andromachos, the elder, court physician to King Nero) who formulated it in consultation with several other philosophers of his time. It is an electuary which is prepared especially for the people engaged in mental work and that too processed in a semisolid form hence, renamed as *Majoone Falasfa*. This Unani compound formulation contains thirteen ingredients, which is used as liver tonic, antiduretic, aphrodisiac, appetizer, digestive, semenagogue, carminative, stomachic, lithotriptic, deobstruent, anti-arthritis, cardiac tonic, nerve tonic as well as tonic for gall bladder and kidneys. It is also indicated for use in phlegmatic diseases. It is being particularly used in age related dementia as well as to counter the effects of ageing in Unani system of Medicine.

**Keywords:** *Majoone Falasfa*, Ingredients, Ageing, Unani Medicine

1. **Introduction**

Unani System of medicine is one among the oldest systems that prevails till date with its efficient drugs derived from animal, plant and mineral resources. Over 2400 years ago the father of medicine, Hippocrates practised it, however His medicine included a great deal of ancient Egyptian medicine as well as important components of the ancient Mesopotamian traditions. The methods of treatment according to Unani System of Medicine is divided into four different parts namely dietotherapy (*Ilaj-Bil-Ghiza*), regimental therapy (*Ilaj-Bil-Tadbeer*), surgery (*Ilaj-Bil-Yad*) and pharmacotherapy (*Ilaj-Bil-Dawa*). Considering pharmacotherapy, both single and compound drugs are being used. Among the compound drugs *Majoone Falasfa* is being prescribed from centuries with great reputation. It is an electuary belonging to the class of famous polypharmaceutical preparations. The formulation is attributed to “Indromakhus” a great philosopher physician who lived in the period between Flatan I and Aphlagorous [1]. He is also called Andromachous, the elder of Cretes who was court physician of King Nero [2]. *Majoone Falasfa* is given particularly in old age to counter the effects of ageing. It was originally called Madaat-ul-Hayaat i.e. Elixir of life [3]. This electuary which is prepared especially for the people engaged in mental work and that too processed in a semisolid form hence, renamed as *Majoone Falasfa* [4, 5]. According to different Unani Qarabadeen’s (Pharmacopoeias) this compound preparation is used as sexual tonic, liver tonic, heart tonic and tonic for gall bladder and kidneys. It is also used as appetizer, digestive, stomachic, semenagogue and as aphrodisiae. In old age it is being given as a general tonic, in polyarthralgias and to improve age related dementia [6, 7, 8].
2. Physicochemical Standards of Majoone Falasfa [9]
Various physicochemical standards of Majoone Falasfa are given below;

<table>
<thead>
<tr>
<th>Property</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance</td>
<td>Semi-solid</td>
</tr>
<tr>
<td>Colour</td>
<td>Blackish brown</td>
</tr>
<tr>
<td>Smell</td>
<td>Pleasant</td>
</tr>
<tr>
<td>Taste</td>
<td>Sweet tending bitter</td>
</tr>
<tr>
<td>Alcohol soluble matter</td>
<td>69.40%</td>
</tr>
<tr>
<td>Water soluble matter</td>
<td>55.83%</td>
</tr>
<tr>
<td>Successive extractives</td>
<td></td>
</tr>
<tr>
<td>Pet. Ether (60-80%)</td>
<td>1.79%</td>
</tr>
<tr>
<td>Chloroform</td>
<td>0.37%</td>
</tr>
<tr>
<td>Ethyl alcohol</td>
<td>10.53%</td>
</tr>
<tr>
<td>Ph of 1% aq soln.</td>
<td>4.6</td>
</tr>
<tr>
<td>Ph of 10% aq soln.</td>
<td>4.61</td>
</tr>
<tr>
<td>Bulk density at 25 °C</td>
<td>1.362</td>
</tr>
<tr>
<td>Total ash</td>
<td>1.8%</td>
</tr>
<tr>
<td>Water soluble ash</td>
<td>0.99%</td>
</tr>
<tr>
<td>Acid soluble ash</td>
<td>0.38%</td>
</tr>
<tr>
<td>Volatile oils</td>
<td>0.126%</td>
</tr>
<tr>
<td>Saponification value</td>
<td>216.36</td>
</tr>
<tr>
<td>Iodine value</td>
<td>93.30</td>
</tr>
<tr>
<td>Acid value</td>
<td>14.59</td>
</tr>
<tr>
<td>Alkaloids</td>
<td>2.21%</td>
</tr>
<tr>
<td>Total phenolics</td>
<td>0.81%</td>
</tr>
<tr>
<td>Tannins</td>
<td>0.078%</td>
</tr>
<tr>
<td>Resins</td>
<td>1.835%</td>
</tr>
<tr>
<td>Aglycones</td>
<td>0.140%</td>
</tr>
<tr>
<td>Reducing sugars</td>
<td>28.55%</td>
</tr>
<tr>
<td>Non reducing sugar</td>
<td>22.36%</td>
</tr>
<tr>
<td>Crude fibres</td>
<td>1.95%</td>
</tr>
<tr>
<td>Total nitrogen</td>
<td>0.4902%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0.3294% w/w of drug</td>
</tr>
<tr>
<td>Calcium</td>
<td>0.0756% w/w of drug</td>
</tr>
<tr>
<td>Potassium</td>
<td>0.4800% w/w of drug</td>
</tr>
</tbody>
</table>

3. Prescription
According to Qarabadeen-e-Lutfi, the original preparation of Majoone Falasfa contained only ten plant ingredients viz, Filfil Siyah (P. nigrum), Filfil Daraz (P. longum), Zanjabeel (Z. officinalis), Darchini (C. zeylanicum), Kundur (B. serrata), Balela (T. bellerica), Amla (E. officinalis), Chilghoza (P. Gerardiana), Sheetraj (P. zeylanica) and Babuna (M. chamomilla) [4]. However, there are certain variations regarding the weight and number of ingredients of the compound in different Unani formulations. The formula for preparation of Majoone Falasfa in National Formulary of Unani Medicine (NFUM) contains thirteen ingredients with sugar or honey as a base, [10] whereas in Hamdard Pharmacopoeia of Eastern Medicine, the number of ingredients are same as that of NFUM but differs in dosage [11].

4. Method of Preparation
For making Majoon or any of its allied preparations, Qiwam (base) of different consistencies (tar) is generally made. It depends on the nature of ingredient drugs to be used. The Qiwam is generally made by adding Aab (water), Araq (distillate) or Aab e samar (fruit juices), etc in any of the bases of purified honey, sugar, candy or jiggery etc and boiled over a low fire till it acquires a required consistency. The bases are generally purified by adding Aab e lemu (lemon juice), Satt e lemu (lemon extract), or Shibbe yamani (Alum) before making Qiwam. Afterwards the ingredients are mixed in qiwam to prepare Majoon. Qiwam for majoon is of two tar (consistency) [10]. Majoone Falasfa is made on the same principle while using water with sugar or honey as a base and boiled over low fire till Qiwam (consistency) of two tar is achieved.

According to Hamdard Pharmacopoeia of Eastern Medicine, the first 10 ingredients are made into a safoof (powder) after being ground and sieved through 80-mesh. The two kernals are separately ground, sieved through 40-mesh, and added to safoof (powder). The raisins are washed and heated in ½ litres of water till the volume of the water has been reduced by 1/4th when the decoction is allowed to cool, hand-rubbed and filtered. The decoction is added to the qiwam (consistency) of white sugar. When the proper qiwam (consistency) forms, the medicinal safoof (powder) is gradually added to its stirring. The Majoon is preserved in glass jar [11].

5. Dosage and Administration
5-10 g. in the morning or at bed time with 250 ml. of milk [10, 11].

6. Action and Uses
It is a reputed compound formulation given in old age [6, 7, 12]. It is used as liver tonic, antidiuretic, semenagogue, aphrodisiac, digestive, appetizer, carminative and in colic pain. It is also used as stomachic, lithotriptic and deobstruent. It is used as general tonic, cardiac tonic, nerve tonic, tonic for gall bladder and kidney, anti-arthritis, specially in backache and joint pain in large joints. It is also indicated for use in phlegmatic diseases. It helps for strengthening of gums and teeth. It is being used for enhancing memory, in dementia and in impairment of memory [3, 5, 6, 8, 10, 11].
### Table 1: Formula of Preparation of Majoone Falasfa according to NFUM [10]

<table>
<thead>
<tr>
<th>Ingredient Name</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maweez Munaqqa (Vitis vinifera)</td>
<td>450g</td>
</tr>
<tr>
<td>Zanjabeel (Zingiber officinale)</td>
<td>150g</td>
</tr>
<tr>
<td>Filfil Siyah (Piper nigrum)</td>
<td>150g</td>
</tr>
<tr>
<td>Filfil Daraz (Piper longum)</td>
<td>150g</td>
</tr>
<tr>
<td>Darchini (Cinnamomum zeylanicum)</td>
<td>150g</td>
</tr>
<tr>
<td>Amla (Emblica officinalis)</td>
<td>150g</td>
</tr>
<tr>
<td>Post-e-Balela (Terminalia bellerica)</td>
<td>150g</td>
</tr>
<tr>
<td>Sheertraj Hindi (Plumbago zeylanicum)</td>
<td>150g</td>
</tr>
<tr>
<td>Zarawnd Madaharaj (Aristolochia Indica)</td>
<td>150g</td>
</tr>
<tr>
<td>Salab Misri (Orchis latifolia)</td>
<td>150g</td>
</tr>
<tr>
<td>Maghz-e-Narjeel (Cocos nucifera)</td>
<td>150g</td>
</tr>
<tr>
<td>Beikh-e-Babuna (Matricaria chamomilla)</td>
<td>75g</td>
</tr>
<tr>
<td>Maghz-e-Chilghoza (Pinus gerardiana)</td>
<td>150 g</td>
</tr>
<tr>
<td>Tukhm-e-Babuna (Anthemis nobilis)</td>
<td>75g</td>
</tr>
<tr>
<td>Asal or Qand Safaide</td>
<td>7kg</td>
</tr>
</tbody>
</table>

### Table 2: Formula of Preparation of Majoone Falasfa according to Hamdard Pharmacopoeia of Eastern Medicine [11]

<table>
<thead>
<tr>
<th>Ingredient Name</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amla (Emblica officinalis)</td>
<td>50g</td>
</tr>
<tr>
<td>Baheda (Terminalia bellerica)</td>
<td>50g</td>
</tr>
<tr>
<td>Papal kalan (Piper longum)</td>
<td>50g</td>
</tr>
<tr>
<td>Salab Misri (Orchis mascula)</td>
<td>50g</td>
</tr>
<tr>
<td>Chita lakri (Plumbago zeylanicum)</td>
<td>50g</td>
</tr>
<tr>
<td>Darchini (Cinnamomum officinalis)</td>
<td>50g</td>
</tr>
<tr>
<td>Zarawnd Madaharaj (Aristolochia rotunda)</td>
<td>50g</td>
</tr>
<tr>
<td>Zanjabeel (Zingiber officinale)</td>
<td>50g</td>
</tr>
<tr>
<td>Filfil Siyah (Piper nigrum)</td>
<td>50g</td>
</tr>
<tr>
<td>Babuna (Matricaria chamomilla)</td>
<td>75g</td>
</tr>
<tr>
<td>Chilghoza (Pinus gerardiana)</td>
<td>50g</td>
</tr>
<tr>
<td>Maghz-e-Narjeel (Cocos nucifera)</td>
<td>150g</td>
</tr>
<tr>
<td>Maweez Munaqqa (Vitis vinifera)</td>
<td>150g</td>
</tr>
<tr>
<td>Shakar (White sugar syrup)</td>
<td>1 kg + 875g</td>
</tr>
</tbody>
</table>

### Table 3: Brief Description of Ingredients of Majoone Falasfa

<table>
<thead>
<tr>
<th>Drug</th>
<th>Parts Used</th>
<th>Botanical name</th>
<th>Dosage</th>
<th>Functions</th>
<th>Uses</th>
<th>Scientific Studies</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Linn.</td>
<td>Linn.</td>
<td>Units</td>
<td>Vermifuge, Adipogenous, Somachic, Resolvent, Expectorant, Blood purifier,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Concoctive, Haematogenic.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>[13, 14, 15, 17, 18, 19, 20, 21]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zanjabeel</td>
<td>Root</td>
<td>Zingiber</td>
<td>1-1/2</td>
<td>Aphrodisiac, Brain Tonic, Appetizer, Digestive, Carminative, Anti</td>
<td>It is used in sexual weakness, paralysis, Bell’s palsy. It is also used in indigestion and other stomach ailments. [13, 14, 15, 16, 17, 18, 19, 20, 21]</td>
<td>Cardio tonic activity, Powerful Antioxidant activity, Anti-cancer activity, Anti coagulant activity, Anti inflammatory activity, Anti atherosclerotic activity, Antimicrobial activity,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Linn.</td>
<td></td>
<td>[13, 14, 15, 17, 18, 19, 20, 21]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Filfil Siyah</td>
<td>Fruit</td>
<td>Piper nigrum</td>
<td>500 mg</td>
<td>Nervine tonic, Aphrodisiac, Memory tonic, Stomachic, Digestive, Liver</td>
<td>It used in nerve weakness, hemorrhoids, syphilis, cholera, eye diseases, liver pain, muscle pain, paralysis, night blindness, spleen disorders, low back ache, leucoderma, arthritis, tooth ache, and vertigo. [13, 14, 15, 16, 17, 18, 19, 20, 21]</td>
<td>Anti diabetic activity, Anti depressant activity, Antihypertensive activity, Anti-asthmatic activity, Antimicrobial activity, Anti-oxidant activity, Anti-cancer activity and Anti fungal activity. [24]</td>
</tr>
<tr>
<td></td>
<td>Linn.</td>
<td>Linn.</td>
<td></td>
<td>tonic, Anti inflammatory, Analgesic, Expectorant, Diuretic, Emmenagogue,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Carminative, Anti pyretic.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>[13, 14, 15, 17, 18, 19, 20, 21]</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Filfil Daraaz</strong></td>
<td>Fruit</td>
<td><em>Piper longum</em> Linn. [13, 14]</td>
<td>1-2 g [17, 21]</td>
<td>Carminative, Anti fertility, Diuretic as well as emmenagogue, Haemimic, Aphrodiasiac, Stomachic, Analgesic. [13, 14, 15, 17, 18, 19, 20, 21]</td>
<td>It is used in cold and other respiratory disorders, paralysis, Bell’s palsy, arthritis, cough, sciatica, gout, night blindness, epilepsy, and asthma. [13, 14, 15, 16, 17, 18, 19, 20, 21]</td>
<td>Scientific reports are available for Anti stress, Antitumor, Anti diabetic, Antimicrobial, Anti fungul activity, Anti Tubercular activity, inflammatory, Anti arthritic, Antioxidant, Anti fertility, Hepato-protective and Cardio-protective activity. [25]</td>
</tr>
<tr>
<td><strong>Darchini</strong></td>
<td>Bark</td>
<td><em>Cinnamomum zeylanicum</em> Linn. [13, 14]</td>
<td>1-2 g [17, 21]</td>
<td>Cardiac stimulant, Carminative, Disinfectant,Expectorant Demulcent, Deobstruent, Antidote, Sexual stimulant, Tonic to vital organs, Vision improvement. [13, 14, 15, 17, 18, 19, 20, 21]</td>
<td>It is used in stomach and cardiac disorder like palpitation, hicups, indigestion and flatulence. It is also used as tonic for stomach and liver. Further it finds its use as an antidote as well as sexual tonic. [13, 14, 15, 16, 17, 18, 19, 20, 21]</td>
<td>Anti diabetic, Anti oxidant, anti cancerous activity, Anti parasitic activity, Anti microbial activity. [26]</td>
</tr>
<tr>
<td><strong>Amla</strong></td>
<td>Fresh and dried fruits, seeds, nuts, flowers, leaves and bark</td>
<td><em>Emblica officinalis</em> Linn. [13, 14]</td>
<td>10.5 g [17, 21]</td>
<td>Astringent, Stomachic, Desiccant, Anti emetic, Brain tonic, Blood purifier, Aphrodiasiac, Cardio tonic, Haemostatic, Frigorific. [13, 14, 15, 17, 18, 19, 20, 21]</td>
<td>It is used for poor eye vision and is used in all paralytic conditions. It is used to grow the hair longer and also as a hair dye. Amla is considered to be refrigerant, diuretic, laxative and purifier of humours of the body. The raw fruit is laxative and the dried fruit is useful in haemorrhage, diarrhoea, piles and dysentery. In combination with iron, it is used in anaemia, jaundice and dyspepsia. It is also beneficial in epistaxis. [13, 14, 15, 16, 17, 18, 19, 20, 21]</td>
<td>Spasmolytic activity, Antibacterial activity— inhibiting the growth of S. Typhi, S. Para typhi, M. Pyogens var. albus; S. schottmellari, S. Dysenteriae, Cardioprotective effect, Strong antioxidant, Anti cancer properties, Expectorant, Purgative, Hypoglycaemic, Hepatoprotective [27]</td>
</tr>
<tr>
<td><strong>Balela</strong></td>
<td>Fruit</td>
<td><em>Terminalia bellirica</em> Roxb. [13, 14]</td>
<td>3-6 g [17, 21]</td>
<td>Astringent, Demulcent, Anti inflammatory, Antipyretic. Removal of Black Bile, tonic for stomach, brain and eyes. [13, 14, 15, 17, 18, 19, 20, 21]</td>
<td>The fruit is used in the treatment of chronic diarrhea, hemorrhoids, leprosy, leucoderma, spleen disorders, loss of appetite, dyspepsia, respiratory tract infection and brain and eye diseases. It removes yellow bile from the body. It is also beneficial in atony of stomach and its coldness. [13, 14, 15, 16, 17, 18, 19, 20, 21]</td>
<td>Strong Anti oxidant, Anti microbial, Anti diarrhoeal activity, Antihypertensive effect, Anti salmonella activity, Anti spasmodic and Bronchodilatatory properties, Hepatoprotective activity, Anti microbial activity, Analgesic activity, Anti peroxidative activity, Streptozotocin induced Antidiabetic activity, Activities of Accessory reproductive ducts in male rats. [28]</td>
</tr>
<tr>
<td><strong>Babuna</strong></td>
<td>Flowers, Root</td>
<td><em>Matricaria chamomilla</em> Linn [13, 14]</td>
<td>1-3 g [17, 21]</td>
<td>Anti inflammatory, Local analgesic, Stimulant, Anti Febrile Paroxysms, Digestive, Emmenegogue, Laxative, Alternative, Anti cold, Humectants, Hypnotic, Carminative, Demulcent, Deobstruent, Brain and nerve tonic. [13, 14, 15, 17, 18, 19, 20, 21]</td>
<td>It is used in Arthritis, Ear ache, Episodic fevers, Indigestion, Ammenorrhoea, Inflammation, Neurological disorders, Stomachic, Jaundice. [13, 14, 15, 16, 17, 18, 19, 20, 21]</td>
<td>Cardiovascular effects, Anti spasmodic, Anti ulcer, Choleretic, Anxiolytic, Sedative, Uterine Tonic, Anti-inflammatory, Anti allergic, Anti bacterial, Anti fungal, Anti viral, Anti neoplastic, Anti oxidant. [29]</td>
</tr>
<tr>
<td><strong>Sheetraj</strong></td>
<td>Roots, Stem with branches</td>
<td><em>Plumbago zeylanicum</em> L. [13, 14]</td>
<td>31/2 g [17]</td>
<td>Anti inflammatory, Detergent, Digestive, Carminative, Nerve stimulant, Analgesic, Stimulant, Exhilarant, Irritant. [13, 15, 14, 17, 18, 19, 20, 21]</td>
<td>It is used in Leucoderma, vitiligo, Scabies, Tinea, Dermatitis, Arthritis and Sciatica. It is also used in hardness of spleen. [13, 14, 15, 16, 17, 18, 19, 20, 21]</td>
<td>Anticancer, Antitumor, Anti inflammatory, Antioxidant, Anti mycobacterial and Antimicrobial activities. [30]</td>
</tr>
<tr>
<td><strong>Zarawand</strong></td>
<td>Root</td>
<td><em>Aristolochia rotunda</em> [13, 14]</td>
<td>3-5 g [21]</td>
<td>Tonic, Diuretic, Antidot, Cœuratant, Anti inflammatory, Demulcent, Deobstruent, Expectorant, Detergent, Analgesic, Aphrodiasiac, Brain tonic. [13, 14, 15, 17, 18, 19, 20, 21]</td>
<td>It is used in heart diseases, general weakness, nerve weakness, hysteria, phlegmatic diseases, cough, asthma, sciatica, gout. [13, 14, 15, 16, 17, 18, 19, 20, 21]</td>
<td>Anti Diabetes activity, Antimicrobial activity, Anti fertility, Abortifacient, Anticonvulsant activity. [31]</td>
</tr>
</tbody>
</table>
Salab Misri | Orchis latifolia | 3-5 g | Spermatogenic, Aphrodisiac, Impussant to semen, Nerve tonic, Adipogenous, Anti inflammatory. | Sexual stimulant activity, Aphrodisiac activity, Spermatogenic activity, Anti hypertensive activity. |
---|---|---|---|---|
Chilghoza | Pinus gerardiana Wall. | 7-12 g | Adipogenous, Aphrodisiac, Impussant to semen Expectorant, Caloric, Carminative. | Nutritive, sexual tonic, effective in sexual weakness, spermatorrhea, seminal thinning and low sperm count, physical weakness and weight loss. The seed is anodyne and stimulant. The turpentine obtained from the resin of all pine trees is antiseptic, diuretic, rubefacient and vermifuge. |

Various functions of *Majoone Falasfa* is attributed to its various ingredients which possess antioxidant, hematogenic, body building, stomachic, anti inflammatory, aphrodisiac, adipogenous, carminative, tonic for nerves, brain, heart and kidneys, nerve stimulant, cicatrizant, emmenagogue, laxative, expectorant, deobstrient, demulcent, antipyretic, blood purifier, antitussive etc properties. These functions have been proved by scientific studies. However clinical trials or scientific studies are lacking on *Majoone Falasfa* as a compound drug. In a clinical trial conducted in National Institute of Unani Medicine Hospital, Bangalore, 30 eligible subjects were selected and randomly assigned into two groups, 20 in test group and 10 in control group. Test group was administered with 10 gm of *Majoone Falasfa* orally in the morning and same dose in the evening for two months while control group was given placebo for the same period of time as that of test drug. Response was measured by the assessment of Lipid profile, Hb%, TLC, DLC, physical activity score, appetite score, weight, Dementia score, grip strength score on every 15th day. MDA concentrations and CD4 Counts were assessed before and after treatment. Test group showed strongly significant increase in Weight (p<0.001), Appetite score (p<0.001), Grip strength score (p<0.001), Dementia score (p<0.001), and there was increase in Hb% clinically in test group though not significant statistically.

7. Conclusion
With the above discussion the inference may be drawn that the *Majoone Falasfa* is one of the best Unani formulation with a lot of health benefits. It has proven to be beneficial to counter the effects of ageing. However more scientific studies and clinical trials are needed on this compound formulation to ensure its scientific validation for clinical use in patients in general and in elderly in particular.

8. References
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