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## Cardio protective drugs in Unani medicine: A review

**Khurshid A Ansari and Shahla Nazir**

### Abstract

Unani System of Medicine recommends a number of cardio protective and cardio tonic drugs which have been mentioned by ancient renowned Unani physician in classical literature. The drugs which protect the heart are known as cardio protective drugs. Origin of these drugs are three types; i.e. plant origin (most common), mineral origin and an animal origin. These drugs act on the basis of Mufarreh Qalb and Taqwiyate Qalb. Most of them are plant origin drugs (spices, flowers, fruits, vegetable) eg. Ilaichi Khurd, Darchini, Jaiphal, Tejpat, Pudina, Zafraan, Adrak, Lehsun, Dhania, Saunf, Ajwain, Zeera, Badranjboya, Tulsi, Ajmoda, Gule Surkh, Gule Nilofar, Gule Gurhal, Apple, Annanas, Amrud, Amla, Naspate, Anar, Bathwa, Palak, Cholai, Kaddu, Kundru. Mineral Origin are Yaqoot, Lajward, Gile Armani, Gile Makhtoom, Momiyai, Sona, Chandi, Hajre Armani, Zahar Mohra, Iron and animal origin are; Lulu (moti) Marjan, Abresham, Busd, Honey, Mushk, Ambar, Zardi Baiza Murgh, Teetar, Ma'ul Laham and Fish. Ibn Sina described 63 drugs which act as cardio protective in his book Adviya-E-Qalbiyah. Some Compound drugs which play major role for cardioprotective which are Khamirah, Qurs Zahar Mohra, Sharbat Sandal, Mufarreh Yaqoot, Arq Ilaichi, etc.

**Keywords:** Cardioprotective, Mufarreh, Taqwiyate Qalb, Unani medicine

### Introduction

Cardiovascular diseases are still the leading cause of death worldwide <sup>[1]</sup>. Cardiovascular disease (CVD) is an umbrella term for a number of linked pathologies, commonly defined as coronary heart disease (CHD), cerebrovascular disease, peripheral arterial disease, rheumatic and congenital heart diseases and venous thromboembolism <sup>[2,3]</sup>.

Cardiovascular disease (CVD) is globally considered as the leading cause of death with 80% of CVD related deaths being reported from low and middle income countries like India <sup>[2,4,5]</sup>.

More than 300 conventional risk factors for CVDs have been discovered which mostly fall into two broad categories: (i) modifiable and (ii) non-modifiable where as modifiable risk factors are the factors which if treated and controlled would reduce the CVD risk while non-modifiable risk factors could not be modified to reduce the CVD burden <sup>[4]</sup>.

Cardiovascular (CV) risk factors such as obesity, hypertension and dyslipidemia are common in patients with DM, placing them at increased risk for cardiac events <sup>[6]</sup>.

Great Unani philosopher, Ibn-e-Nafees was the first to describe the circulatory system of the human body <sup>[7]</sup>. whereas Ibn-e-Sina, described the causes of cardiac diseases in details in his treatise namely Risala-e- Adviya-E-Qalbiyah <sup>[8]</sup>.

According to doctrine of Unani Medicine the concept of cardio protective drugs is very old. Even 1st book on cardiac drugs was cited by an eminent Unani Scholars known as Ibn-e-Sena (980-1037) and mentioned the name of his book as Adviya-E-Qalbiyah <sup>[9]</sup>. He had mentioned a lot of drugs in his book which has different types of actions on cardiovascular system as Muqavvi-e-Qalb, Mufarreh-e-Qalb, Muharrik-e-Qalb, Musakkin-e-Qalb, Mufatteh-e-Urooque, Mudir, etc. <sup>[10]</sup>

Before Ibn-e-Sina, no physician had dealt with drugs for heart ailments in an independent work. Ibn-e- Sina had not only laid the foundation of arranging simple drugs by describing only cardiac medicines in his book Kitab Al- Adviya-E-Qalbiyah but had given the proof of his intellectual ingenuity and medico-technical creativity by selecting the most important organ, the heart <sup>[9]</sup>.

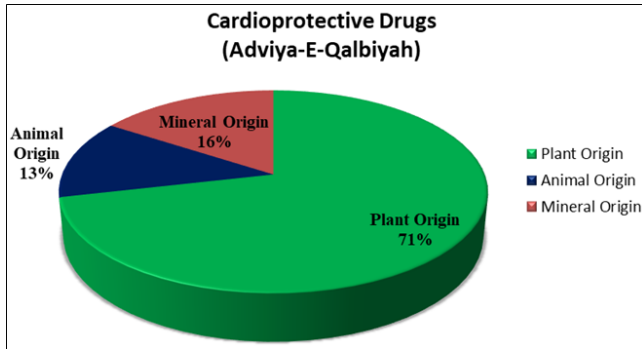
### Listed of drugs which are mentioned in Advia-e-Qalbiyah: <sup>[11]</sup>

Sources of all drugs are from Mawalid-e-Salasa (i.e. Plant origin, Mineral origin and Animal origins) which are showing in Pie Chart and tables.

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S. No	Unani Name	S. No	Unani Name
1	Abresham	33	Lajward
2	Ambar	34	Lolu
3	Aas	35	Momiyai
4	Amla	36	Mushk
5	Anfeha	37	N'una
6	Armat	38	Neelofar
7	Azaryuna	39	Nimam
8	Badranjboya	40	Ood
9	Badrooj	41	Qaqlah
10	Baiza	42	Reebas
11	Behman	43	Rumman Sheerin
12	Bisfajj	44	Saad
13	Busd	45	Saleekha
14	Darcheeni	46	Sandal
15	Daroonaj	47	SausanAzad
16	Faranjmushk	48	Sazuj
17	Fawania	49	Shaqaqul
18	Fizza	50	Sumbul
19	Fustaq	51	Tabasheer
20	Gaozaban	52	Talakshshaqooq
21	Ghareqoon	53	Tamarhindi
22	Gil-e-Makhtoom	54	Tuffah
23	HalailaKabuli	55	Ushna
24	Hijr-e-Armani	56	Ustokhudoos
25	Jadvar	57	Utruj
26	Kafoor	58	Ward
27	Kehurba	59	Yaqoot
28	Khairbua	60	Zafran
29	KishneezKhushk	61	Zahab
30	Kummasra	62	Zarnab
31	Kundur	63	Zarnabad
32	Laham		

**Unani Formulations which are showing Cardiotonic Effect and used by Unani Physicians**

The word “Khamira” in the Unani system of medicine indicates fermented confection, first introduced by the Hakeem of the Mogul period. Khamira is a semi-solid preparation, a type of Majoon, which is prepared by adding a Joshandah (decoction) of herbal drugs or powdered drugs to a base (Qiwam) made up of sugar or sugar with honey. Other than herbal ingredients, animal and mineral origin drugs are also mixed, either by making solution in aqua or as a micro-fine powder [12, 13, 14].

It is documented that, scented drugs such as saffron and musk are mixed when the decoction gives a white fermented appearance. Drugs used for the heart are made in such a form so that they are easily absorbed and can produce rapid action. These Khamiras have been named on the basis of constituents used for the preparation like Khamira Aabresham, Khamira Gaozaban, Khamira Marwareed, Khamira Sandal, and so on. Khamiras usually act as a cardio-tonic, that is, a tonic for vital

organs (Azu Rais) such as the brain (Dimagh), liver (Kabid), and stomach (Medah), and is also used for various other ailments like palpitations {Khafqan}, weakness of heart (Zoafe qalb), weakness of principal organs, cough (Sual), cold-catarrh (Nazla Wa Zukam), including respiratory (Tanaffusi) and nervous disorders (Asabi Amraaz) [12].

A special class of drug formulations has been devised for the treatment of cardiac diseases. These formulations are called Kameera. They have specific purpose of treating the diseases of heart like cardiac failure, etc.

**Khamiraah Jaat which commonly used by Unani Physicians for Amraz-e-Qalb: [15-21]**

S. No	Name of Khamirah Jaat
1	Khamirah Aabresham Ood Mastagi Wala
2	Khamirah Aabresham Sada
3	Khamirah Aabresham Sheerah Unnab Wala
4	Khamirah Gaozaban Ambari
5	Khamirah Gaozaban Ambari Jadwar Ood Saleeb wala
6	Khamirah Gaozaban Ambari Jawahar Wala
7	Khamirah Gaozaban Sada
8	Khamirah Khas
9	Khamirah Marwareed
10	Khamirah Marwareed Ba Nuskha Kalan
11	Khamirah Marwareed Ba Nuskha Khas
12	Khamirah Sandal Sada
13	Khamirah Sandal Tursh Warq-e-Tila Wala
14	Khamirah Yaqoot
15	Khamirah Yashab
16	Khamirah Zamarrud
17	Khamirah Zehar Mohra

**Conclusion**

Unani System of Medicine recommends a number of cardio protective and cardio tonic drugs which have been mentioned by ancient renowned Unani physician in classical literature. The claims for these drugs need to be validated. These claims may serve lead for development of better drugs in future.

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