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ILMUL ADVIA

e-Magazine

[IAM]



Unit of Ilmul Advia
Institute of Indigenous Medicine
University of Colombo



*We take immense pride and pleasure in brining
you this first e -Magazine from
Unit of Ilmul Advia. We welcome you to this
wonderful Ilmul Advia e- Magazine (IAM) by
Academic Staff of Unit of Ilmul Advia*



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Messages

Message from the Director/IIM



The IIM has a collection of versatile resource persons who have an acuity to disseminate their knowledge and wisdom in the health preservation and promotion of the wellbeing of the society. I am proud to say that this magazine is an outcome of the hard work of the academic members of the unit of Ilmul Advia. I believe that the readers invigorated after reading the articles included in the magazine.

The articles deal with many aspects of Unani medicine and some other ideas which will be interesting from the readers' perspective. Moreover, the specialty of this magazine is that the articles are not only taken from academics but also from the undergraduates who are guided by the senior academics. Hence, the articles are a collection of various disciplines and high standards which will suit the different levels of readers.

I sincerely thank and congratulate the head and unit members of Unit of Ilmul Advia for their meritorious and sincere effort into bringing out this first e-magazine. This would be a milestone in the development and I wish all the best to continue this in future as well.

Senior Professor Priyani A. Paranagama

Director

Institute of Indigenous Medicine

University of Colombo

Rajagiriya

Message from the Head/ Unani



This magazine you intend to read is an outcome of one of the works done by the Unit of Ilmul Advia. The publication of this Magazine is another achievement among the many achievements that have been made by the students and academic staff of the Unani section. We, at the Institute of Indigenous Medicine, are always attempting to offer adequate opportunities to the students to understand and discover themselves to face and overcome challenges. We, as academics, take pride in assisting them grow and develop into responsible citizens and make their university life fulfilling and complete.

We learn and experience something new every day. Unani academics not only impart in-depth knowledge and skills in the subject of Unani but at the same time also ensure competent and constant growth of the students by developing other skills including soft skills. Problems exist in everyone's life but we frequently remind the students not to be afraid of failure but strive hard to achieve success for excellence and good leadership. At the same time, when we build up a good attitude and conduct along with all the required knowledge and skills, students will accept the challenges and win it at all costs.

Teamwork is the hallmark of the development of the Unani section. I appreciate the efforts put in by our wonderful team of lecturers of the Unit of Ilmul Advia and continuous encouragement of the Director to make this possible. More importantly the students who contribute with articles in this magazine. Looking forward to another rewarding year in the development of the Unani section to the journey towards making and taking the place in the world.

Professor M.S.M. Shiffa

BUMS, MD, PhD (R), LLB, Att. at Law
Head/ Unani Section
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University of Colombo
Rajagiriya – 10107

Message from Head / Unit Ilmul Advia



It is indeed a great pleasure for me as the head of the Unit of Ilmul Advia, Department of Study in Unani, Institute of Indigenous Medicine (IIM), University of Colombo in bringing out the first ever Ilmul Advia e-magazine. Education is now transforming with e-learning into a new norm. In recent months, the demand for e-learning has increased significantly and will continue to do so in the future as well. Similarly, we thought of publishing the Ilmul Advia e-magazine to reach a wide audience in Sri Lanka and across the world as well as to avoid printing costs due to the prevailing economic crisis. I sincerely hope that this magazine will increase the visibility of Unani medicine and IIM globally.

This is a small attempt taken to stimulate undergraduate students and academic staff to present their innovative ideas and create a forum to share their knowledge. This magazine is a record of all the activities of Unit of Ilmul Advia that have taken place in the academic year and also a platform to display creative thought and literary talents of academic and students.

My heartfelt gratitude to the Director, Prof. Priyani A Paranagama and Head/ Unani section, Prof. MSM Shiffa for their support and guidance to formulate this magazine. I would like to thank the teachers and demonstrators of the Unit of Ilmul Advia who have supported and contributed to the success of this e-magazine. Special appreciation to Dr. MNF Rizniya for her contribution to compiling this magazine in an effective way. Further, I would like to thank and wish all the authors who gave their inputs to this magazine.

Professor N. Fahamiya

BUMS, MD, PhD (R)

Head/ Unit of Ilmul Advia

Institute of Indigenous Medicine

University of Colombo

Rajagiriya – 10107

Message from Retired Professor/ Unit Ilmu Advia



My special salute and congratulations to the e- magazine which is ready come to light shortly. I am grazed to the unit of Ilmu Advia to bring this long term dream a reality. Because in the university system you have publish or perish. Hence this is the need of the time.

This task only could be achieved by the hard work of the unit team and your talent. The credit of all this also goes to your subordinates who work tirelessly beyond any expectations. I am proud of you that you make impossible to possible by unity. It is my fervent hope that this e-Magazine will open a successful platform to all the academics to make their dream a real reality.

I wish you and your Magazine to perform even well in the future and congratulations to all of you once again for your bright future.

Thank You.

Retired Prof. B.M Nageeb

Unit Ilmu Advia

Institute of Indigenous Medicine

University of Colombo

Rajagiriya – 10107

Cover Story



Amla (آمله، آملج)

Botanical name: Emblica officinalis Gaertn

Synonym: Phyllanthus emblica Linn

Family: Euphorbiaceae

Other names: English- Emblic myrobalan/Indian gooseberry; Sanskrit – Aamalaki; Tamil- Nellikai; Sinhala- Nelli; Arabic- Aamlaj

It is Native to tropical Southeast Asia; distributed throughout India, China and Sri Lanka. It is a tree of small or moderate size with a greenish-grey bark and greenish-yellow flowers, formed in axillary clusters. The feathery leaves are linear-oblong, with a rounded base and obtuse or acute apex, sub sessile, closely set along branchlets, light green and resembling pinnate leaves.

Part used: Fresh and dry fruit, seeds, bark, leaves, root bark and flower

Chemical constituents:

Fruit- Protein minerals, tannin, fat, nicotinic acid, gallic acid, ellagic acid amino acids and vitamin C; Leaves - Gallic acid and malic acid; Bark - Tannin and proanthocyanidin

Temperament (مزاج): cold² and Dry²

Side effect (مضّر): Not good for Tihai / Qabz / Qoolanj

Corrective (مصلح): Ghee / Shahad / Roghan e Badam

Substitute (بديل): Haleela e Kabli

Dose (مقدار خوراک): 3-5 Masha

Actions (افعال):

Muqawwi e A'za e Raeesa (مقوی اعضاء رئيسه) Vital Organs Tonic; Muqawwi e Meda (مقوی معده) Stomachic; Qabiz (قابض) Astringent; Mubarrid (مبرد); Refrigerant/ Cooling; Habis e Ishal (حابس اسهال) Anti Diarrhoea; Musakkin e Safra va Khoon (مسکن حرارت صفراء و خون) Sedative in hotness of Safra and Khoon; Muqawwi e Chasm (مقوی چشم) Eye tonic; Muqawwi va Musawwid e Sha'r (مقوی و مسود شعر) Hair tonic and Blackening the hair; Muqawwi e Basar (مقوی بصر) Vision Tonic; Mudir e Boul (مدر بول) Diuretic; Stomachic; Kasurriyh (کاسریاح) Carminative; Mani e Tabkheer (مانع تبخیر) Antiflatuent; Muqawwi e Zihan va Hafizah (مقوی ذهن و حافظه) Memory tonic and protector; Qatil e Deedan e Shikam (قاتل دیدان شکم) Vermicidal; Habis ud Dam (حابس الدم) Styptic/ Haemostatic; Radi' e Mawad (رادیع مواد) Divertive of matter

Uses (استعمالات)

There are many uses of Amla. This is one of main ingredients of Ithrifal which is useful for many disease conditions. The fresh green fruit is given to stimulate appetite, effective against palpitation of the heart and scurvy, improve vision, increase memory power, given in cardiac and stomach debility and for the hotness of blood and bile. Dried fruit is useful in diarrhea, dysentery, bleeding piles and epistaxis. The fixed oil obtained from berries strengthens and promotes the hair growth. Infusion of seed is given as febrifuge.

Research study have demonstrated potent anti-microbial, antioxidant, immune modulator, antipyretic, analgesic, cytoprotective, anti-ulcer, anti-inflammatory, antitussive, gastro protective adaptogenic, hepatoprotective, anti-tumour and anti-ulcerogenic, anti-cholesterol, etc. activities in the fruits of *Emblica officinalis*.

Cover Story by
Prof N Fahamiya

Activities of Unit of Ilmul Advia

BRANCHES OF IMUL ADVIA

KULLIYAT E ADVIA

Kulliyat e Advia is the subject that deals with Basic principles of Drugs. Unani System of Medicine cures the patients with medicines that derived from Plant, Animal and Mineral sources. This course unit provides you Knowledge of basic principles of raw medicines, skills and attitude related to application of above medicines.

Kullyat e Advia gives a comprehensive knowledge on mizaj of drug that is an unique feature in Unani System of Medicine. Further it is enriched with introduction to pharmacognoncy, principles of nutraceutical and functional foods and basic knowledge on cultivation and conservation of medicinal plant which need for sustainability of main source of medicine.



MUFRAD ADVIA

There are three sources of drugs used in the Unani system of Medicine for the prevention and treatment of diseases and disorders. These are botanical, animal and geological or mineral. The subject *Mufrad Advia* specially deals with botanical source drugs. These may be herbs, climbers, creepers, shrubs and trees. Different parts of the plant such as root, stem, branch, leaf, flower, fruit, seed, gum, bark, latex etc. or sometimes whole herbs are used as medicine.

Detail study of single drugs with following information, Tibbi name of the plant, botanical name, family, synonyms, vernacular names, *Mahiyat* (Habitat), parts used in medicine, *Mizaj* (Temperament), Chemical constituents, *Naf e Khas* (Actions according to Unani concept), *Muzir* (Side effect), *Muslih* (Corrective), *Badal* (Substitute), *Afal e Khawas* (Usage), *Miqdar e Khurak* (Dosage), Important chemical constituents and their recent advancement.



The practical knowledge given through this subject the students will be able to identify the medicinal plants on the basis of their characteristics and acquire skills in appropriate use of medicinal plants for the specific condition in accordance with the Unani concept and apply accordingly. Further, students will be able to write the correct *Nuskhat* (prescriptions) through the knowledge of medicinal properties of Unani drugs. In addition to that basic knowledge of modern pharmacology also given under this subject.



DAWA SAZI

Dawa Sazi (Unani Pharmacy) is a practical oriented subject of Unani System of Medicine which deal with the preparation of Unani compound medicines mainly from plant origin drugs. The preparation of medicines in commenced as a simple art of preparing medicines from plant, mineral and animal origin drugs. Then, the Arabs developed and enriched this art of preparing medicines by introducing various dosage forms through their pharmaceutical experiments and new innovations. In addition, they also wrote voluminous books in the form of Pharmacopoeia known as 'Al Qarabadeen'. Therefore, this art of preparing medicines still retains its important place in Unani System of Medicine.



.Dawa Sazi provides comprehensive knowledge and skills on the purification and detoxification process of poisonous drugs, preparation of compound medicines of various dosage forms in accordance with the concept of Unani System of Medicine using locally available herbs as well as appropriate applications locally available substitutes.



KUSHTA SAZI

Traditional medicine has long been practiced in Indian-subcontinent. Ayurveda and Unani are the two most popular traditional medical systems in this region. Each system uses herbal, mineral and animal origin drugs in various dosage forms.



Kushta Sazi is the subject that deals mainly with mineral, metals and animal origin drugs. So, the art of practice of preparing medicines with metals, minerals and animal origin drugs as main ingredients known as *Kushta sazi*. Uses of metal and minerals dates back to the time immemorial in Unani medical system, *Kushta* (Calx) is one of herb mineral preparation used in Unani medicine.

Kushta is one the dosage forms prepared in a very special manner. *Kushta* (Calx) is primarily blends of minerals and herbal extract. In the traditional medical systems, the term is used for those dosage forms, which are effective in small dose and prompt in action. These preparations have long been used by traditional healers and are claimed to be very effective and are still used today in these systems. However, no attempt has been made to study this type of dosage form in a scientific manner.



Kushta (Calx) is an important solid dosage form of Unani system of medicine used to treat various ailments. Very small particle size of *kushta* (Calx) is responsible for its rapid absorption in body leading to instant therapeutic actions. When a drug is burnt into extent that is reduced to ashes then it is regarded as an *Ihraq / Taklees / Calcination*.

FIELD VISITS TO PERADENIYA ROYAL BOTANICAL GARDEN



FIELD VISITS TO HERBAL GARDEN, NAWINNA, MAHRAGAMA



2nd Professional BUMS (2017/2018) batch visited Herbal Garden, Nawinna as a part of Mufrad Advia practical session in order to improve their knowledge in plant identification.



SCHOOL AWARENESS PROGRAMME AT KHAIRIYA MUSLIM LADIES' COLLAGE, DEMATAGODA

An awareness programme was conducted by the unit of Ilmul Advia under the theme of Herbal Medicine and Herbal garden at Khairiya Muslim Ladies' collage with 2nd Professional BUMS (2018/2019) batch as a part of community outreach activity.



**FIELD VISIT TO PATTIPOLA HERBAL GARDENS,
HALDUMMULLA AYURVEDA HERBAL GARDEN AND
GANNORUWA AGRO TECHNOLOGY PARK WITH BUMS
LEVEL II 2015/2016**



WORKSHOP ORGANIZED BY UNIT OF ILMUL ADVIA

Workshop on Standardization of Herbs and Herbal Formulations

This workshop is organized by Unit of Ilmul Advia collaboratively with Unit of Draviya Guna Viganaya every year. The aim of this workshop is to explore the appropriate standardization method to determine the quality of herbal preparations in order to give safe and effective medication for mankind. The objective is to make aware the standardization methods for herbs and herbal formulations in order to get quality, safe and effective products by modern scientific analytical techniques.



Webinar

"Webinar on Herbal Drug Standardization"
Friday
27th August, 2021
2 pm to 4 pm

Dr. (Mrs.) L.D.A.M Arawawala
Principle Research Scientist
Herbal Technology Section
Research and Development Complex
Industrial Technology Institute
Malabe

Dr. (Mr.) P.N.R.J. Amunugoda
Principle Research Scientist
Food Technology Section
Research and Development Complex
Industrial Technology Institute
Malabe

Agenda

2 pm to 3 pm	Herbal drug standardization Techniques and possibilities for research
3 pm to 4 pm	Novel food processing techniques and Research lines

www.iim.cmb.ac.lk
Institute of Indigenous Medicine,
University of Colombo

Target Group:

- BAMS and BUMS Level III students (2015/2016 and 2016/2017 batches)

Coordinators:
Dr. Jeevani Dahanayake and
Prof. N. Fahamiya

RESEARCH ACTIVITY

Unit members are expected to undertake research, leading to quality publications, presentations in National/International conferences of repute, socially useful outcome and other similar research activity. In addition to that unit members also support the undergraduate students in their research projects as supervisor.

The thrust areas of research of the unit of Ilmul Advia include the laboratory and experimental trials of unani drugs on different topics viz. Antimicrobial studies, Nephrotoxicity, Anti-inflammatory, Anti-arthritis, Anti-diabetic, Anti-oxidant activities, SOPs, Standardization & Quality Control of Unani signal and compound formulations, etc.

Articles

AKHROT- A NUT FOR BRAIN HEALTH



Miraculous are the shapes of walnuts. Resembling mini-brains, the kernels are wrinkled or folded just like our brain's cerebral cortex, enclosed in a hard shell like the skull. Walnuts which are also called Akhrot, is used in modern Unani therapy in ilaj bil-misla or Organotherapy because of its shape being similar to that of the brain. The human brain is made up of about 60% structural fat and needs high quality fats like omega-3 fatty acids to function properly, making walnuts the ultimate brain nut.

According to Unani, they are used to strengthen the brain functions (Muqawwi e dimagh), strengthens memory and retentive power (Muqawwi e zihan wa hafizah), nervine tonic (Muqawwi e asab) and as anti-inflammatory (muhallil e warm).

Walnuts due to its antioxidant and anti-inflammatory properties are very helpful in improving cognitive function and delay the onset of neurodegenerative conditions linked to memory problems such as Alzheimer's disease and dementia.

Antioxidants found in walnuts include flavonoids, phenolic acids, melatonin and vitamin E. They are also abundant in omega-3 fatty acids particularly linolenic acid that function in reduction of inflammation. Aging disrupts the balance between free radicles and antioxidants. And also amyloid beta protein, the main component of amyloid plaques in the brains of people with Alzheimer's disease increase the generation of free radicles in neurons, which leads to oxidative stress and cell death.

Amyloid beta protein can also induce neuro inflammation by increasing pro-inflammatory cytokines and enzymes and ultimately to cell death leading to dementia, problems with learning, decision making and memory. As Walnuts possess significant number of antioxidants and chemical constituents that are responsible for anti-inflammatory action, help to prevent such brain disorders.

F. Shahma Hadhy
BUMS 2018/19

IMPORTANCE OF ILAJ BIL GHIZA (DIETOTHERAPY) IN UNANI SYSTEM OF MEDICINE



The management of the diseases according to Unani System of Medicine is largely based on the holistic approach with an aim to treat body, mind and soul. Four core modes of treatment are usually practiced such as *Ilaj bil Ghiza* (Dietotherapy), *Ilaj bil Dawa* (Pharmacotherapy), *Ilaj bil Tadbeer* (Regimenal therapy) and *Ilaj bil Yad* (Surgery). *Ilaj bil Ghiza* is a distinctive non-medicinal therapy in which the treatment is done by modulation in dietary habits such as fasting, use of food stuff in more quantity having less nutritional value or less quantity having more nutrients or vice versa.

The principle aim of *Ilaj bil Ghiza* is to maintain nutritional needs according to demand of the body. The Unani system of medicine is based on the concept of *Asbab e Sitta Zarooriyah* (six essential factors) which also includes *makoolat va mashroobat* (foods and drinks) as one among the six important factors.

The importance of food and drink for healthy life of an individual to select good nutritional diet for the prevention and treatment of diseases are quoted by various ancient Unani physicians. Hippocrates stated that “let food be your medicine, and medicine be your food”, and “leave your drugs in the chemist’s pot, if you can heal the patient with food”. Other statements of Hippocrates are “the cause of sickness is overeating and the cause of health is eating like a bird”, “take food only when you have desire”. Avicenna quotes that “stomach is the house of disease and diet is the head of healing”.

In Unani medicine, five substances are commonly used for the treatment of diseases. *Dawa* (drug), *Ghiza* (Diet), *Ghiza e Dawa* (Diet cum drug), *Dawa e Ghiza* (Drug cum diet) and *Zulkhassa* (Specific drugs). Dietotherapy consists of the substances which can become the part of the cells, tissue or organ of the human body

and provide replacement of cellular organelles. They contain various nutrients such as carbohydrates, proteins, lipids, vitamins, minerals, fiber etc. Appropriate intake of these macro and micronutrients help to maintain a healthy life. According to Unani System of Medicine all the forms of diet have been classified into two main divisions based on the nutritional value and chyme. They are, *Ghiza-e-Lateef* (Light & soft diet) and *Ghiza-e-Kaseef* (Heavy diet). Light & soft diet are easily digestible food items that reduce the viscosity of *khilt* (humour) inside body and are recommended in those cases where the pores of the body are impeded with *ghaleez madda* (viscous matter) that is unable to eliminate from the body by excretory system. *Aab-e-anar* (pomegranate juice), *aab-e-mosambi* (orange-navel juice), *aab-e-naranji* (orange juice), *ma-us-shaeer* (barley water), tea, coffee, wine are few examples of soft diet. Heavy diet food cannot be easily digested forming *ghaleez khilt* (viscous humour) which may produce *sudda* (obstruction) in organs. Dry beef, meat, dry chicken, dry mutton, fully boiled egg are few examples of heavy diet.

The wrong selection and mismanagement of diet may hamper the *tabi'at* (physic) which is known to increase the severity of diseases. Complete abstinence from diet or

partially reduction is generally advised in acute illnesses whereas only partial reduction is advised in chronic diseases with an aim to restore the faculties of the body. When the *tabi'at* (physic) is strong, such patients are advised to abstain completely from diet which facilitate in evacuation of morbid matter from the body. The second principle is to reduce the amount of food quantitatively as well as qualitatively with an aim to restore *quwa* (faculty) which facilitate *tabi'at* (physic) to work solely in one direction and participate in eradication of disease from the body.

The dietotherapy play a vital role for prevention and treatment of several body ailments. It also minimizes the duration of treatment and improves the tolerance of drug by modification in diets. This form of treatment is widely acceptable, accessible and above all affordable to the patients with near nil adverse reactions. In present scenario, several lifestyle disorders such as hypertension, diabetes, dyslipidaemia etc. can be managed by selecting appropriate diet either alone or as adjuvant with pharmacotherapy. Several other diseases such as anaemia, malnutrition, vitamin deficiency etc can also be treated by using appropriate diet.

Dr. W.F. Shifka
BUMS Graduate



The Pharmacological Actions and Therapeutic Uses of Guava (*Psidium Guajava*)

Guavas (*Psidium guajava* Linn) are tropical perennial plants, which originally belongs to America. According to Unani description, there are two types; one is grown in the season of rain and the other in the season of winter. The guava grown in the winter season is better than the one grown in rainy season. They are mostly eaten as raw (ripen or semi-ripen) form and also consumed as juice, ice-cream, syrup, jam and jelly too. Guavas are well-known for their sweet, tangy flavor. Many consider it as a source of nutrition. Various parts of this plant are used in indigenous systems of medicine, primarily, for the treatment of gastrointestinal disorders.

The chemical components of this plant have a huge role in pharmacological effects. The phytochemicals present in *Psidium guajava* Linn are alkaloids, polyphenols, flavonoids, glycosides, saponins, anthocyanins, carotenoids, tannins and etc. These are responsible for the pharmacological actions carried by the plant in wide spectrum. Commonly roots, bark, leaves and immature fruits, are used

in the treatment of gastroenteritis (*sozish e meda*), diarrhea (*is'haal*), dysentery (*zaheer*), stomach pain, indigestion, inflammation of the mouth and throat in the form of gargles. Leaves are applied on wounds, ulcers and for rheumatic pain, while they are chewed to relieve toothache (*daf e dard e dandan*). The decoction of the new shoots is taken as a febrifuge (*daf e humma*). The combined decoction of leaves and bark is given to expel the placenta after childbirth. The watery leaf extract is used to reduce blood glucose level in diabetes. The decoction of the bark and leaves used as a bath to treat skin ailment (*Amraz e jild*) and a decoction of the leaves is used as a vaginal and uterine wash, especially in leucorrhoea (*sailan ur rehem*).

The decoction of the flower buds is considered as an effective anti-inflammatory (*muhallil e waram*) remedy. The tender leaves are chewed to control toothaches (*Dard e Dandan*) by their weak sedative effect (*musakkin*). Flowers are also mashed and applied to painful eye conditions such as sun strain, conjunctivitis

(ashob e chashm). Guava jelly is tonic to the heart (muqawwi e qalb) and constipation (qabz). The unripe fruit, the leaves, the cortex of the bark and the roots are used for washing ulcers (qurooh), as an astringent (qabiz), vulnerary (mundamil e qurooh), and for diarrhea (is'haal).



The dust of the leaves is used in the treatment of rheumatism (waja ul mafaasil),

epilepsy (sara) and cholera (haiza); and guava leaves tincture is given to children suffering from convulsions. The decoction is also recommended as a gargle for sore throats (khushunath e halaq), laryngitis and swelling of the mouth, and it is used externally for skin ulcers, vaginal irritation and discharge (khushunath e halaq), laryngitis and swelling of the mouth, and it is used externally for skin ulcers, vaginal irritation and discharge. Hence, the therapeutic uses of *Psidium guajava* Linn plant, are numerous and it is used widely throughout the world to treat number of ailments. This vital plant should be cultivated more to meet the nutritional requirements in a cost-effective way.

Fathima Afrose Amaldeen

BUMS 2018/2019

Answers for Cross Word Puzzle

Across

- 1.EUGENOL
- 5.ATTIKKA
- 7.WALNUT
- 10.MAZO
- 13.ITI
- 14.ABRAK
- 15.DEER HORN
- 17.HAAR
- 19.NFUM
- 20.BARG
- 21.CASSIA TORA

Down

- 1.ELWA
- 2.GILO
- 3.NAUSHADAR
- 4.AKKAL
- 6.KHASKHAS
- 8.TADBEER
- 9.SOLANACEAE
- 11.ZUMRUD
- 12.ATHTHANA
- 16.SURB
- 18.ARQ

Role of *Solanum nigrum* in Liver Diseases



Solanum nigrum is a herbaceous perennial plant, locally known as Kalukammeriya and Manithakali. It is widely distributed in all tropical and temperate regions of Sri Lanka, especially in the montane zone. It is a common weed in the cultivated ground. It's a potent hepatoprotective drug which is widely used in Unani system of medicine.

According to Unani systems of medicine, it's known as *Mako* at the same time among the Arabs it's known as *Inabus Salab*. Its temperament is cold and dry 2°. It possesses *Muhallil-e-Awram* (anti Inflammatory), *Rade Mawad* (divergent), *Mujaffi-e- Rutubat* (siccative), *Musakkin- e- Hararath* (suppress the heat), *Qabiz* (astringent), *Mulattif- e- Mawad* (thinning the matter), *Mudir e Bole Vo Haiz* (diuretic and emmenagogue), *Munzij e Madda* (maturing the matters) etc.

According to Unani philosophers, the four *Quwa* (vital forces) of liver are responsible for the metabolism. The derangement in these forces produces pathological changes via derangement in the temperament of humours. So, the treatment includes measures for correction of the deranged temperament, evacuation of the morbid humours and empowerment of liver. The diet, drugs and regimental therapy have been advised to achieve these aims. Thus, *Mako* can mature, resolve and evacuate the morbid matter which leads to the pathological conditions of liver, as well as it can normalize the derangement of *Quwa* and *Mizaj* which has taken place in the liver. In addition, there are several studies that have been conducted on *Solanum nigrum* to prove its hepatoprotective properties.

Therefore, it could be concluded that the *Mako* and its compound preparations such as *Arq e Mako*, *Murawwaqain* and *Sharbath e Deenar* can be used in various liver ailments and as *Mako* is a widely available herbal in Sri Lanka, it could be formulated to further simple formulas in the management of various liver ailments.

Fathima Lareefa Ashraff.
BUMS 2017/2018

MEDICINES IN YOUR KITCHEN

For centuries in Sri Lanka, the common ingredients found in the kitchen have been considered as medicinal substances. It's hard to ignore the fact that they are scientifically proven to be potent. Long before in modern system of medicine, they were used to help individuals in disease prevention and health promotion.

Recent studies have proven that these ingredients have numerous pharmacological activities such as Antioxidant, Anti-inflammatory, Antihyperglycemic, Antihypertensive and Antibacterial activities etc. The active phytochemicals in the spices are Alkaloids, Flavonoids, Tannins and Saponins etc. derived from these ingredients have provided the scientific basis for these actions. This article highlights potential health benefits of the most common ingredients of our kitchen; Spices. Nowadays, people are increasingly interested in spice, not only to enhance the flavor of cuisine, but for the collective evidence in complementary and alternative medicine



Darchini - Cinnamon (*Cinnamomum zeylanicum*)

Cinnamon acts as *Daf-e-Taffun* (antiseptic), *Jazib* (absorbent), *Muharrik* (stimulant), *Mulattif* (demulscent), *Mufatteh* (deobstruent), *Mudir-e-Haiz* (emmenagogue), *Mudir-e-Baul* (diuretic), *Muharrik-e-Bah* (sex stimulant), *Mufarreh-e-Qalb vo Dimag* (exhilarant), *Muqawwi-e-Meda* (stomachic), *Muqawwi-e-*



Heel Khurd/ Elachi – Cardamom (*Elettaria cardamomum*)

Cardamom acts as *Moattar-e-Qawi* (powerful aromatic), *Muharrik* (stimulant), *Kasir-e-Riyah* (carminative), *Muqawwi-e-Meda* (stomachic), *Mudir-e-Baul* (diuretic), *Musakkin-e-Alam* (analgesic), *Mubarrid* (refrigerant), *Muhallil* (resolvent). It is beneficial in *Ghasayan* (nausea), *Qai* (vomiting), *Nafakh* (flatulence)



Filfil Aswad, Filfil Gard - Black Pepper (*Piper nigrum*)

Black pepper acts as *Muharrik* (stimulant), *Kasir-e-Riyah* (carminative), *Man-e-Naubat* (anti-periodic), *Daf-e-Humuzat* (antacid). It is useful in diseases of throat, pain in liver & muscles, piles, night blindness, spleen disorders, leucoderma, lumbago, chronic fevers, paralysis, vertigo, arthritis, urinary disorders.



Kishneez - Coriander (*Coriandrum sativum*)

Leaves of coriander acts as *Musakkin* (sedative), *Dafe Humuzat* (antacid), *Dafe Humma* (antipyretic) and *Muhallil* (resolvent). Fruits of coriander acts as *Kasir-e-Riyah* (carminative), *Mubarrid* (refrigerant), *Mudir-e-Baul* (diuretic) and *Mufarreh* (exhilarant). The fruit are used in flatulence and weakness of stomach and in diarrhoea due to indigestion, it quenches excessive thirst, the drug is useful in *Malankhuliya* (melancholia) and *Khafqan* (palpitation).



Zeera Siyah – Caraway (*Carum carvi*)

Caraway acts as *Mulattif* (demulcent), *Muhallil* (resolvent), *Qabiz* (constipative), *Muqawwi Meda wa Ama'a wa Jigar wa Gurda* (tonic for stomach, intestine, liver and kidney), *Dafe Waram-e-Tihal*, *Dafe Ishal* (anti-diarrhoeal), *Muhallil-e-Awram* (anti-inflammatory), *Mudir-e-Bol wa Haiz* (diuretic and emmenagogue), *Hazim* (digestive), *Kasir Riyah* (carminative), *Mufriz-e-Sheer* (galactagogue), *Mushtahi* (appetizer), *Muqawwi Riya* (Lung tonic).



Zeera Sufed – Cumin (*Cuminum cyminum*)

Flower & seed of cumin acts as *Kasir-e-Riyah* (carminative), *Muteeb* (aromatic), *Muqawwi-e-Meda* (stomachic), *Muharrik* (stimulant), *Qabiz* (astringent), *Mudir-e-Laban* (galactagogue) and *Mubarrid* (cooling). It is useful in hoarseness of voice, dyspepsia, chronic diarrhoea and gonorrhea.



Methi/ Hulba - Fenugreek (*Trigonella foenum*)

Fenugreek acts as *Mulattif* (demulcent), *Mudir-e-Baul* (diuretic), *Mudir-e-Haiz* (emmenagogue), *Mulayyin* (laxative), *Munaffis-e-Balgham* (expectorant), *Muhallil-e-Waram* (anti-inflammatory) It is used in *Sara* (epilepsy), *Niqras* (gout), *Istisqa-e-Ziqqi* (dropsy), *Sual Muzmin* (chronic cough), *Izm-e-Tihal-o-Kabid* (enlargement of spleen and liver)



Qaranfal, Laung - Clove (*Syzygium aromaticum*)

Clove acts as *Muqawwi-e-Aza-e-Rayeesa* (tonic for vital organs), *Muharrik* (stimulant), *Mufarreh* (exhilarant), *Muqawwi-e-Bah* (aphrodisiac), *Mukhaddir* (anaesthetic), *Musakkin-e-Alam* (analgesic), *Kasir-e-Riyah* (carminative), *Daf-e-Qai* (antiemetic).



Jaiphal, Javitri/ Bisbasa - Nutmeg (*Myristica fragrans*)

Nutmeg acts as *Muqawwi-e-Meda* (stomachic), *Muqawwi-e-Bah* (aphrodisiac), *Muhallil-e-Waram* (anti-inflammatory), *Hazim* (digestive), *Kasir-e-Riyah* (carminative), *Muqawwi-e-Qalb* (cardiotonic).



Tamar Hindi – Tamarind (*Tamarindus indica*)

Fruit acts as *Dafe Qai* (anti-emetic), *Mubarrid* (refrigerant), *Kasir-e-Riyah* (carminative), and *Mulayyin* (laxative) and seed acts as *Qabiz* (constipative), retentive, impuissant to semen. Fruit is useful in nausea, vomiting, fever, thirst, febrile, bilious disorders, sore throat and inflammation.



Adrak / Zanjabeel – Ginger (*Zingiber officinale*)

Ginger acts as *Mulayyin* (laxative)- Dry, *Mushil* (purgative)- Raw, *Dafe Qai* (anti-emetic), *Dafe Sual* (anti-tussive), *Qatile Kirm Shikam* (vermicidal), *Kasir e Riyah* (carminative), *Hazim* (digestive), *Muqawwi-e-Bah* (aphrodisiac), *Munaffis-e-Balgham* (expectorant), *Jali* (detergent), *Muqawwi-e-Hafiza* (brain tonic), *Mushtahi* (appetizer), *Muqawwi e Meda* (stomachic), *Muqawwi e jigar* (liver tonic)



Lahsun – Garlic (*Allium sativum*)

Garlic acts as *Kasir-e-Riyah* (carminative), *Mudir-e-Baul* (diuretic), *Muharrik* (stimulant), *Muhalhil-e-Waram* (anti-inflammatory), *Qatil-e-Deedan* (anthelmintic).



Chob Zard/ Haldi – Turmeric (*Curcuma longa*)

Turmeric acts as *Muhallil* (anti-inflammatory), *Kasir-e-Riyah* (carminative), *Mushil-e-Safra* (cholagogue), depurative, *Mudir-e-Haiz* (emmenagogue), *Muqawwi-e-jigar* (hepatic), *Muqawwi-e-Meda* (stomachic) and tonic.



Badiyan, Saunf – Fennel (*Foeniculum vulgare*)

Fennel acts as *Muhallil-e-Waram* (anti-inflammatory), *Kasir-e-Riyah* (carminative), *Mudir-e-Baul* (diuretic). The root is regarded useful in *Ehtibas-e-Tams* (amenorrhoea), *Wajul Mafasil* (rheumatoid arthritis).

Dr. MMM. Nifras

Lecturer (Probationary)
Unit of Allied Sciences

HERBS FOR WOMEN

Women are Real Architects of Society

[Harrriet Beecher Stowe]

Yes.....! Woman.....the miracle word of the world.

The world is changing for the better.

Even for women.

But until it changes, women have to bear the brunt of being a woman.

The word woman can be used generally, to mean any female human, or specifically, to mean an adult female human as contrasted with girl. Womanhood is the period in a human female's life after she has passed through childhood, puberty, and adolescence. Different countries have different laws, but age 18 is frequently considered the age of majority (the age at which a person is legally considered an adult).

Being a woman means being able to be powerful and assertive, yet kind at the same time. It means being compassionate and vulnerable towards those we love in our lives without feeling weak for doing. For some, womanhood is strength. For others, it's tenderness. Womanhood might be pushing yourself in school or in your career, or helping to lift others up. You can be a woman wearing a dress and heels, or when you're tying up your work boots. Womanhood is not defined by relationships, jobs, body parts, or anything

else — it's not defined by anyone or anything but yourself. Women can do something very special that men cannot do: give birth to children. Having a baby is a very special time for many women.

When we speak about “women’s health” we understand that this encompasses many different issues during the different stages of her life. A woman should pass many stages of her life from child age to old age. In between, she meets many changes. Physically, physiologically and mentally.

Common stages of Birthing and parenting.

1. Menstruation: monthly bleeding, having your period
2. Pregnancy: carrying a baby inside the womb (uterus)
3. Childbirth: when the baby comes out of the womb and is born
4. Taking Care of Your Baby: making sure your baby is healthy and growing strong
5. Menopause: when periods begin to stop and eventually stop completely.

Every woman is intimately tied to nature. The menstrual cycle follows the cycle of the moon, ebbing and flowing every 28 days, in most cases. A woman's body can grow and change, like the earth, to hold the life that grows within. And like the soil below us, a woman's body can assimilate the nutrients needed to grow the perfect food for her children. Perhaps this connection with the cycles of nature has something to do with the powerful relationship that plants can have in supporting the health of women. For thousands of years, herbs have been consumed as part of rituals of menstruation and as part of supporting a woman through her transitions into puberty, motherhood and menopause. And today, botanical medicines provide potent medicine for modern women. Here are few herbs, which are well-suited to women's health.

1. Shatavari (*Asparagus racemosus*)- The translation of the plant's name, shatavari, is "the plant for the woman with 1,000 husbands." In addition to a balancing effect on women's hormones, it also helps to support healthy energy levels and a healthy sex drive.

It can support fertility and also soothe damaged vaginal tissue. The plant is traditionally consumed before bedtime as a powder mixed into warm milk.

2. Ashwagandha (*Withania somnifera*)

Also known as winter cherry, *Withania somnifera*, and Indian ginseng. Ashwagandha has a long history of traditional use in Ayurvedic medicine. Many of its benefits are of particular help for women. The herb is known for its anti-stress and anti-anxiety benefits, with modern studies showing its effectiveness.

The herb calms the nervous system and promotes restful sleep, which in turn keeps us healthy and helps us to age gracefully! What woman doesn't want that?

Ashwagandha is hot and Shatavari is a coolant. Both these herbs have anti-aging effect. Ashwagandha is energizer, stimulator. Shatavari is calming, it maintains mental balance. Some people complain of increased thoughts or anxiety with Ashwagandha. It can be negated by adding Shatavari.

This combination is perfect for women of menopausal age, when they need improved body strength, mind calmness and decrease in hot flashes.

3. Holy Basil (*Ocimum sanctum*)

Holy basil, also called tulsi, has fantastic stress-managing properties. It can help lower the levels of stress hormones like cortisol in the body. It is very calming and grounding, and can help with mental clarity, especially for mothers who are multitasking and under a lot of stress.

4. Red Clover (*Trifolium pratense*)

Red clover is the most concentrated source of phytoestrogens, or substances in the plant that look like the body's own hormone, estrogen. This can be helpful when estrogen levels are low (such as during menopause), especially when used in combination with black cohosh. Red clover can help with the hot flashes, night sweats and vaginal dryness that can occur when estrogen levels drop. It has a very pleasant taste and can be steeped in a tea. The best part of this plant is that many of us have it in our yard.

Dr. MSF Sapra BUMS (Hons)

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Study unit of Allied Sciences

Unani concept of Islah e Advia (Purification) and

Tadbeer e Advia (Detoxification)

All most all of the drug preparations used in Unani Medicine are obtained from plant, mineral and animal sources (Mawaleed e salasa). Unani System of Medicine includes mizaj (temperament) concept on drugs. It can be Hot and dry, Hot and moist, Cold and moist, Cold and dry. 1st & 2nd degree drugs are considered as safe and also can be used without purification / detoxification. But the 3rd and 4th degree drugs may produce harmful effects on normal physiological functions of the body (sometimes may produce lethal poisoning) if it is used without purification / detoxification. Some of the drugs are not producing toxic effects but provide undesirable effects. Hence, it is subjected to purification process for the removal of physical and chemical impurities of drug.

The special aims of purification of drugs are to enhance the efficacy of drug, to remove the unwanted things, provide the availability of drugs for calx process (Kushta), to neutralize the toxins, to enhance the therapeutic effects, to eliminate the physical and chemical adulterants. Various media is used for the process of Tadbeer e advia like water, cow's milk, butter, rose water, ghee, vinegar, sesame oil, almond oil, lemon juice, triphala decoction etc.

The efficacy of purified drug, should be proven scientifically. Hence, evaluation of therapeutic index is very important. The

therapeutic index is the margin of safety, that exists between the dose of a drug that produces unwanted and possibly dangerous side effects. This relationship is defined as the ratio $LD_{50} : ED_{50}$, where LD_{50} is the dose which a drug kills 50 percent of the test group of animals and ED_{50} is the dose at which desired effect is produced in 50 percent of a test group. In general, the narrower this margin, the more likely is that the drug will produce unwanted effects. The therapeutic index has many limitations, notably the effect that LD_{50} cannot be measured in humans and when measured in animals, is a poor guide to the likelihood of the unwanted effects in humans. Nevertheless, the therapeutic index emphasizes the importance of the margin of safety, as distinct from the potency, in determining the usefulness of drugs. Following are some drugs that are subjected to purification & detoxification.

1. Azaraqi (Strychnus nuxvomica)
2. Jamalgoti (Croton tiglium)
3. Kaf e dariya (Sepia officinalis)
4. Summulfar (White Arsenic Oxide)
5. Afiyoon (Papaver somnifera)

ARF. Zahra

2016/2017 Batch

Therapeutic Uses of Tukhm-e-Karafs (Seeds of *Apium graveolens* Linn)



Tukhm-e-Karafs (Celery seed) is a well-known drug used in the Unani system of medicine for a number of diseases and one of the constituents of many Unani formulations. Though the entire plant contains medicinal value however, its seeds and roots are commonly used for various pathological conditions. It belongs to the family Apiaceae earlier known as Umbelliferae.

Vernacular names:

Sinhala - Saldiri; English –Celery; Sanskrit –Ajamoda; Hindi- Ajmoda; Persian-Karafs; Arabic: Bazrul KaraIn

According to Unani System of Medicine there are five varieties of Karafs namely;

1. Bustani (cultivated variety)
2. Jabli (Growing on hills)
3. Nabti (Growing in shady places)
4. Sakhuri (Growing on stony surface)
5. Maiee / Tari (Growing near water or ponds)

Pharmacological Actions:

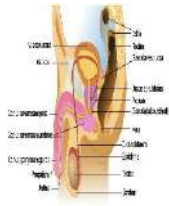
Daf-e-Amraz-e-Balghamia (Phlegmatic disorders), Mufattit-e-Hasat (Lithotripter), Kasir-e-Riyah (Carminative), Mudir-e-Baul wa Haiz (Diuretic and Emmenagogue), Mufatteh-e-Sudad (Deobstruent), Muhallil (Resolvent), Mushtahi (Appetizer), Qabis (Astringent), Musqit-e-Janeen (Abortifacient), Qatil-e-Kirm-Shikam (Anti helminthic), Daf-e-Sara wa Malikhuliya (Anti-epileptic & melancholic)

Therapeutic uses:

In Unani system of medicine, the whole plant of Karafs (Seeds, leaves, stem and root) is used as medicine in various forms like decoction, powder, paste etc. for many activities. The seeds are used as stimulant, cardiac tonic, carminative, diuretic and antiseptics.

The important therapeutic actions of its seeds on different systems of the human body which have been described by various authors are as follows:

Urogenital system



- The decoction of seeds is said to be a potent medicine as a lithotripter. It expels the stones of kidneys and bladder.
- The seeds are also used in different dosage forms in cases of sexual ability.
- The seeds are therapeutically used to promote diuresis.

Inflammation



- In the treatment of inflammatory conditions seeds are used with honey.
- The powder of seeds mixed with barley powder is applied in the form of paste for the treatment of inflammation of eye.

Gastro intestinal tract



- The seeds are used in protozoal infestation.
- They are good appetizer and also used in flatulence.
- They are effective in hiccups and tenesmus.

Respiratory system



In the form of decoction, it is effective in asthma, breathing difficulties, bronchitis and pleurisy.



- The decoction and poultice of the seeds are used in backache, sciatica, gout and rheumatoid arthritis.
- Its decoction is also effective in measles and all type of fevers.
- Local application on boils is quite effective.
- In combination with some other medicines, it is also effective in ascites and jaundice.

Dr. M.J.H.P. Sabra
Demonstrator
Unit of Allied Sciences

YUMMY YUMMY BIRIYANI

Foods are delicious. Its taste depends on its way of cooking. The chefs follow standard recipes to maintain the quality of meals. The art of cooking descends by generation and classicals. Do the recipes possess the ingredients just merely to enhance the taste? Or something else?

Definitely not, each and every ingredient of recipes contain a justification other than flavour. They include nutrition, nutraceuticals, therapeutic effects, counter corrective effects, enhancing the bio availability, acts as antidotes and many more. According to Unani System of Medicine Food and Drink (*Khana va Peena*) plays a major role in restoring the health. The quality of food depends on its way of preparation, appreciation and consumption. So, let's enjoy the cooking and tasting our delicious foods.

Yeah! Biriyani, Symbol of celebration. Let's explore the Yummy Yummy Biryani in Unani view.



Cold and Dry

Rice (*Chawaal*)

Rice improves health through instant energy, stabilizing blood sugar level, good bowel movement and is also an important source of vitamin B to body. It induces resistance against high blood pressure, skin rupture, heart diseases and dysentery.



Hot and Moist

Chicken (*Murgh ka Ghoshit*)

It may cause late digestion and flatulence in some individuals, but if it is taken with lettuce this can be relieved. It is considered as a Ghaleez ghiza that nourishes the body and also has aphrodisiac and anti-inflammatory action. Intake of chicken helps to build stronger muscles and promote the growth of healthier bones.



Hot and Dry

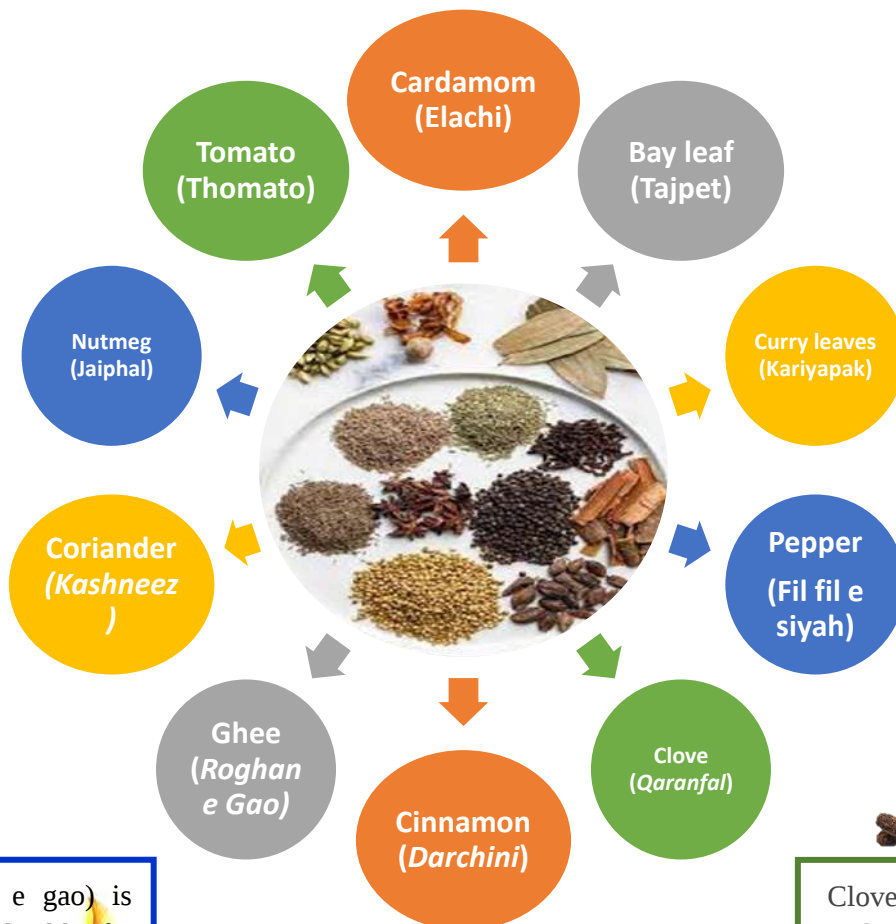
Onion (*Piyas*)

Onions contain antioxidants and it possess anti-inflammatory action and also reduces the risk of heart diseases. The abundance of a fibre in onion functions as a prebiotic, that nourishes the gut microbes and promotes the growth of good bacteria and improves the gut health.

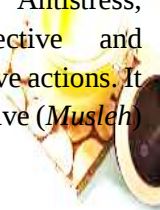
It is fairly rich in vitamin C, and other minerals like calcium, phosphorus and iron. They are high in gamma-amino butyric acid (GABA), a compound that can help bring down blood pressure, and lower the risk of heart disease.



The health benefits of Bay leaves are improving digestion, treats respiratory and cardiac disorders. Its benefits also include cancer prevention, reduces anxiety and stress, helps in diabetes management



Ghee (Roghan e gao) is considered as a healthy fat because of its Antidiabetic, Anticancer, Antistress, Hepato protective and Cardioprotective actions. It acts as Corrective (*Musleh*) too.



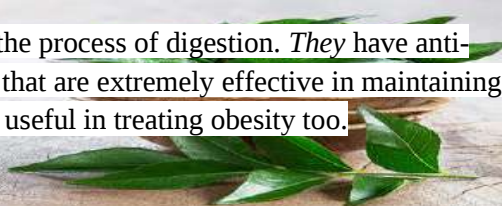
Cinnamon has anti-inflammatory, antidiabetic, antimicrobial, anticancer, lipid-lowering and digestive actions. It used as a flavoring agent and also possess activities against neurological disorders.



Clove has several medicinal properties like antioxidant, analgesic, anti-bacterial and anti-viral. Clove oil (eugenol) may help clear the respiratory passages and act as an expectorant.



Curry leaves aids in the process of digestion. They have anti-microbial properties that are extremely effective in maintaining good oral health. They are useful in treating obesity too.





Honey: An Amazing Gift of the God as a Food as well as a Medicine

“You build your comb in the mountains, trees and highest buildings. Then you feed yourself from all types of fruits and then go to your combs. So, a multicoloured drink appears from their stomach and the human has definitely a solution in it. Definitely there is evidence for the human who are thinking.”

Thus, honey is mentioned in the holy Quran and is considered to be a very holy substance. “May all the medicines be full of honey, may the skies and the earth be filled with honey, may the entire universe be filled with honey, may the king be blessed with honey and we all gain peace and health and abide in tranquillity.”

Thus, honey is considered to be very important substance by the ancient scholars. In each honeycomb, there is one female bee which is the queen. It is the biggest of all, reddish in colour, with long abdomen, and small but shiny wings. It leaves the comb only once for copulation with male bees, and returns to the comb to lay eggs. The male bees are smaller in number. They are black in colour and having no sting. Their only purpose during life is to copulate the queen and make her pregnant. Once the process of copulation is

over these male bees die immediately. The collector bees are maximum in number. These bees consist of a sting at their back side and a bag below their abdomen to collect honey. Their main food is honey and spores. These bees have to collect honey from 750,000 flowers to collect 3 kilograms of honey.

Sources of honey

Generally, there are two sources of Honey. They are: 1. the natural honey that the bees prepare it after sucking the juices of flowers and fruits and 2. Fabricated honey is the saturated solution of sugar and water which is sold in the markets.

There are various types of honey depending upon the species of the bees and qualities of the flowers of particular plants from which the collector bees collected the honey.

Identification of pure honey

According to the classical texts

1. The pure honey feels bitter taste when swallowing
2. The pure honey doesn't penetrate the paper
3. It goes the bottom as pearl when it's put inside the water containing vessel
4. It's not pure honey if white line is observed in it

5. It doesn't stain the cloth if it dropped on the dry cloth

Laboratory tests

1. Appearance of red or violet colour when 2-4 drops of potassium iodide solution (1 gram of iodine dissolved in 50 ml of water) or tincture iodine added in an equal volume of honey and water and when the mixture is vigorously shaken indicates the presence of impurities.
2. The pure honey will settle down in the beaker after 5-10 minutes of standing following 2-3 minutes vigorous shaking of the mixture which contains equal volume of methylated spirit and honey.

Qualities of pure honey

Colour: Yellowish tinge similar to the ghee obtained from cow's milk but the colour varies according to the season and time duration.

Taste: Sweet and astringent. But the taste depends upon the flowers from which it is collected.

Smell: Peculiar smell

Touch: It becomes more liquid when it is rubbed in between two fingers due to the body temperature. But it becomes more solidified if liquefied sugar is rubbed.

Sound: It burns noiselessly though it consists of 17% water when a cotton is soaked in honey and burnt

Purification of honey

Freshly collected honey is generally mixed with bee wax and small pieces of honey comb. But the honey collected from the local markets contains dirt, dust and other foreign matters etc. So, to remove these impurities, the honey is boiled over a low

flame with an addition of 2-3 teaspoons full of water. But, over heating should be avoided as it could form toxic substances in honey. After some time when the impurities float on the top as foam, the vessel should be taken away from the fire and it should be allowed to cool down. Then the impurities float on the upper surface of the honey should be skimmed out and now the honey according to Unani system of medicine is called as *Asal e Musaffa* (Purified honey).

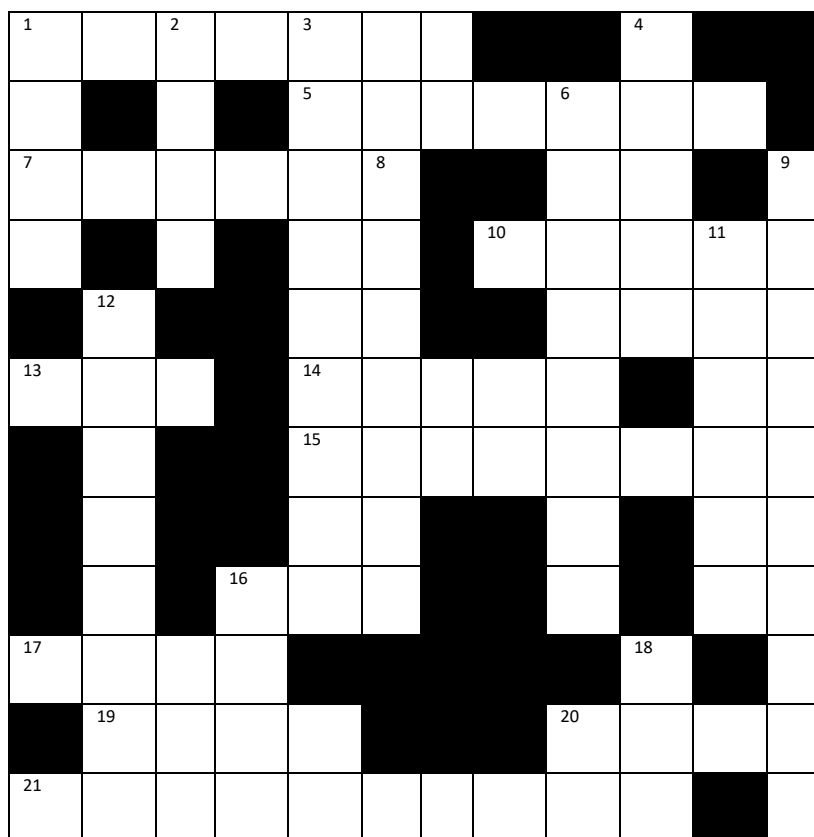
Uses of honey

1. It's a nutritious food.
2. It's used as a vehicle in various indigenous compound medicines.
3. It's used to hide bitter taste of some other medicines.
4. A teaspoon of honey along with two teaspoons of ghee is given in anorexia and constipation.
5. It's given with coconut milk to heal aphthous and gastric ulcers.
6. *Ma ul Asal* (Honey water) is an excellent remedy in an early stage of *Falij* (Paralysis).
7. It's given with black pepper in bronchial asthma.
8. It is locally applied in epidemic conjunctivitis.
9. A teaspoon full of honey is given with $\frac{1}{2}$ teaspoon of ghee to reduce internal and external inflammations.
10. Honey alone could be regularly applied on wounds to promote healing.



Dr. ASF Shifra

Lecturer (Probationary)
Unit of Ilmul Advia

**Across**

1. Keemiyawi ajzia of Qaranfal
5. A Vernacular name for Anjeer
7. A Muqawwi e dimagh drug which resembles brain
10. An abnormality in the tree called *Quercus infectoria* caused by wasp
13. A pioneer Scientific and Research Institute that provides high tech analytical testing services in Sri Lanka.
14. A mineral crude drug available in three colours used as kohl
15. Qarnul leal
17. Hot temperament
19. Qarabadeen written by Indian Unani physicians
20. The part of Adosa used in the preparation of sharbath e sual (Jumbled)
21. Botanical name of Panward

Down

1. Tibbi name of Aloe vera.
2. An Herbaceous vine used in humma.
3. Hab e Kabidi
4. One of the Afál of Aak.
6. Badal for Afiyoon
8. Process of detoxification
9. Mako belongs to this family
11. A Precious Green colour stone.
12. A Plant which contain Hyoscyamine is locally known as....
16. A Mineral origin drug that does not need to be subjected to gil e hikmath for kustha preparation. (Upside down)
18. A liquid preparation obtained from distillation. (Upside down)

Dr. MAF Bushra and Dr. MRF Rifna
Demonstrators (Unit of Ilmul Advia)

Bio-Sketch

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Present Designation: Head/Unit of Ilmul Advia

Educational Qualifications

BUMS (1st Class Honour) IIM, University of Colombo, Sri Lanka;

MD Ilmul Advia (Unani Pharmacology), Jamia Hamdard, New Delhi, India,

PhD in Unani Ilmul Advia (R), Jamia Millia Islamia, New Delhi, India.

External Pharmacist, Advanced Diploma in Psychological Counseling, Course of Instruction in First Aid, Research Methodology, Certificate of English Competence, Diploma in Computer Studies, Certificate in Teaching in Higher Education



Profile

Prof. Nazeem Fahamiya, entered the Institute of Indigenous Medicine, the University of Colombo in 1998 as an undergraduate. She obtained BUMS First Class Honour pass in 2003 and completed her internship in 2005. She initially joined the Institute of Indigenous Medicine, the University of Colombo as a temporary demonstrator in 2005 and then she was appointed as a Probationary lecturer in February 2008. Professor Nazeem Fahamiya completed her postgraduate studies; Doctor of Medicine (Unani) in Ilmul Advia (Unani Pharmacology) at Jamia Hamdard, New Delhi, India in 2012 and she is the first MD in Ilmul Advia in Sri Lanka. She was promoted as Senior Lecturer Gr II in 2013 and then as a Professor in 2017 within a short period of her academic carrier.

Research and Publication:

37 research articles published in peer reviewed indexed journals and conference proceedings; more than 90 Abstracts published in National and International Conferences; 5 books published in the field of Unani Medicine; Created 3 software and one Mobile app. related to Unani Medicine; A Guide to Peer Review of Teaching to Improve the Teaching Quality of the Institution.

Awards and Grants

SEDA award; ICCR award; Award of Academic Achievement MOSAIC 2010-11, First Prize, Jamia Hamdard, New Delhi; UGC grant for higher studies;

Member of the Associations

Life Member of World Unani Foundation., Life member of World Unani Tibbi Congress, Life Member Population Association of Sri Lanka, Life Member of SLAS, Life Member of SLAIHEE, University of Colombo, Member of DHS Foundation, New Delhi, India

Present and Past Positions

Academic Advisor (Unani), IIM, University of Colombo; Coordinator – Action Plan and Strategic Plan, IIM, University of Colombo; IQAC Coordinator (Unani), IIM, University of Colombo; Member of Examination Sub Committee, IIM, University of Colombo; Member of Research and Higher Degree Committee, IIM, University of Colombo; BUMS Curriculum Development and Evaluation Committee, Member of Board Study PG diploma Unani, IIM, University of Colombo; Chairman Specialty Board Unani MD in Ilmul Advia, PGIIM, University of Colombo; Member of MD Unani Board of Study and Specialty Board Unani MD Moalijat, PGIIM, University of Colombo, Supervisor of Under Graduate Student Research Project; Reviewer of National and International Journals, member of Pharmacopeia committee, Department of Ayurveda, Navinna. Sub-committee for Policy development, Department of Ayurveda

Worked as a Head/ Department of Ilmul Advia, Academic Coordinator, Research coordinator and Student Counselor at Unani Section, Institute of Indigenous Medicine, University of Colombo; organized conferences and workshops at national and international level; developed Certificate Course on Hijama (Cupping) and Irsal e Alaq (Leech Therapy) in Sri Lanka, Committee for Multi Sector Action Plan for Nutrition at Presidential Secretariat, Library Committee IIM, University of Colombo, Participated as resource person in conference, workshops and training programs; MD Syllabus Committee, Career and Personal Development Committee.

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Ph. D. (Medical Sciences), Postgraduate School of Medicine, Osaka University, Japan

LL B. (Open University of Sri Lanka) Attorney at Law



Profile

Dr. A.H. Mohammed Mawjood entered the Institute of Indigenous Medicine (IIM), University of Dr. A.H. Mohammed Mawjood Colombo in 1979 as an undergraduate and then joined the University as an academic after obtaining Second Class Honours in the upper division in his first degree. Dr. A.H. Mohammed Mawjood was awarded Japanese Government (Mombusho) Scholarship to do postgraduate research training at Osaka University, Japan and subsequently, he received his Master degree in Pharmaceutical Science from the Graduate School of Pharmaceutical Sciences, Osaka University, Japan and Ph.D. in Medical Science from the Graduate School of Medicine, Osaka University of Japan. At present, he serves as a Senior Lecturer Gr. I in the Department of Unani Medicine, Institute of Indigenous Medicine, University of Colombo.

Research and Publication:

Dr. A.H. Mohammed Mawjood has published 14 research articles in International Journals and six conference papers in national conferences in Japan.

Awards:

Lifetime Achievement Award by Hakim Ahmed Ahraf Memorial Society, Hyderabad, India

Professional Affiliations:

Member of Niyamath Science Academy, Chennai, India; Member of Sri Lanka Association of Advancement of Sri Lanka (SLAAS); Member of Japan Society for Oriental Medicine (JSOM) Tokyo, Japan; Member of Japanese Graduate Alumni Association of Sri Lanka (JGAAS); Member of Bar Association of Sri Lanka, Member Population Association of Sri Lanka

Present Positions

Legal Advisor to the Sri Lanka Ayurveda Medical Council; Member of Ethics Review Committee, IIM, University of Colombo; English Editor to the 'Ayurveda Sameeksha', Department of Ayurveda Ministry of Health and Indigenous Medicine; Visiting Lecturer, Gampaha Wickramarachchi University of Indigenous Medicine

Positions held

Head of the Unit of Ilmul Advia, IIM, University of Colombo; Head of Department of Unani Medicine, IIM, University of Colombo, Head / Audio-Visual Unit of the IIM, Coordinator for M. Phil. (Ayurveda / Unani) programmes, Postgraduate Section, IIM, University of Colombo; Member of Editorial Board 'Ayurveda Sameeksha' Department of Ayurveda Ministry of Health and Indigenous Medicine; Member of Advisory Board 'Ayurveda Sameeksha' Department of Ayurveda Ministry of Health and Indigenous Medicine; Member of Ayurveda Research Committee, Department of Ayurveda, Ministry of Health and Indigenous Medicine; Member of Drug Formulary Committee, Department of Ayurveda, Ministry of Health and Indigenous Medicine; Member Sri Lanka Ayurveda Medical Council, Ministry of Health and Indigenous Medicine; Associate Editor, Sri Lanka Journal of Indigenous Medicine, IIM, University of Colombo; Member of Committee for Establishment of Postgraduate Studies, Ministry of Health and Indigenous Medicine; Member of Ethics Review Committee, IIM, University of Colombo; Member of Committee for Revision of Ayurveda Pharmacopoeia of Sri Lanka, Ministry of Health and Indigenous Medicine

Positions held at External Institutions:

Consultant at the International Shanthi Lanka Ayurveda Center (Pvt.) Ltd

Name: Dr. Muhammadu Mansoor Muhammadu Rifaee

E mail: rifaee@iim.cmb.ac.lk mmmrifaee@gmail.com

Designation: Senior Lecturer Grade I

Educational Qualifications

BUMS 1st Class (Hons), IIM, University of Colombo, Sri Lanka

Master of Philosophy in Unani

Diploma in Computer Applications Course

Languages: English, Tamil, Sinhala, Urdu & Arabic



Profile

Dr. MMM Rifaee joined as an undergraduate student in University of Colombo on 07.04.1994 and after obtaining First Class (Hons) for his first degree, He appointed as a probationary lecturer and obtained his post-graduate degree in Master of Philosophy in Unani at the University of Colombo in 2010. He has been serving in the University of Colombo as a Senior Lecturer Grade I in the unit of Ilmul Advia in Unani section. Dr. MMM Rifaee had appointed to various Academic as well as administrative positions during his service period. He was Head in Unit of Ilmul Advia of Unani section from 05.10.2011 – 05.10.2014. He had served as the coordinator of the New Entrants and member in the examination and other important boards in several times. He actively involved in conducting community outreach programmes in Unit of Ilmul Advia and he devoted to national and community extension works in Unani section.

Dr. MMM Rifaee had published many abstracts and journal papers in the field of medicinal plants and Unani pharmacology.

Name: Dr. MSM Nasmeer

Email: mnasmeer@iim.cmb.ac.lk; mnmnasmeer19@gmail.com

Designation: Senior Lecturer Grade II

Educational qualifications

BUMS 2nd Class upper (Hons), IIM, University of Colombo

MD (Unani Pharmacology) National Institute of Unani Medicine,
Bangalore - India

External Pharmacist, Masterclass in Cupping Therapy, Training on First Aid and Basic Life Support, Research Methodology, Certificate of English Competence, Diploma in Computer Studies, Certificate in Teaching in Higher Education

Profile

Dr. MSM Nasmeer has been joined as an undergraduate student in Institute of Indigenous Medicine, University of Colombo on 25.07.1994 and continued his journey with the University by joining the University as an academic after obtaining 2nd Class upper Honors for his first degree. He achieved his post-graduate degree in Doctor of Medicine in Unani Pharmacology at the National Institute of Unani Medicine, Rajiv Gandhi University of Health Science, Bangalore - India. He serves the University of Colombo as a Senior Lecturer Grade II in the Unit of Ilmul Advia in Unani section.

He is actively involved in conducting community outreach programmes in Unit of Ilmul Advia via devoted to national and community extension works in Unani section. Serve as a visiting lecturer in Gampaha Wicramarachchi University of Indigenous Medicine. Specialized in the field of Unani Pharmacology, attended national and international conference held at India, Malaysia and Dubai and Published many abstracts and presentation in the field of Medicinal plants and Unani pharmacology.

Present and Past Positions

Further he has experience in teaching for 18 years as temporary demonstrator, Lecturer in Assignment basis, Lecturer and Senior Lecturer. During this period Dr. MSM Nasmeer has been appointed to various Academic as well as administrative positions. He was Head in the Unit of Deshiya Ilaj (Unit of Traditional Medicine) and in the Unit of Ilmul Advia (Unani Pharmacology) of Unani section. He has served as the student counselor, Coordinator for the MoU between Unani Colleges in India. His service extending as Member of Examination Sub Committee, IIM, University of Colombo; BUMS Curriculum Development and Evaluation Committee, Member of MD Unani Board of Study and Specialty Board Unani MD Ilmul Advia, PGIIM, University of Colombo, Supervisor of Under Graduate Student Research Project; Reviewer of SLJIM, IIM, University of Colombo, Member of Pharmacopeia committee, Department of Ayurveda, Navinna.



Name: Dr. Mohamed Nazeem Fathima Rizniya

E-mail: rizniyanazeem@hotmail.com

Designation: Senior Lecturer Grade II

Educational qualifications

BUMS 1st Class (Hons), IIM, University of Colombo.

M.Sc. in food and Nutrition, Department of Microbiology,
University of Kelaniya

Certificate in Teaching in Higher Education at SDC University of Colombo; Registered pharmacist (SLMC); Microsoft Office, Windows based operating system; Fluent in English, Sinhala, Tamil.



Profile

Dr. MNF Rizniya has been jointed as an undergraduate student in University of Colombo on 15.02.1996 and continued his association with the University by joining the University as an academic after obtaining First Class Honours for her first degree. She gains her post-graduate degree in Master of Science specialty in Food and Nutrition at the University of Kelaniya with GPA 3.4. She serves the University of Colombo as a Senior Lecturer Grade II in the Unit of Ilmul Advia in Unani section.

Dr. MNF Rizniya has been published many abstracts and journal papers in the field of Medicinal plants and Unani pharmacology. She has special concern of pharmacological properties of food plants, nutraceutical and functional food

Present and Past Positions

During this Dr. MNF Rizniya has been appointed to various Academic as well as Administrative positions. She was Head in Unit of Tahaffuzi vo Samnaji Tibb (Department of Preventive and Social Medicine) of Unani section from 03.02.2014-03.02.2017. She has served as the student counselor, Coordinator of the New Entrants and member in the examination and other important boards in several times. She actively involved in conducting community outreach programmes in Units of Tahaffuzi vo Samnaji Tibb and Unit of Ilmul Advia via devoted to national and community extension works in Unani section. She is a visiting lecturer in Gampaha Wicramarachchi University of Indigenous Medicine.

Professional memberships

Life Member in Nutritional society of Sri Lanka

Life Member in SLAIHEE (Sri Lanka Association for Improving Higher Education Effectiveness)

Full Name: Dr. E.M.G.K. Naseeha Begum

Email: emgknbegum85@gmail.com/

emgknbegum85@iim.cmb.ac.lk

Present Designation: Probationary Lecturer/ Unit of Ilmul Advia

Educational Qualifications

BUMS 1st Class (Hons), IIM, University of Colombo.

MD (R) in Unani Medicine, Department of Ilmul Advia at National

Institute of Unani Medicine, Rajiv Gandhi University of Health Sciences, Bengaluru, India.

External Pharmacist; Certificate in Teaching in Higher Education- SDC, University of Colombo; Diploma in Counselling – NISD, Ministry of Social Development; Diploma in Information Technology; Al-Alim Certificate course - First division pass; Certificate course in Animal handling training – NIUM, Bangalore, India; ECG Training Program – Fortis Hospital, Bangalore, India.



Profile

Entered the University of Colombo, Institute of Indigenous Medicine in 2006 for undergraduate studies in Unani Medicine. Completed the undergraduate with first-class passes throughout the five years successfully. Finished Diploma in Counseling at National Institute of Social Development in 2010 and got best all-around student awards for 2008-2009. Worked as a temporary demonstrator at the Department of Ilmul Advia, the University of Colombo in 2013. Appointed as contract basis medical officer from 2013 in Ayurveda central dispensary, eastern province for two years. Got an appointment as a lecturer probationary in 2016 at the Department of Unani Medicine, Institute of Indigenous Medicine, University of Colombo, and attached to the Department of Ilmul Advia. Completed the CTHE course in 2017 and was awarded SEDA in 2018. Currently doing MD in Unani Medicine, Department of Ilmul Advia at National Institute of Unani Medicine, Rajiv Gandhi University of Health Sciences, Bengaluru, India.

Research and Publication: 7 abstracts and one research article were published.

Awards and Grants

Grants- AYUSH Scholarship Programme – SEAR 2019

Member of the Associations

The International Society for Renal Research (ISRR); The Association of Pharmaceutical Research (APR); SLAIHEE

Present and Past Positions

Departmental Coordinator for conducting LMS for IIM in 2019; Secretary of Ilmul Advia Department in 2019; Member of Evaluation Committee for Back issues of Periodicals- IIM.; Member in domine – IQAC, IIM.

Full Name: Dr. ASF Shifra

Email:

Present Designation: Probationary Lecturer/ Unit of Ilmul Advia

Educational Qualifications

BUMS 1st Class (Hons), IIM, University of Colombo

Profile



Dr. Mrs. A.S.F. Shifra is a probationary lecturer attached to the Unit of Ilmul Advia, Institute of Indigenous Medicine, University of Colombo. Currently she is teaching Dawa Sazi, Mufrad Advia and Kulliyat e Advia at the Institute of Indigenous Medicine, University of Colombo. At present following Certificate in Teaching in Higher Education at the Staff Development Centre, University of Colombo and Certificate Course in Postgraduate Research at the Faculty of Medicine, University of Colombo.

She has graduated in 2016 with first class honours with five first classes and 23 Distinctions in 29 subjects. She has given her service to the Institute of Indigenous Medicine as a temporary demonstrator for the departments of Kulliyat and Amraz e Niswan Vo Qabalat Vo Atfal in 2017-2018. From 2018- 2021 she has worked as a Ayurvedic Community Medical Officer at Ayurvedic Health Promotion Services, Galenbindunuwewa and at Musali Divisional Secreteriat, Mannar. During the period of government service, she has actively conducted various awareness programmes to prevent COVID-19, Dengue and NCDs and nutritional programmes to promote health of pre-school and school children, officers of governmental and non-governmental organizations, pregnant and breast feeding mothers and elders, mobile medical camps, programmes to promote herbal gardening at school and home levels, programmes to promote organic cultivation and various TV programmes to promote healthy life style among general public.

She has been appointed as a co-ordinator to academic year 2017/2018. Also she has been appointed as a committee member of the advertisement and sponsorship committee and as a committee member of the Inauguration, Reception, Registration and Catering Committee of the ICAUST8 and ICMPHP6- 2022 at the Institute of Indigenous Medicine, University of Colombo. She has participated as a representative of Unani section, Institute of Indigenous Medicine, University of Colombo to the workshop on Cosmetics: Quality control, Analysis and Formulations at the Industrial Technology Institute. She has arranged and successfully conducted an awareness programme on Herbal medicine and herbal gardening at the Khairiya Muslim Girls College, Dematagoda in corporation with the members of unit of Ilmul Advia

Research and Publication

Up to now she has published 2 books, 17 conference papers, 5 journal papers and 2 magazine articles.

ORGANIZATIONAL STRUCTURE OF THE UNIT OF ILMUL ADVIA

