

QURS DAWA-US-SHIFA ...A Miraculous Unani drug for Hypertension

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Date Of Submission: 20-03-2021

Date Of Acceptance: 05-04-2021

ABSTRACT: Hypertension is already a high prevalent risk factor for CVD throughout the industrialized world. It is becoming an increasing common health problem worldwide. Hypertension may often be a life threatening disease. Unani system of medicine has a copious storage of Daf-e-Zaghtuddam Qawi (Anti-Hypertensive), Musakkin-e-Asab (Nervine and Cerebral Sedative), Daf-e-Haijan (tranquilizer) and Munawwim (Hypnotic) drugs. Among all compound classical Pharmacopoeial formulation Qurs-dawa-us-shifa is one of the potent Unani drugs, frequently used by the Unani physicians for the treatment of hypertension, insomnia and other associated symptoms since ages. It has been reported that Qurs dawa us shifa is commonly suggested for treatment of various neurological and psychological disorders such as sahar (insomnia), Suda (Headache), Ikhtenaqur rahim (hysteria) and tashweesh (anxiety and depression) etc. This review article has been contemplated to highlight the promising effect of Qurs-dawa-us-shifa for the treatment of hypertension and its associated symptoms.

Keyword: Unani, Qurs Dawa us Shifa, Hypertension

I. INTRODUCTION

The hypertension is called Zaghtuddam Qawi in Unani system of medicine. The organs of circulatory system were defined by Ibnul Nafees. The function of heart is initially described by Aristotle. (Mirza et al, 2008) When blood pressure is more than normal it indicates nabdh mumtali (full or hypervolumic pulse). This is seen when cardiac output is more than eventually. Unani scholars gave ample description about the blood pressure determinants but they were incapable to compile this description as disease. (Iqbal et al, 2013) Modern Unani scholars use the term Zaghtuddam Qawi to designate the hypertension. Zaghtuddam Qawi in present concept cannot be

traced from the classical Unani literature of Unani Medicine in total. However the condition called "Imtila" has been widely discussed by all the Unani physicians in the history. (Iqbal et al 2013) Anything, that increases venous return, also increases venous return, also increases cardiac out. It can be considered as Imtila-ba-hasbul auiya. The condition occurs due to sue-e-mujaz damwi and comes under the heading of Imtela. The Unani physicians think that hypertension is a manifestation of yabusat-e-mijaz (dryness of temperament) which is the cause of atherosclerosis. Hypertension is characterized by various symptoms like headache, congested eyes, pulsatile arteries, puffiness of face, heaviness in head, restlessness, yawning, epistaxis, dark coloured urine, flushing of face, and warm body. In modern concept, cardiovascular disease (CVD) may be established before identifiable blood pressure thresholds are crossed. Globally, an estimated 26% of population (972 million people) has hypertension, and the prevalence is expected to increase to 29% by 2025, drive largely by increase in economically developing nations. The high prevalence of hypertension exerts public health burden. (Alexander, 2019). The pressure exerted by circulating blood against the walls of the arteries is called as blood pressure. Hypertension is when blood pressure is more than normal. It is written as two numbers. The first systolic number represents the pressure in the blood vessels when the heart contracts or beats. The second diastolic number represents the pressure in the vessels when the heart rests between beats. Hypertension is diagnosed, when it is measured on two different days and the systolic blood pressure reading on both days is ≥ 140 mmHg and the diastolic blood pressure is > 90 mm Hg (Alexander, 2019)

Hypertension is already a high prevalent risk factor for CVD throughout the industrialized world. It is becoming an increasing common health problem worldwide because of increasing longevity

and prevalence of contributing factors such as obesity, sedentary lifestyle and unhealthy diet. The current prevalence in many developing countries, particularly in urban societies, is already high as those seen in developed countries. Worldwide hypertension is estimated to cause 7.1 million premature deaths and 4.5% of the disease burden attributable to hypertension is substantial (Whitworth, 2003)

Hypertension is called silent killer. Most people with hypertension are unaware of the problem because it may have no warning sign or symptoms.

Qurs Dawa us shifa : Qurs Dawa us shifa is a miraculous and potent drug of Unani system of

S.No	Ingredients	Scientific Name	Quantity
1.	Asrol	Rauwolfia serpentina	2 Kilo gram
2.	Filfil Siyah	Piper nigrum Linn	500 gram
3.	Samagh-e-Arbi	Acacia Arabica	380 gram
4.	Nishasta-e-Makkai	Zea mays	Q.S
5.	Qand Safaid	Sugar	Q.S

Dosage of Qurs Dawa us Shifa

Dosage of Qurs Dawa us Shifa as mentioned in National Formulary of Unani Medicine, Part 6 is as follows 2 tablets with water once a day.

Pharmacological Action

Daf-e- Zightuddam Qawi,(Anti-Hypertensive)
Musakkin-e-Asab, (Nervine and Cerebral Sedative)
Daf-e Haijan(Tranquilizer) Munawwim (Hypnotic)

Therapeutic Uses (Mamool-e-Matab)

Haijan(Excitability), Junoon(Insanity), Zightuddam Qawi(Hypertension), Ikhtenaq-ur-Rahim(Hysteria), Sahar(Insomnia), Zakawat-e-His(Increased sensitivity, Malikhulia(Melancholia).

II. DISCUSSION

Qurs Dawa us Shifa is commonly used in Unani system of Medicine for the treatment of Insomnia. (Zafar, 2019) All the ingredients used in this compound formulation have their notable medicinal value. The main ingredient Asrol (Rauwolfia serpentina) which is used in high quantity as compare to other ingredients of the formulation possess cold and dry temperament (MIjaz) in 3rd degree. On chemical analysis it was found that Asrol contains alkaloids like ajmaline, ajmalinine reserpine, reserpinine, serpentine, serpentinine.(Woodson RE, Youngken HW, Schlittler E, Schneider JE. Rauwolfia: Botany, Pharmacognosy, Chemistry and Pharmacology. Boston, MA: Little, Brown and Company; 1957. Pp. 32-33.[Google Scholar]),

medicine for the treatment of hypertension and insomnia, also useful in anxiety states, hysteria, insomnia and hyper-excitability. Calcium becomes a potent assistant to decrease a blood due to diuretic properties that help the kidneys release sodium and water, causing lowering of blood pressure. Some experts suggest that some form of high blood pressure may be due to calcium deficiency rather than surplus sodium.

Ingredients of Qurs Dawa us shifa

The formula of Qurs Dawa us Shifa as mentioned in National Formulary of Unani medicine Part 6. The formulation consists of the ingredients. (Anonymous, 2011)

(Panwar Gs, Guru SK. Alkaloid profiling and estimation of reserpine in Rauwolfia serpentine plant by TLC, HP-TLC and HPLC Asian J Plant Sci 2011;10(8):393-400[Google Scholar]). Reserpine is one of the major and the most widely studied alkaloid found in R. serpentine. Reserpine acts on CNS. Antihypertensive property of Asrol is thought to be due to the Reserpine alkaloid. Filfil siyah is muqawwi-e-Asab (Nervine tonic) and used as a musleh (Correctives) in this formulation. Qurs Dawa us Shifa has been frequently used by the Unani physician for the treatment of Insomnia, Hypertension and other neurological disease (Rehma 1991) which is also mentioned in National Formulary of Unani Medicine part VI. The drug is also used by the renowned Unani scholar Hakim Abdul Hameed (Hamdani, 2005). The drug is very common Unani drug for Insomnia, Melancholia and also known to reduced Hypertension, Epilepsy and Hysteria. (Anonymous, 1986) Hakim Ajmal Khan the renowned Unani Physician and founder of Unani modern research in India mentioned in his famous book "Haziq" that this medicine is not only medicine this is Akseer. (Khan, 2002) The main ingredient of the formulation is Asrol (Rauwolfia serpentina) which is safe and effective in the treatment of hypertension. The genus Rauwolfia was named in the honor of the 16th century German physician Dr Leonhard Rauwolf, who studied plants while travelling in India. (Tyler, 1988) The Indian political leader Mahatma Gandhi was known to employ Rauwolfia, reported using the

root to make tea that he used to consumed in the evening to help relax after a busy over stimulated day (Jerie, 2007). Rauwolfia is an ever green shrub that is a member of the dogbane or Apocynaceae family. It is native to the moist, deciduous forests of southeast Asia, including India, Burma, Bangladesh, Sri Lanka, and Malaysia. (3) Rauwolfia serpentina is a safe and effective for the treatment of hypertension. The plant was used by many physicians throughout India in the 1940s and then was used throughout the world in 1950s, including in the United States and Canada. It fell out of popularity when adverse side effects, including depression and cancer, become associated with it (Douglas).

Therapeutic Uses (Mamool-ematab)

Asrol (Rauwolfia serpentina) has a lot of efficacy. Every component is full of benefits. From ancient times, Unani Physician use this important drugs for various disease conditions like cardiac, neurological disorders, psychological disorders and some spiritual diseases with success. Due to its vasodilator and central nervous system depressant affects its use as a hypotensive agent and use for Hypertension (Zaghtuddam Qawi). It is a very good hypnotic (munavem) so it is useful in mental agitation, insomnia and as sedative.

Correctives (Musleh)

Filfi Siyah (Piper nigrum Linn), Gul-e-Surkh (Rosa damascena) Zafran (Crocus sativus), Illaichi Khurd (Elettaria cardamomum), are their correctives. (Nazar, 2018)

III. CONCLUSION

This review represents that Qurs Dawa-us-shifa is traditionally used in the treatment of hypertension and insomnia. The main ingredient (Juz-e-azam) i.e., Asrol of the formulation possess significant hypnotic (munavvim) activity. The drug has various pharmacological action. However more scientific studies and clinical trials are needed on this compound formulation to ensure its scientific validation for clinical use in the patients suffering from hypertension and insomnia.

ACKNOWLEDGEMENT

The authors are highly obliged to the Director General of the Central Council for Research in Unani Medicine, New Delhi for providing facilities to conduct the review study.

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