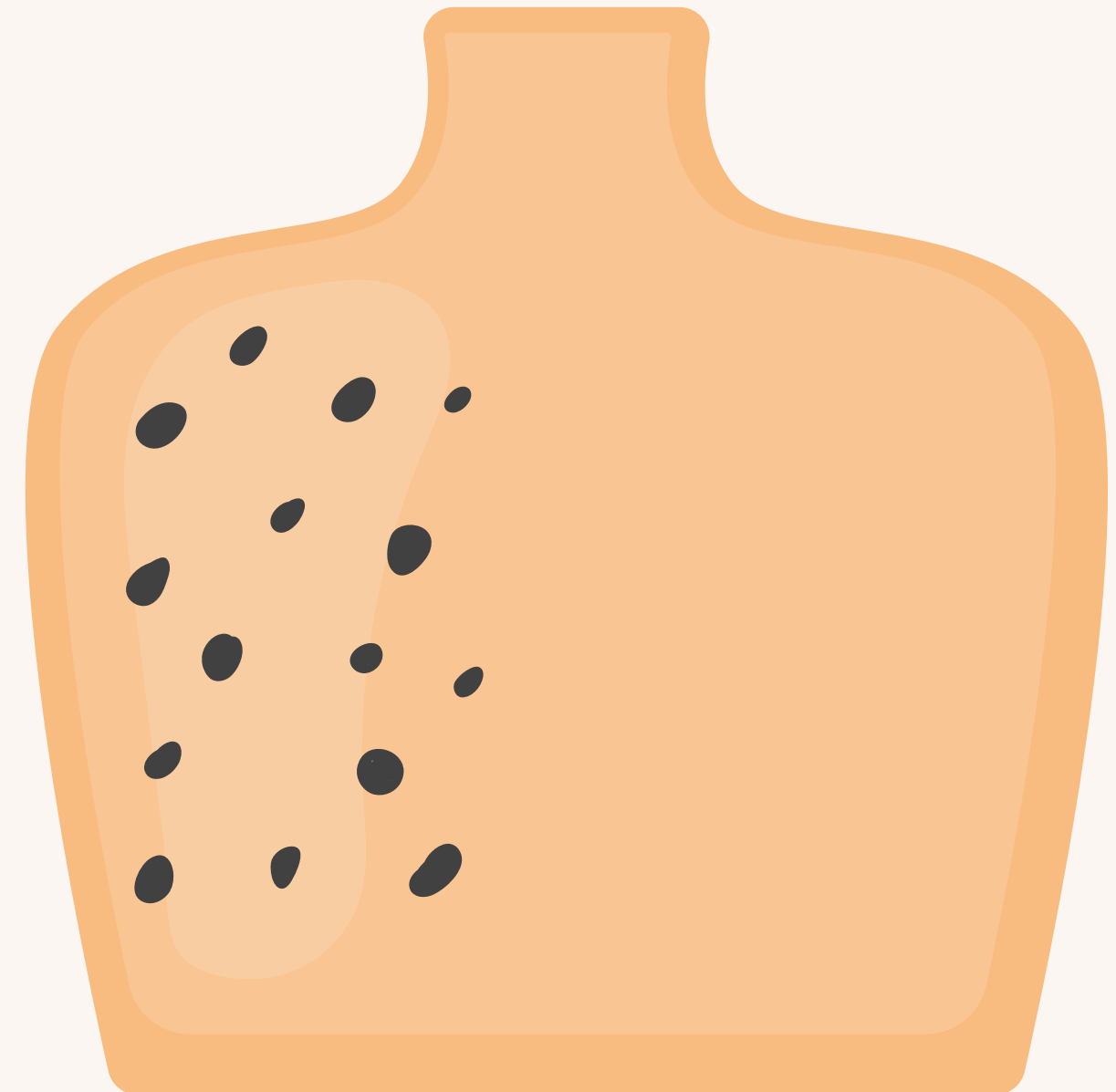


Bahaq Aswad (*Pitryasis Nigra*)

Standard Unani treatment
Guidelines for common
diseases



INTRODUCTION

★ It is a condition in which blackish scaly patches appear on the skin.

★ It is caused by →

- accumulation of Sawdā (Black bile) under the skin following the admixture of Dam (Sanguine) with Sawdā Safrāwī (Biliary black bile), usage of Muwallid-i Sawdā Aghziya (Black bile producing diets) and pregnancy

INTRODUCTION

★ It is characterized by



appearance of blackish spots on the skin shedding scales on rubbing and leaving the area red.



Usūl-i 'Ilāj

(Principles of treatment)

01

Tanqiya-i Sawdā
(Evacuation of black bile)

02

Tartīb-i Badan (Moistening of body)

03

Ta'dīl-i Dam
(Correction of sanguine)

'Ilāj bi'l-Dawā' (Pharmacotherapy)

- ★ **Joshānda-i Aftīmūn**
- ★ **Naqū' (Infusion) of Barg-i Hinnā (Lawsonia inermis, Linn.) 48 gm. with water for oral administration**
- ★ **Local application of a paste having following ingredients:**
 - Tukhm-i Mūlī (Raphanus sativus, Linn.),
 - Kundush (Centipeda minima, Linn.).

‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

- ★ **Local application of a paste having following ingredients:**
 - Turmus (Lupinus albus, Linn.),
 - honey.
- ★ **Local application of a paste having following ingredients:**
 - Tukhm-i Mūlī (Raphanus sativus, Linn.),
 - Bābchī (Psoralea corylifolia, Linn.) mixed with vinegar.

‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

★ **Local application of a paste having following ingredients:**

- Tukhm-i Mūlī (Raphanus sativus, Linn.),
- Turmus (Lupinus albus, Linn.),
- vinegar.

★ **Local application of a paste having following ingredients:**

- Suhāga Biryān (Roasted borax),
- Tukhm-i Mūlī (Raphanus sativus, Linn.),
- Lemon juice.





Compound drugs

Itrīfal-i Aftīmūn	9 gm.
Ayāraj Loghāziya	14 gm.
Ma‘jūn-i Najāh	7-12 gm. in morning with water





Compound drugs

Sharbat-i Nīlofar	24 ml. in morning along with Sikanjabīn Sāda 12-24 ml. and Sharbat-i Banafsha 24 ml.
Safūf Mubārak	14 - 28 gm.



'Ilāj bi'l-Tadbīr

(Regimenaal therapy)

Fasd-i Akhal, Bāslīq o Sāfin (Bloodletting through Akhal, basiliC and saphenous veins)

Hammām (Bath)

Dietary recommendations

- Aghziya Latīfa
- Aghziya Murattiba
- Mā' al-Jubn

Dietary restrictions

- *Muwallid-i Sawdā Aghziya* (Black bile producing diets)
- *Aghziya Ghalīza*
- *Aghziya Hirrīfa*



Tahaffuz (Prevention/Precaution)

- Muwallid-i Sawdā Tadābīr (Black bile producing regimens) to be avoided.



References

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Thank you