

Bawl fi'l-Firāsh
(*Nocturnal Enuresis*)

Standard Unani treatment
Guidelines for common
diseases



INTRODUCTION

★ It is a condition in which a child involuntarily passes urine during sleep.

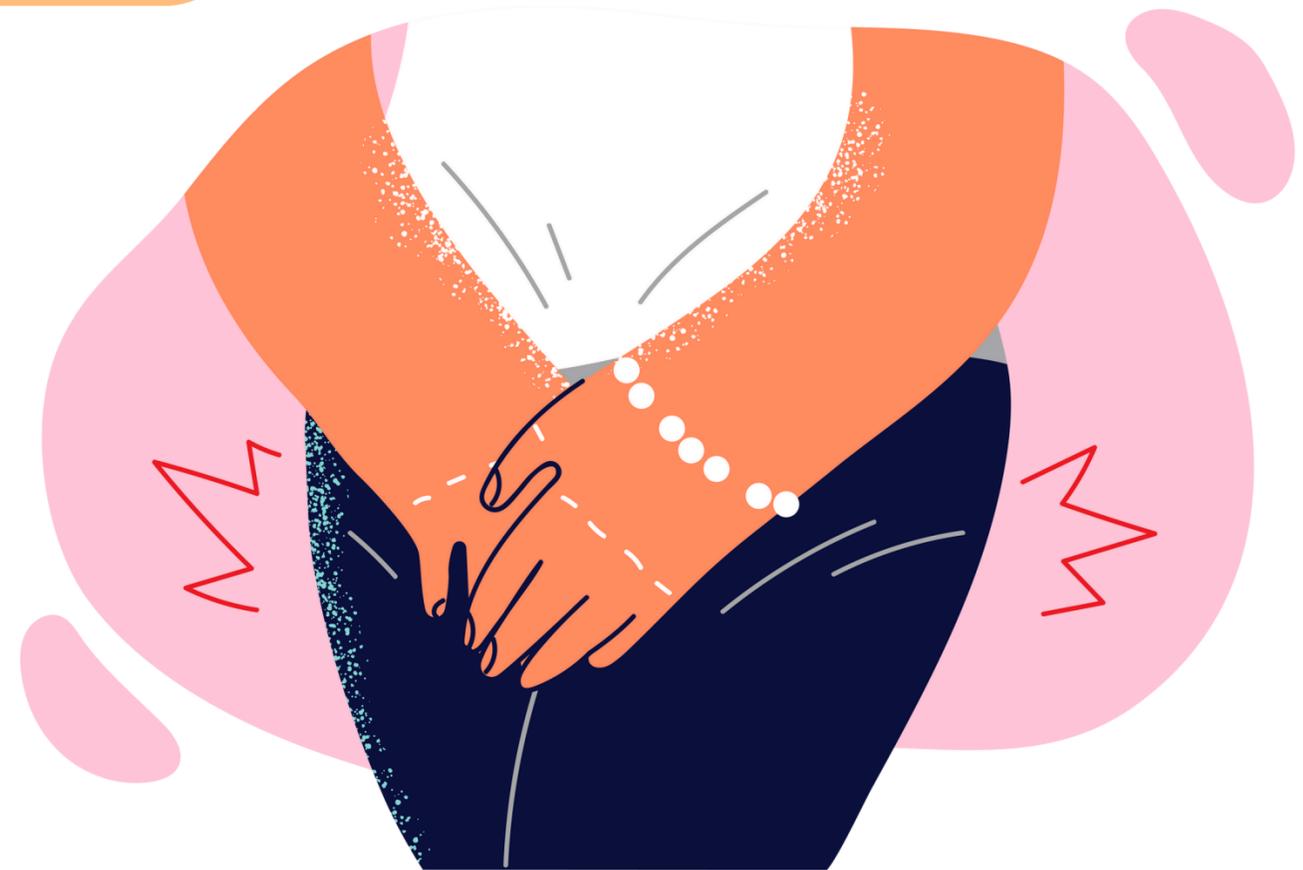
★ It is caused by →

- excessive fluid intake,
- use of diuretic fruits and vegetables,
- flaccidity of the muscles of bladder,
- Sū'-i Mizaj Bārid (Cold morbid temperament) of bladder,
- constipation,
- Hiddat-i Bawl (Urine, causing irritation),
- deep sleep, etc.

INTRODUCTION

★ It is characterized by

involuntary voiding of urine while asleep.



Usūl-i 'Ilāj

(Principles of treatment)

01. Taqlīl-i Ghizā
(Decrease in food quantity)

02 Taqwiyat-i Masāna
(Toning up of bladder)

03 Ta'dīl-i Mizāj-i Masāna
(Correction of bladder's temperament)

‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

★ Oral administration of powder of

- Sa‘d (Cyperus rotundus, Linn.),
- Kundur (Boswellia serrata, Roxb.),
- Khulanjān (Alpinia Khulanjan, M. Sheriff.),
- Habb al-Ās (Myrtus communis, Linn.),
- Juft Balūt (Quercus incana, Roxb.) and
- Gulnār (Punica granatum, Linn.)



‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

★ Oral administration of powder of

- Tukhm-i Rayhān (*Ocimum sanctum*, Linn.) and
- Māzū Khām (Unripe *Quercus infectoria*, Oliv.).

★ Oral administration of powder of

- Sa‘d (*Cyperus rotundus*, Linn.) 3.5 gm.,
- Kundur (*Boswellia serrata*, Roxb.) 3.5 gm., Sugar 7 gm. in morning.

★ Oral administration of fried testicles of goat



Compound drugs

| | |
|-----------------------------|------------------------------------|
| Ma'jūn-i Falāsifa | As directed by the physician. |
| Ma'jūn Māsik al-Bawl | As directed by the physician. |
| Ma'jūn-i Kundur | As directed by the physician. |
| Ma'jūn-i Balūt | As directed by the physician. |
| Gulqand 'Aslī | As directed by the physician. |
| Roghan-i Bān | Local application on pubic region. |



‘Ilāj bi’l-Tadbīr

(Regimenaal therapy)

Takmīd Hār (Hot fomentation)



Dietary recommendations

- Aghziya Hārra
- Spices

Dietary restrictions

- Aghziya Mubarrida
- Aghziya Murattiba
- Cold drinks
- Diuretic fruits and vegetables such as muskmelon, cucumber, etc.

Tahaffuz (Prevention/Precaution)

- Intake of solids and liquids especially in the evening to be avoided.
- Instruction to patient to pass the urine before going to bed.
- Excessive intake of drinks to be avoided.

References

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Thank you