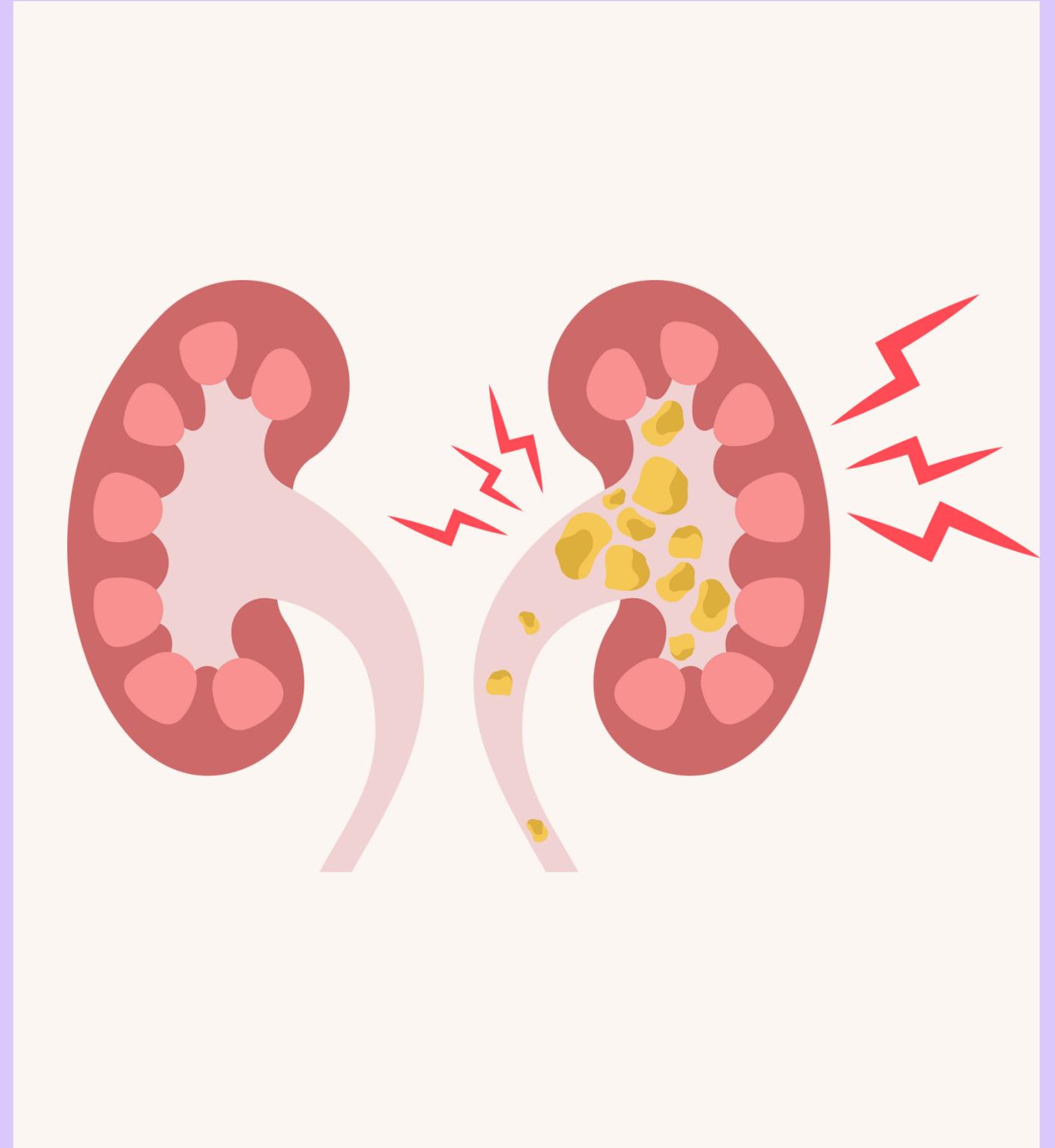


Hasāt-i Kuliya *(Renal Calculi)*

Standard Unani treatment
Guidelines for common
diseases



INTRODUCTION

★ It is a condition in which stones are formed within the kidneys

★ It is caused by



Khilt Ghalīz (Thick humour) that has got condensed by the effect of Harārat Nāriyya (Extreme heat).

★ It is characterized by



- **heaviness in lower back,**
- **excruciating pain (that radiates towards thigh) and excretion of crystals through urine.**

Usūl-i 'Ilāj

(Principles of treatment)

01. Idrār-i Bawl
(Diuresis)

02 Tanqīya-i Balgham
(Evacuation of phlegm)

03 Taftīt-i Hasāt
(Lithotripsy)

Usūl-i 'Ilāj

(Principles of treatment)

04 Talyīn
(Laxation)

05 Taskīn-i Dard
(Analgesia)

06 Taqlīl-i Ghizā
(Decrease in food quantity)

07 Tamrīkh
(Rubbing the skin with oil)

'Ilāj bi'l-Dawā'

(Pharmacotherapy)

- ★ **Oral administration of powder of**
Ajwā'in Khurāsānī (*Hyoscyamus niger*, Linn.) 250-500 mg. with sugar.
- ★ **Oral administration of decoction of**
Maghz-i Falūs Khiyār Shanbar (Fruit pulp of *Cassia fistula*, Linn.) 36 gm. mixed with old jaggery 36 gm.
- ★ **Oral administration of**
powder/infusion of Habb al-Qilt (Seed of *Dolichos biflorus*, Linn.) 6 gm. with sugar.
- ★ **Oral administration of**
Shīra-i Barg-i Shahdī'ī (*Vernonia cinerea*, Less.) 12 gm. mixed with Shora Qalamī (Potassium nitrate) 2 gm.



Compound drugs

| | |
|-------------------------------|--------------------|
| Ma'jūn-i Hajr al-Yahūd | 7-9 gm. |
| Barsha'sha | 500 mg.-2 gm. |
| Sharbat-i Ālū Bālū | 48-72 ml. at night |
| Safūf-i Hajr al-Yahūd | 7 gm |
| Ma'jūn-i 'Aqrab | 500 mg. |
| Roghan-i Bābūna | local application |





Compound drugs

| | |
|-----------------------------------|--|
| Ma'jūn-i Sang-i Sar-i Māhī | 7-9 gm. |
| Sikanjabīn 'Unsulī | 24-48 ml. |
| Sikanjabīn Usulī | 24-48 ml. |
| Sikanjabīn Bazūrī | 24-48 ml. |
| Kushta-i Hajr al-Yahūd | 90 mg. mixed with 30 mg. of Jawakhār (Potassium carbonate) and water for 7 days. |



‘Ilāj bi’l-Tadbīr (Regimenaal therapy)

**Moderate exercise followed by
Hammām (Bathing) before food intake.**

Ābzan (Sitz Bath)

Qay’ (Emesis)

**Fasd-i Bāslīq
(Bloodletting through basilic vein)**

Takmīd (Fomentation)



Dietary recommendations

- Sarī ‘ al-Hazm Aghziya
- Excessive intake of cold water

Dietary restrictions

- Difficult to digest diets, producing thick humour/Aghziya Ghalīza

Tahaffuz (Prevention/Precaution)

- Regimens that may produce thick humour should be avoided.

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Thank you