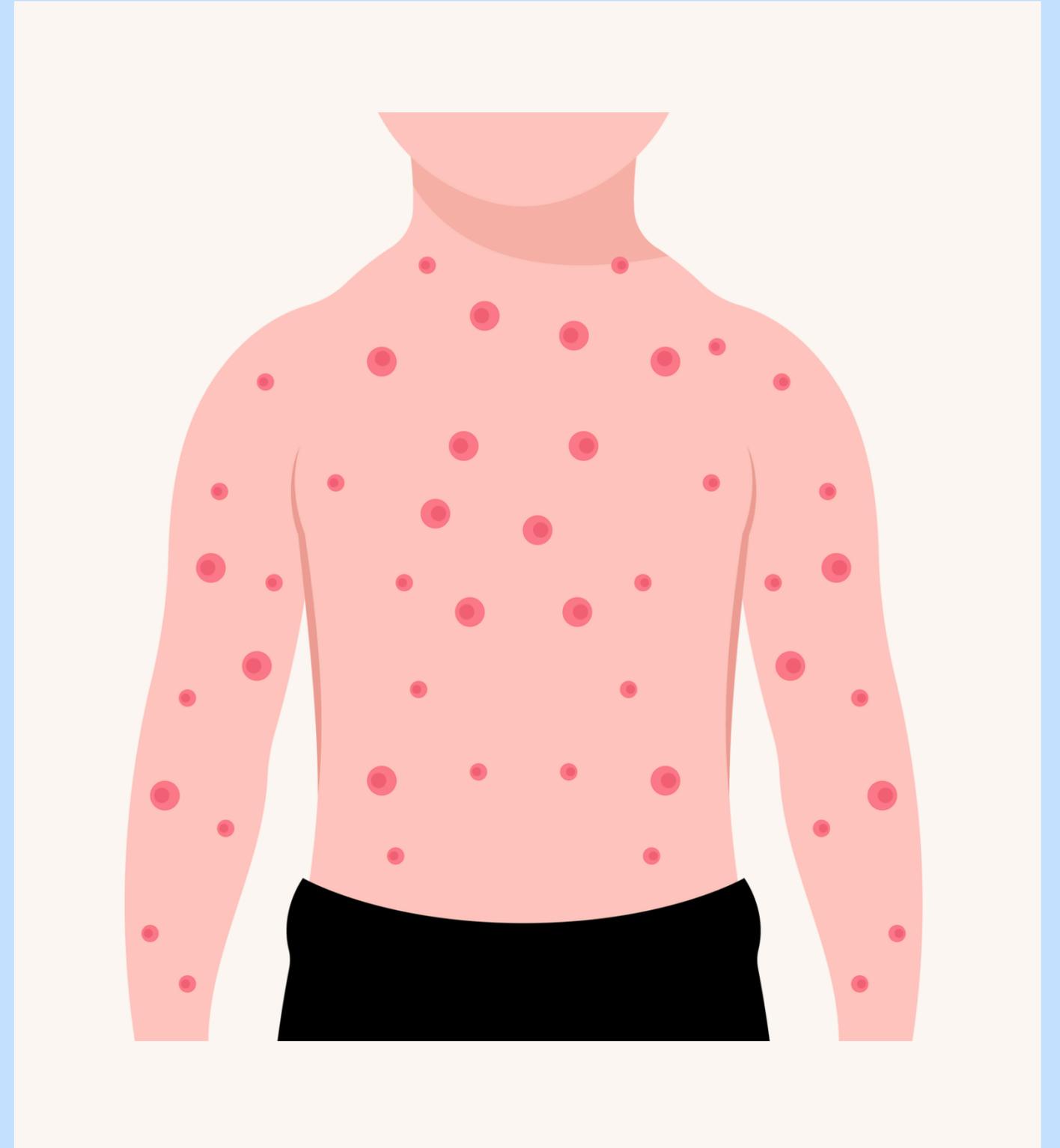


Hasba *(Measles)*

Standard Unani treatment
Guidelines for common
diseases



INTRODUCTION

★ It is a contagious disease that outbreaks as an epidemic.

★ It is caused by →

- by Dam Radī Safrāwī (Bilious putrefied sanguine).

INTRODUCTION

★ It is characterized by signs and symptoms of small pox such as



- backache,
- nasal irritation,
- bodyache,
- lethargy,
- redness of face and eyes,
- lacrimation,
- burning of eyes,
- dyspnoea,
- hoarsness of voice,
- dryness of mouth,
- headache,
- throat pain,
- trembling of legs on standing and
- Hummā Mutbiqa (Continuous high grade fever).

Scattered eruptions of the size of millet appear on the skin. In the beginning these eruptions remain red in colour and after sometime change into Khuskresha (Crust) and fall off the skin as husk bran. It mainly affects children.

Usūl-i 'Ilāj

(Principles of treatment)

01 Taskīn-i Khilt (Placation of humour)

02 Taghlīz-i Khilt (Thickening of humour)

03 Taqwiyat-i Qalb (Toning up of heart)

‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

- ★ Sprinkle Khāksī (*Sisymbrio irio*, Zinn.) on the body and bed of the patient.
- ★ Spread Gul Surkh (*Rosa damascena*, Mill.) on the bed of the patient
- ★ Bakhūr (Fumigation) with leaf of Jhāo (*Tamarix gallica*, Linn.) in cold weather

'Ilāj bi'l-Dawā'

(Pharmacotherapy)

★ **Shamūm (Inhalation) in hot weather the with following formulation:**

- Sandal (*Santalum album*, Linn.),
- Gul Surkh (*Rosa damascena*, Mill.),
- Ās (*Myrtus communis*, Linn.)

★ **Ābzan (Sitz bath) with decoction of the following drugs:**

- Gul Surkh (*Rosa damascena*, Mill.),
- Ās (*Myrtus communis*, Linn.)





Compound drugs

Sharbat-i ‘Unnāb	24-48 ml. mixed with Mā’ al-Sha‘īr (in case of respiratory involvement).
Khamīra’-i Marwārīd (for Taqwiyat)	3.5 gm. in morning.
Qurs-i Tabāshīr	5 gm. along with juice of quince and guava.





Compound drugs

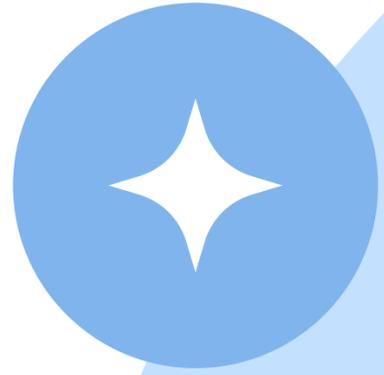
Sharbat-i Khashkhāsh	20-40 ml. (in case of respiratory involvement)
Qurs-i Kāfūr	3 gm.
Sharbat-i Sandal	24-48 ml.
Sharbat-i Banafsha	70 ml. along with lukewarm water.



'Ilāj bi'l-Tadbīr

(Regimenaal therapy)

Fasd-i Akhal (Bloodletting through Akhal)

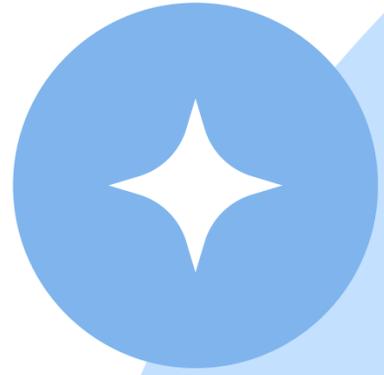


Dietary recommendations

- Aghziya Latīfa
- Mā' al-Sha'īr boiled with 'Unnāb, Sapistān, Masūr
- Pomegranate juice

Dietary restrictions

- Muwallid-i Safrā Aghziya during epidemic



Tahaffuz (Prevention/Precaution)

- **Purging to be avoided.**
- **Cold foods and drinks to be avoided.**
- **Muwallid-i Safrā Tadābīr during epidemic to be avoided.**
- **‘Arq-i Gulāb to be instilled in eyes as a preventive measure.**
- **Fasd (Bloodletting) to be avoided when the skin eruptions appear before fever.**
- **Gharghara (Gargle) with vinegar and chilled water to be avoided.**
- **Contact with the patient to be avoided.**

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Thank you