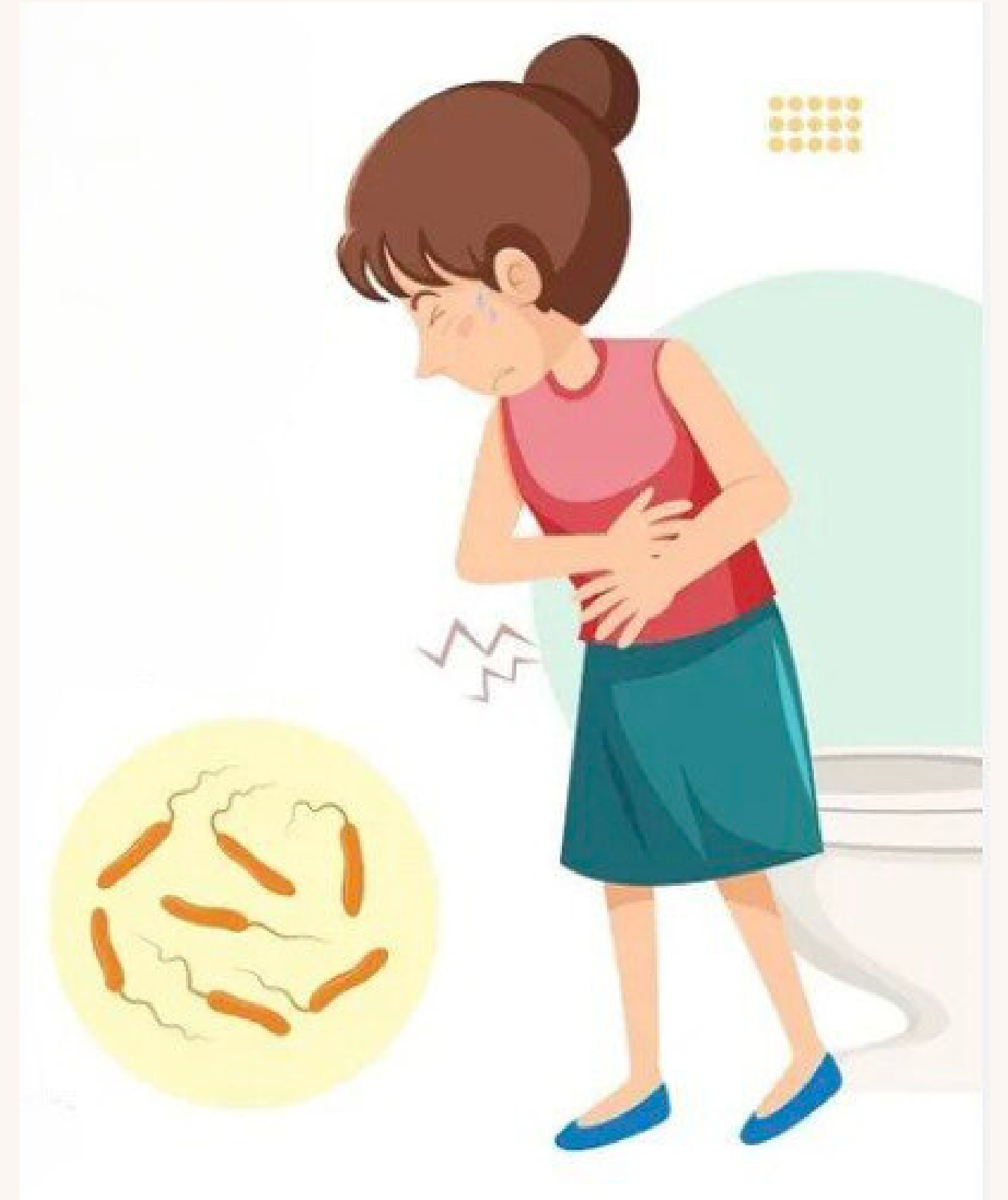


# Hayza (Cholera)

Standard Unani treatment  
Guidelines for common  
diseases



# INTRODUCTION

★ It is an acute disease in which undigested and putrefied food stuff of the stomach and intestine is pushed out through vomiting and diarrhoea.



★ It is caused by the accumulation of



- **Fasād-i Ghizā (Decay of food) and**
- **Fasād-i Hazm (Dyspepsia).**

★ It is characterized by



- **initially by restlessness,**
- **excessive thirst,**
- **cold sweating,**
- **muscular cramps followed by severe vomiting and diarrhea.**

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# Usūl-i 'Ilāj

## (Principles of treatment)

**01.** Tanqiya-i Mi'da  
(Evacuation of stomach)

**02.** Taqwiyat-i Harārat-i Gharīziyya  
(strengthening of natural body heat)

**03.** In'āsh-i Quwā  
(Restoration of body faculties)

**04.** Habs-i Ishāl  
(Control of diarrhoea)



# Usūl-i 'Ilāj

## (Principles of treatment)

**05** **Taskīn-i 'Atsh**  
(Quenching of thirst)

**06** **Taqwiyat-i Qalb**  
(Strengthening of heart)

**07** **Taqlīl-i Ghizā**  
(Dietary control)

**08** **Habs-i Qay'**  
(Control of vomiting)

# ‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

## ★ Oral administration of

- lukewarm water mixed with common salt to induce vomiting in early stage of the disease.

## ★ Dropping of following formulation in throat

- Narjīl Daryā’ī (*Lodoicea sechellarum*, Comm. & Labill.),
- ‘Ūd Salīb (*Paeonia emodi*, Wall.),
- Jadwār (*Delphinium denudatum*, Wall.) powdered and mixed with ‘Arq-i Gulāb.

# ‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

★ **Oral administration of one of the following mixture**

- Papīta (*Carica papaya*, Linn.),
- Filfil Siyāh (*Piper nigrum*, Linn.)/Narjīl Daryā’ī (*Lodoicea sechellarum*, Comm. & Labill.),
- Filfil Siyāh (*Piper nigrum*, Linn.)/Jadwār (*Delphinium denudatum*, Wall.),
- Filfil Siyāh (*Piper nigrum*, Linn.)/Papīta (*Carica papaya*, Linn.) 2 gm.,
- ‘Arq-i Gulāb.

# ‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

## ★ Oral administration of the following decoction

- Post-i Ilā’ichī Safed (Fruit peel of *Elettaria cardamomum*, Maton.) 12-24 gm. boiled in ‘Arq-i Gulāb

## ★ Oral administration of mixture of

- Papīta (*Carica papaya*, Linn.) with ‘Arq-i Keora



# Compound drugs

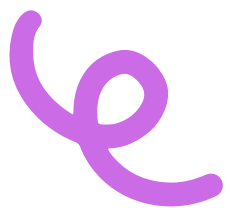
<b>Jawārish-i Anārayn</b>	7 gm.
<b>Jawārish Safarjalī Qābiz</b>	7-12 gm.
<b>Sharbat-i Habb al-Ās</b>	12-24 ml.
<b>Sharbat-i Ābresham</b>	12 ml.
<b>Rubb-i Anār Tursh</b>	6-12 gm.
<b>Dawā' al-Misk for In'āsh-i Quwā</b>	5-10 gm. along with 'Arq-i Bed-i Mushk.





# Compound drugs

<b>Jawāhar Mohra</b>	30-60 mg. along with Dawā' al-Misk Mu'tadil Jawāhar Wālī 5 gm.
<b>Yāqutī for In'āsh-i Quwā</b>	5-9 gm
<b>Sharbat-i Anār Tursh</b>	24 ml. with water.
<b>Qurs-i Kāfū</b>	3 gm.
<b>Qurs-i 'Ūd</b>	7 gm.



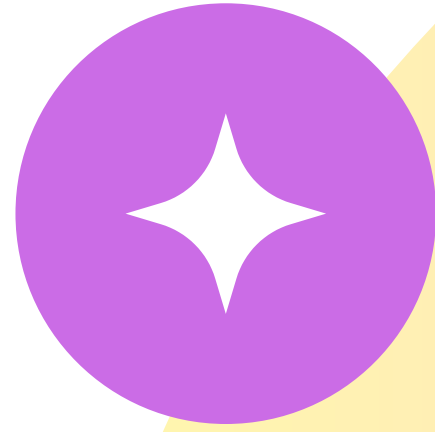
# 'Ilāj bi'l-Tadbīr

## (Regimenaal therapy)

**Hammām**

(Bath)

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# Dietary recommendations

- Aghziya Latīfa
- Āb Sard (Cold Water)

# Dietary restrictions

- *Aghziya Kasīra (Heavy Diet)*
- *Cotaminated diet*

# Tahaffuz (Prevention/Precaution)

- Abrupt arrest of vomiting and diarrhoea should be Avoided.

# References

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Thank you