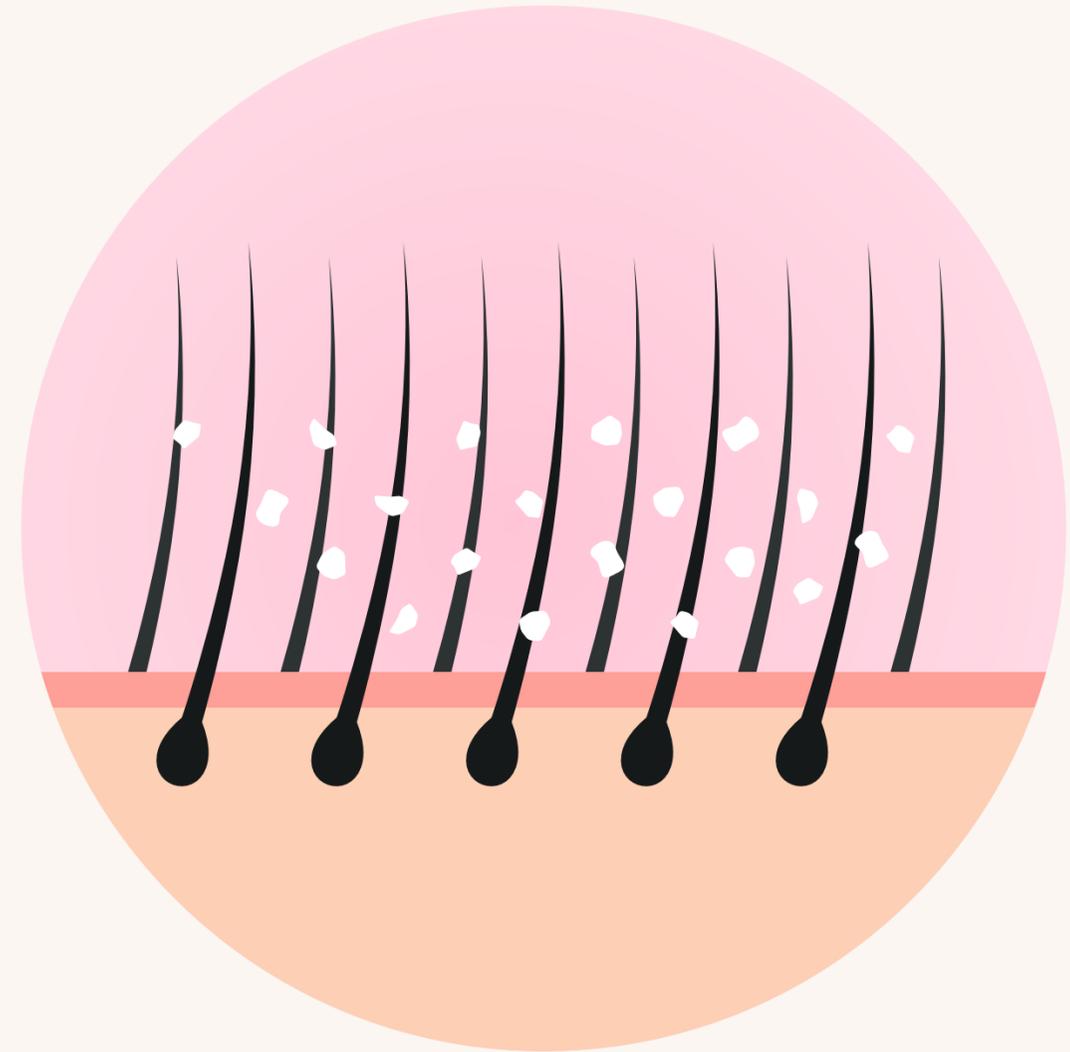


Hazāz/Bafā/Ibriyya

(Dandruff)

Standard Unani treatment
Guidelines for common
diseases



INTRODUCTION

- ★ It is a condition in which husk like flakes appear on the scalp as a result of mild scarring of its skin cells.
- ★ It is caused by →
 - Sū'-i Mizāj (Morbid temperament) of the skin of scalp,
 - Hād Būraqī Mādda (Strong alkaline matter) and
 - predominance of Akhlāt Balghamiyya Māliha (Salty phlegmatic humours) and
 - Sawdā Muhtaraqa (Burnt black bile).
 - Sometimes it is caused only by simple Yubūsat (Dryness).

INTRODUCTION

★ It is characterized by 

- appearance of different types of husk like bodies depending upon the varying causative factors.
- In chronic cases there may be itching and ulceration.



Usūl-i 'Ilāj

(Principles of treatment)

01

Tanqiya-i Badan

(Evacuation of body)

02

Tanqiya-i Jild-i Rās

(Cleansing of skin of head)

‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

- ★ **Oral administration of**
 - Mushil-i Balgham
- ★ **Oral administration of**
 - Mushil-i Sawdā.
- ★ **Ghasūl (Wash) for head containing following ingredients:**
 - Āb-i Chuqandar (Juice of beetroot),
 - Vinegar



‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

★ **Ghasūl (Wash) for head containing following ingredients:**

- Gram flour,
- Vinegar

★ **Ghasūl (Wash) for head containing following ingredient:**

- Decoction of Khubbāzī (*Malva sylvestris*, Linn.),
- Āb-i Chuqandar (Juice of beetroot), Borax

★ **Ghasūl (Wash) for head containing following ingredient:**

Decoction of Barg-i Nīm (*Azadirachta indica*, A. Juss.)

‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

★ **Local application of mixture of following ingredients:**

- Ārd-i Karsana (*Pisum sativum*, Linn.) Q.S.,
- Turmus (*Lupinus albus*, Linn.) Q.S.,
- mucilage of seed of *Plantago ovata*,
- Q.S.





Compound drugs

Ayāraj-i Fayqra	3-5 gm.
Roghan-i Banafsha	Local application
Roghan-i Kadū	Local application



'Ilāj bi'l-Tadbīr

(Regimenaal therapy)

Shaving of head

Ishāl (Purgation)

Hammām (Turkish bath)

'Ilāj bi'l-Tadbīr

(Regimenaal therapy)

Ghasl-i Rās (Bathing of head)

Tadhīn (Oil massage)

Tartīb-i Jild-i Rās (Moistening of skin of head)



Dietary recommendations

- Diets producing good humour

Dietary restrictions

- Muwallid-i Balgham Aghziya

Tahaffuz (Prevention/Precaution)

- Muwallid-i Balgham Asbāb

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Thank you