

Nazla (Catarrh)

Standard Unani treatment
Guidelines for common
diseases



INTRODUCTION

★ It is the descent of the secretions that arise from frontal region of brain and fall on the upper part of throat

★ It is caused by → **Harārat (Heat)** that affects through its power of dissolution (Nazla Hār)

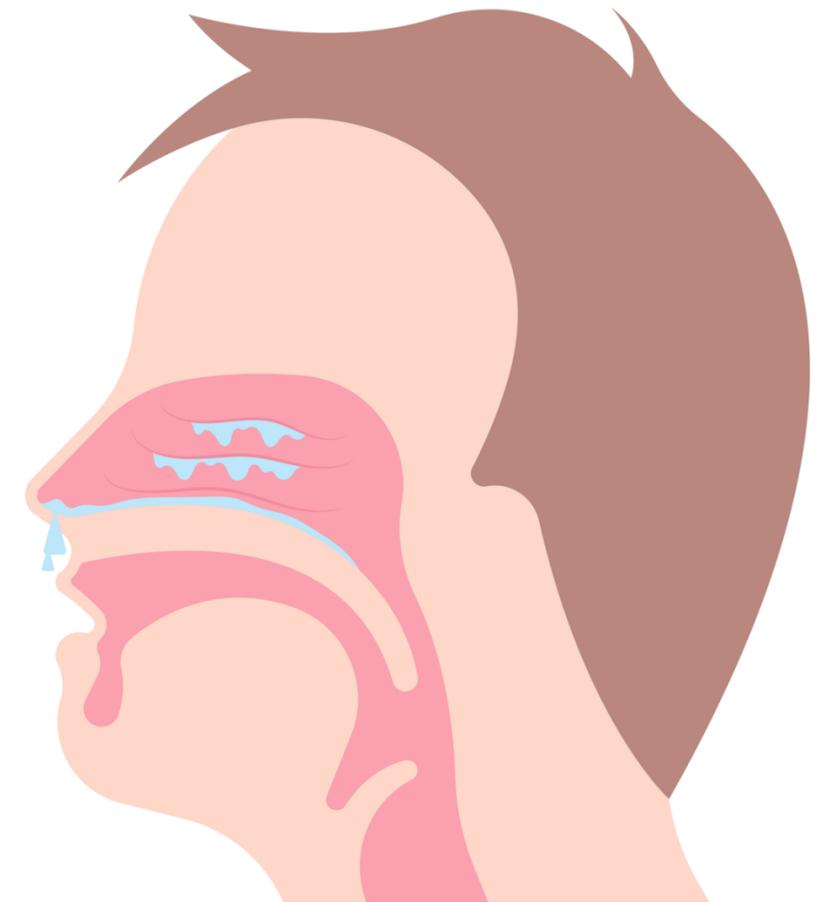
Burūdat (Cold) affecting through its squeezing ability (Nazla Bārid).

INTRODUCTION

★ It is characterized by

flow of secretion of thin consistency and causing irritation
(if caused by Harārat)

★ There will be stuffy nose, thick secretion and change in the
voice (if caused by Burūdat).



Usūl-i 'Ilāj

(Principles of treatment)

01. Taskhīn
(To produce warmth) in case of Nazla Bārid.

02 Taghlīz-i Mādḍa
(To make the matter thicker) in case of Nazla Hār

‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

★ In case of Nazla Bārid, when the Burūdat is severe, following Inkibāb (Steam inhalation) may be used

- *Nākhūna* (Pods of *Trigonella uncata*, Boiss.),
- *Bābūna* (*Matricaria chamomilla*, Linn.),
- *Marzanjosh* (*Origanum majorana*, Linn.),
- *Soyā* (*Anethum sowa*, Roxb.)



'Ilāj bi'l-Dawā'

(Pharmacotherapy)

★ Shamūm for Nazla Bārid

- Kalonjī Biryān (Roasted seed of *Nigella sativa*, Linn.),
- Anīsūn (*Pimpinella anisum*, Linn.)

★ In case of Nazla Hār, oral administration of decoction of Post-i Khashkhāsh (Rind of *Papaver somniferum*, Linn.) for Taghlīz-i Mādda



Compound drugs

Tiryāq-i Nazla	13 gm.
Shrabat-i Khashkhāsh Sāda (Nazla Hār)	12-24 ml
Sharbat-i Khashkhāsh (Nazla Hār)	12-24 ml
Sharbat Faryādras	12-24 ml
Sharbat-i Nazla	24-48 ml.
Qurs-i Nazla Band	12-24 ml.





Compound drugs

Qurs-i Khashkhāsh (Nazla Hār)	1-2
La'ūq-i Sapistān	2 gm. 3-5 times
La'ūq-i Khashkhāsh (Nazla Hār)	6 gm. 3-4 times
La'ūq-i Bazr al-Banj (Nazla Hār)	3-5 gm.



'Ilāj bi'l-Tadbīr

(Regimenaal therapy)

Takmīd Hār (Hot fomentation) in case of
Nazla Bārid

Inkibāb (Steam inhalation) in case of Nazla
Bārid.

Unani PLUS



Dietary recommendations

- Aghziya mujaffifa in case of Nazla Hār.
- Harīra made of Ārd-i Bāqla (Flour of Phaseolus vulgaris, Linn.) and honey.
- Zardī-i Bayza-i Murgh
- Fish

Dietary restrictions

- *Aghziya Ghalīza*

Tahaffuz (Prevention/Precaution)

- Muwallidāt-i Sawdā regimens to be avoided

References

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3. Kabīruddīn M, 2006, al-Qarābādīn, CCRUM, New Delhi, pp. 51-52, 613, 614, 617, 618, 619, 902, 907, 998

Thank you