

# SAHAR (INSOMNIA)



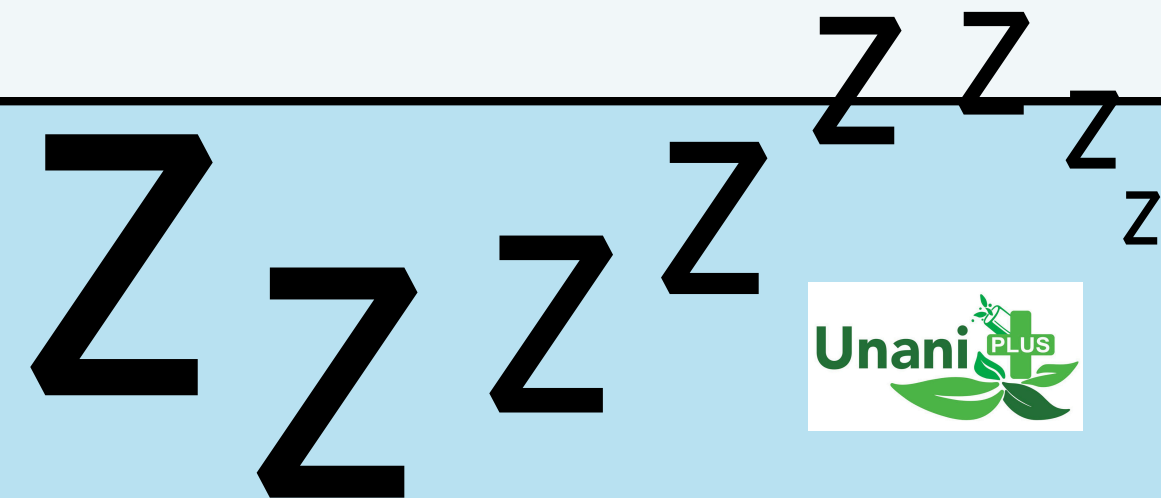
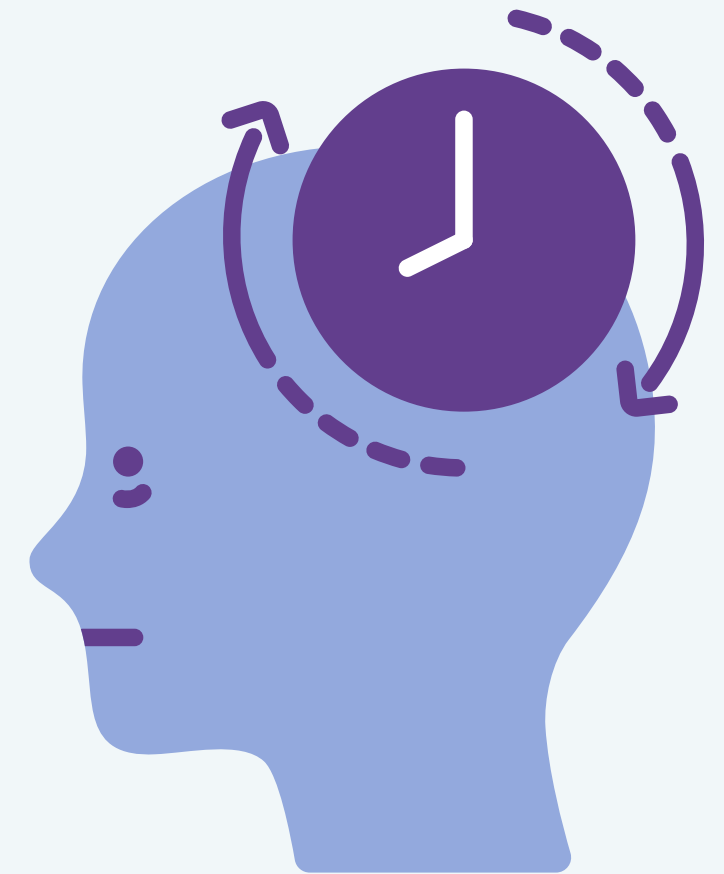
Standard Unani treatment Guidelines for common diseases

# INTRODUCTION

It is the excess of wakefulness and inability to fall asleep as long as desired for a normal person.

## It is caused by

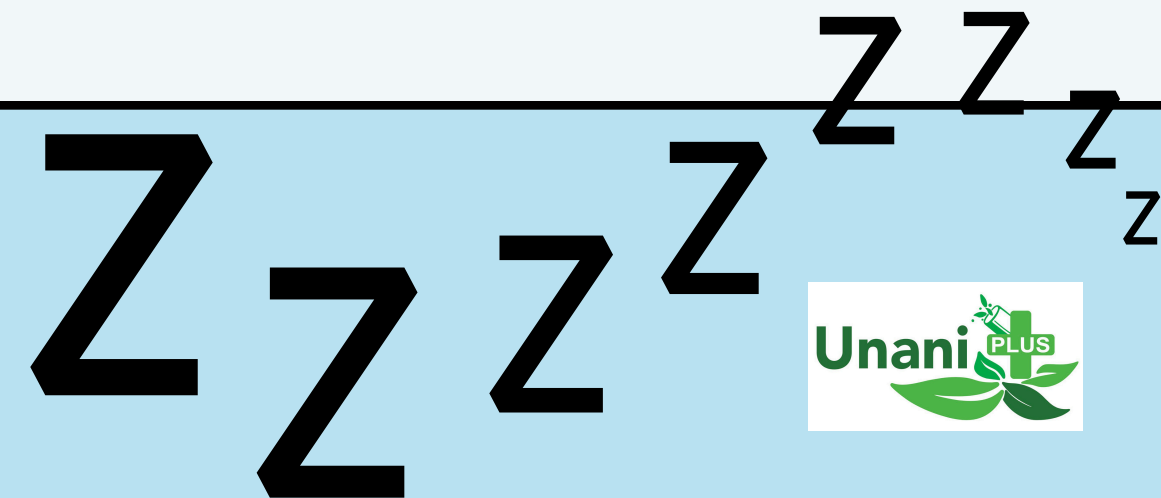
- Predominance of Harārat Sāda (Simple heat),
- Yubūsat (Dryness),
- Safrā' (yellow bile),
- Sawdā' (Black bile),
- Balgham Shor or deep seated Rutūbat Būraqiyya (Alkaline secretion) in the brain,
- pain and stress



# INTRODUCTION

**It is characterized by**

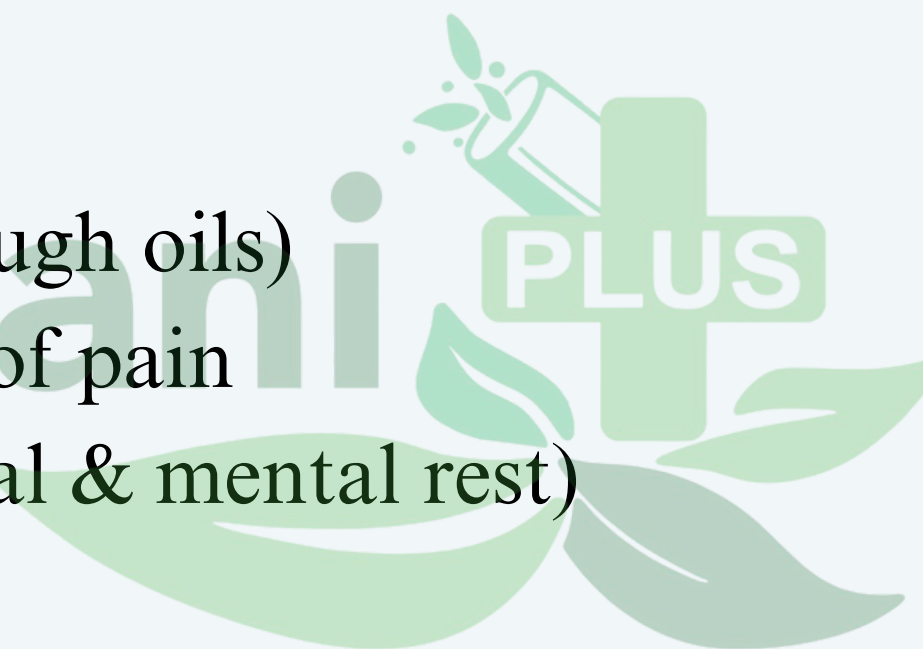
- Disorientation,
- Feeling of weightlessness in the head,
- Dryness of eyes, tongue and nostrils (may be moist when caused by Rutūbat Būraqiyya),
- Excessive thirst and
- Burning sensation in the eyes.



# Usūl-i 'Ilāj

## (Principles of treatment)

- **Tartīb** (Producing moistness)
- **Tadhīn** (Producing moistness through oils)
- **Taskīn-i Dard** (Analgesia) in case of pain
- **Sukūn-i Jismānī o Nafsānī** (Physical & mental rest)



# ‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

- **Oral administration of**  
Powder of Khashkhāsh (Seed of *Papaver somniferum* Linn.) and  
Tukhm-i Kāhū (*Lactuca sativa*, Linn.).
- **Use of Afyūn** (Dried latex of *Papaver somniferum*, Linn.)  
Preparations in acute condition preferably with shīrajāt.
- **Inhalation of the combination of**  
Rayhān Mablūl (Moistened seeds of *Ocimum sanctum*, Linn.) and ‘Ambar (Ambergris).

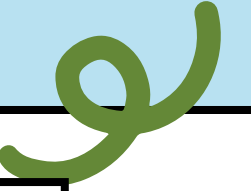
# 'Ilāj bi'l-Dawā'

## (Pharmacotherapy)

- **Inhalation of the combination of :**  
Post-i Khashkhāsh (Rind of Papaver somniferum, Linn.) and  
Bekh-i Yabrūj (Atropa belladonna, Linn.)
- **Application of paste of any of following drugs on temporal region:**  
Post-i Khashkhāsh (Rind of Papaver somniferum, Linn.)/Bekh-i Yabrūj  
(Atropa belladonna, Linn.)
- **Application of the following paste on forehead:**  
Qurs Musallas mixed with juice of fresh green Kishnīz (Coriandrum sativum, Linn.)



# Compound drugs



<b>Roghan-i Khashkhāsh</b>	Local application on scalp
<b>Roghan-i Khas</b>	Local application on scalp
<b>Roghan-i Kadū</b>	Local application on scalp
<b>Roghan-i Labūb Sab‘a</b>	Local application on scalp
<b>Qurs Musallas</b>	Local application after grinding with juice of green coriander.
<b>Khamīra-i Khashkhāsh</b>	12 gm
<b>Sharbat-i Khashkhāsh</b>	12-24 ml



# ‘Ilāj bi’l-Tadbīr (Regimenal therapy)

- Natūl (Irrigation)
- Hammām Mu‘tadil
- Dalk-i Atrāf (Massage on the extremities)



# Dietary recommendations

- **Aghziya Murattiba**

# Dietary restrictions

- *Aghziya Mubakhkhira*

# Tahaffuz (Prevention/Precaution)

- **Indigestion, Fikr (Mental stress), Kasrat-i Jimā' (Excessive coitus), Ta'b (Exertion), Gham o Alam (Grief & Sorrow), Afkār Mushawwisha (Apprehensions) and factors causing Yubūsat (Dryness) are to be avoided**



# References

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- Kabīruddīn M, 2006, al-Qarābādīn, CCRUM, New Delhi, pp. 269, 613.

**Thank You!**

