

Standard Unani treatment Guidelines for common diseases



Shaqīqa (Migraine)





Introduction



It is the **type of headache** in which only one half of head is afflicted with pain. Sometimes it involves the whole head.

It is caused by

- **Bukhārāt** (Vapours), arising towards the head from the body or by
- **Akhlāt Hārā** (Hot humours) or
- **Bārīda** (Cold humours).

In this case a relatively less quantity of causative matter intervenes



Introduction



It is **characterized by the episodic throbbing pain** in only one half of head (especially in Damawī type) due to lesser quantity of causative matter.

There may be relief in pain when the throbbing artery is pressed.

The headache is frequently accompanied with **Tanīn (Tinnitus)** and **Ghasayān (Nausea)**



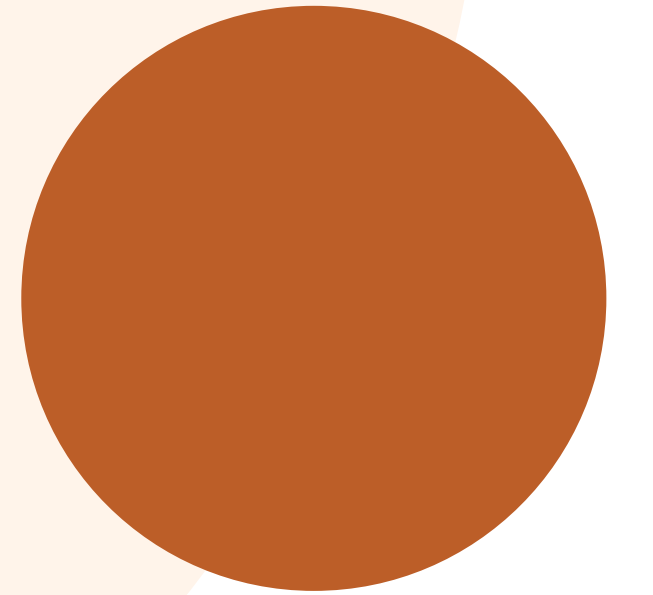
Usūl-i 'Ilāj

(Principles of treatment)



Unani PLUS

- Taskīn-i Dard (Analgesia)
- Istifrāgh (Evacuation) of causative Khilt (Humour)
- Taqwiyat-i Dimāgh (Toning up of brain)





‘Ilāj bi’l-Dawā’ (Pharmacotherapy)



Local application of following formulation on the affected side.

- **Dam al-Akhwayn** (*Pterocarpus marsupium*, Roxb.),
 - **Za‘farān** (*Crocus sativus*, Linn.),
 - **Samagh ‘Arbī** (*Acacia arabica*, Willd.),
 - **Afyūn** (Dried latex of *Papaver somniferum*, Linn.)
- are mixed in egg white, pasted over a piece of paper and applied on the affected side of the head.





‘Ilāj bi’l-Dawā’ (Pharmacotherapy)



Application of following Tilā (Liniment) on the affected side

Unani PLUS

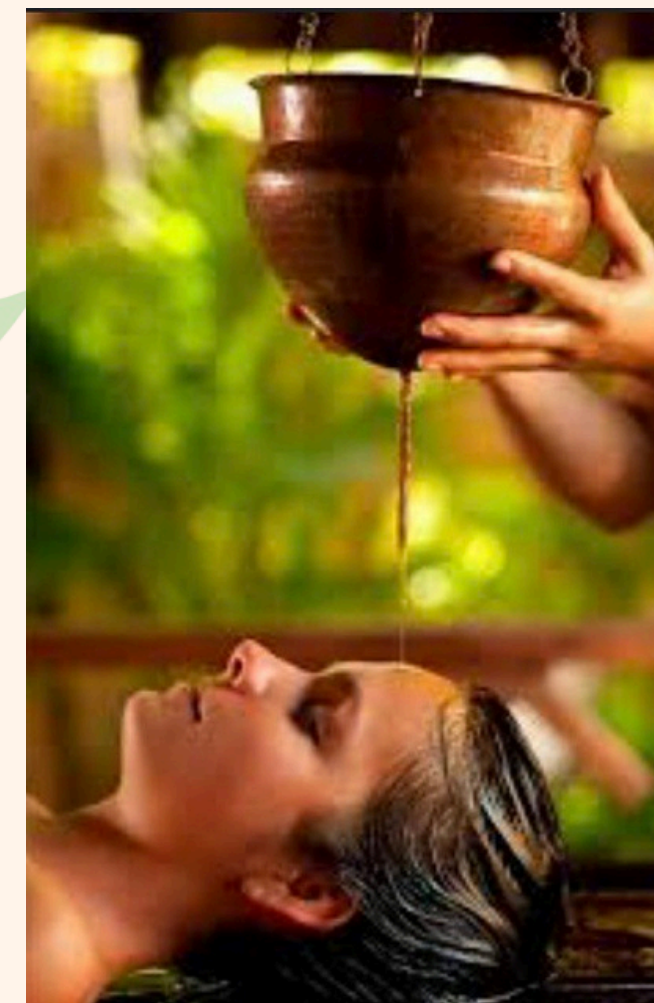
- Ajwā’in Khurāsānī (*Hyoscyamus niger*, Linn.) Q.S. /Tukhm-i Kāhū



‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

Natūl (Irrigation) on the temporal region when Shaqīqa
caused by Khilt Hār

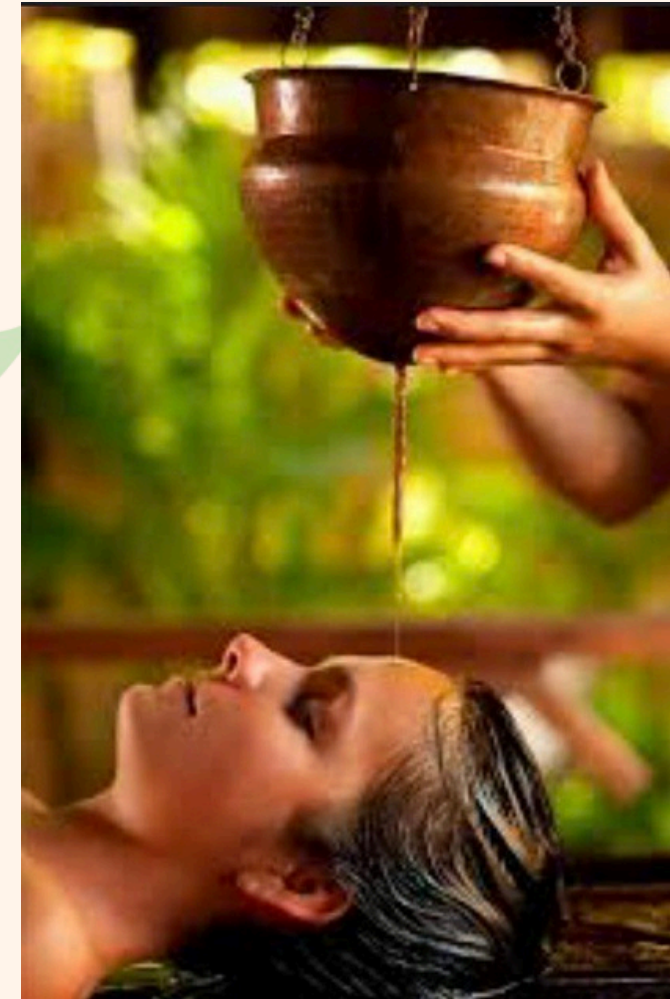
- Nīlofar (*Nymphaea lotus*, Linn.),
- Banafsha (*Viola odorata*, Linn.)
- Barg-i Khatmī (*Althaea officinalis*, Linn.),
- Tukhm-i Kāhū (*Lactuca sativa*, Linn.),
- Gul Surkh (*Rosa damascena*, Mill.)



'Ilāj bi'l-Dawā' (Pharmacotherapy)

Natūl (Irrigation) on the temporal region when caused by Khilt
Bārid

- **Bābūna** (*Matricaria chamomilla*, Linn.),
- **Shīh** (*Artemisia maritima*, Linn.),
- **Sa'tar** (*Zataria multiflora*, Boiss.),
- **Shibit** (*Anethum sowa*, Roxb.)





Compound drugs



Qurs Musallas	To be applied on the affected temporal region.
Itrīfal Muqawwī-i Dimāgh	5-10 gm.
Itrīfal Zamānī	5-10 gm.
Itrīfal Kishnīzī	9-20 gm.
Itrīfal Sanā'ī	7-12 gm.





'Ilāj bi'l-Tadbīr (Regimenal therapy)



- **Fasd (Bloodletting)** in case of Damawī type.
- **Ishāl (Purgation)** in case of Safrāwī, Sawdāwī and Balghamī types.
- **Natūl (Irrigation) Hār/Bārid**



Dietary recommendations



- Half boiled egg
- Zūd Hazm Aghziya
- Mā' al-Sha'ir



Dietary restrictions

- *Aghziya Mubakhkhira*
- *Saqil o Naffakh Aghziya*



Tahaffuz (Prevention/Precaution)

- Grief & Sorrow to be avoided





References



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Thank You!

