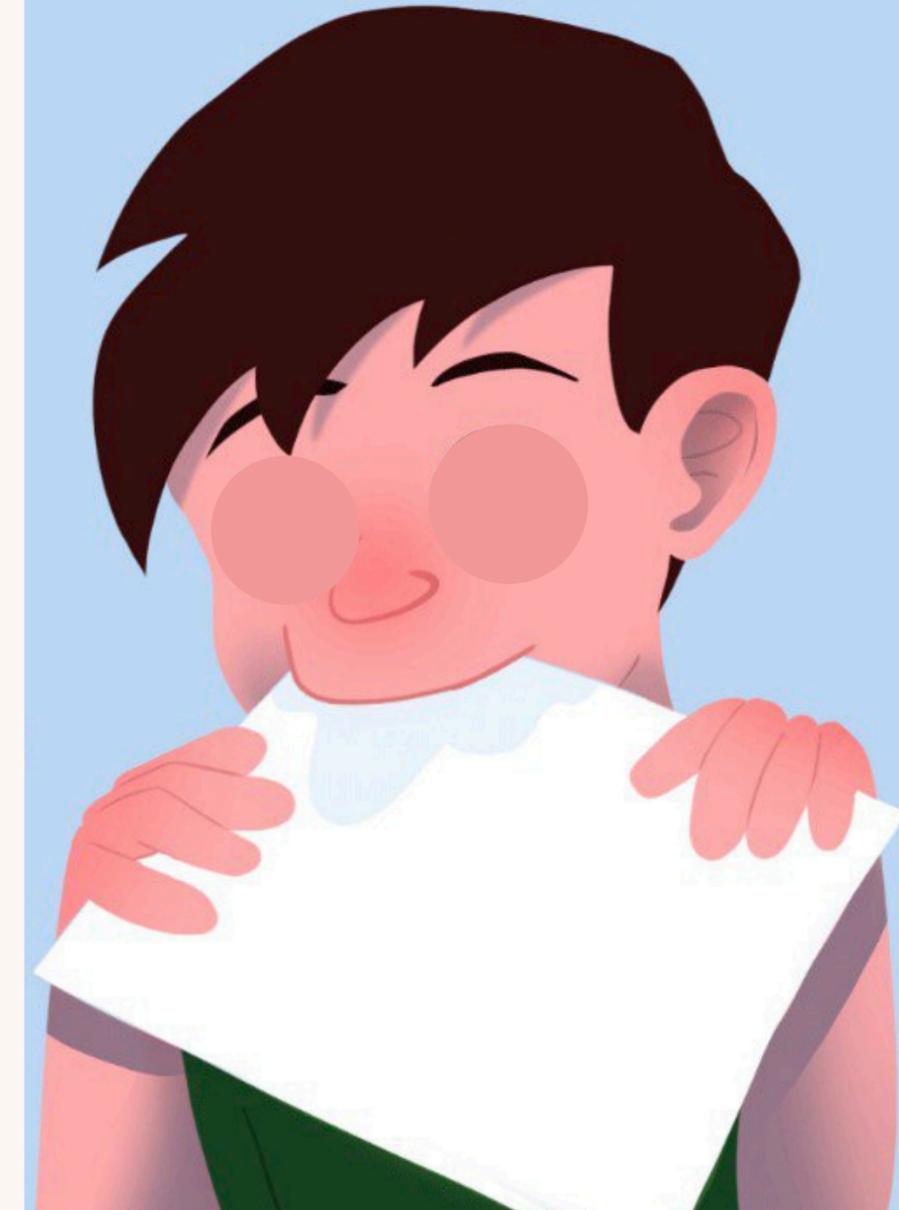


Waham o Fasād-i Shahwat (Pica)

Standard Unani treatment
Guidelines for common
diseases



INTRODUCTION

★ **Waham** is the desire for foods of strange qualities such as acrid food while, in Fasād-i Shawat there is desire for unusual and non-nutritive things such as potsherd, charcoal, etc

★ It is caused by →



accumulation of Akhlāt Radiyya (Bad humours), usually Khilt Balgham in the stomach and uterus.

Uterine Waham/ Fasād-i Shawat is common in pregnant women.
(Hot, cold and dry morbid temperament)

★ It is characterized by a change in eating habit with the desire for unusual foods such as acrid food, charcoal, lime, potsherd, etc.

Usūl-i 'Ilāj

(Principles of treatment)

01. Istifrāgh bi'l-Qay' (Evacuation through emesis)

02 Istifrāgh bi'l-Ishāl (Evacuation through purgation)

'Ilāj bi'l-Dawā' (Pharmacotherapy)

- ★ • Mashāsh al-'Izām (Soft ends of bones)
- Mā' al-'Asl
- Following Naqū' (Infusion) for oral administration
- Tukhm-i Mūlī (Raphanus sativus, Linn.), Tukhm-i Shibit (Anethum sowa, Kurz.)
infused in Sikanjabīn.

‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

★ Oral administration of
following Safūf in the dose of 4.5 gm. daily with lukewarm water for pregnant women

Ilā’ichī Khurd (Elettaria cardamomum, Maton.),

Ilā’ichī Kalān (Amomum subulatum, Roxb.),

Jāwitrī (Myristica fragrans, Houtt.)

*each in equal quantity is powdered
and mixed with equal quantity of sugar.*



Compound drugs

Jawārish-i Anārayn	7-10 gm. after meal.
Jawārish Kamūnī	7-10 gm. after meal.



‘Ilāj bi’l-Tadbīr

(Regimenaal therapy)

Qay’ (Emesis)

Unani PLUS



Dietary recommendations

- *Aghziya Latīfa*

Dietary restrictions

- *Aghziya Muta'afina*
- *Aghziya Radiyya*
- *Aghziya Saqīla*

Tahaffuz (Prevention/Precaution)

- Foods of poor quality to be avoided.
- Emesis and purgation are contraindicated during pregnancy.

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Thank you