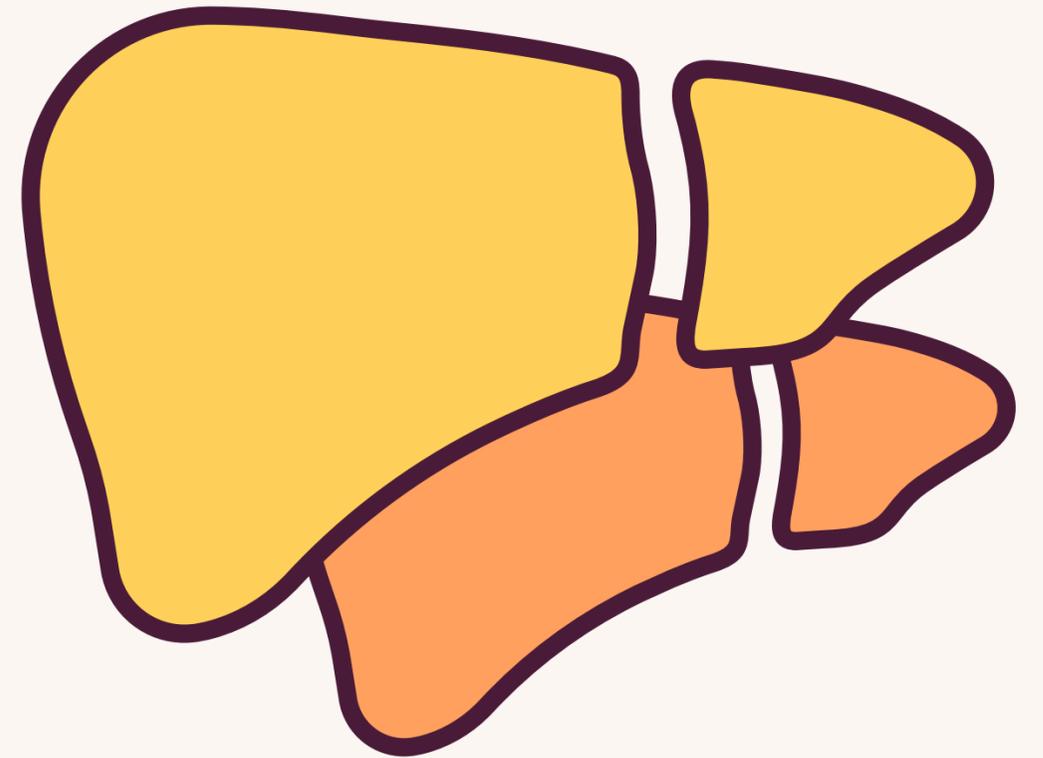


# *Yarqān Asfar*

(Jaundice)

Standard Unani treatment  
Guidelines for common  
diseases



# INTRODUCTION

★ It is yellow discoloration of body skin

★ It is caused by

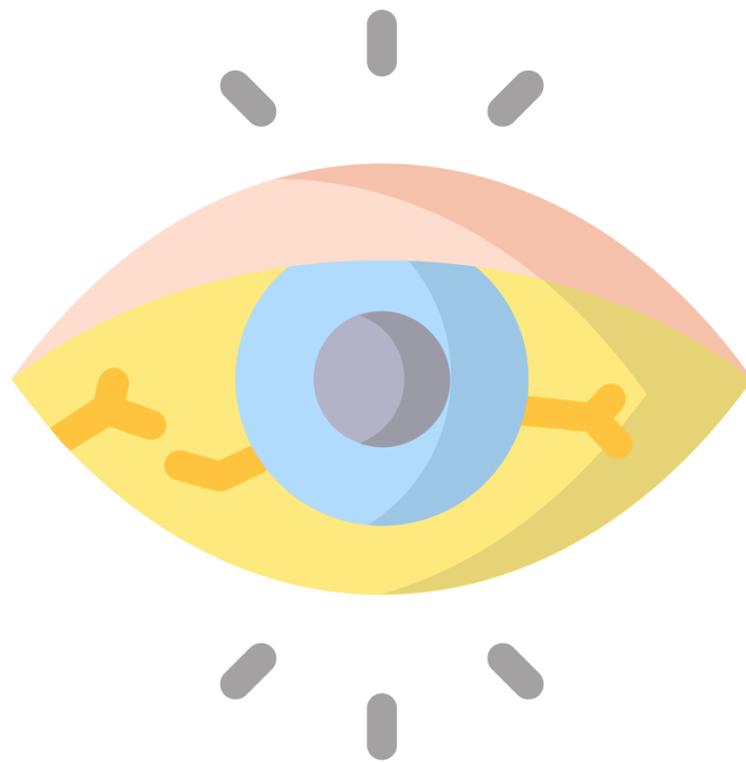


- excessive production or reduced excretion of bile,
- Waram-i Kabid (Hepatitis),
- Sudda-i Majārī-i Marāra (Biliary duct obstruction) and
- Ihāla al-Dam ila'l-Safrā' (Haemolysis).

It may also be drug induced.

# INTRODUCTION

★ It is characterized by →



- **yellow discoloration of skin and eyes,**
- **yellowish urine and stool,**
- **except when it is caused by biliary duct obstruction (Whitish stool),**
- **pain in right hypochondrium,**
- **nausea,**
- **vomiting,**
- **loss of appetite,**
- **excessive thirst,**
- **bitterness of taste,**
- **gastric pain and flatulence after food intake,**
- **constipation and generalized itching.**

# Usūl-i 'Ilāj

## (Principles of treatment)

**01. Istifrāgh-i Mādda**  
(Evacuation of causative matter) through  
Ishāl (Purgation), Qay' (Emesis) and  
Idrār (Diuresis).

**02 Islāh-i Mizāj-i Jigar**  
(Correction of hepatic temperament)

# Usūl-i 'Ilāj

## (Principles of treatment)

**03** **Tahlīl-i Waram-i Jigar**  
(Resolution of hepatic inflammation)

**04** **Taqwiyat-i Jigar**  
(Toning up of liver)

**05** **Taftīh-i Sudad**  
(Removal of obstructions)

# 'Ilāj bi'l-Dawā'

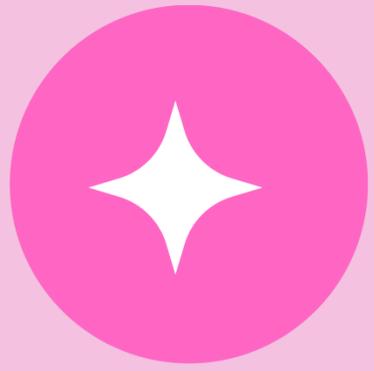
## (Pharmacotherapy)

★ **Oral administration of the mixture of**

- juice of leaves of radish 32 ml.,
- Maghz-i Falūs Khiyār Shambar (Fruit pulp of Cassia fistula, Linn.) 24.5 ml.,
- Tukhm-i Bathwa (Chenopodium album, Linn.) 3.5 gm. and
- Sibr (Aloe vera, Linn.) 500 m

# ‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

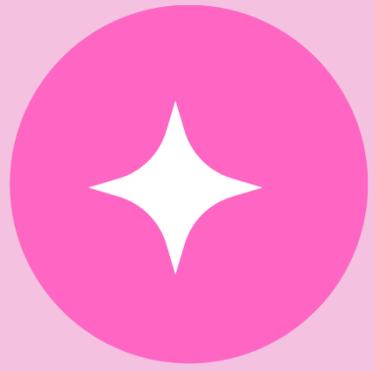
- ★ **Oral administration of decoction of**
  - peel of radish prepared in donkey milk
- ★ **Oral administration of decoction of**
  - Masūr (*Lens esculenta*, Moench.), prepared in vinegar
- ★ **Joshānda-i Halayla**
- ★ **Oral administration of**
  - ‘Usāra-i Afsantīn (Extract of *Artemisia absinthium*, Linn.)



# Compound drugs

<b>Qurs-i Zarish</b>	4 pills of 1 gm. each with Murawwaqayn/ Sikanjabīn Bazūrī.
<b>Qurs-i Kāfūr</b>	7 pills of 1 gm. each.
<b>Qurs-i Ghāfis</b>	7 pills of 1 gm. each with 144 ml. of 'Arq-i Gāozaban.
<b>Sharbat-i Rewand</b>	24-48 ml.





# Compound drugs

<b>Sharbat-i Afsantīn</b>	24-48 ml.
<b>Sharbat-i Nīlofar</b>	24-48 ml.
<b>Sharbat Dīnar</b>	24-48 ml.
<b>Sikanjabīn Laymūnī</b>	12-24 ml.
<b>‘Arq-i Kāsini</b>	60 ml.



# 'Ilāj bi'l-Tadbīr (Regimenaal therapy)

**Complete physical and mental rest**

**Fasd-i Bāslīq**

(Bloodletting through basilic vein)

**Fasd-i Usaylim**

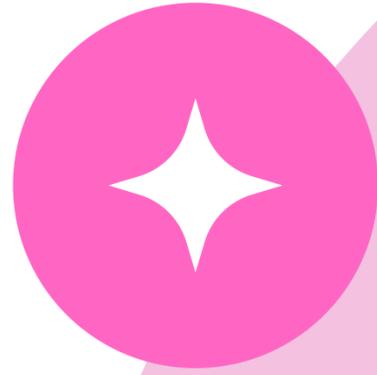
(Bloodletting through Usaylim vein)

**Hijāma**

(Cupping) below right shoulder.

**Hammām**

(Bath)



# Dietary recommendations

- Mā' al-Sha'īr
- Mā' al-Jubn
- Cucumber
- Juice of vegetables of cold temperament.
- Juice of leaves of radish.
- Watermelon juice<sup>2</sup>
- Pomegranate juice at empty stomach.

# Dietary restrictions

- *Oily diets*
- *Aghziya Qābiza*
- *Aghziya Ghalīza*



# References

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Thank you