Zahīr

(Dysentery)

Standard Unani treatment Guidelines for common diseases

INTRODUCTION

- It is an inevitable and repeated urge for defecation, while only small quantity of mucus and blood passes at every sitting.

- It is caused by →
  - **dry faecal matter (Zahīr Kāzib),**
  - **Rutūbat Māliha Lazzā'a (Irritant salty fluid) of intestine,**
  - **inflammation and abrasion of large intestine (Zahīr Sādiq) and**
  - **Balgham 'Afin (Putrefied phlegm).**

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INTRODUCTION

★ It is characterized by ⟶

- **repeated urge for defecation along with heaviness in abdomen,**
- **pain,**
- **abdominal distention,**
- **tenesmus,**
- **occasional fever and**
- **decreased appetite.**

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Usūl-i ʻIlāj

(Principles of treatment)

01. **Taqlīl-i Ghizāʼ**
(Dietary control)

02 **Talyīn (Laxation)** through **Muzliqāt** (Mucilaginous drugs) and **Mugharriyāt** (Mucilaginous drugs)

03 **Taskīn-i Hiddat-i Khilt** (Neutralization of irritating causative humour)

04 **Tahlīl-i Waram**
(Resolution of inflammation)

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‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

★ **Oral administration of**

- Aspghol Musallam (Plantago ovata, Forsk.) with Roghan-i Banafsha.

★ **Oral administration of**

- Habb al-Rishād (Seed of Artemisia vulgaris, Linn.) 7 gm. with lukewarm water.

★ **Oral administration of the powder of**

- Aspghol Musallam (Plantago ovata, Forsk.)

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‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

★ **Oral administration of powder of**

- Tukhm-i Rayhān Biryān (Roasted seed of Ocimum sanctum, Linn.) and
- Samagh ‘Arabī Biryān (Roasted gum of Acacia Arabica, Willd.) 3-6 gm. twice a day

★ **Oral administration of**

- Mucilaginous decanted liquid prepared from Aspghol Musallam (Seed of Plantago ovata, Forsk.),
- Resha Khatmī (Rootlet of Althaea officinalis, Linn.) and
- Behīdāna (Seed of Cydonia oblonga, Mill.).

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Compound drugs

Safūf-i Tīn	7 gm. mixed with clarified butter and taken in morning with water
Safūf Miqliyāsa	5 gm. in morning with water.
Jawārish Shahryarān for Zahīr Kāzib	7 gm. in morning with water.
Tiryāq-i Pechish	3 gm.
Habb-i Pechish	01 with water.

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‘Ilāj bi’l-Tadbīr

(Regimenal therapy)

Moderate Takmīd Hār (Hot fomentation)

Huqna (Enema) with Mā’ al-‘Asl mixed with lukewarm water.

Ābzan (Sitz bath)

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Dietary recommendations

- Laxative diets

Dietary restrictions

- Aghziya Ghalīza

Tahaffuz (Prevention/Precaution)

- Qābiz (Constrictive) and Hābis (Retentive) drugs to be avoided in the initial stage.

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Thank you