

Hamdard Unani Medicine List In Urdu Herbal Health

Hamdard Unani Medicine List In Urdu Herbal Health hamdard unani medicine list in urdu herbal health Unani medicine, also known as Unani Tib, is an ancient system of healing that originated in Greece and was later developed and refined by scholars in Persia and India. It emphasizes the balance of humors in the body—blood, phlegm, yellow bile, and black bile—to maintain health and treat diseases. Hamdard, a renowned name in herbal and natural medicines, has played a pivotal role in popularizing Unani formulations across South Asia, especially in Pakistan and India. The "Hamdard Unani Medicine List in Urdu Herbal Health" encompasses a wide range of herbal formulations, powders, syrups, and oils designed to treat various ailments naturally and holistically. This article aims to provide an in-depth overview of the most commonly used Hamdard Unani medicines, their ingredients, uses, and benefits, especially tailored for Urdu-speaking audiences interested in herbal health and traditional healing practices. Hamdard Unani Medicine List in Urdu Herbal Health: An Overview Hamdard's Unani medicine range is distinguished by its emphasis on natural ingredients, traditional preparation methods, and holistic health benefits. These medicines are formulated based on classical Unani principles, with modern adaptations to suit contemporary health needs. The following sections will delve into specific categories of medicines, their key formulations, and their therapeutic applications. Common Hamdard Unani Medicines and Their Uses 1. Digestive Aids and Liver Tonics Digestive health is fundamental in Unani medicine, and Hamdard offers several formulations to improve digestion, treat acidity, and support liver function. Hamdard Majoon Hakim Tahir: A herbal tonic used to strengthen the digestive system and treat indigestion. Hamdard Safi: A well-known blood purifier and liver tonic that helps

detoxify the body and improve skin health. Hamdard Jawarish Amla: A herbal powder containing Amla (Indian gooseberry), used to boost immunity and digestion. 2 2.

Respiratory and Cough Remedies Respiratory ailments are prevalent, and Unani medicines provide natural relief from cough, asthma, and bronchitis. Hamdard Roghan-e-Jawzaban (Honey-based Syrup): Helps soothe sore throats and reduce cough. Hamdard Sharbat Anar: An herbal syrup made from pomegranate, beneficial for respiratory health. Hamdard Tila-e-Qurs: An herbal oil used for inhalation to relieve congestion. 3.

Skin and Blood Purification Skincare and blood purification are significant aspects of Unani treatment, with many formulations targeting skin diseases, acne, and detoxification. Hamdard Safi: As mentioned, it detoxifies blood, leading to healthier skin. Hamdard Muqil Khurma: Herbal powder used to purify blood and improve skin conditions. Hamdard Unani Tila-e-Qurs: Oil used externally for skin ailments. 4.

Kidney and Urinary Tract Support Supporting kidney health and urinary functions is another focus area. Hamdard Majoon Bawl: A herbal remedy for kidney health and urinary issues. Hamdard Qurs-e-Habbe Sada: A supplement formulated to support urinary tract health. 5.

General Health and Vitality Many medicines aim to enhance overall vitality, stamina, and immune function. Hamdard Jawarish Asgandh: An herbal preparation containing Asgandh (Withania somnifera) for strength and vitality. Hamdard Roghan-e-Jawzaban: An herbal oil used for external massage to promote health and relaxation.

Popular Hamdard Unani Products in Urdu and Their Benefits

1. Hamdard Safi Hamdard Safi is arguably the most famous Unani medicine from Hamdard. It is a herbal blood purifier and detoxifier that helps clear skin, improve digestion, and boost immunity. 3
- Ingredients: Saffron, natural herbs, and extracts from various medicinal plants. Uses: Treats skin diseases, allergies, and internal detoxification. Benefits: Clears skin, enhances digestion, and purifies blood. 2.
- Hamdard Majoon Hakim Tahir A herbal tonic mainly used to strengthen the digestive system and improve appetite. Ingredients: Various herbs including Amla, black pepper, and others.

Uses: Indigestion, bloating, and stomach discomfort. Benefits: Stimulates digestion and boosts overall health.

3. Hamdard Roghan-e-Jawzaban An herbal oil used for respiratory issues, throat infections, and cough. Ingredients: Herbal oils and extracts known for soothing properties. Uses: Cough, sore throat, congestion. Benefits: Relieves cough and clears respiratory pathways.

4. Hamdard Qurs-e-Habbe Sada A traditional Unani supplement aimed at supporting kidney and urinary health. Ingredients: Herbal and mineral compounds prepared according to classical formulas. Uses: Urinary tract infections, kidney stones. Benefits: Supports kidney function and reduces stone formation.

Understanding the Preparation and Usage of Hamdard Unani Medicines

Hamdard medicines are prepared following strict traditional procedures, emphasizing the use of natural herbs and minerals. They are available in various forms, including:

- Qurs (Tablets or Pills):** Concentrated herbal formulations for oral consumption.
- Majoon (Paste or Paste-like formulations):** Used for internal health benefits.
- Syrups and Sharbat:** Liquid formulations flavored with natural extracts, suitable for children and adults.
- Roghan (Oils):** External applications for skin, muscles, or respiratory relief.
- Powders and Chooran:** Fine herbal powders to be mixed with water or honey.

Usage Tips:

- Always follow the prescribed dosage and duration.
- Consult a qualified Unani practitioner before starting any herbal treatment.
- Store medicines in a cool, dry place away from direct sunlight.

Advantages of Using Hamdard Unani Medicines

Hamdard's herbal formulations offer several benefits over synthetic medicines:

- **Natural Ingredients:** Minimal side effects due to herbal composition.
- **Holistic Approach:** Focuses on restoring balance rather than just alleviating symptoms.
- **Long-term Benefits:** Supports overall health and immunity.
- **Accessibility:** Widely available in South Asia and increasingly in other regions.

Conclusion

The "Hamdard Unani Medicine List in Urdu Herbal Health" reflects the deep-rooted tradition of herbal healing that combines classical Unani principles with modern herbal practices. From blood purification to digestive health, respiratory relief, and vitality

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The Traditional Healer's Handbook Herbal Treatment for Peptic Ulcer Herbal Bioactives and Food Fortification Herbal Treatment for Diabetes Herbal Cure Herbal Cures Herbs, Spices and Their Roles in Nutraceuticals and Functional Foods Ayurvedic Pharmacopoeial Plant Drugs Herbal Cure The Text Book Of Herbal Drug Technology Herbal Medicine in India Traditional Herbal Therapy for the Human Immune System Herbal Medicine Applications for Polycystic Ovarian Syndrome Evidence check 2 Traditional Medicines in Drug Discovery and Development Herbal Radiomodulators Female Reproductive System & Herbal Healing Vs. Prescription Drugs and Their Side Effects Current Catalog Herbal Treatment Constipation Female Reproductive System & Herbal Healing vs. Prescription Drugs and their Side Effects *Ghulam Moinuddin Chishti Vaidya Bhagwan Dash D. Suresh Kumar Bhagwan Vaidya Dash Shiv Charan Sharma Mr. Ajeet Singh Augustine Amalraj C. P. Khare VIKAS KHATRI Prof.(Dr.) N. G. Raghavendra Rao Saikat Sen Azamal Husen Younis Ahmad Hajam Great Britain: Parliament: House of Commons: Science and Technology Committee Varughese George Rajesh Arora Chela Ram Bathija MH RH National Library of Medicine (U.S.) Bhagwan Vaidya Dash Chela Ram Bathija, MH, RH (AHG)*

this comprehensive guide to healing synthesizes the principles and practices of hippocratic chinese ayurvedic and persian medicine and includes the first english translation of one of the handbooks of avicenna whose writings have been classics in herbal and dietetic medicine for more than 1 000 years based on the philosophy that food is the best medicine avicenna s canon provides simple and effective diagnostic techniques and therapies for maintaining health and strengthening the immune system includes a botanical guide for the 100 most used healing herbs and recommended treatments for 400 conditions including diet and nutrition herbology and aromatherapy

this book is a part of the series of books on herbal treatment for common ailments the notion is to induce people to live closer to nature and to think in terms of leading healthy lives

recent major shifts in global health care management policy have been instrumental in renewing interest in herbal medicine however literature on the development of products from herbs is often scattered and narrow in scope herbal bioactives and food fortification extraction and formulation provides information on all aspects of the extraction o

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traditional herbal remedies have always been valued since time immemorial in fact herbal remedies have been known to cure a variety of ailments right from spasm to heart diseases and that too without any post medication blues modern medicine in fact is now fast realizing the importance of their time tested methods which is why many herbs and herbal remedies are being prescribed by even allopathic practitioners some glimpses rauwolfia is also being recommended by allopathy to treat high blood pressure and

depression digitalis to contain the fallouts of heart attack cinchona to counter malaria neem extracts for diabetics the author outlines the healing and curative properties of more than 100 medicinal plants which are easily available all over the country the best part of the book is that in many cases the patients will be able to bring their problems in effective control through simple readily available herbal solutions

a detailed reference on the identification preparation and therapeutic uses of medicinal herbs covering traditional practices scientific validation and safe applications for health and wellness

herbs spices and their roles in nutraceuticals and functional foods gives an overview of the many pharmacological activities associated with herbs and spices including detailed coverage on their mechanisms and formulations for the food industry chapters focus on key ingredients such as curcuma longa piper nigrum and trigonella foenum graecum with contributors across the globe providing the latest research and advances for each this is an essential read for scientists who want to understand the fundamental mechanisms behind the bioactive compounds within herbs and spices the numerous phytochemicals present in plant extracts have multiple pharmacological activities so there is extensive research into new bioactive compounds the pharmacological activities of herbs and spices have been thoroughly investigated and it is crucial that the latest research is organized into a comprehensive resource presents chapters that are organized by specific herb or spice providing comprehensive coverage of mechanism and innovative formulations provides in depth analysis of multiple pharmacological activities includes detailed coverage surrounding the food industry

this kind of systematic work is exactly what is needed for people to help bridge traditional ayurvedic practice with modern science venkatraman ramakrishnan nobel laureate current

president of the royal society and group leader at the medical research council laboratory of molecular biology cambridge biomedical campus ukayurvedic pharmacopoe

we all are well aware of the fact that medicinal plants and herbs have been used by mankind from times immemorial particularly in the traditional indian systems of medicine such as ayurveda and homeopathy some of them are even toxic but of immense pharmaceutical value basically plants have the ability to synthesise a wide variety of chemical compounds that are used to perform important biological functions and to defend against attack from predators like insects fungi bacteria and viruses thus protecting us from a number of deadly diseases like cancer tuberculosis aids and many incurable skin and venereal diseases the study of plants for medicinal purposes is called as herbalism or herbal medicine and the usage of these medicinal plants for treatment and cure of different types of diseases is known as herbal cure this book contains an exhaustive list of about 130 medicinal plants and herbs which are used totally or in parts such as their roots stems leaves or barks crushed or decocted boiled or mixed with warm water or honey etc to treat innumerable commonly occurring diseases like cough and cold fevers pneumonia skin diseases indigestion diarrhoea asthma and even snake bites and scorpion stings

this book covers a wide variety of topics including biodynamic agriculture indian systems of medicine herbal drug and herb food interactions regulatory issues herbal formulations herbal excipients patenting and regulatory requirements of natural products a general introduction to the herbal industry and good manufacturing practices of indian systems of medicine in addition to broad subjects it covers both fundamental and advanced levels of knowledge in an appropriate proportion this book provides an introduction to the fundamental concepts and practices of the ayurvedic unani siddha and homeopathic medical systems in addition to this the book emphasizes the quality safety efficacy

effectiveness and stability of herbal goods as well as standards for the standardization of herbal pharmaceuticals good manufacturing practices gmp patenting challenges and regulatory concerns about herbal drugs and products additionally topics such as herbal cosmetics natural excipients and nutraceuticals are discussed throughout the book the material is extensive presented in a style that is simple to follow and has well labelled graphics and key tables in both the theoretical and practical aspects of the discussion the adaptability of the book which enabled it to cover a broad range of research efforts related to herbal medicines is the source of the book s practical value academics researchers and leaders in various industries will all benefit from having access to all of the relevant knowledge they could need in a single volume because of this book

this book highlights the medical importance of and increasing global interest in herbal medicines herbal health products herbal pharmaceuticals nutraceuticals food supplements herbal cosmetics etc it also addresses various issues that are hampering the advancement of indian herbal medicine around the globe these include quality concerns and quality control pharmacovigilance scientific investigation and validation ipr and biopiracy and the challenge that various indigenous systems of medicine are at risk of being lost the book also explores the role of traditional medicine in providing new functional leads and modern approaches that can offer elegant strategies for facilitating the drug discovery process the book also provides in depth information on various traditional medicinal systems in india and discusses their medical importance india has a very long history of safely using many herbal drugs folk medicine is also a key source of medical knowledge and plays a vital role in maintaining health in rural and remote areas despite its importance this form of medicine largely remains under investigated out of all the traditional medicinal systems used worldwide indian traditional medicine holds a unique position as it has continued to deliver healthcare throughout the asian

subcontinent since ancient times in addition traditional medicine has been used to derive advanced techniques and investigate many modern drugs given the scope of its coverage the book offers a valuable resource for scientists and researchers exploring traditional and herbal medicine as well as graduate students in courses on traditional medicine herbal medicine and pharmacy

drawing on indigenous and scientific knowledge of medicinal plants traditional herbal therapy for the human immune system presents the protective and therapeutic potential of plant based drinks supplements nutraceuticals synergy food superfoods and other products medicinal plants and their products can affect the immune system and act as immunomodulators medicinal plants are popularly used in folk medicine to accelerate the human immune defence and improve body reactions against infectious or exogenous injuries as well as to suppress the abnormal immune response occurring in immune disorders this book explains how medicinal plants can act as a source of vitamins and improve body functions such as enhanced oxygen circulation maintained blood pressure and improved mood it also outlines how specific properties of certain plants can help boost the immune system of humans with cancer hiv and covid 19 key features provides specific information on how to accelerate and or fortify the human immune system by using medicinal plants presents scientific understanding of herbs shrubs climbers and trees and their potential uses in conventional and herbal medicine systems discusses the specific role of herbal plants that act as antiviral and antibacterial agents and offer boosted immunity for cancer h1n1 virus relieving swine flu hiv and covid 19 patients part of the exploring medicinal plants series this book is useful for researchers and students as well as policy makers and people working in industry who have an interest in plant derived medications

polycystic ovarian syndrome pcos is a multifaceted reproductive metabolic syndrome and

its symptoms involve interactions between hormones genes and environmental stressors the characteristic symptoms of pcos include menstrual abnormalities such as oligomenorrhea or amenorrhea the general symptoms of pcos are anovulation or oligo ovulation herbal medicine applications for polycystic ovarian syndrome provides comprehensive information on different aspects of pcos including its pathogenesis symptoms therapies and management particularly through herbal remedies with 13 chapters related to different aspects of pcos this book provides enormous knowledge about the pathogenesis and role of different therapeutic strategies globally these chapters have been contributed by researchers from across the globe from europe to asia who highlight the importance of herbal medicines in the treatment of a reproductive disorder such as pcos this book also serves as a simple compendium for undergraduate and postgraduate students researchers and pharmaceutical companies to understand the fundamental concepts of herbal treatment use with regard to basic mechanisms sources and positive impact readers will find an articulate package of knowledge compiled about pathogenesis and complications of pcos and the role of herbs in the development of drugs for the treatment of reproductive disorders

examines the government s policies on the provision of homeopathy through the national health service nhs and the licensing of homeopathic products by the medicines and healthcare products regulatory agency mhra

this comprehensive book comprising 20 chapters contributed by respected academics in their respective fields highlights the immense contribution of traditional medicine to the discovery and development of modern drugs each chapter provides in depth details stimulating experts to further explore the flora used in traditional medicines and inspiring younger investigators to delve into the mysterious world of secondary metabolites in their quest for novel molecules this book is of immense value to scientists academicians

researchers and students alike making it a valuable addition to personal collections and libraries

with the dawn of the nuclear age it has become essential to develop radiomodulators particularly radiation countermeasure agents for the benefit of mankind despite years of concerted research endeavors world over non toxic and effective radiomodulators remain elusive in recent years there has been a new focus on herbals which are also promising sources of radiomodulatory drugs this book discusses the potential of radiation countermeasure agents and radiosensitizers of herbal origin and their multifaceted mode of action particularly in nuclear operations rescue operations deep space missions and application during radiotherapy comprising 22 chapters written by industry clinical and academic experts this book will appeal to readers in radiation biology radiation oncology military medicine homeland defense traditional holistic and modern medicine space biology pharmacology and toxicology

this is a comprehensive guide to the female reproductive system with ayurvedic and western herbalism the ailments of female genitalia and herbal cures focus mainly on three age ranges adolescent childbearing and menopausal readers will easily adopt and learn about the genital ailments by reading the introductory outlines and will choose the treatment options that best fit their needs several of the approximately nine hundred female cases consulted during the authors herbal practice are presented in this book as an example herbal treatments and prescription drugs are outlined in this book it also includes cures with ayurvedic and western herbalism and many testimonials are described in detail

first multi year cumulation covers six years 1965 70

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