

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. 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.
- Sharbat:** Liquid formulations flavored with natural extracts, suitable for children and adults.
- Roghan (Oils):** External applications for skin, muscles, or respiratory relief.
- 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.

Hamdard Kamard Dard MuskiN(.1)
Huzama Ki Goli - :Hamdard Peet Ke Dard Ki Dawa()
Hamdard Mardaana Taqatwar(3.)
Goli (Hamdard Mardaana Kamzori Ka Ilaj)
.4 --- Hamdard Khawateen Ke Liye Tandrusti Ki Goli()

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unani medicine in the making examines the institutions and practices of unani medicine the graeco islamic healing practice based on the humoral theory attributed to hippocrates and officially recognized as a system of medicine in india drawing on diverse materials including urdu sources interviews with practitioners and observations in clinics the book explores what unani medicine is today by attending to its multiplicity scrutinizing apparent tensions between the understanding of unani as a system of medicine and its multiple enactments as islamic medicine medical science or alternative medicine ethnographic details provide vivid descriptions of the current practice of unani in india and invite readers to rethink the idea that humoral medicine is incommensurable with modern

medicine and science and that the modernization of asian medicines invariably leads to their biomedicalization ultimately the book also discusses the relationship of unani with muslim communities examining the growing practice of prophetic medicine in urban india and increasing representations of unani as islamic medicine

in india the unani system of medicine has a long and illustrious history the arabs and persians introduced it to india probably in the seventh century in terms of the practice of unani medicine india is currently one of the top countries the unani system of medicine treats disorders that affect all of the human body s systems and organs chronic skin liver musculoskeletal and reproductive system diseases as well as immunological and lifestyle issues have been proven to be extremely effective and acceptable treatments unani medicine industry in india is expected to register a cagr of 8 6 during the forecast period india is the world s 2nd largest exporter of unani medicine in the world and is frequently encouraging its export interests the export of medicinal plants from india has taken an upward trend as the demand for various unani products to increase immunity grows the price of these goods would rise due to growing knowledge of the effectiveness and efficacy of traditional systems of medicine as well as increased government activities to promote these systems and rising r d the market for unani medicines in india is currently undergoing a spike in demand people are also using alternative medicine more frequently for chronic illnesses including skin joint pain and respiratory problems which is driving up demand it is also being emphasised for serious health conditions such as hypertension heart disease and even diabetes the book covers a wide range of topics connected to unani medicines as well as their manufacturing processes it also includes contact information of machinery suppliers as well as images of equipment and plant layout a thorough guide on unani medicines manufacture and entrepreneurship this book is a one stop shop for everything you need to know about the unani medicines which is ripe with opportunity for producers merchants and entrepreneurs this is the only book that covers the process of making commercial unani medicines from concept through equipment procurement it is a veritable feast of how to information

cosmetics have been in utilization for more than thousands years more commonly known as make up it includes a host of skin products like foundation lip colors etc the international market for skincare and color cosmetics surpassed a sale of 53 billion dollars in 2002 the quantity and number of latest products brought to market both nationally and internationally continues to develop at a fast pace cosmetic chemists all the time are looking for attractive and striking material that enhances skin s appearance and healthiness a huge collection of compounds is required to supply these products the

newest edition of the cosmetics toiletries and fragrance association ctfa dictionary displays more than 10 000 raw materials and the list continues to increase with every year hundreds of new ingredients being added the cosmetic chemistry has encompasses a vast area of study and one such is herbal cosmetics herbal cosmetics are the product of cosmetic chemistry a science that combines the skills of specialists in chemistry physics biology medicine and herbs since cosmetics are applied mostly to the skin hair and nails a brief description of the anatomy of these is desirable herbal cosmetic major users are girls and women who are very much peculiar about their skin type and requirement synthetic cosmetic being harsh and prone to more side effects herbal cosmetic is quickly replacing it and gaining a lot of popularity as a result it has created an enormous market for itself both domestic as well as export market herbal cosmetics handbook has been featured as best seller the book contains formulae manufacturing processes of different herbal cosmetics like cosmetics for skin nails hair etc it also covers analysis method of cosmetics toxicity and test method some of the chapters of the book are classification of cosmetics economic aspects cosmetic emulsions cosmetics for the skin cosmetic creams lubricating or emollient creams night creams skin protective and hand creams vanishing creams foundation creams liquid creams cosmetic lotions hand lotions skin toning lotions skin fresheners astringent lotions hair tonics and many more the book will render useful purpose for new entrepreneurs technologists professionals researchers and for those who want to extend their knowledge in the said field

regulatory affairs and pharmacological drug safety issues of ayurvedic medicine has been overlooked by practitioners for many years research in ayurveda is now a world wide phenomenon and several large pharmaceutical corporations are investing money for novel drug discovery from ayurvedic sources this book examines the regulatory and pharmacological aspects and includes extensive data on scientific evaluation carried out on ayurvedic formulations it will also serve as a reference book on standardization pre clinical studies and clinical and toxicological studies on ayurvedic formulations

this report is structured in five parts national framework for traditional and complementary medicine t cm product regulation practices and practitioners the challenges faced by countries and finally the country profiles apart from the section on practices and practitioners the report is consistent with the format of the report of the first global survey in order to provide a useful comparison the section on practices and practitioners which covers providers education and health insurance is a new section incorporated to reflect the emerging trends in t cm and to gather new information regarding these topics at a national level all new information received has been incorporated into individual

country profiles and data graphs the report captures the three phases of progress made by member states that is before and after the first who traditional medicine strategy 1999 2005 from the first global survey to the second global survey 2005 2012 and from the second survey to the most recent timeline 2012 2018

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