

Module 5: Pharmacology, Pharmacy, & Herbal Medicine - 2010



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A. 112 Unani-Tibb Compound Formulations

1. Alka 5 syrup

Composition: Each 5 ml of syrup contains:

Powders:

Yavakshar	37.5 mg	Shwet parpati	125 mg
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Extracts of:

Tribulus terrestris	250 mg	Coriandrum sativum	160 mg
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Cuminum cyminum	100 mg		
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Contains sugar

Preservatives:

Sodium methyl paraben	10 mg	Sodium propyl paraben	1 mg
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Sodium benzoate	25 mg		
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Temperament:

Cold & Moist

Indication:

Alka 5 syrup increases the Cold & Moistness and as a result the bilious humour Heat & Dryness will be reduced. This is suitable for renal disorders associated with Dry & Hot, Hot & Dry and Hot & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Yavakshar: is an effective carminative and used to treat disorders of the liver and kidneys.

Shwet parpati: antacid and diuretic. Indicated in haematuria, dysuria, stones etc. It is a classical preparation combining specially processed and purified powder of potassium nitrate, aluminum chloride and alum. It is a potent diuretic, purifies urine and maintains the pH of urine by removing excess salty, acidic, or basic substances from the circulation and checks bacterial growth.

Tribulus terrestris: is effective as a diuretic, demulcent, anti-inflammatory, spasmolytic and muscle relaxant. It is mainly useful in treating calculus affections, urolithiasis, crystalluria, urinary discharges, and also as a tonic in sexual inadequacy. It is also effective in treating all kinds of renal disorders.

Due to the above properties, Alka 5 syrup is a well-balanced herbal formulation with proven value in a variety of urinary disorders. It facilitates smooth diuresis, provides antiseptic action, normalizes the urinary pH and soothes the inflamed urinary mucosa and can be used for the following Indication:

- Burning micturition
- Cystitis
- Urinary calculi
- Recurrent UTI's
- Dysuria
- Haematuria
- Gonorrhoea
- Eliminate uric acid in gout
- Adjunct to hypertension.

Contra-indication:

No known contra-indications

Warnings:

No known warnings

Side-effects and special precautions:

No known side-effects or special precautions

Dosage and directions for use:

SHAKE THE BOTTLE BEFORE USE

Adults: 10 – 15 ml three times daily for 1 to 2 weeks

Children: 5 ml three times daily for 1 to 2 weeks

Pack size:

100ml

2. Alsarex tablets

Composition: Each tablet contains extracts of:

Apamargkshar	10 mg	Cuminum cyminum	10 mg
Caryophyllus aromaticus	10 mg	Root of Piper longum	10 mg
Terminalia belerica	10 mg	Terminalia chebula	10 mg
Cassia angustifolia	15 mg	Elettaria cardamomum	20 mg
Tinospora cordifolia	20 mg	Trichosanthes dioica	25 mg
Eclipta alba	50 mg	Zingiber officinale	50 mg
Emblica officinalis	60 mg	Glycyrrhiza glabra	80 mg
Asparagus racemosus	80 mg		

Preservatives:

Sodium Methyl Paraben	0.3 mg
Sodium Propyl Paraben	0.15 mg

Temperament:

Moist & Hot

Indication:

Alsarex increases the moistness and as a result Heat, Dryness, bilious and melancholic humours will be reduced. Alsarex is suitable for digestive system disorders associated with Cold & Dry, Dry & Hot, Hot & Dry and Hot & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Asparagus racemosus: has antidiarrhoeal, antispasmodic, aphrodisiac, antidysenteric, demulcent, diuretic, galactagogue, nutritive, mucilaginous, refrigerant, stomachic and tonic properties. Considered a soothing, cooling "tonic herb". Useful in irritable conditions of the mucous membranes. Because of its mucilaginous effect it decreases the heat and dryness and as a result is helpful in gastritis, ulcers, dehydration, diarrhoea, dysentery, and hyperacidity.

Glycyrrhiza glabra: has a mild laxative effect and can protect the intestinal lining by increasing the production of mucus, thus alleviating heartburn and ulcers. Also has a demulcent action.

Emblica officinalis is used for all hot/bilious diseases, biliousness, bleeding, colitis, constipation, gastritis, gout, hepatitis, haemorrhoids, and liver weakness. It increases red blood cell count and regulates blood sugar; heart tonic, cleanses mouth, bleeding gums, stops stomach and colon inflammation; cleanses intestines, ulcerations, G.I. disorders and internal bleeding.

Due to the above properties, Alsarex is not only helpful in relieving the symptoms but also in alleviating the cause and assists in the management of gastric ulcers, duodenal ulcers, and non-ulcerative dyspepsia. May be used in conjunction with NSAID's to prevent mucosal degeneration in the stomach and duodenum. Alsarex can be used in combination with other Tibb medication as follows:

- In Gastric catarrh with Laxotabs
- In gastritis with Livotibb tablets
- In flatulence and peptic ulcers with Endemali granules.
- In hyperacidity with Gastrone tablets
- In irritable bowel syndrome with Gastrone tablets
- In dysentery with Gastro-Stop tablets.

Contra-indication:

None

Warnings:

No known warnings

Side-effects and special precautions:

No known side effects or special precautions

Dosage and directions for use:

2 tablets 2 to 3 times daily for 3 to 6 months

Pack size:

60's

3. Apiton syrup

Composition: Each 12ml of syrup contains:

Phoenix sylvestris	0.12 g	Oleum cinnamon cassia	0.0012 ml
Prunus armeniaca	0.12 g	Oleum mentha arvensis	0.0006 ml
Ficus carica	0.12 g	Elettaria cardamomum	0.022 g
Prunus communis	0.06 g	Aqua Rosa damscena	0.36 ml
Oleum myrtus caryophyllus	0.0012 ml		

Preservatives:

Citric acid	0.00011 % m/v	Sodium benzoate	0.0001 % m/v
Spirits chloroform	0.5 % m/v		

Temperament:

Moist & Hot

Indication:

Apiton syrup increases moistness and the phlegmatic humour, as a result, the bilious and melancholic humours are reduced. It is suitable for illness conditions associated with a Dry & Hot, Hot & Dry, and Hot & Moist temperaments and soothes and benefits Cold & Dry conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Phoenix sylvestris: has nutritive, fattening, cardio-tonic, laxative, stomachic, and general tonic properties. Phoenix sylvestris is a rich source of calcium, phosphorus, magnesium, and vitamin C.

Ficus carica: has nutritive, fattening, demulcent, digestive, emollient, galactagogue, laxative, stomachic, and tonic properties. Ficus is also a rich source of calcium, phosphorus, potassium, and vitamins A, B1 and B2.

Prunus armeniaca: has nutritive, fattening, anti-bilious, tonic, immune stimulant, and laxative properties. Prunus is rich in vitamin A, thiamine, B1 riboflavin, B2, niacin, vitamin C and calcium, phosphorus, iron, and potassium.

Because of the above properties, Apiton soothes and pacifies the bilious humour and increases the phlegmatic humour. Apiton therefore successfully assists in the treatment of lack of appetite, anaemia, weight loss, general weakness, iron deficiency and malnutrition.

Apiton syrup can be used in combination with other Tibb medication as follows:

When there is lack of appetite associated with digestive weakness. Take the syrup in conjunction with Tibb-Digest or Livotibb

Loss of appetite associated with stress and anxiety. Take the syrup in conjunction with Stress-Away For the management of general weakness, anaemia, and malnutrition, take the syrup in conjunction with Enerlift

Because of the Moist & Hot temperament, this medicine is suitable for underweight people due to excessive heat or bilious humour and for weight loss in TB patients. Take the syrup in conjunction with Livotibb and Enerlift.

Dosage:

Adults: 1 to 2 medicine measures during breakfast and after dinner provide necessary nourishment

Children: ½ to 1 medicine measure

Pack size:

200ml

4. Arjun tablets

Composition: Each tablet contains extracts of:

Tinospora cordifolia	10mg	Emblica officinalis	10mg
Embelia ribes	10mg	Root of Piper longum	10mg
Ipomoea turpethum	10mg	Vitis vinifera	10mg
Elettaria cardamomum	10mg	Zingiber officinale	10mg
Tribulus terrestris	10mg	Foeniculum vulgare	10mg
Coriandrum sativum	10mg	Boerhaavia diffusa	10mg
Terminalia chebula	50mg	Dashmool	100mg
Terminalia arjuna	200mg		

Preservatives:

Sodium Methyl Paraben	0.3mg	Sodium Propyl Paraben	0.15mg
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Temperament:

Dry & Hot

Indication:

Arjunin tablet increases the Dryness with Heat and as a result excessive Moistness will be reduced. It is thus suitable for the disorders associated with Hot & Moist, Moist & Hot, Cold & Moist and Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Terminalia arjuna: has remarkable cardio protective and heart muscle strengthening properties. Current scientific research has proved that T. arjuna contains specific medically active constituents namely triterpine glycosides like arjunetosides I, II, III, IV, arjunine and arjunetein. The bark is rich in saponins, natural anti-oxidants (flavonoids-arjunone, arjunolone, leteilin) gallic acid, ellagic acid, oligomeric proanthocyanidins, phytosterols, rich in minerals like calcium, magnesium, zinc and copper. Regular use of T. arjuna improves pumping activity of heart, improves cardiac muscle strength, decrease in LDL cholesterol levels. Bark of Arjuna tree has been found to be rich in Co-enzyme Q-10 which is highly prescribed in cardiology departments now a days to prevent heart problems. High amounts of Co-enzyme Q-10 reduces the incidence of heart attacks.

Dashmool – means ten. This is a preparation made with ten different herbs for detoxification. It is a bitter tonic useful in eliminating fevers, diarrhoea, colic, headache, and convulsions. The action of the ingredients balances humours in the body. More specially this formulation is used for melancholic and phlegmatic disorders, like pain, circulatory disturbances, numbness, stiffness, metabolic disorders etc. Terminalia chebula: its fruit has digestive, anti-inflammatory, antihelminthic, cardio tonic, aphrodisiac and restorative properties and is additionally beneficial in flatulence, constipation, piles, cough and colds and other phlegmatic disorders.

Due to the above properties, Arjunin tablet is useful for the Sanguinous, and Phlegmatic illnesses, palpitation of the heart, weakness of the heart, bradycardia. Assists in the management of cardiac ischaemia, reduced cardiac output, and cardiac neurosis. It can also be used in combination with other Tibb medication as follows:

In weakness of the heart, bradycardia with Erqember

As a heart tonic and heart-protective with Habb-e-Jawahir / Organoherb

In arrhythmias with Erqember and Coronary Care

In hyperlipidaemic condition with Lo Chol.

Contra-indications:

None

Warnings:

No known warnings

Side effects and special precautions:

No known side effects or special precautions

Dosage and directions for use:

1 tablet 3 times daily

Pack size:

100's

5. Biliopurg capsules

Composition: Each tablet contains extracts of:

Convolvulus scammonia	62.5 mg	Cuminum cyminum	437.5 mg
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Temperament:

Moist & Hot

Indication:

Biliopurg capsules decreases and eliminates the excess bilious humour and as a result increases the Moistness and the phlegmatic humour. Biliopurg is suitable for disorders associated with Hot & Dry and Hot & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Convolvulus scammonia: a bilious humour purgative. It has been proven effective in jaundice, dropsy and other disorders arising from obstructions of the abdominal viscera and the liver.

Cuminum cyminum: has aromatic, carminative, digestive and diuretic properties and concocts the bilious humour.

Because of its concoctive and purgative properties, Biliopurg can be used in bilious disorders and in combination with other Tibb medication as follows:

In hepatitis and jaundice in conjunction with Livotibb and Tibb-Renotone syrup or tablets.

In ascites (dropsy) with Digest-it and Laxotabs.

Dosage:

1 capsule twice daily.

Pack size:

60's

6. Blackseed honey drops

Composition: Each 5g contains

Blackseed	250mg	Blue gum Honey	4.016g
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Temperament:

Hot & Dry

Indication:

Refer to Tibb-Blackseed capsules on page 65

Dosage:

Eat on toast, cereal etc, or on its own.

Pack size:

250ml

7. Blackseed pure oil

Composition: Each 100ml contains 100 % pure cold pressed Blackseed oil

Temperament:

Dry & Hot

Indication:

Refer to Tibb-Blackseed capsules on page 65

Dosage:

Maximum of 1 teaspoonful (5ml) daily after a meal

Pack size:

100ml

8. Blackseed vaporub

Composition: Each 1g contains:

Blackseed oil	50mg	Thymol	5mg
Levomenthol	25mg	Camphorated oil	30mg
Eucalyptus oil	20mg	Nutmeg oil	5mg
Turpentine oil	30mg	Hard paraffin	30mg
Yellow soft paraffin	1000mg		

Temperament:

Dry & Hot

Indication:

Blackseed vaporub is suitable for phlegmatic and melancholic disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and Cold & Dry illness conditions.

Can be used as a vaporub for colds and flu's

When inhaled, Blackseed rub renders secretions less viscous and relieves congestion of the bronchioles.

It also works as an anti-inflammatory and against aches and pains.

Analgesic action for growing pains in children when taken with Tibb-Completone and Tibb-Blackseed capsules.

Helps in relieving menstrual cramps and pain if applied to the lower back and around the navel.

Dosage:

Warm a small amount by rubbing between the palms, apply to the chest liberally and massage vigorously.

Pack size:

25g & 100g

9. Blackseed winter oil

Composition: Each 1000mg contains:

Blackseed oil	50mg	Menthol	30mg
Nutmeg oil	5mg	Turpentine oil	50mg
Thymol	6mg	Eucalyptus oil	75mg
Camphorated oil	95mg	Olive oil	689mg

Temperament:

Dry & Hot

Indication:

Blackseed winter oil is suitable for phlegmatic and melancholic disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and Cold & Dry illness conditions.

Relaxes strained and painful muscles and relieves nasal congestion and a tight chest.

Dosage:

Apply a few drops to the chest or back area and massage gently. 2ml may be added to running water for a soothing and relaxing bath.

Pack size:

100ml

10. Bonnycare syrup

Composition: Each 5ml contains:

Dill Oil 0.0018 ml plus extracts of:

Tinospora cordifolia	0.5 mg	Tamarix gallica	0.5 mg
Cichorium intybus	0.5 mg	Tribulus terrestris	0.5 mg
Cassia occidentalis	0.5 mg	Boerhaavia diffusa	0.5 mg
Terminalia chebula	0.5 mg	Capparis spinosa	0.5 mg
Elettaria cardamomum	0.5 mg	Piper longum	0.5 mg
Achillea millefolium	0.5 mg	Emblica officinalis	0.5 mg

Preservatives:

Methyl paraben	0.23% m/v	Propyl paraben	0.03% m/v
Bronopol	0.03% m/v		

Temperament:

Hot & Moist

Indication:

Bonnycare increases the Heat and Moistness in a balanced way and as a result, the melancholic humour is reduced. It also balances the phlegmatic humour by increasing the Heat and the bilious humour by increasing the Moistness. Bonnycare is suitable for digestive disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions and it balances Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Dill Oil: has carminative, aromatic, anti-spasmodic, anti-inflammatory, diuretic and stomachic properties and is known to be an excellent remedy for flatulence and colic in children.

The balance of the ingredients are:

- Appetizers
- Liver tonics
- Anti-inflammatory agents
- Mild laxatives
- Digestives
- Antispasmodic agents

Because of the above properties, Bonnycare relieves the symptoms of colic in infants and children. It also assists infants and children to gain weight adequately and helps to restore the normal physiological functions of the digestive tract.

Bonnycare can be used in combination with other Tibb medication as follows:

In nausea and vomiting, indigestion, and colic with Gastrone syrup

In lack of appetite with Livotibb syrup.

In childhood constipation with Hamdard ghutti syrup.

To reduce excessive phlegm in the digestive tract with Blackseed honey or Septogard syrup.

In restlessness with Stress-Away syrup or Slumberaid syrup.

Dosage:

For infants up to 1 month: ¼ – ½ medicine measureful three times daily.

1 month to 6 months: 1 medicine measureful three times daily.

6 months to 1 year: 2 medicine measureful three times daily.

2 years: 2 – 3 medicine measureful three times daily.

Pack size:

100ml & 2.5Lt

11. Calcury tablets

Composition: Each tablet contains extracts of:

Yavakshar	5 mg	Fagonia arabica	6 mg
Saxifraga ligulata	30 mg	Boerhaavia diffusa	50 mg
Moringa pterygosperma	75 mg	Saccharum officinarum	75 mg
Andropogon halepensis	75 mg	Crataeva nurvala	75 mg
Parmelia parlata	75 mg	Cynodon dactylon	75 mg
Launaea pinnatifida	75 mg	Tephrosia purpurea	75 mg
Tribulus terrestris	80 mg	Dolichos biflorus	80 mg
Butea frondosa	175 mg		

Preservatives:

Sodium methyl paraben 0.07 % m/m Sodium propyl paraben 0.03 % m/m

Temperament:

Hot & Moist

Indication:

Calcury increases the Heat and Moistness in a balanced way thereby reducing the melancholic humour. It also balances the phlegmatic humour by increasing the Heat and the bilious humour by increasing the Moistness. Calcury is suitable for digestive disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions and Calcury corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Saxifraga ligulata: acts as a diuretic, lithotryptic agent, reduces uric acid levels and assists in dissolving kidney stones (especially phosphate, but also oxalate stones).

Boerhaavia diffusa: acts as a diuretic, reduces oedema and assists in managing kidney disorders, kidney stones and urethritis.

Saccharum officinarum: acts as a diuretic and is an effective anti-inflammatory agent.

Tribulus terrestris: acts as a diuretic and lithotryptic agent. Is known to be effective in managing genitourinary conditions including cystitis, difficult or painful urination, stones, bloody or burning urine, kidney stones and venereal diseases.

Dilichos biflorus: acts as a diuretic and lithotryptic agent.

Butea frondosa: is a powerful diuretic, de-obstructant and resolvent (swelling).

Because of the above properties, Calcury is useful for the following indications and can be used in combination with other Tibb medication as follows:

In kidney stones with Tibb-Renotone

Assists in the management of urolithiasis of all types and helps prevent the reformation of calculi following lithotripsy.

Dosage:

1 – 2 tablets 3 to 4 times daily.

Pack size:

75's

12. Cerebrex-P tablets

Composition: Each tablet contains extracts of:

Mucuna pruriens	100 mg	Withania somnifera	100 mg
Asparagus racemosus	100 mg	Phyllanthus emblica	100 mg
Tinospora cordifolia	100 mg	Ipomea digitata	100 mg

Preservatives:

Sodium benzoate 0.19 %

Temperament:

Hot & Dry

Indication:

Cerebrex-P is suitable for phlegmatic, cerebral / nervous system disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Mucuna pruriens: is a very effective nerve tonic and general aphrodisiac. Mucuna promotes a sense of well-being and allows for more effective neural transmission. The plant also possesses potent antioxidant properties which is a benefit as free radical damage of nervous tissue may contribute to neuronal loss in cerebral ischaemia and may be involved in normal ageing and neurodegenerative diseases e.g., epilepsy, Parkinson's, and Alzheimer's disease. The plant has been found to contain L-DOPA, 40mg/g of the plant.

Withania Somnifera: a well-known tonic for the nervous system.

Asparagus racemosus: has nutritive, tonic, aphrodisiac and antispasmodic properties and assists in convalescence and is good for organ debility.

Phyllanthus emblica: has aphrodisiac, astringent, haemostatic, laxative, nutritive and tonic properties. Phyllanthus is also a rejuvenative and is use for tissue deficiency.

Ipomea digitata: has tonic, alterative, aphrodisiac and rejuvenative properties and is used for general debility and poor digestion.

Because of the above properties of aphrodisiac, nervine, brain tonic Cerebrex-P is suitable for Parkinson's disease. Cerebrex-P can also be used in combination with other Tibb medication as follows:

In Alzheimer's disease and as a general brain tonic, weak memory, amnesia, in conjunction with Stress-Away, Tibb-Completone syrup or tablets and Slumberaid oil.

Special precaution:

Monitor blood pressure in hypertensive patients

Dosage:

1 tablet twice daily followed by a maintenance dose of 1 tablet daily when symptoms subside.

Pack size:

60's

13. Chest-eeze / Spasma syrup

Composition: Each 5ml contains extracts of:

Solanum xanthocarpum	200 mg	Adhatoda vasica	250 mg
Glycyrrhiza glabra	200 mg	Elephanthus scaber	100 mg
Clerodendron serratum	75 mg	Curcuma longa	75 mg
Ocimum sanctum	75 mg	Ephedra gerardiana	75 mg
Nardostachys jatamansi	50 mg	Pistacia integerrima	25 mg
Datura metel	25 mg	Terminalia bellerica	25 mg
Hedychium spicatum	15 mg	Piper longum	15 mg
Piper nigrum	15 mg	Abies webbiana	15 mg
Tankankshara shudda	10 mg	Navasagar	10 mg
Apa margkshar	5 mg		

Preservatives:

Sodium Benzoate 0.4 % m/v Sodium methyl paraben 0.2 % m/v

Sodium propyl paraben 0.08 % m/v

Temperament:

Hot & Moist

Indication:

Chest-eeze / Spasma syrup increases the heat and moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the Heat as well as the bilious humour by increasing the Moistness. Chest-eeze / Spasma is suitable for respiratory disorders associated with Cold & Dry, Dry & Hot, and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Solanum xanthocarpum: acts as an astringent, expectorant, reduces fever and is known to assist in managing asthma, TB, and other lung diseases.

Adhatoda vasica: has an expectorant, diuretic, and antispasmodic action.

Curcuma longa: acts as an expectorant, antitussive and has a natural antibiotic like action and is widely used to treat bronchial asthma.

Ephedra gerardiana: Ephedra's active medicinal ingredients are the alkaloids ephedrine and pseudoephedrine which have diaphoretic and bronchial dilatory actions.

Glycyrrhiza glabra: acts as a demulcent, expectorant and anti-inflammatory agent.

Ocimum sanctum has antispasmodic, antibacterial and antiseptic properties.

Because of the above properties, Chest-eeze / Spasma is suitable in the treatment of bronchial asthma, allergic asthma, bronchitis, emphysema, whooping cough, and pulmonary manifestations of tropical eosinophilia.

Dosage:

Adults: 2 – 3 medicine measuresful three times a day.

Children: 1 medicine measureful three times a day.

Pack size:

200ml & 2.5 Lt – Chest-Eeze

200ml – Spasma

14. Clotad tablets

Composition: Each tablet contains extracts of:

Emblica officinalis	130 mg	Mesua ferrea	60 mg
Praval pishti	130 mg	Cynodon dactylon	30 mg
Hemidesmus indicus	65 mg	Mimosa pudica	30 mg
Santalum album	65 mg	Adhatoda vasica	30 mg
Symplocos racemosa	65 mg	Sourashtri bhasma	30 mg
Trinakantamani pishti	30 mg	Santalum album	65 mg

Temperament:

Cold & Dry

Indication:

Clotad is suitable for haemorrhagic disorders associated with Hot & Moist, Hot & Dry and Dry & Hot illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

All the ingredients have astringent, anti-inflammatory, styptic, wound healing, antiseptic, cooling, and haemostatic properties.

The above properties of Clotad, combined with its demulcent actions, facilitate haemostasis, and assist in the effective management of bleeding.

Clotad can also be used for the following indications and in combination with other Tibb medication as follows:

- In dysfunctional uterine bleeding with Tibb-Femcare
- In spotting and menorrhagia with Tibb-Femcare
- In blood clotting problems with Splenoguard
- In bleeding haemorrhoids Piloherb tablets
- In haematuria with Tibb-Renotone syrup or tablets.
- In bleeding gums and epistaxis with Gum Tone Powder.

Special precautions:

It is advisable to monitor prothrombin (clotting) time, if used for patients with thromboembolic complications.

Contra-indication:

Not to be taken by people on anticoagulant therapy such as Warfarin® or Heparin.

Dosage:

1 – 2 tablets two times a day.

Pack size:

60's

15. Cognium tablets

Composition: Each tablet contains extracts of:

Paeonia emodi	122 mg	Anacyclus pyrethrum	97 mg
Delphinium denudatum	73 mg	Castoreum	34 mg
Balsalmodendron mukul	29 mg	Aloes extract	15 mg
Citrullus colocynthis	5 mg		

Preservatives:

Methyl paraben	0.2 % w/w	Propyl paraben	0.02 % w/w
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Temperament:

Dry & Hot

Indication:

Cognium is suitable for phlegmatic, cerebral / nervous system disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Paeonia emodi: has anticonvulsant and central nervous system depressant actions. Is known as an effective brain and nerve tonic and as a remedy for epilepsy. Both its anticonvulsant and C.N.S. depressant activities are qualitatively similar to those of phenobarbitone sodium.

Anacyclus pyrethrum: acts as a stimulant and nerve tonic and is used in nerve disorders, paralysis, hemiplegia, epilepsy and promotes talking in retarded children.

Delphinium denudatum: has anticonvulsant, antispasmodic, cardiac stimulant, and tonic properties. Its de-addiction properties are especially useful in morphine dependency.

Castoreum: has anticonvulsant and antispasmodic properties and is used in the management of epilepsy and hysteria.

Because of the above properties, Cognium is a suitable medicine for the following indications and can be used in combination with other Tibb medication as follows:

- In Phlegmatic disorders in conjunction with Phlemnii, Habb-E-Tinkar / Regulax Forte.
- In epilepsy with Stress-Away, Digest-it, Habb-E-Tinkar
- In addiction with Stress-Away, Laxotabs and Enerlift
- In chorea with Stress-Away
- In convulsions and fits with Stress-Away
- In excessive sleep with Tibb-Completone, Habb-E-Tinkar
- In speech disorders with Stress-Away / Tibb-Mentone, Phlemnii
- As an adjuvant to Parkinson's disease, Alzheimer's & multiple sclerosis with Stress-Away.

Dosage:

1 – 2 tablets 2 to 3 times a day.

Pack size:

60's

16. Coronary care tablets

Composition: Each tablet contains extracts of:

Terminalia arjuna	30 mg	Withania somnifera	20 mg
Nepeta hindostana	20 mg	Dashamoola	20 mg
Tinospora cordifolia	10 mg	Emblica officinalis	10 mg
Terminalia chebula	10 mg	Eclipta alba	10 mg
Glycyrrhiza glabra	10 mg	Asparagus racemosus	10 mg
Boerhaavia diffusa	10 mg	Shilajeet	20 mg
Balsamodendron mukul (Purified)	30 mg	Centella asiatica	10 mg
Convolvulus pluricaulis	10 mg	Ocimum sanctum	10 mg
Nardostachys jatamansi	10 mg	Piper longum	10 mg

Carum copticum	10 mg	Zingiber officinale	10 mg
Nagapashana bhasma	10 mg	Shankh bhasma	10 mg
Makardhwaj	10 mg	Cyperus rotundus	5 mg
Acorus calamus	5 mg	Embelia ribes	5 mg
Syzygium aromaticum	5 mg	Celastrus paniculatus	5 mg
Santalum album	5 mg	Elettaria cardamomum	5 mg
Foeniculum vulgare	5 mg	Rosa centifolia	5 mg
Cinnamomum cassia	5 mg	Abhrak bhasma	5 mg
Mukta pishti	5 mg	Akik pishti	5 mg
Yeshab pishti	5 mg	Yakut pishti	5 mg
Praval pishti	5 mg	Crocus sativus	2 mg

Temperament:

Moist & Hot

Indications:

Coronary Care increases moistness and as a result the bilious and melancholic humours will be reduced. It is suitable for disorders associated with Cold & Dry, Dry & Hot, Hot & Dry and Hot & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Terminalia arjuna: is a cardiac stimulant, rejuvenating, astringent, haemostatic and alterative.

Terminalia is a well-known herb for heart disease (prevents and helps in the recovery of), angina and heals heart tissue scars after surgery. The bark is useful as an anti-ischaemic and cardio-protective agent in hypertension and ischaemic heart diseases, especially in disturbed cardiac rhythm, angina, or myocardial infarction. The bark powder possesses diuretic, prostaglandin-enhancing, and coronary risk factor modulating properties.

Nepeta hindostana: the plant is used in various cardiovascular complaints such as angina pectoris, cardiac thrombosis, tachycardia, and weakness of the heart.

Balsamodendron mukul: is an astringent and reduces cholesterol and regulates fat metabolism.

Coronary Care is also useful for the bilious and hot illnesses, palpitation of the heart, weakness of the heart, cardiac asthma or extended heart, pericarditis, endocarditis. Heals heart tissue scars after surgery. Coronary Care can also be used in combination with other Tibb medication as follows:

In weakness of the heart, as a heart tonic and heart-protective with Habb-e-Jawahir / Habb-e-Jawahir / (Organoherb)

In arrhythmias with Erqember or Habb-e-Jawahir / Habb-e-Jawahir / (Organoherb)

When stress and anxiety affect the heart, with Stress-Away

Coronary care can also be used for the following conditions:

In hyperlipidaemic conditions

In mild to moderate hypertension

As an adjuvant in the therapy of angina

Conditions requiring anti-platelet aggregation dose.

Dosage:

Two tablets twice daily until lipid levels are normalised, followed by a maintenance dose of one tablet twice daily, or as directed by a practitioner.

Contra-indictaion:

Not to be taken by people on anticoagulant therapy such as Warfarin® or Heparin.

Pack size:

60's & 500's

17. Digest-it / Garlill tablets

Composition: Each tablet contains extracts of:

Cuminum cyminum	1 mg	Caesalpinia bonducella	5 mg
Embelia ribes	5 mg	Zingiber officinale	10 mg
Terminalia chebula	10 mg	Holarrhena antidysenterica	10 mg
Dashmool	10 mg	Ipomoea turpethum	10 mg
Sanchal	20 mg	Purified ferula foetida	25 mg
Apium graveolens	25 mg	Allium sativum	70 mg

Preservatives:

Sodium Methyl paraben	0.089 % m/m	Sodium Propyl paraben	0.044 % m/m
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Temperament:

Hot & Dry

Indication:

Digest-it is suitable for digestive system disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and even Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Zingiber officinale: has carminative and digestive properties and helps reduce nausea and vomiting.

Sanchal: has digestive, anti-flatulent and carminative properties.

Apium graveolens: has anti-inflammatory, diuretic, carminative, anti-spasmodic and appetizing properties.

Allium sativa: has anthelmintic, antiparasitic, antispasmodic, aphrodisiac, carminative and disinfectant properties. Has been seen to be beneficial in atherosclerosis, congestive heart failure, high cholesterol, hypertension, hypertriglyceridemia, enhances immune function and is also used to treat intermittent claudication, recurrent ear infections and yeast infections.

Ferula asafoetida: a useful antidote for flatulence, hysteria, and stomach pains.

Terminalia chebula: an astringent and laxative agent used to treat malabsorption syndrome, abdominal distension, and gas related problems.

Because of the above properties, Digest-it is a suitable remedy for heartburn and indigestion, upper gastro-intestinal or lower gastro-intestinal flatulence, feeling of fullness, 'gas trouble' and bloating.

Digest-it can also be used in combination with other Tibb medication as follows:

In high cholesterol and hyperlipidemia with Lo-Chol tablets.

Dosage:

Adults: 1 – 2 tablets to be taken two or three times a day after meals.

Children: Half the adult dose.

Pack size:

60's & 500's

18. Endemali granules

Composition: Each 4 g sachet contains extracts of:

Plantago ispaghula	20.3 %	Ocimum pilosum	14.5 %
Boswellia glabra	6.75 %	Kaolinum ponderosum	6.38 %
Vateria indica	5.8 %	Pistacia terebinthus	2.9 %

Temperament:

Moist & Hot

Indication:

Endemali increases the moistness and as a result the bilious and melancholic humour will be reduced.

Endemali is suitable for digestive system disorders associated with Cold & Dry, Dry & Hot, Hot & Dry and Hot & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Plantago ispaghula: Psyllium is a bulk-forming laxative and is high in fibre and is a mucilage which gives it demulcent properties. Plantago also has emollient, laxative, and diuretic properties. Useful for: atherosclerosis, constipation, diabetes, diarrhoea, haemorrhoids, high cholesterol, high triglycerides, irritable bowel syndrome, psoriasis, weight loss and obesity. Also useful for intestinal catarrh, chronic dysentery, intestinal problems, bladder, kidney, and urethra problems (including inflammations and burning), digestive disorders, and fevers. Gonorrhoea, gastritis, gastric and duodenal ulcers and cystitis.

Ocimum pilosum, Boswellia glabra, Kaolinum ponderosum, Pistacia terebinthus: these have antacid, healing, soothing and carminative properties.

Because of the above properties, Endemali is not only helpful in relieving the symptoms but also in alleviating the cause. Endemali can be used in combination with other Tibb medication as follows:

- In Gastric catarrh with Laxotabs
- In gastritis with Livotibb tablets
- In flatulence and peptic ulcers with Qarheen granules
- In hyperacidity with Gastrone tablets

- In irritable bowel syndrome with Laxotabs and Gastrone tablets
- In dysentery with Gastro-Stop tablets.

Dosage:

1 – 4 sachets 1 to 4 times a day.

Pack size:

25's

19. Enerlift syrup

Composition: Each 25 ml contains an extract of:

Ambra grasea	0.50 mg	Crocus sativus	1.00 mg
Bombyx mori	2.50 mg	Cinnamomum zeylanicum	2.50 mg
Myrtus caryophyllus	1.25 mg	Elettaria cardamomum	3.75 mg
Cymbopogon jwarancusa	21.092 mg	Parmelia perlata	21.092 mg
Amomum subulatum	21.092 mg	Piminella anisum	21.092 mg
Pyrethrum indicum	21.092 mg	Salvia haematodes	21.092 mg
Pistacia vera (peel)	21.092 mg	Citrus medica (peel)	21.092 mg
Aloe Vera	2.4 g	Cinnamomum malabathrum	21.092 mg
Doronicum hookeri	21.092 mg	Cinnamomum tamala	21.092 mg
Asparagus racemosus	21.092 mg	Aquilaria agallaca	21.092 mg
Coriandrum sativum	21.092 mg	Rosa damascena	21.092 mg
Onosma bracteatum (flowers)	21.092 mg	Zingiber zerumbet	21.092 mg
Onosma bracteatum (leaves)	10.546 mg	Nepeta ruderalis	10.546 mg
Aqua punica granatum	253.125 µl	Aqua malus sylvestris	126.552 µl

Temperament:

Hot & Moist

Indication:

Enerlift syrup increases the Heat and Moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the bilious humour by increasing the Moistness. Enerlift syrup is suitable for disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Aloe vera pulp and juice:

Helps to maintain an ideal pH balance in the body – alkalizes and helps to combat the negative effects of sugar and coffee consumption

Helps restore and maintain intestinal health

Has natural anti-inflammatory activity, calms the digestive tract and promotes healing

Enhances collagen production which helps strengthen connective tissue. Collagen is key to the skin's elasticity and key to the flexibility of all connective tissue, but collagen declines as we get older

Natural and powerful antioxidant - helps protect the DNA from free radical damage

Powerful aid to body's cleansing and detoxification process - helps the body to release unwanted toxins

Superb aid to digestion and absorption of nutrients from food

Enhances the delivery of nutrients into the blood stream - more nutrients in blood stream means more nutrition to the organs

Rest of the ingredients have digestive, carminative, metabolic, and nutritive properties.

Enerlift is a good nutritive tonic to boost metabolism, enhance the immune system, to calm and strengthen the digestive and hepatic system, and is a useful general tonic which relieves the symptoms of the aftereffects of chemotherapy and radiation. It is also a good tonic for general weakness and low energy levels.

Dosage:

1 – 5 medicine measuresful in the morning and in the evening.

Pack size:

200ml & 2.5 Lt

20. Erectogen forte / Vigomax forte tablets

Composition: Each tablet contains extracts of:

Tribulus terrestris	225 mg	Withania somnifera	200 mg
Mucuna pruriens	200 mg	Orchis latifolia	200 mg
Ricinus communis	150 mg	Chlorophytum arundinaceum	100 mg

Preservatives:

Sodium Methyl paraben	0.5 mg	Sodium Propyl paraben	0.25 mg
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Temperament:

Dry & Hot

Indication:

Erectogen Forte / Vigomax Forte is suitable for sexual and nerve disorders associated with Hot & Moist, Moist & Hot, Cold & Moist and Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Withania somnifera: has aphrodisiac, nervine and rejuvenative properties and is known to be a sexual tonic. Useful in managing sexual debility, fatigue, infertility, improves the sperm count and enhances testosterone levels.

Mucuna pruriens: has aphrodisiac and nervine properties. One of the best tonics for the reproductive system. Useful in managing general debility, impotence, infertility and spermatorrhoea.

Because of the above and being 100% herbal Erectogen Forte / Vigomax Forte is a non-hormonal safe sexual stimulant. Erectogen Forte / Vigomax Forte acts on the higher centres i.e., the hypothalamus and limbic systems to improve libido and helps maintain erection. The anti-stress properties help alleviate anxiety associated with lack of sexual desire.

Erectogen forte/ Vigomax Forte can also be used in combination with other Tibb medication for the following Indication:

- In male sexual deficiency (unsatisfactory erection) and impotence with Neurotone
- Sexual weakness in the elderly with Tibb-Completone
- Low sperm count with Supari Pak granules
- In prostate problems with Gulmundene tea.

Dosage:

1 to 2 tablets twice daily

Pack size:

50's – Erectogen Forte

20's – Vigomax

21. Erqember syrup

Composition: each 10ml contains:

Ambra grasea	1.000 mg	Crocus sativus	0.0875 ml
Bombyx mori	5.000 mg	Cinnamomum zeylanicum	5.000 mg
Myrtus caryophyllus	2.500 mg	Elettaria cardamomum	7.500 mg
Cymbopogon jwarancusa	50.000 mg	Parmelia perlata	50.000 mg
Amomum subulatum	50.000 mg	Pimpinella anisum	50.000 mg
Pyrethrum indicum	50.000 mg	Salvia haematodes	50.000 mg
Pistacia vera (peel)	50.000 mg	Citrus medica (peel)	50.000 mg
Cinnamomum malabathrum	50.000 mg	Doronicum hookeri	50.000 mg
Cinnamomum tamala	50.000 mg	Asparagus racemosus	50.000 mg
Aquilaria agallocha (latex)	50.000 mg	Coriandrum sativum	50.000 mg
Rosa damascena	50.000 mg	Onosma bracteatum	0.225 ml
Punica granatum	600.000 mg	Malus sylvestris	300.000 mg
Nepeta ruderalis	0.225 ml	Zingiber zerumbet	50.000 mg

Preservatives:

Propyl hydroxy benzoate	0.04 % m/v	Nipagin	0.07 % m/v
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Temperament:

Hot & Moist

Indication:

Erqember increases the Heat and Moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing Heat. Erqember is suitable for heart disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the ingredients are as follows:

All the ingredients have in varying degrees the following properties: appetizing, cardiac boosting, cerebral enhancer, general tonic, nutritive, digestive, carminative, metabolic and nutritive. Erqember can be used successfully as a cardiac and brain tonic, and in the treatment of lack of appetite, anaemia, weight loss, general weakness, iron deficiency and malnutrition. It is also good for general debility, low blood pressure and low energy levels. It protects the organs from premature degeneration and aids in the production of red blood cells.

In heart conditions it can be used in combination with Habb-e-Jawahir / Habb-e-Jawahir / (Organoherb) and Coronary Care.

Special precaution:

Monitor patients with hypertension and diabetes.

Warning:

Contains TARTRAZINE

Dosage:

1 – 3 medicine measures 1 to 3 times a day.

Pack size:

300ml

22. Extrammune tablets

Composition: Each tablet contains extracts of:

Triphala Guggal	100 mg	Tinospora cordifolia	250 mg
Curcuma longa	250 mg	Rubia cordifolia	125 mg
Trikuta	100 mg	Plumbago zeylanica	75 mg

Temperament:

Hot & Dry

Indication:

Extrammune tablet increases Dryness and heat and as a result melancholic, phlegmatic humour, Moistness and Cold will be reduced. This is suitable for immune system and infectious disorders associated with Hot & Moist, Moist & Hot, Cold & Moist and Cold & Dry illness conditions.

The pharmacological actions and indications of the ingredients are as follows:

Triphala Guggal: is particularly useful for metabolic disturbances as it enkindles the digestive fire, promotes healthy metabolism, and releases excess phlegm from the system. It minimizes the accumulation of toxins in the GI tract, blood, and joints by supporting proper digestion and elimination. This classic preparation combines the detoxifying and rejuvenating actions of triphala with the deeply penetrating and cleansing actions of guggul. Triphala Guggulu effectively decongests the channels of the body and scrapes away toxins held within the tissues and as a result strengthens the immune system.

Tinospora cordifolia: has alterative, antiperiodic, bitter tonic, diuretic, and febrifuge properties. It is a valuable tonic and blood purifier and may be useful in AIDS and other immune diseases also. It is also being proposed for cancer patients before and after chemotherapy. Other applications of this herb include fever, gout, jaundice, torpidity of the liver, skin diseases, secondary syphilis, rheumatism, constipation, tuberculosis, and leprosy.

Curcuma longa: has alterative, antibacterial, antibiotic, aromatic, carminative, stimulant and tonic properties. Useful in the treatment of atherosclerosis, diabetes, liver disorders, hepatitis, inflammation, skin disorders. It is currently being evaluated for its anti-carcinogenic and anti-mutagenic properties.

Plumbago zeylanica: increase digestive power and promotes appetite. Plumbago stimulates the central nervous system in small doses and has antiseptic and sudorific properties and is used to treat an enlarged spleen.

Due to the above properties, Extrammune tablet can be used as an immune booster, in patients on long term oral steroid therapy and during seasonal outbreaks of infective diseases. Complements

antimicrobial therapy, particularly respiratory tract, skin and soft tissue infections and as mono therapy for Pyrexia of unknown origin (PUO).

Contra-indication:

No known contra-indications

Warnings:

No known warnings

Side-effects and special precautions:

No known side-effects or special precautions

Dosage and directions for use:

One tablet two to three times daily

Pack size:

30's

23. Gastrone syrup

Composition: Each 5ml contains an extract of:

Mentha arvensis	5 mg	Tamarindus indicus	15 mg
Amomum subulatum	5 mg	Zingiber officinalis	5 mg
Foeniculum vulgare	5 mg	Cuminum cyminum	5 mg
Punica granatum	5 mg	Sugar	300 mg

Preservative:

Sodium benzoate 1 % m/v

Temperament:

Cold & Dry

Indication:

Gastrone is suitable for digestive system disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and even as soothing and pacifying in Hot & Dry and Dry & Hot illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Mentha arvensis: has carminative, anti-inflammatory, anti-spasmodic, anti-emetic, and stomachic properties. It has a relaxing effect on the muscles of the digestive system, combats flatulence and regulates bile. Gastrone is useful for treating intestinal colic, nausea, and vomiting.

Tamarindus indicus: has digestive and cooling properties therefore is used to treat nausea and vomiting while soothing the bilious humour.

Amomum subulatum: is an appetizer, carminative, stimulant and stomachic. Excellent for stomach complaints, indigestion, loss of taste, vomiting, headache, belching, acid indigestion, nausea, and biliousness.

Foeniculum vulgare has carminative and diuretic properties and is useful in treating indigestion, irritable bowel syndrome, gas and reducing excessive stomach acid.

Because of the above properties, Gastrone is a suitable medicine for nausea, vomiting, indigestion, vomiting during pregnancy, lack of appetite and gastric distress.

Dosage:

1 – 2 medicine measure after meals 2 to 3 times a day.

Pack size:

100ml

24. Gastrone tablets

Composition: Each tablet contains extracts of:

Aconitum palmatum	65 mg	Cowrie bhasma	32 mg
Shankh bhasma	32 mg	Piper nigrum	19 mg
Embelia ribes	22 mg	Triphala	22 mg
Zingiber officinale	22 mg		

Temperament:

Hot & Dry

Indication:

Gastrone is suitable for digestive system disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and even Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Aconitum palmatum: used to manage cramps, diarrhoea, and vomiting.

Piper nigrum: stimulates the appetite, acts as a carminative and is used in managing nausea, bloating, indigestion, cholera, and diarrhoea.

Embelia ribes: has alterative, antihelminthic, carminative and stimulant properties and is good for all abdominal disorders, constipation, bloating and indigestion.

Zingiber officinalis has digestive properties and treats nausea and vomiting.

Because of the above properties, Gastrone tablets can be used for the following conditions and in combination with other Tibb medication as follows:

- Dyspepsia
- Indigestion
- Flatulence, abdominal distension, and belching
- Pre-radiographic bowel preparation for abdominal X-rays
- For relief from abdominal discomfort in the postoperative period and during prolonged immobilization
- For better results can be combined with Digest-it
- In irritable bowel syndrome with Endemali granules and Laxotabs.

Dosage:

2 – 3 tablets after meals or when required.

Pack size:

60's & 500's

25. Gastro-stop tablets

Composition: Each tablet contains extracts of:

Holarrhena antidysenterica	245 mg	Tinospora cordifolia	16 mg
Aegle marmelos	245 mg	Punica granatum	82 mg
Shankh bhasma	61 mg	Cyperus rotundus	51 mg

Temperament:

Cold & Dry

Indication:

Gastro-Stop tablets are suitable for the digestive disorders associated with Hot & Moist, Moist & Hot, Cold & Moist illness conditions. It also can be soothing and pacifying in Hot & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Aegle marmelos: has astringent, haemostatic, tonic, stomachic and anti-parasitic properties and is used to treat intestinal colic, chronic diarrhoea, and dysentery.

Cyperus rotundus: is an alternative, and antihelminthic with anti-spasmodic, astringent, carminative and stomachic properties.

Holarrhena antidysenterica: the bark has astringent, anti-dysenteric, antihelminthic, stomachic, febrifugal, and tonic properties. It is used in the treatment of amoebic dysentery and diarrhoea.

Punica granatum: possesses astringent, anti-dysenteric, antihelminthic, stomachic and tonic properties.

Because of the above properties, Gastro-Stop and can be used successfully in the treatment of diarrhoea, dysentery, irritable bowel syndrome, ulcerative colitis, and Crohn's disease.

Gastro-Stop can be used for the following indications and in combination with other Tibb medication as follows:

When there is loose stool because of the weakness and low retaining power of the stomach and intestine. Take the tablet in conjunction with Digest-it

Because of its Cold & Dry temperament, Gastro-Stop is suitable for phlegmatic conditions such as Sprue, Crohn's disease, ulcerative colitis, and diarrhoea. Take the tablet in conjunction with Phlemnii or Clotad because of its Cold & Dry temperament and properties, it is a good treatment for bilious conditions such as dysentery. Take the tablets in conjunction with Livotibb

Because of digestive and carminative properties, it is good for diarrhoea and vomiting associated with indigestion and food poisoning. Take the tablets in combination with Gastrone syrup or Tibb-Digest Acute and chronic diarrhoea.

Treatment and prophylaxis of amoebic dysentery.

Adjuvant to the treatment of irritable bowel syndrome.

Dosage:

Adults: One tablet twice daily. The dose may be increased to 1 to 2 tablets two to three times a day depending on the severity of the condition.

Pack size:

20's

26. Glucostop tablets

Composition: Each tablet contains extracts of:

Balsamodendron mukul	30 mg	Berberis aristata	5 mg
Shilajeet (purified)	30 mg	Aloe vera	5 mg
Gymnema sylvestre	30 mg	Triphala	3 mg
Pterocarpus marsupium	20 mg	Momordica charantia	20 mg
Glycyrrhiza glabra	20 mg	Piper nigrum	10 mg
Casearia esculenta	20 mg	Ocimum sanctum	10 mg
Eugenia jambolana	20 mg	Abutilon indicum	10 mg
Asparagus racemosus	20 mg	Curcuma longa	10 mg
Boerhaavia diffusa	20 mg	Rumex maritimus	5 mg
Sphaeranthus indicus	10 mg	Vidangadi lauham	27 mg
Tinospora cordifolia	10 mg	Abhrak bhasma	10 mg
Swertia chirata	10 mg	Praval bhasma	10 mg
Tribulus terrestris	10 mg	Vang bhasma	5 mg
Phyllanthus amarus	10 mg	Akik pishti	5 mg
Gmelina arborea	10 mg	Shingraf	5 mg
Gossypium herbaceum	10 mg	Yashad bhasma	5 mg
Trikuta	5 mg		

Temperament:

Dry & Hot

Indication:

Glucostop is suitable for pancreatic disorders associated with Hot & Moist, Moist & Hot, Cold & Moist and Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Balsamodendron mukul: has alterative and antiphlegmatic properties and boosts the function of the pancreas.

Gymnema sylvestre: its principle constituent is gymnemic acid which has anti-diabetic properties. The plant possesses stomachic, stimulant, laxative and diuretic properties. It abolishes the taste of sugar and is believed to neutralize excessive sugar present in the body in diabetes mellitus. The leaf extracts contain gymnemic acid which is said to inhibit hyperglycaemia. It has also been shown to have a regenerative effect on pancreatic beta cells and is insulin tropic.

Momordica charantia: has hypoglycaemic properties.

Eugenia jambolana: has hypoglycaemic properties and boosts the function of the pancreas.

Curcuma longa: treats atherosclerosis, diabetic wounds and acts as a blood purifier.

Because of the above properties, Glucostop increases the peripheral utilization of glucose. It increases the hepatic and muscle glycogen content. It promotes beta cell repair/regeneration and increases the C-peptide level. As it has antioxidant properties, it protects the beta cells from oxidative stress. It exerts an insulin-like action. By reducing the glycated haemoglobin level, normalizing the microalbuminuria, and modulating the lipid profile, Glucostop minimizes the long-term diabetic complications.

For better results can be combined with Gulmundene tea or Tibb-Diabetes Plus.

Special precautions:

When used as an adjuvant in NIDDM and IDDM, it is advisable to titrate the dose of oral anti-diabetic and insulin under careful medical supervision.

Dosage:

1 – 2 tablets two or three times daily before meals or as directed by a practitioner.

Pack size:

60's & 500's

27. Gulmundene tea

Composition: Each 12g contains:

Ocimum basilicum	4.00 g	Tephrosia purpurea	4.00 g
Sphaeranthus indicus	4.00 g		

Temperament:

Hot & Moist

Indication:

Gulmundene tea increases the Heat and Moistness in a balance way and as a result the melancholic humour will be reduced. It will also balance the phlegmatic humour by balancing the Heat and the bilious humour by increasing the Moistness. This tea is also suitable for respiratory disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also balances Moist & Hot and Cold & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Ocimum basilicum: has an anti-inflammatory and hypoglycaemic effect. Lowers blood and urinary uric acid, improves glucose tolerance, and has antioxidant properties.

Tephrosia purpurea: is an anti-inflammatory; treats diseases of the liver, spleen, tumours, ulcers, leprosy, inflammations, boils, and pimples and clears obstruction of liver and spleen.

Sphaeranthus indicus: has anti-inflammatory and blood purifying properties and reduces glandular swelling.

Because of the above properties, Gulmundene is suitable for the following indications and can be used in combination with other Tibb medication as follows:

In prostatitis alone

In hepatitis and pancreatitis with Livotibb

As an adjuvant in diabetes (NIDDM and IDDM) with Glucostop

In skin allergies with Livotibb and Haemoclear syrup

In uterine fibroids and endometritis with Haemoclear syrup and Tibb-Femcare syrup

In venous ulcers or leg ulcers with Piloherb and Haemoclear tablets

Dosage:

Add 6 g to a cup of boiling water, soak for ± 5 to 6 hours, strain, and drink warm.

Take one cup before breakfast and one at bedtime.

Pack size:

120 g

28. Gum Tone powder

Composition: Each 103.9 g of powder contains extracts of:

Embelia ribes	0.5 g	Cinnamomum cassia	0.5 g
Piper cubeba	0.5 g	Mesua ferrea	0.5 g
Melia azadirachta	1.0 g	Caryophyllus aromaticus	1.0 g
Purified alum	1.5 g	Camphora officinarum	2.0 g
Quercus infectoria	2.0 g	Myrica nagi	3.0 g
Rock salt	5.0 g	Vitex negundo	5.0 g
Acacia catechu	7.0 g	Emblica officinalis	7.0 g
Terminalia bellerica	7.0 g	Terminalia chebula	7.0 g
Prunus amygdalus	7.0 g	Mimusops elengi	10.0 g
Barleria prionitis	10.0 g	Acacia arabica	20.0 g

Temperament:

Cold & Dry

Indication:

Gum Tone is suitable for phlegmatic disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and even as a soothing and pacifying in Hot & Dry and Dry & Hot illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

All the ingredients have astringent, styptic, wound healing, antiphlegmatic, antiseptic and haemostatic properties.

Gum Tone can also be used in combination with other Tibb medication for the following:

In bleeding, spongy, and receding gums with Clotad and Septogard tablets.

Gum Tone can generally be used:

- In the prevention of plaque formation, toothache, and halitosis
- In loose teeth
- As a daily tooth cleanser
- As a snuff in epistaxis
- Can be applied on a wound.

Dosage:

Rub ½ a medicine measure of powder on the gums with a finger or soft brush and leave for 5 minutes. Use regularly in the morning and evening.

Pack size:

40g

29. Gynaecare / Femitibb / M2Tone syrup

Composition: Each 5ml of syrup contains extracts of:

Kasis Shuddha	10 mg	Berberis aristata	1 mg
Swertia chirata	1 mg	Piper cubeba	2 mg
Ipomoea turpethum	2 mg	Acorus calamus	2 mg
Byronia laciniata	2 mg	Mesua ferrea	5 mg
Caryophyllus aromaticus	5 mg	Cinnamomum cassia	5 mg
Piper longum	5 mg	Tinospora cordifolia	5 mg
Embelia ribes	5 mg	Hemidesmus indicus	5 mg
Cedrus deodara	5 mg	Nardostachys jatamansi	10 mg
Sida cordifolia	10 mg	Mangifera indica	10 mg
Ficus bangalensis	10 mg	Bombax malabaricum	10 mg
Aegle marmelos	10 mg	Acacia catechu	10 mg
Zingiber officinale	10 mg	Eclipta alba	10 mg
Cuminum cyminum	10 mg	Terminalia chebula	20 mg
Symplocos racemosa	20 mg	Embilica officinalis	20 mg
Withania somnifera	20 mg	Nelumbium speciosum	30 mg
Terminalia bellerica	30 mg	Eugenia jambolana	40 mg
Cyperus rotundus	60 mg	Asparagus racemosu	100 mg
Dashmool	100 mg	Saraca indica	400 mg

Contains Sugar

Preservatives:

Sodium Benzoate	0.5 % m/v	Sodium Methyl Paraben	0.2 % m/v
Sodium Propyl Paraben	0.02 % m/v		

Temperament:

Cold & Dry

Indication:

Gynaecare / Femitibb / M2Tone syrup is suitable for phlegmatic disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions. It also soothes and pacifies Hot & Dry and Dry & Hot imbalances.

The pharmacological actions and indications of the main ingredient is as follows:

Saraca indica: is a strong astringent. A major herb for the uterus; uterine sedative, uterine/ovarian fibroids, menorrhagia, bleeding haemorrhoids. Its principle constituents are a steroid component and a calcium salt. The bark of Saraca indica contains the estrogenic compound ketosterol. The bark has a stimulating effect on the endometrium and ovarian tissue, is useful in menorrhagia due to uterine fibroids, in leucorrhoea and in internal bleeding, where ergot is indicated. It is well established for its effectiveness in menorrhagia and dysmenorrhoea. It also has a stimulatory effect on the ovarian tissue and may produce an oestrogen-like effect that enhances the repair of the endometrium and stops bleeding.

Because of the above properties Gynaecare / Femitibb / M2Tone is suitable for gynaecological problems from menarche to menopause such as: delayed puberty, irregular cycles, hypomenorrhoea and secondary amenorrhoea, oligomenorrhoea, dysfunctional uterine bleeding, anovulation, functional female infertility, and menopausal disturbances.

Dosage:

1 – 2 tablespoons 1 to 3 times daily for 3 to 6 cycles.

Pack size:

200 ml – Gynaecare

200 ml – M2Tone

2.5 Lt – Femitibb

30. Habb-e-jawahir (Organoherb) tablets

Composition: Each tablet contains extracts of:

Bombyx mori	5,625 mg	Elettaria cardamomum	5,625 mg
Salvia plebeia	2,9 mg	Myristica fragrans	2,9 mg
Zehar mohra	2,9 mg	Aquilaria ovata	2,9 mg
Vateria indica	2,9 mg	Sea coconut	5 mg
Ambra grasea	2,9 mg	Crocus sativus	2,9 mg
Doronicum hookeri	2,9 mg		

Temperament:

Cold & Dry

Indication:

Habb-e-Jawahir / (Organoherb) is suitable for phlegmatic disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions. It also soothes and pacifies Hot & Dry and Dry & Hot imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

All the ingredients possess soothing properties, strengthen the heart, improves metabolism and brain function.

All these properties make Habb-e-Jawahir / (Organoherb) a useful heart, liver, and brain tonic. It can be used for general weakness after a protracted illness in gastric atonia, nervous depression etc. It is also helpful for removing sexual weakness and acts as a nervine, cardiac, and cephalic tonic.

Dosage:

One tablet taken daily with either milk or water in the morning or in the evening.

Pack size:

20's (Habb-e-Jawahir)

31. Habb-e-tinkar tablets

Composition: Each tablet contains extracts of:

Ptychosis ajowan	51.36 mg	Piper nigrum	21.44 mg
Borax	47.17 mg	Aloe Vera	293.50mg

Temperament:

Dry & Hot

Indication:

Habb-e-Tinkar is suitable for phlegmatic humoural imbalances associated with Hot & Moist, Moist & Hot, Cold & Moist and Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Aloe vera: is an alternative, bitter tonic, rejuvenative, anti-phlegmatic and purgative.

Hyoscyamus niger: the therapeutic value of Hyoscyamus is comparable to that of Belladonna, which also contains hyoscyamine. It is principally employed as a sedative in nervous afflictions and irritable conditions, such as asthma and whooping cough and other phlegmatic disorders. It is also used to counteract the griping action of purgatives, rheumatism, bronchial affections, and leprosy.

Piper nigrum: stimulates the appetite, reduces nausea and bloating and has a carminative and analgesic effect.

Because of the above properties Habb-e-Tinkar is a good constitutional medicine for disorders such as asthma, anorexia, constipation, colic pain, Parkinson, excessive sleep, weak memory, hypomenorrhoea etc.

Dosage:

1 – 4 tablets at bedtime with water or milk according to severity of symptoms.

Pack size:

40's

32. Haemoclear syrup

Composition: Each 10 ml contains extracts of:

Cassia angustifolia	323.0 mg	Smilax china	77.0 mg
Sphaeranthus indicus	77.0 mg	Nymphaea lotus	61.0 mg
Dalbergia sissoo	46.0 mg	Fumaria parviflora	46.0 mg
Melia azadirachta	30.0 mg	Swertia chirata	30.0 mg
Tephrosia purpurea	30.0 mg	Bauhinia variegata	23.0 mg
Canscora decussata	23.0 mg	Chrozophora plicata	23.0 mg
Curcuma caesia	23.0 mg	Cuscuta reflexa	23.0 mg
Ipomoea turpethum	23.0 mg	Lavandula stoechas	23.0 mg
Ocimum canum	23.0 mg	Pterocarpus santalinus	23.0 mg
Rosa damascena	23.0 mg	Terminalia chebula	23.0 mg
Tinospora cordifolia	23.0 mg	Cassis occidentalis	3.335 g

Preservatives:

Sodium benzoate	0.1 % m/v	Citric acid	0.08 % m/v
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Temperament:

Hot & Moist

Indication:

Haemoclear increases the heat and moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the heat and the bilious humour by increasing the moistness. Haemoclear is suitable for skin and liver disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Cassia angustifolia: acts as a purgative, antipyretic, alterative, cathartic, laxative, vermifuge and diuretic. Used to treat constipation, inflammatory skin conditions, hypertension, and obesity.

Smilax china: an anti-inflammatory agent that purifies the blood and is used in treating skin conditions.

Sphaeranthus indicus an anti-inflammatory and blood purifier. It reduces skin inflammation, glandular swelling and treats skin diseases.

Nymphaea lotus: is a de-obstruent, astringent, demulcent and antiseptic that has wound healing properties.

Balance of the ingredients proven as blood purifiers and are used extensively for skin diseases.

Because of the above properties, Haemoclear syrup can be used for the following Indication:

- Obesity
- Hepatic stimulant
- Constipation
- Boils
- Eruptions
- Fever
- Scrofula
- Leprosy
- Syphilis
- Blood purification

Special precaution:

Monitor patients with diabetes and hypertension.

Dosage:

Adults: 1 – 2 medicine measures 1 – 3 times daily.

Children: ½ – 1 medicine measure 1 – 3 times daily.

Pack size:

200ml & 2.5 Lt

33. Haemoclear tablets

Composition: Each tablet contains extracts of:

Curcuma longa	36 mg	Tinospora cordifolia	32 mg
Cassia fistula	36 mg	Crataeva magna	32 mg
Psoralea corylifolia	36 mg	Andrographis paniculata	31 mg
Triphala	31 mg	Eclipta alba	31 mg
Saussurea lappa	36 mg	Embelia ribes	31 mg
Picrorrhiza kurroa	36 mg	Azadirachta indica	32 mg

Temperament:

Hot & Dry

Indication:

Haemoclear is suitable for skin disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and even Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Curcuma longa: useful in treating inflammation, liver disorders, coughs, psoriasis, and diabetic wounds. Acts as a blood purifier and a natural antibiotic.

Tinospora cordifolia: acts as an alternative, bitter tonic and is used as a blood purifier and for cancer (strengthens persons before and after chemotherapy).

Cassia fistula: acts as a purgative, antipyretic, alterative, cathartic, laxative, vermifuge and diuretic. Treats constipation, inflammatory skin conditions, hypertension, and obesity.

Psoralea corylifolia: is a blood purifier, antihelminthic, antibacterial, antifungal, laxative. Used in treating skin conditions – such as leucoderma, psoriasis (used both internally and as an external paste or ointment) and improves the colour of skin (including removing white spots).

Eclipta alba has alterative, haemostatic, laxative, hepatic tonic, and de-obstruent properties.

Because of the above properties, Haemoclear is used in the treatment of skin diseases and promotes wound healing. Its anti-allergic property is beneficial in the control of pruritus associated with skin infections. Haemoclear's hepatic stimulant property helps in the improvement of liver functions and removal of toxic metabolic products in various systemic and skin infections. Hence, it acts as a detoxifier. Its antihelminthic and laxative actions are useful in the management of cutaneous manifestations of worm infestations.

Haemoclear can be used for the following indications and in combination with other Tibb medication as follows:

- Acute and chronic dermatitis with Livotibb
- Hyper pigmentation in chronic dermatitis with Haemoclear syrup
- Acne vulgaris and rosacea associated with acneiform pustules with Livotibb
- Liver and spleen booster with Livotibb and Splenoguard.

Dosage:

1 – 2 tablets twice daily.

Pack size:

60's & 500's

34. Hamdard Ghutti syrup

Composition: Each 5 ml contains extracts of:

Rosa damascena	0.100 g	Careya arborea	0.066 g
Rheum emodi	0.100 g	Glycyrrhiza glabra	0.132 g
Foeniculum vulgare	0.132 g	Cassia fistula	0.200 g
Cassia lanceolata	0.333 g	Terminalia chebula	0.200 g
Embelia ribes	0.066 g		

Preservatives:

Citric acid 0.12 % m/v

Propyl parahydroxy benzoate 0.05 % m/v

Nipagen 0.1 % m/v

Temperament:

Hot & Moist

Indication:

Hamdard Ghutti increases the Heat and Moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the Heat and the bilious humour by increasing the Moistness. Hamdard Ghutti is suitable for digestive system disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Rheum emodi: is a purgative, alterative, antihelminthic, stomachic and bitter tonic used for indigestion and constipation (with fevers, ulcers, infections).

Glycyrrhiza glabra: acts as a demulcent and laxative and treats abdominal colic and hyperacidity.

Foeniculum vulgare has stomachic and carminative properties and is used for indigestion, IBS, gas, hyperacidity, colic, and spasms.

Cassia fistula: is a safe purgative that can be given even to pregnant women. The pulp is also given for biliousness and liver disorders.

Cassia lanceolata: an effective laxative and carminative.

Embelia ribes: has antihelminthic, carminative and stimulant. Main herb used for intestinal worms and fungal infections. Is used for general abdominal disorders, constipation, gas, indigestion, and haemorrhoids.

Because of the above properties Hamdard Ghutti is suitable for the following Indication:

- In infant and childhood abdominal complaints
- In constipation, dyspepsia, and flatulence
- It is safe remedy for constipation during pregnancy.

Dosage:

1 medicine measure as is or diluted in milk or water.

Pack size:

60 ml

35. Hiknol ointment

Composition: Each 25 g contains extracts of:

Vaseline white	9.77 g	Boric acid	2.37 g
Sulphanilamide	0.80 g	Carbolic acid	0.26 g

Temperament:

Moist & Hot

Indication:

Hiknol increases the Moistness and as a result the Dryness and Heat will be reduced which will also reduce the bilious humour. Hiknol is suitable for disorders associated with Dry & Hot, Hot & Dry and Hot & Moist illness conditions. It also soothes Cold & Dry imbalances.

The pharmacological actions and indications of the ingredients are as follows:

The ingredients have: antiseptic, antibacterial, antifungal, anti-inflammatory, antiviral, soothing, cooling, wound healing, and anti-allergic properties.

Because of the above properties Hiknol is suitable for

skin rashes

dermatitis

athlete's foot

dry skin

itching in a variety of skin conditions such as eczema and ulcers

Dosage:

Apply twice daily to the affected area.

Pack size:

25 g

36. Imupsora oil

Composition: Each 5ml contains extracts of:

Oil of Melia azadirachta	160 mg	Oil of Pongamia glabra	50 mg
Oil of Piper nigrum	5.85 mg	Oil of Curcuma longa	5 mg
Glycyrrhiza glabra	175 mg	Aloe barbadensis	105 mg

Preservatives:

Butylated Hydroxy Toluene 25.33 mg

Temperament:

Hot & Moist

Indication:

Imupsora oil increases the Heat and Moistness in a balanced way. As a result, the melancholic humour will be reduced. Imupsora oil is suitable for dermatological system disorders associated with Cold & Dry and Dry & Hot illness conditions.

The pharmacological actions and indications of the ingredients are as follows:

Melia azadirachta: has antibacterial, antiviral, antifungal and blood purifying properties. Melia is used for fungal infections, malaria, sexually transmitted diseases, shingles, yeast infections, skin conditions such as acne, eczema, psoriasis, bruises, burns, ulcers, and wounds.

Aloe barbadensis: has antibacterial, antifungal, anti-inflammatory, antimicrobial and vulnerary properties. Externally Aloe is helpful for: acne, boils, burns, carbuncles, chafed and cracked skin, chafed nipples from breastfeeding, rashes, wounds, X-ray burns by placing a protective coating on the affected areas which: accelerates the rate of healing, decreases swelling and redness, increases the availability of oxygen to the skin, increases the synthesis and strength of tissue, reduces inflammation, relieves pain

Glycyrrhiza glabra: has demulcent, anti-inflammatory, anti-allergic and mild laxative properties.

Glycyrrhiza promotes the growth of hair and skin because of its moist and hot temperament.

Pongamia glabra: the plant is the best remedy for various dermatoses. It is used for abdominal tumours, keloid tumours, skin ailments, rheumatism, leprosy and excellent remedy for itching, herpes, and psoriasis.

Due to the above anti-inflammatory, antimicrobial, anti-pruritic and healing properties, Imupsora oil assists in the management of Chronic Plaque Psoriasis.

Contra-indication:

None

Warnings:

No known warnings

Side-effects and special precautions:

Itching / burning sensations can be found occasionally in sensitive cases

Dosage and directions for use:

Imupsora Oil should be applied at night over the widespread lesions and scalp psoriasis

Pack size:

50ml

37. Imupsora ointment

Composition: Each 5g contains:

Powders:

Gandhak Shuddha	25 mg	Yashad bhasma	25 mg
Oil of Pongamia glabra	10 mg	Oil of Melia azadirachta	10 mg
Aloe barbadensis	35 mg		

Extracts of:

Melia azadirachta	500 mg	Curcuma longa	210 mg
Rubia cordifolia	250 mg	Acacia catechu	250 mg
Glycyrrhiza glabra	175 mg		

Preservatives:

Sodium Methyl Paraben 5 mg Sodium Propyl Paraben 2.5 mg

Temperament:

Hot & Dry

Indication:

Imupsora ointment increases Heat and Dryness/ bilious humour so as a result it decreases the melancholic and phlegmatic humour. This is suitable for dermatological disorders associated with Cold & Dry, Cold & Moist and Moist & Hot illness conditions.

The pharmacological actions and indications of the ingredients are as follows:

Melia azadirachta: has antibacterial, antiviral, antifungal and blood purifying properties. Melia is used for fungal infections, malaria, sexually transmitted diseases, shingles, yeast infections, skin conditions such as acne, eczema, psoriasis, bruises, burns, ulcers, and wounds.

Aloe barbadensis: has antibacterial, antifungal, anti-inflammatory, antimicrobial and vulnerary properties. Externally Aloe is helpful for: acne, boils, burns, carbuncles, chafed and cracked skin, chafed nipples from breastfeeding, rashes, wounds, X-ray burns by placing a protective coating on the affected areas which: accelerates the rate of healing, decreases swelling and redness, increases the availability of oxygen to the skin, increases the synthesis and strength of tissue, reduces inflammation, relieves pain

Curcuma longa: has alterative, antibacterial, antibiotic, aromatic, carminative, stimulant and tonic properties. Useful in the treatment of atherosclerosis, diabetes, liver disorders, hepatitis, inflammation, skin disorders. It is currently being evaluated for its anti-carcinogenic and anti-mutagenic properties.

Due to the above anti-inflammatory, antimicrobial, anti-pruritic, healing properties, Imupsora ointment assists in the management of Chronic Plaque Psoriasis.

Contra-indication:

None

Warnings:

No known warnings

Side-effects and special precautions:

Itching/ burning sensations can be found occasionally in sensitive cases

Dosage and directions for use:

Imupsora Ointment should be applied twice a day over the specific skin lesions

Pack size:

50g

38. Imupsora tablets

Composition: Each tablet contains:

Powders:

Vang Bhasma 10 mg

Extracts of:

Rubia cordifolia 200 mg Triphala 100 mg

Tinospora cordifolia 100 mg Fumaria officinalis 150 mg

Acacia catechu 70 mg Hemidesmus indicus 70 mg

Cassia tora 50 mg Picrorrhiza kurroo 50 mg

Albizia lebbeck 50 mg Ocimum sanctum 50 mg

Preservatives:

Methyl Paraben 0.500 mg Propyl Paraben 0.250 mg

Temperament:

Hot and Dry

Indication:

Imupsora tablet increases Heat and Dryness/ bilious humour so as a result it decreases the melancholic and phlegmatic humour. This is suitable for dermatological disorders associated with Cold & Dry, Cold & Moist and Moist & Hot illness conditions.

The pharmacological actions and indications of the ingredients are as follows:

Rubia cordifolia: is known as a blood-purifying herb. It purifies the blood by removing toxins, dissolving obstructions in blood flow and removing stagnant blood. It is alterative, anti-tumour, bitter, astringent, deobstruent and haemostatic actions. Rubia acts as an effective immune regulator. It is used in treatment of number of diseases like raised uric acid and gouty arthritis, glandular swellings, recurrent skin infections and other diseases of the skin like psoriasis, pigmentation anomalies, leucoderma, pimples, acne, freckles, and discoloration but it can also be used for gaining lustre or glow of the skin.

Fumaria officinalis is antiseptic, aperient, cholagogue, laxative and blood purifying in action. Fumaria is also used for its tonic and blood cleansing effects. It is particularly valuable in the treatment of all visceral obstructions, particularly those of the liver, in scorbutic affections and in troublesome eruptive diseases of the skin, especially psoriasis and eczema.

Tinospora cordifolia: has alterative, antiperiodic, bitter tonic, diuretic, and febrifuge properties. It is also a valuable tonic acts as a blood purifier and may be useful in AIDS and other immune diseases also. It is also being proposed for cancer patients before and after chemotherapy. Other applications of this herb include fever, gout, jaundice, torpidity of the liver, skin diseases, secondary syphilis, rheumatism, constipation, tuberculosis, and leprosy.

Due to the above blood purifying, anti-inflammatory, healing properties, Imupsora tablets assists in the management of Chronic Plaque Psoriasis.

Contra-indications:

None

Warnings:

No known warnings

Side-effects and special precautions:

No known side effects or special precautions

Dosage and directions for use:

1 to 2 tablets thrice a day

Pack size:

30's

39. Inhaler capsules

Composition: Each capsule contains:

Blackseed oil has antioxidant and immune boosting properties

Eucalyptus oil strong germicidal and disinfectant properties and helps to relieve coughs

Menthol oil is a covalent organic compound made synthetically or obtained from peppermint or other mint oils. Menthol has local anaesthetic and counterirritant properties, and it is widely used to relieve minor throat irritation.

Camphor oil has the following therapeutic properties: analgesic, anti-inflammatory and antiseptic

Terpineol is a naturally occurring substance that has been isolated from a variety of sources such as cajuput oil, pine oil, and petit grain oil. Terpineol has a pleasant odour similar to lilac and is a common ingredient in perfumes, cosmetics and flavours.

Chlorothymol is an organic substance that is insoluble in water and bactericidal in nature

Temperament:

Cold & Moist

Indication:

Assist in relieving congestion of tight chests and blocked noses

Dosage:

Place oil on a pillow, in a humidifier, on a handkerchief or in a bowl of water and inhale

Pack size:

10 blister packed capsules

40. Joshina capsules

Composition: Each 6 g dose contains extracts of:

Viola odorata	38.4 mg	Onosma bracteatum	30.1 mg
Altheae officinalis	45.7 mg	Malva sylvestris	60.4 mg
Glycyrrhiza glabra	114.3 mg	Zizyphus vulgaris	22.8 mg
Cordia latifolia	114.3 mg		

Temperament:

Moist & Hot

Indication:

Joshina increases the moistness and as a result the bilious and melancholic humour will be reduced. Joshina is suitable for respiratory and throat disorders associated with Cold & Dry, Dry & Hot, Hot & Dry and Hot & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Althea officinalis is a demulcent, emollient, diuretic, anti-inflammatory, expectorant and has mucilaginous properties. Its abundance of mucilage makes Marshmallow an excellent demulcent that is indicated wherever such an action is called for like inflammations of the mouth, bronchitis, respiratory catarrh, and irritating coughs.

Cordia latifolia: a demulcent, expectorant, anti-inflammatory and anti-spasmodic which is used for bronchial problems such as catarrh, bronchitis and coughs and laryngitis.

Glycyrrhiza glabra: has demulcent, expectorant, laxative, rejuvenative, sedative, tonic and anti-inflammatory properties. Treats bronchial problems such as catarrh, bronchitis, coughs, and laryngitis.

Malva sylvestris: is an antiseptic, demulcent, expectorant, laxative, rejuvenative, sedative, tonic and anti-inflammatory used to treat bronchial problems such as catarrh, bronchitis and coughs and laryngitis.

Viola odorata: has expectorant, alterative and anti-inflammatory properties that are used to treat cough, sneezing, flu, and other respiratory problems.

Because of the above properties *Joshina* can be used in the treatment of influenza, colds and coughs, sore throat, chest congestion, catarrh, and bronchitis. For better results it can be combined with *Sualin* / *Kofcare* / *Septogard*.

Dosage:

One sachet dissolved in a cup of hot water

Pack size:

25 sachets of 6 g

41. Kofcare syrup

Composition: Each 5ml contains extracts of:

Melospumatum (honey)	1.25 g	<i>Glycyrrhiza glabra</i>	15 mg
Balsamodendron mukul	35 mg	<i>Onosma bracteatum</i>	10 mg
<i>Vitis vinifera</i>	35 mg	<i>Trikuta</i>	9 mg
<i>Ocimum sanctum</i>	25 mg	<i>Embelia ribes</i>	8 mg
<i>Hyssopus officinalis</i>	25 mg	<i>Solanum xanthocarpum</i>	8 mg
<i>Tinospora cordifolia</i>	20 mg	<i>Cinnamomum cassia</i>	8 mg
<i>Adhatoda vasica</i>	15 mg	<i>Navasagara</i>	3 mg
<i>Myristica fragrans</i>	15 mg	<i>Viola odorata</i>	10 mg
<i>Triphala</i>	9 mg		

Preservatives:

Methyl Paraben	0.2% m/v	Propyl Paraben	0.05% m/v
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Temperament:

Hot & Moist

Indication:

Kofcare increases the heat and moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the heat and the bilious humour by increasing the moistness. *Kofcare* is suitable for respiratory disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Solanum xanthocarpum: acts as an astringent, expectorant, reduces fever and is known to assist in managing asthma, TB, and other lung diseases.

Adhatoda vasica: has an expectorant, diuretic, and antispasmodic action.

Glycyrrhiza glabra: acts as a demulcent, expectorant and anti-inflammatory agent.

Ocimum sanctum has antispasmodic, antibacterial and antiseptic properties.

Balsamodendron mukul: has alterative, antiviral, antibacterial, analgesic, antispasmodic, astringent, and expectorant properties and is used to treat bronchitis and heal mucus membranes.

Hyssopus officinalis: stimulant, carminative, and pectoral; the oil promotes expectoration in bronchial catarrh and asthma.

Because of the above properties, *Kofcare* is beneficial in both productive and dry coughs. The mucolytic and expectorant properties reduce the viscosity of bronchial secretions and facilitate expectoration and its peripheral antitussive action reduces the bronchial mucosal irritation and related bronchospasm.

Kofcare can be used in combination with other Tibb medication as follows:

In bronchitis, allergies, and dry coughs with Sualin lozenges or Throat and Cough Lozenges.

In T.B. with Septogard and Livotibb.

Dosage:

Children: ½ – 1 medicine measureful two to three times a day.

Adults: 1 – 2 medicine measuresful three to four times a day.

Pack Size:

100ml & 2.5 Lt

42. Kofol syrup

Composition: Each 5 ml contains extracts of:

Adhatoda vasica	200 mg	Glycyrrhiza glabra	150 mg
Solanum xanthocarpum	120 mg	Terminalia belerica	100 mg
Ocimum sanctum	60 mg	Juniperus communis	50 mg
Viola odorata	50 mg	Clerodendron serratum	40 mg
Piper longum	30 mg	Curcuma longa	20 mg
Zingiber officinale	10 mg	Piper nigrum	10 mg
Cubeba officinalis	10 mg	Anacyclus pyrethrum	10 mg
Ammonium chloride	15 mg		

Preservatives:

Sodium benzoate	15 mg	Sodium methyl paraben	8 mg
Sodium propyl paraben	1 mg		

Temperament:

Hot & Moist

Indication:

Kofol syrup increases the heat and moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the heat and the bilious humour by increasing the moistness. Kofol syrup is suitable for respiratory system disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Adhatoda vasica: has been used for thousands of years to treat respiratory disorders because of its antispasmodic, expectorant, anti-asthmatic, antitussive, bronchodilatory, febrifuge, mucolytic and blood purifying properties. Adhatoda is used in treating bronchitis, tuberculosis and other lung and bronchiole disorders. The soothing action helps relieve irritation in the throat and the expectorant action loosens phlegm deposits in the airway.

Glycyrrhiza glabra: has expectorant, antitussive, demulcent, spasmolytic, anti-inflammatory, anti-allergic and mild laxative properties. It promotes the health of the mucous membranes of the respiratory tract and improves voice.

Solanum xanthocarpum: acts as an astringent, expectorant, reduces fever and is known to assist in managing asthma, TB, and other lung diseases.

Due to the above properties, Kofol syrup Helps in the management of cough of allergic, infective or asthmatic origin, cough associated with gastro-oesophageal reflux, cough caused by industrial dusts/occupations and cough caused due to irritants e.g., smoker's cough, singer's and speaker's cough.

Contra-indications:

None

Warnings:

No known warnings

Side-effects and special precautions:

No known side effects or special precautions

Dosage and Directions of Use:

Adults: 2 to 3 teaspoonfuls 3 times a day

Children: (1-6 years) One teaspoonful three times a day.

(7-12 years) Two teaspoonfuls three times a day.

Pack size:

100ml

43. Laxotabs tablets

Composition: Each tablet contains extracts of:

Ipomoea turpethum	70 mg	Solanum nigrum	40 mg
Cassia occidentalis	50 mg	Glycyrrhiza glabra	40 mg
Terminalia chebula	50 mg	Zingiber officinale	45 mg
Cichorium intybus	50 mg	Embelia ribes	10 mg

Temperament:

Hot & Moist

Indication:

Laxotabs increases the Heat and Moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the Heat and the bilious humour by increasing the Moistness and balancing eliminative effects. Laxotabs is suitable for disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also balances Moist & Hot and Cold & Moist imbalances.

Because of the laxative, digestive, stomachic, carminative, anti-phlegmatic and anti-melancholic properties, Laxotabs by virtue of its stool softening and intestinal motility enhancing actions corrects constipation. As a gentle laxative, it assures the smooth evacuation of faeces without disturbing the fluid and electrolyte balance. It is safe for long-term use without producing physiological dependence. Because of the balanced ingredients and temperament, it is good for problems in all the three accumulative frames. Laxotabs can also be used for chronic constipation as well as for pre-radiographic abdominal preparation.

Dosage:

Adults: 2 – 3 tablets 1/2 an hour before dinner with warm water. The dosage is best individualized.

Children: with the advice of a practitioner.

Pack size:

20's, 60's & 500's

44. Livotibb syrup

Composition: Each 5ml contains extracts of:

Capparis spinosa	34 mg	Cichorium intybus	34 mg
Solanum nigrum	16 mg	Terminalia arjuna	16 mg
Cassia occidentalis	8 mg	Achillea millefolium	8 mg
Tamarix gallica	8 mg		

Preservatives:

Sodium Methyl Paraben	0.25% m/v	Sodium Propyl Paraben	0.15% m/v
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Temperament:

Moist & Hot

Indication:

Refer to Livotibb tablets below.

Dosage:

Acute viral hepatitis: 1 – 3 years - ½ a medicine measure twice daily.
3 – 8 years - one medicine measure twice daily.
8 – 15 years - 1 ½ to 2 medicine measures 2 to 3 times daily.
Adults - 3 medicine measures 3 to 4 times daily.

Anorexia & weight loss: Children - 1 medicine measure 2 to 3 times daily.
Adults - 2 medicine measures 2 to 3 times daily.

Pack size:

100 ml & 2.5 Lt

45. Livotibb tablets

Composition: Each tablet contains extracts of:

Capparis spinosa	65 mg	Cichorium intybus	65 mg
Mandur bhasma	33 mg	Solanum nigrum	32 mg
Terminalia arjuna	32 mg	Cassia occidentalis	16 mg
Achillea millefolium	16 mg	Tamarix gallica	16 mg

Preservatives:

Sodium Methyl Paraben	0.25% m/v	Sodium Propyl Paraben	0.15% m/v
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Temperament:

Moist & Hot

Indication:

Livotibb increases the Moistness and as a result the bilious and the melancholic humour will be reduced. Livotibb is suitable for hepatic and epithelial tissue disorders associated with Cold & Dry, Dry & Hot, Hot & Dry and Hot & Moist illness conditions. This medicine can be used as a constitutional medicine other than the purely for hepatic complaints.

The pharmacological actions and indications of the main ingredients are as follows:

Capparis spinosa: has bitter, aperient, diuretic, and expectorant properties. It is given in splenic, renal, and hepatic complaints.

Cichorium intybus: is an acclaimed hepatoprotective and is used in hepatic enlargement, fever, vomiting and abdominal pain. It has anti-inflammatory properties.

Solanum nigrum: the plant is effective in the treatment of cirrhosis of the liver and is also credited with emollient, diuretic, antiseptic and laxative properties. It has a protective effect on the liver and has shown hepatoprotective activity in cases of toxicity induced by drugs and chemicals.

Terminalia arjuna: reduces the level of triglycerides and cholesterol and has been reported to enhance the synthesis of LDL while it inhibits the oxidation of LDL and accelerates the turnover of LDL-cholesterol in liver. This enhances the elimination of cholesterol from the body. The suppression of hepatic cholesterol biosynthesis by T. arjuna is the mechanism responsible for a significant lowering of beta-lipoproteins-lipids and the recovery of HDL components in hyperlipidemia.

Cassia occidentalis: has anti-inflammatory, diuretic and hepatic properties.

Tamarix gallica: is used in disorders associated with hepatic insufficiency.

Because of the above properties, Livotibb restores the functional efficiency of the liver by protecting the hepatic parenchyma and promoting hepatocellular regeneration. It facilitates rapid elimination of acetaldehyde, the toxic intermediate metabolite of alcohol metabolism, and ensures protection from alcohol-induced hepatic damage. It diminishes the lipotropic activity in chronic alcoholism and prevents fatty infiltration of the liver. In pre-cirrhotic conditions, Livotibb arrests the progress of the disease and prevents further liver damage. As a daily health supplement, Livotibb improves appetite, the digestion and assimilation processes, and promotes weight gain.

Livotibb can be used for the following indications and in combination with other Tibb medication as follows:

Viral hepatitis, jaundice, Alcoholic liver disease with Renotone, Gastrone syrup and Laxotabs

Pre-cirrhotic conditions and early cirrhosis

Protein energy malnutrition with Enerlift and Apiton

Radiation and chemotherapy-induced liver damage with Enerlift

In the treatment of HIV & AIDS and TB

Ascities with Biliopurg tablets

As an adjuvant with hepatotoxic drugs

A valuable adjuvant during convalescence and prolonged illness.

Dosage:

Anti-TB treatment: 2 tablets twice daily.

Acute viral hepatitis: Adults – 2 tablets 3 times daily.

Children – 1 tablet 3 times daily.

Cirrhosis & Chronic active hepatitis: 2 tablets 3 times daily for 6 to 12 months.

Alcohol induced liver damage: 2 tablets 3 times daily for 1 month then 1 tablet 3 times daily for 6 to 12 months.

Pack size:

60's & 500's

46. Lo-chol / Cholecurb tablets

Composition: Each tablet contains extracts of:

Apium graveolens	2.32 %	Coriandrum sativum	2.32 %
Purified Ferula foetida	2.32 %	Cuminum cyminum	2.32 %
Embelia ribes	2.97 %	Piper longum	4.97 %
Zingiber officinale	4.97 %	Allium sativum	8.28 %
Curcuma longa	4.97 %	Cyperus rotundus	4.97 %
Emblca officinalis	8.28 %	Terminalia belerica	8.28 %
Terminalia chebula	8.28 %	Bauhinia variegata	8.28 %
Plumbago zeylanica	9.93 %	Pterocarpus marsupium	16.55 %

Preservatives:

Sodium Methyl paraben	0.09 % m/m	Sodium Propyl paraben	0.05 % m/m
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Temperament:

Hot & Dry

Indication:

Lo-Chol is suitable for metabolic disorders associated with Hot & Moist, Moist & Hot Cold & Moist and Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Allium sativum: alterative, antihelminthic, antiparasitic, antispasmodic, aphrodisiac, carminative and disinfectant. Garlic is beneficial in atherosclerosis, congestive heart failure, high cholesterol, hypertension and hypertriglyceridaemia.

Pterocarpus marsupium: its principle constituents are liquiritigenin and isoliquiritigenin. An aqueous infusion of the wood is used in diabetes. It has been found to reduce the glucose absorption from the gastrointestinal tract and improve insulin and pro-insulin levels. It is effective in β -cell regeneration and has also been found to have a hypocholesteraemic effect.

Curcuma longa: treats atherosclerosis and diabetic wounds and has blood purifying properties.

Balance of the ingredients have digestive, carminative and hypolipidemic properties.

Because of the above properties Lo-Chol is effective in the treatment of hypercholesteraemia, hypertriglyceridaemia and atherosclerosis. It can be used in combination with Glucostop, Coronary Care, Naturo-Slim or Digest-It according to the condition.

Dosage:

1 – 2 tablets 2 to 4 times daily.

Pack size:

60's & 500's – Lo-Chol

100's – Cholecurb

47. Lymphocare tablets

Composition: Each tablet contains

Acacia speciosa	500 mg
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Preservatives:

Sodium benzoate	0.03 %
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Temperament:

Cold & Dry

Indication:

Lymphocare is suitable for phlegmatic disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions. It also has a soothing and pacifying effect in Hot & Dry and Dry & Hot illness conditions.

The pharmacological action of the main ingredient is as follows:

Acacia apeciosa: has anti-inflammatory, astringent, immunomodulatory and mast cell stabilising activity and is useful in ophthalmia to strengthen spongy and ulcerative gums and to reduce glandular swellings.

Because of the above properties Lymphocare is suitable for the following indications and can be used in combination with other Tibb medication as follows:

In lymphatic swelling, scrofula and Hodgkin's disease with Septogard and Gulmundene.

In hypothyroidism and Goitre with Thyronil paste

In hyperthyroidism with Livotibb and Thyrocare

Dosage:

1 – 2 tablets 2 to 3 times daily.

Pack size:

60's

48. Mahwari tablets

Composition: Each tablet contains extracts of:

Juniperus communis	25 mg	Balsalmodendron mukul	20 mg
Aloe vera	60 mg	Ferrous sulphate	70 mg
Claviceps purpurea (extract)	15 mg	Crocus sativus	0.25 mg

Temperament:

Dry & Hot

Indication:

Mahwari is suitable for female disorders associated with phlegmatic humoral imbalance and a Hot & Moist, Moist & Hot and Cold & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Juniperus communis: diuretic, emmenagogue, amenorrhoea, hypomenorrhoea.

Balsalmodendron mukul: Has alterative, antispasmodic, and astringent properties and is known to be a menstrual regulator.

Ferrous sulphate: Is a haematinic and alterative used in anaemia, enlargement of liver and spleen and for general weakness.

Crocus sativus: Has antispasmodic properties and is used to treat amenorrhoea, anaemia, dysmenorrhoea, hysteria and to promote circulation in the female reproductive organs.

Because of the above properties Mahwari is suitable for amenorrhea, hypomenorrhoea, dysmenorrhoea and delayed puberty. The formulation covers different causes such as hormonal deficiency, anaemia, excessive phlegm etc.

It can be given in combination with Gynaecare / Femitibb / M2Tone syrup and Menoherb / Femitibb / M2Tone tablets.

Dosage:

1 tablet twice a day 2 to 3 days before the menstrual period and 1 tablet daily during the menstrual period.

Pack size:

20's

49. Marhaba Arq Shirin liquid

Composition: Each 240 ml of liquid contains:

Aqua distillate of:

Anethum graveolens	30 % v/v	Foeniculum vulgare	20 % v/v
Mentha piperata	20 % v/v	Rosa damascena	30 % v/v
Sugar	36 g		

Preservatives:

Methyl paraben 120 mg

Propyl paraben 60 mg

Temperament:

Hot & Moist

Indication:

Marhaba Arq Shirin increases the Heat and Moistness in a balanced way and as a result, the melancholic humour is reduced. It also balances bilious humour by increasing the Moistness. Marhaba Arq Shirin is suitable for digestive disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Anethum graveolens: has carminative, anti-halitosis, aromatic, anti-spasmodic, anti-inflammatory, and stomachic properties. Dill seeds are a common and very effective household remedy for a wide range of digestive problems. It is especially effective in treating flatulence and colic in babies and flatulence in young children.

Mentha piperata: has carminative, anti-inflammatory, anti-spasmodic, aromatic, anti-emetic, stimulant and stomachic properties. Peppermint facilitates digestion by stimulating the secretion of bile and digestive juices that break down the food.

Because of the carminative, appetizing, liver tonic, anti-inflammatory, mild laxative, digestive and antispasmodic properties, Marhaba Arq Shirin relieves the symptoms of colic in gastrointestinal disorders in infants and children. It also assists infants and children in the management of flatulence, colic, nausea and vomiting and pain whilst teething and help to restore the normal physiological functions of the digestive tract.

Dosage:

SHAKE THE BOTTLE BEFORE USE

Birth to 2 months: ½ a teaspoon three times daily or as directed by a practitioner

Two to six months: 1 teaspoon three times daily or as directed by a practitioner

Six months and older: 2 to 3 teaspoons three times daily or as directed by a practitioner

Pack size:

240 ml

50. Marhaba Faulad syrup

Composition: Each 10 ml of syrup contains:

Belleric myrobalan	1.75 %	Chebolic myrobalan	1.75 %
Emblica officinalis	1.75 %	Coriandrum sativum	0.75 %
Elettaria cardamomum	0.15 %	Santalum album	0.125 %
Iron compound	0.01 %		

Contains sugar

Preservatives:

Sodium benzoate 7.5 mg

Temperament:

Cold & Dry

Indication:

Faulad syrup increases Dryness and Cold and as a result it decreases the phlegmatic humour and suppresses the Heat. Faulad tablets is useful in the treatment of haematological disorders due to Moist & Hot, Hot & Moist, Hot & Dry and Dry & Hot illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Belleric myrobalan, Chebolic myrobalan, Emblica officinalis (Triphala): these three ingredients are known as Triphala. Triphala has been found to act as a complete body cleanser. Not only does Triphala help to detoxify and cleanse the colon, but it also purifies the blood and removes toxins from the liver. Triphala is most generally used as an overall body tonic. Triphala has also been shown to be an excellent source of antioxidants. Other cleansing benefits of Triphala include reducing some forms of cholesterol (serum cholesterol) and reducing high blood pressure. Triphala is known as a cleaning agent, including a blood cleanser. The herb also has a high nutritional value, including high levels of vitamin C.

Iron compound: Iron is a famous remedy for anaemia and low level of red blood cells.

Because of the above properties Faulad Syrup assists in the management of iron deficiency anaemia of pregnancy and lactation, hypochromic anaemia of gastro-intestinal origin, malnutrition, menorrhagia, chronic haemorrhagic diseases, and any other condition associated with loss of blood such as general debility, weakness, and lethargy. Also assists in enhancing appetite and managed malnutrition.

Warnings:

Not suitable for infants.

Dosage:

SHAKE THE BOTTLE BEFORE USE

Adults: two medicine measures three times daily, preferably with milk

Children: one medicine measure three times daily, preferably with milk

Pack size:

120 ml

51. Marhaba Bulban syrup

Composition: Each 120 ml of syrup contains:

Borago officinalis (flower)	1.17 %	Borago officinalis (leaf)	1.17 %
Bombyx mori	0.67 %	Zizyphus vulgaris	2.08 %
Cordia latifolia	2.08 %	Glycyrrhiza glabra	2.08 %
Linum usitatissimum	2.00 %	Trachyspermum ammi	2.00 %
Papaver somniferum	2.00 %	Althaea officinalis	2.00 %
Adiantum capillus veneris	2.00 %	Foeniculum vulgare	2.00 %

Contains sugar

Preservatives:

Sodium benzoate 75 mg

Temperament:

Hot & Moist

Indication:

Gulban syrup increases the Heat and Moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the Heat and the bilious humour by increasing the Moistness. Gulban syrup is suitable for respiratory system disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Adiantum capillus veneris: has antitussive, expectorant, emmenagogue and tonic properties. This herb is known as maidenhair fern, has a long history of medicinal use and is the main ingredient of cough syrups used in the treatment of coughs, throat afflictions and bronchitis.

Borago officinalis has demulcent, diaphoretic, emollient, expectorant and febrifuge, properties. It is a soothing saline, diuretic herb that soothes damaged or irritated tissues and mucous membrane. It is good for pulmonary conditions related to excessive heat and allergy.

Linum usitatissimum: has analgesic, demulcent, emollient, expectorant and resolvent properties.

Linseed's main effect is as an expectorant and analgesic that soothes irritated tissues, controls coughing and relieves pain. It has soothing and lubricating properties, and is used in medicines to soothe tonsillitis, sore throats, coughs, and colds.

Althaea officinalis: Is a demulcent, emollient, diuretic, anti-inflammatory, expectorant and has mucilaginous properties. Its abundance of mucilage makes Marshmallow an excellent demulcent that is indicated wherever such an action is called for like inflammations of the mouth, bronchitis, respiratory catarrh, and irritating coughs.

Cordia latifolia: has demulcent, expectorant, anti-inflammatory and anti-spasmodic properties which is used for bronchial problems such as catarrh, bronchitis and coughs and laryngitis.

Glycyrrhiza glabra: has demulcent, expectorant, laxative, rejuvenative, sedative, tonic and anti-inflammatory properties. Treats bronchial problems such as catarrh, bronchitis, coughs, and laryngitis.

Because of the above properties Gulban syrup assists in the management of irritating non-productive and productive coughs, respiratory tract infections, sinusitis, pharyngitis, and bronchitis as well as the common cold, flu and seasonal hay fever.

Warnings:

Not suitable for diabetic patients.

Dosage:

SHAKE THE BOTTLE BEFORE USE

Adults: two medicine measures with lukewarm water twice daily

Children: one medicine measures with lukewarm water twice daily

Pack size:

120 ml

52. Marhaba Joshanda instant granules

Composition: Each 7g sachet contains:

Althaea officinalis	1 %	Cordial latifolia	1 %
Glycyrrhiza glabra	1 %	Malva sylvestris	2 %
Onsoma bracteatum	1 %	Viola odorata	1 %
Zizyphus vulgaris	1 %	Adhatoda vasica	1 %
Hyssopus officinalis	1 %	Ephedra gerardiana	1 %
Liquorice extract	2 %		

Contains sugar

Temperament:

Hot & Moist

Indication:

Joshanda increases the Heat and Moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the Heat and the bilious humour by increasing the Moistness. Joshanda is suitable for respiratory system disorders associated with Cold & Dry, Dry & Hot and Hot & Dry and allergic illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Antitussive, expectorant, demulcent, diaphoretic, emollient, expectorant, febrifuge, anti-inflammatory, mucilaginous and anti-spasmodic.

Because of the above properties Joshanda can be used in the treatment of allergic respiratory disorders, influenza, colds and coughs, sore throat, chest infection, catarrh, laryngitis. and bronchitis. For better results it can be combined with Sualin / Kofcare / Septogard.

Dosage:

Dissolve one sachet in a cup of hot water or tea twice daily

Pack size:

Pack containing 5 + 1 sachets of 7g each

Box containing 30 + 1 sachets of 7g each

53. Marhaba Shaffaf syrup

Composition: Each 10 ml of syrup contains:

Pterocarpus santalinus	0.166 g	Smilax regelli	0.166 g
Indigofera tinctoria	0.206 g	Fumaria indica	0.210 g
Tephrosia purpurea	0.207 g	Zizyphus vulgaris	0.207 g
Lawsonia inermis	0.206 g	Melia azedarach	0.206 g
Echinops echinatus	0.211 g	Terminalia chebula	0.206 g
Terminalia catapa	0.211 g	Swertia chirata	0.250 g
Smilax chinesis	0.086 g	Mallotus philippinensis	0.083 g
Sphaeranthus indicus	0.250 g		

Contains sugar

Temperament:

Dry & Hot

Indication:

Shaffaf syrup increases the Dryness and Heat and as a result the phlegmatic humour and to a lesser extent the melancholic humour will be reduced. Shaffaf syrup also has blood purifying and alterative properties for the Sanguinous and Phlegmatic humour. Shaffaf syrup is suitable for skin disorders associated with Hot & Moist, Moist & Hot, Cold & Moist and Cold & Dry illness conditions.

The ingredients in this syrup have the properties of blood purifying, alterative, laxative hepatic stimulant, antibiotic, bitter, vermifuge, antihelminthic, antibacterial, antifungal, haemostatic because of the above properties Shaffaf syrup assists in the management of skin disorders eczema and psoriasis, pimples, prickles, skin rashes, skin allergies, constipation, and indigestion. Shaffaf tonifies the body and promotes a healthy-looking skin.

Warnings:

Not suitable for diabetic patients.

Dosage:

SHAKE THE BOTTLE BEFORE USE

Adults: two medicine measures with lukewarm water twice daily

Children: one medicine measures with lukewarm water twice daily

Side-effects and special precautions:

No known side-effects but children under the age of two should only take Marhaba Shaffaf under the supervision of a practitioner.

Pack size:

120 ml

54. Marhaba Viratone capsules

Composition: Each capsule contains:

Withania somnifera	250 mg	Tribulus terrestris	20 mg
Strychnos Nux vomica	50 mg	Cinnamomum zeylanicum	15 mg
Elettaria cardamomum	10 mg	Tagetis petula	5 mg
Asphaltum	50 mg	Castorium	50 mg
Pistacia lenticus	25 mg		

Preservatives:

Methyl paraben	3 mg
Propyl paraben	1.5 mg

Temperament:

Hot & Dry

Indication:

Viratone increases the heat and dryness and as a result phlegmatic and melancholic humour will be reduced. Viratone is suitable for androgen disorders associated with Hot & Moist, Moist & Hot, Cold & Moist and Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Strychnos Nux vomica has nervine, stomachic, tonic and aphrodisiac properties. Nux vomica is a spinal, respiratory, and cardiac stimulant. It is a motor nerve excitant, tonic and sexual stimulant. Nux also stimulates the cardiac muscles directly and the motor ganglia and nerves of special sense and the spinal nerves. It is an energetic, exerting its influence chiefly upon the cerebro-spinal system.

Strychnine, the chief alkaloid constituent of the seeds, also acts as a bitter, increasing the flow of gastric juice; it is rapidly absorbed as it reaches the intestines, after which it exerts its characteristic effects upon the central nervous system, the movements of respiration are deepened and quickened, and the heart slowed through excitation of the vagus nerve. The senses of smell, touch, hearing, and vision are rendered more acute, it improves the pulse and raises blood pressure and is of great value as a tonic to the circulatory system in cardiac failure.

Castorium: has aphrodisiac, stimulant, and antispasmodic properties.

Asphaltum: aphrodisiac, antiseptic, alterative, tonic, expectorant, antiseptic, antitoxic, stimulant, regulates uric acid, cholesterol, triglycerides, blood sugar, stimulates thyroid. It is a remedy of choice for obesity, fatty degenerative changes in the liver, diabetes, prostatitis, gall and kidney stones, iron deficiency anaemia, hi cholesterol & triglycerides, anaemia, cystic ovary, arthritis, fungal infection, yeast infection, leucorrhoea, prostatitis, diabetes, hypothyroidism, BPH and malignant hyperlipidemia, low libido, endurance, geriatrics.

Withania somnifera: adaptogen [normalizes physical functioning depending on what the individual needs, e.g., it will lower high blood pressure, but raise low blood pressure], anti-inflammatory, nervine, soothing agent that reduces nervousness, distress or irritation, brain and sex tonic. It is good to use in anaemia, nervous exhaustion, and debility, especially due to stress, tonic, rather than over-stimulating, for 'stressed out' people, impotence due to devitalisation, convalescence after acute illness or extreme stress, good general tonic for disease prevention in athletes, elderly and pregnancy.

Because of the above properties, Viratone assists in the management of sexual lethargic conditions, low libido, erectile dysfunction, spermatorrhoea and impotence. It has also good effect on frigidity in women. It can be taken as a general tonic.

Contr-indication:

Patients with severe hypertension

Warnings:

Not suitable for use in women and children

Dosage:

Before coition: two capsules two hours after meals with milk

Other Indication: one capsule daily with milk

Pack size:

30's

55. Melanpurg tablets

Composition: Each tablet contains extracts of:

Piper nigrum	257 mg	Zingiber officinale	128 mg
Ammonium chloride	64 mg	Cassia angustifolia	38 mg
Garcinia morella	13 mg		

Preservative:

Sodium benzoate 0.03 % m/m

Temperament:

Hot & Moist

Indication:

Melanpurg increases the Heat and Moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the Heat and the bilious humour by increasing the Moistness. Melanpurg is suitable for respiratory disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Piper nigrum: stimulates the appetite, reduces nausea, and relieves toothache whilst being a carminative and reducing gas. Stimulates the activity of the heart and kidneys and acts as an expectorant, antipyretic, analgesic, antihelminthic and antiperiodic. Piper nigrum is indicated for asthma, chronic indigestion, colon toxins, obesity, sinus congestion, fever, intermittent fever, cold extremities, colic, cholera, diarrhoea, haemorrhoids, worms, and skin diseases.

Zingiber officinale: has diaphoretic, expectorant, and antiemetic properties and is used in treating atherosclerosis, morning sickness, motion sickness, nausea and vomiting following surgery.

Ammonium chloride: is a hepatic stimulant.

Cassia angustifolia: has purgative, antipyretic, alterative, cathartic, laxative, vermifuge and diuretic properties. Used to treat constipation, inflammatory skin conditions, hypertension, and obesity.

Garcinia Morella: is a purgative and hepatic stimulant.

Because of the above properties Melanpurg is suitable in the treatment of:

For the concoction and elimination of melancholic humour and Melancholia with Slumberaid syrup and Laxotabs

Used as an adjuvant in the management of cirrhosis and Hepatitis C with Livotibb.

Dosage:

1 tablet twice daily.

Pack size:

60's

56. Moneherb / Femitibb / M2Tone tablets

Composition: Each tablet contains extracts of:

Withania somnifera	1.40 %	Cuminum cyminum	1.40 %
Piper cubeba	1.40 %	Caryophyllus aromaticus	1.40 %
Mesua ferrea	1.40 %	Boerhaavia diffusa	1.40 %
Bombax malabaricum	1.40 %	Zingiber officinale	1.40 %
Cedrus deodara	1.40 %	Hibiscus rosa sinensis	1.40 %
Asparagus racemosus	1.40 %	Hygrophila spinosa	1.40 %
Adhatoda vasica	1.40 %	Ficus bengalensis	1.40 %
Nelumbium speciosum	1.40 %	Andropogon muricatus	2.81 %
Terminalia chebula	2.81 %	Bryonia laciniata	2.81 %
Emblica officinalis	2.81 %	Symplocos racemosa	7.04 %
Saraca indica	56.33 %		

Preservatives:

Sodium Methyl paraben 0.06 % m/m

G73

-Sodium Propyl paraben 0.03 % m/m

Temperament:

Cold & Dry

Indication:

Menoherb / Femitibb / M2Tone tablets are suitable for phlegmatic disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions. It also soothes and pacifies Hot & Dry and Dry & Hot imbalances.

The pharmacological actions and indications of the main ingredient are as follows:

Saraca indica: Is a strong astringent. A major herb for the uterus; uterine sedative, uterine/ovarian fibroids, menorrhagia, bleeding haemorrhoids. Its principle constituents are a steroid component and a calcium salt. The bark of Saraca indica contains the estrogenic compound ketosterol. The bark has a stimulating effect on the endometrium and ovarian tissue, is useful in menorrhagia due to uterine fibroids, in leucorrhoea and in internal bleeding, where ergot is indicated. It is well established for its effectiveness in menorrhagia and dysmenorrhoea. It also has a stimulatory effect on the ovarian tissue and may produce an oestrogen-like effect that enhances the repair of the endometrium and stops bleeding.

Because of the above properties, Menoherb / Femitibb / M2Tone tablets are suitable for gynaecological problems from menarche to menopause such as: delayed puberty, irregular cycles, hypomenorrhoea and secondary amenorrhoea, oligomenorrhoea, dysfunctional uterine bleeding, anovulation, functional female infertility, and menopausal disturbances.

Dosage:

Irregular menstrual cycles / Menopause: 2 tablets two or three times daily for 3 to 6 cycles.

Infertility: 2 tablets two or three times daily for 3 to 6 months or until conception takes place.

Pack size:

60's – Menoherb & M2Tone

500's – Femitibb

57. Naturoslim capsules

Composition: Each capsule contains extracts of

Achyranthus aspera	55 mg	Garcinia cambogia	250 mg
Balsamodendron mukul	40 mg	Momordica charantia	15 mg
Dolichos biflorus	5 mg	Panchkol	40 mg
Aloe vera	5 mg	Gymnema sylvestre	30 mg
Picrorrhiza kurroa	2.5 mg	Loh bhasma	20 mg
Triphala	20 mg	Embelia ribes	15 mg
Cyperus scariosus	15 mg		

Preservatives:

Methyl paraben 0.14 % m/m Propyl paraben 0.14 % m/m

Temperament:

Cold & Dry

Indication:

Naturo-slim is suitable for the metabolic disorders associated with Hot & Moist, Moist & Hot, and Cold & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Garcinia cambogia extract is the calcium salt of hydroxyl-citric acid (HCA), which is a non-toxic, tasteless, odourless powder, and found to be very effective herbal alternative for controlling obesity and cholesterol by inhibiting lipogenesis in our body. It works in two ways:

1. by suppressing appetite

2. by inhibiting lipid synthesis (inhibition of lipid biosynthesis or enhanced lipid metabolism interferes with mechanisms that lead to and maintain obesity).

Triphala: uniquely cleanses and detoxifies the phlegmatic humour at the deepest organic levels without depleting the body's reserves. Possesses laxative, astringent, lubricant, anti-parasitic, alterative, anti-spasmodic and nervine properties. It improves digestion, reduces serum cholesterol, improves circulation, and exerts a marked cardio-protective effect.

Balsamodendron mukul: has alterative, astringent, hypercholesterolaemic, diabetes and fat reducing properties. Guggulsterones, the active component in the mukul, have a direct stimulating action on the thyroid gland.

Because of the above properties, Naturoslim capsules have the following action: dissolves fat, improves thyroid function, strengthens digestion, concocts, and eliminates the phlegmatic humour, speeds up the metabolism, improving circulation, removes toxins and suppresses appetite. Unani-Tibb defines obesity as the imbalance of one of the four humours – in this case, phlegmatic. When phlegmatic humour increases, fat metabolism gets hampered, and the person becomes obese. Naturoslim helps to reduce phlegmatic humour, which is the basis of fat accumulation, and improves fat metabolism, so further fat deposition will not take place, so helping in weight control.

Naturoslim can be used in a number of indications in combination with other Tibb medication as follows:

In obesity with Phlemnol and Haemoclear

Obesity link with under-active thyroid, with Lymphocare and Tibb-Renotone / Jawarish Zarooni paste

Obesity link to disturbed eating patterns (excessive craving for sugar) with Glucostop

Disturbed eating patterns (such as excessive craving for sugar).

Special precaution:

Pregnancy

Jaundice

Renal failure

Severe hypertension

Dosage:

2 to 3 capsules twice daily preferably 30 minutes before meals.

Pack size:

60's

58. Neo tablets

Composition: Each tablet contains extracts of:

Vang Bhasma	2 mg	Loh Bhasma	2 mg
Shilajit Shuddha	8 mg	Hingul Shuddha	8 mg
Mukta Shukti bhasma	8 mg	Glycyrrhiza glabra	8 mg
Purified Strychnos Nux vomica	20 mg	Eclipta alba	16 mg
Asparagus racemosa	35 mg	Purified Mucuna pruriens	56 mg
Allium cepa	90 mg		

Preservatives:

Sodium methyl paraben	0.3 mg	Sodium propyl paraben	0.15 mg
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Temperaments:

Dry & Hot

Indication:

Neo tablet increases Dryness with Heat and as a result excessive Moisture and phlegmatic will be decreased. Neo tablets are suitable for genito urinary system disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Allium cepa: is used as a tonic, sex booster, anti-inflammatory, antiseptic, carminative, diuretic, and stomachic. It improves the circulation and as result blood reaches easily on micro level.

Mucuna pruriens: aphrodisiac, astringent, nervine, tonic, rejuvenative. The seeds are used in sexual weakness, leucorrhoea, menorrhagia, spermatorrhoea, Parkinson's and as an aphrodisiac. They are one of the best tonics and used as powder to improve vitality.

Shilajit Shuddha: alterative, anodyne, antiseptic, aphrodisiac, cholagogue, disinfectant, mildly laxative, lithotryptic, rejuvenative, respiratory stimulant and tonic. It is used for diabetes, insanity, sexual debility, neurasthenia, insanity, and nervous diseases. Shilajit is an effective tonic for anaemia and general debility.

Asparagus racemosus: aphrodisiac, demulcent, galactagogue, nutritive, mucilaginous, refrigerant.

Considered a soothing, cooling "tonic herb". Useful in irritable conditions of mucous membrane.

Because of its mucilaginous effect it decreases the heat and dryness and as a result is helpful in premature ejaculation, spermatorrhoea. It increases fertility, regulates hormonal balance, aphrodisiac, increases quantity and quality of sperm.

Due to the above properties, Neo tablet increases the quantity and quality of spermatic fluid, soothes the mucous lining, and strengthens the kidneys, testicles and other genito urinary organs and assists in the management of nocturnal semen emission, premature ejaculation, and nocturnal enuresis

Dosage:

Adults: 1 to 2 tablets three times daily.

Children: 1 tablet three times daily.

The tablet may be crushed and given in milk

Pack size:

90's

59. Neurotone tablets

Composition: Each tablet contains extracts of:

Nux vomica	75 mg	Anacyclus pyrethrum	38 mg
Syzygium aromaticum	28 mg	Zingiber officinale	23 mg
Crocus sativus	19 mg	Asphaltum	19 mg
Colchicum autumnale	13 mg	Myristica fragrans	13 mg
Cinnamomum cassia	13 mg	Castoreum	9 mg

Preservatives:

Methyl paraben	0.25 % m/m	Propyl paraben	0.025 % m/m
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Temperament:

Dry & Hot

Indication:

Neurotone is suitable for phlegmatic, cerebral / nervous system disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Strychnos Nux vomica is a motor nerve excitant, tonic and sexual stimulant. Also stimulates the cardiac muscles directly and the motor ganglia and nerves of special sense and the spinal nerves.

Anacyclus pyrethrum is a stimulant, sialagogue, nerve tonic suitable for nerve disorders, as gargle for tooth problems (e.g., toothache), paralysis, hemiplegia, epilepsy and promotes talking in retarded children.

Syzygium aromaticum: is a cardiac and nerve stimulant.

Zingiber officinale: has diaphoretic, carminative, digestive, nervine, sialagogue and stimulant properties.

Crocus sativus: is an anodyne, antispasmodic and aphrodisiac.

Because of the above properties Neurotone is effective in the treatment of the following conditions and can be used in combination with other Tibb medication as follows:

Phlegmatic disorders with Phlemnii and Habb-E-Tinkar

Nervous exhaustion or weakness with Cognium and Tibb-Completone

Bell's palsy with Cognium and Rumaflam oil

Paralysis with Phlemnii, Cognium and Rumaflam oil

Chronic fatigue syndrome with Tibb-Completone

Attention deficit, speech disorders and shyness with Stress-Away and Cognium.

Dosage:

1 tablet 1 to 3 times daily.

Pack size:

60's

60. Phlemnii tablets

Composition: Each tablet contains extracts of:

Lavendula steochas	56 mg	Terminalia belerica	56 mg
Emblica officinalis	56 mg	Terminalia chebula	34 mg
Terminalia chebula	34 mg	Balsalmodendron mukul	34 mg
Paeonia emodi	28 mg	Delphinium denudatum	28 mg
Polypodium vulgare	28 mg	Ipomoea purga	17 mg
Citrullus colocynthis	6 mg		

Preservatives:

Methyl paraben	0.2 % w/w	Propyl paraben	0.02 % w/w
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Temperament:

Cold & Dry

Indication:

Phlemnii is suitable for phlegmatic disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Lavendula steochas: has anti phlegmatic, carminative, anti-spasmodic, anti-depressant, rubefacient, hypotensive, stimulant, aromatic and fragrant properties. Useful for headaches, depression, as a tonic for the nervous system and promotes natural sleep.

Terminalia bellerica: has antiphlegmatic, antiseptic, astringent, expectorant and laxative properties and is used for treating headaches, phlegmatic digestive disorders, poor appetite and as a brain and stomach tonic.

Emblica officinalis has astringent, haemostatic and laxative properties and is used to manage phlegmatic mental disorders.

Terminalia chebula: has tonic, astringent, laxative, nervine, expectorant and antihelminthic properties and is used in treating cough, asthma, and diarrhoea.

Paeonia emodi, Delphinium denudatum, Polypodium vulgare, Ipomoea purga, Citrullus colocynthis: are concoctives and purgatives of excessive phlegmatic humour.

Because of the above properties, Phlemnii is suitable for concoction of phlegmatic humour and can be used in combination with other Tibb medication as follows:

In phlegmatic disorders with Septogard and Habb-E-Tinkar

Nervous weakness with Cognium and Tibb-Completone

Sinusitis with Sinugraine

Migraine with Sinugraine

Chronic rhinitis with Histanil.

Dosage:

1 – 2 tablets 1 to 3 times daily.

Pack size:

60's

61. Piloherb ointment

Composition: Each 30g contains extracts of:

Mimosa pudica	1.5 g	Cinnamomum camphora	0.9 g
Eclipta alba	0.9 g	Tankana	0.3 g
Vitex negundo	0.9 g	Yashad bhasma	0.3 g
Calendula officinalis	0.6 g	Base q.s.ad	100 %

Preservatives:

Methyl paraben sodium	0.23 % m/v	Propyl paraben sodium	0.14 % m/v
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Temperament:

Hot & Dry

Indication:

Piloherb ointment is suitable for skin disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and even Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Mimosa pudica: a paste of the leaves is applied to glandular, venous, and lymphatic swelling.

Cinnamomum camphora: has soothing, cooling and anti-inflammatory properties.

Tankana: Is a good astringent and antiseptic. It is useful in superficial infections, prickly heat, etc

Yashad Bhasma: a specially processed zinc. Zinc plays a significant role in protein synthesis, in cell division and in wound healing. It has shown beneficial effects in acne and is known to have antiseptic and astringent properties.

Calendula officinalis: calendula may be useful in the treatment of eczema, gastritis, minor burns (including sunburn) and wound healing.

Because of the above properties, Piloherb ointment helps to shrink the pile mass, controls bleeding and hastens the healing process in inflamed skin and mucous membranes. The local analgesic action of Piloherb ointment relieves anal pain and itching, and its soothing action facilitates the smooth evacuation of faeces. It is also used for varicose veins.

Dosage:

Apply before and after evacuation.

Simultaneous use of Piloherb tablets brings complete relief faster.

Pack size:

25g

62. Piloherb tablets

Composition: Each tablet contains extracts of:

Emblica officinalis	16 mg	Terminalia chebula	16 mg
Balsamodendron mukul	130 mg	Terminalia belerica	16 mg
Shilajeet (Purified)	16 mg	Cassia fistula	16 mg
Melia azadirachta	7 mg	Mesua ferrea	3 mg
Bauhinia variegata	16 mg	Berberis aristata	32 mg

Temperament:

Hot & Dry

Indication:

Piloherb tablets are suitable for skin disorders associated with Hot & Moist, Moist & Hot, Cold & Moist and Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Balsamodendron mukul: has analgesic, antispasmodic, and astringent properties. Is used to treat haemorrhoids, reduce toxins, and enlarged glands,

Bauhinia variegata: the bark is astringent, tonic and antihelminthic. It is useful in scrofula and skin diseases. It is also used for ulcers and leprosy. The dried buds are used for diarrhoea, dysentery, and haemorrhoids.

Berberis aristata: has antibacterial and anti-inflammatory activities. The drug is used as a stomachic, laxative, diaphoretic, antipyretic and antiseptic. It is administered externally for painful eye afflictions and haemorrhoids.

Because of the above properties Piloherb tablets reduces the engorgement and turgidity of the veins and venous capillaries and facilitates in the treatment of haemorrhoids and varicose veins. By relieving hepatic congestion and portal pressure, it plays a facilitatory role in hepatic disorders associated with venous congestion. The anti-inflammatory and anti-infective action reduces inflammation, checks infection, and promotes healing. The laxative property of Piloherb tablets corrects chronic constipation associated with haemorrhoids.

Dosage:

1 – 3 tablets 1 to 3 times daily after meals for one week, followed by 1-2 tablets twice daily for 4 to 6 weeks.

Pack size:

60's & 500's

63. Pressure-eeze forte tablets

Composition: Each tablet contains extracts of:

Rauwolfia serpentina	130 mg	Lapis lazuli	30 mg
Mineral bezoar	30 mg		

Sugar free

Temperament:

Cold & Dry

Indication:

Pressure Eeze Forte is suitable for phlegmatic disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions. It also soothes and pacifies Hot & Dry and Dry & Hot imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Rauwolfia serpentine (Rauwolfia): the whole plant is used and therefore as an ingredient it does not have the negative effects that are reported from the use of the isolated alkaloid reserpine. The most notable of these side effects is depression and tiredness due to the depressive effect that Reserpine has on the heart muscle itself. The numerous different alkaloids in the plant balance each other's negative and positive effects, this then means that they achieve the desired effect without side-effects. Sodium bezoar: bezoar means protection from poison. Mineral bezoar is a silicate of magnesium and iron which is included in the formula to avoid the possible depression and nausea that can be caused by Rauwolfia, and it also acts as a tonic for the heart.

Lapis lazuli: is a native sodium, alumino silicate compound containing sulphides and is used after processing to remove impurities or harmful effects. In the formulation it acts as a heart tonic to avoid the sadness or low and depressive moods that can be caused by Rauwolfia.

Because of the above properties Pressure Eeze Forte is effective in the treatment of severe hypertension. It can also be used in combination with Lo-Chol, Coronary Care and Tibb-Renotone according to the condition.

Dosage:

1 tablet 1 to 2 times daily.

Pack size:

60's & 500's

64. Pressure-eeze / Sapera forte tablets

Composition: Each tablet contains 51.8 mg extracts of:

Root of Piper Longum	3.28 %	Elaeocarpus ganitrus	3.28 %
Anethum sowa	6.56 %	Cassis fistula	6.56 %
Valeriana wallichii	6.56 %	Hemidesmus indicus	6.56 %
Boerhaavia diffusa	6.56 %	Terminalia arjuna	6.56 %
Eclipta alba	6.56 %	Withania somnifera	6.56 %
Herpestis monniera	6.56 %	Triphala	9.8 %
Dashmool	24.6 %		

Preservatives:

Sodium methyl paraben	0.09 % m/m	Sodium propyl paraben	0.05 % m/m
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Temperament:

Hot & Moist

Indication:

Pressure-Eeze / Sapera Forte increases the Heat and Moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the Heat and the bilious humour by increasing the Moistness. Pressure-Eeze / Sapera Forte is suitable for respiratory disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also balances Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

All the ingredients are suitable for hypercholesterolemia, hyperlipidemia and high triglycerides and because of this Pressure-Eeze / Sapera Forte is more suited for mild to moderate hypertension as well as Cold & Dry or melancholic type of hypertension.

Dosage:

Initially: 1-2 tablets 1 to 3 times daily.

Maintenance dose: 1 tablet 1 to 3 times daily.

Pack size:

60's & 500's – Pressure-Eeze

100's – Sapera Forte

65. Prosteez tablets

Composition: Each tablet contains:

Powders:

Yashad Bhasma	10 mg	Purified Asphaltum	25 mg
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Extracts of:

Sereno repens	75 mg	Piper cubeba	50 mg
Tinospora cordifolia	100mg	Triphala	100mg
Crataeva nurvula	200mg	Tribulus terrestris	200mg
Glycine soja	200mg	Bauhinia variegata	250 mg

Preservatives:

Methyl Paraben	0.500 mg	Propyl Paraben	0.250 mg
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Temperament:

Hot & Dry

Indication:

Prosteez tablet increases Heat and Dryness and as a result Moistness, Cold, phlegmatic, and melancholic humour will be decreased.

The pharmacological actions and indications of the main ingredients are as follows:

Sereno repens: is an anabolic, aphrodisiac, diuretic, inhibits androgen and oestrogen receptor activity, sedative, and sexual tonic. Saw Palmetto is called the 'plant catheter' due to its therapeutic effect on the neck of the bladder and is used to: benefit the urinary tract, relieve strain from painful bladder problems, tone the bladder by improving urinary flow, allowing complete bladder expulsion, reducing inflammation of the bladder, aids the thyroid in regulating sexual development, for those suffering from thyroid deficiency, aphrodisiac for men, atrophy of testes, balances the hormones, benefits the prostate gland, for reduced or absent libido (sex drive), therapeutic effect on the prostate gland, enlarged or weakened prostate gland, reducing inflammation of the bladder and enlarged prostate, impotence, increases the nutrition of the testicles in functional atony of these organs, normalizes activity of the reproductive glands and organs.

Tribulus terrestris: has aphrodisiac, diuretic, lithotryptic, nervine, rejuvenative and tonic properties. This herb is used in the treatment of urinary disorders and impotence, kidney diseases and gravel, diseases of the genito-urinary system, calculus affections, gout etc. This herb to be very valuable in improving vitality. It revitalizes the emaciated human system. It is sweet to taste and has cooling properties. It is heavy and increases stickiness of tissues. Tribulus increases strength of muscles. Research have shown that Tribulus increases male hormone testosterone, which strengthen the muscles. It cleanses the bladder and boosts the resistance of bladder to infection. It acts as a very effective aphrodisiac. Its property of boosting testosterone level help to increase erection, sperm count and sperm motility. Hence it has been included as an active ingredient in sex enhancing preparations.

Crataeva nurvula: is anti-inflammatory in action. It is used for atonic bladder (lack of normal tone), benign prostatic hyperplasia (increase in volume of a tissue or organ caused by the formation of and growth of new cells), bladder tonic, chronic urinary tract infections, hypotonic bladder (reduced tone or tension) and incontinence and possibly enuresis (bedwetting) and prevention and treatment of kidney stones.

Due to the above properties, Prosteez tablet assists in the management of Benign Prostate Hyperplasia (BPH). It increases the quantity and quality of spermatic fluid, soothes the mucous lining, and strengthens the kidneys, testicles, and other genito-urinary organs.

Dosage:

2 tablets twice daily.

Pack size:

20's

66. Qaraheen granules

Composition: Each 3g contains extracts of:

Glycyrrhiza glabra	1.846 g	Cochlospermum gossypium	0.615 g
Pistacia terebinthus	0.309 g	Red ochre	0.102 g
Hydrated magnesium silicate	0.050 g	Silicate of magnesium & ferrum	0.039 g
Lapis lazule	0.039 g		

Temperament:

Moist & Hot

Indication:

Qarheen increases the moistness and as a result the bilious and the melancholic humour will be reduced. Qarheen is suitable for digestive disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Glycyrrhiza glabra: Has demulcent, laxative, rejuvenative, tonic and anti-inflammatory properties and is used for peptic ulcer, and gastritis. It can be used to relieve abdominal colic and hyperacidity.

Cochlospermum gossypium: Has soothing, healing and antacid properties.

Pistacia terebinthus: has antacid and digestive properties.

Red ochre: has glutinous, antihemorrhagic and healing properties.

Because of the above Qarheen is suitable in the treatment of gastritis, peptic ulcers, bleeding ulcers, normalise acidity & calm the digestive system. It can give better results when combined with Endemali.

Dosage:

1 sachet before meals and at bedtime.

Pack size:

20's

67. Regulax forte tablets

Composition: Each tablet contains extracts of:

Piper nigrum	3.12 mg	Tankhankhar shuddha	3.12 mg
Sonageru	3.12 mg	Kajjali	6.24 mg
Piper longum	3.12 mg	Zingiber officinale	6.24 mg
Ipomoea turpethum	12.48 mg	Triphala	46.8 mg
Croton tiglium	49.92 mg	Eclipta alba	30.0 mg

Temperament:

Hot & Dry

Indication:

Regulax forte is suitable for phlegmatic and melancholic disorders associated with Hot & Moist, Moist & Hot, Cold & Moist and Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Croton tiglium: has cathartic, antihelminthic, aphrodisiac and lithotryptic properties. Anti-phlegmatic, anti-melancholic and increases the bilious humour.

Eclipta alba has anti-phlegmatic, alterative, antipyretic, haemostatic, laxative, nervine, rejuvenative, tonic, hepatic tonic and deobstruent properties.

Ipomoea turpethum: has anti-phlegmatic and purgative properties.

Triphala: has anti-phlegmatic and astringent properties.

Because of the above properties Regulax Forte is used for purging the phlegmatic and melancholic humour and as a result increasing the bilious humour. It also assists in the treatment of chronic or occasional constipation. As a constitutional medicine, Regulax can be used in the treatment of all the phlegmatic and melancholic disorders.

Dosage:

1 tablet at night with lukewarm water.

Pack size:

100's

68. Rumaflam cream

Composition: Each 30g contains extracts derived from:

Mentha arvensis	3 g	Cinnamomum zeylanicum	0.75 g
Cinnamomum camphora	1.5 g	Pinus roxburghi	1.5 g
Sesamum indicum (processed)	6.6 g	Base q.s. ad	100 %

Preservatives:

Methyl paraben	0.25 % m/m	Propyl paraben	0.05 % m/m
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Temperament:

Dry & Hot

Indication:

Rumaflam cream is suitable for the musculoskeletal system and nerve disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and even Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Mentha arvensis (oil): has anti-inflammatory, anti-spasmodic, analgesic, stimulant and heating properties.

Cinnamomum zeylanicum: has analgesic, anti-rheumatic, antispasmodic, stimulant and heating properties and improves circulation, generates energy, and enhances blood flow.

Cinnamomum camphora: has anti-inflammatory, soothing, and analgesic properties.

Pinus roxburghi: the turpentine oil obtained from the chir pine is valued in medicine as a rubefacient in various rheumatic affections, such as lumbago, arthritis, and neuralgia. The oil is also an ingredient in many ointments, liniments, and lotions for treating minor aches and pains as well as colds when applied externally.

Sesamum indicum (oil): is an excellent rejuvenative tonic for melancholic and phlegmatic humour disorders. Soothes and nourishes the skin and joints.

Because of the above properties, Rumaflam cream is suitable medicine in the following disorders when applied to the affected area:

Rheumatoid arthritis
Osteoarthritis
Arthralgia
Gout
Cervical and lumbar spondylosis
Sprains and dislocations
Frozen shoulder
Traumatic inflammatory conditions

Dosage:

Apply a small quantity of cream to the tender area and lightly massage the cream in.

Pack size:

25g & 100g

69. Rumaflam oil

Composition: Each 5 g of oil contains extracts of:

Rubia cordifolia	9.8 %	Cinnamomum cassia	9.8 %
Myrica cerifera	4.0 %	Parmelia perilata	4.0 %
Cyperus rotundus	4.0 %	Acorus calamus	4.0 %
Syzygium aromaticum	4.0 %	Curcuma caesia	4.0 %
Strychnos nux vomica	4.0 %	Saussurea lappa	4.0 %
Mustard oil	24.6 %	Sesame oil	24.4 %

Temperament:

Dry & Hot

Indication:

Rumaflam oil is suitable for the musculoskeletal system, and nerve disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Acorus calamus: has anti-spasmodic, nervine, stimulant, anti-arthritic and nervous system rejuvenating properties.

Cinnamomum cassia has analgesic, anti-rheumatic, anti-spasmodic and stimulant properties and improves circulation.

Cyperus rotundus: is an anti-rheumatic, anti-spasmodic, aphrodisiac, astringent, and general stimulant.

Strychnos Nux vomica is a motor nerve excitant, tonic and sexual stimulant. Also stimulates the cardiac muscles directly and the motor ganglia and nerves of special sense and the spinal nerves.

Because of the above properties Rumaflam oil is effective in the management of arthritis, paralysis, numbness, and lack of sensation.

Special precaution:

Discontinue use if sensitivity to the oil develops.

Dosage:

Apply 10 to 20 drops to the affected area.

Pack size:

50ml

70. Rumaflam tablets

Composition: Each tablet contains extracts of:

Mahayograj guggul	0.162 g	Shankh bhasma	65 mg
Rubia cordifolia	19 mg	Shilajeet (purified)	16 mg
Moringa pterygosperma	16 mg	Hibiscus abelmoschus	10 mg
Tribulus terrestris	16 mg	Swarnamakshik bhasma	5 mg
Maharasnadi quath	65 mg	Tinospora cordifolia	10 mg

Temperament:

Dry & Hot

Indication:

Rumaflam tablets is suitable for the musculoskeletal system and nerve disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and even Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Mahayograj Guggul: it is a multi-ingredient preparation, the main constituent of which is Commiphora wightii (Indian Bdellium, Guggul). It contains volatile oils that have astringent and antiseptic properties. It increases the leucocyte count, stimulates phagocytosis, and is used in the treatment of rheumatism that has affected the joints and bones.

Maharasnadi quath: it is a decoction, which contains Vanda roxburghii as the main component. It has analgesic, antiphlogistic, antipyretic and immunostimulant properties and is used for the treatment of low immune system, rheumatism, and arthritis.

Sida cordifolia: analgesic, diuretic, rejuvenative, facial paralysis, for healing tissues of chronic inflammation, sciatica, neuralgia and nerve inflammation, chronic rheumatism, and arthritis.

Shankh Bhasma: highly enriched in calcium, phosphorus and magnesium, the main minerals to maintain healthy joints.

Tinospora cordifolia: alterative, antiperiodic, bitter tonic, diuretic, febrifuge, gout, and chronic rheumatism.

Rumaflam tablets can be used in combination with other Tibb medication as follows:

- In Rheumatoid arthritis with Tibb-Antiflam
- In Osteoarthritis with Blackseed capsules and Tibb-Completone
- In Arthralgia with Rumaflam oil
- In gout with Tibb-Antiflam and Tibb-Renotone tablets
- In all the conditions linked to musculoskeletal system as external application the mixture of Rumaflam cream or mixture of Blackseed winter oil and Rumaflam oil is a good solution.

Special precaution:

Caution should be exercised for patients with non-ulcerative dyspepsia.

Dosage:

1 – 2 tablets 1 to 3 times a day or as directed by a practitioner.

Pack size:

60's & 500's

71. Septogard syrup

Composition: Each 5ml contains extracts of:

Tinospora cordifolia	14 mg	Glycyrrhiza glabra	6 mg
Balsamodendron mukul	80 mg	Trikuta	13 mg
Rubia cordifolia	15 mg	Saussurea lappa	13 mg
Emblica officinalis	8 mg	Maharasnadi quath	30 mg

Preservatives:

Methyl Paraben m/v	0.07% m/v	Propyl Paraben	0.02%
Methyl Paraben Sodium	0.25% m/v	Propyl Paraben Sodium	0.2% m/v

Temperament:

Dry & Hot

Indication:

Refer to Septogard tablets

The pharmacological actions and indications of one of the main ingredients is as follows:

Saussurea lappa: Has antiseptic, astringent, antispasmodic, alterative and expectorant properties.

Used to treat bronchial asthma, wasting, cough, loss of hunger (dyspepsia), oedema and rheumatism.

Dosage:

Infants: ½ to 1 medicine measureful two or three times a day.

Children: 1 to 2 medicine measuresful two or three times a day.

Adults: proportionately higher.

Pack size:

100ml & 2.5 Lt

72. Septogard tablets

Composition: Each tablet contains extracts of:

Tinospora cordifolia	49 mg	Moringa pterygosperma	16 mg
Balsamodendron mukul	162 mg	Rubia cordifolia	16 mg
Shankh bhasma	32 mg	Glycyrrhiza glabra	6 mg
Maharasnadi quath	65 mg	Emblica officinalis	16 mg

Temperament:

Dry & Hot

Indication:

Septogard increases the Dryness and Heat and as a result the phlegmatic humour and to a lesser extent the melancholic humour will be reduced. Septogard also has concoctive properties for the phlegmatic humour. Septogard is suitable for disorders associated with Hot & Moist, Moist & Hot, Cold & Moist and Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Balsamodendron mukul: has alterative, antiviral, antibacterial and expectorant properties and is used to treat bronchitis and cystitis. It heals mucus membranes; increases white blood cell count, reduces pus discharges, reduces toxin build up, tumours, enlarged glands, parasitic infection, and abscesses.

Tinospora cordifolia: has alterative, antiperiodic, bitter tonic, diuretic, and febrifuge properties. Useful in the treatment of AIDS and other immune diseases, as a blood purifier, for fever and convalescence from fevers, tuberculosis, cancer (strengthens persons before and after chemotherapy).

Maharasnadi quath: it is a decoction, which contains Vanda roxburghii as the main component.

Maharasnadi quatha has analgesic, antiphlogistic, antipyretic and immunostimulant properties and is used for the treatment of low immune system, rheumatism, and arthritis.

Because of the above properties Septogard possesses immunomodulatory and anti-inflammatory functions, which potentiate the non-specific immune responses of the body. It stimulates phagocytosis by macrophage activation, increases the polymorphonuclear cells and helps overcome infection. It builds up resistance to infection and helps prevent re-infection. Its stimulatory effect on the humoral immunity increases the antibody-forming cells, thereby enhancing the secretion of antibodies into the circulation.

As a constitutional phlegmatic medicine Septogard can be used for the following conditions and in combination with other Tibb medication as follows:

- As a daily health supplement in infection prone cases with Tibb-Completo
- In upper respiratory tract infections with Kofcare & Kofol
- In lower respiratory tract infections with Tibb Asthma
- In colds and flu with Joshina or Tibb Flu-Relief
- In low Immune system with Livotibb, Splenoguard, and Tibb-Blackseed capsules
- In sinus problems with Sinugraine
- Urinary tract infections with Tibb-Renotone
- Ear, nose, and throat infections
- Allergic disorders of upper respiratory tract
- Skin and soft tissue infections and inflammations
- Dental and periodontal infections
- Infective and inflammatory conditions of the eye
- Bone and joint infections.

Dosage:

1 – 2 tablets 1 to 4 times a day or as directed by a practitioner.

Pack size:

60's & 500's

73. Sinugraïne / Cephagraïne tablets

Composition: Each tablet contains extracts of:

Sitopaladi Churna	12.90 %	Carum copticum	3.22 %
Piper nigrum	3.22 %	Ipomoea turpethum	3.22 %
Cyperus rotundus	6.45 %	Piper longum	9.67 %
Eclipta alba	9.67 %	Root of piper longum	16.12 %
Zingiber officinale	16.12 %	Ocimum sanctum	19.35 %

Preservatives:

Sodium Methyl paraben	0.137 % m/m	Sodium Propyl paraben	0.068 % m/m
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Temperament:

Hot & Dry

Indication:

Sinugraïne / Cephagraïne is suitable for the phlegmatic and melancholic disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and even Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Sitopaladi Churna: this is a major anti-phlegmatic formula, which also reduces melancholic humour. It is an expectorant and antitussive, useful in colds, nasal congestion, fever, lack of appetite, debility, and cough.

Cyperus rotundus: is an alternative, antispasmodic and anti-phlegmatic agent.

Piper longum: Is an analgesic used for phlegmatic disorders, asthma, bronchitis, colds, coughs and to strengthens the immune system.

Eclipta alba has alterative, antipyretic and antiphlegmatic properties.

Zingiber officinale: has antiseptic, antibacterial, and antispasmodic properties and is used for treating coughs, sinus congestion and phlegmatic disorders.

Ocimum sanctum has antibacterial, antiseptic, and antispasmodic properties and is used to treat coughs, colds, fevers, headaches, lung problems, nasal congestion, sinus congestion and is known to assist in clearing the lungs.

Because of the above properties, Sinugraïne / Cephagraïne is suitable for nasal congestion, phlegmatic and melancholic migraines, sinusitis, tension headaches and spasmodic headaches. It is also good for headaches of unknown cause. It can be used in combination with Septogard tablets for better results.

Dosage:

Sinusitis: 2 tablets three times daily for seven days. The course may be repeated after a month.

Migraine/Headaches: 2 tablets three times daily or as directed by practitioner.

Pack size:

60's & 500's – Sinugraïne

100's – Cephagraïne

74. Slumeraid oil

Composition: Each 5 ml contains extracts of:

Lagenaria siceraria	14.28 %	Prunus amygdalus	14.28 %
Papaver somniferum	14.28 %	Lactuca sativa	14.28 %
White sesame seeds	14.28 %	Cucumis sativus	14.28 %
Citrullus lanatus	14.28 %		

Temperament:

Cold & Moist

Indication:

Slumeraid oil is suitable for brain and nerve disorders associated with Cold & Dry, Dry & Hot, Hot & Dry and to a lesser extent Hot & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Lagenaria siceraria: has a calming, cooling, nutritive, diuretic, and soothing effect and decreases the dryness and heat.

Prunus amygdalus: is known for its soothing, nourishing, nutritive effects. It contains folic acid, alpha tocopherol, and zinc, which are useful in skin disorders. Almond kernels are considered demulcent and diuretic as well as being a nervine tonic. It improves the brain functions.

Papaver somniferum: is a hypnotic agent and sedative that suppresses excessive heat and the bilious humour.

Lactuca sativa: nervine, anodyne, hypnotic, anti-spasmodic, insomnia, restlessness, and excitability (especially in children) and other manifestations of an overactive nervous system.

White sesame: has soothing, emollient, demulcent, diuretic, nourishing and nutritive properties and acts as a rejuvenative tonic for melancholic humour.

Cucumis sativus: is calming, cooling, soothing and decreases the dryness and heat and acts as a diuretic.

Citrullus lanatus: is calming, cooling, soothing and decreases the dryness and heat and acts as a diuretic.

Because of the above properties Slumberaid oil is a good remedy for the melancholic and bilious disorders and can be used in combination with other Tibb medication as follows:

Insomnia with Slumberaid syrup

Stress with Stress-Away

Mental fatigue with Tibb-Completone

Hypersensitivity with Slumberaid syrup

Over activity of the brain with Stress-Away

Dosage:

Externally: apply 5 to 10 ml on the temples and scalp.

Internally: drink 5 ml with warm water 1 to 2 times daily.

Special precaution:

Discontinue use if sensitivity to the oil develops.

Pack size:

50ml

75. Slumeraid / Atimooni syrup

Composition: Each 150ml contains extracts of:

Lavendula stoechas	0.938 g	Cuscuta reflexa	0.938 g
Nepeta hindostana	0.938 g	Ocimum pilosum (seeds)	0.938 g
Cassia angustifolia	1.880 g	Ocimum pilosum (leaves)	1.250 g
Polypodium vulgare	0.938 g	Terminalia chebula	0.938 g
Nymphaea lotus	0.938 g	Viola odorata	0.938 g
Rosa damascena	0.625 g	Onosma bracteatum	1.880 g

Preservatives:

Citric acid	0.1% m/v	Sodium benzoate	0.08% m/v
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Temperament:

Moist & Hot

Indication:

Slumberaid / Aftimooni increases the moistness and as a result the bilious and the melancholic humour will be reduced. Slumberaid / Aftimooni is suitable for disorders associated with Cold & Dry, Dry & Hot, Hot & Dry and to a lesser extent Hot & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Lavendula stoechas: has carminative, anti-spasmodic, anti-depressant, rubefacient, hypotensive, stimulant, aromatic and fragrant properties. Used to treat headaches, depression, as a tonic for the nervous system and promotes natural sleep.

Nepeta hindostana: is used to treat insomnia, as a tranquilizer, sedative, digestive aid, anodyne, antispasmodic, aromatic, carminative and diaphoretic.

Onosma bracteatum: is used as a tonic, alterative, demulcent, diuretic and refrigerant and is useful as a spasmolytic.

Balance of the ingredients: have anti-melancholic, Moistening, and soothing properties and also increases the moisture and decreases the Dryness and Heat.

Because the above properties Slumberaid / Aftimooni is suitable in the treatment of melancholia, mania, insomnia, aggressive and violent behaviour. It can be combined with Stress-Away and Slumberaid oil. A palatable syrup that soothes the nerves and induces sleep. Slumberaid / Aftimooni syrup regulates bile and regulates intestinal movement.

Dosage:

2 – 3 teaspoons mixed into a cup of water at night. 2 – 3 teaspoons reduces nervous tension.

Pack size:

200ml

76. Splenogard syrup

Composition: Each 5 ml contains extracts of:

Tecomella undulata	100 mg	Tephrosia purpurea	75 mg
Phyllanthus niruri	75 mg	Picrorrhiza kurroa	75 mg
Boerhaavia diffusa	75 mg	Tinospora cordifolia	75 mg
Withania somnifera	100 mg	Asparagus racemosus	50 mg
Sugar	3.25 g		

Preservatives:

Sodium methyl paraben	0.2 % m/v	Sodium propyl paraben	0.1 % m/v
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Temperament:

Hot & Moist

Indication:

Refer to Splenoguard tablets below.

Dosage:

1 – 2 medicine measures 1 to 3 times daily.

Pack size:

200ml

77. Splenogard tablets

Composition: Each tablet contains extracts of:

Tecomella undulata	100 mg	Tephrosia purpura	75 mg
Phyllanthus amarus	75 mg	Picrorrhiza kurroa	75 mg
Boerhaavia diffusa	75 mg	Tinospora cordifolia	75 mg
Withania somnifera	100 mg	Asparagus racemosus	50 mg

Sugar free

Preservatives:

Methyl paraben	0.25 % m/m	Propyl paraben	0.025 % m/m
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Temperament:

Hot & Moist

Indication:

Splenoguard tablets increases the Heat and Moistness in a balanced way. As a result, the melancholic humour will be reduced. They also balance the phlegmatic humour by increasing the Heat and the bilious humour by increasing the Moistness. Splenoguard is suitable for respiratory disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Hepatic stimulant, anti-inflammatory, carminative, digestive, boost the function of the spleen, blood purifying, immune boosting and assist in treatment when the liver or spleen are enlarged.

Because of above properties Splenoguard tablets and syrup can assist in the treatment of:

Splenomegaly

Hepatomegaly

Disturbed liver and spleen function and

Autoimmune disorders

May be prescribed as an adjuvant to HIV & AIDS, cancer, and tuberculosis.

Dosage:

1 tablet 1 to 2 times daily.

Pack size:

60's & 500's

78. Stress-away syrup

Composition: Each 5ml contains extracts of:

Bacopa monnieri	144 mg	Celastrus paniculatus	32 mg
Centella asiatica	70 mg	Oroxylum indicum	32 mg
Withania somnifera	52 mg	Mucuna pruriens	1.8 mg
Evolvulus alsinoides	52 mg	Elettaria cardamomum	1.8 mg
Nardostachys jatamansi	52 mg	Terminalia arjuna	1.8 mg
Valeriana wallichii	50 mg	Foeniculum vulgare	1.8 mg
Embelia ribes	50 mg	Ipomoea digitata	1.8 mg
Prunus amygdalus	50 mg	Orchis mascula	1.8 mg
Acorus calamus	42 mg	Zingiber officinale	1.4 mg
Terminalia chebula	36 mg	Terminalia belerica	1.4 mg
Emblica officinalis	36 mg	Myristica fragrans	1.4 mg
Tinospora cordifolia	36 mg	Syzygium aromaticum	1 mg

Preservatives:

Sodium methyl paraben	0.218 % m/v	Sodium propyl paraben	0.1582 % m/v
Methyl paraben	0.0726 % m/v	Propyl paraben	0.0182 % m/v

Temperament:

Moist & Hot

Indication:

Refer to Stress-Away tablets.

Dosage:

Infants: ½ a medicine measure 1 to 2 times daily.

Children: 1 medicine measure 1 to 2 times daily

Adults: 1 – 2 medicine measures 1 to 2 times daily

Pack size:

100ml & 2.5 Lt

79. Stress-away tablets

Composition: Each tablet contains extracts of:

Bacopa monnieri	136 mg	Bacopa monnieri	80 mg
Centella asiatica	70 mg	Mucuna pruriens	18 mg
Withania somnifera	52 mg	Elettaria cardamomum	18 mg
Evolvulus alsinoides	52 mg	Terminalia arjuna	18 mg
Nardostachys jatamansi	52 mg	Foeniculum vulgare	18 mg
Valeriana wallichii	50 mg	Ipomoea digitata	18 mg
Embelia ribes	50 mg	Orchis mascula	18 mg
Prunus amygdalus	50 mg	Zingiber officinale	14 mg
Acorus calamus	42 mg	Terminalia belerica	14 mg
Terminalia chebula	36 mg	Myristica fragrans	14 mg
Emblica officinalis	36 mg	Syzygium aromaticum	10 mg
Tinospora cordifolia	36 mg	Mukta pishti	3 mg
Celastrus paniculatus	32 mg	Oroxylum indicum	32 mg

Temperament:

Moist & Hot

Indication:

Stress-Away tablets increases the Moistness and as a result the bilious and melancholic humour will be reduced. It is suitable for disorders associated with Cold & Dry, Dry & Hot, Hot & Dry and to a lesser extent Hot & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Bacopa monnieri: the entire plant constitutes the well-known drug Brahmi. It is an astringent, bitter and cooling and is reported to improve the intellect. It is used for insanity, epilepsy and as a potent nerve tonic. It is also an anti-anxiety agent having an adaptogenic effect.

Centella asiatica: improves mental function and is used for nervous disorders, including epilepsy, senility, and premature aging. As a brain tonic, it is said to aid intelligence and memory. It strengthens the adrenal glands. It is used as an aid to balance the two sides of the brain. It is particularly helpful for over-stressed persons and considered "food for the brain".

Acorus calamus: has antispasmodic, nervine, brain rejuvenating, and cerebral circulation promoting properties and is used to treat epilepsy and hysteria.

Stress-Away can be used for the following conditions:

- Anxiety and Stress
- Memory disturbances
- Attention fluctuations
- Concentration impairment
- Language and learning disability
- Alcohol addiction
- Behavioural disorders
- Hyperkinetic states
- Asocial behaviour
- Temper tantrums
- Aggressive behaviour
- Enuresis
- Mental fatigue
- Speech defects
- Amnesia
- Supportive therapy in mild to moderate mental
- Retardation
- As an adjuvant in epilepsy, Alzheimer's, MS and Parkinson's diseases.

Dosage:

Adults: 1 – 2 tablets 1 to 2 times a day. A higher dosage is required in severe and chronic conditions or as directed by a practitioner.

Pack size:

60's & 500's

80. Saulin lozenges

Composition: Each lozenge contains extracts of:

Adhatoda vasica	20 mg	Glycyrrhiza glabra	30 mg
Ocimum basilicum	20 mg	Menthol	2.268 mg
Cinnamon cassia	0.453 ml	Cubeba officinalis	0.453 ml
Eucalyptus globules	0.907 ml	Pimpinella anisum	2.268 ml

Temperament:

Hot & Moist

Indication:

Sualin increases the heat and moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the heat and the bilious humour by increasing the moistness. Sualin is suitable for respiratory disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Adhatoda vasica: has expectorant, diuretic, antispasmodic and alterative properties. Is used to treat asthma, bronchitis, cough, laryngitis, wasting, TB, and fever with cough.

Glycyrrhiza glabra: is a demulcent, expectorant, rejuvenative, sedative, tonic and anti-inflammatory agent and is used to treat bronchial problems such as catarrh, bronchitis, coughs, and laryngitis.

Eucalyptus globules: eucalyptus is an expectorant, and a local antiseptic. It is used in cleansing nasal passage, treating sinusitis and bronchitis.

Pimpinella anisum: a carminative and pectoral medicine in coughs and pectoral affections. In hard, dry coughs where expectoration is difficult, it is very effective. It is generally used in the form of lozenges and the seeds have also been used for smoking, to promote expectoration. The volatile oil has a beneficial action on the bronchial tubes.

Because of the above properties, Sualin lozenges reduces the bronchial mucosal irritation. Its anti-inflammatory action reduces inflammation in the upper respiratory tract, especially in the pharynx and

larynx. In addition, the anti-allergic, antimicrobial, and immune resistance building properties provide relief from cough of varied aetiology.

Sualin can be used alone or in combination with other Tibb medication as follows:

In chest infections such as the common cold and influenza spasmodic infections of the respiratory tract for coughs, in allergic asthma and bronchitis with Joshina, Kofcare or Tibb Asthma.

Relief of hoarseness, laryngeal irritation, and sore throats.

Dosage:

Chew 1 – 2 lozenges slowly 1 to 3 times daily.

Pack size:

200's

81. Sufuf Bers powder

Composition: Each 6 g contains

Cassia absus	1.5 g	Cassia tora	1.5 g
Ficus hispida	1.5 g	Psoraleae corylifolia	1.5 g

Temperament:

Hot & Dry

Indication:

Sufuf Bers is suitable for skin disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and even Cold & Dry illness conditions. Specifically, leucoderma.

The pharmacological actions and indications of the main ingredients are as follows:

Cassia tora: is an antipyretic, antibiotic, antihypertensive, cholesterol reducing aid and mild laxative. Seeds and leaves are used for skin diseases such as vitiligo. Good for conditions of the eyes - itchiness, redness, or sensitivity to light.

Ficus hispida: a blood purifier, purgative of phlegmatic humour, resolvent, rubefacient, internally and externally good for vitiligo.

Psoralea corylifolia: a blood purifier, antihelminthic, antibacterial, antifungal, laxative and cholagogue. Skin conditions, especially leucoderma, psoriasis (used both internally and as an external paste or ointment), improves the colour of skin (including removing white spots), tones spleen and pancreas.

Dosage:

Soak 6 g in water overnight, strain and drink before breakfast. Apply the residue to the spots and sit in the sun for a minimum of ½ an hour.

Pack size:

50 g

82. Sumenta tablets

Composition: Each tablet contains extracts of:

Hypericum perforatum	22.5 mg	Nardostachys jatamansi	20 mg
Valeriana wallichii	20 mg	Aegle marmelos	50 mg
Terminalia arjuna	100 mg	Acorus calamus	150 mg
Withania somnifera	150 mg	Evolvulus alsinoides	150 mg
Celastrus paniculatus	150 mg	Herpestis monniera	200 mg
Emblica officinalis	200 mg		

Preservatives:

Sodium methyl paraben	0.6 mg	Sodium propyl paraben	0.3 mg
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Temperament:

Hot & Dry

Indication:

Sumenta tablets increases dryness with heat and as a result excessive moisture and phlegmatic will be decreased. Sumenta tablets are suitable for nervous system disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions

The pharmacological actions and indications of the main ingredients are as follows:

Emblica officinalis - is used for all hot / bilious diseases, all obstinate urinary conditions, anaemia, biliousness, bleeding, colitis, constipation, convalescence from fever, cough, diabetes, gastritis, gout, hepatitis, haemorrhoids, liver weakness, to relieve stress, osteoporosis, palpitation, spleen weakness,

tissue deficiency, vertigo rebuilds blood, bones, cells, and tissues. It increases red blood cell count and regulates blood sugar; heart tonic, cleanses mouth, stops gum bleeding, stops stomach and colon inflammation; cleanses intestines, strengthens teeth, aids eyesight, worms, acidity, eye and lung inflammations, ulcerations, G.I. disorders, painful urination, and internal bleeding.

Herpestis monniera: is commonly used for: anticonvulsant, anti-inflammatory, nervine, brain tonic, restore the nerves to their natural state. It is good to use in brain and nervous system conditions such as brain weakness, ADD, epilepsy, insanity, improves memory, improves mental capacities, such as concentration and learning, nervous breakdown, nervous deficit due to injury and stroke, nervous exhaustion.

Hypericum perforatum: anodyne, antidepressant, antispasmodic, nervine, sedative. It is used for anxiety, depression, exhaustion, hopelessness, hysteria, insomnia or restless sleep, long-term nervous debility and fatigue, melancholy, neurosis.

Withania somnifera: adaptogen [normalizes physical functioning depending on what the individual needs, e.g., it will lower high blood pressure, but raise low blood pressure], anti-inflammatory, nervine, soothing agent that reduces nervousness, distress or irritation, brain, and sex tonic. It is good to use in anaemia, nervous exhaustion, and debility, especially due to stress, tonic, rather than over-stimulating, for 'stressed out' people, impotence due to devitalisation, convalescence after acute illness or extreme stress, good general tonic for disease prevention in athletes, elderly and pregnancy.

Due to the above properties, Sumenta tablets assists in the management of mild to moderate anxiety and depression. As a brain tonic it improves memory, concentration, hopelessness, restless sleep, long-term nervous debility and fatigue, melancholy, neurosis and helpful in attention deficit disorder.

Contra-indication:

Contra-indicated in pregnancy

Dosage:

One tablet two times daily

Pack size:

30's

83. Supari Pak / Spermatone / Uterotone granules

Composition: Each 12 g contains extracts of:

Acacia arabica (bark)	0.0011 g	Areca catechu (flowers)	1.08 g
Areca catechu (nuts)	0.011 g	Bauhinia variegata	0.0011 g
Butea frondosa (exudates)	0.045 g	Myrtus caryophyllus	0.011 g
Cinnamomum zeylanicum	0.011 g	Canscora descussata	0.0011 g
Elettaria cardamomum	0.011 g	Myristica fragrans	0.0045 g
Orchis mascula	0.011 g	Pistacia vera	0.011 g
Rubia cordifolia	0.33 g	Tribulis terrestris	0.090 g

Temperament:

Cold & Dry

Indication:

Supari Pak / Uterotone / Spermatone is suitable for phlegmatic disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions. It also soothes and pacifies Hot & Dry and Dry & Hot imbalances. It assists in the management of uterine disorders, leucorrhoea, delayed menses and is a reliable uterine tonic.

It can also be used for the following indications and in combination with other Tibb medication as follows:

In leucorrhoea with Lucogard and Tibb-Completone

In uterine weakness and delayed periods with Mahwari

In infertility with Tibb-Femcare and Femitibb

In backache related to reproductive organs with Rumaflam

Special precaution:

Monitor diabetic patients using this product.

Dosage:

1 – 2 medicine measures morning or evening in milk.

Pack size:

100 g

84. Takzema ointment

Composition: Each 5g contains:

Powders:

Gandhak Shuddha	30 mg	Alasi Tel	100 mg
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Extracts of:

Melia azadirachta	300 mg	Swertia chirata	300 mg
Curcuma longa	300 mg	Berberis aristata	300 mg
Aloe barbadensis	300 mg	Emblica officinalis	100 mg
Terminalia bellerica	100 mg	Terminalia chebula	100 mg

Temperament:

Hot & Moist

Indication:

Takzema ointment increases the Heat and Moistness in a balanced way. As a result, the dryness will be reduced. It also balances the phlegmatic humour by increasing the Heat and the bilious humour by increasing the Moistness. Takzema ointment is suitable for dermatological system disorders associated with Dry & Hot, Cold & Dry and Hot & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Melia azadirachta: has antibacterial, antiviral, antifungal and blood purifying properties. Good for fungal infections, malaria, sexually transmitted diseases, shingles, yeast infections, skin conditions such as acne, eczema, psoriasis, bruises, burns, ulcers, and wounds.

Curcuma longa: has alterative, antibacterial, antibiotic, aromatic, carminative, stimulant and tonic properties. Useful in the treatment of atherosclerosis, diabetes, liver disorders, hepatitis, inflammation, skin disorders. It is currently being evaluated for its anti-carcinogenic and anti-mutagenic properties.

Aloe barbadensis: has antibacterial, antifungal, anti-inflammatory, antimicrobial and vulnerary properties. Externally Aloe is helpful for: acne, boils, burns, carbuncles, chafed and cracked skin, chafed nipples from breastfeeding, rashes, wounds, X-ray burns by placing a protective coating on the affected areas which: accelerates the rate of healing, decreases swelling and redness, increases the availability of oxygen to the skin, increases the synthesis and strength of tissue, reduces inflammation, and relieves pain.

Due to alterative, antibacterial, antibiotic, anti-inflammatory, vulnerary [a healing application for wounds] properties, Takzema ointment assists in the management of Eczema (Atopic dermatitis) & Contact dermatitis.

Side-effects and special precautions:

Itching/ burning sensations can be found occasionally in sensitive cases

Dosage:

Takzema Ointment should be applied over the affected area/s thrice daily as a thin film and rubbed in gently and completely

Pack size:

30g

85. Takzema tablets

Composition: Each tablet contains:

Powders:

Gandhak rasayan	25 mg	Vang bhasma	15 mg
Alasi tel	5 mg		

Extracts of:

Triphala	300 mg	Tinospora cordifolia	300 mg
Berberis aristata	200 mg	Rubia cordifolia	200 mg
Withania somnifera	100 mg		

Preservatives:

Sodium methyl paraben	0.5 mg	Sodium propyl paraben	0.25 mg
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Temperament:

Hot & Moist

Indication:

Takzema tablet increases the Heat and Moistness in a balanced way. As a result, the dryness will be reduced. It also balances the phlegmatic humour by increasing the Heat and the bilious humour by

increasing the Moistness. Takzema tablet is suitable for dermatological system disorders associated with Dry & Hot, Cold & Dry and Hot & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows

Triphala: has been found to act as a complete body cleanser. Not only does Triphala help to detoxify and cleanse the colon, but it also purifies the blood and removes toxins from the liver. Triphala is most generally used as an overall body tonic. Triphala has also been shown to be an excellent source of antioxidants. Other cleansing benefits of Triphala include reducing some forms of cholesterol (serum cholesterol) and reduces high blood pressure. Triphala is known as a cleaning agent, including a blood cleanser. The herb also has a high nutritional value, including high levels of vitamin C.

Tinospora cordifolia: has alterative, antiperiodic, bitter tonic, diuretic, and febrifuge properties. It is also a valuable tonic. It is a blood purifier and may be useful in AIDS and other immune diseases also. It is also being proposed for cancer patients before and after chemotherapy. Other applications of this herb include fever, gout, jaundice, torpidity of the liver, skin diseases, secondary syphilis, rheumatism, constipation, tuberculosis, and leprosy.

Rubia cordifolia: is known as best blood-purifying herb. It purifies the blood by removing toxins from blood, dissolving obstructions in blood flow and removing stagnant blood. It is alterative, anti-tumour, bitter, astringent, deobstruent, haemostatic in action and acts effective as an immune regulator. It is used in treatment of number of diseases like raised uric acid and gouty arthritis, glandular swellings, recurrent skin infections and other diseases of the skin like psoriasis, pigmentation anomalies, leucoderma, pimples, acne, freckles, and discoloration but it can also use for gaining lustre or glow of the skin.

Berberis aristata: has antiseptic, bitter stomachic tonic, febrifuge, hepatic and laxative properties.

Berberis is used to ease inflammation and infection, as well as candida (yeast) infections of the skin.

Barberry may also improve symptoms of certain skin conditions including eczema, psoriasis.

Due to alterative, antibiotic, anti-inflammatory, blood purifying, hepatic and healing properties, Takzema tablets assist in the management of Eczema (Atopic dermatitis) & Contact dermatitis.

Warnings:

Takzema tablets should not be used in pregnancy, lactation or by patients sensitive to 'sulpha' groups

Dosage:

2 tablets twice daily

Pack size:

30's

86. Throat and cough lozenges

Composition: Each lozenge contains:

Menthol is a covalent organic compound made synthetically or obtained from peppermint or other mint oils. Menthol has local anaesthetic and counterirritant properties, and it is widely used to relieve minor throat irritation.

Eucalyptus oil has strong germicidal and disinfectant properties and helps to relieve coughs

Caramel is used as a flavourant and is made from sugar by heating it slowly to around 170°C/340°F. As the sugar melts and approaches this temperature, the molecules break down into other volatile compounds that give it the characteristic caramel colour and flavours.

Temperament:

Cold & Moist

Indication:

Assist in relieving sore throats and coughs

Dosage:

Suck 1 or 2 lozenges 3 to 4 times daily

Pack size:

20 individually wrapped lozenges

87. Thyrocare tablets

Composition: Each tablet contains extracts of:

Ocimum sanctum	100 mg	Bauhinia variegata	100 mg
Tinospora cordifolia	50 mg	Terminalia arjuna	100 mg
Boerhaavia diffusa	100 mg	Withania somnifera	50 mg

Preservatives:

Sodium benzoate 0.08 % m/m

Temperament:

Cold & Dry

Indication:

Thyrocare is suitable for phlegmatic disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions. It also soothes and pacifies Hot & Dry and Dry & Hot imbalances.

Thyrocare is helpful in the treatment hyperthyroidism, particularly associated symptoms of hypertension and anxiety.

Dosage:

1 – 2 tablets 1 to 3 times daily.

Pack size:

60's

88. Thyronil paste

Composition: Each 5g of paste contains extracts of:

Dried thyroid gland of goat / sheep	0.08 g	Terminalia chebula	0.08 g
Terminalia bellerica	0.11 g	Phyllanthus emblica	0.11 g
Ipomoea turpethum	0.11 g	Cascuta reflexa	0.15 g
Lavendula stoechas	0.08 g	Polypodium vulgare	0.08 g
Cassia senna	0.06 g	Polypore officinalis	0.05 g
Curcuma zedoaria	0.05 g	Plumbago zeylanica	0.05 g
Ammonium chloride	0.05 g	Pimpinella anisum	0.03 g
Cinnamomum cassia	0.03 g	Valeriana wallichii	0.03 g
Syzygium aromaticum	0.03 g	Elettaria cardamomum	0.03 g
Myristica fragrans	0.03 g	Pistacia lentiscus	0.03 g

Temperament:

Dry & Hot

Indication:

Thyronil paste is suitable for the glandular and endocrine system and nerve disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Anti-phlegmatic, anti-inflammatory, lymphatic cleansing, phlegmatic concoctive and eliminative properties.

Because of the above properties, Thyronil is a valuable constitutional medicine in the treatment of glandular and lymphatic swelling, lipomas, goitre, and hypothyroidism.

It can also be used in combination with Lymphocare, Septogard and Habb-E-Tinkar.

Dosage:

5 grams 1 to 3 times daily before meals with water.

Pack size:

100 g

89. Tibb-Antiflam tablets

Composition: Each tablet contains extracts of:

Colchicum luteum	25 mg	Withania somnifera	20 mg
Zingiber officinalis	20 mg	Aloe indica	10 mg
Ptychotis ajowan	10 mg	Pimpinella anisum	10 mg
Balsalmodendron mukul	5 mg	Pistacia lentiscus	5 mg

Temperament:

Hot & Dry

Indication:

Tibb-Antiflam tablets is suitable for the musculoskeletal system and nerve disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and even Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Commiphora mukul: has alterative, analgesic, anti-spasmodic, astringent, and nervine properties and is used in arthritis, debility, lumbago, nervous disorders, heals bone fractures and rheumatic disorders.

Colchicum luteum: is analgesic and anti-inflammatory and contains the alkaloid colchicine, which is used medicinally for gout and arthritis.

Withania Somnifera: is analgesic and anti-inflammatory and used for arthritis, gout and to improve the lubrication in the joints.

Because of the above properties Tibb-Antiflam is effective as an analgesic, anti-inflammatory, anti-spasmodic and decreases the cold and the phlegmatic humour and assists in the management of arthritis, rheumatism, and gout.

Tibb-Antiflam T tablets can be used in combination with other Tibb medication as follows:

- In Rheumatoid arthritis with Rumaflam
- In gout with Tibb-Renotone
- In sciatica with Habb-e-Tinkar
- To decrease uric acid with Calcury and Tibb-Renotone
- Muscular pain and spasm with Rumaflam oil
- In osteoarthritis with Rumaflam and Laxotabs

Special precaution:

Monitor blood pressure in hypertensive patients

Dosage:

1 tablet 2 – 3 times a day.

Pack size:

60's & 500's

90. Tibb asthma / Haleezy syrup

Composition: Each 5 ml of syrup contains extracts of:

Ammonium chloride	10 mg	Trikuta	60 mg
Glycyrrhiza glabra	50 mg	Curcuma longa	20 mg
Ocimum sanctum	50 mg	Terminalia belerica	40 mg
Adhatoda vasica	300 mg	Solanum xanthocarpum	80 mg

Sugar

Preservatives:

Sodium benzoate	0.25 % m/v	Sodium methyl paraben	0.1 % m/v
Sodium propyl paraben	0.01 % m/v		

Temperament:

Hot & Moist

Indication:

Tibb Asthma / Haleezy increases the Heat and Moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the Heat and the bilious humour by increasing the Moistness. Tibb Asthma / Haleezy is suitable for respiratory disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Solanum xanthocarpum: acts as an astringent, expectorant, reduces fever and is known to assist in managing asthma, TB, and other lung diseases.

Adhatoda vasica: has an expectorant, diuretic, and antispasmodic action.

Curcuma longa: acts as an expectorant, antitussive and a natural antibiotic like action and is widely used to treat bronchial asthma.

Because of the above properties Tibb Asthma / Haleezy can be used in combination with other Tibb medication as follows:

- In bronchial asthma with Septogard and Tibb-Blackseed.

- In bronchitis with Joshina.
- In emphysema with Tibb-Blackseed capsules.
- In whooping cough with Kofcare and Sualin.

Dosage:

Shake bottle well before use

Adults: 1 to 3 medicine measures 1 to 3 times daily.

Children: 1 medicine measure 1 to 3 times daily.

Pack size:

200ml & 2.5 Lt – Tibb-Asthma

200ml – Haleezy

91. Tibb-Blackseed capsules

Composition: Each capsule contains

Blackseed 450mg

Temperament:

Dry & Hot

Indication:

Tibb-Blackseed capsules are suitable for phlegmatic and melancholic disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Immune booster, anti-inflammatory, anti-spasmodic, antihistamine, stimulant, aromatic, carminative, digestive, galactatagogue, resolvent, stomachic, tonic, and vermifuge.

Because of the above properties, Tibb-Blackseed capsules decreases the cold and the phlegmatic humour and can be used for the following conditions in combination with other Tibb medication as follows:

Antihistamine activity and upper respiratory conditions, allergies, coughs, colds, fevers, flu, asthma, and emphysema for which it is effective. For upper respiratory conditions, at least a few of its constituents have shown an antihistamine-like action. Take with Septogard and Tibb Asthma.

Anti-tumour and immune system strengthening in the treatment of cancer, HIV/AIDS, and other disease conditions associated with immune deficiency states. Take with Livotibb, Septogard and Splenoguard.

Anti-bacterial and anti-fungal properties. Take with Septogard

Anti-inflammatory and useful for relieving rheumatoid arthritis and osteoarthritis. Take with Rumaflam.

Antioxidant and immune booster for headaches, nasal congestion, toothache, helminthes, liver disorders, digestive disorders, fatigue, immuno suppression, eczema and boils, cold symptoms, and nutrition deficiencies.

Dosage:

1 – 2 capsules daily.

Pack size:

60's & 500's

92. Tibb-Completone syrup

Composition: Each 5ml contains extracts of:

Chyavanprash concentrate	100 mg	Shilajeet	20 mg
Crocus sativus	5 mg	Capparis spinosa	20 mg
Cichorium intybus	20 mg	Berberis aristata	15 mg
Adhatoda vasica	15 mg	Solanum nigrum	10 mg
Terminalia arjuna	10 mg	Withania somnifera	10 mg
Tinospora cordifolia	10 mg	Vitis vinifera	10 mg
Boerhaavia diffusa	10 mg	Phoenix dactylifera	10 mg
Achillea millefolium	5 mg	Tamarix gallica	5 mg
Cassia occidentalis	5 mg	Asparagus racemosus	5 mg
Glycyrrhiza glabra	5 mg	Centella asiatica	5 mg
Terminalia chebula	5 mg	Embelia ribes	5 mg
Sphaeranthus indicus	5 mg	Tribulus terrestris	5 mg
Mucuna pruriens	2.5 mg	Myristica fragrans	2.5 mg

Piper longum	2.5 mg	Myristica fragrans	2.5 mg
Syzygium aromaticum	2.5 mg	Elettaria cardamomum	2.5 mg
Carum copticum	2.5 mg	Carum longa	2.5 mg
Asparagus adscendens	2.5 mg	Caesalpinia digyna	2.5 mg
Eclipta alba	2.5 mg	Celastrus paniculatus	2.5 mg
Argyria speciosa	2.5 mg		

Contains Sugar

Preservatives:

Methyl paraben sodium	0.291%	Propyl paraben sodium	0.177%
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Temperament:

Hot & Moist

Indication:

Assists in the management of:

Geriatric stress

Generalised anxiety disorders, stress-related anxiety, and occupational stress

Post-menopausal syndrome

Adjuvant during prolonged illness and convalescence

Also used as a healthy tonic.

Tibb-Completone is suitable as a general tonic to all the organs and the disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and even Cold & Dry illness conditions.

Dosage and directions for use:

Initially, 2 medicine measuresful twice a day, followed by 1 medicine measureful twice daily.

Pack size:

200ml

93. Tibb-Completone tablets

Composition: Each tablet contains extracts of:

Chyavanprash concentrate	100 mg	Asparagus adscendens	10 mg
Caesalpinia digyna	10 mg	Loh bhasma	5 mg
Capparis spinosa	13.8 mg	Mucuna pruriens	10 mg
Cichorium intybus	13.8 mg	Myristica fragrans	20 mg
Berberis aristata	10 mg	Piper longum	10 mg
Adhatoda vasica	10 mg	Syzygium aromaticum	5 mg
Solanum nigrum	6.4 mg	Eclipta alba	10 mg
Terminalia arjuna	6.4 mg	Argyria speciosa	10 mg
Achillea millefolium	3.2 mg	Abhrak bhasma	10 mg
Cassia occidentalis	3.2 mg	Yashad bhasma	10 mg
Tamarix gallica	3.2 mg	Crocus sativus	7 mg
Makardhwaj	10 mg	Celastrus paniculatus	5 mg
Mandur bhasma	5 mg	Curcuma longa	5 mg
Withania somnifera	30 mg	Elettaria cardamomum	5 mg
Asparagus racemosus	20 mg	Carum copticum	5 mg
Glycyrrhiza glabra	20 mg	Centella asiatica	20 mg
Shilajeet (Purified)	20 mg	Terminalia chebula	15 mg

Temperament:

Hot & Dry

Indication:

Completone is suitable as a general tonic to all the organs and the disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and even Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Chyavanprash: is a very well researched 100% natural herbal jam, contains 42 ingredients, which is given to young children, the elderly, or to those recuperating from any debilitating illness. It helps in achieving a higher state of immunity from disease and augments the body's natural ability to grow in a healthy way. There is mounting scientific evidence to support the use of Chyavanprash as a general tonic which adds strength and vigour to the entire physiology.

Centella asiatica: Acts as a nerve tonic and rejuvenative. Useful for improving mental function, nervous disorders, senility, and premature aging.

Makardhwaj: Is a stimulant and tonic that is effective in sexual and general debility.

Because of the above properties, Tibb-Completone is suitable for the following indications and can be used in combination with other Tibb medication as follows:

- In fatigue, physical exhaustion, anaemia, general weakness in conjunction with Enerlift and Apiton
- As a daily health tonic with Habb-e-Jawahir / (Organoherb).
- As a general tonic for phlegmatics and melancholics with Septogard
- In Generalized anxiety disorders and stress related anxiety with Stress-Away and Slumberaid.
- In Postmenopausal syndrome with Tibb-Menopause

Dosage:

Initially 2 tablets twice daily followed by 1 tablet twice daily.

Pack size:

60's & 500's

94. Tibb-Diabetes plus / Hyponidd plus tablets

Composition: Each tablet contains 193.46 mg extracts of:

Momordica charantia	0.87 %	Shilajit shuddha	2.72 %
Yashad bhasma	2.72 %	Swertia chirata	1.09 %
Melia azadirachta	5.45 %	Pterocarpus marsupium	5.45 %
Tinospora cordifolia	5.45 %	Gymnema sylvestre	8.17 %
Encostemma littorale	8.17 %	Emblica officinalis	10.89 %
Eugenia jambolina	10.89 %	Cassia auriculata	16.34 %
Curcuma longa	21.79 %		

Sugar Free

Preservatives:

Sodium methyl paraben	0.07 % m/m	Sodium propyl paraben	0.03 % m/m
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Temperament:

Dry & Hot

Indication:

Tibb-Diabetes Plus / Hyponidd Plus is suitable for metabolic disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Gymnema sylvestre: its principle constituent is gymnemic acid which has anti-diabetic properties. The plant possesses stomachic, stimulant, laxative and diuretic properties. It abolishes the taste of sugar and is believed to neutralize excessive sugar present in the body in diabetes mellitus. The leaf extracts contain gymnemic acid which is said to inhibit hyperglycaemia. It has also been shown to have a regenerative effect on pancreatic beta cells and is insulinotropic.

Momordica charantia: has hypoglycaemic properties.

Eugenia jambolana: has hypoglycaemic properties and boosts the function of the pancreas.

Curcuma longa: treats atherosclerosis, diabetic wounds and acts as a blood purifier.

Shilajeet: is an alternative, rejuvenative and aphrodisiac. Used for the kidneys and diabetes and sexual debility.

Because of the above properties Tibb-Diabetes Plus / Hyponidd Plus increases the peripheral utilization of glucose. It increases the hepatic and muscle glycogen content. It minimizes the long-term diabetic complications. It is very effective in the treatment of:

Non-insulin-dependent diabetes mellitus (NIDDM) as a single or adjuvant to oral anti-diabetic drugs.

NIDDM with signs and symptoms of hyperlipidaemia.

Dosage:

2 tablets twice daily ½ an hour before meals.

Pack size:

60's & 500's – Tibb-Diabetes Plus

20's – Hyponidd Plus

95. Tibb-Diabetes / Hyponidd tablets

Composition: Each tablet contains 81.93 mg extracts of:

Melia azadirachta	4.12 %	Swertia chirata	7.49 %
Eugenia jambolana	7.49 %	Enicostemma littorale	8.24 %
Pterocarpus marsupium	8.24 %	Tinospora cordifolia	8.24 %
Gymnema sylvestre	8.24 %	Curcuma longa	14.98 %
Emblica officinalis	16.48 %	Cassia auriculata	16.48 %

Preservatives:

Sodium methyl paraben	0.066 % m/m	Sodium propyl paraben	0.033 % m/m
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Temperament:

Cold & Dry

Indication:

Tibb-Diabetes / Hyponidd is suitable for metabolic disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions. It assists in the management Type II diabetes. It can also be used as an adjunct with existing oral anti-hyperglycaemic agents.

The pharmacological actions and indications of the main ingredients are as follows:

Gymnema sylvestre: its principle constituent is gymnemic acid which has anti-diabetic properties. The plant possesses stomachic, stimulant, laxative and diuretic properties. It abolishes the taste of sugar and is believed to neutralize excessive sugar present in the body in diabetes mellitus. The leaf extracts contain gymnemic acid which is said to inhibit hyperglycaemia. It has also been shown to have a regenerative effect on pancreatic beta cells and is insulinotropic.

Dosage:

1 – 2 tablets 1 to 2 times daily before meals.

Pack size:

60's – Tibb-Diabetes

50's – Hyponidd

96. Tibb-Dibekof linctus

Composition: Each 5 ml contains extracts of:

Balsalmodendron mukul (purified)	35 mg	Vitis vinifera	35 mg
Ocimum sanctum	25 mg	Hyssops officinalis	25 mg
Tinospora cordifolia	20 mg	Adhatoda vasica	15 mg
Myristica fragrans	15 mg	Glycyrrhiza glabra	15 mg
Onosma bracteatum	10 mg	Viola odorata	10 mg
Triphala	9 mg	Trikuta	9 mg
Embelia ribes	8 mg	Solanum xanthocarpum	8 mg
Cinnamomum cassia	8 mg	Navasagara	3 mg

Preservatives:

Methyl paraben	0.2 %	Propyl paraben	0.05%
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Temperament:

Hot & Moist

Indication:

Tibb-Dibekof increases the Heat and Moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the Heat and the bilious humour by increasing the Moistness. Tibb-Dibekof is suitable for respiratory disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Solanum xanthocarpum: acts as an astringent, expectorant, reduces fever and is known to assist in managing asthma, TB, and other lung diseases.

Adhatoda vasica: has an expectorant, diuretic, and antispasmodic action.

Glycyrrhiza glabra: acts as a demulcent, expectorant and anti-inflammatory agent.

Ocimum sanctum has antispasmodic, antibacterial and antiseptic properties.

Balsalmodendron mukul: has alterative, antiviral, antibacterial, analgesic, antispasmodic, astringent, and expectorant properties and is used to treat bronchitis and heal mucus membranes.

Hyssops officinalis: stimulant, carminative, and pectoral; the oil promotes expectoration in bronchial catarrh and asthma.

Tibb-Dibekof is a sugar free cough linctus beneficial in both productive and dry cough. Thus, it can be used in the symptomatic relief of coughs in diabetics. The mucolytic and expectorant properties reduce the viscosity of bronchial secretions and facilitate expectoration. Tibb-Dibekof acts as a peripheral antitussive and reduces the bronchial mucosal irritation and related bronchospasm. In addition, the anti-allergic, antimicrobial and immunostimulant properties of Tibb-Dibekof provide relief from cough of varied aetiology.

In bronchitis and allergic coughs, it can be combined with Sualin and Joshina.

Dosage:

Children: ½ – 1 medicine measuresful 3 to 4 times daily.

Adults: 1 – 2 medicine measuresful 3 to 4 times a daily.

Pack size:

100ml

97. Tibb-digest tablets

Composition: Each 500mg tablet contains extracts of:

Embelia ribes	30.93 mg	Creya arborea	30.93 mg
Terminalia chebula (black)	30.93 mg	Zingiber zerumbet	30.93 mg
Terminalia chebula (yellow)	61.40 mg	Ammonium chloride	30.93 mg
Zingiber officinale	30.93 mg	Piper longum	30.93 mg
Lake salt	30.93 mg	Borax	30.93 mg
Sugar			

Preservative:

Citric acid 1.85 % m/m

Temperament:

Hot & Moist

Indication:

Tibb-Digest increases the Heat and Moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the Heat and the bilious humour by increasing the Moistness. Tibb-Digest is suitable for respiratory disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

All the ingredients have digestive, carminative, liver stimulating, antacid, anti-flatulent, appetizing properties. Tibb-Digest is very effective for most digestive complaints, especially when there is a need to stimulate the functioning of the liver and for food poisoning and diarrhoea.

Dosage:

Adults: 1 – 2 tablets to be taken after meals 1 to 3 times daily.

Children: as directed by a practitioner.

Pack size:

60's

98. Tibb-femcare capsules

Composition: Each capsule contains extracts of:

Saraca indica	85 mg	Dashamoola	35 mg
Symplocos racemosa	35 mg	Tinospora cordifolia	35 mg
Solanum nigrum	35 mg	Boerhaavia diffusa	35 mg
Asparagus racemosus	35 mg	Aloe vera	25 mg
Santalum alba	25 mg	Cyperus rotundus	25 mg
Adhatoda vasica	20 mg	Bombax malabaricum	15 mg
Triphala	20 mg	Trikuta	20 mg
Kasisa godanti bhasma	35 mg	Yashad bhasma	20 mg

Temperament:

Hot & Moist

Indication:

Tibb-Femcare increases the Heat and Moistness in a balance way. As a result, the melancholic humour will be reduced. It also balances the bilious humour by balancing the Moistness. This medicine is suitable for female reproductive disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Saraca indica: is a strong astringent. A major herb for the uterus; uterine sedative, uterine/ovarian fibroids, menorrhagia, bleeding haemorrhoids. Its principle constituents are a steroid component and a calcium salt. The bark of Saraca indica contains the estrogenic compound ketosterol. The bark has a stimulating effect on the endometrium and ovarian tissue, is useful in menorrhagia due to uterine fibroids, in leucorrhoea and in internal bleeding, where ergot is indicated. It is well established for its effectiveness in menorrhagia and dysmenorrhoea. It also has a stimulatory effect on the ovarian tissue and may produce an oestrogen-like effect that enhances the repair of the endometrium and stops bleeding.

Tibb-Femcare has a regulating influence on the menstrual cycle by virtue of its uterine stimulant action. Tibb-Femcare's stimulatory effect on the ovarian tissue helps regulate endogenous hormonal secretions, enhances the repair of the endometrium, and thus controls abnormal uterine bleeding. Tibb-Femcare's anti-inflammatory action has a healing effect on the uterus and its antispasmodic action alleviates pain. The immunomodulatory and haematic properties of Tibb-Femcare are beneficial in anaemia and the generalized weakness associated with uterine disorders.

It can be used for:

- Menorrhagia with Clotad
- Metrorrhagia with Clotad
- Oligomenorrhoea with Gynaecare / Femitibb M2Tone syrup
- PMS with Stress-Away
- Dysmenorrhoea with Tibb-Renotone
- Menstrual irregularities with Gynaecare / Femitibb M2Tone syrup.
- Dysfunctional uterine bleeding with Clotad
- Heavy bleeding associated with menopause with Clotad and Menoherb / Femitibb M2Tone tablets

Warning:

Contains TARTRAZINE

Dosage:

1 capsule 1 or 2 times daily for 3 months. In severe cases 2 capsules twice daily.

Pack size:

60's

99. Tibb-femcare syrup

Composition: Each 5mls contains extracts of:

Saraca indica	50 mg	Dashamoola	33 mg
Symplocos racemosa	33 mg	Tinospora cordifolia	33 mg
Solanum nigrum	33 mg	Boerhaavia diffusa	32 mg
Asparagus racemosus	32 mg	Cocos nucifera	32 mg
Aloe vera	25 mg	Santalum album	25 mg
Acacia arabica	25 mg	Cyperus rotundus	25 mg
Hemidesmus indicus	25 mg	Adhatoda vasica	20 mg
Rubia cordifolia	20 mg	Triphala	20 mg
Trikuta	20 mg	Bombax malabaricum	12 mg
Shilajeet (purified)	5 mg		

Preservatives:

Methyl paraben	0.25 %	Propyl paraben	0.05 %
Bronopol	0.03 %		

Temperament:

Hot & Moist

Indication:

The pharmacological actions and indications of the main ingredients are as follows:

Saraca indica: is a strong astringent. A major herb for the uterus; uterine sedative, uterine/ovarian fibroids, menorrhagia, bleeding haemorrhoids. Its principle constituents are a steroid component and a calcium salt. The bark of Saraca indica contains the estrogenic compound ketosterol. The bark has a stimulating effect on the endometrium and ovarian tissue, is useful in menorrhagia due to uterine fibroids, in leucorrhoea and in internal bleeding, where ergot is indicated. It is well established for its effectiveness in menorrhagia and dysmenorrhoea. It also has a stimulatory effect on the ovarian tissue and may produce an oestrogen-like effect that enhances the repair of the endometrium and stops bleeding.

Dosage:

1 – 3 medicine measures 1 to 2 times daily for a minimum of 3 months.

Pack size:

200ml & 2.5 Lt

100. Tibb flu-relief capsules

Composition: Each capsule contains extracts of:

Swertia chirata	300 mg	Tinospora cordifolia	150 mg
Alstonia scholaris	150 mg	Cyperus rotundus	120 mg
Melia azadirachta	90 mg	Ocimum sanctum	90 mg
Cassia angustifolia	60 mg	Leucas cephalotus	60 mg
Pichrorrhiza kurroa	60 mg	Fumaria officinalis	60 mg
Aconitum ferox (purified)	30 mg	Piper nigrum	24 mg
Aconitum heterophyllum	12 mg	Andrographis paniculata	12 mg
Pongamia pinnata	6 mg		

Temperament:

Hot & Dry

Indication:

Refer to Tibb Flu-Relief syrup.

Dosage:

1 capsule 1 – 3 times daily.

Pack size:

20's & 500's

101. Tibb-flu relief syrup

Composition: Each 5 ml syrup contains extracts of:

Pongamia glabra	2 mg	Andrographis paniculata	4 mg
Aconitum heterophyllum	4 mg	Aconitum ferox	4 mg
Piper nigrum	8 mg	Encostema littorale	30 mg
Picrorrhiza kurroa	30 mg	Melia azadirachta	30 mg
Fumaria officinalis	30 mg	Leucas cephalotes	30 mg
Cassia angustifolia	30 mg	Ocimum sanctum	50 mg
Tinospora cordifolia	100 mg	Swertia chirata	100 mg
Alstonia scholaris	100 mg	Cyperus rotundus	100 mg

Contains sugar

Preservatives:

Sodium benzoate 0.3 % m/v Sodium methyl paraben 0.16 % m/v

Sodium propyl paraben 0.02 % m/v

Temperament:

Hot & Dry

Indication:

Tibb-Flu Relief is suitable for phlegmatic and melancholic fevers associated with Hot & Moist, Moist & Hot, Cold & Moist, and even Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Aconitum heterophyllum: is an antiperiodic, antipyretic, diaphoretic and diuretic. Useful in the management of chronic fevers.

Aconitum ferox: is an antiperiodic, antipyretic, diaphoretic and diuretic.

Azadirachta indica: is useful for convalescence after fevers and malaria.

Ocimum sanctum has antibacterial and antiseptic properties. Is useful in treating coughs, colds, and fevers.

Swertia chirata: has astringent, tonic, and febrifuge properties.

Alstonia scholaris: effectively used for malarial fevers.

Because of the above properties Tibb Flu-Relief is suitable in the management of colds and flu and can be used in combination with other Tibb medication as follows:

In cold and flu with Septogard

In influenza with Joshina and Kofcare.

Dosage:

Adults: 2 – 3 medicine measures 3 times a day.

Children: 1 medicine measure 3 times daily.

Infants: ½ medicine measure 3 times daily.

Pack size:

100ml & 2.5 Lt

102. Tibb-immunocare capsules

Composition: Each capsule contains extracts of:

Aegle marmelos	2 mg	Oroxylum indicum	2 mg
Gmelina arborea	2 mg	Stereospermum suaveolens	2 mg
Premna integrifolia	2 mg	Desmodium gangeticum	2 mg
Uraria lagopoides	2 mg	Solanum indicum	2 mg
Solanum xanthocarpum	2 mg	Tribulus terrestris	2 mg
Nigella sativa	15 mg	Rubia cordifolia	25 mg
Emblica officinalis	25 mg	Glycyrrhiza glabra	25 mg
Curcuma longa	25 mg	Withania somnifera	40 mg
Tinospora cordifolia	50 mg	Commiphora mukul	50 mg
Emblica officinalis	225 mg		

Temperament:

Dry & Hot

Indication:

Tibb-Immunocare increases the Dryness and Heat and as a result excessive Moistness, Cold, phlegmatic humour and to a lesser extent the melancholic humour will be reduced. Tibb-Immunocare is suitable for disorders associated with Hot & Moist, Moist & Hot, Cold & Moist and Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Emblica officinalis is used for all wasting diseases, anaemia, bleeding, colitis, diarrhoea, convalescence from fever, cough, diabetes, gastritis, gout, hepatitis, haemorrhoids, liver weakness, to relieve stress, osteoporosis, palpitation, spleen weakness, tissue deficiency, vertigo rebuilds blood, bones, cells, and tissues. It increases red blood cell count and regulates blood sugar; heart tonic, cleanses mouth, stops gum bleeding, stops stomach and colon inflammation; cleanses intestines, strengthens teeth, aids eyesight, worms, acidity, eye and lung inflammations, ulcerations, G.I. disorders, painful urination, and internal bleeding.

Balsamodendron mukul: has alterative, antiviral, antibacterial and expectorant properties and is used to treat bronchitis and cystitis. It heals mucus membranes; increases white blood cell count, reduces pus discharges, reduces toxin build up, tumours, enlarged glands, parasitic infection, and abscesses.

Tinospora cordifolia: has alterative, antiperiodic, bitter tonic, diuretic, and febrifuge properties. Useful in the treatment of AIDS and other immune diseases, as a blood purifier, for fever and convalescence from fevers, tuberculosis, cancer (strengthens persons before and after chemotherapy).

Withania somnifera: adaptogen [normalizes physical functioning depending on what the individual needs, e.g., it will lower high blood pressure, but raise low blood pressure], anti-inflammatory, nervine, soothing agent that reduces nervousness, distress or irritation, brain, and sex tonic. It is good to use in anaemia, nervous exhaustion, and debility, especially due to stress, tonic, rather than over-stimulating, for 'stressed out' people, impotence due to devitalisation, convalescence after acute illness or extreme stress, good general tonic for disease prevention in athletes, elderly and pregnancy

Because of the above properties Tibb-Immunocare possesses immunomodulatory and anti-inflammatory functions, which potentiate the non-specific immune responses of the body. Assists in

generally boosting the immune system. Assists people who are HIV positive, are living with AIDS, wasting conditions, and is indicated for use in people who are prone to infection

Dosage:

One to two capsules once to twice daily

Pack size:

60's & 500's

103. Tibb immuno pack

Composition: Each pack contains the following four products:

Tibb-Blackseed capsules 60's – see page 65

Livotibb tablets 120's – see page 33

Splenoguard tablets 90's – see page 56

Septogard tablets 60's – see page 52

Description:

The Tibb Immuno Pack is designed to support the bodies' vital organs, specifically the liver and the spleen which are involved in infections. Furthermore, the Tibb Immuno Pack boasts immune booster and antioxidant properties as well as having a natural antibiotic effect.

Indication:

The Tibb Immuno Pack is indicated as an immune system booster. It can be used to assist in the treatment of the following conditions:

Before winter for people who are prone to colds and flu

Cancer sufferers who have or are undergoing chemotherapy or radiation therapy

HIV or AIDS sufferers

TB patients

Anyone who wants to improve their health in general

Dosage:

Tibb-Blackseed capsules: 1 capsule twice a day

Livotibb tablets: 2 tablets twice a day

Splenoguard tablets: 1 tablet three times a day

Septogard tablets: 1 tablet twice a day

Presentation:

4 sealed containers in a pack.

104. Tibb menopause tablets

Composition: Each tablet contains 160 mg powders and extracts of:

Glycine soja	0.54 %	Praval pishti	0.82 %
Shuddha godanti	1.36 %	Kukkutandtwak	2.72 %
Acorus calamus	1.09 %	Nelumbium speciosum	1.09 %
Ipomoea turpethum	1.09 %	Celastrus paniculatus	1.09 %
Bryonia laciniosa	1.09 %	Cedrus deodara	1.09 %
Glycyrrhiza glabra	1.09 %	Cuminum cyminum	2.72 %
Nardostachys jatamansi	2.72 %	Santalum album	2.72 %
Herpestis monniera	2.72 %	Eclipta alba	2.72 %
Lepidium sativum	2.72 %	Tribulis terrestris	2.72 %
Cyperus rotundus	2.72 %	Zingiber officinalis	2.72 %
Emblica officinalis	5.43 %	Terminalia arjuna	5.43 %
Withania somnifera	5.43 %	Tinospora cordifolia	5.43 %
Dashmool	8.15 %	Asparagus racemosus	10.87 %
Saraca indica	21.74 %		

Preservatives:

Sodium methyl paraben 0.19 % m/m Sodium propyl paraben 0.10 % m/m

Temperament:

Hot & Moist

Indication:

Tibb-Menopause increases the Heat and Moistness in a balanced way. As a result, excessive Dryness and Heat will be reduced. Tibb-Menopause is suitable for female menopausal disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Kukkutandtwak bhasma: is a rich source of natural calcium, which helps in healthy bone formation, improves bone mineral density, relieves bone and joint pains, and possesses anti-inflammatory property.

Nardostachys jatamansi: aromatic, antispasmodic, nervine and tonic.

Saraca indica: is a strong astringent. A major herb for the uterus; uterine sedative, uterine/ovarian fibroids, menorrhagia, bleeding haemorrhoids. Its principle constituents are a steroid component and a calcium salt. The bark of Saraca indica contains the estrogenic compound ketosterol. The bark has a stimulating effect on the endometrium and ovarian tissue, is useful in menorrhagia due to uterine fibroids, in leucorrhoea and in internal bleeding, where ergot is indicated. It is well established for its effectiveness in menorrhagia and dysmenorrhoea. It also has a stimulatory effect on the ovarian tissue and may produce an oestrogen-like effect that enhances the repair of the endometrium and stops bleeding.

Because of the above properties, Tibb-Menopause possesses phytoestrogens, which act through oestrogen-receptor dependent mechanisms. Phytoestrogens bind to oestrogen receptors and produce estrogenic effects. Tibb-Menopause helps in alleviating symptoms and complications of menopausal syndrome.

Dosage:

1 – 2 tablets once or twice daily.

Pack size:

60's

105. Tibb-Renotone / Jawarish Zahrooni paste

Composition: Each 5g of paste contains extracts of:

Daucus carota	1.4 %	Apium graveolens (seeds)	1.4 %
Tukhm-e-Aspast	1.4 %	Ptychotis ajowan	1.4 %
Foeniculum vulgare	1.4 %	Cucumis melo	1.4 %
Cucumis sativa	1.4 %	Pistacia lentiscus	5.47 %
Apium graveolens (root)	1.4 %	Syzygium aromaticum	0.7 %
Piper nigrum	0.7 %	Anacyclus pyrethrum	5.47 %
Cinnamomum cassia	5.47 %	Crocus sativus	5.47 %
Aquillaria agallocha	5.47 %	Myristica fragrans	5.47 %
Myristica fragrans	5.47 %		

Temperament:

Hot & Dry

Indication:

Tibb-Renotone paste is suitable for the urogenital disorders associated with Hot & Moist, Moist & Hot, Cold & Moist, and even Cold & Dry illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Anti-inflammatory, strengthening the kidney and bladder, relieve the coldness from urinary organs, improves the blood flow to the urinary and genital organs, improve the retaining force in the bladder, improves the kidney's function.

Tibb-Renotone paste can be used for the following indications:

- Urinary incontinence
- Weakness of bladder
- Weakness of kidneys
- Low libido
- Helps in increasing seminal fluid
- Helps in preventing formation of kidney stones
- As an adjuvant in the treatment of kidney failure and nephrotic syndrome

Dosage:

5 grams 1 to 3 times daily before meals with water.

Pack size:

100 g

106. Tibb-renotone syrup

Composition: Each 5 ml contains extracts of:

Tribulus terrestris	50 mg	Cretaeva magna	50 mg
Hemidesmus indicus	50 mg	Cyperus rotundus	50 mg
Vetiveria zizanioides	50 mg	Asparagus racemosus	50 mg
Trikuta	16.5 mg	Elettaria cardamomum	16.5 mg
Kshara parpati	75 mg		

Preservatives:

Methyl paraben	0.25 % m/v	Propyl paraben	0.05 % m/v
Bronopol	0.03 % m/v		

Temperament:

Moist & Hot

Indication:

Tibb-Renotone increases the Moistness and as a result the bilious humour and Heat will be reduced. Tibb-Renotone is suitable for renal disorders associated with Dry & Hot, Hot & Dry and Hot & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Tribulus terrestris: is a diuretic and lithotryptic agent that is used to treat cystitis, genitourinary conditions including difficult or painful urination, stones, bloody or burning urine, kidney stones and venereal diseases.

Cretaeva magna has anti-inflammatory, diuretic, lithotryptic, demulcent and tonic properties. It is useful in disorders of urinary organs, urinary tract infections, pain and burning micturition, renal and vesicular calculi.

Vetiveria zizanioides: has cooling and anti-bilious properties.

Kshara parpati: is a compound preparation made by dehydrated homogenous blending of ammonium chloride, potash alum and potassium nitrate. It is diuretic, lithotryptic, febrifuge and anti-flatulent. It is used in dysuria, oliguria, colic, urinary tract infections, urinary calculi, and hyperacidity.

Due to the above properties, Tibb-Renotone is a well-balanced herbal formula with proven value in a variety of urinary disorders. It facilitates smooth diuresis, provides antiseptic action, normalizes the urinary pH, and soothes the inflamed urinary mucosa and can be used for the following indications and in combination with Tibb-Renotone tablets and Septogard and Livotibb as follows:

- Burning micturition
- Cystitis
- Recurrent UTI's
- Dysuria
- Haematuria
- Gonorrhoea
- Adjunct to antibiotics in UTI and hypertension.

Dosage:

Adults: 1 - 2 medicine measures 1 to 3 times daily in water.

Children: 1 medicine measure 1 to 3 times daily in water.

Pack size:

100 ml & 2.5 Lt

107. Tibb-renotone tablets

Composition: Each tablet contains extracts of:

Didymocarpus pedicellata	65 mg	Saxifraga ligulata	49 mg
Rubia cordifolia	16 mg	Cyperus scariosus	16 mg
Achyranthes aspera	16 mg	Onosma bracteatum	16 mg
Vernonia cinerea	16 mg	Shilajeet (purified)	13 mg
Hajrul yahood bhasma	16 mg		

Temperament:

Moist & Hot

Indication:

Tibb-Renotone increases the Moistness and as a result the bilious and melancholic humour will be reduced. Tibb-Renotone is suitable for disorders associated with Cold & Dry, Dry & Hot, Hot & Dry and Hot & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Didymocarpus pedicellata (shilaphuspa): the essential oil from the leaves contains didymocarpene as its chief constituent. The leaves are used in indigenous medicine as a cure for stones in the kidney and bladder.

Saxifraga ligulata (wildflower): demulcent, diuretic, lithotryptic (an agent that dissolves stones), uric acid and urinary stones / gravel dissolved (especially phosphate; also oxalate).

Achyranthes aspera (prickly chaff flower): diuretic and reduces renal oedema.

Onosma bracteatum (sedge): diaphoretic (promotes perspiration), anti-inflammatory, diuretic, tonic, alterative, demulcent, and refrigerant.

Shilajeet (purified) (mineral pitch): alterative, diuretic, lithotryptic, antiseptic, and for the kidneys and diabetes.

Because of the above properties, Tibb-Renotone prevents supersaturation of lithogenic substances, controls oxamide (a substance that precipitates stone formation) absorption from the intestine and corrects the crystalloid-colloid imbalance. Tibb-Renotone inhibits calculogenesis by reducing stone-forming substances like oxalic acid and calcium hydroxyproline. It causes disintegration of the calculi and the crystals by acting on the mucin, which binds the particles together. Its antimicrobial activity is beneficial in the prevention of urinary tract infections associated with urinary stones and crystalluria. Its antispasmodic and anti-inflammatory activities relieve ureteric colic and alleviate symptoms of painful and burning micturition.

It can be used for the following Indication:

- Urolithiasis
- Urinary infections
- Arthritis
- Urinary incontinence in women
- Sialolithiasis
- In hypertension along with Pressure Eeze Forte

Special precautions:

If the calculus size is big as confirmed by investigations, it may lead to symptoms of severe obstructive uropathy. Tibb-Renotone is not recommended in such cases.

Careful therapeutic monitoring is required in infants and children on Tibb-Renotone therapy for excessive diuresis.

Dosage:

In urolithiasis and crystalluria: 2 tablets twice or thrice daily for 4 to 6 months followed by 1 tablet twice daily, until the stone passes.

In urinary tract infections: 2 tablets thrice daily depending on the severity of infection, until the infection is cleared.

In burning on micturition: 2 tablets thrice daily for 4 days to two weeks or until the symptoms subside.

Pack size:

60's & 500's

108. Tibb skincalm cream

Composition: Each 50 g of cream contains extracts of:

Curcuma longa	0.40 %	Pterocarpus santalinus	0.40 %
Rubia cordifolia	0.40 %	Aloe vera	0.40 %
Processed in sesame oil	6.40 %	Almond oil	1.00 %
Coconut oil	1.00 %	Fragrance	q.s.

In a cream base

Preservatives:

Iso propyl alcohol 1.00 %

Temperament:

Moist & Hot

Indication:

Tibb SkinCalm cream increases the Moistness and as a result the bilious and the melancholic humour will be reduced. Tibb SkinCalm cream is suitable for disorders associated with Cold & Dry, Dry & Hot, Hot & Dry and Hot & Moist illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Curcuma Longa: acts as a blood purifier, antiseptic, antifungal, anti-inflammatory and promotes healing.
Pterocarpus santalinus: has cooling, astringent, blood purifier, anti-inflammatory and healing properties.

Aloe vera: contains enzymes, polysaccharides and nutrients which exhibit antibacterial and antifungal actions. It also has a natural sunscreen effect that moisturizes the skin. Used for wounds, burns, dermatitis, cutaneous leishmaniasis and other skin troubles.

Processed in sesame oil, almond oil, coconut oil: cooling, soothing and nutritive for dry skin.

Because of the above properties Tibb SkinCalm cream can be used for the following indications.

Cuts, wounds, burns, psoriasis, eczema, diabetic sores, bed sores, insect bites, non-healing ulcers, herpes, allergic eruptions, pregnancy stretch marks, foot cracks and generalised itching.

Dosage:

Clean the affected area and then apply Tibb SkinCalm cream 3 – 4 times a day or as needed.

Pack size:

50g

109. Tonzil liquid

Composition: Each 30 ml contains extracts of:

Catechu Nigrum	1.80 g	Glycerine	27.03 g
Iodine	0.04 g	Potassium iodide	0.29 g
Aqua mentha piperita	0.84 ml		

Temperament:

Cold & Dry

Indication:

Tonzil is suitable for phlegmatic disorders associated with Hot & Moist, Moist & Hot and Cold & Moist illness conditions. It also soothes and pacifies Hot & Dry and Dry & Hot imbalances.

Because of the anti-inflammatory, astringent, and soothing properties of the ingredients Tonzil is an effective oral antiseptic and used in painful inflammatory conditions of the mouth and throat caused by bacterial infections. It also soothes acute tonsillitis and pharyngitis, elongated uvula, and mouth ulcerations.

Dosage:

Half a medicine measure to be mixed with half a glass of warm water for gargling. Tonzil may be applied inside the mouth with a swab (ear bud) in the morning and at night. It may be used several times a day if required.

Pack size:

30 ml

110. Urtiplex tablets

Composition: Each tablet contains extracts of:

Zingiber officinale	10 mg	Hemidesmus indicus	20 mg
Terminalia chebula	30 mg	Terminalia belerica	30 mg
Andropogon muricatus	40 mg	Tinospora cordifolia	50 mg
Rubia cordifolia	100 mg	Acacia catechu	100 mg
Adhatoda vasica	100 mg	Curcuma longa	125 mg
Emblica officinalis	130 mg		

Preservatives:

Sodium methyl paraben	0.3 mg	Sodium propyl paraben	0.15 mg
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Temperament:

Cold & Dry

Indication:

Urtiplex tablets increase Cold and Dryness and as a result suppress the Heat. Urtiplex tablets is useful in the treatment of skin allergic disorders due to Moist & Hot, Hot & Moist, Hot & Dry and Dry & Hot illness conditions.

The pharmacological actions and indications of the main ingredients are as follows:

Emblica officinalis - is used for all hot / bilious diseases, all obstinate urinary conditions, anaemia, biliousness, bleeding, colitis, constipation, convalescence from fever, cough, diabetes, gastritis, gout, hepatitis, haemorrhoids, liver weakness, to relieve stress, osteoporosis, palpitation, spleen weakness, tissue deficiency, vertigo rebuilds blood, bones, cells, and tissues. It increases red blood cell count and regulates blood sugar; heart tonic, cleanses mouth, stops gum bleeding, stops stomach and colon inflammation; cleanses intestines, strengthens teeth, aids eyesight, worms, acidity, eye and lung inflammations, ulcerations, G.I. disorders, painful urination, and internal bleeding.

Rubia cordifolia: It is known as best blood-purifying herb. It purifies the blood by removing toxins from blood, dissolving obstructions in blood flow and removing stagnant blood. It is alterative, anti-tumour, bitter, astringent, deobstruent, haemostatic in action and acts effective as an immune regulator. It is used in treatment of number of diseases like raised uric acid and gouty arthritis, glandular swellings, recurrent skin infections and other diseases of the skin like psoriasis, pigmentation anomalies, leucoderma, pimples, acne, freckles, and discoloration but it can also used for gaining lustre or glow of the skin.

Curcuma longa - Alterative, antibacterial, antibiotic, aromatic, carminative, stimulant, tonic. Useful in the treatment of atherosclerosis, diabetes, liver disorders, hepatitis, inflammation, skin disorders. It is currently being evaluated for its anti-carcinogenic and anti-mutagenic properties.

Due to above antiallergic, antihistamine, blood purifying, soothing properties Urtiplex tablets assist in the management of urticaria, allergic and chronic skin disorders characterised by pruritis of known or unknown aetiology and prickly heat in summer. For all kind of skin allergies combine the Urtiplex with Livotibb.

Contra-indication:

None known

Warnings:

No known warnings

Side-effects and special precautions:

None unless hypersensitivity to any of the ingredients

Dosage and directions for use:

Adults: 1 to 2 tablets twice daily

Children: 1 tablet twice daily

Pack size:

100's

111. Vomeeze / Vomiteb syrup

Composition: Each 5 ml contains extracts of:

Hedychium spicatum	69.04 %	Emblica officinalis	11.17 %
Citrus limon	5.59 %	Embelia ribes	2.79 %
Anethum sowa	2.79 %	Carum copticum	2.79 %
Piper longum	2.23 %	Caryophyllus aromaticus	1.12 %
Cinnamomum cassia	1.12 %	Elettaria cardamomum	1.12 %
Myristica fragrans	1.12 %	Zingiber officinale	1.12 %

Contains Sugar

Preservatives:

Sodium benzoate	0.3 % m/v	Sodium methyl paraben	0.16 % m/v
Sodium propyl paraben	0.02 % m/v		

Temperament:

Hot & Moist

Indication:

Vomeeze syrup increases the Heat and Moistness in a balanced way. As a result, the melancholic humour will be reduced. It also balances the phlegmatic humour by increasing the Heat and the bilious humour by increasing the Moistness. Vomeeze is suitable for respiratory disorders associated with Cold & Dry, Dry & Hot and Hot & Dry illness conditions. It also corrects Moist & Hot and Cold & Moist imbalances.

The pharmacological actions and indications of the main ingredients are as follows:

Hedychium spicatum: Has carminative, liver and stomach tonic, appetizer and digestive properties and is used to treat anorexia, nausea and vomiting and to reduce excessive phlegm in the digestive system.

Emblica officinalis: An astringent and stomachic that reduces biliousness, cleanses intestines and highest natural source of vitamin C (3.000 mg per fruit),

Citrus limon: suppresses the bilious humour, nausea, vomiting and digestive.

The rest namely Embelia ribes, Anethum sowa, Carum copticum, Piper longum, Caryophyllus aromaticus, Cinnamomum cassia, Elettaria cardamomum, Myristica fragrans, Zingiber officinale: all are commonly used as carminative, digestive, and for digestive disorders.

Because of above properties, Vomeeze is suitable for the following indications in combination with Gastrone syrup / Tibb-Digest / Enerlift:

- In nausea and vomiting associated with indigestion
- During the first trimester of pregnancy
- Motion / travel sickness
- Gastro-oesophageal reflux in infants
- Drug induced nausea and vomiting
- Nausea and vomiting associated with any disease.

Dosage:

Adults: 1 - 2 medicine measures 1 to 4 times daily.

Children: 1 medicine measure 1 to 3 times daily.

Infants: ½ a medicine measure 1 to 3 times daily.

Pack size:

100 ml – Vomeeze

60 ml – Vomiteb

112. Vomeeze tablets

Composition: Each tablet contains:

Hedychium spicatum	1800mg	Emblica officinalis	300 mg
Santalum album	150 mg	Citrus limon	150 mg
Carum copticum	75 mg	Anethum sowa	75 mg
Embelia ribes	75 mg	Piper longum	60 mg
Elettaria cardamomum	30 mg	Myristica fragrans	30 mg
Caryophyllus aromaticus	30 mg	Zingiber officinale	30 mg
Cinnamomum cassia	30 mg		

Sugar Free

Temperament:

Hot & Dry

Indication:

Refer to Vomeeze syrup.

The pharmacological action of Sutshekhar ras is responsible for the Hot & Dry temperament.

Dosage:

Adults: 1 – 2 tablets 1 to 4 times daily and more frequently if required.

Children: 1 tablet as needed.

Pack size:

60's

B. 70 Single herbs

1. **BOTANICAL NAME:** *Acacia catechu*

Unani-Tibb name: Katha safaid

Common names: Catechu

Parts used: leaf, bark, and extract

Qualities: Cold 2nd Dry 3rd order

Specific organs/tissues and humour acting upon: Blood, digestive system, skin. phlegmatic and bilious humours.

Actions: Astringent, styptic, coagulant, healing of wounds.

Indications: The herb may be used in patients with chronic diarrhoea, dysentery, and chronic catarrh. It is useful for decreasing and stopping excessive mucous discharge and for checking haemorrhage. It is also recommended as local application for sore mouths and gums. This herb is used for treating chronic diarrhoea, chronic catarrh, colliquative diarrhoea, and chronic dysentery.

2. **BOTANICAL NAME:** *Acacia karoo (arabica)*

Unani-Tibb name: Babbul, Keekar

Common name: Sweet thorn, umuNga, Soetdoring

Parts used: leaf, pod, bark, gum and flower

Qualities: Cold 2nd Dry 2nd order

Specific organs/tissues and humour acting upon: Mucous membrane, glands. phlegmatic humour.

Actions: Astringent, absorptive, anti-inflammatory, styptic, concoctive for phlegmatic humour.

Indications: It is a valuable remedy for leucorrhoea, gum internally and as an additive to a sitz bath. The gum is also helpful in the treatment of spermatorrhoea and postpartum backache. It is also useful in treating diarrhoea and dysentery, gastro-intestinal bleeding, and oral thrush.

3. **BOTANICAL NAME:** *Achillea millefolium*

Unani-Tibb name: Biranjasif

Common names: Yarrow

Parts used: Aerial parts

Qualities: Hot 2nd Moist 1st order

Specific organs/tissues and humour acting upon: Glands/epithelial tissues. Melancholic humour

Actions: anti-inflammatory, diuretic, anti-microbial, hypotensive, liver tonic, diaphoretic, alterative, concoctive to melancholic humour

Indications: It is a good anti-inflammatory for glandular inflammation. It is also used in various hepatic disorders. It stimulates the digestion and tones the blood vessels.

As a urinary antiseptic it is indicated in infections such as cystitis. It regulates the blood pressure due to a dilation of the peripheral vessels, so it is good medicine for secondary or cold and dry high blood pressure.

Yarrow is one of the best diaphoretic herbs and is a standard remedy for aiding the body to deal with fever. It is useful in influenza and heavy chest colds, and also as a blood purifier. It has carminative, digestive and anti-spasmodic properties. It is used in the treatment of flatulence, colic and heartburn.

4. **BOTANICAL NAME:** *Acorus calamus*

Unani-Tibb name: Vach, Bach

Common names: Sweetflag, ikalamuzi, makkalmoes

Parts used: Root, rhizome

Qualities: Dry 3rd Hot 2nd order

Specific organs/tissues and humour acting upon: Brain, nervous tissue. Phlegmatic and melancholic humours

Actions: Antispasmodic, nervine, rejuvenative, stimulant, decongestant, expectorant.

Indications: Brain and nervous system rejuvenation, cerebral circulation promoter, colds, coma, cough, epilepsy, hysteria, insanity, low memory, mental dullness, nasal congestion, and polyps (as snuff), neuralgia, shock (as snuff), sinus headaches, sinusitis.

5. BOTANICAL NAME: Adhatoda vasika

Unani-Tibb name: Arhusa, bansa

Common name: Malabar nut

Parts used: Leaf, flower

Qualities: Hot 2nd Moist 2nd order

Specific organs/tissues and humour acting upon: Lungs. Phlegmatic, melancholic humours

Actions: Expectorant, antispasmodic, alterative, bronchodilator, wound healing. Concoctive to phlegmatic and melancholic humours.

Indications: Asthma, bronchitis, cough, hoarse voice, wasting, tuberculosis, fever with cough. It has proven very effective in the treatment of pulmonary tuberculosis.

6. BOTANICAL NAME: Agrimonia eupatoria

Unani-Tibb name: Ghafis

Common name: Agrimony

Parts used: flowering stem tips and leaves

Temperament: Hot 2nd Moist 1st order

Specific organs/tissues and humour acting upon: Glands, liver, kidneys, uterus. Melancholic humour

Actions: anti-inflammatory, antibiotic, used as a tonic, diuretic.

Indications: Agrimony has a good reputation for treating jaundice and other liver complaints.

Agrimony is also considered a very useful agent for skin eruptions and diseases of the blood, pimples, skin blotches, etc. Agrimony tones the mucus membranes of the digestive system, thereby reducing acidity and gastric ulcers. Because this herb counters high uric acid levels, it can be used for rheumatism and gout. It is used to stop bleeding from heavy menstrual flow, blood in the urine, and it is used externally for wounds and cuts. Some use agrimony as a mouth wash or gargle for sore throats and inflamed gums.

7. BOTANICAL NAME: Albizia adianthiflora

Unani-Tibb name: siris, shrihn

Common name: Flat-crown, umgadankawu, platkroon

Parts Used: seed, flower and bark

Temperament: Cold 2nd Dry 2nd order

Specific organs/tissues and humour acting upon: glands, epithelial tissues, phlegmatic and bilious humour.

Actions: anti-inflammatory, blood purifier, skin disorders.

Indication: This is a good remedy for skin eruptions, rashes, allergies, and eczema. The seeds are useful in the treatment of glandular and lymphatic swelling. In Zulu medicine it is used as a blood cleansing agent. Bark contains histamine which helps in decreasing inflammation and hypersensitivity of skin and also used as a wash in conjunctivitis.

8. BOTANICAL NAME: Allium sativum

Unani-Tibb name: Lahsan

Common name: Garlic

Parts used: Bulb, oil

Temperament: Hot 3rd Dry 2nd order

Specific organs/tissues and humour acting upon: Arteries, circulatory system, immune system. phlegmatic and melancholic humours.

Actions: Alterative, antihelminthic, metabolic, antimicrobial, antiparasitic, antispasmodic, aphrodisiac, carminative, disinfectant, expectorant, rejuvenative, stimulant.

Indications: Atherosclerosis, congestive heart failure, high cholesterol, hypertension, hypertriglyceridemia, immune dysfunction, intermittent claudication, recurrent ear infection, candida infection.

9. BOTANICAL NAME: Aloe barbadensis

Unani-Tibb name: Kumari, gheekawar

Common name: Aloe vera, Umhlaba, Kaapse aalwyn

Parts used: Leaf gel, sap, dried juice of leaf, pulp root

Temperament: Hot 2nd Moist 2nd order

Specific organs/tissues and humour acting upon: skin, circulatory system, immune system. Phlegmatic and melancholic humour.

Actions: Stomachic, purgative, emmenagogue, anthelmintic; laxative, refrigerant, bitter tonic, rejuvenative, digestive, alterative. Concoctive to phlegmatic and melancholic humours. Promotes sanguinous humour.

Indications: Externally, aloe vera restores skin tissues, and aids the healing of burns and sores. It can be used on blemishes and dandruff. Used cosmetically, Aloe vera softens the skin. It is used externally for burns, herpes, skin rashes, sores. It contains enzymes, polysaccharides and nutrients which exhibit antibacterial and antifungal action. It has a natural sunscreen effect that moisturizes the skin. Aloe is known to relieve dysmenorrhoea in women by expelling uterine debris.

10. BOTANICAL NAME: Althea officinalis

Unani-Tibb Name: Khatmi

Common name: Marshmallow

Parts Used: Root, seed, flower, and leaf

Temperament: Moist 3rd Hot 1st order

Specific organs/tissues and humour acting upon: Mucous membrane, epithelial tissue. Bilious humour affected.

Actions: Demulcent, emollient, diuretic, anti-inflammatory, expectorant, mucilaginous.

Indications: Its abundance of mucilage makes marshmallow an excellent demulcent. indicated wherever such an action is called for. The root has been used for digestive disorders whilst the leaf is used for urinary and lung disorders. Inflammatory conditions of the G-I tract will benefit from its use, such as buccal inflammation, gastritis, peptic ulceration, and colitis. The leaf helps in cystitis, urethritis and urinary stones.

This herb is also effective in bronchitis, respiratory catarrh, irritating cough, and allergic rhinitis.

Externally the herb is often used in drawing ointments for abscesses and boils, and as an emollient for varicose veins and ulcers.

11. SCIENTIFIC NAME: Aluminum sulfate, 18-hydrate, crystal

Unani-Tibb name: Phitkari, shibbe yamani

Common name: Alum

Parts used: crystals, powder

Temperament: Cold 2ND Dry 4TH order

Specific organs/tissues and humour acting upon: glands, epithelial tissues, phlegmatic and bilious humour

Actions: Astringent, absorptive, anti-inflammatory, styptic.

Indications: As an astringent and styptic, alum is very effective for the treatment of bleeding gums, wounds, and other haemorrhagic conditions. As an absorptive it dries the moistness and shrinks the organs. It is effective for prolapse of the uterus when used with the bark of acacia karroo, while applying as a sitz bath. With rose water it is good for conjunctivitis and cleansing the eyes.

12. BOTANICAL NAME: Anacyclus pyrethrum

Unani-Tibb name: Akarakara

Common name: Pellitory

Parts used: Root

Temperament: Hot 2nd Dry 2nd order

Specific organs/tissues and humour acting upon: brain, nervous tissues, salivary glands, phlegmatic and melancholic humours

Actions: Stimulant, sialagogue, nerve tonic.

Indications: This herb is good for nerve disorders, as a gargle for tooth problems such as toothache, sore throat and tonsils, paralysis, hemiplegia, epilepsy, rheumatism. It promotes talking in retarded children, inhibits stuttering and epilepsy, and promotes salivation.

13. BOTANICAL NAME: Anethum graveolens

Unani-Tibb name: Sowa, Soya

Common name: Dill

Parts used: Seeds and Volatile oil

Temperament: Hot 2nd Moist 2nd

Specific organs/tissues and humour: Digestive organs, glands, melancholic and bilious humours

Actions: Carminative, aromatic, anti-spasmodic, anti-inflammatory, galactagogue, calmative, diuretic, stomachic.

Indications: Dill is an excellent remedy for flatulence and associated colic. It is the herb of choice for colic of children. Chewing the seeds will help clear bad breath. Dill also helps stimulate appetite as well as pains due to flatulence. Nursing mothers can use dill to promote the flow of milk, particularly in combination with anise, coriander, fennel, and cumin. The oil from the seeds is effective in flatulence in children and is an ingredient of gripe water.

14. BOTANICAL NAME: Apium graveolens

Unani-Tibb name: Ajmood, karafs

Common name: Celery

Parts used: Seeds, Root, leaves

Temperament: Hot 2nd Dry 1st order

Specific organs/tissues and humour acting upon: Digestive organs, glands, joints, phlegmatic and melancholic humours

Actions: Anti-rheumatic, anti-inflammatory, carminative, anti-spasmodic, nervine, appetizer, emmenagogue.

Indications: The juice of the plant is a very effective medicine. It can be used for obesity, flatulence, chronic pulmonary catarrh, lack of appetite, and deficiency diseases. It is used in the treatment of rheumatism, arthritis, gout and in rheumatoid arthritis with mental depression.

Celery also promotes the onset of menstruation. It should be taken only in moderate amounts during pregnancy. As a salad vegetable or made into a tea, celery can be helpful also in clearing up skin problems. A decoction of the seeds is used for bronchitis, rheumatism, and agitation.

15. BOTANICAL NAME: Arctium lappa

Unani-Tibb name: Burdock

Common name: Burdock

Parts used: root, seed, leaf

Temperament: Moist 2nd Hot 1st order

Specific organs/tissues and humour: Blood, circulatory, kidneys, liver, skin. Melancholic and bilious humours.

Actions: Alterative, antifungal, anti-tumour, demulcent, blood purifier, Antibiotic, antifungal, diaphoretic, diuretic, mild laxative, antipyretic, concoctive to melancholic and bilious humour

Indications: Beneficial for acne, eczema, psoriasis, and dermatitis. It is a diuretic without side effects (irritation, nausea). Externally, the leaves have been applied for benign skin tumours. Poultices are used in the treatment of gout, severe bloody bruises, and burns. Burdock root has high amounts of mucilage which exerts the soothing effects on the gastrointestinal tract.

16. BOTANICAL NAME: *Arctostaphylos uva-ursi*

Unani-Tibb name: Uva ursi

Common name: Uva ursi

Parts used: Leaf

Temperament: Cold 2nd Moist 2nd order

Specific organs/tissues and humour acting upon: kidneys, renal system, epithelial tissues, bilious humour.

Actions: antiinflammatory, antiseptic, diuretic, urinary antiseptic. Concoctive to bilious humour.

Indications: conditions related to the urinary tract, kidneys, and bladder. Uva ursi relieves problems associated with kidney infections, prostate inflammation and enlargement, urinary tract infections, bladder infections, kidney stones, nephritis. For females, it is useful for dysmenorrhoea, cystitis, and bloating associated with menstruation. It is used as a tonic, detoxifying the urinary system. Externally, Uva ursi has antiseptic and astringent properties, and as an ointment used to treat cuts, scrapes, cold sores, herpes breakouts, and candida infections.

17. BOTANICAL NAME: *Areca catechu* (flowers)

Unani-Tibb name: Supari

Common name: Betelnut

Parts used: Seed (nut)

Temperament: Cold 2nd Dry 2nd order

Specific organs/tissues and humour acting upon: glands, reproductive organs, salivary glands. Phlegmatic humour

Actions: Astringent, absorptive, saliva stimulating, anthelmintic

Indications: The nut is used as a taenifuge, eliminating intestinal parasites (roundworms and tapeworms). Areca nut is aromatic and astringent. It is used to treat urinary infections and vaginal discharges. It sweetens the breath, strengthens the gums, prevents perspiration, and treats diarrhoea and urinary disorders.

Externally the 'nuts' are used for treating wounds, ulcers, and sores. It is also useful for bleeding gums and loose teeth. The seed is anti-parasitic, laxative, and diuretic. It is also a cardiac stimulant, increasing both heart rate and blood pressure. Betelnut increases glucose absorption in the brain, so may help those suffering from Alzheimer's disease. Any medicinal use of betelnut will need to be balanced against its known harmful effects.

18. BOTANICAL NAME: *Artemisia afra*

Unani-Tibb name: afsanteen, chobe deedan

Common name: Wormwood, umhlonyane, alsem, wildeals

Parts used: Leaves or flowering tops

Temperament: Dry 3rd Hot 2nd order

Specific organs/tissues and humour acting upon: digestive system, Intestines, blood, phlegmatic and melancholic humours

Actions: Bitter, blood cleanser, carminative, anti-microbial, antihelminthic, aromatic, tonic, antiseptic, febrifuge. Concoctive to phlegmatic and melancholic humours

Indications: Loss of appetite, dyspepsia, bloating, and for dyspepsia due to convulsive gallbladder disorders. Wormwood is primarily used as a bitter. It stimulates and invigorates the digestive process. Used for indigestion, especially when due to deficient quantity or quality of gastric juice. It is effective in the treatment of worm infestations, especially roundworm and pinworm. It may also be used to help the body deal with fever and infections. African wormwood is closely related to the European wormwood (absinthe). It is one of the oldest and best-known medicinal plants among traditional healers. During the Spanish flu pandemic of 1918, *Artemisia afra* was used as a cure. Numerous ailments are treated with it, such as colds, coughs and influenza, fever, loss of appetite, colic, headache, earache, malaria, and intestinal worms. Volatile oil from African wormwood is used as a decongestant and antibacterial agent. *Artemisia* oil acts as a local anaesthetic for rheumatism, neuralgia, and arthritis. The cardiovascular effects in terms of decreasing the diastolic pressure is also reported and its constituents are potentially useful for the management of melancholic hypertensive conditions.

19. BOTANICAL NAME: Aspalathus linearis

Unani-Tibb name: rooibos, rooibostee

Common name: rooibos

Parts used: Leaf, stems, twigs after being cut, bruised to allow enzymatic oxidation, and then dried.

Temperament: Moist 2nd Hot 1st order

Specific organs/tissues and humour acting upon: digestive system, blood, muscular tissues, sanguinous and bilious humour.

Actions: Antioxidant, antispasmodic; tonic, anti-allergic, antioxidant to sanguinous humour

Indications: Rooibos, traditionally used by the indigenous peoples of Southern Africa, is becoming increasingly popular in the West as a pleasant tasting tea with health benefits. A tea made from rooibos is generally beneficial to the digestive system and relieves spasms. It has been used in the treatment of vomiting, diarrhoea, and other mild gastric complaints. It is also beneficial when used internally and externally in the treatment of a wide range of allergies especially milk allergy, eczema, hay fever and allergic asthma in infants. A tea made from the dried fermented leaves tastes similar to oriental tea made from *Camellia sinensis*. It is caffeine-free but has a higher content of fluoride which might help to protect against tooth decay. Recent research has shown that this tea contains a substance similar to superoxide dismutase, an antioxidant compound that is thought to retard the ageing process.

20. BOTANICAL NAME: Asparagus racemosus

Unani-Tibb name: Satawar, Shatavari

Common name: Hundred husbands, asparagus

Parts used: Roots

Temperament: Moist 2nd Hot 1st order

Specific organs/tissues and humour acting upon: glands and reproductive organs. B bilious and sanguinous humour

Actions: Mucilaginous, antidiarrhetic, refrigerant, diuretic, antidysenteric, nutritive, tonic, demulcent, galactagogue, aphrodisiac, antispasmodic, stomachic. Promotes sanguinous humour

Indications: Convalescence, cough, dehydration, diarrhoea, dysentery, haematemesis, hyperacidity, impotence, infertility, leucorrhoea, menopause, sexual debility, stomach ulcers. It soothes dry inflamed membranes of the kidneys, lungs, sexual organs, and stomach. It increases breast milk secretion and semen formation, nurtures mucous membranes, supplies female hormones, and nourishes the ovum. In cancer, it protects against adverse effects of chemotherapy. Effective in diabetic patients when given with *Gymnema sylvestre* leaf extract.

21. BOTANICAL NAME: Avena sativa

Unani-Tibb name: Jai

Common name: Oats

Parts used: Seed, whole plant

Temperament: Moist 2nd Hot 1st order

Specific organs/tissues and humour acting upon: brain and nerves, glands, sanguinous and bilious humour.

Actions: Nervine tonic, anti-stress, nutritive, demulcent, promoting sanguinous humour

Indications: Anxiety, eczema, high cholesterol, high triglycerides, insomnia, nicotine withdrawal.

Avena sativa is considered specifically in cases of nervous debility and exhaustion when associated with stress, to strengthen the whole of the nervous system. Also used for general debility.

22. BOTANICAL NAME: Balsamodendron mukul, Commiphora mukul

Unani-Tibb name: Muqqil, guggula, gugal

Common name: Indian Bedellium

Parts used: Resin

Temperament: Dry 3rd Hot 2nd order

Specific organs/tissues and humour acting upon: blood, lungs, immune system, nerves, glands and joints, phlegmatic and melancholic humour

Actions: Alterative, astringent, antiseptic, immune booster, antispurative, analgesic, antispasmodic, expectorant, nervine, rejuvenative, stimulant. Concoctive to phlegmatic humour

Indications: Arthritis and other rheumatic disorders, hemorrhoids, high cholesterol levels, cystitis, debility, diabetes, nervous disorders, edema, enlarged lymphatic glands, parasitic infection, abscesses. It is effective for disinfecting secretions (e.g., mucus, sweat, urine), endometriosis, obesity, and for healing skin and mucus membranes. It increases white blood cell count, treats lumbago, and is a menstrual regulator.

23. BOTANICAL NAME: Balsamodendron myrrha

Unani-Tibb Name: Murr makki

Common name: Myrrh

Parts used: Stem gum or resin

Temperament: Dry 3rd Hot 2nd order

Specific organs/tissues and humour acting upon: lungs, blood, immune system, glands uterus, phlegmatic humour

Actions: Anti-microbial, astringent, anti-catarrhal, expectorant, alterative, analgesic, antiseptic, antispasmodic, emmenagogue, expectorant, stimulant, rejuvenative. It is a concoctive to phlegmatic humour

Indications: Myrrh is an effective anti-microbial agent. It stimulates the production of anti-pathogenic white blood corpuscles. Myrrh may be used in a wide range of conditions where an anti-microbial agent is needed. It is used specifically in the treatment of mouth infections such as mouth ulcers, gingivitis, pyorrhoea, as well as the catarrhal problems of pharyngitis and sinusitis. It may also help with laryngitis and respiratory complaints. It is used in the treatment of the common cold. Externally it has healing properties and is antiseptic for wounds and abrasions.

Myrrh is an ingredient in some toothpaste, eliminating the bacteria causing tooth decay.

Myrrh may help prevent heart disease, by reducing cholesterol, and preventing the formation of internal blood clots that trigger heart attacks. Myrrh can be used for amenorrhoea, asthma, cough, rheumatism, traumatic injuries, and menstrual disorders.

24. BOTANICAL NAME: Berberis vulgaris

Unani-Tibb name: Darehald, daru haridra

Common name: Barberry, Tree turmeric

Parts used: Root and stem bark, ripe berry

Temperament: Hot 2nd Moist 1st order

Specific organs/tissues and humour acting upon: liver and gallbladder, skin, bilious and melancholic humours

Actions: anti-inflammatory, hepatic, anti-emetic, bitter, laxative, antibilious, refrigerant, stomachic, bitter tonic, antiperiodic, alterative, antipyretic. It is a concoctive to melancholic humour.

Indications: Used as an antibiotic, immune stimulant, reducing high blood pressure, antimalarial, and may shrink some tumors. It is effective in correcting liver function and promoting the flow of bile. It is indicated when there is an inflammation of the gallbladder or in the presence of gall stones. The herb is able to reduce an enlarged spleen. The root possesses antibacterial and anti-inflammatory activity.

25. BOTANICAL NAME: Borago officinalis

Unani-Tibb name: Gaozuban

Common name: Borage

Parts used: leaf, flower

Temperament: Cold 2nd Moist 2nd order

Specific organs/tissues and humour acting upon: heart, adrenal gland, epithelial tissues, stomach, bilious and sanguinous humours.

Actions: Diaphoretic, expectorant, tonic, anti-inflammatory, diuretic, galactagogue, nervine. It is a concoctive to bilious humour.

Indications: Borage is a restorative agent for the adrenal cortex, so it helps revive and renew the adrenal glands. Borage is a tonic for the adrenals. It may be used during fevers and convalescence. It is an anti-inflammatory herb, effective in conditions such as pleurisy. The leaf and seed stimulates milk flow in nursing mothers. Borage contains potassium and calcium. It is effective for palpitations and tachycardia, and tones up heart muscles. It helps soothe mucous membranes during allergies.

26. BOTANICAL NAME: *Camellia sinensis*

Unani-Tibb name: Green tea, sabz chae

Common name: Green tea

Parts used: Leaf

Temperament: Moist 2nd Hot 1st order

Specific organs/tissues and humour acting upon: Circulatory and immune systems, epithelial tissue, bilious and sanguinous humour.

Actions and indications: In Chinese legend, tea was discovered accidentally by an emperor 4,000 years ago. Since then, traditional Chinese medicine has recommended green tea for headaches, body aches and pains, digestion, depression, immune enhancement, detoxification, as an energizer, and to prolong life. Modern research has confirmed many of these health benefits.

Indications: Cancer risk reduction, gingivitis (periodontal disease), high cholesterol, hypertension, hypertriglyceridemia, immune dysfunction, and infection. Green tea helps prevent cancer.

27. BOTANICAL NAME: *Capsicum frutescens, capsicum annum*

Unani-Tibb name: Filfil ahmar

Common name: Cayenne

Parts used: Fruit

Temperament: Hot 3rd Dry 2nd order

Specific organs/tissues and humour acting upon: Digestive and nervous systems, mucous membranes. phlegmatic and melancholic humours

Actions: Stimulant, tonic, sialagogue, alterative, rubefacient, carminative, digestive.

Indications: Useful for: bursitis, diabetic neuropathy, osteoarthritis, psoriasis, rheumatoid arthritis, shingles, postherpetic neuralgia. Cayenne pepper has beneficial antioxidant and cardiovascular effects. It reduces the likelihood of developing atherosclerosis, by reducing blood cholesterol and triglyceride levels. It also reduces platelet aggregation and increases fibrinolytic activity. It has many beneficial effects on gastrointestinal function.

The carotene molecules of cayenne pepper and parika exert powerful antioxidant effects.

When applied topically to the skin or mucous membranes, capsaicin stimulates and then blocks small diameter pain fibres by depleting them of a neurotransmitter, substance P. This substance is believed to be the principal transmitter of pain impulses. It also has been shown to activate inflammatory mediators in joint tissues in osteoarthritis and rheumatoid arthritis. Diabetic neuropathy is a painful nerve disorder caused by long-term diabetes. Capsaicin has been found to be of considerable benefit in relieving pain in this condition.

28. BOTANICAL NAME: *Carpobrotus edulis*

Unani-Tibb name: Sour fig

Common name: Sour fig, suurvy, vyerank

Parts used: leaf juice or leaf pulp,

Temperament: Cold 2nd Dry 2nd order

Specific organs/tissues and humour acting upon: skin, mucous membranes, bilious humour.

Actions: astringent, healing, anti-inflammatory, styptic.

Indications: It is useful in the treatment of mouth and throat infections. It is also useful for dysentery, digestive troubles, toothache, oral and vaginal thrush, and externally for eczema.

29. BOTANICAL NAME: *Carum carvi*

Unani-Tibb name: Zeera siyah, Kala zeera, Kamoon aswad

Common name: Caraway

Parts used: seeds

Temperament: Hot 2nd Dry 2nd order

Specific organs/tissues and humour acting upon: digestive system, glands, phlegmatic humour

Actions: Carminative, anti-spasmodic, expectorant, emmenagogue, digestive, metabolic booster. It is a concoctive to phlegmatic humour.

Indications: Caraway improves the digestion of fat and carbohydrates, expels wind, improves appetite, is effective in obesity, sluggish digestion and metabolism, intestinal gas, menstrual cramps. It is effective for the promotion of menstruation.

30. BOTANICAL NAME: Cassia angustifolia, Cassia senna

Unani-Tibb name: Sana-e-Makki

Common name: Senna

Parts used: leaves

Temperament: Hot 2nd Moist 1st order

Specific organs/tissues and humour acting upon: liver and digestive organs, melancholic humour

Actions: Purgative, alterative, laxative, vermifuge. It is a concoctive to melancholic humour.

Indications: Constipation, inflammatory skin conditions, the melancholic form of hypertension, obesity. Senna is a powerful laxative, working through a stimulation of intestinal peristalsis. However, if constipation is a result of something else and not the initial cause, this factor has to be sought and redressed.

31. BOTANICAL NAME: Centella asiatica, Hydrocotyle asiatica

Unani-Tibb name: Brahmi

Common name: Gotu kola, varkoortjies

Parts used: Entire plant

Temperament: Cold 2nd Moist 2nd order

Specific organs/tissues and humour acting upon: Brain and nerves, skin, circulatory system, bilious and melancholic humours.

Actions: Blood purifier, diuretic, febrifuge, nervine, rejuvenative.

Indications: chronic venous insufficiency, minor burns, scars, scleroderma, skin ulcers, varicose veins, wound healing. Gotu Kola is a rejuvenative nervine recommended for nervous disorders, including epilepsy, senility, and premature aging. As a brain tonic, it aids intelligence and memory. It is used as an aid for meditation that is said to balance the two sides of the brain. It is particularly helpful for highly stressed persons. Gotu kola stimulates the central nervous system, rebuilds energy reserves, relieves high blood pressure, and helps the body defend against various toxins. Gotu kola has a positive effect on the circulatory system. It improves the flow of blood while strengthening the veins and capillaries. It has been used successfully to treat phlebitis, leg cramps, and abnormal tingling of the extremities.

32. BOTANICAL NAME: Cichorium intybus

Unani-Tibb name: Kasni

Common name: Chicory, endive, sigorei

Parts used: Root, seed, flower

Temperament: Cold 2nd Moist 2nd order

Specific organs/tissues and humour acting upon: liver, glands, epithelial tissues, stomach, bilious and sanguinous humours

Actions: Antibilious, appetiser, anti-inflammatory, digestive, diuretic, tonic. It is concoctive to bilious humour.

Indications: Chicory is used in jaundice and spleen problems. The juice from the leaf and a tea made from the flowering plant promote the elimination of bile and the release of gallstones. It is useful for gastritis, lack of appetite, and digestive difficulties. It has hepato-protective properties, and is used in hepatic enlargement, fever, vomiting and abdominal pain.

33. BOTANICAL NAME: Cimicifuga racemosa

Unani-Tibb name: Black Cohosh

Common name: Black Cohosh

Parts used: Root

Temperament: Hot 2nd Moist 2nd order

Specific organs/tissues and humour acting upon: glands and the female reproductive system. Melancholic and bilious humours

Actions: Diaphoretic, antipyretic, antifungal, antibacterial, relaxant, sedative, and antispasmodic.

Indications: Black cohosh helps in the treatment of menopausal symptoms such as painful menstruation, dysmenorrhoea, and uterine spasms. Due to the presence of the isoflavone formononet that binds to estrogen receptor sites, Black cohosh induces an estrogen-like activity in the body. In the approach to menopause, the signals between the ovaries and pituitary gland diminish, slowing down estrogen production and increasing luteinizing hormone (LH) secretions. Hot flashes can result from these hormonal changes. Black cohosh decreases LH secretions in menopausal women.

34. BOTANICAL NAME: Cinnamomum cassia, Cinnamomum zeylanicum

Unani-Tibb name: Darchini, Dalchini

Common name: Cinnamon

Parts used: Bark

Temperament: Dry 2nd Hot 1st order

Specific organs/tissues and humour acting upon: digestive organs, nerves and brain, blood. Phlegmatic humour

Actions: analgesic, antibacterial, antifungal, antiseptic, antiirheumatic, antispasmodic, aromatic, astringent, carminative, demulcent, diaphoretic, digestive, diuretic, expectorant, germicide, haemostatic, stimulant, stomachic.

Indications: Breathing difficulties, colds, congestion, circulation, lack of energy, diarrhoea, nausea, oedema, flu, intestinal gas. It helps to strengthen the heart and kidneys, is effective in relieving hiccups, indigestion, muscle tension, uterine spasms.

35. BOTANICAL NAME: Citrus paradisi

Unani-Tibb name: Grapefruit

Common name: Grapefruit

Parts used: pulp, juice

Temperament: Cold 2nd Dry 1st order

Specific organs/tissues and humour acting upon: Digestive system, glands. Biliary humour

Actions: Appetiser, digestive, stomachic, antiseptic, tonic.

Indications: Grapefruit is high in vitamin C and potassium and is a good source of folate, iron, calcium, and other minerals. Pink and red varieties are high in beta carotene, a precursor of vitamin A. It is high in fibre, low in calories so helping in reducing weight, and stimulates the appetite.

36. BOTANICAL NAME: Coriandium sativum

Unani-Tibb name: Dhania, kishneez

Common name: Coriander

Parts used: Seed, leaf

Temperament: Cold 3rd Moist 2nd order

Specific organs/tissues and humour acting upon: Digestive organs, nerves, skin. Sanguinous and bilious humours.

Actions: Alterative, antibilious, aphrodisiac, aromatic, carminative, diaphoretic, diuretic, stimulant, stomachic, tonic, antispasmodic, appetiser.

Indications: Stomach gripes, flatulent colic, bleeding haemorrhoids, neuralgia, indigestion, vomiting, intestinal disorders, eye irritation, conjunctivitis, internal heat and thirst, skin rashes, uro-genital system such as burning on urination, cystitis and infections, sore throat, allergies, hay fever. Useful in all bilious disorders, hay fever, and skin rashes. It can be used to counteract hot, pungent foods. Coriander seed oil has antibacterial properties and can be used to treat rheumatic disorders. Coriander leaf and seed paste can be used to treat skin and mouth ulcers. The oil is included in certain pharmaceuticals to counteract unpleasant odours.

37. BOTANICAL NAME: Crataegus oxycantha

Unani-Tibb name: Hawthorn

Common name: Hawthorn

Parts used: Berry

Temperament: Hot 2nd Moist 2nd order

Specific organs/tissues and humour acting upon: Blood, heart, muscular tissues, arteries. Melancholic humour

Actions: antispasmodic, cardiac, sedative, vasodilator.

Indications: Angina pectoris, atherosclerosis, heart failure, hypertension

Hawthorn has beneficial effects on the cardiovascular system. It is effective for both high and low blood pressure and strengthens the action of the heart. Hawthorn may help the heart in several ways. It helps dilate the coronary arteries, improving the heart's blood supply. It increases the heart's pumping force and helps eliminate some types of cardiac arrhythmias. It helps limit the amount of cholesterol deposited on artery walls. The tea is useful in relieving nervous tension and sleeplessness.

38. BOTANICAL NAME: Crocus sativus, Crocus saffron

Unani-Tibb name: Zafran, kesar

Common name: Saffron

Parts Used: Dried stigmata

Temperament: Hot 2nd Dry 1st order

Specific organs/tissues and humour acting upon: circulatory system, liver. Melancholic and phlegmatic humours

Actions: Anodyne, antispasmodic, aphrodisiac, appetiser, emmenagogue, expectorant, rejuvenative, stimulant, stomachic. It promotes the sanguinous humour.

Indications: Amenorrhoea, anaemia, asthma, coughs and colds, depression, diarrhoea, hypomenorrhoea, dysmenorrhoea, hysteria. It helps in female reproductive blood circulation, food assimilation, impotence, infertility, headache, G.I. disorders, seminal weakness, spleen regulation, and toning up the uterus.

39. BOTANICAL NAME: Curcuma longa

Unani-Tibb name: Haldi

Common name: Turmeric

Parts used: Rhizome, tuber

Temperament: Hot 2nd Moist 2nd order

Specific organs/tissues and humour acting upon: digestive system, skin, blood, liver. Melancholic humour

Actions: Antacid, carminative, stomachic, appetiser, anti-spasmodic, anti-inflammatory, antiseptic, blood purifier. It acts as a concoctive to the melancholic humour

Indications: Turmeric is a very important cleansing herb for the whole body. Medically, it is used as a digestive aid and for the treatment for fever, infections, dysentery, arthritis, jaundice, and other liver problems. Traditional Chinese physicians used turmeric to treat liver and gallbladder problems, stop bleeding, chest congestion and menstrual disorders. It is also effective in atherosclerosis, bursitis, inflammatory conditions, anorexia, liver disorders, cough, and diabetic skin disorders. It is currently being evaluated for its anticarcinogenic and antimutagenic properties.

40. BOTANICAL NAME: Emblica officinalis

Unani-Tibb name: Amlah

Common name: Indian gooseberry

Parts used: Fruit, dried

Temperament: Cold 2nd Dry 2nd order

Specific organs/tissues and humour acting upon: Blood, stomach, brain, nervous and immune systems. Phlegmatic humour

Actions: Aphrodisiac, astringent, haemostatic, laxative, nutritive tonic, refrigerant, rejuvenative, stomachic, anabolic, antibacterial, expectorant, cardiogenic, antipyretic, antioxidant, antiviral, anti-emetic, immune booster. It acts as a concoctive to the phlegmatic humour.

Indications: Anaemia, biliousness, bleeding, colitis, convalescence from fever, diabetes, liver weakness, mental disorders, vertigo, haemorrhage, diarrhoea, and dysentery. It increases the red blood cell count and regulates blood sugar. It acts as a heart tonic, stops gum bleeding, strengthens teeth, and aids eyesight. The fruit is believed to have a calming effect on the emotions. It is a rich source of vitamin C. Reports indicate it has a hair restorative effect. It is part of the triphala formula in Unani Tibb.

41. BOTANICAL NAME: *Foeniculum vulgare*

Unani-Tibb name: saunf, Badyan

Common name: Fennel

Parts used: root, seed

Temperament: Cold 2nd Moist 2nd order

Specific organs/tissues and humour acting upon: Liver, digestive organs, female reproductive organs, kidneys, bilious and sanguinous humours.

Actions: Stomachic, carminative, diuretic, diaphoretic, aromatic, cooling. It is a concoctive to the bilious humour.

Indications: Colic, indigestion, intestinal gas, irritable bowel syndrome, eye irritation. The fennel tea traditionally made a good eye wash. It is effective in gout, stomach colic and spasms. Fennel increases the flow of urine and also regulates the menstrual flow.

One study suggests that fennel has a mild estrogenic effect. This may contribute to its use in milk production and stimulating menstruation. It helps to relieve the pains of menopause in older women. It is reportedly of value for people with a history of alcoholism, hepatitis, or liver disease.

42. BOTANICAL NAME: *Glycyrrhiza glabra*

Unani-Tibb Name: Mulathi, aslussus

Common name: Liquorice

Parts used: Dried root

Temperament: Moist 3rd Hot 1st order

Specific organs/tissues and humour acting upon: liver, immune system, digestive organs, mucous membranes. Bilious humour.

Actions: Demulcent, expectorant, laxative, rejuvenative, sedative, tonic, anti-inflammatory, anti-hepatotoxic, anti-spasmodic. It acts as a concoctive to the bilious humour, and promotes sanguinous humour

Indications: Chronic hepatitis and cirrhosis. It is effective for bronchial problems such as catarrh, bronchitis, coughs, sore throat, and laryngitis, and for the treatment of hyperacidity, peptic ulcers, gastritis, and constipation. It is used to treat general debility, inflammation, muscle spasms and pain on urination. It has mental calming, mucus liquefying and expectorating effects, and soothes and tones up the mucous membranes. It helps nourish the brain by increasing cranial and cerebrospinal fluid flow. It modulates the immune system via its immuno-stimulant properties, so providing resistance to recurring infections. It possesses antioxidant activity.

43. BOTANICAL NAME: *Lavandula officinalis*

Unani-Tibb Name: Ustukhuddus

Common name: Lavender

Parts Used: Flowers

Temperament: Dry 2nd Hot 1st order

Specific organs/tissues and humour: Brain and nerves. Phlegmatic humour

Actions: Carminative, anti-spasmodic, anti-depressant, emmenagogue, hypotensive, stimulant, aromatic, fragrant. It acts as a concoctive to the phlegmatic humour.

Indications: Headaches, especially if phlegm related. Lavender can be effective in the treatment of depression, if used in conjunction with other remedies. It is used in nervous debility and exhaustion, where it acts as a gentle tonic.

44. BOTANICAL NAME: *Linum usitatissimum*

Unani-Tibb name: Tukhme katan, Alsi

Common name: Linseed, flaxseed

Parts used: Seed, oil

Temperament: Cold 1st Dry 2nd order

Specific organs/tissues and humour acting upon: Respiratory system. Phlegmatic humour

Actions: Analgesic, demulcent, emollient, expectorant, laxative, pectoral, resolvent. It acts as a concoctive to the phlegmatic humour,

Indications: Linseed has a long history of medicinal use. Its main effects are laxative and expectorant. The crushed seeds are of value for soothing irritated tissues, treating colds, controlling the symptoms of asthma (wheezing, congestion, and coughing), and relieving pain. An infusion of the seed contains mucilage and is effective for inflammation of the urinary organs. The laxative effect is related to its swelling on ingestion, so increasing its bulk, which increases intestinal peristalsis. Linseed makes a very useful poultice for treating ulceration, abscesses, and deep-seated inflammation.

Seed oil contains 4% L-glutamic acid, which is used to treat mental deficiencies in adults. It also has soothing and lubricating properties, and so is used for tonsillitis, sore throats, coughs, colds, and constipation. When mixed with an equal quantity of lime water it is used to treat burns and scalds. The flowers are cardiotoxic and nervine.

45. BOTANICAL NAME: *Melia azadirachta*, *Azadirachta Indica*

Unani-Tibb name: Neem, Nimba, Nimb

Common name: Neem

Parts used: All

Temperament: Cold 2nd Dry 2nd order

Specific organs/tissues and humour acting upon: Skin, liver, circulatory system. Sanguinous and bilious humours

Actions: Neem extracts possess anti-diabetic, antibacterial and anti-viral properties. Root – astringent, antiperiodic, tonic. Bark – astringent, antiperiodic, bitter, tonic, vermifuge, antiviral. Fruit – purgative, emollient, antihelminthic. Leaves – discutient, emmenagogue, antiviral. Juice – antihelminthic. Flowers – stimulant, tonic, stomachic.

Indications: Blood and liver cleansing, detoxifier, diabetes, fever, malaria, obesity, parasites, rheumatism, inflammatory skin diseases such as eczema, syphilis, tumours. It is of value during convalescence after malarial fever. Applied externally, it possesses antidandruff, antibacterial, anti-viral and fungicidal properties.

46. BOTANICAL NAME: *Mentha arvensis*, *Mentha longifolia*

Unani-Tibb Name: Podina, Podina jangli

Common name: Mint, wild mint, ballerja, kruisement, ufuthane, lomhlang

Parts Used: Leaf

Temperament: Hot 2nd Moist 1st order

Specific organs/tissues and humour acting upon: digestive system, glands, female reproductive system. Melancholic and bilious humours

Actions: Antispasmodic, stomachic, stimulant, carminativ, nervine, cardiotoxic, febrifuge.

Indications: Flatulence, nausea, diarrhoea; colic, nervous headache, heartburn, convulsions, fainting, fevers, stomach and bowel gas, restlessness, morning sickness, vomiting, hysteria, painful menstruation, delayed pregnancy, and heart palpitations. The oil, together with menthol is used externally in headache and neuralgia. Mint is often used as a flavouring agent

47. BOTANICAL NAME: Nigella sativa

Unani-Tibb name: Kalonji, Habba-tas-sauda

Common name: Black seed

Parts used: Seed

Temperament: Dry 2nd Hot 1st order

Specific organs/tissues and humour acting upon: Lungs, immune system, glands. Phlegmatic humour.

Actions: antibacterial, stimulant, carminative, digestive, emmenagogue, stomachic, insecticidal, bronchodilator, hypotensive agent and immunostimulant. It acts as a concoctive to the phlegmatic humour. It is hepato-protective, boosts the immune system, and is anti-tumour.

Indications: upper respiratory disorders, such as asthma, allergies, coughs and colds, fevers, flu and emphysema. Menstrual cycle disorders.

48. BOTANICAL NAME: Ocimum basilicum, Ocimum sanctum

Unani-Tibb name: Tulsi

Common name: Basil

Parts used: Leaf, whole plant

Temperament: Cold 2nd Dry 1st order

Specific organs/tissues and humour acting upon: lungs, digestive system. Phlegmatic humour

Actions: Antispasmodic, appetiser, carminative, stomachic, antibacterial, antiseptic, febrifuge. It acts as a concoctive to the phlegmatic humour. The volatile oil has antibacterial, anti-inflammatory and insecticide properties, and the decoction of the whole dried plant lowers the blood sugar level, and leaf juice has diaphoretic, anti-periodic, stimulating, and expectorant properties.

Indications: Stomach cramps, gastric and intestinal catarrh, vomiting, constipation and enteritis, coughs and colds, fever, headache, catarrh and bronchitis, abdominal distension, nasal, sinus and lung congestion. Basil can be effective in whooping cough. It is used to treat ringworm and other cutaneous diseases.

49. BOTANICAL NAME: Olea europaea

Unani-Tibb name: Zaitun

Common name: Olive, olivienhout, umquma, motholoari

Parts used: Oil, fruit, leaf, and bark

Temperament: Hot 2nd Moist 1st order

Specific organs/tissues and humour acting upon: glands, epithelial tissues, liver, bilious and melancholic humour.

Actions: Antiseptic, astringent, febrifuge, hypoglycaemic, cholagogue, antihypertensive, demulcent, emollient, laxative. It acts as a concoctive to the melancholic humour.

Indications: Internal conditions requiring demulcent, emollient and laxative action, hyperacidity, constipation, peptic ulceration, gallstones, with lemon or grapefruit juice, nervous tension, hypertension, hyperglycemia. It can substitute for quinine in the treatment of malaria. Externally it can be used to treat pruritus, stings, or burns, as a hair tonic, and together with oil of rosemary, for treating dandruff.

50. BOTANICAL NAME: Orchis mascula, Orchis latifolia

Unani-Tibb name: Salabmisri

Common name: Salep Orchid

Parts used: Root

Temperament: Moist 3rd Hot 1st order

Specific organs/tissues and humour acting upon: Brain, reproductive system, muscles, bilious humour

Actions: Restorative, invigorative tonic. It promotes the sanguinous humour

Indications: Premature ejaculation, thinning of sperm, low sperm count, wasting diseases, diabetes, chronic diarrhoea, dysentery, nervous or sexual debility, general weakness, impotence.

51. BOTANICAL NAME: Passiflora incarnata

Unani-Tibb name: Passion flower

Common name: Passion flower

Parts used: Herb, and rarely, the flower.

Temperament: Cold 2nd Moist 2nd order

Specific organs/tissues and humour acting upon: Brain and nervous system, bilious and melancholic humour.

Actions: Nervine, hypnotic, anti-spasmodic, anodyne, hypotensive, sedative. Passiflora has a depressant effect on CNS activity, is hypotensive, has sedative and soothing properties, lowers blood pressure, prevent tachycardia and for insomnia.

Indications: Restlessness, nervous headache, neuralgia, hypertension, tachycardia, intransigent insomnia, spasms associated with epilepsy, Parkinson's disease, seizures, and hysteria.

52. BOTANICAL NAME: Peganum harmala

Unani-Tibb name: harmal

Common name: harmala

Parts used: Seed, whole plant

Temperament: Dry 3rd Hot 2nd order

Specific organs/tissues and humour acting upon: Muscular tissue, joints, brain, reproductive system, phlegmatic humour.

Actions: Abortifacient, aphrodisiac, digestive, emmenagogue, hallucinogenic, parasiticide, uterine stimulant, vermifuge. It acts as a concoctive to the phlegmatic humour. The seed contains harmine which is being studied in mental disease research, encephalitis, and brain inflammation.

Indications: uterine dystonia, urinary and sexual disorders, epilepsy, menstrual problems, tapeworm infestation, body lice (root), rheumatism (leaf, root), for brain stimulation,

53. BOTANICAL NAME: Pimpinella anisum

Unani-Tibb name: Aneesun

Common name: Anise

Parts used: Seed

Temperament: Hot 2nd Dry 1st order

Specific organs/tissues and humour acting upon: Digestive system, lungs, phlegmatic humour

Actions: Antiseptic, antispasmodic, aromatic, carminative, digestive, expectorant, galactagogue, pectoral, stimulant, stomachic, tonic.

Indications: Respiratory problems such as asthma, bronchitis, whooping cough, coughs, and pectoral affections requiring antispasmodic and expectorant action, digestive system disorders such as wind, gas pains, bloating, colic, nausea, and indigestion, failing memory, oily skin, diminished milk production in nursing mothers, relief from menopausal discomforts.

54. BOTANICAL NAME: Piper longum

Unani-Tibb name: Pippali, Pipal, filfil draz

Common name: Long pepper

Parts used: Fruit

Temperament: Hot 2nd Moist 1st order

Specific organs/tissues and humour acting upon: Digestive system, joints, lungs melancholic and phlegmatic humours.

Actions: Analgesic, antihelminthic, aphrodisiac, carminative, expectorant.

Indications: Abdominal distension, improved digestion, asthma, bronchitis, colds, coughs, flatulence, laryngitis, paralysis, rheumatic pain, sciatica, worms.

55. BOTANICAL NAME: Piper nigrum

Unani-Tibb name: Filfil siyah, Kali Mirch

Common name: Piper nigrum

Parts used: Fruit

Temperament: Hot 2nd Moist 1st order

Specific organs/tissues and humour acting upon: Digestive system, joints, lungs. Melancholic and phlegmatic humours.

Actions: Stimulant, expectorant, carminative, antipyretic, anthelmintic, antiperiodic. Piper has bacteriostatic, fungistatic and anti-inflammatory properties.

Indications: Asthma, sinus congestion, chronic indigestion, colon toxins, fever, intermittent fever, colic, as a stomachic in cholera, dyspepsia, flatulence, indigestion, diarrhoea, obesity, and cold extremities.

56. BOTANICAL NAME: Plantago ispagula, Plantago ovata

Unani-Tibb name: Isapghul

Common name: Psyllium

Parts Used: Seed, husk

Temperament: Cold 2nd Moist 2nd order

Specific organs/tissues and humour acting upon: Digestive system, liver. Melancholic and bilious humours.

Actions: Demulcent, emollient, laxative, diuretic.

Indications: Digestive disorders, irritable bowel syndrome, gastritis, gastric and duodenal ulcers, constipation (with warm water), diarrhoea (with cool water), dysentery, intestinal disorders, catarrh, coughs, and colds (especially in children), diabetes, atherosclerosis, high cholesterol, high triglycerides, haemorrhoids, inflammatory bladder, kidney and urethra problems, psoriasis, weight loss and obesity, fever, gonorrhoea, and cystitis.

57. BOTANICAL NAME: Psoralea corylifolia

Unani-Tibb name: Babchi, Bakuchi

Common name: Babchi, Bakuchi

Parts used: Seed

Temperament: Hot 3rd Dry 2nd order

Specific organs/tissues and humour acting upon: Liver, skin. Melancholic and phlegmatic humours

Actions: Antiseptic, blood purifier, stimulant, stomachic, anthelmintic, antibacterial, antifungal, laxative. It acts as a concoctive to melancholic and phlegmatic humours.

Indications: Skin conditions, especially leucoderma, psoriasis (used both internally and externally), ulcers, skin colour enhancer, toner for liver, spleen, and pancreas.

58. BOTANICAL NAME: Rheum emodi, Rheum officinale

Unani-Tibb Name: Revand-chini

Common name: Rhubarb

Parts Used: Rhizome

Temperament: Moist 2nd Hot 1st order

Specific organs/tissues and humour acting upon: Liver, gall bladder. Bilious humour

Actions: antibacterial, antitumour, antifungal, diuretic, blood purifier, hemostatic, antipyretic, anthelmintic, stomachic, bitter tonic, laxative, hepato-protective, concoctive to bilious humour.

Indications: Constipation, dysentery, jaundice, liver disorders, atonic dyspepsia, or indigestion, duodenal catarrh, hypertension, high cholesterol levels, inflammatory disorders.

59. BOTANICAL NAME: *Rubia cordifolia*, *Rubia manjishta*

Unani-Tibb name: Manjith, Majeeth

Common name: Indian Madder

Parts used: Roots

Temperament: Hot 2nd Dry 1st order

Specific organs/tissues and humour acting upon: skin, liver, spleen, immune system. Melancholic humour.

Actions: Blood purifier and tonic, anti-tumour, emmenagogue, haemostatic, lithotriptic, antiseptic. It acts as a concoctive to the melancholic humour. Rubia has antibacterial, anti-inflammatory, and anti-allergic activities.

Indications: Removal of blood impurities, improvement of blood circulation, amenorrhoea, cancer, cleansing and regulation of the liver, spleen and pancreas, skin infections, arthritis, tissue healing, ulcers, traumatic injuries, broken bones, benign and malignant tumours.

60. BOTANICAL NAME: *Sabal serrulata*

Unani-Tibb name: Saw palmetto

Common name: Saw palmetto

Parts used: berry, fruit pulp

Temperament: Hot 2nd Moist 1st order

Specific organs/tissues and humour acting upon: Uro-genital system. Phlegmatic humour

Actions: Antiseptic, aphrodisiac, diuretic, expectorant, sedative, tonic, anabolic.

Indications: Physical debility, especially in the elderly, urinary tract problems, enlarged and inflamed prostate glands, impotence, bronchial disorders associated with coldness, wasting and weight loss.

61. BOTANICAL NAME: *Silybum marianum*

Unani-Tibb name: Milk thistle

Common name: Milk thistle

Parts used: Seed

Temperament: Moist 2nd Hot 1st order

Specific organs/tissues and humour acting upon: Liver, gall bladder. Melancholic, bilious humours

Actions: Bitter, blood purifier, cholagogue, diaphoretic, diuretic, hepatic tonic.

Indications: Liver disorders, including hepatitis, cirrhosis, jaundice, alcoholic damage and poisoning, gall bladder disease.

62. BOTANICAL NAME: *Terminalia bellerica*

Unani-Tibb name: Bahirha, balaelaj, baleelah

Common name: Beleric Myrobalan

Parts used: Fruit

Temperament: Cold 2nd Dry 2nd order

Specific organs/tissues and humour acting upon: Brain, digestive system. Phlegmatic humour

Actions: Antihelminthic, antiseptic, astringent, expectorant, laxative, rejuvenative, brain tonic. It acts as a concoctive to the phlegmatic humour.

Indications: Nausea, vomiting, chronic diarrhoea, dysentery, sore throat, laryngitis, coryza, cough, asthma, catarrh, eye disorders, headache, poor appetite, Terminalia is part of the triphala formula in Unani-Tibb.

63. BOTANICAL NAME: Terminalia chebula

Unani-Tibb name: Haritaki, Hardh, Harh

Common name: Myrobalan, Indian Gall Nut

Parts used: Fruit

Temperament: Cold 2nd Dry 2nd order

Specific organs/tissues and humour acting upon: Brain, digestive system. Phlegmatic humour

Actions: Rejuvenative, tonic, astringent, laxative, nervine, expectorant, anthelmintic

Indications: Anaemia, cough, asthma, sore throat, hoarse voice, hiccups, vomiting, diarrhoea, abdominal distention, gas, fever, mouth, ulcerated gums. This herb is part of the triphala formula in Unani-Tibb.

64. BOTANICAL NAME: Tinospora cordifolia

Unani-Tibb name: Giloy, Gilo

Common name: Amrita, Giloy

Parts used: Roots, stems

Temperament: Hot 2nd Moist 1st order

Specific organs/tissues and humour acting upon: Immune system, liver. Melancholic and bilious humours.

Actions: Antiperiodic, anti-inflammatory, antipyretic, blood purifier, bitter tonic, diuretic, febrifuge, immuno-stimulant. It acts as a concoctive to bilious and melancholic humours

Indications: Immune related diseases, blood purifier, chronic malarial and other fevers, convalescence from fevers, jaundice, indigestion, gout, haemorrhoids, dysentery.

65. BOTANICAL NAME: Trifolium pratense

Common name: Red clover

Unani-Tibb Name: Red clover

Parts Used:

Temperament: Moist 2nd Hot 1st order

Specific organs/tissues and humour: Skin. Melancholic humour

Actions: blood purifier, antiscrophulatic, diuretic.

Indications: cancer esp. of the breast, eczema, psoriasis.

66. BOTANICAL NAME: Trigonella foenum-graecum

Unani-Tibb name: Methi, Hulba

Common name: Fenugreek

Parts used: Seeds

Temperament: Hot 2nd Dry 1st order

Specific organs/tissues and humour acting upon: Lungs, glands, liver. Melancholic and phlegmatic humours.

Actions: Mucilaginous, emollient, febrifuge, restorative, stimulaor of the bilious humour

Indications: Atherosclerosis, bronchial congestion, constipation, diabetes, high cholesterol, hypertriglyceridaemia.

67. BOTANICAL NAME: Valeriana officianalis

Unani-Tibb name: Sumbul-utteeb

Common name: Valerian

Parts used: Root and rhizome

Temperament: Dry 2nd Hot 1st order

Specific organs/tissues and humour acting upon: Brain and nerves. Phlegmatic and melancholic humours.

Actions: Anticonvulsant, tranquilliser, sedative (comparable effect to benzodiazepines, but milder and safer), brain tonic, anodyne, antispasmodic, nervine, emmenagogue. Valerian is non-addictive or dependency-inducing.

Indications: Insomnia, hysteria, high blood pressure, epilepsy, hypochondria, nervous unrest and emotional lability.

68. BOTANICAL NAME: Withania Somnifera

Unani-Tibb name: Ashwagandha, Asgand

Common name: Indian ginseng, Winter cherry

Parts used: Root

Temperament: Hot 2nd Moist 2nd order

Specific organs/tissues and humour acting upon: Brain, nerves, glands, reproductive system, immune system. Biliary humour.

Actions: Aphrodisiac, astringent, nervine, rejuvenative, sedative, tonic, galactagogue

Indications: Alzheimer's disease, HIV support, immune booster, mental dysfunction, stress, general debility, nerve exhaustion, convalescence, problems of the elderly, sexual debility, memory loss, muscle energy loss, multiple sclerosis, anaemia, fatigue, infertility, lactation stimulation.

69. BOTANICAL NAME: Zea mays

Unani-Tibb name: Makai ke Baal

Common name: Corn Silk

Parts used: Flower stigmata

Temperament: Cold 2nd Moist 2nd order

Specific organs/tissues and humour acting upon: Urinary system, kidneys. Melancholic and biliary humours.

Actions: Diuretic, demulcent, anti-inflammatory, tonic, anodyne, alterative, lithotriptic.

Indications: Irritation of the urinary tract, renal problems in children, cystitis, lithaemia, gonorrhoea, urethritis, prostatitis, and oedema.

70. BOTANICAL NAME: Zingiber officinale

Unani-Tibb name: Saunth, Zangabil

Common name: Ginger

Parts used: Rhizome

Temperament: Hot 2nd Moist 1st order

Specific organs/tissues and humour acting upon: Digestive system, lungs, circulatory system. Phlegmatic and melancholic humours.

Actions: Analgesic, anti-emetic, aphrodisiac, carminative, nervine, sialagogue, stimulant, diaphoretic, digestive, expectorant. It acts as a concoctive to the phlegmatic humour

Indications: Phlegm related problems, atherosclerosis, chemotherapy support, migrainous headaches, morning sickness, motion sickness, nausea and vomiting following surgery, arthritis, cough, colds, flu, and other respiratory problems.

C. 25 Single herb formulations

1. Concoctive for Bilious Humour

Ingredients: Cichorium intybus, Foeniculum vulgare, Silybum marianum- 10 grams each, Berberis Vulgaris, Mentha arvensis, Rheum emodi- 5grams each.

Temperament: Cold & Moist to Moist & Hot

Method and Directions: Infusion – Steep all of the above herbs in 500ml boiling water and allow for infusion overnight. Strain and drink one cup first thing in the morning, followed by a cupful every two hours.

Drink at room temperature in hot weather and lukewarm in cold weather.

Duration: 3-7 days

Systems/Organs/Humours acting upon: Hepatic, liver, epithelial, bilious.

Action: Anti-bilious, concoctive for bilious humour, cooling.

Indication: Increases cold and moistness, thereby reducing excessive heat and dryness. Also indicated to decrease the bilious humour, overcome hot and dry imbalances of the epithelial and glandular tissues and correct minor dysfunctions of the liver and gall bladder.

2. Concoctive for Phlegmatic humour

Ingredients: Lavandula officinalis, Ocimum basilicum, Trigonella foenum-graecum - 15grams each, Carum carvi, Cinnamomum cassia, Zingiber officinale - 5grams each.

Temperament: Dry & Hot to Hot & Dry

Method and Directions: Decoction – Add all of the herbs listed above to 600ml boiling water. Simmer over gentle heat for 15 minutes. Strain, and drink one cup every two hours. To be taken at room temperature in hot weather and as a hot drink in cold weather.

Duration: 15 – 20 days

Systems/Organs/Humours acting upon: Nervous, respiratory, lungs, brain, phlegmatic humour.

Action: Anti-phlegmatic, concoctive for thick phlegmatic humour, heating.

Indication: Increases heat and dryness thereby reducing excessive cold and moistness. Indicated for the expulsion of accumulated, hardened phlegm, for decreasing the phlegmatic humour, overcoming cold and moist imbalances of the nervous and epithelial tissues, and to aid in the correction of dysfunctions associated with the brain and lungs.

3. Concoctive for Melancholic humour

Ingredients: Achillea millefolium, Agrimonia eupatoria -15 grams each, Apium graveolens, Berberis Vulgaris, Glycyrrhiza glabra -10 grams each, Cassia angustifolia- 5 grams.

Temperament: Hot & Dry to Hot & Moist

Method and Direction: Decoction – Add the above herbs to 600ml boiling water. Simmer on gentle heat for 15 minutes. Strain and drink one cup every two hours. To be taken warm temperature in hot weather and as a hot drink in cold weather.

Duration: 30 - 40 days

Systems/Organs/Humours acting upon: Gastrointestinal, skin, circulation, Melancholic humour.

Action: Anti – melancholic, concoctive for melancholic humour, heating, and moistening.

Indication: Increases heat and moistness thereby reducing excessive cold and dryness. Indicated for the expulsion of accumulated melancholic humour, to decrease the bilious humour, overcome cold and dry imbalances associated with the connective and muscular tissues, correct skin dysfunctions and purify blood.

4. Alterative to Sanguinous humour

Ingredients: Althea officinalis, Arctium lappa, Arctostaphylos uva-ursi -10 grams each, Aspalathus linearis, Borago officinalis, Camellia sinensis, Crataegus oxycantha- 5 grams each.

Temperament: Moist & Hot

Method and Directions: Infusion - Add the above herbs to 500ml boiling water and allow to steep overnight. Strain and drink one cup upon waking followed by one cup every two hours. To be taken at room temperature in hot weather and lukewarm in cold weather.

Duration: 6 -10 days

Systems/Organs/Humours acting upon: Renal, vascular, sanguineous humour.

Action: Alterative to sanguinous humour, cooling, and moistening, anti-allergic.

Indication: Increases moistness thereby reducing heat and dryness. Indicated for clearing excessive heat from the sanguinous humour, correcting hot imbalances of the muscular and glandular tissues, assisting in overcoming dysfunctions of the renal system and circulation. Helps with allergic reactions and reducing blood pressure.

5. Hepatone

Ingredients: Cichorium intybus, Silybum marianum - 20grams each, Achillea millefolium, Agrimonia eupatoria, Curcuma longa, Rheum emodi - 5 grams each

Temperament: Moist & Hot

Method and Directions: Infusion-Add the above herbs to 500ml boiling water and allow to steep overnight. Strain and drink one cup upon waking followed by one cup every two hours thereafter. Take at room temperature in hot weather and lukewarm in cold weather.

Duration: 6 -10 days

Systems/Organs/Humours acting upon: Hepatic, liver, gall bladder, epithelial, bilious, and sanguineous.

Action: Anti-bilious, anti-inflammatory, cooling.

Indication: Increases moistness thereby reducing heat and dryness. Also indicated for correcting imbalances caused by and abnormal bilious and sanguinous humour. May also be used to decrease an excessive bilious humour, overcome hot and dry imbalances of the epithelial and glandular tissues, reduce inflammation of the liver and gallbladder and correct functional and structural imbalances.

6. Renal-clean

Ingredients: Arctostaphylos uva-ursi, Althea officinalis, Betula pendula, Foeniculum vulgare -15 grams each.

Temperament: Moist & Hot to Cold & Moist

Method and Directions: Infusion –Add the above herbs to 500ml boiling water and allow to infuse overnight. Strain and drink one cup upon waking followed by one cup every two hours thereafter. Take at room temperature in hot weather and lukewarm in cold weather.

Duration: 6 -10 days

Systems/Organs/Humours acting upon: Hepatic, liver, gall bladder, epithelial, bilious, and sanguineous.

Action: Anti-bilious, anti-inflammatory, cooling.

Indication: Increases moistness thereby reducing heat and dryness. Can be taken to correct imbalances caused by an abnormal bilious and sanguinous humour, to decrease an excess of the bilious humour, alleviate hot and dry imbalances of the epithelial and glandular tissues. Also indicated to reduce inflammation of the liver and gall bladder and aid in the correction of functional and structural imbalances.

7. Digestive aid

Ingredients: Anethum graveolens, Lavandula officinalis, Mentha arvensis, Pimpinella anisum -10 grams each, Apium graveolens, Carum carvi, Rosmarinus officinalis- 5 grams each.

Temperament: Hot & Dry.

Method and Directions: Decoction: Add the above herbs to 750ml boiling water and simmer on gentle heat for 15 minutes. Strain and drink one cup half an hour before and after meals. Drink warm in hot weather and hot in cold weather.

Duration: 10-15 days

Systems/Organs/Humours acting upon: Gastrointestinal, metabolic, Phlegmatic, Melancholic

Action: Appetizer, stomachic,

Indication: Increases heat and dryness thereby decreasing any excessive phlegm or melancholic humour. Alleviates indigestion, increases the appetite as well as increasing the bilious humour and digestive juices. Also indicated to relieve flatulence, gas and to regulate acid production.

8. Metabolic boost

Ingredients: Apium graveolens, Carum carvi, Curcuma longa, Trigonella foenum-graecum, Cinnamomum cassia- 15 grams each,

Temperament: Hot & Dry.

Method and Directions: Decoction: Add the above herbs to 750ml boiling water and simmer gently for 15 minutes. Strain and add 1 tablespoon pure honey and 2 tablespoons apple cider vinegar. Drink two cups about one hour after meals.

Take warm in hot weather and hot in cold weather.

sss: 10-15 days

Systems/Organs/Humours acting upon: Gastrointestinal, metabolic, Phlegmatic, Melancholic

Action: anti-obese, anti-phlegmatic.

Indication: Increases heat and dryness thereby decreasing excessive phlegm or melancholic humour. Also indicated for alleviation of excessive fat by increasing the metabolism. Helps with the control of obesity, high cholesterol, and elevated sugar levels.

9. Colon Cleansing

Ingredients: Cassia angustifolia, Rhamnus frangula, Rheum emodi, Lavandula officinalis, Glycyrrhiza glabra - 10grams each, Dried figs 2 pieces, Raisin 2 tablespoon.

Temperament: Hot & Moist

Method and Directions: Decoction: Add the above herbs to 600ml boiling water and simmer on a gentle heat for 15 minutes. Strain and drink one cup every two hours.

Drink warm in hot weather and hot in cold weather.

Duration: 3-5 days

Systems/Organs/Humours acting upon: Gastrointestinal, liver, intestines, Phlegmatic, Melancholic.

Action: Laxative, anti- phlegmatic and anti-melancholic, cholagogue.

Indication: Increases moistness and heat, eliminates excessive melancholic and phlegmatic humour and aids evacuation of the intestines by improving peristalsis.

10. Feme-eeze

Ingredients: Achillea millefolium, Arctostaphylos uva-ursi, Althea officinalis, Betula pendula, Foeniculum vulgare, Glycyrrhiza glabra, Trifolium pretense - 10 grams each.

Temperament: Moist & Hot

Method and Directions: Infusion: Add the above herbs to 500ml boiling water and allow to steep overnight. Strain and drink one cup upon waking followed by one cup every two hours.

Drink at room temperature in hot weather and lukewarm in cold weather.

Duration: 5-7 days

Systems/Organs/Humours acting upon: Female reproductive, circulation, epithelial and muscular tissues, bilious and sanguineous.

Action: Anti-inflammatory, cooling.

Indication: Increases moistness and reduces heat. Indicated for the reduction of inflammation in dysmenorrhoea and for uterine disorders such as menorrhagia. Where it aids in the alleviation of excessive bleeding.

11. Feme-tone

Ingredients: Cimicifuga racemosa, Matricaria recutita, Peganum harmala - 15grams each, Crocus sativus- one pinch.

Temperament: Dry & Hot to Hot & Dry

Method to use: Decoction: Add the above herbs to 500ml boiling water and simmer on gentle for 15 minutes. Strain and drink one cup every two hours.

Take warm in hot weather hot in cold weather.

Duration: In mild conditions 7-10 days, in chronic 15 to 20 days.

Systems/Organs/Humours acting upon: Female reproductive, circulation, epithelial and nervous, Phlegmatic.

Action: Alterative, heating, Emmenagogue.

Indication: Increases heat and dryness. Indicated for hypomenorrhoea, delayed puberty and amenorrhoea.

12. Andro-boost

Ingredients: Anacardium occidentale- 3 pieces, Prunus amygdalus- 3 pieces, Pistacia Vera- 5 pieces, Juglans regia- 5 pieces, Sesamum indicum- 1teaspoon, Water chestnut powder- 1 teaspoon, Crocus sativus- one pinch.

Temperament: Dry & Hot to Hot & Dry

Method and Directions: Decoction: Simmer the above ingredients in 100ml boiling water and 200ml milk over low heat until approximately 200ml of liquid remains. Allow to stand overnight. In the morning, add honey to taste. Chew nuts first and then drink milk. Take warm in hot weather and hot in cold weather.

Duration: 10-15 days

Systems/Organs/Humours acting upon: Male reproductive, circulation, brain and nervous, Phlegmatic, melancholic.

Action: Aphrodisiac, general and sex tonic, spermagogue, heating.

Indication: Increases innate heat. Elevates general and sexual strength. Improves the quantity and quality of sperm, vigor and vitality. Eradicates problems associated with premature ejaculation.

13. Paedi-clean

Ingredients: Vitis vinifera (raisins) 2 tablespoon, Ficus carica (figs) 3 pieces, Echinacea angustifolia, Hydrastis Canadensis, Matricaria recutita - 10grams each.

Temperament: Dry & Hot to Hot & Dry

Method and Directions: Decoction: Add the above herbs to 500ml boiling water and simmer on gentle heat for 15 minutes. Strain and drink ¼ to ½ cup every 2 hours.

Drink warm in hot weather and hot in cold weather.

Intake period: 3-5 days

Systems/Organs/Humours acting upon: Circulation, skin, metabolism and immune system, glands, Phlegmatic.

Action: Alterative, heating, concoctive to phlegmatic humour, cleansing.

Indication: Increases heat and dryness thereby decreasing excessive phlegmatic humour. Further indicated to boost the metabolism and immune system due to its cleansing and detoxifying properties. Can be used in patients with shingles and as a helpful remedy for childhood illnesses such as chicken pox, measles, and mumps.

14. Anti- arthritis

Ingredients: Apium graveolens, Curcuma longa, Harpagophytum procumbens, Trigonella foenum-graecum, Urtica dioica, Cassia angustifolia - 5grams each

Temperament: Hot & Moist to Hot & Dry

Method and Directions: Decoction: Add the above herbs to 500ml boiling water and simmer on gentle heat for 15 minutes. Strain and drink one cup every two hours.

Take warm in hot weather and hot in cold weather.

Duration: 15-20 days

Systems/Organs/Humours acting upon: Musculoskeletal, joints and connective tissues, Phlegmatic, Melancholic

Action: Anti-inflammatory, analgesic, anti-melancholic and antiphlegmatic.

Indication: Increases heat and lowers the phlegmatic and melancholic humour. Indicated for arthritis, improving flexibility in joints, and reducing symptoms associated with osteopenia and sciatica.

15. Anti- uricacid

Ingredients: Curcuma longa, Harpagophytum procumbens - 5grams each, Betula pendula, Foeniculum vulgare -15grams each.

Temperament: Hot & Moist to Moist & Hot

Method and Directions: Decoction: Add the above herbs to 500ml boiling water and simmer on gentle heat for 15 minutes. Strain and drink one cup every two hours.

Take warm in hot weather and hot in cold weather

Duration: 3-5 days

Systems/Organs/Humours acting upon: Musculoskeletal, joints and connective tissues, Melancholic.

Action: Anti-inflammatory, analgesic, anti-melancholic.

Indication: Increases heat and moistness, decreases melancholic humour and excess dryness. Eliminates uric acid and is indicated for gout.

16. Blood Purifier

Ingredients: Arctium lappa, Trifolium pretense, Berberis Vulgaris - 10 grams each, Artemisia afra, Cassia angustifolia, Psoralea corylifolia -5 grams each.

Temperament: Hot & Moist

Method and Directions: Decoction: Add the above herbs to 500ml boiling water and simmer on gentle heat for 15 minutes. Strain and drink one cup every two hours.

Take warm in hot weather and hot in cold weather.

Duration: 10 -15 days

Systems/Organs/Humours acting upon: Circulation, skin, liver, Melancholic humour, Bilius humour.

Action: Alterative, anti – melancholic, blood cleansing, cholagogue.

Indication: Increases heat and moistness thereby reducing excessive dryness. Eliminates heat and dryness from the circulatory system. Indicated for imbalances of dryness associated with circulation, liver, and skin. Corrects dermatological disorders such as acne, psoriasis, boils, and skin allergies caused by excessive/abnormal melancholic humour. Detoxifies and purifies an abnormal bilious humour and improves the liver function thereof.

17. Soother

Ingredients: *Carpobrotus edulis* (sour fig) leaf juice or leaf pulp

Temperament: Cold & Dry

Method and Directions: Fresh plant – Take fresh plant leaves and extract the juice by squeezing or crushing to make a pulp. Use: 10-15 grams internally or externally as required.

Duration: 10 -15 days

Systems/Organs/Humours acting upon: Gastrointestinal, epithelial tissues, mucous membrane, skin, bilious and sanguinous humour.

Action: Astringent, healing, anti-inflammatory, soothing, styptic.

Indication: It is useful for oral thrush, mouth sores, fever blisters and throat infections caused by excessive heat. Also indicated for dysentery, digestive troubles, and vaginal thrush. May be used for premature ejaculation associated with excess heat. *Carpobrotus edulis* (sour fig) is soothing when applied externally and can be used to treat skin rashes and eczema.

18. Immune Booster

Ingredients: *Echinacea angustifolia*, *Glycyrrhiza glabra*, *Nigella sativa*, *Rosa canina*, *Trigonella foenum-graecum* - 10grams each.

Temperament: Hot & Dry

Method and Directions: Decoction – Add the above herbs to 500ml boiling water and simmer on a gentle heat for 15 minutes. Strain and drink one cup every 2 hours. Take warm in hot weather and hot in cold weather.

Duration: 10-15 days

Systems/Organs/Humours acting upon: Circulation, Immune system, blood, Phlegmatic, Melancholic

Action: Alterative, immune boost.

Indication: Increases heat and dryness thereby decreasing any excessive phlegmatic and melancholic humour. Also indicated to improve the immune system and strengthen the body's natural defences. Helps fight infections especially those associated with the respiratory system.

19. Gericare

Ingredients: *Apium graveolens*, *Acorus calamus*, *Gingko biloba*, *Glycyrrhiza glabra*, *Lavandula officinalis*, *Nigella sativa*, *Trigonella foenum-graecum* - 5 grams each, *Crocus sativus* - one pinch.

Temperament: Hot & Dry

Method and Directions: Decoction – Add the above herbs to 300ml boiling water and simmer on gentle heat for 5 minutes. Strain and drink one cup every 2 hours. Take warm in hot weather and hot in cold weather.

Duration: 5-7 days every month or as required.

Systems/Organs/Humours acting upon: Circulation, Immune system, blood, Phlegmatic, Melancholic.

Action: General tonic, immune boost.

Indication: Increases heat and dryness thereby decreasing any excessive phlegmatic and melancholic humour. Improves the immune system and circulation. Also indicates as a general tonic to boost the nervous system, heart, digestion, and metabolism.

20. Nerve-tone

Ingredients: Acorus calamus, Centella asiatica, Gingko biloba, Lavandula officinalis - 10 grams each, Crocus sativus - one pinch.

Temperament: Dry & Hot to Hot & Dry

Method and Directions: Decoction –Add the above herbs to 500ml boiling water and simmer on a gentle heat for 15 minutes. Strain and drink one cup every 2 hours. Drink warm in hot weather and hot in cold weather.

Duration: 10-15 days

Systems/Organs/Humours acting upon: Brain and nervous tissues, circulation, Phlegmatic.

Action: Brain and nerve tonic, heating.

Indication: Increases heat and dryness and as a result, decreases the phlegmatic humour. Also indicated to increase circulation in the brain and nervous tissues, thereby assisting with problems associated with memory, ADD, lack of concentration and sluggish mental activity.

21. Neoplasm-eeze

Ingredients: 1- 21 Apricot kernels, 3 dried figs, 1 red apple.

Temperament: Hot & Dry

Method and Directions: Chew the apricot and dried figs slowly, to stimulate saliva. Thereafter, chew on a medium, unpeeled red apple, with seeds. Do not eat or drink for at least 30 minutes before or after.

There are two ways in which the above may be taken:

First method: Eat one apricot on the first day adding one each day for five days. Continue to eat 5 per day with the figs and apple for a period of 21 days. Thereafter have a rest period of about 9 days before continuing.

Second method: Eat one apricot on the first day, adding one each day until the 11th day. From day 12, decrease your intake by one each day. This will leave you with 1 on the 21st day. Thereafter have a rest period of about 9 days before continuing.

Duration: 21 days every month for three to five months.

systems/Organs/Humours acting upon: Circulation, immune system, hepatic, blood, and melancholic humour.

Action: Warming, cleansing, detoxifying, immune booster. **Indication:** Increases heat and dryness thereby decreasing an excess of melancholic humour. Apricot kernels are, like most nuts and seeds, very nutritious. Among the nutrients they contain is Vitamin B17, known as Amygdalin. Amygdalin has been shown to strengthen the immune system and appears to attack cancer cells. Interestingly, Amygdalin is also present in apple pips.

22. Nerveeze

Ingredients: Humulus lupulus, Lavandula officinalis, Passiflora incarnate, Centella asiatica - 15 grams each, Valeriana officianalis - 5grams.

Temperament: Hot and Moist.

Method and Directions: Infusion – Add the above herbs to 300ml boiling water and allow to infuse overnight. Upon waking, strain, and drink one cup every two hours.

Take at room temperature in hot weather and lukewarm in cold weather.

Duration: 10-15 days

systems/Organs/Humours acting upon: Brain and nervous tissues, circulation, melancholic and bilious humour.

Action: Soothing, calming, hypnotic.

Indication: Increases moistness, by balancing heat levels of the body. Nerveeze is a soothing tonic that may be used to calm the brain and nerves. It is thus indicated for nervous tension, stress, anxiety, aggressive behavior, hyperactivity, insomnia, and ADHD. May be used to relieve insomnia by taking 3 hours before bedtime.

23. Cardio-tone

Ingredients: Crataegus oxycantha, Ruscus aculeatus, Trigonella foenum-graecum - 10 grams each, Crocus sativus - one pinch.

Temperament: Hot & Moist to Hot & Dry

Method and Directions: Decoction –Add the above herbs to 500ml boiling water and simmer on gentle heat for 15 minutes. Strain and drink one cup every two hours. Take warm in hot weather hot in cold weather.

Duration: 6 -10 days

Systems/Organs/Humours acting upon: Cardiovascular, muscular tissues, Phlegmatic, Melancholic.

Action: Cardiac tonic

Indication: Increases heat, thereby reducing excess melancholic humour. Also indicated for atherosclerosis, sluggish heart function and to improve coronary circulation.

24. Lung clear

Ingredients: Linum usitatissimum, Ocimum basilicum, Trigonella foenum-graecum - 15grams each, Pimpinella anisum, Trifolium pretense, Zingiber officinale - 5grams each.

Temperament: Hot & Dry

Method and Directions: Decoction – Add the above herbs to 500ml boiling water and simmer on gently for 15 minutes. Strain and drink one cup every 2 hours. Take warm in hot weather and hot in cold weather.

Duration: 15-20 days

Systems/Organs/Humours acting upon: Respiratory system and lungs, Phlegmatic.

Action: Concoctive to phlegmatic humour, expectorant, anti-inflammatory.

Indication: Increase heats, thereby reducing bronchial inflammation and phlegm in the lungs. Indicated for phlegmatic and melancholic asthma. Clears the bronchi and helps assist with respiration. May also be used for COPD.

25. Haematone

Ingredients: Medicago sativa (Alfalfa) seeds- one pinch, Raw Honey -1 teaspoon, 2 dried figs, 1 tablespoon yellow raisins (sultanas), 1 large date, 7 Almonds.

Temperament: Hot & Moist

Method and Directions: Smoothie – Add the above ingredients to either 300ml boiled milk or boiled water and liquidize until smooth. Drink it at least 1 ½ hour before meals, once or twice a day.

Duration: 15-20 days

Systems/Organs/Humours acting upon: Circulation, Blood (RBC), metabolism, sanguinous humour.

Action: General booster and blood tonic.

Indication: Increases blood levels together with the sanguinous humour. Recommended for the treatment of anaemia.