Safoof Jawahar Mohra (Classical Unani Formulation): A Review

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Abstract

There are several Unani formulations composed of herbs and minerals (particularly gems) which are used as *Muqawwi-e-aam* (general body tonic) for the purpose of improving functions of vital organs, increasing *Hararat-e-ghareezi* (metabolic heat) *Rooh* (vital energy or life force) and boosting the immune systems. The Safoof-e-Jawahar Mohra (SJM) is a classical Unani formulation reported for strengthening the cardiovascular system, brain and liver function. SJM is also scientifically evaluated in HIV positive individuals and found useful in the improvement of quality of life. In some cases the CD4 counts were also increased significantly.

Pharmacological actions of individual ingredients of SJM suggest that its beneficial effect may be exerted via diverse mechanisms on various organ systems / faculties. Some of their main actions and uses described in the Unani literature are (i) Zehar Mohra - described as vital organ tonic, exhilarant, protectors of quwa (faculties) and arwah (vital force) and detoxicant of body humours and the muscles toners; (ii) Marwareed (Pearl) - described as exhilarant, enhancers of body faculties and vital force, tonic for vital organs and anti-depressant; (iii) Warq-e-Tila (Gold leaves) - reported in Unani literature as general body tonic, tonic for heart and brain, purifier of body humours, anti-depressant, helps improving *hararat-e-ghareezi* and a good protective agent for general health and (iv) Narjeel Daryaee (*Lodoicea seychellarum*) - described in Unani literature as general tonic, enhancer of *hararat-e-ghareezi*, protector of body faculties and helps removing waste and toxic humours.

The Present review is not only focused on the classical uses of SJM but also presents a detailed account of various pharmacological activities reported on the individual ingredients of SJM.

Keywords: Safoof-e-Jawahar Mohra, Unani formulation, Vital organs.

Introduction

Drugs of mineral origin, especially gems, are extensively used in Tibb-e-Unani (Unani Medicine), both as single drug as well as compound formulations. The Safoof-e-Jawahar Mohra is one of such Unani drugs. The SJM is considered to be tonic to multiple vital organs and stimulant to innate heat which indicates possible anti-stress activity (Ghani, 1921; Nafees, 1954). SJM is also scientifically evaluated in HIV positive individuals and found useful in the improvement of quality of life (Qureshi, 2008). The Safoof-e-Jawar Mohra was also studied as an anti stress activity against diverse stressors in albino rats and the study shows that the SJM contributes significantly to its anti-stress activity (Ahmad,1997). In

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some cases the CD4 count was also increased significantly (Qureshi, 2016). SJM was also clinically assessed with reference to sign and symptoms of HIV/ AIDS patients and found remarkable improvements (Qureshi, 2015).

The ingredients of SJM are given in Table 1

Table 1: Ingredients of SJM

S.No.	Ingredients	Scientific/English name	Weight (g)
1.	Zehar Mohra	Serpent Stone	30
2.	Marwareed	Pearl	10
3.	Bussud	Red coral	10
4.	Kehroba	Vateria indica	10
5.	Lajward	Lapis lazuli	10
6.	Yaqoot	Ruby	10.
7.	Yaqoot Kabood	Sapphire	10
8.	Yaqoot Asfar	Topaz	10
9.	Yashab Sabz	Green Jade	10 .
10.	Zamuurrad	Emerald	10
11.	Aqeeq Surkh	Red Agate	10
12.	Warq-e-Nuqra	Silver leaves	10
13.	Mastagi	Pistacia lentiscus	10
14.	Warq-e-Tila	Gold leaves	10.
15.	Jadwar	Delphinium denudatum	10
16.	Narjeel Dariyaee	Lodoicea seychellarum	5
17.	Arq-e-Gulab	Rose water	Q.S.

Classical Uses of SJM

SJM described in the classical Unani books as tonic to multiple vital organs and stimulant to innate heat and it is useful in general weakness (Ghani, 1921; Nafees, 1954; Khan, 1902).

Dose: 60 to 120 mg.

Major Pharmacological/ Biological Actions of Individual Ingredients of SJM

1. Zehar Mohra (Serpent Stone)

It is a hydrous magnesium silicate mineral. Usually it is in green color but other color variations such as yellow or brown are produced by veins of talc, magnesite, iron oxide and other minerals present in the stone (Anonymous, 2002a).

Actions and Uses

Vital organs' tonic, exhilarant, (Hijazi, 1997; Ghani, 1926); antidote to poisons

(Kabiruddin, 1937); protects quwa (faculties) and arwah (vital force) (Hakim, 2002; Ghani, 1926); purifier and detoxifier for body humours (Ghani, 1926; Hakim, 2002); aphrodisiac (Kabiruddin, 1937); strengthens the muscles (Ghani, 1926). If it is used for forty days, it protects general health (Ghani, 1926; Hakim, 2002). Useful in diarrhoea, vomiting and cholera (Ghani, 1926; Hakim, 2002); phobia, anxiety, palpitation, poisoning, inflammations, melancholia (Hakim, 2002; Kabiruddin, 1937).

2. Marwareed (Pearl)

Pearls, although counted as precious stones, are like corals, products of the ocean. Pearls are formed and nurtured in the body / shell of a mollusk, the pearl oyster.

Actions and Uses

Exhilarant, enhances body faculties and vital force (Hakim, 2002); tonic for vital organs, enhances vital force, tonic to internal organs (Kabiruddin, 1937) stimulant, tonic aphrodisiac nutritive (Nadkarni, 1976); general tonic, improves eye sight, cardiac tonic, anti-depressant (Singh, 2000); exhilarant for brain and heart, antidote to poison, antidepressant (Hijazi, 1997). Palpitations, phobia, jaundice, tuberculosis, weak vision (Hijazi, 1997); weakness of stomach, liver, kidney, heart and brain (Lubhaya, 1975); heart disease, wounds (Hakim, 2002); weakness of heart, palpitation, mania, illusion, weakness of stomach, liver and kidney (Kabiruddin, 1937); fear and phobia, impurities of blood, illusion due to sauda (Khan, 1895); weakness of heart, palpitation, weakness of spleen and kidney (Singh, 2000).

3. Bussud (Red Coral)

Coral is a limestone formation formed in the sea by millions of tiny animals. Coral formation looks like branching trees, large domes, small irregular crust or even like tiny organ pipes (Anonymous, 1993b). In appearance it is a small shrub in a pendant or reverse position

Actions and Uses

Antacid, astringent, nervine tonic, laxative and diuretic, antiphlegmonous and antibilious (Nadkarni, 1976). Astringent, desicant, exhilarant, heart tonic (Khan, 1895; Kabiruddin, 1937; Ibn Beytar, 1985).

Mania, epilepsy, palpitation, weakness of stomach and urinary bladder, anorexia, heamorrhage, malena, intestinal ulcers (Kabiruddin, 1937; Khan, 1895). Its chief use is in cough, phthisis, asthma, low fever, urinary diseases, Spermatorrhoea and gonorrhoea, carbuncle, scrofulous affections and as a nervine tonic in headache, giddiness and vertigo. It was administered to cases of chronic bronchitis and

pulmonary tuberculosis and found useful in both classes of diseases. It is given as an antacid to check vomiting and to cure dyspepsia and bilious headache (Nadkarni, 1976).

4. Kehruba (*Vateria Indica*, Linn.)

It is a resin and obtained by cutting notches in the tree when it exudes and gradually hardens. Specimens differ much in colour, fragrance and density; some being of a light greenish colour, dense, homogeneous and vitreous on fracture whilst others are amber colored and vesicular. These differences apparently arise from the mode of collection and the age of the trees producing them (Dymock et al., 1890, Warrier et al., 1994).

Actions and Uses

The bark is hot with a sharp, bitter, acrid, taste, alexipharmic; the resin is three kinds – reddish dark slightly white ; bitter, becoming more bitter as it gets older: alexipharmic, tonic, carminative, expectorant, detergent (Warier et al, 1994); resin of the seeds is emollient and stimulant (Nadkarni,1976). Resolvent, stomachic (Ibn Hubl, 1362H); exhilarant; cardiac tonic, astringent, styptic (Kabiruddin, 1937); liver tonic (Ashraf, ynm). Resin of the seeds is useful in chronic rheumatism and other painful affections (Nadkarni, 1976); bark is useful in cough, anaemia, urinary discharge, skin eruptions, ulcers and wounds; and also useful in dysentery, leprosy and itch. The resin is good for sore throat, chronic bronchitis, piles, rheumatism, amenorrhoea, diarrhoea, hemicrania, tuberculosis, glands, boils and ringworm (Warrier et al, 1994). Useful in palpitation, haemoptysis, diarrhoea (Hakim, 2002); heametemesis, epistaxis, nasal ulcers, malena, piles, wounds (Kabiruddin, 1937); weakness of stomach and kidneys, dysentery (Hakim, 2002); abdominal cramps, weakness of kidney and urinary bladder (Asharaf, ynm); burnig micturition, bilious diarrhoea and jaundice (Ghani, 1926).

5. Lajward (*Lapis lazuli*)

Lapis lazuli is a gemstone with a deep azure blue colour. It consists chiefly of Lazurite, a mineral composed of sodium, aluminium, silicon, oxygen and sulphur (Anonymous, 1993c).

Actions and Uses

It improves cardiac functions, evacuates thick humours, blood purifier, diauretic, desiccant (Rafiquddin, 1985). It cleanses body humours, expels saudavi matter through faeces. It also purifies the blood from viscous humours, particularly Sauda. It is exhilarant and tonic for health (Kabiruddin, 1937; Ghani, 1926). It is analgesic and resolvent of chronic inflammations (Khan, 1895). It also controls Ufoonat (infections) (Ibn Hubl, 1943). It is used in palpitation, melancholia, eye

ulcers and leucoderma (Rafiquddin, 1985). It is also useful in illusion, phobia, grief, anxiety, Saudavi ailments (Ghani, 1926). Its is useful in mania (Kabiruddin, 1937).

6. Yaqoot Surkh (Ruby)

Ruby is the red gem variety of the mineral corundum and composed of aluminum oxide, Al2O3 (Anoymous, 1993d).

Actions and Uses

Heart and brain tonic, exhilarant, enhances hararat-e-ghareezi (body energy) (Kabiruddin, 1937); blood purifier, protects hararat-e-ghareezi (Khan, 1895). Weak function of vital organs, depression, palpitation, nausea, tuberculosis, epilepsy and effects of poisons (Hijazi, 1997; Singh, 2000).

7. Yaqoot Kabood (Sapphire)

Sapphire, a hard and clear gem, is a variety of the mineral corundum. The best-known sapphire is blue and the color results from small amount of iron and titanium in the stone (Anonymous, 1993e).

Actions and Uses

Exhilarant (Ghani, 1926); general body tonic and brain tonic (Singh, 2000); antidote of poisons (Kabiruddin, 1937). Useful in palpitation, illusion, weak vision, poisoning, cough and impurities of blood (Ghani, 1926).

8. Yaqoot Asfar (Topaz)

The name “topaz” is ancient, perhaps coming from a Sanskrit word meaning “fire” or “heat”

Gem topaz is not necessarily yellow, as is commonly thought, but can be blue, pale green or colorless. Topaz is a mineral composed of aluminum, silicon, oxygen and fluorine (Anonymous, 2002f; Rao, 2004).

Actions and Uses

Anodyne, aphrodisiac, protective action for body (Singh, 2000). Exhilarant, brain and heart tonic, enhances and protects harara-e-ghareezi (innate-heat or energy), protects from epidemics, vital organ tonic (Kabiruudin,1937). Useful in weak digestion, impurities of blood and effects of poisons (Singh, 2000); mania, epilepsy, palpitations, tuberculosis (Kabiruddin, 1937); illusions poisoning (Kabiruddin, 1937).

9. Yashab Sabz (Green Jade)

Jade is a hard, tough and highly colored stone. Their chief colours are white and green (Anonymous (1993i).

Actions and Uses

Tonic for heart, brain and stomach (Kabiruddin, 1937; Ghani, 1926). Useful in internal ulcers and dysentery (Khan, 1895,, Ghani, 1926); illusion, palpitations (Kabiruddin, 1937; Ghani, 1926).

10. Zamurrad (Emerald)

Emerald is a rich green gemstone and the gem name is aquamarine. (Anonymous, 1993d)

Actions and Uses

Exhilarant, vital organ tonic, stomachic, liver tonic, enhances hararat-e-ghareezi (body energy) and rooh (vital force) (Kabiruddin, 1937; Khan, 1895; Hijazi, 1997, Hakim, 2002). It is used in pneumonia, mania, palpitation, jaundice and effect of poison (Ghani, 1926); grief depression, anxiety (Hakim, 2002); diseases of brain and heart (Hijazi, 1997); weak function of stomach, liver and kidney (Kabiruddin, 1937); illusion, melancholia, heat of liver and kidneys (Hijazi, 1997).

11. Aqeeq Surkh (Red Agate)

Agate is a special type of chalcedony, a quartz mineral. It has a characteristic handed or layered structure. Most types of agates are dull colored. Their bands vary from white through gray to black. In some cases, the bands may be pale red, yellow or blue. The colors result from the presence of such impurities as iron oxide and manganese oxide (Anonymous, 1993; Anonymous, 1993e).

Actions and Uses

Cardiac tonic (Hakim, 2002; Khan, 1895); aphrodisiac (Hijazi, 1997). Useful in palpitation and week vision (Ashraf, ynm; Khan, 1895; Singh, 2000); useful in obstructions of liver and spleen with other deobstruent drugs (Hakim, 2000); useful in vital organs tonic and heart diseases (Hijazi, 1997).

12. Warq-E-Nuqra (Silver Leaves)

A soft white, brilliant and ductile metal; it does not oxidize when exposed to air, but is soon tarnished by vapors of sulphur (Nadkarni, 1976).

Actions and Uses

Silver leaf is tonic, stimulant, aphrodisiac, astringent, cool, demulcent, purgative, emetic, constipative and alleviative of wind and bile (Nadkarni, 1976).

General body tonic, exhilarant, tonic to heart, brain, liver and stomach (Kabiruddin, 1937); protects quwat-e-haiwani (vital faculty) (Ghani, 1926); aphrodisiac (Hakim, 2002). The silver leaf is useful in excessive heat in the body, hectic fever, phthisis, chest affections, impotence and seminal weakness; also in painful and

irritable condition of the stomach and intestines, heat-burn chronic diarrhoea, uterine diseases such as leucorrhoea, menorrhagia and irritability of the uterus (Nadkarni, 1976). It is useful in the diseases of heart and brain. Its kushta improves function of the vital organs, relieves palpitation, illusion, melancholia, mania, premature ejaculation etc. (Kabiruddin, 1937). It is also useful in cough, phobia and weakness of nerves (Ghani, 1926).

13. Mastagi (*Pistacia Lentiscus*, Linn.)

Mastic is a resin or more correctly an oleoresin containing little oil; obtain from a cultivated variety of *Pistascia lentiscus* in the Greek Island of Chios. A small bushy tree or shrub up to 3m (10ft) height, which produces a natural oleoresin from the trunk. Incisions are made in the bark in order to collect the liquid oleoresin which then hardens into brittle pea- sized lumps (Lawless, 1999 , Evans, 2001).

Actions and Uses

Stimulant, diuretic; Mastiche galls are acid and astringent (Anonymous, 1997); anti-microbial, antiseptic, antispasmodic, astringent, expectorant, stimulant (Lawless, 1999). Attenuant, resolvent, vital organ tonic (Ashraf, ynm; Ghani, 1926); stomachic, promotes digestion, sexual stimulant (Ghani, 1926); liver tonic carminative desiccant (Kabiruddin, 1937); internal body tonic, resolvent, appetizer (Ibn Hubl, 1943); diuretic (Kabiruddin, 1937). It is used in catarrhs of the respiratory and urinary passages. Gum mastiche is applied as a paste to the chest in catarrh and pulmonary affections. Galls are used in emulsion in cough mixtures. They are also used in the form of decoction as gargle for sore mouth and bleeding gums (Anonymous, 1997). Mastiche is used as a masticatory in tooth affections. It's useful in general and genital debility as an aphrodisiac. Galls are used in emulsion in cough mixtures (Nadkarni, 1976). It is useful in diarrhoea in children and is chewed to sweeten the breath. It is useful in whooping cough, bronchitis catarrh, leucorrhoea, urethritis, cold and neuralgia (Lawless, 1999). It is useful in intestinal ulcers, haemoptysis, inflammation, hepatitis, gastritis and diarrhoea (Khan, 1313H); useful in cold and excessive phlegm (Ghani, 1926); useful in weak function of stomach, amnesia and cough (Kabiruddin, 1937).

Pharmacological Activities

Antimicrobial Activity: The *in vitro* antimicrobial activity of the three essential oils and of the resin (total, acid and neutral fraction) against six bacteria and three fungi is reported (Magiatis et al., 1999).

Antimicrobial Activity: The in vitro antimicrobial activity of Pistacia lentiscus L. extracts was determined. Pistacia lentiscus L. extracts were tested on bacteria (Sarcina lutea, Staphylococcus aureus and Escherichia coli) and fungi (Candida albicans, Candida parapsilosis, Torulopsis glabrata and Cryptococcus

neoformans). Of the different plant extractions, decoctions showed the best antibacterial activity but the activity against fungal cells appears to be much more interesting (Iauk et al., 1996).

Antibacterial Activity: The essential oil of the leaves of Pistacia lentiscus exhibited strong antibacterial activity against Klebsiella pneumonia but no activity against Pseudomonas aeruginosa. This antibacterial activity may be due to chemicals like germanicol (12.8%), thunbergol (8.8%), himachalene (7.4%), trans-squalene (6.7%), terpinyl propionate (6.7%), 3,3-dimenthol (6.2%) and cadina-1.4-diene (5.1%) (Mharti FZ, et al.,2011).

Anti-ulcer Activity: A double-blind clinical trial was carried out on thirty-eight patients for two weeks with symptomatic and endoscopically proven duodenal ulcer to compare the therapeutic responses to mastic (1 g daily, twenty patients) and placebo (lactose, 1 g daily, eighteen patients). Symptomatic relief was obtained in sixteen (80%) patients on mastic and in nine (50%) patients on placebo while endoscopically proven healing occurred in fourteen (70%) patients on mastic and four (22%) patients on placebo. The differences between treatments were highly significant (P less than 0.01). Mastic was well tolerated and did not produce any side effect. It is concluded that mastic has an ulcer healing effect but further studies are needed to establish its role in treating peptic ulcer (Al-Habbal et al., 1984).

Anti-ulcer Activity: The effect of mastic, a concrete resinous exudate obtained from the stem of the tree Pistacia lentiscus, has been studied on experimentally-induced gastric and duodenal ulcers in rats. Mastic at an oral dose of 500 mg/kg produced a significant reduction in the intensity of gastric mucosal damage induced by pyloric ligation, aspirin, phenylbutazone, reserpine and restraint + cold stress. It produced a significant decrease of free acidity in 6-h pylorus-ligated rats and a marked cytoprotective effect against 50% ethanol in rats, which could be reversed by prior treatment with indomethacin. The protective effect was not seen when it was given intraperitoneally in phenylbutazone and restraint + cold stress models. The reduction in the intensity of ulceration in cysteamine-induced duodenal ulcers was not found to be statistically significant in mastic-pretreated rats. The results suggest that mild antisecretory and a localized adaptive cytoprotectant action may be responsible for its anti-ulcer activity. These observations support the results of an earlier study on the clinical effectiveness of mastic in the therapy of duodenal ulcer (Al-Said et al., 1986).

Antifungal Activity: The aqueous extracts (15 micrograms ml-1 medium) of 22 plants used in folkloric medicine in Palestine were investigated for their antifungal activity and minimum inhibitory concentrations (MICs) against nine isolates of Microsporum canis, Trichophyton mentagrophytes and Trichophyton violaceum. The extract of the different plant species reduced colony growth of

the three dermatophytes by 36 to 100% compared with the control treatment. Antimycotic activity of the extract against the three dermatophytes varied significantly ($P < 0.05$) between test plants. The Pistacia lentiscus was one of the most active extracts (90-100% inhibition) against M. canis, T. mentagrophytes and T. violaceum. The MICs of these most active plants ranged from 0.6 to 40 micrograms ml-1. The three dermatophytes differed significantly with regard to their susceptibility to plant extracts (Ali-Shtayeh and Abu Ghdeib, 1999).

Anti-tumor Activity: A study to investigate Chios mastic gum (CMG) extract as a potential anti-tumour agent for oral squamous cell carcinoma in vitro was designed to examine the effects of CMG extracts on growth of oral squamous cell carcinoma cell line, YD-10 B and to determine whether the extracts could induce apoptosis through the activation of caspase-3, using the common chemotherapeutic agent paclitaxel (Taxol, Bristol-Myers Squibb) as a control. MTT assay suggested that both CMG and taxol inhibited the proliferation of YD-10B cells in a time and dose dependent manner. Moreover, 10μg/mL of CMG and 50μg/mL of taxol caused fragmentation of the genomic DNA at 24 hour. Finally, 10μg/mL of CMG and 50μg/mL of taxol caused cleavage of procaspase-3 in western blot analysis. These results suggest Chios mastic gum's potential as an anti- tumour agent (ShengJin Li, et al., 2011).

Wound Healing Activity: An experimental trial was conducted by Zouhir djerrou et al. in which the efficiency of the virgi fatty oil of Pistacia lentiscus was assessed for burn wounds healing. They concluded that this oil promotes significantly wound contraction and reduces epithelization period in experimental animals (Zouhir Djerrou, et al., 2010).

Hepato Protective Activity: The hepatoprotective effect of the boiled and non-boiled aqueous extracts of Pistacia lentiscus was evaluated in vivo using carbon tetrachloride (CCl 4) intoxicated rats. Plant extracts were administrated orally at a dose of 4 ml/kg body weight, containing various amount of solid matter. Aqueous extract of P. lentiscus showed marked anti-hepatotoxic activity against CCl 4 by reducing the activity of the three enzymes (alkaline phosphatise, alanine aminotransferase and aspartate aminotransferase) and the level of bilirubin. The effect of the non-boiled aqueous extract was more pronounced than that of the boiled extract (Sana Janakat and Hela Al-Merie, 2002).

Hypotensive Activity: The hypotensive effect of Pistacia lentiscus L. was evaluated in normotensive urethane anaesthetized Wistar rats. It was shown that lyophilized aqueous extract caused a dose-dependent decrease of the systemic arterial blood pressure (Villar A, Sanz, et al., 1987)

Antioxidant Activity: In a laboratory study the seasonal variation of the essential oil composition, the antioxidant activity and the total phenolic content of Pistacia

lentiscus L.were investigated. The essential oil composition of P. lentiscus L. was characterised by a high monoterpene hydrocarbon fraction (45.0-68.3%),which was found in greater amount during the flowering stage (May). At the same stage, the extracts showed highest free radical-scavengingactivity and antioxidant capacity as well as highest phenolic content (Gardeli, et al., 2008).

Antiatherogenic Activity : In a laboratory study on Antiatherogenic effect of *Pistacia Lentiscus* via GSH restoration and down regulation of CD36 mRNA expression was proved (Dedoussis et al. 2004).

14. Warq-E-Tila (Gold Leaves)

Pure gold has a metallic lustre, reddish yellow colour; it is the most ductile of all metals softer than silver. It acquires lustre under pressure. It is not attached by any acid except selenic acid and a mixture of which like nitro-hydrochloric acid, contains nascent chlorine (Nadkarni, 1976).

Gold and its preparations are nervine and aphrodisiac tonic, resolvant, emmenagogue and alterative. They increase strength and beauty, improve intellect and memory, clear the voice and increase sexual powers; also stimulate the activity of the stomach, skin and kidneys causing diaphoresis and diuresis (Nadkarni, 1976).

Actions and Uses

General body tonic, exhilarant, improve functions of heart and brain (tonic), normalizes and purifies body humours (akhlat) (Kabiruddin, 1937; Hijazi, 1997). It is a good anti-depressant. It improves Hararat-e- ghareezi (innate heat or energy) of the body. It relives palpitations, anxiety, feeling of grief and also enhances intelligence (Ghani, 1926). It is a liver tonic and also improves libido (Kabirddin, 1937).

It is useful in palpitation, illusion, melancholia, chronic headache, cough, weight loss and tuberculosis (Hijazi, 1997); weakness of heart, mania, weak libido (Kabiruddin, 1937). It is also used in phobias, vertigo, emaciation, anorexia, weak digestion (Ghani, 1926). Weak stomach and liver, spleenomegaly, dysentery; and it is also a good protective agent for general health (Hakim, 2002).

Preparation of properly reduced gold are used in fevers, insanity, diseases of the nervous system and urinary organs, hysteria, epilepsy, leprosy, asthma, nervous dyspepsia, amenorrhoea, impotence, sterility, habitual abortion, chronic Bright's disease, chronic metritis, syphilis and scrofula (Nadkarni, 1976).

15. Jadwar (Delphinium Denudatum, Wall.)

Jadwar, an important drug used in Unani medicine, is the root of *Delphinium denudatum*, Wall. It is a commonly occurring plant belonging to the natural order

Renunculaceae. The generic name, delphinium, is from the Greek, meaning 'dolphin', so-called because the nectary resembles the figure of a dolphin (Tyler et al., 1976).

Actions and Uses

Appetizer (Momin, 1855; Ghani, 1913; Zafar, 1990), stomachic (Husain, 1897); theriac (alexeteric or antidote) (Ibn Baytar, 1985; Husain, 1875 & 1897; Ibn Sina, 1887, Ghani, 1913); *dafe-ufoonat* (antiseptic) (Husain, 1875 & 1897; Attar, 1887; Momin, 1855); musakkin (mild sedative) (Husain, 1897). General tonic (Khorey and Katrak, 1985; Anon., 1952; Dymock et al., 1890); tonic for brain and nerves, appetizer (Chopra et al., 1958; Caius, 1986); stimulant (Anon., 1952; Chopra et al., 1956); stomachic (Khorey and Katrak, 1985; Nadkarni, 1976), analgesic (Caius, 1986); cooling (Chopra et al., 1958; Caius, 1986; Zafar, 1990). Epidemic Diseases (Momin, 1855, Khan, 1875, Husain, 1875 &1897); catarrh and coryza (Ghani, 1913); septicemia (Husain, 1875 & 1897); lymphadenitis (Attar, 1887, Husain, 1897); cardiac weakness and Palpitation (Attar, 1887; Ghani, 1913). Brain diseases (Chopra et al., 1958; Caius, 1986); blood diseases (Chopra et al., 1958; Caius, 1986); debility (Caius, 1986).

Pharmacological Activities

Anticonvulsant Activity: The alkaloid delphinine is an antidote against muscarine and digitaline (Nadkarni, 1976; Khorey and Katrak, 1985). Anticonvulsant activity of alcoholic extract of Jadwar in rats was investigated by Khan (1980 and 1981).

Immunomodulating Properties: Investigations on aqueous extract of D. *denudatum* revealed its beneficial effects in hepatoprotection against CCL_4 induced liver damage in rats; and cardioproteciton against Russel viper's envenomation and radiation-induced myocardial changes in rats. Organic solvent extracts of the plant have shown immunomodulating properties (Zafar et al., 2003).

Antibacterial Activity and Antifungal Activity: The ethanolic extracts of the roots of D. denudatum have shown antibacterial activity against *Corynebacterium diphtheriae, Proteus vulgaris, Salmonella typhi and Klebsiella pneumoniae.* The antifungal activity of the compounds of D. denudatum, 8-acetylheterophyllisine, Vilmorrianone and Panicutine was determined by the agar tube diffusion method. Organic solvent extracts of the plant D. denudatum have shown antimicrobial properties. The ethanolic extracts of the roots of D. denudatum collected from Kashmir (Pakistan) have shown antifungal activity against stachybotrys atra, Trichophytone longifusus, Curvularia lunata, Drechslera rostrata, Epidermophyton flocosum, Microsporum canis, Nigrospora oryzae and Ganoderma applanatum. Compounds 8 – acetylheterophyllisine and Vilmorrianone showed antifungal activity against Allescheria boydii, E. flocosum and Aspergillus niger. Compound Panicutine exhibited antifungal activity against Allescheria boydii, Stachybotrys atra; Pleurotus

ostreatus, nigrospora oryzae, Dutarium rotatum and Aspergillus niger (Zafar et al., 2003; Zafar, 1990). Alcoholic extact of the root of D. denudatum attenuates the withdrawal symptoms of moderately morphine dependent rates. Recently the aqueous extract of the root of D. denudatum is reported for the protection against morphine – induced tolerance and dependence (Zafar et al., 2003).

Antioxidant Efficacy: Studies have been done on its phytochemical and pharmacological properties. Bioactive constituents were isolated from petroleum ether-soluble fraction of root of Delphinium denudatum and their structures were elucidated as β-Sitosterol based on mass and nuclear magnetic resonance (NMR) spectroscopy. Antioxidant activity of β-Sitosterol was evaluated through DPPH radical scavenging method and it revealed that β-Sitosterol was shown to trap free radicals in a concentration dependent manner as high as 65.02% using 160 µg/mL. (Subramani Mohanapriya and Ganesan Vijaiyan siva, 2013)

16. Narjeel Daryaee (*Lodoicea Seychellarum,* Labill.)

Narjeel daryaee is a palm growing in the Seychelles but its fruits are obtainable on the Bombay side. Fruit or nuts are of big size. They were growing on the west cost of India and Ceylon.

Actions and Uses

General Tonic (Anonymous, 1992; Nadkarni, 1976; Dymock et al., 1890; Warrier et al., 1994). It enhances hararate ghareezi (innate heat or energy), antidote to poison (Kabiruddin, 1937). It protects body faculties, removes waste and toxic humours (Ghani, 1926). It removes the effects of poisons from the deep tissues and also protects body faculties (Khan, 1895).

It is useful in cholera, hyperdipsia, edema, acute diarrhoea, colic and also as an antidote in opium and aconite poisoning. It is good cardio tonic (Kirtikar and Basu, 1987; Warrier et al., 1994). It is useful in brain diseases, poisoning, paralysis, facial palsy and arthralgia (Ghani, 1926). Because of enhancing the hararate- ghaareezi (body energy) it is included in the formulation of *Jawahar Mohra* (Kabiruddin, 1937).

17. Arq–E-Gulab (Rose Water) *Rosa Damascena*

R. damascena is a shrubby plant with numerous unequal with strong prickles, dilated at the base, leaflets 5 to 7, ovate, stiffish, flower-bud oblong, sepals deflexed after the flower have opend; tube elongated, often dilated at the top; fruit ovate, pulpy; calyx and peduncles glandulosely hispid viscous; colour of flower light red, the petals of which are described as yellow outside and red within, of these the red garden rose appears to be the R. damascena which is cultivated both in Persia and India for official purposes and is the kind from which rose water and oil of rose are usually obtained (Dymock et al., 1890).

Actions and Uses

Mildly astringent, aperient, carminative and refrigerant, cardiac tonic. (Nadkarni, 1976; Anonymous, 1997). The flower is bitter, acrid, with a good odor; cooling, laxative, aphrodisiac, antipyretic; cures leprosy, “vata”, biliousness, burning sensations; removes bad odour from the mouth and improves appetite. The flower is bitter, sweetish; tonic, laxative, expectorant, cardiotonic, good for the eyes, headache, toothache, stomatitis; lungs, kidneys and liver. It is also used in chronic fever, inflammation, intestinal affections and excessive perspiration (Warrier et al., 1994).

Strengthening, astringent, expectorant; slightly laxative, promotes wounds healing and scar formation, hemostatic, antiseptic, and anti-inflammatory, anti viral and anti bacterial, sedative, strengthens nerves, aphrodisiac (Balz et al., 1999); brain and heart tonic (Hakim, 2002); *mufarreh* for brain and heart tonic (Ghani, 1926).

Petal – astringent; gulkand made from petal – tonic; bud – cordial (Husain, 1993). In India, rose buds are preferred for medicinal use, as they are more astringent than the expanded flowers; they are considered to be cold and dry, cephalic, cardiacal, tonic and asperient, removing bile and cold humours. A conserve made from equal parts of rose petals and white sugar beaten together, known as gulkand, is considered tonic and fattening, and is much used by women and old people (Warrier et al., 1994). Tonic for heart, Stomach, liver and uterus (Balz et al., 1999); useful in palpitation, abdominal cramps, pain in liver and spleen, headache (Ghani, 1926; Chughtai and Chughtai, 1963).

Pharmacological activities

Anti-HIV Activity and Anti-Viral Activities: Water and methanol extracts of *Rosa damascena* exhibited moderate anti-HIV activity. The anti-viral activities of 9 compounds isolated from the methanol extract were compared. The tetrahydroxyflavanone (kaempferol, 1), was effective in reducing the maturation of infectious progeny virus apparently due to selective inhibition of the viral protease. On the other hand, the pentahydroxyflavone (quercetin, 2) and two 3-substituted derivatives of kaempferol appeared to inhibit HIV-infection by preventing binding of gp120 to CD4. 2-Phenylethanol-O-(6-O-galloyl)-beta-D-glucopyranoside 8 interacted irreversibly with gp120 and neutralized virus infectivity. The differences in the modes of action of 1 and 8 can account for the apparent synergy of their anti-viral activities (Mahmood et al., 1996).

Antioxidant Effects: The *R. damascena* similar to many aromatic and medicinal plants exhibits antioxidant properties. Sources of natural antioxidant are primarily phenolics compound that are found in all parts of plants such as the fruits, vegetables, seeds, leaves, roots and barks (Pratt et al 1990). The presence of phenolic compound in ethanolic extract of *R. damascena* has been shown

(Kumar et al 2009). They determined antioxidant activity of this extract compared to standard antioxidant L-ascorbic acid by 1, 1-diphenyl-2-picryl hydrazyl (DPPH) free-radical method. This study showed that *R. damascena* has high antioxidant activities (Kumar et al 2009). The antioxidant activity of hydro-alcoholic extract of petals and essential oil of this plant were also evaluated by DPPH for measurement of free radical scavenging activity and by ferric ammonium thiocyanate method for evaluation of lipid peroxidation properties. Additionally, three flavonol glycosides of ethanolic extract including quercetin-3-O-glucoside, kaempferol-3-O-rhamnoside and kaempferol-3-O-arabinoside have antioxidant activity. However, the potential of this effect may be due to existence of quercetin 3-O-glucoside and other flavonoids in the extract (Yassa et al., 2009). Both fresh flower (FF) and spent flower (SF) extracts of *R. damascena* flowers also showed antioxidant activity. However, the antioxidant activity of FF extract was higher than that of SF extract (özkan et al., 2004). The antioxidant effect of R. damascene and its inhibitory effect on lipid oxidation were evaluated in an in vivo study. The results showed a potent antioxidant and lipid per oxidation inhibitory effects comparable to copherol and suggest that the plant can be considered as a medical source for the treatment and prevention of many free radical diseases (Shahriari et al., 2007).

Antimicrobial Effects: It has been shown that *R. damascena* has wide spectrum of antimicrobial activities. Essential oil, absolute and hydrosol are important products that showed essential oil and absolute have strong antibacterial activity against *Escherichia coli, Pseudomonas aeruginosa, B. subtilis, Staph. aureus, Chromobacterium violaceum* and *Erwinia carotovora* strains. The *C. violaceum* was the most sensitive microorganism against rose essential oil and absolute. *E. coli* was also sensitive against rose essential. However, hydrosol had no antimicrobial activity against any of the microorganisms ((Ulusoy et al., 2009). Rose absolute also showed antibacterial activity against both gram-negative and gram-positive bacteria (Ulusoy et al., 2009).

Anti-diabetic Effect: *R. damascena* exert an anti-diabetic effect. Oral administration of the methanol extract of this plant significantly decreased blood glucose after maltose loading in normal and diabetic rats in a dose- dependent manner. In addition, its methanol extract inhibited postprandial hyperglycemia similar to acarbose. It was found that *R. damascena* is a potent inhibitor of α-glucosidase enzyme (Gholam Hoseinian et al., 2008). Therefore, anti-diabetic effect of this plant may be mediated by inhibition of α-glucosidase that suppressed carbohydrate absorption from the small intestine and can reduce the postprandial glucose level (Gholam Hoseinian et al., 2009).

Conclusion

It is evident that Safoof-e-Jawahar Mohra has been used as a valuable therapeutic formulation for a variety of diseases, as we have illustrated in this review article. The individual ingredients of SJM are reported to possess various pharmacological activities including, anti-oxidant, immunomodulatory, anti-ulcer, anti-microbial and anti-HIV activity. Ingredients of SJM also reported to have CNS activities including anti-epileptic, anti-depressant and anti-stress activity. Considering the wide spectrum of activities reported, SJM needs a systematic evaluation of its pharmacological activities on different organs.

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सारांश

सफूफ़ जवाहर मोहरा (शास्त्रीय यूनानी मिश्रण) : एक समीक्षा

*[1]मसरूर अली क़ुरेशी, [2]गुलाम मोहम्मद हुसैन, [2]मुनव्वर हुसैन काज़मी और [1]मोहम्मद हुसैन

यूनानी मिश्रण बहुत–सी जड़ी–बूटियों और खनिजों (विशेषतः रत्न) से बने होते हैं जोकि मुक़व्वी–ए–आम (सामान्य स्वास्थ्यवर्धक) के तौर पर उपयोग किये जाते हैं जिनका उद्देश्य महत्वपूर्ण अंगों के कार्यों में सुधार, हरारत–ए–ग़रीज़ी (चयापचय ऊर्जा), रूह (महत्वपूर्ण ऊर्जा या जीवन शक्ति) और प्रतिरक्षा प्रणाली को बढ़ाना है। सफूफ़ जवाहर मोहरा (एस.जे.एम.) एक शास्त्रीय यूनानी मिश्रण है जो हृदय प्रणाली, मस्तिष्क और यकृत के कार्यों को मज़बूत करने के लिए होता है। एस.जे.एम. का एच.आई.वी. –सकारात्मक व्यक्तियों पर मूल्यांकन किया गया और इसको जीवन की गुणवत्ता के सुधार में उपयोगी पाया गया। कुछ मामलों में सीडी4 की संख्या भी काफी बढ़ गई थी। उनकी कुछ क्रियाऐं एवं उपयोग जोकि यूनानी साहित्य में वर्णित हैं वह महत्वपूर्ण अंग टॉनिक (वाइटल ऑर्गन टॉनिक), प्राणपोषक (एक्ज़ीलारेन्ट), क़ुवा (क्षमता) और अरवाह (जीवन शक्ति) का सरंक्षण और शरीर के ह्यूमरस का निर्विषीकृत और मांसपेशियों के टोनर के रूप में उपयोगी हैं। मरवारीद प्राणपोषक, शारीरिक एवं जीवन शक्तियों की बढ़ोत्तरी, महत्वपूर्ण अंगों और अवसादरोधी के रूप में वर्णित है। वर्क़–ए–तीला (सोने की पत्तियां) यूनानी साहित्य में सामान्य स्वास्थ्यवर्धक हृदय और मस्तिष्क के लिए टॉनिक, शरीर के ह्यूमरस के लिए शुद्धता, अवसादरोधी, हरारत–ए–ग़रीज़ी को बेहतर बनाना और सामान्य स्वास्थ्य के लिए एक अच्छे सुरक्षात्मक घटक के रूप में वर्णित है; और नरजील दरयाई (लोडोइसीआ सीचेल्लरम) यूनानी साहित्य में सामान्य स्वास्थ्यवर्धक हरारत–ए–ग़रीज़ी को बेहतर बनाने, शारीरिक शक्तियों के संरक्षण और अपशिष्ट और विषाक्त पदार्थों को निकालने के लिए वर्णित है।

यह समीक्षा एस.जे.एम. के केवल शास्त्रीय उपयोगों पर केंद्रित नहीं है बल्कि यह इसके अलग–अलग घटकों से संबंधित विभिन्न औषधीय गतिविधियों का विस्तृत विवरण भी प्रस्तुत करती है।

शब्द कुंजीः सफूफ़–ए–जवाहर मोहरा, यूनानी मिश्रण, महत्वपूर्ण अंग