**Taryaq-i-Waba'i**: A review on Potent Compound Formulation of Unani Medicine with special reference to epidemic/pandemic diseases

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**ABSTRACT**

Unani System of medicine is one among the oldest systems practiced all over the world. Hippocrates, father of medicine also known as father of epidemiology was the first who had written about the diseases which spread as epidemic or pandemic. After him Galen had mentioned the prevention and management of pandemic/epidemic diseases, and given several drugs for its management. A large number of Unani crude drug and compound formulations have been mentioned in the context of the prevention and management of Waba'i Amrad. Mostly all the Waba'i Amrad have pyrexia with other symptoms according to the involvement of systemic organs. One of the most important formulation is Taryaq-i-Waba'i, a poly herbal pharmaceutical preparation, in the form of Pills (Huboob), and is cited by almost all the physicians of Unani Medicine viz; Jalnus, Azam Khan, Ajmal Khan, Kabiruddin etc. in their treatises. In Unani system of medicine, Amrad-i-Waba'i is described under a broad term which encompasses various contagious diseases which occurs due to impairment of environmental conditions related to air, and water. This compound formulation contains four ingredients, includes Aloe, Myrrh, Crocus and rose water. It is indicated as antidote, anti-epidemic and used for the treatment of epidemic fever, poisonous bites etc. There is no any scientific study has been done on the formulation but it is used by Unani practitioners since time immemorial. So here a brief description of the compound and its ingredients on the scientific basis is being presented for further study on the basis of Amrad-i-Waba'i.

**Keywords:** Taryaq-i-Waba'i, Epidemic/Pandemic, Crocus sativus, Unani Medicine.

**INTRODUCTION**

Unani System of medicine is one of the oldest systems which is based on the Hippocratic theory of Akhlat-i-Arb'a and Arkan-i-Arb'a. This system of medicine included a great deal of ancient Egyptian medicine as well as important components of the ancient Mesopotamian traditions. The methods of treatment according to Unani System of Medicine is divided into four different parts namely Ilaj Bi'l Ghiza (dietotherapy), Ilaj Bi'l Tadbeer (regimen therapy), Ilaj Bi'l Yad (surgery) and Ilaj Bi'l Down (pharmacotherapy). Considering pharmacotherapy, both single and compound drugs are being used. Among the poly-herbal drugs, various formulations such as Ma'jun, La'q, Taryaq, Khamira, Huboob, Aqras, Shayyaf, Sharbat, Araqiyat etc. are being used from centuries with great reputation for treatment of various systemic and local ailments. Among them Taryaq are the drugs which are used for treatment of various disorders including Amrad-i-Waba'i, and other systemic disorders. Various forms of Taryaq are used like Huboob, Powder, and Ma'jun 12. This formulation Taryaq-i-Waba'i is made in the form of Huboob 3,4. Huboob (pills) are small, round and uniformly shaped medicinal preparations, which are somewhat difference from Aqras (tablets) and Banadiq. Aqras are flat and circular in shape and Banadiq are round but bigger form ofHuboob and weigh from one to three gram, but the weight of Huboob vary from one tenth of a gram to one gram 1. Taryaq-i-Waba'i, also mentioned as Taryaq-i-Afa'i by Hakim Azam Khan and Habb-i-Ta 'un by Hakim Kabiruddin 3,4,5. By almost physicians it is accepted
that if any person has used this formulation during epidemic/pandemic spread, he will be prevented from the diseases. According to Kabiruddin its use prevents the body from epidemic diseases like Ta’un (plague), Hand (cholera) and Jadri (small pox) etc. It is attributed to Galen of Rome who formulated the compound and said that, if a person takes during epidemic/pandemic spread he will be prevented from the disease.  

**METHOD OF PREPARATION:**

According to some of the Classic Unani Books, the preparation of Taryaq-i-Waba’i contained only 4 ingredients viz. Aloe, Mur Makki, Zafran (Crocus sativus) and Arq Gulab (Rose water). The formula for preparation of Taryaq-i-Waba’i/Taryaq-i-Afa’i is given in Bayaz-i-Kabir, Al-Qarabadeen and Qarabadeen-i-Azam and NFUM as follows:

Two methods for the preparation of Huboo are used (i) Manual Process and (ii) Mechanical Process. 4,13 Taryaq-i-Waba’i is made using Arq Gulab (rose water) as a base for dissolving Zafran (Chrocus sativus) by slow grinding. After that finely grounded powder of Mur Makki (Commiphora myrrha), and Elwa, (Aloe barbadensiss), is mixed into the Mahool of Arq Gulab and Zafran to make a Lubdi. Finally pills of gram size are being made from the lubdi. 4,5

**Table 1:** Formula of Preparation of Taryaq-i-Waba’i according to Kabiruddin (1935), [4] Anonymous (2006)  

<table>
<thead>
<tr>
<th>S.N</th>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>01.</td>
<td>Aloe vera</td>
<td>10 gm (2 part)</td>
</tr>
<tr>
<td>02.</td>
<td>Commiphora myrrha</td>
<td>5 gm (1 part)</td>
</tr>
<tr>
<td>03.</td>
<td>Crocus sativus</td>
<td>5 gm (1 part)</td>
</tr>
<tr>
<td>04.</td>
<td>Arq Gulab</td>
<td>100 ml (10 part)</td>
</tr>
</tbody>
</table>

**Dosage and Method of administration:** 1-2 pills are recommended. During pandemic for prevention purpose, 2 pills at morning or bed time is indicated along with Arq-i-Badiyan 120 ml or Arq-i-Gulab 50 ml, for 2-3 days in every week, but should be avoided, when a person become affected from pandemic. 4 Sometimes it is taken in quantity of 2 1/4 gm with vine or any other similar liquid, it prevents form diseases during epidemic/pandemic spread. 5

**Action and Uses:** It is indicated for Dafi’ Samoom (antidote), Dafi’ Ahrat-i-Waba’i (antinepiedemic) and used for the treatment of Humma-i-Waba’i (epidemic fever), Ta’un (plague), Laza-i-Hashrat (insect bite). 3,4,5,25

**DISCUSSION:**

Elwa (Aloe barbadensis): It is an important drug of Unani Medicine, which is obtained from the dried juice of Aloe vera leaves pulp. It is also known as Sibr. It is hot and dry in 2nd degree. 7 It has Mushil (purgative), Muhallil-e-warm (resolvent), Muharrak-e-Kabid (liver stimulant), Mulayyin (emollient), Mushil (purgative), Muqawwi-i-Mi’dã (stomachic), Muqawwi-i-jigar (hepatoprotective) effects etc. 6,7,26

Mur Makki (Commiphora myrrha): It is an oleo-gum-resin obtained from a large and beautiful plant Commiphora myrrha Engl. of family Burseraceae. It is commonly known as Mur Makki in Unani System of Medicine. The drug is hot and dry in 2nd degree and recognized to possess significant Muhallil (anti-inflammatory), Mundij (concoctive), Dafi’ ta’juf (antineptic), Mulayyin (laxative), antitumour and antitumor properties. 6,7,26 The gum contains polysaccharides and low proteins and tannin and high calcium, while the volatile oil is composed of steroids, sterols and terpenes 27. Flavonoids, alkaloids, tannins, glycosides, steroids, saponins, tannins and

**Table 2:** Brief description of the ingredients present in Taryaq-i-Afa’i in accordance to parts used, temperament, action their uses and pharmacological studies.

<table>
<thead>
<tr>
<th>S.N</th>
<th>Drug (Botanical name)</th>
<th>Parts Used</th>
<th>Temperament</th>
<th>Action &amp; Uses</th>
<th>Pharmacological Studies</th>
</tr>
</thead>
<tbody>
<tr>
<td>01.</td>
<td>Aloe vera</td>
<td>Resinous substance</td>
<td>Hot and dry in 2nd degree 6</td>
<td>Emollient, purgative, stomachic, hepatoprotective; used in constipation 6,7</td>
<td>Anti-oxidant, 6, Antiviral, 6 Anti-Inflammatory 13, Immunomodulatory, Analgesic 11, Antiaging 12</td>
</tr>
<tr>
<td>02.</td>
<td>Commiphora myrrha</td>
<td>Oleo-gum-resin</td>
<td>Hot and dry in 2nd degree 6</td>
<td>Antiseptic, siccative, detergent, carminative, stomachic, expectorant, anti-inflammatory, deobstruent; used in epidemic/pandemic spread, constipation, cough, sarih, dryness of throat, hoarseness of voice 6,7</td>
<td>Anti-oxidant, anti-bacterial 13 anti-inflammatory 14, analgesic 15, neuroprotective 16, antiviral, Hepatoprotective 17</td>
</tr>
<tr>
<td>03.</td>
<td>Crocus sativus</td>
<td>Stigma</td>
<td>Hot in 2nd and dry in 1st degree 6</td>
<td>Anti-inflammatory, detergent, cardio-tonic, liver tonic, diuretic; used in hepatitis, metritis, cardiac weakness 6,7</td>
<td>Anti-Aging 15, antioxidant 15, antidiabetic, dyslipidemic 20, Anti-inflammatory, analgesic 21, Anti depressant 22,23</td>
</tr>
<tr>
<td>04.</td>
<td>Arq Gulab</td>
<td>Rose water</td>
<td>Mural-kabal Quva, near to cold 7</td>
<td>Anti-inflammatory, analgesic, cardiotonic, brain tonic, exhilarant; useful in palpitation, syncope 6,7</td>
<td>Antioxidant (in vitro), Hypnotic 24</td>
</tr>
</tbody>
</table>
terpenoids were identified in Methanol extract. Various studies such as antioxidant, anti-bacterial, anti-inflammatory, analgesic, neuroprotective, antiviral, hipapotrophic, and immunomodulatory activities can make it useful for pandemic/epidemic spread.

**Zafaran (Crocus sativus):** Dried stigmas and styles are used for its muhallali (anti-inflammatory), muddat (concoctive), qabid (astringent), mugarri (adhesive) and muftath (deobstruent) properties so used as mufarrekh qalb (exhilarant), muqawwai-i-qalb (cardiotoxic), muqawwai-i-dimagh (brain tonic), muqawwai-i-azar (nerve tonic), muqawwai-i-jigar (liver tonic), muqawwai-i-basr (eye tonic), muqawwai-i-mil' da (stomach tonic), muqawwai-i-gurdha (renal tonic), muhadhani-i-bahl (sexual stimulant), mudirr-i-bawal (diuretic), musakkin (sedative), dafi-i-tashnajjui (antispasmodic), munafiq-i-balgham (expectorant), mu'rriq (diaphoretic), muddir-i-hayd (amenomagenous) properties. On the basis of these properties, Zafaran was used for the treatment of Shaqia (migraine), Warm Tajawif-i-Anof Muzmin (chronic sinusitis), Ihithds-i-Bawal (urinary obstruction), Sozish-i-Bawal (inflammation of the urinary tract), Malankohal (menorrhagia), depression, Sada (hearth), menstrual disorders, Su-al yabis (dry cough), Shahiqa (whooping cough), Warm Sho'ba al-riya (bronchitis) etc. It is added in Sarma (collyrium) and applied in eyes to induce shining and to cure Khofash (snow blindness), Zarqa (blue discoloration of eye) and day blindness. It also glooms the body complexion.

**Arq-i-Gulab (rose water):** Arqian are liquid preparations obtained by the distillation of fresh aromatic flowers, fruit juice, seeds or crude drugs in aqueous medium. Different types of Arqian like Arq Gulab, Arq Kewra, Arq mundi, Araq Badiyan, Arq Kasni etc., have been used either alone or as an ingredient in different compound formulations by the traditional practitioners for the treatment of disorders related to various organs. Arq Gulab is a dear, non-viscous, liquid preparation obtained by the aqueous distillation of dully macerated Rosa damascena flowers. It is described to be Mubarrid (refrigerant), Muhallali (anti-inflammatory), Masakkin (analgesic), Daf'Atash (reduces thirst), Nafi-i-Ashob-i-Chashm (gives relief in conjunctivitis), Mufarrih (exhilarant), cardio-tonic, properties and used for the management of anxiety, syncope, palpitation and provides strength and cheerfulness to the heart. It is mainly prescribed when there is a weakness of the principal organs of the body like Brain, Heart and Liver. According to study done by colleagues, 2011 Arq Gulab was found to possess significant hypnotic activity in albino rat and in vitro antioxidant activity.

**CONCLUSION**

In the light of above discussion the inference may be drawn that the Taryaq-i-Wabai is one of the best Unani formulation with a lot of health benefits. It has been mentioned by renowned Unani physicians for prevention and management of epidemic and pandemic diseases under the name of Amrad-i-Wabai. Various functions of Taryaq-i-Wabai is attributed to its various ingredients which possess antioxidant, antiviral, immunomodulatory, anti-inflammatory, tonic for nerves, brain, heart and liver, laxative, expectorant, demulcent, antipyretic, antitussive etc. properties. There is no scientific study on Taryaq-i-Wabai has been done till date, but on the basis of scientific studies of its ingredients, it can be said that the compound has ability of prevention and management of such type of epidemic/pandemic diseases. So it is need of the time that, scientific studies and clinical trials should be done on this compound formulation to ensure its scientific validation for clinical use in patients in general during pandemic spread.

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