

# DEHLVI® - A PROFILE

*Over 90 Years of Tradition & Trust Continues....*

*A journey from Bara Dawakhana to Shama (U&A)  
Laboratories to Dehlvi Remedies Pvt. Ltd. and Dehlvi  
Naturals*

**Dehlvi** - A brand that has been promoted by Mohsin Dehlvi, son of Mohd. Ilyas Dehlvi and grandson of the legendary Hafiz Mohammed Yusuf Dehlvi, founder of THE SHAMA GROUP. It was in 1978 that Mohsin Dehlvi joined his grandfathers' herbal manufacturing business, namely Bara Dawakhana (founded in 1926 and later renamed as Shama (U&A) Laboraories in the year 1956). Mohsin Dehlvi formed Shama Remedies Pvt. Ltd. in the year 1994 and later renamed it **Dehlvi Remedies Pvt. Ltd.** **Dehlvi Naturals**, one of its branches, currently caters to disorders related to modern life-style disorders including Khamiras whereas **Dehlvi Ambar Herbals Pvt. Ltd.** manufactures Sharbats, Roghans, Habbs, Qurs, Arqs, Majuns, etc.

Following the footsteps of his illustrious grandfather, Mohsin Dehlvi has maintained strict quality and purity controls and has improved presentation and packaging, without in the least sacrificing the traditional values. Both the companies draw their strength from their team of experienced manufacturing and practicing Hakims and Vaidis (Arabic and Indian words, literally meaning physician). **Dehlvi** has now become one of the most respected and reliable names in herbal medicines in India as well as in the International market.

With over 700 Herbal Health Care products, Toiletries and Dietary Supplements **Dehlvi** is waging a relentless war against all diseases afflicting humanity. The strict specifications set by the masters of Unani and Ayurvedic medicines are followed

religiously. The products are registered as per norms prescribed by the Drug Controller of India and are GMP certified.

**Dehlvi** is continuously doing research and development on new formulations. With continuous improvements and research in processing and manufacturing techniques, **Dehlvi** brings you tried and trusted formulations, improved with modern research. Our medicines have not been tested on animals and we do not use child labour.

Herbal Medicines are characterised by lack of standardization due to which the effects are inconsistent. To remove these deficiencies **Dehlvi** is doing in-depth research and quality control. The Company conducts primary research on each of its formulations for a period of about two years before introducing the product to the consumers. The Companies strongly believe that research and development is a continuous, ongoing and unending process. A competent team of Hakims and Vaidis implement and monitor the quality of our products.

Doctors, Hakims and Vaidis prescribe the medicines with full confidence as they come from **Dehlvi**.

**Dehlvi** has been awarded the **Hakim Ajmal Khan Global Award** in the year 1997 for “**Best Unani Manufacturing Company**” and in the year 2010 for “**Best Manufacturing Company for Modernizing Unani System of Medicine**”.

Currently we have our presence in **UK, USA, South Africa, Hungary, Malaysia, Maldives, Germany and Ukraine**, and many more to follow.

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# Diseases of the Nervous System

## Headache, Migraine and Vertigo

### Habbe Ayarij

Useful in chronic headaches, epilepsy and other diseases of the brain. Cleans the brain from toxic substances.

*Dosage:* 3 gms. (approx. 24 pills) at night with 125 ml. Arq Gaozaban. In the morning after awakening, give a purgative (Qurs Mulayyan or Itrefal Mulayyan) for cleaning the stomach.

### Habbe Banafsha

Removes headaches caused due to intensity of heat. Useful in asthma and shortness of breath.

*Dosage:* 1 or 2 pills at night with water.

### Habbe Shifa

Useful in headache and fever.

*Dosage:* One pill in the morning on an empty stomach with water.

### Itrefal Kishnizi

Strengthens the brain, nervous system and intestines. Removes constipation and its regular use relieves chronic cold. Also relieves headaches, dizziness, redness of the eyes and earaches caused due to cold.

*Dosage:* 5 to 10 gms. at night with lukewarm milk or water.

### Itrefal Zamani

Useful in chronic cold and catarrh, headache, hemicrania, migraine, dizziness, colic and melancholia. Also removes constipation and soothes nervous disorders.

*Dosage:* 5 to 10 gms. at night with lukewarm milk or water. For chronic constipation 10 to 20 gms. may be given at night.

### MigraCap

Useful in migraine which consists of a severe, throbbing headache, usually located on one side of the head. The pain begins suddenly in and around the eye or temple, spreading to one or both sides of the head and often accompanied by loss of appetite, nausea, vomiting, sensitivity to sound, light and smell, or dislike for food.

*Dosage:* 1 or 2 capsules twice daily with water, once preferably before sunrise.

### Qurs Musakkin

Gives immediate relief in headaches, body-aches, muscle and joint pains.

*Dosage:* 1 tablet as and when required with water. More effective if given with 5 gms. Khamira Gaozaban Ambari Jawaharwala.

### Roghan Banafsha

Useful in headaches. Removes dryness of brain and induces sleep.

*Usage:* Rub gently on the scalp and forehead.

### Roghan Kaddu

Relieves headache due to intensity of heat. Removes dryness of brain and induces sleep.

*Usage:* Rub gently on the scalp and forehead. Instill a drop or two in the nose and ears.

### Roghan Kahu

Relieves headache due to intensity of heat. Removes dryness of brain and induces sleep.

*Usage:* Rub gently on the scalp and forehead. Instill a drop or two in the nose and ears.

**Note:** Dawaul Misk Motadil, Dehlvi Blue Balm, Dehlvi Ustkhuddus Capsules, Habbe Jawahar, Itrefal Mulayyan, Itrefal Ustkhuddus, Khamira Gaozaban Ambari, Khamira Gaozaban Ambari Jawaharwala, Khamira Marwareed, Kushta Marjan,

Kushta Marjan Jawahar, Lavender Capsules, Musli Kesar Capsules, Musli Kesar Prash and Roghan Gul are also useful in "Headache, Migraine and Vertigo".

## Cerebral Atony

### Itrefal Muqavvi Dimagh

Strengthens the brain and improves eyesight. Useful in chronic cold and headache.

*Dosage:* 5 to 10 gms. at night with lukewarm milk or water.

### Khamira Gaozaban Ambari

Strengthens the heart and brain. Relieves heart palpitation and anxiety. Also improves memory and eyesight. Daily use is very useful for those who do excessive mental work.

*Dosage:* 5 to 10 gms. in the morning on an empty stomach or as and when required.

### Khamira Gaozaban Ambari Jawaharwala

An invigorating tonic for the brain and heart. Its quick effect removes general debility and melancholia. It is very useful for those who do excessive mental work. Improves eyesight and memory.

*Dosage:* 5 gms. in the morning on an empty stomach or as and when required.

### Khamira Gaozaban Sada

Strengthens the heart and brain. Relieves heart palpitation and anxiety and is useful in melancholia. Also improves eyesight.

*Dosage:* 10 gms. in the morning on an empty stomach or as and when required with water or 125 ml. Arq Badiyan.

### Roghan Badam Shirin

Rubbed on the scalp, it strengthens the brain, soothes tired nerves and induces sleep. When given orally, it removes dryness of the intestines and removes constipation.

*Dosage:* 5 ml. to 10 ml. to be rubbed on the scalp. 1 or 2 drops may be instilled in the nose and ears. For constipation, 5 ml. to 10 ml. with a glass of milk at night may be given.

**Note:** Amleena, Braini, Braini Mix, Dehlvi's Ustkhuddus Capsules Habbe Amber Momyai, Itrefal Kishnizi, Itrefal Ustkhuddus, Kushta Nuqra, Kushta Tila, Lavender Capsules, MemoRise and Nauras are also useful in "Cerebral Atony".

## Weakness of Spinal Cord

### Dehlvi's Ambar Shilajit Capsules

Nourishes the central nervous system - the brain and the spinal cord. It improves blood circulation and is useful in general debility and lethargy.

*Dosage:* 1 or 2 capsules a day.

## Depression

### Depresonil

It is a unique blend of natural herbs that help quell feelings of depression, anxiety, apathy, sleep disturbances, insomnia, anorexia, and feelings of worthlessness. Also may help to induce a feeling of calm, diminishes over-sensitivity, improve mood, enhance well-being and sociability, relieve pain, fatigue and also improve mental alertness. Depresonil is more easily tolerated than prescription antidepressants because it is 100% natural and has no side effects.

*Dosage:* 1 or 2 capsules twice daily after meals with water. Continue use of this product at the recommended dosage as long as the above mentioned indications are obviously present. As symptoms subside, begin to reduce dosage accordingly. Maintain product use for some weeks even if no further symptoms are present. Do not exceed recommended dosage.

**Note:** Asabi Plus, Lavender Capsules,

Mulethi Capsules, Nauras and Stresonil are also useful in 'Depression'.

## Anxiety

### Calm-Dn

Reduces chronic and nervous anxiety without any side-effects. It contains herbs that help with stress relief by supporting the adrenal glands, brain and metabolism to overcome the accumulation of biological stress. Restores mental peace and induces natural sleep. Also restores coordination of body and mind.

*Dosage:* 1 or 2 capsules twice daily after meals with water. Children above the age of 6 should be given 1 capsule twice a day. Continue use of this product at the recommended dosage as long as the above mentioned indications are obviously present.

### Tagar Capsules

It is prescribed as a remedy for anxiety, mental strain, hysteria, hypochondriasis, nervous unrest, lack of concentration, excitability, and emotional troubles and problems of menopause. It was first recommended for insomnia by Galen (Jalinus). It reduces mental over-activity and nervous excitability, helping people who find it hard to 'switch off'. It is beneficial for almost any stress-related condition, and, in general, has a calming, rather than directly sedative, effect on the mind. It is sometimes referred to as a "daytime sedative" because it can improve performance, concentration and memory during the day as well as help one to sleep better during the night. It is a useful remedy for insomnia, whether caused by anxiety or overexcitement. It also gives relief in muscle spasms and lowers blood pressure caused by stress and anxiety.

*Dosage:* 1 capsule twice daily after meals with water. In cases of insomnia 2 capsules 1 hour before bedtime. Do not use at the same time as alcohol,

barbiturates, or any other drug with sedative properties.

**Note:** Asraul Capsules, Babuna Capsules, Depresonil, Nauras, Nilofar Capsules, Shankapushpi Capsules and Stresonil are also useful in 'Anxiety'.

## Stress

### Stresonil

It is a blend of herbs that are highly esteemed as rejuvenators. Useful in stress and anxiety. Restores normalcy after a long-term illness or stress. Common signs of stress are irritability, anxiety, headaches, mood fluctuations, depression, digestive trouble, heart palpitations, weakened immune system, higher cholesterol levels, migraine headaches, muscle aches and sleep disorders. If stress is not handled properly, then more serious illnesses will result. Stresonil is not habit forming nor there are any withdrawal symptoms.

*Dosage:* 1 or 2 capsules twice daily with water. Continue use of this product at the recommended dosage as long the above mentioned indications are obviously present. As symptoms subside, begin to reduce dosage accordingly. Maintain product use for some weeks even if no further symptoms are present. Do not exceed recommended dosage.

**Note:** Arjuna Amla Ras, Arjuna Capsules, Arjuna Ras, Amleena, Asabi Plus, Ashwagandha Capsules, Ashwagandha Ras (With Orange Juice), Braini, Dehlvi Natural Honey with Rose, Energy-Aid, Lavender Capsules, Nauras, Shankapushpi Capsules and Tulsi Capsules are useful in "Stress".

## Insomnia

### Babuna Capsules

It has the ability to soothe the nerves and promote more restful sleep. It also reduces anxiety and induces a state of

pleasant relaxation without disrupting normal function or interfering with motor coordination. It has also been safely used to calm restless children.

*Dosage:* 1 capsule twice daily before meals.

### **Nilofar Capsules**

They have a generally calming and sedative effect upon the nervous system, reputedly reducing the sex drive and making them useful in the treatment of insomnia, anxiety and similar disorders. Also valued as a cardiac tonic in palpitation of heart.

*Dosage:* 1 capsule twice daily before meals.

### **Roghan Arba**

Removes dryness and gives a cool feeling to the brain. Useful in chronic insomnia. Regular use for a few days will result in a sound sleep. Also useful in headaches.

*Usage:* Rub gently on the scalp and forehead. Instill a drop or two in the nose and ears.

### **Roghan Khashkhaash**

Removes dryness of the brain and induces sleep. Relieves headache due to intensity of heat.

*Usage:* Rub gently on the scalp and forehead. Instill a drop or two in the nose and ears.

### **Roghan Labub Saba**

Soothes and gives a cool feeling to the brain. Useful in chronic insomnia and headaches.

*Usage:* Rub gently on the scalp and forehead. Instill a drop or two in the nose and ears.

**Note:** Asraul Capsules, Barshasha, Calm-Dn, Dawa-ush-Shifa, Dehlvi Natural Honey with Kalonji Oil, Dehlvi Natural Honey with Saffron, Depresonil, Lavender Capsules, Roghan Badam Shirin, Roghan Banafsha, Roghan Kaddu,

Roghan Kahu, Shankapushpi Capsules, Stresonil and Tagar Capsules are also recommended in "Insomnia".

## **Amnesia**

### **Amleena**

Contains natural vitamins and is specially rich in Vitamin 'C'. Also contains carbohydrates, proteins and minerals which provide energy and supplement Protein Energy Malnutrition (PEM). The special herbal formula provides required sedative elements that relax strained muscles and soothe the whole body. Ideal for people involved in academic activities such as students, scientists, advocates, accountants and engineers. The prolonged mental exercise leaves sort of vacant mindedness and induces heaviness, sure signs of mental fatigue. It is beneficial for sportsmen, labourers, housewives, etc., who need lots of muscular energy. Also recommended in loss of memory, stress, strain and fatigue, lassitude, loss of vigour, inertness and apathy, insomnia, anorexia, weakness of eyesight, bronchitis and diarrhoea. On the whole, AMLEENA is a 'total body nourisher from head to toe'.

*Dosage:* 20 gms to be given in the morning with breakfast. Tastes good if spread on bread-slices.

### **Brahmi Capsules**

The herb has been in use for almost 3000 years in Unani, Ayurvedic and Chinese medicines. It is a classic brain and nerve tonic. It contains many nutrients that support the body's vitality and feed the nervous system, including vitamins A, B, E and K, and magnesium. Brahmi is considered the main rejuvenating herb for nerve and brain cells and, therefore, has played a very important role for the treatment of cognitive disorders of aging. Countless studies have shown Brahmi helps improve protein activity and protein synthesis, especially in brain cells, which can increase intelligence, longevity and

memory and decrease senility and aging. It is most commonly used as a nervine tonic that enhances learning and academic performance, improves mental alertness, sharpens short-term and long-term memory, rectifies speech disorders, increase concentration and intellectual ability in children.

*Dosage:* 1 capsule twice daily with water at mealtimes.

### **Brahmi Shankhapushpi Ras**

Contains two potent brain tonics, soothes brain, reduces tension and anxiety, improves concentration, mental alertness and recall ability.

*Dosage:* 20-30 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

### **Braini**

It is a complete brain tonic that contains an ideal combination of time-tested, clinically proven ingredients that help increase the level of neurotransmitters, particularly acetylcholine, and improve blood flow to the brain, thereby increasing its oxygen and nutrient supply, which will aid brain function and memory. It has been developed especially for those people whose day-to-day activities demand high mental energy. **Braini** replenishes lost energy and relieves mental tension. By providing strength it creates desire for more work and increases efficiency. It is a blend of the choicest herbs like BRAHMI, KHAJUR and AMLA (which have a proven track record of efficiency in improving brain faculties). The mentally fatigued and elderly can reduce frustrating bouts of forgetfulness.

*Dosage:* 20 gms in the morning and evening.

### **Kushta Marjan Jawahar**

Strengthens the heart and brain. Improves memory and also removes headaches, cough, cold and catarrh due to weakness of brain.

*Dosage:* 30 to 60 mg. or 1 or 2 tablets with 5 gms. Khamira Gaozaban Ambari in the morning and evening.

### **MemoRise**

It contains an ideal combination of time-tested, clinically proven ingredients that help increase the level of neurotransmitters, particularly acetylcholine, and improve blood flow to the brain, thereby increasing its oxygen and nutrient supply, which will aid brain function and memory. It has been developed especially for those people whose day-to-day activities demand high mental energy. It replenishes lost energy and relieves mental tension. By providing strength it creates desire for more work and increases efficiency. It is a blend of the choicest herbs like BRAHMI (which has a proven track record of efficiency in improving brain faculties). The mentally fatigued and elderly can reduce frustrating bouts of forgetfulness.

*Dosage:* 2 capsules twice daily with meals.

### **Shankhapushpi Capsules**

It increases mental faculties such as memory, intellect and alertness. It is used to cure insomnia, irritability as well as epilepsy, as it has a relaxing effect on the brain. It is a natural tranquilliser, that promotes deep and revitalising sleep. Recommended where the mind becomes overactive, agitated and restless.

*Dosage:* 2 capsules twice daily with meals.

**Note:** Amla Capsules, Braini Mix, Dehlvi Natural Honey with Kalonji Oil, Dehlvi Natural Honey with Saffron, Khamira Gaozaban Ambari, Khamira Gaozaban Ambari Jawaharwala, Lavender Capsules, Musli Kesar Capsules, Musli Kesar Prash, Nauras and Sharbat Ustkhuddus are also recommended in "Amnesia".



## Sun Stroke

### Shahi Gulberg

Gives a cool feeling to the body. Relieves heat and quenches thirst. Free from artificial flavours or smell.

*Dosage:* 50 ml. with chilled water as and when required.

### Sharbat Anar Shirin

Strengthens the heart and liver. Gives a cool feeling to the body and quenches thirst. Stops diarrhoea with blood (malaena), nausea and vomiting.

*Dosage:* 25 ml. with chilled water as and when required.

### Sharbat Gulab

Prepared from fresh flowers of roses. Strengthens the heart and gives a cool feeling to the body. Relieves heat.

*Dosage:* 50 ml. with chilled water as and when required.

### Sharbat Khus

Gives a cool feeling to the body. Relieves heat and quenches thirst.

*Dosage:* 50 ml. with chilled water as and when required.

### Sharbat Keora

Strengthens the heart and gives a cool feeling to the body. Removes anxiety states and palpitation and quenches thirst.

*Dosage:* 50 ml. with chilled water as and when required.

### Sharbat Nilofar

Checks biliousness during fevers and quenches thirst. Relieves heat even when there is no fever. Strengthens the heart and is useful in sun stroke.

*Dosage:* 25 to 50 ml. with chilled water as and when required.

## Sharbat Sandal

Removes anxiety states and palpitation. Reduces hepatic and stomach heat and relieves headaches due to intensity of heat.

*Dosage:* 50 ml. with chilled water as and when required.

## Meningitis

### Khamira Marwareed Banuskha Kalan

Strengthens the heart and brain. Also strengthens the body. Gives relief in anxiety and delirious states.

*Dosage:* 1 to 5 gms. with water in the morning.

### Roghan Gul

Useful in early stages of meningitis and delirious states associated with fever. Also relieves headache caused due to intensity of heat.

*Usage:* Apply with cotton wool on the head mixed with Rooh Arq Gulab and Vinegar. In headaches, apply gently on the forehead.

**Note:** Dawaul Misk Barid Jawaharwali and Dawaul Misk Har Jawahar are also recommended in "Meningitis".

## Melancholia

### Dawa-ush-Shifa

A famous medicine for insanity. Also recommended in melancholia, anxiety states, hysteria, epilepsy, insomnia and hyper-excitability. Also effective in cases of high blood pressure.

*Dosage:* 1 tablet at night with water.

### Majun Nijah

Useful in insanity, melancholia, epilepsy and hysteria.

*Dosage:* 5 to 10 gms. at night with water.

## Sharbat Ahmed Shahi

Useful in melancholia and chronic constipation. Strengthens the heart and brain.

*Dosage:* 25 ml. to be given along with 125 ml. Arq Gaozaban or water.

**Note:** Asraul Capsules, Barshasha, Dawaul Misk Motadil, Dawaul Misk Motadil Jawarwali, Dehlvi Arshad Gold Pills, Dehlvi's D.M.Motadil Jawaharwali Capsules, Dehlvi Shahi Tone, Heart-Care, Itrefal Zamani, Khamira Abresham Hakim Arshadwala, Khamira Gaozaban Ambari Jawaharwala and Kushta Marwareed are also recommended in "Melancholia".

## Epilepsy

### EpiCap

It is a stimulant of the exhausted nervous system and also an antispasmodic. As an antispasmodic, it is very useful in convulsions and spasmodic nervous affections such as epilepsy, infantile epilepsy, muscular tremor and bipolar disorder.

*Dosage:* 2 capsules twice daily with water.

### Habbe Sara

An effective medicine for epilepsy and infantile epilepsy.

*Dosage:* 1 or 2 pills in the morning and evening with 5 gms. Khamira Gaozaban Ambari Jadwar Ud Saleebwala. For infants 1/2 to 1 pill to be ground in mother's milk and given. Milk, curd, spicy, oily and gas producing food should be avoided.

### Khamira Gaozaban Ambari Jadwar Ud Saleebwala

Specially useful in epilepsy. Also useful in paralysis, facial paralysis, infantile epilepsy, chorea and hysteria. Strengthens the brain and nerves.

*Dosage:* 5 gms. in the morning on an empty stomach with 125 ml. milk or Arq Gaozaban.

**Note:** Aqarqarah Capsules, Asraul Capsules and Shankapushpi Capsules are also recommended in "Epilepsy".

## Neuritis

Habbe Sara, Khamira Gaozaban Ambari Jadwar Ud Saleebwala and Roghan Zaitoon are recommended in "Neuritis".

## Sciatica

### Habbe Asgandh

Recommended in arthritis, gout, sciatica, rheumatism and backache.

*Dosage:* 1 or 2 pills in the morning and evening with water.

### Habbe Suranjan

Particularly recommended in arthritis and rheumatism. Also useful in chronic cases of gout and sciatica. Removes constipation.

*Dosage:* 1 or 2 pills in the morning and evening with water.

**Note:** Aloe vera Jelly, Dehlvi Blue Balm, Dehlvi PR-Tablets, Dehlvi's Roghan Phosphorus, Dehlvi's Suranjan Capsules, Habbe Azaraqi, Majun Azaraqi, Majun Chobchini, Majun Jograj Guggal, Majun Seer Alvi Khani, Majun Suranjan, Musli Kesar Capsules, Musli Kesar Prash, Nopain Tablets, Ostopain Massage Oil, Ostopain Ointment, Ostopain Tablets, Qurs Musakkin, Roghan Dard, Roghan Keemia, Roghan Malkangani, Roghan Suranjan and Roghan Surkh and also recommended in "Sciatica".

# Paralysis, Facial Paralysis & Chorea

## Aqarqarah Capsules

It is given in paralysis, hemiplegia, epilepsy, chorea and is also given to help ease neuralgia and rheumatism. Its effectiveness has been linked to powerful stimulant properties that have been found to be valuable for sexual stimulation. Useful in premature ejaculation and erectile dysfunction. Also useful in seminal debility.

*Dosage:* 1 capsule twice daily before meals with water.

## Dawaul Misk Har Jawahar

Strengthens the heart, brain and liver. Relieves anxiety, and palpitation. Also useful in nervine diseases particularly paralysis, facial paralysis, chorea, hemiplegia and Parkinson's disease.

*Dosage:* 5 gms. in the morning with 125 ml. Arq Gaozaban.

## Dawaul Misk Har Sada

Useful in nervine diseases particularly paralysis, facial paralysis, chorea, hemiplegia and Parkinson's disease.

*Dosage:* 5 gms. in the morning with 125 ml. Arq Gaozaban.

## Habbe Azaraq

Strengthens and stimulates the nerves. Useful in paralysis, facial paralysis, hemiplegia and arthritis.

*Dosage:* 1 or 2 pills in the morning and evening with water.

## Majun Azaraq

Strengthens and stimulates the nerves. Useful in nervine diseases particularly paralysis, facial paralysis, hemiplegia and chorea. Also relieves rheumatism and gout. In winters it is particularly recommended for the elderly.

*Dosage:* 3 to 5 gms. daily in the morning after breakfast or after both meals with water.

## Majun Chobchini Banuskha Khas

Useful in nervine diseases particularly paralysis, facial paralysis, chorea and gonorrhoea. Strengthens the stomach, kidneys and urinary bladder. Increases formation of pure and healthy blood.

*Dosage:* 5 gms. in the morning and evening with water.

## Majun Jograj Guggal

Useful in nervine diseases particularly paralysis, facial paralysis, hemiplegia, chorea, sciatica and gout. Strengthens the nerves. Also relieves rheumatism and is useful in syphilis.

*Dosage:* 5 gms. in the morning or at night with water.

## Majun Lana

Useful in paralysis, facial paralysis, hemiplegia, chorea and syphilis. Relieves rheumatism and is also useful in sexual debility.

*Dosage:* 5 gms. in the morning or at night with water.

## Majun Seer Alvi Khani

Useful in nervine diseases particularly paralysis, hemiplegia, gout, sciatica, arthritis and rheumatism.

*Dosage:* 5 gms. in the morning or at night with water.

## Majun Talkh

Useful in paralysis, facial paralysis, chorea and epilepsy. Strengthens the stomach and liver and gives relief in backache.

*Dosage:* 5 gms. in the morning or at night with water.

## Roghan Keemia

Useful in rheumatism and paralysis. Increases the circulation of blood and has

an immediate action on the affected area on application.

*Usage:* Rub gently for about 10 minutes on the affected area and warm the area.

### **Roghan Suranjan**

Useful in paralysis, facial paralysis, hemiplegia, rheumatism, gout, sciatica and backache.

*Usage:* Rub gently in a lukewarm condition.

### **Roghan Surkh**

Useful as an external application in paralysis, hemiplegia, chorea, sciatica, gout and rheumatism. Also used as a general body massage oil.

*Usage:* Rub gently in a lukewarm condition.

**Note:** Dehlvi's Jauhari Capsules, Jauhar Munaqqa, Khamira Gaozaban Ambari Jadwar Ud Saleebwala, Kushta Gaudanti and Roghan Malkangani are also recommended in "Paralysis, Facial Paralysis & Chorea".

## **Apoplexy**

Habbe Sara, Khamira Gaozaban Ambari Jadwar Ud Saleebwala, Majun Jograj Guggal and Sharbat Dinar are recommended in "Apoplexy".

## **Immunodeficiency Diseases**

### **Dysfunction of the Immune System**

#### **AktiLife Capsules**

Contains well-known adaptogenic herbs that help improve adrenal and immune function. It is non-toxic and is not habit

forming, while it exerts a normalizing influence on the body, possessing a wide range of therapeutic benefits which cause no disturbance to the normal functioning of the body. Explaining the effects of AktiLife Capsules is difficult, since they will influence each individual differently. If you are mentally exhausted or physically fatigued, the capsules will help you feel more energetic vitalised, and full of zest for life - but yet, they are not normal stimulants. Should you however be stressed-out, or emotionally tired, and not coping with life these capsules will help you relax and make life easier to cope with, yet it is not a tranquilliser and will not have a drug-like effect on the body. The antioxidants in these capsules help the body fight free radicals which are released during the oxidation process of metabolism in the body, which can cause a variety of problems such as cell degeneration, cancer, premature ageing and many other diseases. Useful for the entire family.

*Dosage:* 1 or 2 capsules daily in the morning. Continue for at least 2 to 3 months.

#### **Aloe Vera Capsules**

It is a natural detoxifier that boosts the immune system, increases beneficial intestinal flora, soothes and repairs damaged and inflamed tissue. It increases regeneration of liver cells and repairs liver damage due to hepatitis, chemicals, medication and alcohol. It accelerates the alcohol oxidation rate and helps faster elimination of alcohol. It has positive effects on the enzyme system of the liver.

*Dosage:* Take 1 or 2 capsules daily in the morning with water.

#### **Aloevera Juice**

Natural detoxifier, strengthens immune system, relieves indigestion, bloating, heartburn, constipation, acidity and ulcer, assists in weight loss, useful in eczema, pimples, boils, etc., retains skin elasticity

and delays ageing process, provides relief from arthritis.

*Dosage:* 20 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

### **Aloevera with Orange Juice**

100% Aloe Vera with natural Orange Juice, in addition to all the efficacy of Aloe Vera, it is rich in Vitamin C, keeps skin glowing and helps keep the cold away.

*Dosage:* 20 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

### **Amla Capsules**

Amla Fruit is a natural and efficacious antioxidant which contains the highest amount of vitamin C in natural form. Useful in anxiety, melancholia, haemorrhage, diabetes, diarrhoea and dysentery. Ancient text refer to Amla as the best medicine for premature aging. Regular usage leads to rejuvenation of the body, increases memory and improves eyesight. Along with iron it is a valuable remedy in anaemia, jaundice and dyspepsia. It tones up the functions of all organs of the body and build up health by destroying the heterogenous or harmful and disease causing elements. It increases immunity in the body. It is reported to have the property of promoting hair growth, pigmentation and preventing premature graying of hair.

*Dosage:* Take 1 capsule twice daily before meals with water.

### **Amla Ras**

Richest natural source of vitamin C, strengthens immune system, prevents premature greying of hair and hair fall and brings healthy shine to skin and hair, delays ageing, improves eye-sight, detoxifies the liver, helps digestion, relieves from acidity, acts as a rejuvenating brain tonic.

*Dosage:* 20 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

### **Amla Ras (with Kala Namak)**

Along with all the efficacies of Amla, adds taste.

*Dosage:* 20 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

### **Amla Aloe Vera Ras**

Along with all the efficacies of Amla Aloe Vera, regulates blood pressure, useful in diabetes.

*Dosage:* 20 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

### **Giloy Amla Ras**

Along with all the efficacies of Amla, strengthens immune system, useful in skin diseases, fevers, liver dysfunction and jaundice.

*Dosage:* 20-30 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

### **Immuno Boost**

It is a unique combination of natural ingredients specially formulated to support a healthy immune system, thereby ensuring faster recovery and reducing frequent bouts of illness. Helps reinforce natural immune resistance. Safe for long-term use.

*Dosage:* 1 or 2 capsules daily in the morning. Children over 12 years can be given 1 capsule daily.

### **Tulsi Ras**

Adaptogen, enhances immunity, delays ageing, beneficial in common cold, cough, bronchitis, asthma, sinusitis, fever and nasal catarrh, lowers blood sugar levels, helps lower blood pressure and cholesterol levels, reduces stress, useful in skin disorders.

*Dosage:* 20-30 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

### **Wheatgrass Capsules**

The vitamins and minerals in wheatgrass help strengthen the body's immune system, giving it the weapons to fight bacteria that cause infections and inflammations. Wheatgrass opens up the body's portals, the intestines, skin, kidney, lungs and liver. When wheatgrass penetrates the bloodstream, it starts to eliminate the accumulated toxins including heavy metals that were obtained from free radicals and an unhealthy lifestyle. Obese and overweight people may lose weight as a result of detoxification. The magnesium in chlorophyll helps to regulate blood sugar levels and prevent the onset of Type 2 diabetes and the ensuing complications, such as cardiovascular problems, skin and eye disorders, and delayed wound healing.

*Dosage:* 2 capsules daily, one hour after breakfast, with water.

### **Wheatgrass Juice**

Boosts immunity, powerful detoxifier, prevents absorption of toxins into body, reduces high blood pressure, aids digestion, controls constipation, irritable bowel syndrome and stomach ulcers, induces production of red blood cells, stimulates thyroid gland, prevents diabetes, controls bad breath and prevents tooth decay.

*Dosage:* 20-30 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

**Note:** Babuna Capsules, Beejband Capsules, Behman Capsules, Dehlvi Natural Honey with Ginger, Dehlvi Natural Honey with Kalonji Oil, Dehlvi Natural Honey with Orange, Gilo Capsules, Jigron Syrup & Capsules, Lasuna Capsules, Liv-On Tablets, Moringa Capsules, Mulethi Capsules, Nauras, Neem Capsules, Shilajit

Capsules, Spirulina Capsules, Stresonil and Tulsi Capsules are also recommended in "Dysfunction of the Immune System".

## **Diseases of the Endocrine System**

### **Thyroidism**

#### **ThyroCap**

It is a synergistic herbal blend designed to feed, nourish and balance the thyroid gland. It treats hypo/hyper thyroid diseases and glandular enlargements. It has a balancing activity on the thyroxine production; increasing any deficient production and decreasing any excess – helping you to maintain optimal weight, neuromuscular tone and cardiovascular health.

*Dosage:* 1 or 2 capsules in the morning and evening with water.

## **Diseases of the Eyes**

### **Weakness of Eyesight (Asthenopia)**

#### **Khamira Abresham Sada**

Strengthens the heart and brain and is useful in palpitation and anxiety states. Expels phlegm and strengthens eyesight.

*Dosage:* 5 gms. in the morning on an empty stomach or at night with water.

#### **Kohlul Jawahar**

Regular use removes asthenopia and protects the eyes from various diseases and increases eyesight.

*Usage:* Apply in the morning and at

bedtime as collyrium (Surma) with a glass or lead bougie (Salai).

### **Noor-o-Nazar Surma**

Prepared from precious ingredients, its regular use removes asthenopia and protects the eyes from various diseases.

*Usage:* Apply in the morning and at bedtime as collyrium (Surma) with a glass or lead bougie (Salai).

**Note:** Amla Capsules, Amleena, Arq Mundi, Braini, Dehlvi Natural Honey with Saffron, Itrefal Muqavvi Dimagh, Khamira Abresham Shira Unnabwala, Khamira Gaozaban Ambari, Khamira Gaozaban Ambari Jawaharwala, Khamira Gaozaban Sada, Triphala Capsules, Triphala Ras, Triphala Aloevera Ras and Trikatu Capsules are also recommended in "Asthenopia".

## **Blepharitis, Conjunctivitis & Styte**

### **Arq Gulab (Eye Drop)**

Helps to eradicate irritation in the eyes and removes any dust or foreign particle. Removes redness.

*Dosage:* Instill a few drops in both the eyes and keep the eyes shut for about one minute.

### **Itrefal Shahtara**

An effective remedy for all kinds of problems arising out of impure blood and fever. Useful in pain, itch and redness of the eyes. It is an effective blood purifier and is also useful in all kinds of itches, scabies, eczema, skin eruptions and syphilis.

*Dosage:* 5 to 10 gms. at night with water.

**Note:** SkinClear Capsules, SkinClear Syrup and SkinClear-SF, can be used internally for purifying the blood.

## **Cataract**

Itrefal Kishnizi, Kohlul Jawahar, Khamira Gaozaban Ambari Jawaharwala and Noor-o-Nazar Surma are recommended in "Cataract".

## **Diseases of the Ear**

### **Mumps**

Itrefal Shahtara, Majun Musaffi Khas, Majun Ushba, Musaffi Azam and SkinClear Capsules, SkinClear Syrup and SkinClear-SF are recommended in "Mumps".

### **Otalgia (Earache)**

Itrefal Kishnizi, Qurs Musakkin and Roghan Babuna are recommended in "Otalgia".

### **Ulceration of the Ear & Otorrhoea**

Arq Chiraita, Arq Murakkab Musaffi Khoon, Arq Shahtara, Habbe Musaffi Khoon, Itrefal Shahtara, Majun Musaffi Khas, Majun Ushba, Musaffi Azam, SkinClear Capsules, SkinClear Syrup, SkinClear-SF, Sharbat Murakkab Musaffi Khoon and Sharbat Unnab are recommended in "Ulceration of the Ear & Otorrhoea".

### **Itching in the Ear**

For "Itching in the Ear" 2 drops of Pudinol mixed with 5 drops of Roghan Gul to be instilled in the ears. For internal use, medicines mentioned under "Ulceration of the Ear" are recommended.

## Loss of Hearing

Itrefal Kishnizi, Itrefal Mulayyan, Itrefal Zamani, Khamira Gaozaban Ambari and Roghan Badam Shirin are recommended in "Loss of Hearing" unless by birth.

## Tinnitus

Itrefal Kishninzi, Itrefal Mulayyan, Itrefal Zamani, Khamira Gaozaban Ambari and Roghan Badam Shirin are recommended in "Tinnitus".

## Diseases of the Nose

### Sneezing

Dehlvi Joshanda, Dehlvi's Ustkhuddus Capsules, Itrefal Ustkhuddus, Khamira Banafsha, Kushta Marjan, Kushta Marjan Jawahar and Sharbat Nazla are recommended in "Sneezing".

### Epistaxis

#### Jawarish Amla Sada

A cardiac and gastric tonic. Useful in palpitation, lowers abnormal hepatic heat and checks diarrhoea. As Amla (*Emblica officinalis*) contains natural Vitamin C, it is useful in epistaxis.

*Dosage:* 5 gms. in the morning and evening with 40 ml. Arq Gaozaban or water. Heavy and flatulent producing food should be avoided in the diet.

#### Kushta Faulad

Useful in anaemia as it increases formation of pure and healthy blood. Also useful in convalescence. Strengthens the liver and stomach and increases sex vigour.

*Dosage:* 30 mg. to 60 mg. or 1 to 2 tablets daily in the morning with 5 gms. Jawarish Jalinus. Children should be

given 7 mg. to 15 mg. or 1/4 to 1/2 tablet with 5 gms. butter.

**Note:** Qurs Bandish Khoon, Qurs Kehrubu, Sharbat Anjabar, Sharbat Faulad, Sharbat Nilofar and Sharbat Ushba Khas are also recommended in "Epistaxis".

## Cold, Catarrh & Influenza

### Barshasha

Useful in common cold, catarrh, melancholia and cough. Also useful weakness of nerves, depression and insomnia.

*Dosage:* 1/2 to 1 gm. with 5 gms. Khamira Gaozaban Ambari Jawaharwala.

### Daya Qooza

Useful in dry cough and common cold. Easily expels phlegm from the lungs.

*Dosage:* 10 gm. In the morning and at night with water.

### Dehlvi Joshanda

A well known remedy for common cold, coughs, nasal congestions, influenza, catarrh and seasonal changes. Also reduces fever caused by them.

*Dosage:* Mix the ingredients in 100 ml. boiling water. Leave it covered for 5 minutes and then strain it through a fine cloth and drink the contents lukewarm.

### Dehlvi's Ustkhuddus Capsules

Itrefal Ustkhuddus is presented in a convenient capsule form. With all the goodness of Itrefal Ustkhuddus, Dehlvi's Ustkhuddus Capsules meet the demands of this modernized age. Specially useful in chronic catarrh. Regular use prevents premature graying of hair. Also strengthens the brain, stomach and intestines and removes constipation.

*Dosage:* 1 or 2 capsules at night with lukewarm water.

### Gaozaban Capsules

It is used for fevers and pulmonary



complaints. It promotes the activity of the kidneys and for this reason is employed to carry off feverish catarrhs. Useful for bronchial infections (including tuberculosis and pleurisy), mouth and throat infections, dry cough, dry skin conditions, cirrhosis, premenstrual syndrome (PMS), thirst and chronic nephritis.

*Dosage:* 1 or 2 capsules daily in the morning with breakfast.

### **Habbe Tila**

Useful in common cold and catarrh, whether acute or chronic. Also useful in throat and chest infections due to common cold and catarrh.

*Dosage:* 1 pill in the morning and evening with water.

### **Itrefal Ustkhuddus**

Specially useful in chronic catarrh. Regular use prevents premature graying of hair. Also strengthens the brain, stomach and intestines and removes constipation.

*Dosage:* 5 to 10 gms. at night with lukewarm water.

### **Khamira Banafsha**

Useful in all kinds of fever, common cold, catarrh, cough and other diseases of the chest. It is a very mild laxative.

*Dosage:* 25 to 50 gms. with water or 125 ml. Arq Badiyan.

### **Khamira Khashkhash**

Useful in common cold, catarrh and cough.

*Dosage:* 5 to 10 gms. in the morning or at night with water or milk.

### **Kushta Marjan**

Useful in common cold, catarrh and cough. As it is a rich natural source of calcium, it is useful in general debility and weakness of heart. Also strengthens the brain and improves memory.

*Dosage:* 60 mg. or 2 tablets with 10 gms.

Khamira Gaozaban Sada.

### **Lauq Motadil**

Useful in common cold, catarrh and cough. Removes phlegm after thickening it.

*Dosage:* 10 gm. the morning and evening.

### **Lauq Sapistan**

Useful in cold, catarrh and cough. Removes phlegm from the chest.

*Dosage:* 10 gms. in the morning and at night with 125 ml. Arq Gaozaban.

### **Sharbat Banafsha**

Useful in fevers, common cold, catarrh, cough and other diseases of the chest.

*Dosage:* 25 ml. with water.

### **Sharbat Nazla**

The process of formation and decay of the Complex Organic Molecules such as LIPIDS, PROTEINS, CARBOHYDRATES etc. starts off at birth and goes on till the end of life. As a result of the biochemical reactions alongwith useful substances, some substances that are toxic are also generated that must be excreted. The body has its own mechanism to get rid off these unwantedby-products. In the brain too, there is a mechanism which is yet to be fully understood to shed off these harmful substances. According to the Greek school of thought when these degradation products flow towards thoracic region, are called NAZLA and when towards nasal region, are termed ZUKAAM. So, Nazla and Zukaam are two names of the same thing depending upon the route it follows from the brain to the two different sites of the body.

Sharbat Nazla helps activate this cleaning up process. This contains such fabulous ingredients as USTKHUDDUS nicknamed "The Broom of Brain". It builds up body resistance besides acting as a protectant against pathogenic invasions.

*Dosage:* 10 ml. or 2 teaspoonfuls in the morning and evening with lukewarm water on an empty stomach.

## Sharbat Ustkhuddus

Useful in common cold, catarrh, cough and other diseases of the chest. Also strengthen brain power, expel brain crudities and clarifies the intellect.

*Dosage:* 25 ml. with water.

**Note:** Beejband Capsules, Dehlvi Blue Balm, Dehlvi Natural Honey with Cinnamon, Dehlvi Natural Honey with Kalonji Oil, Itrefal Kishnizi, Itrefal Zamani, Kushta Marjan Jawahar, Lasuna Capsules, Lauq Sapistan Khayar Shambari, Lavender Capsules, Sharbat Sadar, Tulsi Capsules and Vasaka Capsules are also recommended in “Cold and Catarrh”.

## Sinusitis

### Lavender Capsules

Useful in anxiety, depression and nervous tension and stress. They are also used as a tension headache, sinus and migraine remedy. The flowers have been nicknamed “The Broom of Brain” as they are said to sweep away all ‘Kafa’ impurities, removes obstruction, strengthen brain power, expel brain crudities and clarifies the intellect. Lavender Capsules have a regulating effect on the nervous system with its balancing and harmonising nature. Being an adaptogen, has a calming effect on hyperactivity or agitation. It is one of the best stress relievers known and also helps with insomnia.

*Dosage:* 2 capsules daily in the morning.

### Sinus-I

Contains ingredients that are effective in the treatment of sinusitis. It promotes healthy sinus, nasal, and lung passageways without causing drowsiness, lack of appetite, nervousness or stomach pain. It supports a healthy micro ecology in the sinuses by encouraging appropriate mucus secretions and promotes a healthy immune response.

*Dosage:* 1 capsule twice daily with water.

## Ozena

Dehlvi’s Ustkhuddus Capsules, Itrefal Mulayyan, Itrefal Shahtara, Itrefal Ustkhuddus, Itrefal Zamani and SkinClear Syrup and SkinClear-SF are recommended in “Ozena”. Pudinol is also useful. 2 drops of Pudinol mixed with 5 drops of Roghan Gul to be instilled in the nose in the morning and evening.

## Nasal Worms

Itrefal Shahtara, SkinClear Syrup and SkinClear-SF are recommended in “Nasal Worms”.

## Anosmia

Dehlvi’s Ustkhuddus Capsules, Itrefal Ustkhuddus, Pudinol and Roghan Gul are recommended in “Anosmia”.

## Diseases of the Teeth and Gums

### Toothache

#### Roghan Darchini

Useful in toothache. It is a soothing application in insect bites.

*Usage:* Apply with cotton on the tooth. In insect bites, apply 1 or 2 drops on the affected part.

#### Roghan Long

Useful in toothaches and headaches.

*Usage:* Apply with cotton on the tooth. In headaches, apply on the forehead.

#### Sanun Jadid

Useful in toothache and gingivitis.

*Usage:* To be rubbed on the teeth and gums in the morning and at bed time after rinsing the mouth with water. Do not rinse the teeth for 30 minutes after application.

**Note:** Itrefal Shahtara and Qurs Musakkin are also recommended in “Toothache”.

## Stained Teeth

Sanun Jadid and Sanun Surkh are recommended in “Stained Teeth”.

## Bleeding Gums

### Sanun Surkh

A tooth powder which cures gingivitis, fights sepsis and strengthens the gums.

*Usage:* To be rubbed on the teeth and gums in the morning after breakfast and at bed time.

**Note:** Jawarish Amla Sada, Qurs Kehrubha and Sanun Jadud are also recommended in “Bleeding Gums”.

## Pyorrhoea

Itrefal Shahtara, Majun Ushba, Sanun Jadid and Sanun Surkh are recommended in “Pyorrhoea”.

## Gingivitis

Jawarish Amla Sada, Jawarish Mastagi, Jawarish Tabashir, Jawarish Zanjbil, Mastagi Capsules, Sanun Jadid and Sanun Surkh are recommended in “Gingivitis”.

## Loose Teeth

Sanun Jadid and Sanun Surkh are recommended in “Loose Teeth”.

# Diseases of the Mouth & Tongue

## Thrush

Jawarish Amla Sada, Jawarish Shahi and Kushta Faulad are also recommended in “Thrush”.

## Ptyalism (Salivation)

Dehlvi Galenus Pills, Dehlvi's Kamuni Capsules, Jawarish Jalinus, Jawarish Kamuni, Jawarish Kamuni Mushil, Jawarish Mastagi, Majun Nankhah and Mastagi Capsules are recommended in “Ptyalism”.

## Halitosis (Foul Breath)

Dehlvi's Falasfa Capsules, Dehlvi Galenus Pills, Jawarish Bisbasa, Jawarish Jalinus, Majun Falasfa, Sanun Jadid and Sanun Surkh are recommended in “Halitosis”.

## Cracked Lips

Rogan Gul and Roghab Kaddu are recommended in “Cracked Lips”.

## Stammering

Kushta Gaudanti is recommended in “Stammering”. Open one Capsule of Aqarqarah and put it on the tongue. Rinse after 5 minutes.

# Diseases of the Pharynx & Throat

## Elongation of the Uvula

### Sharbat Tooth Siah

Useful in tonsillitis and chloingitis.

*Dosage:* 25 ml. in the morning and evening with hot water.

## Tonsillitis

### Tonsilin

A throat pain which is effective in tonsillitis, sore throat and chloingitis. It can also be used as a gargle to cure aphthae in the mouth and in thrush and pseudo-membranous deposits.

*Usage:* Apply 2-3 times a day with cotton wool to the tonsils and throat or gargle 2-3 times with lukewarm water mixed with salt.

**Note:** Kufno Syrup, Kufno-SF, Lauq Sapistan Khayar Shambari, Nokuf Tablets and Sharbat Toot Siah are also recommended in "Tonsillitis".

## Granular Pharyngitis

Lauq Sapistan Khayar Shambari, Sharbat Toot Siah and Tonsilin are recommended in "Granular Pharyngitis".

## Laryngitis & Hoarseness of Voice

### Habbe Behtussaut

Clears the voice. Expels phlegm from the chest and is useful in cough and asthma.

*Dosage:* 1 pill to be sucked 2-3 times a day.

**Note:** Kufno Syrup, Kufno-SF, Lauq Badam, Lauq Sapistan, Lauq Sapistan Khayar Shambari, Nokuf Tablets, Sharbat Tooth Siah and Tonsilin are also recommended in "Laryngitis & Hoarseness of Voice". For immediate relief in "Hoarseness of Voice" 2 tablets of Nokuf Tablets to be dissolved in half a glass of hot water and the vapours to be inhaled through the mouth. Drink the water after it cools down.

## Diphtheria

Medicines mentioned under "Tonsillitis" are also recommended in "Diphtheria".

## Diseases of the Chest

### Cough

#### Kufno Syrup

15 herbal extracts are masterfully blended into this highly effective yet pleasant tasting herbal formula to strengthen healthy lung function and support the mucous membranes in the respiratory tract, promoting clear and healthy bronchial passages. Provides natural antioxidants that support the immune system, easing the stresses of winter's insults and environmental pollutants as well as seasonal changes.

*Dosage:* 10 ml. in the morning and evening mixed with lukewarm water.

#### Kufno-SF

The same benefits of Kufno Syrup in a sugar free form.

*Dosage:* 10 ml. in the morning and evening mixed with lukewarm water.

#### Kushta Abrak Safed

Gives relief in cough and asthma. Also useful in sexual debility and general debility.

*Dosage:* 60 mg. or 2 tablets with 10 gms. of honey.

#### Kushta Abrak Siah

Gives relief in cough and asthma. Also useful in sexual debility and general debility. More effective than Kushta Abrak Safed.

*Dosage:* 30 mg. to 60 mg. or 1 or 2 tablets with 10 gms. of honey.

## **Nokuf Tablets**

Arrests harassing cough, causes expulsion of morbid and toxic phlegm and clears the throat and lungs. Very useful in bronchitis.

*Dosage:* 2 tablets to be sucked 3 or 4 times a day. Children should be given 1 tablet dissolved in warm water.

## **Sharbat Sadar**

Effective in common cold, catarrh, asthma and cough. Also useful in irritation and inflammation of the throat. Strengthens the lungs and expels phlegm. Useful in phthisis and tuberculosis.

*Dosage:* 10 ml. with warm water in the morning and evening.

**Note:** AsmaCap, Dehlvi Joshanda, Dehlvi Natural Honey with Cinnamon, Dehlvi Natural Honey with Ginger, Dehlvi Natural Honey with Kalonji Oil, Dehlvi Natural Honey with Rose, Gaozaban Capsules, Khamira Abresham Sada, Khamira Abresham Shira Unnabwala, Kushta Zamarrud, Lauq Badam, Lauq Motadil, Lauq Sapistan, Lauq Sapistan Khayar Shambari, Mulethi Capsules, Sharbat Ejaz, Sharbat Nazla, Sharbat Toot Siah, Tulsi Capsules and Vasaka Capsules are also recommended in "Cough".

## **Bronchial Asthma**

### **AsmaCap**

It is useful in bronchial asthma and bronchitis. It contains time-tested bronchodilators, antihistaminic, mucolytic and expectorant herbs that build long term natural immunity to allergens and stress which trigger asthma and other respiratory tract ailments. It reduces inflammation and constriction in the respiratory tract and prevents oedema - stagnation of fluids and mucus in the lungs and dilates the airways making breathing easy and smooth. It reduces allergic manifestations thereby prevent

seasonal attacks. As AsmaCap is plant based it is devoid of any harmful side effects and normally does not interact with any other medications that are already being administered. It is completely safe for long-term use.

*Dosage:* 1 capsule twice or thrice daily.

### **Beejband Capsules**

Beejband contains the alkaloid ephedrine (0.8% to 1.2%) and pseudo-ephedrine along with other compounds as active ingredients that stimulate the cardiovascular system and central nervous system. The seeds have been used in India for over 2,000 years to treat a variety of health disorders like bronchial asthma, common cold, flu, chills, headache, nasal congestion, aching joints and bones, cough, wheezing and oedema. One of its uses is in weight loss too as the ephedrine alkaloids control metabolism in human body. It also helps balance proper amounts of the male hormone, testosterone and increases sexual desire. Useful in spermatorrhoea and nocturnal emission. Develops body resistance or immunity against infection.

*Dosage:* 1 capsule twice daily after meals with water.

### **Habbe Ziqunnafas**

Useful in bronchial asthma and cough.

*Dosage:* 1 pill in the morning and evening with water.

### **Khamira Abresham Shira Unnabwala**

Useful in dry cough, phthisis and tuberculosis. Is also useful in nervous debility, anxiety states and palpitation. Reduces the heat of the stomach. Also strengthens the brain and lungs and increases eyesight.

*Dosage:* 5 gms. in the morning on an empty stomach with 125 ml. Arq Gaozaban or water.

### **Kushta Abrak Kalan**

Gives prompt symptomatic relief in cough and bronchial asthma. Also useful in

general and sexual debility.

*Dosage:* 60 mg. or 2 tablets with honey. In general and sexual debility it should be given with 15 gms. butter.

### **Lauq Katan**

Useful in bronchial asthma. Expels phlegm and also relieves constipation.

*Dosage:* 10 gms. in the morning and evening.

### **Lauq Sapistan Khayar Shambari**

Useful in common cold and catarrh and relieves cough caused by cold. Expels phlegm and removes constipation. Also useful in other diseases of the throat and esophagus.

*Dosage:* 10 gms. in the morning and evening mixed with warm water.

### **Sharbat Zoofa Murakkab**

Useful in bronchial asthma and phlegmatic cough. Expels phlegm from the chest.

*Dosage:* 25 ml. mixed with warm water as and when required.

### **Sharbat Zoofa Sada**

Useful in bronchial asthma and phlegmatic cough.

*Dosage:* 25 ml. mixed with warm water as and when required.

### **Vasaka Capsules**

Has beneficial effects in bronchitis and other chest conditions. In acute bronchitis gives relief, especially where the sputum is thick and tenacious. In chronic bronchitis the cough is relieved and the sputum is liquefied so that it is brought up easily. Also used for treating cold, cough, tuberculosis, whooping cough and asthma.

*Dosage:* 2 capsules twice a day after meals.

**Note:** Arabian Nuskha, Dehlvi Natural Honey with Ginger, Dehlvi Natural Honey with Kalonji Oil, Gaozaban Capsules,

Kushta Marjan, Kushta Marjan Jawahar, Mulethi Capsules, Qairooti Arde Krisna and Tulsi Capsules are also recommended in "Bronchial Asthma".

## **Haemoptysis (Spitting of Blood)**

### **Qurs Bandish Khoon**

Stops spitting of blood, bleeding through nose (epistaxis), piles, excess bleeding during menses and bleeding from other parts of the body.

*Dosage:* 2 tablets in the morning and evening with milk or water.

### **Sharbat Anjabar**

Useful in diarrhoea with blood. Also useful in haemoptysis and bleeding from other parts of the body. Strengthens the stomach and liver and reduces fever.

*Dosage:* 25 ml. mixed with water.

**Note:** Jawarish Amla Sada, Kushta Aqeeq, Kushta Marjan, Kushta Marjan Jawahar, Kushta Marwareed, Mochras Capsules, Qurs Kehruba and Sharbat Ejaz are also recommended in "Haemoptysis"

## **Phthisis & Tuberculosis**

### **Lauq Badam**

It is useful in dry cough. Also strengthens the brain.

*Dosage:* 10 gms. in the morning and evening with lukewarm water

### **Sehat Bakhsh**

Very useful in the initial stages of tuberculosis. After a few doses it kills the tuberculosis organisms, reduces inflammation of the lungs and heals the holes or cavities of the lungs formed as a result of tissue destruction. Useful in cough and fever.

*Dosage:* 30 ml in the morning and evening.

## Sharbat Ejaz

Useful in phthisis, tuberculosis and dry cough.

*Dosage:* 25ml mixed with 125ml Arq Gaozaban.

**Note:** Khamira Abresham Shira Unnabwala, Khamira Marwareed, Kushta Aqeeq, Kushta Faulad, Kushta Marwareed, Sharbat Faulad and Tulsi Capsules are also recommended in "Phthisis & Tuberculosis".

## Pneumonia & Pleurisy

### Kushta Qarnulail

Useful in pneumonia, pleurisy and phlegmatic cough. Also useful in scrofula.

*Dosage:* 60 mg. or 2 tablets in the morning and evening with 10 gms. Lauq Sapistan Khayar Shambari.

### Qairrooti Arde Krisna

Useful in pneumonia, infantile pneumonia, pleurisy and bronchialasthma. Expels phlegm from the chest.

*Usage:* 10 gms. mixed with 5 ml. Roghan Tarpeen (Turpentine Oil) and applied on the ribs and chest and covered with warm cloth.

**Note:** KufNo Syrup, KufNo-SF, Sharbat Banafsha and Sharbat Dinar are also recommended in "Pneumonia & Pleurisy".

## Cardiovascular Disorders

### Weakness of the Heart

#### Arabian Nuskha

A natural home remedy that prevents heart blockage, angina and obesity. An

ancient tried and tested formulation that cuts down fat thereby reducing chances of cardiac dysfunction and tones up muscles into a fit and shapely body. No need to cut down on food or go into unscientific and cumbersome routine of extra ordinary regimen. It controls blood pressure, prevents thickening of blood and paralytic attacks, improves digestion, prevents skin diseases, improves intestinal strength and reduces stiffness and pain in the joints. It's great as a prophylactic for maintaining good health. Apple cider vinegar used in this preparation is raw, unpasteurized and unfiltered for maximum benefit.

*Dosage:* With the pack.

### Arjuna Capsules

It is a unique herb that helps maintain a healthy heart and reduces the effects of stress and nervousness. Promotes effective cardiac functioning and regulates blood pressure. Arjuna's ability to suppress the blood's absorption of lipids indicates that it has cholesterol-regulating properties. High amounts of Co-enzyme Q-10 prevents incident of heart attacks. It's been shown to help reverse hardening of the arteries. The bark is useful as an anti-ischemic and cardioprotective agent in hypertension and in ischemic heart disease, especially in disturbed cardiac rhythm, angina or myocardial infarction. Arjuna is also known to relieve symptomatic complaints of essential hypertension viz. giddiness, insomnia, lassitude, headache and the inability to concentrate.

*Dosage:* 1 or 2 capsules twice daily before meals.

### Arjuna Ras

Helps maintain a healthy heart, reduces stress and nervousness, promotes effective cardiac functioning and regulates blood pressure, has cholesterol regulating properties, prevents heart problem, beneficial in Angina, increases oxygen flow to heart muscles.

*Dosage:* 20-30 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

### **Arjuna Amla Ras**

Rich in all Amla and Arjuna Ras efficacy.

*Dosage:* 20-30 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

### **Arq Amber**

Strengthens the heart, brain, liver and the stomach. Replaces lost energies, produces fresh blood and invigorates the entire body system to maintain general, physical and mental well-being. Removes mental fatigue and exhaustion. Also useful in general debility and cases of syncope.

*Dosage:* 60 ml. in the morning and evening with 20 ml. Sharbat Anar Shirin.

### **Behman Capsules**

Recent scientific research has confirmed the validity of Behman's traditional usage for heart and circulatory problems. It has shown to have a profound effect on the coronary circulation, reducing the symptoms of angina and improving heart function. It has been used to assist patients who are recovering from a heart attack and it appears to support heart function at this critical time. Clinical trials have shown that Behman is most effective when given as a preventive, rather than as a remedy after a heart attack has taken place. It particularly benefits the coronary circulation, opening up the arteries and improving blood flow to the heart and is therefore helping in treating coronary heart disease. Though it does not lower blood pressure, it relaxes the blood vessels and improves circulation throughout the body. It helps prevent blood clots from forming and is quite useful in the prevention and treatment of myocardial infarction.

*Dosage:* 2 capsules twice daily before meals with water.

### **CardioSip**

A formulation which supports a healthy heart function. It nourishes and strengthens the heart muscles thereby stimulating the blood circulation and allowing an increase of oxygen flow to the heart. Also helps to promote healthy cholesterol and triglycerides levels. It is beneficial for everyone, especially as a prophylactic for those who lead a stressful lifestyle or have a family history of coronary heart diseases.

*Dosage:* 10 ml in the morning and evening.

### **Dehlvi Arshad Gold Pills**

Nothing removed except Sugar and nothing added except the efficacy to the original formulae. An excellent cardiac tonic. Dehlvi Arshad Gold Pills is the modernized sugar free form of the famous Unani medicine Khamira Abresham Hakim Arshadwala, which is used for strengthening the heart. One Pill is equal to one dose of 5 gm Khamira Abresham Hakim Arshadwala. We have just taken away Sugar. As the original formula contains juices of Quince (Behi), Pomegranate (Anar) and Apple (Seb), we use dehydrated fruits instead which contains the same benefit. It regulates heart beat and increases circulation and formation of pure and healthy blood. Useful in general debility, palpitation, anxiety, depression, melancholia, angina pectoris and convalescence also. It lowers systolic and diastolic blood pressure and removes general debility.

*Dosage:* 1 pill with milk or water in the morning on an empty stomach.

### **Habbe Jawahar**

Useful in weakness of the heart, brain and liver. Increases the natural heat of the body. Removes general debility and is useful in palpitation and during convalescence.

*Dosage:* 1 pill in the morning and evening with 5 gms. DawaulMisk Motadil Jawaharwali or Khamira Gaozaban



Ambari Jawaharwala followed by a glass of milk. Greasy, rich and flatulent producing food should be avoided in the diet.

### **Heart-Care**

It contains ingredients that are useful in several cardiovascular diseases such as palpitation, angina, hyperlipidemia and post-myocardial infarction. It has a soothing effect on the nervous system thereby controlling tachycardia, anxiety, phobias, stress and depression. Regulates serum lipids by lowering low density lipoprotein (LDL) and restores high density lipoprotein (HDL) level which is cardioprotective. Also helps in retaining the natural heat of the body and is useful in convalescence. It is completely safe and can be used without any side effects for a prolonged period.

*Dosage:* 1 capsule in the morning on an empty stomach with water.

### **Heartone-DR**

It contains ingredients that are useful in several cardiovascular diseases such as palpitation, angina, hyperlipidemia and post-myocardial infarction. It has a soothing effect on the nervous system thereby controlling tachycardia, anxiety, phobias, stress and depression. It also lowers systolic and diastolic pressure. It is completely safe and can be used without any side effects for a prolonged period. In mild cases it is effective alone and in severe cases it can be combined with other drugs.

*Dosage:* 1 pill with water or 5 gms. Khamira Marwareed in the morning or as and when required.

### **Jawahar Mohra**

A famous Unani medicine for strengthening the heart, brain and liver. Helps in retaining the natural heat of the body and is useful in convalescence.

*Dosage:* 30 mg. or 1 tablet in the morning on an empty stomach with 5 gms. Khamira Gaozaban Ambari Jawaharwala

or Dawaul Misk Motadil Jawaharwali. Children should be given half a dose.

### **Jawarish Shahi**

Strengthens the heart and brain. Relieves anxiety and reduces fever.

*Dosage:* 5 to 10 gms. in the morning on an empty stomach with water.

### **Khamira Abresham Hakim Arshadwala**

A good cardiac tonic. A famous Unani medicine for strengthening the heart and other vital organs of the body. Regulates the heart beat and increases circulation and formation of pure and healthy blood. Also useful in general debility, palpitation, anxiety, depression, melancholia, angina pectoris and convalescence. It lowers systolic and diastolic blood pressure and removes general debility.

*Dosage:* 3 gms. with milk or water in the morning on an empty stomach. Rich, spicy and flatulent producing food should be avoided in the diet.

### **Kushta Marwareed**

Strengthens the heart. Useful in palpitation and tuberculosis, melancholia, hemoptysis, spermatorrhoea in males and leucorrhoea in females.

*Dosage:* 30 mg. or 1 tablet with 5 gms. Khamira Gaozaban Ambari Jawaharwala.

### **Kushta Nuqra**

Strengthens the heart, brain and liver. Useful in palpitation and anxiety. Removes sexual debility and is useful in spermatorrhoea, nocturnal emission and hydrospermia.

*Dosage:* 60 mg. or 2 tablets with 5 gms. Khamira Gaozaban Ambari Jawaharwala. For sexual debility 60 mg. or 2 tablets with 5 gms. Labub Kabir followed by a glass of milk.

**Note:** Amla Capsules, Arq Bed Mushk, Arq Gaozaban, Arq Gulab, Dawaul Misk Motadil, Dawaul Misk Motadil Jawaharwali, Dehlvi's D.M.Motadil Jawaharwali Capsules, Dehlvi Natural

Honey with Ginger, Dehlvi Natural Honey with Rose, Dehlvi Natural Honey with Saffron, Dehlvi Shahi Tone, Guggul Capsules, Habbe Khas, Jawarish Amla Sada, Khamira Abresham Sada, Khamira Abresham Shira Unnabwala, Khamira Gaozaban Ambari, Khamira Gaozaban Sada, Khamira Marwareed, Khamira Marwareed Banuskha Kalan, Kushta Aqeeq, Kushta Marjan Jawahar, Musli Kesar Prash, Nauras, Rooh Arq Gulab, Rooh Arq Keora, Sharbat Anar Shirin, Sharbat Angoor Shirin, Sharbat Ahmed Shahi, Sharbat Keora and Sharbat Sandal are also recommended in "Weakness of the Heart".

## Palpitation

### Arq Bed Mushk

Strengthens the heart, brain and stomach. Reduces fever and quenches thirst. Normalises palpitation and gives relief in headaches.

*Dosage:* 50 ml. mixed with water.

### Arq Gaozaban

Invigorates the heart and relieves palpitation. Also recommended in diseases of the brain. Reduces fever and quenches thirst.

*Dosage:* 125 ml. mixed with 25 ml. Sharbat Keora in a lukewarm state.

### Arq Gulab

Strengthens the heart. Relieves palpitation and anxiety states and quenches thirst. Useful in diseases of the brain, stomach and liver. Also useful in cases of syncope.

*Dosage:* 10 ml. mixed with 25 ml. Sharbat Sandal or water.

### Dawaul Misk Barid Jawaharwali

Strengthens the heart in persons with hot temperament. Useful in palpitation and anxiety. Strengthens the brain and liver.

*Dosage:* 5 gms. in the morning on an empty stomach with 125 ml. Arq

Gaozaban.

### Dawaul Misk Barid Sada

Strengthens the heart in persons with hot temperament. Useful in palpitation and anxiety.

*Dosage:* 5 gms. in the morning on an empty stomach with 125 ml. Arq Gaozaban.

### Dawaul Misk Motadil

Strengthens the heart, liver and the stomach. Useful in palpitation, melancholia, syncope, convalescence and general debility.

*Dosage:* 5 gms. in the morning and evening with 125 ml. Arq Gaozaban or water.

### Dawaul Misk Motadil Jawaharwali

A good cardiac tonic. Strengthens the heart and other vital organs of the body and normalises blood pressure. Increases circulation and formation of pure and healthy blood. Also useful in general debility, palpitation, anxiety, depression, angina pectoris and convalescence.

*Dosage:* 5 gms. in the morning and evening with a glass of milk or water.

### Dehlvi's D.M. Motadil Jawaharwali Capsules

Dawaul Misk Motadil Jawaharwali is presented in a convenient capsule form. With all the goodness of Dawaul Misk Motadil Jawaharwali, Dehlvi's D.M. Motadil Jawaharwali Capsules meet the demands of this modernized age. A good cardiac tonic. Strengthens the heart and other vital organs of the body and normalizes blood pressure. Increases circulation and formation of pure and healthy blood. Also useful in general debility, palpitation, anxiety, depression, angina pectoris and convalescence.

*Dosage:* 1 or 2 capsules in the morning and evening with a glass of milk or water.

### **Khamira Sandal Sada**

Normalises palpitation and condition of uneasiness.

*Dosage:* 10 gms. in the morning on an empty stomach.

### **Kushta Aqeeq**

Strengthens the heart. Useful in palpitation and anxiety states, hemoptyses and leucorrhoea in females. In tuberculosis it heals the holes or cavities of the lungs formed as a result of tissue destruction.

*Dosage:* 60 mg. or 2 tablets in the morning on an empty stomach with 5 gms. Khamira Marwareed.

### **Rooh Arq Gulab**

Strengthens the heart and brain. Relieves palpitation and anxiety states. Useful in diseases of the brain, stomach and liver. Relieves heat and quenches thirst. Also useful in cases of syncope.

*Dosage:* 10 ml. mixed with water.

### **Rooh Arq Keora**

Strengthens the heart and relieves palpitation and anxiety states. Relieves heat and quenches thirst.

*Dosage:* 25 ml. mixed with water.

### **Sharbat Angoor Shirin**

Strengthens the heart and checks biliousness. Useful in palpitation. Reduces heat of the stomach and tones it up. It is also a mild laxative.

*Dosage:* 25 ml. mixed with water.

**Note:** Arq Amber, Dehli Arshad Gold Pills, Dehli Shahi Tone, Heart-Care, Heartone-DR, Jawarish Amla Sada, Jawarish Shahi, Khamira Abresham Hakim Arshadwala, Khamira Abresham Sada, Khamira Abresham Shira Unnabwala, Khamira Gaozaban Ambari, Khamira Gaozaban Sada, Khamira Marwareed, Kushta Nuqra, Nilofar Capsules, Noshdaru, Sharbat Anar Shirin, Sharbat Keora and Sharbat

Sandal are also recommended in "Palpitation".

## **Hypertension (High Blood Pressure)**

### **Asraul Capsules**

Asraul has been employed for centuries for the relief of various central nervous system disorders, both psychic and motor, including anxiety states, insomnia, excitement, sexual aggression, maniacal behavior associated with psychosis, hypochondriasis, insanity, melancholia, schizophrenia and epilepsy in Indian medicine for about 4000 years. It contains Reserpine alkaloid which is used for mild, essential hypertension.

*Dosage:* 1 capsules at night with water.

### **Pressure-Eaze**

Treats hypertension by balancing and regulating blood pressure and it also addresses some of the contributory factors which may be causing it. While some of the ingredients in Pressure-Eaze Capsules specifically target blood vessels which have become constricted, others improve the heart's ability to pump blood effectively, while also treating and preventing plaque build up in the arteries. It also helps to reduce stress and boost the body's ability to fight illness.

*Dosage:* 1 capsules at night with water. Do not exceed recommended dosage.

**Note:** Apple Cider Vinegar (Seb Sirka), Arabian Nuskha, Arjuna Capsules, Dawash-Shifa, Nauras and Tagar Capsules are also recommended in "Hypertension".

## **Hypotension (Low Blood Pressure)**

In low blood pressure general debility increases and there is disinclination to work or a feeling of tiredness even while doing very light work or a feeling of sleepiness. Arq Maullaham Do Atisha,

Arq Maullaham Khas, Dawaul Misk Motadil, Dawaul Misk Motadil Jawaharwali, Dehlvi Arshad Gold Pills, Dehlvi's D.M.Motadil Jawaharwali Capsules, Dehlvi Natural Health Tonic, Dehlvi Shahi Tone, Energy Tone, Habbe Amber Momyai, Habbe Khas, Jawahar Mohra, Khamira Abresham Hakim Arshadwala and Kushta Faulad are recommended in "Hypotension".

## High Cholesterol Levels

### Guggul Capsules

It is a very effective herbal medicine for controlling obesity and cholesterol. Guggul significantly lowers serum triglycerides and cholesterol as well as LDL and VLDL cholesterols (the "bad" cholesterols). At the same time, it raises levels of HDL cholesterol (the "good" cholesterol). Guggul has also been shown to reduce the stickiness of platelets-another effect that lowers the risk of coronary artery disease. It has a great effect in preventing heart atherosclerosis or narrowing of the arteries. It also has marked antiarthritic effect, comparable to that of hydrocortisone and is useful in arthritis, rheumatism and rheumatoid arthritis. It helps stimulate the regeneration of nerve tissue as well as bones and joints.

*Dosage:* 1 capsule twice daily after meals with water.

### Lasuna Capsules

The extract of garlic has significant protective action against a fat induced increase in serum cholesterol and plasma fibrinogen and in fibrinolytic activity. It plays an important part to play in the treatment of high cholesterol. Garlic has been known to detoxify the body by cleansing the kidneys and increasing urine flow. Furthermore, Garlic's healing properties make it an ideal agent for fighting colds and flu, bacteria, and fungi.

*Dosage:* 1 capsule twice daily after meals with water.

### LipoCap

It helps to lower cholesterol naturally, regain proper cholesterol management, reduce "bad" LDL-Cholesterol and Triglyceride levels within the blood system, and increase "good" HDL-Cholesterol levels. The ingredients in this herbal formula have been shown to help inhibit Cholesterol production and lower cholesterol naturally, help metabolise and reduce fatty acids within the blood-stream and upon heart and arterial tissue and help monitor and maintain appropriate levels and proportions of circulatory fats (Cholesterol and Triglycerides).

*Dosage:* 2 capsules twice a day with water.

**Note:** Apple Cider Vinegar (Seb Sirka), Arabian Nuskha, Arjuna Amla Ras, Arjuna Capsules, Arjuna Ras, Dehlvi Natural Honey with Cinnamon, CardioSip, Dehlvi Isabghol, Methi Capsules, Shilajit Capsules and Vilayati Imlia Capsules are also recommended in "High Cholesterol Levels"

## Syncope

### Dawaul Misk Motadil Jawaharwali

Restores consciousness and energy if fainting occurs due to extreme physical weakness.

*Dosage:* 5 gms. with milk or water by a spoon. If readily available, give small doses of the mixture of Rooh Arq Gulab and Arq Amber orally. Rooh Arq Gulab is also to be gently sprinkled on the face.

# Diseases of the Stomach

## Atonic Stomach

### Adrak Capsules

It is valued in medicine as a carminative and stimulant to the gastrointestinal tract. It is antiemetic and therefore brings relief to digestion troubled by travel sickness. It is much in vogue as a household remedy for indigestion as it warms the digestive organs, stimulates digestive secretions, increases the amylase concentration in saliva, and facilitates the digestion of starches and fatty foods. It is also useful in lack of appetite, wind, diarrhoea, dysentery, flatulence, colic, nausea, vomiting and spasm. Also protects the liver.

*Dosage:* 2 capsules twice daily after meals with water.

### Arq Ajwain

Strengthens the liver and stomach. Useful in colic, gripes, dysentery, indigestion and flatulence. Also checks biliousness, burning sensation, thirst and nausea. Increases appetite.

*Dosage:* 75 ml. to be given lukewarm in the morning and evening.

### Arq Badiyan

Strengthens the liver, stomach and intestines. Useful in colic, gripes, dysentery, indigestion and flatulence. Also checks biliousness, burning sensation, thirst and nausea.

*Dosage:* 125 ml. to be given lukewarm in the morning and evening.

### Arq Brinjasif

Strengthens the liver, stomach, intestines, uterus, etc. and reduces fever caused due to their disorders.

*Dosage:* 125 ml. to be given along with 25 ml. Sharbat Habbul Aas.

## Dehlvi Galenus Pills

Nothing removed except Sugar and nothing added except the efficacy to the original formulae. The famous Unani medicine, conceived by none other than the Greek Physician Claudius Galenus, often anglicized as Galen (known as Hakim Jalinus is Arabic), Jawarish Jalinus is presented in a convenient pill form. With all the goodness of Jawarish Jalinus, Dehlvi Galenus Pills meet the demands of this modernized age. Two Pills are equal to one dose of 5 gm Jawarish Jalinus. We have just taken away Sugar. Strengthens the stomach, intestines, kidney, liver and bladder. Regulates gastric functions, increases appetite and helps in digestion and assimilation. It is useful in the treatment of acidity in stomach, burning sensation in the chest, bad breath and pain in the intestines. Also useful in phlegmatic cough and piles and stops excessive urination. Stops the repeated formation of stone in the kidney and urinary bladder. Regular use prevents premature graying of hair.

*Dosage:* 2 pills with water daily in the morning or after both meals.

## Dehlvi's Zaruni Sada Capsules

Jawarish Zaruni Sada is presented in a convenient capsule form. With all the goodness of Jawarish Zaruni Sada, Dehlvi's Zaruni Sada Capsules meet the demands of this modernized age. Strengthens the kidneys, stomach, liver, intestines and urinary bladder. Aids digestion, relieves excessive urination and is useful in hydrospermia.

*Dosage:* 1 or 2 capsules in the morning with water.

## Gas-Tab

Strengthens the stomach and intestines, aids digestion, reduces acidity, relieves flatulence and stops stomachache.

*Dosage:* 2 tablets twice daily after meals or as and when required with water.

## **GasTreat Syrup**

It is a perfect combination of natural herbs for gastric disorders. It is used to treat the symptoms of too much stomach acid such as stomach upset, heartburn and acid indigestion. It is also used to relieve symptoms of extra gas such as belching, bloating, and feelings of pressure/discomfort in the stomach/gut. Also useful in colitis and irritable bowel syndrome (IBS). It may be taken by people of all ages as it is safe and natural.

*Dosage:* 10 ml. after meals or as and when necessary.

## **Iksir Meda Khas**

Aids digestion, relieves flatulence and regulates intestinal functions. Useful in loss of appetite, heaviness after meals and acidity.

*Dosage:* 2 tablets twice daily after meals or as and when required with water.

## **Jawarish Anarain**

Checks biliousness and diarrhoea due to excessive bile. Strengthens the stomach and liver, increases appetite, reduces acidity and stops nausea and vomiting and is also useful in jaundice.

*Dosage:* 5 gms. in the morning or as and when required.

## **Jawarish Jalinus**

A famous Unani Tibbi medicine. Strengthens the stomach, intestines, kidney, liver and bladder. Regulates gastric functions, increases appetite and helps in digestion and assimilation. It is useful in the treatment of acidity in stomach, burning sensation in the chest, bad breath and pain in the intestines. Also useful in phlegmatic cough and piles and stops excessive urination. Stops the repeated formation of stone in the kidney and urinary bladder. Regular use prevents premature graying of hair.

*Dosage:* 5 to 10 gms. with water daily in the morning or after both meals.

## **Jawarish Meda**

Strengthens the stomach, liver and intestines. Aids digestion and increases formation of pure blood. Removes mild and chronic constipation.

*Dosage:* 5 gms. in the morning and evening or after both meals with water.

## **Jawarish Pudina**

Strengthens the stomach and liver. Useful in nausea, vomiting and hiccups. Increases appetite.

*Dosage:* 5 gms. in the morning and evening.

## **Jawarish Pudina Vilayati**

Strengthens the stomach and liver. Useful in nausea, vomiting and hiccups. Increases appetite.

*Dosage:* 5 gms. in the morning and evening.

## **Jawarish Tabashir**

Strengthens the stomach. Reduces fever and is useful in headaches, nausea, vomiting and diarrhoea due to excessive heat.

*Dosage:* 5 gms. with water twice daily after both meals.

## **Jawarish Tamarhindi**

Checks biliousness. Strengthens the stomach and liver, increases appetite and stops nausea and vomiting. When the Cholera epidemic is widespread it can be given as a prophylactic dose.

*Dosage:* 5 to 10 gms. twice daily after meals with water.

## **Jawarish Zaruni Ambari Banuskha Kalan**

Strengthens the kidneys, bladder, liver, stomach and the brain. Relieves excessive urination, headache, flatulence, phlegmatic cough and asthma. Also relieves backache and strengthens the spinal cord. It also increases sperm count and removes sexual debility. Helps in keeping the hair dark.

*Dosage:* For strengthening the kidneys, bladder, liver, stomach and the brain 5 gms. with 30 mg. or 1 tablet Kushta Faulad in the morning and evening. For strengthening the kidneys and bladder and in headaches and phlegmatic cough and asthma 5 gms. with 30 mg. or 1 tablet Kushta Zamarrud in the morning and evening.

### **Jawarish Zaruni Sada**

Strengthens the kidneys, stomach, liver, intestines and urinary bladder. Aids digestion, relieves excessive urination and is useful in hydrospermia.

*Dosage:* 5 gms. in the morning with water.

### **Majun Muqavvi Meda**

Strengthens the stomach, improves digestion and appetite and increases formation of pure blood. Removes constipation.

*Dosage:* 5 gms. in the morning and evening or after both meals with water.

### **Majun Nankhah**

Strengthens the stomach. Aids digestion and increases appetite.

*Dosage:* 5 gms. in the morning and evening with water.

### **Naturo-Zyme**

It is an optimal digestive aid containing a full spectrum of plant-derived enzymes in a single supplement. To help improve the body's absorption of nutrients, these valuable enzymes break down carbohydrates, proteins and fats. This includes starch, cellulose, lactose and other sugars. Natural supplementation is an excellent way to replenish enzymes lost from foods during cooking and processing.

*Dosage:* 1 or 2 capsules twice daily after meals.

### **Noshdaru**

Strengthens the stomach and intestines. Checks diarrhoea caused due to their

respective weakness. Aids digestion.

*Dosage:* 5 to 10 gms. in the morning on an empty stomach with water.

### **Qurs Malti Basant**

Strengthens the stomach and intestines. Prevents loose motions due to the weakness of stomach.

*Dosage:* 1 tablet along with 5 gm. Majun Sangdana Murgh.

### **Qurs Pudina**

Strengthens the stomach. Aids digestion and increases appetite. Strengthens the liver.

*Dosage:* 2 -2 tablets in the morning and evening or after meals with water.

### **Safuf Namak Sulemani**

Strengthens the stomach and intestines. Helps in digestion of food and increases appetite. Useful in stomachache, flatulence and heaviness after meals. Also strengthens the liver.

*Dosage:* 1 to 3 gms. daily after meals with water.

### **Trikatu Capsules**

It provides a natural and safe support system for impaired gastric function associated with gaseous distension. It is a safe digestive, carminative, antifatulent and is effective in dyspepsia. It reduces excessive body weight and checks food cravings. As a digestive tonic, it enhances the assimilation process. This in turn helps in maximizing metabolic process and reducing body weight.

*Dosage:* 1 or 2 capsules twice a day after meals.

**Note:** Apple Cider Vinegar (Seb Sirka), Arq Nana, Arq Pudina, Dehlvi's Kamuni Capsules, Dehlvi Natural Honey with Cinnamon, Dehlvi Natural Honey with Rose, Dehlvi Natural Honey with Saffron, Hazmeen, Jawarish Amla Sada, Jawarish Kamuni, Jawarish Mastagi, Jawarish Ud Tursh, Jawarish Ud Shirin, Jawarish Zanjibil, Kushta Faulad, Kushta Khabsul

Hadid, Mastagi Capsules, Musli Kesar Capsules, Musli Kesar Prash, Riyaaheen Chooran, and Sharbat Habbul Aas are also recommended in "Atonic Stomach".

## Gastralgia

### Dehli's Kamuni Capsules

Jawarish Kamuni is presented in a convenient capsule form. With all the goodness of Jawarish Kamuni, Kamuni Capsules meet the demands of this modernized age. Relieves pain in the stomach and intestines due to flatulence. Improves digestive functions, stops hiccups and neutralizes acidity. Removes constipation.

*Dosage:* 1-2 capsules twice daily after meals with water.

### Habbe Haltit

Relieves pain in the stomach and intestines. Aids digestion, relieves flatulence and increases appetite.

*Dosage:* 1 or 2 pills one hour after both meals or as and when required with water.

### Habbe Papita

Aids digestion, relieves flatulence and stomachache. Also removes constipation. When the Cholera epidemic is widespread it can be given as a prophylactic dose.

*Dosage:* 2 pills after both meals with water.

### Jawarish Kamuni

Relieves pain in the stomach and intestines due to flatulence. Improves digestive functions, stops hiccups and neutralises acidity. Removes constipation.

*Dosage:* 5 to 10 gms. twice daily after meals with water.

### Jawarish Kamuni Kabir

Relieves pain in the stomach, flatulence and colic pain. Improves digestive

functions and removes constipation.

*Dosage:* 5 to 10 gms. twice daily after meals with water.

### Safuf-ul-Imlah

Useful in flatulence and colic pain. Aids digestion and increases appetite.

*Dosage:* 250 to 500 mg. twice daily after meals with 10 gms. Jawarish Kamuni.

**Note:** Adrak Capsules, Arq Ajwain, Arq Badiyan, Dehli Galenus Pills, Gas-Tab, GasTreat Syrup, Habbe Kabid Naushadri, Hazmeen, Jamun Sirka, Jawarish Bisbasa, Jawarish Jalinus, Jawarish Kamuni Mushil, Majun Nankhah, Pudinal, Riyaaheen Chooran and Safuf Namak Sulemani are also recommended in "Gastralgia".

## Dyspepsia and Flatulence

### Habbe Tinkar

Strengthens the stomach, aids digestion, relieves flatulence and stomachache. Also removes chronic constipation and is useful in obesity.

*Dosage:* 2 to 4 pills at night or after both meals with water.

### Hazmeen

Stimulates appetite and digestion. It is effective in stomach troubles and gastrointestinal disorders, such as indigestion, stomachache, anorexia, hyperacidity, flatulence, burning sensation in the chest, heaviness after meals, nausea and vomiting due to indigestion, dyspepsia, gastritis, abdominal distention, halitosis and gastric disorders. Hazmeen acts fast because of natural stimulation of digestive enzymes secretion and is completely safe even for long term therapy.

*Dosage:* 2 tablets to be sucked twice daily after meals.

### Jawarish Bisbasa

Aids digestion and increases appetite.



Useful in piles and obesity.

*Dosage:* 5 gms. after both meals with water.

### **Jawarish Zanjbil**

Strengthens the stomach. Aids digestion, increases appetite and gives relief in flatulence and nausea.

*Dosage:* 5 gms. after both meals with water.

### **Riyaheen Chooran**

Strengthens the stomach. Useful in indigestion, loss of appetite, stomachache, flatulence, burning sensation in the chest, acidity and chronic constipation.

*Dosage:* 5 gms. after both meals with water. For constipation 10 gms. at night with water.

**Note:** Aloe Vera Capsules, Aloe Vera Juice, Aloe Vera with Orange Juice, Arq Ajwain, Arq Badiyan, Arq Nana, Arq Pudina, Arq Zeera, Dehlvi Galenus Pills, Dehlvi Natural Honey with Kalonji Oil, Dehlvi's Zaruni Sada Capsules, Gas-Tab, GasTreat Syrup, Habbe Haltit, Habbe Papita, Iksir Meda Khas, Jamun Sirka, Jawarish Jalinus, Jawarish Kamuni, Jawarish Kamuni Kabir, Jawarish Meda, Jawarish Zaruni Sada, Majun Nankhah, Naturo-Zyme, Nauras, Pudinol, Qurs Alkaleen, Safuf Namak Sulemani, Trikatu Capsules and Triphala Capsules are also recommended in "Dyspepsia and Flatulence".

## **Hiccups**

Dehlvi Kamuni Capsules, Habbe Haltit, Hazmeen, Iksir Meda Khas, Jawarish Kamuni, Jawarish Mastagi, Jawarish Pudina Vilayati, Majun Nankhah and Mastagi Capsules are recommended in "Hiccups".

## **Nausea and Vomiting**

### **Arq Nana**

Strengthens the stomach. Regulates the digestive functions. Stops nausea and vomiting.

*Dosage:* 30 to 60 ml. after both meals.

### **Arq Pudina**

Stops nausea and vomiting. Strengthens the stomach, aids digestion, increases appetite and is useful in cholera, vomiting and diarrhoea due to indigestion.

*Dosage:* 125 ml. mixed with 25 ml. Shikanjbeen Lemuni.

### **Jawarish Ud Shirin**

Strengthens the stomach. Increases appetite and aids digestion.

*Dosage:* 5 gms. in the morning on an empty stomach with water.

### **Jawarish Ud Tursh**

Strengthens the stomach. Aids digestion, increases appetite and gives relief in nausea and vomiting. Checks biliousness.

*Dosage:* 5 gms. after both meals with water. Rice with curd is recommended in the diet.

**Note:** In "Nausea and Vomiting" due to disturbed gastrointestinal functions, Adrak Capsules, Hazmeen, Jamun Sirka, Jawarish Anarain, Jawarsih Pudina, Jawarsih Pudina Vilayati, Jawarish Tamarhindi, Pudinol, Riyaheen Chooran and Trikatu Capsules are also recommended.

## **Anorexia (Loss of Appetite)**

Adrak Capsules, Arq Ajwain, Arq Maullaham Do Atisha, Arq Maullaham Khas, Arq Pudina, Dehlvi Galenus Pills, Dehlvi Natural Health Tonic, Dehlvi's Kamuni Capsules, Energy Tone, Gas-Tab, GasTreat Syrup, Habbe Salajit,

Hazmeen, Jawarish Anarain, Jawarish Jalinus, Jawarish Kamuni, Jawarish Ud Shirin, Jawarish Ud Tursh, Jawarish Zanjbil, Kushta Tila, Majun Nankhwah, Riyaaheen Chooran, Sharbat Faulad, Shilajit Capsules are useful in “Anorexia”.

## Acidity

### Qurs Alkaleen

Recommended in indigestion, hyper-acidity and burning sensation in the chest and intestines.

*Dosage:* 2 tablets twice daily after meals with water.

**Note:** Apple Cider Vinegar (Seb Sirka), Gas-Tab, GasTreat Syrup, Iksir Meda Khas and Jamnu Sirka are also recommended in “Acidity”.

## Cholera

### Pudinol

Useful in early stages of cholera to check vomiting and purging and to stimulate the digestive system. When the Cholera epidemic is widespread it can be given as a prophylactic dose.

*Dosage:* 3 drops with Arq Pudina. Repeat every 30 minutes, if necessary.

**Note:** Arq Pudina and Habbe Papita are also recommended in “Cholera”.

## Hematemesis

### Qurs Kahruba

Stops hematemesis. Useful in epistaxis.

*Dosage:* 2 tablets with 25 ml. Sharbat Anjabar.

**Note:** Qurs Bandish Khoon is also recommended in “Hematemesis”.

## Stomach Heat

Dehivi Galenus Pills, Jawarish Amla Sada, Jawarish Jalinus, Jawarish Shahi, Jawarish Tabashir, Majun Muqavvi Meda and Noshdaru are recommended for reducing the heat of the stomach.

## Polydipsia (Excessive Thirst)

Arq Ajwain, Arq Badiyan, Arq Gaozaban, Arq Gulab, Arq Kasni, Rooh Arq Gulab, Rooh Arq Keora, Sharbat Anar Shirin, Sharbat Keora and Sharbat Nilofar are recommended in “Polydipsia”.

## Diarrhoea & Vomiting due to Indigestion

In “Diarrhoea & Vomiting due to Indigestion” do not be in a hurry to stop the diarrhoea and vomiting. Instead, give a mild laxative like Itrefal Mulayyan or Jawarish Kamuni Mushil 10 gms. along with 125 ml. Arq Pudina and 2 to 3 drops of Pudinol. This will clean up the stomach and intestines. Then medicines mentioned under “Atonic Stomach” may be given.

## Diseases of the Liver & Gall Bladder

### Hepatitis & Cirrhosis of the Liver

#### Arq Afsanteen

Useful in hepatitis and cirrhosis of the liver, gastritis and inflammation of the uterus and intestines. Helps in reducing their respective heat and quenches thirst.

*Dosage:* 125 ml. in the morning.

### **Arq Arba**

Useful in hepatitis and cirrhosis of the liver, gastritis and inflammation of the uterus and intestines. Helps in reducing their respective heat.

*Dosage:* 125 ml. with 25 ml. Sharbat Bazoori Motadil in the morning. In winters give lukewarm.

### **Arq Kasni**

Useful in hepatitis and cirrhosis of the liver. Reduces hepatic heat and quenches thirst.

*Dosage:* 125 ml. mixed with 25 ml. Sharbat Kasni or water.

### **Arq Mako**

Useful in cirrhosis of the liver, gastritis and inflammation of the uterus and intestines. Helps in reducing their respective heat.

*Dosage:* 125 ml. mixed with 25 ml. Sharbat Kasni or water.

### **Arq Maullaham Mako Kasni Wala**

Strengthens the liver and stomach and is useful in cirrhosis. Removes general debility.

*Dosage:* 125 ml. mixed with 25 ml. Sharbat Kasni or water.

### **Dehlvi's Dabidul Ward Murakkab Capsules**

Majun Dabidul Ward is presented in a convenient capsule form. With all the goodness of Majun Dabidul Ward, Dehlvi's Dabidul Ward Murakkab Capsules meet the demands of this modernized age. Useful in hepatitis, gastritis and metritis. Also useful in liver and spleen enlargement, jaundice, anorexia, dropsy, cirrhosis of the liver and sluggish liver. In alcoholics, daily use ensures protection against hepatic damage. Improves appetite.

*Dosage:* 1 or 2 capsules with 60 ml. each of Arq Badiyan and Arq Mako or water.

### **Habbe Kabid Naushadri**

Recommended in hepatitis and enlargement of the liver. Aids digestion, increases appetite and gives relief in indigestion and flatulence. It is also a mild laxative.

*Dosage:* 2 pills after both meals with water.

### **Iksir Jigar**

Strengthens the liver and is useful in hepatitis.

*Dosage:* 1 tablet after both meals with water. Children may be given half a tablet.

### **Jigron Syrup & Capsules**

An All-natural blend of herbal extracts found to protect and restore the function of your liver while balancing your immune system. Also protects the liver from damage associated with autoimmunity, inflammation, oxidation, all kinds of toxins and prevents hepatic damage. Used as a daily health supplement, it keeps the liver functioning at its best and promotes growth, improves appetite and promotes digestion and assimilation of food. It can be used as a routine medicine for liver protection against alcohol, drugs and toxins and to stay healthy.

Jigron Capsules contain dried extract of only the time tested herbs in a convenient easy to carry pack.

*Dosage:* Syrup: 10 ml. in the morning and evening.

Capsules: 1-2 capsules in the morning and evening.

### **Liv-On Tablets**

Liv-On Tablets protects the liver against all kinds of toxins and prevents hepatic damage. Used as a daily health supplement, it keeps the liver functioning at its best and promotes growth, improves appetite and promotes digestion and assimilation of food. It can be used as a routine medicine for liver

protection against alcohol, drugs and toxins and to stay healthy.

*Dosage:* 1-2 tablets in the morning and evening.

### **Majun Dabidul Ward**

Useful in hepatitis, gastritis and metritis. Also useful in liver and spleen enlargement, jaundice, anorexia, dropsy, cirrhosis of the liver and sluggish liver. In alcoholics, daily use ensures protection against hepatic damage. Improves appetite.

*Dosage:* 5 gms. with 60 ml. each of Arq Badiyan and Arq Mako or water.

### **Mako Capsules**

It is effective in the treatment of cirrhosis of the liver and spleen. It has a protective effect on the liver and has shown hepatoprotective activity in cases of toxicity induced by drugs and chemicals. Useful in chronic enlargement of liver (hepatomegaly).

*Dosage:* 1 or 2 capsules twice daily before meals with water.

### **Mako Kasni Ras**

Is effective in liver, spleen and kidney problems, beneficial in Hepatitis A, B, C and Jaundice, effective in Cirrhosis of Liver and Spleen, useful in enlargement of liver and in fever due to excess bile, cleanses urinary tract.

*Dosage:* 10 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

### **Mulethi Capsules**

Is effective in treatment of chronic hepatitis and liver cirrhosis. Also used for the treatment of asthma, acute and chronic bronchitis, chronic cough, hoarseness, sore throat and to release phlegm and reduce fever. Glycyrrhizin stimulates the secretion of the adrenal cortex hormone "aldosterone". This herb can be as effective as codeine, and safer, when used as a cough suppressant. Also strengthens immune system and provides

resistance in recurring infections. Mulethi is a very powerful antidepressant.

*Dosage:* 1 or 2 capsules twice daily before meals with water.

### **Sharbat Arba**

Useful in hepatitis, gastritis and inflammation of the uterus.

*Dosage:* 25 to 50 ml. with 125 ml. Arq Mako or water.

### **Sharbat Bazoori Har**

Useful in various diseases of liver, stomach and kidneys.

*Dosage:* 25 to 50 ml. with 125 ml. Arq Badiyan or water.

### **Sharbat Dinar**

Useful in hepatitis, enlargement of liver, dropsy and pleurisy. Removes constipation and increases urination.

*Dosage:* 25 to 50 ml. with 125 ml. Arq Badiyan or water.

### **Sharbat Kasni**

Useful in hepatitis, cirrhosis of the liver and gastritis. Also useful in jaundice.

*Dosage:* 25 to 50 ml. with water.

### **Sharbat Muhallil**

Useful in hepatitis, cirrhosis of the liver and gastritis. Also useful in jaundice.

*Dosage:* 25 to 50 ml. with water.

**Note:** Aloe Vera Capsules, Arq Brinjasif and Shilajit Capsules are also recommended in "Hepatitis & Cirrhosis of the Liver".

## **Weakness of the Liver**

### **Kasni Capsules**

Jalinus, the second-century physician-herbalist, called Kasni a "friend of the liver." It is an acclaimed hepatoprotective and, is used in hepatic enlargement, sluggishness, jaundice, fever, vomiting and abdominal pain. Cleanses the urinary

tract. Checks bilious enlargements of the spleen with general oedema.

*Dosage:* 1 capsule twice daily before meals.

**Note:** Aloe Vera Capsules, Dawaul Misk Motadil, Dawaul Misk Motadil Jawaharwali, Dehlvi Arshad Gold Pills, Dehlvi's D.M. Motadil Jawaharwali Capsules, Dehlvi's Dabidul Ward Capsules, Dehlvi Galenus Pills, Dehlvi Natural Honey with Saffron, Dehlvi Shahi Tone, Giloy Amla Ras, Habbe Khas, Jawarish Anarain, Jawarish Jalinus, Jawarish Mastagi, Jigron Syrup & Capsules, Khamira Abresham Hakim Arshadwala, Kushta Faulad, Kushta Khabsul Hadid, Kushta Nuqra, Kushta Tila, Kushta Zamarrud, Liv-On Tablets, Majun Dabidul Ward, Mako Kasni Ras, Mastagi Capsules, Musli Kesar Capsules, Musli Kesar Prash, Noshdaru, Punarnava Capsules, Sharbat Arba, Sharbat Faulad and Sharbat Injeer are also recommended in "Weakness of the Liver".

## Bilious Liver

### Kuliah Bazoori-SF

It is a unique sugar free formulation, which assists the liver and kidneys to function in the normal way, maintaining these vital organs at the optimum healthy level. Purifies the blood by removing the contaminants from the circulating blood. It also helps the liver to remove a number of toxic wastes, e.g., drugs, bacteria, parasites, food additives, chemicals, fats, alcohol, etc. It removes biliousness of liver, kidney and bladder by inducing excessive urination, and reduces fever caused by hepatic heat. It is useful in jaundice also. It prevents the formation of kidney stones and helps to dissolve the kidney and bladder stones too. It also acts as a diuretic. It normalizes urinary pH and alleviates burning during urination. It soothes an irritated and inflamed bladder due to its demulcent and anti-inflammatory activity. It is also

useful in urinary tract infections.

*Dosage:* 10 ml each in the morning and evening.

### Sharbat Bazoori Barid

Useful in various diseases of the liver, kidney and bladder. Removes biliousness of liver. Induces urination and removes pain while urinating. Reduces fever caused by hepatic heat.

*Dosage:* 25 to 50 ml. mixed with cold water.

### Sharbat Bazoori Motadil

Removes biliousness of liver, kidney and bladder by inducing excessive urination. Reduces fever caused by hepatic heat.

*Dosage:* 25 to 50 ml. mixed with cold water.

**Note:** Arq Arba, Arq Kasni, Arq Mako, Jawarish Amla Sada, Jawarish Anarain, Sharbat Arba, Sharbat Kasni, Sharbat Muhallil and Sharbat Sandal are recommended in "Bilious Liver".

## Sluggish Liver

Dehlvi Galenus Pills, Jawarish Bisbasa, Jawarish Jalinus, Jawarish Mastagi, Kasni Capsules, Kuliah Bazoori-SF, Mako Kasni Ras, Mastagi Capsules and Sharbat Bazoori Motadil are recommended in "Sluggish Liver".

## Cholecystitis & Gall Bladder Stone

### Kushta Hajrul Yahud

Useful in kidney stone, gallstone and stone in the ureter.

*Dosage:* 30 to 60 mg. or 1 or 2 tablets with 5 gms. Majun Sangsare Mahi.

### Majun Hajrul Yahud

Useful in kidney stone, gallstone and stone in the ureter.

*Dosage:* 5 gms. in the morning and evening with water or 1 tablet Iksir Gurda.

### **Roghan Zaitoon**

Useful in gallstones and constipation. It also strengthens the nerves.

*Usage:* 25 ml. at night mixed in a glass of milk.

**Note:** Habbe Salajit is also recommended in "Cholecystitis & Gall Bladder Stone".

## **Ascites**

Dehvi's Dabidul Ward Murakkab Capsules, Habbe Salajit, Iksir Jigar, Jigron Syrup & Capsules, Kushta Khabsul Hadid, Liv-On Tablets, Majun Dabidul Ward, Sharbat Dinar and Sharbat Faulad are recommended in "Ascites".

## **Diseases of the Spleen**

### **Splenitis (Enlargement of the Spleen)**

Dehvi's Dabidul Ward Murakkab Capsules, Habbe Salajit, Jigron Syrup & Capsules, Liv-On Tablets, Majun Dabidul Ward, Mako Capsules, Mako Kasni Ras and Sharbat Injeer are recommended in "Splentitis".

### **Jaundice**

Dehvi's Dabidul Ward Murakkab Capsules, Gilo Capsules, Giloy Amla Ras, Habbe Salajit, Jawarish Anarain, Jawarish Ud Tursh, Jigron Syrup & Capsules, Kasni Capsules, Kuliah Bazoori-SF, Liv-On Tablets, Majun Dabidul Ward, Mako Kasni Ras, Sharbat Bazoori Motadil, Sharbat Kasni, Sharbat Muhallil and Shilajit Capsules are recommended in "Jaundice".

## **Anaemia**

### **Kushta Khabsul Hadid**

Strengthens the stomach and liver. Increases formation of healthy and pure blood.

*Dosage:* 60 mg. or 2 tablets in the morning on an empty stomach with 5 gms. Jawarish Jalinus or 1 or 1 pill of Dehvi Galenus Pills.

**Note:** Habbe Salajit, Kushta Faulad, Kushta Tila, Noshdaru, Sharbat Faulad, Shilajit Capsules and Spirulina Capsules are also recommended in "Anaemia".

## **Obesity**

### **Arq Zeera**

Reduces obesity. It is also useful in flatulence.

*Dosage:* 75 ml. in the morning and evening. More effective if taken along with Obelin or Safu Mohazzil.

### **Obelin**

It is a herbal slimming product that helps in reducing obesity without any side-effects that are normally associated with various weight loss techniques, and helps in controlling and normalising the appetite and providing a satisfying feeling so that one does not feel constantly hungry. It dissolves the excess fat gradually. Dietary fads and reducing diets that produce quick results without effort are of doubtful effectiveness in reducing body weight and keeping it down, and most are actually deleterious to health. Available in tablet and capsule forms.

*Dosage:* 2 capsules or tablets twice daily 30 minutes before meals with water or 75 ml. Arq Zeera.

## Safuf Mohazzil

Helps in reducing obesity without any side-effects.

*Dosage:* 5 gms. with lukewarm water or 75 ml. Arq Zeera in the morning and evening.

## Vilayati Imli (Garcinia) Capsules

It is an appetite suppressor. The appetite is suppressed by promoting synthesis of glycogen, thus sending the brain signals of satisfaction and fullness sooner. It also interrupts the synthesis of various lipids, fatty acids, LDL cholesterol and triglycerides.

*Dosage:* 1 or 2 capsules twice daily after meals with water.

**Note:** Apple Cider Vinegar (Seb Sirka), Arabian Nuskha, Dehvi Isabghol, Dehvi Natural Honey with Cinnamon, Guggul Capsules, Jawarish Bisbasa, Jawarish Kamuni Mushil, Majun Nankhah, Trikatu Capsules and Wheatgrass Capsules are also useful in "Obesity".

## Cellulite

### Cellulite Control Oil

The powerful combination of therapeutic oils helps to improve blood flow to the cellulite and fatty deposits. It improves the metabolic rate in such tissues and therefore helps to reduce flab from arms, thighs, hips, buttocks and abdomen.

*Usage:* Massage, knead and rub vigorously in a circular motion every night on hips, thighs and upper arms for 15-20 minutes and cover the area with a hot towel for 15 minutes. Allow it to remain there for 6-8 hours.

## Diseases of the Intestines

### Diarrhoea and Dysentery

#### Bael Capsules

It has antidyseric and antidiarrhoeal action. Also useful in management of digestive disturbances like IBS and colitis.

*Dosage:* 1 capsule twice daily after meals.

#### Habbe Pechish

Checks diarrhoea and dysentery and is useful in nervous debility.

*Dosage:* 1 pill with Arq Gulab or water.

#### Habbe Raal

Checks diarrhoea due to weakness of the stomach and intestines. Also useful in chronic dysentery.

*Dosage:* 1 or 2 tablets after both meals with water.

#### Habbe Sumaq

Checks diarrhoea due to weakness of the stomach and intestines.

*Dosage:* 1 pill with water in the morning and at night.

#### Jawarish Mastagi

Strengthens the stomach, liver and intestines. Stops diarrhoea caused due to gastrointestinal weakness. Checks excessive salivation and urination. Useful in sluggish stomach and liver.

*Dosage:* 5 to 10 gms. in the morning and evening with 125 ml. Arq Badiyan or water.

#### Majun Sangdana Murgh

Strengthens the stomach and intestines. Useful in indigestion and stops diarrhoea caused due to gastrointestinal weakness.

*Dosage:* 5 gms. in the morning and evening water.

## **Mastagi Capsules**

Strengthens the stomach, liver and intestines. Stops diarrhoea caused due to gastrointestinal weakness. Checks excessive salivation and urination. Useful in sluggish stomach and liver.

*Dosage:* 1 capsule in the morning and evening with water.

## **Safuf Muqliasa**

Useful in chronic diarrhoea and dysentery. Gives relief in stomachache and colic pain. Also useful in piles.

*Dosage:* 5 gms. in the morning and evening with water. In dysentery put the powder in the mouth and give the 125 ml. extract from 5 gms. Resha Khatmi along with 25 ml. Sharbat Banafsha.

## **Sharbat Habbul Aas**

Strengthens the stomach and intestines. Stops all kinds of diarrhoea. Gives relief in colic pain and stops the blood oozing in diarrhoea.

*Dosage:* 25 to 50 ml. mixed with water.

**Note:** In “Diarrhoea and Dysentery” due to weakness of intestines, Arq Badiyan, Dehli Isabghol, Jawarish Amla Sada, Jawarish Anarain, Jawarish Tabashir, Mochras Capsules, Noshdaru, Qurs Malti Basant, Sharbat Anar Shirin and Sharbat Anjabar are also recommended.

# **Constipation**

## **Constivac**

Effective when bowels are constipated without apparent cause. Also useful in dry, hard and dark coloured stools. Expels waste matter from the intestines. Strengthens the stomach.

*Dosage:* 2 pills at night with water.

## **Dehli Isabghol**

Isabghol (Psyllium Husk) has been used in Unani & Ayurvedic medicine for thousands of years both for its laxative

(with warm milk/water) and antidiarrhoeal (with cold water) action. It restores proper bowel movements by stimulating nutritional programme of digestive system and in treatment of chronic constipation, especially when the condition results from an over-tensed or over-relaxed bowel. By maintaining a higher water content within the large bowel, the husks and seeds increase the bulk of the stool, easing its passage. It is effective in treating irritable bowel syndrome (IBS). It is also reputed to soothe gastric inflammation, as well as urinary tract infections (UTI). Contrary to expectation, it is a useful remedy for diarrhoea. Because the seeds tend to swell and create a feeling of fullness, they can help curb appetite. Also useful for colitis, dysentery, urethritis, cystitis, ulcers, gastritis, high LDL cholesterol level and high triglycerides. Also helps to reduce risk of heart attack by decreasing serum cholesterol through proper excretion of bile acids. Also helps in eliminating accumulated toxic, chemicals and excessive waste products from the body.

In several studies conducted, researchers found that seriously obese people who took few teaspoons of Isabghol with water before meals lost more weight than those who did not.

*Dosage:* With pack.

## **Isab-Care**

It irritates the lining of the large intestine, causing the muscles to contract strongly resulting in bowel movement and also stops fluid being absorbed from the large bowel helping to keep the stool soft. Removes heaviness of the stomach. Isab-Care is not habit forming and is safe for long-term therapy.

*Dosage:* 5 gms mixed with water at night.

## **Itrefal Mulayyan**

Removes constipation. Also useful in headache, migraine and vertigo.

*Dosage:* 5 to 10 gms. at night with lukewarm milk or water.



### **Jawarish Kamuni Mushil**

Useful in diseases of the gall bladder and stomach. Removes constipation and excessive salivation.

*Dosage:* 5 gms. in the morning on an empty stomach with water or 100 ml. Arq Badiyan. For constipation increase the dose to 10 gms.

### **Majun Injeer**

Very useful in chronic constipation.

*Dosage:* 10 gms. at night with milk or water.

### **QabzKure Syrup & Pills**

They are a combination of non habit-forming natural ingredients that stimulate the bowels into function without chemical stimulants, allowing the intestines to get going again without damaging the nerves. They help to lubricate stool through the digestive tract and are safe for infants as well as adults. They also do not weaken the muscles and nerves like habitual laxative use can.

*Dosage:* Syrup: 10 ml at night with lukewarm water.

Pills: 2 pills at night with water.

### **Qurs Mulayyan**

Expels waste matter from the intestines and stomach. Removes constipation.

*Dosage:* 2 tablets at night with lukewarm milk or water.

### **Roghhan Arandi**

Removes constipation and gives relief in colic pain.

*Usage:* 25 to 50 ml. along with 250 ml. lukewarm milk.

### **Senna Capsules**

It is an effective laxative and purgative and is a particularly useful remedy for the occasional bout of constipation and is useful for evacuation relief in cases of fissures, haemorrhoids, after rectoanal operations, and in preparation of diagnostic intervention in the

gastrointestinal tract. It irritates the lining of the large intestine, causing the muscles to contract strongly resulting in bowel movement in about 10 to 12 hours after ingestion and also stops fluid being absorbed from the large bowel helping to keep the stool soft. It is sure and safe even for children (over 12 years of age) and weak and elderly persons. Also useful in intestinal worms, rheumatism, sciatica, gout, hip pain and lumbago.

*Dosage:* 2 capsules at night with water. Combine with 1 capsule of Ginger or Fennel to increase its palatability. Do not exceed recommended dosage. This product is not to be used for more than 10 days consecutively as prolonged use may result in dependence and it can cause what's known as lazy bowel syndrome - the inability to move stool without chemical stimulation. Rectal bleeding or failure to have a bowel movement after use of a laxative may indicate a serious condition. Discontinue use and consult a doctor.

### **Senn-Care**

Contains Senna Leaves which are very effective laxative and purgative and a particularly useful remedy for occasional bouts of constipation. It irritates the lining of the large intestine, causing the muscles to contract strongly resulting in bowel movement and also stops fluid being absorbed from the large bowel helping to keep the stool soft. Removes heaviness of the stomach. Senn-Care is not habit forming and is safe for long-term therapy.

*Dosage:* 2 capsules at night with water.  
Powder: 5 gms. with water at night.

### **Sharbat Arzani**

Effective in constipation. Also useful in cold, catarrh and cough and expels phlegm from the chest.

*Dosage:* 25 ml. mixed with 125 ml. Arq Badiyan.

## Sharbat Injeer

Removes constipation. Expels phlegm from the chest and is also useful in inflammation of the spleen.

*Dosage:* 25 ml. mixed with water at night.

## Triphala Aloe vera Ras

Along with all the efficacies of Aloe vera Ras, natural colon cleanser, relieves constipation, reduces lipid levels in liver and heart, reduces high blood pressure & some forms of cholesterol, improves eyesight.

*Dosage:* 20-30 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

## Triphala Amaltas Ras

Along with all the efficacies of Triphala Ras, purifies blood, removes toxins from liver.

*Dosage:* 20-30 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

## Triphala Ras

Natural colon cleanser, relieves constipation, strengthens digestive system, relieves headache, prevents premature greying of hair and hair fall and brings healthy shine to skin and hair, delays ageing, improves eye-sight, detoxifies the liver, relieves from acidity.

*Dosage:* 20-30 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

**Note:** Dehlvi's Suranjan Capsules, Habbe Kabid Naushadri, Habbe Muqil, Habbe Papita, Habbe Suranjan, Habbe Tinkar, Itrefal Kishnizi, Itrefal Muqil, Itrefal Zamani, Jawarish Kamuni Kabir, Jawarish Meda, Khamira Banafsha, Lauq Sapistan Khayar Shambari, Majun Suranjan, Riyaaheen Chooran, Roghan Badam Shirin, Roghan Zaitoon, Sharbat Ahmed Shahi, Sharbat Dinar and Triphala Capsules also remove "Constipation".

## Piles and Fistula

### Habbe Bawasir Badi

Useful in flatulent piles.

*Dosage:* 2 pills in the morning on an empty stomach with water.

### Habbe Bawasir Khooni

Useful in bleeding piles.

*Dosage:* 2 pills in the morning and evening with water.

### Habbe Muqil

Useful in both types of piles and removes constipation. Strengthens the stomach.

*Dosage:* 2 pills at night with water.

### Habbe Rassaut

Useful in bleeding piles.

*Dosage:* 2 pills in the morning and evening with water.

### Itrefal Muqil

Useful in both types of piles. Also removes constipation.

*Dosage:* 5 to 10 gms. at night with water.

### Marham Bawasir

Relieves pain and itching in both types of piles and promotes swift and clean repair of the damaged tissues.

*Usage:* Apply locally once or twice a day before and after evacuation.

### Mochras Capsules

It is useful in dysentery, diarrhoea, bleeding piles, colitis, haemoptysis in pulmonary tuberculosis, influenza and menorrhagia.

*Dosage:* 1 capsule twice daily after meals with water.

### Pyleena Marham (Ointment) & Capsules

Effective treatment for bleeding haemorrhoids, fissures, internal and external piles. Relieves pain and itching

in both types of piles and promotes swift and clean repair of the damaged tissues.

*Usage:* Marham: Apply locally once or twice a day before and after evacuation.  
Capsules: 2 capsules twice daily after both meals.

### **Qurs Bawasir Khas**

Effective in both types of piles. Stops bleeding.

*Dosage:* 2 tablets in the morning on an empty stomach or at night with water.

### **Roghan Neem**

Purifies the blood and is useful in itch. Kills the germs and is also useful in killing lice.

*Usage:* Locally apply 3 or 4 drops and keep cotton drenched in the oil below the anus. For killing lice, apply on the scalp.

**Note:** Dehlvi Isabghol, Itrefal Kishnizi, Dehlvi Galenus Pills Jawarish Bisbasa, Jawarish Jalinus, Qurs Bandish Khoon, Safur Muqliasa and Shilajit Capsules are also recommended in "Piles and Fistula".

## **Intestinal Worms**

### **Itrefal Deedan**

Kills and removes various intestinal worms specially tape worms. Checks future growth.

*Dosage:* 5 to 10 gms. at night with water for 3 days continuously. On the 4th day 2 tablets of Qurs Mulayyan with water should be given at night.

### **Qurs Deedan**

Kills and removes various intestinal worms. Checks future growth.

*Dosage:* 2 tablets in the morning and evening with water. Roghan Arandi 25 to 50 ml. mixed with warm milk should be given once a week to remove the dead worms from the stomach.

### **Qurs Deedan Jadid**

Kills and removes various intestinal

worms. Checks future growth.

*Dosage:* 2 tablets in the morning with water. Roghan Arandi 25 to 50 ml. mixed with warm milk should be given once a week to remove the dead worms from the stomach.

**Note:** Senna Capsules is also recommended in "Intestinal Worms".

## **Colic**

Arq Ajwain, Arq Badiyan, Dehlvi Kamuni Capsules, Itrefal Zamani, Jawarish Kamuni, Jawarish Kamuni Kabir, Jawarish Kamuni Mushil, Roghan Arandi and Sharbat Dinar are recommended in "Colic".

## **Diseases of the Pancreas, Kidney & Urinary Bladder**

### **Renal and Bladder Calculus**

#### **Iksir Gurda**

Useful in kidney stone and stone in the bladder. It breaks the stone and passes it through the urinary tract. It also clears the excretion of certain substances formed due to metabolic disorder that encourages kidney stone formation.

*Dosage:* 1 tablet with 5 gms. Majun Hajrul Yahud in the morning and evening. Greasy, sour and spicy food, pulses and rice should be avoided in the diet.

#### **Kulthi Capsules**

Employed to reduce obesity and is also useful in kidney stone and oedema. Given to females during parturition to promote discharge of the lochia.

*Dosage:* 2 capsules twice daily before

meals with water.

### **Majun Aqrab**

Useful in kidney stone and stone in the bladder. It breaks the stone and passes it through the urinary tract. Gives relief to pain.

*Dosage:* 5 gms. in the morning and evening with 1 tablet Qurs Dawai Gurda.

### **Majun Sangsare Mahi**

Useful in kidney and bladder stone. It also clears the excretion of certain substances formed due to metabolic disorder that encourages kidney stone formation.

*Dosage:* 5 gms. in the morning and evening with 1 tablet Qurs Dawai Gurda.

### **Qurs Dawai Gurda**

Useful in kidney stone and stone in the bladder. It breaks the stone and passes it through the urinary tract. It also clears the excretion of certain substances formed due to metabolic disorder that encourages kidney stone formation.

*Dosage:* 1 tablet with 5 gms. Majun Sangsare Mahi or water in the morning and evening.

### **Sharbat Aloo Baloo**

Induces excessive urination. It breaks the kidney and gall bladder stone and passes it through the urinary tract.

*Dosage:* 25 to 50 ml. in the morning and evening with water.

### **UniCal**

It is useful in urinary calculi. It disintegrates the stone and flushes it out through the urinary tract. It also clears the excretion of certain substances formed due to metabolic dysfunction or poor diet that encourages kidney and bladder stone formation. Taken daily as a dietary supplement, it keeps the kidneys and urinary tract flushed and working at optimum efficiency. It is especially helpful for persons with predisposing factors such as low urine output, high mineral

content in diet and urinary crystalloid-colloid imbalance.

*Dosage:* 1 capsule twice daily with plenty of water.

**Note:** Dehlvi Galenus Pills, Gokhru Capsules, Habbe Salajit, Jawarish Jalinus, Kuliah Bazoori-SF, Kushta Hajrul Yahud, Majun Hajrul Yahud, Punarnava Capsules, Sharbat Bazoori Motadil and Shilajit Capsules are also recommended in "Renal and Bladder Calculus".

## **Urinary Tract Infection**

### **Punarnava Capsules**

Useful in oedema, biliousness, hepatitis, ascites, scanty urine, kidney stone and insomnia. It has also been widely used for the treatment of dyspepsia, jaundice, enlargement of spleen and abdominal pain.

*Dosage:* 2 capsules twice daily before meals with water.

**Note:** Dehlvi Isabghol, Jaman Sirka, Kuliah Bazoori-SF, Kasni Capsules and Sharbat Bazoori Motadil are also recommended in "Urinary Tract Infection".

## **Weakness of the Kidney & Urinary Bladder**

Dehlvi's Chyawanprash Special, Dehlvi's Falasfa Capsules, Dehlvi Galenus Pills, Dehlvi's L. Kabir Capsules, Dehlvi's Zaruni Sada Capsules, Diab-Eaze, Jawarish Jalinus, Jawarish Zaruni Ambari Banuskha Kalan, Jawarish Zaruni Sada, Kushta Baiza Murgh, Kushta Zamarrud, Labub Kabir, Majun Anjdan, Majun Falasfa, Majun Jalinus Lulvi, Majun Kundur, Majun Masikul Bol, Majun Piaz and Punarnava Capsules are recommended in "Weakness of the Kidney & Urinary Bladder".

## Diabetes Insipidus

### Kushta Baiza Murgh

Useful in diabetes. Stops excessive urination and strengthens the kidneys. Also useful in spermatorrhoea and leucorrhoea.

*Dosage:* 60 mg. or 2 tablets with 10 gms. Jawarish Mastagi or Butter and a glass of milk.

### Kushta Zamarrud

Strengthens the liver and heart. Also strengthens the bladder and stops excessive urination. Useful in diabetes, albuminuria (discharge of albumin in the urine) and in cough.

*Dosage:* 30 mg. or 1 tablet in the morning with 5 gms. Jawarish Zaruni Ambari Banuskha Kalan.

### Majun Kundur

Stops excessive urination. Also useful in incontinence of urine and bed wetting. Strengthens the kidney and urinary bladder.

*Dosage:* 5 gms. in the morning and evening with 30 mg. or 1 tablet Kushta Baiza Murgh or Kushta Khabsul Hadid.

### Majun Masikul Bol

Strengthens the urinary bladder. Useful in incontinence of urine, diabetes and weakness of the liver and urinary bladder.

*Dosage:* 5 gms. in the morning or at night with water.

**Note:** Dehlvi's Falasfa Capsules, Dehlvi Galenus Pills, Dehlvi's Zaruni Sada Capsules, Diab-Eaze, Habbe Salajit, Jawarish Jalinus, Jawarish Mastagi, Jawarish Zaruni Ambari Banuskha Kalan, Jawarish Zaruni Sada, Majun Anjdan, Majun Falasfa, Mastagi Capsules, Neem Capsules and Shilajit Capsules are also recommended in "Diabetes Insipidus".

## Diabetes Mellitus

### Amla Aloevera Karela Jamun Ras

Along with all the efficacies of Amla, Aloevera, Jamun and Karela, regulates blood sugar and sugar metabolism, allays unquenchable thirst of diabetes.

*Dosage:* 20 ml twice daily. 20-30 ml of water can be added according to taste.

### Diab-Eaze

It is a comprehensive herbal formulation containing time-tested and anti-diabetic herbs that have been recommended for more than 5000 years in Ayurveda and Unani system. These medicinal herbs make Diab-Eaze a comprehensive approach to the management of diabetes mellitus. It balances blood sugar levels, thereby reducing or removing the need for insulin or hypoglycemic medication. Furthermore, it reduces cravings for sweet foods, improves circulation, especially to the feet and hands and improves blood flow to optic nerves to prevent diabetes-related eye diseases. It also helps promote symptomatic relief of complaints like weakness, giddiness, pain in legs, body ache, polyuria and pruritis. Diab-Eaze does not contain any form of sulfonamides or biguanides (often found in allopathic drugs). It makes it possible to avoid the side effects most current with these products (skin problems or excessive lactic acid).

*Dosage:* 2 capsules two or three times a day, depending on severity of symptoms. Dosage can be reduced once blood sugar levels stabilise.

### Gurmar Capsules

This herb has been given the name 'gurmar' meaning 'sugar destroyer' because of its property of abolishing the taste of sugar. It has the unique property of inhibiting the taste of sugar. When Gurmar is taken before eating, the molecules of one of its constituents, gymnemic acid (whose molecular structure is similar to that of sugar), fill the

sugar-taste receptor sites on the tongue for one to two hours, thus preventing the taste buds from reacting to the sugar molecules in food and blocking the taste of sugar. It blocks up to 50% of the absorption of sugar. In doing so, it will not affect the taste of food but will suppress the desire of sweets. This is one of the main herbs used for healing diabetes mellitus. It has been believed, therefore, that it might neutralise the excess sugar present in the body in diabetes mellitus. The leaves raise insulin levels in Type 2 (adult-onset) diabetes by regeneration of the cells in the pancreas that secrete insulin.

*Dosage:* 1 capsule twice daily before meals with water. It needs to be taken for at least 3-4 weeks before the benefits of taking it can be experienced. Optimally, it can take anywhere between 6 months and 2 years to experience the full range of benefits. Individual results can vary, depending on the nature and seriousness of the condition for which Gurmar is being consumed.

### **Jamun Sirka**

It is effective as a medicine in diabetes. Jamun sirka controls the rise in blood sugar level after the consumption of a high-carbohydrate meal. Jamun Sirka has a cooling effect on the body and heart. Jamun Sirka is also effective in kidney related problems and urinary tract infections. It controls burning, pain and foul smelling of urine. It is also effective in low urine output. Jamun Sirka controls the problem of hyperacidity. It acts as a digestive and carminative agent, and gives relief in colitis, indigestion, stomach diseases. It relieves flatulence, improves digestive power, controls nausea and vomiting, and activates the liver and spleen. Jamun Sirka is also effective in enlargement of liver & spleen and jaundice.

*Dosage:* Can be given in the dose of 10 – 15 ml in a day.

### **Jamun Ras**

Regulates blood sugar, helpful in skin related ailments, improves insulin secretin, helps pass the excess of sugar during digestion and absorption by liver, beneficial in frequent urination and amoebiasis.

*Dosage:* 20 ml twice daily. 20-30 ml of water can be added according to taste.

### **Karela Capsules**

It purifies the blood and is useful in diabetes. At least three different groups of constituents in Karela Capsules have been reported to have hypoglycemic (blood sugar lowering) or other actions of potential benefit in diabetes mellitus. These have shown to significantly improve glucose tolerance without increasing blood insulin levels, and to improve fasting blood glucose levels. Blood and urine sugar levels and post-prandial (after eating) blood glucose levels also fall.

*Dosage:* 2 capsules daily in the morning.

### **Karela Ras**

Regulates blood sugar and Glucose Metabolism, natural blood purifier, stimulates liver for proper secretion of digestive enzymes, improves insulin secretion, helps pass the excess of sugar during digestion and absorption of liver, and strengthens immune system.

*Dosage:* 10 ml twice daily. 20-30 ml of water can be added according to taste.

### **Karela Jamun Ras**

Full of Jamun and Karela Ras efficacy.

*Dosage:* 10-15 ml twice daily. 20-30 ml of water can be added according to taste.

### **Methi Capsules**

Lowers blood sugar levels in Type 2 diabetes mellitus, reducing resistance to insulin and removing excess triglycerides in the blood. The fibre and saponins in Methi are known to lower elevated cholesterol and blood lipids, including in

those with diabetes. Also used to induce childbirth and to increase breast-milk flow in nursing mothers, for which it is perfectly safe, and also has a reputation of stimulating development of the breasts. One of its constituent, diosgenin, is employed to make synthetic estrogen, and it is believed to be the activity of this constituent that encourages the growth of the breast tissue. Normalises a women's system after delivery. The herb may also be used as a natural form of hormone replacement therapy to treat hot flashes associated with menopause.

*Dosage:* 2 capsules twice daily after meals with water.

## Diabetic Gangerene

### Easy-Heal

It is useful in moist form of gangrene occurring in persons with diabetes mellitus, often following a minor injury.

*Dosage:* 1 capsule two times a day.

## Dysuria

Arq Kasni, Banadiqul Bazoore, Gokhru Capsules, Kuliah Bazoore-SF, Prostate-BH, Safuf Indri Jullab, Sharbat Bazoore Motadil, Sharbat Dinar and Sharbat Kasni are recommended in "Dysuria".

## Bed Wetting

Dehlvi's Falasfa Capsules, Dehlvi Galenus Pills, Dehlvi's Zaruni Sada Capsules, Diab-Eaze, Gokhru Capsules, Habbe Salajit, Jawarish Jalinus, Jawarish Mastagi, Jawarish Zaruni Sada, Kushta Baiza Murgh, Majun Falasfa, Majun Kunder, Majun Masikul Bol, Mastagi Capsules and Shilajit Capsules are recommended "Bed Wetting".

## Incontinence of Urine

Medicines mentioned under "Bed

Wetting" are also useful in "Incontinence of Urine".

## Burning Micturition

### Banadequl Bazoore

Removes burning sensation while passing urine and also increases urination.

*Dosage:* 5 pills with water.

### Safuf Indri Jullab

Increases urination and removes burning sensation. Cleans the urinary passage in cases of gonorrhoea.

*Dosage:* 5 gms. with Lassi (Curd) in the morning.

**Note:** Arq Kasni, Gokhru Capsules, Habbe Jiryani Khas, Kuliah Bazoore-SF and Sharbat Bazoore Motadil are also recommended in "Burning Micturition".

## Albuminuria

Kushta Zamarrud is recommended in "Albuminuria".

## Biliousness of the Kidney & Bladder

Arq Kasni, Kuliah Bazoore-SF, Sharbat Bazoore Motadil, Sharbat Kasni and Sharbat Muhallil are recommended in "Biliousness of the Kidney & Bladder".

## Nephralgia

Dehlvi's Zaruni Sada Capsules, Iksir Gurda, Jawarish Zaruni Ambari Banuskha Kalan, Jawarish Zaruni Sada, Kushta Hajrul Yahud and Majun Hajrul Yahud are recommended in "Nephralgia".

## Haematuria

Kushta Aqeeq, Kuliah Bazoore-SF, Qurs Bandish Khoon, Sharbat Anjabar and

Sharbat Bazoori Motadil are recommended in "Haematuria".

capsule form. With all the goodness of Majun Jalali, Dehlvi's Jalali Capsules meet the demands of this modernized age. Improves vigour and vitality. Increases the density of semen and sperm count. Strengthens the nerves and removes general debility.

*Dosage:* 1 or 2 capsules daily in the morning with a glass of milk or water.

## Diseases of Males

### Sexual Debility

#### Al Ahmer

Useful in sexual debility. Increases rigidity of the male sex organ. Removes liver dysfunctions and increases formation of pure and healthy blood. In winters it is recommended for the elderly and for those with sluggish temperament.

*Dosage:* 30 mg. or 1 tablet with Butter or 5 gms. Labub Kabir. Afterwards a glass of milk should be given.

#### Asabi Plus

is a good reinforcer of the central nervous system, and therefore it can help improve cases of depression, lethargy, anxiety, stress, apathy, sexual debility, general debility and lack of appetite. Increases the rigidity of the male sexual organ.

*Dosage:* 1 pill in the morning and evening with warm milk.

#### Dehlvi's Falasfa Capsules

Majun Falasfa is presented in a convenient capsule form. With all the goodness of Majun Falasfa, Falasfa Capsules meet the demands of this modernized age. Strengthens the nerves and increases the density of semen and sex vigour. Also strengthens the kidney and bladder and stops excessive urination. It is also useful in gout and backache and aids in digestion and increases appetite.

*Dosage:* 1 or 2 capsules in the morning or at night with a glass of milk or water.

#### Dehlvi's Jalali Capsules

Majun Jalali is presented in a convenient

#### Dehlvi's L.Kabir Capsules

Labub Kabir is presented in a convenient capsule form. With all the goodness of Labub Kabir, Dehlvi's L. Kabir Capsules meet the demands of this modernized age. Strengthens the brain, nerves and the muscles of the male sex organ. Increases rigidity, sexual vigour and density of semen and sperm count. Also strengthens the kidneys and removes general debility. Controls spermatorrhoea.

*Dosage:* 1 or 2 capsules in the morning with 250 ml. milk or 50 ml. Arq Maullaham Do Atisha. Rich, spicy and flatulent producing food should be avoided in the diet.

#### Dehlvi's Salab Capsules

Majun Salab is presented in a convenient capsule form. With all the goodness of Majun Salab, Dehlvi's Salab Capsules meet the demands of this modernized age. Improves vigour and vitality. Thickens the consistency of semen. Increases rigidity of the male sex organ. Also useful in spermatorrhoea.

*Dosage:* 2 capsules daily in the morning with a glass of milk or water.

#### Dragon Force

During his life-span, a married person can face many discomforts, e.g., stress, depression, low self-confidence level, lack of sleep, hormonal imbalance (testosterone level imbalance), poor health conditions, relationship troubles, hectic daily schedules, obesity, anaemia, diabetes, ageing process, use of alcohol or drugs, or when he uses some



medications for depression or high blood pressure. All these factors, more or less, affect his overall general health as well as sexual performance. Dragon Force, a powerful Unani herbal combination, helps to combat all these factors, which ultimately result in sexual debility. Dragon Force helps you never feel a dull moment in your married life. It is completely natural, having no side-effects.

*Dosage:* 1 capsule daily in the morning with milk or water. Use for at least 20 days continuously for sustained results.

### **Habbe Amber Momyai**

Strengthens the nerves, heart and brain. Removes sexual debility and safeguards virile power. Increases sperm count and also removes various underlying causes of impotency

*Dosage:* One pill in the morning and evening with milk.

### **Habbe Jadwar**

Removes sexual debility and safeguards virile power. Increases sperm count and is useful in premature ejaculation. Increases the rigidity of the male sex organ.

*Dosage:* 1 or 2 pills in the morning and evening with milk

### **Habbe Jalinus**

Strengthens the nerves. Useful in sexual debility.

*Dosage:* 2 pills daily in the morning with a glass of milk or water.

### **Jauhar Seen**

Useful in sexual debility. Strengthens the stomach, liver, heart and the brain. Also strengthens the nerves and is useful for those with sluggish temperament.

*Dosage:* 30 mg. to be gulped along with one Munaqqa (Dried Grape without seeds) with water without touching the teeth. A glass of milk is to be given afterwards.

### **Konch Capsules**

Useful in premature ejaculation, spermatorrhoea and diseases of the genitourinary system. Is a prophylactic against oligospermia, ovulation in women, etc. and is useful in increasing sperm count and improving their quality. It prevents male and female sterility. Also useful in erectile dysfunction and sexual debility and increases testosterone levels. Also prescribed in diseases of the nervous system, facial paralysis and hemiplegia. The herb increases the level of dopamine, serotonin and other catecholamines in the brain and body to the extent that it induces mood elevation and relieves depression. Due to the presence of L-DOPA it is effective for relief in Parkinson's disease. The herb is also known to help the body build lean muscle and to break down unwanted fat and hence it is often used by athletes and body builders in sports medicine.

*Dosage:* 1 capsule twice daily after meals with water.

### **Labub Barid**

Useful in spermatorrhoea and nocturnal emissions. Increases the density of semen and removes sexual debility.

*Dosage:* 5 to 10 gms. in the morning with milk.

### **Labub Kabir**

Strengthens the brain, nerves and the muscles of the male sex organ. Increases rigidity, sexual vigour and density of semen and sperm count. Also strengthens the kidneys and removes general debility. Controls spermatorrhoea.

*Dosage:* 5 gms. in the morning with 250 ml. milk or 50 ml. Arq Maullaham Do Atisha. Rich, spicy and flatulent producing food should be avoided in the diet.

### **Majun Aspand Sokhtani**

Increases sex vigour and safeguards virile power. Removes sexual debility and

prevents premature ejaculation.

*Dosage:* 5 to 10 gms. in the morning with a glass of milk.

### **Majun Falasfa**

Strengthens the nerves and increases the density of semen and sex vigour. Also strengthens the kidney and bladder and stops excessive urination. It is also useful in gout and backache and aids in digestion and increases appetite.

*Dosage:* 5 to 10 gms. in the morning or at night with a glass of milk or water.

### **Majun Jalali**

Improves vigour and vitality. Increases the density of semen and sperm count. Strengthens the nerves and removes general debility.

*Dosage:* 5 gms. daily in the morning with a glass of milk.

### **Majun Jalinus Lulvi**

Improves vigour and vitality. Strengthens the nerves, liver and bladder. Also strengthens the male sex organ and safeguards virile power.

*Dosage:* 5 gms. daily in the morning and at night with a glass of milk.

### **Majun Piaiz**

Improves vigour and vitality. Strengthens the liver. Increases the density of semen.

*Dosage:* 5 gms. daily in the morning with a glass of milk.

### **Majun Salab**

Improves vigour and vitality. Thickens the consistency of semen. Increases rigidity of the male sex organ. Also useful in spermatorrhoea.

*Dosage:* 5 gms. daily in the morning with a glass of milk.

### **Power-Gen Capsules**

An ideal combination of herbs and minerals that help in regaining lost vigour and improves overall sexual health. Also useful in impotence and can be used as a

tonic by both, young and old. Power-Gen Capsules have no any side effects and can be used for a long time.

*Dosage:* 2 capsules daily in the morning and at night with milk.

### **Vig-Vit**

It is a highly active natural supplement formulated exclusively for men that restores vigour and vitality. The selected natural aphrodisiacs in **Vig-Vit** boost arousal. It is non-hormonal and it enhances sexual function and feeling and is designed to affect overall sexual health. It acts on the higher sex centres to improve libido. Strengthens the muscles of the male sex organ and helps maintain erection during sexual intercourse. It is useful in spermatorrhoea, premature ejaculation and loss of erection during intercourse.

*Dosage:* 2 capsules at night with milk 1 hour prior to sexual activity and at least 1 hour after dinner. 1 capsule can be given daily in the morning and evening with water as a prophylactic dose.

**Note:** Aqarqarah Capsules, Ashwagandha Capsules, Ashwagandha Ras (With Orange Juice), Arq Amber, Arq Maullaham Do Atisha, Arq Maullaham Khas, Beejband Capsules, Dehlvi's Arad Khurma Capsules, Energy-Aid, Habbe Khas, Jauhar Khusia, Jawarish Zaruni Ambari Banuskha Kalan, Kushta Abrak Safed, Kushta Abrak Siah, Kushta Faulad, Kushta Nuqra, Kushta Qalai, Kushta Tila, Majun Majun Arad Khurma, Majun Mughalliz, Majun Mughalliz Jawaharwali, Majun Mughalliz Musli, Majun Supari Pak, Musli Safed Capsules, Oligo-S, Pambadana Capsules, Supari Pak Powder and Tila Benazeer are also recommended in "Sexual Debility".

## **Nocturnal Emission & Spermatorrhoea**

### **Dehlvi's Arad Khurma Capsules**

Majun Arad Khurma is presented in a

convenient capsule form. With all the goodness of Majun Arad Khurma, Dehlvi Arad Khurma Capsules meet the demands of this modernized age. Controls spermatorrhoea and nocturnal emissions. Increases the density of semen and sperm count. Also useful in premature ejaculation. Increases sex vigour.

*Dosage:* 2 capsules daily in the morning with a glass of milk or water.

### **Habbe Jiryān Khas**

Controls all types of seminal discharges. Strengthens the kidney and the bladder. Increases density of semen and checks frequent and involuntary micturition.

*Dosage:* 1 pill daily in the morning and evening with milk.

### **Iksir Jiryān**

Controls all types of seminal discharges. Increases density of semen.

*Dosage:* 1 tablet daily in the morning and evening with milk.

### **Jiryānil**

Controls spermatorrhoea, or the emission of semen without intercourse, often while sleeping. It strengthens the kidney and the bladder. Increases density of semen and checks frequent and involuntary micturition.

*Dosage:* 2 capsules daily in the morning and evening with water.

### **Kushta Qalai**

Useful in spermatorrhoea, nocturnal emission and premature ejaculation. Increases sex vigour and density of semen. Also useful in impotency caused due to spermatorrhoea.

*Dosage:* 60 mg. or 2 tablets with 5 gms. Majun Arad Khurma and a glass of milk.

### **Kushta Sadaf**

Useful in nocturnal emissions, spermatorrhoea and leucorrhoea. Strengthens the heart.

*Dosage:* 60 mg. or 2 tablets with 5 gms. Majun Supari Pak.

### **Majun Anjdan**

Useful in all types of spermatorrhoea. Also useful in enlargement of the prostate glands. Strengthens the kidney and the urinary bladder. Stops excessive urination.

*Dosage:* 5 gms. in the morning and evening with milk.

### **Majun Arad Khurma**

Controls spermatorrhoea and nocturnal emissions. Increases the density of semen and sperm count. Also useful in premature ejaculation. Increases sex vigour.

*Dosage:* 10 gms. with a glass of milk in the morning.

### **Majun Jiryān Khas**

Controls nocturnal emissions. Increases the density of semen and sperm count.

*Dosage:* 10 gms. with a glass of milk in the morning.

### **Majun Mughalliz**

Controls spermatorrhoea and premature ejaculation. Increases the density of semen and removes sexual debility.

*Dosage:* 5 to 10 gms. in the morning with a glass of milk.

### **Majun Mughalliz Jawaharwali**

Useful in nocturnal emission, spermatorrhoea and checks premature ejaculation.

*Dosage:* 10 gms. in the morning with a glass of milk.

### **Majun Mughalliz Musli**

Controls spermatorrhoea and premature ejaculation. Increases the density of semen and removes sexual debility.

*Dosage:* 5 gms. daily in the morning with a glass of milk.

## Musli Safed Capsules

They are useful in spermatorrhoea, gleet and chronic leucorrhoea. Also useful in general debility, seminal weakness and erectile dysfunction. It increases immunity in the body and also increases the flow of milk in lactating mothers.

*Dosage:* 1 capsule twice daily before meals with water.

## Qurs Jiryan

Checks nocturnal emissions and all types of spermatorrhoea. Increases the density of semen.

*Dosage:* 4 tablets in the morning with lukewarm milk or water. Light breakfast can be had after one hour of taking the medicine.

## Sabateen

Checks excessive nocturnal emissions and removes debility arising from it.

*Dosage:* 5 tablets in the morning on an empty stomach with milk or water. Light breakfast is to be eaten after one hour of taking the medicine. Heavy, gas-forming, sour, oily and rich food should be avoided. Diet should be light. Food should be taken at least two hours before going to sleep.

## Safuf Aslussoos

Increases density of semen and controls all types of spermatorrhoea. Also useful in premature ejaculation.

*Dosage:* 5 gms. in the morning with water.

## Safuf Beejband

Increases sperm count and density of semen. Useful in all types of spermatorrhoea, premature ejaculation and nocturnal emission.

*Dosage:* 5 gms. in the morning with milk.

## Tila Mumsik Khas

It removes the weakness and loss of erection of the penis. Also removes sexual debility due to old age and is

useful in spermatorrhoea, nocturnal emission and premature ejaculation.

*Usage:* 1/2 gm. to be rubbed daily at night on the penis leaving the tip for about 8 to 10 minutes and a soft cloth is to be tied. In the morning open the cloth and wash the penis with warm water. After application if pimples start appearing, which is a good sign, stop the usage of the Tila and start applying Roghan Chameli three times a day. When the pimples go away, again apply the Tila. Repeat the process till cured. Care is to be taken that on application of the Tila, semen should not be ejaculated. In such case it will be harmful. Horse riding, cycling and sexual intercourse should be avoided during the treatment.

**Note:** Beejband Capsules, Dehlvi's L. Kabir Capsules, Dehlvi's Salab Capsules, Habbe Jadwar, Habbe Salajit, Kushta Baiza Murgh, Kushta Marwareed, Kushta Nuqra, Labub Barid, Labub Kabir, Majun Aspand Sokhtani, Majun Salab, Shilajit Capsules and Triphala Capsules are also useful in "Nocturnal Emission & Spermatorrhoea".

## Premature Ejaculation

### Apsara-Aid

Activates the chief organs of the body. Corrects sexual disorders like premature ejaculation, involuntary discharge of semen, functional impotence, depressed libido, unsatisfactory erection and related disorders. Replenishes the vital forces, enhances energy and stamina and makes the body organs and muscles strong. Enables the body to withstand the rigours of life.

*Dosage:* One pill should be given 2 hours before intended intercourse on an empty stomach or after complete digestion of food with 250 ml warm milk. **NO** food should be taken between taking the pill till after intercourse. Those suffering from permanent lack of vitality should take half a pill daily as a prophylactic dose.

Contraindicated in high blood pressure, chronic renal diseases and cardiac failure.

### **Habbe Mumsik**

Increases stamina and retentive power. Also reduces hypersensitivity of sexual glands.

*Dosage:* 1 pill daily at night with 250 ml. warm milk. For temporary use 1 pill one hour before intended intercourse on an empty stomach with milk. NO food should be eaten between taking the pill till after intercourse.

### **Habbe Mumsiki Nuqrai**

Increases stamina and retentive power. Also reduces hypersensitivity of sexual glands.

*Dosage:* 1 pill daily at night with 250 ml. warm milk. For temporary use 1 pill one hour before intended intercourse on an empty stomach with milk. NO food should be eaten between taking the pill till after intercourse.

### **Habbe Muqawwi Nuqrai**

Increases stamina and retentive power. Removes various underlying causes of impotency and restores sexual health.

*Dosage:* 1 pill daily at night with 250 ml. warm milk. For temporary use 1 pill one hour before intended intercourse on an empty stomach with milk. NO food should be eaten between taking the pill till after intercourse.

### **Habbe Nishat**

Increases stamina and regular use improves semen viscosity and cures hydrospemia and premature ejaculation.

*Dosage:* 2 pills should be given 2 hours before intended intercourse on an empty stomach or after complete digestion of food with 25 ml warm milk. **NO** food should be taken between taking the pill till after intercourse.

**Note:** Aqarqarah Capsules, Dehlvi's Jalali Capsules, Gokhru Capsules, Habbe

Jadwar, Habbe Salajit, Konch Capsules, Kushta Nuqra, Kushta Qalai, Kushta Tila, Majun Aspand Sokhtani, Majun Jalali, Majun Mughalliz, Majun Mughalliz Jawaharwali, Majun Mughalliz Mulsu, Musli Safed Capsules, Safuf Aslussoos, Safuf Beejband and Tila Mumsik Khas are also useful in "Premature Ejaculation".

## **Hydrospemia**

Beejband Capsules, Dehlvi's Arad Khurma Capsules, Dehlvi's Salab Capsules, Dehlvi's Zaruni Capsules, Habbe Amber Momyai, Habbe Jiryani Khas, Habbe Muqawwi Nuqrai, Habbe Nishat, Iksir Jiryani, Jawarish Zaruni Ambari Banuskha Kalan, Jawarish Zaruni Sada, Kushta Nuqra, Kushta Qalai, Kushta Tila, Majun Arad Khurma, Majun Jiryani Khas, Majun Mughalliz, Majun Mughalliz Jawaharwali, Majun Mughalliz Mulsu, Majun Salab, Oligo-S, Qurs Jiryani, Safuf Aslussoos, Safuf Beejband, Supari Pak Powder and Testron are useful in "Hydrospemia".

## **Oligospermia**

### **Gokhru Capsules**

It increases testosterone levels by raising the amount of LH (*luteinizing hormone*), which is produced by the pituitary gland. LH plays a significant role in regulating testosterone production. LH is a hormone that also deals with sex drive. It is also given to treat sterility in women. Also useful in urinary disorders such as painful micturition, incontinence of urine, dysuria, urolithiasis, cystitis, calculus affections, gonorrhoea, syphilis, gleet and benign prostatic hypertrophy (BPH). In recent years, Gokhru has developed a following among body builders and exercise enthusiasts. Bodybuilders use it because they believe it a safe alternative to anabolic steroids.

*Dosage:* 1 or 2 capsules twice daily after meals with water.

## **Jauhar Khusia**

It is a testosterone replacement therapy in male hypogonadal disorders and infertility due to disorders of spermatogenesis. Fulfills the hopes of childless couples by increasing the secretion of semen and sperm count thereby removing sexual debility and improving motility and morphology of sperms. May be indicated in osteoporosis due to androgen.

*Dosage:* 1 gm. with a glass of milk in the morning. More effective with 5 gms. Labub Kabir or Majun Salab with milk.

## **Oligo-S**

Contains ingredients that help in spermatogenesis (production of sperm). Fulfills the hopes of childless couples by increasing the secretion of semen and sperm count thereby removing sexual debility and improving motility and morphology of sperms. Also useful in general debility and increases the general heat of the body.

*Dosage:* 2 capsules 2 times a day with a glass of milk. Continue the use for 3-4 months.

## **Testron**

To keep our body functioning in optimal condition, it is imperative that we keep our testosterone production at peak levels. **Testron** Capsules is a great way to help increase spermatogenesis testosterone levels naturally in men. They also remove sexual debility and improve motility and morphology of sperms. Also useful in general debility and they increase the general heat of the body.

*Dosage:* 2 capsules in the morning with a glass of milk.

**Note:** Apsara-Aid, Dehlvi's Falasfa Capsules, Dehlvi's Jalai Capsules, Dehlvi's L. Kabir Capsules, Dehlvi's Salab Capsules, Dehlvi's Zaruni Sada Capsules, Habbe Amber Momyai, Habbe Jadwar, Habbe Muqawwi Nuqrai, Jawarish Zaruni Ambari Banuskha Kalan,

Jawarish Zaruni Sada, Konch Capsules, Kushta Qalai, Kushta Tila, Labub Kabir, Majun Falasfa, Majun Jalali, Majun Piaz and Musli Safed Capsules are also useful in "Oligospermia".

## **Atrophy of Penis & Loss of Erection**

### **Dawai Malish**

Used before Dawai Takore. Useful in weakness and loss of erection.

*Usage:* 1 gm. to be rubbed lukewarm on the penis for about 10 minutes and a muslin cloth is to be tied. In the morning open the cloth and wash the penis with warm water.

### **Dawai Takore**

Used after Dawai Malish. It is useful in weakness and loss of erection.

*Usage:* Make 2 pouches of cloth each containing 3 gms. powder. Dip the pouches in 25 ml. hot Mustard Oil and apply one pouch on the penis leaving the tip. When the pouch becomes cold, apply the second pouch and put the first pouch in the hot oil. Continue this process for at least 15 minutes. After 15 minutes tie a muslin cloth on the penis. In the morning open the cloth and wash the penis with warm water.

### **PNile Capsules & Oil**

Helps supply the penis with all the essential nutrients it needs. Besides offering natural gains in the length and girth of the penis they improve many aspects of penis health. It is a natural penis enhancement medicine that increases blood flow to the penile erectile chambers which leads to a harder and a long-lasting erections when aroused. Gives enhanced sexual pleasure and more intense orgasm. It has been proven to be safe and without any known side-effects.

*Usage:* Capsule: 2 capsules twice a day with meals. For best and most significant

penis gains, we recommend a usage for a period of 6 months.

**Oil:** Rub lukewarm on the penis leaving the tip.

### **Roghan Beer Bahuti**

Removes the weakness of the penis and enhances sexual desire and satisfaction.

*Usage:* Rub lukewarm on the penis leaving the tip and then tie a Beetle Leaf around it.

### **Roghan Jonk**

Strengthens the penis and increases blood circulation of the penile tissues.

*Usage:* Rub lukewarm on the penis leaving the tip and then tie a Beetle Leaf around it.

### **Roghan Kharateen**

Removes the weakness of the penis and enhances sexual desire and satisfaction.

*Usage:* Rub lukewarm on the penis leaving the tip and then tie a Beetle Leaf around it.

### **Tila Benazeer**

It removes the weakness and loss of erection of the penis. *Dosage:* 1/2 gm. to be rubbed daily at night on the penis leaving the tip for about 8 to 10 minutes and a soft cloth is to be tied. In the morning open the cloth and wash the penis with warm water. After application if pimples start appearing, which is a good sign, stop the usage of the Tila and start applying Roghan Chameli three times a day. When the pimples go away, again apply the Tila. Repeat the process till cured. Care is to be taken that on application of the Tila, semen should not be ejaculated. In such case it will be harmful. Horse riding, cycling and sexual intercourse should be avoided during the treatment.

*Usage:* 1/2 gm. to be rubbed daily at night on the penis leaving the tip for about 8 to 10 minutes and a soft cloth is to be tied. In the morning open the cloth and wash the penis with warm water.

After application if pimples start appearing, which is a good sign, stop the usage of the Tila and start applying Roghan Chameli three times a day. When the pimples go away, again apply the Tila. Repeat the process till cured. Care is to be taken that on application of the Tila, semen should not be ejaculated. In such case it will be harmful. Horse riding, cycling and sexual intercourse should be avoided during the treatment.

### **Tila Darchini**

Removes sexual debility and loss of erection of the penis and enhances sexual desire and satisfaction.

*Usage:* 1/2 gm. to be rubbed daily at night on the penis leaving the tip for about 8 to 10 minutes and a soft cloth is to be tied. In the morning open the cloth and wash the penis with warm water. After application if pimples start appearing, which is a good sign, stop the usage of the Tila and start applying Roghan Chameli three times a day. When the pimples go away, again apply the Tila. Repeat the process till cured. Care is to be taken that on application of the Tila, semen should not be ejaculated. In such case it will be harmful. Horse riding, cycling and sexual intercourse should be avoided during the treatment.

### **Tila Khas**

Removes sexual debility and loss of erection of the penis. Increases blood circulation of the penile tissues and enhances sexual desire and satisfaction.

*Usage:* 1/2 gm. to be rubbed daily at night on the penis leaving the tip for about 8 to 10 minutes and a soft cloth is to be tied. In the morning open the cloth and wash the penis with warm water. After application if pimples start appearing, which is a good sign, stop the usage of the Tila and start applying Roghan Chameli three times a day. When the pimples go away, again apply the Tila. Repeat the process till cured. Care is to be taken that on application of the Tila, semen should not be ejaculated.

In such case it will be harmful. Horse riding, cycling and sexual intercourse should be avoided during the treatment.

### **Tila Muqavvi**

Removes sexual debility and loss of erection of the penis and enhances sexual desire and satisfaction. Also removes sexual debility due to old age.

*Usage:* 1/2 gm. to be rubbed daily at night on the penis leaving the tip for about 8 to 10 minutes and a soft cloth is to be tied. In the morning open the cloth and wash the penis with warm water. After application if pimples start appearing, which is a good sign, stop the usage of the Tila and start applying Roghan Chameli three times a day. When the pimples go away, again apply the Tila. Repeat the process till cured. Care is to be taken that on application of the Tila, semen should not be ejaculated. In such case it will be harmful. Horse riding, cycling and sexual intercourse should be avoided during the treatment.

### **Tila Surkh**

Removes sexual debility and loss of erection of the penis and enhances sexual desire and satisfaction.

*Usage:* 1/2 gm. to be rubbed daily at night on the penis leaving the tip for about 8 to 10 minutes and a soft cloth is to be tied. In the morning open the cloth and wash the penis with warm water. After application if pimples start appearing, which is a good sign, stop the usage of the Tila and start applying Roghan Chameli three times a day. When the pimples go away, again apply the Tila. Repeat the process till cured. Care is to be taken that on application of the Tila, semen should not be ejaculated. In such case it will be harmful. Horse riding, cycling and sexual intercourse should be avoided during the treatment.

**Note:** Al Ahmer, Asabi Plus, Dehlvi's L. Kabir Capsules, Dehlvi's Salab Capsules, Kushta Tila, Labub Kabir, Majun Jalinus Lulvi, Majun Salab and Tila Mumsik Khas

are also recommended in "Atrophy of Penis & Loss of Erection".

## **Benign Prostatic Hyperplasia (BPH)**

### **Prostate-BH**

A comprehensive herbal formulation containing time-tested botanicals that are useful in the treatment of benign prostatic hyperplasia (BPH), or benign prostatic hypertrophy. It relieves the symptoms of BPH with reduction in prostate weight. It also improves urinary flow rate while reducing post-void residual urine. It also inhibits prostatic stromal proliferation.

*Dosage:* 2 capsules twice a day with water.

**Note:** Gokhru Capsules is also recommended in "BHP".

## **Orchitis**

### **Zamad Warm Unseyain**

An external application which is useful in orchitis.

*Usage:* Mix 10 gms. of Zamad with water of Mako (Black Nightshade) and apply on the testicles. Tie a Leaf of Arandi.

**Note:** Itrefal Shahtara and Majun Ushba are recommended for internal use in "Orchitis".

## **Itching of the Testicles**

Majun Chobchini, Sharbat Unnab, SkinClear Capsules, SkinClear Syrup and SkinClear-SF are recommended in "Itching of the Testicles".



# Diseases of Females

## Lecorrhoea & Metritis

### Habbe Marwaridi

Checks leucorrhoea and metritis. Strengthens the chief organs of the body. Removes general debility.

*Dosage:* One pill with milk or 20 ml. Arq Amber in the morning and evening. In summers it should be given only with water. Not to be given during pregnancy. Greasy, sour, spicy, rich and flatulent producing food should be avoided in the diet.

### Leuco-Cure

It has a stimulatory action on the endometrium. Its tonic property improves uterine circulation and its antimicrobial and astringent actions on the mucus membrane of the genital system control leucorrhoea. Leuco-Cure also improves general health and relieves the symptoms like itching, irritation, backache, stomachache, excessive urination, lethargy and debility associated with leucorrhoea.

*Dosage:* 2 capsules twice a day with milk.

### Majun Mochras

Strengthens the uterus and is useful in leucorrhoea.

*Dosage:* 10 gms. to be given in the morning with a glass of milk.

### Safuf Selan

Useful in leucorrhoea.

*Dosage:* 5 gms. in the morning with water.

### Selani

Recommended in leucorrhoea with vaginal pruritus, burning and discharge. Also useful in itching, irritation, backache, stomachache, excessive urination, lethargy and debility due to leucorrhoea. Strengthens the uterus.

*Dosage:* 2 tablets in the morning on an empty stomach with a glass of milk. More effective if given with butter mixed in milk. Heavy, gas-forming, sour, oily and rich food should be avoided. Diet should be light. Food should be taken at least 2 hours before going to sleep.

**Note:** Ashoka Capsules, Dehlvi's Dabidul Ward Murakkab Capsules, Femone Jelly, Iksir Khawateen, Khamira Marwareed, Kushta Baiza Murgh, Kushta Sadaf, Majun Dabidul Ward, Majun Muqavvi Reham, Majun Supari Pak, Marham Dakhliyun, Musli Safed Capsules, Satawar Capsules and Supari Pak powder are also recommended in "Leucorrhoea & Metritis".

## Atony of the Uterus

### Majun Muqavvi Reham

It strengthens the uterine functions and checks complaints arising from weakness of the uterus. Cures leucorrhoea, recurrent miscarriages and premature deliveries.

*Dosage:* 5 gms. on an empty stomach in the morning with a glass of milk.

### Supari Pak Powder

Useful in leucorrhoea and excessive menstruation. Increases the retentive power of the uterus. Also useful in pain of the joints and back, weakness after delivery, vomiting and dyspepsia. Also increases retention power and density of semen in males.

*Dosage:* In ordinary cases 5 to 10 gms. with warm milk before breakfast. In chronic cases, 5 to 10gms. in the morning and evening with warm milk. Can also be used by males in the above dose for their disorders. To be discontinued during menses and from the ninth month of pregnancy to twenty days after delivery. Tea, coffee, sour, heavy, oily and gas-forming foods should be avoided. Milk, butter, dry fruits and wheat as well as other nourishing foods are advised.

**Note:** Arq Maullaham Do Atisha, Arq Maullaham Khas, Ashoka Capsules, Femone Jelly, Iksir Khawateen, Majun Hamal Ambari Alvi Khani, Majun Supari Pak and Satawar Capsules are also recommended in "Atony of the Uterus".

## Threatened Abortion

### Majun Hamal Ambari Alvi Khani

Strengthens the uterus. Recommended for women with a history of miscarriages or for women whose offsprings die at birth or are born weak.

*Dosage:* 5 gms. with a glass of milk in the morning from the 3rd month of pregnancy to the end of the 7th month of pregnancy.

**Note:** Majun Muqavvi Reham and Satawar Capsules are also recommended in "Threatened Abortion".

## Inability to Conceive

### Femone Jelly

Helps in increasing the retentive power of the uterus. Removes debility after child birth. Useful in leucorrhoea and backache.

*Dosage:* 10 gms. with a glass of milk in the morning.

### Habbe Hamal

It corrects internal disorders that result in the inability to conceive.

*Dosage:* 2 pills to be given with 250 ml. milk daily in the morning and evening for 3 days. On the 4th day sexual intercourse is recommended. Treatment is to be continued for two or more months or until conception occurs.

### Majun Supari Pak

Helps in increasing the retentive power of the uterus. Removes debility after child birth. Useful in leucorrhoea and backache. Also increases retention power in males.

*Dosage:* 10 gms. with a glass of milk in the morning.

**Note:** Majun Muqavvi Reham and Satawar Capsules are also recommended in "Inability to Conceive".

## Metrorrhagia

### Ashoka Capsules

It has been efficacious in regularising menstrual disturbances without producing any side effects. Its effect on the ovarian tissue may produce an estrogen-like activity that enhances the repair of the endometrium and stops bleeding. In metrorrhagia, in addition to decreasing the uterine bleeding, it regularises the interval between two cycles. Besides treating the symptoms of fatigue and generalised weakness, the use of the herb provides immense relief from painful menses, premenstrual syndrome and nonspecific leucorrhoea. It is well established for its effectiveness in dysmenorrhoea and tenderness of the uterus.

*Dosage:* 1 capsule two times a day.

## Menorrhagia

Femone Jelly, Kushta Aqeeq, Kushta Marjan, Kushta Sadaf, Majun Mochras, Majun Supari Pak, Mochras Capsules, Qurs Bandish Khoon, Qurs Kehrubia and Sharbat Anjabar are recommended in "Menorrhagia".

## Dysmenorrhoea & Amenorrhoea

### Habbe Mudir

Normalises the diminished menstrual bleeding.

*Dosage:* 1 pill to be taken with water 3 times a day, 3 days in advance before the beginning of menstrual cycle.

## Iksir Khawateen

It regulates the secretory functions of the ovaries and abnormal menstrual periods and pregnancy. It acts directly on the uterine musculature and has an astringent and antiseptic effect on the mucus membrane of the urinogenital system. It has stimulating effect on the endometrium and the ovaries. It also eliminates distress and pain before and during menstruation, tones up the nerves, acts as a uterine tonic and regulates the development of female sexual characteristics. Also checks nonspecific leucorrhoea.

*Dosage:* In Amenorrhoea, metritis and in premenstrual syndrome 10 ml. (2 teaspoonful) daily with water. In Dysmenorrhoea, Hypomenorrhoea and nonspecific Leucorrhoea 10 ml. daily with lukewarm milk and in Metrorrhagia and Menorrhagia 10 ml. daily with fruit juice. To be discontinued during menstruation.

## Regulate

It is a comprehensive approach to the management of irregular menstruation, primary and secondary amenorrhoea and oligomenorrhoea. It is non-hormonal herbal product which tones up the female generative organs and promotes regular menstruation.

*Dosage:* 1 capsule twice daily after meals with water.

**Note:** Ashoka Capsules, Dehlvi Natural Honey with Rose and Satawar Capsules are also recommended in 'Dysmenorrhoea & Amenorrhoea'.

## Pre and Post Menopausal Symptoms

### Menso-P

It is a specially formulated herbal compound made for women during either their pre-menopausal and/or their menopausal stages. Many of the herbs used contain plant estrogens that are

hormone regulators of natural progesterone and estrogen. Many common symptoms of menopause are hot flushes (sudden intense waves of heat and sweating), irritability, muscle pain, changes in sexual desire, night sweats, headaches, frequent urination, early wakening, vaginal dryness, mood changes, insomnia, conditions commonly associated with PMS, and weight gain. Menso-P is used to alleviate the onset of these symptoms and protect bone density by assisting bones to absorb calcium.

*Dosage:* 2 capsules with milk twice a day. Best used for 6 months or more.

**Note:** Ashoka Capsules, Rooh Arq Gulab, Methi Capsules and Satawar Capsules are also recommended in "Pre and Post Menopausal Symptoms".

## Vaginal Laxation

Femone Jelly, Habbe Marwaridi, Majun Mochras, Majun Supari Pak, Satawar and Selani are recommended in "Vaginal Laxation".

## Pruitus Vulvae (Vulvar itching)

Femone Jelly, Itrefal Shahtara, Majun Mochras, Selani and Sharbat Unnab are recommended in "Pruitus Vulvae".

## Prolapse of the Uterus

Ashoka Capsules, Femone Jelly, Majun Mochras, Majun Muqavvi Reham and Majun Supari Pak are recommended in "Prolapse of the Uterus".

## Depressed Libido

### Femone

It is a unique herbal blend that enhances sexual, mental and physical satisfaction by increasing blood flow to the female

genitals. Sexual satisfaction is achieved, making physical and mental satisfaction more attainable and also stimulating vaginal lubrication, relaxing vaginal muscles and increasing sexual pleasure. Femone has been effective for women who report difficulty in achieving orgasm. It allows women to experience more pleasure during sexual activity after increasing sensitivity to areas of the female genital that are important in sex. Femone also increases intensity of orgasm and is also very useful in general lethargy and general debility.

*Dosage:* 1 capsule at night with milk 1 hour prior to sexual activity and at least 1 hour after dinner. In cases of general lethargy and general debility, 1 capsule can be given once in the morning with water.

### **Satawar Capsules**

Satawar is perhaps best known as a female rejuvenative. It is useful for infertility, decreased libido, threatened miscarriage, menopause, leucorrhoea, menstrual cramps and has the ability to balance pH in the cervical area. It is used to control the symptoms of PMS, including breast tenderness and abdominal bloating, amenorrhoea, dysmenorrhoea, leucorrhoea and menopause. It is also useful in pelvic inflammatory disease like endometriosis. It also supports deeper tissue and builds blood and so it helps to remove infertility, prepare the womb for conception, prevent miscarriage and acts as a post-partum tonic where it helps to increase lactation and normalize the uterus and the changing hormones. Play an important role in preserving women's long term health.

*Dosage:* 1 capsule twice daily before meals with water.

**Note:** Dehvi's L. Kabir Capsules, Femone Jelly, Habbe Ambar Momyai, Konch Capsules and Labub Kabir are also recommended in "Depressed Libido".

## **Underdeveloped Breasts**

### **FirmUP Capsules**

Promotes healthy breast tissue development. The ingredients have been selected and formulated for their estrogenic like qualities. The ingestion of these botanicals stimulates the body to replicate the process of the growing stage experienced during puberty. The mammary glands are re-awakened and new, healthy breast tissue develops, while existing tissue plumps out. FirmUP Capsules not only keep the breasts firm, they visibly enhance and uplift sagging breasts. Full-figured women with large or sagging breasts will report that breast size remains stable or increases with firmness. The process is natural, safe and highly effective and is non-hormonal.

*Dosage:* 2 capsules twice a day with meals along with a full glass of water. Results start showing in just 20 days. However, you shall experience full firmness in 3 to 6 months. For better results, use with FirmUp Lotion.

### **FirmUP Lotion**

Promotes healthy breast tissue development. The ingredients stimulate skin tissue in the mammary glands and encourage it to start growing again. This is done through different herbs present that are similar to estrogen, and are able to stimulate estrogen production in your body. The combination of these ingredients usually causes your body to react the way it would during puberty or pregnancy, resulting in renewed glandular tissue growth and ultimately giving you noticeably bigger breasts. FirmUP Lotion not only keeps the breasts firm, they visibly enhance and uplift sagging breasts. Full-figured women with large or sagging breasts will report that breast size remains stable or increases with firmness. The process is natural, safe and highly effective.

*Usage:* Use your finger tip to take the required amount of cream for each

breast. Apply and gently massage with your palm using circular motion and upward strokes for about 3 to 5 minutes or till the cream is fully absorbed. Massage gently with soft hands by moving your right hand clockwise and left hand counter clockwise in circular motion while massage and avoid touching nipples during massage. For best result, apply twice daily, in the morning and night. For faster results use along with FirmUp Capsules.

**Note:** Methi Capsules are also recommended for “Underdeveloped Breasts”.

## Sterility

Dehlvi's L. Kabir Capsules, Femone Jelly, Gokhru Capsules, Labub Kabir, Majun Mochras, Majun Muqavvi Reham and Majun Supari Pak are recommended in “Sterility”.

## Hysteria

Dawa-ush-Shifa, Iksir Khawateen, Khamira Gaozaban Ambari Jadwar Ud Saleebwala, Majun Muqavvi Reham, Majun Nijah and Tagar Capsules are recommended in “Hysteria”.

## Hardening of the Uterus

### Marham Dakhliyun

Useful in enlargement and hardening of the uterus. Also dissolves the glandular nodes.

*Usage:* Apply after mixing 5 gms. of this ointment with 5 ml. fresh leaves of Mako with a cotton swab in the vagina. If fresh Mako is not available then use the ointment alone.

## Suppressed Post-Partum Lactation

### Lacta-M

Contains herbs that are trusted and safe non-hormonal galactagogues, meaning they promote the secretion and flow of milk, improving a lactating women's milk supply. The use of herbs and natural remedies during lactation dates back to the earliest breast-feeding mothers and has become increasingly popular over the last decade. These herbs contain phytoestrogens that stimulate milk production. Many women cannot nurse because the baby has used up so many minerals in the mother's body that she has hardly any left for milk production. These herbs not only stimulate milk production, but provide high amounts of minerals needed in order to produce breast milk.

When a mother has a decrease in milk supply, often associated with the use of birth control pills or on occasion, for no obvious reason when the baby is 3 or 4 months old, Lacta-M will often bring the supply back to normal.

*Dosage:* 2 to 3 capsules twice daily with milk.

### Pambadana Capsules

Increases milk flow of nursing mothers by increasing the secretory activity of the mammary gland. It also expels the placenta after birth.

*Dosage:* 1 or 2 capsules twice daily before meals with water.

**Note:** Dehlvi Natural Honey with Kalonji Oil, Methi Capsules, Musli Safed Capsules and Satawar Capsules are also recommended in “Suppressed Post-Partum Lactation”.

## Galactorrhoea

Majun Nankhah is recommended in “Galactorrhoea”.

## **Post-Partum / Maternity**

### **Arq Dashmool**

Useful during maternity, cures bodyaches and fever caused by cold. Its regular use for 2-3 months after delivery improves lactation and quality of milk.

*Dosage:* 75 ml. in the morning and evening.

### **Arq Zachcha**

Promotes discharge of the lochia after delivery.

*Dosage:* 125 ml. with 25 ml. Sharbat Bazoori Motadil in the morning. In winters give lukewarm.

Note: Arq Arba, Arq Mako, Kulthi Capsules, Kuliah Bazoori-SF, Methi Capsules, Pambadana Capsules, Satawar Capsules and Sharbat Bazoori Motadil are also recommended during "Post-Partum / Maternity".

## **Diseases of the Joints**

### **Rheumatism, Arthritis, Gout & Backache**

#### **Aloevera Jelly**

Removes rheumatic pains and lumbago and is useful in cough and asthma. Highly beneficial for old aged and youngsters in winter season.

*Dosage:* 25 gms. in the morning or at night with a glass of milk.,

#### **Dehlvi's Roghan Phosphorus**

Provides symptomatic relief in backache, tennis/golfers' elbow, frozen shoulder, sprains, sciatica, polio in children, muscular pains, muscular cramps, muscles under stress and strain, swelling and stiffness of joints and other musculoskeletal affections.

*Usage:* Apply a small quantity of the oil with cotton on the affected part and rub gently till absorbed. Repeat the process two or three times a day. Sensation of warmth and emission of fumes which glow in the dark are due to the presence of Phosphorus in the oil.

### **Dehlvi's Suranjan Capsules**

Majun Suranjan is presented in a convenient capsule form. With all the goodness of Majun Suranjan, Dehlvi's Suranjan Capsules meet the demands of this modernized age. Useful in all kinds of pains like rheumatism, gout, sciatica, etc. Expels uric acid deposits from the blood and joints. Removes constipation.

*Dosage:* 1-2 capsules daily at bed time with water.

### **Halwa Gheekwar**

Removes rheumatic pains and lumbago and is useful in cough and asthma. Highly beneficial for old aged and youngsters in winter season.

*Dosage:* 25 gms. in the morning or at night with a glass of milk.,

### **Kushta Gaodanti**

Effective in rheumatic pains, lumbago and sciatica. Cures fevers of all types.

*Dosage:* 125 mg. or 2 tablets along with 10 gms. Majun Suranjan. Or Majun Jograj Guggul.

### **Majun Chobchini**

Relieves pain in the joints and bodyaches due to syphilis. Purifies blood.

*Dosage:* 5 gms. in the morning or evening with water.

### **Majun Suranjan**

Useful in all kinds of pains like rheumatism, gout, sciatica, etc. Expels uric acid deposits from the blood and joints. Removes constipation.

*Dosage:* 5 to 10 gms. with water at bed time.

## **Nopain Tablets**

Provides prompt relief in articular and muscular rheumatism with or without inflammatory and febrile complaints, aches, swelling, stiffness and pain of joints and other musculoskeletal inflammations.

*Dosage:* 2 tablets twice daily after meals with water.

## **Ostopain Ointment**

Provides prompt relief in backache, frozen shoulder, sprains, sciatica, muscular pains, muscular cramps, muscles under stress and strain, swelling and stiffness of joints and other musculoskeletal affections.

*Dosage:* Apply a small quantity of the ointment on the affected part and rub with gentle hands till absorbed. Repeat two or three times a day.

## **Ostopain Tablets**

Provides prompt relief from aches, pains, swelling and stiffness of joints and other musculoskeletal inflammations.

*Dosage:* 2 tablets twice daily after meals with water.

## **Ostopain Massage Oil**

Provides prompt relief in backache, frozen shoulder, sprains, sciatica, muscular pains, muscular cramps, muscles under stress and strain, swelling and stiffness of joints and other musculoskeletal affections.

*Dosage:* Apply a small quantity of the oil on the affected part and rub with gentle hands till absorbed. Repeat two or three times a day.

## **Rheuma**

It is a safe herbal anti-inflammatory and anti-rheumatic formulation. It inhibits prostaglandin synthesis, reduces tenderness of joints, relieves pain, swelling and stiffness fast without G.I. side effects. A herbal NSAID (Non-steroidal anti-inflammatory drug) Rheuma

is safe for prolonged use.

*Dosage:* 2 capsules twice daily after meals with water.

## **Roghan Babuna**

Useful in gout, arthritis, backache and inflammation of the joints. Is also useful in otalgia.

*Usage:* Apply lukewarm oil on the affected part and wrap warm cotton over it. For otalgia instill 1 or 2 drops in the ears.

## **Roghan Dard**

Useful in backache, frozen shoulder, sprains, sciatica, muscular pains, muscular cramps, muscles under stress and strain, swelling and stiffness of joints and other musculoskeletal affections.

*Usage:* Apply 2 or 3 times a day on the affected area and massage slowly till the oil is absorbed.

## **Roghan Malkangani**

Strengthens the nerves. Gives relief in paralysis, facial paralysis, rheumatism, gout, sciatica and backache.

*Usage:* Apply lukewarm oil on the affected part and wrap warm cotton over it.

## **Salai-Guggul (Boswellia) Capsules**

Medical investigations have shown that the gum-oleoresin, known as 'Boswellia', is beneficial in cases of rheumatoid arthritis with no side effects as those seen with traditional drugs of choice. Boswellia was also found to improve blood supply to the joints and restore integrity of vessels weakened by spasm. It is now an approved herbal medicine in India for use against osteoarthritis, rheumatoid arthritis, soft tissue rheumatism, low back pain, myositis and fibrositis.

*Dosage:* 2 capsules twice daily with water before meals.

**Note:** Aqarqarah Capsules, Ashwagandha Capsules, Ashwagandha

Ras (With Orange Juice), Calvit-C, Dehlvi Blue Balm, Dehlvi's Falasfa Capsules, Dehlvi's Jauhari Capsules, Guggul Capsules, Habbe Asgand, Habbe Azaraqi, Habbe Suranjan, Haldi Capsules, Jauhar Munaqqa, Jawarish Zaruni Ambari Banuskha Kalan, Majun Azaraqi, Majun Falasfa, Majun Seer Alvi Khani, Majun Talkh, Majun Ushba, Qurs Musakkin, Roghan Keemia, Roghan Suranjan, Roghan Surkh and Senna Capsules are also useful in "Rheumatism, Arthritis, Gout & Backache".

## Osteoporosis

### Osto-P

It is a unique complex herbal formula that helps support bone metabolism and maintain bone density. It helps to slow bone loss and reduce the incidence of fractures. Osto-P being a natural source of calcium, eliminates the risk of abnormally high calcium levels in blood, thereby helps in preventing formation of calcium stones in the urinary tract. The presence of phytoestrogens helps in modulating the synthesis and utilization of various hormones to restore the hormonal balance without any side effects.

*Dosage:* 2 capsules twice a day with meals.

**Note:** Calvit-C and Pearl Calcium are also recommended in "Osteoporosis".

## Sports Injuries

### Haldi Capsules

Useful in sports injuries, joint pains and arthritis. It benefits the joints and the muscles by increasing the microcirculation to the affected area as well as by strengthening muscles, ligaments and bones.

*Dosage:* 2 capsules twice daily along with meals.

## Calcium Deficiency

### Calvit-C

Contains natural calcium and Vitamin C. Calcium is essential for the growth and development of healthy bones and strong teeth. Pregnant women, nursing mothers, children, and adolescents may need more calcium than they normally get from eating calcium-rich foods. Calcium is also useful in osteoporosis and helps control blood cholesterol levels, assists nerve, muscle and digestive function, regulates heart muscle function and sleep. In growing children it is useful for healthy bones and optimal growth, for quick healing of fractures and in Calcium Deficiency Syndrome whereas Vitamin C lowers blood pressure and cholesterol levels, helps thin the blood and protect it against oxidation. Vitamin C also helps prevent atherosclerosis by strengthening the artery walls through its participation in the synthesis of collagen, and by preventing the undesirable adhesion of white blood cells to damaged arteries. An adequate intake of the vitamin is highly protective against stroke and heart attack.

*Dosage:* 2 capsules twice daily with water.

### Pearl Calcium

Made from oyster shells, it contains natural calcium (38-45%) which is essential for the growth and development of healthy bones and strong teeth. It is also useful in osteoporosis and helps control blood cholesterol levels, assists nerve, muscle and digestive function, regulates heart muscle function and sleep. In growing children it is useful for healthy bones and optimal growth, during lactation, for quick healing of fractures and in Calcium Deficiency Syndrome.

*Dosage:* 1 capsule twice daily with water. During pregnancy and lactation 2 capsules three times a day.



# Diseases due to Impure Blood

## Boils, Pimples and other Skin Eruptions

### Arq Chiraita

Is a blood purifier. Prevents itch, boils, pimples and other skin eruptions. Also useful in syphilis and gonorrhoea.

*Dosage:* 125 ml. along with 5 gms. Majun Ushba.

### Arq Mundi

Purifies the blood. Strengthens eyesight.

*Dosage:* 125 ml. along with 25 ml. Sharbat Unnab.

### Arq Murakkab Musaffi Khoon

Is a blood purifier. Prevents itch, boils, pimples and other skin eruptions. Also useful in syphilis and gonorrhoea.

*Dosage:* 125 ml. along with 25 ml. Sharbat Unnab.

### Arq Shahtara

Prevents itch, boils, pimples and other skin eruptions. Purifies the blood and reduces its heat.

*Dosage:* 125 ml. along with 25 ml. Sharbat Unnab.

### Arq Ushba

Purifies the blood. Useful in syphilis and in rheumatism, gout, etc. due to syphilis.

*Dosage:* 125 ml. along with 5 gms. Majun Ushba.

### FreshenUp

It is a natural product with anti-inflammatory, softening and anti-allergic actions and properties. Cools and tones the skin. A natural toner to reduce blemishes and oily skin. Cleanses skin, ridding it of dirt and giving a radiant glow. Also hydrates the skin to give a soft and supple look. Not just another rosewater

spray, but "Beautiful Skin in a Pretty Bottle". It is wonderfully cooling and soothing on sunburns, dry winter-ravaged skin, or during a menopausal hot flash. A few sprays of FreshenUp can be added to bathwater for depression, grief, or insomnia. Due to its astringent, anti-bacterial, anti-septic and anti-inflammatory properties, it can be sprayed on abrasions, bruises, skin injuries, skin allergies, insect bites, etc.

*Usage:* Spray 2-3 times on the face, or as and when required.

### Habbe Musaffi Khoon

An effective blood purifier and a remedy for boils, scabies, acne, scrofula, pimples, gonorrhoea, syphilis and other skin eruptions due to impure blood. Also useful in gout.

*Dosage:* 2 pills to be taken in the morning with water.

### Husne Rana

Beautifies the face by removing dark circles, spots and wrinkles. Generates lustre on the face.

*Usage:* Mix the required quantity in water to form a paste. Apply at night and wash off in the morning with a mild soap.

### Majun Ushba

A blood purifier. Effective remedy for boils, scabies, acne, scrofula, pimples, gonorrhoea, syphilis and other skin eruptions due to impure blood. Also useful in gout.

*Dosage:* 5 to 10 gms. to be given in the morning and evening with water.

### Musaffi Azam

Purifies the blood from all impurities and poisonous matter. Cures itch, boils, ulcers and other skin diseases. Also useful in syphilis and gonorrhoea.

*Dosage:* 5 gms. in the morning and evening with water.

## **Neem Capsules**

Neem provides an answer to many incurable diseases. One of the most powerful blood purifiers and detoxifiers in Herbal usage, Neem is often used to maintain healthy skin. Traditionally Neem has been used against heat-rash, acne, pimples, skin blemishes, boils, wounds, leprosy, skin disorders, leucoderma, stomach ulcers, chicken pox, etc. Its alterative properties help to clean, purify, and detoxify the blood, with a special effect also seen in liver conditions such as jaundice.

There is plenty of scientific backup for Neem's immune enhancement properties as a booster of the macrophage's effectiveness. Scientific studies indicate that Neem boosts the immune system by energizing lymphocytes cells to respond to infection and other challenges to the body's immunity. Lowers blood sugar levels.

*Dosage:* 1 capsule twice daily after meals with water.

## **SkinClear Capsules**

It is a herbal remedy that helps detoxify the body by removing toxins, which get accumulated in the blood as a result of everyday exposure to environmental pollution, chemical residues in food and water. SkinClear Capsule is useful in all types of skin diseases through blood purification. It improves complexion and gives a natural glow to the skin.

*Dosage:* 2 capsules twice daily.

## **SkinClear Syrup**

An effective blood purifier and an effective remedy for boils, acne, scrofula, pimples, heat rashes and itching, epistaxis, measles, burning sensation in urination, gonorrhoea, syphilis and other skin eruptions due to impure blood. Also improves the complexion and skin condition. Can also be used as a preventive against conditions arising out of change of season. With the onset of summers when incidence of Malaria is

high it can be given as a prophylactic dose.

*Dosage:* 10 ml in the morning and evening with water.

## **SkinClear-SF**

The same benefits of SkinClear Syrup in a sugar free form.

*Dosage:* 10 ml in the morning and evening with wter.

## **Sharbat Murakkab Musaffi Khoon**

Is a blood purifier. Prevents itch, boils, pimples, epistaxis and other skin eruptions due to impure blood.

*Dosage:* 50 ml. mixed with water.

## **Sharbat Unnab**

Purifies the blood and reduces its heat. Also useful in cough and other diseases of the chest.

*Dosage:* 25 to 50 ml. mixed with water.

## **Sharbat Ushba Khas**

Purifies the blood. Prevents itch, boils, pimples and other skin eruptions. Also useful in burning sensation while urinating, syphilis and gonorrhoea.

*Dosage:* 25 to 50 ml. in the morning mixed with water.

**Note:** Dehlvi Natural Honey with Rose, Itrefal Shahtara, Karela Capsules, Majun Chobchini, Majun Chobchini Banuskha Khas, Majun Musaffi Khas, Marham Kafoori, Marham Raal and Roghan Neem are also recommended in "Boils, Pimples and other Skin Eruptions".

## **Eczema**

### **EczeCream**

Helps relieve itching of irritated skin, provides soothing and moisturizing relief, and helps prevent the recurrence of extra dry skin. It also helps subside redness of the affected skin, controls the formation of blisters and the oozing fluid as well as formation of crusts and dry scaly skin.

*Usage:* Apply required quantity of ointment on the affected skin twice a day.

**Note:** Majun Musaffi Khas, Majun Ushba, SkinClear Capsules, SkinClear Syrup, SkinClear-SF, Neem Capsules and Roghan Neem are also recommended in “Eczema”.

## Psoriasis

### Psoro-Aid Ointment

Helps soothe affected skin and reduce the dryness which accompanies the build-up of skin on psoriatic plaques. Also helps reduce inflammation, remove built-up scale, reduce skin turn over, and clear affected skin of plaques.

*Usage:* Apply required quantity of ointment on the affected skin twice a day.

## Wounds

### Marham Kafoori

Effective for such wounds which cause a lot of pain and burning sensation and also cures burning welks from which yellow fluid keeps on oozing.

*Usage:* Thinly spread on a piece of cloth and apply on wounds and welks after washing them first with neem water (prepared by boiling neem leaves in water). Repeat for several days till completely cured.

### Marham Raal

It heals all types of wounds and stops pus formation.

*Usage:* Thinly spread on a piece of cloth and apply on wounds and welks after washing them first with neem water (prepared by boiling neem leaves in water). Repeat for several days till completely cured.

## Scrofula

Itrefal Shahtara, Kushta Qarnulail, Majun

Ushba, SkinClear Syrup and SkinClear-SF are recommended in “Scrofula”.

## Vitiligo

### Derma-Aid Ointment

In vitiligo, melanoblasts (pigment-forming cells) do not function properly. It exerts a purely local action with a specific effect on the arterioles of the sub-capillary plexuses in the skin, which are dilated so that the plasma is increased in this area. The skin becomes red and the melanoblasts (pigment-forming cells) are stimulated. After regular application of this ointment, the skin tends to attain its normal colour.

*Usage:* Apply required quantity of ointment on the white patches twice a day and expose to sunlight.

### Roghan Babchi

Useful in vitiligo.

*Usage:* Apply on white spots and expose to sunlight.

### Safuf Bars

Useful in vitiligo (leucoderma).

*Dosage:* Mix 5 gms. in 25 ml. hot water. In the morning sieve and give for drinking. Take the residue and grind it in Vinegar or water to make a paste and apply on the spots. To be given for at least 40 days.

**Note:** In “Vitiligo” medicines for purifying blood especially SkinClear Syrup and SkinClear-SF are recommended.

## Acne

Apple Cider Vinegar (Seb Sirka), Arabian Nuskha, Arq Chiraita, Arq Murakkab Musaffi Khoon, Arq Shahtara, Itrefal Shahtara, Majun Ushba, Neem Capsules, Sharbat Murakkab Musaffi Khoon, SkinClear Capsules, SkinClear Syrup and SkinClear-SF are recommended in “Acne”.

## Ringworms

If various parts of the body are affected then Itrefal Shahtara, Neem Capsules, Sharbat Murakkab Musaffi Khoon, SkinClear Capsules, SkinClear Syrup and SkinClear-SF are useful in "Ringworms".

## Urticaria

Jawarish Kamuni Mushil, SkinClear Capsules, SkinClear Syrup and SkinClear-SF are recommended in "Urticaria".

## Venereal Diseases

### Syphilis

#### Dehlvi's Jauhari Capsules

Recommended in all stages of syphilis and gonorrhoea. Relieves painful conditions of the disease. Also useful in rheumatism and gout due to syphilis.

*Dosage:* 1 capsule with a glass of milk.

#### Habbe Lemu

Useful in syphilis. Also useful in gout and other ailments due to syphilis.

*Dosage:* 1 pill in the morning and evening with water.

#### Jauhar Munaqqa

Recommended in all stages of syphilis and gonorrhoea. Also recommended in diseases of the joints caused due to syphilis.

*Dosage:* 30 mg. to be swallowed along with one Munaqqa (Dried Grape without seeds) with water without touching the teeth. A glass of milk is to be given afterwards.

#### Majun Musaffi Khas

Useful in venereal diseases. Also useful

in scabies, eczema, gonorrhoea and leprosy.

*Dosage:* 10 gms. in the morning with water or with 50 ml Sharbat Ushba Khas.

#### Marham Atshak

Kills the germs of syphilis and quickly heals the wounds.

*Usage:* Apply after washing the wounds with neem water or lukewarm water.

**Note:** Arq Murakkab Musaffi Khoon, Arq Rahat, Arq Shahtara, Arq Ushba, Gokhru Capsules, Itrefal Shahtara, Majun Chobchini, Majun Jograj Guggal, Majun Lana, Majun Ushba, Musaffi Azam, Neem Capsules, Roghan Sandal, Sharbat Murakkab Musaffi Khoon, SkinClear Syrup and SkinClear-SF are also recommended in "Syphilis".

### Gonorrhoea

#### Arq Rahat

Useful in acute and chronic gonorrhoea and syphilis. Stops bleeding and mucous discharges, burning sensation while urinating and frequent urination. Reduces the swelling of the male organ.

*Dosage:* 10 ml. in the morning, afternoon and evening.

#### Indmal

A well known remedy for acute and chronic gonorrhoea. Stops burning sensation while urinating and also stops bleeding and mucous discharges. Also cures spermatorrhoea caused due to gonorrhoea.

*Dosage:* 1 tablet in the morning and evening with water. In case of burning sensation while urinating, 1 tablet along with 50 ml. Sharbat Bazoori Motadil.

#### Roghan Sandal

Useful in painful urination, acute gonorrhoea and syphilis. Stops bloody and purulent discharges.

*Dosage:* 1 ml. put inside a Batasha

(Sugar Candy) or on sugar and given with a glass of milk.

**Note:** Arq Murakkab Musaffi Khoon, Dehlvi's Jauhari Capsules, Gokhru Capsules, Itrefal Shahtara, Jauhar Munaqqa, Kushta Qalai, Majun Ushba, Musaffi Azam, Neem Capsules, Safuf Indri Jullab, Sharbat Murakkab Musaffi Khoon, SkinClear Syrup and SkinClear-SF are also recommended in "Gonorrhoea".

## Diseases of the Hair

### Falling of Hair

#### Him-Tulsi Oil

Strengthens the hair roots and prevents falling of hair. Increases their growth, keeps your hair dark, silky and vibrant. Removes dandruff and gives a cool feeling. Also useful in headaches.

*Usage:* Use like any hair oil.

#### Roghhan Amla Khas

Strengthens the hair roots and prevents falling of hair. Increases growth.

*Usage:* Use like any hair oil.

#### Roghhan Chameli

Strengthens the hair roots and prevents falling of hair and keeps it silky and vibrant.

*Usage:* Use like any hair oil.

#### Treat Black Hair Soap

The black lather keeps your hair dark, long, silky and vibrant. Strengthens the hair roots, prevents dandruff, falling of hair and premature graying.

*Usage:* Wet hair thoroughly, rub Treat Black Hair Soap gently on hair for a few minutes. Allow its rich lather to penetrate down to the hair roots and then rinse with

lukewarm water. Repeat the above procedure. Regular use of Treat Black Hair Soap is recommended for at least thrice a week. For best results apply Treat Herbal Hair Oil after a bath or washing. Do not use very hot water to wash hair.

#### Treat Hair Care Capsules

It is a balanced formula of 15 powerful hair and brain tonic medicinal herbs, which helps in the growth of hair and keeps them natural black. Protecting the hair from all diseases, it makes them bright, long and thick.

*Usage:* 1 capsule once or twice a day.

#### Treat Herbal Hair Oil

It is a useful tonic for the hair. Contains 19 time-tested herbs and is free from any essence, perfume, colour and chemicals. Stops falling hair, prevents premature graying and dandruff. It is an excellent food for your hair. It is manufactured from expensive herbs that our famous for keeping the hair dark, long, silky and vibrant since time immemorial.

*Usage:* Rub Treat Herbal Hair Oil at night or after a bath. For best results wash your hair with Treat Black Hair Soap. Do not use any normal harsh soap or shampoo. Do not mix any other oil in Treat Herbal Hair Oil. If Treat Herbal Hair Oil is to be applied after a bath, the hair should be dried well with a towel.

#### Treat Herbal Shampoo

It is a compound of eight medicinal herbs. It helps in the growth of hair and keeps them natural black. Protecting the hair from all diseases, it makes them bright, long, thick, silky soft and lustrous. It also checks hair fall and removes dandruff. It is an indigenous formula. It is quite safe for the hair. It can be used by every age group and in every season. Its constant use adds grace and glow to the hair.

*Usage:* Apply 3-5 ml of wet hair and massage gently for 1 minute, rinse with water. Repeat if necessary.

## Treat Powder

A herbal hair mix. Made entirely from natural ingredients, it strengthens the hair roots, prevents premature graying and dandruff and keeps the hair long, dark and vibrant.

*Usage:* Soak 50 gms. in water for 15 minutes. Apply on hair and wash after 15 minutes with water.

**Note:** Dehlvi Roghan Zarareeh and Roghan Baiza Murgh is also useful in "Falling of Hair".

## Premature Graying of Hair

Amla Capsules, Dehlvi Galenus Pills, Dehlvi's Roghan Zarareeh, Dehlvi's Ustkhuddus Capsules, Itrefal Ustkhuddus, Jawarish Jalinus, Jawarish Zaruni Ambari Banuskha Kalan, Roghan Amla Khas, Roghan Baiza Murgh, Treat Black Hair Soap, Treat Hair Care Capsules, Treat Herbal Shampoo, Treat Herbal Hair Oil and Treat Powder are recommended in "Premature Graying of Hair".

## Alopecia Areata

### Dawai Balkhora

Prolonged use is helpful in alopecia areata where hair falls in patches or where hair does not grow.

*Usage:* Wash the patch with carbolic soap or Neem water. Then apply and massage the area with the medicine.

### Dehlvi's Roghan Zarareeh

Strengthens the hair and keeps it free from all diseases and disorders of the scalp. Useful in alopecia areata.

*Usage:* Apply the oil daily on the patches.

### Roghan Baiza Murgh

Prolonged use is helpful in alopecia areata where hair falls in patches or where hair does not grow. It also

lengthens the hair and prevents premature graying of hair.

*Usage:* Apply the oil daily on the patches.

**Note:** Apple Cider Vinegar (Seb Sirka) is also recommended in "Alopecia Areata".

## Lice

Apple Cider Vinegar (Seb Sirka) and Roghan Neem are recommended in "Lice".

## Miscellaneous Diseases

### Fever

#### Arq Nilofar

Reduces excess bile production. Also reduces heat and thirst.

*Dosage:* 125 ml. along with 25 ml. Sharbat Nilofar.

#### Dafae Bukhar

Useful in all types of fevers.

*Dosage:* 1 tablet in the morning and evening with water.

#### Gilo Capsules

It is used in fever, dyspepsia, general debility and urinary disorders. Possess immunomodulatory activities in immunosuppression of obstructive jaundice, hepatic fibrosis, peritonitis and sepsis. Also used to improve the immune system and the body resistance against infections.

*Dosage:* 1 capsule twice daily before meals with water.

**Note:** Arq Ajwain, Habbe Shifa, Gaozaban Capsules, Giloy Amla Ras, Kushta Gaudanti, Qurs Musakkin, Sehat Bakhsh, Sharbat Banafsha and Sharbat

Nilofar are also recommended in “Fever”.

## Malarial Fever

Arq Brinjasif, Arq Gaozaban, Arq Nilofar, Dafaee Bukhar, Habbe Shifa, Kushta Gaudanti, Sharbat Banafsha, Sharbat Bazoori Motadil, Sharbat Nilofar, Sehat Bakhsh and Triphala Capsules are recommended in “Malarial Fever”.

## Typhoid

Khamira Marwareed, Khamira Marwareed Banuskha Kalan, Kushta Gaudanti, Kushta Marjan, Kushta Marwareed and Sehat Bakhsh are recommended in “Typhoid”.

## Measles

Jawahar Mohra, Khamira Marwareed, SkinClear Syrup and SkinClear-SF are recommended in “Measles”.

## Diseases of Children

### Indigestion/Constipation

#### Dehvi Natural Baby Tonic

A Baby Tonic that is specially formulated for infants to promote development and growth. It prevents and controls common neonatal complaints such as flatulence, colic pain, griping and dyspepsia. It increases appetite, aids digestion and assimilation and tones up metabolism. It also assures significant and consistent weight gain and strengthens the bones by making up for the unusual loss of calcium from the body.

*Dosage:* 1/4 to 2 teaspoons daily in the morning and evening.

### Dehvi Natural Ghutti

It is an effective preparation for common ailments of the new born and children. It is useful in flatulence, indigestion, incontinence, atonic stomach, vomiting of clotted milk, gastric disorders during teething and griping. It is also indicated in common cold, cough and constipation. Its regular use corrects appetite and keeps the bowels open.

*Dosage:* 10 drops to 1 teaspoon depending on age daily in the morning and evening.

**Note:** Arabian Nuskha, Dehvi Natural Health Tonic, Energine and Pudinol are also recommended in “Indigestion/Constipation”.

## Infantile Epilepsy

### Habbe Jund

Very useful in infantile epilepsy.

*Dosage:* 1 pill to be dissolved in mother’s milk and given every 3-4 hours.

### Khamira Marwareed

Relieves palpitation and anxiety states. Strengthens the heart and is very useful in infantile epilepsy and general debility. In chicken pox and measles it protects the heart and other chief organs of the body and is very useful during convalescence after such diseases.

*Dosage:* 1 to 5 gms. in the morning on an empty stomach and evening or as and when required with Arq Gaozaban or water. Rich, spicy and flatulent producing food should be avoided in the diet.

**Note:** Dehvi Natural Baby Tonic, EpiCap, Habbe Sara and Khamira Gaozaban Ambari Jadwar Ud Saleebwala are also recommended in “Infantile Epilepsy”.

## General Weakness

Amleena, Braini, Braini Mix, Dehvi Natural Baby Tonic, Dehvi Natural

Ghutti, Dehlvi Natural Health Tonic, Energine, Khamira Marwareed, Musli Kesar Capsules and Musli Kesar Prash are recommended in "General Weakness".

## Diarrhoea

Dehlvi Natural Baby Tonic, Dehlvi Natural Ghutti and Pudinol are recommended for "Diarrhoea" in children.

## Infantile Pneumonia

Kushta Qarnulail and Qairrooti Arde Krishna are recommended in "Infantile Pneumonia".

## Whooping Cough

Kufno Syrup, Kufno-SF, Lauq Badam, Lauq Sapistan, Lauq Sapistan Khayarshambari, Sharbat Ejaz and Vasaka Capsules are recommended in "Whooping Cough".

## General Debility

### Dehlvi Amleena

Contains natural vitamins and is specially rich in Vitamin 'C'. Also contains carbohydrates, proteins and minerals which provide energy and supplement Protein Energy Malnutrition (PEM). The special herbal formula provides required sedative elements that relax strained muscles and soothe whole body. Ideal for people involved in academic activities such as students, scientists, advocates, accountants and engineers. The prolonged mental exercise leaves sort of vacant mindedness and induces heaviness, sure signs of mental fatigue. It is beneficial for sportsmen, labourers, housewives, etc., who need lots of

muscular energy. Also recommended in loss of memory, stress, strain and fatigue, lassitude, loss of vigour, inertness and apathy, insomnia, anorexia, weakness of eyesight, bronchitis and diarrhoea. On the whole, AMLEENA is a 'total body nourisher from head to toe'.

*Dosage:* 20 gms to be given in the morning with breakfast. Tastes good if spread on bread-slices.

### Arq Maullaham Do Atisha

It is a well known tonic for the heart, brain and nerves. It is specially formulated for replenishing the lost vital forces and energy to meet the natural urges of both the male and female. It soothes shattered nerves, improves digestion and increases formation of pure and healthy blood. It also improves assimilation of waste, restores health, builds a strong body, maximises dietary nutrition, raises body resistance and hastens convalescence. It is a general tonic for all chronically wasting diseases, anaemia, general debility and exhaustion with lack of vitality. It also activates the endocrine system stimulating the functions of the pituitary, thyroid glands and testes thereby increasing their specific secretion. It is also a protein rich diet supplement and improves the liver and stomach functions. Gives vitality in old age. Recommended in winters for both males and females of any age.

*Dosage:* A daily dose of 50 ml. in the morning or 25 ml. twice a day in the morning and evening with fresh juice or water.

### Arq Maullaham Khas

It is a well known tonic for the heart, brain and nerves. It is specially formulated for replenishing the lost vital forces and energy to meet the natural urges of both the male and female. It soothes shattered nerves, improves digestion and increases formation of pure and healthy blood. It also improves assimilation of waste, restores health, builds a strong body,



maximises dietary nutrition, raises body resistance and hastens convalescence. It is a general tonic for all chronically wasting diseases, anaemia, general debility and exhaustion with lack of vitality. It is also a protein rich diet supplement and improves the liver and stomach functions. Gives vitality in old age. Recommended in winters for both males and females of any age.

*Dosage:* A daily dose of 50 ml. in the morning or 25 ml. twice a day in the morning and evening with fresh juice or water.

### **Ashwagandha Capsules**

Highly esteemed as an adaptogen and a rejuvenating herb, which is capable of imparting long life, youthful vigour and good intellectual powers. Used by both men and women, it acts to calm the mind and promote sound, restful sleep. As an adaptogen it promotes the body's ability to maintain homeostasis and resist stress. It prevents or minimizes imbalance that may lead to disease, whether from poor diet, lack of sleep, mental or physical strain, or chemical toxins in the environment. It is especially beneficial in stress related disorders such as hypertension, diabetes, general debility, etc. As a rejuvenative it helps maintain proper nourishment of the tissues, particularly muscle and bone, while supporting the proper function of the adrenals and reproductive system. Also useful in rheumatoid arthritis and helps recovery from chronic illness. Ashwagandha enjoys the reputation in the West as an aphrodisiac. It is therefore an excellent remedy for infertility and helps in increasing the sense of well-being and improves sexual performance and is also useful in spermatorrhoea. It is recommended for erectile dysfunction and seminal debility.

*Dosage:* 1 capsule twice daily before meals with water.

### **Ashwagandha Ras (with Orange Juice)**

Adaptogen and rejuvenating, increases

life and youthful vigour, calms mind, promotes sound and restful sleep, helps in stress disorders, hypertension, general debility, etc., increases libido and sexual performance, recommended in erectile dysfunction, reduces depression and anxiety, restores normal vitality after long illness and stress, provides vitamin C, strengthens immune system.

*Dosage:* 20-30 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

### **Braini Mix**

A natural delicious nourishing mix for all seasons. Contains Thiamin (Vit B1), Riboflavin (Vit B2), Vitamin E, Calcium, Iron and Proteins. It has powerful antioxidant properties; that is, Dehlvi Braini Mix helps to protect living tissues from free radicals and other harmful effects of oxidation. Increases energy level, alleviates mood, improves memory, soothes digestion and stimulates appetite. Gives relief to heat and quenches thirst. Available in different flavours.

*Dosage:* Add 1 tablespoon (10 g approx) of Dehlvi Braini Mix to a glass of cold or hot milk.

### **Dehlvi Natural Health Tonic**

It is a comprehensive tonic for men, women and children. It improves appetite, digestion and assimilation, restores health, builds a strong body, provides energy, removes physical & mental exhaustion due to overwork, soothes shattered nerves, accelerates circulation of blood and provides extra energy and vitality. It also provides a protein rich diet supplement and improves the liver and intestinal functions. It raises body resistance and promotes rapid recovery after illness. It is also recommended for women who have been weakened by frequent child bearing. As **Dehlvi Natural Health Tonic** is non-hormonal, it is completely safe for daily use.

*Dosage:* 20 ml. before breakfast and

evening meal. Children should be given between 5 ml. and 10 ml.

### **Dehlvi's Kalonji Oil**

Useful in general lethargy. Increases formation of pure and healthy blood. Useful during pregnancy and lactation. Increases appetite, improves digestion, hastens convalescence and is also useful in general debility. It is useful for every member of the family for daily consumption.

*Dosage:* With the pack.

### **Dehlvi's Majun Kalonji**

Useful in general lethargy. Increases formation of pure and healthy blood. Useful during pregnancy and lactation. Increases appetite, improves digestion, hastens convalescence and is also useful in general debility. It is useful for every member of the family for daily consumption.

*Dosage:* With the pack.

### **Dehlvi Shahi Tone**

A good cardiac tonic. Strengthens the heart and other vital organs of the body and normalises blood pressure. Increases circulation and formation of pure and healthy blood. Also useful in general debility, palpitation, anxiety, depression, angina pectoris, convalescence and improves digestive functions.

*Dosage:* 5 gms. in the morning or as and when required.

### **Energy-Aid**

A herbal nutritional support for the nervous system. Helps maintain energy in day-to-day life. Can be used by both men and women in stress related disorders such as hypertension, diabetes, general debility, etc. As a rejuvenative it helps maintain proper nourishment of the tissues, particularly muscle and bone, while supporting the proper function of the adrenals and reproductive system.

*Dosage:* 2 tablets twice daily with water.

### **Energine**

Combines some of the most widely used adaptogenic and restorative herbs to support the body's natural defenses and boost stamina. Used as a daily tonic for all members of the family, the formula can help protect your body from the harmful effects of stress, increase energy levels, enhance athletic performance and endurance, improve mental concentration and cognitive function, shortens recovery time after illness and enhance your experience of general health and well-being. Improves your appetite and digestion, and is useful in anaemia and exhaustion with lack of vitality. Also tones the heart and accelerated circulation of blood.

*Dosage:* 20 ml. before breakfast and evening meal. Children should be given half the dose.

### **Habbe Khas**

Strengthens the heart, brain and nerves. Stimulates liver functions. Extremely beneficial for persons suffering from digestive functions. Increases formation of pure and healthy blood and removes general debility and increases vigour and vitality. Also useful in low blood pressure.

*Dosage:* 1 pill with milk or water in the morning and evening or as and when required.

### **Habbe Salajit**

"There is hardly any curable disease which cannot be controlled or cured with the aid of Salajit". - Vaid Charak. It is specially employed as a general tonic in genitourinary diseases, diabetes, gall stones, jaundice, painful and bleeding piles, enlarged liver and spleen, fermentative dyspepsia, digestive disorders, worms, renal stone, renal and bladder calculi, nervous debility, neurasthenia, hysteria, anaemia, obesity and in bone fracture. Effective in biliary congestion, chronic bronchitis, bronchiectasis and asthma. It is valuable in cases of diabetic albuminuria,

excessive thirst, polyuria, burning sensation and exhaustion. It is also cholagogue and laxative and a blood purifier. Give strength and vitality in old age.

*Dosage:* 1 pill in the morning and evening with milk.

### **Jiwan Rakshak**

In today's age everybody is concerned about his health. Teenagers are into bodybuilding and they want to increase their muscle mass. Jiwan-Rakshak Capsules shows promise in enhancing lean body mass.

*Dosage:* 3 capsules twice daily with water.

### **Kalonji Capsules**

Used in diseases of the upper respiratory system, allergies, coughs, colds, bronchitis, fevers, flu and asthma. It is also useful in a wide variety of other diseases and conditions including bilious ailments, cancer, colic, corns, eruptions, headaches, jaundice, myrmecia, orchitis, puerperal fever, sclerosis, stomachache, swellings, tumors of the abdomen and eyes, and warts.

For upper respiratory conditions, at least a few of its constituents have shown an antihistamine-like action, which explains its positive effects for upper respiratory diseases including asthma, bronchitis, and cough. The seeds promote menstrual periods.

It also has a positive effect on liver diseases. One of its most obvious uses is for diarrhoea and dysentery, combined with astringents. The seeds also are a rich source of sterols, especially beta-sitosterol, which is known to have anticarcinogenic activity.

*Dosage:* 2 capsules twice daily with meals.

### **Kushta Tila**

Made from 100% pure gold, it strengthens the chief organs of the body.

Useful in general debility, anorexia and increases the formation of pure and healthy blood. Increases the rigidity of the male sex organ and removes sexual debility. Strengthens the nerves.

*Dosage:* 30 mg. or 1 tablet with 5 gms. Dawaul Misk Motadil Jawaharwali or Labub Kabir along with a glass of milk.

### **Moringa Capsules**

Moringa is nature's most nutritious, antioxidant rich superfood. It is packed with vitamins and minerals, 47 active antioxidants, anti-inflammatories, vegetable protein and all amino acids. In addition, when compared, it contains 7x the Vitamin C found in oranges, 4x the Vitamin A of carrots, 4x the calcium of milk, 3x the potassium of bananas, and essential minerals such as zinc and iron. Boosts energy levels and increases vitality, focus, clarity, and stamina. It boosts the immune system and helps to maintain healthier blood sugar and blood pressure levels within a normal range.

*Dosage:* 1 capsule twice daily, morning and evening, with water.

### **Musli Kesar Capsules**

It is a premium compound formulation, composed of 23 rejuvenating herbs. MUSLI KESAR is not a drug, but a health supplement, keeping the body fit all day long. From head to toe, MUSLI KESAR empowers all the organs of the human body. Each ingredient of MUSLI KESAR activates, or in other words, charges each and every tissue of the human body. MUSLI KESAR can be consumed by all age groups in all seasons, without experiencing any side-effects.

*Dosage:* 15 years and above: One capsule once or twice a day with milk or water.

7 – 14 years: One capsule once a day, with milk or water.

*Note:* MUSLI KESAR can also be consumed on empty stomach.

## Musli Kesar Prash

Musli Kesar Prash is a premium compound formulation, composed of 23 rejuvenating herbs. Musli Kesar Prash is not a drug, but a health supplement, keeping the body fit all day long. From head to toe, Musli Kesar Prash empowers all the organs of human body. Each ingredient of Musli Kesar Prash activates, or in other words, charges each and every tissue of human body.

*Dosage:* 3-7 years: ½ teaspoon once a day with milk or water.

8-14 years: 1 teaspoon once or twice a day with milk or water.

Above 15 years: 2 teaspoon once or twice a day with milk or water.

## Shilajit Capsules

“There is hardly any curable disease which cannot be controlled or cured with the aid of Shilajit.” - Famous Indian Vaid Charak (1st Century AD.). It is used by Hakims and Vaid in a great variety of diseases. It is specially employed as a general tonic in genitourinary diseases, diabetes, gall stones, jaundice, painful and bleeding piles, enlarged liver and spleen, fermentative dyspepsia, digestive disorders, menstrual problems, worms, renal and bladder calculi, nervousness, sexual neurasthenia, hysteria, anaemia and in bone fracture. Effective in biliary congestion, phthisis, acute and chronic bronchitis, bronchiectasis and asthma. It is also valuable in cases of diabetic albuminuria, excessive thirst, polyuria, burning sensation and exhaustion. It also stimulates the immune system and protects the heart, brain and other vital organs of the body. Gives strength and vitality in old age. Excellent for cholesterol reduction and obesity.

*Dosage:* 1 or 2 capsules twice daily after meals with water.

## Sharbat Faulad

Stimulates the stomach and intestines, improves the action of the liver and increases the red blood corpuscles. It is

indicated in anaemia during pregnancy, iron-deficiency anaemia, hemorrhagic anaemia, hemolytic anaemia, nutritional anaemia, loss of appetite and rundown condition and checks diseases caused by it. Also useful in general debility.

*Dosage:* 5 to 10 ml. daily after meals with fresh juice.

## Spirulina Capsules

It is used as a human dietary supplement, as well as a whole food. It promotes health in many ways. It powerfully protects from oxidant stress and strongly supports the immune system and a healthy inflammatory response. It is especially good for the brain, heart, immune system and more. Spirulina is being developed as the ‘food of the future’. It contains 65-71% proteins and many other nutrients. It is an outstanding dietary aid to prevent (or reverse) anaemia. Preliminary evidence suggests that it may help protect against liver damage and cirrhosis in those with chronic hepatitis.

*Dosage:* 2 capsules twice a day before meals with water.

**Note:** Arq Amber, Asabi Plus, Braini, Dawaul Misk Motadil Jawaharwali, Dehlvi Ambar Shilajit Capsules, Dehlvi Arshad Gold Pills, Dehlvi’s D.M. Motadil Jawaharwali Capsules, Dehlvi Natural Honey with Kalonji Oil, Dehlvi Natural Honey with Orange, Habbe Amber Momyai, Habbe Jawahar, Jawahar Mohra, Khamira Abresham Hakim Arshadwala, Khamira Gaozaban Ambari Jawaharwala, Khamira Marwareed, Musli Safed Capsules and Power-Gen Capsules are also recommended in “General Debility.”

# Household Products

## Apple Cider Vinegar (Seb Sirka)

Apple Cider Vinegar helps the stomach in digestion by breaking down the coarse fibres in meat and vegetables. It is also given as an antidote to alkaline poisoning, and is applied externally to treat acne, ringworms, lice and alopecia (baldness). Apple cider vinegar increases HDL (good cholesterol) and reduces levels of triglycerides. It also contains magnesium, a mineral that works to relax blood vessel walls and thus lower high blood pressure. Also useful in obesity. Dehlvi's raw, unfiltered and unpasteurized Apple Cider Vinegar contains the intact enzymes formed through the fermentation process. It does not undergo the extreme heating process of pasteurisation, which kills the good bacteria. These living enzymes are largely responsible for the healing, restorative properties of vinegar. When ingested, it treats acne, acid reflux, cholesterol, constipation and high blood pressure.

*Dosage:* With the pack.

## Dehlvi Blue Balm

Useful in headaches, cold and catarrh, chest congestion, sore throat and neuralgia.

*Usage:* Apply on the affected part.

## Dehlvi Natural Honey

The benefits of honey go beyond its great taste. A great natural source of carbohydrates which provide strength and energy to our bodies, honey is known for its effectiveness in instantly boosting the performance, endurance and reduce muscle fatigue of athletes. A spoon of honey should be taken before going to school or for a workout. All Natural, No sugars added in the honey.

*Dosage:* 10 ml daily.

## Dehlvi Natural Honey with Cinnamon

The combination of Pure Honey and Cinnamon has been used for centuries in Traditional System founded 5000 years ago in India. The two ingredients with unique healing abilities have a long history as a home remedy. Cinnamon is one of the oldest spices known to mankind and honey's popularity has continued throughout history. Cinnamon's essential oils and honey's enzyme that produces hydrogen peroxide qualify the two "anti-microbial" foods with the ability to help stop the growth of bacteria as well as fungi. All Natural, No sugars added in the honey.

*Dosage:* 2 teaspoons daily.

## Dehlvi Natural Honey with Ginger

Honey with Ginger is an ancient Asian culinary tradition. Both honey and ginger have their own individual health benefits, and the combination of the two provides more additional bonuses. All Natural, No sugars added in the honey.

*Dosage:* 2 teaspoons daily.

## Dehlvi Natural Honey with Kalonji Oil

This is a unique and delicious combination formulated for maximum health benefits. This synergy of Natural Honey with Kalonji Oil prescribed for optimal health makes it a powerful immune support tonic. Both honey and kalonji have antibacterial, anti-inflammatory and anti-cancer properties. This reduces the negative physical impact of stress. Honey also acts as a carrier to help move the Kalonji Oil into the cells where it can release its medicinal properties. All Natural, No sugars added in the honey.

*Dosage:* 2 teaspoons daily.

## Dehlvi Natural Honey with Orange

Honey with Orange has medicinal properties that support human health and well-being. Apart from the mild sweet taste of this citrus honey, it has medicinal value that makes it a preferred variety. All

Natural, No sugars added in the honey.

*Dosage:* 2 teaspoons daily.

### **Dehvi Natural Honey with Rose**

You would love this pure honey along with fresh rose petals. Honey with Rose exerts a positive effect on your body, mind and skin and has been used since ancient times. Apart from being a well-known beauty ingredient, you can use rose petals to spice up your sexual life, combat stress and lose weight naturally. Yes, it's true, here's how you can reap its wonderful health and beauty benefits. All Natural, No sugars added in the honey.

*Dosage:* 2 teaspoons daily.

### **Dehvi Natural Honey with Saffron**

High quality Honey blended with premium quality of Kashmiri Saffron creates amazingly flavourful and healthy "Honey with Saffron", which guarantees an extraordinary taste experience and a number of health benefits. All Natural, No sugar added in the honey.

*Dosage:* 2 teaspoons daily.

### **Nauras**

Combination of 9 highly potent herbs, natural detoxifier, strengthens immune system, helps maintain a healthy heart, reduces the effects of stress and nervousness, promotes cardiac functioning, regulates blood pressure, adaptogen and rejuvenating, increases longevity and youthful vigour, beneficial in hypertension, general debility, etc., increases libido and sexual performance, reduces depression and anxiety, protects liver, cleanses urinary tract, relieves indigestion, bloating, heartburn, constipation, acidity and improves mental concentration and alertness, adds shine to skin and hair.

*Dosage:* 20-30 ml twice daily. 20-30 ml of water can be added according to taste. Honey may also be added.

### **Pudinol**

It is an effective first aid in all kinds of

pains, wounds, sores and swelling. Given internally, it gives immediate relief in diarrhoea, indigestion, dysentery and stomach upsets. It is a soothing application in insect bites, burns, scalds and headaches. Useful in early stages of cholera to check vomiting and purging and to stimulate the digestive system. When Cholera epidemic is widespread it can be given as a prophylactic dose.

*Dosage:* In the pack.

### **Saffron**

Saffron is used as a nervine sedative and in fevers, melancholia and enlargement of the liver. It is also used in spasmodic cough and asthma and in catarrhal affections of children. It is also given in anaemia, chlorosis and seminal debility. It also improves circulation and strengthens the heart, brain and liver. Saffron induces menstruation, treats period pain and chronic uterine bleeding. Saffron contains a chemical called "crocetin", which has been determined to increase the oxygen content of the blood, which may in turn reduce plaque build up in arteries. Additional human studies have indicated that saffron has powerful antioxidant properties; that is, it helps to protect living tissues from free radicals and other harmful effects of oxidation.

*Dosage:* 250 mg to 500 mg.

### **Triphala Capsules**

Indicated in malarial fever, blood impurities, flatulence, dyspepsia, colic pain, spermatorrhoea and dropsy. It also improves appetite and removes constipation. Improves eyesight.

*Dosage:* 2 capsules twice a day after meals.

### **Tulsi Capsules**

It is useful in various types of coughs, cold, bronchitis, asthma, sinusitis, dysentery, diarrhoea, headaches, earaches, nasal catarrh and croup. It lowers blood sugar levels and also helps lower blood pressure and cholesterol

levels. It has a reputation for reducing stress and is regarded as adaptogenic - helping the body to adapt to new demands and stresses. It also stimulates the immune system by increasing the production of antibodies. It has always been considered to be a tonic and an invigorating herb, useful for improving vitality. It also appears to inhibit sperm production. It can be tried in conditions like Alzheimer's, alcohol brain syndrome which are modern diseases and until now there are no perfect remedies for these disorders. It can be used to encourage the expulsion of the placenta after delivery.

*Dosage:* 1 capsule twice daily before meals with water.

## Ayurvedic Medicines

### Arogyavardhini Pills

Useful in skin diseases and blood disorders like jaundice, anaemia and is also useful in poor appetite.

*Dosage:* 1 to 3 pills in the morning and evening or as directed by the physician.

### Basant Kusumakar Ras (Gold)

Useful in diabetes, weakness of the kidney, nervous debility, asthma, cough, jaundice, hyperacidity and sexual debility. Increases density of sperm and sperm count. Strengthens the brain and heart and checks bleeding from any part of the body.

*Dosage:* 1 to 2 tablets in the morning and evening or as directed by the physician.

### Basant Malti Ras (Gold)

It is useful in malaria, weakness, asthma, cough, pneumonia and emaciation. It improves the appetite, removes

weakness after disease and develops the body.

*Dosage:* 1 tablet in the morning and evening or as directed by the physician.

### Chintamani Ras (Gold)

Useful in renal disorders, heart diseases, diseases of the lungs, asthma, cough and bronchitis.

*Dosage:* 1 tablet in the morning and evening or as directed by the physician.

### Dehlvi's Chyawanprash Special

Useful in cold, catarrh, asthma, tuberculosis, laryngitis and pharyngitis. In children, it is indicated for loss of weight and sickness. For adults it acts as a general tonic for increasing vitality. It also checks wasting diseases and builds the body as it contains large quantity of natural Vitamins.

*Dosage:* 1 to 2 tablespoonful (10 to 20 gms.) according to age daily with milk or water.

### Hingwashtak Churan

Useful in abdominal diseases like indigestion, colic, sprue, weak stomach, cholera, diarrhoea and stomachache due to flatulence. Increases appetite.

*Dosage:* 1 to 3 gms. twice daily after both meals with water.

### Lavan Bhaskar Churan

Its regular use controls malfunctioning of spleen and liver. Useful in dyspepsia, flatulence, nausea, constipation, abdominal colic, piles, indigestion, lack of appetite, acidity, rheumatism, sprue, dropsy and stomachache.

*Dosage:* 1 to 3 gms. in the morning and evening with buttermilk (Chhach) or water.

### Laxmivilas Ras (Gold)

It is indicated in common cold, influenza, pneumonia etc. It is also useful in asthma, cough, elephantiasis and general pain in the body.

*Dosage:* 1 tablet after every 4 hours 3-4 times a day or as directed by the physician.

### **Maha Laxmivilas Ras (Gold)**

It is useful in sexual and general debility, common cold, anemia, phthisis and cough. It is recommended in symptoms of old age like greying of hairs, wrinkling of skin of the body.

*Dosage:* 1 tablet in the morning and evening or as directed by the physician.

### **Maha Yograj Guggul**

It is useful in the treatment of rheumatic pains, piles, fistula sprue tumour, paraplegia, indigestion, asthma, cough, anorexia, jaundice, dropsy, colic, eye diseases, urinary calculi and abscess. It is beneficial for pains in any part of the body.

*Dosage:* 1 to 2 pills in the morning and evening or as directed by the physician.

### **Siddh Makardhwaj**

Provides strength and energy to the body and is indicated in typhoid, cough, asthma, loss of appetite, weakness of pulse and weakness after serious diseases.

*Dosage:* 1/8th to 1 tablet in the morning and evening or as directed by the physician.

### **Sitopaladi Churan**

Useful in protracted fever and persistent cough, cold, catarrh, whey breathing, bronchitis, pulmonary tuberculosis and asthma. Also useful in haemoptysis, rhinitis, pyrexia and symptoms caused by bilious disorders.

*Dosage:* 1 to 3 gms. to be taken with 10 gms. honey in the morning and evening.

### **Sutshekhar Ras Vrihat (Gold)**

It is useful in hyperacidity with symptoms like acid eructation, vomiting, burning sensation in the throat and chest and all over the body, restlessness caused by excessive bile, colic pain caused by bile

and acidity, cough, asthma, sprue, diarrhoea and dyspepsia.

*Dosage:* 1 tablet in the morning and evening or as directed by the physician.

### **Triphala Churan**

Indicated in malarial fever, blood impurities, leprosy, flatulence, dyspepsia, colic pain, spermatorrhoea and dropsy. It also improves appetite and removes constipation. Improves eyesight.

*Dosage:* 2 to 3 gms. to be taken in the morning or/and evening.

### **Vrihat Vatchintamani Ras (Gold)**

Useful in nervous system disorders, insomnia, delirium, etc.

*Dosage:* 1 tablet in the morning and evening with honey or as directed by the physician.