

INTERNATIONAL JOURNAL OF UNANI AND INTEGRATIVE MEDICINE



E-ISSN: 2616-4558
P-ISSN: 2616-454X
www.unanijournal.com
IJUIM 2024; 8(2): 24-26
Impact Factor (RJIF): 6.3
Peer Reviewed Journal
Received: 18-03-2024
Accepted: 22-04-2024

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Banadiqul Buzoor: A potent Unani compound formulation for renal diseases: A classical review

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DOI: <https://doi.org/10.33545/2616454X.2024.v8.i2a.277>

Abstract

Classical literature is amalgam of such well known single and compound formulations which have been used based on age-long experience of traditional healers of Unani System of Medicine. Among various effective dosage forms in formulations, solids dosage form is most likable type. And in which pills or tablets are reported to be most commonly prepared, used in pharmaceuticals and health care services. In USM it was used in various diseases with the modification as per need. *Banadiqul Buzoor* (BB) is one of the oldest and specific type of pill used as an effective Unani Pharmacopeial Compound Formulation (UPCF) for renal ailments since ages. It is first reported to be prepared by an Egyptian physician Asclepius around 4th century B.C.

Keywords: *Banadiqul Buzoor*, unani system of medicine, renal diseases.

Introduction

Nature has been very kind to the human being, as long as nature create presumptions to the diseases. It simultaneously creates the treatment to the diseases through nature only. Unani System of Medicine is one of the classical traditional well evidenced system of medicine which encompasses all the ways to treat different ailments through *Mawalid e salasa* (Animal, Mineral and plant origin drug) in different dosage forms. Initially the herbs were used as it is, but as per need, man evolves the different dosage forms like solids, liquids, semi solids, gases and their modifications as well. Among the solid dosage form, *Sufoof* (powder), *Qurs* (Tablets), *Habb* (Pills) are the oldest one. And *Banadiqul Buzoor* is one of the primitive solid dosage form used in Unani System of Medicine.

Etymology: “Banadiq” is an Arabic word derived from “*bundaqa*” which means the projectiles used in catapult (*gulla*) which weighs around 4 gm and ‘buzoor’ is the plural of Persian word ‘*bazar*’ means seeds^[1, 2]. While other Unani scholars refer its name, to the synonym of *Sapindus mukorossi* (Reetha), which is also known as *Banadiq* in Arabic and Persian language, and among fourteen ingredients nine are seeds of different medicinal plants (Seed known as *bazar* in Persian). So, they call it as *Banadiqul buzoor*.

Historical Perspective: *Banadiqul buzoor* is an Unani Pharmacopeial Compound Formulation (UPCF), first introduced by Asclepius (Asqaliboos Ilahi), an Egyptian physician in 4th century B.C. The use of pills date back to around 1500 BC, as evidenced in the Papyrus of ancient Egypt. Since that time pills are made by mixing plant powders, spices and rolling them together to a specific size. Roman scholar, Pliny the Elder is the one who first gave the name ‘*pilula*’, later it was termed as pills. In Urdu it is called as *Habb*^[3-5].

Ingredients: BB is reported to have fourteen ingredients as listed in table. But some scholars have reported variation in the quantity of ingredients Table.

Some Unani physicians also reported to found different results when they changed a small weight of a specific ingredient as, they found it more effective when he increased (*Physalis alkenekenji*) Kaknaj to (5 dirham), *Bambusa arundinaceae* (Tabasheer) to (3 dirham). Thus, in a thorough review, it was found that six different dosage forms with different drugs have been mentioned in this qarabadeen^[6].

Table 1: *Banadiqul buzoor* ingredients as per Bayaz e Kabir

S.no.	Name of Ingredients	Botanical Name	Part Used	Quantity
1	Maghz e tukhme kharpaza	<i>Cucumis melo</i>	Pulp	50gm
2	Maghz e tukhme khiyar	<i>Cucumis sativa</i>	Pulp	25 gm
3	Maghz e tukhme kaddu	<i>Cucurbita maxima</i>	Pulp	10 gm
4	Tukhme khurfa	<i>Portulaca oleracea</i>	Seed	10 gm
5	Tukhme karafs	<i>Apium graveolans</i>	Seed	10 gm
6	Tukhme khatmi	<i>Althea officinalis</i>	Seed	10 gm
7	Maghz e badaam	<i>Prunus amygdalus</i>	Pulp	10 gm
8	Khashkhash safeid	<i>Papaver somniferum</i>	Seed	10 gm
9	Ajwain khurasani	<i>Hyocyamus niger</i>	Seed	10 gm
10	Kateera	<i>Astragalus strobilis</i>	Gum	10 gm
11	Nashasta e gandum	<i>Triticum aestivum</i>	Husk	10 gm
12	Rubb us soos	<i>Glycrrhiza glabra</i>	Jelly	10 gm
13	Gil e armani	<i>Armenian bol</i>	Soil	10 gm
14	Luaab e isphagol	<i>Plantago ovata</i>	Gum	Q.S

Banadiqul buzoor has been reported in different qarabadeen: NFUM^[7], Bayaz e Khas^[8], Murakkabat e Advia^[2], Kitab al murakkabat^[9], Qarabadeen Majeedi^[10], Qarabadeen Qadri^[6], Qarabadeen Najamul ghani^[11], AL Qarabadeen

^[12], Q. Azam^[13], Zakhira khwazam shahi^[14], Q. shafai^[15], Q. Hamdard^[15]. The ingredients of *Banadiqul buzoor* in different Qarabadeen are as follows.

Table 2: Ingredients of *Banadiqul Buzoor* in different Pharmacopoeia (Qarabadeen)

S. No.	Ingredients	NFUM	BK	HC	MA	KA	QM	QQ	QNG	AQ	QA	ZK	QJ	QH
1	Maghze tukhme Kharpaza	50	34	1/2	50g	20g	150g	35	14	+	31g	34	7	130g
2	Maghze tukhme khiyarain	25	17	1	25g	15g	75g	17.5	-	+	15+ 15	17.5	17.5	73g
3	Maghze tukhme kaddu	10	7g	1/2	10	5g	30g	7	-	+	12	7g	7	30g
4	Ajwain khurasani/safeid	10	7g	-	10	5g	30g	7	7	+	3	7/3g	-	30
5	Tukhme khurfa	10	7	1/2	10	5g	30	7	14	+	12	7g	7	30
6	Tukhme karafs	10	7	-	10	5g	-	7	5.15	+	+	7g	7	-
7	Khashkhash safeid	10	7g	1/2	10	5g	30g	7	-	+	+	7g	7	30
8	Tukhme khatmi	10	7	1/3	10	5g	30	7	-	+	+	7g	7	30
9	Maghze tukhme badaam muqashhar	10	7g	-	10	5g	30g	7	14	-	+	7g	7	30
10	Kateera	10	7	-	10	5g	30	7	10.5	+	+	7g	7	30
11	Rub us soos	10	7	-	10	5g	30	7	-	+	-	7g	120	30
12	Gile armani	10	7	-	10	5g	30	7	-	+	+	7g	120	30
13	Nashasta/N. gandum	10	7	-	10	5g	30	7	10.5	+	+	7g	120	30
14	Behidana	10	-	-	10	-	65	Q.S	-	+	-	-	-	30
15	Luaab isphgol	-	Q.S	Q.S	10	Q.S	-	-	Q.S	-	+	-	Q.S	-
16	Maghze tukhme tarbooz	-	-	-	-	-	-	-	14	+	-	-	+	-
17	Dammul aqwain	-	-	-	-	-	-	-	10.5	-	-	-	+	-
18	Aqaqia	-	-	-	-	-	-	-	10.5	-	-	-	+	-
19	Aslus soos	-	-	-	-	-	-	-	7	-	-	-	+	-
20	Banslochan	-	-	-	-	-	-	-	7	-	-	-	+	-
21	Kaknaj	-	-	-	-	-	-	-	-	-	-	-	+	-
22	Maghze tukhme hindyana	-	-	-	-	-	-	-	-	-	-	-	+	-
23	Tabasheer	-	-	-	-	-	-	-	-	-	-	-	-	-
24	Geru	-	-	-	-	-	-	-	-	-	-	-	+	-

Preparation of *Banadiqul Buzoor*

Banadiqul Buzoor is prepared from the ingredients of pharmacopoeial quality. *Maghz e tukhme kharpaza*, *Maghz e tukhme khiyaran*, *Maghz e tukhme kaddu*, *Maghz e tukhme badaam* and *tukhme Khashkhash safeid* are first wet ground through the electric grinder in distilled water separately and dried on the water bath for 4-6 hours. Afterward, powdered drugs are mixed and ground lightly to avoid oil precipitation and then should be sieved out through mesh no. 60^[7, 16]. to attain uniform particle size.

Dough (lubdi) is prepared by mixing powder of different ingredients as per the quantity mentioned in Pharmacopoeia, followed by manually rolling them to a pill size of 1.5 gm weight. They are then stored in air-tight containers. The procedure should be carried out with extreme care to avoid contamination.

Size variation: Though, BB is approximated to the weight of 4 gm but there are some variations in its size as reported in Unani literature. Likewise, it is reported to be a size of Bandaqa^[14, 8, 13, 15], Pill^[2, 7, 12], Tablet of size no.60^[16], 4 gm Bandaqa^[9], 6g^[10], 3g^[6], and big pills^[11].

Dose Pattern: Some of the scholars prescribed it to be used in a single dose alone 5-10g^[7], 4-8g^[2], 4-7gm^[9] while some have suggested the use of specific syrup with it (to increase efficacy and to decrease its bitter taste) as 10.5 g with *Sharbat e Khashkhash*^[8], Nil orally 4.5g with *Sharbat e Khashkhash*^[8], 2-2 pills twice a day with *Arq e Gaozaban* 125 ml or *Sharbat e Bazoori* 20 ml^[60], 3 BB with *Sharbat e Khashkhash* or *Sharbat e Banafsha*. When BB is given with *Sharbat e banafsha* or *Sharbat e Khashkhash*, they are soaked overnight in Rosewater (*A'ab gulaab*) and used after

cleaning with Plain Sugar or *Sharbat* to avoid its bitterness^[6]. 14 g along with Badarqa of Shira tukhme kahu, Shira tukhme gokhru each 7 g or Sharbate Khashkhash. Added tukhme Khashkhash, Maghz e badaam, mulathi, banslochan each 10.5 g and tukhme karafs 7g to the same formulation^[11], Nil orally 4.5 g along with Sharbate Khashkhash^[12]. 12.44g along with Shira e tukhme kahu, kharkhask each 6. 22g, Sharbate banafsha 24 ml^[13]. 10.5 g along with Sharbate banafsha^[14]. 12.44 g along with Shira e tukhme kahu, kharkhask each 6. 22g, Sharbate banafsha 24 ml^[15]. 2 BD with 126 ml Arq gaozaban, 20ml of Sharbate bazoori^[16].

Therapeutic actions: Diuretic^[2, 16], coolent^[2], cicatrizant^[2, 7], Sedative^[7]

Therapeutic uses: It has been mostly reported to be used in relieving pain in dysuria, ulcers, and incontinence of urine. Burning micturition^[17, 2, 7, 8, 10, 6, 11, 12, 15] urethral burning^[9, 11], Renal ulcer, bladder ulcer^[17, 2, 9, 7, 8, 10, 6, 11-13, 15], retention of urine^[17, 2, 9, 8] dysuria^[17, 9, 8, 10, 13], renal colic^[2, 9], urethral ulcer^[9, 11], Gonorrhoea^[11, 12, 13] kidney abscess, bladder abscess^[11, 12], bladder pruritis^[11, 13], incontinence^[17, 7, 10-13, 15], Cystitis, Nephritis, Urinary tract infection^[7, 16].

Precaution: Avoid having hot temperamental and sour^[18].

Conclusion

As unani system of medicine has a variety of dosage forms. *Banadiqul Buzoor* ingredients vary for different ailments or as per potency. Its size and uses can be explored for different diseases to generate a scientific revalidation of the classical literature.

Conflict of Interest:

Not available

Financial Support:

Not available

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How to Cite This Article

Rehman S, Khan I. *Banadiqul Buzoor*: A potent Unani compound formulation for renal diseases: A classical review. International Journal of Unani and Integrative Medicine. 2024;8(2):24-26.

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