

INTERNATIONAL JOURNAL OF UNANI AND INTEGRATIVE MEDICINE



E-ISSN: 2616-4558
P-ISSN: 2616-454X
<https://www.unanijournal.com>
IJUIM 2024; 8(2): 39-42
Impact Factor (RJIF): 6.3
Peer Reviewed Journal
Received: 04-04-2024
Accepted: 09-05-2024

Dr. Khan Maherosh
Assistant Professor
Department of Moalijat, ZVM
Unani Medical College, Pune,
Maharashtra, India

Dr. Shaikh Mudassar Nazar
Department of Tashreeh ul
Badan, Al-Ameen Unani
Medical College, Malegaon,
Maharashtra, India

Dr. Farha Ansari
Department of Tahaffuzi Wa
Samaji Tib, ZVM Unani
Medical College, Pune,
Maharashtra, India

Dr. Tausif S Khan
Department of Mahiyatul
Amraz, ZVM Unani Medical
College, Pune, Maharashtra,
India

Dr. Nadeem Siddiqui
Department of Mahiyatul
Amraz, ZVM Unani Medical
College, Pune, Maharashtra,
India

Corresponding Author:
Dr. Khan Maherosh
Assistant Professor
Department of Moalijat, ZVM
Unani Medical College, Pune,
Maharashtra, India

Iron deficiency anemia and Sharbat-e-Maweez: A review of therapeutic benefits

**Dr. Khan Maherosh, Dr. Shaikh Mudassar Nazar, Dr. Farha Ansari, Dr.
Tausif S Khan and Dr. Nadeem Siddiqui**

DOI: <https://doi.org/10.33545/2616454X.2024.v8.i2a.280>

Abstract

Anemia, characterized by a reduced oxygen-carrying capacity in the blood, manifests through a diminished red blood cell count or decreased hemoglobin levels. According to WHO standards, anemia is indicated by hemoglobin levels below 13.0 gm/dl in adult males, below 12.0 gm/dl in non-pregnant adult females, and below 11.0 gm/dl in pregnant females. Unani physicians often refer to this condition as Soo-ul-Qiniya, presenting clinical signs such as liver weakness (Zauf-e-Kabid), nail brittleness (Zufr-e-Talqia), abnormal temperament (Fasad-e-Mizaj), pallor and yellowish discoloration of the skin (Zardi-wa-Sufaid Jild), and headaches (Sudaa).

In many Unani medical texts, Sharbat-e-Maweez is recommended for treating iron deficiency anemia. It serves as a potent nutrient and hemopoietic agent, offering diverse benefits such as hemopoietic stimulation (mawalid-e-dam), aphrodisiac and general body toning properties (muqavvi-e-bah-wa-badan), and liver strengthening effects (muqavvi-e-meda-wajigar). Sharbat-e-Maweez represents a palatable and easily administered form of Unani medication, enhancing patient compliance and efficacy in managing iron deficiency anemia.

Keywords: Anemia, hemoglobin levels, Soo-ul-Qiniya, Zauf-e-Kabid, Zufr-e-Talqia, Fasad-e-Mizaj, Zardi-wa-Sufaid Jild, Sudaa, Sharbat-e-Maweez, haemopoietic stimulation, muqavvi-e-bah-wa-badan, muqavvi-e-meda-wajigar

Introduction

Soo-ul-Qiniya, derived from the Arabic words "Soo" meaning defect and "Qiniya" meaning treasure, encapsulates a condition where the body's vital assets are compromised. In classical Unani literature, it denotes a deficiency in both the quantity and quality of blood, often marked by a reduction in red blood cell count (Kuriryat-e-Hamrah) and alterations in its constituents. The liver's weakened functionality, influenced by changes in its temperament (Mizaj), emerges as a significant contributor to the onset of Soo-ul-Qiniya, leading to a cascade of bodily degeneration^[1-9].

Throughout history, Unani physicians have frequently used the terms Soo-ul-Qiniya and anemia interchangeably, highlighting clinical manifestations such as liver weakness (Zauf-e-Kabid), nail brittleness (Zufr-e-Talqia), abnormal temperament (Fasad-e-Mizaj), pallor and yellowish discoloration of the skin (Zardiwa Sufaid Jild), and headaches (Sudaa). Historically, the term "faqrudam" was synonymous with Soo-ul-Qiniya, describing a reduction in blood volume and alterations in the red blood cell count.

Various Unani medical experts have elucidated the origins of imperfect blood and the progression of Soo-ul-Qiniya, attributing causative factors to excessive bleeding, menstrual irregularities, and liver or stomach pathologies. Avicenna's accounts align Soo-ul-Qiniya with iron deficiency anemia (IDA), detailing clinical features such as weakness, palpitations, pallor, fatigue, and amenorrhea in females. Additional symptoms associated with IDA include extreme fatigue, shortness of breath, headaches, palpitations, rapid heartbeat (tachycardia), confusion, or loss of concentration. Classical signs such as spoon-shaped nails (koilonychias), glossitis, stomatitis, and dysphagia enhance the diagnostic spectrum of IDA, emphasizing its multifaceted clinical presentation and significance^[9-23].

Introduction to Sharbat-e-Maweez

Sharbat-e-Maweez, a formulation widely used in Unani medicine, has garnered attention for its potential efficacy in treating Iron Deficiency Anemia (IDA).

This medicinal syrup is acclaimed for its multifaceted therapeutic properties, making it a notable inclusion in the management of various health conditions, particularly those related to blood disorders.

- 1. Nutrient and Hemopoietic Action:** Sharbat-e-Maweez is lauded for its role as a muwallid-edam, which denotes its capacity to stimulate the production of blood components. By enhancing the generation of red blood cells (RBCs) and bolstering hemoglobin levels, it actively contributes to addressing the underlying deficiency characteristic of IDA.
- 2. General Tonic and Aphrodisiac Effects:** In addition to its hemopoietic properties, Sharbat-e-Maweez serves as a muqavvi-e-bah-wa-badan, acting as a tonic for the body. This attribute extends to its aphrodisiac qualities, which play a role in promoting vitality and overall well-being.
- 3. Stomachic and Liver-Strengthening Benefits:** Sharbat-e-Maweez exhibits muqavvi-e-meda-wajigar properties, implying its ability to strengthen the stomach and liver. By optimizing digestive functions and enhancing liver health, it aids in the assimilation of nutrients essential for blood formation.
- 4. Cardio and Brain Tonic:** Another notable aspect of Sharbat-e-Maweez is its muqavvi-e-Qalbwa-dimagh action, which highlights its potential as a cardio and brain tonic. This dual functionality underscores its capacity to support cardiovascular health and cognitive function, thereby complementing its hemopoietic effects.
- 5. Laxative Properties:** Additionally, Sharbat-e-Maweez is recognized for its mulayyan attribute, signifying its laxative properties. This aspect contributes to overall gastrointestinal health, ensuring the efficient elimination of waste products and promoting digestive regularity.

Given its comprehensive spectrum of effects, Sharbat-e-Maweez emerges as a promising therapeutic agent for addressing the complex pathology of IDA. Its palatable nature and ease of administration further enhance its appeal, facilitating patient compliance and optimizing treatment outcomes. Therefore, a detailed assessment of its efficacy in managing IDA is warranted, underscoring its potential significance in the realm of Unani medicine and beyond [13, 27, 33].

Method of Preparation

To prepare Sharbat-e-Maweez, a meticulous process is followed to ensure the infusion of medicinal properties and palatability:

- 1. Soaking of Ingredients:** All individual medicinal components are soaked in water overnight. This step allows for the extraction of beneficial compounds and enhances the potency of the formulation.
- 2. Decoction Preparation:** The soaked ingredients are then subjected to decoction the following morning. This involves simmering the mixture over heat to extract medicinal constituents effectively.
- 3. Addition of Honey:** Once the decoction reaches an optimal concentration, honey is incorporated into the mixture. Honey not only enhances the taste but also contributes additional therapeutic properties, such as antimicrobial and soothing effects.

- 4. Boiling to Consistency:** The concoction is carefully boiled until it achieves the desired consistency characteristic of Sharbat. This ensures proper amalgamation of all ingredients and the formation of a palatable syrup.

By meticulously following this method, the medicinal efficacy of Sharbat-e-Maweez is maximized, ensuring its suitability for addressing various health concerns, including Iron Deficiency Anemia [13].

Action

- 1. Mawallid-e-dam (Haemopoietic):** Sharbat-e-Maweez exhibits properties that stimulate the production of blood components, making it beneficial for addressing conditions associated with blood deficiency such as anemia.
- 2. Mulayyan (Laxative):** This formulation possesses laxative qualities, aiding in the regulation of bowel movements and promoting gastrointestinal health.
- 3. Muqavvi-e-meda-wajigar (Stomachic & Liver Strengthenener):** Sharbat-e-Maweez serves to strengthen both the stomach and liver, optimizing digestive functions and enhancing liver health.
- 4. Muqavvi-e-bah-wa-badan (Aphrodisiac & General Body Tonic):** It acts as an aphrodisiac, promoting vitality and vigor, while also serving as a tonic for the overall body, enhancing energy levels and general well-being.
- 5. Muqavvi-e-qulb-wadimag (Cardio Tonic & Brain Tonic):** Sharbat-e-Maweez possesses properties that support cardiovascular health and cognitive function, contributing to heart and brain vitality.

Therapeutical Uses

- 1. Soo-ul-Qiniya:** Sharbat-e-Maweez is employed in the management of Soo-ul-Qiniya, a condition characterized by blood deficiency, presenting symptoms such as weakness, pallor, and fatigue.
- 2. Qabaz (Constipation):** Its laxative properties make it effective in alleviating constipation, promoting regular bowel movements and relieving associated discomfort.
- 3. Zof-e-Amma (General Weakness):** This formulation is utilized to address general weakness, enhancing energy levels and promoting overall vitality.
- 4. Zof-e-Meda (Stomach Weakness):** Sharbat-e-Maweez strengthens the stomach, addressing weaknesses associated with digestive functions and promoting optimal gastrointestinal health.
- 5. Zof-e-Bah (Liver Weakness):** It is employed in cases of liver weakness, facilitating liver function and promoting hepatic health.
- 6. Zof-e-Jigar (Liver Disorders):** The formulation is beneficial in managing liver disorders, aiding in the restoration of liver health and functionality.
- 7. Zof-e-Qalb (Cardiac Weakness):** Sharbat-e-Maweez is utilized to address cardiac weakness, supporting heart health and function, and promoting cardiovascular well-being.

By virtue of its diverse actions and therapeutic uses, Sharbat-e-Maweez emerges as a versatile and valuable formulation in the Unani system of medicine, offering comprehensive support for various health concerns [13].

Dose25 ml Bd ^[13].**Table 1:** Sharbat-e-Maweez Ingredient and Quantity: ^[13]

Sr. No.	Ingredients	Botanical Name	Each 250 ml Contains
01.	Maweez Munaqqa	Vitis vinifera linn	25 gm
02.	Balchad (Sumbuluttib)	Nardostachys jatamansi	1.75gm
03.	Zafran 1.75gm	Crocus sativus	1.75gm
04.	Zanjabeel powder	Zingiber officinale	1.75gm
05.	Jozbuwa (jayaphal)	Myristicafragrans	1.75gm
06.	Qaranful	Eugenia caryophyllata	1gm
07.	Mastagi	Pistacialentiscus	1gm
08.	Shahed (Honey)		250ml

Maweez Munaqqa**Temperament:** Hot and Moist.**Action:** Mughazzi, Muqawwi Jigar, Mawalid-e-Dam, Muqawi Badan, Munjiz-e-Khilt galiz, Mufatteh Sudud, Mulaiyan-e-Shikam, Mohallil, Jali ^[34].**Balchad****Temperament:** Hot1 and dry2.**Action:** Mohallil-e-Waram, Musakkin, Jali, Mutayyib-e Dahan, Mujaffif, Kasir-e Riyah, Muqawwi-e-Qalb, Muqawwi-e-Dimagh, Mudir-e-E Baul ^[34].**Zafran****Temperament:** Hot3 and Dry3.**Action:** Mawallid-e-Dam, Mufarreh, Mudirr-e-Baul, Mudirr-e-Haiz, Muqawwi-e- Reham, Muqawwi-e Bah, Muqawwi-e-Meda, Daf-e-Tashannuj. Musakkin ^[34].**Zanjabeel****Temperament:** Hot3 and dry2.**Action:** Kasir-e-Riyah, Hazim, Munaffis-e-Blagham, Jali ^[34].**Jozbuwa****Temperament:** Hot2 and Dry3.**Action:** Mufarreh, Muqawwi-e- Kabid, Muqawwi-e-Bah, Mutayyib-e-Dahan, Muqawwi-e-Meda, Qabiz, Kasir-eRiyah, Mukhaddir ^[34].**Qaranful****Temperament:** Hot3 and Dry3.**Action:** Mufarreh, Muqawwi-e-Qalab, Daf-e-Taffum, Musakkin-e-Alam, Muqawwi-e-Dimagh, Muqawwi-e-Meda, Muqawwi-e-Ama, Muqawwi-e-Kabid ^[34].**Mastagi****Temperament:** Hot2 and Dry2.**Action:** Muqawwi-e- Meda wa Jigar, Kasir-e- Riyah ^[34].**Shahed****Temperament:** Hot2 and Dry2.**Action:** Muqawwi-e-Badan, Muqawwi-e- Meda wa Jigar,Muqawwi-e-Bah, Jali, Mufatt-e-Sudda, Muqawwi-eBasarat, Mudirr-e-Baul, Mudirr-e-Haiz, Muqawwi-eReham, Mullaiyan ^[34].**Conclusion**

Sharbat-e-Maweez stands out as a valuable therapeutic formulation in Unani medicine for managing Iron Deficiency Anemia (IDA), known as Soo-Ul-Qiniya in classical texts. Its multifaceted properties, including hemopoietic stimulation, aphrodisiac and general body toning effects, and liver strengthening benefits, make it a comprehensive remedy for addressing the complex pathology of IDA. By enhancing hemoglobin levels and improving overall vitality, Sharbat-e-Maweez not only treats symptoms such as weakness and pallor but also supports digestive and cardiovascular health. Its palatable nature and ease of administration further enhance patient compliance, underscoring its potential significance in the treatment of anemia within the Unani system and potentially beyond. Further research and clinical studies are recommended to validate its efficacy and explore its broader therapeutic applications.

Conflict of Interest

Not available.

Financial Support

Not available.

References

1. Mazhar HST. The general principles of Avicenna's cannon of medicine. Idara-e-kitab-ul-shifa, Darya Ganj, New Delhi; c2007. p. 156, 201, 232, 274.
2. Hasan TA, Mohammad AB. Al moalijat Buqratia. Central Council for Research in Unani Medicine, New Delhi; c1995. p. 202, 215, 240, 319.
3. Syed K, Husain G. Tarjuma Qanoon. (Original Author Shaikh Ali Bin Abdullah Ibn-e-Sina). Munshi Nawal Kishore, Kanpur. 3(2):47-53.
4. Mohammad KH. Turjuma Kabeer, Sharah-e-Asbab. (Original, Nafis Bin Euz Karmani). Hikmat Book Depot, Hyderabad; 2:669-688.
5. Azmi WA. Nizam-e-Hazm-wo-Tauleedwa-Tanasul. Qaumi Council Barae Urdu Zuban. 2005;2:71.
6. Sudarshan SR. Disease of the Course; Encyclopedia of Indian Medicine. Popular Prakashan, Mumbai. 2006;6:191-193.
7. Abid HS. Moalijat-e-Sadeedi. (Urdu translation) Part 3, Matab, Munshi Nawal Kishore, Lucknow; c1989. p. 243.

8. Husain KHH. Tarjuma Zakheera Khwarizam Shahi. (Original Author Ismaeel Jurjani). Matab Munshi Nawal Kishore, Lucknow; c1871. Part 2, p. 414, 598-600, 1253.
9. Akhtar MW. Iron Deficiency Anaemia in the pages of history. *Ind Jr Unani Med.* 2010;3(1):35-38.
10. Hakeem wa Doctor Gulam Jilani. *Makhzan-ul-Ilaj. Idarakitab-ul-shifa, Delhi.* 2005;1(2):511.
11. Khan HA. Haziq; c1987. p. 218.
12. Abd H. Munaf. *Moalijat Amraz Nizam Hazm.* 2nd edition. Muslim Education Press, Aligarh; c2012. p. 248.
13. Qurshi HMM. *Jame-ul-Hikmat. Idarakitab-ul-shifa, Delhi.* 2011;1(2):631-632.
14. Kabiruddin HM. *Al Akseer.* (Original text Akseer-e-Azam by Hakeem Azam Khan). Aejaaz Publishing House, New Delhi. 1940;2:872.
15. Arzani HA. *Tib-e-Akbar* (Urdu tarjuma by Hakeem Mohammad Husain). Faisal Publishing, Deoband; 458.
16. Bin SA, Ibn-e-Sina A. *Al-Qanoon-filtib. Idarakitab-ul-shifa, Delhi;* c1984. p. 884-885.
17. Haider JSA. *Moalijat Nizam-e Hazamwatauleedwa tanasul.* Lithocolour Printers, Aligarh; c1984. p. 25-29.
18. Hakeem Mohammad Shoaib. *Faqrudam Ek Tahqiqi Jayza, Jahan-e-tib.* 2006;212:21-25.
19. Aalam HF. *Amraz-kabid me Musafiyat-edam kaistemal. Jahan-e-tib;* c2010. p. 41-42.
20. Husain KG. *TarjumaKamil-us-Sana, Vol 1st* (Original author AbulHasan Ali Bin Abbas Majoosi). *Idarakitab-ul-shifa, Delhi;* c1885. p. 517.
21. Kabiruddin H. *MoalijatSharah-e-Asbab.* (Original Author, Najibuddin Samarqandi. 13th AD). *Idarakitab-ul-shifa, Delhi;* c1905. p. 560-561.
22. Qadir A. *History of Medicine and Medical Ethics.* 3rd edition. Qawmi Council Baray Faruq Urdu Zuban, New Delhi; c2005. p. 266, 149, 167, 191, 198, 227, 231, 248, 255.
23. Hassan TA, Rabban ABS. *Fidous-ul-Hikmat Fit Tib* (Urdu translation by Hakim Rasheed Ashraf Nadwi). 3rd ed. Idara Matboat, Lahore; c1996. p. 589-591.
24. Lawrence Tieney JR. *Current Medical Diagnosis and Treatment.* 48th edition. McGraw-Hill Education, New York; c2008. p. 422-424.
25. Dey NC, Dey TK. *Text Book of Pathology.* New Central Book Agency, Calcutta; c1979. p. 27-12.
26. Sherstenkillip JM. Bennett and Chambers. *Iron Deficiency Anemia.* University of Kentucky. Accessed from: *American Family Physician,* 2016, 3(45).
27. Khan HM. *Qrabadin Majidi. Daftar Jamia Tibiya Delhi;* 185.
28. Hafez HA. *Qarabadin Jadeed. CCRUM, New Delhi;* c2005. p. 132.
29. Kabiruddin HM. *Alqrabadeen. CCRUM, New Delhi;* c2006. p. 652.
30. Kabiruddin HM. *Bayaz-e-Kabir. Idarakitab-ul-shifa, Delhi.* 2005;2:121.
31. Azmi HWA. *Murakkabat-e-advia. Idarakitab-ul-shifa, Delhi.* 2007;1:594.
32. Jilani HDG. *Kitab-ul-Murakkabat Makhzan-ul-Murakkabat.* Aejaaz Publishing House, New Delhi; c2008. p. 213.
33. Bari A. *Jami-ul-Advia.* Faisal Publishing, Deoband; c1978. p. 129.
34. Ghani HN. *Khaza inul adviya. Idara-kitab-ul-shifa,*

Delhi; c1999. p. 332, 333, 549-551, 761-763, 869-870, 918-920, 1191-1193, 1248-1249, 1284.

How to Cite This Article

Maherosh K, Nazar SM, Ansari F, Khan TS, Siddiqui N. Iron deficiency anemia and sharbat-e-maweez: A review of therapeutic benefits. *International Journal of Unani and Integrative Medicine.* 2024;8(2):39-42.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.