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## Khamira Marwareed – A Potent Unani Formulation for Wellness and Immunity.

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### Abstract:

Prevention of disease is as much a concern of the system as curing of sickness. Right in its formative stages the influence of the surrounding environment and ecological condition on the state of the health of human being has been recognized. Presently during the period of pandemic Covid-19, it is an important observation not only by the scientific community but also by the common people. Unani System of Medicine has abundant storage of single as well compound drugs which have immunity booster and wellness effects without any adverse reaction. Among all compounds classical formulation Khamira Marwareed is one of the potent Unani classical Pharmacopeial formulation, which is frequently used by the Unani Physicians for wellness of health and as an immunity booster apart from the treatment of disease. Khamira Marwareed generally suggested for the treatment of Duf al Qalb (Cardiac weakness), Duf al Asab (Nervine tonic), Khafqan (Palpitation), Atash-e-Mufrit (Thurst), Duf' al Dimagh (Cerebro asthenia). Hasba (Measles), Typhoid fever (Humma taifoodiya) and Smallpox (Humma Judariyya). This review article has been contemplated to highlight the promising effect of Khamira Marwareed for the wellness of general health and the treatment of above-mentioned diseases.

Keyword: Unani, Khamira Marwareed, health,

### Introduction

Khamira Marwareed is very helpful in eradicating (curing) of weakness of heart. It gives nutriment and strength to the heart and brain. The drug regulates the blood pressure and is very effective against Typhoid, chicken pox, small pox and has anti-viral effects.

Khamira is a form of compound formulation in Unani system of Medicine that indicates fermented confection. First time it is introduced by the Unani Practitioners (Hakims) of the Mughal period. Khamira is a semi solid preparation, a type of Majoon, which is prepared by adding a decoction of herbal drugs or micro fine powder drugs in to a base (Qiwam) made up of only sugar or sugar with honey. Khamira is an Unani polyherbal

pharmaceutical semi solid preparation and it is a type of Majoon, which is made from the decoction of one or several ingredients by the addition of white sugar. It is also used as brain and heart tonic. Khamira is the invention of the latter Tabibs. (Khan,2019) During the Mughal periods the nobility usually tended to refrain from bitter medicines, hence palatable medicines like the Khamira came into vogue, which are characterized both by their palatability and attractive fragrance (Said, 1997).

Unani system of medicine is fray between the disease and health is too old system as evolution of mankind. Human are fighting to their ailments since their origin and the persisting knowledge about this. Knowledge is advancing with the growing civilization. Different concepts and theories regarding health and diseases are present however no single system can assure its veracity for all health problems. Unani medicine refer to a tradition to Greco –Arabic medicine which is based on the teaching of Greek physician Buqrat (Hippocrates; 460-370 BC) and Roman physician Jalinoos (Galen) and develop into an elaborate medical system by Arab and Persian physicians such as Al Razi (Rhazes), Ibsina (Avicenna), Al Zahrawi and Ibn Nafees. (Khan, 2018) According to Unani literature ‘Tabiyat’ is considered as the supreme planner of our body that creates the healthy environment within the body and prepares to fight against the disease. The ‘Tabiyat’ may be defined as the sum total of structural, functional and physiological character of the human being. If ‘Tabiyat’ is strong then the man does not suffer from a disease easily, if it weakens, a man becomes prone to disease easily. (Khan, 2018) Presently, during the period of Covid-19 pandemic, the importance of immunity has also been recognized. Therefore. In this context the Ministry of AYUSH, Government of India, started free distribution of the potent Unani Pharmacopeial formulation Khamira Marwareed for the public who come to Unani hospitals for treatment.

Khamira Marwareed is well known potent Unani Pharmacopeial formulation which provides strength to heart and brain; reduce the symptoms Palpitation and anxiety. It is beneficial in the weakness of post typhoid and smallpox management. (Rahman 1991) Khamira has been in fomented form because of the mixing process, the air particles mix into Khamira. Khamira is particularly known according to their main ingredients for example Khamira Abresham, Khamira Gaozaban Sada etc. During the imperial era of Mughals, the elite classes used to avoid the bitter taste of medicines; hence the Unani Physicians had been prepared the aromatic and delicious drugs. (Majeed, 1986)

## PREVENTION OF DISEASE IN UNANI SYSTEM OF MEDICINE

Prevention of disease is as much a concern of the Unani system as curing of sickness. Right in its formative stages the influence of the surrounding environment and ecological condition on the state of the health of human being has been recognized. There is emphasis on the need for the keeping water, food and air (free from pollution). Six essentials pre requisites (Asbab Sitta-e- Zarooriah) have been laid down for the promotion of health and prevention of disease. In the Unani system of medicine, the entire personality of patients is taken into account. Each individual has got its own basic structure, physique, make-up, self-defense mechanism, reaction to environmental factors, likes and dislikes. (Anonymous) According to Ibn Sina “Medicine considers the human body as to the means by which it is cured and by which it is derived away from health.” Medicine is the science by which we learn various states of the human body in health and when not in health, and the means by which health is likely to be lost, when lost, is likely to be restored back to health. In other words, it is the art whereby health is conserved and the art whereby it is restored after being lost. While some divide medicine into a theoretical and a practical (applied) science, others may assume that it is only theoretical because they see it as a pure science. But, in truth, every science has both a theoretical and a practical side.” (Ibn Sina) This system of medicine is not only limited to the treatment of some symptoms of diseases but has a comprehensive approach for curing the diseases and preservation of health too. Health is a common theme in most cultures. In fact, all communities have their concept of health, as part of their culture. It is not mainly issue

of doctors, social services and hospitals but an issue of social justice. In Unani system of medicine most emphasis is laid to human health and almost all ancient physicians described each and every factor which is responsible for maintaining good health. (Mubeen, 2019) The fundamental framework of Unani system of medicine is based on deep philosophical insights and scientific principles. (Anonymous 1973) It is the science by which the states of the human body regarding health and decline are discussed and the purpose is to preserve the health. (Shah, 2007) Unani system of medicine is one of the oldest systems of healing, it is not only the original science of medicine but it is also rich store house of principles and philosophies of medicine which is understood in their proper perspective can prove to be the immense value to the science in general and particular. It has been realized today that this alternate and safe healing system could provide answers to all the questions being faced by the human health in this progressing modern world. It is a great healing art as well as science whose theories, philosophies of nature (Tabi,at) and temperament (Mizaj) and practices of medicine are most appropriate for the human biological system.

IMMUNITY (Quwat-e-Mudafe'at ) is a defense system within the body to protect the host from invading pathogens . In other words, it is the ability of the body to neutralize and eliminate the pathogenic micro-organism & their toxic products, thus providing protection to the individual. (Anonymous) In Unani system of medicine more emphasis is given to strengthen the immune status of the patients in order to make body's resistance stronger. Classical Unani literature reveals that large number of immune-stimulant drugs were being used by the great Unani physicians including Hippocrats (460-377 B.C), Galen (1331-1201 A.D), Rhazes (850-925 A.D) Avicenna (980-1037 A.D), Ibn Baitar etc to enhance the body immunity.

One of the therapeutic strategies in Unani medicine is also increase body natural resistance and helping the Quwwat-e-Mudabbera to restore the normal health, rather than directly neutralizing the agent itself. This achieved by using various drug mentioned as invigorator or tonic (Muqawwiat) in Unani classical literature. Some Unani drugs have been shown to exhibit anti-inflammatory, anti-stress, anticancer effects by stimulation of immune system, on the other hand corticosteroids and other chemotherapeutic agents, which are very frequently prescribed by modern practitioners are known to be immune-suppressants. These drugs impair immune responsiveness and make host prone for opportunist infections. In such situation immune-stimulation is an ideal choice; Khamira Marwareed is one of them.

The Unani system of medicine mainly focused to maintain and restore the health of the people. The present review article has been planned and written in the light of above-mentioned facts.

## **KHAMIRA MARWAREED**

Khamira Marwareed is potent Unani Pharmacopieal Formulation, mentioned in National Formulary of Unani Medicine, Part-1, volume 1, page number 111to 112.

## **FORMULATION OF KHAMIRA MARWAREED**

| <b>S. No</b> | <b>Ingredients</b> | <b>Scientific Name</b>  | <b>Quantity</b> |
|--------------|--------------------|-------------------------|-----------------|
| 1.           | Marwareed          | Mytilus margaritiferus) | 25 gram         |
| 2.           | Tabasheer          | Bambusa arundinacea     | 25 gram         |
| 3.           | Sandal Safaid      | Santalum album          | 25 gram         |
| 4.           | Ambar Ash-hab      | Ambagrsea               | 10 gram         |
| 5.           | Arq-e-Gulab        | Rosa damascena          | 1 lit           |
| 6.           | Arq-e-Baidmushk    | Saliix caprea           | 1 lit           |
| 7.           | Qand Safaid        | Sugar                   | 1.2 kg          |

It is frequently prescribed by the Unani Physicians, and mentioned in most of the Qarabadeen of Unani system of medicine. The compound Unani Pharmacopoeial formulation containing four constituents of plant origin and two constituents of mineral origin. It provides strength to the heart muscles and act as a tonic for heart, brain and nerves.

### **Dosages of Khamira Marwareed:**

Dosages of Khamira Marwareed as mentioned in National Formulary of Unani Medicine, Part 1 volume 1, is as follows.

**Administration:** 5 grams twice daily.

**Pharmacological Action:** Cardio-vascular tonic, Cardio protective (Muqawwi Qalb), Muqawwi Asab (Nervine tonic), Tonic for brain (Muqawwi Dimagh), Anti-stress, Neuro protective, Anti arrhythmic (Irti'ash Qalb).

**Therapeutic Uses:** Duf-al-qalb (Cardiac weakness) Du' al Asab (Nervine weakness), Atash-e-Mufrat (Thurst), Duf' al Dimagh (Cerebro-Asthenia), Khafaqan (Palpitation), Sur'at-e-Qalb (Tachycardia), Restlessness, vertigo (A reeling sensation), General debility or weakness, Sar' al-Atfal (Infantile epilepsy), Judri (Chicken Pox), for reducing symptoms and harmful effects on heart, Mental stress, Mental fatigue, Sahar (Insomnia) due to increased heat in the body, Hot flashes due to any mental disorder, Adrenal fatigue. (Majeed,1992, Rahma,1991)

### **Discussion:**

Khamira Marwareed is commonly used in Unani system of Medicine. It is one of the best drugs for palpitation that occurs due to anxiety, fear and mental stress. Sometimes, the underlying cause of palpitation is unknown. In alternative system of medicine, it is taken for the weakness of the heart. Khamira Marwareed provides strengthens to the heart and improves the cardiac rate or rhythm. This action of Khamira Marwareed is attributed to its strengthening effects on the mind, nerves and heart (Anonymous, 2017). The Unani system believes in the self-resistance capacity (Tabiyat) of human being. Unani system of medicine approaches in dealing with disease is quite different. (Azmi, 2002). Unani system of Medicine believes that the real physician is the body's intrinsic power of healing and maintaining its normal state of health (Tabi'at). According, a number of drugs e.g., Khamira Marwareed are available which boost up the immunity of the body. In some disease where long term therapy is required, the Unani drugs used as adjuvant play an important role in reducing the toxicity of the synthetic drugs and in modulating or enhancing the immunity and improving the overall quality of life. The concept of using organ and system-specific is a unique feature of Unani system of Medicine. Unani physicians have been describing number of drugs to strengthen and tone up various vital organs of the body. Unani Medicine also make special group of drugs which create feeling of happiness by relaxing mind and heart from various stresses, known as Exhilarants (Mufarrihat). These are used in the management of neuropsychiatric and cardiac disorders e.g., Anxiety, Depression, Palpitation etc. These drugs also create an overall feeling of wellbeing, which is a uniqueness of Unani System of Medicine. The world Khamira in Unani system of Medicine indicates fermented confection first introduce by the Hukama (Physician) of the Mughal period, it is a semi solid preparation in which other than herbal ingredients, animal and mineral origin drugs are also mixed, either by making solution in aqua or as a micro fine powder. It is used for cardiac ailments and for Waba-i-Amaraz (Epidemic Disease) such as Khfqan (Palpitation), Zofe-e-Qalb (Weakness of heart), Judri (Chicken Pox), Hasba (Measles), Tao'on (Plague), Dengue, Swine Flu and recently frequently used for Covid-19 Pandemic so on. The Ministry of AYUSH Government of India, distributed the

Khamira Marwareed to boost up immunity during pandemic period of Covid-19, as Prophylactic treatment. The main ingredient of the formulation is Marwareed (*Mytilus margaritiferus*), which is rich source of calcium and useful in heartburn, bilious affections, low fevers and checks burning micturition. It is also used as cerebral tonic in nervous diseases, leucorrhoea, spermatorrhoea, and importance as well as in general debility. (Anonymous, 2017) The temperament of the drug is Motadil (Balance, Moderate) and have the property as Muqawwi-e-Aza-e Raesa (Vital organ strengthner), Habis-e-Khoon (Astringent) Mane Amraz-e-Motaadi (Anti infectious disease) therefore it frequently use for Duf' al Qalb (Weakness of Heart), provide strength to brain, Junoon ( Insanity), Khafaqan (Palpitation), Duf' al Mida (Weakness of stomach), liver, kidney, Jarayan (spermenotorrhea), Sayalan-al-Rahim (vaginal discharge), Kasrat-e-tams (heavy menstrual bleeding), hematochezia, Hasba (measles) and Humma taifoodiya (typhoid) etc (Ali, 2004) Tabasheer (Bamboo, *Bambusa arundinacea*) is Muqawwi-e-Qalb (Cardio strengthner, protective) . Bamboo is one of the precious plant recourses of the earth. Various part of the plant such as the leaves, root, shoot and seeds possess anti – inflammatory, anti-diabetic acid, laxative and said to be beneficial in strangury and urinary discharge. (Thamizharasan, 2015) Bamboo-manna is emmenagogue, expectorant, carminative, cooling, aphrodisiac, (used in debilitating disease, urinary infections, chest disease, cough, asthma). (Khare, 2007) The one basic ingredient of the formulation is White Sandal (*Santalum album*). The drug has cooling, diaphoretic, diuretic, expectorant, antiseptic and bacteriostatic against Gram positive bacteria. Used as urinary antiseptic in chronic cystitis and sexually transmitted diseases. Essential oil are anti-fungal and anti-bacterial. (Khare, 2007). In Unani medicine, sandalwood dissipates the effect of hot sun and fever and satiates thirst and leaves give cool and refreshing feeling. The wood is ground into paste and applied on local inflammation, on boils skin diseases and also on fore head during fever. The decoction made of sandal wood is prescribed for genito-urinary defects. (Swaminathan,2019) Ambar Ash-hab is belongs to Physteridae, family. The pharmacological actions of the drug are anti-septic, anti-spasmodic, aromatic, cardiac tonic, exhilarant, nervine tonic, stimulant, and aphrodisiac. Therefore, it is frequently used by Unani physician for the treatment of Paralysis, Chlorea, Palpitation, Sexual Debility, Impotence, Epilepsy, Nervous Affections, Hemiplegia, Tachycardia, Cardialgia, Cardiac Affections, Plague, Tetanus, Tremors, Numbness. (Ali, 2004, Anonymous). A recent study reveals that that Ambergris has the propertyes as antirodisiac, anti-diabetic, analgesic, cytotoxic, and hormonal activity. (Badruddeen, 2018) In the view of general and therapeutic uses of the potent Unani formulation the Central Council for Research in Unani Medicine, New Delhi under Ministry of AYUSH, Government of India has done prophylactic treatment during the pandemic of Covid-19.

## CONCLUSION

The review article represents that Khamira Marwareed traditionally used for the treatment of wellness of health and as a immunity booster apart from the treatment of disease. Khamira Marwareed generally suggested for the treatment of Duf al Qalb, Duf al Asab, Khafqan, Atash-e-Mufrit, Duf al Dimagh. Measles, Typhoid fever and Smallpox. The studies shows that Khamira Marwareed has various Pharmacological actions. However more scientific studies and clinical trials are needed on this compound formulation to ensure its scientific validation for clinical uses in the wellness of health, immunity booster and treatment for the fever, general debility and cardiac problems.

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