

Medicinal plants used in Anaemia (*Faqr al-Dam*)



Apple



Orange



Banana



Dates



Carrot



For further information, please contact

Director General

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Prevention and Control of

# Anaemia (*Faqr al-Dam*)

...through Unani Medicine



**CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE**

## What is Anaemia (Faqr al-Dam)?

Anaemia (*Faqr al-Dam*) is a condition in which the number of red blood cells or their oxygen-carrying capacity is insufficient to meet physiological needs.

### Asbāb (Causes)

- Decrease in production of red blood cells or haemoglobin
- Altered functions of digestive system
- Worm infestation in children
- Loss of blood in any form
- Lack of vitamin B-12, iron and folate
- Excessive menstruation
- Diseases like celiac disease, intestinal ulcer, liver diseases, and cancer
- Alcoholism

### ‘Alāmāt (Sign and Symptoms)

- Fatigue
- Pale coloration of body
- General weakness
- Irritability
- Loss of appetite
- Breathlessness
- Palpitation
- Puffiness of face



### Tahaffuz (Prevention)

- Include the following in your diet -
  - ❖ Green leafy vegetables
  - ❖ Fruits and juices
  - ❖ Dairy products
  - ❖ Meat
- Avoid alcohol



## ‘Ilāj (Treatment)

### ‘Ilāj bi’l-Ghidhā’ (Dieto-therapy)

- Take iron and vitamin-rich diet –
  - ❖ Meats
  - ❖ Citrus fruits and juices
  - ❖ Banana, pomegranate, apple, dates
  - ❖ Dark green leafy vegetables, beet root, carrot
  - ❖ Jaggery
  - ❖ Honey
  - ❖ Dairy products

### ‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

- *Dawā’ al-Kurkum Kabīr*
- *Qurs-i Gulnār*
- *Sharbat-i Dīnār*
- *Kushta Khabath al-Ḥadīd*
- *Jawārish Jālīnūs*
- *Damavī*
- *Sharbat-i Ward Mukarrar*
- *Sharbat-i Afsantīn*
- *Murabba’ Āmla*
- *Kushta Marjān*
- *Ma’jūn Dabīd al-Ward*
- *Sharbat-i Fawlād*



*Note: Consult a registered Unani physician before using recommended drugs.*