

Medicinal plants used in Bronchial Asthma (*Ḍīq al-Nafas*)



*Pūḍīna (Mentha arvensis Linn.)*



*Kalonjī (Nigella sativa L.)*



*Isbaghol (Plantago ovata Forsk.)*



*Irsā (Iris ensata Thunb.)*



*Zūfā Khushk (Hyssopus officinalis Linn)*



For further information, please contact

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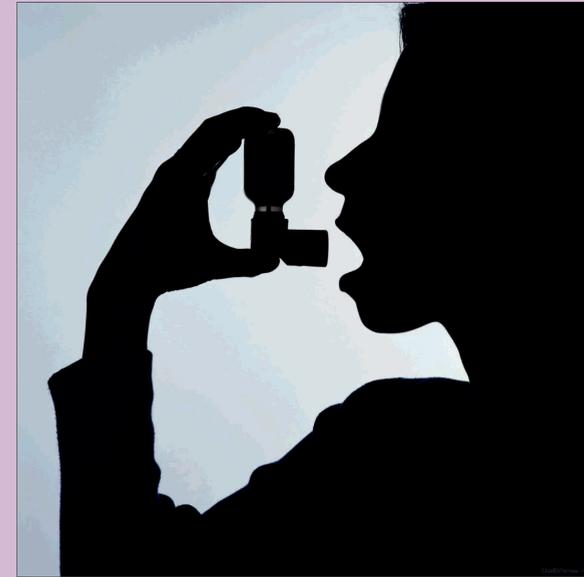
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Prevention and Control of

# Bronchial Asthma

## (*Ḍīq al-Nafas*)

...through Unani Medicine



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## What is *Ḍiq al-Nafas* (Bronchial Asthma)?

Bronchial Asthma, known as *Ḍiq al-Nafas/Dama/Rabw* in Unani System of Medicine, is a *Balghami* (phlegmatic) disease caused by accumulation of thick viscid *Balgham* (phlegm) in the lung airways leading to '*Usr al-Tanaffus* (difficulty in breathing).

### Asbāb (Causes)

#### A. Inducing Factors (Risk Factors)

- Endogenous Factors
  - ❖ Genetic predisposition
  - ❖ Airway hyper-responsiveness
  - ❖ Viral infections in early life
- Environmental Factors
  - ❖ Indoor and outdoor allergens
  - ❖ Occupational sensitizers: platinum, chrome, nickel, bleaches and dyes, varnishes, spray painting, drugs, latex, wood dust, cotton dust, soldering, welding, etc.
  - ❖ Passive smoking (maternal smoking during pregnancy or infancy)
  - ❖ Respiratory infections (Rhinovirus, Parainfluenza virus, RSV)
  - ❖ Dietary factors: Vitamin D deficiency, diets low in vitamin A & C and magnesium, and high in sodium



#### B. Trigger Factors

- Allergens: house dust mite, grass pollen, mold, cockroaches
- Irritants: household sprays, paint fumes, perfumes, cooking gas fumes
- Air pollutants: sulphur dioxide, ozone, diesel particulates
- Upper respiratory tract viral infections
- Thyrotoxicosis and hypothyroidism
- Drugs: Beta-blockers, Aspirin and other NSAIDs
- Cold air
- Vigorous exercise (particularly on a cold and dry day)
- Psychological factors: stress/ emotion
- Food allergens: seafood (shellfish), nuts, egg, milk, food preservatives (sulphites), food-colouring agents (tartrazine)

### 'Alāmāt (Symptoms)

The symptoms of asthma are usually worse during night and early morning. The characteristic symptoms of asthma are:

- Difficulty in breathing
- Chest tightness
- Whistling sound during breathing
- Cough

### 'Awāriḍ (Complications)

- Refractory asthma (difficult-to-control asthma)
- Brittle asthma
- Acute severe asthma

### Tahaffuz (Prevention)

- Keep equilibrium in humoral balance by
  - ❖ Adopting changes in *Asbāb Sitta Ḍarūriyya* (six essential factors)
  - ❖ Modification in living style
- Avoid following things:
  - ❖ Exposure to excessive heat and cold, smoke, dust, etc.
  - ❖ Smoking
  - ❖ Stress
  - ❖ Exposure to occupational sensitizers
  - ❖ Vigorous exercise
  - ❖ Constipation

### 'Ilāj (Treatment)

#### 'Ilāj bi'l-Ghidhā' (Dietotherapy)

- Eat light and healthy diet having hot and dry temperament like wheat husk, almond, walnut, chicken soup, mutton, fish and apple
- Drink lukewarm or normal water
- Avoid cold, phlegm producing and flatulent food items, e.g. lemon, citrus fruits, grapes, jaggery, oily food, milk, curd, tomato and tamarind
- Avoid triggering agents, e.g. chilled water, seafood, nuts, egg

#### 'Ilāj bi'l-Dawā' (Pharmacotherapy)

- Single drugs
  - ❖ *Zūfā Khushk* (*Hyssopus officinalis* Linn.)
  - ❖ *Tukhm Katān* (*Linum usitatissimum* Linn.)
  - ❖ *Irsā* (*Iris ensata* Thunb.)
  - ❖ *Kurkum* (*Curcuma longa* Linn.)
  - ❖ *Kalonjī* (*Nigella sativa* Linn.)
  - ❖ *Isbaghol* (*Plantago ovata* Forsk.)
  - ❖ *Unṣul* (*Urginea indica* Kunth.)
  - ❖ *Pūdina* (*Mentha arvensis* Linn.)
- Compound drugs
  - ❖ *Habb Hindi Ḍiqī*
  - ❖ *La'ūq Katān*
  - ❖ *Ma'jūn Rāh al-Mu'minīn*
  - ❖ *Sharbat Zūfā Murakkab*



#### 'Ilāj bi'l-Tadbīr (Regimenal Therapy)

- *Faṣd* (venesection)
- *Qay* (emesis)
- *Munzij-Mushil* therapy for removal of morbid matter from the body
- *Dalk Khashin* (rough massage with cloth)
- *Inkibāb* (steam inhalation) of medicated decoction
- *Hijāmah* (cupping) at inter-scapular region
- *Mu'tadil Riyāḍat* (mild to moderate exercise) before meal
- Sound sleep for 6-7 hours

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