

Medicinal plants used in *Khafaqān* (Palpitation)



Santal Safaid (*Santalum album* Linn.)



Gul-i Surkh (*Rosa damascena* Mill.)



Āmla (*Emblica officinalis* Gaertn)



Gul-i Gāozabān
(*Onosma bracteatum* Wall)



Nilofar (*Nymphaea lotus* Linn.)



For further Information, please contact

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Prevention and Control of

Khafaqān (Palpitation)

...through Unani Medicine



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What is *Khafaqān* (Palpitation)?

Khafaqān (Palpitation) is a sensation in which a person is aware of an irregular, hard, or rapid heartbeat. In Unani literature, *Khafaqān* is defined as fluttering of the heart with the feeling of aversion.

Asbāb (Causes)

- Damage to heart tissues from heart disease
- Anaemia
- Exercise
- Sudden stress, such as fright
- High blood pressure
- Smoking
- Fever
- Haemorrhage
- Drinking too much alcohol
- Drinking too many caffeinated beverages
- Medication side effects, e.g. pseudoephedrine (a stimulant)
- Taking asthma inhaler containing stimulants
- Abuse of recreational drugs, such as cocaine
- Overactive thyroid (hyperthyroidism)
- Hormonal changes associated with menstruation, pregnancy or menopause
- *Sū'i Mizāj Sāda* (Simple morbid temperament)
- *Sū'i Mizāj Mādī* (Abnormal substantial temperament)



Alāmāt (Signs & Symptoms)

- Palpitation can present as:
 - ❖ Skipping beats
 - ❖ Fluttering
 - ❖ Beating too fast
 - ❖ Pumping harder than usual
- Patient may feel palpitation in his throat, neck or chest

Awāriḍ (Complications)

- Dizziness
- Fainting (syncope)
- Stroke
- Shortness of breath
- Cardiac arrest
- Heart failure

Tahaffuḥ (Prevention)

- Abide by the principles of healthy living based on *Asbāb Sitta Ḍarurīyya* (six essential factors)
- Exercise and eat healthy
- Maintain healthy weight
- Quit smoking
- Drink in moderation

- Keep blood pressure under control
- Don't use recreational drugs
- Limit caffeine
- Control stress
- Avoid self-medication

Treatment

Ṭlāj bi'l-Ghidhā' (Dietotherapy)

- Increase consumption of –
 - ❖ Cold water
 - ❖ Garlic
 - ❖ Raw nut
 - ❖ Olive oil
 - ❖ Curd
 - ❖ Rich fibrous diet
 - ❖ Onion
 - ❖ Fish, e.g. Atlantic herring, Trout, Tuna, Mackerel, Pink Salmon
- Avoid the following –
 - ❖ Excessive tea
 - ❖ Carbonated beverages
 - ❖ Excessive coffee
 - ❖ Alcohol

Ṭlāj bi'l-Dawā' (Pharmacotherapy)

- Single drugs
 - ❖ *Gul-i Surkh* (*Rosa damascena* Mill.)
 - ❖ *Gul-i Gāozabān* (*Onosma bracteatum* Wall)
 - ❖ *Sandal Safaid* (*Santalum album* Linn.)
 - ❖ *Ābresham Khām* (Silk cocoon)
 - ❖ *Āmla* (*Embllica officinalis* Gaertn)
 - ❖ *Nilofar* (*Nymphaea lotus* Linn.)
 - ❖ *Marwārīd* (Pearl)
- Compound drugs
 - ❖ *Dawā' al-Misk*
 - ❖ *Murabba' Halayla*
 - ❖ *Khamīra Gaozabān 'Ambarī*
 - ❖ *Khamīra Ābresham*
 - ❖ *Sharbat Sandal*
 - ❖ *Murabba' Āmla*
 - ❖ *Khamīra Marwārīd*
 - ❖ *Khamīra Sandal*
 - ❖ *Mufarriḥ Bārid*
 - ❖ *'Arq Gulāb*



Ṭlāj bi'l-Tadbīr (Regimenal Therapy)

- Deep breathing
- Aerobic exercises
- Inhalation of lavender oil to relieve stress
- *Faṣḍ-i Bāslīq* (Bloodletting through left basilic vein) in *Khafaqān* *Damawī*
- *Qay'* (Emesis) and *Ishāl* (Purgation) in case of *Khafaqān* due to gastric association

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