

***Majoon Khabsul Hadeed***  
**An Ultimate Unani Remedy for**  
**GI Bleeding Disorders**

**Mohammed Wasi Akhtar,**  
**M.Y. Siddiqui, M.M.H. Siddiqui and**  
**Badrudduja Khan**

Department of Moalejat, Faculty of Unani Medicine,  
Aligarh Muslim University,  
Aligarh-202002, India.

The Unani drug *Majoon Khabsul Hadeed* was introduced by Ismail Jurjani for bleeding haemorrhoids, and with a little alteration in the formulation it is described in *Ilajul Amraz, Miftah-ul-Hikmat, Qarabadeen Majeedi* and *Bayaz-e-Kabeer*. Now this drug is available according to the formulation of *Bayaz-e-Kabeer*, Vol. 2, the constituents are *Khabsul Hadeed Mudabbar, Oud, Saad Kufi, Zanjabeel, Filfil Siyah, Ajwain Desi, Izkhar, Halaila Siyah* and *Halaila Zard*. In combination these constituents impart the drug Haemopoietic, Anti-Ulcerative, Ulcer healing, Styptic, Astringent, Anthelmintic and Laxative effects. These medicinal properties of the drug *Majoon Khabsul Hadeed* make the drug useful not only in bleeding haemorrhoids but in all bleeding conditions of gastrointestinal (GI) tract.

**Keywords:** *Majoon Khabsul Hadeed*, Unani drug, Haemorrhoids, GI bleeding.

## **Introduction**

The drug *Majoon Khabsul Hadeed* was introduced by Ismail Jurjani in his book *Zakhira Khwarzam Shahi* in the context of Hemorrhoids. The formulation described in original (in *Zakhira Khwarzam Shahi*) is as follows:

1. *Khabsul Hadeed Mudabbar*
2. *Balchhar*
3. *Izkhar*
4. *Nagar Motha*
5. *Sonth*
6. *Kundur*

*Balchhar, Izkhar, Nagar Motha, Sonth, Kundur* each 17.5 gm and *Khabsul Hadeed* 54 gm.; each grinded to powder. *Amla (Embolica officinalis)* is boiled and the extracted water is mixed in honey. The powdered drugs are mixed in this honey to prepare *Majoon Khabsul Hadeed*<sup>1</sup>.

*Majoon Khabsul Hadeed* is also described in the Unani Pharmacopoeia *Ilajul Amraz* quoting: "This is beneficial for hemorrhoids that bleed extensively". Its constituents are mentioned as (1) *Agar*, (2) *Nagar Motha*, (3) *Sonth*, (4) *Mirch Siyah*, (5) *Ajwain*, and (6) *Izkhar*; Each 3.5 gm. (7) *Halaila Siyah*, (8) *Halaila Zard*, (9) *Amla*; each 18 gm., (10) *Khabsul Hadeed* 52 grams (processed in vinegar for a week). All these drugs are grinded to make fine powder and mixed with honey (in which *Amla* is boiled) to prepare *Majoon*. The dose is 14 grams daily<sup>2</sup>.

Another description of *Majoon Khabsul Hadeed* is found in *Miftah-ul-Hikmat*. Medicinal properties are described as stomachic and tonic for liver. This drug can be used in dysentery of the liver origin and haemorrhoids<sup>3</sup>.

Its constituents are mentioned as (1) *Balaila*, (2) *Amla*, (3) *Zanjabeel*, (4) *Dar-e-Filfil*, (5) *Baranj Kabuli*, (6) *Gil-e-Armani*, (7) *Zaranbad*, (8) *Sumbulut-Teeb*, (9) *Ilaichi*, (10) *Sheetraj*: each 9 grams; (11) *Maweez Munaqqa* 20 grams and (12) *Khabsul Hadeed* (processed in Almond oil) 100 grams. Honey amounting double to all these, mixed to prepare *Majoon*. Daily dose upto 12 grams daily may be advised<sup>3</sup>.

*Majoon Khabsul Hadeed* is also listed in *Qarabadeen-e-Majeedi*. Constituents and method of preparation are described as: (1) *Dry Amla*, (2) *Balchhar*, (3) *Bahera*, (4) *Peepal Kalan*, (5) *Sheetraj*, (6) *Zanjabeel*, (7) *Saad-e-Kufi*, (8) *Filfil Siyah*, (9) *Halaila Siyah*, (10) *Ghee*, (11) *Khabsul Hadeed Mudabbar*: each 4 tola 2 masha, (12) *Tukhm-e-Shibbat*, (13) *Tukhm-e-Gandana*: each 1 tola 8 masha, (14) *Shakar*.

All the drugs grinded to fine powder and filtered with filter No. 80. This filtered powder is then mixed with *Khabsul Hadeed Mudabbar* and *Ghee*. The sugar is cooked upto the medium of *Majoon* and all powdered drugs is mixed and *Majoon Khabsul Hadeed* is prepared.

This drug can be given in a dose of 3-5 grams in the morning with whey (*Chhacch*). It stops hemorrhoidal bleeding and is tonic to liver and stomach<sup>4</sup>.

The drug *Majoon Khabsul Hadeed* now present and dispensed in the market is prepared according to the formulation described in *Bayaz-e-Kabeer*, Vol. 2. The formulation of this preparation is little different from that mentioned first by Ismail Jurjani and other Unani Physicians.

Different constituents of this preparation are as follows:

1. *Khabsul Hadeed Mudabbar* (processed iron rust) 3 tola
2. *Oud* (*Aquilaria agallocha*) 3.5 masha
3. *Saad Kufi* (*Cyperus scariosus*) 3.5 masha
4. *Zanjabeel* (*Zingibar officinale*) 3.5 masha
5. *Filfil Siyah* (*Piper nigrum*) 3.5 masha
6. *Ajwain Desi* (*Trachyspermum ammi*, *Carum copticum*) 3.5 masha
7. *Izkhar* (*Cymbopogon nardus*) 3.5 masha
8. *Halaila Siyah* (*Terminalia chebula*) 1.5 tola
9. *Halaila Zard* (*Terminalia chebula*) 1.5 tola

**Khabsul Hadeed Mudabbar:** Iron rust macerated in strong vinegar for about seven days and then dried to fine powder.

All the drugs powdered and mixed in triple quantity of honey to prepare *Majoon*. This drug can be used 3-7 grams in the morning with plain water or *Arq-e-Gauzaban*<sup>5</sup>. Characteristics of various ingredients are as follows:

## 1. *KHABSUL HADEED (IRON RUST)*

**Chemical Name:** (Fe<sub>2</sub>O<sub>3</sub>)<sup>6, 7</sup>

**Vernaculars:** Iron Rust (English), *Khabsul Hadeed* (Arabic), *Charak Ahan* (Persian), *Zang*, *Lohe ki Mail* (Urdu), *Mandu* (Hindi)<sup>6-8</sup>.

**Description:** This is the rust of iron in particle form. It is usually obtained by crust formation during hammering, when this crust is exposed to ambient moist air, rust is formed. When it becomes too brittle, it is considered best to be used. Its colour is black and tastes astringent. It is used medicinally after processing<sup>6-8</sup>.

**Medicinal Properties and Usage:** This drug is tonic to liver and urinary bladder, stomachic, haemopoietic, and styptic<sup>6-8</sup>.

## 2. *UD*

**Botanical Name:** *Aquilaria agallocha*<sup>6-14</sup>.

**Vernaculars:** Eagle wood (English)<sup>10-13</sup>, *Ud*, *Oud Gharqi*, *Ude Hindi*, *Ud-el-juj* (Arabic), *Agar*, *Agare Hindi*, *Oud Hindi* (Persian), *Agar* (Urdu), *Agar*, *Agar Kathi* (Hindi), *Agaru* (Sanskrit)<sup>6-11, 14</sup>.

**Description:** Eagle wood is an evergreen (perennial) tree with a height of 70-100 m and 1.5-2.5 m in girth<sup>10</sup>. When this tree becomes old enough (30-40 yrs), it develops black, heavy, and smelling heart wood<sup>10-13</sup>. This heart wood is so heavy that it dips in water even when

dried, that's why it is called *Oud Gharqi* (sinking wood). The wood is black and brown but the black coloured is considered better and thus it is costly. The wood is fragrant with a bad taste<sup>6-10, 14</sup>.

**Parts Used:** The heart wood<sup>6-10, 23</sup>

**Medicinal Properties and Usage:** This drug has laxative, tonic for major organs, carminative, stimulant, astringent, deobstruent, stomachic, diuretic and aphrodisiac effects<sup>7-13, 22-23</sup>.

**Chemical Constituents:** A volatile essential oil, a fixed oil and resinous material<sup>7-11, 14</sup>.

### 3. SAAD-E-KUFI

**Botanical Name:** *Cyperus scariosus*<sup>6, 8, 10-11, 13-15</sup>, *Cyperus rotundus*<sup>9</sup>.

**Vernaculars:** *Cyperus* (English), *Saade kufi*, *Saad* (Arabic), *Mushk Zere Zameen*, *Mushk Zamin* (Persian), *Nagarmotha* (Urdu)<sup>6-13</sup>, *Nagarmotha* (Hindi), *Nagar mustaka*, *Chakranksha*, *Shishira* (Sanskrit)<sup>10-11, 14-16, 20-21</sup>.

**Description:** Abundantly found in fields, gardens, and wet/damp lands of Punjab province in Pakistan. In India it is found in wet/damp and sandy lands of Uttar Pradesh and Bengal. The one from Iraq (Kufa) is considered to be the best in quality and that's why it is named *Saad-e-Kufi*<sup>6-11, 14-15, 21</sup>.

*Cyperus* is a perennial glabrous herb with slender long (40-90 cm) stems clothed by elliptic acute lax striate, con-colourous scales. The root is tuberous, brown coloured, 1-2 inches long, and marked with transverse rings. It has a bitter and stringent taste and strong aromatic odour<sup>10-13, 15</sup>.

**Part Used:** Tuberous or bulbous root<sup>6-11, 14-16, 21, 23</sup>.

**Medicinal Properties and Usage:** *Cyperus* has anthelmintic, haemopoietic antispasmodic, stomachic, carminative, appetizer and diuretic effects<sup>6-11, 14-18, 20-21, 23</sup>.

**Chemical Constituents:** Volatile oil, albuminous matter etc.<sup>6-9</sup>.

### 4. ZANJABEEL

**Botanical Name:** *Zingiber officinale* Rosc.<sup>6-12, 14</sup>.

**Vernaculars:** *Ginger* (English), *Zanjabeel* (Arabic), *Zangabeel*, *Shangabir* (Persian), *Adrak* (Urdu)<sup>6-13, 15</sup>, *Adrak*, *Ada*, *Sonth* (Hindi), *Adrakam* (Sanskrit)<sup>10-12, 14-16</sup>.

**Description:** It is native of tropics though cultivated widely on a large scale in tropical Asia and throughout India in the warm-moist regions, chiefly in Madras. Run wild in some places in the Western Ghats<sup>10-13, 15, 18, 21</sup>.

The Rhizomes are white to yellowish brown in colour, irregularly branched, somewhat annulated and laterally flattened. The surface of the rhizomes is smooth and if broken a few fibrous elements of the vascular bundles project out from the cut ends<sup>6-12, 14-15, 21, 23</sup>. Plant ginger is usually harvested during December and January<sup>10-12, 21</sup>.

**Parts Used:** Rhizome (raw as well as dry)<sup>6-12, 14-15, 21, 23</sup>.

**Medicinal Properties and Usage:** Ginger has carminative, digestive, anthelmintic, laxative, stomachic and antiulcer effects<sup>6-12, 14-17, 21-23</sup>. It also has coagulation effect, shortens the blood coagulation time markedly<sup>17</sup>.

**Chemical Constituents:** Ginger contains 1-5% yellow coloured aromatic volatile oil. This volatile oil consist camphene, phellandrene, zingiberine, cineol and borheol. Gingerol a yellow pungent; gingerin an oleoresin with other resins is also isolated from rhizomes. Gingerol an active principle extracted from ginger is soluble in alcohol, ether, and volatile oil and fat, slightly soluble in benzene; it contains all the virtues of the root. The vitamins present in green ginger are: Thiamine, 0.06; Riboflavin, 0.03; Niacin, 0.06; and Vitamin C 6.0 mg/100 g<sup>6-8, 12-13, 15</sup>.

## 5. IZKHAR

**Botanical Name:** *Cymbopogon schoenanthus*<sup>8, 10-13, 15</sup>, *Andropogon schoenanthus*<sup>7, 9</sup>, *C. Citratus*.

**Vernaculars:** Rusa grass, Lemon grass (English), Izkhar, *Izkhar Makki* (Arabic), *Kah Makki*, *Kor Gyah* (Persian), *Izkhar* (Urdu)<sup>6-9, 22-23</sup>, *Merchya*, *Ibharankusha*, *Gandheel*, *Agni Ghas* (Hindi), *Amrinala*, *Avadahaka*, *Rohas* (Sanskrit)<sup>10-11, 13, 15</sup>.

**Description:** Found in Central India, Rajputana, Lower Himalayan tracts to the plains of U.P., Western Ghats, South India, and Bihar. Also found in Saudi Arabia<sup>10-11, 15</sup>.

*Izkhar* (Rusa grass) is a tall grass, up to 1.8 m. high, with smelling roots, leaves and flowers. Leaves are flat, up to 60 cm long and 5 mm broad, narrowly linear, and ending in a long capillary tip. Grass is fairly green, when rubbed gives smell of lemon and tastes bitter. The best quality is considered to be those found in Saudi Arabia<sup>6-11, 15-16, 21-23</sup>.

**Parts Used:** The fibrous root, flower (calyxes) and the oil extracted from flower<sup>6-11, 15, 21</sup>.

**Medicinal Properties and Usage:** This drug is concoctive for viscid humours, carminative, stomachic, laxative and anti-inflammatory. Flowers are styptic (haemostatic), and have all above mentioned properties strongly. It has anti-ascariasis activity, expelling the worms by paralyzing them<sup>10-11, 16-17, 21-23</sup>.

**Chemical Constituents:** An essential oil, that contains an

Aldehyde, a terpene, an isomer of borneol named Citro-nellol and Acetic and Valeric acids<sup>7-11, 16-17, 21, 23</sup>.

## 6. AJWAIN DESI

**Botanical Name:** *Trachyspermum ammi*<sup>9, 12, 19</sup>, *Carum copticum*<sup>8, 12, 19</sup>.

**Vernaculars:** Bishop's seeds, Ajowa seeds, Omum seeds (English), *Kamun Maluki*, *Talubul Khubz* (Arabic), *Nankhah* (Persian), *Ajwain Desi* (Urdu), *Ajowan* (Hindi)<sup>6-10, 12, 21, 19, 20, 23</sup>.

**Description:** The herb is said to be native of Egypt. Although it is cultivated in the Mediterranean region and in South-West Asian countries, *Ajwain* is chiefly produced in India<sup>10-12, 15</sup>. This is abundantly cultivated in and around Indore<sup>7, 9, 12</sup>.

These are plants of 1.5-3 feet long; leaves are small similar to that of coriander; seeds and flowers are umbelliferous and similar to that of fennel (*Foeniculum vulgare*) and dill seed. Every part of this plant has a specific smell<sup>6-10, 12, 19, 20, 23</sup>.

**Parts Used:** Seeds (Fruits)<sup>6, 10, 12, 19-21</sup>.

**Medicinal Properties and Usage:** Ajwain has carminative, appetizer, stomachic, diuretic, anti-inflammatory and anthelmintic effects. The chemical thymol has the property to kill and expel the intestinal worms<sup>6-10, 12, 19-21, 23</sup>.

**Chemical Constituents:** An aromatic volatile essential oil (2-4%) and a crystalline substance – stearoptin, cumene, terpene, thymine is present in this seed. The volatile oil chiefly present in flowers (*ajowa ka phul*) contains 30-36% Thymol.<sup>7-10, 12, 19, 21</sup>.

## 7. FILFIL SIYAH

**Botanical Name:** *Piper nigrum* Linn.<sup>7-14, 19</sup>.

**Vernaculars:** Black Pepper (English), *Filfil Aswad*, *Filfil siyah* (Arabic), *Pilpil* (Persian), *Kali Mirch* (Urdu), *Gol Mirch*, *Kali Mirch* (Hindi), *Maricha* (Sanskrit).

**Description:** This perennial climbing shrub is cultivated in tropics and is indigenous to South India, Malabar, Java, Sumatra and Travancore coasts, i.e. Western coasts of India. In India, Kerala only on the west coast produces nearly 95% of the total output<sup>10-12</sup>.

Fruits are small greenish-yellow in bunches, and become red when fully ripe. These fruits are plucked midway to ripe and dried to wrinkled hard black pepper. When it ripens, the red pericarp shed off and appears white, this white pepper is often called *Dakkani Mirch* or *Filfil Safaid*. The fruit has pungent smell and bitter taste<sup>6-14, 19, 22</sup>.

**Parts Used:** Dried black fruits, dried unripe fruit<sup>6-14, 18-19</sup>.

**Medicinal Properties and Usage:** Black pepper has stimulant, carminative, purgative, stomachic, anti-inflammatory, diuretic, emmenagogue (menstruation facilitating) and aphrodisiac effects. This drug is much beneficial in phlegmatic disorders, anasarca, bleeding piles and ulcers of the rectum<sup>6-14, 18-19</sup>.

**Chemical Constituents:** Pepper contains a Volatile Alkaloid Chavicine, Crystallizable Alkaloid Piperine 5-9%, Piperidine or Piperidin 5%. A balsamic volatile essential oil 1-2% is also present. Mesocarp contains Chavicin (soluble pungent concrete resin), very little Piperine and no volatile oil<sup>6-14, 18</sup>.

## 8. HALAILA

**Botanical Name:** *Terminalia chebula* Retz<sup>7-11, 13-14, 18</sup>.

**Vernaculars:** Myrobalan (English), *Halaila*, *Halailaj* (Arabic), *Halaila*, *Halila Zard*, *Halila Kabuli* (Persian)<sup>7-11, 13-14, 18</sup>, *Har*, *Harara*, *Harda* (Hindi), *Halaila* (Urdu), *Haritaki*, *Abhaya* (Sanskrit)<sup>10-11, 13-14, 18</sup>.

**Description:** Although found throughout the greater part of India, this tree is wild in the forests of Northern India, Central Provinces and Bengal<sup>10-11, 13, 18</sup>.

The fruits that fall before ripening become small wrinkled and black, and called as *Halaila Siyah*. Those, which get ripened, become yellow, and called *Halaila Zard*. And some of this ripened myrobalan (*Halaila*) become bulky (*Farba*) and named as *Halaila Kabuli*. *Halaila Kabuli* is very large sized fruit of an ovoid form, smooth, and readily sinking into water<sup>7-9, 14</sup>.

**Parts Used:** Dried fruits, immature fruits, mature fruits, myrobalans and galls, outer skin of the fruits<sup>7-11, 13-14</sup>.

**Medicinal Properties and Usage:** Myrobalans are safe and effective purgative (gentle laxative), astringent and alterative. Yellow myrobalan is tonic to brain, stomach and eyes, astringent and biligogue. *Halaila Kabuli* is purgative for all three humours (phlegm, bile, and black bile). The ripened fruit is purgative, tonic, carminative and enriches the blood<sup>7-11, 13-14, 18</sup>.

Myrobalan is used in bleeding and ulceration of gums, dysentery, piles, colic and worm infestations<sup>7, 9, 13-14, 18</sup>.

**Chemical Constituents:** Myrobalans contains astringent principles; tannin (tannic acid) 45% and a large amount of gallic acid, mucilage, a brownish yellow colouring matter, chebulinic acid which when heated in water splits up into tannic and gallic acids. An alkaloid myrobalanine is also extracted<sup>7-11, 13-14, 18</sup>.

Tannin 30%, chebulic acid 3.5%, chebulinic acid 30% along with ellagic acid, gallic acid and resin<sup>18</sup>.

Some albuminous matter is also present<sup>14</sup>.

## Discussion

The description of the compound medicine *Majoon Khabsul Hadeed* in Unani classical literature advocates its use in haemorrhoids especially. But when we go through the details of medicinal properties and usage of its constituents, we find the following information:

The blood production in the body is increased by haemopoietic effect of *Khabsul Hadeed* and *Saad-e-Kufi*. Some drugs have styptic (haemostatic) as well as Astringent effects, which stop further blood and hence iron loss from the body, ultimately increasing the quantity of blood in the body. Haemostatic drugs in this formulation include: *Khabsul Hadeed*, *Saad-e-Kufi*, *Zanjabeel*, *Izkhar*, *Filfil Siyah*, and *Halaila*, whereas astringent drugs in this formulation are: *Oud* and *Halaila*. *Zanjabeel* (Ginger) has been reported to have clotting effect as it decreases the coagulation time markedly.

Some constituents of this formulation anti-ulcerative and have ulcer healing properties; both these properties check bleeding from a new ulcer to a well formed ulcer, ultimately helping in management of GI bleeding. These drugs include *Zanjabeel*, *Filfil Siyah* (heals ulcers of rectum and anus) and *Halaila* (especially bleeding gums).

Anthelmintic drugs in this formulation include: *Saad-e-Kufi* (in larger doses it is used as an anthelmintic to get rid of worms), *Izkhar* (has anti-ascariasis activity, expelling the worms by paralyzing them.), *Zanjabeel*, *Ajwain Desi* (the chemical thymol has the property to kill and expel the intestinal worms) and *Halaila*.

Expulsion of helminthes and relief from constipation is supposed to be due to laxative and purgative effect of some of constituent drugs viz. *Oud*, *Zanjabeel*, *Izkhar*, *Filfil Siyah* and *Halaila*.

Anti-inflammatory effect of some constituent drugs viz. *Izkhar*, *Ajwain* and *Filfil Siyah* also help to cure stomatitis, gingivitis, glossitis, bleeding gums and GI ulcers.

The presence of vitamins in ginger viz. thiamine, riboflavin, niacin, and vitamin C might also help to subside the clinical features. The presence of vitamin C improves the iron absorption in gut.

## Conclusion

After thorough survey and analysis of the drug constituents of *Majoon Khabsul Hadeed* we can conclude that it can be used not only in bleeding haemorrhoids but also in all GI Bleedings, as this remedy not only checks most of the causes of GI bleeding but also cures the patient by improving the state of anaemia by its haemopoietic effect.



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