



Research article

**A study on current marketed formulation of Unani Medicine used
in the treatment of “Zayabetus”**

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ABSTRACT

The word Diabetes is derived from Greek word “DIABANMO” which means passing through. Zayabetus or zibetus can be divided into two types according to presence or absence of sugar in urine viz. ZIABETUS SADA (Ziabetus Barid) and ZIABETUS SHAKRI (Ziabetus Har). Diabetes Mellitus (Zayabetus) is one of the most important lifestyle related disorders that is mostly widespread in urban areas. The Unani system of originated in Greece. Hippocrates is known as the father of Unani system of medicine. The theoretical framework of Unani system of medicine is based on his teachings. After a number of other greek Scholars enriched the system considerably. Of the Galen (131-120 AD) stands out as the one who established its foundation on which Arab physicians like Rhazes (850-925 AD) and Avicenna (980-1037 AD) constructed an imposing edifice. The number of people around the World suffering from diabetes has skyrocketed in the last two decades, from 30 to 230 millions. East Asian countries have the highest burden of diabetes. India comprises of 85% of the adult population of Southeast Asia and therefore the major contribution to diabetic population in South East Asia is from India. It has been estimated that India, considered as the diabetic capital of the World with more than 32 million diabetes patients would continue to lead even at 2030 with a whopping 80 million diabetics. So many brands and formulations are available in market like-Diab-Eaze, Dolabi Tablets, Herbo Diabecon, Gurmar Capsules, Neem Capsules, Fenugreek Capsules, Safoof- E- Zibetes- Dulabi.

Keywords: Unani formulation, Zayabetus, Fenugreek, Safoof-E-Zibetes

INTRODUCTION

According to World Health Organization about 65-80% of World’s population in developing countries depends essentially on plants for their primary health care.¹ The traditional system of medicines like ayurvedic, homeopathic, naturopathy, unani etc. are very effective in rural areas for the treatment of various ailments.² Unani medicine got enriched by imbibing what was best in the contemporary systems of traditional medicine in Egypt, Syria, Iraq, Persia, India, China and other Middle East and Far East countries.³

Type of compound formulations used in unani system of medicine are⁴-

- Solid formulations – Powder, tablets and pills etc.
- Semi solid formulations – Electuaries, Aperients, Jwarishat, Khamerajat etc
- Liquid formulation – Syrup, decoction, linctuses, eye and nasa drops etc
- Gaseous formulations – Snuffs, shamoom, noukh, lakhlakha etc

DIABETES (Zayabetus)

Diabetes is characterized by Excessive thirst, Excessive urination, Excessive increase of appetite, and collapse of sexual function. The disease is associated with polydipsia (Atash-e-Mufrit) and polyuria (Kasrat-e-Baul). In case of diabetes

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level of sugar in blood increases due to lesser production of insulin through pancreas.

Causes of diabetes (Zayabetus)

1. Infaalat-e-Nafsania (psychological function) eg. Stress, anxiety, strain, and tension.
2. Soo-e-Mijaz-e-Kuliya- Overeating, Excessive use of alcohol, Sedentary use of Alcohol.

Diabetes Prevention

- Some forms of regular aerobic exercises are needed.
- Take your diet as planned your dietary chart. Give more weightage to fibrous foods.
- Avoid alcohol, smoking and sleeping at the day time.
- Sedentary lifestyle is harmful.
- Stress, strain, tension, anxiety should be avoided.
- Do yogasana, pranayama and meditation.
- Avoid fast, junk, non-veg and sugary foods.
- Preferred short interval meals.
- Sound sleep of about 7-8 hours should be taken at night only.
- Weight maintains should be given importance as over sex, age and height.⁵

Different Unani formulation used in diabetes

1. Diab-eaze.
2. Dolabi tablets.
3. Herbo diabecon.

4. Gurmar capsules.
5. Neem capsules.
6. Fenugreek capsules
7. Safoof- e- ziaabetes- dulabi.
8. Qurs tabasheer.
9. Jawarish zarooni sada.
10. Hoodiab capsules.
11. Madhugamini diabetes powder.
12. Brahmi capsule
13. Qurs kushta baiza murgh
14. Shugar no
15. Diabetic care tablets
16. Qurs kushta zamarrud
17. Garlitab
18. Qurs ziabitus
19. Jawarish mastagi

DIAB-EAZE

Diab-Eaze is a comprehensive herbal formulation containing time-tested and anti-diabetic herbs that have been recommended for more than 5000 years in Ayurveda and Unani system. These medicinal herbs make Diab-Eaze a comprehensive approach to the management of diabetes mellitus. It balances blood sugar levels, thereby reducing or removing the need for insulin or hypoglycemic medication. Furthermore, it reduces cravings for sweet foods, improves circulation, especially to the feet and hands and improves blood flow to optic nerves to prevent diabetes-related eye diseases. It also helps promote symptomatic relief of complaints like weakness, giddiness, pain in legs, body ache, polyuria and pruritis. Diab-Eaze does not contain any form of sulfonamides or biguanides (often found in allopathic drugs). It makes it possible to avoid the side effects most current with these products (skin problems or excessive lactic acid).⁶

Composition of Diab-Eaze

Ingredients	Quantity
Nyrrphae lotus	50 mg
Trigonella foenum-graecum extract	50 mg
Momordica charantia extract	50 mg
Tinosporia cordifolia extract	50 mg
Eugenia jambolana extract	50 mg
Gymnema sylvestre extract	50 mg
Ficus racemosa extract	50 mg
Cinnamomum zeylanicum	50 mg
Asphaltum	100 mg

Indications

Diabetes Insipidus, Diabetes Mellitus, Glycosuria, Incontinence and Polyuria.

Contraindications

Not recommended during pregnancy and lactation.

Side effects

There are no known side effects.

Dosage

2 capsules two or three times a day, depending on severity of symptoms. Dosage can be reduced once blood sugar levels stabilise.

Composition

Ingredients	Ingredients
Acacia	Gond safaid
Banslochan	Labba buz
Tukhm hammaz	Kushta baiza murgh
Gurmar Booti	Kushtakhabsul hadeed
Maghz jamun	Kushta jast

Indications – Diabetes

Dosage – 1-2 tablets should be taken 30 minutes before meal twice daily or as directed by the physician.

Precautions – Avoid sweet and excess carbohydrate contain foods.

Storage – Store at cool and dry place, protect from light.

Packaging – Plastic containers containing 50 tablets.⁷

HERBO-DIABECON

Herbo Diabecon is a combination of herbal anti-diabetic herbs recommended for more than 50000 years in unani. It helps to correct the effects, besides the condition itself and correct the denegerative complications which result because of diabetes. It helps to overcome resistance to oral hypoglycaemic when used as adjuvant to cases of uncontrolled

DOLABI TABLET

Dolabi is a proven Unani formulation for diabetes. It corrects the function of pancreas and stimulates insulin secretion. It helps to block the absorption of sugar from gastro intestinal tract and maintains the normal blood sugar level.

diabetes. It may confer a sense of well being in patients and help promote symptomatic relief of complaints like weakness, giddiness, pain in legs, body ache, polyuria and pruritis.

Herbo diabecon helps in treating diabetes by reducing sugar level in blood. It also helps in preventing fluctuations of glucose level.⁸

Composition

Ingredients	Quantity(mg)
Gymnema sylvestre	80 mg
Vinca rosea	60 mg
Curcuma longa	80 mg
Azadirachta indica	40 mg
Nigella sativa	40 mg
Momordica charantia	40 mg
Syzygium cumini	40 mg
Acacia Arabica	40 mg
Tinosoria cordifolia	40 mg
Zingiber officinale	20 mg
Aloe vera	20 mg

Symptoms – Increased urination.

Indications – Diabetes.

Packaging – In pack of 20 capsules.

Dosage - One capsule twice a day with milk.⁹

GURMAR CAPSULES

GURMAR is well known for its ability to reduce sugar carvings. It also slows the absorption of sugar into the blood stream. Once it has reached the blood stream, gurmar helps support the efficient utilization of glucose throughout the body.³⁹

Gurmar is a high quality pure extract with optimum potency. 550 mg of standardized extract contains not less than 35% of gymnemic acid (herd ratio 10:1) and micronized concentrated powder of same herb as capsule filler.

Composition

Ingredients	Quantity
Gymnema sylvestre dried extract (7:1)	250 mg
Gymnema sylvestre powder	250 mg

Other names: Gymnema sylvestre, Sugar destroyer, Gurmar, Sugar killer.

DOSAGE

Take 1 capsule twice daily before meals with water. Herbal medicines provide progressive, long-term benefits. Gymnema needs to be taken for at least 3-4 weeks before the benefits of taking it can be experienced. Optimally, it can take anywhere between 6 months and 2 years to experience the full range of benefits. Individual results can vary, depending on the nature and seriousness of the condition for which Gymnema is being consumed.¹⁰

alterative, antifungal and antibacterial. One of the most powerful blood purifiers and detoxifiers in Herbal usage, Neem is often used to maintain healthy skin. Traditionally Neem has been used against heat-rash, acne, pimples, skin blemishes, boils, wounds, leprosy, skin disorders, leucoderma, stomach ulcers, chicken pox, etc. Its alterative properties help to clean, purify, and detoxify the blood, with a special effect also seen in liver conditions such as jaundice.¹² There is plenty of scientific backup for Neem's immune enhancement properties as a booster of the macrophage's effectiveness. Scientific studies indicate that Neem boosts the immune system by energizing lymphocytes cells to respond to infection and other challenges to the body's immunity. Modern research also confirms Neem's curative powers in case of many diseases and provides indications that Neem might in future be used much more widely. Also lowers blood sugar levels.¹³

NEEM CAPSULES

Medical properties of Neem have been known to Indians since time immemorial. The earliest Sanskrit medical writings refer to the benefits of Neems fruits, seeds, oil, leaves, roots and barks. Each of these has been used in the Ayurvedic and Unani systems of medicines. Neem provides an answer to many incurable diseases.¹¹ It is bitter,

Composition

Ingredients	Quantity
Melia azadirachta died extract (10:1)	200 mg
Melia azadirachta powder	200 mg

Indications

Acne, Blood Impurities, Boils, Diabetes, Eczema, Heat Rash, Intestinal Worms, Jaundice, Leprosy, Leucoderma, Malarial Fever, Persistent Infection due to Low Immunity, Pimples, Skin Blemishes and Wounds.¹⁴

DOSAGE

Take 1 capsule twice daily after meals with water. Allow several weeks for benefits. The use of natural products provides progressive but long-lasting.¹⁶

Contraindications

Not recommended during pregnancy.¹⁵

FENUGREEK CAPSULES

The seeds are aromatic, carminative, tonic, demulcent, mucilaginous, antispasmodic, emmenagogue, expectorant, galactagogue and mild diuretic. Fenugreek is prescribed to treat anorexia,

Side effects

There are no known side effects.

but its bulking effects can also aid dieting by making the stomach feel full. Being a mild diuretic it is effective in reducing weight.¹⁷The seeds are high in dietary fibre, which may be the main reason for its ability to help lower blood sugar levels in diabetes. In 2001 diabetes researchers in Jaipur, India noted that fenugreek lowers blood sugar levels in Type 2 diabetes mellitus, reducing

resistance to insulin and removing excess triglycerides in the blood.¹⁸The fibre and saponins are known to lower elevated cholesterol and blood lipids, including in those with diabetes, while its hormonal qualities are reported to combat loss of virility in men, according to several controlled studies. Generally, fenugreek does not lower HDL (Good Cholesterol).¹⁹

Composition

Ingredients	Quantity
Trigonella foenum-graecum Dried Ext. (4:1) (Methi)	500 MG

INDICATIONS

Abdominal Distension, Anorexia, Bronchitis, Catarrh, Colic, Constipation, Convalescence, Cough, Diabetes Mellitus, Diarrhoea, Dropsy, Dysmenorrhoea, Fevers, Flatulence, Gastritis, Hepatomegaly, High LDL Cholesterol Levels, Indigestion, Irritable Bowel Syndrome, Lack of Appetite, Leucorrhoea, Obesity, Post-menopausal Symptoms, Post-partum Problems, Sinusitis, Sore Throat, Spleen Disorder, Suppressed Postpartum Lactation, Tuberculosis, Ulcer and Under-developed Breasts.²⁰

Take 2 capsules twice daily after meals with water. Allow several weeks for benefits. The use of natural products provides progressive but longlasting results.²²

PRESENTATION

In packs of 60 capsules²³.

SAFOOF-E-ZIABETES-DULABI

Sufoof-e-Ziabetes-Dulabi (SZD) is a polyherbal solid preparation widely prescribed for Ziabetes sadiq(diabetes mellitus) and Zof-e-kulya (weakness of the kidney). The formulation contains six medicinal herbs eith Gil-e-Armani(a type of soil used in many unani preparations) and Qand Safaid(sugar)²⁴. β - sitosterol, a phytosterol reported in all the ingredients of SZD²⁴⁻²⁷{except amla}, exhibits hyperlipidemic²⁸, cholesterol lowering²⁹, anticancer, immunomodulatory and antidiabetic⁵¹ properties.³⁰

CONTRAINDICATIONS

Not recommended during pregnancy.²¹

SIDE EFFECTS

There are no known side effects.

DOSAGE

Composition

Ingredients		
Unani name	Biological name	quantity
Gular	Stem bark of <i>Ficus racemosa</i>	2 Part
Gulnar farsi	Stem bark of <i>Ficus racemosa</i>	1 Part
Dana Anar Shireen	Seeds of <i>Punica granatum</i> L.	1 Part
Maghz-e-Tukhm-e-Anba	Seeds of <i>Mangifera indica</i> L.	1 Part
Amla	Pericarp of dried fruits of <i>Phyllanthus emblica</i> Gaertn.	1 Part
Kishneez Khushk	Fruits of <i>Coriandrum sativum</i> L.	1 Part
Gil-e-Armani	Soil	1 Part
Qand Safaid	Sugar	1 Part

QRS TABASHEER

Its name is due to its cheif ingredient Tabasheer (*Bambusa arundinasia* dried exudates on node).⁵²Qurse Tabasheer is used in treatment of

Ziabetes (Diabetes), Hummae Hadda (Acute Fiver), Hummae Muharriqa, and Is'shal (Diarrhoea).³¹⁻³⁷

Composition

Ingredients	Quantity
Tabasheer	1 Part
Tukhme Khurfa	1 Part
Tukhme Kahu	1 Part
Gule Surkh	1 Part
Gulnar	1 Part
Gile Armani	1 Part

Actions- Beneficial in Diabetes.

Uses- Diabetes

Preparation - Make powder of all drugs. Mix the drugs powder in appropriate binder and make tablet.

Dose- 5gm³⁸.

JAWARISH ZAROONI SADA

Jawarish zarooni sada is a polyherbal unani formulation containing 15 ingredients, mainly described to be diuretic and nephroprotective. It is a special drug of unani and also gives strength to the kidney.

Composition

Ingredients	Quantity
Tukhm Garz	25 gm
Tukhm Aspast	25 gm
Tukhm Karfas	25 gm
Tukhm Kharboozah	25 gm
Tukhm Khayareen	25 gm
Nankhawah	25 gm
Badyan	25 gm
Qaranfal	25 gm
Post Bekh Karfas	25 gm
Filfil Sivah	25 gm
Aaqarqarha	10 gm
Darchini	10 gm
Zafran	10 gm
Mastagi	10 gm
Uood Kham	10 gm
Javitry	10 gm

Preparation- Grind all the ingredients and mix in appropriate quantity of honey.

Dose - 10 gm twice a day.

Uses- Diuretic, Diabetes³⁹.

HOODIAB

Efficaceous for diabetes and its associated complications such as frequent urination, itching,

fatigue etc, gangrene, prophylactic treatment for hereditary diabetes

Composition

Ingredients	Quantity
Palas	60 mg
Amla	50 mg
Babul gondh	50 mg
Katheera	50 mg
Thukum Kahu	50 mg

Thukum Tulsi	50 mg
Gulnar	50 mg
Balooth	50 mg
Chiraita	30 mg
Esas	30 mg
Kuasta Marvarid	30 mg

Kusta Marvarid processed in the decoction of JADWAR, MASTHAGI, ASGAND, CHIRAITA, LAVANG, JAIPHAL, MAJET, MAKO, GOKHRU, BEHMAN SURKH, PAKAN BAID, SARPOKA, ZANJABEEL, PHIL PHIL ZIA.^{40,41,42}

ACTIONS⁴³⁻⁴⁹

- 1) Effective galactagogue, leads to pituitary or hypothalamus activity.
- 2) Bitters, stimulates gently endocrine glands thus effective in lowering blood sugar.
- 3) Raise levels of glucose and ATP in the cell, thus maintain energy levels.
- 4) Decreasing the consumption of insulin, thus of potential use in diabetic angiopathy, especially as it has minimal impact on glucose metabolism, making it appropriate for

diabetics, who generally suffer from insufficient circulation.

- 5) Restores energy and vitality and ward off tiredness & fatigueness due to sexual weakness.
- 6) Prophylactic, works to avoid the various long-term complications.
- 7) Heart and vascular tonics, appropriate for long-term use.

DOSAGE

For adults: 1 Capsule each thrice a day⁵⁰.

MADHUGAMINI DIABETES POWDER

This powder is a unani preparation and is found to be very effective in controlling diabetes and it is its speciality.⁵¹⁻⁵⁶

Composition-

Ingredients	Quantity
Kariatu	10 gms.
Kali zeeri	10 gms.
Karela khushk	10 gms.
Madhunasi	10 gms.
Indrajav	10 gms.
Magze-jamun	Mgw.
Mamejvo	10 gms.
Kadu	10 gms.
Tabashir	10 gms.
Tukhme khurfa	10 gms.

Uses – It improves digestion and reduces frequency of urination. Effective in controlling diabetes.⁵⁷

Dosage - 5 gm powder twice a day with water⁵⁸.

BRAHMI CAPSULE

Composition

Ingredients	Quantity
Centella asiatica Dried Ext(8:1) (Brahmi)	250 mg
Centella asiatica powder (Brahmi)	250 mg

Indications – Diabetes, Dysentry, fevers, insomnia, nervous disorders, stomach ulcers etc

Contraindications - Not recommended during pregnancy.

Dosage – Take 1 capsule twice daily with water at mealtimes. Allow several weeks for benefits. The use of natural products provide progressive but longlasting results. Take 1 capsule

Packaging – In pack of 60 capsules.⁵⁹

Composition -

Ingredients	Quantity
Kushta Biaza Murgh(Ovi tests calx)	31.25 mg
Starch (ararot)	q.s.

Dosage- 2 tablets with butter and a glass of milk.

Packaging – In pack of 30 tablets⁶⁰.

SHUGAR- NO

Shugar– No produces the most beneficial effects in treating diabetes mellitus and diabetes insipidus. It enhances the secretion of insulin in the pancreas,

QRS KUSHTA BAIZA MURGH

Description

Useful in diabetes, also prevents excessive urination and strengthens the kidney. Also used in leucorrhoea and spermatorrhoea.

normalises the sugar level in blood of diabetic, checks polyuria and is destroyer of glycosuria and other urinary disease. Strengthen the urinary bladder and is useful in incontinence of urine.

Composition

Ingredients	Quantity
Papaver somniferum latex (Afeem)	13 mg
Ovi testa calx (Kutkutantak Bhasma)	17.5 mg
Ferroso-ferric oxide calx (Khabul Hadid Bhasma)	17.5 mg
Corallium rubrum calx (Pravala Bhasma)	17.5 mg
Cyprae moneta Calx (Sadaf Bhasma)	17.5 mg
Plumbum Calx ()	17.5 mg
Gymnema sylvestre (gurmar)	26 mg
Punica granatum Rind (Anar)	53.5 mg
Asphaltum Purified (Shilajit)	53.5 mg
Eugenia jambolana seeds (Jamun gutli)	53.5 mg
Ficus recemosa (Gular)	q.s.

Dosage- 2 pills in the morning and evening with water

Packaging – In packs of 80 pills⁶¹.

DIABETIC CARE TABLETS

Diabetic care tablets made of natural herbs, which are highly effective in diabetes

Composition

Ingredients	Quantity
Berg-E-Gilo	68.96 mg
Maghz-E-Jamun	68.96 mg
Berg-E-Bel	51.76 mg
Asgand Nagori	51.72 mg
Berg-E-Neem	51.72 mg
Maghz-E-Neem	51.72 mg
Methi Dana	51.72 mg
Post Halela Zard	51.72 mg
Zanjabeer	51.72 mg

Indication – Beneficial in metabolic disorder and lowered blood sugar level effectively. It has tremendous result in non insulin dependent diabetes mellitus patients.

Dosage – 2 tablets twice a day after meal.

Packaging – Pack of 50 tablets⁶².

Composition

Ingredients	Quantity
Kushta Zamarrud(Emerald calx)	31.35 mg
Starch	q.s.

Dosage - 1 tablet in morning with 5 gm Jawarish Zaruni Ambari, Banuskha Kalan.

Packaging - In packs of 30 tablets and 1000 tablets⁶³.

GARLITAB

Garlitab helps to dilate blood vessels and reduces platelet aggregation, which result in improved rate

Composition

Ingredients	Quantity
Allium sativum	30 mg
Allium cepa	20 mg
Syzygium cumini	20 mg
Mangifera indica	20 mg
Myristica fragrans	10 mg
Eugenia caryophyllus	10 mg

Indications – Hypertension, diabetes, indigestion, flatulence, anorexia, rheumatoid arthritis, gout, throat infection, bronchitis, asthma, hypercholesterolaemia, arteriosclerosis, atherosclerosis , general debility.

QRS ZIABITUS

Composition

Ingredients	Quantity
Santalum album sawdust	30 gm
Bombuse arundinacae	50 gm
Rumex vesicarius seeds	30 gm
Portulace oleracea seed	70 gm
Lactuca scarioli seed	70 gm
Rhus coraria	20 gm
Dried Coriandrum sativum	30 gm
Armenianbole	30 gm
Punica granatum flower	30 gm
Acacia Arabica gum	50 gm
Arrowroot paste	250 gm
Gelatin paste	150 gm
Camphor	5 gm

QRS KUSHTA ZAMARRUD

Description

Strengthen the liver and heart. Useful in diabetes , albuminuria and cough, prevents excessive urination.

of blood flow. Garlitab reduces gastric disorders such as indigestion, anorexia and flatulence, which are main causes of stomach pain. Garlitab has antioxidant properties and helps to reduce the effects of toxic substances which may cause cancer. Garlitab regulates blood glucose by increasing insulin production from the pancreas or enhancing the response to insulin.

Dosage - 2 tablets twice a day after meal or as directed by the physician.

Storage – Store in cool and dry place, protect from sunlight.

Packaging- Pack of 60 tablets in a container⁶⁴.

Rectified spirit	6 ml
Liquid paraffin	5 ml
Soapstone	25 gm
Magnesium carbonate	5 gm

Preparation

The first 10 ingredients are ground. Sieve through 80 mesh and made into a sufoof (tablet form). The arrow root paste and gelatine paste are added into the sufoof, which is made into a dana. The dana is sieved through 12 mesh and after drying, through 16 mesh. The camphor is dissolved in the rectified spirit is added to dana. After sometime the liquid paraffin, soapstone, and magnesium carbonate are added in succession, and tablet of size 4 are obtained.

Storage – Tablets are stored in a glass jar.

Dosage – 2 tablets each time twice a day with 250 ml of whey⁶⁵.

JAWARISH MASTAGI

It strengthens the liver, stomach and intestine. Stops diarrhoea caused due to gastrointestinal weakness. Checks excessive salivation and urination. Useful in sluggish stomach and liver.

INGREDIENTS	QUANTITY
Pistacia lentiscus (Mastagi Roomi)	246.9 mg
Ros damascene Distillate (Arq Gulab)	987.65 mg
Sugar (Qand safaid)	8.765 mg
Preservative	q.s.

Dosage - 10 gm in the morning and evening with 125 ml water.

Packaging – In packs of 60 gm and 125 gm⁶⁶.

Other uses of following formulations are

FORMULATIONS	Other uses
1.DIAB-EAZE	Glycosuria, Incontinence and Polyuria.
2.HERBO DIABECON	Weakness, giddiness, pain in legs, body ache, polyuria and pruritis
3.GURMAR CAPSULES	Glycosuria, High LDL Cholesterol & Triglyceride Levels, Hypoglycemia and Polyuria.
4.NEEM CAPSULES	Acne, Blood Impurities, Boils, Eczema, Heat Rash, Intestinal Worms, Jaundice, Leprosy, Leucoderma, Malarial Fever, Persistent Abdominal Distension, Anorexia, Bronchitis, Catarrh, Colic, Constipation,
5.FENUGREEK CAPSULES	Convalescence, Cough, Diarrhoea, Dropsy, Dysmenorrhoea, Fevers, Flatulence, Gastritis, Hepatomegaly, High LDL Cholesterol Levels, Indigestion, Irritable Bowel Syndrome, Lack of Appetite, Leucorrhoea, Obesity, Post-menopausal Symptoms, Post-partum Problems, Sinusitis, Sore Throat, Spleen Disorder, Suppressed Postpartum Lactation, Tuberculosis, Ulcer and Under-developed Breasts
6.SAFOOF-E-ZIABETES-DULABI	Hyperlipidemic, cholesterol lowering, anticancer, immunomodulatory.
7.JAWARISH ZAROONI SADA	Diuretic.
8.HOODIAB CAPSULES	Galactagogue, Heart and vascular tonics.
9.MADHUGAMINI DIABETES POWDER	Hyperlipidemic, cholesterol lowering

10.BRAHMI CAPSULES	Alzheimer's Disease, Amnesia, Anxiety, Asthma, Boils, Bronchitis, Catarrh, Constipation, Depression, Dysentery, Eczema, Epilepsy, Fevers, Gastric Troubles, Hepatitis, Hyperactivity in Children, Hypertension, Hysteria, Infertility, Insomnia, Kidney Dysfunction, Lack of Concentration, Leprosy, Leucorrhoea, Nervous Disorders, Neuralgia, Oedema, Premature Aging, Psoriasis, Restlessness, Rheumatism, Rheumatoid Arthritis, Schizophrenia, Skin Diseases, Speech Disorder, Spermatorrhoea, Stomach Ulcers, Stress, Syphilis, Urethritis, Varicose Veins and Weakness of Heart
11.QURS KUSHTA BAIZA MURGH	Leucorrhoea and spermatorrhoea
12.SHUGAR – NO	Glycosuria, Strengthen the urinary bladder and is useful in incontinence of urine.
13.DIABETIC CARE TABLETS	Beneficial in metabolic disorder.
14.QURS KUSHTA ZAMARRUD	Albuminuria and cough, prevents excessive urination.
15.GARLITAB	Hypertension, indigestion, flatulence, anorexia, rheumatoid arthritis, gout, throat infection, bronchitis, asthma, hypercholesterolaemia, arteriosclerosis, atherosclerosis , general debility
16.JAWARISH MASTAGI	Sluggish stomach and liver.

CONCLUSION

Most of the people in the world are now a day's are suffering from diabetes. And survey proves that 60-65% around the world rely on herbal medicines for their treatment. The use of Unani formulation is now a day's increasing widely because of reduced chances of toxicity and higher safety margin. Unani medicines is developing techniques to find best possible way by which a person can lead healthy life by using herbal products. Unani system of

medicine is totally base on holistic approach and by using all the natural and herbal products for treatment of any disease or disorder. The major focus of this system is on balancing the quantity and quality of humours and by improving the temperament of individuals. All the listed anti diabetic Unani formulations are prepared by using herbs which are considered as store house of all the remedies and are naturally less toxic.

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