JAWARISH JALINOOS, A HEPATOPROTECTIVE COMPOUND FORMULATION: AN OVERVIEW

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ABSTRACT

Jawarish is a semisolid polyherbal preparation of Unani system of medicine. Jawarish is an Arabic word derived from Gawarish means digestive. Basically it is a type of Majoon. It was invented by a famous Unani scholar, Jalinoos (Galén). There are so many traditional unani formulations used since long for liver disorders and Jawarish jalinoos is an important one among them. The formulation contains 18 ingredients along with sugar as preservative. Traditionally the compound drug is used as Muqawvi Meda (Gastric tonic), Muqavvi Jiger (Liver tonic) and Muqavvi Bah (Aphrodisiac). It is also used in graying of hairs and in excessive micturition.

KEYWORDS: Jawarish Jalinoos, polyherbal, hepatoprotective, Unani medicine.

INTRODUCTION

Among the ancient traditional system of medicine Unani system has a great importance. This system was originated in Greece and is based on the principles of a Greek philosopher Gallen. Hippocrates, the father of medicine practiced it 2400 years ago. Around the tenth century A. D. at the time of Islamic civilization Unani system of medicine was introduced in India. Nowadays it has become an important part of traditional system of medicine in India. Unani medicines constitute a major part of traditional system of medicine. Recently the attention and interest towards the use of traditional medicine is increasing globally due to their efficacy and least chances of side effects in comparison with modern medicine. According to a survey it is estimated that around 70-80% of the world population especially in the developing countries rely on traditional medicines mainly of herbal sources in their primary healthcare. That’s why there has been a significant growth in the arena of herbal treatment in the last few years. Unani medicines have been used from ancient times for the various ailments. These medicines originated from plants, animals and the minerals. 85- 90% part of these drugs derived from plants. There is an abundance of single as well as compound drugs that have been used in USM for managing the various disorders.

In this review a small effort has been made to discuss the efficacy of Jawarish Jalinoos, a compound formulation that is being used as general tonic, carminative, liver tonic, gastric tonic, aphrodisiac etc.

Jawarish

Jawarish is a kind of Majoon. The word Jawarish is obtained from a Persian word ‘Gawarish’ that means hazim (digestive). It is a semisolid medicinal preparation where one more than one single drugs of plant, animal or mineral origin are mixed in powder or liquid forms in the base (Qiwm) made of purified honey, sugar, candy or jiggery.

Method of Preparation of Jawarish

For preparing jawarish all ingredients are cleaned, dried and powdered except zafran (saffron) and mastagi (Pistacia) and passed through appropriate mesh sieve. Mastagi(Pistacia) is grounded very gently with the help of Mortar and pestle to make finest form of the powder. Zafran(Saffron) is also grounded using mortar and pestle with Arq-e-Gaozaban(distillate of Gaozaban), Qiwm(base) is prepared of particular consistency and the coarse powder of all ingredients mixed with it.

Jawarish Jalinoos

Jawarish Jalinoos is a compound formulation that is used as general tonic (Muqawwi-e-Aam), liver tonic (Muqawwi-e-Jigar), digestive (Hazim), anti flatulence (Kasir e Riyah), aphrodisiac (Muqawwi-e-Baah) and for weakness of urinary tract weakness. It is mentioned in National Formulary of Unani Medicine, Qarabadeen-e-Aazam, Bayaz-e-Khas, Qarabadeen-e-Najm ul Ghani and Unani pharmacopoeia of India.
INGREDIENTS OF JAWARISH JALINOOS[6]

<table>
<thead>
<tr>
<th>S.No</th>
<th>Unani Name</th>
<th>Botanical Name</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Asaroon</td>
<td>Asarum europaeum</td>
<td>10g</td>
</tr>
<tr>
<td>2</td>
<td>Chiraita Shireen</td>
<td>Swertia chirata</td>
<td>10g</td>
</tr>
<tr>
<td>3</td>
<td>Darchini</td>
<td>Cinnamomum zeylanicum</td>
<td>10g</td>
</tr>
<tr>
<td>4</td>
<td>Filfil Daraz</td>
<td>Piper longum</td>
<td>10g</td>
</tr>
<tr>
<td>5</td>
<td>Filfil Syah</td>
<td>Piper nigrum</td>
<td>10g</td>
</tr>
<tr>
<td>6</td>
<td>Habb-ul-Aas</td>
<td>Myrtus communis</td>
<td>10g</td>
</tr>
<tr>
<td>7</td>
<td>Heel Khurd</td>
<td>Elettaria cardamomum</td>
<td>10g</td>
</tr>
<tr>
<td>8</td>
<td>Khulanjan</td>
<td>Alpinia galangal</td>
<td>10g</td>
</tr>
<tr>
<td>9</td>
<td>Mastagi</td>
<td>Pistacia lentiscus</td>
<td>25g</td>
</tr>
<tr>
<td>10</td>
<td>Ood-e-Balsan</td>
<td>Commiphora gileadensis</td>
<td>10g</td>
</tr>
<tr>
<td>11</td>
<td>Qaranfal</td>
<td>Syzygium aromaticum</td>
<td>10g</td>
</tr>
<tr>
<td>12</td>
<td>Qust Shireen</td>
<td>Saussurea lappa</td>
<td>10g</td>
</tr>
<tr>
<td>13</td>
<td>Sad Kufi</td>
<td>Cyperus rotundus</td>
<td>10g</td>
</tr>
<tr>
<td>14</td>
<td>Saleekha</td>
<td>Cinnamomum cassia</td>
<td>10g</td>
</tr>
<tr>
<td>15</td>
<td>Sumbul-ut-Teeb</td>
<td>Nardostachys jatamansi</td>
<td>10g</td>
</tr>
<tr>
<td>16</td>
<td>Zafran</td>
<td>Crocus sativus</td>
<td>10g</td>
</tr>
<tr>
<td>17</td>
<td>Zanjebeel</td>
<td>Zingiber officinalis</td>
<td>10g</td>
</tr>
<tr>
<td>18</td>
<td>Qand safaid</td>
<td></td>
<td>600g h600</td>
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</tbody>
</table>

A BRIEF DESCRIPTION ABOUT THE INGREDIENTS OF JAWARISH JALINOOS

Asarun (Asarum europaeum)
Part Used: Rhizome[8,9]
Dosage: 2-5g[9]

Actions
The actions of Asarun are stimulant[9], diuretic[9], emmenogogue[10], analgesic[8], aphrodisiac[11], tonic, antidote and anti-inflammatory.[11]

Uses
Asarun is used in Epilepsy, Sciatica and gout.[9] It is also used in Ascitis[10]. Renal calculi, Antidote, Weakness of liver and spleen.[13]

Pharmacological Studies
α- Asarone showed Tranquillizing, sedative, antiulcer, and anti sclerosis in various animals.[13]

Chiraita Shireen (Swertia chirata)
Part Used: Whole Plant[14]
Dosage: 5-7g[14]

Actions
It act as antipyretic and anti helminthic,[15] It also act as laxative, galactogogue and antioxidant.[16, 17]

Uses
Chiraita(S. chirata) is used in various inflammations, Ulcers, Asthma, Bronchitis.[13,14] It is also used in Leucorrhoea, piles and known as good for vomiting in pregnancy.[17]

Pharmacological Studies
Antifungal, Antiviral and Anticancer activities.[17,19] Anti-inflammatory, Anti diabetic and Antioxidant activities.[19]

Darchini (Cinnamomum zeylanicum)
Part Used: Stem bark[6]
Dosage: 1-2 g[6]

Actions
It is known as cardiac stimulant, carminative, disinfectant and expectorant.[9] It is also known as demulcent, deobstrient, antidote, sexual stimulant, general tonic and vision improvement.[9,12,21]

Uses
Darchini (C.zeylenicum) is used in palpitation, hiccups, indigestion and flatulence.[16,21] It is also used as an Antidote.[9]

Pharmacological Studies
Anti diabetic, Anti oxidant and Anti cancerous activities.[21,22]
Anti parasitic and Anti microbial activities.[22,23]

Filfil Daraz(Piper longum)
Part Used: Fruit[24]
Dosage: 1-2g[24]

Actions
It act as carminative, emmenogogue, diuretic, aphrodisiac, stomachic and analgesic.[9,13]

Uses
It is used in cold and cough, paralysis, Bell’s palsy, arthritis, sciatica, gout, night blindness, epilepsy and asthma.[9,13,24,25]

Pharmacological Studies
Anti stress, Antitumor, Anti diabetic and Anti fungal activities.[25]
Antimicrobial, Anti Tubercular, Anti inflammatory and Anti arthritic activities.[26]
Antioxidant, Hepato-protective and Cardio-protective activities.\textsuperscript{[25,26]}

Filfil Siyah (Piper nigrum)
Part Used: Fruit\textsuperscript{[21]}
Dosage: 500mg\textsuperscript{[27]}

**Actions**
Actions of Filfil Siyah (P. nigrum) are anti-inflammatory, aphrodisiac, antipyretic, stomachic, digestive and liver tonic.\textsuperscript{[17,24,27]} It is also known as analgesic expectorant, diuretic, emmenagogue, carminative and tonic.\textsuperscript{[15,20,24]}

**Uses**
Piper nigrum is used in the various ailments like weakness of nerves, hemorrhoids, syphilis, cholera, eye diseases, muscular pain and paralysis.\textsuperscript{[13,20]} It is also used in night blindness, liver disorders, backache, leucoderma, arthritis, toothache and vertigo.\textsuperscript{[9,11,13]}

**Pharmacological Studies**
Anti diabetic, Anti depressant and Antihypertensive activities.\textsuperscript{[27]}
Anti-asthmatic, Antimicrobial and Antioxidant.\textsuperscript{[27,28]}
Anticancer and Anti fungal activities.\textsuperscript{[27,28]}

Habb-ul- aas (Myrtus communis)
Part Used: Fruit\textsuperscript{[50]}
Dosage: 10g\textsuperscript{[17]}

**Actions**
In literature it is mentioned as cardio tonic, diuretic, emmenagogue and stomachic.\textsuperscript{[9,17]} It is also mentioned as analgesic, anti inflammatory, astringent and carminative.\textsuperscript{[20,29,30]}

**Uses**
It is used in retention of urine, headache, asthma, arthritis, dysentery, bronchitis, hemorrhoids, burning micturition and vomiting.\textsuperscript{[9,17,20,29]} It is also used in scorpion sting.\textsuperscript{[18]}

**Pharmacological Studies**
Antimicrobial, Antifungal, Insecticidal and Anti inflammatory activities.\textsuperscript{[29,30]}
Antioxidant, Anti diabetic, Analgesic and Antiulcer activities\textsuperscript{[29]}
Antifungal and Insecticidal activities\textsuperscript{[30]}

Heel e khurd (Eleterria cardamomum)
Part Used: Fruit\textsuperscript{[20]}
Dosage: 4-5g\textsuperscript{[20]}

**Actions**
The actions of Eleterria caramomum are aromatic, stimulant, carminative, stomachic, analgesic, diuretic and resolvent.\textsuperscript{[13,29,32]}

**Uses**
Cardamoms are used in nausea, vomiting, flatulence, anorexia, dyspepsia, bronchitis and halitosis.\textsuperscript{[29,32,33]} It is also used as food additive and flavouring agent.\textsuperscript{[30]}

**Pharmacological Studies**
Antioxidant, Gastroprotective and Antiulcerogenic activities.\textsuperscript{[33]}

Khulanjan (Alpinia galanga)
Part Used: Rhizome\textsuperscript{[30]}
Dosage: 2-3g\textsuperscript{[34]}

**Actions**
It act as carminative, cardiac tonic, exhilarant, stomachic, expectorant, aphrodisiac and dialogue.\textsuperscript{[9,13,32]}

**Uses**
It is used in asthma, hoarseness of voice and sexual debility.\textsuperscript{[13,32]} Its fine powder is rubbed on tongue in stammering.\textsuperscript{[35]}

**Pharmacological Studies**
Antifungal and Antioxidant activities.\textsuperscript{[35]}
Anti amoebic and Anti plasmod activities.\textsuperscript{[36]}

Mastiag (Pistacia lentiscus)
Part Used: Resin\textsuperscript{[37]}
Dosage: 1-3g\textsuperscript{[38]}

**Actions**
Pistacia has various actions like astringent, tonic, antipyretic, antioxidant, anti inflammatory and anti hepatotoxic.\textsuperscript{[9,13,39]}

**Uses**
It is used in eczema, paralysis, throat infections, renal stones, jaundice and asthma.\textsuperscript{[39,40]}

**Pharmacological Studies**
Antimicrobial, Anti inflammatory and Antiviral activities.\textsuperscript{[39]}
Anti diabetic, Anti tumor and Anti cholinesterase activities.\textsuperscript{[40]}

Ood-e- balsan (Commiphora gilidensis)
Part Used: Wood\textsuperscript{[17]}
Dosage: 1-3g\textsuperscript{[31]}

**Actions**
It has the following actions like tonic, stomachic, anti inflammatory, expectorant, diuretic and antidote.\textsuperscript{[9,11,17,41]}

**Uses**
it is used in liver disorders, asthma, epilepsy, urinary retention, paralysis and stroke.\textsuperscript{[11,17,42]}

**Pharmacological Studies**
Anti-inflammatory and Analgesic activities.\textsuperscript{[13,42]}
Antibacterial activity.\textsuperscript{[42,43]}
Qaranfal (Syzygium aromaticum)
Part Used: Flower bud
Dosage: 2.5 g

Actions
It is stimulant, carminative, aphrodisiac, anti emetic, analgesic and general tonic.

Uses
It is used in vomiting, weakness of vital organs, paralysis, catarrh and flatulence.

Pharmacological Studies
Antibacterial, Anti inflammatory and Anti convulsant activities.

Sumbul- ut- teeb (Nardostachys jatamansi)
Part Used: Rhizome
Dosage: 3-5 g

Actions
The actions of Nard are hepatoprotective cardio tonic, digestive, carminative, diuretic and analgesic. It also promotes hair growth.

Uses
It is used in fever, hypertension and insomnia. It is also used in seminal disability, scorpion sting and to improve the cognitive functions.

Pharmacological Studies
Anti fungal and Anti oxidant activities.

Zafran (Crocus sativus Linn.)
Part Used: Style and stigma
Dosage: 500mg-1g

Actions
Zafran (C. sativus) is stimulant, fragrant, tonic, aphrodisiac, stomachic, antispasmodic, emmenagogue, diuretic, anticancer, laxative and galactagogue.

Uses
It is used in fever, vomiting, bronchitis, epilepsy, inflammations and stimulation of circulation. In Indian folk medicine saffron is used as an adaptogen.

Pharmacological Studies
Anti depressant and Antioxidant activities.

Zanjabeel (Zingiber officinale)
Part Used: Rhizome
Dosage: 1-1.5 g

Actions
It is known as aphrodisiac, digestive, brain tonic, appetizer, laxative, carminative, anti helminthic, expectorant, stimulant and detergent.

Uses
It is used in Sexual weakness, Paralysis, Indigestion, Flatulence and other stomach ailments. It is also used arthritis.

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Pharmacological Studies

Antioxidant, Anti coagulant, Cardio tonic and Anticancer activities.[24,51,64]
Anti inflammatory, Anti tussive and Immunomodulatory activities.[51]
Anti atherosclerotic, Antacid and Anti microbial activities.[64]

Important Points Regarding to Preparation of Jawarish Jalinoos

- All the ingredients except saffron(Crocus sativus) and mastagi(Pistacia lentiscus) are to be ground in a mortar with a pestle and powder is sieved through the mesh number 80.[58]
- Zafran (Crocus sativus) is ground separately in Arq gaozaban Zafran (Saffron) should always be ground with Araq-e-Keora (Screw Pine distillate), Araq-e-Gulab (Rose distillate) or Araq-e-Bed Mushk (Common Willow plant’s distillate) before mixing in the Qiwam.[59]
- Mastagi (P. lentiscus) is powdered in a procelain mortar with a pestle and powder is sieved through the mesh number 80. All the ingredients except saffron(Crocus sativus) and mastagi(Pistacia lentiscus) are to be ground in a mortar with a pestle and powder is sieved through the mesh number 80.[58]
- Qiwam(Base) is prepared from shakar safaid (sugar). Saffron Zafran (Base) is generally prepared by adding Aab (water), Araq (distillate) or Aab-e-Samar (fruit juice), etc, in the bases of purified Honey with Sugar, Candy or Jaggery etc. Qiwam(Base) boiled over a low fire till it acquires a required consistency. The bases are generally purified by adding Aabe-Leemu (Lemon juice), Satt-e-Leemu (Lemon extract) or Shibb-e-Yamani (Alum) etc., before making the Qiwam(Base). Afterwards, the powder of ingredient drugs are mixed in Qiwam to prepare Jawarish.[59]

Dosage and Administration of Jawarish Jalinoos

Different dose have mentioned by different scholars as follows:

- 5- 15g[6]
- 5- 10gm[60]
- 5- 15 g[58] (with water twice a day)[58]

MEDICINAL ACTIONS OF JAWARISH JALINOOS,[6, 58, 60, 61]

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Medicinal Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Hazim(Digestive)</td>
</tr>
<tr>
<td>2</td>
<td>Kasir- e- Riyah(Carminative)</td>
</tr>
<tr>
<td>3</td>
<td>Muqawwi- e- Mea(Stomachic)</td>
</tr>
<tr>
<td>4</td>
<td>Muhallil- e- Auram(ANTI-inflammatory)</td>
</tr>
<tr>
<td>5</td>
<td>Mushtahi(Appetizer)</td>
</tr>
<tr>
<td>6</td>
<td>Muqawwi- e- Jigar(Liver tonic)</td>
</tr>
<tr>
<td>7</td>
<td>Muqawwi- e- Aam(General tonic)</td>
</tr>
<tr>
<td>8</td>
<td>Muqawwi-e- Baah(Aphrodisiac)</td>
</tr>
<tr>
<td>9</td>
<td>Musakkin(Analgesic)</td>
</tr>
</tbody>
</table>

THERAPEUTIC USES OF JAWARISH JALINOOS,[6, 58, 60, 61]

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Therapeutic Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Zof- e- Aam (General weakness)</td>
</tr>
<tr>
<td>2</td>
<td>Zof- aza- e- Raeesa (weakness of vital organs)</td>
</tr>
<tr>
<td>3</td>
<td>Zof- e- Mea(weakness of vital organs)</td>
</tr>
<tr>
<td>4</td>
<td>Zof- e- Kabid( weakness of liver)</td>
</tr>
<tr>
<td>5</td>
<td>Khaqan( Palpitation)</td>
</tr>
<tr>
<td>6</td>
<td>Dard- e- Sar( Headache)</td>
</tr>
<tr>
<td>7</td>
<td>Bawasir (Hemorrhoids)</td>
</tr>
<tr>
<td>8</td>
<td>Nqras ( Gout)</td>
</tr>
<tr>
<td>9</td>
<td>Kasrat- e- Baul (polyurea)</td>
</tr>
<tr>
<td>10</td>
<td>Hissat- e- Kulliya wa Masana (Renal calculi)</td>
</tr>
</tbody>
</table>

CONCLUSION

In the view of the increasing number of liver diseases a thorough evaluation of this ancient work on Jawarish is of special significance. The article gives information about Jawarish Jalinoos its composition, pharmacological actions, therapeutic uses and the pharmacological activities of its ingredients, which will be helpful for Unani scholars and researchers, to gather information about Jawarish Jalinoos. With the above discussion the inference may be drawn that the Jawarish Jalinoos is one of the best Unani formulation with a lot of health benefits. The above article gives information about Jawarish Jalinoos which can be used in liver and associated diseases. The article also gives the
information about the pharmacological activities of its ingredients. It has proven to be beneficial to counter the effects of ageing. However more scientific studies and clinical trials are needed on this compound formulation to ensure its scientific validation for clinical use in patients. Carrying out such attempts will be helpful in exploring the scope of Unani medicine and it will lead to better healthcare professionals.

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