

ILAJ AL-ATFAL OF SYED FAZL ALI SHIFAI KHAN

(Part II, Chapter 09-40)

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(continued from the previous issue...)

Chapter -9: *Tashannuj O Kazaz* (Convulsion and Tetanus)

It may be due to dryness subsequent to fevers and evacuation and it develops gradually. Treatment: Lukewarm oil of almond and oil of *Banafsha* (*Viola odorata*) is rubbed over the head and vertebra of the back and anointed to whole body. Mother and child are placed in hot and humid atmosphere provided with hot and wet food. Compensation of evacuative process should be carried out.

If there is dryness, insomnia and excessive crying:

Treatment: Cold suppositories are inserted and all efforts are made to silence the child and prevent from crying by giving sedative to the mother and child.

In condition of humidity the treatment is to make the nature of the child dry. Hot and strong suppository is used. Diet of the mother should be pea soup, bread and honey. Honey water is used instead of water. To massage the child with hot and dry oil is useful. Spasm due to fever may be fatal and it should never be over looked. The spasm may be due to twisting of nerves, from anxiety of the child or indigestion and from pain of the gum at the time of teething, Proper treatment is given in gingivitis, efforts are made for easy teeth eruption. Spasms are removed by oiling. The spasms due to weak digestion are treated by strengthening of digestion. If spasm is due to trauma or falling in which nerve origin is safe, the treatment is rectifying of the affected organ by oiling, fomentation and applying plasters.

Chapter 10: *Girya Tiff wa Sahr* (Crying of child and insomnia)

Excessive crying of the child may cause sleep disorder, milk disorder of the mother and some diseases like *Sulaq* (Tarsitis or inflammation of eye lids) and umbilical hernia. So the condition of the child must be observed and reasons for crying must be found out. It may be due to pain in the ear or stomach, cramps in the abdomen or twisting of some joints. Joints

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of the clavicle and shoulder may be twisted due to improper holding by stupid ladies that may lead to severe pain and crying of the child. Sometimes the child cries due to fatigue and exhaustion.

Treatment: Drugs for earache are written elsewhere.

For stomach pain these drugs are given: *Badian (Foeniculum vulgare, Fennel)*, Black Zeera (*Carum carvi*), White Zeera (*Cuminum cyminum, Cumin*), *Aneesun (Pimpinella anisum)*, *Karafs (Apium graveolens) seeds*, *Khuskdana (Carthamus tinctorius)*, *Tukhm Kardia, Dana Heel (Cardamom)*, All these drugs are crushed and emulsion is taken, mixed thoroughly with Castor oil and given internally. Abdominal pain will be subsided within 2-3 days. For chronic pain above drugs are used for 14 days. Castor oil is given on 7th day onward little by little. If required, pills made of *Croton tiglium* may be used for purgation.

Mother should pass the tongue over the child's abdomen from down to upward and vice versa, from right to left and vice versa three times each, it gives immense relief. Above oil is useful especially for cramps in the child below 40 days. Application of warm water mixed with the oil and fomentation with warm water mixed with vinegar is also tried and tested. Midwife should try to rectify the twisted clavicle or shoulder.

To remove the fatigue, muscles and nerves of the neck and back are anointed with the oil and both sides of the vertebrae from neck to coccyx are massaged with oil softly till the exertions are relieved. The child is bathed with lukewarm water as it is very much effective in removing the fatigue. Then the child falls asleep after oiling and bathing. Despite all these measures if the child fails to sleep, some problem may be in the cradle or baby bed. So the cradle should be shaken slowly, recited some beautiful song or rhyme to lull the child to sleep. During sleep all types of pain and fatigue are vanished because the nature diverts inside the body. In fact sleep plays a major role for protection of health and it is a part of six essential causes.

Disturbed sleep causes discomfort and distress to the child. Therefore all efforts should be made to provide sound sleep. All measures related to good sleep should be adopted. Such as: Fresh stem of *Raihan (Ocimum pilosum)* is kept before the child. Wheat, *Khashkhash (Poppy seeds)*, *Shahdana (Cannabis seeds)* and Seeds of *Kahu (Lactuca sativa)* are crushed, kept in a bag and smelled to the child. *Khashkhash (Poppy seeds)* and Seeds of *Kahu (Lactuca sativa)* are pounded together and applied over the vertex and backbone of the child and a little poppy seeds may be mixed in the child's food.

Some times the child is afraid of an object during awakening and that object comes in his dream sleep in a frightening shape, the child suddenly wakes up and starts crying.

Therefore the cause must be investigated, fear of that thing must be removed and the child is gradually made brave and bold against that thing. Sometimes vapors of undigested milk or food ascend to the brain and cause the frightening dream to the child. It is treated by giving attenuated diet to the mother and child and improvement of the digestion. If no reason of crying and bad temper of child is found, then *Jund Bedastar* (Castoreum) is given to the child for smelling and a little is given to eat. The child should be provided all playing tools and toys as per age, to make him engaged and busy. A familiar person should be present around the baby all time. The children should be cajoled and sometimes be frightened and slightly scolded.

Sometime the child may be crying due to ill temperament of the brain and psych it may be the preface of the epilepsy. *Jund Bedastar* (Castoreum) is given to smell and to eat for treatment. Whatever written in the chapter of epilepsy should be carried out.

Warning: The major cause of child's crying is excessive insomnia which may be due to extreme dryness. At that time moistening of the nature should be tried.

These drugs are much effective. Ingredients: *Habb al Samana* (*Buchanania axillaries*), Wheat, White poppy seeds, Yellow poppy seeds, *Katan* (*Linum usitatissimum*, Linseed), Seeds of *Khirfa* (*Portulaca oleracea*, Parselane), *Bartang* leave juice (Plantago major), Seeds of *Kahu* (*Lactuca sativa*), *Badian* (*Foeniculum vulgare*, Fennel), *Kamun Kirmani* (*Carum carvi*), *Aneesun* (*Pimpinella anisum*). All these drugs are crushed, powdered and mixed with *Aspghol* (*Plantago epea*). Dose: 2 gm is given to the child.

Chapter 11: Al-Faz' a fi al-Naum (Fear during sleep)

Some children wake up from a frightening dream and start crying. One of these conditions is that child has seen some frightening thing during wakefulness and the shape of that thing fixed to the mind, during sleep it reappeared in the mind and caused frightening.

Treatment: Frightening object should be ascertained and the fear is removed from the mind of the child. He should be made brave and familiar to that frightening object and should be engaged with some types of sports.

Formulation: Initially pure and fine rice is soaked in the water, a little of this rice water is given to child. The bone of the crab is burnt into ash and mixed with the sugar is also useful.

Another Formulation: Roasted dried coriander, Crab's eye, *Tabasheer* (*Bambusa arundinacea*), *Zahr Mohra Khatai* (Benzoar stone), *Fad Zahr* (antidote), All these drugs are powdered, added with sugar and given to the child.

Another formulation: Peeled dried coriander, *Maghz tukhm kaddu shiri* (Pumpkin seeds), *Tabasheer (Bambusa arundinacea)*, White Sandal (*Santalum album*), *Gaozaban (Borago officinalis)* flower, *Abresham* (Silk Cocoon), Pearl imperforated, *Zahr Mohra Khatai* (Benzoar stone), *Amla* soaked in milk, *Post bairun Pista* (Pistachio nut shell), *Post Zard Utraj* (Citron shell), All these drugs are crushed, powdered and added with sugar in equal amount of all drugs, and given to the child. In case of infants, the drug should be given to the mother. Efforts are made to strengthen the stomach of the mother and child with Unani formulations like *Jawarish Mastagi* and *Jawarish Uod Shiri* should be given to the mother earlier. During sleep, thick vapors due to indigestion ascend to the brains which lead to discomfort of the stomach and fear.

Chapter: 12: *Al-Faz'a fi al-Yaqza* (Fear during awakening)

Sometimes child is afraid of some objects, and image of that object is imprinted on his mind, the time he/she thinks about it, becomes terrified. Treatment is same as described in fear during sleep.

Chapter: 13: *Dard Gosh* (Earache, Otagia)

Exact cause of the pain in ear of the child must be investigated and treatment started with simple drugs. Few drops of mother milk are instilled in the ear if the pain is due to heat. In case of coldness a little tobacco with few grain of *Nankhwah (Trachyspermum ammi)* kept in betel leaf is chewed and 2-3 drops of its mouth water is instilled in the ear.

Another drug: This oil is much effective. Pure Opium 0.1 gm is heated in a pot of iron or silver or copper till it burnt into ash and dissolved in the mixture of women milk 20 ml, rose oil 12 ml and grape vinegar 3 gm, this mixture is heated till water is burnt and only oil is left, it is cleaned and preserved. Two drops of this oil is instilled in the ear.

Another drug: The water squeezed out of fresh camel dung is mixed with the water of white onion and pounded with little saffron and hot milk. It relieves all kinds of pain in the ear.

Redness and swelling in the external and internal ear accompanied with fever is indicative of inflammation.

Treatment: *Alu Bukhara (Prunus insititia)* 2 pieces, Crushed seeds of *Khayar* (Cucumber) 6 gram, Seeds of *Kasni (Cichorium intybus, Chicory)* crushed, 3 gram, Seeds of *Khatmi (Althaea officinalis, Marsh mallow)* 4 gram, *Unnab (Zizyphus vulgaris, Jujube)* 2 pieces, *Sapistan (Cordifolia latifolia)* 3 pieces, *Shahtra (Fumaria officinalis)*, 2 gm, Flower of *Banafsha (Viola odorata)*, 2 gm, *Mako (Solanum nigrum)*, 2 gm, *Gaozaban (Borago officinalis)*, 2 gm. All these drugs taken into a vessel and soaked in the mixture of *Arq Shahtra (Fumaria*

officinalis) and *Arq Mako* (*Solanum nigrum*) overnight. It is filtered in the morning and mixed with syrup of *Banafsha* (*Viola odorata*) and given to the child.

Another drug: Some adhesive are fixed on the swelling behind the ear, after maturation laxatives like Leaves of *Senna Makki* (*Cassia angustifolia*), *Sheer Khisht* (*Fraxinous ornus*, Manna), Cassia fistula and rose flower are given.

Another drug: If the swelling is resolved, it is better otherwise green leaves of *Neem* (*Azadarachta indica*, Margosa) is taken in an *Aftaba* (ewer) with water and boiled, its vapors is carried to internal ear for maturation of the swelling, when the pus and fluid start flowing from the ear it should be washed each day with the decoction of *Neem* leaves mixed with honey. After thorough cleaning, (*Shiaf Abyaz*) white suppository dissolved in woman milk is inserted in the ear for healing.

Ingredients of white suppository (*Shiaf Abyaz*): *Safed Aab Arzeez* (Plumbi Carbonas, White Lead), *Anzaroot* (Leguminosae) detoxified in donkey's milk 10 gm, *Kazmazaj* 10 gm, *Kahruba Shama'I* (*Vateria indica*, yellow amber) 10 gm, *Enjibar* (*Polygonum bistorta*) 10 gm, *Damul Akhwain* (*Dracaena cinnaberi*) 10 gm, *Huzaz Makki*, *Rasot* (Extract of Berberry, *Berberis aristata*) 10 gm, *Samagh Arabi* (*Acacia epeate*) 10 gm, *Kateera* (*Traga canth*) 10 gm, Pure Opium, 1 grain. All these drugs are coarsely powdered and kneaded with the water of *Henna* leaf (*Lawsonia inermes*) to make suppositories.

Note: If discharge from the external ear continues, and no drug is effective then *Radar Banish Khatai* (*Delphinium*) is dissolved in the water of *Mako* (*Solanum nigrum*) and ear drop is prepared and 2 drops of this drug instilled in the ear two times a day.

Chapter-14: *Kharish dar Gosh* (Itching in the ear)

Rose oil 4 parts and Vinegar of grape one part are mixed together and heated lukewarm and eardrop is prepared. Ten drops is instilled in the ear each night and a piece of cotton is kept inside the ear canal. The cotton is removed in the morning and ear canal is washed and cleaned and ear drop again is instilled in the night.

For severe itching: one part of wild almond oil is added to above ear drops. Ear drops made of Fenugreek smashed in the woman milk is instilled warm in the ear. Keeping a *Fateela* (plug bougie) in the ear soaked in honey is also effective.

Chapter-15: *Sailan al-Uzun* (Otorrhea)

Discharge from the ear is either ulcerous or non ulcerous. Non ulcerous discharges may be abundant or little amount. A little discharge requires no treatment, because waste products of some cerebral diseases are removed by this way.

Abundant and continuous discharge, if neglected, may result in mental weakness and heat. A little honey and wine are mixed together, added with small part of saffron pounded with little sodium. A suppository is made of wool and medicated with above drugs is kept inside the ear.

Treatment of ulcer: the ulcer must be cleaned and cleared of all impurities by instilling 2 drops honey dissolved in warm mother milk each day. A piece of cotton is kept inside the ear canal to fix the drug. After a while, the cotton is removed and ear is cleaned and other drug is inserted. This process must be repeated 2-3 times a day so that ear is cleared of all types of pus. A suppository made of wool and medicated with *Anzaroot (Leguminosae)* (Astragalus) and honey is kept inside the ear.

Other drug: A suppository dipped in the milk of woman or donkey applied inside the ear gives proper healing.

Ingredients of the suppository: *Safed Aab Arzeez* (Plumbi Carbonas, White Lead) 2 gm, *Anzaroot (Leguminosae) kosht bar ar mudabbar* 2 gm, *Kazmazaj* 1 gm, *Kahruba Shama'I* (Vateria indica, yellow amber) 1 gm, *Zafaran* 500 mg, *Damul Akhwain* (Dracaena cinnaberi) 2 gm, *Huzaz Makki, Rasot* (Extract of Berberry, *Berberis aristata*) 1 gm, *Samagh Arabi* (*Acacia arabica*) 3 gm, *Kateera* (Traga canth) 3 gm, Pure Opium, 250 mg. All these drugs are finely powdered and kneaded with the mucilage of *Aspghol* (*Plantago ovalis*) to make suppositories.

Another Formula: *Khubsul Hadeed* (Iron rust) is pounded with wine three times then pounded with vinegar of wine and preserved. At the time of need it is taken and mixed with honey, a suppository dipped in this drug is kept inside the ear after completely cleaned of waste. Wet nurse (*Murzia*) must distance herself from excessive intake of water, citreous and sour fruits, yoghurt and milk. It is reported to be effective that Semul cotton after excessive beating is preserved after cleaning the ear, each night this beaten cotton is filled inside the ear and removed in the morning each day polluted with pus and other abundant discharges which helps in complete healing.

Another drug: *Bekh Enjibar Shami* (Root of Polygonum bistorta) 1 gm, *Damul Akhwain* (Dracaena cinnaberi) 1 gm, *Safed Aab Arzeez* (Plumbi Carbonas, White Lead) 2 gm, *Huzaz Makki, Rasot* (Extract of Berberry, *Berberis aristata*) 1 gm, *Anzaroot (Leguminosae)* (Astragalus) 1 gm, *Kahruba Shamai Mahlul* (Purified Vateria indica, yellow amber) 1 gm

All above drugs are finely powdered. Honey is dissolved in 12 gm of mother's milk and 6 gm of water of *Neem (Azadarachta indica, Margosa)* leaves to form a homogenous

consistency; the above powdered drugs are added in this consistency and thoroughly mixed. A suppository dipped in this mixture is kept inside the ear after completely cleaned of waste. One grain opium two grain saffron and one grain *Jund Bedastar* (Castoreum) also may be added in above composition, to relieve the pain of ulcer and for healing.

Chapter 16: *Insibab Mawadd Raddia* (Suppuration in the ear)

There is a discharge from behind the ear in some children, within a short period there is a wound around the external ear, no drug is effective and it becomes like a creeping ulcer.

Treatment: the wound is washed with the decoction of leaves of *Neem* all discharges are wiped out and cleaned with soft and pure cotton. A goat is brought before the child and milked over the wound to make it wet then rice husk is sprinkled to absorb the milk over the wound after a while the goat is milked again over the wound so that rice husk is washed out and the wound becomes well moisturized again, then rice husk again is sprinkled over it. This process is repeated 4- 5 times each day. It is so much beneficial for healing after 10-15 days.

Chapter-17: *Intifakh Ain* (Swelling in the Eye lids)

Mostly it is due to the discharges and gases of the brain.

Treatment: *Jadwar* (Delphinium) is pounded with women milk and applied to the affected site. Vapor bath of the affected site with the decoction of *Babuna* (Chamomile), *Ikleel al Malik* (*Trigonella uncata*), and *Badrooj* (Sweet Basil) is done. Washing of the eye with above decoction when it is lukewarm is also beneficial.

Chapter-18: *Ramad* (Conjunctivitis)

It is inflammation of the conjunctiva; no drug is given for three days.

Shib yamani (Alum) 1 gm, cow milk fat 12 gm are finely pounded with a hard and smooth stone pestle in a clean iron mortar till it becomes like a collyrium. First it is applied to the young man to confirm that it is well prepared then it is applied to the child's eye when he sleeps, and the eyes are washed in the morning with warm water. Some times eye lids are stuck together, they are wetted with mother milk or *Roghan Sarishf 'Sarson'* (*Brasica campestris* oil), washed with warm water and eyelids are softly separated. Applying a bandage with warm cotton over the eyelids, and washing the eye with warm fresh urine of the child relieves intense pain.

Other drug: Walnut and White *Zeera* (*Cuminum cyminum*) are taken in equal amount and crushed then mixed with the saliva to form like ointment, it is kept on a piece of cotton then

milking over it. Applying the bandage with this cotton over the eyelids gives relief from all types of swelling.

Leeching over the ear cartilage is useful in sanguine conjunctivitis. Soup of head, feet of the sheep and fats should be included in the diet of the wet nurse (*Murzia*).

Chapter-19: *Bayaz Ahdaq* (Whiteness of the Iris)

Vitreous humor of the iris gets dissolved due to the excessive crying of the child and color changes into white. It looks like a crop; it becomes white when it dries.

Treatment: *Aab Mako Sabz* (Water of green *Solanum nigrum*) is applied in the eye, it prevents from crying. *Samagh Sumac* (mountain ash) with four parts sugar is also beneficial.

Chapter-20: *Sulaq* (Blepharitis, Tarsitis)

(Pathology: It is inflammation of the eyelids characterized by redness, swelling and dried crusts.) Major cause is excessive crying.

Treatment: To wash the eye with warm urine of the child then water extract of green *Mako* (*Solanum nigrum*) is applied in the eye.

Squint (Abnormal alignment of one or both eyes) develops one side mostly due to overcrying.

Treatment: A red cloth is placed before the child, if squint in right eye the red thing is brought from left side if it is in left eye the red thing is brought from right side so that the child may focus his eyes on that direction and alignment of the eye is corrected. Its treatment should not be delayed otherwise it will be difficult to correct later.

Chapter-21: *Itisaq al-Jafan* (Adhesion of Eye lids)

It is a preface of *Ramad* (Conjunctivitis).

Treatment: To wash the eye with warm urine of the child every morning then antimony of *Asfahan* are applied into the eyes and they should be protected from dust and other smelling articles. At the time of face washing, first the eyelids should be wetted with *Roghan Sarishf* 'Sarson' (*Brasica campestris* oil) then face is washed with warm water.

Chapter-22: *Zarqah* or *Kabudi Chashm* (Blueness of the eye)

It is curable if not hereditary.

Treatment: Musk and Saffron are taken in equal amount and finely powdered; it is drawn into the eyes of the child with a stylus few times a week within forty days. A small suppository made of wax impregnated with above powder and mother milk, is applied two times a week.

After 40 days if no recovery, it is left as such; it will gradually reduce as the child will grow. If it was not cured within 40 days then burnt oyster shell is pounded with olive oil and rubbed over the soft vertex of the head. A little extract of *Mako* (*Solanum nigrum*) and extract of sweet pomegranate bark are applied into eyes repeatedly. Musk and Saffron are taken in equal amount and finely pounded in rose and vinegar. Its application is beneficial.

This prescription is also useful. Ingredients: Antimony of *Asfahan* 3 Dirham, Saffron 1 Dirham, Pearl unperforated 1 Dirham, Musk 1 Dang, Camphor 1 Dang, Dudah Chiragh Zait (smoke of olive lamp) 21 Dirham. *Surma* (collyrium: consisting of a solution used as a cleanser for the eyes) is prepared from above drugs and applied into the eyes.

Chapter-23- *Ehtibas dar Anaf* (Retention in the Nose)

Sometimes while swallowing of foods, due to sudden sneezing or coughing, a food grain enters into the nostrils which can not be expelled by the child. It is eroding constantly, after putrefaction its vapors ascend to the brain and makes the child irritable. The child is not inclined towards the food and becomes pale, weak, emaciated and is not sleeping well. The temperature may rise due to fear. Difficult breathing from that nostril may cause cold and coryza.

Treatment: The nostril is completely anointed internally and externally. During sleep the child is lied down as back is up and few drops of oil is instilled in the nostrils, then some sneezing agents (errhine) are smelled to the child to cause sneezing. If the obstructed object is expelled it is better otherwise the child again is lied down while the back is up, his mouth is held firmly with the hand and nostril is held with other hand then opposite nostril is inflated severely so that the object comes out due to child's breathing and pressure of inflated air. Patent nostril is held after oiling and softening, and mouth is opened then obstructed nostril is filled with air so that object comes back through the throat.

It is mostly accompanied with fever which is not relieved by the drug. After applying the above measures, some grain of rice or pea or pomegranate were brought out in putrefied condition then fever was also relieved. Therefore the children, who are on food, should never be overlooked.

If cowries like substance is taken in the nose it may be captured by forceps and extracted out softly if it is visible otherwise snuff of tobacco or *Kaiphal* (*Myrica naga*) is inhaled by the patient for sneezing so that the particles comes out with forceful sneezing.

Chapter 24: *Qula* (Stomatitis)

Small ulcers on the mucus membrane of the mouth and tongue which are non infectious are called *Qula* (Stomatitis) if infected called *Aakila* (corrosive ulcer/thrush). Mucus membranes of the tongue and mouth become very soft and delicate so the child can not tolerate the sucking of the breast. Unsuitable milk may also accelerate infantile thrush. Black colour and fleshy thrush is dangerous while white, red and yellow one is safer. Color may be indicative of dominating humor.

Treatment: The nature of both mother and child should be tried to keep moderate according to humor. These drugs are beneficial.

Banafsha (*Viola odorata*) is powdered fine and sprinkled inside the mouth. It is better if added with little rose flower, in phlegmatic nature a little saffron is added. *Mako* (*Solanum nigrum*) extract and *Khas* (*Lactuca sativa*) powdered and rubbed over the *Qula* in the mouth few times, is helpful. Sprinkling of *Aslus Sus* is also beneficial.

Mur makki (*Commiphora myrrh*), *Afis* (*Quercus infectoria*, Oak Galls) and Rind of *Kundur* (*Boswellia serrata*, Olibanum) finely powdered and mixed with honey are rubbed on the tongue ulcer in phlegmatic case. *Toot Hamiz* (*Sour Morus indica*) extract is beneficial in *Qula* of sanguine and bilial nature. Mouth wash with honey water and use of above drying agents are most beneficial. If needed following drugs may also be given:

Turmeric 20 gm, Rind of pomegranate 20 gm, *Gulnar Farsi* (flower of pomegranate) 20 gm, *Sumaq* (*Rhus coriaria*, Sumach) 20 gm, *Shib Yamani* (Alum) 14 gm, *Afis* (*Quercus infectoria*, Oak Galls) 7 gm, All these drugs are finely powdered and used as a dusting powder in stomatitis, *Turanjabeen* (*Alhagi pseudalhagi*) is rubbed in the night.

A very tested and tried dusting powder by expert physicians,

Ingredients: *Gulnar Farsi* (flower of pomegranate) 2 gm, *Anzaroot* (*Leguminosae*) *Safed Mudabbar* (*Sarcocolla*) white 2 gm, *Teen Maghra* (Red Chalk, *Bole rubra*) 3 gm, *Shib Yamani* (Alum) 1 gm, *Afis* (*Quercus infectoria*, Oak Galls) 1 gm, Coal of *Gaozaban* (*Borago officinalis*) 2 gm, Coal of dry coriander 2 gm, Coal of *Henna* (*Lawsonia inermis*) wood 2 gm, Rose filaments 3 gm, *Hajr Aarabi* (*Arabicus lithos*) 2 gm, *Kat safed* (*Acacia catechu*) 2 gm, *Damul Akhwain* (*Dracaena cinnaber*) 2 gm, Raw Fruit of *Acacia arabica* 1 gm, Rind of *Kundur* (*Boswellia serrata*, Olibanum) 1 gm, *Tabasheer* (*Bambusa arundinacea*) 3 gm, *Sumaq* (*Rhus coriaria*, Sumach) 2 gm, All these drugs are crushed then finely powdered and preserved for dusting.

In fact *Qula'* in children is one of the killer diseases, so precaution is necessary. Touching the lip by each and every person and putting chewed food in the child's mouth should be avoided. There is also tradition that betel leaves after chewing are put in the mouth of the child, it needs to be discarded. The commentator has written well about the treatment, nothing more is needed, but some tried prescriptions are noted here.

Note: *Qula* of white color is phlegmatic nature.

Treatment: Leaves of *Henna (Lawsonia inermis)* 1 part and *Shib Yamani* roasted (Alum) 2 parts are taken and finely powdered. It is sprinkled on the ulcer. If there is a fluid secretion in the child's mouth it should be taken out to prevent it from swallowing.

Preparation of a Tested dusting powder: *Gulnar Farsi* (flower of pomegranate) 2 gm, *Anzaroot (Leguminosae)* (Sarcocolla) white 2 gm, *Teen Maghra* (Red Chalk, Bole rubra) 3 gm, *Shib Yamani* (Alum) 1 gm, *Afis (Quercus infectoria, Oak Galls)* 1 gm, *Burnt Gaozaban (Borago officinalis)* 2 gm, *Burnt dry coriander* 2 gm, *Burnt Henna (Lawsonia inermis)* wood 2 gm, *Rose filaments* 3 gm, *Hajr Aarabi (Arabicus lithos)* 2 gm, *Kat safed (Acacia catechu)* 2 gm, *Damul Akhwain (Dracaena cinnaberi)* 2 gm, *Raw Fruit of Acacia arabica* 1 gm, *Rind of Kundur (Boswellia serrata, Olibanum)* 1 gm, *Tabasheer (Bambusa arundinacea)* 3 gm, *Sumaq (Rhus coriaria, Sumach)* 2 gm, *Cardamom seeds* 2 gm, *Seeds of Khirfa (Portulaca oleracea, Parselane)* 2 gm, *Enjibar (Polygonum bistorta)* 2 gm, All above drugs are powdered finely and preserved as dusting powder.

If ulcer is humorous, it's purging is necessary. If it is red colour, leeches are applied behind the ear, below the chin and both jaws. If the matter is white or yellow color it should be evacuated by purging out.

Warning: Sometimes the mother has abnormal nature, bilial or sanguine, which heats the milk, suckling of this altered milk may cause stomatitis or ulcer in children. Therefore care of the nature of the wet nurse is also important. If the milk is simply hot nature, it should be reduced by suitable cooling agents. If it is related to bodily fluids then the best option of venesection or purging should be carried out, if possible it is better to replace the wet nurse.

Other Drugs, Ingredients: *Dry coriander, Kat safed (Acacia catechu), Tabasheer (Bambusa arundinacea), Cardamom seeds, Aslus Soos (Glycyrriza glabra)* peeled, *Sod Kufi (Cyperus rotundus)*, All these drugs are taken in equal amount, crushed and finely powdered. It is kept and used as per requirement.

Another Formulation, ingredients: *Buds of black Kapas (Cotton), White Zeera (Cuminum cyminum, Cumin)* peeled. *Kat safed (Acacia catechu), Cardamom seeds, Teen Maghra*

(Red Chalk, Bole rubra), All these drugs are taken in equal amount, crushed, powdered finely and used as dusting power.

Note: Green coriander juice, Green *Bartang* leaf juice (*Plantago major*), Green *Mako* leaf juice (*Solanum nigrum*), Burnt *Gaozaban* (*Borago officinalis*), Burnt *Henna* (*Lawsonia inermis* wood) are individually beneficial in this disease.

Another Formulation: Ingredients:

Post Darakht Kondani and *Post Darakht Sapistan* (Rind of *Cordifolia latifolia* tree) are crushed, powdered and mixed with *Kat Safed* (*Acacia catechu*) in equal amount and sprinkled inside the mouth.

A tooth powder for the child, Ingredients: *Mazu Sabz* (*Quercus infectoria*, Oak Galls) 4 gm, *Sang Jrahat* (Hydrated Magnesium Silicate, Soap Stone) 4 gm, *Tutia* (Copper sulphate, Blue vitriol) roasted 1 gm, *Kat safed* (*Acacia catechu*) 1 gm, *Heeraksis* (Ferrous sulphate, Green vitriol) 1 gm, *Sonmukhi*, *Hindsana* (*Cassia angustifolia*) 1 gm, *Ilaichi Kalan* (*Amomum subulatum*) 1 gm, *Lohchoon* (Ferrous-ferric oxide, Iron rust) 1 gm, *Geru* (Red Chalk, Bole rubra) 1 gm. All these drugs are crushed, powdered finely and rubbed inside the mouth.

Chapter 25: Laz'a Liththa (Scorch of the gum)

There may be irritation of the gum due to infiltration of the matters from brain at the time of teeth eruption in children.

Treatment: *Takmeed* (Fomentation: Application of warm wet coverings to a part of the body to relieve pain and inflammation) with almond oil.

Chapter 26: Awram Liththa (Swelling of the gum)

At the age of teething, the teeth comes out piercing the gum, it may cause pain and weakness which causes swelling of the gum. The site is near to the brain of child which has excess moisture. However at the time of swelling the finger is softly placed on the inflamed site and anointed with oil and honey mixed with *Babuna* (Chamomile) oil or *ILuk al Butum* (*Pistacia lentiscus*). Anointing gives softness and resolution.

Tanteel (Irrigation) of the head with the decoction of *Babuna* (Chamomile) and *Shibbat* (Anethum graveolens, Dill) helps for softness and resolution of the matter from adjacent organs. Soft resolution is better than hard one as the latter is more painful in the swelling.

Radey Advia (Repellent drugs) are not used because in this case *Mawadd* (materials) come from brain and these drugs may send the materials back to the brain, which may be harmful, however all efforts should be made for softness, relaxation, resolution and easing

the growth of the teeth. The procedures for facilitating the growth of the teeth are described in the chapter of basic principles

Chapter 27: Awram Halq (Pharyngitis)

The swelling may occur between the mouth and esophagus. Its reduction becomes difficult; sometimes this swelling reaches out to the muscles and bones of the neck.

Treatment: The child's motion is kept soft by use of proper suppositories. *Toot (Morus indica)* extract is given to the child to lick. *Murzia* is given Pigeon meat and *Sumaq (Rhus coriaria, Sumach)* to eat. Half fried egg yolk is also beneficial for the child.

Use of proper laxatives, suppositories and enema give beneficial effect. Application of leech at the sites behind the ear, below the chin and on both forelegs has great benefits. Massage with mint, black pepper, and little salt gives relief from pain.

Chapter 28: Warm Lauzatain (Tonsillitis)

Tonsils are two pieces of flesh on both sides of the tongue root. Major cause of swelling is the phlegm which descends from the brain, probably the hot and humid effect of the brain also comes down through the *Nazla*, its signs are inflammation and to make the swallowing of the milk very difficult.

Treatment: If it is caused by heat application of cool oil like rose oil and vinegar is beneficial. Pumpkin and cucumber smashed with vinegar, Henna, juice of *Kasni (Cichorium intybus, chicory)*, juice of green *Mako (Solanum nigrum)* and juice of green coriander are also applied over crown of the head which is soft part.

If phlegm is the cause, all measures should be adopted which are mentioned in pharyngitis, *Murzia* should avoid all phlegmogenic food. Rubbing of the honey mixed with alum on affected site by the finger till salivation occurs has great benefit. If there is a collection of fluids and the child is near to death due to intense pain and not suckling of the milk and it is known that the material has completely matured, then it should be ruptured by the finger till all dirty materials are evacuated and cleared, then a pure and fresh honey is licked to the child little by little. This *Lauq* (linctus) is also much beneficial.

Ingredients: *Damul Akhwain (Dracaena cinnaber)*, *Samagh Arabi (Acacia arabica)*, *Kateera, Qatad (Traga canth)* 1 gm, *Enjibar (Polygonum bistorta)* 1 gm, *Kahruba Shamai (Vateria indica)*, *Busud* (Coral), *Gulnar Farsi* (flower of pomegranate), *Bazrul Banj, Ajwain Khorasani (Hyoscyamus albus, Henbene)*, *Zafran* (Saffron), *Marwareed Nasufta* (Pearl unpierced), *Saresham mahi (Acipenser huso, Isinglass)*, *Tabasheer (Bambusa arundinacea)* 1 gm each, *Maghz tukhm kaddu shirin* (Pumpkin seeds), *Maghz tukhm Khiair (Cucumis sativus,*

Cucumber seeds), Seeds of *Khirfa* (*Portulaca oleracea*, Parselane), Seeds of *Kahu*, *Khas* (*Lactuca sativa*), *Khashkhash Safed* (White Poppy seeds), *Maghz Badam Muqashar* (Peeled almond nut) 2 gm each. All these drugs are crushed softly and mixed thoroughly and vigorously with honey 36 gm to form a homogenous mixture. It is given to child to lick.

Chapter 29: *Istirkha Luhah* (Elongation of Uvula)

Uvula is relaxed and elongated and may incite coughing.

Treatment: To take up the uvula by a soft thing, like alum powdered and mixed with honey is applied to the uvula. *Mazu* (*Quercus infectoria*, Oak Galls) is pounded with vinegar and applied with starch or *Gil Multani* (*Bole Armenia*) over the crown of head.

Note: Elongation of uvula in children is quite common. The commentator has written very less about it. It is necessary that the treatment of this disease should be described in detail. It may precipitate other diseases like chronic cough and emaciation specially emaciation of the neck.

At the time of relaxation of uvula midwife is called and asked to take up the uvula by her finger, she should lift up the uvula every morning for 3 days which is beneficial. Second thing is that stem of pomegranate is plucked like a fine cut, a length of extended hand (approx. 9 inch) is taken, it is cut into four pieces by a knife and one piece is cleaned with the knife. Thickness in the middle is reduced then beaten cotton is wrapped around it at the length of 3 fingers. Two pieces of betel leaves are taken and crushed with little of clove, *Nankhwah* (*Trachyspermum ammi*), *Khulanjan* (*Alpinia galanga*), walnut and *Bisbasa* (*Myristica fragrans*, Mace) and a paste like milk is made. Wrapped cotton is dipped in this emulsion of betel leaves and applied to the uvula when the child is crying thus uvula is raised upward few times a day, it will lead to excess phlegm and saliva coming out of the mouth. After two hours milk is given, other foods and drinks are avoided after this process. This process is repeated for 3 days, uvula will be back to its normal position.

Another formulation: *Doob Safed* (White grass) and a little saffron is pounded with mother's milk and filtered by a cloth then added with almond oil. It is instilled in the nostril. *Kunjud* oil (sesame, *Sesamum indicum*), Castor oil (*Ricinus communis*) and almond oil should be applied over the fontanel of the head it will rectify the uvula within few days, remove the extreme leanness of the child and make him healthy and strong.

Another formulation: *Gil Multani* (*Bole Armenia*) smashed with glue or mucilage is applied over head. Leaves of *Aas* (*Myrtus communis*) and *Gulnar Farsi* (flower of pomegranate) are boiled in the vinegar filtered and added with a little Aspogel, Acacia and *Gil Multani* (*Bole*

Armenia). These drugs mixed well and firmly set on the cloth is pasted on the fontanel of the head.

Another formulation: Garlic is crushed and its juice is taken in a small spoon, the spoon is placed below the uvula so that the uvula is dipped in the garlic juice. Its heat causes excessive fluid secretion from the uvula; as a result, the uvula is raised upward. The relaxation does not occur to this extent in the majority of the children so raising of uvula by finger rise is enough.

Note: In elongated uvula, redness of uvula and heat inside the throat point to dominance of the blood, in such case, leeches are applied below the chin and below the both ears. If this is not beneficial then decoction of the following drugs should be given for 4-5 days. Ingredients: *Unnab* (*Zizyphus vulgaris*, Jujube), Yellow fig, *Sapistana* (*Cordifolia latifolia*), Seeds of *Khitmi* (*Althaea officinalis*, Marsh mallow), *Khubbazi* (*Malva sylvestris*), *Gaozaban* (*Borago officinalis*), Peeled *Aslus Sus* (Liquorice), *Persiaoshan* (*Adiantum capillus veneris*), Flower of *Banafsha* (*Viola odorata*), *Waj Khorasani* (*Acorus calamus*), All these drugs taken in equal amount and boiled in required quantity of water then added with *Gulqand* (Rose preserved in sugar) and given to eat for 4-5 days.

On 6th day, *Mus'hil* is given. Formula: Leaves of *Senna Makki* (*Cassia angustifolia*), Black *Haleela* (Myrobolan), Rind of *Haleela Kabuli* (Myrobolan) 2 gm each are boiled in water and added with drugs of *Cassia fistula* 18 gm, *Sheer khisht* (*Fraxinous ornus*, Manna) 18 gm and *Sibr Saqutri* (*Aloe barbadensis*) 250 mg. Seeds of *Rehan* (*Ocimum pilosum*) scattered over *Arq Gaozaban* (the water extract of *Borago officinalis*) is administered, on third day once again the *Mushil* is given, and then relaxation will never recur.

Chapter 30: *Surfa, Su'al* (Cough)

Enough has been written about cough by the commentator; however the experiments of me are also mentioned. Cough may be productive and accompanied with fever, cold and coryza, in this condition evacuation should be done.

Decoction: *Unnab* (*Zizyphus vulgaris*, Jujube) one piece, *Enjcer Zard* (yellow fig) one piece, *Sapistana* (*Cordifolia latifolia*) 2 pieces, Seeds of *Khitmi* (*Althaea officinalis*, Marsh mallow) 2 gm, *Khubbazi* (*Malva sylvestris*) 2 gm, *Gaozaban* (*Borago officinalis*) 2 gm, *Aslus Sus Muqashar* (Peeled Liquorice) 1 gm, *Persiaoshan* (*Adiantum capillus veneris*) 2 gm, *Gul Banafsha* (Flower of *Viola odorata*) 2 gm, *Zufa Khushk* (Dried *Hyssopus officinalis*) 1 gm.

All these drugs are boiled in the mixture of water extracts of *Gaozaban* (*Borago officinalis*) and *Badian* (*Foeniculum vulgare*, Fennel), filtered and added with emulsion of almond nut

1gm, emulsion of poppy seeds 1 gm, syrup of *Banafsha* (*Viola odorata*) 3 gm and pounded with the *Rubbis Sus* (extract of Liquorice) 2 gm. It is given to the child each morning for 5-7 days.

Decoction of following drugs is given in the night: *Enjeer Zard* (yellow fig) one piece, *Aslus Sus Muqashar Kofta* (Peeled Liquorice) 1gm, Dried *Zufa* (*Hyssopus officinalis*) 1 gm, *Khulanjan* (*Alpinia galanga*) 500 mg, Sugar 1 gm

Sometimes one piece of betel leaf with known spices, *Waj Turki* (*Acorus calamus*), few seeds of *Nankhwah* (*Trachyspermum ammi*) and few clove seeds wrapped in the betel leaf is passed over the flame of a lamp till its one layer is burnt. It is cleaned with a cloth and given to the *Murzia* to be chewed, and then its water is administered to the child.

After 5-7 days, when maturation occurs, leaves of *Senna Makki* (*Cassia angustifolia*) are added and boiled in the above decoction, cleaned and added with pulp of the Cassia fistula 20 gm and *Sheer khisht* (*Fraxinous ornus*, Manna) 20 gm then it is given to eat. These purgatives are given 3 days with the gap of one day till complete evacuation occurs.

If still cough remains, following decoctions are given: *Unnab* (*Zizyphus vulgaris*, Jujube), *Aslus Sus Muqashar Kofta* (Peeled crushed Liquorice), *Bahidana* (*Cydonia vulgaris*, Quince seeds), *Khurma Khushk* (Dried Dates), *Shakar Teeghal* (Hemiptera, Tegal Fly's Cocoon), Sugar. All these drugs are taken in equal amount and boiled in water, filtered and given to drink.

Powder of these drugs sometimes is given in the beginning of the cough: *Waj Turki* (*Acorus calamus*), *Nankhwah* (*Trachyspermum ammi*), *Qaranfal* (Clove seeds), and *Namak Tuam* (Common salt). All the drugs taken in equal amount, powdered well and kept preserved. Dose: 1-2 gm dissolved in mother's milk or hot water is given to the child.

Another formulation: *Filfil Gard* (Black pepper) 1 gm, *Filfil Daraz* (*Piper longum*) 1 gm, *Waj Turki* (*Acorus calamus*) 1 gm, *Namak Sang* (Rock salt) 1 gm, Burnt bread of wheat 4 gm. All these drugs are crushed, powdered and kept preserved. Dose 1-2 gm dissolved in mother's milk or hot water is given to the child.

Another formulation: Fifty pieces of leaves of *Adusa* (*Adhatoda vasica*) are taken and spread, *Filfil Daraz* (*Piper longum*) 12 gm and *Namak Sang* (Rock salt) 12 gm are crushed and spread over the *Adusa* leaves, then 125 gm wheat flours are placed on the above leaves, and wrapped in the circular shape, then it is kept inside the hot furnace till it becomes red hot. It is taken out and cooled then it is crushed, powdered well and kept preserved. Dose is 1-2 gm.

Another formulation: Peeled *Aslus Sus* (Root of Liquorice) crushed 4 gm, *Bahidana* Nut (*Cydonia vulgaris*, Quince seeds) 12 gm, *Shakar Teeghal* (Hemiptera, Tegal Fly's Cocoon) 4 gm, *Samagh Arabi* (*Acacia arabica*) 4 gm, *Kateera* (Traga canth) 4 gm, *Rubb al-Sus* (Extract of Liquorice) crushed 4 gm, *Ersa* (Iris ensata) 4 gm, Poppy seeds white and black, each 4 gm, *Kundur* (*Boswellia serrata*, Olibanum) 4 gm, Almond nut 12 gm, Pure Opium, Saffron.

All these drugs are crushed and well pounded, mixed well with the mucilage of *Bahidana* and pills are formed in the sizes of peas. Dose: one pill dissolved in mother's milk is given to the child.

Note: Due to the use of severe dry and hot drugs sometimes viscous phlegm gets stuck in the chest which can not be expelled despite intense coughing by the child. Treatment has been written by the commentator should be carried out. All efforts should be made for dissolving and humidifying the dry and adhered viscous phlegm. For this purpose *Qairuti* (poultice, a paste applied to the skin to treat inflamed areas or improve circulation etc) are rubbed over the chest.

Ingredients of this *Qairuti* (poultice): *Sartan Nahri* (Crab) with bones removed, only flesh is taken, smashed and its water extract 50 gm is taken, *Jau Muqashar* (Peeled barley) is pounded in rain water its emulsion is taken in 72 gm water, *Sheer Dukhtaran* (Mother's milk) 50 gm, *Sheer Alagh* (Milk of a donkey) 50 gm, *Roghan Gul* (Rose oil) 50 gm, *Roghan Banafsha*, *Roghan Badam* (Almond oil) 50 gm. All these drugs are mixed thoroughly and boiled together till only oils are remained, added with *Mom Safed* (white wax) 12 gm, *Maghz Saq Gao* (bone marrow of cow's foreleg) 24 gm and *Piah Kohan* (fat of a hump) and pounded well in a vessel till the *Qairuti* is prepared; this is rubbed over the chest, neck and backbones to remove the dryness and produce innate heat.

Ingredients of *Lauq* (Linctus, a medicine to be taken by licking): *Unnab* (*Zizyphus vulgaris*, Jujube) 10 pieces, Seeds of yellow fig 7 pieces, *Sapistana* (*Cordifolia latifolia*) 20 pieces, Seeds of *Khitmi* (*Althaea officinalis*, Marsh mallow) 3 gm, Seeds of *Khubbazi* (*Malva sylvestris*) 3 gm, *Gaozaban* (*Borago officinalis*) 3 gm, Peeled *Aslus Sus* (Liquorice) 3 gm, Poppy seeds with its shell 10 pieces, *Bahidana* (*Cydonia vulgaris*, Quince seeds), Flower of *Banafsha* (*Viola odorata*) 12 gm, Dried *Zufa* (*Hyssopus officinalis*) 3 gm, *Maveez Munaqqa Taiifi* 25 pieces, *Aspghol* (Aspogel) 12 gm, *Samagh Arabi* (*Acacia arabica*), *Kateera* (Traga canth). All these drugs are soaked overnight in rain water 750 ml and boiled in the morning till the water is reduced to its one third. The vessel is taken out of fire and the decoction is rubbed,

filtered and added with sugar 400 gm and boiled again till it attains the consistency of the honey then *Amber Ash'hab* (Ambergris) is added. The vessel is taken out of fire and following drugs are added.

Almond nuts, *Maghz tukhm Khiar* (*Cucumis sativus*, Cucumber), *Maghz tukhm kaddu shirin* (Pumpkin seeds), *Maghz Habbul Qutn* (pulp of Cotton seeds), *Tukhm Khasakhash Safed o Siah* (White and black poppy seeds), *Samagh Arabi* (*Acacia arabica*), *Kateera* (*Traga canth*), *Rubb al-Sus* (Liquorice extract). All the drugs 6 gm each are taken and pounded well then added in the above decoction thus *Lauq* is prepared. Dose: 1-2 gm is given to the child to lick in the night. It causes thickening of the very thin material, removes dryness by soothing effect.

Note: There are many substances that mind cannot reach to their essence but after trial and use their effectiveness is revealed. These are called *Totka* in Hindi, used for dry cough. There is no harm in trying. In this disease the child's condition becomes deteriorated as the cough occurs every time, the eyes are near to protrude and the child is nearly unconscious.

Totka. A person is sent on Saturday or Sunday to sit down in the middle of the path waiting for a person, who will pass riding on a grey female horse, then the horseman is asked gently about the drug for the whooping cough and after persistent request whatever the drug he advises should be carried out for administration.

Sometime phlegm is matured in the chest but the child is unaware to expel it by coughing. Then that dull phlegm comes back into the throat and causes harmful effect. The method is whenever the phlegm is accumulated due to coughing midwife or any attendant should insert her finger in child's throat and hold the margin of the tongue so that phlegm comes out easily. It is my experience that by this process large amount of phlegm is expelled out easily which causes relief from the cough. Wet nurse should avoid cold water during the period of excessive cough of the infant. The water is boiled till it is reduced to its half then it is preserved in an old pot. This water is given to the mother as per requirement as excessive and cold water is harmful for the child's cough. The child should be protected from the cold exposure, mother should never expose herself to cold atmosphere bare feet or bare headed. Following expectorants drugs are tried. Ingredients: Black salt, Rock salt, Common salt, *Jawakhar* (Barley salt), *Suhaga* (Sodium Borate, Borax), *Naushadar* (Ammonium chloride), *Shora Qalmi* (Potassium Nitrate, Salt peter). All these drugs 12 gm each are taken and pounded well then this powdered drug is filled into the stomach of a wild pigeon after sacrificing and cleaning the stomach from the waste. The drug filled pigeon is

poured in a clay pot and sealed then the pot is burnt in the fire of wild dung for one night. On cooling in the morning the seal is broken and the contents are powdered and preserved. Dose 1-2 rice for infants, it is very much useful.

Note: The real treatment of the infant lies in the precaution and care of the wet nurse. She should not drink water more than 2-3 times a day. Water is boiled till it reduced to its half, cooled and given to the mother. She should avoid taking of sour, bitter and very hot food. The infant is protected from cold, coryza, fever exposure. In winter season warm cloth and cap should be put on the child.

It is written in the book of *Khulasa al-Tajarib* that some children suffered with acute cough in the end of the winter season till they got fainted after vomiting due to severe cough. No drug was effective, finally a person advised that the white eye ball of the goat is taken out and dried up then pounded with water and pills are made. One or two pills dissolved in mother's milk are given to the patient to lick in the morning and at night also. By this process most of the children got relieved of the cough.

Confection made of almond, coconut, pistachio and sugar added with emulsion of almond and poppy seed taken out in the infusion of wheat husk and mixed with heated almond oil, then *Samagh Arabi, Kateera and Rubb al-Soos* in a little quantity is powdered and added in the confection, is helpful to some children. The fat of young hen near to ovulation is also used for rubbing on the chest and a little is administered orally. Sometimes cough arises due to smoke inhalation by the child, it recovers after sucking the milk 2-3 times. If not relieved a little of pure, fresh and pleasant honey or pure honey water or rose with sugar is licked. Suckling of milk removes the dust from the throat. Dipping of almond oil in the throat is also useful and fatty diet also.

Chapter 31: Zukam wa Nazla (Cold and Coryza)

Pathology: An inflammation of the mucous membrane lining the nose usually associated with nasal discharge). This disease occurs mostly in children because they have excess moisture and weakness of the brain, especially after cold exposure. The head of the child should be covered and warmed. While the cough is mostly accompanied with cold so all measures has been described in the cough chapter earlier. Main focus is that *Murzia* (wet nurse) should avoid meat, milk and sweets and keep the head of the child warm.

Note: Cerebral material's expulsion through nostrils called *Zokam*, if it falls down on the throat, chest or lung called *Nazla*. This disease mostly occurs in elders. In children, this occurs due to cold. When there is a cold atmosphere mother avoid herself and the child to

be bare foot or bare head. Children are dressed with warm cotton cloth completely and kept in warm places. A little turmeric is sprinkled over the vertex of the child. A little Aloe pounded with water and heated is applied on both sides of the throat and at jugular vein.

This decoction is much beneficial, Ingredients: *Unnab (Zizyphus vulgaris)* 5 pieces, *Enjeer Zard* (yellow fig) 2 pieces, *Sapistan (Cordifolia latifolia)* 7 pieces, Seeds of *Khitmi (Althaea officinalis)*, Marsh mallow) 3 gm, Seeds of *Khubbazi (Malva sylvestris)* 3 gm, *Gaozaban (Borago officinalis)* 3 gm, Peeled *Aslus Sus* (Liquorice) 3 gm, *Persiaoshan (Adiantum capillusveneris)* 3 gm, *Khulanjan (Alpinia galanga)* 2 gm, Clove 2 grains, *Darchini* (Cinnamom) 3 gm, Dried *Zufa (Hyssopus officinalis)* 3 gm, White sugar 10 gm

All these drugs are soaked in 250 ml of water overnight and boiled in the morning till the water is reduced to its 3/5th, it is taken out of fire and filtered then pastes of almond, poppy seeds and *Rubbus Sus* (Liquorice extract) are added in the decoction. Dose: up to 10 gm is given to child and remaining is given to the mother.

Mother diet should include well cooked rice with *Mung* pulse flavored with very little oil condiments. Meat should be avoided. If she is very eager for meat and there is a risk of milk reduction then a little roasted meat may be given with bread.

Warning: A person was suffering from cold for 4-5 month, no drug was effective, he came to me and told that he was given all prevalent drugs in this disease like infusions, decoctions, purgatives etc. I noticed the symptoms of blood dominance the blood letting was done from his head. After drawing a sufficient amount of blood he was completely cured and no further treatment was required. The purpose for quoting this incident is that if need arises to do venesection in the head of *Murzia* sufficient amount of blood should be drawn out. If there is blood dominance symptom in the child especially in spring seasons, then applying leech is quite useful in children.

If drawing of blood is required from small children, then leech should be applied at the places between both shoulders, on the coccyx, below the chin and behind the ear. Besides leeching cupping glass are also applied to the children above 3 years. Our learned teachers used to apply cupping glass on the muscle of foreleg and between the shoulders for blood letting especially in the alopecia and other diseases of the head and eye.

Sometimes mind of the child is blocked due to cold. Black cumin is soaked in the vinegar, kept in a bag and smelled to the child gradually and carefully. It causes both nostrils to be widened and unblocked.

Note: The milk of some women becomes excessive moist and suckling infant is putting weight day by day, stupid people are pleased to see the fat baby, however it is one of the causes of mortality. In this condition *Murzia* should not be given the diet which causes moisture, but she is given roasted meat, pulse, bread with hot spices, so that the milk, causing flatulence and humidity, is not produced. The child should be breast-fed at the time he/she cries due to hunger and after digestion of earlier feeding, otherwise these children may catch the cold, coryza, cough, pneumonia, epilepsy and other cerebral diseases.

Chapter 32: Warm Shush (Inflammation of Lung, Pneumonia)

This disease mostly occurs in winter and windy season. It may be fatal, if proper treatment is not given. The symptoms are cough and severe difficulty in breathing. The child's condition becomes like an asthmatic, at the time of breathing, a pit is formed which is also called *Dabba*. It is of 2 types; one arises of hot matters accompanied with severe fever and second arises out of phlegm accompanied with slight fever.

Treatment: The materials are purged by use of laxatives without awaiting maturation. In case of hot materials *Sheer Khisht (Fraxinous ornus, Manna)* and pulp of Cassia fistula are used. If matter is phlegmatic pills of Croton tiglium are given without any hesitation. Croton tiglium is like a miracle in humid and phlegmatic diseases of the children, especially in unconscious children because Cassia fistula can not be given to unconscious child while the dose of Croton is so little that it can be given both conscious and unconscious children.

The learned physicians like *Akbar Arzani* prohibited the use of croton. He meant that it should not be given by a lay person, if need arises it can be given by qualified person only. Many elders make mistake in drug administration so they can not be permitted to give any drug even Cassia fistula. But it is not a generalized rule. There are many experienced elder ladies who often had the fame for treatment.

A child suffered from this disease. Elder ladies advised for a decoction of dry and hot drugs. Despite resistance, ladies keeping faith in their elders gave that decoction to the child. It caused severe fever till it resulted in the meningitis. The child did not open the eyes for complete 14 days and remained lying unconscious like a dead body. Finally his mother and relatives got together and requested me to do something. I told them the condition went out of my hands what could be done. Hopelessly I prepared a cup of severe cool drink for wet nurse. The cold cup was touched to the child's lip to see that he has some sense or not. The child held the bowel with his both hands and due to mere sense of coldness he drank the whole cup immediately, opened his eyes and a crackling sound generated in the chest, then he started coughing with expulsion of viscous phlegm.

Then he was given the following drugs,

Ingredients: *Unnab (Zizyphus vulgaris)*, Jujube), *Bahidana (Cydonia vulgaris)*, Quince seeds), Peeled Liquorice, Water extract of *Gaozaban (Borago officinalis)*, Water extract of *Mako (Solanum nigrum)*, Emulsion of *Tukhm Kaddu Shirin* (Pumpkin seeds), Emulsion of almond nuts, Syrup of *Banafsha (Viola odorata)*. The drugs 1-3 are crushed soaked and rubbed in the drug 4 and 5 then drugs 6-8 are added and given to the patient two times a day. Fever was subsided and burnt phlegm adherent to the chest was expelled by coughing after coction and moistening.

Warning: At the time of severity of this disease a pit is formed below the epigastrium in one or both sides. The child has severe difficulty in breathing. There is no time left for giving the alterative drug so immediately purgatives are given irrespective of maturation.

It should be carefully observed, if the season and nature of the child is hot, material is hot and there is severe fever then following drugs are given.

Ingredients: *Unnab (Zizyphus vulgaris)*, Jujube) 5 pieces, Seeds of yellow fig, 2 pieces, *Sapistan (Cordifolia latifolia)* 7 pieces, Seeds of *Khitmi (Althaea officinalis)*, Marsh mallow) 3 gm, Seeds of *Khubbazi (Malva sylvestris)* 3 gm, *Gaozaban (Borago officinalis)* 3 gm, Peeled *Aslus Sus* (Liquorice) 3 gm, *Persiaoshan (Adiantum capillus veneris)* 3 gm, Flower of *Banafsha (Viola odorata)* 2 gm, Leaves of *Senna makki (Cassia angustifolia)* 2 gm, Water extract of *Gaozaban (Borago officinalis)* 50 ml, Water extract of *Mako (Solanum nigrum)* 50 ml, *Sheer khisht (Fraxinous ornus)*, Manna) 25 gm, Pulp of *Cassia fistula* 25 gm. The drugs 1-10 are soaked in the drugs 11 and 12 and slowly boiled it is taken out of fire and filtered then drugs 13 and 14 are added and mixed thoroughly, almond oil 2 gm is sprinkled and given to eat. *Badian (Foeniculum vulgare)*, Fennel) and aloe also may be added.

If matter is cold and moist and ingestion of drug like *Cassia fistula* is not possible by the child, this pill should be given without fear repeatedly in any season.

Ingredients: Pulp of Croton tiglium 1 gm, *Sibr Saqutri (Aloe barbadensis)* 1 gm, *Kateera, Qatad (Traga canth)* 1 gm. All three drugs are crushed and pounded with the juice of leaves of *Musht al Ghol, Kanghi (Abutilun indicum)* or *Karela (Momordica charantia)*, Bitter Gourd) or betel leaves and pills are prepared at the size of *Mash* pulse. Dose: 1-2 pills for 1 year child.

When difficult situation has gone off the child, respiration restored to normalcy and pit is no more formed below the epigastrium, suitable coctive drugs are given and the body is cleaned up by giving purgatives. In this difficult situation no importance should be given to the hot nature of the child or hot matter or dry and hot property of the drug croton.

Because in this condition only life saving drug with quick action are given, it evacuates the matter by 2-3 loose motion or vomiting. Emesis is also beneficial. Croton is as emetic as purgative.

Another formulation: Pulp of Croton tiglium 1 gm and *Sibr Saqutri (Aloe barbadensis)* 1 gm are pounded in cow urine and pills are made in the size of mustard.

For the disease '*Dabba*' of the child where neck is pulled toward the back 2 gm pulp of the seeds of *Kanghi (Abutilun indicum)* is dissolved in mother's milk and given to the child to induce vomiting, it gives benefit and early recovery.

Another formulation: *Turbud Safed (Ipoemea turpethum)* Cleaned 2 gm, Dried Mint 4 gm, *Waj Khorasani (Acorus calamus)* 4 gm, *Zingiber officinalis* 4 gm. All these 4 drugs are crushed, powdered, fried in almond oil and preserved. Dose: 1 gm powder dissolved in mother's milk and given to child.

Another formulation:

Karanjwah (Caesalpinia bonducella) nut 6 gm and Croton tiglium nut one piece are crushed and pounded with the juice of leaves of *Musht al Ghol, Kanghi (Abutilun indicum)* and the pills are made in the size of black pepper. Dose: one pill with mother's milk for one year child.

Another formulation: *Asgand Nagori (Withenia somnifera)* 7 gm, *Aqar Qarha (Anacyclus pyrethrum)*, Pellitory) 8 gm, Engraved rice 25 gm, *Croton tiglium* nut 8 pieces

All these 4 drugs are finely powdered, kneaded in water and the pills are made in the size of black pepper. Dose: one pill with mother's milk for one year child.

Another formulation:

Suhaga (Sodium Borate, Borax) roasted and *Neela Thotha* (Copper Sulphate) one gm each is taken, finely powdered, kneaded in water and the pills are made.

Another formulation: *Turbud Safed (Ipoemea turpethum)* Cleaned 12 gm, Dried Mint 12 gm, *Waj Khorasani (Acorus calamus)* 12 gm, Rind of *Haleela Zard* (Myrobolan) 12 gm

All these 4 drugs are crushed, powdered and preserved. Dose: 1 gm powder dissolved in mother's milk and given to child of one year.

Sometimes on cloudy and cold day with cold air, the child suffers with fever, cold matter collects in the chest and condition resembling *Dabba* (asthma) may arise. Sometimes the child may suffer from convulsion his both eyes pulled up towards the sky and Black parts of eye become whitened. Immediately these drugs are given: *Waj Khorasani (Acorus*

calamus) 12 gm, *Nankhwah*, *Ajwain Desi*, *Kamun (Trachyspermum ammi)*, Leaves of *Suddab (Ruta graveolens)*. All these 3 drugs are crushed, powdered and given to the child to smell, it is also rubbed on both temples, the cervical vertebrae and between the both shoulders.

After that following drugs are given:

Barg Pan Safed (White betel leaves) 1 piece with *Kat safed (Acacia catechu)* and *Chuna* (lime), *Barg Suddab (Ruta graveolens)* Leaves) 3 pieces, *Barg Karela (Momordica charantia*, Bitter Gourd Leaves) 3 small pieces, *Gao Rohan* equal to weight of *Khashkhash* (Poppy seed), Pure Musk equal to weight of *Khashkhash* (Poppy seed), *Nankhwah (Trachyspermum ammi)* 21 pieces, Garlic one piece roasted in hot ash, Clove equal to *Mash* pulse, Piper longum equal to *Mash* pulse, *Waj Khorasani (Acorus calamus)* equal to *Nakhud* pulse, *Bekh Aakola* (Root of Asafoetida tree) 500 mg

All these 11 drugs are crushed in mother's milk and paste is made and given to eat. The pill made of *Croton tiglium* dissolved in the milk should also be given for purgation, after 2-3 loose motion, patient completely recovers.

Chapter 33: *Su-e Tanaffus (Dyspnoea)*

Difficulty in breathing is caused by so many factors. The major cause in children is descending of phlegm on the chest from the head. It occurs to the weak person.

Treatment: same as described in productive cough.

Also massage of the ear lobe and tongue with olive oil. Emesis is induced by pouring warm water into mouth. A little amount of linseed pounded with honey is given to lick. It is very useful. Sometimes phlegmatic matter dries up in the chest and in lung due to use of hot and drying agents. It causes changes in respiration through normal tract and child opens the mouth for respiration due to difficult entry of air in the respiratory tract.

Expert physician Sheik Arzani says that best management at that time is that child is kept naked in a room secure from the wind. His chest is irrigated with warm water then body is wiped with soft towel, clothes put on and massaged with suitable *Qairuti* (poultice of wax oil). This is repeated 3-4 times a day, it gives immense benefit. In the beginning itself some relief in breathing occurs. Flower of *Khitmi (Althaea officinalis*, Marsh mallow) like drugs are mixed in irrigating water is better other wise water is enough.

My own son in his 3rd year of age also suffered from this disease, we lost the hope due to severe breathlessness, nothing of the mucilage or decoction proved to be beneficial. Finally at midnight Almighty instilled in my mind the idea of irrigation and suddenly this

procedure gave us a lot of relief. It was tried in other patients also and gave same benefits. My humble request to the people of great Hyderabad is that this disease is quite common in this city especially in aged persons and it is not cured by any drug. *Chob Cheeni (Smilax china, China Roots)* is tried and tested by me and found beneficial in this disease. It was proved to be a miracle in this case. A lot of patients got relieved. There is a difference in pattern of diseases in children and adults. A good number of the children's diseases were lessened on itself after puberty. If it is not cured by a drug, the child should be given *Chob Cheeni (Smilax china, China Roots)* as I found it very much effective in the cough, asthma, dyspnea in the person of every age group children, young, elders etc.

Chapter 34: *Kharkhara Seena (Murmur in the Chest)*

Rapid series of short loud sounds and breathlessness occur in the children during sleep in the night and cold atmosphere. The condition becomes like after excessive crying of children.

The cause is that phlegmatic matters descend over trachea and bronchi are congested which obstruct the entry of air into the lung.

Treatment: Reduction of diet, only warm honey water should be given drop by drop; linseed roasted in dry clayware and pounded gently with fresh pure honey is given to lick little by little. The child should be protected from cold air and cold water. Chest and ear region are kept anointed with almond oil, wax of honey and chamomile oil. Emesis is also beneficial, keeping sugar candy in the mouth and sometime sweets based on almond and honey is also useful.

Author of *Khulasat al-Tajarib* reported about some children got relieved by mere licking of linseed and honey, eating soft diet and keeping chest and throat anointed. A child of 2 years old, who suffered from this disease, was not relieved by these measures. He was given soup of mutton and chicken, on 4th night he suffered with earache and late night fever, a suppository soaked in honey, was kept in the ear and pain was abolished. The matter in trachea got matured due to fever and got relieved with sweating within 2 days.

A child has taken walnut followed by water and slept in warm place then he started to complain severe breathlessness nearly fatal. The syrup he was given proved to be harmful then he was given solid extract of *Toot (Morus indica)* to lick continually for some days and got relieved. This treatment was proved beneficial in other patients also.

A child visited a store house, when he returned got this disease so severe nearly fatal. Our learned teacher has written that paste of *Jund Bedastar (Castoreum)* was rubbed on his

palm, toes, ear and over the head, a little of it was given to eat and oily soup without bread was also given. He got complete relief. He has also written that it may be the preface of epilepsy as the part of polluted air may reach to the brain of the child.

Note: This ailment is catching the children in many cities and regions and this is cured by these treatments. But in the great city of Hyderabad this disease is preface to asthma in the children, young or elder persons and it gets never relieved. In last few years when *Chob Cheeni* (*Smilax china*, China Roots) was started in children, breathlessness was subsided as better as the rattling sound which is the preface. The children who are still deprived of this drug will be included this year in the beginning of spring season who are the victim of sever productive cough and rattling sounds in the chest. *Chob Cheeni* is useful in dry cough also.

Chapter 35: *Fuwaq* (Hiccup)

(Hiccup is the state of having reflex spasms of the diaphragm accompanied by a rapid closure of the glottis producing an audible sound; sometimes a symptom of indigestion)

The child may suffer with hiccup. Elder people are never afraid of this as they believe that stomach of the child is widened by this action. It is wrong notion because hiccup/vomiting occurs due to overfeeding, hiccup subsides when extra milk is removed by vomiting.

Treatment: Reduction of milk.

Following powder mixed in the milk is given for few days: *Suhaga* (Borax), *Eletteria cardiamomum*, Dry Mint, *Uood Gharqi*, *Hindi*, *Agar* (Eagle Uood), *Angozah*, *Hilteet* (Asafoetida), Black Salt

All these 6 drugs are crushed mixed thoroughly and powdered finely. Dose: 2 gm dissolved in mother's milk given to eat.

Sometimes hiccup occurs due to heat of milk, so these drugs are given: *Khirfa* (*Portulaca oleracea*, Parselane) 12 gm, Cardamom seeds 2 gm, Water extract of *Gaozaban* (*Borago officinalis*) 100 ml, Water extract of *Mako* (*Solanum nigrum*) 100 ml

Drugs 1 and 2 are made paste in drugs 3 and 4 then dissolved in syrup of Pomegranate 25 ml and given to *Murzia* and sometimes to the child also.

A child of age around 1 year, was brought to me at midnight, he started having numerous hiccups, once complete movement of hiccup followed by 2 successive incomplete movements. Its severity and distress sustained for four hours. Hope for life was dwindling. At that time a thought came to my mind by God's grace. I gave him 12 gm Rose immediately and he felt relief, then it was repeated two times with one hour gap, and he was completely cured. Author of '*Khulasa*' has written that he hasd observed, when hiccup in children exaggerates,

mother moistened a cloth with her saliva and pasted on the nose tip of the child, hiccup was subsided. In case of adolescent child, his attention should be diverted to other things for relieving of hiccup. For example the patient may be charged with theft to give embarrassment or he is told about the death of his loved one or missing of some article. These tricks give impetus to the temper of the child. If these tricks are not useful then following drugs are tried.

Jund Bedastar (Castoreum) dissolved in vinegar and rose or walnuts crushed with sugar bring down the hiccup. Liquids or milk can be followed to remove the dryness.

Chapter 36: *Qai ba Ifrat* (Excessive Vomiting)

There are many causes:

I. Over feeding of milk is one of the causes of excessive vomiting

Treatment: Stop the extra feeding, excess milk is corrupted in the stomach and nature tries to repel it by vomiting because it is the closest way to expel the content from the stomach. This occurs more in children than adult so due consideration is given in the hiccup of children also. We should not go with stupid elder ladies' logic that by this process child's stomach widens and is healthier for him; instead we should be very careful. In case of several hiccups, feeding cycle is reduced and measure for digestion of child and mother are adopted.

II. Phlegmatic fluid accumulates in the stomach which stimulates vomiting for its expulsion.

Treatment:

Clove 1 gm is pounded alone or with juice of apple or *Bahi* (Quince fruit) is given.

Other formulation: Following drugs are pounded with the juice of *Bahi* (Quince fruit) and used externally as liniment.

Uood (Eagle wood), Rose flower, *Foofal* (*Areca catechu*, Betel nut), *Halecla Zard* (*Terminalia chebula*)

Another formulation: Bark of *Pista* (Pistachio) pounded with juice of apple or *Bahi* (Quince fruit) is given to the patient to eat.

III. Infiltration of bile matter in the stomach which also stimulates vomiting for its expulsion. It may be accompanied with heat.

Treatment: Administration of sour compounds which act as tonic to stomach like extract of sore *Bahi* (Quince fruit), sour grapes, *Reebas* (*Rheum emodi*, Ribes), syrup of *Zarishk* (*Berberis aristata*).

Another formulation: Juice of mint and juice of pomegranate are mixed together with little sugar in a silver vessel and boiled, till it is reduced to half. Vessel is taken out of fire, cooled and given little by little.

Another formulation: *Fad Zahar Haiwani* (Animal Antidote) 1/2 gm and *Gil Armani* (*Arminina Bole*) 2 gm are taken into the juice of apple or *Bahi* (Quince fruit) or guava or sour milk and administered with mint juice. It is much useful in nausea and vomiting.

Advantage: it is prohibited to mix milk with sour drugs or acids as a principle.

At the time of giving sour thing the stomach should be free from milk and care should be taken that milk is not given till 1-2 hour after use of sour/acid

Chapter 37: *Zo'f e Me'da* (Stomach weakness)

Symptoms are acidic eructation and belching, heaviness of the stomach, indigestion, cholera, lack of appetite. It occurs to children mostly because of milk alteration.

Treatment: Rectifying of the milk according to cause. Juice of *Bahi* (Quince fruit) is given with clove and sugar or *Zarishk* (*Berberis aristata*) for strengthening of the stomach. Massage of stomach with rose water or juice of *Aas* (*Myrtus communis*) and oil of *Mastagi* (*Pistacia lentiscus*) is very much beneficial. *Anushdaru* dissolved in the milk or rose water is given to child two times a day. *Safoof Arasto* is also effective, especially with the juice of *Bahi* (Quince fruit).

Post Sangdana Kharus (Internal lining of the Gizzard or stomach of adult male chicken) mixed with sugar after drying and grinding, is given to child. (*Sangdana* or Gizzard: thick-walled muscular pouch below the crop is found in many birds for grinding food)

Decoction of clove with sugar is also beneficial. Emollient drugs should be avoided. Easy digestible foods like bird meat, mucilage, juice of melon are given to mother and child. The powder of following drugs is much useful:

Gold dissolved 3 gm, Red sulphur 3 gm, Iron oxide 3 gm, Pearl non perforated 3 gm, *Tabasheer* (*Bambusa arundinacea*) 3 gm, *Mastagi Rumi* (*Pistacia lentiscus*) 3 gm, *Gharqi* Uood (Eagle) 3 gm, Saffron, 1 gm, *Jauzbua* (*Myristica fragrans*, Nutmeg) 1 gm, *Bisbasa* (*Myristica fragrans*) 1 gm, *Darchini* (Cinnamom) 1 gm, *Amber Ash-hab* (Ambergris) 1 gm, Pure Musk 2 gm, *Fad Zahr Barri*, *Tiryaaq* (antidote), 2 gm

All these drugs are finely powdered, 15 mg given to the child.

Chapter: 38, *Tajabbun Laban* (Caseation of milk in the stomach)

Some ignorant women give the child some animal *Paneermaya* (Rennet) to stop loose

motion, immediately followed by milk or vice versa so the milk in the stomach is coagulated. The symptoms may be flatulence, stomachache, fainting, breathlessness, cold sweating, intense fever and shivering.

Treatment: For melting and cutting of coagulated milk, *Pancermaya* (Rennet) of rabbit dissolved in water is given to the child then the decoction of *Shibbat* (common dill), dry mint and *Khuskdana* (*Carthamus tinctorius*) is mixed with *Sikanjabeen* (oxymel) and given to child. Emesis is induced or purging is done to expel the cut pieces of the coagulated milk. After vomiting or purging *Tiryaaq Farooq* (Quadruple Antidote) and *Mathrodeetos* (Methroditos) is given to remove the toxicity. After that goat milk is given as and when child becomes hungry because goat milk is much effective for melting of coagulated milk. *Khakistar Chob Enjeer* (Ash of fig wood) is dissolved in water and kept till it is settled, cleaned water is taken out and another ash is dissolved in this water and kept till it is settled then cleaned water is taken out, this process is repeated five times, 10 gm of this water mixed with vinegar of grape and given to the child. Treatment is also same for the coagulated blood in the stomach.

Chapter 39: *Takassur Laban* (Undue milk production)

In this chapter the commentator quoted from Canon enough drugs which increase milk secretion. There is no need for further prescription but the prevalent drugs which are proved to be much effective are mentioned here.

Halwa Kamun is most tried drug in stimulating milk secretion which is used in both seasons hot and winter. Formulation, Ingredients of *Halwa Kamun*:

1. Flour of *Mung* (*Phaseolus mungo*)
2. White *Zeera* (*Cuminum cyminum*, Cumin)
3. Cow milk fat (*Ghee*)

Zeera is fried in *Ghee* then removed from the oil and coarsely powdered then *Mung* (*Phaseolus mungo*) flour is fried in the above *Ghee*, powdered *Zeera* is added and mixed with *Mung* (*Phaseolus mungo*) flour. Sugar is boiled with proper quantity of water in another vessel on moderate flame and continued till it attains the consistency of honey. Vessel is taken out from the fire and powders of both drugs are added and mixed thoroughly, when contents are cool, a ball like of 24 gm is prepared and preserved. 25-50 gm is given to *Murzia* two times a day.

Other Formulation: Freshly collected *Satawar* (*Asparagus recemosus*) 50 gm are peeled, processed for grinding and dissolved in cow milk 250 ml, then filtered in a cloth and 25 gm

sugar is added. It is given internally. Some time the milk is heated till it is reduced to half then taken out of fire and given to eat. If fresh *Satawar* is not available then 20 gm dried *Satawar* is taken in a clay vessel whose mouth is tied with a cloth the vessel is hanged in a well in such a way that it is immersed in the water over night. It is taken out in the morning and *Satawar* is pounded and dissolved in the cow milk 250 ml, it is cleaned and 25 gm sugar is added then the content is heated till it is reduced to half, the content is cooled and administered internally. Some specific parts of goat meat which increase milk secretion are stomach, intestine, lung and chest. Fish also increases milk secretion. It is also reported that some parts of animal having unpleasant smell are inducers of milk production. Most of the semen procreator drugs are also helpful in milk production. Digestion of *Murzia* should be considered for prescribing such drugs because her indigestion may lead to indigestion of the infants. *Jawarish Kamuni* may be given for correcting digestion. *Halwa Kamun* has unique qualities besides increasing milk secretion, it also acts as a diuretic, deobstruent, carminative and digestive.

Chapter 40: *Haiza* (Cholera)

Haiza is the movement of undigested and decomposed food material towards expulsion through the gut and all fluids of the body are diverted to the gut with severe pain and spasm. (Pathology: An acute intestinal infection caused by ingestion of contaminated water or food). Cholera caused by the decay of one type of food is safer than the cholera caused by the incessant decay of different foods.

Note: Vomiting and diarrhea both or one is so severe that causes immense weakness, feeble pulse and spasm; however we should not be hopeless regarding the child's life.

Treatment: The motion should not be stopped but it is assisted for evacuation. If there is a feeling of pain, heaviness, flatulence and nausea in upper part of the stomach, emesis is induced by giving warm saline water and inserting the finger in the throat of the child. If the material is in lower part of the alimentary tract then purging is done. when stretch of the skin, temples (the flat area on either side of the forehead) and feeble condition of the body are pointing that all decomposed material have been evacuated by vomiting or loose motion, then all efforts are made to stop them. After cessation of vomiting and loose motion the patient is inclined to foods so the food is given little by little.

Following drugs are given to the mother and child after vomiting.

Ingredients: *Badian* (Fennel) 3 gm, White *Zeera* (*Cuminum cyminum*, Cumin) 3 gm, Black *Zeera* (*Carum carvi*) 3 gm, *Heel* (Cardamom) 3 gm, Dried Mint 3 gm, *Kapur Kachri* (*Zingiber*

zerumbet) 3 gm, Papaya 1 gm, *Narjeel Daryai (Lodoicea maldivica)* 3 gm, *Zahr Mohra Khatai* (Benzoar stone) 1 gm

Drugs 1-6 are dissolved in *Arq Badian* ‘distillate of Fennel’ (*Arq* is a purified liquid produced by condensation from a vapor during distilling the drug) and *Arq Gulab* (Rose distillate) 72 gm each and emulsion is taken, drugs 7-9 are pounded well in the rose and mixed together. Dose: about 24 gm is given to one year old child and rest is given to the mother. *Pia Ranga* (*Thalictrum foliolosum*) 1 gm or *Bakhma* (Root of the bitter pumpkin) 250 mg pounded with rose water and kept, one fourth is given to child and three fourth to the mother. *Tiryag Faruq* (Quadruple Antidote) and *Mathrodeetos* (Methrodites) may also be given to both for strengthening the body and combating toxicity.

If the patient is unable to evacuate the residual materials of the stomach by emesis or unable to digest it then he/she should be given the mixture of lemon juice 36 gm, ginger juice 24 gm and *Sulaimani* salt, it may be repeated after 4-5 hours as per requirement, this is the dose for adult while a little amount is given to child and remaining is administered to the mother. After complete elimination the patient is subjected to sleep so that *Hararat Ghareezia* (Innate heat) brings about changes inside the body.

After complete evacuation, if severe weakness occurs to the child, very soft cooked rice mixed with a little pomegranate along with chicken soup is given to eat. Sour pomegranate juice mixed with bread and boiled can also be given if needed.

Dried and decayed coal is taken and crushed with seeds and bark till it becomes like ointment then pills like the size of peas are prepared. This pill is very useful to stop the vomiting, diarrhea and to remove the toxic material of the cholera.

If vomiting is very distressing and not relieved then *Zahr Mohra Khatai* (Benzoar stone) pounded with rose water, powdered *Tabasheer* (*Bambusa arundinacea*) and *Heel* (Cardamom) is mixed with syrup of pomegranate and mint and given to the child.

If above drug is not useful then following drugs are used:

Khashak Barg Kamrakh (Averrhoa carambola), *Khashak Barg Amla* (Leaves of *Emblica officinalis*), *Khashak Barg Neem*, *Khashak Barg Tamarind*, *Khashak Barg Khurfa (Portulaca oleracea*, Parselane), *Reodhi Zaida* (Sweet), *Barg Kueth*, *Barg Turanj (Citrus medica)*, Dried Mint, *Heel Dora Kofta* (Cardamom)

These are boiled with 125 ml of water till the water is reduced to one third then decoction is filtered and kept a side. Dose 3-4 gm is given internally to the child.

Warning: if undigested food materials descend from upper stomach to intestine and get obstructed which may cause pain, heaviness and flatulence, this powder is given.

Another Formulation: *Turbud Safed (Ipomea turpethum)* 5 gm, *Senna makki (Cassia angustifolia)* 5 gm, *Haleela Kabuli (Terminalia chebula)* 5 gm, *Badian* (Fennel) 3 gm, *Zingiber officinalis* 3 gm, Dried Mint 3 gm, Black salt 3 gm

These drugs are powdered finely. Dose for child: 0.5 gm to 2 gm dissolved in mother's milk or *Sheera Badiyan* (fennel pounded in water) or fennel water. If thirst is dominated distilled water of fresh fennel and cardamom with rose water is given.

Warning: Sometimes the material of cholera is closely contiguous due to the weakness and its toxicity permeates to the organs causing feeble pulse, peripheral cooling and collapse, at that time only *Tiryay Faruq* (Quadruple Antidote), Methrodites and rose water is beneficial. The dose is 125 mg for child of 1-2 years old and 500 mg for mother. Almond oil mixed with rose oil and *Jauzbua* (Nutmeg) is massaged all over the body. Lime pounded with turmeric is also much useful and can be given to *Murzia* if needed.

Whatever *Sheikh* (Avicenna) has mentioned, that decayed material should not be stopped if it is in motion, is absolutely correct. However suitable measures according to the nature of the child should never be ignored, it should not be left to the nature but nature is assisted for purging out of the corrupted materials.

The best suppository for infants for this purpose which is made of Tamarind fibers and Iraqi soap dissolved in water. If it is not working and flatulence is increasing then enema is given by the decoction of salt and *Khaksi (Sysymbrium irio)*.

Sometimes foods are not digested in the stomach of the child due to over eating and cause cholera. It is observed by experience that child has sour belching, nausea and flatulence, he lost interest towards food or milk then emesis is induced by oral administration of warm saline water and putting finger deep in the throat till the stomach is evacuated of all its contents by vomiting. Following drugs also used for resolution of the residual contents of the lower stomach and gut.

Salt *Suleiman* 5 gm dissolved in the mixture of Lemon juice 36 gm and ginger juice 24 gm is prepared, a little is given to the child and remaining is given to the mother.

A little *Tiryay Faruq* (Quadruple Antidote) with *Bakhma*, Papaya 1 gm and *Narjeel Daryai* (*Lodoicea maldivica*) 3 gm pounded well in the rose and mixed all together is a panacea for the cholera.

According to Avicenna the following formulation is best to stop loose motion or vomiting when it is essential. Ingredients: *Zarishk (Berberis aristata)* 3 gm, *Bahidana (Cydonia vulgaris*, Quince seeds), *Sumaq (Rhus coriaria*, Sumach) 3 gm, *Anardana* (Pomegranate seeds) 3

gm, Fresh Mint 3 gm, *Ilaichi Khurd* (Cardamom) 3 gm, *Tabasheer* (*Bambusa arundinacea*) 3 gm, *Uood Gharqi* (Eagle Uood) 3 gm, *Zahr Mohra Khatai* (Benzoar stone) 3 gm, *Kashneez Khushk* peeled (Dried Coriander) 3 gm, *Mastagi Rumi* (*Pistacia lentiscus*) 3 gm, *Post bairun Pista* (Pistachio nut shell) 3 gm, *Turanj* (*Citrus medica*) 3 gm, *Amla* soaked in Milk 3 gm, *Yashab Sabz* (*Green Jasper*, Agate) 3 gm, *Abresham* (Silk Cocoon) 3 gm, *Darchini* (Cinnamom) 3 gm

Drugs 1-8 are pounded well with the rose water and drugs 9-16 are powdered separately, then both powdered drugs are mixed thoroughly. Half to one gm of this powder is given to one year old child followed by the hot water extract of *Bartang* (*Plantago major*) and *Heel* (Cardamom).

(Contd..)