



## Review Article

### SHARBAT ZOOFA MURAKKAB, A PROMISING UNANI FORMULATION FOR SUAL (COUGH)

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#### ABSTRACT

It has been described that *Sual* (cough) is the movement of lungs to remove or reduce the painful stress on the lungs). Cough is a physiologically useful protective reflex that clears the respiratory tract. It occurs due to stimulation of chemo receptors in throat, respiratory passages or stretch receptors in the lungs. According to Unani scholars, *Sual* (cough) is an act by which *Tabiyat* removes *Aziyat* (irritating substances) from the lungs, cough with mucus and sputum. It affects mainly quality of life, works productivity and public health resources etc. The drugs available in the modern medicine produce more or less side effects in the human body. The Unani classical formulation is traditionally used for the treatment of cough, early stages of asthma and useful in bronchial Asthma, phlegmatic cough. Expel phlegm from the chest. It is used to clear mucus from the chest and clear chest congestion. It is 100% natural and vegetarian product. No side effects of *Sharbat Zoofa Murakkab* mentioned and reported in Unani classical literature and a clinical study was conducted by the Central Council for Research in Unani Medicine under Ministry of AYUSH, Government of India, more studies are required to validate the Pharmacopeial formulation on large scale.

#### INTRODUCTION

*Sharbat Zufa Murakkab* is very helpful in eradication (curing) of cough. It is a compound Unani Pharmacopoeial formulation and frequently used by the eminent Unani Physicians like Hakim Akbar Arzani, Hakim Ajmal Khan, Hakim Abdul Majeed and Abdul Hameed etc. The self-resistance capacity (*Tabiyat*) of humans is what the Unani medical system believes in. The Unani system approaches in dealing with disease are quite different from the modern system.<sup>[1]</sup>

The drugs available in the modern medicine produces more or less side effects in the human body therefore natural, herbal or traditional medicines are now being seen by the individuals with keen curiosity and optimism. Unani medicine is one of them that claim to have no or least side effect in the human body. It provides an alternative to pharmaceutical medications and chemicals that is more widely accessible and more reasonably priced.

*Sharbat Zufa Murakkab* is a well known classical Unani compound formulation comprising of the drugs namely *In-jeer* (*Ficus carica* Linn.), *Tukhm-e-Khatmi* (*Althaea officinalis* Linn.), *Aslus Soos* (*Glycyrrhiza glabra* Linn.), *Irsa* (*Iris ensata* Linn.), *Badiyan* (*Foeniculum vulgare* Mill), *Tukhm-e-Karafs* (*Apium graveolens* Linn), *Persiao Shan* (*Adiantum capillus-vereris* Linn.), *Zoofa Khushk* (*Hyssopus officinalis* Linn.) and *Maveez Munaqqa* (*Vitis vinifera* Linn.) and it possesses the cumulative properties of its constituent drugs having anti-inflammatory, expectorants or mucolytic properties.<sup>[4,8,9,15,16]</sup> The Unani physicians have mentioned this Unani compound formulation in renowned Unani pharmacopoeias such as *Tibb-e-Akbar*<sup>[3]</sup> and *Kitab-ul-Murakabat*<sup>[1]</sup> for treatment of cough and respiratory tract infections but the clinical data to prove that the Unani compound formulation is safe and efficacious is not available. Scientific justification for the traditional use of this compound formulation in *Sual rataab* (productive cough) is not available. The international community will accept this Unani compound formulation only if it satisfies the safety and efficacy norms set by the international regulatory authority<sup>[14]</sup>, therefore this clinical study was conducted with aim to assess the clinical efficacy

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and safety of *Sharbat Zoofa Murakkab'* in treatment of *Sual* (cough).

The word '*Sharbat*' and '*Sharbet*' are of Persian & Turkish origin, respectively, both of which in turn come from Arabic "*Sharba*", a drink. *Sharbat* is an important invention of renowned Unani physician Pythagoras. It is very popular delicious beverage all over the world during summer season. It is sweet viscous liquid or medicinal preparations made either by preparing the decoction from the plant, animal and mineral origin drugs or by taking juice of fruits from different plants and mixed with sugar and boiled to the required consistency (*Qiwam*) i.e. one *Tār* [5,8]

The protective reflex of cough clears the respiratory system that is physiologically beneficial.[2,13] Chemo receptors in the throat, respiratory tracts, or stretch receptors in the lungs are stimulated, causing it to happen.[17] According to Harvey et al[19], productive and non-productive (dry) coughs are two distinct traditional categories for cough. Mucus and sputum are coughed up during a productive cough. It affects mainly quality of life, works productivity and public health resources etc.

According to Unani scholars, *Sual* (cough) is an act by which *Tabiyat* removes *Aziyat* (irritating substances) from the lungs and adjacent structures. [20]According to Ismail *Jurjani*, *Sual* is the movement of the lungs to relieve or lessen the uncomfortable load on the lungs.[8] *Asbabe badiyah* (extrinsic factors) i.e., smoke, dust, fumes and cold air cause inflammation in the airways that result narrowing of the airways. Cough is produced due to narrowing of the airways [8,21] and is more prevalent in the persons of *Balghami mizaj* (phlegmatic temperament)[8,22] The cough of hot humours and cough of cold humours are both referred to as *Sual*, depending on the cause of the cough.[8] *Sual* (cough) is mainly caused by the excessive use of cold foods and cold medicines. In *Sual ratab* (productive cough), the crepitating sound is found during the sleep.[22,23] The patients feel absence of thirst.[24] The symptoms of the disease are excessive discharge and hoarseness in voice present during the sleep and after awaking.[22] The drugs available in the modern medicine produces more or less side effects in the

human body therefore natural, herbal or traditional medicines are now being seen by the people with an eye of great interest and hope. Unani medicine is one of them that claim to have no or least side effect in the human body. It provides a more accessible and less expensive alternative to pharmaceuticals and chemicals. A clinical study has been conducted on *Sharbat Zufa Murakkab* the study reveals that the formulation were found significant improvement in productive cough. *Sharbat Zufa Murakkab* has unique compound formulation, the ingredients used in *Sharbat Zufa Murakkab* has effect like *Muhallil* (anti inflammatory), *Munaffis balgham* (expectorant), *Mulattif* (mucolytic). The formulation controls the inflammation in respiratory track and modifies the consistency of the mucous to enable it to expectorate easily. Mucous secretions are expectorated by the action of *Munaffis* and inflammation is decreased by the *Muhallil*. This action further clears the air-ways of respiratory tracts. The formulation has *Injeer* (*Ficus carica* Linn.), which have been traditionally used as treatment against several medical conditions such as cardio vascular, respiratory anti spasmodic and anti-inflammatory remedy.[3] *Tukhm-e-Khatmi* (*Althaea officinalis* Linn.) extracts alone in treatment of dry cough, while combination with other ingredients increased the efficacy of *Tukhm-e-Khatmi* and improved all kind of cough. The expectorant and anti-tussive actions of *Althaea officinalis* Linn in the treatment of cough are mediated by different mechanisms. Therefore *Althaea officinalis* Linn in combination with other plant extract in different forms of drug could be a good choice for cough, sore throat and other respiratory ailments. [4] A clinical study disclosed that clinical parameter of *Sual ratab* (productive cough) including sore throat, hoarseness of voice, chest tightness, frequency and intensity of productive cough were found subsided after treatment.[6]

**Therapeutic Uses**

The therapeutic uses of *Sharbat Zufa Murakkab* as mentioned in classical Unani books and Pharmacopoeia.

**Table 1: Anti-inflammatory Expectorant and Mucolytic activities of the ingredients of the vegetarian compound formulation *Sharbat Zufa Murakkab***

S.No.	Constituents	Latin Name	Pharmacological Activities	References
1	<i>In jeer</i>	<i>Ficus carica</i> Linn.	Anti-inflammatory	(Duke et al., 2002; Werbach, 1993)
2	<i>Tukhm-e-Khatmi</i>	<i>Althaea officinalis</i> Linn.	Mucolytic	(Khan, 1983)
3	<i>Aslus Soos</i>	<i>Glycyrrhiza glabra</i> Linn.	Expectorant, Mucolytic	(Khan, 1983; Ziauddin, 1999; Husain, 1903; Ghani, 1912; Said, 1997)

4	<i>Irsa</i>	<i>Iris ensata</i> Linn.	Anti-inflammatory	(Ziauddin, 1999; Husain, 1903; Ghani, 1912 )
5	<i>Badian</i>	<i>Foeniculum vulgare</i> Mill.	Anti-inflammatory	(Ziauddin, 1999; Husain, 1903; Ghani, 1912 )
6	<i>Tukhm-e-Karafs</i>	<i>Apium graveolens</i> Linn	Anti-inflammatory	(Ziauddin, 1999; Husain, 1903; Ghani, 1912 )
7	<i>Persiao Shan</i>	<i>Adiantum capillus-vereris</i> Linn.	Anti-inflammatory, Expectorant	(Ziauddin, 1999; Husain, 1903; Ghani, 1912 )
8	<i>Zoofa Khushk</i>	<i>Hyssopus officinalis</i> Linn.	Anti-inflammatory, Expectorant	(Anonymous, 1959; Rastogi et al., 1998)
9	<i>Muveez Munaqqa</i>	<i>Vitis vinifera</i> Linn.	Anti-inflammatory	(Vitis, et el., 2009)

**Table 2: Composition of Sharbat Zoofa Murakkab (Kabiruddin, 1935)**

S.No.	Constituents	Latin name	Parts used	Quantity
1	<i>In jeer</i>	<i>Ficus carica</i> Linn.	Fruit	10 pieces
2	<i>Tukhm-e-Khitmi</i>	<i>Althaea officinalis</i> Linn	Seed	10 gm
3	<i>Aslus Soos</i>	<i>Glycyrrhiza glabra</i> Linn.	Root	10 gm
4	<i>Irsa</i>	<i>Iris ensata</i> Linn.	Root	10 gm
5	<i>Badian</i>	<i>Foeniculum vulgare</i> Mill	Fruit	15 gm
6	<i>Tukhm-e-Karafs</i>	<i>Apium graveolens</i> Linn	Seed	15 gm
7	<i>Persiao Shan</i>	<i>Adiantum capillus-vereris</i> Linn.	Whole Plant	20 gm
8	<i>Zoofa Khushk</i>	<i>Hyssopus officinalis</i> Linn.	Whole plant	20 gm
9	<i>Muveez Munaqqa</i>	<i>Vitis vinifera</i> Linn.	Fruit	90 gm

**Pharmacological Action**

*Muhallil* (anti-inflammatory), *Munaffis-e-balgham* (expectorant), *Mulattif* (mucolytic).

**Dosage**

General	10-25 ml
Before or After meal	After meal
Single Maximum Dose	25 ml
Preferred way of taking	Water
Dosage Form	Liquid
Dosage Route	Oral
Frequency	BID (twice daily)

**DISCUSSION**

*Sharbat Zoofa Murakkab* is commonly used in Unani system of Medicine for the treatment of *Sual-e-Habis* and *Sual-e-Ratab* (productive and non-productive cough). All ingredients used in this compound formulation have their notable medicinal and therapeutic value. The main ingredient *Zoofa Khushk* (*Hyssopus officinalis* Linn), after which the whole compound formulations is named poses hot and dry temperament (*Mijaz*), the herb is found in India. Decoction of *Zoofa* has been used to help treat coughs, earaches, asthma and bloating. The nutrients and essential oils in *Zoofa* can help health effects. It is rich in flavonoids, flavourful compound that can act as antioxidants. [25] The other ingredients which is found in abundance in this formulation is *Muveez Munaqqa* (*Vitis vinifera* Linn). It is potent source of

proanthocyanidins, which is found in almonds, cashew, hazelnuts, pecans, pistachios, peanuts and walnuts.

**CONCLUSION**

This review represents that *Sharbat Zoofa Murakkab* is traditionally used in the treatment of *Sual Ratab* and initial stages of bronchial asthma. The main ingredient (*Juz-e-aazam*), *Gul-e-zoofa* possesses notable *Muhallil* (anti-inflammatory) and *Munaffis-e-balgham* (expectorant) characteristics. The drug has various other significant pharmacological actions as per its other significant ingredients. However more scientific studies and clinical trials are needed on this compound formulation to ensure its scientific validation for clinical use in the patients suffering from productive cough and bronchial asthma.



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