



SHARBAT-E-MAWEEZ FOR IRON DEFICIENCY ANEMIA: A REVIEW

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ABSTRACT

Anemia, characterized by reduced oxygen-carrying capacity in the blood, manifests through diminished red blood cell count or decreased hemoglobin levels. According to W.H.O. standards, hemoglobin levels below 13.0 gm/dl in adult males, below 12.0 gm/dl in non-pregnant adult females, and below 11.0 gm/dl in pregnant females signify anemia. Unani physicians often refer to this condition as Soo-ul-Qiniya, exhibiting clinical signs such as weakness of the liver (Zauf-e-Kabid), nail brittleness (Zufr-e-Talqia), abnormal temperament (Fasad-e-Mizaj), pallor and yellowish discoloration of the skin (Zardi-wa-Sufaid Jild), and headaches (Sudaa).

In numerous Unani medical texts, Sharbat-e-Maweez is recommended for treating iron deficiency anemia. It serves as a potent nutrient and hemopoietic agent, offering diverse benefits such as haemopoietic stimulation (mawalid-e-dam), aphrodisiac and general body toning properties (muqavvi-e-bah-wa-badan), and liver strengthening effects (muqavvi-e-meda-wajigar). Sharbat-e-Maweez represents a palatable and easily administered form of Unani medication, thus enhancing patient compliance and efficacy in managing iron deficiency anemia.

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INTRODUCTION

Soo-ul-Qiniya, derived from the Arabic words "Soo" meaning defect and "Qiniya" meaning treasure, encapsulates a condition where the body's vital assets are compromised. In classical Unani literature, it denotes a deficiency in both the quantity and quality of blood, often marked

by a reduction in red blood cell count (Kuriryat-e-Hamrah) and alterations in its constituents. The liver's weakened functionality, influenced by changes in its temperament (Mizaj), emerges as a significant contributor to the onset of Soo-ul-Qiniya, precipitating a cascade of bodily degeneration.¹⁻⁹

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Over the course of history, Unani physicians have frequently interchanged the terms Soo-ul-Qiniya and anemia, underscoring clinical manifestations such as weakness of the liver (Zauf-e-Kabid), nail brittleness (Zufr-e-Talqia), abnormal temperament (Fasad-e-Mizaj), pallor and yellowish discoloration of the skin (Zardiwa Sufaid Jild), and headaches (Sudaa). The term "faqrudam" was formerly synonymous with Soo-ul-Qiniya, describing a reduction in blood volume and altered red blood cell count.

Diverse Unani medical experts have elucidated the origins of imperfect blood and the progression of Soo-ul-Qiniya, attributing causative factors to include excessive bleeding, menstrual irregularities, and liver or stomach pathologies. Avicenna's accounts align Soo-ul-Qiniya with iron deficiency anemia (IDA), delineating clinical features such as weakness, palpitations, pallor, fatigue, and amenorrhea in females. Further symptoms associated with IDA encompass weakness, extreme fatigue, shortness of breath, headaches, palpitations, rapid heartbeat (tachycardia), confusion, or loss of concentration. Classical signs such as spoon-shaped nails (koilonychias), glossitis, stomatitis, and dysphagia augment the diagnostic spectrum of IDA, emphasizing its multifaceted clinical presentation and significance.⁹⁻²³

Introduction to Sharbat-e-Maweez:

Sharbat-e-Maweez, a formulation prevalent in Unani medicine, has garnered attention for its potential efficacy in treating Iron Deficiency Anemia (IDA). This medicinal syrup is acclaimed for its multifaceted therapeutic properties, making it a notable inclusion in the management of various health conditions, particularly those related to blood disorders.

- 1. Nutrient and Hemopoietic Action:** Sharbat-e-Maweez is lauded for its role as a muwallid-adam, which denotes its capacity to stimulate the production of blood components. By enhancing the generation of red blood cells (RBCs) and bolstering hemoglobin levels, it actively contributes to addressing the underlying deficiency characteristic of IDA.
- 2. General Tonic and Aphrodisiac Effects:** In addition to its hemopoietic properties, Sharbat-e-Maweez serves as a muqavvi-e-bah-wa-badan, acting as a tonic for the body. This attribute extends to its aphrodisiac qualities, which play a role in promoting vitality and overall well-being.
- 3. Stomachic and Liver-Strengthening Benefits:** Sharbat-e-Maweez exhibits muqavvi-e-meda-wajigar properties, implying its ability to strengthen the stomach and liver. By optimizing digestive functions and enhancing liver health, it aids in the assimilation of nutrients essential for blood formation.
- 4. Cardio and Brain Tonic:** Another notable aspect of Sharbat-e-Maweez is its muqavvi-e-Qalbwa-dimagh action, which highlights its potential as a cardio and brain tonic. This dual functionality underscores its capacity to support cardiovascular health and cognitive function, thereby complementing its hemopoietic effects.
- 5. Laxative Properties:** Additionally, Sharbat-e-Maweez is recognized for its mulayyan attribute, signifying its laxative properties. This aspect contributes to overall gastrointestinal health, ensuring the efficient elimination of waste products and promoting digestive regularity.

Given its comprehensive spectrum of effects, Sharbat-e-Maweez emerges as a promising therapeutic agent for addressing the complex pathology of IDA. Its palatable nature and ease of administration further enhance its appeal, facilitating patient compliance and optimizing treatment outcomes. Therefore, a detailed assessment of its efficacy in managing IDA is warranted, underscoring its potential significance in the realm of Unani medicine and beyond.^{13,27,33}

Method of Preparation:

To prepare Sharbat-e-Maweez, a meticulous

process is followed to ensure the infusion of medicinal properties and palatability:

1. **Soaking of Ingredients:** All individual medicinal components are soaked in water overnight. This step allows for the extraction of beneficial compounds and enhances the potency of the formulation.
2. **Decoction Preparation:** The soaked ingredients are then subjected to decoction the following morning. This involves simmering the mixture over heat to extract medicinal constituents effectively.
3. **Addition of Honey:** Once the decoction reaches an optimal concentration, honey is incorporated into the mixture. Honey not only enhances the taste but also contributes additional therapeutic properties, such as antimicrobial and soothing effects.
4. **Boiling to Consistency:** The concoction is carefully boiled until it achieves the desired consistency characteristic of Sharbat. This ensures proper amalgamation of all ingredients and the formation of a palatable syrup.

By meticulously following this method, the medicinal efficacy of Sharbat-e-Maweez is maximized, ensuring its suitability for addressing various health concerns, including Iron Deficiency Anemia.¹³

Action:

1. **Mawallid-e-dam (Haemopoietic):** Sharbat-e-Maweez exhibits properties that stimulate the production of blood components, making it beneficial for addressing conditions associated with blood deficiency such as anemia.
2. **Mulayyan (Laxative):** This formulation possesses laxative qualities, aiding in the regulation of bowel movements and promoting gastrointestinal health.
3. **Muqavvi-e-meda-wa-jigar (Stomachic & Liver Strengtheners):** Sharbat-e-Maweez serves to strengthen both the stomach and liver, optimizing digestive functions and enhancing liver health.
4. **Muqavvi-e-bah-wa-badan (Aphrodisiac & General Body Tonic):** It acts as an aphrodisiac, promoting vitality and vigor, while also serving as a tonic for the overall body, enhancing energy levels and general well-being.
5. **Muqavvi-e-qulb-wadimag (Cardio Tonic & Brain Tonic):** Sharbat-e-Maweez possesses properties that support cardiovascular health and cognitive function, contributing to heart and brain vitality.

Therapeutical Uses:

1. **Soo-ul-Qiniya:** Sharbat-e-Maweez is employed in the management of Soo-ul-Qiniya, a condition characterized by blood deficiency, presenting symptoms such as weakness, pallor, and fatigue.
2. **Qabaz (Constipation):** Its laxative properties make it effective in alleviating constipation, promoting regular bowel movements and relieving associated discomfort.
3. **Zof-e-Amma (General Weakness):** This formulation is utilized to address general weakness, enhancing energy levels and promoting overall vitality.
4. **Zof-e-Meda (Stomach Weakness):** Sharbat-e-Maweez strengthens the stomach, addressing weaknesses associated with digestive functions and promoting optimal gastrointestinal health.
5. **Zof-e-Bah (Liver Weakness):** It is employed in cases of liver weakness, facilitating liver function and promoting hepatic health.
6. **Zof-e-Jigar (Liver Disorders):** The formulation is beneficial in managing liver disorders, aiding in the restoration of liver health and functionality.

7. Zof-e-Qalb (Cardiac Weakness): Sharbat-e-Maweez is utilized to address cardiac weakness, supporting heart health and function, and promoting cardiovascular well-being.

By virtue of its diverse actions and therapeutic uses, Sharbat-e-Maweez emerges as a versatile

and valuable formulation in the Unani system of medicine, offering comprehensive support for various health concerns.¹³

Dose:
25ml Bd¹³

Sharbat-e-Maweez Ingredient and Quantity:¹³

Sr. No	Ingredients	Botanical Name	Each 250ml Contains
01	Maweez Munaqqa	Vitis vinifera linn	25 gm
02	Balchad (Sumbuluttib)	Nardostachys jatamansi	1.75gm
03	Zafran 1.75gm	Crocus sativus	1.75gm
04	Zanjabeel powder	Zingiber officinale	1.75gm
05	Jozbuwa (jayaphal)	Myristica fragrans	1.75gm
06	Qaranful	Eugenia caryophyllata	1gm
07	Mastagi	Pistacia lentiscus	1gm
08	Shahed (Honey)		250ml

Maweez Munaqqa:

TEMPERAMENT: Hot and Moist.

ACTION: Mughazzi, Muqawwi Jigar, Mawalid-e-Dam, Muqawi Badan, Munjiz-e-Khilt galiz, Mufatteh Sudud, Mulaiyan-e-Shikam, Mohallil, Jali.³⁴

Balchad:

TEMPERAMENT: Hot1 and dry2.

ACTION: Mohallil-e-Waram, Musakkin, Jali, Mutayyib-e Dahan, Mujaffif, Kasir-e Riyah, Muqawwi-e-Qalb, Muqawwi-e-Dimagh, Mudir-e-E Baul.³⁴

Zafran:

TEMPERAMENT: Hot3 and Dry3.

ACTION: Mawallid-e-Dam, Mufarreh, Mudirr-e-Baul, Mudirr-e-Haiz, Muqawwi-e- Reham, Muqawwi-e Bah, Muqawwi-e-Meda, Daf-e-Tashannuj. Musakkin.³⁴

Zanjabeel:

TEMPERAMENT: Hot3 and dry2.

ACTION: Kasir-e-Riyah, Hazim, Munaffis-e-Blagham, Jali.³⁴

Jozbuwa:

TEMPERAMENT: Hot2 and Dry3.

ACTION: Mufarreh, Muqawwi-e- Kabid, Muqawwi-e-Bah, Mutayyib-e-Dahan, Muqawwi-e-Meda, Qabiz, Kasir-eRiyah, Mukhaddir.³⁴

Qaranful:

TEMPERAMENT: Hot3 and Dry3.

ACTION: Mufarreh, Muqawwi-e-Qalab, Daf-e-Taffum, Musakkin-e-Alam, Muqawwi-e-Dimagh, Muqawwi-e-Meda, Muqawwi-e-Ama, Muqawwi-e-Kabid.³⁴

Mastagi:

TEMPERAMENT: Hot2 and Dry2.

ACTION: Muqawwi-e- Meda wa Jigar, Kasir-e-Riyah.³⁴

Shahed:

TEMPERAMENT: Hot2 and Dry2.

ACTION: Muqawwi-e-Badan, Muqawwi-e-Meda wa Jigar, Muqawwi-e-Bah, Jali, Mufatt-e-Sudda, Muqawwi-e-Basarat, Mudirr-e-Baul, Mudirr-e-Haiz, Muqawwi-e-Reham, Mullaiyan.³⁴

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