



PUKHRAJ (TOPAZ): A REVIEW ON MEDICINAL UTILITY IN PERSPECTIVE OF UNANI MEDICINE

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Review Paper

Received: 26.07.2024

Revised: 08.08.2024

Accepted: 18.08.2024

ABSTRACT

This comprehensive study delves into the vernacular names, etymology, identification, historical significance, medicinal properties and chemical constituents of the Topaz. It is a renowned and valuable gemstone resembling diamonds, considered one of the hardest. Beyond its ornamental value Topaz is acknowledged for its medicinal benefits serving as exhilarant for the heart, cardiac tonic, and tonic for vital organs. The gem exhibits a range of properties, blood purification, antidote for poisoning, and relief from various ailments. Drawing insights from classical Unani literature and recent research, this review aims to provide a well-rounded understanding of Topaz's multifaceted attributes.

No. of Pages: 5

No. of Figs: 1

No. of Table: 1

References: 12

Keywords: Topaz, Yaqut-i-Asfar, Yaqut-i-Aşghar, Pukhrāj, Cardiac tonic, Antidote.

INTRODUCTION

In Unani System of Medicine various sources like plant, animal and mineral are used to prevent from diseases and used to cure various ailments. Several drugs from mineral sources like Zumurrud, Marjān, Lājward etc. have been used since time immemorial.^(1,2,3) Topaz is a renowned and valuable gemstone resembling diamond, considered one of the hardest. It is formed through the action of aluminium and a colourless gas, fluorine. From a metaphysical standpoint, it is believed to possess high qualities. According to research, the first Topaz gemstone, was

discovered around a thousand years ago in the Red Sea. The heaviest Topaz gemstone known as "The American Gold Topaz" was found in the Gerais region of Brazil, weighing approximately 22,892.5 carats, and is currently housed in the Smithsonian's National Museum of Natural History in Washington⁽⁴⁾. Yellow topaz is best in quality, it is the original colour, darker the colour, higher the price of topaz. Medicinally yellow topaz is considered exhilarant for the heart, cardiac tonic, and tonic for vital organs, enhances and protects Ḥarārat-i-Gharīzī (innate heat or energy), and relieving anxiety.⁽⁵⁾

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MATERIAL AND METHODS

Several credible sources, both in print and digital formats, were meticulously reviewed to gather comprehensive data on Pukhraj (yellow Topaz) encompassing its types, properties, and uses in Unani Medicine, compound drugs, recent studies etc. The classical literature of Unani Medicine was referenced to gather information about the historical affiliation and therapeutic uses of Pukhraj (yellow Topaz), and newer editions were also consulted to compile the most recent information. Also, the appropriate Unani terminologies were referenced from the Standard Unani Medical Terminology published by the Central Council for Research in Unani Medicine in collaboration with the World Health Organization.

Mutaradifat (Vernacular Name):

Arabic:	<i>Yaqut-i-Asfar / Sraq</i> ⁽⁶⁾
English:	topaz ⁽⁵⁾
Farsi:	<i>Yaqut-i-Arzaq, Pukhraj</i> ⁽⁴⁾
French:	Topace ⁽⁵⁾
Hindi:	<i>Poshaprag, Poshbah, Yushrag.</i> ⁽⁴⁾
Punjabi:	<i>Pokhraj</i> ⁽⁴⁾
Sanskrit:	<i>Pushprag, Sanjole</i> ⁽⁵⁾
Urdu:	<i>Pukhraj / Yaqut-i-Zard</i> ⁽⁵⁾

Shanakht, Mahiyat and Husul

(Identification, Nature and Acquisition):

The word "Topaz" is derived from the old French word "Topace," meaning a sparkling gem, and it is also associated with the Sanskrit word "Tapas," meaning heat and fire ⁽⁵⁾ It is a renowned and valuable gemstone resembling diamonds, considered one of the hardest. Topaz is formed through the action of aluminium and a colourless gas, fluorine. ⁽⁴⁾ From a metaphysical standpoint, it is believed to possess high qualities, having a cool temperament and a slightly sour taste. In ancient times, kings adorned themselves with this gem on their crowns and sword hilts. According to research, the first Topaz gemstone was discovered around a thousand years ago in the Red Sea. Its significance can be estimated from its mention in the Biblical text, where it is referred to as "Assyrian" meaning brightness in the Gospel ⁽⁴⁾. The heaviest Topaz gemstone, known as "The American Gold Topaz" was found in the Gerais

region of Brazil, weighing approximately 22,892.5 carats, and is currently housed in the Smithsonian's National Museum of Natural History in Washington ⁽⁴⁾. Topaz is found in various colours, including brown, red, and rose, in Brazil and Sri Lanka. Pink Topaz is available in Pakistan and Russia, while yellow Topaz can be found in Brazil, Sri Lanka, Nigeria, and China. In addition to these, Topaz is also found in India, Siberia, Russia, Africa, Iran, etc. Yellow Topaz, resembling the colour of citrine flowers, is highly valued. Experts classify it into two types: Eastern and Western. The Western Topaz contains only aluminium, silica, and fluorine ⁽⁵⁾ while the Eastern type has additional elements.

To identify genuine Topaz, it should feel smooth when placed on the palm, have a substantial weight, and naturally exhibit a sparkling appearance. To test its authenticity, immerse the gemstone in milk for twenty-four hours; if it maintains its lustre, it is genuine.



Fig. 1: Pukhrāj (yellow Topaz) gemstone.

Topaz comes in various types based on colour, including:⁽⁴⁾

1. White Transparent Topaz: Used in jewellery and various ornaments
2. Yellow topaz: best quality topaz known as Pukhraj
3. Blue topaz: beautiful in colour
4. Dark green topaz
5. Pink topaz: also called Brazilian topaz
6. Brown topaz
7. Red topaz: rarest, Precious, fire resistant⁽⁷⁾

There are four types of topaz in Sanskrit book:⁽⁴⁾

1. White topaz-Brahmani
2. Reddish topaz-Kshatriya
3. Yellowish white topaz- Vaishya
4. Blackish topaz- Kshudra

Yellow topaz is best in quality, it is original colour, darker the colour, higher the price of topaz

Mizaj (Temperament): Hot and Dry class 2⁽⁷⁾

Nisbat-i-Sitaṛa (Associated Star): Related to Jupiter

Afal (action)

Muqawwi-i-Qalb (cardio tonic),⁽⁸⁾ *Muqawwi-i-Mi'da* (stomachic), *Muqawwi-i-Am'a* (intestinal tonic), *Mun'ish-i-Ḥararat-i-Ghariza*⁽⁷⁾, *Muhafiz-i-Ḥararat-i-Ghariziyya* (protect innate), *Habis al-dam* (haemostatic).⁽⁶⁾

Iste'malat (Therapeutic uses):

Unani physicians used this stone in various forms like Kushta, powder etc. in several compounds to treat various ailments including:

- *Dast wa Pechish* (diarrhoea and dysentery)⁽⁶⁾
- *Bawasir* (haemorrhoids)⁽⁹⁾
- *Yaraqan* (jaundice)⁽⁴⁾
- *Atashak* (syphilis)⁽⁴⁾
- *Juzam* (leprosy)⁽⁹⁾
- *Khārish* (itching)⁽⁴⁾

- *Chapākī* (urticaria)⁽⁴⁾
- *Baras* (vitiligo)⁽⁴⁾
- *Ganj* (alopecia)⁽⁴⁾
- *Sozish-i-Bawl* (burning micturition)⁽⁴⁾
- *Hasah al-Mathana* (Bladder stone)⁽⁴⁾
- *Waja' al-Asnan* (Tooth ache)⁽⁴⁾
- *Sartān-i-Damwa* (blood cancer)⁽⁴⁾
- *Khafaqan* (palpitation)⁽⁶⁾
- *Junan* (mania)⁽⁶⁾

It is effective in treating these ailments and neutralizing toxic effects.⁽⁸⁾

If someone is bitten by a poisonous insect, rubbing this stone on the affected area eliminates the venom's impact.⁽⁸⁾

It has the following benefits when worn:^(4, 7)

White Topaz broadens the mind and promotes knowledge.

Green Topaz helps to eliminate negative intentions and fosters positive thoughts.

The yellow Topaz assists in financial prosperity and practical wisdom.

Wearing blue Topaz creates a tranquil atmosphere, enhancing human abilities and maintaining mental balance.

Miqdar (dosage): Stones are mainly used for wearing in rings, neckless etc. but sometimes it is used for medicinal purposes by making it Kushta. The dose of which mentioned as 30-120 mg orally.

Madarrat (adverse effects):

Certain varieties of topaz have negative effects on the body; for example, the yellow Topaz weakens evident weakens the brain. Wearing stones with contrasting colours like yellow and red together can lead to neurological disorders.⁽⁴⁾

Table 1: Showing compound formulation having Topaz as one of the important ingredients^(10,11,12)

S.N.	Compounds	Uses	Dose
1.	<i>Habb-i-Jawāhir</i>	Tonic for vital organs, Haemostatic, Anti diarrhoeal	125mg
2.	<i>Safūf-i-Jawāhir Mohra</i>	Tonic for vital organs, General tonic	60-120mg
3.	<i>Mufarriḥ Dilkashan</i>	Cardio tonic, Melancholic diseases	5g
4.	<i>Mufarriḥ-i-Azam</i>	Cardio tonic, Palpitation, Anxiety, Melancholic diseases, and diarrhoea	7g
5.	<i>Ma'jūn Mubhi Intaki</i>	Aphrodisiac, Spermatorrhoea, and Increase muscle mass and strength	12g

Recent studies on Pukhraj:

Topaz contains specific chemical components such as Iron, Silica, Aluminium, Fluorine, Magnesium, etc. Its hardness on the Mohs scale ranges from 8.0 to 9.0. It is a transparent gemstone with a density of 3.49-3.57.⁽⁵⁾ Its chemical formula is $\text{Al}_2\text{SiO}_4 (\text{F, OH})_2$ hydroxy aluminosilicate. It can only be cut with diamond and sapphire. Even when heated with a blowtorch, it does not melt. When heated gradually, it becomes glass-like, and if exposed to intense heat, bubbles form and it breaks instantly. Yellow topaz loses its color when heated, turning colourless. Exposing it to acid turns it into a blue hue.⁽⁴⁾ No clinical or experimental studies have been done on Topaz.

CONCLUSION

Pukhraj (yellow Topaz), recognized as a precious gemstone among, holds a longstanding reputation in Unani Medicine for its therapeutic potential in treating ailments related to heart, skin diseases, blood cancer, and as a Tiryāq etc. Despite its historical medicinal use, scientific exploration of its pharmacological properties remains scarce. This paper endeavors to uncover the traditional medicinal application of Pukhraj (Yellow Topaz) as outlined by Unani experts.

ACKNOWLEDGMENT

The authors express gratitude to the Deputy Director, RRIUM, Srinagar, for her support and

for granting access to the essential resources at the institute for composing this article.

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