



## Review

# Hajrul yahood (*Lapis judaicus*): An important mineral drug of Unani system of medicine for the management of urolithiasis



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## ARTICLE INFO

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Aluminium oxide (PubChem CID: 9989226)

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Magnesium oxide (PubChem CID: 14792)

Hematite (PubChem CID: 14833)

Silica (PubChem CID: 24261)

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## ABSTRACT

**Ethnopharmacological relevance:** *Hajrul yahood* (*Lapis judaicus*) is a mineral drug used in different dosage forms in Unani system of medicine and claimed to be effective in the management of urolithiasis.

**Aim of the study:** To explore the role of *Hajrul yahood* in the management of urolithiasis along with determination of its morphological, ethnomedicinal, physicochemical and pharmacological attributes.

**Materials and methods:** A review of literature on *Hajrul yahood* was undertaken using the bibliographic database viz. Pub Med, Google Scholar, Science Direct and Scopus. The search was conducted using the terms '*Hajrul yahood*', '*Lapis judaicus*', '*Majoon Hajrul yahood*' and '*Kushta Hajrul yahood*'. Further books, monographs and reports on *Lapis judaicus* published in Urdu and English were used to compile the information.

**Results:** *Hajrul yahood* as such and as an ingredient in multidrug formulations has been used for the treatment of kidney and bladder stones since ancient times mainly by the practitioners of traditional medicines. Literature of Unani medicine clearly indicated that *Hajrul yahood* and its different formulations are safe and have antilithiatic effect. Sufficient information in respect of morphological, physicochemical and ethnomedicinal properties of *Hajrul yahood* are available but very few pharmacological and clinical studies have been conducted. The available reports on *Hajrul yahood* and its products mainly Cystone® though has shown varying results but on the whole indicated possible antilithiatic effect. The studies conducted so far have been limited by small patient numbers, weak methodology, and poor study design therefore a conclusive result cannot be arrived at.

**Conclusion:** *Hajrul yahood* and its formulations have been claimed by Unani medicine to be useful in the management of urolithiasis. Some of the scientific reports also suggest the possibility of such an effect however further elaborate and comprehensive studies are required to validate such a claim.

## 1. Introduction

Unani medicine is an ancient system of medicine based on the concept of the four humours, whose theory can be traced back to ancient Greece. It has been rated as one of the oldest systems of traditional medicine serving mankind for centuries by alleviating ailments through drugs derived from natural resources i.e. plants, minerals and animals (Kalam and Ahmad, 2016). It was the Greek philosopher-physician Hippocrates (460–377 BCE) who freed Medicine from the shackles of superstition and magic and gave it the status of science. The theoretical framework of Unani medicine is based on the teachings of Hippocrates. After Hippocrates, a number of other Greek scholars enriched the system considerably, among them Galen (131–210 CE) stood out as the one who stabilized its foundation on which Arab and Persian physicians like Rhazes (850–925 CE) and Ibn Sina (980–1037 CE) constructed an imposing edifice. Unani medicine got enriched by imbibing what was

best in the contemporary systems of Traditional Medicine in Egypt, Syria, Iraq, Persia, India, China and other Middle East and Far East countries (Central Council for Research in Unani Medicine: <http://ccrum.res.in> accessed on 06/01/2018.). Today it is practiced in India, Bangladesh, Sri Lanka and South Africa under the name of Unani Medicine; in Pakistan as Eastern Medicine and in China as Uyghur Medicine and is considered as a holistic loom (Rahman et al., 2008). Besides, it is also known as Islamic Medicine, Arab Medicine or Greco-Arab Medicine (Central Council for Research in Unani Medicine: [http://ccrum.res.in/writereaddata/UploadFile/Dossier\\_1325.pdf](http://ccrum.res.in/writereaddata/UploadFile/Dossier_1325.pdf) accessed on 30/11/2017).

Unani system of medicine uses all three natural sources of drugs (*Mawaleed-e-salasa*) i.e. plant, animal and mineral in different dosage forms. Individual natural drugs and their products have been comprehensively documented in traditional as well as scientific literature for their healing properties (Ahsan and Zafar, 2012; Makbul et al., 2017).

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