



## Review article

## Scientific appraisal of urolithiasis and its remedial measures in Unani medicine



Shaikh Ajj Ahmed Makbul<sup>a,\*</sup>, Abdul Wadud<sup>b</sup>, Nasreen Jahan<sup>b</sup>, Ghulamuddin Sofi<sup>b</sup>,  
Mohd. Imran Khan<sup>b</sup>

<sup>a</sup> Dept. of Ilmul Advia (Pharmacology), Dr. Abdul Haq Unani Medical College and Hospital, Kurnool, Andhra Pradesh, India

<sup>b</sup> Dept. of Ilmul Advia (Pharmacology), National Institute of Unani Medicine, Bangalore, India

## ARTICLE INFO

## Article history:

Received 12 December 2015

Received in revised form 18 October 2016

Accepted 24 January 2017

Available online 25 January 2017

## Keywords:

Unani medicine

Urolithiasis

Calculi

Kidney stones

Mufattit

Mudir

## ABSTRACT

Unani Medicine, an age old system of medicine which is widely practiced in south Asia, draws on the ancient traditional systems of medicine in China, Egypt, India, Iraq, Persia and Syria. It uses remedies of plant, animal and mineral origin which can treat a number of diseases successfully. These remedies, whose efficacy is evident mainly from observation, have been prized for centuries. Although some of the medicines have been examined to investigate their efficacy and possible mechanism of action, many have not yet been documented. It is therefore timely to look at these unexplored remedies in order to understand and make best use of their acknowledged effects.

Urolithiasis (the development of kidney calculi or stones) is a complex process resulting as a consequence of an imbalance between promoters and inhibitors in the kidney. The etiology is multifactorial, but strongly related to dietary habits and lifestyle. Calculi in the urinary tract have been mentioned in the literature of Unani medicine under the headings *Hasate Kulliyah* (kidney stone), *Hasate Masana* (bladder stone) and *Hasate Kulliya wa Masana* (kidney and bladder stone). The calculi are treated mainly by *Mufattite Hasat* (lithotriptic) and *Mudir* (diuretic) drugs effectively. The etiology, pathogenesis, clinical features and the properties of medications used in the treatment of urolithiasis have been discussed by Unani physicians in a comprehensive manner. A number of remedies used for urolithiasis and studied scientifically in different *in vitro* and *in vivo* models have shown activity against urolithiasis. In this paper, we have attempted to collect and analyze information available on urolithiasis, the medications used in Unani Medicine for treating this disorder, and possible correlation between Unani and modern concepts of urolithiasis, if any.

© 2017 Elsevier GmbH. All rights reserved.

## Contents

1. Introduction	2
2. Methodology	2
3. Causes of urolithiasis in unani medicine	2
4. Urolithiasis in different stages of both life and sex	2
5. Principles of treatment (Usoole Ilaj) in Unani Medicine	3
6. Properties of antiurolithiatic Unani drugs	4
7. Discussion	5
8. Conclusion	6
Conflict of interest	6
References	6

\* Corresponding author. Permanent Address: H- No. 16-6-427, Osmanpur, Chaderghat, Hyderabad, 500024, India.

E-mail addresses: [aziznium@gmail.com](mailto:aziznium@gmail.com), [abdullahsyed71@yahoo.in](mailto:abdullahsyed71@yahoo.in) (S.A.A. Makbul), [drwadud87@gmail.com](mailto:drwadud87@gmail.com) (A. Wadud), [nasreen2000@yahoo.com](mailto:nasreen2000@yahoo.com) (N. Jahan), [sofi114@rediffmail.com](mailto:sofi114@rediffmail.com) (G. Sofi), [imrannium@gmail.com](mailto:imrannium@gmail.com) (M. I. Khan).

<http://dx.doi.org/10.1016/j.hermed.2017.01.003>

2210-8033/© 2017 Elsevier GmbH. All rights reserved.