

Sharbat Ahmad Shahi: A Potent Unani Formulation for Mood Disorders

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Abstract-Mood disorders such as depression are the most ubiquitous disease amongst psychiatric disorders. According to the estimations of the World Health Organisation, depression will be the second leading cause of disability in 2020. Psychiatric disorders are the foremost problems in the world since relic. In Unani system of medicine, there is no any direct description of depression but it is described in detail under the heading of “*Amraze nafsaniya*”. This system has a gem of valuable single and compound formulations for psychiatric disorders as there are several *mufrad* (Single) drugs used to treat psychiatric disorders such as Aftimoon (*Cuscuta reflexa*), Badranjboya (*Nepeta hindostana*), Nilofar (*Nymphaea alba*), Gule surkh (*Rosa damascena*), Bisfajj (*Polypodium vulgare*) etc. Sharbat Ahmad Shahi is one of the polyherbal Unani preparations and it has been conventionally used in *Malankholia* (Melancholia), *Insanity*, *Mania* and for *saudavi amraaz*. It has been reported for its antidepressant potential in recent years.

Key Words: Antidepressant, Mood disorders, Sharbat Ahmad Shahi, Unani medicine.

I. INTRODUCTION

Mood disorders such as depression are the most prevalent diseases amongst psychiatric disorders and a leading cause for disability worldwide. Depression, officially termed major depressive disorder (MDD) ranks among the most rampant diseases worldwide. Depression is diagnosed by the method, mentioned in the Diagnostic Manual of Mental Disorders (DSM-IV), which is characterized by the following symptoms: (1) depressed or irritable mood, (2) decreased interest or loss of pleasure, (3) weight gain or loss, (4) insomnia or hypersomnia, (5) psychomotor retardation or agitation, (6) fatigue or loss of energy, (7) feelings of worthlessness or inappropriate guilt, (8) diminished ability to think or concentrate, (9) recurrent thoughts of death and suicide. These symptoms must manifest daily for at least 2 weeks. The World Health Organization anticipated that depression will be the second leading cause of infirmity in 2020 [1]. Recent epidemiological studies specify that severe forms of depression affect 2-5% of the population worldwide, and up to 20% are influenced by milder forms of the disease [2]. Major depression is a serious disorder of massive sociological and clinical relevance. In conventional system of medicine, treatment outcome of depression is suboptimal. The use of currently available antidepressants is confined by their side effects, slow response, and inadequate treatment efficacy. Full remission is difficult to be achieved. Depression, as such is not mentioned in Unani classical texts as an individual disease entity rather it is mentioned as a symptom or group of symptoms of *Malankholia* (Melancholia) in which the mental functions of the

individual are deranged leading to constant grief, fear and dubious aggression. The patient find himself/herself deserted and occupied by loneliness and some patients experience delusion and hallucination also [3]. In Unani medicine, psychiatric disorders are dealt in detail under the heading of “*Amraze nafsaniya*” where it is described by various symptoms of psychic faculty and their distortion due to the involvement of vitiated humours. Unani System of medicine believes in holistic accession to the prevention and treatment of diseases. It covers physical, mental and spiritual dimensions of an individual's health. Several drugs have been reported to have beneficial effects in psychiatric (mental) disorders. There are several *mufrad* (Single) drugs used to treat psychiatric disorders such as Aftimoon (*Cuscuta reflexa*), Badranjboya (*Nepeta hindostana*), Nilofar (*Nymphaea alba*), Gule surkh (*Rosa damascena*), Bisfajj (*Polypodium vulgare*) etc and many *murakkab* (compound formulations) such as Khamira Gaozaban, Sharbat Aftimoon, Sharbat Ahmad Shahi and Itrifal Kishneezi etc have been reported to have beneficial effect in psychiatric (mental) disorders. Sharbat Ahmed Shahi (SAS) is one of them. It is a compound formulation usually prescribed for the patients of depression, insanity, melancholia, mania and for black bile disorders (*Saudawi amraz*) in Unani system of medicine for a long time due to its minimum side effects as compared to its counter synthetic antidepressants [4][5][6].

SHARBAT:

The word Sharbat is derived from Persian “Sharbat”, and sherbet is from Turkish “Serbet”, both of which in turn come

from Arabic “Sharba” a drink, from “Shariba” to drink. Sharbat is an important invention of a renowned Unani physician. It was invented by ‘Hakeem Fesaghoras’. It is a sweet viscous liquid or those medicinal preparations which are made either by preparing the decoction from the plant, animal and mineral origin drugs or by taking juice of the fruits from different plants and mixed with Sugar and boiled to the required consistency (*Qiwam*) i.e one tar [6][177][178].

METHOD OF PREPARATION OF SHARBAT:

Dry herbal drugs are soaked overnight in water, amounting to 8 or 10 times the weight of the drugs. Next morning, they

INGREDIENTS OF SHARBAT AHMAD SHAHI [6] [22]

S.No	Unani Name	Botanical Name	Parts Used	Quantity
1	Aftimoon	<i>Cuscuta reflexa</i> Roxb.	Dried leaves	24g
2	Badranjboya	<i>Nepeta hindostana</i> Roth.	Leaves	225g
3	Berge Gaozaban	<i>Borago officinalis</i> Linn.	Leaves	200g
4	Bisfajj	<i>Polypodium vulgare</i> Linn.	Seeds	75g
5	Sana makki	<i>Cassia angustifolia</i> Vahl.	Leaves	9g
6	Berge Banafsha	<i>Viola odorata</i> Linn.	Leaves	50g
7	Gule Surkh	<i>Rosa damascena</i> Mill.	Flower	40g
8	Gule Nilofer	<i>Nymphaea alba</i> Linn.	Flower	75g
9	Halela siyah	<i>Terminalia chebula</i> Retz.	Fruit	75g
10	Tukhme Balangu	<i>Lallemantia royleana</i> Benth.	Seeds	75g
11	Qand safaid	Sugar		4kg

II. METHOD OF PREPARATION OF SHARBAT AHMAD SHAHI

SAS will be prepared as per the procedure, mentioned in (*Qarabadeen-e-Majeedi*) and (*Bayaz-e-Kabeer Part II*). First of all, the dry ingredients (mentioned above in the table) are soaked in 8 litres of water overnight and boiled next morning till only one-fourth volume of water remains. The decoction is now rubbed with the hands, cloth-filtered, and re-filtered through a cotton wool layer spread out on a sieve into another vessel. Next, the white sugar and citric acid are added to the decoction which is again heated. And any impurity that collects on the surface is removed. When the *Qiwam* becomes concentrated, the sodium benzoate dissolved in a little water is added, and immediately after boiling, the *Qiwam* is taken off the fire and sieved through a fine muslin cloth. Arq-e-gulab is now added to the Sharbat Ahmad Shahi, which is preserved in bottles.

Dosage & administration

25-35ml with 125ml of Arq Gaozaban or water [6]
1-2 Tola with water [4]

are boiled till one third water is left, allowed to cool, rubbed with hands, and filtered through a piece of fine cloth. Then, two or three times of sugar are added, and the mixture is boiled on a low fire to obtain the desired consistency of Sharbat [177].

SHARBAT AHMAD SHAHI:

Sharbat Ahmed Shahi (SAS) is one of the polyherbal compound formulations. It has been traditionally used for the treatment of *Malikholia* (melancholia), Mania, psychoneurosis and palpitation. It is beneficial in cerebral insufficiency, also used in chronic constipation [4][6].

Pharmacological actions [4][6]

- Cephalic tonic (*Muqawwi Dimagh*)
- Cardio tonic (*Muqawwi Qalb*)
- Purgative of black bile (*Mushile Sauda*)

Therapeutic Uses [4][6]

- Melancholia (*Malikhuliya*)
- Schizophrenia (*Junoon*)
- Mania
- Mental disorders due to excess of sauda
- Black bile disorders (*Saudavi amraaz*)
- Brain disorders (*Amraze Dimaghi*)
- Palpitation (*Khafkan*)

Pharmacological Studies

- Anxiolytic activity[179]
- Antidepressant activity[179]
- Schizophrenia[14]

Brief description of Ingredients of Sharbat Ahmad Shahi:

Halela Siyah (*Terminalia chebula* Retz.)

- **PART USED:** Fruit [24]
- **DOSE:** 5-10g [23]
- **PHARMACOLOGICAL ACTIONS:**
 - Analgesic (*Musakkin*)[23]
 - Antibilious (*Dafe safra*)[25]
 - Astringent (*Qabiz*)[9]
 - Blood purifier (*Musaffi Khoon*)[26]
 - Brain tonic (*Muqawwi Dimagh*)[23]
 - Cardio-tonic (*Muqawwi Qalb*)[24]
 - Diuretic (*Mudire Baul*)[24]
 - Eye tonic (*Muqawwi Basar*)[23]
 - Intestinal tonic (*Muqawwi Amaa*)[9]
 - Laxative (*Mulaiyyan*)[26]
 - Purgative (*Mushil*)[25]
 - Stomachic (*Muqawwi Meda*)[26]
- **THERAPEUTIC USES:**
 - Amenorrhoea (*Ehtebase Tams*)[24]
 - Brain weakness (*Zofe Dimagh*)[23]
 - Bronchial asthma (*Zeequn Nafs*)[25]
 - Cardiac weakness (*Zofe Qalb*)[24]
 - Constipation (*Qabz*)[25]
 - Cough (*Suaal*)[25]
 - Dementia (*Zofe Hafiza*)[9]
 - Dysentery (*Zaheer*)[25]
 - Dyspepsia (*Tukhma*)[37]
 - Eye weakness (*Zofe Basar*)[23]
 - Facial paralysis (*Laqwa*)[9]
 - Fever (*Humma*)[26]
 - Flatulence (*Nafkhe Shikam*)[25]
 - Hepatomegaly (*Azme Kabid*)[26]
 - Hiccup (*Fuwaq*)[26]
 - Melancholia (*Malikholia*)[9]
 - Piles (*Bawaseer*)[9]
 - Rheumatism (*Hudar*) ([26]
 - Splenomegaly (*Azme Tihal*)[26]
 - Urinary diseases (*Amraze Baul*)[26]
 - Vomiting (*Qai*)[25]
 - Weakness of GIT (*Zofe Meda wa Ama*)[23]
 - Worms[26]
- **PHARMACOLOGICAL STUDIES**
 - Anti arthritic[79]
 - Anti caries activity[80]

- Anti HSV-2[71]
- Antiaging[75]
- Antibacterial [69]
- Anticonvulsant[73]
- Antidepressant[28]
- Anti-diabetic[35]
- Antifungal[76]
- Anti-inflammatory[78]
- Antimicrobial[72]
- Antioxidant[27]
- Antipyretic[77]
- Antiulcerogenic[70]
- Cardioprotective[32]
- Hepatoprotective[74]
- Immunomodulatory [31]
- Neuroprotective[33]

Bisfayej (*Polypodium vulgare* Linn.)

- **PART USED:** Root[24]
- **DOSE:** 5-10g[7]
- **PHARMACOLOGICAL ACTIONS**
 - Analgesic (*Musakkin*)[88]
 - Antiepileptic (*Mane Sara*)[7]
 - Anti-inflammatory (*Muhallil*)[8]
 - Antipyretic (*Dafe Humma*)[88]
 - Cardio tonic (*Muqawwi Qalb*)[7]
 - Digestive (*Hazim*)[88]
 - Diuretic (*Mudire Baul*)[88]
 - Hypothermic[88]
 - Laxative (*Mulaiyyan*)[88]
 - Purgative of black bile & phlegm (*Mushile Sauda wa Balgham*)[23]
- **THERAPEUTIC USES**
 - Asthma (*Damaa*)[8]
 - Colitis (*Qulanj*)[23]
 - Epilepsy (*Sara*) [8][7]
 - Eruptions[7]
 - Flatulence (*Nafkhe shikam*)[7]
 - Haemorrhoids (*Bawaseer*)[7]
 - Joint pain (*Mafasil ka dard*) [8]
 - Leprosy (*Juzam*)[7]
 - Melancholia (*Malikhuliya*)[8,7]
 - Rheumatic disorders (*Amraze hudar*) [7]
- **PHARMACOLOGICAL STUDIES**
 - Anti-arthritic[90]

- Anti-inflammatory[89]
- Antimicrobial[89]
- Antioxidant[89]

Aftimoon (*Cuscuta reflexa* Roxb.)

- **PART USED:** Whole plant [23]
- **DOSE:** 3-5g [23]
- **PHARMACOLOGICAL ACTIONS**
 - Anodyne ([36])
 - Anthelmintic (*Qatila Deedan*)[36]
 - Anti-inflammatory (*Muhallil*) [24]
 - Aphrodisiac (*Muqawwi bah*)[36]
 - Carminative (*Kasir riyah*)[36]
 - Diaphoretic[91]
 - Diuretic (*Mudire Baul*)[23][36]
 - Emmenagogue (*Mudire Haiz*)[25]
 - Expectorant (*Munaffis*)[36]
 - Purgative (*Mushil*)[91]
 - Sedative (*Munavim*)[36]
- **THERAPEUTIC USES**
 - Brain disorders (*Dimaghi Amraz*)[7]
 - Diseases of spleen (*Amraze Tihal*)[7]
 - Epilepsy (*Sara*)[92]
 - Facial paralysis (*Laqwa*)[7]
 - Flatulence (*Nafakhe Shikam*) [91]
 - Intestinal worms (*Deedane Ama*)[24]
 - Jaundice (*Yarqan*)[36]
 - Melancholia (*Malikhuliya*)[24]
 - Muscles & joint pain[36]
 - Numbness (*Khadar*)[7]
 - Palpitation (*Khafqan*)[7]
 - Paralysis (*Faalij*)[7]
 - Schizophrenia (*Junoon*)[24]
- **PHARMACOLOGICAL STUDIES:**
 - Antibacterial[95]
 - Anti-fertility activity[94]
 - Anticonvulsant[94]
 - Cytotoxic[93]
 - Anxiolytic[92]
 - Anti-inflammatory[93]

Gul-e-Surkh(*Rosa damacena* Mill.)

PART USED: Flowers [10][11]

DOSE: 5-7g [56]

- **PHARMACOLOGICAL ACTIONS:**

- Appetizer (*Mushtahi*) [57]
- Astringent (*Qabiz*) [58]
- Carminative (*Kasire Riyah*) [58]
- Refrigerant [58]
- Cardiotonic (*Muqawwi Qalb*) [58]
- Laxative (*Mulaiyyan*) ([59])
- Expectorant(*Munaffis*) [57]
- Antipyretic (*Dafe Humma*) [59]
- Aphrodisiac (*Muqawwi Bah*) [59]

- **THERAPEUTIC USES:**

- Sore throat (*Khushunate Halq*) [58]
- Tonsillitis (*Warne Lauzatain*) [58]
- Uterine hemorrhage [58]
- Urticaria (*Shara*) [58]
- Aphthous ulcer [58]
- Abdominal and chest pain [60]
- Menstrual problems (*Illate Haiz*) [60]
- Digestive problems [60]
- Headache (*Suda*) [59]
- Toothache[59]
- Stomatitis (*Qula*)[59]
- Wound healing [59]
- Cough (*Suaal*) [59]
- Dementia (*Zofe Hafiza*) [83]
- Reflux oesophagitis [86]

- **PHARMACOLOGICAL STUDIES:**

- Analgesic [61][62]
- Antiaging [63]
- Anticonvulsant [64]
- Antibacterial [65][66][67]
- Antidepressant [69]
- Antidiabetic [70][71][72]
- Anti-HIV [73]
- Antihypertensive [74]
- Anti-inflammatory [75]
- Antioxidant [76][77][78][79]
- Antispasmodic [80]
- Antitussive [81]

Badranjboya(*Nepeta hindostana* Roth.)

PARTS USED: Whole plant [88][89][90][91][92][93]

DOSE: 5-7g [94][95][96]

2 Tola [97][98]

- **PHARMACOLOGICAL ACTIONS:**

- Exhilarant (*Muffarah*) [99][100][101]
- Heart tonic (*Muqawwi Qalb*) [96][99][100][102]

- Concoctive (*Munzije sauda*) [94][95][96]
- Gout (*Dafeh Naqrus*) [101]
- Astringent (*Qabiz*) [95][103]
- Blood purifier (*Musafikhoon*) [95][97][98]
- Purgative (*Mushil*) [95][104]
- Arthritis (*Dafeh wajaual mafasil*) [101][105]
- Resolvent (*Muhallil*) [98][99][100]
- Stomachic (*Muqawwi Meda*) [95][100][106]
- Brain tonic (*Muqawwi Dimag*) [95][107][108]
- Deobstruent (*Muffateh Sudad*) [95][109][110]
- Demulcent (*Mulattif*) [96][99][111]
- Calorific (*Musakhin*) [96][99][110]
- Breast inflammation (*Dafeh waeme pistan*) [112]
- Carminative (*Kasire riyah*) [94]
- Antipyretic (*Dafeh Bukhar*) [94][113]
- Antidote (*Tiryaq sammom*) [94]

➤ **THERAPEUTIC USES:**

- Depression/Anxiety (*Parashani, Gumm*) [96][99][100][104][114]
- Insomnia (*Sehar*) [95][104][115]
- Cough (*Suaal*) [98][99][100]
- Bronchitis (*Warme shoeb*) [95][112][104]
- Hiccup (*Hichki*) [100][104]
- Fever (*Humma*) [94][95]
- Irritable Bowel Syndrome, Colitis (*Warme Qooloon*) [95][99]
- Dyspepsia (*Sue Hazam*) [100][109]
- Asthma (*Usre Tanafus*) [95][98][99]
- Menstrual problems (*Illate Haiz*) [98]
- Fever (*Humma*) [104][112]
- Hypertension (*Fisharrud dam*) [94][104]
- Migraine (*Shaqeeqa*) [96]
- Influenza (*common cold*) [99][110][116]
- Shock (*Gashi*) [95]
- Muscular pain (*Wajaual Uzlaat*) [97][101][110]
- Vertigo (*Duwaar*) [99][109]
- Eczema (*Narfarsi*) [99]
- Alzheimer's disease [99][100]
- Sharpen Memory (*Muqawwi Hafiza*) [101][109][117]
- Antibacterial and Antifungal effects (*Dafe jaraseem wa Dafe fitrasraat*) [99]
- Leprosy (*Juzaam*) [95][97][112]

➤ **PHARMACOLOGICAL STUDIES:**

- Anti-depressant [104]
- Anti-oxidant [118]
- Anti-spasmodic [106]
- Analgesic and Sedtion [119]

- Anti-tumor [120]
- Anti-microbial [121]
- Effect on cholinergic receptor [108]

Berge Gaozaban (*Borago officinalis* Linn.)

PART USED: Leaves [10]

DOSE: 5-7g (Berge Gaozaban) [10]
3-5g (Gule Gaozaban) [10]

➤ **PHARMACOLOGICAL ACTIONS:**

- Cardiogenic (*Muqawwi Qalb*) [122][123][124]
- Brain tonic (*Muqawwi Dimagh*) [122][123][124]
- Refrigerant [122][123][124]
- Demulcent (*Mulattif*) [122][123][124]
- Emollient [122][123][124]
- Laxative (*Mulaiyyan*) [122][123][124]
- Expectorant (*Munaffis*) [122][123][124]
- Lithotriptic (*Mufattite Hasat*) [122][123][124]
- Diuretic (*Mudire Baul*) [125][126][127]
- Febrifuge [125][126][127]
- Antispasmodic (*Dafe Tashannuj*) [125][126][127]
- Diaphoretic (*Moarriq*) [125][126][127]
- Lactagogue [125][126][127]
- Nervine [125][126][127]
- Sudorific [125][126][127]
- Depurative [125][126][127]
- Anti-inflammatory (*Muhallil*) [125][126][127]

➤ **THERAPEUTIC USES:**

- Cough (*Suaal*) [122][123][124]
- Coryza (*Zukam*) [122][123][124]
- Pneumonia (*Zatur Riyah*) [122][123][124]
- Pleurisy (*Zatul janab*) [122][123][124]
- Tuberculosis (*Diq*) [122][123][124]
- Asthma (*Zeequn Nafas*) [122][123][124]
- Meningitis (*Sarsam*) [122][123][124]
- Melancholia (*Malikhuliya*) [122][123][124]
- Functional palpitation of Heart [122][123][124]
- Jaundice (*Yarqaan*) [122][123][124]
- Stomatitis (*Qula*) [122][123][124]
- Kidney & Urinary bladder stones [122][123][124]
- Cancer (*Sartan*) [125]
- Corns [125]
- Sclerosis [125]
- Tumours (*Sala*) [125]
- Bronchitis (*Warme Shoeb*) [125]
- Fever (*Humma*) [125]
- Sore throat (*Khushunate Halq*) [125]
- Swellings & Urogenital ailments [125]

➤ **PHARMACOLOGICAL STUDIES:**

- Cardiovascular activity[13]
- Respiratory activity[13]
- Gastrointestinal activity[13]
- Antioxidant activity[180][181][182]
- Antibacterial activity[183]

Berg-e-Banafsha(*Viola odorata* Linn.)**PART USED:** Leaves and flowers [10][11]**DOSE:** Powder 3-6g [10]

Decoction 10-20ml [10]

➤ **PHARMACOLOGICAL ACTIONS:**

- Anti-inflammatory (*Muhallil*) [127][129]
- Diaphoretic (*Moarriq*) [126][127]
- Diuretic (*Mudire Baul*) [127][129]
- Emollient [126][127]
- Expectorant (*Munaffise Balgham*) [127]
- Laxative (*Mulaiyyan*) [126][129]
- Demulcent (*Mulattif*) [127]
- Emetic [127]
- Purgative (*Mushil*) [127]

➤ **THERAPEUTIC USES:**

- Cancer of Lungs, Breast or digestive tract [127]
- Whooping cough (*Shaheeqa*) [127]
- Headache (*Suda*) [127]
- Migraine (*Shaheeqa*) [127]
- Insomnia (*Seher*) [127]
- Bronchitis (*Warme Shoeb*) [127]
- Respiratory catarrh [127]
- Asthma (*Zeequn Nafas*) [127]
- Mouth & throat infections [127]
- Skin diseases [127]

➤ **PHARMACOLOGICAL STUDIES:**

- Antioxidant [128]
- Analgesic [129]
- Anti-inflammatory [130]
- Antipyretic [131]
- Sedative [132]
- Hypotensive & Lipid lowering effect [133]
- Antibacterial [134]
- Antihelminthic [135]
- Antifungal [136]
- Mosquito repellent activity [137]

Sana makki (*Cassia angustifolia* Vahl.)**PART USED:** Leaves and root [10][11]**DOSE:** 15-30mg [10]

500mg-2gm (Powder of leaf or pod) [10]

➤ **PHARMACOLOGICAL ACTIONS:**

- Laxative (*Mulaiyyan*) [138]
- Ophthalmic [138]
- Liver tonic (*Muqawwi Jigar*) [138]
- Cardiotonic (*Muqawwi Qalb*) [138]
- Expectorant (*Munaffise Balgham*) [138]

- Febrifuge [138]
- Antiasthma [139]
- Diuretic (*Mudire Baul*) [139]
- Also improve the visual activity [139]
- Purgative (*Mushil*) [140]

➤ **THERAPEUTIC USES:**

- Leprosy (*Juzam*) [141][142][143]
- Ringworm (*Quba*) [141][142][143]
- Flatulence (*Nafkhe Shikam*) [141][142][143]
- Colic (*Qulanj*) [141][142][143]
- Dyspepsia (*Sue Hazm*) [141][142][143]
- Constipation (*Qabz*) [141][142][143]
- Cough (*Suaal*) [141][142][143]
- Bronchitis (*Warme Shoeb*) [141][142][143]
- Cardiac disorders [141][142][143]
- Rheumatic disease (*Amraze Hudar*) [141][142][143]
- Leucoderma (*Bars*) [144][145]
- Eczema (*Narfarsi*) [144][145]

➤ **PHARMACOLOGICAL STUDIES:**

- Hypolipidemic [147]
- Antimutagenic [148]
- Hepatoprotective [150]
- Anti-inflammatory [150]
- Antishigellosis [149]
- Antibacterial [151]
- Antioxidant [155]
- Antiulcer [152]
- Antifungal [153, 154]
- Antitumour [146]
- Antifertility [146]

Gul-e-Nilifer (*Nymphaea alba* Linn.)**PART USED:** Rhizome and Flowers [11]**DOSE:** Flowers-30g [8]

➤ **PHARMACOLOGICAL ACTIONS:**

- Blood purifier (*Musafikhoon*) [156]
- Aphrodisiac (*Muqawwi Bah*) [156]
- Anodyne [156]
- Astringent (*Qabiz*) [156]
- Cardiotonic (*Muqawwi Qalb*) [156]
- Demulcent (*Mulattif*) [156]

➤ **THRPEUTIC USES:**

- Insomnia (*Seher*) [156]
- Anxiety [156]
- Sore throat (*Khushunate Halq*) [156]
- Uterine cancer [156]
- Diaphoresis [157]
- Liver disorder [158]
- Urinary disorder [158]
- Menstrual problem (*Illate Haiz*) [158]
- Diabetes (*Ziabetes*) [158]
- Dyspepsia (*Sue Hazm*) [167]
- Heart problem [13][50][59][68]
- Cough (*Suaal*) [13][50][59][68]

➤ **PHARMACOLOGICAL STUDIES:**

- Antidiabetic [159]
- Hepatoprotective [160]
- Hyperproliferative response and renal carcinogenesis [161]
- Mutagenic activity [162]
- Anti proliferative [163]
- Tumor inhibitory activity [164]
- Cholinergic activity [164]
- Analgesic [164]
- Anti-inflammatory [164]
- Antiuro lithiatic [165]
- Uterotonic [166]
- Antimicrobial [164]

Tukhme Balangu (*Lallemantia royleana* Benth)**PART USED:** Seeds [10][11]**DOSE:** 5-7g [10]➤ **PHARMACOLOGICAL ACTIONS:**

- Diuretic (*Mudire Baul*) [168][169]
- Tonic (*Stimulant*) [168][169]
- Aphrodisiac (*Muqawwi Bah*) [168][169]
- Antitussive [168][169]

➤ **THERAPEUTIC USES:**

- Hepatic disorder [168][169]
- Renal disorder [168][169]
- Nervous disorder [168][169]
- Psychotic disease [170]
- Rheumatism (*Hudar*) [171]
- Joint pain [171]
- Osteoarthritis [171]
- Fever (*Humma*) [172]
- Common cold [172]
- Expectorant (*Munaffis Balgham*) [172]
- Abscesses [17]

➤ **PHARMACOLOGICAL STUDIES:**

- Antibacterial activity [173]
- Hypocholesterolemic effect [174]
- Suspending agent [175]
- Thickening agent [175]
- Anesthetic activity [176]

III. CONCLUSION

This review article is endeavouring to bring out that Sharbat Ahmad Shahi is one of the best Unani formulations for psychiatric disorders. It has been reported to have beneficial effect in psychiatric (mental) disorders such as depression, insanity, anxiety etc. However more scientific studies and clinical trials are needed on this compound formulation to ensure its scientific validation for clinical use in patients.

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