



A Review on *Dalk* (Massage) with Special Reference to the Prescribed Medications

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Abstract

Dalk is one of the oldest forms of therapies in use since ancient times. It involves the manipulation of body tissues with hands, cloth or any suitable object. In Unani medicine, *dalk* is based on the principle of *tanqiyah* (expulsion) and *imala* (diversion). In addition to the comforting feeling provided by human touch, massage has been demonstrated to have clinically significant physiological effects on the body. It increases blood flow, reduces stress and also has immediate sedative effects. Depending on the individual patient, different types of *dalk* are described which are used in combination with certain medicines or oils, or with bare hands for different disorders. Although largely a safe therapy, a few contraindications do exist, which are mainly advised for prevention of any adverse events. Unani physicians made significant advances into *dalk* and devised specific prescriptions for a large number of ailments. The prescribed formulations for *dalk* are mostly oils, but in certain conditions the decoction, paste, powder or extract of drugs is also prescribed, the basis of which is the individual *mizaj* (temperament) and also the disease.

Keywords: *Dalk*, Massage Therapy, Morbid Matter

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Introduction

Dalk (massage therapy) is perhaps the oldest forms of treatment which possibly originated as a measure to provide a human touch, to demonstrate compassion and to alleviate certain sufferings. "Laying on of hands" was the principal therapeutic measure during history in ancient Greece, where the Father of Medicine, Hippocrates mentioned that the "physician ought

to be skilled in numerous things, most particularly in rubbing" [1]. Massage is defined as the systematic manipulation of the soft tissues for therapeutic or palliative purposes [2]. In Unani medicine, *dalk* is prescribed to normalize the tonicity of tissues, to improve circulation, to relieve flatulence, to increase metabolism, as an analgesic measure, for diversion of morbid matter etc. In effect, *dalk* has been considered as

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"*hazm-e-akhar*", i.e. the last phase of digestion; since dalk aids in the removal of morbid matters through the skin, which may not be sometimes expelled through other routes [3]. When done in a specific manner, dalk has *mohallil* (resolving) effects and increases the dispersal of wastes from an organ, while the use of oil during a specified dalk has a preservative action on the tissue fluids of the massaged organ; the underlying difference being of the type of strokes employed [4].

Methods

This review was primarily aimed at exploring the rich heritage of Unani classical medicine as well as to ascertain the scientific validation of the therapy. Therefore, Unani classical books were mainly consulted for gathering the information related to the kind of oils and medications use. Only classical authentic Unani textbooks were consulted to gain access to the information related to use of *dalk* in all kinds of diseases. The literature review was completed by the authors themselves in the library of Faculty of Medicine (U), Jamia Hamdard and Hakim Mohd. Said Central Library, Jamia Hamdard.

All major databases (Google Scholar, Science Direct, Pubmed) were searched extensively in all time periods to search for information related to mechanism of action of dalk. We selected only those references which focused on explaining the physiological changes associated with *dalk*, and excluded those which provided only epidemiological data. Also, a database search was made to look out for any possible side-effects which may have arisen as a consequence of *dalk*. We included all possible adverse events reported in studies.

Inclusion criteria for selection of Unani classical books and literature:

1. Original Unani classical textbook which is accepted as an authentic reference. This was done to collect the most authentic information by the authors themselves, rather than relying on published documents.
2. Contained some information related to dalk.

Exclusion criteria for books and literature:

1. Unani books other than classical texts.
2. Drugs which are no longer available, or whose identity could not be established were not included in the review. If any formulation contained such a drug, it was also not included.

Mechanism of action

In Unani medicine, dalk is based on the principle of tanqiyah (expulsion) and imala (diversion). Various combinations of the four basic dalk strokes can be made to achieve a result which may involve expelling wastes or merely diverting them from the diseased area. In addition, it is also described to have immediate sedative effect [5]. With the advancement in medical science, there has been deeper understanding of its mechanism of action. In addition to the apparent relaxing feeling, massage has also been proven to improve immunological markers and decrease cytokine production in a sustained manner in healthy individuals. There is also an increased production of certain pro-inflammatory cytokines with a more frequent regime [6]. Functional MRI has revealed that massage of moderate intensity has effects on amygdala, hypothalamus and anterior cingulate cortex, all of which are involved with stress regulation [7]. There is an increased arterial flow due to dilatation of peripheral vessels, while deep massage promotes venous return and promotes stroke volume [8]. In addition, there is evidence that the active constituents of the drugs / oils are absorbed into the percutaneously with massage and reach significant blood levels in a defined duration [9]. This may help explain the lasting effects of massage therapy.

Types of dalk

Depending on the pressure applied and the nature of strokes, four basic strokes of *dalk* are described in Unani medicine, viz.-*dalk-e-sulb* (hard pressure massage, in which the tissues are pressed and force is applied. This helps in strengthening of tissues and tightens skin pores), *dalk-e-layyin* (massage done with soft strokes, it helps in relaxing the tissues and opens the pores),

[3,4], *dalk-e-kathir* (massage done for a prolonged duration, this increases catabolism and aids in reduction of body fat) and *dalk-e-motadil* (massage done for a moderate period of time, this helps in increasing muscle mass). Different permutations and combinations of these strokes give rise to 9 basic types of *dalk* namely, *dalk Sulb kathĪr* (hard massage for long period of time), *dalk Sulb qalĪl* (hard massage for short period of time), *dalk Sulb mo'tadil* (hard massage for moderate duration), *dalk layyin kathĪr* (soft massage for long duration), *dalk layyin qalĪl* (soft massage for short period), *dalk layyin mo'tadil* (soft massage for moderate duration), *dalk mo,tadil kathĪr* (moderate pressure massage for long duration), *dalk mo,tadil qalĪl* (moderate pressure massage for short duration), *dalk mo'tadil* (moderate pressure massage for a modest duration)[5]. In addition, certain specialized types of *dalk* are also described, i.e., *dalk-e-khashin* (friction massage, massage done with a rough cloth in order to increase the cutaneous circulation), *dalk-e-amlas* (massage done with a soft cloth or soft hands, this helps in increasing blood flow to the massaged area without causing friction on the skin). *Dalk-e-Ista'dād* (pre-exercise massage) is a specialized form of massage which was employed by Unani physicians to help prepare for vigorous physical activity. The recommendation is to initiate with soft strokes and progress to harder strokes; oils were also sometimes used for this purpose. Such massage increases local blood circulation and improves muscle flexibility. After the required physical activity/sport, *dalk-e-istardād* or *dalk-e-musakkin* (post-exercise/relaxing massage) was performed. *Dalk-e-istardād* should be done with soft strokes and for a moderate duration, and the use of oils is recommended for such massage [4,10]. This *dalk* is basically has an essential role at the end of activity, for it promotes the removal of pent-up wastes, and also tones up muscles. It is therefore considered as an obligatory component of physical activity [3].

Precautions and recommendations

Dalk is a popular and effective method of health

preservation, promotion and restoration in all ages. With the recent surge in lifestyle disorders, a significant proportion of which are related to mental stress, *dalk* has the potential to play a pivotal role in restoring mental health. Although largely free of adverse effects, yet simple precautions are advised. *Dalk* should always be performed at a comfortably warm place. In young healthy persons, it should be performed after the process of digestion is ended. For people suffering from *sue-mizāj hār* (abnormal hot temperament), the massage should always be *layyin mo'tadil* (soft, moderate duration). While for patients suffering from *sue-mizāj hār ratab* (abnormal hot and moist temperament), the opposite of this is advisable. In old age, *dalk* should always be moderate in terms of strength and duration; however, it may be done after each meal to help them relax [3]. Certain adverse events have been attributed to *dalk*, chiefly displacement of urethral stents, nerve damage, pain syndromes, pseudo-aneurysm, pulmonary embolism etc. are some of the side effects attributed to wrong techniques applied or massage done by lay persons [2]. However, the incidence of such cases is about 10% with professionals [11]. For non-professional massage therapies, the incidence may be much more but is largely unreported [2]. Contraindications to massage are few and chiefly based on the practitioner's judgment. Burns, skin infections, tender areas, acute injuries, fractured joints and acute febrile illnesses are some of the common contraindications. Massage should also be avoided over malignant tumors [12].

The following table includes some of the oils/medications and recommendations prescribed for *dalk* in traditional Unani textbooks:

Table 1 - Different formulations prescribed in Unani texts for dalk (massage)

S. No.	Disease	Different Formulations prescribed in Unani texts for dalk (massage)	Reference
Disorders of Central and Peripheral Nervous System			
1.	<i>Sudā</i> '-e-ghayr māddi (Headache, not associated with humoral change)	Massage with <i>Roghan-e-Sosan</i> , <i>Roghan-e-Qusṭ</i> , <i>Roghan-e-Chameli</i> , <i>Roghan-e-Mirzanjosh</i> , <i>Roghan-e-Habb al Ghār</i> or <i>Roghan-e-Bān</i>	[13]
2.	<i>Sudā</i> '-e-hād (acute headache)	Massage the soles of the feet with <i>Roghan-e-Banaḥsha</i> to which <i>Shorah</i> has been added.	[14]
3.	<i>Shaqīqah</i> (Migraine)	Take the juice of fresh root of <i>satāwar</i> , mix with an equal quantity of <i>Roghan-e-kunjad</i> and heat the mixture. When then water has evaporated, use the oil for massage on the scalp.	[15]
		Massage the forehead and earlobes on the side of pain when it occurs. Massage should be done vigorously with a cloth till it is flushed.	[16]
		Mix an equal amount of <i>Roghan-e-Kāhu</i> and <i>Roghan-e-Khashkhāsh</i> and massage gently on the head.	[17]
4.	<i>Sara</i> ' (Epilepsy)	For relieving spasm, massage the hands and feet with <i>Roghan-e-Bābūnah</i> , <i>Roghan-e-Gul</i> or <i>Roghan-e-Qusṭ</i> and straighten the fingers.	[17]
		For children, mix ' <i>Ūd Ṣalīb</i> in vinegar and make a paste with <i>Roghan-e-Gul</i> and massage over the whole body.	[18]
		If it is associated with menstrual disorders, then massage the scalp with <i>Roghan-e-Banaḥsha</i> or <i>Roghan-e-Sosan</i> .	[17]
		If epilepsy is caused due to combustion of <i>ṣafra</i> , then massage with laxative oils such as <i>Roghan-e-Banaḥsha</i> on the scalp.	[14]
5.	<i>Fālij</i> (Paralysis)	Massage the affected area with <i>Roghan-e-Qusṭ</i> . Composition of <i>Roghan-e-Qusṭ</i> : <i>Qusṭ</i> 35 gm, <i>Filfil</i> , ' <i>Āqarqarḥa</i> , <i>farfiyūn</i> -105 gm each, <i>Jund bedstar</i> 17.5 gm, <i>Roghan-e-Kheri</i> or <i>Roghan-e-Nargis</i> 200 ml.	[19]
		Massage with <i>Roghan-e-Qusṭ</i> or <i>Roghan-e-Āqarqarḥa</i> on the affected site.	[18]
		Massage the affected area with oils having hot temperament, i.e., <i>Roghan-e-Nārdīn</i> , <i>Roghan-e-Qusṭ</i> , <i>Roghan-e-Kāknaj</i> , <i>Roghan Badām Talkh</i> , <i>Roghan Utraj</i> , <i>Roghan-e-Balsān</i> etc. If the patient is not weak, then <i>Jund bedstar</i> and <i>Farfiyūn</i> should also be added for massage. After massage, rub the affected area with a rough cloth till the skin is flushed.	[16]
		After <i>mus 'hil</i> therapy, massage with lukewarm <i>Roghan-e-Surkh</i> , <i>Roghan-e-Kalān</i> or <i>Roghan-e-Sīr</i> .	[17]
		<i>Roghan-e-Qusṭ</i> may also be used for massage on the affected areas.	[19]
		If paralysis is preceded by colic, then massage with <i>Roghan-e-sosan</i> , <i>Roghan-e-Nargis</i> and <i>Roghan-e-Nārdīn</i> is effective. Coconut oil may also be used for this purpose.	[13]
		Massage the vertebral column with oils having hot temperament e.g. <i>Roghan-e-Qusṭ</i> , <i>Roghan-e-Biskhapra</i> etc. <i>Bykh-e-Sosan</i> may also be added to it. Massage should be done strongly till the skin is flushed. This is especially recommended in paralysis associated with numbness.	[20]

		Rub the affected area till it is flushed. Then apply <i>Roghan-e-Qusf</i> , <i>Farbiyūn (Farfiyūn)</i> and <i>Miy'a</i> .	[18]
		Massage the vertebra with resolvent and neurotonic oils mixed with <i>Jund Bedstar</i> and <i>'Āqarqarḥa</i> . <i>Momiyai</i> mixed with <i>Roghan-e-Ḥina</i> is also effective in paralysis. Massage the affected parts with <i>Zanjabīl</i> and <i>zaranbād</i> . <i>Qusf talkh</i> , <i>Murr Makki</i> , <i>Farfiyūn</i> may be mixed in <i>Roghan-e-Gul</i> and used for massage when lukewarm.	[15]
		If the paralysis has been caused by neurasthenia, massage the whole body with <i>Roghan-e-Nārdīn</i> . Massage may also be done with <i>Roghan-e-Qusf</i> .	[18]
		Mix fresh juice of the leaves of <i>Sudāb</i> 1.864 litre with <i>Roghan-e-Sosan</i> 466 ml and heat till all the water evaporates. Strain it and again place on the fire and add powdered <i>Jund bedstar</i> , <i>'Āqarqarḥa</i> , <i>Qusf</i> 33.45 gm each, <i>farfiyūn</i> 16.725 gm, <i>Roghan-e-Balsān</i> , <i>Roghan-e-turb</i> each 66.9 ml and massage on the affected area.	[14]
6.	<i>Istarkhā</i> (atonicity) and <i>Fālij</i> (paralysis) associated with <i>ḥarārat</i>	<i>Roghan-e-Qusf</i> , <i>Roghan-e-Nārdīn</i> , <i>Roghan-e-Farfiyūn</i> or <i>Roghan-e-Shonīz</i> .	[15]
		To maintain the normal warm temperament of the organs, massage with <i>Roghan-e-Qusf</i> is effective.	[15]
		Use such <i>moḥallil</i> (resolvent) drugs for massage which have <i>qabiz</i> (astringent) property also, e.g., <i>Anīsūn</i> , <i>Miy'a</i> , <i>Jund bedstar</i> , and <i>Izkhar</i> .	[15]
7.	<i>Istarkhā</i> (atonicity)	Massage with <i>Roghan-e-Sosan</i> and <i>Roghan-e-Nargis</i> .	[18]
		Mix any one of <i>Roghan-e-Bābūnah</i> , <i>Roghan-e-Nargis</i> , <i>Roghan-e-sosan</i> , <i>Roghan-e-bed injīr</i> (1 part) with <i>Roghan-e-Balsān</i> (10 parts) and massage on the affected area. Especially recommended for <i>istarkhā</i> associated with <i>bohrān</i> (stage of crisis and lysis in a disease).	[15]
8.	<i>Ikhtilāj</i> (spasmodic contraction of the muscles)	Massage the affected area with <i>Roghan-e-Sudāb</i> , <i>Roghan-e-Qatha al-Ḥumār</i> , <i>Roghan-e-Jund bedstar</i> and <i>farbiyūn</i> .	[18]
9.	<i>Ikhtilāj</i> of face	Massage the face with <i>Roghan-e-Farbiyūn</i> and <i>'Āqarqarḥa</i> .	[18]
10.	<i>Laqwah</i> (Facial palsy)	Massage the face with <i>Roghan-e-Qusf</i> , <i>Roghan-e-Nārdīn</i> and <i>Roghan-e-'Āqarqarḥa</i> .	[18]
		Massage should be done with the oils indicated in paralysis, and over the unaffected muscles.	[16]
		Rub the lips and face till red, then massage with <i>Roghan-e-Jawz</i> . Such massage should be done at a warm place. Also, massage the jaw and vertebra with Duck fat.	[18]
		The following preparation has been reported to cure facial palsy in a single application: after <i>istafrāgh</i> , ask the patient to hold <i>halela siyāh</i> in his mouth on the affected side and massage over the affected area with <i>Roghan-e-Ban</i> , <i>Roghan-e-Qusf</i> and <i>Ghāliya</i> (a mixture of perfumes made by mixing powdered <i>suk</i> , musk and camphor in ambergris and added in <i>Roghan-e-Bān</i> or <i>Roghan-e-Nūlofar</i>).	[18]
11.	<i>'Asābi dard</i> (Neurogenic pain)	Massage with <i>Roghan-e-Ghār</i> and <i>Roghan-e-Sosan</i> is effective.	[18]
		Mix <i>Jund bedstar</i> or <i>farbiyūn</i> in <i>Roghan-e-zanbaq</i> and massage on the affected area.	[16]

12.	<i>Ra'sha</i> (Tremors)	Mix <i>Roghan-e-Gul</i> , <i>Roghan-e-Murad</i> and small amount of vinegar and massage on the head.	[13]
		Massage with <i>Roghan-e-Biskhapra</i> is especially recommended.	[20]
		If tremors have been caused by cold exposure, then after proper <i>tanqiya</i> (a process of expelling of morbid wastes), massage with lukewarm <i>Roghan-e-Qusf</i> , <i>Roghan-e-Surkh</i> , <i>Roghan-e-Kuchla</i> or <i>Roghan-e-Sir</i> for a few days.	[17]
		Mix <i>Jund bedstar</i> , <i>'Aqarqarha</i> and <i>hiltit</i> in Olive oil and use for massage. Especially recommended for <i>ra'sha baridah</i> caused by exposure to cold water.	[15]
		Massage with a mixture of <i>Roghan-e-khardal</i> and <i>Roghan-e-babunah</i> .	[15]
		If <i>ra'sha</i> has been caused by cold exposure, massage the affected area with <i>Jund bedstar</i> , <i>'Aqarqarha</i> , <i>hiltit</i> 3 gms each mixed in olive oil 48 ml.	[17]
		After proper <i>tanqiya</i> , massage with <i>Roghan-e-Surkh</i> , <i>Roghan-e-Sir</i> , <i>Roghan-e-Qusf</i> or <i>Roghan-e-Kuchla</i> .	[17]
13.	<i>Tashannuj</i> (Spasm)	Massage with <i>Roghan-e-Qusf</i> is effective.	[19]
		Massage with lukewarm <i>Roghan-e-Banafsha</i> or <i>Roghan-e-Kadu</i> , especially focus on the origin of affected muscles.	[19]
		For spasm caused by dryness, massage with <i>Roghan-e-Banafsha</i> , <i>Roghan-e-Nilifer</i> , <i>Roghan-e-Kadu</i> and wax.	[18]
		For <i>tashannuj</i> caused due to moist humors, mix <i>Mom zard</i> 80 gm, <i>Zayt-al-Infāq</i> 480 gm, fresh <i>farbiyūn</i> 40 gm and massage on the endings of affected muscles.	[18]
		Alternatively, first massage the affected part till it is flushed. Then ask the patient to sit in a decoction of <i>Barg-e-Ghār</i> , <i>Mirzanjosh</i> and <i>Shih</i> . When the skin is reddened, massage with <i>Roghan-e-Qusf</i> and <i>Roghan-e-Sosan</i> .	[18]
		Powder <i>Jund bedstar</i> , <i>farfiyun</i> , <i>miy'a saila</i> 4 gms each and mix with <i>mom safaid</i> 24 gms, <i>Roghan-e-Sosan</i> 48 ml or <i>Roghan-e-bedinjir</i> 48 ml and massage on the affected area.	[17]
14.	<i>Khidr</i> (Numbness)	Massage with oils having hot temperament especially if it has been caused by cold weather.	[16]
		Massage the affected area with <i>Roghan-e-Qusf</i> and <i>Roghan-e-farfiyūn</i> .	[13]
		Only <i>Roghan-e-Qusf</i> may be used for massage.	[19]
		Mix <i>'Aqarqarha</i> with wine and olive oil and massage on the affected area.	[17]
15.	<i>Sarsām</i> (meningitis)	Massage the lips with <i>Roghan-e-Badām</i> .	[16]
		Mix <i>banafsha</i> in milk and use for massage.	[19]
		Massage the scalp with <i>Roghan-e-Kāhu</i> , <i>Roghan-e-Badām</i> and <i>Roghan-e-Khashkhāsh</i> .	[17]
16.	<i>Sakta</i> (stupor, coma)	Prepare a mixture of <i>Roghan-e-Farfiyūn</i> , <i>Roghan-e-Qusf</i> and oil of wild onion and massage all over the vertebral column.	[13]
		Massage with any suitable oil having warm temperament, to which <i>gandhak</i> has been added.	[18]
17.	<i>Sakta balghami</i> (coma associated with phlegmatic humor)	Any oil having warm temperament, like <i>Roghan-e-Sudāb</i> , <i>Roghan-e-Sosan</i> may be used for massage on the vertebra after adding wax into the oil.	[15]

18.	<i>Seḥar</i> (insomnia)	Mix equal amounts of <i>Roghan-e-Kāhu</i> and <i>Roghan-e-Labūb Sab'ah</i> and massage on the head.	[17]
		Boil <i>Khashkhāsh</i> seeds and <i>bhang</i> seeds in Cow's milk and massage on the soles of feet when cool.	[17]
19.	<i>Kābūs bārid</i> (Nightmares associated with cold temperament)	Massage the head with <i>Roghan-e-Masṭagi</i> , <i>Roghan-e-izkhar</i> , <i>Sudāb</i> .	[15]
20.	<i>Kābūs</i> (Nightmares)	Massage of the lower extremities is beneficial.	[19]
		If it is due to muscular pain, then massage of the scalp with <i>Roghan Labūb Sab'ah</i> or <i>Roghan-e-banafsha</i> is beneficial for inducing sleep.	[17]
21.	<i>Junūn</i> (Insanity)	Massage with <i>Roghan-e-Banfasha</i> inside the <i>hammam</i> .	[13]
22.	<i>Malīkhūliya</i> (melancholia)	Massage the abdomen with <i>Roghan-e-Sosan</i>	[18]
		For relieving insomnia and providing moisture to brain, massage with equal quantities of <i>Roghan-e-Kadū</i> and <i>Roghan-e-Kāhu</i> ; or <i>Roghan-e-Labūb Sab'ah</i> .	[17]
23.	<i>Nisyān</i> (Dementia)	Massage the head with <i>Roghan-e-Badām</i> or <i>Roghan-e-Labūb Sab'ah</i> .	[17]
Disorders of Respiratory system			
24.	<i>Zāt al Jamb</i> (Pleurisy)	Mix Olive oil in warm water and massage on the chest	[13]
		Massage with the following preparation: wax, duck fat, chicken fat, sheep fat, <i>Roghan Zard</i> , and fresh <i>Zūfa</i>	[20]
		Mix <i>Moam safaid</i> 6 gm with <i>Roghan-e-Gul</i> 12 gm and heat it. After that, add <i>Lobān</i> , <i>Masṭagi</i> 3 gms each and massage while lukewarm.	[17]
		Make a fine powder of <i>Za'frān</i> 1 gm, <i>Ailwa</i> 1 gm and mix with <i>Qayrūṭi Ārad Karsana</i> 12 gm and massage on the chest.	[17]
		Mix camphor 3 gm and <i>Roghan-e-Gul</i> and massage on the chest.	[17]
25.	<i>Zāt ar-Riyah</i> (Pneumonia)	Massage the chest with <i>Banfasha</i> , <i>Moam safaid</i> and mucilage of <i>Asaphghol</i> .	[21]
26.	<i>Zāt ar-Riyah Falghamūni</i> (Sanguineous Pneumonia)	Massage the chest with <i>Banfasha</i> , <i>Moam safaid</i> , and <i>Lu'ab-e-Asaphghol</i> initially. When the chest wall appears warm, massage with ghee, bone marrow etc.	[21]
27.	<i>Nafs-ud-Dam</i> (Haemoptysis)	Massage the extremities with strong pressure and the direction of strokes should be from upper to lower direction.	[20]
		Take <i>Roghan-e-Ās</i> and add a small quantity of <i>Murr Makki</i> and crushed <i>Kundur</i> , mix well and use for massage on the chest.	[16]
		Tie the hands and feet and massage with warm oil.	[21]
28.	<i>Ribu</i> (Asthma)	To provide moderate warmth to the lungs, it is recommended to rub the chest wall gently with a cloth. Oil should not be used unless weakness has been caused by massage.	[21]
		Massage the chest with <i>Roghan-e-Sosan</i> , <i>Roghan-e-Ghār</i> , <i>Roghan-e-Shibat</i> , <i>Sudāb</i> , and suitable oils having a warm temperament so as to relax the thorax.	[21]
		Massage the chest with gentle strokes with <i>Roghan-e-banfasha</i> and <i>Moam safaid</i>	[21]
		Massage the chest with gentle strokes with <i>Roghan-e-Nargis</i> and <i>Roghan-e-Bābūnah</i> .	[21]

		Mix <i>Roghan-e-Alsī</i> 24 ml, <i>Mom safaid</i> 12 gm, fat from kidney of goat 12 gm, and massage on the chest while lukewarm.	[17]
29.	<i>Ribu balghami</i> (Asthma associated with phlegmatic humors)	To soften the hours and to assist in expulsion, make a <i>qayrūti</i> with <i>Mom zard</i> , <i>Roghan-e-Katān</i> , fat from kidney of goat and massage on the chest.	[15]
30.	<i>Amrāz-e-šadr</i> (Chest diseases)	<i>Kaf-e-Darya</i> , <i>Murr Makki</i> , <i>Naṭrūn</i> , <i>Roghan-e-Balsān</i> , <i>Farfiyūn</i> , <i>Miy'a Saila</i> -mix all ingredients and massage on the chest.	[21]
31.	<i>Surfa</i> (cough)	If caused due to cold, then massage the chest with <i>Roghan-e-Sarson</i> , <i>Roghan-e-Nargis</i> , <i>Roghan-e-Sumbul</i> etc. If it is caused due to moist humors, massage with soothing oils like <i>Roghan-e-Qusṭ</i> , <i>Roghan-e-Masṭagi</i> etc. If it is caused due to dryness, massage the chest with <i>Roghan-e-Gul</i> .	[14]
32.	<i>Surfa bārid</i> (cough associated with cold temperament)	Massage with <i>Moam Zard</i> , <i>Roghan-e-Sosan</i> , <i>Roghan-e-Kheri</i> and <i>Roghan-e-Yasmīn</i> on the chest.	[15]
Disorders of Oral cavity			
33.	<i>Waja '-e-dandān</i> (Toothache)	Powder and mix <i>Filfil Siyāh</i> in honey and massage on the teeth and gums.	[19]
34.	Cold sensitivity	If the teeth are sensitive to cold things, massage the teeth with <i>Roghan-e-Balsān</i> , <i>Roghan-e-Sosan</i> and <i>Roghan-e-Bān</i>	[19]
35.	<i>Thiql-e-lisān</i> (bradyglossia)	Massage the tongue with a powder of <i>Naushādar</i> , <i>'Aqarqarḥa</i> , <i>Filfil</i> , <i>Khardal</i> , <i>Waj</i> (in equal quantities)	[19]
		Massage the tongue with <i>Naushādar</i> and <i>Māzu</i> . If the disease is chronic, massage with <i>Ḥartāl Zard</i> , <i>Ḥartāl Surkh</i> , Lime, <i>Māzu</i> . Alum-mix all in equal quantities with vinegar and use for massage.	[19]
36.	<i>Qula '-e-dehan</i> (Apthous ulcers)	Powder <i>Roghan-e-Gul</i> , <i>Nishāsta</i> , <i>Ṭabāshīr</i> , <i>'Ads Muqashshar</i> , dried <i>dhaniya</i> , <i>Rasawt</i> -mix all ingredients in camphor and massage the affected area.	[19]
Disorders of Gastro-intestinal tract and liver			
37.	Oesophagitis	Massage the interscapular region with warm oils like <i>Roghan-e-Bābūnah</i> , <i>Roghan-e-Shibat</i> , <i>olive oil</i> , <i>Roghan-e-Bān</i> etc.	[15]
38.	<i>Zo'f-e-me'da</i> (weakness of stomach)	Massage the epigastric region with <i>Roghan-e-Nārdīn</i> .	[15]
39.	<i>Qūlanj</i> (colic)	Massage the abdomen with <i>Roghan-e-Qusṭ</i> .	[17]
40.	<i>Waram-wa-Dard-e-Me'da</i> (Gastritis and epigastric pain)	Massage the epigastric region with <i>Roghan-e-Nārdīn</i> .	[19]
41.	<i>Su-e-ḥaḍm</i> (Indigestion)	Massage the epigastric region with <i>Roghan-e-Nārdīn</i> .	[19]
42.	<i>Nafkh-e-Shikam</i> (Flatulence)	Boil <i>Shonīz</i> and <i>Hab al-Ghār</i> in water, then boil any suitable oil with water and mix both. Use this preparation for massage on the epigastric region	[22]
43.	<i>Waja' al-fuād</i> (Epigastric pain) caused by <i>harārat</i> or <i>safrāwi</i> humors	Massage the epigastrium with <i>Roghan-e-Gul</i> .	[15]
44.	<i>Fuwāq</i> (Hiccups)	Dissolve <i>Masṭagi</i> in <i>Roghan-e-Gul</i> and massage on the	[22]

		epigastrium. Ask the patient to withhold breath during massage.	
45.	<i>Zaḥīr</i> (dysentery)	Take one egg yolk and mix with <i>Roghan-e-Gul</i> 12 ml and massage on the area overlying spasms.	[17]
Disorders of musculo-skeletal system			
46.	<i>Irq-un-Nasā</i> (Sciatica)	Mix <i>'Aqarqarḥa</i> , Boric powder, <i>Mawīzaj</i> , <i>Masṭagi</i> oil, henna oil, and massage on the affected area.	[16]
		Massage with <i>Roghan-e-Qusṭ</i> and <i>Roghan-e-Sosan</i> on back and hip joint after <i>huqna</i> (enema).	[16]
		When the pain is severe, massage with <i>Roghan-e-Henna</i> in which a small quantity of <i>naṭrūn</i> and <i>sawf-e-zūfa</i> has been added.	[16]
		Dissolve mustard oil in water and heat till the water evaporates. Use this preparation for massage when luke-warm.	[17]
		<i>'Araq-e-'Ajīb</i> may also be used for massage.	[17]
		Massage with <i>Roghan-e-Chahār Barg</i> .	[17]
47.	<i>Ṣalābat-e-mafāṣil</i> (frozen / stiff joints)	<i>Roghan-e-Kunjad</i> , duck fat, chicken fat, mucilage of <i>methi</i> seeds, mucilage of <i>Alsī</i> -all in equal quantities mixed and used for massage.	[16]
48.	<i>Waja' al-mafāṣil Balghami</i> (Arthritis caused by phlegmatic humors)	Massage with <i>Roghan-e-dhatūra</i> , <i>Roghan-e-Ḥina</i> and <i>Roghan-e-Aurāq</i> .	[23]
		<i>Roghan-e-Bed Injūr</i> , <i>Roghan-e-Nārdīn</i> , <i>Roghan-e-Qusṭ</i> , <i>Roghan-e-Badām Talkh</i> .	[23]
		<i>Roghan-e-Ḥurmāl</i> or <i>Roghan-e-Nāranj</i> .	[23]
		Lukewarm <i>Roghan-e-Kuchla</i> , <i>Roghan-e-Gul-e-Aakh</i> , <i>Roghan-e-Qusṭ</i> or <i>Roghan-e-Gul-e-Surkh</i>	[17]
		<i>Roghan-e-Ḥina</i> lukewarm	[17]
49.	<i>Waja' ul Zuhr</i> (Backache)	<i>Roghan-e-Nārijil Kuhna</i> , <i>Roghan-e-Tukhme Injūr</i> , <i>Roghan-e-Qurṭum</i> , <i>Roghan-e-Qusṭ</i> , <i>Roghan-e-Qanfāz</i> , <i>Roghan-e-Jawz Kuhna</i> , <i>Roghan-e-Qurṭum</i> and <i>Roghan-e-Qusṭ</i> .	[23]
		<i>Jund-bedstar</i> mixed in any suitable oil having warm temperament.	[23]
		<i>Roghan-e-Farfiyūn</i> , <i>Roghan-e-Sosan</i> , <i>Roghan-e-Qusṭ</i> for massage after flushing red with cloth massage.	[13]
		<i>Roghan-e-Sudāb</i> , <i>Roghan-e-Habb al-Ghār</i>	[13]
50.	<i>Waja' -ul-Warik</i> (Coxalgia)	<i>Farfiyūn</i> , <i>jundbestar</i> , <i>miy'a saila</i> .	[19]
		Any oil having a hot temperament and pleasant odour may be used for massage.	[19]
51.	<i>Waja' ul Sāqayn</i> (Pain in calves)	Mix 3 gms each of <i>Bazrulbanj</i> (<i>Ajwain khurasani</i>), <i>Masṭagi</i> , and <i>Suranjan talkh</i> in <i>Roghan-e-Gul</i> and use for massage.	[23]
52.	<i>Niqras</i> (Gout)	For <i>Niqras bārid</i> (gout associated with cold temperament), first control the pain with medications, then <i>muṭūl</i> (irrigation) with hot water over the affected area and then massage with <i>Roghan-e-Sosan</i> .	[19,24]
		Massage with <i>Roghan-e-Sumbul</i> , <i>Roghan-e-Ghār</i> and <i>Roghan-e-Sudāb</i> .	[23]
53.	<i>Taḥajjur-e-mafāṣil</i> (frozen joints)	Massage the affected joints skin with <i>Roghan Chobchīni</i> .	[23]
Disorders of skin			
54.	<i>Sharā</i> (Urticaria)	Massage the affected area with finely powdered salt and <i>Maida-Gandum</i> mixed in equal quantities	[17]

55.	<i>Qūba</i> (Ringworm)	Massage the affected area with a mixture of sour lemon, <i>ashq</i> and vinegar.	[19]
		Sour lemon, <i>Ashq</i> , vinegar may be mixed and used for massage.	[17]
56.	<i>Jarb</i> (Scabies)	<i>Roghan-e-Chameli</i> 10 gm, rose 50 gm, juice of <i>lemun kāghzi</i> 10 gm may be mixed and massaged on the skin.	[17]
		Mix sandalwood oil 10 gm with 5 gm rose and rub on the affected area.	[17]
57.	<i>Haṣf</i> (Prickly heat)	Prepare a mixture of <i>Sandal Safed</i> in ' <i>Araq-e-Gulāb</i> , <i>Barg-e-Hina</i> or <i>Aab-e-Kasni Sabz</i> and rub on the affected area after chilling it with ice.	[17]
		Mix Fuller's earth with <i>Lu'āb-e-Khaṭmi</i> and massage on the affected area.	[17]
		Make a fine powder of <i>Katīra</i> and mix with butter and massage on the affected area	[17]
58.	<i>Juzām</i> (Leprosy)	Massage the patient with a mixture of <i>Ārad-e-Nakhūd</i> , <i>Ārad-e-Bāqla</i> , and <i>Ushnān</i> inside a <i>hammām</i> . Repeated sessions of <i>hammām</i> are also recommended which should be accompanied by a massage with <i>Roghan-e-Kadū</i> and <i>Roghan-e-Banafsha</i> inside the <i>hammām</i> .	[19]
Disorders of genito-urinary system			
59.	<i>Zo'f-e-kulya</i> (Weakness of kidneys)	Massage with vinegar and <i>Roghan-e-Gul</i> over the flanks.	[23]
60.	<i>Warm-e-ṣulb kulya</i> (Chronic nephritis)	Take duck fat, chicken fat, cow-calf brain, <i>Gogul</i> , <i>Ratīnaj</i> (dissolved in warm water) -make a paste of all medicines in <i>kharal</i> and use for massage on renal area.	[16]
61.	<i>Barūdat-e-kulya</i> (Abnormal cold temperament of kidneys)	Fox fat, lizard fat, <i>Roghan-e-Akhrot</i> , <i>Roghan-e-Pista</i> , and <i>Roghan-e-Qusṭ</i> are prescribed for massage over the renal area.	[25]
62.	<i>Hasāt-e-kulya wa mathāna</i> (Renal or bladder stone)	Massage the pelvis with <i>Roghan-e-'Aqrab</i> .	[19]
63.	<i>Haṣāt-e-kulya</i> (Renal stone)	Another treatment prescribed for renal stones is massage over ureters and back with <i>Roghan-e-Aqrab</i>	[19]
64.	<i>Istarkhā-e-masāna</i> (incontinence)	Massage the pelvis with <i>Roghan-e-Zanbaq</i> , <i>Roghan-e-Nārdīn</i> , <i>Roghan-e-Sudāb</i> , <i>Roghan-e-Qusṭ</i> , <i>Roghan-e-sanobar</i> , <i>Roghan-e-Ghār</i> , <i>Roghan-e-Qasa-ul Humār</i> in which <i>Jund bedstar</i> , <i>ḥiltīt</i> , <i>behroza</i> , <i>jao-shūr</i> have been added.	[25]
65.	<i>Suls-al-Bawl</i> (Incontinence of urine)	Massage with <i>Roghan-e-Zanbaq</i> .	[26]
66.	<i>Kathrat-e-Bawl</i> (Polyuria)	Massage the renal area with Sandalwood, <i>Aqāqiya</i> , Camphor, <i>Ajwain Khurāsāni</i> , and ' <i>Araq-e-Gulāb</i> .	[26]
67.	<i>Ikhtenāq-ur-Reham</i> (Hysteria)	Massage the legs with strong strokes.	[19]
68.	<i>Bawl fil-Farāsh</i> (bed-wetting)	If it is caused by cold temperament, massage the pelvis with <i>Roghan-e-Nārdīn</i> .	[23]

Table : 2 - Botanical/English names of Unani drugs included in the text

1.	<i>Āb-e-Kasni Sabz</i>	<i>Cichorium intybus</i> Linn. green leaf juice
2.	<i>Ālu Bukhāra</i>	<i>Prunus domestica</i> Linn.
3.	<i>Ārad-e-Baq̄la</i>	<i>Vicia faba</i> Linn. Flour
4.	<i>Ārad-e-Nakhūd</i>	<i>Cicer arietinum</i> Linn. Flour
5.	<i>Ads Muqashshar</i>	<i>Lens culinaris</i> Medik. (peeled seeds)
6.	<i>Ajwain Khurasāni</i>	<i>Hyoscyamus niger</i> Linn.
7.	<i>Anisūn</i>	<i>Pimpinella anisum</i> Linn.
8.	<i>Aqāqiya</i>	<i>Acacia nilotica</i> (L.)
9.	<i>‘Āqarqarḥa / Roghan-e-‘Āqarqarḥa</i>	<i>Anacyclus pyrethrum</i> DC. (roghan=oil)
10.	<i>‘Araq-e-‘Ajīb</i>	(A polyherbal Unani formulation)
11.	<i>‘Araq-e-Gulab</i>	<i>Rosa damascena</i> Mill. Distillate
12.	<i>Asaphghol / Lu‘ab-e-Asaphghol</i>	<i>Plantago ovata</i> Forsk. seeds (Lu‘ab =mucilage)
13.	<i>Ashq</i>	<i>Dorema ammoniacum</i> D. Don. Gum
14.	<i>Banafsha / Roghan-e-Banafsha</i>	<i>Viola odorata</i> Linn. (roghan=oil)
15.	<i>Barg-e-Ghār</i>	<i>Laurus nobilis</i> Linn. Leaves
16.	<i>Bazrulbanj</i>	<i>Hyoscyamus niger</i> Linn.
17.	<i>Behroza</i>	<i>Pinus longifolia</i> Roxb.
18.	<i>Bhang</i>	<i>Cannabis sativa</i> Linn.
19.	<i>Dhaniya</i>	<i>Coriandrum sativum</i> Linn.
20.	<i>Ailwa</i>	<i>Aloe barbadensis</i> Linn.
21.	<i>Farbiyun / Farfiyūn / Roghan-e-farfiyun</i>	<i>Euphorbia resinifera</i> Berq.
22.	<i>Filfil / Filfil siyāh</i>	<i>Piper nigrum</i> Linn.
23.	<i>Gandhak</i>	Sulphur
24.	<i>Gogul</i>	Gum from <i>Commiphora mukul</i> (Hook ex Stocks) Engl.
25.	<i>Ḥartāl Surkh</i>	Arsenic oxide
26.	<i>Ḥartāl Zard</i>	Arsenic trisulphide
27.	<i>Ḥilfīt</i>	Asafoetida
28.	<i>Ḥina/ Barg-e-Ḥina / Roghan-e-Ḥina</i>	<i>Lawsonia inermis</i> Linn. (barg=leaves, roghan=oil)
29.	<i>Izkhar</i>	<i>Cymbopogon jwarancusa</i> (Jones) Schult.
30.	<i>Jao-shūr</i>	<i>Ferula galbaniflua</i> Boiss. & Buhse
31.	<i>Jund bedstar / Roghan-e-Jund bedstar</i>	Castoreum (roghan=oil)
32.	<i>Kaf-e-darya</i>	Alcyonium
33.	<i>Katīra</i>	<i>Cochlospermum religiosum</i> (Linn.) Alston
34.	<i>Khardal/ Roghan-e-khardal</i>	<i>Brassica nigra</i> (Linn.) K. Koch (roghan=oil)
35.	<i>Khashkhāsh / Roghan-e-Khashkhāsh</i>	<i>Papaver somniferum</i> Linn. (roghan=oil)
36.	<i>Kundur</i>	<i>Boswellia serrata</i> Roxb. ex Colebr.
37.	<i>Lemun kāghzi</i>	<i>Citrus aurantifolia</i>
38.	<i>Lobān</i>	<i>Styrax benzoin</i> Dryand.
39.	<i>Lu‘ab-e-Khatmi</i>	<i>Althaea officinalis</i> Linn. Mucilage
40.	<i>Maida-Gandum</i>	Wheat powdered after removal of outer layer
41.	<i>Mastagi / Roghan-e-Mastagi</i>	<i>Pistacia lentiscus</i> (roghan=oil)
42.	<i>Mawīzaj</i>	<i>Delphinium staphysagria</i> (Mountain raisins)
43.	<i>Māzu</i>	<i>Quercus infectoria</i> Oliv.
44.	<i>Methi</i>	<i>Trigonella foenum-graecum</i> Linn.
45.	<i>Miy‘a / Miy‘a saila</i>	<i>Liquidamber orientalis</i> Mill.
46.	<i>Mirzanjosh / Roghan-e-Mirzanjosh</i>	<i>Origanum vulgare</i> L. (roghan=oil)
47.	<i>Moam safaid</i>	Wax

48.	<i>Murr Makki</i>	<i>Commiphora myrrha</i> (Nees) Engl.
49.	<i>Naṭrūn</i>	Borax
50.	<i>Naushādar</i>	Sal Ammoniac
51.	<i>Nishāsta</i>	Wheat starch
52.	<i>‘Ūd Saṭīb</i>	<i>Paonea officinalis</i> root
53.	<i>Qayrūti Ārad Karsana</i>	(A polyherbal Unani formulation)
54.	<i>Qusṭ talkh</i>	<i>Saussurea lappa</i>
55.	<i>Rasawt</i>	<i>Berberis aristata</i> DC. (root bark extract)
56.	<i>Ratīnaj</i>	Resin from <i>Pinus</i> tree
57.	<i>Roghan Zard</i>	Clarified butter
58.	<i>Roghan Badām Talkh</i>	<i>Prunus amygdalus</i> (L.) Batsch. var. <i>amara</i> oil
59.	<i>Roghan Chobchīni</i>	<i>Smilax china</i> Linn.
60.	<i>Roghan-e-Ās</i>	<i>Myrtus communis</i> Linn. Oil
61.	<i>Roghan-e-Akhrot</i>	<i>Juglans regia</i> Linn. Oil
62.	<i>Roghan-e-Ālsī</i>	<i>Linum usitatissimum</i> Linn. Oil
63.	<i>Roghan-e-‘Agrab</i>	Oil prepared from scorpions
64.	<i>Roghan-e-Aurāq</i>	(A polyherbal Unani formulation)
65.	<i>Roghan-e-Bābūnah</i>	<i>Matricaria chamomilla</i> Linn. Oil
66.	<i>Roghan-e-Balsān</i>	<i>Commiphora gileadensis</i> (L.) C. Chr. Oil
67.	<i>Roghan-e-Bān</i>	<i>Melia azederach</i> Linn. Oil
68.	<i>Roghan-e-Bedīnjīr</i>	<i>Ricinus communis</i> Linn. Oil
69.	<i>Roghan-e-Bishkrapra</i>	<i>Trianthema portulacastrum</i> Linn. oil
70.	<i>Roghan-e-Chahār Barg</i>	(A polyherbal Unani formulation)
71.	<i>Roghan-e-Chameli</i>	<i>Jasminum arborescens</i> Roxb. oil
72.	<i>Roghan-e-Dhatūra</i>	<i>Datura metel</i> L.
73.	<i>Roghan-e-Gandum</i>	<i>Triticum aestivum</i> Linn.
74.	<i>Roghan-e-Ghār/ Roghan-e-Habbul-Ghār</i>	<i>Laurus nobilis</i> oil
75.	<i>Roghan-e-Gul</i>	<i>Rosa damascena</i> Mill. Oil
76.	<i>Roghan-e-Gul-e-Ākh</i>	(A polyherbal Unani formulation)
77.	<i>Roghan-e-Ḥurmul</i>	<i>Peganum harmala</i> Linn. Oil
78.	<i>Roghan-e-Jawz / Roghan-e-Jawz Kuhna</i>	<i>Juglans regia</i> oil (Kuhna=old)
79.	<i>Roghan-e-Kadū</i>	<i>Cucurbita moschata</i> oil
80.	<i>Roghan-e-Kāhu</i>	<i>Lactuca sativa</i> Linn. Oil
81.	<i>Roghan-e-Kāknaj</i>	<i>Physalis alkekengi</i> Linn. Oil
82.	<i>Roghan-e-Kalān</i>	(A polyherbal Unani formulation)
83.	<i>Roghan-e-Katān</i>	<i>Linum usitatissimum</i> Linn. Oil
84.	<i>Roghan-e-Kheri</i>	<i>Cheiranthus cheiri</i> Linn. Oil
85.	<i>Roghan-e-Kuchla</i>	<i>Strychnos nuxvomica</i> oil
86.	<i>Roghan-e-Kunjad</i>	<i>Sesamum indicum</i> oil
87.	<i>Roghan-e-Labūb Sab ‘ah</i>	(A polyherbal Unani formulation)
88.	<i>Roghan-e-Mūrād</i>	<i>Myrtus communis</i> Linn. Oil
89.	<i>Roghan-e-Nārjīl Kuhna</i>	<i>Cocos nucifera</i> Linn. Oil
90.	<i>Roghan-e-Nāranj</i>	<i>Citru aurantium</i> Linn. Oil
91.	<i>Roghan-e-Nārdīn</i>	<i>Nardostachys jatamansi</i> (D. Don) DC. oil
92.	<i>Roghan-e-Nargis</i>	<i>Narcissus tazetta</i> oil
93.	<i>Roghan-e-Nīlofar</i>	<i>Nymphaea alba</i> Linn. Oil
94.	<i>Roghan-e-Pista</i>	<i>Pistacia vera</i> oil
95.	<i>Roghan-e-Qanfaz</i>	Oil derived from hedgehog
96.	<i>Roghan-e-Qatha al-Ḥumār</i>	<i>Ecballium elaterium</i> (L.) A.Rich. oil

97.	<i>Roghan-e-Qurṭum</i>	<i>Carthamus tinctorius</i> Linn. oil
98.	<i>Roghan-e-Qusṭ</i>	<i>Saussurea lappa</i> oil
99.	<i>Roghan-e-Şanobar</i>	<i>Pinus roxburghii</i> Sarg. oil
100.	<i>Roghan-e-Sarson</i>	<i>Brassica rapa</i> L. oil
101.	<i>Roghan-e-Şīr</i>	<i>Allium sativum</i> Linn. oil
102.	<i>Roghan-e-Shibat</i>	<i>Anethum graveolens</i> oil
103.	<i>Roghan-e-Sumbul</i>	<i>Nardostachys jatamansi</i> (D.Don.) DC. oil
104.	<i>Roghan-e-Surkh</i>	(A polyherbal Unani formulation)
105.	<i>Roghan-e-Tukhm Injīr</i>	<i>Ficus carica</i> Linn. Seed oil
106.	<i>Roghan-e-Turb</i>	<i>Raphanus raphanistrum</i> sub. sp. (L.) Domin oil
107.	<i>Roghan-e-Utraj</i>	<i>Citrus medica</i> oil
108.	<i>Roghan-e-Yāsmīn</i>	<i>Jasminum arborescens</i> Roxb. oil
109.	<i>Roghan-e-Zanbaq</i>	<i>Jasminum sambac</i> oil
110.	<i>Sandal Safed</i>	<i>Santalum album</i> Linn.
111.	<i>Satāwar</i>	<i>Asparagus racemosus</i> Willd.
112.	<i>Shīḥ</i>	<i>Artemisia maritima</i> Herb.
113.	<i>Shonīz / Roghan-e-Shonīz</i>	<i>Nigella sativa</i> (roghan=oil)
114.	<i>Shorah</i>	Saltpetre
115.	<i>Sosan / Beikh-e-Sosan / Roghan-e-Sosan</i>	<i>Iris ensata</i> Thunb. (beikh=root; roghan=oil)
116.	<i>Sudāb / Roghan-e-Sudāb</i>	<i>Ruta graveolens</i> L. (roghan=oil)
117.	<i>Suk</i>	' <i>Usāra-e-Amlah</i> (Extract of <i>Emblca officinalis</i> Gaertn)
118.	<i>Suranjān talkh</i>	<i>Colchicum luteum</i> Baker.
119.	<i>Ṭabāshīr</i>	<i>Bambusa bambos</i> (L.) Voss.
120.	<i>Ushnān</i>	Saltwort
121.	<i>Waj</i>	<i>Acorus calamus</i> Linn.
122.	<i>Za'frān</i>	<i>Crocus sativus</i>
123.	<i>Zayt-al-infāq</i>	Oil derived from unripe olives
124.	<i>Zanjābīl</i>	<i>Zingiber officinalis</i> Linn. root
125.	<i>Zaranbād</i>	<i>Curcuma zedoaria</i> Rosc.
126.	<i>Zūfa / Sawf-e-zūfa</i>	<i>Hyssopus officinalis</i> Linn. (sawf=camlet)

Conclusion

Dalk is an age-old therapy which has been popular in Unani medicine since its very inception. In the recent years, it is gaining immense popularity due to the simplicity and ease of application, comforting feeling and holistic nature. *Dalk* may hold the promised cure for many diseases associated with, or aggravated by stress and improper lifestyle. The medicines prescribed for *dalk* in the ancient Unani texts are numerous, and derived after years of experience, many of which are being used by Unani practitioners. A number of clinical trials have proved the efficacy of the therapy on modern parameters. In that aspect, *dalk* has the potential of becoming an independent science for management of a number of disorders, where conventional methods have proved futile, or

carry adverse effects. *Dalk* is in essence a safe therapy requiring minimal use of technology, and also allows considerable flexibility for adjusting to individual needs [8].

This review is done with a view to explore and preserve the traditional Unani medicine, to pave the way for future clinical research. It was observed that the method of *dalk* with respect to the duration, strength and frequency has not been explained in depth in most diseases in classical textbooks. However, the general guidelines for *dalk* have been explained adequately, and the same may be followed for the purpose. Nevertheless, there is a need to further explore the field and develop standard treatment guidelines, especially keeping in mind the *mizʿj* (temperament) theory, and base our prescriptions on the same.

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