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Muzayyana Khan
Department of Ilmul Saidla,
National Institute of Unani
Medicine, Kottigepalya, Magadi
Main Road, Bangalore,
Karnataka, India

Shariq Shamsi
Department of Ilmul Saidla,
National Institute of Unani
Medicine, Kottigepalya, Magadi
Main Road, Bangalore,
Karnataka, India

Roohi Zaman
Department of Ilmul Saidla,
National Institute of Unani
Medicine, Kottigepalya, Magadi
Main Road, Bangalore,
Karnataka, India

Correspondence
Shariq Shamsi
Department of Ilmul Saidla,
National Institute of Unani
Medicine, Kottigepalya, Magadi
Main Road, Bangalore,
Karnataka, India

Khamira: An important dosage form of unani system of medicine

Muzayyana Khan, Shariq Shamsi and Roohi Zaman

Abstract

The present study is designed to discuss many important points of Khamira such as difference in the preparation and methodologies of Khamira with different drugs. It is prepared with different types of plant, animal and mineral origin drugs, either by making decoction in water or sometimes in the case of some specific drugs, micro fine powder is added in Khamira. It is also prepared in some different cases with Arqiyat (a clear aqueous distillate) and Abiyaat (Aab Anar, Aab Seb, and Aab Bahi). It is also aimed to extensively discuss the drug and water ratio (D/W) and drug and sugar ratio (D/S) used while preparation of Khamira as mentioned in different reference book of Unani System of Medicine (USM). The survey of literature has been done to summarize the therapeutic values and medicinal action of various Khamirajat, written in classical Unani books and pharmacopoeias. Apart from various medicinal actions in cough, cold, catarrh including respiratory and nervous disorders, this dosage form is mainly used as a cardio tonic in various ailments like palpitations, weakness of heart, post MI etc.

Keywords: Khamira, unani dosage form, D/W and D/S ratio

1. Introduction

The therapeutic effects of herbal medicine are caused by the synergistic contribution of multiple constituents^[1]. *khamira* is one such *Unani* poly-herbal pharmaceutical semisolid preparation and it is a type of *Majun*, which is made from the decoction of one or several ingredients by the addition of white sugar. It is also used as brain and heart tonic. *khamira* is the invention of the latter day *Tabibs*. During the Mughal days the nobility usually tended to refrain from bitter medicines, hence palatable medicines like the *Khamira* came into vogue, which are characterized both by their palatability and attractive odour^[2].

2. Survey of Literature

Since mankind exists, it has been linked with the factors of pain, disease and death and has been involved with the question of controlling and eradicating the ailments of life, body and mind. The *Unani System of Medicine* (USM) believes in the self-resistance capacity (*Tabiyat*) of the human being. *Unani Medicine* approach in dealing with disease is quite different^[3]. USM believes that the real physician is the body's intrinsic power of healing and maintaining its normal state of health (*Tabi'at*). Accordingly, a number of drugs e.g. *Khamira Marwareed* etc are available which boost up the immunity of the body. In some diseases where long-term therapy is required, the Unani drugs used as adjuvant, play an important role in reducing the toxicity of the synthetic drugs and in modulating or enhancing the body immunity and improving the overall quality of life. The concept of using organ-and system-specific is a unique feature of USM. Unani physicians have described number of drugs to strengthen and tone up various vital organs of the body. Unani Medicine also make special groups of drug which create feeling of happiness by relaxing mind and heart from various stresses, known as Exhilarants (*Mufarrihat*). These are used in the management of neuropsychiatric and cardiac disorders e.g. Anxiety, Depression, Palpitations etc. These drugs also create an overall feeling of wellbeing, which is a uniqueness of USM^[4]. The *Unani Medicine* is traditionally prepared from natural products. These products or formulations are commonly used in four forms: Solid (*Habb* (Pills), *Qurs* (Tablet), *Safoof* (Powder), *Kushta* (Calcined) and so forth), Semi- Solid (*Majun* (Semi-solid Dosage form), *Lauooq* (Linctus), *Marham* (Ointment) and *Zimad* (Paste) and so forth), Liquid (*Sharbat* (Syrup), *Tila* (Medicated Oil/Liniment), *Rooh* (Spirit) and so forth) and Gaseous (*Bakhoor* (Fumigation), *Inkebab* (Steam inhalation) and so forth). *Khamira* is one of the important dosage forms of *Unani Medicine*. The *Qiwam* of *Khamira* should be of Two *Tar* that is obtained by maintaining temperature^[5]. The *Qiwam* of *Khamira* holds a definite importance as it is usually thicker and more concentrated than that of *Sharbat*^[2]. *Khamirahjat* is a plural word and its singular is "Khamirah".

The word *Khamirah* in Unani System of Medicine indicates fermented confection, first introduced by the *Hukama* (physicians) of the Mughal period, it is a semi-solid preparation in which Other than herbal ingredients, animal and mineral origin drugs are also mixed, either by making solution in aqua or as a micro-fine powder. It is used for cardiac ailments and for *Wabaie Amarz* (Epidemic Diseases) such as *Khafqan* (Palpitation), *Zof-e-Qalb* (Weakness of the Heart), *Judri* (Chicken Pox), *Hasba* (Measles), *Tao'on* (Plague), *Dengue*, *Swine-Flu* and so on. *Khamirahjat* are also used as general tonics for other vital organs like *Kabid* (Liver) and *Dimagh* (Brain). In view of the increasing number of cardiac diseases, a thorough evaluation of this ancient work on *Khamirah* is of special significance. Some of the studies revealed *Khamirah's* antioxidant and immunomodulator properties [6]. It has to be maintained in such a way that it is neither thick like *Majun* nor too watery like *Sharbat* (Syrup) [7]. Drugs that are used in preparation of *Khamira* either is used in powder form or in liquid form. In this preparation herbal drugs are used generally in form of *Joshanda* (Decoction), *Khesanda* (Infusion), and *Luabiyat* (Mucilage). Decoction and Infusion are prepared by mixing of purified water and drugs or sometimes, it is also prepared with the distillate (*Arq*) or *Aabiyat* (Fruit juices). The ratio of Drugs and Water or *Arqiyat* (Aqueous Distillate) or *Aabiyat* (Water) is different. After attaining yield of *Joshanda* (Decoction) [which is also different in reference *Unani* books], *Qiwam* is prepared in any of the bases of purified sugar with or without honey on a low fire till we get the required consistency of *Khamira* [8]. The *Qiwam* of *Khamira* (Consistency) is tested by pressing between the thumb and index finger and observed for two *Tar*, or a drop of the *Khamira's Qiwam* is put on the floor, if the drop does not spread on the floor, it is considered to be of good quality *Qiwam* [9]. When the *Qiwam* is properly formed, stirring is affected after taking of the fire till its colour becomes white or whitish, after which the other

ingredients are added together with Silver or Gold foil. When the *Khamira* is stirred carbon dioxide from the air reacts with it and it swells like *Khamir* hence it names. Each *Khamira* is generally named after its main ingredient, e.g., *Khamira abresham*, *Khamira Gauzuban*, etc [2].

3. Methods of preparation of different *Khamirajat*

Drugs that are used in preparation of *Khamira* are of different origin- Plant, Animal and Mineral origin. The crude drugs like *Abresham* (*Bombyx mori*), *Daronj Uqrabi* (*Doronicum hookeri* Hook.f.) etc are made into coarse powder for decoction or infusion. Kernels of Nuts and Dry fruits should be ground into fine powder in a *Kharal* and then mixed in small quantities in *Qiwam*. 40 no. mesh is used for sieving of Kernel powder. Powdering of precious stones like *Zammarrud* (Emerald), *Zahar Mohra* (Mineral Stone), *Ambar Ash-hab* (*Ambra grasea*) etc should be very fine and added only after preparation of *Qiwam*. *Zafran* (*Crocus sativus* Linn.) and *Musk* (*Moschus moschiferus* Linn.) should always be ground with *Arq-Keora* (Keora Distillate) or *Arq-Gulab* (Rose Distillate) or *Arq- Bed Mushk* (*Bed Mushk* Distillate) before mixing in *Qiwam* and added at the last stage of making *Khamira*. *Warq Nuqra* (Argentum) is also used at the last stage of making *Khamira* [6]. Preservatives are also incorporated in *Khamira* to avoid deterioration. *Sat-e-leemu* (Citric acid), *Shab-e-yamani* (Alum) and Sodium Benzoate may use as a preservatives in *Khamirajat* preparation [2].

The methodology discussed earlier is a general methodology, but in different *Unani* books, different Drug and Water and Drug and Sugar ratios are recommended. Even in certain cases, the same type of *Khamira* is prepared with different drug and water and drug and sugar ratios by *Unani* physicians. Therefore, it is important to summarize all the different variables used by *Unani* physicians while preparing *Khamira*. Data on *Khamira* mentioned in some important *Unani* books are given in table 1.

Table 1: List of Different *Khamirajat* Mentioned In Different Books

Name of <i>Khamira</i>	Drug (gm)	Water/ <i>Arqiyat</i> / <i>Abiyat</i> (ml)	Sugar/ <i>Shehad</i> / <i>Misri</i> (gm)	D/W Ratio	D/S Ratio	Yield Of <i>Joshanda</i>	Therapeutic Uses/ Medicinal Actions
<i>Khamira Abresham Hakim Arshad Vala</i> [8].	615	2960	1250	1:5	1:2	1/3	It is beneficial in <i>Amraz-e-Qalb</i> (cardiac ailments), <i>Khafqan</i> (Palpitation), <i>Malekholia</i> (Melancholia), and <i>Nazla</i> (Catarrh) in summer. [10,13]. It is used as <i>Muqavvi Jigar</i> (Liver Tonic), <i>Muqavvi Qalb</i> (Heart Tonic), <i>Muqavvi Dimag</i> (Brain Tonic), <i>Muqavvi Azae raeesa</i> (Vital organs Tonic) [2, 8, 10, 11, 12,13].
<i>Khamira Abresham Hakim Arshad Vala</i> [10].	611	2928	960	1:5	1:2	1:3	
<i>Khamira Abresham Hakim Arshad Vala</i> [11].	1691.72	7000	2500	1:4	1:1	3/4	
<i>Khamira Abresham Hakim Arshad Vala</i> [12].	608	2928	480	1:5	1:1	1/3	
<i>Khamira Abresham Hakim Arshad Vala</i> [13].	609	2928	960	1:5	1:2	-	
<i>Khamira Abresham Hakim Arshad Vala</i> [2].	1822.4	7100	2500	1:4	1:1	3/4	It is used in <i>khafqan</i> (Palpitation) and other <i>Qalbi Amraz</i> (cardiac ailments). It is used as <i>Muqavvi Qalb</i> (Cardiac tonic). [2, 8, 10, 11, 13].
<i>Khamira Abresham Sada</i> [8].	215	1600	1000	1:7	1:5	-	
<i>Khamira Abresham Sada</i> [10].	316	2880	444	1:9	1:4	1/3	
<i>Khamira Abresham Sada</i> [11].	478.75	2000	3000	1:4	1:6	3/4	
<i>Khamira Abresham Sada</i> [13].	544	1008	960	1:2	1:2	-	
<i>Khamira Abresham Sada</i> [5].	215	1600	1000	1:8	1:8	-	
<i>Khamira Abresham Sada</i> [2].	520	2025	3000	-	1:4	3/4	It is used in <i>Zatul Janab</i> (Pleural effusion), <i>Zaatur Riya</i> (Pleurisy) [12]. It is used in <i>Sual</i> (Cough) and <i>Nazla</i> (catarrh) [8]. It is <i>Mulayyan</i> (laxative) [8, 10, 11] <i>Murattib</i> (Humectant) [10, 12, 13]. It is <i>Mukhrij e Saфра</i> (Bilegogue) [10,11, 12, 13].
<i>Khamira Banafsha</i> [8].	200	3000	1600	1:15	1:8	1/3	
<i>Khamira Banafsha</i> [10].	480	-	1440	-	1:3	-	
<i>Khamira Banafsha</i> [11].	258	2000	4000	1:8	1:15	1/2	
<i>Khamira Banafsha</i> [12].	480	-	1440	-	1:3	-	
<i>Khamira Banafsha</i> [13].	180	2880	1440	1:16	1:8	1/3	
<i>Khamira Banafsha</i> [2].	261	2000	4000	1:8	1:15	1/2	It is used in <i>Khafqan</i> (Palpitations). It is used as a <i>Muqavvi Qalb va Dimagh</i> (Heart and Brain Tonic) and in <i>Atash</i> (Thirst) [8,10]. It is used in <i>Khafqan</i> (Palpitation). It is also used in <i>Atash</i> (Thirst) [5] It is used as
<i>Khamira Gauzuban Ambari Javahar Vala</i> [8].	112	2000	1200	1:18	1:11	670 ml	
<i>Khamira Gauzuban Ambari Javahar Vala</i> [10].	122	1920	1200	1:16	1:10	1/3	
<i>Khamira Gauzuban Ambari Javahar Vala</i> [11].	1135	10000	10000	1:9	1:9	1/5	
<i>Khamira Gauzuban Ambari Javahar Vala</i> [12].	108.25	1920	1200	1:18	1:11	1/3	

Khamira Gauzuban Ambari Javahar Vala ^[13] .	354	1920	1200	1:5	1:3	1/3	<i>Muqavvi e hafiza</i> (Memory Enhancer), <i>Muqavvi Qalb</i> (Heart Tonic) <i>Muqavvi e Dimag</i> (Brain Tonic) ^[2, 8, 10, 11, 12, 13] .
Khamira Gauzuban Ambari Javahar Vala ^[2] .	1279	10000	8000	1:8	1.6:10	1/5	
Khamira Gauzuban Sada ^[8] .	160	2000	1500	1:12	1:9	670 ml	It is used in <i>Khafqan</i> (Palpitation). It is used as a <i>Muqavvi Basar</i> (Eye Tonic), <i>Muqavvi e Hafiza</i> (Memory Enhancer), <i>Muqavvi Qalb</i> (Heart Tonic), <i>Muqavvi e Dimag</i> (Brain Tonic) ^[5,8,10,11,12,13] .
Khamira Gauzuban Sada ^[10] .	144	1920	1200	1:13	1:8	-	
Khamira Gauzuban Sada ^[11] .	1020	10000	10000	1:10	1:10	1/5	
Khamira Gauzuban Sada ^[12] .	225	960	960	1:4	1:4	-	
Khamira Gauzuban Sada ^[13] .	114	1920	1200	1:13	1:8	1/3	
Khamira Gauzuban Sada ^[5] .	160	2000	1500	1:12	1:9	670	
Khamira Gauzuban Sada ^[2] .	1482.4	10000	8000	1:8	1:5	1/5	
Khamira Khashkhash ^[8] .	25 nos.	36	500	-	-	-	It is used in <i>Nazla va Zukam</i> (Catarrh and coryza), <i>Sual</i> (Cough), <i>Diq</i> (Tuberculosis), <i>Sual Balghami</i> (Phlegmatic Cough) ^[8,10,11,13] . It is also used in <i>Kasrat Tams</i> (Menorrhagia)
Khamira Khashkhash ^[10] .	100 Adad	2400	1440	-	-	-	
Khamira Khashkhash ^[11] .	128	1000	2000	1:8	1:16	1/2	It is used in <i>Nazla va Zukam</i> (Catarrh and coryza), <i>Sual</i> (Cough), <i>Diq</i> (Tuberculosis), <i>Sual Balghami</i> (Phlegmatic Cough) ^[8,10,11,13] . It is also used in <i>Kasrat Tams</i> (Menorrhagia)
Khamira Khashkhash ^[13] .	100 Adad	2400	1440	-	-	-	
Khamira Khashkhash ^[2] .	130	1000	2000	1:8	1:15	1/7	It is used in <i>Nazla va Zukam</i> (Catarrh and coryza), <i>Sual</i> (Cough), <i>Diq</i> (Tuberculosis), <i>Sual Balghami</i> (Phlegmatic Cough) ^[8,10,11,13] . It is also used in <i>Kasrat Tams</i> (Menorrhagia)
Khamira Marwareed ^[8] .	60	2000	1500	1:33	1:25	-	
Khamira Marwareed ^[10] .	396	1920	1920	1:5	1:5	-	It is useful in <i>Khafqan</i> (Palpitations), <i>Moti Jharra</i> (Typhoid), <i>Khasra</i> (Measles) and after the illness of diseases. ^[2, 8, 10, 11, 13] It is used as a <i>Muqavvi Qalb</i> ^[2, 8, 10, 11, 13] va <i>Dimag</i> (Cardiac and Brain Tonic) ^[8] .
Khamira Marwareed ^[11] .	156.5	2000	10000	1:13	1:64	-	
Khamira Marwareed ^[12] .	360	1920	1920	1:5	1:5	-	
Khamira Marwareed ^[13] .	396	1920	1920	1:5	1:5	-	
Khamira Marwareed ^[2] .	140	2000	8000	1:14	1:57	-	
Khamira Sandal Sada ^[8] .	20	500	500	1:25	1:25	-	
Khamira Sandal Sada ^[10] .	90	480	960	1:5	1:10	-	
Khamira Sandal Sada ^[11] .	154	1000	2000	1:6	1:13	1/2	It is used in <i>Khafqan</i> (Palpitations) and <i>Atash</i> (Thirst). It is used as a <i>Muqavvi Qalb</i> (Cardiac Tonic) ^[2, 8, 10, 11, 13] .
Khamira Sandal Sada ^[13] .	840	480	960	2:1	1:1	-	
Khamira Sandal Sada ^[5] .	20	1000	500	1:50	1:25	-	
Khamira Sandal Sada ^[2] .	154	1000	2000	1:6	1:13	½	
Khamira Marwareed Ba Nuskha Kalan ^[8] .	223.5	Arq Keora As per need	300	-	1:1	-	It is useful in <i>Khafqan</i> (Palpitation), <i>Moti Jharra</i> (Typhoid), <i>Khasra</i> (Measles) and after the illness of diseases ^[2, 8, 10, 11, 12, 13] . It is used as a <i>Muqavvi Qalb</i> (Cardiac Tonic) ^[2, 8, 10, 11, 12, 13] va <i>Dimag</i> (Brain Tonic) ^[8] .
Khamira Marwareed Ba Nuskha Kalan ^[10] .	970	2500	2400	1:3	1:2	1/2	
Khamira Marwareed Ba Nuskha Kalan ^[11] .	172	Arq Keora as per need.	780	1:2	1:4	1/2	
Khamira Marwareed Ba Nuskha Kalan ^[13] .	1184.4	2500	2400	-	1:2	-	It is useful in <i>Bavaseer</i> (Piles), <i>Malekhulia</i> (Malencholia). It is used as a <i>Muqavvi Dimagh va Jigar va Meda</i> (Brain, Liver and Gastric Tonic) ^[2, 10, 11, 13] .
Khamira Aabresham Ood Mastagi vala ^[2] .	614	384	1104	1:2	1:2	¼	
Khamira Aabresham Ood Mastagi vala ^[3] .	47.4	3000	1200	1:6	1:2	1/10	
Khamira Aabresham Ood Mastagi vala ^[5] .	614	3840	1200	1:6	1:2	1/4	
Khamira Aabresham Ood Mastagi vala ^[7] .	1071	3005	1200	1:3	1:1	1/10	
Khamira Abresham Sheera Unnab Vala ^[10] .	475	2040	180	1:4	1:3	360 ml	
Khamira Abresham Sheera Unnab Vala ^[11] .	2378.2	10075	3200	1:4	1:1	3/4	
Khamira Abresham Sheera Unnab Vala ^[13] .	222	2148	180	1:10	1:1	1/5	It is used in <i>Khafqan</i> (Palpitations), <i>Tip Diq</i> (Tuberculosis). It is used as a <i>Muqavvi Hafiza</i> (Memory Enhancer). ^[2, 3, 5] It is beneficial in <i>Sara</i> (Epilepsy), <i>Falij</i> (Paralysis), <i>Laqwa</i> (Facial Paralysis), <i>Khafqan</i> (Palpitations). It is <i>Muqavvi Azae Raeesa</i> (Vital organ tonic) ^[2, 10, 11, 13] .
Khamira Gauzuban Jadwar ood Saleb vala ^[10] .	168	1940	1200	1:11	1:7	1/3	
Khamira Gauzuban Jadwar ood Saleb vala ^[11] .	1278.6 + 55 Adad	10000	10000	1:9	1:6	-	
Khamira Gauzuban Jadwar ood Saleb vala ^[13] .	212	1920	1200	1:6	1:5	1/5	
Khamira Gauzuban Jadwar ood Saleb vala ^[2] .	1670.04	10000	8000	-	-	-	It is useful in <i>Khafqan</i> (Palpitations), <i>Moti Jharra</i> (Typhoid), <i>Khasra</i> (Measles) and after the illness of diseases ^[2, 8, 10, 11, 12, 13] . It is used as a <i>Muqavvi Qalb</i> (Cardiac Tonic) ^[2,8,10,11,12,13] va <i>Dimag</i> (Brain Tonic) ^[8]
Khamira Marwareed Khas ^[10] .	25.5	216	180	1:8	1:7	-	
Khamira Marwareed Khas ^[11] .	992.5	10337	9450	1:1	1:9	1/2	It is useful in <i>Khafqan</i> (Palpitations), <i>Moti Jharra</i> (Typhoid), <i>Khasra</i> (Measles) and after the illness of diseases ^[2, 8, 10, 11, 12, 13] . It is used as a <i>Muqavvi Qalb</i> (Cardiac Tonic) ^[2,8,10,11,12,13] va <i>Dimag</i> (Brain Tonic) ^[8]
Khamira Marwareed Khas ^[2] .	30A3	1075	2000	1:3	1:6	1/2	
Khamira Nazli Javahar Wala ^[11] .	2730	10000	1000	1:4	1:4	1/10	It is useful in <i>Nazla va Zukam</i> (Cold and Catarrh). It is used as a <i>Muqavvi Dimagh va Asab</i> (Brain and Nervine Tonic) ^[2, 11] .
Khamira Nazli Javahar Wala ^[2] .	1063.5	4000	4000	1:4	1:4	1/4	
Khamira Zammarrud ^[11] .	414.65	400	770	1:1	1:2	1/2	It is useful in <i>Khafqan</i> (Palpitation). It is used as <i>Muqavvi Qalb</i> (Cardiac Tonic) ^[2, 11] .
Khamira Zammarrud ^[2] .	414.65	950	950	1:1	1:2	3/4	
Khamira Yaqoot ^[10] .	68	1680	1920	1:24	1:28	-	It is useful in <i>Khafqan</i> (Palpitation) and <i>Malekhulia</i> (Malencholia). It is used as a <i>Muqavvi Qalb</i> (Cardiac Tonic) ^[10, 13] .
Khamira Yaqoot ^[13] .	375	1680	1920	1:4	1:5	-	
Khamira Zahar Mohra ^[8] .	90	310	-	-	-	-	It is used as a <i>Muqavvi Qalb</i> (Heart Tonic) ^[8] .
Khamira Yashab ^[8] .	100	-	1000	-	1:10	-	It is useful in <i>Khafqan</i> (Palpitations), <i>Ishal</i> (Diarrhoea), <i>Silan ur Rehem</i> (Leucorrhoea). It is used as a <i>Musakkin</i>

							(Analgesic), <i>Habis</i> (Hemostatic) and <i>Qabiz</i> (Astringent) ^[8] .
Khamira Ustukhudus ^[8] .	125.5	-	400	-	1:3	-	It is useful in <i>Falij</i> (paralysis), <i>Laqwa</i> (Facial Paralysis) and in <i>Nazla va Zukam</i> (Cold and Catarrh) ^[8] .
Khamira Sandal Tursh Varq Tila Vala ^[10] .	132	2316	960	1:17	1:7	½	It is useful in <i>Khafqan</i> (Palpitation), <i>Bukhar</i> (Fevers) and <i>Matli va Qai</i> . (Nausea & Vomiting). It is used as a <i>Mubarriid</i> (Refrigerent) ^[10, 13] .
Khamira Sandal Tursh Varq Tila Vala ^[13] .	624	2316	960	1:4	1:1	½	
Khamira Zukam ^[11] .	743	5000	2000	1:7	1:3	1/5	It is useful in <i>Atash</i> (Thirst) and <i>Nazla va Zukam</i> (Cold and Catarrh). It is used as <i>Muqavvi Dimagh</i> (Brain Tonic) ^[11] .
Khamira Sandal Hamiz Kafoori ^[12] .	152.55	3120	1440	1:20	1:9	½	It is used in <i>Tip Muharriqa va Tip Diq</i> (Hyper pyrexia and Tubercular fever) ^[12] .

3.1 Storage of Khamira

There is following indication for its storage which is as follows.

1. It is prepared in sufficient quantity so that if it prepared in winter season then it is consumed within this period and vice versa.
2. The container should be dried before filling the *Khamira*.
3. 1/4 of container should be left empty after filling.
4. After filling, the container should be covered and stored in cool and dry place away from moisture.
5. It is taken from dry spoon even not a single drop of water is there or not with wet hands ^[14].

4. Conclusion

This study described the preparation of an important dosage form of *Khamira*. Data is collected from the important reference books of *USM*. Hence this study might serve as a reference for preparing different *Khamirajat*. It may be concluded now that 1:4, 1:5 (D/W) & 1:2, 1:5 (D/S) and 1/2, 1/3 (Yield of *Joshanda*) is commonly used while preparing this dosage form (*Khamira*). It is also concluded that the same *Khamira* may prepared by different composition D/W, D/S ratio, Yield of *Joshanda*. Moreover therapeutic uses of different *Khamirajat* are also summarized in this paper (table 1).

5. Future Perspective

While surveying, it was observed that temperature and duration of heat is not given in methodology section of *Khamirajat*, so it is also necessary to estimate the temperature and duration of heating for making *Khamirajat* that is of Two *Tar*. The study may also be done to select one best *Khamira* from different *Khamirajat* with same name in different books.

6. References

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