Monograph

Biomedical Studies and IPR (Intellectual Property Rights) Documentation of Medicinal Plants Used in the Treatment of Women Diseases in Sindh

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and
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SUMMARY

In the rural areas of Sindh, local population relies on herbal remedies for primary healthcare needs. They have unbroken tradition of use of herbs and other natural products for the treatment of all kind of diseases which prevails. This knowledge base, acquired in centuries of human experiences, is now rapidly eroding as modern health care facilities are made available to them. Fortunately the tradition and knowledge of the use of traditional remedies for women specific health issues remain largely preserved due to cultural reasons. The traditional midwives know a lot about herbs for the treatment of women and children health problems and to assist with a pregnancy. Their knowledge is passed on for generations to generation without any documentation. This oral tradition of knowledge is unfortunately vulnerable to be lost.

The following research study examines different kinds of believes, practices and knowledge of medicinal plants used or prescribed by traditional midwives, herbal market sellers and ordinary rural women. The local names of the herbs and the specific preparations that came along with the treatments have been recorded, translated and documented.

In each field survey approximately 10 to 12 remedies were collected. Most of these remedies contained more than one herb (mixtures). A few remedies contained combination of inorganic materials too (rock salt, red earth, etc.). For every plant mentioned, the preparation methods were asked. Mostly four different routes of administration were mentioned, as to take the medicine orally, to use it through anal route, to place the medicine into the vagina, or to take a herbal bath.

A total of seventy six (76) plants are identified which are used by females in their health related problems, in combination, from which few plants have shown very high potency against fungal infections.

In different areas a general tendencies was recorded regarding bearing a male child, for which some sort of myths have been practiced which were also translated and documented.
Introduction

Approximately 80% of the world’s population still relies on traditional medicines for primary health care. Each ethnic culture has its own relationship with the environment and a medical knowledge that uses specific medicinal plant species. Countries in Africa, Asia and Latin America use traditional medicine (TM) to meet some of their primary healthcare needs. Industrialized countries, traditional medicines are increasingly common as “Complementary” or “Alternative” medicines (CAM). Traditional medicinal practices are more valuable as are generally affordable, culturally acceptable and accessible. Traditional medicines have maintained their popularity in all regions of the developing world and their use is rapidly spreading in industrialized countries.

Pakistan is a country diverse in geography, climate, flora and fauna and rich in history and culture. Pakistan’s diverse topography has permitted the survival of traditional knowledge related to medicinal plants. In Pakistan, about 6,000 plants were recorded as native or naturalized. Sindh, the second most populous province of Pakistan, is a blend of most developed and least developed regions with a population of over 35 millions and land area of 141,014 sq km. Sindh has a diversity of vegetation and the local people of the area have always used medicinal plants for the treatment of various diseases throughout the history. The surrounding plants for these people form an integral part of their culture and the information about the plants get passed on from one generation to the other through only oral folklore, although many times it is kept secret. These plants play a significant role in providing primary health care services to rural population in Sindh. They serve as therapeutic agents, as well as important raw materials for the manufacture of traditional and modern medicine.

Traditional medicine is the sum total of the knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in maintenance of health, as well as in the
prevention, diagnosis, improvement or treatment of physical and mental illness. Herbal medicines include herbs, herbal materials, herbal preparations and finished herbal products that contains as active ingredients, parts of plants, other plants materials, or combination.

Traditional medicines are not only used for the treatment of general diseases but also for the treatment of women diseases. This includes birth control, including abortion at initial stages, preventing conception, also to cure sterility or to enhance chance of conception. Plants are also use to cure widespread sexual diseases like gonorrhea (serious infection and sexually transmitted disease (STD), caused by having sex with an infected person), syphilis (serious infection and sexually transmitted disease), Chlamydia trachomatis, a bacterial infection which damage women reproductive system (STD), vulvovaginal yeast infections by Candida albicans, dysmenorrhea (painful menstruation), menorrhagia (abnormally heavy and prolonged periods), amenorrhea (absence of monthly periods), leucorrhea (vaginal discharge), yeast diseases, premature menopause, sexual dysfunction, infertility and to regularize periods, etc. These traditional and herbal medicines also provide health care through out the entire birth process, from pregnancy through conception to postpartum.

While most parts of the province have government funded clinics and basics health units, as well as privately-owned clinics and hospitals, adequately qualified female doctors are generally not available in most parts of rural areas of Sindh. Equally important are social practices of people, living in rural areas, according to which women with specific diseases are often not taken to the hospitals for proper care. In most parts of the province, they are generally treated by family elders ladies or midwives by using medicinal plants and other households items or so called kitchen pharmacy. Due to this, unbroken knowledge of the uses of plants has been accumulated over the years, which has a great value and needs to be properly documented and scientifically evaluated.
In Sindh, there has been no ethnobotanical study ever conducted regarding the women folk diseases and the indigenous knowledge of medicinal plants as folk remedies are getting lost owing to migration from rural to urban areas, industrialization, rapid loss of natural habitat, assess to modern medicine and changes in life style of people. In view of these, documentation of traditional uses of medicinal plants is an urgent matter and it is important to preserve the folk knowledge of the province. In an article “The healing Garden and Integrated Healthcare”, the Prince of Wales wrote, “True healing is a synergy that comes not by courtesy of medical diploma, or simply through plants. It lies in the hands and the hearts of us all-so so we help to open people’s hearts once again to the remarkable healing possibilities that exist if we integrate our hearts with our minds and restore a sense of harmony with Mother Nature”. This clearly means that natural products can play a major role in the health and economy of the province Sindh.

**Objectives:**

Following are the objectives of this study:

1. To preserve the indigenous healing knowledge, related to women folk diseases.
2. To identify and record plant species used in folk medicines against women diseases.
3. To compile authentic ethnobotanical information of folk medicinal practices in rural areas of Sindh, in the form of reports, databases and monographs.
4. To conduct scientific evaluation of selected medicinal plants to ascertain their efficacy and safety.
5. To establish a database of traditional knowledge to be used in protecting the knowledge-base and for further studies.

6. To produce educational materials on traditional uses and along names of plants with the goal of promoting the safe cultural practices.

7. To look into possible economic opportunities in traditional and plant-based medicine.
Sindh

Sindh is one of the five provinces of Pakistan. It is also locally known as the "Mehran". Sindhi Muslims are the largest population in the province, but other cultural, religious and ethnic groups also reside in Sindh. The main language spoken is Sindhi. The name is derived from the Indus River that courses through it. Indus valley civilization is one of the oldest civilizations in world. Mohenjo-Daro was built around 2600 BCE and vanished near about 1500 BC. Sindh is located on the western corner of south Asia. The borders of Sindh is bounded by the Thar Desert in east side, Kirther Range Mountain from west side, the Arabian Sea is present at North side of Sindh.

Flora of Sindh

The province is mostly arid with scant vegetation except for the irrigated Indus Valley. Mango, date palms, banana, guava, orange, and chiku are the typical fruit-bearing trees. In Karachi papaya chiko, and Bail fruits trees are common. The mangrove forest of indus delta has vegetation of *Avicennia tomentosa* (timmer) and *Ceriops candolleana* (chaunir) trees. Water lilies grow in abundance in the numerous lakes and ponds, particularly in the lower Sindh region. The dwarf palm, *Acacia rupestris* (kher), and *Tecomella undolata* (lohiroo) trees are typical of the western hill region. In the Indus valley, the *Acacia nilotica* (babbur) is the most dominant and occurs in thick forests along the Indus banks. The *Azadirachta indica* (neem) (nim), *Zizyphys vulgaris* (bir) (ber), *Tamarix orientalis* (jujuba lai) and *Capparis aphylla* (kirir) are among the more common trees.

In Pakistan, about 6000 plants were recorded as native and naturalized. The province of Sindh contains about 1000 native species from a total Pakistan flora.
Survey Areas

Karachi

- Sobhraj Maternity Hospital

Thatta

- Taluka Thatta
- Gharo / Gujju
  - Sattar Goth
  - Ismail Goth
  - Misri Vadero Goth
- Taluka Sajawal
  - Hajji Ahmed Jamari
  - Hajji Khuda Dino Sahito
  - Goth Wali Shah Daro
  - Goth Allah Bachaiyo Mallah
- Taluka Mirpur bathoro
  - Imam Bux Khara

Larkana

- Larkana City
  - Taluka Dokri
    - Goth Khair Muhammad Areja
    - Goth Tharo Wann
    - Goth Jhendo sero
  - Taluka Ratodero
- Garibabad Mahulla Naodero
- Saido Dero
- Ghari Khuda Bux

**Jamshoro**

- Rais Karan Khan Shoro
- Muhammad Yousuf Palari
- Jadal Shah
- Nawab Khan Khoso
- Nabi Bux Babar
- Pir Bux Khashkali
- Thana Bola Khan
- Goth Sajan Khan
- Rani kott
- Goth Aamri
- Goth Arzi Khoso
- Goth Chanecer Khan Khoso

**Mirpurkhas**

- Mirpurkhas Taluka
  - Imtiaz Panhwar Goth
  - Taj Muhammad Goth
  - Dr. Yar Muhammad Jinji Goth
  - Allahdino Khashkali Goth
• Kot Ghulam Muhammad Taluka
  ▪ Kalu Goth
  ▪ Molvi Muhammad Ibrahim Khaskhali Goth

Sanghar
• Tandoadam

Matiari
• Bhit Shah

Umerkot
• Umerkot Taluka
  ▪ Goth Muhkam Singh
  ▪ Goth Vehro Sharif
  ▪ Goth Mandal Thakur
  ▪ Chor-Goth Khet Singh
• Samaro Taluka
  ▪ Goth Jan Muhammad Murgari
  ▪ Goth Sarang
• Kunri Taluka
  ▪ Goth Memon Kunri

Tharparkar
• Mithi Taluka
  ▪ Goth Malhanhore
  ▪ Baraj Bhatti Mithrio
- Koolhi Parho Islamkot
- Varwh Islamkot
- Nagar Parkar Taluka
  - Goth Danodandan
  - Balo Jo Wandio

**Shaheed Benazir Abad**

- Sakrand
  - Goth Punal khan chandio
  - Goth Gulham Haider Chandio
- Qazi Ahmed
  - Goth Nawab Wali Mhammad
  - Goth Darhri
  - Goth Sardar Hajji Hamal Kalohi
- Daur
  - Goth Hajji Umar Sethal
  - Goth Hajji Abdul Rehman
- Nawabshah
  - Goth Buxan Zardari
  - Goth M.Yousif Zardari
  - Goth Pir Makhdoom Kalique-ul-zaman
  - Goth Miskeen Shah
  - Goth Choudhary Shah Muhammad
Nausheroferoz

- Taluka Moro
  - Goth Hajji Somar Chandio

- Taluka Kandyaro
  - Kandyaro city
  - Goth Umeedri Machi

- Taluka Nausheroferoz
  - Goth Abdul Hakeem Khokhar

- Taluka Bhria
  - Tharu Shah
  - Goth Qadi Bux Sandh
  - Goth Khaie Qasim

Shahdadkot

- Goth Aitbar Khan Chandio
- Goth Hajji Souhbat Brohi
- Goth Mir Jee Nari
- Goth Hajji Darya Khan Mastoi
- Goth Arzi Bhutto

Sukkur

- Taluka Pano Aqil
  - Goth Sanghi
  - Goth Dafar Jatoi
  - Pano Aqil
- Goth Hajji Khan Ghunia

- Taluka Rohri
  - Goth Deh Kotri
  - Goth Bahera
  - Goth Nazirabad
  - Goth Tharhri Qasim Shah
  - Goth Ibrahim Mochi

- Taluka Saleh Pat
  - Goth Narepul
  - Goth Fazalabad Sheroja

**Shikarpur**

- Taluka Lakhi Ghulam Ali Shah
  - Goth Somar
  - Goth Abdhu

- Taluka Ghariyaseen
  - Noshero Abro
  - Purano Amroth Sharif

- Taluka Shikarpur
  - Muhammad Usman Mahar
  - Hajji Allah Dino Jaferi
Khairpur

- Taluka Kingri
  - Goth Jam Jatoi
  - Goth Lal dino Unjan

- Taluka Kot Diji
  - Goth Hussainabad
  - Khuda Bux Bhnbhro

- Taluka Khairpur
  - Goth Shaheen Khan Jatoi
  - Goth Chatan Shah Bukhari
  - Goth Umaid Ali Katohar

- Taluka Sobodero
  - Goth Lal Bux

Sanghar

- Taluka Sanghar
  - Goth Haji Abdul Karim Laghari
  - Padri Jo Goth
  - Goth Nawab Kot

- Taluka Sinjhoroo
  - Goth Sikanderabad
  - Goth Haji Mohammad Usman Mari
  - Goth Raees Nizamani

- Taluka Shadadpur
- Goth Yaar Mohammad
- Jatiya Paro
- Goth Murad Makrani
- Goth Bachal Khan Bodhyani
- Goth Lakshman Baghri

➢ Taluka Jam Nawaz Ali
  - Jam Goth
  - Naru Jo Goth

➢ Taluka Khipro
  - Goth Wali Mohammad Qazi
  - Mari Jo Goth
  - Goth Chouhdri Abdul Rasheed
  - Goth Vithal Shah
  - Goth Mohammad Sadiq Rajar
  - Goth Haji Nawaz Ali Shah
  - Goth Sachal Samejo

**Ghotki**

➢ Taluka Ghotki
  - Goth Purani Sarhad
  - Goth Haji Makran
  - Goth Umer Dariho
  - Goth Rais Sobdar Khan Khauwar
• Goth Muhammed Ishaque

**Kashmore- Kandhkot**

- Taluka Kashmore
  - Goth Aadu
  - Goth Kamal Khan
  - Goth Haibat Khan
  - Goth Imam saleh

- Taluka Kandhkot
  - Goth Abdul qadir Chachar
  - Goth Dorani Maher
  - Goth Haji Dost Mohammad
  - Goth Ghulam Hyder Shah

- Taluka Tangwani
  - Goth Jeo Malik
  - Goth Haji Kamal Khan Magsi
  - Goth Qasim Khan Khoso
  - Goth Nurullah Khan
  - Noonari Muhallah Tangwani

**Jacobabad**

- Taluka Jacobabad
  - Goth Abdul Aziz Kharani
- Goth Noor Mohammad Pathan
- Goth Manzoor Ahmed Maher

- Taluka Thul
  - Goth Mubarakpur
  - Goth Mohammad Yaqoob Mirpur Burio
  - Goth Chandan

- Taluka Ghari Khero
  - Goth Maher Bhatti
  - Goth Rais Allah Bux Bhatti
  - Goth Dao Jahan Pur
  - Goth Mohim Khan Brohi
  - Goth Ustbalenobad

**Dadu**

- Taluka Dadu
  - Goth Kamil Gaincho
  - Goth Faqirabad
  - Goth Jurial Bhand
  - Goth Bhor Panwar

- Taluka Johi
  - Goth Saidan Ko Photo
  - Goth Safran

- Taluka Khairpur Nathanshah
- Goth Somar Khan Kamrani
- Goth Sudhan Panhwar
- Goth Ahmed Khan Unar
- Goth Fazal Faqir
- Goth Yaqoob Panhwar
- Goth Dost Mohammad Mari

**Tando Muhammad Khan**

- Taluka Tando Muhammad Khan
  - Goth Haji Ahmed Wisryo
  - Goth Haji Gox Gujar

- Taluka Bulri Shah Karim
  - Goth Punhalabad
  - Goth Nabi Bux Lagari
  - Goth Wali Muhammad Magsi

**Tando Allahyar**

- Taluka Tando Allahyar
  - Goth Gul Khumaid
  - Goth Fahad Junejo
  - Goth Qazi Muhammad Halepoto

- Taluka Chambar
  - Chambar Road
- Goth Muhammad Nawaz Utho
- Goth Khan Muhammad Bozdar
- Goth Bahadur Laghari

**Kamber- Shahdadkot**

- Taluka Kamber
  - Goth Sharifana
  - Goth Bacho Mujeri
  - Goth Allah Dino Tunio

- Taluka Warah
  - Goth Bukayja
  - Goth Eid Mohammad Brohi
  - Goth Ali Hasan Jakhar

- Taluka Nasirabad
  - Goth Mundar Lakha
  - Goth Muradi
  - Goth Chodero
  - Goth Qabool Tewno
  - Goth Faiz Mohammad Khokhar
  - Goth Jamil Tunio
  - Goth Aliabad
  - Goth Humzo Gawance
  - Goth Bhatti
SURVEY METHODOLOGY

Method:
The project executed in a planned manner in the following steps:

a) Field survey
b) Scientific literature survey of identified plants
c) Scientific evaluation (Safety and efficacy) of selective medicinal plants
d) Standardization

a) Field Survey

- Team for survey includes biochemist, microbiologist, chemist, pharmacist, doctors, anthropologist, etc.
- Field sites are described
- Ethnobotanical data was collected from literature

The team is approaching to identify those areas where cultural folk medicines are strongly used. To carry out survey, a friendly relationship was established with households. For each meeting, target villages are selected where the objectives of surveys can be discussed: both volunteers and recommended individuals are identified as possible candidates to participate in personal interview for the survey. The following are activities carried out.

1. Women are interviewed in a culturally sensitive manner by female members of the team.
2. Herbalists within that village are identified.
3. Each herbalist is interviewed by a member of the team. This interview is based on standard questionnaires and includes enquiries of different types of plants collected from forest, farms, gardens, and bought from the market.

For ethnobotanical assessments, the following points are considered:

Preparation before Field Work:
Secondary information maps, flora, vegetation analysis, census statistics, reports on forest used to gain a preliminary idea of the land, the people and conversation, issues in the region are obtained and consulted for visit.
Formation of Multidisciplinary Team:
Village elders are contacted prior to visit. Survey is conducted with the team of botanist, who knows flora, anthropologist, and other researchers who have work in the region. After field work has finished results are reviewed. The preliminary consultation is made by a small committee that includes local people.

Ensure Community Participation:
As a first step, before starting field, work full corporation and permission of local authorities is sought. It is asked them to recommend local people including specialist who can work with the assessment of team.

Selection in Choice of Techniques:
Appropriate method for analysis is selected which could be understood by all participant and don’t required time consuming calculation.

Systemic Work:
This survey is conducted in a systemic way so anyone who need through study can review results. This includes making site map of area visited, name record of local people who participated, identification a biological species encountered and recording on paper and an tape of the interview conducted. The conclusion of the survey is created with graphics and charts during the stay period.

Key Area for Questionnaire is:

- Name of disease (in local language) along with symptoms
- Local name of plants
- Types of plants
- Parts of plants used
- Mode of preparation
- Availability and non-availability of plants used i.e. whether the plant had become more difficult to find in recent years.
- Optimal time for plant collection
- Area of collection
- Can a particular plant be substituted by another for same ailments?
- Personal experiences and treatment time
- Any recurrences of the disease condition.

4) The data is recorded on the questionnaire and analysis is done
Data Collection Includes:

- Collection and identification of the plants and other material.
- Preparing ethnobotanic referee collection
- Herbaria and curation of the plant and other species specimens.
- Judging the completeness of a plant survey.
- Collecting plants for photochemical analysis.

The main objective of survey is to document and analyze information on the traditional use of medicinal plants by local population in rural areas of Sindh for the treatment of women folk diseases.

c) Scientific evaluation (safety and efficacy) of selected medicinal plants

All plants and other species identified through the survey will be collected and extracted in H. E. J. R. I. C. laboratories. During this project a systematic study will be conducted on the Chemistry and pharmacology of extracts and compounds isolated from natural sources. Extraction and isolation of active constituents from plants will be carried out using a variety of chromatographic techniques such as column chromatography and HPLC techniques. The structures elucidation of active constituent will be determined using sophisticated spectroscopic techniques and chemical methods.

Extraction and isolation

Plant will be collected and dried in air. Air-dried plant material will be crushed and keep in methanol /ethanol for 15-20 days at 25o C. after evaporation of the solvent, a crude extract will be obtained which will be dissolved in distilled water and defatted with hexane. The defatted aqueous extract will further be fractionated with CHCl3, EtOAc and then with BuOH. These extracts will be evaporated and evaluated for their antioxidant activity. Active extract will be subjected to column chromatography (CC) on silica gel, Sephadex LH-20 and HPLC and eluted with gradients of different solvents like Hexane-CH2Cl2, Hexane-EtOAc, CH2Cl2-EtOAc, CH2Cl2-MeOH, H2O-MeOH etc. to yield the most important active constituents from plant. The structure elucidation of active constituents will be determined using UV, IR, Mass, 1- and 2-D NMR techniques and chemical methods.

Bioassay and Pharmacological Evaluation

All plants will be identified through survey, will be collected and extracted in H. E. J. R. I. C. laboratories
after taxonomic identification. Organic extracts (80% MeOH-HO) will be prepared and dried under vacuum. These extracts will be screened for relevant activity (reputed therapeutic activity) by using high-throughput biological and pharmacological screening protocols. The bioassay screening will include:

**In Vitro Studies for Treponema palladium** (causative agent of syphilis)

T. palladium will adjusted to $2 \times 10^7$ to $2.5 \times 10^7$ organism per ml. different conc. At extract/compounds will be diluted and added to treponemes. After 24 h at 37°C in an environment of 5% CO2 of motile organisms will be assessed both live and dead organisms will be counted.

**In Vivo Studies for Treponema palladium**

Adult female rabbits will be injected intradermally with viable T. palladium. When (usually in 2 weeks) skin lesions will be clinically apparent and animals were treated intramuscularly with different doses of the plant extract / pure compounds. As positive control penicillin G at 23,000 U/kg will be injected in to a separate group of rabbits. As negative control, rabbit will not be treated and will be obscured.
**In Vitro Studies for *Candida albicans* (causative agent of syphilis)**

Minimal inhibitory concentration (MIC Testing) will be done by broth microdilution assay by using medium at pH 7, an inoculums size of 50 to 100 CFU/ML and 24 h of incubation. Result of crude extract/pure compounds will be compared with amphotericine B and Clotrimazole.

**In Vivo Studies for *Candida albicans***

Mice will be infected by intravenous administration of 5×10⁶ CFU per animal from a freshly prepared 24-h C. albicans culture. An extract/pure compounds will be administered orally to mice (appropriate dose) over the period of 5-7 days.

**In Vitro test for *Neisseria gonorrhoeae* (causative agents of gonorrhoea)**

The MICs and the extract/pure compounds will be determined by agar dilution techniques. Several dilutions of the antimicrobial agents will be distributed in to Mueller-Hiniton agar. The culture will be then inoculated on to the antimicrobial agents, containing plates. The plates will be incubated for 18-24 h at 35° C in a CO2 atmosphere. The MIC will be defined as the lowest conc. Of the extract/compound that inhibit visible growth on the surface of agar.

**In Vitro test against *Chlamydia trachomatis***

Lodo-oxxyuridine treated McCoy cells will be infected with an inoculum of C. trachomatis. A serial of several fold dilution of extracts/pure compounds will be added after 48 h inoculation of pathogens and incubation continued for a further 48 h and then MIC will be noted.

**In Vivo Studies for Female Sexual Dysfunction**

Female rabbits will be selected as animal model to examine female genital arousal response. The changes in vaginal and clitoral hemodynamic in response to pelvic nerve stimulation will be recorded.

**In Vivo Studies for Premature Menopause**

Primodial germ cells deficient mouse will be used as animal model for pathogenesis and treatment of premature menopause.
Cytotoxicity Studies

Crude extract/pure compound used in women disease will be subjected to cytotoxicity assay. The cytotoxic activity of compounds will be studied by using human neutrophiles. An in vitro spectrophotometric method will be used for this study which measures the cell viability (%) after the incubation of test compounds with human neutrophiles. The assay is based on the reduction of tetrazolium salt WST-1 by mitochondrial dehydrogenises of viable cells to yellow organ formation dye, which can be measured spectrophotometrically.

D.) Standardization of selected plants and herbal preparations

In Pakistan the use of plants and plant extracts for health care agents are very common. The materials used in herbal and plant based medicine are usually whole plants, parts of plants or extracts of plants. Since plant materials contain many different chemical components. This makes it very difficult to standardize and control the quality of materials. Many of the remedies employed are mixtures of two or more plant-based components. They are therefore effectively mixtures of mixtures and thus even more difficult to analyze than herbal remedies based on a single plant martial. Furthermore, the recipes and methods of manufacture used for such remedies frequently remain undisclosed. These factors make it very difficult to ensure that two samples of the given remedy, obtained from disparate sources and ostensibly identical, do in fact contain the same mixture of ingredients. This problem, which leads to difficult the quality of such materials, has so far limited the acceptability of Easter herbal remedies to Western herbal practitioners.

It is virtually impossible at present to provide any assurance that samples of a given plant material obtained from disparate sources will possess a uniform identity and biological activity. The present procedure will addresses this problem by providing a means of standardization medicinal plant materials.

Thus the process of these studies will provide a means of defining a standard for a given medicinal plant material on the basis of a known sample of the material which possesses the particular property desired for the standard. A specification for the standard is established by submitting the known sample to (a) a combination of NMR spectroscopy and computer- based pattern recognition technique and (b) one or more biological profiling techniques, and defining the result thus obtained as the standard specification. Subsequent “candidate” samples of the said plant material can then be tested for compliance with the standards. They can be accepted or rejected depending on whether they give analytical results which fall within or outside, either part or all of the established specification.
Crude extract/pure compound used in women disease will be subjected to cytotoxicity assay. The cytotoxic activity of compounds will be studied by using human neutrophiles. An in vitro spectrophotometric method will be used for this study which measures the cell viability (%) after the incubation of test compounds with human neutrophiles. The assay is based on the reduction of tetrazoliumm salt WST-1 by mitochondrial dehydrogenises of viable cells to yellow organ formation dye, which can be measured spectrophotometrically.

The proposed studies will provide a process for establishing a standard specification for a medicinal plant material, the process will consist of:

i. Preparing a test solution or test extract of a sample of the medicinal plant material which is known to process the or each property desired for the standard;
ii. Submitting the said solution or extract to two or more analytical method including (a) a combination of NMR spectroscopy and computer-based pattern recognition technique, and (b) one or more biological profiling techniques;
iii. Obtaining results from the analytical methods used in step (ii); and
iv. Defining a standard specification for the said plant material on the basis of the results obtained in step (iii).
# List of Plants for the Treatment of Women Specific Diseases in Sindh

<table>
<thead>
<tr>
<th>S.no.</th>
<th>Botanical Names of Plants</th>
<th>Sindhi Name</th>
<th>English Name</th>
<th>Page no.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Abelmoschus esculentus</em> L.</td>
<td>Bhindi</td>
<td>Okra/ lady finger</td>
<td>32</td>
</tr>
<tr>
<td>2.</td>
<td><em>Acacia nilotica</em> L. Willd</td>
<td>Babur</td>
<td>Gum arabica</td>
<td>34</td>
</tr>
<tr>
<td>3.</td>
<td><em>Achillea millefolium</em> L.</td>
<td>Gumandar</td>
<td>Yarrow</td>
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<tr>
<td>4.</td>
<td><em>Acorus calamus</em> L.</td>
<td>Kini kathi</td>
<td>Sweet flag, calamus</td>
<td>38</td>
</tr>
<tr>
<td>5.</td>
<td><em>Allium cepa</em> L.</td>
<td>Basar</td>
<td>Onion</td>
<td>40</td>
</tr>
<tr>
<td>6.</td>
<td><em>Allium sativum</em> L.</td>
<td>Thooma</td>
<td>Garlic</td>
<td>42</td>
</tr>
<tr>
<td>7.</td>
<td><em>Aloe vera</em> (L.) Burm. f.</td>
<td>Alva</td>
<td>Aloe vera</td>
<td>44</td>
</tr>
<tr>
<td>8.</td>
<td><em>Ammomum subulatum</em> Roxb.</td>
<td>Wada phota</td>
<td>Black cardamom</td>
<td>46</td>
</tr>
<tr>
<td>9.</td>
<td><em>Anethum sowa</em> Roxb.</td>
<td>Sowa</td>
<td>Dill</td>
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</tr>
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<td>10.</td>
<td><em>Apium graveolens</em> L.</td>
<td>Waowal</td>
<td>Celery</td>
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<td>11.</td>
<td><em>Arachis hypogaea</em> L.</td>
<td>Mugera</td>
<td>Peanut</td>
<td>52</td>
</tr>
<tr>
<td>12.</td>
<td><em>Areca Catechu</em> L.</td>
<td>Supari, kini supari, tail supari</td>
<td>Betel nuts, areca nuts</td>
<td>54</td>
</tr>
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<td>14.</td>
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Description of Plants Used for the Treatment of Women Specific Diseases in Sindh

*Abelmoschus esculentus* L.

Botanical name: *Abelmoschus esculentus* L.
Synonym: *Hibiscus esculentus* L.
Kingdom: Plantae
Order: Malvale
Family: Malvaceae
Genus: *Abelmoschus*
Sindhi name: Bhindi
Local name: Bhindi
English name: Okra/ lady's fingers
Part used: Whole plant

**Description:**

The species is an annual or perennial, growing to 2 m tall. It is related to such species as cotton, cocoa, and hibiscus. The leaves are 10–20 cm long and broad, palmately lobed with 5–7 lobes. The flowers are 4–8 cm in diameter, with five white to yellow petals, often with a red or purple spot at the base of each petal. The fruit is a capsule up to 18 cm long, containing numerous seeds.\(^1\)

**Occurrence:**

The plant is cultivated in tropical, subtropical and warm temperate regions around the world.

**Uses Reported in Literature:**

- It cures leucorrhoea, spermatorrhea, and thinness of semen, functional impotency, premature ejaculation, diabetes, constipation and burning in the eyes.\(^2\)
- The mucilage from seeds and fruit is emollient, demulcent and are used in gonorrhea.\(^3\)
- Seeds are antiseptic, stimulant, stomachic, tonic, carminative, aphrodisiac and cooling.\(^4\)
- Seeds are considered as antispasmodic.\(^5\)
Decoction of immature fruits is used as diuretic.\(^5\)

Seeds are useful in treatment of gonorrhea, urinary discharges, strangury, diarrhea, blood disorders\(^3\) etc.\(^5\)

In Asian medicine the fruit of the okra plant, Abelmoschus esculentus (L.) Moench., is used as a mucilaginous food additive against gastric irritative and inflammatory diseases.\(^6\)

**Ethnobotanic Data:**

- It is used to treat leucorrhea.

**References:**

2. Pullaiah, T., Encyclopaedia of World Medicinal Plants, p. 11-12, 1, (2006), Regency Publications, New Delhi, India.
**Acacia nilotica** L. Willd

Botanical Name:  *Acacia nilotica* L. Willd  
Kingdom:  Plantae  
Order:  Fabales  
Family:  Fabaceae  
Genus:  *Acacia*  
Local Name:  Babul  
Sindhi Name:  Babur  
English Name:  Gum arabica  
Part used:  Inflorescence, pods

**Description:**

Tree is 1.2-18 m high, variable in shape; bark on trunk rough, fissured, blackish, grey or brown. Leaf often with 1-2 petiolar glands; leaflets 7-25 pairs. Flowers are bright yellow. Fruit is variable, indehiscent, straight or curved, glabrous to velvety, 4-22 cm long, 1.3-2.2 cm wide. Seed is blackish brown, smooth, 7-9 mm long, 6-7 mm wide.¹

**Occurrence:**

*Acacia nilotica* L. is native to Africa and Indo-Pakistan subcontinent. In Pakistan it is widely distributed in Balochistan and Sindh.

**Uses Reported in Literature:**

- Pods are reported to be effective for the treatment of urinogenital disorders.²
- Plant is used to treat diabetes.³
- It is astringent, spasmyloytic and hypoglycaemic.⁴
- Gum is demulcent for inflammatory conditions of respiratory, digestive and urinary tract.⁴
- An infusion of the pods and bark is a common remedy for gastrointestinal disorders.⁵
- The pulverized pods/seeds are applied to sores of the mouth or to hasten cicatrization of syphilitic ulcers, while a decoction of the fruits with ginger is used as a mouth-wash to treat toothache.⁵

**Ethnobotanic Data:**

- It is used to treat menstrual disorders as dysmenorrhea, menorrhea, amenorrhea, and leucorrhea.
- It increases lactation.
- It is also effective in vaginal pruritis.
- In combination with different herbs it is used for improvement of health after delivery
- It is given for the treatment of weak uterus and infertility.
- It is used to treat vaginal discharge in STD (Sexual transmitted diseases).

References:
**Achillea millefolium** L.

Botanical Name: *Achillea millefolium* L.  
Kingdom: Plantae  
Order: Asterales  
Family: Asteraceae  
Genus: *Achillea*  
Local Name: Gumandar  
Sindhi Name: Gumandar  
English Name: Yarrow  
Parts Used: Whole plant

Flowers and leaves of *Achillea millefolium* L.

**Description:**
Common yarrow is an erect herbaceous perennial plant that produces one to several stems (0.2 to 1m tall) and has a rhizomatous growth form. Leaves are evenly distributed along the stem, with the leaves near the middle and bottom of the stem being the largest. The leaves have varying degrees of hairiness (pubescence). The leaves are 5–20 cm long, bipinnate or tripinnate, almost feathery, and arranged spirally on the stems. There are generally 3 to 8 ray flowers that are ovate to round. Disk flowers range from 15 to 40. The inflorescence is produced in a flat-topped cluster. The fruits are small achenes. Yarrow grows at low or high altitudes, up to 3500 m above sea level.¹

**Occurrence:**
Yarrow is native to the Northern Hemisphere and Eurasia but is widely naturalized in United States. Now it is widely distribute in Asia, in which it is distributed in Iran, Afghanistan, Turkey, and also in Indian Subcontinent (India Pakistan). About 10 species can be found in China.

**Uses Reported in Literature:**
- It is reported to be associated with the treatment of amenorrhea, contraceptive (unproven), diabetes treatment, digestion (stimulates) gastro-intestinal disorders, dyspepsia, gastritis, inflammation, emmenagogue, menses (suppressed), menorrhagia, menstruation (regulates, relieves pain).¹  
- Decoctions have been used to treat inflammations, such as hemorrhoids, and headaches.¹  
- *Achillea millefolium* L. is used in folk medicines for the treatment of overactive cardiovascular and respiratory ailments.²  
- *Achillea millefolium* L. possesses antioxidant and antimicrobial properties in vitro against *Streptococcus pneumonia* and *Candida albicans* (a causative agent of syphilis).³
The aerial parts of the plant are used to treat inflammation, especially in the intestinal and female reproductive tracts.\textsuperscript{3}

The plant is diuretic, expel kidney stones and useful in fever.\textsuperscript{4}

Hydro alcoholic extract showed wound healing property.\textsuperscript{4}

The plant is reported as astringent, tonic, diaphoretic, anti spasmodic and also useful in epilepsy, rheumatism and treat cold.\textsuperscript{5}

Achilleine is reported to be haemostatic and reduce blood clot time in rabbit.\textsuperscript{5}

Ethnobotanic Data:

The plant is used to treat leucorrhea and backache.

It used to treat pelvic inflammatory disease and pelvic swelling.

It is also used for the expulsion of plasma membrane after delivery.

It is used for contraception.

It is used to treat infertility.

It is used for dilation and curettage (D & C)

References:

**Acorus calamus** L.

Botanical Name: *Acorus calamus* L.
Kingdom: Plantae
Order: Acorales
Family: Acoraceae
Genus: *Acorus*
Local Name: Gur Bach
Sindhi Name: Kini kathi
English Name: Sweet flag, calamus
Part used: Whole plant

**Description:**

A rhizomatous, perennial semi aquatic plant grows up to 40 cm in height. Leaves are simple, bright green, distichous, thickened in the middle, ensiform; flowers seen in densely packed spadix inflorescence, fruits is oblong berries are suspended from the apex of cells. Underground rhizomes are creeping, branched about 1 cm in diameter. [1]

**Occurrence:**

Indigenous to India, *Acorus calamus* is now found across Europe, in southern Russia, northern Asia Minor, southern Siberia, China, Indonesia, Japan, Burma, Sri Lanka, and Australia.

**Uses Reported in Literature:**

- Used for the treatment of leucorrhea.²
- Treat fever during the menstruation.³
- Used for the treatment of dysmenorrhea and irregular menstruation.⁴
- Treat headache during menstrual cycle.⁵
- Used for the treatment of infertility due to cold womb.⁶
- Used to treat habitual abortion.⁷
- The rhizome is used as carminative and stimulant.⁸,⁹
- It is aphrodisiac, emmenagogue, diuretic, expectorant and antipyretic.⁹
- Rhizomes is traditionally used against different ailments like, fever, asthma, bronchitis, cough and mainly for digestive problems such as gas, bloating, colic, and poor digestive function.¹⁰
- It is also used in the treatment of cough, fever, bronchitis, depression and other mental disorders, tumors, haemorrhoids, skin diseases, numbness and general debility.¹¹
Ethnobotanic Data:

- It is used in prolapsed uterus with oregano, green cardamom and soap stone.
- It is used to treat uterus fibroid with certain combinations.
- It is used in infertility with dill.
- It reduces abdomen size after child birth.
- With Gall oak it is used in menstrual problem as leucorrhea, menorrhea, amenorrhea and dysmenorrhea.
- It is given for expulsion of plasma membrane after delivery.
- It is used to reduce abdominal size after the child birth.
- It is given for the treatment of uterus fibroid, backache, abdominal pain and for dilation and curettage (D & C) after miscarriage.
- It strengthens weak uterus.
- It is also used to treat pelvic swelling, and dyspareunia.
- It is used as a contraceptive.

References:

Allium cepa L.

Botanical Name: Allium cepa L.
Kingdom: Plantae
Order: Asparagales
Family: Alliaceae
Genus: Allium
Local Name: Piaz
Sindhi Name: Basar
English Name: Onion
Parts Used: Underground corn

Description:
Bulb is clustered, cylindrical to ovoid or almost rounded coats papery, white to brownish or reddish. Scape up to 1 m tall, stout, fistular, usually inflated below the middle. Leaves are cylindrical, fistular. Umbels are spherical densely flowered. Flowers are stellate. Tepals are greenish-white, oblong, and obtuse. Filaments are exerted, inner 2-toothed at the base. [1]

Occurrence:
Native to Central Asia, probably described from Iran, it is cultivated almost everywhere in Pakistan too.

Uses Reported in Literature:
- It is used for the prevention of lactation of women in lactation period. [2]
- Onion is reported to possess aphrodisiac property. [3]
- It is anti-inflammatory. [4]
- Onion is beneficial for women who are at increased risk for osteoporosis as they go through menopause, by destroying osteoclasts so that they do not break down bone. [5]
- It is anthelmintic, anticancer, antioxidant, antiseptic, Antispasmodic, carminative, diuretic, expectorant, febrifuge, and hypotensive in nature. [6]
- It is considered effective against the respiratory disease, tooth disorders, anemia, skin disorders, ear disorders, cholera, urinary system disorders, bleeding piles common cold, heart disease. [6]
- It is used as an antidote. [7]
- It is effective in cholera, diarrhea, throat infection, and common cold. [7]
Ethnobotanic Data:

- It is used to treat uterus fibroid.
- It is used intra-vaginally after delivery for expulsion of plasma membrane and D & C.
- It is used for strengthening weak uterus and for menstrual problems in combination with other herbs.
- It is also used to treat infertility.

References:

**Allium sativum L.**

**Botanical Name:** *Allium sativum* L.  
**Kingdom:** Plantae  
**Order:** Asparagales  
**Family:** Alliaceae  
**Genus:** Allium  
**Local Name:** Lehsan  
**Sindhi Name:** Thooma  
**English Name:** Garlic  
**Parts Used:** Bulb

**Description:**  
Garlic is a bulbous perennial herb, closely related to the onion. It has a tall, erect flowering stem that reaches 2-3 feet in height. The plant has pink or purple flowers that bloom in mid to late summer.

**Occurrence:**  
Native to Southwestern Asia, Britain, North America, cultivated in Pakistan.

**Uses Reported in Literature:**  
- Garlic is used successfully in AIDS patients to treat cryptosporidium.  
- Garlic is used in the treatment of antibacterial and antifungal infection.  
- It is used as contraceptive and antispermogenesis.  
- It is used to regulate menstruation.  
- It is used for vaginal pruritus.  
- Garlic’s current principal medicinal uses are to prevent and treat cardiovascular disease by lowering blood pressure and cholesterol, as an antimicrobial, and as a preventive agent for cancer.  
- Garlic is used to treat atherosclerosis and hyperlipidemia.  
- Garlic has probably been most popularized as a complementary therapy for blood pressure control.

**Ethnobotanic Data:**  
- It is used for menstrual problems like leucorrhea, dysmenorrhea and menorrhrea.  
- In combination with other herbs it is used for the treatment of infertility.
It is also used for uterus opening.

References:

**Aloe vera** (L.) Burm. f.

- **Botanical Name:** *Aloe vera* (L.) Burm. f.
- **Kingdom:** Plantae
- **Order:** Asparagales
- **Family:** Xanthorrhoeaceae
- **Genus:** *Aloe*
- **Local Name:** Aloe
- **Sindhi Name:** Alva
- **English Name:** Aloe vera
- **Parts Used:** Leaves and roots

**Description:**

*Aloe vera* is a stemless or very short-stemmed succulent plant growing to 60–100 cm (24–39 in) tall. The leaves are thick and fleshy, green to grey-green, with some varieties showing white flecks on the upper and lower stem surfaces. The margin of the leaf is serrated and has small white teeth. The flowers are produced in summer on a spike up to 90 cm (35 in) tall, each flower pendulous, with a yellow tubular corolla 2–3 cm (0.8–1.2 in) long.¹

**Occurrence:**

It is believed to have originated in the Sudan. *Aloe vera* grows in arid climates and is widely distributed in Africa, India, Nepal and other arid areas like

**Uses Reported in Literature:**

- The plant is said to be used in menstrual diseases and the pulp is used in menstrual suppression.²
- The plant is used as a tonic after pregnancy but unsafe use causes abortion.²
- It is used in stomach pain, in fever and in uterine disorders. Leaf pulp is used to treat liver disorders, rheumatism.²
- The roots of *aloe vera* are used for colic pain and as antiseptic.²
- The pulp is used as aphrodisiac, emmanagogue, and as blood purifier.³
- It is also used as stomachic, anthelmetic and as purgative.³
- It is used for stomach tumor, constipation, treat burns, skin rashes and chafed nipples from feeding and applied externally.⁴
- It is used as antibacterial and anti viral.⁴
The aloe plant is evaluated to have the potential anticancer properties and modulation of antioxidant enzymes activity.\(^5\)

The *aloe vera* (L.) Burm.f. extract is used in functional prevention of fluoride led oxidative stress during pregnancy.\(^6\)

**Ethnobotanic Data:**

- It is used to treat infertility, and pelvic swelling.
- It is also used for retroverty uterus.
- It is also used to treat menorrhea.

**References:**

**Ammomum subulatum** Roxb.

- **Botanical Name:** *Ammomum subulatum* Roxb.
- **Kingdom:** Plantae
- **Order:** Zingiberales
- **Family:** Zingeberaceae
- **Genus:** *Amomum*
- **Local Name:** Bari illaichi
- **Sindhi Name:** Wada phota
- **English Name:** Black cardamom
- **Parts Used:** Whole plants

**Description:**

Black cardamom stems grow up to 5ft tall. Leaves are found on the upper portion of the stem. The rhizomes are a dull red colour. Flower buds appear in spring from the base of the rhizome. The peduncle is short and the buds encased in tight red bracts. Flowers appear from spring through mid summer. Individual flowers stay open for three days and more and new ones open successively. An inflorescence stays in flower for over a month.¹

**Occurrence:**

It is native to Nepal, Bangladesh, China, Bhutan, India, Assam, Sikkim, West Bengal, and Myanmar. It is cultivated in Nepal and India.

**Uses Reported in Literature:**

- It is stimulant²,⁶, carminative²,⁶, and blood thinner.²
- It is effective in Gonorrhea.³,⁴,⁵,⁶
- It possesses aphrodisiac property.⁵,⁶
- Seed are used as cardio and liver tonic.⁶
- It has antifungal activity against *Aspergillus flavus*.⁷
- Seeds are antiemetic, used for the treatment of indigestion.⁸

**Ethnobotanic Data:**

- It is used for pelvic swelling and treats pelvic inflammatory disease in combination with holy basil leaves and rock salt.
- Due to its huge effects it is widely used in preparations given for expulsion of plasma membrane after delivery.
- It can be given to reduce back pain in menstruation and also reduces abdominal size after child birth.
- People believe it can be used for contraception.
- It is also beneficial in menstrual problems as menorrhea, amenorrhea and also regulates menstrual cycle too.
- In interior areas people used it in therapies for sexual transmitted diseases.
- It can sometimes may cause abortion
- It is used for contraception purpose and for dysprunia.
- It I used to treat post partum hemorrhage, and uterus opening.

References:
2. www.spicesmedicinalherbs.com/black-cardamom-spice.html
**Anethum sowa** Roxb.

Botanical Name: *Anethum sowa* Roxb.
Kindom: Plantae
Order: Apiales
Family: Apiaceae / Umbelliferae
Genus: *Anethum*
Local Name: Soya
Sindhi Name: Sowa
English: Dill
Part used: Seeds, leaves

Flowers of *Anethum sowa* Roxb.

**Description:**
An aromatic annual herb grows up to 1 m in height with hollow grooved stem. Leaves are compound, 2-3 pinnate, bluish-green, segments are filiform, leaf sheath surrounds the stem; flowers are yellow, in flat compound umbels; fruits are narrowly winged, vittae large and conspicuous.\(^1\)

**Occurrence:**
Dill originated in Eastern Europe. Wild and weedy types of dill are widespread in the Mediterranean basin, in West Asia and in Pakistan.

**Uses Reported in Literature:**
- It increases lactation and prevent early pregnancy after birth.\(^2\)
- It is used as emmenagogue, galactagogue also used in amenorrhea and dysmenorrhea.\(^3\)
- It is antimicrobial, and anti fungal.\(^4\)
- It is used a condiment and flavoring agent in pickles, curries, soups and salads.\(^3\)
- Aqueous extract lowers blood pressure and dilates blood vessels.\(^4\)
- Fresh and dried leaves are used for prevention and treatment of disease of GIT, kidney and urinary tract.\(^4\)
- It is used in digestive and menstrual disorder.\(^5\)
- It is used in internal spasm, cold, cough and flu remedies.\(^5\)

**Ethnobotanic Data:**
- Its suppositories are made in combination with different herbs and used for used treating uterus fibroid.
- It is also used for infertility with calamus.
When given orally in food increases lactation and reduces pain during menstruation and pregnancy and strengthens uterus after delivery.

It is also reported by ladies to be used for menstrual problem like menorrhea, amenorrhea, leucorrhea and dysmenorrhea.

It is used for expulsion of plasma membrane after child birth.

For menorrhea it is given orally with betel nuts.

Water of dill is given in fasting for amenorrhea.

In combination with herbs it lowers abdominal size after child birth.

It regulates menstrual cycle at their 1st menstrual cycle.

In excess quantity it may cause abortion.

It is given for the treatment of sexually transmitted diseases.

It is used in prolapsed uterus and maintains position of uterus from retroversion uterus to normal.

It is given for contraception.

It is used to treat pelvic inflammatory disease and pelvic swelling.

References:
**Apium graveolens** L.

**Botanical Name:** *Apium graveolens* L.  
**Kingdom:** Plantae  
**Order:** Apiales  
**Family:** Apiaceae  
**Genus:** Apium  
**Local Name:** Ajmood  
**Sindhi Name:** Waowal  
**English Name:** Celery  
**Parts Used:** Seeds

**Description:**

It is glabrous, and branched. Leaves are pinnate; leaflets are oval to obovate, usually 3-lobed, sinuate to entire. Peduncle is few cm long or lacking. Bracts and bractlets are lacking. Fruit is ovoid to suborbicular, ridges prominent; furrows 1-vittate; commissure 2-vittate. [1]

**Occurrences:**

Wild celery can be found throughout Europe, the Mediterranean, and parts of Asia (China, India).

**Uses Reported in Literature:**

- Celery is thought to be an aphrodisiac because it contains androsterone (a metabolic product of testosterone) [2]
- Metabolic fraction of seeds shows antibacterial and antioxidant properties. [3]
- It is anti-inflammatory and used in inflammation of urinary tract. [4]
- It is used as an emmanogogue [4, 7]
- It is used for the treatment of primary dysmenorrhea. [5]
- Celery seeds are used to treat gynecological diseases, such as leucorrhea, menopause, irregular periods, dysmenorrhea [7], and ovary problems. [6]
- It is carminative, and stomachic. [7]
- It has been recommended for the treatment of liver and spleen diseases, bronchial asthma, malaria, diarrhea, dysentery, skin diseases, arthritis, painful eye diseases, chronic fever, and insect bite. [8]
- The *Apium graveolens* L. has also been suggested to possess anti-inflammatory activity, antimicrobial, hepatoprotective, antiemetic, antispasmodic, analgesic and diaphoretic actions. [8]
Ethnobotanic Data:

- It is used for the treatment of infertility and disprunia.
- It reduces backache during pregnancy and menstruation.
- In combination with different herbs it lowers abdominal size after child birth.
- It treats sexually transmitted diseases and infertility.
- It is used for the expulsion of plasma membrane after delivery.
- It is also given for contraception purpose.
- Ladies use it for menstrual problem as leucorrhea and for prolapsed uterus.
- It is also given to avoid repetitive abortion.
- It is used to treat back pain, and cervical swelling.

References:

8. Sultanpur, C. M., Vasanthkumar, R., Pharmacologyonline, (1, Newsletter) (2010), p. 824-831, Publisher: University of Salerno, Department of Pharmacology, Government College of Pharmacy, Bangalore, India.
**Arachis hypogaea** L.

<table>
<thead>
<tr>
<th>Botanical name:</th>
<th><em>Arachis hypogaea</em> L.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kingdom:</td>
<td>Plantae</td>
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<tr>
<td>Order:</td>
<td>Fabales</td>
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<tr>
<td>Family:</td>
<td>Fabaceae</td>
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<tr>
<td>Genus:</td>
<td>Arachis</td>
</tr>
<tr>
<td>Local name:</td>
<td>Mong phali</td>
</tr>
<tr>
<td>Sindhi name:</td>
<td>Mugera</td>
</tr>
<tr>
<td>English name:</td>
<td>Peanut</td>
</tr>
<tr>
<td>Part used:</td>
<td>Fruit</td>
</tr>
</tbody>
</table>

**Description:**

It is an annual herbaceous plant growing 30 to 50 cm (1.0 to 1.6 ft) tall. The leaves are opposite, pinnate with four leaflets (two opposite pairs; no terminal leaflet), each leaflet 1 to 7 cm (⅜ to 2¾ in) long and 1 to 3 cm (⅜ to 1 inch) broad. The flowers are a typical peaflower in shape, 2 to 4 cm (0.8 to 1.6 in) (⅜ to 1½ in) across, yellow with reddish veining. *Hypogaea* means "under the earth"; after pollination, the flower stalk elongates causing it to bend until the ovary touches the ground. Continued stalk growth then pushes the ovary underground where the mature fruit develops into a legume pod, the peanut – a classical example of geocarpy. Pods are 3 to 7 cm (1.2 to 2.8 in) long, containing 1 to 4 seeds.¹

**Occurrence:**

It is probably originally native of Brazil, very widely cultivated throughout the Tropics.

**Uses Reported in Literature:**

- The oil serves as a vehicle for injection.²
- Its oil is used as a substitute for olive oil.²,⁵
- Kernels contain protease inhibitors, also used to treat hemophiliacs.³
- Seeds are galactogogue, aphrodisiac, constipating and tonic.⁴
- Seeds are used in agalactia, diarrhea and general debility.⁴
- Fruit and oil is astringent to the bowels.⁵
- Unripe nuts are lactagogue.⁵
- Oil is aperients and emollient.⁵
Ethnobotanic Data:

- It is used to treat leucorrhea and infertility
- It is also used in lactation

References:

Areca catechu L.

Botanical Name: Areca Catechu L.
Kingdom: Plantae
Order: Arecales
Family: Arecaceae
Genus: Areca
Local Name: Supari, phiki chaliya
Sindhi Name: Supari, kini supari, tail supari
English Name: Betel nuts, areca nuts
Part used: Fruit, seeds

Description:
It is a medium-size and graceful palm tree, growing straight to 20 m tall, with a trunk 10-15cm in diameter. The leaves are 1.5-2 m long, pinnate, with numerous, crowded leaflets.¹

Occurrence:
The palm is originated in either Malaysia or in the Philippines. It is mostly grows in much of the tropical pacific Asia and parts of east Africa.

Uses Reported in Literature:
- It has aphrodisiac effect for women.²
- It is used in excessive menstrual flow.²
- It is used to inhibit growth of Candida albicans.³
- Young leaves are abortifacient in early pregnancy.³
- It is used as emmenagogue, and used to treat leucorrhea.⁴
- It is also used in vaginal laxity.⁵
- It shows antibacterial activity against methicillin-resistant Staphylococcus aureus (MRSA) and Staphylococcus aureus.⁶
- Powdered nuts are prescribed in diarrhea and urinary disorders.⁵
- Aqueous extract of nuts exhibit direct vasoconstriction in rats.⁵
- It is used in veterinary practice as cathartic and anthelmintic.⁷
- It is used to cure malaria.⁸
- It possesses anti inflammatory and analgesic effects.⁹
Ethnobotanic Data:

- It is used to treat leucorrhea and normalize menstrual cycle.
- It is also given in menstrual disorders as menorrhea, amenorrhea alone, or in preparation with different herbs.
- It is used with gall oak in leucorrhea and for prevention of recurrent abortion and threatened miscarriage in last months.
- It is effective in pelvic inflammatory disease with different 32 herbs.
- It is used for expulsion of plasma membrane after delivery.
- It is used in the preparation to treat sexually transmitted diseases.
- It also lowers the abdominal size after child birth.
- It is used to treat uterine fibroids.
- In interior Sindh it is used by many ladies for contraception.
- It reduces backache during menstruation.
- It is also used for postpartum hemorrhage.
- It is used for D & C (Dilation and Curettage) after miscarriage or abortion.
- It is used as permanent contraceptive.
- It is used to treat pelvic inflammation and dyspareunia.
- It is reported to be good for fetus health.

References:

2. www.enotalone.com/article/9212.html
Product Research Division, Department of Biological and Biomedical Sciences, Medical College, The Aga Khan University, Karachi, Pakistan.
**Asparagus adscendens** Roxb.

Botanical Name: *Asparagus adscendens* Roxb.

Kingdom: Plantae

Order: Asparagales

Family: Asparagaceae.

Genus: Asparagus

Local Name: Safed musli

Sindhi Name: musli

English Name: Asparagus, Sparrow grass.

Parts Used: Tuberous root or rhizome

**Description:**

Roots are tuberous. Suberect, tall, subshrub, young branches are ash grey to white, branchlets grooved. Spine are 8-12(-15) mm long, woody. Cladodes many, frequently 5-20, filiform, terete, ascending or erect or recurved, 10-25 mm long. Inflorescence is 4-6 cm long raceme. Pedical up to 6 mm long, articulated below or in the middle. Flowers are bisexual. Perianth is 3x2 mm, obtuse. Filaments are up to 2 mm, attached to the base of perianth. Ovary size is 2 x 1 mm, narrow towards the base, style up to 0.6 mm, stigma trilobed, lobes up to 1 mm. Berry dark red, 4-5 mm in diameter.¹

**Occurrence:**

It is distributed in Pakistan (Malakand, Kohat, Waziristan, Rawalpindi) Kashmir and India (Kumaon).

**Uses Reported in Literature:**

- The rhizomes are used for general weaknesses, and roots are used to cure dysentery. They are used as substitution for *Asparagus officinalis* L.²
- The root bark is reputed aphrodisiac.²
- It is used as aphrodisiac, and for increasing sperm count.³
- It is also used as general health tonic.³
- It stimulates insulin secretion, and insulin action, and inhibits starch digestion.³
- It is used for the treatment of various ailments like this plant has a cancer chemopreventive efficacy.⁴
- It is good for Demulcent, galactagogue, diarrhea, leucorrhea, spermatorrhea, wasting diseases.⁵
- It helps during pregnancy and postpartum, nourishing fetus and increasing breast milk flow (Lactation).\(^5\)
- Effective in genito-urinary complaints such as seminal weakness, impotence, spermatorrhea, leucorrhea, gonorrhea. Also used for dyspepsia, flatulence and diarrhea.\(^6\)

**Ethnobotanic Data:**
- It is used to treat infertility.

**References:**

**Asparagus officinalis L.**

Botanical Name: *Asparagus officinalis* L.  
Kingdom: Plantae  
Order: Asparagales  
Family: Asparagaceae  
Genus: Asparagus  
Local Name: Asparagys, shatwaar  
Sindhi Name: Haliyo  
English Name: Asparagus  
Parts Used: Shoots and roots

**Description:**

Asparagus is a herbaceous, perennial plant growing to 100–150 centimetres (39–59 in) tall, with stout stems with much-branched feathery foliage. The "leaves" are in fact needle-like cladodes (modified stems) in the axils of scale leaves; they are 6–32 millimetres (0.24–1.3 in) long and 1 millimetre (0.039 in) broad, and clustered 4–15 together. The root system is adventitious and the root type is fasciculated. The flowers are bell-shaped, greenish-white to yellowish, 4.5–6.5 millimetres (0.18–0.26 in) long, with six tepals partially fused together at the base; they are produced singly or in clusters of 2–3 in the junctions of the branchlets. It is usually dioecious, with male and female flowers on separate plants, but sometimes hermaphrodite flowers are found. The fruit is a small red berry 6–10 mm diameter, which is poisonous to humans.¹

**Occurrence:**

It is native to most of Europe, northern Africa and western Asia, and is widely cultivated as a vegetable crop.

**Uses Reported in Literature:**

- It is diuretic, laxative, sedative, galactagogue, and also used for neuritis and rheumatism.²
- It is also used in irrigation therapy for inflammatory diseases of urinary tract, and for prevention of kidney stones.²
- The roots are diuretic, and are recommended in dropsy, they are powerful cardiac sedative.³
- Infusion of the roots is used against jaundice, and also shows the inhibitory activity against tuberculosis.³
- It is cooling, aphrodisiac, and expectorant.⁴
Leaves are used as an application to boils and abscesses.  
Its tea is nutritional, disease resisting, anticancer, cardiovascular disease preventing and treating, blood pressure lowering, blood lipid reducing, toxic substance clearing away, diuresis inducing, immunity enhancing.  
It is antifatigue, antiaging, appetite promoting, and can be used for preventing diseases such as hypertension, cystitis, nephritis and edema.  
It is used as an herbal medicine for the treatment of several diseases like liver cell toxicity.

Ethnobotanic Data:

- It is used to treat backache in menstruation.

References:

4. Joshi, S.G., Medicinal Plants, p. 69, 2002, Oxford and IBH Publisher Cov- Pvt.ltd, New Delhi, India.  
Azadirachta indica J. Juss.

Botanical Name: Azadirachta indica J. Juss.
Kingdom: Plantae
Order: Sapindales
Family: Meliaceae
Genus: Azadirachta
Local Name: Neem
Sindhi Name: Nim
English Name: Margosa tree
Part used: Leaves

Description:

The branches are wide spread, opposite, pinnate. Leaves are 20–40 cm long. The (white and fragrant) flowers are arranged axillary, fruit is a smooth (glabrous) olive-like drupe. The neem tree is very similar in appearance to the Chinaberry.¹

Occurrence:

Neem tree is native to Indian Subcontinent, growing in tropical and semi-tropical regions. It is indigenous to Pakistan and adjoining regions (India, Pakistan, Indonesia, and Malaysia). In March 2010, the government of Sindh designated Neem as the official tree of Sindh.

Uses Reported in Literature:

- It is used to treat dysmenorrhea, leucorrhea, post labor pain in uterus, amenorrhea, and also used as an emmenagogue.²
- Leaf bark is antimicrobial, antifungal, anthelmenic, insecticidal, antiviral, antipyretic and anti-inflammatory.³
- Oil is used as contraceptive and for treatment of vaginal infections.³
- It is useful in leprosy, ulcer, wounds, malarial fever, diabetes, amenorrhea, and lumbago.⁴
- It can cure toothache, bad breath and gum diseases.⁵
- The chemical constituents nimbidin and nimbin have some spermicidal activity.⁶
- Neem oil is used for preparing cosmetics as soap, neem shampoo, balms and creams.⁶

Ethnobotanic Data:

- It is given for the treatment of uterine fibroids.
- It treats menstrual disorders as menorrhea, dysmenorrhea, leucorrhea and polymenorrhea.
- It reduces abdomen size after the child birth in combination with different herbs.
- It reduces backache in menstruation.
- Its extract is used for treatment of sexually transmitted disease.
- With different herbs it is given for dilation and curettage (D & C) after miscarriage.
- It is given for expulsion of plasma membrane after the delivery.
- It is given in preparations to avoid repetitive abortion and threatened miscarriage.
- It is used for the treatment of prolapsed uterus.
- It is given in the treatment of infertility.
- It induces labour pain.
- Its decoction is used to relief the vaginal pruritus.
- It is also used to treat pelvic swelling and pelvic inflammations.

References:
**Bambusa glaucescens** (Willd.) Sieb. ex Munro

Botanical Name: *Bambusa glaucescens* (Willd.) Sieb. ex Munro

Kingdom: Plantae
Order: Poales
Family: Poaceae
Genus: Bambusa
Local Name: Bans, bamboo
Sindhi Name: Bans
English Name: Bamboo
Parts Used: Shoots and leaves

**Description:**
Bamboos are some of the fastest growing plants in the world, as some species are capable of growing 100 cm (39 in) or more per day due to a unique rhizome-dependent system. However, the growth rate is partially dependent on local soil and climatic conditions.¹

**Occurrence:**
Bamboos are of notable economic and cultural significance in South Asia, South East Asia and East Asia, being used for building materials, as a food source, and as a versatile raw product. In Pakistan it is cultivated in large scale in Punjab and also grows in mangrove wetland in Pakistan.

**Uses Reported in Literature:**
- Bamboo is used in Chinese medicine for treating infections and healing. It is a low-calorie source of potassium. It is known for its sweet taste and as a good source of nutrients and protein.¹
- The leaves are emmanegogue, anthelmintic, and astringent.²
- Methanol extract of leaves showed anti-inflammatory activity, and leaves and stems are used for blood purifier.²
- Bioactive lignophenol derivative from bamboo lignin, exhibits multifaceted neuroprotective activity.³
- Bamboo oil showed antioxidative activity and nitrite scavenging activity.⁴
- Bamboo powder showed anti fungal activity.⁵
Ethnobotanic Data:

- It is used for dilation and curettage (D & C).
- It is also used for expulsion of plasma membrane after delivery.

References:

**Berberis vulgaris** L.

Botanical name: *Berberis vulgaris* L.  
Kingdom: Plantae  
Order: Ranunculales  
Family: Berberidaceae  
Genus: *Berberis*  
Local name: Rasaut  
Sindhi name: Raswal  
English name: European barberry  
Part used: Whole plant

**Description:**

It is a deciduous shrub growing up to 4 m high. The leaves are small oval, 2–5 cm long and 1–2 cm broad, with a serrated margin; they are borne in clusters of 2-5 together, subtended by a three-branched spine 3–8 mm long. The flowers are yellow, 4–6 mm across, produced on 3–6 cm long panicles in late spring. The fruit is an oblong red berry 7–10 mm long and 3–5 mm broad, ripening in late summer or autumn; they are edible but very sour, and rich in Vitamin C.¹

**Occurrence:**

It is a native to central and southern Europe, northwest Africa and western Asia; it is also naturalised in northern Europe, including the British Isles and Scandinavia, and North America. Although not naturalised, in rural New Zealand it has been widely cultivated as a hedge on farms. It is cultivated for its fruits, primarily in Iran.

**Uses Reported in Literature:**

- A wine is prepared from barberry fruits and used in malignant, choleric and pestilential fever, diarrhea and menstrual fluxes²,³.
- The bark is used to treat dysentery and indigestion²,³.
- The concentrated juice of berries is used for gums and teeth trouble.³
- The plant preparation is used for jaundice, dropsy and congestion of liver and spleen.³
- Roots and barks are used for ailments of gastrointestinal tract, liver, gallbladder, kidney and urinary tract, respiratory tract also as febrifuge and blood purifier.⁴
- Berberines are bactericidal, amoebicidal and trypanocidal.⁴
- Dye extract from the roots and woods of *Berberis vulgaris*, was used to dye wool fibers.⁵
Berberis vulgaris with Alum improved the fastness properties of dyed samples. The dyed samples were tested for antibacterial activity against two gram neg. and gram pos. bacteria. The dyed wool presented a high level of antibacterial activity.5

Berberis vulgaris treatment for Female ailments: Pinching constriction in mons veneris, vaginismus, contraction and tenderness of vagina. Burning and soreness in vagina. Desire diminished, cutting pain during coition. Menses scanty, gray mucus, with pain in kidneys and chilliness, pain down thighs. Leucorrhoea, grayish mucus, with painful urinary symptoms. Neuralgia of ovaries and vagina.6

In homeopathy, Berberis is used to treat low libido and pain in vagina and uterus during menses, and during intercourse.7

Improve liver function, antiseptic and anti diarrhea.8

Ethnobotanic Data:
- It is used to avoid miscarriage.
- It is also used to treat dysmenorrhea and menorrhea.

References:
**Bergenia ciliata (Haw.) Sternb**

Botanical Name: *Bergenia ciliata* (Haw.) Sternb

Kingdom: Plantae

Order: Saxifragales

Family: Saxifragaceae

Genus: *Bergenia*

Local Name: Bakhan baid

Sindhi Name: Shaar

English Name: Velvet leaf

Parts Used: Whole plant

![Flower and leaves of Bergenia ciliata (Haw.) Sternb.](image)

**Description:**

*Bergenia ciliata* (Haw.) Sternb. is a herb, up to 35 cm tall. Leaves are few, spreading, and 4-11 x 3-10 cm, glabrous or hirsute, suborbicular to orbicular or broadly obovate. Petiole is 1-2(-5) cm long, glabrous or hirsute. Inflorescence a one sided raceme or corymbose, Seeds are elongated, c. 1 mm long, brown, minutely tuberculate.¹

**Occurrence:**

It is native to central Asia, from Afghanistan to China and the Himalayan region including Pakistan, represented in Pakistan by two species namely *Bergenia ciliata* and *Bergenia stracheyi*.

**Uses Reported in Literature:**

- It is used as astringent, diuretic and tonic, and very important in dissolving kidney and bladder stones.²
- Juice and powder of the whole plant is taken to treat urinary trouble.³
- Juice of the rhizome is taken in cases of hemorrhoids, asthma and urinary trouble.³
- All the extracts except chloroform extract of root and leaves of *Bergenia ciliata* (Haw.) Sternb. were found to possess hypoglycemic activity in Streptozotocin (STZ) treated rats.⁴

**Ethnobotanic Data:**

- It is used to treat infertility.
- It is also used to remove fibroids.
References:


**Boswellia serrata** Roxb.

Botanical Name: *Boswellia serrata* Roxb.
Kingdom: Plantae
Order: Sapindales
Family: Burseraceae
Genus: *Boswellia*
Local Name: Gond kundar
Sindhi Name: Sehat kundar
English Name: Indian frankincense
Parts Used: Whole plant

**Leaves of Boswellia serrata** Roxb.

**Description:**

On the average, the tree grows to about 9–15 m tall, with a trunk diameter of about 38–57 cm. It is found in altitudes of up to 1,150 m, although in India it usually occurs at an altitude range of 275–900 m. It grows in a range of yearly mean temperatures of 0–45 degrees C.¹

**Occurrence:**

*Boswellia serrata* Roxb. is native to India and Pakistan. It is in the same botanical Burseraceae family as the tree from which myrrh is harvested. In India, frankincense from the tree is called "salai guggal."

**Uses Reported in Literature:**

- It is used in menstrual disorders, rheumatism and respiratory diseases.²
- It is reported to be useful in cystic breast, syphilitic and skin infections, piles and diarrhea.²
- Gum of olibenum (*Boswellia serrata* Roxb.) is astringent, emmanagogue, diuretic, stomachic and antiseptic.²
- Bark is used against diarrhea and skin diseases.²
- Gum is considered antiseptic, diuretic and emmenagogue.³
- It is also used in obesity, cystic breast and in tumors.³
- It is very effective in arthritis, inflammations, and piles used as diuretic and emmenagogue.⁴
- *B. serrata* Roxb. have also been shown to be very effective in reducing monthly menstrual symptoms (PMS). It is useful for reducing pain, inflammation and stiffness within a few hour time period.⁵
- *B. serrata* Roxb. gum resin possess antioxidant and antithrombotic anticoagulant activities.⁶
Alcoholic extract of *B. serrata* Roxb. displayed marked anti-inflammatory activity and anti-arthritis activity.\(^7\)

*B. serrata* Roxb. accelerates the wound healing process by decreasing the surface area of the wound and increasing the tensile strength.\(^8\)

**Ethnobotanic Data:**
- It is used to treat leucorrhea and dysmenorrhea.
- It is used to treat infertility.
- It is also used to treat backache in menstruation.
- It is used for expulsion of plasma membrane after delivery.

**References:**
**Brassica alba L.**

Botanical Name: *Brassica alba* L.
Kingdom: Plantae
Order: Brassicales
Family: Brassicaceae
Genus: *Brasica*
Local Name: Sarason
Sindhi Name: Sirhan
English Name: White mustered
Parts Used: Seeds and leaves

Flower and leaves of *Brassica alba* L.

**Description:**

White mustard seeds are hard round seeds, usually around 1 to 1.5 millimetres in diameter, with a color ranging from beige or yellow to light brown. They can be used whole for pickling or toasted for use in dishes. When ground and mixed with other ingredients, a paste or more standard condiment can be produced.\(^1\)

**Occurrence:**

It is now widespread worldwide, although it probably originated in the Mediterranean region. Mustard grows well in temperate regions. Major producers of mustard seeds include Canada (90%), Hungary, Great Britain, India, Pakistan and the United States.

**Uses Reported in Literature:**

- White mustard is useful to treat amenorrhea, uterosis, and inflammations.\(^2\)
- It is also useful to treat asthma, bronchosis, constipation, and cancer. It is also used as antimicrobial, emmenagogue, fungicide and stomachic.\(^2\)
- It increases pancreatic secretion, and used externally in poultice.\(^3\)
- It is reported as diaphoretic.\(^3\)
- In China white mustard is used to treat painfully swollen ribs, chest.\(^4\)
- It is useful for the treatment of respiratory congestion.\(^4\)
- White mustard is also useful for the treatment of leucorrhea and syphilitic lesions.\(^5\)
- *Brasica alba* L. is capable of clearing away heat and promoting diuresis and used for treating uterine fibroid.\(^6\)
- In traditional Chinese composition *B. alba* L. is used for treating rheumatism, rheumatoid arthritis, intervertebral disk hernia, sciatica, hyperosteogeny and scapulohumeral periarthritis.\(^7\)
Ethnobotanic Data:

- It is used to prevent threatened miscarriage.
- Its oil is used for contraception.

References:

**Butea frondosa** Roxb.ex.Willd.

**Botanical Name:** *Butea frondosa* Roxb.ex.Willd.

**Synonym:** *Butea monosperma* (Lam.) Taub.

**Kingdom:** Plantae

**Order:** Fabales

**Family:** Fabaceae

**Genus:** Butea

**Local Name:** Plas

**Sindhi Name:** Pamlet

**English Name:** Palash, dhak, flame of the forest

**Parts Used:** Whole plant

### Description:
It is a medium sized dry season-deciduous tree, growing to 15 m tall. It is a slow growing tree; young trees have a growth rate of a few feet per year. The leaves are pinnate, with an 8–16 cm petiole and three leaflets, each leaflet 10–20 cm long. The flowers are 2.5 cm long, bright orange-red, and produced in racemes up to 15 cm long. The fruit is a pod 15–20 cm long and 4–5 cm broad.¹

### Occurrence:
It is native to tropical and sub tropical parts of Indian sub continent and Southeast Asia, ranging across India, Bangladesh, Nepal, Pakistan, Sri Lanka, Myanmar, Thailand, Malaysia, and Southern Indonesia.

### Uses Reported in Literature:
- *Butea frondosa* Roxb.ex.Willd. shows anti-diabetic activity.²
- Dried alcoholic extract of *B. frondosa* Roxb.ex.Willd. seeds possessed partial abortive activity in mice and rats when given orally.³
- *Butea frondosa* Roxb.ex.Willd. has broad spectrum antibacterial and antifungal activity and a potential source of new classes of antibiotics that could be useful for infectious disease chemotherapy and control.⁴
- Leave and stem bark shows antioxidant activity.⁵
- Phytochemical and in vitro screening of *Butea frondosa* Roxb.ex.Willd. shows anthelmintic activity.⁵
- Seeds of *Butea frondosa* Roxb.ex.Willd. lower a dose-dependent termination of pregnancy.⁷
➢ *Butea frondosa* Roxb.ex.Willd. *shows* anticonvulsive, antidiabetic, antidiarrhoeal, antifertility, antiinflammatory, antimicrobial, antifungal, antibacterial, antistress, chemopreventive, hepatoprotective, and radical scavenging activity.  

➢ Bark is use as emmenagogue and useful in menstrual disorders.  

➢ The bark and flower are reported as aphrodisiac and emmenagogue.

**Ethnobotanic Data:**

➢ It is used to treat leucorrhea and dysmenorrheal.  

➢ It is used for expulsion of plasma membrane after delivery.  

➢ It is also used for prolapsed uterus.

**References:**

**Caesalpinia bonduc** (L.) Roxb.

Botanical Name: *Caesalpinia bonduc* (L.) Roxb.
Kingdom: Plantae
Order: Fabales
Family: Fabaceae
Genus: *Caesalpinia*
Local Name: Kranjo
Sindhi Name: Holo
English Name: Gray nicker, nickernuts
Parts Used: Roots, leaves and seeds

**Description:**

It is a vine-like shrub that reaches a length of 6 m (20 ft) and scrambles over other vegetation. Stems are covered in curved spines. Its 2 cm (0.79 in) gray seeds, known as nickernuts, are buoyant and durable enough to be dispersed by ocean currents.¹

**Occurrence:**

*Caesalpinia bonduc* (L.) Roxb. is distributed widely in the tropics and subtropics regions of South East Asia and also in Florida, Louisiana, Puerto Rico, the U.S. Virgin Islands, and Hawaii.

**Uses Reported in Literature:**

- Leaf and bark are emmanagogue, anthelmintic, antidiabetic, and diuretic.²
- It is reported to be an abortifitient and fungicide.³
- It is also useful for the treatment of leucorrhea.⁴
- Leave and seeds are emmenagogue, febrifuge and diuretic.⁴
- It is useful to treat cerebral haemorrhage and asthma.⁴
- Flower extract of *Caesalpinia bonduc* (L.) Roxb. has analgesic activity.⁵
- Ethnolic extract of *Caesalpinia bonduc* (L.) Roxb. exhibited glutathione S-transferase (GST) inhibitory, antifungal activities and antibacterial activity.⁶
- Leaves of *Caesalpinia bonduc* (L.) Roxb. shows antipsoriatic activity.⁸
- The study indicates that *Caesalpinia bonduc* (L.) Roxb. has a significant potential to use as a natural antioxidant agent.⁹
Ethnobotanic Data:

- It is used to strengthen weak uterus.
- It is used for the treatment of menstruation problems.

References:

9. Shukla, S., Mehta, A., John, J., Singh, S., Mehta, P., Vyas, S. P., Food and Chemical Toxicology, 47(8) (2009), p. 1848-1851, Faculty of Life Sciences, Department of Botany, Dr. H.S. Gour University, Sagar, Madhya Pradesh, India.
**Calotropis Procera** (Aiton) W.T. Aiton

**Botanical name:** *Calotropis Procera* (Aiton) W.T. Aiton

<table>
<thead>
<tr>
<th>Kingdom:</th>
<th>Plantae</th>
</tr>
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<tbody>
<tr>
<td>Order:</td>
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<tr>
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<td>Asclepiadaceae</td>
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<tr>
<td>Genus:</td>
<td><em>Calotropis</em></td>
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<tr>
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<td>Akada</td>
</tr>
<tr>
<td>Sindhi name:</td>
<td>Aak</td>
</tr>
<tr>
<td>English name:</td>
<td>Giant Swallow Wort, Milkweed</td>
</tr>
<tr>
<td>Part used:</td>
<td>Bark, roots, whole plant</td>
</tr>
</tbody>
</table>

**Description:**

A tree 10–15 feet high, with a grayish cork-like bark called *osher* by the Arabs. The fruit resembled a large, smooth apple or orange, hanging in clusters of three or four. When pressed or struck, it exploded with a puff, like a bladder or puff-ball, leaving in the hand only the shreds of the thin rind and a few fibers.\(^1\)

**Occurrence:**

It is native to North Africa, Tropical Africa, Western Asia, South Asia, and Indochina.

**Uses Reported in Literature:**

- The powdered root promotes gastric secretions and useful in asthma, bronchitis, and dyspepsia.\(^2\)
- Dried whole plant is good tonic, expectorant, depurative and anthelminthic.\(^2\)
- It also used as antidote substance and for abortive purposes.\(^2\)
- Flowers are useful in asthma, catarrh, anorexia, inflammations and tumours.\(^2\)
- Its latex is used as abortifacient.\(^3\)
- Leaves and roots are used for cancer, especially abdominal tumors.\(^3\)
- The latex is used for abortion.\(^4\)
- Its leaves are used to overcome female sterility.\(^4\)
- Its stem bark is used in disease of spleen.\(^5\)
- Its leaves, flowers and root bark oil has anti microbial activity.\(^5\)
- Its leaves are used for treating dyspepsia, constipation and mucus in stool.\(^5\)
- An extract is produced from tropical plants is used to heal congenital syphilis, although it is supposed that other tropical diseases may also be treated with the same substances.\(^6\)
- It can be used by males or females are easy to formulate and provide effective protection particularly against sexually transmitted diseases (STDs) and human immunodeficiency virus (HIV) and optionally against fungal infections.\(^7\)
- The current invention relates to a natural composition for topical application to skin to alleviate post-menstrual symptoms of cramping, backache, and breast tenderness; and for other aches.\(^8\)

**Ethnobotanic Data:**

- It is used induce abortion.

**References:**

**Cannabis sativa L.**

**Botanical Name:** *Cannabis sativa* L.

**Kingdom:** Plantae

**Order:** Rosales

**Family:** Cannabaceae

**Genus:** Cannabis

**Local Name:** Bhang

**Sindhi Name:** Bhanga

**English Name:** Marijuana, hemp

**Parts Used:** Leaves

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**Description:**

*Cannabis sativa* L. is an annual herbaceous plant 75 cm—1.5 (2.5) in tall, slender; stem and branches are slightly angular with appressed hairs (dense on younger shoots). The leaves are palmately compound or digitate, with serrate leaflets.¹,²

**Occurrence:**

It is distributed in Russia, China, India, Pakistan, and Iran and cultivated elsewhere.

**Uses Reported in Literature:**

- The plant is reported as abortifacient, aphrodisiac, emmenagogoue, laxative, diuretic, anesthetic, analgesic, and laxative.³
- It is also useful for the treatment of dysmenorrhea, gonorrhea, and constipation.³
- Juice of the leaves, 6 tea spoon is given in diarrhea, and dysentery.⁴
- Past of the leaves is applied in cuts and wounds.⁴
- It is reported as hypnotic, anti-inflammatory, and analgesic.⁵
- It is prescribed in menstrual disorders and during labor pain.⁶
- It is also used in gastro intestinal disorders, depression, and in high blood pressure.⁶
- Marijuana exposure during pregnancy alters the neurobehavioral performance of term newborn infants of adolescent mothers.⁷
- Cannabinoids form *Cannabis sativa* L. may find use in the treatment of some forms of infertility in women.⁸
- The essential oils of industrial hemp shows significant antimicrobial activity.⁹
Compounds of *Cannabis sativa* L. also shows significant antibacterial, antifungal, and antileishmanial activity.¹⁰

**Ethnobotanic Data:**

- It is used for pelvic inflammatory disease and to treat pelvic swelling.
- It is used to treat prolapsed uterus.

**References:**

**Carthamus tinctorius L.**

Botanical Name: *Carthamus tinctorius* L  
Kingdom: Plantae  
Order: Asterales  
Family: Asteraceae  
Genus: *Carthamus*  
Local Name: Gul rang  
Sindhi Name: Powari  
English Name: Safflower  
Parts Used: All parts  

![Flower of *Carthamus tinctorius* L](image)

**Description:**  
Plants are 30 to 150 cm (12 to 59 in) tall with globular flower heads having yellow, orange, or red flowers. Each branch will usually have from one to five flower heads containing 15 to 20 seeds per head.¹

**Occurrence:**  
It is originated in southern Asia and is known to have been cultivated in China, India, Persia and Egypt almost from prehistoric times. During Middle Ages it was cultivated in Italy, France, and Spain, and America.

**Uses Reported in Literature:**

- It is used as an Antiulcer.²
- It is used in the treatment of uterine congestion, cardio-vascular disease, thrombosis and so on.³
- It is used as an abortifacent, analgesic, anti-inflammatory, emmanagogue and cytotoxic.⁴
- It is reported to treat amenorrhea, dysmenorrhea, dermatosis, inflammation and jaundice.⁴
- Oil aids prevention of coronary heart disease and kidney disorder.⁵
- Flowers are sedative, diuretics, emmanagogue and used in fever and eruptive skin conditions.⁵
- Dried flowers are used in amenorrhea and dysmenorrhea.⁵
- The plant is laxative, stimulate menstrual flow and induce perspiration.⁶
- Flowers are used as tonic, sedative and aphrodisiac.⁶
- Oil is recommended in cardiovascular disorders.⁶
- It is used to treat irregular menstruation.⁷
- It is also used to treat fever during menstruation.⁸
Ethnobotanic Data:

- It is used to treat prolapsed uterus.

References:

**Cassia absus** L.

Botanical name: *Cassia absus* L.

Kingdom: **Plantae**

Order: **Fabales**

Family: **Fabaceae**

Genus: *Cassia*

Local name: Bankulthi, Chaksu

Sindhi name: Chorr

English name: Pig’s senna

Part used: Leaves, seeds

**Description:**

A herb or undershrub, 10-60 cm tall, erect, widely branching, clothed with viscous glandular hairs. Stipules 4 mm long, linear, persistent, viscous hairy, petiole 1.9-4 cm long, rachis 5-13 mm long. Leaflets in two pairs, broadly elliptic to obovate, unequal sided, 2-2.8 (-3.5) cm long and 10-18 (-25) mm broad, very puberulous or pubescent on both the surfaces, top rounded to blunt, base rounded or cuneate, petiolules 1 mm long, gland present between the pairs, .5 mm long, ligulate-acute, viscid-hairy. Racemes terminal or leaf opposed, c. 4-12 cm long, ± sessile. Calyx 5, 4 mm long, viscous hairy, imbricate. Petals broadly obovate, 5-7 mm long, claw 1-3 mm long, glabrous. Stamens 5, fertile, staminodes absent. Disc straight, with 1-2 mm long bristles. Ovary densely strigose, sessile.¹

**Occurrence:**

Native to southern Asia, from southern Pakistan east through India to Myanmar and south to Sri Lanka. It is associated with the Mullai region of Sangam landscape. It is the national tree of Thailand, and its flower is Thailand’s national flower. It is also state flower of Kerala in India and of immense importance amongst Malayali population. It is a popular ornamental plant and is an herbal medicine.

**Uses Reported in Literature:**

- Powder of leaves is used in ulcer dressings.²
- It is one of the constituents of Unani drugs for leprosy.²
- Seeds are used in ophthalmia and other skin infections.³
- Leaves are used in cough.⁴
- Its seeds are used for blood-purifier. Seeds astringent, stimulant and diuretic.⁴
- Used tropically for leucoderma and venereal ulcers.⁴
- A plastic made from seeds is recommended as an application to wounds and sores, especially of the penis.\(^5\)
- Its leaves are constipating and expectorant.\(^6\)
- They are useful in diarrhea, anemia, tumors and haemorrhages.\(^6\)
- They are employed as a cathartic in habitual constipation.\(^7\)
- It reduces watering of eyes\(^7\). In case if pus development in eye it works as wonder.\(^8\)
- Powder made from seeds is effective in renal stones, anurea and in painful urination.\(^8\)
- Medicaments useful for soothing digestive mucous tissues contain as active ingredient.\(^9\)

**Ethnobotanic Data:**
- It is used to treat leucorrhrea.
- It is used to induce labor pain.
- It is used to expulsion of plasma membrane.
- It is also used to avoid miscarriage.

**References:**

2. Sharma, R., Medicinal Plants of India an Encyclopedia, p. 46, (2003), Daya Publication House, Tri-Nagar Delhi India.
**Cassia angustifolia Vahl.**

<table>
<thead>
<tr>
<th>Botanical Name:</th>
<th>Cassia angustifolia Vahl.</th>
</tr>
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<tbody>
<tr>
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<td>Plantae</td>
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<td>Leguminosae</td>
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<tr>
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<tr>
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<td>Sena</td>
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<tr>
<td>Sindhi Name:</td>
<td>Son makie</td>
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<tr>
<td>English Name:</td>
<td>Indian sena</td>
</tr>
<tr>
<td>Parts Used:</td>
<td>Leaves, pods</td>
</tr>
</tbody>
</table>

**Description:**

It is a small erect shrub; Indian senna attains a height of about 2 to 3 feet. Its stem is pale green, smooth and erect. The spread out branches possess around 4 to 5 pairs of leaves. These leaves are pale yellowish-green in color; elongated spear shaped with pointed apex, the plant has small yellow flowers. The brown pod contains 5 to 7 seeds that are dark brown in color.¹

**Occurrence:**

Indian senna is native to India, Pakistan Arab and tropical African countries. It is cultivated in India, Pakistan, Egypt, and Sudan.

**Uses Reported in Literature:**

- It regulates menstruation.²
- Treats infertility caused by amenorrhea.²
- It is purgative in nature.³,⁴,⁵
- It is used in constipation, loss of appetite, hepatomegaly, jaundice and anemia.⁴

**Ethnobotanic Data:**

- It is used for strengthening of weak uterus, and in menstrual problem as amenorrhea.
- Its extract with fennel seeds treats infertility and amenorrhea.
- It is used for expulsion of plasma membrane and treats uterine fibroid.
- It is also used to treat dysmenorrhea and leucorrhea.
- It also treats scanty mensis.
- It is good for health after delivery.
References:

**Cassia fistula L.**

- **Botanical Name:** *Cassia fistula* L.
- **Kingdom:** Plantae
- **Order:** Fabales
- **Family:** Fabaceae, leguminasea
- **Genus:** Cassia
- **Local Name:** Amaltas
- **Sindhi Name:** Amaltas, chimkani
- **English Name:** Golden shower
- **Part used:** Fruit, leaves, barks, pods and pulp

**Description:**

The Golden Shower Tree is a medium-sized 10–20 m tall with fast growth. The leaves are deciduous, 15–60 cm long, pinnate. The flowers are 4–7 cm diameter with five yellow petals of equal size and shape. The fruit is a legume, 30–60 cm with a pungent odor and containing several seeds. The seeds are poisonous. \(^1\)

**Occurrence:**

Native to southern Asia, from southern Pakistan east through India to Myanmar and south to Sri Lanka. It is the national tree of Thailand and its flower is Thailand's national flower.

**Uses Reported in Literature:**

- Fruit is used as abortifacient and anti-inflammatory. \(^2,^5\)
- Roots are used to treat syphilis. \(^3,^5\)
- It is used as antidysentric. \(^5\)
- The shell provokes abortion and expulsion of placenta. \(^5\)
- Seeds and fruits used to menstrual disorders. \(^6\)
- It is used as abortifacient. \(^6\)
- It is used in veterinary practices too. \(^8\)
- Seeds are carminative and have cooling effect. \(^9\)
- Flowers and pods are purgative \(^10\) and febrifugal. \(^9\)
- It is used as laxative and useful in constipation. \(^2,^3,^4,^5,^7,^8,^10\)
Ethnobotanic Data:

- The fruit of *Cassia fistula* Linn. (amaltas) is used for the treatment of constipation.
- It is also given for the treatment of infertility.
- Castor oil is given in milk or tea to induce labour pains.

References:

7. www.naturalmedicinalherbs.net
**Cicer arietinum** L.

Botanical name: *Cicer arietinum* L.

Kingdom: Plantae

Order: Fabales

Family: Fabaceae

Genus: *Cicer*

Local name: Chana

Sindhi name: Chola

English name: Chick pea

Part used: Seeds, leaves

Description:

The plant grows to 20–50 cm (8–20 inches) high and has small feathery leaves on either side of the stem. Chickpeas are a type of pulse, with one seedpod containing two or three peas. It has white flowers with blue, violet or pink veins. Chickpeas need a subtropical or tropical climate with more than 400 millimetres (16 in) of annual rain. They can be grown in a temperate climate but yields will be much lower.¹

Occurrence:

Chickpeas are grown in the Mediterranean, western Asia, the Indian subcontinent and Australia.¹

Uses Reported in Literature:

- The plant is refrigerant.²
- Leaves are purgative²,⁶ astringent, abortifacient²,⁶,¹² and trichogonus.¹
- Germinated gram used as a prophylactic against deficiency diseases.³
- Gram is a nutritive pulse, used as a protein adjunct to starchy diets.³
- It is used as anti infertility, anti leukemic, immunostimulant.⁴
- Used in indigestion, diarrhea and dysentery.⁵
- Seeds are diuretic and antifungal.⁵
- Gram is given as preventive diet to atherosclerosis patients because of its rich phosphorus content.⁵
- Leaves are useful in dyspepsia.⁶
The seeds are useful in vitiated condition of pitta, bronchitis, inflammations and skin diseases. The seeds are used in enlargement of liver and spleen, complaints of chest, throat troubles foul mouth and fever. The fresh plant put in hot water is used in treatment of dysmenorrhea, the patient sits over the steam. The present invention discloses uses of Cicer arietinum extract in preparing food for treating or preventing obesity and/or diabetes type II. The use of the extracts of Cicer arietinum as a supplement or a medicament useful in the treatment/alleviation or prevention of cardiovascular disease. It is use for aphrodisiac, bronchitis, catarrh, cut amenia, cholera, constipation, diarrhea, dyspepsia, flatulence, snakebite, sunstroke, and warts. Acids are supposed to lower the blood cholesterol levels. Seeds are considered antibilious.

Ethnobotanic Data:

- It is used to treat prolapsed uterus.
- It is used to avoid miscarriage.
- It is good for the treatment of pelvic swelling.

References:

**Cichorium intybus** L.

Botanical Name: *Cichorium intybus* L.
Kingdom: Plantae
Order: Asterales
Family: Asteraceae
Genus: *Cichorium*
Local Name: Kasni
Sindhi Name: Kasni
English Name: Chicory
Parts Used: Roots and flower

**Description:**

During flowering period chicory has a tough, grooved, and more or less hairy stem, from 30 to 100 centimetres (10 to 40 in) tall. The leaves are stalked, lanceolate and unlobed. The flower heads are 2 to 4 centimetres (0.79 to 1.6 in) wide, and usually bright blue, rarely white or pink.¹

**Occurrence:**

It lives as a wild plant on roadsides in its native Europe, and in North America and Australia, where it has become naturalized.

**Uses Reported in Literature:**

- Roots are carminative, anti-inflammatory, stomachic and emmenagogue.²
- It is effective in diarrhea, lumbago, vomiting and liver enlargement.²
- Metholic extract of seeds posses potent anti hepatotoxic activity, and anti microbial activity.²
- It is use as antibacterial, anti-inflammatory, emmangogue, hypoglycemic and sedative.³
- It is also useful in the treatment of dysmenorrheal, uterosis, sore throat, asthma, and cancer.³
- It is useful to treat jaundice, gout joints, and liver congestion.⁴
- Plant is excellent mild bitter tonic for the liver and digestive tract. Root supports the action of stomach and liver and cleaning the urinary tract.⁵
- *Cichorium intybus* L. shows hepatoprotective activity against thioacetamide in rat.⁶
- *Cichorium intybus* L. is used for preventing and treating pregnant women intoxication.⁷

**Ethnobotanic Data:**

- It is used to treat Prolapsed uterus.

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¹ For further details, see reference 1.
² For further details, see reference 2.
³ For further details, see reference 3.
⁴ For further details, see reference 4.
⁵ For further details, see reference 5.
⁶ For further details, see reference 6.
⁷ For further details, see reference 7.
References:
**Cinnamomum Cassia Nees ex Blume.**

Botanical name: *Cinnamomum Cassia Nees ex Blume*

Synonym: *Cinnamomum aromaticum* Nees

Kingdom: Plantae

Order: Laurales

Family: Lauraceae

Genus: *Cinnamomum*

Local name: Chinese Cassia

Sindhi name: Kahi kehro

English name: Camphor tree

Part used: Bark

---

**Description:**

The tree grows to 10–15 m tall, with greyish bark and hard elongated leaves that are 10–15 cm long and have a decidedly reddish colour when young.¹

**Occurrence:**

*Cinnamomum aromaticum* Nees., called cassia or Chinese cinnamon, is an evergreen tree native to southern China, Bangladesh, Uganda, India, and Vietnam. Like its close relative *Cinnamomum verum*, also known as "Ceylon cinnamon".

**Uses Reported in Literature:**

- Its oil is used to decreasing the secretion of milk.²
- The tincture is useful in uterine haemorrhage and menorrhagia, the doses of 1 drachm being given every 5, 10 or 20 minutes as required.²
- It is chiefly used to assist and flavor other drugs, being helpful in diarrhoea, nausea, vomiting, and to relieve flatulence.²
- It is a strong local stimulant³, sometimes prescribed in gastro-dynia, flatulent colic, and gastric debility.²
- Its bark is used as stomachic and carminative³,⁹
- The bark is used in menstrual haematometra, dysentery, diarrhea and snake bite.⁴
- Antifertility, antioxidant, antiseptic⁸, antitumor and immunostimulant.⁵
- It is used as flavoring agent and oil is a powerful germicide.⁶

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Leaves of *Cinnamomum Cassia Nees*
➢ Abortificant, anti itch, anti bacterial and fungicide.\(^7\)
➢ The oils have also been shown to be effective in treating uterine hemorrhage, improving circulation, and in strengthening a weakened constitution.\(^8\)
➢ It is anti spasmodic and anti viral.\(^9\)
➢ The vaginal antibacterial flushing fluid produced by the invention can be directly used for foci to quickly sterilize pathogenic bacteria causing vaginitis, abnormal leukorrhea, vulvar inflammation, pruritus and peculiar smell.\(^10\)
➢ It can be especially used for thoroughly flushing and eliminating purulent secretions and rubbish-like lumps which are difficult to flush in deep vaginal front and back vaults.\(^10\)

**Ethnobotanic Data:**

➢ This plant is used to treat dysmenorrheal.
➢ It is also used in miscarriage

**References:**

Description:

*Cinnamomum zeylanicum* Garcin ex Blume trees are 10–15 metres (32.8–49.2 feet) tall. The leaves are ovate-oblong in shape, 7–18 cm (2.75–7.1 inches) long. The flowers, which are arranged in panicles, have a greenish color, and have a distinct odor. The fruit is a purple 1-cm berry containing a single seed.\(^1\)

Occurrence:

True Cinnamon is native to Sri Lanka, formerly known as Ceylon and the south-eastern coast of India, while the closely related Cassia is native to China.

Uses Reported in Literature:

- Its astringent\(^2,6\), stimulant\(^2,3\) and carminative\(^2,3,4,5,8\), checks nausea.\(^2,4\)
- Bark oil is used for flavoring confectionery, liqueurs, pharmaceuticals and soaps, also used for gastric troubles.\(^2\)
- It is antispasmodic\(^3,5,8\), antiseptic\(^3,6\) and antiviral.\(^3\)
- It is known as stomachic and germicide.\(^4\)
- Used in the treatment of diarrhea\(^4,7\), gastric debility, flatulence and vomiting.\(^4\)
- Antibacterial, antioxidant.\(^5\)
- The dried inner bark constitutes the drug cinnamon.\(^6\)
- The drug is used in diarrhea, nausea\(^6,7\) and vomiting.\(^6\)
- The ground cinnamon shows lipolytic activity.\(^6\)
- It is very effective in case of menopause, uterine hemorrhaging and fungal infections.\(^7\)
- Dalchini is also beneficial for the treatment of kidney disorders, edema and urinary retention.\(^7\)
Its bark is expectorant and haemostatic. The bark is included in medicinal preparations for indigestion, flatulence, flu, mouth washes and gargles etc. Cinnamomum extract has been shown to reduce insulin resistance.

Ethnobotanic Data:
- It is used to induce labour pain.
- It is used to treat leucorrhea and dysmenorrhea.

References:
**Citrullus colocynthis (L.) Schrad**

Botanical Name: *Citrullus colocynthis* (L.) Schrad
Kingdom: Plantae
Order: Violales
Family: Cucurbitaceae
Genus: *Citrullus*
Local Name: Thumba
Sindhi Name: Troh
English Name: Bitter apple, bitter cucumber
Parts Used: Fruits

![Fruits and leaves of Citrullus colocynthis (L.) Schrad.](image)

**Description:**
Leaves are ovate-cordate or triangular-cordate. Flowers are solitary. Fruit is subglobose, variegated with green and yellow stripes, becoming glabrous, creamy-yellow and with a dry spongy pulp when ripe. Seeds are obovate, dark brown.¹

**Occurrence:**
Mediterranean Europe, Cyprus, the Syrian Arab Republic, Lebanon, Jordan, Egypt, Kuwait, Saudi Arabia, Turkey, Iran, Pakistan, Afghanistan, India, and North Africa.

**Uses Reported in Literature:**
- It is taken boiled in water, or beer, in obstruction of the menses.¹
- Some women used it in the same manner in the beginning of pregnancy to cause an abortion, which often occurred due to its action (to terminate the pregnancy in the first, second or third periods).¹
- It is used as an emmanogogue²
- Ethanol extract of roots shows significant anti-inflammatory activity in albino rats.³
- It is purgative³,⁴,⁶ and hydragogue cathartic.⁴
- A paste of roots is applied to various inflammations, and swelling.⁴
- Use of fruit is recommended in jaundice⁵.

**Ethnobotanic Data:**
- It is used in menstrual disorder as amenorrhea.
➢ Ladies also use it in myth for conceiving male child.
➢ It can lower abdomen size after child birth.
➢ It is used for the treatment of infertility.
➢ It can also be given in retroverty position of uterus.
➢ It is used to induce abortion.
➢ It is used to treat pelvic swelling.

References:
**Citrus lanatus** (Thunb.)

<table>
<thead>
<tr>
<th>Botanical name:</th>
<th><em>Citrus lanatus</em> (Thunb.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kingdom:</td>
<td>Plantae</td>
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<tr>
<td>Order:</td>
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<td><em>Citrus</em></td>
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<tr>
<td>Local name:</td>
<td>Tarbooz</td>
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<tr>
<td>Sindhi name:</td>
<td>Hindaro, chhaen</td>
</tr>
<tr>
<td>English name:</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Part used:</td>
<td>Seeds and fruit</td>
</tr>
</tbody>
</table>

**Distribution:**

*Citrus lanatus* (Thunb.) is an annual, climber or trailer. Stem is herbaceous, rather (softly long hairs) villous, monococious. Leaves are ovate or elongated ovate in outline, lamina hirsute beneath, long-hispid on veins and veinlets; with upper surface smooth with translucent dots or scabrous, margin minutely denticulate, apparently smooth, deeply 3-5-lobed, lobes elongated-ovate, obtuse, more or less pinnately sinuate lobulate. Male flowers on c. 20(-40) mm long pedicel; calyx broadly campanulate, c. 7 mm long, petals are yellow, 12(7-16) mm long, obovate-oblong. Female flowers are on 6 cm long pedicels, calyx and corolla as in the male, ovary ellipsoid or subglobose, hairy. Fruit large, ellipsoid or subspherical, c. 30 cm or more in diameter, hairy, green mottled with paler green and yellowish more or less longitudinal stripes; mesocarp fleshy, red or yellow, rarely white; indehiscent. Seeds ovate in outline, 10 mm long.

**Occurrence:**

Watermelon is native of the Kalahari region. It is cultivated throughout Tropics. Found also as an escape.

**Uses Reported in Literature:**

- Its pulp is cooling and refreshing, a rich source of pectin, carotenoids, sucrose (Major source of sugar).\(^2\)
- Pericarp is given in diarrhea.\(^2\)
- Seeds are cooling, purgative, diuretic, demulcent (Used in urinary infection).\(^2\)
- The fruit juice is a cooling drink prescribed in strangury and urinary complaints.\(^3\)
- Its fruit is given in dehydration, diarrhea, dysentery, colitis, nausea, vomiting and chronic bronchitis.\(^3\)
- Fruit is cooling and diuretics.\(^4\)
- Seeds are aphrodisiac, tonic and seed oil is used substitute for almond oil.\(^4\)

**Ethnobotanic Data:**
- It is used to treat infertility.

**References:**
**Citrus limon** (L.) Burm.f.

**Botanical name:** Citrus limon (L.) Burm.f.
**Kingdom:** Plantae
**Order:** Sapindales
**Family:** Rutaceae
**Genus:** Citrus
**Local name:** Lemu
**Sindhi name:** Lemo
**English name:** Lemon
**Part used:** Fruit

**Description:**

It is spinous shrub or tree, 3-6 m tall. Leaves are 6.5-100 mm, elliptic to ovate, serrulate, acute to acuminate. Leaf perfectly jointed to the petiole. Petiole narrowly winged. Flowers are bisexual or male. Petals white, tinged purple. Stamens are 20-30; Fruit is oblong or rounded mamillate, yellow when ripe; pulp abundant and strongly acid.¹

**Occurrence:**

The lemon is native to the foothills of the Himalayas, and is cultivated in the plains of Punjab, Sind and Baluchistan.

**Uses Reported in Literature:**

- Essential oil is extracted from peel of this fruit.²
- This oil is carminative and also employed as flavor.²
- Used as ant scurvy, carminative, stomachic, antihistaminic and antibacterial.³
- Its juice used in the treatment of leprosy and white spots.³
- Juice of ripe fruit is refrigerant and antiscorbutic, used in scurvy, rheumatism, dysentery and diarrhea.⁴

**Ethnobotanic Data:**

- It is very useful in dysmenorrhea.
References

**Cocos nucifera L.**

Botanical Name: *Cocos nucifera* L.  
Kingdom: Plantae  
Order: Arecales  
Family: Arecaceae  
Genus: Cocos  
Local Name: Naryal, khopra  
Sindhi Name: Dhungi  
English Name: Coconut tree  
Parts Used: Roots and seeds

**Description:**

*Cocos nucifera* L. is a large palm, growing up to 30 meters (98 ft) tall, with pinnate leaves 4–6 meters (13–20 ft) long, and pinnae 60–90 cm long; old leaves break away cleanly, leaving the trunk smooth. Botanically the coconut fruit is a drupe, not a true nut.¹ Fruit very large, 15-25 cm or more in length, green or yellowish, covered with thick fibrous mass, woody, inner wall lined by white endosperm matter and a milky fluid containing cytokinins.²

**Occurrence:**

The coconut has spread across much of the tropics. In Pakistan it is scattered on the areas near the sea shore. It is cultivated throughout the tropics, generally near the sea coast.

**Uses Reported in Literature:**

- *Cocos nucifera* L. is used as antitumor, antiseptic, anti bacterial, diuretic, and as lactagogue.³
- It is also useful for the treatment of amenorrhea, *candida* inflammation, menorrhea, breast cancer, gonorrhea, syphilis, diabetes, and asthma.³
- Roots are astringent, diuretic, and useful in uterine disorders.⁴
- Juice of young spadix when fresh is refrigerant, aphrodisiac, and diuretic.⁴
- Tender coconut water can safely be given in typhoid, diarrhea, pneumonia, diphtheria, general toxaemia of pregnancy, and other surgical operation.⁴
- The oil is aphrodisiac, disinfectant, and useful in cough and in diabetes.⁴
- Fruit is laxative, diuretic and useful in burning sensation.⁵
- Coconut oil intake is associated with beneficial lipid profiles among pre-menopausal women.⁶
Coconut flower extract is useful to decrease excessive uterine hemorrhage during menstruation.\(^7\)

Coconut oil is used for contraception, the abdomen is rubbed with coconut oil, and the uterus is pushed downward for 3 consecutive days. The lowering of the uterus is meant to prevent the union of the sperm with the egg.\(^8\)

The medical formulations which also contain coconut oil showed anti-early pregnancy activity in women.\(^9\)

**Ethnobotanic Data:**
- It is used to increase lactation.
- It is used to treat infertility.
- It is used for the regulation of menstrual cycle, for dysmenorrheal, amenorrhea, leucorrhea, menorrhea, and for back pain in menstruation.
- It lowers the abdomen after child birth.
- It is good to induce abortion.
- It is also used to treat sexually transmitted disease.
- It is used to treat dyspareunia.
- It also treats scanty mensis.
- It is good for uterus strength and for good health of mother during pregnancy.
- It is used as contraceptive.
- It is used to avoid miscarriage.
- It is also used for good health after delivery.

**References:**

**Coffea arabica** L.

Botanical Name: *Coffea arabica* L.

Kingdom: Plantae

Order: Gentianales

Family: Rubiaceae

Genus: *Coffea*

Local Name: Coffee

Sindhi Name: Coffee

English Name: Coffee

Parts Used: Seeds

**Description:**

*C. arabica* takes about seven years to mature fully, and does best with 1.0–1.5 meters. Two to four years after planting, *C. arabica* produces small, white and highly fragrant flowers. The sweet fragrance resembles the sweet smell of jasmine flowers. Flowers of coffee open on sunny days, and this results in the greatest numbers of berries. The berries are oblong, and about 1 cm long. Each berry holds two locules containing the coffee beans.\(^1\)

**Occurrence:**

It is Native to Southwestern highlands of Ethiopia, Boma Plateau in southeastern Sudan, Mount Marsabit in northern Kenya. Nestle are the largest distributors of Coffee in Pakistan.

**Uses Reported in Literature:**

- Coffee is cerebral\(^2\), respiratory\(^2,4\) and direct heart stimulant.\(^3\)
- It is diuretic\(^2,3\) and reduces perspiration.\(^2\)
- It is anti narcotic and anti psychotropic agent.\(^3\)
- It is used in nervous and sick headache, in narcotic poisoning, in spasmodic asthma, hooping-cough, intermittent fever and many other complains.\(^4\)
- An infusion of the unripe seeds is given in migraine.\(^5\)
- It has antimicrobial effect against pathogens such as Staphylococcus aureus.\(^6\)

**Ethnobotanic Data:**

- *Coffea arabica* L. (Coffee) is taken twice a day on relevant dates, it will stimulate and start menstrual cycle.
References:

**Commiphora mukul (Stocks) Hook.**

- **Botanical Name:** Commiphora mukul (Stocks) Hook.
- **Kingdom:** Plantae
- **Order:** Sapindales
- **Family:** Burseraceae
- **Genus:** Commiphora
- **Local Name:** Guggul
- **Sindhi Name:** Guggur, gugar
- **English Name:** Indian bdellium
- **Parts Used:** Leaves and roots

**Description:**

It is a shrub or small tree, reaching a maximum height of 4 m, with thin papery bark. The branches are thorny. The leaves are simple or trifoliate, the leaflets ovate, 1–5 cm long, 0.5–2.5 cm broad, irregularly toothed. It is gynodioecious, with some plants bearing bisexual and male flowers, and others with female flowers. The individual flowers are red to pink, and are with four small petals.¹

**Occurrence:**

The guggul plant is found from northern Africa to central Asia, but is most common in northern India. In India and Pakistan, guggul is cultivated commercially.

**Uses Reported in Literature:**

- Gum known as Indian bdellium, used as aphrodisiac and emmanegogue.¹
- This is used to treat amenorrhea, leucorrhea, and menorrhagia.¹
- The gum also used as antiseptic, anti inflammatory, and expectorant.¹
- It s also recommended in urinary diseases, obesity, arthritis, nervous and cutaneous diseases.¹
- It is also recommended as aphrodisiac, anti inflammatory, antiseptic, anti obesity and anti arthritis.²
- Guggulsterone from plant showed antioxidant activity.²
- It lowers the cholesterol, and used as carminative, stomachic and used to treat arthritis and obesity.³
- Gum of guggul possesses antiarthritis and anti-inflammatory activity.⁴
Ethnobotanic Data:

- It is used to treat infertility
- It is also used to treat dysmenorrheal and leucorrhea
- It is used for expulsion of plasma membrane after delivery.

References:

**Corchorus capsularis** L.

Botanical name: *Corchorus capsularis* L.  
Kingdom: Plantae  
Order: Malvales  
Family: Malvaceae  
Genus: *Corchorus*  
Local name: Rasi  
Sindhi name: Nori  
English name: White jute  
Part used: Fibers, leaves

**Description:**

The plants are tall, usually annual herbs, reaching a height of 2-4 m, unbranched or with only a few side branches. The leaves are alternate, simple, lanceolate, 5-15 cm long, with an acuminate tip and a finely serrated or lobed margin. The flowers are small (2-3 cm diameter) and yellow, with five petals; the fruit is a many-seeded capsule. It thrives almost anywhere, and can be grown year-round.¹

**Occurrence:**

The geographical origin of *Corchorus olitorius* L. is often disputed, because it has been cultivated since centuries both in Asia and in Africa, and it occurs in the wild in both continents. Some authors consider India or the Indo-Burmese area as the origin of *Corchorus olitorius* and several other *Corchorus* species.

**Uses Reported in Literature:**

- Its leaves are stomachic²,⁶ carminative²,⁶ and diuretic.²
- Dried leaves are anti dysenteric.²
- Its seeds are purgative.²
- Leaves are consumed along with the diet as a tonic.³
- Source of jute fiber, used for gunny bags, coarse cloth, twine and carpets.³
- The dried leaves are used medicinally being eaten in breakfast-time with rice in cases of dysentery.⁴
- The cold infusion is also administered as a tonic in dysenteric complaints, fever and dyspepsia.⁴
The jute root extract serves as a natural antibacterial preservative and an antibacterial finishing agent, and belongs to the field of application of foods, medicaments and textiles.\textsuperscript{5}

The jute root extract with antibacterial activity has best antibacterial effect on the \textit{staphylococcus aureus} and \textit{bacillus subtilis}, better antibacterial effect on \textit{Candida albicans} and good antibacterial effect on \textit{Escherichia coli}.\textsuperscript{5}

The leaves are appetizer, demulcent, laxative, stimulant and stomachic. An infusion is used in the treatment of dysentery, fevers, dyspepsia and liver disorders.\textsuperscript{6}

The roots and unripe fruits are used in the treatment of dysentery.\textsuperscript{6}

It is used for anti-inflammatory treatment.\textsuperscript{7}

It is also been connected with curing the chronic inflammation of the urinary bladder.\textsuperscript{7}

\textbf{Ethnobotanic Data:}

- It is used to treat leucorrhea.

\textbf{References:}

*Coriandrum sativum* L.

Botanical Name: *Coriandrum sativum* L.

Kingdom: Plantae

Order: Apiales

Family: Apioaceae

Genus: Coriandrum

Local Name: Dhania

Sindhi Name: Dhana

English Name: Coriander

Parts Used: Seeds, leaves

![Flowers and leaves of Coriandrum sativum L.](image)

**Description:**

Plants are tall, branched. Basal leaves are ternately lobed; segments oval to ovate; margin toothed; cauline leaves are pinnately dissected; segments linear. Petals are purplish-white, the outer larger, bilobed. Fruit is sub-globose Inner seed are concave.

**Occurrence:**

Native to Southern Europe and the Middle East. It is also cultivated in Pakistan.

**Uses Reported in Literature:**

- It is used to treat menstrual disorder, secondary infertility, ovarian and cervicitis.
- It is used to treat female diseases such as menoxenia, ovulation type dysfunctional uterine bleeding.
- It is aphrodisiac to enhance sexual function and reproductive capacity.
- It is used for treating leucorrhea, spermatorrhea.
- Coriander fruit possess stimulant and carminative properties.
- Its oil is bactericidal and larvacidal.
- It is hypoglycemic and anti-inflammatory.
- The fruits are used as astringent, anthelmintic, emollient, stomachic, antibilious, digestive, appetizer, constipating, diuretic, antipyretic, refrigerant, tonic, expectorant, anodyne, and dyspepsia.
Ethnobotanic Data:

- Crushed seeds in muslin cloth are used intra-vaginally for leucorrhea.
- It increases lactation too.
- It is used to treat infertility.
- It is good for uterus strength.
- It also treats dysmenorrheal, menorrhea, and polymenorrhea.
- It is used for opening uterus mouth.
- It is used to treat scanty mensis.
- It is also used to treat pelvic inflammation.

References:

9. Paarakh, P. M. Pharmacologyonline (3, News Letters), (2009), 561-573, University of Salerno Publisher, Department of Pharmacognosy, the Oxford College of Pharmacy, Bangalore, India.
**Crocus sativus.**

*Botanical Name: Crocus sativus. L.*
*Kingdom: Plantae*
*Order: Asparagales*
*Family: Iridaceae*
*Genus: Crocus*
*Local Name: Zafran*
*Sindhi Name: Zafran*
*English Name: Saffron*
*Parts Used: Stigma*

**Description:**

It is a small plant, 6 inches high, with fleshy, bulb-like corm, with grassy leaves. The flower is large, of lilac or bluish-purple color, appearing in September and October. It has a large orange-red stigma. The tree has pendulous divisions of which protrude beyond the perianth and are the Parts Used in pharmacy. The stigmata are 1 to 1 ½ inches long, brownish-red, the upper portion expanded and notched at the extremity. The odour is penetrating and aromatia, and the taste bitter.¹

**Occurrence:**

Native of Asia Minor, China, Greece, Italy, Kashmir, Pakistan (Quetta) and Persia; naturalized in England, France and Spain, and also to a limited extent in Pennsylvania.

**Uses Reported in Literature:**

- It activates sexual desire.²
- It regulates menstrual flow and treat menoxenia.³
- It is aphrodisiac, and its activity is due to its constituent crocin.⁴
- Saffron is used in Chinese medicine for melan cholia, depression and shock.⁵
- Its stigma and style is used in urinary obstruction.⁵,⁶
- It is stomachic, diaphoretic and emmenagogue.⁶
- It possesses a no. of medicinally important activities such as antihypertensive, anticonvulsant, antitussive, antigenototoxic and cytotoxic effects, anxiolytic antioxidant, antidepressant, antinociceptive, anti-inflammatory, and relaxant activity.⁷
- It also improves memory and learning skills, and increases blood flow in retina and choroid.⁷
Ethnobotanic Data:

- It is used to treat pelvic inflammatory disease and pelvic swelling in combination with different herbs.
- It is also used to induce labour pain especially in winter season.
- Its suppositories in jaggery and butter are used in myth for conceiving make child.
- It is used to treat prolapsed uterus.
- It is also used to treat leucorrhea.

References:

**Cucumis sativus L.**

Botanical name: *Cucumis sativus* L.

**Kingdom:** Plantae

**Order:** Cucurbitales

**Family:** Cucurbitaceae

**Genus:** *Cucumis*

**Local name:** Khera

**Sindhi name:** Khero

**English name:** Cucumber

**Part used:** Seeds and fruits

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**Description:**

It is annual, trailing or climbing herb. Stem is angular, with scabridulous hairs. Leaves are ovate, 12-18 cm long, 3-8-lobed, lobes acute, hispidulous or scabridulous on both surfaces; petiole elongated, 8-20 mm long. Sepals are spreading. Corolla is 2.5 cm long, lobes oblong-lanceolate. Anthers are 3-4 mm long. Female flowers are solitary or rarely fascicled. Ovary is fusiform, muricate. Fruit is oblong and obscurely trigonous or cylindric, when young sparsely tuberculated, otherwise smooth and glabrous.¹

**Occurrence:**

It is cultivated throughout the tropical and subtropical countries of the world.

**Uses Reported in Literature:**

- Seeds used in dysuria, irritation of urinary tract, cystitis.²
- Reduce specific gravity of urine and for tape worm.²
- Seeds are reported to be cooling, tonic diuretics.³
- Fruits and seeds are used in hyperdipsia, burning sensation, thermopregia, fever, insomnia, constipation, bronchitis, general debility, renal calculus and urodynia.³
- Seeds are tonic, cooling and diuretic.⁴
- Fruit is nutritive and demulcent.⁴
Ethnobotanic Data:

- This plant is used to treat infertility.

References:

Cuminum cyminum L.

Botanical Name: Cuminum cyminum L.
Kindom: Plantae
Order: Apiales
Family: Apiaceae
Genus: Cuminum
Local Name: Zeera
Sindhi Name: Jeero, z eero
English: Cumin seeds
Part used: Seeds, leaves

Description:

The cumin plant grows to 30–50 cm tall and is harvested by hand. It is an herbaceous annual plant, with a slender branched stem 20–30 cm tall, leaves are 5–10 cm long, pinnate or bipinnate, thread-like leaflets, flowers are small, white or pink, and fruit is oblong, 5-6 mm long, containing a single seed. 1, 2

Occurrence:

It is distributed in North Africa, Mediterranean Region, Middle East, Central Asia, West Pakistan, adventives in North America.

Uses Reported in Literature:

- The seeds are used in leucorrhea and gynecological complexity. 3
- It is also used for lumbago and painful micturation. 3
- It is given for the treatment of impotence. 3
- Decoction of cumin seeds mixed with milk and honey used once daily during entire period of pregnancy helps the development of the baby, ease child birth & increase the secretion of breast milk. 4
- The oil is used to flavor curries and other culinary preparations, confectionery and beverages. 5 It is diuretic, carminative, stimulant, antibacterial, emmenagogue and galactagogue. 6
- In the Traditional System of Medicine, the various plant parts such as bark, fruit, seed and leaf are used as astringent, sweet, sour, acrid, refrigerant, carminative, diuretic, digestive, in diabetes, leucorrhoea, gastric disorder, fever, skin diseases and wounds. 7
- Seeds are widely used in diabetes and leaves in anemia & gingivitis. 8

Flowers of Cuminum cyminum L.
Ethnobotanic Data:

- It is given to treat menstrual disorders as menorrhea, poly-menorrhea, dysmnorrhea, leucorrhea, and amenorrhea.
- In food it is added to increase lactation and for improvement of health after delivery.
- It is given for the treatment of infertility.
- It is given with different herbs for lowering abdomen after the child birth.
- It treats pelvic swelling and pelvic inflammatory disease.
- It is used for expulsion of plasma membrane after delivery.
- It avoids repetitive abortion.
- It also treats dyspareunia.
- It is good for lactation and improvement of health.
- It also treats sexually transmitted disease.
- It is used to induce labor pain.
- It is used to avoid miscarriage.
- It is good for fetus health.

References:

7. Salim, K. P., Paaraksh, P. M., Pharmacology online (2, News Letters), (2009), 101-122, Publisher: University of Salerno, Department of Pharmacognosy, The Oxford College of Pharmacy, Bangalore, India.
**Curcuma longa** L.

<table>
<thead>
<tr>
<th>Botanical name:</th>
<th>Curcuma longa L.</th>
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<tbody>
<tr>
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<td>Plantae</td>
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<tr>
<td>Order:</td>
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<tr>
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<td>Zingiberaceae</td>
</tr>
<tr>
<td>Genus:</td>
<td>Curcuma</td>
</tr>
<tr>
<td>Sindhi name:</td>
<td>Hedr</td>
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<tr>
<td>Local name:</td>
<td>Haldi</td>
</tr>
<tr>
<td>English name:</td>
<td>Turmeric</td>
</tr>
<tr>
<td>Part used:</td>
<td>Whole plant</td>
</tr>
</tbody>
</table>

**Description:**

*Curcuma longa* L. is a perennial plant with roots or tubers oblong-palmate, and deep orange inside. Leaves about 2 feet long, lanceolate, long, petioled, tapering at each end, smooth, of a uniform green. Flowers are dull yellow, three or five together surrounded by bracteolae. It is propagated by cuttings from the root. In fresh state, the roots have an aromatic and spicy fragrance, which by drying gives way to a more medicinal aroma. They are ground into a deep orange-yellow powder commonly used as a spice in curries and other South Asian and Middle Eastern cuisine.

**Occurrence:**

It is native to tropical South Asia and needs temperatures between 20 °C and 30 °C (68 °F and 86 °F) and a considerable amount of annual rainfall to thrive. Kasur district of Pakistan is the largest producer of turmeric in Pakistan.

**Uses Reported in Literature:**

- It promotes gentle perspiration, relieves flatulence, increase mucous secretion of lungs and promotes menses in amenorrhea due to cold.  
- It’s a valuable drug for the disorder of digestive system, rheumatism, piles, pulmonary, catarrhal diseases, neuralgia, urticaria etc.  
- Turmeric is stomachic, blood purifier, vermicide, antiseptic, carminative and tonic.  
- It is prescribed as anti periodic alternative in case of diabetes and leprosy.  
- Used as stimulant, tonic, stomachic, depurative.  
- Turmeric used in compositions for sprains and bruises.
It is used to treat many health problems like liver & digestive disorders, skin treatment, wound healing, bacterial infection, atherosclerosis, and eye disorder etc.\(^5\)

It is used for bleeding disorders, epilepsy, treating diarrhea, urinary disorders, fever, cough, poisoning, and lactation problems.\(^5\)

It can be used in treatment of inflammatory diseases of small pelvis organs and diseases of rectum.\(^5\)

Turmeric (Curcuma longa L.) is an important medicinal plant extensively used in Ayurveda, Unani, Siddha and other traditional systems of medicine as a home remedy for the treatment of various diseases.\(^7\)

Turmeric and its major chem. constituents, curcumin, curcuminoids, and dl-ar-turmerone exhibit a wide range of biol. activities, e.g. anti-bacterial, anti-inflammatory, hypolipidemic, hepatoprotective, lipoxygenase, cyclooxygenase, protease inhibitory effects, besides being effective active oxygen species scavengers and lipid peroxidase inhibitors activity.\(^7\)

The Indians for millennia knew its multiple benefits and potential to entire mankind since long time.\(^7\)

Curcuma longa L. or curcumin inhibits the activity of squalene synthase, the kinetic control step of cholesterol biosynthesis pathway, and therefore curcumin elevates the synthesis of LDL-cholesterol receptors, decreases blood cholesterol concns.\(^8\)

Curcuma longa L. can be useful in treating and preventing cardiovascular disease like arteriosclerosis and coronary arteriosclerosis in humans.\(^8\)

**Ethnobotanic Data:**

- It is used to treat dysmenorrheal.
- It is used for expulsion of plasma membrane after delivery.
- It also treats STDs (Sexually transmitted diseases).

**References:**


**Cyamopsis tetragonoloba L.**

Botanical Name: *Cyamopsis tetragonoloba* L.  
Kingdom: Plantae  
Order: Fabales  
Family: Fabaceae  
Genus: *Cyamopsis*  
Local Name: Guar phalli  
Sindhi Name: Guar  
English Name: Cluster beans  
Parts Used: Beans

**Description:**  
Erect annual, branches pubescent, hairs biramous, stem grooved. Leaf trifoliolate, leaflets are long, broad, elliptic, acute, dentate, and pubescent on both sides. Inflorescence is raceme, 6-30-flowered. Bract long, pedicel short, calyx teeth unequal, the lowest longest. Corolla purplish, slightly longer than calyx. Fruit is long, subtetragonal, pubescent, 5-6-seeded.  

**Occurrence:**  
Pakistan, India, and Afghanistan.

**Uses Reported in Literature:**  
- Plant is used used as cooling, digestive, tonic, galactogogue.  
- It is also useful in constipation, dyspepsia, and anorexia.  
- It is laxative.  
- Its gum is reported to decrease blood glucose level in normal and diabetic volunteers.  
- Oral administration of an ethnolic extract of powdered pods has shown significant anti cancer effect.  
- Its gum is used as binder and disintegrator in tablets.  
- Guar gum is a dietary fibre advocated for use in lowering serum total cholesterol levels in patients with hypercholesterolaemia.

**Ethnobotanic Data:**  
- It is used for contraception purpose.
- If its 2-3 seeds are taken orally after menstruation it may prevent from conceiving.
- It can be used for the treatment of infertility.

References:

Cydonia oblonga Mill.

Botanical Name: Cydonia oblonga Mill.
Synonym: Cydonia vulgaris pers.
Kingdom: Plantae
Order: Rosales
Family: Rosaceae
Genus: Cydonia
Local Name: Behidana
Sindhi Name: Behdana
English Name: Quince
Parts Used: All parts

Description:
It is a small, deciduous tree, growing 5–8 m tall and 4–6 m wide, related to apples and pears, and like them has a pome fruit, which is bright golden yellow when mature, pear-shaped, 7–12 cm long and 6–9 cm broad. The immature fruit is green with dense grey-white pubescence, most of which rubs off before maturity in late autumn when the fruit changes colour to yellow with hard, strongly perfumed flesh. The leaves are alternately arranged, simple, 6–11 cm long, with an entire margin and densely pubescent with fine white hairs. The flowers produce in spring after the leaves, and are white or pink, 5 cm across, with five petals.

Occurrence:
It is native to warm-temperate southwest Asia in the Caucasus region.

Uses Reported in Literature:
- It is used as an Antibacterial, Antidiabetic, Antioxidant, Antihyperglycemic, Antihemolytic and Antihyperlipidemic.
- Antivinous, Astringent, Cardiac, Carminative, Demulcent, Digestive, Diuretic, Emollient, Expectorant, Hypotensive, Laxative, Pectoral, Refrigerant, Restorative, Stimulant and Tonic properties are present in this plant.
- The leaves, buds and bark are astringent; the seeds are used for diarrhea, dysentery.
- The herb is used as poultices of injuries, inflammation of joints, and injuries of nipples and deeply cut finger.
- Fruit pulp and seeds are soothing and demulcent, used in dysentery and diarrhea.
Fruit is expectorant.\(^5\)

Quince supposed to be of use to strengthen the sexual organs and stomach.\(^6\)

It also possess antioxidant, antiinflammatory, immunity regulating and health promoting effects.\(^7\)

**Ethnobotanic Data:**

- It is used to treat infertility.
- It is also used to avoid miscarriage.

**References:**

**Daucus carota** L.

Botanical name: *Daucus carota* L.

Kingdom: Plantae

Order: Apiales

Family: Apiaceae

Genus: *Daucus*

Local name: Gajar

Sindhi name: Gajar

English name: Carrot

Part used: Seeds and root

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**Description:**

It is a biennial plant which grows a rosette of leaves in the spring and summer, while building up the stout taproot, which stores large amounts of sugars for the plant to flower in the second year. The flowering stem grows to about 1 metre (3 ft) tall, with an umbel of white flowers that produce a fruit called a mericarp by botanists, which is a type of schizocarp.¹

**Occurrence:**

*Daucus carota* L. is native to Europe and southwestern Asia.

**Uses Reported in Literature:**

- Carrot increases the quantity of urine and helps the elimination of uric acid.²
- It increases sexual stamina and retentivity.²
- It is a valuable medicine for burning sensation in eyes, in hands and feet.³
- It has anthelminic and diuretic properties.³
- Aqueous extract of seeds showed spasmodic action on smooth muscles of ileum, trachea and rectus.⁴
- Aqueous suspension of essential oil produced a transient fall of blood pressure⁴
- Seeds are carminative, aromatic and stimulant and are used as aphrodisiac and nervine tonic, given in uterine pain and also for producing abortion.⁴
- It is abortifient, anthelminic, antibacterial, antifertility and contraceptive activity.⁵
- Plants are susceptible to infection by a broad range of fungal pathogens.⁶
Ethnobotanic Data:
- This plant is used to treat amenorrhea.
- It is also useful in scanty mensis.

References:
**Elettaria cardamomum** Maton.

Botanical Name: *Elettaria cardamomum* Maton.
Kingdom: Plantae
Order: Zingiberales
Family: Zingeberaceae
Genus: *Elettaria*
Local Name: Chotti ilaiachi
Sindhi Name: Nandha photta
English Name: Green cardamom
Part used: Seeds

![Flowers and leaves of *Elettaria cardamomum* Maton.](image)

**Description:**

It is an aromatic herbaceous perennial plant with pungent smell, 2–4 m in height. The leaves are alternate in two ranks, with a long pointed tip. The flowers are white to lilac or pale violet, fruit is a three-sided yellow-green pod 1-2 cm long, containing several black seeds.

**Occurrence:**

It is native to southeastern Asia from India south to Sri Lanka and east to Malaysia and western Indonesia.

**Uses Reported in Literature:**

- It is used as an aphrodisiac. ²,³
- Fruit is emmenagogue.⁴
- Externally used for tumor of uterus.⁴
- Well known for impotence⁵, and low sexual response.⁵
- It shows antimicrobial activity against both Gram-pos. and Gram negative bacterial species.⁵
- It promotes digestion.⁵
- It is stimulant, carminative, diuretic and has digestive properties.⁶,⁷
- It is useful in dyspepsia and as cholagogue.⁷
- It is used in treating various gastrointestinal, cardiovascular and neuronal disorders.⁸
Ethnobotanic Data:

- It is added in remedies for treatment of different complaints as infertility, dysprunia, leucorrhea, menorrhea, amenorrhea, dysmenorrhea, poly menorrhea, sexually transmitted diseases, pelvic swelling, pelvic inflammatory disease, contraception and indigestion.
- It is given for reducing backache during pregnancy and menstruation and strengthening weak uterus.
- It is used for expulsion of plasma membrane and to induce labour pains.
- It avoids threatened miscarriage in last months and recurrent abortions.
- It is given for regulation of menstrual cycle at their 1st menstrua cycle and for treating prolapsed uterus.
- In food it is added for improving health after delivery and increases lactation.
- With different herbs it reduces abdominal size after the child birth.
- It is used for the treatment of scanty menstruation.
- It is good for easy vaginal delivery.
- It is used to treat fibroids.
- It is used to treat post partum hemorrhage.
- It is used to induce abortion.

References:

2. www.essentials.co.za/essential-oils/cardamom.htm#therapeuticproperties
Embelia ribes Burm.f.

Botanical Name: Embelia ribes Burm.f.
Kingdom: Plantae
Order: Ericales
Family: Euphorbiaceae
Genus: Embelia
Local Name: Bao barang
Sindhi Name: Wavovadang
English Name: False balack pepper
Parts Used: Fruits

Description:
Embelia ribes Burm.f. is a large scan dent shrub. It is a creeper which has a brittle stem. Their leaves are ovate in shape having both the ends sharp. Their flowers are white, small having petiole. Fruit is small like that of a pepper. Its color varies from red to blackish.¹

Occurrence:
It occurs in East Africa, India, Indonesia, Japan, Nepal, Pakistan, South China, and Sri Lanka.

Uses Reported in Literature:
- It is used for contraception purpose.²
- It is used for menstrual flow restoring action.³
- It has an anti-fertility action. The plant is used as an anti-inflammatory drug to relive rheumatism and fever. The fruit cures tumors, ascites, bronchitis, jaundice and mental disorders.⁴
- The fruit is astringent, carminative and stimulant.⁵
- The seeds are used for maintaining healthy skin and to support the digestive function.⁵
- It is also used as antifungal agent in ringworm infection and other chronic dermatitis.⁵
- It has laxative activity and used as anthelmintic agent. Seed extract possess anti-oestrogenic properties and specially used as contraceptive.⁵

Ethnobotanic Data:
- It is used for the treatment of weak uterus and for menstrual problems like leucorrhea, dysmenorrhea and menorrhrea in combination with other herbs.
- It is also used in complaints of dyspareunia.
- It is also used for expulsion of plasma membrane after delivery.
- With different 32 herbs, it is used for infertility, contraception, and to lower abdomen size after child birth.
- It reduces backache during menstruation and pregnancy.
- It is used in sexually transmitted diseases and for prolapsed uterus.
- It is used to treat cervical swelling.
- It is used to avoid repetitive abortion.
- It also induces abortion.

References:

2. www.ayushveda.com/herbs/embelia-ribes.html
**Eugenia caryophyllata** Thumb.

<table>
<thead>
<tr>
<th>Botanical Name:</th>
<th>Eugenia caryophyllata Thumb.</th>
</tr>
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<tr>
<td>Genus:</td>
<td>Eugenia</td>
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<tr>
<td>Local Name:</td>
<td>Long</td>
</tr>
<tr>
<td>Sindhi Name:</td>
<td>Long</td>
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<tr>
<td>English Name:</td>
<td>Cloves</td>
</tr>
<tr>
<td>Parts Used:</td>
<td>Flower buds</td>
</tr>
</tbody>
</table>

**Distribution:**

Natural Clove is a small reddish brown flower bud of the tropical evergreen tree. The tree reaches the height of 14 m. The bark of the tree is gray whereas the leaves are dark green and have shiny appearance. The leaves of the tree are elliptical and are very fragrant. At the end of the branches small crimson flowers grow in triple clusters.¹

**Occurrence:**

Clove is a native of Indonesia. Clove spice is also grown in Zanzibar, Indonesia and Madagascar; it is also grown in India, and Sri Lanka.

**Uses Reported in Literature:**

- It is used for formulas for impotence or clear vaginal discharge from yang deficiency.²
- It is anti inflammatory.³ and antibacterial.⁵,⁶
- It is used for the treatment of irregular periods, leucorrhea, menopausal symptoms, ovary problems and sterility.⁴
- It is antiseptic, analgesic, and antiemetic.⁵
- It has expectorant property.⁵
- It is ingredient of toothpaste and mouthwashes.⁵

**Ethnobotanic Data:**

- It is used in preparation used to treat menstrual disorders as leucorrhea, dysmenorrheal.
- It is used with different herbs for expulsion of plasma membrane after delivery.
- It is used to induce abortion and induce labor pain.
➢ It is also used to treat infertility.
➢ It is good for health after delivery.

References:
2 http://en.wikipedia.org/wiki/clove
**Ficus benghalensis L.**

Botanical Name: *Ficus benghalensis* L.  
Kingdom: Plantae  
Order: Rosales  
Family: Moraceae  
Genus: *Ficus*  
Local Name: Bar  
Sindhi Name: Dodhawal  
English Name: Banyan  
Parts Used: All parts

![Fruit and leaves of *Ficus benghalensis* L.](image-url)

**Description:**

The tree is a large, evergreen to deciduous, up to 20 (-25) m tall, with wide leafy crown and branches spreading up to 100 m or more with pillar-like prop roots and accessory trunks. Trunk is massive, fluted, bark grey, smooth, young softly white puberulous. Leaves are with stout, (1.5-) 2-6 (-8) cm long, do ventrally compressed hairy petiole; lamina coriaceous, ovate or orb ovate to elliptic, (8-) 10-20 (-25) cm long, (6-) 8-15 (20) cm broad, glabrous above, finely pubescent beneath, base subcordate or rounded, margins apically obtuse, lateral nerves 4-7 pairs. Male flowers: numerous ostiolar, shortly pedicellate; sepals 2-3; stamen solitary, with shortly mucronate anther. Female flowers: sessile, mixed with gall flowers; sepals 34, small; ovary with an elongated style.¹

**Occurrence:**

The banyan is a large and extensive growing tree of the Indian subcontinent.

**Uses Reported in Literature:**

- Milky latex is applied externally for pain in rheumatism and lumbago.²
- Tender roots of banyan tree are considered beneficent in the treatment of female sterility.²
- All parts are used in skin disease.³
- The bark is useful in menorrhagia, leucorrhrea, and other vaginal disorders.³
- Latex and buds are used in urinogenital diseases.³
- Roots are also useful in menorrhagia, and ulcers.³
- The young tips of hanging roots are given to obstinate vomiting.⁴
- The bark is astringent and used in dysentery, diarrhea, and diabetes.⁴
The milky juice is externally applied for pain and bruises and as anodyne in rheumatism and lumbago. 

All parts of plants are use in vaginal complaints, fever, and inflammations.

The milky juice and aerial roots are aphrodisiac.

The aerial roots are also useful in gonorrhea and syphilis.

Ethanolic extract of fruit shows antioxidant and free radical scavenging activity.

Various plant parts such as stem bark, root bark, vegetative buds, leaves, fruits and latex are used in dysentery, diarrhea, diabetes leucorrhoea, menorrhagia, nervous disorders, tonic and astringent.

Aerial roots are used exhaustively in Ayurveda for the treatment of gynecological complaints.

Ethanolic extract of aerial roots shows antihyperglycemic activity.

Growing aerial root tips of *Ficus benghalensis* L. shows immunomodulatory activity.

**Ethnobotanic Data:**

- It is sued to treat polymenorrhoea.

**References:**

**Ficus carica L.**

Botanical name: *Ficus carica* L.

**Kingdom:** Plantae  
**Order:** Rosales  
**Family:** Moraceae  
**Genus:** *Ficus*  
**Local name:** Anjeer  
**Sindhi name:** Injeer  
**English name:** Common fig  
**Part used:** Fruit

![Leaves and fruit of *Ficus carica* L.](image)

**Description:**

*Ficus carica* L. is a monoecious, deciduous tree or a large shrub. It grows to a height of 6.9–10 metres (23–33 ft) tall, with smooth grey bark. *Ficus carica* is well known for its large, fragrant leaves. The leaves are 12–25 centimetres (4.7–9.8 in) long and 10–18 centimetres (3.9–7.1 in) across, and deeply lobed with three or five lobes. The complex inflorescence of the common fig consists of a hollow fleshy structure called the syconium, which is lined with numerous unisexual flowers. The edible fig fruit is the mature syconium on the outside and numerous one-seeded fruits (druplets) on the inside. This type of multiple fruit is sometimes called infructescence. The fruit is 3–5 centimetres (1.2–2.0 in) long, with a green skin, sometimes ripening towards purple or brown. *Ficus carica* has milky sap (laticifer). The sap of the fig's green parts is an irritant to human skin.¹

**Occurrence:**

It is native to the Middle East. It is cultivated and subspontaneous in India, Pakistan, Afghanistan; Russia, Iran, Middle East, N. Africa and Europe; introduced in cultivation elsewhere.

**Uses Reported in Literature:**

- Syrup of figs is used in mild constipation.²
- Fruit pulp is used for treating tumors, swellings and gum abscesses.²
- Leaves used in leucoderma.²
- It is used in the treatment of nervous vaginismus in young girls and relaxes vaginal muscles and stops spasm.³
Eating figs and honey is a natural medicine for the treatment of TB, chronic cough, asthma, healing of ulcers and jaundice.\(^3\)

The fruit is nutritive, aperients, demulcent and emollient.\(^4\)

Juice of fresh green fruits is removed warts.\(^4\)

**Ethnobotanic Data:**

- It is used to avoid miscarriage.

**References:**

**Foeniculum vulgare** var Dulce.

Botanical Name: *Foeniculum vulgare* var Dulce.

Kingdom: Plantae

Order: Alpiales

Family: Apiaceae / Umbelliferae

Genus: *Foeniculum*

Local Name: Saunf

Sindhi Name: Wadaf

English Name: Fennel

Part used: Seeds

Flowers of *Foeniculum vulgare* var Dulce.

**Description:**

Plant is up to 2 m tall, glabrous, glaucous. Stem is straight. Leaves are 3-4-pinnate, segments filiform, up to 4 cm long; leaf bases sheathing. Rays are 5-30, 1-6 cm long. Carpophore divided to the base. Fruit is oblong to ovoid, 3-5 mm long, and glabrous.¹

**Occurrence:**

It is generally considered indigenous to the shores of the Mediterranean, but has become widely naturalized in many parts of the world, especially on dry soils near the sea-coast and on riverbanks. It is cultivated in Pakistan.

**Uses Reported in Literature:**

- Fennel may be an effective diuretic and a potential drug for treatment of hypertension.²
- Extract have estrogenic property³, ⁴ in hormonal imbalances caused by menopause.
- Infusion of fruit is useful in amenorrhea.⁵
- It possesses antimicrobial and estrogenic activity.⁵
- Its oil is emmenagogue oxytocic and abortifacient.⁶
- It is used in galactagogue relieve bloating and nausea.⁷
- It is carminative, stomachic and stimulate appetite.⁷
- It is used to treat dysmenorhea and lower abdominal pain.⁸
- It is used as a flavor in confectionary and bakery products.⁸
- It regulates menstruation.⁹
The ethno extract of the dried ripe fruit of *Foeniculum vulgare* (500 mg/kg) is diuretic, analgesic, antipyretic, and antimicrobial.\(^\text{10}\)

**Ethnobotanic Data:**

- To induce the labor pain fennel (*Foeniculum vulgare* var Dulce.) extract is given orally regular till pain starts.
- It is given for the treatment of infertility.
- In different formulations it is given to reduce backache during pregnancy and menstruation and to treat uterine fibroids.
- It strengthens weak the uterus.
- It is given in menstrual disorders as leucorrhea, dysmenorrheal, amenorrhea, menorrhagia, and polymenorrhagia.
- It also treats scancy menses
- It lowers bloating during menstruation.
- Its preparations are given for treating sexually transmitted disases.
- With different 32 herbs it lowers abdominal size after the child birth.
- It increases lactation
- It is given for improvement of health after delivery.
- For expulsion of plasma membrane and post partum hemorrhage.
- Its use avoids miscarriage and recurrent Abortion.
- It is good for uterus opening.
- It is used for easy vaginal delivery.
- It is also used to treat dyspareunia.
- It is also used to treat pelvic swelling and pelvic inflammation.

**References:**


**Glycyrrhiza glabra L.**

Botanical Name: *Glycyrrhiza glabra* L.  
Kingdom: Plantae  
Order: Fabales  
Family: Fabaceae  
Genus: *Glycyrrhiza*  
Local Name: Mulethi  
Sindhi Name: Mithikathi  
English Name: Liquorice  
Parts Used: Roots

**Description:**

The liquorice plant is a legume (related to beans and peas), it is herbaceous perennial, growing to 1 m in height, with pinnate leaves about 7–15 centimeters (3–6 in) long, with 9–17 leaflets. The flowers are 0.8–1.2 cm long, purple to pale whitish blue, produced in a loose inflorescence. The fruit is an oblong pod, 2–3 centimeters (1 in) long, containing several seeds.¹

**Occurrence:**

The liquorice plant is native to southern Europe and parts of Asia. It is distributed in the subtropical and warm temperate regions of the world, particularly in the Mediterranean countries. In Pakistan it is distributed in northern areas of the country. It is called "Mulethi" in Northern India and in Pakistan.

**Uses Reported in Literature:**

- It is antibacterial, anti-inflammatory, and anti-antioxidant.²  
- It is reported to be as emmanagogue, aphrodisiac, and contraceptive.²  
- It is administered in gastric and duodenal ulcers, hypertension, and arthritis.³  
- Vacume dried ethnolic extract of roots showed anti-oxidant and wound healing properties.³  
- It is used in treatment of contagious disease and for treating infertility and protecting pregnancy.⁴  
- The *G. glabra* L. root extract can be added into lotion, essence solutions and topical cleaning medicinal liquid. It has antibacterial effect against *Trichomonas vaginalis*, *Candida albicans*, and *Hemophilus vaginalis*, and is effective in treating leukorrhagia, and pudendal pruritus.⁵
❑ Compound Chinese medicinal preparation contains *Glycyrrhiza glabra* L. for preventing and treating abnormal uterine bleeding, and its preparation method.⁶

**Ethnobotanic Data:**

❑ Mulethi is used to strengthen the uterus after delivery.
❑ It is used to treat infertility.
❑ It is also used to treat leucorrhea.
❑ It is used for expulsion of plasma membrane after child birth.
❑ It is also used to treat pelvic swelling and pelvic inflammation.

**References:**

**Gossypium arboreum** L.

Botanical Name: *Gossypium arboreum* L.  
Kingdom: Plantae  
Order: Malvales  
Family: Malvaceae  
Genus: *Gossypium*  
Local Name: Binola  
Sindhi Name: Gogru  
English Name: Cotton tree  
Parts Used: Whole plant  

**Description:**  
Tree cotton is a shrub attaining heights of 1 to 2 metres. Its branches are covered with pubescence and are purple in colour. Stipules are present at the leaf base and they are linear to lanceolate in shape and sometimes falcate (i.e. sickle-shaped). The leaves are attached to the stem by a 1.5 to 10 cm petiole.¹

**Occurrence:**  
*Gossypium arboreum* L. is a species of cotton native to India and Pakistan and other tropical and subtropical regions of the Old World.

**Uses Reported in Literature:**
- The seeds are considered an aphrodisiac, galactogogue, and effective medicinal plant of anaemia and genitor urinary diseases.²  
- Flower is used as blood purifier and leaves are diuretic and used in mental and skin disorders.²  
- Seeds are useful to treat skin diseases and rheumatism.³  
- Juice of the roots is given in fever.⁴  
- *Gossypium arboreum* L. leaf extract shows stimulatory effect on fibroblast growth and protection against peroxide-induced oxidative damage, which shows its wound healing activity.⁵  
- The seed extract showed the anti-bacterial activity.⁶

**Ethnobotanic Data:**
- It is used to prevent abortion.  
- It is used to treat amenorrhea, and dysmenorrhea.
➢ It is used for the expulsion of plasma membrane after delivery.
➢ It is also used to treat postpartum hemorrhage.
➢ It treats scantly menses.
➢ It is used to treat infertility.

References:
1  http://en.wikipedia.org/wiki/Gossypium_arboreum
2 Daniel, M., Medicinal plants-Chemistry and Properties, 2006, p. 102, Primlani, M., Oxford and IBH Publisher Pvt. Ltd, New Delhi, India.
**Hedychium spicatum** Buch. Ham.

- **Botanical Name:** *Hedychium spicatum* Buch. Ham.
- **Kingdom:** Plantae
- **Order:** Zingiberales
- **Family:** Zingiberaceae
- **Genus:** *Hedychium*
- **Local Name:** Kachri, hedichium
- **Sindhi Name:** Kapur kachri
- **English Name:** Spiked ginger lily
- **Parts Used:** Rhizome

**Description:**

*Hedychium spicatum* Buch. Ham. is an annual perennial herb growing to 1.5m by 0.7m. It has a horizontal root-stock, and tuberous root fibers, leaves are 30 cm or more in length. Inflorescence is spiked. Flowers are ascending and dense yellow coloured.¹

**Occurrence:**

Spiked Ginger Lily is found in the entire Himalayan region.

**Uses Reported in Literature:**

- Juice of the rhizome is given in fever.²
- Ethyle acetate and alcoholic extract of dried rhizomes showed significant hepatoprotective activity.³
- Rhizome is used as emmenagogue.⁴
- It has anti-inflammatory, anti-microbial and hepatoprotective properties.⁴
- The plant is use to treat abdominal pain, dyspepsia, nausea, vomiting, constipation and menorrhagia.⁵
- It is also used to treat gonorrhea.⁶
- *H. spicatum* Buch. Ham. is used as a hepatoprotective agent.⁷
- The plant can also be used for treating dermatophytosis.⁸

**Ethnobotanic Data:**

- It is used to treat leucorrhea.
- It is also used for expulsion of plasma membrane after delivery.
References:


**Helicters isora** L.

Botanical Name: **Helicters isora** L.
Kingdom: Plantae
Order: Malvales
Family: Sterculiaceae
Genus: Helicters
Local Name: Maro phali
Sindhi Name: Verkathi
English Name: Indian screw tree, red Isora
Parts Used: Fruits

**Description:**

*Helicters isora* L. is a shrub or small tree that can grow up to 2–4 m tall. The leaves are simple and arranged in two vertical rows. All young parts are often densely clothed with long, yellow and stellate hairs.¹

**Occurrence:**

*Helicters isora* L is distributed from India, Pakistan, Nepal and Sri Lanka through Burma, Thailand, Indo China, Malaysia and northern Australia.

**Uses Reported in Literature:**

- Juice of the bark is given in diarrhea and dysentery.²
- It has anti-galactogogue, and anti-diabetic, and hypolipidimic activities.³
- Dried fruit is given in intestinal complaints, wounds, ulcers and diarrhea.³
- Leaf past is given in skin ailments, roots are given in asthma, cough.⁴
- *Helicters isora* L. is used for regulating menstruation.⁵
- The plant shows anti-diabetic activity.⁶
- The hot water extract of fruit of *Helicteres isora* L. exhibited significant antioxidant activity and moderate antidiabetic activity.⁷
- The studies indicated that the fruits possess very good antispasmodic activity.⁸
- The fruit aqueous extracts of *H. isora* L. showed prominent antibacterial activities against *E. coli*, *Staphylococcus epidermidis*, *Salmonella typhimurium*, and *Proteus vulgaris*.⁹
Ethnobotanic Data:

- *Helicters isora* L is used to treat infertility.

References:

6. Kumar, G., Banu, S., Murugesan, A. G., Food and Chemical Toxicology, 47(8), (2009), p. 1803-1809, Sri Paramakalyani Centre for Environmental Sciences, Manonmaniam Sundaranar University, Alwarkurich, Tamil Nadu, India.
**Holarrhena antidysenterica L.**

Botanical Name: *Holarrhena antidysenterica* L.  
Kingdom: Plantae  
Order: Apiales  
Family: Apocynaceae  
Genus: *Holarrhena*  
Local Name: Kurchi, inder jo talkh  
Sindhi Name: Thoni thamba  
English Name: Tellichery bark & coneru  
Part used: Stems, barks, leaves, seeds

**Description:**

The small tree is 9-12 meters in height and the bark pale, grayish in color. The leaves are 9-18 cm long and 4-8 cm broad, broadly ovate to elliptic. Flowers are in terminal corymbs cymes, white, slightly fragrant. The fruit pod is 20 to 40 cm long, in pairs, cylindrical and narrow. The seeds are linear-oblong, 1 cm long. 25-30 seeds per pod, smoky in color.\(^1,2\)

**Occurrence:**

It is found in tropical Himalayas, from Chenab westward, ascending to 3,500 ft throughout India, Travencore, Malacca, Pakistan (Punjab) and Kashmir.

**Uses Reported in Literature:**

- It is used as an emmenagogue.\(^3\)
- Seeds are used in pessaries (vaginal suppositories) for promoting conception and for toning up of vaginal tissues after delivery.\(^4\)
- It stops hemorrhage after child birth.\(^4\)
- The bark is useful in treatment of piles, skin diseases and biliousness.\(^5\)
- The bark is used in chest affections and as a remedy in diseases of the skin and spleen.\(^5\)
- It is a well known herb for amoebic dysentery\(^5,6,7\) and other gastric disorders.\(^5\)
- Seeds are used for promoting conception and for toning of vaginal tissues after delivery.\(^6\)
- A bath containing decoction of bark or leaves cures scabies.\(^7\)
- The bark is used as an astringent, anthelmintic, stomachic, febrifuge, diuretic, in piles, colic, and in dyspepsia.\(^6,7,8\)
- In traditional medical system it is used for treatment of constipation, colic, and diarrhea.\(^9\)
Ethnobotanic Data:

- It is used for weak uterus and for menstrual problems in combination with other herbs.
- It is used to strengthen the weak uterus, and back pain.
- It is used for expulsion of plasma membrane after the child birth.
- It lowers the abdomen after child birth.
- It is also used to treat pelvic swelling.
- It is used to treat infertility.

References:

8  [http://www.sirisimpex.com/holarrhena.htm](http://www.sirisimpex.com/holarrhena.htm)
9  Gilani, A. H., Khan, A., Khan, A., Bashir, S., Rehman, N., Mandukhail, S., Pharmaceutical Biology, 48(11), (2010), p. 1240-6, Natural Product Research Division, Department of Biological and Biomedical Sciences, The Aga Khan University Medical College, Karachi, Pakistan.
**Hordeum vulgare** L.

Botanical name: *Hordeum vulgare* L.

Kingdom: *Plantae*
Order: *Poales*
Family: *Poaceae*
Genus: *Hordeum*
Local name: Makai
Sindhi name: Makai
English name: Barley
Part used: Grains

**Description:**

Annual grass, stems erect, stout, tufted, 60–120 cm tall; leaves few, alternate, linear-lanceolate, the upper one close to the spike, blades up to 25 cm long, about 1.5 cm broad; sheath smooth, striate; ligules short, membranous; spikes terminal, linear-oblong, compressed, up to 20 cm long, densely flowered; spikelets sessile, arranged in threes on two sides of a flattened rachis, all fertile (6-rowed types), or lateral ones barren and occasionally rudimentary (2-rowed types); glumes 2, narrow, small, short-awned, enclosing 3 spikelets; lemma lanceolate, 5-ribbed, tapering into a long straight or recurved awn; palea slightly smaller than the lemma with margins inflexed; stamens 3; caryopsis ellipsoid, about 0.9 cm long, short-pointed, grooved on inner face, smooth, free or adherent to palea, or both lemma and palea.¹

**Occurrence:**

Native to Middle East, from Afghanistan to northern India; now widely cultivated in all temperate regions from Arctic Circle to high mountains in the tropics. The earliest remains so far discovered are from Iran (ca 7900 BC), but we still do not know that it originated there or in Egypt, Etiopia, the Near East or Tibet.

**Uses Reported in Literature:**

- Seeds useful in the treatment of diabetes.²
- Powdered parched grains are used in the form of gruel for painful and atomic dyspepsia.²,³
- Decorticated seeds are nutritive and demulcent, easy to digest. Used in dietary of sick.³
- Barley is nutritive and demulcent during convalescence and in cases of bowel inflammation.⁴
- Protects immune system.⁴
Grains are astringent. Sweet, acrid, refrigerant, diuretic, digestive and toxic.\(^5\)

They are useful in vitiated conditions of *kapha* and *pitta*.\(^5\)

The barley leaf ext. has good urease inhibition effect and antibacterial effect on Helicobacter pylori, and can be used for preventing and treating various gastrointestinal diseases such as stomach cancer, gastric ulcer and gastritis caused by Helicobacter pylori.\(^6\)

**Ethnobotanic Data:**

- It is used to induce labor pain.

**References:**

1. [http://www.hort.purdue.edu/newcrop/duke_energy/Hordeum_vulgare.html#Description](http://www.hort.purdue.edu/newcrop/duke_energy/Hordeum_vulgare.html#Description)


**Juglans regia L.**

Botanical name: *Juglans regia* L.
Kingdom: Plantae
Order: Fagales
Family: Juglandaceae
Genus: *Juglans*
Local name: Akhrot
Sindhi name: Akhrot
English name: Wall nut
Part used: Whole plant

![Fruits and leaves of Juglans regia L.](image)

**Description:**

*Juglans regia* is a large, deciduous tree attaining heights of 25–35 m, and a trunk up to 2 m diameter, commonly with a short trunk and broad crown, though taller and narrower in dense forest competition. It is a light-demanding species, requiring full sun to grow well. The bark is smooth, olive-brown when young and silvery-grey on older branches, and features scattered broad fissures with a rougher texture. The leaves are alternately arranged, 25–40 cm long, odd-pinnate with 5–9 leaflets, paired alternately with one terminal leaflet. The male flowers are in drooping catkins 5–10 cm long, and the female flowers are terminal, in clusters of two to five, ripening in the autumn into a fruit with a green, semi fleshy husk and a brown, corrugated nut. The whole fruit, including the husk, falls in autumn; the seed is large, with a relatively thin shell, and edible, with a rich flavor.¹

**Occurrence:**

The walnut tree species is native to the mountain ranges of Central Asia, extending from Xinjiang province of western China, parts of Kazakhstan, Uzbekistan and southern Kirghizia and from lower ranges of mountains in Nepal, Bhutan, Tibet, northern India and Pakistan, through Afghanistan, Turkmenistan and Iran to portions of Azerbaijan.

**Uses Reported in Literature:**

- The extract from walnut leaves is an antioxidant, decreases the blood sugar level and has a positive impact on lipid metabolism.¹
- Bark and leaf crude extracts of *J. regia* and *J. mollis*, showed *in vitro* activity against *Mycobacterium tuberculosis*.¹
- Its leaves are used to cure leucorrhea, vaginitis, purities etc.²
Bark is used to excite the secretion of ovarian hormones. Its bark is used to reduce excessive secretion of breast milk, painful menstruation primary amenorrhea etc.

Its leaves and bark are antiseptic and anti inflammatory. It is used as antitumor, antibacterial and fungicide. Its leaves are used in injection for leucorrhrea and in bath for lymphatic affections. The oil from nut is used to treat skin diseases. Wall nut mixed with Cornus officinalis and jujube and used for the treatment of internal medicine diseases such as spermatorrhoea, enuresis, and leucorrhoea, and women's disease.

Walnut cake enhancing adult fertility and reducing weight.

It is also effective in preventing cardiovascular and cerebrovascular diseases, carcinoma of prostate, breast carcinoma, cancer of colon, and obesity; and relieving menopausal symptoms in women. It is suitable for patients with diabetes.

The traditional Chinese medicine foot bath has a reasonable formula, and can accelerate blood circulation, discharge toxins, improve immunity, and treat allergic rhinitis.

Ethnobotanic Data:

- It is used to treat leucorrhea, amenorrhea and dysmenorrhea.
- It is also helpful in uterus strength.
- It helps in lactation after delivery.
- This plant is used in the treatment of Infertility.
- It also lower abdomen after child birth.
- It also helps in contraception and miscarriage.
- Good health of mother during pregnancy.

References:


**Juniperus communis** L.

Botanical Name: *Juniperus communis* L.
Kingdom: Plantae
Order: Pinales
Family: Cupressaceae
Genus: *Juniperus*
Local Name: Abhel
Sindhi Name: Awaber
English Name: Juniper
Parts Used: Fruits

**Description:**

*Juniperus communis* is a shrub or small tree, very variable and often a low spreading shrub, but occasionally reaching 10 m tall. Common Juniper has needle-like leaves in whorls of three; the leaves are green.¹

**Occurrence:**

It has the largest range of any woody plant, throughout the cool temperate Northern Hemisphere from the Arctic south in mountains to around 30°N latitude in North America, Europe and Asia.

**Uses Reported in Literature:**

- Juniper berries act as a strong urinary tract disinfectant.¹
- *Juniperus communis* L. is used to treat gynecological diseases such as hemorrhage, irregular periods, leucorrhea, menopause, and ovary problems sterility.²
- The plant extract has cholinesterase inhibitory and antioxidant activities.³
- The plant shows anti-inflammatory and antinociceptive activities.⁴
- Analysis of methanolic extract showed quite good activity against both antibiotic-sensitive and -resistant *Staphylococcus aureus* strains.⁵
- Fruit and volatile oil possess carminative, stimulant, and diuretic properties.⁶
- They have also been used in urino-genital disorders like gonorrhea, gleet, leucorrhea and certain cutaneous diseases.⁶
- They are used to treat gynecological diseases like gonorrhea and leucorrhea.⁷
- The wood is diuretic, blood purifier and employed in gout, rheumatism, and cutaneous diseases.⁸
- *J. communis* L. is urinary antiseptic, emmenagogue, anti-inflammatory, and diuretic.\(^8\)
- It is used to treat amenorrhea and may increase glucose level in diabetes.\(^8\)

**Ethnobotanic Data:**
- The plant is used to treat menorrhagia.
- It is also used to treat leucorrhoea.
- It is used for the expulsion of plasma membrane after delivery.

**References:**
3. Orhan, N., Orhan, I. E., Ergun, F., Food and Chemical Toxicology, 49(9), (2011), p. 2305-2312, Department of Pharmacognosy, Faculty of Pharmacy, Gazi University, Ankara, Turkey.
**Lagenaria siceraria** (Molina) Standl.

Botanical Name: *Lagenaria siceraria* (Molina) Standl.
Synonyms: *Lagenaria vulgaris* (Molina) Standl.
Kingdom: Plantae
Order: Cucurbitales
Family: Cucurbitaceae
Genus: *Lagenaria*
Local Name: Lauki, kadu
Sindhi Name: Lauki, kadu
English Name: Bottle gourd / Calabash
Parts Used: Fruits, flowers

**Description:**

The bottle gourd is a vigorous, annual, running or climbing vine with large leaves and a lush appearance. It grows fast and may begin to flower only 2 months after seeding. The thick stem is furrowed longitudinally. The leaves of the bottle gourd are up to 15 inches wide, circular in overall shape, with smooth margins, a few broad lobes, or with undulate margins. Leaves have a velvety texture because of the fine hairs, especially on the undersurface. The flowers are white and attractive, up to 4 inches in diameter, with spreading petals. The size of the fruit varies from 2-12 inches in diameter and from 4-40 inches in length. \[^1,2\]

**Occurrence:**


**Uses Reported in Literature:**

- The shell of the old fruits are often used as water bottles and for making ladles, pipes, blowing, horns, snuff boxes.\[^1\]
- The pulp has cooling and antibilious effect.\[^1\]
- The seed oil and a poultice of the crushed leaves is applied externally in headache.\[^1,6\]
- Fruit is aphrodisiac.\[^3\]
- Extract of fruit is anti inflammatory, analgesic and have antibacterial activity.\[^3,6\]
- Sweet fruit cures leucorrhrea, while bitter fruit cures leucorrhrea, vaginal and uterine complains.\[^4\]
- The pulp around the seed is emetic and purgative.\[^5\]
- The flowers are an antidote to poison. The stem bark and the rind of the fruit are diuretic.\[^5\]
The fruit is diuretic, emetic and refrigerant.\(^5\)

The juice of the fruit is helpful in constipation, urinary disorders and insomnia.\(^6\)

It regulates blood pressure and cures hepatic and cardiac disorders.\(^6\)

**Ethnobotanic Data:**

- It is used to treat menstrual disorder as menorrhea.
- It treats postpartum hemorrhage.

**References:**

2. [http://edis.ifas.ufl.edu/mv069](http://edis.ifas.ufl.edu/mv069)
**Lallemantia royleana** Benth.

**Botanical Name:** Lallemantia royleana Benth.

**Kingdom:** Plantae

**Order:** Lamiales

**Family:** Labiata

**Genus:** Lallemantia

**Local Name:** Tukhm-e-balango

**Sindhi Name:** Nazboo

**English Name:** Black psyllium seeds

**Part used:** Seeds and leaves

**Description:**

It is un-branched, or branched from the base. Stem is erect 5-30 cm long; leaves are simple, 15-20 x 7-15 mm. Inflorescence starting from near base of stem. Calyx is tubular, 6-7 mm, prominently veined or ribbed. Corolla is pale lilac, blue to whitish pink 7-8 mm, slightly longer than calyx. Nutlets are 2.5 x 1 mm, dark brown, markedly triquetrous, with a small attachment scar, clearly mucilaginous on wetting. [1][2]

**Occurrence:**

Afghanistan, China, India, Kazakhstan, Kyrgyzstan, Pakistan, Russia, Tajikistan, Turkmenistan, Uzbekistan; South West Asia, Europe; and one species in China.

**Uses Reported in Literature:**

- The poultice of the seeds is applied topically for the treatment of abscesses, boils and inflammations.³
- The seeds are valued for their cooling, sedative and diuretic properties.³⁴
- It is used in beverages.³
- They are given internally as soothing drink in urinary troubles.³
- Poultice is applied to abscess, boils and inflammation.⁴

**Ethnobotanic Data:**

- It is used for different menstrual problems as in combination with cumin seeds.
  It is useful in amenorrhea, dysmenorrheal, menorrheal conditions and poly menorrhea.
- Its seeds when taken with a glass of water may reduce menstrual flow.
It is even used to reduce size of stomach after child birth by many ladies in interior Sindh in combination with different ingredients, like calamus, neem leaves and raw sugar.

It is common belief among ladies that it is anti-inflammatory and can be used to treat pelvic swelling and pelvic inflammatory disease.

Many ladies use it with different 32 herbs for expulsion of plasma membrane after delivery and to reduce back ache during menstruation.

Its extract may be used to treat infertility.

In Tharparkar it is used with opium for prolapsed uterus.

Its extract is given to treat sexually transmitted diseases.

It is used by many ladies for contraception.

It is used to treat dyspareunia.

It also treats scanty menstruation.

It is also used to treat cervical swelling.

It induces abortion

References:


2 [http://zipcodezoo.com/Plants/L/Lallemantia_royleana](http://zipcodezoo.com/Plants/L/Lallemantia_royleana).


**Lawsonia inermis** L.

**Botanical Name:** *Lawsonia inermis* L.
**Kingdom:** Plantae
**Order:** Myrtales
**Family:** Lythraceae
**Genus:** *Lawsonia*
**Local Name:** Mehndi
**Sindhi Name:** Mehndi
**English Name:** Henna
**Parts Used:** Leaves, seeds, barks

**Distribution:**

It has a fragrant shrub, up to 2.5 m tall. Leaves are elliptic, ovate or obviate, acute, obtuse or sub acuminate, 8-44 mm long, 2-20 mm broad. Panicles are 3-22 cm long. Pedicels are 2-3.5 mm long. Sepals are ovate. Petals are 3-4 mm long, 4-5 mm broad. Filaments are 4 mm long. Capsules are (3) 4-8(-9) mm in diameter, and wall veined.¹

**Occurences:**

Central Asia and India. In Pakistan indigenous to Baluchistan and widely cultivated throughout the country.

**Uses Reported in Literature:**

- Seeds are beneficial in dysentery.²
- Pessaries or vaginal suppositories made of leaves and seeds can be used to treat in excessive menstruation, vaginal discharges, and leucorrhea.²
- Leaves are Emmenagogue and abortifacient.³
- Used in amenorrhea.³,⁵
- Used for sore throat as gargle.⁴,⁵
- It is emmenagogue.⁵,⁷
- It is abortifacient, and used in amenorrhea, dysmenorrhea.⁷,⁸
- Leaves are anti-hemorrhagic, antifungal, antibacterial and used to treat skin infections.⁹
- It is used for treatments of headache, jaundice, and leprosy.¹⁰
Ethnobotanic Data:

- Infusion of leaves is used to stop menstruation.
- It is used to treat vaginal pruritus.
- It is used to treat contraception and also for permanent contraception.

References:

**Mangifera indica L.**

Botanical Name: *Mangifera indica* L.

Kingdom: Plantae

Order: Sapindales

Family: Anacardiaceae

Genus: *Mangifera*

Local Name: Aam

Sindhi Name: Anb

English Name: Mango tree

Parts Used: All parts

**Description:**

It is a glabrous tree up to 15 m tall. Leaves are 11-24 x 4-8 cm, oblong, lanceolate, acuminate, coriaceous, shiny and dark green on upper surface. Flowering panicles are erect, conspicuous, longer than the leaves, pubescent. Calyx has lobes ovate, pubescent on the outside. Petals are imbricate, oblong, inner surface prominently 3-nerved, drupe ± ovoid in outline, compressed, 3.5-20 cm long. Mesocarp is fleshy. Endocarp is (stone) hard and fibrous.¹

**Occurrence:**

The mango tree is widely cultivated in the tropics. It is a native of Burma, Sikkim, Khasia and the W. Ghats (India). It is also widely cultivated in the Punjab and Sind for its edible and tasty grafted varieties.

**Uses Reported in Literature:**

- The fruit is rich source of vitamin A, and vitamin C.²
- The unripe fruit is useful in ophthalmic eruption.²
- Alcoholic extract of stem bark showed immunomodulatory activity.²
- Flower cure leucorrhrea, and good in dysentery and urinary discharge.³
- Unripe fruit is acrid, stomachic, and astringent.³
- It is useful in throat trouble, ulcers, and vaginal trouble.³
- Bark is astringent and used in uterine hemorrhage and other discharge, as well as in diarrhea.³
- Gum is used as anti-syphilitic.³
- Ripe fruit is diaphoretic, laxative, and nourishing.³
- It is analgesic, antibacterial, anti tumor, and anti pyretic.⁴
- It is used to treat menorrhagea, dysmenorrheal, anemia, and gonorrhea.⁴
Mangiferin, a major C-glucosylxanthone from *Mangifera indica* L. possesses pharmacological activities which include antioxidant, radioprotective, antitumor, immunomodulatory, anti-allergic, anti-inflammatory, antidiabetic, lipolytic, antine bone resorption, monoamine oxidase inhibiting, antiviral, antifungal antibacterial and antiparasitic.¹

The mango triterpene, lupeol, is an effective inhibitor in laboratory models of prostate and skin cancers.²

**Ethnobotanic Data:**

- This plant is used to treat leucorrhea.
- It is also used for infertility.

**References:**

Mentha Piperita L.

Botanical Name: Mentha Piperita L.
Kingdom: Plantae
Order: Lamilales
Family: Lamiaceae
Genus: Mentha
Local Name: Podina
Sindhi Name: Phudno
English Name: Pipermint
Part used: Leaves

Description:
It is fragrant perennial plant with stems up to four feet tall and square. Leaves are opposite, toothed and hairy on the underside. The pinkish flowers are in whorled clusters in the axils of the upper leaves. Flowers rarely produce viable seeds. Propagation is by underground stolons making the plant very spreading in nature.[1]

Occurrence:
It is indigenous to Europe, and all over the world including Pakistan.

Uses Reported in Literature:
- Menthol in peppermint has anti spasmodic qualities that may help relieve menstrual cramps.2
- It is used as aphrodisiac for women and men and used for vomiting during pregnancy.3
- Used as an emmenagogue.4
- It is used as flavor in ice creams, candies, chewing gums and pudding.5
- Essential oil is antibacterial and antifungal.6
- It is given for the inflammation of oral mucosa.6
- The methanol root extract of the plant possess antioxidant, antimicrobial and anti-inflammatory properties.7
- Mentha plant is widely used in several indigenous systems of medicine for various therapeutic benefits as analgesic, anesthetic, antiseptic, astringent, carminative, decongestant, expectorant, nerve, stimulant, stomachic, inflammatory diseases, ulcer and stomach problems.8
Ethnobotanic Data:

- Peppermint slug is given intra vaginally to induce labour pains.
- Its decoction is useful in amenorrhea.
- It treats menstrual problems as menorrhea, leucorrhea, dysmenorrhea, and poly menorrhea.
- It is given for the treatment of infertility.
- It increases lactation in combination with different herbs.
- It lowers the abdomen size after childbirth.
- Its remedy is given to reduce backache during pregnancy and menstruation.
- Its extract and peppermint slun is beneficial in treating sexually transmitted diseases.
- With 32 herbs it is useful for expulsion of plasma membrane after delivery.
- It is used by many ladies of interior Sindh for contraception.
- Its preparation is used for prevention of recurrent abortion and avoids miscarriage in last months.
- Its decoction is used for complete dilation and curettage (D & C) after miscarriage.
- Its slug is given to position the retroverted uterus in normal position.
- In herbal formulation it is given for strengthening uterus after delivery.
- It is used to treat pelvic inflammatory disease and pelvic swelling.
- It is used to treat fibroids.
- It is also used to treat dyspareunia.

References:

**Metroxylon sagu** Rottb.

Botanical Name: *Metroxylon sagu* Rottb.

Kingdom: Plantae

Order: Arecales

Family: Arecaceae

Genus: *Metroxylon*

Local Name: Sabudana

Sindhi Name: Sabudana

English Name: Sogo

Parts Used: Palm stem

![Leaves and fruits of Metroxylon sagu Rottb.](image)

**Description:**

A medium-sized evergreen tree (palm) reaching 7-25 m in height and a trunk diameter of 30-60 cm. It produces basal suckers. The roots are spongy and not extending to a great depth. The palm may have 18-24 leaves, usually 5-7 m long but sometimes up to twice as long.  

**Occurrence:**

Sago palm occurs wild in Papua New Guinea, Malaysia and the Philippines. It is cultivated in Pakistan.

**Uses Reported in Literature:**

- It is of commercial importance as the main source of sago, a starch used in cooking for puddings, noodles, breads, and as a thickener.
- In Ayurvedic medicine, it is believed that sago porridge can be an effective and simple food to "cool and balance one's body heat" when taking strong medicine or antibiotics.
- Sago starch is also used as a key material input in various industries such as paper, plywood, and textile industry.
- It is nutrient and used in food.
- It is used as food in febrile cases and in convalescence from acute disease.
- It is also a dietetical substance.
- Sago starch is one of the commonly used ingredients (e.g. thickener, stabilizer and gelling agent) in the food industry, the main use still remains as that of a thickener, stabilizer and gelling agents.
Ethnobotanic Data:

- It is used in menorrhea in combination with cumin seeds.
- It is also used to treat poly menorrhea.

References:

**Morus acidosa** Griff.

Botanical Name: *Morus acidosa* Griff.

**Kingdom:** Plantae  
**Order:** Rosales  
**Family:** Moraceae  
**Genus:** Morus  
**Local Name:** Baokhumba  
**Sindhi Name:** Waonipa  
**English Name:** Mulberry  
**Parts Used:** Fruits

**Description:**

It has small trees or shrubs. Bark is grayish brown. Winter buds are conic to ovoid, and large. Male catkins are 1-1.5 cm, pubescent. Female inflorescences is globose, densely white pubescent; peduncle short. Male flowers have calyx lobes green, ovate; anther yellow. Female flowers have calyx lobes dark green, oblong; style long; stigma 2-branched, abaxially pubescent.\(^1\)

**Occurences:**

Native of China and probably in temperate Asia, now widely distributed in Japan, China, Malaya, Burma, Indo-Pak. Subcontinent westwards to North Africa, South and Central Europe; introduced in the New world.

**Uses Reported in Literature:**

- It is used to treat menstrual related disorders.\(^2\)
- Its methnolic extract shows antibacterial activity against Streptococcus mutans.\(^3\)
- Its edible fruits are cooling and laxative.\(^4\)
- The fruit is also used for sore throat, dyspepsia and melancholia.\(^4\)
- The bark possesses vermifuge and purgative properties.\(^4\)

**Ethnobotanic Data:**

- It is beneficial in infertility and disprunia.
- It is used for strengthening weak uterus and for the treatment of menstrual problems as leucorrhea.
- It reduces backache during pregnancy and menstruation.
- It is used for expulsion of plasma membrane.
- It is used to avoid threatened miscarriage.

References:
Myrica nagi Thunb.

Botanical Name: Myrica nagi Thunb.
Kingdom: Plantae
Order: Fagales
Family: Myricaceae
Genus: Myrica
Local Name: Kaifal, katphala
Sindhi Name: Zalani khal
English Name: Bayberry
Parts Used: Whole plant

Description:
It has a tree of medium height i.e. 20 to 25 feet. Bark is soft and brittle. Leaves are conjoint, 1 to 2 feet long that has leaflets in pairs of 6 to 9 and has a width of ¼ inch. Flowers are of white color and are found in bunches. Fruits are 6 to 18 inch long and have 6 veins with having a brown color. Seeds are triangular in shape and are astringent in taste.¹

Occurrence:
Myrica nagi Thunb. is a sub-temperate evergreen tree found throughout the mid-Himalayas. It is also found in the Khasia Hills, Sylhet and southwards up to Singapore and in Malayan islands and in China and Japan.

Uses Reported in Literature:
- Myrica nagi Thunb. bark possess antioxidant activity.²
- The fruit also shows antioxidant activity.³
- M. nagi Thunb. is an effective chemopreventive agent in skin, and capable of ameliorating cumene hydroperoxide-induced cutaneous oxidative stress and toxicity.⁴
- It is used to treat post-partum haemorrhage.⁵
- It can be used as a douche for excessive menstrual bleeding and leucorrhea or white discharge.⁵
- Bay berry is used to treat inflammation, infection of gastrointestinal disorders, and respiratory disorders like chronic bronchitis and asthma.⁵
- Stem bark and fruit is given in anaemia, and contain hypotensive, analgesic, and anti-arrhythmic activity.⁶
- The bark of the plant is astringent, antiseptic, and carminative.⁶
- The decoction of the bark is useful in diarrhea, asthma, fever, lungs infection, and in dysentery.⁶
Ethnobotanic Data:

- It is used to strengthen weak uterus.
- It is also used to treat menstruation problems.

References:

4. Alam, A., Iqbal, M., Saleem, M., Ahmed, S. U., Sultana, S., Pharmacology & Toxicology (Copenhagen), 86(5), (2000), p. 209-214, Department of Medical Elementology and Toxicology, Faculty of Science, Jamia Hamdard (Hamdard University), New Delhi, India.
**Myristica fragrans** Houtt.

Botanical Name: *Myristica fragrans* Houtt.
Kingdom: Plantae
Order: Magnoliales
Family: Myristicaceae
Genus: *Myristica*
Local Name: Javetri
Sindhi Name: Monjot
English Name: Nutmeg
Parts Used: Fruits

**Description:**

Nutmeg is the actual seed of the tree, roughly egg-shaped and about 20 to 30 mm (0.8 to 1 in) long and 15 to 18 mm (0.6 to 0.7 in) wide, and weighing between 5 and 10 g (0.2 and 0.4 oz) dried, while mace is the dried "lacy" reddish covering or aril of the seed.\(^1\)

**Occurrence:**

Nutmeg is an evergreen tree indigenous to the Banda Islands in the Moluccas (or Spice Islands) of Indonesia. Now it is cultivated in many tropical countries.

**Uses Reported in Literature:**

- In eastern countries they are used as aphrodisiac, stimulant and astringent.\(^2\)
- Alcoholic extract of nutmeg shows anti-bacterial activity against *micrococcus pygogenes* var. *aureus*.\(^2\)
- It is used in tonics; prescribe for dysentery, stomach ache, nausea, vomiting, malaria, rheumatism, and early stage of leprosy.\(^2\)
  
  (Excessive doss has narcotic effect)
- It is chewed with betel leaf to create feeling of euphoria and stimulation of sex, it act as aphrodisiac.\(^3\)
- With honey and boiled egg it acts as excellent sex tonic. Taking an hour before conjugal union helps one to get exhilarating feeling, and it prolongs the time of seminal discharge.\(^3\)
- Nutmeg is used to treat skin diseases like ring worm and eczema.\(^3\)
- It is also used to treat diarrhea, hypertension, depression, and indigestion.\(^3\)
Nutmeg is used to treat gynecological diseases such as hemorrhage, irregular periods, leucorrhrea, menopause, and ovary problems sterility.4

Myristica fragrans Houtt. extract is highly useful for the treatment or prevention of an inflammatory disease.5

Myristica fragrans Houtt. is used in traditional Chinese medicine preparation for regulating menstruation, warming womb and relieving pain. 6

The myristicin extracted from nutmeg is used for treatment of liver disorder.7

Ethnolic extract of nutmeg possesses aphrodisiac activity, increasing both libido and potency.8

**Ethnobotanic Data:**

- Nutmeg is used to treat leucorrhrea, and dysmenorrhea.
- It is also used for expulsion of plasma membrane after delivery.
- It is used to induce labur pain.
- It is used to treat infertility.

**References:**

2. The wealth of India, Raw materials, VI (L-M), 1962, p. 474-478, National Institute of Science Communication and Information Resource, India (Reprinted in 2003), Dr. K. S. Krishna Marg, Pusa, New Delhi, India.
8. Tajuddin., Ahmad, S., Latif, A., Qasmi, I., Amin, K. M. Y., BMC Complementary and Alternative Medicine, (2005), p. 5-16, Department of Ilmul Advia (Unani Pharmacology), Faculty of Unani Medicine, Aligarh Muslim University, Aligarh-202002, India.
**Myrtus communis L.**

Botanical name: *Myrtus communis* L.

Kingdom: Plantae

Order: Myrtales

Family: Myrtaceae

Genus: *Myrtus*

Local name: Berg modr, habulas

Sindhi name: Morhiyo

English name: Myrtle, clove myrtle

Part used: Leaves and fruit

*Flowers and fruits of Myrtus communis L.*

**Description:**

The plant is an evergreen shrub or small tree, growing to 5 m tall. The leaf is entire, 3–5 cm long, with a fragrant essential oil. The star-like flower has five petals and sepals, and numerous stamens. Petals usually are white. The fruit is a round berry containing several seeds, most commonly blue-black in color. A variety with yellow-amber berries is also present. The flower is pollinated by insects, and the seeds are dispersed by birds that eat the berries.¹

**Occurrence:**

*Myrtus* (myrtle) is a genus of one or two species of flowering plants in the family Myrtaceae, native to southern Europe and North Africa.

**Uses Reported in Literature:**

- The leaves are laxative, applied topically to relieve pain, smoke beneficial to piles.²
- The fruit is tonic to brain and the heart, diuretic emmenagogue, enridies the blood; promote the growth of hair, cures headache, used in bronchitis and menorrhagia.²
- Leaves are anti septic³,⁹, anti microbial and anti parasitic.³
- Used for chronic respiratory tract infections, bladder conditions, urinary infections and worm infestation.³
- Berries are carminative, and given in diarrhea and dysentery, rheumatism and hemorrhage and internal ulceration.⁴,⁸
- Leaves used in cerebral affections, especially epilepsy, pulmonary disorder and dyspepsia and other diseases of stomach and liver.⁴
The leaves of the myrtle tree are very aromatic and the plant has a number of medicinal uses.\(^5\)

In traditional herbal medication myrtle has it has been taken internally for urinary infections digestive problems bronchial congestion and dry coughs.\(^5\)

Myrtle has also been used at various times as an astringent an antiseptic and a decongestant.\(^5\)

Cosmetic use of an active ingredient derived from Myrtus communisto protect human skin from free radical, is claimed.\(^6\)

The present invention relates to novel compns., such as cosmetic compounds including myrtle ext., and use thereof in the area of depigmentation.\(^7\)

Leaves are astringent and tonic.\(^9\)

**Ethnobotanic Data:**

- This plant is used to treat Infertility.
- It is also used in menorrhea.

**References:**

**Onosma hispidum** Wall.

- Botanical Name: *Onosma Hispidum* Wall.
- Kingdom: Plantae
- Order: Lamiales
- Family: Boraginaceae
- Genus: *Onosma*
- Local Name: Rattan jot
- Sindhi Name: Rattan jot
- English Name: NA
- Parts Used: Roots

**Description:**

Stem are mostly simple, hollow, and densely hairy with long spreading hairs, with tuberculate bases, intermixed with shorter thinner hairs. Basal leaves are linear to oblanceolate, middle cauline leaves often larger and uppermost smaller. Inflorescence at terminal cyme is dense at anthesis, elongating to 12 cm in fruit.[1]

**Occurrence:**

Afghanistan, Pakistan, and Kashmir.

**Uses Reported in Literature:**

- It is used for the treatment of wounds, pain relief, fevers, infectious diseases, bites and stings.²
- Flowers are used as stimulant, and cardiac tonic.²
- It is astringent in nature.³
- Bruised roots of Ratanjot are applied externally to cutaneous eruptions.²³⁴
- Root yields red color commercial dye.²⁴

**Ethnobotanic Data:**

- It is used to treat pelvic inflammatory disease and pelvic swelling in combination with different herbs.
- It is used leucorrhea and amenorrhea.
References:

**Origanum vulgare L.**

Botanical Name: *Origanum vulgare* L.  
Kingdom: Plantae  
Order: Lamiales  
Family: Labiateae  
Genus: *Origanum*  
Local Name: Oregano, marjoram, sathar  
Sindhi Name: Sathar  
English Name: Oregano, wild marjoram  
Parts used: Leaves, flowering top  

**Description:**

Oregano is a perennial herb, growing from 20–80 cm tall, with opposite leaves 1–4 cm long. Oregano will grow in a pH range between 6.0 (mildly acid) and 9.0 (strongly alkaline) with a preferred range between 6.0 and 8.0. The flowers are purple, 3–4 mm long, produced in erect spikes.¹

**Occurrence:**

It is distributed in Macaronesia, South Europe, Mediterranean countries, South West and Central Asia, along the Himalayan area to China and Taiwan. It is found in Pakistan too.

**Uses Reported in Literature:**

- It promotes menstrual flow.²,³  
- Diluted oil can be applied to toothache.³  
- It is used as an emmenagogue.⁴,⁵,⁶  
- It is used to treat menstrual irregularities⁵,⁶,⁷, amenorrhea⁵,⁶,⁷ and Dysmenorrhea.⁸  
- It is used to treat hypo sexuality.⁷  
- Used to relax uterine muscle contractions.⁸  
- Used for mood improvement during premenstrual period and treat menopausal related symptoms.⁹  
- It is also used to treat infertility.¹⁰  
- It is used in treatment of some conditions including colds, respiratory allergies, gastrointestinal disorders, diabetes mellitus, wound healing and as a tranquilizer.¹¹  
- Essential oil of oregano possesses antifungal, antibacterial, antioxidant, analgesic, anti-
inflammatory, antispasmodic, and anti-parasitic activity.\textsuperscript{12}

**Ethnobotanic Data:**

- It is used for the treatment of infertility, pelvic inflammatory diseases, for the pelvic and cervical swelling.
- To reduce the abdominal pain, backache and lowers abdominal size after child birth
- It is used for treating menstrual problems as leucorrhea, menorrhea, amenorrhea and dysmorrhea.
- It is effective in treating uterine fibroids and sexually transmitter diseases.
- It strengthens weak uterus and increases lactation.
- It is used for expulsion of plasma membrane after delivery, contraception and reduces backache during pregnancy and menstruation.
- It is given in different preparations for complete dilation and curettage (D & C) after miscarriage.
- It is used to treat prolapsed uterus and to reduce pain after delivery and abdominal pain.
- It normalize retroverty uterus in proper position.
- It is good for health after delivery.

**References:**

5. [www.healthline.com/natstandardcontent/oregano](http://www.healthline.com/natstandardcontent/oregano)
6. [www.botanical-online.com/medicinalsoreganoangles.htm](http://www.botanical-online.com/medicinalsoreganoangles.htm)
12 Baricevic, D., Bartol, T., Medicinal and Aromatic Plants--Industrial Profiles (2002), 25 (Oregano), p. 177-213, Taylor & Francis Ltd. Publishers, Biotechnical Faculty, Agronomy Department, University of Ljubljana, Ljubljana, Slovenia.
**Papaver somniferum L.**

- **Botanical Name:** *Papaver somniferum* L.
- **Kingdom:** Plantae
- **Order:** Ranunculales
- **Family:** Papaveraceae
- **Genus:** Papaver
- **Local Name:** Khashkhash
- **Sindhi Name:** Khashkhash, pusta ji kann
- **English Name:** Opium seeds, poppy seeds
- **Parts Used:** Seeds

**Distribution:**
Herb is glabrous or glaucous, stems are slightly branched, and leaves are large. Flowers are on long peduncles with nodding buds that expand into erect flowers; petals are white to purplish, occurs in varieties also as pink, violet, bluish, or red, sepals fruit is like a capsule, ovoid to globose. Seeds are oily, white, dark gray to black, or bluish.¹,²

**Occurrence:**
It is native and cultivated in Mediterranean region east to Iran. Now cultivated in many tropical, subtropical, and warm temperate countries. Presently known to be cultivated for the opium in India, Iran, Turkey, Yugoslavia, Macedonia, Bulgaria, China, Manchuria, and Asia, and in other parts of Europe and India for the seeds. It is cultivated in Japan and Australia for medicinal purposes. It is cultivated in West Pakistan too.

**Uses Reported in Literature:**
- Root is used as tonic.³
- The milk from fresh capsule has sedative effect and cause abortion.⁴
- The latex possess hypnotic, analgesic, antitussive, and anti diarrheal properties.⁶,⁷
- It is used in treating chronic cough and diarrhea.⁵
- It is smooth muscle relaxant.⁷
- It has the function of promoting dispersing function of the lung, clearing away heat, and relieving cough and asthma.⁸
- It has reliable curative effect in treating upper respiratory tract infection, trachitis, pneumonia, and cough.⁸
Ethnobotanic Data:

- It is used for prolapsed uterus.
- It is used in preparation for maintaining menstrual disorders as leucorrhea, dysmenorrheal, and amenorrhea.
- It is also used for expulsion of plasma membrane after delivery.
- When given with green cardamom, fennel and red rice it increases lactation.
- It is used to treat infertility.
- It also induces abortion.
- It also treats dyspareunia.

References:

2 http://www.hort.purdue.edu/newcrop/duke_energy/papaver_somniferum.html#Description
**Peganum harmala L.**

Botanical name: *Peganum harmala* L.  
Kingdom: Plantae  
Order: Sapindales  
Family: Nitrariaceae  
Genus: *Peganum*  
Local name: Harmal, syrian rue  
Sindhi name: Harmal  
English name: Harmal, wild rue  
Part used: Seeds

**Description:**

Its common names refer to its resemblance to rue (which is not related). It is a perennial plant which can grow to about 0.8 m tall, but normally it is about 0.3 m tall. The roots of the plant can reach a depth of up to 6.1 m, if the soil it is growing in is very dry. It blossoms between June and August in the Northern Hemisphere. The flowers are white and are about 2.5–3.8 cm in diameter. The round seed capsules measure about 1–1.5 cm in diameter, have three chambers and carry more than 50 seeds.¹

**Occurrence:**

It is native from the eastern Mediterranean region east to India.

**Uses Reported in Literature:**

- The seeds are useful in asthma, hysteria, rheumatism, gallstones, colic pains, fever, jaundice and complains of difficult and painful menstruation.²  
- Dried herb is aphrodisiac, abortifacient and emmenegogue.²  
- The herb as such has narcotic properties and can be used to induce deep sleep in cases of insomnia.²  
- The herb is beneficial in painful and difficult menstruation and for regulating the menstrual periods.²  
- Seeds are used in asthma, cough, hysteria, rheumatism, impaction of calculus in uterus and of gall stones of gall duct and colic, dysmenorrhea³ and neuralgia.³
- Seeds are also used as an abortifacent and are said to have properties similar to those of ergot, sarine and rue.\(^3\)
- It has narcotic and emetic.\(^3\)
- It is used in the treatment of jaundice, fever, painful menstruation, colic pains, gall stones, asthma, hysteria and rheumatism.\(^4\)
- Plants is emmenegogue and abortifacent.\(^5\)
- Seeds are used in asthma, cough, hysteria, colic, dysmenorrhea and neuralgia.\(^5\)

**Ethnobotanic Data:**

- It is used to induce abortion.
- It is also used to treat menorrhea and leucorrhea.
- It is used for contraception.

**References:**

**Phaseolus vulgaris L.**

Botanical name: *Phaseolus vulgaris* L  
Kingdom: Plantae  
Order: Fabales  
Family: Fabaceae  
Genus: *Phaseolus*  
Local name: Rajma  
Sindhi name: Bari wai  
English name: French bean  
Part used: Fruit

**Description:**

The common bean is a highly variable species with a long history. Bush varieties form erect bushes 20–60 centimeters (7.9–24 in) tall, while pole or running varieties form vines 2–3 meters (6 ft 7 in–9 ft 10 in) long. All varieties bear alternate, green or purple leaves, divided into three oval, smooth-edged leaflets, each 6–15 centimeters (2.4–5.9 in) long and 3–11 centimeters (1.2–4.3 in) wide. The white, pink, or purple flowers are about 1 cm long, and give way to pods 8–20 centimeters (3.1–7.9 in) long, 1–1.5 cm wide, green, yellow, black or purple in color, each containing 4–6 beans. The beans are smooth, plump, kidney-shaped, up to 1.5 cm long, range widely in color, and are often mottled in two or more colors.¹

**Occurrence:**

Common beans are native to the New World, probably Central Mexico and Guatemala. They were taken to Europe by the Spaniards and Portuguese who also took them to Africa and other parts of the Old World. Now they are widely cultivated in the tropics, subtropics and temperate regions. Roughly 30% of world production is in Latin America. They are less known in India, where other pulses are preferred.

**Uses Reported in Literature:**

- Green pod shells used as a diuretic especially in kidney and heat troubles.²  
- The pods are used to stimulating urine flow and flushing of toxins of body.³  
- The beans are used for curing infections of urinary tract, kidney and bladder stones.⁴  
- Juice of French beans is used to cure pimples.⁴  
- It reduces blood glucose, total cholesterol and free fatty acids.⁵
Beans are said to be used for bladder, burns, cardiac, carminative, depurative, diabetes, diarrhea, diuretic, dropsy, dysentery, eczema, emollient, hiccups, itch, kidney, resolvent, rheumatism, sciatica, and tenesmus.\(^6\)

Phaseolus vulgaris extract seems to have some benefit as a natural diet pill but not all studies have shown weight loss benefits.\(^7\)

Blocking carbohydrate absorption and weight loss.\(^7\)

The black bean extracts are proposed as a valid and efficient alternative instead of antiparasitics and antibiotics, for improving health.\(^8\)

**Ethnobotanic Data:**

- This plant is used to treat infertility, dysmenorrhea, menorrhea and amenorrhea.
- It is also used to treat Pelvic swelling and Dyspareunia
- It is used for miscarriage.
- It is used for the treatment of weak uterus and also used as a Contraceptive.
- It is used for Postpartum hemorrhage
- It is also used for the expulsion of plasma membrane after delivery

**References:**

5. Ray A.B., Chansouria J.P.N., Hemalatha S., Medicinal Plants Antibiotic and Hypoglycaemic Activity, p. 228-230, (2010), Salasar Imaging System, Delhi, India.
7. [http://www.dietrxpill.info/phaseolusvulgarisextract.html](http://www.dietrxpill.info/phaseolusvulgarisextract.html)
**Phoenix dactylifera** L.

Botanical Name: *Phoenix dactylifera* L.  
Kingdom: Plantae  
Order: Arecales  
Family: Euphorbiaceae  
Genus: Phoenix  
Local Name: Khajor, chuhare  
Sindhi Name: Shuhara  
English Name: Date palm  
Parts Used: Fruits

**Distribution:**

It is dioecious tree (rarely monoecious) to 30 m tall. Leaves are pinnate, 4–8 m long, with pointed enduplicate leaflets, with persistent leaf bases and a terminal crown of 100–120 leaves. Flowers are small, white, on a richly branched spadix, surrounded by a solitary, large spathe. Fruit is usually cylindrical, occasionally rounded or ovoid, 2.5–7.5 cm long, with fleshy, sugary pericarp, yellowish to reddish brown.¹,²

**Occurrence:**

It is probably native to West Asia and North Africa. Widely domesticated in Punjab and Sindh and also cultivated for their valuable fruits in lower Baluchistan and N.W.F.P.

**Uses Reported in Literature:**

- It is used for the treatment of sexual disease.³  
- Its alcoholic extract shows antimicrobial activity.⁵  
- It also shows aphrodisiac property.⁴,⁵  
- Fruit is anti-tussive, expectorant, demulcent, and laxative.⁶  
- Gum is used in diarrhea and genitourinary diseases.⁶  
- Different parts of this plant are traditionally used for the treatment of a broad spectrum of ailments including memory disturbances, fever, loss of consciousness and nervous disorders.⁷  
- Fruits possess free radical scavenging, antioxidant, antimutagenic, antimicrobial, anti-inflammatory, gastro protective, hepatoprotective, nephroprotective, anticancer and immune-stimulant activities.⁸
Ethnobotanic Data:

- It is used in different preparations for amenorrhea.
- It also given to lady after delivery for regularizing menstrual cycle.
- It is used for the treatment of infertility.
- It induces labour pains.
- It can cause abortion if taken in excess.
- It reduces back pain during menstruation.
- It is used for the expulsion of plasma membrane after delivery.
- It is effective for postpartum hemorrhage.

References:

**Phyllanthus emblica** L.

Botanical Name: *Phyllanthus emblica* L.
Synonym: *Emblica officinalis* Gaertn.
Kingdom: Plantae
Order: Malpighiales
Family: Phyllanthaceae
Genus: *Phyllanthus*
Local Name: Amla
Sindhi Name: Awra
English Name: Indian gooseberry
Parts Used: Fruits

**Distribution:**

The tree is small to medium in size, reaching 8 to 18 m in height, with a crooked trunk and spreading branches. The branchlets are glabrous or finely pubescent, 10–20 cm long, usually deciduous; the leaves are simple, subsessile and closely set along branchlets, light green, resembling pinnate leaves. The flowers are greenish-yellow. The fruit are nearly spherical, light greenish yellow, quite smooth and hard on appearance, with six vertical stripes or furrows.

**Occurrence:**

It is distributed in Pakistan, throughout India, Sri Lanka and east to South China and West Malaysia. The tree is wild in the foothills of the Himalayas and cultivated in the plains.

**Uses Reported in Literature:**

- Juice of leaves is given in vomiting.
- Its fruit is used in jaundice, dyspepsia and gastrointestinal tonic.
- It is antioxidant, antibacterial and anticancer.
- Fruits of *Emblica officinalis* L. have been reported to exhibit antioxidant activity in vitro and in vivo.
- A herbal composition including *Emblica officinalis* L can be used for treating gynecol. disorder, dysfunctional uterine bleeding, anemia due to excessive bleeding, menstrual disorder, and other related disorders.
- Its fruit shows free radical scavenging activities.
Plant extracts is reported for treating common cold and pollinosis.\(^7\)

**Ethnobotanic Data:**

- It is used to treat menorrhea and polymenorrhea.

**References:**

**Pinus Gerardiana Wall. ex D. Don**

Botanical name: *Pinus Gerardiana Wall. ex D. Don*

Kingdom: Plantae

Order: Pinales

Family: Pinaceae

Genus: *Pinus*

Local name: Chilgozy

Sindhi name: Neza

English name: Pinus

Part used: Whole plant

Fruit of *Pinus Gerardiana Wall. ex D. Don*

**Description:**

The trees are 10-20(-25) m tall with usually deep, wide and open crowns with long, erect branches. However, crowns are narrower and shallower in dense forests. The bark is very flaky, peeling to reveal light greyish-green patches, similar to the closely related Lacebark Pine (*Pinus bungeana*). The branchlets are smooth and olive-green. The leaves are needle-like, in fascicles of 3, 6–10 cm long, spreading stiffly, glossy green on the outer surface, with blue-green stomatal lines on the inner face; the sheaths falling in the first year. The cones are 10–18 cm long, 9–11 cm wide when open, with wrinkled, reflexed apophyses and an umbo curved inward at the base. The seeds (pine nuts) are 17–23 mm long and 5–7 mm broad, with a thin shell and a rudimentary wing.¹

**Occurrence:**

It is native to the northwestern Himalaya in eastern Afghanistan, Pakistan, and northwest India, growing at elevations between 1800–3350 m.

**Uses Reported in Literature:**

- Kernels are stimulant, carminative, expectorant.²
- Seeds oil is used externally for wounds and ulcers.²
- Seeds are stimulant² ³, carminative, expectorant.³
- Seeds are anodyne.⁴
- Plant contains essential oil.⁴

**Ethnobotanic Data:**

- This plant is used for the treatment of dysmenorrhea, amenorrhea and infertility.
➢ Is good for lactation
➢ It is used to avoid miscarriage and good health of mother during pregnancy.
➢ It is good for weak uterus.

References:
**Piper nigrum L.**

**Botanical Name:** *Piper nigrum* L.
**Kingdom:** Plantae
**Order:** Piperales
**Family:** Piperaceae
**Genus:** *Piper*
**Local Name:** Kali Mirch
**Sindhi Name:** kara mirich
**English Name:** Black pepper
**Part used:** Fruits

**Description:**
The pepper plant is a perennial woody vine growing to 4 m in height on supporting trees, poles, or trellises. It is a spreading vine, rooting readily where trailing stems touch the ground. The leaves are alternate, entire, 5 to 10 cm long and 3 to 6 cm broad. The flowers are small, produced on pendulous spikes 4 to 8 cm long at the leaf nodes, the spikes lengthening to 7 to 15 cm as the fruit matures. The fruit of the black pepper is called a drupe and when dried it is a peppercorn. [1]

**Occurrence:**
Black peppers are native to India and cultivated elsewhere in tropical regions as Thailand, Vietnam, China and Sri Lanka.

**Uses Reported in Literature:**
- It helps in pain relieving, rheumatism, chills, flue and cough. [2]
- It improves menstrual cycle related discomfort in every day life. [3]
- It is used to treat male sexual dysfunction. [4]
- It is aphrodisiac in impotent persons. [5]
- Liquid from leaves is used to treat influenza. [6]
- Juice of leaves is used to treat toothache. [6]
- It is stimulant, carminative, diuretic and antiasthmatic. [7, 8]
- It is used as an aphrodisiac. [8]
- Piper mixed with cinamon is used for treating migraine. [8]
Ethnobotanic Data:

- It is used for backache during menstruation
- It is used for gastric problem by making remedy with *Foeniculum vulgare* var. Dulce (saunf), and *Elettaria cardamomum* Maton (cardamom).
- It in added in preparation for improving health after delivery and for expulsion of plasma membrane after the child birth.
- It is beneficial in menstrual problems as leucorrhea, poly menorrhea, menorrhea, menorrhea, dysmenorrhreal.
- Its remedy is used to avoid threatened miscarriage in lasts months.
- It lowers the abdomen after child birth.
- It increases lactation.
- It is used to treat fabroids.
- It also induces labor pain, and uterus opening.
- It is used to treat infertility and weak uterus.
- It is also used to treat dyspareunia.

References:

2. [www.motherherbs.com/piper-nigrum.html](http://www.motherherbs.com/piper-nigrum.html)
**Pistacia vera L.**

<table>
<thead>
<tr>
<th>Botanical name:</th>
<th><em>Pistacia vera</em> L.</th>
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<tr>
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<td>Pistachio</td>
</tr>
<tr>
<td>Part used:</td>
<td>Whole plant</td>
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</tbody>
</table>

**Description:**

The bush grows up to 10 metres (33 ft) tall. It has deciduous pinnate leaves 10–20 centimeters (4–8 inches) long. The plants are dioecious, with separate male and female trees. The flowers are apetalous and unisexual, and borne in panicles.¹

**Occurrence:**

It is a small tree originally from Persia, which now can also be found in regions of Syria, Lebanon, Turkey, Greece, Tunisia, Kyrgyzstan, Tajikistan, Turkmenistan, India, Pakistan, Egypt, Sicily, Uzbekistan, Afghanistan, and the United States, specifically in California.

**Uses Reported in Literature:**

- It is digestive and tonic.²
- Galls on leaves (Bokhara galls) used for dyeing and tanning.²
- Its oil is used to a small extent in confectionary as a spice oil and in medicine.²
- Pistachio kernels are edible. It is consised to be digestive, sedative and tonic.³
- Allergenic, antiviral, antiseptic, digestive.⁴
- Flowers are included in prescriptions for leucorrhea.⁵
- Husk is used against dysentery and as astringent stomatitis and tonsillitis.⁵
- The nuts shows anti oxidant activity.⁶

**Ethnobotanic Data:**

- It is used to treat dysmenorrhea, and infertility.
- It increases lactation.
- It is used to avoid miscarriages.
- It is good for health during pregnancy, and after delivery.
- It is used to treat dyspareunia.

References:
**Polygonum bistorta** L.

Botanical name: *Polygonum bistorta* L.
Kingdom: Plantae
Order: Caryophyllales
Family: Polygonaceae
Genus: Persicaria
Local name: Anjbar
Sindhi name: Anjbar
English name: Bistort/ common Bistor
Part used: Bark and leaves

**Description:**
Plants bloom late spring into mid summer, producing tall stems ending in single terminal racemes that are club-like spikes of pink-rose colored flowers. The racemes are about 2 cm thick and 5–9 cm long and end 1 meter tall, upright growing stems. Plants grow in moist soils and under dry conditions go dormant; lose their foliage until adequate moisture exists again. This species is grown as an ornamental garden plant, especially the form ‘Superba’ which has larger, more showy flowers. Typically alpine plants grow from short, thick rhizomes that branch. The foliage is normally basal with a few smaller leaves produced near the lower end of the flowering stems. The leaves are oblong-ovate or triangular-ovate in shape and narrow at the base. The petioles are broadly winged.¹

**Occurrence:**
It is herbaceous flowering plant found throughout Europe.

**Uses Reported in Literature:**
- Mildly sedative, nourishes the blood and tonic.²
- It is employed as a tonic to improve the liver and reproductive systems.³
- It is also taken to ease menstrual pains and for constipation in elderly.³
- It is prescribed to lower the cholesterol levels and is used as an antibacterial drug.³
- Liquid extract of the root stocks and their decoction are used as an astringent in diarrhea, perfuse menses, colitis and gingivitis.⁴
- It poses febrifugal, diuretic, expectorant haemostatic and antiseptic properties.⁴
- Anti-inflammatory, haemostatic, astringent, demulcent, anticatarrheal and anti-diarrheal.\textsuperscript{5}
- Used for internal hemorrhages, irritable bowel, diverticulosis, urinary and uterine affection.\textsuperscript{5}

**Ethnobotanic Data:**

- It is used to treat leucorrhea and polymenorrhoea
- It is also used for weak uterus and provides strength of uterus.
- It prevents miscarriage.

**References:**

Prunus amygdalus L.

Botanical Name: \textit{Prunus amygdalus} L.
Kingdom: Plantae
Order: Rosales
Family: Rosaceae
Genus: Prunus
Local Name: Badam
Sindhi Name: Badami
English Name: Almond
Parts Used: Fruits, nuts

Description:
The almond is a small deciduous tree, growing 4–10 m (13–33 ft) in height, with a trunk of up to 30 cm (12 in) in diameter. The young twigs are green at first, becoming purplish where exposed to sunlight, then grey in their second year. The leaves are 3–5 inches long, with a serrated margin and a 2.5 cm (1 in) petiole. The flowers are white or pale pink, 3–5 cm (1–2 in) diameter with five petals, produced singly or in pairs before the leaves in early spring. The fruit is mature in the autumn, 7–8 months after flowering.\(^1\)

Occurrence:
Almond is also the name of the edible and widely cultivated seed of this tree, which is native to the Middle East and South Asia.

Uses Reported in Literature:
- Almond oil is anti-spasmodic, sedative, laxative, used in emollient preparation including nourishing creams, skin and cold creams.\(^2\)
- The kernel is useful in peptic ulcer, and skin eruption.\(^2\)
- Almonds are valuable in diet for peptic ulcers; oil is nutritive, demulcent, and slightly laxative.\(^3\)
- It is anti-spasmodic, anti-inflammatory, aphrodisiac, astringent, hypotensive, and hepatoprotective.\(^4\)
- The Chinese medicinal granule which includes almond is used for treating mycotic, trichomonas, bacterial, mixed infective vaginitis, pelvic inflammation, annexitis, dysmenorrhea and barrenness by externally use with effective rate > 95% and curative rate > 80%.\(^5\)
- A cleansing antiphlogistic which contains almond oil is used for female vaginal relaxing, inflammation, leucorrhea and pruritus.  
- Almond oil is used for female vagina constriction, sterilization and anti-inflammation preparation, especially having excellent efficacy in treating female vagina diseases like relaxation, inflammation, leucorrhea, and pruritus.  
- Almonds have many health benefits, such as improvement in lipoprotein profiles, antioxidants, anti-inflammation, and glucoregulation.  
- It can be used for treating vaginitis, pelvic inflammation, annexitis, cervical erosion, peculiar leucorrhea smell, dysmenorrhea, and infertility.  
- Almonds possess antioxidant and antimicrobial activities.

Ethnobotanic Data:
- Almond is used for good health.  
- It is used for expulsion of plasma membrane after the child birth.  
- It is used to treat leucorrhea and dysmenorrhea.  
- It is also used to treat backache during menstruation.  
- It is used to treat sexually transmitted disease.  
- It is also used to treat dyspareunia.  
- It is good for health during pregnancy, after delivery, and uterus strength.  
- It also increases lactation.  
- It is used to treat infertility.  
- It is used to avoid miscarriage.

References:


10. Honglei, T., Hao, Z., Ping, Z., Fengwei, T., European Journal of Lipid Science and Technology 113(9), (2011), p. 1138-1144, State Key Laboratory of Food Science and Technology, School of Food Science and Technology, Jiangnan University, Wuxi, Jiangsu.
**Punica granatum L.**

Botanical Name: *Punica granatum* L.  
Kingdom: Plantae  
Order: Myrtales  
Family: Lythraceae  
Genus: *Punica*  
Local Name: Anar  
Sindhi Name: Darrun  
English Name: Pomegranate  
Parts Used: Fruit peel  

**Description:**  
Tree is 1.5-5 m tall. Branches are terete, opposite, and branchlets usually ending in spines. Leaves are glabrous, oblong-lanceolate to obovate or elliptic. Flowers are scarlet red or white. Petals and stamens are inserted at the throat of the calyx. Fruit is globose, sometimes persistent, pale red to scarlet, or brownish, partitioned by thin leathery yellow septa; the rind is thick and coriaceous. Seeds are red or pink.¹

**Occurrence:**  
It is found in Mediterranean Europe, Africa, and Asia. In Pakistan it grows wild from 1000-2000 m, throughout the western range, (Baluchistan, N. & S. Waziristan, NWFP, Kurram, Dir, Chitral), while in Sindh only M.H Panhwar and Farzana Panhwar grow pomegranate successfully at Panhwar Fruit Farm.

**Uses Reported in Literature:**
- It is used to treat leucorrhea.²
- Dry powder or the decoction of the flower buds is used to treat abortion due to progesterone deficiency.²
- Pinch of flower buds powder is inserted in the vagina, before conjugal union (intercourse), where it acts as a contraceptive medicine.²
- Fruit peel has an anti-fertility effect.³
- Rind of fruit is astringent⁴, stomachic⁴, and digestive⁴. It is used for diarrhea⁴,⁶, dysentery⁴,⁶, colitis⁴ and uterine disorders.⁴
- Fruit is said to be cardiac.⁵
Pomegranate possesses a marked antioxidant capacity, antimicrobial and antifungal activity and a significant content of vitamin C, tannins and estrogens.\(^7\)

It is used in treatment and prevention of cancer, cardiovascular disease, diabetes, dental conditions, erectile dysfunction, bacterial infections, antibiotic resistance, and ultraviolet radiation-induced skin damage.\(^8\)

**Ethnobotanic Data:**

- It is used to treat leucorrhea, dysmenorrheal, amenorrhea, menorrhrea, and polymenorrhea.
- It is used in prevention of recurrent abortion.
- It lower bloating during menstruation.
- It is effective in postpartum hemorrhage and for strengthening uterus.
- It can also be helpful for the treatment of Infertility.
- It is used for expulsion of plasma membrane after the child birth.
- It is used to avoid repetitive abortion.
- It treats scanty menses.

**References**

**Quercus infectoria** Olivier.

Botanical Name: *Quercus infectoria* Olivier.

Kingdom: Plantae

Order: Fagales

Family: Fagaceae

Genus: *Quercus*

Local Name: Mazu, mawa

Sindhi Name: Mao

English Name: Gall oak, dyer’s oak.

Parts used: Fruits

**Description:**

It is a small shrub, or tree, from 4 to 6 feet in height. The stems are crooked; the leaves are borne on short petioles, 1 to 1 1/2 inches long, oblong, with a few coarse mucronate teeth on each side, bluntly mucronate, rounded and rather unequal at the base, smooth, bright-green, and shining on the upper side. The fruit or acorns are solitary, long, and obtuse; the cup is scaly and hemispherical (L).

**Occurrence:**

This species is most abundant in Asia Minor, and extends to middle Asia.

**Uses Reported in Literature:**

- Galls are astringent, and were used in all cases where astringents are indicated, as in chronic dysentery, diarrhoea, and passive hemorrhages.
- The seeds are used in treating gonorrhea vaginal infection including leucorrhea.
- Ayurveda Pharmacopoeia of India recommends the gall in leucorrhea and dry itching vagina.
- Bark and fruit is used for eczema.
- The herbal extract has the function of vagina construction, vagina itching inhibition and sterilization.
- An ointment (1 in 4 parts of Vaseline) is applied externally in hemorrhoids.

**Ethnobotanic Data:**

- It is given for the treatment of infertility and menstrual problems as leucorrhea, menorrhea, amenorrhea, dysmenorrheal, and polymenorrhea.
➢ It prevents repetitive abortion and lowers the abdomen after child birth.
➢ It reduces backache during menstruation and pregnancy.
➢ It treats sexually transmitted diseases and regulates menstrual cycle.
➢ It is used for expulsion of plasma membrane after the child birth.
➢ It is given for contraception and for prevention from recurrent abortion.
➢ It is used for complete dilation and curettage (D & C) after miscarriage.
➢ It treats prolapsed uterus, dyspareunia, and postpartum hemorrhage
➢ It strengthens strong uterus.
➢ It also induces abortion.
➢ It is given for the good health of fetus.

References:
**Rhazya stricta** Decne.

**Botanical Name:** *Rhazya stricta* Decne.

**Kingdom:** Plantae

**Division:** Magnoliophyta

**Order:** Gentianales

**Family:** Apocynaceae

**Genus:** *Rhazya*

**Sindhi name:** Seenhaar/Shaar

**Local Name:** Sihar

**English Name:** Rhazya

**Part used:** Leaves, flowers, seeds

**Description:**
Glabrous shrub, often woody-based, 30-80 cm tall, the dense semi-erect branches to 1m, glabrous. Leaves alternate, very variable, sub succulent, elliptic to narrowly ovate, 5-10 cm long x 1-2 cm across, tip acute, margin entire, base unequally attenuate, sub sessile, yellowish green when dry, glabrous. Flowers arranged in shortly pedunculate axillary terminal corymbs, pedicels 2-3 mm. Calyx with 5 narrowly triangular lobes, 2 mm long. Corolla tube is greenish yellow, 8-14 mm long; lobes 5, outside bluish green, inside white, more or less round, acuminate, 3-6 mm across. Fruit is paired follicles, erect, parallel, semi cylindrical, 5-8 cm long x 0.5 cm across, tip attenuate, and smooth, terete, yellowish green. Seeds are compressed, 6-8 mm long, narrowly winged, brown. Leaves and long thin pods turn brown and brittle.¹

**Occurrence:**
It is a native poisonous plant in Southern Iran, Afghanistan, Pakistan and Saudi Arabia.

**Uses Reported in Literature:**
- This plant is used as an anti-inflammatory, anti-microbial, anti cancer and analgesic.¹
- *Rhazya stricta* is a medicinal plant traditionally used in the treatment of diabetes mellitus, inflammation, and helminthiasis.²
- Its alakloids are reported to have anti-cancer properties.³
- Juice of leaves is given in skin eruption, boils, and general debility.⁴
- Leaves have anti-cancer properties.⁴
Ethnobotanic Data:

- It is used to treat dysmenorrheal and leucorrhea.
- It lowers the abdominal pain and back pain.
- It is used for strong uterus.
- It is used to treat infertility.

References:

1. http://www.haad.ae/HAAD/LinkClick.aspx?fileticket=QScIwe5etg%3D&tabid=791
Rheum emodi Wall.

Botanical Name: Rheum emodi Wall.
Synonym: Rheum australe D.Don.
Kingdom: Plantae
Order: Caryophyllales
Family: Polygonaceae
Genus: Rheum
Local Name: Rhubab
Sindhi Name: Rawand
English Name: Himalayan rhubarb
Parts Used: Roots

Description:
It is perennial, 1-2 m tall, glabrous herb or undershrub. Basal leaves with 30-45 cm long petiole; blade coriaceous, orbicular or broadly-ovate, cordate, obtuse, entire, 5-7-nerved, somewhat scabrous above, papillose below, 60 cm across; upper leaves smaller. Inflorescence is fastigiately branched, 0.3-1 m erect leafy panicle. Flowers are pedicellate, 3-3.5 mm across, dark purple. Fruit is ovoid-oblong, 1-1.5 cm long, purple, wings narrower than disk, notched at both ends.1

Occurrence:
It is distributed in Pakistan, India and Nepal.

Uses Reported in Literature:
- It is used as a threatened purgative and astringent tonic.2
- Rhubarb is also useful in treating biliousness, lumbago, piles, chronic fever, and chronic bronchitis.2
-Externally powdered roots are used with good effect to indolent ulcers and sloughing ulcers.3
- It is mild laxative, useful in diarrhea, and stomach troubles.3
- In Unani system of medicine the roots are emmenagogue.4
- The plant extract inhibiting oxidative stress, preventing and treating ischemic heart diseases.5
- The plant shows antidiabetic, anti-inflammatory, antifungal, antimicrobial, antioxidant, anticancer, hepatoprotective and immune-enhancing activities, as well as a usefulness for improving renal function.6
- Rheum emodi Wall. extract is used for preventing and treating fatty liver disease.7
Ethnobotanic Data:

- It is used to treat menorrhea.
- It is also used to treat postpartum hemorrhage.

References:

**Ricinus communis L.**

Botanical Name: *Ricinus communis* L.  
Kingdom: Plantae  
Order: Euphorbiales  
Family: Euphorbiaceae  
Genus: *Ricinus*  
Local Name: Arandi  
Sindhi Name: Arandi  
English Name: Castor beans  
Parts Used: Seeds

**Description:**

Tree-like plant, Leaves are large deeply lobed with five to seven lobes, leaves are serrate with prominent veins. Flowers occur in raceme with female flowers above male flowers. Fruits occur in terminal clusters and are covered with soft spines. Fruits have three lobes with three seeds inside; beans are dark brown with irregular white spots -- seeds are known to be poisonous.¹

**Occurrence:**

A monotypic genus originally native to North East Tropical Africa, but now widely cultivated throughout the tropics, subtropics and warm temperate regions, and often escaping and becoming naturalized

**Uses Reported in Literature:**

- Castor oil message over breast after child birth increases the flow of milk by stimulating milk producing glands.²  
- When it is given with pinch of alum act as safe and handy contraceptive.²  
- If a women swallow one castor seed after the menstrual cycle she will not conceive during that month.²  
- It acts as emmenagogue and lactagogue.³  
- Root extracts exhibit anti-inflammatory activity.⁴  
- It is purgative.⁴  
- Oil is use in eczema.⁴  
- It is used in making contraceptive jellies and creams.²,⁵
Ethnobotanic Data:

- It is given in hot milk to induce labour pain.
- It is applied intra-vaginally for opening of uterus mouth at the time of delivery, for easy delivery.
- It is used for expulsion of plasma membrane after delivery.
- Castor beans are used to lowers the size of abdomen after birth.
- It is used for the treatment of prolapsed uterus.
- It is used to treat infertility.
- It is also used to treat sexually transmitted disease (STDs).

References:

**Rosa indica L.**

<table>
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<tr>
<th>Botanical Name:</th>
<th><em>Rosa indica</em> L.</th>
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<td>Rose</td>
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<tr>
<td>Parts Used:</td>
<td>Fruit, flower</td>
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</tbody>
</table>

**Description:**

A rose is a woody perennial of the genus *Rosa*. There are over 100 species. They form a group of erect shrubs, with sharp prickles. Flowers are large and showy, in colors ranging from white through yellows and reds. They are all widely grown for their beauty and fragrance. Rose plants range in size from compact, miniature roses, to climbers that can reach 7 meters in height. The leaves are borne alternately on the stem. In most species they are 5 to 15 cm (2.0 to 5.9 in) long, pinnate, with (3–) 5–9 (–13) leaflets and basal stipules; the leaflets usually have a serrated margin, and often a few small prickles on the underside of the stem. The flowers of most species have five petals and 4-5 sepals. The aggregate fruit of the rose is a berry-like structure called a rose hip.¹

**Occurrence:**

Most species are native to Asia, with smaller numbers native to Europe, North America, and northwest Africa. It is widely cultivated in Pakistan.

**Uses Reported in Literature:**

- Petals are astringent, useful in inflammation of mouth, and pharynx.²
- It is used in the treatment of diarrhea, tuberculosis, asthma, haemorrhage, and leucorrhea.²
- Rose hip with their high content of vitamin C is taken to lighten menstrual pains, and kidney stones.³
- Rose water shows anti-collagenase, anti-elastase, and anti-oxidant activities.⁴
- Rose oil possess anticonflict effects.⁵
- Rose flower is used for health promotion in women.⁶
Ethanobotanic Data:

- It is used to remove uterine fibroids.
- It is used to treat infertility.
- It is used for expulsion of plasma membrane after the child birth.
- It is also used to treat leucorrhea, dysmenorrheal, menorrhea, and polymenorrhea.
- It is used to lower bloating during menstruation.
- It is also used to strengthen the uterus.
- It is used as contraceptive.

References:

*Rubia cordifolia* L.

Botanical Name: *Rubia cordifolia* L.  
Kingdom: Plantae  
Order: Gentianales  
Family: Rubiaceae  
Genus: *Rubia*  
Local Name: Mjeth  
Sindhi Name: Lalri  
English Name: Common Madder  
Parts Used: Roots and stem

**Description:**

It grows up to 1.5 m in height. The evergreen leaves are 5–10 cm long and 2–3 cm broad, produced in whorls of 4-7 starlike around the central stem. It climbs with tiny hooks at the leaves and stems. The flowers are small (3–5 mm across), with five pale yellow petals, in dense racemes, and appear from June to August, followed by small (4–6 mm diameter) red to black berries.¹

**Occurrence:**

It is distributed to Greece, N. Africa, Siberia, Manchuria, China, Japan, Afghanistan, Pakistan, India, Bhutan, Sikkam, Nepal and Tibet.

**Uses Reported in Literature:**

- Roots are used to treat rheumatoid, arthritis, diarrhea, leprosy, skin diseases, diabetes, ulcers, and wounds.²
- Root extract possess hepatoprotective activity and useful for disintegration and elimination of urinary stones.²
- Compounds isolated from plant showed anti inflammatory activity.²
- The roots are useful in inflammations, and diseases of uterus and vagina.³
- It is use as blood purifier, and useful in urinogenital disorders, skin and urinary diseases.⁴
- It is much used in amenorrhea.⁴
- Dried roots are used as an emmenagogoue.⁴
- *Rubia cordifolia* L. are reported to have antiviral, antibacterial, antioxidant, and anti platelet activating activity.⁵
- The plant shows antitumor activity.⁶
- *Rubia cordifolia* L. can be used for treating menstrual breast mass, menoxenia and mammary hyperplasia.  
- A Chinese composition containing *Rubia cordifolia* L. is used for treating preceded menstruation.  
- It is also used for relieving the symptoms due to endometriosis, such as menstrual abdominal pain, post-menstrual abdominal pain, lumbosacral pain, and bearing-down pain and distention in inferior belly.  
- *Rubia cordifolia* L. has an anticholinergic activity which may be attributed to antioxidant activity.

**Ethanobotanic Data:**
- It is used in the treatment of Infertility.
- It is used in retroverty uterus.

**References:**

**Salvadora persica** Wall.

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<th><strong>Salvadora persica</strong> Wall.</th>
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<td>Meswak</td>
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<tr>
<td>Part used</td>
<td>Whole plant</td>
</tr>
</tbody>
</table>

**Description:**

It is an evergreen, profusely branched, glabrous shrub or a small tree, up to 2-6 m tall. Branches drooping with bark whitish yellow to almost white but on the stem somewhat rugose and grey. Leaves sub-fleshy; petiole 1-2.1 cm long; lamina l-5.5 cm long, 0.8-2.3 cm broad, elliptic ovate, acute or mucronate sometimes obtuse; acute or rarely rounded at base; lateral nerves 5-6 pairs. Inflorescence is drooping, panicled, 5-31 cm long. Flowers greenish yellow, 3-4 mm across; pedicel l-2 mm long. Calyx is 1 mm long with round lobes. Corolla is campanulate, 4-lobed, c. 3 mm long; apex acute to mucronate, reflexed. Stamens are 4, inserted at the base of corolla tube, shorter than the corolla but exserted due to reflexed corolla lobes. Ovary is 1-locular, glabrous; style absent; stigma more or less peltate. Fruit a drupe, 2.5-5 mm in diameter, globose, smooth, red or white on maturation.¹

**Occurrence:**

It is widely distributed in the drier parts of W. Pakistan, Arabia, Palestine, Syria & Africa.

**Uses Reported in Literature:**

- It is used as stimulant and tonic in amenorrhea.²
- Seeds oil applied locally in rheumatism.²
- Flowers are beneficial in treatment of gonorrhea, laxative and stimulant.²
- Bark is used emmenagogue, ascarifuge, febrifuge.³
- Root decoction is used against gonorrhea and vesical catarrh.⁴
- A decoction of bark is used as a tonic and stimulant in lower fever and as an emmenagogue.⁴
- Miswaak strengthens the gums and prevents tooth decay.⁵
➢ Miswaak strengthens the eyesight, assists in digestion and clears the voice.5
➢ The greatest benefit of using miswaak is gaining the pleasure of Allah.5
➢ The reward of Salaah (Prayers) is multiplied 70 times if Miswaak was used before it.5
➢ It has anti-inflammatory, hypoglycemic and anti bacterial activity.6

Ethnobotanic Data:
➢ This plant is used to treat Infertility.
➢ It is also used for Dysmenorrhea.

References:

**Salvia plebeia** R. Brown.

Botanical Name: *Salvia plebeia* R. Brown.

Kingdom: Plantae

Order: Lamiales

Family: Lamiaceae

Genus: *Salvia*

Local Name: Kamar kas, sefakus, salvej

Sindhi Name: Kamarkas

English Name: English plebeian

Parts Used: Leaves, seeds

**Description:**

It is perennial herb, 40–90 cm high, densely covered with simple, retrorse hairs, sessile glands are present; and branches are erect. Leaves are lamina narrow-ovate to narrow-elliptic, Inflorescence thyrse-like, much-branched, with 2–10 flowers per pair of bracts. Corolla is long, violet, purplish or blue.

**Occurrence:**

Grows in open areas of forests, such as road sides, and on the margins of rainforests; north from Bathurst. Distributed in Iran, Afghanistan, Pakistan, Himalaya (Kashmir to Bhutan), India, China, Japan, Malaysia, and Australia.

**Uses Reported in Literature:**

- It is used to treat menorrhagea\(^3\),\(^4\), dysmenorrhea\(^6\), and to prevent sexually transmitted diseases\(^5\).
- It is used as an emmenagogue.\(^7\)
- It is used for the treatment of gonorrhea\(^6\), and used as an aphrodisiac\(^10\) for female.
- It is also used to treat leucorrhrea\(^8\), and vaginitis.\(^8\)
- It is used to treat premenopausal symptoms.\(^9\)
- Plant is diuretic, anthelmintic, astringent, and demulcent.\(^11\)
- Seeds are used in diarrhea, leucorrhrea, menorrhrea and hemorrhoids.\(^11\)
Ethnobotanic Data:

- It is used for the treatment of menstrual problems like menorrhea, leucorrhea, amenorrhea, polymenorrhea, and it also regulates menstrual cycle.
- Ladies report that it can be used to cure sexual transmitted diseases and for postpartum hemorrhage in combination with certain herbs.
- It has been used in interior areas for infertility and contraception with different herbs.
- It can also be used for expulsion of plasma membrane after the delivery.
- It lowers abdominal size after child birth when given with different herbs.
- It lowers back pain during menstruation and effective in dysprunia.
- It is used to treat recurrent abortion.
- It also strengthens weak uterus.

References:

10. www.naturalmedicinalherbs.net
**Saussurea lappa DC.**

**Botanical Name:** *Saussurea lappa* DC.  
**Kingdom:** Plantae  
**Order:** Asterales  
**Family:** Asteraceae  
**Genus:** *Saussurea*  
**Local Name:** Koth  
**Sindhi Name:** Malib  
**English Name:** Costus, Kut Root  
**Parts Used:** Roots  

**Flowers and leaves of Saussurea lappa DC.**

**Description:**

They are perennial herbaceous plants, ranging in height from dwarf alpine species 5–10 cm tall, to tall thistle-like plants up to 3 m tall. The leaves are produced in a dense basal rosette, and then spirally up the flowering stem. The flowers form in a dense head of small capitula, often surrounded by dense white to purple woolly hairs; the individual florets are also white to purple.¹

**Occurrence:**

It is native to cool temperate and arctic regions of Asia, Europe, and North America, with the highest diversity in alpine habitats in the Himalaya and central Asia.

**Uses Reported in Literature:**

- It is used in asthma, inflammatory diseases, ulcer and stomach problems.²  
- It is Chinese medicinal herb used for many illnesses like cancer.³  
- Dried roots are antiseptic and disinfectant.⁴  
- The root is used as universal antidote and contraceptive.⁴  
- Its ointment is applied to wounds, severe ulceration and used for tumors.⁴  
- It is noted as aphrodisiac, and use as perfumes, and antiseptics.⁵  
- It is administered in bronchitis, asthma, and cardiac complaints.⁶  
- Roots are aphrodisiac, diaphoretic, galactagogue.⁷

**Ethnobotanic Data:**

- It is used to treat for pain and leucorrhea.
➢ It is also used for expulsion of plasma membrane after delivery.

References:

**Sesamum indicum** L.

Botanical Name: *Sesamum indicum* L.

Kingdom: Plantae

Order: Lamiales

Family: Pedaliaceae

Genus: *Sesamum*

Local Name: Safed til

Sindhi Name: Tirra

English Name: Sesame seeds

Parts Used: Seeds

**Description:**

It is an annual plant with branching stem 4 or 5 feet high, leaves are opposite and petiolate, and of various shapes; flower is reddish white, single, on short peduncles in axils of leaves. Fruit is an oblong capsule with small oval yellowish seeds. The genus *Sesamum* comprises ten or twelve species. In Indo-Pak Sub-continent two species occur wild, it is cultivated in the U.S.A. and in the West Indies; it grows as far north as Philadelphia.¹

**Occurrence:**

America, Southern States, Pakistan and India. Cultivated in Africa and Asia. In Pakistan it occurs in Sindh, Punjab, Baluchistan and N.W.F.P. While in Sindh it is cultivated in Tharparkar, Hyderabad and Dadu.

**Uses Reported in Literature:**

- Powdered seeds are given in amenorrhea, and dysmenorrheal.²
- It is used as lactagogue.²
- Sesame seeds are considered lactogogue, and nourishing tonic.³
- Decoction of seeds said to be an emmenagogue.³
- Til seeds, ground with equal quantity of palm jiggery, is used twice daily as a medicine to cause abortion in early month of pregnancy.³
- Powdered til seeds ½ tea spoon taken with hot water twice daily acts excellently in reducing pain during menstruation in young unmarried anemic girls.³
- Its regular use for two days before menstruation cures scanty menstruation.³
- Orally til oil (Seasum oil) (3 tea spoon) are used daily with warm milk in gonorrhea.³
In Chinese Medicine the plaster can be used for treating liver cancer with high curative rate and low recurrence rate.\(^4\)

Flowers are used in treatment of cancer, alopecia, and constipation, roots possess antifungal activity and leaves are used in infant cholera, diarrhea, dysentery, and for urinary infections.\(^5\)

Seeds serve as a good source of copper, manganese and calcium which are effective in reducing pain, in osteoporosis and in reduction of swelling in rheumatoid arthritis.\(^5\)

**Ethnobotanic Data:**

- Excess of white *Sesamum Indicum* L. (Till or sesame seeds) and *Amomum subulatum* Roxb. (black cardamom) causes abortion in pregnant women, and regulate menstrual cycle
- For weak uterus take white till (*Sesamum Indicum* L.,) orally with water twice daily.
- It is used to treat dysmenorrheal, poly menorrhea, and amenorrhea.

**References:**

**Shorea robusta** Roth.

Botanical Name: *Shorea robusta* Roth.
Kingdom: Plantae
Order: Malvales
Family: Dipterocarpaceae
Genus: *Shorea*
Local Name: Raal
Sindhi Name: Sabzama
English Name: Sal
Parts Used: All part

**Description:**

Sal is moderate to slow growing, and can attain heights of 30 to 35 m and a trunk diameter of up to 2-2.5 m. The leaves are 10–25 cm long and 5–15 cm broad. In wetter areas, it is evergreen; in drier areas, it is dry-season deciduous, shedding most of the leaves in between February to April, leafing out again in April and May.¹

**Occurrence:**

This tree is native to the Indian Subcontinent, ranging south of the Himalaya, from Myanmar in the east to Nepal, India and Bangladesh. In India, it extends from Assam, Bengal, Orissa and Jharkhand west to the Shivalik Hills in Haryana, east of the Yamuna.

**Uses Reported in Literature:**

- Resin is used for skin diseases, ear trouble, dysentery and diarrhea.²
- Fruit is used in diarrhea, leprosy, and gonorrhea.²
- Seed oil is used for skin diseases and scabies.²
- The resin is valued for dysentery, gonorrhea, boils and toothache.³
- The warm leaf is applied on swollen parts of the body for its quick effect.³
- Seed oil is applied in cases of skin diseases.³
Ethnobotanic Data:

- It is used to treat leucorrhea.

References:

**Symplocos racemosa** Roxb.

Botanical Name: *Symplocos racemosa* Roxb.
Kingdom: Plantae
Order: Ericales
Family: Symplocaceae
Genus: *Symplocos*
Local Name: Lodh, pathani lodh
Sindhi Name: Lodh
English Name: Lodh tree, symplocos bark
Parts Used: Bark

**Description:**

This is a small tree, which has height about 6-7 m high. Its leaves are 10-20 cm long. They are mostly dark green in color, and pointed at the tip with toothed margins. Flowers are small, which are white or pale yellow in color. Fruits are purplish black in color.¹

**Occurrence:**

North and east India and in Tamilnadu, Karnataka, Kerala, Andaman, and Nicobar Islands in India, Bangladesh, Myanmar, China, Thailand, Vietnam, Nepal, and in Pakistan.

**Uses Reported in Literature:**

- The plant is used in excessive bleeding during menstruation.²,⁶
- The bark extract have been reported to reduce the frequency & intensity of the contraction of uteri of both pregnant and non pregnant animals.³
- The bark is used as specific remedy for uterine complaints⁸, vaginal diseases and menstrual disorders, menorrhagia⁸ and leucorrhoea.³
- The herb is used to treat gynecological disorders, dysfunctional uterine, bleeding, anemia due to extreme bleeding, and menstrual disorders.⁴
- Stem bark have anti-inflammatory property.⁵
- It cures digestive disorders, ulcer, and eye diseases.⁶
- Stem is used to treat hemorrhage, acne, leucorrhea, and pimples.⁷
- Medicinally, bark is useful in bowel complaints such as diarrhoea, dysentery, dropsy, liver complaints, fevers, ulcers, and scorpion-sting.⁸
- A decoction of the bark or wood is used as gargle for spongy gums and bleeding.
- It cures diseases of the blood and leprosy.  
- It is useful in abortions and miscarriages and for ulcers of vagina.  
- Unani medicine uses it as emmenogogue and aphrodisiac.  
- It is also one of the constituent of a plaster used to promote maturation of boils and other malignant growths.

**Ethnobotanic Data:**
- It is used in dysprunia with green cardamom and rock sugar.  
- It is used for vaginal discharge.  
- It is also used for the treatment of infertility and increases lactation when given with opium seeds.  
- It reduces backache during pregnancy and menstruation.  
- In combination with different herbs it lowers abdominal size after child birth.  
- It treats sexually transmitted diseases and infertility.  
- It is used for the expulsion of plasma membrane after delivery.  
- It is also given for contraception purpose.  
- Ladies use it for menstrual problem as leucorrhea, dysmenorrheal, and menorrhoea.  
- It also used to reduce recurrent abortion and infertility.  
- It also induces abortion.

**References:**

5. [http://www.himalya health care.com/about ayurveda/cahs.htm](http://www.himalya health care.com/about ayurveda/cahs.htm)

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**Syzygium cumini** (L.) Skeels.

Botanical Name: *Syzygium cumini* (L.) Skeels.
Synonym: Eugena Jambolana Lam.
Kingdom: Plantae
Order: Myrtales
Family: Myrtaceae
Genus: Syzygium
Local Name: Jamun
Sindhi Name: Jamun
English Name: Jambul, java plum
Parts Used: whole plant

**Description:**

Evergreen tree to 25 m tall, with young stems grayish white and lower bark coarse and discolored. Leaves opposite, simple, entire, elliptic to broadly oblong, smooth, glossy, somewhat leathery. Flowers white to pinkish, in branched clusters at stem tips. Fruit an ovoid, 1-seeded berry, dark purplish red, shiny, with white to lavender flesh.¹

**Occurrence:**

It is native to Bangladesh, India, Nepal, Pakistan and Indonesia. It is also grown in other areas of southern and southeastern Asia including the Philippines, Myanmar, and Afghanistan.

**Uses Reported in Literature:**

- The flowers are used as an anti infertility agent.²
- It shows antibacterial, and anti fungal activity.²
- Before the discovery of insulin, Jamun was useful in the treatment of diabetes and is an integral part in the various alternative systems of medicine.³
- Scientific studies have shown that Jamun possess antibacterial, antifungal, antiviral, antigenotoxic, anti-inflammatory, anti-ulcerogenic, cardioprotective, anti-allergic, anticancer, chemopreventive, radioprotective, free radical scavenging, antioxidant, hepatoprotective, anti-diarrheal, hypoglycemic and antidiabetic properties.³
- The bark, fruit, seed and leaf are used as astringent⁴,⁵, sweet, sour, acrid, refrigerant⁴,⁵, carminative⁴,⁵, diuretic⁴,⁵, and digestive.⁴
- It is effective in leucorrhoea, gastric disorder, fever, skin diseases and wounds. 4
- The bark is used in acute diarrhea and topical therapy for mild inflammation. 6, 7

Ethnobotanic Data:
- Infusion of jambul is useful in polymenorrhea.

References:
**Tamarindus indicum** L.

Botanical Name: *Tamarindus indicum* L.

Kingdom: Plantae

Order: Fabales

Family: Leguminosae

Genus: *Tamarindus*

Local Name: Tamir hind, imli, chelh chalk, jangli imli ki beej

Sindhi Name: Chelh chalk

English Name: Tamarind

Part used: Fruit, leaves, seeds, pulp

**Description:**

This genus is monotypic. It is long-lived, medium-growth, bushy tree. The tree grows well in full sun in clay, sandy and acidic soil types, leaves are evergreen bright green in color. The flowers are 2.5 cm wide, five-petalled, yellow with orange or red streaks. Fruit is sometimes called pod with a hard brown shell.\(^1\),\(^2\)

**Occurrence:**

*Tamarindus indica* L. is indigenous to tropical Africa, particularly in Sudan; it is also cultivated in Cameroon, Nigeria and Tanzania. In Arabia, it is found growing wild in Oman; it is widely distributed throughout the tropical belt, from Africa to South Asia, Northern Australia, and throughout South East Asia, Taiwan and China.

**Uses Reported in Literature:**

- It is also used for contraception purpose.\(^3\)
- It is used to treat leucorrhoea and gonorrhea.\(^3\),\(^5\)
- It is used to treat amenorrhea.\(^4\),\(^6\)
- It is used as an emmenagogue.\(^4\),\(^6\)
- Bark is useful in asthma, diarrhoea, amenorrhea and ulcer.\(^6\),\(^8\)
- It is laxative and refrigerant.\(^7\)
- Leaves are used for bleeding piles, bilious fever and dysmenorrheal.\(^8\)
- Stem and bark is antipyretic.\(^8\)
Ethnobotanic Data:

- It is used for strengthening weak uterus and for treating menstrual problems in combination with other herbs.
- It is even used with different 32 herbs for reducing back ache during menstruation.
- It is used to treat recurrent abortion and infertility.
- It is used for expulsion of plasma membrane after the child birth, and lowering abdomen after child birth.
- It is also used to treat cervical swelling.
- It is used to treat STD (Sexually Transmitted Disease).
- It is also used to treat dyspareunia.
- It is used to treat pelvic inflammation and pelvic swelling.
- It is given to treat scanty menses, dysmenorrheal, menorrhea.
- It is used as contraceptive.

References:

**Tamarix Aphylla (L.) H. Karst.**

Botanical name: *Tamarix Aphylla* (L.) H. Karst.  
Kingdom: Plantae  
Order: Caryophyllales  
Family: Tamaricaceae  
Genus: *Tamarix*  
Local name: Athel tamarisk, farash, lal-jhav, raktajhav  
Sindhi name: Sakar  
English name: Salt cedar  
Part used: Whole plant  

![Flowers and leaves of Tamarix Aphylla (L.) H. Karst.](image)

**Description:**

*Tamarix aphylla* is a deciduous tree, growing to 10 m (32 ft 10 in) at a medium rate. It is hardy to zone 8. It flowers in July. The flowers are hermaphrodite (have both male and female organs) and are pollinated by Insects.¹

**Occurrence:**

It occurs in Western Asia to North East Africa.

**Uses Reported in Literature:**

- Its flowers are good source of honey.²
- Pulp is a refrigerant, carminative and laxative.²
- The aerial parts are used as astringent.³,⁴
- The bark is used for treatment of eczema and other skin diseases.³
- Galls used as substitute for oak galls and sumac.⁴
- The bark powdered and in combination with oil and kamala is used as aphrodisiac.⁵
- Useful traditional phytotherapy for jaundice.⁶
- Harmal seeds are put on the burnt ash of the wood of the Tamarix. The inhaling of the smoke is used for bad evils.⁶
- Leaves are boiled in water. The water is strained and the hot leaves are tied on the affected area daily. The treatment is continued for a week. This phytotherapy is used for Rheumatism, wound and abscesses.⁶
The present invention also provides biocontrol compounds comprising one or more fungal strains for the control and suppression of weed growth.

A compound for the treatment, prevention or management of a condition in primates, esp. humans comprising a phenolic antioxidant-chromium complex.

Ethnobotanic Data:

- This plant is very useful in the treatment of Sexually Transmitted Disease
- It is also used in Dyspareunia.

References:

Terminalia bellerica (Gaertn.) Roxb.

Botanical Name: Terminalia bellerica (Gaertn.) Roxb.
Kingdom: Plantae
Order: Myrtales
Family: Cambretaceae
Genus: Terminalia
Local Name: Bari har
Sindhi Name: Wadi harir
English Name: Belleric muroblan
Parts Used: Fruits

Description:
Tree is tall with ashy bark, often with a bluish ting. Leaves are alternate or fascicled at the end of branches, elliptic or elliptic obovate, alternate at both ends. Spikes are axillary, loosely arranged with pubescent floral axis. Flowers are greenish yellow. Stamens are long; anthers are long inserted on the hypanthium, epigynous. Fruit is obovoid covered with minute pale pubescence, stone very thick, indistinctly 5 angled.¹

Occurrence:
Ceylon, Burma, Indo-china, Siam, Malayan peninsula, India and Pakistan

Uses Reported in Literature:
- Half ripe used for purgative²,³,⁶ and sore throat, expectorant, laxative. Useful in asthma.²
- It has antibacterial¹ and antifungal properties.⁴
- Full ripe fruit is used in diarrhea.³,⁴
- It is anti-inflammatory.⁵
- It is antipyretic.⁶
- Used in prescription for diarrhea, dyspepsia, cough, and upper respiratory tract infection.⁶
- Terminalia bellerica Roxb.(bari har) fruit possess a combination of anticholinergic and Ca(++) antagonist effects, which explain its folkloric use in the colic, diarrhea and asthma.⁷

Ethnobotanic Data:
- It is used in menstrual problems as leucorrhea, menorrhgea, poly menorrhea, and dysmenorrhea.
- It is used in expulsion of plasma membrane and postpartum hemorrhage.
- When used in combination with calamus and gall oak may treat infertility.
- It is used to treat back pain in Menstruation.
- It is used to treat retrovert uterus, and pelvic swelling.
- It is used to avoid miscarriage.
- It is used to induce labor pain and to open uterus mouth.
- For lower abdomen after child birth
- It is used for strengthening weak uterus.
- It is also used to treat dyspareunia.

References:

**Terminalia chebula Retz.**

- **Botanical Name:** *Terminalia chebula* Retz.
- **Kingdom:** Plantae
- **Order:** Myrtales
- **Family:** Combretaceae
- **Genus:** *Terminalia*
- **Local Name:** Harsia
- **Sindhi Name:** Nandhi harir, Injri
- **English Name:** Black myrobalau
- **Parts Used:** Whole herb

**Description:**

It is a medium size to large tree, with many spreading branches with pale greenish, gray and smooth bark. Leaves are alternate, covered with silky hairs. When leaves are young, become glabrescent; rounded or cordate at base. Spikes are terminal, rarely panicled. Flowers are all bisexual. ¹

**Occurrence:**

India, Ceylon, Burma, Malayan peninsula, Thialand, and cultivated in Pakistan.

**Uses Reported in Literature:**

- The herb is used for the treatment of unusual vaginal discharges such as leucorrhea.²
- It can be given as adjuvant in atonic condition of uterus.²
- The fruit is anti-inflammatory, anthelmintic, cardiotonic, antiseptic, diuretic and aphrodisiac.³
- It is used for treating dysentery, constipation, cyst, cough, and bronchial asthma.⁴
- The fruit decoction is used in bleeding and ulceration of gums.⁵
- It possess antibacterial activity, cardio- tonic activity, and anti-oxidative activity.⁶

**Ethnobotanic Data:**

- It is used for the treatment of menstrual problems like leucorrhea, dysmenorrhea, menorrhea and poly menorrhea..
- It also used for expulsion of plasma membrane after the delivery.
- It also can be for the treatment of used infertility.
- Its vaginal pellets made in Jaggery treats poly menorrhea.
It is beneficial in prolapsed uterus, with neem fruit (*Azadirachta indica* J. Juss.) and Jaggery. Its hand made suppositories are used.

It prevents threatened abortion when used orally with neem flowers in extract form.

In combination with different herbs is used for postpartum hemorrhage and menorrhea.

It lowers abdominal size after child birth.

It strengthens uterus and treats secondary infertility.

It can be given to lady to avoid miscarriage in last months.

It is used to treat fibroids.

It is used for expulsion of plasma membrane, and Pelvic Inflammatory Disease.

It treats scanty menses.

It is used as contraceptives.

It is also used for opening uterus mouth.

References:

Trachyspermum ammi L.

Botanical Name: *Trachyspermum ammi* L.
Kingdom: Plantae
Order: Apiales
Family: Apiaceae
Genus: *Trachyspermum*
Local Name: Ajwain
Sindhi Name: Jannr
English Name: Carom seeds, bishop's Weed
Parts Used: Seeds

Flowers and leaves of *Trachyspermum ammi* L.

Description:

It is annual plant, 15-50 cm tall, and branched. Stem is glabrous. Leaves are much divided; ultimate segments filiform, and sometimes pinnate, bracts. Rays are glabrous, unequal, sometimes pinnate bractlets. Pedicels are twice as long as the fruit. Fruit is ovoid.¹

Occurrence:

Middle East, USSR, North Africa, India, and Pakistan.

Uses Reported in Literature:

- Seeds are used for the treatment of leucorrhea.²
- It is used for the treatment of painful micturation, and lumbago.²
- Seeds are also used for the treatment of impotence.²
- It is carminative, antispasmodic, anti-cholinergic, and anti-diarrheal.³
- Leaf juice is anthelmintic, and root is febrifuge and diuretic.³
- In Ayurvedic system of medicine it is used primarily to aid digestion, disorders of the circulatory system and diarrhea.⁴
- The oil of Ajowan is rich in monoterpenes and it may be used as a natural anti-bacterial agent in drug and food industries.⁵
- It is galactogogue, stomachic, expectorant, antiseptic, amoebiasis, and antimicrobial.⁶
- Seeds fried in oil are used in curing diarrhoea, Parasiticidal, and given in treatment of amenorrhea, Bronchitis, colic pain.⁶
- It also cures abdominal tumors, abdominal pains, and piles.⁶
Ethnobotanic Data:

- It reduces excessive menstrual bleeding.
- It increases menstruation after delivery.
- It can cause abortion.
- It increases lactation.
- It is effective in sexually transmitted diseases.
- It starts menstruation and helps in amenorrhea.
- It treats menstrual problems as dysmenorrhea, leucorrhea, polymenorrhea, menorrhea and reduces pain after delivery.
- It is used for expulsion of plasma membrane after the child birth.
- It can be used for complete dilation and curettage (D&C) after miscarriage.
- It is given to treat recurrent abortion and infertility.
- It induces labor pain and for uterus opening.
- It is used to treat pelvic inflammatory disease and pelvic swelling.
- It lowers the abdomen after child birth.
- It is used to treat weak uterus and fibroids.
- It is used to avoid miscarriage.

References:

5 Goudarzi, Gh. R., Saharkhiz, M. J., Sattari, M., Zomorodian, K., Journal of Agricultural Science and Technology (Tehran, Islamic Republic of Iran), 13(2), 2011, p. 203-208, Tarbiat Modares University Publisher, Lorestan, Iran.
**Trapa bispinosa** Roxb.

Botanical Name: *Trapa bispinosa* Roxb.

Kingdom: Plantae

Order: Myrtales

Family: Trapaceae

Genus: *Trapa*

Local Name: Singhara

Sindhi Name: Singhara

English Name: Water chest nut

Parts Used: Fruits

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**Description:**

An aquatic herb, with flexuose stem, ascending in the water, the submerged parts furnished with numerous opposite pairs of green root-like spreading pectinate organs. Leaves are alternate, crowded on the upper part of the stem; the blade is broader and reddish-purple beneath. Flowers are few, axillary, solitary, pure white. Fruit is obovoid, angular, with sharp spinous horn at either side.¹

**Occurrence:**

Asia and tropical Africa. It is distributed in Dhaka, Mymensingh, Rajshahi and other districts, in ponds and ditches.

**Uses Reported in Literature:**

- It is used in case of inflammation.²
- The fruit is used as aphrodisiac, and as anti-inflammatory agent.³⁻⁷
- Eating the fresh kernel of water chest nut along with the honey twice daily cures spermatorrhea, impotency, and thinness of semen.³
- The Ayurvedic Pharmacopia of India recommends the use of its dried kernel in bleeding disorders and threatened abortion.⁴
- It is used in bleeding disorders, threatened abortion, dysuria, polyuria and edema.⁴
- It is used to decrease the pregnancy induce hypertension, and to improve fetal growth.⁵
- The fruits are useful in leucorrhea.⁶
- Fruit is appetizer and antipyretic.⁷
Ethnobotanic Data:

- It is used in vaginal discharge in combination with different herbs.
- It is used to treat leucorrhrea and dysmenorrheal.

References:

5. Palep, H. S., Dr. Palep's, Research Communications in Pharmacology and Toxicology (2003), 8(1 & 2), IV/85-IV/102, PJD Publications, CAN 141:331388 AN 2004:603441.
**Trigonella foenum-graecum L.**

**Botanical Name:** *Trigonella foenum-graecum* L.

**Kingdom:** Plantae

**Order:** Fabales

**Family:** Fabaceae

**Genus:** *Trigonella*

**Local Name:** Methi dana

**Sindhi Name:** Hurbo

**English Name:** Fenugreek seeds

**Parts Used:** Seeds

**Description:**

It is erect annual, sparingly pubescent to glabrous. Leaflets are broad, obovate to oblanceolate, dentate or incised; stipules lanceolate, acuminate, entire. Flowers are 1-2 in leaf axils. Calyx is long, teeth as long as the tube. Corolla yellowish white, sometimes tinged with lilac. Fruit is long and broad, glabrous or pubescent, tapering into a beak and seeded.

**Occurrence:**

Pakistan, Kashmir, India, Southern Europe, Orient, Arabia, and Ethiopia.

**Uses Reported in Literature:**

- It treats sexual disorders.
- It is aphrodisiac, and galactagogue.
- Application of paste of fresh leaves completely stops the secretion of breast milk.
- It is used to treat menstrual irregularities.
- Its roasted seeds are given with milk and sugar to increase milk secretion.
- Decoction of seeds with turmeric powder is used to cure vaginitis, leucorrhea, and bad smell after menstruation.
- It shows antibacterial activity.
- Seeds are used in loss of appetite, flatulence, diarrhea and cholic.
- It is used as lactagogue.
- Leaves are refrigerant, and aperient.
- A poultice of leaves is applied to swelling and burns.
Ethnobotanic Data:
- Its extract is used in infertility followed by extract of *withania*.
- It can be used to induce labour pains.
- In combination with different herbs is used for menorrhrea, dysmenorrheal, amenorrhea and contraception purpose.
- It is used for expulsion of plasma membrane, and reduce groin pain.
- It is used to treat weak uterus and Infertility
- It increases lactation.
- It induces abortion.

References:
**Botanical Name:** *Triticum aestivum* L.

**Kingdom:** Plantae

**Order:** Poales

**Family:** Poaceae

**Genus:** Triticum

**Local Name:** Suji, wheat

**Sindhi Name:** Suji

**English Name:** Semolina

**Parts Used:** whole plant

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**Distribution:**

This species has a long, slender spike which is somewhat flattened. Spikelets are 2 to 5 flowered. Stem centers are generally hollow but may be pithy. Leaves are more narrow than in some other wheats. Kernels may be red or white, hard or soft. ¹,²

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**Occurrence:**

It is found world wide. The most widely grown in Pakistan.

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**Uses Reported in Literature:**

- It is used to treat menoxenia and female infertility.³
- It is used for improving sperm and egg activity and quality, enhancing sexual function and treating sexual dysfunction.⁴
- In Indian medicine it is used to treat menorrhea.⁵
- It's bread eaten with honey and half boiled egg is an excellent nerve tonic to retain sex power and vigour.⁵
- It is good source of nutrient.⁶
- Grains are refrigerant, emollient, laxative and appetizer.⁷

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**Ethnobotanic Data:**

- It is used to increase lactation and beneficial for health after delivery.
- It is used to treat menorrhea, dysmenorrheal, amenorrhea, poly menorrhea and leucorrhea.
- It is used to treat cervical swelling and Pelvic swelling.
- It is used to treat post partum hemorrhage and also lowers the abdomen after child birth.
- It strengthens the weak uterus.
- It is used to avoid miscarriage and sexually transmitted diseases (STDs).
- It is also used to treat dyspareunia.

**References:**

Vigna radiata L.

Botanical name: Vigna radiata L.
Kingdom: Plantae
Order: Fabales
Family: Fabaceae
Genus: Vigna
Local name: Moong
Sindhi name: Mung dana
English name: Mung bean
Part used: Seeds and pulse

Beans and leaves of Vigna radiata L.

Description:
Mungbean is an erect or sub-erect herb, 0.5-1.3m tall (Purseglove 1974). Flower is pale yellow. The seed color exhibits a wide range of variations from yellow, greenish yellow, light green, shiny green, dark green, dull green, black, brown, and green mottled with black. Pod color is black, brown or pale gray when mature. 100 seeds weight is 3-7g.

Occurrence:
Native to India; is now widespread throughout the tropics, ascending from sea level to 1,850 m in the north-west Himalayan regions.

Uses Reported in Literature:
- Green gram is employed as a light diet during fever and is considered to have a cooling and astringent effect.
- Application of soaked green gram paste ground with tender guava leaves is an excellent medicine for scabies and lead smell in the body.
- Root is narcotic and is a remedy for acting bones.
- Seeds are useful in dyspepsia, in gastric catarrh, dysentery, diarrhea, cough, cystitis, piles, paralysis, and rheumatism, affection of liver and of the nervous system and in fever.
- Soup is given as a diet to patients of enlarged liver and spleen and after recovery from acute illness.
- It is used for checking secretion of milk and reducing distention of mammary glands.
- The roots are digestive, constipating, depurative, anti-inflammatory and tonic.
- They are useful in dyspepsia, skin diseases and conditions of vata and pata.
The pulse is used as a diet in fever.\textsuperscript{5} 
Used to strengthen the eyes.\textsuperscript{6} 
The Chinese traditional patent medicine in which mung bean is used for external use is used to treat facial comedo, acne.\textsuperscript{7}

Ethnobotanic Data:
- It is used to induce abortion.
- It is also used as a contraceptive.

References:
**Vitis vinifera** L.

Botanical name: *Vitis vinifera* L.

<table>
<thead>
<tr>
<th>Kingdom</th>
<th>Plantae</th>
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<tbody>
<tr>
<td>Order</td>
<td>Vitales</td>
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<tr>
<td>Family</td>
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<td>Genus</td>
<td>Vitis</td>
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<td>Local name</td>
<td>Angor</td>
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<td>Sindhi name</td>
<td>Dakh</td>
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<tr>
<td>English name</td>
<td>Grapes</td>
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<tr>
<td>Part used</td>
<td>Whole plant</td>
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</table>

**Description:**

It is a liana growing to 35 m tall, with flaky bark. The leaves are alternate, palmately lobed, 5–20 cm long and broad. The fruit is a berry, known as a grape; in the wild species it is 6 mm diameter and ripens dark purple to blackish with a pale wax bloom; in cultivated plants it is usually much larger, up to 3 cm long, and can be green, red, or purple. The species typically occurs in humid forests and streamsides.¹

**Occurrence:**

*Vitis vinifera* is a species of *Vitis*, native to the Mediterranean region, central Europe, and southwestern Asia, from Morocco and Portugal north to southern Germany and east to northern Iran.

**Uses Reported in Literature:**

- Leaves are used to stop bleeding, pain and inflammation of hemorrhoids.¹
- Unripe grapes were used for treating sore throats, and raisins were given as treatments for consumption (tuberculosis), constipation and thirst.¹
- Its leaves are useful in piles.²
- The ashes of stem are good for pains in joints, stones in bladder and swelling in testicle.²
- Its leaf juice is used to cure diarrhea and gonorrhea.³
- Its juice of fruit is used to prevent the formation of urinary and kidney stones.³
- It is useful for excessive menstruation, menopausal syndrome, hemorrhage and hypertension.⁴
- Its dried fruit is used in anemia, jaundice, dyspepsia and constipation.⁵
It is fit for body shaping and beautification of the female, antibiosis and diminishing of inflammation for women and improves quality of sexual life of the female.\textsuperscript{6}

Its invention can remove redundant fiber in human body to shape body, treat gynecology and strengthen estrogen secretion, improve complexion and elasticity of the skin, thin out color mottle, delay menostasia, menopause and improve quality of sexual life of women.\textsuperscript{6}

This oral composition is useful for prophylaxis of onset or relief of symptoms in diseases or complaints which occur with aging.\textsuperscript{7}

**Ethnobotanic Data:**

- It is used to treat pelvic swelling and dysmenorrhea.
- It is used to treat infertility.
- It is used to treat dyspareunia.

**References:**

**Withania coagulans** Dunal.

Botanical Name: *Withania coagulans* Dunal.
Kingdom: Plantae
Order: Lamiales
Family: Solanaceae
Genus: *Withania*
Local Name: Panir, panir doda
Sindhi Name: Panir
English Name: Vegetable rennet
Parts Used: Fruits

![Fruits and leaves of Withania coagulans Dunal.](image)

**Description:**
Shrub is branched. Shoots rigid, grayish-green, stellate-tomentose. Leaves are elliptic-ovate to elliptic-lanceolate. Flowers are bisexual. Male flowers: stamens ± subexserted. Anthers and filaments are long. Female flowers: stamens included. Anthers are smaller than in male flowers. Style is glabrous. Berry is globose, included in fruiting calyx. Seeds are brown, minutely rugose-reticulate to ± smooth

**Occurrence:**
Iran, Afghanistan, Pakistan, and India

**Uses Reported in Literature:**
- Fruit infusion, and seeds are used by women as emmenagogue.\(^2\,^3\)
- It is diuretic, CNS depressant\(^3\,^5\,^6\), emetic and anti-inflammatory.\(^3\,^5\,^6\)
- Plant is used in digestive and liver complaints.\(^4\)
- The different pharmacological activities reported with this shrub are sedative, antibilious, emetic, antiasthmatic, diuretic, carminative, depurative, used for dyspepsia, flatulence, hepatoprotective\(^5\,^6\) activity, antifungal, antibacterial activity, hypolipidemic activity\(^4\,^5\) and calcium channel blocking activity.\(^5\)
- It has immunomodulating, antitumor and cytotoxic activities.\(^6\)

**Ethnobotanic Data:**
- Its extract is useful for poly menorrhea.
- It induces abortion when given with carum seeds. Pregnant ladies should not use it.
- It is used for expulsion of plasma membrane after delivery, and for strengthening of the weak uterus.
- It is also beneficial in menstrual problems like menorrhea, leucorrhea, and in painful menstruation.
- In interior areas, ladies give fenugreek seed’s extract, followed by panir extract orally for the treatment of infertility.
- It is used for strengthening of weak uterus.
- It lowers the abdomen after child birth.
- It is used to avoid miscarriage.
- It is used for opening uterus mouth.

References:

**Zingiber officinale roscoe**

Botanical Name:  
**Zingiber officinale roscoe**

Synonym:  
**Amomum zingiber** L.

Kingdom:  
Plantae

Order:  
Zingiberales

Family:  
Zingiberaceae

Genus:  
Zingiber

Local name:  
Adrak

Sindhi Name:  
Sundh, adrak

English Name:  
Ginger

Part used:  
Root

**Description:**

The plant is up to 1.3 m. Leaves are sessile, up to c. 15 x 2(3) cm, linear-lanceolate, glabrous. Inflorescence is up to 25 cm erect peduncle. Bracts green with a paler margin. Flowers are yellow with a purple, yellow-spotted labellum; anther dark purple.¹

**Occurrence:**

It is cultivated in the Hazara region Haripur and Tret. It is also cultivated in the Sindh and Punjab Plains. It is always propagated by rhizomes.

**Uses Reported in Literature:**

- It is used to affect anxiety.²
- Its compounds are active against of diarrhea.³,⁴
- Zingerone is active against enterotoxigenic *Escherichia coli* heat-labile enterotoxin-induced diarrhea.³,⁴
- It is used for treating nausea caused by seasickness, morning sickness and chemotherapy.³,⁵
- An inch of piece of fresh ginger is pounded and boiled in a cupful of water for a few minutes. The infusion sweetened with sugar is used thrice daily after meals as a medicine for dysmenorrhea and amenorrhea due to exposure to cold winds and taking cold bath.⁶
- Fresh ginger juice half teaspoon with half boiled egg and honey once daily at night for a month tones up the sex centers and cures impotency, premature, ejaculation, spermatorrhea.⁶
- It is analgesic, anti-allergic, aphrodisiac, anti-spasmodic, and gastroprotective. 
- It is useful in diabetes, diarrhea, dysmenorrheal, insomnia, impotence, lumbago, cancer, and elephantiasis.

**Ethnobotanic Data:**
- This plant is used for the treatment of leucorrhea, infertility and amenorrhea
- It lower the abdomen after child birth
- It prevent for recurrent abortion
- It is also used for uterus opening during labor.
- It is used for contraception.

**References:**
3. http://medind.nic.in/ibi/t03/i1/ibit03i1p32.pdf
<table>
<thead>
<tr>
<th>S.NO</th>
<th>CONDITION</th>
<th>HERBAL FORMULATION</th>
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| 1.   | Fibroids  | 1. Powdered kani kathi (*Acorus calamus* L.), soya (*Anethum sowa* Roxb.), misri (crystals of sugar/rock sugar), neem leaves (*Azadirachta indica* J. Juss.) and bulbs of onion (*Allium cepa* L.). Mixed with clarified butter and converted into tablet form. **Dosage:** Tablet placed intra-vaginally for 5-7 days  
2. Sowa (*Anethum sowa* Roxb.), sather (*Origanum vulgare* L.), dried petals of rose flowers (*Rosa indica* L.), sownf (*Foeniculum vulgare* var. Dulce.), gurr (jaggery), shar (*Rhazya stricta* Decne.) (Woody form) and sena leaves (*Cassia angustifolia* Vahl.) all in equal quantities. Boil them in water. **Dosage:** Orally 1 cup for 4 days.  
3. Grinded neem leaves (*Azadirachta indica* J. Juss.) with small amount of soap stone, tied in cotton cloth. **Dosage:** Place intra-vaginally regularly for four days. |

**Dosage:** Orally for 3 days.

5. Neem leaves (*Azadirachta indica* J. Juss.) placed on sand bath (to warm them), and tied in cotton cloth.

**Dosage:** Placed intra-vaginally for 3 days.

After that give steam of neem leaves (*Azadirachta indica* J. Juss.) intra-vaginally.

6. Use powdered supari (*Areca catechu* L.).

**Dosage:** Orally for 3 days continuously, starting from day 1st of menstruation.

7. 60 g of harsiyah (*Terminalia chebula* Retz) is fried in ghee or butter then mesh it. Honey is added in it and converted into tablet form.

**Dosage:** Taken orally for 5-6 days.

8. Leaves of mehndi (*Lawsonia inermis* L.) soaked in water at night. In morning sieved this water with muslin cloth.

**Dosage:** Orally during 1st three days of menstruation.

9. Supari (*Areca catechu* L.) boiled in water. Sieved this water and take it orally, daily for 5-6 days.

10. Mesh jarn (*Trachyspermum ammi* L.) and gurr
then converts into tablets.

**Dosage:** The tablet placed intra-vaginally.


**Dosage:** Placed intra-vaginally at night for 2-3 months regularly.

12. Mesh bhang (*Cannabis sativa* L.) and then make vaginal suppositories.

**Dosage:** Suppository placed intra-vaginally at night and remove in morning for 7 days.

13. Cotton swab dipped in black and white glycerin. And placed intra-vaginally for 3 days regularly.

14. The bottle filled with warm water placed on abdomen (Takor).

15. Grinded kunwaar boti and kala zeera (*Cuminum cyminum* L.) placed intra-vaginally for 3-4 days.

Small amount of water added to make small tablet.

**Dosage:** The tablet placed intra-vaginally for 6-7 days (for married).

17. Powdered sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.) in equal amount and 3-4 chotti illaichi (*Elettaria cardamomum* Maton.).

The powder boiled in 250 ml water.

**Dosage:** Orally in morning for 5-6 days (for Unmarried).

| 2. Menorrhgea | 1. Crushed flower of babul (*Acacia nilotica*).
|  | **Dosage:** Orally with water for 3 days.
|  | 2. Grinded misri (crystal sugar) with fresh leaves of tukhm-e-balangah (*Lallemanita royleana* Benth.) added in some water.
|  | **Dosage:** Orally for 3 days during menstruation.
|  | 3. Mawa (*Quercus infectoria* Olivier.) (little quantity), zardana of annar /pollen grain (*Punica granatum* L.) in excess, misri little bit, Choti illaichi (*Elettaria cardamomum* Maton.) 3-4), and podina tikya (*Mentha piperita* L.) 3-4. Grind all and make a powder. |
Dosage: 1 tea spoon with milk or water for 15 days in morning.

4. Boil gurr supari (*Areca catechu* L.), and sowa (*Anthum sowa* Roxb.).

Dosage: Orally for 3-4 days during menstruation.

5. Boil mint (*Mentha piperita* L.) in water.

Dosage: Use extract orally for 4-5 days for amenorrhea.


Dosage: Orally in morning at fasting for 7 days.

7. Soak zeera (*Cuminum cyminum* L.) and sabudana (Sago) (*Metroxylon sagu* Rottb.) in half glass of water overnight.

Dosage: Orally in morning at fasting for 7 days.

8. Cooked zeera (*Cuminum cyminum* L.) in butter oil with some added sugar.

Dosage: Orally once daily for 2-5 days.

Dosage: Orally in morning at fasting for 3 days.

10. Cotton ball tied with thread and dipped in black glycerin.

Dosage: Ball Placed intra-vaginally for 2-3 days regularly.

11. Soaked zeera (*Cuminum cyminum* L.), and sowa (*Anethum sowa* Roxb.) separately in water for one night.

Dosage: Give the first extract to lady to drink at fasting in morning for 6-7 days, and then the second extract to drink for further 7 days.

12. Powdered 1-2 betel nuts (*Areca catechu* L.), devide this powder into three equal quantities.

Dosage: Give one dose daily for 3 days.

Precaution: Avoid meat, chicken and fish, while taking remedy.

13. Powdered nibat (candy sugar), nazboo (*Lallemantia royleana* Benth.), dried coconut (*Cocos nucifera* L.), sweet halwa, battio (32 herbs mixture purchase from herbalist), neem leaves (*Azadirachta indica* J.Juss.), panir (*Withania coagulans* Dunal.), zaikha*, and khul mir*. All in the powdered form and converted into
tablet form.

**Dosage:** Tablet placed intra-vaginally for 3 days.

**Note:** Same tablet placed intra-anully in case of back pain during menstruation.

**14.** Podered woawrung (*Embelia ribes* Burm.f.), and green cardamom (*Elettaria cardamomum* Maton.), tied in a piece of cloth.

**Dosage:** Place intra-vaginally for 3 days during menstruation.


**Dosage:** Use extract orally in morning at fasting for 3 days.

**16.** Crystal sugar (misri) mixed with butter oil.

**Dosage:** Orally for 3 days regularly.

**17.** Soak sather (*Origanum vulgare* L.), sowa (*Anethum sowa* Roxb.) and gurr in water overnight.

**Dosage:** Orally in morning at fasting, regularly for 3 days after menstruation.
18. Grinded nazboo (*Lallemantia royleana* Benth.), misri (crystal sugar) and green cardamom (*Elettaria cardamomum* Maton.), with 250 ml addition of water.

**Dosage:** Give this decoction to lady orally during menstruation for 3 days.

19. Boiled bark of babul (*Acacia nilotica* L. Willd.) in water, and the decoction used for kneading wheat flour to make bread.

**Dosage:** Eat the bread for 3 days.

20. Boiled bark of babul (*Acacia nilotica* (L.) Willd.) in 5 L water. Use this decoction for cooking wheat to prepare dalya (porridge).

**Dosage:** Give this to lady orally for 3 day.


**Dosage:** Orally for 3 days continuous from 1\textsuperscript{st} day of menstruation.

22. Powdered choti har (*Terminalia chubula* Retz.), chotti illaichi (*Elettaria cardamomum* Maton.) and misri (crystal sugar), mixed all together.

**Dosage:** Give this mixture to lady from 2\textsuperscript{nd} day of menstruation for 2 days.
23. Powdered banth chori*.

**Dosage:** Minute quantity, orally with water during menstruation for 3-5 days.

24. Boiled nazboo leaves (*Lallemantia royleana* Benth.) in water.

**Dosage:** Give the extract to lady 3 days regularly.

25. Soak nazboo (*Lallemantia royleana* Benth.) in water, overnight.

**Dosage:** Give the decoction to lady to drink.

26. Soaked sowa (*Anethum sowa* Roxb.) in water, and mixed with some misri in it, then drink that water.

27. Grinded nazboo leaves (*Lallemantia royleana* Benth.), and chotti illaichi (*Elettaria cardamomum* Maton.), tied in cloth.

**Dosage:** Tied powdered mixture, placed intravaginally once daily for 3 days.

28. Soak nishasta over night in water and take ponstan forte tablet with this water in morning regularly during menstruation days.

29. Powdered mawa (*Quercus infectoria* Olivier.), supari (*Areca catechu* L.), behra*, flowers of pistachio, converted into powder form.
Dosage: Take this remedy twice daily, start therapy from 1st day of menstruation.

30. Grinded sakar* is taken with little amount of water.

31. Put sakar* in water then use this water for vaginal cleaning.

32. Powdered dry peel of pomegranate (*Punica granatum* L.) with added sugar in it. Dosage: This mixture is taken orally during menstruation days.

33. Grinded fresh leaves of nazboo (*Lallemantia royleana* Benth.), with added misri (crystal sugar) in it, then water is added and used orally, daily in menstruation days.

34. Powdered dry peel of pomegranate (*Punica granatum* L.) taken with water, daily in the days of menstruation.

35. Powdered pulse (mahri dal) is taken orally with water.

them all together and make remedy.

**Dosage:** Use this remedy orally on 3rd day of menstruation.

37. Take leaves of nazboo (*Lallemandia royleana* Benth.), misri (crystal sugar) and choti illaichi (*Elettaria cardamomum* Maton.). Add them in water. Take this water for 3 days.


**Dosage:** Use this remedy orally for 3 days.

39. Powdered mawa (*Quercus infectoria*, Olivier.) and supari (*Areca catechu* L.) and then added some sugar.

**Dosage:** Take this remedy orally on 2nd of menstruation for 3 days.

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<tr>
<td><strong>Dosage:</strong> Use this remedy during menstruation period, for 5 days.</td>
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<tr>
<td><strong>41.</strong> Take methi dana (<em>Trigonella foenum-graecum</em> L.) with small amount of water.</td>
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<td><strong>42.</strong> Take 10 seeds of paneer (<em>Withania coagulans</em> Dunal.) with small amount of water.</td>
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<tr>
<td><strong>43.</strong> Powdered flowers of babul (<em>Acacia nilotica</em> L. Willd), nibat, misri and chotti illaichi (<em>Elettaria cardamomum</em> Maton.). Mixed them all together.</td>
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<tr>
<td><strong>Dosage:</strong> Orally with small amount of water in morning for 2-3 months.</td>
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<td><strong>Dosage:</strong> Orally once daily for 3 days.</td>
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<td><strong>45.</strong> Bark of babul (<em>Acacia nilotica</em> L. Willd) soaked in water for whole night.</td>
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<td><strong>Dosage:</strong> Drink this water regularly in morning for 3 days.</td>
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<td><strong>46.</strong> Place sandho salt intra-vaginally.</td>
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</table>
| **47.** Grind leaves of nazboo (*Lallemantia royleana* Maton.)
Benth.) in water.

**Dosage:** Use this water orally for 3 days.


**Dosage:** Orally for 3 days regularly.

49. 1 spoon of zeera (Cuminum cyminum L.) with water, orally for 15-20 days.

50. Use zeera (Cuminum cyminum L.) and mint slug with little amount of water for 15 days.

51. Powdered sowa (Anethum sowa Roxb.), sathar (Origanum vulgare L.) and chotti illaichi (Elettaria cardamomum Maton.). Mixed them all together in fine powder and converted into tablets.

**Dosage:** Tablet placed intra-vaginally after 3 days of menstruation for 3-4 days.

52. Use tea orally with gurr.

53. Take kamarkas (Salvia plebeian R.Brown), kahri (Symlocos racemosa Roxb.), reh* and choti illaichi (Elettaria cardamomum Maton.) 4-5 each. Boil kamarkas (Salvia plebeian R.Brown.), reh* and choti illaichi (Elettaria cardamomum Maton.)
in water.

**Dosage:** Use this water to take kahri (*Symplocos racemosa* Roxb.) orally in morning.

54. Take kamarkas (*Salvia plebeian* R.Brown), kahri (*Symplocos racemosa* Roxb.), reh* and choti illaichi (*Elettaria cardamomum* Maton.) 4-5 each.

Soak kamarkas (*Salvia plebeian* R.Brown), reh* and choti illaichi (*Elettaria cardamomum* Maton.) in water at night.

**Dosage:** Use this water to take kahri (*Symplocos racemosa* Roxb.) orally in morning.

55. Powdered chori bhata used orally in morning with small amount of water for 8-10 days.

56. Mixed sugar, khanwar, chori ka pathar in desi ghee.

**Dosage** Orally 1-2 table spoons daily in morning for 5 days.

57. Zeera (*Cuminum cyminum* L.), nibat (Candy sugar) and 3-4 ajwain (*Trachyspermum ammi* L.) add in powdered bail pathar. Grinded all together and mixed small amount of water and converted into paste.

**Dosage** Orally one table spoon daily for 5days.
58. Powdered misri, saunf (*Foeniculum vulgare* var. *Dulce.*) and chotti ilaichi (*Elettaria cardamomum* Maton.).

**Dosage:** Orally one table spoon early in the morning and in evening for 7-8 days.

59. Mixed 1 cup milk, small amount of desi ghee and one table spoon pak supari (*Areca Catechu* L.).

**Dosage** Orally daily for 5-6days.

60. One table spoon powdered bark of pomegranate (*Punica granatum* L.) added in one glass of water.

**Dosage** Orally two times per day for 10-15days.

61. Red supari (*Areca Catechu* L.) soaked in water.

**Dosage** Orally water daily in night for 3-4 days.

62. Take 32 herbs (purchased from pansar). Boil it in water and sieve it.

**Dosage** Orally for 2-3 days.

63. Wood sticks burnt and converted into ash then placed it on lady’s head.

64. Nibaat soaked in water. Use this water daily in morning for 7-8 days, orally.

65. Equal amount of powdered supari (Areca
catechu L.), mawa (*Quercus infectoria*, Olivier.), peel of pomegranate (*Punica granatum* L.) and misri.

**Dosage:** Orally 1 table spoon of this remedy twice daily with a glass of milk for 3-4 days.

66. Powdered leaves of nazboo (*Lallemanita royleana* Benth.), misri (crystal sugar) and chotti illaichi (*Elettaria cardamomum* Maton.) added in wheat flour (*Triticum aestivum* L.) and prepared roti.

**Dosage:** Orally 1 time daily for 3 days.

67. Peel of pomegranate (*Punica granatum* L.), chotti illaichi (*Elettaria cardamomum* Maton.) and misri soaked in water at night.

**Dosage:** Orally, in morning for 6-7 days.

68. Bari harir (*Terminalia bellerica* (Gaertn.) Roxb.), bharyo bhanri, podina (*Mentha Piperita* L.), peel of pomegranate (*Punica granatum* L.), chotti illaichi (*Elettaria cardamomum* Maton.) and misri soaked in mud pan in 1 kg of water and then sieved 1 cup of water from it.

**Dosage:** Orally 1 cup of this water 3 times daily for 3-4 days.
69. Soak supari (Areca Catechu L.) and anar dana (Punica granatum L.) in water at night. In morning seive this water and boil it then add small amount of ghee and wheat flour.

**Dosage:** Use this water in morning at fasting for 3 days.

70. 1 table spoon of grinded tringh (Purchased from pansar) used orally in morning at fasting for 3 days.

71. Soak peel of anar (Punica granatum L.) in water. Sieve this water and add 1 small piece of gurr, 2 table spoons of butter oil and wheat flour and boil it.

**Dosage:** Use this water orally in morning for 6-7 days or during menstruation.

72. Grinded fresh leaves of nazboo (Lallemantia royleana Benth.), 5-6 kali mirch (Piper nigrum L.), and 1 spoon khashkhash (Papaver somniferum L.) and gurr. 1 glass of water added in it.

**Dosage:** Orally thrice daily for 3-4 days.

73. Powdered 3-4 chotti illaichi (Elettaria cardamomum Maton.), chotti wai (Embelia
And 1 small spoon of salt. Put it in mud pot at night then tied it in cotton cloth with thread.

**Dosage:** Placed intra-vaginally in morning and remove in next morning for 3 days regularly.

**74.** Give Araq 32 ½ cup twice daily (2 bottles).

**75.** Take fresh and washad leaves of nazboo (Lallemantia royleana Benth.) and mesh them. Boil it in water and sieve it.

**Dosage:** Use this water twice daily for 4-5 days.

**76.** Take bhang (Cannabis sativa L.) and grind it. Make vaginal suppositories.

**Dosage:** Placed intra-vaginally at night for 3 days.

**77.** Grinded nazboo (Lallemantia royleana Benth.), raswal (Berberis vulgaris L.), chotti illaichi (Elettaria cardamomum Maton.), mint slug, misri and nibat. Converted into vaginal suppositories.

**Dosage:** Suppository placed intra-vaginally at night for 3 days.
78. Take bari harir (*Terminalia bellerica* (Gaertn.) Roxb) and boil it in small amount of milk. After cooing placed intra-anally for 3 days.

79. Take fresh and washed leaves of nazboo (*Lallemantia royleana* Benth.) and mesh them, then add grinded gurr in it. Add this mixture in 1 glass of water.

**Dosage:** Orally in morning for 3 days.

80. 2 table spoons of grinded khashkhash (*Papaver somniferum* L.) and small piece of misri. 1 glass of cold water added in it.

**Dosage:** Use this water thrice daily for 3 days, orally.

81. Powdered ajwain (*Trachyspermum ammi* L.), saunf (*Foeniculum vulgare* var Dulce.), misri (Crystal sugar), nibat (Candy sugar), chotti illaiichi (*Elettaria cardamomum* Maton.), bari harir (*Terminalia bellerica* (Gaertn.) Roxb.). Boiled in 1 glass of water also added 3 table spoons butter in this remedy.

**Dosage:** Orally twice daily for 3 days.

82. Take dry dhania (*Coriandrum sativum* L.) and fresh leaves of nazboo (*Lallemantia royleana* Benth.)
Benth.). Soak it in water, sieve this water.

**Dosage:** Orally in morning at fasting for 3 days.


**Dosage:** Orally twice daily for 6-7 days.

84. Take peel of anar (*Punica granatum* L.) and mesh it.

**Dosage:** Orally 1 table spoon daily in morning at fasting for 3 days.

85. 2 table spoon of grinded supari (*Areca Catechu* L.).

**Dosage:** Orally in morning at fasting with water for 3 days.

86. Take dry bark of anar (*Punica granatum* L.) and grind it.

**Dosage:** Orally 2 table spoon daily in morning at fasting with water for 10-15 days.

87. Powdered chotti wai (*Embelia robusta* Roxb.), bari wai (*Phaseolus vulgaris* L.), achro*, mawa (*Quercus infectoria* Olivier.), zeera (*Cuminum
cyminum L.), chotti illaichi (Elettaria cardamomum Maton.) and bari illaich (Ammomum subulatum Roxb.). Mixed with small amount of butter and converted into vaginal suppositories.

**Dosage:** Suppository placed intra-vaginally for 3 days at night regularly.

88. Bari harir (Terminalia bellerica (Gaertn.) Roxb.) Placed intra-anally at night for 3 days regularly.

89. Mint slug placed intra-anally at night for 3 days regularly.

90. 1 table spoon of mesh peel and fruit of anar (Punica granatum L.) used orally daily in morning for 3 days continuously.

91. Small amount of supari (Areca Catechu L.) grinded with 1 cup of milk 3 times daily for 3 days.

92. Powdered hazar sutti (purchased from pansar). Small amount of butter added to make tablet.

**Dosage:** The tablet placed intra-anally at night for 3 days.

93. Equal amount of powdered mawa (Quercus infectoria Olivier.), supari (Areca Catechu L.),
khopra (Cocos nucifera L.) and sugar.

**Dosage:** Orally 2 table spoons daily during menstruation.

94. One mint slug orally for 4-5 days.

95. Pak supari (Areca Catechu L.) orally in morning for 3-4 days.

96. Boil pak supari (Areca Catechu L.) and gurr in water. Sieve this water and use orally in morning at fasting for 5 days.

97. 2 table spoons pak supari (Areca Catechu L.) used orally twice daily for 3-4 days.

98. Mesh equal amount of surma, sonu ghero (purchased from pansar) and peel of pomegranate (Punica granatum L.) used orally during menstruation.

99. Boil moryon (Myrtus communis L.), 2-3 chotti illaichi (Elettaria cardamomum Maton.) and misri in water and sieve it.

**Dosage:** Orally in morning for 6 days.

100. Soak sonu ghero (purchased from pansar) in water. Sieve this water in morning and use orally at night for 6 days.

101. Grinded moryon (Myrtus communis L.), chotti
illaichi (*Elettaria cardamomum* Maton.), sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.), and gurr (Jaggary). Mixed with 2 table spoons butter oil.

**Dosage:** 1 table spoon orally twice daily for 12-15 days.

102. Grinded kamarkas (*Salvia plebeian* R.Brown) and gurr is taken orally, 1 table from twice daily for 3 days.

103. Soak sonu ghero (Purchased from pansar) in water at night. In morning sieve this water and use at fasting for 3-5 days.


**Dosage:** Orally 1 table spoon of this remedy with a glass of water once daily in early morning for 5-6 days.

105. Harmal (*Peganum harmala*L.) and wheat flour
(Triticum aestivum L.) fried in ghee. Orally 1 plate once daily for 3-4 days.

106. 2 table spoons of sugar added in sonu ghero (Purchased from pansar). Converted into fine powder.

**Dosage:** Orally 1 table spoon thrice daily for 3-4 days.

107. Araq 32 half cup twice a day to lady for 15-20 days, orally.

108. One table spoon powdered pak supari (*Areca Catechu* L.) with water in monring for 3-4 days regularly, orally.


**Dosage:** Orally 1 table spoon daily in monrnig at fasting for 5-10 days.


**Dosage:** Orally 1 table spoon twice daily for 3
days.

111. Powdered some flowers of babur (*Acacia nilotica* L. Willd), bark of anar (*Punica granatum* L.) and 2 table spoons table sugar.

**Dosage**: Orally 1 table spoon twice daily for 4-5 days regularly.

112. 1 table spoon powdered supari (*Areca Catechu* L.) with 1 cup of water or milk for 4-5 days is taken orally.

113. Sugar mixed with powdered mawa (*Quercus infectoria*, Olivier.).

**Dosage**: Orally 1 table spoon of this remedy 3 times for 3 days.

114. Powdered kamarkas (*Salvia plebeian* R. Brown.).

**Dosage**: Orally 1 table spoon of this remedy once daily for 10-15 days.

115. Grinded nazboo (*Lallemantia royleana* Benth.), saunf (*Foeniculum vulgare* var Dulce.) and sugar and water.

**Dosage**: Orally 1 cup of this water 3 times daily for 3 days.
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<th>3. Leucorrhea</th>
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<tr>
<td></td>
<td></td>
<td><strong>1. Coriander seeds</strong> (<em>Coriandrum sativum</em> L.) placed intra-vaginally for 3 days).</td>
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<td><strong>2. Grinded Areca nut</strong> (<em>Areca catechu</em> L.) used orally with water to treat leucorrhea and to normalize the menstrual cycle.</td>
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<td><strong>3. Powdered mawa</strong> (<em>Quercus infectoria</em> Olivier.) and chaliya (<em>Areca catechu</em> L.), mixed in equal quantity.</td>
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<td><strong>Dosage:</strong> Orally twice daily for 3 to 4 days.</td>
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<td><strong>4. Little quantity of mawa</strong> (<em>Quercus infectoria</em> Olivier.), excess amount of annar zardana/pollen grain (<em>Punica granatum</em> L.), a little misri, 3-4 Choti illaichi (<em>Elettaria cardamomum</em> Maton.), and 3-4 podina tablet (<em>Mentha piperita</em> L.), grind together to convert into powdered form.</td>
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<td><strong>Dosage:</strong> Orally, 1 tea spoon of powder with milk or water, for 15 days in morning.</td>
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<td><strong>5. Take Sather</strong> (<em>Origanum vulgare</em> L.), kanikathi (<em>Acorus calamus</em> L.), bari har (<em>Terminalia bellerica</em> Roxb.), mawa (<em>Quercus infectoria</em> Olivier.) and chaliya (<em>Areca catechu</em> L.), mixed in equal quantity.</td>
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- Fried injri (*Terminalia chebula* Retz.) and garlic (*Allium sativum* L.) in clarified butter and wiped off oil.
- Grind all things and then add Hal bhiyao* and converted into grain like tablets, 1 tablet covered in cotton, tied with thread.

**Dosage:** Tied tablet placed intra-vaginally for 8-10 days after menstruation.

- Prepare halwa (sweet dish) by adding 250 gm of chowan*, 3-4 chotti illaichi (*Elettaria cardamomum* Maton.), 500 gm flour of moong daal (pulse), cooked with butter oil with added some sugar (to taste).

**Dosage:** Orally in morning daily.

6. Boil leaves of neem (*Azadirachta indica* J. Juss.) in water and dip cotton swab in extract, and place this intra-vaginally.
• Grinded small leaves of neem (*Azadirachta indica* J. Juss.), converted into grain like balls.

**Dosage**: The balls Placed intra-vaginally for 7-8 days.


**Dosage**: 1 tablet orally, once daily for 15 to 20 days.

8. Powdered sowa (*Anethum sowa* Roxb.), sieved it to make even finer.

**Dosage**: Apply intra-vaginally 3-4 times with finger daily for 3 days.

9. Grinded mawa (*Quercus infectoria* Olivier.), mixed with a pinch of salt, then converted into tablet form.

**Dosage**: Tablet placed intra-vaginally in night, and then washed, and cleansed next morning.

10. Give orally ARAQ 32, 5 table spoons daily for 2 days.

**Dosage:** Orally 4 capsules daily till the problem alleviates.


**Dosage:** Orally, 1 tea spoon with milk twice daily for 7-8 days.

(If still not effective then continue it for 1 month)

13. One and half tea spoon powdered sabzama (*Shorea robusta* Roth.), tied in a cotton cloth.

**Dosage:** Placed intra-vaginally for 3-4 days.

14. Grinded fresh young leaves of neem (*Azadirachta indica* J. Juss.), and extracted maximum juice from it, boiled with sugar to make thicker consistency, then converted into tablets.

**Dosage:** Tablet placed intra-vaginally once daily for 2-4 days.

15. Soak latex of babul (*Acacia nilotica* (L.) Willd.) in water overnight, and next morning use that water
for vaginal cleansing.

16. Grinded mawa (*Quercus infectoria* Olivier.) and sakri*, then sieved with cotton cloth, and converted into small tablet form, by adding sufficient water.

**Dosage:** After drying in air, tablet placed intra-vaginally twice daily for 6-7 days.

17. Equal amount of powdered sasur* and mohari*, then mix it.

**Dosage:** Orally for 3 days once daily with water after menstruation ends.

18. Orally, Araq 32 (extract of 32 herbs directly purchased from pansar) 100ml twice daily, after menstruation ends.

19. Grinded rattanjot (*Onosma hispidum* Wall. Ex. D. Don.), mawa (*Quercus infectoria* Olivier.) and supari (*Areca catechu* L.), and then mixed all together.

**Dosage:** Orally half spoon once daily morning at fasting, for 3 days.

(Note: Avoid rice, yogurt and milk with this therapy)

20. Cotton swab dipped in mustard oil, applied intra-vaginally.
21. Grinded waowal (*Apium graveolens* L.), and baobarang (*Embelia ribes* Burm.f).

**Dosage:** Orally twice daily for 4-5 days.


**Dosage:** Placed intra-vaginally twice daily for 3 days.

23. Take 1 spoon of zeera (*Cuminum cyminum* L.) with water daily for 15 days.


25. Equal amount of grinded tukhm-e-balangh (*Lallemantia royleana* Benth.), mint slug (*Mentha piperita* L.), zeera (*Cuminum cyminum* L.), sowa (*Anethum sowa* Roxb.), and sathar (*Origanum vulgare* L.), mixed all together and converted into fine powder. Then gurr is added
in butter and mixed powdered ingredients into this to make vaginal suppositories.

**Dosage:** Place them intra-vaginally for 4 days regularly at night.

26. Powdered misri (Crystal sugar), chotti ilaichi (*Elettaria cardamomum* Maton.), supari (*Areca catechu* L.), dried and fried mango seeds (*Mangifera indica* L.), then converted into a mixture.

**Dosage:** The remedy is taken twice daily with milk for a month.

27. Cotton swab dipped in black & white glycerin & Placed intra-vaginally for 3 days regularly.

28. Equal amount of powdered sathar, (*Origanum vulgare* L.), sowa (*Anethum sowa* Roxb.), bhang (*Crocus sativus* L.), supari (*Areca catechu* L.) and mawa (*Quercus infectoria* Olivier.). Sieved it by muslin cloth and tied it in cotton cloth with thread.

**Dosage:** This tied mixture is placed intra-vaginally for 3 days regularly.

29. Equal amount of mawa (*Quercus infectoria* Olivier.), supari (*Areca Catechu* L.) kapi khero*
akhrot (*Juglans regia* L.), with added misri and 4-5 chotti illaichi (*Elettaria cardamomum* Maton.), converted into powder form.

**Dosage:** Taken orally for 3-5 days.

30. Grinded form of bhang (*Cannabis sativus* L.) and converted into marble like balls.

**Dosage:** Ball placed intra-vaginally once daily for 5 days.

31. Equal amount of supari (*Areca Catechu* L.) bari illaichi (*Ammomum subulatum* Roxb.), choti illaichi (*Elettaria cardamomum* Maton) & zeera (*Cuminum cyminum* L.), all mixed and converted into powedred form.

**Dosage:** The mixture is used orally after 6 days of menstruation.

32. Pak supari (Hamdard) ia taken orally with water.

33 Equal amount of powdered mawa (*Quercus infectoria* Olivier.), supari (*Areca catechu* L.) and kamarkas (*Salvia plebeia* R. Brown.).

Dosage: 1 spoon of this remedy used daily with water, orally for 3 days.

34. 1 spoon of powdered chori bantho* is taken
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<td>35.</td>
<td>Powdered sowa (<em>Anethum sowa</em> Roxb.) and chotti illaichi (<em>Elettaria cardamomum</em> Maton.). Cotton swab dipped in mixture of warm black glycerin and leaves of Khabur*. Then dipped in powder. <strong>Dosage:</strong> Place it intra-vaginally daily for 3 days.</td>
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<td>36.</td>
<td>Equal amount of powdered mawa (<em>Quercus infectoria</em> Olivier.), supari (<em>Areca catechu</em> L.), dry mango seed, misri (Crystal sugar), chotti ilaichi (<em>Elettaria cardamomum</em> Maton.). Mixed them all together and make remedy. <strong>Dosage:</strong> Orally, 1 spoon of this remedy 3 times daily for 3 days regularly.</td>
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<td>37.</td>
<td>Powdered bari illaichi (<em>Ammomum subulatum</em> Roxb.), kamarkas (<em>Salvia plebeian</em> R. Brown.), lorad*, supari (<em>Areca catechu</em> L.), mawa (<em>Quercus infectoria</em>, Olivier.), kapi khero*, aawra*, peel of pomegranate, sakar* and sowa (<em>Anethum sowa</em> Roxb.). Mixed them all together and converted into suppositories. Dipped these tablets in Araq-e-gulab (Rose water) and placed intra-vaginally for 3 days.</td>
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<td>38.</td>
<td>Sando salt friedt in ghee and placed intra-</td>
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vaginally for 3 days.

39. Equal amount of powdered kini khati (Acorus calamus L.), waowal (Apium graveolens L.) & wavodang (Embelia ribes Burm.f.) added gurr in it converted into vaginal suppositories.

**Dosage:** Suppositories placed intra-vaginally.

40. 1/4 of mint slug (Mentha piperita L.) placed intra-vaginally for 3 days.

41. Grind chaor (Cassia absus L.) and separate yellow one form it. Then add gurr to make remedy.

**Dosage:** Orally with small amount of water for 3-4 months, 3-4 days in every month.

42. White jute (Corchorus capsularis L.) burnt to make ash. Then gurr is added in it and make remedy.

**Dosage:** Orally with water for 3 days in a month for 3-4 months.

43. Powdered chori bhata is used orally in morning with small amount of water for 8-10 days.

44. Sugar, khanwar, chori ka pathar are mixed in desi ghee.

**Dosage:** 1-2 table spoons orally, daily in morning for 5 days.
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<td>45.</td>
<td>In powdered bail pathar add zeera (<em>Cuminum cyminum</em> L.), nibat and ajwain (3-4). Grind them all together and add small amount of water and make paste. <strong>Dosage:</strong> Orally one table spoon daily for 5 days.</td>
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<td>46.</td>
<td>Grinded misri saunf (<em>Foeniculum vulgare</em> var. Dulce.) and chotti ilaichi (<em>Elettaria cardamomum Maton.</em>). <strong>Dosage:</strong> One table spoon orally, early in the morning and in evening for 7-8 days.</td>
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<td>47.</td>
<td>One table spoon Ajwain (<em>Trachyspermum ammi</em> L.), saunf (<em>Foeniculum vulgare</em> var Dulce.), 2 bari ilaichi (<em>Ammomum subulatum</em> Roxb.), (5-6) Chotti ilaichi (<em>Elettaria cardamomum</em> Maton.), dar cheni (<em>Cinnamomum zeylanicum</em> Garcin ex Blume) are boiled in 3-4 glass of water. <strong>Dosage:</strong> Orally for 3 days.</td>
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<td>48.</td>
<td>Powdered kini kathi (<em>Acorus calamus</em> L.), sathar (<em>Origanum vulgare</em> L.), sufaid wal, kali wal, sandho salt (Rock salt). Mixed this powder in small amount of water &amp; converted into a tablet. <strong>Dosage:</strong> Tablet placed intra-vaginally for 10-12 days in morning &amp; remove at night.</td>
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|   |   | **49.** Sowa (*Anethum sowa Roxb.*) is put in a white cloth. Mesh and tie cloth with thread. **Dosage:** Then place this cloth intra-vaginally.  
**50.** Boiled sowa (*Anethum sowa Roxb.*) in small amount of water then sieved. **Dosage:** Orally daily for 2-3 months.  
**51.** Powdered mawa (*Quercus infectoria, Olivier.*) is taken orally. (This remedy is for unmarried girls).  
**52.** Powdered mawa (*Quercus infectoria, Olivier.*), misri and khopra (*Cocos nucifera L.*) mixed all and converted into tablet form. **Dosage:** The tablet placed intra-vaginally.  
**53.** 32 herbs (a mixture purchased from pansar) boiled in water and sieved. **Dosage:** Orally for 3 days.  
**54.** Sandho salt or mint slug (*Mentha piperita L.*) or gurr placed it intra-vaginally.  
**55.** Sathar (*Origanum vulgare L.*) boiled in 250ml water then sieved it in muslin cloths. **Dosage:** Use this water orally, daily in morning for 5 days.  
**56.** Equal amount of powdered supari (*Areca catechu L.*), mawa (*Quercus infectoria, Olivier.*) and |
Dosage: Orally 1 table spoon with a glass of milk twice daily for 3-4 days.

57. Grinded sowa (*Anethum sowa* Roxb.) and sathar (*Origanum vulgare* L.) and added some water. Convered into supporities.

Dosage: Supporities placed intra-vaginally at night for 3-4 days.


Dosage: Orally 1 table spoon once daily in night for 6-7 days.

59. Powdered sukha anar (*Punica granatum* L.), misri (crystal sugar) and choti illaichi (*Elettaria cardamomum* Maton.).

Dosage: Orally 1 table spoon with a glass of milk once daily for 3 days.

60. Powdered mawa (*Quercus infectoria* Olivier.) and supari (*Areca catechu* L.).

Dosage: Orally 1 table spoon with a glass of water of twice daily for 8 days.

61. Peel of anar (*Punica granatum* L.) misri and
chotti illaichi (*Elettaria cardamomum* Maton.) soaked in water at night.

**Dosage:** Orally 1 cup of this water daily for 8 days.

62. Powdered supari (*Areca catechu* L.), pistan ja gul, anjpal ka sharbat, nazboo (*Lallemantia royleana* Benth.), peel of anar (*Punica granatum* L.) and mawa (*Quercus infectoria*, Olivier.).

**Dosage:** Orally, 1 table spoon once daily during menstruation for 3-6 days.


**Dosage:** Orally 1 table spoon thrice daily in morning at fasting for 12-40 days.

64. Cook Siree (goat skull) and give it to lady to eat for 10-12 days.

65. Take fresh leaves of nazboo (*Lallemantia royleana* Benth.), bhang (*Cannabis sativa* L.), 5-
6 bari harir (*Terminalia bellerica* (Gaertn.) Roxb),
3-4 chotti illaichi (*Elettaria cardamomum* Maton.)
and 2-3 mint slug (*Mentha piperita* L.). Mesh
them to make vaginal suppositories.

**Dosage:** Placed intra-vaginally for 7 days at night
regularly.

66. 1 table spoon of powdered anar dana
(*Punica granatum* L.) is used orally in morning at
fasting for 3 days.

67. Grind dry leaves of bhang (*Cannabis sativa*
L.), dry leaves of nazboo (*Lallemantia royleana*
Benth.) and chotti illaichi (*Elettaria cardamomum*
Maton.) and then add butter oil. Make vaginal
suppositories.

**Dosage:** Suppository placed it intra-vaginally at
night and remove in morning for 3 days. Avoid
mating in these days.

68. Take chotti illaichi, bari illaichi (*Ammomum*
*subulatum* Roxb.) and gurr. Mesh them and make
vaginal suppositories.

**Dosage:** Suppository placed it intra-vaginally in
night for 3 days regularly.

69. Cotton swab dipped in black and white
glycerin and placed it intra-vaginally at night for 3-4 days.

**70.** Grinded fresh leaves of nazboo (*Lallemantia royleana* Benth.) and bhang (*Cannabis sativa* L.) mixed in 1 glass of cold water and small amount of misri added in it.

**Dosage:** Use this water once daily for 6-7 days.

**71.** Add 1 glass of water in grinded nazboo (*Lallemantia royleana* Benth.).

**Dosage:** Use this water daily in morning for 3-4 days.

**72.** Grinded fresh leaves of nazboo (*Lallemantia royleana* Benth.) converted into paste and dipped cotton swab in it.

**Dosage:** Placed intra-vaginally at night for 3 days.

**73.** Grinded supari (*Areca Catechu* L.) and anar (*Punica granatum* L.).

**Dosage:** Orally 1 table spoon daily in morning at fasting for 10-12 days.

**74.** Grinded fresh and washed leaves of nazboo (*Lallemantia royleana* Benth.) added misri and 250 ml cold water in it.
Dosage: Use this water in morning for 3-4 days, orally

75. Grinded bari harir (*Terminalia bellerica* (Gaertn.) Roxb.), anjbar (*Polygonum bistorta* L.), peel and seeds of anar (*Punica granatum* L.), tifulla (*Terminalia chebula* Retz.), kasni, misri, chotti illaichi (*Elettaria cardamomum* Maton.), saunf (*Foeniculum vulgare* var Dulce.) and flowers of rose (*Rosa Indica* L.). 1 tablespoon of this remedy mixed in 250 ml water and soaked for a night. Sieved this water.

**Dosage:** Orally in morning at fasting for 3 days.


**Dosage:** 1 tablet placed intra-vaginally for 10-12 days in morning & remove at night.

77. Equal amount of grinded mawa (*Quercus infectoria* Olivier.), supari (*Areca Catechu* L.),

**Dosage:** 2 table spoons orally, daily in morning at fasting with water.

78. Boil zeera (*Cuminum cyminum* L.) in water. Use this water orally daily in morning for 3 days.


**Dosage:** 1 tablet placed intra-vaginally daily, at night for 3-4 days.

80. Soak bhindi (*Abelmoschus esculentus* L.) in water at night and in morning place intra-vaginally for 5 days.

81. Orally, 2 table spoons wheat (*Triticum aestivum* L.) in morning at fasting for 3 days.

82. Mixture of wine, black and white glycerin,
powdered choti illaichi (*Elettaria cardamomum* Maton.) and bari illaichi (*Ammomum subulatum* Roxb.). Cotton dipped in it.

**Dosage:** Cotton dipped intra-vaginally in morning for 3 days.

83. Powdered sat sutyoon (purchased from pansar), zeera (*Cuminum cyminum* L.), chotti illaichi (*Elettaria cardamomum* Maton.), harmal (*Peganum harmala* L.), rewal, kini kathi (*Acorus calamus* L.) and mar mushik.

**Dosage:** Orally 1 table spoon twice daily for 3 days.

84. Powdered 32 herbs (purchased from pansar) boiled in 250 ml water untill 150 ml water remained.

**Dosage:** Use this water orally in morning for 3-4 days regularly.

85. Small amount of water added in fresh leaves of nazboo (*Lallemantia royleana* Benth.) and converted into tablet.

**Dosage:** The tablet placed intra-vaginally at night for 3 days regularly.

86. Equal quantity of powdered sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.), mawa (*Quercus infectoria* Olivier.), supari (*Areca
Catechu L.), and chelh chalk (Tamarindus indicum L.). Small amount of water added in it and converted into small tablet.

**Dosage:** The tablet placed intra-vaginally twice daily for 5-6 days.

87. Cotton swab dipped in black and white glycerin and placed intra-vaginally twice daily for 5-6 days.

88. Grinded mawa (Quercus infectoria Olivier.), supari (Areca Catechu L.), kehri (Symplocos racemosa Roxb.), kamarkas (Salvia plebeian R. Brown.), 5-6 chotti harir (Terminalia chebula Retz.) and 2-3 bari harir (Terminalia bellerica (Gaertn.) Roxb.). Converted into small tablet.

**Dosage:** The tablet placed intra-vaginally twice daily for 5 days or placed intra-anally twice daily for 5 days.

89. Powdered supari (Areca Catechu L.), waowal (Apium graveolens L.), waowarang (Embelia ribes Burm.f.), sowa (Anethum sowa Roxb.), chotti illaichi (Elettaria cardamomum Maton.) and bark of anar (Punica granatum L.).

**Dosage:** Orally 1 table spoon twice daily for 4-
85 days.

90. Sandho salt placed intra-vaginally at night for 3 days.

91. Take mawa (*Quercus infectoria* Olivier.) and dry feaces of cow. Burn both together and cool this mixture. Mesh them and make vaginal suppositories.

**Dosage:** Placed intra-vaginally at night and remove after 3 days. Repeat this procedure weekly for 2-3 months.

92. Grinded leaves of nazboo (*Lallemantia royleana* Benth.) placed intra-vaginally twice daily for 7-10 days.

93. Bhindi (*Abelmoschus esculentus* L.) soaked in water at night and placed intra-vaginally in morning for 5 days.

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<tr>
<th>1.</th>
<th>One tea spoon of Nazboo seeds (Tukhm-e-Balangah) (<em>Lallemantia royleana</em> Benth.) orally with water.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>Carum seed’s water (<em>Trachyspermum ammi</em> L.) for 2 days, orally.</td>
</tr>
<tr>
<td>5.</td>
<td>Improvement of health after delivery</td>
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<tr>
<td>2.</td>
<td>“RUB” made by warming clarified butter, mixed in it a little wheat flour, cooked to become golden brown, added some gurr or sugar, and sufficient water to maintain thick consistency. <strong>Dosage:</strong> Orally for 5 to 7 days after delivery.</td>
</tr>
<tr>
<td>3.</td>
<td>Rub for good health which is made from asli ghee, wheat flour, zeera (<em>Cuminum cyminum</em> L.), fennel (<em>Foeniculum vulgare</em> var. Dulce.), black pepper seeds (<em>Piper nigrum</em> L.), and cardamom (<em>Elettaria cardamomum</em> Maton.). This is given to lady after delivery.</td>
</tr>
<tr>
<td>4.</td>
<td>The ladies used ‘Rub’ which contains black pepper (<em>Piper nigrum</em> L.), crushed wheat, zeera (<em>Cuminum cyminum</em> L.) cooked in asli ghee (butter fat) for 5 days after delivery.</td>
</tr>
<tr>
<td>5.</td>
<td>Equal amount of 5-6 chotti illaichi (<em>Elettaria cardamomum</em> Maton.), 12-15 badam (<em>Prunus amygdalus</em> L.), 10-12 kali mirch (<em>Piper nigrum</em> L.)</td>
</tr>
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</table>
6. **Infertility**

<p>| | |</p>
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<tbody>
<tr>
<td>1.</td>
<td>Soya (<em>Anethum sowa</em> Roxb.), verkathi (<em>Helicters isora</em> L.), and kanikathi (<em>Acorus calamus</em> L.), mixed with clarified butter in tablet form</td>
</tr>
<tr>
<td></td>
<td><strong>Dosage:</strong> Tablet placed intra-vaginally.</td>
</tr>
<tr>
<td>2.</td>
<td>Extract of Soya (<em>Anethum sowa</em> Roxb.) used orally.</td>
</tr>
<tr>
<td>3.</td>
<td>Holy basil seeds (<em>Lallemantia royleana</em> Benth.) soaked overnight and boiled in morning, this water extract is used for infertility.</td>
</tr>
</tbody>
</table>
| 4. | Sowa (*Anethum sowa* Roxb.), sather (*Origanum* L.)
vulgare L.), dried petals of rose, sounf (Foeniculum vulgare var. Dulce.), gurr, shar (Rhazya stricta Decne.) (Woody form) and sena leaves (Cassia angustifolia Vahl.) all in equal quantity, boiled in water.

**Dosage:** Orally half cup in morning at fasting for 8 days

5. Take Sather (Origanum vulgare L.), kanikathi (Acorus calamus L.), bari har (Terminalia bellerica Roxb.), mawa (Quercus infectoria Olivier.), khurbat*, dried peppermint (Mentha piperita L.), gugur (Balsamodendron mukul Hook. ex Stocks.), sehat gund (Boswellia serrata Triana & Planch.), little amount of halbhiyao*, mixed with regular salt and 4-5 garlic cloves (Allium sativum L.).

- Fry injri (Terminalia chebula Retz.) and garlic (Allium sativum L.) in butter oil and wiped off oil.
- Grind all things and then add halbhiyao* and then make grain like tablets cover 1 tablet in cotton, tied it with thread and

**Dosage:** Tablet placed intra-vaginally for 8-10 days after menstruation.
6. Peeled off seeds of neem (*Azadirachta indica* J.Juss.) and converted into powdered form, mixed in it some sugar and converted into tablets.

**Dosage:** Tablet placed intra-vaginally for 2 days during menstruation. If still the lady does not conceived then repeat it in next months.

7. 1 table spoon of boiled methi daana (Fenugreek seeds) (*Trigonella foenum-graecum* L.) in 1 cup water.

**Dosage:** Orally for 2 days, and then for following five days use water of soaked panir (*Withania coagulans* Dunal.) in the same way.

- Then grind mesh the residue of panir (*Withania coagulans* Dunal.) and make small tablets,

**Dosage:** Used these tablets orally twice daily during menstruation for 3-5 days.

8. Grinded misri (Crystal sugar), peppermint slug and preserved and dried birth cord of male child and converted into tablet form.

**Dosage:** Tablet placed intra-vaginally as menstruation ends.

Dosage: Placed intra-vaginally on the last day of menstruation.

10. Take male semen and add powdered sather (Origanum vulgare L.) in it to make thick consistency, then covered it in cotton.

Dosage: Placed intra-vaginally.

11. Grinded mawa (Quercus infectoria Olivier.), little bit of misri, mixed with 2-3 chotti ilaiuchi (Elettaria cardamomum Maton.), make 3 doses from it.

Dosage: Orally after 3 days of menstruation.

12. Powdered wawowal (Apium graveolens L.), baobarang (Embelia ribes Burm.f.), bao khumba (Morus acidosa Griff.), mawa (Quercus infectoria Olivier.), kamarkas (Salvia plebeian R. Brown.), lodh (Symplocos recemosa Roxb.), misri (crystal sugar) and chotti ilaiuchi (Elettaria cardamomum Maton.) in equal amount and mixed all.

Dosage: Orally half table spoon for three days as menstruation starts.

13. Take amaltas (Cassia fistula L.), saunf (Foeniculum vulgare var. Dulce.), seena leaves
(Cassia angustifolia Vahl.) and rose petals, boiled with water.

**Dosage:** Use this extract for infertility and amenorrhea for 3 days from the 1\(^{st}\) day of menstruation. Then place cotton ball tied with thread and dipped in black glycerin for 6 days. Repeat this same therapy in 2\(^{nd}\) and 3\(^{rd}\) month.

14. Take saunf (*Foeniculum vulgare* var. Dulce.), dried rose petals (*Rosa indica* L.) and seena leaves (*Cassia angustifolia* Vahl.) boil it, and add misri (crystal sugar) to taste.

**Dosage:** Used extract orally in 1\(^{st}\) 3 days of menstruation.

15. Take preserved birth cord of male baby.

Grinded it with zeera (*Cuminum cyminum* L.), and saunf (*Foeniculum vulgare* var. Dulce.) then mixed with extract of 32 herbs (a mixture of herbs purchased from herbalist) and converted into tablet form.

**Dosage:** Tablet placed intra-vaginally for 3 day after menstruation ends at follicularphase. After that intercourse/mate with your partner.

16. Take manmoryo (Red earth) and dry dates
(Phoenix dactylifera L.) in small amount, soak in water at night.

**Dosage:** Extract taken orally in morning at fasting for three days consecutively as menstruation ends.

17. Powdered musli (*Aspergus adscendens* Roxb.) wakhar*, bahidana (*Cydonia vulgaris* Pers.), kanro wakhar* and candy sugar (misri). Give this remedy to male for 10 days.

18. Grinded misri (crystal sugar), mawa (*Quercus infectoria* Olivier.), sowa (*Anethum sowa* Roxb.), and sather (*Origanum vulgare* L.), and converted into tablet form.

**Dosage:** Tablet placed intra-vaginally for 3 days.

19. Grinded nazboo (*Lallemantia royleana* Benth.), misri (crystal sugar), and green cardamom (*Elettaria cardamomum* Maton.), and added little water 250 ml.

**Dosage:** Used the decoction orally during menstruation for 3 days.

20. Crushed flowers of babool (*Acacia nilotica* L. Willd.) added in 250ml water, and some sugar (to taste).

**Dosage:** Orally for 3 days regularly after
menstruation.

21. Soaked bark of babool (*Acacia nilotica* L. Willd.) in water overnight.

**Dosage:** Give this water to lady to drink. Repeat this for 3 days for the 3rd day of menstruation.

22. Cook stomach of goat and give to lady to eat.

23. In summer season soak seeds of nazboo (*Lallemantia royleana* Benth.) in water at night, add gurr in it and drink it, while in winter season boil sowa (*Anethum sowa* Roxb.) or sather (*Origanum vulgare* L.) with gurr in water.

**Dosage:** Orally, start this therapy on 1st day of menstruation and continue it for three days.

24. Grind mango leaves and add water in it.

Then give to lady orally regularly for 3 days.

25. Soak dates (*Phoenix dactylifera* L.) in milk over night.

**Dosage:** Orally in morning for 3 days regularly during menstruation.

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L.), chotti illaichi (*Elettaria cardamomum* Maton.), mixed all together.

**Dosage:** Orally 5 gm twice daily after 3 days of menstruation.

27. Take whole coconut (*Cocos nucifera* L.) and cut small opening of it from upper side and add black pepper (*Piper nigrum* L.), khashkhash (*Papaver somniferum* L.) and choti illaichi (*Elettaria cardamomum* Maton.) in it.

- Then knead suji/ semolina (*Sesamum indicum* L.) in milk and cover coconut with this doe.
- Now fry this coconut in butter oil at low flame. After complete frying peel it and grind it. Add misri (Crystal sugar) in it.

**Dosage:** One spoon of this mixture is taken daily for a month. Take this remedy when the menstruation ends.

In continuation of this therapy cotton swabs dipped in white & black glycerine is placed intra-vaginally for 3 days.

28. Equal amount of sowa (*Anthum sowa* Roxb.) sathar (*Origanum vulgare* L.) dhania (*Coriandrum sativum* L.) ghora wal*, morhyo*,
gurr and choti illaichi (*Elettaria cardamomum* Maton.) are soaked in water for whole night. In next morning this water is taken orally. Repeat this practice for 3 days, start therapy on last day of menstruation.

Wine dipped cotton swab placed intra-vaginally on last day of menstruation for 3 days.

**29.** Powdered bhang (*Cannabis sativa* L.), chor*, lodh (*Symlocos racemosa* Roxb.), and chotti illaichi (*Elettaria cardamomum* Maton.) then tied it in a cloth.

**Dosage:** Place it intra-vaginally daily for 4-5 days.

**30.** Grinded leaves of nazboo (*Lallemantia royleana* Benth.). Mixed with salt and tied in cloth. Then fried it in butter oil.

**Dosage:** Place intra-vaginally after menstruation ends for 5 days. Then ask lady for mating with her husband.

**31.** Grinded leaves of babul (*Acacia nilotica* L. Willd.) used orally with water for 5 days.

**32.** Grinded bhang (*Cannabis sativa* L.) and afeem (*Papaver somniferum* L.), with added wine to it, and converted into tablets.
<table>
<thead>
<tr>
<th>Dosage: The tablets placed intra-vaginally for 8 days after menstruation ends.</th>
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<tr>
<td>Note: Avoid partnership</td>
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<tr>
<td>33. Grinded anb jo brr*, fried in 1 spoon butter oil, added chotti illaichi (<em>Elettaria cardamomum Maton.</em>) and misri (crystal sugar) in it.</td>
</tr>
<tr>
<td>Dosage: Orally for 3 days. Start therapy after 3 days of menstruation.</td>
</tr>
<tr>
<td>34. Powdered mawa (<em>Quercus infectoria</em> Olivier.), amal* and musti*.</td>
</tr>
<tr>
<td>Dosage: Orally with water, once daily for 3 days.</td>
</tr>
<tr>
<td>35. Powdered supari (<em>Areca catechu</em> L.) and gurr (Jaggery).</td>
</tr>
<tr>
<td>Dosage: Orally with water in morning at fasting.</td>
</tr>
<tr>
<td>36. Grinded fresh leaves of nazboo (<em>Lallemantia royleana</em> Benth.) and added water in it.</td>
</tr>
<tr>
<td>Dosage: The decoction used orally for 5-6 days during menstruation.</td>
</tr>
<tr>
<td>37. Wine dipped swab placed intra-vaginally.</td>
</tr>
<tr>
<td>38. Afeem placed intra-vaginally, and then go to your husband for mating.</td>
</tr>
<tr>
<td>39. Nar chuharo (<em>Phoenix dactylifera</em> L.) is soaked then placed intra-anally.</td>
</tr>
</tbody>
</table>
Then after 3 days of menstruation, grind the mawa (*Quercus infectoria* Olivier.) with milk.

**Dosage:** Orally, once daily at night for 3 days. Avoid use of meat & fish.

40. Grinded misri (Crystal sugar), choti illaichi (*Elettaria cardamomum* Maton.) and nazboo (*Lallemantia royleana* Benth.). Mixed them all together in small amount of water.

**Dosage:** Use this water orally during menstruation for 3 days.

41. Dry peel of pomegranate (*Punica granatum* L.) grinded in small amount of water.

**Dosage:** Use this water during menstruation for 3 days, orally.

42. Powdered sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.) and chotti illaichi (*Elettaria cardamomum* Maton.) and converted into tablet form.

**Dosage:** Tablet placed intra-vaginally after 3 days of menstruation for 3-4 days.

43. Nazboo (*Lallemantia royleana* Benth.) soaked in water and after grinding use orally.

44. Powdered wawowal (*Apium graveolens* L.),
wavovadang (*Embelia ribes* burm. F.), chel chalk (*Tamarindus indicum* L.) (Peel off chel chalk (*Tamarindus indicum* L.) and remove the seed), sur jarn (*Trachyspermum ammi* L.), waobhanbho, mawa (*Quercus infectoria* Olivier.), bhera (*Terminalia bellerica* (Gaertn.) Roxb), kamarkas (*Salvia plebeian* R. Brown.), reh*, kehri (*Symplocos racemosa* Roxb.), small and large mint slug (*Mentha piperita* L.). Mixed them all together and added in gurr and make remedy.

**Dosage:** Use this remedy orally after 3 days of menstruation for 3-4 days for 3 months.

45. Soak leaves of methi (*Trigonella foenum-graecum* L.) in water. Take this water orally, for alternate days for one month.

46. Powdered mixture of moju phal (*Quercus infectoria*, Olivier.), misri, kamarks (*Salvia plebeian* R.Brown) and mustard flower is fried and taken with milk, orally daily for one month.

47. Grip water is added in extract of pomegranate (*Punica granatum* L.).

**Dosage:** Orally during menstruation for 4-5 days.
48. Cook 1 kg khopra (*Cocos nucifera* L) in 3 kg milk to make halwa.

**Dosage:** The halwa is taken daily in the morning for 3-5 days, orally.

49. Flowers of rose (*Rosa indica* L.) are soaked in 1 L water at night, and then rice cooked in that water and also added ghee. When ¼ part of the water left, sieved it by muslin cloth. Then sugar is added in it.

**Dosage:** Orally on 2nd day of menstruation for 6 days continuously. (Also take tea without milk with this remedy).


**Dosage:** Orally for three days during menstruation.

51. A small piece of kini kathi (*Acorus calamus* L.) placed intra-vaginally.

52. Red supari (*Areca Catechu* L.) soaked in
water. Take this water daily in night for 3-4 days, orally.


**Dosage:** The tablet placed intra-anally for 7 days in alternate night and removes it in morning.

54. Take leaves of nazboo (*Lallemantia royleana* Benth.) or rose (*Rosa indica* L.) or neem (*Azadirachta indica* J. Juss.) and add supari (*Areca catechu* L.). in equal amount. Mesh them and then take it orally for 5 days.

55. Powdered misri, mint slug (*Mentha piperita* L.), sathar (*Origanum vulgare* L.) and some leaves of neem (*Azadirachta indica* J. Juss.) kept in a cloth and tied with thread.

**Dosage:** For intra-vaginal use.

56. Grinded mixture of 32 herbs (a mixture purchased from pansar), leaves of nazboo (*Lallemantia royleana* Benth.) and mustard oil
converted into small tablet form.

**Dosage:** The tablet placed intra-vaginally for 10-15 days, daily.

57. Grinded mixture of chotti illaichi (*Elettaria cardamomum* Maton.), sathar (*Origanum vulgare* L.), misri and cow’s butter converted into tablet form.

**Dosage:** The tablet placed intra-vaginally at night & removes in morning for 1 month.

58. Chotti illaichi (*Elettaria cardamomum* Maton.) is placed intra-anally.


**Dosage:** The Tablet placed intra-vaginally in morning and removes at night for 2 months.

60. Crushed leaves of nazboo (*Lallemantia royleana* Benth.) boiled in water. Sieved this water.

**Dosage:** Orally daily in morning during menstruation.
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<tbody>
<tr>
<td>61.</td>
<td>Grinded mawa (<em>Quercus infectoria</em> Olivier.) is taken with water during menstruation.</td>
</tr>
<tr>
<td>62.</td>
<td>Mixture of babur (<em>Acacia nilotica</em> L. Willd) and seeds of ajmoon is boiled in 1 glass of water and sieved. <strong>Dosage:</strong> Use this water daily during menstruation for 2 months, orally.</td>
</tr>
<tr>
<td>63.</td>
<td>Seeds of nazboo (<em>Lallemantia royleana</em> Benth.) boiled in water and sieved. <strong>Dosage:</strong> Use this water daily during menstruation for 2 months, orally.</td>
</tr>
<tr>
<td>64.</td>
<td>Flowers of gulab (<em>Rosa Indica</em> L.), chotti illaichi (<em>Elettaria cardamomum</em> Maton.) and ghee boiled in 500 ml water. When 1 cup water remains then add ghee in it. <strong>Dosage:</strong> Orally 1 cup daily during menstruation.</td>
</tr>
<tr>
<td>65.</td>
<td>Powdered chotti illaichi (<em>Elettaria cardamomum</em> Maton.), zeera (<em>Cuminum cyminum</em> L.) and misri <strong>Dosage:</strong> Orally 1 table spoon daily with a glass of water after menstruation.</td>
</tr>
<tr>
<td>66.</td>
<td>Bari harir (<em>Terminalia bellerica</em> (Gaertn.) Roxb.) and gurr boiled in 1 glass of water and then sieved.</td>
</tr>
</tbody>
</table>
**Dosage:** Use this water after menstruation for 10-12 days, orally.

67. Harmal, choti illiachi (*Elettaria cardamomum* Maton.) and ghee boiled in water sieved this water.

**Dosage:** Use 1 cup of this water 1 time daily for 3 days, orally.

68. 1 tola of jilab of arandi (*Ricinus communis* L.) and jilab of gulab (*Rosa Indica* L.) once daily, orally

69. Powdered mawa (*Quercus infectoria* Olivier).

**Dosage:** Orally 1 table spoon once daily after menstruation for 3 days.

70. Babur (*Acacia nilotica* L. Willd.) boiled in water.

**Dosage:** Use this water once daily in night for 3 days, orally.

71. Sowa (*Anethum sowa* Roxb.) and sathar (*Origanum vulgare* L.) boiled in water.

**Dosage:** Use this water once daily in night for 3 days, orally.

72. Paneer (*Withania coagulans* Dunal.) soaked in water at night. In morning sieved this water, and 1 spoon of butter, wheat flour (*Triticum aestivum*...
324 L., chotti illaichi (*Elettaria cardamomum* Maton.) and gurr mixed in it

**Dosage:** Orally 1 cup of this water at night for 3 days.

73. Butter, 1 spoon of wheat flour (*Triticum aestivum* L.), zeera (*Cuminum cyminum* L.) kali mirch (*Piper nigrum* L.) and gurr mixed together.

**Dosage:** Orally with a glass of milk.

74. Bari and choti wai, butter, chotti illaichi (*Elettaria cardamomum* Maton.) boiled in water.

**Dosage:** Orally 1 cup of this water after 3 days of menstruation at night for 3 days.

75. Powdered supari (*Areca catechu* L.), pistan ja gul, anjpal ka sharbat, nazboo (*Lallemantia royleana* Benth.), peel of anar (*Punica granatum* L.) and mawa (*Quercus infectoria*, Olivier.).

**Dosage:** Orally 1 table spoon once daily during menstruation for 3-6 days.

76. Equal amount of powdered sowa (*Anethum sowa* Roxb.), saunf (*Foeniculum vulgare* var Dulce.), supari (*Areca Catechu* L.), zeera (*Cuminum cyminum* L.), fresh leaves of nazboo (*Lallemantia royleana* Benth.) and bhang.

**Dosage:** Placed it intra-vaginally in night and remove in morning during menstruation for 3 days.

77. Mixture of grinded bari harir (*Terminalia bellerica* (Gaertn.) Roxb) and chotti harir (*Terminalia chebula* Retz.) placed intra-anally.

78. Afeem tieD it in cotton cloth with thread placed intra-vaginally at night and remove it in midnight and then go to your husband for mating for 3 nights regularly.


**Dosage:** Use this water orally daily in morning at fasting for 3-4 days.

80. Soak bark of babur (*Acacia nilotica* L. Willd) in water at night. Boil this water in morning and Sieve it.
**Dosage:** Orally in morning at fasting for 3 days.

81. Nibat soaked in ghee & placed intra-anally.

82. Jafar placed intra-anally for 10-12 days.


**Dosage:** Orally in morning at fasting for 3 days.

84. Take bar ji sutti (purchased from pansar) and soak it in water. In morning sieve this water and use orally at fasting for 3-5 days.


**Dosage:** Placed intra-vaginally in morning and remove at night (remove before mating) for 3 days.

86. Mesh supari (*Areca Catechu* L.), bhati choro, chelh chalk (*Tamarindus indicum* L.), mawa (*Quercus infectoria* Olivier.), nazboo
(Lallemantia royleana Benth.), bhang (Cannabis sativa L.), panir (Withania coagulans Dunal.), podina (Mentha Piperita L.), saunf (Foeniculum vulgare var Dulce.), chotti illaichi (Elettaria cardamomum Maton.) and mint slug (Mentha piperita L.). Make vaginal suppositories.

**Dosage:** Placed intra-vaginally at night and remove in morning for 7 days regularly.

87. Soak bark of babur (Acacia nilotica L. Willd) and gurr in water at night. Sieve this water.

**Dosage:** Orally in morning at fasting for 3 days.

88. Grinded nar ghando (Purchased from pansar) mixed this mixture in 1 glass of water.

**Dosage:** Orally in morning after 3rd day of menstruation for 3 days.

89. Grind equal amount of panir (Withania coagulans Dunal.), sowa (Anethum sowa Roxb.), ajwain (Trachyspermum ammi L.), misri , gurr, chotti illaichi (Elettaria cardamomum Maton.) , nibat, and then add butter oil and 2 glass of water in it.

**Dosage:** Orally 1 cup thrice daily for 3 days.
90. Mesh sowa (*Anethum sowa* Roxb.), Sathar (*Origanum vulgare* L.), ajwain (*Trachyspermum ammi* L.) and gurr, Make vaginal suppositories.

**Dosage:** Placed intra-vaginally in morning and remove at night for 7 days regularly.

91. Soak miswak (*Salvadora persica* Wall.) and in water. In morning sieve this water.

**Dosage:** Orally at fasting for 6-7 days daily.

92. Soak panir (*Withania coagulans* Dunal.) in water. In morning sieve this water.

**Dosage:** Orally drink it at fasting for 3-4 days daily.

93. Grinded ajwain (*Trachyspermum ammi* L.), sowa (*Anethum sowa* Roxb.), gurr and butter. boiled in 250 ml water.

**Dosage:** Use this water at night after menstruation for 3 days.


**Dosage:** Placed intra-vaginally for 7-11 days at
night regularly.


**Dosage:** Placed intra-vaginally at night and remove in morning for 3 days regularly.

96. Cook sowa (*Anethum sowa* Roxb.), panir (*Withania coagulans* Dunal.) and hurbo (*Trigonella foenum-graecum* L.) in butter oil. Add small amount of gurr in it.

**Dosage:** Orally once daily during menstruation for 3 days.

97. Grind fresh and washed leaves of nazboo (*Lallemantia royleana* Benth.) in 1 glass of water. Sieve this water.

**Dosage:** Orally once daily for 3 days.
98. Powdered misri placed intra-vaginally for 3 days.

**Precautions:** Avoid mating during this period.

99. Cotton swab dipped in wine and placed intra-vaginally when menstruation ends for 3 days at night.

**Precautions:** Avoid mating during this period.

100. Grinded chotti wai (*Embelia robusta* Roxb.), bari wai (*Phaseolus vulgaris* L.), mawa (*Quercus infectoria* Olivier.), sowa (*Anethum sowa* Roxb.), supari (*Areca Catechu* L.), dhania (*Coriandrum sativum* L.) and saunf (*Foeniculum vulgare* var Dulce.) fried in small amount of butter oil then add 250 ml water in it.

**Dosage:** Use this water orally in morning for 5-6 days.

Dosage: Placed intra-vaginally for 7 days at night regularly.

102. Soak fresh leaves of mehndi (Lawsonia inermis L.) in water at night. In morning sieve this water.

Dosage: Orally for 3 days.

103. Soak ghora wal in water at night. Sieve this water in morning.

Dosage: Orally it for 3 days regularly.

104. Powdered badam (Prunus amygdalus L.), chilgozy (Pinus gerardiana Wall. ex D. Don), pista (Pistacia vera L.), akhrot (Juglans regia L.), mongphali (Arachis hypogaea L.) and dhania (Coriandrum sativum L.). Soaked panir in 500 ml water and sieved this water, and boiled. Added powdered mixture, 2 table spoons of wheat flour and small amount of butter oil in it.

Dosage: Use this water orally, 1 glass daily in morning at fasting for 3 days.

105. Mesh kini kathi (Acorus calamus L.), bhang (Cannabis sativa L.) and leaves of nazboo (Lallemantia royleana Benth.) and add
small amount of water in it. Convert into small tablet.

Dosage: The tablet placed intra-vaginally at night and remove in morning for 3 days.

Precaution: Avoid mating during this period

106. Grind moryon (Myrtus communis L.) and jafar (Myristica fragrans Houtt.) and put it in cigarette.

Dosage: Smoke with this cigarette once daily for 3 days.

107. Grind moryon (Myrtus communis L.) and jafar (Myristica fragrans Houtt.) and boil it in 250 ml water also add small amount of gurr in it.

Dosage: Use this water orally in morning at fasting for 3 days.

108. Cotton swab dipped in black and white glycerin and placed intra-vaginally at night for 3 days.

109. Powdered pak supari (Areca Catechu L.), chelh chalk (Tamarindus indicum L.), chotti wai (Embelia robusta Roxb.), bari wai (Phaseolus vulgaris L.), misri (Crystal sugar). 1 glass water
adde and boiled.

**Dosage:** Use this water orally in morning at fasting for 3 days.

110. Powdered sathar (*Origanum vulgare* L.), gawatho (Purchased from pansar), bhang (*Cannabis sativa* L.), thadi troh (*Citrullus colocynthis* (L.) Schrad), podina (*Mentha Piperita* L.), sowa (*Anethum sowa* Roxb.), kini kathi (*Acorus calamus* L.), chelh chalk (*Tamarindus indicum* L.), mosfai and kamarkas (*Salvia plebeian* R. Brown.) and small amount of water added in it to make vaginal suppositories.

**Dosage:** Suppository placed intra-vaginally in morning and remove at night after menstruation for 3 days regularly.

111. Mesh equal ratio of bhang (*Cannabis sativa* L.) and podina (*Mentha Piperita* L.) and make vaginal suppositories.

**Dosage:** Suppository placed intra-vaginally at night and remove next night for 10-12 days regularly.

112. Powdered sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.), gawaska* (Purchased from pansar), peel and fruit of anar
112. **Dosage:** The tablet placed intra-vaginally at night and remove after 2 days repeat this procedure 3 times.

113. **Grinded sowa** (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.), gawaska (Purchased from pansar), peel and fruit of anar (*Punica granatum* L.) and supari (*Areca Catechu* L.).

**Dosage:** Orally 2 table spoons daily in monring at fasting for 5-6 days regularly.

114. **Seeds of Turboz** placed intra-vaginally at night and remove after 2 days.

115. **Seeds of khera** placed intra-vaginally at night for 3 days.

116. **Mix spagol and eno fruit salt** and add small amount of water in it. Prepare small tablet.

**Dosage:** The tablet placed intra-vaginally at night after menstruation for 3 days.

117. **Powdered bari harir** (*Terminalia bellerica* L.) and supari (*Areca Catechu* L.) and small amount of water added in it to make tablets.
(Gaertn.) Roxb.), chotti wai (*Embelia robusta* Roxb.), bari wai, chelh chalk (*Tamarindus indicum* L.), kamarkas (*Salvia plebeian* R. Brown.), misri, mint slug, sonu ghero*, podina (*Mentha Piperita* L.), mithi kat, raswal (*Berberis vulgaris* L.) and sea water then converted into small tablets and dipped in butter.

**Dosage:** The tablet placed intra-anally for 3 days.

**118.** Grind podina (*Mentha Piperita* L.), sathar (*Origanum vulgare* L.), wathak*, bhang (*Cannabis sativa* L.), chotti illaichi (*Elettaria cardamomum* Maton.) and misri (Crystal sugar) and add small amount of water in it. Mesh them and make vaginal suppositories.

**Dosage:** Suppository placed intra-vaginally after menstruation for 5-6 days at night regularly.

**119.** Grinded leaves of nazboo (*Lallemantia royleana* Benth.) used orally in morning for 3 days.

**120.** 1 table spoon zeera (*Cuminum cyminum* L.) used orally.
121. Soak panir (*Withania coagulans* dunal) in water. Sieve water and use orally in morning for 3 days.

122. Grinded leaves of nazboo (*Lallemantia royleana* Benth.) boiled in water. Sieved water.

**Dosage:** Orally in morning for 5-6 days.

123. Grinded zeera (*Cuminum cyminum* L.) and misri.

**Dosage:** Orally, 1 table spoon 3 times daily for 5-6 days.

124. Soak zeera (*Cuminum cyminum* L.) in water. Sieve this water use early morning for 3 days.

125. Leaves of piaz (*Allium cepa* L.) soake in water. Sieved this water.

**Dosage:** Used orally in morning during first 3 days of menstruation.

added to make tablet.

**Dosage:** 1 tablet placed daily intra-vaginally for 10-12 days in morning & removes at night.

127. Zeera (*Cuminum cyminum* L.) is used orally.

128. Add 1 spoon of leaves extract of nazboo (*Lallemantia royleana* Benth.) in 1 glass of water and used orally for 10-12 days.

129. Soak podina (*Mentha Piperita* L.) in water. Sieve water and use before meal for 6-7 days.

130. Warm sowa (*Anethum sowa* Roxb.), chotti illaichi (*Elettaria cardamomum* Maton.) and daakh (*Vitis vinifera* L.) at night. In morning boil them in 2 glass of water and add small amount of gurr and wheat flour (*Triticum aestivum* L.) until 1 glass remains.

**Dosage:** Used orally in morning for 3 days.


**Dosage:** Orally 2 table spoons daily in morning at
132. Grind leaves of nazboo (*Lallemantia royleana* Benth.) and put it in cloth and tie with thread.

**Dosage:** Placed intra-vaginally in morning and removes at night for 5 days.

133. Bark of babur (*Acacia nilotica* L. Willd) soaked in water at night. In morning boil this water.

**Dosage:** Orally for 3 days.

134. Add 1 table spoon grinded ghora wal (*Cassia angustifolia* Vahl.), and grass in 1 glass of water.

**Dosage:** Orally in morning at fasting for 3 days.

135. Boil some flowers of babur (*Acacia nilotica* L. Willd), 3-4 chotti illaichi (*Elettaria cardamomum* Maton.), 2-3 nibat and small amount of butter oil in water.

**Dosage:** Orally in morning for 4-5 days.

136. 1 table spoon grinded drubh used orally daily in morning after breakfast for 6-7 days.

137. Boil nazboo (*Lallemantia royleana* Benth.) sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.), chotti illaichi (*Elettaria cardamomum* Maton.)
Maton.), sundh (*Zingiber officinale* Roscoe.), and small piece of gurr in water. Sieve this water in muslin cloth.

**Dosage:** Orally in early morning for 3 days.

138. Pak supari (*Areca Catechu L.*) used orally daily in morning for 6-7 days.

139. Fresh leaves of nazboo (*Lallmannia royleana* Benth.), 2-3 chotti illaichi (*Elettaria cardamomum* Maton.), small piece of gurr, and 2 table spoon butter oil boiled all together in 500 ml water. When half water remained then sieved this water.

**Dosage:** Orally in morning at fasting for 6 days.

140. Powdered peel of pomegranate (*Punica granatum* L.) and 4-5 chotti illaichi (*Elettaria cardamomum* Maton.).

**Dosage:** Used orally twice daily for 1 month.


**Dosage:** 1 table spoon used orally for 6-7 days or 1 table spoon of this powder mixed in 1 glass of water.
Dosage: Used in morning for 6-7 days.

142. Grinded ghai boti (Purchased from pansar) fried in small amount of butter oil.

Dosage: Orally 1 table spoon once daily in morning for 3-4 days.

143. Soak panir (Withania coagulans Dunal.) and gurr in water in night. In morning sieve this water and use orally for 3 days.

144. Add palla fish and desi cock in diet for 5 days.

145. Mesh equal amount of mawa (Quercus infectoria Olivier.), supari (Areca Catechu L.), sonu ghero (Purchased from pansar) and kamarkas (Salvia plebeianR. Brown.).

Dosage: Orally 1 table spoon twice daily during menstruation.

146. Powdered choti wai (Embelia robusta Roxb.) bari wai (Phaseolus vulgaris L.), mawa (Quercus infectoria, Olivier.), supari(Areca catechu L), anar dana (Punica granatum L.), choti illaichi (Elettaria cardamomum Maton.), khopra (Cocos nuciferaL.), chelh chalk (Tamarindus indicum L.) and misri.
<table>
<thead>
<tr>
<th>Dosage:</th>
<th>Orally 1 table spoon of this remedy with a glass of water once daily in early morning for 5-6 days.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>147.</strong></td>
<td><em>Sowa</em> (<em>Anethum sowa</em> Roxb) fried in ghee and then used orally once daily in morning during menstruation for 3 days.</td>
</tr>
<tr>
<td><strong>148.</strong></td>
<td>Cook some fresh leaves of nazboo (<em>Lallemantia royleana</em> Benth.), 2 table spoon zeera (<em>Cuminum cyminum</em> L.) and sugar in 1 cup of butter oil. <strong>Dosage:</strong> Orally during 1st day of menstruation for 3 times.</td>
</tr>
<tr>
<td><strong>149.</strong></td>
<td>Powdered some fresh leaves of nazboo (<em>Lallemantia royleana</em> Benth.), 2 table spoon zeera (<em>Cuminum cyminum</em> L.) and sugar. <strong>Dosage:</strong> Orally 1 table spoon with water during menstruation for 3-4 days.</td>
</tr>
<tr>
<td><strong>150.</strong></td>
<td>Fresh leaves of nazboo (<em>Lallemantia royleana</em> Benth.) grinded with small amount of water and converted into small tablet. <strong>Dosage:</strong> 1 tablet placed intra-virginally for 5-6 days.</td>
</tr>
</tbody>
</table>
151. Equal amount of sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.) and hurbo (*Trigonella foenum-graecum* L.) in 1 glass of water at night and in morning sieved this water.

**Dosage:** Orally, early morning at fasting for 3 days regularly.

152. Equal amount of chotti illaichi (*Elettaria cardamomum* Maton.), sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.) and hurbo (*Trigonella foenum-graecum* L.) fried in half cup of butter oil and then small piece of gurr or misri added in it. 1 glass of water also added to make tringh.

**Dosage:** Orally 1 cup daily in night for 3 days continuously.


**Dosage:** The tablet placed intra-vaginally at
night and removes in morning for 2-3 days.

154. Mesh equal amount of nazboo 
\((Lallemantia royleana\ Benth.,)\), sowa \((Anethum\ sowa\ Roxb.,)\), sathar \((Origanum\ vulgare\ L.,)\), 
chelh chalk \((Tamarindus\ indicum\ L.,)\), chotti illaichi \((Elettaria\ cardamomum\ Maton.,)\), kini 
kathi \((Acorus\ calamus\ L.,)\), hurbo \((Trigonella\ foenum-graecum\ L.)\), mosfai, molalai (Red 
earth), chotti wai \((Embelia\ robusta\ Roxb.,)\), bari wai \((Phaseolus\ vulgaris\ L.,)\), gondo*, songhryon 
\((Gossypium\ arboreum\ L.)\) and mint slug 
\((Mentha\ piperita\ L.).\) Converted into vaginal 
 suppositories.

**Dosage:** Suppository placed intra-vaginally for 5-6 
days at night regularly.

155. Powdered mawa \((Quercus\ infectoria\ Olivier.,)\), chotti illaichi \((Elettaria\ cardamomum\ Maton.,)\), and behra \((Terminalia\ bellerica\ (Gaertn.)\ Roxb.).

**Dosage:** 1 table spoon twice orally, daily after 
menstruation for 3 days.

156. Cook chotti illaichi \((Elettaria\ cardamomum\ Maton.,)\), badam \((Prunus\ amygdalus\ L.)\), pista
(Pistacia vera L.) in sindhi tail to make halwa.

**Dosage:** Orally 1 plate of this halwa once daily during 3 days of menstruation.

157. Powdered chotti illaichi (*Elettaria cardamomum* Maton.), badam (*Prunus amygdalus* L.) and pista (*Pistacia vera* L.) mixed with sindhi oil to make tablets.

**Dosage:** The tablet placed intra-vaginally in morning and intra-anally at night for 3 days during menstruation.

158. Orally 2 table spoon butter in morning during 3 days of menstruation.

159. Massage the abdomen once daily in morning for 3 days.

160. Soak zeera (*Cuminum cyminum* L.) in water at night. In morning grind it and sieve it.

**Dosage:** Orally 1 glass of this water once daily for 40 days.

|   | Abortion  | 1. Grinded java khar (potassium carbonate), panir (10 to 12 seeds) (*Withania coagulans* Dunal.), coin of copper, khajur chatai (*Phoenix* |
dactylifera L.), ajwain (Trachyspermum copticum L.) and gur, cooked in water, used orally.

2. MUSTURAIN** (herbal remedy) is used to induce abortion and to regulate menstruation.

3. Excess of white till or sesame seeds (Sesamum Indicum L.), and black cardamom (Amomum subulatum Roxb.) causes abortion in pregnant women and regulate menstrual cycle.

4. When misri (Rock sugar) or sendho namak (Rock salt) are used intra-vaginally for few days continuously, it will cause abortion and menstruation will start.

5. Soak noshadar (Ammonium chloride) overnight; in next morning add sugar to taste.

**Dosage:** Take orally for 8-10 days.

6. Excessive (125 gm) of till (Sesamum Indicum L.) and black glycerin used intra-vaginally with cotton swab, 

**Dosage:** 3-4 days regularly may cause abortion.

7. In winter boiled sowa (Anethum sowa Roxb.) in water.

**Dosage:** Orally for 1-3 days, as soon as bleeding
starts stop using it.

8. In summer just soak sowa (*Anethum sowa* Roxb.) in water and give that extract to lady for 3 days.


10. Take a piece of dried stem of aak (*Calotropis gigantean* (L.) W.T.Aiton) make hole in it at one end and tie a thread.

**Dosage:** Place this stem intra-vaginally for 3 days. Baby will be aborted and bleeding starts.

11. Sando salt (Rock salt) placed intra-vaginally for 3 days.

12. Root of troh (*Citrullus colocynthis* (L.) Schrad.) is placed Intra-vaginally.

13. Make suppositories of misri and place intra-vaginally.

14. Make suppositories of mint slug (*Mentha piperita* L.) and place intra-vaginally.

(This can be used for 2 or 3 months of pregnancy.)

15. Mint slug (*Mentha piperita* L.) placed intra-anally for 4-5 days.

16. Sandho salt fried in ghee and placed intra-
vaginally for 3-4 days.

17. Sowa (*Anethum sowa* Roxb.) and ajwain (*Trachyspermum ammi* L.) boiled in water, and added gurr in it.

**Dosage:** Orally for 3-4 days.

18. Water of khopra (*Cocos nucifera* L.) used orally.


**Dosage:** 2 drops of this mixture inserted in the nose.

20. Waho, after opening placed intra-vaginally.

21. Gurr is boiled in water and small amount of ghee and ajwain (*Trachyspermum ammi* L.) is added in it.

**Dosage:** Orally 2 times for 2-3 days.

22. 1 cup of Sulemani tea (tea without milk) 2 times for 1 day, orally.

23. Powdered wood stick of aak (*Calotropis Procera* Wild) and wood stick of khabar. Converted into tablets.

**Dosage:** The tablet placed intra-vaginally daily at
night for 3 days.

24. Jarn (Trachyspermum ammi L.), harmal, sundh (Zingiber officinale Roscoe), bari illaichi (Ammomum subulatum Roxb.), long (Eugenia caryophyllata Thumb.) and gurr boiled in 1 litre of water. When 1/4 part remained then sieved it.

Dosage: Orally 1 cup of this water twice daily for 3 days.

25. Gandraf placed intra-vaginally at night for 3 days.

26. Donkesy hair tied over abdomen for 10-15 days.

27. Saok bark of kiker (Acacia nilotica L. Willd) and in water at night. In morning sieve this water.

Dosage: Orally in morning for 5-6 days.

28. Bark of anar (Punica granatum L.) soaked in water at night. In morning the water is sieved.

Dosage: Orally in morning for 5-6 days.

29. Grinded supari (Areca Catechu L.) is taken orally once daily for 3 days.

30. Cotton dipped in oil and ghee and placed intra-vaginally.
<p>| | |</p>
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<tbody>
<tr>
<td>31.</td>
<td>Cotton dipped in butter oil and placed intra-vaginally.</td>
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<tr>
<td>32.</td>
<td>The bark of drubh (tree) and placed intra-vaginally for 3 days.</td>
</tr>
<tr>
<td>33.</td>
<td>Boli 1 glass milk, misri and butter and used orally.</td>
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<tr>
<td>34.</td>
<td>Mesh leaves of akk (Tree) and make vaginal suppositories and place intra-vaginally.</td>
</tr>
<tr>
<td>35.</td>
<td>Pasari kathi (Purchased from pansar) and placed intra-vaginally for 2 days.</td>
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<tr>
<td>36.</td>
<td>1 glass of water added in grinded leaves of khabar and used orally once daily for 3 days.</td>
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<tr>
<td>37.</td>
<td>Sandho salt cooked in small amount of butter oil converted into tablets.</td>
</tr>
</tbody>
</table>

**Dosage:** The tablet placed intra-vaginally at night for 3 days.

| 38. | Ginded mixture of nazboo (*Lallemanitia royleana* Benth.) and bhang (*Cannabis sativa* L.) used orally with 1 glass of water for 3 days. |
| 39. | Cook 3-4 chotti illaichi (*Elettaria cardamomum* Maton.), 4-5 kali mirch (*Piper nigrum* L.), 2 table spoons zeera (*Cuminum cyminum* L.) and 1 cup of butter oil. Grind chotti illaichi (*Elettaria* |
cardamomum Maton.), kali mirch (Piper nigrum L.), zeera (Cuminum cyminum L.) in butter oil.

**Dosage:** Orally in morning for 3-4 days.

40. Cook halio in 1 cup of butter oil and add 250 ml water in it and use this water once daily for 2-3 days.

41. Kala zeera (Cuminum cyminum L.) and gurr boiled in water and this water is used orally for 2 days.

42. Orally, zeera (Cuminum cyminum L.) 3 times per day.

43. Boil leaves of khabar and add small piece of gurr. Use this water at night for 3-5 days.

44. Grinded chotti wai (Embelia robusta Roxb.), bari wai (Phaseolus vulgaris L.) and lodh (Symlocos racemosa Roxb.). Converted into vaginal suppositories and placed intra-vaginally for 3 days at night regularly.

45. Powdered zeera (Cuminum cyminum L.), kali mirch (Piper nigrum L.), bari illaichi (Ammomum subulatum Roxb.) and mawa (Quercus infectoria Olivier.). Small amount of water added to make a remedy.
<table>
<thead>
<tr>
<th>Dosage:</th>
<th>Orally 1 table spoons once daily in morning for 3 days.</th>
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<tbody>
<tr>
<td>46.</td>
<td>Powdered ¼ kg podina (<em>Mentha Piperita</em> L.), hurbo (<em>Trigonella foenum-graecum</em> L.), 5-6 chotti harir (<em>Terminalia chebula</em> Retz.) and 2-3 bari harir (<em>Terminalia bellerica</em> (Gaertn.) Roxb.). 1 table spoon of powder added in 1 glass of water.</td>
</tr>
<tr>
<td>Dosage:</td>
<td>Orally 1 glass twice daily for 5 days.</td>
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<tr>
<td>47.</td>
<td>4 mong dana (<em>Vigna radiata</em> L.) is taken orally.</td>
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<tbody>
<tr>
<td></td>
<td>2. Peeled off nibat (candy sugar) to make it thinner, dipped in butter oil.</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>Placed intra-anally after 9th month of pregnancy daily, till the baby delivered.</td>
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<tr>
<td></td>
<td>3. Black glycerin used with cotton ball or using mustard oil intra-vaginally is effective at the time of baby birth.</td>
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<td>4. Start sweeping from 7th month of pregnancy.</td>
</tr>
</tbody>
</table>
5. Sounf (Foeniculum vulgare var. Dulce.) and chotti illaichi (Elettaria cardamomum Maton.) is cooked in butter and milk.

**Dosage:** Orally once daily, Start from 9th month of pregnancy.
Then in 9th month 8 nibat (candy sugar) soaked in water over night and take it orally daily at fasting.

6. A small piece of nibat (candy sugar) placed intra-anally.

| 9. Weak uterus and menstruation problem | 1. Mixture of mojotal*, mosfa*, haid gand (soap stone), baobarang (Embelia ribes Burm.f.), bao khumba (Morus acidosa Griff.), chel chalk (Tamarindus indicum L.), thoni thanb (Holarrhena antidysenterica L.), kanikathi (Acorus calamus L.), sather (Origanum vulgare L.), kamar kas (Salvia plebein R. Brown.), son makaie (Cassia angustifolia Vahl.), panir (Withania coagulans Dunal.), sokhi piyaz (Allium cepa L.), badam, chowe oil*, holo (Caesalpinia bonduc (L.) Roxb.), misri, zalanani khal (Myrica nagi Thunb.), then converted the mixture into tablet form.

**Dosage:** Tablet placed intra-vaginally.
<table>
<thead>
<tr>
<th></th>
<th></th>
<th>2. Use fennel seeds/ saunf (<em>Foeniculum vulgare</em> var. Dulce.) with water in menstrual problem.</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.</td>
<td>Lactation</td>
<td>1. Wheat (<em>Triticum aestivum</em> L.), soya (<em>Anethum sowa</em> Roxb.), and sugar soaked in ghee (butter oil) and water, and used orally.</td>
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<td></td>
<td>2. Ojhari (stomach) of cow and goat is used frequently in meals to increase lactation.</td>
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<tr>
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<td></td>
<td>3. Use cumin seeds/ zeera (<em>Cuminum cyminum</em> L.) in food for increasing lactation, or used orally with water.</td>
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<tr>
<td></td>
<td></td>
<td>4. Use of fish in meals increased the lactation.</td>
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<td></td>
<td>5. Fry sujji or semolina (<em>Triticum sativum</em> L.) in butter fat, and give it to lady for eating.</td>
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<td></td>
<td><strong>Dosage:</strong> Orally for 3 days.</td>
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<td></td>
<td></td>
<td>7. Grinded saunf (<em>Foeniculum vulgare</em> var. Dulce.), zeera (<em>Cuminum cyminum</em> L.), ajwaen (<em>Trachyspermum copticum</em> L.) and peppermint slug (<em>Mentha piperita</em> L.), mixed and cooked in butter fat, and make ‘Rub’.</td>
</tr>
</tbody>
</table>
Dosage: Orally for 3 days.

8. Use RUB, which contains red rice, chotti illaichi 
   \textit{(Elettaria cardamomum} Maton.), and zeera 
   \textit{(Cuminum cyminum} L.), Cooked in butter fat till 
   it becomes brown. Do not use water in it.

9. Make ‘Rub’ by adding babul gum \textit{(Acacia 
   nilotica} L. Willd.), sugar, and butter fat. Cooked 
   it.

Dosage: Give 5-6 spoons for three to four times a 
   day for 3 days.

10. Grinded sowa \textit{(Anethum sowa} Roxb.) and 
    sugar.

Dosage: Orally with water for 10 to 15 days and 
    massage the breast with oil.

11. Use “RUB”, prepared by cooking saunf 
    \textit{(Foeniculum vulgare} var. Dulce.), chotti illaichi 
    \textit{(Elettaria cardamomum} Maton.), sugar and 
    black pepper in clarified butter.

Dosage: Give this ‘Rub’ to lady twice daily for 2 
    days.

12. Cook opium seeds \textit{(Khashkhash} \textit{(Papaver 
    somniferum} L.), ladh \textit{(Symplocos recemosa 
    Roxb.)}, dried coconut \textit{(Cocos nucifera} L.), babul
gond (*Acacia nilotica* L. Willd.) and coriander seeds (*Coriandrum sativum* L.) in butter fat

**Dosage:** Orally twice daily for 5-6 days.

13. Make ‘RUB’ by cooking coconut (*Cocos nucifera* L.), almonds (*Prunus amygdalus* Batsch.), gum acacia (*Acacia nilotica* willd.), coriander seeds (*Coriandrum sativum* L.), and sugar in butter oil. Used orally for few days once daily.

14. Take Sather (*Origanum vulgare* L.), gond (*Acacia nilotica* L. willd.), aryo*, misri (crystal sugar), saunf (*Foeniculum vulgare* var. Dulce.), black pepper (*Piper nigrum* L.) and grinded wheat.

Cook wheat in butter fat and then add all other ingredients to make ‘RUB’.

**Dosage:** Orally once daily for 1 month.

15. Cook grinded wheat, sugar, saunf (*Foeniculum vulgare* var. Dulce.) and sowa (*Anethum sowa* Roxb.) in butter fat with thin consistency.

**Dosage:** Give it to lady to drink for 3 days.

16. Make ‘RUB’ by cooking zeera (*Cuminum cyminum* L.), saunf (*Foeniculum vulgare* var.
Dulce.), gurr, almond (*Prunus amygdalus* Batsch.), dried coconut (*Cocos nucifera* L.), and grinded wheat in butter oil.

**Dosage:** Orally regularly for 8 to 10 days.

17. Massage the breast with mustard oil to increase milk secretion.

18. Grinded black pepper (*Piper nigrum* L.), dried coconut (*Cocos nucifera* L.), crystal sugar (misri), peppermint slug (*Mentha piperita* L.) and mixed all.

**Dosage:** Orally in morning at fasting with water, daily.

19. Half spoon zeera (*Cuminum cyminum* L.) is taken orally with water daily for a month.

20. 1 spoon of zeera (*Cuminum cyminum* L.) is taken with water or milk, orally for 15-20 days.

21. 1 spoon zeera (*Cuminum cyminum* L.) is taken with water daily, orally.

22. Cooked stomach of goat is taken in food.

23. Use zeera (*Cuminum cyminum* L.) orally.


**Dosage:** Use orally
25. 1 spoon of zeera (*Cuminum cyminum* L.) is taken with water, orally for 15-20 days.

26. Zeera (*Cuminum cyminum* L.) and mint slug with little amount of water is used orally for 15 days.

27. Milk and butter is used in diet.

28. Zeera (*Cuminum cyminum* L.) is taken with tea.

29. Phulri is added in milk and used orally for 3 days.

30. Zeera (*Cuminum cyminum* L.) and sugar mixed in small amount of water.

**Dosage:** The water is used 3 times a day, orally.

31. 1 table spoon zeera (*Cuminum cyminum* L.) is used orally, 2 times daily for 10 days.

32. Milk and butter is used in diet.

33. Take stomach (ojhri) of goat and boil it in water. Add some salt and oil then use orally.

34. Powdered zeera (*Cuminum cyminum* L.), kali mirch (*Piper nigrum* L.), saunt (*Foeniculum vulgare* var Dulce) and wheat flour (*Triticum aestivum* L.). Mixed them all together to make remedy.

**Dosage:** Orally, 2 table spoons twice daily for 5
days.

35. Equal amount of wheat (*Triticum aestivum* L.) and chotti illaichi (*Elettaria cardamomum* Maton.) fired in ghee, then zeera (*Cuminum cyminum* L.), black pepper (*Piper nigrum* L.), sugar and 2 glass of water is added in it

**Dosage:** Orally 7 days regularly.

36. One glass of cow’s milk is taken daily.

37. Wheat (*Triticum aestivum* L.) is fried in ghee then added sugar and water to make a remedy.

**Dosage:** Orally for 1-2 days.

38. Equal amount of zeera (*Cuminum cyminum* L.), chotti illaichi (*Elettaria cardamomum* Maton.), saunf (*Foeniculum vulgare* var Dulce.) and sugar is fried in ghee then added wheat flour (*Triticum aestivum* L.) and 1 glass of water in it.

**Dosage:** Use this water daily for 3 days, orally.

39. Stomach (ojhri) of goat, black pepper (*Piper nigrum* L.), ghee and salt are boiled in water.

**Dosage:** Orally daily for 7-8 days.

40. Grinded zeera (*Cuminum cyminum* L.), chotti illaichi (*Elettaria cardamomum* Maton.) and misri

**Dosage:** Orally 1 table spoon of this remedy,
once daily in night with a glass of milk for 8-15 days.

41. Soup of cooked stomach (ojiri) 1 cup daily for 8-15 days, orally.

42. 1 table spoon of zeera (Cuminum cyminum L.) orally once daily for 40 days.

43. Cook ojri (stomach) and give it to lady to eat for 40 days.

44. Zeera (Cuminum cyminum L.) cooked in a pan. Used orally with a glass of milk for 1 month.

45. Zeera (Cuminum cyminum L.) and kali mirch (Piper nigrum L.) grinded and mixed in butter.

Dosage: Orally 1 table spoon twice daily for 15 days.

46. 2 table spoons grinded zeera (Cuminum cyminum L.). Fried it in small amount of ghee, then 1 glass water added in it.

Dosage: Orally in morning for 3 days.

47. 1 spoon zeera (Cuminum cyminum L.) with water used orally for 15-20 days.

48. Hurbo (Trigonella foenum-graecum L.) with water used orally for 15-20 days.

49. 2 table spoon zeera (Cuminum cyminum L.)
and fried it in ghee. Then 1 glass water, 1 tablespoon wheat flour, and butter added in it. This is called rabh.

**Dosage:** Orally in morning at fasting for 3 days.

50. Orally, 1 spoon zeera (*Cuminum cyminum* L.) with 1 cup of milk orally, thrice daily for 3 days.

51. Take akhrot (*Juglans regia* L.), chana (*Cicer arietinum* L.), badam (*Prunus amygdalus* L.) and egg. Mesh them.

**Dosage:** Orally 2 tablespoon daily in morning for 7-8 days.

52. Take zeera (*Cuminum cyminum* L.) and soak it in water at night. In morning sieve this water and make black tea.

**Dosage:** Orally twice daily for 3 days.

53. Grinded zeera (*Cuminum cyminum* L.), gurr and butter then boiled it in 1 glass of water.

**Dosage:** Use this watert wice daily for 3 days.

54. Cook zeera (*Cuminum cyminum* L.) in butter oil and then add chotti illaichi (*Elettaria cardamomum* Maton.), kali mirch (*Piper nigrum* L.), gurr, also add 250 ml water.
<table>
<thead>
<tr>
<th>Dosage:</th>
<th>Orally once daily in morning for 10-15 days.</th>
</tr>
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<tbody>
<tr>
<td><strong>55.</strong></td>
<td>Grinded zeera (<em>Cuminum cyminum</em> L.), chotti illaichi (<em>Elettaria cardamomum</em> Maton.), kali mirch (<em>Piper nigrum</em> L.) and gurr.</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>Orally 1 table spoon daily in morning at fasting for 3 days.</td>
</tr>
<tr>
<td><strong>56.</strong></td>
<td>Take half kg milk orally daily in night for 40 days.</td>
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<tr>
<td><strong>57.</strong></td>
<td>Cook 100 gm zeera (<em>Cuminum cyminum</em> L.) in 1 cup butter oil.</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>Orally in morning at fasting for 10-15 days.</td>
</tr>
<tr>
<td><strong>58.</strong></td>
<td>Take roti and mesh them. Add 1 cup of butter oil and 2 table spoons zeera in it, mix all together.</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>Take it orally in morning at fasting for 6-7 days regularly.</td>
</tr>
<tr>
<td><strong>59.</strong></td>
<td>Take 1 glass lassi daily in morning for 10-12 days.</td>
</tr>
<tr>
<td><strong>60.</strong></td>
<td>Grinded 5-6 badam (<em>Prunus amygdalus</em> L.), khopra (<em>Cocos nucifera</em> L.), misri (Crystal sugar), zeera (<em>Cuminum cyminum</em> L.), akhrot</td>
</tr>
</tbody>
</table>
(Juglans regia L.), pista (Pistacia vera L.),
chilgozy (Pinus gerardiana Wall. ex D. Don)
and dhania (Coriandrum sativum L.).

**Dosage:** Orally 2 table spoons daily in morning at fasting for 8-10 days regularly.

61. 2 table spoons zeera (*Cuminum cyminum* L.) orally for 10-15 days.

62. Add zeera (*Cuminum cyminum* L.) in roti and then eat this roti once daily for 3 days.

63. Cook 50 gm zeera (*Cuminum cyminum* L.) in 1 cup of butter oil. Orally for 10-15 days.

64. Take zeera (*Cuminum cyminum* L.), badam (*Prunus amygdalus* L.), khopra (*Cocos nucifera* L.) and misri. Grind all together and add 1 glass of milk in it.

**Dosage:** Orally daily for 10-15 days.

65. Take stomach (ojhri) of goat and boil it in water. Add some salt and oil then use orally.


67. Orally 1 table spoon zeera (*Cuminum cyminum* L.) with 1 glass of milk for 40 days.

68. Powdered zeera (*Cuminum cyminum* L.), misri, and chotti illaichi (*Elettaria cardamomum* Maton.).
Dosage: Orally 2 table spoon daily for 40 days.

69. Take milk and butter oil in diet.

70. 1 table spoon zeera (*Cuminum cyminum* L.) used orally for 40 days.

71. Add 1 table spoon powdered zeera (*Cuminum cyminum* L.), chotti illaichi (*Elettaria cardamomum* Maton.) and misri in 1 glass of water and use this water twice in summer and once in winter for 40 days, orally.

72. 1 table spoon powdered zeera (*Cuminum cyminum* L.) and small piece of gurr added in wheat flour (*Triticum aestivum* L.). 2 table spoons butter oil also added. Make roti and used orally twice daily for 3-4 days.

73. Soak zeera (*Cuminum cyminum* L.) in water. In morning sieve this water and use orally. Add 2 table spoons of butter oil in soaked zeera.

Dosage: Orally for 40 days.

74. 2 table spoons zeera (*Cuminum cyminum* L.) orally in morning at fasting for 5-6 days.

75. Add fish in meal.

76. 1 cup of grinded rice and boil it in 250 ml milk.
Then add 2 table spoon sugars in it.

**Dosage:** 1 plate orally daily in morning for 8-10 days regularly.

77. Grinded 2 table spoons zeera (*Cuminum cyminum* L.) and 2-3 chotti illaichi (*Elettaria cardamomum* Maton).

**Dosage:** Used orally with 1 glass of water in monring at fasting for 6-7 days continously.

78. 5-6 kali mirch (*Piper nigrum* L.) is taken orally with 1 glass of water in morning at fasting for 3-4 days.

79. Powdered 1 table spoon zeera (*Cuminum cyminum* L.) added this pwder in wheat flour and 2 table spoons butter oil. Make roti and give it to lady to eat it twice daily for 3-4 days.

80. 2 table spoons zeera (*Cuminum cyminum* L.) orally in morning at fasting for 5-6 days.

81. 2 table spoons zeera (*Cuminum cyminum* L.) with 1 glass of water used orally daily in monring for 10-15 days.

82. Add zeera (*Cuminum cyminum* L.) in roti and
then eat this roti twice daily for 10-12 days.

83. Powdered zeera (*Cuminum cyminum* L.) and misri. Use orally twice daily for 15-20 days.

84. Powdered ¼ kg zeera (*Cuminum cyminum* L.), kali mirch (*Piper nigrum* L.) and misri.

**Dosage:** Orally 1 table spoon twice dialy for 2 weeks.

85. Orally 1 spoon zeera (*Cuminum cyminum* L.) with 1 cup of milk/water, twice daily for 15 days.

86. Cook wheat flour (*Triticum aestivum* L.) in butter oil and then add 4 table spoon zeera (*Cuminum cyminum* L.), to make drabh. Add some water in it.

**Dosage:** Orally 1 cup daily in morning for 4-10 days.

87. Cook liver of goat and use orally.

88. Grinded zeera (*Cuminum cyminum* L.) is taken orally for 1 month.

89. 1 table spoon powdered zeera (*Cuminum cyminum* L.) added in wheat flour (*Triticum aestivum* L.) and 2 table spoons butter oil to make roti.
| 90. | Cook stomach in salt and kali mirch (*Piper nigrum* L.) and use orally daily for 1 month. |
| 91. | Lasi is used orally daily for 1 month. |
| 92. | Powdered zeera (*Cuminum cyminum* L.), badam (*Prunus amygdalus* L.), pista (*Pistacia vera* L.), chotti illaichi (*Elettaria cardamomum* Maton.), char magaz, sokha dhaniya (*Coriandrum sativum* L.), saunf (*Foeniculum vulgare* var Dulce.), misri, and wheat (*Triticum aestivum* L.). Cook all these things in ghee and then add khonr, khopra (*Cocos nucifera* L.) and sugar. |
| **Dosage:** | Orally 3 table spoon twice daily for 1 month. |

| **Dosage:** | Orally 1 table spoon of this remedy with a glass of water once daily for 1 month. |

| 11. | Lowering the abdomen after child birth |
| 1. | Crushed neem leaves (*Azadirachta indica* J. Juss.), kanikathi (*Acorus calamus* L.), nazboo |
(Lallemantia royleana Benth.) and samoori (neem fruit) (Azadirachta indica J. Juss.), mixed with gur and converted into tablet form.

**Dosage:** Tablet placed intra-vaginally for 5 days.

2. Powdered Misri (crystal sugar) little bit, 1 pinch of sendho namak (crystal salt), 10 gm of kamarkas (Salvia plebeia R. Brown.), 10 gm of kahri (Symplocos racemosa Roxb.), 10 gm of baobarang (Embelia ribes Burm.f.), 5 gm of Sathar (Origanum vulgare L.), 10 gm of wao wal (Apium graveolens L.), 1 whole nut of phiki chaliya (Areca catechu L.), mawa (Quercus infectoria Olivier.), 10-12 gm of sowa (Anthem sowa Roxb.), 5-8 chotti illaichi (Elettaria cardamomum Maton.), 2-3 bari illaichi (Amomum subulatum Roxb.), 2 mint slug (Mentha piperita L.), mixture sieved to remove unwanted large particles, then little quantity from it grinded with fresh cleansed leaves of tukhme-balangah (Lallemantia royleana Benth.), and 4-5 nibat (candy sugar). It will be converted into semi solid mass; marble
like small tablets prepared and dried them in fan air, for expulsion of plasma membrane and of grain like for infertility.

- **Dose**: Tablet placed intra-vaginally twice daily for 7 days.

**Note**: For expulsion of plasma membrane first give gurr to lady after 2 hours of delivery, and then start therapy form night.

3. Use saltra julab* in water and take orally, once daily for 2 days.

4. Dasmol syrup** (herbal remedy) is given to lower the abdominal size.

5. Take zeera (*Cuminum cyminum* L.), saunf (*Foeniculum vulgare* var. Dulce.), mint slug (*Mentha piperita* L.), chotti illaichi (*Elettaria cardamomum* Maton.), mawa (*Quercus infectoria* Olivier.), injri (*Terminalia chebula* Retz.), castor seeds (*Ricinus communis* L.) and troh (*Citrullus colocynthis* (L.) Schrad.), which is already burned on heat and inner soft mass, is taken out. Grind all finely and make suppositories.
Dosage: Placed intra-anally at night. Repeat on alternative days. This will cause diarrhea and abdomen will be lowered.


7. Pallets placed intra-anally during menstruation.

8. Grind banth chori* to make fine powder and use it with water orally for 5-7 days.

9. After delivery in straight position place clay plate in standing position in space between abdomen and groin and then place two bricks over it. Repeat this procedure for 6 days regularly.

10. After delivery, message the body with mustard oil and then place mud plate on stomach and then keep red bricks (2-3) over it for 15-20 min for 11 days.

11. Massage the lower abdomen with mustard oil then place a mud plate and place red bricks (2-3) over it for 15-20 min once daily for 6-11 days.

12. Khopra (*Crocus nucifera* L.) & nibat (Candy
sugar) is taken orally.

13. Equal amount of powdered khopra (*Cocos nucifera* L.), misri (Crystal sugar), zeera (*Cuminum cyminum* L.), mint slug (*Mentha piperita* L.), chotti illaichi (*Elettaria cardamomum* Maton), dried ginger (sundh) (*Zingiber officinale* Roscoe) and black pepper (*Piper nigrum* L.).

The mixture is taken orally.

14. Boil mustard leaves in water and drink that water orally.

15. Powdered sowa (*Anethum sowa* Roxb.), and chotti illaichi (*Elettaria cardamomum* Maton.).

Then cotton swab dipped in black glycerine and in grinded powder.

**Dosage:** Placed intra-vaginally daily for 3 days.

16. Massage the abdomen with mustard oil. Then place mud plate over abdomen and place 3-4 red bricks over it. Place it for 15-20 min daily.

17. Place rohi (place mud plate on abdomen and then place 3 red bricks over it) on abdomen.

18. After delivery message the body with mustard oil and then place mud plate on abdomen and then keep red bricks (2-3) over it for 15-20 min
for 11 days.

19. Massage the lower abdomen with mustard oil then put mud plate over abdomen then place red bricks (2-3) on mud plate for 15-20 min once daily for 6-11 days.

20. Massage the lower abdomen with mustard oil, added sundh (*Zingiber officinale* Roscoe.) and ajwain (*Trachyspermum ammi* L.) in mustard oil. And then place mud plate over abdomen and then place red bricks (2-3) on mud plate for 15-20 min once daily for 14-15 days.

21. 2-3 kaphoi dana is taken daily after delivery for 20 days.

22. Ajwain (*Trachyspermum ammi* L.) fried in ghee grinded the mixture and prepared the remedy.

**Dosage:** Orally 2 times per day for 40 days after delivery.

23. Ajwain (*Trachyspermum ammi* L.) cooked in ghee and added some water to make a halwa.

**Dosage:** Orally 1 plate of halwa daily for 3 days.

24. Ajwain (*Trachyspermum ammi* L.) and gurr boiled in water. Sieved it and then used this water for 3 days, orally.
25. Araq of saunf (Foeniculum vulgare var Dulce.) mixed in salt.

**Dosage:** Orally for 8 months during pregnancy.

26. Tie rubber on abdomen for 3 days.

27. Place mud plate over abdomen and then put red bricks (2-3) on mud plate, for 15-20 min once daily for 6-11 days.

28. Equal amount of powdered sowa (Anethum sowa Roxb.), sathar (Origanum vulgare L.), zeera (Cuminum cyminum L.), nibat, khopra (Cocos nucifera L.), akhrot (Juglans regia L.), mithi kathi (Glycyrrhiza glabra L.), chelh chalk (Tamarindus indicum L.) and 2-3 mint slug (Mentha piperita L.) fried in 1 cup of butter oil to make remedy.

**Dosage:** Orally 1 table spoon once daily in morning for 4-5 days.

29. Massage the lower abdomen with mustard oil then place a mud plate and place red bricks (2-3) over it for 10 min once daily for 10-15 days.

30. Mix khopra (Cocos nucifera L.), misri, and 1 cup of butter and make remedy.

**Dosage:** Orally 2 table spoon thrice daily for 3
31. Sandho salt placed intra-vaginally for 10 days.
32. Misri placed intra-anally at night for 4-5 days.
33. Bari harir (Terminalia bellerica (Gaertn.) Roxb) placed intra-anally at night for 4-5 days.
34. Nibat placed intra-anally at night for 4-5 days.
35. Orally, 2 table spoons of desi butter oil in morning at fasting for 3 days regularly.
36. Tie cloth on abdomen for 15-30 minutes once daily for 10-15 days.
37. Powdered 2-3 choti illaichi (Elettaria cardamomum Maton.), 4-5 kali mirch (Piper nigrum L.), 2 table spoons zeera (Cuminum cyminum L.), panir (Withania coagulans Dunal.), sowa (Anethum sowa Roxb.) and cooked in 1 cup of butter oil.

**Dosage:** Orally in morning for 40 days.
38. Tie cloth on abdomen for 15-30 minutes in morning for 40 days regularly.
39. Massage the lower abdomen with mustard oil then place rohi over abdomen for 10 min once daily for 4 days.
40. Fry gurr and gandrem (wood) in 2 table spoons butter oil and use orally in morning for 7 days.

41. Massage the lower abdomen with mustard oil then place a mud plate and place red bricks (2-3) over it for 15-20 min once daily for 12 days.

42. Small amount of misri or gurr or black salt and placed intra-vaginally for 6-7 days.

43. Grinded sowa (Anethum sowa Roxb.) and saunf (Foeniculum vulgare var Dulce.). Converted into vaginal suppositories.

**Dosage:** Placed intra-vaginally once daily for 7 days.

44. Boil 10-12 panir (Withania coagulans Dunal.) in water. Sieve water and take orally in early morning.

45. Give Araq-32 (purchased from pansar) 2-3 spoons orally for 6 days.

46. Boiled wheat flour (Triticum aestivum L.) is used orally in morning at fasting for 3 day.

47. A piece of gurr is placed intra-vaginally for 3 days.

48. 2 table spoons of grinded zeera (Cuminum cyminum L.) is taken orally daily in morning at fasting for 6 days.
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<tbody>
<tr>
<td>49.</td>
<td>A small piece of misri placed intra-vaginally.</td>
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<tr>
<td>50.</td>
<td>Place mud plate over abdomen and then put red bricks (2-3) on mud plate, for 15-20 min once daily for 6-11 days.</td>
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<tr>
<td>51.</td>
<td>Massage the lower abdomen with mustard oil and place a mud plate and red bricks (2-3) over it for 10 min twice daily for 21 days.</td>
</tr>
<tr>
<td>52.</td>
<td>Massage the lower abdomen with mustard oil then place a mud plate and place red bricks (2-3) over it for 15-20 min once daily for 12 days.</td>
</tr>
<tr>
<td>53.</td>
<td>A piece of gurr placed intra-anally for 3 days.</td>
</tr>
<tr>
<td>54.</td>
<td>Small piece of nibat placed intra-vaginally for 3 days.</td>
</tr>
<tr>
<td>55.</td>
<td>Powdered badam (Prunus amygdalus L.), pista (Pistacia vera L.), chotti illaichi (Elettaria cardamomum Maton.), char magaz, sokha dhaniya (Coriandrum sativum L.), saunf (Foeniculum vulgare var Dulce.), misri, and wheat (Triticum aestivum L.). Cook all these things in ghee and then add khonr, khopra (Cocos nucifera L.) and sugar.</td>
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<tr>
<td><strong>Dosage:</strong></td>
<td>Orally 3 table spoon once daily for 10 days.</td>
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<tr>
<td>56.</td>
<td>Massage the lower abdomen with mustard oil</td>
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</table>
then placed mud plate and placed red bricks (2-3) over it for 15-20 min once daily for 7 days.

<table>
<thead>
<tr>
<th>12</th>
<th>Backache in menstruation</th>
</tr>
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<tbody>
<tr>
<td>1.</td>
<td>Soak mawa (<em>Quercus infectoria</em> Olivier.) over night; add misri (crystal sugar) or 5-6 nibat (candy sugar), (4-5) (<em>Elettaria cardamomum</em> Maton.) cardamom, and black pepper (<em>Piper nigrum</em> L.). Grind all and make a liquid to drink.</td>
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<tr>
<td>2.</td>
<td>Cook haliyo (<em>Asparagus officinalis</em> L.) in butter, and then add (<em>Elettaria cardamomum</em> Maton.) cardamom, misri or nibat (candy sugar). A semi solid mass will be formed this is to be taken orally. If any one wishes to be pregnant, use this formulation at 5-6th day of menstruation for 3 days.</td>
</tr>
</tbody>
</table>
| 3. | Take chalh chalk (*Tamarindus indicum* L.), neem fruit (*Azadirachta indica* J. Juss.), sehatakunar (*Boswellia serrata* Triana & Planch.) saunf (*Foeniculum vulgare* var. Dulce.), mint slug (*Mentha piperita* L.) and grind all and
- Dissolve a pinch of salt in water and knead that powder with this salty water and make small tablets from it.

**Dosage:** Tablet placed intra-anally for 1-2 months during the days of menstruation.


**Dosage:** Orally twice daily for 4-5 days.

5. Powdered waowal (*Apium graveolens* L.), baobarang (*Embelia ribes* Burm.f.), mawa (*Quercus infectoria* Olivier.), supari (*Areca catechu* L.), baokhumba (*Morus acida*) (Griff.), saunf (*Foeniculum vulgare* var. Dulce.), chotti illaichi (*Elettaria cardamomum* Maton.), mint slug (*Mentha piperita* L.) and crystal sugar, sieved it.

**Dosage:** Take 1 table spoon twice daily for 5 to 7 days.

6. Powdered bari illaichi (*Ammomum subulatum* Roxb.), chotti illaichi (*Elettaria cardamomum* Maton.), chotti wai, bari wai, chel chalk
(Tamarindus indicum L.), chel thumb, khopra (Cocos nucifera L.), and almonds. Mixed them all together then butter is added and converted into ball like marble.

**Dosage:** Ball placed intra-anally at night for 3 days.

7. Powdered khopra (Cocos nucifera L.), butter, shuhara (Phoenix dactylifera L.) and choti illaichi (Elettaria cardamomum Maton.). Mixed them all together and converted into ball like marble.

**Dosage:** Ball placed intra-anally for 3 days.

8. Bari harir (Terminalia bellerica (Gaertn.) Roxb.) dipped in ghee (purified butter and and Placed intra-anally.

<table>
<thead>
<tr>
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<th>To stop menstruation</th>
<th>1. Soak leaves of henna/mehndi (Lawsonia inermis L.) overnight, and make infusion, used orally to stop menstruation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>Contraception</td>
<td>1. Take surma (Antimony) orally on 11th or 21st day after delivery for permanent contraception.</td>
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<td>2. Mustard oil is applied intra-vaginally just before intercourse.</td>
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<td></td>
<td>3. Small piece of misri (Rock sugar) or sendho namak (Rock salt) is placed intra-vaginally after</td>
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</tbody>
</table>
3rd day of menstruation for 3 to 4 days. Repeat therapy after every 5-6 days.

4. Nichoro (ammonium chloride) and sandho namak (Rock salt) tied in cotton with thread, placed intra-vaginally after intercourse. (When some one wishes to conceive stop using it)

5. Use sandho namak (Rock salt) intra-vaginally before intercourse.

6. After delivery buried or through placenta in mud. This will give prevention for 4-5 years.

7. After pregnancy give Sulmani tea (normal tea without milk) to lady for 2-3 days.

8. Give guar phalli (cluster seeds) 4 seeds (Cyamopsis tetragonoloba L.) to a lady before clumping of cord after delivery for 2-3 years contraception.

9. Burn wood of singryun* and make ash then use this ash 1 spoon daily for 10 days in morning at fasting with water.

10. Place sea shell (sachi kodhi) in hot coal for 2-3 hours. Then grind it to make powder add candy sugar and give very small amount to lady for 3
days.

11. Take Surma (antimony) in small amount embedded in butter.

**Dosage:** Engulf orally, take it regularly for four days. Start this therapy from 3\(^{rd}\) day of menstruation. This will give permanent contraception.

12. A cotton swabs dipped in diluted detol is placed intra-vaginally after inter course.

13. From 60g of neel (Robbin blue) take 4\(^{th}\) part of it then mixe in water.

**Dosage:** This water is given 3 times after delivery. This can give contraception for about 5 years.

14. Take ratiyun\(^*\) with water after 21 days of delivery, once daily for 4 days. Then again take with water after 40th day of delivery once daily for 4 days.

15. After delivery honey is takenorally, daily for 40 days.


17. Pata pari gurr placed intra-vaginally for 3 days.

18. Leaves of mehndi (*Lawsonia inermis L.*) soak in
water at night. In morning sieve this water in muslin cloth then use orally.

19. Sandho salt placed intra-vaginally after coitus.

20. Grinded misri mixed with surma and butter.

**Dosage:** Orally 1 table spoon after 30 days of delivery.


22. 1 glass of cold water adde in grinded sundh (Zingiber officinale Roscoe).

**Dosage:** Orally 1 cup of this water once on last 3 days of menstruation.

23. Grinded mehndi (Lawsonia inermis L.), surma, bhang (Cannabis sativa L.) and kairi and converted into tablet.

**Dosage:** The tablet placed intra-vaginally at night for 3 days.

24. Sandho salt placed intra-vaginally at night for 3 days.

25. Fresh leaves of mehndi (Lawsonia inermis L.) soaked in water and sieved.

**Dosage:** Orally in morning for 4-5 days.

26. 1 table spoon surma is taken orally with 1 glass of water for 3 days.

**Dosage:** Suppository placed intra-vaginally as well as intra-anally in morning and removes at night for 3 days.

28. Grinded chotti harir (*Terminalia chebula* Retz.), khopra (*Cocos nucifera* L.), misri (Crystal sugar), nibat (Candy sugar), rose flowers (*Rosa Indica* L.) and butter oil and boiled in 250 ml water.

**Dosage:** Orally thrice daily for 3 days.

29. Mix 1 table spoon surma and 250 ml butter.

**Dosage:** 1 table spoon daily in morning at fasting for 3 days, orally.

30. Mixed 1 table spoon surma with 1 cup of yogurt.
Dosage: Orally 1 table spoon daily in morning at fasting for 5 days.

31. Cotton swab dipped in wine and placed intra-vaginally at night for 3 dyas.

32. Cotton swab dipped in extract of bhang (Cannabis sativa L.).

Dosage: Cotton placed intra-vaginally at night for 3 dyas.

33. Soak nar ghanda (Purchased from pansar) in water. Sieve this water in morning and take it orally for 3 days.

34. Cotton swab dipped in black & white glycerin & placed intra-vaginally for 3 days regularly.

35. Grinded sowa (Anethum sowa Roxb.), sathar (Origanum vulgare L.), sandho salt (Rock salt), glycerin, misri, honey, mint slug and mustard oil and converted into tablet.

Dosage: The tablet placed intra-vaginally at night for 6-7 days.

36. Grinded supari (Areca Catechu L.) used orally twice for 3 days after menstruation.

37. Sandho salt fried in small amount of ghee and
placed intra-vaginally before mating.

38. Grind some leaves of khabar and boil them in water. Use this water in morning for 3 days.

39. Take some papers. Burn it and make ash mix it in 1 glass of water and give this water to lady to drink it monthly (once in month).

40. Soak leaves of mehndi (*Lawsonia inermis* L.) in water at night. Sieve it and then use this water once daily in morning for 3 days.

41. Powdered sat sutyoone (purchased from pansar), zeera (*Cuminum cyminum* L.), chotti illaichi (*Elettaria cardamomum* Maton.), harmal (*Peganum harmala* L.), rewal, kini kathi (*Acorus calamus* L.).

**Dosage:** 1 table spoon twice daily for 3 days.

42. Boil egg of desi kukar and add surma in it. Use orally in morning at fasting for 3 days regularly.

43. Leaves of mehndi (*Lawsonia inermis* L.) and boiled in 500 ml water.

**Dosage:** Orally 1 glass daily in morning at fasting for 5 days continuously.

44. 1 kg hurbo (*Trigonella foenum-graecum* L.) and boiled in 500 ml water.

**Dosage:** Orally 1 glass twice daily for 5 days
| 15 | STDs (Sexually transmitted diseases) | 1. Pak supari** (herbal remedy) and mawa (Quercus infectoria Olivier.) is used to treat STD and pelvic inflammatory disease.
2. Powdered misri (little bit), 1 pinch of sendho namak (crystal salt), 10 gm of kamarkas (Salvia plebeia R. Brown.), 10 gm of kahri (Symplocos racemosa Roxb.), 10 gm of baobarang (Embelia ribes Burm.f.), 5 gm of Sathar (Origanum vulgare L.), 10 gm of wao wal (Apium graveolens L.), 1 whole nut of phiki chaliya (Areca catechu L.), mawa (Quercus infectoria Olivier.), 10-12 gm of sowa (Anthem sowa Roxb.), 5-8 chotti illaichi (Elettaria cardamomum Maton.), 2-3 bari illaichi (Amomum subulatum Roxb.), 2 mint slug (Mentha piperita L.), mixture sieved to remove unwanted large particles, then little quantity from it grinded with fresh cleansed leaves of tukhm-e-balangah (Lallemantia royleana Benth.), and 4-5 nibat (candy sugar).
- It will be converted in semi solid mass; |
marble like small tablets prepared and dried them in fan air.

**Dose**: Twice a day orally for 5-8 days.

3. Boil leaves of neem (*Azadirachta indica* J. Juss.) in water and dip cotton swab in extract and clean that area.

4. Use smoke of neem leaves (*Azadirachta indica* J. Juss.) and ajwain (*Trachyspermum copticum* L.) intra-vaginally.

5. Dipped cotton swab in black glycerin placed intra-vaginally for 3 days.

6. Boiled neem leaves (*Azadirachta indica* J. Juss.) till the extract becomes green in color and used it for vaginal washing for few days.

7. Boiled neem leaves (*Azadirachta indica* J. Juss.) in water and then adds fuller’s earth in it for soaking. When it becomes like paste use for vaginal cleaning. Use it till itching ends.

8. Cleanse vagina with water of shesha (huke ka pani).

9. Take neem leaves (*Azadirachta indica* J. Juss ) & boil them for 20 min in water, then add
pyodine.

**Dosage:** Use this water for 15 days for vaginal cleaning every time when ever you go to toilet (avoid usage of normal water).

10. Burn Sea shell in fire; grind them to make fine powder. Sieve it from muslin cloth and use this powder for itching and rashes.

11. Boil neem leaves (*Azadirachta indica* J.Juss.) in water and take bath from it. Along with it apply mixture of mustard and coconut oil.

12. Sowa (*Anethum sowa* Roxb.) boiled in water. Use this water for wazu.

13. Sandho salt fried in ghee and placed intra-vaginally for 3-4 days.

14. Bark of babul (*Acacia nilotica* L. Willd.) boiled in water. Use this water for cleaning.


**Dosage:** Use this water every time when you go to washroom.

16. Grinded zeera (*Cuminum cyminum* L.), saunf (*Foeniculum vulgare* var. Dulce.), 3-4 chotti illaichi (*Elettaria cardamomum* Maton.), chel chalk (*Tamarindus indicum* L.), thank thuryon,
3-4 badaam (*Prunus amygdalus* L.), khopra (*Cocos nucifera* L.), kamarkas (*Salvia plebeian* R. Brown.), kaseely*, mawa (*Quercus infectoria* Olivier.), sakar (*Tamarix aphylla* L.), khunwar, misri (Crystal sugar). Mixed them all together and cooked in desi ghee also added small amount of water.

**Dosage:** Oarlly 2 table spoons daily for 40 days.

**Precautions:** Don’t take lasi and red chilli.

17. Equal quantity of powdered mint slug (*Mentha piperita* L.), misri and salt, added small amount of water in it and converted into tablet form.

**Dosage:** 1 tablet placed intra-vaginally, daily for 5 days.

18. Leaves of nim (*Azadirachta indica* J. Juss.) boiled in water and then sieved. 8-9 drops of dettol added in that water. This water is used for bath.


**Dosage:** Placed intra-vaginally at night for 3-4 days.
20. Cotton dipped in white glycerin. Placed intra-vaginally at night and removes in morning for 3 days.

21. Cotton dipped in wine. Placed intra-vaginally at night and remove in morning for 3 days.


**Dosage:** The tablet placed intra-vaginally at night for 3 days.

23. Mesh 2-3 chotti illaichi (*Elettaria cardamomum* Maton.), sowa (*Anethum sowa* Roxb.), mint slug (*Mentha piperita* L.) and soak it in water. Sieve this water and use orally for 3 days.

24. Boil the bark of babur (*Acacia nilotica* L. Willd). Sieve this water and add 2-3 drops of detol. Use this water for wazoo thrice daily for 3-4 days.

25. Cotton swab dipped in wine and placed intra-vaginally at night for 3-4 days.

**Precaution:** *Avoid mating in these days.*

26. Phitkari soaked in small amount of water and placed intra-vaginally at night for 4-5 days.
| 27. Perform wazoo with detol water. |
| 28. Boil fresh leaves of neem (*Azadirachta indica* J. Juss.) and take bath. |
| 29. Powdered supari (*Areca Catechu* L.), mawa (*Quercus infectoria* Olivier.) and kamarkas (*Salvia plebeian* R. Brown.). Converted into vaginal suppository and used intra-vaginally once daily for 3 days. |
| 30. Cotton swab dipped in glycerin and placed intra-vaginally for 3 days at night. |
| 31. Equal amount of grinded supari (*Areca Catechu* L.), anar (*Punica granatum* L.), zeera (*Cuminum cyminum* L.), bark of babur (*Acacia nilotica* L. Willd) and some leaves of nazboo (*Lallemantia royleana* Benth.). Boiled in 2 glass of water. 2 table apoons of butter oil, wheat flour (*Triticum aestivum* L.) and small piece of misri added in it until 1 glass remained. |

**Dosage:** Use this water orally in morning at fasting for 3 days. |
Maton.), bari illaichi (*Ammomum subulatum* Roxb.) and haldi (*Curcuma longa* Linn).

**Dosage:** Orally in morning for 3 days.

33. 3-4 drops of detol mixed in 1 tub of water. Use this water for wazoo for 2-3 days regularly.

34. Gilab of arandi (*Ricinus communis* L.) mixed in tea without milk or in hot milk. Use this tea or milk in morning at fasting for 3 days.

35. Equal amount of powdered panir (*Withania coagulans* Dunal.), chotti illaichi (*Elettaria cardamomum* Maton.) and misri. Small amount of water added in it and converted into vaginal suppositories.

**Dosage:** Suppository placed intra-vaginally in night for 3 days.

36. Boil leaves of neem (*Azadirachta indica* J. Juss.). Take steam of this water once daily.

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16 To start menstruation

1. Coffee (*Coffea arabica* L.) is taken twice a day on relevant date, (i.e. before the periods date) it will stimulate the menstrual cycle.

2. Carum seeds (*Trachyspermum ammi* L.) are
<table>
<thead>
<tr>
<th></th>
<th>Vaginal pruritus</th>
<th>boiled with gurr, and this tea is used for increasing menstruation after delivery.</th>
</tr>
</thead>
<tbody>
<tr>
<td>17</td>
<td>Fresh gum resins of <em>Acacia nilotica</em> L. Willd (babool) are collected and soaked overnight then boiled. This water is used to cleanse the vagina.</td>
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</tr>
<tr>
<td></td>
<td>Leaves of neem (<em>Azadirachta indica</em> J. Juss.) are boiled and that extract is used.</td>
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<td></td>
<td>Leaves of neem (<em>Azadirachta indica</em> J. Juss.), leaves of mehndi (<em>Lawsonia inermis</em> L.) &amp; leaves of shahtro suti* (leaves) are cooked in water then the water is used for vaginal cleaning (Avoid usage of normal water)</td>
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<td></td>
<td>Bark of babul (<em>Acacia nilotica</em> L. Willd.) boiled in water. Use this water for cleaning.</td>
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<td></td>
<td>Sowa (<em>Anethum sowa</em> Roxb.) boiled in water. Use this water every time when you go to washroom.</td>
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<td></td>
<td>Leaves of neem (<em>Azadirachta indica</em> J. Juss.) boiled in small amount of water. Sieved it with muslin cloth then added salt in the water. Pour this water in a tub; sit in the tub for 10 mins after taking bath.</td>
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<td></td>
<td>Dysmenorrhea</td>
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<tr>
<td>7.</td>
<td>Leaves of neem (<em>Azadirachta indica</em> J. Juss.) boiled in water and use this water for cleaning.</td>
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</tr>
<tr>
<td>1.</td>
<td>Water extract of Nazboo (<em>Lallemantia royleana</em> Benth.), mixed with misri and zeera (<em>Cuminum cyminum</em> L.) is used orally.</td>
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<tr>
<td>2.</td>
<td>Nazboo (<em>Lallemantia royleana</em> Benth.), gurr, and white zeera (<em>Cuminum cyminum</em> L.) used in extract form to reduce pain in menstruation.</td>
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<tr>
<td>4.</td>
<td>Mawa (<em>Quercus infectoria</em> Olivier.) is soaked overnight and that extract is taken orally in morning to treat painful menstruation.</td>
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<tr>
<td>5.</td>
<td>Grinded misri (crystal sugar) with fresh leaves of tukhm-e-balangah (<em>Lallemantia royleana</em> Benth.) added in some water.</td>
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</table>

**Dosage:** Orally for 3 days during menstruation.

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little amount of halbhiyao*, regular salt, and 4-5 cloves of Garlic (*Allium sativum* L.).

- Fry injri (*Terminalia chebula* Retz.) and garlic (*Allium sativum* L.) in butter oil and wiped off oil.
- Grind all things together and then add Hal bhiyao* and then converted into grain like tablets, covered 1 tablet in cotton, tied in thread.

**Dosage:** Tablet placed intra-vaginally for 8-10 days after menstruation.

7. Soak chow julab* in water overnight then boil e.

**Dosage:** Orally for 2 days in morning at fasting.

8. Misri soaked in clarified butter for some time.

**Dosage:** Placed intra-vaginally for 1st three days as menstruation starts (for married only).

9. Add starch in butter oil then add chotti illaichi (*Elettaria cardamomum* Maton.), coconut (*Cocos nucifera* L.) and raisins (large).

**Dosage:** Orally for 3-4 days.

**Note:** Soak starch in water before adding.

10. Take dried petals of rose (1 punch), little bit of ajwain (*Trachyspermum copticum* L.), old gurr
small piece (to taste), 5 illaichi chotti (*Elettaria cardamomum* Maton.), Boil them in one and half liter water untill remains one cup, and then sieve it.

**Dosage:** Oral for 3 days from the 1\(^{st}\) day of menstruation.

11. Soak nazboo (*Lallemantia royleana* Benth.) overnight in water, and then add misri in it.

**Dosage:** Give it to lady for 3 days once daily.

12. Boil kasu fhul (*Butea monospora* (Lam.) Taub.) in little water then put these boiled flowers in muslin cloth tie it and give warmth to groin. Do it for 2 days.

13. Soak zeera (*Cuminum cyminum* L.) overnight in water.

**Dosage:** Give it to lady to drink in morning at fasting, for 6-7 days then soak sowa (*Anethum sowa* Roxb.) and give that water to lady to drink for further 7 days.

14. Take 250 gm of sowa (*Anethum sowa* Roxb.) soaked in water overnight, and then in next morning drink that water.

Cook the remaining residue of sowa (*Anethum*
14. Grinded leaves of sowa (Anethum sowa Roxb.) in clarified butter with wheat and sugar to make sweet dish.

**Dosage:** Orally for 2 days in menstruation.

15. Grinded leaves of nazboo (Lallemantia royleana Benth.) and add a pinch of rock salt (sandhu namak) in it. Tied this paste in cotton cloth.

**Dosage:** Placed intra-vaginally. Repeat the same procedure for five days after menstruation.

16. Take leaves of neem (Azadirachta indica J. Juss.), grind and converted into tablet form.

**Dosage:** The tablet placed intra-vaginally for three days.

17. Grinded nazboo (Lallemantia royleana Benth.), misri (crystal sugar) and green cardamom (Elettaria cardamomum Maton.) and added 250 ml water in it.

**Dosage:** Give this decoction to lady to drink during the days of menstruation for 3 days.

18. Grinded sather (Origanum vulgare L.), sowa (Anethum sowa Roxb), neem leaves (Azadirachta indica J. Juss.), leaves of sinyar (Rhazya stricts Decne.) and gurr, mixed all and converted into tablet form.
**Dosage:** Tablet placed intra-vaginally once daily for 3 days. After that put that tablet in soil, but do not discard.

19. In summer season, seeds of nazboo (*Lallemantia royleana* Benth.) soaked at night, mixed with gurr, and drink it.

While in winter season boiled sowa (*Anethum sowa* Roxb.) in water mixed with gurr.

**Dosage:** Orally, start this therapy on 1st day of menstruation and continue it for three days.

20. Grind ajwain (*Trachyspermum copticum* L.) or nazboo (*Lallemantia royleana* Benth.) with crystal sugar (misri) and add water to make suspension.

**Dosage:** Orally during menstruation.

21. Take coal ash tied in a cloth and give warmth to groins.

22. Grind nazboo leaves (*Lallemantia royleana* Benth.), chotti illaichi (*Elettaria cardamomum* Maton.) and crystal sugar (misri), then add water and give to lady to drink.

23. Add 2 table spoon butter oil in hot milk and give to lady to drink daily for 3 days.
24. Fresh leaves of nazboo (*Lallemantia royleana Benth.*) are taken and added a pinch of salt in it and tied with thread.

**Dosage:** Then it is placed intra-vaginally for 3 days.

25. Dipped cotton swab in black and white glycerine and placed intra-vaginally for 4 days twice daily.

26. Grind fresh leaves of nazboo (*Lallemantia royleana Benth.*) with water.

**Dosage:** Orally daily for 3 days.

27. For unmarried: Sowa (*Anethum sowa* Roxb.) tied in a cloth, and placed in water. Cleans with this water daily.

28. Podina leaves (*Mentha piperita* L.), saunf (*Foeniculum vulgare* var. Dulce.), chotti illaichi (*Elettaria cardamomum* Maton.) and misri (crystal sugar) all soaked in water over night.

**Dosage:** Orally in next morning at fasting.

Repeat the procedure till the pain reduces.

29. For Married: Powdered sowa (*Anethum sowa* Roxb.), chotti illaichi (*Elettaria cardamomum* Maton.) and bhang (*Cannabis sativa* L.), and
tied in a cloth.

**Dosage:** This tied cloth placed intra-vaginally for 3-4 days daily at night. Expel it out in next morning.

30. Grinded bhang (*Cannabis sativa* L.) and nazboo (*Lallemantia royleana* Benth.) tied in a cloth.

**Dosage:** Placed intra-vaginally for 3 days.

31. A piece of mint slug (*Mentha piperita* L.) is placed intra-anally.

32. Equal amount powdered leaves of nazboo (*Lallemantia royleana* Benth.) and chotti illaichi (*Elettaria cardamomum* Maton.). Mixed them and make suppositories.

**Dosage:** Placed intra-vaginally daily at night for 3 days.

33. Nazboo (*Lallemantia royleana* Benth.) soaked in water at night.

**Dosage:** Use this water in morning for 3 days.

34. Sowa (*Anethum sowa* Roxb.), choti harir (*Terminalia chebula* Retz.) and podina (*Mentha piperita* L.) soaked them in water for whole
**Dosage:** Use orally in morning on 2\textsuperscript{nd} and 3\textsuperscript{rd} day of menstruation.

35. Powdered nazboo (*Lallemantia royleana* Benth.) tied in cloth.

**Dosage:** Place intra-vaginally for 3 days.

36. Grind leaves of nazboo (*Lallemantia royleana* Benth.) in water then use this water orally for 3 days.

37. Equal amount of leaves of nazboo (*Lallemantia royleana* Benth.), sowa (*Anethum sowa* Roxb.) and gurr fried them in ghee and added some wheat flour (*Triticum aestivum* L.).

**Dosage:** Orally for 3 days regularly.

38. Soak nazboo (*Lallemantia royleana* Benth.) in water. Grind it and use orally.

39. Leaves of Nazboo (*Lallemantia royleana* Benth.) boiled with small amount of water.

**Dosage:** Use this water orally regularly in morning for 2 days in winter.
40. Leaves of methi (*Trigonella foenum-graecum* L.) boiled with small amount of water.

**Dosage:** Use this water orally regularly in morning for 2 days.

41. Soak gurr in small amount of water. Use this water in morning for 3-4 days in summer, orally.

42. Sowa (*Anethum sowa* Roxb.) boiled in water. Added misri in it.

**Dosage:** Use this water orally daily during menstruation for 5-6 days in winter.

43. One table spoon Ajwain (*Trachyspermum ammi* L.), saunf (*Foeniculum vulgare* var Dulce.), 2 bari ilaichi (*Ammomum subulatum* Roxb.), (5-6) Chotti illaichi (*Elettaria cardamomum* Maton.), dar cheni (*Cinnamomum zeylanicum* Garvin ex Blume.). Mix them and add 3-4 glass of water and boil it.

**Dosage:** Orally for 3 days.

44. Powdered kini kathi (*Acorus calamus* L.), sathar (*Origanum vulgare* L), sufaid wal, kali wal, sandho salt (Rock salt). Mixed this powder
with small amount of water & converted into tablet form.

**Dosage:** The tablet placed it inter-vaginally for 10-12 days in morning & remove at night.

45. Boil one table spoon of sowa (*Anethum sowa* Roxb.) in water and then sieve it.

**Dosage:** Use this water orally daily two times for 2-3 days.

46. 32 herbs (purchased from pansar) boiled in water and sieved.

**Dosage:** Orally for 3 days.

47. 1 table spoon ajwain (*Trachyspermum ammi* L.) mixed in a cup of tea.

**Dosage:** The tea used 2 times per day for two days, orally.


**Dosage:** Use this water orally, early in the
morning during menstruation.

49. One table spoon sowa (*Anethum sowa* Roxb) fried in ghee.

**Dosage:** Orally 3-4 times in day for 2 days.

50. Bark of babur (*Acacia nilotica* L. Willd.) soaked in water and sieved.

**Dosage:** Orally 2 times for 2-3 days.

51. Add 1 table spoon powdered zeera (*Cuminum cyminum* L.) in 1 glass of water.

**Dosage:** Orally, daily in early morning for 40 days.

52. Nibaat soaked in water and use this water daily in morning for 3 days, orally.


**Dosage:** Orally, 1 table spoon twice daily for 3-4 days with milk in summer. In winter boil all them, sieve them and take this water twice daily for 3-4
54. Saunf (*Foeniculum vulgare* var Dulce.), sowa (*Anethum sowa* Roxb.) and bari illaichi (*Ammomum subulatum* Roxb.) boiled all them in milk.

**Dosage:** Orally 1 glass of this milk in early morning during menstruation for 5 days.

55. Janr (*Trachyspermum ammi* L.) boiled in water.

**Dosage:** Orally half glass of this water during menstruation for 5 days.

56. Grinded gulkand, choti illaichi (*Elettaria cardamomum* Maton.), jarn (*Trachyspermum ammi* L.) and saunf (*Foeniculum vulgare* var Dulce.). All are boiedl in milk.

**Dosage:** Orally 1 glass once daily at night for 3 days.

57. Take kasophal, haldi, feces of camel, leaves of khabar, oil of tir (*Sesamum indicum* L.) and wheat flour (*Triticum aestivum* L.). Mesh leaves of khabar and then mix rest of things to make a thick mixture. Put this mixture in a cloth and then tie this cloth on abdomen once daily for 3 days.
58. Mint slug (Mentha piperita L.), zeera (Cuminum cyminum L.) and kali mirch (Piper nigrum L.) cooked all these in butter like halwa.

**Dosage:** Orally, half plate of halwa once daily for 3 days.

59. Saunf (Foeniculum vulgare var Dulce.) boiled in water and sieved.

**Dosage:** Orally 1 cup of this water once for 2-3 days.

60. Use saunf (Foeniculum vulgare var Dulce.) orally once daily for 2-3 days.

61. Powdered supari (Areca catechu L.), pistan ja gul, anjpal ka sharbat, nazboo (Lallemantia royleana Benth.), peel of anar (Punica granatum L.) and mawa (Quercus infectoria, Olivier.).

**Dosage:** Orally 1 table spoon once daily during menstruation for 3-6 days.

62. Nibat, misri, 3-4 chotti illaichi (Elettaria cardamomum Maton.), Singhara (Trapa bispinosa Roxb.), and 250 ml butter oil boiled all in 500 ml milk.

**Dosage:** Orally 1 glass twice daily for 6-7 days continue for 7 month.
63. Take tringh (Purchased from pansar) and cook it in 150 ml milk/butter/ghee or water to make remedy.

**Dosage:** Orally in morning at fasting for 3 days.

64. Grinded fresh leaves of nazboo (*Lallemantia royleana* Benth.), bhang (*Cannabis sativa* L.), ajwain (*Trachyspermum ammi* L.) and 2-3 mint slugs (*Mentha piperita* L.) boiled in water. Sieved this water.

**Dosage:** Orally in morning during menstruation.


**Dosage:** Orally once daily in morning for 3-5 days.


**Dosage:** Orally 1 table spoon daily in morning at fasting for 3-5 days.
67. Equal amount of supari (*Areca Catechu* L.), sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.), 4-5 chotti illaichi (*Elettaria cardamomum* Maton.), 2 mint slug (*Mentha piperita* L.) and gurr fried in 250 ml butter oil and added some wheat flour in it.

**Dosage:** Orally in morning at fasting for 3 days regularly.

68. Small piece of kini kathi (*Acorus calamus* L.) placed intra-vaginally at night for 3-4 days.


**Dosage:** Orally 1 plate daily in morning at fasting
<table>
<thead>
<tr>
<th>No.</th>
<th>Description</th>
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<tbody>
<tr>
<td>70.</td>
<td>1 table spoon grinded ‘zaifan wari sutti’ (Purchased from pansar) taken twice daily for 3-4 days.</td>
</tr>
<tr>
<td>71.</td>
<td>Take fresh and washad leaves of nazboo (\textit{Lallemantia royleana} Benth.) and mesh them. Boil it in water and sieve it. <strong>Dosage:</strong> Use this water twice daily for 4-5 days, orally.</td>
</tr>
<tr>
<td>72.</td>
<td>Take bhang (\textit{Cannabis sativa} L.) and grind it. Make vaginal suppositories <strong>Dosage:</strong> Suppositories placed intra-vaginally at night for 3 days.</td>
</tr>
<tr>
<td>73.</td>
<td>Grinded nazboo (\textit{Lallemantia royleana} Benth.), raswal (\textit{Berberis vulgaris} L.), chotti illaichi (\textit{Elettaria cardamomum} Maton.), mint slug, misri and nibat, and converted into vaginal suppositories. <strong>Dosage:</strong> Suppositories placed intra-vaginally in night for 3 days.</td>
</tr>
<tr>
<td>74.</td>
<td>Bari harir (\textit{Terminalia bellerica} (Gaertn.) Roxb) boiled in small amount of milk. After cooling placed intra-anally for 3 days.</td>
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</table>

**Dosage:** Orally 2 table spoons thrice daily for 3 days.

76. Sowa (*Anethum sowa* Roxb.) is burnt and converted into ash then kept it on head.

77. Small piece of misri and placed it intra-vaginally at night and remove in morning for 3 days.

78. Gurr is placed intra-vaginally at night and remove in morning for 3 days.

79. Take equal amount of sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.), dhania (*Coriandrum sativum* L.) and misri. Mesh them and make vaginal suppositories.

**Dosage:** Suppository placed intra-vaginally in morning and remove at night for 3 days regularly.

80. Take 2-3 chotti illaichi (*Elettaria cardamomum* Maton.), 1 bari illaichi (*Ammomum subulatum* Roxb.) and gurr. Mesh them and make vaginal
suppositories.

**Dosage:** Suppository placed intra-vaginally at night for 3-4 days regularly.

**81.** Sandho salt placed intra-vaginally at night for 3 days.

**82.** Mint slug placed intra-vaginally at night for 2-3 days.


**Dosage:** Suppository placed intra-vaginally at night for 11 days regularly.

**84.** Take hurbo (*Trigonella foenum-graecum* L.) and boil it in water. Sieve water.
|   |   | **Dosage:** Use this water in morning at fasting for 3 days.  
|---|---|---|
| 85. | Take panir (*Withania coagulans* Dunal.) and boil it in water. Sieve this water. | **Dosage:** Use this water in morning at fasting for 3 days.  
| 86. | 1 table spoon of grinded supari (*Areca Catechu L.*) used orally, daily in morning at fasting for 3 days. | **Dosage:** Orally 1 atble spoon daily in morning at fasting for 3 days.  
| 87. | Take peel of anar (*Punica granatum* L.) and mesh it. | **Dosage:** Orally 1 table spoon daily with water for 3 days.  
| 88. | Cotton swab dipped in black, white and green glycerin and placed intra-vaginally during menstruation for 3 days in morning. | **Dosage:** Orally 1 table spoon daily with water for 3 days.  
| 89. | Powdered nazboo (*Lallemantia royleana* Benth.), misri and mint slug. | **Dosage:** Orally 1 table spoon daily with water for 3 days.  
| 90. | Make vaginal suppositories. | **Dosage:** Orally 1 table spoon daily with water for 3 days.  
| 91. | Take bhang (*Cannabis sativa* L.) and mesh it. | **Dosage:** Orally 1 table spoon daily with water for 3 days.  

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**Dosage:** Place it intra-vaginally for 7 days in night regularly.


**Dosage:** Orally 2 table spoons daily in morning at fasting for 3 days.

93. Take fresh leaves of nazboo (*Lallemantia royleana* Benth.) and ajwain (*Trachyspermum ammi* L.). Mesh them and make vaginal suppositories.

**Dosage:** Place intra-vaginally during last 3 days of menstruation.

94. Take kini kathi (*Acorus calamus* L.), bhang (*Cannabis sativa* L.) and leaves of nazboo (*Lallemantia royleana* Benth.). Mesh them and make vaginal suppositories.

**Dosage:** Place intra-vaginally at night and remove
in morning during last 3 days of menstruation.

95. Take fresh leaves of nazboo (*Lallemantia royleana* Benth.) and soak it in water. Sieve this water.

**Dosage:** Use this water orally in morning at fasting during last 3 days of menstruation.


**Dosage:** Place intra-vaginally in morning and remove after 2 days repeat it 3 times.

97. Take fresh leaves of nazboo (*Lallemantia royleana* Benth.). Mesh them and make vaginal suppositories.

**Dosage:** Place it intra-vaginally in morning and remove after 2 days repeat it 3 times.

98. Grinded chotti wai (*Embelia robusta* Roxb.), bari wai (*Phaseolus vulgaris* L.), chelh chalk (*Tamarindus indicum* L.), mawa (*Quercus infectoria* Olivier.), supari (*Areca Catechu* L.)
and misri. Cooked it in 1 cup of butter oil then added 250 ml water.

**Dosage:** The water used orally in morning for 3 days.


**Dosage:** Place it intra-vaginally in morning and remove in night for 3 days.


**Dosage:** The water is used in morning at fasting for 6 days.

101. Take zaifan wari sutti (Purchased from
pansar) and grind it. Boil it in 250 ml water.

**Dosage:** Use this water in morning during menstruation for 3 days.

102. Small piece of misri placed intra-vaginally.

103. Half mint slug placed intra-anally.

104. Powdered saunf (*Foeniculum vulgare* var Dulce.), lemon, jafar and mint slug.

**Dosage:** Orally 1 table spoon daily in morning for 5 days.

105. 1 table spoon saunf (*Foeniculum vulgare* var Dulce.) used orally, daily in morning for 3 days.

106. Boil miswak (*Salvadora persica* Wall.) in water. Sieve water use orally in morning for 3 days.

107. Grinded saunf (*Foeniculum vulgare* var Dulce.), nibat, misri, zaifan wari sutti (purchased from pansar).

**Dosage:** Orally 1 table spoon of this remedy with 1 cup of milk daily at night for 10-12 days.

108. Boil 2-3 chotti illaichi (*Elettaria cardamomum* Maton.), 1 table spoon saunf (*Foeniculum vulgare* var Dulce.), gurr and some
flowers of rose (*Rosa indica* L.), chimkani (*Cassia fistula* L.) and 2 table spoon butter oil in 2 glass of water. When 1 glass remains sieve it.

**Dosage:** Orally in morning for 3 days.

**109.** Boil the grinded mixture of leaves of nazboo (*Lallemantia royleana* Benth.) and gurr.

Sieve this water.

**Dosage:** Orally in morning during menstruation.

**110.** Add 1 spoon of extract of nazboo (*Lallemantia royleana* Benth.) in 1 glass of water.

**Dosage:** Orally for 4-5 days.

**111.** Mesh equal amount of gurr and table salt by the help of hand. Convert into small tablet.

**Dosage:** The tablet placed intra-vaginally for 3 days.

**112.** Take tringh (purchased from pansar) and boil it in water. Sieve this water.

**Dosage:** Orally in morning at fasting for last 3 days of menstruation.

**113.** Fry leaves of nazboo (*Lallemantia royleana* Benth.), chotti illaichi (*Elettaria cardamomum* Maton.) and gurr in small amount of butter oil then add 1 glass of water. Boil all together.
<table>
<thead>
<tr>
<th>Dosage:</th>
<th>Use this water orally early in the morning during menstruation.</th>
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</thead>
<tbody>
<tr>
<td>Dosage:</td>
<td>Suppository placed intra-vaginally at night for 3 days.</td>
</tr>
<tr>
<td>Dosage:</td>
<td>1 table spoon orally in morning for 4-5 days.</td>
</tr>
<tr>
<td>116.</td>
<td>Boil halio, gurr, and dhania (<em>Coriandrum sativum</em> L.) in 250ml water. When half water left then sieve it.</td>
</tr>
<tr>
<td>Dosage:</td>
<td>Orally once daily for 3 days.</td>
</tr>
<tr>
<td>117.</td>
<td>Powdered ghora wal (<em>Cassia angustifolia</em> Vahl.) and grass. 1 table spoon this powder added in 1 glass of water.</td>
</tr>
<tr>
<td>Dosage:</td>
<td>Orally in morning at fasting for 3 days.</td>
</tr>
<tr>
<td>118.</td>
<td>Fry halio, 3-4 chotti illaichi (<em>Elettaria cardamomum</em> Maton.) and small piece of gurr in small amount of butter oil and mesh them. Use</td>
</tr>
</tbody>
</table>
orally during menstruation.

119. Equal amount of 2-3 chotti illaichi (*Elettaria cardamomum* Maton.) boiled in 250ml water and 100 ml milk added in it. This is known as tringh.

**Dosage:** Orally twice daily during menstruation.


**Dosage:** Suppository placed intra-vaginally for 3 days at night regularly.

121. Cotton swab dipped in wine & placed intra-vaginally for 3-5 days regularly (only married females).


**Dosage:** Placed intra-vaginally twice daily for 3 days.
<p>| | |</p>
<table>
<thead>
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<tbody>
<tr>
<td><strong>123.</strong> Powdered boti madra, podina (<em>Mentha Piperita</em> L.), bari illaichi (<em>Ammomum subulatum</em> Roxb.) and chotti illaichi (<em>Elettaria cardamomum</em> Maton.).</td>
<td><strong>Dosage:</strong> Orally 1 table spoon once daily with a glass of water for 3-4 days.</td>
</tr>
<tr>
<td></td>
<td><strong>124.</strong> Zeera (<em>Cuminum cyminum</em> L.) is used orally once daily for 3 days.</td>
</tr>
<tr>
<td></td>
<td><strong>125.</strong> Grinded fresh leaves of nazboo (<em>Lallemantia royleana</em> Benth.) and chotti illaichi (<em>Elettaria cardamomum</em> Maton). Converted into small tabelet form.</td>
</tr>
<tr>
<td></td>
<td><strong>Dosage:</strong> 1 tablet orally, twice daily for 3 days.</td>
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<tr>
<td></td>
<td><strong>126.</strong> Fresh leaves of nazboo (<em>Lallemantia royleana</em> Benth.) tied on abdomen for 30 minutes during menstruation.</td>
</tr>
<tr>
<td></td>
<td><strong>127.</strong> Araq 32 used orally, half cup twice daily for 15-20 days.</td>
</tr>
<tr>
<td></td>
<td><strong>128.</strong> Powdered 32 herbs (purchased from pansar), chelh chalk (<em>Tamarindus indicum</em> L.) and 3-4 chotti illaichi (<em>Elettaria cardamomum</em> Maton.).</td>
</tr>
</tbody>
</table>
**Dosage:** Orally 1 table spoon thrice daily for 6-7 days.

129. 3 table spoon mustard oil added in powdered chotti illaichi (*Elettaria cardamomum* Maton.) and ajwain (*Trachyspermum ammi* L.). Cotton swab dipped in this oil.

**Dosage:** Cotton placed intra-vaginally at night for 5-6 days regularly.

130. Powdered waowal, waowarang, jafar (*Myristica fragrans* Houtt.), khopra (*Cocos nucifera* L.), fresh leaves of neem (*Azadirachta indica* J. Juss.) and paryo. Small amount of water added to make small tablet.

**Dosage:** The tablet placed intra-vaginally daily in morning for 3-4 days.

131. Boil fresh leaves of neem (*Azadirachta indica* J. Juss.) in water. Sieve this water and put it in large tub. Sit in tub after taking bath (takor).

132. Boil fresh leaves of nazboo (*Lallemantia royleana* Benth.) and zeera (*Cuminum cyminum* L.) in 500 ml water and sieve this water.
Dosage: Use this water orally daily in morning for 3 days.


Dosage: Orally 1 table spoon twice daily for 3 days.


Dosage: Orally 1 cup daily in morning for 3 days.

135. Orally Araq 32 ½ cup twice a day (2 bottles).

136. Burn sowa (*Anethum sowa* Roxb.) and sathar (*Origanum vulgare* L.) and make ash. Add 1 glass of water in ash and boil it.

Dosage: Orally 1 cup daily in morning at fasting for 5-6 days regularly.
137. Mesh equal amount of nazboo (L allemantia royleana Benth.), sowa (Anethum sowa Roxb.), sathar (Origanum vulgare L.), chelh chalk (Tamarindus indicum L.), chotti illaichi (Elettaria cardamomum Maton.), kini kathi (Acorus calamus L.), hurbo (Trigonella foenum-graecum L.), mosfai, molalai (Red earth), chotti wai (Embelia robusta Roxb.), bari wai (Phaseolus vulgaris L.), gondo*, songhryon (Gossypium arboreum L.) and mint slug (Mentha piperita L.). Converted into vaginal suppositories and placed intra-vaginally for 5-6 days at night regularly.

138. Soak equal amount of podina (Mentha Piperita L.), saunf (Foeniculum vulgare var Dulce.), hurbo (Trigonella foenum-graecum L.), sowa (Anethum sowa Roxb.), chotti wai (Embelia robusta Roxb.), bari wai (Phaseolus vulgaris L.) and chotti illaichi (Elettaria cardamomum Maton.) in water at night. In early morning sieve this water.

**Dosage:** Orally 1 glass daily in morning at fasting during menstruation for 3 days.
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<tbody>
<tr>
<td><strong>Dosage:</strong></td>
<td>Orally 1 table spoon twice daily for 4-85 days.</td>
</tr>
<tr>
<td>140.</td>
<td>Wheat (<em>Triticum aestivum</em> L.), dakh (<em>Vitis Vinifera</em> L.), khopra (<em>Cocos nucifera</em> L.), badam (<em>Prunus amygdalus</em> L.), chotti illaichi (<em>Elettaria cardamomum</em> Maton.), and kharbooza (<em>Cucumis melo</em> L.) cooked in ghee and some water is added to make halwa.</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>Orally 3 table spoon of this halwa in morning for 3 days.</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>The tablet placed intra-vaginally twice daily for 3 days.</td>
</tr>
</tbody>
</table>
| 19 Pelvis swelling and inflammatory disease | 1. Powdered 10 gm Sathar (*Origanum vulgare* L.), 8 gm bhang (*Cannabis sativus* L.), 1 pinch sendho namak (Rock salt), and 2 bari illaichi (*Amomum subulatum* Roxb.), then add 20 to 30 fresh cleansed leaves of tukhm-e-balangah (*Lallemantia royleana* Benth.), mixed all.  
**Dosage:** Give it to lady for 3 days once daily. If not cured then continue remedy for further 3 days.

2. Grind sathar (*Origanum vulgare* L.) and gumandar (*Achillea mellifolium* L.) and make vaginal suppositories.  
**Dosage:** Used intra-vaginally for 3-5 days at night daily.

3. MILO syrup** (herbal remedy) is used orally.

4. Powdered Rattan jot (*Onosma hispidum* Wall. Ex. D. Don.), zafran (Saffron) (*Crocus sativus* L.), zeera (*Cuminum cyminum* L.), chotti illaichi (*Elettaria cardamomum* Maton.), supari (*Areca catechu* L.) and small amount of alum (phitkari). Boiled roots of 32 different trees, and extracted in water. Then mixed the powder in this extract, and converted into tablet form. |
**Dosage:** The tablet placed intra-vaginally once daily for 15 days.

5. Powdered sowa (*Anethum sowa* Roxb.), tapashir*, white antimony, and chotti illaichi (*Elettaria cardamomum* Maton.). Cotton swab dipped in glycerine and then dipped in powder.

**Dosage:** The swab placed intra-vaginally daily for 3 days.

6. Equal amount of ajwain (*Trachyspermum ammi* L.), rattan jot, sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.), mint slug (*Mentha piperita* L.) and sandho salt (Rock salt). Mixed them all together, tied in a cloth and converted into suppositories, then fried in ghee.

**Dosage:** For intra-vaginal use.

7. Sandho salt placed intra-vaginally for 3 days.

8. Grinded fresh leaves of nazboo (*Lallemantia royleana* Benth.) and 3-4 chotti illaichi (*Elettaria cardamomum* Maton.) converted into tablet.

**Dosage:** The tablet placed intra-vaginally at night for 3 days. Also take 1 tablet orally with water in morning for 3 days.
|   |   | 9. Mesh fresh leaves of neem (*Azadirachta indica* J. Juss.), nazboo (*Lallemantia royleana* Benth.) and 1 mint slug and make vaginal suppositories.  
  **Dosage:** The tablet placed intra-vaginally at night for 3-4 days. |
|---|---|---|
| 20 | For expulsion of plasma membrane after delivery, contraception, infertility, back ache during menstruation. | 1. Powdered Misri (crystal sugar) little bit, 1 pinch of sendho namak (crystal salt), 10 gm of kamarkas (*Salvia plebeia* R. Brown.), 10 gm of kahri (*Symplocos racemosa* Roxb.), 10 gm of baobarang (*Embelia ribes* Burm.f.), 5 gm of Sathar (*Origanum vulgare* L.), 10 gm of wao wal (*Apium graveolens* L.), 1 whole nut of phiki chaliya (*Areca catechu* L.), mawa (*Quercus infectoria* Olivier.), 10-12 gm of sowa (*Anthm sowa* Roxb.), 5-8 chotti illaichi (*Elettaria cardamomum* Maton.), 2-3 bari illaichi (*Amomum subulatum* Roxb.), 2 mint slug (*Mentha piperita* L.), mixture sieved to remove unwanted large particles, then little quantity from it grinded with fresh cleansed leaves of tukhm-e-balangah (*Lallemantia royleana* Benth.), and 4-5 nibat (candy sugar).  
  - It will be converted in semi solid mass; marble like small tablets will be prepared |
and dried them in fan air.

**Dosage:** Tablet placed intra-vaginally twice daily for 7 days.

**Note:** For expulsion of plasma membrane 1st give gurr to lady after 2 hours of delivery and then start therapy from night.

<table>
<thead>
<tr>
<th>21</th>
<th>Amenorrhea</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Small solid piece of Sendho namak (Rock salt) or misri (Rock sugar) is placed intra-vaginally at night. Continue it till the cycle starts.</td>
</tr>
<tr>
<td>2.</td>
<td>Boil gurr, supari (<em>Areca catechu</em> L.), and sowa (<em>Anethum sowa</em> Roxb). <strong>Dosage:</strong> Orally for 3-4 days during menstruation.</td>
</tr>
<tr>
<td>3.</td>
<td>Boil mint (<em>Mentha piperita</em> L.) in water and give extract orally for 4-5 days for amenorrhea.</td>
</tr>
<tr>
<td>4.</td>
<td>Boil dry dates (<em>Phoenix dactylifera</em> L.) in milk and give orally for few days till menstruation starts.</td>
</tr>
<tr>
<td>5.</td>
<td>Boil sowa (<em>Anethum sowa</em> Roxb.) in 1 cup of water, and give it to lady thrice a day till menstruation starts.</td>
</tr>
<tr>
<td>6.</td>
<td>Grind kanikathi (<em>Acorus calamus</em> L.) and soak it overnight. Then drink that water in morning</td>
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</tbody>
</table>
7. Grind kanikathi (*Acorus calamus* L.) with mawa (*Quercus infectoria* Olivier.) and then add hot sugar and finally make tablets.

**Dosage:** The tablet placed intra-vaginally once daily for 6-7 days (For married).

8. Grind troh (*Citrullus colocynthis* (L.) Schrad.) and sieve it to make even finer, and fill in empty capsules. Give 3 capsules a day for 15 days.

9. Take little amount of nichoro (Ammonium chloride) and make tablet similar to grain.

**Dosage:** The grains placed intra-vaginally for 3 days.

10. Use mint slug (*Mentha piperita* L.) intra-vaginally for 3 days.

11. Cotton ball dipped in black glycerin and tied with thread placed intra-vaginally till menstruation starts.

12. Place bathi (soap stone) intra-vaginally till menstruation starts.


14. Grind kanikathi (*Acorus calamus* L.) and regularly till menstruation starts. (For unmarried)
kharyun chanyun* and make 1 to 2 inch vaginal suppositories from it. Dry them.

**Dosage:** Placed this intra-vaginally once daily for 6-7 days. (This is only for married women).

15. Take sowa (*Anethum sowa* Roxb.), sather (*Origanum vulgare* L.), fenugreek seeds (*Trigonella foenum-graecum* L.), and leaves of podina (*Mentha piperita* L.) in small amount. Crush all and boil them in 2 glass of water.

**Dosage:** Orally once daily for 3 days regularly.


**Dosage:** Tablet placed intra-vaginally for 3 days.

17. Burn leaves of date palm (*Phoenix dactylifera* L.) to make ash, and then add sather (*Origanum vulgare* L.), sowa (*Anethum sowa* Roxb.), saunf (*Foeniculum vulgare* var. Dulce.) and gurr.

Grind all and converted into tablet from.

**Dosage:** Tablet placed intra-vaginally once daily for 2 days.

18. Boil cotton ball (*Gossypium arboretum* L.) in
water and give that water to lady regularly till menstruation starts.

**19.** Grind nazboo (*Lallemantia royleana* Benth.) and make small tablets. Tied in a cloth.

**Dosage:** The tablet placed intra-vaginally regularly till menstruation starts.

**20.** Grind nazboo leaves (*Lallemantia royleana* Benth.) with black cardamom (*Amomum subulatum* Roxb.) and then add water in it.

**Dosage:** Orally daily for 3 days.

**21.** Boil 1 full spoon ajwain (*Trachyspermum copticum* L.) in 2 cups of water, and give that water to lady to drink regularly for 3 days.

**22.** In winter, soak sowa (*Anethum sowa* Roxb.) in water overnight and give that water to lady to drink regularly till menstruation starts.

**23.** Peppermint slug (*Mentha piperita* L.) placed intra-vaginally, daily for 4 days. Firstly water discharge will come out then menstruation will start.

**24.** Zeera (*Cuminum cyminum* L.) is taken orally with water.

**25.** Cooked stomach of goat is taken as food.

**Dosage:** The suppositories placed intra-vaginally daily at night for 3 days.

27. Take nazboo (*Lallemantia royleana* Benth.) and soak it in water at night.

**Dosage:** Use this water orally in morning for 3 days.

28. 2-3 spoons Araq-e-sowa twice daily for 5-6 days, orally.

29. Use kali mirch (*Piper nigrum* L.) orally for 5-6 days.

30. Equal amount of leaves of nazboo (*Lallemantia royleana* Benth.), sowa (*Anethum sowa* Roxb.) and gurr (jaggary) fried in ghee and mixed with some wheat flour (*Triticum aestivum* L.).

**Dosage:** Orally for 3 days regularly.

31. Powdered sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.) and chotti illaichi (*Elettaria cardamomum* Maton.) and converted into tablet.

**Dosage:** Tablet placed intra-vaginally daily, till
menstruation starts.

32. Sowa (*Anethum sowa* Roxb.) is soaked in water at night. Boiled in 1 glass of water then mixed gurr in it.

**Dosage:** Orally for 3-4 days.

33. Gurr mixed in water. Use this water for 4-5 days, orally.

34. Ajwain (*Trachyspermum ammi* L.) and gurr mixed with water.

**Dosage:** Orally, regularly in morning and evening for 5 days.


**Dosage:** The tablet placed intra-anally, and intra-vaginally, for 3-4 days at night.

**Avoid:** Rice, potato and pickle strickly prohibited during this time.

36. Injiryon (*Terminalia chebula* Retz.), bark of anar (*Punica granatum* L.) and misri all are soaked in water. Sieved this water.
Dosage: Orally, daily in morning for 1-2 months.

37. Equal amount of saunf (*Foeniculum vulgare var Dulce*.), nibat, and chotti illaichi (*Elettaria cardamomum* Maton.) are soaked in water.

    Sieved this water.

Dosage: Orally, daily in morning for 1-2 months.

38. Powdered babur (*Acacia nilotica* L. Willd), saunf (*Foeniculum vulgare var Dulce*.) and mint slug.

Dosage: Orally 1 table spoon twice daily with a glass of water for 5-6 days.

39. Grinded leaves of nazboo (*Lallemantia royleana* Benth.), misri and kamarkas (*Salvia plebeian* R. Brown.). Use this remedy for 3 days.


Dosage: Orally 1 table spoon with a glass of water once daily for 3 days.

41. Jarn (*Trachyspermum ammi* L.), harmal, sundh (Zingiber officinale Roscoe), bari illaichi (*Ammomum subulatum* Roxb.) and gurr boiled in 1 litre of water. When
1/4 water remains then sieve it.

**Dosage:** Orally 1 cup of this water twice daily for 3 days.

42. Soak 2 table spoons ajwain (*Trachyspermum ammi* L.) and haldi in 1 glass of water. In morning sieve this water and boil it then add 2 table spoons butter oil and wheat flour. Boil untill half glass remains.

**Dosage:** Orally twice daily for 3 dyas.

43. Take tringh (Purchased from pansar) and cook it in 150 ml milk/butter/ghee or water to make remedy.

**Dosage:** Orally in morning at fasting for 3 days.

44. Take peel of anar (*Punica granatum* L.) and soak it in water. Sieve this water and add 1 small piece of gurr, 2 table spoons of butter oil and wheat flour and boil it.

**Dosage:** Use this water orally in morning for 6-7 days or during menstruation.

45. 1 table spoon zeera (*Cuminum cyminum* L.) used orally in morning for 5-6 days.

46. Powdered sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.), 3-4 chotti illaichi
(Elettaria cardamomum Maton.), chotti wai (Embelia robusta Roxb.), bari wai (Phaseolus vulgaris L.), chelh chalk (Tamarindus indicum L.), chilgozy (Pinus gerardiana Wall. ex D. Don), pista (Pistacia vera L.), akhrot (Juglans regia L.), khopra (Cocos nucifera L.), saunf (Foeniculum vulgare var Dulce.), kali mirch (Piper nigrum L.), khashkhash (Papaver somniferum L.), mint slug (Mentha piperita L.), wheat, butter oil. Boiled them in small amount of water then dried this mixture.

**Dosage:** Orally 1 table spoon daily in morning at fasting for 3 days.

47. Take podina (Mentha Piperita L.) and mesh it.
   Orally once daily for 3 days.

48. Take piaz (Allium cepa L.) and cook it in empty fry-pan. Take it orally at night for 3 days.

49. Take sowa (Anethum sowa Roxb.) and cook it in 60 gm butter oil. Add 1 glass water as well as 2 table spoons wheat flour. This is known as TRINGH.

**Dosage:** Orally at night for 3 days.

50. Powdered sowa (Anethum sowa Roxb.), ajwain
(Trachyspermum ammi L.), misri (Crystal sugar), gurr (Jaggary), chotti illaichi (Elettaria cardamomum Maton.), nibat (Candy sugar) butter oil. 1 glass of water added in it and boiled them.

**Dosage:** Orally twice daily for 3 days.

51. Take saunf (*Foeniculum vulgare* var Dulce.), sowa (*Anethum sowa* Roxb.), ajwain (*Trachyspermum ammi* L.), gurr and butter. Boil all together in 250 ml water then sieve it.

**Dosage:** Take 1 cup orally daily at night for 3 days.

52. Misri placed intra-vaginally for 3 days.

53. Sowa (*Anethum sowa* Roxb.), panir (*Withania coagulans* Dunal.) and hurbo (*Trigonella foenum-graecum* L.) cooked in 100 gm butter.

Small amount of gurr, 1 glass water added in it.

**Dosage:** Orally in morning at fasting for 3 days.

54. 250 ml cold water added in grinded fresh and washed leaves of nazboo (*Lallemantia royleana* Benth.), chotti illaichi (*Elettaria cardamomum* Maton.) and misri.

**Dosage:** Use this water orally after breakfast for 3
55. Boil the grinded fresh leaves of nazboo (Lallemantia royleana Benth.) and sieve this water.

**Dosage:** Orally, daily in morning at fasting for 3 days.

56. Take sow (Anethum sowa Roxb.) and grind it. Boil it in water and sieve this water. Take this water daily in morning at fasting for 3 days.

57. Take mehri daal and grind it. Boil it in 2 glass of water. When 1 glass remains then use orally once daily for 3 days.

58. 2 table spoons til (Sesamum indicum L.) used orally with water once daily for 3 days.

59. Powdered kamarkas (Salvia plebeian R. Brown.), mawa (Quercus infectoria Olivier.), suapri (Areca Catechu L.), chotti wai (Embelia robusta Roxb.), bari wai (Phaseolus vulgaris L.), zeera (Cuminum cyminum L.), achro, gurr (Jaggary) and wheat flour. Grind kamarkas (Salvia plebeian R. Brown.), mawa (Quercus infectoria Olivier.), suapri (Areca Catechu L.), chotti wai (Embelia robusta Roxb.), bari wai
(Phaseolus vulgaris L.), zeera (Cuminum cyminum L.), achro, gurr. Cook this powder in 1 cup of butter oil also add wheat flour and 250 ml water in it.

**Dosage:** Orally in morning at fasting for 3 days.

**60.** Cotton swab dipped in black and white glycerin. Placed intra-vaginally when menstruation starts for 3 days in night.

**61.** Take fresh leaves of nazboo (Lallemantia royleana Benth.). Mesh them and make vaginal suppositories. **Dosage:** Placed intra-vaginally in morning and remove after 2 days repeat it 3 times.

**62.** Powdered ¼ kg chotti wai (Embelia robusta Roxb.), bari wai (Phaseolus vulgaris L.), kamarkas (Salvia plebeian R. Brown.), mawa (Quercus infectoria Olivier.), supari (Areca Catechu L.) and kahi khero (Cinnamomum Cassia Nees.). **Dosage:** Orally 1 table spoon daily with water for 3 days.

**63.** 2 table spoons grinded hurbo (Trigonella foenum-graecum L.), sowa (Anethum sowa
Roxb.), saunf (\textit{Foeniculum vulgare} var Dulce.) and 50 ml butter oil. Fry hurbo (\textit{Trigonella foenum-graecum} L.), sowa (\textit{Trigonella foenum-graecum} L.), saunf (\textit{Foeniculum vulgare} var Dulce.). Mixed with butter to make remedy.

**Dosage:** Orally once daily in morning for 3 days.

64. Spagol and eno fruit salt mixed together and small amount of water added in it. Converted into small tablet.

**Dosage:** The tablet placed intra-vaginally at night for 3 days.

65. Take ghorawal and soak it in water. Sieve this water and boil it. Add zeera (\textit{Cuminum cyminum} L.), gurr and 50 ml butter oil in it.

**Dosage:** Use this remedy to take orally in morning at fasting for 3 days.

66. Boil the grinded leaves of nazboo (\textit{Lallemantia royleana} Benth.). Sieve water.

**Dosage:** Orally in morning for 3 days.

67. Boil zaifan wari sutti (purchased from pansar) and in water sieved.

**Dosage:** Orally for 3-4 days.
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<tr>
<td><strong>68.</strong> Boil khajor (Phoenix dactylifera L.) in milk.</td>
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<td><strong>Dosage:</strong> Orally in morning for five days.</td>
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<tr>
<td><strong>69.</strong> Boil ghora wal (Cassia angustifolia Vahl.) in water and sieved.</td>
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<tr>
<td><strong>Dosage:</strong> Orally for first 3 days of menstruation in winter.</td>
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<tr>
<td><strong>70.</strong> Grinded ghora wal (Cassia angustifolia Vahl.) and small amount of gurr mixed together.</td>
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<tr>
<td><strong>Dosage:</strong> 1 table spoon orally for first 3 days of menstruation in summer.</td>
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<tr>
<td><strong>71.</strong> Mesh equal amount of gurr and table salt by the help of hand. Convert into small tablet.</td>
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<td><strong>Dosage:</strong> The tablet placed intra-vaginally for 3 days.</td>
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<tr>
<td><strong>72.</strong> Give Araq-32 (purchased from pansar) 2-3 spoons orally for 6 days.</td>
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<tr>
<td><strong>73.</strong> Boil leaves of nazboo (Lallemantia royleana Benth.), chotti illaichi (Elettaria cardamomum Maton.) and misri in water. Sieve this water by muslin cloth.</td>
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<tr>
<td><strong>Dosage:</strong> Orally 3 days.</td>
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<tr>
<td><strong>74.</strong> Boil surma in water and take this water orally in morning for 3 days.</td>
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<tr>
<td><strong>75.</strong> Imlee (Tamarindus indicum L.) soaked in water</td>
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and sieved.

**Dosage:** Orally in morning at fasting for 3 day.

76. Panir (*Withania coagulans* dunal) and gurr soaked in water sieved.

**Dosage:** Orally in morning at fasting for 3 days.

77. Boil ghora wal (*Cassia angustifolia* Vahl.), kala gurr, panir (*Withania coagulans* Dunal.), chotti illaichi (*Elettaria cardamomum* Maton.) and butter oil in 2 glass of water use when 1 glass remains.

**Dosage:** Orally in morning for 3-4 days.

78. Soak bark of babur (*Acacia nilotica* L. Willd) in water at night. In morning boil this water and add small piece of gurr in it.

**Dosage:** Orally in morning at fasting for 3-4 days.

79. Equal amount of halio and gurr boiled in water.

**Dosage:** Use orally in morning at fasting for 3 days.

80. Boil ghora wal (*Cassia angustifolia* Vahl.), hurbo (*Trigonella foenum-graecum* L) and gurr in water and sieve it from muslin cloth.

**Dosage:** Orally twice daily for 5 days.

81. Ghora wal (*Cassia angustifolia* Vahl.) boiled in water.

**Dosage:** Orally twice daily for 4-5 days.
| 82. | Equal amount of grinded til (*Sesamum indicum* L.), kali mirch (*Piper nigrum* L.) and sugar. |
| Dosage: | Orally 1 table spoon thrice daily for 5 days. |

| 83. | Grinded equal amount of halio, hurbo (*Trigonella foenum-graecum* L.), chotti illaichi (*Elettaria cardamomum* Maton.) and fried in 50 ml butter oil. |
| Dosage: | Orally 1 table spoon daily with water in morning at fasting for 2-3 days. |

| 84. | Soak sowa (*Anethum sowa* Roxb) in water at night. Grind it in morning. Add chotti illaichi (*Elettaria cardamomum* Maton.) and butter and then boil it. |
| Dosage: | Use this water orally once daily in morning for 3 days. |

| 85. | Powdered boti madra, podina (*Mentha Piperita* L.), bari illaichi (*Ammomum subulatum* Roxb.) and chotti illaichi (*Elettaria cardamomum* Maton.). |
| Dosage: | Orally 1 table spoon once daily with a glass of water for 3-4 days. |

<p>| 86. | Grind fresh leaves of nazboo (<em>Lallemantia royleana</em> Benth.), 3-4 chotti illaichi (<em>Elettaria cardamomum</em> Maton.). Convert into small tablet. |</p>
<table>
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<tr>
<td><strong>Dosage:</strong></td>
<td>1 tablet placed intra-vaginally at night for 5-6 days regularly.</td>
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</table>
**Dosage:** The tablet placed intra-vaginally at night and remove in morning for 2-3 days. |
| **88.** Boil fresh and washed leaves of nazboo (*Lallemantia royleana* Benth.) and sowa (*Anethum sowa* Roxb.) in 500 ml water.  
**Dosage:** Orally 1 cup twice daily in morning for 5-6 days. |
| **89.** Orally Araq 32 ½ cup twice a day for 4-5 days.  
**90.** Seeds of carrot (*Daucus carota* L.) soaked in water at night and sieved.  
**Dosage:** Orally 1 glass of this water in morning for a month. |
<table>
<thead>
<tr>
<th>No.</th>
<th>Prevention from recurrent abortion and pre term</th>
<th>Dosage: Powdered mawa (<em>Quercus infectoria</em> Olivier.) and chaliya (<em>Areca catechu</em> L.) in equal amount. <strong>Dosage:</strong> Orally with water for 10 months during pregnancy.</th>
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<tbody>
<tr>
<td>22</td>
<td>For regulation of menstrual cycle at their 1st menstrual cycle</td>
<td><strong>1.</strong> Take 1 nut of Chalia (<em>Areca catechu</em> L.), mawa (<em>Quercus infectoria</em> Olivier.), sowa (<em>Anthum sowa</em> Roxb.), kamer kas (<em>Salvia plebeia</em> R. Brown.) in equal amount then add 3-4 chotti illaichi (<em>Elettaria cardamomum</em> Maton.), and 1 bari illaichi (<em>Amomum subulatum</em> Roxb.). Grind all in finest form then cook in butter and add water to make soup like consistency. <strong>Dosage:</strong> Orally, for three days only. Do it 1st 2 month only.</td>
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<tr>
<td>23</td>
<td>For prevention of recurrent abortion</td>
<td><strong>1.</strong> Take little quantity of Mawa (<em>Quercus infectoria</em> Olivier.), zardana of annar /pollen grain (<em>Punica granatum</em> L.), little bit misri (Rock sugar), 3-4 Choti illaichi (<em>Elettaria cardamomum</em> Maton.), and 3-4 podina tikya (<em>Mentha piperita</em> L.). Grind</td>
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<tr>
<td>25.</td>
<td>For complete dilation and curettage (D&amp;C) after missed abortion</td>
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<td><strong>Dosage:</strong> Oral, 1 tea spoon with milk or water in morning for 15 days.</td>
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<td>2. Grind little bit Surma (antimony), and add 250 ml water. Give this to lady to drink regularly for 3 days.</td>
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<td>3. Boiled leaves of lasura (<em>Cordia dichotoma</em> G.Forst.) and the decoction is given to lady to used orally.</td>
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<td>4. Mesh equal nazboo (<em>Lallemantia royleana</em> Benth.), podina (<em>Mentha Piperita</em> L.) and zeera (<em>Cuminum cyminum</em> L.) and make vaginal suppositories.</td>
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<td><strong>Dosage:</strong> Placed intra-vaginally at night and remove in morning for 3 days.</td>
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| 25. | For complete dilation and curettage (D&C) after missed abortion |
|     | **Dosage:** Oral, 1 tea spoon with milk or water in morning for 15 days. |
|     | 2. Grind little bit Surma (antimony), and add 250 ml water. Give this to lady to drink regularly for 3 days. |
|     | 3. Boiled leaves of lasura (*Cordia dichotoma* G.Forst.) and the decoction is given to lady to used orally. |
|     | 4. Mesh equal nazboo (*Lallemantia royleana* Benth.), podina (*Mentha Piperita* L.) and zeera (*Cuminum cyminum* L.) and make vaginal suppositories. |
|     | **Dosage:** Placed intra-vaginally at night and remove in morning for 3 days. |

1. Hanjo* (wood), and bans (*Bambusa glaucescens* Willd.) Siebold ex Holttum) boiled in water, and then added some gurr to make tea.  

**Dosage:** Use half cup orally in morning in fasting condition for 3 days.  

2. Take Sather (*Origanum vulgare* L.), kanikathi (*Acorus calamus* L.), mawa (*Quercus infectoria* L.)
Olivier.), onion (*Allium cepa* L.), neem leaves (*Azadirachta indica* J. Juss.)

- Take onion and burned on fire, when outer layers burned take it out, inner soft mass will be remained. Peel it off.
- Take leaves of neem, tied in a cotton cloth and warm them slightly on fire.
- Then grind all and convert into marbel like tablets, tie them in cotton.

**Dosage:** Tablet placed intra-vaginally for 10-15 days after miscarriage, for dilation & curettage (D&C).

3. Take little amount of nichoro (ammonium chloride) and convert into grain like tablet.

**Dosage:** Tablet placed intra-vaginally for 3 days.

4. Mint slug placed intra-vaginally once daily for 3-6 days, for dilation & curettage (D&C).

5. Grinded mawa (*Quercus infectoria* Olivier.), supari (*Areca catechu* L.), anhydrous alum (dry it on heat) and mixed all together and then tied in cotton with thread. Leave long thread a dead.

**Dosage:** Place it intra-vaginally in the way that thread is visible a head for 2-3 days. Then pull it out
|   | by thread.  
|   | 6. Multani mitti (Fuller’s Earth) soaked in water and added antimony in it a  
|   | **Dosage:** Orally once daily for 3 days.  
|   | 7. Grind leaves of podina (*Mentha piperita* L.) and add water in it.  
|   | **Dosage:** Taken orally daily for 3 days.  

| 26. | To avoid miscarriage and abortion in last month  
|     | **1.** Powdered Injri (*Terminalia chebula* Retz.), tablet of fried podina (*Mentha piperita* L.), misri (crystal sugar) and chotti illaichi (*Elettaria cardamomum* Maton.), mixed all powders together.  
|     | **Dose:** Orally, 1 table spoon with milk at night after every 4-5 days in 8th month of pregnancy.  

| 27 | For expulsion of plasma membrane after delivery, dysmenorrhea, strengthening uterus and for secondary infertility  
|    | **1.** Grinded jabal boti (which contains 32 herbs available from pansar) and kali injri (*Terminalia chebula* Retz.), converted into fine powdered form, mixed with half bottle of honey and mustard oil, and grinded again to make thick semi solid consistency, and converted into small round marbel like balls.  
|    | **Dosage:** Ball tied in cotton, placed intra-vaginally at night, and removed in the morning, repeat for 10
-15 days alternatively.

**Note:** Same therapy can be used orally for constipation but in this honey is replaced with any sweet dish (halwa).

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<tr>
<th>28</th>
<th>For pain, leucorrhea, and expulsion of plasma membrane after delivery</th>
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sugar), little bit of malib (*Saussurea lappa* DC.), 2-4 cloves (*Eugenia caryophyllata* Thunb.), mohn jot (*Myristica frangrans* Houtt.), mohnsafa*, awabaer (*Juniperus communis* L.), tablet of jawar (pepermint slug) half quantity than other ingredients, sowa (*Anethum sowa* Roxb.), chownrn (*Cassia absus* L.), nimoryun (neem seeds) (*Azadirachta indica* J.Juss.), and honey, all in same amount.

- First fry Injri (*Terminalia chebula* Retz.) in butter fat of cow milk.
- Grind all dried herbs together and form powder, then grind gummy things and mix all together and add 1 pinch of salt.
- Make marble like tablet balls, tie 1 tablet in cotton.

**Dosage:** Tablet placed intra-vaginally once daily for 40 days after delivery.

- **Note:** After placing tablet intra-vaginally, just lie down on bed, and be in same position for 15-20 min.

2. Place gurr in oil for 3 days then place that gurr
intra-vaginally for 3 days, after that tie sandho namak in cotton, and dip that cotton in oil and place intra-vaginally for 3 days.

3. Cotton ball dipped in black glycerin and tied with thread place intra-vaginally for 2-3 days.

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<tr>
<th>29</th>
<th>Polymenorrhea</th>
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<td></td>
<td>1. Cooked chotti illaichi (<em>Elettaria cardamomum</em> Maton.) in 3 table spoons butter with some addition of sugar (to taste), then used orally for 3 days. (In summer season, put feet in tap water in a bath tub, and then take above mixture orally).</td>
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<td>2. When menstruation starts twice in a month, then take 2-3 injri (<em>Terminalia chebula</em> Retz.), and little bit gurr, then grind it and make small pellets.</td>
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<td><strong>Dosage</strong>: Pallet placed intra- vaginally for 3-4 days.</td>
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<td>3. Soaked misri (for some time) in clarified butter.</td>
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<td><strong>Dosage</strong>: Placed intra-vaginally for 1st three days as menstruation starts (for married only).</td>
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<td>4. MUSTURAIN** (herbal remedy from Hamdard) is used for the treatment of excessive menstruation.</td>
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| 5. | Add starch in butter fat, and then add chotti illaichi (*Elettaria cardamomum* Maton.), coconut and raisins (large).  
**Dosage:** Orally for 3-4 days.  
**Note:** Soak starch in water before adding. |
| 6. | Take neem leaves (*Azadirachta indica* J. Juss.) and boil in water till become greenish brown.  
**Dosage:** Apply this extract with cotton swab for vaginal cleaning for 2 to 3 days during menstruation. |
| 7. | Soak zeera (*Cuminum cyminum* L.) in water in clay pot overnight, and grind it, then give it to lady at fasting in morning for 2 to 3 days. |
| 8. | In 150 gm hot butter oil add almond, chotti illaichi (*Elettaria cardamomum* Maton.), and black pepper (*Piper nigrum* L.). Cook gently and give to lady to drink twice daily during walk in menstruation. |
| 9. | Infusion of jamun (*Syzygium cumini* Skeels.) is useful. |
| 10. | Araq 32 is taken in 2:2 ratios with water for 3 days in menstruation. |
| 11. | Dipped cotton swab in black and white glycerin. |
The swab placed intra-vaginally for 3 days at night when menstruation ends.

12. 20 g of zeera (*Cuminum cyminum* L.) cooked in 60 gm butter.

- Soak gur in water and mixed in butter. This is known as **TRINGH**.

**Dosage:** Used orally at night for three days for three months.

13. Mesh bark of babul (*Acacia nilotica* L. Willd), bark of jamun (*Syzygium cumini* (L.) Skeels.).

Boil them in water then add misri and Sieve it.

**Dosage:** Orally half glass twice daily for 5-6 days.

14. 3-4 sabudana (*Metroxylon sagu* Rottb.), 3-4 chotti ilaichi (*Elettaria cardamomum* Maton.) and misri boiled in milk.

**Dosage:** Orally half glass 2 times daily for 5-6 days.

15. Bark of jamun (*Syzygium cumini* L.) Skeels) and misri soaked in water at night and sieved.

**Dosage:** Orally in morning once for 3-4 days.

16. Bari harir (*Terminalia bellerica* (Gaertn.) Roxb.), bharyo bhanri, podina (*Mentha Piperita* L.), peel of pomegranate (*Punica granatum* L.), chotti
illaichi (*Elettaria cardamomum* Maton.) and misri soaked in amud pan (hot) in 1 kg of water and then sieved 1 cup of water from it.

**Dose:** Orally 1 cup of this water 3 times daily for 3-4 days.

17. Take kasopha, haldi, feces of camel, leaves of khabar, oil of tir (*Sesamum indicum* L.) and wheat flour (*Triticum aestivum* L.). Mesh leaves of khabar and then mix rest of things to make a thick mixture. Put this mixture in a cloth and then tie this cloth on abdomen once daily for 3 days.

18. 1 glass milk is taken orally daily at night for 7-8 days.


**Dosage:** Use this water orally thrice daily for 3 days.

20. Soak dry dhania (*Coriandrum sativum* L.) and fresh leaves of nazboo (*Lallemantia royleana* Benth.) in water, sieve this water and use orally
in morning at fasting for 3 days.


**Dosage:** Use this water orally twice daily for 6-7 days.

22. Mesh peel of anar (*Punica granatum* L.) and use orally, 1 tablespoon daily in morning at fasting for 3 days.

23. 1 tablespoon surma mixed with 1 cup of butter.

**Dosage:** Orally 1 tablespoon daily in morning at fasting for 4-5 days.

24. Grinded fresh and washed leaves of nazboo (*Lallemantia royleana* Benth.), chotti illaichi (*Elettaria cardamomum* Maton.) and misri soaked in water and sieved.

**Dosage:** Orally in morning for 3-4 days.

25. Add 1 glass of cold water in grinded fresh leaves of nazboo (*Lallemantia royleana* Benth.) and use this water in morning for 3
26. Mesh kini kathi (*Acorus calamus* L.), bhang (*Cannabis sativa* L.) and leaves of nazboo (*Lallemantia royleana* Benth.) and make vaginal suppositories. **Dosage:** The suppository placed intra-vaginally and also placed intra-anally at night and remove in morning during menstruation.

27. Bark of babur (*Acacia nilotica* L. Willd.) soaked in water and sieved. After boiling half cup of butter oil and small piece of gurr added in it. **Dosage:** Use this water in morning at fasting for 3 days during menstruation.

28. Grind nazboo (*Lallemantia royleana* Benth.) and add small amount of water to make vaginal suppositories. **Dosage:** Placed intra-vaginally in night and remove in morning during menstruation.

29. 1 tablespoon powdered supari (*Areca Catechu* L.) is taken orally with water, daily in morning for 3 days during menstruation.

30. Powdered chotti wai (*Embelia robusta* Roxb.),
bari wai (*Phaseolus vulgaris* L.), chori bhata, chelh chalk (*Tamarindus indicum* L.), kamarkas (*Salvia plebeian* R. Brown.), podina (*Mentha Piperita* L.), kini kathi (*Acorus calamus* L.), chotti illaichi (*Elettaria cardamomum* Maton.), zeera (*Cuminum cyminum* L.), saunf (*Foeniculum vulgare* var Dulce.), panir (*Withania coagulans* Dunal.) and rose flowers (*Rosa Indica* L.) cooked in 100 ml butter oil. 500 ml water also added in it to make make tringh.

**Dosage:** Orally 1 glass daily in morning at fasting for 3 days regularly.


**Dosage:** Placed intra-vaginally at night and remove after 2 days.

32. Grinded bari harir (*Terminalia bellerica* (Gaertn.) Roxb.), anjbar (*Polygonum bistorta* L.), peel and seeds of anar (*Punica granatum* L.), tifulla (*Terminalia chebula* Retz.), kasni,
misri, chotti illaichi (*Elettaria cardamomum* Maton.), saunf (*Foeniculum vulgare* var Dulce.) and flowers of rose (*Rosa Indica* L.). 1 tablespoon from this mixture mixed into 250 ml water and soaked this water at night. Sieved this water.

**Dosage:** Orally in morning at fasting for 3 days.

33. Grinded some fresh leaves of nazboo (*Lallemantia royleana* Benth.), 2 tablespoon zeera (*Cuminum cyminum* L.) and 3-4 chotti illaichi (*Elettaria cardamomum* Maton) converted into small tablet.

**Dosage:** Orally, 1 tablet thrice daily for 5-6 days.

34. Zeera (*Cuminum cyminum* L.) soaked in water, and added badam (*Prunus amygdalus* L.) and misri in it. Converted into a mixture after grinding in water.

**Dosage:** Orally 1 glass of this water daily for a month.

| 30 | To induce labour pain | 1. Add 2 table spoons castor oil in SULMANI tea |
or milk, and give to lady.

2. Give SULAMANI tea (normal tea without milk) orally.

3. Use peppermint slug (*Mentha piperita* L.) intra-vaginally once daily till labour pain starts.

4. Fennels (*Foeniculum vulgare* var. Dulce.) extract use orally regular till pain starts.

5. Boiled 3-5 shuhare/Dry dates (*Phoenix dactylifera* L.) in one glass of milk, and used orally.

6. Boil 1 table spoon methi daana (Fenugreek seeds) (*Trigonella foenum-graecum* L.) in 1 cup water and give it to lady for labour pains.

7. Apply castor oil intra-vaginally.

8. Apply mixture of castor oil and honey intra-vaginally.

9. Use "pansari oil" 4-5 spoon in hot milk orally for 2 days.

10. Boiled amaltas (*Cassia fistula* L.) in 1 glass of water orally.

11. Small piece of neem stem (*Azadirachta indica* J. Juss.) placed intra-vaginally to increase labour pains.
12. Two candy sugars dipped in asli ghee, placed intra-anally.  
(If still pain does not start then repeat that in evening, but if still delivery does not occur then add 2 table spoon of castor oil in hot milk and give it to lady for uterus opening).


14. Mint slug placed intra-vaginaly to induce labor pain, and uterus opening.

15. 1st mint slug placed intra-vaginally, then cotton ball dipped in black glycerin tied with thread placed intra-vaginally.

16. Boiled milk mixed with desi ghee (butter fat), sugar, cardamom (*Elettaria cardamomum* Maton.) and mint slug used orally.

17. Wheat floor cooked in butter fat, mixed with sugar, water and castor oil for thick consistency. Used orally.

19. Cook wheat floor in butter fat, add sugar, water, and 2-4 spoon castor oil to make it of thick consistency. Give it lady once only orally.

20. In winter season, boil Jaffer/saffron (Crocus sativus L.) in water and give to lady.

21. A flower purchased from pansar and placed in milk when swollen, cause labour pain.

22. Aspirin tablet taken with sulamani tea (tea without milk).

23. One crushed candy sugar (nibat) added in 2 table spoons hot butter oil, and 1 glass of milk. Give it to lady to drink.

24. Embed cardamom seeds (Elettaria cardamomum Maton.) in cotton and then dip cotton swab in mustard oil.

**Dosage:** Cotton swab placed intra-vaginally thrice daily.

25. 2-3 spoons caster oil (Ricinus communis L.) added in sulmani tea (normal tea without milk).

**Dosage:** Taken orally.

26. 2 spoons of castor oil (Ricinus communis) are added in Sulmani tea (tea with out milk) and taken orally.
27. Equal amount of bari illaichi (*Ammomum subulatum* Roxb.), saunf (*Foeniculum vulgare* var. Dulce), gurr (Jaggery) & dar chini (cinnamon). Cooked them in water and the water is taken 3 times orally. Then mint slug placed intra-vaginally & nibat (Candy sugar) dipped in ghee is placed intra-anally.

28. 4 spoons of castor oil (*Ricinus communis* L.) added in milk and taken orally.

29. In winter season black cardamom (*Ammomum subulatum* Roxb.) is boiled in milk and taken orally, while in summer season green cardamom (*Elettaria cardamomum* Maton.) and sounf (*Foeniculum vulgare* var. Dulce.) is boiled in milk.

30. Nibat (candy sugar) is peeled and made thinner, dipped in butter and place intra-anally.

31. Mint slug (*Mentha piperita* L.) placed intra-vaginally.

32. Black cardamom (*Ammomum subulatum* Roxb.) fried in butter oil and placed intr-anally.

33. Bari illaichi (*Ammomum subulatum* Roxb.)
soaked in water over night and placed intra-anally.

34. A piece of mint slug (*Mentha piperita* L.) is placed it intra-anally.

35. Nibat (Candy sugar) dipped in ghee and placed intra-anally.

36. Grinded bari illaichi (*Ammomum subulatum* Roxb.) ia taken orally.

37. Mint slug placed intra-vaginally & bari illaichi (*Ammomum subulatum* Roxb.) intra-anally.

38. 120ml of castor oil (*Ricinus communis* L.) mixed in 1 cup of milk, then use orally.

39. Castor oil (*Ricinus communis* L.) mixed in goat’s milk. Use this milk orally.

40. Bari illaichi (*Ammomum subulatum* Roxb.) dipped in ghee and placed intra-anally.

41. Mint slug (*Mentha piperita* L.) dipped in ghee and placed intra-anally.

42. 3 bottles of castor oil (*Ricinus communis* L.) added in tea, and use orally.

43. Methi (*Trigonella foenum-graecum* L.) boiled in small amount of water.

**Dosage:** Orally, 1-2 table spoon of this water at
the time of labor.

44. Cotton Dipped in oil and ghee and placed intra-vaginally.

45. Boil chonwra (*Cassia absus* L.) in 1 glass milk.

**Dosage:** For oral use.

46. Equal amount of jaifal (*Myristica fragrans* Houtt.) and ajwain (*Trachyspernum ammi* L.) boiled in small amount of water.

**Dosage:** For oral use.

47. Powdered jaifal (*Myristica fragrans* Houtt.). Dipped cotton in it. and Placed intra-vaginally.

48. Hurbo (*Trigonella foenum-graecum* L) and saunf (*Foeniculum vulgare* var Dulce.) boiled in 500 ml water. When 250ml water remains then sieve it.

**Dosage:** Use orally.

49. Grinded 5-6 mint slugs, 5-6 chotti illaichi (*Elettaria cardamomum* Maton.) and 250 ml milk and boiled in milk.

**Dosage:** Use this milk orally.

50. Sulemani tea (tea without milk) used orally.

51. Chotti illaichi (*Elettaria cardamomum* Maton.) and small amount of ghee mixed in sulemanni
Dosage: For oral use.

52. Arandi (*Ricinus communis* L.) is added in sulemani tea and used orally.

53. 1 table spoon of mustard oil used orally.

54. 4 table spoon suger fried in 1 cup ghee, and added 4 table spoons milk in it.

Dosage: 1 table spoon orally at the time of labor.


Dipped cotton in it then placed intra-vaginally.

56. Cotton dipped in mixture of honey and oil.

Dosage: cotton placed intra-vaginally for 3-4 times.

57. Use 1 tola of jilab of arandi (*Ricinus communis* L.) orally.

58. Powdered mint slug (*Mentha piperita* L.) and bari illaichi (*Ammomum subulatum* Roxb.).

Dosage: Orally 1 table spoon of this remedy with a glass of water.

59. Cotton dipped in honey and placed it intra-vaginally.

60. Semi hot milk is used orally.

61. Cotton dipped in honey and placed intra-
vaginally.


63. Grinded bari harir (*Terminalia bellerica* (Gaertn.) Roxb) placed intra-anally.

64. Small piece of nibat placed intra-anally.

65. Fry soji in ghee and add misri and nibat to make halwa then add 250 ml milk. Take this milk at the time of delivery, orally.

66. Drink black tea (tea without milk) at the time of delivery to increase labor pain.

67. Cotton dipped in mustard oil and placed intra-vaginally.

68. Fry 1 table spoon sowa (*Anethum sowa* Roxb.), 3-4 chotti ilalichi (*Elettaria cardamomum* Maton.), zeera (*Cuminum cyminum* L.) and 2 mint slug (*Mentha piperita* L.) in butter oil and then add 1 glass water, gurr and wheat. Take this water at the time of delivery, orally.

69. Grinded 3-4 chotti ilalichi (*Elettaria cardamomum* Maton.), chotti wai (*Embelia robusta* Roxb.), bari wai (*Phaseolus vulgaris* L.), chelh chalk (*Tamarindus indicum* L.), sowa
(Anethum sowa Roxb.), sathar (Origanum vulgare L.), bhang (Cannabis sativa L.), aloe vera (Aloe vera (L.) Burm.f.) and 1 small spoon of salt. Put it in mud pot at night then tied it in cotton cloth with thread and placed intra-vaginally.

70. Mint slug placed intra-anally at night for 15 days.

71. Small piece of misri placed intra-vaginally.

72. Grinded chotti illaichi (Elettaria cardamomum Maton.), bari illaichi (Ammomum subulatum Roxb.), kali mirch (Piper nigrum L.), long (Eugenia caryophyllata Thumb.), gurr and misri. Converted into vaginal suppositories and placed intra-vaginally.

73. Take hurbo (Trigonella foenum-graecum L.) and cook it in small amount of butter, use orally.

74. Small piece of gurr placed intra-anally.

75. Chor (Cassia Absus L.) dipped in butter and placed intra-anally.

76. Sindoor is placed intra-vaginally.

77. Bari illaichi (Ammomum subulatum Roxb.) dipped in butter oil and placed intra-vaginally.
78. Cotton swab dipped in castor oil (*Ricinus communis* L.) and placed intra-vaginally.

79. Take 250 ml milk and boil it. Add 50 ml butter oil in it and give this milk to lady to take orally.

80. Zeera (*Cuminum cyminum* L.) is taken orally for 3 days.

81. Powdered 2-3 bari illaichi (*Ammomum subulatum* Roxb.) and 4-6 kali mirch (*Piper nigrum* L.). Milk is boiled and butter and powdered mixture added in it.

82. Used at the time of labour.

83. 2 table spoons castor oil (*Ricinus communis* L.) used orally.

84. 2-3 chotti illaichi (*Elettaria cardamomum* Maton.) and small amount of butter. Boiled them in 250 ml milk and use orally.

85. Bari illaichi (*Ammomum subulatum* Roxb.) added in milk tea and used orally.

86. Take wood, burn it and make ash. Then add gurr and salt in equal amount in it and make small tablet. **Dosage:** The tablet placed intra-vaginally at the time of labor.

87. Egg yolk adde in milk tea and used orally.
88. Bari illaichi (*Ammomum subulatum* Roxb.) fried in ghee then placed intra-vaginally.

89. Small piece of gurr added in strong black tea (tea without milk) and used orally.

90. Boil 4 nibat chotti illaichi (*Elettaria cardamomum* Maton.), bari illaichi (*Ammomum subulatum* Roxb.) in 250ml of milk. Used orally in morning for 3 days in summer.

91. Mint slug placed intra-anally.

92. Cotton swab dipped in honey & placed intra-vaginally.

93. Black tea (tea without milk) used orally.

94. Bari illaichi (*Ammomum subulatum* Roxb.) placed intra-anally.

95. Gilab of arandi (*Ricinus communis* L.) added in tea without milk or in hot milk. Used orally once at night.

96. Powdered 3-4 chotti illaichi (*Elettaria cardamomum* Maton.) and added 2 table spoons mustard oil in it. Cotton swab dipped in this oil and placed intra-vaginally.

97. Cotton swab dipped in slightly heated...
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<thead>
<tr>
<th>No.</th>
<th>Description</th>
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<tr>
<td>98.</td>
<td>Mint slug (<em>Mentha piperita</em> L.) placed intra-vaginally.</td>
</tr>
<tr>
<td>99.</td>
<td>Mixed gilab of arandi (<em>Ricinus communis</em> L.) in tea without milk or in hot milk. Use this tea or milk once at night for 1 day.</td>
</tr>
<tr>
<td>100.</td>
<td>Cotton dipped in mustard oil and placed intra-vaginally.</td>
</tr>
</tbody>
</table>
| 101. | Powdered fresh leaves of nazboo (*Lallemantia royleana* Benth.), 1-2 bari illaichi (*Ammomum subulatum* Roxb.) and half mint slug (*Mentha piperita* L.). 1 table spoon from this powder added in black tea (tea without milk).  
**Dosage:** Orally 1 cup at the time (onset) of labor. |
| 102. | Bari illaichi (*Ammomum subulatum* Roxb.) dipped in mustard oil and placed intra-vaginally. |
| 103. | 2-3 bari illaichi (*Ammomum subulatum* Roxb.) boiled in 1 glass of water. Use this water orally. |
104. Bari illaichi (*Ammomum subulatum* Roxb.)

Black tea (tea without milk) and

105. Mesh mawa (*Quercus infectoria* Olivier.),


106. Equal amount of grinded khopra (*Cocos nucifera* L.), misri, chelh chalk (*Tamarindus indicum* L.), 4-5 badam (*Prunus amygdalus* L.),

3-4 nar choara (*Phoenix dactylifera* L.), 2 mint slug (*Mentha Piperita* L.), mosfai*, 3-4 chotti illaichi (*Elettaria cardamomum* Maton.), 2 bari illaichi (*Ammomum subulatum* Roxb.) and 2 nibat. Small amount of water to make vaginal suppositories and place it intra-vaginally.

107. 1 mint slug (*Mentha Piperita* L.) placed intra-anally.

108. Cotton swab dipped in mustard oil and placed intra-vaginally.

109. Web covered on finger and placed intra-
|   | For expulsion of plasma membrane after delivery and dilation and curettage (D&C) | 1. Soak chanwra (*Cassia absus* L.) overnight and boil in next morning. Then take orally.  
2. Grind gumandar (*Achillea mellifolium* L.) and sieve it. Then tie it in a piece of cotton cloth then place intra-vaginally for 5-6 days.  
3. **Araq 32** (extract of 32 herbs purchased from herbelist) is given orally for complete D&C (dilation and curettage) after miscarriage in early morning regularly.  
4. Small piece of gurr placed intra-vaginally after delivery.  
5. Take onion (*Allium cepa* L.), peel it and take its smallest part. Place it intra-vaginally after |
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<tbody>
<tr>
<td>110.</td>
<td>Nibat placed intra-anally.</td>
<td></td>
</tr>
<tr>
<td>111.</td>
<td>Methi (<em>Trigonella foenum-graecum</em> L.) and gurr boiled in water and sieved. 1 cup of this water used orally.</td>
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</tr>
<tr>
<td>112.</td>
<td><em>Arandi</em> (<em>Ricinus communis</em> L.) mixed in tea and used orally.</td>
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</tbody>
</table>
6. Boiled ajwaen (*Trachyspermum copticum* L.),
old gurr and bans (*Bambusa glaucescens* (wild.)
Siebold ex Holttum.) all together.

**Dosage:** Extract used orally for 2 days.

<table>
<thead>
<tr>
<th>32</th>
<th>For prolapsed uterus</th>
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<tbody>
<tr>
<td>1.</td>
<td>Gurr placed intra-vaginally for 5 days.</td>
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<tr>
<td>2.</td>
<td>1st maintain proper place of uterus, and then use dipped tied cotton swab of brandy or wine intra-vaginally for 40 days. This will cause contraction and by the time uterus will take its proper position.</td>
</tr>
<tr>
<td>3.</td>
<td>Grinded and dried neem fruit (<em>Azadirachta indica</em> J. Juss.) mixed with injri (<em>Terminalia chebula</em> Retz.) and converted into tablet form. <strong>Dosage:</strong> Tablet placed intra-vaginally.</td>
</tr>
<tr>
<td>4.</td>
<td>Tie jute to make small ball and place intra-vaginally.</td>
</tr>
<tr>
<td>5.</td>
<td>If uterus is less prolapsed then first place cotton ball tied with thread, and dipped in black glycerin. Then take powdered sowa (<em>Anethum sowa</em> Roxb.) and tie it in muslin cloth like a ball. Dip it in water then in black glycerin, and place that ball intra-vaginally, leucorrhea will start and</td>
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</table>
swelling will be reduced.

6. If uterus is more outside then boil kasu ful (Butea monospora (Lam.) Taub.) in water and ask lady to sit in that water for 15 minutes regularly 3-4 times a day for 3-4 days.

7. Dissolve a pinch of opium (afeem) in water and use for vaginal cleaning. Then take butter oil, wheat floor and knead it with extract of nazboo/holybasil (Lallemantia royleana Benth.). Spread it on cotton strip and apply to uterus for 2-3 days.

8. Grinded neem leaves (Azadirachta indica J. Juss.) tied in cotton cloth then place that ball intra-vaginally.

9. Powdered kharajati/indar jo talkh (Soap stone) mixed with butter oil and converted into tablets from. Place one tablet intra-vaginally daily for 3 days. Then take sugar, sathar (Origanum vulgare L.), kanikathi (Acorus calamus L.), and 3-4 chotti illaichi (Elettaria cardamomum Maton.), Powder them and mixed with butter oil to make tablets.

Dosage: Tablet placed intra-vaginally once daily for
15 days.

10. Cotton swab dipped in castor oil (*Ricinus communis* L.) and placed intra-vaginally for 3 days regularly.

11. Take 100 gm of sowa (*Anethum sowa* Roxb.), sather (*Origanum vulgare* L.) and 100 gm of mawa (*Quercus infectoria* Olivier.). Grind all together and make ball from it.

**Dosage:** Ball placed intra-vaginally to set the proper position of uterus.

12. Heat gold and apply to uterus.

13. Cotton swab dipped in honey and place intra-vaginally to set the proper position of uterus.

14. Leaves of sather (*Origanum vulgare* L.) tied in a cloth and placed intra-vaginally.

15. Soap stone, mandrasi* and kasni (*Chorium intybus* L.), all tied in a cloth together and placed intra-vaginally for 3 days.

16. After delivery dip cotton swab in butter oil and embed sather (*Origanum vulgare* L.) in it and place intra-vaginally for 3 days.

17. Finely grinded nazboo seeds (*Lallemantia royleana* Benth.), sather (*Origanum vulgare* L.),
bhāng (*Cannabis sativa* L.), wawal (*Apium graveolens* L.), and baobārāng (Embelia ribes Burm.f.), then make vaginal suppository.

**Dosage:** Used vaginal suppository once daily for 4 days after menstruation.

18. Give steam to gurr and placed intra-vaginally.


**Dosage:** Place it intra-vaginally for 5 days daily once at night.

20. Crushed bhāng (*Cannabis sativus* L.) Kept in pad and this pad is used for covering uterus.

21. Tie cloth hardly and ask lady to sit over it forcefully.

22. Take 32 herbs from pansar, grind it and add dry fruits in it. Then convert into balls form.

**Dosage:** Ball placed intra-anally daily for 11 days. After that cotton swab dipped in wine placed intra-vaginally daily for 4 days.

<table>
<thead>
<tr>
<th>Make supporities and place intra-anall, twice daily for 4 days.</th>
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<tbody>
<tr>
<td>24. Powdered chotti illaichi (<em>Elettaria cardamomum</em> Maton.) and black channa. Mixed them and then tied it in cloth.</td>
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<tr>
<td><strong>Dosage:</strong> Placed intra-vaginally for 5-6 days.</td>
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<tr>
<td>25. Open uterus with hand and place missri or nibat intra-vaginally.</td>
</tr>
<tr>
<td>26. Take bone of camel, burn it on fire, mesh it. Equal amount of grains of nazboo (<em>Lallemantia royleana</em> Benth.), thathr (<em>Origanum vulgare</em> L.), sowa (<em>Anethum sowa</em> Roxb.), bare safeed chany (<em>Cicer arietinum</em> L.). Powdered all these and mixed together. Put this powder in cloth and tie with thread.</td>
</tr>
<tr>
<td><strong>Dosage:</strong> Place it intra-vaginally for 6-7 days at night &amp; remove in morning.</td>
</tr>
<tr>
<td>27. Equal amount of powdered kini kathi (<em>Acorus calamus</em> L.), waowal (<em>Apium graveolens</em> L.) &amp; wavodang (<em>Embelia ribes</em> Burm.f.). The powder covered with cotton.</td>
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<tr>
<td><strong>Dosage:</strong> The tied cotton placed intra-vaginally for 3 days.</td>
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</tbody>
</table>
| 33| To avoid repetitive abortion | 1. After 40 days of pregnancy, 1 leaf of neem (*Azadirachta indica* J. Juss.) with water is taken regularly till 9 months.  
2. Grinded mustard leaves (*Brassica nigra* L.) mixed with some gurr, sieved by muslin cloth.  
**Dosage:** Orally, once daily for 40 days.  
3. Soak 2 tola white zeera (*Cuminum cyminum* L.) in water overnight. In next morning, grind it and add misri. Sieve it and then drink it. Repeat the procedure for 8 months regularly.  
4. Grains of pomegranate (*Punica granatum* L.) soaked and mixed in water.  
**Dosage:** Use this water orally for 3-4 days.  
5. Equal amount of powdered kini khati (*Acorus calamus* L.), waowal (*Apium graveolens* L.) & wavodang (*Embelia ribes* Burm.f.), with added... |
| 35  | To reduce pain after delivery | gurr in it then converted into vaginal suppositories.

**Dosage:** The suppositories placed intra-vaginally.

6. Mix phiki sutì* (purchased from pansar) with sugar and misri and make remedy.

**Dosage:** Orally, 1 spoon of this remedy with water for 7-8 days.

7. Powdered manmahro* and misri with little water.

**Dosage:** Orally 1 glass in morning in summer; in winter 1 glass in afternoon for 4-5 months.

| 36  | For cervical swelling         | 1. Misri mixed in butter fat, and taken orally once daily after delivery for 3-4 days.

2. Equal amount of grinded sather (*Origanum vulgare* L.), sowa (*Anthum sowa* Roxb.), and ajwain (*Trachyspermum ammi* L.), mixed with a pinch of sandho namak, converted into tablet form.

**Dosage:** Tablet place intra-vaginally once daily for 3 days.

| 36  | For cervical swelling         | 1. Soak sathar (*Origanum vulgare* L.) over night

**Dosage:** The extract used orally once daily for 3-4 days.

2. Tie that remaining residue in cotton cloth and
then wear it in your neck.

3. Equal amount of leaves of nazboo (*Lallemandia royleana* Benth.), sowa (*Anethum sowa* Roxb.) and gurr (jaggary) fried in ghee and mixed some wheat flour (*Triticum aestivum* L.) in it.

**Dosage:** Orally for 3 days regularly.

4. Equal amount of powdered sathar (*Origanum vulgare* L.), waowal (*Apium graveolens* L.) waodang (*Embelia ribes* Burm.f.), and chel chalk (*Tamarindus indica* L.) mixed gurr in it and make vaginal suppositories.

**Dosage:** Placed intra-vaginally for 3 days.

<table>
<thead>
<tr>
<th>37</th>
<th>For back pain during pregnancy</th>
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<tbody>
<tr>
<td>1. Powdered misri and almond, cooked with 1 table spoon butter oil, so that it becomes of semi solid consistency, and then converted into tablet form.</td>
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</table>

**Dosage:** Tablet placed intra-vaginally for 3-4 days.

slug (*Mentha piperita* L.) and crystal sugar, then sieve it.

**Dosage:** Orally 1 table spoon twice daily for 5 to 7 days.

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<th>38</th>
<th>To threatened miscarriage</th>
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<tbody>
<tr>
<td>1.</td>
<td>Soak starch in water and take that water orally regularly till bleeding stops.</td>
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<tr>
<td>2.</td>
<td>Boil tala (China lock) in water and use that water orally to prevent abortion.</td>
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<tr>
<td>3.</td>
<td>Soak peel of sirhan (<em>Brassica nigra</em> L.) overnight and give it to drink in morning at fasting for 7 days.</td>
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<tr>
<td><strong>Dosage:</strong></td>
<td>The tied cotton placed intra-vaginally for three days regularly.</td>
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<tr>
<td>5.</td>
<td>Powdered chowrn (<em>Cassia absus</em> L.), almonds (<em>Prunus amygdalus</em> Batsch.), and black pepper (<em>Piper nigrum</em> L.) and mixed all together.</td>
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<tr>
<td><strong>Dosage:</strong></td>
<td>Orally, half tea spoon daily.</td>
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</tr>
<tr>
<td>39</td>
<td>For lowering abdominal pain, back pain and leucorrhea</td>
<td>1. Equal amount of grinded sather (<em>Origanum vulgare</em> L.), kanikathi (<em>Acorus calamus</em> L.) gurr, and sausiyan (<em>Rhazya stricta</em> Decne.). Mixed them with oil, and converted into marble like tablets. <strong>Dosage:</strong> Tablet placed intra-vaginally for 3-4 days.</td>
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<tr>
<td>40</td>
<td>For strong uterus after delivery</td>
<td>1. In summer, tie misri in cotton and place intra-vaginally for 3-6 days, while in winter use gurr instead of misri.</td>
</tr>
<tr>
<td>41</td>
<td>For infertility and retrovert uterus</td>
<td>1. Roots of kortunba (<em>Citrullus colocynthis</em> (L.) Schrad.), lalri (<em>Rubia cordifolia</em> L.), and alva (<em>Aloe vera</em> (L.) Burm.f.) soaked in water in a</td>
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</table>
mud bowl for overnight, then finely grind them, and make vaginal suppositories.

**Dose:** Place these suppositories intra-vaginally for 3-4 days.

| 42 | For galactorrhea | 1. Wet cloth is tied to breast for three days  
2. Multani mitti (fuller’s earth) applied on breast and tied with cloth. |
| 43 | To Stop Bleeding After Delivery | 1. Gurr placed intra-vaginally after delivery. |
| 44 | For Dyspareunia | 1. Powdered wawowal (*Apium graveolens* L.), baobarang (*Embelia ribes* Burm. f.), bao khumba (*Morus acidosa* Griff.), mawa (*Quercus infectoria* Olivier.), kamarkas (*Salvia plebeian* R. Brown.), lodh (*Symplocos recemosa* Roxb.), misri (rock sugar), and chotti illaichi (*Elettaria cardamomum* Maton.) in equal amount, and mixed them together.  
**Dosage:** Orally, 1 and half table spoon for three days as menstruation starts.  
**Dosage:** Cotton placed intra-vaginally.  
3. Take baked clay, sather (*Origanum vulgare* L.) |
and chotti illaichi (Elettaria cardamomum Maton.). Grind them and tie in cotton cloth.

**Dosage:** Placed intra-vaginally regularly for 5 days.

4. Mesh nazboo leaves (Lallemantia royleana Benth.) and bari illaichi (Ammomum subulatum Roxb.) on palm of hand and tie it with thread

**Dosage:** place intra-vaginally for 4 days regularly.

5. Dipped cotton swab in black and white glycerin.

**Dosage:** The swab placed intra-vaginally for 3 days, and tringh is taken orally for 3 days.

**Tringh:** Take 20g of zeera (Cuminum cyminum L.) cooked in 60 gm butter, soak gur in water and add in butter.

6. Powdered bhang (Cannabis sativa L.) and chotti illaichi (Elettaria cardamomum Maton.) then converted into suppositories.

**Dosage:** Suppositories placed intra-vaginally.

Remove it before mating with your husband.

7. Grinded sowa (Anethum sowa Roxb.) and illaichi, converted into tablets and dipped them in ghee.

**Dosage:** Place intra-vaginally for 3-4 days.

**Precautions:** Avoid coitus

**Dosage:** 2 table spoons daily for 40 days, orally.

**Precautions:** Don’t take lasi and red chilli.

9. Take 32 herbs (mixture purchased from pansar) and boil it in water and sieve it.

**Dosage:** for 7-8 days.

10. Boil leaves of neem (*Azadirachta indica* J. Juss.) then sieve and cover them in cloth then tie it on abdomen.

11. Take 32 herbs (mixture purchased from pansar). Boil them in 2 glass of water and sieve it.

**Dosage:** Use this water orally for 15-20-days.
12. Powdered 32 herbs (mixture purchased from pansar) and converted into tablet form.

**Dosage:** The tablet placed intra-vaginally daily at night for 5 days.

13. Amal (*Papaver somniferum* L.) is placed intra-vaginally at night for 8-10 days.

14. Small amount of powdered patasha placed intra-vaginally at night for 5-10 days.

15. Cotton dipped in black and white glyreine.

   Placed intra-vaginally at night for 3 days.

16. Cotton dipped in wine and placed intra-vaginally at night and remove in morning for 3 days.

17. Sandho salt placed intra-vaginally before mating.

18. Mesh equal amount of nazboo (*Lallemantia royleana* Benth.), ajwain (*Trachyspermum ammi* L.), supari (*Areca Catechu* L.), fresh leaves of neem (*Azadirachta indica* J. Juss.), bhang (*Cannabis sativa* L.), 4-5 chotti illaichi (*Elettaria cardamomum* Maton.) and 2-3 mint slugs (*Mentha piperita* L.) and make vaginal suppositories.
Dosage: The suppository placed intra-vaginally in morning and remove at night for 3-40 days regularly.

19. Bottle of warm water placed over abdomen (Taakor) once daily for 3 days.

20. 2-3 table spoons butter is taken orally in morning at fasting for 3 days.

21. Grinded 3-4 chotti illaichi (Elettaria cardamomum Maton.), naiza, pista (Pistacia vera L.), khopra (Cocos nucifera L.), saunf (Foeniculum vulgare var Dulce.), mint slug and butter oil.

Dosage: Orally 2-3 table spoons daily in morning at fasting for 8-10 days.

22. Powdered chotti illaichi (Elettaria cardamomum Maton.), badam (Prunus amygdalus L.), kali mirch (Piper nigrum L.), khopra (Cocos nucifera L.) and misri.

Dosage: Orally 2 table spoons daily in morning with 1 glass of milk.

23. Burn sowa (Anethum sowa Roxb.) and makes ash then put it on lady’s head.

24. Grinded mawa (Quercus infectoria Olivier),
supari (*Areca Catechu L.*) and achro. Converted into vaginal suppositories.

**Dosage:** Suppository placed intra-vaginally for 3 days at night regularly.

**Precaution:** Avoid mating during this period.

25. Soak equal amount of nazboo (*Lallemantia royleana* Benth.) and bhang (*Cannabis sativa* L.) in water at night. In morning sieve this water and use orally in morning for 10-12 days.

26. Mesh fresh leaves of nazboo (*Lallemantia royleana* Benth.), kini kathi (*Acorus calamus* L.), bhang (*Cannabis sativa* L.) and saunf (*Foeniculum vulgare* var Dulce.) and make vaginal suppositories.

**Dosage:** Suppository placed intra-vaginally for 3 days in night regularly.

**Precaution:** Avoid mating during these days.

27. Soak bari harir (*Terminalia bellerica* (Gaertn.) Roxb.) in water in morning. At night place intra-anally for 3-5 days regularly.

28. Cotton swab dipped in black and white glycerin
and placed intra-vaginally for 3 days at night.

29. Cotton swab dipped in extract of bhang (*Cannabis sativa* L.) and placed intra-vaginally for 3 days at night.


**Dosage:** The tablet placed intra-vaginally in morning and remove at night for 6-7 days regularly.


**Dosage:** The tablet placed intra-anally for 3 days.

32. Cotton dipped in mixture of honey, butter and gurr and placed intra-vaginally in evening and remove in morning.
33. Cotton dipped in glycerine and placed intra-vaginally.

34. Equal amount of powdered sowa (\textit{Anethum sowa} Roxb.), sathar (\textit{Origanum vulgare} L.), chotti wai (\textit{Embelia Robusta} Roxb.), kini kathi (\textit{Acorus calamus} L.), chotti illaichi (\textit{Elettaria cardamomum} Maton.) and bhang (\textit{Cannabis sativa} L.). Small amount of butter added to make small tablet. Put them in white cloth tied with thread

**Dosage:** Tied cloth placed intra-vaginally.

35. Sandho salt fried in very small amount of butter oil and converted into tablet.

**Dosage:** The tablet placed intra-vaginally for 3 days.

36. Cotton swab dipped in wine & placed intra-vaginally at night and remove in morning for 3-5 days regularly.

37. Cotton dipped in wine and placed intra-vaginally once daily in evening and then removes in morning for 3 days.

38. Sowa (\textit{Anethum sowa} Roxb.) and sathar (\textit{Origanum vulgare} L.). burnt to make ash. Mixed with 1 glass of water in ash and boiled.

**Dosage:** Orally 1 cup daily in morning at fasting
for 5-6 days regularly.

39. Equal amount of grinded leaves of nazboo (Lallemantia royleana Benth.), bhang (Cannabis sativa L.), 3-4 chotti illaichi (Elettaria cardamomum Maton.), 2-3 bari illaichi (Ammomum subulatum Roxb.) and 1 mint slug (Mentha Piperita L.). Small amount of water added in it to make small tablet.

**Dosage:** The tablet placed intra-vaginally twice daily for 5-6 days regularly.

**Precaution:** Avoid mating during this period.

40. Grinded fresh and washad leaves of nazboo (Lallemantia royleana Benth.). Boiled in water and sieved.

**Dosage:** Use this water orally twice daily for 3-4 days.

41. Grinded fresh leaves of nazboo (Lallemantia royleana Benth.). Prepared vaginal suppositories and placed intra-vaginally at night and removes in morning for 3-4 days daily.

42. Powdered mawa (Quercus infectoria Olivier.) is taken with butter once daily during days of menstruation.
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<tbody>
<tr>
<td>43</td>
<td>Boil leaves of neem (<em>Azadirachta indica</em> J. Juss.). Take bath with this water once daily during days of menstruation.</td>
<td></td>
</tr>
<tr>
<td>45</td>
<td>To lower bloating during menstruation</td>
<td>1. Take 2 kg anar (<em>Punica granatum</em> L.) and extracted its juice, add Araq-e gulab (<em>Rosa indica</em> L.), and Araq-e-saunf (fennel extract) (<em>Foeniculum vulgare</em> var. Dulce.) in it, use this juice during menstruation.</td>
</tr>
</tbody>
</table>
| 46 | For Uterus opening | 1. Gurr and honey mixed with butter oil and applied to vaginal mouth for opening.  
2. Cotton swab dipped in white glycerin placed intra-vaginally for 3-4 times  
3. Boil saunf (*Foeniculum vulgare* var. Dulce) and bari illaichi (*Ammomum subulatum* Roxb.) in 1 cup water and take it orally.  
4. Nibat (candy sugar) dipped in butter and place intra-anally.  
5. Grind jarn (ajwain) (*Trachyspermum ammi* L.) and fry it in butter oil. |
**Dosage:** Cotton swab dipped in it, and placed intra-vaginally.

6. A small piece of misri (crystal sugar) is placed intra-vaginally.


9. Bari illaichi (*Ammomum subulatum* Roxb.) mixed with oil then placed intra-vaginally.

10. Bari illaichi (*Ammomum subulatum* Roxb.) added in tea and use orally

11. In summer, mint slug (*Mentha piperita* L.) is placed intra-anally.

12. In winter, bari illaichi (*Ammomum subulatum* Roxb.) fried in ghee after opening placed intra-anally.

13. Cotton swab dipped in honey and placed intra-vaginally.


15. Sundh (*Zingiber officinale* Roscoe) and sugar
are boiled in small amount of water like tea. Use orally.

16. Piyaz (*Allium cepa* L.) is placed intra-anally.

17. Cotton swab dipped in mustard oil and placed intra-vaginally.

18. Cotton swab dipped in mustard oil and placed intra-vaginally 3-4 times.

19. Small bottle filled with warm mustard oil and placed intra-vaginally.

20. Mint slug placed intra-vaginally.


22. Nibat is placed intra-anally.


24. Take bari illaichi (*Ammomum subulatum* Roxb.) and placed intra-anally.

25. Cotton swab dipped in bnaspati ghee and placed it intra-vaginally.


28. Powdered 2-3 bari illaichi (*Ammomum*
*subulatum* Roxb.) and 4-6 kali mirch (*Piper nigrum* L.). One glass milk is boiled then butter and powdered mixture added in it. Use at the time of labour.

29. 2 table spoons castor oil (*Ricinus communis* L.) used orally.

30. 2-3 chotti illaichi (*Elettaria cardamomum* Maton.) and small amount of butter boiled in 250 ml milk and used orally.

31. Bari illaichi (*Ammomum subulatum* Roxb.) added in tea and used orally.

32. Bari illaichi (*Ammomum subulatum* Roxb.) fried in ghee and placed intra-vaginally.

33. Panir (*Withania coagulans* Dunal.), dhania (*Coriandrum sativum* L.), chotti harir (*Terminalia chebula* Retz.), bari illaichi (*Ammomum subulatum* Roxb.) and gurr boiled in 2 glasses of milk. When 1 glass remains used orally.

34. Take black tea (tea without milk).

35. Mint slug placed intra-anally.


37. Warm 120 ml butter and add 2 table spoons
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<tbody>
<tr>
<td>38.</td>
<td>Cotton dipped in mixture of powdered bari illaichi (<em>Ammomum subulatum</em> Roxb.).</td>
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<tr>
<td><strong>Dosage:</strong></td>
<td>Cotton placed intra-vaginally once for a day.</td>
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<tr>
<td>39.</td>
<td>Warm bari illaichi (<em>Ammomum subulatum</em> Roxb.) and placed intra-vaginally.</td>
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<tr>
<td>40.</td>
<td>Orally 1 cup of black tea (tea without milk).</td>
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<td>41.</td>
<td>Boil 2 bari illaichi (<em>Ammomum subulatum</em> Roxb) in 1 glass of water. Use this water orally.</td>
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<tr>
<td>42.</td>
<td>2 nibat placed intra-anally.</td>
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<tr>
<td>43.</td>
<td>Small piece of gurr placed intra-vaginally.</td>
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<td>44.</td>
<td>Garlic (<em>Allium sativum</em> L.) placed intra-vaginally.</td>
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<td>45.</td>
<td>Methi (<em>Trigonella foenum-graecum</em> L.) and gurr boiled in water and sieved and used orally.</td>
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<td>46.</td>
<td>Cotton dipped in oil and then placed intra-vaginally.</td>
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<tr>
<td>47</td>
<td>Menorrhea and postpartum hemorrhage</td>
<td>1. Take flowers of anar (<em>Punica granatum</em> L.), flowers of harshiha (<em>Terminalia chebula</em> Retz.), and flowers of kadu / bottle gourd (<em>Lagenaria</em></td>
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<tr>
<td>48</td>
<td>For expulsion of plasma membrane after delivery.</td>
<td><strong>Dosage:</strong> Orally twice daily for 3 days in menstruation.</td>
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**Dosage:**

1. The ladies have body massage for this.
2. Grinded 32 herbs (Mixture of herbs purchased from pansar), and converted into tablet form.

**Dosage:** The tablet placed intra-vaginally once daily for 3 days. Then give 100ml of Araq 32 (extract of 32 herb’s mixture) to lady regularly for 3 days.

**Dosage:** Regularly for 3 days, orally.
4. In warm oil add zeera (*Cuminum cyminum* L.), black pepper (*Piper nigrum* L.), gurr, and wheat (*Triticum aestivum* L.) to make dalya from it.

**Dosage:** Used for 3 to 4 days, orally.

**Dosage:**
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|   | *angustifolia* Vahl.), and mint slug (*Mentha Piperita* L.), and then converted into tablets form.**
| **Dosage:** Tablet placed intra-vaginally for 4 days consecutively. Start therapy after 3 days of delivery.**
| 6. Warm ajwain (*Trachyspermum copticum* L.) on hot plate and tie in cloth then give warmth to the ovary.**
| 7. Place gurr or mint slug (*Mentha piperita* L.) intra-vaginally after delivery.**
| 8. Powdered neem fruit (*Azadirachta indica* J. Juss.), mosfa*, misri, and chotti illaichi (*Elettaria cardamomum* Maton.), add few drops of butter oil and make small tablets and place intra-vaginally.**
| 9. Place gurr or misri intra-vaginally for 3 days.**
| 10. Equal amount of grinded waowal (*Apium graveolens* L.), wavodang (*Embelia ribes* Burm.f.), dry leaves of podina (*Mentha piperita* L.), mithi kathi (*Glycyrrhiza glabra* L.), choti illaichi (*Elettaria cardamomum* Maton.), bari illaichi (*Ammomum subulatum* Roxb.), mint slug (*Mentha piperita* L.), misri (Crystal Sugar), and nibat (Candy sugar), and this mixture converted into ball like marbles.**
Dosage: Ball placed intra-vaginally once daily for 6 days.

11. A piece of gurr (Jaggery) is placed intra-vaginally for 6 days.
12. 2-3 spoons Araq-32 is given orally for 6 days.
13. Half cup of Araq 32 is given daily for 5-10 days, orally.
14. Ten beads of panir (Withania coagulans Dunal.) soaked in water. In evening 1 spoon of butter heated, panir with water and misri added in it.

Dosage: Orally on the day of delivery and repeat for 3 days.

15. A small piece of gurr or misri placed intra-vaginally after delivery.
16. Grinded nandha wada waie*, jarn (ajwain) (Trachyspermum ammi L.), sather (Origanum vulgare L.), and gurr (Jaggery). Mixed all together and converted into vaginal suppositories.

Dosage: Placed intra-vaginally for 6 days. Then after 6 days grind almonds, misri (crystal sugar), chotti illaichi (Elettaria cardamomum Maton.) and mithi kath (Glycyrrhiza glabra L.) and make vaginal
suppositories, and placed intra-vaginally for 7 days daily.

17. Half cup of Araq 32 daily for 3 days, orally.

18. Gurr is placed intra-vaginally.


Then wine is added in this and converted into balls like marbles.

**Dosage:** The ball placed intra-vaginally for 6-7 days regularly.

20. Use Araq 32 half cup twice a day orally for 15-20 days.

Dosage: The tablet placed intra-vaginally for 11 days after 3 days of delivery.

22. Suti of wiyai (purchased from pansar) converted into ball like marbles.

Dosage: Tablet placed intra-vaginally after delivery for 2-3 days.

23. Powdered supari (Areca catechu L.), mawa (Quercus infectoria, Olivier.), mithi kathi (Glycyrrhiza glabra L.), Wavovadang (Embelia ribes burm. F.), wawowal (Apium graveolens L.), kaso phal (Butea frondosa Roxb.ex.Wild.) and pata puri gurr. Mixed them all together and converted into tablet.

Dosage: Tablets placed intra-vaginally after 3 days of delivery.

24. Grinded wawowal (Apium graveolens L.), wavovadang (Embelia ribes burm. F.), chel chalk (Tamarindus indicum L.) (Peel off chel chalk (Tamarindus indicum L.) and remove the seed), sur jarn (Trachyspermum ammi L.), waho bhanbho*, mawa (Quercus infectoria, Olivier.), bhera (Terminalia bellerica (Gaertn.) Roxb.), kamarkas (Salvia plebeian R. Brown.), reh*, kehri
(Symplocos racemosa Roxb.), small and large mint slug (Mentha piperita L.). Mixed them all together then added gurr, and make remedy.

**Dosage:** The mixture used orally after 3 days of delivery for 6 days.

Make balls of this remedy and place intra-vaginally too for 3 days.

25. 1 pao chonra Dana (Cassia absus L.) boiled in small amount of water. Sieved with muslin cloth.

**Dosage:** Use this water orally for 4-5 days.

26. Ajwain (Trachyspermum ammi L.) boiled in water and use this water after delivery.

27. Salt boiled in water and take this water, orally after delivery.

28. Burn feaces of buffalo and convert into ash and take this ash with water.

29. Hairs put in the mouth.

30. Grind hurbo (Trigonella foenum-graecum L.) and fry it in butter oil also add small amount of wheat flour. This is known as TRINGH. Used orally.

31. Mint slug placed intra-vaginally.

32. Burn ajwain (Trachyspermum ammi L.) and and converted into ash then put it on lady’s head.
### For Retrovert Uterus

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<tr>
<td><strong>1.</strong></td>
<td>Dip candy sugar (nibat) in butter oil and place once intra-anally.</td>
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<tr>
<td><strong>2.</strong></td>
<td>Grinded sather (<em>Origanum vulgare</em> L.), sowa (<em>Anethum sowa</em> Roxb.), peppermint slug (<em>Mentha</em></td>
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<tr>
<td>50</td>
<td>For giving strength to uterus, Leucorrhea, Infertility</td>
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Mixed with mustard oil and converted into tablet form.

**Dosage:** The tablet placed intra-vaginally once daily for 3 days.

**Note:** First gurr placed intra-vaginally for 3 days after
delivery, and then cotton swab dipped in mustard oil and placed intra-virginally for 3 days. After that start this therapy for 3 days.

2. Powdered mawa \((Quercus infectoria\) Olivier.), supari \((Areca catechu\) L.), behra*, flowers of pistachio, mixed with each other.

**Dosage:** Take this remedy for 3 days twice daily after menstruation ends.

3. Powdered bhang \((Cannabis sativa\) L.) and chotti illaichi \((Elettaria cardamomum\) Maton.). Mixed them and make suppositories.

**Dosage:** Place intra-vaginally. Remove it before mating with your husband.

4. Paneer, sowa \((Anethum sowa\) Roxb.), methi dana \((Trigonella foenum-graecum\) L.) and ghora wal* boiled in 1kg water. When 1 glass of water left then meshes it and sieved it from muslin cloth.

Fry it in butter then add chotti illaichi \((Elettaria cardamomum\) Maton.) and gurr.

**Dose:** 1 glass of this water used orally, daily for 3 days.

5. Equal amount. of powdered mawa \((Quercus infectoria\) Olivier.), supari \((Areca catechu\) L.), dry mango seed, misri (Crystal sugar), chotti ilaichi
505

(Elettaria cardamomum Maton.). Mixed them all together and make remedy.

Dose: Use 1 spoon of this remedy orally, 3 times daily for 3 days regularly. Also make suppositories of it and placed intra-vaginally.

6. Powdered mawa (Quercus infectoria, Olivier.), supari (Areca catechu L.), lorad*, kamarkas (Salvia plebeian R. Brown.), kapi khero* and barillaichi (Ammomum subulatum Roxb.). Mixed them all together and make remedy.

Dosage: Orally on 3rd day of menstruation.

7. 3, 4 barks of jamun soaked in water whole night. Sieved it in muslin cloth in morning then misri is added.

Dosage: Orally for 3 days. (This remedy is used in summer).

8. In winter boil some barks of jamun in water then sieve it in muslin cloth. Cool it and used orally.

9. Powdered bari ilaiachi (Ammomum subulatum Roxb.), kamarkas (Salvia plebeian R. Brown.), lorad*, supari (Areca catechu L.), mawa (Quercus infectoria, Olivier.), kapi khero*, aawra*, peel of pomegranate, sakar* and sugar. Mixed them all
together and make remedy.

**Dosage:** Use this remedy orally for 3 days.


**Dosage:** Orally for 7 days.


**Dosage:** Orally during menstruation period, for 5 days.

12. Methi dana (*Trigonella foenum-graecum* L.) is taken with small amount of water.

13. Use 10 seeds of paneer (*Withania coagulans* Dunal.) with small amount of water, orally.

14. Take flowers of babul (*Acacia nilotica* L. Willd), nibat (candy sugar), misri (crystal sugar) and chotti illaichi (*Elettaria cardamomum* Maton.). Grind them all together.

**Dosage:** Orally with small amount of water in morning
| 51 | For expulsion of plasma membrane and for postpartum hemorrhage | 1. After 3 days of delivery gurr or misri is placed intra-vaginally for 3 days, and extract of date palm leaves (*Phoenix dactylifera* L.) is given to lady.  
**Dosage:** Orally for 3 days after delivery.  
2. Burn cotton ball (gogro) (*Gossypium arboretum* L.) on sand bath and then powder it.  
**Dosage:** Orally 1 gm for 3 days, and then give ARAQ 32 twice daily for 15 days.  
**Note:** Avoid spicy and fatty food.  
3. Gurr is placed intra-vaginally daily for 3 days.  
4. 2 nibat (Candy sugar) soaked in water.  
   After that its water is added in 125 gm of heated butter.  
**Dosage:** Taken orally 3-4 times for 6 days.  
5. Half cup of Araq 32 is used twice a day (2 bottles). |
<p>| 52 | For malposition of uterus | 1. Candy sugar (nibat) placed intra-anally and set the sitting position of lady downwards. |</p>
<table>
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<tr>
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<th>Post partum hemorrhage</th>
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<tbody>
<tr>
<td>1.</td>
<td>Take roh*, mawa (<em>Quercus infectoria</em> Olivier.), kamrkas (<em>Salvia plebeia</em> R. Brown.), supari (<em>Areca catechu</em> L.), samand gujj (cuttle fish bone), mosfa*, grind all to make remedy and give to lady regularly for 3 days.</td>
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<td>2.</td>
<td>Add 2 table spoons of glucose in cow’s milk and used orally.</td>
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<td>3.</td>
<td>Used ARAQ 32 immediately orally, after delivery for 3 days.</td>
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<tr>
<td>4.</td>
<td>Place gurr intra-vaginally immediately after delivery.</td>
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<tr>
<td>5.</td>
<td>Dip cloth in ice cold water and place on groins.</td>
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<tr>
<td><strong>Dosage:</strong></td>
<td>Tablets placed intra-vaginally.</td>
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<tr>
<td>7.</td>
<td>In summer, dipped cotton cloth in cold water and placed on pelvic region.</td>
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<tr>
<td>8.</td>
<td>In winter, place gurr intra-vaginally.</td>
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</table>
Dosage: The tablet placed intra-vaginally daily in morning and remove at night for 4 days.

10. Half table spoon powdered mawa (*Quercus infectoria* Olivier.) is taken orally, daily for 5-6 days.

11. *Suji* (*Triticum aestivum* L.) is fried in ghee and added wheat flour (*Triticum aestivum* L.) to make halwa.

Dosage: Orally 2 times daily for 2-3 days.

12. 5 glass of milk is taken daily for 5-6 days, orally.

13. Grinded bhang (*Cannabis sativa* L.), saunf (*Foeniculum vulgare* var Dulce.) and mint slug (*Mentha piperita* L.) and small amount of water added and converted in to tablet form.

Dosage: The tablet placed intra-vaginally in morning for 6-10 days.

14. Warm 50 ml butter oil and 2 table spoon sugar. Used orally once daily for 3 days.

15. Add 2 table spoons of glucose in 1 glass of water and take this water orally in early morning for 3 days.

16. 2 table spoons haldi added in 1 large tub of warm water. Sit in this tub after bath for 10 mins.
17. Grinded panir (*Withania coagulans* Dunal.) boiled in water.

**Dosage:** Orally twice daily for 3-2 days.

18. Grind dhania (*Coriandrum sativum* L.) and misri

**Dosage:** Orally 1 table spoon daily in morning at fasting for 10 days.

19. Powdered chotti illaichi (*Elettaria cardamomum* Maton.), bari illaichi (*Ammomum subulatum* Roxb.), podina (*Mentha Piperita* L.), misri and nibat. Sieved it from muslin cloth then tied in cotton cloth with thread.

**Dosage:** Placed intra-vaginally for 3 days regularly.

20. Grind bhang (*Cannabis sativa* L.) and make vaginal suppositories.

**Dosage:** Placed intra-vaginally for 20 days at night regularly.

21. Add small amount of water in grinded afeem and make vaginal suppositories.

**Dosage:** Placed intra-vaginally for 20 days at night regularly.

22. Grinded choti illaichi (*Elettaria cardamomum* Maton.), leaves of nazboo (*Lallemantia royleana* Benth.), bhang (*Cannabis sativa* L.), chotti harir
(Terminalia chebula Retz.), bari harir (Terminalia bellerica (Gaertn.) Roxb.) and misri. Small amount of water added and converted into vaginal suppositories.

**Dosage:** Suppository placed intra-vaginally for 3 days at night regularly.

23. Powdered kamarkas (Salvia plebeian R. Brown.), chotti wai (Embelia robusta Roxb.), bari wai (Phaseolus vulgaris L.), supari (Areca Catechu L.) and mawa (Quercus infectoria Olivier.).

**Dosage:** Orally 1 table spoon daily in monring at fasting for 40 dyas regularly.

24. Add 1 glass of cold water in grinded nazboo (Lallemantia royleana Benth.) and grind it.

**Dosage:** Orally in morning for 3 days.


**Dosage:** Orally 1 table spoon daily with water in morning for 3 days.

26. Tightly tie both legs by the help of cloth.
27. Grinded supari (*Areca Catechu L.*) taken orally, 1 table spoon daily in morning at fasting for 10-12 days regularly.


29. Pak supari (*Areca Catechu L.*) is used orally twice daily for 3 days.

30. 3 table spoons table sugar added in 1 glass of water.

**Dosage:** Use this water orally twice daily for 5 days.


**Dosage:** Orally 1 table spoon twice daily for 4-85 days.

32. 1 table spoon powdered supari (*Areca Catechu L.*) used orally, twice with 1 cup of water or milk for 4-5 days.

33. Powdered mawa (*Quercus infectoria*, Olivier.)
mixed with sugar.

**Dosage:** Orally 1 table spoon of this remedy 3 times for 3 days.

34. Nibat placed intra-vaginally.

35. Cotton placed intra-vaginally.

| 54 | Postpartum hemorrhage, for expulsion of plasma membrane, leucorrhea and dilation and curettage (D&C) | 1. Powdered almond, mint leaves (*Mentha piperita* L.), supari (*Areca catechu* L.), chelh chalk (*Tamarindus indicum* L.), monh lalai (red earth), Bari har (*Terminalia bellerica* Roxb.), chotti har (*Terminalia chubula* Retz.), black pepper (*Piper nigrum* L.) and mixed all together. Kneaded with extract of dandasa (Wall nut Bark) (*Juglans regia* Linn.) and converted into tablet form.

**Dosage:** The tablet placed intra-vaginally twice daily for 6 days.

2. For PPH (post partum hemorrhage) in winter, gurr placed intra-vaginally immediately after delivery, and in summer misri placed instead of gurr.

| 55 | For Menorrhea and Infertility | 1. Dipped cotton swab in black and white glycerin placed intra-vaginally after menstruation ends, for 3-5 days twice daily.

2. Equal amount of grinded zeera (*Cuminum

513
<p>| 56 | For expulsion of plasma membrane, Menorrhea and to reduce groin pain | 1. Equal amount of grinded methi dana (<em>Trigonella foenum-graecum</em> L.) zeera (<em>Cuminum cyminum</em> L.), nazboo (<em>Lallemantia royleana</em> Benth.), sowa (<em>Anethum sowa</em> Roxb.), saunf (<em>Foeniculum vulgare</em> var. Dulce), mint slug (<em>Mentha piperita</em> L.) chotti ilaichi (<em>Elettaria cardamomum</em> Maton.), bari ilaichi (<em>Ammomum subulatum</em> Roxb.), misri (Rock sugar), dry leaves of podina (<em>Mentha piperita</em> L.), sathar (<em>Origanum vulgare</em> L.), ajwain (<em>Trachyspermum ammi</em> L.), waowal (<em>Apium graveolens</em> L.), wavodang (<em>Embelia ribes</em> Burm.f.) and convereted into fine powdered form. <strong>Dosage:</strong> 1 spoon is taken daily at night orally for 8-10 days. |</p>
<table>
<thead>
<tr>
<th>Page</th>
<th>For Dysmenorrhea and for body Pain in Pregnancy</th>
<th>1. Equal amount of grinded methi dana (<em>Trigonella foenum-graecum</em> L.), zeera (<em>Cuminum cyminum</em> L.), nazboo (<em>Lallemantia royleana</em> Benth.), sowa (<em>Anethum sowa</em> Roxb.), sauf (<em>Foeniculum vulgare</em> var. Dulce), mint slug (<em>Mentha piperita</em> L.) chotti ilaichi (<em>Elettaria cardamomum</em> Maton.), bari ilaichi (<em>Ammomum subulatum</em> Roxb.), misri (Rock sugar), dry leaves of podina (<em>Mentha piperita</em> L.), sathar (<em>Origanum vulgare</em> L.), ajwain (<em>Trachyspermum ammi</em> L.), waowal (<em>Apium graveolens</em> L.), wawodang (<em>Embelia ribes</em> Burm.f.) and nibat (candy sugar) and converted into fine powdered form. <strong>Dosage:</strong> 1 spoon is taken with 2-3 spoon of milk cream, daily at night for 8-10 days.</th>
</tr>
</thead>
<tbody>
<tr>
<td>58</td>
<td>Infertility and for regulation of menstrual cycle</td>
<td>1. Powdered khopra (<em>Cocos nucifera</em> L.), soufn (<em>Foeniculum vulgare</em> var. Dulce), mint slug (<em>Mentha piperita</em> L.), zeera (<em>Cuminum cyminum</em> L.), chotti ilaichi (<em>Elettaria cardamomum</em> Maton.), 125 gm misri (rock sugar), and 60 gm harsiya (<em>Terminalia chebula</em> Retz.).</td>
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</table>
### Vaginal Discharge in STD

**Dosage:** 1 spoon is taken daily at night for 4 days.  
(Start therapy on second day of menstruation).

1. Boil $\frac{1}{2}$ kg of barks of babul (*Acacia nilotica* L.Willd.) in 1 liter of water then add (60g) harsiyah (*Terminalia chebula* Retz.) in water. When babul and harsiya (*Terminalia chebula* Retz) become soft then mesh them.

**Dosage:** Make vaginal suppositories and placed intra-vaginally for 7 days iat night regularly.

- **Precaution:** Avoid taking dairy products, milk, rice and fleshy food.

### Recurrent Abortion and Infertility

| Page | Scanty menstruation   | 1. Fresh and washed leaves of nazboo (*Lallemantia royleana* Benth), ground with misri (Crystal sugar) and chotti illaichi (*Elettaria cardamomum* Maton) then added some water.  
**Dosage:** The water is taken orally for 3 days.  
2. 16-17 songryon (*Gossypium arboreum* L.) boiled in 4 jug water then small amount of gurr added. 
   Sieved this water.  
**Dosage:** Orally daily in morning for 6-7 days.  
3. 3-4 imli (*Tamarindus indicum* L.) and 1 tablespoon gurr soaked in water. Sieved water with muslin cloth.  
**Dosage:** Use this water orally, 3 times for 3-4 days.  
4. Injiryon (*Terminalia chebula* Retz.), bark of anar (*Punica granatum* L.) and misri soaked all these things in water. Sieved this water. |

(Symplocos racemosa Roxb.), behra*, nibat (Candy sugar) nar chuhara (dry dates) khopra (*Cocos nucifera* L.) and almonds, mixed all these together, converted into mixture form and make remedy.  
**Dosage:** 1 spoon of the mixture is taken orally for 1-2 months regularly.
Dosage: Use this water orally, daily in morning for 1-2 months.

5. Equal amount of saunf (*Foeniculum vulgare* var Dulce.), nibat, and chotti illaichi (*Elettaria cardamomum* Maton.). Soaked all these things in water and sieved.

Dosage: Use this water orally, daily in morning for 1-2 months.

6. Harmal, khopra (*Cocos nucifera* L.) and gurr boiled in water.

Dosage: Orally 1 glass daily at night for 3-4 days.

7. Equal quantity of bark of babur (*Acacia nilotica* L. Willd), ajwain (*Trachyspermum ammi* L.), panir (*Withania coagulans* Dunal.), sowa (*Anethum sowa* Roxb.), saunf (*Foeniculum vulgare* var Dulce.) and gurr soaked in water at night. In morning seived this water and boiled then added small amount of ghee and wheat flour.

Dosage: Orally half glass of water in morning at fasting for 3 days.

8. Take 20 g of zeera (*Cuminum cyminum* L.), sowa (*Anethum sowa* Roxb.), gurr, mint slug (*Mentha piperita* L.), chotti illaichi (*Elettaria cardamomum* Maton.)
Maton.) and cook it in 60 gm butter. Soak gur in water. Add it in butter. This is known as TRINGH.

**Dosage:** orally at night for 3 days.

9. Equal amount of ghorawal and ajwain

(Trachyspermum ammi L.) soaked in water.

Sieveed this water and fried in half cup of butter oil.

**Dosage:** Orally in morning for 3 days.

10. Grinded podina (Mentha Piperita L.) put in roti and used orally for 3 days.

11. Grinded fresh and washed leaves of nazboo

(Lallemania royleana Benth.) Put it in roti and used orally for 3 days.

12. Take sowa (Anethum sowa Roxb.), panir (Withania coagulans Dunal.) and hurbo

(Trigonella foenum-graecum L.). Cook it in 100 gm butter then add small amount of gurr, also add 1glass water in it.

**Dosage:** Orally in morning at fasting for 3 days.

13. Cotton swab dipped in wine placed intra-vaginally during menstruation for 3 days at night.

14. Cotton swab dipped in white glycerin placed intra-vaginally during menstruation for 3 days at

**Dosage:** Use this water in morning at fasting for 3 days during menstruation.


**Dosage:** Orally 2 table spoons daily in morning at fasting for 3 days.

17. Leaves of nazboo (*Lallemantia royleana* Benth.), gurr and dhania (*Coriandrum sativum* L.) boiled and sieved.

**Dosage:** Orally half glass 2 times per day during first 3 days of menstruation.

18. Soak sowa (*Anethum sowa* Roxb) in water at night. Grind it in morning. Add chotti illaichi
(Elettaria cardamomum Maton.), butter and gurr and then boil it.

**Dosage:** Use this water orally once daily in morning for 3 days.

19. Powdered 2 table spoons zeera (Cuminum cyminum L.) and 2-3 chotti illaichi (Elettaria cardamomum Maton).

**Dosage:** Orally 1 table spoon, three times daily with water for 3-4 days continuously.

20. 1 table spoon of grinded waowarang, orally with water, 3 times for 3-4 days regularly.

21. Powdered fresh leaves of nazboo (Lallemantia royleana Benth.) and 3-4 chotti illaichi (Elettaria cardamomum Maton.). Converted into small tablet.

**Dosage:** 1 tablet placed intra-vaginally at night for 5-6 days regularly.

22. 1 glass of water added in powdered 3-4 chotti illaichi (Elettaria cardamomum Maton.) and small piece of misri.

**Dosage:** Use this water orally twice daily for 3-4
days.

23. Orally Araq 32 ½ cup twice a day for 4-5 days.


In morning seived.

**Dosage:** Orally in morning at fasting for 5 days regularly.

25. Soak peel of anar (*Punica granatum* L.) in water at night and sieved in morning.

**Dosage:** Orally 1-2 glass of this water in morning for 15-20 days.


**Dosage:** Orally 1 glass of this water in morning for 1 month.

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<tr>
<th>62</th>
<th>Permanent</th>
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<tbody>
<tr>
<td>1. Water of mehndi (<em>Lawsonia inermis</em> L.) is taken</td>
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</table>
| 63 | Polymenorrhea and Menorrhea | 1. Equal amount of powdered mawa (*Quercus infectoria* Olivier.), supari (*Areca catechu* L.) and kamarkas (*Salvia plebeia* R. Brown.) then converted into mixture form.  

**Dosage:** 1 spoon of this mixture is taken orally with water, orally for 3 days.  

2. *Awra/ aamla* (*Phyllanthus emblica* L.) fried in Ghee (butter oil) and converted into powder form.  

**Dosage:** 1 spoon with water, orally daily for 3 days.  

3. 1 spoon of powdered *chori bantho* taken orally with water for 3 days. |

| 523 | Contraception | orally.  

2. Leaves of mehndi (*Lawsonia inermis* L.) soaked in water at night. In morning sieved this water with muslin cloth.  

**Dosage:** Orally, during 1\(^{st}\) three days of menstruation.  


**Dosage:** Use this water orally, daily for 5-6 days. |
4. Powdered mawa (*Quercus infectoria* Olivier.), supari (*Areca catechu* L.) and peel of anar (*Punica granatum* L.) convereted into mixture.

**Dosage:** Half spoon with water orally, daily for 3-4 days.

5. Powdered dry peels of pomegranate sieved it then misri and chotti ilaichi (*Elettaria cardamomum* Maton.) is added in it to make remedy.

**Dosage:** Use the remedy orally with small amount of water once a day for 3 days.

6. Equal amount of powdered mawa (*Quercus infectoria* Olivier.), supari (*Areca Catechu* L.), behra (*Terminalia bellerica* Gaertn.) Roxb.).

**Dosage:** Orally 1 table spoon daily in morning at fasting for 7-8 dyas regularly.

7. Bark of babur (*Acacia nilotica* L. Willd.) soaked in water. In morning sieved and boiled. 2 table spoons butter oil and 2-3 chotti illaichi (*Elettaria cardamomum* Maton.) also added in it.

**Dosage:** Orally 1 glass daily in morning for 3
<table>
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<tr>
<th>Page</th>
<th>For exp.</th>
<th>1. Grinded har siyah (<em>Terminalia chebula</em> Retz.),</th>
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<tr>
<td>525</td>
<td>For expulsion of plasma</td>
<td><em>powdered sufaiwal</em>, kali wali, chelh chalk (<em>Tamarindus indicum</em> L.) and mint slug (<em>Mentha piperita</em> L.).</td>
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<td>Dosage:</td>
<td>Orally 1 table spoon twice daily for 3 days.</td>
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<tr>
<td>64</td>
<td>For Amenorrhea, Infertility, and To Lower Abdomen Size after Child birth</td>
<td>1. Saunf (<em>Foeniculum vulgare</em> var. Dulce.), rose petals (<em>Rosa indica</em> L.), sowa (<em>Anethum sowa</em> Roxb.), sather (<em>Origanum vulgare</em> L.), podina leaves (<em>Mentha piperita</em> L.), kari dakh* and panir (<em>Withania coagulans</em> Dunal.) are taken and boiled all herbs in 1 cup water.</td>
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<td>Dosage:</td>
<td>The decoction is taken orally for few days.</td>
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<tr>
<td>65</td>
<td>For Uterine Prolapsed and Pelvic Swelling</td>
<td>1. Powdered bukan*, nazboo (<em>Lallemantia royleana</em> Benth.), bhang (<em>Cannabis sativa</em> L.) and green cardamom (<em>Elettaria cardamomum</em> Maton.) tied this powder in a cotton cloth.</td>
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<td>Dosage:</td>
<td>Placed intra-vaginally for 4-7 days.</td>
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<td></td>
<td>2. A piece of misri (Crystal Sugar) is placed intra-vaginally after delivery.</td>
</tr>
</tbody>
</table>
| 526 | membrane, Dysmenorrhea and Pelvic Inflammatory Disease | nandha wada waie*, and bhutta pari gurr*. Mixed all together and made vaginal suppositories.  

**Dosage:** Suppository dipped in butter and placed intra-vaginally daily for 3-4 days.  

2. Use ARAQ 32 orally, half cup daily for 15 days.  

3. Take sowa (*Anethum sowa* Roxb.), zeera (*Cuminum cyminum* L.), saunf (*Foeniculum vulgare* var. Dulce.), chotti illaichi (*Elettaria cardamomum* Maton.) and black pepper (*Piper nigrum* L.). Fry all herbs in two spoon butter oil in pan, and then add one glass of water in it.  

**Dosage:** Orally for 3 days. |
| 67 | For Backache | 1. Powdered chel chalk (*Tamarindus indicum* L.), chotti illaich (*Elettaria cardamomum* Maton.), zeera (*Cuminum cyminum* L.) and saunf (*Foeniculum vulgare* var. Dulce). One spoon of butter is heated in a pan and added 1 cup water, then added 1 spoon of mixture in it.  

**Dosage:** Use this remedy orally after 1 hour of lunch for 3 days.  

2. Little quantity of powdered chel chalk |
(Tamarindus indicum L.) embeded in butter.

**Dosage:** Orally followed by taking milk.

3. Equal amount of powdered waowal (*Apium graveolens* L.), waodang (*Embelia ribes* Burm.f.), chel chalk (*Tamarindus indicum* L), sani thumb (*Holarrhena antidysenterica* L.), mosfa*, sandho salt (Rock salt), misri & gurr. Mixed this powder in makhan & converted into a tablet.

**Dosage:** The tablet placed intra-vaginally for 11 days after 3 days of delivery.

4. Half mint slug (*Mentha piperita* L.) placed intraanally for 3 days.

**Precautions:** Avoid coitus.

5. Grinded wawowal (*Apium graveolens* L.), wavovadang (*Embelia ribes* burm. F.), chel chalk (*Tamarindus indicum* L.) (Peel off chel chalk (*Tamarindus indicum* L.) and remove the seed), sur jarn (*Trachyspermum ammi* L.), waponiba (*Morus acedosa*), mawa (*Quercus infectoria*, Olivier.), bhera (*Terminalia bellerica* (Gaertn.) Roxb), kamarkas (*Salvia plebeian* R.)

**Dosage:** The ball placed intra-vaginally for 3 days.

| 68 | To induce Abortion and for Expulsion of Plasma Membrane | 1. Powdered aryo*, chotti illaichi (*Elettaria cardamomum* Maton.), and dried troh (*Citrullus colocynthis* (L.) Schrad.). Sugar is heated in a pan with little water, when converted into thick consistency powder is added and made suppositories.  
**Dosage:** Suppositories placed intra-vaginally for 3 days. |
| 69 | For Lactation and Improvement of Health | 1. Powdered dry fruits and zeera (*Cuminum cyminum* L.).  
**Dosage:** 1 spoon of mixture orally.  
2. The mixture is added in warm butter and 1 glass of milk also added and cooked.  
Used orally. Start this therapy from 6th day of delivery.  
3. Powdered 2-3 long (*Eugenia caryophyllata* Thumb.), ajwain (*Trachyspermum ammi* L.) and 3-4 badam (*Prunus amygdalus* L.). 250 ml oil of khopra (*Cocos nucifera* L.) mixed in this powder. Massage whole body |
| 70 | Amenorrhea, Menorrhea and Infertility | 1. Grinded fresh leaves of nazboo (*Lallemantia royleana* Benth.), with misri and added some water in it.  

**Dosage:** Orally daily for 3 days. |
| 71 | Pelvic swelling | 1. Powdered sowa (*Anethum sowa* Roxb.) and illaichi and converted into tablets. Dipped them in ghee.  

**Dosage:** The tablet placed intra-vaginally for 3-4 days.  

**Precautions:** Avoid coitus
- In grinded sowa (*Anethum sowa* Roxb.) and sathar (*Origanum vulgare* L.) mixed some water. Prepared supporities.  

**Dosage:** Placed intra-vaginally in morning and remove at night for 5-7 days.  
- Cotton dipped in black and white glycerien.  

**Dosage:** Cotton placed intra-vaginally at night and removes in morning for 3 days.  
- Cotton dipped in white glycerien and placed intra-vaginally at night and removes in morning for 3 days.  
- Equal amount of grinded sowa (*Anethum sowa* Roxb.)
Roxb.), sathar (Origanum vulgare L.), saunf (Foeniculum vulgare var Dulce.), mint slug (Mentha piperita L.), mithi kat, supari (Areca Catechu L.), mithi kathi (Glycyrrhiza glabra L.).

**Dosage:** Orally 1 table spoon daily in morning at fasting for 4-5 days continuously.

- Mint slug (Mentha piperita L.) placed intra-vaginally for 3 days.
- Powdered bhang (Cannabis sativa L.), podina (Mentha Piperita L.), nazboo (Lallemantia royleana Benth.), chotti illaichi (Elettaria cardamomum Maton.) and khashkhash (Papaver somniferum L.). Sieved it from muslin cloth then tied in cotton cloth with thread.

**Dosage:** Placed intra-vaginally in morning and remove at night for 3 days regularly.

2. Grinded 3-4 chotti illaichi (Elettaria cardamomum Maton.), chotti wai (Embelia robusta Roxb.), bari wai (Phaseolus vulgaris L.), chelh chalk (Tamarindus indicum L.), sowa (Anethum sowa Roxb.), sathar (Origanum vulgare L.), bhang (Cannabis sativa L.), aloe vera (Aloe vera (L.) Burm.f.) and 1 small spoon of salt. Put it in mud pot at night then tied in cotton.
cloth with thread.

**Dosage:** Placed intra-vaginally in morning and remove in morning for 3 days regularly.

3. Cotton swab dipped in bhang & placed intra-vaginally for 3 days regularly.

4. Mixtur of Grinded mithi kathi and butter.

**Dosage:** The ointment applied intra-vaginally for 3 days.

5. Take warm cloth and put it on abdomen (Takor).


**Dosage:** Supppositoray placed intra-vaginally at night for 3 days regularly.

7. Mesh bhang (*Cannabis sativa* L.) and make vaginal suppositories and place it intra-vaginally at night and remove in morning for 3 days daily.

8. Burn sowa (*Anethum sowa* Roxb.) and convert into ash then put it on lady’s head.

(Withania coagulans Dunal.), ghora wal, mint slug all these things in 100 gm butter. Soak gurr in water and sieve it. Add the cooked mixture in the sieved water. This is known as TRINGH.

**Dosage:** Orally 1 cup thrice daily for 6-7 days regularly.

10. Cotton swab dipped in black, white and green glycerin placed intra-vaginally during menstruation for 3 days in morning.

11. Soak panir (Withania coagulans Dunal.) and gurr in water at night. Sieve this water in morning and boil it. Add 2 table spoons butter in it.

**Dosage:** Orally once daily after breakfast for 6-7 days.

12. Cotton swab dipped in wine and placed intra-vaginally at night for 10-12 days.

13. Mesh fresh and washed leaves of nazboo (Lallemantia royleana Benth.). Add small piece of gurr and 1 glass of cold water in it.

**Dosage:** Use this water orally, once daily for 5-6 days.

14. Mesh bhang (Cannabis sativa L.) and add small
amount of water in it and make vaginal suppositories.

**Dosage:** The suppository placed intra-vaginally for 7 days at night regularly.

15. Small piece of gurr placed intra-vaginally in morning for 2-3 days.

16. Cotton swab dipped in black and white glycerin and placed intra-vaginally for 3 days at night.

17. Mesh fresh leaves of nazboo (*Lallemantia royleana* Benth.) and make vaginal suppositories.

**Dosage:** Placed intra-vaginally in morning and remove after 2 days repeat it 3 times.

18. Cotton swab dipped in bhang (*Cannabis sativa* L.) extract and placed intra-vaginally at night for 10-12 days.


20. Cotton swab dipped in honey and placed intra-vaginally for 3-5 days.

21. Cotton swab dipped in black and white glycerin
and placed intra-vaginally in morning and remove at night for 3 days.

**22.** Boil 32 herbs (purchased from pansar) in water and sieve it.

**Dosage:** Use this water orally for 15-20-days.

**23.** Grinded sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.) and chotti illaichi (*Elettaria cardamomum* Maton.). Converted into vaginal suppositories and dipped in butter oil.

**Dosage:** Suppository placed intra-vaginally for 3 days at night regularly.

**24.** Boil sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.) in water. Sieve this water.

**Dosage:** Perform wazu for 3 days.

**25.** Grinded nazboo (*Lallemantia royleana* Benth.) sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.) and chotti illaichi (*Elettaria cardamomum* Maton.). Converted into vaginal suppositories.

**Dosage:** suppository placed intra-vaginally for 3 days at night regularly.

**26.** Equal amount of powdered sowa (*Anethum sowa* Roxb.), sathar (*Origanum vulgare* L.) and placed intra-vaginally in morning and remove at night for 3 days.

**Dosage:** suppository placed intra-vaginally for 10-20 days at night regularly.

27. Boil equal amount of fresh and washed leaves of nazboo (*Lallemantia royleana* Benth.), sowa (*Anethumsowa* Roxb.) and sathar (*Origanum vulgare* L.). Sieve this water.

**Dosage:** Orally twice daily for 3 days.

28. Cotton swab dipped in wine & placed intra-vaginally for 3-5 days regularly.

29. Boil 32 herbs (purchased from pansar) in water. Sieve this water use twice daily for 30 days.

30. Cotton dipped in wine and placed intra-vaginally once daily in evening and then removes in morning for 3 days.
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<tr>
<td><strong>31.</strong></td>
<td>Mixture of zeera (<em>Cuminum cyminum</em> L.), wheat flour (<em>Triticum aestivum</em> L.), sugar and ghee. Small amount of water added and prepare halwa. <strong>Dosage:</strong> Orally 1 plate of this halwa twice daily for 6 days.</td>
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<tr>
<td><strong>33.</strong></td>
<td>Cotton swab dipped in black &amp; white glycerin &amp; placed intra-vaginally or inta-analy twice daily for 5-6 days regularly.</td>
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<tr>
<td><strong>34.</strong></td>
<td>Powdered mawa (<em>Quercus infectoria</em> Olivier.), chotti illaichi (<em>Elettaria cardamomum</em> Maton.),</td>
<td></td>
</tr>
<tr>
<td>No.</td>
<td>Condition</td>
<td>Treatment</td>
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<td>---------------------------------------------------------------------------</td>
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<tr>
<td>35</td>
<td>Powdered sowa (Anethum sowa) and sathar (Origanum vulgare)</td>
<td>Converted into tablets. Dosage: 1 tablet placed intra-vaginally at night for 3 days.</td>
</tr>
<tr>
<td>36</td>
<td>Grinded leaves of nazboo (Lallemantia royleana)</td>
<td>Placed intra-anally twice daily for 7 days.</td>
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</tbody>
</table>
| 72  | To Reduce groin pain             | 1. Methi dana (Trigonella foenum-graecum) is boiled in water, and then mixed with gurr, used orally.   
     |                                  | 2. Sowa (Anethum sowa) is boiled in water, and then gurr is added and used orally. |
| 73  | Pelvic inflammation             | 1. Powdered misri (Crystal sugar), zeera (Cuminum cyminum), sauf (Foeniculum vulgare var Dulce), paneer (Withania coagulans) and chotti ilaichi (Elettaria cardamomum) Mixed this powder in small amount of water & converted into a tablet form.  
     |                                  | Dosage: The tablet placed intra-anally at night & |
removes in morning.

2. Grinded half dakh (*Vitis vinifera* L.) and 4 table spoon son makai (*Cassia angustifolia* Vahl.).
   
   Mixed them and converted into tablets.

**Dosage:** One tablet 2 times for 7 days, orally.

**Note:** Avoid eating rice.

3. Powdered leaves of Nazboo (*Lallemantia royleana* Benth.), mint slug and gurr, converted into a tablet.

**Dosage:** The tablet placed intra-vaginally.

4. Sathar (*Origanum vulgare* L.) boiled in water then sieved.

**Dosage:** Use this water daily for 10-12 days, orally.

5. Powdered sathar (*Origanum vulgare* L.) Put in a cloth and then tied with thread.

**Dosage:** Place it intra-vaginally daily for 15 days.

6. Leaves of neem (*Azadirachta indica* J. Juss.) boiled in water and sieved. Put leaves in cloth and tied it. Place this cloth on abdomen.


8. Ajwain (*Trachyspermum ammi* L.) and wheat (*Triticum aestivum* L.) fried in ghee and after
cooling converted into a small tablet.

**Dosage:** The tablet placed intra-vaginally 2 times for 2-3 days.

9. Boil leaves of neem (Azadirachta indica J. Juss.) in water. Use this water every time for cleaning when you go to washroom.

10. Equal amount of imli (Tamarindus indica L.), (4-5) injiryon (Terminalia chebula Retz.) nibat and misri soaked in water. Sieved this water.

**Dosage:** Orally daily in morning for 8-10 days.

11. Take sowa (Anethum sowa Roxb.) and then place it on burning coal. Give smoke of coal to vagina once for 3 days. Also use dettole for vaginal cleaning.

12. Grinded bhang (Cannabis sativa L.), saunf (Foeniculum vulgare var Dulce.), mithi kathi (Glycyrrhiza glabra L.), mint slug (Mentha piperita L.) and roh afza and soaked it in water. Sieved this water.

**Dosage:** Orally in morning at fasting for 3 days.

13. Grind bhang (Cannabis sativus L.) and convert into marble like balls.

**Dosage:** The ball placed intra-vaginally once daily at
14. Boil the barks of babur (*Acacia nilotica* L. Willd) in water. Sieve this water and perform wazoo 3 times daily for 3 days.

15. Grind bhang (*Cannabis sativa* L.) and make vaginal suppositories.

**Dosage:** Suppository placed intra-vaginally at night and remove in morning for 4-5 days.

16. Cotton swab dipped in butter oil and placed intra-vaginally at night for 3-4 days.


**Dosage:** Suppository placed intra-vaginally at night for 3 days regularly.

18. Powdered phitkari mixed in a tub of water and perform wazoo with this water 3 times daily for 3 days.

19. Salt placed intra-vaginally at night for 3 days.

20. Mint slug placed intra-vaginally at night for 3 days.
21. Boil sowa (*Anethum sowa* Roxb.) and soak it in water and sieve it then perform wazoo.

22. Boil sowa (*Anethum sowa* Roxb.) and soak it in water and sieve it. Dip cotton swab in this water.

**Dosage:** The cotton placed intra-vaginally at night for 3 days.

23. Perform wazoo with detol water.

24. Soak sowa (*Anethum sowa* Roxb.) in large amount of water. Sieve this water in morning and perform wazoo.

25. Grind sowa (*Anethum sowa* Roxb.) and add small amount of water to make vaginal suppositories.

**Dosage:** Placed intra-vaginally in morning at remove at night for 3 days.


**Dosage:** The tablet placed intra-vaginally at night for 6-7 days.

27. Grind white glycerin, phitkari and butter to make paste. Apply this paste in vagina for 3 days.
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<tr>
<th>74</th>
<th>For weak uterus</th>
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<tbody>
<tr>
<td></td>
<td>1. Powdered moju phal (<em>Quercus infectoria</em>, Olivier.), kamarkas (<em>Salvia plebeian</em> R.Brown), pak and kath supari (<em>Areca Catechu</em> L.), and misri. Two table spoon of this powder added in one cup milk.</td>
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<td><strong>Dosage:</strong> Orally for 5 days.</td>
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<td>2. Mixture of powdered gurr and wheat (<em>Triticum aestivum</em> L.). The mixture is added either in water or milk and take orally.</td>
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</table>
3. Mixture of 32 herbs (a mixture purchased from pansar) fried in ghee and mixed in 500 ml milk. Use orally.

4. One table spoon husk early in morning for 40 days, orally.

5. 1 table spoon ajwain (*Trachyspermum ammi* L.) with water daily for 5-6 days, orally.

6. Mixture of 32 herbs (purchased from pansar) boiled in water. Sieved this water with muslin cloth.

**Dosage:** Orally, daily in morning for 15 days.


**Dosage:** Orally 1 table spoon of this remedy twice daily with a glass of water for 8-10 days.

8. Grinded 1 table spoon saunf (*Foeniculum vulgare* var Dulce.), bhang (*Cannabis sativa* L.), 3-4 chotti illaichi (*Elettaria cardamomum* Maton.) and 2 mint slug (*Mentha piperita* L.) and small amount of water added in it & converted into tablet.
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<td><strong>Dosage:</strong> The tablet placed intra-vaginally at night &amp; remove in morning for 3 days.</td>
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<td>10.</td>
<td>Chars and placed it intra-vaginally in morning.</td>
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<td>11.</td>
<td>Grinded sowa (<em>Anethum sowa</em> Roxb.), sathar (<em>Origanum vulgare</em> L.) and saunt (<em>Foeniculum vulgare</em> var Dulce.) placed intra-anally in morning for 3-4 days.</td>
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<td>12.</td>
<td>Nibat placed intra-anally at night for 5-6 days.</td>
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<td><strong>Dosage:</strong> Orally 1 cup thrice daily for 11-12 days.</td>
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**Dosage:** Orally 2 table spoons daily in morning at fasting for 1-5 months.


**Dosage:** Orally two table spoons daily in morning for 40 days.

17. Powdered khopra (*Cocos nucifera* L.), chelh chalk (*Tamarindus indicum* L.), chotti wai (*Embelia robusta* Roxb.), bari wai (*Phaseolus vulgaris* L.), chilgozy (*Pinus gerardiana Wall.* ex *D. Don*) and pista (*Pistacia vera* L.) cooked in butter oil. 250 ml water added in it.

**Dosage:** Use this water orally daily in morning for 10-15 days (Starting days of pregnancy).

18. Powdered bari harir (*Terminalia bellerica* (Gaertn.) Roxb.), anjbar (*Polygonum bistorta* L.), peel and seeds of anar (*Punica granatum* L.), tifulla (*Terminalia chebula* Retz.), kasni, misri (Crystal sugar), chotti illaichi (*Elettaria cardamomum* Maton.), saunf (*Foeniculum*...
vulgare var Dulce.) and flowers of rose (Rosa Indica L.). 1 table spoon of the powdered mixture mixed with 250 ml water and soaked at night and sieved.

**Dosage:** Orally in morning at fasting for 3 days.

19. 3 table spoon butter oil used orally for 5 days.

20. Add meat and butter oil in diet.

21. 8-10 badam (Prunus amygdalus L.) boiled in 1 glass of milk.

**Dosage:** Orally in morning at fasting for 7-8 days.

22. Equal quantity of powdered kehri (Symplocos racemosa Roxb.), mawa (Quercus infectoria Olivier.), supari (Areca Catechu L.), kamarkas (Salvia plebeian R. Brown.) and 6-7 chotti illaichi (Elettaria cardamomum Maton.).

**Dosage:** 2 table spoons daily in morning at fasting for 8-10 days.

23. Boil khopra (Cocos nucifera L.) and misri in 250ml milk. Use this milk orally twice daily for 7-9 days.

24. Equal amount of powdered kamarkas (Salvia plebeian R. Brown.), kali mirch (Piper nigrum L.) and wheat flour (Triticum aestivum L.).
<p>| <strong>Dosage:</strong> | Orally 1 table spoon orally in morning for 10-12 days. |
|<strong>25.</strong> | Cotton swab dipped in sharab &amp; placed intra-vaginally for 3 days regularly. |
|<strong>26.</strong> | Mesh fresh leaves of bhang (<em>Cannabis sativa</em> L.) and make vaginal suppositories and place it intra-vaginally for 3 days in night regularly. |
|<strong>Dosage:</strong> | The tablet placed intra-vaginally at night for 15-30 days. |
|<strong>28.</strong> | 2 table spoons butter oil added in powdered 32 herbs (purchased from pansar). |</p>
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<th><strong>Dosage:</strong> Orally 1 table spoon daily in morning for 5-6 days.</th>
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<tr>
<td>29.</td>
<td>Take half cup butter oil with roti, orally.</td>
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<td><strong>Dosage:</strong> Orally 3 table spoon of this halwa in morning for a month.</td>
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<td>31.</td>
<td>Cook meat and use orally twice daily for 5 days.</td>
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<td>32.</td>
<td>1½ kg milk is taken orally at night for 5 days.</td>
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<td>33.</td>
<td>Eat 1 apple daily in morning.</td>
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<td>34.</td>
<td>Grinded nazboo (<em>Lallemantia royleana</em> Benth.), jarn (<em>Trachyspermum ammi</em> L.), sathar (<em>Origanum vulgare</em> L.) in oil and converted into tablets.</td>
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<td><strong>Dosage:</strong> The tablet placed intra-vaginally at night for 3 days.</td>
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<th><strong>Miscarriage</strong></th>
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<td>75</td>
<td></td>
<td>1. Boil chonwra (<em>Cassia absus</em> L.) in 1 glass milk. Use orally.</td>
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<td>2. Cool (sard) herbs (purchased from pansar) boiled in</td>
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water and sieved.

**Dosage:** Orally, daily for 5 days in summer.

3. Warm (garam) herbs (purchased from pansar) boiled in water and sieved.

**Dosage:** Orally, daily for 5 days in winter.

4. Mixture of 32 herbs (purchased from pansar) boiled in water and sieved.

**Dosage:** Use this water for 5 days, orally.

5. 2 table spoons grinded wheat (*Triticum aestivum* L.), orally for 7-8 days. Avoid taking ghee.

6. Mixture of 3-4 dana chor (*Cassia absus* L.) and raswal (*Berberis vulgaris* L.).

**Dosage:** 1 table spoon daily in morning for 8 months, orally.


   **Dosage:** Orally 1 table spoon daily with a glass of milk for 9 months.

8. Bari harir (*Terminalia bellerica* (Gaertn.) Roxb.), bharyo bhanri, podina (*Mentha Piperita* L.) and peel of pomegranate (*Punica granatum* L.) soaked them in 1 kg of water and then sieved 1 cup of water from
Dosage: Orally 1 cup of this water 2-3 times for 1 month.


Dosage: Orally 1 table spoon of this powder 3 times daily with a glass of water for 1 month.


Dosage: Orally 1 table spoon of this powder 3 times daily with a glass of water for 9 month.


Dosage: Orally 1 table spoon daily in morning at fasting for 3-4 days.

12. Raw egg of desi kukar is taken orally without cook for 3 days.

13. 2 table spoon ajwain (*Trachyspermum ammi* L.) is taken orally for 3 days.

14. Boil 5-6 chotti illaichi (*Elettaria cardamomum* Maton.)
Maton.), misri in half kg of milk.

**Dosage:** Orally in early morning before breakfast for 3 days.

15. Take peel of anar (*Punica granatum* L.) and grind it. Take 1 table spoon daily in morning at fasting for 3 days.

16. 1 table spoon grinded peel of anar (*Punica granatum* L.) used orally daily in morning at fasting for 3 days.

17. 2 table spoons haldi added in 1 large tub of warm water. Sit in this tub after bath for 10 mins.

**Avoid:** Eating butter oil.


**Dosage:** Orally 2 table spoons daily in morning at fasting for 6-7 days.


**Dosage:** Orally daily in morning at fasting for 6

**Dosage:** Use this water orally twice daily for 5-6 month.

21.


**Dosage:** Orally 1 table spoon twice daily for 5-6 month (starting months of pregnancy).

23. Grinded 4-5 badam (*Prunus amygdalus* L.), khopra (*Cocos nucifera* L.), and misri and 1 glas of milk added in it.

**Dosage:** Orally at night for 9 months regularly.


**Dosage:** Use this water orally twice daily for 5-6 month.
cardamomum Maton.) and kahi khero
(Cinnamomum Cassia Nees.) small amount of butter oil added to make vaginal suppositories.

**Dosage:** Suppository placed intra-vaginally for 4-5 days in night regularly.

25. Mesh nazboo (*Lallemantia royleana* Benth.), kini kathi (*Acorus calamus* L.), podina (*Mentha Piperita* L.) and bhang (*Cannabis sativa* L.) and make vaginal suppositories.

**Dosage:** Suppository placed it intra-vaginally at night and removes in morning for 3 days. Also placed intra-anally in morning for 3 days.

26. Soak sonu ghero in water. Sieve this water and use orally in morning for 3-5 days.

27. Soak beh dana (*Cydonia vulgaris* pers.) and nibat in water and sieve this water. Orally in morning at fasting for 3 days.

(Foeniculum vulgare var Dulce.) and flowers of rose (Rosa Indica L.). 1 table spoon from this remedy mixed in 250 ml water and soaked at night. After that sieved this water.

**Dosage:** The water used orally in morning at fasting for 3 days.

29. Powdered supari (Areca Catechu L.), kamarkas (Salvia plebeian R. Brown.) and mawa (Quercus infectoria Olivier.). Converted into vaginal suppository and placed intra-vaginally once daily for 4 days.

30. Boil anjbar (Polygonum bistorta L.) in water then sieve it in muslin cloths. Use this water orally daily in morning for 5 days.

31. Pan supari (Areca Catechu L.) used orally.

32. Boil zeera (Cuminum cyminum L.) in water and sieve this, used orally for 3 days.

33. Equal amount of powdered supari (Areca Catechu L.), zeera (Cuminum cyminum L.), anar (Punica granatum L.) and misri. 1 table spoon of this powdered in 1 glass of cold water. Use this juice twice daily for 5-10 days in summer.

34. Powdered choti wai (Embelia robusta Roxb.)bari

554
wai (*Phaseolus vulgaris* L.), mawa (*Quercus infectoria* Olivier.), supari (*Areca catechu* L.), bark of asriliu, choti illaichi (*Elettaria cardamomum* Maton.), chelh chalk (*Tamarindus indicum* L.) and misri

**Dosage:** Orally 1 table spoon of this remedy with a glass of water once daily in early morning for 3 days.

**35.** ¼ kg naiza (*Pinus gerardiana* Wall. ex D. Don), pista (*Pistacia vera* L.), akhrot (*Juglans regia* L.) and badam (*Prunus amygdalus* L.) soaked in 250 ml milk at nighgt.

**Dosage:** Orally in morning at fasting for 7-8 days regularly.

**36.** Equal amount of powdered kamarkas (*Salvia plebeian* R. Brown.) and supari (*Areca Catechu* L.).

**Dosage:** Orally 1 table spoon twice daily for 3-6 days.

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<th>Good Health during pregnancy</th>
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<tr>
<td>76.</td>
<td><strong>Dosage:</strong> Orally 1 glass of this water daily in morning for 9 months of pregnancy.</td>
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<tr>
<td>38.</td>
<td>Grinded fresh and washad leaves of nazboo (<em>Lallemantia royleana</em> Benth.) boiled in water and sieved. <strong>Dosage:</strong> Use this water orally twice daily for 3-4 days.</td>
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<tr>
<td>39.</td>
<td>Grinded fresh leaves of nazboo (<em>Lallemantia royleana</em> Benth.). Prepared vaginal suppositories and placed intra-vaginally at night and remove in morning for 3-4 days daily.</td>
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<td>40.</td>
<td>Soak katilo in milk at night. Use this milk in morning for 1 month.</td>
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<td>41.</td>
<td>Soak supari (<em>Areca catechu</em> L.), panir (<em>Withania coagulans</em> Dunal.) and leaves of sehwar in water at night. Sieve this water in morning. <strong>Dosage:</strong> Orally 1 glass of this water daily in morning for 9 months of pregnancy.</td>
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|   | 1. Grinded khopra (*Cocos nucifera* L.), akhrot (*Juglans regia* L.), badam (*Prunus amygdalus* L.), misri, chilgozy (*Pinus gerardiana* Wall. ex D. Don) and pista (*Pistacia vera* L.). 100 ml butter oil added into this. |
| 77. | Fetus Health | **Dosage:** Orally 2 table spoons daily in morning at fasting from 1st to 9th month of pregnancy.

1. Equal amount of 10-12 flowers of mustard, zeera (*Cuminum cyminum* L.), supari (*Areca catechu* L.), mawa (*Quercus infectoria* Olivier.), bark of babur (*Acacia nilotica* L. Willd), misri, and 2 table spoons butter oil. Boil all together in 2 glass of water until 1 glass remains.

**Dosage:** Orally at night for 40 days.

* Indicates that their botanical names are still not identified

** Products of Hamdard
### Myths about the usage of herb to conceive male child

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<th>S.no.</th>
<th>District</th>
<th>Myth about the usage of herb to conceive male child</th>
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<tbody>
<tr>
<td>1</td>
<td>Mirpurkhas</td>
<td>- A lady of Goth Akbar Brohi told about the usage of ‘ARAQ 32’ for those women who have daughters and wish to conceive male child. This Araq 32 is used after baby birth for 6-8 days.</td>
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</tbody>
</table>
| 2     | Matari   | - Take troh (*Citrus colocynthis* (L.) Schrad.) and cover it in cow dung and then burn it over night in cow dung. In morning take it out and peel it, when it becomes very soft, take out seeds from it and boil this soft mass in cow’s milk. Then sieve it and add zeera (*Cuminum cyminum* L.), chotti illaichi (*Elettaria cardamomum* Maton), and misri, then cook it till it converts to thick consistency that suppositories can be made. After that make suppositories by lubricating with oil and use these by placing it intra-anally.  
  - Use of Araq 32 regularly after delivery for 40 days.  
  - Take 32 herbs from Pansar, finely grind them. Make its tablets and cover in cotton and tie thread to form like a ball. Then place it intra-vaginally for 6 days after delivery. |
| 3     | Thatta   | - Take Desi murgha (Sindhi cock), slaughter it and separate its meat and bones. Then tie meat in cotton and place it intra-vaginally, immediately after delivery of baby.  
  - Take cotton ball, dip it in brandy and place it intra-vaginally after delivery.  
  - Powdered mustard seeds (hurbo/methi k beej) mixed with little water and converted into tablet form. Then the tablet placed intra-vaginally for 6-8 days immediately after delivery. |
| 4   | Jamshoro | - Make soft dough of flour (wheat) then bake smaller bread. Place it on abdomen then keep mud lamp over it, lit it and cover it with clay plate. Same procedure is repeated on back.

- Naru* plant is cooked and eaten as a vegetable or it is eaten in its raw form.

- Grind rattan jot (*Onosma hispidum* Wall.), mawa (*Quercus infectoria* Olivier.) and supari (*Areca catechu* L.) and mix all together. Take half spoon once daily in morning at fasting for 3 days.

  Note: Avoid rice, yogurt and milk with this therapy.

- Take 1 spoon mong dal or chanwra (pulses), add 1 spoon butter oil and 1 spoon sugar. Cook all and make sweet dish. Give this to lady to eat after delivery.

- Crush flowers of babool (*Acacia nilotica* L. Willd.) in 250ml water and add sugar for taste. Take this orally regularly for 3 days after menstruation.

| 5   | Umerkot  | - Preserve cord of male baby after birth. Grind it with mawa (*Quercus infectoria* Olivier.) and make tablet of it. Give it lady who want to conceive male child to place that tablet intra-vaginally after birth of a female baby immediately.

- After delivery give lady to eat meat cooked in black pepper for 4 days continuously.

- Grind misri (Crystal sugar), peppermint slug and preserved and dried birth cord of male child. Make tablet and keep intra-vaginally after birth of female baby.
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<th>No.</th>
<th>Place</th>
<th>Instructions</th>
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<td>56</td>
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<td>- After delivery keep gurr (jaggery) or Crystal sugar intra-vaginally.</td>
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<td>- After delivery dig placenta in mud or throughout in garbage.</td>
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<td>- Peel candy sugar and dip in butter oil, then place in anus after menstruation ends for 4 days.</td>
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<td>- Grind narjaffar* and sieve it through cloth. Warm gurr (Jaggery) in butter oil and add narjaffer to it then cool it and make small tablets. Keep one tablet daily intra-vaginally for 4 days.</td>
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<td>- Take preserved cord of male baby, grind it and mix with butter oil, then place in cotton and keep intra-vaginally after 40 days of delivery of female baby.</td>
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<td>6</td>
<td>Tharparkar</td>
<td>- Grind aloe (Aleo vera L.) and gurr (Jaggery) and make suppository. Place them intra-vaginally after delivery once only.</td>
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<td>7</td>
<td>Shaheed Benazir Abad</td>
<td>- Give chicks cooked to lady orally for 3 days. Regularly after delivery.</td>
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<td>- Take the placenta of lady who has given birth to a male child and say to lady to sit over it who wishes to have a male child.</td>
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<td>- Boil meat of male chick and add black pepper. Give it to lady for eating in the days of menstruation.</td>
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<td>- Dip antimony in water for 21 days and then grind it and drink in the days of menstruation.</td>
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<td>- Take narjaffer* peel it. Then take inner core out. Embed small amount of it in butter. Give it regularly for 3 days to lady.</td>
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<td>8</td>
<td>Nausheroferoz</td>
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<tr>
<td>➢ Place cotton swab dipped in wine intra vaginally.</td>
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<td>➢ Place candy sugar dipped in mustard oil in anus.</td>
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<td>➢ Make two breads and add mint leaves (<em>Mentha piperita</em> L.) and gur (jaggery) in between two and give to lady for eating for 3-4 days in each month after 1st trimester.</td>
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<td>➢ Give beef cooked in black pepper to lady regularly for 3 days.</td>
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<td>➢ Take umbilical cord of a male baby, wash it and dry it in sun. Soak that umbilical cord in water and give that water to lady for three days consecutively.</td>
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<td>➢ Take waowal (<em>Apium graveolens</em> L.), baobarang (<em>Embelia ribes</em> Burm.f.), sowa (<em>Anethum sowa</em> Roxb), sathar (<em>Origanum vulgare</em> L.) and candy sugar (misri). Grind all and make pellets. Dip that in butter and place it in anus during menstruation.</td>
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<th>9</th>
<th>Larkana</th>
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<tr>
<td>➢ Place misri (Crystal sugar) intra-vaginally for 3 days regularly after delivery.</td>
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<tr>
<td>➢ Use khopra (<em>Cocos nucifera</em> L.) orally.</td>
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<tr>
<td>➢ After delivery place gurr (Jaggery) intra-vaginally for 3 days and then give Araq 32 (extract of 32 herbs directly purchased from pansar), half cup daily for 3 days.</td>
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<td>➢ Powdered kini kathi (<em>Acorus calamus</em> L.), kacha paka wai*, sowa (<em>Anethum sowa</em> Roxb.), rori gurr*, khopra (<em>Cocos nucifera</em> L.), nar chowara (dry dates), almond, chotti illaichi (<em>Elettaria cardamomum</em> Maton.), bari illaichi (<em>Ammomum subulatum</em> Roxb.), ½ mint slug (<em>Mentha piperita</em> L.), and converted into ball like marble.</td>
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<td>Shahdadkot</td>
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<td>Sanghar</td>
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<tr>
<td>➢ Eat 1kg khopra (<em>Cocos nucifera L.</em>) in 1st month of delivery.</td>
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</tbody>
</table>

<p>| ➢ Take male organs of cock and eat them with roti. Avoid eating meat. |
| ➢ Take misri (Crystal sugar), zeera (<em>Cuminum cyminum L</em>., saunf, (<em>Foeniculum vulgare var Dulce</em>.), paneer (<em>Withania coagulans Dunal</em>.), chotti ilaichi (<em>Elettaria cardamomum Maton</em>.). Grind it and make a fine powder. Mix this powder in small amount of water &amp; make a tablet. Place it in anus in night &amp; remove at morning. |
| ➢ Take cock and cook it. Give it to lady to eat. |
| ➢ Cover placenta in cloth. Take sugar and wheat and put it in earth with placenta. |
| ➢ Take chor (<em>Cassia absus L</em>.), ghee, sugar, mawa (<em>Quercus infectoria Olivier</em>.), butter and khopra (<em>Cocos nucifera L.</em>) in equal quantity. Grind chor (<em>Cassia absus L</em>.), mawa (<em>Quercus infectoria Olivier</em>.), khopra (<em>Cocos nucifera L.</em>) and sugar and make a mixture. Fry all this mixture in ghee and then add butter. Then give it lady to eat orally, for 10 days. |
| ➢ Take chor (<em>Cassia absus L.</em>) and butter. Grind chor to make a fine powder. Add butter in half table spoon of chor powder then swallow it for 6 days (during menstruation). |
| ➢ Take sugar, ghee, wheat flour (<em>Triticum aestivum L</em>.). Fry sugar in ghee then add small amount of wheat flour (<em>Triticum aestivum L.</em>) and water. Give it to lady to eat daily for 7 days. |
| ➢ Take gurr (jaggery) and place it in anus. |</p>
<table>
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</table>
| 15   | Ghotki   | - Powdered chori bhato and gurr. Mixed this powder with wheat flour (*Triticum aestivum* L.) and prepared roti. Eat this roti after delivery or before going for mating.  
- Dip cotton in black afeem (*Papaver somniferum* L.). Place it intra-vaginally before mating in morning and remove in night for 3 days.  
- Take white zeera (*Cuminum cyminum* L.) and then grind it.  
**Dosage:** Take 1 tablespoon with a glass of water daily in last 3 days of menstruation. |
| 16   | Kashmore-Kandhkot | - Take khopra (*Cocos nucifera* L.) orally in 3rd month of pregnancy for 3-5 days.  
- Take cock and cook it. Give it to lady to eat for 7 days.  
- Carry male child in her lap after delivery.  
- Take male organs of cock then add small amount of butter in it. Give it to lady to take it orally after delivery.  
- Take nar choara (*Phoenix dactylifera* L.) orally, after delivery.  
- Take 2 table spoons ajwain (*Trachyspermum ammi* L.), 3-4 chotti illaichi (*Elettaria cardamomum* Maton.), gurr (Jaggary), nibat (Candy sugar) and butter. Soak all these things in small amount of water and boil all together. Take 1 cup twice daily for 3 days.  
- Take bark of babur (*Acacia nilotica* L. Willd), miswak (*Salvadora persica* Wall.), ajwain (*Trachyspermum ammi* L.), gurr (Jaggary) and butter. Grind all together and boil it in water. Take 1 cup daily (After 40 days of delivery) in morning for 3 days.  
- Take misri (Crystal sugar) and put it in anus after delivery (Within 40 days). |
| 17 | Jacobabad |
|-----------------------------------------|
| ➢ Dip cotton in honey and wine. Place it intra-vaginally. |
| ➢ In the morning, take meat of cow and in the night take the meat of pegions for 36 days. |
| ➢ Take daakh (*Vitis vinifera* L.) with 1 cup of milk orally for 3 days. |
| ➢ Take 7 egg yolk of desi chiken. Slightly fry it in small amount of ghee and give it to lady to eat it after delivery within 40 days. |
vulgare L.), chotti illaichi (*Elettaria cardamomum* Maton.) and pista(*Pistacia vera* L.) in equal quantity. Grind all together and make small tablet. Put it in anus for 3 days after delivery.

- Boil cow’s meat in water and add small amount of table salt. Give 1 glass of soup to lady to drink after delivery.
- Insert “sandhi bhaji dand ji” in placenta, after delivery.
- Take stomach (ojhri) of goat and boil it in water then give it to lady to eat after delivery within 40 days, for 3 days continuously.
- Put nibat(Candy sugar) in anus during menstruation in night.
- Make soup of cock and give it to lady to drink it after delivery for 6 days.
- Take khopra(*Cocos nucifera* L.), nar mawa (*Quercus infectoria* Olivier.), nar ghanda(purchased from pansar), thoni thamba (*Holarrhena antidysenterica* L.), chotti wai (*Embelia robusta* Roxb.), bari wai (*Phaseolus vulgaris* L.), chelh chalk (*Tamarindus indicum* L.), mint slug, zeera (*Cuminum cyminum* L.) and supari (*Areca Catechu* L.) in equal amount. Grind all together to make fine powder. Boil this powder in 250ml water and also add small amount of butter oil. This is known as tringh. Give it to lady orally in morning at fasting for 8-10 days.

- Take meat of bull and cook it. Take 1 boti from it and brok into 3 pieces. Place 1 piece daily in night intra-vaginally for 3 days.
- Add palla fish and desi cock in diet after delivery for 5 days.

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<tbody>
<tr>
<td>➢</td>
<td>Take desi kukar and cook it. Take it with roti.</td>
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<tr>
<td>➢</td>
<td>Take meat of rabbit and cook it. Give it to lady to take it with roti.</td>
</tr>
<tr>
<td>➢</td>
<td>Take small piece of rabbit meat and place it intra-vaginally after 6</td>
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</table>
days of delivery.

- Take khopra (Cocos nucifera L.) orally from 3rd month of pregnancy.
- Cook meat of rabbit and take it with roti from 5th month of pregnancy.

19 Tando Muhammad Khan

- Take chotti illaichi (Elettaria cardamomum Maton.), badam (Prunus amygdalus L.), pista (Pistacia vera L.) and sindhi tail. Cook all these things in sindhi tail to make halwa.
- Soak jarn (Trachyspermum ammi L.) in cold water in night. Add sugar and misri (Crystal sugar) in it in morning.

20 Tando Allahyar

- Take leaves of neem (Azadirachta indica J. Juss.) and nibat (Candy sugar) and then mesh them. Make tablets and then dip them in ghee. Place intra-vaginally in night for 3 days.
- Cook whole cock and give it to lady to eat after 6 days of delivery.

21 Kamber-Shahdadkot

- Take bark of jamun (Syzygium cumini (L.) Skeels.) and soak it in water in night. In morning sieve this water and make tringh by adding small piece of misri.
  
  **Dose:** drink 1 cup daily in morning after delivery for 5 dyas regularly.

- Add desi cock in diet after delivery for 5 days.
- Take 3-4 bari illaichi (Ammomum subulatum Roxb.) and nar choara (Phoenix dactylifera L.). Grind both to gether to make remedy.
  
  **Dose:** Give it to lady to take it orally once daily after delivery for 5-6
days.

➢ Take jafar (*Myristica fragrans* Houtt.) and dip it in milk of the lady who already had a baby boy, and give this mixture to that lady who wants to conceive male child.

**Dose:** Use this mixture as nasal drops (2-3 drops) during 3<sup>rd</sup> month of pregnancy for three days.

➢ Take 1 pao mawa (*Quercus infectoria*, Olivier.) and chotti illaichi (*Elettaria cardamomum* Maton.). Mesh them to make vaginal suppositories and place it intra-vaginally in night after menstruation (after delivery).

➢ Take small piece of misri (Crystal Sugar) and place in intra-vaginally/ intra-analy for 3 days after 40 days of delivery.

* Indicates that their botanical names are still not identified
Herbal Formulations Marketed for the Treatment of Women-Specific Diseases

There are several large herbal formulations manufacturing companies, which manufacture and market medications for the treatment of women-specific diseases. These are generally pharmacopeal drugs, documented in Herbal Pharmacopia of Pakistan or other treatise. Brand names are registered under the copy right acts of Pakistan. Most of the medications are claimed to be Unani (Greco-Arab) medicines. Following is brief description of such medicines by various manufacturers.

Hamdard Laboratories (Waqf) Pakistan

Masturin (Specific for female disorders, and uterotonic)

Description

Uterotonic, specific for female disorders. Prepared from herbal ingredients including Saraca indica (Asoka), Withania somnifera, Abroma augusta, Berberis aristata, Rauwolfia serpentina and iron acting solely on female reproductive system.

Indication

Specific treatment for female disorders, such as menstrual irregularity, dysmenorrhea, leucorrhoea, metritis and uterine inflammation. It is also a uterine tonic.

Direction

After menstruation till the start of next period, two teaspoonfuls to be taken at night for menstrual irregularity and dysmenorrhea. Two teaspoonfuls to be taken at night for leucorrhoea, two teaspoonfuls mixed with lukewarm water be taken at night for
metritis. In chronic cases one dose of two teaspoonfuls to be taken in the morning as well. (Only for women).

**Composition**

Each 100 mL contains:

- **Abroma augusta** 125 mg
- **Aquous dist** 10 ml
- **Rauwolfia serpentina** 100 mg
- **Saraca indica** 500 mg
- **Smilax officinalis** 125 mg
- **Withania somnifera** 250 mg
- Sweetening agents; Flavours and preservatives q.s.

**Supari Pak** (An ideal preparation to preserve pregnancy)

**Description**

It is an age-old and well-trusted remedy for many female uterine disorders. It strengthens the uterus and serves as one of the best uterine tonics. It is specific for leucorrhoea. Its main ingredient is betel nut (*Areca catechu*).
Indications

In repeated and threatened abortions due to the weakness of the uterus, Supari Pak is an ideal preparation to preserve pregnancy. It is specific for leucorrhoea, the common cause for female general ill health and weakness. It also increases the appetite, and strengthens the kidneys. Males can also use Supari Pak for spermatorrhoea, excessive nocturnal emissions and for retentive power.

Direction

One to two teaspoonfuls of Supari Pak with a little milk in the morning or one teaspoonful with a little milk twice a day. (Only for women)

Presentation

Bottle of 100 grams (Granules).

Composition

Two teaspoonfuls contain:

Acacia arabica, bark 0.0011 gm
Areca catechu, flowers 08 gm
Areca catechu, nuts 0.011 gm
Bauhinia tomentosa 0.0011 gm
Butea frondosa (exudate) 0.045 gm
Butter oil 1.08 gm
Canscora decussata 0.0011 gm
Caryophyllus aromaticus 0.011 gm
Cinnamomum zeylanicum 0.011 gm
Elettaria cardamomum 0.011 gm
Elettaria cardamomum 0.011 gm
Myristica fragrans 0.0045 gm
Orchis mascula 0.011 gm
Pistacia vera 0.011 gm
Rubia cordifolia 0.33 gm
Saccharum 9.00 gm
Tribulus terrestris 0.090 gm
Zingiber officinale 0.011 gm
Supari Pak is an old formula which has successfully been used as an effective remedy of the diseases peculiar to women. Supari Pak is a unique medicine for the treatment of leucorrhoea. It treat the general physical weakness, facial paleness, and anemia. It is a nerve tonic. It treat backache, pain in shins, anxiety and uneasiness. It also relieves bodily fatigue. Supari Pak can also be used by men for the treatment of spermatorrhoea (involuntary discharge of semen).

**Composition:**

- *Tribulus terrestris* Linn. 60.46 mg
- *Poenix dactilefera* 60.46 mg
- Edible Oil 60.46 mg
- Natural Egg Shell Calcium 48.48mg
- *Areca catechu* Linn. 30.24 mg
- *Butea frondosa* 30.24 mg
- *Gum acacia arabica* 30.24 mg
- Wheat Starch 30.24 mg
- *Phaseolus mungo* Linn 15.12 mg
- *Rubia cordifolia* 15.12 mg
- *Zingiber officinale* 7.56 mg
- *Cinnamomum Tamala* 6.06 mg
- *Amomum subulatum* Roxb 3.03 mg
- Saccharum Base
Dosage:

10 grams (two teaspoonfuls) with milk in the morning and in the evening or as directed by the physician.

A-Lecor

Composition is not available

Dosage:

For females above 12 years: Two tablets thrice a day with milk

Lecodine

An effective natural remedy for leucorrhoea, amenorrhoea and related problems. Leucorrhoea is one of the diseases peculiar to women. It is very troublesome disease which adversely affects the female beauty, and elegance and causes the gradual decline of health. The patient is unable to show interest in her routine work. She feels general weakness, and debility. It can cause physical weakness, fatigue, coxalagia and anorexia. The ingredients of Licodine cure, leucorrhoea successfully. It is also effective in calcium deficiency.
Composition:
Oyster shell calcium (processed) 83.33 mg
Coral calcium (processed) 83.33 mg
Egg shell calcium (processed) 83.33 mg
Alum Dehydrated 83.33 mg
Magnesium Silicate 83.33 mg
Base Q.S.

Dosage:
Take 2 tablets with milk thrice a day or as directed by the physician.

Mensofar

A proven herbal medicine for amenorrhea & dysmenorrhea. Mensofar, causing the proper flow of menses, is effective in the treatment of amenorrhea and irregular, below normal menses and their irregularities and other complaints caused by these disorders.

Composition:
Ferrous Sulphate 62.5 mg
Aloe barbadensis 62.3 mg
Ferula alliacea 62.3 mg
Iron Murakab 62.3 mg

Dosage:
As soon as the menstruation period starts, take 2 tablets with lukewarm milk. Use this medicine only for three days. If you feel that there is a need to continue with the use of the medicine, use it in consultation with your physician.
Kushta Sadaf

Excellent medicine for the treatment or disorders due to deficiency of calcium. Sadaf is a natural source of calcium and helps in strengthening bones. Strengthens the bones by eliminating general deficiency of calcium in all ages. Effective for premature ejaculation and leucorrhoea. It can be given to the children for general calcium source.

Composition not available

Dosage:

Children up to 12 years: 250 mg kushta mixed in 2.5g (1/2 teaspoon) Khameera Gaozabanonce a day For adults above 12 years: 500 mg kushta mixed in 5 g (One teaspoonful) Khameera Gaozaban twice a day. For pregnant and lactating women: 500 mg kushta mixed 5 g (One teaspoonful) Khameera Gaozaban thrice a day

Habis

Effective in blood coagulation. Useful in ante-natal haemorrhage, epistaxis, haemoptysis, haemorrhoids, menorrhagia and post-partum haemorrhage. Proven
medicine for blood coagulation. *Acacia arabica* and *Tamarix gallica* are beneficial in blood haemorrhage.

**Dosage:**

For children above 10 years and adults: 5 g (One teaspoonful) thrice a day with water

**Khatooni**

A specific herbal remedy for Gynecological diseases. The diseases peculiar to woman are mostly due to dysfunctioning of internal organs. Menorrhagia or Amenorrhea (excessive or deficient menses), the continuation of menstruation for less or more than the normal number of days, irregularity in the menstruation cycle, ever changing consistency of the blood (i.e. sometimes it is thick and sometimes thin), physical fatigue and pain in female genitalia are related to the disorder of uterus or its layers. Similarly leucorrhoea is said to be the cause of backache, burning sensation in hands and feet, facial paleness, anemia, pain in skins, restlessness etc. but leucorrhoea itself is caused by infection and inflammation of the uterus. Uterine disorders are also one of the causes of abortion. It can be used for the treatment of abortional problem, amenorrhoea, anguish, coxalgia, dysmenorrhoea, fatigue, headache, hysteria, leucorrhoea, nausea, uteritis, vomiting.

**Composition:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Banyan tree</td>
<td>62.5 mg</td>
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<tr>
<td>Common fumitory</td>
<td>62.5 mg</td>
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<tr>
<td>Margosa tree</td>
<td>62.5 mg</td>
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<tr>
<td>Endive</td>
<td>62.5 mg</td>
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<tr>
<td>Omum seeds</td>
<td>62.5 mg</td>
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<tr>
<td>Napeta ruderalis</td>
<td>62.5 mg</td>
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<tr>
<td>Black Nightshade</td>
<td>62.5 mg</td>
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<tr>
<td>White Justica</td>
<td>62.5 mg</td>
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<tr>
<td>Maiden hair fern</td>
<td>62.5 mg</td>
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<tr>
<td>Aniseed</td>
<td>62.5 mg</td>
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</tbody>
</table>
Juniperberry 62.5 mg
Indian Madder 62.5 mg
Yarrow 62.5 mg
Indian Gum Arabica 62.5 mg
Ferric Ammonium Citrate 50 gm
Saccharum Glucose Base
Sodium Benzoate <1% as preservative)

Dosage:

Take 10 ml (2 teaspoonfuls) of Khatooni in the morning and evening or as directed by the physician.

Marhaba Laboratories

Supari Pak

Uses:

Cures leucorrhoea and sluggish uterine muscular action. Beneficial in weakness, backache, muscular pain and coxalgia due to leucorrhoea. Strengthens nervous system and improves the functions of sexual organs. Useful remedy for amenorrhea, dysmenorrheal and menorrhagia, also beneficial in men suffering from spermatorrhoea

Composition is not available

Dosage

10 gm (one teaspoonful) at bed time with milk or water or as directed by the physician.
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<td><em>Achillea mellifolium</em> L.</td>
<td>➢ Leucorrhea&lt;br&gt; ➢ Pelvic inflammatory disease&lt;br&gt; ➢ Pelvic swelling&lt;br&gt; ➢ Expulsion of plasma membrane after delivery&lt;br&gt; ➢ Contraception&lt;br&gt; ➢ Infertility&lt;br&gt; ➢ Backache&lt;br&gt; ➢ Dilation and curettage (D &amp; C)</td>
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| 4. | *Acorus calamus* L. | - For expulsion of plasma membrane after delivery  
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- Reduce abdominal size after the child birth  
- Uterus fibroid  
- Weak uterus  
- Dysmenorrhea  
- Amenorrhea  
- Backache  
- Lower abdominal pain  
- Dilation and curettage (D & C)  
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- To avoid repetitive abortion  
- Pelvic swelling  
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- contraception | 38 |
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| 5. | *Allium cepa* L. | - Dilation and curettage  
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- Uterus fibroid  
- Weak uterus  
- Uterus opening  
- Amenorrhea  
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<th><strong>Allium sativum L.</strong></th>
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</tbody>
</table>
| ➢ Weak uterus and Infertility  
➢ Induce abortion  
➢ To open uterus mouth  
➢ Miscarriage  
➢ Post partum hemorrhage  | ➢ Uterus fibroid  
➢ Menstrual problems like menorrhea, amenorrhea, leucorrhea, and dysmenorrhea  
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- For Cervical swelling | 52 |
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<th><em>Areca catechu</em> L.</th>
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| ➢ Fibroids  
➢ Menstrual problems like menorrhea, amenorrhea, and leucorrhea  
➢ Lower abdominal size after the child birth  
➢ Prevention from recurrent abortion  
➢ Contraception  
➢ Expulsion of plasma membrane after the delivery  
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➢ For postpartum hemorrhage  
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<table>
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<tr>
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<th><strong>Asparagus adscendens</strong> Roxb.</th>
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<tbody>
<tr>
<td>13.</td>
<td><em>Asparagus officinalis</em> L.</td>
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<tr>
<td>14.</td>
<td><em>Azadirachta indica</em> J.Juss</td>
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<tr>
<td>15.</td>
<td><em>Infertility.</em></td>
<td></td>
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<tr>
<td></td>
<td>Backache in menstruation</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Fibroids</td>
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<td>Reduces abdomen size after the child birth</td>
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<td>Sexually transmitted disease</td>
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<td>Expulsion of plasma membrane after the delivery</td>
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<td>To avoid repetitive abortion</td>
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<td>To avoid threatened miscarriage</td>
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| 23. | *Calotropis Procera* Wild.       | - Abortion                                                                                                                                                                           |
| 24. | *Cannabis sativa* L.            | - Pelvic inflammatory disease  
- Pelvic swelling  
- Prolapsed uterus  
- Leucorrhea  
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- For Uterine Prolapsed and Pelvic Swelling  
- Infertility  
- Dyspareunia  
- Weak uterus and Infertility  
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- Induce abortion  
- Contraception  
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| 26. | *Cassia absus* L.               | - Leucorrhea  
- To Induce Labur Pain  
- Expulsion of Plasma Membrane  
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- For expulsion of plasma membrane  
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- Scanty mensis |
| 28. | *Cassia fistula* L.              | - Dysmenorrhea  
- Constipation  
- Infertility  
- To induce labour pain |
| 29. | *Cicer arietinum* L.             | - Prolapsed uterus  
- Miscarriage  
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| 30. | *Cichorium intybus* L.           | - Prolapsed uterus |
| 31. | *Cinnamomum Cassia* Nees.       | - Dysmenorrhea  
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| 33. | *Citrullus colocynthis* (L.) Schrad. | - Menstrual disorder as amenorrhea  
- Lower abdominal size after the child birth  
- Infertility  
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- Induce abortion  
- Pelvic swelling |
| 34. | *Citrullus lanatus* (Thunb.) | - Infertility |
| 35. | *Citrus limon* (L.) Burm.f. | - Dysmenorrhea. |
| 36. | *Cocos nucifera* L. | - Lactation  
- Infertility  
- Regulation of menstrual cycle  
- Lower the abdomen after child birth  
- Recurrent Abortion and Infertility  
- For back pain in Menstruation  
- Leucorrhea  
- Induce abortion  
- Sexually Transmitted Disease  
- Dyspareunia  
- Scanty mensis  
- Uterus strength  
- Dysmenorrhea  
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<td><em>Crocus sativus</em> L.</td>
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<td><strong>Cucumis sativus L.</strong></td>
<td>- Infertility</td>
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| 42. | **Cuminum cyminum** L. | - Menorrhgea  
- Good health after delivery  
- Infertility  
- Lactation  
- Lower abdomen after the child birth  
- Dysmenorrhea  
- Pelvic swelling  
- Pelvic inflammatory disease  
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- To avoid repetitive abortion  
- Poly menorrhea  
- Leucorrhea  
- Amenorrhea  
- Recurrent Abortion  
- Dyspareunia  
- Backach  
- For Lactation and Improvement of Health  
- Sexually Transmitted Disease  
- To induce labor pain  
- Miscarriage  
- Child strength |
| 43. | **Curcuma longa Linnaeus.** | - Dysmenorrhea  
- For expulsion of plasma membrane after delivery  
- STDs (Sexually transmitted disease) |
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- Infertility |
| 46. | *Cydonia oblonga* Mill.       | - Miscarriage  
- Infertility |
| 47. | *Daucus carota* L.            | - Amenorrhea  
- Scanty mensis. |
| 48. | *Elettaria cardamomum* Maton. | - For backache during pregnancy and menstruation  
- For strong uterus  
- Infertility  
- For expulsion of plasma membrane  
- Dysparunia  
- To avoid threatened miscarriage  
- Prolapsed uterus  
- Leucorrhea  
- Menorrhea  
- Dysmenorrhea  
- Prevention of recurrent abortion  
- To induce labour pain  
- Polymenorrhea  
- Indigestion  
- To avoid miscarriage in last |
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<td>To increase lactation</td>
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<td>For Uterine Prolapsed and Pelvic Swelling</td>
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<td></td>
<td>Backache</td>
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<td>Fibroids</td>
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<td>Post partum hemorrhage</td>
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<td>Pelvic inflammation</td>
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<td>Induce abortion</td>
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### 49. *Embelia ribes* Burm.f.

- Weak uterus
- Menstrual problems like menorrhea, and leucorrhea, amenorrhea
- Infertility
- Contraception
- Lowers abdominal size after the

![Table Image](image-url)
| 50. **Eugenia caryophyllata** Thumb. | ➢ Menstrual problems like leucorrhea  
➢ Expulsion of plasma membrane after child birth  
➢ Abortion  
➢ To induce labor pain  
➢ Infertility  
➢ Good health  
➢ Good health after delivery | 134 |
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| 52. | *Ficus carica* L. | ➢ Avoid miscarriage. |
| 53. | *Foeniculum vulgare* var. Dulce | ➢ Infertility  
➢ Induce labour pain  
➢ For backache during pregnancy and menstruation  
➢ For strong uterus  
➢ Leucorrhrea  
➢ Menorrhrea  
➢ To lower bloating during menstruation  
➢ Sexually transmitted disases  
➢ Lowers abdominal size after the child birth  
➢ Increase lactation  
➢ Weak uterus  
➢ For good health after delivery  
➢ Fibroids  
➢ For expulsion of plasma membrane  
➢ Dysmenorrhea  
➢ Recurrent Abortion and Infertility  
➢ Uterus opening  
➢ Backach  
➢ Easy vaginal delivery  
➢ Dyspareunia  
➢ Amenorrhea  
➢ Pelvic swelling  
➢ Post partum hemorrhage |
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<td>54.</td>
<td><strong>Glycyrrhiza glabra L.</strong></td>
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- Scanty menses  
- Pelvic inflammation  
- Miscarriage  
- Polymenorrhea  
  
- For strong uterus after delivery  
- Infertility  
- Leucorrhea  
- Expulsion of plasma membrane after child birth  
- Pelvic swelling  
- Pelvic inflammation  
|
| 55. | **Gossypium arboretum L.** |  
- Abortion  
- Amenorrhea  
- Expulsion of plasma membrane after delivery  
- Postpartum hemorrhage  
- Scanty menses  
- Postpartum hemorrhage  
- Infertility  
- Dysmenorrhea  
|
| 56. | **Hedichium spicatum Buch. Ham.** |  
- Leucorrhea  
- Expulsion of plasma membrane after delivery  
|
| 57. | **Helicters isora L.** |  
- Infertility  
|
| 58. | *Holarrhena antidysenterica* L. | - Weak uterus  
- Menstrual problems  
- Expulsion of plasma membrane after the child birth  
- Lowering abdomen after child birth  
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- Infertility  
- Amenorrhea | 152 |
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| 60. | *Juglans regia* L. | - Leucorrhea  
- Uterus strength  
- Dysmenorrhea  
- Lactation  
- Amenorrhea  
- Infertility  
- For lower abdomen after child birth  
- Contraception  
- Miscarriage  
- Good Health of Mother during pregnancy | 156 |
| 61. | *Juniperus communis* L. | - Menorrhea  
- Leucorrhea  
- Expulsion of plasma membrane after delivery | 159 |
|   | **Lagenaria siceraria** *(Molina) Standl.* | ➢ Menorrhea  
➢ Postpartum hemorrhage | 161 |
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|   | **Lallemantia royleana** Benth.         | ➢ Different menstrual problems like dysmenorrhea, amenorrhea and menorrhea  
➢ Reduce menstrual heavy flow  
➢ Reduce size of stomach after the child birth  
➢ Pelvic swelling  
➢ Pelvic inflammatory disease  
➢ Infertility  
➢ Sexually transmitted diseases  
➢ Expulsion of plasma membrane after delivery  
➢ Contraception  
➢ Backache during menstruation  
➢ For prolapsed uterus  
➢ Leucorrhea  
➢ Dyspareunia  
➢ Scanty menstruation  
➢ For Uterine Prolapsed and Pelvic Swelling  
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Permanent contraception  
Vaginal *Pruritus*  
Contraception  
Permanent Contraception | 165 |
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|   | **Mangifera indica** L. |   | Leucorrhea  
Infertility | 167 |
|   | **Mentha piperita** L. |   | Induce labour pain  
Amenorrhea  
Menorrhea  
Leucorrhea  
Dysmenorrhea  
Infertility  
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Lower the abdomen size after child birth  
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Contraception  
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For complete dilation and curettage (D & C)  
To avoid miscarriage in last months | 169 |
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|   | To avoid threatened miscarriage  
  ➢ Retrovert uterus  
  ➢ For strong uterus after delivery  
  ➢ Pelvic Inflammatory Disease and Pelvic swelling  
  ➢ Abortion  
  ➢ Uterus opening  
  ➢ For back pain  
  ➢ Fabroids  
  ➢ Poly menorrhea  
  ➢ For Uterus Opening  
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  ➢ Poly menorrhea | 171 |
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  ➢ Disprunia  
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    - Menstruation problems                                           |
| 70 | *Myristica frangrans* Houtt. | - Leucorrhea
    - Expulsion of plasma membrane after delivery
    - To Induce Labur Pain
    - Infertility
    - Dysmenorrhea                                                     |
| 71 | *Myrtus communis* L.      | - Infertility
    - Menorrhea                                                        |
| 72 | *Onosma hispidum* Wall.   | - Pelvic inflammatory disease
    - Pelvic swelling
    - Amenorrhea
    - Leucorrhea                                                       |
| 73 | *Origanum vulgare* L.     | - Infertility
    - Pelvic swelling and pelvic inflammatory disease
    - Pelvic swelling
    - Cervical swelling
    - Reduces abdominal Pain
    - Backache
    - Leucorrhea
    - Menorrhea
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    - Weak uterus and menstrual problems
    - Lactation                                                        |
| 74. *Papaver somniferum* L. | ➢ Prolapsed uterus  
➢ Menstrual problem like leucorrhea  
➢ Expulsion of plasma membrane after the child birth  
➢ Increase lactation  
➢ Infertility  
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- Contraception  
- Menorrhea  
- Leucorrhea                      |
| 76. | *Phaseolus vulgaris* L.  | - Infertility  
- Dysmenorrhea  
- Amenorrhea  
- Menorrhea  
- Pelvic swelling  
- Contraception  
- Miscarriage  
- For weak uterus  
- Postpartum hemorrhage  
- Dyspareunia  
- For expulsion of plasma membrane after delivery |
| 77. | *Phoenix dactylifera* L. | - Amenorrhea  
- Regulates menstrual cycle  
- Infertility  
- For abortion  
- Backache during menstruation  
- To induce labour pain  
- Expulsion of plasma membrane after the child birth  
- Postpartum hemorrhage |
| 78. | *Phyllanthus emblica* L. | ➢ Polymenorrhea and Menorrhea | 194 |
| 79. | *Pinus gerardiana* Wall. ex D. Don | ➢ Dysmenorrhea  
➢ Lactation  
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➢ Gastric problems  
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➢ Leucorrhea  
➢ Poly menorrhea  
➢ To avoid threatened miscarriage  
➢ Lowering the abdomen after child birth  
➢ Amenorrhea  
➢ Increase lactation  
➢ Fabroids  
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| 81. | *Pistacia vera* L. | - Dysmenorrhea  
- Lactation  
- Infertility  
- Miscarriage  
- Good Health of Mother during pregnancy  
- Dyspareunia  
- Good health after delivery |
| 82. | *Polygonum bistorta* L. | - Leucorrhea  
- For weak uterus  
- Polymenorrhea  
- Miscarriage |
| 83. | *Prunus amygdalus* L. | - Good health  
- Expulsion of plasma membrane after the child birth  
- Leucorrhea  
- Backache during menstruation  
- Sexually Transmitted Disease  
- Dyspareunia  
- Uterus strength  
- Dysmenorrhea  
- Lactation  
- Infertility  
- Miscarriage  
- Good health  
- Good Health of Mother during pregnancy  
- Good Health of Mother after delivery |
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- Recurrent Abortion and Infertility
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*Tamarix aphylla* L.: Sexually Transmitted Disease, Dyspareunia

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Increase lactation 
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To start menstruation 
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4. **Heavy flow**

3. **Lallemantia royleana** Benth.
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3. **Anethum sowa** Roxb.
4. **Apium graveolens** L.
5. **Areca catechu** L.
6. **Azadirachta indica** J. Juss.
7. **Citrullus colocynthis** (L.) Schrad.
8. **Cocos nucifera** L.
9. **Cuminum cyminum** L.
10. **Dasmol syrup**

11. **Lowering the abdomen after child birth**

1. **Acorus calamus** L.
2. **Amomum subulatum** Roxb.
3. **Anethum sowa** Roxb.
4. **Apium graveolens** L.
5. **Areca catechu** L.
6. **Azadirachta indica** J. Juss.
7. **Citrullus colocynthis** (L.) Schrad.
8. **Cocos nucifera** L.
9. **Cuminum cyminum** L.
10. **Dasmol syrup**

11. **Arachis hypogaea** L.
12. **Cicer arietinum** L.
13. **Cocos nucifera** L.
14. **Coriandrum sativum** L.
15. **Cuminum cyminum** L.
16. **Drabhd**
17. **Elettaria cardamomum** Maton.
18. **Foeniculum vulgare** var. Dulce.
19. **Juglans regia** L.
20. **Mentha piperita** L.
21. **Origanum vulgare** L.
22. **Papaver somniferum** L.
23. **Pinus gerardiana** Wall. ex D. Don
24. **Piper nigrum** L.
25. **Pistacia vera** L.
26. **Prunus amygdalus** L.
27. **Symplocos recemosa** Roxb.
28. **Trachyspermum copticum** L.
29. **Trigonella foenum-graecum** L.
30. **Triticum aestivum** L.
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<td><em>Ricinus communis</em> L.</td>
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<td><em>Tamarindus indicum</em> L.</td>
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<td><em>Terminalia bellerica</em> (Gaertn.</td>
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<td>17. Vaginal pruritus</td>
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| 25. | For complete Dilation and Curettage (D&C) after missed abortion | 14. *Trachyspermum copticum* L.  
1. *Achillea millefolium* L.  
2. *Acorus calamus* L.  
3. *Allium cepa* L.  
4. *Areca catechu* L.  
5. *Azadirachta indica* J. Juss.  
7. Hanjo*  
8. *Mentha piperita* L.  
9. *Origanum vulgare* L.  
10. *Quercus infectoria* Olivier.  

2. *Mentha piperita* L.  


| 28. | For pain, leucorhea, and expulsion of plasma | 1. *Acorus calamus* L.  
2. *Anethum sowa* Roxb.  
3. *Areca catechu* L.  

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* Hanjo*
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<td><em>Balsamodendron mukul</em> Hook. ex Stocks.</td>
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<td><em>Cannabis sativa</em> L.</td>
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<td>Khabar*</td>
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<td><em>Achellia millefolium</em> L.</td>
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<td><em>Butea monospora</em> (Lam.) Taub.</td>
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| 33. | For weak fetus | 1. *Caesalpinia bonduc* (L.) Roxb.  
|   |   | 3. *Sesamum Indicum* (L.)  |
| 34. | To avoid repetitive abortion | 1. *Azadirachta indica* J. Juss.  
|   |   | 2. *Cuminum cyminum* L.  |
| 35. | To reduce pain after deliver | 1. *Anethum sowa* Roxb.  
|   |   | 2. *Origanum vulgare* L.  
|   |   | 3. *Trachyspermum ammi* L.  |
|   |   | 2. *Apium graveolens* L.  
|   |   | 4. *Lallemantia royleana* Benth.  
|   |   | 5. *Origanum vulgare* L.  
|   |   | 6. *Tamarindus indicum* L.  
<p>|   |   | 7. <em>Triticum aestivum</em> L.  |
| 37. | To threatened | 1. Areca catechu L.  |</p>
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<td><em>Vitis Vinifera</em> L.</td>
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### 41. To lower bloating during menstruation

2. *Foeniculum vulgare* var. Dulce.
3. *Punica granatum* L.
4. *Rosa indica* L.

### 42. Menorrhrea and postpartum hemorrhage

1. *Punica granatum* L.

### 43. For expulsion of plasma membrane after delivery

1. *Ammomum subulatum* Roxb.
2. *Anethum sowa* Roxb.
3. *Apium graveolens* L.
4. *Areca catechu* L.
5. *Azadirachta indica* J. Juss.
7. *Cassia angustifolia* Vahl.
8. *Cassia absus* L.
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<td><em>Glycyrrhiza glabra</em> L.</td>
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<td><em>Holarrhena antidysenterica</em> L.</td>
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44. For expulsion of plasma membrane after delivery and postpartum hemorrhage

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<td>1.</td>
<td><em>Gossypium arboretum</em> L.</td>
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<td>2.</td>
<td><em>Phoenix dactylifera</em> L.</td>
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<td>3.</td>
<td><em>Terminalia bellerica</em> (Gaertn.) Roxb.</td>
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45. Post partum

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<td>47.</td>
<td>For strong uterus after delivery, leucorrhea, infertility</td>
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| 48. | For backache during pregnancy | 1. *Apium graveolens* L.  
2. *Areca catechu* L.  
5. *Foeniculum vulgare* var. Dulce.  
6. *Mentha Piperita* L.  
8. *Quercus infectoria*, Olivier. |
| 49. | To induce abortion | 1. *Acacia nilotica* L. Willd  
2. *Ammomum subulatum* Roxb.  
3. *Areca Catechu L*.  
4. *Calotropis gigantean* (L.) W.T.Aiton  
5. *Cannabis sativa* L.  
6. *Cuminum cyminum* L.  
10. *Piper nigrum* L.  
11. *Punica granatum* L.  
12. *Quercus infectoria* Olivier.  
| 50. | Scanty menstruation | 1. *Acacia nilotica* L. Willd  
2. *Acorus calamus* L.  
3. *Ammomum subulatum* Roxb.  
6. *Cannabis sativa* L.  
7. *Cassia angustifolia* Vahl.  
8. *Cocos nucifera* L. |

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<td>Terminalia chebula Retz.</td>
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<td>23</td>
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<td>For Uterine Prolapsed and Pelvic Swelling</td>
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<td>Lallemantia royleana Benth.</td>
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| 54. | For Uterus Opening | 1. *Allium cepa* L.  
2. *Allium sativum* L.  
3. *Ammomum subulatum* Roxb.  
4. *Coriandrum sativum* L.  
7. *Mentha piperita* L.  
8. *Piper nigrum* L.  
9. *Ricinus communis* L.  
10. *Terminalia bellerica* (Gaertn.  
12. *Trachyspermum ammi* L.  
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<td>For expulsion of plasma membrane, Dysmenorrhea and Pelvic Inflammatory Disease</td>
<td>1. <em>Terminalia chebula</em> Retz</td>
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| 56. | To induce Abortion and for Expulsion of Plasma Membrane | 1. *Citrullus colocynthis* (L.)  
2. *(Elettaria cardamomum* Maton.), |
| 57. | For Lactation and Improvement of | 1. *Cocos nucifera* L.  
2. *Cuminum cyminum* L.  
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<td>1. Acorus calamus L.</td>
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<td>2. Aloe vera (L.) Burm.f.</td>
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<td>8. Cicer arietinum L.</td>
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<td>9. Citrullus colocynthis (L.) Schrad</td>
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<td>11. Elettaria cardamomum Maton.</td>
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<td>12. Embelia robusta Roxb.</td>
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<td>13. Foeniculum vulgare var Dulce.</td>
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<td></td>
<td>14. Glycyrrhiza glabra L.</td>
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<td><em>Trachyspermum ammi</em> L.</td>
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GLOSSARY

Abortifacient: An abortifacient is a substance that induces abortion.

Abortion: Abortion is the termination of a pregnancy by the removal or expulsion of a fetus or embryo from the uterus, resulting in or caused by its death.

AIDS: Acquired immune deficiency syndrome or acquired immunodeficiency syndrome (AIDS) is a disease of the human immune system caused by the human immunodeficiency virus (HIV).

Amenorrhea: Amenorrhea is the absence of a menstrual period in a woman of reproductive age.

Analgesic: An analgesic is any substance used to relieve pain.

Anemia: Anemia is a decrease in number of red blood cells (RBCs) or less than the normal quantity of hemoglobin in the blood.

Antibacterial: Antibacterial are antiseptics that have the proven ability to act against bacteria.

Antiemetic: An antiemetic is a drug that is effective against vomiting and nausea.

Antifungal: An antifungal drug is a medication used to treat fungal infections such as athlete's foot, ringworm, candidiasis (thrush), serious systemic infections such as cryptococcal meningitis, and others.

Antimicrobial: An antimicrobial is a substance that kills or inhibits the growth of microorganisms such as bacteria, fungi, or protozoans.

Anti-inflammatory: Anti-inflammatory refers to the property of a substance or treatment that reduces inflammation. Anti-inflammatory drugs make up about half of analgesics, remedying pain by reducing inflammation as opposed to opioids, which affect the central nervous system.

Antioxidant: An antioxidant is a molecule capable of inhibiting the oxidation of other molecules.

Antiseptics: Antiseptics are antimicrobial substances that are applied to living tissue/skin to reduce the possibility of infection, sepsis, or putrefaction.

Antiviral: Antiviral drugs are a class of medication used specifically for treating viral infections.
<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tbody>
<tr>
<td>Anthelmintics</td>
<td>Antihelmintics are drugs that expel parasitic worms (helminths) from the body, by either stunning or killing them.</td>
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<tr>
<td>Antipyretic</td>
<td>Any agent which reduces fever.</td>
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<tr>
<td>Appetite</td>
<td>Appetite is the desire to eat food, felt as hunger.</td>
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<tr>
<td>Aphrodisiac</td>
<td>An aphrodisiac is a substance that increases sexual desire.</td>
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<tr>
<td>Arthritis</td>
<td>Arthritis is a form of joint disorder that involves inflammation of one or more joints.</td>
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<tr>
<td>Asthma</td>
<td>Asthma is a chronic (long-term) lung disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing. The coughing often occurs at night or early in the morning.</td>
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<tr>
<td>Astringent</td>
<td>An astringent is a chemical compound that tends to shrink or constrict body tissues, usually locally after topical medicinal application.</td>
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<tr>
<td>Atherosclerosis</td>
<td>Atherosclerosis (also known as arteriosclerotic vascular disease or ASVD) is a condition in which an artery wall thickens as a result of the accumulation of fatty materials such as cholesterol. It is a syndrome affecting arterial blood vessels, a chronic inflammatory response in the walls of arteries, caused largely by the accumulation of macrophage white blood cells and promoted by low-density lipoproteins (plasma proteins that carry cholesterol and triglycerides) without adequate removal of fats and cholesterol from the macrophages by functional high density lipoproteins (HDL).</td>
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<tr>
<td>Ayurveda</td>
<td>Ayurveda or ayurvedic medicine is a system of traditional medicine native to India and a form of alternative medicine.</td>
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<tr>
<td>Backache</td>
<td>It is pain felt in the back that usually originates from the muscles, nerves, bones, joints or other structures in the spine.</td>
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<tr>
<td>Bloating</td>
<td>The bloating is any abnormal general swelling, or increase in diameter of the abdominal area. The patient feels a full and tight abdomen, which may cause abdominal pain.</td>
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<tr>
<td>Bronchitis</td>
<td>Bronchitis is inflammation of the mucous membranes of the bronchi, the airways that carry airflow from the trachea into the lungs.</td>
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<tr>
<td>Burns</td>
<td>A burn is a type of injury to flesh caused by heat, electricity, chemicals, light, radiation or friction.</td>
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</tbody>
</table>
**Carmenative:** A carminative is a herb or preparation that either prevents formation of gas in the gastrointestinal tract or facilitates the expulsion of said gas, thereby combating flatulence.

**Cathartic:** A cathartic is a substance that accelerates defecation.

**Cervical swelling:** The medical term for cervical swelling is cervicitis. Cervical swelling includes abnormal vaginal bleeding, painful intercourse, unusual vaginal discharge, and vaginal pain. Some cases, particularly those associated with sexually transmitted infection, have no symptoms.

**Cholera:** Cholera is an infection of the small intestine that is caused by the bacterium *Vibrio cholerae*. The main symptoms are profuse watery diarrhea and vomiting.

**Common cold:** Common cold is a viral infectious disease of the upper respiratory system, caused primarily by rhinoviruses and coronaviruses. Common symptoms include a cough, sore throat, runny nose, and fever.

**Condiment:** A condiment is sauce or seasoning added to food to impart a particular flavor or, in some cultures, to complement the dish.

**Constipation:** Constipation refers to bowel movements that are infrequent and/or hard to pass. Constipation is a common cause of painful defecation.

**Contraception:** Contraception is techniques and methods use to prevent human fertilization.

**Cough:** A cough is a sudden and often repetitively occurring reflex which helps to clear the large breathing passages from secretions, irritants, foreign particles and microbes.

**Cytotoxic:** Cytotoxicity is the quality of being toxic to cells.

**D&C:** D&C, also known as dilation and curettage, is a surgical procedure often performed after a first trimester miscarriage. Dilation means to open up the cervix; curettage means to remove the contents of the uterus. Curettage may be performed by scraping the uterine wall with a curette instrument or by a suction curettage (also called vacuum aspiration), using a vacuum-type instrument.

**Demulcent:** A demulcent is an agent that forms a soothing film over a mucous membrane, relieving minor pain and inflammation of the membrane.
Depression: Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and physical well-being.

Diabetes: Diabetes mellitus, often simply referred to as diabetes, is a group of metabolic diseases in which a person has high blood sugar, either because the body does not produce enough insulin, or because cells do not respond to the insulin that is produced. This high blood sugar produces the classical symptoms of polyuria (frequent urination), polydipsia (increased thirst) and polyphagia (increased hunger).

Diaphoresis: Diaphoresis is excessive sweating commonly associated with shock and other medical emergency conditions.

Diarrhea: Diarrhea is the condition of having three or more loose or liquid bowel movements per day.

Diuretic: Anything that promotes the formation of urine by the kidney.

Dysentery: Dysentery (formerly known as flux or the bloody flux) is an inflammatory disorder of the intestine, especially of the colon, that results in severe diarrhea containing mucus and/or blood in the feces with fever and abdominal pain.

Dysmenorrhea: Dysmenorrhea is a gynecological medical condition of pain during menstruation.

Dyspareunia: Dyspareunia or dysprunia is painful sexual intercourse, due to medical or psychological causes. The symptom is reported almost exclusively by women, although the problem can also occur in men. The causes are often reversible, even when long-standing, but self-perpetuating pain is a factor after the original cause has been removed.

Dyspepsia: Dyspepsia also known as upset stomach or indigestion refers to a condition of impaired digestion.

Dysuria: Dysuria refers to painful urination or difficult urination is also sometimes described as dysuria.

Emmenagogue: Emmenagogue is herbs which stimulate blood flow in the pelvic area and uterus; some stimulate menstruation.

Emollient: Emollients or Moisturizers are complex mixtures of chemical agents specially designed to make the external layers of the skin (epidermis) softer and more pliable.
**Expectorant:** A medication that helps bring up mucus and other material from the lungs, bronchi, and trachea.

**Fauna:** Fauna or fauna is all of the animal life of any particular region or time.

**Febrifuge:** An agent that acts to reduce fever.

**Fever:** Fever (also known as *pyrexia* or *controlled hyperthermia*) is a common medical sign characterized by an elevation of temperature above the normal range of 36.5–37.5 °C (98–100 °F) due to an increase in the body temperature regulatory set-point.

**Fibroids:** Fibroids are the most common benign tumors in females and typically found during the middle and later reproductive years.

**Flatulence:** Flatulence is the expulsion through the rectum of a mixture of gases that are byproducts of the digestion process of mammals and other animals.

**Flora:** Flora is the plant life occurring in a particular region or time, generally the naturally occurring or indigenous—native plant life.

**Galactagogue:** A galactagogue is a substance that promotes *lactation* in humans and other animals.

**Gonorrhea:** Gonorrhea is a common sexually transmitted infection caused by the bacterium *Neisseria gonorrhoeae*. The usual symptoms in men are burning with urination and penile discharge. Women, on the other hand, are asymptomatic half the time or have vaginal discharge and pelvic pain.

**Habitual abortion:** Habitual abortion, recurrent miscarriage or recurrent pregnancy loss (RPL) is the occurrence of three or more pregnancies that end in miscarriage of the fetus, usually before 20 weeks of gestation.

**Haemorrhoids:** Hemorrhoids are vascular structures in the anal canal which help with stool control. They become pathological or piles when swollen or inflamed. In their physiological state they act as a cushion composed of arterio-venous channels and connective tissue that aid the passage of stool. The symptoms of pathological hemorrhoids depend on the type present. Internal hemorrhoids usually present with painless rectal bleeding while external hemorrhoids present with pain in the area of the anus.
Hepatoprotective: Hepatoprotective agents are the substances which have the ability to prevent damage to the liver.

Herbaria: A herbarium (plural: herbaria) is a collection of preserved plant specimens.

Hyperlipidemia: Hyperlipidemia, hyperlipoproteinemia, or hyperlipidaemia is the condition of abnormally elevated levels of any or all lipids and/or lipoproteins in the blood.

Hypoglycemic agent: Any of various agents that decrease the level of glucose in the blood and are used in the treatment of diabetes mellitus.

Hypotensive: Agents which lowers blood pressure or a sudden drop in blood pressure.

Hypo sexuality: Inability to experience a sexual response of any kind.

Immunomodulator: A substance that alters the immune response by augmenting or reducing the ability of the immune system to produce antibodies or sensitized cells that recognize and react with the antigen that initiated their production.

Impotence: Impotence is a sexual dysfunction characterized by the inability to develop or maintain an erection of the penis sufficient for satisfactory sexual performance.

Infertility: Infertility primarily refers to the biological inability of a person to contribute to conception.

Infusion: An infusion is the outcome of steeping plants with desired chemical compounds and/or flavors in water or oil.

Insecticidal: An agent which kills insects.

Jaundice: Jaundice is a yellow color of the skin, mucus membranes, or eyes. The yellow coloring comes from bilirubin, a byproduct of old red blood cells. Jaundice can be a symptom of other health problems.

Kernel: The essential part of a seed; all that is within the seed walls; the edible substance contained in the shell of a nut; hence, anything included in a shell, husk, or integument; as, the kernel of a nut.

Lactation: Lactation describes the secretion of milk from the mammary glands.

Labour pain: The pain before gestation period.

Leprosy: Leprosy is an infectious disease. It is characterized by disfiguring skin sores, nerve damage, and progressive debilitation.
| **Leucorrhea:** | Leucorrhea is a medical term that denotes a thick, whitish or yellowish vaginal discharge. |
| **Laxatives (purgatives, aperients):** | are foods, compounds, or drugs taken to induce bowel movements or to loosen the stool, most often taken to treat constipation. |
| **Leprosy or Hansen's disease (HD):** | It is a chronic disease caused by the bacteria *Mycobacterium leprae* and *Mycobacterium lepromatosis.* |
| **Lumbago:** | Lumbago is a common musculoskeletal disorder, in which low back pain occurs. |
| **Malaria:** | Malaria is a mosquito-borne infectious disease of humans and other animals caused by eukaryotic protists of the genus *Plasmodium.* The disease results from the multiplication of Plasmodium parasites within red blood cells, causing symptoms that typically include fever and headache, in severe cases progressing to coma or death. |
| **Menopause:** | Menopause is the transition period in a woman's life when her ovaries stop producing eggs, her body produces less estrogen and progesterone, and menstruation becomes less frequent, eventually stopping altogether. |
| **Menorrhea:** | Menorrhea is an abnormally heavy and prolonged menstrual period at regular intervals. |
| **Menstrual cramps:** | Menstrual cramps are caused by uterine contractions (When your uterus tightens and relaxes allowing blood to leave your uterus). The lining of your uterus releases special chemicals called "prostaglandins." These substances can increase the intensity of the contractions, especially if the levels rise. High levels of prostaglandins may also cause nausea and lightheadedness. |
| **Menstruation:** | Menstruation is the shedding of the uterine lining (endometrium). It occurs on a regular basis in reproductive-age females of certain mammal species. |
| **Menstrual Cycle:** | The menstrual cycle is the scientific term for the physiological changes that can occur in fertile women. |
| **Menstrual flow restoration:** | To regularize menstrual flow. |
| **Miscarriage:** | Miscarriage or spontaneous abortion is the spontaneous end of a pregnancy at a stage where the embryo or fetus is incapable of surviving, generally defined in humans at prior to 20 weeks of gestation. |
**Missed abortion:** A missed abortion is characterized by there being no reasons to have suspected that the pregnancy is not going to continue but the embryo has died.

**Mouthwashes:** Mouthwash or mouth rinse is a product used to enhance oral hygiene.

**Nausea:** Nausea is a sensation of unease and discomfort in the upper stomach with an involuntary urge to vomit.

**Obesity:** Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems.

**Osteoporosis:** Osteoporosis is a disease of bones that leads to an increased risk of fracture in osteoporosis the bone mineral density (BMD) is reduced, bone micro architecture is deteriorating, and the amount and variety of proteins in bone is altered.

**Ovaritis:** Inflammation of an ovary.

**Oxytocic:** Oxytocic is an agent which acts as oxytocin. Oxytocin is a mammalian hormone which is best known for roles in female reproduction.

**Painful micturation:** Pain in passage of urine.

**Pollinosis:** Hay fever caused by an allergic reaction to pollen.

**Pelvic inflammatory disease:** Pelvic inflammatory disease (or disorder) (PID) s a generic term for inflammation of the uterus, fallopian tubes, and/or ovaries as it progresses to scar formation with adhesions to nearby tissues and organs. This may lead to infections.

**Polyuria:** Polyuria is a frequent urination or in other words we can say that it is a condition usually defined as excessive or abnormally large production or passage of urine (at least 2.5 or 3 L over 24 hours in adults).

**Pathogens:** A pathogen or infectious agent — in colloquial terms, a germ — is a microbe or microorganism such as a virus, bacterium, prion, or fungus that causes disease in its animal or plant host.

**Postpartum hemorrhage:** Hemorrhage after delivery, or postpartum hemorrhage, is the loss of greater than 500 ml of blood following vaginal delivery, or 1000 ml of blood following cesarean section. It is the most common cause of prenatal maternal death.
Pregnancy: Pregnancy is the carrying of one or more offspring, known as a fetus or embryo, inside the womb of a female.

Prolapsed uterus: Uterine prolapsed is a form of female genital prolapsed also called pelvic organ prolapsed or prolapsed of the uterus (womb).

Pruritus: Is a sensation that causes the desire or reflex to scratch.

Pruritus vulva: with profuse leucorrhoea and sexual excitement.

Recurrent abortion: It is the occurrence of three or more pregnancies that end in miscarriage of the fetus, usually before 20 weeks of gestation.

Refrigerant: A refrigerant is a compound used in a heat cycle that undergoes a phase change from a gas to a liquid and back.

Retroverted uterus: A retroverted uterus (tilted uterus, tipped uterus) is a uterus that is tilted backwards instead of forwards. This is in contrast to the slightly "anteverted" uterus that most women have, which is tipped forward toward the bladder, with the anterior end slightly concave.

Sexually transmitted diseases: Sexually transmitted disease (STD) or venereal disease (VD) is an illness that has a significant probability of transmission between humans by means of human sexual behavior.

Spasmolytic: A substance which relieves or prevents spasms, especially of smooth muscle.

Stomachic: A stomachic medicine is one that serves to tone the stomach, improving its function and increasing appetite.

Stimulant: Stimulants (also referred to as psychostimulants) are psychoactive drugs which induce temporary improvements in either mental or physical function or both.

Suppository: A suppository is a drug delivery system that is inserted into the rectum (rectal suppository), vagina (vaginal suppository) or urethra (urethral suppository), where it dissolves. They are used to deliver both systemically-acting and locally-acting medications.

Syphilis: Syphilis is a sexually transmitted infection caused by the spirochete bacterium Treponema pallidum subspecies pallidum. The primary route of transmission is through sexual contact; however, it may also be transmitted from mother to fetus during pregnancy or at birth, resulting in congenital syphilis.
Syphilitic ulcer: Any ulceration caused by a syphilitic infection.

Tracheitis: Tracheitis is an inflammation of the trachea.

Toxaemia: It is literally the presence of toxins within the blood. It commonly causes a number of systemic symptoms including malaise, fever and vomiting.

Threatened abortion: Threatened abortion is a condition that occurs during the first 20 weeks of pregnancy, in which vaginal bleeding suggests an increased risk of miscarriage.

Tumor: A tumor is commonly used as a synonym for a neoplasm (a solid or fluid-filled (cystic) lesion that may or may not be formed by an abnormal growth of neoplastic cells that appears enlarged in size.

Ulcer: An ulcer is a sore on the skin or a mucous membrane, accompanied by the disintegration of tissue. Ulcers can result in complete loss of the epidermis and often portions of the dermis and even subcutaneous fat. Ulcers are most common on the skin of the lower extremities and in the gastrointestinal tract. An ulcer that appears on the skin is often visible as an inflamed tissue with an area of reddened skin.

Urogenital disorders: Disorders related to the urinary and genital organs.

Vaginal Pruritis: Vaginal itching is a tingling or uneasy irritation of the skin of the vagina.

Vaginitis: Vaginitis is an inflammation of the vagina. It can result in discharge, itching and pain, and is often associated with an irritation or infection of the vulva.

Vasoconstriction: This is the narrowing of the blood vessels resulting from contraction of the muscular wall of the vessels, particularly the large arteries, small arterioles and veins.

Vomiting: Vomiting (known medically as emesis and informally as throwing up and by a number of other terms) is the forceful expulsion of the contents of one's stomach through the mouth and sometimes the nose.
Photographs:

Survey team including lady doctor conducting interviews at Goth Allahdino Khashkhalı (District Mirpurkhas)

Survey team is conducting interviews at Gharo (District Thatta)
Female team members conducting interviews of ladies from Goth Khet Singh at Chhor Cantt (District Umerkot)

Team members conducting interview at District Nosheroferoz
Survey team is conducting interviews at District Tando Muhammad Khan

Survey member is conducting interview at District Kashmor-Kandhkot
Team is conducting interviews from ladies at District Khaipur

Survey member is collecting babul flowers
Female team members at Tando Adam (District Sanghar)

Survey team at District Tharparkar