

**MARHAM AHMAR: A COMPREHENSIVE ANALYSIS OF ITS
THERAPEUTIC EFFICACY AND COMPOSITION****Qazi Rashid A.*¹, Masroor A. Qureshi² and Yasmin Fatima³**

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ABSTRACT

Marham Ahmar, a classical Unani formulation sourced from the Qarabadin Kabir, has been traditionally used for treating haemorrhoids and other anorectal disorders. This study provides an in-depth analysis of its ingredients, therapeutic properties, and historical significance. Composed of Zinc Oxide, Astragalus Sarcocolla, Dracaena cinnabari, Lead Oxide, Red Lead, Olive Oil, and Beeswax, Marham Ahmar is renowned for its hemostatic, soothing, and astringent effects. Our research examines each component's medicinal value, based on Unani principles and contemporary pharmacological insights, to validate Marham Ahmar's efficacy in modern therapeutic applications.

KEYWORDS: Marham Ahmar, Unani medicine, Hemorrhoids, Traditional medicine, Therapeutic efficacy.

INTRODUCTION

Marham Ahmar, an ointment described in Qarabadin Kabir (Vol. 2, p. 572), holds a prominent position in Unani medicine. Authored by Hkm. Sayyed Mohammad Husain Khan and translated by Hkm. Hadi Hasan Khan Muradabadi, this formulation traces its origins back to Hippocrates and has been revered for its effectiveness in treating Bawaseer (hemorrhoids). Marham Ahmar not only alleviates bleeding and discomfort but also promotes the healing and shrinkage of pile masses. Additionally, it is employed in the treatment of

various anorectal disorders, burns, skin cracks, and even animal bites. This paper aims to systematically analyze the composition, traditional uses, and scientific basis of Marham Ahmar, shedding light on its relevance in contemporary medical practice.

INGREDIENTS OF MARHAM AHMAR

Sr. No.	Drug Name	Scientific Name	Form Used	Quantity
1	Sufaida Kashghari	Zinc oxidum	Powder	35 gm
2	Anzaroot	Astragalus sarcocolla	Powder	14gm
3	Dammul Akhwain	Dracaena cinnabari	Powder	7.5gm
4	Murdarsang	Lead oxide	Powder	35gm
5	Sindur	Red lead	Powder	7.5gm
6	Zaitoon	Olea europaea	Fixed oil	480gm
7	Mom Sufaid	White Wax	wax	120gm

1. SUFAIDA KASHGHARI (Zinc Oxide)

- **Scientific Name:** Zinc Oxidum
- **VERNACULAR NAMES:** English: Zinc Oxide, White Zinc, Flower of Zinc Arabic: Asfidaj, Persian: Asfidaj, Tulia, Jist Hindi: Putty, Gujarati: Jasata Bhasma, Jasata-Na-Phula.^[1]
- **Description:** A soft, white, tasteless insoluble powder that turns pale yellow with heat. It is prepared by oxidizing and roasting carbonate of zinc. Insoluble in water but soluble in dilute acids and ammonia water.
- **Properties and Uses:** Zinc oxide is externally used for its mild soothing, astringent, and desiccant properties. It is applied as a powder in cases of eczema, impetigo, excoriation, bed sores, and cracked nipples, or as an ointment for wounds, burns, vesicular eczema, and chronic skin diseases. Internally, it acts as a nervine tonic, sedative, antispasmodic, and astringent. It is effective in controlling excessive sweating and discharges.^[1]

Temperament: Cold and Dry 2nd Degree.^[2,3,4,5]

2. ANZAROOT (Astragalus Sarcocolla)

- **Scientific Name:** Astragalus Sarcocolla
- **Vernacular Names**
- Arabic: Anzaroot, Kohl.
- Persian: Guzhad, Anjadak.

- Gujarati: Bom, a corruption of Pers. Guzhaddd.
- Hindi: Lai
- Sindhi: Gon.^[1]
- Syriac: Sarqoola.^[5]
- **Description:** A gum tear from a Persian tree, resembling powdered frankincense, reddish in color, and bitter in taste. It closes wounds and checks discharges.^[6]
- **Properties and Uses:** Anzaroot promotes wound healing without causing irritation, useful for inflammation and expulsion of phlegm and corrupt humors. It is used for drying secretions from unhealthy tissue in wounds and controlling bleeding.^[7]
- **Temperament:** Hot and Dry 2nd Degree^[3,8] Hot 4th Degree and Dry 1st Degree.^[2]

3. DAMMULAKHWAIN (*Dracena Cinnabari*)

- **Scientific Name:** *Dracena Cinnabari* Balf.
- **Vernacular Names**
- English: Dragon's Blood
- Arabic: Dam-el-akhwain, shayyan, dam-el-tinnin, dame-tauban
- Hindi: Hiradukhi
- Tamil: Kandamurgarittam
- Telugu: Katgamurgam-Nitura
- French: Sang, Dragon
- Socotra: Dac Khoheil Edah
- Syriac: Darwa Damara
- **Description:** A resin from the Socotra dragon tree, used medicinally for stopping hemorrhage and strengthening the stomach and liver.
- **Properties and Uses:** Dragon's blood has haemostatic properties and is used to control bleeding. It promotes wound healing and is recommended for bleeding piles.^[9,10]
- **Temperament:** Cold and Dry 3rd Degree.^[2,3,4]

4. MURDARSANG (*Plumbioxidum*)

- **Scientific Name:** *Plumbioxidum*
- **Vernacular Names**
- English: Lead Oxide, Flowers of Lead
- Arabic: Murdarsanj
- Persian: Murdosing

- Hindi: Murdarsang
- Bengali: Murdosing
- Gujarati: Bodarakakaro
- Tamil: Mudarasingu
- Telugu: Mudarasingu
- Malayalam: Murdarsinka.^[1]
- **Description:** A yellowish powder with metallic luster, resembling mica.
- **Properties and Uses:** Murdarsang is a local astringent, cooling, and insecticide. It is used externally for baldness, itching, and skin diseases. It is included in ointments for treating wounds, ulcers, and preventing bedsores.^[1]
- **Temperament:** Hot and Dry 2nd Degree^[11,8] Hot and Dry 3rd Degree.^[4]

5. SINDUR (Red Lead)

- **Scientific Name:** Lead Oxide
- **Vernacular Names**
- English: Red Lead, Minimum, Red Oxide of Lead
- Arabic: Isrenj
- Persian: Suraj, Sang
- Sanskrit: Raktanag, Sindura, Naga Sambhava, Nagjam
- Hindi: Ingur
- Bengali: Sindurs
- Gujarati: Sindur
- Tamil: Sagappusinduram
- Telugu: Yerrasenduramu
- **Description:** A bright red granular crystalline powder obtained by heating lead oxide.
- **Properties and Uses:** Sindur is used as an ointment for eczema, pustular eruptions, and to promote maturation of boils and abscesses. It is also used for healing ulcers and wounds and controlling bleeding.^[12]
- **Temperament:** Cold 2nd and Dry 3rd Degree.^[1,11,3,13]

6. RAOGHAN ZAITOON (Olive Oil)

- **Scientific Name:** Olea europaea Linn.
- **Vernacular Names:**
- English: Olive Oil

- Arabic: Zaytoon (Da+hanuz-zeet)
- Persian: Zaitoon/Zait/Zait Infaq
- Unani: Alad/Saleet.^[1,4]
- **Description:** Olive oil is a fixed oil expressed from ripe fruits of *Olea europaea*, primarily produced in Mediterranean countries and California.
- **Properties and Uses:** Olive oil is a humectant, aperient, resolvent, and demulcent, strengthening organs. It controls chronic bleeding and decreases local burning sensation. It is used in ointments for haemorrhoids.^[9,10]
- **Temperament:** Hot and Moist 2nd Degree.^[2,3,8]

7. MOM SUFAID (Beeswax)

- **Vernacular Names**
 - English: Wax
 - Arabic: Shama
 - Persian: Mom
 - Unani: Qairoos
 - Hindi: Madan
 - **Description:** Beeswax is obtained from honeycomb of *Apis mellifica* and other bees, used for making plasters, ointments, and polishes.
 - **Properties and Uses:** Beeswax is used in the preparation of plasters, ointments, and is included in ointments for hemorrhoids to promote healing and control bleeding.^[10, 2]
 - **Temperament:** Hot and Dry 2nd Degree^[2,11] Neutral in humectation.^[3]
- Marham Ahmar combines these traditional Unani components, each contributing its unique properties to create an effective treatment for hemorrhoids and other related conditions.

CONCLUSION

The comprehensive analysis of Marham Ahmar underscores its significant therapeutic potential rooted in Unani medicine. Each ingredient, meticulously selected for its unique properties, contributes to the formulation's overall efficacy in treating hemorrhoids and other related conditions. Traditional uses supported by historical texts and modern pharmacological properties validate Marham Ahmar as a potent remedy. This study reaffirms the value of integrating traditional medicinal knowledge with contemporary scientific approaches, advocating for further research and application of Marham Ahmar in modern healthcare.

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