

THERAPEUTIC IMPLICATIONS OF NUQRA (SILVER) AND ITS PREPARATIONS IN VARIOUS DISORDERS

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ABSTRACT

Nuqra (Silver) and its preparations has been used by Unani physicians for centuries to treat numerous ailments. Its preparations has been used in Unani Medicine as vital organs and general tonic. It is useful in palpitation, illusion, melancholia, mania and premature ejaculation. It is also useful in cough, phobia, and weakness of nerves. A number of studies showed that Silver have revealed a remarkable natural therapy for treatment of a wide range of illnesses and showed activities such as Anti-inflammatory, Anti-bacterial Anti- microbial and Anti -Viral activities. Some of the important formulations are Kushta Nuqra, Majun Nuqra Khas, Khamira Nuqra and habb-e Nuqra. The authors searched the Unani medicine book available in the library of Regional

Research Institute of Unani Medicine, Mumbai for information related to Silver, many important books of Unani Medicine were reviewed. We searched major scientific database namely PubMed, Scopus and Web of Science.

KEYWORDS: vital organs; Calcification; Nuqra; Chandi.

INTRODUCTION

Metallic silver was known to the Caldeans as early as 4,000 B.C.E., and it was the third metal known to be used by the Ancients, after gold and copper.^[1] Over these millennia, silver has been used for numerous medical conditions, mostly empirically before the realization that microbes were the agents of infection. Silver has been used for at least six millennia to prevent microbial infections. It has been effective against almost all organisms tested and has been used to treat numerous infections and non-infectious conditions, sometimes with striking success. Silver also has played an important role in the development of radiology and

in improving wound healing. Conclusion: Silver was the most important antimicrobial agent available before the introduction of antibiotics.^[2] Unani medicine is one of the most popular and ancient system of medicine has been known for the use of plants, Mineral, and animal origin drugs. Silver has been used widely throughout documented history for a variety of medicinal purposes. The first clear record of silver nitrate being used as a medical agent was reported by Gabor in 702–705, and Avicenna used silver filings as a blood purifier in 980 A.D. and also to prevent palpitations of the heart and to treat offensive breath². The ancient Unani physicians described the pharmacological actions of Silver in their ancient Unani books, tonic, stimulant, aphrodisiac, astringent, cool, demulcent, purgative, anti- emetic, exhilarant, tonic to heart, brain, liver, and stomach, protects Quwat-e-Qaiwania (vital faculty) aphrodisiac.^[3,4,5,6] Silver and its preparations have been used therapeutically since over hundreds of years. It has been used in variety of disease, it is useful in excessive heat in the body, hectic fever, phthisis, chest affections, impotence and seminal weakness; also in painful and irritable condition of the stomach and intestines, in heat-burn and in chronic diarrhea, in uterine diseases as leucorrhoea, menorrhagia etc. One of the famous preparation of silver is known as kushta (Calcification), useful in weakness of vital organs, relieves in palpitation, useful in jaundice and headache.^[3,4,5,6]

Vernaculars

Eng: Silver, Hindi; Chandi, Arab: Fizzeh, faddah; Per: Seem Nuqra, Ishqa.

METHODOLOGY

Search strategy

The authors searched the Unani medicine book available in the library of Regional Research Institute of Unani Medicine, Mumbai for information related to Nuqra (Silver), many important books of Unani Medicine were reviewed. Systematic searched also was electronically conducted in following databases: PubMed, Scopus and Web of Science. The selected search terms were therapeutic uses of Nuqra and Silver, history of therapeutic uses of Silver. In PubMed database the search field was “Title/Abstract” and in Scopus database was Title/Abstracts/Keywords” and in Web was “Topic.

Actions of Silver described in Unani Medicine

Silver leaf is tonic, stimulant, aphrodisiac, astringent, cool, demulcent, purgative, emetic, constitutive, and alleviative of wind and bile General body tonic, exhilarant, tonic to heart, brain, liver, and stomach protects Quwat-e-Haiwania (vital faculty) aphrodisiac.^[3,4,5,6]

Therapeutic Uses of Nuqra (Silver) in Unani Medicine

The silver leaf is useful in excessive heat in the body, hectic fever, phthisis, chest affections, impotence and seminal weakness; also in painful and irritable condition of the stomach and intestines, in heat-burn and in chronic diarrhea, in uterine diseases as leucorrhoea, menorrhagia and in irritability of the uterus.^[3,4,5] It is useful in the diseases of heart and brain. Its kushta improves function of the vital organs, relieves palpitation, illusion, melancholia, mania, premature ejaculation. It is also useful in cough, phobia, and weakness of nerves.^[3,4,5,6]

MIZAJ (Constitution): Cold¹ Dry^{1[3,4,5,6]}

Side effects: Harmful for intestine^[3,4] and for urinary bladder.^[5]

Musleh (Corrective): Kateera (*Astragalus strobiliferus*) and honey^[3,4] kateera for intestine and gogul (*Commiphora wightii*).^[2]

Dose: Silver leaves 1-2.^[3,5] Kushta Nuqra 30mg- 120 mg⁴, silver leaves, (Warq -e -Nuqra) 60-250 mg⁷.

Important Preparations of Nuqra (Silver) in Unani Medicine.

Qurs Nuqra: Strengthens principal organs i.e. heart, brain, liver, nerves, and stomach. Dosage: 1 tablet in 10g Milk cream before breakfast.

Kushta Nuqra: It is used for strengthening the functioning of heart, brain and liver. Useful for relieving palpitation and anxiety. Removes sexual debility and is useful in spermatorrhoea, nocturnal emission and hydrospermia. Dosage: 60 mg. with 5 g Khamira Gaozaban Ambari Jawaharwala.

Majun Nuqra Khas: strengthen the heart, brain, and liver. It is effective in palpitation and psychoneurosis. Useful for especially high blood pressure patient. Beneficial in sexual debility. Dosage: 5g. With Luke Warm Milk before Breakfast.

Khameera Nuqra: cardio tonic and brain tonic. It is beneficial in conditions like restlessness, palpitation, headache, cold, coryza, mental weakness, difficulty in hearing and olfaction. It improves memory and vision. It is also very effective in cases of general body weakness especially after typhoid fever, etc. Dosage: 3-5 g once a day.

Pharmacological Activities

Antiviral Agents

Silver nanoparticles have mainly been studied for their antimicrobial potential against bacteria, but have also proven to be active against several types of viruses including human immunodeficiency virus, hepatitis B virus, herpes simplex virus, respiratory syncytial virus, and monkey pox virus.^[8]

Antibacterial activity

Ales Panacek, et al, have described their studies in which silver colloid nanoparticles indicated high antimicrobial and bactericidal activity against Gram-positive and Gram negative bacteria, with highly multi resistant strains such as methicillin resistant *Staphylococcus aureus*.^[9] In another studies silver nanoparticles was found Antibacterial activity of silver particles. Some of the higher silver release formulations produce ionic silver concentrations that reach 70– 100 parts per million when measured in ionic water and kill relevant bacteria within 30 min.^[10,11]

Antimicrobial activity

In an experimental studies suggest that concentrations of 60ppm Ag⁺ should be sufficient to control the majority of bacterial and fungal pathogens.^[12]

Anti-Inflammatory

The anti-inflammatory effects of silver nitrate or nano crystalline silver have been documented experimentally in wound care, treatment of allergic contact dermatitis ulcerative colitis, and cystitis.^[13,14]

CONCLUSION

Silver and its preparations has been used by Unani physicians for centuries to treat numerous ailments. A number of studies showed that Silver have revealed a remarkable natural therapy for treatment of a wide range of illnesses and showed activities such as Anti-inflammatory, Anti-bacterial Anti- microbial and Anti -Viral activities in many recent studies.

Conflict of Interest

The authors declare no conflict of interest.

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