

HAB-E-PAPITA: THE MAGIC BULLET FOR GUT WELLNESS**Anam Athar^{1*} and Abdul Aziz Khan²**

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ABSTRACT

The Unani system of medicine is famous for its herbal preparations that are effective with minimal side effects. In clinical practice now, there is greater reliance on proton pump inhibitors (PPIs) in the treatment of gastrointestinal (GI) disease, which is a cause of concern because they offer side effects in the long term. This emphasizes the pressing need for the discovery of safe and effective herbal substitutes. Unani classical texts and pharmacopeial sources document a vast array of hepatoprotective and gut-supporting medication, of which Habb-e-Papita has been highly promising. Its pharmacological activity and therapeutic utility have been examined in several studies. The current review attempts to critically evaluate the constituents, traditional claims, and clinical efficacy of Habb-e-Papita in the treatment of GI dysfunction.

KEYWORDS: Unani medicine, Anorexia, Herb.

INTRODUCTION

The Unani system of medicine, one of the oldest traditional systems of healing, continues to hold a significant place in complementary and alternative medicine worldwide. Rooted in the Greco-Arabic tradition and enriched through centuries of clinical experiences, Unani medicine is based on the principles of maintaining equilibrium among the four humours—blood (*Dam*), phlegm (*Balgham*), yellow bile (*Safra*), and black bile (*Sawda*).^[1] It offers a wide range of pharmacological interventions in the form of single drugs and compound formulations, among which *Hab-e-Papita* stands out as a notable therapeutic agent.

Hab-e-Papita is a compound Unani formulation traditionally employed for the treatment of various gastrointestinal disorders, particularly indigestion (*Zof-e-Hazm*), loss of appetite (*Zof-e-ishteha*), and flatulence (*Tukhm-e-Maida*).^[2] The formulation derives its name from its key ingredient, *Papita* (*Carica papaya*), a fruit known for its rich enzymatic profile—especially papain, which is recognized for its potent digestive and anti-inflammatory properties.

METHODOLOGY

Relevant literature regarding *haab e papita* was retrieved from classical books like *Al Qarabadeen*, *bayaz-i-kabeer*, National Formulary of Unani Medicine, and Data base like Web of Science, Google Scholar, Springer, PubMed, Sci finder, and Science Direct was also searched for the various ingredients present in the compound.

Action- *Muqawwi-e-meda*, *Hazim*^[2]

Therapeutic uses-^[3] *Sue-e-hazm*, *Haiza*, *Zof-e-ishteha*.

Dose-250 TO 500 mg^[4]

Ingredients of the compound- the ingredients of this compound are as follows:^[2]

- a. *Papita wilayati* 5gm
- b. *Zanjabeel* 10 gm
- c. *Filfil siyah* 10 gm
- d. *Podina khushk* 10 gm
- e. *Gul-e-madar* 10 gm
- f. *Namak-e-sang* 10 gm
- g. *Namak-e-siyah* 10 gm
- h. *Aab-e-Lemu* Q.S

Method of preparation^[5]

(A) Manual process

Crude drugs are ground into fine powder and passed through No.100 mesh sieve. The powder is mixed with any *rabeta* (Adhesive) like water, honey, *loab-e-Samagh-e arabi*, *loab-e-aspaghol*, etc thus, by prolonged mixing of the two, a *lubdi* (Mass) is made This *lubdi* is rolled into sticks of required size and thickness and cut into pieces with a knife. These cut pieces are rounded between the fingers to shape the *Huboob* of required size and weight. Similarly, the *aqras* are flattened by pressing with fingers The *Huboob* and *Aqras* thus made and dried in the shade.^[5]

(B) Mechanical process

The crude drugs are ground into fine powder and passed through No. 100 mesh sieve. The powder is then mixed with water or a specified adhesive to make a semi-solid mass and granulated by passing through No. 20 mesh sieve. The granules thus obtained are dried and kept in cooling pans and revolved. To make the pills, little water is sprinkled over the granules to keep them moist. Later on, these granules in the pan are coated with fine powder of crude drugs by rotating the pan with an interval of one minute to ensure the uniform and smooth coating of the granules and lastly passed through different size of sieves. This process is repeated till the pills of required size are obtained. For preparing tablets, the granules are lastly subjected to tableting machines.^[5]

Details of the ingredients**Papita wilayeti**

Botanical name- *Carica papaya*

Temperament- *Har-Yabis* (Hot and Dry)

Part used- Fruits, leaves, seeds, latex

Action – Digestive (*Hāzim*), Diuretic (*Mudir-e-Baul*), Anti-inflammatory (*Muḥallil-e-Waram*), Anthelmintic (*Dāfi ‘-e-Dīdān*), Antioxidant (*Mufarrihat-Badan*), Antibacterial and Antifungal (*Qātil-e-Jarāsim* or *Dāfi ‘-e-Tafannun*), Laxative (*Mushil*), Immunomodulatory (*Mu‘addil-e-Difā ‘ī Nizām*), Wound healing (*Mundamil-e-Jurūh*),

Therapeutical uses- Dyspepsia (*Indigestion Sū’ al-Hazm*), Constipation (*Qabz*), Helminthiasis (Worm infestation *Dīdān-e-A’mā*), Cough and Cold (*Sual wa Nazla*), Arthritis (*Waja ‘ al-Mafāṣil*), Edema (*Istesqā’*), Diuresis (*Mudir-e-Baul*), *Muqawwi-e-Difā ‘ī Nizām*, Antioxidant (*Mufarrihat-e-Badan*), Diabetes Management (*Ziyābatīs ki Tadbir*).^[6-11]

Zanjabeel

Botanical name- *Zingiber officinale* Rosc.^[12-13]

Parts used- Rhizome (Raw as well as dry)^[12-16]

Temperament- Hot 20 and Dry 10^[16-17]

Hot 30 and Dry 10 (Fresh), Hot 30 and Dry 20 (dry)^[18-19]

Action- *Mulayyan* (Laxative)- Dry^[17,18,20] *Mushil* (Purgative)- Raw,^[20] *Dafe Qai* (Anti-emetic)^[20] *Daf e Sual* (Anti-tussive),^[20] *Qatile Kirm Shikam* (Vermicidal),^[17,18,20] *Kasire Riyah* (Carminative)^[16-19,21] *Hazim* (Digestive)^[16-18] *Muqawwi-e-Bah* (Aphrodisiac),^[17,18] *Munaffis-e-Balgham* (Expectorant),^[17,18] *Jali* (Detergent)^[17,18] *Muqawwi-e-Hafiza* (Brain Tonic),^[18,21] *Mushtahi* (Appetizer).^[16]

Istemaal (Uses as per unani literature)- *Qabz*,^[17,18,20] *Nafakheshikam*,^[16] *zofeistesha*,^[16] *Zofejigar*, *zofehazim*,^[16] *Qai*,^[20] *Matla*.^[20]

Filfil siyah

Binomial name- *Piper longum*

Part used- Fruit

Mizaj (Temperament)^[22]- Hot²⁰ Dry²⁰

Afa'al (Actions)- Externally- *Jali*, *Musakkin*, *Jazib-e-Khoon*.

Internally- Muquawwi-e-Jigar, MedawaAsab, Muharrik, Kasir-e-Riyah, Mudirr-e-Baulwahaiz, Muquawwi-e-Bah, Munaffis-e-Balgham, Tiryag-e-meda.^[22]

Istemat (Uses)- *Nafkh-e-Shikam, Fasad-e-Hazam, Zof-e-Hazam, Kasrat-e-Riyah, Bars-o-bahak.*^[22]

Podina khushk



Botanical name- *Menthaviridis Linn*

(Part used)- Leaves^[2,23,24]

Mizaj (Temprament)- Hot 2° and Dry 2°^[25,26]

Hot 3° and Dry 3°^[19]

Af'āl (Pharmacological actions in unani medicine)- *Mulatif*^[2,19,24,25] *kasire Riya*^[20,25] *Mudre Baul wa TamsI*,^[19] *DafeQai*^[2] *Fadiezahar*^[2,19] *Munzij*^[25] *Muqawemeda*^[24,25] *Musakin Dard*^[25,26] *Qatilekirm*,^[25] *Jazib*^[26] *Munzij Mawade Ghaleez*, *DaffeTaaffun*,²⁷ *Hazim*.^[27]

Istemat (Uses as per unani literature)- *zofemeda*, *Nafakheshikam*,^[25] *zofeistesha*,^[25] *Zofejigar*, *zofehazim*, *Qai*,^[25] *Matla*,^[19,25] *IshaI*,^[23] *Awramblaghami*,^[2] *Dama*²⁵ *Haiza*,^[24,25] *Yarqan*^[2, 25-27] *Ehtabase Baul wa Tams*^[19] *Ishale Atfal*.^[25]

Gul e madar^[2,22,28]



Botanical name- *Calotropis procera*

Part used- Flower

Mizaj (Temperament)- Hot 3° Dry3°

Af'āl (Pharmacological actions in unani medicine -*Musakkin-e-alam, Mohallil, Muqawwi-e-Meda, Munaffis-e-Balgam*

Istemaal (Uses as per unani literature- *Zeeq-un-Nafas (Asthma), Zof-e-Meda (Weakness of the Stomach).*^[28]

Namak sang (Rock salt)^[29-32]



Scientific name- Halite

Mizaj (Temperament)-Cold and Dry (Barid wa Yabis)

Part used-The part of Namak Sang used in Unani medicine is the salt itself, which is usually obtained through mining or evaporation of seawater.

Action (Af'al)-*Mulattif (Demulcent), Munaffis (Expectorant), Muqawwi Meda (Stomachic), Hazim (Digestive), Mufattih Sudud (Deobstruent), Qabiz (Astringent).*

Therapeutic uses (Istemaal)-Indigestion, Flatulence, Loss of Appetite- Stimulates appetite and improves digestion, Cough, Asthma, Joint Pain- Provides relief from pain and inflammation in joints, Electrolyte Balance.

CONCLUSION

Hab-e-Papita emerges as a promising Unani formulation with significant therapeutic potential in promoting gut wellness. Its multifaceted pharmacological actions—ranging from digestive stimulation and carminative effects to its mild laxative and anti-inflammatory properties—make it an effective remedy for a variety of gastrointestinal disturbances. By improving digestion, enhancing nutrient absorption, and maintaining gut flora balance, Hab-e-Papita aligns with both traditional Unani wisdom and modern gastrointestinal health principles. Further clinical trials and pharmacological studies are warranted to validate its efficacy and

safety on a broader scale. Nonetheless, its natural origin, cost-effectiveness, and minimal side effects position Hab-e-Papita as a valuable adjunct in holistic gut health management.

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