

Review article

Selected Food cum Medicines (*Ghiza e Dawa*) effective in Anaemia

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ABSTRACT

Anaemia, a widespread health problem, is considered a moderate public health issue affecting children and women in Sri Lanka. In the Unani system of medicine, a condition known as Faqr ud-dam closely resembles anemia. The Unani medical system offers a treasure of single drugs for treating and managing various ailments. This study aims to scientifically review selected Unani single drugs used as food cum medicines effective in the management of Faqr ud-dam (Anaemia). All the selected drugs contained micronutrients needed for heamopoiesis such as Fe, Zn and vitamin C and possessed pharmacological actions like anti-anaemic, heamopoiesis, heamo-protective, muharrik (exhilarant) and hepatoprotective. This review provides a comprehensive overview and analysis of the nine food –cum- medicine items used to treat anaemia in Unani medicine. This covers their nutrient contents and scientific studies in related to anaemia.

Key words: Anaemia, *Faqr ud dam*, food- cum- medicines, iron deficiency, Unani single drugs