HABB-E-NAREENA; A MAGICAL POLYHERBAL FORMULATION TO CONCEIVE A BABY BOY

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Abstract

Formulations having multiple crude drugs have been globally used according to literature records especially in Greek, ancient Egyptian, Chinese and Indian medical systems for miscellaneous therapeutic purposes. According to the World Health Organization (WHO), more than 80% of the world's populace use herbal and traditional medications. Crude drugs used in Siddha, Ayurvedic, and Unani system of medicines, belong to any of the five sources of crude drugs i.e., animals, plants, marine, metals and minerals and microorganism. As crude drugs especially herbs have plenty of phytochemicals so use of bioactive compounds solely is not sufficient to attain desired therapeutic effects. Combinations of numerous crude drugs in a specific proportion

sometimes exhibit better therapeutic effectiveness with minimal toxicity. This review chiefly focuses on therapeutic importance with clinical implication of Habb-e-Nareena. The Habb-e-Nareena is a polyherbal formulation that was mentioned by Hakeem Muhammad Shareef Dunyapuri and Hakeem Muhammad Yaseen Dunyapuri in their books to treat the women suffering from Gonorrhea, Leukoria, menstrual disturbances, recurrent miscarriage, infertility and premature birth. The regional practices affirm that if the formulation is used after the completion of menstual cycle immediately, for almost 7 days then the women would certainly conceive within about one month or otherwise in next three months. Furthermore, the fetus must be a baby boy with XY gene combination. It is consisted of 6 crude drugs named as Mazu (whole), Bhang, Musk, Mazu (aqueous extract), Kushta faulad and Feathers of peacock.

1. Introduction

Infertility may be defined as ‘’the failure to conceive generally after 1 year of normal exposed intercourse’’. Infertility is thought to be a level of sub-fertility in which 1 from the 7 couples conceives by following guidelines of a physician. The possibility of being pregnant also relies upon the sexual exposure, age of couples and coitus frequency. Generally, a normal couple conceives after unprotected intercourse of 1 month with about 25% chances, 70% and 90% after 6 months and one year respectively. Main 3 categories of causes of infertility include defective ovulation, transport and implantation (1). Endocrine disorders, ovarian disorder, endometriosis and physical disorders are included in defective ovulation. Pelvic Inflammatory Disease like gonorrhea, peritonitis, fimbrial adhesions and previous tubal surgery are included in defective transport. Congenital anomaly and fibroids are considered as defective implantation (1).

Several sigle and poly-herbal preparations are used to treat the female infertility like leukoria, menstrual disturbances, gonorrhea, recurrent miscarriage, infertility and premature

birth. Among these poly-herbal formulations, Habb-e-Nareena is one of the most commonly used effective poly-herbal preparation (2-5). The Indo-Pak families who have no male, but all female off-springs often face socio-economic issues. This is particularly factual for the women who are suffered by this situation and as a result begin to visit herbal physicians and spiritual healers to cop up the situation. Having only female off-springs is itself considered as a ailment for those females (2-5).

The Habb-e-Nareena is a polyherbal drug that was first reported by Hakeem Muhammad Shareef and Hakeem Muhammad Yaseen Dunyapuri in their books, for the women who have a history of giving birth to only female off-springs.

Habbs are solid dosage forms usually known as pills of herbal preparations made of plant, marine, animal and mineral origin crude drugs usually for internal as well as external use (6).

1.1. Composition of the poly-herbal medicine

Habb-e-Nareena is a complex of various herbs, minerals and animal origin crude drugs. The ingredients of the formulation and their botanical or zoological origin, part used and quantity with their botanical or zoological origin, part used and quantity in the preparation are given in Table 1.

Table 1. Ingredients of Habb-e-Nareena (2-4, 7, 8).

Common names	Scientific Name	Part used	Weight (g)
Mazu (whole)	*Quercus infectoria*	Galls	24
Bhang	*Cannabis sativa*	Seeds	12
Musk	*Moschus moschiferus*	Odiferous secretion	0.486
Mazu (aqueous extract)	*Quercus infectoria*	Galls	2.91

Kushta faulad	Iron Oxide	Powder	12
Feather of peacock	*Pavo cristatus*	Coin like bright portion of feather	3 in number

1.1.1. Nut Gall

Nut Gall (Mazu) are pathological outgrowths formed on the twigs of the *Quercus infectoria Olivier* (9, 10). The plant *Quercus infectoria*, belongs to the family Fagaceae (11). The family Fagaceae has approximately 8 genera and nearly 927 species (11). Nut Galls of *Quercus infectoria* are shown in **Figure 1.**

Figure 1. Nut Galls of *Quercus infectoria*

1.1.1.1. Ethno medicinal uses

It is Ethno-medicinally used in gastric ailments, uterine disorders, skin diseases, wound healing, inflammations, concoctive, blood spitting, diabetes, diseases of eye, fever, alopecia, epiphora, bad odor, epistaxis, and for blackening of hair etc. (10, 12-32).

1.1.1.2. Phytochemical constituents

Galls have tannic acid (33), gallic acid, ellagic acid (19), beta-sitosterol, ameno flavone, hexamethyl ether, iso cryptomerin, calcium oxalate, methyl oleanolate (9, 10, 15, 19, 24, 30, 32,

33) in addition to starch, sugars, essential oil, gums (15, 24) and anthocyanins (9, 10, 15, 19, 24, 30, 32, 33).

1.1.1.3. Pharmacological studies

An extensive literature reports broad spectrum pharmacological action of various parts of the plant reported it to be analgesic (13, 34, 35), anti-bacterial (36-43), anti-inflammatory (44, 45), anti-oxidant (44-47), larvicidal (48, 49), wound healing (50), anesthetic (13, 34, 51), anti-diabetic (34), anti-hypertensive (51), anti-tremorine (34), CNS depressant (34), anti-carcinogenic (52, 53).

1.1.1.4. Toxicity

It shows adverse effects on respiratory tract (54). Ethyl-acetate extract of *Quercus infectoria* was proved to be Larvicidal (48). Hydrolysable tannins of *Quercus infectoria* might be main contributors in the inhibition of free-radical-mediated ailments including hepatotoxicity and inflammation (55).

1.1.2. Musk

The musk is acquired by a special gland under the tummy adjacent to the pubis of the masculine musk deer (*Moschus moschiferus*), family Moschidae. From the gland musk is harvested mostly 1 to 2 times a year (56-60). Deer Musk is shown in figure 2.

Figure 2. Deer musk

1.1.2.1. Ethno medicinal uses

Ethno medicinally it is tonic, used in gastric problems, neurological disorders, for skin diseases, for respiratory problems. It also helps in eye diseases, mouth diseases, palpitation, Gonorrhea, kilasa (61, 62) and also used in perfumery (63).

1.1.2.2. Chemical constituents

Musk is composed of the muscone, normuscone, muskone, paraffins, triglycerides, mucopyridine, waxes, steroids, other nitrogenous constituents, and fatty acids. Additionally with two alkaloids with chemical formula 3α-ureido-androst-4-en-17β-ol and 3α-ureido-androst-4-en-17-one (24, 56, 58, 59, 61, 64, 65).

1.1.2.3. Pharmacological studies

Pharmacological activities of Musk include anti-inflammatory (59, 66), anti-histaminic (59), cardiovascular (67), anti-angina (59), spasmolytic, CNS-depressant, stimulant, antibacterial (59). Banned steroidal preparations of musk have been used in doping in sports. (65, 68, 69).

1.1.2.4. Toxicity

A vast survey of literature discloses that musk has not been reported as a toxic drug (70, 71). Musk has a narrow therapeutic index (71). Musk potentiate dermatitis with appearance of pigments succeeding the introduction of the drug (72) and photo allergic reactions and contact dermatitis exact after the usage of scents containing musk (73-75). Rose water and *Bambusa arundinacea* are used as antidote for its adverse effects (68, 69).

1.1.3. Indian Hemp

Botanical origin of Indian Hemp is *Cannabis sativa*, family Cannabinaceae (76). The family Cannabinaceae has 8 genera and almost 100 species (11). The fruit of *Cannabis sativa* are shown Sin Figure 3.

Figure 3. Fruits of *Skimmia laureola*

1.1.3.1. Ethno medicinal uses

The ethno medicinal uses of Indian hemp includes sedative, antispasmodic, intoxicant, narcotic, stomachic, anodyne, analgesic (77-82), anthelmintic (83), anticancer (84), antimicrobial (85), anti-emetic (86), apoptosis (87), hallucinogen, ati-rheumatic (88, 89), parturifacient (90), antiseptic (83), emmenagogue (89, 91). It is helpful in migraine (92), asthma(93), burns (94), cuts, boils and blisters (95, 96), diabetes, hysteria (97), diarrhea (98) dysentery (83), inflammation (99), hemorrhoids (100), epilepsy, cholera (101), abdominal pain, neuralgia (101), aphrodisiac (102, 103), menstrual pain (104), pain of dysmenorrheal, gonorrhea (105), cough, bronchitis (106), muscular pains (107), dyspepsia (108) and malaria (82).

1.1.3.2. Phytochemical constituents

Indian hemp contains more than 538 chemicals of various classes (109-111). The utmost significant groups are amino acids, steroids, non-cannabinoids, phenols, simple ketones, nitrogenous compounds, sugars, terpenoids, pigments, hydrocarbons, simple alcohols, proteins, lactones, cannabinoids, flavonoids, fatty acids, simple esters, simple aldehydes, glycoproteins, enzymes and vitamins (109-111).

1.1.3.3. Pharmacological studies

Indian hemp showed allergenic effect (112), analgesic effect (113), anticancer activity (84), antidepressant-like actions (114), antidiuretic activity (115), antiemetic (116), anti-inflammatory activity (117) anti-tumor activity (118), appetite enhancing (119), broncho-constrictor activity

(120), hem agglutinin activity (121), cell death with shrinkage of neurons (122), gynecomastic effect (123), central nervous system depressant activity (124), digital necrosis (125), histamine release stimulation (120), hyperglycemic activity (126), immunomodulatory effect (127), anti-inflammatory effect (128), mitogenic effect (129), myocardial infarction (130), pancreatic effect (131), pancreatic toxicity (132), psoriatic effect (133), reproductive effect (134-136), sexual headache (137) and tumor-promoting effect (138).

1.1.3.4. Toxicity

Indian hemp spoils numerous mechanisms of cognitive function, with the utmost vigorous effects on short-term discontinuous, working memory, response speed, planning, decision-making, and precision and expectancy (139-146). *In vivo* and *in vitro* studies have revealed that it can disturb the hypothalamus-pituitary-gonadal axis, sperm function and spermatogenesis (147). Kids exposed to cannabis reveal reduced attention, learning, memory, impulsivity, interactive complications and complex probability of using cannabis when they mature (148-153).

1.1.4. Kushta Faulad

Kushta Faulad is basically the rust of iron commonly known as Khabs-ul-Hadeed, Zang-e-Aahan. Iron Rust, Magnetite and Impure Oxide are the other synonyms of Kushta Faulad (154).

1.1.4 Chemical Composition

Chemically it is found to be Iron Oxide, (Ferric / Ferrous Oxide) (154). Iron (Fe) is an vital part for almost all the organisms as it contributes in a wide diversity of metabolic procedures, such as deoxyribonucleic acid synthesis, oxygen transport and electron transport (155). The Fe formulations of Ayurveda are known as Lauha Bhasma (Fe calx or Kushta Faulad) (156). The powder form of Kushta Faulad is shown in Figure 4.

Figure 4. The powder of Kushta Faulad

2.4.4.4 Ethno medicinal uses

Ethno-medicinally it is therapeutically used in anemia, debility, tonic especially haemantinic (157), anti-spasmodic, dyspepsia, hyper-lipidemia, tuberculosis, worm infestations, skin ailments, obesity, splenic disorders, bowl disorders, diabetes, inflammation, urinary disorder, jaundice, eye diseases, respiratory diseases and bloating (158).

2.4.4.5. Pharmacological study

Kushta faulad has anti-arthritis activity, anti-inflammatory activity (159), haemantinic activity, hemoglobin regeneration efficacy (160) and antibacterial activity (161).

2.4.4.6. Toxicity Studies

The toxicity study of Kushta faulad was assessed and was found safe at the recommended therapeutic dosage and at almost five times of the therapeutic dosage levels too. However, variation in certain biochemical and haematological parameters were noted with histopathological results at the high dose levels (162, 163).

2.4.5 Feather of Peacock

The feathers of the peacock are obtained from a domestic bird *Pavo cristatus* family Phasianidae and its bright coin like portion is used after roasting and grinding and mixing it with other

ingredients of the formulation (Habb-e-Nareena) (164). The feathers of peacock (*Pavo cristatus)* are shown in Figure 5.

Figure 1. Feathers of peacock

1.2. Monograph of Habb-e-Nareena

1.2.1. Method of preparation

The herbal crude drugs are collected, shade dried, garbled, and is subjected to grinding to make a fine powder. The powdered material is passed from the sieve of mesh # 80 and pills of almost 460 mg are made.

1.2.3. Pharmacological effects

Tibb-e-Unani has set the temprament of Habb-e-Nareena as "uzlati asabi" i.e dry and cold. It acts as an emmenagogue drug and alters the temprament of the females to allocate the survival of spermatozoa in the uterine environment that contain XY character (2, 3).

1.2.4. Mechanism

Qanoon Mufrid Aza (theory of Tibb) (2-5) assigns the temperaments to the humans, crude drugs and the foods. The temperament of male is *Uzlati Ghudi* (*UG*: dry 70% and hot 30%) and of female is *Ghudi Asabi* (*GA*: hot 70% and wet 30%). These differences in temperaments specify the male and females in characteristics and features (2-5).

When an individual is on its natural temperament i.e.females: *GA* and males: *UG*, he or she may lead his/ her normal and healthy life and will suffer no disease until the temperament is not changed by the nutrition and medications. When herbal physicians treat patients, they alter their temperaments by regimental therapy, nutrition and medications. If a woman gets a temperament of *Uzlati Ghudi*, she may experience male physique and voice. The same is thought to be right for men (2-5). In Tibb-Unani, following ways are employed to alter the temperament of females to conceive a baby boy (2-4, 7, 8).

1.2.4.1. Medicines

The use of numerous herbal medicines is the first method adopted to conceive a baby boy. The renowned Unani formulations used include Habb-e-Nareena, Safoos-e-Sharma, Habb-e-Muqawwi Khas, Dawa-ul-Misk, Muayyan-e-Hammal, Barshiaasa and Laboob-e-Kabeer (2-4, 7, 8).

1.2.4.2. Diet

Some people who consider that drugs are not good in pregnancy due to their toxicity, abortificiant and teratogenic effects. Exercise of specific diets and preventions from certain leads

the temperament changed (2-4, 7, 8). The recommended diet plan used to change the temperament is gven in Table 2.

1.2.4.3. Fasting

Fasting is an additional method adopted by the herbal practioners to change the temperament from *Ghudi* to *Uzlati*. Fasting and use of diets of dry temperament potentiate dryness that leads the change in temperament (2-4, 7, 8).

1.2.4.4. A combination of diet and medicines

A combination of diet and medicines is considered the best technique to alter the temperament of the body. Use of prescribed herbal formulations along with diets is confirmed to be much successful as compared to other methods (2-4, 7, 8).

1.2.5. Dosage and administration

The recommended dose of Habb-e-Nareena is two pills, TID, for 15 consective days. The pills are consumed with the decoction of Cinnamon and Clove or with the milk butter of the cow that have gaven birth to a male calf (2, 3).

1.2.6. Precautions

Besides the medication, the patients are strictly advised to have foods that have the *UG* or *GA* temperaments (2-5). Compelete diet plan for the persons who are having treatment with Habb-e-Nareena is given as Table 2.

1.2.7. Storage condition

The Habb-e-Nareena formulation is stored at a dry, cool and dark place nearly at room temperature (2, 3, 32, 165, 166).

Table 2. Diet plan for the patient recieveing treatment with Habb-e-Nareena (167)

Breakfast	Murabba amla (Indian Gooseberry), murabba halela (Myrobalan), peanuts, currants, fried eggs, sand roasted grams, dried dates, yogurt, buttermilk, fruit salad, dahi bhalla (Vada soaked in Curd) and decoction of clove and cinnamon
Lunch	Meat (mutton or beef), fried or boiled eggs, bitter melon, fish, potato, cauliflower, eggplant, pickle, mustard leaves, onion, garlic, red chili, pakoray, gram pulses, vinegar, maze, bread of grams flour
Dinner	Meat (mutton or beef), fried or boiled eggs, bitter melon, fish, potato, cauliflower, eggplant, pickle, mustard leaves, decoction of cinnamon and clove, citrus fruits, apple, Jambolan, Grewia, plum, sour pomegranate, lemonade, pineapple, peach, tamarind and dried plum dissolved water.
Prohibited food	Milk, milk cream, butter, sweets, pudding of carrot, semolina and almond, murabba carrot and apple, reddish, carrot, turnip, Indian squash, ridge gourd, pumpkin, winter melon, ladyfinger, Taro root, rice and ice cream

1.3. Conclusion

As per comprehensive literature review and ethno-medical reports the poly-herbal preparation Habb-e-Nareena has been found to be an effective combination of herbs minerals and animal origin crude drugs to tackle majority of gynecological problems efficiently. Moreover, female infertility is successfully treated by the recommended use of Habb-e-Nareena. Successful conception is achieved by its use within one month or otherwise in three months. The danger of miss carriage is also eliminated by the use of Habb-e-Nareena immediate after the completion of menstrual cycle. Regional practices declare that the conception of a baby boy can be made

possible positively by its use. The children born after the use of Habb-e-Nareena are found to be healthier and more active than that of normally conceived babies.

Hakeem Muhammad Shareef Dunyapuri and Hakeem Muhammad Yaseen Dunyapuri recommended Habb-e-Nareena to be used immediately after the completion of second month of the pregnancy in their books, but regional practices emphasized that Habb-e-Nareena must be used before pregnancy. This is because of the reasons that gender of the fetus is decided at the time of fertilization not after two months of the pregnancy; secondly use of any kind of drugs must be restricted to avoid any of their teratogenic and toxicological effects.

It is also considered that the use of Habb-e-Nareena before pregnancy lowers the temperature of the uterus and alters the pH from acidic to alkaline. Furthermore, it facilitates the adhesion of male sperms having XY gene combination to the ovum and on time rupture of the corpus leutium membrane of the ovum thus leading the easy penetration of the sperms to ovum.

As Habb-e-Nareena has been used for decades but none of its teratogenic or toxicological effects have been observed so it is quite safe at any stage. Indoor preparation of Habb-e-Nareena publically is common in Ind-o-Pak region as its ingredients cheap and people are familiar with them. It is important to be reported as the world's population is tilting towards the green waves and such magical formulations must further be analyzed, their mechanism of action must be investigated for the benefits of human beings.

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