

Medicinal plants used in *Sakta*



Bādranjboyā (*Nepeta hindostana* Haines)



Filfil Siyāh (*Piper nigrum* Linn.)



Sudāb (*Ruta graveolens* Mill)



Sir (*Allium sativum* Linn.)

Prevention and Control of

SAKTA (Stroke)

...through Unani Medicine



For further information, please contact

Director General

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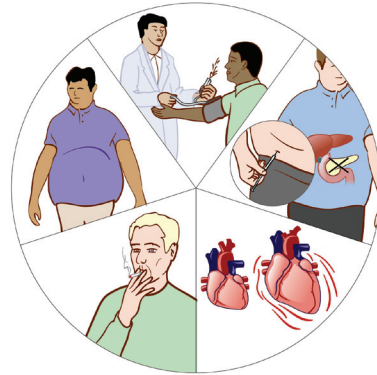
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What is Sakta?

Sakta (Stroke) is a condition in which blood flow to an area of brain stops due to blockage or rupture of blood vessels resulting in cessation of oxygen supply and nutrients leading to death of brain cells in the affected area. When brain cells die during a stroke, functions controlled by that area of the brain such as memory and muscle control are lost. One-fifth of the victims die within a month of its occurrence and half the survivors become physically deformed.

Risk Factors

- Hypertension
- Diabetes
- Obesity
- Hyperlipidaemia
- Heredity
- Sedentary lifestyle



Clinical Features

Stroke can affect a part or whole body. Its effects range from mild to severe and include:

- Sudden weakness or numbness in arm, face or leg especially on one side of the body
- Difficulty in speech, walking, and loss of balance
- Sudden severe headache with unknown cause
- Sudden blurring of the vision of one or both eyes
- Dizziness
- Paralysis



Prevention

- Maintain healthy lifestyle
- Avoid mental stress and anxiety
- Make a habit of sound sleep for 6–8 hours
- Reduce sugar and saturated fat intake
- Exercise for 45 minutes daily at least 5 days a week

- Avoid consumption of:
 - ❖ Tobacco and alcohol
 - ❖ Junk and smoked foods
 - ❖ Red, dried and salted meat & fish



Management

'Ilāj bi'l-Dawā' (Pharmacotherapy)

● Single drugs

- ❖ *Filfil Siyāh* (*Piper nigrum* Linn.)
- ❖ *Azarāqī* (*Strychnos nux-vomica* Linn.)
- ❖ *Sudāb* (*Ruta graveolens* Mill.)
- ❖ *Qaranful* (*Syzygium aromaticum* Linn.)
- ❖ *Nakchiknī* (*Centipeda minima* Linn.)
- ❖ *Sīr* (*Allium sativum* Linn.)
- ❖ *Bādranjboyā* (*Nepeta hindostana* Haines)
- ❖ *Arjun* (*Terminalia arjuna* (Roxb.) Bedd.)
- ❖ *Ustūkhudūs* (*Lavandula stoechas* Linn.)
- ❖ *Zanjabīl* (*Zingiber officinale* Roscoe.)
- ❖ *Zard Chob* (*Curcuma longa* Linn.)

● Compound drugs

- ❖ *Mā' al-'Asl*
- ❖ *Mā' al-Buzūr*
- ❖ *Habb-i Ayārij*
- ❖ *Sikanjabīn*
- ❖ *Roghan-i Surkh*
- ❖ *Roghan-i Sīr*
- ❖ *Mā' al-Usūl*
- ❖ *Gulqand*
- ❖ *Mājūn-i Azarāqī*
- ❖ *Kushta Gā'udantī*
- ❖ *Roghan-i Qust*

'Ilāj bi'l-Tadbīr (Regimenal Therapy)

- *Hijāma* (Cupping)
- *Natūl* (Irrigation)
- *Dalk* (Massage)
- *Takmīd Hār* (Hot fomentation)
- *Ḥuqna* (Enema)



Note: Consult a registered Unani physician before using recommended drugs.