

# Shikanji or Sikanjabeen - A Unani Pharmacopoeial Dosage Form

Anju<sup>1</sup>, Mohammad Idris<sup>2</sup>

<sup>1</sup>Research Associate, Central Council for Research in Unani Medicine, New Delhi, India

<sup>2</sup>Principal & Head, PG Department of Ilm-us-Saidla, Ayurvedic & Unani Tibbia College & Hospital, Karol Bagh, New Delhi, India

Corresponding Author: Anju

## ABSTRACT

*Shikanji* is an altered or corrupt nomenclature of *Sikanjabeen*. *Shikanji*, a popular cold drink in the northern India, owes its origin to *Sikanjabeen*, a Unani pharmacopoeial dosage form. Generally, it is considered to be a cold drink, especially used during summer season. Originally, it is known as *Sikanjabeen Sada* prepared as a mixture of vinegar and honey. Besides, it is made of various herbs in its different formulations used for a variety of clinical conditions. In Unani system of medicine, a number of pharmacopoeial formulations of *Sikanjabeen* have been mentioned as nutraceutical (*aghiza-e-dawaa*), i.e., medicinal drinks and drugs (*advia*) for a number of ailments ranging from gastrointestinal, liver, urogenital to cardiovascular disorders.

**Keywords:** *Shikanji*, *Sikanjabeen* and its different types, Oxymel, Unani dosage form

## INTRODUCTION

*Shikanji* is a household name of a popular cold drink in the northern India. It is a corrupt form of the Arabic-Persian lexicon, *Sikanjabeen* (*sik* = vinegar and *angabeen* / *anjabeen* = honey). Beside vinegar and honey, a number of herbs are also used as compositional ingredients in the syrup form. It is a Unani pharmacopoeial dosage form introduced centuries ago. More than fifty (50) variants of *Sikanjabeen* have been described in different Unani classical literature. *Sikanjabeen* as a pharmaceutical term applied for an oral dosage form was first mentioned by Ibn Sina / Avicenna (980-1037 CE) in the VI<sup>th</sup> chapter of Volume-V<sup>th</sup> of his celebrated work titled: "*Al-Qanoon fil Tibb* / the Canon of Medicine".<sup>1</sup> In this chapter, various formulations of *Sikanjabeen* have been mentioned. Besides, he described *Sikanjabeen* exclusively for morbid humors (*ghair tabayee khilt*), namely phlegm (*balgham*), bile (*safra*) and black bile (*sauda*). Moreover, he quoted a

formulation and its method of preparation by Galenus / Galen (120-200 CE). It shows the historical background of *Sikanjabeen* since ancient times, especially during Hippocrates (460-377 BCE).<sup>2</sup>

In the XVI<sup>th</sup> chapter of "*Al-Risalah fi al-Adviyat al-Qalbia* / the Treatise on Cardiac Drugs", Ibn Sina described the pharmaceutical processing of two formulations, namely *Sikanjabeen Aftimooni* and *Sikanjabeen Hindbaee*, and their clinical trials on the patients of liver diseases, and found it extremely effective.<sup>2</sup> It is also interesting to mention that the lemon was first introduced into the Europe from India by the Arabs, and medicinally used by the early Arab physicians, especially Ibn Sina.<sup>3</sup>

The term *Sikanjabeen* has been translated into English from Arabic as "oxymel" in the translated version of "*Al-Risalah fi al-Adviyat al-Qalbia* / the Treatise on Cardiac Drugs" and "Glossary of Terms used by Avicenna" (1967).<sup>4</sup> The oxymel

finds no mention in any lexicons, technical, i.e., medical or literary. Instead of translating *Sikanjabeen* as oxymel, it should have been “*oxusmel*”, because *oxus* refers to sharp or acid, i.e., vinegar / acetic acid in the Greek and *mel* meaning honey in the Latin language. In the recently compiled “Standard Unani Medical Terminology” (2012), no translation *per se* has been attempted. *Sikanjabeen* is simply defined as “a liquid preparation made with vinegar and honey in the early times, but later on honey was substituted with sugar.” It is of many types. It is mentioned under the code-UMI-1688.<sup>5</sup> This dosage form was further developed into various variants by the Indian Unani physicians.

*Shikanji* is an altered and corrupt form of *Sikanjabeen Lemoni*. The lemon meaning citrus fruit (Citrus lemon) in Arabic language is its chief ingredient. There is no mention of *Sirka* (vinegar) in the Ayurvedic classical literature. Thereby, it is not used in any classical / pharmacopoeial Ayurvedic formulations. Moreover, the use of vinegar is not popular among the non-muslims, whereas it is considered *Sunnah* (pious) in the Muslims. The vinegar and honey have been substituted with sugar and salt in the preparation of *Shikanji*.

*Sikanjabeen* was also used in modern system of medicine by the name of

oxymel. The formulation of oxymel was detailed in the British Pharmacopoeia (1898) and the German Pharmacopoeia (1872). In the French Codex (1898), it was prepared by mixing honey (4 parts) with white wine vinegar (1 part), concentrating and clarifying with paper pulp.<sup>6</sup>

Loosely, it may be termed as a *desi* lemonade or *nimu pani*. It is further developed into various tastes and flavours, namely *Shikanji masala*, *Shikanji* soda, *Shikanji* cola, *Shikanji* diet, *Shikanji* sugar free etc. The *Shikanji* ice cream in a new *avatar* has been introduced recently.

Its popularity could not fade away by the much hyped synthetic aerated / carbonated soft drinks of all kinds available now. The popularity of *Shikanji* can be judged from the fact that *Shikanji* shops (*dhaba*) are lying dotted on both sides of the national highways (NH), especially passing through the northern parts of India, especially on national highways.

Besides *Shikanji* or *Sikanjabeen Lemoni*, the other types of *Sikanjabeen* are mentioned in the Unani pharmacopoeias<sup>6-13</sup>. The compositional ingredients of as many as thirty four (34) types of *Sikanjabeen* mentioned in different *qarabadeen* (pharmacopoeias) are shown in the Table-1.

Table-1

S.No.	Name of Sikanjabeen	Compositional Ingredient
1.	<i>Sikanjabeen Aftimooni</i>	1. Aftimoon ( <i>Cuscuta epithimum</i> ) 2. Gaozaban ( <i>Borago officinalis</i> ) 3. Rehan ( <i>Ocimum sanctum</i> ) 4. Badranjboya ( <i>Melissa parviflora</i> ) 5. Ustkhuddus ( <i>Lavandula stoechas</i> ) 6. Maul Jubn (whey water)
2.	<i>Sikanjabeen Aftimooni</i> Supplementary Formulation-1	1. Tukhme Karafs ( <i>Apium graveolens</i> ) 2. Post Beekhe Kasni ( <i>Cichorium intybus</i> ) 3. Post Beekhe Badiyan ( <i>Foeniculum vulgare</i> ) 4. Tukhme Khiyarein ( <i>Cucumis sativus</i> ) 5. Aftimoon ( <i>Cuscuta epithimum</i> ) 6. Bisfayej ( <i>Polypodium vulgare</i> )
3.	<i>Sikanjabeen Aftimooni</i> Supplementary Formulation-2	1. Ustkhuddus ( <i>Lavandula stoechas</i> ) 2. Badiyan ( <i>Foeniculum vulgare</i> ) 3. Tukhme Shahtara ( <i>Fumaria parviflora</i> ) 4. Aftimoon ( <i>Cuscuta epithimum</i> ) 5. Bisfayej ( <i>Polypodium vulgare</i> ) 6. Sana Maki ( <i>Cassia angustifolia</i> ) 7. Post Halela Kabuli ( <i>Terminalia chebula</i> )
4.	<i>Sikanjabeen Sandali</i>	1. Sandal Safaid ( <i>Santalum album</i> ) 2. Zafran ( <i>Crocus sativus</i> ) 3. Tabasheer ( <i>Bambusa arundinacea</i> ) 4. Arq-e-Gulab (distillate of <i>Rosa damascena</i> ) 5. Arq-e-Nelofar (distillate of <i>Nymphaea lotus</i> )

5.	<i>Sikanjabeen Unsuli</i>	<ol style="list-style-type: none"> <li>1. Unsul (<i>Allium cepa</i>)</li> <li>2. Zufa (<i>Hyssopus officinalis</i>)</li> <li>3. Asalus Soos (<i>Glycyrrhiza glabra</i>)</li> <li>4. Ghariqoon (<i>Agaricus alba</i>)</li> <li>5. Gaozaban (<i>Borago officinalis</i>)</li> <li>6. Ustukhuddus (<i>Lavandula stoechas</i>)</li> <li>7. Parsiaoshan (<i>Adiantum capillus-veneris</i>)</li> <li>8. Pudina (<i>Mentha arvensis</i>)</li> <li>9. Badiyan (<i>Foeniculum vulgare</i>)</li> <li>10. Beekhe Sosan (<i>Iris ensata</i>)</li> <li>11. Kaali Zeeri (<i>Centratherum anthelminticum</i>)</li> </ol>
6.	<i>Sikanjabeen Afsanteeni</i>	Afsanteen ( <i>Artemisia absinthium</i> )
7.	<i>Sikanjabeen Behi Lemooni</i>	<ol style="list-style-type: none"> <li>1. Behi (<i>Cydonia oblonga</i>)</li> <li>2. Leemu (<i>Citrus lemon</i>)</li> <li>3. Arq-e-Gulab (distillate of <i>Rosa damascena</i>)</li> </ol>
8.	<i>Sikanjabeen Tuffahi</i>	<ol style="list-style-type: none"> <li>1. Rumaan (<i>Punica granatum</i>)</li> <li>2. Lemu (<i>Citrus lemon</i>)</li> <li>3. Seb (<i>Malus sylvestris</i>)</li> <li>4. Arq-e-Gulab (distillate of <i>Rosa damascena</i>)</li> <li>5. Arq-e-Bed Mushk (distillate of <i>Salix caprea</i>)</li> </ol>
9.	<i>Sikanjabeen Tamar Hindi</i>	<ol style="list-style-type: none"> <li>1. Tamar Hind (<i>Tamarindus indicus</i>)</li> <li>2. Arq-e-Gulab (distillate of <i>Rosa damascena</i>)</li> </ol>
10.	<i>Sikanjabeen Nanaee</i>	<ol style="list-style-type: none"> <li>1. Nana (<i>Mentha arvensis</i>)</li> <li>2. Aabe Leemu (<i>Citrus Lemon juice</i>)</li> </ol>
11.	<i>Sikanjabeen Rumani</i>	<ol style="list-style-type: none"> <li>1. Rumaan (<i>Punica granatum</i>)</li> <li>2. Zarishk (<i>Berberis aristata</i>)</li> </ol>
12.	<i>Sikanjabeen Zabibi</i>	Zabib ( <i>Vitis vinefera</i> )
13.	<i>Sikanjabeen Fawak</i>	<ol style="list-style-type: none"> <li>1. Nana (<i>Mentha arvensis</i>)</li> <li>2. Rumaan (<i>Punica granatum</i>)</li> <li>3. Seb (<i>Malus sylvestris</i>)</li> <li>4. Behi (<i>Cydonia oblonga</i>)</li> <li>5. Angoor Kham (<i>Vitis vinifera</i>)</li> <li>6. Zarishk (<i>Berberis vulgaris</i>)</li> <li>7. Falsa (<i>Grewia asiatica</i>)</li> <li>8. Imli (<i>Tamarindus indicus</i>)</li> <li>9. Darchini (<i>Cinnamomum zeylanicum</i>)</li> <li>10. Mushk (<i>Moschus moschiferus</i>)</li> <li>11. Tabasheer (<i>Bambusa arundinacea</i>)</li> </ol>
14.	<i>Sikanjabeen Nankhaw</i>	<ol style="list-style-type: none"> <li>1. Nankhaw (<i>Mentha arvensis</i>)</li> <li>2. Zeera Siyah (<i>Carum carvi</i>)</li> <li>3. Zufa (<i>Hyssopus officinalis</i>)</li> </ol>
15.	<i>Sikanjabeen Wardi</i>	<ol style="list-style-type: none"> <li>1. Gulqand</li> <li>2. Arq-e-Gulab (distillate of <i>Rosa damascena</i>)</li> </ol>
16.	<i>Sikanjabeen Gulqand</i>	<ol style="list-style-type: none"> <li>1. Gulqand</li> <li>2. Ajwayin (<i>Prycotis ajowan</i>)</li> <li>3. Tezpat (<i>Cinnamomum tamala</i>)</li> <li>4. Pudina (<i>Mentha arvensis</i>)</li> <li>5. Zabeeb (<i>Vitis vinifera</i>)</li> <li>6. Arq-e-Gulab (distillate of <i>Rosa damascena</i>)</li> </ol>
17.	<i>Sikanjabeen Sada</i>	Arq-e-Gulab (distillate of <i>Rosa damascena</i> )
18.	<i>Sikanjabeen Bazoori</i>	<ol style="list-style-type: none"> <li>1. Tukhme &amp; Post Beekhe Kasni (<i>Cichorium intybus</i>)</li> <li>2. Tukhme Kharpza (<i>Cucumis melo</i>)</li> <li>3. Tukhme Kasoos (<i>Cuscuta reflexa</i>)</li> <li>4. Tukhme Khiyarein (<i>Cucumis sativa</i>)</li> <li>5. Post Beekhe &amp; Aab of Badiyan (<i>Foeniculum vulgare</i>)</li> <li>6. Izkhar (<i>Andropogon schoenathus</i>)</li> <li>7. Tukhme Karafs (<i>Apium graveolens</i>)</li> <li>8. Tukhme Tarbuz (<i>Citrullus vulgaris</i>)</li> <li>9. Afsanteen (<i>Artemisia absinthium</i>)</li> <li>10. Gule Surkh (<i>Rosa damascena</i>)</li> <li>11. Zarishk (<i>Berberis aristata</i>)</li> <li>12. Tukhme Qurtum (<i>Carthamus tinctorius</i>)</li> <li>13. Gokhru Khurd (<i>Tribulus terrestris</i>)</li> <li>14. Mamiran Chini (<i>Coptis teeta</i>)</li> <li>15. Arq-e- Gulab (distillate of <i>Rosa damascena</i>)</li> <li>16. Aab-e-Mako (<i>Solanum nigrum</i>)</li> <li>17. Aab-e-Murawwak Kasni (<i>Cichorium intybus</i>)</li> <li>18. Gulqand</li> </ol>
19.	<i>Sikanjabeen Bazoori asoli</i>	<ol style="list-style-type: none"> <li>1. Anisoon (<i>Pimpinella anisum</i>)</li> <li>2. Tukhme Kasoos (<i>Cuscuta reflexa</i>)</li> <li>3. Badiyan (<i>Foeniculum vulgare</i>)</li> <li>4. Beekhe Kabr (<i>Capparis spinosa</i>)</li> <li>5. Post Beekhe Karafs (<i>Apium graveolens</i>)</li> </ol>

		6. Tukhme Kasni ( <i>Cichorium intybus</i> )
20.	<i>Sikanjabeen Bazoori asoli</i> Supplementary Formulation-1	1. Post Beekhe Kasni & Tukhme ( <i>Cichorium intybus</i> ) 2. Post Beekhe Badiyan ( <i>Foeniculum vulgare</i> ) 3. Beekhe Karafs ( <i>Apium graveolens</i> ) 4. Tukhme Kasoos ( <i>Cuscuta reflexa</i> ) 5. Tukhme Tarbuz ( <i>Citrullus vulgaris</i> ) 6. Tukhme Khiyarein ( <i>Cucumis sativa</i> ) 7. Beekhe Izkhar ( <i>Andropogon schoenathus</i> ) 8. Mameeran Chini ( <i>Coptis teeta</i> ) 9. Tukhme Kaknakaknaj ( <i>Physalis alkekengi</i> ) 10. Afsanteen ( <i>Artemisia absinthium</i> ) 11. Gule Surkh ( <i>Rosa damascena</i> ) 12. Tukhme Kharapza ( <i>Cucumis melo</i> ) 13. Tukhm Qurtum ( <i>Carthamus tinctorius</i> ) 14. Zarishk ( <i>Berberis aristata</i> ) 15. Arq-q-Gulab (distillate of <i>Rosa damascena</i> ) 16. Aab-e-Murrwak Mako ( <i>Solanum nigrum</i> ) 17. Aab-e-Murrwak Kasni ( <i>Cichorium intybus</i> )
21.	<i>Sikanjabeen Bazoori asoli</i> Supplementary Formulation-2	1. Tukhme & Beekhe Karafs ( <i>Apium graveolens</i> ) 2. Badiyan ( <i>Foeniculum vulgare</i> ) 3. Anisoon ( <i>Pimpinella anisum</i> ) 4. Tukhme Kasoos ( <i>Cuscuta reflexa</i> ) 5. Tukhme sambhalu ( <i>Vitex negundu</i> ) 6. Tukhme sudab ( <i>Ruta graveolens</i> ) 7. Tukhme shaljam ( <i>Brassica rappa</i> ) 8. Beekhe sosan ( <i>Iris ensata</i> )
22.	<i>Sikanjabeen Bazoori Barid</i>	1. Post Beekhe & Tukhme kasni ( <i>Cichorium intybus</i> ) 2. Tukhm Kharpza ( <i>Cucumis melo</i> ) 3. Tukhm Khiyarein ( <i>Cucumis sativa</i> ) 4. Post Beekhe Badiyan ( <i>Foeniculum vulgare</i> )
23.	<i>Sikanjabeen Bazoori Har</i>	1. Tukhm Kasoos ( <i>Cuscuta reflexa</i> ) 2. Post Beekhe & Tukhm Karafs ( <i>Apium graveolens</i> ) 3. Tukhm Kasni ( <i>Cichorium intybus</i> ) 4. Anisoon ( <i>Pimpinella anisam</i> ) 5. Post beekhe badiyan ( <i>Foeniculum vulgare</i> )
24.	<i>Sikanjabeen Bazoori Moatadil</i>	1. Tukhm Kasni ( <i>Cichorium intybus</i> ) 2. Badiyan ( <i>Foeniculum vulgare</i> ) 3. Tukhm karafs ( <i>Apium graveolens</i> )
25.	<i>Sikanjabeen Dinari</i>	1. Rewand Chini ( <i>Rheum officinale</i> ) 2. Post Beekhe Kabr ( <i>Capparis spinosa</i> ) 3. Post Beekhe Kasni ( <i>Cichorium intybus</i> ) 4. Tukhme Karafs ( <i>Apium graveolens</i> ) 5. Tukhme Kasoos ( <i>Cuscuta reflexa</i> ) 6. Aslussoos ( <i>Glacyrrhiza glabra</i> ) 7. Zarishk ( <i>Berberis aristata</i> ) 8. Tukhme Gul ( <i>Rosa damascena</i> )
26.	<i>Sikanjabeen Revandi</i>	1. Rewand Chini ( <i>Rheum officinale</i> ) 2. Tukhme Kasni ( <i>Cichorium intybus</i> ) 3. Gul-e-Surkh ( <i>Rosa damascena</i> ) 4. Tukhme Shahtara ( <i>Fumaria parviflora</i> ) 5. Tukhme Kasoos ( <i>Cuscuta reflexa</i> )
27.	<i>Sikanjabeen Revandi</i> Supplementary Formulation	1. Rewand Chini ( <i>Rheum officinale</i> ) 2. Post Beekhe kabr ( <i>Capparis spinosa</i> ) 3. Mayeen ( <i>Tamarix gallica</i> ) 4. Tukhme Kasni ( <i>Cichorium intybus</i> ) 5. Majeeth ( <i>Rubia cordifolia</i> ) 6. Ghafis ( <i>Gentiana oliivierii</i> ) 7. Aftimoon ( <i>Cuscuta epithymum</i> ) 8. Tukhm kasoos ( <i>Cuscuta reflexa</i> ) 9. Ghariqoon ( <i>Agaricus albus</i> ) 10. Post Darkhat-e- Bed ( <i>Salix caprea</i> )
28.	<i>Sikanjabeen Revandi Barid</i>	1. Rewand Chini ( <i>Rheum officinale</i> ) 2. Tukhme Khirayein ( <i>Cucumis sativa</i> ) 3. Tukhme Kharapza ( <i>Cucumis melo</i> ) 4. Tukhme & Post Beekhe Kasni ( <i>Cichorium intybus</i> ) 5. Badiyan ( <i>Foeniculum vulgare</i> ) 6. Anisoon ( <i>pimpinella anisam</i> )
29.	<i>Sikanjabeen Fawwah</i>	1. Badiyan ( <i>Foeniculum vulgare</i> ) 2. Beekhe Kabar ( <i>Capparis spinosa</i> ) 3. Anisoon ( <i>Pimpinella anisam</i> ) 4. Tukhme & Beekhe Kasni ( <i>Cichorium intybus</i> ) 5. Zufa ( <i>Hyssopus officinalis</i> ) 6. Majeeth ( <i>Rubia cordifolia</i> ) 7. Ghafis ( <i>Gentiana oliivierii</i> ) 8. Afsanteen ( <i>Artemisia absinthium</i> )

		9. Tukhm Kasoos( <i>Cuscuta reflexa</i> ) 10. Tukhme & Post Beekhe Karafs 11. ( <i>Apium graveolens</i> ) 12. Jaiyada ( <i>Teucrium pollium</i> ) 13. Sumbul-ut- teeb ( <i>Valeriana jatamansi</i> )
30.	<i>Sikanjabeen Mazaryoon</i>	Mazaryoon ( <i>Clitoria ternatea</i> )
31.	<i>Sikanjabeen Hindbaee</i>	Aab-e-Kasni ( <i>Cochorium intybus</i> )
32.	<i>Sikanjabeen Teeni</i>	1. Anjeer zard ( <i>Ficus carica</i> ) 2. Parsiaoshan ( <i>Adiantum capilus-veneris</i> ) 3. Asalus Soos( <i>Glacorrhiza glabra</i> ) 4. Post Beekhe Kabr( <i>Capparis spinosa</i> ) 5. Post Beekhe Badiyan ( <i>Foeniculum vulgare</i> ) 6. Tukhm Sanbhalu ( <i>Ruta graveolens</i> ) 7. Mayeen ( <i>Tamarix gallica</i> ) 8. Majeeth ( <i>Rubia cordifolia</i> ) 9. Zufa ( <i>Hyssopus officinalis</i> ) 10. Asaroon( <i>Asarum europaeum</i> ) 11. Agar ( <i>Aquilaria agallocha</i> )
33.	<i>Sikanjabeen Shibbi</i>	Shibb/Phitkari ( <i>Alum</i> )
34.	<i>Sikanjabeen Unnabi</i>	1. Unnab ( <i>Zizyphus jujuba</i> ) 2. Masoor ( <i>Lens esulenta</i> ) 3. Shahtara ( <i>Fumaria parviflora</i> ) 4. Post Beekhe Kasni ( <i>Cichorium intybus</i> ) 5. Gul-e-Surkh ( <i>Rosa damascena</i> ) 6. Dhaniya ( <i>Coriandrum sativum</i> )

Table-2

S.No.	Name of Sikanjabeen	Therapeutic uses
1.	<i>Sikanjabeen Aftimooni</i>	Melancholia and mental disorders
2.	<i>Sikanjabeen Sandali</i>	Palpitation
3.	<i>Sikanjabeen Unsuli</i>	Chronic cough ,Asthma , Hepatoprotective
4.	<i>Sikanjabeen Afsanteeni</i>	Gastritis
5.	<i>Sikanjabeen Behi Lemooni</i>	Appetizer, Improves digestion, Hepatoprotective
6.	<i>Sikanjabeen Tuffahi</i>	Appetizer, Improves digestion, Antiemetic, Jaundice, Hepatitis, Hepatoprotective
7.	<i>Sikanjabeen Tamarhindi</i>	Antipyretic, Antiemetic, Hepatoprotective
8.	<i>Sikanjabeen Nanaee</i>	Appetizer, Improves digestion, Hepatoprotective
9.	<i>Sikanjabeen Rumani</i>	Antipyretic, Thirst quencher, Hepatoprotective
10.	<i>Sikanjabeen Zabibi</i>	Hepatoprotective
11.	<i>Sikanjabeen Fawak</i>	Appetizer, Improves digestion, Antiemetic, Jaundice, Hepatitis, Hepatoprotective
12.	<i>Sikanjabeen Nankhaw</i>	
13.	<i>Sikanjabeen Wardi</i>	Appetizer ,Gastritis , Hepatoprotective
14.	<i>Sikanjabeen Gulqand</i>	
15.	<i>Sikanjabeen Sada</i>	Diuretic ,Jaundice ,Hepatitis, Gastritis, Thirst quencher, Hepatoprotective
16.	<i>Sikanjabeen Bazoori</i>	
17.	<i>Sikanjabeen Bazoori asoli</i>	Splenomegaly, Hepatomegaly
18.	<i>Sikanjabeen Bazoori Barid</i>	Diuretic, Hepatitis, Jaundice, mixed fevers, Ascites, Splenomegaly, Hepatomegaly
19.	<i>Sikanjabeen Bazoori Har</i>	
20.	<i>Sikanjabeen Bazoori Moatadil</i>	
21.	<i>Sikanjabeen Dinari</i>	Hepatitis, Jaundice, Hepatoprotective
22.	<i>Sikanjabeen Revandi</i>	Jaundice, Hepatitis, Hepatomegaly, Splenomegaly
23.	<i>Sikanjabeen Revandi Barid</i>	Gastritis, Viral Fever, Appetizer, Diuretic, Jaundice, Hepatitis, Hepatoprotective
24.	<i>Sikanjabeen Fawwah</i>	Hepatitis, Hepatomegaly, Splenomegaly, Ascites
25.	<i>Sikanjabeen Mazaryoon</i>	Ascites
26.	<i>Sikanjabeen Hindbaee</i>	Hepatitis, Jaundice, Viral fever
27.	<i>Sikanjabeen Teeni</i>	Splenomegaly
28.	<i>Sikanjabeen Shibbi</i>	Anticoagulant activity in Cystitis
29.	<i>Sikanjabeen Unnabi</i>	Skin diseases

*Sikanjabeen Lemoni* and *Sikanjabeen sada* are mainly used as a cold drink to ward off the heating effects of hot climate, especially during summer season. Pharmacologically, the presence of acidic materials from lemon (citric acid) and vinegar (acetic acid) are found to be helpful in quenching thirst.<sup>9</sup> It is used as lime juice cordial for heart related disorders<sup>10</sup>. It is also

used as antiemetic in nausea and vomiting conditions during pregnancy<sup>16</sup>. Notwithstanding of their common use as a summer drink, it is also prescribed as oral dehydration solution (ORS) in cases of loose motion, diarrhoea and motion sickness. As a matter of fact, it has been a precursor or proto typical form of ORS, a common solution for loose motion and

diarrhoea nowadays. The other types of *Sikanjabeen* are used for a variety of ailments ranging from gastro-intestinal, hepatic to urinary tract and cardiovascular to nervous disorders. The therapeutic uses of twenty nine (29) types of *Sikanjabeen* are given in the Table-2.

## CONCLUSION

*Shikanji*, a ubiquitous drink, is originated from *Sikanjabeen*, a pharmaceutical dosage form belonging to the Unani system of medicine. Its popularity in the Indian sub-continent is a glaring example of a pharmacopoeial formulation has been converted into a popular form of drinks, diets and drugs. *Shikanji*, one of its popular versions has been transformed from *Sikanjabeen*. It shows that Unani medicine is embedded in the Indian culture and ethos.

Financial Support / Sponsorship: No

Conflict of Interests: No

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How to cite this article: Anju, Idris M. *Shikanji or sikanjabeen - a unani pharmacopoeial dosage form*. Int J Health Sci Res. 2020; 10(9):304-309.

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