

**PEARL (MARWAREED) AND ITS PREPARATIONS STRENGTHENED  
THE SPECIFIC IMMUNE SYSTEM AND USEFUL IN STRESS,  
DEPRESSION, PHOBIA AND EPIDEMIC DISEASES A REVIEW**

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**ABSTRACT**

The Unani system of Medicine since ages has been known for the use of Plants Minerals and Animal origins drugs. There are many Unani formulations composed of herbs and minerals and Animal origin drugs, which are used as general and vital organ tonic. Marwareed (pearl) is one of such animal drug used in Unani medicine since ancient times. There are lot of Unani formulations of pearl like Khamira Marwareed, Khamira Marwareed ba Nusqa khas, Habb e- Marwareed and Habb-e-Marwareedi. The actions of Marwareed (pearl) is described in the Unani classical books are as, Exhilarant, enhances body faculties and vital force, tonic for vital organs, general tonic, improves eye sight, cardiac tonic, anti-depressant. It is useful in Palpitations, stress, phobia, in epidemic disease for prevention, weakness of heart and strengthened the specific immune system.

**KEYWORD:** Unani Medicine; Anti –depressant; Constitution; Looloo.

**INTRODUCTION**

Unani System of medicine is one of the oldest traditional system of medicine which has endeavoured through ages in the prevention and treatment and has been known for the use of Plants Minerals and Animal origins drugs. There are many Unani formulations composed of herbs and Minerals and Animal origin drugs used since decades. Pearl is one of such animal origin drug which considered very important drug and used in Unani medicine since ancient times. There are lot of Unani formulations of pearl like Khamira Marwareed, Khamira

Marwareed ba Nusqa khas, Habb e- Marwareed and Habb-e- Marwareedi. There are many formulations in which Pearls considered as important constituent of formulation like Khamira Absreham hakim Arshadwala, Khamira Gaozaban umbri jawahar wala, Majoon Hamal Ambri Alwikhan, Muffarh Barid jawahir wali/, Muffarh Jawaharwali Mufarah Motadil, Mufarh Yaqooti etc. These formulations are used in Unani medicine for various disorders. Mostly these formulations are used in the weakness of heart, palpitation, enhancing body faculties and vital force, as general tonic, in improving eye sight, as cardiac tonic and anti-depressant etc.

### Vernaculars

**English:** Pearl; **Hind, Guj, Mah, Ben & Kon:** Moti; Tam, **Sinh:** Muttu; **Tel:** Mutiamu; **Arabic:** Looloo; **Persian:** Marwareed; **Sans:** Mukta, Maracata, Muktikam<sup>[1]</sup>

Pearls, although counted as precious stones, are, like corals, products of the ocean, products of the ocean. Pearls are formed and nurtured in the body / shell of a mollusc, the pearl oyster. Mineral stones reflect light, while pearls partly absorb it and partly reflect it. Pearls, as compared to mineral stones, are light and can be scratched. Pearls are, therefore, characterized by their iridescence. Pearls obtained from the equatorial regions are among the best<sup>[2,3]</sup>



**Pearls**

### Occurrence

Pearls found in General mollusks inhabiting shallow seas and sandbanks<sup>1</sup>. The Persian Gulf is the sources of most of the fine natural pearls found today, and the center of the natural-pearl fisheries is the island of Bahrain, other sources of some importance are the channel between Ceylon and India and some of the South Pacific Island groups. Pearls are also found off the

northern coast of Australia and the coast of Venezuela. Fine freshwater pearls are found in the United States in the Mississippi River and its tributaries. Biwa is the almost exclusive source of freshwater cultured pearls.<sup>[4]</sup>

### Mineralogical description

Pearl mussel has nearly a semi-circular shell, greenish without and ornamented with the most beautiful nacre within. The nacre is employed in the arts and fine pearls are produced from the extravasations of nacre.<sup>[1]</sup> A pearl takes about four years to form and results from the surrounding of a foreign particle or animal which enter into its body by the secretion of a liquid which is executed by special cells in its body.<sup>[2]</sup>

### Chemical composition

Pearl consists of 92% of calcium carbonate in the form of aragonite crystals, held together by an organic substance, conchiolin (about 6%), plus a small quantity of water (about 2%).<sup>[5]</sup>

### Physical properties

**Colour:** Silver, cream, golden, black, white, blue, pink, gray<sup>[5,6]</sup>

**Cleavage:** None<sup>[5]</sup>

**Specific gravity:** 2.60- 2.75<sup>[5]</sup>

**Mizaj (Constitution)** Normal with mild heat.<sup>[6]</sup> Cold dry<sup>[7,8,9]</sup> (Cold<sup>2</sup> Dry<sup>2</sup>).<sup>[10,11,13]</sup>

### Actions

Exhilarant, enhances body faculties and vital force.<sup>[7]</sup> Tonic for vital organs, attenuant, enhances vital force, tonic to internal organs to faculties.<sup>[8]</sup> Stimulant, tonic aphrodisiac nutritive<sup>1</sup>. General tonic, improves eye sight, cardiac tonic, anti-depressant.<sup>[9]</sup> exhilarant for brain and heart, antidote to poison, antidepressant.<sup>[11]</sup>

### Therapeutic Uses

Palpitations, phobia, jaundice, weak vision<sup>[11]</sup> weakness of stomach, liver, kidney, heart and brain;<sup>[6]</sup> heart disease;<sup>[7]</sup> weakness of heart, palpitation, mania, illusion, weakness of stomach, liver, kidney;<sup>[8]</sup> fear and phobia, impurities of blood, illusion due to sauda.<sup>[12]</sup> weakness of spleen and kidney.<sup>[9]</sup> It is also useful in epidemic disease as preventive medicine.

### Side effects

Harmful in the ailments of urinary bladder.<sup>[1]</sup>

**Correctives (Musleh)**

Red coral.<sup>[7]</sup>

**Dose**

1 to 2.25 gm.<sup>[7]</sup> 60 mg.<sup>[8]</sup> 60 to 125 mg.<sup>[11]</sup> Kushta Marwareed 30 to 60 mg.<sup>13</sup><sup>[8]</sup>

**Pharmacological studies on khamira marwareed**

A pharmacology study on Khamira Marwareed was investigated for immunopotentiating effect of Khamira Marwarid (KM), in an animal models, Administration of KM in Swiss albino male mice for 15 days at a dose of 2 g/kg body weight improved the overall health of mice, as indicated by an increase in hemoglobin content and RBC count, and strengthened the specific immune system. The study evident that KM enhances both humoral and cell-mediated immune responses.<sup>[16]</sup>

**Compound formulations****Khamia marwareed**

khamira Marwareed is a Unani formulation beneficial in neurological and cardiac diseases. It strengthens the heart muscles, gives relief from cardiac palpitation, and tachycardia. In neurological diseases, it is used for the treatment of anxiety, stress disorders, mental fatigue and headache nervine weakness. It is commonly used in general debility.<sup>[11,12,13,14]</sup>

**Side effects of khamira marwareed**

Khamira Marwareed does not cause any side effects likely safe but advice to taken under the supervision of a Unani physician.

**Khamira marwareed during pregnancy & lactation**

Khamira should be avoided during pregnancy & lactation

**Table 1: The composition of khamira marwareed (Byaze Kabir).<sup>[14]</sup>****Dose: 3 gram**

INGREDIENT	QUANTITY
MARWAREED (MYTILUS MARGARITIFERUS)	10 GM
BAG-E BADRANJBOYA (MELLISA PARVIFLORA)	20 GM
BEHMAN SURKH (SALVIA HAEMATODES)	10 GM
BEHMAN SAFAID (CENTAUREA BEHMAN)	10 GM
TUKH BADRANJBOYA (MELLISA PARVIFLORA)	10 GM
TUKHM E KHURFA (PORTULACCA OLERACEA)	100 GM
TOODARI SAFAID (CHEIRANTHUS CHEIRI)	10 GM
TOODRI SURKH (MATHIOLA INCANA)	10 GM
ZAFRAN (CROCUS SATIVA)	10 GM
AMBER(AMBRA GRASEA)	10 GM
MUSHK (MOSCHUS MOSCHIFEROUS)	10 GM
ZEHAR MOHRA (SERPENT STONE)	20 GM
GULEGAOZABAN (BORAGO OFFIOCINALIS)	1LT
ARQE GULAB (ROSA DAMACENA)	1LT
ARQE BAIDMUSHK(SAILIX CAPREA)	2KG
QAND SAFAID (SUGAR)	

**Table 2: The composition of khamira marwareed (NFUM Part I).<sup>[15]</sup>****Dose: 3-5 gram**

INGREDIENT	QUANTITY
MARWAREED (MYTILUS MARGARITIFERUS)	25 GM
TABASHEER (BAMBUSA ARUNDINACEA)	25 GM
SANDAL SAFAID (SANTALUM ALBUM)	25 GM
AMBER(AMBRA GRASEA)	10 GM
ARQE GULAB (ROSA DAMACENA)	1LT
ARQE BAIDMUSHK(SAILIX CAPREA)	1LT
QAND SAFAID (SUGAR)	1.2KG

**Table 3: The composition of khamira marwareed (Ba Nusqa Khaas).<sup>[13]</sup>****Dose: 3 gram**

INGREDIENT	QUANTITY
MARWAREED (MYTILUS MARGARITIFERUS)	25 GM
TABASHEER (BAMBUSA ARUNDINACEA)	25 GM
SANDAL SAFAID (SANTALUM ALBUM)	25 GM
AMBER(AMBRA GRASEA)	10 GM
ARQE GULAB (ROSA DAMACENA)	1LT
ARQE BAIDMUSHK(SAILIX CAPREA)	1LT
QAND SAFAID (SUGAR)	1.2KG

**Table 4: The composition of Habb-e- Marwaridi.<sup>[13]</sup>****Dose: 1 -2 Pill in morning and evening with Arq-e-Amber.****Note: Should not use during Pregnancy.**

SUHAGA BIRYAN (BORAX ROASTED)	60GM
MAZOO (QUERCUS INFECTORIA ABNORMAL GROWTH)	60GM
MASTAGI (MASTICH)	116 GM
KUCHLA MUDABBAR (STRYCHNOS NUXVOMICA DETOXIFIED SEED)	60 GM
MARWAREED (MYTILUS MARGARITIFERUS PEARL) 0	15GM
AMBER (AMBRA GRASEA)	15GM
YASHAB (GREEN JASPER)	15GM
ARQ GULAB AS REQUIRED	15GM

**CONCLUSION**

It is evident that pearl and its preparations have been used as valuable therapeutic formulations for a variety of diseases including prevention to epidemic as we have illustrated in this review article. Pearl and its preparations needs a systematic evaluation of its pharmacological activities on different organs.

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