

Standardization of *Sharbat e Ghudal* (Syrup of Hibiscus Flowers): A Nutritive Unani Medicinal Syrup

M.N.F. Rizniya¹, D.I. Uluwaduge², A.H.M. Mawjood¹, L.D.A.M. Arawwawala³

¹*Department of Unani Pharmacology, Faculty of Indigenous Medicine, University of Colombo, Sri Lanka*

²*Department of Basic Sciences, Faculty of Allied Health Sciences, University of
Sri Jayewardenepura, Sri Lanka*

³*Industrial Technology Institute, Colombo 7, Sri Lanka*

Unani medicines are gaining increasing attention worldwide, due to their time-honoured practice and their wealth of compound medicines that are effective in treating most ailments. *Sharbat e Ghudal* is nutritive syrup included in several Unani pharmacopeias. The pharmacological actions of this syrup are *Mufarrih* (Exhilarant), *Muqawwi e qalb* (Cardiotonic), *Dafe Qafqan* (regulates palpitation), and *Muwallid e dam* (hemopoietic). Standardization is essential for polyherbal formulations to ensure the quality of these drugs for global standards and to increase patient acceptance. The present study aims to standardize *Sharbat e Ghudal* using organoleptic, physicochemical, and phytochemical parameters. This was conducted according to WHO guidelines and other authentic scientific publications on the standardization of traditional syrups. The product was dark red in colour with the characteristic smell of hibiscus flowers. It has a sweet and sour taste. The pH, specific gravity, extractable matter, and Brix value were found to be 3.7 ± 0.14 , 1.34 ± 0.16 , 70.7 ± 3.15 and 65.59 ± 0.45 respectively. The TLC fingerprint, tested with artificial colour standards, confirmed that no artificial colours were added to the syrup. Phytochemical screening revealed that the Sharbat was positive for cardiac glycosides, terpenoids flavonoids, tannins, phenols, and alkaloids. Steroids were not detected in the screening. A standard HPLC fingerprint for *Sharbat e Ghudal* was developed, showing seven major peaks at wavelengths of 254 nm. The outcomes of this research provide pharmaceutical standards for *Sharbat e Gudhal*. Further analysis of its phyto-chemicals constituents supports the validation of its pharmacological actions.

Keywords: *Pharmaceutical Standard, Physico-Chemical Properties, Phyto-Chemical Properties, Sharbat e Gudhal*