

Nutritional values and medicinal applications of *Sharbat-E-Sazoori*: A review

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Dieto-therapy (*Ilaj bil Ghiza*) is the foundational component of treatment in the Unani system of medicine. There are numerous compound formulations that serve dual functions as both nourishment and medication. *Sharbat-e-Sazoori* is one such traditional nutritive syrup recognized for its therapeutic properties. This formulation is from classical handwritten Unani manuscripts and, despite its long-standing use, remains underexplored in scientific literature. The present study aims to comprehensively review the nutritional profile and pharmacological effects of *Sharbat-e-Sazoori* using both Unani texts and contemporary scientific papers (n=32), from the data bases Google Scholar, Semantic Scholar, and PubMed. The literature search included synonyms of the eight herbal constituents in combination with terms such as "nutritive value," "pharmacological action," and "medicinal uses." The active ingredients of *Sharbat-e-Sazoori* include *Centella asiatica*, *Mucuna pruriens*, *Hemidesmus indicus*, *Withania somnifera*, *Asparagus racemosus*, *Glycyrrhiza glabra*, *Curculigo orchioides*, and *Ipomoea mauritiana*. All the ingredients are rich in micronutrients like iron, zinc, calcium, vitamin A, C and B complexes. *C. orchioides* and *I. mauritiana* provide the required carbohydrates (~60%) and dietary fiber. They contain a diverse array of bioactive compounds such as flavonoids, tannins, alkaloids, and essential oils. Collectively, these constituents exhibit pharmacological properties including nervine tonic effects, cognitive enhancement, aphrodisiac action, rejuvenation, immune modulation, and stamina enhancement. *Sharbat-e-Sazoori* has been prescribed by Unani practitioners for conditions such as general debility, anaemia, sexual dysfunction, and cognitive decline. In conclusion, the review of nutritional data supports its role as a dietary supplement in deficiency disorders, while the documented bioactive constituents substantiate its traditional medicinal applications in various health conditions.

Keywords: *Food cum medicine, Immune booster, Nervine tonic, Nutritional values, Sharbat-e-Sazoori*