

## **Role of *Imly* (*Tamarindus indica*) and *Zanjabeel* (*Zingiber officinale*) in the management of *shaqeeqa* (migraine): A comprehensive review**

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*Shaqeeqa* (migraine) is a neurological disorder characterized by recurrent unilateral headaches, frequently accompanied by nausea, vomiting, and sensitivity to light and sound. In Unani medicine, *Shaqeeqa* is attributed to an imbalance in the brain's temperament (*Sue mizaj-e-dimagh*) and the buildup of morbid humors, which disrupt normal cerebral function. *Tamarindus indica* (*Imly*) and *Zingiber officinale* (*Zanjabeel*) are two classical Unani medicinal herbs traditionally used to correct temperament imbalances and alleviate symptoms of *Shaqeeqa*. This review aims to understand the role of *Imly* (tamarind) and *Zanjabeel* (ginger) in managing *Shaqeeqa* (migraine) by looking at both traditional Unani texts and modern scientific research. *Imly* is described as a cooling cerebral purgative, while *Zanjabeel* is regarded as a warming stimulant, particularly effective for headaches associated with cold temperaments. Contemporary research highlights the antioxidant, anti-inflammatory, and neuroprotective effects of both *Imly* and *Zanjabeel*. Clinical and experimental studies have demonstrated ginger's efficacy in reducing migraine frequency, duration, and severity, while tamarind's antioxidant properties and its role in gut-brain axis modulation suggest additional therapeutic potential. Although the findings are promising, there is still limited clinical evidence. More well-designed studies are needed to confirm the safety, effectiveness, and proper dosing of these herbs. Combining these traditional remedies with modern migraine treatments may provide affordable and culturally acceptable options for patients. This review underscores the need for collaborative research bridging traditional knowledge and modern science to develop effective, evidence-based interventions for *Shaqeeqa*.

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