



How to Get Rid of Calculi?

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Dear Editor-in-Chief

In the Iranian ancient medical books such as Al-Hasa Fi al-Kolai va al-Masanat by Abu Bakr Mohammad Ibn Zakariya Razi (9th-10th century AD) in Arabic and Farsi translated into French by P. Koning in 1896, the book of Man La Yahzoroh al-Tabib, chapter 26 by the same physician, and also Al-Qanun fi al-Tibb by Avicenna (1), different scientific and experimental instructions, for handling the calculi, have been given. The two most important ones of them (the two previous books) are as the following (Table 1 and 2). Considering the nature of these elements may open a new vision for scientists in the field.

Table 1: Instruction to crush and excretion of the stone from kidney

Herbal materials	Weight
The root of Capparis spinosa	20 gr
The skin of root of Opoponax	20 gr
Foeniculum vulgare	20 gr
Bitter almond	20 gr
Cinnamon	20 gr
Seeds of Peganum harmala	20 gr
Aristolochia rotundal	20 gr
Acorus calmus	20 gr

20 gr Balsamodendron myrrha together with 60 gr Commiphora Mukul Mixed in water of Raphanus sativus.

Combine all the materials until you make a loaf of dough. Then make dough ball of 5 grams. Take one

or two balls with distillation of *Raphanus sativus* leaves or *Inula belenium* every day.

Table 2: Instruction to heal the ulcers in the kidney or urinary tracts due to the stone

Herbal materials	Weight
Tulipa Armenia	30 gr
Olibanum	60 gr
(Calamus draco)	60 gr
(Mimosa nilotica)	5 gr
Canary melon seeds & Plantago major L (essence)	5 gr

Combine all the materials and make dough ball of 5 grams. Take a ball two hours before of each meal and another ball two hours after each meal with water. Continue for several days.

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References

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