



BISFAYEJ

Rhizome

The drug *Bisfayej* consists of dried rhizome of *Polypodium vulgare* L. (Polypodiaceae); a herbaceous, perennial fern native to Europe, also found in America and Turkey. The plant occurs throughout the year.

- **Temperament:** Hot 2° Dry 1°
- **Action(s):** Purgative for black bile and Phlegm (Mushil-e-Sauda wa Balgham)
- **Therapeutic Use(s):** Phlegmatic and melancholic disorders (Amraz Balghami wa saudwi), Leprosy(Juzam), Melancholia (Malikhuliya), Flatulence(Nafkh-e- Shikam), Colic(Qulanj)
- **Dose:** 10 - 15 g
- **Important Formulation(s):** Itrifal Ghudadi, Itrifal-e-Ustukhuddus, Jawarish-e-Shahreyaran, Majoon-e-Najah, Majoon-e-Seer Alvi Khani, Majoon-e-Ushba, Araq-e-Juzam Sufoof-e-Chobchini, Sufoof-e-Lajward.