

12- Preventive diet or remedies in English, Arabic, Persian and Urdu.

English	Arabic	Persian	Urdu
Antimony	Ithmad (اِثْمَد)	Surmah (سرمه)	Surmah
Ambergris	Anbar(عَنْبَر)	Anbarعَنْبَر	Anbar
Acacia	Samge Arabi	Samge Arabi	Goand (Babul)
Apple	Tuffah	Seeb	Seeb
Apricot	mishmish	zardaaloo	ghorbaani
Bananas	Talh	Moaz	Mouz/ Kaila
Broad beans	Al Baqhela	Baqhela	Baqhela
Beetroot	Al salaqh	choqhandar	choqhandar
Basil sweet	Bazuj – Rayhaan	Rayhankouhi	Tulsi
Bread	Alkhobz	naan	Roti
Brinjal / aubergine	Al Badenjaan	badenjaan	Baigun
Camomille	Babunaj	Babuneh	gul-i-baboona
Camphor	Kafur	Kafur	Kafur

English	Arabic	Persian	Urdu
Carrots	Al Jazr	Hawij	Gaajar
Cardamom	qaqala	Hel	Elayechi
Celery	Al karafs	Karafs	ajwain kharasai
Cedar	Sidr	Sedr	Sidr
Chicory or endive	Al Hindba	Kasni	Kasni
Citron - lemons	Atraj	Limoo	Limoo
Cinnamon	Al Darsini	Darcheen	Darcheen
Cheese	Al jubn	Paneer	Paneer
Chicken	Al Dajaj	Morgh- Jujeh	Chuzeh Murgh
Colocynth	Hanzal	Hanzal	Karwa Kheera / Mokhal
Cucumber	Al qhitha	Khiair	Kakri
Cumin	Kamun	Zireh siyah	Shahzireh
Cows butter fat	Al saman al baqhar	Kareh	Maska
Coriander	Al Tabal	Geshniz	Bojwaar
Caraway	al-karawya	Zireh sabz	Zireh
Dates(fresh)	Tambr-	Khorma	Khajoor

English	Arabic	Persian	Urdu
	(rotab)	(rotab)	
Dates of Madina	Al Ajva	ajva	Ajva
Dust of Karbala (Silicate)	Torbat Dust of Haair	Torbat	Khak e shafa
Eggs	Al bayz	Tokhme morgh	Unda
Endive	Hindba	Kasni(hindba)	Kasni
Fat	Al Samun	Roughan-e-Jamed	Ghee
Fish	Al samak	Maahi	Machli
Fig	Al Teen	Anjeer	Anjeer
Flax	Al Katan	Kataan	Kataan
Fennel	Shumr-e-Shayaa	shooniz	Raziyaneh
Flesh (Meat, Beef)	Lahm	Goosht	Goosht
Frankincense	Al Lobaan	Lobaan	Lobaan
Fenugreek	Al Hilba	Shanbelileh	Methi
Garden cress	Hurf	Shahi/ tartizak	Kachri Methi

English	Arabic	Persian	Urdu
Garlic	Al Thum	Seer	Lahsan
Ginger	Al Zanjabil	Zanjefil	Adrak
Gum kundor	-	kundor	-
Grams	Al hummas	Nokhood	Chanaa
Grapes	A'nab	Angoor	Angoor
Grapes dried	Al hurf	Maweez	Kishmish e sorkh
Glands from flesh	Al Ghodad min al lahm	Ghoddehay Goosht	Goddaye Goosht
Hollyhocks	AlKhatmi	Khatmy	Khatmy
Henna	Hinna	hana	Mehndi
Honey	Al a'sal	Shahed ,a'sal	Shahed
Jujube	O'nnab	A'nnab	Annab
Jasmin	Yasmine	Yas razeghi	Chambayli
Lavender	Ostokhoddus	Ostokhoddus	-
Lambs tail	aliya	Dombeh	Dombeh
Lentil	Al a'das	A'das	Masoor
Leek	Al kurrath	Tareh farangi	-
Lettuce	Al khass	Kaahoo	barg kahoo / Salad

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Milk	Laban(al haleeb)	Sheer	Doodh
Mulberries	Toot	Toot	Shahtoot
Myrobalans (yellow or black)	Halilaj	Halileh (zard,siah)	Halilah
Mellon	Bateekh	Kharboze	Sarda/kharboze
Mustard	Khardal	Khardal	Sarsoan
Marjoram	Marzanqoush	Marzanjoush	
Musk	Misk	Mishk	Mishk
Mastic	Mastaki	Mastaki	Mastaki
Meat	Al Lahm	Goosht	Goosht
Narcissus	Narjes	Narges	Nargis
Nigella seeds	Habatas Saodah	Siah daneh (shooniz)	Kalonji
Oat	Shaeer	jo	jow
Onions	Al basal	Pyaz	Pyaz
Olives	Al zaytun	Zaytun	Zaytun
Olive oil	Al zayt	Roghan zaytun	Zaytun ka teyl
Oleaster	zambugi	Sinjid	-
Orange	Bortqal / Naranj	Naranj/narangi	Kaonla/ santra

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Parsley	Al-Baqdunuus	Jafari	Ajwan
Partridge	Al durraj	kabk	Batair
Peach	Khukh	Huloo	Shaftaloo
Pearls	Lu'lu'	Morvarid	Moti
Pears	Burquq Kamsari	Golaabi	Naaspaty
Peganum harmala	Harmala	Isfand	Ispand
Plums	Barquq	aloo	Aloo Buqara
Pumpkin	Al Dabbah	Kadu	Kaddoo
Purslane	Al farfakh	Khorfah	Khulfah
Pomegranate	Rumman	Anaar	Anaar
Poppies	Khashkhash	Khashkhaash	khashkhaash
Pyrethrum	Aqhar Qarha	Aqhar Qarha	Aqhar Qarha
Quince	Safarjal	Beh	Baihi
Quail	Salva	bildercheen	Salva
Red raisins	Zabeebon hamra	maweez	Kishmishe sorkh
Radish	Al fajal	Turob	mooli
Rice	Al urz	berenj	chaval

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Rose water	Ma ulVard	Gulaab	Gulaab
Rue	Al-fayjan	Sodab	sadaab
Saffron	Al Za'fran	Za'feran	Za'feran
salammoniac	nushadir	neshador	naoshader
sedge	Soadekufi	Soad e kufi	Soad e kufi
Senna	Sana	Sana	sana
Sawiq	Al sawiqh	qhaoot	sattoo
Salt	Al malh	namak	namak
Spinach	Asfanakh	Esfenaj	paalak
Sumac	Sumaq	Sumaq	
Sugar	Al Sukkar	Shekar	shakkar
Sweet Cherirel	anjudaan	Anjoodane rumi	Anjudaan Roomi
Thyme	Al Sa'tar	Aavishan ,poodine kouhi	
Tamarind	Tamr al Hind	Tamrhendi	imli
Turnips	Al lift	Shalgham	shaljam
Truffles	Kamat	Kamat	Khambi
Vinegar	Khal	serke	serkah
Vegetables	Albaqhal	Sabzijat	tarkaari

English	Arabic	Persian	Urdu
Violet Blossom	Banafsaj	GoleBanafsheh	Gule banafsha
Violet oil	Saman e Banafsaj	Roghane banafsheh	Roghane banafshah
Walnut	Al Joaz	Gerdoo	akhroat
Wheat	Hintat	Gandum	gehoon
Wine	Khamr	Mashrub	sharaab
Water	Al Ma	Aab	pani