



EFFICACY OF UNANI MEDICINES IN PSORIASIS: A CASE REPORT

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ABSTRACT

Psoriasis is a common disfiguring, inflammatory and chronic autoimmune skin disorder with a worldwide distribution and its incidence rate is high in Europeans and lowest in East Asians. Unani physicians try to relate psoriasis with their sign symptoms and describe it in their books with different names such as; *Qoobamutaqashhira, Taqashshurjild, Talaq, Qashaf e jild*. The cause of psoriasis is abnormal *khilt e sauda* (black bile), *Safra ghair tabai* (burnt bile), in which there is qualitative and quantitative changes leading to psoriasis. This study was conducted on a male patient 48 years of age having Palmoplantar Psoriasis. Diagnosis was confirmed by proper history taking, physical examination and clinical presentation. He was treated by unani formulations and treatment was given for 6 weeks. After taking unani medicines there was noticeable improvement in his symptoms. These formulations were found safe and effective.

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INTRODUCTION

Psoriasis is a common disfiguring, inflammatory & chronic autoimmune skin disorder with a worldwide distribution and its incidence rate is high in Europeans and lowest in East Asians.¹ It is inflammatory chronic autoimmune condition characterized by red inflamed plaques caused by excessive proliferation and poor differentiation of keratin producing epidermal cells.² Psoriasis derived from Greek word 'psora' means 'scales' because scales are pathognomic features of psoriasis. *Da'aussadaf* is Arabic term composed of two words 'Da' means 'disease' and 'sadaf' means 'oyster shell' because scales peels out from lesions, looks like oyster shell so it is called Daussadaf. Da us sadaf has not been mention in ancient unani books with this name while the skin diseases having similar properties have been mentioned therefore unani physicians try to relate psoriasis with their sign symptoms and describe it in their books with different names such as; *Qooba mutaqashhira, Taqashshur jild, Talaq, Qashaf e jild*.³

Etiology

According to modern medicine it is multifactorial disease triggered by many factors such as genetic, immunological,

environmental, trauma, infections, drugs, etc.⁴ In unani system of medicine the cause is abnormal *khilt-e-sauda* (black bile), *Safra ghair tabai* (burnt bile), in which there is qualitative and quantitative changes leading to psoriasis. The body excrete abnormal *khilt* in form of viscid fluid which move toward skin and form crust that causes malnourishment of skin and toxins accumulate in skin and decaying of skin appears in the form of scales.⁵

Types:^{6,7,8}

Type 1 - Occurs before 40 years of age and associated with HLA -Cw6 antigen, there is positive family history.

Type 2 - Occurs after 40 years of age, there is no relation with antigen.

Others-Non pustular – Psoriasis vulgaris, guttate psoriasis, Erythrodermic Psoriasis, Palmoplantar psoriasis, psoriatic Arthritis, Inverse psoriasis.

Pustular-Generalized pustular, psoriasis, Impetigo herpetic formis, localized pustular psoriasis.⁹

Pathogenesis

According to Ali ibn e Abbas Al Majoosi, described that Tabiyat expels *Khilt Ghaleez* towards skin from internal organs resulting in dryness and itching of skin in this condition skin is not able to remove *khilt ghaleez* leads accumulation of sauda in skin.¹ According to modern aspect the time necessary for

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Psoriatic epidermal cells to travel from basal layer to surface and to cast off is 3-4 days in contrast to normal 26-28 days ¹⁰.

Case report

A male patient, named Azeez 48 years of age came in OPD of University College of Unani, Baggikhana hospital in Tonk (Rajasthan). He complained of red, scaly, itchy, plaques in both soles. Diagnosis was made by its typical clinical representation, proper history and examination.

Past Medical History

The patient had no significant past medical history. He had no history of hypertension, diabetes mellitus, hypothyroidism, asthma, or any previous surgeries.

Family History

There was no significant family history.

Examination:

The patient's general physical appearance was good, with no significant abnormalities observed from head to toe. His vital signs were within normal limits. Local examination revealed red, scaly, itchy, plaques in both soles.

Diagnosis

Diagnosis was made by its typical clinical representation, proper history and examination.

Intervention

The patient was advised to take Unani formulations mentioned in Table-1. Patient was also advised to apply coconut oil on affected areas to provide moistness and to avoid intake of meat and spicy food.



Before treatment



After treatment

Figure 1 Images showing result of Before and After Treatment

Table 1 Details of Unani formulation given with their function and dose^{11,12,13}

Sr. No	Formulation name	Functions	Dose
1	MajoonUshba	Blood purifier, Immunomodulator, Resolvent, Anti-inflammatory, Antifungal, Antibacterial	5 gm BD
2	ItrifalShahatra	Blood purifier, Mild laxative, Antiseptic	5 gm HS
3	ArqShahatra	Blood purifier, reduces itching	20 ml BD
4	ArqMundi	Demulcent, Blood purifier	20 ml BD
5	Jigreen	Hepato protective, Promote digestion, Ease constipation	10 ml BD
6	MarhamSafed Kafoori	Promote wound healing, Anti-bacterial, Anti-inflammatory	Local application

Results -After 6weeks of treatment the efficacy of unani medicines were found excellent in management of psoriasis (Figure 1). There was relief in symptoms of pain,itching, dryness burning sensation over affected area which is mainly due to the use of unani medicines blood purifiers, anti-inflammatory, anti-bacterial,moisturizing, pain sedatives, wound healer and emollients properties are present in the ingredients of the compound.The patient was further underwent the same treatment as precautionary measure. .

CONCLUSION

It can be concluded that Unani formulations found highly effective and there was no side effect during treatment, side effect of prolong use of allopathic drugs remain a challenge and concern so it is better to advice unani interventions to prevent complications. In this case, study was conducted on a male patient of 48 years of age having Palmoplantar Psoriasis.

Diagnosis was confirmed by proper history taking, physical examination and clinical presentation. He was treated by unani formulations & treatment was given for 6 weeks. After using unani medicines there was noticeable improvement in his symptoms. These formulations were found safe and effective.

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