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Md. Shahjalal Chowdhury
BUMS (DU), MPH
(Epidemiology), Lecturer,
Hygiene & Community
Medicine, Affiliated with
Hakim Said Eastern Medical
College & Hospital, Nimtoly,
Dhaka, Bangladesh

Dr. Bilkis Afrose Shorna
MBBS (GSVMC), Medical
Officer, Affiliated with
Markajul Hospital,
Mohammadpur, Dhaka,
Bangladesh

Correspondence
Md. Shahjalal Chowdhury
BUMS (DU), MPH
(Epidemiology), Lecturer,
Hygiene & Community
Medicine, Affiliated with
Hakim Said Eastern Medical
College & Hospital, Nimtoly,
Dhaka, Bangladesh

An update of unani medicine for Shara (Urticaria): Review study

Md. Shahjalal Chowdhury and Dr. Bilkis Afrose Shorna

Abstract

Background: Urticaria or hives are pink to flesh-colored plaques that are non-pitting, and edematous. They can be either acute or chronic. Acute can occur at any age and lasts for less than 6 weeks, chronic hives tend to last longer. 10-20% of people worldwide will develop an episode of urticaria or angioedema (swelling deeper in the tissue) in their lifetime, more commonly women. The experts of Unani Medicine have also described the causative factors, clinical features, and types of Urticaria along with their management.

Objectives: In this review study we will want to explore the commonly of Unani System of medicine including other interventions for Urticaria. So, the present article we attempt to identify pharmacotherapy including other interventions in the treatment of Urticaria. Because Modern Allopathic Medicine sometime does not respond to the chronic Urticaria & these have more side effect after use.

Methods: We searched Unani Pharmacopeia of India, Bangladesh National Unani Formularies, ND Health facts & PubMed, related internet data from inception to 15 December 2017 observational data relating to Unani Medicine and Urticaria.

Results: Evidence suggests that various interventions including pharmacotherapy used to management of Urticaria.

Conclusions: In light of the results of the present review study, it can be concluded that these information should help our knowledge to enrich or remind us regarding how & which Diet-Regimental Therapy (Ilaj-bit-Taghzia, Ilaj-bit-tadbeer) & Pharmacotherapy (Ilaj-bid Dawa) are to use prevent & control & treatment for Urticaria but some traditional practice approaches further should be tested with RCT for authenticity.

What are the consequences of my review article on practice or policy?

This review study will contribute to reduced prevalence Urticaria its complications safely in the world. As well, I hope, the understanding of this review study will contribute to improving health status of urticarial affected patient. By the use of Unani Medicine for Urticaria People can save from side effect of steroid, & antihistamine for urticarial problems.

Keywords: unani medicine, RCT (randomized control trial), shara (urticaria)

Introduction on urticaria (Shara)

The term 'Urticaria' refers to a skin reaction that causes red or white spots on the skin along with itching. Urticaria or hives are pink to flesh-colored plaques that are non-pitting, and edematous. They can be either acute or chronic. Acute can occur at any age and lasts for less than 6 weeks, chronic hives tend to last longer. 10-20% of people worldwide will develop an episode of urticaria or angioedema (swelling deeper in the tissue) in their lifetime, more commonly women. The experts of Unani Medicine have also described the causative factors, clinical features, and types of Urticaria along with their management.

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Methods

In this review study we will want to explore the commonly of unani System of medicine including other interventions for Urticaria. So, the present article we attempt to identify pharmacotherapy including other interventions in the management of Urticaria.

Urticaria in Unani concept are as follow

Ancient Unani Physicians described this disease Urticaria by the name Shara. According to Unani literature is a disease of skin caused by impurities of blood (Hiddat-e-damawi), Phlegm (Safra), Yellow Bile (Safra), Black bile (Black Bile), humours (Akhlut). Excessive amount of yellow bile, (Safra), Black bile (Sauda), or abnormal phlegm may be the reasons for this disorder. Along with the above mentioned causes severe heat of blood (Hiddat-e-Dam) produces weakness of nerve which ultimately results in Urticarial rashes.

According to modern concept of urticaria

The cause of cold urticaria is not well known or understood. Many people appear to have sensitive cells in the skin, either due to genetic causes, or a virus or another illness. The 'cold' triggers the release of chemicals called histamines in the cells. These chemicals cause redness, itching and sometimes a whole-body (systemic) reaction. Psychological stress can cause hives or can intensify the other causes.

Symptoms of Urticaria

The symptoms of urticaria includes:

- Itchiness is common with urticaria, especially acute urticarial
- The plaques are pink-to flesh-coloured, non-pitting and edematous. When you press the center of one it may turn white.
- Hives can change shape, disappear or reappear within minutes or hours. Most hives disappear within 24 hours.
- The plaques change in size and shape by peripheral extension, migrate and regress.
- As old lesions resolve it is common for new lesions to evolve.
- The most common location for hives include: trunk, upper arms or upper legs, hands and feet or face.
- Swelling of the eyes, mouth, hands, feet, or genitals can sometimes occur with hives. This swelling, called angioedema, usually goes away within 24 hours, but it can be quite severe and life-threatening when swelling of the airway occurs.

Clinical types of urticaria

- Dermographism is the most common form of urticaria and occurs due to contact with furniture, bracelets, watch bands, towels or bedding. Lesions start within 1-2 minutes of contact and can last up to 3 hours. The reaction starts with redness followed by edema; the redness regresses within a 1 hour, edema persists for up to 3 hours.
- Cholinergic urticaria is a heat reflex urticaria which is characterized by pinpoint wheals surrounded by reflex redness. It is most commonly found on upper trunk and arms.

According to affected duration of Urticaria in individual

- Acute Urticaria: It last for less than 06 weeks.
- Chronic Urticaria: It last for more than 06 months.

Diagnosis

Diagnosis of Food Allergy Test (IgE), Environmental Allergies.

A common test to diagnose cold urticaria is done by placing an ice cube on the skin for 5 minutes. If a raised, red spot forms in a few minutes after the ice cube is removed, this is usually diagnostic of cold urticaria. Most cases of cold urticaria occur in young adults and don't have an apparent underlying cause. It usually improves on its own within a few years.

In many cases, the cause of cold urticaria could be an underlying condition that affects the immune system, such as hepatitis or cancer.

Management of Urticaria

A) Usool-e-Ilaj (Principles of Treatment)

The aim of Unani Medicine is not only to treat Urticarial (Shara) but to address its underlying causes & individual susceptibilities. As far as therapeutic medication is concerned several drugs are available to treat Urticarial (Shara) that can be selected on the basis of cause, sensations, & modalities of the complaints. For individualized remedy selection & treatment the patient should consult a qualified Unani Physician. Some under mentioned qualities of Unani drugs which are helpful in the treatment of Urticarial (Shara) are:

- Cooling agents
- Blood purifiers
- Anti allergies drugs

Urticaria is caused by (Su Miazi) exaggeration in hiddeth e damawi, balghami and sawdawi

1. Istifragh Mawaad-e-Fasaaida
2. Tanqiya e balgham
3. Tanqiya e sawda
4. Tadeel-e-dam

B) Ilaj: (Treatment)

Besides any type of diseases the approaches of treatment in Unani medicine is carried out by using one of four modes or with combination viz.

- a) Ilaj bid Dawa (pharmacotherapy):
- b) b. Ilaj bit Tadbeer (Regimental therapy):
- c) Ilaj bit taghzia (Dieto-therapy):

Ilaj bil dawa (Drug Therapy)

First the correction of the su Mizaj by the following way

1. **Nuskha for Ta'adeel-e-dam (Unani Prescription for Internal Use):** Luab-e-Behidana (cydonia oblonga), Sheera-e-Unnab (zizyphus vulgaris), Sheera-e-Sandal (Santalum album) all in equal quantity along with SharbatNelufar.
2. **Nuskha for Ta'adeel-e-dam (Unani Prescription for External Use):** Roghan e Gul with Arq e Gulab mixture apply externally.
3. **Nuskha for Tanqiya e balgham (Unani Prescription for Evacuation of Phlegm for Internal Use):** Gulqand and Sikanjabeen along with Arq e Gulab and Arq e Mako tid or as directed by physician.
4. **External applications Nuskha for phlegmatic (Unani Prescription for Evacuation of Phlegm for External Use):** Ard e Jaw (flour of hordeum vulgare) Tukhme Karafs (apium graveolens) and Vinegar make paste and apply externally at least thrice a day for better result.
5. **Nuskha for Tanqiya e Sauda (Unani Prescription for Evacuation of Phlegm for Internal Use):**
 - a) Give Joshanda e Afteemoon twice daily And

Joshanda e Halela once daily. Along with this Nuskha:

- b) Ajwain (*trachyspermum ammi*) power 10 gm mix with 20 gm sugar or single only powder in the morning empty stomach.

Compound drugs

Any one or two of the following medicine should be intake or according Unani physician advice: below these medicines will be functioning as Cooling agents, Blood purifiers & Anti allergies drugs.

Majune Chobchini, 7gm twice daily before meal.

Jawarish Jalinoos, 6 gm twice daily after meal

Jawarish Tamarhindi 7 gm at bed time

Jawarish Bisbasa, 7 gm at bed time

Syrup Nelofar, 20 ml twice daily

Syrup Safi (Mussafi), 20 ml twice daily

Tab Hanfi (Shefa), 1 tab twice daily after meal.

Ilaj Bil Ghiza (Dieto-Therapy)

Identify and address food allergies and food intolerances

Some restricted diet

Pungent & Spicy diet

Sweat dishes

Meat itself & meat item

Avoid milk and milk products, fish and other sea foods which likely cause allergy.

Avoid salt, heavy fruits (oranges, bananas, pineapples, figs, dates, avocados, coconuts and melons), tofu, nuts, and certain vegetables (tomatoes, cucumbers, and sweet potatoes).

Avoid food additives such as Allura Red, Sodium benzoate and Tetrazine/FD&C Yellow#5.

Some recommended diet

Butter Milk

Vineger

Pomegranate

Use ushnodaka (Warm water) for drinking.

Consume *phlegm*-suppressing foods and herbs such as lighter fruits (apples and pears), honey, beans, grains and vegetables.

Ensure you drink adequate water.

Ilaj Bil Tadbeer (Regimental Therapy)

Venesection (Fasad e haft a dam) if caused by hiddeth e dum (Excessive Heat of Blood)

Hammam (Medicated Bath)

Avoid contact with cold objects, artificial cooling devices and exposure to cold winds.

Take cool showers with chemical-free, natural soap.

Cool, moist compresses help speed healing.

Do not squeeze a hive or try to break it open

Use only chemical-free personal care products on the skin.

Avoid alcohol or other chemicals that are drying or irritating to the skin.

Wear loose-fitting clothes.

Choose natural fabrics that allow the skin to breathe

Ensuring adequate sleep will assist in healing.

Avoid strenuous activities.

Conclusions

In light of the results of the present review study, it can be

concluded that these information should help our knowledge to enrich or remind us regarding how & which Ilaj-bit-Taghzia, Ilaj-bit-tadbeer & Ilaj-bid Dawa (Pharmacotherapy) were to use prevent & control & treatment for urticaria but some traditional practice approaches further should be tested with RCT for authenticity

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