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Efficacy of Unani formulations in psoriasis: A case series study at NIUM hospital

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Abstract

Psoriasis is an inflammatory and proliferative skin disease. In Unani literature the disease mentioned with various entities like *Barse Aswad*, *Taqashshur-e-Jild* & *Daus Sadaf* resembling to the features of psoriasis. It is one of the most dreadful skin disorders which affect approximately 1-3% of the worldwide population. According to concept of Unani Medicine *Taqashshur-e-Jild* is a *Saudavi* (black bilious) disease. Author of *Kitab Al-Tasir* illustrated as regards *Taqashshur-e-Jild* that when the *Khilt-e-Sauda* swing towards the skin, then the *tabiyat* (physis) of the body differs from that skin, therefore the skin neither gets nourishment from that *Khilt* (humour) nor excretes it, which makes the skin scaly. It is characterized by dryness of the skin and scale formation like the scale of fish (*Tafallus*). In conventional Medicine psoriasis is generally treated with multiple steroid, retinoids & Vit D analogs, where as in Unani Medicine treatment is based on package therapy i.e. dietotherapy, regimenal therapy and pharmacotherapy. A variety of Unani drugs which proceed as *Moaddilate Dam* to normalized temperamental derangements of blood and *Munzj-wa-Mushile Sauda* evacuate the morbid material from the body viz; Shahatra, Chiraita, Sarfooka, Ushba, Unnab, Gule Mudi, Gule Surkh, Neem; and Post Halela Zard, Halela Siyah, Aftimoon, Turbud, Bisfayej, Sheham Hanzal, Ghariqoon, Sanaetc. Some compound formulations which are highly effective for the management of psoriasis like Majoon Ushba, Majoon Chobchini, Itriphal Shahatra, Majoon Najah, Joshanda Aftimoon, for orally whereas some are used as locally like Roghan Narjeel, Roghan Gul, Roghan Hindi, Roghan Banafsa, Roghan Badam Shirin, Marham Kafoor, Marham Basaleeqoon etc. This type of case series study will be new panorama for the management of psoriasis which is unresponsive to long term oral and local corticosteroids therapy.

Keywords: Psoriasis, *Taqashshur-e-Jild*, *Daus Sadaf*, Unani Medicine, *Tadil-e-Mizaj*, *Istefragh*

1. Introduction

Psoriasis is an immune-mediated inflammatory skin disease with periods of recurrence and remission^[1]. Psoriasis is a proliferative autoimmune skin disease which is affecting 1-3% of worldwide population^[2]. Author of *Kitabul Mulki*- Ali Ibn-e-Abbas Majusi explained that, *Taqashshur-e-Jild* means scaling of the skin, that when bilious phlegm (*balgham-e-mirary*) mixed with blood then the physis (*tabiyat*) of the body, expels that viscous humor (*Khilth-e-Ghaleez*) towards the skin from internal organs and accumulates within the skin resulting in scaling of the skin and durable intense itching^[3, 4]. Ibn-e-Zohr in "*Kitab Al-Taisir*", described regarding *Taqashshur-e-Jild* that when the *Khilth-e-Sauda* moves towards the skin, then the *tabiyat* (physis) of the body differs from that skin, therefore the skin neither gets nourishment from that *Khilt* (humour) nor excretes it, which makes the skin scaly^[5].

The main endeavor of management for psoriasis is to control epidermal proliferation and to expel out the abnormal humor from the body^[6]. It can be managed by achieving some important principles described by Unani system of Medicine; broadly categorized three types of therapy like Dietotherapy therapy, Regimenal Therapy and Pharmacotherapy^[8].

2. Case series report

This primary case series study evaluates the efficacy Unani Formulation in the management of patients with psoriasis with positive findings (itching and PASI Score) who fail to retort long-term oral and local steroid treatment. Such type of case series study suggests "two pharmacopeial Unani formulations (Majoon Ushba 10 gm twice a day and Marham Safed Kafoori for local application)^[7]" for the period of 35 days is efficient for the management of psoriasis. Five diagnosed adult patients (3 males and 2 females) in the age group of 25-50 years with severe disease ranging from 6 months to 3 year of age who is unresponsive to steroid and steroid-sparing therapy.

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Exclusion criteria included less than 25 and more than 50 years of age, well diagnosed cases of psoriasis, other skin diseases like contact dermatitis, eczema, pregnant and lactating mother. The clinical efficacy was assessed by subjective parameters like Itching, Scaling, Erythema and objective parameter like PASI Score. All patients were followed up to assess response to treatment.

Table 1: Distribution of patients by Gender, Numbers and Duration of Psoriasis.

S. No	Genders	No. of Patients	Duration
1	Male	3	6 months to 3 year
2	Females	2	4 months to 1 year

Table 2: Distribution of Subjective and Objective parameters.

Parameters	Variables	Before Treatment	After Treatment
Subjective	Itching	Mild to Moderate	No to Mild
Objective	PASI	27.4 {42, 21, 26, 16, 32}	14 {19, 8, 12, 10, 21}

3. Result and Discussion

Before start the study average subjective parameter- itching (Moderate) but after 35 days treatment it was decreased itching (not mild) whereas Psoriasis Area and Severity Index (PASI) was 27.4 and after treatment was reduced to 14, which indicate the Unani formulation has significant result. According to philosophy of Unani Medicine *Taqash shur-e-Jild* is a Saudavi (black bilious) disease^[5] usually but it may also be due to burning of other Khilt^[9]. Overall significant may be due to *Nuzj- wa- Tanqiyah Sauda* (concoction and expulsion of black bile)^[8]. Evacuation and diversion of morbid materials from the body is one of the best way for the management of psoriasis because after evacuation, body humours are under balanced condition^[10]. Hippocrates explained that when body fluids are under normal ratio and proportion than person will be free from different ailments^[11].

Ingredients of Unani Formulation (a polyherbal Unani Formulation) has various pharmacological activity like Musaffi Dam, Mushile Akhlat-e-Salasa, Qateh Safra, Musakkin, Mufatteh Sudad, Muqavvi Kabid, Mufarreh, etc., which are mentioned in various Unani literature^[12-19].

4. Conclusion

Psoriasis is considered as a chronic, immune-modulated inflammatory disease. A new indulgent of this multifarious disease has catalyzed the development of targeted biological treatments. This primary study has shown that "Unani Formulation" for the period of 35 days is very much efficient for the treatment of psoriasis. Such type of case series study will be willing for the Unani Researcher in the field of Dermatology. Further research is required in large numbers of patients, and with a standard comparator group etc. to take up this simple Unani compound formulation into the field of painstaking evidence based medicine.

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