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## Treatment of dermatophytosis with unani formulation: A case report

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### Abstract

Fungal infection of skin can be of two types 1.superficial or deep and 2. Sometimes skin is affected as a part of systemic fungal infection. Three genera of Dermatophytes infect skin: Trichophyton, Epidermophyton & Microsporum. In Unani Terminology Dermatophytic infection called as Qooba. Lesions modified by site and named variously as Tinea capitis (scalp), Tinea faciei (face), Tinea corporis (trunks), Tinea cruris (groin), Tinea pedis (feet), Tinea manuum, Tinea unguium (nails). Diagnosis can be confirmed by clinical examination and demonstration of fungal hyphae, using 20% potassium hydroxide under microscope which could be obtained from lesions. Along with it some important General measures should be followed by patients (keeping area, appropriate clothing). In this report we have discussed a case of Superficial Dermatophytosis which was treated by *Unani formulation*. The treatment was given for 6 weeks. The patient had a follow up 2 week for recurrence of symptoms after completion of treatment. After application of *Unani formulation* on the lesions, there was noticeable improvement in his symptoms. *Unani formulation* would have a role in relieving the symptoms of superficial dermatophytosis. Therefore, Further case series will be recommended.

**Keywords:** superficial dermatophytosis, unani formulation, qooba

### Introduction

It is an annular/arcuate lesion which spreads centrifugally. The margin is active, showing papulovesicular, punctuation and scaling. Centre is relatively clear, though in chronic lesions, hyperpigmentation and even lichenification. These features may be modified depending on: site of infection and strain of fungus <sup>[1]</sup>.

- Thl lesion of dermatophyte infection is presented as round, scaly, lesion occurring in isolation or in clusters, usually on the trunk. The rim of each lesion is more inflamed than the centre. Typically this form occurs in infections of the body, tinea corporis <sup>[2]</sup>.
- Allama Hakeem Kabir Ud Din explained Qooba in Tarjuma –e- Kabir (Share -e –asbab), He states that Qooba is a dryness of outer surface of skin, it may be red or dark in colour, Qooba is a dryness of external surface of skin, It is contagious in nature, caused by a particular type of madda (Madda tul qooba) <sup>[3]</sup>.

### Case report

A young patient his name was manoj has come in the O.P.D. of ajmal khan tibbiya college, A.M.U, Aligarh on 3/1/2016. He complained of lesions on the trunk, left Thigh from a few days back. A relevant history of the patients was recorded with regards to their chief complaints with duration, age, sex, religion, marital status, occupation and address. Personal history, past history, family history and history of contact with animals and were recorded. There was no past history of medical or surgical illness. Physical and systemic examination was also done. In laboratory investigation CBC and blood sugar was in normal limits. In order to exclude other skin problems patient's skin thoroughly examined with proper history. Since the patient was from a very humble background she urged on the therapy and didn't comply with the investigations any further. Hence, the patient was used the Unani formulation paste for lesion.

Diagnosis could be made by its typical clinical presentation, proper history, micro scopic examination of fungal hyphae which were obtained from the lesions.

When the patient started taking the Unani formulation, His all symptoms improved such as redness, scaling, vesicles and itching also. Other than this sometimes he took antihistaminic to reduce the itching during night.

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## Main Therapy

As per references available in the classical Unani literature, Unani formulation paste was prescribed for Dermatophytosis for the duration of 6 weeks. Patient visited at every week. Thereafter, improvement was noticed in the patient's complaints. Patient visited at every week to see result of treatment during the course of treatment.

## Preparation of Drugs

The drug was manufactured in the dawakhana of tibbiya college, A.M.U, Aligarh. All the ingredients were pulverized into fine powder and then mixed with ghee to make paste. Applied it on the lesions locally twice or thrice a day.

*Source:* The formulation of test drug was taken from Bayaaz-e-Kabir.

## Composition of drug: Composition

Ingredients	Quantity
Suhaga (Borax)	3gm
Mardarsung (Litharge)	3gm
Kaatsafed(Acacia catechu)	3gm
Tukhmpanwadh ( Cassia tora)	3gm
Ghandhak (Sulphur)	3gm
Raskapoor (Calomel)	2gm
Ghee	50gm

## Dose and Administration

Unani formulation paste was applied locally twice or thrice a day. Affected area was thoroughly clean and dried. Thin layer of the ointment was applied on and around the affected area, usually twice daily. The dosage of Ointment was adjusted according to the size of the lesion. Application was continued for 6 weeks.

## Probable mode of action

The ingredients present in the Test drug are quite balance in terms of morphological features of the lesions such as *Itching, Erythema, Scaling, Eruptions*. Thus, these ingredients causes observing improvement in clinical, signs and symptoms.

The basic effect of Test Drug on *Itching* is mainly due to the presence of Suhaga (Borax) which is known antipruritic along with Murdarsung and Gandhak. The effect of the ghee is also an emollient and has soothing effect. Therefore it relieves the symptom of itching.

The *Erythema* is mainly countered by the anti-inflammatory property of Kattha (Acacia catechu),<sup>[4]</sup> Raskapoor (Calomel), Gandhak (Sulphur), Suhaga (Borax), and Murdarsung (Litharge)<sup>[5-7]</sup> and Cassia tora also exhibit anti-inflammatory property.

The effect on *Eruptions* that is either *Papules, Vesicles, or Vesiculopapular* are mainly because of known and time tested effect of Gandhak (Sulphur) which has Sedative, demulcent, anti-ulcer (dafa qurooh, dafa ufoonat (Antiseptic) properties.<sup>[8-10, 5, 11, 12, 6, 13]</sup>

In the Unani formulation composition there are few ingredients i.e Suhaga<sup>[14]</sup> Murdarsang<sup>[5]</sup> Kattha, which shows detergent (*Jali*) property along with Gandhak<sup>[5]</sup> and Tukhm panwadh (Cassia tora)<sup>[14]</sup>. Raskapoor has mujaffif (siccativ and desiccant) property. Therefore the combination with Ghee causes effective removal of *Scaling*.

## Result of Intervention

The Unani formulation in the form of paste has given to the patient for 6 weeks and patients shows, reduction in redness,

scaling, erythema, eruptions, itching. Patient has visited at every week while full duration of treatment. The patient kept on follow up for 2 weeks after the treatment for the recurrence of symptom. No adverse effect of Unani formulation was noted in the patient. I am very confident that Unani formulation is very effective in Dermatophytosis. Therefore, further studies will be recommended.

## Discussion

Eminent Unani Scholar Kabeeruddin described various Unani formulation in his book authentic book Bayaz-e-Kabeer for the treatment of Dermatophytosis. This has been proved by present study that Unani formulation is effective in Dermatophytosis.

## Conclusion

Skin disorders are common due to environmental factors other factors has also great contribution in producing skin ailments. Dermatophytosis occurs very commonly among the individuals. Allopathic treatment has side effects So Unani formulations are the best option for treatment of Dermatophytosis without having side effects.

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