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Clinical efficacy of unani medicine in psoriasis: A case series study

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Abstract

In Unani Medicine psoriasis is described as *Taqassur-e-Jild*. It is one of the most worst and persistent of skin disorders that affect approximately 11.8% population worldwide and 0.44 to 2.8% population of India. According to Ibn-e-Sina, *Taqassur-e-Jild* is a *Saudavi* (black bilious) disease usually but it may be arising due to burning of other Khilt also. Ibn-e- Zohar described regarding Taqaash'shur-e-Jild that when the *Khilt-e-Sauda* moves towards the skin, then the *tabi'at* (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 just like the scale of fish. In conventional Medicine psoriasis is generally treated with multiple steroids with anti-histaminic drugs where as in Unani Medicine treatment is based on multidimensional approach i.e. dietotherapy (Maul Jubn, Kaddu), regimenal therapy (Tareeqe, Fasd, Dalk) and pharmacotherapy (oral and local application). There are some drugs which acts as Munzij wa Mushile Sauda and evacuate (istefragh) the morbid material from the body like Bisfayej, Post Halela Zard, Aftimoon, Turbud, Ghariqoon, Sana, etc. This case series study will be new approach for the management of psoriasis which is unresponsive to oral/local corticosteroids and antihistamines.

Keywords: Taqassur-e-Jild, psoriasis, Unani medicine, Istefragh, Tadil-e-Mizaj

1. Introduction

Psoriasis is a chronic, multisystem inflammatory disease with predominantly skin and joint involvement ^[1]. It is one of the most baffling and persistent of skin disorders that affect approximately 11.8% population worldwide and 0.44 to 2.8% population of India ^[2].

According to Ali Ibn-e-Abbas Majusi, Taqaash'shur-e-Jild means scaling of the skin, that when balgham-e-mirary (bilious phlegm) mixed with blood then the *tabi'at* (physis) of the body, expels that khilth-e-ghaleez (viscous humor) 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 *Taqaash'shur-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, Regimenal Therapy and Pharmacotherapy ^[7].

2. Case Series Report

This primary case series study evaluates the efficacy of Unani Formulation (*Bisfayej*, *Post Halela Zard*, and *Turbud*) in the management of patients with psoriasis with positive findings (itching, scaling, redness, and PASI Score) who fail to retort long-term oral and local steroid treatment. Such type of case series study suggests that Bisfayej-7gm, Post Halela Zard-10 gm and Turbud-7gm in the form of *Joshanda* (decoction) for the period of 40 days is highly effective for the management of psoriasis. Six adult patients (4 males and 2 females) in the age group of 25-60 years with mean age of 37.5 years with severe disease ranging from 1 year to 3 years who are unresponsive to steroid therapy. Exclusion criteria included less than 25 and more than 60 years of age, well diagnosed cases of psoriasis, other skin diseases like eczema, lichen planus, pregnant and lactating women. The clinical efficacy was assessed by Itching, Scaling, Erythema and PASI Score. All patients were followed up to assess response to Treatment

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

S. No	Genders	No. of Patients	Duration
1	Male	4	2 years
2	Females	2	1 years

Table 2: Distribution of Subjective and Objective parameters.

Parameters	Variables	Before Treatment	After Treatment
Subjective	Itching	Severe	Moderate
	Scaling	Severe	Mild
	Erythema	Moderate	Mild
Objective	PASI	6	2.5

3. Result and Discussion

During base line follow up average subjective parameters itching (severe), scaling (severe) and erythema (moderate) but after 40 days treatment it was decreased itching (moderate), scaling (mild) and erythema (mild) where as Psoriasis Area and Severity Index (PASI) was 6.0 and after treatment was 2.5 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 [8]. Overall improvement may be due to *Nuzj- wa- Tanqiyah Sauda* (concoction and expulsion of black bile) [7].

Tanqiyah (evacuation) and *Imala* (diversion) of morbid materials from the body is one of the best way for the management of psoriasis because after *Istefragh*, body humours are under balanced condition [9]. Hippocrates mentioned that when body fluids (humour/akhlat) are under normal ratio and proportion than free from disease [10].

Ingredients of Unani Formulation (Bisfayej, Post Halela Zard, and Turbud has various pharmacological activity like Mushile Akhlat-e-Salasa, Musaffi Dam, Musakkin, Muqavvi Kabid, Qateh Safra, Mufarreh, Mufatteh Sudad etc., which are mentioned in Al-Qanoon [11], Moalajat-e-Buqratiya, Khazainul Advia, Makhzanul Mufradat and some other scientific studies [12, 13, 14, 15].

4. Conclusion

This primary study has shown that Unani Formulation (Bisfayej (*Polypodium vulgare*), Post Halela Zard (*Terminalia chebula*), and Turbud (*Operculina turpethum*)) in the form of Joshanda (decoction) for the period of 40 days is highly effective for the management of psoriasis. Such type of case series study will be obliging for the researcher in the field of skin and cosmetology. Further research is needed in large sample, multiple centres, and special population groups of elderly, children and susceptible steroid therapy, etc. to bring up this simple Unani compound formulation into the domain of rigorous evidence based medicine.

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