

CASE STUDY: EFFECTS OF UNANI MEDICINE ON ATOPIC DERMATITIS

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Case Study

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ABSTRACT

Atopic Dermatitis is an endogenous eczema triggered by exogenous agents and characterized by:

Extremely pruritic, recurrent symmetric eczematous lesions. Site of involvement depending on the age of the patient. Personal and family history of allergic rhinitis, asthma, hay fever. Increased ability to form IGE to common environmental allergens (1).

Atopic Dermatitis is a common, often persistent skin disease that affects a large percentage of world's population. The term Atopic is from the Greek meaning 'strange'. The word Dermatitis means inflammation of the skin (2).

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INTRODUCTION

Case Report

A 34 years old male came to OPD with symptoms of itching, redness with maculo popular rashes on the nape of neck surrounded by a scaly dry skin since one month. Symptoms were gradual in onset and are aggravated by hot temperature. There was no history like Diabetes, HTN, TB, Bronchial Asthma or any other allergic disorder. No family history of such diseases was present.

Treatment

Treatment included both local and systemic. Locally, a paste of Barg-e-Neem (leaves of Meliaazadirachta), Barg-e- Hina (leaves of Lawsonia inermis) and Gandhak (sulphur) were mixed with butter and were given to the patient to apply twice daily for a period of one month.

Systemically, blood purifier, Arq-e-Murakkab Musaffi Khoon 3tsf TDS with water for one month and a Neem soap was given, Follow up was done after every ten days.

Results

There was a mild relief in symptoms such as itching and redness and the lesions seemed to decrease in size just after ten days of treatment.

At the second follow up i.e. after twenty days, there was no itching but slight redness could be seen, the lesion were significantly reduced and the surrounding area seemed to be less dry now

After third follow up i.e. after thirtieth day of treatment, there was no itching and redness and the lesions were completely healed.

Discussion

From the above results, it is evident that Unani treatment the Atopic Dermatitis is very effective. Barg-e-Neem has known action such as Musakin (analgesic). Muhalil (anti-inflammatory), Dafia Taafun (antiseptic) action.(3,4)

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Gandhak has known action of Muhalil (anti-inflammatory), Jazib Ratoobat (decicative), Qatil-e-Jaraseem (antiseptic), Jaali (detergent) and Mujafif. (5)

Arq-e-Murakab Musaffi Khoon is a compound formulation used orally as blood purifier. It has Neem as principle component which is Musakin, Muhalil, and Dafia Taafun in nature. (6)

Barg-e-Hina has known action as Musakin (analgesic), Mujaffif (desicative), Muhalil (anti-inflammatory)

Conclusion

From the above discussion it can be concluded that Unani treatment for Atopic Dermatitis is promising and with least side effects. Further clinical trials with large number of subjects should be carried out in order to evaluated efficacy and safety of drugs used.

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