

A SUCCESSFUL CASE STUDY OF GUTTATE PSORIASIS BY UNANI MEDICINE

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ABSTRACT

Psoriasis is a chronic inflammatory autoimmune skin disorder with worldwide distribution. The word psoriasis is derived from the Greek word **psora** which means **itch** and **iasis** mean action *Da-us-sadaf* is derived from two words **da** means **disease** and **sadaf** means **oyster shell**. In the unani system of medicine, psoriasis is described in various headings such as *taqashshur jild*, *al sadafiya*, *da-us-sadaf*. A renowned Unani physician **Ibn-e- zuhr** uses the term *taqashshur jild* when abnormal [*Sauda Ghaleez*] humour is responsible for this disorder. The management is based on blood purification, and elimination of morbidity either by direct [leeching and cupping therapy] or concoctive and purgative principles. In the present case study, a 19-year-old female patient has come to the outpatient department with complaints of itchy lesions on her leg and back from a few months ago the case was diagnosed as **Guttate psoriasis**. Based on signs and symptoms Unani treatment was given to the patient for a period of 6 to 8 weeks. Unani formulations were found safe and effective in the management of psoriasis.

KEYWORDS: *Da-us-sadaf*, *Taqashshur jild*, Guttate Psoriasis, *Sauda Ghaleez*, Unani medicine.

INTRODUCTION

Psoriasis is a chronic inflammatory autoimmune skin disorder with worldwide distribution. The word psoriasis is derived from the Greek word **psora** which means **itch** and **iasis** means action and *Da-us-sadaf* is derived from two words **da** means **disease** and **sadaf** means **oyster shell**.^[1] In the Unani system of medicine, psoriasis is described in various headings such as *taqashshur jild*, *Qashaf jild*, *al sadafiya*, *Da-us-sadaf*, because of its resemblance with psoriasis (dry and scaly skin) but there is no description of word psoriasis.^[1] A renowned Unani physician **Ibn-e- zuhr** uses the term *Taqashshur jild* when abnormal [*Sauda Ghaleez*] humour is responsible for this disorder.^[2] It is derived from the Greek word **psora** means **itch**. It is an inflammatory and chronic autoimmune condition characterized by red, inflamed plaques caused by excessive proliferation and poor differentiation of keratin-producing epidermal cells.^[3] Psoriasis is chronic dermatosis characterized by an unpredictable course of remissions and relapses and presence at typical sites of well-defined erythematous papules and plaques which are surmounted with silvery scales.^[4] The management is based on blood purification, and elimination of morbidity either by direct [leeching and cupping therapy] or concoctive and purgative principles.^[5]

Pathogenesis- The time necessary for psoriatic epidermal cells to travel from basal layer to surface and be cast off is 3-4 days in contrast to normal 26-28 days.^[2]

Epidemiology

Prevalence rate influence by age, geographical area and genetic background. less prevalence in those closer to equator as compared with more distant ones^[6] show low prevalence in Asian and african populations and 11% in Caucasians and Scandinavians populations.^[7]

Age at any age but two peaks are seen – early onset at the age of 22 indicates more severe disease and such patients have a positive family history and late onset at the age of 45.^[4]

Sex- both sexes are equally involved.^[4]

Season most patient worst in winters.^[4]

Etiology

The exact cause is unknown but many factors are responsible.

Genetic factor, Triggers [Trauma, Infection, drugs], Biochemical changes, Immunological factors.^[4]

The immune system produces t cells to protect the body against infectious agents in psoriasis triggers may cause the immune system to target healthy cells, t cells respond to triggers and produce chemicals that cause inflammation. In psoriasis, autoimmune activity leads to excessive growth of skin cells which build up and form plaques.^[8]

Guttate Psoriasis

Guttate means a drop in Latin, the second most common type of psoriasis.^[9] This typical type of psoriasis develops rapidly and is more prevalent among adolescents and young adults. the size of the lesion ranges from pinhead size to pea size [0.5 -1.5cm]. These raindrop-like lesions erupt quickly and bilaterally symmetrically throughout the entire body largely on the trunk and upper extremities avoiding palm and soles^[10] [open health review article]. Infections of the respiratory tract, strep throat tonsillitis, stress, skin wounds anti-malarial drugs use of beta blockers are some of the triggers.^[11] They generally regress within 3-4 months sometimes lesions enlarge and take the shape of psoriatic plaque.^[12]

In guttate psoriasis, small red spots are key signs^[11] Historical perspectives^[5]

Dry white scales were termed by Unani physicians as *Talaq*. **Razi** gives more description of disease presentation and even management under the heading of *taqashshur jild*. **Avicenna** describes it under the heading of *Qooba mutaqashira*. **Ibn e rushd** describe its pathognomic features which are due to excessive abnormal black bile but he describes it under the heading of *leprosy*. In **Ayurveda** it is described under headings *kushtrogh*, *kusht kutam*, **Azam khan & Akbar arzani** described under headings of *taqashshur jild* and *qashaf jild*. Unani scholars **Razi**, and **Majoosi**, mention it under *saafa yabis* and describe its character similar to *Da us sadaf*. According to the book *kitabul umdah fil jarahat* by **Ibn al Quf** fishy scales and impetigo-like lesions are mentioned in their description, *Rough dry thick and scaly according to Akbar Arzani*.

Causes in Unani

Mirra sawda [abnormal black bile formed by burning of yellow bile], Rutubat raddiya [morbid moistness], safra muhtariq [Burnt yellow bile], Fasaad e khilt (dearrangement in humour), Dafe quwwat e hazma (weak digestion), Unhygienic habits, hararat/ baroodat/ yabusat e khilt, ratoobat raddiya /hadda / akkala (morbid, acute, corrosive moistness), hirrif, laze, muhtariq khilt sawda (pungent, irritant and burnt melanchole), Balgham maleh (saline phlegm), Ghaliz khilt sawda [viscous melancholic humour].^[1, 3]

As per basic concept of unani medicine the disease can be understood on the concept of temperament and humors, sue mizaj jild may predispose it. It is seen in psoriasis that extreme dryness and scaling indicate the involvement of abnormal black bile and oxidized safra.^[5]

According to Ali ibn e Abbas Al Majoosi – tabiyat expel khilt e ghaliz from internal organs towards the skin resulting in dryness and itching of the skin, The skin is unable to remove khilt ghaleez leads accumulation of sauda in skin and leads taqashshur jild.^[1,3]

Risk factors- Excessive dryness of skin, Excessive intake of alcohol, Excess use of cold and dry food, Indigestion.^[3]

Case report - A young patient, her name was Gauri (19 years) has come in OPD of University College of Unani Hospital Baggi Khana, Tonk [Rajasthan] she complained of itchy lesions on her back and in her hand and legs (extensor surface) from a few months back a relevant history of the patient was recorded. On examination, all vitals are within normal range. Diagnosis [Guttate psoriasis] is made by its typical clinical presentation, proper history and examination.

Intervention

The patient was advised to take Unani formulations for 1.5 to 2 months which is mentioned in Table 1.^[13,14,15]

Table 1: List of unani formulation given to patient along with their action and dose.^[13,14,15]

Sr. no	Formulation name	Main ingredient with their scientific names	Actions	Dose
1	Khameera marwareed	Marwareed <i>Mytilus margaritifera</i>	Vital organs tonic, Immunity booster	3- 5gm BD on empty stomach
2	Sharbat bazoori motadil	Tukhm Kasni <i>Cichorium intybus</i>	Reduce biliousness of liver kidney, bladder by inducing excess urination	20 ml BD
3	Jawarish aamla sada	Aamla <i>Emblica officinalis</i>	Analgesic Anti inflammatory Modulatory Stomachic	3-5 gm BD
4	Sharbat sandal	Sandal <i>Santalum album</i>	Blood purifier, Exhilerent, Sedative	20 ml BD
5	Hab musaffi khoon	Barg bakain	Blood purifier,	2 pills BD

		<i>Melia azedarach</i> Barg neem <i>Azadirachta indica</i>	<i>Anti pruritic</i>	
6	Marham hina L/A*	Hina <i>Lawsonia alba</i>	<i>Antiseptic</i> <i>Analgesic</i> <i>Anti inflammatory</i> <i>Wound healer</i>	<i>Locally apply on lesions.</i>

Dietotherapy: The patient was advised to avoid intake of such food items that lead production of *Ghair tabai sauda* which is a major cause of this disease, avoid meat, sour sweet items that produce phlegm, and avoid alcohol consumption.^[1] *Ma ul jubn*, pumpkin spinach fresh milk should be used.^[8]

In the Unani system of medicine, the use of drugs that purify the blood and normalize skin metabolism by strengthening its faculties is the mainstay of treatment.

Its **principle of treatment** according to Unani involves evacuation of black bile, use of blood purifier, *Tadeel*

mizaj, *Islah hazam*, topical application of anti-inflammatory, antiseptic, emollients, analgesic medicines or formulations etc (usool-e-ilaj).^[1]

RESULT

The patient showed significant improvement in her signs & symptoms with unani treatment, all the signs and symptoms of psoriasis including itching, discomfort, and red patches almost completely disappeared after 6-8 weeks of treatment (Figure 1). No clinical adverse effects were reported, the patient did not relapse of disease, and no new lesions developed on the body during the post-treatment follow-up period.



Figure 1. Images showing the result of Pre and Post Treatment.



Before treatment

After treatment

CONCLUSION

Unani drugs have immense potential in treating chronic disorders. In this case study, oral and local unani formulations were used in psoriasis patients. These formulations were found very effective in treating guttate psoriasis.

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