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Efficacy and safety of *Joshanda aftimoon* in *Taqassur-e-Jild* (Psoriasis): An OPD based case series study on five patients

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Abstract

Psoriasis is an inflammatory and proliferative condition of skin. In Unani literature psoriasis is described in the name of *Taqassur-e-Jild*. It is one of the most horrible skin disorders that affect approximately 2-3% of the worldwide population. According to Unani concept *Taqassur-e-Jild* is a *Saudavi* (Black bilious) disease. Ibn-e-Zohar described regarding *Taqassur-e-Jild* that when the *Khilt-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. 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 drugs where as in Unani Medicine treatment is based on package therapy i.e. dietotherapy, regimenal therapy and pharmacotherapy. Various Unani drugs which acts as *Munzj-wa-Mushile Sauda* and evacuate the morbid material from the body like *Aftimoon*, *Post Halela Zard Turbud*, *Bisfayej*, *Sheham Hanzal*, *Ghariqoon*, *Sana*, *Kharbaq* etc. Some compound formulations which are highly effective for the management of psoriasis like *Joshanda Aftimoon*, *Majoon Najah*, *Majoon Chobchini* for orally whereas some are used as locally like *Roghan Gul*, *Roghan Narjeel*, *Roghan Banafsa*, *Roghan Badam Shirin*, *Roghan Hindi* etc. This case series study will be new vistas for the management of psoriasis which is unresponsive to long term oral/local corticosteroids or pulse therapy.

Keywords: *Taqassur-e-Jild*, psoriasis, unani medicine, *Istefragh*, *Ta dil-e-Mizaj*

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 2-3% of worldwide population [2] Author of *Kitabul Mulki*- Ali Ibn-e-Abbas Majusi explained that, *Taqassur-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 *Taqassur-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 and Safety of *Joshanda aftimoon* 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 "*Joshanda Aftimoon*" at the dose of 17 gm for the period of 30 days is highly effective for the management of psoriasis. For this case series OPD based study, five adult patients (3 males and 1 female) in the age group of 20-45 years with mean

Age of 34.6 years with severe disease ranging from 6 months to 1 year who is unresponsive to steroid therapy. Before enrolled the patients informed consent was taken. Exclusion criteria included less than 20 and more than 45 years of age, well diagnosed cases of psoriasis, other skin diseases like eczema, contact dermatitis, pregnant and lactating mother. The clinical efficacy was assessed by subjective and objective parameters like Itching, Scaling, Erythema and 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 1 year
2	Females	1	8 months

Table 2: Distribution of subjective and objective parameters

Parameters	Variables	Before Treatment	After Treatment
Subjective	Itching	Moderate	Nil
	Scaling	Severe	Mild
	Erythema	Mild	Nil
Objective	PASI	5.5	2

3. Result and Discussion

Before start the study average subjective parameters- itching (Nil), scaling (Severe) and erythema (Mild) but after 30 days treatment it was decreased itching (Moderate), scaling (Mild) and erythema (Nil) whereas Psoriasis Area and Severity Index (PASI) was 5.5 and after treatment was reduced to 2, 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]. 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 [9]. Hippocrates explained that when body fluids are under normal ratio and proportion than person will be free from different ailments [10].

Ingredients of *Joshanda aftimoon* (A polyherbal Unani Formulation) has various pharmacological activity like Mushile Akhlat-e-Salasa, Musaffi Dam, Musakkin, Muqavvi Kabid, Qateh Safra, Mufarreh, Mufatteh Sudad etc., which are mentioned in various Unani Classical Text [11-18].

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 "*Joshanda Aftimoon*" for the period of 30 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 meticulous evidence based medicine.

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