



## Clinical efficacy of Itriphal Mulayyin and Arq-e- Mako in Urticaria (*Sharaa*): A case Series Study

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### Abstract

Urticaria is one of the most frequent skin diseases. It is characterized by pruritic wheal and flare-type skin reactions with or without angioedema that usually persist for <24 hours. In Unani literature it is illustrated as *Sharaa*. *Sharaa* is basically a type of Basoor-e-Safravi. *Sharaa* can be arise due to abnormality occurs in any khilt but mostly due to Safravi Khoon (bilious blood). Urticaria is defined as 'acute' if it lasts for less than 6 weeks and 'chronic' if it lasts for more than 6 weeks. 'Episodic' urticaria, which occurs intermittently, but recurrently over months or years, is also recognized. In Kitabul Mansoori, Razi described two types of *Sharaa*, one caused by mixing of Khalis Safra (Pure Bile) in blood and other by mixing of Namkeen Balgham (Salty Phlegm) in blood. If the cause of urticaria is some specific food then it should be avoided, if possible the patient should skip meals for at least two times, hot, spicy and salty diets should be avoided like fish, mango, brinjal and red chilies. In conventional system of medicine Urticaria is usually treated with anti-histaminic drugs where as in Unani Medicine those drugs are beneficial which acts as Qat-e-Safra and evacuate the morbid material from the body like Aloo Bukhara (*Prunus domestica*), Tamar Hindi (*Tamarindus indica*), Sana (*Cassia angustifolia*), Turbud (*Operculina turpethum*), Gul-e-Surkh (*Rosa damascena*), Gul-e-Nilofar (*Nelumba nucifera*), Post Halela Zard (*Terminalia chebula*) etc. If *Sharaa* arise due to Damvi Khilt then fasd (venesection) and hijama bil sharth (wet cupping) done for evacuation and elimination of morbid humors. This case series study will be new vistas for the management of Urticaria.

**Keywords:** Urticaria, *Sharaa*, Itriphal Mulayyin, Arq-e-Mako, Basoor-e-Safravi

### 1. Introduction

Urticaria is a heterogeneous skin disorder that may be acute or chronic, intermittent or persistent, and may occur alone or in association with other related conditions such as angioedema<sup>[1]</sup>. Urticaria commonly presents with intensely pruritic wheals, sometimes with edema of the subcutaneous or interstitial tissue. It has a lifetime prevalence of about 20%<sup>[2]</sup>. The worldwide prevalence of Chronic Urticaria (CU) is estimated at 0.5%-1%<sup>[3]</sup>. The peak incidence is in the range of 20–40 years<sup>[4]</sup>. CU is associated with diverse clinical presentations. It is chiefly characterized by the rapid appearance of wheals and/or angioedema. A wheal consists of three typical features: (i) a central swelling of variable size; (ii) an associated itching or sometimes burning; and (iii) a fleeting duration of usually 1-24 h<sup>[5]</sup>. Wheal size sometimes indicates the severity of the disease: larger wheals means the urticaria is more severe and harder to treat<sup>[6]</sup>.

The physicians of Unani medicine have described '*Sharaa*' which resembles with the clinical presentations of Urticaria. *Sharaa* is caused due sue *Mizaj-e-maddi-Damvi* (sanguineous) *Safravi Khoon* (bilious blood) and appears as a Small and flat-topped eruptions resembling vesicles (*nifatat*), reddish in color, with severe itching and pricking sensation and most often arise suddenly in the whole body<sup>[7, 8, 9, 10]</sup>. The physicians described its treatment according its cause successfully as pharmacotherapy and Regiminal therapy.

### 2. Case series study report

This small case series study evaluates the efficacy of Itriphal Mulayyin and Arq-e- Mako in the management of patients with *Sharaa* with abnormal level of CRP and ESR, who fail to retort anti-histamine therapy, and using long-term oral steroid treatment. Such type of case series study recommended that Itriphal Mulayyin 10 gm at bed time with 60 ml Arq-e-Mako for the period of 4 weeks is very much effectual for the management of chronic idiopathic urticaria. Seven diagnosed case of idiopathic urticaria (5 females and 2 males) in the age group of 20-45 years with severe disease, which ranging from 7 weeks to 1 year who is unresponsive to antihistamines drugs in long run. Exclusion criteria included less than 20 and more than 45 years of age, well diagnosed cases of skin disease other than Urticaria, clearly defined underlying aetiology other than chronic Urticaria, other skin diseases like eczema, psoriasis, immune-compromised patients, pregnant and lactating mother. The clinical efficacy was evaluated by Urticaria Activity Score (UAS 7). All patients were followed up to evaluate response to drugs (Itriphal Mulayyin and Arq-e-Mako). The UAS consists of the sum of the wheal number score and the itch severity score. The wheal numbers are graded with the range of 0 to 3 as follows: 1- less than 10 small wheals (diameter, 3 cm); 2-greater than 50 small wheals or 10 to 50 large wheals; and 3-almost the whole body is covered whereas severity of itching is graded with 0 to 3(0, none; 1, mild; 2, moderate; and 3, severe)<sup>[11]</sup>.

Baseline investigations included Complete Haemogram, LFT (AST, ALT, Alkaline Phosphatase), KFT (Blood Urea, Sr. Creatinine), CRP and RBS [12].

### 3. Result and discussion

During base line follow up average Urticaria Activity Score was 20.0 but after 28 days treatment it was decreased to 8.0 which indicate the Itriphal Mulayyin and Arqu-e-Mako has considerable result. According to principle of Unani Medicine Sharaa is a Damwi (sanguineous) disease usually but it may also be due to Safravi Khoon (bilious blood) or Balgham-e-Boraqi (acidic phlegm) or Ghaleez Madda [7, 8, 9, 10] evacuation and diversion of morbid materials from the body is one of the best ways for the management of Urticaria because after evacuation, body honomous are under balanced condition. Itriphal Mulayyin and Arq-e-Mako acts as various pharmacological activity like mulayyin (laxative), mushily (purgative), islahe jigar (liver improve), qate safra (Bile reductive), muqavvi jigar (Liver tonic), musaffi khoon (Blood purify) etc [13, 14, 15, 16]. Hippocrates stated that when body fluids are under normal ratio and proportion than free from disease [8]. Ingredients of Itriphal Mulayyin and Arq-e-Mako has various pharmacological activity like Mushile akhlate salasa, Qateh safra, Muqavvi kabit, Musaffi dam, Musakkin, Mufarreh, Mufatteh Sudad etc [17, 18].

### 4. Conclusion

Urticaria is one of the worst skin problems. It is characterized by pruritic wheal and flare-type skin reactions It affects 15-20% of the world population. More common among females than males and the peak incidence of chronic spontaneous urticaria falls between 20 and 40 years of age. The great Unani Scholars have described 'Sharaa' which be similar to the clinical presentations of Urticaria.

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