



Therapeutic effect of Arq-e-Kabid (A Unani Formulation) in Management of Chronic Gastritis (Warm Mi'da Muzmin).

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Objectives: Gastritis refers to the inflammation of the lining tissue/ mucous membrane of the stomach. It is the commonest gastrointestinal tract disorder observed in Gastrointestinal OPD. Gastritis occurs due to imbalance in acid production, resulting in swelling and damage to the mucous membrane. The etiological factors are variable mainly being, NSAID use, H pylori infection, smoking, alcoholic beverages etc. Recurrent attacks lead to the chronic gastritis. Patient usually presents with abdominal pain, bloating, waterbrashes, heartburn, upper abdominal discomfort. It mainly affects children and adolescents. There are many cases which are refractory to the conventional treatment. A number of Unani single and compound formulations have been used in its management from the time immemorial. In developing countries about 3000-10000 individuals per 100000 population suffer from this. Thus there is a need to lessen this burden. The purpose of this study was to determine the effect of Unani formulation Arq-e-Kabid for treating chronic Gastritis and to collect the data to warrant further clinical trials.

Methods: A case series was conducted with (10) patients of chronic Gastritis, clinically diagnosed after excluding the other cases by proper laboratory workup. Subsequently patients were treated with Arq-e-Kabid.

Results: In patients of chronic pharyngitis, there was significant improvement in chronic pain, waterbrashes, belching and other symptoms within an average of 4 weeks treatment.

Discussion: The literature review related to Arq-e-Kabid used for the treatment in this study showed this drug possesses anti-inflammatory, analgesic, antibacterial, astringent & demulscent properties, suggest possible mechanism of action in chronic Gastritis.

Conclusion: The preliminary findings indicate that Arq-e-Kabid is effective in chronic Gastritis.

Keywords : Unani formulation, Anti-inflammatory, Analgesic, Astringent, Demulscent.

Introduction:

Chronic Gastritis is the inflammation, irritation or erosion of the lining of the stomach. Most cases are caused by H Pylori infection. It is also caused by tobacco smoking, consumption of alcohol & use of non steroidal anti-inflammatory drugs or steroids. H Pylori related chronic gastritis has an incidence of about

50% in developing countries.

Unani literature describes chronic gastritis by different names e.g. Waram-e-Mi'da, Sozish-e- Mi'da,

Hurqat-e-Mi'da. According to Unani philosophy gastritis is caused by Su'e Mizaj Mi'da Haar or Su'e Mizaj Mi'da Barid. It is caused due to accumulation of Dam, Safra, Balgham or Sauda in the stomach leading to inflammation of gastric mucosa. It is characterized by abdominal heaviness, Humma, Qai, Shiddat pyas in case of waram haar. In case of Waram barid caused by balgham there will be Humma Layinah, decreased appetite, whitish tongue and puffiness of face.⁵

Methods:

Informed consent was taken from patients in compliance with the declaration of Helsinki.

Intervention:

In this case series, patients were advised to take Unani formulation Arq-e-Kabid 50ml two times daily for a period of 4 weeks. Study formulation was given without any label on weekly basis. For the purpose of clinical study, the test formulation was given to the patients from pharmacy of AKTCH AMU, Aligarh. Arq-e-Kabid is a polyherbal formulation prepared from aqueous extract of following drugs. The formulation contains the following drugs:

- | | |
|----------------|------------------------|
| 1. Mako Khushk | (Solanum nigrum) |
| 2. Tukhm Kasni | (Cichorium intybus) |
| 3. Badyan | (Pimpinella anisum) |
| 4. Brinjasaf | (Achillea millefolium) |

Case Presentation:

Case I: A 23 year old female presented in Moalejat O.P.D of AKTCH, A.M.U with complaints of Waterbrash & belching. On clinical examination, it was found to be a case of chronic Gastritis, subsequently she was advised to take test formulation. She was significantly relieved of the symptoms after 4 weeks treatment.

Case II: A 17 year old male presented in Moalejat O.P.D of AKTCH. A.M.U with complaints of Abdominal discomfort & belching from several months, he was diagnosed for chronic Gastritis and was advised to take test formulation and after 4 weeks treatment patient was relieved of the symptoms.

Case III: A 32 year smoker male presented in Moalejat O.P.D as a diagnosed case of chronic Gastritis with longstanding abdominal belching. The patient was given test formulation for a period of 4 weeks. After trial patient was relieved of the belching.

Case IV: A 30 year female presented in Moalejat O.P.D of AKTCH, A.M.U with complaints of Abdominal belching and pain from last 1 month. On clinical examination, it was found to be a case of chronic Gastritis. Patient was advised to take the test formulation for 4 weeks. After treatment patient was relieved of the symptoms.

Outcome Measures:

Patients were evaluated for improvement in their symptoms in every week.

Results:

These patients were significantly relieved of their symptoms on an average of 4 weeks treatment as shown in Table 1.

	EFFECT ON ABDOMINAL PAIN + BELCHING	EFFECT ON WATERBRASH
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s.n	BEFORE	AFTER	BEFORE	AFTER
01	3	0	2	1
02	1	0	1	0
03	3	0	0	0
04	2	0	1	0
05	3	1	0	0
06	2	0	2	0
07	2	0	1	1
08	3	0	1	0
09	2	1	1	0
10	3	0	1	0
o				

TABLE 1:

LIKERT SCALE: 3= SEVERE, 2=MODERATE, 1= MILD, 0= NIL

Discussion:

Chronic belchiness, heartburn and pain associated with Gstritis although has no mortality but severely affect the patients daily activities with high morbidity and economic loss ,so this study was designed to find out the effect of test formulation on chronic cough Gastritis.In present study almost all patients showed a good response during and after study as depicted by Likert scale in table 1. In our patients of chronic Gastritis, we prescribed the test formulation for 4 weeks to evaluate its effect.The ideal aim of any therapy is to relieve patients of their symptoms, be cost effective and at the same time prevent relapses which was achieved by this formulation. These drugs have been used since the time immemorial for its properties. These drugs have been used extensively for Gastrointestinal disorders like because of the specific properties that help to combat these disorders. These drugs have antinflammatory,antimicrobial,analgesic and anti spasmodic properties.^{3,4}

Conclusion:

This case series provides a novel direction in which the test formulation can be used in the treatment of chronic Gastritis.Therefore further studies may be performed to warrant the effectiveness and mechanism of action of these drugs in chronic Gastritis.

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