



THERAPEUTIC EFFECT OF SHARBAT USTUKHUDDUS IN CHRONIC SINUSITIS (*WARAM TAJAWEEF ANAF*): A CASE SERIES

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Abstract

Background: Several studies have shown that chronic rhinosinusitis (CRS) significantly worse overall quality of life. It remains extremely prevalent and has a significant socioeconomic impact. Because of its relapse, recurrence and resistance nature of disease, unani medicine may prove much more beneficial effect in the cure of chronic rhinosinusitis. In the present study the efficacy of Sharbat Ustukhuddus was evaluated in the management of chronic rhinosinusitis.

Material and methods: This study was conducted on 10 patients of *waram tajaweef anaf* diagnosed on the basis of comprehensive general, systemic examination as well as the local examination of nose and paranasal sinuses, subsequently the patients were given sharbat ustukhuddus for 6 weeks.

Results: Patients were significantly got relieved in signs & symptoms related to chronic rhinosinusitis within average of 6 weeks treatment.

Conclusion: The initial findings indicate that sharbat ustukhuddus are effective in *waram tajaweef anaf*

KEY WORDS: *waram tajaweef anaf*, Sharbat Ustukhuddus.

INTRODUCTION

Chronic rhinosinusitis (CRS) is one of the most frequent Otolaryngologic diseases encountered and affecting persons of all age groups . Many patients report higher impacts of CRS on Quality of life dimensions like bodily pain or social functioning compared with other diseases like angina pectoris, pulmonary emphysema or chronic bronchitis As far as economic impact is concerned, CRS accounts for substantial healthcare expenditure in terms of doctor's visits, antibiotic prescribed, lost work days and missed school days.^{1,2}

Sinusitis refers to acute or chronic inflammation or Infection of the paranasal sinuses and possibly the underlying bone, which may be due to allergies, polyp, subtle immune deficiency states and dental diseases.³ Hakeem Kabeeruddin has quoted Buqrat's definition in his book *Tarjuma e Kabeer* according to which *Zukam* is the *Nazla* of nasal mucosa while *Nazla* itself is the inflammation of mucosa in which there is excessive production of mucous.⁴ Several Unani physicians have described *Nazla* in lieu of the signs and symptoms of *Warm Tajaweefe-Anf* (sinusitis), with its types *haad* and *muzmin*. The sign and symptoms of *nazla muzmin* includes Nasal discharge^{5,6} Nasal congestion^{5,6} Sneezing^{5,6} Redness of face and eyes^{5,7} Burning, irritation, and itching in the nose, eye and throat^{6,7} Mild headache⁵, Hot to touch^{5,7} Excessive thirst⁵ Fatigue⁵

Unfortunately, sinusitis is often very frustrating and difficult to treat and medical failures often become surgical patients. Hence there is a strong need for greater understanding of the disease and for more effective treatment. A large number of single and compound unani drugs have been proved efficacious in *nazla muzmin* and many of them have been reported to possess Anti inflammatory , Demulcent, Expectorant, Purgative for phlegm, Concoctive of phlegm , Anti tussive action, Anti-histaminic, Immunomodulatory properties which helps to reduce the symptoms of the disease.

METHOD

Informed consent was taken from all the patients. The study was conducted in department of Moalejat, Ajmal Khan Tibbiya College & Hospital, AMU, Aligarh.

INTERVENTION

In this case series, Sharbat ustukhuddus was given in the dose of 20 ml twice a day orally for 6 weeks.

CASE 1: A 18 years old female patient came to the moalejat OPD with the complaints of nasal discharge ,nasal congestion, mild headache and cough for last 7 months (6 september, 2018). She had no personal and family history of any allergic disease. On the basis of her complete history, local examination of nose and paranasal sinuses , Xray PNS water's view diagnosis of chronic rhinosinusitis was confirmed.

CASE 2 : A 20 years old female patient having complaints of sneezing, nasal discharge, nasal congestion, anosmia for last 1 year with positive history of allergy with various

allergens. She was diagnosed with chronic allergic rhinosinusitis (15 september,2018). She was advised to avoid allergens and to take the test drugs continuously for 6 weeks.

CASE 3: A 25 years old male patient came to the moalejat OPD with complaints of recurrent nasal discharge, nasal congestion, sneezing and headache for last 8 months (6 october, 2018).He had no history of allergy. He was diagnosed to be the case of chronic sinusitis.

CASE 4: A 30 years old female patient came to the moalejat OPD with complaints of nasal congestion, headache and cough for last 4 months (13 october, 2018).She had no history of allergy. She was diagnosed to be the case of chronic sinusitis.

CASE 5: A 28 years old male patient suffering from sneezing, nasal discharge and cough for last 7 months (18 october, 2018) with positive history of allergic disease. He was diagnosed to be the patient of chronic allergic rhinosinusitis.

CASE 6 : A 22 years old female patient came with complaints of nasal congestion , headache and anosmia for last 6 months (25 october,2018) with no history of allergy. She was diagnosed to be the case of chronic sinusitis.

RESULTS

The clinical study was conducted on six patients complaining of nasal discharge, nasal congestion, anosmia, sneezing, headache, cough along with positive history of allergy. After 6 weeks of treatment with Sharbat Ustukhuddus, the previous symptoms were relieved which were analysed and graded on likert scale (Table No .1)

Table No. 1 Grading of symptoms on likert scale

S.No	Nasal Discharge		Nasal congestion		Sneezing		Anosmia		Headache		Cough	
	P1	P2	P1	P2	P1	P2	P1	P2	P1	P2	P1	P2
1	3	0	2	0	0	0	0	0	1	0	1	0
2	2	0	3	1	3	0	2	1	0	0	0	0
3	3	0	2	0	2	0	0	0	2	0	0	0
4	0	0	2	0	0	0	0	0	2	0	2	0
5	2	0	0	0	3	0	0	0	0	0	1	0
6	0	0	3	0	0	0	2	0	3	0	0	0

0= Nil, 1= Mild, 2= Moderate, 3= Severe

P1= Pre treatment, P2= Post treatment

DISCUSSION

Nasal discharge was observed in 6 patients out of 10, however after treatment no discharge was found in any patients.

Nasal congestion was seen in 5 patients before the treatment, 4 patients improved completely after the treatment.

Sneezing was found in 4 patients. After treatment all patients relieved completely.

Anosmia was found in 2 patients. After treatment 1 of them reported partial relief while the remaining 1 were relieved completely.

Headache was seen in 4 patients before treatment which improved in all patients after treatment.

3 out of 10 also complained of *cough*. All three however reported complete relief after the treatment.

The data of present study revealed that the high incidence of chronic rhinosinusitis is found among the age group of 20-30 years. The study is in consonance with the study done by Hussein et al.⁸

On gender distribution it was found that the prevalence of chronic rhinosinusitis is higher in females. The study is in consonance with the study done by Hussein et al & Lillytariah.^{8,9}

The effectiveness of Sharbat Ustukhuddus in *Waram tajaweef anaf* is due to muhallil, munaffis-e-balgham, and muqawi- asab properties of filfil safed^{10,11,12}. Badam shireen possess properties of muqawi dimag, mujaffif ratoobat which helps to reduce the signs and symptoms of chronic sinusitis^{10,11,12}. The overall efficacy of Sharbat Ustukhuddus was described by Hakeem Azam Khan because of its demulcent, purgative for phlegm and black bile, general tonic action it also acts as broom of the brain by expelling morbid phlegm and black bile from the brain which makes this sharbat to be effective in patients with *nazla muzmin*.¹³

It is clearly evident from the findings of case series that Sharbat Ustukhuddus have ample potential and promising role in the management of chronic rhinosinusitis, however a complete and systemic clinical study with larger sample size is required to finally determine the efficacy of these drugs in the management of CRS.

CONCLUSION

In view of the findings and discussion, it can be concluded that test formulation is very much effective in the management of chronic rhinosinusitis (CRS) and no adverse effect was observed.

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