



Therapeutic effect of ikseer-e-surfa (A Unani Formulation) and Shehad Khalis in Management of Chronic Pharyngitis(Warm Halaq Muzmin).

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Objectives: Pharyngitis is the longstanding inflammatory process involving pharynx. 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 world an estimated 20 million people suffer Rheumatic fever secondary to the pharyngitis. Thus there is a need to lessen this burden. The purpose of this study was to determine the effect of Unani formulation Ikseer Surfa and shehad khalis for treating chronic cough and other symptoms associated with chronic pharyngitis and to collect the data to warrant further clinical trials.

Methods: A case series was conducted with (10) patients of chronic pharyngitis, clinically diagnosed after excluding the other cases by proper laboratory workup. Subsequently patients were treated with ikseer surfa and shehad khalis.

Results: In patients of chronic pharyngitis, there was significant improvement in chronic cough, sore throat and other symptoms within an average of 4 weeks treatment.

Discussion: The literature review related to ikseer surfa and shehad khalis used for the treatment in this study showed this drug possesses anti-inflammatory, antiviral, antiallergic and analgesic properties, suggest possible mechanism of action in chronic pharyngitis.

Conclusion: The preliminary findings indicate that ikseer surfa and shehad khalis is effective in chronic pharyngitis.

Keywords : Unani formulation, Anti-inflammatory, Analgesic, Antiviral, Antiallergic.

Introduction: chronic pharyngitis is defined as the infection or irritation of pharynx or tonsils^{1,2}. The etiology is usually infectious with most cases being of viral origin. Other cases caused by trauma, allergy, toxins etc. it usually present with consistent coughing or rhinosinusitis. Children experience more than 5 upper respiratory infections per year and an average of one pharyngeal infection.^{1,2} The incidence of pharyngitis is much higher internationally. Antibiotic resistance is more prevalent in developing countries due to overprescription of antibiotics. Unani literature describes chronic pharyngitis due to ikhlat fasida and other mavad being mainly cold in temperament. Ibn Habal Baghdadi describes that due to warm halaq va lozatin, there is severe pain, difficulty in breathing, cough and dysphagia.⁵

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

Intervention: In this case series, patients were advised to take Unani formulation ikseer surfa 1gm with shehad khali three 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. Ikseer surfa is a polyherbal formulation prepared by pulverization of drugs into a fine powder. The formulation contains the following drugs:

- Ajwain Khurasani (Hyoscyamus niger)
- Usul-e-soos (Glycyrrhiza glabra)
- Barg-e-Kaila (Musa acuminata)
- Filfil siyah (Piper nigrum)
- Kakda singhi (Pistacia integrima)
- Kushta Abrak siyah (Talc mica)
- Busad Ahmar (Corallum rubrum)
- Post Anar (Punica granatum)
- Qaran-ul-Ael (Black salt)
- Namak Siyah (Black salt)
- Namak Lahori (Rock salt)

Case Presentation:

Case I: A 13 year old female presented in Moalejat O.P.D of AKTCH, A.M.U with complaints of sore throat and chronic cough. On clinical examination, it was found to be a case of chronic pharyngitis, 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 recurrent bouts of irritative cough from several months, he was diagnosed for chronic pharyngitis and was advised to take test formulation and after 4 weeks treatment patient was relieved of the symptom.

Case III: A 11 year female presented in Moalejat O.P.D as a diagnosed case of chronic tonsillitis with longstanding irritative cough. The patient was given test formulation for a

period of 4 weeks. After trial patient was relieved of the irritative cough.

Case IV: A 25 year female presented in Moalejat O.P.D of AKTCH, A.M.U with complaints of sore throat and cough from last 1 month. On clinical examination, it was found to be a case of chronic pharyngitis. 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.

table1

Effect on Cough			Effect on Sore Throat	
S.no	Before	After	Before	After
1	3	0	2	1
2	1	0	1	0
3	3	0	0	0
4	2	0	1	0
5	3	1	0	0
6	2	0	2	0
7	2	0	1	1
8	3	0	1	0
9	2	1	1	0
10	3	0	1	0

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

Discussion: Chronic cough associated with pharyngitis although has no mortality but severely affect the patients daily activities with high morbidity and loss of school days, so this study was designed to find out the effect of test formulation on chronic cough and sore throat associated with pharyngitis. 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 pharyngitis, we prescribed the test formulation for 4 weeks to evaluate its effect on chronic pharyngitis. 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 respiratory disorders like cough, coryza, allergy because of the specific properties that help to combat these disorders. These drugs have anti-inflammatory, antimicrobial, antiallergic and anti spasmotic properties.^{3,4}

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

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