

# Therapeutic effect of safoof-e-katan (A Unani Formulation) and in Management of Chronic Bronchitis(Warm Shobatul Riya Muzmin).

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**Objectives:** Chronic bronchitis is defined clinically as cough with sputum expectoration for atleast 3 months in a year during a period of 2 consecutive years.Chronic bronchitis is associated with hypertrophy of the mucous producing glands found in the mucosa of large cartilaginous airways.Chronic bronchitis is one of the top conditions for which patients seek medical care.A number of Unani single and compound formulations have been used in its management from the time immemorial.The purpose of this study was determine the effect of Unani formulation Safoof katan for treating chronic cough and other symptoms associated with chronic Bronchitis and to collect the data to warrant further clinical trials.

**Methods:** A case series was conducted with (10) patients of chronic bronchitis,clinically diagnosed after excluding the other cases by proper laboratory workup. Subsequently patients were treated with safoof katan.

**Results:** In patients of chronic bronchitis, there was significant improvement in chronic cough,expectoration and other symptoms within an average of 12 weeks treatment.

**Discussion:** The literature review related to Safoof katan used for the treatment in this study showed this drug possesses antiinflammatory,antiviral,antiallergic properties, suggest possible mechanism of action in chronic bronchitis.

**Conclusion:** The preliminary findings indicate that Safoof katan is effective in chronic bronchitis.

**Keywords :**Unani formulation, Antiinflammatory, Analgesic, Antiviral, Antiallergic.

**Introduction:** chronic Bronchitis is characterized by inflammation of bronchial tubes, the air passages that extend from the bronchial tubes into small airways and alveoli.Triggers of bronchitis may be infectious agents ,smoking, inhalation of chemical pollutants and dust.It is observed most commonly in winter months.It is manifested by cough and occasionally sputum production that last for no more than 3 weeks<sup>1,2</sup>.Unani literature describes chronic bronchitis due to putrified matter of brain infiltrating into throat and lungs (Ibn Sina).It may be due to hot temperaments,Polluted winds,inhalation of drugs like Mushk,Zafran,Jangli piyaz, external cold etc. (Ibn Sina, Zakaria Razi, Jurjani).<sup>3,4</sup> 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 Safoof katan 6gm two times daily in the form of decoction for a period of 12 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. Safoof katan is a

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polyherbal formulation prepared by pulverization of drugs into a fine powder. The formulation contains the following drugs: (Hyoscyamus niger)

- |                |                     |
|----------------|---------------------|
| 1. Usul-e-soos | (Glyccirhza glabra) |
| 2. Irsa        | (Iris ensata)       |
| 3. Tukhm katan | (Linum usitatissum) |

## Case Presentation:

Case I: A 48 year old male presented in Moalejat O.P.D of AKTCH, A.M.U with complaints of chronic cough with excessive sputum production from last 1 month. On clinical examination and relevant history, it was found to be a case of chronic bronchitis, subsequently he was advised to take test formulation. He was significantly relieved of the symptoms after 12 weeks treatment.

Case II: A 50 year chronic smoker male presented in Moalejat O.P.D of AKTCH. A.M.U with complaints of irritative cough from several weeks, he was diagnosed for chronic bronchitis and was advised to take test formulation and after 12 weeks treatment patient was relieved of the symptom.

Case III: A 38 year male presented in Moalejat O.P.D as a diagnosed case of chronic bronchitis with longstanding irritative cough. The patient was given test formulation for a period of 12 weeks. After trial patient was relieved of the irritative cough.

Case IV: A 42 year male presented in Moalejat O.P.D of AKTCH, A.M.U with complaints of cough with sputum production from last 1 month. On clinical examination, it was found to be a case of chronic bronchitis. Patient was advised to take the test formulation for 12 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 12weeks treatment as shown in Table 1.

	EFFECT ON COUGH	EFFECT ON SPUTUM PRODUCTION
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TABLE 1:

01	BEFORE	AFTER	BEFORE	AFTER
02	1	0	0	0
03	3	0	0	0
04	2	1	1	0
05	3	1	0	0
06	2	0	2	0
07	2	1	1	1
08	3	1	1	0
09	2	1	1	0
10	3	0	1	0

likert scale: 3= severe, 2=moderate, 1= mild, 0= nil

## Discussion:

Chronic Bronchitis is associated with very high morbidity with economic loss, so this study was designed to find out the effect of test formulation on chronic cough and sputum production associated with bronchitis. 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 bronchitis, we prescribed the test formulation for 12 weeks to evaluate its effect on chronic bronchitis. 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 antiinflammatory, antimicrobial, & antiallergic properties.<sup>3,4</sup>

#### Conclusion:

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

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