

Effective unani treatment in chronic resistant skin diseases

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In clinical practice we encounter several patients suffering from chronic skin diseases like psoriasis, lichen planus, eczema which are resistant to standard treatments. It not only affects the overall health of a patient but also their quality of life. In addition they also suffer from side effects of standard treatments.

In the treatment of autoimmune disorders mentioned above, Unani system of medicine emphasizes in restoring the altered humours by devising a comprehensive treatment plan by incorporating the following modalities of treatments.

- Ilaj bil Ghiza (Dietotherapy), Ilaj bi Dawa (Pharmacotherapy) and Ilaj bi Tadbeer (Regiminal therapy).

In this poster presentation we would like to share the experience of Unani treatment of three patients of Psoriasis, Lichen Planus and Eczema. They were treated at Out Patient of Government Unani dispensary.

1. **Case 1:** The present case is a male subject of 23 years suffering from Plaque Psoriasis since 2 years not responding to allopathic and homeopathic treatment. He was given Unani treatment and he showed good response to Unani treatment in four months.
2. **Case 2:** A 44 year old female presented with Eczema since 6 years not responding to standard allopathic medicines was administered Unani treatment. She showed response in 2 months.
3. **Case 3:** A 30 year old female presented with extensive Lichen Planus since 3 months not responding to allopathic medicines. She started showing response in two months and lesions healed in 6 months.

In this poster we intend to present very good results of Unani treatments with photographic evidence. The case study with treatment in detail will be presented during the seminar.

This reinforces the need for clinical study into these patient groups on a larger scale.

Biography

Dr. Ather Moin Rasheeda has done her B.U.M.S and M.D from Government Nizamia Tibbi College, Hyderabad. She has experience of working in Malaysia as a Unani Physician. Presently she is working as Medical Officer in Department of AYUSH, Hyderabad. She has presented papers in several national and international seminars. To her credit she has a publication which is a book in Unani Pharmacy - Ilmul Sayadla.

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