



EFFICACY OF UNANI (GREEK) THERAPIES INCLUDING LEECH THERAPY IN THE MANAGEMENT OF NON-HEALING ULCERS- CASE REPORT

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CASE REPORT

A patient, aged 54 years came to our OPD with the two non healing ulcers of about 5x5 centimetres size on medial aspect of right lower leg since 2 years. He was taking various treatments but to vain. Only pain and swelling were relieved with the use of analgesic, anti-inflammatory and anti-biotic drugs.

He was non Diabetic, non smoker and non vegetarian shop keeper with the assigned duty of sales and has to keep standing for longer duration of time. He was advised not to remain standing and to keep his leg raised along with anti-septic dressing by his doctors. He was depressed and anxious due to disappointing management of his ulcers.

Then, he visited us at A & U Tibbia College Hospital (Govt. of Delhi Hospital), at New Delhi and was treated as per the Unani (Greek) principles of medicine.

ORAL THERAPY

He was given following drugs orally-

- 1- Syrup with following ingredients, 10 ml BD.
 - a. Vetiveria zizanoides- Grass
 - b. Rosa damascena mill. - Petals of flowers

- c. Santalum album - Fine powder of wood
 - d. Pterocarphs santalinus - Fine powder of wood
 - e. Zizyphus jujuba Linn. - Fruit
 - f. Iris ensata Thunb – Leaves
- 2- Tablet, ‘Qurse Kafoor’⁵ having following ingredients– 1BD
- a. Lactuca sativa Linn. - Seed
 - b. Portulaea oleracea Linn.- Seed
 - c. Bambusa bambos Druce.- Resin
 - d. Glycyrrhizia glabra Linn. - Root
 - e. Rosa damascena mill. - Petals of flowers,
 - f. Coriandrum sativum Linn. - Seed
 - g. Acacia arabica Willd- Gum
 - h. Armenian Bole – Mineral
 - i. Punica granatum linn. Fruit
 - j. Santalum album- Fine powder of wood
 - k. Cinnamomum camphora Nees – Camphor
- 3- Tablet, ‘Habbe Suranjan’⁶ having following ingredients -2BD
- a. Aloe barbadensis Mill.- Extract
 - b. Anethum sowa Kurz.- Seed
 - c. Operaculina turpethum (L.) - Root
 - d. Habb-ul-Neel Ipomoea nil (Linn.) Roth.- Seed
 - e. Merendera persica Boiss - Appendix Corn
 - f. Commiphora mukul - Resin
 - g. Pistacia lentiscus Linn- Resin

LOCAL THERAPY

Externally a paste of following ingredients as fine powder in equal ratio prepared with sesame oil was applied.

- a. Cinnamomum camphora Nees
- b. Litharge
- c. Borex
- d. Lawsonia inermis
- e. Sulphur powder

LEECH THERAPY

Along with the use of oral and local Unani therapeutic drugs, an Unani regimen of Taleeq (Leech therapy) was also applied for the evacuation of acrid matter from the affected parts besides the promotion of neo vascularisation and healing.

Varying number of leeches were applied on the sites of ulcers with the interval of 07 days. The debridement was done before application of leeches. The used leeches were kept separately for his exclusive application.

As soon as the treatment was started, patient underwent the recovery of the symptoms of redness, pain and swelling within few days. After two weeks ulcers started regressing, granulation tissues were evident and the size of ulcers diminished. After 2 months of treatment, he got permanent 100% relief from his ulcers upto his entire satisfaction without any reported side effect. The whole process of healing of his ulcers was photographed and saved for documentation as shown in the images from A to U (21 photographs) of his ulcers during his treatment with Unani Oral, Local and leech therapies.

DISCUSSION

Management of non-healing leg ulcer is a challenge for the professionals and researchers. Despite of treatment, patient may suffer either of pain¹, restricted activities², and or oedema³. Apart from substantial financial burden, patients' quality of life is also compromised⁴ along with negative effect on social life. Physicians of Unani (Greek) system of medicine treat these patients successfully. This patient was photographed from beginning of treatment to the healing of his ulcers to document and validate the efficacy of Unani (Greek) therapies and found highly effective with the 100% cure and safety.

CONCLUSION

This case may provide some insight to the alternative therapies, especially Unani management of the non healing ulcers. The used drugs are from natural sources, mainly herbs and minerals and are widely used by the Unani physicians since centuries safely. Randomized control trial are needed for further studies in the management of non healing ulcers and better drugs development.

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Images from A to U - showing clinical presentation of healing process of non healing leg ulcers