

## Efficacy of Marham-e-Rall and Quars Musaffi Khoon (Kit Medicine) in Acne Vulgaris

I. Ara, N.H. Khan, Basharat Bukhari, and Nighat Ara

Department of Unani, Regional Research Institute of Unani Medicine, Srinagar, Jammu and Kashmir, India

Correspondence should be addressed to I. Ara, drirfat@yahoo.com

Publication Date: 17 April 2014

Article Link: <http://medical.cloud-journals.com/index.php/IJAAYUSH/article/view/Med-137>



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**Abstract** Acne Vulgaris is an extremely common skin problem in teenager boys and girls. 60 patients with active lesion of Acne Vulgaris were included in the open clinical trial to evaluate the efficacy of Unani kit medicine in our outpatient department of Regional Research Institute of Unani Medicine, Srinagar. Results are appreciable based on details given in paper.

**Keywords** *Acne Vulgaris; Efficacy; Marham Rall; Quars; Musaffi*

### 1. Introduction

#### A) Acne Vulgaris

Commonly called Acne is a common skin condition, affecting 85% of people at some time during their lives (Wikipedia, the free encyclopedia Acne Vulgaris). The cause of Acne vulgaris in teenagers is generally an increase in male sex hormone which both genders acquire during puberty (James W.D., 2005). The face and upper neck are the most commonly affected but chest, back and shoulders may have acne as well (John S., 2003).

In Unani system of medicine Acne is also defined as an inflammation of Sebaceous glands of skin much oil is excreted from the glands and collected. The collected material is a form of pus which forms the acne. There are many cases of acne formation e.g. imbalance in humors, indigestion, urinary tract infection, irregular menstrual history, use of rich oily diet given in Unani System of Medicine. It is equally common in girls and boys (Wasim Azmi, 2001).

Many topical drugs antibiotics are useful in the treatment of Acne that have been associated with serious short and long term adverse effects (Reisner R.M., 1983).

So, the present study was planned to evaluate the efficacy of two herbal preparations i.e. Marham Rall (locally) and Quars Musaffi kit medicine in Acne Vulgaris.

**1) Composition of Marham Rall**

Shorea robusta resin	50 Gms
Camphor	50 Gms
Acacia Catechu	50 Gms
Mustard oil	200 Gms
Wax	10 Gms

**2) Composition of Quars Musaffi**

Berberis Artsiata	125 mgs
Zanzibar Zerunbet	125 mgs
Acacia Catechu	125 mgs
Cassia Absus seeds	125 mgs

**B) Inclusion Criteria**

1. Age group of 13-25 years
2. Both sexes

**C) Exclusion Criteria**

1. Abnormal thyroid function
2. Genetic disorder

**2. Materials and Methods**

60 patients of newly diagnostic and previously treated cases of Acne Vulgaris were included in study, 39 girls and 21 boys. The cases were selected from the outpatient department of Regional Research Institute of Unani Medicine, Srinagar. A written consent was obtained from all parents of patients participating in the study. All 60 patients fulfilled the inclusion criteria. These all patients were advised to apply Marham Rall twice a day on acne lesions on the face and Quars Marham Khoon were administrated at a dose of 2 tablets twice a day. The duration of treatment was 4 weeks. They were clinically assessed every week for 4 weeks.

**3. Observation and Results**

During study it was observed the out of 60 patients; registered 35% were male and 65% females.

**Table 1: Sex Distribution of Patients**

S. No.	Age in Years	Male %	Female %	Total
1.	13-16	6	12	18
2.	17-19	7	16	23
3.	20-23	5	7	12
4.	25	3	4	7
<b>Total</b>		21 (35%)	39 (65%)	60 (100%)

The highest incidence has been recorded in the age group of 17-19 years.

**Table 2: Grading of the Diseases**

S. No.	Grade	State of Acne	No. of Patients
1.	I	Mild Acne with only Papules	10
2.	II	Moderate Acne with Papules and comedones	21
3.	III	Severe Acne with Papules and Pustules	25
4.	IV	Very Severe Acne with Papules, Pustules and Cysts.	4

It was observed that out of 60 patients; 25 patients were in severe Acne with papules and pustules.

In Moderate Acne with Papules and Comedones are 21 patients.

In Mild Acne with only papules are 10 patients.

In severe Acne with papules, pustules and Cyst are only 4 patients.

**Table 3:** Response to Treatment of Marham-e- Rall + Quars Musaffi Khoon

Grade	No. of Patients	Main Features			
			Excellent	Good	No improvement
I	10	Papules	6	4	
II	21	Papules and comedones	9	12	
III	25	Papules and pustules	10	12	3
IV	4	Papules, pustules and Cyst.	1	1	2

In grade I Acne there were excellent results in 6 cases and good results in 4 patients.

In grade II Acne there were excellent results in 9 and good results in 12 patients.

In grade III Acne there were excellent results in 10 and good results in 12 and 3 cases did not respond to the treatment.

In grade IV Acne the excellent result was in 1 patient and good results in 1 patient. 2 patients did not respond to treatment. ([www.nir.org/Handbook](http://www.nir.org/Handbook))([www.alhudaunaniclinic.com/medicine](http://www.alhudaunaniclinic.com/medicine))

#### 4. Discussion

There are many products available for the treatment of Acne many of which are without any scientifically proven effects. In this study the maximum incidence found was between the age group of 17 and 19 years (Table 1). The highest number of cases was with severe acne with papules and pustules (Table 2). After this combine therapy significant response in all the three grades of acne without any side effect was reported. All the patients completed the treatment without dropout. Systemic antibiotics are the main treatment for acne vulgaris, corticosteroids are also effective in the management of acne vulgaris but side effects may occur with oral as well as local application. (Kufman D., et al., 1983).

#### 5. Conclusion

Since the therapy for Acne Vulgaris has limitation in modern medicine, herbal remedies can offer an alternative therapy for Acne Vulgaris. This study shows that Marham Rall and Quars Musaffi Khoon combination can be effective therapy in grade I, II and III grade Acne Vulgaris. In grade IV better results are obtained when therapy will be extended.

#### Acknowledgement

The researchers are highly thankful to Director General, CCRUM, and Dr. Mohammad Khalid Siddiqui for time to time guidance and encouragement for extra mural activities.

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