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of nonspecific low backache, usually such kind of cases are being treated by NSAID, steroids and other anti-inflammatory drugs. Although, these drug provide temporary relief but produce adverse effects including gastritis and chronic renal failure. In Unani system of medicine various non-pharmacological modalities particularly wet cupping are advocated and recommended in the treatment of LBA, which relive the pain without demonstrating any adverse effects.

**Case presentation:** Keeping in view of the above, a case study was carried out on the patient of nonspecific LBA. A 56 years old male patient came to Ilaj bit Tadbeer OPD of Ajmal Khan Tibbiya College with chief complaints of LBA and restricted movement of sacroiliac joint for 6 months. Before that patient consulted to nearby hospital and some reputed orthopaedic centres with same complaints. A numbers of investigations were carried out including MRI and X-ray but all the findings were found normal and patient was treated with conventional drugs but got no relief. After examination and relevant investigations patient was advised for wet cupping therapy. Two cups were applied on the lateral sides of L4, L5 and S1 vertebrae, removing 30 ml blood in each cup and 4 sitting were performed at the interval of one week. The outcome was assessed on objective parameters (WOMAC and VAS) at 0 day, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>th</sup> and 30<sup>th</sup> day of treatment. **Results:** The results showed significant change in WOMAC and VAS score after treatment. **Conclusion:** The wet cupping therapy intervention exhibited significant result in low backache. Further, randomized controlled trial are recommended

**Keywords:** *Hijamah bish shurt*; Wet Cupping Therapy; Low backache

### CS-88

#### Effect of Unani Formulations in *Dubayla al-Thadi* (Breast Abscess)-A Case Report

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**Introduction:** *Dubayla al-Thadi* (Breast Abscess) is a localized pocket of infection containing pus tissue; that commonly affects women of reproductive age between 18-45 years, during pregnant and lactating women, but breast abscess in non lactating women is extremely rare and limited data is available in the literature about breast abscess in non lactating women. The incidence of breast abscess is more frequent in primiparous mothers (65% of cases) and most of the abscess results from secondary bacterial

infection from skin contamination. The consequences of breast abscess are breast cancer, nipple inversion etc. The success of treatment in conventional medicine with antibiotics but it has its own hazards. In Unani system of medicine many herbal drugs used to treat breast abscess. **Case presentation:** A 29 year old non lactating female patient attended the Amraze Niswan outpatient department, National Ayurvedic Teaching Hospital, Borella, Sri Lanka with complain of right breast pain, swelling, fever and fatigue. Detailed history, clinical examination and ultra sound scan were carried out. Ultrasonography report showed a sub areola abscess. Patient was treated with antibiotics IV for 2weeks, however she did not responded hence she visited this hospital. She was given orally, *Majoone Dabeedul Ward* 5gm twice daily and local application of *Zimade Hena* with *Arqe Gulab* was applied on for 3 weeks. **Results:** After 3 weeks of treatment patient had mild pain with no breast swelling and fever. Only oral treatment was continued for another one week and symptoms subsided completely. **Conclusion:** Aforementioned formulations were useful to resolve the swelling and pain as they possess *Musakkin*, *Muhallil*, *Musaffe Khoon* and *Dafe Taffun* properties. Further, phase II, randomized controlled trials are recommended.

**Keywords:** Breast abscess; *Dubayla al-Thadi*; Unani formulations

### CS-89

#### A Clinical study for the Evaluation of Efficacy of Cupping and Unani drugs *Asalus-soos*, *Alsi*, *Irsa*, *Barg-e-Adoosa* and Honey on Chronic Obstructive Pulmonary Disease (COPD)

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**Introduction:** Respiratory diseases are more prevalent nowadays, because of increase in trend of cigarette smoking and more chances of air pollution exposure. Unani Medicine provides effective and harmless treatment for the respiratory diseases. The objective was to assess the combined efficacy of Unani drugs and cupping therapy on Chronic Obstructive Pulmonary Disease (COPD). **Materials and Methods:** The present study was a clinical observational study. Thirty patients were randomly selected. They were treated with *Joshanda* (Decoction) of *Asalus-soos*, *Alsi*, *Irsa* and *Barg-e-Adoosa* along with honey. Cupping was also performed as per schedule during the treatment. The data was analyzed with appropriate statistical test. **Results:** The results were significant