

**CLINICAL AND THERAPEUTIC EVALUATION
OF A UNANIMEDICAL FORMULA
IN THE MANAGEMENT OF SARA (EPILEPSY)**

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By

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SUMMARY

- ◆ The objective of this project was to explore the possibilities to find an effective herbal treatment for epilepsy
- ◆ The radical causes are not known in the majority of the cases despite careful history taking, physical examination, and investigation
- ◆ This project has two components namely clinical study, and analysis of gold and silver in blood.
- ◆ The clinical study was conducted on 20 patients with tonic-clonic type of epilepsy of idiopathic origin.
- ◆ There were 11 males and 09 females between the age of 05 and 25 years.
- ◆ Out of 20 patients 50% belongs to balgami mizaj, 30% belongs to damavi mizaj, and 20% belongs to sawdavi mizaj.
- ◆ Frequency of attack was considered as cardinal feature in assessing the efficacy of the treatment.
- ◆ The proposed formula has the properties of phlegmogogue, resolvent, de-obstruent, sedation, and anti-epileptic activities. Most of the ingredients act as nerve tonic as well.
- ◆ The same group of patients were monitored as control group which also helped to calculate the frequency of attacks per month prior to the treatment
- ◆ Subsequently the proposed compound drug was given for six months that reveals;
 - i) the patients with balgami mizaj have satisfactory improvement
 - ii) the shorter the duration of the disease, the more easier the treatment.
 - iii) The lesser the frequency, the better the improvement.
 - iv) only a mild and non-significant adverse reactions were noted.
 - v) the patients with sawdavi mizaj showed poor response.
 - vi) there is no direct link to age and response to the treatment.

Here the age old ,empirically tested , Unani theory oriented,treatment has been
s Scrutinized by applying modern medical techniques and methods.

It has also been compared and contrast the Unani and modern medical theories.

This project designed based on the Unani concepts includes clinical study and biopod

◆ The digestion of blood and programming for the trace elements analysis which is
the hardest part of the work were successful.

The tentative measurement using Graphite Furnace was also successful.

Finally this formula can be given as a safe herbal medicine in the management of
e epilepsy.

am of the firm view that this disease has to be studied and analysed based on this
classification method to uncover the radical causes. The synthetic anti epileptic drugs
have only sedative action to control the seizure attacks but the unani drugs have a
different therapeutic curity. Some properties correct the weakness of brain (i.e.
functional disorders), some expels the unwanted humor from brain (i.e. metabolites or
injuries substances), some liquify the thick humor (i.e. liquidification of thick and
viscid constitutional matters, and some has anti-epileptic activities. Hence I suggest
this multidimensional treatment method has to be studied by the future researchers.
These drugs revealed non- significant adverse reactions, and produced clinically no
sedation.

I suggest pharmacological evaluation of this formula has to be done so as to develop
this combination in more appropriate dosage form to make available in the market
freely for the benefit of the socially under privileged patients. I recommend here that
this formula can safely be given to epileptics. So the disability, morbidity, social
degradation by work mates and friends and stigma may be abolished. I further
propose to carryout analysis of gold and silver in blood in massive sample size to
workout this new dimension in depth. As according to Astruc: "an effect
cannot exist without a cause"

CONCLUSION

This project designed based on the Unani concepts includes clinical study and blood analysis. The study shows that a new approach has to be designed to explore epilepsy that is still a challenging disease to the medical world. I have highlighted in the discussion that the site of origin of the disease, the overall pathogenesis are the same both in modern and unani systems. The classification completely differs in unani medical system against modern medicine, which has a science and a sound reason. I am of the firm view that this disease has to be studied and analysed based on this classification method to unearth the radical causes. The synthetic anti epileptic drugs have only sedative action to control the seizure attacks but the unani drugs have a different therapeutic entity. Some properties correct the weakness of brain (i.e. functional disorders), some expels the unwanted humor from brain (i.e. metabolites or injuries substances), some liquefy the thick humor (i.e. liquidification of thick and viscid constitutional matters, and some has anti epileptic activities. Hence I suggest this multidimensional treatment method has to be studied by the future researchers. These drugs revealed non- significant adverse reactions, and produced clinically no sedation.

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