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Clinical study for evaluation of Unani polyherbal formulations in Chronic sinusitis

Khalid M Siddiqui and Raisur Rahman

Central Council for Research in Unani Medicine, India

Chronic sinusitis is a debilitating disease affecting significant proportion of the population also called as Waram Tajawif al-Anf Muzmin in Unani system of medicine. All the paranasal sinuses are prone to inflammation and one or more sinuses may be involved in a patient at a time. The principle of treatment is to control inflammation and help the sinuses to drain. Treatment of chronic sinusitis is challenging and patients seek alternate treatment for effective control of their symptoms. In two separate open label studies, a total of 3675 clinically diagnosed patients of chronic sinusitis of different age groups, either sex, varying chronicity and single or multiple sinus involvements were treated with two combinations of polyherbal formulations – UNIM-051+ UNIM-053 in study-I and UNIM-052 + UNIM-053 in study-II. UNIM-51 and UNIM-52 are oral while UNIM-53 is for inhalation. From the analysis of data it has been observed that the highest percentage of the patients belong to phlegmatic temperament (75.3%) followed by sanguine (22.8%), choleric (1.6%) and melancholic (0.3%) temperament. Majority of the patients had the history of multiple medical treatments prior to their entry in these studies. The results of both the studies suggest promising clinical efficacy of the study drugs in all age groups and chronicity. Laboratory findings confirm that the study drugs have no side effect on haemoglobin level, erythrocyte counts, LFT and KFT. Findings of the study are in consonance with the claims of Unani physicians. Details have been discussed in the paper.

ccrum507@gmail.com

Wound healing effect of aqueous extracts of *Quercus ilex*

Maura Cardenas Garcia, Gloria Patricia Perea Gonzalez, Jair Eduardo Rodriguez Garcia and Luis Enrique Toxqui Merchant
Benemerita Universidad Autónoma de Puebla, Mexico

In the Texmelucan Valley of Puebla, Mexico, the infusion of *Quercus ilex* bark is used as anti-bacterial, anti-halitosis, anti-hemorrhagic, anti-inflammatory, anti-perspiring, antiseptic, anti-tumour, antiviral, astringent, emetic, expectorant, haemostatic, immune stimulant, litolitic, worming and vulnerary, given their anti-hemorrhagic and immunostimulant properties. In this study we determined the effect of aqueous extracts of the bark of *Quercus ilex* on the recovery of wounds in Wistar rats. We applied aqueous extracts of bark every 24 h. We observed a 40% diminished healing time compared to the control left to heal naturally, and 20% compared to the commercial product from Dermatix® group. In subsequent work we will determine the response in wounds with different depths.

maura.cardenas@correo.buap.mx

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