

8<sup>th</sup> Annual Congress on **TRADITIONAL AND ALTERNATIVE MEDICINE**

September 06-07, 2023 | Webinar

**Clinical efficacy of Unani Medicine Eczegone vs dermovate and benadryl for the Management of atopic dermatitis (Nar-e-Farsi)****Muhammad Amjad Chishti***Hamdard University Karachi, Pakistan*

**Introduction:** Atopic dermatitis is a chronic, highly pruritic, eczematous skin disease affecting children and adults. It is characterized by itching, rash, dry skin, scales and pruritis. Global prevalence of atopic dermatitis is 15-30% (Children) and 2-10% (adults), while in Pakistan it is higher (18-26%). Its diagnosis is based on history and physical examination.

**Objectives:** To establish efficacy and safety of Eczegone tablet + ointment vs Dermovate + benadryl against atopic dermatitis.

**Methodology:** It is multicenter, prospective case controlled trial in which a positive control and treated group were studied. This trial was conducted at Shifa-ul-Mulk Memorial Hospital for Eastern Medicine, Hamdard University and Al-Rasheed Chishti Darushifa Head Malkani Liaqat Pur, Rahim yar Khan. After inclusion and exclusion criteria and informed consent from the patients (1-40 years) were taken prior to clinical trials. Positive control group received benadryl + dermovate (50 mg, n = 100) and the treated group received ointment + eczegone (250 mg/day, n=100). Both ointments were applied 2x/day. The duration of treatment was one week followed by 4-weeks of follow-up. During this period, clinical observations, complete blood count were recorded and photographed wherever required.

**Results:** Most common complaint was itching (95%) in the patients which was reduced after treatment with test vs positive control (79% vs 76%), rash (91%), (77% vs 72%), dry skin (89%), (74% vs 71%) and scales (75%), (67% vs 64%). Using paired sample t-test it was evident that there is no difference in the efficacy of both drugs.

**Conclusion:** We concluded that Unani formulation Eczegone tablet and ointment is effective for the management of atopic dermatitis as compared with the Dermovate ointment and Benadryl. Additionally, Eczegone showed no side effects and hence safe for human use.

**Biography**

Muhammad Amjad Chishti, Assistant Professor, Head of Department Surgery and Allied Sciences, Faculty of Eastern Medicine, Hamdard University Karachi, Pakistan. He is currently working as an assistant professor at Faculty of Eastern Medicine, Hamdard University in Karachi, Pakistan. He completed his PhD in Eastern Medicines. His expertise on Skin Disorders, Clinical trial of Herbal Medicine, Evaluation of medicinal plants activities like antibacterial activities, phytochemical analysis and antioxidants activities.