Clinical observation of the Efficacy of Sufoof Jawahar Mohra (A Unani Formulation) on CD4 Count in A HIV Positive Individual: A Case Study

Qureshi Masroor Ali¹, Bano Humaira¹, Syed Gulnawaz Ahamad², Ataullah Fahad³, Khan Mohd. Yahiya⁴ and Irfan Ahmed⁵,

¹ Regional Research Institute of Unani Medicine (CCRUM) Mumbai, Opposite Department of Ophthalmology, Sir J.J. Hospital Byculla, Mumbai-400008
2. Central Research Institute of Unani Medicine Hyderabad, A G’s Colony Road, ESI X Road, Opposite ESI Hospital, Hyderabad-500038,
3. Asi. Prof. Department of MahiyatulAmraz, Aligarh Muslim University, Aligarh.
4. Associate Prof. Department of Kulliyat, Mohammadia Tibbiya (Unani) Medical College And Assayer Hospital, Mansoora, Malegaon, Dist. Nashik.
5. Asso. Prof. department of Ilaj-bit-tadbeer, State Takmili-ul-Tib College and hospital, JhavaiTola, lucknow, U.P.

Corresponding author: drmasrooralig786@hotmail.com

[Received-27/01/2016, Accepted-02/02/2016, Published- 15/02/2016]

ABSTRACT:
HIV/AIDS pandemic is emerging as one of the most serious health problems of this century. AIDS was first recognized in the United States in the summer of 1981. The virus causing AIDS was independently identified by a team of French Scientists led by Dr. Luc Montagnier of Pasteur Institute; and American Scientists led by Dr. Robert C. Gello, of National Cancer Institute in 1983-1984. In 1983, Human Immunodeficiency Virus (HIV) was isolated from a patient with lymphadenopathy, and by 1984 it was demonstrated clearly to be the causative agent of AIDS. A 22 year old male HIV positive individual whose CD4 count was 465 (Cells per cumm) was registered in the OPD of Regional Research Institute of Unani Medicine, Mumbai. Sufoof Jawahar Mohra (Unani formulation) was given in the dose of 250 mg orally twice a day. The CD4 count done at every 6 month during the treatment. It has been observed that there was a remarkable improvement in the CD4 count. The CD4 count was 465 (Cells per cumm) at base line and at the second follow up it was 571 (Cells per cumm) and in the third follow-up the CD4 count was 685 (Cells per cumm). There was a remarkable improvement in the CD4 count without complaining of any side effects of drug.

Key words: Sufoof Jawahar Mohra, Unani Medicine, HIV/AIDS.

INTRODUCTION
HIV/AIDS pandemic is emerging as one of the most serious health problems of this century and the focus is shifting fast from developed nations to developing countries and to India due to its vast populations¹. AIDS was first recognized in the United States in the summer of 1981.² The virus causing AIDS was independently identified by a team of French Scientists led by Dr. Luc Montagnier of Pasteur Institute; and American Scientists led by Dr. Robert C. Gello, of National
Clinical observation of the Efficacy of Sufoof Jawahar Mohra (A unani Formulation)

Cancer Institute in 1983-1984. In 1983, Human Immunodeficiency Virus (HIV) was isolated from a patient with lymphadenopathy, and by 1984 it was demonstrated clearly to be the causative agent of AIDS. Globally 35.3 (32.2-38.3) million people were living with HIV in 2012-Of these, approximately 16.8 million are women and 3.4 (3.1-3.7) million are less than 15 years old—There were about 1.6 (1.4-1.9) million deaths from AIDS in 2012.

There are a lot of researches have been done in the past and present in the modern medicine and no doubt there are very good (ART) Antiretroviral drugs are found but they have severe own side effects, so there is still need to search some safe therapeutics for AIDS. There are strong possibilities that some drugs of natural origin, either from plants or minerals would prove effective enough to modulate immunity to defend with HIV, at different levels of its replicative cycle. There are many Unani formulations composed of herbs and minerals and particularly gems, which are used as Muqawwi-e-aam (general body tonic) for the purpose of improving functions of vital organs, increasing Harat-e-ghareezi (metabolic heat) and Rooh (vital energy or life force) and for boosting the immune systems. The SafoofJawaharMohra is one of such drugs, but it has not been scientifically evaluated for the above functions.

In the present study the SafoofJawaharMohra, containing plant and minerals origin drugs, was prepared according to the formula described in the National Formulary of Unani Medicine (Government of India); and considering its efficacy as general body tonic and vital organic tonic hence it was selected for the present clinical study.

Methodology

Preparation of the test drugs

The preparation of the test drugs i.e. sufoof-e-Jawaharmohra (SJM) was done according to standard method described in the national formulary of Unani medicine (Govt of indai). The formularies described in the table 1, the preparation procedures were performed in the pharmacy of Hakim TalhaBhiwandi Maharashtra.

The ingredients of the test formulation i.e. SJM were procured from authentic source, further the quality assurance was made on the basis of description given in the classical Unani literatures, as well as from the authorities approved for testing the identity and purity of the drugs of plants, minerals, and animal origin. The patients were diagnosed through the ELISA and western Blot test.

Table 1. Formula of Safoof Jawahar Mohra (SJM)

<table>
<thead>
<tr>
<th>S.N o.</th>
<th>Ingredients</th>
<th>Scientific names</th>
<th>Proportion</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>Marwarred</td>
<td>Pearl</td>
<td>10 gm.</td>
</tr>
<tr>
<td>5.</td>
<td>Lajward</td>
<td>Lapis lazuli</td>
<td>10 gm.</td>
</tr>
<tr>
<td>7.</td>
<td>Yaqoot Kabood</td>
<td>Sapphire</td>
<td>10 gm.</td>
</tr>
<tr>
<td>8.</td>
<td>Yaqoot Asfar</td>
<td>Topaz</td>
<td>10 gm.</td>
</tr>
<tr>
<td>10.</td>
<td>Zamuurrad</td>
<td>Emerald</td>
<td>10 gm.</td>
</tr>
<tr>
<td>17.</td>
<td>Arq-e-Gulab</td>
<td>Rose water</td>
<td>Q.S. (Approx. 700 ml.)</td>
</tr>
</tbody>
</table>

(Anonymous, 1993)
Drug dose and mode of administration: The drug (SJM) was given in the dose of 250mg capsule orally twice day. The total duration of study was one and half months.

Assessment Criteria The assessment of the treatment on the individuals was made on the basis of CD4 count. The CD4 count was done in the individuals at the baseline phase (before treatment) and after 6 months and at 12 months.

OBSERVATION AND RESULT

Table 2. Showing efficacy of Sufoof Jawahar Mohra on CD4 count

<table>
<thead>
<tr>
<th>CD4 Count (Cells per cumm)</th>
<th>Base line</th>
<th>After 6 months</th>
<th>After 12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>465.00</td>
<td>571</td>
<td>685</td>
<td></td>
</tr>
</tbody>
</table>

DISCUSSION

It has been observed that the CD4 Count after 6 months and 12 months of treatment was very significantly increased. The improvement in the CD4 count might be due to the various ingredients of SufoofJawaharMohra whose actions described in the Unani classical books. The ZeharMohra (Serpent stone) is described as vital organ tonic, antidote to poisons, protects quwa (faculties) and arwah (vital force), purifier and detoxicant of body humours, strengthens the muscles.9 10,11,12,13. The Marwareed (Pearl) is described as exhilarant, enhances body faculties and vital force, tonic for vital organs, stimulant, anti-depressant 17,14,18. The Bussud (Red Coral) is described as astringent, desicant, exhilarant, nervine and heart tonic etc. 16,17,19. The Kehruba (Vateriaindica) is described as alexipharmic, tonic. The Larjward (Lapis lazuli) is described as exhilarant general body tonic.13,17,21. The YaqootSurkh (Ruby) is described as, heart and brain tonic, exhilarant, blood purifier, enhances and protects hararat-e-ghareezi (body energy) etc. 17,14,18. The YaqootKabood (Saphire) is described as exhilarant, general body tonic, brain tonic, antidote of poisons etc. 20,12, 18. The YaqootAsfar (Topaz) is described as exhilarant, brain and heart tonic, anodyne, aphrodisiac, protective actions for body, enhances and protects hararat-e-ghareezi (innate heat or energy) 19,20,21. The YashabSabz (Green Jade) is described as tonic for heart, brain and stomach etc. 17,13,18. The Zamurrad (Emerald) is described as exhilarant, vital organ tonic, stomachic, liver tonic, enhances hararat-e-ghareezi (body energy) and rooh (vital force) 19,20,21. The AqeeqSurkh (Red Agate) is described as cardiac tonic, aphrodisiac.15,18,21. It is used in weakness of vital organs. The Warq-e-Nuqra (Silver Leaves) is described as tonic, stimulant, aphrodisiac, general body tonic, exhilarant; tonic to heart, brain, liver and stomach; protects quwwat-e-haiwani (vital faculty) 13,18. The Mastagi (Pistacia lentiscus) is described as attenuant, resolvent, vital organ tonic, stomachic, liver tonic, carminative, general body tonic, appetite etc. The Warq-e-Tila (Gold Leaves) is described in Unani literature as general body tonic, exhilarant, tonic for heart and brain, purifier of body humours, anti-depressant, improves hararat-e-ghareezi, liver tonic 17,19,14. The NarjeelDaryaee (Lodoiceaseychella rum) is described in Unani literature as general tonic, enhances hararat-e-ghareezi, antidote to poisons, protects body faculties, removes waste and toxic humours, removes the effects of poisons from the deep tissues and also protects body faculties 19,20,21. The Jadwar is theriac (alexeteric or antidote) dafe-ufoonat (antiseptic) and musakkin mild sedative. 9 10,11,12,13. The Rose (Rosa damascena) is described in Unani literature as general body tonic, anti-inflammatory, brain and heart tonic etc. As revealed from the above description, the SJM contains many useful ingredients and a combined effect of some of their actions may have relevance and effectiveness in the improvement of CD4 Count.
CONCLUSION
The study was indicated that Sufoof Jawahar Mohra produces remarkable improvement in the CD4 Count in HIV positive individual without complaining of any side effects of drug. Therefore SafoofJawahar Mohra is strongly recommended to evaluate its efficacy on large sample size on HIV / AIDS patients.

REFERENCES