

EFFICACY OF SAFOOF – E- AFSANTEEN IN AMOEBIC COLITIS

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INTRODUCTION

Amoebic colitis is an inflammatory condition of the colon caused by *Entamoeba histolytica*. The evidence of the disease is available since the earliest time. Renowned physicians Hippocrates, Gallen, Tabri, Razi, Ibnesina upto Kabiruddin have described it under “Zaheer-e-Amoebai” while Chinese & Hebrew writings have pointed out manifestations of diarrhea & dysentery in it.

It's an endemic disease which deteriorates human health worsely. According to WHO its prevalence rates are 10% in the world & about 40,000-100,000 deaths are reported due to invasive amoebiasis while in India it affects 3.6-4.7.4% population in various regions.

AETIOLOGY:

According to Tibbe Unani khilte Safra plays a major role in producing amoebic colitis while Khilte Balgham is the second important causative factor of Warne Qolon Amoebai. In recent era, with the invention

of compound microscope scientists have proved a protozoan *Entamoeba histolytica* as a causative organism of amoebic colitis.

ENTAMOEBIA HISTOLYTICA:

Lamble (1859) and Losch (1875) have observed *Entamoeba histolytica* for the first time in stool and pus of liver abscess specimen. The organism passes its life cycle in a single host i.e. man It's found in 3 stages:

1. Trophozoite stage
2. Precystic stage
3. Cystic stage

Mature cyst is the infective form of the parasite. Mode of transmission is faecal-oral route i.e. via contaminated water, fruits and vegetables.

Mature cysts reach GIT and give rise to 8 amoebulae developing into trophozoties which are responsible for producing characteristics lesions of amoebic colitis.

TABLE NO.1
INGREDIENTS OF SAFOOF –E-AFSANTEEN

| S.NO | Name of Ingredients | Properties |
|------|----------------------|--|
| 1. | Artemisia absinthium | Qatil Deedane Ama, Mushile Safra, Dafe Zaheer, Qabiz |
| 2. | Solanum nigrum | Muhallil warm |
| 3. | Plantago ovata | Mugarri, Habis , Dafe Humma |

All the ingredients are taken in equal quantities and powdered except P. ovata husk.

CLINICAL FEATURES:

- ♣ Diarrhoea
- ♣ Dysentery

- ♣ Alternating diarrhea with constipation
- ♣ Pain in abdomen/colic
- ♣ Flatulence

- ♣ Leg cramps
- ♣ Loss of appetite/anorexia
- ♣ Nausea/vomiting
- ♣ Loss of weight
- ♣ Sometimes fever and malaise

SAFOOF –E-AFSANTEEN:

The goal of treatment is to use the drugs which can kill *Entamoeba histolytica*, are anti-inflammatory, can check haemorrhage and provide coating over colon mucosa. Present study is carried out to evaluate the efficacy of safoof-e-afsanteen to achieve this aim. Its ingredients are shown in Table No.1.

DOSAGE:

The drug was administered orally in a dosage of 6 gm twice daily alongwith plain water for a period of 14 days.

MATTERIALS AND METHODS:

Present study was carried out on 40 patients in A.K. Tibbiya college Hospital, AMU from 1999-2001. Thorough H/o all the patients regarding presen complaints, previous attacks, treatment was taken and every patient was examined clinically i.e. general as well as systemic exam were done. For the selection of patients following criteria were adopted:

1. Patients were not less than 15 years and more than 55 years of age.
2. Patients suffering from diseases e.g. diabetes, T.B., Typhoid, Malaria and Hypertension were discarded out.
3. Patients taking cortisones and NSAID's were also not chosen.
4. Female patients who were pregnant or had menstrual disorders e.g. menorrhagia were not included.

Following investigations were carried out in the beginning, after 7 days and

after 14 days i.e, at the completion of study:-

1. Routine haemogram
2. Urine-Routine and microscopic exam
3. E/o stool – To visualize *Entamoeba histolytica* cysts and trophozoites, RBCs, pus cells, ova of helminthes and occult blood.
4. Proctoscopy-To see anal and rectal mucosa, amoebic ulcers, anal fistula and polyps.
5. Barium enema – To see condition of rectum and colon, any abnormality e.g amoeboma, rectal polyps and ulcers.
6. USG of abdomen – To know effects of the parasite on liver and spleen e.g. Liver abscess, amoebic hepatitis, splenic abscess.
7. X-ray chest PA view.

OBSERVATIONS:

Following observations were made:-

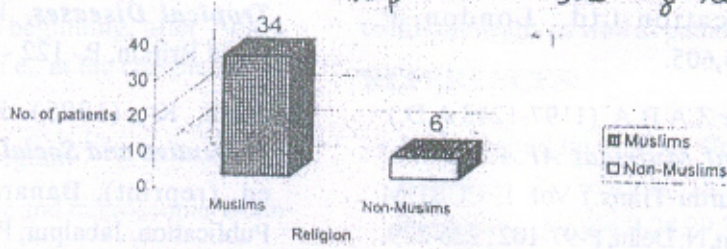
RESULTS:

So it is concluded from the trial that out of 40 patients 23 (57.5%) have shown removal of *Entamoeba histolytica* cysts while 97.5-100% patients have reported clinical improvement. Besides this, there was also marked general health improvement in them. Hence it's obvious that the drug safoof-e-afsanteen has shown tremendous results in amoebic colitis clinically as well as pathologically.

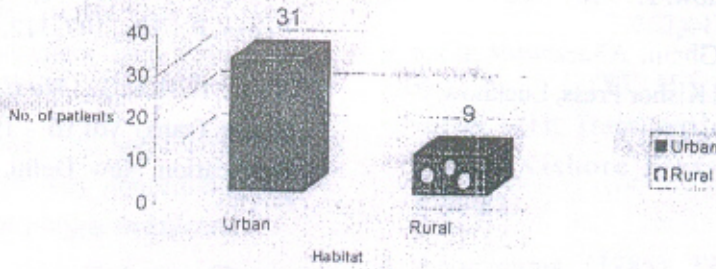
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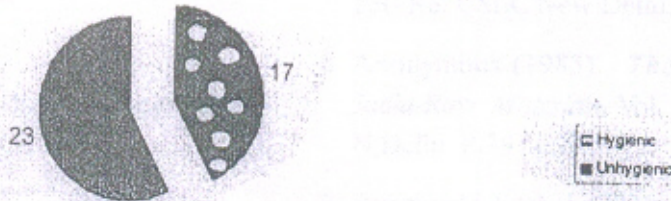
Graph No.1.- Showing religion



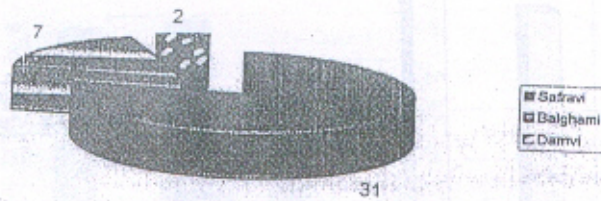
Graph No.2 Showing Habitat



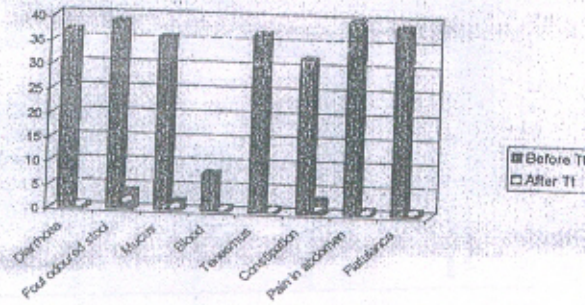
Graph No.3 Showing Sanitary Conditions

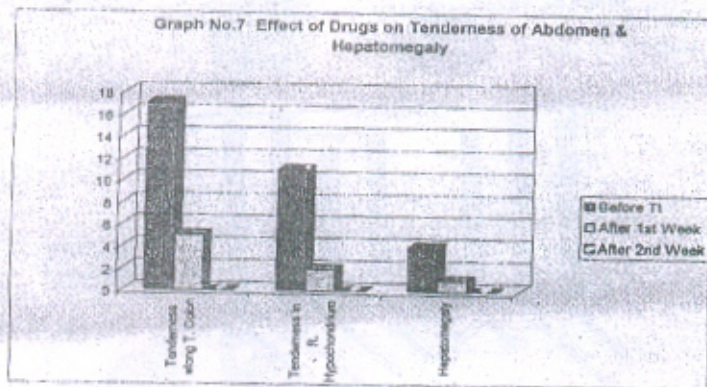
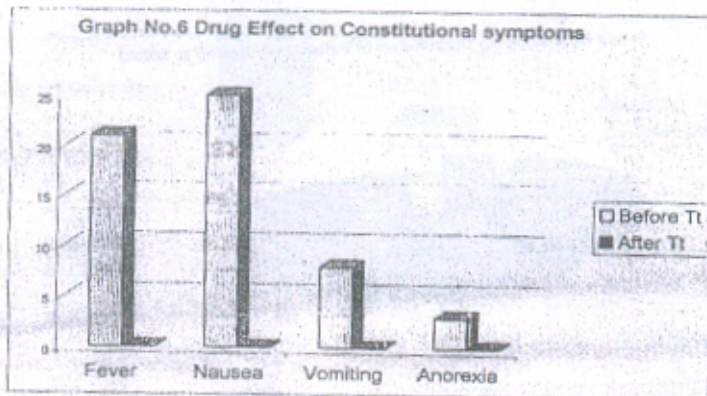


Graph No.4 Showing Distribution of Patients According to MIZAJ

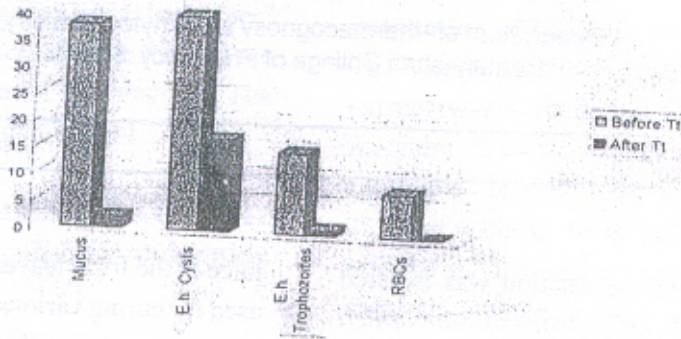


Graph No. 5 Showing Drug Effect on Various Symptoms





Graph No. 8 Findings in E/o Stool Before & After Treatment



Graph No.9 Proctoscopy Findings Before & After Treatment

