

Research Article**Significant improvement observed in CD4 count and Quality of life in HIV positive case treated by Sufoof Jawahar Mohra (A Unani formulation):
A Case Study****Qureshi Masroor Ali**Ph.D Scholar, Department of Biotechnology, Jamia Millia Islamia, New Delhi-110 025
(m) : 9004040670, Email id: doctormasroorali@gmail.com
Corresponding Author: doctormasroorali@gmail.com**ABSTRACT**

A 22 years old male HIV positive individual whose CD4 count was 465 (Cells per cumm) came in the OPD of Regional Research Institute of Unani Medicine and requested to start Unani Medicine after his request and readiness this case was registered in the OPD of Regional Research Institute of Unani Medicine, Mumbai about 5 years back and treated by Sufoof Jawahar Mohra (A Unani formulation) . The SJM was given in the dose of 250 mg orally twice a day after meal. The CD4 count was done at every 6 month during the treatment. The CD4 count was increased remarkably . The quality of life is also maintained and no other symptoms or manifestations developed. The study indicated that Sufoof Jawahar Mohra produces remarkable improvement in the CD4 Count and quality of life in HIV positive individual without complaining of any side effects of drug. The study also indicated that SJM is not harmful for taking long time.

Key words: Sufoof Jawahar Mohra, Unani Medicine, HIV**INTRODUCTION**

HIV continues to be a major global public health issue. In 2017 an estimated 36.9 million people were living with HIV (including 1.8 million children) – with a global HIV prevalence of 0.8% among adults. Around 25% of these same people do not know that they have the virus (1). Since the start of the epidemic, an estimated 77.3 million people have become infected with HIV and 35.4 million people have died of AIDS-related illnesses. In 2017, 940,000 people died of AIDS-related illnesses. This number has reduced by more than 51% (1.9 million) since the peak in 2004 and 1.4 million in 2010 (2). The vast majority of people living with HIV are located in

low- and middle- income countries, with an estimated 66% living in sub-Saharan Africa. Among this group 19.6 million are living in East and Southern Africa which saw 800,000 new HIV infections in 2017(3).

Drugs of mineral origin, especially gems, are extensively used in Tibb-e-Unani (Unani Medicine), both as single drug and as compound formulations. The Sufoof Jawahar Mohra (SJM) is one of such compound Unani formulation. Recently there has been a shift in universal trend from synthetic to

herbal medicine, which we can say 'Return to Nature'. Medicinal plants have been known for millennia and are highly esteemed all over the world as a rich source of therapeutic agents for the prevention of diseases and ailments [4]. The global resurgence of interest in herbal medicines has led to an increase in their demand leading to a decline in their quality, primarily due to a lack of adequate regulations pertaining to drugs [5].

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 HIV/ 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 *Hararat-e-ghareezi* (metabolic heat) and *Rooh* (vital energy or life force) and for boosting the immune systems. The Safoof Jawahar Mohra is one of such drugs, but it has not been scientifically evaluated for the above functions.

Table 1.Formula of Safoof Jawahar Mohra (SJM)

S.No.	Ingredients	Scientific names	Proportion
1.	Zehar Mohra	Serpent Stone	30 gm.
2.	Marwareed	Pearl	10 gm.
3.	Bussud	Red coral	10 gm.
4.	Kehroba	Vateriaindica	10 gm.
5.	Lajward	Lapis lazuli	10 gm.
6.	Yaqoot	Ruby	10 gm.
7.	Yaqoot Kabood	Sapphire	10 gm.
8.	YaqootAsfar	Topaz	10 gm.
9.	YashabSabz	Green Jade	10 gm.
10.	Zamuurrad	Emerald	10 gm.
11.	AqeeqSurkh	Red Agate	10 gm.
12.	Warq-e-	Silver leaves	10 gm.

In the present study the Safoof Jawahar Mohra, 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 this study

MATERIALS AND METHODS.

Preparation of the test drugs

The preparation of the test drugs i.e. Safoof Jawahar Mohra (SJM) was done according to standard method described in the national formulary of Unani medicine (Govt of india) (6). The formularies described in the table 1, the preparation procedures were performed in the pharmacy of Hakim Talha Bhiwandi 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.

	Nuqra		
13.	Mastagi	Pistacialentiscus	10 gm.
14.	Warq-e-Tila	Gold leaves	10 gm.
15.	Jadwar	Delphinium denudatum	10 gm.
16.	NarjeelDariy aee	Lodoiceaseychell arum	5 gm.
17.	Arq-e-Gulab	Rose water	Q.S. (Approx. 700 ml.)

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 and quality of life .The CD4 count was done in the individuals at the baseline phase (before treatment) and after 6 months. The routine pathological and biochemistry investigations was also done for safety and side effects.

OBSERVATION AND RESULT

Table 2. Showing efficacy of Sufoof Jawahar Mohra on CD4 count
CD4 Count(Cells per cummm)

Base line	After 6 months	After 5years
465.00	571	774

DISCUSSION

It has been observed that the CD4 Count increased every six month remarkably . The individual is not taking any Anti- retroviral till date and only taking SJM since 5 years. The quality of life is good and he has no other manifestations or symptoms of AIDS. The improvement in the CD4 count might be due to the various ingredients of Sufoof Jawahar Mohra whose actions described in the Unani classical books. The Zehar Mohra (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 (5,6,7,8,9).The Marwareed (Pearl) is described as exhilarant, enhances body faculties and vital force, tonic for vital organs, stimulant, anti-depressant (10,11,12) .

The Bussud (Red Coral) is described as astringent, desiccant, exhilarant, nervine and heart tonic etc. (13,115,16). The Kehruha (Vateriaindica) is described as alexipharmic, tonic.TheLarjward

(Lapis lazuli) is described as exhilarant general body tonic.(13,14,16) . The YaqootSurkh (Ruby) is described as, heart and brain tonic, exhilarant, blood purifier, enhances and protects *hararat-eghareezi* (body energy) etc. (14,15,16) .The YaqootKabood (Sapphire) is described as exhilarant, general body tonic, brain tonic, antidote of poisons etc.(10,15,14).The YaqootAsfar (Topaz) is described as exhilarant, brain and heart tonic, anodyne, aphrodisiac, protective actions for body, enhances and protects *hararae-ghareezi* (innate heat or energy) (12,16,15). The YashabSabz (Green Jade) is described as tonic for heart, brain and stomach etc.(9,11,16). The Zamurrad (Emerald) is described as exhilarant, vital organ tonic, stomachic, liver tonic, enhances *hararat-eghareezi* (body energy) and *rooh* (vital force) (10,12,14) . The AqeeqSurkh (Red Agate) is described as cardiac tonic, aphrodisiac.(10,14,16). It is used in weakness of vital organs. The Warq-eNuqra (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) (13,16). The Mastagi (*Pistacialentiscus*) is described as attenuant, resolvent, vital organ tonic, stomachic, liver tonic, carminative, general body tonic, appetizer 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 (5,6,9). The Narjeel Daryae (*Lodoiceaseychellarum*) 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(7,8,11).

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 (15,16).

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

This case brought to light that Sufoof Jawahar Mohra produces remarkable improvement in the CD4 Count and maintained the quality of life in HIV positive individual without complaining of any side effects of drug. Therefore Safoof Jawahar Mohra is strongly recommended to evaluate its efficacy on large sample size on HIV / AIDS patients.

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