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Efficacy of Bozidan *(Tanacetum umbliferum Boiss)* and Tukhm-E-Karafs *(Apium graveolens)* in the Treatment of Naqrus (Gout) A Comparative Randomized Clinical Trial

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ABSTRACT

BACKGROUND: Naqrus or Gout is a metabolic disorder affecting the small to large joints, and bones of the foot, especially the greater toe causing painful, tender, inflamed joints. According to Ibn Sina (980-1037 AD) Gout starts from the heel and later spreads to other joints and may affect even the viscera of the body. It affects the age group of 40-65 years. 20 to 30 percent of the population lives in this age group.In the Unani System of Medicine, many physicians and scholars consider Gout as Marz-e-Balghami, which occurs due to the accumulation of morbid humors in small joints and tendons.**OBJECTIVES:** The purpose of this study was to determine the effectiveness of single drugs in the treatment of Gout.MATERIALS AND METHODS: The study was done as a Comparative Randomized clinical trial from September 2021 to March 2022, which was done at Govt. Nizamia Tibbi College and General hospital with a total of 40 individuals suffering from Gout. The patients were divided into two groups A (n=20) Standard group B (n=20) test group. Patients in group A were administered Bozidan (Tanacetum umbliferum boiss) 4 grams in powder form twice daily. Patients were followed weekly once for four weeks. The patients were examined using the Visual Analog Scale (VAS) on 28th day. Outcomes were compared and statistically analyzed. Patients in the group B were administered Tukhm-e-karafs (Apium graveolens) 6 grams in powder form twice daily. Patients were followed weekly once for four weeks. The patients were examined using the Visual Analog Scale (VAS) on 28th day. Objective parameters were assessed at every month from baseline to 28th day. Student t test were used to analyze the significance of differences before and after treatmentRESULT AND CONCLUSION: Significant results were observed in the subjective parameters such as pain (VAS), redness, swelling and tophi, and decrease in serum uric acid. Group A value (which is 0.0871) is more significant than Group B value (which is 0.4577), further no side effects were observed during and after the study.

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