



Unani medicine for melasma: an observation

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Sir,

In March 2020 a male patient of 30 years old contacted us with a complaint of hyperpigmentation over checks since long time. He has taken treatment from many dermatologists but did not get relief in his condition. By profession he is a school teacher and having no history of any field work, prior treatment, any underlying disease condition, fever, itching, dandruff or any history regarding any localised inflammatory disease condition. The types of Unani or herbal drugs used for the purpose of treating melasma are detergent “*jali*”, scaling “*qashir*”, vesicant “*mubashshir*”, rubefacient “*muhammar*”, irrigator “*ghassal*” and divergent “*raad e mawad*” (Aquil et al;2019). In this case, a paste of following drugs was given for topical application for at least 30 minutes in evening time: *aarad nakhood* (Besan) (*Cicer arietinum*) (5mg), *aarad baqla* (*Sida cordifolia*) (5mg), *arq e lemu* (lemon juice) ten drops. It was also advised to the patient to take as much as fruits rich in vitamin C in diet. *Aarad e nakhood*, *aarad e baqla* and *arq e lemu* work as detergent “*jali*” (Aquil et al; 2019). We noted after four weeks of treatment some levels of improvement.

CONFLICT OF INTEREST DISCLOSURE

The authors of this study declare that they have no conflict of interest.

DECLARATION OF HONOR

We declare on our honour that our research is not fake and make up.

AI ASSISTANCE DISCLOSURE

The authors used [ChatGPT/GPT-5] to improve the clarity and readability of the manuscript. The authors carefully reviewed and edited the content to ensure accuracy and take full responsibility for the final text.

REFERENCE

Aquil Z, Khalid M, Uddin Q, et al. (2019) Potential role of Unani Medicinal Plants in management of Kalaf (Chloasma): A review. “*J Skin*” 3(1):1-2