



Research Article

IJSEHR 2024; 8(1): 22-25
© 2024, All rights reserved
www.sportsscience-research.com
Received: 02-01-2024
Accepted: 25-03-2024
DOI: 10.31254/sportmed.8105

Uni5 Approach for Treating Inflammatory Disease: Case Reports on Atopic Eczema

Pradheep Chhalliyil¹, Usha Nandhini¹

¹ Uni5 Sakthi Foundation, Research Unit, 564 High School Road Sendurai Post, Natham Taluk Dindigul Dt, Tamil Nadu- 624403, India

Abstract

Background: Atopic dermatitis (eczema) is a pronounced inflammatory skin condition typically emerging in childhood. Characterized by itching and inflammatory skin conditions, it exhibits associated epidermal barrier dysfunction. While its prevalence appears to be increasing, the factors driving this rise remain unclear. Treatment typically involves emollients and topical steroids for mild to moderate cases, while moderate to severe cases may require additional interventions like inhibitors, phototherapy, or systemic immunosuppressant. A new alternative approach is anticipated to pave the way for improved treatments. **Objective:** To administrate a Uni5 system treatment strategy to manage eczema cases of skin diseases. **Methods:** Case Presentations: Two case reports are presented, one involving a 39-year-old female and the other a 6-month-old male, both exhibiting classical symptoms of eczema. **Uni5 Approach of Treatment:** Patients were advised to do all five aspects of Uni5 which includes, gut microbiota changing foods, herbs, castor oil colon cleansing while replenishing with fermented probiotic foods to colonize with healthy gut bacteria. Wood pressed oils was advised for cooking and external application. Turmeric and aloe vera was used as antioxidant and anti-inflammatory agents. **Results:** Patients had relief from itching and burning sensation and their skin was normal and other consequences of the disease like allergy and asthma also subsided. **Conclusion:** Uni5 system of treatment is effective against atopic dermatitis.

Keywords: Dental injuries, Physical activity trainers, Teachers, Physical education students, India.

INTRODUCTION

Atopic dermatitis (AD) or eczema is a chronic inflammatory skin disorder that usually develops in early childhood. Since it has a multifactorial origin, the pathogenesis of the disorder is not completely understood. It appears to result from the complex interplay between defects in skin barrier function, infectious agents, and immune deregulation [1]. The disease adversely affects the quality of life however the causes of AD remain unclear [2]. Environmental factors or genetic-environmental interactions seem to play a key role in disease progression. Recent studies suggest that AD is a primary skin barrier defect and it initiates other atopic conditions [3]. AD is often the initial step in the sequential development of allergic disease during early childhood that later leads to asthma and/or allergic rhinitis. Steroids are widely used to relieve itchiness to manage AD and searching new therapeutic approaches may be helpful to reduce the need for topical steroid use. The Uni5 system, one of the holistic treatment modalities in ancient Indian lineage involves five aspects of one's being i.e., Body, Mind, Intelligence, Self-Awareness, and Unity-Consciousness based on the same five elements principle as the Pancha Bhootas [4]. When all these five functions harmoniously, they promote a healthy body and mind that elevate the Self-awareness of an individual [5]. Uni5 is based on the same lineage of Siddha and Ayurveda, ancient medicinal systems in India with a holistic approach to improve the quality of life [6,7]. The existing therapeutic approach to AD is symptom-based and it causes many side effects. A new approach is necessary to control AD symptoms with minimum side effects. Here in this article, we discuss about the outcome of the Uni5 system treatment in two cases of AD based on previous studies [8].

Case 1

Medical History- A 39-year-old female with chronic constipation from childhood was first diagnosed with eczema in 2005 at the age of 23. The eczema was very severe, and itching was unbearable. She tried Siddha treatment for three months but with no progress. Following which she consulted a dermatologist and was prescribed oral prednisone tablet and topical steroids. The symptoms of eczema subsided after a month of treatment. Again in 2007 she developed eczema due to extreme stress and recovered from the

*Corresponding author:

Dr. Pradheep Chhalliyil
Uni5 Sakthi Foundation,
Research Unit, 564 High School
Road Sendurai Post, Natham
Taluk Dindigul Dt, Tamil Nadu-
624403, India
Email:
publish@sakthifoundation.org

symptoms after a month of treatment with allopathy. She underwent two consecutive miscarriages in 2011 and had another bout of eczema in 2014. Since the patient was trying to get pregnant at that time, she decided not to go for allopathy understanding the side effects. She wanted a healthy baby and hence decided to cure eczema first and thereafter plan for the same. With the hope to find permanent recovery by alternative medicine she consulted several Siddha and naturopathy doctors. The treatment started with cleansing and taking herbal medicines internally. She did some dietary changes like using millet twice a week and following a no-white flour and no-white sugar diet. She started to see some difference in 3 months and recovered after nine months of treatment. Then she continued taking Siddha medicines whenever she had eczematous symptoms. And each time she had severe itching, skin rashes, dry skin, and water oozing out of the skin. In 2016, she had wheezing for the first time. As her eczema symptoms subsided, she started developing wheezing. She used inhalers to manage the wheezing. She got pregnant naturally and delivered a baby girl (full-term) through a C-section in October 2017. She developed postpartum depression 3 months after delivery. Eczema and wheezing symptoms were there on and off. She managed the symptoms through Siddha medicines. The patient consumed dairy and did not have lactose intolerance or was not allergic to any protein. Other medical conditions - The patient was identified with fibro adenoma cysts in both breasts and got them operated on by May 2006.

Case 2

Medical History- At the age of six months, a male child with a family history of eczema who was born through vaginal delivery on October 29, 2020, in India was diagnosed with complaints of eczema. Initially, the eczema rashes presented only on the cheek and leg. The child's parents tried home remedies like applying coconut oil externally. The rashes reduced after home remedies but were not completely cured. Around September 2021, he developed severe eczema rashes. The rashes became itchier and began to spread. The patient was given homeopathic treatment but there was no improvement. Following this he was given allopathic treatment that reduced itching temporarily but couldn't cure the disease. The patient had lactose intolerance and was allergic to proteins. However, he was able to digest his mother's milk and had no other food allergy. The patient had chronic constipation also. The patient's mother was not on any medication during or before pregnancy. The parents came to know about Uni5 in December 2021 and decided to follow the same for their child.

METHODS

Uni5-Treatment for Case 1:

The patient began the Uni5 treatment in July 2020 to treat stubborn eczema associated with wheezing. The patient wanted to address the root cause of the problem as she did not want to depend on medications each time.

- **Cleansing** – The patient did castor oil colon cleansing monthly once, water therapy daily with keezhanelli (*Phyllanthus niruri*). After doing castor oil cleansing and water therapy constipation was relieved.
- **Probiotics** – Fermented red/black rice as breakfast to improve gut cells.
- **Diet** – Anti-inflammatory diet - phenol-rich heirloom red/black rice, millets, wood pressed coconut, and sesame oil was advised in cooking. Country sugar and jaggery instead of white sugar was advised.
- **Herbs** -One spoon aloe vera on an empty stomach to reduce the inflammation. Seven liver tonic herb intakes suggested every day of the week – curry leaves, mint leaves, coriander leaves, moringa

leaves, *Phyllanthus niruri*, bringaraj, aloe vera to tune up the liver. One spoon of neem oil was advised weekly once for deworming.

- **Five ingredient medicine** – A tablespoon of organic turmeric and a quarter teaspoon of organic black pepper, one to four tablespoons of organic honey, one organic cardamom powder, one organic garlic pod crushed, and one small organic tomato crushed. The patient consumed this five ingredient medicine continuously for 48 days following which the swelling in the leg reduced.
- **Fasting**- Weekly water fasting and weekly once-fruit fasting.
- **Oiling to reduce inflammation**-The patient was treated externally with organic herbal hot-pressed castor oil infused with organic garlic, turmeric, Aloe vera, and neem. Freshly squeezed coconut milk with Aloe vera was also applied externally to reduce the itching and inflammation. A traditional practice of vowing to do charity equivalent to the medical cost after the cure is also an important part of the treatment.

Uni5-Treatment for Case 2:

Castor oil cleansing- It was advised to consume one spoon of castor oil once every week.

Diet- fermented red rice soup was advised daily. As the mother was breast-feeding she was advised to take healthy home cooked food and follow an anti-inflammatory diet

These two practices helped to relieve constipation.

Deworming- It was advised twice weekly by consuming one spoon of neem, turmeric, and pepper decoction.

External applications- Equal amount of coconut and neem oil was mixed and applied externally to reduce the itching. Fenugreek and green gram powder mix was used as bathing powder.

Informed Consent:

Written informed consent has been obtained from the patients in these case report and any accompanying images.

RESULTS

Case 1: Follow-up and Outcome

Follow-up was done regularly. Itching and inflammation improved after two weeks of Uni5 treatment. Complete cure of rashes and wheezing was achieved after three treatments. The patient follows castor oil cleansing once every two months, water therapy, fermented red rice, live tonic chutneys, and all other prescribed lifestyle changes. However, when under extreme stress there is a relapse of some eczema symptoms but she has been able to effectively manage them with Uni5 lifestyle changes which have helped her to recover without medications and no symptom of wheezing. Figure 1 depicts the before-and-after of patient's eczema following Uni5 treatment.

Case 2: Follow-up and Outcome

After 15 days of Uni5 treatment, the itching reduced to a great extent. One month after Uni5 treatment, patches and rashes reduced. During the treatment, some new rashes developed which eventually disappeared later which was indicative that the patient had developed immunity over these symptoms. All symptoms of eczema were completely cured in March 2022, after four months of Uni5 treatment. The patient was able to take all types of protein and dairy. No relapse of the disease observed and the patient continues to be completely

free of any symptoms thus-far. Figure 2 depicts the before-and-after of patient's eczema following Uni5 treatment.



Figure 1: Case 1- Eczema (A) Before Uni5 treatment (B) After Uni5 treatment

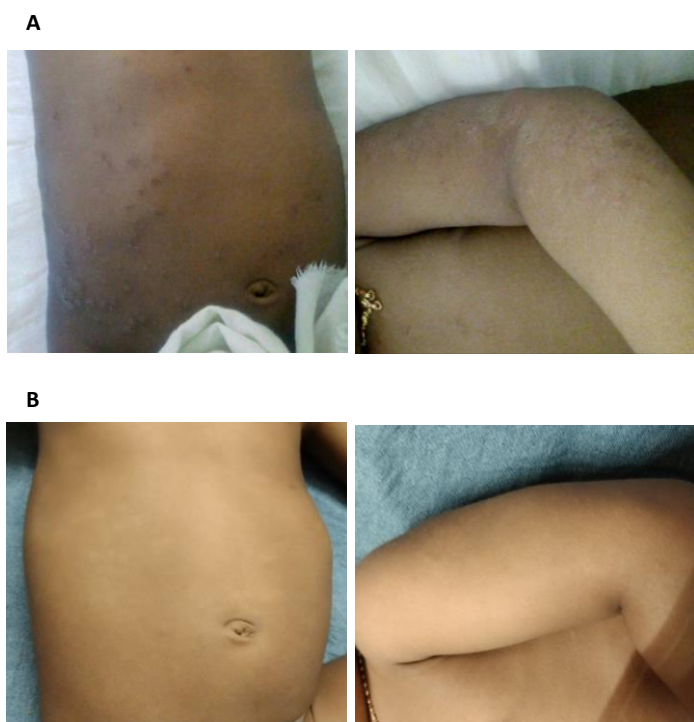


Figure 2: Case 2- Eczema (A) Before Uni5 treatment (B) After Uni5 treatment

DISCUSSION

The management of AD is not always an easy target for a physician since it has a multifactorial origin. Current treatment approaches are symptom-based and with usage of anti-inflammatory drugs and steroids that have proven side effects. Uni5 is an alternative form of medicine that is based on the five principal elements or components that drive all the energy processes in the body health. This method of treatment is designed with a holistic approach that targets the physical, mental, and also emotional state of an individual person to reinforce healthy qualities for their well-being [6,7].

Food containing minimal or zero levels of pesticides and toxins were advised including heirloom red/black rice, different millets, and fiber-rich native vegetables. Wooden-Cold-pressed coconut and sesame oil only advised for cooking. Probiotics like antioxidant-rich native black and red fermented rice and A2 cow's buttermilk were also recommended because it plays a vital role in resetting gut health [7,8]. Polyphenols present in food acts as a prebiotic and modulates gut microbiota population that in-turn has a strong regulatory impact on various genetic and metabolic functions of the body [9-11]. Therefore, the use of aloe vera, curry leaves, mint leaves, coriander leaves, moringa leaves, Phyllanthus niruri, bringaraj to reduce inflammation

was recommended. Wheezing and eczema are inflammatory diseases and the anti-inflammatory polyphenol rich food helps the patient to reduce the symptoms [12]. According to the uni5 approach of treatment, this diet change is based on the idea that the earth is made up of five elements [4,5].

Reports from recent studies, have proved that the gut microbiota restoration through the fecal microbiota transplantation is an effective treatment for ectopic dermatitis in mice [13]. However, there is a reset of microbiota with due course was noticed. This can be prevented if the colon is cleaned by flushing out the gut bacteria. In Uni5 method, water therapy is aimed to clean the digestive system which is the element of water in the Uni5 system. Very small quantities (100mg/L) of herbs like Keezhanelli (Phyllanthus niruri) have an antioxidant property when used in the water therapy to reduce oxidative stress. Castor oil colon cleansing along with drinking warm water in certain intervals of time was done monthly once or twice to flush out the unhealthy bacteria.6 Neem oil was advised weekly once for deworming as it helps to restore gut microbiome [14].

However, in case 2, the patient was a 6 month old and so many of the treatment modalities employed for adults were changed. It was found that alterations in the gut microbiome affect the host immune system in infants, diet, environment and infections in early life are associated with AD development in infancy and early childhood [15,16]. These factors influencing the gut microbiome in atopic dermatitis has been studied in breast feed infants and with mixed feed infants. As part of early-life exposure, the introduction of yogurt and the diversity of food introduced in the first year of life of the infant might have a protective effect against atopic dermatitis [17]. However, exposure of such infants to milk proteins may worsen the symptoms [18]. In general, the maternal vaginal microbiota is an important initial seeding source to tolerate milk proteins. Several studies have proven that the alteration of gut microbiota induced by cesarean section influenced the activation of intestinal epithelial cells and the development of immune system. When the mother fails to maintain a healthy vaginal flora and the baby ingests this unhealthy flora while passing through the reproductive tract during delivery. The child's gut gets inhabited with an unhealthy microbial flora leads to differential responses to milk and its products and developing various allergies with severe inflammation in the skin such as eczema.

Some autoimmune and metabolic disorders are related to the microbiota dysbiosis in infants caused by cesarean section can be treated using the Uni5 method. Here the child is exposed to live probiotics in fermented rice instead of milk products. Probiotics could promote growth of intestinal micro-ecology and treat cesarean section related diseases [19].

When the child is above 2 to 3 years old, very small dose of polyphenols rich foods like turmeric, black pepper, honey, cardamom, garlic, and tomato were used for 48 days to which helped to reduce infection and inflammation [20-25].

The swelling in the leg might be reduced due to the antioxidant and anti-inflammatory activities of organic hot-pressed castor oil infused with organic garlic, turmeric, Aloe Vera, and neem to reduce itching, drying, and inflammation. External application of the oil and herbs reduces the drying of the skin.

In fire and Air, the third and fourth elements involving simple handwork activities or physical exercise also with awareness of breath were recommended. Most important was to inform to do the space element in the traditional practice of vowing to do charity equivalent to the medical cost after the cure is also an essential part of the treatment.

CONCLUSION

In conclusion, Uni5 method is a highly useful strategy to cure eczema using fermented food, herbs, health tonics, and colon cleaning to alter the gut microbiome. Further research for extensive studies in this area is warranted.

Acknowledgements

We thank Sindhu and Shobhana Karthikeyan for editing.

Conflict of interest

The authors reports no conflicts of interest.

Financial Support

None declared.

REFERENCES

1. Lee JH, Son SW, Cho SH. A comprehensive review of the treatment of atopic eczema. *Allergy, asthma & immunology research*. 2016 May 1;8(3):181-90. doi: 10.4168/aaair.2016.8.3.181.
2. McKenna SP, Doward LC. Quality of life of children with atopic dermatitis and their families. *Current opinion in allergy and clinical immunology*. 2008 Jun 1;8(3):228-31. doi: 10.1097/ACI.0b013e3282ffdf6cc.
3. Egawa G, Kabashima K. Multifactorial skin barrier deficiency and atopic dermatitis: Essential topics to prevent the atopic march. *Journal of Allergy and Clinical Immunology*. 2016 Aug 1;138(2):350-8. doi: 10.1016/j.jaci.2016.06.002.
4. Selftual Virudh Aahar. Uni5 Sakthi Foundation, Selftual Books, 2021; 15-30.
5. Pradheep C, Usha N, Neelima T. Successful pregnancy in a patient via holistic approach of uni5 based treatment with recurrent implantation failure: A case report of unexplained infertility. *Panacea Journal of Medical Sciences*. 2022;12(3):708-713. doi: 10.18231/j.pjms.2022.131.
6. Pradheep C, Usha N, Neelima T. Uni5 approach to treat varicose ulcer: a case report. *International Journal of Advanced Research* 10(09), 113-119. doi:10.21474/IJAR01/15330
7. Chhalliyil P, Nandini U, Thota N. Uni5 Approach to Treat PCOS associated with Non-alcoholic Fatty Liver Disease: A Case Report. *The Journal of Phytopharmacology* 2022; 11(4):268-271. doi: 10.31254/phyto.2022.11407
8. Pradheep C, Usha N, Neelima T. Uni5 approach to treating atopic eczema: a case report. *Panacea journal of pharmacy and pharmaceutical sciences* 2021:10(3), 01-09.
9. Katsimbri P, Korakas E, Kountouri A, Ikonomidis I, Tsougos E, Vlachos D, et al. The effect of antioxidant and anti-inflammatory capacity of diet on psoriasis and psoriatic arthritis phenotype: nutrition as therapeutic tool?. *Antioxidants*. 2021 Jan 22;10(2):157. doi: 10.3390/antiox10020157.
10. Wang X, Qi Y, Zheng H. Dietary polyphenol, gut microbiota, and health benefits. *Antioxidants*. 2022 Jun 20;11(6):1212. doi: 10.3390/antiox11061212.
11. Xu YB, Chen GL, Guo MQ. Antioxidant and anti-inflammatory activities of the crude extracts of *Moringa oleifera* from Kenya and their correlations with flavonoids. *Antioxidants*. 2019 Aug 9;8(8):296. doi: 10.3390/antiox8080296.
12. Yaneva M, Darlenski R. The link between atopic dermatitis and asthma-immunological imbalance and beyond. *Asthma Research and Practice*. 2021 Dec;7(1):1-8. doi: 10.1186/s40733-021-00082-0.
13. Kim JH, Kim K, Kim W. Gut microbiota restoration through fecal microbiota transplantation: a new atopic dermatitis therapy. *Experimental & molecular medicine*. 2021 May;53(5):907-16. doi: 10.1038/s12276-021-00627-6.
14. Goh GS, Tang ZY, Xie S. Effectiveness of neem oil versus Praziquantel/Oxfendazole for treatment of endoparasites in Eared Doves (*Zenaidura macroura*): A randomized controlled trial. *Journal of Exotic Pet Medicine*. 2020 Oct 1;35:87-91. doi: 10.1053/j.jepm.2020.07.005.
15. Lee MJ, Kang MJ, Lee SY, Lee E, Kim K, Won S, et al. Perturbations of gut microbiome genes in infants with atopic dermatitis according to feeding type. *Journal of Allergy and Clinical Immunology*. 2018 Apr 1;141(4):1310-9. doi: 10.1016/j.jaci.2017.11.045.
16. Lin TL, Fan YH, Chang YL, Ho HJ, Wu CY, Chen YJ. Early-life infections in association with the development of atopic dermatitis in infancy and early childhood: a nationwide nested case-control study. *Journal of the European Academy of Dermatology and Venereology*. 2022 Apr;36(4):615-22. doi:10.1111/jdv.17908.
17. Mortensen MS, Rasmussen MA, Stokholm J, Breyer AD, Balle C, Thorsen J, et al. Modeling transfer of vaginal microbiota from mother to infant in early life. *Elife*. 2021 Jan 15;10:e57051. doi: 10: e57051.
18. Zhang C, Li L, Jin B, Xu X, Zuo X, Li Y, et al. The effects of delivery mode on the gut microbiota and health: state of art. *Frontiers in Microbiology*. 2021 Dec 23;12:724449. doi: 10.3389/fmicb.2021.724449.
19. D'Introno A, Paradiso A, Scoditti E, D'Amico L, De Paolis A, Carluccio MA, et al. Antioxidant and anti-inflammatory properties of tomato fruits synthesizing different amounts of stilbenes. *Plant biotechnology journal*. 2009 Jun;7(5):422-9. doi: 10.1111/j.1467-7652.2009.00409.x.
20. Kiecka A, Macura B, Szczepanik M. Modulation of allergic contact dermatitis via gut microbiota modified by diet, vitamins, probiotics, prebiotics, and antibiotics. *Pharmacological Reports*. 2023 Apr;75(2):236-48. doi: 10.1007/s43440-023-00454-8.
21. Kapoor P, Tiwari A, Sharma S, Tiwari V, Sheoran B, Ali U, et al. Effect of anthocyanins on gut health markers, Firmicutes-Bacteroidetes ratio and short-chain fatty acids: a systematic review via meta-analysis. *Scientific Reports*. 2023 Jan 31;13(1):1729. doi: 10.1038/s41598-023-28764-0
22. Paul AK, Lim CL, Apu MA, Dolma KG, Gupta M, de Lourdes Pereira M, et al. Are Fermented Foods Effective against Inflammatory Diseases?. *International Journal of Environmental Research and Public Health*. 2023 Jan 30;20(3):2481. doi: 10.3390/ijerph20032481.
23. Souissi M, Azelmat J, Chaieb K, Grenier D. Antibacterial and anti-inflammatory activities of cardamom (*Elettaria cardamomum*) extracts: Potential therapeutic benefits for periodontal infections. *Anaerobe*. 2020 Feb 1;61:102089. doi: 10.1016/j.anaerobe.2019.102089.
24. Arreola R, Quintero-Fabián S, López-Roa RI, Flores-Gutiérrez EO, Reyes-Grajeda JP, Carrera-Quintanar L, et al. Immunomodulation and anti-inflammatory effects of garlic compounds. *Journal of immunology research*. 2015 Oct;2015. doi: 10.1155/2015/401630.
25. Roduit C, Frei R, Loss G, Büchele G, Weber J, Depner M, et al. Development of atopic dermatitis according to age of onset and association with early-life exposures. *Journal of allergy and clinical immunology*. 2012 Jul 1;130(1):130-6. doi: 10.1016/j.jaci.2012.02.043.

Creative Commons (CC) License-

This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY 4.0) license. This license permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited. (<http://creativecommons.org/licenses/by/4.0/>).