Atopic dermatitis in traditional Iranian medicine and the role of Maa al-Jobon-e Aftimouni in its treatment

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Abstract:

Background and Purpose: Atopic dermatitis is a common, chronic, itchy, inflammatory skin disease which has a profound impact on quality of life. The pruritic skin lesions lead to sleep disturbance, decreased performance and social activities of the affected individual in addition to financial expenses for the patient and his/her family and society. Mild atopic dermatitis can be controlled with emollients, antihistamines and topical corticosteroids, but severe cases often require treatment with immunosuppressant drugs (e.g., cyclosporine, azathioprine and systemic corticosteroids) with unfavourable side effects. Therefore, there is a tendency to use complementary and alternative medicines in atopic dermatitis. In traditional Iranian medicine, certain diseases have properties similar to those seen in atopic dermatitis, and all have been treated with Maa al-Jobon-e Aftimouni.

Materials & Methods: This study deals with an explanation of atopic dermatitis by investigating both traditional and modern medicinal treatment of the disease. It tries to put forward a novel therapeutic approach to atopic dermatitis treatment by presenting Maa al-Jobon-e Aftimouni and specification of its potential activity.

Results: Studies demonstrated that Maa al-Jobon (whey) and Aftimoun (Cuscuta sp.) have anti-inflammatory effects. In addition, Maa al-Jobon can improve skin healing, decrease itching and increase the patient's ability to adapt to stress.

Conclusion: It is hypothesized that Maa al-Jobon-e Aftimouni could be posed as a complementary treatment in atopic dermatitis.

Keywords: Maa al-Jobon-e Aftimouni, traditional Iranian medicine, atopic dermatitis.

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