Squill Oxymel (Sekanjabeen Onsoli), a golden choice for persistent asthma

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Abstract:

Background: Sekanjabeen Onsoli exerts anti-inflammatory, anti-oxidant, anti-cholinergic, and mucus secretion modulating effects. In traditional medicine, Squill (Drimia maritima (L.) Stearn) Oxymel was used to treat asthma.

Objectives: We used Sekanjabeen Onsoli to treat asthma patients to check its effectiveness and safety

Methods: In 60 patients with stable moderate to severe persistent asthma randomly was prescribed either Sekanjabeen Onsoli, simple Sekanjabeen, or a placebo 2 times a day, as an add-on to their routine treatment for 6-week . At the beginning of the study and end of it, spirometry and plethysmography were performed. For evaluation Forced Expiratory Volume in first second (FEV1) and St. George's respiratory questionnaire (SGRQ) was used.

Results: The results were reviewed for 54 patients who completed the study. Significant improvement in spirometry parameters, especially FEV1 (1.54 ± .38 vs. 2.11 ± .49 l), in the Sekanjabeen Onsoli group compared with the other groups was the main outcome of the study. The increases in FEV1 liter, FEV1%, FEV1/FVC%, and MEF 25–75% during the intervention were significantly higher in the Sekanjabeen Onsoli group ($p < .001$). Plethysmographic parameters showed no significant improvement between the study groups ($p>.05$). Significantly improve happend in SGRQ scores in both the Sekanjabeen Onsoli and the simple Sekanjabeen groups ($p < .001$). In 5 patients who used the Sekanjabeen Onsoli and simple Sekanjabeen were reported nausea and vomiting.No serious side effect was observed.

Conclusions: The results show that it is possible to benefit from Sekanjabeen Onsoli in the treatment of asthmatic patients..

Keywords: Asthma, Drimia maritima (L.) Stearn, Squill Oxymel, Traditional medicine, Airway resistance