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## UNI5 APPROACH TO TREAT ATOPIC ECZEMA: A CASE REPORT

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### ABSTRACT:

Case reports of two children, having rashes over the dorsum of both legs which were associated with intense itching, burning sensation, and oozing wounds. These two children were given Uni5 treatment and within 3 to 4 months, 90% of the skin inflammation got reduced. Even after 2 to 3 years of follow-up, they continue to be symptomless and free from any other allergic reactions to food or environmental trigger factors. This is an important aspect of our treatment results since it influences the child's emotional and social well-being during the growth phase. For the past 20 plus years, Uni5 has been helping eczema children with outstanding long-term results.

**Keywords:** Eczema, Gut health, inflammatory skin disease, Uni5

## 1. Introduction

Atopic Eczema is the most common inflammatory skin disease of childhood and usually starts around the age of six months [1]. Children with severe early onset, are at increased risk of developing asthma and allergic rhinitis later in their life [2]. There is currently no effective cure other than using steroid-based immunosuppressive creams to reduce itchy red rashes on the face and skin folds. The use of oral steroids causes the severe rebound of eczema on withdrawal and shows long-term side effects with other drugs like cyclosporine and azathioprine [3]. Many parents, therefore, prefer to avoid long-term usage of these medications and look for any alternative traditional therapeutics as Chinese herbals and Ayurvedic agents [4]. Several alternative approaches to intervene eczema are emerging that include exclusive breastfeeding or using infant formulas that contain hydrolyzed protein formulas, omega oil supplementation, and or use of prebiotics and probiotics [5]. Other popular alternatives include the use of silk, cotton, jute garments, bleach baths, wet-baths, gluten-free diet [6], vitamin E-rich diet, supplements of East Indian Sandalwood Oil (EISO), melatonin, L-histidine, and Manuka honey [7]. In India, ancient medicinal systems like Siddha and Ayurveda take a holistic approach in treating skin diseases based on the five elements principle, the PanchaBhutas. Ayurveda is based on the concept that in the human body, the life force manifests in five forms of *Panchaprana*. Yogic practices help in a proper balance of these *Panchaprana*, which govern different areas of the body resulting in holistic well-being [8].

One of such holistic treatment modalities in this lineage is the Uni5 system, which involves five aspects of one's being i.e., Body, Mind, Intelligence, Self-Awareness, and Unity-Consciousness based on the same five elements principle, the PanchaBhutas. When all these five functions harmoniously, they promote a healthy body and mind that elevate the Self-awareness of an individual [9].

## 2. EXPERIMENT

We present two case reports of a 4-year-old girl and a 3-year-old boy who had severe eczema skin rashes and were successfully treated with the Uni5 system to represent the treatment's success.

### 2.1 Case 1

A four-month-old baby girl born in the USA, Seattle on October 12, 2016, through vaginal delivery had complaints of facial acne. Parents thought that it was usual baby acne but soon it turned into white patches which started spreading from the face to all over the body, diagnosed as eczema i.e., *atopic dermatitis* by a pediatrician in February 2017. Her skin became extremely dry, itchy, scaly, and cracked, the itching got worse during nights resulting in difficulty sleeping and heavy scratching led the skin to peel off. She is genetically prone to dry skin; some family members have this trait. Eczema started oozing from March-end, 2017. The patient's pediatrician prescribed steroid creams to treat the inflammation, the parents did not try those and just applied organic wood pressed coconut oil and sesame oil for a month which did not help much. She also had dairy sensitivity i.e., *lactose intolerance*, developed itchy rashes all over the body after taking any form of dairy, however, she was able to digest her mother's milk. The child's mother was on a vegan diet for three years until her pregnancy. The mother had severe vaginal itching throughout the pregnancy and was not on any medication before or during pregnancy. There was no family history of any other health conditions.

### 2.2 Case 2

At the age of six months, a male child who was born through C- section on April 2, 2018, in Doha Qatar was diagnosed with complaints of eczema. The patient had itchy rashes with bleeding on both legs while scaly and dry ones on the face. The patient was given homeopathic medicine from September 2018 to February 2019. The patient had lactose intolerance however he was able to digest his mother's milk and had no other food allergy. The patient's mother was not on any medication during or before pregnancy. There was no family history of eczema or dry skin.

The parents contacted the above authors for the treatment method through email and phone. The authors made it clear to the parents that they treat and give suggestions based on the ancient medical traditional system. Parents were asked questions about

the medical condition of the patients and requested to send pictures of the eczema-affected legs to assess the seriousness of inflammation. Diet, lifestyle, family history, and current medical treatments were also asked in the process. In both cases, the parents were well informed of the possible cause of the disease, linking ancient principles of maintaining holistic health with the modern scientific knowledge of health and disease. The parents were informed about the role of unhealthy bacteria in the gut as reported in many scientific publications (Science vol 334, 7 October 2011, page 45-46). They were given complete information on how diet as a long-term effect can change the gut bacteria population and thereby improve the child's immunity and responses to allergic stimulants in the environment. Any imbalance in the ecosystem of microorganisms of the gut is connected to several human diseases such as inflammatory bowel diseases, colon cancer, irritable bowel syndrome, and non-alcoholic fatty liver diseases.

### **2.3 Uni5 approach**

Uni5, which is based on the same five fundamental principles guiding Ayurveda and Siddha, focuses first on cleansing the gut with water, diet, herbs including castor oil as an important aspect of treatment. The Uni5 system revives the lost cultural traditions where the wedding and post-wedding rituals were performed to reinforce healthy attributes to give birth to healthy offspring. Turmeric, jaggery (unrefined cane sugar), black sesame seeds, ghee, coconuts, are some of the main ingredients that are used in these rituals to ensure healthy pregnancy and delivery. When the mother fails to maintain a vaginal flora, 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 leading to differential responses to milk and its products and developing various allergies with severe inflammation in the skin such as eczema.

#### **2.3.1 Detoxifying (resetting) healthy microflora in the intestine**

The Uni5 system recommends giving a few drops of hot-pressed organic castor oil along with breast milk to the child suffering from eczema to reset the gut. The castor oil dosage differs based on the age of the child. Few drops of fermented non-GMO red/black rice water were given regularly to introduce a healthy microflora in the gut.

#### **2.3.2 Diet and lifestyle changes**

Non-GMO, whole unpolished/unrefined diet for both the breastfeeding mother and the patient is recommended. Simple white cotton cloths are recommended to avoid the aggravation of symptoms due to color dyes. Breastfeeding mothers are instructed to calm their minds by reducing stress, breathing exercises, simple yoga postures, and Uni5 meditation. A traditional practice of vowing (done by parents) to do charity equivalent to the medical cost after the cure is also an important part of the treatment.

### **2.3.1 Oil to reduce inflammation**

The patient was treated externally with organic herbal oils like jojoba oil, hot pressed castor oil with an infusion with organic garlic, turmeric, Aloe Vera, and neem. Freshly squeezed coconut milk with Aloe Vera was also applied externally.

## **3. Results**

A follow up has been done regularly in both cases.

### **3.1 Case 1**

The patient had started taking Uni5 treatment at the end of April 2017. Within one week of giving castor oil and fermented rice water, the patient's bowel movement got better. After four months of treatment, 90% of the patient's inflammation was reduced, and her skin condition became normal (Fig.1). The patient was able to digest yogurt and buttermilk after six months of treatment but not milk. After two months of further treatment, the patient was able to digest cow/goat milk as well with no symptoms of sensitivity or allergy.

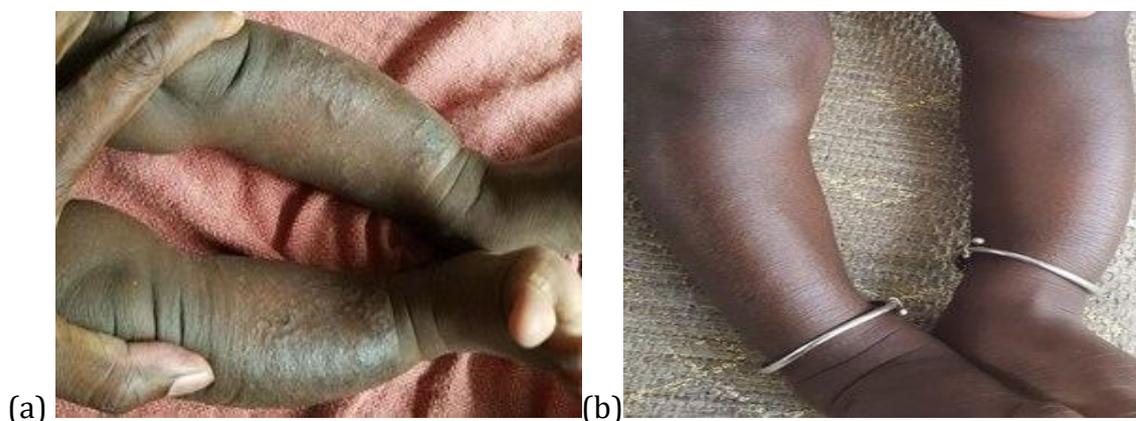


FIG 1 Case 1 Patient's Eczema Pictures. (a) Before Uni5 Treatment (b) After Uni5 treatment. Source: Pictures made by the patient of whom permission to use them were obtained.

### **3.2 Case 2**

Uni5 treatment was introduced to the patient in October 2018. The itching got better within three months of treatment. At the end of five months of treatment, rashes and wounds also got healed (Fig.2). The patient was able to digest any form of dairy after seven months of Uni5 treatment.



FIG 2. Case 2 Patient's Eczema Pictures. (a)(b) Before Uni5 Treatment (c) After Uni5 treatment. Source: Pictures made by the patient of whom permission to use them were obtained.

After 3 years we have checked again with case1 and found that there was no evidence of a return. The girl is free from eczema or any other allergic symptoms. We found the same with case 2 after follow-up in 2 years. These children continue to eat a regular diet with dairy products or nuts, gluten-rich foods like wheat and still do not show any

eczema symptoms flaring up or any other allergic reactions like asthma which is commonly seen in other eczema children (Table.1 & Table. 2).

**Table 1.** Case 1 Patient's Protein Intake Chart

Protein Source	Frequency	Quantity
Almond	Daily	5 grams
Milk	Daily	One cup
Curd	Daily	One small cup
Cashew, peanuts, and other nuts	Weekly twice or thrice	Less than 5 grams
Paneer	Weekly once	Less than 5 grams
Cheese	Monthly once	Few grams
Dhal	Daily	One cup cooked
Egg	-	-

**Table 2.** Case 2 Patient's Protein Intake Chart

Protein Source	Frequency	Quantity
Almond	Weekly once	5 grams
Milk	Weekly twice	One small cup
Curd	Weekly five times	One small cup
Cashew, peanuts, and other nuts	Weekly twice or thrice	Less than 5 grams
Paneer	-	-
Cheese	-	-
Dhal	Daily	One small cup, cooked
Egg	Weekly thrice	One or two

#### 4. Discussion

Castor oil cleaning was used to flush out toxins together with abnormal communities of microorganisms. Ingesting castor oil followed by drinking warm water, triggers bowel movements and flushes out the microbial flora colonizing the intestines. After a few hours, drinking A2 cow's buttermilk (fat-free fermented milk) was used, and having fermented rice for a minimum of a week was suggested. This practice ensured

healthy bacteria like *Lactobacillus* and *Bifidobacterium* recolonize the intestines which continue to live as normal flora in association with humans. The resetting of favorable flora helps to protect the hosts from infections, promotes health not only in the intestine but by influencing changes in the microbiome on the rest of the body as well.

## **5. Conclusion**

Usually, eczema's social and emotional impact in children is greater than that of other chronic diseases [10]. The itching can adversely affect the quality of life, especially chronic sleep disturbance. The unsightly appearance of the skin with the application of greasy ointments can limit a child's inclination to participate in social and sporting activities leading to the development of low self-esteem. The health-care costs of eczema in children are more for medications along with additional expenses incurred to purchase special clothing and bedding, special foods that are free from allergens, and other indirect costs from lost working days when parents are looking after a sick child [11]. Food intolerance is relatively common which usually results in worsening of the eczema symptoms.

In both the cases reported here, parents spent only less than the US \$100 for the Uni5 treatment, making it a very economical mode of treatment with outstanding long-term results. Therefore, the Uni5 treatment is worth pursuing by clinicians to assess the impact with more patients.

## **Consent for Publication**

Written informed consent was obtained from the patient for publication of this case report and any accompanying images.

## **Author Disclosure Statement**

No competing financial interests exist.

## **Conflict of interest:**

The authors declare no potential conflicts of interest with respect to the authorship and publication of this article.

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