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Case Report-A learning from clinical experiential history

세포교정영양요법(OCNT)을 이용한 탈모 환자 사례 보고

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A Case Study on the Use of Ortho-Cellular Nutrition Therapy (OCNT) in Patients with Alopecia

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ABSTRACT

Objective: A case report on alopecia improvement using Ortho-Cellular Nutrition Therapy (OCNT)

Methods: A 78-year-old Korean female, in which her quality of life has deteriorated due to severe long-term hair loss on the crown and forelocks.

Results: Symptoms of alopecia improved after nutritional therapy

Conclusion: Nutritional therapy can help to promote hair growth and increase hair thickness for patients who exhibit symptoms of alopecia.

Keywords Ortho-Cellular Nutrition Therapy (OCNT), alopecia

Introduction

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Asians have about 100,000 hairs and it is normal to lose about 50 to 100 hairs daily because they have a lower hair density than Westerners. However, patients with symptoms of alopecia, who are classified as having chronic skin diseases, exhibit symptoms of hair loss on the head or body.[1] Alopecia can be clinically classified into categories of scars and non-scars, and in the case of alopecia, in which scars are formed, destroys hair follicles, causing failure in hair regeneration, whereas in the case of alopecia with no scars, the hair follicles are maintained, allowing the hair to be regenerated after the site of symptom disappears.[2] Alopecia is considered an autoimmune disease caused by complex genetic or environmental factors, and many studies have been

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conducted actively to treat such conditions safely and effectively.[3]In addition, the rate of alopecia progression varies for each individual, and alopecia that begins at an early age often leads to severe baldness. It is very important to treat alopecia at an early stage, however, the decrease in hair density can continue as it is difficult to find the direct cause of the progression. Although alopecia is not directly accompanied by pain, it can cause even a slight stimulation to the skin, and falling of eyebrows and eyelashes can cause physical problems. In addition, continued symptoms of alopecia that causes hair loss can cause psychological problems in patients such as severe anxiety and depression.[4] This case intends to provide a report concerning the progress of hair loss symptoms after nutritional therapy in a 78-year-old female patient suffering from complex diseases, including alopecia, hypertension, and hyperlipidemia.

Cases

1. Target

The target includes a single case with a patient diagnosed with alopecia.

1) Name: Na, O O (F/78 years old)
2) Diagnosis: Alopecia
3) Date of Onset: October 2012
4) Treatment Period: December 2022 to February 2023 (Approximately 2 months)
5) Chief Complaint: Severe alopecia
6) Past History: Hyperlipidemia, hypertension
7) Social History: No history of smoking and alcohol, anemia, insomnia
8) Family History: Hyperlipidemia, hypertension
9) Current Medical History and Drug Administration: Anatel Plus Tab. 40/12.5 mg 1 tablet/day

2. Method

The patient has been suffering from severe long-term alopecia on the crown and forelock region, and it seems that the hair loss has progressed severely because proper measures were not taken appropriately. The hair in the site where the hair follicle is destroyed is very thin, and the scalp is visibly exposed from front and side views due to the decreased hair density. The patient was administered orally with Morangmorang Booster Capsule since December 2022. Cyaplex Scalp Care Tonic and Cyaplex Scalp Revitalizing Shampoo were applied directly to the scalp.

Result

In February 2023, which is about two months after the start of nutritional therapy, the thickness of the hair felt thicker compared to December 2022, and regions of the crown and forelocks, where the scalp was exposed visually, were filled with new hair (Fig. 1).

Figure1. Progression of alopecia symptoms before and after nutritional therapy

Consideration

Alopecia is considered a very common disease, and it is believed that the cause of hair loss is caused by male hormones in modern society.[5] Male hormones allow beards to grow, however, they cause hair loss on the

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scalp. Diverse chemical synthetic substances are used to prevent this, but there are other various side effects such as adverse effects on the fetus and prostate cancer. Nutritional therapy using naturally derived substances was conducted on patients with alopecia that persisted for 10 years. The components of Morangmorang Booster Capsules include L-methione required for the metabolism of L-cystine, an essential amino acid, and this is an essential nutrient for the construction of hair and nails.[6] It also contains Vitamin B groups that can cause hair loss when it is deficient in its level.[7] In addition, 7 Cyanidin-Hyluronic acid liposome complex (CSHNC) included in Cyaplex Scalp Care Tonic has an antioxidant effect, and Methyl Sulfonyl Methane (MSM) induces the synthesis of collagen, which is a component of nails in human body.[8] Also, it has been reported that growth promoting factor (PIGF), an active ingredient of horse placenta extract, has functions of formation of hair follicles and strengthening of capillaries.[9,10] Animal experiments have also shown that the menthol component contained in Cyaplex Scalp Revitalizing Shampoo helps with hair growth and hair follicle strenghtening.[11]

In this case, the patient exhibits a condition in which the function of the hair follicle has deteriorated significantly due to decreased metabolism and aging of cells due to her elder age, and there seem to be limitations in interpretation when observing hair density visually with the naked eye, rather than observing the formation of hair follicles and scalp cells.

However, this approach to alopecia treatment focuses on treating cells directly, which is different from the conventional approaches of removing the cause of the disease, and it seems that the patient's burden for undergoing potential side effects will be relatively low from it. This case report is provided with the consent of the patient.

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