

## 세포교정영양요법(OCNT)을 이용한 류마티스 관절염 개선 사례 연구

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## A Case Study on the Improvement of Rheumatoid Arthritis Using Ortho-Cellular Nutrition Therapy (OCNT)

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## ABSTRACT

**Objective:** A case report on the improvement of rheumatoid arthritis using Ortho-Cellular Nutrition Therapy (OCNT).

**Methods:** A Korean woman in her 60s, suffering from rheumatoid arthritis.

**Results:** Rheumatoid arthritis improved after performing OCNT.

**Conclusion:** OCNT can be helpful in the treatment of patients with rheumatoid arthritis.

**Keywords:** Ortho-Cellular Nutrition Therapy (OCNT), Rheumatoid arthritis

## Introduction

Rheumatoid arthritis is a multifactorial autoimmune disease of unknown causes, which mainly affects the joints and may cause extra-articular symptoms.<sup>1</sup>

The prevalence is estimated at 0.8% globally, and females are twice more likely to suffer from the disease than males. 20-30% of rheumatoid arthritis patients

develop permanent work disability within 2-3 years of diagnosis without treatment.<sup>2</sup>

The prevalence of rheumatoid arthritis in Korea is estimated at 0.27% to 1.85%, and the male-to-female ratio is 2.7 to 13.5:1.<sup>3</sup>

Symptoms of rheumatoid arthritis include joint swelling and pressure pain in palpation, joint stiffness, and severe motor disorders of the involved joints. Symptoms of rheumatoid arthritis vary, but the most common onset of pain appears with symmetrical swelling of small joints.<sup>4</sup> The patient, in this case, report suffering from rheumatoid arthritis, and the disease improved after undergoing OCNT. This case report is provided with the consent of the patient.

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## Cases

### 1. Target

It targeted one patient with rheumatoid arthritis.

- 1) Name: O O O (M/63 years old)
- 2) Diagnosis: Rheumatoid arthritis
- 3) Date of Onset: Unknown
- 4) Treatment Period: April 07, 2020 - current (ongoing)
- 5) Chief Complaint: Shortness of breath, fatigue, yellow skin, and feet, feeling of heat and pain in the joints of the thumb, severe pain and swelling in the rest of the fingers
- 6) Past History: Bronchiectasis, esophagitis, interstitial lung disease, thyroid nodule, congenital mitral valve abnormality (reflux)
- 7) Social History: No history of smoking and alcohol
- 8) Family History: None
- 9) Current medication: Administers 3 tablets of Methotrexate once a week, Solondo Tab., Folic Acid, Calteo, Celebrex 200mg

### 2. Method

Cyaplex A (101, twice a day, one sachet per dose)  
Eufaplex (101, twice a day, one sachet per dose)  
Collaplex (101, twice a day, one sachet per dose)  
Sulfoplex [Tab.] (505, twice a day, 5 tablets per dose)  
Heartberry BLACK (101, twice a day, one sachet per dose)  
Sulfoplex Cream  
TMPLEX Cap. (020, once a day, two capsules per dose)  
VIVA C Cap. (010, once a day, one capsule per dose)  
Sulfoplex PK Tab. (505, twice a day, 5 tablets per dose)  
Stemplex (010, once a day, one sachet per dose)  
Eufaplex Cap. (303, twice a day, 3 capsules per dose)

## Result

### 1st OCNT:

OCNT was initiated with Cyaplex A, Eufaplex, Collaplex, Sulfoplex [Tab], Heartberry BLACK, and Sulfoplex Cream. Starting at this point, the patient decided to discontinue the administration of prescription drugs from the hospital and take only Celebrex when experiencing relevant pain.

### 2nd OCNT:

The pain was alleviated, but intermittent pain occurred throughout the body. Vitamin D (4000 IU) was added.

### 3rd OCNT:

The result of the hospital examination revealed that the level of inflammation was improved to near normal for the first time. Administration of Celebrex was discontinued due to the disappearance of intermittent pain.

### 4th OCNT:

The symptoms of esophagitis improved and the patient longer experienced discomfort due to phlegm.

### 5th OCNT:

Same as before

### 6th OCNT:

Same as before

### 7th OCNT:

For quick recovery, the TMPLEX capsule and VIVA C capsule were administered in addition to the existing ones.

### June - December 2021:

Sulfoplex [Tab.] was changed to Sulfoplex PK Tab. Stemplex was added and the Eufaplex stick was changed to an Eufaplex Cap. Although the patient discontinued

taking prescription drugs while consistently taking OCNT, the test results exhibited normal levels in addition to the disappearance of pain and swelling.

#### **January 2022:**

Although the patient was hospitalized for heart valve surgery, it was postponed because it was determined to be not urgent. The condition is good because the patient does not experience shortness of breath, and the hand joints have also gotten better.

#### **January - December 2022:**

Medication is administered once a day for maintenance using the same OCNT prescription.

Heart valve surgery was cancelled because the condition got better.

### **Consideration**

The patient was a female in her 60s with a history of bronchiectasis, esophagitis, interstitial lung disease, thyroid nodule, and congenital mitral valve abnormality (reflux).

She was diagnosed with rheumatoid arthritis at Seoul ○ ○ Hospital and was taking Methotrexate, Solondo Tab., Folic Acid, Calteo, and Celebrex.

Anthocyanins in Cyaplex A and polyphenols in Heartberry BLACK are effective in relieving symptoms of rheumatoid arthritis.<sup>5</sup>

Omega-3 found in Eufaplex is effective for relieving symptoms of rheumatoid arthritis,<sup>6</sup> gamma-linolenic acid (GLA, all cis 6, 9, 12-octadecatrienoic acid, C18:3, n6) is produced in the body from linoleic acid (all cis 6, 9-octadecadienoic acid), an essential fatty acid of the omega-6 family, by the delta-6-unsaturated enzyme. It exhibits anti-inflammatory activity by forming DGLA,

which can help prevent and treat inflammatory diseases such as rheumatoid arthritis.<sup>7</sup>

Shark cartilage powder contained in Collaplex can help relieve symptoms of rheumatoid arthritis by suppressing cellular and humoral immune responses,<sup>8</sup> and MSM in Sulfoplex is also effective for treating rheumatoid arthritis.<sup>9</sup>

All in all, cyanidin glycosides contained in Heartberry BLACK have functions of anti-inflammatory, antioxidant, and anti-tumor activities, which are revealed to be effective in relieving symptoms of rheumatoid arthritis.<sup>4</sup>

As this is a single case study, the findings may not be universally applicable to all patients with rheumatoid arthritis. However, it is reported with the patient's consent as a case that has shown improvement in symptoms.

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