

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 50s is 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 chronic inflammatory disease characterized by progressive damage to synovial joints and various extra-articular symptoms. 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.¹ Rheumatoid arthritis exists everywhere in the world with an estimated prevalence of 0.5% to 2%, and the incidence and prevalence are 2-3 times higher in females than in males. 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 13.5:1.²

The patient, in this case, reported suffering from rheumatoid arthritis, and the patient was admitted to a neuropsychiatric and oriental medicine hospital due to mental and physical stress after being diagnosed with rheumatoid arthritis. After the performance of OCNT, rheumatoid arthritis improved, and 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/53 years old)
- 2) Diagnosis: Rheumatoid arthritis, glaucoma
- 3) Date of Onset: May 2021
- 4) Treatment Period: Jul. 08, 2021 - current (ongoing)
- 5) Chief Complaint: Anorexia, weight loss, hot palms, and feet, nausea, vomiting, insomnia
- 6) Past History: None
- 7) Social History: No history of smoking and alcohol
- 8) Family History: None
- 9) Current medication: Dicamax D

2. Method

The OCNT was initiated in accordance with the following method.

- Cyaplex A (101, twice a day, one sachet per dose)
 - Eufaplex Cap. (303, twice a day, 3 capsules per dose)
 - Collaplex (100, once a day, one sachet per dose)
 - Sulfoplex PK Tab. (202, twice a day, 2 tablets per administration)
 - Selenase (101, twice a day, one tablet per dose)
 - Aqua SAC Pure (100, once a day, one sachet per dose)
 - Sulfoplex Cream (Apply to the site of pain)
- Discontinued the prescribed medicine and took only Dicamax D.

Result

After 2 months of taking OCNT:

Blood test results were normal. Solondo was excluded from the prescription.

Dec. 2021

The dose of Sulfoplex PK was increased from 202 to 404 due to worsened pain.

Also, Caroplex (200, once a day, 2 tablets per administration) is added for eye health.

Feb. 2022

Test results were normal. The medical attendant liked the fact that the prescription drug caused no side effects. Returned to work.

Jul. 2022

Viva Circu Cap. (101, twice a day, one tablet per dose)
Diverol (100, once a day, one capsule per day)
Added OCNT to improve venous circulation as the patient's job required long-standing hours.

Feb. 2023

The test result revealed that all levels were normal, and Sulfo PK Tab. was reduced to 202 as the pain disappeared.

Apr. 2023

All OCNTs were reduced to once a day as a maintenance dose.

Consideration

The patient of this case report was suffering from rheumatoid arthritis and was taking Methotrexate, Solondo, Dicamax D, and Celebrex prescribed by the rheumatology department, but there was no improvement in symptoms. Therefore, the patient was admitted to a neuropsychiatric and oriental medicine hospital due to mental and physical stress.

Excessive production of nitric oxide (NO) can cause inflammatory diseases such as rheumatoid arthritis, and

anthocyanins in Cyaplex A exhibit the highest inhibitory effect on NO production in a dose-dependent manner.³ Omega-3 found in Eufaplex serves as a precursor to lipid mediators of inflammation attenuates and regulates autoimmune inflammatory responses, and is effective for relieving symptoms of rheumatoid arthritis,⁴ 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.⁵ Shark cartilage powder contained in Collaplex can help relieve symptoms of rheumatoid arthritis by suppressing cellular and humoral immune responses,⁶ and MSM in Sulfoplex and Sulfoplex Cream is also effective for treating rheumatoid arthritis.⁷ Selenium in Selenase alleviates rheumatoid arthritis by enhancing the deteriorated antioxidant defense system and reducing increased oxidative stress.⁸ Lastly, patients with rheumatoid arthritis are supplemented with the calcium contained in Aqua SAC Pure since they have a low calcium/phosphorus ratio.⁹ 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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