

## 세포교정영양요법(OCNT)을 이용한 낭종 개선 사례

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### A Case of Cyst Improvement Using Ortho-Cellular Nutrition Therapy (OCNT)

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#### ABSTRACT

**Objective:** Report on a case of epidermal cyst improvement through Ortho-Cellular Nutrition Therapy (OCNT).

**Methods:** A 74-year-old Korean male experienced discomfort due to a cyst near the left thumb nail. Despite three months of hospital visits for treatment with no improvement, OCNT was applied.

**Results:** After implementing OCNT, symptoms of the cyst and abscess improved, and the patient's discomfort was reduced.

**Conclusion:** OCNT application can aid in alleviating symptoms of cysts and reducing discomfort experienced by patients.

**Keywords** Ortho-Cellular Nutrition Therapy (OCNT), epidermal cyst, abscess, folliculitis, ischemia

#### INTRODUCTION

A cyst is a closed pocket distinctly compartmentalized from adjacent tissues. This may contain air, fluid, or semi-solid material; pus formations within this area are known as abscesses.

Skin abscesses are pus formations resulting from bacterial infections of the skin and soft tissues.<sup>1</sup> Causes of skin abscesses can include impetigo, folliculitis, furunculosis, carbuncles, and cellulitis, and they can sometimes lead to serious local and systemic complications.<sup>2</sup>

The skin is one of the organs most susceptible to abscess formation, often due to Gram-positive microbes like *Staphylococcus aureus* and *Streptococcus*. Reduced blood flow to certain areas of the body can make it difficult for white blood cells to reach and combat infections, creating conditions conducive to abscess formation.<sup>3</sup>

Signs and symptoms of an abscess include redness, pain, burning sensation, and swelling. While most cases are treatable without complications, neglect can lead to severe problems.<sup>4</sup>

For patients with abscesses, incision and drainage to remove pus and necrotic debris is an effective method.<sup>5,6</sup> Also, administering antibiotics and antimicrobials is often

recommended in conjunction with the incision and drainage.

A mucous cyst that can occur at the fingertip is part of a ganglion cyst and can cause severe cases of nail depression. The patient in this case had a relatively mild epidermal cyst but received little treatment other than drainage of the abscess during three months of hospital visits.

Seeking relief from aesthetic and functional discomfort caused by the cyst, the patient opted to start OCNT. An external agent with a cream formula was applied to the recurrently purulent skin lesion. About a month after starting OCNT, significant improvement was noted and the case is reported with the patient's consent.

#### CASE STUDY

##### 1. Subject

A case involving one patient with an epidermal cyst.

- 1) Name: O O (M/74 years old)
- 2) Diagnosis: Skin cyst and abscess
- 3) Date of Onset: January 2024
- 4) Treatment Duration: April 18, 2024 to present
- 5) Primary Symptoms: Recurrent abscess in the epidermal cyst around the fingernail
- 6) Medical History: None
- 7) Social History: Drinks once a week, non-smoker for three years
- 8) Family History: None
- 9) Medications and Treatments Applied: Antibiotic ointment (for cyst)

##### 2. Methods

- Primary OCNT

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Apply a suitable amount of Sulfoplex cream mild evenly to the skin at least once a day.

- Secondary OCNT

Oral Administration:

Vivagin X (001, once a day, 1 tablet per dose),

Vivarol (001, once a day, 1 tablet per dose).

Take the above OCNTs at prescribed times and amounts.

External Application:

Apply a suitable amount of Cyaplex balm evenly to the skin twice a day after using Sulfoplex cream mild.

In addition to the treatments, the patient was advised to drink ample water and regulate salt intake to prevent dryness during regular activities and exercise.

## RESULTS

The subject initially visited the pharmacy on April 18, 2024, feeling discomfort in daily life due to recurrent epidermal cysts around the left fingernail (Fig. 1A).

After about three months of visiting hospitals, where no significant intervention was suggested other than to drain the abscess, he went to the pharmacy to purchase medicine.

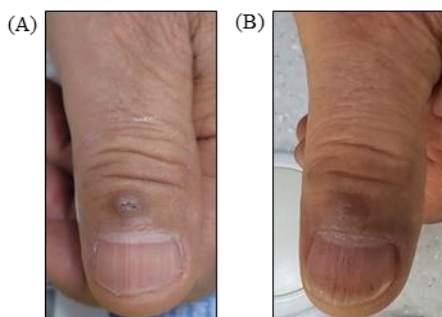
Since the location of the cyst was not suitable for adhering plasters and there was concern that making a hole larger could worsen the condition, Sulfoplex cream mild was recommended.

Approximately 20 days later, the patient reported improvement in the abscess. While the outer skin had recovered, the inside had not fully healed, but the patient felt significant relief (Fig. 1B).

During a subsequent consultation, decreased blood flow and symptoms of dryness were suspected, leading to recommendations for Vivagin X and Vivarol. Additionally, Cyaplex balm was advised to apply to the cyst area. During this process, the patient exhibited symptoms of numbness in the hand, which were considered a positive response to the treatment.

## DISCUSSION

The subject of the case is a male in his 70s from Korea who



**Fig 1. Cyst change in the patient before and after OCNT.** (A) Patient's cyst status at pharmacy visits on April 18th. (B) Patient's cyst status at pharmacy visits on May 8th.

developed a small epidermal cyst near his left thumb nail around January 2024. When the abscess was filled up in the cyst and squeezed out, a hole was created, making a repeated vicious cycle of abscess formation. Although he visited hospitals for treatment, the only intervention was draining the abscess and a prescription for antibiotic ointment, which was ineffective. Therefore, Ortho-Cellular Nutrition Therapy (OCNT) was adopted to manage his cyst and abscess.

The Sulfoplex mild cream recommended to the subject contains various ingredients, including *Centella asiatica* extract, which is known to promote collagen synthesis, reduce inflammation, and help skin regeneration. Research indicates that *Centella asiatica* extract enhances wound healing by promoting fibroblast proliferation, cellular proliferation, and re-epithelialization, and increases collagen synthesis in wound recovery process. Furthermore, active ingredients in *Centella asiatica*, such as asiatic acid and madecassoside, suppress the production of inflammatory cytokines, demonstrating anti-inflammatory effects.<sup>7-9</sup>

Curcumin, the main active component of turmeric, acts as a potent anti-inflammatory agent. Curcumin blocks inflammatory pathways and reduces the production of inflammatory cytokines such as TNF- $\alpha$ , IL-6, and IL-1 $\beta$ , thereby inhibiting inflammation.<sup>10</sup>

Purslane extract is effective against allergies, bacteria, and inflammation in response to external skin irritants and is beneficial for conditions like acne, eczema, dermatitis, and itching. Various studies have shown that purslane is effective in treating acne or septicemic skin issues similar to acne.<sup>11</sup>

Lastly, Methylsulfonylmethane (MSM) is a natural sulfur compound with anti-inflammatory properties that help alleviate inflammation. Research has shown that MSM inhibits the production of inflammatory cytokines and reduces oxidative stress, easing inflammatory responses. Thanks to these properties, MSM is effective not only for inflammatory diseases like arthritis but also for skin inflammation.<sup>12</sup>

Before initiating the first nutritional therapy, the subject appeared to have symptoms of reduced blood flow and dryness, which likely influenced the cyst's condition. Consequently, additional measures were taken to improve these symptoms using Vivarol, Vivagin X, and Cyaplex balm.

Vivarol contains alpha-linolenic acid and is rich in omega-3 fatty acids. Omega-3 fatty acids help reduce a patient's triglyceride levels, alleviate vascular stiffness, enhance endothelial function, and ultimately improve blood flow.<sup>13</sup> Alpha-linolenic acid (ALA) also effectively prevents thrombus formation in arteries and inhibits platelet activation, maintaining smooth blood flow.<sup>14</sup>

Contained within Vivagin X, vitamin C and selenium play roles in managing heat-related stress and mitigating dryness. Vitamin C induces the expression of CryAB and Hsp70 proteins, protecting cells from oxidative and heat stress.<sup>15</sup> Furthermore, selenium is known for its antioxidant properties and its ability to inhibit lipid peroxidation, aiding in cellular infiltration prevention and cellular regeneration.<sup>16</sup>

The lanolin component in Cyaplex balm exhibits high reflectivity and scattering rates against visible light, showing effective skin defensive capabilities and antioxidative properties that help prevent cellular oxidation.<sup>17</sup>

The use of these naturally derived ingredients in OCNT has shown effectiveness in improving the symptoms of cysts and abscesses for the subject. Additionally, further nutritional therapies were applied to improve blood circulation and symptoms of dryness, observing a positive response. Continuous monitoring will be conducted to assess the subject's ongoing response.

This case report represents a single instance, and its findings are not universally applicable to all patients with epidermal cysts. Also, the need for ongoing observation should be highlighted. However, significant improvements in the symptoms of cysts and abscesses were observed after simple OCNT implementation and reporting the case with the patient's consent.

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