

## 세포교정영양요법(OCNT)을 이용한 지루성 피부염 개선 사례 보고

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### A Case Report on the Improvement of Seborrheic Dermatitis Using Ortho-Cellular Nutrition Therapy (OCNT)

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#### ABSTRACT

**Objective:** Seborrheic dermatitis is a chronic inflammatory disorder that occurs on the scalp, face, ears, chest, and other areas of the body. The symptoms of this condition include excessive sebum production, erythema, scaling, and pruritus, and when it affects the scalp, it can present in a form resembling dandruff. This condition occurs in 1-3% of healthy adults and is more commonly observed in men, adolescents, young adults, and individuals of African descent. Currently, commonly used treatments include antifungal agents and anti-inflammatory medications. Steroids, immune-modulating drugs, mud therapy, and phototherapy are also used for treatment.

**Case Report:** This case study was conducted on a Korean male in his twenties suffering from seborrheic dermatitis. The patient had struggled with acne-prone skin during his adolescence due to academic stress, which later progressed into seborrheic dermatitis. Therefore, Ortho-Cellular Nutrition Therapy (OCNT) was implemented to address his condition, prescribing anthocyanins, linoleic acid, bamboo leaves, rock salt, and salicylic acid to improve the associated symptoms.

**Conclusion:** The patient reported improvement in the symptoms of seborrheic dermatitis after 8 months of OCNT. This case study is based on the health condition of a single patient, and it may not be universally applicable to all seborrheic dermatitis patients. However, the results were considered meaningful as the patient's quality of life significantly improved after undergoing the OCNT regimen.

**Keywords** Ortho-Cellular Nutrition Therapy (OCNT), seborrheic dermatitis, inflammation, scalp, pruritus

#### Introduction

Seborrheic dermatitis is a chronic inflammatory condition that develops in areas with high sebum secretion, such as the scalp, face, ears, and chest. The symptoms of seborrheic dermatitis include excessive sebum production, erythema, scaling, and pruritus, and the distribution of lesions is similar to the distribution of sebaceous glands. When inflammation occurs on the scalp, it may resemble dandruff. Symptoms can vary between patients, including erythema, lesions, and appearance, leading seborrheic dermatitis to be referred to by various terms such as seborrheic dermatitis, seborrheic eczema, and

pityriasis capitis. The severity of seborrheic dermatitis ranges from mild dandruff and scaling that can be treated with medication to cases where thick scales appear on the scalp, face, and torso.<sup>1</sup>

Although the exact cause of seborrheic dermatitis is not fully understood, it is commonly associated with factors such as the *Malassezia* yeast, hormones, underlying conditions like HIV and Parkinson's disease, and immune responses. Seborrheic dermatitis affects 1–3% of healthy adults, with a higher prevalence in men than women. It is particularly common in adolescents, young adults, and African Americans, and its frequency tends to increase in patients over the age of 50. Additionally, seborrheic dermatitis is influenced by genetic factors and family history, and it is known to worsen in environments with low temperatures and humidity. Therefore, patients who have experienced chronic seborrheic dermatitis may see a worsening of symptoms due to seasonal changes, with an increased prevalence during the winter months.<sup>2</sup>

*Malassezia* is a lipid-dependent yeast closely linked to the development of seborrheic dermatitis. The proliferation of *Malassezia* triggers an immune response in the skin, leading to

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inflammation and the onset of seborrheic dermatitis. To date, nine species of *Malassezia* have been identified, with *Malassezia globosa* and *Malassezia restricta* being the most strongly associated with seborrheic dermatitis. *Malassezia* is commonly found on areas of the skin where sebaceous activity is high, as the yeast utilizes sebum as a growth substrate. Furthermore, *Malassezia* produces lipase, a lipolytic enzyme that releases arachidonic acid, which can induce skin inflammation.<sup>3</sup>

Current treatments for seborrheic dermatitis focus on alleviating associated symptoms such as pruritus, eliminating disease manifestations, and preventing recurrence through long-term management. Since the primary pathological mechanism of seborrheic dermatitis involves inflammation triggered by the proliferation of *Malassezia* yeast, commonly used medications include antifungal and anti-inflammatory agents. In addition, steroid preparations, immunomodulators, mud therapy, and phototherapy are also employed. Systemic treatments are only considered when lesions are widespread or when topical treatments have no improvement. Moreover, symptoms may worsen due to excessive stress, fatigue, or scalp irritation. Therefore, preventive lifestyle management—such as maintaining psychological stability, getting sufficient sleep, and avoiding fatigue—is also necessary.<sup>4</sup>

This case study presents a patient whose acne developed during adolescence and whose seborrheic dermatitis worsened in the occipital region. Through the Ortho-Cellular Nutrition Therapy (OCNT) regimen, the patient showed marked improvement in scalp health and inflammation. This case study is reported with the patient's consent.

## Case Study

### 1. Subject

This case study involves a single patient diagnosed with seborrheic dermatitis.

- 1) Name: Choi OO (24 years old / M)
- 2) Diagnosis: Seborrheic dermatitis
- 3) Date of onset: January 2022
- 4) Treatment period: July 30, 2022 – March 2023

- 5) Chief complaints: Erythema, redness, scaling, pruritus, dandruff
- 6) Medical history: Suppurative acne during adolescence
- 7) Social history: Stress related to academic workload
- 8) Family history: None
- 9) Current illness and medications: None

### 2. Method

Table 1 details the OCNT prescribed to the patient.

## Results

The patient reported experiencing scalp flaking, erythema, and pruritus for the past three years. In addition, the deterioration of his skin condition was accompanied by a worsening of seborrheic dermatitis. Therefore, OCNT was applied to this patient to alleviate the symptoms.

After three months of the OCNT regimen, the patient's symptoms had significantly diminished, and by the fifth month, most signs of dermatitis had notably improved. However, the patient reported continuing OCNT even after symptom improvement to maintain scalp health. The indicators of symptom changes experienced by the patient during OCNT are detailed in Table 2.

## Discussion

The patient in this case study had been managing symptoms of seborrheic dermatitis for 2-3 years after its onset, using methods to alleviate his condition. He visited a pharmacy to seek treatment upon the recommendation of her mother, who had also regained her health through OCNT. The patient reported that his skin condition worsened dramatically during adolescence, with frequent acne breakouts. Additionally, due to academic stress, he developed erythema and dandruff at the nuchal region, where the scalp and neck meet, a common manifestation of seborrheic dermatitis. The patient's seborrheic dermatitis was believed to be caused by hormonal changes affecting the skin and inflammation, as well as the stress factor. As a result, the OCNT treatment plan was designed to focus on

**Table 1. OCNT administered to the patient**

Medications	Month	1 - 4	5 - 7	8 - Present
Cyaplex X Granules		101	-	100
Eufaplex Alpha Stick		101	-	100
Cyaplex X Capsule		-	202	-
Eufaplex Alpha Capsule		-	303	-
Hwapyeongwon		101	101	-
Cyaplex Mineral Rock Salt		One sachet was dissolved in 500cc of water and taken.		-
Aqua SAC Pure				
Heartberry Black				
Licoplex Liquid		Once or twice a day	-	-
Morangmorang Shampoo		Once or twice a day	-	-

100: one sachet/capsule once a day in the morning; 101: one sachet/capsule twice a day, in the morning and evening; 202: two sachets/capsules twice a day, in the morning and evening; 303: three sachets/capsules twice a day, in the morning and evening

**Table 2. Degree of symptoms experienced by the patient during OCNT.** The scale ranges from 0 to 5, with higher values indicating greater discomfort experienced by the patient.

Month Symptoms	1 - 2	3 - 4	5 - 7	8 - Present
Erythema	4	2	1	0
Scaling	4	1	0	0
Pruritus	3	1	0	0
Dandruff	4	1	0	0

0: No symptoms, not affecting daily life at all; 1: Mild symptoms, not significantly affecting daily life; 2: More noticeable symptoms, requiring slight adjustments in daily life; 3: Symptoms significantly affecting daily life, causing difficulty in performing some activities; 4: Major difficulty in performing activities during daily life; 5: Severe discomfort in daily life, causing significant stress

prescribing nutrients that would help regulate inflammation and improve his skin condition.

Reducing sebum production is essential for improving seborrheic dermatitis. Several studies have demonstrated that various plants, recognized for their anthocyanin content, contribute to improving skin conditions and reducing sebum secretion.<sup>5,6</sup> Anthocyanins, a type of polyphenol, are flavonoid pigments widely found in fruits and vegetables. These compounds possess significant functions in the human body, including anti-inflammatory, antioxidant, and anti-tumor properties. In particular, anthocyanins play a crucial role in alleviating symptoms of inflammatory diseases through various anti-inflammatory mechanisms.<sup>7</sup> Seborrheic dermatitis occurs as a result of an inflammatory response induced by *Malassezia*. Therefore, Cyaplex X and Heartberry Black, which contain anthocyanins, were prescribed to suppress sebum secretion and reduce inflammation levels in the patient.

However, overall skin improvement was necessary, as the patient's condition was already poor. Skin lipids play a crucial role in structural and physiological functions, such as forming cell membranes and providing energy to the skin. Therefore, supplying essential fatty acids helps activate skin-related metabolism and functions.<sup>8</sup> Linoleic acid is the most abundant polyunsaturated fatty acid and an essential fatty acid in the skin. According to a study, when plant oils rich in linoleic acid are applied topically to the skin, they promote wound healing, skin whitening, skin barrier restoration, anti-inflammatory effects, and stimulation of hair growth. Additionally, linoleic acid has been shown to positively affect various skin conditions, including acne and atopic dermatitis.<sup>9</sup> Therefore, Eufaplex Alpha, rich in linoleic acid, was prescribed to improve the patient's acne-prone skin and overall skin condition.

The symptoms of seborrheic dermatitis, including skin redness, pruritus, and scaling, occur due to the metabolic processes of skin cells. In adults, symptomatic therapy is primarily administered due to the challenges associated with the complete treatment of these symptoms. Bamboo leaves, included in Hwapyeongwon, have been used as medicinal plants for centuries. The compounds in bamboo leaf extract enhance the healing rate of wounds and skin lesions while acting as antimicrobial agents, benefiting various skin conditions, including atopic dermatitis.<sup>10</sup> Additionally, the rock

salt in Cyaplex Mineral Rock Salt has long been known for its anti-inflammatory properties. This effect occurs because microorganisms, composed of cells, are dissolved and destroyed due to the osmotic pressure of sodium. Furthermore, when salt is ingested, water moves into the extracellular space, causing the skin to become taut and soft.<sup>11</sup> Therefore, the OCNT regimen was designed to benefit the patient's skin through the abovementioned prescriptions.

The scaling and dandruff observed in the patient are common symptoms of seborrheic dermatitis caused by an increased rate of stratum corneum production. Therefore, seborrheic dermatitis is managed using keratolytic agents to remove the outer layer of the stratum corneum or medications that reduce its production rate.<sup>12</sup> Salicylic acid, an active ingredient in Morangmorang Shampoo, is a well-known keratolytic agent. This component inhibits the NF-κB pathway in sebocytes, reducing inflammation and lipid production, thereby contributing to its effectiveness in treating acne and removing excess keratin.<sup>13</sup> Therefore, the above prescriptions were intended to regulate keratinization and support the skin's normal metabolic processes.

The patient showed a significant reduction in symptoms after approximately eight months of the OCNT regimen. The patient also reported consistently managing scalp care and taking the prescribed nutrients. These results suggest that the personalized OCNT approach contributed significantly to improving symptoms. While this case study was conducted on a single patient and may not be universally applicable to all seborrheic dermatitis cases, it presents meaningful outcomes by enhancing the patient's quality of life without medications. This report is published with the patient's consent.

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