

세포교정영양요법(OCNT)을 이용한 우울증 개선 사례 연구

백민호 약사

경기도 파주시 조리읍 고봉로 1039 셀메드 파주 백화점약국

Study on a case of improvement of depression using Ortho-Cellular Nutrition Therapy (OCNT)

Pharmacist, Minh Baek

Paju department store Pharmacy, 1039, Gobong-ro, Jori-eup, Paju-si, Gyeonggi-do, Republic of Korea

ABSTRACT

Objective: Study on a case of improvement of depression through the use of OCNT**Methods:** OCNT was implemented due to depression that lasted over prolonged period time on a 59-year old Korean female.**Results:** Depression gradually improved a little by little following the implementation of OCNT and symptoms improved eventually to the extent of enabling the patient to engage in internal and external activities.**Conclusion:** Application of OCNT to those suffering from depression can be helpful in alleviation of symptoms.**Keywords** Ortho-Cellular Nutrition Therapy (OCNT), depression, depressive disorder

Introduction

Depression, also known as a depressive disorder, is a condition characterized by low motivation and feelings of depression, resulting in a variety of cognitive and psychosomatic symptoms that impair daily functioning.

Depressive disorders have a lifetime prevalence rate of 15%, particularly among females, and induce changes in emotions, thoughts, physical condition and behavior. Depression is different from a temporary feeling of melancholy and is not an expression of personal weakness or something that can be eliminated by willpower. As such, it requires appropriate treatment to improve symptoms and return to normal life.

Although the causes of depression are still unclear, it is known that a variety of factors may contribute to depression including the following:

1) Biochemical factors

Caused by an imbalance of neurotransmitters or bio-hormones in the brain

2) Genetic factors

A past family history of depression has been reported to increase the likelihood of developing depression

3) Environmental factors

Caused by intense or chronic external stress

Depression can be manifested due to one of the symptoms of physical illnesses such as hypothyroidism or stroke, and it can also manifest along with other mental illnesses such as anxiety disorders and bipolar disorder. Accordingly, a thorough examination and screening diagnosis are essential before conclusive diagnosis of depression.

Once a patient is diagnosed with depression, drug therapy and mental therapy are generally prescribed. In the case of antidepressants, side effects such as gastrointestinal disorders, constipation, dry mouth, nausea, indigestion and sleep disorders may occur, and depending on the people, there are cases in which patients may not feel much effect even after taking antidepressants for several months because they do not work well.

In this case, the patient has been suffering from depression for a long time due to chronic stress caused by the surrounding environment, and this has caused great inconvenience in her daily life. Although she has been taking depression medication continuously, her symptoms have not improved significantly. During the last two years, she has become unable to perform even basic household chores. For this reason, it was decided to implement OCNT and report the progresses thereof.

*Correspondence: Minh Baek

E-mail: homin8111@naver.com

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Case

1. Subject

1 case of depression patient was used as the subject of this study.

- 1) Name: ○ ○ ○ (F/59 years old)
- 2) Name of diagnosis: Depression
- 3) Manifestation date (time of aggravation of the symptoms): 2022
- 4) Treatment period (OCNT period): 2022~Present
- 5) Main symptoms: Depression prevented the patient from performing simple household chores such as cleaning, etc. and prevented her from leaving home at all.
- 6) Past medical history: None
- 7) Past social history: None
- 8) Past family history: None
- 9) Current medical condition and medicine administered: Anti-depressant prescribed by hospital (Sandoz escitalopram Tab., Mirta Tab., Alpram Tab., Depas Tab., Aripizole Tab.)

2. Method

A) Orally administered formulations

<For 6 months>

Vivagin X Capsule (101, twice a day, 1 capsule)
Yohanplex Granule (110, twice a day, 1 sachet at a time)
Tmplex Capsule (101, once a day, 3 capsules at a time)

<For 3 months>

Vivagin X Capsule (101, twice a day, 1 capsule)
Yohanplex Granule (110, twice a day, 1 sachet at a time)
Vivarol Capsule (001, once a day, 3 capsule at a time)
Tmplex Capsule (101, once a day, 3 capsules at a time)

< For 4 months>

Vivagin X Capsule (101, twice a day, 1 capsule)
Yohanplex Granule (110, twice a day, 1 sachet at a time)
Diverol Capsule (001, once a day, 1 capsule at a time)
Tmplex Capsule (101, once a day, 3 capsules at a time)

< For 4 months>

Vivagin X Capsule (101, twice a day, 1 capsule)
Yohanplex Granule (110, twice a day, 1 sachet at a time)
Vivarol Capsule (001, once a day, 1 capsule at a time)
Tmplex Capsule (101, once a day, 3 capsules at a time)

<For 2 months>

Vivagin X Capsule (101, twice a day, 1 capsule)
Yohanplex Granule (110, twice a day, 1 sachet at a time)
Thyroplex Capsule (101, twice a day, 1 sachet at a time)
Tmplex Capsule (101, once a day, 3 capsules at a time)
<Present>
Yohanplex Granule (110, twice a day, 1 sachet at a time)
Tmplex Capsule (101, once a day, 3 capsules at a time)

B) In terms of the lifestyle, depression was alleviated to the extent enabled the patient to do internal and external activities after having taken the aforementioned formulations, and subsequent mental and psychological therapy through traveling became possible.

Results

The patient in this case is a 59-year old female who has been taking medication for depression for her entire life, but her symptoms have not improved and have fluctuated from good to bad. In particular, her symptoms aggravated 2 years ago to the extent of having difficulty in going outside and even performing simple household chores such as cleaning and laundry.

As a result of having implemented OCNT continuously for 19 months, her depression was gradually alleviated. Within the first two weeks of starting the ONCT, her facial expressions began to brighten, and after one month, she gained the ability to venture outside little by little. Now, she is able to perform basic household chores such as meal preparation and cleaning without difficulty, and she can go out with improved confidence and functionality. After she managed to recover to the extent of enabling her to engage in external activities through OCNT, she was able to do undergo mental and psychological therapies through traveling. Following such travels, her mind and body became more stable and she recovered to about 90% level.

The patient of this case is continuing to undergo OCNT to prevent recurrence and achieve further improvements.

Considerations

According to the outcomes of epidemiologic survey on the actual status of mental illness announced in 2016 by the Ministry of Health and Welfare, the number of depression patients in Korea exceeded 600,000. As such, depression is a common disorder that can be easily found around us. Medication is the first choice for treating depression, but due to individual differences in response to antidepressants and various side effects, many people undergo the process of progress into chronic depression.

Although scientists are still trying to understand the causes of depression, they are yet to disclose the accurate causes. However, it is known that serotonin and melatonin are the main substances that are thought to be the cause of depression, and several other hormones related to the nervous system, such as dopamine and norepinephrine, also affect depression.

Serotonin, the so called happy hormone, is a brain chemical that makes one to experience the feeling of calmness and good mood. It is a hormone that transmits signals between the brain and the nerve cells in the body, and plays an important role in regulating mood as well as bodily functions such as sleep, digestion and bone health.

Low serotonin levels can lead to depression and anxiety. Serotonin, along with the neurotransmitter dopamine, regulates sleep. It also affects both the length and quality of sleep and stimulates the production of melatonin, a hormone that balances the sleep-wake cycle of the body.

Vitamin D contained in Vivagin X, Vivagin F and Diverol is involved in the synthesis of serotonin and has been shown to reduce depression by regulating the function of the central nervous system.

According to the research team of the University of East Finland, it was found that nerve-activating steroid (neurosteroid)

and immune action of Vitamin D control the depression related biological mechanisms.

Research team at Tehran University of Medical Sciences in Iran also presented the fact that “when antidepressant pharmacotherapy failed, concurrent administration of 1,500 IU of vitamin D per day and antidepressants significantly increased the efficacy of antidepressant medication as early as one week of administration”.²

In addition, a US government health study reported in 2013 disclosed that the severe vitamin D deficiency leads to higher suicide rate.³ Vitamin D deficiency increases the level of cytokine that induces inflammation in the brain and impairs serotonin transmission, which can lead to depression and suicidal impulse.

Based on the aforementioned studies, consumption of supplementation containing Vitamin D could be helpful in reducing depression.

The omega-3 fatty acids contained in Vivarol have also been known to be beneficial in treating mental health, particularly depression. According to studies on omega-3s and depression conducted in 2004 and 2009, it was found that DHA and EPA played an important role in treating various types of depression.⁴⁻⁶ Other reports on such phenomenon suggest that this is because omega-3 intake affects the expression of the 5-HTT gene, which activates the release of serotonin and dopamine, which are hormones associated with positive emotions.^{7,8}

The anti-inflammatory effects of omega-3 may also help improve depression. Taking omega-3 inhibits the inflammatory cytokines PG-2s, IL-1 and TNF-alpha, which cause and aggravate depression, and increases blood flow to the nerve endings in the brain, which improves depressive symptoms.⁹

According to the results of study by a research team at King's College London Medical School in the United Kingdom, it was found that 22 patients with depression was administered with omega-3 supplements daily for 12 weeks displayed reduction in their depressive symptoms by up to 71%. The research team explained that studies have shown that people with depression have higher levels of inflammation in their bodies, and the anti-inflammatory effects of omega-3 fatty acids may have helped with depression.¹⁰

In addition, omega-3 also affect brain-derived neurotrophic factor (BDNF), which has been linked to bipolar disorder and depression. BDNF is involved in cell growth, differentiation and death, and plays an important role in neuroplasticity. In 2004, research team at the University of California, Los Angeles (UCLA) reported that omega-3 can promote the gene expression of BDNF in the brain.¹¹

The main ingredient of Yohanplex, HPC TM, also known as St. John's wort extract, is a substance extracted from the plant St. John's wort used to relieve anxiety, depression, lethargy, nervousness, and dyssomnia (difficulty falling asleep and waking up), according to the Korean Pharmaceutical Information Center. It is mentioned that the main ingredients are hyperforin, hypericin and rutin, which work primarily by maintaining a certain concentration level of neurotransmitters associated with depression, inhibiting the release of stress hormones, and stimulating receptors involved in soothing and sleep.

This herb has been used therapeutically for nerve-related conditions since the time of the ancient Greeks and is still the

most commonly prescribed antidepressant ingredient in Germany even now. In Europe, St. John's wort is often referred to as the "happy herb" due to this effect. In the case of its main constituent, hypericin, is also listed in the Korean dictionary with the explanation that it inhibits dopamine reuptake and increases dopamine activity, thereby relieving symptoms of mild depression.

According to an animal study conducted in 1997, St. John's wort extract can act like an antidepressant by helping to prevent the reuptake of the neurotransmitters such as serotonin, dopamine and norepinephrine, and promoting positive effects in rats administered with these substances.¹² In addition, another study conducted in 2016 disclosed that it was more helpful in alleviating depression than traditional topical medications.¹³

Yohanplex contains not only the St. John's wort extract but also quinoa extract, and complex carbohydrates such as quinoa help serotonin to move from the intestine to the brain. Several studies have reported that a balance of tryptophan-rich foods and complex carbohydrates is an important key to boosting serotonin levels.^{14,15}

These active ingredients in Vivagin X, Diverol, Yohanplex and Vivarol have all been shown through numerous studies to help with depression. Accordingly, it is deemed likely that consistent consumption of these formulations over a period of a year helped to gradually alleviate depression in the subject of this case.

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