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Case Report-A learning from clinical experiential history

세포교정영양요법(OCNT)을 이용한 한포진 환자 개선 사례 연구

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A Case Study of Improvement in Dyshidrotic Eczema Patients Using Cellular Correction Nutritional Therapy (OCNT)

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ABSTRACT

Objective: A case report on the improvement of dyshidrotic eczema using cellular correction nutritional therapy (OCNT)

Methods: A female patient in her 50s from Korea diagnosed with dyshidrotic eczema, experiencing symptoms such as vesicles, burning sensation, itching, and nail involvement, leading to significantly reduced quality of life

Results: Improvement of dyshidrotic eczema observed after the implementation of nutritional therapy

Conclusion: Nutritional therapy can be beneficial in alleviating symptoms in patients with dyshidrotic eczema.

Keywords Ortho-Cellular Nutrition Therapy (OCNT), dyshidrotic eczema, vesicles on hands, nail eczema, burning sensation, itching

Introduction

Dyshidrotic eczema is a non-inflammatory blistering condition characterized by small, clear blisters that cluster on the skin of the hands and feet. The most common site for dyshidrotic eczema is the sides of the fingers, and it can also occur around the nails, causing deformation of the nail shape. Treatment for dyshidrosis involves rest during the acute phase and the application of topical corticosteroid creams to the affected area. Depending on the condition, the use of wet dressings, light therapy, and other interventions may also be helpful. While treatment can temporarily improve symptoms, recurrence is common.[1]

Dyshidrotic eczema is a disease that can be observed worldwide, but it is less commonly seen among Asians.[2] There can be various causes for fungal infections, contact allergies, cosmetics or hygiene products, metals, medications, and food, among others.[3]

The patient in this case was diagnosed with dyshidrotic eczema and received treatment with antihistamines, oral and topical steroids, and traditional Korean medicine for over 6 months without significant improvement. Therefore, nutritional therapy was implemented, and the progress will be reported.

Case Study

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1. Subject

The study focused on a single case of dyshidrotic eczema.

1) Name: Han O O (F/55 years old)
2) Diagnosis: Dyshidrotic eczema
3) Onset Date: Around September 2022
4) Treatment Period: September 2022 - Present
5) Presenting Symptoms: Blister-like lesions on hands, burning sensation, itching, nail involvement
6) Past Medical History: History of salivary gland cancer, breast cancer surgery
7) Social History: Alcohol consumption (once a week for 20 years)
8) Family History: None
9) Current Medications: Synthroid tablets

2. Method

Cyaplex X Sleep (100, once a day, 1 capsule)
Eufaplex Alpha (100, once a day, 1 capsule)
Vivaimmune Capsule (100, once a day, 1 capsule)
Hwapyeongwon (101, twice a day, 1 sachet)
Licoplex (101, twice a day, 1 sachet)
These supplements were taken with water.

AquaSAC (010, once a day, 1 sachet)
Heartberry Black (020, once a day, 2 capsules)
Mineral Salt Solution (010, once a day, 1 sachet)
These supplements were taken by dissolving them in 500ml of water and consumed slowly.

Topical:
Cyaplex Balm (101, twice a day)
Applied to the affected area in the morning and evening. It was recommended to use Cyaplex Cleansing Bar Soap when washing hands.

In addition to that, a dietary therapy was implemented, which included avoiding foods such as wheat flour, instant foods, fried foods, alcohol, and cold foods.

Results

The patient is a 55-year-old female who was diagnosed with dyshidrotic eczema in September 2022. She received treatment with antihistamines, steroids (oral and topical), and traditional Korean medicine for more than 6 months, but showed no improvement. To enhance antiviral activity and improve immune function, Cyaplex X Sleep was prescribed. Eufaplex Alpha was prescribed for healthy cell membrane regeneration and Vivaimmune Capsule for immune balance. Licoplex, Hwapyeongwon, AquaSAC, Heartberry Black, and Mineral Jugeum were prescribed for inflammation relief, elimination of hand heat, detoxification, and hydration. After 2 months of treatment, on May 12, 2023, the patient experienced no new blisters and all inflamed areas improved. Additionally, the affected nails became smoother, and new, clean nails started to grow (Fig. 1). The patient also reported a reduction in severe fatigue symptoms and regained vitality in daily life.

Fig. 1. Comparison of photos before and after nutritional therapy. (a) Photo of the patient before undergoing nutritional therapy. (b) Photo taken on May 12, 2023, after 2 months of nutritional therapy

Table. 1 Index of Symptoms Severity as Perceived by the Patient. Severity increases from 1 to 5.

Symptom	1st 23.03.12	2nd 23.04.12	3rd 23.05.12	Remarks
Blisters	5	4	1	
Itching	5	4	1	
Nail eczema	5	4	2	

Discussion

The patient in this case is a 55-year-old female who was diagnosed with dyshidrotic eczema in September 2022. She received treatment with antihistamines, steroid medication, and topical ointments at the hospital, and underwent traditional Korean medicine treatment for over 6 months, but did not show improvement.

While the causes of dyshidrotic eczema are diverse, traditional Korean medicine places emphasis on the importance of immune function. Therefore, in this case, the focus was on inflammation relief and immune enhancement through the implementation of nutritional therapy.

The anthocyanin-fucoidan nanocomplex in Cyaplex X Sleep has excellent immune-enhancing effects[4], and anthocyanin itself has antiviral properties[5], which helped prevent secondary infections. The anthocyanin-fucoidan nanocomplex can improve the absorption and stability of anthocyanin. The anthocyanin-fucoidan nanocomplex can enhance the absorption and stability of anthocyanin.[6]

The oleic acid[7] in Eufaplex Alpha, zinc[8] in Vivaimmune, and sodium ascorbate[9] in sodium selenite can enhance the immune system and reduce inflammation.

Licorice in Licoplex has anti-inflammatory effects[10], while bamboo leaf[11] and turmeric[12] in Hwapyeongwon have cooling effects.

Aquasac containing calcium, Heartberry Black containing polyphenols, and mineral bamboo salt were dissolved in 500cc of water and consumed to provide adequate hydration.

This case study is a single case and may not be universally applicable to all dyshidrotic eczema patients. However, it presents a case where the treatment has shown improvement in the patient's symptoms. The report is provided with the patient's consent.

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