

## 세포교정영양요법(OCNT)을 이용한 소양증 환자 개선 사례 연구

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## A Case study on the improvement in pruritus patient using Ortho-Cellular Nutrition Therapy (OCNT)

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## ABSTRACT

**Objective:** Case report on improvement of pruritus through application of Ortho-Cellular Nutrition Therapy (OCNT)**Method:** OCNT was implemented on a Korean female patient in her 50s suffering from pruritus with unknown cause.**Results:** The pruritus improved upon implementation of OCNT.**Conclusion:** Application of OCNT can be helpful to pruritus patient.**Keywords:** Ortho-Cellular Nutrition Therapy (OCNT), systemic itchiness, pruritus

## Introduction

Pruritus (itchiness in skin) is the most common clinical symptom. While it can be simply a skin problem, it can also be associated with systemic diseases or administration of medicine.<sup>1</sup>

The patient had previously been diagnosed with hyperlipidemia in the past and had been taking antihyperlipidemic medication for a long time. This is thought to inhibit cholesterol biosynthesis, thereby resulting in reduced lipid distribution in the skin, which impairs barrier function and causes pruritus.<sup>2</sup> Antihyperlipidemic medications also have side effects such as liver dysfunction and urticaria, etc.<sup>3</sup>

Although the patient wanted to undergo OCNT for her pruritus, it was determined that her liver dysfunction, urticaria and itchiness were caused by her long-term use of antihyperlipidemic medication. As such OCNT was

conducted accordingly for these symptoms.

This case is reported with the consent of the patient since her pruritus improved following implementation of OCNT.

## Case

## 1. Subject

It was conducted on 1 case of pruritus patient.

- 1) Name: ○ ○ Kwon (F/53 years)
- 2) Name of diagnosis: Pruritus
- 3) Date of manifestation: March 2023
- 4) Treatment period: July 19, 2023~ November 1, 2023
- 5) Main symptoms: Systemic skin itchiness, which gets worse during the evening with formation of red lines and blisters when scratched
- 6) Past medical history: 5 years of essential hypertension, 5 years of hyperlipidemia and 10 years of hemorrhoid
- 7) Past social history: None
- 8) Past family history: Hypertension
- 9) Medication being administered: Anti-histamine and anti-hyperlipidemic medicine

## 2. Method

1<sup>st</sup> visit on July 19, 2023

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Bioplex (101, 1 sachet at a time for 2 times a day)  
Eufaplex (101, 1 sachet at a time for 2 times a day)  
Cyaplex A Granule (101, 1 sachet at a time for 2 times a day)  
Viva Kan (101, 1 sachet at a time for 2 times a day)  
OCNT was conducted in the aforementioned method for about a month.

2<sup>nd</sup> visit on August 25, 2023

Bioplex (101, 1 sachet at a time for 2 times a day)  
Eufaplex (101, 1 sachet at a time for 2 times a day)  
Cyaplex A Granule (101, 1 sachet at a time for 2 times a day)  
Viva Kan (101, 1 sachet at a time for 2 times a day)  
Haepobooster F (101, 1 sachet at a time for 2 times a day)  
Hwapyeongwon (101, 1 sachet at a time for 2 times a day)  
OCNT was conducted in the aforementioned method for about a month.

3<sup>rd</sup> visit on October 2, 2023

Bioplex (101, 1 sachet at a time for 2 times a day)  
Eufaplex (101, 1 sachet at a time for 2 times a day)  
Cyaplex A Granule (101, 1 sachet at a time for 2 times a day)  
Viva Kan (101, 1 sachet at a time for 2 times a day)  
Haepobooster F (101, 1 sachet at a time for 2 times a day)  
Hwapyeongwon (101, 1 sachet at a time for 2 times a day)  
OCNT was conducted in the aforementioned method for about a month.

### **Results**

When Bioplex, Eufaplex, Cyaplex A Granule and Viva Kan were administered for a month, the patient still had itching all over her body, which got worse than the previous symptoms of urticaria breaking out when scratched resulting in urticaria without scratching. However, when Haepobooster F and Hwapyeongwon were added to the OCNT regime for another month, the itching improved substantially to the extent of eliminating the need to take antihistamines.

### **Considerations**

The patient developed pruritus symptom due to the inability of her liver to detoxify as the result of having taken medications (such as hyperlipidemia medication) and stress for prolonged period of time. The pathogenesis of pruritus is related to numerous molecular mechanisms and, although it is not yet fully understood, pruritus is very common in certain liver diseases.<sup>4</sup>

It was suspected that the itching and urticaria were caused by side effects of hyperlipidemia medication and decreased ability of liver to detoxify. Accordingly, OCNT was implemented OCNT aimed at the enhancement of this particular ability of the liver.

Anthocyanin in Cyaplex A is a potent antioxidant that protects liver cells against oxidative stress and damages. It is metabolized in the body to produce diversified metabolites, some of which, such as protocatechuic acid, have antioxidation and anti-inflammatory activities that can exert hepatoprotective effects. Some studies also suggest that anthocyanins can help promotion of liver cell regeneration and healing.<sup>5</sup> These functions are applied to the protection not only of liver but also of skin cells.<sup>6</sup>

Broccoli extract powder<sup>7-9</sup>, turmeric extract<sup>10</sup>, bromelain<sup>11</sup>, carrot extract (vitamin A)<sup>12</sup>, natural tocopherols (vitamin E)<sup>13</sup> and seawater magnesium<sup>14</sup> in Haepobooster F protect the liver.

The pig placenta peptides contained in Viva Kan protect the liver by improving histological structure, function, oxidative stress, inflammation, apoptosis and autophagy, fibrosis and collagen deposition, and by promoting hepatocyte regeneration.<sup>15</sup> The tocopherol, which is an antioxidant compound, and ascorbic acid 2,6-dihexadecanoate contained in milk thistle extract also protect against liver damage.<sup>16</sup>

Scutellaria root<sup>17</sup> and bamboo leaves<sup>18</sup> contained in Hwapyeongwon also protect the liver. Lastly, it was disclosed that deficiency of particular fatty acids can play an important role in the development of pruritic skin inflammation, such as atopic dermatitis.<sup>19</sup> Therefore, linolenic acid supplementation through intake of Eufaplex can help alleviation of skin pruritus that could be caused by fatty acid deficiency in patients who have been taking hyperlipidemic drugs for a long time.

Although this is a single case report and cannot be applied universally to all pruritus patients, it is being reported with the consent of the patient as it is thought to be a case in which OCNT assisted with the improvement of the symptoms of the patient.

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