

## 세포교정영양요법(OCNT)을 이용한 설열 환자 사례 연구

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### A Case Study on Patients with Fissured Tongues Using Ortho-Cellular Nutrition Therapy (OCNT)

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#### ABSTRACT

**Objective:** A case report on improving the symptoms of patients with fissured tongues by Ortho-Cellular Nutrition Therapy (OCNT).

**Methods:** A 61-year-old Korean female who not only felt pain during her daily life, but also had difficulty eating due to a fissured tongue that lasted for three years.

**Results:** The practice of Ortho-Cellular Nutrition Therapy (OCNT) improved the patient's pain and xerostomia caused by a fissured tongue.

**Conclusion:** Ortho-Cellular Nutrition Therapy (OCNT) can be effective in relieving the symptoms of patients with fissured tongues.

**Keywords** Ortho-Cellular Nutrition Therapy (OCNT), Fissured tongue, and Xerostomia

#### Introduction

The tongue is an important organ in the oral structure that performs very complex functions. Since the tongue is essential for feeling the taste, pronouncing, and chewing and swallowing foods, the condition of the tongue is sometimes referred to as an indicator of one's physical health.<sup>1</sup> Some patients with psoriasis have an oral lesion, and a fissured tongue is considered to be the most common tongue lesion found in those patients.<sup>2</sup> A fissured tongue is characterized by deep grooves or fissures on the posterior and lateral surfaces of the tongue, and often multiple branch fissures extend to its sides.<sup>3</sup>

Patients with the symptoms of a fissured tongue may experience bleeding, a burning sensation, and a tingling sensation in the tongue. Those patients feel severe pain especially when eating irritating foods and show the symptoms of xerostomia that is not easily improved by drinking water. A fissured tongue, one of the causes of which is xerostomia, is a lesion that commonly occurs in relatively older age groups. In general, healthy adults secrete 1 to 1.5 liters of saliva per day, so the secretion of saliva less than that makes them feel dry in their mouth. It can be caused by systemic causes, such as Sjogren's syndrome, anemia, diabetes, nutrient deficiency, aging, etc., and if the symptoms become severe, not only do they interfere with daily life, but they also can cause tooth decay, plaque formation, gingivitis, gum disease, periodontal disease, and even loss of teeth. Those symptoms can be improved as soon as the precise cause is found and then removed. Still, it is difficult to treat causative agents for the diseases, and drugs or hormone therapy that promotes the secretion of saliva have the disadvantage that safety is not guaranteed. The patient of this case study suffered from the symptoms of a fissured tongue and dry mouth for a long time, making her feel great discomfort in daily life. The patient had tried but

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failed to treat the symptoms, so she had a very low quality of life. Therefore, this case study aimed to report the progress after the practice of Ortho-Cellular Nutrition Therapy (OCNT) to a female patient in her 60s.

## Case

### 1. Target

The subject of this case study was one patient with a fissured tongue.

- 1) Name: Lee O O (F/61 years old)
- 2) Diagnosis: Fissured tongue
- 3) Date of onset: 2017
- 4) Treatment period: November 11 to December 26, 2022 (about 6 months)
- 5) Chief complaint: She had severe pain from a tongue which is fissured and caved in, making her difficult to even eat.
- 6) Medical history: None
- 7) Social history: No smoking and drinking
- 8) Family medical history: None
- 9) History of present illness: None

### 2. Methods

Cyaplex X capsule: Take 2 times each for morning, lunch, and dinner.

Eufaplex : Take once each for morning and dinner.

Stemplex: Take once each for morning and dinner.

Caroplex granule: Take once each for morning and dinner.

Hwapyeongwon: Take once each for morning, lunch, and dinner.

Angelan: Take once each for morning.

Aqua SA Pure: Take once each for the morning.

Cyaplex Mineral Bamboo Salt: Take once each in the morning.

## Results

After one week of implementing the Ortho-Cellular Nutrition Therapy (OCNT), the pain the patient had felt while eating was slightly alleviated. The patient felt a little less dryness in the mouth when the 2nd therapy was implemented. The pain and symptoms of xerostomia, which the patient had previously felt, causing great discomfort in her daily life, were further alleviated and improved after the 2nd and 3rd therapies were implemented. (Table 1)

## Considerations

When the 61-year-old female patient visited the pharmacy in November 2022, she complained of pain caused by a severe fissured tongue. The mucous membranes of the patient's tongue were completely lost due to her fissured tongue that had lasted for more than 3 years, so she had visited several oriental medical clinics to receive medical treatment in the meantime. However, as the symptoms of the patient worsened, the mucous membranes of her tongue were almost peeling and parched, and several deep fissures appeared on her tongue. The symptoms made the patient's daily life so painful that it was difficult for her to talk and even drink water. Therefore, the following Ortho-Cellular Nutrition Therapy (OCNT) was carried out to treat the mucosa cells in the patient's damaged tongue and to improve her xerostomia. It protected the cells through the Cyaplex X capsule for the elimination and detoxification of free radicals damaging mucous membranes and applied Eufaplex rich in fatty acids, the component of cell membranes, to restore those membranes of the mucosa.<sup>4,5</sup> Beta-carotene, which contains Caroplex, is a precursor to vitamin A and is a retinoic acid that is absorbed by the body, helping in the development and differentiation of the body's organs and tissue cells. It in turn can help epithelial cells grow and develop normally, create skin and mucous membranes, and lastly keep them functioning.<sup>6</sup> Porcine placenta extracts contained in Stemplex have been reported to have the effect of promoting the growth of mouse embryonic stem cells.<sup>7</sup> It is likely to help regenerate the mucosa cells of a damaged tongue. In addition, a fissured tongue was judged to be heat syndrome; bamboo leaves, the component of Hwapyeongwon, have long been known to be effective in treating the heat syndrome in China.<sup>8</sup> The main ingredient of Angelan extracts has been used for nourishing blood since the old times.<sup>9</sup> And, Aqua SAC Pure and bamboo salt were used to replenish the body's essence.<sup>10</sup>

This case study was prepared based on the results obtained during a very short treatment period of about 6 weeks for one patient. Therefore, it is considered that there are limitations in the interpretation of the results. However, it was judged to be positive that the symptoms of a fissured tongue and xerostomia, having caused the patient to suffer from for a long time, were improved by the application of Ortho-Cellular Nutrition Therapy (OCNT) for a short period of time, so this case study is reported with the patient's prior consent.

**Table 1.** An index of the patient's chief complaint. As the index increases from 1 to 5, it means that it is more severe.

Symptoms	Initial Nov 11, 2022	1 <sup>st</sup> Nov 18, 2022	2 <sup>nd</sup> Nov 25, 2022	3 <sup>rd</sup> Dec 02, 2022	4 <sup>th</sup> Dec 09, 2022	5 <sup>th</sup> Dec 16, 2022	6 <sup>th</sup> Dec 26, 2022
Pain	5	4	4	3	2	2	1
Dry mouth	5	5	4	4	3	2	1

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