

## 세포교정영양요법(OCNT)을 이용한 류마티스 관절염 개선 사례

김보람 약사

서울시 성북구 오패산로16 1층 구원약국

### Improvement of symptoms in patients with rheumatoid arthritis using ortho-cellular nutrition therapy

Pharmacist, Boram Kim

Guwon Pharmacy, 1st floor, Opaesan-ro 16, Seongbuk-gu

#### ABSTRACT

**Objective:** Improvement of symptoms in patients with rheumatoid arthritis using OCNT

**Methods:** The patient was a Korean woman in her 50s who was experiencing foot pain due to rheumatoid arthritis and was experiencing discomfort in her daily life. OCNT was applied to the patient for approximately 6 months.

**Results:** After starting OCNT, the patient's joint pain and chest pain gradually decreased, and after about six months, she no longer felt discomfort due to these symptoms.

**Conclusion:** For rheumatoid arthritis patients suffering from joint pain and chest pain, OCNT can help relieve symptoms.

**Keywords** Ortho-Cellular Nutrition Therapy (OCNT), rheumatoid arthritis, chest pain

#### Introduction

Rheumatoid arthritis is a chronic inflammatory disease characterized by progressive damage to synovial joints and various extra-articular symptoms. Symptoms of rheumatoid arthritis include joint swelling and tenderness to palpation, morning stiffness, and severe mobility impairment of the involved joints. Symptoms of rheumatoid arthritis vary, but most often, pain begins with symmetrical swelling of small joints. Foot pain is a common problem in patients with rheumatoid arthritis (RA).<sup>1-3</sup> Foot pain has been reported to occur in 53.7%-73% of RA patients.<sup>4,5</sup> The patient's menopausal syndrome, chest pain, and severe foot pain due to rheumatoid arthritis were improved with Tanana OCNT.

5) Main symptoms: Pain in the soles of the feet, pain in the left chest (no abnormalities found during cardiology examination, so psychiatric treatment was recommended, and panic disorder was diagnosed), hot flashes, and sweating

6) Past history: None

7) Social history: None

8) Family history: None

9) Current medical history and medications taken: None

#### 2. Method

<June 24, 2023>

Sulfoplex PK (202, twice a day, 2 packets each time)

Collaplex (101, twice a day, 1 packet each time)

Hwapyeongwon granule (101, twice a day, 1 packet each time)

The patient said the pain in the soles of her feet was too severe, so he prescribed Sulfoplex and Collaplex GRN to strengthen the connective tissue. The left chest pain seemed to be caused by stress and menopausal disorders, so Hwapyeongwon was recommended.

After two weeks, her skin gained elasticity, and pain in the soles of her feet and her chest disappeared.

<July 22, 2023>

The pain disappeared, but OCNT was started to suppress the inflammatory response caused by rheumatism.

Cyaplex-AGRN (100, once a day, 1 packet each time)

Eufaplex CAP (303, twice a day, 3 pills each time)

TMplex CAP (101, twice a day, 1 pill each time)

Sulfoplex TAB (500, once a day, 5 pills each time)

Viva Kan (101, twice a day, 1 pill each time)

#### Cases

##### 1. Subject

One case of a patient with rheumatoid arthritis was studied.

1) Name: Kim ○ ○ (F/53 years old)

2) Diagnosis: Rheumatism, panic disorder

3) Date of onset: None

4) Treatment period: June 24, 2023 to present

\*Correspondence: Boram Kim

E-mail: 91pharmacy@naver.com

Received Mar 29, 2024; Accepted Mar 29, 2024; Published Mar 29, 2024

doi: <http://dx.doi.org/10.5667/CellMed.spc.072>

©2024 by Orthocellular Medicine and Pharmaceutical Association

This is an open access article under the CC BY-NC license.

(<http://creativecommons.org/licenses/by-nc/3.0/>)

† This report has been translated and edited by the CellMed editor-in-chief, Prof. Beom-Jin Lee.

The patient took Cyaplex-AGRN for immune balance, antioxidant properties, and alleviation of menopausal syndrome. In addition, she took Yupa capsules to relieve inflammation and improve cell membranes, and TMplex CAP and Sulfoplex TAB, which strengthen the thyroid gland with trace minerals and provide antioxidant support to strengthen connective tissue, increase collagen synthesis, and improve arthritis. And Viva Kan was recommended to improve joint health.

For a month, the patient was so tired that he had to take a nap. The pain in the soles of his feet returned, and after three days of taking the drug, phlegm began to come out. This was thought to be an improvement in the patient's response, but it caused discomfort in her daily life. People around her commented that her complexion had improved, and she slept soundly, whether during a nap or at night.

<August 26, 2024>

Cyaplex-AGRN (100, once a day, 1 packet each time)  
 Eufaplex-alpha (100, once a day, 1 packet each time)  
 TMplex CAP (101, twice a day, 1 pill each time)  
 Sulfoplex TAB (500, once a day, 5 pills each time)  
 Viva Kan (101, once a day, 1 pill each time)  
 Hwapyeongwon granule (101, twice a day, 1 packet each time)  
 Hwapyeongwon was added again to alleviate positive reactions.

Two months after OCNT, the patient felt lighter, and the pain disappeared when she pressed his finger joints. Also, the chest pain disappeared after starting treatment. However, occasional hot flashes, morning stiffness, and pain in the toes still remain. The patient's cervical disc has worsened, causing numbness in his left arm.

<September 16, 2024>

Cyaplex-AGRN (100, once a day, 1 packet each time)  
 Eufaplex-alpha (100, once a day, 1 packet each time)  
 Viva Kan (101, twice a day, 1 packet each time)  
 비바씨큐 (101, twice a day, 1 packet each time)  
 Hwapyeongwon granule (001, PRN, 1 회 1 포씩)  
 Sulfoplex TAB (500, once a day, 5 pills each time)

The inflammation was controlled to some extent, but due to the cervical disc and hot flashes, blood circulation was poor, so Viva Circulation was added. Considering the patient's economic conditions, Hwapyeongwon was decided to be taken when necessary.

After three months of OCNT, the patient's morning stiffness and pain in the soles of his feet finally disappeared. The heart

pain and pain in the soles of her feet have all disappeared, and the hot flashes are gradually improving.

## Results

The patient was a 52-year-old woman who was rheumatoid factor positive but was not taking hospital-prescribed medication and was under severe stress and sleep deprivation. She had severe pain in the soles of her feet and stiffness in her feet when she woke up in the morning but recovered normally after 30 minutes. Her finger joints were painful when pressed, so she took Sulfoplex PK and Collaplex to relieve the pain, and the pain was significantly relieved. She underwent orthodontic cytotherapy to treat a fundamentally curative autoimmune disease. Cyaplex-A was prescribed for immune balance and antioxidants, Eufaplex for inflammation relief, TMplex CAP for thyroid strengthening and antioxidant support, and Sulfoplex and Viva Kan for connective tissue strengthening. In addition, Hwapyeongwon was prescribed to relieve the improvement in response and relieve symptoms of menopausal syndrome.

Chest pain did not appear during orthodontic therapy treatment, finger joint pain disappeared two months after OCNT, and pain and stiffness in the soles of the feet disappeared three months after taking OCNT.

## Discussion

Rheumatoid arthritis is chronic arthritis that mainly occurs in the joints of both arms and legs. Continuous inflammation occurs in the synovial membrane surrounding the joint, which can damage the cartilage and bone, ultimately destroying the joint and resulting in joint function and deformation. Drug therapy to treat rheumatoid arthritis includes first-line drugs such as non-steroidal anti-inflammatory drugs and steroids, a type of hormone, and second-line drugs that suppress rheumatoid arthritis itself by affecting the body's immune system. However, there are side effects when using the drug, and regular and careful observation is necessary when taking it for a long time. Therefore, to improve rheumatoid arthritis, we attempted to improve the patient's quality of life by enhancing immunity and relieving arthritis through ortho-cellular nutrition therapy.

Antioxidants protect the body from damage caused by oxidation. Recent studies have shown that estrogen regulates the expression of antioxidant enzymes. Menopausal women administered estrogen showed increased resistance to oxidative

**Table 1. The degree of symptoms perceived by the patient during OCNT.** A higher score indicates higher discomfort perceived by the patient.

Symptoms/Months	1st June 24, 2023	2nd July 22, 2023	3rd August 26, 2023	4th September 16, 2023	5th October 28, 2023
Pain in finger joints	5	4	4	0	0
Chest pain	5	0	0	0	0
Cole pain	5	1	4	4	1
Foot stiffness	5	1	4	4	1

0: No symptoms; 1: Symptoms are mild and have little effect on daily life; 2: Symptoms are more pronounced but require some adaptation to daily life; 3: Symptoms significantly affect daily life and make it difficult to perform some activities; 4: Great difficulty performing activities of daily living; 5: Feeling uncomfortable in daily life and the resulting stress is severe

stress and the risk of arteriosclerosis. Therefore, menopausal women generally have reduced antioxidant capacity due to the loss of estrogen.<sup>6</sup> From another perspective, a decrease in antioxidant capacity can lead to excessive production of nitric oxide (NO), leading to inflammatory diseases such as rheumatoid arthritis. Cyaplex-A contains anthocyanin, a powerful antioxidant, which strengthens the antioxidant power of patients suffering from estrogen deficiency and has the highest inhibitory effect on NO production, which can help relieve rheumatoid arthritis symptoms.<sup>7</sup>

TMplex can help replenish antioxidant power by removing free radicals by controlling glutathione peroxidase activity.<sup>8</sup>

Consumption of the MSM component of Sulfoplex can help alleviate rheumatoid arthritis symptoms by delaying degenerative arthritis, building bones, and participating in connective tissue formation.<sup>9,10</sup> Collaplex's shark cartilage powder may also help with rheumatoid arthritis by suppressing the immune response.<sup>11</sup>

Eufaplex's omega-3 acts as a precursor for lipid mediators of inflammation, attenuates and regulates autoimmune inflammatory responses and is effective in rheumatoid arthritis.<sup>12</sup> Gamma-linolenic acid (GLA, all cis 6, 9, 12-Octadecadienoic acid, C18:3, n6) is produced in the body from linoleic acid (all cis 6, 9-octadecadienoic acid), an essential fatty acid of the omega-6 series, by delta-6-desaturase enzyme. It exerts anti-inflammatory activity by forming DGLA, which can help prevent and treat inflammatory diseases such as rheumatoid arthritis.<sup>13</sup> In addition, it contains a balanced amount of unoxidized fatty acids, which can help synthesize damaged cell membranes.<sup>14</sup>

Viva Kan's selenium is metabolized into selenoprotein and is known to play various roles in the body, including selenium transport, thyroid hormone synthesis, immune response, and maintenance of redox homeostasis. In particular, selenium is used in cartilage development to maintain cartilage homeostasis, which can help prevent and treat joint diseases such as osteoarthritis.<sup>15</sup>

Hwapyeongwon's bamboo leaves have been traditionally used in China and Japan.<sup>16</sup> Additionally, the Centella asiatica leaf extract contained in Vivacircu helps promote blood circulation.<sup>17</sup> This bamboo leaf and Centella asiatica leaf extract can have antipyretic and analgesic effects, so they can help reduce the patient's menopausal syndrome symptoms by relieving fever or pain.

This case is a single case and cannot be universally applied to all rheumatoid arthritis patients, and there are limitations in the interpretation of the results. However, we attempted to alleviate the inflammation of arthritis through various nutrients, including antioxidants, which alleviated the patient's pain and reduced inconvenience in daily life. Additionally, there may be fewer side effects compared to traditional drug treatment. This may be particularly important for patients requiring long-term treatment. Therefore, ortho-cellular nutrition therapy has the potential to be an alternative for patients with rheumatoid arthritis and is reported with the patient's consent.

## References

1 Erdem, I., Kanar, M. J. E. R. f. M. & Sciences, P.

Foot deformities in rheumatoid arthritis patients and their effects on foot functions. **27** (2023).

2 Buehring, B. *et al.* High prevalence of foot insufficiency fractures in patients with inflammatory rheumatic musculoskeletal diseases. **50**, 1071-1077 (2023).

3 Stolt, M., Laitinen, A.-M., Kankaanpää, K., Katajisto, J. & Cherry, L. J. R. I. The prevalence of foot health problems in people living with a rheumatic condition: a cross-sectional observational epidemiological study. **43**, 283-291 (2023).

4 Zouaoui, K. *et al.* (BMJ Publishing Group Ltd, 2023).

5 Simonsen, M. B., Hørslev-Petersen, K., Cöster, M. C., Jensen, C. & Bremander, A. J. A. O. R. Foot and ankle problems in patients with rheumatoid arthritis in 2019: still an important issue. **3**, 396-402 (2021).

6 Wang, H. *et al.* Antioxidant and antiinflammatory activities of anthocyanins and their aglycon, cyanidin, from tart cherries. **62**, 294-296 (1999).

7 Li, L. *et al.* Anthocyanin-rich fractions from red raspberries attenuate inflammation in both RAW264.7 macrophages and a mouse model of colitis. **4**, 6234 (2014).

8 Lawrence, R. A., Burk, R. F. J. B. & communications, b. r. Glutathione peroxidase activity in selenium-deficient rat liver. **71**, 952-958 (1976).

9 Hasegawa, T., Ueno, S., Kumamoto, S., Yoshikai, Y. J. P. & Therapeutics. Suppressing effect of methylsulfonylmethane (MSM) on type II collagen-induced arthritis in DBA/1J mice. **32**, 421-427 (2004).

10 Ezaki, J., Hashimoto, M., Hosokawa, Y., Ishimi, Y. J. O. B. & metabolism, m. Assessment of safety and efficacy of methylsulfonylmethane on bone and knee joints in osteoarthritis animal model. **31**, 16-25 (2013).

11 Chen, L., Bao, B., Wang, N., Xie, J. & Wu, W. J. P. Oral administration of shark type II collagen suppresses complete Freund's adjuvant-induced rheumatoid arthritis in rats. **5**, 339-352 (2012).

12 Kostoglou-Athanassiou, I., Athanassiou, L. & Athanassiou, P. J. M. J. O. R. The effect of omega-3 fatty acids on rheumatoid arthritis. **31**, 190 (2020).

13 Kapoor, R. & Huang, Y.-S. J. C. P. B. Gamma linolenic acid: an antiinflammatory omega-6 fatty acid. **7**, 531-534 (2006).

14 Hagve, T.-A. J. S. J. O. C. & investigation, I. Effects of unsaturated fatty acids on cell membrane functions. **48**, 381-388 (1988).

15 Kang, D. *et al.* The role of selenium metabolism and selenoproteins in cartilage homeostasis and arthropathies. **52**, 1198-1208 (2020).

16 Sangeetha, R., Diea, Y., Chaitra, C., Malvi, P. & Shinomol, G. J. I. J. N. The amazing bamboo: a review on its medicinal and pharmacological potential. **2**, 1-7 (2015).

17 Chong, N. J., Aziz, Z. J. E.-B. C. & Medicine, A. A systematic review of the efficacy of Centella asiatica for improvement of the signs and symptoms of chronic venous insufficiency. **2013** (2013).