

Naturopathic Medicine Approach to PSC and UC

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PSC

- ▶ Diagnostic Workup:
- ▶ Clostridium difficile Antibody
- ▶ Clostridium difficile toxin A and B
- ▶ Yersinia enterocolitica Antibody
- ▶ p-ANCA Antibody
- ▶ Tropomyosin Antibody

Alpha-lipoic Acid

- ▶ Antioxidant that occurs in foods and has the effect of decreasing inflammation in hepatic tissue
- ▶ Occurs in an R-form and an S-form:
- ▶ S-form has short half-life in blood and is less effective
- ▶ R-form is more metabolically active

Alpha-lipoic Acid (ALA)

- ▶ ALA has been used to treat diabetic peripheral neuropathy and acute liver failure in Europe.
- ▶ Because is active in both fatty tissue and non-fatty tissue, it has a wide range of activity as an antioxidant
- ▶ www.voy.com/17059/190.html for an interview with Lester Packer PhD, ALA researcher

ALA vs. NAC

- ▶ ALA is effective at a lower molecular concentration and a lower dose: 450 mg. raised glutathione levels in HIV+ in 14 days (Fuchs J, et al. Arzneimittelforschung 1993;43:1359.)
- ▶ Doses of 600 mg. equivalent in animal and in vitro studies have raised glutathione levels significantly.

S-adenosyl methionine (SAMe)

- ▶ Used in Europe to normalize bile secretion in chronic liver disease
- ▶ Studies in hepB and hepC showed reduction of itching, jaundice, fatigue, and lowering of bilirubin in median 16 days.
- ▶ Dosages used: 800-1600 mg. daily
- ▶ Difficulty- cost, oxidizes easily

SAMe

- ▶ In 4 clinical trials involving a total of 639 patients with cholestasis due to acute or chronic liver disease:
- ▶ SAMe in an intravenous dose of 800 mg/day OR
- ▶ an oral regimen of 1.6 g/day for 2 weeks was superior to placebo in relieving the symptom of pruritus and in restoring serum total bilirubin and serum alkaline phosphatase towards normal
- ▶ *Drugs*. 1990;40 Suppl 3:111-23.

Ulcerative colitis

- ▶ Fish Oil (EPA/DHA)-
 1. 4.5 grams per day results in reduced prednisone
 2. 5.1 grams per day resulted in delay of relapse episodes
 3. 3 large controlled trials found benefit

Ulcerative colitis

- ▶ Folic acid supplementation has resulted in decreased risk for progression to colon cancer
- ▶ 1-5 mg folate daily can be supplemented safely (sulfasalazine impairs folic acid status)

Ulcerative colitis

- ▶ Glutathione depletion is found in colonic mucosa in UC and is correlated with the degree of inflammation (the more inflammation, the less glutathione)
- ▶ N-acetylcysteine (NAC) at 1800 mg. daily improves intracellular glutathione levels in adults with other disease states that include low glutathione levels.

Ulcerative colitis

- ▶ Probiotics-
- ▶ Nonpathogenic *E. coli* found to be as effective as mesalamine in maintaining remission with fewer side effects.
- ▶ Aliment Pharmacol Ther 1997;11:853-858.

Boswellia

- ▶ Grade II and III UC -
- ▶ 350 mg. boswellia extract 3 times daily vs.
- ▶ 1 gram sulfasalazine 3 times daily
- ▶ 6 weeks duration
- ▶ 82% remission in boswellia group vs. 75% remission in sulfasalazine group

- ▶ Eur J Med Res 1997;2:37-43.