

## **A PHYTOTHERAPEUTIC APPROACH TO A DUPLEX SYNDROME: INFECTIVE ARTHRITIS+VENOUS LYMPHOEDEMA IN AN OBESE MIDDLE AGE MAN**

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### **ABSTRACT**

**Objective:** Aims of our study is to face and trying to struggle a very interesting case of a syndrome where the causes and contributory causes are differentiated although they synergistically do evoke a severe and hazardous medical profile which may lead to complete infirmity and destructive complications, if not promptly corrected and healed. The case is represented by a middle age individual (male), obese, which presents the two following malaises: infective arthritis and venous lymphedema chiefly at his ankles, that are swollen because of an acute infective phase, and we actually deem the individual is affected by the co-existence of infective arthritis and venous lymphoedema, owing to the scores recorded by the Lequesne's test.

**Methods:** We have employed a fully natural gélée containing *Ruscus aculeatus* root extract, *Achillea millefolium* alcoholic extract and *Centella Asiatica* glyceric extract. The gélée was made up by crosslinked Tara gum, that is capable of releasing the biologic principles contained in the cosmetic system gradually.

**Results:** We are really satisfied by the encouraging results, as this severe syndrome, that did not achieve evident rescue by any medician, surgeon or physician, appears to regress promptly in 11 days after the first application and this is the umpteenth confirmation that Natural Medicine is often more reliable than the Official Allopathic Medicine.

**Conclusion:** We are really satisfied by the encouraging results, as this severe syndrome that did not achieve evident rescue by any medician, surgeon or physician appears to regress promptly in 11 days after the first application and this is the umpteenth confirmation that Natural Medicine is often more reliable than the Official Allopathic Medicine.

**Keywords:** Infective arthritis, Tara gum, Lequesne's questionnaire, Venous lymphoedema.

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### **INTRODUCTION**

We have decided to treat an odd case of infective arthritis and venous lymphedema in a middle age and obese man.

It must be recognised the existence of a liaison danger use between the two diseases, which both lead to extreme and functional pain and the causes of this pain and the ways by which they must be treated are quite different, especially when there is the suspect of a serious inflammatory arthritis and a patient complication of venous lymphedema accompanied the occurrence of proclaimed obesity.

We advocate as the prime cause of our clinical case infective arthritis that most probably is due to a circumstantial infection provoked by *Staphylococcus aureus*, *Pseudomonas aureginosa*, *Clostridium* spp and *Candida* spp. (amply demonstrated by their massive presence in his urines) [1-9]

We have attempted to treat this odd syndrome by the aids of three specific herbs, each of every one characterised by the presence of biochemical constituents that confer them a reliable and desirable efficacy.

Results are encouraging at all, although at the moment we have scored the results employing the Lequesne's questionnaire, which gives satisfying information about the withdrawal of symptoms and the general trend to medical remission at all.

### **MATERIALS AND METHODS**

We have prepared a cosmetic gélée made of a 2% dispersion of Tara gum, alias Quechua, gum resin derived from *Caesalpinia Spinosa Kuntze*, previously cross-linked in a saturated solution of Sodium Borate (194 °F, 20 min) which includes as chief biological ingredients:

a) *Ruscus aculeatus* root extract (vasoconstrictor and angiotrophic agent) (10-14)

b) *Achillea millefolium* alcoholic extract, characterised by an elevated antimicrobial activity. (15)

c) *Centella Asiatica* glyceric extract, characterised by the different functions, anti-oedema and especially anti-inflammatory. (16-17)

The cross-linkage is a physical process that permits the chemical sol (the gélée) to perform a controlled release of the principles contained in the cosmetic system, so that approximately the aforesaid biochemical constituents of the three herbs may penetrate the epidermis and derma gradually in order to intrude in the subcutis or hypodermis, which is an important depot of cutaneous nerves which are to be involved in light touch sensation, so to let fill out the Lequesne's questionnaire, after the full experimentation.

Ruscogenins, which are contained in *Ruscus* roots, are able to activate the microcirculation and preserve the cutaneous integrity owing to their own diverse mechanisms of action.

Objectively ruscogenins reduce the cellular permeability, due to their antagonistic activity with regards to elastase.

Besides ruscogenins, especially when extracted by the aid of ethanol, manifest vasoconstrictor functions, since their molecules are adrenergic agonists.

Effectively some AA refers that they are capable of blocking the alpha-2 receptors for adrenaline, with subsequent stimulation of secretion of noradrenalin, and other AA supposes that the vasoconstrictor function could be mediated by Calcium ions and by the alpha-1 receptors for adrenaline

*Achillea millefolium* alcoholic extract is reputed an optimal antimicrobial agent (15), especially active against *Clostridium perfringens*, *Candida albicans*, *Mycobacterium smegmatis*, *Acinetobacter lwoffii* and *Candida krusei*, which represent the bladder flora.

Finally *Centella asiatica*, is known since centuries for its angiostrophic action, thanks to the presence of madecassic acid, anti-oedema function owing to the massive presence in all their extracts, tinctures and concretes of asiatic acid and asiaticosides (16,17), which are even antioxidant principles.

The middle-aged man is prayed to spread the gélée three times a day for 14 d and to bandage very tight, especially before to go to bed, in the night.

The patient uses to consume Calcium salts to try to defeat her osteoporosis, even we prayed her to eat mill or oat husks daily, as this sort of food is extra rich in silicon oxide, that, as everyone knows, is able to uptake and fix Calcium ion in blood and to inhibit its renal excretion.

Before the experimentation, the subject was prayed to fill out the Lequesne's questionnaire.

This kind of test forecasts scores from 0 to 11 points, taking for granted that people who do not suffer from any kind of osteoarthritis (and especially when the right diagnosis of rheumatic arthritis or infective arthritis or inflammatory osteoarthritis could be misleading, whenever some of the questions of the aforesaid test are not filled out) do score 0, that 3 points mean a significant evolution of the syndrome, 5 points allude to a perilous condition and 11 counts for a compromising point of no return, idest a complete immobility.

The man was prayed, and then, to fill out the questionnaire every morning at 7.00 a. m. throughout all the duration of the study. The first score recorded before to begin the application of the gélée was 9.

The last score recorded after 14 d of experimentation was 1.

## RESULTS AND DISCUSSION

Here follows the complete table I where all scores are plotted.

Progressive day of the experiment	Lequesne's score
1	9
2	8
3	8
4	6
5	5
6	5
7	5
8	4
9	3
10	3
11	2
12	2
13	1
14	1

It is clear that the synergy of actions of the three phyto-complexes proceeds quite slowly, before to state a discrete remission and, let us affirm, a quite full "restitution ad integrum" of the "functions lesae".

The fact that a sudden enhancement is observable only at the 11<sup>th</sup> day is justified by the controlled release Tara gum performs when applied on the skin.

Effectively many studies [18-19] demonstrate that cross-linked tara gum is able to guarantee a delayed release of biochemical and chemical substances through the epidermis, irrespective of whether these substances are lipophilic or hydrophilic, whether are characterised by huge and cumbersome molecules, etc.

## CONCLUSION

It is suggestive to affirm that Alternative Medicine, especially Phytotherapy, is advisable to struggle serious diseases and malaises when more contributory causes are concerned and the usage of chemical remedies and drugs could result unsafe and dangerous cause of their interactions, which too often may lead to severe impairment and exitus letalis.

## Consent

The subject has signed all the commas of the Convention for the Protection of Human Rights (Oviedo Convention, April 4<sup>th</sup> 1997) and regularly filled out the program, in observance of the Italian Law no 145 (March 28<sup>th</sup> 2001).

## Ethical approval

There has not been any necessity to get an ethical approval since the woman accepted gratefully to try to spread a vegetal and cosmetic gélée onto her ankles and to consume mill or oat husks, that are all products (bio-cosmeceuticals and nutraceuticals commonly purchasable in whichever market or drugstore).

## CONFLICT OF INTERESTS

We do declare that we have had not any financial and personal relationships with other people or organizations that could inappropriately (or appropriately) influence their work.

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