CHAPTER 5

SUMMARY AND CONCLUSION

5.1 Summary:

We are living in that era where people are suffering from many of the diseases like cancer, Diabetes, High B.P. & GI diseases. People are generally goes for the allopathic treatment to get the immediate relief from the disease. Today there are so many ayurvedic, homeopathic, allopathic & many other drugs are available in the market to give their best results in the disease like ulcerative colitis. This study will surely help to include such kind of foods & the other neutraceuticals for their treatment of ulcerative colitis.

In the present study, an effort was made to make the patients who are suffering from ulcerative colitis to understand the importance of probiotics, L-glutamine & omega 3 fatty acid. The present study was conducted for the patient of ulcerative colitis at Wockhardt hospitals. Researcher carried out a pilot study & selected 3 neutraceuticals which are easily available from the food. The 3 neutraceuticals selected were L-glutamine, probiotics and omega 3 fatty acid, as one of the neutraceuticals L-glutamine is available in the form of sachet in the market. The diet plan was made from each of the neutraceuticals rich diet. The 4 groups were selected. One group was following to only medicines, 2\textsuperscript{nd} group was following to the L-Glutamine rich diet along with the medicines, 3\textsuperscript{rd} group was following probiotics rich diet along with medicines & the 4\textsuperscript{th} group was following to the omega 3 fatty acid rich diet along with the medicines.

To popularize the importance of L-glutamine, probiotics and omega 3 fatty acid rich diets & their health benefits for the ulcerative colitis patient, the diet follow up program was carried out. The researcher gave the diet chart to the followed groups. There after the follow up were taken at every 15 days for a year. First result has come out from the L-glutamine rich diet follower’s patient’s group, then the 2\textsuperscript{nd} result has come out from the omega 3 fatty acid rich diet follower’s patient’s group, the 3\textsuperscript{rd} result has come out from the probiotics rich diet follower’s patient’s group & at last the 4\textsuperscript{th} result has come out from the only medicine follower’s patient’s group. The each group of the patient was very happy after getting the result and gets cured from their disease. They asked more about the dietary tips to take care in the future. So, the researcher
provided more information about the other nutrients and the particular foods which are beneficial for the curing for ulcerative colitis

5.2 Conclusion:

Medical and Nutritional Treatment contains the healing properties to treat the disease of Ulcerative Colitis. Changes in the health conditions of the patients of ulcerative colitis takes place when various nutritional treatments given to them. Different Dietary treatment were used to cure the disease had varying effect on disease condition.

5.2.1 Treatment with only Allopathic Medicines:

There were control group was taken, which names as “Medical Treatment Group”. In this group the patient was treated with different group of allopathic medicines. Such as, Aminosalicylates, Corticosteroids, Antibiotics, Nicotine, Immunosuppressants. Each patient was given different kind of medicines according to their disease condition. The aim was to see the healing effect of different kind of allopathic medicines.

The patient was kept on only medical treatment though they were taking the diet by their own understanding. There were no counseling session given to this group. After certain periods the results were found that the patients who were taking the only allopathic treatment to cure their disease were not get cured fast. It has been observed that this kind of treatment is time consuming treatment rather than other treatments.

5.2.2 Treatment with different types of diets following with allopathic medicines:

There were 3 groups were selected for the dietary treatment of ulcerative colitis. The patients were divided in to 3 groups. 1st group was followed with L-glutamine rich diet, 2nd groups was followed with Omega 3 fatty acid rich diet and the 3rd group was followed with Probiotics rich diet. It has been observed that the patients who were on L-Glutamine rich dietary follow-up were cured fast rather than other dietary treatments given to the other groups to follow.

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After giving all the treatments to all the 4 groups, the 1st result found from the L-glutamine dietary treatment group, the 2nd result found from Omega 3 fatty acid dietary treatment group, the 3rd result found from Probiotics dietary treatment group and at last the 4th result found from the Medical treatment group in which the patients were only following to the allopathic medicines. This group was taken as control group.

5.2.2.1 Effect of L-Glutamine on Ulcerative Colitis:

Although L-Glutamine is an amino acid that is frequently used as a sports and fitness supplement, it has been found to help modulate the immune system and protect the mucosal protective layer in the intestine. Studies have demonstrated that glutamine can help improve blood flow in inflamed segments of the colon in patients who have ulcerative colitis, although its benefits did not extend to the most seriously affected portion of the colon (Kruschewski M et al 1998). Glutamine is also able to reduce leakiness of the intestine, which may help to reduce symptoms of inflammatory bowel disease.

L-Glutamine is one of the most important nutrients for the intestine. L-Glutamine is the primary energy source for the immune system. It has the ability to “repair leaky gut syndrome” by maintaining the integrity of the bowels.

If patient is suffering from Diarrhea, it has been observed that mixing of 1 teaspoon of L-Glutamine powder in a little water, and drinks it on an empty stomach. So, the diarrhea immediately stops pretty quickly.

L-Glutamine is an amino acid that is the main source of energy intestines, and helps them heal.

5.2.2.2 Effect of omega 3 fatty acid on Ulcerative Colitis:

Omega 3 fatty acids have been studied as a potential treatment for inflammatory bowel disease (IBD). Omega 3 fatty acids have anti inflammatory properties, and have been researched as a treatment for several conditions, including hypertension (High Blood Pressure) and rheumatoid arthritis.

Omega 3 fatty acids have been studied for several years as a complementary or alternative treatment for IBD with varying results.
5.2.2.3 Effect of Probiotics on Ulcerative Colitis:

Probiotics “Gut Friendly” Bacteria that reside in the gut have been found to be effective in managing ulcerative colitis. They help control the number of potentially harmful bacteria, reduce inflammation, and improve the protective mucus lining of the gut.

Probiotics are among the more popular remedies for inflammatory bowel disease because they are without significant side effects and appear to be safe for most people.

Some studies demonstrated remission on sigmoidoscopy and had a favorable response in the people who were suffering from ulcerative colitis.

Researchers analyzed bacteria from rectal biopsies of patients with active ulcerative colitis and healthy control subjects. There were significantly less Bifidobacterium numbers in the ulcerative colitis biopsies, which suggested that these probiotic bacteria might have a protective role in the disease. In further study, patients with active ulcerative colitis were given a Bifidobacterium supplement or a placebo for one month. Sigmoidoscopy, biopsy, and blood tests showed significant improvement in the probiotic group compared with the placebo group.

5.3 Suggestions for the further study:

1. The study shows the result that the patient of ulcerative colitis has been cured from the dietary treatment along with allopathic medicines, with the use of L-Glutamine, Omega 3 fatty acid and Probiotics.

2. Still there are so many of the nutritional supplements are there to cure this disease. Such as, Peptide based dietary formula, Elemental or Semi-elemental based dietary formula.

3. In the coming future, there are still more evidences are required for these nutrients to be as effective in the treatment of ulcerative colitis.

4. Ulcerative colitis is very vast disorders and there are numbers of nutrients has been pointed out for curing this disease.
5. Further studies can be done on other nutrient based dietary treatments such as, Zinc and Selenium based dietary formula, elemental and semi-elemental based dietary formula and peptide based dietary formula etc.

6. There are so many of combinations can be done to do comparisonal studies for this disease.