

Alternative Medicine News

Study reveals antiviral effects of curcumin

Date: 17 July 2020

Curcumin, a natural compound found in the spice turmeric, could help eliminate certain viruses, research has found. A study published in the *Journal of General Virology* showed that curcumin can prevent Transmissible gastroenteritis virus (TGEV) - an alpha-group coronavirus that infects pigs - from infecting cells. At higher doses, the compound was also found to kill virus particles.

Study links fermented vegetable consumption to low COVID-19 mortality

Date: 08 July 2020

An intriguing new study by researchers in Europe suggests that coronavirus disease 2019 (COVID-19) mortality rates are likely to be lower in countries where diets are rich in fermented vegetables. Earlier this year, Jean Bousquet (Charité, Universitätsmedizin Berlin) and colleagues investigated whether diet may contribute to the significant variation in COVID-19 death rates that have been observed between countries. The study found that in some countries with low mortality rates, the consumption of traditional fermented foods was high.

Brazil's remote tribes in Amazon turn to tree bark and honey to treat coronavirus

Date: 20 May 2020

An Amazon tribe has turned to traditional remedies to tackle coronavirus amid rising concern over the Brazilian government's failure to tackle the pandemic. The Satere-Mawe community told reporters they used their ancestral knowledge of preparations made from tree bark, honey and native plants to treat symptoms of Covid-19. They include carapanauba, saracuramira, caferana and saratudo, which are said to have either anti-malarial or anti-inflammatory properties.

Reference: www.medicalnewstoday.com

Complementary, alternative medicine use increasing for MS

Date: July 8, 2020

HealthDay News – For people with multiple sclerosis (pwMS), there has been an increase in use of complementary and alternative medicine (CAM), according to a study published in the June issue of *Multiple Sclerosis and Related Disorders*. The researchers found that in 2018, to treat their MS, 81% of the respondents used a CAM supplement (vitamins, minerals, or herbs), 39% used mind-body therapies, 41% used a specific diet, and 81% used exercise. There were increases in the use of supplements (65 to 81%), exercise (67 to 81%), and mind-body therapies (14 to 39%).

Pre/Probiotics may be useful for depression, anxiety

Date: July 8, 2020

HealthDay News – Pre/probiotic therapy may be useful for patients with depression and/or anxiety disorders, according to a review published online July 6 in *BMJ Nutrition, Prevention & Health*. The researchers found that comparing taking pre/probiotics versus no treatment/placebo or when compared to baseline measures, all the studies demonstrated significant improvements in one or more of the outcomes. Eleven of the 12 different probiotics investigated were potentially useful agents.

'Dead' probiotic treatment may help reduce irritable bowel symptoms

Date: April 10, 2020

HealthDay News – Probiotic treatment with dead bacteria is better than placebo at alleviating symptoms of irritable bowel syndrome (IBS), according to a study published online April 8 in *The Lancet Gastroenterology & Hepatology*.

Adding curcumin to mesalamine may benefit patients with ulcerative colitis

Date: January 22, 2020

Adjunctive therapy with curcumin was found to provide a greater clinical benefit than placebo in patients with ulcerative colitis (UC) being treated with mesalamine, according to the findings of a recently published systematic review and meta-analysis.

Fish oil supplement intake linked to better testicular function

Date: January 22, 2020

HealthDay News – For young men, fish oil supplement intake is associated with better testicular function, according to a study published online January 17 in *JAMA Network Open*.

Reference: www.empr.com/home/news/alternative-medicine

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