

EFFICACY OF HERBAL DETOX IN A PATIENT WITH METHICILLIN-RESISTANT STAPHYLOCOCCUS AUREUS (MRSA)

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ABSTRACT

The increasing of antibiotic-resistant pathogens, which could be one of the major causes of multidrug resistance infections, has again leading attention to natural substances and alternative treatments. The aim of this study was the evaluation of different anti-MRSA herbs and vegetables in a detox juices protocol (DP). The water used was sterilized by MMS and DMSO. This study from one patient with the age of 40 years who were suffered from different symptoms for a long period due to MRSA infection after making bypass surgery in March 2020. A year later the patient followed the DP for ten days duration. The sample was tested after ten days from achieving the detox protocol to compare the MRSA numbers before and after the detox protocol. The result suggests that DP could be promising solutions for the problem of antibiotic resistance due to their multiple compositions and complex mode of action.

INTRODUCTION

This study identifies natural compounds that deserve further investigation to develop therapeutic agents to control the effect of antibiotics on Methicillin-resistant Staphylococcus aureus (MRSA) is one of the most significant antibiotic-resistant well known as a threat to global health. the discovery of antimicrobial herbal constituents may provide valuable solutions to overcome the problem.¹⁻² In this study, the effects of therapies combining blends of herbs on MRSA were investigated. The herbs and vegetables used in this case study have a long history of human usage and have in vitro anti-MRSA well studied previously.³⁻⁵ Detox diets are popular strategies that eliminate toxins and promote health. There is little evidence to support the potential role of detox, one of a handful of clinical studies has shown the effective role of detox diets in humans by enhancing liver detoxification and eliminating persistent organic pollutants from the body.⁶ Based on the results of this study, the authors will perform further in vitro and animal studies, aiming to accumulate significant data for the application of clinical trials.

MATERIALS AND METHODS

Patients:

A Case study of a patient with MRSA with the age of 40years old from the AlMadinah region who were suffered from different symptoms after bypass surgery in March 2020. A year later the patient comes to the shop followed the detox protocol for ten days duration, he was investigated if he had antibiotic therapy or any medication at the time of treatment. The patients were treated with different types of vegetable juices, probiotic kefir, and sterilized water with MMS and DMSO. Treatment, dosage, and treatment duration were determined by the researcher following the patient. At the study start and end the severity of the symptoms was judged by the investigator and quantified with laboratory test for the numbers of MRSA in the nasal site. During the treatment information on the use of medication, concomitant procedures, and adverse events in a patient diary. At the end of the study (disease-free or after 7-14 days), the patient returned to the investigator, who recorded the vital parameters, finally judged the treatment efficacy and potential persisting symptoms and laboratory testing.

The following detox was prepared at my shop and given to each client daily for specific days the duration of the detox cleansing plan were given depending to each case with a slight difference in the protocol depending on the cases

Preparation of juices and water:

This protocol was given for ten days and prepared daily in the morning and taken by the patient every morning. Fresh juices of green vegetables Leave spinach, parsley, coriander, fennel, basil lemon, ginger,cucumber, and celery were prepared daily in 250ml for each juice.Sterilizing the water before drinking with mms1 and DMSO then add 250ml of this water to drink daily cayenne paper with two drops of lemon was added to 250ml of water.

Preparation of aqueous shots

A quantity of 2 drops of Green black walnut complex, lobelia, iodine.

Green salads

Green salads were given daily

Special soup

Garlic without removing the peel, onion, celery, cayenne pepper, turmeric,

Preparation of kefir probiotics

A quantity of 250ml of coconut milk kefir was given.

Susceptibility test

The effect of this protocol was measured by comparing results before and after in each patient.

RESULTS AND DISCUSSION

Reduction of the symptoms in the patient was noticed and his nasal sample testing showed changes in the counting number of MRSA from heavy growth to only two colonies (Fig 1 & 2).

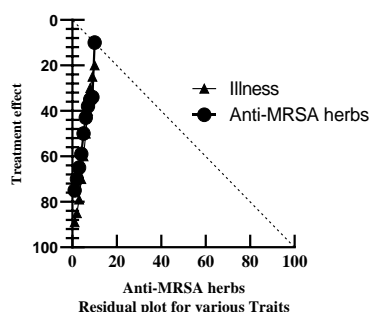


Fig 1: Treatment effect on various patients for the recovery after illness.

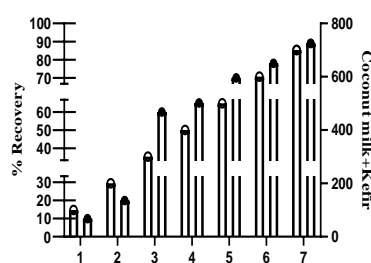


Fig 2: Graphical representation of disease recovery and herb treatment

○ Disease incidence ● % Recovery

Natural products have been used for over 2000 years for the treatment of a wide range of human diseases. It is estimated that up to 75% of the anticancer agents used throughout the world are derived from natural products.⁵ The authors reported that the result appeared after seven days of treatment and generally slight change was noticed. To the best of our knowledge, no previous study has reported detox protocol used in a female with breast cancer. The evidence suggests a beneficial effect of kefir on cancer prevention and treatment.⁷ But not sufficient to validate these effects. This review aimed to spot the light on these natural bioproducts.

I have demonstrated reproducibility about extraction protocols and biological activity and even fewer reports have identified the mechanism(s) of action of the herb extract.

Further studies showed the bioactive components of kefir and their mechanism on the cancer cell. More studies need to confirm the role of kefir and other friendly bacteria as a cancer treatment.

CONSENT

Written informed consent that I might report study case was obtained from the patients.

CONCLUSIONS

This is the first report confirming in vivo anti-MRSA potential of different herbs and vegetables and highlight the need to explore bioactive constituents of these plants. Moreover, previously reported in vitro antibacterial efficiency of different herbs and vegetables used in this study. The Therapy with the detox protocol including herbal and vegetables, probiotic kefir, and water with MSS and DMSO in the indications of severe symptoms with MRSA infection is about its efficacy compared to the treatment with standard antibiotics. This therapy needs more investigating and needs to be one of the best, cheap, with a future free from antibiotics.

The effect of our 10days of consumption of kefir and a prepared coconut milk base with fermented bacterial incubated for 24hour using yogurt fermenter and then refrigerating the yogurt and then giving the patient 100 ml daily with the detox.

In summary, we have identified an herbal and probiotic kefir formulation, through our patient screen, that has severalMRSA. We further demonstrated the MRSA numbers after finishing one week of detox cleansing plan. Future studies will seek to further investigate each ingredient of detox. While this herbal raw material and milk-based kefir are bought from the supermarket for human consumption at cheap prices, Experiments are underway to determine which of the components of detox are more effective or the synergic is more effective.

Thus, these findings provide support for the potential role of detox including herbal extract and probiotic kefir drink as a novel therapy in the treatment of MRSA bacteria and may potentially for other multiserial strains. However, more *in vivo* studies are necessary to calculate the effective dose of DP contents in patients and determine their possible side effects.

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