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## Effect of probiotics food supplements on ulcerative colitis patients

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### Abstract

Ulcerative colitis is a disease of unknown cause, characterized by inflammation and ulceration of the colon, resulting in the frequent passage of stools with blood and mucus. For that, the investigator carried out a study to know about the use of probiotics food supplements and medical treatment of ulcerative colitis and how does it works as the remedy to cure the disease. There were food supplements of probiotics for the first group and only medical treatments for the second group were used for the treatment of ulcerative colitis. The data was carried out in 300 patients who were suffering from ulcerative colitis. The data was collected by the questionnaire method and the result showed that probiotics food supplement have positive effect for the treatment of ulcerative colitis.

**Keywords:** Ulcerative colitis, probiotics food supplement, medical treatment

### Introduction

Probiotics are microorganisms that we take into our bodies to support our health. Typically they are strains of bacteria that can help improve our digestion. Probiotics products are intended to supply healthy, gut-friendly bacteria to populate the intestinal wall.

Probiotics are found in certain foods. They also come in supplements, which are available in a variety of forms, including tablets and capsules.

#### • Probiotic treatment options for ulcerative colitis

Ulcerative Colitis (UC) is an inflammatory disease of the large intestine that causes bloody diarrhea, cramping and bloating. The disease is relapsing and remitting, which means there are times when the disease is quiet, and other times when it flares up, causing symptoms.

Standard medical treatment for UC has two components: treating active flare-ups and preventing flare-ups with traditional treatment, active flare-ups are often treated with corticosteroids such as prednisone. Flare-ups are prevented with maintenance treatment, which means using certain drugs long term.

#### • Can probiotics help stop flare-ups?

The answer to this question is likely No. A 2007 review of clinical studies on the use of probiotics for UC flare-ups found that probiotics do not shorten the duration of a flare up when added to regular treatment.

However, the people in the studies taking probiotics reported fewer symptoms during the flare up and these symptoms were less severe. In other words, while probiotics did not end the flare up faster, they seemed to make symptoms of the flare up less frequent and less severe.

Probiotics probably aren't the cure- all that manufacturers make them out to be. In fact, there's limited research on their effectiveness for treating symptoms of ulcerative colitis and other inflammatory bowel diseases. (IBD).

The species of bacteria that come up again and again in positive studies are lactobacillus and bifidobacterium.

Interestingly enough, while we normally don't want to mess with *E. Coli*, a strain called Escherichia Coli Nissle 1917 has tested well for keeping UC symptoms at bay.

Another species called saccharomyces bowardi is known for its treatment of diarrhea, but it has less conclusive results. For UC specifically. Many probiotics supplements will provide

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some combination of these, plus others.

Probiotics found in common food items are also a good source of healthy bacteria for yogurt.

You never know which foods trigger a UC might flare though, so start out slowly and keep a food diary to record when you decide to introduce new items in your diet.

#### Some good Probiotic-rich foods to try are

- Yogurt
- Other fermented milk products such as kefir or yakult- a great source of calcium for the lactose intolerant.
- Sauerkraut
- Kimchi
- Other fermented foods you can make at home.
- Tempeh and miso (made from fermented soybeans), which are also good sources of protein.

A lot of yogurts you will find in the grocery store are overheated during production, which kills healthy bacteria. To get the most from a yogurt, look for one that contains the 'live and active cultures' seal and includes lactobacillus and/or Bifidobacterium.

#### • How to take probiotic supplements

We can't stress enough that it's a good idea to visit a doctor/or a registered dietitian before taking something new to treat ulcerative colitis.

They may have some advice about which probiotic to take and what dosage might be right for you.

Probiotic dosage for ulcerative colitis is not an exact science. The dosages found to be effective in various studies usually range from 2 billion to 25 billion colony forming units (CFUs). The more bacteria, the merrier.

Check the expiration date and make sure to store them

properly, refrigerating them if recommended on the packaging. These are living organisms that require a little TLC, and they die out over time if not used.

**Objectives of the study:** The objective of the study was to know the healing effect of the probiotics food supplement and medical treatment for curing the disease of ulcerative colitis between 2 groups.

**Methodology:** To know how this probiotics food supplement effect and cures ulcerative colitis in humans. This study was conducted in Rajkot city. 300 ulcerative colitis patients were selected randomly from the Wockhardt Hospitals, Rajkot as a sample. All 300 patients were divided into 2 groups. In which 150 patients were supported only of probiotics food supplement treatment and the other 150 patients were supported only with medical treatment. 1<sup>st</sup> group were prescribed probiotics food supplement, such as, probiotics yogurt, Lassi, Curd, Buttermilk (as per the dosage requirement and patient's food tolerance) in a day. 2<sup>nd</sup> group were prescribed to take only medicines. The prescription has been followed by the patient for the 150 days. The information was collected by questionnaire method and personal interview method. Satisfactory and sufficient information was collected. To see the effect of probiotics food supplements and medical treatment, it has been decided to take follow up of both the group of patient at every 15 days. After the follow up session of continuous 5 months the data was gathered and tabulated.

#### Results and Discussion

After getting the satisfactory result, it was tabulated in Table 1.

**Table 1:** Appearance of symptoms on 1<sup>st</sup> to 5<sup>th</sup> month of experiment in both the groups

No	Symptoms	1 <sup>st</sup> month for all the patients	2 <sup>nd</sup> month for the 1 <sup>st</sup> group	2 <sup>nd</sup> month for the 2 <sup>nd</sup> group	3 <sup>rd</sup> month for the 1 <sup>st</sup> group	3 <sup>rd</sup> month for the 2 <sup>nd</sup> group	4 <sup>th</sup> month for the 1 <sup>st</sup> group	4 <sup>th</sup> month for the 2 <sup>nd</sup> group	5 <sup>th</sup> month for the 1 <sup>st</sup> group	5 <sup>th</sup> month for the 2 <sup>nd</sup> group
1	Presence of diarrhea	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes
2	Presence of blood	Yes	Yes	Yes	No	Yes	No	Yes	No	No
3	Presence of mucus	Yes	Yes	Yes	No	Yes	No	Yes	No	No
4	Weight loss	Yes	Yes	Yes	No	No	No	No	No	No
5	Nausea	Yes	Yes	Yes	Yes	Yes	No	No	No	No
6	Vomiting	Yes	Yes	Yes	Yes	Yes	No	No	No	No
7	Weakness	Yes	No	Yes	No	Yes	No	No	No	No
8	Abdominal pain	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
9	Abdominal Distension	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
10	Gastric Pain	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
11	Bloating of Stomach	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes

#### Conclusion

After giving the probiotics food supplements and medical treatment, the result were analyzed that, probiotics supplement is very good remedy for the treatment of ulcerative colitis in compares with medical treatment. The present study was studied out to know the effect of probiotics food supplements and medical treatment. Result showed that the patients who were on probiotics food supplement were cured fast while the other group of the patient who were only on the medical treatment was not cured fast. Though the effect of probiotics food supplement is very good on the patients of ulcerative colitis.

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