

The Role of Syndrome Differentiation in the Clinical Efficacy of Punica Granatum on Patients with Ulcerative Colitis

Mohammadali Kamali¹,
Mahmoud Khodadoost¹,
Hamid Tavakoli²,
Mohammad Kamalinejad³,
Latif Gachkar⁴,
Payman Adibi²,
Mojtaba Heydari⁵

¹Department of Traditional Medicine,
School of Traditional Medicine, Shahid
Beheshti University of Medical Sciences,
Tehran, Iran;

²Integrative Functional Gastroenterology
Research Center, Isfahan University of
Medical Sciences, Isfahan, Iran;

³School of Pharmacy, Shahid Beheshti
University of Medical Sciences,
Tehran, Iran;

⁴Infectious Disease and Tropical
Medicine Research Center, Shahid
Beheshti University of Medical Sciences,
Tehran, Iran;

⁵Research Center for Traditional
Medicine and History of Medicine,
Shiraz University of Medical Sciences,
Shiraz, Iran

Abstract

Background: The present study investigated the difference between therapeutic responses of hot and cold temperament patients (based on traditional Persian medicine) with ulcerative colitis to pomegranate peel extract.

Methods: Seventy-eight patients with moderate ulcerative colitis based on Lichtiger Colitis Activity Index (LCAI) criteria were randomized to receive an aqueous extract of the Punica granatum peel (6 gram per day) or placebo for four weeks. They were assessed before and after the intervention in terms of symptoms by LCAI scoring system. The results were compared in two therapeutic groups based on the patients' temperament (cold and hot) which were diagnosed based on a previously validated questionnaire.

Results: Therapeutic response was significantly higher in patients with hot temperament compared to patients with cold temperament in the P. granatum group (1.91 ± 0.492 vs. -0.500 ± 0.500 , $P=0.029$).

Conclusion: This study showed the importance of considering syndrome differentiation and temperament in interpreting the effect of P. granatum peel extract on ulcerative colitis.

Keywords • Medicine • Traditional • Punicaceae • Colitis • Ulcerative