

Propolis supplement benefits patients with irritable bowel syndrome

A new study conducted by Mahsa Miryan and team showed that Propolis supplementation may improve the severity of the constipation subtype of IBS (IBS-C) and the mixed subtype of IBS (IBS-M) by lowering the severity and frequency of IBS. The findings of this study were published in *Food Sciences and Nutrition*.

This clinical investigation included people who were diagnosed with IBS using the Rome IV criteria. Eligible patients randomly receive either 900 mg/day of propolis or equivalent placebo pills. The IBS symptom severity scale (IBS-SSS) was used to assess the severity of IBS in five clinically relevant items. The investigators sought main outcomes of the percentage of patients with an improvement of at least 1 grade of IBS disease from baseline to week 6. They also looked at secondary outcomes of the changes in body mass index and waist circumference from baseline to week 6. There was no significant change in anthropometric measurements or dietary intakes in either group.

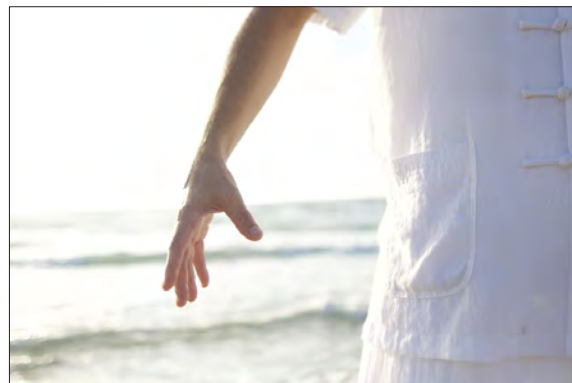


In conclusion, the outcomes of this study indicated that propolis supplementation may have a favorable impact on the constipation subtype of IBS (IBS-C) and mixed subtype of IBS (IBS-M) severity by lowering the severity and frequency of abdominal discomfort in irritable bowel syndrome patients.

Better recovery outcomes for Elder stroke survivors practising Sitting Tai Chi exercises

A new study by Yunnan University of Traditional Medicine in Yunnan, China has found that stroke survivors who practised a seated form of Tai Chi showed improvement in strength, shoulder range of motion, balance control, symptoms of depression and activities of daily living after three months. The findings of the study were published in the journal, 'Stroke'.

Tai Chi, a traditional Chinese martial art, consists of a series of slow, careful movements of the arms, neck and core combined with deep breathing. The novelty of this study is that researchers developed a sitting routine of Tai Chi exercises for people who had a recent ischemic stroke and experienced hand and arm weakness or partial paralysis.



The researchers have revised the Tai Chi movements and tailored it for people who have weakness or partial limb paralysis. The study was conducted at two traditional Chinese medicine hospitals in Kunming, China.

Among the study participants, half were randomly assigned to the sitting Tai Chi program, and the other half were part of the control group that practised a standard

stroke rehabilitation exercise program, followed by questionnaires and assessments before and during the study. The researchers analyzed the questionnaires and concluded that the group who received sitting Tai Chi exercises had a better arm function, better shoulder range of motion and reduced signs of depression.

This is the first randomized controlled trial focused on a modified sitting Tai Chi routine which yielded improved short-term outcomes. The results demonstrated this mind-body practice is an effective option to enhance balance, coordination, strength and flexibility, particularly for stroke survivors with hand and arm weakness or partial paralysis.

Using osteopathy to treat musculoskeletal headaches and migraine

According to new research published in *BMJ Open*, evidence from five clinical studies shows that osteopathic manipulative therapy (OMT) may successfully decrease pain and improve functional status in persons with musculoskeletal problems. The findings also demonstrate that OMT can be a safe intervention for headache management, although more study is needed to validate its efficacy.

Individuals with cardiovascular or renal disorders are recommended to avoid NSAIDs and triptans due to the potential harmful effects on heart and kidney function. As a result, there is a need for non-pharmacological options, such as osteopathy, to treat headaches in those who cannot tolerate or do not want to use medicines.

The study's co-author, Dr. Donatella Bagagiolo, director of the Research Department at Scuola Superiore di Osteopatia Italiana, Italy said to *Medical News Today*, "Currently, only a few studies have investigated the efficacy and safety of OMT in the management of the headache. However, they suggest that OMT could be a positive and safe intervention approach that can reduce pain episodes and related disability in adults with headaches."

Osteopathic manipulative therapy is the manual use of force or pressure by an osteopathic physician to diagnose and treat health issues. Back pain and other skeletomuscular problems are routinely treated with OMT.

The interdependence of the body's structure and function is a key concept of osteopathy. Structure abnormalities in the muscles, bones, tissues, and joints are consistently linked to illness symptoms. OMT includes manipulating muscles, joints, bones, and tissues



to correct structural and functional imbalances in the body.

A systematic review published in 2017 in the *Journal of Pain Research* analyzed five randomized clinical trials examining the efficacy of OMT in treating primary headaches. The review included three clinical trials for tension-type headaches and the remaining two for migraine.

The clinical trials showed that osteopathic treatment resulted in a reduction in pain intensity and the frequency of headaches. Two clinical trials also showed that OMT reduced the use of medications and disability due to headaches or migraine.

The authors of the systematic review, however, concluded that the data supporting the effectiveness of osteopathic manipulation for headache treatment was limited and of poor quality. Hence, the researchers have called for more research on the benefits of osteopathic treatment, describing in detail each phase of intervention and how and when it should be administered.

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