

# A HOLISTIC APPROACH IN DILATATION OF AORTIC ROOT: A CASE REPORT

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**ABSTRACT: Background:** The aortic root characterizes the flow field from the left ventricle, where its performances is a connection between the left ventricle and the ascending aorta. Aortic root diameter is influenced by some factors, and its dilation can cause many symptoms in patients. The purpose of the present case report was to describe the outcomes of the holistic treatment approach, which is called the Remember Regeneration Therapy Method (RTM) protocol, with emphasis on phytotherapy and complementary alternative medicine (CAM) for a patient with aortic dilation. **Case Presentation:** A 53-year-old male patient attended the special CAM therapy clinic due to headache, anxiety, tachycardia and stress. As the echocardiographic evaluation of the aorta is a routine part of the standard echocardiographic examination is well-known, his echocardiography was compatible with the aorta's dilatation. Following the RTM protocol, the patient exhibited an improvement in his clinical outcome capacity (the diameter of the aorta's root: from 43 mm to 30 mm, a decrease of symptoms such as headache, anxiety, tachycardia, and stress) after 27-months of progress. **Conclusion:** We conclude that based on the fast cardiological impairment, the RTM protocol was indicated, which achieved favourable outcomes after this patient's follow-up.

**KEYWORDS** Aortic root dilatation, RTM method, holistic medicine

## Background

Aortic root dilation is a big jeopardy circumstance for aneurysm, dissection, and sudden cardiac death [1]. Aortic root diameter is prejudiced by determinants such as gender, age, body size, and blood pressure [2]. It is well-known that arterial wall rigidity rises with age, related to variations in aortic geometry [3]. Additionally, the engagement of various molecular ways in cardiac aging is rising, even if their character is well-discovered and agreed upon [4]. Furthermore, immune-mediated inflammatory reaction with macrophage and lymphocyte infiltration is included in the mechanism of aorta dilatation [5,4]. Concerning the vascular system, the aorta, as the complete cardiovascular system or organ, tissue, and human body system, presents various age adjustments [6]. There are inadequate choices for treating thoracic aortic aneurysms even though surgical repair has

been enhanced [5]. Visions and developments in the progress of cardiovascular diseases are stimulated. These advances might allow for recognizing pathways intimately involved in cardiovascular pathophysiology and helpful in improving administration, outcomes, and human disease prevention. Now, it is possible to identify distinct levels of aging in the cardiovascular system [4].

Today, scientific researchers have shown that new generation complementary and alternative medicine (CAM) strategies for the treatment of specific disease conditions will increase benefits with improvements in research technologies [7]. There is a notable interest in CAM applications in the world. According to The WHO Traditional Medicine (TM) Strategy 2014–2023, WHO has stated that in developing countries, several CAM applications have been in the primary health care service, and that will contribute to the improvement of health outcomes [8].

The Remember Regeneration Therapy Method (RTM) is a holistic approach that is a special management procedure where phytotherapy is at its centre and integrated with CAM applications. In the RTM, the organization policy is recognized for recovering health by basically positive the deteriorating functions [9].

However, no published reports have described the holistic protocol with emphasis on phytotherapy and CAM applications for patients with dilatation of the aorta. Therefore, the purpose

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of this study is to describe the outcomes of phytotherapy in a patient with symptoms of dilatation of the aorta.

### Case presentation

A 53-year-old male from Izmir, Turkey, had been suffering from dilatation of the aorta. The patient had a family history of heart disease and was considered at a higher risk of heart disease. His main symptoms were headache, anxiety, tachycardia, stress and breathing disorder during sleep. He was diagnosed as having dilatation of the aorta. He also had hypertension, and he had been taking anti-hypertension (Enalapril maleate + Lercanidipine hydrochloride - Zanipress 10 mg/10 mg 1x1) medical drugs. Over the past year, his cardiological and psychological symptoms had increased. In October 2016, in his cardiological evaluation, severe left ventricular hypertrophy dilated the aortic root (the diameter of the root of the aorta: 43 mm) and ascending aorta, mild mitral & aortic valve failure, dilated left atrium were detected with transthoracic echocardiography examination (TTE).

The patient accepted to be involved in the RTM model, which consists of special phytotherapeutics and various holistic treatment methods in RTM Clinic, Izmir, Turkey. The patient was healed in 27-months of progress (between November 2016 and January 2019) following the treatment. This patient was also shown to be cured with RTM treatment after a 19 months' follow-up period confirming the efficacy of the procedure. The following RTM protocol was applied for the patient.

### RTM Protocol:

1. RTM Phytotherapeutics
  - a. DVD.Reg (A mixture with thistle)
  - b. ALÇ.HDB (A mixture with hawthorn)
  - c. ARD.Rem (A mixture with juniper fruit)
  - d. SDS.X (St. John's wort extract)
  - e. DTX.19 (A mixture with thymus vulgaris)
2. Additional Methods: Cupping therapy, ozone therapy (Major and minor autohemotherapy), acupuncture (40 sessions for each one)

In January 2019, in his cardiological evaluation, the diameter of the aortic root, 30 mm, normal mitral and aortic valve, was detected with TTE. No failure of mitral & aortic was also observed.

After 27 months, his symptoms such as headache, tachycardia, anxiety, stress, and breathing disorder during sleep returned to normal status or disappeared. He expressed that he felt much better than before.

### Follow up period

The patient was requested for control once per 3 months, and physical examination and other practices were performed. Clinical complaints were not observed after 19 months of follow-up of the patient with dilatation of the aorta. Furthermore, RTM therapy breaks because of adverse effects were not identified. The treatment presented a proper safety formation and was correlated with a moderate response rate of 100% at months 27.

### Discussion

The current suggestion is the tough character of a chronic immune/inflammatory development in aneurysm evocation and advancement [4]. In this condition, medical therapy's leading goal is to decrease shear pressure on the diseased segment of the aorta by reducing blood pressure and cardiac contractility [2].

Dilatation of the aortic root with and without aortic insufficiency is usually produced by anomalies of the aortic wall's connective tissue. The aortic root describes the flow tract from the left ventricle, where its performances as a link between the left ventricle and the ascending aorta [10].

Accessible information recommends that the upper limit of healthy individuals' aortic dimensions does not surpass 40 mm. Various determinants seem to influence aortic root dimensions in healthy, non-athletic individuals. Naturally, enlargement of the aortic root may be anticipated to happen in reply to the recurrent hemodynamic overload related to the athletic happenings [11]. The typical current suggestions for aortic root surgery are aneurysmal dilatation with or without aortic valve disease, acute aortic dissection [10].

In the present case report, the RTM therapy protocol with emphasis on phytotherapy and CAM applications achieved satisfactory results in a patient with dilatation of aortic root. Interestingly, almost the complete reduction in symptoms was achieved. The treatment strategy was to improve dilatation of aortic root and reduce cardiological symptoms such as headache, anxiety, etc.

However, no studies are utilizing combined therapy protocol such as phytotherapy and CAM applications in patients with dilatation of aortic root. Further studies are needed to clarify the effects of phytotherapy and CAM applications comparing with surgery in patients with dilatation of aortic root.

In some clinical disorders, Traditional Chinese Medicine is regularly used for many years, several forms of herbal products [12]. One of them, Ginsenoside Rb1, is one of the most significant members among the identified ginsenosides and has been described to decrease ischemia damage in multiple organs [13-15]. Similarly, it indicates the protecting outcome of ginsenoside Rb1 on cardiac dysfunction and remodelling in rats' heart failure. [16]. In another study, Ginsenoside Rg1 (Rg1), one of Panax ginseng's ingredients, has been informed about inhibiting left ventricular (LV) hypertrophy in rats. Rg1-induced stability versus LV hypertrophy provoked by abdominal aorta coarctation in rats is facilitated by endogenous nitric oxide production [17].

In the process of investigating how disorders occur, a determined common of epigenetic modifications caused by etiological origins is probably adjustable. Therefore, clinically identified patients can improve by regulating epigenetic adjustments and anomalies while suitable treatment protocols are used to patients, a new approach, such as the RTM model. Consequently, the RTM model has utilized a unique therapy procedure by creating proper regenerative combinations and remembering phytotherapeutic agents and CAM applications [9].

A holistic approach to observing this case is critical for dilatation of the aortic root's optimal administration, considering the RTM protocol by which the dilatation of aortic root patient has very well tolerated, and no side effects have been observed. Further functional, much more comprehensive researches are needed to identify epigenetically regulated genes and to prove effectiveness in this framework.

## Conclusion

A special holistic approach with RTM protocol retarded the perfect improvement of dilatation of aortic root and provided better-quality cardiac function and symptoms in patients in a short time without side effects. This appropriate effect of the RTM protocol could be related to its epigenetic changes and adjustments. The RTM protocol may offer a potentially effective and relatively safe approach to retard the progression of cardiac problems and their symptoms, particularly in dilatation of aortic root patients, as an alternative therapy modality.

## Disclosures

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