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# Method of Activating Intestinal Peristalsis with Manual Therapy and Spices in the Treatment of Blood Cancer, HPV Warts and Psoriasis

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# ABSTRACT

We have studied the method of manual therapy in combination with spices mixed with certain oils in the treatment of cancer, viral diseases, and skin diseases. Here we have discussed this type of treatment to relieve symptoms and improve the overall health of these patients. A total of three patients were included, one with blood cancer, one with psoriasis, and one with genital warts of human Papillomavirus, who were admitted to the office of Dr. Tsinman (MD in the USA) and Aybek Izzatov (MD in Uzbekistan) at the Tyan Anmo School of Medical Massage. The study was conducted from January 2020 to September 2022. The treatment consisted of 60 sessions conducted throughout the year. Significant improvement in symptoms was seen as after 2 months to 3 months we saw a reduction in skin manifestations and an improvement in blood counts. The assessment was carried out according to the blood readings and the size of warts and psoriasis rashes. The results show that combination treatment, including abdominal massage, spices, and oils, is effective in relieving symptoms.

Keywords: Cancer, Blood, Psoriasis, Human Papillomavirus (HPV), Warts, Genital, Treatment, Manual, Massage, Therapy, Spices, Oils

# **INTRODUCTION**

According to a report, cancer is identified as a debilitating medical problem leading to the death of 8.2 million individuals, with as high as 14 million new cases being recognized all around the world in 2012 [1]. Sadly, studies have mentioned that cancer will increase significantly over the next two decades, leading to a rise of >70%

in cases. Cancer treatment involves three major modalities namely surgery, radiotherapy, and chemotherapy. A major drawback of these interventions is that they show effective outcomes only when the size of the tumor is small and localized. Additionally, they also negatively impact the body systems, inducing side effects [2].

### CASE PRESENTATION

### **Case-1 Blood Cancer and Psoriasis**

Another chronic condition that manifests as an inflammatory skin disease is a psoriasis. It significantly affects an individual's quality of life. Due to its damaging effect on several organs, it is currently recognized as a chronic disease affecting immune systems, causing impairment. The main etiology of psoriasis includes a wide spectrum of risk factors such as environmental and genetic, in addition to compromised immunological mechanisms and inflammatory mediators such as *Cytokines*. The medications that are commonly used for psoriasis have serious side effects and a higher incidence of remission. This in turn results in drug resistance on prolonged use. Therefore, there is a strong requirement for drugs that are safe to use and have minimal adverse effects [3,4]. This has prompted several researchers to prepare drugs from medicinal plants for the treatment of skin disorders. Furthermore, plants with anticancer properties have been identified and their extractions are also being used. Traditional plants that have been used for psoriasis and other skin conditions include Thai, Korean, Ayurveda, and Chinese herbal plants.

Numerous spices are being used for cancer treatment, particularly due to these benefits and no side effects as observed with synthetic or pharmaceutical medications including nausea, vomiting, chemotherapyinduced indigestion, and metallic taste [5]. The use of spices in psoriasis is recognized as a promising therapeutic approach due to their effective and natural ingredients that modulate several organs that get impaired [6].

Hence, the present study aims to demonstrate the significance and role of various spices as a potential mechanism for the treatment of psoriasis and cancer. The effective properties of certain spices will be elaborated including onion, garlic, black pepper, anise, and Triphala mixed with vegetable oil. The main objective is to demonstrate their mode of action in regulating intestinal peristalsis in the treatment of blood cancer and psoriasis. Additionally, manual therapy has also been applied to the patients and its importance will also be discussed in detail.

Research suggests that psoriasis results in compromised immunity and is not only limited to skin problems (eruptions, rashes) but affects other organs and systems as well [7]. It has been shown to predispose to other immune-mediated conditions and metabolic syndrome. Other predominant problems that have been observed in psoriasis patients include psoriatic arthritis, depressive disorders, Inflammatory Bowel Disease (IBD), celiac disease, and non-alcoholic fatty liver disease [8]. Owing to the presence of chronic conditions, it is speculated that psoriasis is not a single entity but is often accompanied by other conditions too. This makes it very important to focus on therapeutic interventions that broadly cover all these aspects. Importantly, studies have demonstrated the occurrence of a large proportion of diseases linked to the Gastrointestinal Tract (GI) in psoriatic patients [7]. Furthermore, within the GI tract, the increased risk of carcinogenesis has also been associated with psoriasis. The involvement of spices in the diet will significantly impr-

-ove the condition and prevent the development of other concomitant GI pathologies seen in psoriasis.

### **Treatment Approaches**

The psoriasis treatment is not well-defined and currently involves an approach toward the reduction of associated symptoms. The use of oral medications results in numerous side effects, however both oral and topical medications provide a temporary or partial solution. Therefore, medicinal therapy is one such alternative that has no adverse outcomes. According to American Dietetic Association, there is no single diet that can improve psoriasis, however, a combination of spices and modifications in the diet has shown effects on psoriasis. A recent study demonstrated the beneficial effects of herbal supplementation that addressed intestinal permeability [9].

Here, we discuss the role of manual therapy and spices in detail:

- Manual therapy
- Role of spices

### **Manual Therapy in Psoriasis**

Manual therapy is an important therapeutic mode of relieving any muscular injuries, and tension and improving performance [10]. It can be defined as the manipulation of the body's tissues in such a way that the rhythmic pressure and strokes ensure the well-being of an individual [11]. As a whole, these techniques ensure that the blood flow is improved, muscles are relaxed, cramps and spasms are efficiently reduced, ensure that muscle spindles get stimulated and circulation is improved [12]. It has been observed that these methods when performed by a certified specialist enhance flexibility, and promote muscle recovery that directly helps the body to relax and improve the blood circulation in the periosteum [10]. The manual approach of massage therapy involves different systems that help to relax the muscular system. The complex interplay of massage therapies affects the biochemical, physiological, neurological, and psychological systems that improve the overall body' functioning [13].

The method consists in listening to peristalsis at every session and by directing manual influences at trigger points, an attempt is made to increase peristalsis. Following this, the frequency of swallowing peristalsis and cleansing peristalsis is compared and monitored at regular intervals. The goal of the method is to increase the number of peristalsis in a minute. The manual method was originally developed for joint and digestive problems. It has resulted in an improvement in overall health, and reproductive system, reduced inflammation in the joints and muscles, rejuvenated skin, improved sleep quality, increased energy level, and improved mood. It is believed that the pressure applied during manual massage therapy helps to clear out the waste metabolites from the intestines and peritoneum as it improves blood flow and intestinal functions. Furthermore, the oxygen content is also enhanced due to the therapy [14].

#### **Manual Therapy in Blood Cancer**

In cancer patients, manual therapy has helped to improve their quality of life. It can be expressed as a form of medical rehabilitation, where precise manual procedures help to achieve the required outcome. It includes non-invasive actions performed to improve intestine functionality. The myofascial relaxation is attained resulting in restoration and improved circulation of the involved muscular work. The pain associated with myelofibrosis is reduced, and the source and connections that trigger the neuro-musculoskeletal system are identified by understanding the surrounding environment and visceral components. Manual therapy was found to be very effective in promoting the circulation of blood and lymph. As the majority of cancer patients encounter the problem of lymphatic edema. It also activates the autonomic nervous system by applying sufficient pressure on the skin and muscles. Due to this the toxins and other harmful byproducts get removed promoting the release of nutrients to the target tissues. This further helps in reducing the swelling and pain in the intestine and the internal organs [15].

# **Importance of Spices**

**Onion and garlic:** Both onion and garlic are used for their importance in preventing chronic diseases. They possess anticancer properties that directly boost the immune system. Importantly, studies have also mentioned their role in improving skin conditions such as Psoriasis, Leucoderma, Vitiligo, etc. The main reason for their anticancer effects is due to the presence of organosulfur components which are its metabolic byproducts [16]. Organosulfur compounds that are naturally present in onion and garlic include components such as diallyl tetrasulfide, diallyl sulfide, diallyl disulfide, *S-allyl Mercaptocysteine*, and allicin, contributing to antioxidant and Chemo-Sensitization properties [17].

Research has shown that both intakes of garlic and onion reduce tumor size, alter the precancerous cells, modulate the microenvironment around the tumor and reduce the risk of cancer. The predominant mechanism that minimizes cancer incidence are mentioned below:

- Inhibition of nitrosamines and heterocyclic amines: The sulfur components of garlic and onion target DNA alkylation and prevent further progression to nitrosamine carcinogenesis [18]. This step is a critical step involved in cancer promotion and therefore, regular ingestion of garlic and onion will profoundly decrease cancer [19].
- **Bioactivation and detoxification:** Garlic and onion including their sulfur compounds can modulate the carcinogenic activities of non-nitrosamines/HCAs. They have multiple biological effects which provide protection against cancer, and skin problems through the bioactivation of Allyl Sulfur compounds. The benefits are seen at various sites where they work and regulate the cancer cells' activation. The incidence of tumors is seen to decrease with the use of garlic and onion extracts [20].
- Antimicrobial properties: Studies have shown that garlic and onion extract adequately suppress the growth and activation of Gram-negative and Gram-positive bacteria. They have shown antifungal properties as well [21]. Their antimicrobial effects are mainly attributed to the presence of sulfur compounds including allicin, DAS, DADS, and ajoene.
- Improvement in gastric functionality and peristalsis: Spices cause reactions of all digestive organs, a reaction in the form of increased frequency and quality of peristalsis, the release of enzymes, bile,

and mucus, and effective excretion by the colon. Interestingly, studies have highlighted that these extracts target the Helicobacter pylori present in the gastric mucosa, which is associated with gastritis and gastric cancer.

- Immune modulation: Spices have shown improvement in regulating the immune system, especially garlic and onion have shown immunomodulatory effects. The extracts of spices in the form of aqueous and ethanolic forms have displayed activation of spleen lymphocytes in animal models. Additionally, stimulation of the *Interleukin 2 (IL2)* receptor occurred which led to a rise in *IL-12* production [22]. The extracts at higher concentrations resulted in diminished T-cells, whereas at lower concentrations an increase in the level of T-cells was observed.
- Improvement in blood circulation: Spices have beneficial effects in reducing impaired circulation and improving blood flow. The antioxidant properties of quercitin result in enhancing blood flow and maintaining adequate circulation within arteries and veins. Overall, it helps to improve digestion, restore the quality and quantity of blood, and enhance microcirculation.

In cancer and psoriasis, the process of angiogenesis is compromised, leading to the secretion of numerous Cytokines such as *GRO*, *MMP-1*, and *bFGF* which interfere with vascularization. Hence, due to their antiinflammatory properties, spices also reduce inflammation and cardiovascular problems and help to maintain cardiovascular health and blood flow in all the systems.

# Black pepper (*Piper nigrum*)

This spice is widely known for its therapeutic benefits such as immune modulation, anti-asthmatic, anticarcinogenic, antioxidant, anti-ulcer, and anti-inflammatory properties [23]. The main ingredient that contributes to all the important effects is piperine. Other important components include  $\alpha$ -pinene,  $\beta$ -pinene,  $\alpha$ -phellandrene,  $\alpha$ phellandrene, myrcene, terpinolene, etc. [24]. Piperine has several useful properties including anti-convulsant, analgesic, anti-tumor, and anti-inflammatory activities [25]. Research studies have reported that the intake of piperine can reduce the inflammatory response in numerous chronic conditions including chronic gastritis, psoriasis, arthritis, Parkinson's disease, etc. [26]. Piperine demonstrates its anti-inflammatory activities by targeting inflammatory pathways such as COX-2, NOS-2, IL-1 $\beta$ , TNF- $\alpha$ , NF- $\kappa$ B, MAPK, AP-1, PGE2, STAT3, etc.

Other spices such as Anise (*Pimpinella anisum*) and Triphala mixed with vegetable oil consist of several ingredients such as anethole, estragole,  $\gamma$ -Hymachalen, para-anisaldehyde which result in improving blood circulation, enhance intestinal peristalsis and better digestion by mixing all the digestive juices and enzymes.

## **Case Description**

An increased intestinal permeability has been revealed as a contributing factor in psoriasis. It is believed that "autointoxication" plays a significant role in psoriasis, linking it to increased intestinal permeability and other systemic problems [27]. Intestinal motility is regulated by the autonomic system. For example, activation of the parasympathetic nervous system results in enhanced activity of the intestinal smooth muscle, while activation of the sympathetic nerve results in diminished activity [28]. The smooth muscles of the intestine constitute the intestine

where stretch stimulation causes smooth muscle cell depolarization, thereby increasing the action potential, and causing contraction of the muscles, also referred to as stretch-induced contraction [28]. This stretching as a result of manual therapy and intake of spices has been observed as a critical aspect in promoting intestinal motility.

The patients were given spices such as onion, garlic, black pepper, anise, and Triphala mixed with vegetable oil, 3 times a day for six months. The main objective of adopting herbal remedies along with manual therapy was to improve digestion, restore the quality and quantity of blood, improve blood circulation in tissues, and enhance microcirculation in patients with blood cancer and psoriasis. Studies have shown that spices cause reactions in all digestive organs, a reaction in the form of increased frequency and quality of peristalsis, promoting the release of enzymes, bile, and mucus, that is effectively excreted by the colon. Manual therapy on the intestines and peritoneum improves intestinal function, while on the bones increases the blood circulation in the periosteum. Overall manual therapy enhances blood circulation in organs and enriches tissues with oxygen.

## Theory

A patient was diagnosed with myelofibrosis 2 years ago. The JAK2 mutation indicative of myeloproliferative cancer (myeloproliferative neoplasms) was identified in one of the study participants. The JAK2 mutation was detected at a level of 60.09 in the patient. The patient mentioned a medical history of undergoing treatment with strong drugs, however, the condition worsened. The total cholesterol level was very high. The treatment with the spices and manual therapy was initiated on January 1. The hematologic examination performed after two weeks showed significant improvement in the patient's medical condition. During the ongoing treatment, the patient lost 8 pounds (from 234 pounds to 226), and an increase in joint mobility and flexibility by 30%-40% was reported. The patient felt more energetic and active. It is noteworthy that since treatment was initiated the blood pressure is also maintained within the normal range, 125/80 which previously used to be 140-150/90. Another patient was suffering from psoriasis for the patient reported improvements in the joints which were not painful. On conducting a clinical examination after two weeks, the scales were reduced and barely noticeable, with minor imperceptible redness. The patient had lost 8 pounds-9 pounds and reported the absence of morning stiffness, joint pain, psoriasis scales, or rashes was also reported. All the improvements in body parameters are mentioned below in Tables 1 and 2.

Lab parameters	Parameters assessed after 14 months of therapy with JAKAFI	Improvements following the novel treatment (Spices and massage therapy)	Impact of our treatment	Normal Range
<b>Blood parameter</b>				
CBC with differential				
WBC	17.8	14.9	There were significant	
MCV	104.7	96.6fl	improvements in blood parameters. A controlled range was observed	78.0-100.0 (fl)
МСН	31	31.7 pg	wrt MCV, MCH, MCHC	26.0-34.0 (pg)

Table 1 Improvements in body parameters following novel treatment in a patient with Myelofibrosis

MCHC	29.6	32.8g/dL		32.0-36.5 (g/dL)
Neutrophil, Percent	53%	68%		40% to 60%
Lymphocytes, Percent	16%	15%		20% to 40%
RDW-CV	19.5	17.50%		11.5%-15.4%
Absolute mono	1.6	0.9 KfmcL		0.3-0.9 (K/mcL)
Absolute Basophils	0.7	0.4 KfmcL		0.0-0.3 (K/mcL)
Sodium	140	142 mmol/L		134-144 Low
Potassium	4.4	3.6 mmol/L	Absolute monocytes and basophils count	3.5-5.2
chloride	101	104 mmol/L		97-108
Carbon dioxide	25	28 mmol/L		20-32
Glucose	86	93 mg/dL	Neutrophil and lymphocyte number	70-99 (Fasting), 70-139
				(Non-Fasting)
Calcium	9.6 mg/dL	9.0 mg/dl	All the other parameters including kidney, liver, BMI, and blood components became better with the novel treatment intervention (spices and massage therapy)	8.3 mg/dL-10.2 mg/dL
Lipid profile				
Total Cholesterol	274	167		<200
Total Cholesterol / HDL Ratio	7.6	4.3	This was not shoomed moviewely	0.0-4.4
Triglycerides	264	116	while using Jakafi	<150
LDL Cholesterol	185	107		<130
Kidney parameters				
Blood Urea Nitrogen (BUN)	18	10 mg/dL		6.0 mg/dL-25.0 mg/dL
Creatinine	1.2	1.06 mg/dL		0.60 mg/d-1.5 mg/dL
BUN/ Creatinine Ratio	16	9		Aug-27
Liver parameters				
Bilirubin, Total	0.5	0.5 mg/dl		0.0 mg/dL-1.2 mg/dL
GOT/AST	25	36 Units/L		0 IU/L-40 IU/L
Alkaline Phosphatase	62	96 Units/L		39 IU/L-117 IU/L
Albumin	5	4.4 g/dl		3.2 g/dL-5.6 g/dL
Protein, Total	7.2	7.0 g/dl		6.0 g/dL-8.5 g/dL
Globulin	2.2	2.6 g/dl		1.5 g/dL-4.5 g/dL
A/G Ratio	2.3	1.7		1.1-2.5

# Table 2 Following treatment with spices and massage therapy, improvement in a patient with erythrocytosis and hypothyroidism who had a testosterone palette injected

Investigations Prior to treatment After treatment Impact of the novel treatment CBC With Differential/Platelet There was a drastic improvement in the WBC 7.5 6.8 overall body parameters of the patient following treatment with spices and massage RBC 6.05 5.49 therapy Hemoglobin 19.1 17.1

# Izzatov, *et al*.

Hematocrit	55.6	50.8		
MCV	92	93	The blood parameters which were not within the normal range showed improvements such as the RBC, hemoglobin, and hematocrit	
МСН	31.6	31.1		
МСНС	34.4	33.7		
Absolute neutrophils	4.9	4.5		
Absolute lymphocytes	1.7	0.4	Additionally, the liver parameters also came within the adequate range compared to that seen prior to initiating the treatment	
Kidney parameters	·	·		
BUN/Creatinine Ratio	14	11		
Liver parameters	·			
Globulin, Total	3	2.7	The overall lipid profile was substantially changed with better results seen in the level of Triglycerides	
Alkaline Phosphatase	70	55		
AST (SGOT)	40	26		
ALT (SGPT)	43	24	Total cholesterol and total Chol/HDL Ratio	
Lipid profile				
Triglycerides	275	194	TSH level which was well beyond the normal	
Total cholesterol	352	348	range become normal after the treatment	
T. Chol/HDL Ratio	8.8	7.1		
VLDL Cholesterol	59	39		
Vitamin D, 25-Hydroxy	69	34.5		
Hemoglobin A1c	5.8	5.6	Similarly, Hemoglobin A1c also improved	
Thyroid parameter				
TSH	4.54	3.06	]	

Improvement in clinical presentations in psoriasis patients after the treatment was performed with spices and cancer (Figure 1 and 2 ).



Figure 1 Before treatment



Presence of red, itchy scaly, and pigmentation patches, on legs, elbows, and different parts of the body.

Figure 2 Improvement in psoriasis after treatment

## **Case-2 Human Papillomavirus Warts**

Condyloma acuminatum, or genital warts, are the medical signs of a Sexually Transmitted Disease (STD) brought on by specific strains of the Human Papillomavirus (HPV) [29]. A well-known sign of genital HPV contamination is warts. 90% of individuals who are exposed and catch HPV won't have genital warts. Only 10% of those with the infection will spread it. Genital warts are caused by HPV types 11 and 6. The known varieties of HPV viruses number over 100. Direct skin-to-skin touch with an infected person, typically during intercourse, is how HPV is transmitted.

Untreated warts can occasionally be treated spontaneously. If not treated, the wart could make the person look less appealing and infect others. Depending on the skin lesion, perhaps some wart patients experience excruciating discomfort. Consequently, patients have rather high expectations for the treatment of warts [30]. In a dermatology facility, surgical methods including laser therapy, cryotherapy, and electric electrocautery are typically utilized to cure warts. Nevertheless, these surgical techniques might cause pain for the patient and result in a mark on the skin. Additionally, after surgery, there is a significant rate of wart reappearance [30-34]. The medicinal plants and extracts used in this discipline are now a global issue and affect global health.

## Theory

The present case highlights the presence of genital warts in a 48-year male presenting with stomach ache and discomfort after the meal. Initially, at age of 23, he had noticed some small darker pimples on the pubic area that slowly became wart-like at age 39. Thus, he underwent laser removal, but one year later developed two of them, but lighter in color. Thus, we initiated the treatment with spices which relieved the stomach ache and warts completely (Figure 3 Presents the a) Beginning of treatment, b) Middle of treatment, and c) After treatment).



Figure 3 Presents the a) Beginning of treatment, b) Middle of treatment, and c) After treatment

The lack of an efficient intra-body antiviral medication persists even after the viral proteins required for gene multiplication and division (E1 and E2 proteins) or cell proliferation and apoptosis suppression (E6 and E7 proteins) were identified [35]. Since there are currently no antiviral medications available to treat genital HPV infections, care of the infection is focused on the lesions connected to the active infection, with the current ablative techniques having a high risk of recurrence [36,37]. Several research findings attempted to show the efficacy of one herbal medicinal product in viral infections, like HIV, hepatitis B, or pulmonary tract infections. This product contained an aqueous ethanolic extract of a combination of *Echinacea pallida, Echinacea purpurea, Baptisia tinctoria,* and *Thuja occidentalis (EBT)* [37-39].

# **Role of Spices**

Curcumin is one of the therapeutic components in Curcumae Longue Rhizoma [40]. The antiviral properties of curcumin against the wart-causing HPV virus have been reported [41]. However, several investigations examined the effects of curcumin on HPV in cervical cancer. However, despite having distinct genotypes, HPV shares the same L1 capsid protein [42]. Therefore, it may be concluded that curcumin has antiviral activity on several HPV genotypes, including those linked to warts as well as cervical cancer. An aberrant immune system and tissue damage are caused by free radical NO, which is inhibited by araliae continentalis radix [43]. Capillaries expand into a tumor when free radical NO is produced pathologically. It is seen that the capillaries have migrated throughout the wart lesion. To prevent the free radical NO from spreading and aid in the treatment of the wart, Araliae Continentalis Radix is intended to prevent the spreading of capillaries to the wart. Additionally, Perilla Folium stimulates both innate and developed immunity [44]. As a result, treating warts, an infectious viral condition is beneficial.

Garlic (Allium sativum), a plant with a strong history of therapeutic usage, is among these items. It was utilized for the cure of numerous ailments by the ancient Chinese, Egyptians, and Greeks [45-47]. Additionally, it has been demonstrated that garlic's constituents have antiviral and antitumor properties [46,48,49]. Topical garlic preparations have been approved for dermatological uses in the management of alopecia areata, cutaneous corn, keloid, psoriasis, wart, wound repair, and viral and fungal infections [50]. The findings of earlier investigations demonstrated that garlic extract was beneficial in completely curing cutaneous warts [45,51]. In this medical study, we looked at the effectiveness of an herbal preparation in light of garlic's possible antimicrobial and antiinflammatory properties as well as the clinical challenges associated with treating genital warts.

The most popular beverage outside of water in Asian culture is undoubtedly green tea, which makes up 20% of all tea produced worldwide. Chlorophyll (0.5%), Caffeine (2%-4%), Lignin (6.5%), Organic Acids (1.5%), amino acids (4%), protein (15%), and polyphenols (25%-35%) are the primary components of green tea. (220) The polyphenolic chemicals, which are colorless and found in green tea, are responsible for the health benefits. The two most significant polyphenols are Epigallocatechin (EGC) and Epigallocatechin Gallate (EGCG) (Figure 2). A cup of green tea has between 300 mg and 400 mg of polyphenols, or 10 mg to 30 mg of EGCG [52]. Catechins are found in greater concentrations in green tea compared to oolong or oolong tea due to changes in the preparation of tea leaves after harvest. The FDA has authorized Polyphenon E (Veregen) gel, a botanical medication with more than 85% catechins, for the topical application of anogenital warts (Veregen ointment, 15%). These catechins are extracted from green tea leaves from Camellia sinensis (L.) O Kuntze has undergone some partial purification [53]. The first and only botanical for the cure of human illness to receive FDA approval is Polyphenon E (Veregen) ointment. The immunostimulatory, antiviral, and antioxidant actions behind it are what give it the proven ability to remove anogenital warts.

Green tea catechins' antioxidant properties may be largely responsible for their anti-inflammatory properties. The signaling pathways NF-kappa B and AP-1, both of which might regulate a variety of inflammatory conditions and both of which may be triggered by reactive oxygen species, have been discovered to be inhibited by EGCG. Even though in humans, Langerhans cells are frequently the first antigen-presenting cells to come into contact with infecting viruses, HPVs do not cause these immune mediators to become active. Yet, catechins stimulate the production of a large number of immune stimulatory interleukins while inhibiting the production of immunological inhibitory interleukins. In particular, catechins stimulate T cells, trigger the production of Interferon-Gamma (IFN- $\gamma$ ) and tumor Necrosis Factor-Alpha (TNF- $\alpha$ ), and encourage macrophages to generate immune-stimulating Cytokines. To aid in the immune response, this encourages the entry of Dendritic cells, Natural killer cells, Lymphocytes, Monocytes, and T-helper cells [54-57].

### DISCUSSION

The paper presents the significance and role of manual therapy and spices as a novel method of activating intestinal peristalsis for the treatment of blood cancer and psoriasis. Studies have shown that diet alteration results in significant improvements in psoriasis patients [58]. A diet consisting of fresh fruits and vegetables and small amounts of fish oil results in a decrease in the prevalence of psoriasis. Psoriasis has also been linked with abnormalities of intestinal permeability. A study compared the intestinal permeability between psoriasis and healthy individuals, with higher permeability shown in the former group [58]. The present study included a combination of onion, garlic, black pepper, anise, and Triphala mixed with vegetable oil. The spices caused improved digestion, helped in the removal of metabolic wastes, and promoted intestinal peristalsis. These results are in agreement with another study where the use of external castor oil packs applied over the abdomen caused the removal of colonic irritants and promoted elimination via the bowel [59]. In a recent meta-analysis, consumption of allium vegetables including onion and garlic led to a decreased risk of gastric cancer compared to individuals that did not have allium vegetables in their diet [60]. Another study mentioned [61].

According to autointoxication theory, it is believed that byproducts such as endotoxins may enter the systemic circulation from the intestine due to increased permeability of the intestine, promoting a higher amount of skin cGMP levels, contributing to skin proliferation as a clinical presentation in psoriatics [62]. The combination of spices and manual therapy will prevent the absorption of endotoxins systemically and support the maintenance of healthy intestinal microflora [63]. The improvement in the clinical situation of the patients included in the study highlights the significance of this novel approach. Spices have beneficial effects including immune modulation, anti-asthmatic, anti-carcinogenic, antioxidant, anti-ulcer, and antiinflammatory properties that improved the hematologic parameters and skin eruptions in cancer and psoriasis, respectively. Additionally, manual therapy administered to the patients activated the proprioceptors of intestinal musculature. As the blood circulation was enhanced in the peritoneum, it increased the oxygen supply to the muscles, and therefore, the nutrient levels were also improved [63]. All these mechanisms denote that manual therapy can result in intestinal peristalsis.

## CONCLUSION

**Caes 1:** A non-pharmacological approach for psoriasis and cancer has gained popularity in recent times. Administration of spices in chronic conditions has been shown to significantly improve systemic health

and overall quality of life. Supplementation of manual therapy along with plant extracts has demonstrated improved intestinal peristalsis, skin eruptions, and rashes. Moreover, apart from increasing intestinal peristalsis, other beneficial outcomes were observed including reduced inflammation and improved sleep quality, mood, energy levels, and digestion.

**Case 2:** Instead of focusing on eliminating the HPV infection, cervical HPV infection treatment is primarily focused on curing cervical HPV-induced warts. Cervical cancer can be avoided by using medicinal plants as immunomodulators, which aid the host in fending off the pathogenic agent. To demonstrate the effectiveness of this investigational medication as an antiviral treatment for HPV infection, additional research is required. Knowing how people feel about the medicinal value of these herbal remedies will not only aid in the development of herbal cures for HPV contamination and lower the incidence of cervical cancer and other diseases linked to HPV, but it will also be profitable for the agricultural and medical sectors.

### DECLARATIONS

# **Conflict of Interest**

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

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