Effect of Mesalazine Combined with Bifid Triple Viable on Ulcerative Colitis

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ABSTRACT

Objective of this study was to observe the clinical effect of mesalazine combined with bifid triple viable (BTV) on ulcerative colitis. One hundred sixty patients with ulcerative colitis were divided into the experimental group accepting mesalazine combined with BTV and the control group accepting mesalazine alone. It was found that the overall treatment effective rate was 93.75%, in the experimental group as against 77.50% in the control group, p<0.05. Comparing the levels of inflammatory factors (IL-6, IL-8, TNF-α) before and after treatment in the two groups, the improvement degree of the experimental group after treatment was significantly better than that of the control group, p<0.05. The overall nursing satisfaction of the research group was 97.50%, which was significantly higher than the 75.00% of the control group, p<0.05. To conclude that combined therapy of mesalazine and BTV can significantly improve the therapeutic effect in patients with ulcerative colitis, and the scientific nursing mode is an important guarantee to improve the therapeutic results.
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analysis software SPSS21.0 was used to process data. The measurement data were expressed by mean ± average, with t test conducted for intergroup comparison. Enumeration data were expressed by natural (n) and percentage (%), with X² used for intergroup comparison. The intergroup difference is of statistical value when P < 0.05.

Results and discussion

There were 45 male patients and 35 female patients in the research group, with an average age of (46.7±2.1) years and an average course of disease of (1.2±0.6) years. There were 42 male patients and 38 female patients in the control group, respectively, with an average age of (47.3±2.8) years and an average course of disease of (1.5±0.9) years. There were no significant differences in general data between two groups, p>0.05. Changes of inflammatory factors in peripheral blood of the two groups were studied. Table I shows, the improvement effect of indicators in the research group after treatment was significantly better than that in the control group (p<0.05). Comparison of overall treatment effective rate between the two groups showed significant improvement in research group in comparison of controls (P<0.05).

The pathogenesis of ulcerative colitis is still controversial. Many researchers believe that it is closely related to environmental factors, genetic susceptibility, intestinal immune disorders and other factors. Studies have found that superoxide dismutase can remove oxygen free radicals under physiological conditions. If ulcerative colitis is formed, a large number of phagocytes in the intestinal mucosa will enter the submucosa and the mucosa, and form oxygen free radicals based on arachidonic acid and oxidase action, which will damage the mucosal cells and improve the permeability of the mucosa. During the onset of the disease, the antioxidant activity of superoxide dismutase in the colon mucosa decreases gradually. Which reduces the scavenging of oxygen free radicals, and further aggravating the disease.

Mesalazine is often used to treat ulcerative colitis. By reducing the secretion function of intestinal mucosa, mesalazine significantly reduces the content of prostaglandins and leukotrienes in the body, reducing inflammation (Zhou et al., 2018). At the same time, mesalazine can block the production of cellular oxygen free radicals, which can significantly enhance the body’s anti-inflammatory ability. However, after stop using mesalazine, the illness is easy to appear repeatedly therefore long-term medication should be taken, but it will develop drug resistance, reduce the efficacy, and produce more adverse reactions in the gastrointestinal tract. Therefore, single drugs use cannot achieve the goal of improving the quality of life. In this study, the combined therapy of mesalazine and BTV capsule was implemented (Wang, 2018). Mesalazine, chemically known as 5-aminosalicylic acid, is the active ingredient of SASP in the treatment of ulcerative colitis. Mesalazine can inhibit the synthesis of prostaglandin in a dose-dependent manner and reduce the release of PGE2 in human colon mucosa. In addition, mesalatine can inhibit the activity of neutrophil fat oxidase and the synthesis of platelet activity factor that plays an important role in inflammation (Zhao and Hao, 2018). Metasarqin is more effective against the connective tissue of the inflammatory intestinal wall and is used in the treatment of ulcerative colitis. BTV capsules contain the ingredients of Bifidobacterium longum, Lactobacillus acidophilus, Enterococcus faecalis, which is suitable for the treatment of intestinal flora disorders, such as mild and medium acute diarrhea, chronic diarrhea, abdominal distention and constipation.

Table I: Effect of mesalazine combined with bifid triple variable on interleukins, CRP and TNFα in patients suffering from ulcerative colitis.

<table>
<thead>
<tr>
<th>Group</th>
<th>Control group</th>
<th>Research group</th>
<th>t/X²</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Before treatment</td>
<td>After treatment</td>
<td>Before treatment</td>
<td>After treatment</td>
</tr>
<tr>
<td>IL-6 (ng/ml)</td>
<td>190.4±2.7</td>
<td>152.96±10.3</td>
<td>190.3±2.2</td>
<td>66.9±2.5</td>
</tr>
<tr>
<td>IL-8 (ng/ml)</td>
<td>213.9±4.0</td>
<td>160.8±4.3</td>
<td>212.6±3.2</td>
<td>88.9±3.3</td>
</tr>
<tr>
<td>CRP (mg/L)</td>
<td>5.4±1.1</td>
<td>3.8±0.5</td>
<td>5.1±1.2</td>
<td>2.5±0.3</td>
</tr>
<tr>
<td>TNF-α (ng/L)</td>
<td>168.7±2.3</td>
<td>136.0±2.9</td>
<td>166.8±2.1</td>
<td>54.3±2.3</td>
</tr>
</tbody>
</table>

Significantly effective 33 45 10.29 <0.05
Effective 29 30
Ineffective 18 5
Overall treatment effective rate 62(77.50) 75(93.75)

IL, interleukin-10; TNFα, tumor necrosis factor-α

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Conclusions

In conclusion, mesalazine combined with bifidum triple viablecapsule in the treatment of patients with ulcerative colitis can positively improve the level of inflammatory factors in patients, and effectively improve the overall treatment effective rate of patients without causing adverse reactions, which can be promoted in clinical treatment practice.

Statement of conflict of interest

The authors have declared no conflict of interest.

References