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Biobran/MGN-3, arabinoxylan rice bran, for the treatment of chronic hepatitis C

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Hepatitis C virus (HCV) has infected about 185 million people worldwide and is a major cause of cirrhosis and hepatocellular carcinoma. Arabinoxylan Rice Bran (MGN-3/Bio-bran) is a natural product with proved strong immune-modulating effect. Based upon this effect, we examined its anti-HCV effect in patients with chronic HCV. Patients with chronic HCV (N=39) were randomized into two groups: The first group was treated with Bio-bran MGN group (1 g/day) (n=17) and the second; control group receiving standard treatment of PEG interferon plus ribavirin (n=22), PCR levels before treatment were compared to those after 3 and 6 months of treatment and patients in both groups showed significant reduction in the viral load relative to the baseline but there was no significant difference between both groups. As regards liver biochemical profile, there was significant improvement in ALT and AST levels in patients receiving MGN and was not the case in control group. Cost of 12-weeks treatments was \$10,000 for peg-interferon/ribavirin as compared to \$300 for bio-bran, with minimal, if any adverse events and normal quality of life in the MGN group. Effects of the two regimens on the immune responses were studied. IFN- γ levels were significantly increased after 3 months of treatment when compared to pretreatment serum levels in both groups, but more significant in MGN group $P<0.05$ than in control one. Significant changes were detected in CD3, CD4 markers in MGN group, however no significant changes in the, CD14, CD16, CD19 or CD56 counts in both groups. We conclude that bio-bran is an immunomodulator, may be therapeutic regimen that is safe and can be effective in treatment of chronic HCV patients.

Biography

Eman Medhat Hassan has completed her MD and Post-doctoral studies from Cairo University School of Medicine. She is the Director of a Clinical Hepatology unit, member of interventional ultrasound, HCC and ICU units. She has published more than 40 papers in reputed journals and has been serving as an Editorial Board Member of repute.

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