

Developing a Treatment Protocol for Chronic Lymphocytic Leukemia Using *Viscum album Abietis*

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Introduction:

Cancer, still being one of the unanswered questions in medicine, requires utmost attention and importance to identify suitable drugs and design a curative protocol to protect its victims. Although there are several known herbs, extracts and drugs which can act as anticancer agents, a complete cure for the condition is not yet available. The regular chemotherapies and radiation therapies are not only painful but are known to cause depression among patients which reduces the success rate of treatment. Apart from metabolic stability, the mental stability and peace of the patient are the factors which call for utmost care and importance. Palliation therapy is the best approach in those cases where a cure is not possible. This can be used in individuals' -- not to combat the disease but to minimize their metabolic disturbances and pain among the individuals. Mistletoe has been shown to be effective in these cases as indicated by our previous study. However, the same extract has also been known for its complete cure among cases like CLL. It was suspected to have the ability to cure the condition and bring back the routine and regular life of the victim. Studies have shown that mistletoe extracts possess significant antitumor activity (in vivo) against murine tumors, Lewis lung carcinoma, colon adenocarcinoma 38 and C3H mammary adenocarcinoma 16/C [1]. Extracts from the European mistletoe (*Viscum album* L., Loranthaceae) exhibit both cytotoxic properties and pronounced immunomodulation abilities (Büssing et al., 1996). In the past few years, European mistletoe lectin was found to modulate cells, including human lymphocytes, monocytes, neutrophils, and cancer cells [2]. In the current study, its curative effect has been analysed in the current study with respect to 17 patients.

Methods:

The patients' condition and metabolic function were observed throughout the entire study period. The only medicine employed in the study was the extract of mistletoe obtained from the leaves supplied on the name, Helixor A. The administration protocol was subcutaneous injections for every other day. The dose range employed was in an ascending order with respect to time. The concentration of the extract ranged from 1mg to 50 mg in ascending order for a period of 9 months. A record was maintained of the psychological and physical changes occurred to the study population during the complete regimen. Some of the parameters like pain, insomnia, weight loss, anorexia, weakness and reduced immune power were studied at regular intervals and recorded.

Biochemical and diagnostic tests included in the study

In order to diagnose the metabolic conditions and degree of disease progression various protocols were used in the study to diagnose patients' metabolic conditions and document the degree of disease progression. CT scans were performed to all the volunteers so as to monitor thoracic, abdominal and pelvic lymphadenopathy. The results showed a progressive decrease in the size of these adenopathies indicating a positive response of the body to

Helixor. To track the progression rate of cancer, a complete blood count was analysed at regular intervals. The ESR was also performed timely to analyse the degree of cancer progression. A controlled ESR is an indication of improvement; by contrast, elevated levels indicate an adverse situation in cancer progression. The other body organs and their functions were analysed with tests such as liver function Tests and renal function Tests for Liver and Kidneys respectively. Elevation in the C reactive protein levels in the blood is an indication of disease progression. Thus the levels of CRP were diagnosed at regular intervals and there cords were maintained documented. The CRP levels were used as an index for disease progression and regression during the complete therapy. All the mentioned criteria have been an analysed at regular intervals along with a simultaneous administration of mistletoe extract as per the prescribed protocols. The effectiveness of this extract in improvement of the condition can be inferred based on the results obtained in all the above test protocols.

Results:

17 cancer patients diagnosed for chronic lymphocytic leukemia were selected for the study. As the condition was curable, all the intellect was put together to improve the condition of these individuals using Helixor A. The therapy involved the administration of mistletoe extract, Helixor A mistletoe extract in the dosage range of 3 ampules of 1 mg, 2 ampules of 5 mg, 2 ampules of 10 mg, 3 ampules of 5 mg, 2 ampules of 10 mg, 2 ampules of 30 mg, 3 ampules of 10 mg, 2 ampules of 30 mg, 2 ampules 50 mg followed by 50 mg continuously for every day up to 9 months. All the inclusion criteria like CBC, CRP, LFT, RFT etc., were measured at regular intervals, and the results were recorded. Other symptoms like Anorexia, insomnia, pain, loss of appetite, etc. were also monitored.

Conclusion:

The current work aimed at the use of Helixor A, a mistletoe extract for curing/improving the condition of CLL patients. The study population included were specifically the individuals who had hopes of recovery upon undergoing a perfect treatment. Mistletoe, which is known for its soothing effect against cancer has been used in the current therapy which was administered to patients subcutaneously at regular intervals. To monitor disease progression, several parameters were analysed such as CBC, LFT, RFT, ESR, C reactive proteins, etc. All of the test results were recorded at regular intervals and the data was compared. The Therapy lasted for a period of 9 months. During the therapy 10 volunteers showed complete remission of the symptoms, 4 of the individuals experienced recurrence, 1 volunteer dropped out of the therapy protocol and 2 people did not respond at all. Among the 10 volunteers who showed remission, of the symptoms the mistletoe therapy proved to be effective in improving the quality of life and inculcating a hope for cure.