

Contribution of an Adjuvant, Aloe Vera Juice to Multi-Pharmacy- Derived Constipation in Circumstance-Development Old-Patients with Deep Sleeping, Gut- and QOL: Case Reports 1-3

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Abstract

Case reports 1-3 presented the mitigation of older patients in multi-pharmacy with adjuvant ingestion by Aloe vera juice.

Keywords: Aloe Vera Juice; Deep Sleeping; Gut- and QOL

Introduction

Association of sleep duration with chronic constipation among adult men and women 11,7% individuals (51,2% males and 48,8% females) 4,3% of men and 10.2% of women had constipations, respectively was investigated in national survey, and excessive sleep duration in males or insufficient sleep duration in females was neither linked to increased or decreased constipation risk. Short sleep duration poses a high risk of constipation in men and excessive sleep duration correlates with higher constipation risk in women [1]. A systematic review and meta-analysis reported that sleep disorders increase constipation risk. and older adults with sleep disorders are more likely to be constipated [2]. Participants with prolonged daily sitting time and short sleep duration showed a higher risk of constipation compared to those with long sleep duration and short sitting time. Both prolonged sitting time and insufficient sleep were associated with an increased risk of constipation, especially when combined. These findings underscore the importance of adopting healthy sleep habits and reducing sedentary behavior to lower constipation risk [3]. Nakagawa's group aimed to assess the temporal association between the degree of sleep quality and the incidence of constipation. The authors identified poor sleep quality as a new risk factor for developing constipation in independent community-dwelling older adults aged more than 75 years [4].

Case Reports

Case reports 1-3 presented mitigation in multi-pharmacy with adjuvant of Aloe vera juice

Case report-1: An 85-years-old hypertensive female who was diagnosed with antihypertensive drug and sleep medication (Etizolam), since the end of December 2020, had constipation. After several days, she had constipation and administered constipation drug, Weston. In May, 2021 she consulted Kampo-pharmacy and the pharmacist consulted her about the drug's side effects and provided Aloe vera juice 200 ml/d. as an adjuvant. After 2 weeks ingestion of Aloe vera juice (AVJ) she mitigated constipation and normalized blood pressure.

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Case report-2: A 62-years-old female who had a heavy head-pain, weight-accumulation and constipation consulted Kampo-pharmacy. She had diagnosed a hypertension drug and a hyper-lipidemic drug and a sleep-inducing drug: zolpidem. Kampo-pharmacist consulted her not to take polypharmacy in February 2021 and started to take AVJ 300 ml every morning, general lunch-food in lunch and vegetable-fish-main- food in supper without carbohydrate during May to June, 2021. Then her body weight reduced from 62 kg to 56 kg, LDL cholesterol value reduced from 150 to 115, and long-time suffering headache was remitted. She continued to take AVJ 300 ml/d and had a nice QOL in May 2024.

Case report-3: A 91-years-old male prostate cancer patient who had two enzalutamide 80 mg-tablet/d. and anti-inflammatory analgesic (celecoxib) 100 mgx2T/day had constipation since he administered the drug in 2020. Then he started to drink AVJ and AV gel Powder, but still suffered from constipation. And he had a life-protective Aloe vera gel powder with several herbal plant extracts (A charm-life Aloe vera gel) produced by Aloe Land, at Makinohara-city, Shizuoka, Japan, in May, 2024. He had a nice reduction from constipation. Now, he continued to take the Charm-life Aloe vera gel powder and a nice QOL with deep sleeping.

Association between sleep disorders and constipation risk, and recommendations introduced as following:

- How sleep affect constipation: 1. Gut motility, 2. Circadian rhythm and hormonal imbalance, 3. Sleep duration and constipation risk, 4. Other factors.
- How constipation affects sleep: 1. Discomfort, 2. Reduced quality of life, 3. Stress and anxiety.
- Recommendations: 1. Prioritize sleep, 2. Address sleep disorders, 3. Manage constipation, 4. Consider the left side sleeping, 5. Practice relaxation techniques.

Conclusion

Ingestion of aloe vera juice (AVJ) as an adjuvant was recommended to improve nice QOL in old-multi- pharmacy patients with well sleeping and gut-circumstance-development in case report 1 and 2. And Charm-life Aloe vera gel mitigated constipation with deep sleeping in case report 3, Daily ingestion of AVJ may prioritize sleep disorders and manage constipation in old-multi-pharmacy patients.

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