

Study quality of life after drinking cure of humus water in patients with alcohol dependence of patients with lumbosacral

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The unique therapeutic waters with humus acids content - humus waters (HW) – existing in Poland, are purely bacteriologically, tested in physical and chemical properties and are classified as drinking waters but have not yet been used for therapeutic purposes. Literature indicates that humus acids have anti-inflammatory, regenerative, immunological and other therapeutic effects. In our previous studies during the treatment of drinking cure of one of HW it was observed anti-inflammatory and regenerating effects damaged liver in animals.

Our current research tests the therapeutic action of drinking cure of HW in patients with alcohol addiction, namely action of this therapeutic method on quality of life in these patients.

The aim of our study was to assessment of quality of life before and after drinking cure of humus water in patients with alcohol dependence.

Material: The study included alcohol dependent patients (only men) treated at the Addition treatment Unit of Psychiatry Clinic. All patients had long length of alcohol dependence in years (average about 16-18 years) and had signs of a damage liver function expressed either in an increase in hepatic enzymes or in increase in liver size in the data of ultrasound. The exclusion criteria were cirrhosis, viral and autoimmune hepatitis.

Methodology: All patients received the standard drug treatment program which included psychotherapy and supportive pharmacotherapy. In a study group (45 patients) in addition to the standard drug treatment program, a drinking cure of humus water was included in a small balneological dose of 8 ml/kg body weight for

30 days, 3 times daily, 45 min before main meals. We use the water from a spring in Brązewo, it is originally bacteriologically pure, physically and chemically stable water containing 192,2 mg / dm³ of humus acids.

Assessment quality of life was conducted with help of the Chronic Liver Disease Questionnaire (CLDQ). This questionnaire included 29 items in the following domains: fatigue, activity, emotional function, abdominal symptoms, systemic symptoms and worry. The authors' consent was obtained for the use of the CLDQ.

Statistical analysis of experimental data was performed with help of the program Statistica version 13.1 by use of t-test for repeated observations.

Results: in patients of study group after drinking cure almost all domains were improved significantly compare to the before treatment, namely: fatigue ($p=0,0008$), activity ($p=0,0512$), abdominal symptoms ($p=0,0159$), worry ($p=0,0001$) and systemic symptoms ($p=0,0019$), and overall CLDQ score was improved significantly too ($p=0,0013$).

Conclusions. Addition of drinking of humus water to the standard drug treatment program in alcohol dependent patients causes a significant improvement in the quality of life namely improving vitality, physical and social activity and causes significant reducing of fatigue, worry and symptoms of abdominal discomfort.