

PILOT STUDY ON MONETA WELLNESS NONI FOR OLD AGE PATIENTS

INTRODUCTION

Ageing is a natural physiological process. Numerous theories have been put forward to explain the cellular changes that occur in various vital systems in the body due to ageing. It is well accepted that ageing slows down the secretions of most gastro-intestinal enzymes, leading to loss of appetite and digestion. The gonadal functions too decline with age. Structural and functional changes occur in cells in various systems of the body, due to ageing.

Lack of physical exertion, fluctuations in blood pressure, pulse and respiration which increase during exercise take longer to come back to normal with advancing age are very common problems in old age. There is also reduction in their adaptogenic capacity. Reduction in memory, intelligence and capacity to adjust to the surrounding is also observed. Moneta Wellness Noni can be usefully employed as a general metabolic restorative tonic to enhance the physical and mental capacity of aged persons. The aim of the present study is to evaluate the efficacy of Moneta Wellness Noni to do so.

Anti-aging addresses how to prevent, slow, or reverse the effects of

aging and help people live longer, healthier, happier lives. It includes scientific research and applications in genetic engineering, tissue engineering, and other medical advances, e.g., finding treatments and cures for Alzheimer's disease. It includes anti-aging psychology, e.g., coping skills for resiliently handling change, stress, and aging. Life extension is the part of anti-aging focused on living as long as possible.

The anti-aging marketplace includes nutrition, physical fitness, skin care, hormone replacements, vitamins, supplements, and herbs. Alternative medicine and holistic approaches have often been an incubator for approaches initially shunned by traditional medicine.

Leading sources of anti-aging information include the Life Extension Foundation (focusing on research and supplements), the American Academy of Anti-Aging Medicine (focusing on anti-aging physicians and cutting edge treatments), Andrew Weil (focusing on alternative medicine, holistic health, and herbal supplements), the Moneta Wellness Center for Wellbeing (focusing on mind-body medicine and integrating Eastern and Western medicine), and the Ageless Lifestyles Institute.

MATERIAL AND METHODS

25 persons between 58 to 80 years were subjected to this study. A control group of the same age, having similar clinical features were

maintained with placebo.

- (a) Subjective assessment of clinical parameters like appetite, digestion, bowel movement, fatigue, concentration, memory, intelligence, general feeling and vague body ache etc.
- (b) Specific assessment such as bio-chemical investigations like serum cholesterol, blood sugar, serum protein, serum calcium, S.G.O.T. was done in all cases.
- (c) In some cases, X-ray chest and E.C.G. were done.
- (d) Routine investigations like examination of stool, urine and blood for differential count, R.B.C. and leucocyte count were done.

Out of 25 persons in the Moneta Wellness Noni group 16 were males and 09 were females. After preliminary studies and investigations Moneta Wellness Noni sugar free health liquid was prescribed at 5 ml t.i.d. for the first and second week and then 10ml b.i.d. for the third to sixth week.

All other drugs were discontinued except lifesaving drugs. The patients were evaluated for the above mentioned parameters before and after treatment, at the end of 3rd week and 6th week.

OBSERVATIONS

	Initial Symptoms	% of persons (Total 25)
1.	Loss of appetite and indigestion	85%
10.	Palpitation	28%

11.	Hot flushes (in females)	15%
12.	Depression	20%
13.	Nervousness	30%
14.	Feeling unwell (Non-specific)	80%
15.	Pruritus	8%
2.	Fatigue or Lassitude	75%
3.	Loss of memory	65%
4.	Lack of concentration	60%
5.	Vague body aches and pains	70%
6.	Irritability	50%
7.	Loss of sexual function	70%
8.	Loss of sleep	60%
9.	Weak bowel movements	55%
Table I: Showing initial symptoms before Moneta Wellness Noni treatment		

CRITERIA FOR EXCLUSION:

Patients having diabetes, hypertension, I.H.D. or having other chronic diseases were not included in this study. Such patients are now being evaluated in separate studies.

The above table shows the incidence of different symptoms in 25 persons studied. Biochemical parameters like serum protein, serum calcium, blood sugar, S.G.O.T., which were done before and at the end of three and six months of treatment with Moneta Wellness Noni were within normal limits.

RESULTS:

At the end of six months there was overall improvement in all clinical parameters mentioned above. Improvement in symptoms referred to nervous systems and psychiatric symptoms were noticed after 3rd month. But improvement in appetite, general well-being, sleep, tiredness, bowel movements occurred by the 2nd month. No toxicity was noticed in this study.

Improvement in symptoms on Moneta Wellness Noni	
Symptoms	% of improvement
1. Appetite and Indigestion	70%
2. Concentration	45%
3. Depression	30%
4. Fatigue or Lassitude	60%
5. General well-being	70%
6. Hot flushes	20%
7. Irritability	36%
8. Memory	46%
9. Nervousness	33%
10. Palpitation	25%
11. Pruritus	25%
12. Sexual function	40%
13. Sleep	50%
14. Vague body aches and pains	50%
15. Weak bowel movement	89%

DISCUSSION

Moneta Wellness Noni is a combination of several indigenous herbs has a general metabolic stimulant effect. There are clinical

reports to suggest that Moneta Wellness Noni has anti-stress properties. Moneta Wellness Noni improves psychological status by improving the memory quotient and mental performance. It also reduces anxiety levels and nervousness. There was favourable response in 86% of patients complaining of general debility when treated with Moneta Wellness Noni. There was also a substantial improvement in alimentary function and physical fitness leading to a greater capacity and willingness for physical work. In the present series also, there was a favourable response in 70% of cases who experienced a general sense of well-being which led to an increased capacity to work. In 70% of cases, there was improvement in alimentary functions. Almost all patients reported good improvement in memory, attention, concentration and intelligence quotient with Moneta Wellness Noni.

A significant improvement in depression was noticed in 83.3% and in irritability (89.9%), in anxiety (73.3%) and in sleep (76.8%). Persons having psychiatric symptoms may need a longer clinical trial.

SUMMARY

(1) Twenty five cases (age 58-80 years) having different symptoms referred to nervous system, alimentary function and psychiatric symptoms were treated with Moneta Wellness Noni.

- (2) There was satisfactory improvement in general well-being and alimentary symptoms but in psychiatric symptoms like depression, anxiety, restlessness or irritability and in symptoms like lack of concentration, attention and sleep the improvement was not proportionate. No improvement was noticed in the control group on placebo.
- (3) No toxic effects were encountered during this study. Moneta Wellness Noni has a useful place in geriatrics.

Acknowledgment:

Deepak Chopra, MD. emphasizes the “integration of the best of western medicine with the natural healing traditions of the East.” He is especially interested in meditation, Ayurvedic medicine and philosophy, yoga, personal empowerment, and peace.

Andrew Weil, MD is the most prominent leader in alternative medicine, holistic health, and herbal supplements.

Jack LaLanne is the godfather of physical fitness in the U.S. He says he started the first gym.

Michael Brickey, Ph.D., is developing anti-aging psychology as a discipline rooted in positive psychology and the psychological factors that promote health and longevity.

Roy L. Walford, MD, a “crew member” of the biosphere experiment, championed caloric restriction as a research

validated method for extending longevity

Ping Wu, MD, Ph.D. and Taichi Tzu, Ph.D, for the first time, explained aging, longevity, afterlife based on I-Ching and modern physics.

Their work is summarized in the book "Asian Longevity Secrets", and in their website www.youngbodymind.com.