

(2) Acupuncture has various of treatment methods, and the main treatment is electroacupuncture, acupuncture and acupuncture with other special acupuncture. Acupoints are the local point of the neck, and they are mainly from Lianquan (RN23) , waijinjinyuye (Ex-HN14) , Fengchi (GB20) , yamen (DU15) , according to the syndromes in patients with dialectical acupoints.

(3) Acupuncture can not only improve the daytime sleepiness and sleep structure of the patients, but also can improve sleep quality and blood oxygen saturation in patients at night. Acupuncture can reduce sleep apnea hypopnea index, and some studies also found that patients with other symptoms may be improved, such as insomnia, memory loss, etc.

Because the level is limited, the research has some limitations or shortcomings, while acupuncture has many methods, but it is short of standardization. The multi center, large sample study is less. The systematicness is poor. Follow-up reports are few. For patients to maintain the efficacy of the treatment, there is lack of research reports.

Prospect : Acupuncture in the treatment of OSAHS, has a unique advantage, and should standardize the therapeutic plan, We have to do more central research, and follow up the treatment of patients in order to achieve better therapeutic effect of acupuncture.

Keyword : obstructive sleep apnea hypopnea syndrome (OSA) ; acupuncture; research progress

RESEARCH PROGRESS ON THERAPEUTIC DRUGS AGAINST NEONATAL JAUNDICE

Jing Su, Hui Sun, Ying Han, Qi Song, Aihua Zhang, Xijun Wang*

Sino-America Chinmedomics Technology Collaboration Center, National TCM Key Laboratory of Serum Pharmacology, Chinmedomics Research Center of State Administration of TCM, Laboratory of Metabolomics, Department of Pharmaceutical Analysis, Heilongjiang University of Chinese Medicine, Heping Road 24, Harbin 150040, China.
E-mail:xijunwangls@126.com

Abstract: Neonatal jaundice is a physiological phenomenon in early neonatal stage and one of the clinical symptoms of various pathological diseases after birth. Drug treatment is one of the main therapeutic approaches for it. This paper summarized recent progress in therapeutic drugs against neonatal jaundice from reducing bilirubin generation, blocking bilirubin enterohepatic circulation, enhancing the ability of the liver to clear bilirubin, reducing unconjugated bilirubin, accelerating bilirubin transportation and other different aspects.

Key words: neonatal jaundice; neonatal;bilirubin; drug treatment

Introduction Neonatal jaundice is a common clinical problem encountered during the neonatal period, especially in the first week of birth [1]. Neonatal jaundice is caused by increased bilirubin in the neonatal blood, manifested as skin, sclera and mucous membranes yellowish discoloration [2]. The increase of serum bilirubin not only has obvious damage to the central nervous system, but also has different degrees of damage to the heart, lung, blood, immune system and other important organs. Therefore, it is important that we carry out the early prevention and treatment of neonatal jaundice and prevent the occurrence of nuclear jaundice. Drug therapy is one of the most important means of treatment of neonatal jaundice.

1. Inhibition of Bilirubin Production

Metalloporphyrins and D-penicillamine are heme oxygenase (HO) inhibition preparation which can inhibit HO activity and reduce hemoglobin transformed into biliverdin, thereby inhibiting the formation of bilirubin. In addition, Intravenous immunoglobulin can block the hemolytic process and reduce the destruction of red blood cells, thereby reducing the formation of bilirubin [3].

2. Blocking Bilirubin Enterohepatic Circulation, Reducing Bilirubin Reabsorption

Microecologics can promote the growth of intestinal flora which can inhibit β -glucosidase activity, reduce the enterohepatic circulation of bilirubin in the intestinal tract and reduce the level of bilirubin [4]. Insoluble and difficult to absorb particles also can absorb intestinal bilirubin and play bilirubin capture effect, mainly including activated charcoal, smectite powder, agar, zinc salts, calcium phosphate, cholestyramine. Besides, gastrointestinal excitomotor, bile salts and lipase inhibitor can prevent the enterohepatic circulation of bilirubin and effectively reduce the level of serum bilirubin.

3. Enhance the Ability of the Liver to Clear Bilirubin

Phenobarbitone, clofibrate and traditional Chinese medicine can induce the activity of UGT1A1 of the liver, which can enhance the ability of the liver to convert the unconjugated bilirubin into the conjugated bilirubin and promote the elimination of bilirubin. At present, the most commonly used traditional Chinese medicine for the clinical treatment of neonatal jaundice is Yinzhihuang oral liquid and Yinzhihuang injection. In addition to Yin Zhi Huang, the Yinchenhao Tang also has a good effect on the treatment of neonatal jaundice.

4. Reduce Unconjugated Bilirubin and Accelerate Transport of Bilirubin

Albumin can be combined with unconjugated bilirubin to promote the transport of bilirubin. Ademetionine can promote the excretion of bile, accelerate the excretion of bilirubin, and decrease the level of bilirubin. Besides, glucose can make bilirubin be excreted in vitro through glomerular filtration by causing osmotic diuresis. The latest re-

search has indicated that one of the components of cotoneaster is glucose, which can increase bilirubin excretion [5].

5. Conclusion

At present, pharmacotherapy should choose high safety and less adverse reactions drug because of the complexity of the pathogenesis of neonatal jaundice. Although some of the above studies have not been applied to clinical, they will provide a theoretical and experimental basis for the future treatment of neonatal jaundice.

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HERBAL MEDICINE LINGONBERRY FOR ALZHEIMER'S DISEASE

Jingbin Zhang, Hui Sun, Luwen He, Xijun Wang*

Sino-America Chinmedomics Technology Collaboration Center, National TCM Key Laboratory of Serum Pharmacology, Chinmedomics Research Center of State Administration of TCM, Laboratory of Metabolomics, Department of Pharmaceutical Analysis, Heilongjiang University of Chinese Medicine, Heping Road 24, Harbin 150040, China.
E-mail: xijunwangls@126.com

Abstract : Alzheimer's disease (AD) is a neurodegenerative disease, which is common in the elder people with gradually seriously cognitive impairment and memory loss. Because of the complicated pathogenesis, the mechanism of AD is not explained clearly. Rely on the current level of medical care, AD cannot be cured. It is necessary to develop a new drug to intervene AD in the early phase. Recently, it was reported that some components from lingonberry have effect to retard the aging process in the brain and inhibit the development of neurodegenerative diseases. In this paper, we introduce the intervention effect of lingonberry on AD and the mechanism.

Key words: lingonberry, Alzheimer's disease, phenolic compounds, oxidative stress

Introduction Alzheimer's disease (AD) is a neurodegenerative disease which makes people gradually lose memory and become dementia. The effective drug treatment of AD was anticholinesterase, but only 12% patients accept treatment because of the high cost. Lingonberry (*Vaccinium vitis-idaea* L.) widely distributes in north-east China with abundant resources. Clinical practice has proved that the berries and leaf of lingonberry are beneficial for health. It has many pharmacological actions, including anti-inflammatory, antioxidant and preventing cardiovascular disease.[1] In this article, we introduce the intervention effect of lingonberry on AD.

Active components of lingonberry In fruit of lingonberry, phenolic components are the major components. There are 28 kinds of phenolic components, and most of them have an excellent antioxidant effects. Proanthocyanidins (PC) is the most significant active compounds of lingonberry. Some bioactive flavonoids, arbutin, hyperoside and quercetin, also existed in the stem and leaf. Besides, there are 10 kinds of organic acids, 19 kinds of free amino acids and many triterpenoids.[3]

The effects of active compounds from lingonberry on AD There are several hypothesis of AD including oxidative stress and the loss of the cholinergic neuron. Researchers found that the extract of lingonberry has effects on the cognitive disorder, and they want to know whether lingonberry can intervene AD in the early phase. Via comparing some biochemical indexes associated with the oxidative stress injury such as SOD and acetylcholinesterase (AChE), they found that the extract can improve the learning ability and the cognitive disorder induced by chronic stress.[4] PC, the main component from lingonberry, can prevent the cells from apoptosis induced by HNE that can induce the nerve cell apoptosis under the presence of oxidative stress by reducing the accumulation of ROS. Besides, PC also can control the neurovirulence of A β , and the suitable concentration of PC can dissolve aggregation of A β . It proves that PC can control the development of AD in a certain extent.[5] Except PC, other components also have effects on AD. It was reported that quercetin have beneficial effects on nervous system. According to the quercetin administration on a triple-transgenic AD model mice, the intervention effects on AD was obtained by observing the neuropathological manifestation of AD.[6] A research about hyperoside on AD showed that hyperoside can prevent neurite injury and control the mitochondrial dysfunction induced by A β 25-35.[7]

Results and discussion In this paper, we introduce the effects of different components from lingonberry on it. Based on related literature review, we found that the components of lingonberry, PC, quercetin and hyperoside, have effects on AD. These components may product mechanism by enhancing the activity of mice brain cells antioxidant stress, reducing oxidative stress injury and inhibiting the AChE activities. Comparing with the drugs approved by FDA, lingonberry has a cheaper cost and more abundant source. Lingonberry may become a new drug to intervene AD in the early phase.