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Effects of seanol on the autonomous function change in female young adults with fatigue

Whan-Seok Choi, Churl-Min Kim and Sang-Ah Youn
The Catholic University of Korea, Republic of Korea

Background: The effects of seanol are generally known in various areas, especially in autonomic nervous system using animal model. To aim of the present study was to evaluate effects of Zerex (was mainly composed of Seanol) on the Autonomous function with using HRV (heart rate variability) SA-3000, in female young adults with fatigue.

Methods: This was a 4-week parallel-group, double-blind, randomized, placebo-controlled trial. This was a 4-week trial consisting of 3 visits. A total of 87 participants were randomized to either Zerex (n=58) group or the placebo group (n=29). Subjects were administered with 3 capsules of Zerex or placebo 3 times a day. HRV was measured at baseline (visit 2) and at 4-week (visit 3) using SA-3000P (Medicore, Korea).

Results: There was no significant difference between Age and Sex in two groups. The differences of the mean value of HRV indices of pre-exercise resting period were not significant. However, the change of heart rate (0.81 ± 9.40 , 7.17 ± 9.56 ; $P=0.004$) between two groups, RMSSD (Square root of the mean of the sum of the square of differences between adjacent NN intervals, 1.92 ± 16.38 , -7.53 ± 18.85 ; $P=0.018$) was more significantly changed. The changes of SDNN (The Standard deviation of Normal to Normal intervals, 1.24 ± 18.10 , -4.19 ± 14.34 ; $P=0.163$) was not significant.

Conclusions: HRV indices were more increased in Zerex group than in Placebo group. The result of this study suggests that Zerex have a positive effect on Autonomous function, especially on parasympathetic nervous system.

Biography

Whan-Seok Choi has completed his MD and PhD from Catholic University Medical College. He is Professor in family department of Seoul St. Mary's Hospital, The Catholic University of Korea. He has published more than 50 papers in reputed journals and has been serving as a Vice Chairman of the Korean Society of Integrative Medicine.

fmchs@catholic.ac.kr

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