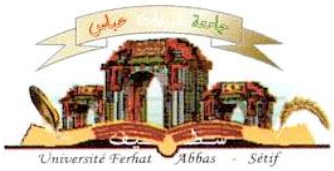
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Natural Remedies for Managing Crohn's Disease: *Curcuma Longa* and *Verbena Officinalis*

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We embarked on the beginnings only by His guidance, and we reached the ends only by His grace, and we achieved the goals only by His favor. So, O ***Allah,*** *praise be to You until You are pleased, praise be to You when You are pleased, and praise be to You after You are pleased.*

I dedicate the fruit of my success to

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« It is a beautiful thing for a person to strive for success and achieve it, and even more beautiful to remember those who were the reason for it. »

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ملخص

مرض كرون هو حالة التهابية مزمنة تؤثر غالبًا على الجزء العلوي من الأمعاء الدقيقة والأمعاء الغليظة، وتتميز بفترات من التصاعد والتلاشي للأعراض، يعد الكركم مادة مهمة. يتم استخدام الكركم بشكل رئيسي لاستخراج الكركمين، وهو مركب طبيعي نشط يأتي من جذر الكركم. الكركمين معروف بفعاليته البارزة كمضاد للالتهابات ومضاد للأكسدة، وأظهرت الأبحاث أنه يمكن أن يكون له تأثيرات إيجابية على الصحة، مثل تقليل التورم، تخفيف الألم، ودعم الصحة العامة للجهاز المناعي والهضمي. بالإضافة إلى ذلك، اللويزة هي نبات عشبي يُستخدم في الطب العشبي لتهدئة الأعصاب، وتقليل القلق، وتحسين عملية الهضم، وتخفيف الاضطرابات المعوية البسيطة، كما أن لها خصائص مضادة للالتهاب. وفقا لدراسة إحصائية موجهة لمرضى كرون أظهرت أن اغلبية المرضى حوالي 52.4% يستعملون الكركم في تخفيف الالتهاب وحدة المرض، كما ان 59.1% يستعملون اللويزة في تخفيف الألم والمضاعفات المعوية وبالتالي في ولاية سطيف الكركم واللويزة تعتبر خيارات مفيدة ومحتملة كجزء من نهج شامل لإدارة وعلاج مرض كرون.

الكلمات المفتاحية: الجهاز الهضمي، الكركم،.اللويزة, مرض كرون

Abstract

Crohn's disease is a chronic inflammatory condition that often affects the upper part of the small intestine and the colon, characterized by periods of flare-ups and remission of symptoms. *Curcuma Longa* is considered a significant substance in this regard. It is primarily used to extract curcumin, a natural active compound derived from the turmeric root. Curcumin is well-known for its prominent anti-inflammatory and antioxidant properties, with research indicating potential positive effects on health such as reducing swelling, alleviating pain, and supporting overall immune and digestive health. Additionally, *Verbena Officinalis* is an herbal plant used in herbal medicine to calm nerves, reduce anxiety, improve digestion, and alleviate minor gastrointestinal disorders, also possessing anti-inflammatory properties. According to a statistical study focused on Crohn's disease patients, it was shown that the majority of patient about 52.4% use turmeric to alleviate inflammation and disease severity, as well as 59.1% use *Verbena* to alleviate pain and intestinal complications. Therefore, in Setif, *Curcuma Longa* and *Verbena Officinalis* are considered useful and potential options as part of a comprehensive approach to managing and treating Crohn's disease.

Keywords: Crohn's disease, *Curcuma Longa*, Digestive System, and *Verbena Officinalis.*

Résumé

La maladie de Crohn est une affection inflammatoire chronique qui affecte souvent la partie supérieure de l'intestin grêle et le côlon, caractérisée par des périodes de poussées et de rémission des symptômes. Le *curcuma Longa* est une substance importante dans ce contexte. Il est principalement utilisé pour extraire la curcumine, un composé actif naturel dérivé de la racine de curcuma. La curcumine est bien connue pour ses propriétés anti-inflammatoires et antioxydantes marquées, avec des recherches indiquant des effets positifs potentiels sur la santé tels que la réduction de l'enflure, le soulagement de la douleur et le soutien de la santé globale du système immunitaire et digestif. De plus, *Verbena Officinalis* est une plante herbacée utilisée en médecine traditionnelle pour apaiser les nerfs, réduire l'anxiété, améliorer la digestion et soulager les troubles gastro-intestinaux mineurs, tout en possédant également des propriétés anti-inflammatoires. Selon une étude statistique axée sur les patients atteints de la maladie de Crohn, il a été démontré que la majorité des patients 52.4% utilisent le curcuma pour soulager l'inflammation et la sévérité de la maladie, ainsi que 59.1% utilisent *Verbena Officinalis* pour soulager la douleur et les complications intestinales. Ainsi, à Sétif, le curcuma et *Verbena Officinalis* sont considérés comme des options utiles et potentielles dans le cadre d'une approche globale pour la gestion et le traitement de la maladie de Crohn.

Mots clé : Curcuma Longa, Maladie de Crohn, système digestif, et *Verbena Officinalis.*

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LIST OF ABBREVIATIONS

CD: Crohn's disease

CT: Computed tomography

DCs: Mucosal dendritic cells

IBD: Inflammatory bowel diseases

IDK : I don’t know

IL: Interleukine

INF: Interferon

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