

Thesis Title : Effects of *Gelee royale* on Blood Transfusion  
Dependent Homozygous beta-Thalassemia.

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Abstract

Randomized double-blind comparative clinical trial method was used. Thirty four blood transfusion dependent homozygous beta-thalassemia (BTD-HBT) patients were divided into 2 groups, A and B. Seventeen subjects in group A were given *Gelee royale* at 120 mg. per day in capsule form. Another 17 subjects in group B were given a placebo.

The subjects in both groups were statistically the same in the following categories: sex, ages, weight, height, past history of splenectomy, regulary treated with the iron chelating agent, desferal<sup>®</sup>, nutritional habits and socio-economic status.

After the 3 month study period, the average inter-transfusion duration of the subjects in the *Gelee royale* supplemented group was statistically significantly longer than in the placebo group. It was considered that *Gelee royale*, as a nutrient supplement might have the effect of extending the inter-transfusion duration of the BT-D-HBT patients. But the pharmacological mechanism remains unknown.

At each time of visiting the hospital for blood transfusions, subjective symptoms of the subjects in both groups were recorded. These were no statistical differences between the 2 groups.

The difference of the average haemoglobin concentration, weight and height, of the subjects, before and after the 3 month study period were compared. These measurements are statistically equal in each group, both supplemented with *Gelee royale* and the placebo.

The study provided evidence of the effectiveness of *Gelee royale* in improving the general condition of the BT-D-HBT patients. But an expanded trial is still needed for further studies before we can draw any firm conclusions.

Education with appropriate technology for greater knowledge of the cause of the disease and how to prevent it, is urgently needed in the community. Village-based surveillance planning and participation for controlling the BT-D-HBT disease should be promoted. Finally, prenatal diagnosis training should be enhanced.