

### **Anti-*Helicobacter* activities of Kakadu Plum and colloidal silver**

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**Background.** The Kakadu Plum (KP) is wild-harvested in Northern Australia (Nt.WA) and a revered Aboriginal remedy for many ailments. The fruit is rich in ascorbate, other anti-oxidants and contains potent anti-bacterials (1). Colloidal metallic silver (CMS) preparations have shown anti-*Helicobacter* activity (2).

**Procedures.** Gastric *Helicobacter pylori* (HP) infection was assessed with a MetAtron diagnostic monitor (IPP). Volunteers attending a naturopathic clinic took oral treatments with either dried KP extract (1 gm b.i.d.) or CMS ( $\leq 0.3$  mg Ag b.i.d.) Lunasol™ for five days only. Probability indices for HP infection were determined on days zero, 7, 14 and 28 to assess a) efficacy and b) duration of response post-treatment. [Protocols for clinical studies were approved by an appropriate Human Ethics Committee.]

**Results:** KP extract effectively reduced gastric HP burden  $>85\%$  within one week. The KP was particularly valuable as second-line treatment in a few subjects (3/17) showing lesser responses ( $\leq 40\%$ ) to CMS alone.

**Conclusion:** At present, supply constraints and significant harvesting costs may limit the usefulness of KP as a phytotherapy to treat gastric inflammation/ulcers associated with HP. Nevertheless it is a valuable synergist for tandem therapy with other traditional remedies for ulcer disease eg Bismuth, licorice (2).

1. Cock I, Mohanty S. (2011) *Pharmacognosy J* 3:72-79.
2. Whitehouse MW et al (2013) *Proc ASCEPT Mtg Abstr*