

Evaluation of the Efficacy of *Coriolus versicolor** in the Treatment of HPV Lesions (LSIL).



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Coriolus versicolor (biomass) is a mushroom with immuno-stimulant properties used in traditional Asian cultures, namely in China and Japan, as a dietary supplement.

Objectives

With the aim of evaluating the therapeutical effects in patients with cervix lesions (LSIL) by HPV, a group of 43 LSIL patients (confirmed by cytology, colposcopy and biopsy) was at randomly divided into 2 sub-groups: the first group received treatment with *Coriolus versicolor* for 1 year (6 tablets/day-3 g). Control group did not receive any treatment. In neither group was any therapeutic procedure performed (cryotherapy, electrocoagulation or laser vaporization).

Results

Thirty nine (39) patients already concluded one year of follow-up. The first time they were controlled, 22 patients had HPV+ High Risk.

Eighteen (18) patients took *Coriolus* supplementation, while the other 21 patients had no therapy (control), all being under clinical observation for 365 days.

Of the 22 patients who showed HPV+ High Risk tipification, 10 patients took *Coriolus* supplementation and 12 patients did not.

Of the 18 patients who took *Coriolus* supplementation over one year, 13 (72,5%) still showed normal cervical cytology, after one year of follow up.

Of the 21 patients who did not take any supplementation, 10 (47,5%) still showed normal cervical cytology after one year of follow-up.

Regarding HPV tipification, from 10 patients who had HPV+ High Risk and took *Coriolus* supplementation, 9 (90%) reverted to HPV - status after one year.

On the other hand, of the 12 HPV+ High Risk status patients who did not take *Coriolus* supplementation, only 1 (8,5%) reverted to HPV - status.

Material and Methods

All patients were confirmed by cytology to be LSIL carriers. In the 1^a consultation patients underwent both cytology and biopsy to confirm the LSIL. In the same consultation HPV typing was screened. With the confirmation of LSIL diagnosis a randomization of the group was undertaken. In the 2^a consultation cytology was essayed to assess the LSIL status of the patient and a questionnaire on side-effects was performed. In the 3^a consultation the patients underwent cytology and HPV typing.

Table 1. Results of the treatment of LSIL lesions

	With <i>Coriolus versicolor</i>		Without supplementation		Total
	Negative after 1 year	Positive after 1 year	Negative after 1 year	Positive after 1 year	
Citology	13 (72,5%)	5 (27,5%)	10 (47,5%)	11 (52,5%)	39
HPV	9 (90%)	1 (10%)	1 (8,5%)	11 (91,5%)	22

LSIL-% of regression(1 year)

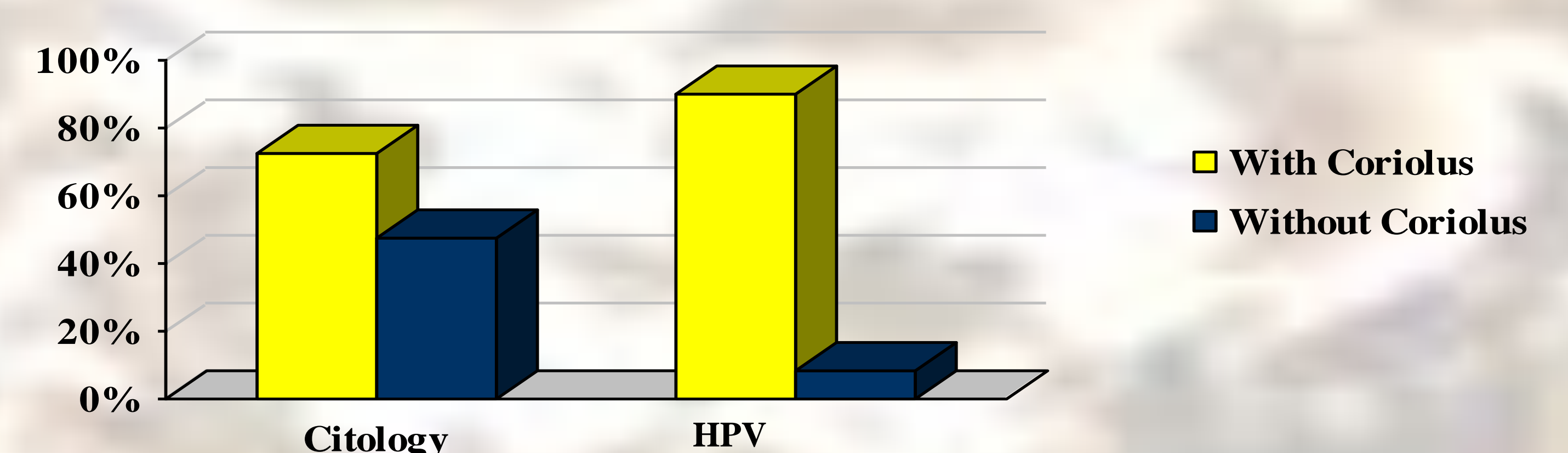


Fig.1 - Percentage of regression of cytologies LSIL and HPV + in LSIL patients

Conclusions

The use of *CORIOLUS VERSICOLOR* for 1 year revealed a great efficacy, whether in the regression of the dysplasia (LSIL), or in the disappearance of the High Risk HPV.

It seems therefore, to be a very useful food supplementation with positive therapeutic impact, either in the reversion of LSIL (with High Risk HPV+), or in those HSIL patients, who have undergone surgery but experience continued High Risk HPV viral count.