

OP 02-05: Effect of dietary patterns on cognitive decline in spinocerebellar ataxia and Huntington Disease

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Though age is the main determinant of cognition, it is reported that lifelong dietary habits may also have important implications. Cognitive decline is characterized in Huntington Disease (HD) and Spinocerebellar Ataxia (SCA). Sociodemographic, dietary patterns, clinical information and data on cognitive impairment in genetically confirmed patients with SCA type 1 (n= 22, age range 22- 58yrs) and HD (n=21, age range 25- 59yrs) were recorded using standard questionnaire and Sinhala translation of Addenbrook's Cognitive Examination - Revised (ACE-R) respectively in a Sri Lankan hospital based population. The relationship between dietary patterns and the subscale scores of ACE-R were evaluated. In HD patients (mean age of onset 40yrs \pm 11), number of tea cups vs total score of ACE-R; 3 cups/day vs <2cups/day (p=0.03) and number of tea cups vs orientation/attention sub scores of ACE-R 3cups/day vs >3cups/day P= 0.01 were found. In SCA patients (mean age of onset 37yrs \pm 9), dairy products consumption vs scores of ACE-R; 1 time/week vs >2 times/ week (p=0.04) and meat consumption vs Language sub scores of ACE-R; 2 time/month vs 1 time/week (p=0.03) were found. Our results indicate a trend that consumption of tea (>3cups/day) and dairy products (>2 times/ week) may have a positive effect on reduction of the progression of cognitive decline in HD and SCA. This may further provide an insight towards systemic evaluation of the effect of dietary patterns as a modifying treatment for cognitive decline in SCA and HD.

Keywords: Huntington Disease, spinocerebellar ataxia, tea, cognitive decline

OP 02-06: In-vitro assessment of anti-oxidant activity of Mathumeha Chooranam (MC) used in Prameha

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Free radicals significantly aggravate diabetic induced atherosclerosis; thus, anti-oxidant activity is important to control the complications of Diabetes (*Prameha*). The selected medical formula '*Mathumeha Chooranam*' (MC) is a well-known Siddha drug used in the treatment of *Prameha*. The