A PHASE I CLINICAL TRIAL TO EVALUATE THE SAFETY AND EFFICACY OF CENTELLA ASIATICA FOR ULCERATIVE COLITIS

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A phase I trial of Centella asiatica extract (500mg daily for 12 weeks) in ten patients with mild ulcerative colitis found no adverse events and modest improvements in endoscopic and histological scores in a subset of patients, with one patient showing telomere elongation in rectal epithelium.

KEY POINTS

- No adverse events were observed during the 12-week treatment period with oral Centella asiatica extract in nine patients who completed the trial.
- Among nine treated patients, two showed decreased Mayo Endoscopic Subscore by 1 point, four showed UCEIS decreases, and two showed histological improvement, though group-level changes were not statistically significant.
- One patient demonstrated telomere elongation in rectal epithelial cells accompanied by decreases in Mayo and UCEIS scores.
- Median biomarker levels (CRP and leucine-rich alpha 2 glycoprotein) and clinical scores showed no significant group-level changes from baseline.
- The authors conclude that Centella asiatica is safe and warrants further clinical trials with longer duration and larger sample sizes to evaluate efficacy for histological healing in ulcerative colitis.

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