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Dietary agmatine - alleviating pain and improving health-related quality of life in neuropathy

16 August 2010 @ 02:06 pm EDT

Recent clinical trials demonstrate the benefits of the novel dietary ingredient agmatine in accelerating neuropathic pain recovery and improving health-related quality of life in people suffering from lumbar disc-associated radiculopathy, otherwise known as sciatica. The paper describing these clinical trials was published in *Pain Medicine* (Keynan et al., *Pain Medicine* 11: 356–368, 2010) and was selected by the MDLinx editors as number 1, the most-read article by US health professionals on their PainLinx site for the week of March 17, 2010. These landmark findings were communicated to the American Academy of Neurology meeting on April, 2010, in Toronto and chosen to be presented at the Highlights in the Field of Spine. Additionally, the editors of *ACA News*, the official publication of the American Chiropractic Association invited and published a review article on "Dietary Agmatine for Sciatica" in their recent July, 2010, issue.

The clinical studies demonstrate the safety profile of dietary agmatine, and its efficacy in people suffering from sciatica due to herniated lumbar disc. The random, placebo-controlled trial was conducted in a double-blind fashion and showed a significant accelerated improvement of neuropathic pain and health-related quality of life in those who took agmatine for 14 days (31 people), as compared to the placebo group (30 people).

The studies were led by neuroscientists Gad Gilad and Varda Gilad and performed by orthopedic surgeons Ory Keynan and Yigal Mirovsky of Tel Aviv University, Faculty of Medicine and was conducted at the Tel-Aviv Sourasky Medical Center and Assaf Harofeh Medical Center (Israel Ministry of Health National Review Board Trial Number: 20060409), and registered with ClinicalTrials.gov Protocol Registration System (ClinicalTrials.gov Identifier: NCT00405041).

Agmatine is a naturally occurring amino acid metabolite and is now available as a treatment modality not only for sciatica, but also for the various other neuropathies. Agmatine acts as a shotgun targeting multiple molecular mechanisms critical for healthy nervous system functions including,

- Neurotransmitter receptors;
- Ion channels;
- Nitric oxide (NO) production;

- Polyamine synthesis;
- Extracellular proteins degradation.

These mechanisms are compromised not only as a result of nervecompression pathologies such as in sciatica, but also as a typical consequence of traumatic injuries,metabolic diseases (e.g., diabetic neuropathy), chemotherapy-induced neuropathies, infections (e.g.,post herpatic neuralgia (shingles), HIV), fibromyalgia and other neuropathies.

It is estimated that more than 20 million people in the United States alone suffer from neuropathy ofvarious causes for whom effective medication is still lacking. The present findings, therefore, havewide implications for multitude of people worldwide.

The study was sponsored by Gilad&Gilad, Reseda, California.

Provided by Gilad&Gilad

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