Melatonin oral supplementation against fibromyalgia-related skeletal muscle alterations

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Fibromyalgia is a chronic idiopathic pain syndrome characterized by widespread musculoskeletal pain and a deep range of other symptoms including disordered sleep, paresthesia, depression and anxiety (1). To date, its aetiopathogenesis and pathophysiology are still not understood, but the musculoskeletal, neuroendocrine and central nervous systems appear to play major roles in the development and progression of fibromyalgia (2). Important factors involved in the pathogenic process of fibromyalgia are oxidative stress and inflammation suggesting that antioxidative supplementation might be important in the management and modulation of fibromyalgia. Recent evidences suggest that melatonin may be suitable for this purpose. Melatonin is a small, highly conserved pineal indoleamine and due to its important and well known antioxidant and antinflammatory properties, together with also its analgesic effects, our research group studied the beneficial effects of the melatonin oral supplementation against the pathogenetic process of fibromyalgia. In detail, Sprague Dawley rats were randomly treated with reserpine, to reproduce the pathogenic process of fibromyalgia (3), and/or with melatonin (MelapureTM by Flamma S.p.A.). At the end of the treatments, the animals treated with reserpine showed moderate alteration at hind limb skeletal muscle level with difficult in moving, together with a significant expression of several oxidative stress and inflammatory markers at the gastrocnemius muscle level. Interestingly, melatonin, dose and time dependently, reduced the difficulties in walking and the musculoskeletal oxidative stress and inflammatory processes. In summary, this pilot study suggested that melatonin could be an in vivo effective tool against musculoskeletal morphofunctional damages and dysfunctions in the management of fibromyalgia-related complications.

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References


Keywords

Inflammation; melatonin; oxidative stress; skeletal muscle.