

POTENTIAL HEALTH BENEFITS OF MOLECULAR HYDROGEN (H₂)

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Introduction

Clinical and pre-clinical studies have identified H₂ as being beneficial in the prevention and treatment with a therapeutic effect in a wide range of disease conditions.

Materials and methods

It has been reported that H₂ exerts a therapeutic effect in acute illness such as ischemia – reperfusion injury, shock, and damage healing to chronic illness as metabolic syndrome, rheumatoid arthritis, diabetes, neurodegenerative diseases, asthma, cancer, cardiovascular diseases (congestive heart failure, coronary heart disease, hypertension, stroke and other cerebrovascular disease), and depression.

There are many ways to get your body to start benefiting from all that H₂ may offer.

Results

In inflammatory processes, H₂ suppresses the proteins involved in inflammation while also activating the mechanisms that protect against cell death.

Several clinical trials studied patients with rheumatoid arthritis after administration of H₂. The preliminary results showed a reduction in DNA damage as well as a reduction in the patient's symptoms, with a great number of patients reaching total remission of their symptoms.

Furthermore, it has been demonstrated that taking a hydrogen product may reduce lactic acid accumulation during periods of heavy exercise.

H₂ have been leveraged to treat or improve the state of oxidative stress pathologies (OSP) either acute or chronic OSP.

One of the first orientation with result by the synthesis of many different studies, is that H₂ is an attractive therapy justifying the treatment of many different pathologies, either as an adjunct treatment to the basis treatment or as a therapeutic agent.

Conclusion.

Efficacy of H₂ for various diseases has been shown by basic research.

When the clinical efficacy or a significant preventive action is confirmed and regulatory approval is obtained, the indications for the use of H₂ will expand over time.

However, the clinical efficacy of H₂ needs to be verified scientifically and eventually confirmed.

H₂ has various physiological actions such as antioxidant effect, anti-inflammatory effect and a protective effect against cell death, but the molecular mechanisms involved have not yet been clarified.