

## Hydrogen Water: Effective Treatment for Parkinson's Disease (PD)

January 27, 2021 Sagar Gola

Parkinson's Disease is a progressive nervous system disorder that affects movement. Symptoms start gradually, sometimes starting with a barely noticeable tremor in just one hand. Tremors are common, but the disorder also commonly causes stiffness or slowing of movement. In the early stages of Parkinson's Disease, your face may show little or no expression. Your arms may not swing when you walk. Your speech may become soft or slurred.

### How Hydrogen Works on PD?

PD is a disorder that presents with extrapyramidal symptoms caused by the degeneration and loss of dopamine-producing cells in the substantia nigra. In PD, mitochondrial dysfunction and the associated oxidative stress are major causes of dopaminergic cell loss in the substantia nigra. Molecular hydrogen serves as an anti-oxidant that reduces hydroxyl radicals, but not the other reactive oxygen and nitrogen species. Moreover, the involvement of mitochondrial dysfunction in PD has been reported. H<sub>2</sub>-rich water inhibits oxidative stress on the nigrostriatal pathway and prevents the loss of dopamine cells in PD. With the consumption of H<sub>2</sub>-rich-water-drinking, oxidative stress in the nigrostriatal pathway was inhibited and loss of dopamine cells was decreased. These results suggest that consuming H<sub>2</sub>-rich water could affect the onset of PD. It has been observed through a double-blind clinical trial that H<sub>2</sub>-rich water (1,000 ml/day) for 48 weeks significantly improved the total Unified Parkinson's Disease Rating Scale (UPDRS) score of PD patients treated with levodopa.

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