

NEUROPATHIC PAIN IN AA

“Neuropathic” is a new term that has recently been adopted in pain treatment circles to classify a specific type of pain and a class of drugs that control it. The term “neuropathic” simply means nerve-damage or impairment. With nerve damage or impairment, the normal flow of electricity is interrupted. When electricity cannot normally flow, it accumulates in one spot and may cause great pain and inflammation. AA is an inflammatory disease that causes “neuropathic” pain. Consequently, the following complications may occur: partial paralysis (legs, feet) – urinary, intestine, sex dysfunction – intractable pain syndrome. The common AA symptoms and sensations of water dripping, insects crawling, burning feet, jerking, stabbing pains, and restless legs are a result of interrupted and abnormal electricity flow.

DRUGS THAT REDUCE NEUROPATHIC PAIN:

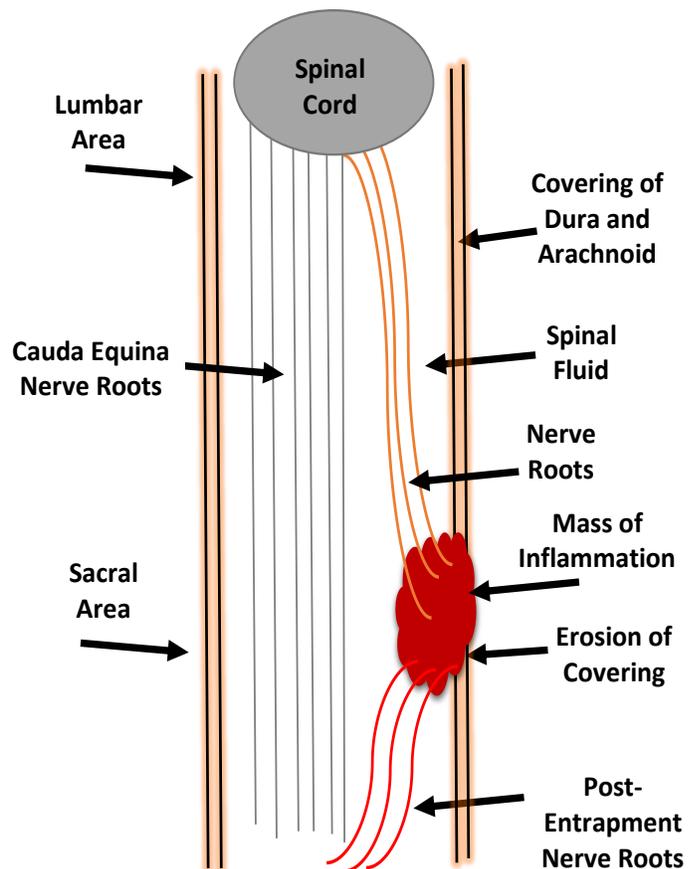
The natural chemical in nerves that conducts the flow of electricity is called “gamma amino butyric acid” (hereafter GABA). Drugs classified as “neuropathic” are synthetic derivatives of GABA to either substitute for GABA or complement its natural function which is to conduct electricity in nerves. Some of the most popular neuropathic drugs are gabapentin, carisoprodol (Soma®), baclofen, diazepam (Valium®), pregabalin (Lyrica®), topiramate (Topamax®). Natural non-prescription neuropathic agents are valerian root, glutamine, ashwagandha, and pure GABA (taken under the tongue).

RECOMMENDATIION FOR PERSONS WITH AA:

We believe one or more neuropathic drugs are essential with AA to keep electricity flowing. The natural neuropathic agents can be combined with a prescription agent. To suppress pain and some symptoms you may have to experiment with combinations of the drugs listed here.

Reference: Kiguch et al. Chemokines and cytokines in neuroinflammation leading to neuropathic pain. Curr Opin Pharmacol 2012;12:55-61.

**Diagram of Entrapped
Nerve Roots in AA**



The electricity normally conducted by the cauda equina nerve roots is trapped in the adhesive arachnoid mass and causes pain and inflammation.

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