HERBAL AND NATURAL ANTI-INFLAMMATORIES FOR ADHESIVE ARACHNOIDITIS (AA)

Adhesive arachnoiditis is a chronic, progressive, inflammatory disease. Both the arachnoid membrane and cauda equina are inflamed. Consequently, the inflammation in both tissues may not be the same or even respond to the same treatment agents. Arachnoiditis Hope recommends that the inflammation of AA be treated with a combination of prescription drugs (i.e., methylprednisolone and ketorolac) plus 2 or more herbal-natural anti-inflammatories. Listed here are the herbal-natural anti-inflammatories that, over the past 8 years, have proven to be the most popular.

Scientific Studies

There are essentially no scientific studies to determine which herbal-natural supplements are the most effective. They are legally classified as dietary supplements. Consequently, we have selected the ones here that are most popular in our AA community.

Herbal/Natural Anti-Inflammatories:

- Andrographis
- Astragalus
- Curcumin*
- Glutathione
- Liposomal
- Luteolin*
- Quercetin*
- Resveratrol*
- Serrapeptase

Special Note:

*The starred medicinals have been shown in laboratory studies to prevent reactivation of Epstein-Barr virus (EBV).