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Methylcobalamin a game-changer in clinical practice & modern medicine: Dr Sanjay Agrawal

Shardul Nautiyal, Mumbai

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In a comprehensive review of its therapeutic potential, Dr Sanjay Agrawal, Scientific Advisor of Alkomex GBN USA, highlights the pivotal role of methylcobalamin in modern clinical practice.

Dr Agrawal urges greater awareness among healthcare professionals about the benefits of methylcobalamin. "Its role in treating conditions like diabetic neuropathy, chronic pain, and neurological disorders underscores its importance as a cornerstone of modern medicine."

Vitamin B12, a crucial water-soluble vitamin, is integral to DNA synthesis, red blood cell production, and neurological function. It is predominantly found in animal-based foods like meat, fish, and dairy products, with plant-based foods providing little to none. Deficiency in this vitamin can lead to serious health consequences, often requiring supplementation.

"Methylcobalamin, an active form of vitamin B12, is the most bioavailable and therapeutically effective form. Unlike cyanocobalamin, which requires biotransformation, methylcobalamin is readily absorbed and utilized by the body, making it a preferred choice for supplementation," says Dr Agrawal.

Methylcobalamin has been extensively studied and used in clinical practice since the 1990s. According to Dr Agrawal, its benefits extend far beyond basic vitamin B12 supplementation.

"Laboratory and clinical evidence demonstrate its effectiveness in promoting healthy nerve function, relieving neuropathic pain, and reducing inflammation," Dr Agrawal explains.

Its key benefits include promoting myelin synthesis and nerve regeneration, providing analgesic effects for nerve-related pain, offering antioxidant and anti-inflammatory properties.

Dr Agrawal notes that methylcobalamin has shown remarkable efficacy in managing neurological disorders, including diabetic peripheral neuropathy (DPN). Clinical trials have demonstrated significant reductions in pain and disability scores among patients treated with methylcobalamin.

Chronic low back pain and neck pain - Randomized studies reveal improved pain scores and functionality with methylcobalamin injections compared to placebos.

Patients reported dramatic pain relief, with some experiencing a 50% reduction in pain through daily methylcobalamin injections in trigeminal neuralgia and herpetic neuralgia.

Faster recovery of facial nerve function has been observed with methylcobalamin therapy in Bell's palsy cases. Studies indicate improvements in communication, oxidative stress, and survival rates in early-treated autism and ALS (amyotrophic lateral sclerosis) patients.

Dr Agrawal emphasizes the safety profile of methylcobalamin, which is well-tolerated even at high doses. "Clinical studies using doses up to 50 mg twice weekly have reported no significant side effects," he says.

Research also supports methylcobalamin's ability to cross the blood-brain barrier, unlike other forms of vitamin B12. "This unique property allows it to directly impact neurotransmitter activity and protect the brain," adds Dr Agrawal.

"Methylcobalamin can be administered orally, intramuscularly, or intravenously, with therapeutic doses ranging from 1,500 to 6,000 µg per day. Lower doses, administered over extended periods, have also proven effective," Dr Agrawal advises.

"Methylcobalamin addresses fundamental issues in neuropathic pain and nerve damage. Its ability to reduce inflammation, promote nerve regeneration, and provide analgesic effects makes it an invaluable tool in clinical practice," says Dr Agrawal.



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