

VITAMIN B-6 FOR CARPAL TUNNEL SYNDROME

Studies have shown that there is a link between a vitamin B-6 deficiency and carpal tunnel syndrome. It is advised to take 100 mg/day of B-6 if you have carpal tunnel, and/or to see your doctor for a blood test to determine if you have a vitamin B-6 deficiency.

This deficiency may be the cause of, or a factor compounding a case of carpal tunnel syndrome. Aside from adding this supplement to your diet, it is important to continue using care not to exacerbate your wrists and hands with overuse or improper use while healing, and to continue treatments such as acupuncture, physical therapy, occupational therapy, heat/ice, etc.

Reference: "Clinical Results of a Crossover Treatment With Pyridoxine and Placebo of the Carpal Tunnel Syndrome," Ellis J, et al, Am J Clin Nutr, October, 1979;32(10):2040-2046.

Summary: In 22 patients with carpal tunnel syndrome, erythrocyte glutamic oxaloacetic transaminase levels indicated a significant vitamin B6 deficiency. This deficiency was partly resolved with 2 mg/day of vitamin B6 and completely resolved with 100 mg/day.

Reference: "Vitamin B6 Deficiency in Patients With a Clinical Syndrome Including the Carpal Tunnel Defect. Biochemical and Clinical Response to Therapy With Pyridoxine," Ellis JM, et al, Res Commun Chem Pathol Pharmacol, April, 1976;13(4):743-757.

Summary: In 10 subjects with severe carpal tunnel syndrome, there were deficiencies of vitamin B6 found by evaluating erythrocyte glutamic oxaloacetic transaminase (EGOT) activity. Patients were treated with vitamin B6 which resulted in a disappearance of pyridoxal phosphate deficiency and an increase in EGOT activity level by 55-68% during 2-4 weeks, respectively. There was an improvement in clinical status, and surgery for some patients became unnecessary.