

Melatonin shows positive effects on reducing and repairing damage caused by a stroke

LOCATION: Jaén

LENGTH: 1'35"

SUMMARY: The research group 'Cellular and age-related stress' at the University of Jaén has carried out a baseline study on melatonin, a hormone that we produce regularly, and has shown the positive effects it has on reducing and repairing damage caused by a stroke, a condition that affects 1 in 6 people in Spain. The study will be used to develop future treatments using this hormone, which is already known for its benefits in regulating sleep and slowing down ageing.

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In this laboratory at the University of Jaén, they have discovered that melatonin, a hormone that is produced naturally by the human body, prevents strokes and helps to repair tissue damage caused as a result.

M^a Ángeles Peinado
Professor at the University of Jaén

"We have seen that, in the animals we treat with melatonin, the levels of nitrogen free radicals were much lower than in untreated animals. That means less damage for the animal."

In a stroke, first the supply of energy to the cells is interrupted. When the supply is re-established, free radicals are produced which damage those cells once again, causing oxidative stress.

Raquel Hernández
Researcher at the
University of Jaén

"Oxidative stress impacts the cells. It's like an attack on the cells, and causes them to either malfunction, or degenerate and die."

The production of melatonin protects the cells in the nervous system, reducing damage.

M^a Ángeles Peinado
Professor at the University of Jaén

"Melatonin is also able to lower the production of nitrogen free radicals, and therefore has a neuroprotective effect on tissue damage caused by, for example, a stroke."

It is already known that melatonin has anti-ageing and sleep regulating effects, but production of melatonin decreases with age. This study by the 'Cellular and age-related stress' research group lays the foundations so that future research can establish how to administer it in order to protect and repair the tissue damaged by a stroke. This condition statistically affects 1 in 6 people in Spain.

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