



HUMAN CHORIONIC GONADOTROPIN (HCG) FOR ADHESIVE ARACHNOIDITIS (AA)

Arachnoiditis Hope (AH) was started about 8 years ago at which time a major goal was to develop a treatment protocol or regimen for use by primary, ambulatory medical practitioners. Numerous medications were attempted, and we found that HCG provided pain relief and neurologic/mental function improvement in over 80% of patients with AA. It became one of three medicinals (the other 2 are ketorolac and methylprednisolone) that became the backbone of AA treatment.

WITHDRAWAL FROM THE MARKETPLACE: For reasons unclear to us, the federal government about 3 to 4 years ago, removed HCG ingredients from the market so compounding pharmacies could not make it. Consequently, we removed HCG from our treatment recommendations. HCG is back on the market, so compounding pharmacies can now make it again.

WHAT IS HCG? HCG is one of two hormones that control pain during a woman's pregnancy. HCG is the natural pain reliever that is produced by the placenta to relieve the pain of a woman's extending uterus and abdomen. An elevated serum or urine level is the "pregnancy test." The other pregnancy pain relieving hormone is oxytocin. It surges at the time of delivery to relieve pain.

THE REGENERATION FUNCTIONS OF HCG: HCG is the body's natural regenerator and healer of nerve tissues such as brain, spinal cord, cauda equina, and arachnoid when they are damaged. It causes the brain and nervous system to develop in the fetus. It also keeps these hormones at normal levels in both males and females: thyroid, estrogen, progesterone, and testosterone.

HOW IS IT USED TO TREAT AA? The starting dose is 250 units given either under-the-tongue or by subcutaneous injection on 2 to 3 days a week. The dosage can be increased to 500 units.

HOW IS IT OBTAINED? Compounding pharmacies throughout the country are once again able to provide HCG. It is usually issued in a vial of 5000 to 10,000 units. It can be ordered and shipped across state lines.

WHO SHOULD USE IT? Our experience compels us to recommend a one-month trial of HCG for every person who has AA. There is no need to stop any other medications during the trial.

SUMMARY: HCG simultaneously provides pain relief and regeneration of damaged neurologic tissue. It helps about 80% of persons with AA and should be given a one-month trial.

REFERENCE

Patil, et al. The effect of human chorionic gonadotropin (HCG) on restoration of physiologic continuity of the spinal cord: A preliminary report. *Int Surg* 1990;75:54-57.