

عنوان مقاله:

The combined effects of ω -3 fatty acids and Nano-curcumin supplementation on Vascular Molecule-1 (VCAM-1) gene expression and serum level in migraine patients

محل انتشار:

دومین کنگره بین المللی و دهمین همایش ملی نوروزنتیک ایران (سال: 1396)

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خلاصه مقاله:

BACKGROUND: Migraine is an episodic headache that endothelial disorder and neuro inflammation basic. Vascular Adhesion Molecule-1 (VCAM-1) as an endothelial factor lead to adhesion of leukocytes to the walls of cerebral blood vessels which it is an important step in the inflammation process. Curcumin and omega-3 fatty acids by affecting on transcription factors can regulate the gene expression and serum level of VCAM-1. Thus we aimed to evaluate synergistic effects of ω -3 fatty acids and Nano-curcumin on VCAM-1 gene expression and serum levels in migraine patients. **METHOD:** this clinical trial study was conducted on 72 episodic migraine patients in 4 groups for 2 month and patients received ω -3 fatty acids, Nano-curcumin, and combination of them or placebo during study. At the beginning and end of the study, the gene expression and serum level of VCAM-1 was measured by real-time PCR and ELISA method. **RESULT:** Our results showed No significant change in VCAM-1 gene expression in none of 4 groups. The VCAM-1 serum concentration in combination group and omega-3 alone show a significant reduction at the end of the study compared to the beginning. In addition, significant reduction in attack frequency was observed in the combination group. **CONCLUSION:** considering to our result supplementation with omega-3 fatty acids plus curcumin lead to reduction of both attack frequency and VCAM-1 serum level in patients. It seems that supplementation with these two nutrients, not only lead to improve the function of metabolic pathways, but also can be used effectively as a treatment or prevention of migraine complications.

کلمات کلیدی:

ω -3 fatty acids, Curcumin, VCAM-1, Migraine

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