The Acute Effects of Arginine

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Abstract

Arginine is a semi-essential amino acid and precursor of nitric oxide which is potent vasoconstrictor. If persons include arginine rich food in moderate amounts in their diet then he or she could save from many ailments. Today life is very hectic and tedious and it's very important for cleaning their diet. Arginine is very important amino acid and building block of human body.

Keywords: arginine, precursor, ailments, hectic, tedious.

Role of Arginine in Coronary Heart Disease

Coronary heart disease or ischemic heart disease is leading cause of death worldwide. Hypertension, diabetes, hyperlipidemia and smoking major predisposing factor. High intake of liquor, obesity and sedentary life style also predisposes to atherosclerosis (narrowing lumen of tunica intima).

Arginine improved the ability of angina sufferers to exercise. Detailed studies have proven that arginine works by stimulating blood vessel dilation.

Nitro-glycerine and similar drugs cause dilation of arteries by interacting with nitric oxide, a potent stimulus for dilation. Nitric oxide is made from arginine, a common amino acid. Blood cells in people with argina are known to make insufficient nitric oxide, which may in part be due to abnormalities of arginine metabolism. Taking 2 grams of arginine three times per day for as little as three days has improved the ability of angina sufferers to exercise. Seven of ten people with severe angina improved dramatically after taking 9 grams of arginine per day for three months in an uncontrolled study. Detailed studies have investigated the mechanism of arginine and have proven that it works by stimulating blood vessel dilation.