Ganoderma lucidum improves physical fitness in women with fibromyalgia

[Garnera lucidum mejora la condición física en mujeres con fibromialgia]

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Introduction: fibromyalgia is a chronic disease characterized by generalized pain, stiffness, poor physical conditioning, non-restorative sleep and poor health-related quality of life. Ganoderma lucidum a type of mushroom that has demonstrated several benefits in different populations. Ceratonia siliqua is a natural therapy rich in antioxidants with potential benefits on health. Objective: to evaluate the effects of 6-week treatment of Ganoderma lucidum and Ceratonia siliqua on physical fitness in patients suffering from fibromyalgia. Methods: sixty-four women with fibromyalgia participated in the study. They took 6 g of Ganoderma lucidum or Ceratonia siliqua per day for 6 weeks. Different fitness tests were selected in order to evaluate functional capacity. Results: after the 6-week treatment period, Ganoderma lucidum significantly improved aerobic endurance, lower body flexibility, and velocity (p < .05). No significant improvement in any physical test was observed in the Ceratonia siliqua group. Discussion and conclusion: Ganoderma lucidum may improve physical fitness in women with fibromyalgia, whereas, Ceratonia siliqua seemed to be ineffective at increasing physical fitness. These results may indicate that Ganoderma lucidum might be a useful dietary supplement to enhance physical performance of the patients suffering from fibromyalgia. © 2015, Grupo Aula Medica S.A. All rights reserved.

Ceratonia siliqua

Chronic pain
Double-Blind Method

Exercise

Fabaceae

Female

Fibromyalgia

Humans

Middle Aged

Muscle Strength

Physical Endurance

Physical Fitness

Reishi