

Ganoderma lucidum improves physical fitness in women with fibromyalgia [Ganoderma 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.

Ceratonía 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 Ceratonía 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 Ceratonía 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 Ceratonía siliqua group. Discussion and conclusion: Ganoderma lucidum may improve physical fitness in women with fibromyalgia, whereas, Ceratonía 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.

Ceratonía siliqua

Chronic pain

Endurance

Ganoderma lucidum

Nutrition

Reishi

Velocity

antioxidant

adult

chemistry

controlled study

dietary supplement

double blind procedure

endurance

exercise

Fabaceae

female

fibromyalgia

fitness

Ganoderma lucidum

human

middle aged

muscle strength

pathophysiology

randomized controlled trial

Adult

Antioxidants

Dietary Supplements

Double-Blind Method

Exercise

Fabaceae

Female

Fibromyalgia

Humans

Middle Aged

Muscle Strength

Physical Endurance

Physical Fitness

Reishi