
Subject: L-Tryptophan HA bei Depressionen und Stress

Posted by [Foxi](#) on Sat, 10 Mar 2007 10:06:31 GMT

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Meint ihr das dieses Zeugs Hilfreich sein kann?

Ich merk schon das ich immer ziemlich gerädert und kaputt bin

bedingt durch Schichtarbeit schlechter Schlaf usw..

Tryptophan soll ja den Serotonin Spiegel erhöhen was die gute Laune anhebt

hab jetzt wieder begonnen Aponal(Doxepin) 5mg zu schlucken hab in letzter Zeit kaum noch geschlafen Nachtschicht fast gar nicht,

dann Frühschicht auch kaum, bedingt durch die vorheige Nachtschicht war ich Abends nicht müde und lag bis 4Uhr Morgens

wach im Bett mit kurzem Einschlafen aber ständiges Wachwerden

und um 5Uhr aufstehn

Gestern eine Aponal geschluckt und ich hab geschlafen wie ein Baby der Tag ist heut viel heller und bin Fit nur ein leichter

Schwindel durch Aponal was meistens nur am Anfang ist aber nach ein paar Tagen vergeht das dann!

Hat mir mal eine Nervenärztin verschrieben!

Hab oft das Gefühl wenn ich Aponal wieder 6Wochen durchziehe das meine Haare sichtbar kräftiger und besser aussahen !

Blos wenn Tryptophan auch hilft könnte ich auf Aponal verzichten!

Vielleicht ist Stress und Depressionen bei mir auch ein HA Grund!

<http://de.wikipedia.org/wiki/Tryptophan>

<http://www.supersmart.com/article.pl?id=0441&lang=de& ;amp ;fromid=GG132>

<http://www.psychosoziale-gesundheit.net/psychiatrie/haar.htm>

<http://www.bnw-natur.com/Ursache-Haarausfall/Haarausfall-dur ch-Stress.htm>

Foxi

Subject: Re: L-Tryptophan HA bei Depressionen und Stress

Posted by [kkoo](#) on Sat, 10 Mar 2007 10:36:17 GMT

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über L-Tryptophan kann ich wenig sagen, aber haste mal rhodiola probiert???

unten paar studien (mal von tristan mitgeteilt), eine nennt auch tryptophan, hier musst du mal dein englisch aufbessern

Stress control and human nutrition.

Takeda E, Terao J, Nakaya Y, Miyamoto K, Baba Y, Chuman H, Kaji R, Ohmori T, Rokutan K.

Department of Clinical Nutrition, Institute of Health Biosciences, The University of Tokushima Graduate School, Tokushima, Japan.

Stress is a pervasive factor in everyday life that critically affects development and functioning. Severe and prolonged stress exposure impairs homeostatic mechanisms, particularly associated with the onset of depressive illness. Brain food is aimed at preventing as well as treating a growing number of stress-related mental disorders. Some topics on the association of stress and nutrition is reviewed. (1) An increased activity of serotonergic neurons in the brain is an established consequence of stress. An increase in brain tryptophan levels on the order of that produced by eating a carbohydrate-rich/protein-poor meal causes parallel increases in the amounts of serotonin released into synapses. (2) Eating is thought to be suppressed during stress, due to anorectic effects of corticotrophin releasing hormone, and increased during recovery from stress, due to appetite stimulating effects of residual cortisol. (3) A strong inverse association between coffee intake and risk of suicide. (4) Night eating syndrome has been found to occur during periods of stress and is associated with poor results at attempts to lose weight and disturbances in the hypothalamic-pituitary-adrenal axis. (5) Dietary antioxidants present in fruits and vegetables may improve cognitive function. Therefore, it is concluded that the establishment of functional foods that correctly regulate stress response must be firmly based upon scientific knowledge and legal regulation.

Rhodiola:

Bull Exp Biol Med. 2004 Jul;138(1):63-4. Related Articles, Links

Extract of *Rhodiola rosea* radix reduces the level of C-reactive protein and creatinine kinase in the blood.

Abidov M, Grachev S, Seifulla RD, Ziegenfuss TN.

Center of Modern Medicine, Ministry of Defense Industry of Russian Federation. info@abidov.ru

The effects of extracts of *Rhodiola rosea* radix on blood levels of inflammatory C-reactive protein and creatinine kinase were studied in healthy untrained volunteers before and after exhausting exercise. *Rhodiola rosea* extract exhibited an antiinflammatory effect and protected muscle tissue during exercise.

Stimulating effect of adaptogens: an overview with particular reference to their efficacy following single dose administration.

Panossian A, Wagner H.

Swedish Herbal Institute, Viktor Rydbergsgatan 10, SE-411 32 Gothenburg, Sweden. ap@shi.se

Plant adaptogens are compounds that increase the ability of an organism to adapt to environmental factors and to avoid damage from such factors. The beneficial effects of multi-dose administration of adaptogens are mainly associated with the hypothalamic-pituitary-adrenal (HPA) axis, a part of the stress-system that is believed to play a primary role in the reactions of the body

to repeated stress and adaptation. In contrast, the single dose application of adaptogens is important in situations that require a rapid response to tension or to a stressful situation. In this case, the effects of the adaptogens are associated with another part of the stress-system, namely, the sympatho-adrenal-system (SAS), that provides a rapid response mechanism mainly to control the acute reaction of the organism to a stressor. This review focuses primarily on the SAS-mediated stimulating effects of single doses of adaptogens derived from *Rhodiola rosea*, *Schizandra chinensis* and *Eleutherococcus senticosus*. The use of these drugs typically generates no side effects, unlike traditional stimulants that possess addiction, tolerance and abuse potential, produce a negative effect on sleep structure, and cause rebound hypersomnolence or 'come down' effects. Furthermore, single administration of these adaptogens effectively increases mental performance and physical working capacity in humans. *R. rosea* is the most active of the three plant adaptogens producing, within 30 min of administration, a stimulating effect that continues for at least 4-6 h. The active principles of the three plants that exhibit single dose stimulating effects are glycosides of phenylpropane- and phenylethane-based phenolic compounds such as salidroside, rosavin, syringin and triandrin, the latter being the most active. Copyright (c) 2005 John Wiley & Sons, Ltd.

Int J Sport Nutr Exerc Metab. 2004 Jun;14(3):298-307. Related Articles, Links

Acute *Rhodiola rosea* intake can improve endurance exercise performance.

De Bock K, Eijnde BO, Ramaekers M, Hespel P.

Faculty of Physical Education and Physiotherapy in the Exercise Physiology and Biomechanics Laboratory at the Katholieke Universiteit Leuven, Tervuursevest 101, B-3001 Leuven, Belgium.

...
CONCLUSION: Acute *Rhodiola rosea* intake can improve endurance exercise capacity in young healthy volunteers. This response was not altered by prior daily 4-week *Rhodiola* intake.

Reduction of noise-stress-induced physiological damage by radices of *Astragali* and *Rhodiolae*: glycogen, lactic acid and cholesterol contents in liver of the rat.

Zhu BW, Sun YM, Yun X, Han S, Piao ML, Murata Y, Tada M.

College of Bio & Food Technology, Dalian Institute of Light Industry, China.

Noise is one of the factors that induces critical stress in animals. The contents of glycogen, lactic acid and cholesterol in the liver of noise-stressed rats were analyzed in order to investigate the alleviation of noise-stress-induced physiological damages by traditional medicine using *Astragali* and *Rhodiolae* radices. More than 95 dB noise ranging from 2 to 4 kHz reduced the contents of these compounds in the liver of rats not injected with the extract of *Astragali* or *Rhodiolae*, but did not change the contents in the liver of rats injected with the *Astragali* or *Rhodiolae* extract. These results show that noise induced stress in the rats via a decrease in contents of these compounds in the liver and that *Astragali* or *Rhodiolae* maintained the contents of these compounds in the liver of the noise-stressed rats. The results indicate that *Astragali* or *Rhodiolae* improved the

ability for rats to resist noise stress.

Neuroprotective effects of constituents of the oriental crude drugs, *Rhodiola sacra*, *R. sachalinensis* and Tokaku-joki-to, against beta-amyloid toxicity, oxidative stress and apoptosis.

Mook-Jung I, Kim H, Fan W, Tezuka Y, Kadota S, Nishijo H, Jung MW.

Brain Disease Research Center, Ajou University School of Medicine, Suwon, Korea.

We tested the constituents of two *Rhodiola* plants, *Rhodiola sacra* S. H. Fu and *R. sachalinensis* A. BOR, and an Oriental crude drug, Tokaku-joki-to, for their neuroprotective effects. Of the 58 compounds tested, six had considerable protective effects against beta-amyloid-induced death of B103 neuronal cells in vitro. These six compounds also showed protective effects against staurosporine-induced cell death, and two of the six compounds protected neurons from H₂O₂-induced cell death. These results suggest that some of the tested compounds protect neurons from beta-amyloid toxicity based on antiapoptotic and antioxidative activity.

Rhodiola rosea: a possible plant adaptogen.

Kelly GS.

Rhodiola rosea is a popular plant in traditional medical systems in Eastern Europe and Asian with a reputation for stimulating the nervous system, decreasing depression, enhancing work performance, eliminating fatigue, and preventing high altitude sickness. *Rhodiola rosea* has been categorized as an adaptogen by Russian researchers due to its observed ability to increase resistance to a variety of chemical, biological, and physical stressors. Its claimed benefits include antidepressant, anticancer, cardioprotective, and central nervous system enhancement. Research also indicates great utility in asthenic conditions (decline in work performance, sleep difficulties, poor appetite, irritability, hypertension, headaches, and fatigue) developing subsequent to intense physical or intellectual strain. The adaptogenic, cardiopulmonary protective, and central nervous system activities of *Rhodiola rosea* have been attributed primarily to its ability to influence levels and activity of monoamines and opioid peptides such as beta-endorphins.

Rhodiola rosea in stress induced fatigue--a double blind cross-over study of a standardized extract SHR-5 with a repeated low-dose regimen on the mental performance of healthy physicians during night duty.

Darbinyan V, Kteyan A, Panossian A, Gabrielian E, Wikman G, Wagner H.

Department of Neurology, Armenian State Medical University, Yerevan. epilepsy@acc.com

The aim of this study was to investigate the effect of repeated low-dose treatment with a standardized extract SHR/5 of rhizome *Rhodiola rosea* L, (RRE) on fatigue during night duty among a group of 56 young, healthy physicians. The effect was measured as total mental performance calculated as Fatigue Index. The tests chosen reflect an overall level of mental fatigue, involving complex perceptive and cognitive cerebral functions, such as associative thinking, short-term memory, calculation and ability of concentration, and speed of audio-visual perception. These parameters were tested before and after night duty during three periods of two weeks each: a) a test period of one RRE/placebo tablet daily, b) a washout period and c) a third period of one placebo/RRE tablet daily, in a double-blind cross-over trial. The perceptive and cognitive cerebral functions mentioned above were investigated using 5 different tests. A statistically significant improvement in these tests was observed in the treatment group (RRE) during the first two weeks period. No side-effects were reported for either treatment noted. These results suggest that RRE can reduce general fatigue under certain stressful conditions.

A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of *Rhodiola rosea* SHR-5 extract on the fatigue of students caused by stress during an examination period with a repeated low-dose regimen.

Spasov AA, Wikman GK, Mandrikov VB, Mironova IA, Neumoin VV.

Volgograd Medical Academy, Russia.

The objective was to investigate the stimulating and normalizing effect of the adaptogen *Rhodiola rosea* extract SHR-5 in foreign students during a stressful examination period. The study was performed as a double-blind, randomized and placebo-controlled with low repeated dose regime. The study drug and the placebo were taken for 20 days by the students during an examination period. The physical and mental performance were assessed before and after the period, based on objective as well as on subjective evaluation. The most significant improvement in the SHR-5 group was seen in physical fitness, mental fatigue and neuro-motoric tests ($p < 0.01$). The self-assessment of the general well-being was also significantly ($p < 0.05$) better in the verum group. No significance was seen in the correction of text tests or a neuro-muscular tapping test. The overall conclusion is that the study drug gave significant results compared to the placebo group but that the dose level probably was suboptimal.

!!!!

[The cardioprotective and antiadrenergic activity of an extract of *Rhodiola rosea* in stress]

[Article in Russian]

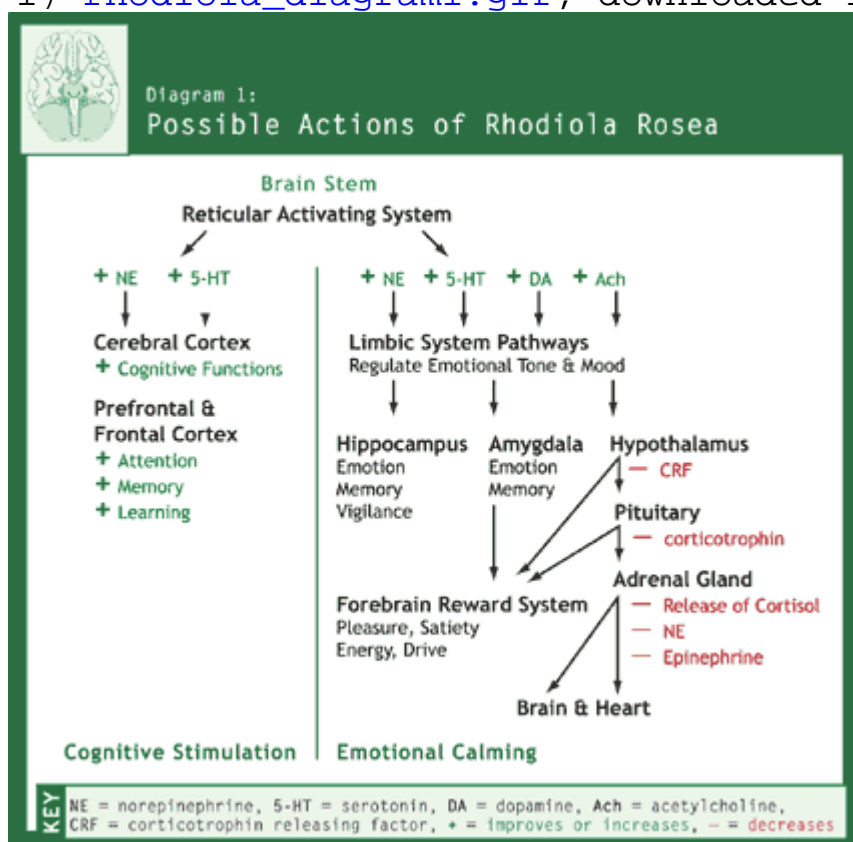
Maslova LV, Kondrat'ev Blu, Maslov LN, Lishmanov IuB.

The course of administration of *Rhodiola rosea* extract was studied for effects on the pattern of

stress-induced cardiac damage which was assessed by ^{99m}Tc-pyrophosphate accumulation in the heart. Rhodiola rosea was found to prevent stress-induced cardiac damage. Simultaneously, myocardial catecholamines and cAMP levels were measured. Rhodiola rosea was ascertained to prevent both stress-induced catecholamine release and higher cAMP levels in the myocardium. Moreover, the adaptogen prevented lower adrenal catecholamines during stress. The findings suggest that the antistressor and cardioprotective effects of Rhodiola rosea are associated with limited adrenergic effect on the heart.

File Attachments

1) [rhodiola_diagram1.gif](#), downloaded 1514 times



Subject: Re: L-Tryptophan HA bei Depressionen und Stress

Posted by [Foxi](#) on Sat, 10 Mar 2007 10:41:19 GMT

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Rhodiola?

Nein hab ich nicht probiert auch noch nix davon gehört

wie du schon sagst mein Englisch
werd mal googeln

Foxi

Subject: Re: L-Tryptophan HA bei Depressionen und Stress
Posted by [Foxi](#) on Sat, 10 Mar 2007 10:45:33 GMT

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<http://www.vitalabo.de/energie/kraeuter/rhodiola?gclid=CP7c5 J-D6ooCFRgQZwod2gsAkg>

<http://www.wellness-gesund.info/Artikel/6431.html?a>

Hört sich gut an

Foxi

Subject: Re: L-Tryptophan HA bei Depressionen und Stress
Posted by [kkoo](#) on Sat, 10 Mar 2007 10:47:59 GMT

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zusammenfassend: rhodiola ist sehr gut für das, was du beschreibst... versuch es mal. ich hab gute erfahrungen gemacht, gegen stress und anspannung... wirkt antientzündlich im gewebe, erhöht körperliche leistungsfähigkeit, erhöht stressresistenz, usw. auch bei nachtarbeit. man muss dann nur sehen, dass man es zur richtigen zeit einnimmt als nachtschichtler.

Subject: Re: L-Tryptophan HA bei Depressionen und Stress
Posted by [kkoo](#) on Sat, 10 Mar 2007 10:50:07 GMT

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wenn du es kaufen willst, musst du aufpassen, dass es ein standard-extrakt ist mit mind. 3% rosavin und 1% salidroside

Subject: Re: L-Tryptophan HA bei Depressionen und Stress
Posted by [kkoo](#) on Sat, 10 Mar 2007 10:53:13 GMT

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ich habe das rhodiola von reflex (hergestellt in GB), kostet hier in NL 17,50 euro für 90x350mg (inkl. versand)

Subject: Re: L-Tryptophan HA bei Depressionen und Stress

Posted by [Foxy](#) on Sat, 10 Mar 2007 11:26:19 GMT

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Wann muß man das einnehmen?
wenn man ins Bett geht oder vorher

z.b vor der Nachtschicht?
oder wird man dann müde
und nach der Nachtschicht schlucken?

Foxy

Subject: Re: L-Tryptophan HA bei Depressionen und Stress

Posted by [Foxy](#) on Sat, 10 Mar 2007 11:31:56 GMT

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Dann wäre das, das richtige oder
<http://www.supersmart.com/article.pl?id=0263&lang=de& ;fromid=GG132>

und eine Kapsel täglich oder?

Foxy

Subject: Re: L-Tryptophan HA bei Depressionen und Stress

Posted by [Foxy](#) on Sat, 10 Mar 2007 11:41:41 GMT

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Ich bestell eigentlich immer hier
<http://www.apo-rot.de/>

geht das rhodiola auch (Suche)
da steht was von 3% aber nicht mehr

Foxy

Subject: Re: L-Tryptophan HA bei Depressionen und Stress

Posted by [kkoo](#) on Sat, 10 Mar 2007 11:48:30 GMT

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Foxy schrieb am Sam, 10 März 2007 12:31 Dann wäre das, das richtige oder
<http://www.supersmart.com/article.pl?id=0263&lang=de& ;amp ;fromid=GG132>

und eine Kapsel täglich oder?

Foxi

ein oder zwei kapseln, aber nicht vorm schlafen, sondern morgens/mittags (wenn du tagschicht hast bzw. nicht tagsüber schlafen musst).

ob man die auch einnehmen kann, wenn man zur nachtschicht geht, weiß ich nicht recht, musst du vielleicht ausprobieren ?!

Subject: Re: L-Tryptophan HA bei Depressionen und Stress

Posted by [Foxi](#) on Sat, 10 Mar 2007 13:43:21 GMT

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Hi KKoo

du benutzt es ja auch

hat du schnell eine Veränderung bemerkt?

hier gehn ja zahlreiche Mittelchen über den Tisch
z.b MSM-Arginine usw.....

schluck das Zeugs auch Positives hab ich nicht bemerkt
alles wie immer

ich will nicht ständig Geld für unnütze Produkte rauswerfen

Foxi

Subject: Re: L-Tryptophan HA bei Depressionen und Stress

Posted by [user_23](#) on Sat, 10 Mar 2007 13:45:11 GMT

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gibt es wechselwirkungen mit fin (schnellerer abbau,...) oder anderen medis?

Subject: Re: L-Tryptophan HA bei Depressionen und Stress

Posted by [kkoo](#) on Sat, 10 Mar 2007 13:45:26 GMT

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Foxi schrieb am Sam, 10 März 2007 14:43Hi KKoo

du benutzt es ja auch

hat du schnell eine Veränderung bemerkt?

hier gehn ja zahlreiche Mittelchen über den Tisch
z.b MSM-Arginine usw.....

schluck das Zeugs auch Positives hab ich nicht bemerkt
alles wie immer

ich will nicht ständig Geld für unnütze Produkte rauswerfen

Foxi

ja, ich benutze rhodiola, und es war recht schnell eine wirkung zu spüren, im vergleich zu
anderen NEMs...

Subject: Re: L-Tryptophan HA bei Depressionen und Stress

Posted by [kkoo](#) on Sat, 10 Mar 2007 13:46:55 GMT

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user_23 schrieb am Sam, 10 März 2007 14:45gibt es wechselwirkungen mit fin (schnellerer
abbau,...) oder anderen medis?

nicht dass ich wüsste, die studien sagen auch nichts drüber...

Subject: Re: L-Tryptophan HA bei Depressionen und Stress

Posted by [Foxi](#) on Sat, 10 Mar 2007 13:49:01 GMT

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Fühlst du dich fitter wacher?

wie sieht es mit Potenzsteigerung aus soll ja
da auch gut helfen

Foxi

Subject: Re: L-Tryptophan HA bei Depressionen und Stress

Posted by [kkoo](#) on Sat, 10 Mar 2007 14:11:34 GMT

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Foxi schrieb am Sam, 10 März 2007 14:49Fühlst du dich fitter wacher?

wie sieht es mit Potenzsteigerung aus soll ja
da auch gut helfen

Foxi

ich fühl mich irgendwie besser, ruhiger, aber nicht müde oder so. potenz: weiß ich nicht

Subject: Re: L-Tryptophan HA bei Depressionen und Stress

Posted by [Foxi](#) on Sat, 10 Mar 2007 14:21:05 GMT

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Übrigens Maca

soll ja auch so ein Wundermittel sein

<http://www.maca-deutschland.de/shopping/best.php?gclid=COvI5 6Cz6ooCFSAuZwod-l1glQ>

bloß wenn ich das richtig lese hebt es den Testospiegel an

ob das schädlich für die haare ist???

[http://de.wikipedia.org/wiki/Maca_\(Pflanze\)](http://de.wikipedia.org/wiki/Maca_(Pflanze))

Foxi
