The Local Effects of Transdermal Nitroglycerine Treatment in Peripheral Vascular Pathology and in Various Other Diseases

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Acting directly on the vascular smooth muscle by releasing NO, transdermal nitroglycerine (NG) induces not only general vasodilator effects, profitable for heart pathology, but also local effects favourable in various non-cardiac diseases: peripheral vascular, dermatologic, rheumatic, surgical. The local effects of NG thus reveal a new therapeutic aspect of this drug known for over a century, maybe as important as those represented by the classical effects of NG in heart diseases. J Clin Basic Cardiol 2001; 4: 295–6.

Key words: transdermal nitroglycerine, local effects

Local vasodilatation increases O₂ supply and accelerates the elimination of catalabites responsible for pain, pruritus and inflammatory phenomena. The predominant decrease of venous pressure facilitates the resorption of interstitial oedema.

Materials, Methods and Results

Medicinal forms, adequate for the treatment of various diseases have been used (ointment, gel, alcoholic NG solution) with low concentrations of NG that can be applied to an extensive skin area. Local 0.05 % ointment alone was administered in 75 patients (pts) (mean age 54.3 years) with obliterator arteriopathy and intermittent claudication. After two weeks, in 90 % of pts walking perimeter and Master’s step-test values increased over 50 % in comparison with baseline. The recolouring time and the venous filling were shortened (in average by 5.2 sec. and 6.3 sec., respectively). Photophlebitismography detected the significant augmentation of (ischaemic: 17 pts, venous: 21 pts) local 0.05 % NG ointment digital pulse waves in 82 % of pts (Fig. 1). In various leg ulcers (ischaemic: 17 pts, venous: 21 pts) local 0.05 % NG ointment significantly improved the healing process and shortened the period of cure compared to conventional treatment [1, 2].

In a double blind cross-over study, the efficacy of local 0.05 % NG ointment was proved in 36 pts (mean age 46 years) with profound thrombosis of the inferior limbs. The local NG treatment (associated with conventional therapy) significantly accelerated the diminution of spontaneous pain and the decrease of interstitial oedema (p < 0.001 for both symptoms) in comparison with placebo [1, 2].

Another study, performed in a similar way, was carried out on 56 pts (mean age 45 years) with rheumatic and post-traumatic diseases: arthrosis 16 pts, abartricular rheumatism 10 pts, infectious rheumatism 14 pts, algoneurodistrophy 16 pts. The local 0.05 % NG ointment accelerated diminution of pain (p < 0.001), decrease of tunefaction (p < 0.001) and improvement of joint mobility (p < 0.005) [3].

To control hair-shedding, in a double blind study the scalp of 42 pts (mean age 41 years) affected by seborrhoea was gently swabbed with a weak alcoholic solution of NG (0.01 %). The hair fallen daily (counted by a standardized brushing method) significantly decreased in number (p < 0.05 %) in the 21 pts treated with alcoholic NG solution in comparison with the other 21 pts treated with alcoholic solution alone [3].

Owing to the fundamental role of the circulatory factor in the clinical evolution of burns we have investigated the local effects of transdermal 0.05 % NG ointment (in 48 pts, 33 men and 15 women, aged 18–45 years), in a randomised study. The 24 pts (group A) received local 0.05 % NG ointment alone and the other 24 pts (group B) received common ointments with cortisone and antibiotics. The area of the burns was approximately equal in the two groups, but no more than 30 %. general treatment and primary toilet were also identical. The demarcation between the burns and the living tissues made up more rapidly in group A (24–36 h) in comparison with group B (48–72 h). After 48 h from the beginning of the treatment, 50 % reduction in pain was seen in group A compared to group B.

Local bacterial infection with resistant germs occurred in 7 % of group A and in 10 % of group B. The period of healing was shorter in group A (9–10 days) in comparison with group B (12–14 days). Functional and aesthetical residual problems were 30 % and 50 %, respectively [4]. Collating the results published by us since 1983 [5] we have found that local transdermal NG could induce unexpected beneficial effects in various non-cardiac diseases [3–6]: local vasodilating effects (with positive results in the treatment of chronic arteriopathies, including obliterator vascular disturbances); trophic effects (in ischaemic or venous ulcers, in burns, even

Figure 1. Burns (of second degree) before (a) and after (b) local NG treatment. In burns pain often rapidly disappears after local NG ointment administration, aestethical and functional prognosis is better than with other drugs and hospitalization period is significantly shortened.
in ocular corneal ones, frostbite (Fig. 2), miscellaneous wounds, dry and seborrhoeic pityriasis, in scalp seborrhoea, hair shedding, not very extensive vitiligo (in this disease the skin of NG: slow absorption (and controlled in the case of the maximum), gradually decreasing at the level of arteries and veins (where the concentration of NG molecules is at a maximum), gradually decreasing at the level of arteries and arterioles. Thus, one can explain why low doses of NG operate predominantly on capillaries and veins while the high doses are of some effect for the arterial system, too (for arterioles to a greater extent than for arterioles). The involvement of vasculature in NG metabolism [8–10] constitutes a valuable theoretical base for understanding the local therapeutical effects of transdermal NG.

**Conclusions**

Up to the present, NG has been almost exclusively used for its general effects, even when transdermally administered, excepting Raynaud’s disease and, very recently, the dysfunction of the erection (‘blue syndrome’). The local effects of NG, practically unexploited, are frequently quite spectacular and can be successfully used in various non-cardiac diseases and that is why this fact may be considered as an actual rediscovery of NG.

**References**

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