

Extract from soursop leaves can prevent the symptoms of fibromyalgia

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Researchers from the Department of Pharmacology at the University of Seville have recently published a study reporting that diets supplemented with aqueous extract of *Annona muricata* L. leaves can prevent symptoms associated with fibromyalgia, improving the lives of patients.

Leaves of the species are oblong and egg-like or oblong and elliptical in shape, and between five and 15 cm in length. This species is native to the tropical areas of the Americas and is especially abundant in the Amazon region. It is usually cultivated for medicinal use. The leaves have different ethnomedical uses according to their country of origin. The most important uses in [traditional medicine](#), scientifically validated in pre-clinical tests, are for inflammation, pain, infections, diabetes and cancer.

"The consumption of extract of *Annona muricata* L. leaves in pharmaceutical form and in the correct dosage can reduce the chronic pain, anxiety and depression that accompany fibromyalgia. This extract comes from the traditional preparation using decoction," says Ana María Quilez from the Medicinal Plants research group at the University of Seville.

This study was carried out over one month using 60 five-week-old female rats in the laboratories of the Faculty of Pharmacy. The animals were divided into six groups that were fed a standard diet supplement with different quantities of this plant.

After the [results](#) obtained by the [researchers](#), the next step will be to carry out [clinical tests](#) with patients, to corroborate the extract's activity and establish the safe and effective dose in humans.

More information: Ana Maria Quilez et al. Diets supplemented with *Annona muricata* improve the symptoms of fibromyalgia, *PharmaNutrition* (2018). [DOI: 10.1016/j.phanu.2018.04.001](https://doi.org/10.1016/j.phanu.2018.04.001)

Provided by University of Seville

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