

10 All Natural Vitamins and Herbal Supplements That Fight Nerve Pain

The following supplements include vitamins, minerals, and popular herbs which have had their effects tested in dozens of clinical trials. Taken together, they represent a comprehensive supplements package for the treatment and management of nerve pain, particularly as it results from peripheral neuropathy.

1. Oat Straw Extract to Soothe That Itch

Oat straw extract comes from green oats, and has been used to support mental health and clarity for centuries. Modern herbalists recommend it for relaxation, but also to soothe and relax skin irritations such as redness, pins and needles, and raw, itchy skin. There is some anecdotal evidence toward its working in this capacity with regard to the side effects of peripheral neuropathy, which otherwise maintain few direct treatment options aside from an overall maintenance plan. It is even said that oat straw enhances sexual performance; the substance is arguably the origin of the phrase “sow your wild oats.”

2. Benfotiamine for your Body

Everyone knows that the B-Complex vitamins are among the most vital nutrients that our bodies need. They're the sort of thing that we literally can't live without. Vitamin B1, or “thiamine,” is a water-soluble vitamin which is used by the cells in our body to convert food into energy. It is also used by our nervous system to help maintain healthy nervous tissue. Because it is water-soluble, however, it can be hard to get enough Vitamin B1 through the food that we eat, since much of it passes out in our urine; this is why B-Vitamin deficiencies are not uncommon. Benfotiamine is a variation on vitamin B1 which is fat-soluble, and is much more efficiently absorbed through the digestive system. There are dozens of studies and clinical trials which back up the effects of benfotiamine.

3. Methyl B12 is Vital for Healthy Nerves and Blood Cells

Just as there are multiple B-Complex vitamins, so too are their different variations of each numbered B-Vitamin. Vitamin B12 is a blanket term for a variety of B-Complex vitamins which service the needs of the nervous and cardiovascular systems within the human body. Methyl B12, or “methylcobalamin,” is one of two vitamins that is vital for processing food into energy. It also maintains healthy red blood cells, and helps to insulate and protect neurotransmitters and brain cells.

4. Vitamin D: Now Serving the Nervous System

The benefits of vitamin D in bone growth and muscular development have long been maintained. More recently, it has been studied for a hitherto little-known role in the regulation of nervous system growth. It is now held to be integral to the healthy production and protection of

neurotransmitters and other nervous system tissues. While the full extent of its function in this regard remains unclear, it is already being studied by the National Institutes of Health; this is in regard to a potential link between vitamin D deficiency, schizophrenia, and multiple sclerosis.

5. Feverfew Extract for its Anti-Inflammatory Properties

In terms of its purported medical benefits, feverfew extract is one of the most well-documented herbal supplements on the market today to remain unregulated. It is used predominantly throughout the world for the relief of pain and inflammation, and is held by some to be particularly effective against the type of chronic nerve pain which results from hypersensitivity (sometimes known as “skin sensitivity”). Notably, there is a popular movement among migraine sufferers which involves the use of feverfew extract for migraine prevention, an area where western medicine has been notoriously unsuccessful without profound side effects.

6. Passion Flower Extract, for Relaxation

Passion flower extract is a substance which is frequently used in alternative medicine for the relief of stress and anxiety. It is particularly popular among modern adherents for its ability to relieve sleep-related and gastrointestinal issues which are bound to stress or anxiety, and it seems to be particularly effective in that specific regard. Passion flower extract is not considered to be a dangerous substance; it is widely used in regulated food and beverage products throughout the United States as a flavoring. Passion flower extract is believed to function by lowering the activity level of hyperactive brain cells, through a reduction in the chemical signals being used to trigger them.

7. American Skullcap, for Anesthetic and Anti-Anxiety Properties

Skullcap is a widely-used medicinal herb that has been popular for centuries. Today, American skullcap (click the link to see a list of alternate names) is grown all over the world by modern herbalists and botanists, who advocate its use for increasing the supply of blood to the brain. This has a tranquilizing effect, which is beneficial to the treatment of anxiety and the promotion of positive moods and improved concentration and focus. There is substantial clinical and anecdotal evidence for the viability of American skullcap as an herbal supplement; issues arise due to the lack of regulation of the herb, which can result in other plant-based ingredients being marketed and sold as American skullcap. It is best to buy through a reputable distributor of herbal products when seeking to acquire American skullcap for medicinal purposes.

8. R-Alpha Lipoic Acid; “ALA”

ALA, which is sometimes called alpha-lipoic acid, is part of a class of vitamin-like chemicals known as antioxidants. An antioxidant is a type of chemical, either man-made or (as in the case of ALA) naturally-occurring, which helps to defend against certain types of cellular damage within the body. Alpha-lipoic acid is found in yeast, in dark green vegetables such as spinach

and broccoli, and in organ meats such as animal liver and kidney. R-Alpha Lipoic Acid is approved in some European countries for the treatment of chronic nerve pain due to diabetic neuropathy, and is widely used as an unregulated supplement in America for the same reason. It is also beneficial to the health of blood vessels, internal organs, the eyes, and for the relief of chronic fatigue, exhaustion, concentration, and memory loss.

9. Magnesium, One of the Universe's Most Common Metals

Magnesium is naturally present in the human body, and can be supplemented through a specifically magnesium-rich diet. In addition to food, magnesium is found throughout the natural world, is available as a supplement, and is present in a variety of medicines—mostly antacids and laxatives. Taken in controlled amounts, it has beneficial properties with regard to certain digestive functions. In larger amounts, magnesium supplements have been known to cause diarrhea and other digestive upsets; the additional expense of slow release capsules usually negates this problem. Magnesium deficiency is extremely common—occurring in up to 80% of adults—and is a major contributing factor to neuropathy: magnesium is required for the proper firing of neurotransmitters inside the human body.

Natural Pain Relief: Popular Herbal Options

Capsaicin. Derived from hot chile peppers, topical capsaicin may be useful for some people in relieving pain. "Capsaicin works by depleting substance P, a compound that conveys the pain sensation from the peripheral to the central nervous system. It takes a couple of days for this to occur," says David Kiefer, MD, assistant clinical professor of medicine at the Arizona Center for Integrative Medicine.

Ginger. Though more studies are needed, says Dr. Kiefer, ginger extract may help with joint and muscle pain because it contains phytochemicals, which help stop inflammation. Few side effects have been linked to ginger when taken in small doses.

Feverfew. Feverfew has been used for centuries to treat headaches, stomach aches, and toothaches. Nowadays it's also used for migraines and rheumatoid arthritis. More studies are required to confirm whether feverfew is actually effective, but the herb may be worth trying since it hasn't been associated with serious side effects. Mild side effects include canker sores and irritation of the tongue and lips. Pregnant women should avoid this remedy.

Turmeric. This spice has been used to relieve arthritis pain and heartburn, and to reduce inflammation. It's unclear how turmeric works against pain or inflammation, but its activity may be due to a chemical called curcumin, which has anti-inflammatory properties. Turmeric is usually safe to use, but high doses or long-term use may cause indigestion. Also, people with gallbladder disease should avoid using turmeric.

Devil's Claw. There is some scientific evidence that this South African herb may be effective in managing arthritis and lower back pain, but more research is needed. Side effects are very rare if taken at a therapeutic dose for the short term, but it's not advised for pregnant women and those with gallstones or stomach or intestinal ulcers.

Natural Pain Relief: Proceed With Caution

There are many other herbal remedies for natural pain relief, such as boswellia and willow bark. The American Pain Foundation also lists these herbs for pain management:

Ginseng for fibromyalgia

Kava Kava for tension headaches and neuropathic pain

St. John's Wort for sciatica, arthritis, and neuropathic pain

Valerian root for spasms and muscle cramps

Since herbal therapies for pain management have yet to be thoroughly studied, be careful when embarking on this treatment path. Regardless of the herb you try, remember that they're not benign. Research into their safety and efficacy is still limited, and the government doesn't regulate herbal products for quality. The best course is to talk to a health-care professional before testing out a herbal remedy.

Motherwort

Another herb often used to help reduce symptoms of neuropathy is motherwort. The plant is a native of southeastern Europe and Central Asia, but has spread all over the world. It is pretty enough that many people enjoy planting in their gardens just for its looks.

Traditionally, motherwort was used in folk medicine in both Asia and Europe to control fertility or menstruation. People would take the herb to stimulate menstruation or to provide relief for symptoms of menopause.

Like passionflower, motherwort can also be used to help calm the body and to reduce anxiety. It was traditionally used in Europe as a sedative.

Along with easing the pain caused by menstrual cramps, Motherwort can also help ease the pain caused by neuropathy. It is occasionally used to help soothe the pain caused by shingles for example.

Evening Primrose Oil

Evening primrose oil comes from the seeds of a wildflower found throughout the US. Although it's often considered an herb that helps reduce the symptoms of menopause and PMS, it can also help with neuropathy.

The herb's oil contains gamma-linolenic acid (GLA), an essential fatty acid. A number of clinical studies found that patients who took GLA had reduced symptoms of nerve pain.

King of Bitters

It doesn't sound too pleasant but *Andrographis paniculata*, or King of Bitters, is a plant which has proven to provide anti-inflammatory and anti-viral properties to those who consume it. The herb is native to countries of Asia, and is a staple in early Chinese medicine. It helps in cases of neuropathy due to its ability to reduce inflammation, which can put pressure on nerves and cause lasting damage. By bringing down swelling and decreasing the chance of infection, it is a highly beneficial tool for neuropathy sufferers. It can be taken in the form of a pill.

2. Chamomile

This flowery plant is good for more than just bedtime tea. It also provides relief to those who suffer from joint pain and inflammation. Used by many sufferers of arthritis, this herb is wonderful for patients recovering from the pain of neuropathy. It can be sipped as tea, rubbed on as an essential oil, or taken as a pill. Each application of the herb can offer sedative effects, inflammation relief, and antispasmodic properties.

Green Tea

Having grown in popularity over the past few decades, green tea has been used as a medicinal herb since ancient times. Full of antioxidants which help to remove toxins from the body, and loaded with anti-inflammatory properties, sipping green tea once a day has offered relief to patients with chronic pain and discomfort caused by nerve damage.

Russian Comfrey

This plant provides comfort in the form of a topical ointment, which can be applied to areas where chronic pain is felt. Used primarily for back pain, comfrey has also shown promise in cases of nerve pain, specifically in the extremities.

It should be noted, however, that comfrey is a highly potent plant that can cause liver damage if taken orally. Be sure to consult your doctor for the proper dosage, and do not drink or eat it.

7. Cayenne Pepper

As with comfrey, the capsaicin in spicy peppers, makes a powerful topical ointment used for pain relief. Evident in a number of creams and muscle rubs containing cayenne pepper on the market, you can make your own muscle rub with cayenne and petroleum jelly, or buy cayenne rub at the local pharmacy. Be very careful not to get this powerful ingredient in your eyes, or in any cuts or scrapes. It can sting and cause an extremely warm sensation on the skin.

Burdock Root

Used to naturally treat multiple sclerosis, diabetes and cancer, burdock root has a number of anti-inflammatory and antioxidant capabilities. Used in ancient Chinese medicine, as well as throughout Europe, as a tool for helping in proper circulation and relief of swelling, the burdock

root has shown positive results when used in treating nerve damage pain caused by inflamed muscles and tissues.

However, patients who plan to take burdock root should refer to a physician before doing so, as it can cause extreme allergic reactions in those with allergies. Some trials may be needed before a proper dosage can be decided on.

Vitamin B12

According to the Journal of Neurological Science, vitamin B12 may increase protein synthesis and help in the regeneration of nerves. In ultra-high doses, it is shown to produce nerve regeneration. In addition to helping in the regeneration of damaged nerves, vitamin B12 is essential for maintaining healthy nerves and protecting them from damage. B12 helps build and support the myelin sheath, a layer of protective tissue around the nerves. This protective coating helps protect sensitive nerve tissue from foreign threats. If the myelin sheath is damaged or weakened, you may begin to experience neuropathic pain as the nerves have difficulty properly sending and receiving electric signals.

Benefits:

Promotes nerve health

Helps repair, rebuild and maintain the myelin sheath – a protective coating around the nerves

Promotes regeneration of damaged nerves (when taken in high doses)

Alpha Lipoic Acid

Alpha lipoic acid is a powerful antioxidant with the ability to regenerate itself. It can also regenerate other antioxidants and even B vitamins – which are essential for nerve health. As an antioxidant, alpha lipoic acid neutralizes the threat of free radicals in the body. These harmful substances damage and destroy cells in the body – which can eventually lead to chronic illnesses.

According to the University of Maryland Medical Center, “Several studies suggest alpha-lipoic acid helps lower blood sugar levels. Its ability to kill free radicals may help people with diabetic peripheral neuropathy, who have pain, burning, itching, tingling, and numbness in arms and legs from nerve damage. Researchers believe Alpha-lipoic acid helps improve insulin sensitivity.”

Alpha lipoic acid may also help those suffering from autonomic neuropathy, a form of neuropathy that affects internal organs such as the bladder, heart, digestive system and more.

Benefits:

Helps ease nerve-related pain, burning, itching, tingling and numbness

Kills free radicals
Lowers blood sugar levels

Acetyl-L-carnitine

Acetyl-L-carnitine is an amino acid whose primary function is to assist the body in producing energy. It also shows promise in helping to reduce the symptoms of neuropathy. According to the Washington University Pain Center, “L-acetylcarnitine is a promising compound for the treatment of painful neuropathies for its dual mechanisms, which include a significant analgesic effect after chronic administration and the ability to promote peripheral nerve regeneration and to improve vibration perception.”

Benefits:

Treats painful neuropathy
Promotes regeneration of peripheral nerves
Boosts energy

Inositol

Inositol is a carbohydrate found in foods like fruit, beans, grains and nuts – but can also be produced in a laboratory. According to WebMD, inositol helps balance chemicals in the body and is likely effective for treating diabetic nerve pain (among other things).

Benefits:

Helps ease diabetic nerve pain

Benfotiamine

Benfotiamine is a type of vitamin B1 that is commonly prescribed to diabetics in Europe. Studies have shown that this vitamin slows down the progression of diabetes, while also providing neuropathy relief. However, it does come with possible side effects, including dizziness, hair loss, nausea, and weight gain.

Methyl B12

Methyl B12 is cobalamin vitamin B12, which relates to hemoglobin. While often prescribed for those who have anemia, it has been found to provide relief from neuropathy and other neurological disorders as well. Additionally, the vitamin is essential for the myelin sheath, which protects the nerves, regeneration.

Vitamin B2

Vitamin B2 is often marketed as riboflavin. It is yellow in color and light destroys it. Found naturally in mushrooms, organ meats, peas, beans, almonds, and leafy vegetables, people often have deficiencies in vitamin B2 due to the lack of these ingredients in a standard diet.

Vitamin B2 produces FAD and FMN, both of which are responsible for metabolizing what we eat into nerve and cell energy. Diabetics often have substantial deficiencies of this vitamin as well. Supplementing can reduce the symptoms of neuropathy, particularly when taken in high dosages.

Vitamin B6

Vitamin B6 is also known as pyridoxine, which helps to keep the central nervous system, the brain, and the immune system healthy. It is found naturally in various food sources, but it is generally recommended for people to take a vitamin B6 supplement. However, too much vitamin B6 can cause neuropathy, so it is important to be careful with this.

Copper

Copper is believed to work due to the “Theory of Trapped Electricity”. It has been suggested that inflammation is caused by damaged nerves trapping electricity, which copper will attract and pull away from the body. Copper has been used as such in traditional medicine for thousands of years. Often, it is worn as a bracelet, something that people claim to have benefited from. Others rub copper on the area where they experience pain.

Manganese

Manganese occurs in trace amounts in our body. It is a strong antioxidant that helps protect our body from free radical damage. A human body should contain no more than 20mg of manganese, but many people are deficient. Studies have been conducted on the impact of manganese on pain. So far, it seems that people benefit from it, but it is not yet known how or why.

Vitamin K

Vitamin K2 has been shown to be able to restore energy levels in damaged nerves, returning them to normal. This is why it is particularly beneficial for Parkinson’s patients in particular. Additionally, it is now known that there is a link between vitamin K and energy production. Various studies have found positive results. However, scientists are finding it difficult to determine the appropriate dosage for the vitamin. Vitamin K can be found naturally in many different food groups, but it is now suggested that people should supplement with it for greater effect.

Selenium

Selenium is classed as an “essential” nutrient, meaning it is required by the body but has to be consumed through our diet. Around 55mcg per day are needed. Various studies have been conducted to determine whether it could fight cancerous tumors.

There have also been a number of studies showing that incidences of various forms of cancer and of neuropathy are more common in areas where natural soil does not contain high levels of selenium. However, many physicians believe that only strict vegans need to supplement with selenium, with those following a standard diet simply receiving it through their daily food intake.

Zinc

Zinc deficiency is found in around a third of people around the world. Zinc can prevent various forms of inflammation, and inflammation can kill nerve cells. Additionally, zinc supports the cells that help fight infections.

R-Alpha Lipoic Acid

R-Alpha lipoic acid is classed as a “super” antioxidant. It turns glucose into energy. It is found in a variety of natural sources, including potatoes and green vegetables. Some evidence suggests it helps the body process insulin, meaning it is essential for diabetics, and it reduces peripheral neuropathy symptoms. There are some side effects, however, including acid reflux and skin rashes. Additionally, it can enhance pharmaceutical medication, so it should only be taken after consultation with a health care professional.

Acetyl-L-Carnitine

Acetyl-L-carnitine has been suggested as an antinociceptive and neuroprotectant. It is a type of amino acid derivative. Unfortunately, it is still poorly understood, but it is believed to have an impact on mitochondrial function, neurotrophins, and synaptic transmission within the body, thereby also affecting neuropathic symptoms. Various clinical trials have shown that it has significant regenerative capacity as well, and that it has almost no side effects.

Berberine

Berberine is an alkaloid found in a range of different plants. It also has strong pharmacological properties that are of interest in the treatment of a variety of conditions, one of which is neuropathic pain. Additionally, it modulates dopamine and thereby works as an antidepressant. It is also believed to have a positive impact on mechanical allodynia, which is caused by diabetic neuropathy and by nerve injuries.

Bacopa Monnieri

Bacopa monnieri is an adaptogen that has been used for hundreds of years in Ayurvedic medicine. It is now known to be an analgesic and nootropic as well. It is a creeping perennial herb that often grows in aquariums. It is found globally, which means it is easy to find as well. Scientific evidence has shown it to be full of bacosides, which enable it to be an adaptogenic.

<https://nervepaintreatment.org/vitamins-herbs-for-neuropathy/>