

“Pilot study of H₂ therapy in Parkinson's disease: a randomized double-blind placebo-controlled trial” (2013)

This is one of the first human clinical trials looking at hydrogen therapy in Parkinson's disease, and it created a lot of interest in the field.

This study asked: Could drinking hydrogen-rich water help people with Parkinson's disease?

First – what is Parkinson's disease? Parkinson's is a progressive brain disorder that affects movement. Common symptoms include: 🤯 tremors (shaking) 🚶 slower movement 🦵 stiffness ⚖ balance problems

Over time, symptoms gradually worsen because:

Brain cells that make dopamine become damaged.

Researchers believe one reason this happens may be: ⚡ Oxidative stress (cellular wear-and-tear damage). What was the goal?

Researchers wanted to know: Could hydrogen-rich water slow symptom worsening or improve symptoms? Why hydrogen?

Because earlier lab and animal studies suggested hydrogen may:

- ✅ reduce oxidative stress
- ✅ help protect dopamine-producing brain cells.

How was the study done? This was a: ✅ Randomized trial ✅ Double-blind study ✅ Placebo-controlled (Which is a strong study design.)

In simple English: Neither the patients nor researchers knew who got the real hydrogen water. Participants: 17 Japanese patients, all had Parkinson's disease, all were already taking levodopa (standard Parkinson's medication).

Participants drank:

Hydrogen group 1 liter (1000 mL) of hydrogen-rich water per day

Placebo group Regular “fake” water

for: 48 weeks (almost 1 year).

What did researchers measure? They used something called: UPDRS (Unified Parkinson's Disease Rating Scale) This measures movement, symptoms, daily functioning, severity of Parkinson's.

Simple rule: ⬇ Lower score = improvement ⬆ Higher score = worsening.

Main findings

✅ Hydrogen group improved People drinking hydrogen-rich water showed: Improved Parkinson's scores overall. Their symptoms: Slightly improved over time.

⚠ Placebo group worsened Meanwhile: The placebo group got worse over the study period, which is common in Parkinson's because it tends to progress gradually.

What does this mean in plain English?

This study suggested: Hydrogen-rich water may help support brain health and slow symptom worsening in Parkinson's disease. Think of it like: Potentially helping protect vulnerable brain cells from ongoing stress and damage

Why this study mattered This paper became important because it was: One of the first placebo-controlled human trials suggesting hydrogen might help brain disorders.

To Read The Full Study

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