**L-Arginine Improves Diminished Cerebral CO₂ Reactivity in Patients**

C. Zimmermann, MD; R.L. Haberl, MD

**Background and Purpose**—There is experimental evidence that L-arginine restores diminished CO₂ reactivity after mild traumatic brain injury in rats. This effect is believed to be mediated by L-arginine–derived nitric oxide, which is a permissive substrate for CO₂ reactivity. To clarify whether these findings can be transferred to the clinical situation and have beneficial effects in patients, we studied the effects of L-arginine on CO₂ reactivity of the cerebral vessels in patients with impaired vasomotor reactivity (VMR) and compared them with patients with normal VMR.

**Methods**—Twenty-two patients with cardiovascular risk factors and VMR <50% with no extracranial or intracranial stenoses were examined by bilateral transcranial Doppler sonography of the right and left middle cerebral arteries and compared with 20 age- and risk-matched patients with normal VMR (>50%). VMR was tested by 1-minute hyperventilation, followed by a 3-minute inhalation of 5% CO₂. Examinations were performed before and after infusion of 30 g L-arginine over 30 minutes. The 22 patients with reduced VMR (<50%) were compared with 20 patients with normal VMR (>50%).

**Results**—Initial mean VMR of the 42 patients was 50±12%. There was no difference between the right- and the left-side VMR. In the 22 patients with reduced VMR in the first examination (42±8%), VMR increased significantly after infusion of L-arginine (52±14%, *P*=0.005). In contrast, values did not change after infusion of L-arginine in the 20 patients with normal VMR (59±8% before versus 59±13% after L-arginine). There was a negative correlation of initial CO₂ vasoreactivity and the percentage of VMR increase after infusion of L-arginine.

**Conclusions**—Our data support the hypothesis that in humans L-arginine is able to improve impaired CO₂ reactivity of the cerebral vessels. This effect can be found in patients at cardiovascular risk with impaired VMR and might have therapeutic implications in the future. (*Stroke. 2003;34:643-647.)*

**Key Words:** arginine ■ risk ■ vasomotor reactivity

Cerebral blood flow is thought to be regulated by 2 major structural elements: endothelium and vascular smooth muscle cells. Resting cerebrovascular blood flow is dependent mainly on endothelial function and is believed to be influenced by nitric oxide (NO) availability. NO is known to be the most effective constitutive vasodilating agent and is responsible for normal vascular tone. In addition to NO, changes in PCO₂ and pH are fundamental mechanisms in inducing vasodilation or vasoconstriction of the cerebral vessels and are involved in maintaining adequate cerebral blood flow.

Experimental data suggest that CO₂ reactivity is depressed shortly after mild brain injury but can return to normal levels over time. In humans, CO₂ reactivity is known to be depressed in patients with lacunar syndromes and cerebral small-vessel disease. Golding et al recently published the experimental finding that L-arginine restores diminished CO₂ reactivity in adult rats after mild traumatic brain injury. Beneficial effects of L-arginine are attributed to the fact that it is the substrate for endothelial NO synthase, which increases local NO production and might be involved in scavenging free radicals. In patients, improvement in cerebral vasomotor reactivity (VMR) was found after intake of pravastatin, an HMG CoA inhibitor leading to upregulation of endothelial NO synthase.

Although it is known that L-arginine itself can temporarily increase cerebral blood flow, it is not clear whether it affects CO₂ reactivity in humans and can improve impaired CO₂ reactivity in patients. The purpose of the present study was to examine whether L-arginine can restore diminished CO₂ reactivity in patients. Therefore, we studied the effects of L-arginine on VMR in patients with impaired VMR and compared them with patients with normal VMR.

**Methods**

In total, 42 patients with cardiovascular risk factors such as arterial hypertension, dyslipidemia, diabetes mellitus, smoking, coronary heart disease, and/or history of previous cerebrovascular event were included in the study. Patients were asked for drug intake, history of hypertension, smoking habits, history of coronary heart disease, and previous cerebrovascular events. They did not have any neurological...
Table 1. Patient Characteristics and Vascular Risk Profile of 42 Patients With Vasomotor Reactivity Maneuver Before and After L-Arginine

<table>
<thead>
<tr>
<th>Patient Characteristics</th>
<th>Mean ± SD</th>
<th>Range</th>
<th>VMR &gt;50%</th>
<th>VMR &lt;50%</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of patients (male/female)</td>
<td>n=42</td>
<td>n=20 (21/1)</td>
<td>n=22 (14/6)</td>
<td></td>
</tr>
<tr>
<td>Age, y</td>
<td>63.6 ± 7.4</td>
<td>52–81</td>
<td>61.5 ± 6.9</td>
<td>65.5 ± 7.5</td>
</tr>
<tr>
<td>Systolic blood pressure, mm Hg</td>
<td>138.5 ± 17.4</td>
<td>101–176</td>
<td>137.1 ± 19.4</td>
<td>139.6 ± 15.6</td>
</tr>
<tr>
<td>Arterial hypertension, y</td>
<td>6.9 ± 8.9</td>
<td>0–30</td>
<td>8.0 ± 8.8</td>
<td>6.0 ± 8.1</td>
</tr>
<tr>
<td>HbA1c, %Hb</td>
<td>5.8 ± 0.8</td>
<td>3.8–9.5</td>
<td>6.0 ± 1.0</td>
<td>5.8 ± 0.7</td>
</tr>
<tr>
<td>Cholesterol, mg/dL</td>
<td>203.3 ± 36.0</td>
<td>135–295</td>
<td>205.3 ± 39.1</td>
<td>201.3 ± 33.7</td>
</tr>
<tr>
<td>Triglycerides, mg/dL</td>
<td>153.0 ± 87.8</td>
<td>59–532</td>
<td>142.2 ± 56.3</td>
<td>162.9 ± 109.4</td>
</tr>
<tr>
<td>Body mass index, kg/m²</td>
<td>23.0 ± 3.6</td>
<td>16.9–32.6</td>
<td>22.3 ± 3.5</td>
<td>23.7 ± 3.6</td>
</tr>
<tr>
<td>CHS</td>
<td>13.8 ± 7.3</td>
<td>0–30</td>
<td>12.6 ± 7.4</td>
<td>15.0 ± 7.1</td>
</tr>
<tr>
<td>IMT, mm</td>
<td><strong>Right CCA</strong></td>
<td>0.10 ± 0.02</td>
<td>0.06–0.17</td>
<td>0.09 ± 0.02</td>
</tr>
<tr>
<td><strong>Left CCA</strong></td>
<td>0.10 ± 0.02</td>
<td>0.07–0.20</td>
<td>0.10 ± 0.03</td>
<td>0.10 ± 0.02</td>
</tr>
<tr>
<td>Previous cardiovascular events (TIA/PRIND/Stroke)</td>
<td>8/8/3</td>
<td>6/3/8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coronary heart disease/left ventricular hypertrophy</td>
<td>2/3</td>
<td>4/5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smoking habit</td>
<td>4 yes/18 no</td>
<td>20 no</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Statins</td>
<td>11 yes/11 no</td>
<td>11 yes/9 no</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anticoagulation/aggregation inhibitors (ASS/Coumadin/Clopidogrel or Ticlopidin)</td>
<td>8/5/6</td>
<td>12/3/4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CHS indicates Copenhagen City Heart Study prospective stroke risk score: a risk evaluation by age, blood pressure, atrial fibrillation, smoking, left ventricular hypertrophy, treatment of hypertension, cardiovascular disease and diabetes mellitus; IMT, intima-media thickness of the dorsal wall of the common carotid artery (CCA) 2 cm below the bifurcation.

Results

VMRs of the right and left middle cerebral arteries were similar (51.1 ± 13.6% and 48.4 ± 13.4%, respectively). Twenty-two patients with VMR <50% were compared with 20 age- and risk-matched patients with VMR >50%. Patient data and cardiovascular risk factors for the 2 groups are shown in Table 1.
The absolute MFV values at baseline and after L-arginine did not differ between groups (43.2±8.8 and 42.3±10.5 cm/s; Table 2). Forty minutes after the start of L-arginine infusion, the reduced VMR group showed absolute levels of MFV of 52.4±9.9 cm/s (P=0.02), whereas the MFV in the normal VMR group had increased only to 48.2±12.8 cm/s (P=0.09). However, at the beginning of the second VMR maneuver, absolute MFV returned to baseline levels in both groups (Table 2).

After the infusion of L-arginine, the reduced VMR group showed significantly improved VMR. In contrast, the normal VMR group did not show any change in VMR after the infusion of L-arginine (the Figure). Improvement in vasoreactivity was due mainly to the improvement in vasodilation in response to CO₂, whereas hyperventilation-mediated vasoconstriction did not show statistically significant differences (Table 3). There was no statistical difference between the 2 groups concerning heart rate, mean arterial blood pressure, venous pH, or absolute MFV of the middle cerebral artery, although arterial blood pressure and venous pH were significantly decreased after the infusion of L-arginine in both groups (Table 2).

There was a weak but statistically significant negative correlation for VMR and the increase in VMR after L-arginine (right side: β=-0.452, P=0.003; left side: β=-0.406, P=0.008).

Assessment of a possible association between cerebral microangiopathy and VMR performance was done in a subgroup of patients, including 8 scans (6 MRI and 2 CCT) from patients showing VMR <50% and 5 scans (2 MRI and 3 CCT) from patients showing VMR >50%. White matter lesions were slightly more pronounced in the group of patients with initially reduced VMR [1.60±1.52 (n=8; median, 1.5) versus 0.88±1.13 (n=5; median, 0.5)], although the differences were not statistically significant.

Discussion

The major finding of our study was that diminished CO₂ reactivity of the cerebral vessels in patients with cardiovascular risk factors was restored by infusion of 30 g L-arginine. Similar findings have been described for rats with reduced cerebral CO₂ reactivity after mild cortical injury.⁴,¹⁵

Cerebral microangiopathy is one of the known pathological states leading to disturbed CO₂ reactivity in humans, and CO₂ reactivity may already be impaired in subclinical small-vessel disease.³–⁷ Our patients had cardiovascular risk factors associated with the risk of cerebral microangiopathic changes, and most patients had a history of transient ischemic attack or minor stroke several months before the study and did not show any neurological deficit at the time of entering the study. We can only speculate about the reasons for the impaired VMR in some of the patients because we were able to analyze cerebral neuroimaging findings in only a subgroup.

### Table 2. Physiological Variables Before and After Infusion of L-Arginine

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Baseline</th>
<th>After L-arginine</th>
<th>Statistical Significance*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean blood pressure, mm Hg</td>
<td>101.4±13.2</td>
<td>94.1±12.1</td>
<td>P=0.004</td>
</tr>
<tr>
<td>Heart rate, per min</td>
<td>60.9±10.3</td>
<td>61.4±9.4</td>
<td>NS</td>
</tr>
<tr>
<td>Venous pH</td>
<td>7.389±0.037</td>
<td>7.367±0.037</td>
<td>NS</td>
</tr>
<tr>
<td>Absolute mean flow velocity of the MCA, cm/s</td>
<td>43.2±8.8</td>
<td>45.5±10.2</td>
<td></td>
</tr>
</tbody>
</table>

MCA indicates middle cerebral artery. *There was no statistical group effect (Mann Whitney U tests) between the 2 groups.

### Table 3. Percent of Decrease of Baseline Mean Flow Velocity (MFV) During Hyperventilation as Well as Increase in Percent Hypercapnia Before and After Infusion of L-Arginine in Patients With Reduced vs Normal VMR

<table>
<thead>
<tr>
<th></th>
<th>HV-Mediated Vasoconstriction</th>
<th>CO₂-Mediated Vasodilation</th>
<th>VMR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patients (n=22) with reduced VMR&lt;50%</td>
<td>14.3±8.0</td>
<td>26.9±8.1</td>
<td>41.1±8.1</td>
</tr>
<tr>
<td>Before L-arginine</td>
<td>17.4±8.7</td>
<td>34.2±12.3</td>
<td>51.8±14.1</td>
</tr>
<tr>
<td>After L-arginine</td>
<td>NS</td>
<td>P=0.004</td>
<td>P=0.005</td>
</tr>
<tr>
<td>Patients (n=20) with normal VMR&gt;50%</td>
<td>19.2±7.5</td>
<td>40.1±10.6</td>
<td>59.4±7.5</td>
</tr>
<tr>
<td>Before L-arginine</td>
<td>19.1±6.2</td>
<td>40.2±16.2</td>
<td>59.2±12.8</td>
</tr>
</tbody>
</table>

HV indicates hyperventilation for at least 1 minute or until a steady state was reached; CO₂ by inhalation of a 5% CO₂/95% O₂ mixture for at least 3 minutes.
of patients. Our major interest in this study was to assess cerebral vasoreactivity. Grading of CCT or MRI deep white matter lesions showed a nonstatistical difference between the 2 groups. Nevertheless, our exploratory analysis is in line with recently published reports, and extracranial and intracranial stenoses or other pathological changes associated with diminished CO₂ reactivity had been excluded by duplex and TCD sonography before study inclusion.

In accordance with previous studies, L-arginine temporarily increased absolute MFV of the middle cerebral artery. This effect of L-arginine was statistically significant in the group of patients with impaired VMR. Absolute MFV levels had returned to values similar to baseline before the second VMR maneuver.

L-Arginine–induced increases in MFV and cerebral blood flow have been found by PET and TCD studies, and it has been suggested that the beneficial effects of L-arginine are mediated by a combination of providing substrate for endothelial NO synthase and scavenging free radicals. NO is generated by endothelial NO synthase, which cleaves L-arginine into NO and L-citrulline. Proper NO synthase activity and NO bioavailability are known to be essential for the regulation of the resting tone of all vessels.

The mechanisms of CO₂ reactivity have not been elucidated completely. However, it is known that an increase in resting NO levels facilitate the action of vasodilators.

There was a weak but significant correlation between initial VMR and improvement after L-arginine, showing that the beneficial effects of L-arginine were most pronounced in patients with initially low levels of vasoreactivity. Similar findings have been published from Sterzer et al for improvement of VMR by pravastatin.

In summary, this is the first study to show that previous findings from animal studies can be transferred to the clinical situation: L-arginine is able to normalize cerebral VMR and CO₂ reactivity in patients with reduced VMR but not in patients with normal VMR. The exact mechanisms involved in the improvement in vasoreactivity have not been fully elucidated, but there is evidence that L-arginine–mediated NO might have a beneficial role in cerebral CO₂ reactivity in patients and might have therapeutic implications in the future.

Acknowledgments
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References
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