

**OM Zeitschrift für Orthomolekulare Medizin**  
**Zs f Orthomol Med 2005; 3:15-18**

**Das Serotonin-Defizit-Syndrom: Substitution mit 5-OH-Tryptophan effektiv.**

**Literatur**

1. Agazzi A, De Ponti F, De Giorgio R et al. Review of the implications of dietary tryptophan intake in patients with irritable bowel syndrome and psychiatric disorders. *Dig Liver Dis.* 2003;35(8):590-5.
2. Arzneimittel-Telegramm. Berlin at-5/2005.
3. Birdsall TC. 5-Hydroxytryptophan: a clinically-effective serotonin precursor. *Altern Med Rev.* 1998; 3(4):271-80.
4. Bruni O, Ferri R, Miano S, Verrillo E. L -5-Hydroxytryptophan treatment of sleep terrors in children. *Eur J Pediatr.* 2004 Jul;163(7):402-7.
5. Cangiano C, Ceci F, Cascino A et al. Eating behavior and adherence to dietary prescriptions in obese adult subjects treated with 5-hydroxytryptophan. *Am J Clin Nutr.* 1992 Nov; 56(5):863-7.
6. Carrillo-Vico A, Calvo JR, Abreu P et al. Evidence of melatonin synthesis by human lymphocytes and its physiological significance: possible role as intracrine, autocrine, and/or paracrine substance. *FASEB J.* 2004 Mar;18(3):537-9.
7. Carrillo-Vico A, Lardone PJ, Fernandez-Santos JM et al. Human lymphocyte-synthesized melatonin is involved in the regulation of the interleukin-2/interleukin-2 receptor system. *J Clin Endocrinol Metab.* 2005 Feb;90(2):992-1000.
8. Cavaliere H, Medeiros-Neto G. The anorectic effect of increasing doses of L-tryptophan in obese patients. *Eat Weight Disord.* 1997 Dec;2(4):211-5.
9. Ceci F, Cangiano C, Cairella M et al. The effects of oral 5-hydroxytryptophan administration on feeding behavior in obese adult female subjects. *J Neural Transm.* 1989;76(2):109-17.
10. Crasson M, Kjiri S, Colin A et al. Serum melatonin and urinary 6-sulfatoxymelatonin in major depression. *Psychoneuroendocrinology.* 2004 Jan;29(1):1-12.
11. Chadwick D, Jenner P, Harris R et al. Manipulation of brain serotonin in the treatment of myoclonus. *Lancet.* 1975 Sep 6;2(7932):434-5.
12. Dalton SO, Johansen C, Mellemkjaer L et al. Use of selective serotonin reuptake inhibitors and risk of upper gastrointestinal tract bleeding: a population-based cohort study. *Arch Intern Med.* 2003 Jan 13;163(1):59-64.
13. De Abajo FJ, Rodriguez LA, Montero D. Association between selective serotonin reuptake inhibitors and upper gastrointestinal bleeding: population based case-control study. *BMJ.* 1999 Oct 23;319(7217):1106-9.
14. Das YT, Bagchi M, Bagchi D, Preuss HG. Safety of 5-hydroxy-L-tryptophan. *Toxicol Lett.* 2004 Apr 15;150(1):111-22.
15. De Giorgis G, Miletto R, Iannuccelli M et al. Headache in association with sleep disorders in children: a psychodiagnostic evaluation and controlled clinical study--L-5-HTP versus placebo. *Drugs Exp Clin Res.* 1987;13(7):425-33.
16. Den Boer JA, Westenberg HG. Behavioral, neuroendocrine, and biochemical effects of 5-hydroxytryptophan administration in panic disorder. *Psychiatry Res.* 1990 Mar;31(3):267-78.
17. Fergusson D, Doucette S, Glass KC et al. Association between suicide attempts and selective serotonin reuptake inhibitors: systematic review of randomised controlled trials. *BMJ.* 2005 Feb 19;330(7488):396.
18. Guillemainault C, Tharp BR, Cousin D. HVA and 5HIAA CSF measurements and 5HTP trials in some patients with involuntary movements. *J Neurol Sci.* 1973 Apr;18(4):435-41.
19. Juhl JH. Fibromyalgia and the serotonin pathway. *Altern Med Rev.* 1998;3(5):367-75.
20. Larzelere MM, Wiseman P. Anxiety, depression, and insomnia. *Prim Care.* 2002 Jun;29(2):339-60.
21. Lima L, Urbina M. Serotonin transporter modulation in blood lymphocytes from patients with major depression. *Cell Mol Neurobiol.* 2002 Dec;22(5-6):797-804.

22. Maes M, Vandewoude M, Schotte C et al. Sex-linked differences in cortisol, ACTH and prolactin responses to 5-hydroxy-tryptophan in healthy controls and minor and major depressed patients. *Acta Psychiatr Scand.* 1989 Dec;80(6):584-90.
23. Maes M, Van Gastel A, Ranjan R et al. Stimulatory effects of L-5-hydroxytryptophan on postdexamethasone beta-endorphin levels in major depression. *Neuropsychopharmacology.* 1996 Oct;15(4):340-8.
24. Maes M, Verkerk R, Bonaccorso S et al. Depressive and anxiety symptoms in the early puerperium are related to increased degradation of tryptophan into kynurenone, a phenomenon which is related to immune activation. *Life Sci.* 2002 Sep 6;71(16):1837-48.
25. Magnussen I, Nielsen-Kudsk F. Bioavailability and related pharmacokinetics in man of orally administered L-5-hydroxytryptophan in steady state. *Acta Pharmacol Toxicol (Copenh).* 1980; 46(4):257-62.
26. Maron E, Toru I, Vasar V, Shlik J. The effect of 5-hydroxytryptophan on cholecystokinin-4-induced panic attacks in healthy volunteers. *J Psychopharmacol.* 2004 Jun;18(2):194-9.
27. Medawar C, Hardon A, Herxheimer A. Depressing research. *Lancet* 200; 363(9426):2087
28. Meyers S. Use of neurotransmitter precursors for treatment of depression. *Altern Med Rev.* 2000;5(1):64-71.
29. Moncrieff J, Wessely S, Hardy R. Active placebos versus antidepressants for depression. *Cochrane Database Syst Rev.* 2004;(1):CD003012.
30. Nishizawa S, Benkelfat C, Young SN et al. Differences between males and females in rates of serotonin synthesis in human brain. *Proc Natl Acad Sci USA* 1997;94:5308-13.
31. Pijl H, Koppeschaar HP, Cohen AF et al. Evidence for brain serotonin-mediated control of carbohydrate consumption in normal weight and obese humans. *Int J Obes Relat Metab Disord.* 1993 Sep;17(9):513-20.
32. Pöldinger W, Calanchini B, Schwarz W. A functional-dimensional approach to depression: serotonin deficiency as a target syndrome in a comparison of 5-hydroxytryptophan and fluvoxamine. *Psychopathology.* 1991;24(2):53-81.
33. Römmler A. Serotonin-Defizit-Syndrom. Neurotransmitter und mehr als Glückshormon bei Depressionen. In: Römmler A, Wolf AS. (Hrsg.) Anti-Aging Sprechstunde, Teil 1: Leitfaden für Einsteiger. Congress Compact Verlag, Berlin, 2002; 139-152.
34. Römmler A. Melatonin – mehr als eine Schlafhormon. In: Römmler A, Wolf AS. (Hrsg.) Anti-Aging Sprechstunde, Teil 1: Leitfaden für Einsteiger. Congress Compact Verlag, Berlin, 2002; 153-66.
35. Römmler A. Androgene, DHEA and Melatonin. Fitness für die Zellen! Gynaekologie + Geburtshilfe 2004; 3: 20-27.
36. Römmler A. L-Tryptophan und 5-OH-Tryptophan bei affektiven Störungen und Insomnie. 5. Konferenz der GSAAM, 2005, im Druck.
37. Russo S, Kema IP, Fokkema MR et al. Tryptophan as a link between psychopathology and somatic states. *Psychosom Med.* 2003 Jul-Aug;65(4):665-71.
38. Schruers K, van Diest R, Overbeek T, Griez E. Acute L-5-hydroxytryptophan administration inhibits carbon dioxide-induced panic in panic disorder patients. *Psychiatry Res.* 2002 Dec 30;113(3):237-43
39. Shaw K, Turner J, Del Mar C. Tryptophan and 5-hydroxytryptophan for depression. *Cochrane Database Syst Rev.* 2002;(1):CD003198.
40. Young SN, Gauthier S. Effect of tryptophan administration on tryptophan, 5-hydroxyindoleacetic acid and indoleacetic acid in human lumbar and cisternal cerebrospinal fluid. *J Neurol Neurosurg Psychiatry.* 1981;44(4):323-7.
41. Young SN, Teff KL. Tryptophan availability, 5HT synthesis and 5HT function. *Prog Neuropsychopharmacol Biol Psychiatry.* 1989;13(3-4):373-9.
42. Young SN, Leyton M. The role of serotonin in human mood and social interaction. Insight from altered tryptophan levels. *Pharmacol Biochem Behav.* 2002;71(4):857-65.
43. Walther DJ, Bader M. A unique central tryptophan hydroxylase isoform. *Biochem Pharmacol.* 2003;66(9):1673-80.
44. Wichers MC, Koek GH, Robaeys G et al. IDO and interferon-alpha-induced depressive symptoms: a shift in hypothesis from tryptophan depletion to neurotoxicity. *Mol Psychiatry.* 2005 Jun;10(6):538-44.