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# Palmitoylethanolamide in the treatment of chronic pain caused by different etiopathogenesis.

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## Abstract

**OBJECTIVE:** To assess the efficacy and safety of palmitoylethanolamide (PEA), an endogenous fatty acid amide belonging to the N-acylethanolamines family, in reducing pain severity in patients with pain associated to different pathological conditions.

**METHODS:** This was an observational study conducted on 610 patients who were unable to effectively control chronic pain with standard therapies. PEA (600 mg) was administered twice daily for 3 weeks followed by single daily dosing for 4 weeks, in addition to standard analgesic therapies or as single therapy. The primary outcome measure was the mean score pain severity evaluated by the numeric rating scale. Safety was also evaluated.

**RESULTS:** PEA treatment significantly decreased the mean score pain intensity evaluated in all patients who completed the study. The PEA effect was independent of the pain associated pathological condition. PEA-induced decrease of pain intensity was present also in patients without concomitant analgesic therapy. Importantly, PEA showed no adverse effects.

**CONCLUSIONS:** In this study, PEA was effective and safe in the management of chronic pain in different pathological conditions.

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**Comment in**

Response to dr. Kapoor. [Pain Med. 2013]

Emerging neuroprotective effects of N-palmitoylethanolamide besides its significant antinociceptive effects. [Pain Med. 2013]

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