Endometriosis & Vagal Tone

Emerging research indicates a notable connection between **endometriosis** and **reduced vagal tone**, suggesting that diminished activity of the vagus nerve may play a role in the progression and symptomatology of this condition.

Key Findings:

- **Reduced Vagal Activity:** Studies have demonstrated that women with endometriosis exhibit lower vagal tone compared to those without the condition, indicating an imbalance in autonomic nervous system function.
- **Impact of Vagus Nerve Modulation:** Animal studies have shown that severing the vagus nerve (vagotomy) can accelerate the development and growth of endometriotic lesions, while vagus nerve stimulation (VNS) can decelerate lesion progression and alleviate pain. FASEB Journal
- **Therapeutic Potential of VNS:** Non-invasive VNS has been explored as a potential therapeutic approach for endometriosis, with findings suggesting that it may slow disease progression and reduce associated symptoms. pmc.ncbi.nlm.nih.gov

Implications:

These findings highlight the potential of targeting the vagus nerve to modulate autonomic balance and inflammatory responses in endometriosis. Further research is warranted to fully elucidate the therapeutic benefits of VNS in managing endometriosis and improving patient outcomes.

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