

EFFECT OF L-ACETYL CARNITINE ON ACUTE ISCHAEMIC STROKE RECOVERY

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A pilot clinical trial of L-acetyl carnitine was conducted from December 2011 to December 2012. Twenty patients with a computed tomography verified diagnosis of acute ischaemic stroke in the territory of MCA, who could receive drug treatment within 48 h of stroke onset, were included. The patients with >4 point of National Institute of Health Stroke Scale (NIHSS) were randomly allocated to receive either 1.5g L-acetyl carnitine or placebo. For follow-up, NIHSS on day 2,7,14,30,60 and Rankin scale at day 60 were applied. No significant adverse effects were seen. The NIHS score was better in the L-acetyl carnitine treated group at 3 months of follow-up and they had a faster stroke recovery. Results of this pilot trial are promising and other research to define the role of L-acetyl carnitine as a neuroprotective drug.