

L. DI BELLA (*Lab. Fisiologia Gen., Via Marianini 45, 41100 Modena,*)
M.T. ROSSI (*Cattedra di Fisiologia Gen., Istituto di Fisiologia Umana,*
Via Campi 287, 41100 Modena, Italy)

Ten years experience on the action of Melatonin on humans

Melatonin (MLT) was administered to some thousand humans over about ten years without danger or pain. The administration was accomplished by oral or i.m. route. It is preferable to not use i.v. route (in one case there was reversible cardiac arrest), unless an extremely slow perfusion rate is followed (about 1mg/min). There seems to be no effective difference between sexes.

In some pancreatic diabetic patients i.m. MLT (4 mg) brought about a sudden but transient fall of arterial pressure. In some cases MLT induces a more or less noticeable drowsiness, so that some sleepless patients induce their nocturnal sleep by taking some mgs MLT. Several people have taken daily 1-5 mgs MLT for ten years now without any appreciable trouble. Neither menses, pregnancy, lactation, nor sexual drive are influenced by chronic MLT administration. The effect of MLT may change after recovery from the disease.