

Generally, taking something to boost the immune system has to be approached with great caution by someone suffering from arachnoiditis.

Echinacea can boost the immune system, but should be used with caution and only for brief periods, because it may have adverse effects on the arachnoiditis itself.

(Arachnoiditis may result in part from overactivity of the immune system against own body components - which would reflect an autoimmune contribution to this condition).

It should certainly not be taken if you have MS, lupus, rheumatoid arthritis or any other known autoimmune condition.

Immune modulators such as Kutapressin (which is also a broad-spectrum antiviral) have been found to be beneficial in conditions such as CFS. It is made from an extract of pig liver (so some people may be allergic to it).

There is little published data on it, but Dr Goldberg suggests that it helps with cognitive &quot;fog&quot; and in those who have high viral titres.

It has been used successfully to treat a number of conditions including Herpes zoster, keloid scarring, eczema and urticaria. Its benefits may derive from its effects on bradykinin, a chemical messenger involved in inflammation.

However, the preparation contains phenol as a preservative and this is a toxin, which means that I would not recommend this sort of treatment for arachnoiditis patients (it is also only available by intramuscular injection).

