

Russian scientists have found a way to protect muscles from atrophy

Specialists of the Institute of Medical and Biological Problems of the Russian Academy of Sciences have developed a method for protecting muscles from atrophy in the absence of physical activity. The study showed the effectiveness of the Mots-C peptide, known as the "hormone of mobility" in the prevention of muscle exhaustion.

The experiment was attended by rats who were in conditions imitating weightlessness. Animals that received peptide injections lost only 15-20% of the muscle mass, while in the control group this indicator was 30-35%. In addition, normal muscle endurance was preserved in the peptide of individuals.

According to the head of the study by Christina Charlo, the problem of muscle atrophy is relevant for the third of the adult population of the Earth, including astronauts, elderly people and patients with limited mobility.

In the future, scientists plan to study the effect of calcium levels on the structure and function of muscle tissue.