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Elimination of cardiac arrhythmias using oral arginine with case histories: Hypothesis for nitric oxide stabilization of the sinus node.

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We searched for nutrient deficiencies that could cause cardiac arrhythmias [premature atrial contractions (PACs), premature ventricular contractions (PVCs), atrial fibrillation, and related sinus pauses], and found literature support for deficiencies of arginine. Case histories of people with very frequent arrhythmias are presented showing 4-6g of arginine per day immediately terminated essentially all PVCs, pauses and PACs, maintaining normal cardiac rhythm with continued treatment. Arginine may have anti-arrhythmic properties resulting from its role as a nitric oxide (NO) precursor and from its ability to restore sinus rhythm spontaneously. Endogenous production of arginine may decline in aging perturbing cardiac rhythm, and these "conditional" essential nutrients therefore become "essential" and require supplementation to prevent morbidity and mortality. Arginine is hypothesized to prevent cardiac arrhythmias by NO stabilization of the sinus node. Cardiac arrhythmias having no known cause in otherwise healthy people are hypothesized to be symptoms of deficiencies of arginine.