The controversy around HGH is because HGH has been outside the normal range of treatments for objectives including increase in vitality and muscular growth.

(Newswire.net -- March 9, 2016) -- Human Growth Hormone (HGH) is the subject of much controversy, and for good reason. To put it simply, HGH hormone is a peptide responsible for a number of different biological processes, including cell reproduction and cell regeneration. It occurs naturally in the body, where it facilitates healthy growth patterns.

However, there is also an artificial version, a recombinant form of HGH called somatropin, which can be prescribed for certain disorders, most of which revolve around a natural deficiency of the hormone.

Much of the controversy around HGH has arisen because of how HGH pills have been prescribed and/or used for functions outside the normal range of treatments—most notably, the use of HGH pills to increase vitality or muscular hypertrophy, the growth of muscles in the body.

The Accepted Forms of HGH Treatment

First, it's important to recognize that there are some accepted, effective, and even important uses of HGH. For example, HGH is normally produced by the pituitary gland to facilitate growth spurts and maintain healthy body compositions. Several disorders in children, including Turner's syndrome, Prader-Willi syndrome, and general HGH deficiency, can interfere with this normal, healthy function, and HGH pills can counteract these interferences.

There are also some accepted forms of HGH treatment in adults. For example, it can be used to address short bowel syndrome, and muscle-wasting disease originating from HIV or AIDS. These are FDA-approved, scientifically backed uses with minimal documented side effects.

Controversial Forms of HGH Treatment

HGH supplementation is actually more common for non-FDA approved treatments. Typically, HGH is obtained through a questionable source, and then injected in small doses on a daily (or otherwise regular) basis for long-term benefits.

The hormone is considered a performance-enhancing drug that purportedly improves athletic performance and increases the human body’s ability to build muscle (though its effects on athletic performance are unproven and remain under scientific scrutiny). HGH has also been used as an anti-aging treatment, supposedly to fight against the body’s natural tendency to show reduced levels of HGH over time, but there aren’t any scientific studies to suggest that HGH can be used to effectively “reverse” the signs of aging. Despite the fact that these uses are not FDA-approved, there are still many doctors willing to prescribe the injectable drug, including through online pharmacies and websites.

Aside from the ethical concerns of using the drug for off-label purposes, there are concerns of damaging side effects in the illegitimate use of the hormone:

- Nerve, joint, and muscle pain is relatively common.
- Carpal tunnel syndrome can develop more easily.
- Users develop higher cholesterol levels and are more susceptible to diabetes.
- Users are more susceptible to certain forms of cancer.
- Skin can become numb and tingly.

In addition, many HGH suppliers are questionable in nature, and may provide counterfeit or “fake” HGH, the real contents of which are unknown. This makes off-label sources of HGH potentially dangerous.

Evidence for Benefits

Still, other sources claim that there are some real, safe benefits to using HGH for athletic performance. For example, there is evidence to suggest that HGH can increase muscle mass and decrease body fat in many subjects, making it useful in the realm of bodybuilding supplements. Other benefits, like increased cardiac capacity, better sexual
performance, faster injury recovery, and better sleep patterns, have also been claimed, but there remains a degree of scientific uncertainty—which is what makes the supplement so controversial in the first place.

The Bottom Line

There are some potential advantages to using HGH hormone for performance enhancement similarly to anabolic steroids. However, when it comes to the hard data about the peripheral benefits (vitality, sex drive, overall health, and healing), there isn’t enough evidence to form a basis for a reliable scientific conclusion. This degree of uncertainty, combined with the potentially destructive side effects, is why the FDA has yet to approve HGH pills for any purposes other than treating genuine disorders in controlled environments.

Accordingly, it’s your choice whether or not to pursue the use of HGH pills. It’s in your best interest to consult with a real physician before pursuing anything, and understand as much as you can about the full range of effects the supplement can have.