Dimethyl Sulfoxide

url: https://www.nccih.nih.gov/health/dimethyl-sulfoxide-dmso-and-methylsulfonylmethane-msm-for-osteoarthritis?nav=govd  
  
  
Dimethyl Sulfoxide (DMSO) and Methylsulfonylmethane (MSM) for Osteoarthritis  
Dimethyl sulfoxide (DMSO) and methylsulfonylmethane (MSM) are two chemically related substances that have been studied for osteoarthritis. DMSO is used topically (applied to the skin). MSM is sold as a dietary supplement, either alone or in combination with other ingredients such as glucosamine.  
  
Bottom Line  
Only a small amount of research has been conducted on DMSO or MSM for osteoarthritis. No conclusions can be reached about whether either of these substances is helpful.  
  
Safety  
The safety of DMSO and MSM is uncertain because little research has been done on this topic. Side effects of DMSO include digestive upset, skin irritation, and a garlic-like taste, breath, and body odor. Side effects of MSM include allergic reactions, digestive upsets, and skin rashes.  
If you re using or considering DMSO or MSM for osteoarthritis, consult your health care provider.  
For more information on osteoarthritis, visit the National Institute of Arthritis and Musculoskeletal and Skin Diseases Web site.  
  
For More Information  
NCCIH Clearinghouse  
The NCCIH Clearinghouse provides information on NCCIH and complementary and integrative health approaches, including publications and searches of Federal databases of scientific and medical literature. The Clearinghouse does not provide medical advice, treatment recommendations, or referrals to practitioners.  
  
Toll-free in the U.S.: 1-888-644-6226  
  
Telecommunications relay service (TRS): 7-1-1  
  
Website: https://www.nccih.nih.gov  
  
Email: info@nccih.nih.gov(link sends email)  
  
Know the Science  
NCCIH and the National Institutes of Health (NIH) provide tools to help you understand the basics and terminology of scientific research so you can make well-informed decisions about your health. Know the Science features a variety of materials, including interactive modules, quizzes, and videos, as well as links to informative content from Federal resources designed to help consumers make sense of health information.  
  
Explaining How Research Works (NIH)  
  
Know the Science: How To Make Sense of a Scientific Journal Article  
  
Understanding Clinical Studies (NIH)  
  
PubMed   
A service of the National Library of Medicine, PubMed contains publication information and (in most cases) brief summaries of articles from scientific and medical journals. For guidance from NCCIH on using PubMed, see How To Find Information About Complementary Health Approaches on PubMed.  
  
Website: https://pubmed.ncbi.nlm.nih.gov/  
  
National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)  
The mission of NIAMS is to support research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases; the training of basic and clinical scientists to carry out this research; and the dissemination of information on research progress in these diseases.  
  
Toll-free in the U.S.: 1-877-22-NIAMS  
  
Website: https://www.niams.nih.gov  
  
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