

Hyaluronic Acid: Definition, Benefits, and More | NotoxMD



Among countless blessings given to us is hyaluronic acid, which our body naturally produces. Also known as hyaluronan or hyaluronic, this gooey, slippery substance can be found throughout the body.

After the age of 20, the natural production of hyaluronic acid in humans [begins to decline](#). This gradual decrease over time can result in changes such as drier skin and the development of wrinkles.

However, research indicates that augmenting hyaluronic acid levels can benefit the body in numerous ways, including improving appearance and addressing common conditions.

This blog discusses hyaluronic acid, its definition, its benefits, and more. Let's dive right in!

What is Hyaluronic Acid?



Hyaluronic acid is a naturally occurring, viscous substance produced by the body. Its slippery texture can be found abundantly in various tissues, particularly in the eyes, joints, and skin.

Formulation of Hyaluronic Acid

Hyaluronic Acid is usually made by fermenting certain types of bacteria - Rooster combs, the vibrant, crest-like formations found on the top of a rooster's head and face, are frequently cited as a typical origin.

What Does Hyaluronic Acid Do for You?



Our body has long, chain-like complicated molecules known as polymers. Hyaluronic acid belongs to this type of molecule. The chains of hyaluronic acid have many hydroxyl and carboxyl groups that can form hydrogen bonds with water molecules, making it highly hydrophilic.

This property allows hyaluronic acid to absorb and retain water, which is essential for maintaining the hydration and elasticity of the skin.

This is the reason why a quarter teaspoon of hyaluronic acid can hold about one and a half gallons of water. This quality makes it the best polymer for absorbing water, whether it's natural or artificial.

For the same reason, it is also known to be the best moisturizer in cosmetic products. Due to its chain-like structure, hyaluronic acid possesses scaffold-like properties, facilitating tissue growth.

This attribute plays a pivotal role in the wound-healing process within the human body. Additionally, researchers have discovered hyaluronic acid in human embryos, prompting studies on its involvement in reproduction and developmental processes.

Benefits of Hyaluronic Acid



Hyaluronic acid is an extremely useful substance considering the benefits it provides our body with. Besides over-the-counter products, you can also make the optimal use of the [natural food that contains hyaluronic acid](#). Let us discuss only a few of the miraculous gifts of this remarkable substance down here:

Keeps the Movements Smooth

Hyaluronic acid acts as a lubricant, ensuring smooth movements within our body. Similar to a well-oiled machine, this natural marvel protects us from potential discomfort and injury caused by the friction between our bones.

Keeps Everything Well-Hydrated

One of the benefits of hyaluronic acid is that it is very good at retaining water and keeping things well-hydrated. A quarter-teaspoon of hyaluronic acid holds about one and a half gallons of water.

For this reason, hyaluronic acid is also used to treat [dry eyes](#). It is also used in skincare lotions, moisturizing creams, lotions, ointments, and skin boosting serums.

Heals Wounds

Hyaluronic acid plays a significant role in all phases of wound healing by assisting in the regulation of inflammation and promoting tissue growth. Its potential healing properties extend to commercial products as well.

Furthermore, studies suggest that applying hyaluronic acid inside the mouth can aid in the healing of ulcers and alleviate post-dental surgery pain.

Reduces Joint Pain

The natural production of hyaluronic acid plays a crucial role in reducing and preventing joint pain by reducing inflammation and providing cushioning to minimize friction between bones at the joints.

Furthermore, research indicates that the consumption of hyaluronic acid supplements can aid in alleviating mild knee pain associated with [osteoarthritis](#), a degenerative condition characterized by the gradual breakdown of joint tissues.

Enhances Flexibility & Overall Health of the Skin

Hyaluronic acid is widely recognized for its ability to hydrate and rejuvenate the skin. It is frequently utilized as a skincare ingredient to enhance the skin's suppleness, and a substantial body of evidence supports its efficacy in this regard.

Hyaluronic acid soothes your skin and makes it more flexible. Flexing and stretching the skin, this acid reduces wrinkles, [tech neck lines](#) and fine lines. Hyaluronic acid also heals wounds faster and reduces scarring.

May Ease Bladder Pain

Hyaluronic acid has shown potential in the treatment of bladder pain under specific conditions. A study revealed that inserting a hyaluronic acid solution into the bladder over six months improved pain levels associated with [interstitial cystitis](#).

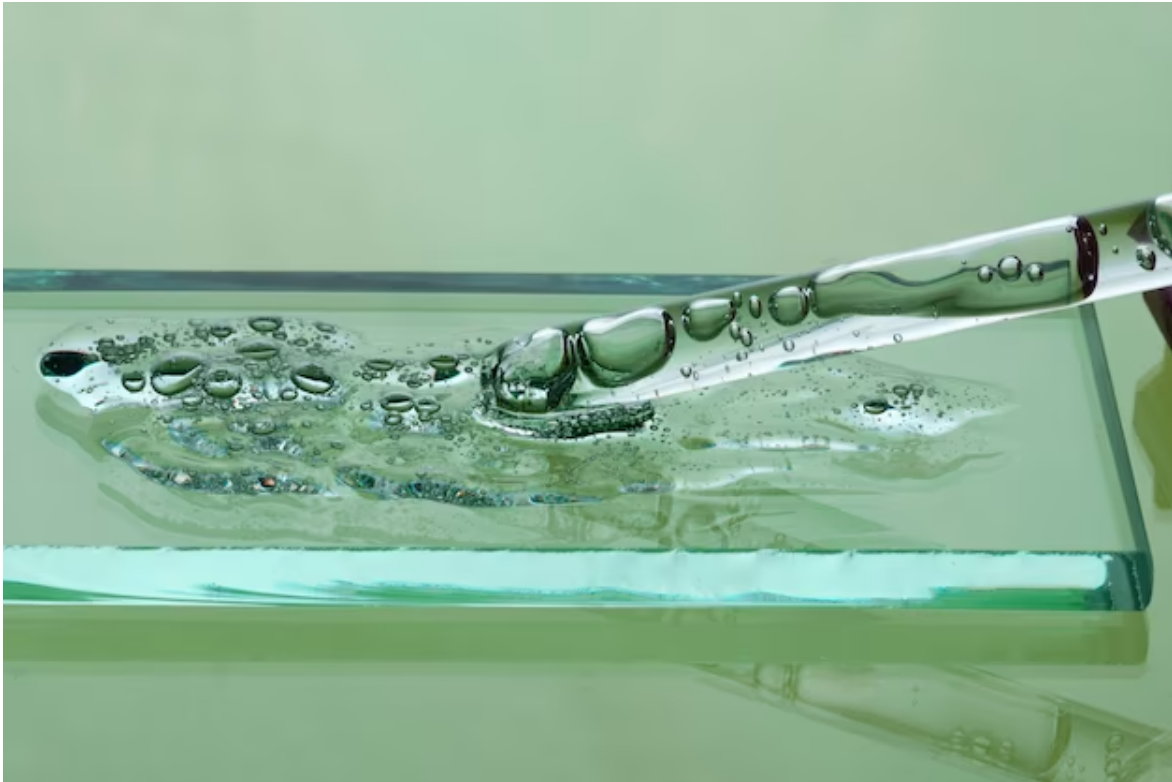
This chronic condition leads to discomfort and pressure in the bladder region. While other researches show mixed results on the effectiveness of results.

Combats Vaginal Dryness

Scientific studies have investigated the effectiveness of hyaluronic acid moisturizers and gels in alleviating vaginal dryness. This condition can commonly occur during or after menopause due to decreased estrogen levels.

A study discovered that hyaluronic acid performs equally well as vaginal estrogen, a prevalent and effective treatment option. The researchers proposed that hyaluronic acid could potentially serve as a non-hormonal alternative for addressing vaginal dryness.

What Scientific Research Reveals about Hyaluronic Acid?



Extensive research has been conducted on hyaluronic acid since its discovery in the 1950s, shedding light on its remarkable properties. It is naturally present in [various connective tissues](#) and contributes to numerous physiological functions.

While its medical applications have been known for some time, hyaluronic acid gained significant popularity in the field of dermatology and aesthetics in the 21st century.

One of the key reasons for its widespread use is its exceptional moisture-retaining capacity, which led to its emergence as the preferred alternative to collagen for [injectable dermal fillers](#) in the early 2000s.

Recognizing its benefits, the [FDA approved hyaluronic acid](#) for such use in 2003. Capitalizing on its advantages, skincare companies started incorporating hyaluronic acid into a wide range of products, including [creams and serums](#), to leverage its potential benefits for skin health.

Through ongoing scientific exploration, hyaluronic acid continues to captivate researchers and practitioners alike, furthering our understanding of its diverse applications and potential benefits.

Important Note: Please note that while we strive to provide accurate and up-to-date information, it's always advisable to consult with a healthcare professional or trusted source for specific medical advice or information.

How Can I Take Hyaluronic Acid?

There are multiple ways to take hyaluronic acid, depending on the purpose and desired result. The intake can be on its own or combined with products like over-the-counter ones.

Some people take hyaluronic acid on a doctor's prescription, while some need to see a skilled medical professional.



Following are a few ways you can take hyaluronic acid:

Topical Application

Hyaluronic acid is commonly available in high-quality creams, serums, or lotions that can be applied directly to the skin. This method is primarily used for [skin care](#) to promote hydration and rejuvenation.

Oral Supplements

Hyaluronic acid is available in oral supplement form, typically as capsules or tablets. Taking hyaluronic acid orally allows it to be absorbed into the bloodstream and potentially benefits various body parts, such as joints and connective tissues.

Injections

In specific medical procedures, hyaluronic acid may be administered through injections. This method is commonly used in dermal fillers to reduce the appearance of wrinkles or enhance facial features. It can also be used for joint injections to alleviate pain and improve mobility.

The appropriate method of taking hyaluronic acid depends on your specific goals and the guidance of your healthcare provider. We advise you to consult a healthcare professional before starting any new supplement or treatment regimen.

The Bottom Line

We must hydrate our skin to keep it looking and feeling its best. And one of the simplest ways to achieve that healthy, radiant skin is hyaluronic acid.

With a user-friendly application, minimal risk of side effects, and a wide selection of product formats, this skincare ingredient caters to everyone.

Frequently Asked Questions

Is it safe for hyaluronic acid to interact with other products?

Combining hyaluronic acid with other medications or compounds in products can carry risks of side effects.

Informing your healthcare provider about all the medications you currently use, including supplements and vitamins. Their expertise will enable them to provide you with comprehensive insights regarding any potential concerns.

How often can you use it?

You should follow product instructions and start off slowly. Later on, you can use hyaluronic acid in the morning and night.

Does hyaluronic acid work?

Indeed, hyaluronic acid's applications can vary depending on its usage. As a highly versatile molecule, scientists continually uncover novel and advantageous ways to harness its potential. It is an active ingredient for promoting skin health, joint support, and eye well-being.

Moreover, hyaluronic acid remains the subject of numerous scientific studies and trials worldwide, further expanding our understanding of its capabilities.

When can I expect results?

Since each product formulation differs, the time it takes to see results can vary. When using topical hyaluronic acid products, the effects are usually temporary, and you may observe plumper and more hydrated skin within a few minutes.

However, if you aim to [diminish the visibility of aging indicators](#) and fine lines, it may take a couple of months before noticeable changes become evident. Patience is key when seeking long-term improvements in such cases.

Can hyaluronic acid treat acne?

Hyaluronic acid is commonly used in fillers to conceal or repair acne scars. The research is limited to combining hyaluronic acid and other medications to reduce acne scars.

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