

EFFECTIVENESS AND SAFETY OF DEVIL'S CLAW TABLETS IN PATIENTS WITH GENERAL RHEUMATIC DISORDERS.

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ABSTRACT

Pazienti: 259 affetti da artrite o altra condizione reumatica.

Durata studio: 8 settimane.

Posologia: compresse da 480 mg di *Harpagophytum procumbens* DC radice 2 volte al giorno lontano dai pasti.

Sicurezza verificata mediante analisi del sangue e parametri epatici.

Risultati: riduzione con altissima significatività statistica del dolore e della rigidità e miglioramento della funzionalità di mani, polsi, gomito, ginocchia, spalle e schiena.

Il 60% dei pazienti ha ridotto se non totalmente eliminato il ricorso ad altri antinfiammatori di sintesi.

La tollerabilità e la sicurezza del preparato sono stati ottimi: nessun abbandono, e nessuna modifica statisticamente significativa dei parametri di biochimica ematica ed epatica.

Arthritis and other rheumatic conditions (AORC) are the leading cause of disability, are associated with poor quality of life and incur considerable direct and indirect costs.

It is considered that the instance of AORC will continue to increase.

To assess the effectiveness, safety and tolerability of *Harpagophytum* (Bioforce) in the treatment of AORC, a single group open study of 8 weeks duration (259 patients) was performed in the United Kingdom.

Effectiveness was assessed by numeric rating scales, the Western Ontario and McMaster Universities Osteoarthritis (WOMAC) Index and the Algofunctional Hand Osteoarthritis Index.

Tolerance was measured by a numeric rating scale and safety by self-reporting, blood analysis and liver function tests.

Quality of life was measured by SF-12 questionnaire. There were statistically significant ($p < 0.0001$) improvements in patient assessment of global pain, stiffness and function.

There were also statistically significant reductions in mean pain scores for hand, wrist, elbow, shoulder, hip, knee and back pain.

Quality of life measurements (SF-12) were significantly increased from baseline and 60% patients either reduced or stopped concomitant pain medication.

Harpagophytum is an effective and well-tolerated serious treatment option for mild to moderate degenerative rheumatic disorders providing improved quality of life measure.

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