

## **R.Compound – A Clinical Study as An Anti-Inflammatory Analgesic Drug in Dental Practice**

**V.P. Upasani, Mrs J R Kale, P.P Kalkar, S V Mahajan**

(Hony Asst. Prof. and Chief of the Oral Surgery Unit. \*\*Lecturer in Dentistry\*\*\*House Surgeon,  
Department of Dentistry, B. J. Medical College & Sassoon General Hospital, Pune, (Maharashtra))

### **INTRODUCTION**

Inflammatory conditions such as post-extraction pain and swelling, periapical abscess, pain and swelling, due to impacted 3rd molar, painful caries teeth and cellulites, are of common occurrence in Dental practice.

Various potent anti-inflammatory and analgesic drugs are in vogue, with varying success rate, but often associated with side effects.

### **OBJECT OF THIS STUDY**

R Compound, a combination of Mahayogaraj guggul with Gold Bhasma and Maharasnadi Quath, a reputed Ayurvedic product, is used for rheumatic complaints. It has been claimed by Raghava Rao (1976), as an effective remedy in acute inflammatory conditions due to soft tissue trauma. As such this drug was selected for trial at Sassoon General Hospitals, Pune, to judge its efficacy and the validity for its use in Dental practice as an anti-inflammatory and analgesic drug. The trial was conducted during 1976-77.

### **MATERIAL AND METHOD**

R. Compound was subjected to trial in 121 cases of various inflammatory & painful conditions in Dental Practice. Only those cases with severe or moderate symptoms were undertaken for the trial.

There were 77 cases (63.6%) with severe symptoms and 44 cases (36.4%) with moderate symptoms.

### **DISTRIBUTION OF CASES BY AGE, GROUP AND SEX.**

There were 74 male patients (61.2%) and 47 female patients (38.8%) among the total of 121 patients. The approximate ratio between males and females was 3 : 2. The age group of 21-40 years was the largest with 52.9%, and the next largest one was that of the age group of 11-20 years which formed 28.9%. All the remaining groups totaled only 18.2%. The details are given in Table No. 1.

### **DIAGNOSIS**

Details of diagnosis in both males & females, and the age groups affected, are given in Table No 2.

## DOSAGE SCHEDULE

Maximum trial period with R. Compound was limited to 7 days. Treatment was stopped even earlier if complete relief was observed:

Those aged 10 years and below were given R. Compound in dose of 1/2 to 1 tablet bd, and those of more than 10 years were given 1 to 2 tablets, three or four times a day, depending upon the severity of the condition. Suitable antibiotics were given, to control infection when present. No other anti-inflammatory or analgesic drug was given during R. Compound treatment.

## CRITERIA FOR ASSESSMENT OF RESULTS

Results of the treatment were based upon the following criteria.

1. Complete relief – Where pain, swelling and tenderness disappeared totally.
2. Partial relief – Where all the symptoms-reduced considerably but did not disappear totally or one or other symptoms disappeared and others still persisted.
3. No Relief– No satisfactory improvement in the inflammatory conditions.

**TABLE NO 1**  
**Showing Age Group & Sex**

| Age in years   | Male              | Female           | Total      | %           |
|----------------|-------------------|------------------|------------|-------------|
| Below 10 years | 6                 | 2                | 8          | 6.60%       |
| 11-20 years    | 24                | 11               | 35         | 28.90%      |
| 21-40 years    | 35                | 29               | 64         | 52.90%      |
| 41-50 years    | 4                 | 2                | 6          | 5.00%       |
| 51-60 years    | 4                 | 1                | 5          | 4.10%       |
| Over 60 years  | 1                 | 2                | 3          | 2.50%       |
| <b>Total</b>   | <b>74 (61.2%)</b> | <b>47(38.3%)</b> | <b>121</b> | <b>100%</b> |

**TABLE NO 2**  
**Diagnosis**

| Diagnosis                     | Sex    | Age Below 10 yrs | 11-20 | 21-40 | 41-50 | 51-60 | 61-80 | Total |
|-------------------------------|--------|------------------|-------|-------|-------|-------|-------|-------|
| Cellulitis                    | Male   | 2                | 5     | 7     | 1     | 1     | 1     | 17    |
|                               | Female | -                | 1     | 2     | -     | -     | -     | 3     |
| Post Extraction               | Male   | -                | 2     | 10    | 1     | 2     | 1     | 16    |
|                               | Female | -                | 4     | 8     | -     | -     | 1     | 13    |
| Periapical Abscess            | Male   | 3                | 8     | 8     | 2     | 1     | -     | 22    |
|                               | Female | 2                | 2     | 9     | 1     | -     | -     | 14    |
| Impacted 3 <sup>rd</sup> Mol. | Male   | -                | 2     | 1     | -     | -     | -     | 3     |
|                               | Female | -                | 2     | 1     | -     | -     | -     | 3     |

**TABLE NO 2**  
**Diagnosis**

| Diagnosis              | Sex          | Age Below 10 yrs | 11-20     | 21-40     | 41-50    | 51-60    | 61-80    | Total      |
|------------------------|--------------|------------------|-----------|-----------|----------|----------|----------|------------|
| Caries Teeth           | Male         | 1                | 5         | 3         | -        | -        | -        | 9          |
|                        | Female       | -                | 1         | 5         | -        | -        | -        | 6          |
| Post Operative         | Male         | -                | 2         | 4         | -        | -        | -        | 6          |
|                        | Female       | -                | 1         | 3         | 1        | 1        | -        | 6          |
| Traumatic subluxations | Male         | -                | -         | 1         | -        | -        | -        | 1          |
|                        | Female       | -                | -         | -         | -        | -        | -        | -          |
| Lymphadenitis          | Male         | -                | -         | 1         | -        | -        | -        | 1          |
|                        | Female       | -                | -         | -         | -        | -        | -        | -          |
| Hyper active           | Male         | -                | -         | -         | -        | -        | -        | -          |
|                        | Female       | -                | -         | 1         | -        | -        | -        | 1          |
|                        | <b>TOTAL</b> | <b>8</b>         | <b>35</b> | <b>64</b> | <b>6</b> | <b>5</b> | <b>3</b> | <b>121</b> |

### RESULTS OF R.COMPOUND TREATMENT

The majority of cases improved satisfactorily. On the whole 84.3% showed complete relief, 10.7% showed partial relief and only 5% showed no relief. The results are given in table No. 3.

### RESPONSE TO R. COMPOUND IN THE NUMBER OF DAYS

There was complete relief in 67.8% of cases within 4 days & in 16.5% of cases within 7 days. There was partial relief in 10.7% of cases & there was no relief in only 5% of cases. ( Table 4 )

### SUMMARY

R. Compound was tried at the Dental Dept., B. J. Medical College & Sassoon General Hospitals, Pune, during 1976-77.

The clinical trial with R. Compound in 121 cases of inflammatory conditions of Oral cavity has clearly shown that the drug is very effective as an anti-inflammatory agent.

1. It was observed that majority of patients with inflammatory conditions got relief from pain within 2 days and swelling sub-sided within another 2-4 days of treatment.
2. 67.8% of cases had complete relief within 4 days of treatment, but within 7 days 84.3% of patients had complete relief & 10.7% had partial relief. Only 5% of the patients had no relief.
3. It was observed that R. Compound has no side effects & could be of a great help to a Dental Surgeon in his day to day practice.
4. One case, who did not tolerate the drug, complained of numbness of extremities. However, we have found that this patient showed same type of reaction to other anti-inflammatory and analgesic drugs.

**TABLE No 3**  
**Showing Results of R Compound therapy**

| Diagnosis                                       | Total No of cases | Complete Relief | Partial Relief | Total Satisfactory | No relief |
|---|-------------------|-----------------|----------------|--------------------|-----------|
| Cellulitis                                      | 20                | 18              | 1              | 19                 | 1         |
| Post Extraction including 3 <sup>rd</sup> Molar | 29                | 29              | -              | 29                 | -         |
| Periapical Abscess                              | 36                | 25              | 8              | 83                 | 3         |
| Impacted 3 <sup>rd</sup> Molar(pre ext) Trismus | 6                 | 4               | 1              | 5                  | 1         |
| Caries Teeth                                    | 15                | 12              | 3              | 15                 | -         |
| Post Operative                                  | 12                | 12              | -              | 12                 | -         |
| Traumatic subluxations                          | 1                 | 1               | -              | 1                  | -         |
| Lymphadenitis                                   | 1                 | 1               | -              | 1                  | -         |
| Hyperactive                                     | 1                 | -               | -              | -                  | 1         |
| <b>Total</b>                                    | <b>121</b>        | <b>102</b>      | <b>13</b>      | <b>115</b>         | <b>6</b>  |
| <b>Overall Response</b>                         | <b>100%</b>       | <b>84.30%</b>   | <b>10.70%</b>  | <b>95%</b>         | <b>5%</b> |

**TABLE NO 4**  
**Showing Relief in number of days with R Compound therapy in 121 cases**

| No of days    | Complete Relief | %             | Partial Relief | %             | No Relief | %            |
|---------------|-----------------|---------------|----------------|---------------|-----------|--------------|
| <b>2 days</b> | 5               | 4.10%         | -              | -             | -         | -            |
| <b>3 days</b> | 47              | 38.90%        | -              | -             | -         | -            |
| <b>4 days</b> | 30              | 24.80%        | -              | -             | -         | -            |
| <b>5 days</b> | 9               | 7.40%         | -              | -             | -         | -            |
| <b>6 days</b> | 9               | 7.40%         | -              | -             | -         | -            |
| <b>7 days</b> | 2               | 1.70%         | 13             | 10.70%        | 6         | 5.00%        |
| <b>Total</b>  | <b>102</b>      | <b>84.30%</b> | <b>13</b>      | <b>10.70%</b> | <b>6</b>  | <b>5.00%</b> |

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