

R. COMPOUND AS AN ANTI-INFLAMMATORY AND ANALGESIC DRUG IN ACUTE ARTHRITIS, NEURITIS & SOFT TISSUE TRAUMA

Dr. S. K. Das, MBBS, DRM., M.O. II. Officer Commanding,
709, Medical Staging Section (GREF),
New Delhi.

INTRODUCTION

In daily practice, painful arthritic and soft tissue trauma conditions are very common. These complaints disable the person from doing his work and attending to his duties and so require relief at the earliest. Aspirin and numerous drugs claiming better therapeutic effects than aspirin are in use, but they have their own limitations and side effects of which gastric irritation is the most common. In Ayurveda drugs with similar therapeutic actions are in clinical use since centuries and the clinical experience has shown that these drugs are not only effective but are simple to administer and safe to use.

A clinical trial was therefore undertaken to evaluate the anti-inflammatory and analgesic effects of R. Compound, an Ayurvedic drug in rheumatic and allied conditions and soft tissue trauma.

R. COMPOUND

R. Compound is available in tablet form. It is a combination of classical remedies mentioned in ancient text books of Ayurvedic medicine and are in clinical use since centuries. It is acknowledged that a drug in long clinical use can be trusted for its safety. R. Compound is a combination of Mahayograj Guggul & Maha Rasnadi Quath with Gold Bhasma.

Maha Yograj Guggul

Its main ingredient is Guggul (Balsamodendron Mukul or commifera Mukul). Guggul is an oleo-gum-resin. Guggul has antiseptic, anti-inflammatory, anti-bacterial, carminative properties. It is haematinic and a nervine tonic. It increases body immune mechanisms. It has soothing effect on central nervous system.

Maharasanadi Quath

Rasna is an important drug in this herbal preparation. Rasna has anti-inflammatory, anti-rheumatic, analgesic, anti-spasmodic, anti-catarrhal and diuretic properties. Maharasanadi Quath is generally used with Mahayograj Guggul in all painful skeletal muscular conditions for better results.

Gold Bhasma

Gold Bhasma is used in Ayurveda with safety and efficacy since centuries. Some eminent Rheumatologists all over the world consider that gold therapy is the best therapy in rheumatoid arthritis. However, its toxic effects on liver and kidneys are a great drawback for its use. But gold in Bhasma form is detoxicated by special Ayurvedic processes and is made non-toxic while it retains its therapeutic effects. It's another advantage is that it is administered orally unlike chrysotherapy which is given by injections.

Gold Bhasma improves metabolism, activates reticuloendothelial system, builds up body defence mechanisms and inhibits degerative processes. Gold Bhasma is also a general tonic and a safe geriatric tonic.

MATERIALS & METHODS

This study was conducted during 1984. Fifty consecutive cases were included in the study. However, as 8 patients could not be fully followed-up, the final results were assessed for 42 patients only. Those cases associated with any other systemic disease were excluded from the study. Only two cases were of chronic arthritis, but came with an exacerbation of severe pain. All the rest were in acute condition.

They were treated with R. Compound for 1-2 weeks. If no relief was obtained in 2 weeks, they were considered as of poor response to drug therapy.

INVESTIGATIONS

Routine blood, ESR, Urine and Stool examinations were done in all the case. X-ray was taken in about 50% of cases.

AGE GROUPS

The patients were aged between 20-60 years, the largest group of 13 cases (30.9%) being in the Age Group of 41-50 years. (Table-I)

TABLE I – Age Group

Age Group	No of cases	% age
20-30 years	12	28.6
31-40 years	12	28.6
41-50 years	13	30.9
51-60 years	5	11.9

DIAGNOSIS

There were 14 patients with Acute Arthritis, 7 patients with Neuritis, 7 patients with Sciatica, 2 patients with Chronic Arthritis of one year duration one case of persisting pain even one month after operation of right knee, and 1 case of severe pain of the right hand due to constant playing of Badminton. There were 10 cases of Backache of not less than one month's duration. (Table-II)

TABLE II : Diagnosis

Diagnosis	No of cases	%
Acute Arthritis :	14	33.30%
Right knee - 3		
Left knee – 3		
Right ankle – 2		
Right shoulder – 1		
Right Wrist – 1		
Right elbow – 2		
Left elbow - 2		
Neuritis :	7	16.70%
Right shoulder – 3		
Left shoulder – 2		
Both shoulders – 1		
Hands & Legs - 1		
Sciatica :	7	16.70%
Right side – 6		
Left side – 1		
Chronic Arthritis :	2	4.70%
Left leg – 1		
Left knee - 1		
Post-operative Pain:	1	2.40%
Right knee - 1		
Sports Trauma: (Badminton playing)	1	2.40%
Low Back ache	10	23.80%
Total	42	100%

DURATION OF COMPLAINTS

The majority of them (73.8%) had complaints of less than one month. There were 2 cases of chronic Rheumatoid Arthritis with complaint of one year's duration. These were included in the clinical trial because they came with acute exacerbation. (Table-III)

TABLE III- Duration of Complaints

N =42

Duration	No of case	% age
1 weeks & less	6	14.3
1- 2 weeks	13	30.9
3-4 weeks	12	28.6
1-2 months	5	11.9
3-4 months	4	9.5
5-6 months	1	2.4
1 year	1	2.4
Total	42	100

DOSAGE OF R. COMPOUND:

R. Compound was given 2 tabs. three times a day for one week. If there was satisfactory improvement, the dose was reduced to 1 tab three times a day for another 1 week. If there was no satisfactory improvement after one week, R. Compound 2 tabs., three times a day was continued for the second week also. Final response to R. Compound was evaluated after 2 weeks of R. Compound therapy in all cases.

RESULTS OF R. COMPOUND THERAPY

Overall, out of 42 cases treated with R. Compound, the response was excellent in 16 cases (38.1%), Good in 11 cases (26.2%), Moderate in 10 cases (23.8%), and Poor or Nil in 5 cases (11.9%). On the whole, 27 patients (64.3%) had very satisfactory relief and they could resume their normal duties after a fortnight of R. Compound treatment. (Table-IV)

TABLE IV- Results of R.Compound Treatment

N = 42

Complaint	No of cases	Excellent	% Good	% Moderate	% Poor/Nil
Acute Arthritis	14	6	4	4	-
Neuritis	7	3	2	1	1
Sciatica	7	2	2	2	1
Chronic Arthritis	2			1	1
Post operative Pain					
Right knee	1	1			
Sports Trauma	1	1			
Low Back ache	10	3	3	2	2
Total	42	16 (38.1)	11 (26.2)	10 (23.1)	5 (11.9)

TOXIC OR SIDE EFFECTS

There were no toxic or side effects with the use of R. Compound. There were 3 patients of Peptic Ulcer and 5 patients of P. U. S. (Peptic Ulcer Syndrome) who tolerated R. Compound well. There was also one patient of Hypertension. This patient also tolerated R. Compound well and there was no necessity to interrupt the treatment either for hypertension or for Peptic Ulcer.

In my experience R. Compound is the only drug which is very well tolerated in arthritic and allied conditions where the patients have associated Peptic Ulcer.

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