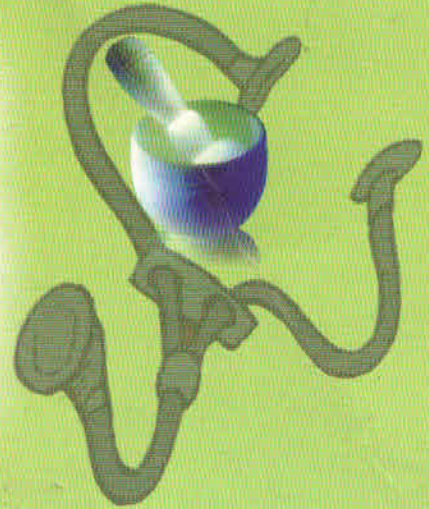
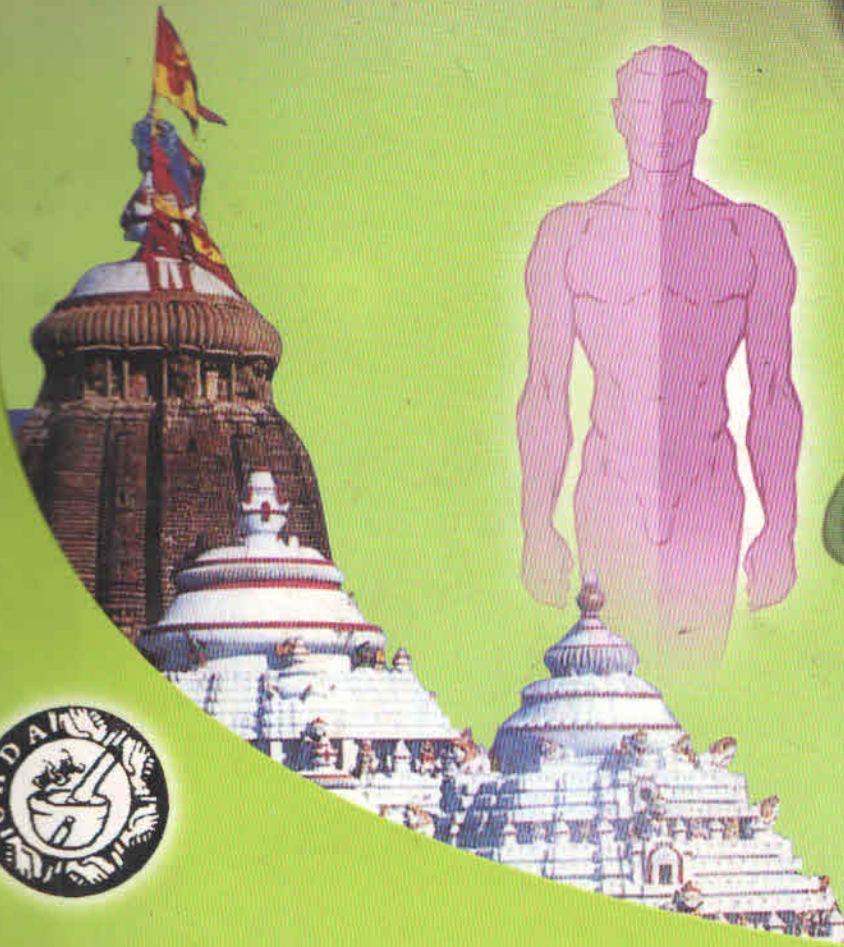


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A CLINICAL TRIAL OF COMMIPHORA MUKUL (Guggul) IN OSTEOARTHRITIS

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INTRODUCTION

The name osteoarthritis comes from three Greek words meaning bone, joint, and inflammation. OA is one of the most common causes of disability due to limitations of joint movement, particularly in people over 50. It is estimated that 2% of the United States population under the age of 45 suffers from osteoarthritis; this figure rises to 30% of persons between 45 and 64, and 63-85% in those over 65. About 90% of the American population will have some features of OA in their weight bearing joints by age 40. Men tend to develop OA at earlier ages than women. OA occurs most commonly after 40 years of age and typically develops gradually over a period of years. Patients with OA may have joint pain on only one side of the body and it primarily affects the knees, hands, hips, feet, and spine. Constitutional symptoms such as malaise, fatigue, loss of appetite, anxiety and depression are least associated with this condition.

Osteoarthritis is no longer considered as 'degenerative' or 'wear' arthritis, but rather involves dynamic biomechanical, biochemical and cellular processes. Indeed the joint damage that occurs in OA is, at least in part, the result of active remodeling involving all the joint structures. Although articular cartilage is the center of change. OA is currently viewed as a disease of the entire joint and, therefore the failure of the joint as an organ. Pain, swelling tenderness and stiffness are common symptoms of OA. Constitutional symptoms such as malaise, fatigue, loss of appetite, anxiety and depression are least associated with this condition.

Many different therapeutic interventions are currently employed for the management of OA including physiotherapy, antidepressant therapy, and reduction of weight. Different drug therapies including allopathy, Unani, Ayurvedic, and other

alternative medicine are long acting palliatives but with many side effects.

The main aim of allopathic medicine for OA is pain control and reduction of progression of joint damage in order to minimize disability and to improve the quality of life but this effectiveness gifts side effects from like gastrointestinal disorders, dermatological complaints, insomnia, asthma, high blood pressure, kidney failure, and heart failure etc.

In India traditional medicine is Ayurveda. The uses of numerous medicinal plants are described in Ayurvedic literature. Many of them are somewhat lesser known in Homoeopathy till date, but their uses were quiet successfully verified by the Vaidyas in Ayurveda. One such type of lesser-known medicinal plant is Commiphora mukul, which has been widely used by the ancient Indian physicians for its efficacy in joint diseases especially for OA, RA, obesity etc. Many literatures also mention its properties.

The classic Ayurveda medical text, like the Sushruta Samhita, different Nighantus, describe in detail the usefulness of this herb for treatment of obesity and other disorders of fat, including coating and obstruction of channels. Commiphora mukul or Guggul is described to be efficacious for joint diseases and in almost all Ayurvedic preparation for joint diseases, Guggul is taken up as main constituent

PLANT DESCRIPTION

Commiphora-There are so many species of Commiphora namely Commiphora abyssinica, Commiphora molmol, Commiphora myrrha, Commiphora opbalsainum, Commiphora schimperie, Commiphora mukul. etc, Commiphora mukul is commonly used one. All species belongs to the family Bursaceae.

Found in the arid and rocky zones in certain parts of south-West and North-Western regions of



India including Mysore, Rajasthan, Bellary, Deccan, Khandesh, Kathiawar, Sindh and Beluchistan – Arabia.

A small tree or shrub with spinescent branches. Leaves usually unifoliate, alternate or crowded at the end of short branches, cuneate-ovovate, rhomboidal or oval, acute, deeply serrated, smooth and shining. Flower small, sub sessile, 2-3 together. Each plant yields about 11/2 – 2 lb of the product which is collected in the cold season. The resin occurs in vermicular or stalactitic pieces, pale yellow, brown, or dull-green in colour with a bitter aromatic taste and balsamic odour.

THERAPEUTIC USES IN INDIAN SYSTEM OF MEDICINE

Gum: Specially recommended in the treatment of urinary disorders, obesity, in marasmus of children. One of the best drugs for arthritis. Guggulipid, the ethylacetate extract of the gum, has recently been established as an effective agent for hypolipidaemia, hypercholesterolemia and anti-inflammatory substance.

Singh BB, Mishra L, Aquilina N, Kohlbeck F. Usefulness of Guggul (*Commiphora mukul*) for OA of the Knee.

Sharma JN, Sharma JN. compares the anti-inflammatory activity of *Commiphora mukul* (an indigenous drug) with those of phenylbutazone and ibuprofen in experimental arthritis and found effective.

The ethyl acetate extract of *Commiphora mukul* was found to confer significant protection to albino rats against the development of experimental atherosclerosis. The drug not only prevented deteriorating changes in serum cholesterol, triglycerides, and plasma fibrinogen level but also favorably increased plasma fibrinolytic activity. The oleoresin fraction of guggulu possesses significant anti-arthritic and anti-inflammatory activities

The National Chemical Laboratory, Pune, India, in collaboration with the Central Drug Research Institute of India, began a detailed chemical study of the Hypocholesterolemic/Hypolipidemic activity of Guggul. The ethyl acetate soluble portion of Guggul was found to possess Hypolipidemic and

anti-inflammatory properties. The ethyl acetate insoluble portion was found to be toxic. Further, acid base and neutral portions of ethyl-acetate-soluble Guggul were separated. The neutral portion responsible for the Hypocholesterolemic activity while the acid portion showed anti-inflammatory activity. The active ingredients responsible for the use of the plant in the maintenance of healthy cholesterol levels are the Guggulsterone specifically Guggulsterone E and Guggulsterone. Guggul has a complex structure made up of various compounds such as Lignans, lipids, Diterpenoids and steroids. Ten steroids have been isolated from the resin, among these; Z-Guggulsterone and E-Guggulsterone have been found to have Hypolipidemic effects. The other components of the ethyl acetate extract exert a synergistic activity.

RESEARCH IN HOMOEOPATHY

Different researches are going on Guggul regarding its hypolipidemic property. The most common therapeutic use of Guggul is observed in joint disorders. Keeping this in view, a study designed to see the effects of Guggul on OA in the Materia Medica department of Dr. Abhin Chand Homoeopathic Medical College and Hospital, Bhubaneswar to explore its efficacy in joint diseases especially in OA, homeopathically.

Homoeopathy though found to be efficacious in many patients but sometimes become non-responding in cases of chronicity and advanced disease conditions where there is paucity of symptoms, with this in mind, a prospective study is conducted for a period of 5 years from December 2001-2006 at the O.P.D. of Dr. A.C.H. Medical College and Hospital, Bhubaneswar. Around 200 patients were studied given Guggul in various potencies like Q, 3C, 6C, 30C, and 200C on osteoarthritis.

Patient exhibiting signs and symptoms indicative of OA were included in this study. Definite diagnostic criteria including symptoms, signs, and radiographic findings were followed for diagnosis of the cases.

Patient with laboratory findings like high raised ESR, Leucocytosis, Raised ASO titre, Presence of



protein, Positive Rheumatoid factor, Increased
acid level in blood, positive complementary
test were excluded from the study.

Case recording was done according to
homoeopathic principles following a standard case
recording format designed for the purpose.

The entire result was statistically evaluated
using the chi-square test. It shows:

Guggul is efficacious in Osteoarthritis.

In monoarticular cases, particularly of knee
joint, effectiveness of Guggul is remarkable.

Obese people with monoarticular affection are
more susceptible to the curing effects of
Guggul.

It is also efficacious as organopathic drug in
cases when combined with constitutional
medicines.

Conclusion:

Modern system of medicine offers a
effective mode of treatment for Osteoarthritis. This
operative process is accelerated with lot of side
effects by inappropriate use of modern medicine.
Consequently, patients of Osteoarthritis in order to

get relief their pain and suffering have resorted to
some alternative mode of treatment.

Commiphora mukul (Guggul) which is used
in Ayurvedic system combined with other drugs was
selected and prepared homoeopathically as Guggul
Q, 3C, 6C, 30C, 200C at Dr. Abhin Chandra
Homoeopathic Medical College and Hospital in the
department of material Medica and it is found to be
effective for 60% cases of Osteoarthritis (OA) with
more predilections to Knee OA.

However the work undertaken above cannot
be said to be complete unless drug proving is carried
out, in order to fulfill the former criteria, proving is
being carried out in the department on healthy
persons specially the students of Dr. Abhin Chandra
homoeopathic medical college & hospital following
guidelines of Master Hahnemann and drug proving
unit, Central Council for research in Homoeopathy.
The proving results are yet to come forward in
documentation form.

*Dr. Jonaki Basu, MD (Hom)

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