

EFFICACY OF RHUMAYOG AND RHUMAYOG WITH GOLD IN RHEUMATOID ARTHRITIS - A DOUBLE BLIND STUDY

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Thirty patients (women-22, seropositive-21) with active rheumatoid arthritis were studied to evaluate the efficacy of Ayurvedic products Rhumayog (Rh) (n = 15) and Rhumayog with Gold (Rh Au) (n = 15) for a period of 6 months. Both drugs showed anti-inflammatory and disease modifying activity.

Patients on Rh showed improvement in articular index (AI) (p=0.001), pain index (PI) (p=0.01), walking time (WT) (p=0.05), E.S.R. (P=0.01), C.R.P. (p=0.01) and in immunoglobulins (Ig) (p=0.001). Patients on Rh Au showed improvement in AI (P=0.001), PI (p=0.001), WT (p=0.05), E S R (p=0.001), Rheumatoid Factor (p=0.001) and Ig levels - IgG (p=0.001), IgA (p=0.05) and IgM (p=0.01). However, Rh Au was better in improving the grip strength (p=0.05) and morning stiffness (p=0.01). No side effects were encountered with the drugs during the study period. Ayurvedic preparations have a positive role in the management of rheumatoid arthritis due to their anti-inflammatory and disease modifying activities.

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***XVIII th (ILAR) INTERNATIONAL LEAGUE AGAINST RHEUMATISM, CONGRESS OF RHEUMATOLOGY, Barcelona, SPAIN, JULY 1993"**

THE INDIAN PRACTITIONER, Vol. XLVI, No.12, pp.931-942 December 1993.