



Arnica for Arthritis as effective as Ibuprofen

By Catherine Lang

Arthritis affects over 8 million people in the UK, with osteoarthritis of the fingers being the third most common type, after knee and hip. Many sufferers prefer to use an externally applied anti-inflammatory. In 2002 research was carried out using a gel made from fresh, organic Arnica Montana flower heads that showed a significant reduction in the pain, stiffness and loss of function with patients using this gel.

It was then decided to look at the effectiveness of the gel as an anti-inflammatory against one of the leading synthetics, Ibuprofen, with very positive results.

Between May 2003 and March 2004, 20 doctors in Switzerland undertook a strictly controlled study involving 204 patients using Bioforce Arnica Gel and ibuprofen gel.

Improvement in the two main areas – pain reduction and the functional capacity of the hands – had to be achieved for the study to be successful.

In both cases Arnica Gel proved to be as effective as the synthetic gel.

A number of secondary targets were also set and here again Arnica Gel achieved the same values as ibuprofen gel:

- The number of painful joints decreased equally in both groups.
- Morning joint stiffness diminished equally in both groups.
- The duration of morning joint stiffness decreased from about 10 minutes to 5 minutes in both groups.

In addition, of the patients who assessed efficacy as 'very good' or 'good', more patients in the Arnica group (64.0%) expressed satisfaction with their gel than in the ibuprofen group (58.8%). The investigators also generally evaluated the efficacy of the Arnica gel as better than that of the ibuprofen gel. As regards tolerability, patients evaluated Arnica at 89.5% and ibuprofen at 92.9%.

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Information Sheet – Arthritis

Case Study

“My fingers are starting to become knobbly and stiff, and I'm worried I'll end up like my mother who had quite deformed fingers when she was older.”

Take Knotgrass Complex for at least 6 months, as it helps to break down 'knotty' deposits in the joints and tissues. It will help keep your fingers more supple and less painful. Be careful as to your diet, as a diet full of red meat, caffeine, highly processed foods and refined sugar will promote inflammatory joint problems. Take Urticalcin to keep your calcium in its proper place in your bones rather than being dumped in the tissues and joints.