

EVALUATION OF EFFICACY
OF
VALERIA CAPSULE
AND
VALERIA OIL
IN
JOINTS PAIN

PROJECT INVESTIGATOR

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INTRODUCTION

The joints pain is the very common serious problem in day to day modern life style due to many reasons. This is not only creating menace but also reducing the efficacy of the person which ultimately leads to hamper the creativity of the individual.

Ayurveda describes many of the joint and bones rejuvenative herbs which are not only having analgesics effect but also give strength to the bone due to its corrective and nourishing effects whether these are used either internally or externally.

To evaluate the efficacy of some ayurvedic formulae for analgesic effect the study is planned and patients were registered.

In present formulae are comprehensive dual remedies for joints pain. The **Valeria oil** is used as an external preparation and **Valeria Capsule** is an internal supplement to maintain the sound healthy skeletal system by providing strength to bear the load of the body.

The **Valeria oil** contains *Dashmool Kwath* which is a decoction of ten roots pacify pain and act as tonic. *Ashwagandha* and *Shatavari* are rejuvenative tonic which give strength to bone and muscles. *Tagar* and *Nirgundi* are good pain killers. **Valeria capsule** is combination of naturally prepared Glucosamine Hydrochloride which helps to strengthen joint capsule with lubricating properties. Celery seeds Gotukola are anti-inflammatory. Ginger and Curcumin increases the bio-availability of the formulation composed.

Valeria oil maintains the elasticity of the superficial skin when applied externally and provides lubrication to the synovial fluid system of the joints same way the **Valeria Capsule** when taken internally in the form of capsule nourishes the synovial fluid in joints and nourishes the entire system of the body.

The body tissues which require continuous nutrients to maintain strength can be possible by rubbing the oil in specific way on the affected skin area, thereby; the process intensifies the local blood circulation. With this; oil is able to penetrate with nutrients deep in to the skin and crosses up to the different layers with osmotic pressure.

MATERIALS AND METHODS**Number of Patients**

Twenty five patients in each group were registered at the different centres at OPD level which were thoroughly checked for any relevant signs and symptoms and the findings were being recorded in Clinical Research Form (CRF) prepared in Excel sheet.

Total number of patients was seventy five.

Table -- 1: Showing Group and Number of patients

Groups	Drugs	No. of Patients		
		Male	Female	Total
O	Valeria Oil	06	19	25
C	Valeria Capsules	14	11	25
O+C	V. oil + Capules	10	15	25
	Total	30	45	75

Table -- 2: Showing Composition of Drugs

Composition : Valeria Oil

S.No.	Ingredients	Latin Name	Composition
1.	<i>Dashmool Kwath</i>	Ten roots	25%
2.	<i>Ashwagandha</i>	<i>Withania somnifera</i>	20%
3.	<i>Tagar</i>	<i>Valeriana wallichii</i>	20%
4.	<i>Shatavari</i>	<i>Asparagus racemosus</i>	20%
5.	<i>Nirgundi</i>	<i>Vitex negundo</i>	20%
6.	Godugdha	Cow milk	q.s.
7.	Til Tail	<i>Sesamum indicum</i>	q.s.

Composition : Valeria Capsule

S.No.	Ingredients	English Name	Composition
1.	<i>Chingati Satva</i>	Glucosamine HCl	500 mg
2.	<i>Ajamoda</i>	<i>Celery Seeds Ext.</i>	100 mg
3.		<i>Gotukola Ext</i>	75 mg
4.	<i>Sallaki</i>	Boswellia ext	100 mg
5.	<i>Shunthi</i>	Ginger ext.	50 mg
6.	Haridra	Curcumin ext.	50 mg

Application and administration of Dosage and Duration:

Oil	Applied locally and rubbed to the affected parts of the body
Capsule	1 Capsule BD for 10 days followed by 1 Capsule OD as maintenance dose for two weeks is given.

Selection of patients

Patients were selected from different locations at Ujjain. Most of the patients were inmates of Sevadham, village Ambodia, Dist. Ujjain, MP and OPD at PSSLS Ayurveda College & Research Centre at Ratlam, MP.

Criteria for selection of patients

1. Age group 10 to 75 years
2. History of painful conditions.
3. Complaints of muscular or joints pain

Criteria for exclusion of patient

1. Age bellow 10 or above 75 years
2. Any serious systemic condition.
3. More than 6 months of chronicity of disease
4. History of severe Rheumatoid arthritis or elevated ESR or any other serious diseases.
5. Family history of painful disorders.

Criteria for assessment of patients

1. Clinical
 - a. Patients were advised to stop any medicines which were related to cholesterol.
 - b. Patients were clinically assessed on day one of registration (FU-0), 14th day (FU1), 28st day (FU2) and 42nd day (FU3) on the basis of clinical signs and symptoms and same were recorded in CRF (Clinical Research Form).
 - c. X-ray was also advised for the exclusion of any fracture or any degenerative problem if required.
2. Pathological

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- a. Routine and microscopic urine examinations were also advised in suspected patients who were having any complaint of urinary tract infections for exclusion.
- b. Complete blood count was also advised for exclusion of any relevant disorder to assess any hematological abnormalities.
- c. Blood for RA and ESR for assessment of severity of disease if required.

OBSERVATIONS

One hundred patients were registered from the different centres at OPD level which were thoroughly checked for any relevant signs and symptoms and the findings were being recorded in Clinical Research Form (CRF). The entire data assessed in Excel data sheet.

Total number of patients was seventy five who have completed the trial and remaining twenty five have left against medical advice as mentioned below.

Table -- 3: Showing the Age Groups of the patients.

Age group	No. of Patients			Total
	O+C	C	O	
10-20	02	00	00	02
21-30	01	02	03	06
31-40	08	04	06	18
41-50	04	05	09	18
51-60	04	10	02	16
61-70	06	04	04	14
>71	00	00	01	01
Total	25	25	25	75

Table -- 4: Showing the Religion wise distribution of the patients.

Religion	No. of Patients			Total	%
	O+C	C	O		
Hindu	25	21	16	62	82.68
Muslim	00	04	05	09	12.00
Christian	00	00	02	02	2.66
Sikkha	00	00	02	02	2.66
Total	25	25	25	75	100.00

Table -- 5: Showing the Height wise distribution of the patients.

Height in CM	No. of Patients			Total
	O+C	C	O	
< 150	03	01	01	05
151-160	09	11	13	33
161-170	07	07	04	18
171-180	06	05	06	17
>181	00	01	01	02
Total	25	25	25	75

Table --6: Showing the Weight wise distribution of the patients.

Weight in Kg	No. of Patients			Total
	O+C	C	O	
< 30	01	00	00	01
31-40	02	00	00	02
41-50	04	00	03	07
51-60	09	06	04	19
61-70	04	09	09	22
71-80	04	06	04	14
>80	01	04	05	10
Total	25	25	25	75

Table - no. 7: Showing Average, Maximum and Minimum of Age, Weight and Height of Patients

	AGE in years			HEIGHT in cms			WEIGHT in kg		
	O+C	C	O	O+C	C	O	O+C	C	O
AVERAGE	45.68	50.00	45.6	159.24	163.76	163.24	58.36	70.40	69.2
MAXIMUM	69	68	72	180	182	182	94	90	94
MINIMUM	13	29	24	60	150	150	26	54	48

Table --8: Showing the Marital Status of the patients.

Marital Status	No. of Patients			Total	%
	O+C	C	O		
Married	19	24	24	67	89.33
Unmarried	06	01	01	08	10.67
Total	25	25	25	75	100.00

Table --9: Showing the Educational Status of the patients.

Educational Status	No. of Patients			Total	%
	O+C	C	O		
Illiterate	02	00	00	02	02.66
Primary	10	00	03	13	17.34
Middle	03	00	00	03	04.00
HSC	00	06	08	14	18.66
Graduate	07	13	08	28	37.34
Post-Graduate	03	06	06	15	20.00
Total	25	25	25	75	100.00

Table --10: Showing the Economic Status of the patients.

Economic Status	No. of Patients			Total	%
	O+C	C	O		
Lower	18	00	08	26	34.67
Middle	07	25	17	49	65.33
Total	25	25	25	75	100.00

Table - --11: Showing the Professional Status of the patients.

Professional Status	No. of Patients			Total	%
	O+C	C	O		
No Work	12	00	00	12	16.00
Business	04	04	01	09	12.00
Service	05	09	12	26	34.66
Housewife	02	10	08	20	26.67
Study	01	00	02	03	04.00
Retired	01	02	02	05	06.67
Total	25	25	25	75	100.00

Table - no. 12: Showing History of Past Illness of Patients

Past History	No.			Total	%			Total
	O+C	C	O		O+C	C	O	
Accident	4	0	0	4	16	0	0	16
Appendix	1	2	1	4	4	8	4	16
Arthritis	0	0	1	1	0	0	4	04
Asthma	0	1	2	3	0	4	8	12
Constipations	0	1	0	1	0	4	0	04
Dermatitis	0	0	1	1	0	0	4	04
Diabetes	0	4	2	6	0	16	8	24
Disability	1	0	0	1	4	0	0	04
Dysmenorrhea	0	0	1	1	0	0	4	04
Fracture	0	1	0	1	0	4	0	04
Gout	1	0	0	1	4	0	0	04
Hyperacidity	0	1	3	4	0	4	12	16
Hypertension	3	3	0	6	12	12	0	24
Hysterectomy	0	0	1	1	0	0	4	04
IrriTable - bowel	0	1	0	1	0	4	0	04
Infertility	1	0	0	1	4	0	0	04
Leucorrhoea	1	1	0	2	4	4	0	08
Menorrhagia	2	0	0	2	8	0	0	08
Migraine	0	0	1	1	0	0	4	04
Obesity	0	1	1	2	0	4	4	08
Pneumonia	0	1	0	1	0	4	0	04
Typhoid	0	1	0	1	0	4	0	04
Varicose vein	0	1	0	1	0	4	0	04
Total	14	19	14	47	56	76	56	188

OBSERVATIONS AND RESULTS

As per CRF the presenting complaints were assessed on the basis of severity. The Severity score is calculated as mentioned below:

Table - no. 13: Showing severity score of Patients

Conditions	Score grading
Severe	4
Moderate	3
Present	2
Occasional	1
Nil	0

Table - no. 14: Showing Effect of in Onset of pain score of Patients

Onset of pain	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	68	48	45			
FU-1	30	23	23	55.82	52.08	48.89
FU-2	06	05	09	91.18	72.26	80.00
FU-3	02	00	05	93.33	100.00	88.89

Table - no. 14: Showing Effect of in Onset of pain score of Patients

Onset of pain	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	68	48	45			
FU-1	30	23	23	55.82	52.08	48.89
FU-2	06	05	09	91.18	72.26	80.00
FU-3	02	05	05	93.33	72.26	88.89

Table - no. 15: Showing score of Nature of Pain of Patients

Nature of pain	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	72	46	36			
FU-1	25	13	18	65.27	71.73	50.00
FU-2	02	01	07	97.22	92.30	80.56
FU-3	00	01	03	100.00	92.30	91.67

Table - no. 16: Showing score of Character of Pain of Patients

Character of pain	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	51	42	41			
FU-1	19	10	21	62.74	76.00	48.79
FU-2	0	01	07	100.00	90.00	82.93
FU-3	0	01	03	100.00	90.00	92.68

Table - no. 17: Showing score of Time duration of Pain of Patients

Time duration of pain	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	74	34	33			
FU-1	20	09	10	72.97	73.53	69.70
FU-2	01	04	03	98.65	88.24	90.90
FU-3	00	01	01	100.00	97.05	96.97

Table - no. 18: Showing score of Improvement in Shoulder Pain of Patients

Shoulder pain	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	18	12	13			
FU-1	09	06	09	50.00	50.00	37.77
FU-2	00	02	02	100.00	83.33	84.61
FU-3	00	01	00	100.00	91.67	100.00

Table - no. 19: Showing score of Improvement in Neck Pain of Patients

Neck pain	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	18	14	13			
FU-1	08	06	07	55.55	57.14	46.17
FU-2	00	02	01	100.00	85.71	92.30
FU-3	00	01	00	100.00	92.86	100.00

Table - no. 20: Showing score of Improvement in Elbow Pain of Patients

Elbow pain	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	23	18	8			
FU-1	10	09	4	56.52	50.00	50.00
FU-2	01	02	0	95.65	88.89	100.00
FU-3	00	01	0	100.00	94.44	100.00

Table - no. 21: Showing score of Improvement in Pain in Hand of Patients

Pain in Hand	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	12	09	12			
FU-1	04	04	06	66.67	55.56	50.00
FU-2	00	00	01	100.00	100.00	91.67
FU-3	00	00	01	100.00	100.00	91.67

Table - no. 22: Showing score of Improvement in Pain in Wrist of Patients

Pain in Wrist	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	12	10	09			
FU-1	04	05	05	66.67	50.00	44.44
FU-2	00	01	00	100.00	90.00	100.00
FU-3	00	00	00	100.00	100.00	100.00

Table - no. 23: Showing score of Improvement in Pain in Phalanges of Patients

Pain in Phalanges	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	11	03	03			
FU-1	03	00	02	72.73	100.00	33.33
FU-2	00	00	00	100.00	100.00	100.00
FU-3	00	00	00	100.00	100.00	100.00

Table - no. 24: Showing score of Improvement in Pain in Back of Patients

Pain in Back	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	11	03	15			
FU-1	03	01	09	72.73	66.67	40.00
FU-2	00	00	03	100.00	100.00	80.00
FU-3	00	00	01	100.00	100.00	93.34

Table - no. 25: Showing score of Improvement in Pain in Waist of Patients

Pain in Waist	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	38	25	23			
FU-1	15	12	11	60.53	52.00	52.17
FU-2	03	03	03	92.10	88.00	86.96
FU-3	01	01	01	93.33	96.00	95.65

Table - no. 26: Showing score of Improvement in Pain in Groin of Patients

Pain in Groin	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	31	12	08			
FU-1	14	06	04	54.84	50.00	50.00
FU-2	03	02	01	90.32	83.33	87.50
FU-3	01	01	01	92.86	91.66	87.50

Table - no. 27: Showing score of Improvement in Pain in Hip of Patients

Pain in Hip	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	44	09	06			
FU-1	15	04	02	65.91	55.56	66.67
FU-2	03	02	01	93.18	77.78	83.33
FU-3	01	01	01	97.73	88.89	83.33

Table - no. 28: Showing score of Improvement in Pain in Thigh of Patients

Pain in Thigh	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	16	03	03			
FU-1	04	01	02	75.00	66.67	33.33
FU-2	00	00	01	100.00	100.00	66.66
FU-3	00	00	01	100.00	100.00	66.66

Table - no. 29: Showing score of Improvement in Pain in Legs of Patients

Pain in Legs	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	24	08	09			
FU-1	11	04	05	54.17	50.00	44.44
FU-2	00	00	02	100.00	100.00	77.77
FU-3	00	00	02	100.00	100.00	77.77

Table - no. 30: Showing score of Improvement in Pain in Knee of Patients

Pain in Back	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	30	27	35			
FU-1	11	11	21	54.16	59.26	40.00
FU-2	00	01	08	100.00	96.29	77.14
FU-3	00	00	06	100.00	100.00	82.85

Table - no. 31: Showing score of Improvement in Pain in Ankle of Patients

Pain in Ankle	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	11	06	05			
FU-1	03	03	03	72.73	50.00	40.00
FU-2	00	00	02	100.00	100.00	60.00
FU-3	00	00	02	100.00	100.00	60.00

Table - no. 32: Showing score of Improvement in Pain in Phalanges of Patients

Pain in Phalanges	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	09	03	01			
FU-1	03	01	01	66.67	66.67	00.00
FU-2	00	00	00	100.00	100.00	100.00
FU-3	00	00	00	100.00	100.00	100.00

Table - no. 33: Showing score of Reduction in Tenderness of Patients

Tenderness	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	26	07	06			
FU-1	12	03	04	53.85	51.14	33.33
FU-2	01	00	00	96.15	100.00	100.00
FU-3	0	00	00	100.00	100.00	100.00

Table - no. 34: Showing score of Reduction in Swelling of Patients

Swelling	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	27	13	14			
FU-1	12	06	09	55.56	53.84	35.71
FU-2	00	01	02	100.00	92.30	85.71
FU-3	00	00	02	100.00	100.00	85.71

Table - no. 35: Showing score of Reduction in Warmness of Patients

Warmness	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	07	01	02			
FU-1	02	01	01	71.43	00.00	50.00
FU-2	00	00	00	100.00	100.00	100.00
FU-3	00	00	00	100.00	100.00	100.00

Table - no. 36: Showing score of Improvement in General Condition of Patients

General Condition	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	47	33	35			
FU-1	27	14	19	42.55	57.58	45.71
FU-2	03	03	07	88.89	90.91	80.00
FU-3	01	03	03	96.30	90.91	91.42

Table - no. 37: Showing score of Improvement in Deformity of Patients

Deformity	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	21	05	06			
FU-1	19	04	05	9.52	20.00	16.66
FU-2	18	04	04	14.29	20.00	33.33
FU-3	18	04	03	14.29	20.00	50.00

Table - no. 38: Showing score of Improvement in Loss of Action of Patients

Loss of Action	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	30	15	13			
FU-1	18	06	09	40.00	60.00	30.76
FU-2	05	03	04	72.22	80.00	69.23
FU-3	00	03	03	100.00	80.00	76.92

Table - no. 39: Showing score of Improvement in Restricted Movement of Patients

Restricted Movement	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	45	19	16			
FU-1	25	07	11	44.44	63.16	31.25
FU-2	06	05	07	76.00	73.68	56.25
FU-3	04	04	06	84.00	78.94	62.50

Table - no. 40: Showing score of Reduction in Stiffness of Patients

Stiffness	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	31	15	14			
FU-1	12	05	08	61.29	66.67	42.85
FU-2	00	01	03	100.00	92.85	78.57
FU-3	00	01	01	100.00	92.85	92.85

Table - no. 41: Showing score of Reduction in Muscular Spasm of Patients

Muscular Spasm	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	33	14	18			
FU-1	11	03	10	66.67	78.57	44.44
FU-2	02	02	03	81.82	86.66	83.33
FU-3	02	02	01	81.82	86.66	94.44

Table - no. 42: Showing score of Reduction in Adduction Pain of Patients

Adduction Pain	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	24	06	09			
FU-1	14	03	05	41.67	50.00	44.44
FU-2	03	02	01	78.57	66.66	88.88
FU-3	01	02	01	92.85	66.66	88.88

Table - no. 43: Showing score of Reduction in Abduction Pain of Patients

Abduction Pain	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	21	04	08			
FU-1	12	02	03	42.86	50.00	62.50
FU-2	02	01	01	83.33	75.00	87.50
FU-3	01	01	01	91.67	75.00	87.50

Table - no. 44: Showing score of Reduction in Rotation Pain of Patients

Rotation Pain	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	36	09	09			
FU-1	17	04	05	52.78	55.56	44.44
FU-2	02	01	02	88.34	88.88	77.77
FU-3	01	01	01	94.11	88.88	88.88

Table - no. 45: Showing score of Reduction in Flexion Pain of Patients

Flexion Pain	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	32	25	22			
FU-1	13	06	16	59.38	76.00	27.27
FU-2	00	01	01	100.00	96.00	95.45
FU-3	00	01	01	100.00	96.00	95.45

Table - no. 46: Showing score of Reduction in Extension Pain of Patients

Extension Pain	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	35	25	22			
FU-1	16	07	11	54.29	72.00	50.00
FU-2	01	01	01	93.75	96.00	95.45
FU-3	01	01	01	93.75	96.00	95.45

Table - no. 47: Showing score of Reduction in Shaking Limb of Patients

Shaking Limb	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	15	05	06			
FU-1	14	03	06	06.67	40.00	00.00
FU-2	09	03	04	35.71	40.00	33.33
FU-3	09	02	03	35.71	60.00	50.00

Table - no. 48: Showing score of Reduction in Fever of Patients

Fever	Score			% of Reduction		
	O+C	C	O	O+C	C	O
FU-0	14	02				
FU-1	03	01		78.57	50.00	
FU-2	00	00		100.00	100.00	
FU-3	00	00		100.00	100.00	

Table - no. 49: Showing score of Improvement in Gait of Patients

Gait	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	22	05				
FU-1	16	05		27.27	00.00	
FU-2	06	03		62.50	40.00	
FU-3	04	02		81.81	60.00	

Table - no. 50: Showing score of Improvement in Bowel Habit of Patients

Bowel Habit	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	14	13	12			
FU-1	04	10	06	71.43	23.07	50.00
FU-2	00	05	03	100.00	61.53	75.00
FU-3	00	02	00	100.00	84.61	100.00

Table - no. 51: Showing score of Improvement in Sleep Condition of Patients

Sleep Condition	Score			% of Improvement		
	O+C	C	O	O+C	C	O
FU-0	23	11	13			
FU-1	12	04	08	47.82	63.64	38.46
FU-2	04	01	04	82.60	90.91	69.23
FU-3	03	01	01	86.95	90.91	92.30

DISCUSSION

Registration of patients

Patients were registered as per criteria mentioned at the outdoor level at different centers at Ujjain and Ratlam area of Madhya Pradesh also nearby state of Rajasthan. Patients were advised to stop the medicines which are particularly prescribed by their physician for pain relief.

Out of one hundred and two patients during the trial seventy five patients have successfully completed the treatment for six weeks. After registration at the day one (FU-0) the patients were thoroughly examined and medicines were given at random basis. All patients followed up by two weeks interval at FU-1, FU-2 and FU-3. For exclusion purpose clinical features like history of fever, morning stiffness taken in to consideration for which temperature and blood pressure were recorded as well as the special investigations were also advised to rule out any serious disorder.

Sex ratio of patients

Initially it was tried to register equal number of each gender but due to twenty two patients have not reported back the registered sex ratio is disturbed and male patients reported more seriously and completed the trial with sincerity. But it was also observed females are more prone to arthritis due to osteoarthritis during menopause (Table - no. 1).

Chronological and Physical parameters

Table - 3 shows about fifty percent of patients from the third to fifth decades (18+18 patients in each decade)

The average of patient's age was 45.68 years in O+C group while 50 years in C group and 45.6 years in O group. While the maximum age was 69, 68 and 72 years in O+C, C and O groups respectively. Same way the minimum age was 13, 29 and 24 years respectively (Table - 7).

Randomly registered patients were also observed for their height. The average height was 159.24, 163.76 and 163.24 respectively. While maximum was 180 cm in O+C group and 182 cm in each remaining group (Table - 5 and 7).

Regarding average weight it was 58.36 kg in O+C group, 70.4 kg and 69.2 kg in remaining both groups respectively. The maximum weight was 94 kg each in O+C and O group while 90 kg in C group. Same way the minimum weight was 26, 54 and 48 respectively (Table - 6 and 7).

Religion wise of patients.

Patients were registered without any prejudiousness of cast but since the region is mostly Hindu dominated so far most 62 numbers (82.68%) were Hindus (Table - 4).

Economic status

Most of the patients were belonging to middle class (65.33%) while lower class patients were 34.67% who have completed the trial (Table - 10).

Professional status

In this study every class or segment is tried to cover for study (Table - 11) but it was found that service class was the most affected with arthritic pain (34.66%) due to exertion in their work place. The second most affected were housewives (26.67%) may be due to menopausal changes.

Marital Status

Most of the registered (Table - 8) patients were married (89.33%) who came to study. It also shows that they are more conscious about their health in comparison to unmarried (10.67%).

Educational Status

Most of the patients were educated and categorized as graduate (37.34%) while postgraduates were second in the rank (20%) among randomly registered patients (Table - 9).

Past Illness

As per our criteria we have selected such patients who were not having any specific past history (38%). About 24% had a history of hypertension but not in severe condition during the trial period. Most of the patients were having history of diseases in early past (Table - 12). 24% patients had a history of diabetes and they were taking antidiabetic drugs as a routine. Few patients (16%) have reported for hyperacidity. It appears they used to have non-steroidal anti-inflammatory drugs which have gastric corrosive effects.

Present Complaints

For the presenting complaints patients were reported for having pain in different parts of the body with severity score. Severity of pain was observed and noted down in CRF at FU-O, FU1, FU-2 and FU-3 while moving or at the stationary stage. The grading of severity was recorded as per Table - no. 13.

The Score for sudden or gradual onset of pain (Table - no. 14) was assessed and found capsules with oil are more effective then remaining single groups.

The nature of pain during mobility or immobility (Table - no. 15) was also assessed and reduction in pain observed most in the combined group more than other groups of single therapy. Same way the intermittent and continuous characters of pain was also observed (Table - no. 16).

Once the therapy is started the duration or frequency of pain is also decreased. The most reduction in frequency of pain is also observed in combined therapy in comparison to other two single drug groups (Table - 17).

Joints Pain

During administration of drugs it was found all the groups are getting improvement in all body pains more than 90% and above. But combined therapy is more effective in comparison to single drug groups (Table - 18 to 32).

Improvement in inflammatory conditions

The anti-inflammatory effect of all three groups is also observed with tenderness, swelling, stiffness and warmth. All the parameters were reduced more than 95% at the end of the treatment (Table - no. 33 to 35).

Improvement in General condition

Many of the patient felt improvement in general conditions up to more than 91% (Table - 36). It was also observed the combined group is more effective than single therapy groups.

Effect on Deformity

The deformity is a permanent physical condition where the formulations have not shown any very significant effects. However about 20% overall improvement is observed in some cases of capsule group and 50% improvement in oil group (Table - 37).

Improvement in Physical Activities

Loss of action, restriction of movement, stiffness and muscular spasm are improved most in combined group in comparison to single drugs therapy (Table - 38 to 41).

Pain Free Physical Activities

During physical activities patients felt pain free activities particularly during adduction (movement towards the central part of the body), abduction (movement away from the body), flexion, extension, rotation (Table - 42 to 46) with therapy of all three types. However these activities were more pain free in combined group. In lower extremities patients reported more stability with this treatment and thereby improvement in gait (Table - 47 and 49).

Sound Sleep with Good Morning

As a result patients had a pain free sound sleep during nights and proper defecation in the morning which were observed during the trial (Table - 50 and 51).

Conclusion

The trial with combination of **Valeria Capsule** and **Valeria Oil** and also with group of separate these two were initiated and initially one hundred and two patients were registered. Due to drop-out seventy five patients have completed the trial twenty five in each group.

All patients were examined clinically on day one and then at the end of second, fourth and sixth week. To rule out any severity the suspected patients were also advised to examine for CBC and specific blood and urine examinations also advised.

The patients were assessed thoroughly and findings were recorded in CRF and for the analysis purpose excel data sheet were prepared and analyzed the findings.

On the basis of the above mentioned analysis it is concluded the result of the combination of **Valeria Capsule** and **Valeria Oil** is found most encouraging as most of the patients relieved with the joints pain related problems. While the separate group of **Valeria Capsule** and **Valeria Oil** show remarkable improvement in joints pain and related activities.

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