

Comparable study of efficacy redgukkil paste and Diclofenac gel in treatment of acute musculoskeletal pain

¹S. Anpuchelvy, ²G. Sritharan

¹Unit of Siddha Medicine,
University of Jaffna.

²Herbal Health care centre.
Kokuvil, Jaffna.

E-mail: gsritharan09@gmail.com

Abstract

Red gukkil paste is a herbal product possessing anti-inflammatory, analgesic activities observed in musculoskeletal pain. Topical therapy with Redgukkil paste has also been found to be effective and safe in the treatment of patients with acute musculoskeletal pain. Subjective intensity of pain, loss of function and swelling was assessed using a 4 point scale. Eligible patients were randomized to receive topical treatment with group 1 Redgukkil paste and group 2 diclofenac gel, four times per day for 10 days. Patients were strictly advised to avoid apply in broken skin, eyes and mucous membranes. Patients were re-assessed after 10 days of treatment and the clinical parameters recorded. In addition, degree of recovery, efficacy and overall tolerability was also recorded. Safety evaluation included reporting of frequency and severity of adverse experiences. Two hundred and thirty two patients were studied.

Majority of patients had soft tissue injuries in both group treatments. Sign and symptoms evaluated included pain, swelling and loss of function. The distribution of severity of signs and symptoms at study admission was comparable in the two treatment groups. Statistically significant decrease in severity of pain ($p < 0.01$) and swelling ($p < 0.01$) and improvement in loss of function ($p < 0.01$) over baseline was observed in both treatment groups. Between the groups comparison showed that the reduction in intensity of pain, swelling and improvement in loss of function was comparable between the two treatment groups ($p > 0.05$). The degree of recovery, at the end of therapy with Redgukkil paste and diclofenac gel was similar in the two treatment groups, moderate to complete recovery in 97.3% of patients treated with Redgukkil paste vs 96.4% of patients treated with diclofenac gel ($p > 0.05$). The global efficacy was assessed by patient; it was good to very good in 95.6% patients after treatment with Redgukkil paste versus 93.8% patients after treatment with diclofenac gel. This study demonstrates that the efficacy of Redgukkil paste is comparable to diclofenac gel in the treatment of patients with acute musculoskeletal pain.

Keywords: Redgukkil paste, Diclofenac gel.