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Integrative ayurveda healing relieves minor sports injury pain results of a multicenter controlled clinical trial

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Sports-related soft tissue injuries such as sprains, strains and contusions are a common painful condition. Current treatment includes oral non steroidal anti-inflammatory drugs (NSAIDs), which have a high incidence of intolerable gastrointestinal side effects. Ancient Indian healing system, ayurveda addresses the need of sports medicine up to certain extent. In practice, there are different treatment modalities for injuries, uses of drugs and dietetics as well as practices of rehabilitation. Although, previous evidences support the efficacy of ayurveda practices with significant reduction in pain, joint tenderness, joint swelling, mobility restriction and early morning joint stiffness. But there is no treatment studies have been performed to evaluate the clinical outcome for specific sports injuries. This study assessed the efficacy and safety of ayurveda gel and patches applied to the painful injury site for the treatment of acute minor sports injury pain. Adult subjects (N=210) were recruited from two communities for a multicenter, randomized, placebo-controlled, parallel design study. All subjects had suffered a painful minor sports injury within the prior 72 hours of study entry. Either an ayurveda or placebo treatment was applied directly to the skin overlying the painful injured site twice daily for 2 weeks. Measures of pain intensity were performed in a daily diary and at clinic visits on days 3, 7 and 14. Ayurveda treatment was superior to placebo in relieving pain. Statistical significance was seen on clinic days 3 ($P<0.05$) and 14 ($P=0.0.00$) as well as the daily diary pain ratings at days 3, 7 and 14 ($P<0.001$). No significant safety or side-effect measures were found with the ayurveda treatment. Ayurveda combination in the form of gel and patches could be an effective and safe pain reliever for treatment of minor sports injury pain. The advantages of this novel therapy include its ease of use and lack of systemic side effects.

Biography

Archanaben Nachiketa has been working as a Clinical Researcher for NMP Medical Research Institute and manages multicenter trial sites in Gujraat, India. Her research focuses on sport medicine and physical rehabilitation with her specialty in traditional healing practices. For the last 3 years, she has examined how young athletes deal with sports injury in daily practices in light of different fears and anxieties that the public has about their performances. She has researched a plethora of teen issues, ranging from type of injuries, coping methods and cost effective ways to manage in early stages. She also participates and manages a large international collaborative work, a non-profit organization working to end violence against women and girls worldwide. She works as research consultant for other companies, sits on corporate, education, conference and non-profit advisory boards and regularly speaks at a wide variety of conferences and events.

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