

Clinical Studies on on Phytodolor®

Musculoskeletal Pain

Author/Year	Subject	Design	Duration	Dosage	Preparation	Results/Conclusion
Vajda, 1992	Rheumatoid arthritis	R, DB n=40	3 weeks	Phytodolor® (30 drops 3x/day) or 50 mg indomethacin 2x/day	Phytodolor®	Patients had relative risk reduction of 49% overall in all groups compared to placebo.
Bernhardt et al., 1991	Rheumatic diseases	R, DB, PC n=8	4 weeks	Phytodolor® (30 drops 3x/day), piroxicam or placebo	Phytodolor®, piroxicam, or placebo	Significant improvement in both actively treated groups with no observable difference.
Hawel, 1991	Osteoarthritis	R, DB n=240	3 weeks	Phytodolor® (30 drops 3x/day) or 25 mg diclofenac 3x/day	Phytodolor® or diclofenac	The authors noted equal therapeutic results in both groups, with less adverse effects in the Phytodolor® group (7.4% vs 14.2%).
Herzog et al., 1991	Rheumatic conditions, pain and joint function	R, DB n=432	4 weeks	Phytodolor® (30 drops 3x/day) or 25 mg diclofenac 3x/day	Phytodolor® or diclofenac	Both treatment groups showed improvement without a statistically significant difference. Patients taking Phytodolor® had better tolerance of the medication than the group taking diclofenac.
Bernhardt et al., 1990	Rheumatic diseases	R, DB, PC n = 47	4 weeks	Phytodolor® (60 drops 3x/day; or 30 drops or 15 drops 3x/daily)	Phytodolor® double strength, normal strength and half strength	Improvement noted in all active treatment groups without significant difference. All of the treatments reduced pain during movement, but chronic pain was alleviated only in the high dosage strength.
Baumann et al., 1989	Rheumatic conditions, pain, swelling, function	R, DB, MC n=108	2 weeks	Phytodolor® (30 drops 3x/day) or 25 mg diclofenac 3x/day	Phytodolor® or diclofenac	The authors concluded that the same clinical results were achieved with either Phytodolor® or diclofenac.
Huber, 1991	Rheumatic diseases	R, DB, PC n=40	3 weeks	Phytodolor® (30 drops 3x/day) or placebo	Phytodolor® or placebo	The study demonstrated a statistically significant improvement in symptoms (p<0.05) after one week, with prgressive improvement, in patients treated with Phytodolor® vs. placebo. No adverse effects were observed.
Hahn and Hubner-Steiner, 1988	Chronic epicondylitis	R, DB, PC n=45	4 weeks	Phytodolor® (30 drops 3x/day) or placebo	Phytodolor® or placebo	The study focused on pain and physical impairment outcomes and noted a significant differences in mobility (p<0.01) and pain due to movement (p<0.01) with the use of Phytodolor® vs. placebo.
Schreckenberger, 1988	Osteoarthritis	R, DB, PC n=45	4 weeks	Phytodolor® (30 drops 3x/day) or 25 mg diclofenac 3x/day or placebo	Phytodolor®, placebo, or diclofenac	The authors observed a significant difference (p<0.001) in pain and grip strength with both active treatments over placebo.

KEY: C – controlled, CC – case-control, CH – cohort, CI – confidence interval, Cm – comparison, CO – crossover, CS – cross-sectional, DB – double-blind, E – epidemiological, LC – longitudinal cohort, MA – meta-analysis, MC – multi-center, n – number of patients, O – open, OB – observational, OL – open label, OR – odds ratio, P – prospective, PB – patient-blind, PC – placebo-controlled, PG – parallel group, PS – pilot study, R – randomized, RC – reference-controlled, RCS – retrospective cross-sectional, RS - retrospective, S – surveillance, SB – single-blind, SC – single-center, U – uncontrolled, UP – unpublished, VC – vehicle-controlled.