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Evaluation of efficacy and safety of Vatantak Gold Tablet and Pain Kill Oil in painful inflammatory Musculoskeletal Conditions W.R.T Vatavyadhi: A PMS study

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ABSTRACT

Background: The most frequent global source of chronic pain and disability is musculoskeletal (MSK) conditions. Modern therapies have been evolved for a number of different MSK disorders, but they have a number of drawbacks. In treating chronic MSK conditions, Ayurvedic therapeutics are safer and performs better than conventional standard care. The present study aimed to abridge evidence on Ayurvedic treatment options in painful inflammatory MSK conditions with Vatantak Gold Tablet and Pain Kill Oil.

Methods: Multicentric, post-marketing, open label, clinical study. Convenient sampling was done and written informed consent acquired from 60 patients aged ≥ 18 years (both male and female) with musculoskeletal pain. End point assessment for efficacy and safety done after 60 days by physical, structured questionnaires along with haematological and biochemical assessments. Statistical significance was considered at the level of $p < 0.05$.

Results: Substantial improvements were seen in the parameters ESR, RA Factor, C-Reactive Protein and Uric Acid ($p < 0.001$). VAS and PEG Scale also showed highly significant ($p < 0.001$) changes on the subjective pain parameters along with QoL improvements mainly over the physical domain. Safety metrics remained within the expected ranges, and no anomalies or clinically significant adverse events were identified.

Conclusion: Vatantak Gold Tablet and Pain Kill Oil administration are both safe and notably effective for usage in painful inflammatory musculoskeletal disorders due to their potent herbo-mineral composition.

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