

Turmeric Might Relieve Osteoarthritis Knee Pain

Osteoarthritis (OA) is a painful and debilitating disease that can lead to a substantial loss of mobility and function, if not adequately treated. More than 2.2 million Australian - 9.3% of the population, are affected by OA, of which 60% are women. It is estimated that 1 in 5 Australians over 45 suffer from OA.

Treating Osteoarthritis -

There is no cure for the disease, but in its early stages it can be managed through physical therapy using land-based or water-based exercise to help reduce pain and improve function.

Treatment with drugs Drugs such as nonsteroidal anti inflammatory drugs are the first line approach for treating moderate to severe OA. Corticosteroid injections can also be beneficial for short term relief of pain in the knee.

Treatment with plant based alternatives show promise A highly promising study published in the journal *Phytotherapy Research March 2020* identified a safe and effective natural treatment using Curcumin, the active component in Turmeric which gives this root its bright, saffron-coloured hue. Turmeric is used in traditional Chinese Medicine to relieve arthritic pain. It is extensively grown in India and typically used in Indian curries.

A study by Tasmanian researchers, reported in the *Annals of Internal Medicine Dec 2020*, involved 70 patients (mean age 62) with symptomatic knee Osteoarthritis. The results at the end of 12 weeks showed that two 1,000mg capsules of Turmeric Extract taken daily gave significantly more relief than taking a placebo. There were no 'drug' side effects.



Comments provided in the review of the trial recommended the necessity to engage a much larger cohort of patients with knee OA over an extended period of time.

This study adds another item to the list of safe interventions for managing knee OA, significant but modest.

Geoff