

Vitex nigrundo phonophoresis: A key for pain free life in knee osteoarthritis

Abhijit Merekar

Vikhe Patil Foundation, India

Background: Osteoarthritis is a progressive disease. It is the “most common form of joint disease in the world” (Merck, 2002). Various invasive and noninvasive treatments are available for OA knee management. Physiotherapy along with pharmacological management can prove better outcomes in Knee pain cases. Objective of our study was to find out effectiveness of Diclofenac sodium phonophoresis and Vitex Nirgundo phonophoresis along with knee exercises in Osteoarthritis.

Method: In this Randomized control trial, 32 diagnosed cases of Grade II knee osteoarthritis without any other knee pathology were divided in two groups using computer generated random numbers. First group was treated with Diclofenac sodium phonophoresis along with Quadriceps strengthening and active knee exercises and second group was treated with Vitex Nirgundo Oil phonophoresis along with Quadriceps strengthening and active knee

exercises for 2 weeks. Outcome measures such as Pain (VAS score) and WOMAC score was assessed at baseline and at the end of 2 weeks.

Results: On analysis using unpaired t Test showed significant difference in two groups ($p < 0.005$). Pain intensity and knee disability using MODQ score showed more improvement in Group two. (i.e. Vitex nigrundo group).

Conclusion: Vitex Nirgundo Oil phonophoresis along with physiotherapy is more beneficial than diclofenac sodium phonophoresis in knee osteoarthritis cases.

Biography

Abhijit Merekar is currently working as Associate Professor, Department of Pharmaceutics at Dr.Vithalrao Vikhe Patil Foundation's, College of Pharmacy, Ahmednagar (India). He has completed his PhD with research on antihypertensive drugs. He has published more than 29 research papers. He has also attended 17 national and state level seminar and 35 posters presented. He received long term research grant from Savitribai Phule Pune University (formerly University of Pune and University of Poona) for his research on treatment of cancer by wheat grass Juice. He received various prestigious awards in multidisciplinary research.

atmamalikhrd@gmail.com

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