

CLINICAL TRIAL OF SALLAKI IN MUSCULOSKELETAL PAIN

Dr. Sundaravadana M.*

*Associate Professor, Dept. of Koumarabhritya, Sri Adhi Shiva Sadguru Alisaheb
Shivaaryula Ayurvedic Medical College, Guntakal, Ananthapur (Dist), A.P, India.

Article Received on
18 July 2025,

Revised on 07 August 2025,
Accepted on 28 August 2025

DOI: 10.20959/wjpr202517-38209



*Corresponding Author

Dr. Sundaravadana M.

Associate Professor, Dept of
Koumarabhritya, Sri Adhi
Shiva Sadguru Alisaheb
Shivaaryula Ayurvedic
Medical College, Guntakal,
Ananthapur (Dist), A.P,
India.

ABSTRACT

Ayurveda is the science of life, which deals with physical, physiological and spiritual well being of human life. The main aim of this science is to protect the human beings from various diseases. Musculoskeletal pain is a common reason for patients to seek treatment from healthcare providers. According to Musculoskeletal pain is one of the symptom seen in vata vyadhi caused by aggravated *vata dosha*. In Ayurveda for this Musculoskeletal pain *acharyas* has described various types of treatments. In this study, clinical trial was conducted to find out the efficacy of *Sallaki* in Musculoskeletal pain.

KEYWORDS: Musculo skeletal pain, *shallaki*.

AIMS AND OBJECTIVES

To study the efficacy of *sallaki* in the management of Musculoskeletal pain in stipulated time period.

CENTRE WHERE TRIAL IS CONDUCTED

Sri Adhishiva Sadguru Alisahab Shivaaryula Ayurvedic Medical College, Guntakal, Ananthapur (Dist), A.P, India.

SAMPLE SIZE AND METHOD

It is a single blind randomised clinical study with pretest and post test design where Sample size-30, out of which 22 patients completed the treatment.

PROTOCOL**METHOD**

Patients who attended the OPD and IPD of Sri Adhishiva Sadguru Shivaryula Ayurvedic medical college, Guntakal with the symptoms of Musculoskeletal pain were selected for clinical trail.

CRITERIA FOR INCLUSION

- Male and female patients in between 20-60 yrs of the age group.
- Patients with musculoskeletal pain were selected.

CRITERIA FOR EXCLUSION

- Male and female patients below 20 to 60 yrs age group.
- Patients with other complications such as Malignancy, Tuberculosis and other Systemic diseases.
- Pregnant woman

CRITERIA FOR WITHDRAWAL

- Patients without proper follow up.
- Patients who developed any other diseases during the course of study.

ASSESSMENT

Subjective parameters

Pain

Pain score: Grade-0 - No pain

Grade-1 - Mild pain

Grade-2 - Discomforting pain

Grade-3 - Distressing pain

Grade-4 - Horrible pain

Assesment of treatment reponse.

Complete remission -100%

Marked improvement - More than 75% improvement

Moderate improvement - 50% - 75 % improvement

Mild improvement - 25%- 50 % improvement

No improvement - 0% to 25% improvement

Objective parameter: Total WOMAC score

STATISTICAL ANALYSIS

Age and sex wise distribution of 22 patients in Musculo skeletal pain.

Socio- economic status wise Distribution.

Dosha wise Distribution.

Trail monitoring

Prior to selection on screening, written informed concern was taken from each subject. Evaluations of eligibility for the study and laboratory investigations were done and recorded in the specially designed case report form. In the baseline, medical history, general and systematic examinations, Womac Total score were recorded in proforma. Subjects also assessed in Ayurvedic parameters. All these parameters assessed and recorded in subsequent parameters.

Medicine Sallaki capsule 500 mg was given for 14 weeks(12 weeks follow up period 2 weeks without drug).

GENETRAL DISCUSSION

AGE

It was observed that majority of the patients fall in the age group of 40-50 yrs followed by > 60 yrs. It infers that musculoskeletal pain affects the middle aged persons mostly. Since middle age group patients are more prone to physical and mental stress, irregularity in diet and Asatmya ahara and vihara.

SEX

Out of 22 patients, 8 were Males and 14 were Females, which is in females, which is in accordance with the literature. Women are more susceptible than Men to have conditions that cause Jiont pain, experience Hormone Fluctuations, that affect their vulnerability.

SOCIO-ECONOMIC STATUS

Study revealed that poor class families were more affected followed by middle class, as in poor and middle class people more physical work, Trauma, Alcoholism, Malnutrition are common.

DISCUSSION ON DISEASE

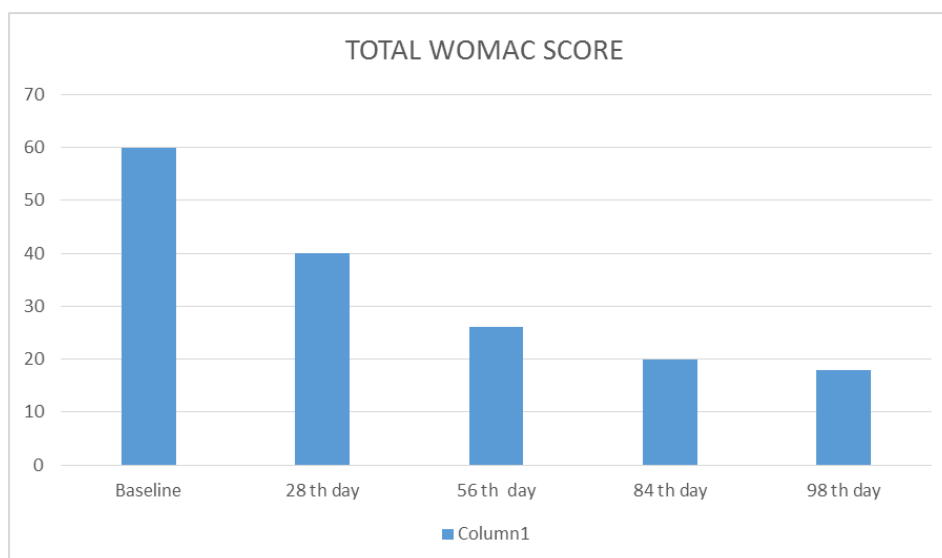
Musculoskeletal pain is one among the various symptoms seen in vata vyadhi. Majorly attributed to the vitiation of vata dosha. Usually acquired by people due to Asatmya ahara vihara, old age and trauma.

DOSHA DHUSTI

Maximum number of patients of this study were vata dosha pradhana, since Musculoskeletal pain a vata pradhana roga.

EFFECT OF TREATMENT

After treatment when all patients were analysed for symptoms it was observed that Shallaki is significantly effective. Further, on the subject's disease activity status, the treatment has shown statistically significant effect on 84th day and 98th day. General health was also increased in every visit. Statistical analysis shows that there is highly significant reduction in the total WOMAC score compared to baseline at the end of drug administration i.e 84th day 75% reduction and end of the 14th days follow up (82% reduction).



DISCUSSION

In the present study, relief was seen in chief complaints like *stambha*, *sandhisula*, *sandhisotha*, *akunchana prasarana vedana*, *stambha*, *sandhisphutana due to sothahara*, *vedanasthapana* properties of shallaki.

Shallaki possesses analgesic & anti inflammatory activities. It also acts as COX₂ inhibitor & reduces the pain and inflammation without affecting the gastric mucosa. It soothes the joints & also helps treat levels of synovial fluid, making the entire structure & easy to rotate the joints.

The patients reported complete remission(11.54%), marked improvement (15.38%), moderate improvement (57.69%), mild improvement(11.54%). The effect of the treatment on secondary outcome measures was also found statistically significant($P<0.001$).

All the clinical signs and symptoms were assessed based on score given to them before treatment and after treatment. The general observations pertaining to Age, Sex etc of 22 patients of musculoskeletal pain recorded in this series are discussed here. The rest 8 patients are excluded due to improper follow up.

CONCLUSION

This 12 weeks of treatment significantly decreases joint pain, improved joint function, decreases the muscle & joint stiffness also. Hence it is concluded that Shallaki can be safely used in the subjects suffering with Musculoskeletal pain in all types of arthritis. Further study with a control group is required to corroborate the findings of the study.

REFERENCES

1. Menon AK, Kar A. Analgesic and psycho pharmacological effects of the gum resin of *Boswellia serrata* plant Med., 2005; 24: 19-33.
2. Panda Ganga sahaya, chunekar Krishna Chandra Bhava prakasha, karpooradhi varga 5/2006: Chaukhamba bharti academy pg no:212.