

عنوان مقاله:

Effect of Urticaria Spray on the Pain Severity in Chronic Low Back Pain Patients Referring to an Orthopedic Clinic

محل انتشار:

مجله ایمنی و بهبود بیمار، دوره 8، شماره 4 (سال: 1399)

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خلاصه مقاله:

Introduction: Regarding serious impact of chronic back pain in quality of life of people, patients looking for treatment to relieve back pain. The anti-inflammatory properties of nettle plant (*Urtica dioica*) as spray in reducing severity of low back pain was investigated. Materials and Methods: This study as a registered controlled clinical trial (IRCT: 20171217037930N1) recruited 40 patients with chronic back pain who referred to Orthopedic clinic of Sabzevar Shahid Beheshti Hospital, Sabzevar, Iran by available sampling method. Patients were divided randomly into two groups; group A: treatment with urticaria spray and usual medical treatment (20 persons), group B: patients under just usual medical treatment (20 persons). Pain measurement tool carried out under the visual analog scale (VAS) after intervention into both groups, and data were analyzed by SPSS software. Results: Both studied groups had the similar VAS before the study ($P=0.15$). Analysis of VAS showed that the average pain severity after intervention was decreased significantly into both studied groups ($P=0.01$). However these decrements in VAS were not statistically significant between two studied groups ($P=0.06$). Multiple linear regression analysis determined that urticaria spray could be decreased pain severity to averagely till 0.79%. Conclusion: We concluded that adding urticaria spray to usual treatment has no effect into decreasing chronic low back pain

کلمات کلیدی:

chronic low back pain, nettle spray, Pain

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