

عنوان مقاله:

Effects of Ostrich Oil on Knee Osteoarthritis

محل انتشار:

دوازدهمین کنگره پژوهشی سالیانه دانشجویان علوم پزشکی شرق کشور (سال: 1396)

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خلاصه مقاله:

Background and Objective: Osteoarthritis (OA) is a progressive debilitating joint disease which is one of the most common health problems of the elderly. The therapeutic properties of ostrich oil are mentioned in some sources of traditional medicine. The aim of present study is to evaluate effects of ostrich oil on knee OA. **Materials and Methods:** In a double blind randomized clinical trial study registered on Iranian Clinical Trial center with IRCT code of IRCT2016080729227N1, 90 patients with knee OA who referred to Rheumatology Clinic of Tabriz University of Medical Sciences were allocated into two intervention and control groups and studied. In intervention & control group, patients received 2 CC ostrich oil & placebo twice a day per knee for 2 month Efficacy of adjuvant therapy by use of ostrich oil was evaluated in terms of helping to improve the OA symptoms. **Findings:** There exist a significant reduction in the duration of going over the distance of 6 meters in the two groups of patients during treatment but there was no significant difference between the two groups after 2 months (10.95+3.28 seconds vs. 12.30+3.13 seconds, P=0.76). Mean of right knee joint pain score of patient s in intervention group at beginning of study, 1&2 month later were 2.83-0.76, 1.61+0.60, and 1.33+0.59 respectively (P=0.001) and in left knee joint were 2.75+0.84, 1.56+0.72 and 1.31-1-0.60, respectively (P=0.001) **Conclusion:** Based on finding of present study, OA symptoms and pain in right and left knees reduced significantly during treatment of patients with ostrich oil, but in some criteria there were no significant difference with control group

کلمات کلیدی:

Ostrich Oil, Treatment, Knee, Osteoarthritis

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