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Pain diagnostic protocol and topical phytotherapeutic treatment for osteoarthritic disorders and prevention: Evidenced by anatomical measurements and biochemical parameters along with radiological images irrespective of age

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Osteoarthritic disorders (OAD) namely osteoarthritis, rheumatoid arthritis, lumbar and cervical spondylosis, etc., are major health concern worldwide. There are many causative factors such as age, obesity, injury affecting muscles and bones, etc. The objective is to develop the tools for pain diagnosis for OAD and treatment thereon by topical phytotherapeutic protocol with specialised technique. The study was conducted on 108 patients (male: 27 and female: 81) aged ≥ 50 years old for diagnosis of pain and complete recovery of OAD with the help of topical application of phytoconstituents (aqueous extracts) from Indian medicinal plants such as *Cissus quadrangularis*, *Heliotropium indicum*, *Rosmarinus officinalis* and *Calotropis gigantea* preserving with sesame oil and beeswax. The development of diagnostic tools for abnormalities of OAD were studied through anatomical measurements (bilateral knee gaps between the short head of bicep femories and level of the bed, bilateral knee flexions and extensions in supine, prone and standing positions), biochemical parameters (muscle creatinine phosphokinase, C-reactive protein and aldolase A) and radiological images (AP and lateral views) at the baseline. In order to justify the complete recovery, the same parameters were studied at the end of 42 sittings and compared with the data at the baseline (0 sitting). The present results reveal a novel study for new pain diagnostic protocol and complete recovery of abnormalities due to OAD and prevention thereon as evidenced by anatomical measurements, biochemical parameters and radiological images by specialised phytotherapeutic treatment programme 0 sitting and after 42 sittings of treatment.

Biography

Apurba Ganguly has completed his PhD and DSc from University of Alternative Medicine accredited with USA. He is Founder Chairman of OPTM Health Care (P) Ltd, a premier health care organisation in India, Nanophyto Pharmacy, a manufacturing Unit of specialised Phytomedicine for 'Varicose Vein' and 'Urinary Incontinence' and Head Researcher of OPTM Research Institute. He has awarded many National and International awards for his excellence treatment protocol. He has written 6 papers out of which 4 papers have been published in International Journals and 2 papers are under review. He is a supervisor to PhD students of Techno India University.

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