

## RESEARCH ON "ROLE OF COLLAGEN PEPTIDE, ROSEHIP EXTRACT, VITAMIN C AND SELENIUM FOR PREVENTION OF OSTEOARTHRITIS BY INVOLVING DOCTOR OF PHARMACY"

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### *Abstract*

Osteoarthritis is the most common type of joint disease affecting more than 630 million individuals in the world wide. Osteoarthritis is a degenerative disorder arising from biochemical breakdown of articular (hyaline) cartilage in the synovial joints. Osteoarthritis involves not only the articular cartilage but also the entire joint organ, including the subchondral bone and synovium. The breakdown of cartilage in the synovial joints is associated with inflammation and pain. This proof-of-concept study was designed to investigate the safety and efficacy of combination of collagen peptide with Rosehip extract, Vitamin-C and selenium sachet. 100 patients having osteoarthritis prescribed sachets containing collagen peptide with Rosehip extract, Vitamin C and Selenium for 13 weeks. The primary efficacy measures were pain relief while walking. When averaged over week 1 to 13, Collagen peptide, Rosehip extract, Vitamin-C, Selenium sachet was observed with 60%-70% efficacy when compared with Glucosamine and Glucosamine shown 20% efficacy. Collagen peptide, Rosehip extract, Vitamin C, Selenium sachets significantly greater improvement proved than Glucosamine. The rate of response ranged from 70-90% efficacy observed with Collagen peptide, Rosehip extract, Vitamin C and Selenium sachet treatment and 43% efficacy of Glucosamine while observing individually. The most common adverse effects are 10% belching, 7% Nausea, 5% Diarrhoea were observed in the patients. From the present study exhibits that the efficacy of the combination of the drugs for the patients consumed sachet containing combination of collagen peptide with Rosehip extract, Vitamin-C and selenium shown better efficacy and observed improved signs are: Curbs cartilage degeneration, Reduction of joint pain and enhances the mobility

### *Keywords:*

Osteoarthritis, Articular cartilage, Synovium

## INTRODUCTION

Osteoarthritis is the most common type of joint disease affecting more than 630 million (individuals in the world wide. Osteoarthritis is a degenerative disorder arising from biochemical breakdown of articular (hyaline) cartilage in the synovial joints. Osteoarthritis involves not only the articular cartilage but also the entire joint organ, including the subchondral bone and synovium. The breakdown of cartilage in the synovial joints is associated with inflammation and pain. This proof of concept study was designed to investigate the safety and efficacy of combination of collagen peptide (10gm) with rose hip extract (500mg), Vitamin C (22mg) and Selenium (25mcg) sachets.

## MATERIAL AND PREVALENCE

The person's who are suffering with Osteoarthritis then physicians and we discussed prescribed new drug to patients get an excellent result, within 3 months daily administration 1 sachet in a glass of water (cool or hot) only by using

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this drug we get best results. Drug will be improves collagen between the bones. In viyakrishna multi specialty hospital we taken 90 patients, in this research 90 patients are cured by this sachet in early Osteoarthritis.



**(Normal Xray Of The Patient After Administering The Drug To The Patient)**



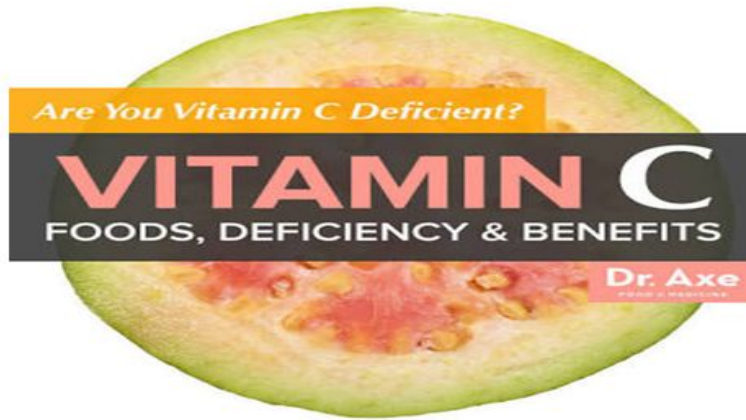
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## METHODS

The present STUDY 90 patients randomly assigned with osteoarthritis to receive collagenpeptide (10gm) with rose hip extract (500mg), VitaminC (22mg) and Selenium (25mcg sachets named as Joint bond, administere data dose of 11gm for 13 weeks. The primary efficacy measures were pain relief while walking.

### Abnormal xray of the patient before drug administration to the patient





**RESULTS**

When averaged over 1 to 13 week study, Collagenpeptide(10gm), Rose hip extract (500mg), VitaminC (22mg) and Selenium (25mcg) sachet was observed with 60%-70% efficacy when compared with Glucosamine and Glucosamine (1500mg) shown 20% efficacy. The combination of Collagenpeptide (10gm),Rose hip extract (500mg), VitaminC(22mg),



Selenium (25mcg) sachets significantly exhibits greater improvement than glucosamine.

The rate of response ranged from 70-90% efficacy observed with Collagenpeptide (10gm), Rosehip extract(500mg), Vitamin C (22mg) and Selenium (25mcg) sachet treatment and 43% efficacy exhibits with glucosamine individually.

**DISCUSSION ABOUT DRUG EFFECT BY DOCTOR OF PHARMACY AND PHYSICIAN**

ROSEHIP extract, COLLAGEN PEPTIDE, vitamin C, selenium tablets are there individually tablets are to prevent Osteoarthritis. Then I and PHYSICIAN get an idea about Osteoarthritis that is if we administered combination of drug (joint bond) then we get effective result





## CONCLUSION

In this proof of concept study, treatment with Collagenpeptide, Rosehip extract, Vitamin-C, Selenium sachets name das Joint bond was associated with there-building up of the joint cartilage and reduction of the joint pain and enhances the mobility among the patients with early osteoarthritis.



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