



## Garlic supplementation could alleviate pain severity in post-menopausal overweight or obese women with knee OA

NEWS

[Pain Management](#)

The pain among obese or overweight knee OA female patients reduces with the introduction of garlic supplementation for 12 weeks, recent research of the Journal, Phytomedicine. Persistent and disabling pain is a significant part of the prevalent degenerative joint disorder, osteoarthritis (OA).

The enzymes like resistin, tumour necrosis factor-alpha (TNF- $\alpha$ ), and adipocytokines might have a significant role in OA pathogenesis and results. Researchers conducted a double-blind, randomized, parallel-design, and placebo-controlled study to evaluate the analgesic and anti-inflammatory impact on serum TNF- $\alpha$  and resistin concentrations and pain severity using garlic supplementation among 80 post-menopausal obese or overweight knee OA females. These females were randomized into two groups, one obtained garlic tablets and others received placebo for 12 weeks. The pain severity measured by 0-10 points visual analogue scale (VAS) and fasting serum concentrations of TNF- $\alpha$  & resistin were taken as primary outcome measures.

The garlic group exhibited considerably reduced resistin concentrations at week 12 than the placebo group. However, no notable change was noticed in the TNF- $\alpha$  serum levels between the groups. Further, VAS scores reduced among the females of garlic group instead of the placebo group. The findings of the analysis suggest that garlic supplementation for 12 weeks lessen the pain by reducing the pro-inflammatory adipocytokine, resistin.

<b>Source:</b>	Phytomedicine
<b>Link to the source:</b>	<a href="https://www.sciencedirect.com/science/article/pii/S0944711318301557?via%3Dihub">https://www.sciencedirect.com/science/article/pii/S0944711318301557?via%3Dihub</a>
<b>Original title of article:</b>	The effect of a garlic supplement on the pro-inflammatory adipocytokines, resistin and tumor necrosis factor-alpha, and on pain severity, in overweight or obese women with knee osteoarthritis.
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