

## OS08.04

**Efficacy of cabbage leaf wraps in treating symptomatic osteoarthritis of the knee – A randomized controlled trial**

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**Purpose:** Osteoarthritis of the knee is one of the most common chronic diseases among older adults. This study aimed to test the efficacy of cabbage leaf wraps for treating symptomatic osteoarthritis.

**Methods:** Patients with osteoarthritis of the knee stages II-III (Kellgren-Lawrence) were randomly assigned to 4 weeks of cabbage leaf wraps (CLW), topical pain gel (TPG) or usual care (UC). Interventions were to be administered daily. The primary outcome measure was pain intensity (VAS). Secondary outcome included functional disability (WOMAC), quality of life (SF-36), self-efficacy (ASES-D), physical function (30 sec CST), pressure pain sensitivity (PPT), satisfaction and safety.

**Results:** Eighty one patients were included in this study (42 females, 65.9±10.3years). Overall compliance was very good. After four weeks patients in CLW reported significant less pain compared to UC (difference -12.1; 95%CI: -23.1;- 1.0, p =0.033) but not to TPG (difference -8.6; 95%CI: -21.5;4.4, p=0.190). Significant effects were also found for WOMAC, SF-36, 30sec CST and PPT in CLW compared to UC. Compared to TPG effects in CLW were found for WOMAC after 4 and for quality of life after 12 weeks. Patients were satisfied with both active interventions, and except for two adverse events in both groups the applications were well accepted and tolerated.

**Conclusion:** Cabbage leaf wraps are more effective for knee osteoarthritis than usual care, but not compared to diclofenac gel. Therefore it can be recommended as a complement to conventional therapy; or even an alternative when drug therapy is contraindicated. Further research into topical herbal medicines for osteoarthritis is warranted.

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## OS08.05

**A comparative study on the effects of herbal medicine and the combination of herbal medicine and meditation on the relief of dementia symptoms**

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**Purpose:** Mind relaxation programs and medicinal treatments are increasingly being proposed as a way to reduce symptoms of dementia. This research is aimed at analyzing

the synergic effects of medicinal and non- medicinal treatments to find effective treatments of dementia.

**Methods:** This study employed dementia-related herbal medicine from DongUiBoGam as a medicinal treatment, meditation tool (from Harvard Medical School) as a non-medicinal treatment, and classified them into two groups (medicine and medicine & meditation group). Both herbal medicine and meditation treatment showed positive effects after a certain period, so we analyzed the changes of dementia-related attributes after 1, 2, and 3 months of experimentation. The total number of subjects was 60 (30/30 in each group). It used 4 measurement instruments (BioMed, KDSQ, AMNESIA, VaD) to test the effects on dementia-related attributes. Additionally, a paired sample t- test and ANCOVA were utilized as analysis methods.

**Results:** After 1 month of experimentation, there was minimal change in dementia-related attributes in the medicine group but a statistically significant improvement in the medicine & meditation group. After 2 months, there was a significant improvement in both groups but the improvement of the medicine & meditation group was higher. After 3 months, there was a rapid improvement in the medicine group. There was a significant difference in the improvement between the two groups after 1 and 2 months but no significant difference after 3 months.

**Conclusion:** The results shed light onto: (1) the level of improvement when using a combined treatment on the dementia- related attributes in early stages. (2) the slower effects of herbal medicine compared to the meditation treatment. (3) the importance of continual meditation treatment to reduce dementia-related attributes. These findings bolster that a combination of both treatments is much more effective than a single treatment of only herbal medicine.

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## OS08.06

**Double-dummy double-blind RCT for safety and efficacy of a combination of nasturtium herb and horseradish root in patients with uncomplicated urinary**

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**Purpose:** A combination of nasturtium herb and horseradish root has been licensed and marketed in Germany for many years as anti-infectious agent, e.g. for uncomplicated infections of the urinary tract. It was to be tested as an experimental therapy in comparison to co-trimoxazole as standard therapy.

**Methods:** Therapies: 4x5 film-coated tablets, each with 200 mg extract from nasturtium herb and 80 mg horseradish root, over 7d (experimental), resp. twice daily 960 mg co-