



THE EFFECT OF TURMERIC-BOSWELLIA FORMULATION (RHULEAVE-K) IN POSTURE-RELATED LOW BACK SORENESS AND DISCOMFORT: A RANDOMIZED DOUBLE BLINDED PLACEBO CONTROLLED TRIAL

Gupta, A ; Agarwal, A

Journal of back and musculoskeletal rehabilitation. 2025;;10538127241296343

With Expert Review from Clare Grundel

Take Home Message: 500mg of Rhuleave-K provides pain intensity relief over 6 hours following administration for those with posture related lower back pain.

This randomised double-blind placebo controlled trial evaluated the efficacy of a proprietary formulation Rhuleave-K (combining curcumin and Boswellia extracts in sesame oil), on lower-back posture related pain and discomfort over 15 days. 52 adults aged 18-70, with an equal ratio male:female, with lower back discomfort from multiple causes were enrolled. 26 participants, stratified by gender, were allocated to the intervention arm of 500mg of Rhuleave-K daily for 15 days.

Results showed that perceived pain intensity significantly decreased in the treatment group in comparison to placebo on day one from hours 0-6. In the treatment group, the mean total pain relief scores significantly increased compared to the control group and there were significant reductions in validated Oswestry Disability Index in the treatment group by day and near complete resolution by day 15, compared to placebo where no significant change in disability was observed. Authors concluded that the perception of posture related lower back pain was significantly reduced over 6 hours following administration of 500mg of proprietary blend of curcumin and Boswellia in a base of sesame oil, Rhuleave-K. Subjective pain relief continued to improve over 7 and 15 days of this study, achieving near full recovery of pain using a 10-point scale.

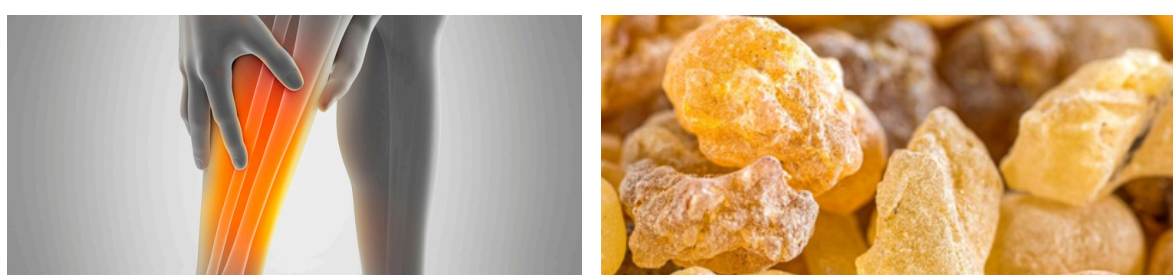
EFFICACY OF HIGH-DISSOLUTION TURMERIC-SESAME FORMULATION FOR PAIN RELIEF IN ADULT SUBJECTS WITH ACUTE MUSCULOSKELETAL PAIN COMPARED TO ACETAMINOPHEN: A RANDOMIZED CONTROLLED STUDY

Rudrappa, GH ; Chakravarthi, PT ; Benny, IR
Medicine. 2020;99(28):e20373

With Expert Review from Chloe Steele

Take Home Message: A combination of curcumin, B. serrata-sesame oil in the form of Rhuleave-K (1000mg/day) may help to relieve pain.

Acute muscle and joint pain is often managed with non-steroidal anti-inflammatory drugs such as acetaminophen. Curcumin, Boswellia serrata, and sesame oil are all natural products that have been previously shown to have anti-inflammatory and pain reducing effects. This randomised controlled trial aimed to determine the effects of a combination of these, in a product known as Rhuleave-K, compared to acetaminophen on muscle and joint pain. The results showed that both treatments were equally effective at reducing pain. However, individuals given curcumin, B. serrata, and sesame oil, were 8.57 times more likely to experience reduced unpleasantness and emotional aspects involved with acute pain. It was concluded that this Rhuleave-K is a natural, safe, and effective alternative to acetaminophen for the management of joint and muscle pain. This study could be used by healthcare professionals to understand that there is an alternative for those who are unable to tolerate or who would like a more natural alternative for the management of joint and muscle pain.



EFFECT OF TURMERIC-BOSWELLIA-SESAME FORMULATION IN MENSTRUAL CRAMP PAIN ASSOCIATED WITH PRIMARY DYSMENORRHEA-A DOUBLE-BLIND, RANDOMIZED, PLACEBO-CONTROLLED STUDY

Agarwal, D ; Chaudhary, P

Journal of clinical medicine. 2023;12(12)

With Expert Review from Karin Elgar

Take Home Message: A combination of turmeric, Boswellia and sesame oil may provide symptomatic relief from menstrual pain associated with primary dysmenorrhoea

The aim of this double-blind, randomised, placebo-controlled trial (RCT) was to evaluate the efficacy of a proprietary formulation containing turmeric, Boswellia and sesame oil for primary dysmenorrhea. Sixty women aged 18 to 35 years with primary dysmenorrhea with menstrual cramp pains rated as moderate (at least 2 on a scale of 0-3, 3 being severe) divided into 2 groups. The intervention group received 1000 mg single dose of 28% turmeric extract (95%), 10% Boswellia serrata extract and 62% sesame oil. Results showed that the mean total pain relief of the intervention was 12.6 times better than the placebo and the sum of pain (SPID) at 6 hours was 20.19 better for the intervention than placebo. The authors concluded the turmeric-Boswellia-sesame oil formulation was a safe alternative for menstrual pain relief.

This NED InfoBite is brought to you in partnership with