

## STUDY

Fast relief of acute musculoskeletal pain in different body parts following exercise - A randomized, double-blind, placebo-controlled human study with Curcuma Longa and Boswellia Serrata extracts

## OVERVIEW



A randomized double-blind, placebo controlled study



NRS pain score of 5 or above



Randomization 1:1 ratio with the dosage of 1000 mg of Rhuleave or Placebo

### Body Pain Categorized:



**Head and Neck**  
Neck



**Upper Limb**  
Shoulder, Hand, Arm, Forearm, Clavicle, Wrist, Elbow



**Trunk**  
Back and Pelvic



**Lower Limb**  
Hip and Thigh Muscles, Leg, Foot Muscles, Knees, Ankle



**General Musculoskeletal Pain**

## WHAT WE MEASURED



Numerical Rating Scale (NRS) to measure Pain Intensity (measured at intervals of 30 min up to 6 hrs)



Perceptible Pain Relief (PPR) and Meaningful Pain Relief (MPR) to measure the onset of analgesia

## RESULTS



### Reduction in Pain Intensity:

**100%**



**Head and Neck**

**99%**



**Upper Limb**

**97%**



**Trunk**

**97%**



**Lower Limb**

**100%**



**General Musculoskeletal Pain**

\*There was no significant change in pain intensity score for placebo.



### Participants saw Pain Relief in:

**2 hr 40 min**



**Head and Neck**

**2 hr 47 min**



**Upper Limb**

**3 hr 26 min**



**Trunk**

**2 hr 55 min**



**Lower Limb**

**4 hr**



**General Musculoskeletal Pain**

\*There was no significant change in pain intensity score for placebo.

## CONCLUSION

The majority of the participants in the Rhuleave-K® group had a significant reduction in various musculoskeletal pain-experiencing relief within hours of consumption-while the Placebo group had no change in pain relief.

