

JOINT EASE FORMULA

This formula has been used for over a thousand years in Traditional Chinese Medicine (TCM.) To this day it is perhaps the best known and most widely used Chinese herbal formula for joint pain in mainland China and Taiwan. It is used specifically for Osteoarthritis (OA), sciatica, rheumatism, rheumatoid arthritis, pain in the knees and lower back, stiff joints, herniated discs, sprains, and carpal tunnel syndrome.

This formula treats many types of body pain including lower back pain, that sciatica, ruptured discs, and knee problems. It also helps alleviate rheumatic arthritis, bone disorders, chronic osteoarthritis and any type of condition that effects the bones and muscles. It focuses primarily on the lower back and knees.

Osteoarthritis is the most common form of joint disease in human sparing no race or geographic area. It affected 33.6% older people in the United States and the cost of artificial knee and hip replacements for severe OA were \$42.3 billion in 2009. Patients with OA suffered from swelling and pain of joints, limitation of joint motion range, limitation in walking and stair climbing, and lower quality of life. The managements for OA include weight reduction, rehabilitation, and pharmacologic therapies.

NSAIDs. The most common Western medicine used in treating OA is non-steroidal anti-inflammatory drugs, Nonsteroidal anti-inflammatory drugs (NSAIDs) are among the most widely used medications. It was recently estimated that 19.0% of U.S. adults (43.6 million) ingested aspirin at least three times a week on a chronic basis, while an estimated 12.8% (29.4 million) took NSAIDs at least three times a week for at least 3 months.

Adverse drug reactions to inflammatory drugs NSAIDs. They are responsible for 30% of hospital admissions for Adverse Drug Reactions (UK), mainly due to bleeding, heart attack, stroke, and renal damage. While these agents can be effective in treating inflammation and pain, older adults are at increased risk for adverse. NSAID use causes an estimated 41,000 hospitalizations and 3300 deaths each year among older adults. An estimated 10–20% of people taking NSAIDs experience indigestion. (Wikipedia) It's believed that ongoing NSAIDs deplete our digestive bacteria, leaving us open to GI issues and dangers. In particular, NSAID users exhibited a different gut microbiome profile than nonusers.

Study Results using Joint Ease Formula:

1. **Lower back pain** is the most common disease in orthopedic clinics world-wide. About 40% of the patients with Lower back pain are caused by disc degeneration. An increase of proinflammatory factors promoted the extracellular matrix (ECM) degradation, which is a key cause of intervertebral disc degeneration. a widely used classic formula of traditional Chinese medicine (TCM), (DHJSW formula has been proven very effective

clinically in the treatment of LBP for thousands of years (18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37).

Some modern pharmacological studies have demonstrated that DHJSW formula may have effects of analgesia, immune function regulation, blood vessel dilation, anti-inflammation, and antiplatelet aggregation (20,22,23,26,39,40) DHJSW formula inhibits the generation of SDF-1-induced human intervertebral disc proinflammatory factors and ECM degradation.

2. **Osteoarthritis of the knee.** *Du Huo Ji Sheng Wan* (DHJSW) In this trial, 200 participants with osteoarthritis of the knee were randomly given daily doses of one of the following: 75 mg non-steroidal anti-inflammatory drug tablets, versus the placebo group, 9 g Duhuo Jisheng Wan tablets. The groups were compared with respect to side-effects and effectiveness over a four-week period. **Compared to the corresponding placebo groups, participants who received either Duhuo Jisheng Wan or diclofenac had significantly lower scores for pain and stiffness.** DHJSW demonstrates clinically comparable efficacy to diclofenac after 4 weeks of treatment.

Chinese herbal recipe versus diclofenac in symptomatic treatment of osteoarthritis of the knee: a randomized controlled trial <https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/1472-6882-4-19>

3. **ACL injury** If nothing is done, the ACL injury may turn into chronic ACL deficiency. Your knee may become more and more unstable and may give out more often. The abnormal sliding within the knee also can hurt cartilage. It can trap and damage the menisci in the knee and can also lead to early osteoarthritis. Very minor tears (sprains) may heal with non-surgical treatments and regenerative medicine therapy. But full ACL tears cannot be healed without surgery. If your activities do not involve making pivoting movements on the knee, physical therapy rehabilitation may be all you need. This study indicates that DHJST exerts significant therapeutic effect on OA, through mechanisms of inhibiting chondrocytes apoptosis, and regulating the expression of VEGF, HIF-1 α in chondrocytes. This provides scientific evidence for clinics to apply DHJST in treating OA.
4. **Degenerative arthritis of the knee.** DHJSW formula was found to be effective in the treatment of degenerative arthritis of the knee, in 68 people involved in this study. The participants indicated symptomatic improvements in pain, stiffness and physical functioning as demonstrated in the WOMAC subscale scores which began to decrease after two weeks of treatment.

5. **Knee osteoarthritis.** In this review of 12 studies with 982 participants for controlling knee osteoarthritis related symptoms. Based on our investigation, DHJSW formula combined with conventional Western medicine seems to be efficacious in improving total WOMAC scores in people with KOA. Also, DJD plus sodium hyaluronate injection may have a positive effect on reducing pain (VAS scores). It is recommended that DHJSW formula should be practiced for at least 4 weeks.

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ACL-Induced Histological Degeneration in Rabbits Were Reduced by DHJST. Action Mechanisms of Du-Huo-Ji-Sheng-Tang on Cartilage Degradation in a Rabbit Model of Osteoarthritis. [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3136681/#:~:text=Du%2DHuo%2Dji%2DSheng%2DTang%20\(DHJST\),model%20of%20osteoarthritis%20was%20investigated.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3136681/#:~:text=Du%2DHuo%2Dji%2DSheng%2DTang%20(DHJST),model%20of%20osteoarthritis%20was%20investigated.)

Duhuo Jisheng Decoction (DHJSD), has been proven clinically effective for Lower Back Pain. Duhuo Jisheng Decoction inhibits SDF-1-induced inflammation and matrix degradation in human degenerative nucleus pulposus cells in vitro through the CXCR4/NF- κ B pathway <https://www.nature.com/articles/aps201836>

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