Combination of enzymes and rutin to manage osteoarthritis symptoms: lessons from a narrative review of the literature

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Background

Osteoarthritis (OA) is the most common joint disorder affecting

>300 million people worldwide



OA standard therapy is NSAIDs

Treatment with NSAIDs in OA is associated with:



Severe gastrointestinal complications



Cardiovascular events



Renal dysfunction

OEC therapy combines:







Proteolytic enzymes

Plant flavonoid

OEC therapy has been investigated in various conditions:







OA

Surgery

Trauma

Purpose and scope of narrative review



Aim:

Summarize the evidence on the efficacy and safety profile of OECs specifically in the management of OA symptoms

Key messages

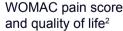
Evidence suggests that OECs are as efficacious for the treatment of OA as NSAIDs as measured by:



Knee joint OA LAFI score¹



Hip joint OA





Temporomandibular joint OA NRS for pain intensity³

Overall OECs are associated with fewer AEs than NSAIDs¹
OEC vs. NSAID

14.7% AEs 21.1%

5.9% AEs leading to discontinuation

Laboratory safety parameters were significantly lower in OEC vs NSAID (*P*<0.001)¹

OEC therapy may serve as an effective treatment option for patients with OA due to similar efficacy and a more beneficial safety profile compared to NSAIDs such as diclofenac

Abbreviations: AE, adverse events; LAFI, Lequesne Algofunctional index, NRS, 10-11 point numeric rating scale: NSAID, nonsteroidal anti-inflammatory drugs; OA, osteoarthritis; OEC oral enzyme combination therapy; RCT, randomized controlled trial; WOMAC, Western Ontario and McMaster Universities Arthritis Index

References: 1. Ueberall et al., J Pain Res. 2016;9:941-61, 2. Klein et al., Clin Exp Rheumatol. 2006;24(1):25-30; 3. Jayachandran et al., J Clin Dis Res, 2017, 11,6, ZC09-ZC11

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