

OrthoCola

Composition:

- **Boswellia Serrata** – A herbal extract from the Boswellia Serrata tree which is a therapeutic herb for treating inflammatory diseases (chronic)
- **Diacerein tablets** – SYSADOA (Symptomatic slow-acting drug in osteoarthritis) for pro-anabolic, anti-inflammatory, and anti-catabolic properties to protect the synovial membranes and joint cartilages.
- **MSM** – Methylsulfonylmethane helps in soothing the pain due to inflammatory conditions
- **Glucosamine** – Helps against the destruction of cartilages and their covering tissues (rubbery tissues). Provides the cushioning effect against frictions to body joints.
- **Hyaluronic acid** – A bone and joint lubricant to keep them protected and friction-free
- **Collagen** – Stimulates healing in the muscles, joints, ligaments, connective tissues, and tendons

Indications:

- Degenerative diseases of joints
- Osteoarthritis
- Rheumatoid Arthritis
- Joints swelling and inflammation
- Joint pain
- Joints stiffness
- Tendon, ligament, or muscle injury
- Joints friction

Functioning:

Orthocola is a gel-like drug that is beneficial for treating several degenerative joint diseases, pain, and inflammation. In the case of OA, the cartilage between the joints tends to deteriorate and bones of the joint start creating friction during movement. This drug helps in reducing the pain symptoms and irritability due to bone conditions.

Orthocola has immense benefits in increasing the “ROM (range of motion)” of the joint, which prevents joints' guarding mechanism from avoiding pain.

ROM of the joint depends on the main movements and accessory movements as gliding and rolling, which suffer from joint diseases. Orthocola helps in easy gliding, and rolling of the bony ends over each other with no additional friction.

Prescription information:

Dosage:

- You can use orthocola medicine twice a day according to your condition.
- Do not exceed its usage more than two times in one day.
- If you are experiencing pain, you can use it to relieve pain in a shorter time.

Side-effects:

There are no absolute side-effects of this drug. However, patients can suffer from mild symptoms of nausea.

Contraindications:

There are no absolute contraindications of this drug. However, lactating and pregnant women should take care while having this drug.

References:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4756045/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2546480/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5372953/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5241539/>