

Enzymes Important in Joint Health

Breaking News

VRP Staff

Swiss scientists recently looked at the scientific evidence behind the use of enzymes to treat osteoarthritis and other rheumatic disorders—and liked what they saw.

The review, published in the journal *BioDrugs*, evaluated preclinical and clinical trials that used proteolytic (protein-dissolving) enzymes—bromelain, papain, trypsin and chymotrypsin—to treat rheumatic disorders. The reviewers noted that, in numerous placebo-controlled studies, treatment with proteolytic enzymes was effective in patients with rheumatic diseases. In fact, a randomized, single-blind study of osteoarthritis patients that compared the effect of the enzymes with a nonsteroidal anti-inflammatory drug (NSAID) concluded that the enzymes were as or more effective than the NSAID. After examining the studies conducted, the reviewers concluded that oral therapy with proteolytic enzymes produces analgesic and anti-inflammatory effects. The enzymes also have accelerated healing and acted as analgesics in post-traumatic injuries and post-operative swelling.

The enzymes mechanism of action may be related to their ability to alter cytokine composition. Cytokines are the cells that regulate inflammation. This results from the enzymes ability to modulate immunity.

The reviewers concluded, ...In the light of preclinical and experimental data as well as therapeutic experience, the application of enzyme therapy seems plausible in carefully chosen patients with rheumatic disorders.

References:

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