

DEVIL'S CLAW, WHITE WILLOW BARK FOUND EFFECTIVE IN LOW BACK PAIN RELIEF

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The effectiveness of herbal medicine compared with placebo, no intervention, or standard/accepted/conventional treatments for nonspecific low back pain was studied via ten trials included in this review. Two high-quality trials utilizing *Harpagophytum procumbens* (Devil's claw) found strong evidence for short-term improvements in pain and rescue medication for daily doses standardized to 50 mg or 100 mg harpagoside with another high-quality trial demonstrating relative equivalence to 12.5 mg per day of rofecoxib. Two moderate-quality trials utilizing *Salix alba* (White willow bark) found moderate evidence for short-term improvements in pain and rescue medication for daily doses standardized to 120 mg or 240 mg salicin with an additional trial demonstrating relative equivalence to 12.5 mg per day of rofecoxib. Three low-quality trials using *Capsicum frutescens* (Cayenne) using various topical preparations found moderate evidence for favorable results against placebo and one trial found equivalence to a homeopathic ointment.

Conclusions. *Harpagophytum procumbens*, *Salix alba*, and *Capsicum frutescens* seem to reduce pain more than placebo.