

## **PROPOLIS FOR PAINFUL, INFLAMED CONDITIONS**

Propolis goes to work on inflammation of the muscles and joints. A series of studies carried out in Austria investigated the effect of a cream containing propolis on patients complaining of a wide variety of painful conditions. Drs Eckl and Dworak, from Ruetz, carried out a double blind medical trial on 56 patients. As in all double-blind trials, the researchers were given two products that looked identical. One was active propolis salve; the other was an inactive or placebo ointment. Most of the patients were in hospital for treatment of illnesses such as heart disease or breathing disorders, but additionally they were all suffering from painful joints or muscles. This study concentrated entirely on the effects of the two ointments on the painful joints or muscles. Of the 56 patients, 27 were suffering from arthritis, 18 from lumbago or back pain, 8 from muscular pain (myalgia) and 3 from elbow pain. The treatment consisted of massage of the affected area several times during the day and the application of a film of cream and dressing over night.

The results showed that 28 of the patients receiving the propolis ointment showed an 'impressive improvement' after a few days of treatment. Only 4 individuals showed a similar improvement after treatment with the inactive, placebo ointment.

The two doctors were particularly impressed by the way the patients showed no adverse reaction to the propolis treatment. They commented that the drugs normally used in these treatments of rheumatism tend to produce unpleasant side-effects, particularly in elderly patients. The doctors showed that the propolis salve is highly acceptable and commended its use. They concluded that propolis salve offers a fast and clear reduction of pain; easing of morning stiffness and peripheral joint ailments and is easily tolerated.

Extracts taken from the Healing power of Pollen with propolis and royal jelly published by Thorsons editorial board, 1989