

JOINT SUPPORT

Arthrohills Capsule

Herbal Hills® brand formulation · Joint Support · clinical study summary

Scientific summary reviewed by [CONFIRM: MD \(Ayurveda\) reviewer](#) Source: CTRI/2017/06/008786; IJRAMS 2021

Updated [CONFIRM: date](#)

Arthrohills Capsule is a Herbal Hills joint care formulation made by the Siddha Ghruta method. It has been evaluated in a CTRI-registered 90-day open-label study in 33 adults and in a 21-day safety and tolerability study in 30 adults, published in the International Journal of Research in Ayurveda and Medical Sciences (2021).

HERBAL HILLS® BRAND PRODUCT

Arthrohills Capsule

30 soft gelatin capsules · available for private label

BRAND REFERENCE

Herbal Hills® · Isha Agro Developers Pvt Ltd

STUDY PUBLISHED IN

CTRI/2017/06/008786; IJRAMS 2021

Study at a Glance

Clinical study on the Herbal Hills® Arthrohills Capsule formulation

Field	Study A (Registered Trial)	Study B (Published Safety Study)
Study title	An Open Label, Prospective, Multicentre, Clinical study to evaluate efficacy and safety of Arthrohills Capsules in subjects suffering from Osteoarthritis of Knee(s)	A Safety Evaluation and Tolerability of Arthohills Capsule an Ayurveda Formulation in Osteoarthritis Subjects
Registration / journal	CTRI/2017/06/008786, registered 08/06/2017	Int J Res Ayurveda Med Sci 2021; 4(1): 22–27 (ISSN 2582-2748)
Design	Open-label, prospective, single-arm; IEC approved	Observational, non-comparative, prospective; IEC approved, ICMR guidelines
Participants	33 adults with mild to moderate knee osteoarthritis	30 adults aged 40–70 with knee osteoarthritis
Dose and duration	2 capsules daily, morning, empty stomach, with lukewarm water or milk; 90 days	2 capsules (500 mg) twice a day; 21 days
Measures	VAS pain, WOMAC, time to walk 50 feet, quality of life, global evaluation, adverse events, lab tests	VAS pain, WOMAC (pain, stiffness, physical function), haematology, knee X-ray, adverse events
Sponsor	Herbal Hills (Isha Agro Developers Pvt Ltd)	Herbal Hills; conducted at Vishwanand Kendra, Pune

Composition

Each soft gel capsule contains Arthrohills Ghruta 500 mg, processed by the Siddha Ghruta method with cow ghee and cow milk and the following herbs (as published):

Ingredient	Botanical Name	Part	Quantity
Sunthee	<i>Zingiber officinale</i>	Rhizome	22.75 mg
Shallaki	<i>Boswellia serrata</i>	Gum resin	45.45 mg
Shuddha Guggul	<i>Balsamodendron mukul</i>	Gum resin	45.45 mg
Shuddha Laksha	<i>Laccifer lacca</i>	Resin	45.45 mg
Nirgundee	<i>Vitex negundo</i>	Whole plant	45.45 mg
Methi	<i>Trigonella foenum-graecum</i>	Seeds	45.45 mg
Asthishrunkhala	<i>Vitis quadrangularis</i>	Stem	45.45 mg
Maharasnadi	<i>Generic preparation</i>	—	90.90 mg
Dashmooladi	<i>Generic preparation</i>	—	90.90 mg
Chopchinee	<i>Rheum emodi</i>	Root	22.75 mg
Go Ghrit / Go Dugdha	<i>Cow ghee / cow milk</i>	—	Processing base

Key Results

Measure	Baseline	End Of Study	Change
Study A: VAS pain score (mean ± SD)	68.93 ± 15.40	31.88 ± 14.47 (day 90)	–53.7%, p<0.05
Study A: WOMAC pain score	—	—	–48.84%
Study A: WOMAC stiffness score	—	—	–53.95%
Study A: investigator global assessment	—	—	81.81% showed minimum to much improvement
Study A: needed paracetamol for pain	—	—	6.06% of participants
Study B: VAS pain score	40.28 ± 4.78	23.78 ± 2.01 (day 21)	–41.0%, p<0.001
Study B: WOMAC total	48.21	27.12	–43.7%, p<0.001
Study B: WOMAC pain sub-score	10.22	4.11	–59.8%
Study B: WOMAC stiffness sub-score	3.05	1.03	–66.2%
Study B: WOMAC physical function	34.11	21.67	–36.5%

In Study A, mean knee pain on the VAS fell steadily at every 15-day visit, from 68.93 at baseline to 31.88 at day 90. In Study B, VAS pain fell from 40.28 to 23.78 over 21 days, and every WOMAC sub-score improved significantly (p<0.001). Percentages in the table are calculated from the published means.

SAFETY

In Study B, all 30 participants completed the study, blood tests and knee X-rays at day 21 stayed within normal limits and comparable with baseline, and no adverse drug reactions were recorded. The Study A summary reports that the formulation was well tolerated and that most adverse events recorded were not related to the study product.

[CONFIRM: exact adverse-event wording from the full CTRI study report](#)

STUDY LIMITATIONS

Neither study had a placebo or comparator group, both were sponsor-funded, and sample sizes were small (30–33). Study B lasted only 21 days. The results describe what happened in these study groups and are not a guarantee of results for every user.

Private Label Availability

The Herbal Hills® Arthrohills Capsule formulation is available for private label and third party manufacturing at Herbal Hills, Lonavala. The study above was conducted on the Herbal Hills® Arthrohills Capsule and supports the formulation only; a product launched under your brand name is subject to its own licences and approvals.

Regulatory note: The clinical studies on this page were conducted on Herbal Hills® brand formulations under their original Herbal Hills product names. They are shown only as supporting evidence for the formulation. A product launched under a different brand name is not, by that fact, an independently tested product, and these studies may not be used in that brand's labelling or advertising without the required regulatory approvals. Formulations may be developed or launched for private label partners subject to the applicable licences, product applications and approvals. This page is intended for business buyers and healthcare professionals; it does not claim that any product diagnoses, treats, cures or prevents any disease, and individual results vary.

EVALUATE BEFORE YOU DECIDE

Ask for a FREE trial sample

Get a trial sample with the full study document and product specifications. Email business@herbalhills.in or use the enquiry form.

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STUDY REFERENCE

Study A: CTRI/2017/06/008786 (registered 08/06/2017), Clinical Trials Registry – India. Study B: Mandlecha A, Mujawar G. A Safety Evaluation and Tolerability of Arthohills Capsule an Ayurveda Formulation in Osteoarthritis Subjects. Int J Res Ayurveda Med Sci 2021; 4(1): 22–27.