

JOINT CARE

Arthrohills Oil

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

Scientific summary reviewed by CONFIRM: MD (Ayurveda) reviewer | Source: JAIMS 2023 | Updated (CONFIRM: date)

Arthrohills Oil is a Herbal Hills Ayurvedic massage oil for external use. It was evaluated in a 6-week study published in the Journal of Ayurveda and Integrated Medical Sciences (2023), in which 48 adults applied it once a day with a 15-minute gentle massage and symptoms were assessed weekly.

HERBAL HILLS® BRAND PRODUCT

Arthrohills Oil

100 ml · available for private label

BRAND REFERENCE

Herbal Hills® · Isha Agro Developers Pvt Ltd

STUDY PUBLISHED IN

JAIMS 2023

Study at a Glance

Clinical study on the Herbal Hills® Arthrohills Oil formulation

Field	Detail
Study title	To evaluate safety and efficacy of Arthrohills oil in subjects with Musculoskeletal Pain
Journal	J Ayurveda Integr Med Sci, June 2023, Vol. 8, Issue 6 (ISSN 2456-3110); DOI 10.21760/jaims.8.6.1 CONFIRM: DOI
Design	Open, prospective clinical study, single group
Participants	48 adults aged 25–65 with chronic pain of musculoskeletal origin for more than 12 weeks (low back, knee, shoulder, elbow, wrist, ankle, neck)
Use and duration	Few drops for small joints, up to 2–3 ml for large joints, once a day with gentle massage for 15 minutes; 6 weeks
Measures	Pain, tenderness, swelling, joint mobility and stiffness on graded scales (modified WOMAC); weekly visits
Conducted at / sponsor	Vishwanand Kendra, Pune (Kamalbai Hukmichand Chordia Charitable Trust); supported by Herbal Hills

Composition

Each 100 ml (as published; for external use only):

Ingredient	Botanical Name	Reference	Quantity
Nirgundi oil	<i>Vitex negundo</i>	BPN p.329	20 ml
Gandhapura oil	<i>Gaultheria fragrantissima</i>	BPN p.809	28 ml
Kapur oil	<i>Cinnamomum camphora</i>	BPN p.168	10 ml
Nilgiri oil	<i>Eucalyptus globulus</i>	BPN p.804	6.6 ml
Erand oil	<i>Ricinus communis</i>	BPN p.286	5.5 ml
Dhatura oil	<i>Datura stramonium</i>	BPN p.304	5 ml
Lemongrass oil	<i>Cymbopogon citratus</i>	BPN p.370	5 ml
Kalonji oil	<i>Nigella sativa</i>	BPN p.32	5 ml
Gandhabiroja tail	<i>Pinus longifolia</i>	BPN p.189	5 ml
Proprietary blend	Clove, cinnamon, nutmeg, tamalpatra, ajwain, sesame	BPN CONFIRM: page no. and individual quantities of each ingredient	5 ml
Til oil	<i>Sesamum indicum</i>	BPN p.639	4.9 ml

⚠ **Caution:** For external use only. Contains Dhatura (Datura stramonium), listed in Schedule E(1) of the Drugs and Cosmetics Rules. Caution: to be used under medical supervision.

Key Results

Measure	Week 1 (Mean)	Week 6 (Mean)	Change
Pain	3.73	0.42	–88.8%
Tenderness	2.77	0.00	–100%
Swelling	3.02	0.17	–94.5%
Joint mobility restriction	4.00	0.63	–84.4%
Stiffness	2.81	0.00	–100%

Every measured symptom improved week by week, and the change in each was statistically significant (p<0.05, Wilcoxon signed-rank test). By week 6, tenderness and stiffness scores had reached zero on average. The paper uses the week-1 visit as its first recorded score.

SAFETY

The authors concluded that Arthrohills Oil was safe and effective for external use in musculoskeletal pain. The publication does not list adverse-event counts.

CONFIRM: adverse-event data from the study records

STUDY LIMITATIONS

This was an open, single-group study without a control oil, funded by Herbal Hills, using graded (subjective) scores. Results describe this study group and are not a guarantee for every user. For external use only.

Private Label Availability

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

① **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

Mandlecha A, Mujawar GS. To evaluate safety and efficacy of Arthrohills oil in subjects with Musculoskeletal Pain. J Ayurveda Integr Med Sci 2023; 8(6): 1–6.

CONFIRM: DOI