

Details of the randomised double-blind studies investigating the impact of herbal medicines on chronic OA or low back pain and having a quality score of at least 10 A eligibility criteria specified, B randomization appropriate, C treatment allocation concealed, E similarity at baseline, F outcome measures and control interventions explicitly described, G co-interventions comparable, H outcome measures relevant, I adverse events and J drop-outs fully described, K sample size based on a priori power calculation, L intention-to-treat analysis, N point estimates and measures of variability presented for the primary outcome measure, O appropriate timing giving a Total Score (TS) of 13.

*including 500 - 1500 mg of dried galanga rhizomes; H harpagoside, G gingerol
§ hypothesis not proven; C control or placebo

§§group Salix had less patients with hip arthrosis, no information on duration of disease, consumption on analgesics, state of depression etc.

Source	Avocado Soybean Unsaponifiables		
	Blotman <i>et al.</i> , 1997 <i>Rev Rhum (Engl Ed)</i> 64: 825-34	Maheu <i>et al.</i> , 1998 <i>Arthritis Rheum</i> 41: 81-91	Appelboom <i>et al.</i> , 2001 <i>Scand J Rheumatol</i> 30: 242-7
N=	153	164	260
Drug	300 mg	300 mg	300, 600 mg
Extrait	Fraction	Fraction	Fraction
Solvent			
Control	Placebo	Placebo	Placebo
Marker			
Design	Parallel	Parallel	Parallel
Duration	3 mos	6 mos	3 mos
A	hip, knee	hip, knee	hip, knee
B	yes	yes	yes
C	yes	yes	yes
E	yes	yes	yes
F	yes	yes	yes
G	yes	yes	yes
H	yes	yes	yes
I	yes	yes	yes
J	yes	yes	yes
K	yes	yes	yes
L	yes	yes	yes
N	yes	yes	yes
O	yes	yes	yes
Effect vs C	superior	superior	superior
TS	13	13	13

Source	<i>Harpagophytum procumbens</i>			
	Chantre et al., 2000 <i>Phytomedicine</i> 7:177-183	Chrubasik et al., 1996(a) <i>Phytomedicine</i> 3: 1-10	Chrubasik et al., 1999 <i>Eur J Anaesthesiol</i> 16: 118-129	Chrubasik et al., 2003(b) <i>Rheumatology</i> 42: 141-8
N=	122	118	197	88
Drug	2.6 g	4.5 g	4.5 g	4.5
Extrait	Powder	1.5-2.5:1	6-9:1	1.5-2.5:1
Solvent		Water	Water	Water
Control	Diacerhein	Placebo	Placebo	Vioxx
Marker	60 mg H	50 mg H	50 / 100 mg H	60 mg H
Design	Parallel	Parallel	Parallel	Parallel
Duration	over 16 wks	4 wks	4 wks	6 wks
A	hip, knee	nsLBP	nsLBP	nsLBP
B	yes	yes	yes	Yes
C	yes	yes	yes	Yes
E	yes	yes	yes	Yes
F	yes	yes	yes	Yes
G	yes	yes	yes	Yes
H	yes	yes	yes	Yes
I	yes	yes	yes	Yes
J	yes	yes	yes	Yes
K	yes	(yes)§	yes	No
L	yes	no	yes	Yes
N	yes	no	yes	Yes
O	yes	yes	yes	Yes
Effect vs				
C	not inferior	superior	superior	not inferior
TS	13	10.5	13	12

Source	<i>Rosa canina lito</i>	
	Rein <i>et al.</i> , 2004 <i>Phytomedicine</i> 11: 383-391	Warholm <i>et al.</i> , 2003 <i>Curr Ther Res</i> 64:21-31
N=	112	100
Drug	5g	5g
Extrait	Powder	Powder
Solvent		
Control	Placebo	Placebo
Marker	1.5 mg galactolipid	1.5 mg galactolipid
Design	Cross-over	Parallel
Duration	over 3 months	over 4 months
A	OA multiple sites	hip, knee
B	yes	yes
C	yes	yes
E	yes	don't know
F	yes	yes
G	yes	yes
H	yes	yes
I	yes	yes
J	yes	yes
K	no	no
L	yes	yes
N	no	no
O	yes	yes
Result vs	superior	superior
TS	10	10

Source	<i>Salix species</i>		
	Schmid et al., 2000 <i>Z Rheumatol</i> 59:314-20	Chrubasik et al., 2000 <i>Am J Med</i> 109:9-14	Biegert et al., 2004 <i>J Rheumatol</i> 31:2121-30
N=	78	210	127
Drug	about 1600 mg	1573 mg	1573 mg
Extrait	8-14:1	8-14:1	8-14:1
Solvent	Ethanol 70%	Ethanol 70%	Ethanol 70%
Control	Placebo	Placebo	Placebo (P), Diclofenac (D)
Marker	240 mg salicin	120, 240 mg salicin	240 mg salicin
Design	parallel	parallel	Ralallel
Duration	2 wks	4 wks	6 wks
A	knee, hip	nsLBP	knee, hip
B	yes	yes	yes
C	yes	yes	yes
E	don't know	yes	don't know§§
F	yes	yes	yes
G	yes	yes	yes
H	yes	yes	yes
I	yes	yes	yes
J	yes	yes	yes
K	(yes)§	yes	yes
L	yes	yes	yes
N	no	yes	yes
O	yes	yes	yes
Result vs	superior	superior	inferior to D, similar to P
TS	11.5	13	12

Source	<i>Zingiberis officinale</i>		
	Bliddal et al., 2000 <i>Osteoarthritis Cartilage</i> 8:9-12	Altman and Marcussen, 2001 <i>Arthritis Rheum</i> 44:2531-8	Wigler et al., 2003 <i>Osteoarthritis Cartilage</i> 11:783-9
N=	56	247	29
Drug	0,51g	3-5.5g*	1g
Extrait	20:1	10:1	not defined
Solvent	Acetone	Acetone	CO ₂
Control	Placebo, Ibuprofen	Placebo	Placebo
Marker	not declared	not declared	40 mg G
Design	Cross-over	Parallel	Cross-over
Duration	3 wks	6 wks	3 mos
A	hip, knee	knee	Knee
B	yes	yes	Yes
C	yes	yes	Yes
E	yes	don't know	Yes
F	yes	yes	Yes
G	yes	yes	Yes
H	yes	yes	Yes
I	yes	yes	Yes
J	yes	yes	Yes
K	yes	yes	No
L	yes	yes	Yes
N	no	yes	Yes
O	yes	yes	Yes
Result vs	superior, not inferior	superior	Superior
TS	12	12	12