

using the Cochrane risk of bias tool. 19 randomized and 14 non-randomized controlled trials on 12 different drugs and 3 non-pharmaceutical interventions with a total of 2952 patients were included. For the compound preparation, Rupalaya, large and apparently unbiased effects beyond placebo were found for pain (standardized mean difference [SMD] -3.73 ; 95% confidence interval [CI] $-4.97, -2.50$; $P < 0.01$) and global improvement (risk ratio 12.20; 95% CI 5.83, 25.54; $P < 0.01$). There is also some evidence that effects of the herbal compound preparation Shunti-Guduchi are comparable to those of glucosamine for pain (SMD 0.08; 95% CI $-0.20, 0.36$; $P = 0.56$) and function (SMD 0.15; 95% CI $-0.12, 0.36$; $P = 0.41$). Based on single trials, positive effects were found for the compound preparations RA-11, Reosto, and Siriraj Wattana. For *Boswellia serrata*, *Lepidium sativum*, a *Boswellia serrata* containing multicomponent formulation and the compounds Nirgundi Taila, Panchatikta Ghrita Guggulu, and Rhumayog, and for non-pharmacological interventions like Ayurvedic massage, steam therapy, and enema, no evidence for significant effects against potential methodological bias was found. No severe adverse events were observed in all trials. The drugs Rupalaya and Shunti-Guduchi seem to be safe and effective drugs for treatment of OA-patients, based on these data. However, several limitations relate to clinical research on Ayurveda. Well-planned, well-conducted and well-published trials are warranted to improve the evidence for Ayurvedic interventions.

Kishor, B. et al. (2017). "Adaptogenic potential of Oxitard in experimental chronic stress and chronic unpredictable stress induced dysfunctional homeostasis in rodents." *J Ayurveda Integr Med* 8(3):169–176.

BACKGROUND: Oxitard, a polyherbal formulation comprising the extracts of *Withania somnifera*, *Mangifera indica*, *Glycyrrhiza glabra*, *Daucus carota*, *Vitis vinifera*, powders of *Syzygium aromaticum*, *Yashada bhasma* and *Emblica officinalis*; and oils of *Triticum sativum*. **OBJECTIVE:** Current study deals with the assessment of Oxitard (a marketed polyherbal formulation) for its adaptogenic potential in chronic unpredictable stress (CUS) and chronic stress (CS) induced dysfunctional homeostasis in rodents. **MATERIALS & METHODS:** Animals were immobilized for 2 hours every day for ten days to induce CS. In order to induce CUS, animals were employed in a battery of stressors of variable value and duration for 10 days. Following administration of Oxitard, stress was induced in the animals. Stress-induced efficient changes were evaluated by assessing organ (adrenal gland) weights, ulcer index, hematological parameters and biochemical levels of reduced glutathione (GSH), thiobarbituric acid reactive substances (TBARS) and catalase (CAT). **RESULTS:** CS and CUS significantly modified the oxidative stress parameters (increased MDA and decreased GSH). Furthermore, CS and CUS lead to weight reduction, adrenal hypertrophy and gastric ulceration. Pre-treatment with Oxitard (200 and 400 mg/kg, p.o.) significantly modified CS and CUS induced hematological changes, oxidative stress parameters and pathological effects. **CONCLUSION:** In conclusion, Oxitard-intervened antioxidant actions are accountable for its adaptogenic effects in stress-induced dysfunctional homeostasis.

Liang, S. T. (2017). "Textual research on a prescription, 'Pill of Semen Plantaginis' in the Tangut medical documents unearthed in Khara-Khoto." *Zhonghua Yi Shi Za Zhi* 47(6):369–372.

A prescription, "Pill of Semen Plantaginis for Treating All Diseases" (capital I, Cyrillic(HB).N(O).4384) carried in the Tangut medical documents unearthed in