

FRILABIOL Joint Health



Harpagophytum

Species of Harpagophytum (family Pedaliaceae) originate from the Kalahari Desert and the steppe regions of Namibia.

Their tuberous secondary roots are commonly called "devil's claw" because of their characteristic shape.

In traditional medicine, Harpagophytum procumbens is the most commonly used species.

However, in the European Pharmacopoeia, the herbal drug Harpagophyti radix may come from:

- Harpagophytum procumbens DC.
- and/or Harpagophytum zeyheri Decne.

In African traditional medicine, devil's claw has long been used for various medicinal purposes. In Europe, its use is more targeted, mainly for:

- Joint pain
- Appetite stimulation

Harpagophytum appeared on the European market in the 1970s for the treatment of osteoarthritis.

Due to its bitter taste, it was initially used to treat gastrointestinal disorders.

EFFICACY AND INDICATIONS

- Devil's claw contains plant compounds called iridoid glycosides, which have shown an ability to reduce inflammation in invitro and animal studies.
- Research suggests it may help relieve joint pain associated with osteoarthritis and could be as effective as certain analgesic treatments such as diacerein.
- Based on limited data, devil's claw may help alleviate symptoms of gout thanks to its antiinflammatory effects and its potential to reduce uric acid levels.
- It also shows analgesic potential, particularly for lower back pain.
- This effect is believed to be linked to an active compound called harpagoside.

