Proteolitische enzymen en artrose

The safety and efficacy of an enzyme combination in managing knee osteoarthritis pain in adults: a randomized, double-blind, placebo-controlled trial

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This randomized, double-blind, placebo-controlled, comparator-controlled trial evaluated the safety and efficacy of an enzyme combination, as Wobenzym®, in adults with moderate-to-severe osteoarthritis (OA) of the knee. Adults (n = 150) were assigned to one of three treatment groups for 12 weeks: Wobenzym®, diclofenac (a non-steroidal anti-inflammatory drug, NSAID), or placebo. Lequesne Functional Index was the primary outcome measure. Secondary pain outcomes were measured using Western Ontario and McMaster Universities Index version 3.0 (WOMAC 3.0) subscales for joint pain, stiffness, and function.

Improvement in pain scores (Lequesne) did not differ between subjects treated with Wobenzym® or diclofenac, and both treatment groups improved compared to placebo ($p < 0.05$). Reduction in total WOMAC scores did not differ between Wobenzym® and diclofenac, although only diclofenac emerged as different from placebo ($p < 0.05$).

The median number of rescue medication (paracetamol) tablets consumed was less in the Wobenzym® group compared to placebo ($p < 0.05$), while there was no difference between diclofenac and placebo. Adverse events were similar in frequency between Wobenzym® and placebo, and less than with diclofenac.

Wobenzym® is comparable to the NSAID diclofenac in relieving pain and increasing function in adults with moderate-to-severe painful knee OA and reduces reliance on analgesic medication. Wobenzym® is associated with fewer adverse events and, therefore, may be appropriate for long-term use.

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