Series – 91
Date and Time – 16 May 2024 (3:30 PM JST)
Venue - Zoom
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Title - Ethnomedicinal evaluation of Averrhoa carambola Linn. Fruit oil in Osteoarthritis of Knee-An Exploratory Clinical trial.

Abstract - The study investigates the therapeutic potential of Averrhoa carambola Linn. Fruit oil in managing knee osteoarthritits, within the broader context of ethnomedicine's significance in healthcare. Averrhoa carambola Linn, traditionally and culinarily, holds promise as a natural remedy for various ailments, including osteoarthritis under exploratory conditions. In this clinical trial, thirty patients received internal administration of Averrhoa carambola Linn. Fruit oil over a 28-day period. Clinical assessments revealed statistically significant improvements in pain, stiffness, swelling, tenderness, and functional abilities of patients. Radiological findings showed no significant changes in the knee joint. The clinical symptoms evaluation by patients, highlighting the potential of Averrhoa carambola Linn. Fruit oil for osteoarthritis. This research underscores the importance of ethnomedicine in developing alternative and complementary approaches to conventional healthcare. By leveraging Averrhoa carambola Linn, health practitioners can develop culturally relevant interventions for addressing prevalent health conditions like osteoarthritis. Further exploration in larger clinical trials is warranted to validate these findings and harness the therapeutic benefits of ethnomedicine in modern healthcare paradigms.

Plants are exemplary source of Drugs- India >45000 plant species
With prediction of sixth mass extinction, there is worldwide concern as majority of these plants, collected from natural stands, are also facing threat of extinction.
Ouly 960-8000 medicinal plants in trade from India