

## **THE EFFICACY OF VITAMINS B IN THERAPY OF VERTEBRAL PAIN SYNDROMES**

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**Background:** To assess the efficacy of vitamins B in therapy of vertebral pain syndromes compare to standard therapy.

**Methods:** Observed group of patients with vertebral pain syndromes: group 1 – low back pain, group 1B- vertebral radicular pain. Group 1A(n=15) was treated with NSAID+myorelaxant, group 1B(n=15) – standard therapy+vitamins B (Milgamma®). Group 2A (n=15) was treated with NSAID+myorelaxant+degidration therapy, group 2B(n=15) - standard therapy+ vitamins B (Milgamma®). The main course of therapy lasted 14 days, then pateints in group 1B and 2B continued vitamins B per is for 16 days. The assess of pain was performed on 3, 7, 14, 30 days by visual analogue scale (VAS) in both groups, Likert scale for group 1, DN4 scale for group 2.

**Results:** The average score on VAS was reduced from 8,4 to 1,53 in group 1A and from 8,2 to 0,83 in group 1B (p=0,04), in group 2A from 8,9 to 2,4, in group 2B – from 8,9 to 0,84 (p=0,039). The average score on Likert scale was reduced from 343,1 to 151,6 in group 1A and from 347,5 to 119,4 in group 1B (p=0,01). The score on DN4 was reduced from 5,6 to 3,4 in group 2A, from 5,4 to 2,6 in group 2B (p=0,03).

**Conclusions:** The inclusion of vitamins B in the therapy allows to achieve more rapid regression of pain and effective eliminate neuropathic component of radicular pain. The efficacy in groups with vitamins B was significantly higher compared to standard therapy.