

Multicenter randomized placebo-controlled, double-blind trial. Patients with mild-moderate UC on mesalazine not responding to maximum dose of mesalazine oral and topical were randomly assigned to curcumin capsules 3g/day or placebo for 1 month with continued mesalazine.

Primary endpoint: Clinical remission (SCCAI \leq 2) at week 4.

Results: N=50

- Clinical remission at week 4, 53.8% curcumin vs 0% placebo, p=0.01.
- Clinical response 65.3% curcumin vs 12.5% placebo, p<0.001.
- Endoscopic remission 38% curcumin vs 0% placebo, p=0.043.
- Adverse events were comparable between groups.

Conclusion:

Addition of curcumin to mesalamine therapy was superior to the combination of placebo and mesalamine in inducing clinical and endoscopic remission in patients with mild-to-moderate active UC, producing no apparent adverse effects.

Curcumin in Combination With Mesalamine Induces Remission in Patients With Mild-to-Moderate Ulcerative Colitis in a Randomized Controlled Trial

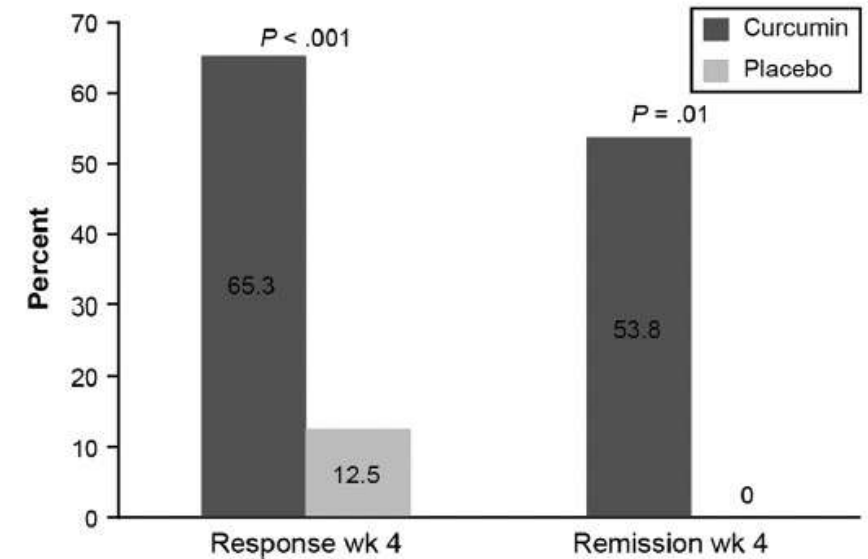


Figure 1. Clinical response and remission rate at study end point at week 4.

