Evaluation the effect of B group Vitamins on reducing pain of the patients with chronic mechanical back pain according to visual analog scale (VAS)

Alireza Ashraf, M.D.
Associate professor of Physical Medicine and Rehabilitation, Shiraz University of Medical Sciences, Shiraz, Iran.
Tahereh Tahery, M.D.
General Practitioner, Shiraz University of Medical Sciences, Shiraz, Iran.

Background: Low back pain (LBP) consists of pain, muscle tension localized below the costal margin and above the inferior gluteal folds, with or without leg pain. It may be acute and become chronic if persisting for 12 weeks or more. This study evaluated the effect of B group vitamins on reducing pain of patients with chronic mechanical back pain according to visual analog scale (VAS).

Methods and Materials: Fifty patient with age range of 18-65 years who was referred to shahid Faghihi and Motahari clinics participated in this study. They had proven medical history for back pain at least 3 months and a pain intensity equal or greater than 3. Patients had not concomitant neurologic, degenerative, metabolic and inflammatory diseases. Based on time of arrival: first person (A group) was given diclofenac and next person (B group) was given diclofenac+B vitamins (B1+B6) for two weeks. Comparison between two groups and each group before and after intervention was done with VAS.

Results: A and B group baseline differences were not significant (p value: 0.334). After intervention the difference between the two groups was not significant (p value: 0.409). In A group, the differences between values before and after intervention were statistically significant (p value: 0.006). In B group, the difference between values before and after intervention were statistically significant (p value: 0.001).