

Elgucare research for intervertebral disc degeneration (IVDD) and chronic low back pain

Research on Elgucare (益固康) has indeed been conducted in collaboration with several prominent medical institutions in Taiwan and abroad. These studies focus on its efficacy in treating intervertebral disc degeneration (IVDD) and chronic low back pain.

Below are the key research findings and relevant URLs:

1. Clinical Trial: Taipei Medical University Hospital (TMUH)

A 12-month clinical trial was conducted by the **Department of Neurosurgery at Taipei Medical University Hospital**. This study specifically used MRI imaging to observe the physical changes in the spine.

- **Key Findings:** The study showed that long-term consumption (12 months) of Elgucare increased the water retention and height of intervertebral discs (IVDs), which are critical markers for reversing degeneration.
- **Outcome:** Patients reported a reduction in pain scores (VAS) and improved mobility.
- **URL:** [The Effects of Elgucare on Degenerated Intervertebral Disc-Induced Low Back Pain and Disc Regeneration \(PubMed/PMC\)](#)

2. Clinical Trial: Cheng Hsing Rehabilitation Medical Center

Another significant trial was executed by the **Cheng Hsing Rehabilitation Medical Center** (振興醫療財團法人振興醫院) in Taiwan, focusing on neck, shoulder, and back pain.

- **Methodology:** 96 subjects (aged 19–85) were evaluated over a 12-week period.
- **Key Findings:** 96% of subjects reported a positive response, with a significant decrease in the Visual Analogue Scale (VAS) pain score (an average reduction of 6.74 points).
- **Official PDF Link:** [Reversing Intervertebral Disc Degeneration and Herniation? Possibly \(Elgucare Clinical Research Summary\)](#)
 - *Note: The specific details for the Cheng Hsing Medical Center study are located on **Page 1 (Human Clinical Trial I)** of this document.*

3. Animal Study: Intervertebral Disc Repair

Research published as recently as 2023/2024 investigated the biological mechanisms of Elgucare using rat models of IVDD.

- **Key Findings:** The formula was shown to reduce "plantar tingling" (nerve-related pain) and improve gait. Histological analysis confirmed

that it accelerated the repair of the intervertebral disc structure and increased disc thickness.

- **URL:** [The effects of Elgucare in a rat model of intervertebral disc degeneration \(ResearchGate\)](#)

4. Summary of Ingredients & Mechanism

The research often cites the formula's ability to improve **microcirculation** around the spine, which is a "blood-starved" area. By increasing blood flow and oxygen to the capillaries surrounding the discs, it allows the body to deliver nutrients necessary for self-repair.

- **Core Ingredients mentioned in Taiwan patents/studies:** *Salvia miltiorrhiza* (丹參), *Astragalus* (黃芪), *Paederia scandens* (雞屎藤), and *Lycopodium clavatum* (伸筋草).
- **Patent Reference:** [CN103860881A - Herbal health product for relieving aches from spinal lesions](#)

(This patent includes data from clinical experiments at the Affiliated Hospital of Anhui Medical University as well).