Bursitis

Bursitis is an inflammation of fluid-filled sacs (bursa) that the body situates in places where movement would otherwise cause friction. The most common bursa to become inflamed is in the shoulder. The cause of bursitis is mostly unknown, but trauma or arthritis may be involved.

**Nutritional supplements that may be helpful:**
Intramuscular or deep subcutaneous injections of vitamin B12 or the combination of B12 and B3 in niacin form have not only relieved symptoms but have also decreased calcifications in chronically inflamed bursae. The mechanism is not understood. Oral B vitamins are unlikely to have the same effect because absorption of vitamin B12 is quite limited. A nutritionally oriented doctor should be consulted regarding B12 or B12/niacin injections.

**Are there any side effects or interactions?** Refer to the individual supplement for information about any side effects or interactions.

**Herbs that may be helpful:** While there have been few studies on herbal therapy for bursitis, most practitioners of natural medicine would consider using anti-inflammatory herbs that have proven useful in conditions such as rheumatoid arthritis. These would include boswellia, turmeric, white willow, and topical cayenne ointment. Refer to rheumatoid arthritis for specific recommendations for these herbs.
Are there any side effects or interactions? Refer to the individual herb for information about any side effects or interactions.

References: