

# 6 Natural Ibuprofen Alternatives Backed by Clinical Research

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***With the public's growing awareness of the deadly side effects associated with the regular use of synthetic painkillers like ibuprofen, the need for natural, evidence-based alternatives has never been greater***

**People generally think that over-the-counter drugs are safer than physician-prescribed ones.** Unfortunately that does not hold true for drugs like ibuprofen, consumed at a rate of billions of doses, annually, and responsible for thousands of cardiovascular disease-related deaths each year.

**Did you know that Merck's blockbuster drug Vioxx caused more than 27,000 deaths and heart attacks between 1999 and 2003?** In fact, it was the FDA's own drug safety researcher, David Graham, who blew the whistle on the agency in **2004 at a Congressional**

hearing ([https://www.forbes.com/2004/12/13/cx\\_mh\\_1213faceoftheyear.html#551d0e016d57](https://www.forbes.com/2004/12/13/cx_mh_1213faceoftheyear.html#551d0e016d57)), estimating that over 60,000 Americans died as a result of its use, and the FDA's inaction around their well-known side effects.

**What does this have to do with ibuprofen?** Researchers have known that ibuprofen is at least as dangerous as Vioxx for at least six years (<https://www.reuters.com/article/us-painkillers-risks/high-doses-of-common-painkillers-increase-heart-attack-risks-idUSBRE94S1FV20130529?feedType=RSS&feedName=healthNews>). But millions continue to take this drug, daily, without receiving adequate warning, while heart disease and cardiac mortality statistics continue to expand unabated.

**For further background on the severe and still underreported dangers of ibuprofen, consult the following articles:**

- **Ibuprofen Kills Thousands Each Year, So What Is The Alternative? (/blog/ibuprofen-kills-more-pain-so-what-alternatives)**
- **Ibuprofen Can Stop Your Heart (31% Increase In Cardiac Arrest Risk) (/blog/ibuprofen-can-stop-your-heart-31-increase-cardiac-arrest-risk)**
- **Is Ibuprofen As Deadly As Vioxx? (/blog/ibuprofen-deadly-vioxx)**

**You can also view our ibuprofen database (/toxic-ingredient/ibuprofen) which presently collates the peer-reviewed research on the link between ibuprofen use and over 30 different conditions.**

The screenshot shows a web interface for 'Ibuprofen' research. It features a search bar, a list of diseases researched for ibuprofen, and a list of adverse pharmacological actions. The main content area displays several research abstracts with titles, dates, and expand/collapse icons. On the right, there are 'Ibuprofen Related Articles' with titles and small images.

**Focus Your Research**  
Click any topic below to filter your research

Find Terms for Focused Research

**38 Diseases Researched for Ibuprofen**

NAME	AC	CK	FOCUS
Cardiovascular Diseases	4	50	Q
Cardiac Mortality	3	40	Q
Myocardial Infarction	3	40	Q
Drug-Induced Toxicity	2	30	Q
Coronary Artery Disease	1	20	Q
Hearing Loss	1	20	Q
Heart Failure	2	20	Q
Mortality: All-Cause	2	20	Q
Abortion: Spontaneous	1	10	Q
Carpal Tunnel Syndrome	1	10	Q
Childhood Chronic Lung Diseases	1	10	Q
Childrens Drug-Induced Toxicity	1	10	Q
Congestive Heart Failure	1	10	Q
Dysmenorrhea	1	10	Q

**7 Adverse Pharmacological Actions Researched for Ibuprofen**

NAME	AC	CK	FOCUS
Cardiotoxic	4	43	Q
Hypertensive	1	10	Q
Nephrotoxic	1	10	Q
Teratogenic	1	10	Q

**View The Evidence:**  
34 Abstracts with Ibuprofen Research

Filter by Study Type

Sort Abstracts

**Nonsteroidal antiinflammatory drugs increase cardiovascular events in patients after hospitalization for serious coronary heart disease.** [ + ]  
MAY 01, 2009

**Regular use of aspirin, NSAIDs, or acetaminophen increases the risk of hearing loss in men, and the impact is larger on younger individuals.** [ + ]  
MAR 01, 2010

**A case of pulmonary hypertension following L-lysine ibuprofen therapy has been reported in a preterm infant with patent ductus arteriosus.** [ + ]  
JUN 20, 2006

**Acute renal failure has been associated with non-steroidal anti-inflammatory drugs in healthy children.** [ + ]  
SEP 01, 2005

**Antipyretic agents are ineffective for the prevention of recurrences of febrile seizures and for the lowering of body temperature in patients with a febrile episode that leads to a recurrent febrile seizure.** [ + ]  
SEP 01, 2009

**Efficacy and safety of Curcuma domestica extracts compared with ibuprofen in patients with knee osteoarthritis: a multicenter study.** [ + ]  
DEC 31, 2013

**Ibuprofen has mildly hypertensive properties.** [ + ]  
AUG 01, 2008

**Ibuprofen use is associated with increased mortality.** [ + ]

**Ibuprofen Related Articles**

**Turmeric Extract Puts Drugs For Knee Osteoarthritis To Shame**  
Written by Sayer Ji, Founder  
Millions take anti-inflammatory drugs every day for arthritis and related conditions, but are completely unaware that far safer, and at least as effective, natural alternative already exist – and are as easily accessible and inexpensive as the spices found in your kitchen cupboard.

**Could This Popular Pain-Killer Be Causing Celiac Disease?**  
Written by Sayer Ji, Founder  
With global rates of celiac disease (CD) accelerating, a new study reveals a link between this popular pain killer and intestinal damage consistent with those observed in CD.

**Turmeric Superior to Prozac and Pain-Killers for PMS**  
Written by Sayer Ji, Founder  
Could this ancient spice be superior to drugs for treating premenstrual syndrome (PMS)?

**Tylenol Kills Emotions As Well As Pain, Study Reveals**  
Written by Sayer Ji, Founder  
For decades Tylenol has been used as a pain killer, but new research reveals it has psychiatric side effects including dulled emotional responses to both positive and negative stimuli.

(/toxic-ingredient

/ibuprofen)

**Considering the veritable nightmare of adverse effects associated with ibuprofen use -- the "pain killer" that that is 'so effective' it permanently cures pain by killing the patient -- it behooves both the medical profession and the health consumer to find safer**

alternatives, even if that means going back to the time-tested, multi-culturally validated tradition of herbal medicine.

## **Here are a 6 clinically validated, natural alternatives worth considering:**

1. **Arnica (/substance/arnica): a 2007 study (/article/topical-treatment-arnica-effective-ibuprofen-hand-osteoarthritis)** found that arnica, applied topically, was as effective as ibuprofen for relieving symptoms associated with osteoarthritis of the wrist, and with less side effects.
2. **Ginger (/substance/Ginger): a 2009 stud (/article/ginger-effective-mefenamic-acid-and-ibuprofen-relieving-pain-women-primary-dys)y** found that ginger was effective as ibuprofen for pain symptoms associated with difficult menstrual cycles (dysmenorrhea).
3. **Turmeric (/substance/turmeric): a 2014 study (/article/efficacy-and-safety-curcuma-domestica-extracts-compared-ibuprofen-patients-kne)** found that turmeric extracts were as effective as ibuprofen for relieving symptoms of knee osteoarthritis.
4. **Thyme (/substance/thyme): 2004 study (/article/thymus-vulgaris-least-effective-ibuprofen-reducing-severity-pain-and-spasm-pri)** found that an extract of thyme was as effective as ibuprofen in reducing pain and spasm symptoms associated with difficult menstrual cycles (dysmenorrhea).
5. **Omega-3 fatty acids (/substance/omega-3-fatty-acids): a 2006 study (/article/omega-3-fatty-acids-are-effective-alternative-ibuprofen-reducing-arthritic-pai)** found that omega-3 fatty acid supplementation with fish oil helped neurosurgery patients reduce their need for medications, and experienced results consistent with previous research indicating palliative effects at least as effective as ibuprofen.
6. **Cinnamon (/substance/cinnamon): a 2015 study (/blog/cinnamon-beats-ibuprofen-pain-study-reveals-2)** found that cinnamon was as effective as ibuprofen for pain associated with difficult menstrual cycles (dysmenorrhea).

**For related research, use the GreenMedInfo databases on natural anti-inflammatories (/pharmacological-action/anti-inflammatory-agents) and analgesics (/pharmacological-action/analgesics).** Consider also that ibuprofen is not the only NSAID with debilitating and even lethal side effects. Learn more about the dangers of this chemical class, **including aspirin (/blog/powerful-aspirin-alternative-grows-trees-1)**, on our **NSAID database (/toxic-ingredient/non-steroidal-anti-inflammatory-drugs-nsaids).**

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**Health Freedom** (<http://www.standforhealthfreedom.com>) (501c4), and **UNITE.live** (<http://www.unite.live>), a global, multi-media platform for conscious creators and their communities.

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