

Rheumatoid arthritis and alternative medicine	
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<p>Abstract: <u>Rheumatoid arthritis</u> (RA) is a serious disease of unknown etiology characterized by a chronic polyarthritis during which the main target tissue is synovial lining of the joints, bursa and tendons consequential in varying degrees of joint distortions and associated <u>muscle wasting</u>. Despite, RA is traditionally considered as an inflammatory, systemic, autoimmune disorder but it differs from organ specific autoimmune disease individuals. RA is a most common form of <u>inflammatory joint diseases</u>, a chronic and systemic <u>inflammatory disease</u> of unknown etiology. The effects of RA are around 1% of the adult population with women afflicted more than men. Because RA is going to do most of its damage within the earlier stage, but early diagnosis and aggressive therapy is critical. Left untreated RA may shorten anticipation by the maximum amount as 18 years. New research has emerged of how environmental factors interact with the susceptibility genes and system within the pathogenesis of a serious subgroup of RA. Some basic research has found clues to the pathogenic events connecting RA, and advances have simplified the event of latest classes of therapeutics. This has resulted in heightened interest within the use of complementary and alternative medicine (CAM) therapies, as <u>acupuncture</u> and extracts active compound of medicinal herbs. According to some reports, around 60%–90% of dissatisfied arthritis patients are likely to find the option of CAM therapy. However, it is imperative that scientific evidence about the safety and effectiveness of herbal formulation commonly used by arthritis patients be obtainable to both physicians and patients helping them in making informed decisions.</p>	