

PHYTOCHEMICAL SCREENING OF GINGER EXTRACT AND PREPARATION OF GINGER OINTMENT TO TREAT ARTHRITIS

Abstract

The prevalence of rheumatoid arthritis (RA) in adults is 14.1% globally and 0.7% in India. Considerable progress has been achieved in the last twenty years about the etiology, prognosis, and therapeutic approaches of RA. In 90% of cases, early diagnosis and therapy can stop or lessen joint erosion, preventing permanent impairment. The prognosis for RA has improved because of advancements in therapeutic approaches and diagnostic technologies. Disease-modifying anti-rheumatic drugs, non-steroidal anti-inflammatory drugs, glucocorticoids, and biological medications such as bisphosphonate agents and monoclonal antibodies are examples of medications. In three months, target-treatment techniques seek to eliminate 50% of disease activity; in six months, they seek to reduce disease progression. The health-promoting features and perspective of ginger are contributed by its phytochemistry as a beneficial herbal drug for centuries. The anti-inflammatory property of ginger in osteoarthritis is getting attention nowadays because of its functional components like gingerols, shogaol and paradols that can dominate pain caused by osteoarthritis. These compounds are the potential to inhibit the proliferation of (prostaglandin), leukotriene, and the activation of cytotoxic T-cells. Even some semi-synthetic drugs like ibuprofen can be used in combination therapy. This review aims to update the data on the anti-inflammatory effect of ginger with its potential phytoconstituents.