

# A Review of Herbal Medicine for Rheumatoid Arthritis

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**Abstract:** *This review's goal is to assess Zingiber officinale's potential as a treatment for rheumatoid arthritis. Additionally, our goal is to provide an overview of the mechanism of action of certain Zingiber officinale phytochemicals that are reported to lessen pain in RA patients. Rheumatoid arthritis (RA) is an autoimmune illness that is chronic, inflammatory, and affects the synovial tissue in many joints. Even though RA patients often get symptom relief from traditional therapy, the high rate of adverse effects has prompted study into complementary and alternative medicine. We examined medical literature to verify the effectiveness of numerous medicinal herbs, which are historically utilized in Persian medicine to treat symptomatology related to RA. Important conclusions According to scientific research, conventional medications help treat RA by downregulating pro-inflammatory cytokines like TNF- $\alpha$ , IL-6, and NF- $\kappa$ B; they also suppress oxidative stress; prevent cartilage degradation caused by destructive metalloproteinases; and improve antioxidant function. The medicinal plants have yielded a variety of active ingredients that fall into several chemical groups, such as flavonols, lignans, coumarins, terpenes, glycosyl flavonols, dihydroflavonols, phytoestrogens, sesquiterpene lactones, anthraquinones, alkaloids, and thymoquinones.*

**Keywords:** Herbal Remedies, Medicinal Plants, Phytotherapy, Joint Health

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