

Antirheumatic Drugs

Rheumatic diseases affect your joints tendons, ligaments, bones, and muscles. Among them are many types of arthritis, a term used for conditions that affect your joints.

Sometimes they're called musculoskeletal diseases. Common symptoms include:

- Joint pain
- Loss of motion in a joint or joints
- Inflammation -- swelling, redness, and warmth in a joint or affected area

The medical field that studies these types of conditions is called rheumatology. If your regular doctor thinks you have a rheumatic disease, he'll probably send you to a rheumatologist -- a doctor who's specially trained to treat them.

Your rheumatologist will examine you to diagnose your condition, then oversee a treatment plan for you that will likely include medications, regular exercise, a healthy diet, stress management, and rest.

Common Rheumatic Disorders

Years ago, conditions like this fell under the broad heading of rheumatism. Now there are more than 200 distinct rheumatic diseases. Among the most common ones are:

- Osteoarthritis
- Rheumatoid arthritis (RA)
- Lupus
- Spondyloarthropathies -- ankylosing spondylitis (AS) and psoriatic arthritis (PsA)
- Sjogren's syndrome
- Gout
- Scleroderma
- Infectious arthritis
- Juvenile idiopathic arthritis
- Polymyalgia rheumatica

GUGGUL

Synonyms

Gumgugul, Salai-gogil.

Biological Source

Guggal is a gumresin obtained by incision of the bark of *Commiphora mukul* (H. and S.) Engl., belonging to family Burseraceae.

Geographical Source

The tree is a small, thorny plant distributed throughout India.

Characteristics

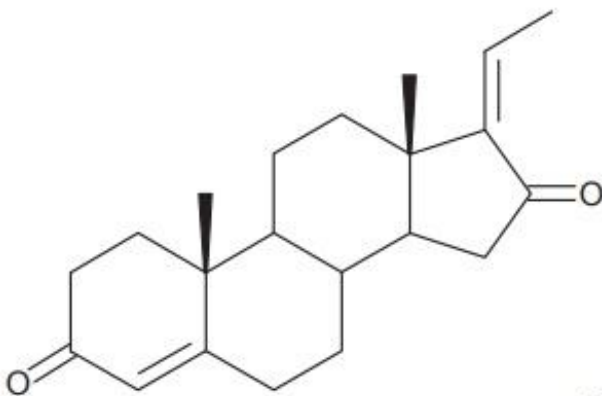
Guggal occurs as viscid, brown tears; or in fragment pieces, mixed with stem, piece of bark; golden yellow to brown in colour. With water it forms a milk emulsion. It has a balsamic odour and taste is bitter, aromatic.



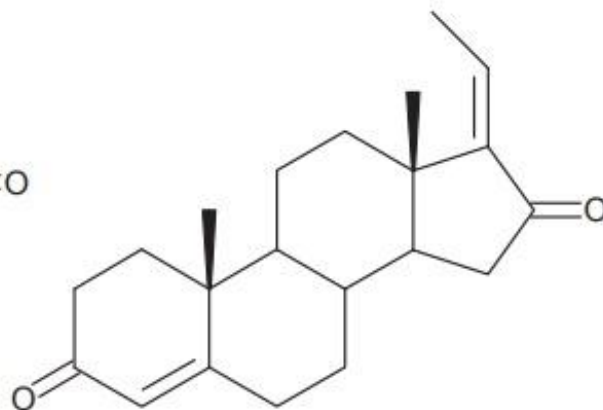
Commiphora mukul

Chemical Constituents

Guggal contains gum (32%), essential oil (1.45%), sterols (guggulsterols I to VI, β -sitosterol, cholesterol, Z- and E-guggulsterone), sugars (sucrose, fructose), amino acids, α -camphorene, cembrene, allylcembrol, flavonoids (quercetin and its glycosides), ellagic acid, myricyl alcohol, aliphatic tetrols, etc.



Z-guggulsterone



E-guggulsterone

Uses

Guggal significantly lowers serum triglycerides and cholesterol as well as LDL and VLDL cholesterols (the bad cholesterols). At the same time, it raises levels of HDL cholesterol (the good cholesterol), inhibits platelet aggregation, and may increase thermogenesis through stimulation of the thyroid, potentially resulting in weight loss. Also gum is astringent, aritirheumatic, antiseptic, expectorant, aphrodisiac, demulcent, and emmenagogue. The resin is used in the form of a lotion for indolent ulcers and as a gargle in teeth disorders, tonsillitis, pharyngitis, and ulcerated throat.

Marketed Products

It is one of the ingredients of the preparations known as Arogyavardhini Gutika (Dabur) and Abana, Diabecon, Diakof (Himalaya Drug Company).

COLCHICUM

Synonyms

Autumn Crocus, Cigdem, Colquico, Meadow Saffron, Naked Boys, European Colchicum Seed.

Biological Source

Colchicum consists of dried ripe seeds and corms of *Colchi-cum autumnale* Linn., belonging to family Liliaceae.

Geographical Source

It is mainly found in Central and South Europe, Germany, Greece, Spain, Turkey and England.

Characteristics

Seeds are 2–3 mm in diameter, globular. Outer Surface is dark reddish-brown, pitted, very hard. Endosperm is large, hard and oily. It is odourless; bitter and acrid in taste.

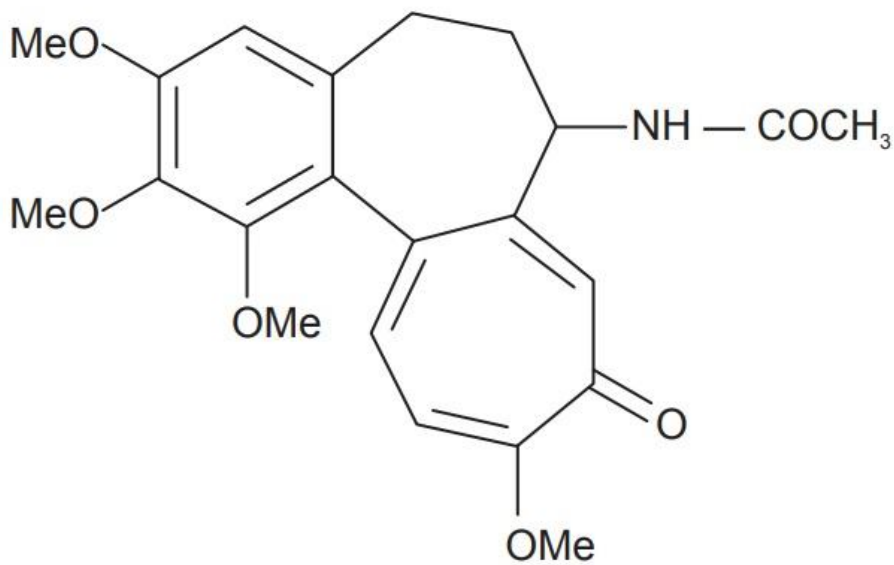
The corm or root is usually sold in transverse slices, notched on one side and somewhat reniform in outline, white and starchy internally, about 1/8 inch thick and varying from 3/4 to 1 inch in diameter. Taste sweetish, then bitter and acrid and odour radish-like in fresh root, but lost in drying.



Twig of *Colchicum autumnale*

Chemical Constituents

The active principle is said to be an alkaline substance of a very poisonous nature called Colchicine. Besides colchicine, demecolcine and other alkaloids are present. They also contain resin, called colchicoresin, fixed oil, glucose and starch.



Colchicine

Chemical Test

Colchicum corm with sulphuric acid (70%) or conc. HCl produces yellow colour due to the presence of colchicines.

Uses

Both the corm and the seeds are analgesic, antirheumatic, cathartic and emetic. They are used mainly in the treatment of gout and rheumatic complaints, usually accompanied with an alkaline diuretic. Leukaemia has been successfully treated with autumn crocus, and the plant has also been used with some success to treat Bechet's syndrome, a chronic disease marked by recurring ulcers and leukaemia. A very toxic plant, it should not be prescribed for pregnant women or patients with kidney disease, and should only be used under the supervision of a qualified practitioner.

Marketed Products

It is one of the ingredients of the preparation known as Aujai capsules (Crown Pharma Exports).