

Antiarthritic Activity Of Anthraquinones Found In Aloe Vera For Podiatric Medicine

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Rheumatoid arthritis is a painful and crippling systemic disease for which there is no cure. The best experimental model for studying rheumatoid arthritis in humans is the adjuvant-induced arthritis in rats. One of the group of compounds found in Aloe is the anthraquinones. These substances have been recognized for their use in veterinary medicine against inflammation. The authors evaluate the anti-inflammatory and antiarthritic activity of anthraquinone, anthracene, cinnamic acid, and anthranilic acid found in the Aloe vera plant, and show what contribution each ingredient makes toward the total activity found in Aloe.

In previous studies, the authors have shown that Aloe gel extract has anti-inflammatory and antiarthritic activity.¹ Combinations of Aloe with ascorbic acid, thymus extract, and RNA significantly improved the activity.² The chemical makeup of Aloe holds a valuable key to antiarthritic activity that could be used by podiatrists to treat patients.³ Elements in Aloe gel include lignin, saponins, anthraquinones, inorganic ingredients / minerals, vitamins, enzymes, and amino acids. Anthraquinones such as anthracene have been recognized for their use in veterinary medicine against inflammation. They possess anti-inflammatory, analgesic, and tissue repair properties.

No doubt anthraquinones have a bearing on the healing and pain-killing effectiveness of the fresh leaf gel. Few people understand the meaning of the anthraquinone complex in Aloe. Many studies verify the successful treatment of burns, ulcers, and dermatitis, but no one knows why Aloe has these healing qualities.⁵ The authors propose to test the antiarthritic and anti-inflammatory activity of anthraquinone, anthracene, cinnamic acid, and anthranilic acid in an adjuvant arthritis model in order to determine if there are possible ingredients that can be used to treat rheumatoid arthritis. This approach will help us understand the antiarthritic activity of Aloe. The purpose of this study is to determine, in part, the active elements in Aloe so as to unlock the mystery of the gel. Many medicines in common use today, such as digitalis and quinidine, were derived in a similar way from barks and leaves.