

# Table of Contents

<b>Title</b>	<b>I</b>	
<b>CERTIFICATE</b> .....	Error! Bookmark not defined.	
<b>DECLARATION</b> .....	Error! Bookmark not defined.	
<b>IAEC Approval of Animal Studies</b> .....	<b>VI</b>	
<b>Dedication</b>	<b>VII</b>	
<b>Acknowledgment</b> .....	<b>VIII</b>	
<b>1</b>	<b>Introduction</b> .....	<b>1</b>
<b>2</b>	<b>Review of Literature</b> .....	<b>1</b>
2.1	Anatomy of human joints <sup>(34, 35)</sup> .....	1
2.2	Structural features of human synovial Joints <sup>(35)</sup> .....	2
2.3	Anatomy of Rat joints <sup>(34, 36, 37)</sup> .....	4
2.4	Joints involved in Rheumatoid Arthritis <sup>(38, 39)</sup> .....	6
2.5	Overview of RA.....	7
2.5.1	Epidemiology <sup>(41)</sup> .....	7
2.5.2	Causative factors, sign and symptoms of RA <sup>(2, 42, 43)</sup> .....	8
2.5.3	Pathogenesis of RA <sup>(44-46)</sup> .....	9
2.5.4	Risk factors associated with aetiopathogenesis of RA <sup>(10, 47, 48)</sup> .....	11
2.5.5	Risk factors and their role in generation of RA .....	12
2.5.6	Clinical stages of Rheumatoid arthritis <sup>(63, 64)</sup> .....	18
2.5.7	Classification of Rheumatoid Arthritis .....	20
2.5.8	Pathogenesis of development of associated cardiovascular complications in RA <sup>(18, 65)</sup> .....	22
2.6	Biomarkers and newer targets involved in pathogenesis of RA .....	23
2.6.1	Role of different biomarkers in pathogenesis of RA .....	24
2.7	Clinical diagnosis and treatment approaches for RA.....	28
2.7.1	Sign and symptoms of RA and associated co morbid conditions.....	29
2.7.2	Treatment algorithm in RA.....	29
2.7.3	Newer approaches in RA therapy .....	30
2.8	Animal models for Rheumatoid Arthritis <sup>(67-70)</sup> .....	33
2.9	Need to develop a new model for RA and co-morbidity in RA .....	34
<b>3</b>	<b>Plant Profile</b> .....	<b>36</b>
3.1	Morphological description of <i>Nigella sativa</i> seed <sup>(75)</sup> .....	37
3.1.1	<i>Nigella sativa</i> Plant Cultivation.....	38
3.1.2	<i>Nigella sativa</i> is an annually growing plant which is 20-90 cm tall at full maturity. It is native to Southern Europe, North Africa and Southwest Asia. Plant also found in Middle Eastern Mediterranean area, South Europe, India (Punjab, Himachal Pradesh, Bihar and Assam), Pakistan, Syria, Turkey and Saudi Arabia. ....	38

3.1.3	Conditions for cultivation of <i>Nigella sativa</i> .....	38
3.1.4	Chemical constituents of <i>Nigella sativa</i> seed <sup>(27, 76)</sup> .....	38
3.1.5	Medicinal and Pharmacological properties of <i>Nigella sativa</i> seed <sup>(29, 75)</sup> .....	38
3.1.6	Brief description of pharmacological studies of phytoconstituents of <i>Nigella sativa</i> seed (28, 77, 78) .....	39
3.1.7	Toxicity account of <i>Nigella sativa</i> <sup>(79)</sup> .....	41
3.2	Morphological description of <i>Carica papaya</i> seed <sup>(30)</sup> .....	44
3.2.1	<i>Carica papaya</i> Plant Cultivation .....	45
3.2.2	Conditions for cultivation of <i>Carica papaya</i> .....	45
3.2.3	Chemical constituents of <i>Carica papaya</i> Seed.....	45
3.2.4	Medicinal and Pharmacological activities of <i>Carica papaya</i> seed <sup>(80)</sup> .....	46
3.2.5	Brief description of pharmacological studies of phytoconstituents of <i>Carica papaya</i> seed-.....	47
3.2.6	Toxicity account of <i>Carica Papaya</i> <sup>(81)</sup> .....	48
3.3	Morphological description of <i>Momordica charantia</i> seed <sup>(82)</sup> .....	50
3.3.1	Conditions for cultivation of <i>Momordica charantia</i> .....	51
3.3.2	Chemical constituents of <i>Momordica charantia</i> seed <sup>(33, 83)</sup> .....	51
3.3.3	Medicinal and Pharmacological properties of <i>Momordica charantia</i> seed <sup>(83)</sup> .....	52
3.3.4	Brief description of pharmacological studies of phytoconstituents of <i>Momordica</i> <i>charantia</i> seed- .....	53
3.3.5	Toxicity account of <i>Momordica charantia</i> seed <sup>(84)</sup> .....	54
3.4	Plant collection and Authentication.....	55
3.5	Avocation for choosing these particular herbs.....	55
<b>4</b>	<b>Material and Methods .....</b>	<b>58</b>
4.1	Material.....	58
4.1.1	Inducing and sensitizing agents:.....	58
4.1.2	Standard drug:.....	58
4.1.3	Plant material for test drug: .....	58
4.1.4	Chemicals: .....	58
4.1.5	Colorimetric and ELISA estimation kits: .....	59
4.1.6	Components of High Fat Diet:.....	59
4.1.7	Pathological and clinical investigations:.....	59
4.1.8	Animals for <i>in-vivo</i> experimentation: .....	59
4.2	Methods .....	60
4.2.1	Methodology for section I (Methodology for pharmacognostic, physicochemical and phytochemical evaluation of selected crude drugs, powders and their extracts).....	61
4.3	Methodology for section II (Methods for <i>In-vivo</i> experimental design).....	68
4.3.1	Preparation, development and standardization of drugs and inducing agents for <i>in- vivo</i> experiments.....	68
4.3.2	Methods and protocols adopted for model development.....	70
4.3.3	Role of specific antigen in disease progression .....	73
4.3.4	Protocol followed for study design I .....	75
4.3.5	Protocol followed for study design II .....	78
4.4	Methodology for section III (Methodology adopted for model validation steps).....	81
4.4.1	Selection of validation criteria for model development for RA and CVD in RA.....	82

4.4.2	Evaluation parameters for Pre validation: .....	87
4.4.3	Physical Indicators.....	87
4.4.4	Perceptible Indicators <sup>(104)</sup> .....	88
4.4.5	Biochemical indicators .....	91
4.4.6	Indicators for inflammatory responses .....	91
4.4.7	Immunological markers.....	93
4.4.8	Lipid Profile <sup>(122)</sup> .....	100
4.4.9	Statistical Analysis: .....	103
4.4.10	Methods for final model validation: .....	104
4.4.11	Same weight score method using FIMD <sup>(124)</sup> :.....	104
4.4.12	Comparison of developed models to get a novel, validated and optimized model.....	113
4.5	Methodology for section IV (Pharmacological evaluation of NSAE, CPAE and MCAE in validated model of Rheumatoid Arthritis).....	114
4.5.1	Dose selection for test drugs for evaluation.....	114
4.5.2	Combination dose selection for validated model of CVD in RA .....	115
4.6	Methodology for Section V (Formulation development) .....	116
4.6.1	Conversion of animal dose to human dose .....	117
4.6.2	Formulation and development of tablets of aqueous extracts of <i>Nigella sativa</i> , <i>Carica papaya</i> and <i>Momordica charantia</i> seed aqueous extract .....	119
4.6.3	Material used for formulation development .....	119
4.6.4	Procedure for development of tablet.....	121
<b>5</b>	<b>Results.....</b>	<b>124</b>
5.1	Results of section I.....	124
5.1.1	Results of Pharmacognostic studies (Macroscopic characterization):.....	124
5.1.2	Results of Physico-chemical studies of plant material: .....	125
5.1.3	Results of Proximate analysis.....	125
5.1.4	Results of preliminary phytochemical studies .....	127
5.1.5	Results of heavy metal analysis.....	128
5.1.6	Results of microbial Profile .....	128
5.1.7	Results of qualitative determination of markers of interest using Thin Layer Chromatography .....	129
5.1.8	Results of quantitative determination of markers of interest using UV spectroscopy.	129
5.2	Results of Section II ( <i>in- vivo</i> model development): .....	136
5.2.1	Results of Study design-I (Development of animal models for replication of Rheumatoid arthritis).....	136
5.2.2	Results of RA model developed using collagen and LPS (CIA) .....	150
5.2.3	Result comparison of study I for selection of best RA model .....	160
5.2.4	Comparative analysis for CFA and CIA induced RA with LPS: .....	167
5.2.5	Results of study design- II (Model Development studies for cardiovascular complications in Rheumatoid Arthritis) .....	168
5.3	Results of Section III (Results of adopted model validation steps Model).....	178
5.3.1	Results of Model validation on the basis of face validity construct validity and predictive validity measures).....	178
5.3.2	Results of Primary validation methods to optimize external and predictive validity ..	178
5.3.3	Outcomes of FIMD for optimization and comparison for developed models for RA.	179
5.4	Results of section IV .....	184

5.4.1	Comparison of NSAE, CPAE and MCAE in validated model of Rheumatoid Arthritis:	184
5.4.2	Effects of combination of NSAE, CPAE and MCAE on Paw volume in cardiovascular complications in RA .....	194
5.4.3	Photographic assessment of disease severity at different phases for human resemblance	209
5.4.4	Gross radiographic assessment of RA and disease severity .....	211
5.4.5	Histopathological assessment of combination treatment on disease progression.....	213
5.5	Results of Section V .....	216
5.5.1	Results of standardization of formulation.....	216
5.5.2	Quantification of markers in extracts for formulation development .....	217
5.5.3	Results of instrumental analysis: .....	217
<b>6</b>	<b>Discussion .....</b>	<b>221</b>
<b>7</b>	<b>Summary .....</b>	<b>231</b>
<b>8</b>	<b>Applications.....</b>	<b>237</b>
<b>9</b>	<b>Future Scope .....</b>	<b>239</b>
<b>10</b>	<b>References.....</b>	<b>240</b>
<b>11</b>	<b>Acknowledgment .....</b>	<b>247</b>
<b>12</b>	<b>Annexure .....</b>	<b>248</b>
<b>13</b>	<b>Supplementary file.....</b>	<b>262</b>