

REVIEW

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Benefits of antioxidant supplements for knee osteoarthritis: rationale and reality

Ashok Kumar Grover^{1*} and Sue E. Samson

Abstract

Arthritis causes disability due to pain and inflammation in joints. There are many forms of arthritis, one of which is osteoarthritis whose prevalence increases with age. It occurs in various joints including hip, knee and hand with knee osteoarthritis being more prevalent. There is no cure for it. The management strategies include exercise, glucosamine plus chondroitin sulfate and NSAIDs. In vitro and animal studies provide a rationale for the use of antioxidant supplements for its management. This review assesses the reality of the benefits of antioxidant supplements in the management of knee osteoarthritis. Several difficulties were encountered in examining this issue: poorly conducted studies, a lack of uniformity in disease definition and diagnosis, and muddling of conclusions from attempts to isolate the efficacious molecules. The antioxidant supplements with most evidence for benefit for pain relief and function in knee osteoarthritis were based on curcumin and avocado-soya bean unsaponifiables. Boswellia and some herbs used in Ayurvedic and Chinese medicine may also be useful. The benefits of cuisines with the appropriate antioxidants should be assessed because they may be more economical and easier to incorporate into the lifestyle.

Keywords: Arthritis, Turmeric, Curcumin, Piperine, Avocado, Boswellia, Superoxide, Peroxide, Peroxynitrite

Current knowledge

Arthritis may have originated before man itself since it also afflicts other primates [1]. The disease causes disability due to pain and inflammation in joints. There are many different types of arthritis of which rheumatoid arthritis and osteoarthritis (OA) are the most common. Rheumatoid arthritis is an autoimmune disease that affects mainly small joints such as those in the fingers of the hand. OA affects large joints such as hips and knees and also those in the hands. OA is a leading cause of disability with an unknown cause or cure. The global age standardised prevalence of OA in the knee and hip has recently been reported to be 3.8 and 0.85 %, respectively [2]. Worldwide estimates indicate that 9.6 % of men and 18 % of women >60 years have symptomatic OA (<http://www.who.int/chp/topics/rheumatic/en/>). Other risk factors of knee OA include trauma such as torn meniscus, occupation, exercise, gender (more common in females), ethnicity, genetics, obesity, diet and bone density [2]. Since OA normally progresses with

age, its economic burden may increase with the aging human population in the coming decades. This review will focus on knee OA which is more common. The knee joints are the largest and being synovial joints, they provide a very high degree of mobility. A knee joint provides two articulations - one between tibia and femur and the other between patella and femur [3, 4]. The joints allow for flexion, extension and a limited degree of rotation. It contains a bone-cartilage interface and a synovial body. The synovial body contains the fluid whose composition and viscosity are key to the knee operation. The bone-cartilage interface is a complex functional unit and biocomposite at the centre of joint function in which the individual components interact cooperatively and synergistically. Due to this intimate contact between bone and cartilage, any changes in either tissue will influence the other component. Its role in knee OA is discussed in the next section.

Pathophysiology of knee OA

The suggested causes for the development of OA include genetic predisposition, aging, obesity, trauma, and

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