Science is what you know. Philosophy is what you don't know.
- Bertrand Russell; English philosopher and mathematician.
SUMMARY

There is a plethora of allopathic and herbal drugs that are used in arthritis. In spite of their high efficacy, allopathic drugs can not be used for a prolonged period as they have some severe side effects. The scenario is, by large, quite grim as many of the polyherbal formulation (especially the proprietary products) contain large number of ingredients and it would lead to analyse them and many of the ingredients may, probably, be redundant. Methi is a common spice in Indian cuisine and also shown to be very useful in lowering Cholesterol and in bringing down the blood glucose. The petroleum ether extract (methi oil) showed very significant and marked activity in Carrageenan induced paw edema. The inhibition of paw edema was 46.15%. Methi oil also reduced the formulation of granuloma formation by 47.03% in a Cotton Pellet induced arthritic model in rats. Methi oil (0.6 ml/kg) also exhibited 88% reduction in formaldehyde induced rat paw edema.

The activity of Methi oil in Adjuvant induced arthritis was not found to be very significant. It showed a biphasic activity during the 30 day period of study. Probably the drug may not be acting on the pathways triggered by the immunity system. The oil had very high saponification value and had only 2% unsaponified matter. The oil has extremely low specific gravity. Methi oil to contain stearic acid, linoleic acid and linolenic acid. The high activity found in the oil may at least partly be due to the polyunsaturated fatty acids.

Turmeric oleo-resin also showed pronounced activity on Carrageenan induced rat paw edema. It brought down the swelling of rat paw by, 78.46% within three hours. The activity is as good as a 100 mg/kg dose of phenylbutazone. Turmeric oleo-resin also prevented granuloma formation on Cotton Pellets. The inhibition was found to be 43.46%.
Turmeric oleo-resin at a dose of 0.6 gm/kg body weight, lowered formaldehyde induced rat paw oedema by 44 %. Thus turmeric exhibited significant activity in all the three models. The activity can be mainly due to curcumin present in it.

Salai guggal exhibited the highest activity in Carrageenan induced rat paw edema, Cotton Pellet induced granuloma formation and in Formaldehyde induced paw edema. Earlier workers did not find activity of alcoholic extract of salai guggal on granuloma formation of Cotton Pellet model. But we observed significant inhibition (48.27 %) of formation of granulomatous tissue formation in Cotton Pellet induced arthritic model.

Thus all the three ingredients exhibited marked anti-inflammatory activity in acute and chronic proliferative models. The combination of these drugs methi oil, turmeric oleo-resin and alcoholic extract of Boswellia Serrata (2 : 2 : 2) at a dose of 0.6gm/kg body weight showed activities greater than the individual ingredients in the Carrageenan induced rat paw edema and granuloma formation in Cotton Pellet rat model.

Thus the study clearly established the anti-inflammatory and anti-arthritic activity of methi oil. This is, perhaps the first comprehensive study on the anti-inflammatory and anti-arthritic activity of methi oil. The proposed combination of drugs proved to be quite effective and it would be Worth while developing a suitable formulation incorporating these three drugs.