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THERAPEUTIC POTENTIAL OF LAMB'S QUARTERS (*CHENOPODIUM ALBUM*): A NATURAL REMEDY FOR RHEUMATOID ARTHRITIS

Tasawar Iqbal*

Institute of Physiology and Pharmacology, University of Agriculture, Faisalabad, Pakistan.

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***Corresponding author:**

Tasawar Iqbal

Associate Professor of Pharmaceutics, Red Sea University, Sudan.

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ABSTRACT

Rheumatoid arthritis (RA) is a chronic autoimmune disorder characterized by persistent inflammation, synovial hyperplasia, and progressive joint damage. Conventional treatment options, including nonsteroidal anti-inflammatory drugs and disease-modifying antirheumatic drugs, often present adverse effects and limited long-term efficacy. In recent years, medicinal plants have gained significant attention for their potential in managing RA with minimal side effects. Chenopodium album, commonly known as Lamb's quarters, is a widely distributed plant with a rich history in traditional medicine. It contains various bioactive compounds, including flavonoids, alkaloids, saponins, and polyphenols, which contribute to its anti-inflammatory, antioxidant, and immunomodulatory properties. This review explores the therapeutic potential of C. album in RA, emphasizing its mechanism of action in inhibiting pro-inflammatory cytokines such as TNF-α, IL-6, and IL-1β, regulating oxidative stress, and modulating immune responses. Preclinical studies suggest that C. album may alleviate RA symptoms by targeting key inflammatory pathways, such as NF-κB and MAPK signaling, and reducing synovial tissue damage. Additionally, its potential as a complementary or alternative therapy alongside conventional RA treatments is discussed. Despite promising pharmacological properties, clinical validation, standardization of dosage, and safety evaluations remain necessary for its integration into mainstream medicine. Further research, including well-designed clinical trials, is crucial to establish its efficacy, bioavailability, and optimal therapeutic formulations. C. album holds significant promise as a natural remedy for RA, offering a safer and potentially more effective alternative to conventional pharmacotherapy.

KEYWORDS: Chenopodium album, Rheumatoid arthritis, Anti-inflammatory, Antioxidant, Medicinal plants, Immunomodulation.

1. INTRODUCTION

Rheumatoid arthritis (RA) is a chronic autoimmune disease that primarily affects the joints, causing inflammation, pain, swelling, and progressive cartilage and bone damage. It arises due to an abnormal immune response that targets the synovial membrane, leading to persistent inflammation and eventual joint deformity. The disease significantly impacts patients' quality of life, reducing mobility and increasing the risk of comorbidities such as cardiovascular disorders (T. Iqbal, Fatima, et al., n.d.). Conventional treatment strategies for RA involve the use of nonsteroidal anti-inflammatory drugs (NSAIDs), disease-modifying antirheumatic drugs (DMARDs), and biological therapies. While these medications help manage symptoms and slow disease progression, they are often associated with severe side effects, including gastrointestinal issues, immunosuppression, and hepatotoxicity. Additionally, long-term use of these treatments may lead to drug resistance or diminished therapeutic effects. As a result, there is a growing demand for safer, more sustainable, and natural alternatives to complement or replace conventional RA therapies. In recent years, medicinal plants have gained significant attention for their potential role in RA management (Hasan et al., 2022).

One such plant is Chenopodium album, commonly known as Lamb's quarters, a highly nutritious and widely available species used in traditional medicine across various cultures. C. album is rich in bioactive compounds, including flavonoids, alkaloids, polyphenols, and saponins, which exhibit anti-inflammatory, antioxidant, and immunomodulatory properties. Traditionally, it has been used for treating inflammatory conditions, and digestive disorders, and as a general health tonic. Given its promising pharmacological profile, researchers are now

exploring its therapeutic potential in managing RA by targeting inflammatory pathways and oxidative stress. Understanding its mechanisms of action and clinical relevance could open new avenues for developing safer, plant-based RA treatments (Chamkhi et al., 2022).

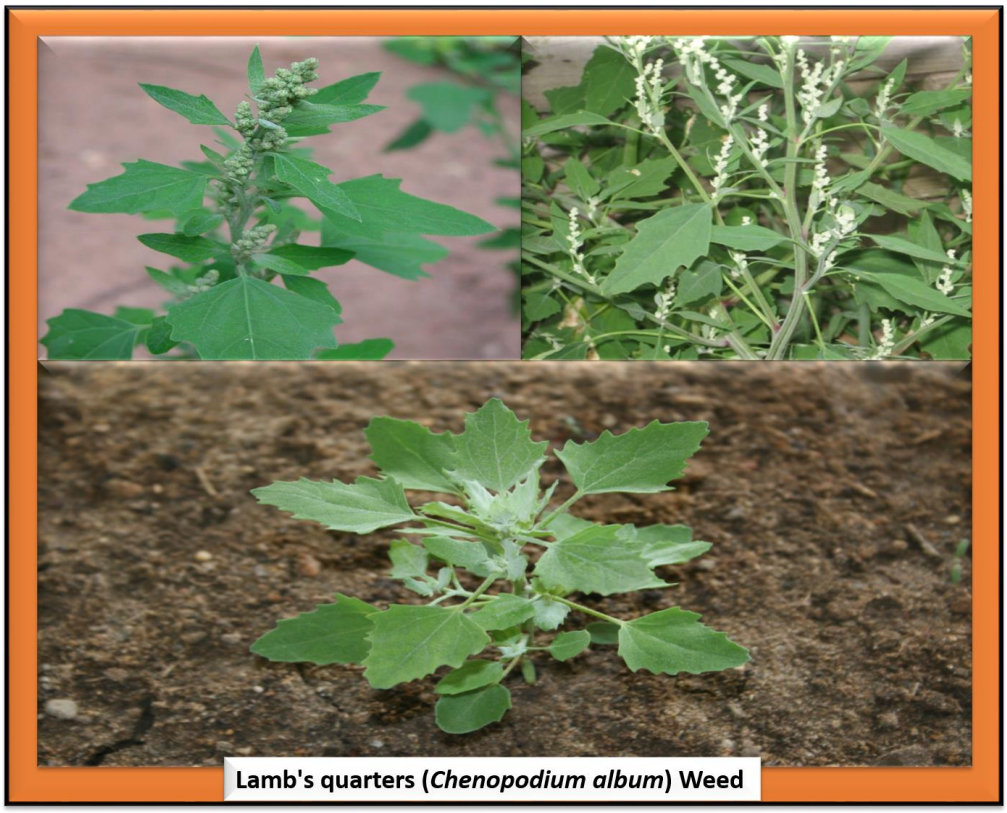

Figure No: 1. Lamb's Quarters (*Chenopodium album*) Weed.

2. PHYTOCHEMICAL COMPOSITION OF CHENOPODIUM ALBUM

2.1. Bioactive compounds

Chenopodium album, commonly known as Lamb's quarters, is a nutrient-rich plant with a diverse range of bioactive compounds that contribute to its medicinal properties. Various phytochemicals, including flavonoids, alkaloids, saponins, terpenoids, and polyphenols, have been identified in *C. album*, each playing a crucial role in its therapeutic effects (Faisal et al., n.d.). Flavonoids, such as quercetin and kaempferol, are known for their potent anti-inflammatory and antioxidant activities, which help in reducing oxidative stress and inflammatory responses associated with rheumatoid arthritis (RA) (Umair et al., 2022). Alkaloids exhibit immunomodulatory properties, potentially regulating immune system activity to prevent excessive autoimmune reactions. Saponins contribute to anti-inflammatory and analgesic effects, which may alleviate joint pain and swelling in RA patients. Additionally, terpenoids and polyphenols provide strong free radical-scavenging capabilities, further protecting joint tissues from oxidative damage (Majumdar et al., n.d.).

2.2. Antioxidant and anti-inflammatory properties of key phytochemicals

The antioxidant and anti-inflammatory properties of these phytochemicals make *C. album* a promising natural remedy for RA. Flavonoids and polyphenols are particularly effective in neutralizing reactive oxygen species (ROS), which play a key role in joint degeneration in RA. By mitigating oxidative damage, these compounds help prevent synovial tissue destruction and cartilage degradation. Additionally, the ability of *C. album* to modulate inflammatory cytokines, such as TNF-α, IL-6, and IL-1β, suggests its potential in controlling chronic inflammation in RA patients (Gandhi et al., 2022).

2.3. Comparison with other medicinal plants used for RA

When compared to other medicinal plants used for RA, such as Curcuma longa (turmeric) and Withania somnifera (ashwagandha), *C. album* demonstrates similar anti-inflammatory and antioxidant properties, with the added benefit of being widely available and traditionally consumed as a leafy vegetable. Its phytochemical profile makes it a viable alternative or adjunct therapy for RA, warranting further research to establish its clinical efficacy and safety (Prasad et al., 2021).

Table No. 1: Therapeutic Potential of *Lamb's Quarters (Chenopodium album)* for Rheumatoid Arthritis.

Sr.No.	Category	Key Component/Effect	Mechanism of Action	Potential Benefit for RA	Study Type	References
1	Phytochemicals	Flavonoids, Alkaloids, Saponins	Anti-inflammatory, antioxidant properties	Reduces joint inflammation	Preclinical studies	(Nisar et al., 2023)
2	Anti-inflammatory effects	TNF-α, IL-6, IL-1β inhibition	Modulation of NF-κB and MAPK pathways	Lowers cytokine-induced inflammation	In vitro & animal models	(Laczko et al., 2020)
3	Antioxidant activity	Polyphenols, Vitamin C, Carotenoids	Scavenges free radicals, reduces oxidative stress	Prevents cartilage damage	In vivo studies	(Miazek et al., 2022) (Altaf, Iqbal, et al., 2023)
4	Immunomodulation	T-cell & B-cell regulation	Controls immune overactivation	Prevents synovial inflammation	Preclinical research	(Yang & Zhu, 2024) (Saqib et al., 2023)
5	Pain relief	Anti-nociceptive compounds	Blocks pain pathways	Alleviates joint pain	Animal models	(Xiao et al., 2024)
6	Herbal formulation	Decoction, Extracts, Powders	Enhances bioavailability	Improves therapeutic effect	Traditional medicine	(Xiao et al., 2024)
7	Drug delivery methods	Nanoemulsions, Liposomes	Enhances stability & targeted delivery	Increases absorption & efficacy	Emerging research	(Choi & McClements, 2020) (M. U. Iqbal et al., 2024)
8	Comparison with NSAIDs	Less gastrointestinal toxicity	Natural inhibition of inflammation	Reduced side effects	Comparative studies	(Arfeen et al., 2024)
9	Clinical potential	Anti-inflammatory synergy	Combination with RA drugs for enhanced effects	Adjunct therapy possibility	Limited human trials	(Kour et al., 2021) (Altaf & Iqbal, n.d.)
10	Toxicity concerns	Oxalates, Nitrates	Risk of kidney stone formation in high doses	Requires dosage optimization	Toxicological studies	(Marais, 2020)
11	Recommended dosage	300–500 mg/day (estimated)	Based on preclinical data	Safe therapeutic range	Animal studies	(Jacob et al., 2022)
12	Contraindications	Pregnancy, Kidney disorders	Potential adverse effects	Requires medical supervision	Expert recommendations	(de Jong et al., 2022)
13	Personalized medicine	Genetic variations	Tailored treatment approach	Improved patient-specific outcomes	Future research	(Navaei, 2025) (Humaira et al., 2023)
14	Synergistic potential	Combination with Curcumin, Resveratrol	Enhanced anti-inflammatory effect	Better disease management	Experimental studies	(Zhang et al., 2022)
15	Future prospects	Clinical trials & nanotechnology	Validation for mainstream medicine	Potential for pharmaceutical use	Ongoing investigations	(Thapa & Kim, 2023)

3. MECHANISMS OF ACTION IN RHEUMATOID ARTHRITIS

The therapeutic potential of *Chenopodium album* in rheumatoid arthritis (RA) can be attributed to its strong anti-inflammatory effects, which are primarily mediated through the inhibition of key pro-inflammatory cytokines and the modulation of critical signaling pathways (T. Iqbal, Altaf, Salma, et al., 2024). Chronic inflammation in RA is driven by an overactive immune response, leading to persistent synovial inflammation, joint destruction, and pain. Bioactive compounds in *C. album*, particularly flavonoids, polyphenols, and saponins, play a significant role in counteracting these pathological processes (Singh et al., 2020).

3.1. Inhibition of Pro-Inflammatory Cytokines (TNF-α, IL-6, IL-1β)

Such as tumor necrosis factor-alpha (TNF-α), interleukin-6 (IL-6), and interleukin-1 beta (IL-1β) are central to the progression of RA. These cytokines promote synovial hyperplasia, cartilage degradation, and bone erosion by activating immune cells and stimulating the production of matrix metalloproteinases (MMPs) (Mushtaq et al., n.d.). Studies suggest that phytochemicals in *C. album* can downregulate the expression and secretion of these cytokines, thereby reducing inflammation and joint damage. Flavonoids, in particular, have been shown to suppress cytokine release by inhibiting key transcription factors involved in inflammatory responses (Kondo et al., 2021).

3.2. Modulation of NF-κB and MAPK Signaling Pathways

The nuclear factor-kappa B (NF-κB) and mitogen-activated protein kinase (MAPK) pathways are critical regulators of inflammation in RA. NF-κB is a transcription factor that activates the expression of inflammatory mediators, while the MAPK pathway is involved in cellular responses to stress and inflammation. Overactivation of these pathways leads to excessive production of pro-inflammatory cytokines and perpetuates RA pathology (T. Iqbal & Altaf, 2024). Bioactive compounds in *C. album* are believed to inhibit NF-κB activation, preventing the transcription of inflammatory genes. Additionally, suppression of the MAPK pathway reduces the phosphorylation of key signaling proteins, ultimately lowering the inflammatory response. By targeting both cytokine production and inflammatory signaling pathways, *Chenopodium album* presents a promising natural alternative for RA treatment. Further in vitro and in vivo studies are needed to confirm these mechanisms and establish its efficacy in clinical settings (J. Li et al., 2020).

3.3. Antioxidant Potential

Oxidative stress plays a crucial role in the pathogenesis of rheumatoid arthritis (RA), contributing to joint inflammation, synovial damage, and cartilage degradation. The excessive production of reactive oxygen species (ROS) and reactive nitrogen species (RNS) in RA patients leads to oxidative damage, which exacerbates inflammation and promotes disease progression. *Chenopodium album* is rich in antioxidant phytochemicals, including flavonoids, polyphenols, and terpenoids, which help combat oxidative stress and protect joint tissues from damage (Zamudio-Cuevas et al., 2022).

Role in Reducing Oxidative Stress in RA

In RA, oxidative stress arises from the overactivation of immune cells such as macrophages and neutrophils, which generate ROS as part of the inflammatory response. Excessive ROS levels can damage synovial fibroblasts, leading to increased expression of inflammatory cytokines and activation of destructive enzymes like matrix metalloproteinases (MMPs) (Saleem et al., 2023). The antioxidant compounds in *C. album* neutralize these harmful oxidants, thereby reducing oxidative damage and slowing RA progression. By lowering oxidative stress, *C. album* also helps maintain mitochondrial function, preventing cellular dysfunction and apoptosis in joint tissues (Wójcik et al., 2021).

Scavenging of Free Radicals

The free radical-scavenging ability of *C. album* is primarily attributed to its high flavonoid and polyphenol content. These compounds act as electron donors, stabilizing free radicals and preventing them from causing further cellular damage. In addition, they enhance the activity of endogenous antioxidant enzymes such as superoxide dismutase (SOD), catalase (CAT), and glutathione peroxidase (GPx), which play a crucial role in detoxifying ROS (Altaf, Khan, et al., 2023). By promoting an optimal balance between pro-oxidants and antioxidants, *C. album* helps mitigate oxidative stress-induced inflammation in RA. The dual anti-inflammatory and antioxidant properties of *C. album* make it a promising natural remedy for RA. Further research is needed to explore its mechanistic pathways and develop standardized formulations for therapeutic applications (Wójcik et al., 2021).

3.4. Immunomodulatory Activity

Rheumatoid arthritis (RA) is an autoimmune disorder characterized by dysregulated immune responses, leading to chronic inflammation and joint destruction. A key aspect of RA pathophysiology is the overactivation of T cells, B cells, and macrophages, which contribute to excessive production of pro-inflammatory cytokines and autoantibody formation. *Chenopodium album* exhibits immunomodulatory properties, helping to regulate immune cell activity and reduce synovial inflammation, thereby mitigating joint damage (Weyand & Goronzy, 2021).

Impact on Immune Cell Regulation (T Cells, B Cells, Macrophages)

In RA, T cells, particularly Th1 and Th17 subsets, play a central role in driving inflammation by producing cytokines such as IL-17, IFN-γ, and TNF-α, which promote synovial hyperplasia and cartilage destruction. *C. album* contains bioactive compounds like flavonoids, saponins, and alkaloids, which have been shown to suppress overactive T cell responses and restore immune balance. Additionally, it may enhance the function of regulatory T cells (Tregs), which help maintain immune tolerance and prevent autoimmune attacks on joint tissues (Akhter et al., 2023).

B cells in RA contribute to disease progression by producing autoantibodies such as rheumatoid factor (RF) and anti-citrullinated protein antibodies (ACPAs), which trigger immune complex formation and complement activation, further aggravating joint inflammation. *C. album* may help reduce B cell hyperactivity, limiting autoantibody production and subsequent immune-mediated damage. Macrophages, particularly M1-polarized pro-inflammatory macrophages, are major contributors to RA inflammation by secreting TNF-α, IL-6, and IL-1β. Phytochemicals in *C. album* have been suggested to shift macrophage polarization toward the M2 anti-inflammatory phenotype, reducing the release of harmful cytokines and promoting tissue repair (Volkov et al., 2020).

Prevention of Synovial Inflammation and Joint Damage

Chronic synovial inflammation in RA leads to pannus formation, cartilage degradation, and bone erosion. By modulating immune cell activity and reducing cytokine production, *C. album* can help prevent synovial thickening, limit inflammatory cell infiltration, and protect against cartilage destruction. Additionally, its antioxidant properties further protect joint tissues from oxidative

damage, reinforcing its potential as a natural therapeutic agent for RA. The immunomodulatory effects of *C. album* highlight its potential as a complementary therapy for RA, targeting immune dysregulation at multiple levels. Further research is essential to elucidate its precise mechanisms and clinical efficacy in RA patients (Papadogianni & Lambrou, 2023).

3.5. Pain-Relieving Properties

Pain is one of the most debilitating symptoms of rheumatoid arthritis (RA), resulting from persistent inflammation, joint damage, and heightened pain sensitivity due to immune system dysregulation. Conventional analgesics, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and opioids, provide temporary relief but come with significant side effects, including gastrointestinal toxicity and dependence (Altaf et al., 2024). *Chenopodium album* has been traditionally used for pain relief, and emerging evidence suggests its potential analgesic and anti-nociceptive mechanisms could provide a safer, plant-based alternative for managing RA-associated pain (Mathias et al., 2021).

Potential Analgesic and Anti-Nociceptive Mechanisms

The pain-relieving effects of *C. album* are largely attributed to its phytochemical composition, particularly flavonoids, alkaloids, saponins, and polyphenols, which influence pain perception by modulating key pathways involved in pain signaling (Rengasamy et al., 2021).

Inhibition of Pro-Inflammatory Cytokines and Mediators: Chronic pain in RA is driven by inflammatory mediators such as TNF-α, IL-6, IL-1β, and prostaglandins (PGE2), which sensitize nociceptors and amplify pain signals. The anti-inflammatory compounds in *C. album* can suppress the release of these cytokines, reducing peripheral and central sensitization to pain (Kaur et al., 2024).

Modulation of the Opioid and Cannabinoid Systems: Some bioactive compounds in *C. album* may interact with opioid and cannabinoid receptors, which are critical in pain modulation. Flavonoids and alkaloids have been reported to enhance endogenous opioid activity, potentially leading to natural analgesic effects without the adverse effects of synthetic opioids (Crescente et al., 2022).

Suppression of Oxidative Stress-Related Pain: Oxidative stress plays a significant role in pain signaling by activating TRPV1 receptors (transient receptor potential vanilloid 1), which are involved in inflammatory pain perception. The antioxidant compounds in *C. album* help neutralize reactive oxygen species (ROS), preventing oxidative stress-induced nociception and reducing pain hypersensitivity (S. Wang et al., 2023).

Regulation of the NF-κB and MAPK Pathways: Chronic pain is often associated with the activation of NF-κB and MAPK pathways, which enhance pain-related gene expression. By inhibiting these pathways, *C. album* may reduce pain perception and neuronal hypersensitivity, offering long-term pain relief (D.-Y. Li et al., 2023).

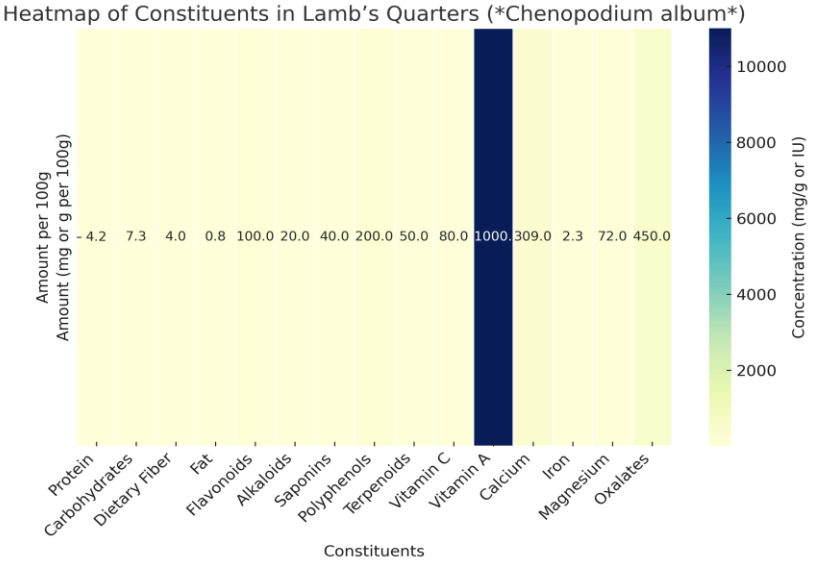

Figure No. 2: Heatmap representing the constituents of *Lamb's Quarters (Chenopodium album)* with their relative concentrations per 100g.

4. PRECLINICAL AND CLINICAL STUDIES ON CHENOPODIUM ALBUM FOR RA

Preclinical and clinical studies play a crucial role in validating the therapeutic potential of *Chenopodium album* for rheumatoid arthritis (RA). Various in vitro and in vivo studies have investigated its anti-inflammatory, antioxidant, immunomodulatory, and analgesic effects, shedding light on its possible mechanisms of action. Experimental models such as Freund's Complete Adjuvant (FCA)-induced arthritis and collagen-induced arthritis

(CIA) are widely used to mimic human RA in animal studies (T. Iqbal, Altaf, Fatima, et al., 2024). These models help evaluate the efficacy of *C. album* by assessing parameters such as joint swelling, inflammatory cytokine levels, oxidative stress markers, and histopathological changes in synovial tissues. Studies suggest that bioactive compounds in *C. album*, particularly flavonoids and polyphenols, can significantly reduce paw edema, downregulate pro-inflammatory cytokines (TNF-α, IL-6, IL-1β), and inhibit NF-κB activation, leading to reduced synovial inflammation and joint damage. Additionally, antioxidant assays in experimental models have shown that *C. album* enhances the activity of endogenous enzymes such as superoxide dismutase (SOD), catalase (CAT), and glutathione peroxidase (GPx), which are critical in mitigating oxidative stress-related joint degeneration (Rengasamy et al., 2021).

Despite promising preclinical evidence, clinical research on *C. album* in RA patients remains limited. Few studies have explored its therapeutic effects in human subjects, and most available data are derived from traditional medicine practices or anecdotal reports. However, preliminary clinical observations indicate that patients consuming *C. album* extracts or formulations experience reduced joint stiffness, alleviated pain, and improved mobility, suggesting its potential as an adjunctive treatment. Current research on *C. album* for RA faces several limitations. There is a lack of standardized extracts and dosages, making it difficult to compare results across studies. Additionally, more randomized controlled trials (RCTs) and long-term human studies are needed to confirm its safety, efficacy, and potential drug interactions. Addressing these research gaps will be crucial for establishing *C. album* as a scientifically validated natural remedy for RA (Rengasamy et al., 2021).

Table No: 2. The overview of the key bioactive compounds, their pharmacological roles, safety considerations, and estimated doses of *Chenopodium album.*

Sr. No	Composition	Pharmacological Importance	Mechanism of Action	Safety Profile	Dose Rate	References
1	Flavonoids	Anti-inflammatory, antioxidant	Inhibits cytokines (TNF-α, IL-6), scavenges free radicals	Generally safe at low doses	300–500 mg/day (extract)	(Ferraz et al., 2020)
2	Alkaloids	Immunomodulatory, analgesic	Modulates immune response, blocks pain pathways	High doses may cause toxicity	200–600 mg/kg (animal model)	(Zhu et al., 2020)
3	Saponins	Anti-inflammatory, anti-nociceptive	Inhibits inflammatory mediators	May cause gastrointestinal discomfort	100–300 mg/day	(Nisar et al., 2023)
4	Polyphenols	Antioxidant, cartilage protection	Reduces oxidative stress, prevents joint damage	Safe within dietary intake	Found in dietary sources	(Rudrapal et al., 2022b)
5	Terpenoids	Anti-arthritic, anti-inflammatory	Modulates NF-κB, MAPK pathways	Potential liver toxicity at high doses	100–500 mg/day	(Yuandani et al., 2024)
6	Carotenoids	Antioxidant, immune-regulating	Enhances immune defense	Generally safe	Present in diet	(Vishwakarma et al., 2022)
7	Vitamin C	Anti-inflammatory, antioxidant	Neutralizes oxidative stress	Safe, but excessive doses may cause GI issues	Found in dietary sources	(Jarmakiewicz-Czaja et al., 2023)
8	Essential Oils	Anti-rheumatic, analgesic	Reduces inflammation and pain	Possible allergic reactions	Topical application	(Mahajan et al., 2023)
9	Proteins	Supports tissue repair	Enhances cell regeneration	Safe	Present in diet	(Lee et al., 2021)
10	Minerals (Calcium, Iron, Zinc)	Bone health, anti-inflammatory	Supports cartilage and immune function	Safe at moderate intake	Found in dietary sources	(G. Li et al., 2021)
11	Oxalates	Potential anti-inflammatory effects	Modulates calcium metabolism	High doses may cause kidney stones	Should be consumed moderately	(Sun et al., 2024)
12	Nitrates	Circulatory benefits	Improves blood flow	Excess may lead to toxicity	Found in dietary sources	(Martin, 2021)
13	Phenolic Compounds	Antioxidant, anti-arthritic	Inhibits oxidative stress	Safe within natural intake	200–400 mg/day	(Behl et al., 2022)
14	Tannins	Anti-inflammatory, astringent	Modulates immune response	High doses may cause liver toxicity	50–200 mg/day	(Maugeri et al., 2022)
15	Fibers	Gut health, anti-inflammatory	Reduces inflammation through gut microbiota	Safe	Present in diet	(Kabisch et al., 2025)

5. COMPARATIVE ANALYSIS WITH CONVENTIONAL RA THERAPIES

5.1. Comparison with NSAIDs, DMARDs, and Biologics

Conventional treatment options for rheumatoid arthritis (RA) primarily include nonsteroidal anti-inflammatory drugs (NSAIDs), disease-modifying antirheumatic drugs (DMARDs), and biologics, which help manage symptoms and slow disease progression (T. Iqbal, Altaf, Basit, et al., 2024). However, each of these therapies has limitations, particularly in terms of side effects, long-term safety, and cost-effectiveness. NSAIDs, such as ibuprofen and diclofenac, are widely used for pain relief and inflammation control but can cause gastrointestinal toxicity, cardiovascular risks, and renal complications with prolonged use. DMARDs, including methotrexate and sulfasalazine, work by suppressing the immune system to reduce disease activity. While effective, they are associated with hepatotoxicity, bone marrow suppression, and increased infection risk. Biologic therapies, such as TNF-α inhibitors (infliximab, adalimumab), IL-6 inhibitors (tocilizumab), and JAK inhibitors, provide targeted immune modulation but are often expensive, require regular monitoring, and can lead to severe immunosuppression (Prasad et al., 2021).

5.2. Potential for *Chenopodium album* as an Adjunct or Alternative Therapy

The limitations of conventional RA treatments, there is increasing interest in natural alternatives like *Chenopodium album*. Its anti-inflammatory, antioxidant, immunomodulatory, and analgesic properties suggest that it may serve as a complementary therapy to reduce reliance on NSAIDs and DMARDs (T. Iqbal et al., 2023). The bioactive compounds in *C. album* have demonstrated potential in modulating inflammatory pathways (NF-κB, MAPK), reducing oxidative stress, and balancing immune responses, mechanisms that align with conventional RA treatments but with potentially fewer side effects. As an adjunct therapy, *C. album* could be used alongside standard RA treatments to enhance efficacy while minimizing drug dosages and associated risks. For instance, incorporating *C. album* into RA management may help reduce NSAID dependency, thereby lowering gastrointestinal and cardiovascular complications. Similarly, its immune-modulating effects could complement DMARDs, potentially reducing the need for high-dose immunosuppressive therapies (Singh et al., 2023).

5.3. Benefits in Terms of Reduced Side Effects and Long-Term Safety

One of the key advantages of *C. album* over conventional RA therapies is its favorable safety profile. Unlike NSAIDs and biologics, which can cause gastric ulcers, liver toxicity, and immunosuppression, *C. album* contains natural anti-inflammatory and antioxidant compounds that support joint health without severe adverse effects (T. Iqbal, Salma, et al., 2024). Additionally, plant-based therapies often have lower systemic toxicity, making them suitable for long-term use. While *C. album* shows promise as a natural remedy for RA, further clinical trials and pharmacokinetic studies are needed to determine its optimal dosage, efficacy, and potential drug interactions. If validated through rigorous research, it could serve as an effective, cost-friendly alternative or adjunct therapy for RA patients seeking safer and more sustainable treatment options (Kaur et al., 2024).

6. POTENTIAL FOR FORMULATION AND DRUG DEVELOPMENT

6.1. Herbal Formulations and Extracts of *Chenopodium album*

The therapeutic potential of *Chenopodium album* in rheumatoid arthritis (RA) suggests opportunities for developing herbal formulations that can enhance its efficacy and bioavailability. Traditional preparations, such as decoctions, infusions, and crude extracts, have been widely used for their anti-inflammatory and analgesic effects. Modern extraction techniques, including hydroalcoholic, methanolic, and supercritical fluid extraction, can help isolate the most bioactive compounds, such as flavonoids, alkaloids, polyphenols, and saponins, ensuring consistent potency and improved therapeutic outcomes (Y. Wang et al., 2021).

6.2. Possible Delivery Methods (Oral, Topical, Nanoformulations, etc.)

Various drug delivery strategies can be explored to optimize the therapeutic effects of *C. album* for RA (Garg et al., 2023).

Oral Formulations: Capsules, tablets, or suspensions containing standardized *C. album* extracts could provide systemic relief from inflammation and oxidative stress, improving joint health and reducing pain (Ghosh et al., 2024).

Topical Applications: Ointments, gels, and transdermal patches infused with *C. album* extracts may provide localized relief, reducing joint inflammation and stiffness without systemic side effects (May, 2024).

Nanoformulations: Recent advancements in nanotechnology-based drug delivery, such as nanoemulsions, liposomes, and polymeric nanoparticles, can enhance the bioavailability, targeted delivery, and controlled release of *C. album* bioactives. This approach could improve therapeutic efficiency while reducing required dosages, minimizing potential toxicity (Javed et al., 2020).

Combination Therapies: *C. album* extracts could be formulated with other natural anti-inflammatory agents (e.g., curcumin, resveratrol, boswellic acid) to enhance its therapeutic effects through synergistic mechanisms (Sethi et al., 2022).

6.3. Challenges in Standardization and Commercialization

Despite its potential, the development of *C. album*-based pharmaceuticals faces several challenges related to standardization, regulatory approval, and large-scale production (Madiga, 2021).

Variability in Bioactive Composition: The phytochemical content of *C. album* can vary due to differences in geographical location, climate, and cultivation methods, making it difficult to ensure batch-to-batch consistency in herbal formulations (Yadav et al., 2024).

Bioavailability and Stability Issues: Some bioactive compounds in *C. album* may have poor solubility, rapid metabolism, or low absorption, limiting their therapeutic impact. Advanced drug delivery systems such as nanoformulations could help overcome this limitation(Chavda et al., 2022).

Regulatory Hurdles: Herbal medicines must meet stringent pharmaceutical safety and efficacy standards before commercialization. Conducting well-designed clinical trials and toxicity assessments is essential to gain regulatory approval (Rai et al., 2024).

Consumer Awareness and Acceptance: The integration of *C. album*-based therapies into mainstream medicine requires educating healthcare professionals and patients about its efficacy, safety, and potential as a complementary or alternative RA treatment. Despite these challenges, continued scientific validation, technological advancements, and industry collaborations can pave the way for *C. album* to become a viable plant-based therapeutic option for managing RA (Ferrari et al., 2024).

Table No:3. The composition of *Chenopodium album* (Lamb's Quarters) with approximate amounts per 100g.

Sr. No	Component	Amount (per 100g)	Category	Health Benefit	Reference
1	Protein	4.2 g	Macronutrient	Supports tissue repair and muscle function	(Papadopoulou, 2020)
2	Carbohydrates	7.3 g	Macronutrient	Provides energy and fiber	(Wahlqvist & Wattanapenpaiboon, 2020)
3	Dietary Fiber	4.0 g	Fiber	Supports gut health, reduces inflammation	(Ma et al., 2021)
4	Fat	0.8 g	Macronutrient	Essential for cell function	(Gush et al., 2021)
5	Flavonoids	50–150 mg	Phytochemical	Anti-inflammatory, antioxidant	(Liu et al., 2022)
6	Alkaloids	10–30 mg	Phytochemical	Immunomodulatory, pain relief	(Paudel et al., 2023)
7	Saponins	20–60 mg	Phytochemical	Anti-inflammatory, joint protection	(Santiago et al., 2021)
8	Polyphenols	100–300 mg	Antioxidant	Reduces oxidative stress, prevents cell damage	(Rudrapal et al., 2022a)
9	Terpenoids	30–80 mg	Phytochemical	Modulates immune response, anti-rheumatic	(Aloke et al., 2022)
10	Vitamin C	80 mg	Vitamin	Antioxidant, supports immune health	(Khadim & Al-Fartusie, 2021)
11	Vitamin A	11,000 IU	Vitamin	Supports vision, immune function	(Beer et al., 2024)
12	Calcium	309 mg	Mineral	Bone health, anti-inflammatory	(Wu et al., 2022)
13	Iron	2.3 mg	Mineral	Supports oxygen transport, prevents anemia	(Paul et al., 2021)
14	Magnesium	72 mg	Mineral	Muscle and nerve function, anti-inflammatory	(Souza et al., 2023)
15	Oxalates	300–600 mg	Anti-nutrient	May contribute to kidney stone risk	(Zayed et al., 2025)

7. SAFETY, TOXICITY, AND DOSAGE CONSIDERATIONS

7.1. Toxicological Studies and Safety Profiles

The safety profile of *Chenopodium album* is crucial for its therapeutic application in rheumatoid arthritis (RA). While it has been traditionally used in folk medicine, scientific toxicological studies are necessary to determine its safe dosage range and potential side effects. Preclinical studies suggest that moderate consumption of *C. album* extracts is generally non-toxic and well-tolerated. However, at high doses, certain bioactive compounds, such as alkaloids and saponins, may exhibit cytotoxic or hepatotoxic effects (T. Iqbal & Ahmed, n.d.). Additionally, the plant contains oxalates and nitrates, which, in excessive amounts, could pose risks such as kidney stone formation and metabolic disturbances. Acute and sub-chronic toxicity studies in animal models have shown that low to moderate doses of *C. album* extracts do not cause significant biochemical or histopathological alterations. However, further long-term toxicity studies and clinical trials are needed to confirm its safety in human populations, particularly for RA patients who may be on concurrent pharmacological treatments (Chamkhi et al., 2022).

7.2. Recommended Dosages from Traditional and Scientific Sources

The dosage of *C. album* for RA management has not been fully standardized, but insights can be drawn from traditional medicine and experimental studies. In Ayurvedic and folk medicine, *C. album* has been used in the form of leaf extracts, decoctions, or dried powders for inflammatory conditions. Scientific studies on animal models suggest that doses in the range of 200–600 mg/kg body weight exhibit significant anti-inflammatory and antioxidant effects (T. Iqbal, Salma, et al., n.d.). For human applications, a safe estimated dose could be 300–500 mg/day of standardized extract, though this requires validation through clinical trials. Topical formulations containing *C. album* extracts may be applied 2–3 times daily for localized relief from joint pain and inflammation. The exact dosing regimen should be optimized based on bioavailability, patient response, and potential interactions with conventional RA medications (Ghosh et al., 2024).

7.3. Contraindications and Possible Interactions with RA Medications

Despite its potential benefits, *C. album* may not be suitable for all individuals. Certain contraindications and drug interactions should be considered before incorporating it into RA treatment (Kaur et al., 2024).

Pregnant and Lactating Women: Due to limited safety data, using *C. album* during pregnancy and lactation is not recommended, as some bioactive compounds may have uterotonic or hormonal effects(Isenberg, 2021).

Patients with Kidney Disorders: The presence of oxalates and nitrates may pose risks for individuals with kidney stones or renal insufficiency, potentially exacerbating existing conditions (Dobrek, 2020).

Interaction with RA Medications: *C. album* may interact with NSAIDs, DMARDs, and biologics used in RA treatment. Its anti-inflammatory and immunomodulatory properties could enhance or alter the effects of these drugs, necessitating dose adjustments and medical supervision (Ghosh et al., 2024).

Anticoagulant Effects: Some phytochemicals in *C. album* may have blood-thinning properties, which could potentiate the effects of anticoagulants (e.g., warfarin) and increase the risk of bleeding. Physician consultation and monitoring are recommended before integrating C. album into an RA management plan to ensure safety. Future research should focus on clinical validation, pharmacokinetic studies, and safety assessments to establish precise guidelines for its therapeutic use (Haines et al., 2024).

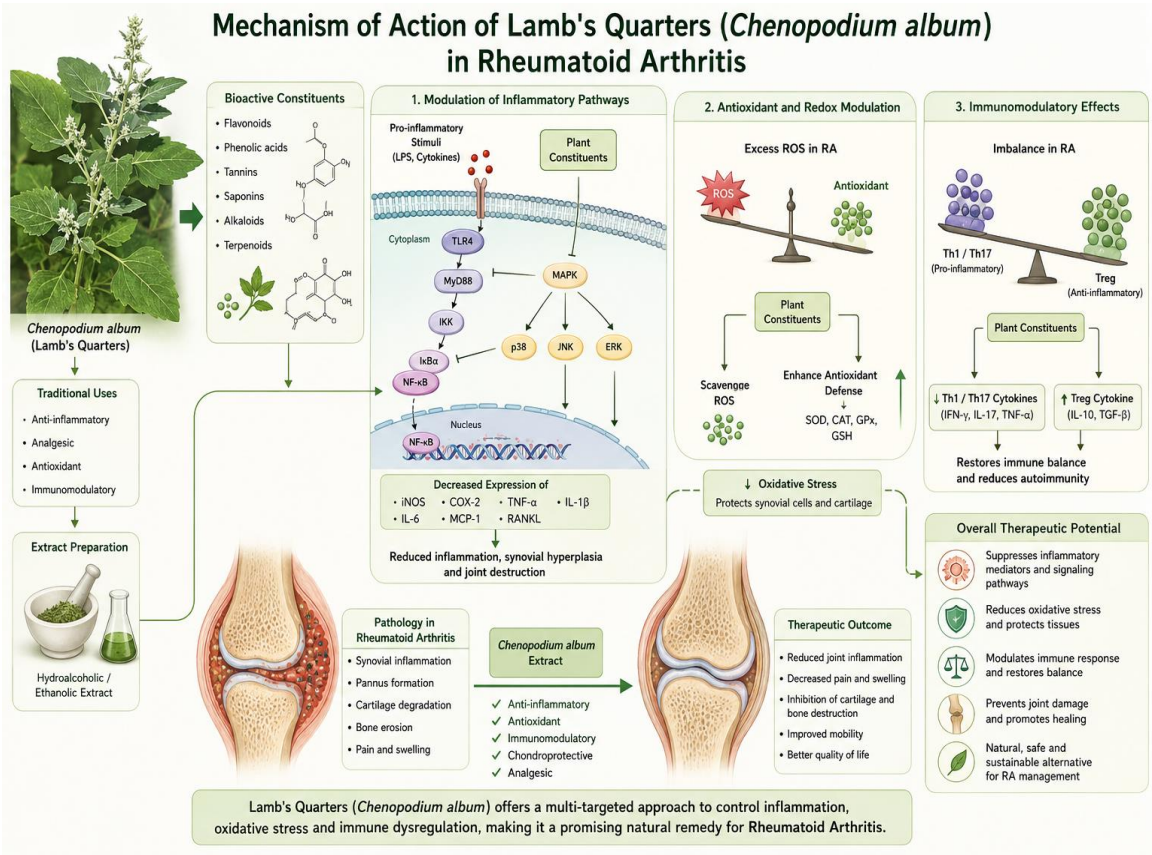

Figure 3: Mechanism of action of *Chenopodium album* in rheumatoid arthritis.

8. FUTURE PERSPECTIVES AND RESEARCH DIRECTIONS

Further research is essential to validate the therapeutic potential of *Chenopodium album* for rheumatoid arthritis (RA). Well-designed clinical trials are needed to establish its efficacy, optimal dosage, and safety in human populations. Additionally, mechanistic studies should explore its precise molecular targets in RA pathogenesis (Altaf & Iqbal, 2023). The role of *C. album* in personalized medicine could be investigated, considering genetic and metabolic variations among RA patients. Moreover, its synergistic effects with other anti-inflammatory herbs and conventional RA treatments warrant exploration, potentially enhancing therapeutic outcomes while reducing side effects. Advancing nanotechnology-based delivery systems may further optimize its bioavailability and efficacy (Dkhar et al., 2022).

9. CONCLUSION

Chenopodium album demonstrates significant potential as a natural remedy for rheumatoid arthritis due to its anti-inflammatory, antioxidant, immunomodulatory, and analgesic properties. Its bioactive compounds, including flavonoids, alkaloids, polyphenols, and saponins, contribute to its therapeutic effects by inhibiting pro-inflammatory cytokines, reducing oxidative stress, and modulating immune responses. Preclinical studies suggest promising outcomes in RA models, though clinical trials are needed to confirm its efficacy and safety in humans. With its potential to complement conventional RA therapies, *C. album* could serve as an adjunct or alternative treatment with fewer side effects. However, standardization, regulatory approval, and formulation challenges must be addressed for mainstream integration. Advancements in nanotechnology-based delivery systems and personalized medicine approaches could further optimize its therapeutic potential. While traditional knowledge supports its medicinal use, scientific validation through rigorous clinical research is essential for establishing *C. album* as a reliable, plant-based option for RA management in modern healthcare.

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