

LIST OF FIGURES

Figure Number	Name of Figure	Page no
1.1	Plant species in India and Indian herbal medicine (modified from Pan <i>et al.</i> , 2014)	5
2.1.	Key events of inflammation (mentioned as 1-7 on the left side) and important mediators of the progression of inflammation (Steps 1-7 on the right side). Modified from Ghosh <i>et al.</i> (1998), Janeway <i>et al.</i> (2005), Anthony <i>et al.</i> (2007), Soehnlein and Lindbom (2010), Maskrey <i>et al.</i> , (2011), Ashley <i>et al.</i> , (2012). I κ B: nuclear factor of kappa light polypeptide gene enhancer in B-cells inhibitor; IKK: inhibitor of kappa B kinase; IL: Interleukin; NF- κ B: nuclear factor kappa-light-chain-enhancer of activated B cells; Th: T helper cell; TNF- α : tumor necrosis factor-alpha; Treg: regulatory T cell.	15-16
2.2.	Decision-tree developed by American Rheumatism Association in 1987 for the detection of RA (the ‘tree format’) (Modified from Hochberg, 2009).	20
2.3.	Different risk factors of RA. In different RA cases, several factors overlap and contribute to the multi-factorial nature of the disease. (Modified from Hochberg, 2009)	22
2.4.	Diagrammatic presentation of a healthy synovium (left-hand side) and an arthritic synovium (right-hand side). In the arthritic condition, the synovium and the joint cartilage is infiltrated by different immune cells including T cell, B cell and macrophages resulting in synovium degradation and cartilage erosion.	25
2.5.	Interaction of antigen presenting cells (APCs; dendritic cells, macrophages etc), T-cells, B-cells and cytokines in the progression of RA in the synovium (Modified from Hochberg, 2009).	27
2.6.	The various functions of B-cells. APC, antigen-presenting cell; FDC, follicular dendritic cell during RA progression (Modified from Hochberg, 2009).	28
2.7.	A notional idea about the effects of key cytokines in the progression of RA through the modulation of different immune cell types. (Modified from Hochberg, 2009) APRIL: a proliferation-inducing ligand; BLYS: B lymphocyte stimulator; RANKL: Receptor activator of nuclear factor kappa-B ligand.	30
2.8.	Biosynthesis of prostanoids: the role of Cox-2 in the biosynthesis of different prostanoids along with PGE2 which is a key effector molecule	33

	of inflammation.	
2.9.	Events in the pathogenesis of rheumatoid arthritis: interactive action of synovium, immune cells and secondary lymphoid organs. (Modified from Hochberg, 2009 and www.thecalgaryguide.com)	35
2.10.	<i>Aloe vera</i> plant. (Picture courtesy Subhashis Paul)	43
2.11.	Global distribution of the plant <i>Aloe vera</i> . (Modified from Chinchilla <i>et al.</i> , 2013; www.discoverlife.org)	44
2.12.	Chemical composition of <i>Aloe vera</i> gel (on dry weight basis) (Modified from Luta and McAnalley 2005).	45
2.13.	Golden triangle approach. It integrates traditional wisdom, contemporary science and technology, and the evidence based of modern medicine, where the holistic strategies are reflected from the principles of systems biology (Patwardhan and Gautam, 2005).	52
3.1.	Simplified diagram of side-view and palm-side view of rat hind paw (A and B) showing the two planes considered for the measurement of paw circumference (in mm). A and B were measured by using vernier caliper.	74
3.2.	The diagrammatic presentation of longitudinal section of hind paw joint of a rat showing the plane of the joint axis selected for histological section preparation (indicated using blue arrow).	75
3.3.	Representative illustration showing counting chambers of haemocytometer showing the RBC counting chambers (smallest squares marked in green highlighted with blue circle) and WBC counting chambers (large squares in the corners marked in red). Counting was done by randomly selecting chambers to minimize sampling errors.	76
3.4.	Plate distribution for the RTqPCR experiment produced from Roche LightCycler 96 machine software. 4 MicroAmp strips were placed column-wise (Column 1, 2 and 11, 12 to ensure machine balance). Strips of 1 st , 2 nd and 3 rd columns were provided with TNF- α primers, Cox-2 primers and GAPDH primers respectively. Experimental group replicates were made row-wise; row A and B was provided with FCA group cDNA, C and D were provided with LD group cDNA, E and F was provided with HD group cDNA and G and H were provided with PC group cDNA. MicroAmp strip of column 4 was provided with 4 negative control replicates at C, D, G and H rows.	79
4.1.	Diagram showing the increment in mean body-weight in different groups of experimental rats of sub-chronic toxicity test. PC refers to normal animals, T1, T2 and T3 refer to the <i>Aloe vera</i> gel homogenate-treated groups, with a single daily-dose schedule at doses of 1, 2 and 4 g/kg b.w. respectively. No significant difference in the degree of weight-increment was seen among the groups.	87
4.2.	Histological study of Kidney (in the upper panel) and liver (in the lower	87

	panel) of experimental rats of sub-chronic toxicity test. A and E represent PC group, B and F represents T1, C and G represents T2 and D and H represents T3. The insets of each picture show 40X magnification where as the main picture shows 10X magnification. The size of the bar is in μ M. PC refers to normal animals, T1, T2 and T3 refer to the <i>Aloe vera</i> gel homogenate-treated groups, with a single daily-dose schedule at doses of 1, 2 and 4 g/kg b.w. respectively.	
4.3.	Different toxicological parameters measured in sub-chronic toxicity test experimental rats, fed with <i>Aloe vera</i> gel homogenate. * denotes significance at $P \leq 0.05$. PC refers to normal animals; T1, T2 and T3 refer to the <i>Aloe vera</i> gel homogenate-treated groups, with a single daily-dose schedule at doses of 1, 2 and 4 g/kg b.w. respectively. NS denotes non-significant variation with PC.	88
4.4.	MTT assay of rat peritoneal macrophage (A) and spleenocyte (B) when treated with <i>Aloe vera</i> gel homogenate. PC refers to positive control; M1 refers to cultured suspension containing 50 μ l plant homogenate, containing 60 mg Aloe gel; M2 refers to cultured suspension 50 μ l plant homogenate, containing 120 mg <i>Aloe</i> gel.	91
4.5.	[A] Molecular docking of Aloe-emodin with hepatitis BX protein, the encircled area showing the active binding site of the protein with which the phytocompound interacts. [B] Details of the amino acids of hepatitis BX protein interacting with aloe-emodin (LEU93, HIS94, THR97, LEU614, ARG722, LYS723, TYR913). [C] Docking of Aloe-emodin with glutamate dehydrogenase protein, encircled region showing the position of aloe-emodin. [D] Positioning of amino acids of glutamate dehydrogenase protein interacting with aloe-emodin (ARG86, THR87, PRO88, PRO121, ALA184, HIS195, GLN205, TRP385, HIS391).	93
4.6.	Simulated docking image of Aloe-emodin interacting with Cox-2. Encircled region indicates the best binding site.	94
4.7.	Heat-map showing the binding strengths (Kcal/mol) of different <i>Aloe vera</i> gel-derived pure phyto-compounds against the different toxicity-marker enzymes. Aloe-emodin showed the best binding strength with hepatitis BX followed by glutamate dehydrogenase enzyme.	95
4.8.	Figure representing the inhibitory role of <i>Aloe vera</i> gel against the hypotonicity-induced (A), heat-induced (B) haemolyses and against protein denaturation (C). The bar labels represent the different experimental dose groups and standard drug group. Significance value at $P \leq 0.001$ is indicated as ***.	100
4.9.	Diagram showing the dry-weight of cotton pellet-induced granuloma in different experimental groups. PC refers to positive control; LD and HD	102

	are experimental groups. LD corresponds to 0.40 g of <i>Aloe vera</i> gel homogenate / kg b.w. and HD correspond to 0.80 g of <i>Aloe vera</i> gel homogenate / kg b. w. The top of the bars express the PI in % compared with PC.	
4.10.	Carrageenan-induced paw swelling (measured as paw circumference in mm) in different animal groups expressed as mean values with respect to time (in hour). PC refers to positive control; LD and HD are experimental groups. LD corresponds to 0.40 g of <i>Aloe vera</i> gel homogenate / kg b.w. and HD correspond to 0.80 g of <i>Aloe vera</i> gel homogenate / kg b. w. NC refers to negative control group. STN refers to standard drug group in which indomethacin was used at a dose of 10 mg/kg b. w.	104
4.11.	Comparison of rat paw circumference of different groups (in mm) following FCA injection (A) represents the line diagram showing the patterns of changes in the paw circumference through the experimental days up to 28 th day. (B) represents day-wise measurement of the paw circumference in different groups in different experimental days expressed in bar diagram. PC refers to positive control; LD and HD are experimental groups. LD corresponds to 0.40 g of <i>Aloe vera</i> gel homogenate / kg b.w. and HD correspond to 0.80 g of <i>Aloe vera</i> gel homogenate / kg b. w. FCA refers to arthritic control group.	106
4.12.	Photographs and X-rayed images of FCA-injected hind paws from different animal groups on both 21 st and 28 th day of the experiment. In the photographs, the degree of paw swelling can be visualized by the lack of prominence of the foot pads. In the X-ray images, the degree of integrity of the joints is visible. The encircled regions of FCA group shows lack of structural integrity leading to a less clear image formation. PC refers to positive control; LD and HD are experimental groups. LD corresponds to 0.40 g of <i>Aloe vera</i> gel homogenate / kg b.w. and HD correspond to 0.80 g of <i>Aloe vera</i> gel homogenate / kg b. w. FCA refers to arthritic control group.	108
4.13.	Longitudinal sections of the hind paw-joints of different rat groups on the 21 st day of the experiment. The white arrows indicate the immune cell infiltration in the cartilage region; the black arrows indicate the damage and degradation of the cartilage leading to less stained regions. Insets indicate 40X magnification within a 10X magnified image of bone joints. PC refers to positive control; LD and HD are experimental groups. LD corresponds to 0.40 g of <i>Aloe vera</i> gel homogenate / kg b.w. and HD correspond to 0.80 g of <i>Aloe vera</i> gel homogenate / kg b. w. FCA refers to arthritic control group.	110
4.14.	Estimation of serum protein and serum ceruloplasmin of different rat	113

	groups on 21 st and 28 th day after induction of arthritis through FCAinjection. The FCA group data was compared with the rest of the groups. PC refers to positive control; LD and HD are experimental groups. LD corresponds to 0.40 g of <i>Aloe vera</i> gel homogenate / kg b.w. and HD correspond to 0.80 g of <i>Aloe vera</i> gel homogenate / kg b. w. FCA refers to arthritic control group.	
4.15.	Amplification curves of all the three selected genes in reverse transcription quantitative PCR containing each experimental group (in duplicates) obtained from the Roche LightCycler 96 machine.	117
4.16.	Relative expression changes in the Cox-2 and TNF- α genes assessed through reverse transcriptase real time quantitative PCR. The expression of fold-changes is expressed in bar diagram and the significance value of LD and HD groups are compared with FCA groups. PC refers to positive control; LD and HD are experimental groups. LD corresponds to 0.40 g of <i>Aloe vera</i> gel homogenate / kg b.w. and HD correspond to 0.80 g of <i>Aloe vera</i> gel homogenate / kg b. w. FCA refers to arthritic control group. Significance value at $P \leq 0.05$ is indicated as *; Significance value at $P \leq 0.01$ is indicated as **.	118