

The Natural Remedy Lab

Chapter 6 Bibliography

Musculoskeletal Remedies

- Abdullah, M., Chai, P. S., Loh, C. Y., Chong, M. Y., Quay, H. W., Vidyadaran, S., Seman, Z., Kandiah, M., & Seow, H. F. (2011). Carica papaya increases regulatory T cells and reduces IFN- γ + CD4+ T cells in healthy human subjects. *Molecular nutrition & food research*, 55(5), 803–806. <https://doi.org/10.1002/mnfr.201100087>
- Aggarwal, B. B., Gupta, S. C., & Sung, B. (2013). Curcumin: an orally bioavailable blocker of TNF and other pro-inflammatory biomarkers. *British journal of pharmacology*, 169(8), 1672–1692. <https://doi.org/10.1111/bph.12131>
- Akhtar, N. M., Naseer, R., Farooqi, A. Z., Aziz, W., & Nazir, M. (2004). Oral enzyme combination versus diclofenac in the treatment of osteoarthritis of the knee - a double-blind prospective randomized study. *Clinical Rheumatology*, 23(5), 410–415. <https://doi.org/10.1007/s10067-004-0902-y>
- Akyuz, G., & Kenis-Coskun, O. (2018). The Efficacy of Tai Chi and Yoga in Rheumatoid Arthritis and Spondyloarthropathies: A narrative biomedical review. *Rheumatology international*, 38(3), 321–330. <https://doi.org/10.1007/s00296-017-3867-2>
- Al-Nahain, A., Jahan, R., & Rahmatullah, M. (2014). Zingiber officinale: A Potential Plant against Rheumatoid Arthritis. *Arthritis*, 2014, 1–8. <https://doi.org/10.1155/2014/159089>
- Ali, A., Rosenberger, L., Weiss, T. R., Milak, C., & Perlman, A. I. (2017). Massage Therapy and Quality of Life in Osteoarthritis of the Knee: A Qualitative Study. *Pain medicine (Malden, Mass.)*, 18(6), 1168–1175. <https://doi.org/10.1093/pm/pnw217>
- Altman, R. D., & Marcussen, K. C. (2001). Effects of a ginger extract on knee pain in patients with osteoarthritis. *Arthritis and Rheumatism*, 44(11). [https://doi.org/10.1002/1529-0131\(200111\)44:11<2531::aid-art433>3.0.co;2-j](https://doi.org/10.1002/1529-0131(200111)44:11<2531::aid-art433>3.0.co;2-j)
- Amorndoljai, P., Taneepanichskul, S., Niempoog, S., & Nimmannit, U. (2015). Improving of Knee Osteoarthritic Symptom by the Local Application of Ginger Extract Nanoparticles: A Preliminary Report with Short Term Follow-Up. *Journal of the Medical Association of Thailand*, 98(9), 871–877.
- Aryaeian, N., Shahram, F., Mahmoudi, M., Tavakoli, H., Yousefi, B., Arablou, T., & Jafari Karegar, S. (2019). The effect of ginger supplementation on some immunity and inflammation intermediate genes expression in patients with active Rheumatoid Arthritis. *Gene*, 698, 179–185. <https://doi.org/10.1016/j.gene.2019.01.048>
- Astudillo, A., Hong, E., Bye, R., & Navarrete, A. (2004). Antispasmodic activity of extracts and compounds of *Acalypha phleoides* Cav. *Phytotherapy Research*, 18(2), 102–106. <https://doi.org/10.1002/ptr.1414>
- Ban, J. O., Oh, J. H., Kim, T. M., Kim, D. J., Jeong, H. S., Han, S. B., & Hong, J. T. (2009). Anti-inflammatory and arthritic effects of thiacremonone, a novel sulfur compound isolated from garlic via inhibition of NF-kappaB. *Arthritis research & therapy*, 11(5), R145. <https://doi.org/10.1186/ar2819>

- Bang, J. S., Oh, D. H., Choi, H. M., Sur, B. J., Lim, S. J., Kim, J. Y., Yang, H. I., Yoo, M. C., Hahm, D. H., & Kim, K. S. (2009). Anti-inflammatory and antiarthritic effects of piperine in human interleukin 1 β -stimulated fibroblast-like synoviocytes and in rat arthritis models. *Arthritis Research & Therapy*, 11(2), R49. <https://doi.org/10.1186/ar2662>
- Bartels, E. M., Folmer, V. N., Bliddal, H., Altman, R. D., Juhl, C., Tarp, S., Zhang, W., & Christensen, R. (2015). Efficacy and safety of ginger in osteoarthritis patients: a meta-analysis of randomized placebo-controlled trials. *Osteoarthritis and cartilage*, 23(1), 13–21. <https://doi.org/10.1016/j.joca.2014.09.024>
- Black, C. D., Herring, M. P., Hurley, D. J., & O'Connor, P. J. (2010). Ginger (*Zingiber officinale*) reduces muscle pain caused by eccentric exercise. *The journal of pain*, 11(9), 894–903. <https://doi.org/10.1016/j.jpain.2009.12.013>
- Bliddal, H., Leeds, A. R., & Christensen, R. (2014). Osteoarthritis, obesity and weight loss: evidence, hypotheses and horizons - a scoping review. *Obesity reviews : an official journal of the International Association for the Study of Obesity*, 15(7), 578–586. <https://doi.org/10.1111/obr.12173>
- Boukhatem, M. N., Ferhat, M. A., Kameli, A., Saidi, F., & Kebir, H. T. (2014). Lemon grass (*Cymbopogon citratus*) essential oil as a potent anti-inflammatory and antifungal drugs. *The Libyan journal of medicine*, 9, 25431. <https://doi.org/10.3402/ljm.v9.25431>
- Brien, S., Lewith, G., Walker, A., Hicks, S. M., & Middleton, D. (2004). Bromelain as a Treatment for Osteoarthritis: a Review of Clinical Studies. *Evidence-based complementary and alternative medicine : eCAM*, 1(3), 251–257. <https://doi.org/10.1093/ecam/neh035>
- Bryer, S. C., & Goldfarb, A. H. (2006). Effect of High Dose Vitamin C Supplementation on Muscle Soreness, Damage, Function, and Oxidative Stress to Eccentric Exercise. *International Journal of Sport Nutrition and Exercise Metabolism*, 16(3), 270–280. <https://doi.org/10.1123/ijsnem.16.3.270>
- Buckwalter, J. A., Anderson, D. D., Brown, T. D., Tochigi, Y., & Martin, J. A. (2013). The Roles of Mechanical Stresses in the Pathogenesis of Osteoarthritis: Implications for Treatment of Joint Injuries. *Cartilage*, 4(4), 286–294. <https://doi.org/10.1177/1947603513495889>
- Burston, J. J., Valdes, A. M., Woodhams, S. G., Mapp, P. I., Stocks, J., Watson, D., Gowler, P., Xu, L., Sagar, D. R., Fernandes, G., Frowd, N., Marshall, L., Zhang, W., Doherty, M., Walsh, D. A., & Chapman, V. (2019). The impact of anxiety on chronic musculoskeletal pain and the role of astrocyte activation. *Pain*, 160(3), 658–669. <https://doi.org/10.1097/j.pain.0000000000001445>
- Busch, V., Magerl, W., Kern, U., Haas, J., Hajak, G., & Eichhammer, P. (2012). The effect of deep and slow breathing on pain perception, autonomic activity, and mood processing--an experimental study. *Pain medicine (Malden, Mass.)*, 13(2), 215–228. <https://doi.org/10.1111/j.1526-4637.2011.01243.x>

- Carr, A. C., & McCall, C. (2017). The role of vitamin C in the treatment of pain: new insights. *Journal of translational medicine*, 15(1), 77. <https://doi.org/10.1186/s12967-017-1179-7>
- Chandran, B., & Goel, A. (2012). A randomized, pilot study to assess the efficacy and safety of curcumin in patients with active rheumatoid arthritis. *Phytotherapy research : PTR*, 26(11), 1719–1725. <https://doi.org/10.1002/ptr.4639>
- Choudhary, M., Kumar, V., Malhotra, H., & Singh, S. (2015). Medicinal plants with potential anti-arthritic activity. *Journal of intercultural ethnopharmacology*, 4(2), 147–179. <https://doi.org/10.5455/jice.20150313021918>
- Cortés-Rojas, D. F., de Souza, C. R., & Oliveira, W. P. (2014). Clove (*Syzygium aromaticum*): a precious spice. *Asian Pacific journal of tropical biomedicine*, 4(2), 90–96. [https://doi.org/10.1016/S2221-1691\(14\)60215-X](https://doi.org/10.1016/S2221-1691(14)60215-X)
- Crawford, C., Boyd, C., Paat, C. F., Price, A., Xenakis, L., Yang, E. & Zhang, W. (2016). The Impact of Massage Therapy on Function in Pain Populations-A Systematic Review and Meta-Analysis of Randomized Controlled Trials: Part I, Patients Experiencing Pain in the General Population. *Pain medicine (Malden, Mass.)*, 17(7), 1353–1375. <https://doi.org/10.1093/pm/pnw099>
- Daily, J. W., Yang, M., & Park, S. (2016). Efficacy of Turmeric Extracts and Curcumin for Alleviating the Symptoms of Joint Arthritis: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. *Journal of medicinal food*, 19(8), 717–729. <https://doi.org/10.1089/jmf.2016.3705>
- de Cássia da Silveira E Sá, R., Lima, T. C., da Nóbrega, F. R., de Brito, A., & de Sousa, D. P. (2017). Analgesic-Like Activity of Essential Oil Constituents: An Update. *International journal of molecular sciences*, 18(12), 2392. <https://doi.org/10.3390/ijms18122392>
- De Silva, V., El-Metwally, A., Ernst, E., Lewith, G., & Macfarlane, G. J. (2010). Evidence for the efficacy of complementary and alternative medicines in the management of osteoarthritis: a systematic review. *Rheumatology*, 50(5), 911–920. <https://doi.org/10.1093/rheumatology/keq379>
- Deal, C. L., Schnitzer, T. J., Lipstein, E., Seibold, J. R., Stevens, R. M., Levy, M. D., Albert, D., & Renold, F. (1991). Treatment of arthritis with topical capsaicin: A double-blind trial. *Clinical Therapeutics*, 13(3), 383–395. <https://pubmed.ncbi.nlm.nih.gov/1954640/>
- Desser, L., Holomanova, D., Zavadova, E., Pavelka, K., Mohr, T., & Herbacek, I. (2001). Oral therapy with proteolytic enzymes decreases excessive TGF- β levels in human blood. *Cancer Chemotherapy and Pharmacology*, 47. <https://doi.org/10.1007/s002800170003>
- Engwerda, C. R., Andrew, D., Ladhams, A., & Mynott, T. L. (2001). Bromelain modulates t cell and b cell immune responses in vitro and in vivo. *Cellular Immunology*, 210(1), 66–75. <https://doi.org/10.1006/cimm.2001.1807>

- Evers, A. W., Verhoeven, E. W., van Middendorp, H., Sweep, F. C., Kraaimaat, F. W., Donders, A. R., Eijsbouts, A. E., van Laarhoven, A. I., de Brouwer, S. J., Wirken, L., Radstake, T. R., & van Riel, P. L. (2014). Does stress affect the joints? Daily stressors, stress vulnerability, immune and HPA axis activity, and short-term disease and symptom fluctuations in rheumatoid arthritis. *Annals of the rheumatic diseases*, 73(9), 1683–1688. <https://doi.org/10.1136/annrheumdis-2012-203143>
- Field, T., Diego, M., Delgado, J., Garcia, D., & Funk, C. G. (2013). Rheumatoid arthritis in upper limbs benefits from moderate pressure massage therapy. *Complementary therapies in clinical practice*, 19(2), 101–103. <https://doi.org/10.1016/j.ctcp.2012.12.001>
- Fitzhugh, D. J., Shan, S., Dewhirst, M. W., & Hale, L. P. (2008). Bromelain treatment decreases neutrophil migration to sites of inflammation. *Clinical Immunology*, 128(1), 66–74. <https://doi.org/10.1016/j.clim.2008.02.015>
- Funk, J. L., Oyarzo, J. N., Frye, J. B., Chen, G., Lantz, R. C., Jolad, S. D., ... Timmermann, B. N. (2006). Turmeric Extracts Containing Curcuminoids Prevent Experimental Rheumatoid Arthritis. *Journal of Natural Products*, 69(3), 351–355. <https://doi.org/10.1021/np050327j>
- G, S., G L, S., Pushpan, C. K., Nambisan, B., & A, H. (2018). Evaluation of anti-arthritis potential of *Trigonella foenum graecum* L. (Fenugreek) mucilage against rheumatoid arthritis. *Prostaglandins & other lipid mediators*, 138, 48–53. <https://doi.org/10.1016/j.prostaglandins.2018.08.002>
- Gersing, A. S., Schwaiger, B. J., Nevitt, M. C., Joseph, G. B., Chanchek, N., Guimaraes, J. B., Mbapte Wamba, J., Facchetti, L., McCulloch, C. E., & Link, T. M. (2017). Is Weight Loss Associated with Less Progression of Changes in Knee Articular Cartilage among Obese and Overweight Patients as Assessed with MR Imaging over 48 Months? Data from the Osteoarthritis Initiative. *Radiology*, 284(2), 508–520. <https://doi.org/10.1148/radiol.2017161005>
- Geusens, P., Wouters, C., Nijs, J., Jiang, Y., & Dequeker, J. (1994). Long-term effect of omega-3 fatty acid supplementation in active rheumatoid arthritis. A 12-month, double-blind, controlled study. *Arthritis and rheumatism*, 37(6), 824–829. <https://doi.org/10.1002/art.1780370608>
- Goldberg, R. J., & Katz, J. (2007). A meta-analysis of the analgesic effects of omega-3 polyunsaturated fatty acid supplementation for inflammatory joint pain. *Pain*, 129(1), 210–223. <https://doi.org/10.1016/j.pain.2007.01.020>
- Guo, J., Li, L., Gong, Y., Zhu, R., Xu, J., Zou, J., & Chen, X. (2017). Massage Alleviates Delayed Onset Muscle Soreness after Strenuous Exercise: A Systematic Review and Meta-Analysis. *Frontiers in physiology*, 8, 747. <https://doi.org/10.3389/fphys.2017.00747>

- Haroyan, A., Mukuchyan, V., Mkrtychyan, N., Minasyan, N., Gasparyan, S., Sargsyan, A., Narimanyan, M., & Hovhannisyanyan, A. (2018). Efficacy and safety of curcumin and its combination with boswellic acid in osteoarthritis: a comparative, randomized, double-blind, placebo-controlled study. *BMC complementary and alternative medicine*, 18(1), 7. <https://doi.org/10.1186/s12906-017-2062-z>
- Henrotin, Y., Gharbi, M., Dierckxsens, Y., Priem, F., Marty, M., Seidel, L., Albert, A., Heuse, E., Bonnet, V., & Castermans, C. (2014). Decrease of a specific biomarker of collagen degradation in osteoarthritis, Coll2-1, by treatment with highly bioavailable curcumin during an exploratory clinical trial. *BMC complementary and alternative medicine*, 14, 159. <https://doi.org/10.1186/1472-6882-14-159>
- Hoernecke, R., & Doenicke, A. (1993). Perioperative enzyme therapy. A significant supplement to postoperative pain therapy?. *Der Anaesthesist*, 42(12), 856–861.
- Holmdahl, R., Jansson, L., Meyerson, B., & Klareskog, L. (1987). Oestrogen induced suppression of collagen arthritis: I. Long term oestradiol treatment of DBA/1 mice reduces severity and incidence of arthritis and decreases the anti type II collagen immune response. *Clinical and experimental immunology*, 70(2), 372–378.
- Huang, G., Xu, Z., Huang, Y., Duan, X., Gong, W., Zhang, Y., Fan, J., & He, F. (2013). Curcumin protects against collagen-induced arthritis via suppression of BAFF production. *Journal of clinical immunology*, 33(3), 550–557. <https://doi.org/10.1007/s10875-012-9839-0>
- Ismail, I., Singh, R., & Sirisinghe, R. G. (2007). Rehydration with sodium-enriched coconut water after exercise-induced dehydration. *The Southeast Asian Journal of Tropical Medicine and Public Health*, 38(4), 769–785. <https://pubmed.ncbi.nlm.nih.gov/17883020/>
- Jafari, H., Gholamrezaei, A., Franssen, M., Van Oudenhove, L., Aziz, Q., Van den Bergh, O., Vlaeyen, J., & Van Diest, I. (2020). Can Slow Deep Breathing Reduce Pain? An Experimental Study Exploring Mechanisms. *The journal of pain*, 21(9-10), 1018–1030. <https://doi.org/10.1016/j.jpain.2019.12.010>
- Jeong, M., Cho, J., Shin, J. I., Jeon, Y. J., Kim, J. H., Lee, S. J., Kim, E. S., & Lee, K. (2014). Hempseed oil induces reactive oxygen species- and C/EBP homologous protein-mediated apoptosis in MH7A human rheumatoid arthritis fibroblast-like synovial cells. *Journal of ethnopharmacology*, 154(3), 745–752. <https://doi.org/10.1016/j.jep.2014.04.052>
- Kaithwas, G., & Majumdar, D. K. (2010). Therapeutic effect of *Linum usitatissimum* (flaxseed/linseed) fixed oil on acute and chronic arthritic models in albino rats. *Inflammopharmacology*, 18(3), 127–136. <https://doi.org/10.1007/s10787-010-0033-9>
- Kaithwas, G., Mukherjee, A., Chaurasia, A. K., & Majumdar, D. K. (2011). Anti-inflammatory, analgesic and antipyretic activities of *Linum usitatissimum* L. (flaxseed/linseed) fixed oil. *Indian journal of experimental biology*, 49(12), 932–938.

- Kania, N., Widowati, W., Dewi, F., Christianto, A., Setiawan, B., Budhiparama, N., & Noor, Z. (2018). Cinnamomum burmanini Blume increases bone turnover marker and induces tibia's granule formation in ovariectomized rats. *Journal of Ayurveda and integrative medicine*, 9(1), 20–26. <https://doi.org/10.1016/j.jaim.2017.01.005>
- Larsen, K. L., Brilla, L. R., McLaughlin, W. L., & Li, Y. (2019). Effect of Deep Slow Breathing on Pain-Related Variables in Osteoarthritis. *Pain research & management*, 2019, 5487050. <https://doi.org/10.1155/2019/5487050>
- Laslett, L. L., & Jones, G. (2014). Capsaicin for osteoarthritis pain. *Progress in drug research. Fortschritte der Arzneimittelforschung. Progres des recherches pharmaceutiques*, 68, 277–291. https://doi.org/10.1007/978-3-0348-0828-6_11
- Lau, W. Y., Kato, H., & Nosaka, K. (2019). Water intake after dehydration makes muscles more susceptible to cramp but electrolytes reverse that effect. *BMJ open sport & exercise medicine*, 5(1), e000478. <https://doi.org/10.1136/bmjsem-2018-000478>
- Lee, S. H., Lee, S. Y., Son, D. J., Lee, H., Yoo, H. S., Song, S., Hong, J. T. (2005). Inhibitory effect of 2'-hydroxycinnamaldehyde on nitric oxide production through inhibition of NF- κ B activation in RAW 264.7 cells. *Biochemical Pharmacology*, 69(5), 791–799. <https://doi.org/10.1016/j.bcp.2004.11.013>
- Li, H., Huang, L., Zhou, A., Li, X., & Sun, J. (2009). Study on antiinflammatory effect of different chemotype of Cinnamomum camphora on rat arthritis model induced by Freund's adjuvant. *Zhongguo Zhong yao za zhi = Zhongguo zhongyao zazhi = China journal of Chinese materia medica*, 34(24), 3251–3254.
- Li, S., Li, L., Yan, H., Jiang, X., Hu, W., Han, N., & Wang, D. (2019). Anti-gouty arthritis and anti-hyperuricemia properties of celery seed extracts in rodent models. *Molecular medicine reports*, 20(5), 4623–4633. <https://doi.org/10.3892/mmr.2019.10708>
- Martin, J. A., & Buckwalter, J. A. (2006). Post-traumatic osteoarthritis: the role of stress induced chondrocyte damage. *Biorheology*, 43(3), 517–521.
- Mashhadi, N. S., Ghiasvand, R., Askari, G., Feizi, A., Hariri, M., Darvishi, L., Barani, A., Taghiyar, M., Shiranian, A., & Hajishafiee, M. (2013). Influence of ginger and cinnamon intake on inflammation and muscle soreness ended by exercise in Iranian female athletes. *International journal of preventive medicine*, 4(Suppl 1), S11–S15.
- Mashhadi, N. S., Ghiasvand, R., Askari, G., Hariri, M., Darvishi, L., & Mofid, M. R. (2013). Anti-oxidative and anti-inflammatory effects of ginger in health and physical activity: review of current evidence. *International journal of preventive medicine*, 4(Suppl 1), S36–S42.
- McAnulty, L. S., Nieman, D. C., Dumke, C. L., Shooter, L. A., Henson, D. A., Utter, A. C., Milne, G., & McAnulty, S. R. (2011). Effect of blueberry ingestion on natural killer cell counts, oxidative stress, and inflammation prior to and after 2.5 h of running. *Applied physiology, nutrition, and metabolism = Physiologie appliquee, nutrition et metabolisme*, 36(6), 976–984. <https://doi.org/10.1139/h11-120>

- McLeay, Y., Barnes, M. J., Mundel, T., Hurst, S. M., Hurst, R. D., & Stannard, S. R. (2012). Effect of New Zealand blueberry consumption on recovery from eccentric exercise-induced muscle damage. *Journal of the International Society of Sports Nutrition*, 9(1), 19. <https://doi.org/10.1186/1550-2783-9-19>
- Messier, S. P., Gutekunst, D. J., Davis, C., & DeVita, P. (2005). Weight loss reduces knee-joint loads in overweight and obese older adults with knee osteoarthritis. *Arthritis & Rheumatism*, 52(7), 2026–2032. <https://doi.org/10.1002/art.21139>
- Miller, P. C., Bailey, S. P., Barnes, M. E., Derr, S. J., & Hall, E. E. (2004). The effects of protease supplementation on skeletal muscle function and DOMS following downhill running. *Journal of Sports Sciences*, 22(4), 365–372. <https://doi.org/10.1080/02640410310001641584>
- Mohamed, D. A., Mohamed, R. S., & Fouda, K. (2020). Anti-inflammatory potential of chia seeds oil and mucilage against adjuvant-induced arthritis in obese and non-obese rats. *Journal of basic and clinical physiology and pharmacology*, 31(4), /j/jbcpp.2020.31.issue-4/jbcpp-2019-0236/jbcpp-2019-0236.xml. <https://doi.org/10.1515/jbcpp-2019-0236>
- Moosavian, S. P., Paknahad, Z., & Habibagahi, Z. (2020). A randomized, double-blind, placebo-controlled clinical trial, evaluating the garlic supplement effects on some serum biomarkers of oxidative stress, and quality of life in women with rheumatoid arthritis. *International journal of clinical practice*, 74(7), e13498. <https://doi.org/10.1111/ijcp.13498>
- Moosavian, S. P., Paknahad, Z., Habibagahi, Z., & Maracy, M. (2020). The effects of garlic (*Allium sativum*) supplementation on inflammatory biomarkers, fatigue, and clinical symptoms in patients with active rheumatoid arthritis: A randomized, double-blind, placebo-controlled trial. *Phytotherapy research : PTR*, 34(11), 2953–2962. <https://doi.org/10.1002/ptr.6723>
- Mosavat SH, Masoudi N, Hajimehdipoor H, Emami Meybodi MK, Niktabe Z, Tabarrai M, Ghorat F, Khodadoost M. Efficacy of topical *Linum usitatissimum* L. (flaxseed) oil in knee osteoarthritis: A double-blind, randomized, placebo-controlled clinical trial. *Complement Ther Clin Pract*. 2018 May;31:302-307. doi: 10.1016/j.ctcp.2018.03.003. Epub 2018 Mar 14. PMID: 29705472.
- Naderi, Z., Mozaffari-Khosravi, H., Dehghan, A., Nadjarzadeh, A., & Huseini, H. F. (2015). Effect of ginger powder supplementation on nitric oxide and C-reactive protein in elderly knee osteoarthritis patients: A 12-week double-blind randomized placebo-controlled clinical trial. *Journal of traditional and complementary medicine*, 6(3), 199–203. <https://doi.org/10.1016/j.jtcme.2014.12.007>
- Nawaz, A., Sheikh, Z. A., Feroz, M., Alam, K., Nazar, H., & Usmanghani, K. (2015). Clinical efficacy of polyherbal formulation Eezpain spray for muscular pain relief. *Pakistan journal of pharmaceutical sciences*, 28(1), 43–47.

- Nicol, L. M., Rowlands, D. S., Fazakerly, R., & Kellett, J. (2015). Curcumin supplementation likely attenuates delayed onset muscle soreness (DOMS). *European journal of applied physiology*, 115(8), 1769–1777. <https://doi.org/10.1007/s00421-015-3152-6>
- Panahi, Y., Rahimnia, A. R., Sharafi, M., Alishiri, G., Saburi, A., & Sahebkar, A. (2014). Curcuminoid treatment for knee osteoarthritis: a randomized double-blind placebo-controlled trial. *Phytotherapy research : PTR*, 28(11), 1625–1631. <https://doi.org/10.1002/ptr.5174>
- Pandey, S., Cabot, P. J., Shaw, P. N., & Hewavitharana, A. K. (2016). Anti-inflammatory and immunomodulatory properties of *Carica papaya*. *Journal of immunotoxicology*, 13(4), 590–602. <https://doi.org/10.3109/1547691X.2016.1149528>
- Perciavalle, V., Blandini, M., Fecarotta, P., Buscemi, A., Di Corrado, D., Bertolo, L., Fichera, F., & Coco, M. (2017). The role of deep breathing on stress. *Neurological sciences: official journal of the Italian Neurological Society and of the Italian Society of Clinical Neurophysiology*, 38(3), 451–458. <https://doi.org/10.1007/s10072-016-2790-8>
- Powanda, M. C., Whitehouse, M. W., & Rainsford, K. D. (2015). Celery Seed and Related Extracts with Antiarthritic, Antiulcer, and Antimicrobial Activities. *Progress in drug research. Fortschritte der Arzneimittelforschung. Progres des recherches pharmaceutiques*, 70, 133–153. https://doi.org/10.1007/978-3-0348-0927-6_4
- Prasad, S., Tyagi, A. K., & Aggarwal, B. B. (2014). Recent developments in delivery, bioavailability, absorption and metabolism of curcumin: the golden pigment from golden spice. *Cancer research and treatment*, 46(1), 2–18. <https://doi.org/10.4143/crt.2014.46.1.2>
- Priyadharshini, M., & Devi, R. (2017). Effect of lemongrass oil on rheumatoid arthritis . *International Journal of Current Advanced Research*, 2694–2696. <https://doi.org/10.24327/ijcar.2017.2696.0079>
- Pundarikakshudu, K., Shah, D. H., Panchal, A. H., & Bhavsar, G. C. (2016). Anti-inflammatory activity of fenugreek (*Trigonella foenum-graecum* Linn) seed petroleum ether extract. *Indian journal of pharmacology*, 48(4), 441–444. <https://doi.org/10.4103/0253-7613.186195>
- Roman-Blas, J. A., Castañeda, S., Largo, R., & Herrero-Beaumont, G. (2009). Osteoarthritis associated with estrogen deficiency. *Arthritis research & therapy*, 11(5), 241. <https://doi.org/10.1186/ar2791>
- Saat, M., Singh, R., Sirisinghe, R. G., & Nawawi, M. (2002). Rehydration after Exercise with Fresh Young Coconut Water, Carbohydrate-Electrolyte Beverage and Plain Water. *Journal of Physiological Anthropology and Applied Human Science*, 21(2), 93–104. <https://doi.org/10.2114/jpa.21.93>

- Salimzadeh, A., Alipoor, E., Dehghani, S., Yaseri, M., Hosseini, M., Feinle-Bisset, C., & Hosseinzadeh-Attar, M. J. (2018). The effect of 12-week garlic supplementation on symptom relief in overweight or obese women with knee osteoarthritis. *International journal of clinical practice*, 72(6), e13208. <https://doi.org/10.1111/ijcp.13208>
- Savaş, B. B., Alparslan, G. B., & Korkmaz, C. (2019). Effect of flaxseed poultice compress application on pain and hand functions of patients with hand osteoarthritis. *Clinical rheumatology*, 38(7), 1961–1969. <https://doi.org/10.1007/s10067-019-04484-7>
- Setayesh, M., Sadeghifar, A. R., Nakhaee, N., Kamalinejad, M., & Rezaeizadeh, H. (2017). A Topical Gel From Flax Seed Oil Compared With Hand Splint in Carpal Tunnel Syndrome: A Randomized Clinical Trial. *Journal of evidence-based complementary & alternative medicine*, 22(3), 462–467. <https://doi.org/10.1177/2156587216677822>
- Shep, D., Khanwelkar, C., Gade, P., & Karad, S. (2019). Safety and efficacy of curcumin versus diclofenac in knee osteoarthritis: a randomized open-label parallel-arm study. *Trials*, 20(1), 214. <https://doi.org/10.1186/s13063-019-3327-2>
- Shishehbor, F., Rezaeyan Safar, M., Rajaei, E., & Haghhighizadeh, M. H. (2018). Cinnamon Consumption Improves Clinical Symptoms and Inflammatory Markers in Women With Rheumatoid Arthritis. *Journal of the American College of Nutrition*, 1–6. Advance online publication. <https://doi.org/10.1080/07315724.2018.1460733>
- Shoba, G., Joy, D., Joseph, T., Majeed, M., Rajendran, R., & Srinivas, P. S. (1998). Influence of piperine on the pharmacokinetics of curcumin in animals and human volunteers. *Planta medica*, 64(4), 353–356. <https://doi.org/10.1055/s-2006-957450>
- Sindhu, G., Ratheesh, M., Shyni, G. L., Nambisan, B., & Helen, A. (2012). Anti-inflammatory and antioxidative effects of mucilage of *Trigonella foenum graecum* (Fenugreek) on adjuvant induced arthritic rats. *International immunopharmacology*, 12(1), 205–211. <https://doi.org/10.1016/j.intimp.2011.11.012>
- Singh, S., Nair, V., & Gupta, Y. K. (2012). Linseed oil: an investigation of its antiarthritic activity in experimental models. *Phytotherapy research: PTR*, 26(2), 246–252. <https://doi.org/10.1002/ptr.3535>
- Srivastava, K. C., & Mustafa, T. (1992). Ginger (*Zingiber officinale*) in rheumatism and musculoskeletal disorders. *Medical Hypotheses*, 39(4), 342–348. [https://doi.org/10.1016/0306-9877\(92\)90059-1](https://doi.org/10.1016/0306-9877(92)90059-1)
- Suresh, P., Kavitha, C., Babu, S. M., Reddy, V. P., & Latha, A. K. (2012). Effect of ethanol extract of *Trigonella foenum graecum* (Fenugreek) seeds on Freund's adjuvant-induced arthritis in albino rats. *Inflammation*, 35(4), 1314–1321. <https://doi.org/10.1007/s10753-012-9444-7>
- Tarfaroosh, S. F., Lone, B. U., Beigh, M. I., & Manzoor, M. (2016). An Innovative and Portable Multimodal Pain Relief Device for the Management of Neuropathic Low Back Pain - a Study from Kashmir (Southeast Asia). *Cureus*, 8(6), e661. <https://doi.org/10.7759/cureus.661>

- Therkleson T. (2014). Topical Ginger Treatment With a Compress or Patch for Osteoarthritis Symptoms. *Journal of holistic nursing : official journal of the American Holistic Nurses' Association*, 32(3), 173–182. <https://doi.org/10.1177/0898010113512182>
- Thomson, M., Al-Qattan, K. K., Al-Sawan, S. M., Alnaqeeb, M. A., Khan, I., & Ali, M. (2002). The use of ginger (*Zingiber Officinale* Rosc.) as a potential anti-inflammatory and Antithrombotic agent. *Prostaglandins, Leukotrienes and Essential Fatty Acids*, 67(6), 475–478. <https://doi.org/10.1054/plef.2002.0441>
- Tsuji-Naito, K. (2008). Aldehydic components of Cinnamon bark extract suppresses RANKL-induced osteoclastogenesis through NFATc1 downregulation. *Bioorganic & Medicinal Chemistry*, 16(20), 9176–9183. <https://doi.org/10.1016/j.bmc.2008.09.036>
- Twal, W. O., Wahlquist, A. E., & Balasubramanian, S. (2016). Yogic breathing when compared to attention control reduces the levels of pro-inflammatory biomarkers in saliva: a pilot randomized controlled trial. *BMC complementary and alternative medicine*, 16, 294. <https://doi.org/10.1186/s12906-016-1286-7>
- Weiker, M. K., Nielsen, B., Waclawik, A. J., Staples, A. C., & Hansen, K. E. (2017). Muscle Cramps Do Not Improve With Correction of Vitamin D Insufficiency. *WMJ : official publication of the State Medical Society of Wisconsin*, 116(5), 200–204.
- Williams, F. M., Skinner, J., Spector, T. D., Cassidy, A., Clark, I. M., Davidson, R. M., & MacGregor, A. J. (2010). Dietary garlic and hip osteoarthritis: evidence of a protective effect and putative mechanism of action. *BMC musculoskeletal disorders*, 11, 280. <https://doi.org/10.1186/1471-2474-11-280>
- Williams, M. A., Williamson, E. M., Heine, P. J., Nichols, V., Glover, M. J., Dritsaki, M., Adams, J., Dosanjh, S., Underwood, M., Rahman, A., McConkey, C., Lord, J., & Lamb, S. E. (2015). Strengthening and stretching for Rheumatoid Arthritis of the Hand (SARAH). A randomised controlled trial and economic evaluation. *Health technology assessment (Winchester, England)*, 19(19), 1–222. <https://doi.org/10.3310/hta19190>
- Wluka, A. E. (2001). Users of oestrogen replacement therapy have more knee cartilage than non-users. *Annals of the Rheumatic Diseases*, 60(4), 332–336. <https://doi.org/10.1136/ard.60.4.332>
- Wu, Z., Weng, S., Yan, D., Xie, Z., Zhou, Q., Li, H., Bai, B., Boodhun, V., Shen, Z., Tang, J., Zhou, L., Tao, Z., & Yang, L. (2018). Administration of cinnamaldehyde promotes osteogenesis in ovariectomized rats and differentiation of osteoblast in vitro. *Journal of pharmacological sciences*, 138(1), 63–70. <https://doi.org/10.1016/j.jphs.2018.09.002>
- Yong, J. W., Ge, L., Ng, Y. F., & Tan, S. N. (2009). The chemical composition and biological properties of coconut (*Cocos nucifera* L.) water. *Molecules (Basel, Switzerland)*, 14(12), 5144–5164. <https://doi.org/10.3390/molecules14125144>
- Zainuddin, Z., Newton, M., Sacco, P., & Nosaka, K. (2005). Effects of massage on delayed-onset muscle soreness, swelling, and recovery of muscle function. *Journal of athletic training*, 40(3), 174–180.

Žídková, V., Nakládalová, M., & Štěpánek, L. (2019). Effects of Exercise and Enzyme Therapy in Early Occupational Carpal Tunnel Syndrome: A Preliminary Study. *BioMed research international*, 2019, 8720493. <https://doi.org/10.1155/2019/8720493>