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Diploma in Pharmacy 2nd Year
Pharmacotherapeutics
Important Questions
Chapter 2 (h) : Musculoskeletal disorders

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Chapter 2 (h)
Musculoskeletal disorders
IMPORTANT Questions

Q1. What is Rheumatoid Arthritis ? Give etiopathogenesis, clinical manifestations, pharmacological management, and non-pharmacological management.

Ans.

Rheumatoid Arthritis

→ RA is a chronic , progressive ,inflammatory musculoskeletal disorder affecting many joints and patient suffers from swelling and pain of joints.

Etiology

- Genetic
- Autoimmune disorder
- Environmental factors
- Hormones

Pathogenesis

Autoimmune disorder
Activation of CD_4 + T cells
Production of Cytokines
Cytokines induce inflammation
Rheumatoid Arthritis

Clinical Manifestations

- Joint pain
- Swelling of joint
- Redness of joints
- Joint stiffness particularly in the morning or after sitting continuously

Non Pharmacological Management

- Make the diet charts and follow accordingly and avoid the fattier and lipids contents in the diet.
- Change the lifestyle and apply the home remedies means replace the allopathic medicine with ayurvedic medicine (because of less side effects)
- Regular practice of yoga exercise and other physical exercise

Pharmacological Management

- Rheumatoid arthritis has no known treatment. However clinical trials show that early therapy with Disease Modifying Anti-Rheumatoid Drugs (DMARDs) reduces the symptoms.
- Drug recommendation will be based on the severity of symptoms and the duration of rheumatoid arthritis.
    - **NSAIDs :** Pain and inflammation can treat with NSAIDs . paracetamol , ibuprofen , diclofenac , Meloxicam etc.
    - **Steroids :** Corticosteroids(prednisolone) reduces inflammation , pain and damage of joints.
    - **Conventional DMARDs :** These drugs can reduce the progression of RA , and prevent permanent damage to joints . **examples :** Methotrexate , leflunomide (immunosuppressive) Hydroxychloroquine (immunosuppressive) , Slfasalazine (reduces inflammation) .

Q2. What is Osteoarthritis ? Give etiopathogenesis, clinical manifestations, pharmacological management, and non-pharmacological management.

Ans.

Osteoarthritis

→ OA is a type of arthritis and it is most common progressive joint condition in which the protective tissues (cartilage , synovial fluid) at the end of bones wears down . and causes pain in joints.

Etiology

- Past injury (torn cartilage , ligament injury , or dislocation of joints)
- Metabolic disorder (degeneration of cartilage or fluid of joints)
- Obesity
- Poor posture
- Genetic
- Diabetes
- Poor diet
- Ageing

Pathogenesis

Any etiological factor (ageing , obesity etc.)
metabolic dysfunction
degeneration of cartilage (loss of function)
thinning of cartilage and rubbing together
Osteoarthritis

Clinical Manifestations

- Joints pain
- Stiffness in the joints
- Inflammation
- Reduce motion and flexibility range
- Sound of cracking , clicking or popping on moving the joints

Non Pharmacological Management

- Exercise
- Weight loss
- Avoiding wrong posture
- Taking healthy diet

Pharmacological Management

- **Oral Pain Relievers :** Paracetamol
- **Topical pain reliever :** Diclofenac Emulgel, ketoprofen gel, piroxicam gel, diclofenac Flector plaster, and diclofenac other plaster.
- **NSAIDs :** Ibuprofen , Naproxen etc , they reduce pain and swelling.
- **Corticosteroids :** They suppress immune system and reduce inflammation : Cortisone , triamcinolone.
- **Duloxetine :** It is an antidepressant and approved by FDA for treatment of Musculoskeletal problems.