

# **A Review on Therapies of Rheumatoid Arthritis Disease**

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**Abstract:** *Rheumatoid arthritis (RA) is a chronic, systemic, inflammatory autoimmune disorder primarily affecting synovial joints, leading to cartilage degradation, bone erosion, and progressive deformities. The disease affects approximately 1% of the global population and is associated with substantial morbidity, disability, and reduced life expectancy. Despite advances in diagnostic and therapeutic strategies, RA remains incurable, necessitating lifelong disease management. The etiology of RA involves a complex interplay of genetic, environmental, hormonal, and immunologic factors that result in abnormal immune activation and synovial inflammation.*

*The therapeutic objectives in RA management are to control pain and inflammation, prevent structural damage, and preserve joint function and quality of life. Treatment approaches have evolved significantly over the past two decades, transitioning from symptomatic management with nonsteroidal anti-inflammatory drugs (NSAIDs) and corticosteroids to targeted immunotherapy and disease-modifying antirheumatic drugs (DMARDs), both conventional and biologic. Emerging treatment modalities include Janus kinase (JAK) inhibitors and novel cytokine-targeted therapies that offer improved disease control and safety profiles.*

*This review provides an updated overview of the pathophysiology, clinical manifestations, and treatment options for RA, including traditional therapies, biologics, targeted synthetic agents, and supportive non-pharmacological interventions. It also highlights current challenges and future directions in optimizing patient-specific therapy through personalized medicine..*

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