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## Inflammation and Joint Degeneration in Arthritis: A Critical Review of Recent Findings

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### ABSTRACT

A collection of musculoskeletal conditions that cause pain, stiffness, swelling, and decreased mobility due to inflammation of one or more joints are collectively referred to as arthritis. Although its prevalence rises with age, the illness affects people of all ages. Osteoarthritis and rheumatoid arthritis are the most prevalent forms of arthritis. Rheumatoid arthritis is an autoimmune condition where the immune system attacks the joint lining, whereas osteoarthritis is mostly caused by the slow deterioration of cartilage as a result of aging and mechanical wear. The disease's onset and progression are mostly influenced by genetic, environmental, and lifestyle variables such as obesity, physical inactivity, and joint injuries.

Through medication, physical therapy, and lifestyle changes, current treatment strategies concentrate on symptom management, enhancing joint function, and preventing more injury. Promising new therapy options are being made possible by developments in biological treatments and regenerative medicine. To enhance the quality of life and lessen handicap among those impacted, early diagnosis and thorough treatment are crucial. The pathophysiology of arthritis is better understood because to ongoing research, which opens the door to more potent preventative and treatment approaches.

**Keywords:** Arthritis, Osteoarthritis, Rheumatoid arthritis, Joint inflammation, Autoimmune disease, Cartilage degeneration, Musculoskeletal disorders, Risk factors, Obesity, Physical inactivity, Joint injury, Pathophysiology, Biological therapies, Regenerative medicine, Early diagnosis, Pain management, Joint function, Chronic disease, Inflammatory disorders, Mobility impairment.

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