

## Original Research Article

### **Anti - Arthritis, Antioxidant and Anti - Inflammatory Potential of Ethanoic Extract of Guava Leaves on Rats Exposed to High Fat Diet and Freud Adjuvant**

#### **Abstract**

Guava leaves (*Psidium guajava*) have been used traditionally for years to treat common ailments such as *Diabetes*, diarrhoea, and hypertension. This study was designed to determine the anti-arthritic and lipid-lowering effect of the ethanoic extract of guava leaf (*Psidium guajava*) on rats fed a high-fat diet and induced arthritis using complete Freund Adjuvant. Seventy-two male and female albino rats were used in this study, the rats were grouped into 12 with 6 rats in each group, rats were fed a high-fat diet to cause hyperlipidaemia and induced rheumatoid arthritis by injecting 0.1ml of Complete Freund's Adjuvant into their right hind paw. Group 1 was negative control, 3 served as an arthritic control, group 4 received dexamethasone (6.75 mg/kg<sup>-1</sup> orally), groups 5 to 12 received the extract at oral doses of 250 and 750 mg/kg, respectively for a period of 28 days. ELISA technique was used to analyse the inflammatory markers, antioxidants; SOD, and MDA, while the lipid profile was on a spectrophotometer. The inflammatory markers TNF- $\alpha$ , IL-6, and C-reactive protein and the lipid profile (Tchol, TG, LDL) were significantly reduced in test subjects at  $P < 0.05$ , HDL and SOD had no statically significant difference, while MDA was markedly reduced at  $P < 0.05$ . This study demonstrates that *Psidium guajava* extract has significant anti-arthritic and lipid-lowering effects. *Psidium guajava* leaves can be developed into an alternative anti-arthritis and lipid-lowering treatment.

Keywords: Inflammatory, Antioxidant, anti-arthritis, Guava (*Psidium guajava*), Myrtaceae, high-fat diet, Freud Adjuvant, arthritis.

## 1. INTRODUCTION

Arthritis is an inflammatory disorder affecting one or more joints of the body with varying causal factors, including trauma, infections, autoimmune disorders, idiopathic causes, and aging. Irrespective of the cause, the underlying pathophysiology involves the breakdown of cartilage, which protects the end surfaces of bones at the joints, leading to the loss of smooth glide at the joint during movement. This frictional rubbing results in pain, swelling, and stiffness at the joint and eventual muscle strain due to difficulty moving the joint [1]. Two of the most common types are osteoarthritis and rheumatoid arthritis.

Rheumatoid Arthritis (RA) is most commonly seen in adults over the age of 65, but it can also develop in children, teens, and younger adults [2]. Alternative methods to address RA, such as the consumption of medicinal plants are becoming popular [3].

Plant extracts have been used as a source of medicines for a wide variety of human ailments. Among the numerous traditional medicinal herbs, is *Psidium guajava*, commonly known as Guava, which is used for the treatment of numerous diseases in Africa, East Asia, and other countries [4].

However, neither preventive measures nor primary cures for RA have been established. Hence, alternative methods to address RA, such as the use of medicinal plants [5].

*Psidium guajava* (common name guava) is a well-known tropical tree that is abundantly grown for fruit. It belongs to the phylum Magnoliophyta, class Magnoliopsida, and Myrtaceae family

[6]. It has about 133 genera and more than 3,800 species. Guava contains a large number of antioxidants and phytochemicals including essential oils, polysaccharides, minerals, vitamins, enzymes, triterpenoid acid alkaloids, steroids, glycosides, tannins, flavonoids, and saponins. Guava contains a higher content of vitamins C and A. Guava is also a very good source of pectin, an important dietary fiber. It has a high content of flavonoids, fructose, and carotenoids. The guava fruit contains vitamins A, and C, iron, phosphorus, and calcium. It has more vitamin C than the orange [7].

Rheumatoid arthritis (RA), the most common type of joint disease, is on the increase across different age ranges. RA affected about 24.5 million people as of 2015. This is between 0.5 and 1% of adults in the developed world with 5 and 50 per 100,000 people newly developing the condition each year. Onset is most frequent during middle age and women are affected 2.5 times as frequently as men. Proper management and treatment are expensive with conventional drugs having lots of side effects. Thus the quest for a cheaper and safer alternative.

## 2. The Experimental Animals

The study was conducted on seventy-two albino Wistar rats weighing 130-210 g purchased from the animal house in the Department of Physiology University of Port Harcourt Rivers state. Animals were acclimatized to experimental conditions in cages and kept under standard environmental conditions ( $25 \pm 3^{\circ}\text{C}$ ; 12/12 h light/dark cycle). Rats were allowed to feed and water *ad libitum*. The rats were grouped into 12 groups of 6 rats each.

Group 1: Healthy rats fed with normal feed and water

Group 2; Healthy rats fed with normal feed and water treated with ethanoic extract of guava leaf. (Dose ??)

Group 3; Rats fed with high fat diet and induced arthritis with complete Freund's Adjuvant (CFA) and water

Group 4; Rats fed with high fat diet and induced arthritis with complete Freund's Adjuvant (CFA) treated with dexamethasone (6.75mg/kg bodyweight).

Group 5; low dose (250mg/kg body weight) for 1 week on rats on HFD and induced arthritis

Group 6; high dose for (750mg/kg body weight) 1 week on rats on HFD and induced arthritis

Group 7; low dose (250mg/kg bodyweight) for 2 weeks on rats on HFD and induced arthritis

Group 8; high dose (750mg/kg body weight) for 2 weeks on rats on HFD and induced arthritis

Group 9; low dose for 3 weeks on rats on HFD and induced arthritis

Group 10; high for dose 3 weeks on rats on HFD and induced arthritis

Group 11; low dose for 4 weeks on rats on HFD and induced arthritis

Group 12; high dose for 4 weeks on rats on HFD and induced arthritis

Each group was administered 0.2ml CFA (1mg/ml)

## 2.1 Evaluation of Arthritic Score

Each paw was scored on a scale of 0–4 based on their degree of swelling, erythema, and deformity (maximum score 16 per animal) as follows: 0 =normal, 1 = slight erythema/ swelling of the ankle, 2 = moderate erythema and/or swelling of ankle, 3 = severe erythema/ swelling of ankle and 4 =complete erythema and swelling of the toes and inability to bend the ankle. The arthritic score was measured on days 0, 1, 4, 8, 12, 16, 20, 24, and 28.

Evaluation of mobility score; Whole animal mobility was scored between 0 and 4 according to the following definitions: 0 normal, 1 = slightly impaired, 2 = major impairment, 3 = does not step on paw, and 4 =no movement. The mobility score was measured on days 12 and 28.

## 2.1 Preparation of **Guava Leaves Extract**;

Fresh tender leaves of guava were collected from Eelenwo, Port Harcourt Rivers State Nigeria, 1 kg. The plant was authenticated by Botanists and a herbarium number RSUPB0103 was obtained.

The plant was washed with distilled water and air-dried at room temperature for 14 days. Extracts were prepared following the method described by [8] 1000g of dried ground guava leaves were macerated using 96% ethanol solvent for **3×48 h** and then filtered with a Buchner funnel to obtain the filtrate. The filtrate obtained was then concentrated using a rotary evaporator at a maximum temperature of **60°C** until the ethanol solvent evaporated and a paste-shaped extract was formed, the paste extract was then taken using a spatula then weighed and refrigerated until time it was used.

## 2.2 High Fat Diet Using Egg Yolk

The normal rat chaw was measured and 20 percent of the feed was removed and replaced with egg yolk. This was used to induce **hypercholesteremia**.

## 3. Results

### **Antioxidant and Anti-Inflammatory Variables of Rats Treated with Low Dose Ethanol Leaf Extract of *Psidium guajava***

The mean and standard deviation of MDA, SOD, CRP, IL6, and **TNF1** of groups 5, 7,9, and 11 rats were compared with the control groups 1, 2, and 3 and are shown in detail in Table 4. There were significant variations among the mean values of MDA (Malondialdehyde) at P-value = 0.0001. Similarly, there were statistically significant differences amongst the mean values of CRP (C reactive protein) and TNF1 (Tumor necrosis Factor) at a P-value of 0.0001 respectively. However, in the control group 1, 2, and 3 when compared with the test groups 5,7,9,11 there was no statistically significant difference in the mean values of SOD (Superoxide Dismutase) and Interleukin-6 (IL6) at P – values at 0.1852 and 0.3376 respectively. Details of the ANOVA result of antioxidant and anti-inflammatory variables of rats treated with low-dose ethanol leaf extract of **Psidium guajava** are shown in Table 1 below.

**Table 1 Antioxidant and anti-inflammatory variables of rats treated with low-dose ethanol leaf extract of *Psidium guajava***

	<i>MDA</i> (nmol/ml)	<i>SOD</i> (ng/L)	<i>IL6</i> (ng/ml)	<i>CRP</i> (Ug/L)	<b><i>TNF1</i></b> (ng/L)
Group 1	0.67 ± 0.02b	8.45 ± 0.81b	15.24 ± 1.26b	0.31 ± 0.01	22.43 ± 0.79b
Group 2	0.95 ± 0.1a	9.0 ± 1.41b	23.16 ± 0.43a	0.76 ± 0.5a	24.43 ± 1.66b
Group 3	0.53 ± 0.03a	6.55 ± 1.07b	19.14 ± 0.49b	0.33 ± 0.03b	33.105 ± 2.34b
Group 5	0.47 ± 0.05a	6.22 ± 0.91b	19.02 ± 1.42b	0.56 ± 0.3a	22.37 ± 1.8b
Group 7	0.61 ± 0.1a	6.01 ± 0.61b	21.03 ± 2.55b	0.63 ± 0.13a	17.06 ± 0.78b
Group 9	0.66 ± 0.05a	8.25 ± 1.51b	18.49 ± 0.64	0.41 ± 0.07b	24.57 ± 0.59b
Group 11	0.77 ± 0.06a	6.21 ± 0.32b	17.45 ± 0.55b	0.53 ± 0.07a	20.96 ± 2.39b
p-values	0.0001	0.1852	0.3376	0.0001	0.0001
F-values	6.844	1.583	1.19	8.045	7.348

Key: Group 1 – Negative control

Group 2 – Normal control fed with extract

Group 3 – Positive control

Group 5 – induced rats fed with a low dose of extract for 1 week

Group 7 – induced rats fed with a low dose of extract for 2 weeks

Group 9 – induced rats fed with a low dose of extract for 3 weeks

Group 11 – induced rats fed with a low dose of extract for 4 weeks

a= statistically significant

b– not significant

### 3.2 ANOVA results of antioxidant and anti-inflammatory variables of rats treated with high dose ethanol leaf extract of *Psidium guajava*

The mean and standard deviation of MDA, SOD, CRP, IL6, and TNF1 of groups 6, 8,10, and 12 rats were compared with the mean and standard deviation of the control groups 1, 2, and 3. There were significant variations among the mean values of MDA (Malondialdehyde) at Value= 0.0001. Similarly, there were statistically significant differences amongst the mean values of IL6 at a P-value of 0.0155, CRP (C reactive protein), and TNF1 (Tumor necrosis Factor) at a P-value of 0.0001 respectively. However, in the control group 1, 2, and 3 when compared with the test groups 6, 8,10, and 12 there was no statistically significant difference in the mean values of SOD (Superoxide Dismutase) at P – values at 0.1852. Details of the ANOVA result of antioxidant and anti-inflammatory variables of rats treated with high-dose ethanol leaf extract of *Psidium guajava* are shown in Table 2 below.

**Table 2**Antioxidant and anti-inflammatory variables of rats treated with **high** dose ethanol leaf extract of *Psidium guajava*

	MDA(nmol/ml)	SOD (ng/L)	IL6 (ng/ml)	CRP (Ug/L)	TNF1 (ng/L)
Group 1	0.67 ± 0.02 <sup>a</sup>	8.45 ± 0.81 <sup>b</sup>	15.24 ± 1.26 <sup>b</sup>	0.31 ± 0.01 <sup>a</sup>	22.43 ± 0.79 <sup>b</sup>
	0.95 ± 0.1 <sup>a</sup>	9.0 ± 1.41 <sup>b</sup>	23.16 ± 0.43 <sup>b</sup>	0.76 ± 0.5 <sup>a</sup>	24.43 ± 1.66 <sup>b</sup>
Group 2	0.53 ± 0.03 <sup>a</sup>	6.55 ± 1.07 <sup>b</sup>	19.14 ± 0.49 <sup>b</sup>	0.33 ± 0.03 <sup>b</sup>	33.105 ± 2.34 <sup>a</sup>
Group 3				0.62 ± 0.03	
<b>Group 6</b>	0.57 ± 0.06 <sup>a</sup>	9.87 ± 2.11 <sup>b</sup>	22.04 ± 4.3 <sup>b</sup>	<sup>a</sup>	22.83 ± 1.85 <sup>a</sup>
Group 8	0.65 ± 0.02 <sup>a</sup>	8.34 ± 0.75 <sup>b</sup>	20.39 ± 1.47 <sup>b</sup>	0.64 ± 0.1 <sup>a</sup>	19.71 ± 1.54 <sup>a</sup>
Group 10	0.58 ± 0.13 <sup>b</sup>	8.59 ± 0.5 <sup>b</sup>	14.31 ± 1.11 <sup>b</sup>	0.58 ± 0.11 <sup>a</sup>	29.42 ± 5.46 <sup>b</sup>
Group 12	0.59 ± 0.04 <sup>a</sup>	5.89 ± 0.69 <sup>b</sup>	15.50 ± 1.26 <sup>b</sup>	0.47 ± 0.03 <sup>b</sup>	19.02 ± 1.6 <sup>a</sup>
p-values	0.0004	0.2378	0.0155	0.0001	0.0002
F-values	5.69	1.414	3.155	8.178	6.138

Key: Group1 – Negative control      Group 2 – Normal control fed with extract  
 Group 3 – Positive control      Group 6 – induced rats fed with a high dose of extract for 1 week  
 Group 8 – induced rats fed with a high dose of extract for 2 weeks  
 Group 10 – induced rats fed with a high dose of extract for 3 weeks  
 Group 12 – induced rats fed with a high dose of extract for 4 weeks  
 a = statistically significant  
 b – Not significant

**3.3**Antioxidant and anti-inflammatory variables of **group 5** and **6** rats treated with ethanol leaf extract of *Psidium guajava* week1

Comparative analysis of the mean and standard deviation of MDA, SOD, Interleukin 6, C reactive protein, and TNF1 of groups 1,2,3,5, and 6. There was a statistically significant variation in the mean values of MDA (P – value at 0.0001) and mean values of TNF1(P – value at 0.0008). However, there was no significant difference in the mean values of SOD (P – value at 0.271) and mean values of IL6 (P – values at 0.1123) Details of the comparative analysis are in Table 3 below.

**Table 3** Antioxidant and anti-inflammatory variables of groups **5 and 6 rats** treated with **low ethanol leaf extract of *Psidium guajava***

	MDA(nmol/ml)	SOD (ng/L)	IL6 (ng/ml)	CRP(Ug/L)	TNF1 (ng/L)
+	0.67 ± 0.02b	8.45 ± 0.81 <sup>b</sup>	15.24 ± 1.26 <sup>b</sup>	0.31 ± 0.01 <sup>b</sup>	22.43 ± 0.79 <sup>b</sup>
<b>Group 2</b>	0.95 ± 0.1a	9.0 ± 1.41 <sup>b</sup>	23.16 ± 0.43 <sup>b</sup>	0.76 ± 0.5a	24.43 ± 1.66 <sup>b</sup>
<b>Group 3</b>	0.53 ± 0.03a	6.55 ± 1.07 <sup>b</sup>	19.14 ± 0.49 <sup>b</sup>	0.33 ± 0.03 <sup>b</sup>	33.105 ± 2.34a
<b>Group 5</b>	0.47 ± 0.05a	6.22 ± 0.91 <sup>b</sup>	19.02 ± 1.42 <sup>b</sup>	0.56 ± 0.3a	22.37 ± 1.8 <sup>b</sup>
<b>Group 6</b>	0.57 ± 0.06	9.87 ± 2.11 <sup>b</sup>	22.04 ± 4.3 <sup>b</sup>	0.62 ± 0.03a	22.83 ± 1.85 <sup>b</sup>
p-values	0.0001	0.271	0.1123	0.0001	0.0008
F-values	10.19	1.317	2.047	36.48	6.778

Key: Group1 – Negative control

Group 2 – Normal control fed with extract

Group 3 – Positive control

Group 6 – induced rats fed with a high - dose of extract for 1 week

Group 5 – induced rats fed with a low - dose of extract for 1 week

\*= statistically significant

ns – Not significant

### 3.4 Mean of antioxidant and anti-inflammatory variables of **group 7 and 8 rats** treated with ethanol leaf extract of *Psidium guajava*

Comparative analysis of the mean and standard deviation of MDA, SOD, Interleukin 6, C reactive protein, and TNF1 of groups 1,2,3,7, and 8. There was a statistically significant decrease in the mean values of MDA (P –value at 0.0001), CRP (P – value at 0.0001), mean values of TNF1(P – value at 0.0008), and mean values of IL6 (P –values at 0.0023) in the test group 7,8 when compared with control group 1,2,3. However, there was no significant difference in the

mean values of SOD (P – value at 0.2338) Details of the comparative analysis are in Table 4 below.

**Table 4 Antioxidant and anti-inflammatory variables of groups 7 and 8 rats treated with ethanol leaf extract of *Psidium guajava***

	MDA (nmol/ml)	SOD (ng/L)	IL6 (ng/ml)	CRP (Ug/L)	TNF1 (ng/L)
Group 1	0.67±0.02 <sup>b</sup>	8.45±0.81 <sup>b</sup>	15.24 ± 1.26 <sup>b</sup>	0.31 ± 0.0 <sup>b</sup>	22.43 ± 0.79 <sup>b</sup>
Group 2	0.95 ± 0.1 <sup>a</sup>	9.0 ± 1.41 <sup>b</sup>	23.16 ± 0.43 <sup>a</sup>	0.76 ± 0.5 <sup>a</sup>	24.43 ± 1.66 <sup>b</sup>
Group 3	0.53 ± 0.03 <sup>b</sup>	6.55±1.07 <sup>b</sup>	19.14 ± 0.49 <sup>b</sup>	0.33 ± 0.03 <sup>b</sup>	33.105 ± 2.34 <sup>a</sup>
Group 7	0.61 ± 0.1 <sup>b</sup>	6.01±0.61 <sup>b</sup>	21.03 ± 2.55 <sup>b</sup>	0.63 ± 0.13 <sup>a</sup>	17.06 ± 0.78 <sup>a</sup>
Group 8	0.65 ± 0.02 <sup>b</sup>	8.34±0.75 <sup>b</sup>	20.39 ± 1.47 <sup>b</sup>	0.64 ± 0.1 <sup>a</sup>	19.71 ± 1.54 <sup>a</sup>
p-values	0.0008	0.2338	0.0023	0.0002	0.0001
F-values	6.947	1.504	5.743	5.837	13.61

Key: Group1 – Negative control      Group 2 – Normal control fed with extract  
 Group 3 – Positive control      Group 7 – induced rats fed with a low- dose of extract for 2 weeks  
 Group 8 – induced rats fed with a high – dose of extract for 2 weeks  
 \* = statistically significant  
 ns – Not significant

**3.5 Antioxidant and anti-inflammatory variables of groups 9 and 10 rats treated with ethanol leaf extract of *Psidium guajava***

Comparative analysis of the mean and standard deviation of MDA, SOD, Interleukin 6, C reactive protein, and TNF1 of groups 1,2,3,9, and 10. There was a statistically significant decrease in the mean values of MDA (P –value at 0.002), CRP (P – value at 0.0001), mean values of TNF1(P – value at 0.0001), and mean values of IL6 (P –values at 0.0023) in the test group 9 and 10 when compared with control group 1,2,3. However, there was no significant difference in the mean values of SOD (P – value at 0.5123) Details of the comparative analysis are in Table 5 below.

**Table 5 Antioxidant and anti-inflammatory variables of group 9 and 10 rats treated with ethanol leaf extract of *Psidium guajava***

	MDA(nmol/ml)	SOD(ng/L)	IL6 (ng/ml)	CRP(Ug/L)	TNF1 (ng/L)
Group 1	0.67 ± 0.02 <sup>b</sup>	8.45 ± 0.8 <sup>b</sup>	15.24 ± 1.26 <sup>b</sup>	0.31 ± 0.01 <sup>b</sup>	22.43 ± 0.79 <sup>b</sup>

Group 2	0.95 ± 0.1 <sup>a</sup>	9.0 ± 1.41 <sup>b</sup>	23.16 ± 0.43 <sup>a</sup>	0.76 ± 0.5 <sup>a</sup>	24.43 ± 1.66 <sup>b</sup>
Group 3	0.53 ± 0.03 <sup>b</sup>	6.55 ± 1.07 <sup>b</sup>	19.14 ± 0.49 <sup>a</sup>	0.33 ± 0.03 <sup>b</sup>	33.105 ± 2.34 <sup>a</sup>
Group 9	0.66 ± 0.05 <sup>b</sup>	8.25 ± 1.51 <sup>b</sup>	18.49 ± 0.64 <sup>a</sup>	0.41 ± 0.07 <sup>b</sup>	24.57 ± 0.59 <sup>b</sup>
Group 10	0.58 ± 0.13 <sup>b</sup>	8.59 ± 0.5 <sup>b</sup>	14.31 ± 1.11 <sup>b</sup>	0.58 ± 0.11 <sup>a</sup>	29.42 ± 5.46 <sup>b</sup>
p-values	0.002	0.5123	0.0001	0.0001	0.0142
F-values	6.017	0.8183	18.12	11.18	3.971

Key: Group1 – Negative control      Group 2 – Normal control fed with extract  
 Group 3 – Positive control      Group 9 – induced rats fed with low dose of extract for 3 weeks  
 Group 10 – induced rats fed with high dose of extract for 3 weeks  
 a = statistically significant  
 b – Not significant

### 3.6 Antioxidant and anti-inflammatory variables of rats in groups 11 and 12 treated with ethanol leaf extract of *Psidium guajava*

Comparative analysis of the mean and standard deviation of MDA, SOD, Interleukin 6, C reactive protein, and TNF1 of groups 1,2,3,11, and 12. There was a statistically significant decrease in the mean values of MDA (P –value at 0.002), CRP (P – value at 0.0001), mean values of TNF1(P – value at 0.00002), and mean values of IL6 (P –values at 0.0001) in the test group 11 and 12 when compared with control group 1,2,3. However, there was no significant difference in the mean values of SOD (P – value at 0.0896) Details of the comparative analysis are in Table 6 below.

**Table 6 Antioxidant and anti-inflammatory variables of rats in groups 11 and 12 treated with ethanol leaf extract of *Psidium guajava***

	MDA (nmol/ml)	SOD (ng/L)	IL6 (ng/ml)	CRP (Ug/L)	TNF1 (ng/L)
Group 1	0.67 ± 0.02b	8.45 ± 0.81b	15.24 ± 1.26b	0.31 ± 0.01b	22.43 ± 0.79b
Group 2	0.95 ± 0.1a	9.0 ± 1.41b	23.16 ± 0.43a	0.76 ± 0.5a	24.43 ± 1.66b
Group 3	0.53 ± 0.03b	6.55 ± 1.07b	19.14 ± 0.49b	0.33 ± 0.03b	33.105 ± 2.34a
Group 11	0.77 ± 0.06a	6.21 ± 0.32b	17.45 ± 0.55b	0.53 ± 0.07a	20.96 ± 2.39b
Group 12	0.59 ± 0.04b	5.89 ± 0.69a	15.50 ± 1.26b	0.47 ± 0.03b	19.02 ± 1.6b
p-values	0.0002	0.0896	0.0001	0.0001	0.00002
F-values	8.066	2.275	13.47	16	8.66

Key: Group1 – Negative control      Group 2 – Normal control fed with extract  
 Group 3 – Positive control      Group 11 – induced rats fed with a low dose of extract for 4 weeks

Group 12 – induced rats fed with a high dose of extract for 4 weeks

\*= statistically significant

ns – Not significant

#### 4. Discussion

The use of medicinal plants continues to spread globally as more research has shown that their effectiveness in **most** disease conditions is not folktale. Inflammatory and arthritic conditions are among ailments treated using traditional remedies, with considerable success. Chronic inflammatory diseases including rheumatoid arthritis are still one of the main health problems of the world's population. Due to the changes in lifestyle and social and economic conditions, nowadays obesity is a global epidemic problem affecting both developing and developed nations. High-fat diet-induced obesity in animals and complete Freund adjuvant-induced arthritis have been considered as the method of choice among researchers because they produce high similarity of mimicking the usual route of obesity and arthritis in humans [9]. In this study administration of guava leaf extract can be seen to significantly reduce the effect of hyperlipidaemia and arthritis.

In Table 1 comparison was made between the control groups and test groups that were administered low doses of guava leaf extract at different weeks; a comparison of MDA between the control group and test group showed a significant decrease ( $p < 0.05$ ) this agrees with the work of [10,11,12] and the result of decomposing end peroxide formed during the process of lipid peroxidation produces MDA therefore, it is very appropriate to be used as an indicator of lipid peroxidation [13].

Comparison of SOD in Table 1 shows no significant difference ( $p > 0.05$ ) even though the marked increase in SOD was noted in group 2 these results disagree with the report by Subramanian *et al.*, (2009) who had a statistically significant mean increase, this could be due to specie of guava leaf used but the report of [14] agrees, their report says no significant difference. The anti-

inflammatory markers CRP, TNF1, and IL6 had a statistically significant decrease ( $p < 0.05$ ) mean of test groups at different weeks when compared to control groups this agrees with the study by [15]. The anti-inflammatory action of flavonoids found in guava leaf extract is mainly due to its ability to inhibit the formation of proinflammatory mediators (e.g., adhesion molecules, cytokines, eicosanoids, and C-reactive protein). Phytochemical analysis of guava leaf extract shows a high content of flavonoids alongside alternative phytoconstituents, which can be responsible for its, antioxidative and anti-inflammatory properties [16].

In Table 3 comparative analysis was done on the control groups and the test group administered a high dose of guava leaf extract; There was no significant difference in the mean SOD when compared. Superoxide dismutases (SODs) are a group of metalloenzymes that are found in living cells. They form the front line of defense against reactive oxygen species (ROS)-mediated injury. These proteins catalyze the dismutation of superoxide anion free radical ( $O_2^-$ ) into molecular oxygen and hydrogen peroxide ( $H_2O_2$ ) and decrease the  $O_2^-$  level which damages the cells at excessive concentrations. [17] however, there report from this study by Jayachandran *et al.*, (2018) suggests that the administration of *Psidium guajava* extract increases SOD activity. However there was a significant decrease in CRP, MDA, IL6, and TNF1 and this is similar to the study done by [18].

Tables 5, and 6, of this study showed no statistically significant difference ( $p > 0.05$ ) in the SOD mean  $\pm$  SD in the test and control groups when a comparative analysis was done based on the different weeks at a dosage of 750mg. This study is in agreement with [19,20]; there was statistically significant variation in the Crp, TNF1, and IL6 this study by [21] supports this. Several studies have shown the antioxidant and anti-inflammatory properties of flavonoids found in *P. guajava* leaf extract as well as triterpenoids, vitamin C, and tannins, contribute to its anti-

inflammatory effect, although the actual mechanism of suppression of the arthritic condition is not known.

## 5. Conclusion

Results from this study show that *Psidium guajava* administration can improve lipid profile and decrease inflammation. The extract also contains many secondary metabolites, such as flavonoids, triterpenoids, sesquiterpenes, glycosides, alkaloids, saponins, and other phenolic compounds. These compounds have been found to play key roles in the amelioration of several disease conditions. Unlike drugs that may induce adverse side effects, the safety of guava leaf extract has been proven by its application in folk medicine and the diet of various regions. However, future studies involving human subjects are needed to confirm the effectiveness of guava leaf extract in the treatment of RA. These results support the hypothesis that *Psidium guajava* has a potential role in the treatment and management of arthritis and hyperlipidaemia in humans.

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