

**Abstract:****Title**

The efficiency of Chondroitin sulphate, Glucosamine and other supplements of joint nutrition to the articular and musculoskeletal system in the world literature

**The aim of the work**

The aim of thesis is to assess the efficacy of glucosamine, chondroitin sulphate, hyaluronic acid and diacerein to the structure of joints with joint disease, especially osteoarthritis, according to world literature.

**Methodology**

Bachelor thesis is conceived as review of the world literature on the topic. The main method of the work was compilation meta-analysis based on an analysis of numerous quality publications and world scientific literature focused on the topic of bachelor thesis. Electronic databases EBSCO and PubMed and Internet search engine Google Scholar were used as resources for search.

**Results**

It found several high-quality studies concerning the influence of drugs of SYSADDA group on the structure of joints. Generally, drugs of this group may have some influence not only to symptoms accompanying osteoarthritis, but also the structure of joint tissues. However, some studies refute this claim. Therefore, it is necessary perform further extensive studies. The correlation between the stage of disease of the patient and the effectiveness of the individual active substances was found. Patients with moderate stages of the disease responded significantly better to the treatment with SYSADDA. Even the length of the exposure to drugs played an important role. The best results were measured after several months. The most studies showed the best results only at the final measurements.

**Key words:**

glukosamine, chondroitin sulphate, hyaluronic acid, diacerein, osteoarthritis, joint structure, supplements, joint nutrition, musculoskeletal system