

【ABSTRACT】

The present invention relates to a composition for preventing, improving, or treating degenerative arthritis comprising a steamed ginger extract or 1-dehydro-6-gingerdione isolated therefrom as an active ingredient. The steamed ginger extract according to the present invention or 1-dehydro-6-gingerdione isolated therefrom exhibits an effect of inhibiting inflammatory cytokine expression, cartilage tissue recovery, cartilage production, or cartilage degradation, and inhibits the expression of I- κ B or NF- κ B protein involved in inflammatory cytokine and MMP production, and thus is expected to be effectively used in functional food compositions, pharmaceutical compositions, or the like for preventing, improving, or treating degenerative arthritis.

[FIG. 5A]