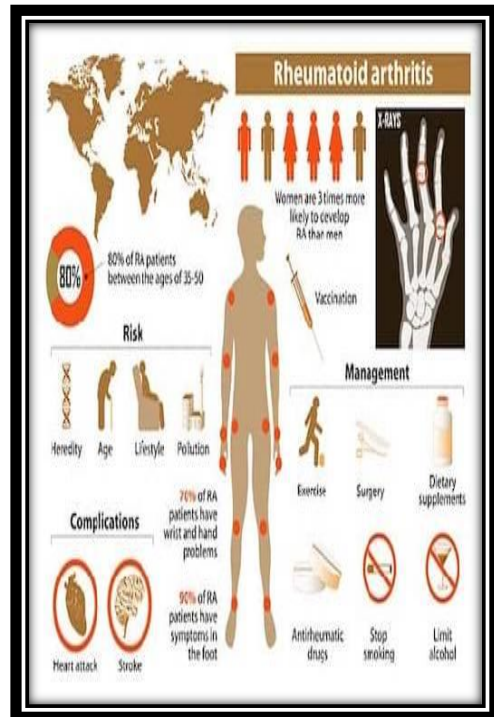


## • **28 - TREATMENT OF RHEUMATISM AND RHEUMATOID ARTHRITIS WITH AYURVEDA**

### • **Symptoms of the rheumatoid arthritis and rheumatism**

- Rheumatoid arthritis and rheumatism are autoimmune diseases affecting the joints and other organs. **Autoimmune diseases** are characterized by the fact that the tissues of the body are mistakenly attacked by the **immune system**. In the development of **Rheumatoid arthritis**, the joints become chronically inflamed, and the inflammations may extend to the **per articular areas**, as well as other organs of the body. The phalanges of the fingers of the hand are affected first, as the legs are affected at a later stage.



- In the morning, patients feel stiffness in the fingers, they cannot unfold them and have problems when using the toothbrush, combing, tying the shoes and so on. Depending on the **severity of the disease**, the duration of this **stiffness** can last thirty minutes to an hour, half a day and **permanent stiffness** throughout the day. The joints become swollen, but not too much, the skin in the area is slightly warmer.
- Pain occurs first in movement, but when the disease develops more the joints become painful even when the patient does not move, then they start to deform, and **specific nodes** occur. The pain may be concentrated in the **joints of the fingers, wrists, elbows, ankles and knees**.
- Usually patients lose weight, their temperature is 37-39 degrees, as it rises in the evening and at night. **Muscle pain and general weakness** occur. Rheumatoid arthritis can be accompanied with enlarged **spleen, pleurisy, lymph nodes, myocarditis**, and so on.
- The joint disease occurs due to calcium loss, destruction of tissues and cartilage change, which increases friction and limits the mobility. It is believed to be caused by bacteria and viruses. Western medicine treats the condition with **medications to relieve inflammations and pain**, which have quick effect and medications with slow effect, and they stop the immune attack and the disease.

- Rheumatism is an inflammatory disease that affects the joints, the nervous system, heart, kidneys and so on. The disease can develop from **streptococcal infections and heredity**. Western medicine uses:
  - Anti-inflammatory and analgesic medications – diclofenac, aspirin and indomethacin
  - Antibiotics, for example, ampicillin or penicillin
  - To influence the immune reaction
  - Medications according to other inflamed organs, if any
  - **Medical electrophoresis, infrared radiation** and so on ,can be used.
- **Treatment of rheumatoid arthritis with the help of Ayurveda**
- Ayurveda associates rheumatoid arthritis mainly with the imbalance of two of all three energies of people – **Pitta and Vata**. Pitta is the **Dosha of metabolism** – it is responsible for digestion and all metabolic processes and transformations. That is why this biological essence is associated with the **element of fire** and its corresponding characteristics. When the **digestive fire is weaker** due to **improper diet** and sedentary lifestyle, **toxins accumulate** in the organism /ama/, which damage the cells and cause inflammations.
- Joints are particularly affected in patients suffering from rheumatoid arthritis. In addition to reducing ama through strengthening the digestive fire, Vata also should be soothed – the energy of movement, so the **circulation of Ama in the channels of the body** can be reduced, as well as the concentration of toxins in the joints. The cause of the disease, however, can also be **deviations in Kapha dosha**.
- The treatment includes a **diet**, herbs and oils for pouring and specialized massages. The **Panchakarma therapy** is usually applied and it is an internal and powerful **release** of toxins through natural laxatives and cleansing remedies, as well as yoga practices.
- A complete **daily rest and movement regime** is also required, with the necessary type and form of exercises. The remedies and ways included in the **Ayurveda treatment** of rheumatoid arthritis are varied. They, however, do not apply „in general”, but a **strictly individual complex** of these is selected according to the condition of the patient. But generally the diet should be focused on lighter, semi-hard foods.
- The consumption of beans, barley flour, green peas is recommended. Incompatible foods should not be consumed at the same time – for example, **milk and fish, palm sugar and milk** and so on. **Fatty and heavy foods should be avoided**. Honey, cumin seeds, celery, garlic, dry ginger root and castor oil are recommended. To strengthen the **digestive fire** you can consume powdered dry ginger and long peppers in equal parts, and the mixture can be taken a tablespoon with warm water twice a day

- Dry hot compresses can be placed on the painful areas, for example a compress with sand covered with a cloth to **reduce the swelling and pain**. Warm and moist compresses also can be applied, as well as hot bath, steam bath and so on.

### **Treatment of rheumatism with the help of Ayurveda**

- Ayurveda treats rheumatism with the methods that are used for rheumatoid arthritis – **diet, natural healing remedies, yoga and daily regime**. Dietary, light cereals should be consumed and the fried, cold and sour foods, as well as curd and beans should be avoided.
- **Food should be fresh** – if it stays for only three hours, it already loses its properties and becomes harmful to the energy balance in the body. For internal use you can drink tea from the leaves of currant, lemon and raspberries, as well as juices – for example, cranberry juice with honey. Watermelons are also recommended.
- Recipes for potions containing guggul are highly recommended for **treatment of rheumatism**. Guggul is a tree juice /resin/, which have been highly used in India for thousands of years for the treatment of pains, inflammations, skin problems, [high cholesterol](#), [obesity](#), detoxification, and so on. With its numerous ingredients, the extract has a strong anti-inflammatory and anti-arthritis effect.
- **Mahayogoradzh Guggul or Yogoradzh Guggul** can be consumed with hot water 2 tablets, twice a day. **Amavatahari Taila or Kottunchukadi taila** can be applied externally on the problematic areas, but this should be done carefully after consultation with a physician.
- During the treatment are performed certain exercises that are approved by the physician, and daytime sleep is not recommended, as well as drinking cold water, cold baths and exposure to wind and cold weather. When you take a bath, the water should be warm, and **the cleaning and cosmetic products** should be only **plant based**, without processing with inorganic chemicals. for example, you can use a potion of the **buds of pine buds or black currant**. There are numerous [yoga practices](#) that help against the pains and inflammations caused by rheumatism, but the mantra method is supreme according to Ayurveda. Oats is suitable for hot compresses that are used to relieve joint pains – it is put in a cloth and left to boil in water. After that it should be strained, and while it is still hot, is placed on the painful areas. Freshly grated potatoes can also be used for the compress.

