

HOME REMEDIES FOR TREATMENT OF OSTEOARTHRITIS

Ambika Dhiman

Ayurveda Consultant, Ayush Wellness Clinic, Rashtrapati Bhawan, New Delhi, India

Email: ambs.agad@gmail.com

ABSTRACT

Osteoarthritis, the most dangerous form of arthritis, is a biomechanical and physiological disease or we can say it as chronic condition of the joints in which the cartilage cushioning the ends of the bones gradually loses its elasticity and wears away. Without the protective cartilage, the bones begin to rub against each other, causing stiffness, inflammation and loss of movement. Osteoarthritis treatment therapies with in allopath typically focus on pain reduction and control of inflammation; however, these approaches have no effect on the natural course of the disease. OA occurs most often in older people, although it can occur in adults of any age. OA is also called degenerative joint disease, degenerative arthritis, and wear-and-tear arthritis. Ayurveda has described various treatment ailments with proper natural home remedies as a supportive treatment. Hence an attempt has made to compile all home remedies in single paper.

Keywords: *Homeremedy, osteoarthritis*

INTRODUCTION

Sandhigataavata (osteoarthritis) is one of the common in the elderly people. This is one of the major causes of chronic disability, affecting the quality of life. If we look to Prevalence of osteoarthritis in India Symptomatic knee OA occurs in 10% men and 13% in women aged 60 years or older. Osteoarthritis(OA) is the most common joint disorder in the United States. Among adults 60 years of age or older the prevalence of symptomatic knee OA is approximately 10% in men and 13% in women. Physiological functions of the body will be governed by three *Doshas* that is, *Vata, Pitta,* and *Kapha*. Vitiation of these *Doshas* leads in disease manifestation. In old age there is progressive decaying in the body structures resulting in various degenerative disorders in-

cluding *Sandhigataavata* (osteoarthritis) due to the predominance of *Vata*. [1]

Causes of OA[2]

OA is caused by joint damage. This damage can accumulate over time that is why age is one of the main causes of the joint damage leading to osteoarthritis. The older you are, the more wear and tear you've had on your joints.

Other causes of joint damage include past injury, such as:

1. Torn cartilage
2. Dislocated joints
3. Ligament injuries

Some of these factors include inflammation, biomechanical imbalances that put stress on the joints, and

cellular problems that lead to the abnormal breakdown of cartilage. It is important that the approach we use in treating OA address as many of these factors as possible

Symptoms of OA^[3]

If we look for symptoms its common in weight-bearing joints — the knees, hips, feet, and spine and comes on gradually over months or years. Except for the pain in the joints, it does not cause you to feel sick or have fatigue, as other types of inflammatory arthritis do.

With osteoarthritis, you may feel fine except for a few minutes of stiffness on arising in the morning or stiffness after sitting. Other symptoms of osteoarthritis include:

- Difficulty sitting or bending over
- Fatigue
- Joint is warm to touch
- Morning stiffness after waking up from bed
- Pain when walking
- Stiffness after resting
- Swelling of the joint
- Deep, aching pain in the joint
- Difficulty dressing or combing hair
- Difficulty gripping objects

Risk factors include:

- Joint injury by other types of arthritis
- Knee surgery
- Abnormal joint positions
- Athletics injury
- Most common Gender (osteoarthritis is more common in women)
- Heavy, constant joint use
- Injury by slight fall
- Age (risk increases with age)
- Lack of exercise (weak muscles give no support to aging joints)
- Being overweight

Ayurveda as a boon for Osteoarthritis

Given the only moderate effectiveness and potential side effects of conventional treatment, both patients and health care professionals are seeking out alternative therapies, including those offered by the ancient healing system known as Ayurveda. In this article

we'll look natural remedies important for the treatment of OA which should be given along with proper medications.

There are various single herbs which can be given to patient as a supportive treatment and patient may get relief.

Haridra or Turmeric (*Curcuma longa*)^[4]

Turmeric is a spice commonly used in kitchen has an eye opening results in OA. It is also used both orally and topically in traditional Ayurvedic medicine to treat a wide variety of ailments, many of which are related to inflammation. Main ingredient in turmeric, *curcumin*, has been shown to inhibit key inflammation-producing enzymes (lipo-oxygenase, cyclooxygenase, and phospholipase A2), thus disrupting the inflammatory cascade at three different stages. Interestingly, some data suggests that it may protect the stomach against non-steroidal anti-inflammatories (NSAIDs). Although current studies for its use in treating osteoarthritis are few, *curcumin*/turmeric is a promising option in the treatment of OA.

Boswellia serrata (Shallaki)^[5]

There is evidence that the Ayurvedic herb *Boswellia serrata*, also called Indian frankincense, alleviates joint pain and inflammation. Boswellia blocks an enzyme (5-lipoxygenase) that plays a major role in the formation of chemicals called leukotrienes, which stimulate and perpetuate inflammation. Researchers have found that people with osteoarthritis who took boswellia along with *ashwagandha*, turmeric, and zinc reported less joint pain and increased mobility and strength.

Ginger (*Aadrak*)/ *Zinziber officinale*^[6]

Most important action is anti-inflammatory effects of ginger (*Zinziber officinale*) by interfering with an enzyme (cyclooxygenase) that produces inflammatory chemicals in the body. There is some data showing that ginger has a moderate beneficial effect on OA of the knee. Further research is needed to determine the extent of ginger's effectiveness in treating OA

Triphala^[7]

The Ayurvedic herb triphala has been used in India for thousands of years for treatment of osteoarthritis. *Triphala* is a formulary that consists of three herbs

Amalaki (Phyllanthus emblica), *Haritaki (Terminalia chebula)* and *Bibhitaki (Terminalia bellirica)*. Preliminary studies show that the herbs in *Triphala* have anti-inflammatory effects

Ashwagandha (Withania somnifera) [8,9]

Another Ayurvedic herb, *Ashwagandha* has known anti-inflammatory effects. In a study published in 2007, the extract of this herb was found to suppress the production of pro-inflammatory molecules (TNF-alpha and two interleukin subtypes). In one study, the anti-inflammatory effect of *Ashwagandha* was comparable to taking the steroid hydrocortisone

Guggulu (Commiphora guggul) [10]

In addition, the herb guggulu has been shown to be a potent inhibitor of the enzyme NF-kB (Nuclear Factor kappa-light-chain-enhancer of activated B cells), which regulates the body's inflammatory response. There are several studies that show decreased inflammation and joint swelling after administration of extracts of guggulu resin.

Shatavari (Asparagus racemosus) [11]

Shatavari is an Ayurvedic herb that is considered to have a soothing, cooling, and lubricating influence on the body. Studies have found that it has an anti-inflammatory effect and proved to be good for female health too.

Fenugreek leaves or methi leaves (*Trigonella foenum-graecum*) [12]

Its wonder herb, being rich in vitamins minerals, iron, calcium and proteins increases its culinary value while fenugreek seeds, being a rich source of dietary soluble fibre help provide essential control on various health conditions such as body fluids, blood pressure, heart rate and relieve in various types of pains including joint pain. Studies have found petroleum ether extract of fenugreek seeds has significant anti-inflammatory and anti-arthritis activities which are due to the presence of linolenic and linoleic acids

Garlic (*Allium sativum*) [13]

Garlic (*Allium sativum*; Liliaceae) is one of important ingredients of Indian traditional medicine. Garlic has medicinal property and has been used in the treatment of several diseases for centuries. Pharmacologically,

garlic has been suggested to be hypolipidemic, anti-coagulant and anticancer

Another Supportive measure is Meditation

Health is achieved by balancing not only the body, but mind and spirit as well. Meditation provides a way to achieve this balance. Meditation also creates many physiological changes, including reduction of inflammation in the body. An important principle in Ayurveda is acknowledgment of the importance of the emotional and spiritual aspects of health and healing.

Mind-body practices such as meditation have value as part of a treatment regimen for chronic pain caused by a variety of conditions. Although to date there are no studies specifically done on the effects of meditation on osteoarthritis, several studies have shown that mindfulness meditation can be useful in the treatment of pain syndromes.

A landmark study conducted in 1982 showing the beneficial effect of meditation on pain reduction was carried out by Dr. Jon Kabat-Zinn [14,15] with a group of patients suffering from chronic pain. After completing a ten-week program of mindfulness meditation, 65 percent of the participants showed a significant reduction in pain levels. Since then, many other studies have confirmed these findings.

A Tool to Diminish Feelings of Pain

Researchers have found that through the regular practice of meditation, we can actually change how our mind perceives pain. Meditation doesn't take the sensation of pain away; it develops our capacity for detached observation, which helps us separate our experience of physical sensations from the painful stories and emotions we generate in reaction to those sensations.

Emotional reactions such as anxiety, fear, and depression intensify feelings of pain. As many studies have found, meditation is a powerful tool for training our minds to regulate our emotions, reduce anticipation of pain, and increase relaxation – thereby decreasing our perception of pain. [16]

CONCLUSION

These natural products are effective only when administered with proper medications in diseases like Osteoarthritis. These remedies are being practiced in ancient times and are cost effective and easily available. That's why in ancient time particular food was recommended for particular disease which leads to have tremendous result

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