

# What Is Rheumatoid Arthritis? Ayurveda Aspects Of Rheumatoid Arthritis

## What is Rheumatoid Arthritis?

Rheumatoid arthritis (RA) is a chronic inflammatory disease that affects the joints. It can cause pain, swelling, and stiffness in the joints, and can eventually lead to joint damage and disability. RA is an autoimmune disease, which means that it is caused by the body's immune system attacking its own tissues. In RA, the immune system attacks the synovium, which is the lining of the joints. This inflammation can cause the synovium to thicken and produce fluid, which can lead to pain, swelling, and stiffness.



## What is Rheumatoid Arthritis? Ayurveda aspects of Rheumatoid Arthritis:: Medical aspects of Rheumatoid

**Arthritis:** by Paul McGeough

★★★★☆ 4.3 out of 5

Language : English  
File size : 622 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 10 pages  
Lending : Enabled



## What are the Symptoms of Rheumatoid Arthritis?

The symptoms of RA can vary from person to person. Some people may only have mild symptoms, while others may have severe symptoms that

can significantly impact their daily life. Common symptoms of RA include:

- Pain
- Swelling
- Stiffness
- Fatigue
- Weight loss
- Fever
- Loss of appetite
- Muscle weakness
- Joint deformity

### **What are the Causes of Rheumatoid Arthritis?**

The exact cause of RA is unknown, but it is thought to be caused by a combination of genetic and environmental factors. Some of the risk factors for RA include:

- Family history of RA
- Female sex
- Certain ethnicities
- Age (RA is most commonly diagnosed between the ages of 40 and 60)
- Smoking
- Obesity

- Exposure to certain chemicals

## **How is Rheumatoid Arthritis Diagnosed?**

RA is diagnosed based on a physical exam and a review of the patient's medical history. The doctor may also Free Download blood tests and X-rays to confirm the diagnosis.

## **How is Rheumatoid Arthritis Treated?**

There is no cure for RA, but there are treatments that can help to manage the symptoms and prevent joint damage. Treatment options for RA include:

- Medication
- Physical therapy
- Occupational therapy
- Surgery

## **Ayurveda and Rheumatoid Arthritis**

Ayurveda is a traditional Indian system of medicine that has been used for centuries to treat a variety of health conditions, including RA. Ayurveda views RA as a condition that is caused by an imbalance of the doshas, which are the three energies that govern the body. In RA, the doshas that are out of balance are Vata (air and space), Pitta (fire and water), and Kapha (earth and water). Ayurveda treatments for RA focus on restoring balance to the doshas and reducing inflammation.

Some of the Ayurvedic herbs that are commonly used to treat RA include:

- Ashwagandha (*Withania somnifera*)

- Boswellia (*Boswellia serrata*)
- Curcumin (*Curcuma longa*)
- Ginger (*Zingiber officinale*)
- Guggul (*Commiphora mukul*)
- Neem (*Azadirachta indica*)
- Triphala (a combination of three fruits: Amalaki, Bibhitaki, and Haritaki)

In addition to herbs, Ayurveda also recommends a number of other treatments for RA, including:

- Dietary changes
- Yoga
- Massage
- Meditation

Ayurveda can be a helpful complementary therapy for RA. It can help to reduce inflammation, improve joint function, and reduce pain. However, it is important to note that Ayurveda is not a cure for RA, and it should not be used as a substitute for conventional medical treatment.

Rheumatoid arthritis is a chronic inflammatory disease that can affect the joints. It can cause pain, swelling, and stiffness in the joints, and can eventually lead to joint damage and disability. Ayurveda is a traditional Indian system of medicine that has been used for centuries to treat a variety of health conditions, including RA. Ayurveda treatments for RA focus on restoring balance to the doshas and reducing inflammation.

Ayurveda can be a helpful complementary therapy for RA. It can help to reduce inflammation, improve joint function, and reduce pain. However, it is important to note that Ayurveda is not a cure for RA, and it should not be used as a substitute for conventional medical treatment.



## What is Rheumatoid Arthritis? Ayurveda aspects of Rheumatoid Arthritis:: Medical aspects of Rheumatoid

**Arthritis:** by Paul McGeough

★★★★☆ 4.3 out of 5

Language : English  
File size : 622 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 10 pages  
Lending : Enabled

FREE

DOWNLOAD E-BOOK



## Her Dragon to Slay: Embark on an Epic Journey of Adventure and Empowerment

In a realm where shadows dance and legends whisper, a young woman named Anya finds herself at a crossroads destiny. Burdened by a past she can scarcely remember and haunted...



## 101 Best Marine Invertebrates: The Adventurous Aquarist's Guide

Unveiling the Enchanting Realm of Underwater Life Embark on an awe-inspiring journey into the captivating world of marine invertebrates with our meticulously...