



Natural Remedies of Osteoarthritis

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Arthritis is the inflammation of the synovial joints of the body and is one of the most common of all disabling diseases. It is a crippling degenerative process which can eventually lead to irascible destruction of the joint.

Osteoarthritis is an extremely common disorder usually of one chronic degenerative arthritis generally seen in middle and old age, especially afflicting those who are overweight, have a heavy or toxic diet and have avoided exercises. It frequently develops in a joint which suffered injury earlier in life, the injury causing pranic and structural derangement which was not fully corrected at the time. It may also be associated with an excess of calcium in the body, either due to high dietary intake, or to imbalance of the parathyroid glands on the neck.

Naturopathic treatment always begins with an evaluation of and changes to diet and lifestyle, and then can include many therapeutic approaches such as supplements, herbs, allergy tests, homeopathy and cell salts, aromatherapy, acupuncture, reflexology, Reiki, Ayurveda, traditional Chinese medicine, and emotional healing techniques. Healing with gemstone, music, creative visualization, biofeedback, hypnosis, yoga, and meditation may all form part of a naturopath's "tool-kit."

Osteoarthritis has two parts.

a. Primary osteoarthritis is mostly related to aging, whereas,

b. secondary osteoarthritis is caused by another disease or condition.

What causes osteoarthritis?

PRIMARY OSTEOARTHRITIS

Osteoarthritis (OA), also known as degenerative joint disease (DJD), is a process of progressive deterioration of articular cartilage and formation of new bone (osteophytes) at the joint surface. Primary osteoarthritis is age related and associated with repetitive and/or high mechanical stress on a normal joint. Secondary osteoarthritis is due to an underlying cause such as trauma, inflammatory, metabolic, developmental, or connective tissue diseases.

(A) As per Yogic Science

1. Metabolic and Pranic malfunction.
2. Blockage of prana in the joint for a long time.

(B) As per Modern Science

1. Systemic infection
2. Metabolic.
3. Degenerative.
4. Traumatic.
5. Bone disease.
6. Blood disorders.
7. Neuropathic.

(C) Other Factors Leading to Arthritis.

1. Overeating and excessively rich diet.

2. Lack of exercise.
3. Mental factors like tension, suppression of emotion, fear and Hypersensitivity.

Yoga is a complementary self-management technique that has been found to be useful -

- o Physiological paradigm: Union of organ systems in the body (homeostasis)
- o Psychological paradigm : Union of consciousness in the mind (balance)
- o Scientific paradigm: Union of body and mind (psychosomatic equilibrium) in the environment

How Yoga Helps in Arthritis?

- Stretching of the muscles relieves strain on the joints thereby relieving pain, tenderness, stiffness, and improving the range of motion (Physical)
- Stress exacerbates the symptoms of arthritis — Yoga relieves stress (Mental)
- Improving perspective towards life (Spiritual)

Yogic approach of Management of Arthritis.

Yoga will never advocate drug management of symptoms in isolation, while neglecting to correct the underlying deficiencies of diet, exercise, lifestyle and so on. Karma Yoga is as much a part of the *sadhana* of the arthritic individual as *asana* and *pranayama*, A well - rounded program of yogic therapy includes the following elements.

1.Asana : The major series of *asana* for prevention and management of arthritic conditions is the anti - rheumatic group of *pawanmuktasana* which puts the body through its full range of movements and fully relaxes and massages all the joints. Before commencing *pawanmuktasana*, the patient should soak the limbs in cold and /or warm salty water to encourage blood circulation.

Major *asana* include.

1. Shashankasana.
2. Marjari Asana.
3. Shashank Bhujangasana.
4. Akarna Dhanurasana.
5. Vajrasana

All these *asanas* should be practised before meals if possible. Ultimately, *Surya Namaskara* should be adopted to capacity. Six to twelve round each morning should prove sufficient to prevent further arthritic degeneration throughout life.

2.Shatkarma: *Poorna* and *Laghoo shankhprakashalana*, *Kunjil* and *neti* are very important in alleviating constipation and elimination any metabolic acids and other wastes which accumulate in joints, bloodstream and tissues. Arthritis will never be fully cured while constipation remains.

3.Pranayama : Including abdominal breath, *nadi shodhana* and *bhastrika* bluster the digestive and eliminative capacities.

4.Meditation : Release pent-up mental and emotional tensions, Anatar mouna stage 2, where thoughts are observed. And it is especially useful in recognition of self-limiting and fixed attitudes and behavior patterns. Then in stage 3 he is encouraged to create mental scenes in which he is expressing deep-felt anger and aggression, thus releasing suppressed emotional conflicts which contribute to arthritic rigidity, while at the same time remaining a detached witness. Deep relaxation and meditation will develop a positive state of mind in the sufferer.

Natural Management of OA

1. Diet : The following simple diet will reduce pain and allow the eliminative and regenerative processes to work at optimum efficiency. A strong clean digestive system readily absorbs all necessary nutrients from the following diet.

Cooked light grains and cereals in the form of whole meal bread, *chapatis*, rice, millet, barley, etc.

Boiled pulses (dal) especially the lighter types such as mung are a sufficient source of protein. Boiled or baked vegetables, especially greens but not onions.

Salads using greens leafy vegetable, tomato, beet root, carrot, cucumber, sprouted pulses, seeds and so on.

Fruits (except bananas), both fresh and dried and nuts in small quantities, instead of sugar, a little honey can be taken.

Reduce intake of milk and dairy product such as cheese and ghee; avoid highly refined processed and synthetic foods, including white flour (maida).

Meal should be eaten between 10 a.m. to 12 noon and 5 to 7 p.m. The evening meal should be lighter. This ensures that food is in the stomach when digestive energies are high and digestion is well underway at sleeping time. Missing a meal or fasting one day per week will ease pain, especially during acute phases and accelerates relief and recovery of health. Do not take snacks in between meals.

2. Amaroli : Drinking one to three glasses of fresh urine per day massaging with old or boiled urine keeping packs soaked in urine can all have a place in arthritic therapy especially in long standing cases which have outlasted analgesic or steroid therapy.

3. Rest : During the acute inflammatory stage, rest is essential and subsequently periods of activity must be alternated with periods of rest.

4. Exercise : It is very important to maintain a determined and positive attitude towards activity and exercise, even to the extent of pushing oneself in order to maintain a self-sufficient active lifestyle (walking, swimming, gardening and other gentle forms of exercise help to keep the muscles strong and the joints limber and can be integrated

into the daily routine in conjunction with simple *asana*.

5. Heat and massage : Total immersion in a hot bath and the local application of moist or dry heat, especially in winter relaxes muscles and loosens painful contractions. Heat also reduces pain and inflammation, increases the metabolism, aids elimination of poisons, speeds the production of natural lubricants, reduces swelling and aids in the re absorption of endurable calcium deposits, bone formations and fibroblastic infiltrations in and around stiff muscle, ligaments and joints. After heat therapy general massage of joints and limbs towards the heart invigorates and relaxes the sensory and motor nerve, promotes circulation and irrigation of blood and lymph, and has an overall relaxing effect.

6. Mental attitude : Above all, the technique must strive for patience and positivity and try not to be discouraged by the pain and discomfort which will have to be endured at first. Yoga *nidra* is most beneficial here and should be mastered as a form of pain relief and mental transformation which reduce drug dependency and pain sensitivity. The strength of mind gained and the joy which is experienced when the diseased process is controlled and revised is something that all sufferers with arthritis can earnestly aim towards.

Conclusion

Osteoarthritis is a very life long disease. According to medical science it is incurable disease. But patient can take some preventive steps through naturopathy for reduce pain or improvement of joints' flexibility. All above practices or treatment will do by the proper guidance.

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