

Arthritis

Symptoms

Following are the signs that indicate the presence of this ailment:

- Severe pain in the affected joints.
- Muscles, ligaments and cartilage become inflamed.
- Movement of the joint becomes extremely painful, especially in cold, windy and damp weather.

It is notable that if this disease is not taken care of properly at the initial stages the joint becomes immobile and may also become permanently deformed.

Causes

This ailment is caused due to the aggravation of Vata (air) dosha and accumulation of Ama (toxins). Ama gets deposited in the weak areas of the body, joints with a simultaneous aggravation of Vata that is known as Ama Vata (arthritis).

Weak digestion, constipation, overeating and very little physical activity are the symptoms that can develop in a patient of arthritis.

Remedies

Ama must be digested and Vata reduced in the body.

Digestion should be improved and fasting for one day is beneficial for digesting Ama.

Two teaspoons of lemon juice and a teaspoon of honey mixed in a cup of warm water is good for curing arthritis.

Dosage: Taken twice a day proves.

Bake one or two egg- plants. Mash and fry in about 2 tablespoons of castor oil. Spices like cumin, coriander, turmeric, garlic and salt can be added while frying.

Dosage: Take once daily for two to three months for relief.

Half a teaspoon of turmeric powder with warm water helps cure arthritis.

Dosage: Taken twice a day

One raw clove of garlic every day is very beneficial. This clove can be fried in ghee (clarified butter) or castor oil.

Dosage: Once daily for two-three months.

Guggulu (a herb) is very helpful in curing arthritis. If available, eat half a teaspoon twice a day after meals with warm water. ·Paste of 1 teaspoon red chillies and fresh ginger mixed in half a cup of sesame oil and strain.

Gently rub this oil on the affected joints. ·Camphor, wintergreen and cinnamon oils are also beneficial for external application.

Dos and don'ts

Following is the diet suggested for the patients suffering form arthritis:

- Vegetable juices and soups
- Coconut water

Coconut milk

Carrot juice

Beet root juice

Cucumber juice

Cooked vegetables like squash, zucchini and pumpkin

Spices like cumin, coriander, ginger, asafetida, garlic, fennel and turmeric Green salad with a dressing of lemon juice and a little salt

Khichadi (recipe made by cooking rice and mung dal)

Regular physical exercise and massage with oil should form an important part of the routine.

The patient of arthritis must avoid the following:

Eating hot, spicy and fried foods, sweets, wind forming foods like cabbage, Cauliflower, spinach, broccoli, okra and potatoes.

Too much tea, coffee, alcohol, white sugar, yogurt, chocolate, cocoa.

Antibiotics, painkillers, steroids and nicotine

Sleeping during the day

Staying up late at night

Mental tensions like worry, anxiety, fear, stress and grief.