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Managing Rheumatoid Arthritis with Ayurvedic Treatments

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Arthritis is something that you usually associate with old age- but the same is not true with Rheumatoid arthritis, an autoimmune disease that affects people in the prime of their life. For reasons yet not fully understood, in RA the body's immune system attacks the lining of the joints, causing swelling, pain, stiffness and deformity. Early on, the disease is more or less silent- with less obvious symptoms like tiredness, low-grade fever and weight loss. RA is progressive and irreversible, making an early intervention is crucial for a pain free better life, free from remission. Each flare up can leave you physically and emotionally drained and will leave you wondering how life will be different if you have your RA symptoms under control with minimal use of NSAID painkillers, steroids, surgery or DMARDs. This is where **Ayurvedic treatments for arthritis** can help, by ensuring lasting relief, leading to long-term remission and preventing further disease progression. In this blog, we will learn more about **rheumatoid arthritis treatment in Ayurveda** and its management.

Symptoms of RA

The most common symptom of RA is aches and pains- that you can easily discount as a sign of aging, injury or overuse of joints. It might take you a while to figure out RA being the reason for your joint stiffness and thus it becomes essential to pay attention to other uncommon symptoms, that can help in early diagnosis and intervention to prevent permanent damage.

- Persistent, sharp joint pain that affects the small joints first whether resting or moving
- Joint stiffness, especially after rest or upon waking up, may affect tendons and ligaments later on
- Inflammation of joints, making them tender, warm and appear reddish and puffy

If pain, tenderness, swelling or stiffness last for six weeks or longer, it's time to suspect RA.

- Usually, but not always, joints of both sides are involved
- Untreated or advanced RA might lead to the appearance of lumps under the skin of affected joints — often on the hands, elbows, forearms or knees.
- Fatigue, disturbed sleep, weight loss and low-grade fever
- Dry eyes and mouth are characteristic of Sjogren's syndrome.
- Mood changes

Risk Factors of RA

- Women are more likely to develop rheumatoid arthritis.
- Rheumatoid arthritis can occur at any age, but it most commonly begins at the ages of 30 to 60.
- If your parent or sibling has rheumatoid arthritis, you may have an increased risk of the disease.
- Smoking increases the risk of developing rheumatoid arthritis, particularly if there is a genetic predisposition for developing the disease.
- People who are overweight have a higher risk of developing rheumatoid arthritis.

Complications of RA

- RA and certain medications used to treat it can raise the risk of osteoporosis, making them more susceptible to fractures.
- Rheumatoid nodules, firm lumps of tissue often appear around pressure points, like the elbows, but can also develop in other areas of the body, including the heart and lungs.
- Rheumatoid arthritis increases risk of developing Sjogren's syndrome, which reduces moisture production in the eyes and mouth.
- RA and many of the medications used to treat it can weaken the immune system, making you more vulnerable to infections.
- Inflammation in the wrists caused by rheumatoid arthritis can lead to carpal tunnel syndrome.
- RA increases the risk of arterial blockages which may lead to heart complications.
- Those with rheumatoid arthritis face an elevated risk of lung inflammation and scarring, which can result in progressive shortness of breath.

Rheumatoid Arthritis Ayurveda Treatment at Apollo AyurVAID

Ayurveda considers RA as Vatarakta. According to a 2011 study sponsored by the World Health Organization (WHO), **Ayurvedic treatment for arthritis** can be helpful in reducing inflammation, easing RA symptoms and limiting flare-ups. Apollo AyurVAID is an expert in RA treatment, delivering exceptional outcomes through a protocols-driven approach that blends classical Ayurveda medications and therapies with targeted functional rehabilitation. The evidence based treatment is further enhanced by personalized diet and lifestyle adjustments, ensuring a whole person treatment experience.

Key Aspects of Apollo AyurVAID Approach

Comprehensive Diagnostic Protocols

A detailed diagnostic process to understand the condition and its severity:

- Standard blood tests to evaluate inflammation and autoimmune markers.
- Assessment of Ayurveda parameters to determine the individual's constitution and imbalances.
- X-rays to assess the extent of joint damage and inform the treatment plan.

Uncovering Hidden Causes of RA

Going beyond symptoms to identify underlying triggers, including:

- Diet-related issues that contribute to inflammation.
- Stress and emotional factors impacting immune response.
- Lifestyle habits that exacerbate joint problems.
- Genetic predispositions influencing susceptibility.

Individualized Management Plans

Designing tailored management plans, collaborating with experienced Ayurveda specialists as needed. These plans are highly personalized to address each patient's unique requirements.

Comprehensive Treatment Strategies

A protocol that incorporates a variety of interventions, including:

- Panchakarma treatments to detoxify the body and restore balance.
- Internal medications targeting inflammation and immunomodulation.
- Anti-inflammatory diets to reduce systemic inflammation.
- Stress reduction therapies, such as yoga and meditation, to enhance overall well-being.

Expert Supervision and Disease Control

Experienced Ayurveda physicians and therapists deliver systemic treatments with:

- Strict control over disease activity, ensuring minimal flare-ups.
- Daily adjustments to treatment plans based on patient progress for optimal results

Minimizing Dependence on Medications

A core goal of treatment is to:

- Gradually reduce reliance on DMARDs and NSAID painkillers.
- Maintain remission through natural and sustainable methods.

By integrating a protocols-driven approach, classical Ayurveda principles, and functional rehabilitation, Apollo AyurVAID aims to provide long-lasting relief and a pathway to better health for those living with rheumatoid arthritis, reducing their dependence on DMARDs that suppress the immune system, steroids that can hamper kidney or surgery that can make them undergo significant risk

References

1. World Health Organization. "Indian Council for Medical Research Collaborative Study on the Efficacy of Ayurvedic Treatment in Rheumatoid Arthritis." *Coimbatore, India: The Ayurvedic Trust* (1984).

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