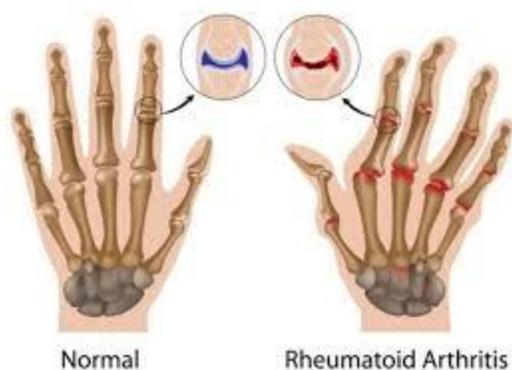


ARTHRITIS

Arthritis is an inflammation of the joints. It can affect one joint or multiple joints. There are more than 100 different types of arthritis, with different causes and treatment methods. Two of the most common types are osteoarthritis (OA) and rheumatoid arthritis (RA).



SYMPTOMS:

The symptoms of arthritis usually develop over time, but they may also appear suddenly. Arthritis is most commonly seen in adults over the age of 65, but it can also develop in children, teens, and younger adults.



Arthritis is more common in women than men and in people who are overweight. Pain, which can vary in severity, is a common symptom in virtually all types of arthritis. Other symptoms include swelling, joint stiffness and aching around the joints. Arthritic disorders like lupus and rheumatoid arthritis can affect other organs in the body, leading to a variety of symptoms. Symptoms may include:

- Inability to use the hand or walk
- Stiffness, which may be worse in the morning, or after use
- Malaise and fatigue
- Weight loss
- Poor sleep
- Muscle aches and pains
- Tenderness
- Difficulty moving the joint

It is common in advanced arthritis for significant secondary changes to occur. For example, arthritic symptoms might make it difficult for a person to move around and/or exercise, which can lead to secondary effects, such as:

- Muscle weakness
- Loss of flexibility
- Decreased aerobic fitness

CAUSE:

Cartilage is a firm but flexible connective tissue in your joints. It protects the joints by absorbing the pressure and shock created when you move and put stress on them. A reduction in the normal amount of this cartilage tissue cause some forms of arthritis



Normal wear and tear causes osteoarthritis, one of the most common forms of arthritis. An infection or injury to the joints can exacerbate this natural breakdown of cartilage tissue. Your risk of developing osteoarthritis may be higher if you have a family history of the disease.

Another common form of arthritis, Rheumatic arthritis, is an autoimmune disorder. It occurs when your body's immune system attacks the tissues of the body. These attacks affect the synovium, a soft tissue in your joints that produces a fluid that nourishes the cartilage and lubricates the joints.

Rheumatic arthritis is a disease of the synovium that will invade and destroy a joint. It can eventually lead to the destruction of both bone and cartilage inside the joint.

ARTHRITIS TREATMENT IN AYURVEDA

In **Ayurveda**, the traditional system of medicine, the causes of arthritis are an accumulation of Ama or toxins and aggravated Vata (dosha type) paired with weak Agni (digestive fire). Since the main dosha associated with arthritis is Vata, most treatments call for Vata-pacifying remedies. Arthritis, as per Ayurveda, is a condition caused due to the aggravation of vata dosha (air). The body produces ama – a toxin that is released as a by product of improper digestion. When ama is produced, it circulates in the body and gets deposited at sites that have already weakened. So when the vata is already stirring up, ama finds the perfect place to build up. That is why you experience arthritis in fingers or knees. For most people, arthritis in the knee is more painful than in the fingers because knees are load bearing joints. If you have arthritis in your knees, you will have trouble moving and the range of motion in your joints will be severely restricted. You may have to depend on people or walking aids to make even the smallest of movement.



Since arthritis is caused due to vata aggravation, the main aim of Ayurvedic treatment for arthritis is to balance and stabilize vata in the body. This can be done by strengthening the alimentary canal and the metabolic pathway. This ensures that the circulatory channels not blocked by impurities and are open and performing well, and that nourishment is delivered to joints. To achieve this, you may have to drink lots of water and detoxify your body periodically. You may also try various Ayurvedic home remedies which are designed specifically to treat arthritis, improving your range of motion and giving you increased mobility.

An Ayurvedic, diet can help strengthen the digestive system, preventing the formulation of ama. The nutritional plasma that is thus created, is pure and can be assimilated into the body completely and easily. A healthy, balanced diet can also improve lubrication of joints, effectively preventing arthritis or degeneration of the joints. These Ayurvedic remedies promote natural healing for arthritis, decreasing the rate of progression of degeneration of your joints and promoting their health.

TREATMENT AT PRAANADHA

Ayurvedic way of body assessment.

During an in-residence stay, the Ayurveda physicians will use pulse assessment and other Ayurveda evaluation tools to determine balance and imbalance in the body's inner intelligence.



This assessment is not an evaluation of the state of cells and tissues but an evaluation of a deeper level of physiological functioning that controls the

healing and self-repair mechanisms of the body. Disruptions on this level are the root cause of disorder.

People can have arthritis for different reasons and need different programs to heal the condition. Your Ayurveda Health Consultant will not be just matching treatments to the condition of arthritis, but will individualize the program to the specific imbalances that are causing arthritis in you. This is the value of the Ayurveda assessment of balance and imbalance at the start of your program.

The following method is used to reduce Vata imbalance, to eliminate toxin buildup and provide relief from stress, thereby removing the root causes of arthritis.

a) In-Residence Cleansing Treatments

The daily three-hour treatment program of massage, heat treatment, and mild internal cleansing, is the cornerstone of your in-residence stay. The combination of these three treatments received every day (for 7 to 21), days creates the ideal internal environment for healing joint inflammation.

b) Herbal Oil Massage

Ayurveda physician will choose a specific herbal oil that is individually prepared for your condition. You will also be instructed in the technique of Ayurveda massage, which includes using specific strokes over joints, ligaments, muscles, and different parts of the body.



The motion of massage creates heat and friction that enhance circulation and help cleanse the areas of chemical impurities that could be aggravating and hypersensitizing nerve and joint tissues. The various herbs that have been boiled into a base oil, and the oil itself, are specifically chosen for their Vata balancing influence. The oil allows the herbs to deeply penetrate the tissue beds, thereby balancing tissues in the affected areas..

c) Diet, Nutrition control

Arthritis can be created by, and aggravated through, improper diet. Some foods can make Vata highly active, thereby increasing sensitivity to pain and aggravating arthritis symptoms.



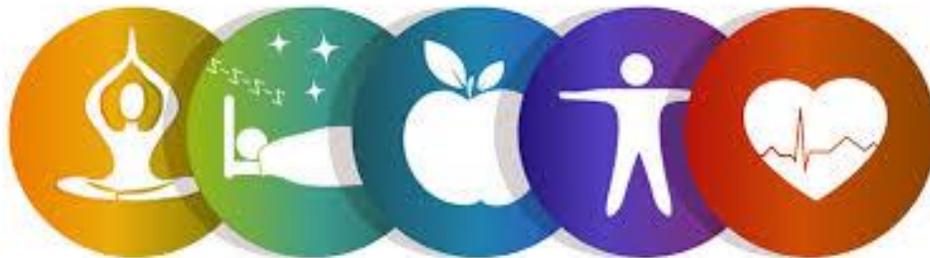
Consultations with the Ayurveda physician, along with daily educational meetings, will help you understand which foods are the most clogging and obstructing to circulation and which are the hardest to digest. These foods have the potential to create toxins (undigested food not only clogs the channels in the body, but actually becomes toxic) and needs to be avoided. You will also learn which foods can easily be digested, creating micronutrients that are then assimilated into the tissues, rebuilding their strength and balance.

Just as important as what you eat is how well you digest, metabolize, and eliminate food. Ayurveda Health Consultants will also provide programs to improve digestion, metabolism and elimination, which will build a strong foundation for your healing process.

In summary, improper nutrition can create and aggravate arthritis, but proper nutrition can go a long way to curing and preventing it.

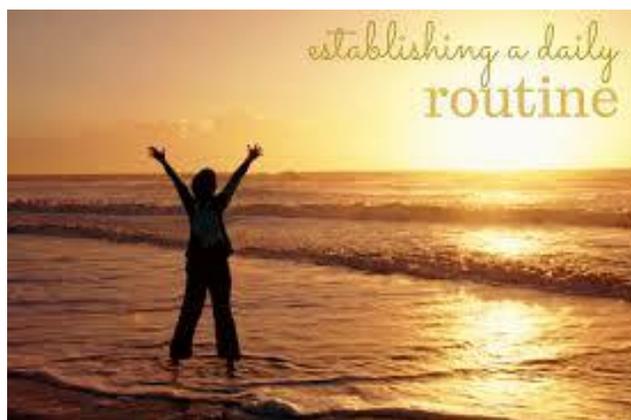
d) Stress Management and Improved Mental and Emotional Function.

It is well documented that arthritis is often worsened by heightened stress, anxiety, and mental fatigue. There are hormonal changes and other biochemical responses to stress that can aggravate the nervous system and the inflammatory response



. The sleep disturbance that is often created by arthritis symptoms increases fatigue, which increases one's susceptibility to stress, in turn aggravating the arthritis condition.

e) Lifestyle and Daily Routine



One of the most important factors for balancing Vata and maintaining stability in the nervous system is to have a lifestyle that does not disrupt natural bodily rhythms. When we eat, sleep, and exercise in constantly fluctuating and

disturbing patterns, the body loses its natural balancing cycles and cannot cleanse or heal itself as effectively. Therefore, regularity in our daily routine can be extremely effective in reducing the Vata imbalances at the basis of arthritis.

Ayurveda physician will review your daily routine and provide information you need to create a daily schedule that will actually increase balance in your nervous system and aid in healing your body.

f) Ayurveda herbs and tablets

During your consultation, the Ayurveda physician select the appropriate herbal formulas for aiding the healing process, strengthening digestion, and helping the body purify itself of toxins and free radicals.



Free radicals are highly irritating to the physiology and their presence creates and worsens many disorders, including arthritis. When appropriate, our Ayurveda Health Consultants recommend Ayurveda herbs that research has shown to be powerful anti-oxidants (1000 times more powerful than vitamin C or E) and free radical scavengers. These herbs can also have a holistic influence of balancing and nourishing the entire physiology.

Traditional Ayurveda theory says that herbs are most effective after a person completes an internal cleansing program. The cleansing and rejuvenation treatments that you will receive daily are the main focus of your in-residence stay. Once this program is finished, you are ready to gain maximum benefits from your herbal program.

g) Exercise and yoga

Stretching exercise is known to have a positive effect on many chronic conditions. During your in-residence stay, we offer Yoga classes to teach you a simple but profound set of postures that can be practiced daily to create a healthy flexibility throughout the body.



We also instruct you in individualized Yoga breathing practices that create a state of restful alertness in mind and body. Our in-patient courses give you knowledge , you can continue to apply after you leave