Ayurvedic Tips

In this column for the benefit of our patrons we are trying to include simple tips from medical experts of various systems of medicine. This time Ayurvedic tips from Dr. Ruchi Grover

Arthritis Prevention and Cure

Arthritis or painful swelling of joints is a common disease affecting large population. Osteoarthritis, rheumatoid arthritis and gout are common types. Osteoarthritis is a degenerative joint disease occurring chiefly in older persons and usually presents with pain and stiffness in weight bearing joints particularly after prolonged activity. Rheumatoid arthritis is a systemic disease usually affecting large joints initially and in late stages deformity and ankylosis develop. Gout is associated with increased levels of serum uric acid and deposition of its crystals in joints leading to their destruction and crippling. These conditions are chronic by nature and exhibit aggravations due to factors like exposure to cold breeze etc., which can easily be prevented or severity reduced by knowing and abstaining from them. Some aggravating factors, beneficial diet, life style, etc. have been discussed here according to Ayurvedic system of medicine.
## Ayurvedic Tips

### Do's

1. Massaging joints with oil except in case of rheumatoid arthritis where oils are used with caution.
2. Hot fomentation of the joint.
3. Living in places where air does not gushes in directly.
4. Proper clothing for preventing exposure to cold.
5. Consuming meat soup except in cases of gout.
6. Eating stale, cold, less, heavy food which are difficult to digest.
7. Excessive salt intake.
8. Excessive intake of sugarcane products like sugar candy.
9. Eating non-compatible food—like sour items with milk.
10. Starvation, fasting, dieting.
11. Eating before digestion of previous meal or without feeling hungry or irregular timing of meal (Indigestion).
12. Consuming meat in cases of gout. Eating oil cakes, black gram dal, pea, legumes, beans, radish, curd/yogurt, buttermilk, fermented drinks like kanji, wine.

### Don't's

1. Excessive exercises.
2. Sedentary life style.
3. Excessive travelling.
4. Exerting (both physical and mental) immediately after meals.
5. Remaining awake late at nights.
6. Sleeping long hours during day.
7. Panchakarma therapy without professional advice.
8. Incorrect postures and movements.
9. Emaciation (due to disease or diet restrictions).
10. Suppression of natural urges like urination, defecation, passage of flatus, etc.
11. Trauma.
12. Obesity.
13. Exposure to cold breeze. Psychological factors like anger, tension, grief, etc.

### Simple home remedies

- Regular intake of Harada (Chebulic myrobalan, *Terminalia chebula Retz.*) with Gur (jaggery) in cold, humid, and windy climatic conditions.
- Castor oil 7ml to be taken with warm water once a day.
- Decoction of equal parts of garlic, cloves, dried ginger, fennel 24-48 ml per day.
- Soaking 2-5 gm dried ginger powder in water overnight and drinking it empty stomach.
- 5 gm paste of garlic with honey or with food twice a day.
- Warm paste of garlic mixed in any oil for local application over the joint.

### Life style

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2. Sedentary life style.
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**Address:**
Vaidya Ruchi Grover
4/5871, Dev Nagar, Karol Bagh,
New Delhi-110005
Telephone: 91-11-25720059, 25862527
E-mail: ayurvedaspecialist@rediffmail.com