

Herbal Remedy for Rheumatoid Arthritis

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Abstract

Rheumatoid arthritis is basically an autoimmune disease that causes chronic inflammation of joints and other areas of the body. It is known to affect people of all ages but the main cause of rheumatoid arthritis is still not known precisely among individuals. In RA the joints are damaged to a huge extent that ultimately leads to its destruction and deformity. Although RA has no proper cure it can be treated well under good medications with sufficient rest and regular exercises and occasionally surgery. [1]

Keywords

Joint pain, ginger, arnica, boswellia, rhododendron, acupuncture, turmeric.

INTRODUCTION

Rheumatoid arthritis is the most common inflammatory arthritis and is a major cause of disability. It was known to exist in early Native American populations about several hundred years ago but might not have appeared in Europe until the seventeenth century. Early theories on the pathogenesis of Rheumatoid arthritis focused on autoantibodies and immune complexes and the contribution of autoantibodies has returned to the forefront more recently. Based on the pathogenic mechanisms specific therapeutic interventions can be designed to suppress synovial inflammation and joint destruction in rheumatoid arthritis. [2]

There are so many medicinal plants that have shown anti-rheumatoid arthritis properties. So the plants and plant products with significant advantages are used for the treatment of Rheumatoid arthritis. [3]

FEATURES OF RHEUMATOID ARTHRITIS

- Warm, swollen joints
- Symmetrical pattern of affected joints
- Fatigue, occasional fevers, loss of energy.
- Joint inflammation often affecting the wrist and finger joints
- Joint inflammation sometimes affecting the joints in the neck, shoulders, elbows, hips, knees, ankles and feet. [4]

HOME REMEDIES FOR RHEUMATOID ARTHRITIS

- **EXERCISE REGULARLY:** Gentle exercise can help to strengthen muscles around joints and also helps to fight fatigue.
- **RELAX:** Techniques such as hypnosis, guided imagery, deep breathing and muscle relaxation can be done to control. [5]
- **YOGA:** Yoga can help to improve strength and flexibility. The exercises should be performed with caution by people with rheumatoid arthritis who have spinal problems. [6]

OTHER PROPOSED REMEDIES

- Acupuncture
- Adrenal extract

- Burdock
- Ginger
- White willow
- Turmeric
- Vitamin C
- Magnesium [7]

ACUPUNCTURE

Acupuncture needles are inserted into the skin at specific points along meridians or channels. It has been used for the relief of pain that is caused by osteoarthritis of the knee. This can be severe and maybe incompletely relieved by conventional treatments. Although the best current evidence suggests that acupuncture relieves pain, because it is an unusually potent placebo, it is safe and can be considered as an adjunct to conventional treatment. [8]

GINGER

Ginger has been used for thousands of years in ayurvedic medicine and other systems of traditional medicine, as an anti-inflammatory agent. [9]

Ginger is found to be very effective in the treatment of arthritis and helps to alleviate pain. A mixture of soups, sauces or salads with ginger could be used in the treatment of arthritis. [10]

TURMERIC

Turmeric is an extremely effective anti-inflammatory herb and acts as an effective pain reliever. Curcumin and curcuminoids are the two essential chemicals that help to decrease inflammation and is the most recommended remedy for rheumatoid arthritis. [11]

LIST OF HOMEOPATHIC REMEDIES

- Arnica
- Aurum metallicum
- Boswellia
- Bryonia
- Causticum
- Calcarea fluorium
- Kalmia latiflora
- Ledum palustre
- Rhododendron [12]

ARNICA

Chronic arthritis with a feeling of bruising and soreness may be helped by this remedy. The painful parts feel worse from being moved or touched. The gels and ointments of Arnica may help to soothe arthritic pain when applied externally to areas of inflammation and soreness. [13]



AURUM METALLICUM

This remedy is prescribed for wandering pains in the muscles and joints that are better from motion and warmth and worse at night. The person may experience deep pain in the limbs when trying to sleep. Therefore people who need this remedy are often serious and focused on work or career with a tendency to feel depressed. [14]

BOSWELLIA

Boswellia that is derived from a resin called salai guggal has been used for nearly thousand years in ayurvedic medicine and have been used historically for arthritis. It has known to show significant reduction in swelling and pain and some of the active ingredients of boswellia (boswellic acids) have shown good anti-inflammatory effects. [15]



BRYONIA

Bryonia is an excellent remedy in cases of acute pains of rheumatoid arthritis. It helps in relieving the chest pains that gets worse while coughing. It may be given when the pains are worse by slightest touch and also when the pains are associated with swelling of the joints. [16]

CAUSTICUM

Causticum that is used in homeopathic treatment of individuals suffering from rheumatoid arthritis has

symptoms that include the development of deformities in the joints, contractures and weakness in the muscles of the body in general. These symptoms can be relieved through the use of warm applications and during conditions of cold weather it can lead to the worsening of the pain and the stiffness. [17]

CALCAREA FLUORICUM

This medicine works for these patients of arthritis who tend to have large or medium joint infections such as knee joint, spine or shoulders. The patients will have pain in waking up in the mornings or while getting up from a sitting position. The joint pains are better by hot applications. [18]

KALMIA LATIFLORA

Kalmia is extremely useful in rheumatism that effect the chest. Even inflammatory rheumatism shifting from joint to joint, which tends to attack the heart and also cause high fever and excruciating pain, will be benefitted by kalmia. [19]

LEDUM PALUSTRE

The ledum rheumatism begins in the feet and travels upward. The pains of ledum and the purple mottling of the skin, which is a concomitant are almost entirely abated by putting the affected limb in cold water. Ledum maybe indicated in both acute and chronic form of this complaint. [20]

RHODODENDRON

The patients experience rheumatism in hot season where their joints become swollen and there is rheumatic tearing in all limbs. Rhododendron basically helps with rheumatic and gouty symptoms. It prevents stiffness of neck, pain in shoulders, arms, wrists. It also provides relief of swollen joints and gouty inflammation of the great-toe joint. [21]



CONCLUSION

These herbal remedies are therefore entirely natural and will definitely reduce the pain and inflammation in the joints. If the patient wants to take any medication regarding this problem, it is best for them to consult a doctor. So taking good care of the joints and exercising regularly will help reduce the risk of rheumatoid arthritis. [22]

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