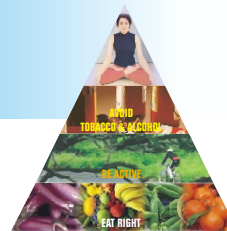


Rheumatoid Arthritis ...



Healthy Habits , Healthy Life , Healthy India

Rheumatoid Arthritis is a chronic joint disease.

Ayurveda

DO's (Pathya)

- Garlic (*Allium sativum*), Ginger (*Zingiber officinale*), Neem leaves (*Azadiracta Indica*), Karela (*Momordica Charantia*), Methi (*Trigonella foenumgracum*), Cumin (*Cuminum cyminum*) Old Rice, Vegetables. Food of bitter taste and light diet.
- Castor (*Ricinus communis*) at bed time.
- Mild laxative like Harad (*Terminalia chebula*), Triphala (mixture of three drugs *Terminalia chebula*, *T. belerica* and *Embllica officnalis*) etc.,
- Drugs like Eranda (*Ricinus communis*), Guduchi (*Trnospora cordifolia*), Punamava (*Boerhavia diffusa*), Rasna (*Pluchea lanceolata*), Gokshura (*Tribulus terrestris*) etc.,
- Dry massage, light exercise, fomentation with hot sand bag or electric pad.



DONT's (Apathya)

- Fermented food, too much oily, spicy, sour, cold, heavy and incompatible food articles.
- Excessive physical exertion, exposure to cold weather.

Along with Common Medicines used in **UNANI and Homoeopathy** treatment, **regimental therapy of Unani system** namely - Cupping (Hajamat) Hotfomentation Dalak (Massage) with anti-inflammatory soothing oils Nutool (wet fomentation with decoction of anti-inflammatory Unani Drugs) is also useful.

