

Narendra Jain

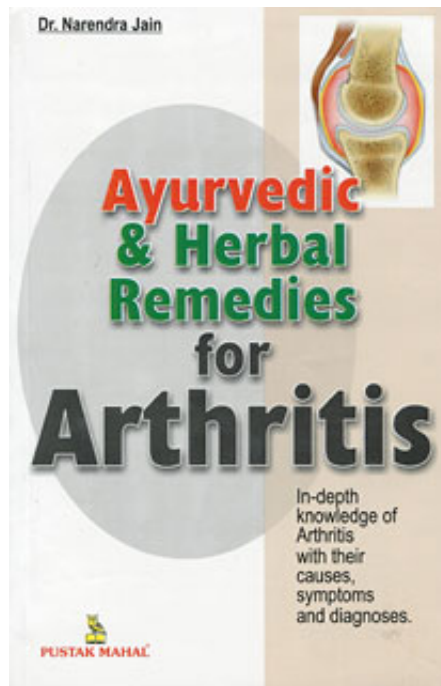
Ayurvedic & Herbal Remedies for Arthritis

Reading excerpt

[Ayurvedic & Herbal Remedies for Arthritis](#)

of [Narendra Jain](#)

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Nutritional Therapy

Diet plays a decisive role in Arthritis-related conditions, both in preventive as well as curative fields. The Arthritis Foundation of America states that diet plays no role in the treatment of Arthritis-related disorders. But many nutritional experts hold a different view. According to them, Arthritis is one of the two illnesses that are most likely to respond to nutritional therapy, the other being cardiovascular problems. After extensive research it has been proved that diet plays an important role in Arthritis.

Important things in relation to diet for patients suffering from Arthritis and allied conditions are as follows:

- The diet for an arthritic patient should include generous amounts of wheat, yoghurt, green leafy vegetables as well as vitamins and mineral supplements. An Arthritic patient should take at least 3 litres of fluids daily. Milk, butter, oil, ghee or cream should be used sparingly. Fresh and seasonal fruits, fresh unstrained juices from fruits like oranges, pineapples, grape fruit as also from vegetables like beet etc. should form an important part of the diet.
- A diet very low in saturated fat, low in protein, high in fibre and without any cholesterol would be the best for prevention of Arthritis and is an important element in its treatment.
- Fried foods, dry roasted nuts, soft drinks, vinegar, chocolate, red meat, egg yolk, hot spices are regarded as dangerous for Arthritic patients.

- Rise in uric acid levels can result in gouty Arthritis. The foods that are high in purines should be restricted or avoided. Purines are substances found in food that produce a lot of uric acid when broken down. Foods rich in purines are: organ meats (liver, kidney, hearts), some meats, some fish and seafood, alcoholic beverages, certain vegetables (asparagus, spinach, peas, lentils and beans, celery, mushrooms, radish).
- One should avoid citrus fruits, white sugar, cakes, biscuits, all meat items, alcohol, canned fruit/juices, sweets, ice cream, almonds, all nuts, aerated water, tomatoes, potatoes, green chillies, brinjal, lady's finger and arvi to reduce uric acid. During an attack of gout, it is advisable to also avoid beans, cauliflower, green peas, mushrooms, chikoo and seetafal (custard apple). On the other hand, skimmed milk and curds are recommended in reasonable quantity.
- Certain juices may cause adverse reactions in people with osteoarthritis. Avoid citrus fruits, and be careful with vegetables from the nightshade family, including potatoes, tomatoes, peppers and eggplant. Citrus seems to promote swelling, and nightshades contain psyllium alkaloids, which cause problems for some people.
- Alcohol (mostly beer and wine) has high purine content. However, all types of alcohol increase uric acid production and also slow down its excretion.
- An arthritic patient should consume calcium-rich foods, such as milk and eggs. Since calcium is drawn from the bones continuously during stress, the diet must contain generous amounts of calcium. The benefit of calcium intake lies in the fact that it decreases the sensitivity of the patient to pain, which is the chief symptom in rheumatic disease. Use skimmed milk and its products to avoid fattening.

- In between successive attacks, the body produces much smaller quantities of uric acid, which pass into the intestines and are utilized by bacteria. If the bacteria have been destroyed by the use of oral antibiotics, the amount of uric acid in the blood begins to increase with the consequent danger of another attack of gout in a gout-prone individual. Such individuals should, therefore, always consume large quantities of yoghurt, which revives intestinal fauna.
- Vitamins such as **A, E, B-complex, C** and **D** should be taken additionally by an arthritic patient. Vitamin A is good for repairing tissues and cartilages. Lack of Vitamin E causes damage to body cells including their nuclei, thus liberating large amounts of uric acid. It also helps in mobilizing the joints. Vitamin B6 helps reduce stiffness. Vitamin B5 reduces morning stiffness and degree of pain. Its deficiency induces excessive calcification and hardens cartilages. Lack of Vitamin C contributes to joint stiffness and thickening of synovial fluid.
- Panthothenic acid converts uric acid into urea and ammonia, both of which are excreted by the kidneys in the urine. If the supply of pantothenic acid is less or gets exhausted quickly due to stress or any other factor, then the uric acid is prevented from being converted into urea and ammonia and starts forming urate crystals resulting in an attack of gout.
- Deficiency of zinc aggravates the conditions of Rheumatoid Arthritis. Zinc increases mobility and decreases swelling of several joints.
- Lime juice is helpful in gouty conditions. It is believed that lime juice liquefies uric acid, which is a prime cause for gouty conditions and also other types of Arthritis as its citric acid is a solvent of uric acid. One teaspoon of lime juice can be taken in the morning on an empty stomach.

Fresh juice of pineapple reduces swelling and inflammation. Pineapple is a rich source of the enzyme bromelain, which has strong anti-inflammatory properties. Muskmelon neutralizes acids and is good for osteoarthritis and rheumatism.

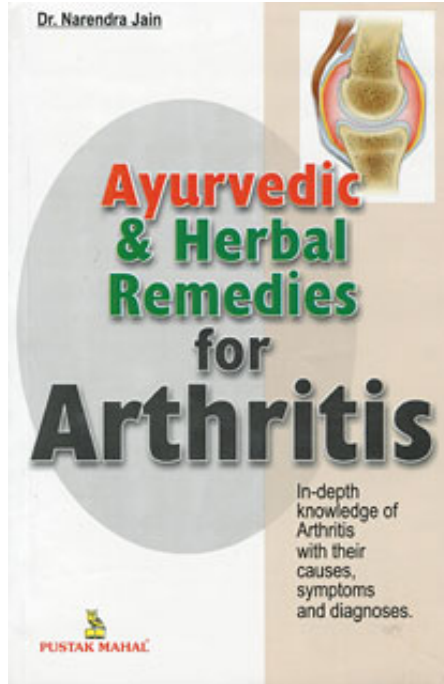
For frequent joint pains, sesame seeds soaked in water overnight are also helpful. One teaspoon of sesame seeds soaked in water can be taken first thing in the morning for relief from joint pains.

Blackstrap molasses is good for Arthritic patients. Dissolve one teaspoon of molasses in half a cup of water and drink.

Raw potato juice therapy is considered one of the most successful biological treatments for Rheumatic and Arthritic conditions. It should be mixed with water in equal ratio and taken early morning on empty stomach.

Drinking black cherry juice prevents attacks and shortens acute attacks of gout. It alkalises the system and neutralizes uric acid. Take half glass of juice diluted with equal quantity of water daily.





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In-depth knowledge of Arthritis with their causes, symptoms and diagnoses

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