

Yogic Management of **ARTHRITIS**



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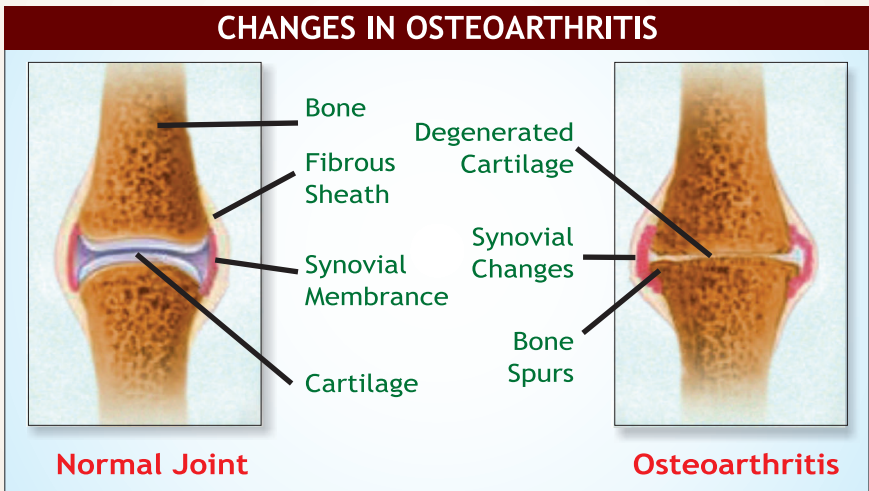
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ARTHRITIS

Arthritis is a common condition, characterized by pain and inflammation in the joints. This is due to a number of factors like genetic predisposition, inflammation, altered immune response, metabolic changes and others. The growing sedentary life-style and increased weight has been added factors, which aggravates the condition irrespective of its cause. All forms of joint diseases can be best understood in terms of following pathological processes :

1. **Degenerative joint disease** : Osteoarthritis (OA), Cervical Spondylosis.
2. **Auto-immune joint disease** : Rheumatoid arthritis (RA), Psoriatic arthritis, Lupus.
3. **Metabolic joint disease** : Gouty arthritis (GA)

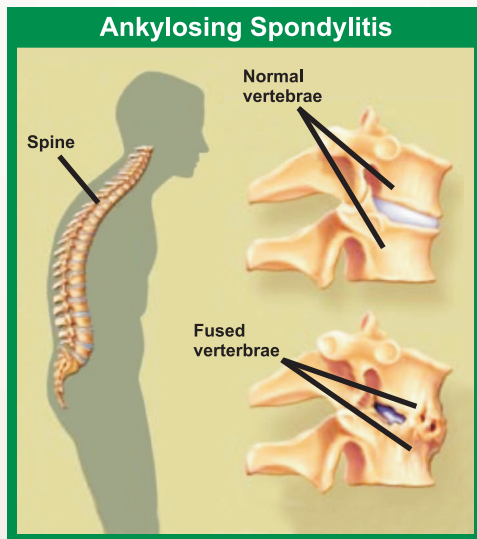
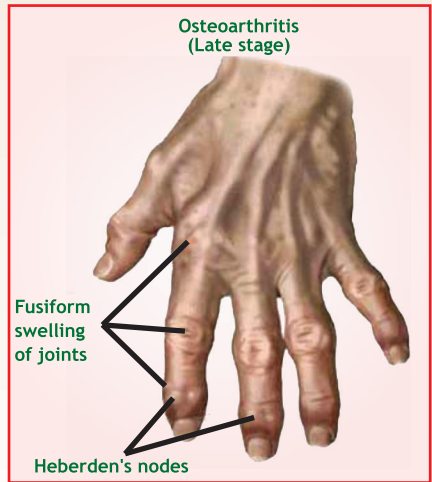


Common types of Arthritic diseases :

1. **Osteoarthritis** : It is a degenerative joint disease in which the cartilage that covers the ends of bones in the joint deteriorates, causing pain and loss of movement as bones begin to rub each other. It is the most common form of arthritis.
2. **Rheumatoid arthritis** : It is an auto-immune disease in which the joint lining gets inflamed as a result of abnormal immune response of the body. Rheumatoid arthritis is one of the most serious and disabling types, affecting mostly women.

3. Gout (Gouty arthritis): It affects mostly men, is due to metabolic disturbances in which increased uric acid settles down in the joint space causing inflammation. This painful condition most often attacks small joints, especially the big toe.

4. Ankylosing spondylitis: It is a type of arthritis that affects the spine. As a result long term inflammation affecting bones, ligaments and muscles, the bones of the spine fuse together leading to stiffening of spine. Other problems include swelling of tendon and large joints.



5. Cervical Spondylosis: It is a type of degenerative osteoarthritis, cervical spondylitis affects the joints and bones in the neck, which can lead to pain and stiffness.

Other types of arthritis are : Fibromyalgia, Lupus, Psoriatic arthritis, Enteropathic arthrits, Reactive arthritis, Seceondary arthritis, Polymyalgia rheumatica.

Common Symptoms of Arthritis :

- Soreness in the joints – after its overuse or inactivity
- Pain in the joints
- Stiffness in the joint mainly occurs on inactivity and disappears when put on use
- Impaired range of movement
- Warmth and redness of joint involved.
- Joint may appear normal but bony enlargements may be felt around the joint margin
- Characteristically involves weight bearing joints (OA)
- Swelling in the joints.
- Joint deformity may be seen in Rheumatoid Arthritis (Swan neck deformity or Ulnar deviation)
- Other generalized symptoms are :
 - Fatigue
 - Low-grade fever
 - Muscular pain
 - Loss of appetite
 - Depression
 - Cold and /or sweaty hands and feet

MANAGEMENT OF ARTHRITIS

Dietary management

- ◆ Treatment / Management should begin early to reduce joint damage.
- ◆ Since obesity has adverse effect on arthritis, an overweight person should gradually lose weight.
- ◆ Avoid fried foods.
- ◆ Increase the fluid intake
- ◆ A liberal intake of milk is desirable.
- ◆ Restrict the salty foods and table salt in case of sodium retention.
- ◆ In case of 'Gout' avoid purine rich foods like fish, eggs, peas, lentil, dry beans, red meat.
- ◆ Avoid fatty and heavy foods.
- ◆ Eliminate caffeine and white sugar, which increases pain and inflammation.

Yogic Management of Arthritis

1. **Om chanting and Prayer**
2. **Kriyas :** Kapalabhati, Kunjal
3. **Simple joint movements**
4. **Selected practices of Sukshma Vyayama:** Griva-sakti-vikasaka (Strengthening the Neck) (2), Purna-bhuja-sakti-vikasaka (Developing the Arms), Mani-bandha-sakti-vikasaka (Developing the Wrists), Kara tala-sakti-vikasaka (Developing the Palms), Janu-sakti-vikasaka (Strengthening the Knees), Gulpha-pada-prstha-pada-tala-sakti-vikasaka (Developing the Strength of the Ankles and the Feet)
5. **Yogasanas:** Tadāsana, Katichakrasana, Konasana, Urdhwa Hastottanasana, Uttana Padasana, Pavanamuktasana, Vakrasana, Gomukhasana, Marjari asana, Ushtrasana, Bhadrasana, Bhujāngasana, Makarasana, Shavasana
6. **Pranayama:** Nadishodhana Pranayama, Suryabhedhi Pranayama, Bhramari
7. **Special Practice :** Yoga Nidra
8. **Dhyana (Meditation)**

Prevention of Arthritis :

Looking after Joints : Do regular exercise and do not put stress to the joints. Avoid weight bearing joint exercise such as running and weight training.

Correct Posture : Try to maintain good posture at all times, and avoid staying in the same position for too long. If working at desk, make sure that chair is at the correct height and take regular breaks to move around.

Maintain good Muscle tone : Muscles help to support joints, so having strong muscles will help joints to stay strong too.

Pay attention to symptoms, see the doctor and get an accurate diagnosis : Getting the right treatment requires getting the right diagnosis. Early treatment can often mean less joint damage and less pain.

Resolve for Weight loss : Every extra kilo one carry around translates to added stress to the knees and hips. Excess weight means more pain, no matter which form of arthritis.



SELF CARE TIPS FOR JOINTS

- **Protect joints** : Avoid excess stress on the joints. Assistive devices can make tasks at home and work easier.
- **Try to balance between rest and work.**
- **Self massage** : Massage to muscles and joints as it helps relax the muscles and also improve circulation to them.
- **Stiffness can be relieved by** warm bath or hot water bottle or heating pads around the joint.
- **An Orange juice a day** : Recent research has shown the importance of vitamin C and other antioxidants in reducing the risk of osteoarthritis and its progression. Oranges and other citrus fruits are good sources of folic acid, which can help to alleviate the side effects of the rheumatoid arthritis drug methotrexate.
- **Take a walk** : Walking is the ideal exercise for most people with arthritis. It burns calories, strengthens muscles and builds denser bones - all without jarring fragile joints.
- **Sit, soak and soothe** : A warm bath before bed can relieve muscle tension and provide relief in joint pains.
- **Stretch legs** : Stretching is a simple way to keep joints and muscles flexible. It relieves stress and can help enable one to maintain the daily activities.
- **Avoid smoking** : Smoking can increase the risk of complications from lupus and rheumatoid arthritis. It can predispose the person to osteoporosis.

Disclaimer : This literature is for general awareness about disease management through Yoga. It should not be considered as treatment prescription.

YOGIC PRACTICES FOR THE MANAGEMENT OF ARTHRITIS



Kunjali



Kapalabhati



Tadasana



Katichakrasana



Hastottanasana



Uttanapadasana



Pavanamuktasana



Vakrasana



Bhujangāsana



Bhadrasana



Marjari asana



Dhanurasana



Makarasana



Savasana



Nadishodhana Pranayama



Meditation

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