

Ayurveda - Vol. 29

Ayurvedic Treatment on Disorders of the Joints

(Including analysis of Arthritis and Rheumatism)

(English)

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('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level, 'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru' denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

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Reasons for including Sanskrit shlokas in the Text

The basic Texts of Ayurveda (One of the four *upa-Vedas* of Atharvaveda, which says that good health depends on the balance of three constituents of the body - *vata* [Wind], *pitta* [Bile] and *kapha* [Phlegm]) have been written in Sanskrit. For those who wish to study Ayurveda in detail, knowledge of the references from the original texts is necessary; similarly, for the readers to benefit from the *Chaitanya* in the Divine language Sanskrit, *shlokas* have been included in the Text. The essence of these *shlokas* has come in the relevant writing.



The junction between two bones is called a joint. The junction between two cells or tissues is also a subtle joint. All the bones have a cavity inside, a part of which is filled by bone marrow (i.e., *majja*). *Vata dosha* is naturally dominant in bones. The word *sandhi* means joint and *Vata* is the dominant *dosha*. Hence, rheumatism is called as *sandhivata*. Because of continuous movement, *Vata dosha* gradually increases in bones and joints. Hence, in all diseases of the joints, *Vata dosha* is dominantly affected though *Pitta*. Besides, *Kapha doshas* may also be increased to some extent. Thus, when *Vata dosha* is increased in joints, it leads to rheumatism.

Injury to joints, tuberculosis, viral infections, syphilis, scurvy and other diseases also give rise to swelling of joints. In children and young adults, rheumatic fever and rheumatoid arthritis are the common causes of joint involvement. Both these are included in *ama Vata* in Ayurveda. In old age, osteoarthritis, i.e., degeneration disease of joints and cartilage is the commonest cause of rheumatism.

Rheumatism of junction between cells and tissues is called as connective tissue disorder in modern medicine and *vatarakta* in Ayurveda.

Like all *vataja* (*Vata* induced) diseases, rheumatism is also not cured easily. It is characterised by intermittent aggravation and relief of symptoms and this cycle can last for months or years. Hence, in rheumatic diseases, it is





important to meticulously follow the restrictions of diet and activity as advised by the physician and undertake physiotherapy. In addition, undertaking the spiritual practice and worship of the Deity of *Agni* (Fire) and the *Surya* (Sun Deity) also prove to be useful.

In this Text, we endeavour to describe the Ayurvedic concept of various types of rheumatism. This Text shall be useful to doctors, *vaidyas*, medical students and patients suffering from rheumatism or other chronic joint disorders.

We pray to the Deity of *Agni* and the *Surya* to bless all the people so that their joints remain healthy and the suffering of patients afflicted by rheumatism gets relieved.

- Authors



Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name

Great Maharshis have written the future in the Jeevanadipattis thousands of years ago. Saptarshis guide Sanatan Sanstha through the medium of Jeevanadipatti Readings. As per the instructions of Saptarshis through the medium of Saptarshi Jeevanadipatti on 13.7.2022, the title 'Sachchidananda Parabrahman' has been prefixed to Paratpar Guru (Dr) Athavale's Name. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers initially.