

Ayurveda - Vol. 29

Ayurvedic Treatment on Disorders of the Joints

(Including analysis of Arthritis and Rheumatism)

(English)

Authors

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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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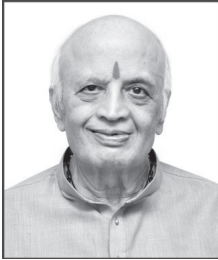


Sanatan Sanstha

Sanatan's Texts on Ayurveda

Read, put into practice and get rid of any disease from its source !

Introduction to Authors



Sanatan Sanstha's Sadguru, Doctor & Vaidyacharya Vasant Balaji Athavale

[M.D. (Paediatrics), D.C.H., F.A.M.S.]

Sadguru (Dr) Vasant Balaji Athavale was a renowned Paediatrician. He founded the Paediatrics Department in 1959 in Lokmanya Tilak Mahanagarpalika Hospital, Mumbai. He was Professor and Head of this Department from 1960 to 1990. He was the Chairman of the 'International Conference on Alternative Medicine' in Bangkok in 1980. In 1996, He received the international honour for the 'Best author of books on Ayurveda'. In 2001 and in 2012 respectively, He was honoured with the 'Lifetime Achievement Award' in an International conference on 'Ayurveda and Hepatic Disorders' and by the Indian Academy of Paediatrics.

1. The journey from being a seeker to becoming a disciple

A. Selflessness and the attitude of sacrifice, which are essential for spiritual practice : He started noting down higher level philosophical thoughts on Spirituality in 1980. He toiled day and night to create a vast treasure of knowledge on Spirituality. Very altruistically, He donated this treasure to Sanatan Sanstha in 1990, soon after it was established. This sacrifice, before He became a Saint, indicates the level of His spiritual practice and seekership. Due to His writings, Sanatan's Texts are now becoming inclusive in the true sense.

B. In 2004, He became a disciple of Sachchidananda Parabrahman (Dr) Athavale (A great Saint who is also His younger brother and the Founder of Sanatan Sanstha, the world-renowned spiritual organisation).

2. Attaining Sainthood

On 16.12.2012, He reached Sainthood due to His spiritual emotion, intense yearning, inquisitive nature and humility.

A. He attained Sainthood by performing spiritual practice through various Paths of Spirituality : Every person performs spiritual practice as per some path of Spirituality, becomes introverted, progresses spiritually and thus moves towards Sainthood. However, Dr Vasant Athavale attained Sainthood by performing spiritual practice as per Karmayoga (Path of action) by serving His patients, Jnanyoga (Path of knowledge) by writing Texts, Bhaktiyoga (Path of devotion) and Gurukrupayoga (Path of Guru's grace).

3. Active in seva for Sanatan's mission until His last breath

He kept performing satseva for Sanatan's mission until His last breath. When He came to know of Divine particles found in Sanatan's Ashram, He inquisitively studied the subject, contemplated on how to conduct research on this topic from a scientific perspective and gave His own suggestions.

He renounced His body on 9.11.2013 at the age of 80.

Dr Kamlesh Vasant Athavale

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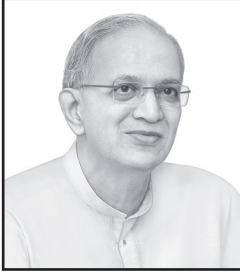
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The co-author, Dr Kamlesh V Athavale, is the son of Sadguru (Dr) VB Athavale. He has achieved success in examinations of M.D. (Paediatrics), D.N.B., M.N.A.M.S. (India) and F.A.A.P. (Paediatrics and Neonatology, USA).

He is working as a Neonatologist at the Duke University Medical Centre (USA). He is also Director of Neonatology at Nash General Hospital.

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale, Founder of Sanatan Sanstha



1. Established 'Sanatan Sanstha' to propagate Spirituality.
2. Proponent of 'Hindu Rashtra' (Divine Rule) ^(Note) and commencement of its mission (Year 1998).
3. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 127 seekers have become Saints and 1,047 seekers are progressing towards Sainthood as of 21.11.2023.
4. Creation of unique Spiritual texts on various topics.
5. Research on spiritual remedies for physical, psychological distress and that caused by negative energies.
6. Research using scientific instruments on religious rituals and events that are beyond the comprehension of the intellect.
7. Presenting the research conducted on sattvik Art-forms.
8. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'.
9. Uniting and guiding Saints, Sects, devout Hindus, etc. so as to establish the 'Hindu Rashtra'.
10. Recognising the coming dreadful times, guiding and preparing Texts to protect lives.

(Note : हीनञ्च दूषयत्येव हिन्दुरित्युच्यते प्रिये ।, meaning - One who eliminates the inferior *Raja-Tama* components in himself is a Hindu. A Nation of such *sattvik* people is called 'Hindu Rashtra'.)

(For complete introduction, visit - www.Sanatan.org)

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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.



Preface



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



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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

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The reason for prefixing spiritual title 'Sachchidananda Parabrahman' before the Name Paratpar Guru (Dr) Athavale

As per the instructions of Saptarshi through the medium of Saptarshi Jeevanadipatti, Paratpar Guru (Dr) Athavale is being addressed as Sachchidananda Parabrahman (Dr) Jayant Athavale since 13.7.2022. Before, He was addressed as Param Pujya [His Holiness] and Paratpar Guru in Sanatan's Texts. He has been addressed accordingly on the cover of this Text and inside the Text wherever required.