

Rheumatological disorders in Ayurveda

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Abstract

The Rheumatological manifestations like Rheumatoid Arthritis, Osteo - Arthritis, Gout, Ankylosing spondylitis, Vertebral disc lesions etc. are very common and of poor Therapeutic outcome, in spite of marked advancement in diagnostic tools and a broad spectrum therapeutics.

As per Modern Medicine most of the conditions are due to altered immune mechanism and persistent antigenic stimulation in genetically predisposed persons and change in the life style. These are very distressing due to its chronicity, morbidity, crippling nature and absence of effective treatment modality. It attracted the researchers of different traditional medical systems, Number of demographic studies identifying the incidence and treatment selection pattern of the patients for rheumatological problems, has shown a clear inclination for complementary and alternative medicine (CAM). In which India, the Motherland of the most ancient Health Care System *Ayurveda* has claimed for a major share.

Ayurveda very well accepts the involvement of the joints, bones, and soft tissues in the aetiopathogenesis of these conditions along with *Dhatus* like *Rasa*, *Rakta*, *Mansa*, *Asthi* and *Majja* also gives prime importance to *Updhatus* like *Snayu*, *Sira*, *Kandaras* in the disease profile.

The patients of these manifestations often need a long term, Co-ordinated and Multidisciplinary team approach towards management of individual patient's treatment. Which is also dependent on the response and tolerability of medication. Thus with an intent to provide therapeutic response in the rheumatological disorders, role of *Ayurveda* is assessed by applying its basic principles of treatment i.e. *Nidan Parivarjan*, *Pathyapathya*, *Shamana Panchkarma*, (*Shodhana*) and *Rasayana* therapies.

Biography

Dr. Narayan Jadhav is working as H.O.D. in Dhanvantari Ayurved Medical college & Hospital Udgir (M.S), India. He is chief consultant in Sushrut Ayurved Hospital and Research Center, Udgir and founder of Dhanvantari Sevabhavi Pratisthan.

Post Graduated from Govt. Ayurved College , Nanded. (M.S.) in *Kayachikista* (Internal Medicine) and done M.B.A. (H.H.A). He trained in *Proctology* at Faculty of *Ayurveda*, IMS (B.H.U.) *Rheumatology and Panchakarma* at V. A. C., Ollur, (Kerala).

He presented 10 research papers in international and national conferences and published 2 articles in international journals. He has 13 years of clinical and teaching experience.