



A Newsletter from

Embassy of India, Paramaribo

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ARTHRITIS

Arthritis literally means inflammation of joints. It is a condition involving damage to the joints of the body. There are more than 100 different forms of arthritis.

The most common types of arthritis are;

1. Osteoarthritis
2. Rheumatoid Arthritis
3. Gout Arthritis
4. Psoriatic Arthritis
5. Ankylosing Spondylitis

Common causes for arthritis are;

1. Injury
2. Metabolic abnormalities
3. Hereditary factors
4. Infections (bacterial and viral)
5. A misdirected immune system with autoimmunity
6. Obesity – extra pressure on joints

Common Signs and Symptoms are;

1. Pain
2. Swelling
3. Fever
4. Joint stiffness
5. Weight loss
6. Poor sleep
7. Muscle weakness
8. Difficulty moving the joint
9. Malaise and a feeling of tiredness

According to Ayurveda (Ancient Indian System of medicine), Arthritis is caused by the aggravation of Vata (air) dosha (biological factor) and accumulation of ama (a toxic by-product of improper digestion)

This Ama circulates in the whole body and when it deposits in the joints and at the same time there is aggravation of Vata, it results in a disease called Amavata (Arthritis).

Ayurveda for Arthritis: Home Remedy

A perfect combination of **TRIO**;

1. **AHARA**: your diet plays an important role in management of any ill health condition
2. **VIHAR**: your lifestyle is a contributing factor for your health status
3. **VICHAR**: all up to YOU; Fight or Flight. Your mental attitude

These remedies do help to manage or relieve the painful conditions

1. Taking 6-8 drops of garlic juice with clarified butter or warm water is beneficial.
2. Take 6 Garlic pods + 1 Glass of Milk + 2 Glasses of water. Boil until milk portion remains to drink.
3. **Bael / Bilwa (Aegle marmelos)** – juice 3 gm, **Ginger** juice 3 gm, **Rock salt** – 1 gm, 1 cup water. Boil them together, till 1/4th water remains. Drink it warm at least 2-3 times daily.



Future Events

1. A Special lecture on 'Introduction to Meditation' is on 11th November 2014 (Tuesday). 8:00 – 9:30am for morning batch. 5:00 – 6:30 pm for evening batch in ICC hall
2. Monthly lecture is scheduled for 21st November 2014 (Friday) on 'Basic Principles & Physiology of Pranayama', at 5:00 – 06:30 pm in ICC hall.



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