


	Arthritis: Homeopathic Approach	
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Arthritis: Homeopathic Approach

On world arthritis Day 12th October Let us learn about this problem & its cure. Arthritis is a disease-causing painful inflammation and stiffness of the joints. It is the disorders of joint inflammation. There are various types of arthritis like osteoarthritis or degenerative arthritis, rheumatoid arthritis, rheumatic arthritis, gout or pseudo arthritis, psoriatic arthritis, septic arthritis, reactive arthritis, arthritis from SLE origin etc. Osteoarthritis and Rheumatoid is the most common arthritis. In any form of arthritis, the most common symptoms are a restriction of movement with the stiffness of joint. Regular taking of painkillers and steroids create some other side effects in human body.

Common signs and symptoms

- Pain and stiffness
- Restriction of movements and limited mobility of joints
- Swelling
- Crunching sounds in joints when walking especially occur in osteoarthritis
- Deformities of joints occur in rheumatoid arthritis
- Fever and body pain in case of rheumatic and septic arthritis

Self-care tips to manage Joint Pain due to arthritis

- Include a well-balanced diet with plenty of anti-inflammatory food such as green leafy vegetables, berries, ginger, nuts, legumes, and fibre.
- Prioritize vitamin D and Calcium intake.
- Maintain Your Ideal Weight as carrying excess body weight adds stress to our joints, especially the weight-bearing joints.
- Practice regular physical activity followed by Low-Impact Exercises, which would put less stress on joints. Some of the Low-Impact Exercises that can be practice on daily basis are swimming, walking and cycling.
- Engage in yoga and meditation to help your muscles relax.
- Stop Smoking.

Homeopathic treatment in arthritis

Homeopathy treatment for arthritis is the best way to get cure with no possibility of side effects. The proper homoeopathy treatment for arthritis is able to deliver a good and long-lasting alleviation in terms of pain, stiffness, swelling like symptoms, in addition to slowing down the worsening of the condition. As soon as the patient starts experiencing improvement in his/her conditions, the homoeopathic medicines can be decreased or discontinued completely.

It is highly recommended to opt for proper homoeopathic treatment for all kinds of arthritis to lead a healthy and hearty life. We've successfully treated thousands of patients suffering from various forms of arthritis and all of them are now leading their lives to the fullest with no annoying pain.