



## Rheumatoid Arthritis - Ayurveda Approach

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Rheumatoid arthritis (RA) is a disease that causes pain, swelling, and stiffness in the joints. In some people, it can also cause the joints to become damaged

and deformed.

Although it can affect any joint in the body, RA is most commonly found in the hands, wrists, feet, and knees.

Rheumatoid arthritis is known as Amavata (Ama + Vata) in Ayurveda. Ama means toxic material generated in the body due to low digestive fire and the Vata carries it to accumulate in the joints which are seat of Kapha causing pain and inflammation in joints.

Ayurveda believes that RA is due to hypo functioning of Agni (digestive fire the first dhatu , Rasa is not properly formed and the Annarasa (nutrients from food) is putrefied forming Ama or biological toxins. RA patients suffer from active and remission phase of the disease as the symptoms of the disease come and go. Remission of the disease may occur all of a sudden or with treatment and can last up to weeks or years.

### For registration and further details:

Date & Time  
13<sup>th</sup> May 2017  
2:00 pm to 4:00 pm

Venue  
Ayur Centre  
Number , 8 Jalan Utara  
46200, Petaling Jaya

Organised By  
Ayur Centre Sdn Bhd

 For registration, please contact:

Call : 03 - 7954 2899 / 016 384 2531  
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