

## Rheumatological disorders in Ayurveda

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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 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, and 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., nidhan parivarjan, pathyapathya, shamana panchkarma, (shodhana) and rasayana therapies.

### Biography

Narayan Jadhav is working as HOD 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. He completed post graduation from Govt. Ayurved College, Nanded (M.S.) in Kayachikista (Internal Medicine) and has done MBA (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.

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