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Work, Stress and Health

Advances in Scientific Meditation and Stress Coping

Department of Science and Nursing



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Effect of Naturopathy and Yogasana on Patients Suffering from Rheumatoid Arthritis

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ABSTRACT

Rheumatoid arthritis (RA) affects the structural integrity and function of Musculoskeletal joints eventually the entire body. Therapies like Naturopathy, yoga etc are helpful in this disease. Physical and psychological control and relaxation induced by these therapies may be of great help in getting symptomatic remission and in better management of the diseases. The study was conducted to determine the effect of Naturopathy and Yogasana intervention on the selected parameters in patients suffering from Rheumatoid Arthritis. The effect was observed on Physical parameters, inflammatory marker (ESR) and immunological marker (RA) and Biochemical markers. In total 40 rheumatoid arthritis patients were enrolled and termed as experimental group. The subjects in the experimental group were given treatment of Naturopathy twice in a week and practice Yoga 30 minutes every day. All the parameters i.e. Erythrocyte Sedimentation Rate (ESR), Rheumatoid factor (RA factor), Uric Acid, Urea and Creatinine level were recorded two times i.e. pre phase (before experimental intervention), post phase (after 4 months) and analyzed statistically using Student's t test. Significant improvement was found in ESR in Experimental group. Improvement was also observed in mean values of HAQ in both the groups i.e. control and experimental group but improvement was statistically more significant in the experimental group. The study concluded that naturopathy along with yoga therapy, when used in conjunction with prescribed treatment can have a positive systemic effect in getting symptomatic remission and effective management of Rheumatoid arthritis.

Keywords: Rheumatoid arthritis, Rheumatoid factor (RA), ESR, Health Assessment Questionnaire (HAQ), Yogasana, Naturopathy

Introduction

Rheumatoid arthritis is a chronic illness characterized by inflammation of joints and surrounding tissues. It is an autoimmune disorder in which immune system targets the healthy tissue of the joints. The condition occurs due to inflammation of linings of joints which is accompanied by swelling and possible deformity of joints (Hochberg 1981). Rheumatoid arthritis affects most of the joints in the body but certain joints, particularly those of the wrists, hands and feet, are more frequently affected. At initial diagnosis, the joints on both hands and feet are found to be affected in about half the cases. As the disease progresses, all these joints are likely to be affected. Patients