



# පහන වේද ගෙදර විශේෂාංගය

## Ayurvedic treatments and advice for Arthritis.

The ayurveda suggests that arthritis is caused primarily by an excess of ama and lack of agni. This can be caused by poor digestion and a weakened colon, resulting in the accumulation of undigested food and the build-up of waste matter. Poor digestion allows toxins to accumulate in the body, and problems with the colon allow the toxins to reach the joints. So, the way to treat arthritis is to stimulate the digestive fire (agni) and to suppress the ama. Ayurveda distinguishes three categories of arthritis, corresponding to vata, pitta, and kapha. To treat this condition properly, it is vital to carefully diagnose which type you have.

If arthritis is due to vata, your joints will crack and pop. They become dry and are not swollen as they may be if excess vata is not the cause. The arthritis is characterized by inflammation then it is Pitta. The joint becomes swollen and is painful even without movement. It often looks red and feels hot to the touch. In kapha-type arthritis, the joint also becomes stiff and swollen, but it feels cold and clammy rather than hot. A little movement, rather than aggravating the pain, tends to relieve it.

## General Treatment of Arthritis

Depending on a person's lifestyle, diet, and emotional pattern, either vata, pitta, or kapha goes out of balance. Then that particular dosha slows down Agni (digestive fire), resulting in the toxic, sticky by-product of inadequate digestion known as ama. Vata, the main active dosha, brings the ama into the colon, and from there it travels through the system and lodges in the bone tissue and in the joints, giving rise to the stiffness and pain characteristic of arthritis. Ayurveda attempts to remove the ama from the joint and bring it back to the colon, and then to eliminate it. To do this, we need to keep the colon clean. It is best to determine the type of arthritis and manage it for the remedies recommended for the specific type. If you do not know whether the arthritis is vata, pitta, or kapha arthritis, take 1 teaspoon triphala at night with 1/2 to 1 cup warm water. Ayurveda recommends general techniques for increasing the intensity of the digestive fire (Agni) in order to burn up the toxins that are harming the body. Detoxification diet a three-to five-day detoxification diet is often prescribed. Vegetables, juices, spices and herbs are taken during the fast, which lasts until the body shows signs that the digestive fire is burning strong. These signs include a return of the appetite, a feeling of lightness

and a clear coating to the tongue. Mint, ephedra, golden seal, gentian, nirgundi, eucalyptus leaves, prasarini, quassia, coptis, scute, phellodendrom, aloe, guggul, du huo, ligusticum, Siberian ginseng, myrrh, and yucca are some of the herbs used. Special herbs like Rasnadi (Alpania Galangal), Hinguvastayadi Chooranam and Avipattikar churna which is good to ingest for rheumatism, takes prominence along with panchakarma treatments. Panchakarma treatments are detoxifying processes to eliminate and rejuvenate the body.

Mahanarayan oil improves flexibility, stiffness, muscle fatigue, and removes pain. It is mixed with sesame oil (1:1) and applied to the painful areas. This oil also breaks up blockages and begins to heal locally. After oil application, warm herbal bath, or mild exercise further improves this situation. Steamed herbal pouch therapy is a must, in the process of elimination of Ama (toxins). Touch all the acupressure points and invigorate the flow of blood and bodily processes.

Various other medicinal oils may be applied to the body in order to help the body clear toxins relieve pain and restore mobility.

Every patient is unique and represents a different set of issues and symptoms and requires a custom tailored approach to individual patients. This

# ආයුර්වේද වෛද්‍ය හා ජ්‍යෙෂ්ඨ මධ්‍යස්ථානය සර්වාංග වෛද්‍ය ප්‍රතිකාර සහ සියලු පංචකර්ම ප්‍රතිකාර

- Rheumatoid Arthritis, Osteoporosis ආම වාත ඇතුළු සියළුම සන්දි ගත රෝග නිර්වාචන සුවකරීම
- Psoriasis, Eczema පොතු කඩර, සුදු කඩර ඇතුළු සියළුම වර්ම රෝග සඳහා
- Sinusitis, Rhino Sinusitis සෙම පිනස ඇතුළු සියළුම සෙම රෝග සඳහා
- Cervical Spondylosis, Bulge Disk, Slip Disk ඇතුළු සියළුම කොළහාරටියේ දුර්වලතා
- Stress, Insomnia, Dementia ආතතිය ඇතුළු සියළුම මානසික දුර්වල සඳහා
- Irritable bowel syndrome උදර හා ආමාශගත සියලු රෝග ● Epilepsy මී මැසි මොරය
- Kidney stones and Nephritis මුත්‍රාශයේ ගල් සහ මුත්‍ර අමාරු සඳහා
- Balding and loosing hair අකලට හිස කෙස් පැහීම සහ තට්ටය පැදීම
- Erectile dysfunction ලිංගික අප්‍රාණික තාවය ● Hemiplegia and Paraplegia පක්ෂගාතය
- Gastritis and Hyper-acidity අම්ල පිත්තය සහ රක්තපිත ● Haemorrhoids අර්ශස්

## දියවැඩියාව හෙවත් මධුමේහය ප්‍රදාහ DIABETES MELLITUS

පුරාණ ඛෙහෙත් වර්ධනය වන දුර්ලබ ගතයේ ශාකකාරයෙන් හා හෙල වෙදකමේ ඇති අනෙකුත් ප්‍රත්‍යක්ෂ ආයුර්වේද ඛෙහෙත් වලින් දියවැඩියාව සඳහාම කාදන ලද ප්‍රත්‍යක්ෂ ආයුර්වේද ඛෙහෙත්.

ආයුර්වේද වෛද්‍ය ප්‍රතිකාර සහ පරීක්ෂණ සඳහා ආයුර්වේද වෛද්‍ය

### සෑම් දක්‍ෂායක

මාලේචන ශ්‍රී සදානන්ද්‍ර ආයුර්වේද වෛද්‍ය ශාස්ත්‍රී (ශ්‍රී ලංකා)  
(BS Biology-USA) (GDip-Ayurvedic Panchakarma Therapy-India)



සියලුම විමසීම්  
දුරකථන: 61 3 9886 6460  
ප්‍රංගම: 0421 793 844  
392 Blackburn Road,  
East Burwood VIC 3151  
BRANCH: DAHAM NIKETANAYA, YUROKE  
TEMPLE NORTH VICTORIA  
1690 Mickleham Road, Yuroke, VIC 3063  
E mail: sam@sahanro.com.au  
www.sahanro.com.au

**SAHANRO AYURVEDIC**  
WELLNESS CENTRE  
Arogya Parama Laba  
(Highest wealth is Health)