



சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்  
(மத்திய சித்த மருத்துவ ஆராய்ச்சிக் குழுமம், ஆயுஷ் அமைச்சகம், இந்திய அரசு)

सिद्ध केंद्रीय अनुसंधान संस्थान

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### Rheumatoid Arthritis (Santhu Vatha Soolai)

#### Definition

Santhu Vatha Soolai is a disease, which mainly affects the joints (santhu) by vitiating the vatha humour (vatha) resulting in severe pain (soolai).

#### Causes

Excessive intake of sea foods, especially fish, Excessive consumption of egg, goat mutton, tubers, arrack and toddy. Insufficient exercise, which leads to the vitiations of vatha and pitha humours causes Santhu Vatha Soolai.

#### Preventive measures

- Avoid Curd, fish, jaggery, milk, flour of Mash (black gram)
- Avoid durnaatra neer (contaminated water)
- Avoid ova unavugal (incompatible food),
- Avoid control of natural urges (vegavrodh), ,
- Avoid heavy, slimy foods (kadina unavugal).

#### Health promoting tips

- Food like parli (barley), arisi (rice)
- Fresh vegetable like murungai (drum sticks), pakarkai (bitter gourd), inji (ginger)
- Usage of hot water seeragam (cumin seeds)

#### Curative Herbs

- Amanakku                      Castor                      (*Ricinus communis* Linn.)
- Amukkara                      Withania                      (*Withania somnifera* (Linn.) Dun.)

- Erukku                      Madder                      (*Calotropis gigantea* (Linn.) Ait. f.)
- Ezhumicha pul            Lemon grass                (*Andropogon schaeenar* linn)
- Inji                            Ginger                        (*Zingiber officinale* Roscoe)
- Oomathai                    Datura                        (*Datura stramonium* Linn.)
- Perarathai                  Galangal                     (*Alpinia galangal* (Linn.)Willd.)
- Seemaiyaravandi,        Wild Rue                     (*Peganum harmala* Linn.)
- Shaarani                    Hogweeds                    (*Trianthema portulacastrum* Linn.)

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