



சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்
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Azhal keel vayu -Osteoarthritis (OA)

Definition

Azhal keel vayu or Degenerative joint disease is a group of mechanical abnormalities involving degradation of joints including articular cartilage and subchondral bone due to deranged vatha thosam in the body.

Causes – Subdivided as Primary and Secondary

Primary

- Hereditary (60%)
- Senility

Secondary

- Metabolic (DM , Gout, Perth's Disease, Lyme Disease)
- Mechanical (Trauma,Sports Injuries)
- Obesity
- Congenital
- Infectious(Gonorrheal,Septic)
- Obesity
- Hemochromatosis

Preventive measures

- Regular exercises
- Regular Purgation

- Reduction of Body weight
- Avoiding underground tubers and Excess usage Sour substances
- Yoga
- Thokkanam(Oleation Therapy)

Health Promoting tips

- Rest at Pain
- Fomentation
- Advocation of Fibre foods
- Avoidance of Carbohydrates
- Regular Purgation with Purgatives to reduce Vatham

Curative herbs

- Withania simnifera - Amukkara
- Ricinus communis - Amanakku
- Vitex negundo - Notchi
- Delonix elata - Vatha narayanan
- Cardiospermum halicabum - Mudakkatran
- Zingiber officinale - Chukku

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