

ROLE OF AYURVEDIC SYSTEM OF MEDICINE IN RHEUMATIC DISORDERS

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The incidence of rheumatic/arthritis disorders is increasing day by day. Modern medical science has tried to provide a well-defined classification of these disorder based on causative, biochemical and clinical parameters.

AYURVEDA, the Indian System of Medicine provides similar descriptions of musculo skeletal functional disorders. Some of these are specific disease entities whereas the others are localized disorders involving joints and related parts. There is a distinct change in the description available in the Ayurvedic classics (2000 B. C.) and the later day Ayurvedic texts (600A.D.). However, a comprehensive description including causation, physio pathological changes and clinical manifestations is possible based on Ayurvedic principles.

Various therapies and therapeutics are prescribed for these disorders. The therapies include oleation, steam/heat treatments as well as emetics, purgation and other procedures with specific usage. The therapeutics includes several medicines of plant origin like that of Guggulu (*Commiphora mukul*) and of mineral origin including the use of Gold. Several clinical trials have been conducted in these areas, which require further validation.

An in depth study of subjective information based on Ayurvedic principles with the help of modern objective criteria can help to understand and evaluate the Ayurvedic approach to this group of disorders and to develop new leads for further research in the field of Rheumatology.

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