## Anti Arthritic Herbs in Siddha Medicine

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#### Abstract

Arthritis is a common disorder affects the elderly person. Siddha medicine is a traditional way of treating various diseases using herbs, inorganic substances and animal products. Most of the Siddha medicinal plants possess the anti-arthritic property and it is widely used in southern India. Siddha medicine in India has demonstrated path with record of 10000 years and forms part of the Health Service, existing alongside conventional medicine.

Keywords: Siddha medicine; Arthritis; Antiarthritic Herbs.

### Introduction

## **Arthritis**

Arthritis is a chronic inflammatory disease that affecting the different parts of the joints including cartilage, synovium of tendons and muscles. In various reasons, Joints can be inflamed resulting in pain, swelling and limited movement, cartilage damage and erosions of the underlying bone which is characteristic of chronic arthritis.<sup>1</sup>

#### Prevalence

The prevalence of arthritis is very high among elderly. Rheumatoid arthritis affects approximately 1% of the population worldwide.

## Etiology

Its etiology is still unknown.<sup>2</sup> It is an inflammation of synovial joint due to immune mediated response. Research studies proves that 10–20% of elderly people receiving a prescription for non-steroidal anti-rheumatic drugs.

## Types of Arthritis

### a. Osteoarthritis (OA)

Osteoarthritis (OA, is characterized by erosion of articular cartilage affecting knees, hips, spine, and hands,. Clinical manifestations of OA include pain, stiffness, and decreased range of motion of affected joints. In more advanced cases, significant disability may occur.<sup>3</sup>

## b. Rheumatoid arthritis (RA)

Rheumatoid arthritis (RA), is a chronic systemic disease, usually manifesting as inflammation of multiple joints. The severity of the disease varies from person to person, ranging from minor pain and discomfort to severe inflammation, with joint damage and deformity. Although the cause of RA is unknown, it is generally considered an autoimmune disease.

## c. Infectious Arthritis (Septic arthritis)

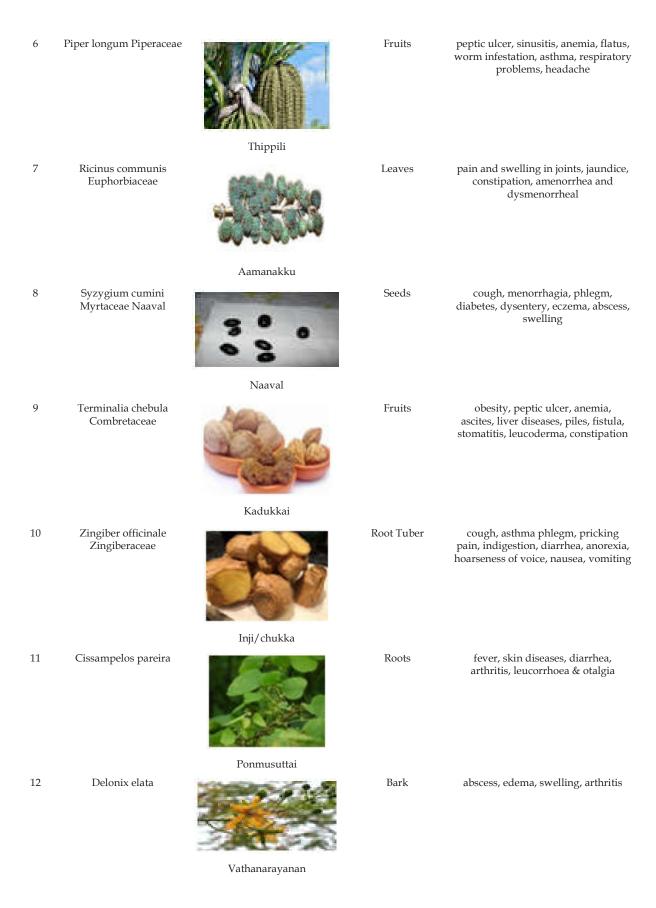
Staphylococcus Aureus, Neisseria Gonorrhoeae

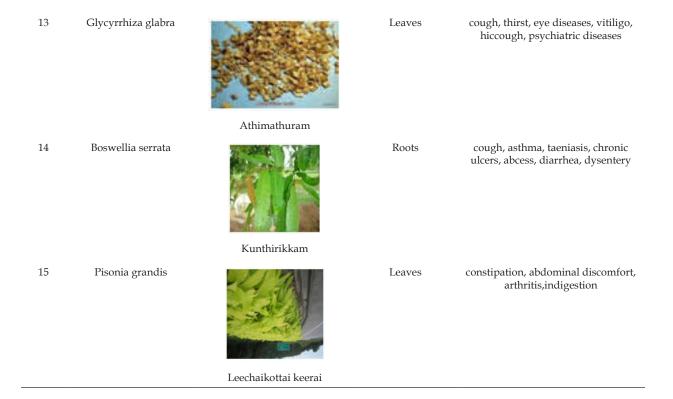
and other bacteria are the most common causes of infectious arthritis resulting in cartilage damage. Appropriate antimicrobial therapy and drainage procedures needed.

Anti arthritic effects in Siddha Medicine: Many medicinal plants are found with curative properties against arthritis. It enhances the natural resistance of the body against infection and their immune-modulatory activities have been reported in numerous plants. According to W.H.O, about 80% of the world population rely mainly on herbal remedies.<sup>4</sup> Siddha drugs are the cheapest and easy way to treat various problems with no sideeffects.. There are over 1.5 million practitioners of traditional medicinal system using medicinal plants in preventive, promotional and curative applications.<sup>5</sup>

Table 1: Commonly used Anti-Arthritic Herbs in Siddha Medicine.

S. No.	Siddha Name	Tamil Name	Part of Herb	Used in
1	Alpinia galanga		Rhizomes	relief of cough, phlegm, eczema, edema, arthritis
		Peraraththai		
2	Asparagus racemosus		Root	Treatment of chronic fever, diabetes, spermatorrhoea, leucorrhoea
		Thannervittan		
3	Phyllanthus amarus Euphorbiaceae		Whole plant	Arthritis, diabetes, jaundice, chronic non healing ulcers, eye diseases, dysentery, fever, menorrhagia
		Keezhanelli		
4	Hemidesmus indicus Asclepiadaceae		Root	chronic vatha diseases, indigestion, diabetes, abscess, excess thirst
		Nannari		
5	Moringa oleifera Moringaceae		Seeds	edema, swelling, worm infestation, headache, abscess, early ejaculation of semen
		Murungai		





#### Conclusion

Siddha medicine has rich collection of herbs for the treatment of various acute and chronic ailments. Arthritis stands as one of the leading health problem worldwide especially in developing countries like India. The herbs in Siddha system award having least side effects, proven to be useful for the management of arthritis .

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