



IS AYURVEDIC THERAPY SAFER ALTERNATIVE TO ALLOPATHY IN JUVENILE IDIOPATHIC ARTHRITIS?

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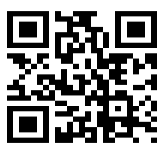
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ABSTRACT

Juvenile idiopathic arthritis (JIA) is chronic inflammatory arthritis seen in children and adolescents. This is often a long-lasting disease that may affect joints in any a part of the body, most ordinarily the hands, wrists and knees. The recognition of medicinal plants is increasing day by day because of the side effects of allopathic medicines. Herbal medicinal plants are used as major sources of cure for diseases caused in humans since past. Today, one-fourth of the global population depends on traditional medicine, and 80% of the population relies on indigenous herbal medicinal plants. Even today most of the people living in in different developing countries rely on the plant-derived medicines for the primary treatment of health care thanks to least or no side effects. The aim of this article is to compare the treatment of Juvenile rheumatism in ayurvedic, homeopathic and allopathic medication. The symptoms present in JIA are more comparable features of Aamavata Vyadhi mentioned in Ayurvedic classics. JIA may be treated by Shodhana and Shaman therapy of Ayurveda which is free from any side effects.

INTRODUCTION

Juvenile Idiopathic Arthritis is also called Juvenile rheumatic arthritis is a condition that leads to inflammation of joints with persistent stiffness, warmth and pain in the joints. It occurs when the body's immune system attacks its own cells and tissue (autoimmune). It's unknown why it happens, but both heredity and environment seem to play a major role. There are different types of Juvenile idiopathic arthritis which includes

- ✓ Systemic-Onset Juvenile Idiopathic Arthritis
- ✓ Oligoarticular Juvenile idiopathic Arthritis
- ✓ Polyarticular Juvenile Idiopathic arthritis
- ✓ Psoriatic arthritis
- ✓ Enthesitis-Related Arthritis
- ✓ Undifferentiated Arthritis.

Symptoms might b symptomatic or a symptomatic over time. There might be times when manifestations deteriorate, known as

flares, and times when indications improve, known as remission. Symptoms like high fevers that will more often to spike in the evening and suddenly disappear, fever that is afebrile or febrile, less appetite, weight reduction Iron deficiency, messy rash on a child's arms and legs, irritation of the eye, firmness, joint pain, trouble with day by day living exercises like walking, dressing, and playing are seen. Diagnosis is based on complete history taking, complete clinical examination, appropriate diagnostic tests like Rh factor, Erythrocyte Sedimentation Rate(ESR), C reactive protein(CRP), ANA(Anti-nuclear antibody), HLA(Human leukocyte antigen)B27 and plain radiographs etc. There are various drugs available for the treatment of JRA in Allopathic, Ayurvedic and Homeopathic system of medicine. Although Allopathic system of medicine has got an important role to play in overcoming agony of pain, restricted movement and disability

caused by articular diseases they have limitations and severe adverse effects caused by long term therapy. For this reason there has been increased rise in use of traditional medicine all over the world for the cure of long term diseases with lesser or no side effects.

ALLOPATHIC TREATMENT:

The main approach of JIA treatment is based on minimization of joint pain and inflammation, control of systemic complications and provides quality of life to patients¹⁸. Clinical studies indicate that remission of symptoms is more likely when treatment begins early with medications known as disease-modifying antirheumatic drugs (DMARDs)¹⁸. Types of medications recommended will depend on the severity of the symptoms and how long you have had the disease. They include Nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen (Advil, Motrin IB), Steroids like prednisone, Conventional DMARDs like methotrexate (Trexall, Otrexup), leflunomide (Arava), Hydroxychloroquine (Plaquenil) and Sulfasalazine (Azulfidine), Biologic agents also called as biologic response modifiers is a newer class of DMARDs includes abatacept (Orencia), adalimumab (Humira), anakinra (Kineret), certolizumab (Cimzia), sarilumab (Kevzara), tocilizumab (Actemra)¹⁸. These are more effective when paired with a conventional DMARD, such as methotrexate. The other type of medications include Targeted synthetic DMARDs like Baricitinib (Olmiant), tofacitinib (Xeljanz) and upadacitinib (Rinvoq) may be used if conventional DMARDs and biologics haven't been effective. If medications fail to prevent or slow joint damage, physician may consider surgery (like Synovectomy, Tendon repair, Joint fusion, total joint replacement) to repair damaged joints¹⁸. Types of allopathic medication and their dosage, side effects used for the treatment of juvenile idiopathic arthritis is mentioned in Table 1. Homeopathic treatment: The homeopathic system of medication improves the overall wellbeing, that is, Quality of Life (QoL) additionally to

reducing the pain and disability². The list of homeopathic medicines accustomed to treat juvenile arthritis together with the symptoms. Those that are prescribed include Abrotanum, Aconite, Apis, Arsenicum Album, Belladonna¹⁹. Ayurvedic treatment: The Ayurvedic system is effective in improving quality of life (QOL), swelling, pain, and restriction of movement (ROM) in JIA patients. The symptoms present in JIA are more comparable features of Aamavata Vyadhi mentioned in Ayurvedic classic¹. In Ayurveda, Shodhna therapy like Sarvaanga Abhangya (Full body massage with medicated oil), Nadi swedana (Steam bath), Valuka Swedana (fomentation by sand pack) and Vaitarana Basti (type of medicated enema) is extremely effective in management of JIA. In Shaman therapy mainly Kaishora Guggulu, Chitrakadi Vati, and Rasnasaptak Kwatha is effective in relieving pain and swelling of joints. Some herbal drugs even have very potent consideration as anti-arthritic activity like Shallaki (Boswellia serrate), Nirgundi (Vitex negundo), Turmeric (Curcuma longa Linn), Harataki (Terminalia chebula Retz.), Methi (Trigonella foenum-graecum Linn)¹.

DISCUSSION:

Although conventional medicine has symptomatic relief it has severe side effects and adverse effects. It has said to give temporary cure to the patients but is not much effective when compared. It has high risk of severe side effects such as renal toxicity, gastrointestinal ulcers, cardiovascular complications, hematologic toxicity, pulmonary toxicity, hepatic fibrosis, cirrhosis, diarrhoea, immune reactions, and local injection-site reactions¹. Gastric ulcers, bleeding and perforation are the most commonly known adverse reactions found associated with excessive consumption of NSAIDs². This is the reason many are switching to alternative therapies like traditional medicine. One such is Homeopathic treatment. A study was conducted at private homeopathic OPD located at Upnagar, Nashik, Maharashtra, India (Author. Tapash,

Kundu, Afroz F. Shaik, Sundhu m. Jacob). The data of ten patients under homoeopathic treatment for more than three months, over a period between February 2009 and February 2011, were retrospectively analysed to investigate the efficacy of homoeopathic medicines in patients with RA. Ten cases of RA under homoeopathic treatment were evaluated from the single private homoeopathic out-patient clinic. These patients were not satisfied with conventional treatment². These cases were analysed to find out the role of homoeopathic constitutional treatment in people with destructive joint disease, that is RA. Patients receiving NSAIDs, DMARDs or anti-TNF α were also analysed after homoeopathic medicines, as to check frequency of the use of such drugs when the patient is receiving homoeopathic medicines as a complementary therapy. In the trial conducted, seven females and three males were found to have sero-positive RA. Homoeopathic treatment were found to reduce the intensity of pain in patients with RA. The pain score was reduced along with reduction in consumption of NSAIDs and DMARDs. The disease activity was reduced in all 10 patients). Three of ten (30%) patients tested sero-negative after homoeopathic treatment².

There was a randomised control trial also conducted by Fisher, P and Scott, D.L (2001) on 112 members with homeopathic medicines. The study showed reduced pain score in all the individuals⁷. Placebo group showed significant improvement in pain scores which might be due to aggravation in initial stages of treatment. The study concluded that new approaches are required in order to discover whether homeopathic therapy genuinely controls patient symptoms.⁷ Data acquired from previous studies on Juvenile idiopathic arthritis is mentioned in table 2.

The other one is Ayurvedic treatment. The selected Ayurvedic treatment is very effective in relieving the symptoms of JIA patients and has no side effects on any systems. Ayurveda is to ensure optimal health so that diseases and deficiencies don't crop up. It functions on the simple principle of prevention is better than

cure¹². This is a huge contrast when compared to Allopathy, which treats just the symptoms and attempts at treating just that¹². A clinical study (Author: Saroj Kumar Debnath, Sudhaben N Vyas⁶) was conducted as per the criteria for the diagnosis of the disease Amavata (Rheumatoid arthritis) in an Institute for Post Graduate Teaching & Research in Ayurveda, Gujarat Ayurved University⁶. The study revealed that Amavata looks similar to Rheumatoid arthritis in its clinical appearance. The Ayurvedic treatment was effective in the management of Amavata (Rheumatoid arthritis) in the clinical study made and it was due to the combined effect of Simhanada Guggulu (Ayurvedic pill medicine) and Shatapushpadi Lepa (Ayurvedic pest medicine).⁶ No complications had been observed in the clinical study & such kind of research work may be designed in future for more conformation to provide the better Ayurvedic treatment on the management of Amavata (Rheumatoid Arthritis)⁶. The other one in an Paediatric OPD of Dr. D Y Patil Ayurvedic hospital with complaints of multiple joint pain, swelling, stiffness and restricted movements since more than 8 years²⁰. Due to this chronic and painful course of disease patient's functional capacities was disturbed and likely disable for many things like writing, cycling, playing and routines of daily living. Assessment of clinical examination revealed abnormal gait and subsequently led to inability to maintain posture²⁰. Changing of position from sitting to standing and vice versa was very much painful and comparatively slow²⁰. Examination of joints revealed signs of inflammation i.e. visible swelling, pain, tenderness and restricted movements.

After completion of 41 days treatment including first regimen of internal medication and second regimen with added Panchakarma treatment, patient was observed for subjective and objective parameters. Assessment was conducted on day 1st and 42th using parameters of American College of Rheumatology²⁰. No single episode of fever or any sign of joint inflammation was observed²⁰ and no adverse effects was observed

during and after treatment²⁰. Ayurveda is clearly leagues ahead since it gets to the root of the problem and holistically cures it and attempts to ensure it does not recur¹². Allopathic medicine is made in labs and every allopathic medicine comes with side effects that can range from mild to severe. In Ayurvedic medicine, this is not the case because all the remedies are naturally made with natural ingredients that don't cause devastating effects on your health¹². It is possible for drug resistance to occur with the overuse of allopathic medicines but using ayurvedic treatment, we don't have to worry about resistance¹².

Comparison of Ayurvedic, Homeopathic and Allopathic treatment is mentioned in table 3.

Complications of Juvenile idiopathic arthritis are mentioned in table 4.

CONCLUSION:

Therefore, we can say that there is effective and long-term cure of JRA when treated with ayurvedic medication as it is said to have lesser side effects and cures the disease from the root cause. Although there are numerous reports of heavy metal poisoning there is no significant evidence unless and until there is proper history collected of the medication used and the duration of the medication taken³. There is limited population data on the frequency of use of these products or the number of individuals with heavy metal poisoning related to their use³. When diagnosed with this disease it is really necessary to start taking the treatment as soon as possible as it is easier for cure and mitigation. If not treated properly, can lead to number of complications. Along with the medication taken a healthy and balanced diet containing vegetables and fruits is really necessary for the individual. Avoiding food that spike up inflammation or cause toxin accumulation, regular exercise, adequate rest, weight reduction if obese are really helpful. Healthy lifestyle can help lowering the risks drastically¹¹. The ayurvedic treatment is very effective and has positive, hopeful effect. It is truly a revolution in treatment by Ayurveda¹¹.

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