



Health Benefits of Naturopathy and Anti Inflammatory Diet in Rheumatoid Arthritis Patients with Respect to Inflammatory Markers and Physical Parameters

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ABSTRACT : Rheumatoid Arthritis (RA) is an autoimmune disease which has its effect on life style of the patients. Naturopathy is a simple and effective system of medicine which has taken its scientific form today. The aim of the study was to investigate the effects of anti-inflammatory diet with naturopathy modality in the patients of RA on inflammatory markers (ESR, TNF- α , IL-6 and hs-CRP) and physical assessment. Thirty female patients with RA were assigned to naturopathy and anti inflammatory diet for three months. Physical assessment data's and blood samples were obtained at baseline, after one and third months. Inflammatory markers such as C-reactive protein, Tumor necrosis factor- α and Interleukin-6 were statistically significant and on the other hand Erythrocyte Sedimentation Rate was not shown significant improvement after three months intervention. All measures of RA symptomatology like tenderness, swelling, DAS28, morning stiffness and health assessment questionair were statistically significant. A traditionally used technique of naturopathy and diet promotes positive health of RA patients.

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Anti inflammatory diet, Naturopathy, Inflammatory markers, Rheumatoid arthritis

Basic theory of naturopathy about food and nutrition states that "Let food be thy medicine and medicine be thy food"-*Hippocrates*. RA is associated with several nutritional abnormalities, including loss of body cell mass, lean body mass, and muscle mass, as well as elevated resting energy expenditure¹⁻². Several papers have looked at the nutrient intake or nutrient/nutritional status of RA patients³⁻⁹. At baseline, the patients had significant reduction in total energy, vitamin D, and vitamin E and n-3 fatty acids.¹⁰ Poor nutrient intake and the anti-nutrient effects of drug therapy can have a detrimental effect on nutritional status and on health^{4,8,9}.

Rheumatoid arthritis is a crippling disease which affects approximately 2 to 3 per cent of the world's population¹¹. Fasting cures in RA have a long tradition¹²⁻¹⁶. It has effect on life

style of the patients. After the termination of fasting, however, inflammation and symptoms usually flare up again within a few days. This means that fasting without further diet therapy seems to be of limited therapeutical values. Less clear is the evidence, whether there is a long term efficacy of fasting in RA when it is combined with a subsequent vegetarian diet¹⁷.

Anti inflammatory diet namely turmeric, ginger, aloe vera, amla, tulsi, neem, garlic etc. reduces the inflammation in joints and helps in improving the activity of daily living. Turmeric is the powerful antioxidant; potent anti-inflammatory. The study found that using turmeric for pre-existing rheumatoid arthritis resulted in a significant reduction of symptoms¹⁸. It has shown that different types of extracts of plants have anti-inflammatory, anti-pyretic, analgesic, immunostimulant, hypoglycemic, anti-

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