

# **Rheumatoid and Osteoarthritis pain management and cure**

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ISBN NO: 9788192208282

US\$ 1.99

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December 2015

This book is a guide and not an alternative to any medical book or a licensed physician.

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## **Part-I**

### PREFACE

*Thank you for buying this book to cure yourself of this dreaded and painful disease. Many of you may have already spent a fortune trying to find a cure for, at least, to get relief from the pain that you encounter round the clock, each day of your life. First, you suffer from the disease, and then you spend a good amount of time visiting the clinic, spending thousands of dollars in medicines and consultation fees. The doctor tells you straight away, there is no cure for this disease but only relief. Day after day you are on medication, unsuitable for the other organs of your body. In course of time you develop complications and visit other doctors for developing symptoms which may be damaging your other organs. This puts you in a whirlpool of doctors and medicines. This little handy guide will definitely appraise you of all what you need to know and if not cure, at the least provide you with the relief you are seeking elsewhere but never been able to find it. It will advise you how to gradually do away with unwanted medication and find a cure in a simple way.*

*Another good news about this book is, you need not sit in front of your computer to find a cure for RA/OA because our check list shows we have put in all relevant information that you would find searching the net for hours each day for years together. So this guide book will be one book that you need near your bedside to refer to day in and day out.*

*I pray for your fast recovery, God bless you!*

*Eric EH Buddhadharma  
Kolkata, India.*

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## Introduction

For your information there are over hundred different types of arthritis. The popular types are Rheumatoid arthritis (RA), Osteoarthritis, arthritis and Gout. The most common among them is, Osteoarthritis (OA), which could be due to low calcium and overuse of the joints and with age. Here in the first part we shall discuss Rheumatoid Arthritis due to which, joints which bear our body weight, such as, hip, knees and spine are affected. This disease comes on very gradually with mild to moderate pain, very unassuming, in course of time. Only after a few months or years the symptoms matures and surfaces.

### **What is Rheumatoid arthritis?**

This is an auto-immune disease, meaning the immunity defense mechanism of your body attacks mostly the body joints itself thinking it to be an alien. This is the cause for inflammation, swelling and pain in the joints. The lining of the joints thickens and swells gradually. In course of time there is damage and loss of the cartilage. This results in a loss of the fluid and spacing of the joints making it stiff and immobile. This damage cannot be repaired and therefore, early diagnosis is recommended in order to stop further damage to the joints. In severe cases joint deformity may occur. Since it is systemic disease, it affects the joints, eyes, cardiovascular, respiratory and other body parts and organs. Mostly, it affects women and older men. People with a parental history of RA could also be affected. The exact cause of this disease has not yet been established. Unhealthy lifestyle is the major cause so is the genetic factor.

With a proper medication, change in lifestyle and exercise one may find some relief. Some promise and headway has been found in alternative medicines, homoeopathy and herbal remedies which put the disease in remission and symptoms may disappear permanently. None of these are clinically proven 100% but case studies show a remarkable improvement in otherwise chronic and non-reversible RA.

### **Causes of Rheumatoid arthritis**

Decades of research could not exactly pinpoint the causes leading to RA. It is understood environment and genetics and maybe hormones play an important part in introducing RA in human body.

People who smoke are on high risk for RA. Certain other causes are mosquito repellent sprays, smoke, pollution and living in rooms without much ventilation. People who eat red meat and live on high protein diet may also be susceptible to RA. Otherwise, logically, one or more factors, naturally is responsible for an RA onset. People, who eat right, exercise, live an active life, refrain from smoking and live in lesser polluted environment may, in contrast, reverse their ageing process leave alone inviting RA or any other disease in their body. In RA we rarely give a thought to intestinal health. We pay our attention to the pain and discomfort of the joint inflammation and the drugs we are taking on a regular basis and spend most of our time in improving our RA conditions.

Doctors are busy finding cure by administering different stereotype drugs available in the market. The most common ways are some NSAIDs with DMARDs, Biologics, supplements and recommending exercises. The RA is hibernating in the body due to strong doses of such medicines; it fools us to believe the sufferings are over. Over a long period of time, taking strong drugs surfaces other symptoms, this compels the doctor to eliminate some medicines and add another; with the elimination of some medicines appear that old chronic pains.

If you turn your focus to digestive process you will realise the underlying cause. The underlying cause of RA is not in your limbs or muscles; it is in your gut. It is established now the cause leading to RA is an enzyme formed in your gut. Poorly digested food and all unhealthy gut conditions ultimately cause RA. Gut conditions, such as, yeast, bad bacteria, a perforated intestinal wall, hyper-acidity,

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