

Ayurveda Treatment Outcomes for Osteoarthritis

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quercetin (onions), silymarin (artichoke), guggulsterone (guggul), boswellic acid (salai guggul) and withanolides (ashwagandha) are regulate the pro-inflammatory cytokines (e.g. tumour necrosis factor and interleukin-1 β) and pro-inflammatory enzymes that mediate the production of prostaglandins (e.g. cyclooxygenase-2) and leukotrienes (e.g. lipoxygenase), together with the expression of adhesion molecules and matrix metalloproteinases, and hyper proliferation of synovial fibroblasts. Gold compounds are reemployed for the treatment of arthritis. Rasa Raj Rasa, Brihat Vata chintamani Rasa, Rhuama yoga gold, Rhumathro gold and other preparatory gold containing classical medicine have been prescribing by Ayurveda doctor for OA. Our experience with ten week administration of single dose of Rasa Raj Rasa, Aswagandha and Triphala churna along with local application of bala-aswagandha taila improve pain and mobility in OA patients. Gold molecule inhibits the release of HMGB1 by interfering with the activity of two helper molecules that ease HMGB1's release from the cell,