

## 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	 Peraraththai	Rhizomes	relief of cough, phlegm, eczema, edema, arthritis
2	Asparagus racemosus	 Thannervittan	Root	Treatment of chronic fever, diabetes, spermatorrhoea, leucorrhoea
3	Phyllanthus amarus Euphorbiaceae	 Keezhanelli	Whole plant	Arthritis, diabetes, jaundice, chronic non healing ulcers, eye diseases, dysentery, fever, menorrhagia
4	Hemidesmus indicus Asclepiadaceae	 Nannari	Root	chronic vatha diseases, indigestion, diabetes, abscess, excess thirst
5	Moringa oleifera Moringaceae	 Murungai	Seeds	edema, swelling, worm infestation, headache, abscess, early ejaculation of semen

6	Piper longum Piperaceae		Fruits	peptic ulcer, sinusitis, anemia, flatus, worm infestation, asthma, respiratory problems, headache
		Thippili		
7	Ricinus communis Euphorbiaceae		Leaves	pain and swelling in joints, jaundice, constipation, amenorrhea and dysmenorrheal
		Aamanakku		
8	Syzygium cumini Myrtaceae Naaval		Seeds	cough, menorrhagia, phlegm, diabetes, dysentery, eczema, abscess, swelling
		Naaval		
9	Terminalia chebula Combretaceae		Fruits	obesity, peptic ulcer, anemia, ascites, liver diseases, piles, fistula, stomatitis, leucoderma, constipation
		Kadukkai		
10	Zingiber officinale Zingiberaceae		Root Tuber	cough, asthma phlegm, pricking pain, indigestion, diarrhea, anorexia, hoarseness of voice, nausea, vomiting
		Inji/chukka		
11	Cissampelos pareira		Roots	fever, skin diseases, diarrhea, arthritis, leucorrhoea & otalgia
		Ponmusuttai		
12	Delonix elata		Bark	abscess, edema, swelling, arthritis
		Vathanarayanan		

13	Glycyrrhiza glabra		Leaves	cough, thirst, eye diseases, vitiligo, hiccough, psychiatric diseases
		Athimathuram		
14	Boswellia serrata		Roots	cough, asthma, taeniasis, chronic ulcers, abscess, diarrhea, dysentery
		Kunthirikkam		
15	Pisonia grandis		Leaves	constipation, abdominal discomfort, arthritis, indigestion
		Leechaikottai keerai		

## 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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