

Traditional Methods of Treatment of Rheumatoid Arthritis

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Abstract

Traditional medicine is getting popularity in current practice of all fields of medicine. Concept of organic food is also reemerging in world. Due to resistance against the common antibiotic, researchers are working more on traditional method of treatments. Rheumatoid arthritis is treated with NSAIDs, steroids and DMARDs. It is estimated that 60 to 90 percent people use alternative method of treatment for the symptoms of rheumatoid arthritis like pain and stiffness. Physiotherapy, Herbal medicine and chiropractic are very popular. Borage seed oil (borago officinalis), capsaicin, curcumin (diferuloyl methane), feverfew (), Flaxseed oil, H15 (extract of *Boswellia*, olibanum), RA1 (standardized Ayurvedic formulation) and Reumalex are popular herbal medicine that are used in rheumatoid arthritis. No doubt use of traditional medicine is increasing in modern world but the evidence of its effectiveness is required more research work and studies. Academic research program like master and doctoral degree can fulfill these gaps.

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