

ROLE OF AN AYURVEDIC FORMULATION WELLNESS NONI IN ARTHRITIS DISORDER

Introduction:

Arthritis is the inflammation of one or more joints. It means that the joint is painful, and there is swelling, stiffness, redness, possible deformity and/or a lack of ability to have the full use of the affected joint. Numerous forms of arthritis exist, but the most common two are osteoarthritis, and rheumatoid arthritis. These conditions can affect the body's movable joints in the knees, wrists, elbows, fingers, toes, hips, and shoulders as well as the bones of the spine on the neck and back.

A phase I clinical trial was done with MONETA WELLNESS NONI- a Poly-herbal formulation containing many Indian herbs. 36 patients were observed of various types of arthritis for the present study.

Arthritis is a disease which affects the joints. A joint is where two bones come together. Their surfaces are covered with a layer of smooth, rubbery, blue-white tissue called cartilage. A fluid-filled capsule made up of a tough, fibrous tissue called ligaments surrounds these bones and cartilage. Thanks to this liquid and the cartilage that covers the end of these bones, the bones within the joint normally glide smoothly past one another. If anything goes wrong with any of these parts of a joint, arthritis can result. The swelling and deformity that takes place in arthritic joints can result from the thickening of the membrane, the fluid, enlargement of the bones, or some combination of these factors.

Osteoarthritis is caused when the cartilage that lines the surface of the joints wears away. And you're left with worn surfaces. As a result the joints become stiff and painful. The joints make popping, clinking and banging noises.

Rheumatoid arthritis involves inflammation and swelling of the joints rather than a wearing away of the cartilage. It is an autoimmune disease where the body's immune system reacts against itself and the fluid that lubricates the joints become inflamed. The cartilage and tissues in and around the joints are damaged or destroyed. Often the bones are destroyed as well. The body replaces this damaged tissue with scar tissue, causing the normal spaces within the joints to become narrow and the bones to fuse together. Rheumatoid arthritis affects all the body's joints. Joints affected make

noises like crinkling cellophane.

Arthritis can also be caused by bacterial, viral or fungal infection of a joint. Usually the infecting organism travels to the joint through the blood stream from an infection elsewhere in the body, but injury or even surgery can result in joint infection as well. Symptoms not only include the pain and tenderness affecting the joint, but also include symptoms of systemic infections such as fever, chills and body aches.

Most physicians feel that there is no cure for arthritis and thus most of the treatment focuses on reducing the symptoms. The most frequent conventional treatment involves the use of a drug called nonsteroidal anti-inflammatory drugs (NSAIDs). These medications help reduce the inflammation and pain associated with arthritis. They alleviate the symptoms. However, some medications such as ibuprofen or naproxen create stomach inflammation and have other significant side effects. They can cause stomach ulcers, bleeding in the digestive tract, liver damage, or kidney impairment - especially in the elderly population. Also by irritating and inflaming the lining of the gastrointestinal tract, they may make your intestines more permeable to food allergens and different bacteria.

Aspirin is an old standby used in the treatment of arthritis. In fact, Aspirin was created over 100 years ago primarily as a treatment for arthritis. It is recognized as one of the least expensive and most effective medications for the treatment of many forms of arthritis. It works well as an anti-inflammatory and pain-relieving substance, but it too is associated with gastrointestinal problems.

AIMS & OBJECTS:

- To evaluate the efficacy of trial drug in the management of Arthritis.

MATERIAL & METHODS:

INCLUSION CRITERIA:

Patients having classical features of Arthritis like Pain (Angamarda), Gait, swelling of Joints(Shotha) etc. were taken to be diagnosed. The basis of criteria laid down by American Arthritis Association (1998) was also be used –

- Morning stiffness lasting for more than one hours
- Arthritis of three or more joints
- Arthritis of hand joints

- Symmetrical arthritis
- Rheumatic nodules
- Presence of rheumatoid factor

EXCLUSION CRITERIA:

- Chronicity of more than 10 years.
- Having severe crippling deformity.
- Having cardiac disease, pulmonary tuberculosis and pregnant women.
- Age less than 15 years and more than 70 years.

TREATMENT PROTOCOL:

Grouping:

The patients identified as suffering from arthritis were randomly divided into two groups irrespective of their sex, religion and socio-economic status;

1. Group-A Moneta wellness Noni
2. Group-B Placebo drug.

Posology:

1. Group-A Moneta wellness Noni:
 - Dose : 30 ml / day in divided dose i.e. 15 ml / 2 times a day.
 - Duration : 6 weeks - 1½ months
2. Group-B Placebo syrup
 - Dose : 30 ml / day in divided doses i.e. 15 ml / 2 times per day
 - Duration : 6 weeks - 1½ months

CRITERIA FOR ASSESSMENT:

The following investigations were carried out –

- Clinical improvement in the sign and symptoms of the disease were assessed (Rogabala-Agnibala-Dehabala-Chetasabala).
- The obtained data were statistically analyzed.

OBSERVATIONS:

Registered Patients Wise Distribution

Type	Number of Patients		Total	Percent
	Group A	Group B		
Complete	14	11	25	71.43
LAMA	09	01	10	28.57
Total	23	12	35	100.00

Effect of test drug on Arthritis:

This therapy provided highly significant relief in Sandihshula (50.71%), Sandhishotha (51.61%), Sandhigraha (55.07%) and sparshasahatva (51.11%)

In the patients of Rheumatoid arthritis, general symptoms like Daurbalya, Alasya, Gaurava, Utsahahani, Angamarda, Daha and Jwara provided highly significant relief with 80%, 66.7%, 64.3%, 72.2%, 73.1%, 66.7%, 64.3%, respectively.

Effect of therapy on degree of disease activity was observed highly significant in fatigue (56.14%), grip strength (47.38%), general function (57%), foot pressure (14.89%), and walking time (17.54%).

In this group, overall effect of therapy – complete remission in 41.43% of patients. Major improvement in 50% of patients, minor improvement in 34.29% of patients whereas 16.29% were remained as unchanged.

SIDE-EFFECTS: No adverse effects of the drug therapy were observed during the study.

Summary: Ayurveda has taken the foremost place in the management of crippling disease. Sandhivaata is one of them. From the modern point of view, this disease looks similar to arthritis in its clinical appearance. In the whole world various arthritis is commonest cause of physical impairment in society. The lives of more than 3 million people are physically impaired by arthritis and one fifth of these are severely disabled. Due to its wide prevalence chronicity, morbidity, crippling nature and lack of effective drugs attract to look for suitable remedy of the disease.

The contains of Moneta wellness noni are the Rasayana drugs, so in general they improve the qualities of body element thereby curing the disease as well as maintaining the healthy state of the body.