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The therapeutic value of Ayurvedic proprietary medicine Artin oil for chronic musculoskeletal pain relief & Arthritis: Review article

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Abstract

The ability of our body to move depends on how well our neurological system controls the musculoskeletal framework of our body. There are many health issues that cause loss of the ability to move easily, and neurological problems are one of them. Neurological health issues that affect the motor nerves of the body can cause symptoms that range from numbness to muscular dystrophy and even paralysis. Neurological problems can cause a gradual degenerative disease that causes problems or be present from birth/infancy.

Pain has been given utmost importance even in Ayurveda, thereby offering varied treatments to cure the same. In spite of recent advances in pain treatment, including anaesthesia, its' management still remains challenging. Chronic Pain of musculoskeletal origin and Arthritis is becoming a very common symptom and has a major effect on the physical, mental, and economic aspects of the patients. There is always a craving among physicians and patients for effective analgesic, curable preparation that can be locally applied for effective relief.

Keywords: Ayurvedic, Artin oil, chronic musculoskeletal pain, Arthritis

Introduction

Our body is comprised of the skeleton that serves as the framework for the rest of the tissues. The movement of any part of the body is mechanically achieved by the muscles and the skeletal system. The movement is triggered and controlled by the nervous system, which, together with the muscles, is called the neuromuscular system. Even an involuntary movement has to be processed by the neurological system of the body to work. This includes breathing, swallowing, coughing, blinking, etc. The conscious movements of smiling, talking, walking, sitting and standing are also dependent on the neuromuscular system. The neurological system of the body is divided into the central nervous system and the peripheral nervous system. The central nervous system is the brain and the spinal cord. The nerves that connect the central nervous system to the rest of the body are the peripheral nervous system. The communication is through cells called neurons that have a tail that is called an axon. When the central nervous system signals for a movement to be made, the message is communicated through the neurons called motor neurons which are specially for movement. The interlinked motor neurons communicate through their linked axons to the muscle group that is required, and this moves the part. So, we can see that each movement requires the proper coordination of the nervous system, muscles and nerves. When the nerves are damaged due to a motor neuron disease, there is a problem in the communication of the signal to move, and this causes paralysis. When the skeletal system or joints are faulty, there is an inability to move easily. Some health issues, such as rheumatoid Arthritis are both inflammatory and autoimmune disorders.

When there is an inability to move, there is muscle wasting, and the muscles are rendered incapable of functioning. The ability to move and the ease of movement determine the quality of life of a person. A healthy person does not even think twice about the mechanism by which his /her body is able to easily move and perform the daily routine.

Chronic Musculoskeletal Pain

Older adults can suffer from various types of musculoskeletal conditions. These include degenerative changes related to osteoarthritis, chronic joint Pain of the upper and lower extremities (e.g., hips, knees, shoulders, and hands), low back pain, fibromyalgia, myofascial pain, and previous fracture sites. Additionally, elderly patients are prone to a higher incidence of tendinitis and bursitis.

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From 2018 through 2019, one-half (51.7%) of adults aged 65 and older reported physician-diagnosed Arthritis, and it is estimated that by 2030, 67 million adult Americans could be diagnosed with the condition. According to recent statistics from the Centres for Disease Control and Prevention, nearly one in two people may develop symptomatic knee osteoarthritis by the age of 85, and one in four people may develop painful hip arthritis. Chronic Pain associated with Arthritis can impose serious activity limitations on individuals. People can suffer significant declines in walking, climbing, bending, and social interactions; this leads to an overall decrease in quality of life.

Chronic low back pain is one of the most frequently reported musculoskeletal problems. It is the third most reported symptom of any kind in individuals over the age of 75. Some potential causes of back pain in the elderly include muscle strain/sprain, compression deformities related to falls and osteoporosis, degenerative facet joint conditions, lumbar spondylitis, lumbar spinal stenosis, and lumbar disc degenerative changes. Chronic low back pain can significantly interfere with an individual's gait, mobility, and posture, and increase the risk of falls.

Arthritis

Arthritis is the swelling and tenderness of one or more of your joints. The main symptoms of Arthritis are joint Pain and stiffness, which typically worsen with age. The most common types of Arthritis are osteoarthritis and rheumatoid Arthritis.

Around 180 million and more people in India are thought to have Arthritis. It can affect people of all ages – even children and teenagers. Some forms of Arthritis are more common in older people. There are several factors that can increase the risk of each type of Arthritis. It could be that the genes you inherited from your parents or grandparents made you more likely to get Arthritis.

Arthritis can make life tough by causing Pain and making it harder to get about. The symptoms of Arthritis can vary from week to week, and even from day to day. Many types, such as osteoarthritis and rheumatoid Arthritis, are long-term conditions. Osteoarthritis causes cartilage — the hard, slippery tissue that covers the ends of bones where they form a joint — to break down. Rheumatoid Arthritis is a disease in which the immune system attacks the joints, beginning with the lining of joints. Uric acid crystals, which form when there's too much uric acid in your blood, can cause gout. Infections or underlying diseases, such as psoriasis or lupus, can cause other types of Arthritis.

Types: Ankylosing spondylitis, Gout, Juvenile idiopathic Arthritis, Osteoarthritis, Psoriatic Arthritis, Reactive Arthritis, Rheumatoid Arthritis, Septic arthritis, Thumb arthritis.

Composition:

Artin oil is an Ayurvedic Proprietary medicine, a combination of 5 Powerful thailam.

Table 1: Composition of "ARTIN" oil (Ayurvedic Proprietary Medicine)

Each 10ml Contains	
Mahanarayana Thailam	3ml
Mahavishagarbha Thailam	1.5ml
Mahamasha Thailam	2.5ml
Karpooradi Thailam	1.5ml
Nirgundi Thailam	1.5ml

Mahanarayana Thailam

Mahanarayana oil is a potent analgesic that spells a word of magic for Pain. A nourishing and strengthening oil that soothes sore muscles and tendons blessed with the characteristics of anti-rheumatic, anti-arthritic, anti-inflammatory, demulcent, and emollient. It is prepared using sesame oil as a base and processed in several medicinal herbs that improve the strength of the muscles, bones and joints. It has a soothing effect and reduces joint inflammation. It is an effective remedy for all types of arthritic disorders, especially for osteoarthritis. Its internal use gives instant relief from the knee pain. Its external use reduces joint inflammation and muscle fatigue.

The analgesic effect of this oil is not instant when applied externally. For instant pain relief, it is advised to take orally. Its oral intake has potent action against osteoarthritis, and many people get relief from severe knee pain within a first of week of its regular use.

A deep oil massage feels heavenly when the body is screaming in Pain; using Mahanarayana Taila magnifies the effectiveness of the massage by manifolds. It is a marvellous tonic for the nervous system and the musculoskeletal system.

Ingredients

Sesame oil, Dashamula, Shatavari (*Asparagus racemosus*), Camphor oil, Manjistha (*Rubia cordifolia*), Arjuna (*Terminalia arjuna*), Ashwagandha (*Withania somnifera*), Bala (*Sida cordifolia*), Punarnava (*Boerhaavia diffusa*), Fennel (*Foeniculum vulgare*), Musta (*Cyperus rotundus*), Neem (*Azadirachta indica*), Valerian (*Valeriana officinalis*), Turmeric (*Curcuma longa*), Vidanga (*Embelia ribes*), Anantamul (*Hemidesmus indicus*), Bhumyamalaki (*Phyllanthus amarus*), Brahmi/Gotu Kola (*Centella asiatica*), Calamus (*Acorus calamus*), Cardamom (*Elettaria cardamomum*), Clove (*Caryophyllus aromaticus*), Ginger (*Zingiber officinale*), Guduchi (*Tinospora cordifolia*), Licorice (*Glycyrrhiza glabra*), Mineral Salt, Tulsi (*Ocimum sanctum*).

Benefits

Flexibility and Movement

It helps to embrace an active lifestyle for athletes, dancers or the fitness freaks. The oil lubricates the muscles and joints, enhancing body movements and flexibility. It controls inflammation, reduces swelling and tenderness. It gives relief in Pain associated with sprains.

Increases blood Circulation

A massage with Mahanarayana oil opens up the locks, loosens tight muscles, relieves stiffness and Pain, thereby improving blood circulation in the body. Massaging with this oil breaks up blockages and stimulates healing.

Treats Pain

Mahanarayana oil is an age-old Ayurvedic remedy for back pain. Bucked with excellent anti-inflammatory properties, a gentle massage with this oil relieves Pain, congestion, and inflammation quickly. A superb salve that cures emaciation, tendon tear, fractures, and Arthritis. Just the mere application of the oil to the painful areas brings relief.

Chronic disorders

The poly-herbal Mahanarayana oil can be used internally or externally to cure arthritis disorders, especially osteoarthritis.

It is very effective in the treatment of Rheumatic disorders, Muscular Pain, Pain in joints, inflammation and many neuromuscular and skeletomuscular conditions. Gentle, regular application of the oil nourishes muscles and nerves and is very effective in treating paralysis, facial palsy, and spondylitis.

Mahavishgarbha Thailam

Maha Vishgarbha oil is medicated herbal oil which is used for local application on painful joints, inflammations, muscular Pain, etc. It is a sedative and gives relief in Pain. The base oil is Sesame oil. Maha Vishgarbha oil is useful in all type of joint and muscular Pain.

Ingredients of Maha Vishgarbha oil

Maha Vishgarbha Tail is prepared from total of 72 ingredients.

Sesame oil, Tila Taila, Kanaka (Dhattura) (Rt.), Nirgundi (Rt.), Tumbini (Fr.), Punarnava (Rakta Punarnava) (Rt.), Vatari (Eranda) (Rt.), Ashvagandha (Rt.), Prapunnada (Cakramarda) (Sd.), Citraka (Rt.), Shobhanjana (St. Bk.), Kakamaci (Pl.), Kalihari (Langali) (Rz.), Nimba (St. Bk.), Mahanimba (St. Bk.), Ishvari (Rt.), Bilva (Rt./St. Bk.), Shyonaka (Rt./St. Bk.), Gambhari (Rt./St. Bk.), Patala (Rt./St. Bk.), Agnimantha (Rt./St. Bk.), Shalaparni (Pl.), Prishniparni (Pl.), Brihati (Pl.), Kantakari (Pl.), Gokshura (Pl.), Shatavari (Rt. Tr.), Karavalli (Fr.), Sariva (Shveta Sariva) (Rt.), Shrivani (Mundi) (Pl.), Vidari (Rt.Tr.), Vajra (Snuhi) (Rt.), Arka (Rt.), Meshashringi (Lf.), Shveta karavira (Rt.), Rakta karavira (Rt.), Vaca (Rz.), Kakajangha (Sd.), Bala (Rt.), Atibala (Rt.), Nagabala (Rt.), Vyaghri (Kantakari) (Rt.), Mahabala (Rt.), Vasa (Rt.), Somavalli (Rt.), Prasarani (Prasarini) (Pl.), Sunthi (Rz.), Marica (Fr.), Pippali (Fr.), Vishatindu (Vishamushti) (Sd.), Rasna (Rt./Lf.), Kushtha (Rt.), Visha (Ativisha) (Rt.Tr.), Ghana (Musta) (Rz.), Devadaru (Ht.Wd.), Vatsanabha (Rt.Tr.), Yava kshara (Yava) (Pl.), Svarjikshara (Sarjikshara), Saindhava Lavana, Sauvarcala Lavana, Vida Lavana, Audbhida Lavana, Samudra Lavana, Tutthaka (Tuttha), Katphala (St. Bk.), Patha (Rt.), Bharangi (Rt.), Navasagara, Trayanti (Trayamana) (Pl.), Dhanvayasa (Pl.), Jiraka (Shveta jiraka) (Fr.), Indravaruni (Rt.)

Benefits

Important therapeutic uses of mahavishgarbha oil include:

Vata roga (disease due to vata dosha), Arthritis, gout, rheumatism, Backache, sciatica, lumbago, Inflamed joints, Muscular Pain, Neuralgia, Quadriplegia, lockjaw, unilateral emaciation, Gridhrasi (sciatica), dandapatanaka (tetanus/Plenosthotonus), Sarvanga grahana (stiffness and tightness in all limbs), Sparsha shunyata (lack of tactile sensation)

Mahamasha Thailam

Mahamasha Thailam is an Ayurvedic formulation that is used externally to alleviate the symptoms of muscular dystrophy, sciatica, rheumatic Arthritis, cold shoulder, osteoarthritis, stiffness, facial palsy, tremors, tinnitus and muscle wasting. Ayurvedic practitioners prescribe Panchakarma treatments for paralysis treatment in Ayurveda. Mahamasha Thailam is used externally in such treatments.

Ingredients

Masha (Phaseolus mungo), Black gram, Bilva (*Aegle*

marmelos), Syonaka (*Oroxylum indicum*), Gambhari (*Gmelina arborea*), Patala (*Stereospermum suaveolens*), Agnimantha (*Premna integrifolia*)
Salaparni (*Desmodium gangeticum*), Prasniparni (*Uraria picta*), Brahati (*Solanum indicum*), Kantakari (*Solanum surattense*), Goksura (*Tribulus terrestris*), Atmagupta (*Mucuna pruriens*)

Benefits

It is useful in strengthening the body and increasing muscle bulk which makes it good for muscular dystrophy treatment in Ayurveda.

Balances the Vata Dosha while increasing the Pitta and Kapha Dosha. Is useful for helping conditions affecting the bones, joints, rheumatism and inflammation.

Dasamoolam

The ten Dasha Moola herbs are a group of very potent herbs that are used in Ayurvedic medicine for treating a wide variety of problems. They are useful in the Mahamasha Thailam for their anti-inflammatory and analgesic properties. Useful in neurological disorders as a nerve tonic & Treats Rheumatism, Lumbago and Sciatica

Karpooradi Thailam

It has got benefits are numerous. For people who have a vata imbalance, the thailam helps pacify vata. It helps reduce all types of Pain related to bones and joints. Karpooradi thailam is an ayurvedic medicine for muscle pain and it helps reduce cramps as well. Some people might require it to be used on its own while others may find benefit in using it in combination with other treatment methods. It is useful to combat inflammation as it reduces swelling of several types. The thailam helps soothe and helps ease muscle tension.

This ayurvedic medicine for muscle pain can be used for inflammation/discomfort caused by injuries. It helps improve circulation so that joints can function optimally. It helps heal numbness of joints that affect the elderly and people who don't exercise enough. Karpooradi thailam can be used in case of respiratory disorders as well. It has been found to be useful in problems such as difficulty breathing. You can easily buy Karpooradi thailam online from Kerala Ayurveda so you can start experiencing its benefits from today.

Ingredient

Kapoor, Keram, Ajmoda

Benefits

Decreases muscle tension, Reduces Pain, Relieves throat congestion, Decrease swelling, Has neuroprotective properties, Prevents skin redness, Is counter-irritant, Promotes faster healing Improves bone health, Decreases Pain, Has anti-inflammatory properties, Increases collagen production, Provides rheumatic pain relief One of the most common issues people suffer from is joint-related issues. These problems can be that of joint stiffness, inflammation, and Pain, among others. Another major concern is congestion which affects children and adults of any age. Although these problems are usually mild in the beginning, they can get chronic if left untreated for long. Moreover, they can lead to other complications that can get difficult to treat at a later stage.

Nirgundi Thailam

Nirgundi's thailam actions are analgesic (acting to relieve Pain), anti-inflammatory, antibacterial, vulnerary (wound healing), and diaphoretic (inducing perspiration). It mainly acts upon rakta dhatu (blood tissue), meda dhatu (adipose tissue), and asthi dhatu (bone tissue).

Ingredients

Vitex negundo, Gloriosa superba, Sesamum indicum

Benefits

It helps to reduce Pain, swelling, inflammation, headaches or poor circulation.

Causes of muscle cramps, joint Pain, joint stiffness

Muscle cramps can occur when there is improper circulation in the legs. If you don't stretch enough, then you can have muscle cramps. Sometimes over-exercising can lead to muscle cramps. For example, if your muscles are stretching more than usual, then it can lead to muscle cramps. Potassium deficiency can lead to muscle cramps. If there is magnesium deficiency, then it can lead to muscle cramps. Dehydration can also lead to muscle cramps. Muscle fatigue is another major cause. An injury to the spinal cord, neck or back can lead to muscle cramps too.

There are various causes of joint Pain. The most common cause is Arthritis; Rheumatoid Arthritis or osteoarthritis. It is common in people who are 40 or older. An infection that affects the joint or bone can lead to joint Pain. There are various disorders such as rickets, fibromyalgia, osteoporosis, and sarcoidosis that can lead to joint Pain. Some infectious diseases, such as hepatitis can lead to joint Pain. Tendon inflammation can lead to joint Pain.

There are many causes of joint stiffness. Arthritis is the most common cause of stiff joints. Sometimes bone cancer can lead to stiff joints, although this rarely occurs. Gout can cause sudden joint stiffness and can even occur while you sleep. When you wake up, you experience intense Pain suddenly. Lupus is a type of autoimmune disease and when it affects your joints then it can lead to joint stiffness. Bursitis can affect your joints which can lead to joint stiffness and Pain. It is more common in large joints of the body.

Conclusion

This Ayurvedic proprietary medicine is effective in reducing the Pain, tenderness, and swelling along with improvement in joint mobility. These results suggest that the external application of "Artin" oil be potential polyherbal preparation for chronic pain relief of musculoskeletal origin and various type of Arthritis.

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