

## WHAT IS RHEUMATOID ARTHRITIS ?



Rheumatoid arthritis (RA) is an autoimmune disease in which the body's immune system – which normally protects its health by attacking foreign substances like bacteria and viruses – mistakenly attacks the joints. This creates inflammation that causes the tissue that lines the inside of joints (the synovium) to thicken, resulting in swelling and pain in and around the joints. The synovium makes a fluid that lubricates joints and helps them move smoothly.

If inflammation goes unchecked, it can damage cartilage, the elastic tissue that covers the ends of bones in a joint, as well as the bones themselves.

Over time, there is loss of cartilage, and the joint spacing between bones can become smaller. Joints can become loose, unstable, painful and lose their mobility. Joint deformity also can occur. Joint damage cannot be reversed, and because it can occur early, doctors recommend early diagnosis and aggressive treatment to control RA.

## WHOS AFFECTED BY RHEUMATOID ARTHRITIS?

About 1.5 million people in the United States have rheumatoid arthritis (RA). Nearly three times as many women have the disease as men. In women, RA most commonly begins between ages 30 and 60. In men, it often occurs later in life. Having a family member with RA increases the odds of having RA; however, the majority of people with RA have no family history of the disease

## RHEUMATOID ARTHRITIS CAUSES

The cause of RA is not yet fully understood, although doctors do know that an abnormal response of the immune system plays a leading role in the inflammation and joint damage that occurs. No one knows for sure why the immune system goes awry, but there is scientific evidence that genes, hormones and environmental factors are involved.

Researchers have shown that people with a specific genetic marker called the HLA shared epitope have a fivefold greater chance of developing rheumatoid arthritis than do people without the marker. The HLA genetic site controls immune responses. Other genes connected to RA include: STAT4, a gene that plays important roles in the regulation and activation of the immune system; TRAF1 and C5, two genes relevant to chronic inflammation; and PTPN22, a gene associated with both the development and progression of rheumatoid arthritis. Yet not all people with these genes develop RA and not all people with the condition have these genes.

## RHEUMATOID ARTHRITIS SYMPTOMS

In the early stages, people with RA may not initially see redness or swelling in the joints, but they may experience tenderness and pain.

These following joint symptoms are clues to RA:

- Joint pain, tenderness, swelling or stiffness for six weeks or longer
- Morning stiffness for 30 minutes or longer
- More than one joint is affected
- Small joints (wrists, certain joints of the hands and feet) are affected
- The same joints on both sides of the body are affected

## **NEUROTHERAPY TREATMENT**

### **First treatment**

**Frit day**

**New star treatment formula**

**Second day**

**A – Heparin  
(6) Adr**

**Third day**

**Normal – Ajay Normal formula**

**Fourth day**

**Acid treatment formula  
(6) Adr**

**Fifth day**

**Lactic acid treatment formula**

**Repeat the sequence for 3 months.**

**Second treatment**

**Jivandhara treatment formula**