



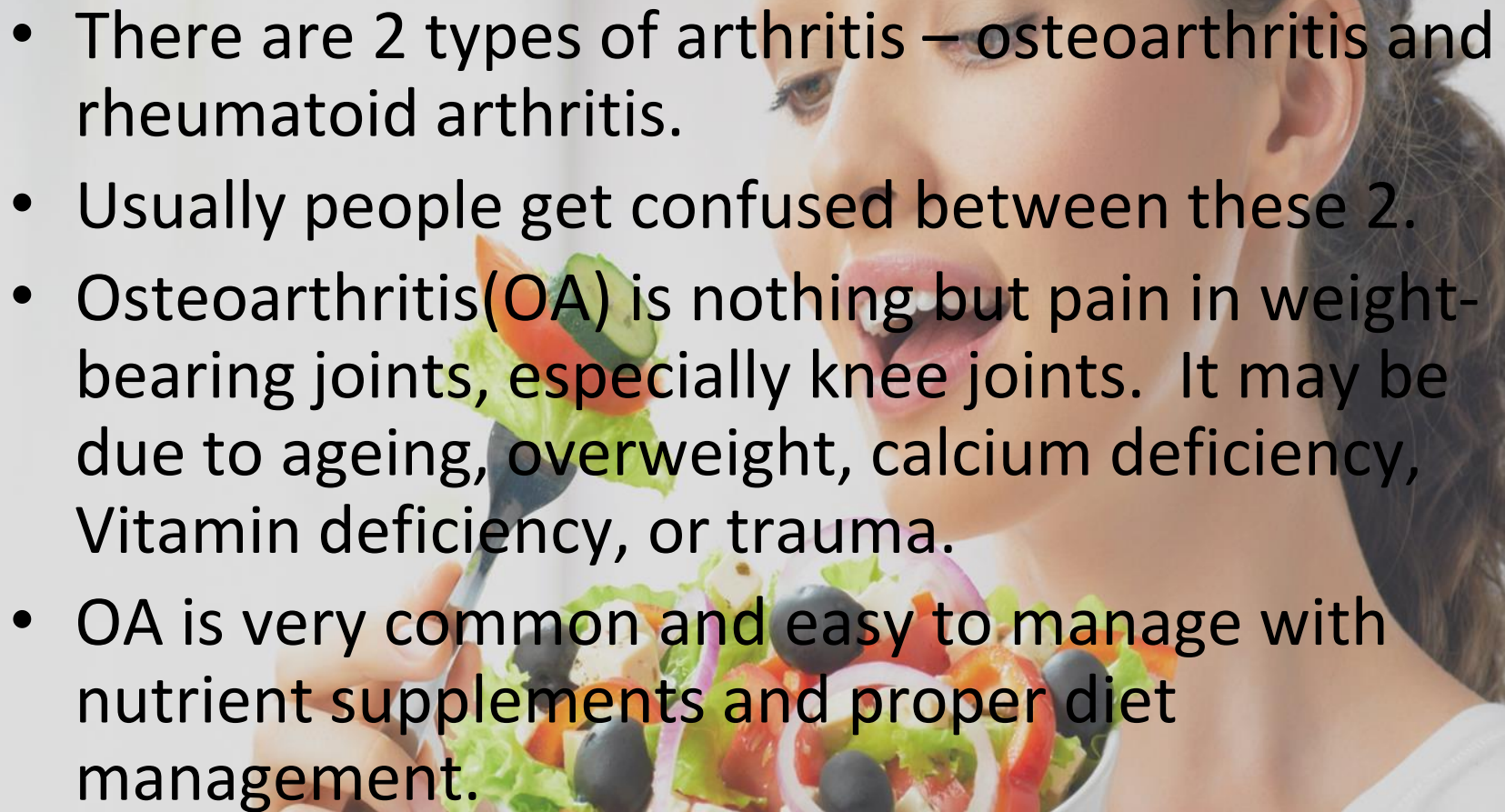
ARTHRITIS & DIET

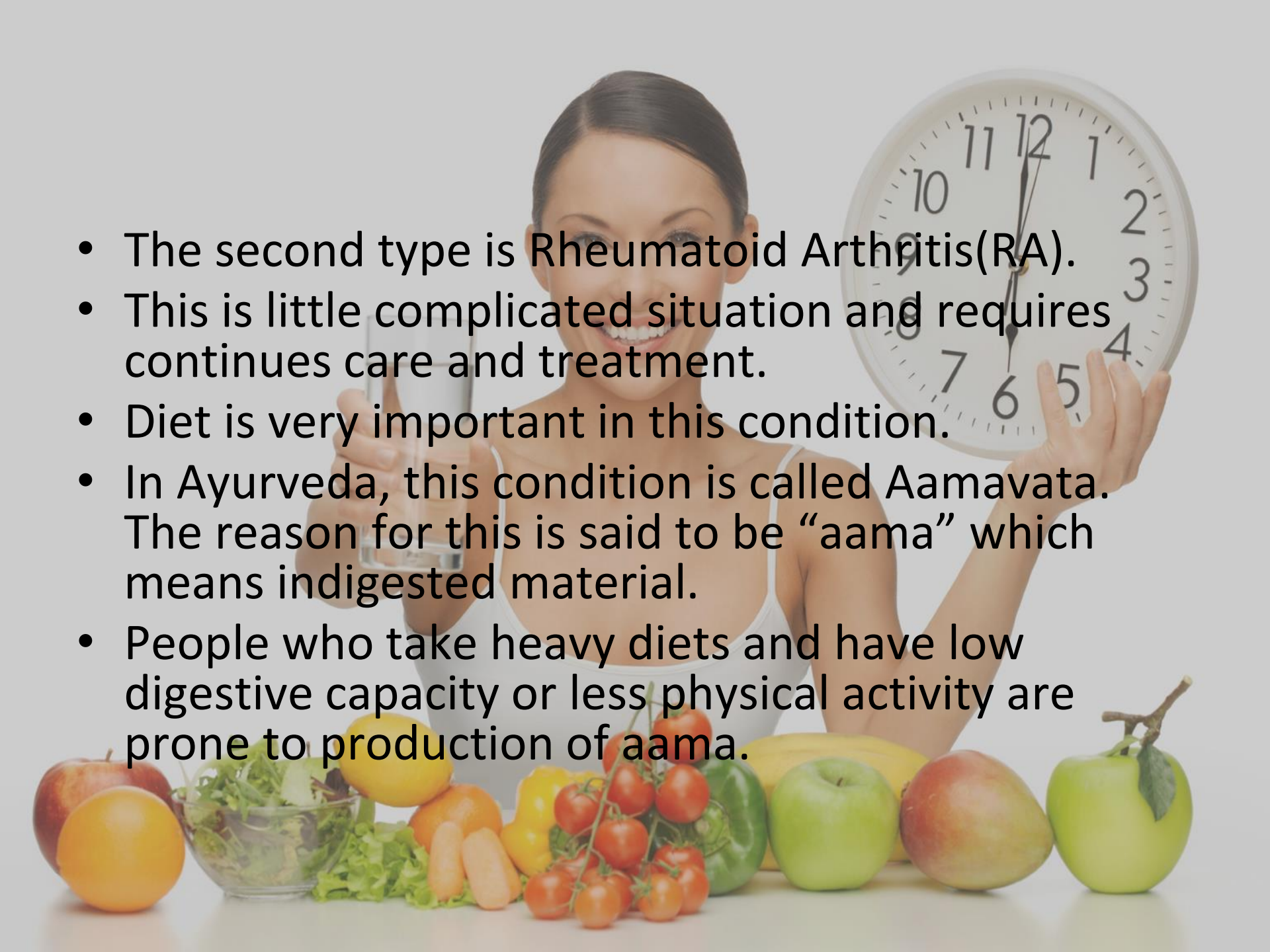


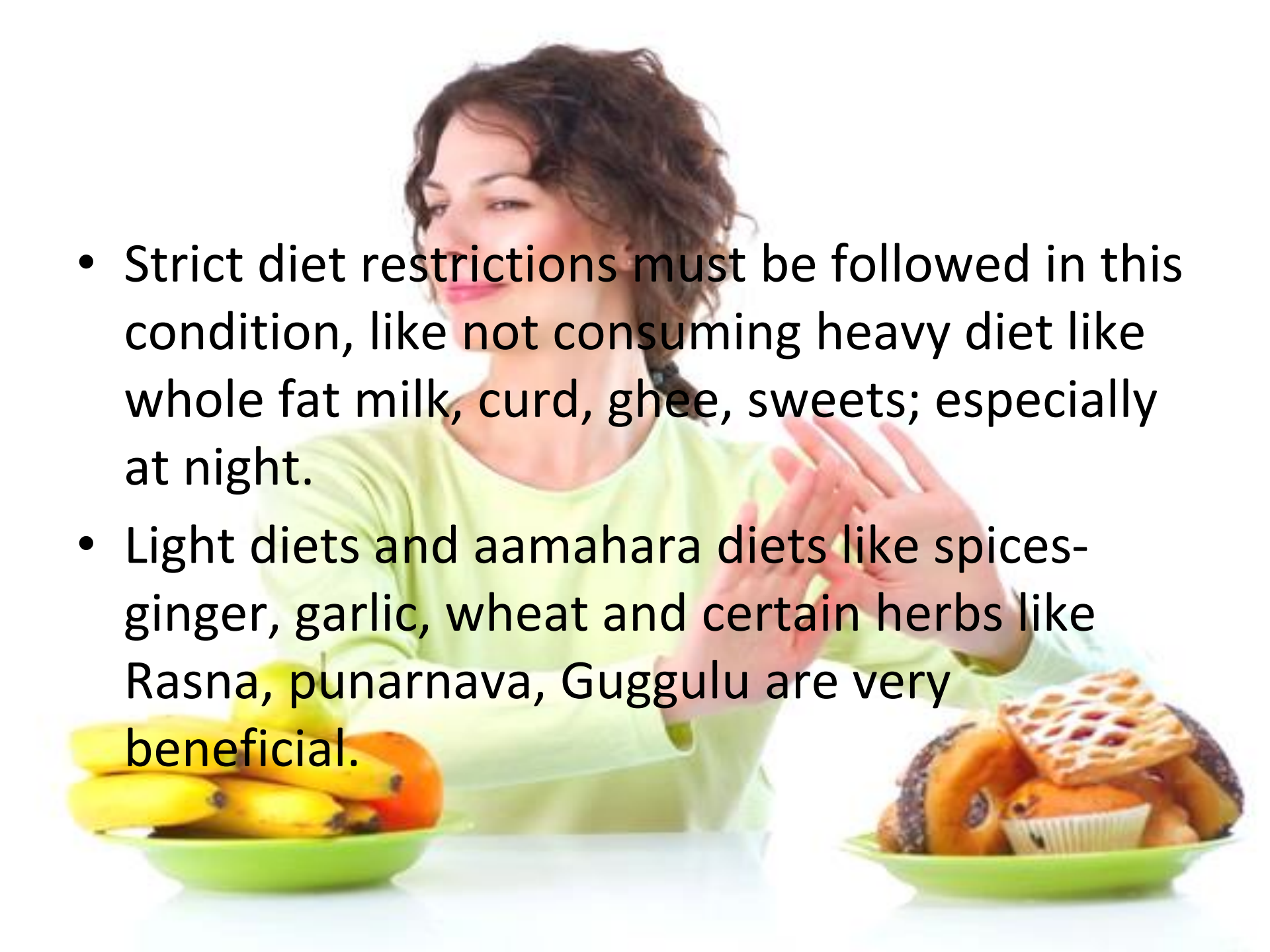
Definition

Pain and swelling of joints



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- A woman with dark hair tied back is shown in profile, eating a colorful salad from a white bowl. She is holding a fork with a piece of salad. The background is a bright, out-of-focus indoor setting.
- There are 2 types of arthritis – osteoarthritis and rheumatoid arthritis.
 - Usually people get confused between these 2.
 - Osteoarthritis(OA) is nothing but pain in weight-bearing joints, especially knee joints. It may be due to ageing, overweight, calcium deficiency, Vitamin deficiency, or trauma.
 - OA is very common and easy to manage with nutrient supplements and proper diet management.

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- A smiling woman with dark hair, wearing a white tank top, is the central figure. She holds a clear glass of water in her right hand and a large white analog clock in her left hand. The clock shows the time as approximately 12:00. In the foreground, there is a variety of fresh produce including apples, oranges, lemons, a bowl of green salad, cherry tomatoes, and bell peppers. The background is a plain, light color.
- The second type is Rheumatoid Arthritis(RA).
 - This is little complicated situation and requires continues care and treatment.
 - Diet is very important in this condition.
 - In Ayurveda, this condition is called Aamavata. The reason for this is said to be “aama” which means indigested material.
 - People who take heavy diets and have low digestive capacity or less physical activity are prone to production of aama.

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- Strict diet restrictions must be followed in this condition, like not consuming heavy diet like whole fat milk, curd, ghee, sweets; especially at night.
 - Light diets and aamahara diets like spices- ginger, garlic, wheat and certain herbs like Rasna, punarnava, Guggulu are very beneficial.

FEE STRUCTURE

- Fee structure is as

- **Online**

- **1 Portion**

- **Monthly Rs 500.00 (7 Days in a week)**
- **Quarterly Rs.1200.00 (7Days in a week)**
- **Half yearly Rs.2100.00 (7 Days in a week)**

- **Academy**

- **1 Portion**

- **Monthly Rs 500.00 (7 Days in a week)**
- **Quarterly Rs.1200.00 (7Days in a week)**
- **Half yearly Rs.2100.00 (7 Days in a week)**

THANK YOU