

## Herbal Treatment for Rheumatism



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### Innovation Description

The traditional knowledge holder has suggested treatment for rheumatism.

**Disease symptoms:** Inflammation and pain in joints, muscles, or fibrous tissue.

**Ingredients:** 1-inch stem of Kachu (*Calla* L.), 1-inch tuber of Kachu (*Calla* L.), 25 g bulbs of Rasun (*Allium sativum* L.), 25 g seeds of Gol Mirch (*Piper nigrum* L.), 25 g bark of Arjun (*Terminalia arjuna* (Roxb. ex DC.) Wight & Arn.) and 1250 ml Milk.

**Preparation:** Cut all the ingredients and dry them. Grind them to make powder. Boil the powder in the milk to form condense milk. Prepare tablets from the condensed paste.

**Dosage/Application:** Consume 1 tablet thrice daily for 3 weeks.

**Ingredients' availability:** The plants are available in the nearby fields. Milk is available in the local market.

### Suggested Reading(s):

Mani, A., Vasanthi, C., Gopal, V., & Chellathai, D. (2016). Role of phyto-stabilised silver nanoparticles in suppressing adjuvant induced arthritis in rats. *International Immunopharmacology*, 41, 17-23.

Moosavian, S. P., Paknahad, Z., Habibagahi, Z., & Maracy, M. (2020). The effects of garlic (*Allium sativum*) supplementation on inflammatory biomarkers, fatigue, and clinical symptoms in patients with active rheumatoid arthritis: A randomized, double-blind, placebo-controlled trial. *Phytotherapy Research*, 34(11), 2953-2962.

Tyagi, P., & Khan, H. A. (2018). Amelioration of oxidative stress in the joint tissue may be the basis for the antiarthritic activity of *Terminalia arjuna* bark extract. *International Journal of Rheumatic Diseases*, 21(12), 2079-2088.

For More Details Please Contact on [enquiry@nifindia.org](mailto:enquiry@nifindia.org)

**Link :** <https://innovation.nif.org.in/innovation/detail/herbal-treatment-for-rheumatism/64144>