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Study reveals role of Ayurvedic Whole System in management of Rheumatoid Arthritis

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Underscores the potential of integrating traditional Ayurvedic practices with modern medical approaches



A new scientific study has revealed the significant effectiveness of the Ayurvedic Whole System (AWS) in the management of Rheumatoid Arthritis (RA), a chronic autoimmune disorder affecting millions worldwide.

This pioneering research demonstrates that AWS not only alleviates the symptoms of RA but also induces a metabolic shift towards normalisation in patients, offering a promising complementary approach to conventional treatments.

The study was conducted by a group of senior researchers from reputed research institutions, including Arthritis Treatment and Advanced Research Center (A-ATARC), Department of Kaya Chikitsa, State Ayurvedic College and Hospital, Lucknow University; Centre of Biomedical Research (CBMR), SGPGIMS Campus, Lucknow; Academy of Scientific and Innovative Research (AcSIR), Ghaziabad.

The study highlights substantial improvements in key clinical parameters among RA patients who underwent AWS intervention. There was a notable reduction in Disease Activity Score-28 Erythrocyte Sedimentation Rate (DAS-28 ESR), as well as decreases in both the total number of swollen and tender joints. Additionally, the Ama Activity Measure (AAM) Score, which assesses the presence of toxins in the body, also showed a significant reduction post-intervention.

While these findings are promising, the study's authors emphasise the need for further research to confirm these preliminary results and to better understand the mechanisms through which AWS exerts its therapeutic effects.

This breakthrough underscores the potential of integrating traditional Ayurvedic practices with modern medical approaches to improve patient outcomes in chronic conditions like Rheumatoid Arthritis.