

OSTEOPOROSIS [ASTHISOUSHIRYA]



Shatavari

Further information can be obtained from :

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CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

What is Osteoporosis?

Osteoporosis is a common disease characterized by reduced bone mass, micro architectural deterioration of bone tissue and an increased risk of fracture. The prevalence of osteoporosis and osteoporosis related fractures both increase with age in women & men reflecting age-related to osteoporosis are a major public health problem in all developed countries, and all estimated to affect up to 30% of women and 12% of men at some time in their life.

Vitiated Vata causes fragility in the bones and increases the susceptibility to fractures is known as Asthi Soushirya Osteoporosis.

What is the impact of Osteoporosis?

In the older period of life, the process of bone resorption and bone formation becomes uncoupled. Almost all women older than 80 years of age are at risk for hip fracture.

- Mostly asymptomatic
- Deformities like Kyphosis, Scoliosis & Painless vertebral fractures
- Colles' Fracture, Hip Fracture, External rotation and shortening of the involved leg
- Delayed fracture healing process

How Ayurveda manages Osteoporosis?

- Preventive measures like using Rasayana and adopting life style modification early in the life
- **Snehana:-** Massage with medicated oils such as Mahanarayana taila, Dashamoola taila, Mahamasha taila, Chandana bala lakshadi taila etc
- Vata alleviating drugs. eg-Dashamularista
- Yoga practices
- Drugs useful for pain and fractures eg- Laksha Guggulu, Maha yogaraj Guggulu, Pravala pishti, Mukta shukti Bhasma

What are the useful medicinal plants for Osteoporosis?

- Nirgundi (Vitex negundo)
- Eranda (Ricinus communis) etc
- Shallaki (Boswellia serrata)
- Shunthi (Zingiber officinalis)
- Shigru (Noringo oleifera)
- Rasna (Pluchea lanceolata)
- Rasona (Allium sativum)
- Prasalini (Paedaria foetida)



Guduchi

Do's: ✓

- ✓ Sufficient relaxation
- ✓ Normal Exercise
- ✓ Make the Affected joint flexible by ashana
- ✓ Reduce weight
- ✓ Avoid depression
- ✓ General Nutieates easily digestive food
- ✓ Should be include kulatthi, plandu rasona, shunthi, ginger, mulak, ladyfinger, kushmanda munga in everyday food.
- ✓ Fruits like Aanar, Mango, Draksha etc.



Ashwagandha



Amalaki

Don'ts: ✗

- ✗ Pungent and astringent or salty food
- ✗ Excessive consumption of coffee, alcohol and smoking
- ✗ Excessive exertion night awakening, daysleep, excessive walking
- ✗ Supression of natural urges.



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Eranda



Shallaki