Rheumatoid arthritis treatment

The goals of the treatment are aimed to reduce pain and inflammation, and to prevent deformities. In the beginning of the treatment, explaining the disease is a very important and supportive part of the treatment plan. Rest is indicated in inflammatory periods to decrease inflammation. Exercises are performed to preserve motion of affected joints according to a special program for each patient. Heat therapy has a great role in decreasing pain and inflammation. Natural supplements with A-3 fatty acids may be helpful.

Cupping therapy

Cupping therapy is a type of alternative and complementary medicine. It is one of the corner stones of Chinese medicine. Cupping therapy reduces pain and increases blood circulation. It also eliminates body toxins and inflammatory substances. Cupping therapy is a very effective natural treatment for rheumatoid arthritis. Cupping therapy reduces pain and inflammation of the affected joints. In the Egyptian Journal of Immunology (2005), researchers state that "Blood-letting cupping combined with conventional medicinal therapy has several advantages. It exerts marked improvement on the clinical condition of patients especially visual analogue scale of pain, it significantly reduces the laboratory markers of RA (rheumatoid arthritis) activity and it modulates the immune cellular conditions."(1). In another trial submitted in partial fulfillment for M.D degree in Mansoura University, researchers state that "Cupping therapy is a good treatment for pain in rheumatoid arthritis" and "Cupping therapy is useful in many diseases including arthritis"(2). Finally you need to find a qualified and licensed acupuncturist or cupping therapist to do cupping therapy.

References:


