

## To Reduce Joint Pain by Combination of Curcumin with Cow Ghee with Yoga

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### ABSTRACT

#### BACKGROUND

Health is more important and Wealthier is more needed for all human. Health is the condition that associated to cannot be destroy it. Earning of money is not mean that, person is healthy that different thing which is making of rich only. Living wealthy, its need of our country because of busy lifestyle. There are so many studies are available on joint pain. So, here in this study we get excellent result in curcumin combination with Cow Ghee and with some yoga exercise. Yoga gives mix benefits.

#### MATERIAL AND METHODS

Here, this study done by randomized case control. The patients divided in three groups Group A) 40 patients followed by yoga only. Group B) Another 40 patients followed by curcumin with cow ghee. Group C) 40 patients followed by curcumin with cow ghee and yoga. All patients should follow at list three months.

#### RESULTS

Curcumin ghee and yoga gives excellent result in chronic joints pain. Moreover, it improves the immune system of the patients. Again, we come to know that it removes toxic substance from blood nothing, but it done the purification of blood.

#### CONCLUSION

Consumption of Curcumin ghee followed by yoga gives more benefit to patients by reducing the joints pain which are associated to improve immune system of the patients.

#### KEYWORDS

Yoga; Curcumin ghee; Immune system; Blood

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## **INTRODUCTION**

Many studies from India have reported high prevalence of musculoskeletal pain, 37% in men and 51% in women. The cause for this high prevalence could be the inclusion of other pains such as back pain, knee pain association with joint pain [1-3]. People who are obese are more likely to develop joints pain. After impaired of immune system, it undergoes autoimmune disease where immune system attacked and damage joints [4].

Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant. Curcumin is nothing but a chemical substance found in turmeric suggested by recent studies, and it might have reduced some of arthritis symptoms, including pain, morning stiffness, and joint swelling with pain. Some studies also on turmeric also showed that it takes twice a daily it removes all body inflammation and RA symptoms more than modern medicine. Curcumin derived from turmeric and have so much benefit in different types of cancer [5-7]. Joints pains related disease are fast growing because of changing lifestyle with increased risk of impaired immune system. In India, joints pain risk related to busy lifestyle increase day by day which will affect human health [8].

In India, the orientation of yoga has been found thousands of years ago, it was introduced to western world in 19<sup>th</sup> century. In the past few decades, it has been the subject of research as a therapeutic measure in mental stress, obesity, diabetes, hypertension, joints pain as well.

Now a days, Yoga is primary priority for therapeutic purposes for most of the frequent disease like obesity, mental stress, different pain of body etc. The recent research has been shown that the effect of the yoga on human health is excellent and also come to know that it suppresses the stress hormone and maintain healthy health [9-11]. It can be a non-pharmaceutical measure it work as drug therapy for treatment of all kinds of disease because the route cause is

only and only stress and busy lifestyle. Moreover, the result of curing disease is only yoga asana, pranayama, and short periods of meditation for therapeutic purposes. Here in this study, evaluating the curcumin cow ghee is used to treat the patient here with daily practices of yoga.

## **MATERIAL AND METHODS**

Here in this study, the selection of the patients done on the basis of joint pain more than years. Here in this study, we are selected male and female total 120 patients irrespective of caste, religion, and socioeconomic status. India. Here in this study the consent was taken from every patient who willingly participate and ready for the ayurvedic treatment and therapies. The study design was a three-group followed by more than three months. The patients were categories in three groups as follows. Group A 40 patients, Group B 40 patients, Group C 40 patients.

### ***Inclusion Criteria***

Those who have joints pain, who were selected here for this study.

### ***Exclusion Criteria***

Those who has tumors as malignant melanoma. Other types of cancer, tuberculosis, autoimmune disease was excluded here.

### ***Type of Study***

Randomized case control study.

### ***Sample Size***

120 patients selected in this study, divided in three groups.

## **THERAPY AND TREATMENTS**

### ***Curcumin Cow Ghee Preparation***

Take curcumin 1 gm and add in 2 kg of cow ghee and gently stir with heat at low flame then add 10 liters of water. Heat this solution upon evaporation of water. It will be thick paste. Put in airtight bottle for store.

The patients divided in three groups Group A) 40 patients followed by yoga only followed for the more than three months to check the severity of the joint pain. Group B) Another 40 patients were given by curcumin with cow ghee past in the morning with warm water and procedure followed for the more than three months to check activity of joint pain. Group C) 40 patients followed by curcumin with cow ghee and yoga. All patients should follow at list three month. Moreover, it will be increase up to four months.

**RESULT**

Group A) 40 patients followed by yoga for the three months.

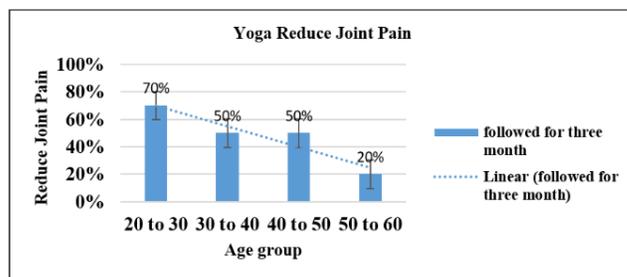
| Age Group | Patients No. | Reduction of % of Joint Pain |
|-----------|--------------|------------------------------|
| 20 to 30  | 10           | 70%                          |
| 30 to 40  | 10           | 50%                          |
| 40 to 50  | 10           | 50%                          |
| 50 to 60  | 10           | 20%                          |

**Table 1:** Reduction of % of joint pain.

Here, in this study the patient divides into age wise group as shown in Table 1. It also shows the effect of yoga on joint pain as per percentage. The yoga has more effect in 20 years to 30 years age group of people.

Figure 1 is prepared by as per the result found in the Table 1. The reduction of joint pain up to 70% in the age group of 20 years to 30 years of the people. Moreover, in two age group 30 years to 40 years and 40 years to 50 years of the people having same effect to reduce joint pain by doing yoga for more than three months. In the age group of the 50 years to 60 years of the people having 20 % reduction of the joint pain. Group B) Another 40 patients were given by Curcumin with cow ghee past in the morning with warm water followed for the three months.

Here, in this study the patient divides into age wise group as shown in Table 2. It also shows the effect of Curcumin ghee past on joint pain as per percentage. 20 to 30 age group of people having more reduction of joint pain as per the other group.

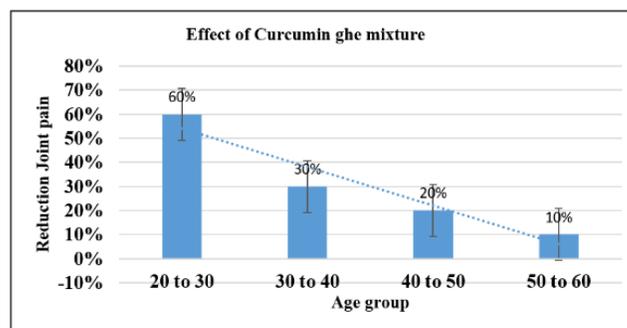


**Figure 1:** Yoga reduce joint pain.

| Age Group | Patients No. | Reduction of % of joint pain |
|-----------|--------------|------------------------------|
| 20 to 30  | 10           | 60%                          |
| 30 to 40  | 10           | 30%                          |
| 40 to 50  | 10           | 20%                          |
| 50 to 60  | 10           | 10%                          |

**Table 2:** Reduction of joint pain.

Figure 2 is prepared by as per the result found in the Table 2. The reduction of joint pain up to 60 % in the age group of 20 years to 30 years of the people. Moreover, in two age group 30 years to 40 years and 40 years to 50 years of the people having 30% and 20% respectively effect to reduce joint pain by taking Curcumin Ghee mixture with warm water for more than three months. In the age group of the 50 years to 60 years of the people having 10 % reduction of the joint pain. As per the Group B having lower effect than Group A.



**Figure 2:** Effect of curcumin ghee past on joint pain.

Group C) 40 patients followed by curcumin cow ghee mixture and yoga. All patients should follow at list three months.

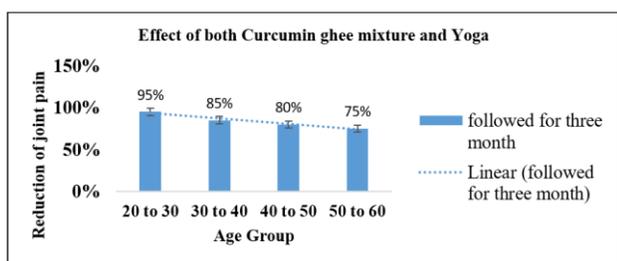
| Age Group | Patients No. | Reduction of % of joint pain |
|-----------|--------------|------------------------------|
| 20 to 30  | 10           | 95%                          |
| 30 to 40  | 10           | 85%                          |

|          |    |     |
|----------|----|-----|
| 40 to 50 | 10 | 80% |
| 50 to 60 | 10 | 75% |

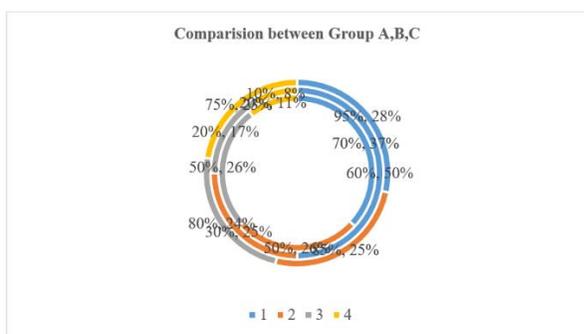
**Table 3:** Reduction of joint pain by curcumin ghee mixture and yoga.

Here, in Table 3. It shows the excellent effect of Curcumin ghee mixture and yoga on joint pain as per percentage. The effect of reduction of joint pain is more in 20 to 30 age group of people.

Figure 3 is prepared by as per the result found in the Table 3. The reduction of joint pain up to 95% in the age group of 20 years to 30 years of the people. It was showing the excellent result as compared to Group A and Group B.



**Figure 3:** Reduction of joint pain by curcumin ghee mixture and yoga.



**Figure 4:** Comparison between group A, B and C.

## DISCUSSION

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Curcumin has many medical properties and most of the studies show reduction of pain in arthritis Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant. That antioxidant works as pro-oxidant manner. Most of the studies on this herb are using turmeric extracts that contain mostly curcumin itself, with dosages usually exceeding 1 gram per day. From only turmeric, it won't full fill the body requirement to reduce joint pain. Therefore, for the complete effect, need to take a supplement that contains significant amounts of curcumin.

Group C, which is having excellent result in all type of age group by using both Curcumin Ghee mixture and yoga.

Yoga is also having more reduction of pain in arthritis improve many physical and psychological symptoms. Recent scientific studies of people with various types of arthritis show that regular yoga practice can help reduce joint pain, improve joint flexibility and function and lower stress and tension to promote better sleep.

Based on the recent studies, our aim to reduce joint pain completely by using the mixture of Curcumin ghee and yoga. It shows excellent result in Group C.

## CONFLICTS OF INTEREST

There are no conflicts of interest.

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