

Title: Reduce the Pain of Arthritis

What is Arthritis?

The word 'Arthritis' means inflammation of joints. Arthritis may affect one or more joints. The word 'joint' biologically means the area where two bones meet. The movement of our body parts is ruled by the joints. Arthritis causes the swelling of these joints. It may affect more than one joint. Arthritis is accompanied with Arthralgia. Arthralgia means joint pain. This causes Arthritis to be known as a really painful disease.¹

Arthritis has many forms, which can affect the joints, muscles, tendons cartilage and ligaments. During Arthritis, a joint may become swollen, red and tender to touch i.e. sensitive. In most cases, Arthritis may be detected by Thermography as the area affected by Arthritis becomes hot. Arthritis has been present on Earth since 2.5 million years. Scientists have been studying cases of Arthritis preserved in skeletons dated as long as 2'400 years back. Arthritis has been classified in the group of Rheumatic Diseases.²

Forms of Arthritis:

There are more than one hundred forms of Arthritis, and these are growing rapidly. The most common forms of Arthritis are Osteoarthritis and Rheumatoid Arthritis. Many forms of Arthritis form one of the most common chronic illnesses of the world. The forms of Arthritis include those caused by damaging of Cartilage (Osteoarthritis) and inflammation resulting from too much protein accumulation at joints (Rheumatoid Arthritis).¹

Osteoarthritis:

Osteoarthritis is the most common form of Arthritis found on Earth. Osteoarthritis is caused by the damage or wear and tear of the cartilage present in our bodies, which is usually the affect of an accident or injury. It normally affects the Hip, Elbow and Knee joints. Millions of people are a victim to Osteoarthritis today.

Osteoarthritis can only be cured if you are willing to manage it. If you don't believe that anything can be done in Osteoarthritis, you might not be able to cure yourself.²

Rheumatoid Arthritis:

Rheumatoid Arthritis is also another form of Arthritis. It is caused by unclear reasons. This does not mean that Rheumatoid Arthritis can't be cured. It just means that in most cases the cause can not be found out. Systemic lupus Erythematosus is also caused due to unclear reasons.

Causes of Arthritis:

At the age of 30, every healthy human being starts undergoing a process that causes the bones in his/her body to weaken. Thus, it goes without saying that after the age of 30, every human being is exposed to risk of bone diseases like Osteoporosis and Arthritis.

¹ <http://www.medicinenet.com/Arthritis/article.htm>

² <http://health.discovery.com/centers/Arthritis/pmg/p02.html>

Arthritis is caused by many reasons, the best and most common reason being the weakening of bones. This is why Arthritis is common among women, athletes and old people.

Other secondary reasons include injury, use of extra protein, abnormal metabolism, infections and sometimes for reasons that are not clearly understood. The risk of Arthritis increases if you have an Arthritis patient in your family, as Arthritis can be inherited.³

Symptoms of Arthritis:

Arthritis has some really evident symptoms. It is really recommended for people who have a family history of Arthritis to have some background information on the symptoms of Arthritis.

The symptoms include inflammation of the effected joint, characterized by stiffness, inability to move, pain and warmth. As Arthritis is a rheumatic disease, its symptoms may affect organs and parts other than joints.

In some patients, symptoms may include fever, fatigue, weight loss, gland swelling and feeling unwell. Some kinds of Arthritis may affect kidneys, heart or lungs.

Night pains in Arthritis:

Patients suffering from Rheumatoid Arthritis have a problem of night pain. This problem does not allow them to sleep comfortably and also creates problems for the patient's family members.

These pains are specially a nightmare for Arthritis patients spending nights at hospitals. Night pains cause patients to walk around at night, take pain killers or sleep. Some even preferred to take hot drinks. These activities were reduced in hospitals for fear of disturbing hospital staff, nurses or patients.

Apart from that, inability to wake up the next morning due to sleepless nights caused by pain poses a great problem. Family members are also disturbed by this.³

How to avoid Arthritis:

As mentioned earlier, the bones of ever human being start becoming weaker at the age of 30. After thirty years, one should be very careful about his/her health. Breaks and falls after the age of thirty can be a real pain as at this stage, broken bones and fractures don't heal much easily, and if they do, they are prone to cause problems again. Bone breakages and fractures can be fatal after the age of 60.

This means that you should prepare yourself in advance as you turn 30, because your bones start weakening straight away. To avoid sudden bone breakages and fractures at the slightest of falls, and diseases like Osteoporosis and Osteoarthritis, calcium levels should be maintained. Plenty of milk should be drunk and vegetables and fruits should be taken regularly. A regular intake of calcium pills can also help to keep up the calcium level.

Medicines and cures for Arthritis:

There are numerous medicines and drugs for Arthritis. But researchers, scientists and doctors have come forward with a drug that is more effective then the normal anti-inflammatory drugs. This drug is far more effective than the unmodified ones.

³ <http://www.medicinenet.com/Arthritis/article.htm>

The researchers have told that the modified drug, called Interleukin-1 receptor antagonist (IL1RA), is the modified form of the usual drugs administered during Arthritis.

Trying to find a better medicine for Arthritis, the researchers found that the drug is actually a protein which could be attached to another protein. These proteins can clump together at any temperature. These proteins will, after being administered into the body, clump together and will release drug particles gradually.³

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