

## SURVEY OF EFFECTIVE INGREDIENT IN PREVENTION OF JOINT DISEASE IN TRADITIONAL VIEW

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### ABSTRACT

Purpose of the study was surveyed of effective ingredient in prevention of joint disease in traditional view. **Method:** Searching in traditional medicine resources, and the information in the published articles in Medlin, Pubmed, SID and scientific publication and articles an academic part. **Results:** The effective prevention of joint disease includes: Addressing the underlying disease (poor digestion and digestion problems, catarrh and snivel), abstaining from excessive eating, refusing to eat a meal before the previous meal is digested; respect the consistency of foods at each meal to eat only one food. Avoiding of beef and fish and salt. Consumption of beef, lamb, liver, kidney, avoiding excessive consumption of fruits such as beets,

cucumber and carrot, and also should avoid of eating foods which are thick like Halva. Certain restriction on the use of verjuice and vinegar pickles, during product along with warm spices, especially cinnamon, reduced food, avoid alcohol, avoid drinking water in the bathroom and the refraining from drinking cold water before breakfast and during sleeping ,avoid sleeping with a full stomach, avoid bathing with bellies, indulge in bathing is harmful, avoid of pouring cold water on hand and feet in the bathroom, body massage with nourishing oils is suitable before shower, avoidance of exercise with full stomach, lack of mobility, in the other side a lot of exercise is harmful. Sun shine is effective in preventing ,eat fruits such as cherries, apple ,banana, pineapple, red grapes, sweet peppers ,use plants such as :oregano, mint ,basil, cherry ,green tea, consumption of spices including ginger, cinnamon, turmetic, message joints 2ith: anise, gingili oil, aglet oil, ginger oil, cinnamon oil ,preventing the birth of more than 3 children, use of seafood, consumption of grain foods such as flax seed, wheat, soy beans and vegetable oils such as olive ,canola, grope seed oil, contains omega 3,breast

feeding, avoid of consumption of cheese in the morning, refrain from mental stress ,the refrain from insomnia or sleeplessness, eating whole grains, foods can be tailored to fit the public mood. **Conclusion:** The prevention of joint implementation of these factors can be a perfect solution.

**KEYWORDS:** surveyed of effective, beef, lamb, liver, kidney, avoiding excessive.

## INTRODUCTION

According to today's mechanical life style, style of feeding immobility, increase in weight and... joint disease is common among the diseases.<sup>[1]</sup> of traditional medicine teaching is idiosyncratic and therefore the study of human health and disease symptoms and temperamental predominance of the four humors(tail, bile ,phlegm, melancholy) pays attention <sup>[2]</sup> according to the principles of the medical school is very important to describe and analyze the disease and methods of prevention.<sup>[3]</sup> The use of traditional medicine ,complementary and alternative worldwide is increasing. So that the existing evidence the worldwide major part of health care by utilizing the features and capabilities of alternative traditional medicin.80% of people with low and middle income countries need to practice traditional medicine for primary health trust.<sup>[4]</sup> and in many high-income countries ,the use of complementary and alternative medicine is becoming increasingly popular, reported that65% of people use this method of medicine<sup>[4,5]</sup> with different views, Iranian traditional medicine in health and disease categories, search for sources of traditional medicine to find a way to prevent different joint diseases from conventional medicine.

### Physiology of the joints from the perspective of traditional medicine

Connection (joints) to move both synaptic and humidity was taken to move smoothly (6 and 7) and the bones are not worn and the thermal motion occurs, causing drying ligament and tendon. On the other side of the junction(joint) strength of the alimentary (digestive organ: in traditional medicine of Iran four states that include digestion which is consist of gastric digestion, liver digestion, cardiovascular. Digestive organ) as the other organs are not strong because of the digestion qualities of heat and moisture are amplifier while the junction of tendon, ligament. Cartilage and bone that temperament is cold and dry. And because of this any plus stuff annoying won't digested in it and causing inflammation and joint pain.<sup>[7]</sup>

## Prevention

According to the Iranian traditional medicine the major task of physicians is maintaining the health and well-being, before the manifestation of disease is essential, as it is subject to modification: weather, eating and drinking and waking, moving stillness, retention and disposal, is a sensual disclaimer. The six principles that result in diseases of joint and correction of the main recommendation given are in. Of course it is important to prevent joint disease. These factors should be considered not to cause joint disease.

## METHOD

This was a retrospective review study. Due to the differing perspectives of traditional medicine in health and disease categories. Search in traditional medicine essay published in English from 1966 to 2014 in Medline and PubMed databases and scientific publications and articles in a academic portal using different keywords to find solutions to conventional medicine to prevent diseases of the joints is done.

## RESULTS

Factors in the prevention of joint disease include: addressing the underlying disease predisposing diseases such as: weak digestive disorders that cause abnormal disease. Especially in weak organs and the loss of excreta and moisture nasal catarrh (head) and refers to the throat and chest and nasal catarrh the excretory and moisture (head) from the nose. The most six principles of the highest possible manipulation by a person where there is a principle (food and beverages) that must be adhered joints for disease prevention: avoiding overeating, avoiding eat food before digesting the previous meal, observing the consistency of foods and never eat meat foods with yogurt and yogurt drink. avoiding eating salted fish and salt beef and avoided eating too much fruits such as beetroot, cucumber and carrot. Avoid excessive consumption of heavy foods such as Halva because digestion of these foods is difficult and food waste generated in the body is heavy as well.

Certain restrictions on the use of verjuice and vinegar pickles, reducing hunger. From intoxicants; gastric digestion is unaware of the nature of the body and deals with other matters and therefore incompetent and mucus production due to defects in digestion and waste more, groundwork for material loss and joint diseases increases. Avoiding of drinking cold water in morning and among sleeping. Avoid drinking liquids and water with meals. Avoiding sleeping with full stomach. avoid drinking while taking shower. Avoid exercising with full stomach and avoiding mental stress, lack of sleep or insomnia, avoid consumption

cheese in the morning and instead of its consumption it in the evening and night. Bathing with full bellies and also indulging in a warm bath with shower is bad due to the warm bath, the temperature shift has taken place from the inside to outside and reduce heat, and caused the disorder of digestive system.

Reduced mobility and avoid damaging the antithesis of the high activity and joint diseases. Preventing the birth of more than 3 children, giving birth to more than 3 children raises the risk of arthritis. Eat only one kind of food in each meal because eating different foods together causing factiousness digestion. Consumption of fruits such as cherries, apple, banana, apple, red grapes, and sweet pepper. Consumption of plants such as: \*Oregano, \*peppermint, \*green tea, \*basil (ocimum basil or basil consumed for centuries in traditional Indian medicine (Ayurveda ) this plant has been used in traditional medicine due to its anti-inflammatory effect is taken into consideration.

\*Chicory(chicory root effect is useful in the prevention of osteon arthritis).use spices such as: -cinnamon-ginger belongs to the Zingiberaceae family, ginger. Thousands of years in Ayurveda, Chinese and Japanese medicine to prevent inflammation and rheumatism is used. Turmeric is an active ingredient in turmeric reduces joint destructive enzymes and also anti-inflammatory effect can prevent diseases of the joints. Fish and seafood consumption in particular. Consumption of food grains including: linseed, wheat, soybeans, edible beans for 3 Fatty Acids in the presence and prevent inflammation of joints. Consumption of vegetable oils such as olive, canola, grape seed oil because these oils, including oils are rich in omega-3 fatty acids. Breastfeeding reduces joint disease: Women who are breastfeeding their babies over 13 months to 50 percent less than those who never breast-fed are not affected by this complication. Also, women who are breastfeeding their babies between 1 and 12 months, and 25 percent reduced risk of developing the disease. Consumption of whole grain foods (refined grains) can reduce inflammation of the joints. Consumption of beef, lamb, heart, liver, kidney. Dairy intake is associated with warm spices, especially cinnamon chord because cold milk is often erratic and needs to be balanced with warm spice. Pouring cold water on the hands and feet in the bath in the absence of proper nerve weakness. Body massage with nourishing oils before bathing suits. Sunlight is effective in preventing joint disease because sunlight to produce vitamin D in the body and helps to prevent joint disease. Massage in joints associated with: anise, sesame oil, sweat, hawthorn, ginger oil, cinnamon oil. Is proportional to the appropriate public health foods.<sup>[36-8]</sup>

## CONCLUSIONS

It seems to be lifestyle modification, methods of feeding, sleeping and waking, motion and rest, yoga and exercise and prevent many of the diseases of the joints. Using the World Health Organization has confirmed that capacity may well be rooted in the culture of the Iranian people Availability and acceptability in people with low complication and prevention of diseases in the joint implementation of these factors can be the perfect solution.

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