

## THE EFFECT OF *SHADDHARANA* YOGA ON CRP IN INFLAMMATORY ARTHRITIS – A CLINICAL STUDY

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### ABSTRACT

*Arthritis is a condition in which one or more of the joints are inflamed. This Inflammatory arthritis is a joint inflammation caused by an overactive immune system including white blood cells, instructing them to attack the body's own tissues. It includes a group of arthritis accompanied by joint pain, swelling, warmth, redness and tenderness, morning stiffness that lasts for an hour, usually affects many joints throughout the body and it occurs in most of the people at the later stages of life. C- reactive is a protein produced by the Liver. The level of CRP rises when there is inflammation throughout the body. These proteins are produced by white blood cells during inflammation. The Shaddharana consists of two words Shad means six and Dharana is an Ayurvedic measurement. Shaddharana Yoga is mentioned under Vatavyadhi Adhyaya in Bhaishajya Ratnavali which contains 6 ingredients, Chitraka, Indrayava, Patha, Katuka, Abhaya, Ativisha which have anti- inflammatory properties. Shaddharana Yoga given for 15 days shown stastically highly significant result in the reduction of CRP with the p value  $\leq 0.001$*

**KEYWORDS:** *Shaddharana yoga, Inflammatory Arthritis & C-Reactive Protein*

Received: Jun 03, 2022; Accepted: Jun 23, 2022; Published: Jul 11, 2022; Paper Id: IJMPSDEC20224