

## HOMOEOPATHY *for* OSTEOARTHRITIS

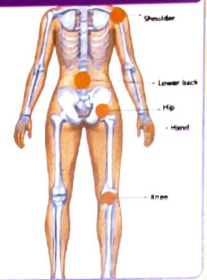
### What is Osteoarthritis ?

- Osteoarthritis (OA) is a common age-related joint disorder, often called "wear and tear" arthritis.
- The protective cartilage at the ends of bones gradually wears down causing pain, stiffness, swelling, and difficulty in smooth movement of the joint.



### Commonly Affected Joints

- Knees
- Hips
- Neck
- Lower back
- Shoulders
- Hands



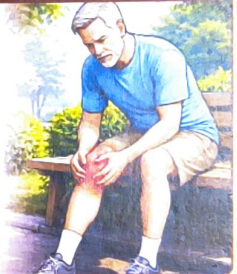
### Causes / Risk factors

- Old age
- Females more commonly affected
- Previous history of joint injury
- Obesity
- Overuse of joints



### Common Symptoms

- Pain in joint
- Joint stiffness
- Limitation of joint movements
- Clicking or cracking sounds during joint movement
- Swelling around a joint



### General Management

- Keep joints active and mobile
- Do gentle muscle & joint strengthening exercises & yoga
- Maintain a healthy weight
- Use a walking aid to reduce stress on joints
- Apply warm fomentation to relieve pain



### How Homoeopathy Can Help

- Holistic & individualised approach
- Medicines are prescribed based on the patient's symptoms, constitution, and lifestyle.
- Beneficial for all age groups & genders
- Relieves symptoms & improves joint mobility



All medicines and consultations should be taken under the guidance of a qualified medical practitioner.

**Free Homoeopathic treatment is available at  
Delhi Government AYUSH Dispensaries.**

For more information, visit nearby AYUSH facility.

Scan to Locate your Dispensary



<https://homeopathy.delhi.gov.in>

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