

Monsoon and Joint Pain

It is that time of the year again! Monsoon - when greenery returns to the gardens and fields, leaves begin to sprout, the peacock dances, frogs croak with abandon, and crickets shatter the night's silence. Children wait eagerly to get a glimpse of a rainbow, and also to get a fresh 'rain bath.'

However, monsoon is a bearer of bad news for those who have bone disorders, especially in the joints. People aged 60 and above are prone to this, but young adults can also be affected. There is a saying that people who have arthritis and related joint problems can sense monsoon approaching when their joint pains aggravate. Yes, it has been proven that during rainy season, joint aches and other related problems increase more than usual. Barometric pressure is thought to be the main culprit. Barometric pressure is the weight of the atmosphere that surrounds you. When barometric pressure is higher, it keeps tissues in your body from expanding. Usually, this barometric pressure drops before bad weather such as rain.

Thus, the lower air pressure pushes against your body. In turn, tissues expand and form a greater pressure on your joints. This pressure is microscopic and we don't actually notice it. The only sign of that pressure is the sensation of pain you feel.

Another way monsoon causes increased joint pain is because this season is accompanied by increased humidity. High humidity levels can make the blood thicker, which increases blood pressure in the blood vessels, and makes the body work harder, to pump blood through the body. Humid days can cause the body to become dehydrated, which decreases the concentration of fluid around the joints and create more joint pain.

The best way to reduce this pain is through exercise. Regular stretching exercises and daily physical activity will keep such discomfort at bay. Stretching twice a day is highly recommended. Try early morning stretching exercises. If you are sitting for long hours, ensure you stand up and walk every half an hour. Sitting in an air-conditioned environment

aggravates the pain. Hence, make it a point to get up and walk a few steps every 40 minutes. You can also go for some office yoga or stretches.

OTHER TIPS INCLUDE:

Manage Weight – People who are overweight or obese can reduce the joint pain intensity by losing their weight. The weight you put on forms a large pressure on your joints, thus increasing pain.

Quit Smoking – Smoking causes stress on connective tissues which leads to increased pain.

Apply ice packs and hot compresses to aching joints

Acupuncture and massage can also help relieve pain

Eat food rich in vitamins, particularly food with Omega-3 fatty acids.

When to visit the doctor:

If the joint pain persists for three weeks or more, or aggravates, consulting a doctor is advised. The doctor may advice a few blood tests to identify the cause, physiotherapy or other lifestyle modifications may be recommended accordingly.

By Faiza Khondokar

SHOP SPECIAL

Hamdard: A realm of Ayurvedics

CONTINUED FROM PAGE 4

Hamdard Amritarista: Hamdard Amritarista is prepared with Moon Creeper (*Tinosporacordifolia*), Black Nightshade (*Solanum indicum*) and other valuable natural medicinal ingredients. It is effective against acute and chronic fever, excessive thirst and also effective in the treatment of the enlargement of liver and spleen. It helps to relieve burning sensation during urination, urinary tract infection and oliguria.

Hamdard Chyabanprash:

Hamdard Chyabanprash is an ideal tonic, containing valuable natural ingredients, fortified with honey, prepared with the ancient wisdom and modern research and technology, and rich in vitamins and minerals. Hamdard Chyabanprash keeps you physically fit and mentally alert. It strengthens respiratory system, fortifies immunity and prevents infectious diseases.

Hamdard Ashokarista:

Hamdard Ashokarista is an Ayurvedic 'uterine tonic', which is very effective in the treatment of all menstrual problems naturally. The main ingredient of Ashokarista is the bark of Asoka tree (*Saracaindica*). Ashokarista helps to relieve menorrhagia, dysmenorrhoea, dysfunctional uterine bleeding, and leucorrhoea. It also relieves oedema, indigestion and anorexia.

Trifala Churna:

Trifala Churna is the combination of Emblic Myrobalan (*Phyllanthus emblica*), Chebulic Myrobalan (*Terminalia*



chebula) and Belleric Myrobalan (*Terminalia bellerica*). It is highly effective in indigestion, diabetes, constipation and anorexia. It is a tonic for all vital organs of the body.

Hamdard Rohitakarista:

Rohitakarista is prepared with Rohitak (*Aphanamixispolystachya*), Zinger (*Zingiberofficinale*), Clove (*Piper longum*) and other valuable natural ingredients. It helps to promote bile flow and improves digestion. It is also effective in ascites.

Capsule Kobi: Kobi is a capsule, prepared with standardised extract of Ginkgo biloba (*Ginkgo*) leaf. Ginkgo biloba is a monotypic dioecious plant, which is the only living representative of the genus Ginkgo. It is the oldest plant species in the planet that can be traced back more than 250 million years. It is effective in the treatment of cerebrovascular insufficiency related disorders, including cognitive dysfunction,

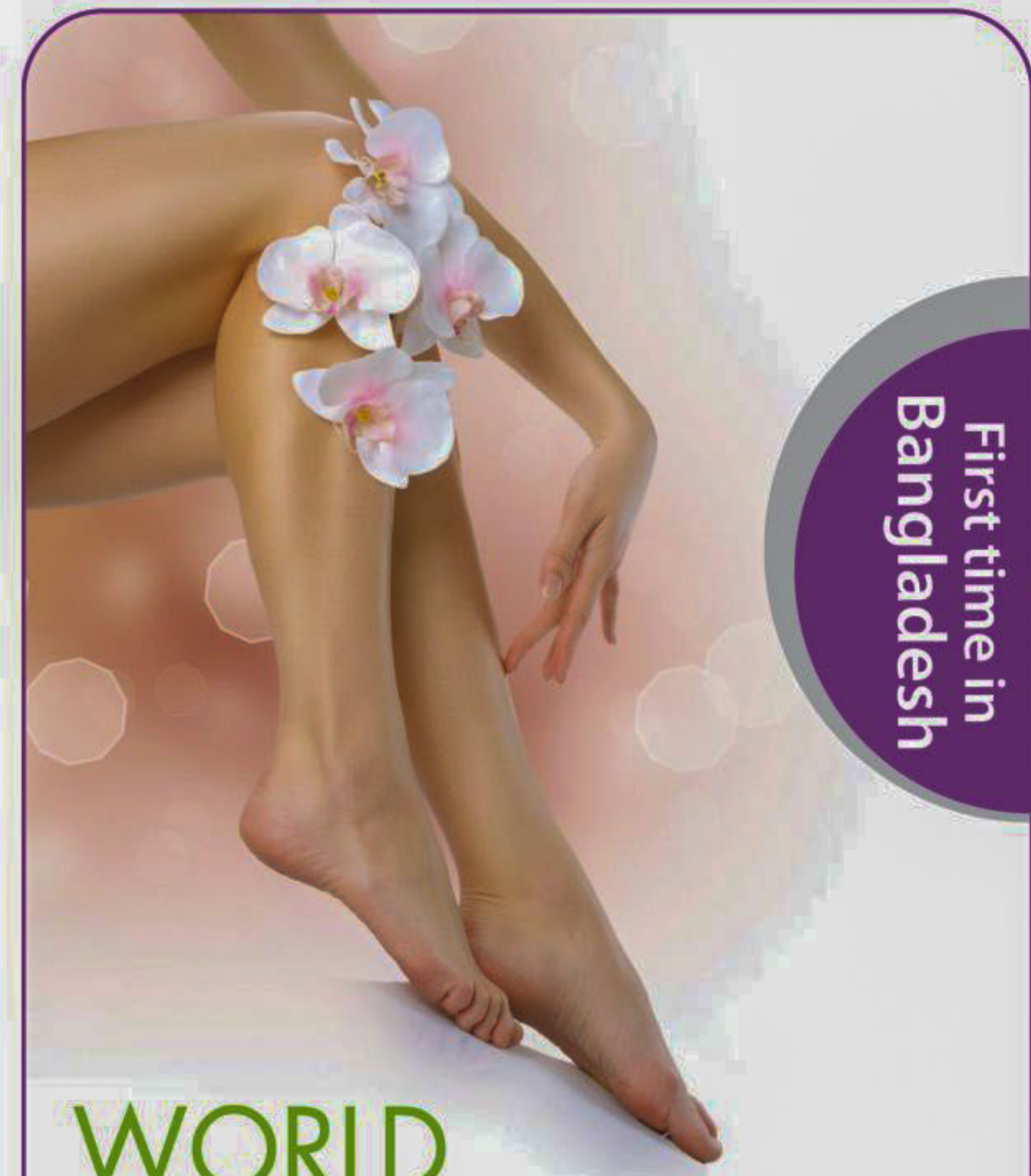
dementia, Alzheimer's disease, memory deficit, disturbance in concentration, tinnitus, vertigo, and also effective in peripheral arterial occlusive disease such as intermittent claudication, Raynaud's disease, acrocyanosis, and post-phlebitis syndrome.

Capsule Palmet: Palmet is a unique herbal preparation from standardised extract of Saw Palmetto fruit, which is very effective in the treatment of Benign Prostatic Hyperplasia (Enlarged Prostate).

Because of its roots in nature and the use of only things found in it, Ayurvedics have almost zero chances of having any side-effects, something modern synthetic medicines cannot boast of, meaning its benefits to the body far outweighs any doubts regarding its effectiveness.

By Faiza Khondokar
Photo: Collected

Dr. Jhumu Khan's Laser Medical



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