



# How Ayurveda Can Help Control Arthritis Symptoms

**Arthritis** is a chronic condition characterized by joint inflammation affecting hundreds of thousands of people worldwide and this debilitating disease can have a pretty severe impact on quality of life, causing pain, tightness and immobile. There are over 100 types of arthritis with osteoarthritis and rheumatoid arthritis being the most common and Osteoarthritis is often associated with aging and joints and their staying and tearing because arthritis is an autoimmune disease that attacks healthy joint tissue as both cause swelling and discomfort that make routine activities difficult.

