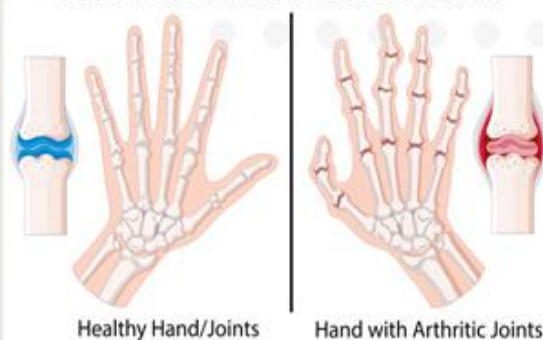




Rheumatoid Arthritis in Hand



Healthy Hand/Joints

Hand with Arthritic Joints

SALT THERAPY WORKS FOR ARTHRITIS



Rheumatoid Arthritis

a chronic inflammatory disorder

A chronic inflammatory disorder affecting many joints including those in the hands and feet. In Rheumatoid arthritis the body's immune system attacks its own tissues including joints. In severe cases it attacks internal organ (skin, eyes, lungs, heart, blood vessel). Unlike Osteo-Arthritis, Rheumatoid Arthritis affects the lining of joints causing a pain full swelling joint deformity.

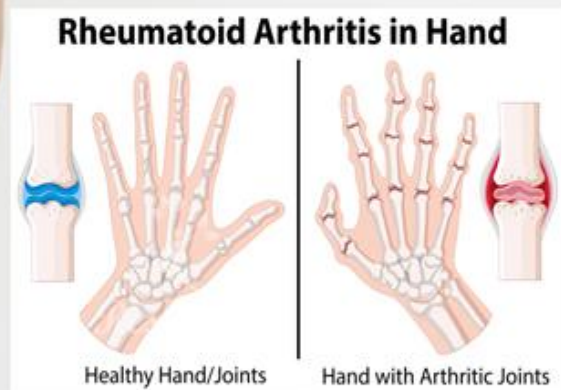
Early Rheumatoid arthritis tends to affect your smaller joints first. Particularly the joints that attach your fingers to your hands and your toes to your feet. As the disease progresses, symptoms often spread to the wrist, knee, ankles, elbows, hips, shoulders, in most cases symptoms occurs in the same joints on both sides of your body.

Symptoms :

- Tender, warm, swollen joints.
- Joints stiffness that usually worsen in the morning and after in activity.
- Fatigue.
- Fever and loss of appetite.

Causes :

Rheumatoid Arthritis occurs when immune system attacks synovium (The lining of the membranes that surround your joints). Resulting inflammation thickness the synovium which can eventually destroy the cartilage and bone within the joints. Tendons and ligaments that holds the joints together weaken and stretch, leads to deformity of joints.



How Salt Therapy

works for Rheumatoid Arthritis

Salt therapy is drug free, completely natural treatment ,that elevates the pain and swelling of joints at molecular level by dehydration of inflamed cells since salts acts like anti-inflammatory.

The salt particles helps in reducing joint inflammation and helps in reducing pain and stiffness associated to it the reduction of T-lymphocyte cell action and IgE antibodies through salt particles helps in restoring the immune response to its normalcy, thereby reducing tissue damage, the natural minerals in this pharma grade salt helps in boosting calcium supplementation and healing of affected joints, thereby have a better quality of life without dependency on medications and without side effects.

During salt therapy session minerals will penetrate in to body, most importantly calcium to help strengthen the joints.

Since salt therapy acts like anti-inflammatory and rich in negative ions increases the blood circulation thus reduces pain stiffness and increases in range of motion and strengthening immune system.

During salt therapy reduces stress, lethargy, depression, feverishness, improves energy and mental acuity while stabilizing mood and sleep pattern. Through above Rheumatoid Arthritis patients can lead quality of life by reducing dependency of medicine and improved immune system by natural salt therapy

Testimonials of patients got relief from Respicare

RespiCare has treated more 4000 patients who were diagnosed Respiratory & Skin problems and successfully treated using RespiCare Salt Therapy. Please check out below what our clients say about RespiCare Salt therapy.



Here is the review from
Ms. Shanthi ,

31-year-old Ms. Shanthi has been suffering from Asthma right from the age of 5. Every small change in the weather has been a cause for aggravating her asthmatic condition. Her condition became worse after the birth of her only child and she explains how Salt Therapy helped her symptoms get better over a period of time.

**Mrs. Ramulamma,
Parvathipuram, AP**

She had been suffering from COPD and asthma for over a 20-year period and finding no definite relief through other medical modalities, gave Salt Therapy a shot and she has found significant improvement and relief in her symptoms and now able to manage herself much better.



What is Salt Therapy ?



Halotherapy (Halo means salt in Greek) is the method of using salt aerosols in a specially constructed salt room which mimics salt mines in Scandinavian countries where naturally-occurring salt caves are present which is saturated with dry salt particles causing healing effects people with pulmonary and dermatological discomfort. A study conducted by Polish doctor found that health of the workers in salt mines was much more enhanced compared to other people. In this study it was concluded that saline had properties which is key to eliminate toxins and impurities we come in contact with on a daily basis and improve overall health.

Halotherapy is a mode of this therapy conducted in a controlled air medium that stimulates a natural salt cave microclimate generated by a special machine called halogenerator. The salt aerosols in the salt room consists of dry predefined mixture of untreated salt and specific minerals, these microparticles of salt penetrate into deep tissues and it's anti-inflammatory, bacteriostatic, bactericidal, etc properties helps alleviate respiratory, dermatological conditions providing better quality of life naturally without medications or side-effects.



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Home Remedies

For Rheumatoid Arthritis

Positive lifestyle changes in habits, diet and exercise can support Rheumatoid Arthritis

- 1 Using hot water, not cold, to bathing and drinking
- 2 Using herbal oil to reduces pain stiffness
- 3 Practice yoga to strengthen, muscles, increases joint range of motion, mental stress
- 4 Increase intake of Turmeric, Barely flour, horse gram, dried ginger root powder, garlic, cumin seeds.

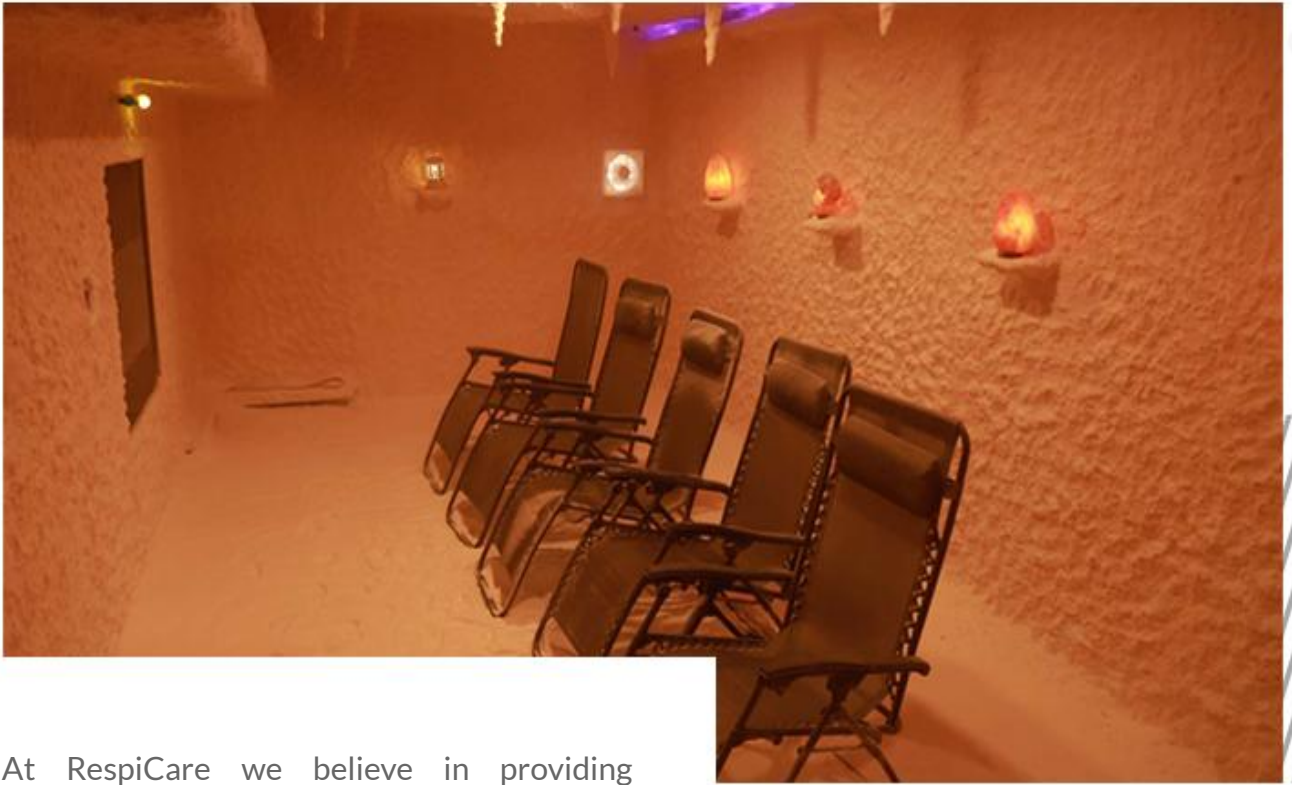


Don'ts :

Avoid exposing to cold winds, Avoid eating fish, milk, together, heavy and oily foods

Respicare

Holistic Wellness



At RespiCare we believe in providing responsive and high quality care in a cost-effective manner. Our facility boasts of a state-of-the-art Natural, Side-effects free Halotherapy/Salt Therapy from Europe, a first of its kind in Central and South India.

At our centres after an initial orientation by our staff, you'll be consulting our experienced Doctors who are available Full time at RespiCare centres during all sessions, to make an assessment of your condition and advise the necessary number of sessions according to its severity, furthermore you will be continuously monitored and evaluated during the ongoing therapy and maximum care will be provided by the associated staff members in helping you obtain the best treatment comfortably and achieve the desired results for each patient.

Each session is personally designed and fine tuned to the requirements of that particular patient with benefits of diet counselling, selected yoga practises, guided meditation sessions and interval training to add a holistic approach to enrich your experience and faster recovery from your health condition.

Our efforts are to ensure and create an ambience to make you feel at home and avoid waiting and other hassles generally faced in health centres. And stepping in to RespiCare should be a step towards overcoming one of the deadliest enemies of health at present, Pollution. To present yourself and your loved ones the precious gift of health.

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Our Doctors



Dr. Tejaswini N. BAMS

She has to her credit the knowledge of NADI VAIDYA or pulse diagnosis which helps with precise diagnosis of the patient. Always open and eager to learn new things. Dr. Tejaswini is qualified Yoga teacher from prestigious S-VYASA university and done Diabetic reversal course.

With her vast 6 years experience in Ayurveda & 4 years of experience in Salt therapy, at present she in-charge of the RespiCare Indiranagar centre.



Dr. Harshith B.M. BAMS

In the past he has worked at K.C. General Hospital's, Emergency dept. He has practised in Private Clinic for 3 years. He has been associated with Red Cross Society and with the with the Indian Army and Defence Wings since 8 yrs. He aims at working on the 'Root Cause' of lungs and Skin disorder. Believes in Natural Healing and says that our body has its own Natural power to heal itself.

He believes in Yoga, meditation and Swastavrutha which helps in maintaining normalcy in body. Dr. Harshith B.M. is in-charge of the RespiCare Mallerwaram centre.

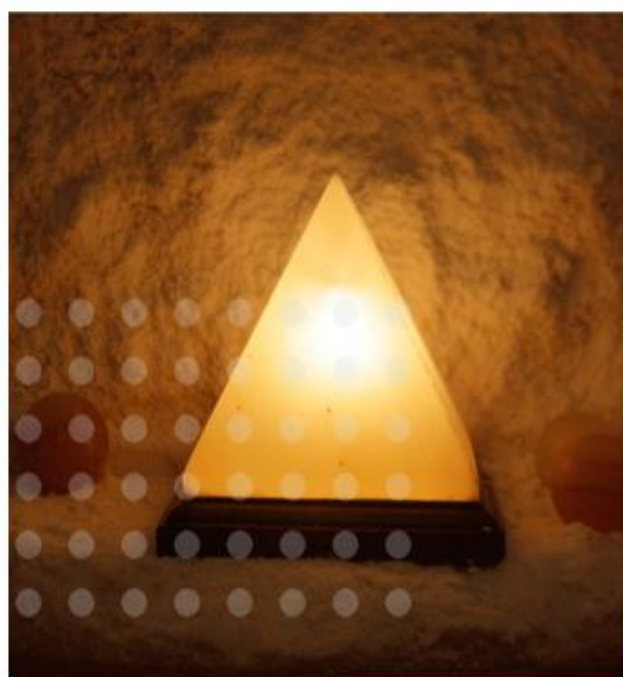
Dr. Ashwini Gowda BAMS, PGDEMS

She has done her bachelor's from KLE University, She has to her credit the knowledge of Nadi Vaidya Shaastra from Sri Sri College of Ayurveda and has pursued a Post graduation Diploma in Emergency Medicine from Medvarsity - Apollo hospital, With an experience of working in Critical Care Management, She has extensively been a part of various medical camps, seminars and Medical workshops.



THANK YOU

WE WELCOME
YOUR
FEEDBACK



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