

INTEGRATED APPROACH TO MUSCULOSKELETAL CONDITIONS

The use of herbs internally and externally for
physical treatment and rehabilitation

Rheumatology

Osteoarthritis

Seronegative
arthritis

Common
Musculoskeletal
Effects

Seropositive
arthritis

Structural
conditions

CONDITIONS OF THE MUSCULOSKELETAL SYSTEM

Inflammatory conditions

Non-Inflammatory conditions

Seropositive

- Rheumatoid A.
- Systemic lupus
- Sjogren's
- Systemic sclerosis
- Mixed conn. tissue disease

Seronegative

- Ankylosing spondy.
- Reiter's disease
- Psoriatic arthritis
- Enteropathic A.

- Osteoarthritis
- Afflictions of joints
- Bone dysplasias
- Congenital disorders
- Metabolic bone diseases
- Endocrine disorders
- Degenerative

OSTEOARTHRITIS

“An affliction of articular cartilage affecting joint structure and function.....”

RHEUMATOID ARTHRITIS

*“A multi-system inflammatory disorder with persistent **synovitis** affecting joint structure and function...”*

COMMON MSK CONDITIONS SEEN IN PRACTICE

- ▶ Rheumatoid arthritis and inflammatory connective tissue diseases
- ▶ Low back pain → (muscles, ligaments, joints, discs)
- ▶ Osteoarthritis → (knees, hips, ankles, wrists, fingers, spine...)
- ▶ Ligament and tendon conditions → (sprain, tears, inflammation...)
- ▶ Muscle conditions → (strain, tear, inflammation, spasms)
- ▶ Neurological conditions → (Multiple sclerosis, Parkinson's)
- ▶ Circulatory disorders → (Diabetes, peripheral vascular disease)

HERBAL AGENTS FOR THE MUSCULOSKELETAL SYSTEM

RESTRICTED AND SCH 20

- ❖ Belladonna
- ❖ Hyoscyamus
- ❖ Gelsemium
- ❖ Aconite
- ❖ Arnica
- ❖ Lobelia
- ❖ Cinchona
- ❖ Phytolacca
- ❖ (Cava)

MUSCULOSKELETAL HERBS (does not include externals and anodynes)

- ▶ Boswellia
- ▶ Cimicifuga
- ▶ Cramp bark
- ▶ Curcuma
- ▶ Filipendula
- ▶ Gaultheria
- ▶ Ginkgo
- ▶ Glycyrrhiza
- ▶ Guaiacum
- ▶ Harpagophytum
- ▶ Myrica
- ▶ Rosemarinus
- ▶ Salix
- ▶ Uncaria
- ▶ Urtica
- ▶ Xanthoxylum
- ▶ Zinziber
- ▶ *Many others...*

RHEUMATOID ARTHRITIS

(AND OTHER AUTO-IMMUNE CONNECTIVE TISSUE DISEASE)

The underlying pathology and musculoskeletal manifestations

- A remitting and relapsing picture of inflammation manifested by autoimmunity and focused on; the synovia, other connective tissues and serous membranes

RHEUMATOID ARTHRITIS

(AND OTHER AUTO-IMMUNE CONNECTIVE TISSUE DISEASE)

Pharmacological approached to RA

- ❑ Simple analgesics
- ❑ Simple anti-inflammatories
- ❑ Advance anti-inflammatory drugs
- ❑ Glucocorticoids
- ❑ Disease-modifying antirheumatic drugs (DMARDs)

RHEUMATOID ARTHRITIS

(AND OTHER AUTO-IMMUNE CONNECTIVE TISSUE DISEASE)

Pharmacological management of RA

- ☐ Physical therapy
- ☐ Splinting and devices
- ☐ Occupational and specialist services
- ☐ Surgery

RHEUMATOID ARTHRITIS (AND OTHER AUTO-IMMUNE CONNECTIVE TISSUE DISEASE)

Herbal and naturopathic approaches to RA



Acute phase
(Relapses)



Chronic phase
(Remissions)

RHEUMATOID ARTHRITIS (AND OTHER AUTO-IMMUNE CONNECTIVE TISSUE DISEASE)

Herbal and naturopathic approaches to RA

Acute phase
(Relapses)



Systemic/ internal
approaches

Topical /external
approaches

RHEUMATOID ARTHRITIS (AND OTHER AUTO-IMMUNE CONNECTIVE TISSUE DISEASE)

Herbal and naturopathic approaches to RA

Chronic phase
(Remissions)



Systemic/ internal
approaches

Topical /external
approaches

SERONEGATIVE ARTHRITIDES

(SPONDYLO-ARTHROPATHIES)

The underlying pathology and musculoskeletal manifestations

- A group of inflammatory rheumatic diseases with predominant involvement of axial and peripheral joints and entheses

SERONEGATIVE ARTHRITIDES (SPONDYLO-ARTHROPATHIES)

CLINICAL FEATURES

- ☐ Gradual, remitting and relapsing
- ☐ Chronic spinal aches and pains
- ☐ Stiffness esp. in the early hours
- ☐ Weight loss
- ☐ Fever
- ☐ Fatigue
- ☐ Peripheral joint involvement
- ☐ Enthesopathies
- ☐ Non-articular manifestations

SERONEGATIVE ARTHRITIDES (SPONDYLO-ARTHROPATHIES)

Herbal and naturopathic approaches



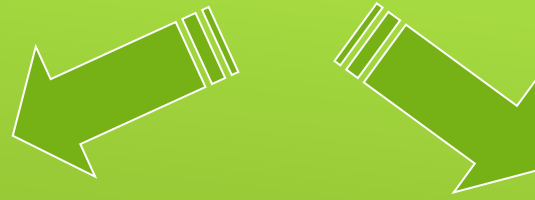
Systemic/ internal
approaches



Topical /external
approaches

Non-inflammatory conditions of the musculoskeletal system

ACUTE LOW BACK PAIN



Internal medicine

- ❖ Hyoscyamus
- ❖ Lobelia
- ❖ Gelsemium
- ❖ Valeriana
- ❖ Viburnum opulus
- ❖ Humulus
- ❖ Cinchona

External agents

- ❖ Belladonna
- ❖ Aconite
- ❖ Capsicum
- ❖ Wintergreen oil
- ❖ Cajuput
- ❖ Clove oil
- ❖ Cinnamon oil
- ❖ Commiphora mol mol

OSTEOARTHRITIS (ACUTE / NON-ACUTE)

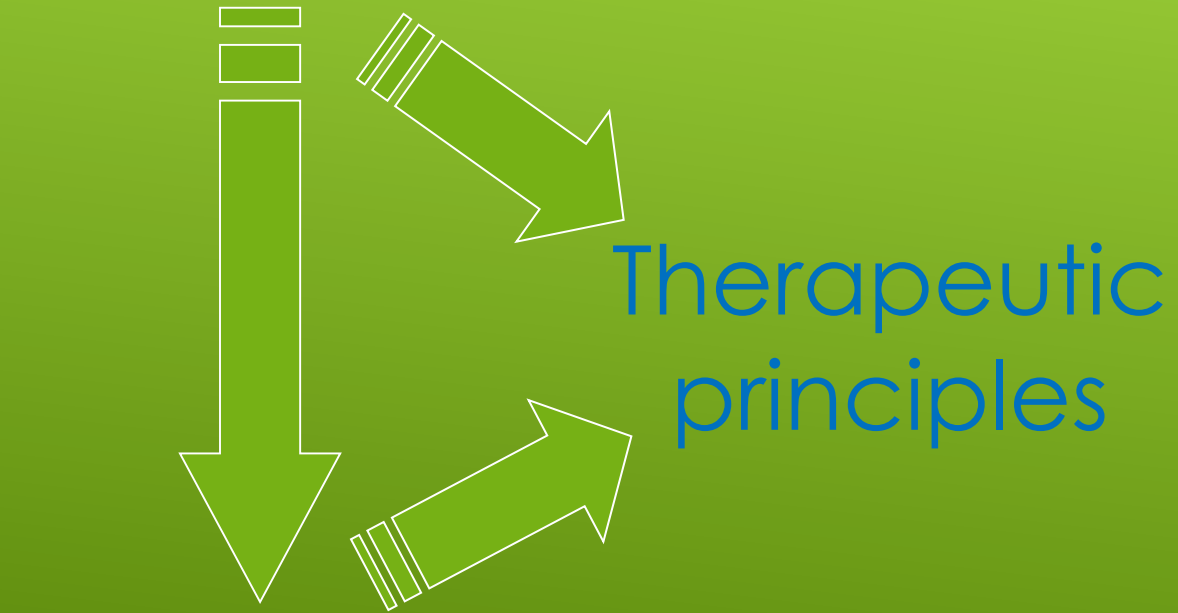
Therapeutic principles

What do you want to achieve and what can you achieve?

- ❖ Reduce pain
- ❖ Reduce stiffness
- ❖ Increase movement
- ❖ Improve circulation
- ❖ Reduce inflammation
- ❖ Cartilage repair?
- ❖ Bone reorganisation?

TENDINOPATHIES

ACUTE



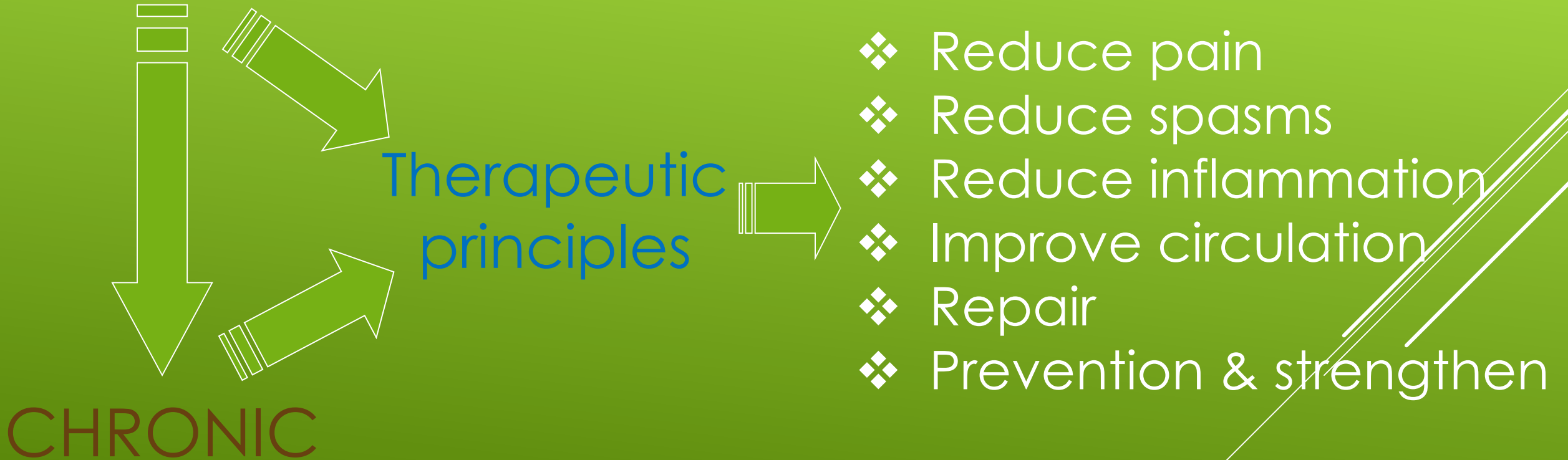
CHRONIC

Therapeutic
principles

- ❖ Reduce pain
- ❖ Reduce inflammation
- ❖ Improve circulation
- ❖ Connective tissue repair

MUSCLE CONDITIONS

ACUTE



CHRONIC

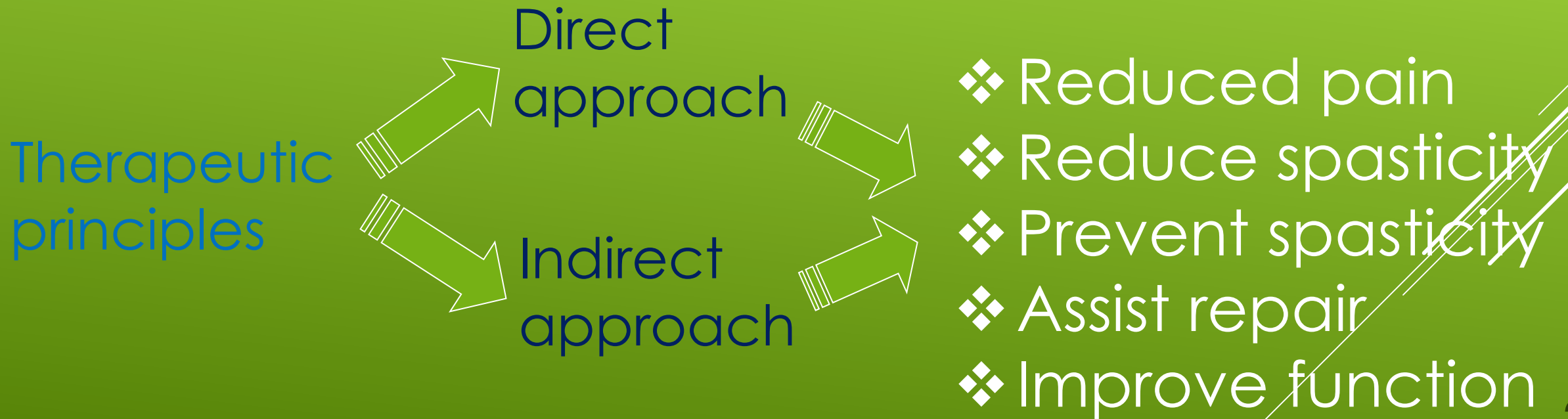
NEUROLOGICAL CONDITIONS

(Affecting the musculoskeletal system)

- ❖ Multiple sclerosis
- ❖ Parkinson's disease
- ❖ Upper motor neurone lesions
- ❖ Lower motor neurone lesions

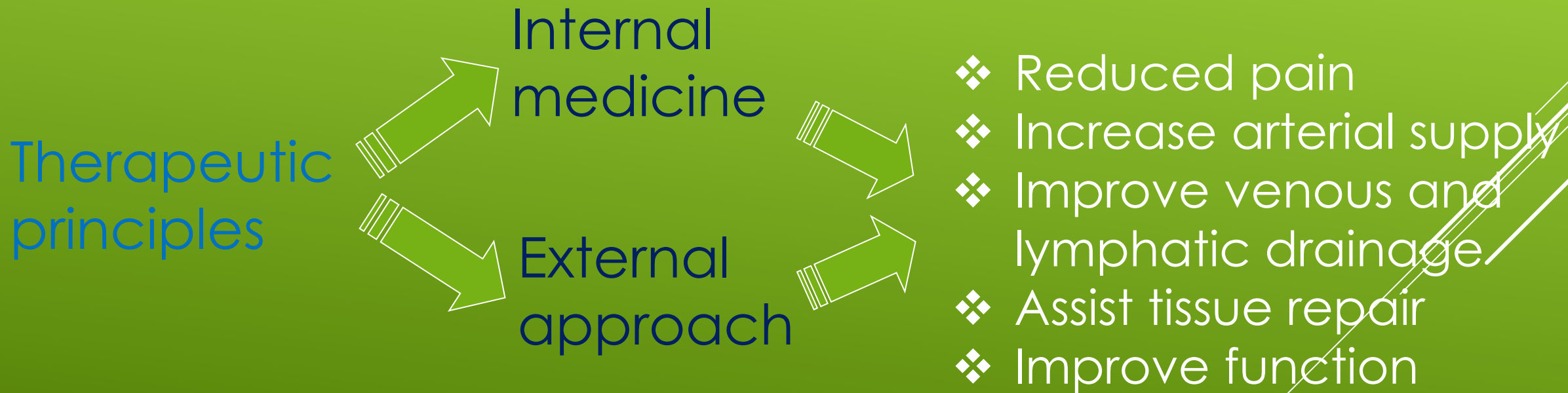
NEUROLOGICAL CONDITIONS

(Affecting the musculoskeletal system)



CIRCULATORY CONDITIONS

(Affecting the musculoskeletal system)



*Thank you
for your attention*