

The Role of Herbal Remedies in Post-Surgical Rehabilitation for Osteoarthritis

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ABOUT THE STUDY

Osteoarthritis is a chronic joint disease characterized by the gradual deterioration of cartilage, resulting in pain, stiffness, and reduced mobility of the affected joint. The condition can be managed through various treatment options, including surgery, physical therapy, and medication. However, post-surgical rehabilitation is crucial for the success of the treatment. Herbal remedies have gained popularity as complementary therapies for osteoarthritis.

Herbal remedies for osteoarthritis

Herbal remedies have been used for centuries to treat various ailments, including osteoarthritis. Some of the most popular herbs for osteoarthritis include turmeric, ginger, willow bark, and devil's claw. These herbs contain active compounds that have anti-inflammatory and analgesic properties. They also help to reduce oxidative stress, which contributes to the progression of osteoarthritis.

Turmeric is a spice that is widely used in Indian cuisine. It contains an active compound known as curcumin, which has powerful anti-inflammatory properties.

Curcumin helps to reduce inflammation in the joints, which can help to relieve pain and stiffness. It also has antioxidant properties, which help to reduce oxidative stress and slow down the progression of osteoarthritis. Ginger is another herb that has anti-inflammatory and analgesic properties. It contains compounds known as gingerols and shogaols, which help to reduce inflammation and pain in the joints. Ginger can be taken as a tea or added to meals as a spice. Willow bark contains a compound known as salicin, which is a natural pain reliever. It works by blocking the production of prostaglandins, which are responsible for pain and inflammation in the joints. Willow bark can be taken as a tea or in supplement form.

Devil's claw is a herb that is native to southern Africa. It contains compounds known as harpagosides, which have anti-

inflammatory and analgesic properties. Devil's claw helps to reduce pain and inflammation in the joints, making it an ideal herbal remedy for osteoarthritis.

Post-surgical rehabilitation for osteoarthritis

Post-surgical rehabilitation is crucial for the success of the treatment of osteoarthritis. It involves a comprehensive program that includes physical therapy, medication, and lifestyle changes. The goal of rehabilitation is to improve mobility, reduce pain, and prevent further damage to the joints.

Physical therapy is an essential component of post-surgical rehabilitation for osteoarthritis. It involves exercises that help to strengthen the muscles around the affected joint, improve flexibility, and reduce pain. The exercises are tailored to the individual's needs and may include stretching, resistance training, and low-impact aerobics.

Medication is another component of post-surgical rehabilitation for osteoarthritis. Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) are commonly prescribed to reduce pain and inflammation in the joints. They work by blocking the production of prostaglandins, which are responsible for pain and inflammation. However, NSAIDs can have side effects, such as stomach ulcers, so they should be used with caution.

Lifestyle changes are also important in post-surgical rehabilitation for osteoarthritis. Maintaining a healthy weight is crucial, as excess weight puts pressure on the joints and can worsen the symptoms of osteoarthritis. Eating a balanced diet that is rich in fruits, vegetables, and whole grains can also help to reduce inflammation in the body.

Role of herbal remedies

Herbal medicines should not be used as a substitute for traditional medical treatments, they can be used as complementary therapies to help reduce pain and inflammation in the joints. One of the advantages of herbal remedies is that they are generally safe and have fewer side effects than traditional medications.

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Herbal remedies can be used in various forms, including teas, supplements, and topical creams. They can be used alone or in combination with other therapies, such as physical therapy and medication. Turmeric and ginger can be added to meals or taken as teas. Willow bark and devil's claw can be taken as supplements or added to topical creams. These herbs can help

to reduce pain and inflammation in the joints, which can improve mobility and quality of life. In addition to their anti-inflammatory and analgesic properties, some herbal remedies also have antioxidant properties. Oxidative stress is a significant contributor to the progression of osteoarthritis, and reducing oxidative stress can slow down the progression of the disease.