

Short Summary on Fibromyalgia

Alfred Rosey *

Department of Rheumatology, University in Oxford, England, United Kingdom

DESCRIPTION

Fibromyalgia is a condition that causes extensive musculoskeletal pain, as well as fatigue, sleep, cognitive, and mood problems. Fibromyalgia is thought to amplify painful sensations by altering how the brain and spinal cord interpret painful and no painful signals. Physical trauma, surgery, infection, or considerable psychological stress is common causes of symptoms. In some situations, symptoms develop over time without a single inciting incident. Women are more prone than males to get fibromyalgia. Tension headaches, temporomandibular joint (TMJ) issues, irritable bowel syndrome, anxiety, and depression are common in patients with fibromyalgia. While fibromyalgia has no cure, it can be managed with a range of drugs. Exercise, relaxation, and stress-reduction techniques may also be beneficial.

Causes

Fibromyalgia has no well-established cause. However, the following can be considered risk factors:

- Fibromyalgia runs in families in large numbers.
- Sleep disturbances that persist.
- Smoking and a lack of physical activity are examples of unhealthy lifestyles.
- Fibromyalgia has been linked to stress as a major triggering cause.
- Fibromyalgia appears to be triggered or worse by certain disorders.
- Fibromyalgia has been connected to post-traumatic stress disorder.

Ayurvedic treatment for fibromyalgia

Fibromyalgia is a vāta vyādhi (diseases caused primarily by a Vta dosha imbalance), but Pitta and Kapha are also involved. vāta vyādhi are a collection of 80 chronic, unexpected, and difficult-to-cure diseases that mostly affect the musculoskeletal and nervous systems. The aetiology starts in the gastrointestinal system and subsequently spreads to the muscle tissues (mamsa dhatu). Along with Mamsa, Rasa, Asthi, and Majja Dhatus are frequently involved. Panchakarma, external therapies, internal

drugs, activities, food advice, and lifestyle adjustments are among the therapeutic approaches.

- Virechana, Basti, Nasya are all Panchakarma treatments.
- SSPS, Chandana Avagha, Sthanika Basti, Abhyanga, Udwarthana, Shiro Dhara, Kashaya Seka, Kashaya Seka, SSPS, Chandana Avagha-Externally
- Deepana-Carminative Pachana-Digestives -Internally
- Rasayana-Rejuvenators Vatanulomana-Vata Balancing

Symptoms

- Fibromyalgia pain is generally described as a continual dull aching, and it must occur on both sides of the body. Tender trigger points, which are common in the neck, shoulders, back, and hips, are related with the pain. Deep muscle sensitivity is ubiquitous. Morning tenderness has been described as flu-like, scorching, throbbing, aching, or stabbing.
- Feels exhausted all of the time, even after sleeping for significant amounts of time. Pain, restless legs syndrome, and sleep apnea are all common causes of sleep disruption.
- Lacks the ability to concentrate, pay attention, and focus.
- Other symptoms include depression, headaches, and pain or cramping in the lower abdomen in many persons with fibromyalgia.

Risk factors

Fibromyalgia has several risk factors, including:

- Women are diagnosed with fibromyalgia more frequently than males.
- If a parent or sibling has fibromyalgia, you're more likely to have it as well.
- You may be more likely to develop fibromyalgia if you have osteoarthritis, rheumatoid arthritis, or lupus.

Complications

Fibromyalgia causes pain, exhaustion, and poor sleep quality, which can make it difficult to operate at home or at work. Dealing with the frustrations of an often misunderstood ailment can lead to despair and health-related anxiety.

Correspondence to: Alfred Rosey, Department of Rheumatology, University in Oxford, England, United Kingdom, E-mail: rosey@red.yahoo.uk

Received: 03-Jun-2022, Manuscript No. RCR-22-17448; **Editor assigned:** 06-Jun-2022, PreQC No. RCR-22-17448 (PQ); **Reviewed:** 23-Jun-2022, QC No. RCR-22-17448; **Revised:** 01-Jul-2022, Manuscript No. RCR-22-17448 (R); **Published:** 08-Jul-2022, DOI: 10.35841/2161-1149.22.12.308.

Citation: Rosey A (2022) Short Summary on Fibromyalgia. Rheumatology (Sunnyvale).12:308.

Copyright: © 2022 Rosey A. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.