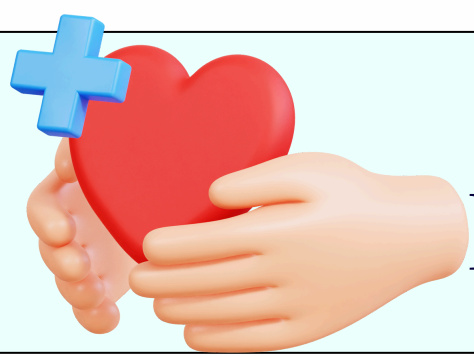
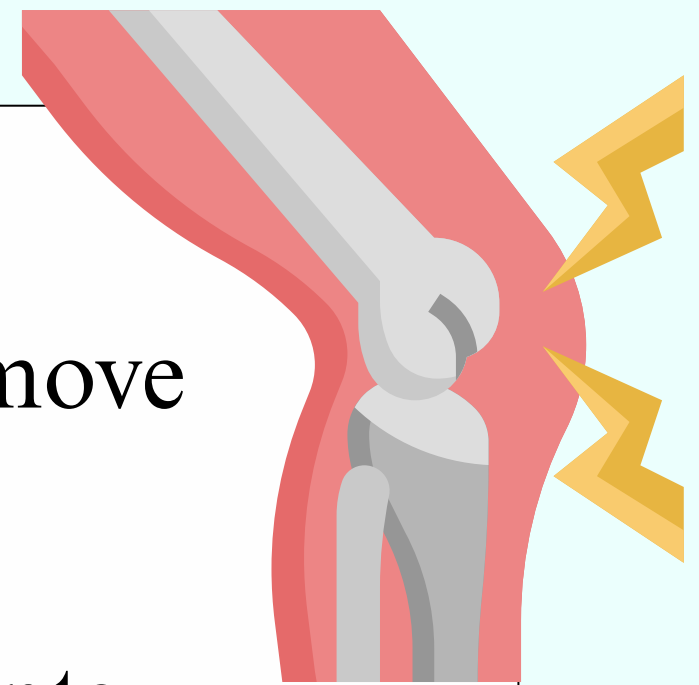


Arthritis

Arthritis is a condition where the joints become swollen, painful, stiff and movement becomes difficult.

Commonly Symptoms:

- Persistent joint pain and stiffness
- Difficulty or reduced ability to move joints
- Swelling, warmth, redness of the joints
- Tenderness or sensitivity when touched
- Clicking or cracking sounds when moving joints



Prevention and Management:

- **Do light exercises daily** – like walking, yoga, or simple stretching
- **Maintain a healthy weight** – excess weight puts pressure on joints
- **Eat simple and nutritious food** – like pulses, vegetables, fenugreek, turmeric, and omega-3 rich foods like flaxseeds and walnuts
- **Stay away from smoking and alcohol** – these can increase swelling and pain
- **Avoid cold and damp weather** – keep joints covered and warm during winters
- **If pain or swelling increases, consult a doctor immediately**

