

## Ayurvedic Treatment of Fibromyalgia (CFS)

Ayurvedic Treatment of Fibromyalgia (CFS) It is very similar to chronic fatigue syndrome (CFS); Only point of difference is presence of musculoskeletal pain in fibromyalgia and that of fatigue in CFS. Low level of Serotonin is considered to be most important biochemical criteria. The primary treatment goals should include raise serotonin levels, improve sleep quality, and assure adequate magnesium levels.

### Symptoms :

Generalized aches or stiffness at many sites for more than three months.  
 Generalized fatigue  
 Chronic headache including migraines  
 Sleep disorder, particularly timings of cycles  
 Neuronal and psychological complaints  
 Swelling  
 Numbness/ tingling sensations

### Ayurvedic View :

It can be described as 'Mansa Dhatugat and Mansavrut Vata' Fibromyalgia is perceived as a Vata imbalance. Vata is the main imbalance and Aggravated Vata destabilizes the nervous system and can create hypersensitivity leading to pain and tenderness. Accumulation of Ama (toxins) and shrotorodha are also contributory factors.

### Ayurvedic Approach of Fibromyalgia and CFS Treatment

The aggravation of Vata dosha and accumulation of Ama (toxins) are the primary causes and should be treated mainly. Associated weak digestion, constipation, and effects of chronic stress should also be tackled.

### Panchakarma Therapy

Pre-purification Measures namely 'snehan' and 'swedan' are very useful to balance 'Vata' and to loosen the toxins. Snehan is the Herbalized Oil Massage. This oil is applied to the entire body with a particular type of massage. Swedan is sudation or sweating and is given immediately following the snehan. An herbal concoction may be added to the steam to further enhancement of effect. Daily herbalized oil massage also provides a deeply soothing and balancing effect to the entire nervous system. The motion of massage creates heat and friction which enhances circulation and helps cleanse the areas of

chemical impurities that could be aggravating and hypersensitizing nerve tissues.

### Diet and Nutrition

Following is the diet suggested for the patients suffering from Fibromyalgia and CFS

Vegetable juices and soups  
 Coconut water and Coconut milk  
 Juice of carrot, Cucumber, Beetroot  
 Cooked vegetables like squash, zucchini and pumpkin  
 Spices like cumin, coriander, ginger, asafoetida, garlic, fennel and turmeric.  
 Green salad with a dressing of lemon juice and a little salt  
 Khichadi (recipe made by cooking rice and mung dal, 1:1 or 1:2 proportion)

The patient of Fibromyalgia and CFS should avoid the following:

Eating hot, spicy and fried foods, sweets, foods like brinjal, cabbage, Cauliflower, spinach, broccoli, okra and potatoes.  
 Too much tea, coffee, alcohol, white sugar, yogurt, chocolate, cocoa. Sleeping during the day and staying up late at night  
 Mental tensions like worry, anxiety, fear, stress and grief.

### Yoga for Stress Management and Improved Mental and Emotional Function:

It is well documented that fibromyalgia is often worsened by heightened stress, anxiety and mental fatigue. There are hormonal changes and other biochemical responses to stress that can aggravate the nervous system, and the immune response. The sleep disturbance that is often created by fibromyalgia symptoms increases fatigue which in turn increases one's susceptibility to stress which in turn aggravates the fibromyalgia condition.

Meditation, Yoga, Pranayama and studying of spiritual philosophy are all recommended for supporting personal healing and relaxation of the mind. Efforts should be made to increase the Sattvic quality of mind.

Yogasana : Various stretching exercises are known to have a positive effect on fibromyalgia. Regular practicing of sets of different postures are helpful in creating a healthy flexibility throughout the body. Yogic breathing practices will also

create a state of restful alertness in mind and body. Progressive deep relaxation, i.e., shavasana (Corpse posture) brings about a relaxed state of mind which prepares the individual for meditation.

#### Lifestyle and Daily Routine

One of the most important factors for balancing Vata and maintaining stability in the nervous system is to have a lifestyle that does not disturb natural bodily rhythms. When we eat, sleep and exercise in constantly fluctuating and disturbing patterns, the body loses its natural balancing cycles. Therefore regularity in our daily routine can be extremely effective in reducing Vata imbalances.

#### Ayurvedic Herbs:

- Decoction of the roots of ten herbs (Dashamularishtam) should be given in the dose of 30 ml., twice daily.
- Daily use of the Ayurvedic compound 'Triphala choorna' is recommended to cleanse the colon.
- Half a teaspoon of turmeric powder with warm water helps to reduce pain and inflammation in Fibromyalgia. Dosage: twice a day
- Garlic is useful for detoxification and to enhance immune system function.
- Guggul is a very helpful herb for relief of pain.
- Licorice root supports the glandular system and acts in the body like cortisone, but without the harmful side-effects. Caution: If overused, licorice can elevate blood pressure. Do not use this herb on a daily basis for more than seven days in a row. Avoid it if you have high blood pressure
- Ginger Tea. Ginger is a good alternative to aspirin to relieve minor aches and pains. Steep 1 teaspoon of the grated root in 8 ounces of hot water for 10 minutes. Strain. Add honey for taste, if you like. Alternatively, take 1 to 2 Grams of powdered ginger a day with food.

Generic preparations available in market such as Dashamularishtam, Triphala guggul, Maharasnadi Kwath, Vata Vidhwans Rasa etc. can be taken under the guidance of an ayurvedic physician.

#### About the Author

He is a chief editor and Ayurvedic Consultant of a 'Comprehensive website on Ayurveda - <http://www.ayurveda-foryou.com>