

Mustard seeds-effects on osteoarthritis pain

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Abstract: Osteoarthritis is a chronic, degenerative disorder of multifactorial etiology, characterized by loss of articular cartilage and per articular bone remodeling, particularly large weight-bearing joints. Common in older patients but can occur in younger patients. Mustard is one of the oldest recorded spices according to records dating back to 3000BC. It was recognized both for its therapeutic value and condiment value. Mustard has been used for years to relieve joint pain, arthritis, and muscle pain among elders. Regularly massaging with this oil, plaster application can improve blood circulation in the body. This can help in keeping away the problem of joints and muscles. The high amounts of selenium and magnesium in mustard seeds act as powerful anti-inflammatory agents that flush harmful toxins from the body. And the heat producing property of mustard seeds causes an increase in temperature when applied to the affected area. This in turn helps your muscles loosen up and provides relief from pain caused due to stiffness of the joints. At the same time, omega-3 fatty acids in mustard oil can also prove to be helpful in joint pain and arthritis problems. Therefore, it can be said that the benefits of mustard can be proven beneficial for joint pain, arthritis, and muscle strengthening. It is easy available product in community so the people can afford and its free from side effects, compare with pharmacological treatment but mustard can only help in getting relief from these or similar such problems. It is not a complete cure for any problem. Talk to your doctor about the following traditional remedies before using.

Key Words: Osteoarthritis, Mustard seeds, Joint Pain.

1. INTRODUCTION:

Osteoarthritis (OA) is a common degenerative joint disease in aged population. In this disease, the surface of the joint gets damaged (i.e. degeneration of joint cartilage) and the surrounding bone gets thicker. Osteoarthritis affects each person differently. Osteoarthritis will cause physical limitations by pain. Managing osteoarthritis pain will improve quality of life. For managing pain pharmacological and non pharmacological treatments are available. In pharmacological treatment for pain reducing drugs are some limitations so OA patients prefer for other alternative traditional treatment. This review shows the effectiveness of mustard seed on OA pain.

Mustard seeds have been used in traditional folk medicine as a stimulant, diuretic, and purgative and to treat a variety of ailments including peritonitis and neuralgia. Mustards are used still today, mustard plasters to treat rheumatism, arthritis, chest congestion, aching back, and sore muscles. The purposes of mustard in any form to reduce osteoarthritis joint pain, swelling and treating other disease condition. It is a one of the non pharmacological management and it is relatively inexpensive with high safety profile. Long time duration of mustard can cause low side effects like superficial burns, redness, excessive irritation, blistering of the skin. This mustard can treat the pain as adjuvant or complementary at middle level and severe pain experiences. Its helps the people to Increase the individual ability to control feeling, Reduce the feeling of weakness and gives strength, Enhance the functional capacity and activity level in life ,Reduces anxiety and stress, Decrease the pain behaviour and focused pain level. Decrease the dosage of analgesic drugs, equally decreasing the well-known side effects of these drugs.

2. Mustard name in different languages :

- Hindi – Sarson
- Odia- Sorisa
- Tamil- Kadugu
- Telugu- Avanune
- Gujarati – Rainu
- Marathi- Mohariche
- Malayalam – Kadug

- Bengali- Sarsay
- Assamese- Mitha
- Konkani- Samsa
- Kannada- Sasive

2.1 Mustard seeds mechanism: Mustard seeds are the small round seeds of various mustard plants. The seeds are usually about 1 or 2 mm in diameter. Mustard seeds may be varies colored from yellow, white, black. The seeds can come from three different plants. Brown is an Indian mustard, since from ancient period mustard seeds are used internally and externally. Mustard oil has been used as a topical treatment for rheumatism and arthritis, aching feet. Mustard plaster acts as a counter-irritant when it is applied to the skin. A counter-irritant is an agent that causes blood vessels to dilate, or open up, increasing the supply of blood to the area. In infected body part, it increase the supply of blood and lymph fluid to the area is helps to facilitate healing, because the blood will carry oxygen, nutrients, and lymphocytes (white blood cells to fight the infection) to infected cells, while lymph fluid will carry away waste products and toxins. Topically, used as a poultice for bronchial pneumonia, pleurisy, arthritis, lumbago, aching feet, rheumatism, and as a counterirritant to treat inflammation and joint.

3. Types of mustard seeds :

- White mustard seeds (*Sinapis alba*)
- Brown mustard, also known as Indian mustard (*Brassica juncea*)
- Black mustard (*Brassica nigra*)

4. Health benefits and therapeutic uses:

All over the world people are using mustard for its medicinal properties. The high nutrient content present in mustard helps the body to improve the metabolic process, lower blood pressure, and to treat atherosclerosis. Mustard seeds have multiple benefits of antiviral, antimicrobial, antifungal, and anti-inflammatory properties. The antiseptic nature of mustard seeds helps to cleanse the digestive tract and improve the body's total immune mechanism. The scent of mustard is considered to remove nasal congestion and help to clear up the lungs. Mustard oil is also used for cooking as well as massage oil. It is considered to improve the circulation of blood through the body and ward off rheumatism and arthritis. A plaster of mustard paste is helping bring down fevers. Mustard is believed to mitigate the effects of asthma. In mustard selenium is present, it helps the body reduce its cholesterol levels. The presence of Sulphur in mustard accounts for its use in treating skin ailments. The paste of the seeds is applied on the affected area for this purpose. A gargle with mustard, honey, salt, lime, and hot water is believed to cure a sore throat. A mustard soak or bath is also considered helpful in relieving back aches, muscle aches, and tired feet. Mustard used as a traditional medication for treating foot ache, arthritis, lumbago as well as rheumatism.

Effects of mustard help in osteoarthritis: The high amounts of selenium and magnesium in mustard seeds act as powerful anti-inflammatory agents that flush harmful toxins from the body. The heat producing property of mustard seeds causes an increase in temperature when applied to the affected area. These acts on muscles loosen up and provide relief from pain caused due to stiffness of the joints.

How to use this remedy: The ways you can use mustard seeds for pain relief.

Mustard seeds for joint pain: The one of the most effective way to use mustard seeds is to make a small bundle of these seeds and add to warm bath water. Now you can either soak in a tub filled with this mustard-infused water or soak your aching joints.

Mustard plaster for swelling: Make a fine paste of mustard seeds by adding few drops of water and mix with wheat flour. Apply this paste on the affected area and wait for 20 -30 minutes. Do this twice a day to reduce swelling gradually.

Massage with mustard oil: Mustard oil as an effective way to manage the pain of osteoarthritis its gives warming and reduce inflammation. Application of the oil is said to stimulate blood flow and help reduce muscle and joint pain. As you apply and massage the oil on your skin, blood circulation improves, the surface of the skin gets a better blood flow and this, in turn, leads to healing.

Mustard oil can be used either on its own or in combination with camphor or garlic. While camphor is often added to heated mustard oil and the cooled oil can be stored, garlic is heated along with the mustard oil and has to be used immediately. An ancient remedy, this has been found to be quite effective across the world.

5. CONCLUSION:

The mustard with any form of application could be useful, safe for the osteoarthritis, and easily available to reduce pain. Many study results supported that mustard is one of best method to reduce the joints pain in patients with osteoarthritis. The mustard helps in reduction of pain, improves inability and also cost effective. So mustard can be advised in alternative medicinal treatment as one of the best method to reduce low joints pain and improve disability in patients with osteoarthritis.

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