

Living Well with Rheumatoid Arthritis – Indian Patient Guide

Practical lifestyle tips to manage joint pain and stay active

1. Keep Moving – Gentle Daily Activity

- Try: walking, yoga, stretching, cycling, light household chores
 - Avoid complete rest unless joints are very inflamed
 - Movement keeps joints flexible and muscles strong
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2. Eat Smart – An Indian Anti-Inflammatory Diet

- **Include:**
 - Colorful vegetables (carrot, beetroot, spinach)
 - Fruits (papaya, apple, pomegranate)
 - Whole grains (millets, brown rice, dalia)
 - Healthy fats (flaxseed, mustard oil, fish if non-veg)
 - **Limit:**
 - Fried snacks (pakoras, samosas)
 - Refined sugar and maida-based food
 - Too much pickle, papad, and processed food
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3. Maintain Healthy Weight

- Less weight = less pressure on joints
 - Eat small portions, choose home-cooked meals, and keep a regular meal schedule
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4. Prioritize Sleep

- Aim for 7–8 hours of good sleep
 - Avoid TV and mobile phones before bed
 - Try warm milk or turmeric milk at night
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5. Manage Stress

- Stress can worsen RA symptoms
 - Try meditation, pranayama, bhajans, or light reading
 - Talk to family or join a patient support group
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6. Follow Your Treatment Plan

- Take medicines regularly – don't skip doses
 - Don't stop DMARDs or steroids without doctor advice
 - Keep up with blood tests and follow-ups
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7. Avoid Smoking and Tobacco

- Smoking increases joint damage and slows healing
 - Chewing tobacco or using "mishri" also harms you
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8. Limit Alcohol

- Alcohol can interact with arthritis medicines
 - Avoid or limit – ask your doctor what's safe for you
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9. Protect Your Joints

- Use both hands when lifting pots or heavy bags
 - Avoid squatting long (e.g., Indian toilets)
 - Wear comfortable slippers – avoid barefoot walking on hard floors
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10. Stay Informed and Positive

- Learn about RA from trusted sources
 - Focus on things you *can* do
 - Many patients live active lives with proper care
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Final Note

RA is manageable with the right mix of **medicine, diet, movement, and mindset**. Start small, stay regular, and trust your care team.

