Diary for women’s joint disease (traditional and modern medicine): good or bad!

Opinion

Diseases of joints are known as complications of women. Rheumatism and arthritis are more common in women, because of higher prevalence of autoimmune disease in them. In addition to this, osteoporosis occurs in post-menopausal ages. So most of the patients going to rheumatologists are women. In such conditions, rheumatologists usually encourage them to use more diaries in particular milk and yogurt. Their reason is the calcium existing in diaries. On the other hand, the quadruple temperament-based traditional medicine is opposite to this. This traditional medicine is of the conviction that diaries in general and yogurt and yogurt-drink in particular are phlegmatic. Phlegm is the temporary of wetness and coldness. Phlegmatic people are usually fat and seem white and baby-face. Hence most of them are women. The common point between the traditional and modern medicine is that both of them believe that such joint diseases get worse in exposing to moisture or living in underground. Thus joint and rheumatoid disease gets worse with higher levels of phlegm. Hereby the best solution seems to be using warm herbs such as angelica and pennyroyal with yogurt and yogurt-drink as well as using banana with milk. Original researches in this field are needed.

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Conflict of interest

The author declares no conflict of interest.

References


