

Relieving Rheumatoid Arthritis

Rheumatoid arthritis is a chronic autoimmune disorder, which causes sore and inflamed joints. International research has shown that hyperbaric oxygen therapy can relieve such pain.

Rashmi Gulati, MD, states on the Patients Medical website that “Rheumatoid arthritis (RA) can be a tremendous, life-changing challenge, as anyone knows who has it or loves someone who suffers from it. RA is a chronic, systemic autoimmune disorder that causes the immune system to attack the joints, where it causes pain and inflammation (arthritis). It can also lead to the destruction of some organs, such as the lungs and skin. When the immune system attacks the body as in RA, it leads to symptoms ranging from joint pain and stiffness to fatigue. Over time, the joints can become permanently damaged and disfigured. Without proper treatment, this kind of damage can lead to disability. New, targeted therapies in RA provide hope for people with this condition”.

International studies

She goes on to state that international studies are finding hyperbaric oxygen therapy’s marked superiority to the routine treatment of this disorder. In 1995, the Proceedings of the Eleventh International Congress on Hyperbaric Medicine published the results of one particular study, which indicated the effects of hyperbaric oxygen on the disease to be remission in 23.4% cases, obvious effect in 51.4% cases, improvement in 16.2% cases, while it had no effect in 8.1% of cases.

In summary the total effective rate of hyperbaric oxygen in treating RA was 91.9%. This led to the authors’ conclusion that "In the treatment we find that hyperbaric oxygen is markedly superior to the routine treatment of rheumatoid arthritis."

Standard of practice

“Hyperbaric oxygen therapy has become a standard of practice for RA in many countries. Clinical practice has proved that hyperbaric oxygen therapy has good effects on analgesia, lowering blood sedimentation rate, stabilizing immunologic function, and strengthening the body's resistance for eliminating pathogenic factors. It is also beneficial for the repair of the diseased joints.

Hyperbaric oxygen therapy has actually been found to inhibit the development of the disease process. HBOT can suppress inflammation due either to immune factors or infection. Moreover, daily hyperbaric oxygen therapy suppresses the inflammatory response even if the disease is fully developed; however, the treatment of RA with hyperbaric oxygen therapy is more effective in the early stages of the disease,” concludes Gulati.

Susan’s testimonial

On the website of Hyperbaric Therapy USA one can also find a testimonial of one Susan A., who herself suffers this debilitating condition. She states: “*I’ve had rheumatoid arthritis (RA) for over 20 years. I was experiencing another bout of chronic, debilitating inflammation when I decided to try hyperbaric oxygen. My response was dramatic. The fingers in my left hand straightened out completely. The joints of my right hand which had become quite deformed*

began to regain their normal shape and function. The swelling in my feet was reduced so significantly that I had to buy shoes a half size smaller. Other beneficial changes I've noticed included a reduction in chronic muscle tension, improved sleep, and skin changes. For example, the chronic skin problems on my feet completely cleared up and my overall skin tone has improved. The increase in energy, clarity in thinking, and sense of well-being that I feel with the hyperbaric oxygen is wonderful! The chronic joint pain is gone. And unlike RA medications I've tried, I don't have to worry about side effects."

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References:

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