STUDY NOTES · BASIC CONCEPT

# What is Arthritis? Causes and Solution

Art & Culture

25 Dec 2025

---

### What is Arthritis? Causes and Solution

- Arthritis is a medical condition involving inflammation of one or more joints
- It causes pain, stiffness, swelling, and reduced joint movement
- It is not a single disease but a group of over 100 joint-related conditions
- It can affect people of any age, but risk increases with age

### Common Types of Arthritis

BECOME IAS
AI-Powered UPSC Preparation by ZINKPOT

### Osteoarthritis

- Most common type
- Caused by wear and tear of cartilage
- Common in knees, hips, spine, hands

### Rheumatoid Arthritis

- An autoimmune disease
- Immune system attacks joint lining
- Causes swelling, pain, and joint deformity

### Gout

- Caused by uric acid crystal buildup
- Sudden, severe pain (often in the big toe)

### Psoriatic Arthritis

- Occurs in people with psoriasis
- Affects joints and skin

### Infectious Arthritis

Caused by bacterial or viral infection

**Ankylosing Spondylitis**

- Affects the spine and lower back
- Causes stiffness and posture problems

**Symptoms of Arthritis**

- Joint pain that may worsen with movement
- Morning stiffness lasting minutes to hours
- Swelling and tenderness around joints
- Warmth or redness over joints
- Reduced flexibility and range of motion
- Fatigue (common in autoimmune arthritis)
- Joint deformity in advanced stages

BECOME IAS
AI-Powered UPSC Preparation by ZINKPOT

**Causes and Risk Factors**

- Aging
- Joint injury or overuse
- Genetics or family history
- Obesity (extra stress on joints)
- Autoimmune disorders
- Infections
- Poor posture and sedentary lifestyle

**Joints Commonly Affected**

- Knees
- Hips
- Hands and fingers
- Spine and neck
- Feet and ankles
- Shoulders

**Diagnosis**

- Physical examination
- X-rays or MRI
- Blood tests (especially for autoimmune arthritis)
- Joint fluid analysis (in some cases)

**Treatment and Management**

- Pain-relief medicines and anti-inflammatory drugs
- Physiotherapy and regular exercise
- Weight management
- Hot or cold therapy
- Joint-support devices
- Lifestyle and dietary changes
- Surgery in severe cases (joint replacement)

BECOME IAS
AI-Powered UPSC Preparation by ZINKPOT

**Prevention and Care**

- Stay physically active
- Maintain healthy body weight
- Eat anti-inflammatory foods
- Avoid joint overuse
- Manage stress
- Get early medical advice if symptoms appear