

What is Arthritis?

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About Arthritis:

- Arthritis is **inflammation or degeneration of one or more joints**.
 - A joint is the area where 2 bones meet.
 - There are more than 100 **different types of arthritis**.
- **Causes:**
 - Arthritis involves the **breakdown of structures of the joint**, particularly **cartilage**.
 - Normal **cartilage protects a joint** and **allows it to move smoothly**.
 - Cartilage also absorbs shock when pressure is placed on the joint, such as when you walk.
 - **Without the normal amount of cartilage, the bones under the cartilage become damaged and rub together.**
 - This **causes swelling (inflammation)**, and stiffness.
- The most common types of arthritis are **osteoarthritis and rheumatoid arthritis**.
 - **Osteoarthritis causes cartilage** — the hard, slippery tissue that covers the ends of bones where they form a joint — **to break down**.
 - **Rheumatoid arthritis** is a disease in which the **immune system attacks the joints**, beginning with the lining of joints.
- **Treatment:** Treatments vary **depending on the type of arthritis**. The main goals of arthritis treatments are to reduce symptoms and improve quality of life.

Q1; How many bones are there in the human body?

Bones provide the structure for our bodies. The adult human skeleton is made up of 206 bones. These include the bones of the skull, spine (vertebrae), ribs, arms and legs. Bones are made of connective tissue reinforced with calcium and specialised bone cells.

Source: [World Arthritis Day 2024: 8 Exercises That Can Reduce Pain In The Joints](#)

Source: <https://vajiramandravi.com/current-affairs/arthritis/>

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