



How the Monsoon Affects Arthritis & Joint Health

The rainy season can increase joint pain and stiffness for people with arthritis. Changes in humidity, temperature, and air pressure may trigger discomfort. With the right care and healthy habits, you can keep your joints healthy and stay active.

Why Does Joint Pain Increase During the Monsoon?

- High humidity
- Cooler temperatures
- Changes in air pressure
- Reduced physical activity

Common Symptoms

- Joint pain and stiffness
- Swollen joints
- Difficulty walking
- Reduced flexibility

Joints Commonly Affected

- Knees
- Hips
- Hands & fingers
- Spine
- Ankles

Boost Your Immunity

- Stay active with light exercise
- Keep your joints warm
- Stay hydrated



- Eat an anti-inflammatory diet
- Maintain a healthy weight
- Avoid sitting for long periods

Boost Your Immunity

- Milk & yogurt
- Leafy green vegetables
- Vitamin C rich fruits
- Fish, eggs & lentils
- Nuts & seed

When to Seek Medical Help

- Severe or persistent joint pain
- Swollen, red, or warm joints
- Difficulty walking
- Stiffness lasting for several weeks

Simple lifestyle changes, regular exercise, a balanced diet, and timely medical care can help reduce arthritis symptoms and keep your joints healthy throughout the monsoon.