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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Ayurveda For Arthritis

By Rayaz Siddiqi

Are you suffering from arthritis?

It is a good idea to understand some of the grave issues that surround this common disease. It may begin as slight morning stiffness. For the lucky person with arthritis, that's as far as it goes. But for millions of others, arthritis can become a disabling, even crippling, disease.

Despite lot of research and effort, an effective cure has still eluded us. All that can be offered are the anti-inflammatory and painkiller drugs.

Read on to find the Ayurvedic explanation of this problem and how the use of herbs forms the mainstay of its therapy.

According to Ayurveda arthritis is primarily a Vata (air) disorder.

Arthritis is mainly caused due to an excess of ama and poor digestion. Poor digestion and a weakened colon allows toxins (Ama) to accumulate in the body, and problems with the colon allow the toxins to reach and accumulate in the joints. This inhibits joint function, mobility and comfort.

So, the way to treat arthritis is to stimulate the digestive fire (Agni) and to treat the Ama.

Ayurvedic approach to Arthritis includes:

1. Strengthening the metabolic pathways that prevent blockage of circulatory channels to joints, by impurities
2. Strengthening of digestion to create nutritional plasma that is pure and easy to assimilate
3. Improving the lubrication of joints
4. Anything that aggravates Vata, will increase the sensitivity and experience of pain in the body. Therefore an important component in treating arthritic pain is to balance and stabilize Vata.

Ayurveda For Arthritis

As with almost all diseases Ayurveda distinguishes three categories of arthritis, corresponding to more imbalance of vata, pitta, and kapha. To treat this condition properly, it is vital to carefully diagnose which dosha is more imbalanced.

SOME USEFUL TIPS IN ARTHRITIS

1. Drink a large glass of water with one lemon juice with sugar or salt as necessary in hot water daily morning and night.
2. Use fenugreek and its leaves in every-day food in any form you like.
3. Grind cinnamon into a fine paste in water and apply on the paining joints.
4. Sleeping during day time, staying up late in the night and mental tensions like worry, anxiety, fear, stress and grief etc. aggravates the condition
5. During winter, apply sesame oil to head and body and massage before taking bath.
6. Losing weight if you are obese will always make you more active and mobile and may even reduce joint pain: painful joints can not carry too much load.
7. Keeping yourself warm in winter months will lessen the misery of pain. If you have shoulder pain, sleep with a pullover on lest.
8. If you have neck pain, shoulder pain or back pain, make sure that whenever you develop symptoms of Coughing or Sneezing, these must be attended immediately. Sneezing and coughing can worsen pain, or may even start your pain.
9. Light exercise is useful but you must know your limits: as a general rule if any exercise, including walking, causes pain after one hour, you have crossed your limit.
10. Mix one part honey to two parts of lukewarm water and add a small level teaspoon of cinnamon powder. Make a paste and massage slowly onto the itching area of the body. It has been found that the pain can recede within a minute or two.

Arthritic patients can also benefit from the daily intake morning and evening, of one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder mixed together.

In a recent research program conducted at Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon honey and half a teaspoon cinnamon powder before breakfast; within a week, out of 200 patients who underwent the treatment, 73 patients were relieved of pain, and within a month most of the patients who could not walk or who had limited mobility due to their arthritis, started walking without pain.

A word of Caution:

There are a number of over-the-counter Ayurvedic medicines being used for the treatment of arthritis. The indiscriminate use of these medicines through third-person recommendations or self-prescription may not always be the right thing to do. Your prakruti may not fit into the prescription your neighbor has got for his arthritis.

Ayurvedic therapy and herbal combinations have to be personalized for each person to provide an arthritis patient what he or she is always looking for - a pain-free life full of mobility.

Rayaz Siddiqi

<http://www.aremedy4u.com>

Exploring Different Forms Of Alternative Arthritis Medicine

By Owen Andrew

Arthritis as we know it today is a large group of conditions where damage is inflicted on the joints of the body, resulting in swollen, throbbing pain. It is a disease that afflicts all ages, but is predominately present in people over the age of sixty-five. The most common form of arthritis is the degenerative joint disease known as osteoarthritis.

There are many forms of arthritis, and consequently, various types of medical treatment. Each form of arthritis is different, so treatment options vary, and can include traditional medicine, alternative medicine, physical and occupational therapy, and arthroplasty.

While various options for medical treatment abound, arthritis patients may be interested in pursuing relief from aches and pains through alternative medicine in addition to traditional medicine. In this case, the sufferer often turns to alternative sources of medicine for more pain relief than their current treatment is providing. Alternative arthritis medicine runs the gamut of hot pepper-based anti-inflammatory creams to vitamin supplementation and Ayurvedic medicine.

Some of the most frequently used, natural remedies for arthritis are the combined supplements of glucosamine and chondroitin. According to several national and international studies, both supplements taken together effectively relieve major arthritis pain. Calcium is also an essential nutrient, as is vitamin D (available in capsule form or by sunlight).

Other alternative medicines include such anti-inflammatory supplements as alpha-lipoic acid, primrose oil, devil's claw, and capsaicin. These supplements are available in natural food stores and occasionally mainstream markets; some, like the alpha-lipoic acid and primrose oil, are also available more naturally in food, such as soy, avocados, beans, fruits, and wheat-germ. Devil's claw is available as a tincture, powder, capsule, or dried herb tea; capsaicin is an anti-inflammatory cream made from hot-peppers.

Ayurveda is another form of alternative medicine that is often cited as an arthritis reliever. Considered the world's oldest form of medicine, it has formed the basis of Indian medical treatments for over 5,000

years.

Ayurveda proposes a well–rounded routine for relieving arthritis pain that includes herbs and essential oils, yoga and a special diet that often includes one or two week detoxification diets. The kind of treatment you receive depends on the type of arthritis you have, which, according to Ayurveda, is divided into three forms: vata, pitta, and kapha. Each treatment varies depending on the corresponding type of arthritis above.

Thus there are many forms of alternative medicine that can supplement your traditional arthritis treatment and help relieve pain, swelling, and discomfort. Always remember to listen to your body and see what works best for you.

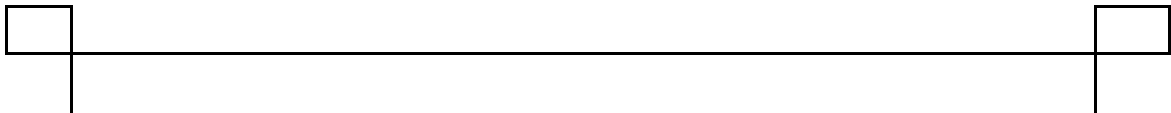
Owen Andrew Writes this article. There are many online resources where you can find out about arthritis.

<http://www.arthritisinformation.com>

Natural Pain Management



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