



## *Joint Pain*

*Arthritis, Osteoporosis, Spondylitis, Sciatica, Nerve Pain, Back Pain*

**By Vaidya Smita Naram**

Renowned Ayurveda Practitioner & founder of Ayushakti Ayurveda Clinics

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## Joint Pain

### Arthritis, Osteoporosis, Spondylitis, Sciatica, Nerve Pain, Back Pain

Mrs D, who lived in Canada, had suffered with severe Rheumatoid arthritis for more than ten years, taking all sorts of painkillers, had been given the maximum dose of steroids to suppress her immune system, and this was impacting on her liver. It was so bad that she could hardly walk. She was tired all the time, and just wanted to live a normal life, without using high dosage of medication.

She called me when I was in Los Angeles and when I told her that I would need to check her pulse, she said she couldn't travel to meet me because her feet were so swollen and her joints so stiff that she could barely move around the house.

It was evident to me that she had a high level of Ama, toxic swelling, so I said that the best thing to do was to fast, to start with ginger water—a glass of hot water with a teaspoon of fresh root ginger and drink this every time she was hungry, this would burn up the toxins and give her energy. Also she could apply a warm mix of ginger and flour and water to any place on her body where there was swelling, to let it dry and then remove it with warm water. She did this two to three times a day.

In addition, she took castor oil, a tablespoon in hot water, because it removes Ama and Vata toxins from the stool. Excess Vata goes into the spaces in the joints and causes stiffness and pain, discomfort, low flexibility, and wherever Ama accumulates in the body it causes a very thick, mucus filled, inflammation. Through fasting alone, all these things can be greatly alleviated. For the next three to four days I told her to eat only mung and vegetable soups, as well as continuing with ginger water. Through following this regime, in only three or four days, the swelling diminished by around fifty per cent. In ten days she was flexible enough to fly to see me in Los Angeles. I checked her pulse and she had severe rheumatoid arthritis.

I gave her a strict regimen of eating only mung and vegetable soup for five days a month: no wheat, nothing fried, no red meat, no yogurt or other fermented foods. All of these kinds of food cause inflammation in the body. On top of that no salad, no beans, because they are gas-creating foods, and too much gas also causes stiffness in the joints.

Generally at Ayushakti we can treat such problems with herbal remedies such as Painmukti, Sandhiyog and Sandhical together with diet, but in her case her illness was so chronic and deep that I told her to come to India for Panchakarma. The lady who couldn't move out of her house found the energy and capacity to fly to India, by following my instructions. We gave her a very severe Panchakarma treatment with Virechan and Basti, to remove all the toxins in the body, moving them into the digestive tract, and then with specific enemas and purgation processes removing them completely.

When these toxins had been expelled from her system we gave her specific process for building up her bony structures, and she became stronger and stronger. Because of the Panchakarma the toxins had been removed and her metabolism was now stronger, so that nutrients were now being well absorbed, and calcium was absorbed into her bones. Two to three years later she no longer needed herbs, and her ten years of suffering were over.

## *Guidance for the Relief of Joint Pain: Including Sciatica, Stiffness and Swelling, Nerve Pain, Neck and Back Pain*

### **Diet**

Joint pain, swelling and stiffness are the direct result of the increased movement of Vata (air) in the body. A moderated diet which decreases Vata can help to relieve these conditions.

#### **Avoid foods which increase Vata**

Wheat and all wheat products, yoghurt/curd (dahi), tamarind (imli) and tomatoes, oily food, raw salad, red meat and fermented food like idli, dosa, gas-forming pulses like kidney beans (rajma), chickpeas, dry peas, white bean. Chilled water, aerated drinks, cold milk, ice cream and all cold food and drink. Vata is cold and warming foods/drinks counterbalance.

All of these foods, if eaten regularly, lead to an increase in Vata which can decrease digestive power, ultimately producing toxins.

**Avoid red meat**—occasionally eat chicken and turkey, eggs and sometimes seafood.

#### **Eat more foods which pacify or reduce Vata, such as:**

Grains and pulses: brown and white rice, Amaranth and rye, millet, mung beans, red and yellow lentils.

**Vegetables:** most; particularly root and green leafy vegetables. Always eat cooked vegetables rather than raw.

**Spices and herbs** which stimulate Agni and are warming without aggravating Pitta like: Ginger powder, Garlic, Clove, Cinnamon, Black pepper, Cumin, Cardamom.

**Fruits:** All sweet fruits including avocado, apricot, sweet grapes, sweet apple, pears, fresh figs and dates, berries.

**Other foods:** Use honey, jaggery (palm sugar or slow-grown sweet syrups like Molasses, date syrup, agave). Ghee—use freely as it carries qualities of other foods deep into tissues and detoxifies, butter and organic milk.

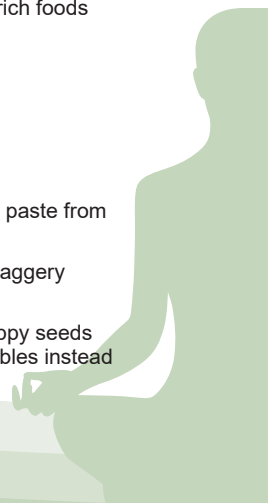
**Soaked nuts**—favour almonds and Brazil nuts. Avoid peanuts, and eat other nut butters a couple of times a week.

**Calcium.** You should also ensure a daily intake of at least 1200 mg of calcium rich foods such as the following.

#### **Food source**

#### **Qty in g**

Amaranth grain	100 g contains 47 mg of calcium
Dried curry leaves	100 g contains 830 mg of calcium (to make a paste or chutney and add to food)
Sesame seeds	100 g contains 975 mg of calcium (you can use 100 g paste from sesame and in the soup or like a spread)
Cumin seed powder	100 g contains 930 mg of calcium (cumin mixed with jaggery enhances calcium intake from cumin)
Poppy seeds	100 g contains 1438 mg of calcium (soaked 100 g poppy seeds made into paste can be used to make gravy of vegetables instead of using crème)
Milk	100 g contains 125 mg of calcium
Spinach	1 cup boiled spinach contains 245 mg of calcium



## Recipes to improve daily calcium intake

### 1. Sesame Balls: Total calcium 150 mg each ball

Sesame seeds	50 g
Dates (seedless and chopped)	x 2
Almonds	15 g
Jaggery	35 g
Cardamom powder	1 pinch

Roast and crush sesame seeds and almonds. Grate or cut jaggery into small pieces, add a little water and cook to softball stage. Add crushed sesame and almonds, then add chopped dates and cardamom powder. Mix well and remove from heat. Take teaspoonful and roll into balls. Store in fridge and have 1-2 daily.

### 2. Sesame Coriander Chutney/Spread: Total calcium—202 mg

Sesame seeds	15 g
Cumin seed	2 pinch
Dry kokum/mangosteen	x 2
Pomegranate powder	1 tsp
Green chilli (optional)	x 2
Coriander leaves	20 gm
Curry leaves	1 sprig
Root ginger (grated)	½ tsp
Mint leaves	1 sprig
Rock salt as per taste	

Roast sesame and cumin seeds. Chop ginger and chilli. Wash the curry, coriander and mint leaves. Put all ingredients into a blender and grind until it turns into a chutney. You can use it like spread on crackers or chappatis.

### 3. A calcium rich sauce for vegetables - total calcium 300 mg

Sesame seeds	10 g
Poppy seeds	10 g
Red pumpkin/butternut squash	5 g
Onion	10 g
Kokum / dried mangosteen	5 g
Ginger/garlic paste	1 tsp
Coriander powder	¼ tsp
Cumin powder	½ tsp
Red chilli powder (optional)	1 tsp
Turmeric powder	2 pinches
Garam masala	¼ tsp
Whole gram flour	10 g
Ghee	
Salt to taste	

Soak the poppy seeds and sesame seeds for half an hour, blend and boil to a runny paste. Heat the ghee in a pan and saute garlic/ginger paste. Add all the other ingredients with the poppy/sesame seed mixture till it becomes light brown. Add cooked vegetables of your choice to this sauce.

## Lifestyle

- 30-45 minutes of daily exercise such as walking and swimming makes a great difference.
- Practice Pranayama and Anulom-Vilom (alternate nostril breathing) with the help of a yoga teacher.

### Further recommendations:

- Avoid over-exertion
- Avoid frequent late nights
- Learn to diminish the effects of worry, grief and fear, perhaps through meditation.

## Home remedies

- Drinking one teaspoon of castor oil with warm ginger water before going to sleep is a very effective way of keeping joint pain and arthritis at bay.
- Juiced white radish leaves (daikon radish) in the morning, during winter months

### Home remedy for pain relief

Turmeric (haldi) powder	1 tsp
Dry ginger (sunthi) powder	¼ tsp
Ajwain powder (wild celery)	¼ tsp
Asafoetida (hing)	1 pinch
Fenugreek seed powder (methi)	½ tsp
Coriander seed powder dhania	1 tsp
Garlic juice	½ tsp

Mix all these with water and take twice a day. In cases of severe pain take it three times a day, or as often as necessary.

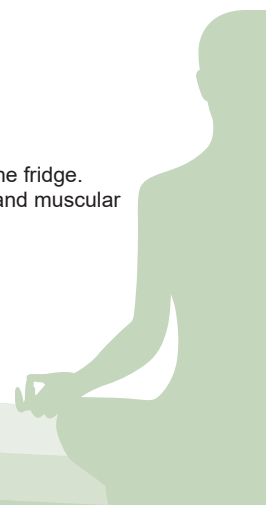
### Joint pain in old age

This type of pain is not necessarily due to arthritis, but general wear and tear over time.

1. Take 4 tsp of ground sesame seeds daily.
2. 100 g rajigro—amaranth grain, per day.
3. Dry ginger powder (sunthi)

¼ cup	
Fenugreek seed powder (methi)	2 tblsp
Ghee	2 tblsp
Jaggery	½ cup

Mix the ingredients well and make into half inch diameter balls. Store them in the fridge. Eat one ball each daily in the morning. This helps with back pain, spondylosis and muscular pain.



## Ayushakti herbal remedies

Proven and effective herbal remedies from Ayushakti to relieve joint pain, swelling, arthritis, sciatica, spondylitis, osteoporosis.

### Painmukti MJ tablets

To relieve back pain, neck pain, joint pain, frozen shoulder, sciatica, muscular pain, for stiffness pain and swelling.

**Dosage:** For minor and recent pain one tablet 3 times a day. For chronic and severe pain: 2 tablets 2 times a day for 3 to 6 months.

### Painmukti Sandhi-Cal tablets

Calcium supplement for your bones with vata reduction.

These tablets effectively reduce bone degeneration, and cracking of the joints. Relieves osteoarthritis and osteoporosis.

**Dosage:**

- For stiffness and cracking in joints: 1 tablet twice daily to prevent bone degeneration and relieve stiffness and pain.
- For chronic pain and stiffness, osteoporosis and back pain: 2 tabs twice daily.
- For those aged over 60: 2 tablets twice daily to keep your joints nourished and free from pain and stiffness.

### Painmukti Cream

This cream contains Mahanarayan Oil combined with powerful pain-relieving herbs and other oils, proven to provide faster and 3 times longer-lasting relief than any other cream.

Application: Apply 4 times a day. For minor pain continue for a week. For chronic pain, continue for two months. After this, apply it whenever necessary.

### Do at home - Pindswed

Of the various kinds of Panchakarma therapy for different health concerns, pindswed improves flexibility of joints, relieves arthritis, swelling, sciatica and spondylosis.



#### Instructions for pindswed

Mix one cup of ajwain powder and one cup of dry ginger powder. Divide into two equal parts and tie in thick cotton cloths to make two pouches of equal size. Heat one ball on a dry skillet or iron. Apply this heated ball to the painful areas for at least twenty minutes and apply Painmukti Cream thereafter.

## Arthrox detoxification

Arthrox is a powerful detoxification programme which can relieve the root cause of any chronic ailment. A full DETOX (Panchakarma) first removes toxins from all bodily channels through purgation therapies and herbal enemas. This is followed by Rasayana, a rejuvenation program which helps nourish the tissues and cells and prevents degeneration. After a full Arthrox you will feel lighter, more focused, joints are free of pain, and you can walk and stand without pain.

## About Vaidya Smita Naram (the founder of Ayushakti clinics)



Vaidya (Dr) Smita Naram is an accomplished Ayurvedic physician, pharmaceutical herbalist and nutritionist. She is a highly skilled pulse reader and specialist in the detoxification treatment Panchkarma - the Ayurveda deep purification therapy.

Vaidya Smita Naram is a female Ayurveda practitioner and entrepreneur with vast international clinical experience, who is one of Ayurveda's most insightful practitioners, lecturers and teachers. She has personally helped hundreds of thousands of people across the world for the past 28 years suffering from numerous chronic health disorders like Arthritis, Joint pain, Sciatica, Osteoporosis, Anxiety, Diabetes, High Blood Pressure and many more chronic health concerns. With her rich personal experience, understanding of eastern and western life influences on health, along with the study of her teachers' ancient writings, she has developed a precise method of intuitive and clinical effectiveness.

She has been honoured worldwide with many prestigious awards for her contributions in the domain of health. With her expert team of Vaidyas, she conducts Practitioner training courses in pulse reading across the world. Her effective health tips for vibrant health have been broadcast through national & international television shows, helping hundreds of thousands of people worldwide to transform their lives.

## About Ayushakti Clinics

- Through its worldwide chain of clinics Ayushakti has helped more than a million people over the past 27 years to gain relief from chronic ailments such as joint pain, breathlessness, high blood sugar, skin & hair problems, gas-acidity, IBS, weight gain, infertility, chronic coughs, cold & allergies in children and a host of other ailments.
- It has published research papers internationally on the efficacy of Ayushakti herbs in treating dermatitis, breathlessness & allergies, anxiety, depression, infertility, and pain management.
- All Ayushakti herbs are safe, natural and herbal, tested and manufactured in NSF-USA certified manufacturing facility
- There are more than 108 clinic consultation points worldwide and clinics presents in USA, Europe, Australia, New Zealand, UK, Thailand, and India.
- More than 150 western medical doctors and Heilpraktikers (health practitioners) have been taught the art of Pulse reading and Ayurveda and they now practice the Ayushakti way of treatment in their clinics.





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To have a personal pulse reading health consultation with an Ayushakti Vaidya, book an appointment through the following:

**USA:**

Ph. no: +1 800 280 0906.  
Email: [info@ayushaktiusa.com](mailto:info@ayushaktiusa.com)  
Website: [www.ayushaktiusa.com](http://www.ayushaktiusa.com).

**Europe:**

Ph. no: +31 181 614 017  
Email: [info@ayushakti.eu](mailto:info@ayushakti.eu).  
Website: [www.ayushakti.eu](http://www.ayushakti.eu)

**UK:**

Ph. No: +44 20 8144 4374.  
Email: [info@ayushakti.co.uk](mailto:info@ayushakti.co.uk).  
Website: [ayushakti.co.uk](http://ayushakti.co.uk).







**U.S.A.:**

Ph. no: +1 800 280 0906.  
Email: [info@ayushaktiusa.com](mailto:info@ayushaktiusa.com)  
Website: [www.ayushaktiusa.com](http://www.ayushaktiusa.com).

**U.K.:**

Ph. No: +44 20 8144 4374.  
Email: [info@ayushakti.co.uk](mailto:info@ayushakti.co.uk).  
Website: [ayushakti.co.uk](http://ayushakti.co.uk).

**Australia & New Zealand:**

Ph. no: +64 9 889 3552  
Email: [nz@ayushakti.com](mailto:nz@ayushakti.com).  
Website: [www.ayushakti.com.nz](http://www.ayushakti.com.nz).

**Europe:**

Ph. no: +31 181 614 017  
Email: [info@ayushakti.eu](mailto:info@ayushakti.eu).  
Website: [www.ayushakti.eu](http://www.ayushakti.eu).

**India:**

Ph. no: +91 22 67376733/29.  
Email: [info@ayushakti.com](mailto:info@ayushakti.com).  
Website: [www.ayushakti.com](http://www.ayushakti.com).