

JOINT PAIN AND INFLAMMATION

Traditional Ayurvedic Remedies

This document outlines traditional Ayurvedic herbal remedies for Joint Pain and Inflammation. Each remedy includes specific preparation instructions based on classical Ayurvedic texts.

1. Turmeric (*Curcuma longa*)

Preparation:

For joint pain and inflammation, drink 'Golden Milk'. Mix 1/2 teaspoon of turmeric powder and a pinch of black pepper (to increase absorption) in a cup of warm milk. For topical relief, a paste of turmeric powder and water can be applied to the affected joint.

Source: Synthetic PDF - Charaka Samhita Chapter on Haridra

2. Ashwagandha (*Withania somnifera*)

Preparation:

The anti-inflammatory properties of Ashwagandha can help with joint pain. Take 1-2 teaspoons of the root powder with warm milk daily. This also helps strengthen the muscles supporting the joints.

Source: Synthetic PDF - Ayurvedic Pharmacopoeia Vol. II

DISCLAIMER

This information is for educational purposes only. It is NOT a substitute for professional medical advice. Always consult a qualified healthcare provider before using any herbal remedy.