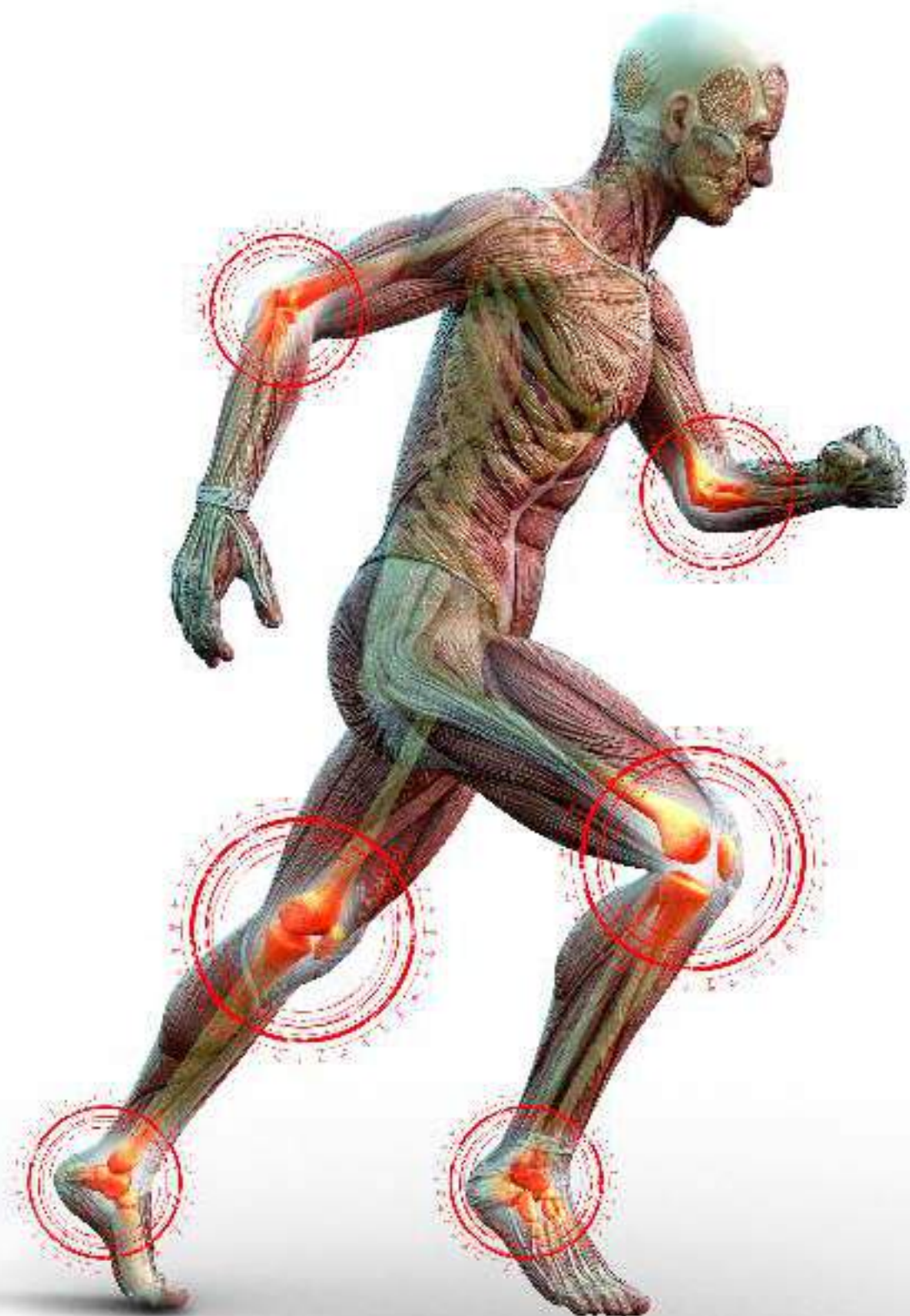


# LIVQUR

Simplifying Ayurveda

# JOINT PAIN



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# WHAT IS JOINT PAIN?

Joint pain is a prevalent condition that often affects -



It can manifest as constant discomfort or intermittent bouts of pain. Individuals may experience sensations of *stiffness, aches, soreness, or even a burning and throbbing feeling.*

Some describe a "**grating**" sensation within the joint. Morning stiffness is a common occurrence, but it tends to improve with movement and physical activity. However, excessive activity can exacerbate the pain, making it essential to strike a balance.



**50%** of people above the age of 65 experience different levels of joint pain.



## STATISTICS ON JOINT PAIN

### Osteoarthritis

- *30 to 50% of adults over the age of 65 years* suffer from the condition osteoarthritis (OA)
- *Both the genders are affected by osteoarthritis*
- Worldwide estimates are that *9.6% of men and 18.0% of women aged ≥60 years* have symptomatic osteoarthritis
- The incidence of osteoarthritis in India is as high as *12%*
- It is estimated that approximately *4 out of 100 people* are affected by it
- Almost all persons by age 40 have some pathologic change in weight bearing joint  
*25% of females & 16% of males* have symptomatic osteoarthritis

It is observed from the study conducted at *Delhi (India)* , the prevalence rate of -

- *Rheumatoid arthritis is 0.17%*
- *Osteoarthritis 3.28%*
- *Spinal- disorder 4.80%*
- *Soft tissue rheumatism 0.85%*
- *Non-specific body ache & pain 0.59%*
- *Gout & other acute monoarticular joint inflammation 0.13%.*





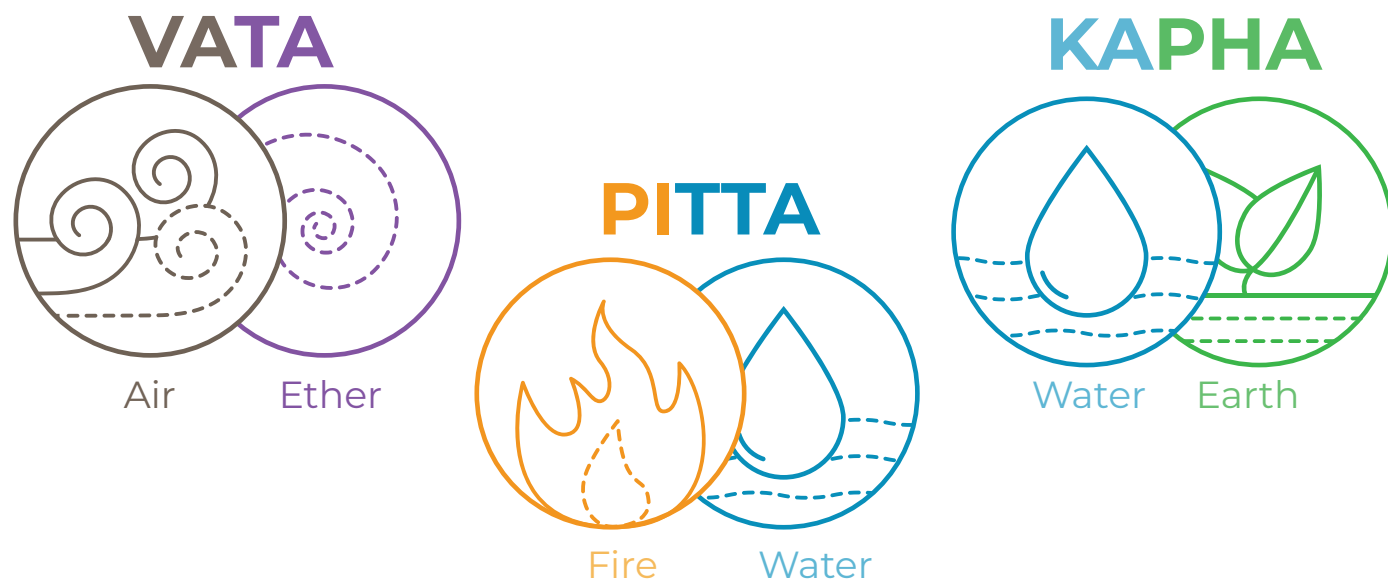
# AYURVEDA ON JOINT PAIN

According to Ayurveda, the human body goes through certain changes during different stages of life. This includes *Balyavastha* (early stage of life, popularly known as infancy or childhood), *Yuvavastha* (middle stage of life, popularly known as midlife), & *Vriddhavastha* (late stage of life, popularly known as old age).

In *Vriddhavastha*, (old age) Dhatus undergo *Kshaya*, (depletion of body tissues) thus leading to *Vataprakopa* (excess disorder) & making individuals prone to lifestyle challenges.

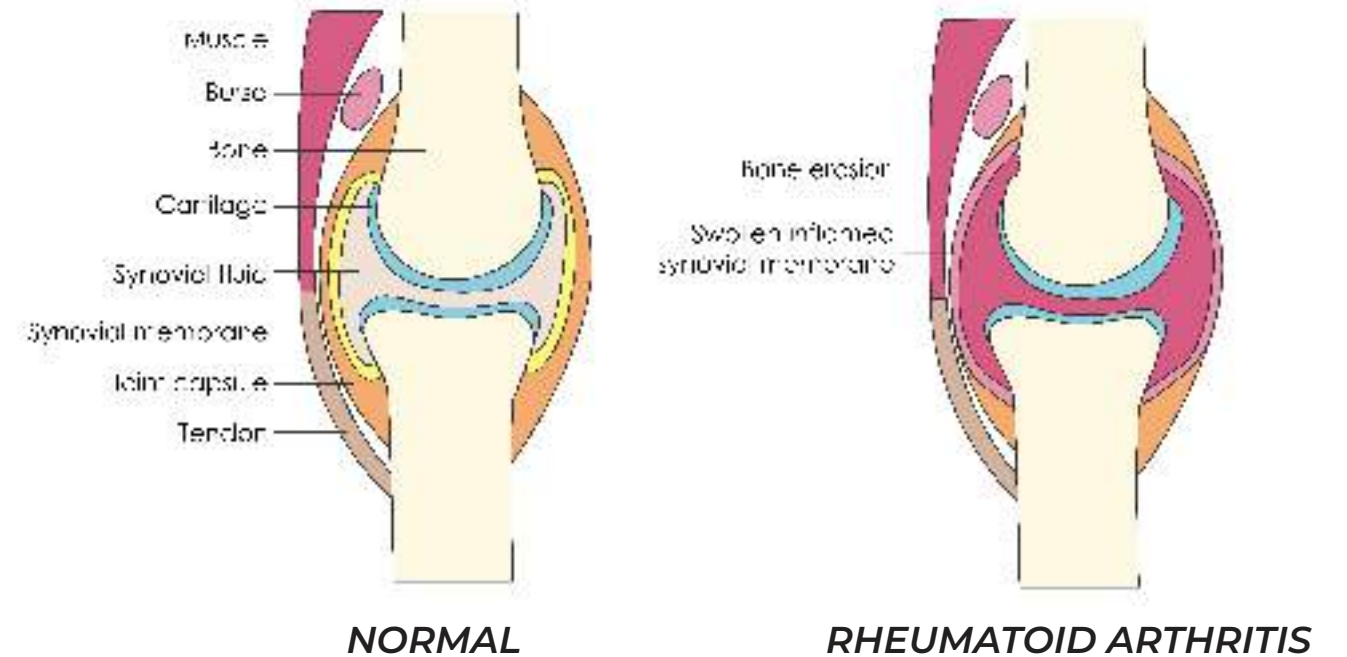
**Ayurveda offers a holistic approach in understanding & managing joint pain.**

It emphasises the importance of balancing the Doshas - *Vata*, *Pitta* & *Kapha* removing accumulated toxins - *Ama* & managing the root cause of the condition.

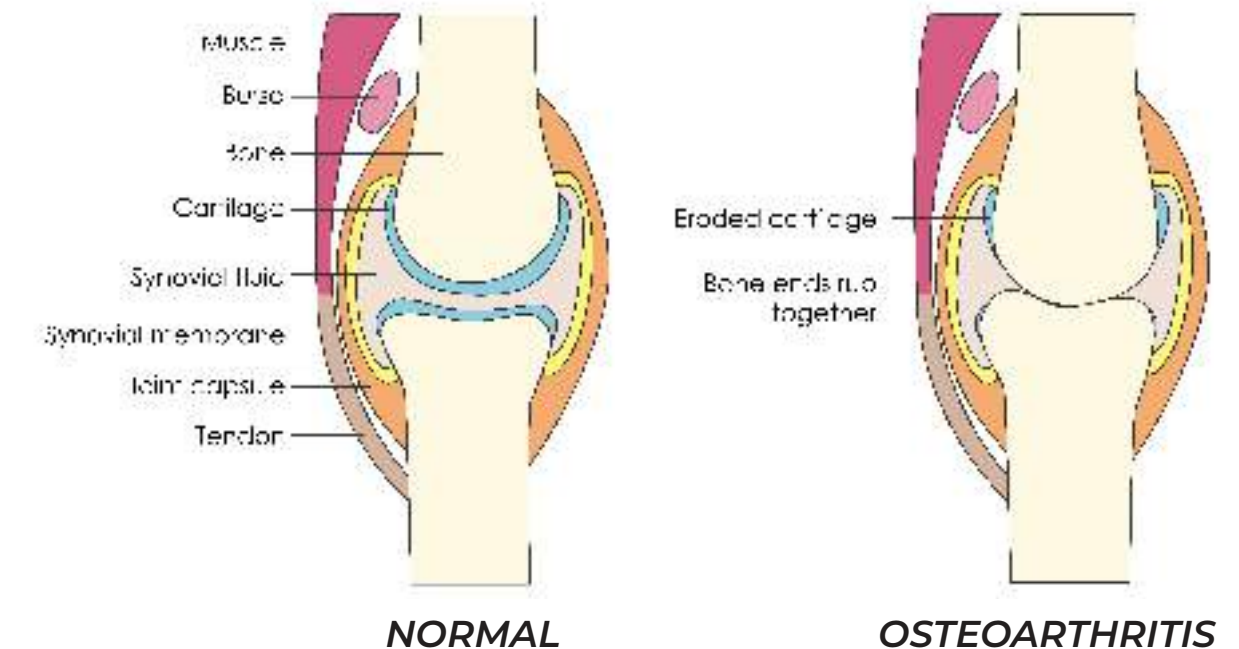


Two specific conditions associated with severe joint pain are

- **Rheumatoid Arthritis** (Amavata)

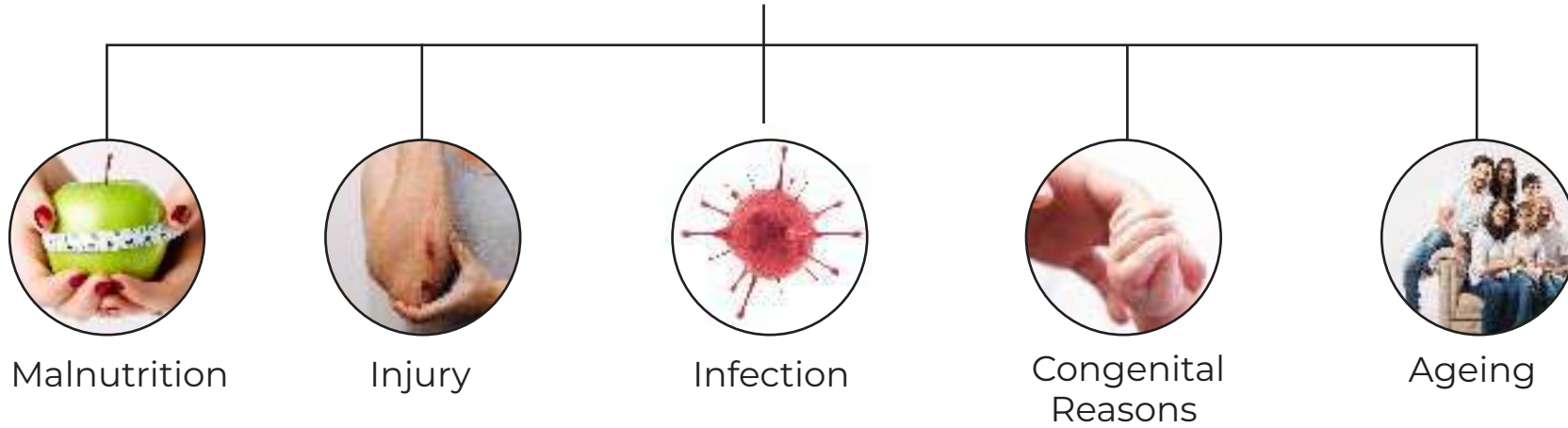


- **Osteoarthritis** (Sandhigata Vata)

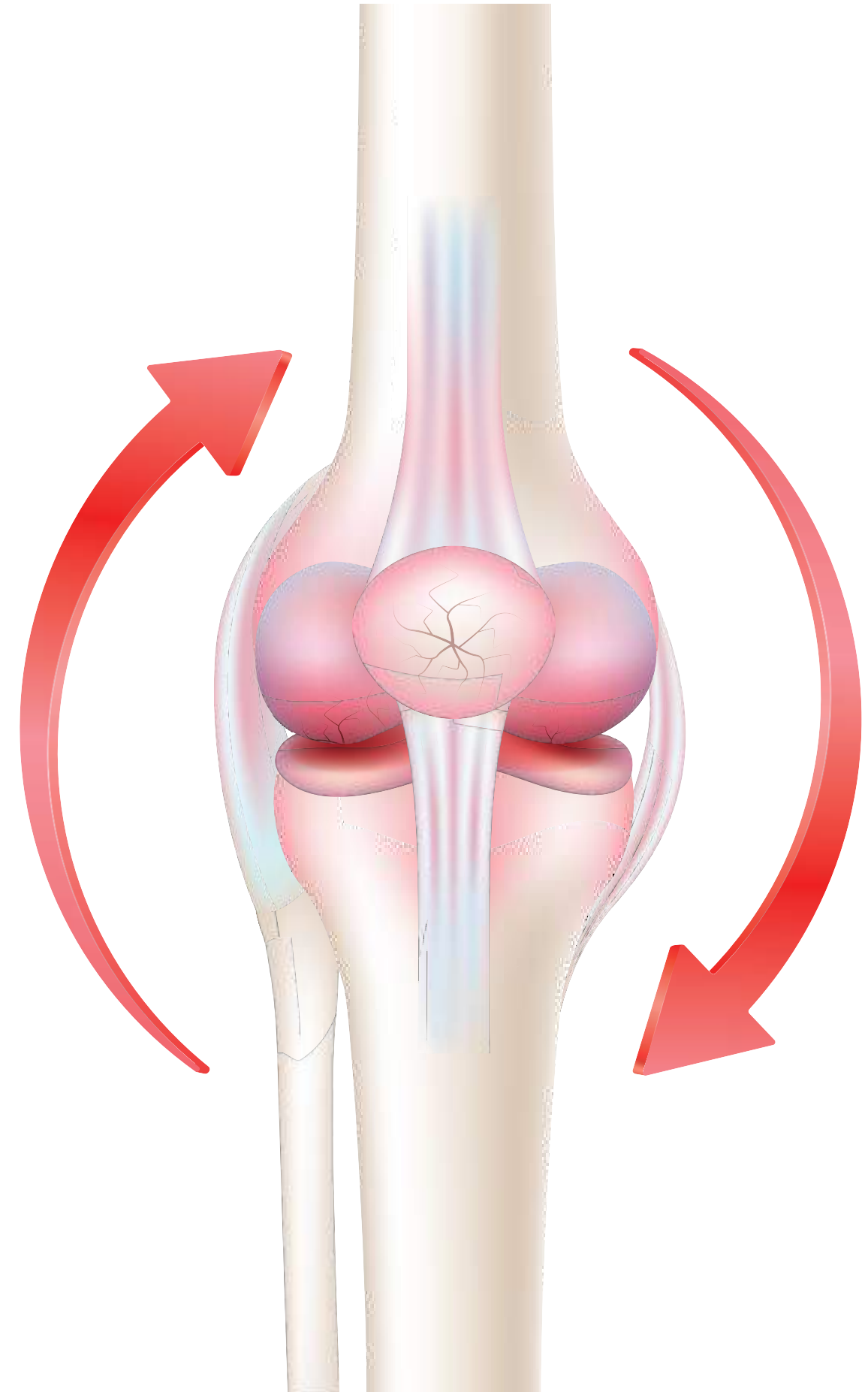
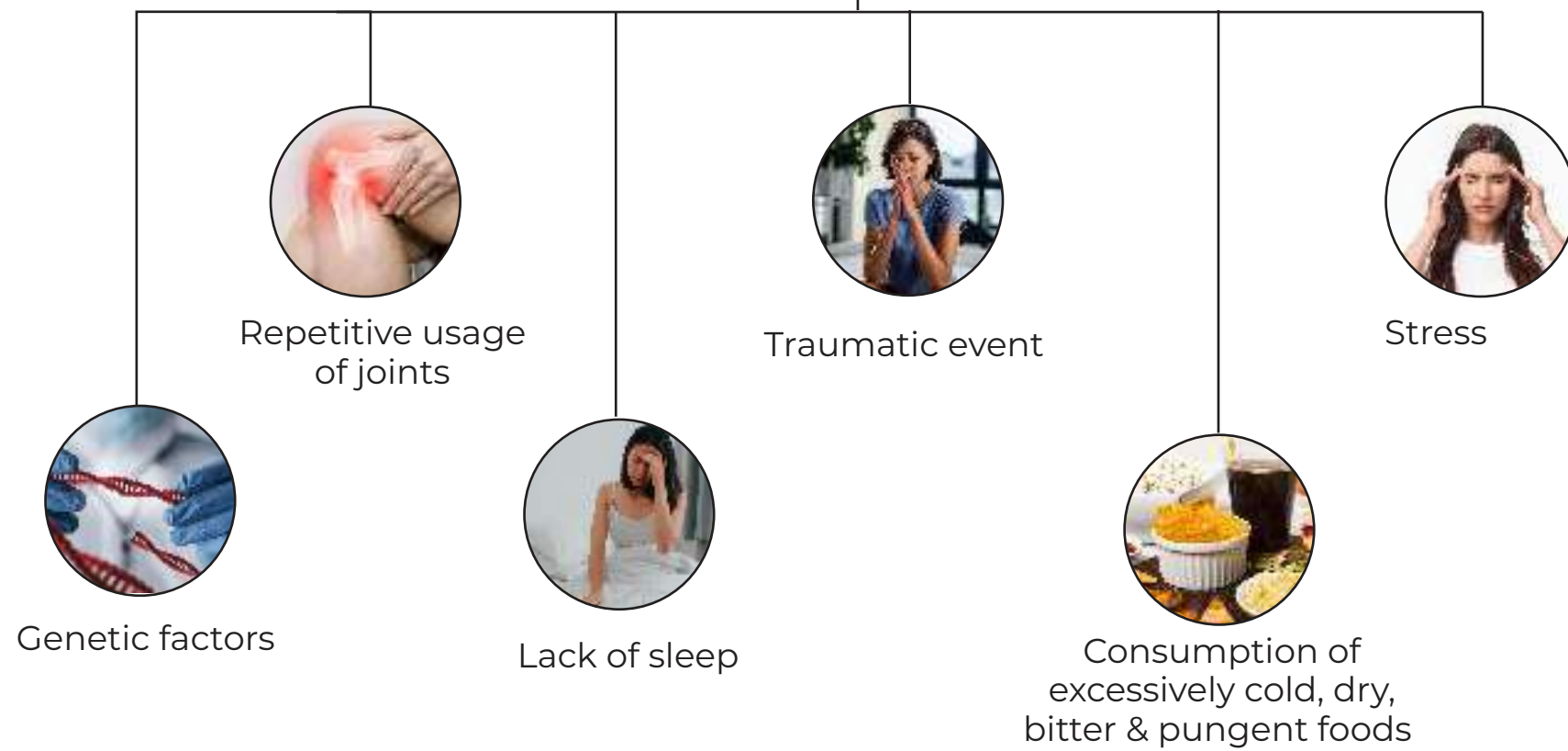


# CAUSES OF JOINT PAIN

## ETIOLOGICAL FACTORS



## LIFESTYLE FACTORS

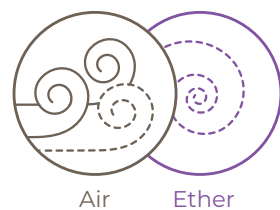




# SYMPTOMS OF DOSHA DOMINATED JOINT PAIN

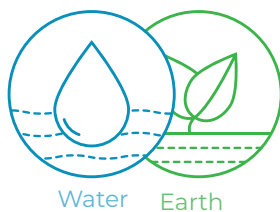
Knowing which Dosha is primarily behind our joint ailments can help us implement more effective treatment strategies.

## Vata-type Joint Pain :



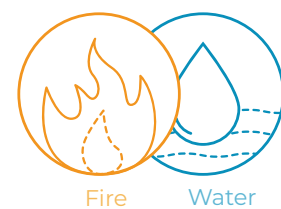
Triggered by movement  
Often involves specific point tenderness.

## Kapha-type Joint Pain :



Leaves the joints feeling cold & clammy to touch

## Pitta-type Joint Pain :



Stiffness & swelling

## Other Symptoms:

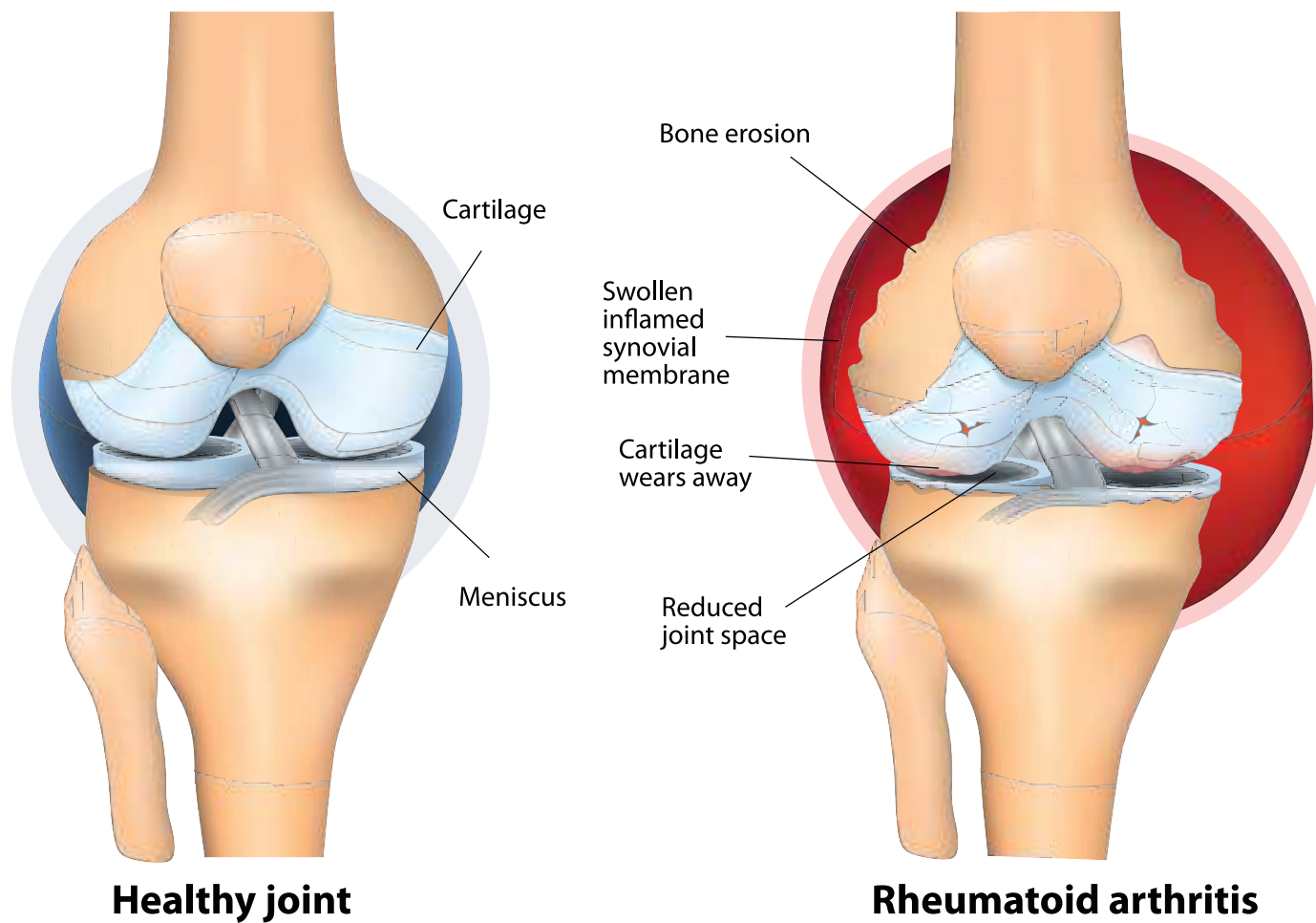
- Inflammation
- Swelling
- Morning Pain & Stiffness



# TYPES OF JOINT DISORDERS

## Rheumatoid arthritis

As per Ayurveda, due to malfunctioning of Agni toxins or Ama accumulate & build up, hence, once accumulated along with vitiated Vata Dosha, leads to Rheumatoid arthritis (AmaVata).



## Osteoarthritis

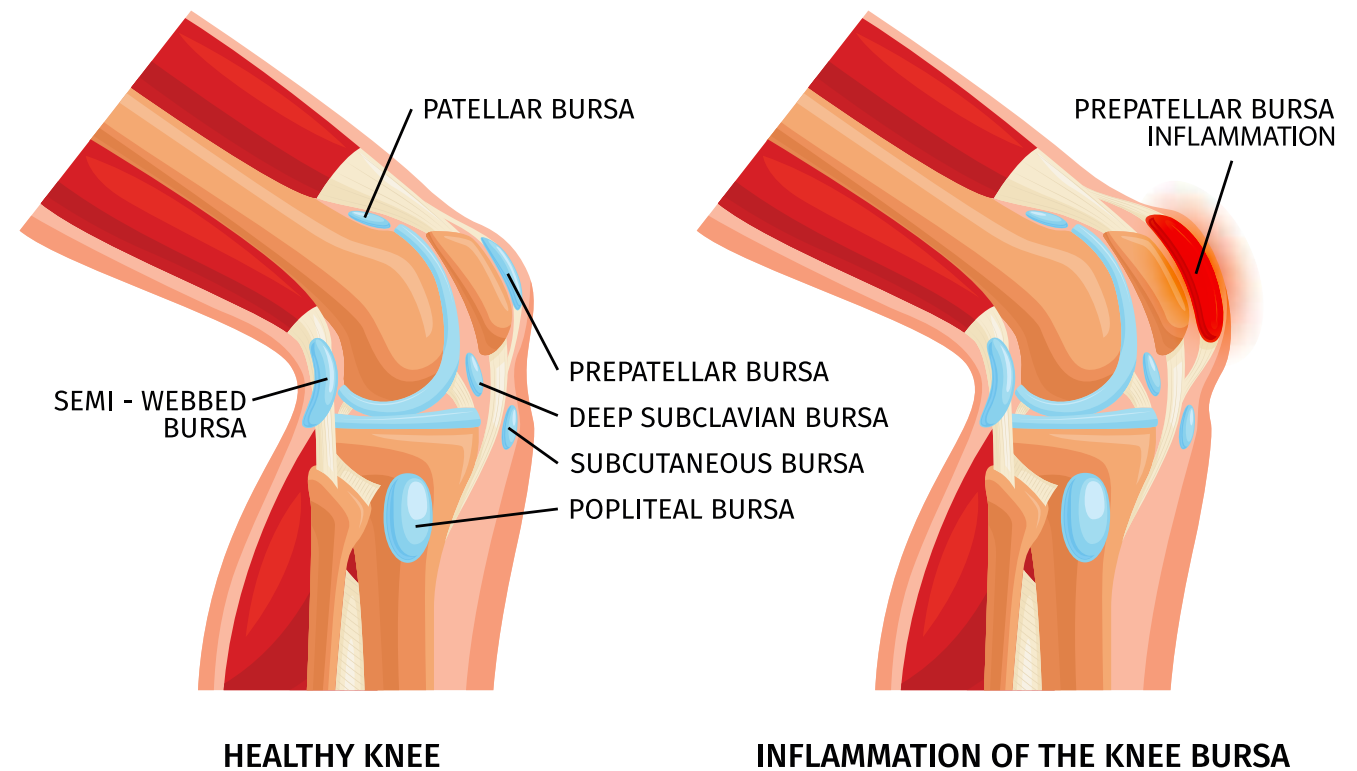
Osteoarthritis in Ayurveda is called Sandhigatavata. The vitiated Vata Dosha impacts the joints and causes destruction of the cartilages, reduction in the Synovial Fluid & leading to painful movement.





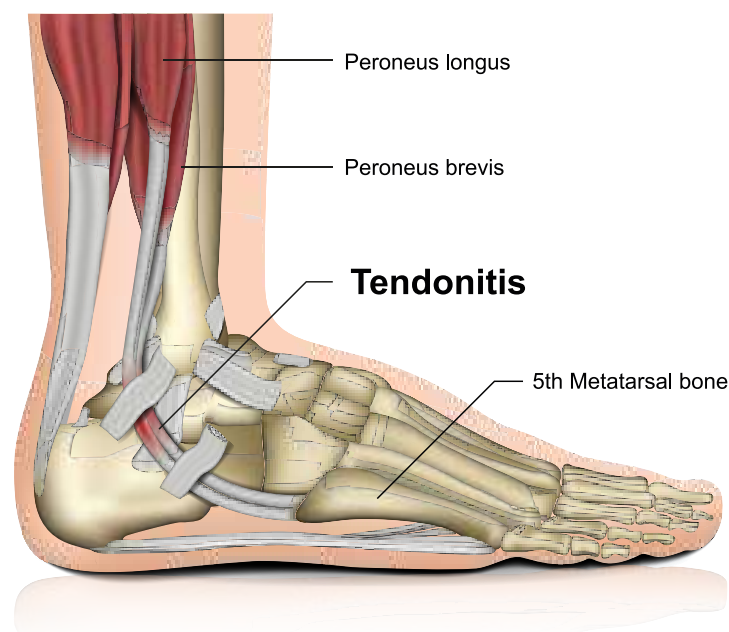
## Bursitis

The bursa is a small fluid-filled sac. It works as a pad between the bones of a joint & the moving parts around it, such as muscles, tendons and skin. With bursitis, the bursa becomes irritated & swollen with extra fluid. Overuse is the most common cause, but injuries, infections & other conditions, such as arthritis, can cause bursitis.



## Tendinitis

This condition happens when you overuse a tendon. It swells & makes the joint painful to move.



## Other Joint Disorders :

### Chronic strain

A strain becomes chronic when your muscles or tendons stretch or tear slowly over time from repeating the same movements.

### Sprains & Strains

Sprains are stretched or torn ligaments. Acute strains are stretched or torn muscles or tendons that happen from a sudden injury or movement, such as lifting a heavy object.

### Dislocated joints

A joint is dislocated when the bones are pushed or pulled out of position.



# **AYURVEDIC HERBS FOR JOINT PAIN**





## **VETAS (WILLOW BARK)**

Willow bark has an analgesic property that helps in the management of osteoarthritis & lower back pain



## **KUNDURU (BOSWELLIA)**

Boswellia is a celebrated ingredient in Ayurveda & has anti-inflammatory & analgesic properties that help relieve stiffness & joint pain. Promotes collagen production & supports bone health



## **TURMERIC**

It has anti-inflammatory & analgesic properties that help relieve stiffness & joint pain. Promotes collagen production and supports bone health



## **SUNTHI (DRY GINGER)**

Dry Ginger has analgesic & anti-inflammatory properties that helps in the management of joint pain & inflammation





# AYURVEDIC OILS FOR JOINT PAIN





# MAHANARAYAN OIL

1. Sesame oil is the base for making this oil which is then mixed with a lot of other herbs to make Mahanarayan oil
2. It is extremely beneficial for managing joint- pain & swelling.



# MAHAMASH OIL

1. Black gram is the base ingredient for making this oil.
2. It is known to strengthen the muscles and reduce joint pain.
3. It also helps to reduce joint discomfort & swelling.



# NIRGUNDI OIL

1. Helps pacify Vata Dosha
2. Has anti-inflammatory & analgesic effects
3. Helps maintain joint health



# EUCALYPTUS OIL

1. Reduces swelling and stiffness of joints
2. Offers calming effects & relieves joint pain



# CASTOR OIL

1. Offers analgesic actions
2. Beneficial in treating Vata related disorders



## *Other Ayurvedic Oils As Per Classical Text Books :*

**Vishgarbha Taila:** Manages various conditions such as sciatica, stiffness & tightness in limbs

**Narayan Taila:** Addresses various conditions including neck rigidity (torticollis), lockjaw & muscle wasting

**Gandhapuro Taila:** Used for conditions such as rheumatism, sciatica & acute pain of nerve origin

The combination of these classical oils is known to have inherent benefits in managing various musculoskeletal symptoms associated with rheumatological and neurological conditions.



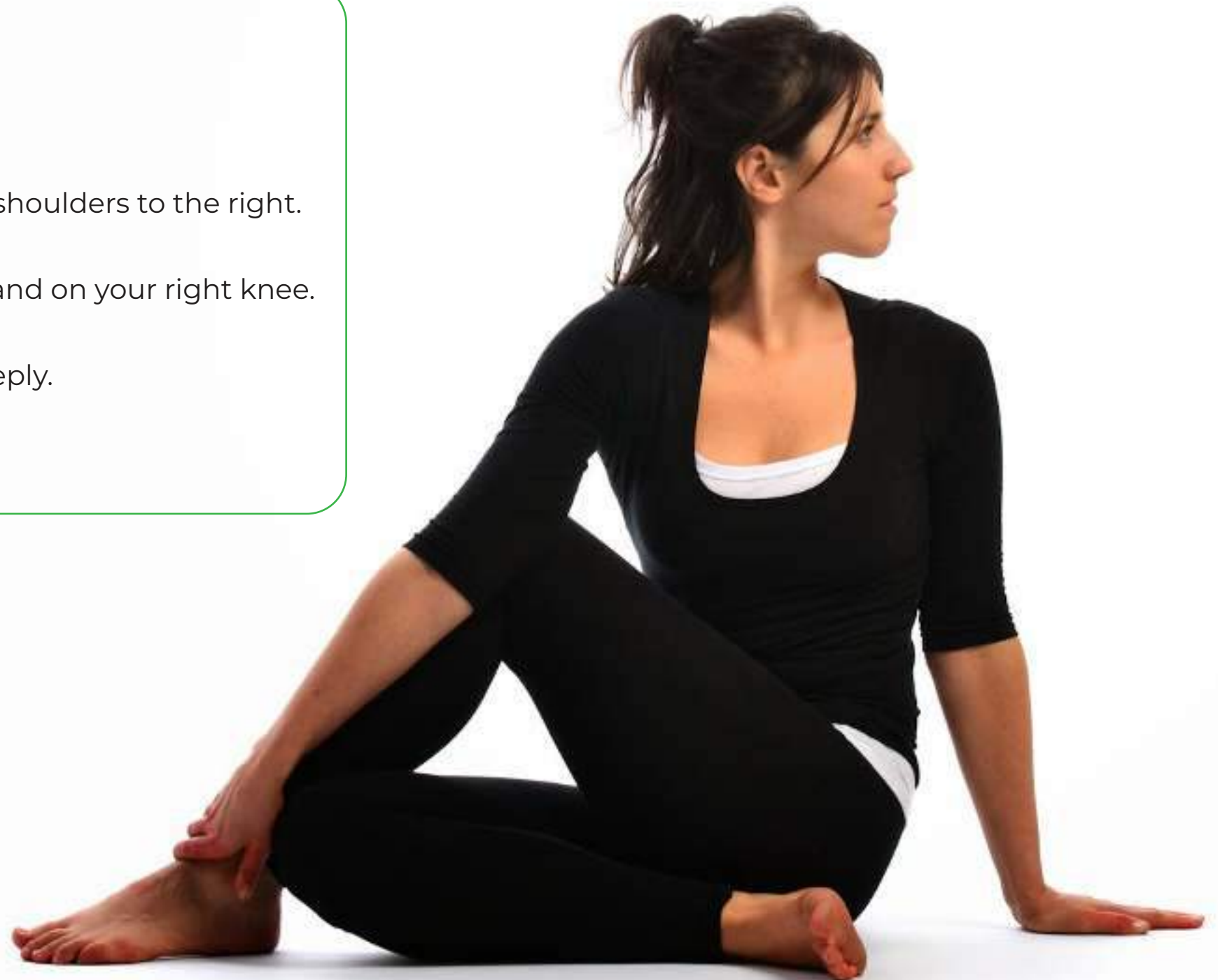
# YOGA POSES FOR JOINT PAIN



# ARDHA MATSYENDRASANA

*(Half Lord of the Fishes Pose)*

1. Sit with legs stretched out and spine erect.
2. Bend left leg, placing left foot next to right hip.
3. Cross right leg over left knee, twist waist, neck, & shoulders to the right.
4. Place your right hand behind you and your left hand on your right knee.
5. Hold the pose for 30 to 60 seconds, breathing deeply.
6. Repeat on the other side.





# BHUJANGASANA

*(Cobra Pose)*

1. Lie down on your stomach with your legs together.
2. Place palms beside your shoulders, head resting on the ground.
3. Inhale, raise your head up to the navel region and gaze upwards.
4. Hold for 10 to 60 seconds, breathing steadily.
5. Slowly return to the starting position with a deep exhalation.
6. Repeat 3 to 5 times.



# UTTANASANA

*(Standing Forward Bend)*

1. Roll down the spine, hanging forward with weight in the middle of the feet.
2. Avoid locking the knees or rolling in/out with the feet.
3. Keep the upper body relaxed, including the head.
4. Optional: Hold opposite elbows or interlace fingers behind the back.
5. Hold the pose for a few breaths, focusing on relaxation.
6. Gently release and come back up.





# TAKE CHARGE OF YOUR JOINT HEALTH

Ayurveda has a rich repository of knowledge on improving various lifestyle challenges. Aches & Pains have become common in day-to-day life.

The joints, ligaments & tendons are generally the most affected with a certain degree of restricted mobility & stiffness associated with pain & inflammation which impacts our everyday lifestyle.

All the ingredients in single or in combination with herbs & oils mentioned in this E-book have been used in the form of medicines as well as local applications since ages for pain relief, inflammation & improving overall health. Therefore, combining the various formulations would give a potent, effective & safe Ayurvedic line of treatment options.





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