# The **Innovative** Ayurvedic Solution For Joints & Muscle Pain







14

Herbs



Indication :

## **Joints Pain**

Joints pain is a common complaint. Joints pain refers to discomfort, aches and soreness in any of the body's joints. Sometimes joint pain is the result of an illness or injury

## **Muscular Pain**

Muscle pain are extremely common. Almost everyone has experienced discomfort in their muscle at some point. This type of pain can be felt practically anywhere

## **Body Aches**

Body aches are common symptom of many conditions. It can be caused by your every day life, especially if you stand, walk or exercise for long periods of time.







#### Mahamash Oil

It is helpful to relieve pain multiple joint aches and pains pertaining to hand, legs, head, neck

#### Mahanarayan Oil

It is helpful in lock jaw, neck rigidity, body, muscle and joints pain. It useful to strengthen bones and joints.

#### Mahavishgarbh Oil

It helps in muscular condition, muscle stiffness, back pain & anti – inflammatory. It manages vata disorders & used for external application.

#### **Gandhpura Oil**

it is traditional medicine to relieve joint, muscle and associated pain. Application on affected area is known to provide an immediate relief.







#### Malkagni Oil

It is helpful to reduce pain, Muscle Swelling and also relief from rheumatoid arthritis.

## Devdaru Oil

Devdaru oil is helpful to relieves joints pain, swelling and inflammation.

## **Kapoor Crystal**

It helps muscle aches and pain while stimulating circulation. Also helpful for relieve lower back pain

## Taj Oil

Taj oil has been used for thousand of years in ayurvedic medicine to soothe aching joints and numb pain.







#### Nirgudi Oil

It is an ayurvedic herb, used for all kinds of joints pain it can also reduce swelling as well as excessive pain.

#### **Arand Oil**

Is known for treating arthritis, it's anti-inflammatory properties make it and ideal message oil for relieving joint pain.

### Satphudina Crystal

It is helpful in relieve chronic joints pain related to arthritis and relief from localized inflammation.

#### Sarsav Oil

Is also rich in alpha linolenic acid, a type of omega-3 fatty acid that may help decrease inflammation & relieve pain.







#### **Til Oil**

Til oil for its anti – inflammatory properties, using it to treat joint inflammation & also reduce the severity and frequency of pain





It helps to reduce pain and inflammation related to arthritis due to its anti – inflammatory and analgesic activity

## Prevent Joints pain Later in Life





#### **Get Enough Exercises**

If someone have arthritis problem, normal exercise can help you like: Walking – Cycling – Swimming etc.



#### Stay Hydrated

The cartilage in joints is made up primarily of water. When you're dehydrated, your joints are more susceptible to injury—and less cushy.

#### Manage your Weight

Weight can have a big impact on arthritis symptoms. Extra weight puts more pressure on your joints.



#### Avoid Prolonged Static Position

Change your posture frequently as holding your joints in a single position for extended periods of time can result in fatigue and pain



## THE INNOVATIVE FORMULA FOR JOINTS PAIN RELIEVER





the avurveda ethics