

## **Arthritis – Learn to Live Without Pain**

Arthritis is a painful condition that affects your life. However, you can manage arthritis the Ayurvedic way.

Arthritis is caused by the changes in joints. These are changes that happen naturally with aging. However, you can prolong the changes by modifying your lifestyle a bit.

Massage your joints with sesame oil, coconut oil or Ayurveda massage oils like Nutralgin to avoid stiffness of joints for 10 minutes every day. This avoids inflammation and provides pain relief. Always make sure you massage the joints with a circling motion.

Don't fall for a sedentary lifestyle. Walk some distance every day. Walking is painful for arthritic patients who have an aggravated condition. However, keep walking at least a bit every day, as it will keep the joints active. Pain at knees is the most common type of arthritic pain, followed back pain. Walk at least a bit or as much as possible after massaging your joints with appropriate oils.

Another factor is eating a lot of Vitamin-C rich fruits (orange, gooseberry, etc. This has the capabilities to preventing the pain. It is best avoid cabbage, cauliflower, etc. Coffee & tea should also be moderated or stopped. Pumpkin, apple, squash, etc are good. Also try to include in your diet, cumin seed, ginger, fennel, garlic, etc. However, do talk to your physician if he/she has advised you against any particular type of food items.

The pain increases with sudden increase or decrease of temperature. Especially avoid cold conditions and keep yourself warm. Also avoid cold food items, as it can also aggravate the condition.

Those are some ways to manage the painful condition.