



Niramay[®]
āyurvedic hospital
Re-Search for AYURVEDA

Healing Arthritis Naturally

..... The Niramay Ayurvedic Approach

The Silent Stiffness: What is Arthritis, Really?

Arthritis is one of the most common chronic health conditions in the world, affecting millions of people of all ages, especially in middle age and later years. At its core, arthritis is the inflammation of one or more joints, leading to pain, stiffness, and reduced mobility.

A Creative, simple explanation of arthritis. How ayurveda sees arthritis as more than a disease – it's a disorder of harmony.

Types of Arthritis:



Osteoarthritis

Degeneration of joint cartilage, common with aging



Gout

Uric acid crystal buildup causing sudden joint pain



Rheumatoid Arthritis

Autoimmune inflammation of joints



Other Forms

Psoriatic arthritis, ankylosing spondylitis, etc.

Common Symptoms:



Joint Pain & Tenderness



Swelling & Stiffness



Decreased Range of Movements



Fatigue & Muscle Weakness

Living with arthritis can significantly reduce the quality of life, but there is hope—especially when healing is approached holistically through Ayurveda.

The Ayurvedic Understanding of Arthritis

In Ayurveda, arthritis is known by terms like Sandhivata, Aamavata, or Vatarakta, depending on its origin and symptoms. It is mainly caused by an imbalance in the Vata dosha, often compounded by Ama (toxins) formed due to weak digestion and poor metabolism.



Causes in Ayurveda:



**Poor digestion
leading to toxin
accumulation**



**Sedentary
lifestyle and
irregular routine**



**Improper food
combinations**



**Stress and
emotional
imbalance**

Ayurveda focuses on identifying the root cause of arthritis and not just controlling symptoms. The goal is to restore dosha balance, detoxify the body, and rejuvenate joint tissues.

The Niramay Ayurvedic Treatment Approach



At Niramay Ayurvedic Hospital,
We specialize in Treating Arthritis
through a Deeply Personalized,
Root-Cause-Focused Approach that Combines
Traditional Ayurveda with Modern Care Practices.

Our Healing Process:

1



Nadi Pariksha (Pulse Diagnosis)

To understand your body constitution and imbalance.

2



Customized Proprietary Medication

Using natural, Patent Medicines like:



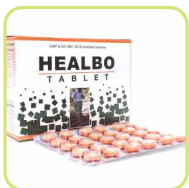
Ashwagul OA Tablet –

Anti-inflammatory, special
Re-research Medicine for
Osteoarthritis & Arthritis



Ashwa Sallaki RA Tablet –

Muscles Relaxant and joint Pain
Reliever Medicine for Osteoarthritis
& Arthritis



Healbo Tablet –

Medicine of Healing of
the Bone



Itis Tablet –

Disease Modifying Antirheumatics
Drug



Suvarna Sallaki RA Tablet –

Muscles Relaxant and joint Pain
Reliever (with Gold)



Itis Oil –

Pain Reliever Inflammatory



Vaturi Kashayam –

Re-researched medicine for
Arthritic disorders



Healbo Lep –

Ancient Healing formula
for bone

3



Panchakarma Therapies:



Abhyanga (Oil Massage) -
to lubricate joints &
improve circulation



Swedana (Herbal Steam) -
to Relieve Stiffness



Basti (Medicated Enema) -
for deep detoxification



DTRT (Research Treatment) -
Deep Tissue Reconstructive
therapy



**Janu Basti - Kati Basti -
Greeva Basti** -
For best results in lubrication



Agnikarma, Vedhan Karma -
Instant Pain reliver



Ekl Panchakarma -
Anubhuta Research treatment



Raktamokshan -
Blood Purification



Ayurvedic Diet

Quick Diet (Ayurveda-Based)



What to Eat



Grains:

Rice, barley, oats, wheat (lightly cooked)



Veggies:

Pumpkin, bottle gourd (lauki), ridge gourd (turai), spinach (cooked), carrots, beets



Fruits:

Papaya, apple (steamed), banana (ripe), pomegranate



Proteins:

Moong dal, masoor dal, tofu, paneer (in moderation), buttermilk (only if digestion is strong)



Spices:

Turmeric, ginger, cumin, fenugreek, coriander, hing



Fats:

Cow's ghee, sesame oil, mustard oil



Avoid These

- Cold / refrigerated food & drinks
- Tomatoes, potatoes, brinjal
- Sour fruits, pickles, curd
- Fried, oily & junk food
- Red meat, seafood
- Sugar, maida (refined flour), alcohol

HELPFUL REMEDIES



Turmeric + Ginger Tea



**Soaked Fenugreek Seeds
(Eat in Morning)**



**Triphala Powder at
Night for Detox**



**Warm Water
Throughout the Day**

Time	Meal
6:30 AM	Warm Water with Lemon or Fenugreek Water
7:30 AM	Light Walk / Gentle Yoga
8:30 AM	Breakfast: Moong Dal Chilla with Ginger Chutney + Herbal Tea
11:00 AM	Warm fruit (Baked Apple or Papaya)
1:00 PM	Lunch: Rice + Mixed Veg Curry (lauki, carrot, beetroot) + Ghee + Moong Dal
4:00 PM	Turmeric - Ginger Tea + Soaked Almonds
7:00 PM	Light Dinner: Khichdi + Steamed Pumpkin + Warm Jeera Water
9:00 PM	Warm Milk with Turmeric or Triphala Churna with Lukewarm Water

Home Remedies:



100 gm
**Roasted
Fenugreek
Seeds**



100 gm
**Turmeric
Powder**



10 gm
**Pipramool
Powder**

Why Choose Niramay Ayurvedic Hospital?

Niramay Ayurvedic Hospital is a Trusted Name in Holistic Healing, known for Treating Chronic illnesses Naturally and Sustainably.

World Renowned Pulse
Reader



Team of Experienced Ayush
Certified Doctors



Center for Ayush Doctor
Fellowship Training



Suddha Ayurved Chikitsa
"Niramay Chikitsa"



Marma Pidan Ruh Chikitsa



103+ Years Guru Shishya
Parampara

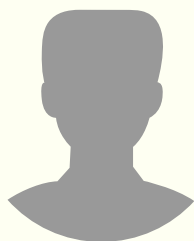
Whether your arthritis is newly diagnosed or long-standing,
We aim to help you return to a pain-free and active life.

Real Stories, Real Relief – Patient Testimonials



Ilaben Patel
Age 58 (Surat)

“Before coming to Niramay, I couldn’t walk without pain. After 10 days of Panchakarma and Medicinal treatments, I feel like I’ve got my life back. My joints are more flexible, and the pain is almost gone!”



Chandrakant Zaveri
Age 70 (Bardoli)

“Years of steroid use only gave me temporary relief. At Niramay, I got lasting relief without side effects. My stiffness has reduced, and I can now walk comfortably every morning.”



Lataben patel
Age 45 (Bharuch)

“I was told I might need surgery for my knees, but after 2 months of Ayurvedic treatment here, surgery is no longer on the table. Thank you, Niramay, for saving me from that path!”

Life after Pain: The Niramay Promise

“At Niramay, Healing is not a Visit – it’s a Journey.”

How Ayurveda isn’t about Suppression, but Transformation
We Offer best Ayurvedic Treatment in Gujarat

Book your Consultation Today &
take the First Step toward Freedom
from Joint Pain.



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