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Effective Herbal Remedy for Arthritis Joint Pain by Jhon Napier

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Arthritis refers to a group of medical conditions that are characterized by pain and inflammation of the joints. It is an incapacitating disease and can make a person unable to perform his or her normal daily activities. Arthritis has been found to be one of the main contributing factors of disability. There are many different types of arthritis and the most commonly found ones include rheumatoid arthritis, osteoarthritis, juvenile arthritis, reactive arthritis, gout, systemic lupus erythematous, ankylosing spondylitis, psoriatic arthritis, and scleroderma.

Arthritis is a chronic medical condition with symptoms of pain, swelling, diminished range of motion of the affected joint, skin redness, and stiffness of the joint. This inflammatory medical condition is mainly caused due to the damage and wearing away of the joint cartilage. It seems that this disease is more common among women than men. Likewise, obese and elderly people and those with a family history of arthritis have higher chances of getting this disease. If you have a prior injury to any of your joints, you are at higher risk of developing arthritis.

Various types of medications are available to relieve the pain and other symptoms of this medical condition. Surgery may be required for those who have failed to respond to conservative arthritis treatment. Other treatment options for arthritis include physical therapy, water therapy, massage, and using orthotics. Performing exercises like low-impact aerobic exercises, strength training exercises and range of motion exercises can help you deal with this condition. Herbal remedies are also often found to be extremely beneficial in getting relief from the joint pain and inflammation caused by arthritis.

Is There Any Effective Herbal Remedy For Arthritis Joint Pain: Several herbal remedies have been proven to reduce the joint pain and stiffness caused by arthritis. Ginger is widely accepted as one of the best herbal remedies for arthritic pain and inflammation. Put around two tablespoons of ginger pieces into a cup of water and bring it to boil. Let the liquid simmer for sometime. Take this tea once daily. Add freshly grated ginger to your soups and salads. However, be sure not to eat more than 4 grams of ginger a day.

Stinging nettle, a perennial herb with medical properties, is also recognized to be effective in treating arthritic joint pain. Drinking nettle tea three to four times a day can help you get relief from arthritic pain. Take the leaves, stem, and root of the stinging nettle and chop them into small pieces and put them into the boiling water. Let the water to steep for ten minutes and then strain the tea.

Alfalfa tea is a good remedy for arthritic joint pain. Another way to reduce arthritic joint pain is to consume papaya seed tea five times a day. Drink it for two to three weeks. Raw potato juice is also a fine reply to the question of "Is There Any Effective Herbal Remedy For Arthritis Joint Pain?" It is recommended to drink potato juice first thing in the morning on an empty stomach to get relief from your arthritic pain.

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