



Product Training

By

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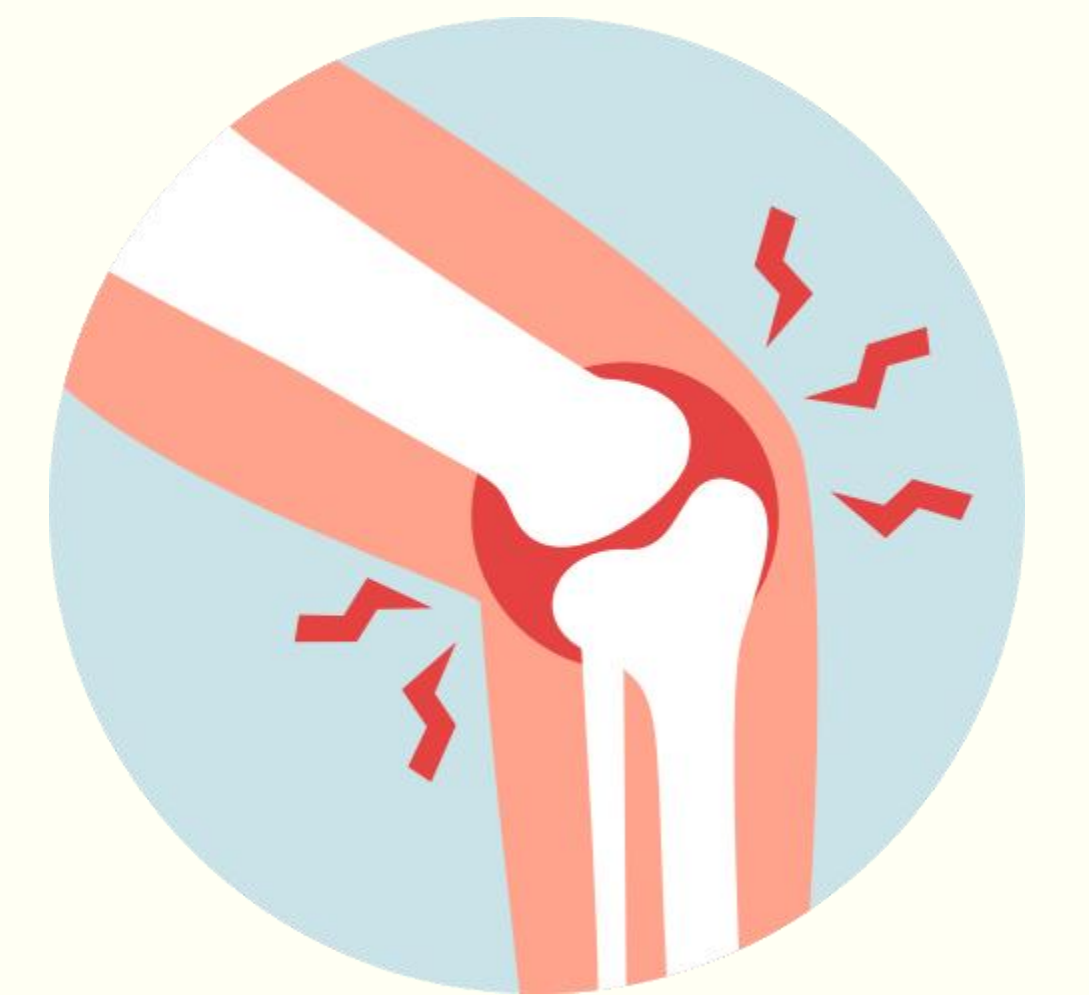
Product Formulator & R&D Consultant

with 9+ Years of Experience

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Industry

Today's Topic

Muscle & Joint Pain Treatment



Reasons of Muscle & Joint Pain?

In Ayurveda, muscle and joint pain is usually linked to imbalance of doshas (Vata, Pitta, Kapha), poor digestion, and accumulation of Ama (toxins). Here are the main reasons explained:

Muscle & joint pain =

- ☞ Vata imbalance (dryness + degeneration)
- ☞ Ama accumulation (toxins causing blockage)
- ☞ Sometimes combined with Pitta (inflammation) or Kapha (stiffness & swelling).

♦ Vata Dosha Imbalance (primary cause)

- Vata governs movement, bones, joints, muscles, and nervous system.
- When aggravated, it causes stiffness, cracking sounds, dryness, pain, and restricted movement.
- Common in cold weather, excessive exertion, irregular food habits, stress, and aging.

Ama (Toxin) Accumulation

- Weak digestion (Mandagni) produces Ama, a sticky toxic residue from improperly digested food.
- Ama circulates in the body and settles in weak spots like joints and muscles.
- Causes heaviness, swelling, stiffness, and dull aching pain (similar to arthritis or rheumatism).

♦ Poor Circulation & Kapha Imbalance

- Excess Kapha leads to stagnation, swelling, fluid retention around joints.
- Symptoms: morning stiffness, heaviness, and lethargy.

Pitta Dosha Involvement

- Pitta aggravation causes inflammation, redness, burning sensation, and tenderness in muscles/joints.
- Often seen in gout, rheumatoid arthritis, or inflammatory muscle conditions.

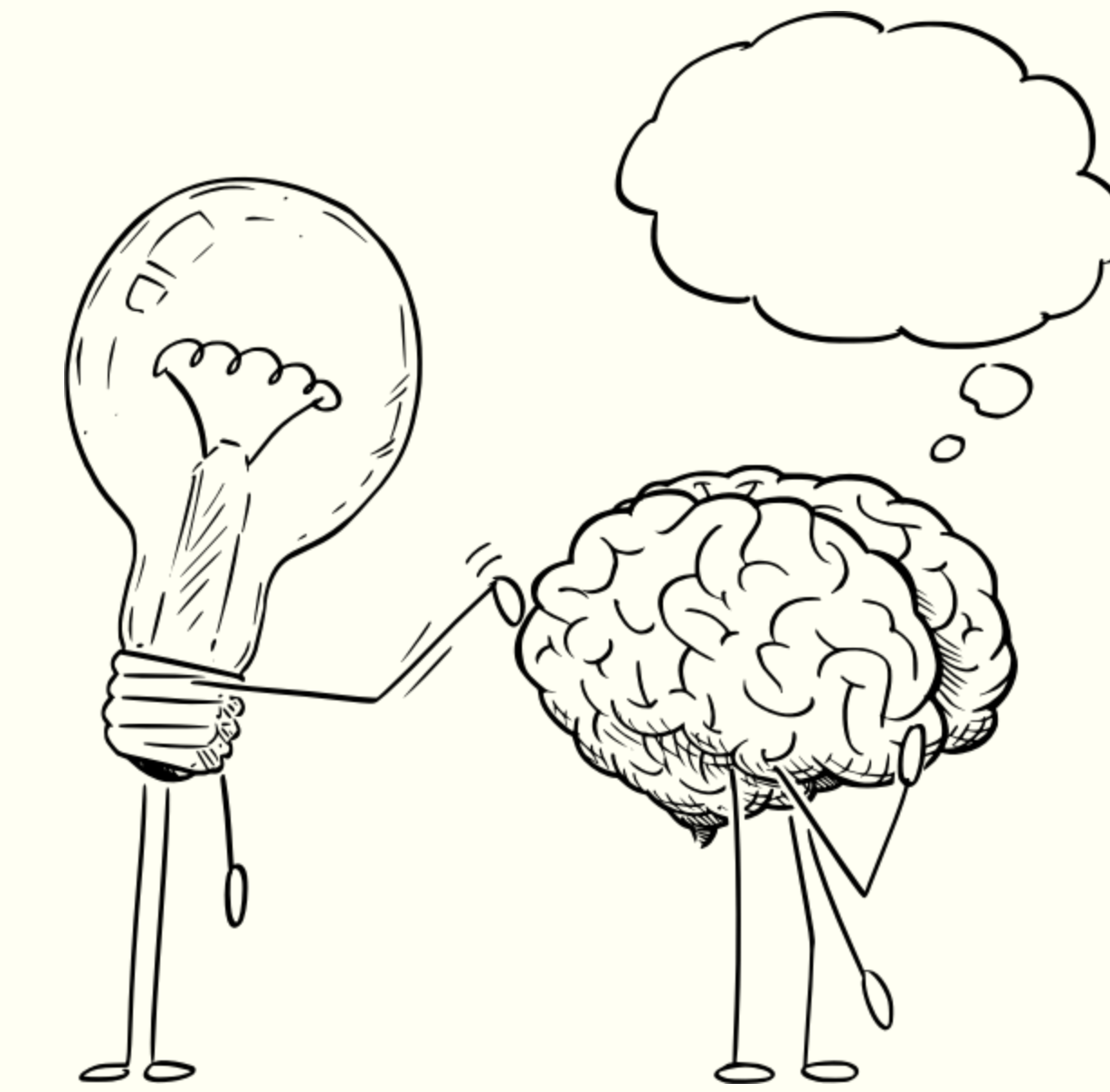
Factors that cause these doshas



Food habits



Lifestyle



Mind (Stress/ anxiety)



Seasonal Factor

Factors that Aggravate Vata Dosha (Dryness, Stiffness, Pain)



- **Food habits: Excess dry, light, cold, stale food (biscuits, popcorn, salads without oil, cold drinks). Skipping meals.**
- **Lifestyle: Over-exercising, lack of rest, excessive travel, irregular sleep.**
- **Mind: Stress, fear, anxiety, overthinking.**
- **Seasonal factor: Cold, dry, and windy weather (autumn/winter).**
- **Result: Weak circulation → pain, cracking joints, muscle tightness.**

Remedies By Athuliam Ayurveda



- **Massage: Beu & Belle Roll for atleast 10 minutes. Keep the area warm & cover with cloth**
- **Herbs: Joint Heal tablets.**
- **Diet: Warm, oily, nourishing food with ghee.**
- **For minimum 3 months twice daily.**

Factors that Aggravate Pitta Dosha (Inflammation, Burning Pain)



- Food habits: Spicy, sour, salty, oily, fermented foods, alcohol, excess tea/coffee.
- Lifestyle: Overexposure to heat, anger, competitiveness, long working hours.
- Mind: Irritability, perfectionism, aggression.
- Seasonal factor: Hot summer.
- Result: Inflammation → redness, tenderness, swelling in joints/muscles.

Remedies By Athuliam Ayurveda



- **Massage:** Use Pain Balm or Roll on Oil with coconut oil)
- **Herbs:** Joint Heal Tablet & Active herb tablet
- **Diet:** Avoid spicy & fried foods; take cooling foods like cucumber, coriander, ghee.

Factors that Aggravate Kapha Dosha (Heaviness, Swelling, Stiffness)



- **Food habits: Excess sweet, oily, fried food, dairy, overeating, cold drinks.**
- **Lifestyle: Sedentary life, oversleeping, lack of exercise.**
- **Mind: Attachment, greed, laziness.**
- **Seasonal factor: Cold, damp spring.**
- **Result: Fluid retention → stiffness, heaviness, swelling in joints.**

Remedies By Athuliam Ayurveda



- **Massage:** Roll on Massage
- **Herbs:** Joint Heal Tablet , Bone heal tablet
- **Diet:** Light, warm, spicy food. Avoid sweets & dairy.
- **Activity:** Daily brisk walking, yoga, pranayama.

**Thank
You !**