

The Ultimate Guide to Natural Remedies for Joint Pain

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Do you wish to have healthy joints throughout your lifetime? Obviously, you must be willing to, but are you taking any precautions along with some expert advice to keep them healthy? My dear friends, I wish that you get a healthy and pain-free joints by following these natural remedies for joint pain as it will improve the quality of life that you are living.



If the Joint pains in different parts of the body are ignored and kept unnoticed at the initial stage, then slowly they might develop into serious chronic diseases such as Arthritis, Rheumatoid Arthritis, and Osteoporosis. You might start taking Glucosamine supplements and other medications when it pains, but there are some common ways of joint pain treatment that you need to inculcate in your daily habit. ([Read: Top 6 Health Benefits of Cycling – Health & Fitness Tips](#))

Have a proper food plan or a balanced diet chart that will fill up your body with essential nutrients. Plus, drink more and more water as it makes your cartilage soft and keeps it hydrated. **(Also read about the Importance of water for a healthy body)**. Water also moves away the waste from the joint leaving behind the less aching. Apart from this, make a habit of doing simple Yoga or exercise daily.



Bhujanga asana does well in pain relief of joints as it gives a stretch to your elbows, shoulders and back. Similarly, doing regular exercise will lift up the strength & flexibility of your precious joints, and will tremendously help as a joint pain reliever. Last but not the least, acupressure or physiotherapy is the real key to success in such cases. You can beat the heat of joint pain by considering them your best armour.

Go through this ultimate guide to natural remedies for joint pain by Ezyshine, & to be more specific, we have put the joint pain in hands & knees separately. Light it Up!



Remedies To Treat Knee Joint Pain



A. How to Relieve Joint Pain in Hands

In old age people, this problem is somewhat common and natural too. Especially, our mother's and Grandmother's regularly complain of such hand pain or finger pain. Also, they have to use their hands and fingers all day in water, for washing dishes, clothes and many such household activities. This slowly results in stiffness, pain and swollen fingers with inflammation in their joints. ([Read: 21 Best Monsoon Health Care Tips – Monsoon Health Guide](#))

This is the time when you start taking medications but along with these pain killers or even **joint pain relief supplements** (Nutralite Glucosamine), you need to choose some **natural remedies for joint pain**.



1. Make Use of Epsom Salt for Painful Finger Joints

Epsom salt has the specialty to reduce inflammation as they are a good source of Magnesium. Take a bowl full of warm water & some Epsom salt, and then keep your fingers dipped in the bowl. You will experience the **natural pain relief** in your finger joints by practicing this exercise.



Epsom Salt For Swollen Fingers

2. Apply or Consume Olive Oil as much as Possible

You can apply Olive Oil on your fingers, elbows and other joints to get relief from problems such as Arthritis pain. Moreover, boost up the increase of Olive Oil in your cooking as it effective in preventing from inflammation. ([Read: The Best Diet and Exercise Plan to Keep You Fit & Healthy](#))



3. Consumption of easily Available Homely products like Ginger, Honey and Cinnamon

As we are concerned with briefing up the natural remedies for joint pain, it is necessary to mention the use of ginger, honey and cinnamon. For your knowledge, Ginger is widely known as an antioxidant which is majorly consumed with Tea. It makes you feel relaxed in hands pain and even slows down the inflammation running inside your joints. ([Read: 6 Different Types of Tea Recipes – Health Benefits of Tea](#))

On the other hand, Honey and Cinnamon in co-ordination has the great healing power for your muscles. You could get the best out of this mixture by having it every morning, and as a result, the day will be fresh and active with quite a less pain everywhere.



4. Treat your Hands with an Ice Therapy

Get some empty packs of plastic and fill it up with crushed Ice. Apply the chilling poly bag on the joints of your fingers and hands up to your wrist and elbows. Repeat the process for about 15-20 minutes twice a day.

Friends, the cold temperature slows down the blood flow and hence, it works easily to reduce the swelling of tissues. It will reduce the feeling of inflammation and irritation in the joints. It is surely a natural pain relief process but keep in mind that people may respond to the therapy in a different manner, hence, one must get a prior consultancy from their local doctor. ([Read: Factual Brief about Need & Importance of WATER in our Body](#))



B. How to Relieve Joint Pain in Knees

Our knees experience a great amount of stress as our whole body weight rests on them. Hence, it's obvious to feel the pain and inflammation in your knees. The pain could develop either in the knee joint, kneecap, or the cartilage. If this problem is not being taken care at the initial stage, then it later may develop in a re-known disease called Rheumatoid Arthritis or Osteoporosis. ([Read: 10 Ways to Stay Healthy and Fit – Healthy Lifestyle Tips](#))

The medical world is filled up with various promising medications (ibuprofen), join pain relief supplements (Nutralite Glucosamine), but you must know & try these **natural remedies for joint pain** along with them.

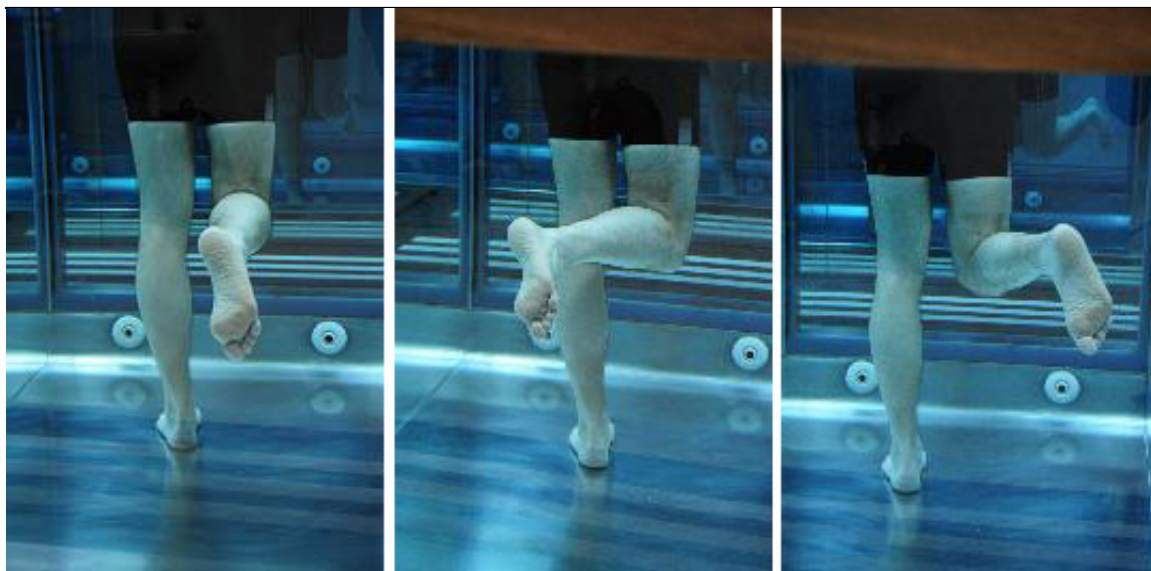
Home Remedies for Knee Pain



1. You Must Try Hot Water Or Hydro Therapy in this Case

You might remember when you generally experience pain in legs joints, then your elders asks you to shower your pain area with a splash of warm water. So, just as we had a Cold water therapy for pain relief in hands, you can use the hot water pressure massage as the **best treatment for knee pain**.

To know the exact method, you can first opt for a trained therapist, and then later **Do It Yourself** at home. This homely therapy will give you amazing relief in your muscles and stimulate the blood flow.



2. Reduce the knee pain by Apple Cider Vinegar

This Apple Cider Vinegar is basically a type of fermented form of juice extracted by crushing apples together. It contains some amount of acetic acid and citric acid along with the proportionate form of vitamins and minerals too. You can apply it on your knees alone or by mixing it with honey. ([Read: 7 Causes of Extreme Tiredness and Weakness to Focus On](#))

You can also put one glass of Apple Cider Vinegar in your bath tub and keep your knee dipped in it for 20-30 minutes. I am sure you will find one of these **natural remedies for joint pain** an effective approach.



3. Treat your Knee with Lemon as an Ointment

Just cut a lemon into multiple small pieces and then tie them in a cotton cloth. Now, you need to dip that cloth in hot sesame oil container. Then, simply tie this warm cloth on your knee as it is. The citric acid

present in the lemon will do its work and you will find the relief in knee pain naturally.

Natural Treatment for Arthritis,Joint & Knee Pain



Lemon Juice

- Immune Booster & Fight Infections
- Liver Cleanser
- Rich in Minerals & Vitamins
- Strong Anti-viral & Antibacterial agent



4. Consume Fenugreek Seeds in your Diet

Fenugreek seeds have an antioxidant property that surprisingly helps to relieve knee pain. They are also known as warm seeds. Just put them in filtered water (2 teaspoons) to get soaked for the whole night. ([Read: Calcium Health Benefits for Women – Women's Health Guide](#))

Consume these seeds in the morning after washing them once. You could also mix these seeds in a jar and prepare a paste by grinding it with water. They will be of great help as a natural pain reliever with mommy style treatment.



Fenugreek Seeds For Knee Pain

References:

<http://www.top10homeremedies.com/>

<http://www.34-menopause-symptoms.com/joint-pain/>