

Adopt Ayurveda - Embrace Health - Spread Wellbeing
Herbal Recipes for Healthy Joints, Flexible and Painfree Movements



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Hello Friend!

I am Dr. Vikram Aditya Tomar, an Ayurveda doctor from India. I welcome you in the family of Holistic Herbalist and Ayurveda Mentor.

The purpose of this document is to show and recommend some home remedies for easing the pain, swelling, stiffness and inflammation, for having more comfortable and flexible and less painful movement.

It will be better if you adopt at least two of these in your daily life. You will find some relief within one week.

These are the recipes that we use in our family, I suggest to clients and friends.

Give a try to all the five and stick with two that are more suitable and delicious for you.

Thanks and Regards!
Dr. Vikram Aditya Tomar

PS: I welcome to receive your feedback about these recipes. You can write me, connect with me...

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Golden Milk Recipe



No. of Serving: 1 serving of Golden milk
Servings per day: 1-2 servings

Ingredients

1. ½ -1 Teaspoon Turmeric powder
2. 1 glass of Milk (200-250 ml)
3. Honey or Sugar to taste
4. A Pinch of Cardamom or Black Pepper or Cinnamon

* You can use almond milk, coconut milk, cow's milk or soy milk.

Directions

1. Pour one glass of milk into a pan.
2. Add ½-1 teaspoon of turmeric powder
3. Add 1 pinch of Cardamom or Black Pepper or Cinnamon.
4. Boil the milk for 2-3 mins.
5. Milk will turn a golden yellow color.
6. Add honey or sugar to taste.
7. Filter the milk let it cool down and drink when it is warm.

Note: You can drink it without the sugar and honey if you like. If you are adding honey to it, add after filtering and when it is warm. According to Ayurveda, it is not advised to mix honey in hot drinks and also not to heat the honey.

Your golden milk is ready to be served. You can enjoy it once or twice a day.

Dr. Vikram Aditya Tomar's Remarks:

Turmeric is one of the most used spices in Indian culinary. It is used in almost all vegetables and curry preparations.

It is probably one of the reasons that India has one of the lowest rate of Colon Cancer in world.

Thousands of studies revealed and confirmed the Ayurvedic viewpoint of benefits of Turmeric. It possesses **strong antioxidant, anti-inflammatory, antiarthritic and anticancer activities.**

This is definitely one of the top recommendation in home remedies for chronic painful conditions.

Some persons use turmeric powder after mixing it in warm water. It is a wrong practice and you won't have its whole benefits.

Some others don't boil it in milk, and simply mix it in warm milk, stir a bit and use that milk. In this way, you will get only partial health benefits of Turmeric.

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The ideal way is to mix turmeric powder in boiling milk and let it boil for 2-3 minutes. There is scientific reason for this practice. In this manner, the water soluble and fat soluble components of Turmeric powder are present in milk.

This recipe is recommended in all chronic painful conditions of joints, muscles, tendons and ligaments, osteoarthritis, rheumatoid arthritis, neuralgia and gout.

It is especially better for seniors as they get the benefit of turmeric as well as milk. You have the option to use either cow or buffalo milk or soy milk.

My two kids (Dev is 12, Vurchas 6) were fond of using Bourn Vita or Complan and other such additives that offer chocolate flavor. I tried to make them understand that these are not healthy products. Usually, such kind of rational persuasion don't work with kids.

My wife made this turmeric or golden milk, without black pepper, cardamom or cinnamon. She gave it to kids in morning, when they are in bed and lying down. She woke them up, asked to sit in bed, and drink it and then lie again.

In this way, they had the least chance to resist it. Within one or two weeks, they are able to go off adding Bourn Vita and Complan like stuff.

Our family has found it very beneficial for kids as their immunity had been great throughout the winter months.

During even summer, we use golden milk at least once in a day, and twice a day during winter. However, in western countries, golden milk can be used twice a day even in summers.

I don't think that golden milk will be harmful for anybody.

Additional Benefits of Milk with:

Turmeric + Ginger = Good for cough and indigestion

Turmeric + Cardamom = Pitta Balancing, Hyperacidity, heartburn

Turmeric + Cinnamon = Kapha disorders, cough and breathing discomfort

Turmeric + Black Pepper = Stuffed nose and sinus

Ginger Tea Recipe



No. of Serving: 1 serving of Ginger Tea
Servings per day: 2-3 servings

Ingredients

1. About 1/2 inch grated or 4-6 thin slice of fresh raw ginger
2. 1.5 Cup of Water
3. Honey or sugar to taste

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4. ½ lemon juice

Directions

1. Pour 1.5 cup of water into a pan.
2. Add grated and sliced ginger into water.
3. Boil water at least 3-5 minutes for a good flavor.
4. Turn off the flame and let it cool down a bit.
5. Add lemon juice and honey or sugar according to your taste.
6. Filter through the sieve and enjoy it warm.

Note:

1. You can use more or less ginger, depending how strong flavor do you want.
2. 1.5 cup of water is required as it will be evaporated during 5 minutes of boiling.
3. If you are adding honey, add it when the ginger tea is warm.
4. You can drink it without the sugar and honey if you like.

Your ginger tea is ready to be served. You can enjoy it two to three times a day.

Expert Advice by Dr. Vikram Aditya Tomar:

Ginger is called *Vishwabhesaj* in Ayurveda. *Vishwabhesaj* literally means Friendly Herb for the World. Ginger is such a benign and friendly herb.

Fresh ginger is good for hyperacidity, heartburn, nausea and vomiting. Dried Ginger is good for Kapha disorders like cough.

Ginger is good for cough, indigestion, gas and bloating. Modern studies found it to possess **anti-inflammatory and anti-arthritis activity**. That is why it should be used by persons having chronic joints pain.

In India, we use ginger a lot in Chai (tea with milk). It is very common to use ginger and holy basil in Chai.



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As suggested in this recipe, you can use Ginger as herbal tea with lemon juice. Some other variants for herbal tea could be...

1. Ginger + Green Tea
2. Ginger + Cinnamon
3. Ginger + Holy Basil



Dipped Garlic Slices



Ingredients

1. 25-30 Cloves of Garlic, Peeled and sliced into small pieces
2. Salt to taste
3. Juice squeezed from 4 lemons

Directions

1. Take lemon juice in a bowl
2. Dip garlic slices into it
3. Add salt to taste

4. Mix for one minute and store

Note: Keep the bowl in refrigerator.

Enjoy this with salad, curries, rice, vegetable soup, fish or chicken.

Expert Advice by Dr. Vikram Aditya Tomar:

Garlic is one of the acclaimed herb in Ayurveda for Vata disorders – degenerative chronic inflammatory disorders like Osteoarthritis, Rheumatoid Arthritis, Pain in Joints and Muscles.

You have to take care not to use Garlic in any form when you are consuming milk. Butter milk or yogurt could be exception.

Usually, I prefer to take Garlic slices dipped in lemon **during meals**. You can use it with vegetable curries or salad.

This home remedy is very **good for indigestion, gas, bloating and flatulence**. It is also beneficial for persons having high blood pressure and high blood cholesterol levels.

I am giving one recipe extra here as you can use Garlic and Ginger Slices, or only Ginger slices in this manner. Both works good and are tasty as well.

Hot Infusion Powered by 3 Seeds



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Serving Size: 1 cup

Servings: 4-5 Servings per Day

Ingredients

1. 1 teaspoon Cumin seeds
2. 1 teaspoonful of Ajowan seeds
3. 1 teaspoonful of Fenugreek seeds
4. 1 Liter of Water

Directions

1. Take 1 liter of water in a pan. Heat it and let it boil.
2. Add all the 3 seeds in boiling water.
3. Let these boil for 2-3 minutes.
4. Turn the flame off and cover the lid.
5. Let it cool down and keep it covered overnight.
6. In the morning, filter it and keep in a bottle or flask.

During the day, enjoy a cup of it, 4-5 times.

Expert Advice by Dr. Vikram Aditya Tomar:

You should use this **detox drink on weekend** or any two days of the week. It has power of 3 seeds – Cumin, Ajowan and Fenugreek.

Curmin and Ajowan are considered good for digestive health. These two also work upon Vata disorders (chronic degenerative inflammatory disorders).

These are also **helpful in relaxing tense muscles**. In arthritic conditions, low backache, cervical and lumbar spondylosis, the tense muscles play an important role in turning the pain more intense.

Fenugreek possesses **anti-Vata and antiarthritic activity**. In Ayurveda, it is found useful **in relieving malaise** (generalized body pain or ache, soreness of muscles).

All three herbs are great aid for digestion and supportive for liver health.

Raisins



Ingredients:

1. 10-20 Raisins
2. 1 Cup of Water

Direction: Soak the raisins in a cup of water at room temperature. Let it remain there overnight. During the day, chew the swollen raisins in the morning, during afternoon and in evening.

If you are using Golden Milk, you don't even need to soak the raisins in water overnight. Simply add about 10 raisins in boiling milk. They will swell. Still, you have chew these one by one.

Expert Recommendation by Dr. Vikram Aditya Tomar:

Raisins are **the richest source of Boron**. Boron is helpful in taking dietary calcium to settle down inside bones, along with Vitamin D or its active form D3.

So, when you take Raisins, you are getting the full benefit of dietary calcium that you might be taking in any form – from food or drinks or supplements.

While, I was going through Ayurveda graduation studies during 1994-2001 at Rishikul Ayurveda PG College, Haridwar, India, I was not aware of this fact about Boron. And Internet was not available during that time easily and it was quite costly in cyber café. Each small town might have just 2-3 cyber café.

Later during my practice years, I was **intrigued by finding why Raisins are the major ingredient in an ancient Ayurvedic preparations for Kids Wellbeing.** Many young kids have problems in development and growth due to lack of Vitamin D and resulting poor calcium absorption.

Then, I found many studies and evidence about Boron and its significance for Calcium and bone health. This gave me further clarity about the efficacy of ancient Ayurvedic preparation for kids.

That is why I prefer to adopt the synergy of ancient wisdom along with modern researches and evidence. It helps to make everything become more relevant and balanced in present time.

Besides their benefit on Calcium metabolism, Raisins are great for providing energy, are soothing to stomach and intestine, relieve hyperacidity and heart burn, nausea and vomiting.

When boiled with milk, Raisins help to relieve the mild constipation. (Remember, that this benefit is more present in Pitta type bowels or sensitive bowel types).

Additional Resources for Relieving Chronic Pain

My Healthy Joints

My Healthy Joints is a herbal supplement based upon Ayurvedic herbs. It is helpful in...

<https://holistic-herbalist.net/herbal-supplements/>



1. Joints, Muscles, Ligaments and Tendon Pain
2. Osteoarthritis
3. Rheumatoid Arthritis, SLE, Ankylosing Spondylitis
4. Gout
5. Sciatica and Nerve Pain
6. Cervical and Lumbar Spondylosis

Each Tablet of 1000 mg contains 650 mg of standardized herbal extracts (Boswellia, Turmeric, Nut grass, Pluchea, Skunkvine, Chaste Tree, Fenugreek) and 350 mg of herbal powders (Andrographis, Ginger, Long Pepper).

Method of Use: Take 4 tablets in a day. Take 1 after breakfast, 2 after lunch, 1 after dinner or 2 after breakfast and 2 after dinner.

In Chronic Nerve Pain, Cervical and Lumbar Spondylosis and Osteoarthritis, My Healthy Joints can be used with My Joyful Mind / Ayur Ananda as this herbal combination also helps with health of nervous system. You will take 2-3 tablets daily. One tablet after breakfast, one after lunch, one after dinner.

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For conditions like **Rheumatoid Arthritis, SLE, Gout and Ankylosing Spondylitis**, it is better to use My Healthy Joints with My Active Liver / Ayur Normaliv. You will take 2-3 tablets daily. One tablet after breakfast, one after lunch, one after dinner.

Ayur Shodhan can be used with any of these combinations as its herbs helps to detox the body and do a gentle colon cleanse. In Ayurveda, this kind of detox is always advocated along with herbs for chronic painful conditions. You will need 2 tablets after dinner.

Remember, even if you take My Healthy Joints, My Joyful Mind, My Active Liver and Ayur Shodhan, you will have **a gradual and natural relief from pain**. These herbs **work upon the whole system and produce a gradual relief from symptoms**.

If you have acute pain and need to relieve it soon, and it is the appropriate requirement, it is advised to get prescribed from medical expert for a suitable pain killer.

Finally, Thanks again for your wonderful time in going through home remedies booklet. I believe that you will use these and get their benefits. Many times, a small shift or push toward health could prove to be of immense value and relief.

Stay Tuned!

Be in Your Better Health, now and always!

Dr. Vikram Aditya Tomar

You are always welcome to contact Dr. Vikram Aditya Tomar for health advice...

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