



Greenwich Ayurveda Centre is the best Ayurvedic hospital for arthritis in Kerala



The [Greenwich Ayurveda Centre](#) takes a comprehensive approach to arthritis treatment. The treatment plan is tailored to each patient based on their specific condition, type of arthritis, and body constitution. The center's expert Ayurvedic doctors evaluate the root cause of the problem, whether it is linked to diet, lifestyle, or emotional stress, and prescribe a personalized treatment protocol.

Arthritis is a common, but debilitating ailment that affects millions of individuals worldwide. Kerala, the home of Ayurveda, is an excellent choice for anyone looking for a holistic, natural approach to arthritis management. Among the state's many Ayurvedic centres, Greenwich Ayurveda Centre in Kottakkal stands out as one of the best for arthritis treatment due to its time-tested methods and competent care.

Understanding Arthritis and the Ayurvedic Treatment

Arthritis is a broad term that refers to a variety of joint inflammatory diseases. The most prevalent kinds are osteoarthritis, rheumatoid arthritis, and gout. According to Ayurveda, arthritis is mostly caused by an imbalance of Vata dosha, which governs movement and energy flow inside the body. When this dosha is inflamed, it causes joint stiffness, swelling, and discomfort, which are all classic signs of arthritis.

Ayurvedic [treatment for arthritis](#) entails restoring Vata dosha balance through therapies, lifestyle changes, and herbal medicines. Panchakarma, an Ayurvedic cleansing method, is important in treating chronic arthritis since it removes toxins (Ama) from the body while also regenerating tissues.

Specialised Therapies for Arthritis

The centre provides specialised therapy for arthritis, which include:

Abhyanga (Therapeutic Oil Massage): is a full-body oil massage that helps relieve joint stiffness and inflammation.

Virechana (Purgation Therapy): Detoxifies the body by eliminating excess Vata and lowering inflammation.

Basti (Medicated Enema): One of the most efficient remedies for Vata diseases, Basti nourishes and rejuvenates joints by administering medicated oils or herbal decoctions via an enema.

Pizhichil (Oil Bath Therapy): A continuous stream of heated therapeutic oil is poured over the body, relieving pain, reducing inflammation, and increasing mobility.

Navarakizhi (Rice Pouch Therapy): This therapy involves putting heated rice bags soaked in herbal decoctions to the body, which helps to strengthen muscles and joints while relieving pain.

[Greenwich Ayurveda](#) Centre has successfully treated many arthritis sufferers, allowing them to restore movement and live pain-free lives. The centre's integrated approach to treatment has resulted in considerable improvements in patients with chronic arthritis who had previously obtained only limited relief from conventional therapies.

Greenwich Ayurveda Centre offers the best of Kerala Ayurveda, along with modern amenities and personalised care. [Please contact us](#) if you have any questions regarding our services or want to schedule a consultation.