



Ayurvedic Cure to Get Relief from Body Pain Effectively



In Ayurveda, the goal is to find the underlying source of a symptom and not only to treat the symptom itself. Body Pain can be due to any number of triggers from long hours of inactivity, the quality and choice of foods we eat, water intake, lifestyle and emotional state as well as sleep and exercise routine. Simply put, every choice we make, everything we do is directly proportional to all ailments.

Whenever we suffer from chronic body pain, we find ourselves trapped in only two options, either pop a painkiller or sustain the pain. Strategizing an easier way to save ourselves from problems, is incorrect and we should, therefore, formulate remedies that provide a long-term relief. Ayurvedic intervention in our lives is the need of the hour.

Let us look at a few Ayurvedic remedies to get relief from such sufferings.

Potassium-rich food: If a food doesn't boost wellness or has no nutritional value, stay clear. Our body needs potassium for strong and healthy muscles to prevent cramps and fatigue. Including such potassium-rich food in your diet is essential to eliminate body pain and weakness. Bananas are one such fruit that is recommended by all nutritionist to mitigate potassium deficiency in the body.

Ayurvedic Medicine: Proper medication helps in mitigating the problems of body pain and swelling. Before we discuss the best treatment for body fragility and exhaustion, it is important to understand that these [Ayurvedic medicines](#) are not mutually exclusive. Other commitments being in place, [Ayurvedic pain relief Oil](#) definitely works wonders in soothing muscle swelling. With zero side effects, Dr. Vaidya's [Ayurvedic medicines for body pain](#): **Rumox**

[Ayurvedic pain balm](#) effectively cools down the strained muscles and boosts the flow of blood to speed up healing.

Check their curated range of Ayurvedic product here:

<https://www.drvidyas.com/products/rumox-pain-balm-50g>

Ginger and cinnamon: These herbs are known for their amazing healing effects, helping people to heal faster from knee pain, body pain and swelling. Powerful antioxidants, they inhibit anti-inflammatory agents which reduce morning stiffness and increases joint mobility.

Oil Massage: In Ayurvedic tradition regular oil massage is revered as a highly effective form of therapy. Massage assists in unwinding stress muscles and stiffness, thus increasing blood circulation in the body. The Ayurvedic oils provide the much-needed warmth to decrease inflammation in the joints and prevent muscle fatigue.

Exercise and Meditation: Workouts and Meditation is a powerful healer too. Pain can discourage us from stretching and moving the way we normally do, but restricting your movement will only compound the problem. Contracting and relaxing muscles will gradually relieve stagnation of joints and muscles by mobilizing blood circulation. Even 15 minutes of exercise can make a world of a difference. Since chronic pain is a combination of inflammation, tension and weakness **[Ayurvedic products](#)** and lifestyle help combat the ailment efficiently and successfully.