



ARTHRITIS, JOINT PAIN, SCIATICA, OSTEOPOROSIS

Discover how you can get freedom from pain and enjoy flexible joints.

Dr. Smita Naram

Ayushakti ayurved is having more than 100 health centres and have treated more than 1 million people world wide, suffering from numerous chronic health disorders like Arthritis, Joint pain, Sciatica, osteoporosis, Anxiety, Depression, Diabetes, Obesity, Infertility, female health concerns like PCOD, Fibroid, Tube blocks, Menstrual problems, High Blood Pressure, Skin problems like Psoriasis, Excema, Vision problems, childhood issues, loss of memory, Alzheimer and many more chronic health concerns. Ayushakti has its presence in Europe, USA, Australia, New Zealand, London, India and 60 western medical doctors are successfully practicing Ayushakti way of treatments world wide.

Ayushakti has helped more than 25 lacs people suffering from chronic joint pain, arthritis, osteoporosis, spondylosis, Sciatica using powerful herbal formula "Painmukti MJ & Sandhiyog" tablets, effective calcium rich formula "Painmukti Sandhi-cal" and amazing relief giving "Painmukti cream".

It is true. Read on to know more details about how you can truly change your life by following these proven yet simple home remedies, and recipes.

"In my 27 years of clinical practice, I have had the opportunity of treating more than 150,000 clients across the world. Several of them had been incapacitated due to chronic Joint pain, Osteoporosis, Frozen shoulders, Spondylitis, Sciatica, Osteo arthritis and bone degeneration due to Calcium deficiency. These individuals have now transformed their lives with the ancient healing practices of Ayurveda. Today I would like to share these truly amazing wisdoms with you and I am sure these ancient proven tips will help you, your family and your friends live a life free from pain. Dr. Smita Naram."



Dr. Smita Naram

Vaidya Smita Naram, a successful Ayurvedic practitioner for 27 years has helped more than half a million people across the world suffering from numerous chronic health disorders like Arthritis, Joint pain, Sciatica, osteoporosis, Anxiety, Depression, Diabetes, Obesity, Infertility, female health concerns

like PCOD, Fibroid, Tube blocks, Menstrual problems, High Blood Pressure, Skin problems like Psoriasis, Excema, Vision, childhood issues, loss of memory, Alzheimer and many more chronic health concerns.

A cofounder of Ayushakti Health centre with more than 100 centres in Europe, USA, Australia, New Zealand, London, India., she is an international presenter, author and researcher. She also teaches pulse reading internationally and is a specialist in Panchakarma (An ancient skill of detoxifying and rejuvenating the body, mind and emotions). She has been honored worldwide with many awards for her contributions. Her amazing health tips for vibrant health in Zee international TV show is remarkable and has been helped lacs of people world wide to bring back their health.

Discover How you can relieve Joint Pain, Arthritis, Back Pain, Frozen shoulder, Sciatica, Spondylosis, morning stiffness, headache. Promote Natural Calcium to the bones and Recover from Osteoporosis.

How Indra, bedridden from chronic joint pain climbed Himalaya ?

True Story !!

Everything is possible if one's hands and feet are strong! Indra Jain, realized this at each step while she was climbing the difficult and inaccessible peaks of Himalayas. She was constantly blessing Dr. Smita Naram and the highly effective 'Painmukti Cream' made by her for preparing her crippled body for the trip. For the past few years, she was bedridden with terrible pain. She was frustrated running around Vaidyas, Doctors and hospitals. The thought of never ever being able to get back on her feet drowned her in hopelessness. Then, one day, a doctor advised her to use 'Ayushakti's Painmukti Cream, for applying and Painmukti M J & Sandhiyog tablets orally. She was also advised a diet along with it. Indra began the course of Painmukti MJ & Sandhiyog. . She would apply Painmukti Cream 4 times a day and took 'Pindswed.' (a topical massage therapy) . Unbelievably, in just 6 months, she was up and running on her feet. Her swellings and pain just faded away and, she was totally self-dependent. Her debility of 20 years was now just a memory !! The Himalayan trip was just a Celebration of Joy! Painmukti was her companion all this while., which penetrates safely and accurately into the painful parts and eliminates the root cause of the pain, giving long-lasting relief, has now become her true 'Life Partner.'

Understanding the symptoms of Arthritis, Joint Pain, Sciatica and Spondylitis

- ★ Stiffness accompanied by acute pain in knee joints, finger joints, shoulders, neck or back.
- ★ Signs of inflammations and tenderness in joints like ankles, elbow, knee joints, fingers.
- ★ Joints deform without inflammation and produce crepitus sound leads to Osteoarthritis. resulting in difficulty to climb steps or sit down on the floor.
- ★ Some people also can get osteoporosis which is a silent killer and can lead to sudden fractures in the back or hip or knee joints. You can feel pain in back, hip or knee. Your posture can change to stooped posture.

Understanding the Symptoms of back pain, neck pain, Sciatica.

- ★ Pain due to muscle stiffness and tightness.
- ★ Pain due to nerve compression, feels throbbing pain over the nerves which come out of the spin like Sciatica.
- ★ Pain due to slip disc or spondylosis. This pain happens in the neck or lower back in and around the spinal area and in the x-ray shows disc swollen or herniated.
- ★ Reduction in the gap between the vertebrae of neck and back., degenerated changes in the disc.

Why do we suffer from chronic pain ?

As per 5000 years old traditional wisdom, we suffer from chronic pain because of excess Vata (air) in the body. Too much gas or air when settles in the bones, it creates stiffness, pain and degeneration. Too much of Aam (the toxic mucus) created from low digestion when settles in joints or back or neck spine, produces swelling, spondylosis or slip disc.

Safe & deeper healing tips to relieve Joint pain, Sciatica, Stiffness and swelling, Nerve pain, neck & back pain.

1. Proven Diet: Joint pain, swelling and stiffness are the direct result of increased Vata (air) movements in the body. A moderate diet which decreases the Vata can help to relieve these conditions.

Avoid:

Wheat and all wheat products. Curd (dahi), Tamarind (imli) and Tomatoes, Oily food, raw salad, red meat and fermented food like idli, dosa, gas-forming sprouts like Kidney beans (Rajma), Chickpeas, Dry peas, white bean. Vegetables like okra, egg plant, French beans (fansi), raw mangos, Chilled water, aerated drinks, cold milk, ice cream.

All of these if eaten regularly, increase Vata which can decrease the digestive power, ultimately producing toxins.

Foods which remarkably pacify or reduce VATA:

Rice, Roti and Bakharis made of Bajra (green millet), Jowar (white millet) or Nachani (ragi), Mung Daal, Masoor daal (red lentils), Tuvar daal (yellow lentils), Pumpkin, Gourd, Bitter Gourd, Carrot, Beetroot, Dhaniya (coriander), onion, fenugreek (Methi), Zucchini, Artichoke, squashes, fennel bulb, Rucola, Celery, spinach, melon, cantaloupe, **spices** like Ginger (Adrak), Garlic (Lasoon), Clove (Lavang), Cinnamon (Taj), Black pepper (Miri) Cumin (Jeera), Cardamom (Elaichi). **Fruits** like Avocado, apricot, sweet grapes, sweet apple, Rye, Amaranth, Bananas, Coconut, Figs, Dates, Melon, Papaya. **Others** : Honey, Palm Sugar, Unrefined Sugar, Ghee, Butter and Milk.

An occasional helping of Red meat, Eggs, Seafood, Cooked Vegetables like Cauliflower, Broccoli, Sprouts and Cabbage is acceptable. Soaked Nuts and Nut Butter can also be consumed in small portions, but not more than twice a week.

Call at Ayushakti on 91-22-28065757/61451300 for more information on specific diets.

You should also naturally maintain at least 1000 mg of calcium intake daily.

Food	Qty in gm	Ca in mg.
Amaranth (Rajgira) seeds	100	510
Dried Curry leaves (kadi patta)	100	830
Sesame seeds (Til)	100	1450
Cumin seed powder (Jeera)	100	1080
Poppy seeds (Khus Khus)	100	1584
Milk	100	200

Recipes which can greatly boost calcium intake

Sesame Laddoo Total calcium 150 mg./ladoo.		Sesame Corriander Chutney/spread. Total calcium 202 mg.	
Ingredients :		Ingredients :	
Sesame seed (Til)	50 gm	Sesame seed (Til)	12 gm
Dates-seedless and chopped (Khajur)	2 nos.	Cumin seed (Jeera)	2 pinch
Almond (Badam)	15 gm	Dry kokum	2 nos.
Jaggery (Gud)	35 gm	Pomogranate (Dadim)	1 tsp.
Cardamom powder (Elaichi)	1 pinch	Green chilli	2 nos.
Method : Roast and crush sesame seeds and almonds. Cut jaggery in to small pieces, add little water and cook till syrup forms for hard ball. Add crushed sesame almonds and add chopped dates and cardamom powder. Mix well and remove from fire. Make smooth ball shaped ladoos. Have 1-2 Ladoo daily.		Corriander leaves (Dhania Patta)	20 gms
		Curry leaves (Kadipatta)	1 spring
		Ginger (grated) (Adrak)	½ tsp.
		Mint leaves (Pudina)	1 spring
		Rock salt (Saindha Namak)	as per taste
		Method : Roast Sesame and cumin seeds. Chop ginger and chilli. Wash the curry, coriander and mint leaves. Fill all ingredients in to a blender and grind until it turns in to a chutney form.	

Calcium rich gravy for vegetables. Total calcium 300 mg.

Sesame seed (Til)	10 gm
Poppy seed	10 gm
Red pumpkin (Lal Bhopla)	5 gm
Onion (Kantha)	10 gm
Kokum	5 gm
Ginger/garlic paste (Adrak / Lasoon Paste)	1 tsp
Corriander powder (Dhania)	¼ tsp.
Cumin powder (Jeera)	1/2 tsp.
Red chilli powder	1 tsp.
Turmeric powder (Haldi)	2 pinch
Garam masala	¼ tsp.
Whole gram masala	2 gm
Ghee	15 gm
Salt as per taste	

Ayushakti herbs straightened my crooked fingers.

Severe Arthritis of 6 years made my fingers crooked and stiff, unable to straighten them. Started Painmukti cream, Painmukti MJ, and Sandhi-Cal tablets. Amazingly within one month pain started reducing, and in 3 months, my crooked and stiffed fingers got strait and the arthritic pain in joints got almost nil. Still I am continuing all herbs for deeper healing. Moli Banerjee, Student, West Bengal.

Method : Soak sesame and poppy seeds in water for ½ an hour. Grind and boil it to make a paste. Heat the ghee on pan and add ginger/garlic paste and saute. Add all other ingredients and the sesame poppy paste till it becomes a light brown colour.

2. Traditional, ancient home remedies to conquer Arthritis and Joint pain

- a. Drinking one teaspoon of castor oil with ginger water before going to sleep is a very effective way of keeping Joint pain and arthritis at bay.
- b. Reducing Aam (toxic mucous) can reduce your swelling and stiffness dramatically

Powerful detoxifying mung and vegetable soup for amazing relief in stiffness & swelling.

While on a trip to the United States in 1993 I received an urgent phone call. It was Mrs. Dixit from Vancouver, Canada. Her situation was indeed a sad and painful one. She had been suffering from rheumatoid arthritis for 10 years and her condition had steadily worsened to a point where nothing would reduce her pain, and even with steroids, she was unable to move. Mrs. Dixit was only 35 and I believed she could get better. So I asked her to follow a simple diet for 15 days, after which she could come and meet me. It was a diet of ginger water and mung soup, accompanied by a teaspoon of castor oil in warm water every night. And it was only this simple diet that did in 15 days, what new medical innovations couldn't do in 10 years! The swelling in her joints had gone down by 70 percent. It was a sheer miracle. After this she only got better with Ayushakti's herbal treatments and panchakarma therapy. By the end of three years Mrs. Dixit had recovered fully. At the age of 38 she even delivered a beautiful baby girl; something rheumatoid Arthritis had rendered impossible in the past.

It is true. Recoveries like these are not impossible. Read on to know more details about how you can recover too. Find home remedies and simple recipes and tips that can truly change your life.

A 15 day diet of Mung & Vegetable Soup can relieve you from ankle and knee swelling and other general bouts of stiffness.

This soup is very light, easy to digest and helps reduce the **AAM** (a toxic mucous that blocks the flow of energy in your body) from your body. From the 16th day to 25th day, add fruits to this regime. This, followed once every two months, will help you revitalize your joints. In Ayurveda, Mung Bean Soup balances all the doshas and eliminates the blockages created by **AAM**.

How to make Mung soup ?

1 cup green mung beans
2 cups of finely cut vegetables (white & red pumpkin (Bhopla), bottle gourd (Dhudhi), round gourd (Tendli).
1 tbs. sunflower oil ½ tsp. mustard (Ravi) seeds ¼ tsp. Hing (Asafoetida)
1 bay leaf (Tejpatta) ½ tsp. Turmeric (Haldi) 1 tsp. mixed Cumin and Coriander Powder
1½ tsp. ginger (adrak) ½ tsp. garlic (lasoon) 2 tsp. salt
chopped chopped
1½ tsp. Kokum juice (optional), 1 tsp. raw sugar cane (optional), 1 pinch garam masala powder

Method: 1) Soak the mung beans overnight in water. Drain the mung beans, cook in a pressure cooker by adding the vegetables and with the indicated amount of water until tender. 2) Make paste of ginger and garlic. 3) Heat the oil in large deep saucepan and add mustard seeds. When mustard seeds pop, add Hing (Asafoetida) and bay leaf. add cooked mung beans & Vegetables. Bring to a boil and add all remaining spices. For 15 days just eat Mung and vegetable soup only, whenever you are hungry. You will feel very light and free from swelling.

3. Ancient proven Panchkarma therapy to rejuvenate your joints

Immobile and crippled Erika's New Life with flexible joints

“After Arthritis struck me, my feet felt like stone and my hands would swell up at night, and I couldn't even turn over in bed because the covers felt as heavy as concrete. I managed barely 2-3 hours of sleep every night during that period in my life. Then I was introduced to Dr. Naram and her remedies at the Ayushakti health centre in Munich. I even visited the Ayushakti centre in Mumbai twice for Panchakarma treatment. I got better every time and my limbs recovered steadily. I've also been sleeping well and continue to take my herbal supplements along with my basties (herbal enemas) and pindswed (topical joint treatment). My condition has improved and I believe that with Ayushakti and God's support, I will be totally healthy one day. I wish Ayushakti Godspeed so they can help and transform many more lives in the future”. *Erika, Germany.*

Pindswed

There are different kinds of Panchakarma therapy for different health concerns. “Pindswed” improves flexibility of joints, relieves Arthritis, swelling, Sciatica and Spondylosis.

How to do Pindswed ?

Take one cup of Ajowain Powder and one cup of Dry Ginger Powder. Tie them in a thick cloth to make two balls of equal size as shown in the picture. Heat this ball on a dry skillet. Apply this heated ball to the painful areas for atleast 20 minutes and apply Painmukti cream thereafter.



Pindswed ball

Panchakarma is a powerful detox plan which can relieve the root cause of arthritis. A full panchakarma treatment removes toxins from the body through purgation therapies and herbal enemas. These ancient skills can be practiced at home to alleviate various disorders.

4. Marma for instant relief from stiffness, frozen shoulder

Marma is a remarkable ancient Indian pressure therapy which removes blockages at a deeper level and gives instant relief.

The 'Lohitaksha' nerve is located right at the centre of the armpit. Painmukti Cream applied at this central point and kept pressed for a minute and then massaged in a circular motion instantly triggers the nerve centre to start functioning. Repeat this Marma atleast 3 times a day.



Lohitaksh Marma

Call Ayushakti on 91-22-28065757/61451300 for more information on specific Panchakarma & marma treatments for you.

5. Deeper healing powerful Herbs to relieve Pain in joints, Swelling, Arthritis, Sciatica, Spondylosis, osteoporosis

Painmukti MJ tablet : Proven and effective herbal extracts of Salai Guggul (Boswellia serrata), Punarnava (boerhaavia diffusa), Rasna (Pluchea lanceolata), Nirgundi (Vitex negundo), Shunthi (Zingiber officinale), Mustak (Cyperus rotundus), etc. relieves back pain, neck pain, joints pain ,frozen shoulder , sciatica, muscular pain effectively.

How to take ? For minor and recent pain- one tablet thrice a day. For chronic and severe pain- 2 tablets thrice a day for 3 to 6 months.

Painmukti Sandhi-Cal tablet : Natural shell calcium Mukta Shukti Pisti and herbal extracts Asthishrunkhala (Cellastrus peduncularis), Lajjalu (Mimosa pudica), Shuddha Guggul (Balsamodendrom mukul) etc. effectively reduces bone degeneration, cracking sound. Relieves Osteo arthritis, Osteoporosis.

How to take ? 1. For stiffness & cracking sound in joints: 1 tab twice daily to prevent bone degeneration and relieve stiffness & pain. 2. For chronic pain & stiffness, osteoporosis, back pain: 2 tabs Twice daily.

3. For those aged above 60: 2 tabs twice daily to keep your joints nourished and free from pain & stiffness.

Sandhiyog tablet : The ancient herbal Mixture Mahayograj guggul & dashmool ghan in this formula, are proven to relieve Vata (air) from all the joints which has been accumulated over the years. Thus relieving chronic neck pain, back pain, muscle pain and, joints pain.

Lifelong relief from Sciatica

I was suffering from throbbing pain from the back to the feet due to Sciatica for years. When I walk and climb steps suffers severe pain. After taking Painmukti cream, Painmukti MJ, Sandhiyog and Sandhi-cal tablets for 6 months, amazingly the pain started reducing and today I can walk, climb steps and do whatever I want. Thanks to Ayushakti remedies. Daniella, Switzerland.

How to take ? : For chronic joints pain and stiffness : 1-2 tablet twice a day.

Painmukti Cream : Has Mahanarayan Oil and powerful pain-relieving herbs and oils proven to provide the quicker and 3 times longer-lasting relief than any other cream.

How to apply ? Apply 4 times a day. For minor pain- continue for a week. For chronic pain, continue for two months. Later apply it whenever necessary.

I CAN WALK AGAIN

A true amazing story.

“Your Painmukti Cream and Painmukti M.J. tablets are the most wonderful medicines for Arthritis. In 2 months, my joint pain reduced & I am able to walk Again.” A gentleman was saying this again & again on phone . His voice was full of joy!. Just within 2 to 3 months, his knee pain was almost gone with Painmukti M.J. tablets & Painmukti cream. The gentleman who was talking to me was not a regular patient. Dr. Ashok Kuralkar, famous veterinary doctor & authority on animal health was speaking to me. At 70 years of age, he still works actively for animal health.

He knew that this arthritis is age related ,so managed his pain by taking various tablets and creams. But it only gave temporary relief & pain came back again and over a period, pain & stiffness only increased to such a level that he needed stick to walk.. One day ,he read about Painmukti and started using 'Painmukti M.J.for his arthritis and Painmukti Sandhi-Cal for degeneration of bones. He experienced remarkable instant relief by only using Painmukti Cream thrice a day followed by pindswed. Within 2 to 3 months, he started walking without stick. Dr. Kuralkar did not stop there. He treated dogs and cats with Painmukti. He was astonished to see these animals recovering very quickly from stiffness & arthritis as well.

Summary of a clinical study on 30 patients treated by Painmukti MJ Tablet 2, three times a day

Number of years & Chronic pain	Number of people got relief	Number of months by which pain was completely gone
3 -6 years old pain of arthritis, knee, back & neck pain	80%	12 months
3 years old arthritis, knee, back and neck pain	95%	9 months
6 months old arthritis, knee, back or neck pain	95%	3 months

Proof of instant and long lasting relief on Painmukti cream

Painmukti cream was tested for quick result and duration of pain relief in 30 people suffering from chronic pain.

Number of people	Relief was felt within	Relief lasted for
6 people	2 minutes	5hours
9 people	3 minutes	6 hours
12 people	3minutes	12 hours
3 people	3 minutes	24 hours

Ayushakti's ancient, proven, deeper herbal remedies works on which kind of pain, swelling and stiffness effectively ?

Anklyosing Spondylitis, Cervical Arthritis, Fibromyalgia, Gout, Infectious Arthritis, Juvenile Arthritis, Lumbosacral Arthritis, Osteoarthritis, Osteoporosis, Paget's Disease, Psoriatic Arthritis, Reiter's Syndrome.

How I got relief from 6 months old Frozen shoulder ?

In 6 applications of Painmukti cream, my 6 months old frozen shoulder vanished amazingly. I continued taking Painmukti MJ and sandhiyog tablets, & applying Painmukti cream for another 3 months and now I can able to move my hand absolutely normal. Mrs. Smita Bhagwat, writer, Canada.

To reduce risk of Arthritis, to have healthy & flexible joints, CALL NOW :
91-22-28065757 / 61451300 or write to email : ayushakti@ayushakti.com.

NOW you can BUY Ayushakti products online. Log on to : www.ayushakti.com

Painmukti Sandhi-cal, Painmukti M.J., Painmukti cream are also available at Leading Chemist Shops.

For more information call 91-22-28065757 / 65618191
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Dr. Smita Naram Visits Europe in April - May and October - November Every Year.
Log on to www.ayushakti.com for Tour Details and book your Appointments.