



SOOKTA

AYURVEDA CLINIC

FEEL BETTER, LIVE WHOLE

Knee Pain

Understanding Knee Pain

Knee pain is one of the most common complaints among adults and the elderly. It can result from **arthritis, injuries, obesity, or simple wear and tear** of the knee joint. Persistent knee pain affects mobility, quality of life, and even emotional well-being.

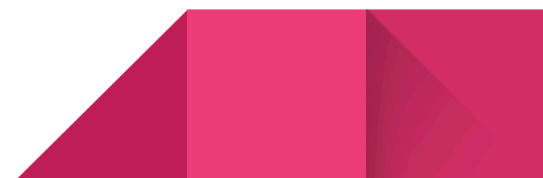


Common causes include:

- **Osteoarthritis (Sandhivata)** – degeneration of cartilage and joints
- **Rheumatoid arthritis** – autoimmune inflammation of the joint
- **Sports injuries or sprains**
- **Postural imbalance and excess body weight**

Symptoms often include:

- Pain while walking or climbing stairs
 - Stiffness and swelling around the joint
 - Clicking or locking sensation in the knee
 - Limited movement or joint instability
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Ayurvedic View on Knee Pain

In Ayurveda, knee pain is mainly associated with **Vata imbalance**, known as “**Sandhivata**.” When Vata dosha accumulates in the joints, it causes dryness, degeneration, and stiffness, leading to pain and inflammation.

The Ayurvedic approach at **Sooktha Ayurveda Clinic** focuses on balancing Vata, improving joint lubrication, reducing inflammation, and strengthening the muscles and bones naturally through traditional therapies and herbal formulations.

Ayurvedic Treatment Approach at Sooktha Ayurveda Clinic

Our treatment protocol for knee pain aims to:

1. **Relieve pain and swelling**
2. **Reduce joint stiffness**
3. **Rejuvenate cartilage and strengthen joints**
4. **Improve mobility and flexibility**

Key Therapies Include:

1. Abhyanga (Therapeutic Oil Massage)

Gentle massage with warm medicated oils improves circulation, reduces stiffness, and nourishes the knee joints.

2. Janu Vasti (Knee Oil Retention Therapy)

A highly effective therapy where warm medicated oil is retained over the knee joint using a herbal dough ring. It relieves pain, strengthens the knee, and restores flexibility.

3. Kizhi (Herbal Pouch Therapy)

Heated herbal poultices filled with anti-inflammatory herbs are applied to the knees to relieve pain and stiffness.

4. Pizhichil (Oil Bath Therapy)

Continuous pouring of warm medicated oil over the body enhances joint lubrication, relaxes muscles, and supports overall joint health.

5. Vasti (Medicated Enema)

An important Panchakarma therapy that removes deep-seated Vata toxins from the body and provides long-term relief from chronic pain.

6. Lepam (Herbal Paste Application)

Application of fresh herbal paste on the affected knee helps reduce inflammation and provides cooling relief.

7. Diet and Lifestyle Guidance

Our doctors guide you on **Vata-pacifying foods**, simple yoga postures, and lifestyle habits that promote joint strength and flexibility.

Benefits of Ayurvedic Treatment for Knee Pain

- Relieves chronic knee pain and stiffness
 - Reduces swelling and inflammation naturally
 - Improves joint strength and flexibility
 - Nourishes cartilage and prevents further degeneration
 - Promotes better mobility and posture
 - Safe, non-invasive, and free from side effects
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Why Choose Sooktha Ayurveda Clinic?

At **Sooktha Ayurveda Clinic, Thrissur**, we combine the healing power of traditional Ayurvedic therapies with a scientific understanding of joint care.

Our experienced physicians customize each treatment based on your body constitution (Prakriti), age, and condition severity.

We aim not just to relieve pain but to **restore long-term joint health naturally**—so you can walk, move, and live pain-free again.

Book Your Consultation

If knee pain is limiting your daily activities or movement, Ayurveda offers a safe and effective path to recovery.

Visit **Sooktha Ayurveda Clinic** for personalized knee pain management and holistic healing.