



SOOKTA

AYURVEDA CLINIC

FEEL BETTER, LIVE WHOLE

Tennis Elbow

Understanding Tennis Elbow

Tennis Elbow (Lateral Epicondylitis) is a painful condition that affects the outer part of the elbow due to overuse or strain of the forearm muscles and tendons.

Despite its name, it can affect anyone — not just athletes. People who frequently use their wrist or forearm for work, such as computer users, housewives, painters, or manual laborers, are also prone to this condition.



Common symptoms include:

- Pain and tenderness around the outer elbow
- Difficulty in gripping objects
- Pain that worsens with wrist movement or lifting
- Weakness in the arm or forearm

Ayurvedic View on Tennis Elbow

In Ayurveda, Tennis Elbow can be correlated with “**Snayugata Vata**” — a condition caused by the aggravation of **Vata dosha** in the tendons (**Snayu**) around the elbow joint.

When Vata becomes vitiated due to overuse, dryness, or poor circulation, it causes pain, stiffness, and inflammation in the affected area.

At **Sooktha Ayurveda Clinic**, we aim to correct this imbalance, reduce inflammation, and strengthen the joint naturally through authentic Ayurvedic therapies and personalized treatment plans.

Ayurvedic Treatment Approach at Sooktha Ayurveda Clinic

Our treatment focuses on:

1. **Relieving pain and inflammation**
2. **Detoxifying accumulated toxins (Ama)**
3. **Restoring balance of Vata dosha**
4. **Strengthening muscles and tendons around the elbow**

Key Therapies Include:

1. Abhyanga (Therapeutic Oil Massage)

Gentle massage with warm medicated oils helps reduce pain, improve blood circulation, and nourish muscles and tendons.

2. Lepam (Herbal Paste Application)

Application of freshly prepared herbal paste on the affected elbow reduces swelling and eases discomfort.

3. Kizhi (Herbal Pouch Therapy)

Herbal leaves or powders are tied in a pouch, heated, and applied to the affected area to relieve stiffness and enhance mobility.

4. Sneha Dhara / Pizhichil (Oil Pouring Therapy)

Continuous pouring of warm medicated oil over the joint reduces inflammation, lubricates the tissues, and improves flexibility.

5. Vasti (Medicated Enema)

A detox therapy that helps eliminate aggravated Vata from the body and supports long-term healing from within.

6. Diet and Lifestyle Advice

Our doctors provide personalized diet and lifestyle modifications to prevent recurrence, focusing on Vata-pacifying foods and routines.

Benefits of Ayurvedic Treatment for Tennis Elbow

- Natural pain relief without side effects
 - Reduces inflammation and swelling
 - Strengthens tendons, ligaments, and joints
 - Improves flexibility and range of motion
 - Prevents recurrence through holistic healing
 - Enhances overall arm and nerve strength
-

Why Choose Sooktha Ayurveda Clinic?

At **Sooktha Ayurveda Clinic**, Thrissur, our treatments combine classical Ayurvedic wisdom with modern understanding of musculoskeletal conditions.

Each patient receives a **personalized therapy plan** tailored to their constitution, lifestyle, and severity of the condition.

Our focus is not just on temporary relief but on **complete healing** — by addressing the root cause of pain and rejuvenating the affected tissues naturally.

Book Your Consultation

If you are suffering from elbow pain, difficulty in lifting objects, or reduced grip strength, consult our Ayurvedic experts today for a personalized healing plan.