



Ayurvedic Joint Health

(formerly JNT-AV)

Stock #1296-1 (100 capsules)

Ayurvedic Joint Health is an herbal formula that helps to ease joint pain and inflammation and strengthen the body as a whole. Ayurvedic Joint Health helps reduce degeneration of joint tissues, cleanses the body of allergens and toxins that contribute to inflammation, and promotes diuretic activity to eliminate painful fluid accumulation. Ayurvedic Joint Health also improves digestion, reduces fever, relaxes muscle spasms, fights infection, relieves respiratory congestion, and provides a mild sedative effect.

Ayurvedic Joint Health is recommended where convalescence or debility, or even long-term poor diet, has contributed to fatigue and structural weakness and the accumulation of toxins in the body. Ayurvedic Joint Health is used to treat arthritis, back pain, diarrhea, dyspepsia (indigestion), edema (fluid retention), flatulence, gastritis (inflammation of the stomach), gout, headache, respiratory problems, rheumatism, sciatica and urinary tract disorders.

Apium graveolens, also known as Ajwan, has been shown to lower blood pressure, alleviate indigestion, strengthen kidney function, improve circulation to increase blood flow to joints and muscles, relax muscle spasms, reduce inflammation and acidity, stimulate the uterus, and act as an antiseptic, diuretic and sedative. Ajwan also helps respiratory problems such as asthma, bronchitis and hiccups, as well as arthritic, rheumatic and urinary problems. Ajwan improves gout and rheumatic conditions by enhancing the kidneys' elimination of urates and other toxins and reducing overall acidity in the body. Ajwan acts as an antiseptic to disinfect the bladder and urinary tubules and treat cystitis. Ajwan is not recommended during pregnancy or in cases of kidney disease.

Boerhaavia diffusa reduces inflammation, stimulates production of digestive fluids, increases appetite, and acts as an astringent, diuretic and laxative. Boerhaavia is primarily used to relieve edema, but has also been used to treat anemia, asthma, biliousness, cough, fever, heart disease, hemorrhage, hepatitis, intestinal colic, certain nerve disorders, poisoning, rheumatism, tuberculosis and urinary stones.

Boswellia serrata contains triterpene acids called boswellic acids, which relieve pain and inflammation and promote the healing of blood vessels and tissues damaged by inflammation. Boswellia also stimulates circulation, improves digestion, induces perspiration to lower fever, tightens tissues, fights infection, promotes menstruation, and acts as a diuretic and expectorant. Boswellia has been shown to exhibit some anti-tumor and sedative activity, and in animal experiments, to reduce blood pressure, cholesterol and triglycerides. Boswellia is commonly used for arthritis, asthma, bronchitis, cystic breast, diarrhea, dysentery, goiter (thyroid enlargement), hepatitis, jaundice, chronic laryngitis, piles (hemorrhoids), rheumatism, sports injuries, tumors and ulcers.

Commiphora mukul, also known as Guggulu in India, has been used in the middle east since biblical times to treat infected wounds and digestive and respiratory problems. Commiphora mukul has been found to contain cholesterol-reducing saponins. Studies show the saponins, known as guggulipid, also produce anti-inflammatory activity, which is helpful for treating arthritis. Commiphora mukul purifies the blood, strengthens the nerves, promotes the healing of tissues, relieves pain, improves thyroid function and blood levels of thyroid hormone, increases appetite, clears lung congestion, and detoxifies and disinfects the body. Commiphora mukul has been shown to stimulate tissue regeneration, especially nerve tissue, and eliminate fat, toxins, tumors and dead tissue from the body. Research shows this herb also stimulates production of white blood cells and phagocytosis—the process by which white blood cells engulf and devour foreign invaders in the body—and reduces myocardial necrosis—the destruction of heart tissue (which can occur following a heart attack). Commiphora mukul is also beneficial for chronic bronchitis, colitis, diarrhea, chronic dyspepsia, emaciation (extreme thinness), hay fever, hepatitis, leukorrhea (vaginal discharge) and tuberculosis. Commiphora mukul is not recommended in cases of acute kidney infection.

Cyperus rotundus, also known as Musta in India, is regarded as a liver tonic to improve digestion and as one of the most important herbal remedies for treating female problems. Musta enhance nutrient absorption in the small intestine, destroys parasites, promotes and regulates menstruation, relaxes muscle spasms, relieves pain, reduces premenstrual edema, cools fever, and exhibits some lipid-lowering effects. Musta is helpful for *Candida albicans*, diarrhea, dysentery, dysmenorrhea (painful menstruation), dyspepsia, gastritis, gastrointestinal infection, malabsorption, menopause, piles and sluggish liver function. Musta is not recommended if there is constipation.

Holarrhena antidysenterica helps detoxify the liver and urinary tract, strengthens the lungs, and destroys parasites. Holarrhena is typically used for colic, diarrhea, dysentery (especially in infants), fever, flatulence, hemorrhage, bleeding hemorrhoids and various skin diseases.

Paederia foetida is an Ayurvedic remedy for reducing inflammation, relaxing muscle spasms, destroying parasites and worms, and increasing urine flow. Paederia is helpful for anuria (inability to urinate), arthritis, diarrhea, edema, hemorrhoids, myalgia (diffuse muscle pain) and rheumatism.

Sida cordifolia, called "Bala" in India, is regarded as a rejuvenative and strengthening tonic for the heart function. Bala has also been shown to strengthen the nerves, relieve pain and inflammation, and promote urine flow. Bala has been used by Ayurvedic physicians to help arthritis, asthma, chronic fever, chronic infectious diseases, convalescence, cystitis (bladder inflammation), dysentery, emaciation, exhaustion, facial paralysis, heart disease, insanity, leukorrhea, muscle cramps, neuralgia (nerve pain), numbness, rheumatism, sciatica and sexual debility.

Smilax china is a cooling, slightly bitter herb that purifies the blood and acts as an antibiotic, anti-inflammatory, diuretic and anti-rheumatic. Smilax is recommended for dysuria (difficult or painful urination), enteritis (intestinal tract inflammation), gout, jaundice, rheumatoid arthritis, syphilis (a sexually transmitted disease), urinary tract infections, various cancers, and skin conditions such as abscesses, boils, psoriasis and skin ulcers.

Tinospora cordifolia stimulates the production of digestive fluids, enhances immunity, reduces fever, and acts as a diuretic. Tinospora contains the alkaloid berberine, which has been shown to exhibit antibacterial and amebicidal properties, as well as a sedating action on the central nervous system. Tinospora is used for bronchitis, cough, debility, diabetes, chronic diarrhea, dysentery, dyspepsia, fever, headache, impotence, rheumatism and urinary tract disorders.

Trachyspermum ammi contains a volatile oil that stimulates production of digestive fluids, and provides diuretic and expectorant effects. Trachyspermum relaxes muscle spasms, increases perspiration, and fights infection. Trachyspermum is used in the treatment of arthritis, asthma, cholera, colds, colic, coughs, diarrhea, dyspepsia, edema, flatulence, influenza (flu) and rheumatism. This herb is not given to individuals with hyperacidity.

Tribulus terrestris has a rejuvenative effect on the genito-urinary tract, particularly the prostate, and helps to correct impotence. Tribulus alleviates congestion, strengthens body tissues, relieves pain, stimulates circulation and reduces blood pressure, improves liver function, and acts as a diuretic. Tribulus is commonly used for bladder and kidney stones, cough, chronic cystitis, diabetes, dysuria, edema, gout, headache, hematuria (blood in the urine), hemorrhoids, impotence, infertility, kidney disease, lumbago, nephritis (kidney inflammation), rheumatism, sciatica, seminal debility, shortness of breath, urinary stones and venereal disease.

Trigonella foenum-graecum is widely used in India and the Middle East and is highly valued as a remedy for encouraging weight gain in conditions of anorexia and convalescence. Trigonella improves digestion, cools fever, soothes inflammation and irritated tissues, promotes healing, destroys parasites, reduces cholesterol, lowers blood sugar levels, exhibits antitumor activity, and also acts as an expectorant, diuretic and laxative. Animal studies indicate trigonella may also inhibit liver cancer, due to the presence of the alkaloid, trigonelline. Trigonella is used for numerous conditions, including arthritis, back pain, debility, late-onset diabetes, dysmenorrhea, edema in the legs, gastric ulcers, gastritis, gout, hernia, labor pains, neurasthenia (a condition characterized by chronic fatigue, weakness, memory loss and generalized aches and pains), poor digestion, respiratory problems, tuberculosis and underactive libido. Trigonella is also used to induce childbirth and stimulate breast-milk production. Trigonella should not be used by pregnant women.

Vitex negundo reduces inflammation and cools fever, alleviates pain, improves digestion, detoxifies the body, exhibits antibacterial activity, and acts as an expectorant and mild sedative. Vitex is given for treating arthritis, breast cancer, bronchial congestion, cramping/numbness in the limbs, excess mucus, headache, painful/swollen eyes, poisonous bites, rheumatism, spots in front of the eyes, and excessive tearing of the eyes. Vitex fruit is not recommended for those with heart disease or hypertension.

Withania somnifera is used in Ayurvedic medicine similar to the way ginseng is used by Chinese herbalists—to restore vitality, treat nervous exhaustion, and aid recovery after chronic illness. Withania focuses its action primarily on the reproductive and nervous systems, and exhibits adaptogenic, rejuvenative, sedative, and aphrodisiac effects. Withania is given for numerous conditions, including the treatment of anemia, convalescence, cough, difficult breathing, fatigue, general/sexual debility, failure to thrive in children, glandular swelling, impotence, infertility, insomnia, joint pain, loss of memory, loss of muscular energy (by stimulating the anabolic process of the body), multiple sclerosis, nervous exhaustion, neuralgia, overwork, paralysis, problems associated with old age, rheumatism, skin afflictions, spermatorrhea, tissue deficiency, wasting diseases and weak eyes. In small amounts, withania is used as a tonic for weakened pregnant women because it stabilizes the unborn child; however, it must be used with care, because large amounts have induced abortion.

Studies have shown the alkaloids in withania lower blood pressure, slow the heart rate, and act as a sedative. Research also shows that withanolides—substances comparable to the body's own steroid hormones—are anti-inflammatory in action and inhibit the growth of cancer. Such findings may explain withania's long-held use for chronic inflammatory diseases such as lupus and rheumatoid arthritis, and as a cancer preventative. More recent clinical trials indicate withania raises hemoglobin levels, enhances sexual performance, reduces graying hair, and assists recovery from chronic illness. Withania is also beneficial for long-term stress, as it calms overactivity and promotes rest and relaxation. Withania's high iron content makes it useful for correcting anemia.

Companion products:

Herbs - alfalfa, burdock, butcher's broom, chickweed, dandelion, feverfew, garlic, horsetail, red clover, safflowers, yucca, APS II, Herbal CA, Enviro-Detox, HSN-W, IF-C, KB-C, LBS II, LIV-J, Chinese Blood Build, Bone/Skin Poultice, Herbal Trace Minerals, Milk Thistle Combination, SC Formula, SUMA, Small Intestine Detox, Stress Relief, Super Algae, Tiao He Cleanse, Uña de Gato

Vitamins/Supplements - Aloe Vera Juice, B-Complex, Bifidophilus, Black Currant Oil, vitamin C, Calcium-Magnesium, Chlorophyll, Citrus Bioflavonoids, CoQ₁₀, Evening Primrose Oil, Flax Seed Oil, Food Enzymes, Glucosamine, Grapine, Omega-3 EPA, PDA, Skeletal Strength, Trace Mineral Maintenance, Urinary Maintenance

Homeopathics - Arthritis, Detoxification, Inflammation, Pain, Sciatica, Sprains and Pulls