



VOLUME 23
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Exclusive on
ARTHRITIS

Self Care In Osteo Arthritis Of
Knees, Neck & Low Back Pain



A MESSAGE FROM THE CHAIRMAN

Empowering Lives Through Natural Healing



Dear Readers,

Arthritis and spondylitis are conditions that affect millions across our nation, often bringing pain, stiffness, and limitations to daily life. Yet, they need not take away hope or independence. At The Nature Cure & Yoga Center, our mission has always been to empower individuals with knowledge, natural therapies, and lifestyle practices that restore health and dignity.

This comprehensive article prepared by our medical team reflects that vision. It highlights how simple, patient-friendly approaches balanced diets, yoga, hydrotherapy, massage, & mindfulness can make a profound difference in managing arthritis and spinal disorders. These therapies are not just treatments; they are pathways to self-care, resilience, and

long-term wellbeing.

As Chairman, I firmly believe that healthcare must go beyond prescriptions. It must educate, inspire, and equip patients to take charge of their own healing journey. By blending traditional wisdom with modern practices, we aim to provide holistic solutions that are accessible to all.

To every patient reading this, I extend my heartfelt assurance: arthritis and spondylitis may challenge you, but with dedication, awareness, and consistent practice, you can reclaim mobility, reduce pain, and live a life of confidence and joy.

Together, let us embrace nature's wisdom and build a healthier, more active future.

Warm regards,
C.K. Danuka (Chairman)
Nature Cure & Yoga Centre



EDITORIAL

FROM CHIEF MEDICAL OFFICER

Living Well with Arthritis and Spondylitis: A Journey of Hope and Healing



Dear Readers,

Arthritis and spondylitis are among the most common health challenges today, affecting millions of people across India. They bring pain, stiffness, and difficulty in movement, often making everyday tasks feel harder than they should be. Yet I want to reassure you: while these conditions cannot be fully cured, they can be **managed effectively**. With the right approach, you can reduce pain, improve mobility, and continue to live a fulfilling life.

The secret lies in **self-care and lifestyle choices**. Medicines may ease symptoms for a time, but lasting comfort comes from how we care for our bodies each day. A balanced diet rich in anti-inflammatory foods, regular low-impact exercise, yoga, and mindful relaxation can make a remarkable difference. Even small steps—like walking daily, practicing gentle stretches, or enjoying turmeric milk—can ease discomfort and

strengthen your joints.

Natural therapies such as hydrotherapy, massage, and yoga are more than treatments; they are **pathways to confidence and independence**. They help reduce stiffness, improve circulation, and calm the mind. When combined with physiotherapy and patient education, these practices empower you to take charge of your health.

I encourage you to see arthritis and spondylitis not as limitations, but as reminders to live consciously. Pay attention to posture, maintain a healthy weight, and embrace wholesome foods like millets, sprouts, and fresh vegetables. These choices protect your joints and improve overall well-being.

Most importantly, remember that healing is a journey. It requires patience, consistency,



and positivity. Support from family, friends, and healthcare providers plays a vital role. With dedication, you can reclaim mobility, independence, and joy in everyday living.

My message to you is simple: do not lose hope. Arthritis and spondylitis may challenge you, but they do not define you. With natural therapies, lifestyle adjustments,

Naturally yours,

A handwritten signature in black ink that reads "H. A. Rama Murthy". The signature is written in a cursive style with a large, sweeping flourish at the end.

Sd./-

Dr. M. A. Rama Murthy
Chief Medical Officer
Nature Cure & Yoga Center



ARTHRITIS

NATURE CURES Volume 23, 2026 Exclusive



01

ARTHRITIS

By Dr. Aishwarya. D
Dy Chief Medical Officer

► Introduction

Arthritis is a general term for joint swelling and pain. Some common types include osteoarthritis, which happens as joints wear down over time, and rheumatoid arthritis, where the body's immune system mistakenly attacks the joints.

Spondylitis mainly affects the spine, including the neck and lower back. It can lead to ongoing back or neck pain, stiffness, pinched nerves, and reduced movement, which can make everyday tasks difficult.

These conditions can be influenced by factors like age, family history, lifestyle habits, and past injuries. Although they can't be completely cured, pain and stiffness can often be managed with regular exercise, healthy eating, natural treatments, and positive lifestyle changes, helping people stay active and improve their quality of life.

Arthritis is a condition that affects the joints where bones meet such as the knees, hips, fingers, or spine. It can cause pain, stiffness, swelling, and difficulty moving. Over 100 types of arthritis exist, but the most common include:



► Common Types of Arthritis

- **Osteoarthritis (OA):** Wear-and-tear arthritis where cartilage breaks down and bones rub together. Often affects knees, hips, hands, and spine.
- **Rheumatoid Arthritis (RA):** An autoimmune disease where the body attacks its own joints; may affect other organs.
- **Seronegative Arthritis:** Arthritis without typical RA markers, including:
 - **Ankylosing Spondylitis:** Spine stiffness
 - **Psoriatic Arthritis:** Linked to psoriasis
 - **Reactive Arthritis:** Occurs after infections
 - **Enteropathic Arthritis:** Linked to bowel diseases
- **Gout:** Caused by uric acid crystals, usually in the big toe.
- **Juvenile Arthritis:** Affects children under 16, causing pain and swelling.

In India, more than 195 million people - about 1 out of every 6 - live with arthritis pain. Women are affected more often than men, especially with common types like osteoarthritis and rheumatoid arthritis.



Osteoarthritis (OA)



Rheumatoid Arthritis (RA)



Seronegative Arthritis



Ankylosing Spondylitis



Psoriatic Arthritis



Reactive Arthritis



Enteropathic Arthritis



Gout



Juvenile Arthritis

► Causes of Arthritis

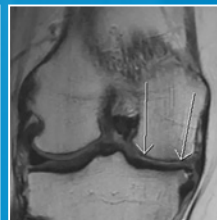
- Genetics/family history
- Autoimmune reactions
- Infections
- High uric acid
- Joint injuries or overuse
- Lifestyle factors: obesity, smoking, poor diet, inactivity

► Diagnosis

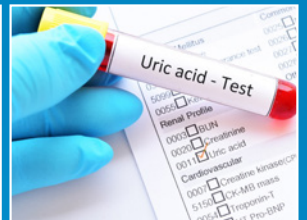
- Discussion of symptoms and joint examination
- Imaging: X-rays or MRI
- Blood tests for inflammation or uric acid levels



X-rays



MRI



Blood test - uric acid levels



► Osteoarthritis of the Knees

OA in the knees occurs when cartilage wears down, causing bone-on-bone contact.

► Who is at risk?

- Older adults
- People who are overweight
- Those with past knee injuries
- Jobs or sports stressing the knees
- Family history of arthritis

► Common Symptoms:

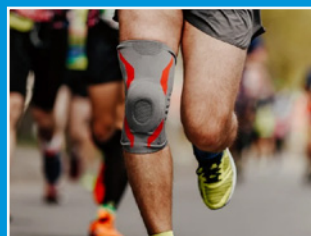
- Pain during walking or climbing stairs
- Stiffness after rest
- Swelling, grinding, or cracking sensations
- Difficulty bending or straightening the knee



Older adults



People who are overweight



Sports stressing the knees



Pain during climbing stairs



Difficulty straightening the knee



cracking sensations

Naturopathic Approaches

Naturopathic Approaches

Naturopathy focuses on natural, holistic healing, addressing root causes rather than just symptoms

Lifestyle plays a key role in arthritis. Diet, physical activity, stress, and sleep can significantly affect symptoms. Small changes can make a big difference.

A.

Dietary management

Dietary management for osteoarthritis often includes eliminative, soothing & constructive diets, each serving a distinct purpose.

a) Eliminative Diet (Fasting)

Focuses on detoxifying the body and reducing substances that trigger inflammation.

Key Principles:

- Avoid processed foods, refined sugars, trans fats.
- Limit red meat, deep-fried foods, and excessive dairy if inflammatory.

- Hydrate with water, herbal teas, and fresh fruit juices.

Benefits:

- Reduces systemic inflammation.
- Supports healthy weight and joint relief.
- Improves digestion and nutrient absorption.



b) Soothing Diet

Targets inflammation and oxidative stress with anti-inflammatory foods.

Key Principles:

- Include turmeric, ginger, garlic, green leafy vegetables.
- No-grain diet (only fruits and salads/ cooked vegetables).

Benefits:

- Reduces joint pain and stiffness.
- Supports immune function and tissue repair.
- Provides antioxidants for cartilage protection.



c) Constructive Diet (Satvik Foods)

Strengthens bones, cartilage, and connective tissue.

Key Foods:

Calcium-rich: low-fat dairy, almonds, sesame seeds.

Protein-rich: legumes, lentils.

Collagen-promoting nutrients: vitamin C from citrus, bell peppers. Include fresh vegetables, fruits, whole grains, millets, sprouts, nuts and anti-inflammatory spices like turmeric and ginger. Avoid processed foods, sugar, red meat, alcohol.

Benefits:

- Enhances cartilage and joint tissue regeneration.
- Supports bone density, reducing complications.
- Provides sustained energy for mobility and activity.

Fasting Protocol (Optional, Under Supervision):

- 3 days of liquid diet.
- 2 days of no-grain diet.
- Resume satvik diet for long-term joint support.



B.

Hydrotherapy

Hydrotherapy uses water - hot, cold, or moving - to relieve pain and improve joint function.

Methods:

Warm water soaking: 20–30 minutes in a warm bath (not too hot) relieves stiffness.

Cold compress: Apply for 10–15 minutes to reduce inflammation.

Alternate hot & cold: Apply heat, wait 2 hours, then cold to manage pain flares.

Mud therapy: Reduces pain and stiffness

Water exercises: Swimming, aqua aerobics, or walking in a pool 2–3 times per week

Benefits:

- **Pain Relief:** Warm water relaxes muscles; cold compresses reduce inflammation; alternating enhances relief.
- **Reduced Joint Stress:** Water supports body weight, decreasing pressure on knees and hips.
- **Improved Mobility & Flexibility:** Buoyancy allows greater range of motion with less pain.
- **Gentle Strengthening:** Water provides resistance, strengthening muscles around joints without impact.
- **Balance and Confidence:** Safe environment lowers fall risk, encouraging exercise and independence.



C.

Massage Therapy

Massage therapy involves manipulating muscles, tendons, and soft tissues around affected joints to improve circulation, reduce tension, and ease discomfort.

Benefits:

- **Pain Reduction** – Stimulates nerve endings, reduces pain perception, improves circulation.
- **Improved Joint Flexibility** – Loosens stiff joints, enhancing range of motion.
- **Muscle Relaxation** – Reduces tension in muscles surrounding joints.
- **Stress Reduction** – Lowers stress and improves mood, indirectly aiding arthritis management.
- **Enhanced Circulation** – Delivers nutrients, removes waste, promotes healing.

Guidelines:

Frequency: 1–3 sessions/week.

Duration: 10–30 minutes per targeted area.

Pressure: Gentle to moderate; avoid inflamed joints.

Self-massage: Warm compress followed by gentle massage can be effective at home.



D.

Yoga Therapy

Yoga is a gentle and safe exercise for people with knee pain. It does not put too much pressure on the knees and helps the body move better.

Benefits:

- **Reduces pain:** Gentle stretches lower stiffness and improve blood flow.
- **Improves flexibility:** Stretches thighs, calves, hips, and leg muscles for smoother movement.
- **Strengthens muscles:** Builds thigh, hip, and calf muscles to support the knee and reduce strain.
- **Better balance:** Helps prevent falls by improving stability and body awareness.
- **Reduces stress:** Calms the mind, which can make pain feel less severe.

Precautions

- Avoid deep knee bends or fast, high-impact movements.
- Never push the knee into painful positions.
- Use support like a chair, wall, or cushion if needed.

Suggested Practices:

- Variations of Utkatasana, Setu Bandhasana, Virabhadrasana I & II, Trikonasana, Padasanchalanasana, Uthita Padasana.
- Pranayamas such as Bhramari and Nadi Shodhana strengthen and stretch knee ligaments and muscles, enhancing mobility and flexibility.

Meditation & Mindfulness

- Reduces stress, pain, and inflammation, improving mobility enhances quality of life.

E.

Walking Plan (8:2:1 interval):

- 8 min normal pace
- 2 min slow pace
- 1 min rest
- Repeat 1–4 cycles

Strengthening muscles around knees, hips, and core reduces joint stress.



- Strengthens muscles and protects joints. Low-impact exercises: biking, swimming, walking, yoga.
- Goal: 150 minutes per week or gradually increase activity.
- Take breaks when sitting, low-impact exercises, posture correction, sleep well, manage stress

Eat a Joint-Friendly Diet

- **Include:** vegetables, ragi, rajgira, nuts, olive oil, dairy.
- **Avoid:** alcohol, sugar, processed carbs, unhealthy fats, MSG, excess salt.

Maintain Healthy Weight

- Reduces pressure on joints, lowering pain and inflammation.
- Even a 5–10% weight reduction can significantly reduce knee pain and improve function.

Home Remedies: Turmeric milk, ginger tea, soaked fenugreek seeds, Epsom salt baths

Cervical & Lumbar Spondylitis

Cervical (neck) spondylitis: Neck pain, stiffness, headaches, tingling; caused by poor posture, aging, stress.

Lumbar (lower back) spondylitis: Lower back pain, stiffness, leg pain; caused by obesity, poor posture, weak back muscles.

F.

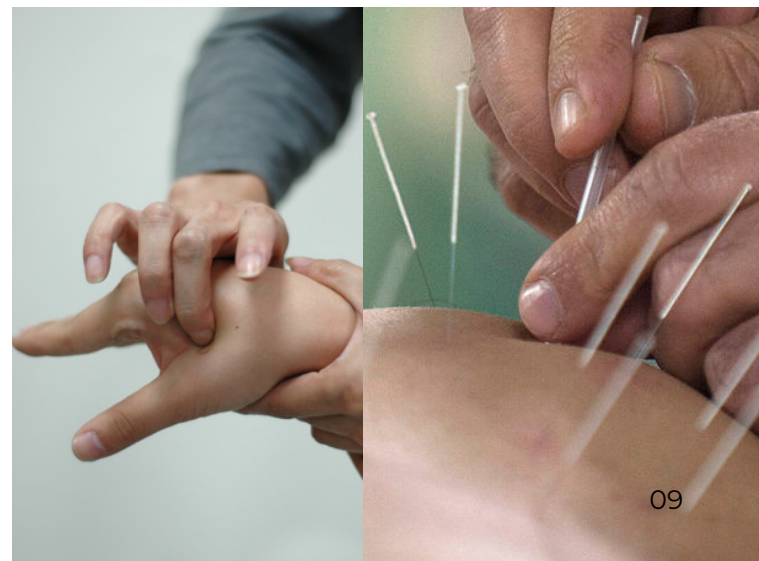
Acupuncture/ Acupressure

- Relieves pain, improves joint function.

Lifestyle Changes for Long-Term Relief

Sustainable lifestyle adjustments can protect joints and improve overall well-being.

Stay Active





Naturopathic Management

How Hydrotherapy Helps

- Improves local blood circulation
- Relaxes muscle spasms
- Reduces nerve compression pain
- Decreases stiffness and inflammation
- Promotes healing of discs and ligaments

Hot & Cold Treatments for Cervical and Lumbar Spondylitis:

- Hot fomentation, contrast baths, neutral immersion, hot hip baths, spinal baths
- Key effects: pain relief, muscle relaxation, improved circulation, increased flexibility

A. Hot Water Fomentation

Method

- Use a hot water bag or warm towel
- Temperature: comfortably hot (not burning)

- Duration: 15–20 minutes
- Frequency: twice daily

Benefits

- Relieves neck and back stiffness
- Reduces muscle spasm
- Improves mobility

B. Hot & Cold Contrast Fomentation

Method

- Hot fomentation: 3 minutes
- Cold fomentation: 1 minute
- Repeat 3–4 cycles

Frequency

Once daily

Benefit

Improves circulation, reduces long-term pain.

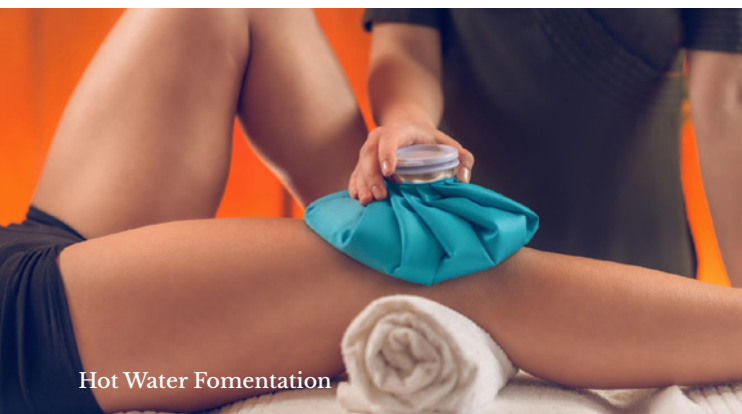
Therapy	Best For	Key Benefits	Duration	Precautions
Hot	Chronic stiffness	Muscle relaxation, increased blood flow	15–20 min	Avoid burns, not in acute inflammation
Cold	Acute pain/inflammation	Reduces swelling, numbs pain	10–15 min	Avoid direct contact, limit duration
Alternate Hot & Cold	Both chronic & acute	Improves circulation, reduces stiffness & pain	3–4 cycles	Start gently, adjust based on comfort

Neutral Spinal Bath

- Water temperature: 37–40°C
- Targets the lumbar region
- Epsom salts may be added for muscle relaxation

Mechanism of Action

1. Muscle relaxation and reduction of spasm
2. Improved blood circulation and healing
3. Pain relief via thermal nerve stimulation
4. Improved joint mobility with minimal spinal load



Hot Water Fomentation



Cold Water Fomentation

Massage Therapy for Spondylitis

Massage therapy supports pain relief, relaxation and improved mobility.

Benefits of Massage

- Reduces muscle spasm and stiffness
- Improves circulation
- Decreases pain and tension
- Enhances range of motion
- Reduces stress and improves sleep

Recommended Techniques

A. Swedish Massage

- Light to moderate pressure
- Ideal for relaxation and pain relief

B. Hot Stone Massage

- Deep muscle relaxation using heated stones
- Improves circulation
- Releases endorphins for pain relief
- Increases flexibility
- Reduces stress and tension

C. Kairali (Ayurvedic) Massage

- Uses warm medicated oils and gentle pressure
- Relieves muscle tension
- Reduces inflammation and pain
- Improves spinal flexibility
- Promotes deep relaxation

D. Herbal Poultice (Potli) Massage

- Heated herbal pouches applied over affected areas
- Reduces stiffness, pain and inflammation
- Improves circulation
- Enhances flexibility
- Promotes nervous system relaxation



Swedish Massage



Hot Stone Massage



Kairali (Ayurvedic) Massage



Herbal Poultice (Potli) Massage



Naturopathic Diet

Naturopathic Diet

A balanced anti-inflammatory diet is essential for spinal and joint health.

A. Anti-Inflammatory Foods

- **Fruits:** Apple, berries, papaya, pomegranate
- **Vegetables:** Spinach, kale, broccoli, carrot, beetroot
- **Herbs & Spices:** Turmeric, ginger, garlic, cinnamon
- **Legumes:** Moong dal, lentils, chickpeas

B. Bone & Joint Support Nutrients

- **Calcium:** milk, yogurt, sesame seeds, almonds
- **Magnesium & potassium:** banana, spinach, pumpkin seeds
- **Omega-3s:** flaxseed, chia seeds, walnuts
- **Vitamin D:** sunlight exposure, fortified foods

C. Hydration & Detox

- 8–10 glasses of water daily
- Herbal teas: ginger, tulsi, green tea

D. Foods to Avoid

- Fried and processed foods
- Refined sugar
- Excess red meat
- Excess caffeine and alcohol

Fasting in Spondylitis

How Fasting Helps

- Reduces inflammation
- Promotes detoxification
- Supports weight loss
- Improves metabolism and tissue repair
- Enhances circulation

Types of Fasting

- Short-term water fasting (12–24 hrs, supervised)
- Juice fasting (1–3 days)
- Intermittent fasting (14–16 hrs)
- Partial fasting with fruits or soups



Yoga for Cervical & Lumbar Spondylitis

Yoga for Cervical & Lumbar Spondylitis

Benefits

Reduces pain, strengthens muscles, improves flexibility, enhances posture.

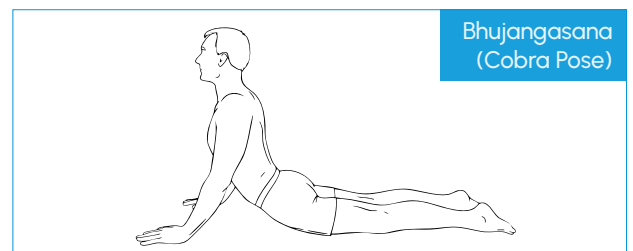
Cervical Spondylitis

- Bhujangasana (Cobra Pose)
- Shalabhasana (Locust Pose)
- Tadasana (Mountain Pose)
- Neck side bends
- Chin tucks

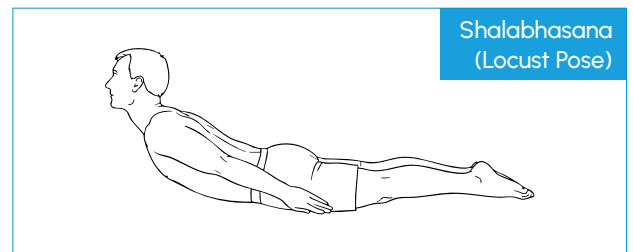
Lumbar Spondylitis

- Cat–Cow Pose
- Pelvic tilts
- Bhujangasana
- Shalabhasana
- Setu Bandhasana (Bridge Pose)
- Balasana (Child's Pose)

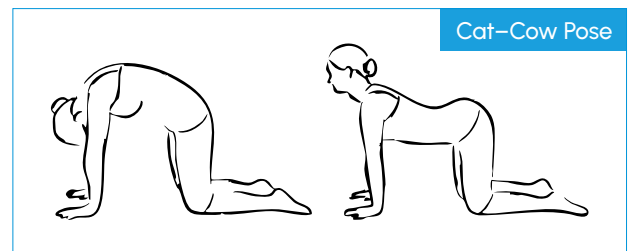
Practice gently, avoid jerky movements, and combine with pranayama.



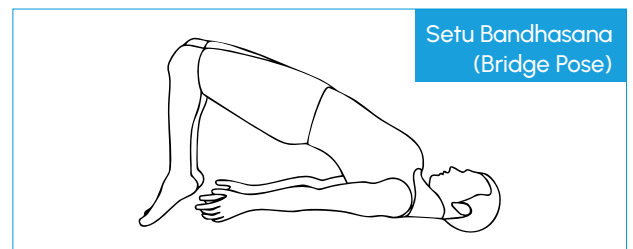
Bhujangasana
(Cobra Pose)



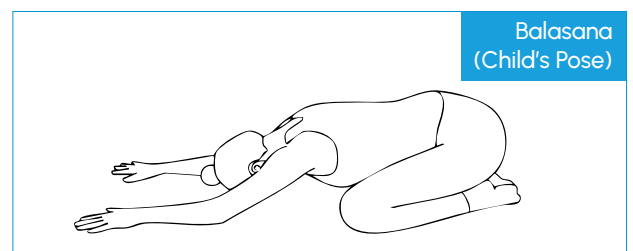
Shalabhasana
(Locust Pose)



Cat–Cow Pose



Setu Bandhasana
(Bridge Pose)



Balasana
(Child's Pose)



Physiotherapy

Physiotherapy

Goals: Reduce pain, improve mobility, strengthen muscles, prevent degeneration.

A. Osteoarthritis of Knees

- Quadriceps strengthening
- Hamstring stretches
- Heel slides
- Step-ups
- Walking, cycling, swimming

B. Cervical Spondylitis

- Neck range of motion exercises
- Chin tucks
- Shoulder blade squeezes
- Isometric neck exercises

C. Lumbar Spondylitis

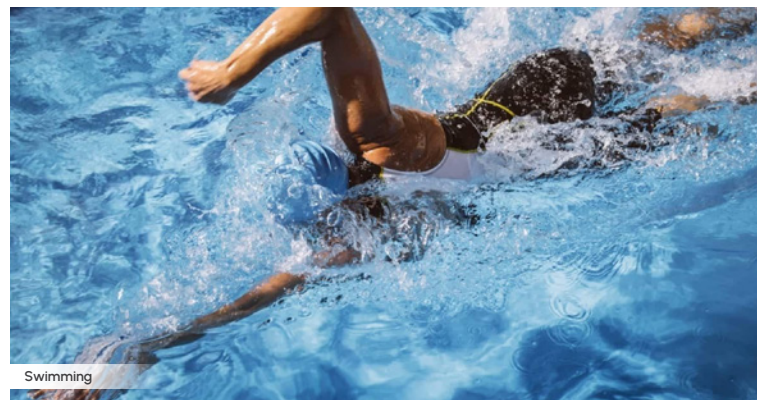
- Pelvic tilts
- Bridging
- Cat-cow stretch
- Bird-dog exercise
- Knee-to-chest stretch

Other modalities

Heat therapy, cold packs, ultrasound, TENS, traction.



Osteoarthritis of Knees



Swimming



Quadruped Chin Tucks





Conclusion

Arthritis and spondylitis cannot be fully cured, but they can be effectively managed through consistent natural therapies, proper diet, yoga, physiotherapy, and lifestyle changes. With dedication and regular practice, pain can be reduced, mobility improved, and quality of life significantly enhanced.

Indian Salad Recipes



Indian Salad Recipes

Arthritis-Friendly (No Onion, No Garlic)



Ingredients (Serves 2-3):

- 1 small cucumber, diced
- 1 small carrot, grated or julienned
- 1 small tomato, chopped
- ½ cup fresh spinach leaves, chopped
- ¼ cup boiled beetroot, diced (optional, for extra antioxidants)
- ½ cup boiled moong sprouts (optional, for protein)
- 2 tablespoons fresh coriander leaves, chopped
- 1 teaspoon lemon juice (or to taste)
- ½ teaspoon roasted cumin powder
- ¼ teaspoon black pepper powder
- 1 teaspoon olive oil (optional, for healthy fats)
- A pinch of black salt or regular salt

Instructions:

1. **Prepare vegetables:** Wash all vegetables thoroughly. Dice cucumber, tomato, and beetroot. Grate or julienne the carrot. Chop spinach and coriander.
2. **Cook sprouts (if using):** Boil moong sprouts for 3-4 minutes until slightly tender. Drain and let cool.
3. **Mix salad:** In a large bowl, combine all vegetables and sprouts.
4. **Season:** Add lemon juice, roasted cumin powder, black pepper, salt, and olive oil. Toss well.
5. **Serve:** Enjoy immediately as a fresh salad. Can also be chilled for 10-15 minutes before serving.

Benefits:

- **Anti-inflammatory:** Beetroot, carrot, and cucumber help reduce joint inflammation.
- **Antioxidants:** Spinach, beetroot, and tomato protect cartilage from damage.
- **Bone & joint support:** Spinach and sprouts provide magnesium, calcium, and protein.
- **Weight management:** High fiber keeps you full, reducing joint strain.
- **Blood sugar control:** Low GI vegetables help maintain stable blood sugar.

Foxtail Millet Khichdi



Foxtail Millet Khichdi

Arthritis-Friendly



Ingredients

- ½ cup foxtail millet
- ¼ cup moong dal (yellow lentils)
- ½ tsp turmeric powder
- 1 tsp ghee
- ½ tsp cumin seeds
- Salt to taste
- Chopped vegetables (carrot, beans, peas)

Instructions:

1. Rinse millet and dal together.
2. In a pressure cooker, heat ghee, add cumin seeds, then vegetables, turmeric, and salt.
3. Add millet, dal, and 2 cups water.
4. Cook for 2–3 whistles.
5. Serve warm with a sprinkle of black pepper.

Benefits:

Foxtail millet supports joint and bone health. It reduces inflammation, protects cartilage with antioxidants, stabilizes blood sugar, strengthens bones, and helps manage weight with its high fiber—relieving stress on joints and lowering arthritis risk.

02

Self Care In Osteo Arthritis of Knees, Neck & Low Back Pain

Dr. M.A. Rama Murthy
Chief Medical Officer

► Osteo Arthritis Of Knees

Knee osteoarthritis (OA) is the most common form of arthritis affecting the knee, leading to pain, stiffness, and reduced mobility. Patients can manage symptoms effectively through lifestyle changes, exercise, and External treatments, which helps maintain independence and quality of life.

Understanding Knee Osteoarthritis

- **Definition:** Osteoarthritis is a degenerative joint disease where the protective cartilage covering the ends of bones wears down over time.
- **How it develops:** Cartilage becomes frayed and rough, causing bones to rub against each other. This leads to pain, swelling, and sometimes bone spurs.
- **Risk factors:** Age (common after 50), obesity, previous knee injury, genetics, and repetitive stress on the knee joint.



Symptoms Patients Should Recognize

- **Pain:** Especially during or after activity.
- **Stiffness:** Often worse in the morning or after sitting for long periods.
- **Swelling:** Around the joint due to inflammation.
- **Reduced mobility:** Difficulty bending, walking, or climbing stairs.
- **Grinding or clicking sounds:** When moving the knee.

Patient-Friendly Management

Strategies Lifestyle Adjustments

- **Weight management:** Reducing body weight decreases stress on the knee joint.
 - **Exercise:** Low-impact activities like walking, swimming, or yoga improve flexibility and strengthen muscles.
- Diet:** Anti-inflammatory foods (fruits, vegetables, omega-3 rich foods) may help reduce symptoms.

External Treatment

Self Massage

Self-massage for knee pain involves warming up surrounding muscles (quads, calves) using palm strokes, followed by circular friction around the kneecap. work on

tendons to reduce tension and improve mobility. Key techniques include using knuckles on the IT band, cross-fiber friction for tendon pain, and gentle patellar mobilization to alleviate stiffness.



Key Self-Massage Techniques for Knees

- ▶ Using thumbs or fingertips, apply light to medium pressure in circular motions around the kneecap (patella) to reduce swelling.
- ▶ Gently move the kneecap side-to-side and up-and-down with your fingers to increase joint mobility.
- ▶ Quadriceps/IT Band Work: Use knuckles to work on the outer thigh (IT band) and quads to release tension contributing to knee misalignment.
- ▶ Apply cross-fiber, deep pressure with thumbs to the tendons above and below the kneecap.
- ▶ Squeeze the muscles behind the knee and calf to release tightness.





Tips for Effective Relief

Lubrication: Use oil, cream, or lotion to reduce skin friction.

Positioning: Sit comfortably with the knee bent, supported, or extended, depending on the area being targeted.

Avoid Direct Pressure: Do not push directly onto the bone of the kneecap.

Duration: Spend about 5 minutes per knee, focusing on areas of pain.

Disclaimer:

Consult a doctor if you have severe pain, significant swelling, or if the pain follows a traumatic injury.

- **Application Of Oil :** Oils Like Dhanvantharam Or Murivenna can be applied twice a Day can Heal & ease discomfort.
- **Physical therapy :** Strengthening exercises and posture correction improve function.

Top 10 Exercises for Arthritis of Knee

Knee Strengthening Exercises

1. Warming up with 5 minutes of low-impact aerobics, such as walking or riding a stationary exercise bike, increases blood supply to the muscles and helps prevent injury and stiffness. Position yourself lying on your back with a rolled up towel under your knee and a weight around your ankle. Start with your knee bent (pressing down). Finish with your knee straight. (Fig-1).

Fig - 1

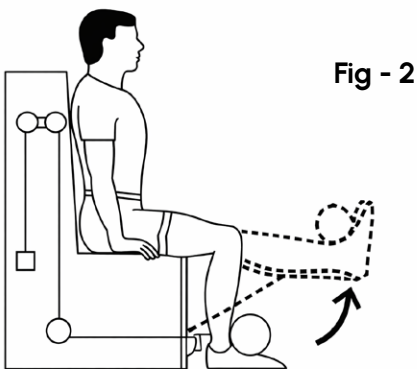
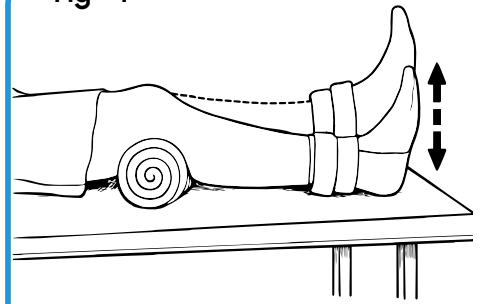


Fig - 2

2. Sit in a chair. Extend leg parallel to floor. Keep knees straight (or as straight as possible if you have arthritis). Tighten thigh muscles. Hold for count of 10. Relax for count of 3. Do 10 repetitions. You can do this several times throughout the day. You can build up to 2 or 3 sets of 10 repetitions at a time. (Fig-2).

3. Position yourself sitting with your toes on a line in front of your knee. Practice sliding your foot back so that your heel touches a line behind your knee. (Fig-3). Place the lines closer to the heel and toes. Place the lines further away from the heel and toes.

Fig - 3

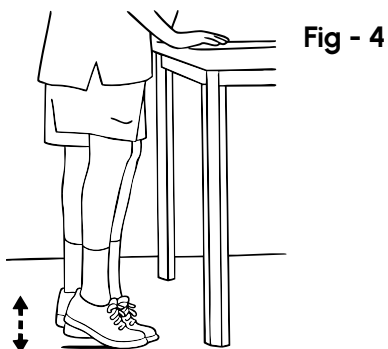


Fig - 4

4. Position yourself standing with your feet together. Start with your heels on the ground. Finish with your heels off the ground. (Fig-4).

5. Lie on the floor or table on your right side, shoulder and hips aligned. Use your right hand to prop up your head. Place the left hand on floor or any other surface e.g. table top in front of you to help balance yourself. Bend left leg and bring leg about 10 inches off the floor, hold for one second, and then slowly lower leg to ground. Lift 10 times on each side. (Fig-5).

Fig - 5

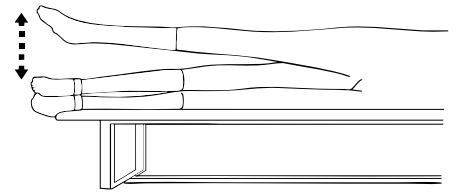


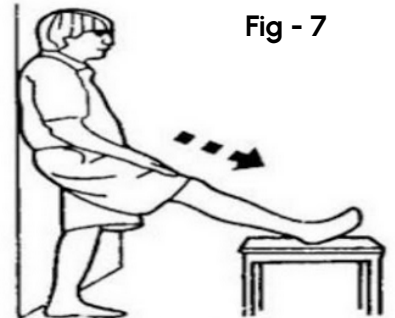
Fig - 6



6. Position yourself sitting with your hips and knees bent to each side and your feet together. Push your knees gently towards the floor with your elbows. (Fig-6).

7. Keep one leg on ground; put one foot on chair with leg straight. Bend forward at the hip. Do not attempt to touch your toes as this will stretch your back, and the goal of this exercise is to isolate your hamstring muscle in the leg that is being supported by the chair. Hold for 30 seconds. Repeat on other side. (Fig-7).

Fig - 7



8. Lie flat on back. Bend left knee at 90-degree angle, keeping foot flat on floor. Keeping the right leg straight, slowly lift it to the height of the left knee. Hold for a count of 3. Repeat 10 times. Switch sides. Work up to 10 sets of 10 over several weeks.

Precaution: Lifting both legs at the same time causes excessive stress on your lower back so lift only one leg at a time; the opposite leg should be kept slightly bent with foot on floor.

9. Walking backwards helps to develop the hamstrings. When walking backwards, your weights distributed more evenly, resulting in less strain on your knees.

10. Sit in a chair, put fist between knees, squeeze together knees, Hold for count of 10. Relax or count of 3. Do 10 repetitions.

Source: Information provided by Jayantilal Devraj Pethraj Shah and Dr. M. A. Rama Murthy



Patient Education & Emotional Well-being

- **Knowledge empowers patients:**

Studies show that patient education improves physical health and reduces depression linked to OA.

- **Self-care routines:**

Regular stretching, relaxation techniques, and mindfulness can ease pain perception.

- **Support systems:**

Family, peer groups, and healthcare providers play a vital role in coping with OA.

Practical Tips for Daily Living

- Use chairs with firm support and avoid low seating.
- Apply warm compresses for stiffness and cold packs for swelling.
- Break tasks into smaller steps to avoid overloading the knee.
- Practice yoga or gentle breathing exercises to enhance flexibility and reduce stress.

Key Takeaway

Knee osteoarthritis is a manageable condition. With the right combination of lifestyle changes, medical guidance, and patient education, individuals can reduce pain, maintain mobility, and live fulfilling lives.

Understanding Neck Pain

Neck Pain

Neck pain is one of the most common health complaints, affecting nearly one in three people every year. For the common man, it usually arises from poor posture, stress, or muscle strain, and can often be managed with simple lifestyle changes, exercises, and timely medical consultation.

• Definition:

Neck pain (also called cervicalgia) refers to discomfort in or around the cervical spine—the part of the backbone just below the head.

• Prevalence:

About one-third of adults experience neck pain annually, and two-thirds will face it at some point in their lives.

Common Causes

Poor posture: Sitting hunched over computers or mobile phones for long hours.

Muscle strain: Sudden movements, heavy lifting, or sleeping in awkward positions.

Stress and tension: Emotional stress often tightens neck and shoulder muscles.

Age-related changes: Osteoarthritis, spinal stenosis, or herniated discs.

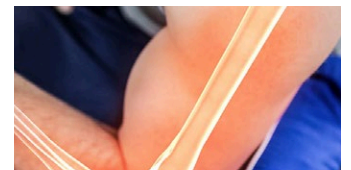
Other conditions: Pinched nerves, injuries, or rarely, tumors.

Symptoms to Watch

- Stiffness or soreness in the neck.
- Pain radiating to shoulders, arms, or chest.
- Headaches linked to tight neck muscles.
- Limited range of motion.
- Tingling or numbness in arms (if nerves are involved).



Poor posture



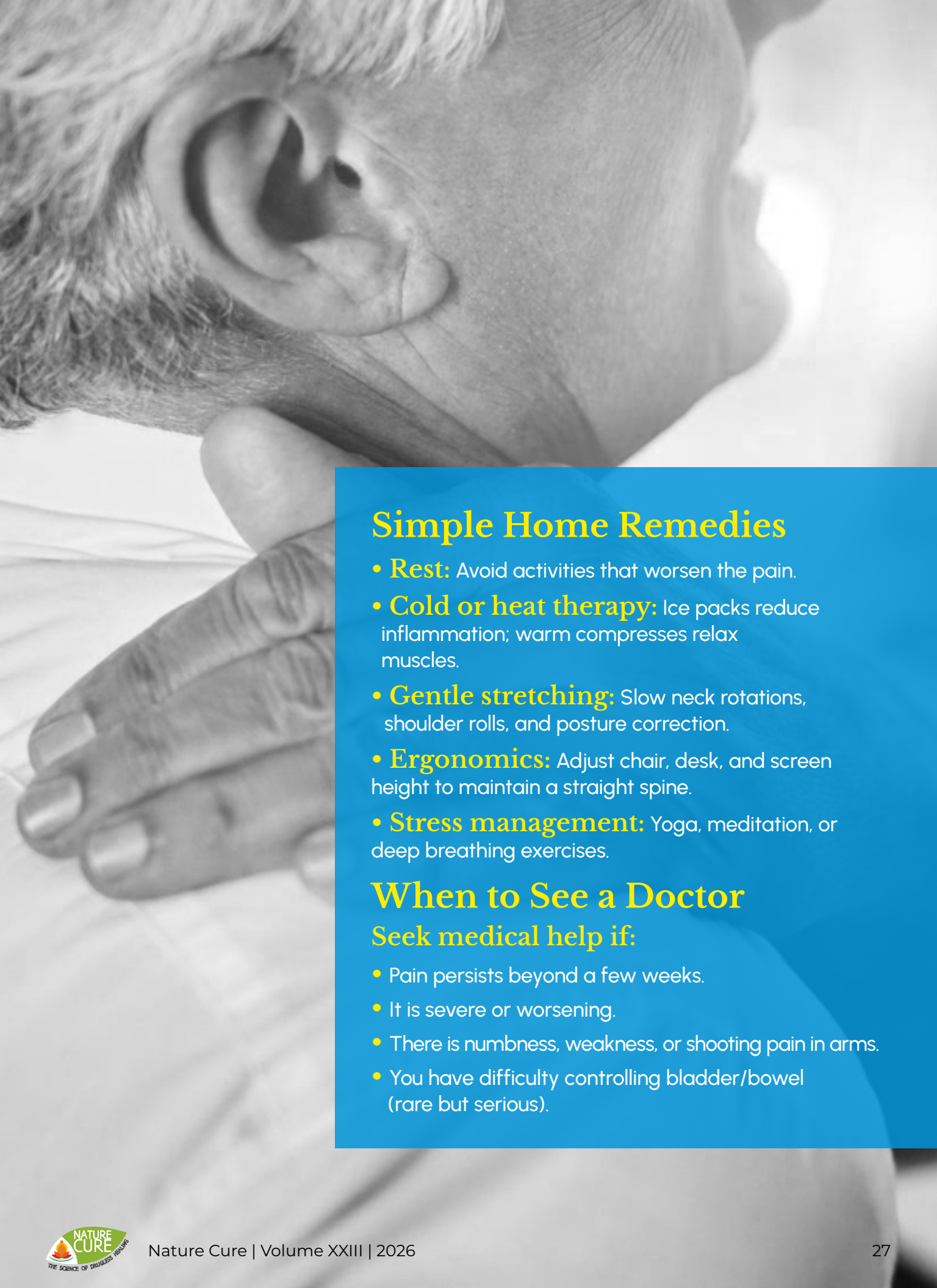
Muscle strain



Stress and tension



Age-related changes



Simple Home Remedies

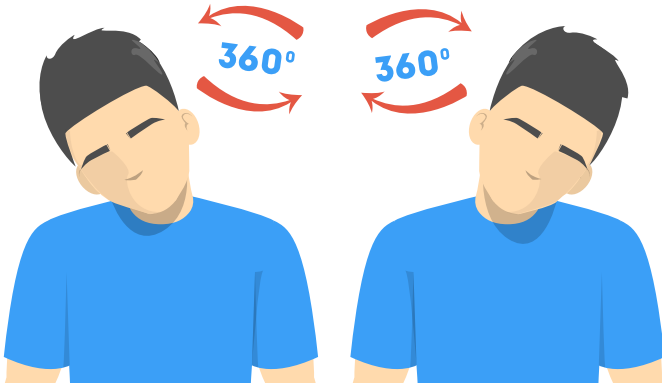
- **Rest:** Avoid activities that worsen the pain.
- **Cold or heat therapy:** Ice packs reduce inflammation; warm compresses relax muscles.
- **Gentle stretching:** Slow neck rotations, shoulder rolls, and posture correction.
- **Ergonomics:** Adjust chair, desk, and screen height to maintain a straight spine.
- **Stress management:** Yoga, meditation, or deep breathing exercises.

When to See a Doctor

Seek medical help if:

- Pain persists beyond a few weeks.
- It is severe or worsening.
- There is numbness, weakness, or shooting pain in arms.
- You have difficulty controlling bladder/bowel (rare but serious).

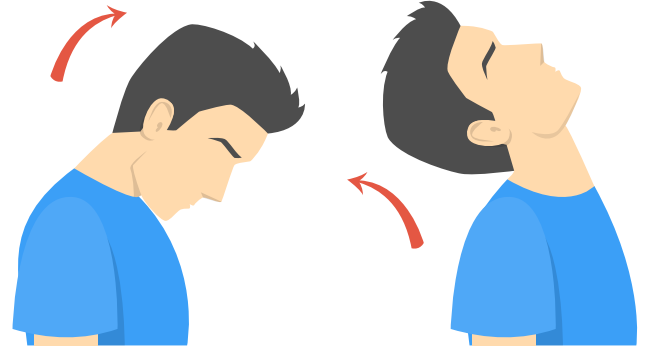
Neck Pain Exercise



1

Neck Rotation

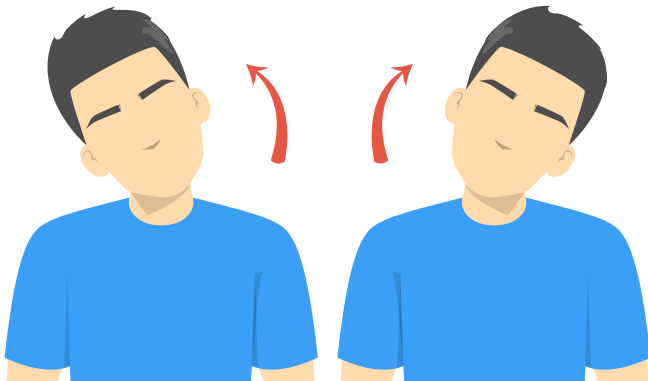
Turn your head slowly to each side.



2

Backward and Forward Tilt

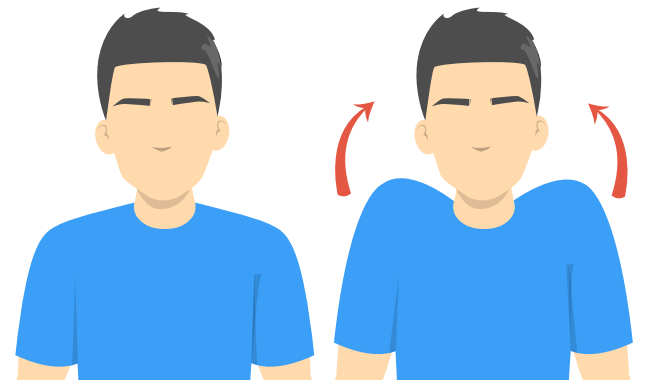
Bend your head toward and backward.



3

Side Tilt

Tilt your head toward each shoulder.



4

Shoulder Roll

Roll your shoulders up, back and down.

Do these exercise slowly and gently. Repeat 2 to 4 times.



Lower Back Pain

Lower back pain is one of the most common health problems affecting people of all ages, especially those with sedentary lifestyles or physically demanding jobs. For the common man, it often results from muscle strain, poor posture, or age-related wear and tear - and most cases can be managed with simple home care, exercise, and awareness.

What Is Lower Back Pain?

Location:

Pain in the lumbar region - the area between the bottom of the rib cage and the top of the legs.

Prevalence:

Nearly everyone experiences it at some point in life.

Types:

Acute: Lasts a few days to weeks.

Chronic: Persists for more than 3 months.



Acute



Chronic

Common Causes

Muscle or ligament strain: Lifting heavy objects, sudden movements, or poor posture.

Disc problems: Herniated or slipped discs pressing on nerves.

Arthritis: Age-related joint degeneration.

Sedentary lifestyle: Weak core muscles and prolonged sitting.

Obesity: Extra weight puts pressure on the spine.

Stress: Emotional tension can tighten back muscles.

Symptoms to Watch

Dull ache or sharp pain in the lower back.

Pain that worsens with bending, lifting, or sitting.

Stiffness or reduced flexibility.

Radiating pain to buttocks or legs (sciatica).

Tingling or numbness in legs (if nerves are affected).





Simple Home Remedies

- **Rest:** Short-term rest (1–2 days), but avoid prolonged bed rest.
- **Cold and heat therapy:** Ice packs reduce inflammation; heat relaxes muscles.
- **Gentle movement:** Walking and light stretching help recovery.
- **Pain relief:** Over-the-counter medicines like paracetamol or ibuprofen (under guidance).
- **Posture correction:** Sit and stand straight; avoid slouching.

When to See a Doctor

- Pain lasts more than 2–3 weeks.
- Severe pain or worsening symptoms.
- Numbness, weakness, or shooting pain in legs.
- Difficulty controlling bladder or bowel (rare but serious).

Prevention Tips

- **Exercise regularly:** Strengthen core and back muscles.
- **Maintain healthy weight:** Reduces strain on spine.
- **Lift properly:** Bend knees, not back.
- **Use supportive furniture:** Chairs with lumbar support.
- **Avoid prolonged sitting:** Take breaks and stretch every hour.
- **Sleep smart:** Use a firm mattress and sleep on your side or back.

Low Back Exercises

Do 3 sets of 10-15 reps per exercise



Standing hamstring stretch



Cat and camel



Pelvic tilt



Quadrupedal arm/leg raise



Partial curl



Gluteal stretch



Extension exercise



Side plank



To be done at least 3 times/week for 6 weeks



Key Message

For the common man, lower back pain is usually not serious and improves with rest, posture correction, and regular exercise. But ignoring persistent or severe symptoms can lead to complications. A balanced lifestyle with movement, awareness, and proper ergonomics is the best long-term solution.

What Our Client Says

-Rekha Jain

A Truly Healing & Divine Experience at Joka Nature Cure!

My stay at Joka Nature Cure was a truly wonderful, healing and life-changing experience. The atmosphere is peaceful, clean, disciplined and perfectly designed for natural recovery, detox and mental calmness. This place doesn't just treat the body — it heals the mind and soul also. A special heartfelt thank you to Dr. Aishwarya for her expert guidance, caring nature and correct assessment. She listens patiently and gives the best advice for recovery with natural methods. Her support throughout the treatment made me feel safe and confident. A big thank you to all Yoga Teachers, whose sessions were highly disciplined, gentle and effective. Along with yoga, the institute's meditation practices, Yoga Nidra and Tratak (powerful concentration/eye practice) were excellent. These sessions brought me mental clarity, emotional balance and deep inner peace. The spiritual environment here is also very positive. The Radha Krishna Mandir Aarti was truly divine and calming — it gave me so much positivity and strength. That aarti experience is something I will always remember. Special thanks to Cook Ram Singh Jee, for providing clean, healthy and delicious satvik food prepared with love and discipline. Maintaining taste in such a strict diet is not easy, but he did it perfectly. I would also like to appreciate HR Piyali, who is very helpful, polite and supportive. My sincere appreciation to Therapist Soma, who is extremely skilled, kind and dedicated. Lastly, a big thank you to Beautician Sanchita, who is extremely gentle and professional. Her services added a beautiful wellness touch to the overall experience. It is truly a place where you feel cared for like family.



What Our Client Says

-Mehuli Kamdar

We really had a great experience. Food was excellent and personal care really touched our hearts.

-Shwetank Mishra

Value for money .. excellent team , masseur's are very good , doctors are competent and knowledgeable, yoga teachers are too good too.

-Vaishali Bolia

My experience here has been truly transformative. The therapies helped me not just physically but mentally as well . Every session—whether yoga, meditation, or naturopathy treatment—felt personalized and meaningful and guided with precision. The centre radiates positivity, and the staff treats you with genuine warmth. Special thanks to Dr. Rama Mitra who made a perfect health activity & diet chart according to my comfort and requirement. Also thanks to her team Kaviya and Aarti . Thanks to Soumili at the reception who made sure my stay was comfortable at every step. Grateful for the healing journey I experienced here.

-Saurav Sharma

Excellent place and people. Best place to heal yourself. You will understand what to do with your body. Everything they do starting from morning since evening is very scientific. There ayurvedic yoga teachers are best.



NATURE CURE & YOGA CENTRE

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