

# HOME REMEDIES FOR KNEE JOINT PAIN

## 20 Effective Home Remedies for Knee Joint Pain

Knee pain can strike suddenly or may creep up silently. No matter how one gets it, knee pain can become worse pretty quickly. No longer an ailment that inflicts only the old, knee pain today has become common for people of all ages. This can occur due to various reasons including injury, surgery, vitamin deficiency, arthritis, bad health, and diet. We have listed few home remedies that can be useful to cure knee pain in a natural and effective way.

### Home Remedies for Knee Joint Pain:

#### 1. Increase the Intake of Carrots:

Carrots are an orthodox Chinese remedy to cure the pain in knee joints. Just grate 2 carrots and add lemon juice to consume it raw. Carrot is useful for good ligaments health and soothing the pain.

#### 2. Soaked Fenugreek Seeds:

This is the easiest home remedy to get instant relief from an aching knee. You can just soak 2 teaspoon fenugreek seeds in water at night. Strain them to consume in the morning and heal your joints. Fenugreek provides warmth to the joints, making them heal faster.

#### 3. Drink More Water:

Water is the essence of life. And yes, drinking water can help ease knee pain too! Proper water content in our body is useful to soften the cartilage around the knee and hydrated them. This also helps in maintaining a good circulation of blood to enable nutrients to reach our joints effectively. This can also be useful remove all the toxins from your knee joints to provide relief from knee pain.

#### 4. Consume More Onions:

Onions are anti-inflammatory in nature with photochemical that stimulates the body's immunity. Onions contain sulfur compounds that work to reduce any type of pain.

#### 5. Massage Your Knee Joint:

Gently massage your knee joint with warm oil to lower the inflammation, boost circulation, and relax them. You can take 2 tsp mustard oil with 5 garlic cloves, heat it and apply when lukewarm on the knee joint to get relief.

#### 6. Do Some Yoga:

Do some knee-friendly asanas that are gentle. This will surely offer some relief from the pain.

#### 7. Apply Coconut Oil:

Heat 1 cup coconut oil till it's lukewarm. Massage your knees with this natural pain reliever to stimulate blood circulation and lower knee pain.

#### **8. Bathu Leaves/Fat-Hen:**

Crush handful of fresh bathu leaves and extract its juice. Now, drink this everyday on an empty stomach to provide your body some relief from the debilitating knee pain.

#### **9. Milk and Turmeric:**

This is one of the best and most popular Indian remedy to cure any kind of pain. Mix 2 tsp of turmeric powder to 1 glass of lukewarm milk. Drink it every day to stay pain free!

#### **10. Fenugreek Seeds Paste:**

Roast 2 tsp fenugreek seeds, crush them, and mix with water to make a paste. Apply this on the affected area to get relief from an aching knee.

#### **11. Turmeric and Ginger Tea:**

Turmeric and ginger are anti-inflammatory in nature and can reduce the pain associated with rheumatoid arthritis. Turmeric contains curcumin (an antioxidant) that can go a long way in treating arthritis. Boil 3 cups of water and add 1 tsp ginger and turmeric to it. Simmer this concoction for 20 minutes. Strain and add some honey. Drink this twice a day for best results.

#### **12. Epsom Salt Soaks:**

Epsom salt includes magnesium sulfate that can lower chronic knee pain.

Take a big bowl of warm water and add 1 cup Epsom salt. Stir properly and soak your sore joints in the water. You can also mix Epsom salt in your bath water to get relief.

#### **13. Increase Magnesium Intake:**

Magnesium lowers many biomechanical responses in our body. This can relax our muscles and nerve, remove stiffness, and lower pain. Include magnesium in your diet or take supplements to boost bone density and make them stronger. Leafy greens, nuts, and beans have good amount of magnesium. Magnesium oil can also be applied topically on the sore knees to soothe the area.

#### **14. Extra Virgin Olive Oil:**

Olive oil lubricates our joints and soothes arthritis pain. The oil contains oleocanthal that can reduce pain in the affected area. Massage your knees with olive oil everyday to cure the unbearable pain that comes with arthritis.

#### **15. Dandelion Leaves:**

Dandelion leaves include vitamins A and C that can be useful to repair damaged tissues. They can also cleanse the liver by draining out toxins. These leaves are anti-inflammatory in nature and manufactures prostaglandin, which is responsible for good immune responses and also reduces inflammation.

#### 16. Blackstrap Molasses Drink:

Blackstrap Molasses contain calcium, potassium, and magnesium that are beneficial to treat knee pain. Blackstrap molasses also ease arthritis symptoms and regulates our nerve and muscle functioning for stronger bones. To make blackstrap molasses drink, heat 2 cup water and add 2 tsp blackstrap molasses. Drink this once every day to get relief from arthritis related pain.

#### 17. White Willow Tea:

White Willow is popularly known as the “original aspirin” due to its salicin content, which is the active ingredient present in aspirin. Being natural, this salicin can act as a painkiller without any side effects. To prepare white willow tea you’ll need to boil 2 cup of water and then reduce it to a simmer. Add 3 tsp white willow bark powder, and let it Infuse for 20 minutes. Remove from the heat and let cool down. Drink this tea twice every day. You can also add few honey and lemon drops to enhance the taste.

#### 18. Exercise:

Knee pain can make any movement cumbersome but your knee does need some exercise to stay healthy. Exercise can reduce the stiffness and pain in knee joint and even arthritis. One of the major causes of knee pain is the extra weight we carry around on our body. Exercising can help shed the extra weight and provide some relief to the overburdened knees! With a proper workout regimen, you can strengthen the muscles that provide support to the joints and help them heal faster.

#### 19. Peppermint and Eucalyptus Oil:

Peppermint and eucalyptus have analgesic and pain-relieving qualities. Using these wonder oils can lower the discomfort and pain in the knees. Use them regularly to provide your sore knees some much needed TLC!

#### 20. Juniper Berry Tea:

Juniper berry is very beneficial for treating knee joint pain with its terpinen-4-ol content. Take juniper berries every day to lower the discomfort that come with knee inflammation. Note: avoid taking this in pregnancy.

These home remedies can offer relief from knee pain. But you’ll need to watch your weight, eat healthy, and exercise regularly to keep your knees in good health.

**Disclaimer: It is always suggested to consult a doctor before following any advice.**