

Maharishi AyurVeda - Public Information

UK Product Name Joint Soothe oil (MA929) **Code Name** MA0929
Availability Stock item in UK

Description Helps maintain joint and muscle comfort. Helps keep joints free of toxins, well nourished and flexible.
 A support to natural joint function
 Massage helps soothe the joints by increasing local circulation and promoting the movement of toxins through the natural channels of elimination.

Joint Soothe Oil is a penetrating oil prepared with forty-nine Ayurvedic herbs. Massaging the joints with it improves circulation, which is essential for: lubricating the joints eliminating impurities delivering vital nutrients to the joints.

Supports these ayurvedic factors
 ·circulation around the joints (Vyana Vata)
 ·lubrication of the joints (Shleshaka Kapha)
 ·elimination of improperly digested food residues (Ama) that can accumulate and block the microcirculatory channels (Shrotas)

Herbal Masterpiece
 The herbs in Joint Soothe Oil are combined in exact proportions and prepared in the traditional Ayurvedic way. This improves bioavailability and assimilation of vital nutrients. It also creates synergy -- the collective benefit is much greater than isolated, individual herbs.

Joint Soothe Oil is a combination of two traditional oil formulas:
 ·Mahanarayana oil is praised in the classical ayurvedic texts. Its herbs are processed with milk and sesame oil on a low fire for many hours. This lengthy process is important to retain the potency and intelligence of the herbs. Massaging with Mahanarayana oil helps improve circulation around the joints.
 ·Vishagarbha oil -- During a massage it quickly penetrates the many layers of the skin and heats the channels of circulation where it is applied. Improved circulation helps eliminate accumulated toxins. It also aids normal lubrication of the joints

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/ml)
Sesamum indicum Linn.	Sesame	seed oil	1	24.47	227.6
Pinus roxburghii Sargent.	Chir Pine	resin oil	2	14.64	136.2
Lactus	Cow's milk		3	12.19	113.4
Celastrus paniculatus Willd.	Climbing Staff Tree	seed oil	4	9.73	90.5
Asparagus racemosus Willd.	Indian asparagus	root	5	6.96	64.7
Boerhaavia diffusa Linn.	Red Spreading Hogweed	root	6	2.25	20.9
Withania somnifera (L.) Dunal	Aswagandha	root	6	2.25	20.9
Abutilon indicum (Linn.) Sweet	Abutilon	whole plant	8	2.05	19.1
Oroxylum indicum Vent.	Trumpet Tree	bark	8	2.05	19.1
Paederia foetida Linn.	China flower plant	whole plant	8	2.05	19.1
Premna integrifolia Linn.	Headache Tree	whole plant	8	2.05	19.1
Tribulus terrestris Linn.	Small Caltrops	fruit	8	2.05	19.1
Aegle marmelos Corr.	Bael	bark	8	2.05	19.1
Solanum indicum Linn.	Indian nightshade	whole plant	8	2.05	19.1
Stereospermum suaveolens	Trumpet Flower	bark	8	2.05	19.1
Solanum xanthocarpum Schr	Yellow-berried Nightshade	whole plant	8	2.05	19.1
Rubia cordifolia Linn.	Indian Madder	root	17	0.72	6.7
Calotropis gigantea R.Br.	Giant swallow wort	root bark	18	0.51	4.7
Vitex negundo Linn.	Five-leaved Chaste Tree	root	18	0.51	4.7
Nyctanthes arbortristis Linn.	Night Jasmine	leaf	22	0.41	3.8
Pueraria tuberosa DC.	Indian Kudzu	tuberous root	22	0.41	3.8
Asparagus adscendens Roxb	White Shatavari	root	22	0.41	3.8
Berberis aristata DC	Indian Barberry	stem	25	0.2	1.9
Anethum graveolens L.	Indian Dill	fruit	25	0.2	1.9
Butea monosperma (Lam.) K	Bengal Kino	seed	25	0.2	1.9
Cedrus deodara (Roxb.ex D.	Deodar	heartwood	25	0.2	1.9
Curcuma longa Linn.	Turmeric	rhizome	25	0.2	1.9

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Cinnamomum camphora (L.)	Camphor	exudate	25	0.2	1.9
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	25	0.2	1.9
Curcuma aromatica Salisb.	Yellow Zedoary	rhizome	25	0.2	1.9
Justicia adhatoda L.	Malabar Nut	leaf	25	0.2	1.9
Phaseolus trilobus Ait.	Wild Gram	whole plant	25	0.2	1.9
Valeriana wallichii DC.	Indian Valerian	rhizome	25	0.2	1.9
Uraria picta Linn.	Prisniparni	whole plant	25	0.2	1.9
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	25	0.2	1.9
Teramnus labialis Spreng.	Mashaparni	whole plant	25	0.2	1.9
Sodium chloride	Rock salt		25	0.2	1.9
Mesua ferrea L.	Cobra's Saffron	flower	25	0.2	1.9
Pluchea lanceolata Oliver & H	Indian Groundsel	leaf	25	0.2	1.9
Cyperus rotundus Linn.	Nut grass	root	25	0.2	1.9
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	25	0.2	1.9
Inula racemosa Hook. f.	Inula root	root	25	0.2	1.9
Glycyrrhiza glabra Linn.	Liquorice	root	25	0.2	1.9
Elettaria cardamomum (Linn)	Cardamom	fruit	25	0.2	1.9
Eclipta prostrata (L) L.	Trailing Eclipta	whole plant	25	0.2	1.9
Desmodium gangeticum (L).	Tik Trefoil	whole plant	25	0.2	1.9

Contraindications/Precautions Stains clothing.
Over dose and its Management If there is discomfort discontinue use temporarily
Side Effects and Interactions None known

Potential Allergens

Usage

Age Group All
Dosage Form herbal oil
Method of Use For external use only. Shake well. Two or three times daily apply a small amount of oil on the relevant area and massage gently in. The benefit will be enhanced by applying a hot water bottle or other warm object wrapped in a cloth to the area for a few minutes afterwards. Application of a hot damp towel is not recommended. May be diluted with sesame oil for daily massage.
How Long to Continue Use? As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice

Presentation

Presentation 100ml in an amber PET or glass bottle with metal t/e lid
Net Weight grams
Storage Store in a cool, dry, dark place, tightly closed
Shelf Life (months) 36

Regulatory Status Cosmetic