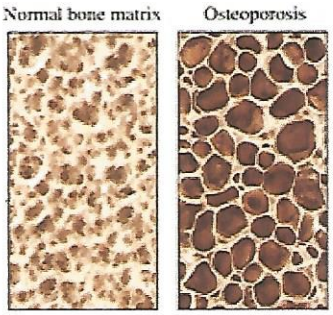
The Leading Publication for Complementary Health, Education and Wellbeing *Download* a *free* copy *now*.
Take your therapy skills and business to the next level. Find out what the experts say and read. *Download* a *free* copy *now*.

Ayurvedic treatment of Osteoporosis

Posted on **May 23, 2012**



The condition is regarded as thinning and increasing porosity or "emptiness" of the bone. Of the three doshas or energies in the body it is thought to be vata* that is the imbalanced energy. This usually occurs as a person is getting older. Sometimes the bone loss can be so much that weak spots develop in the skeletal bone structure. This can cause easy fracture of arms, hips or of the spine. A small fall or the body's own weight can cause the bones to crack.

Women suffer more from osteoporosis-possibly because of lack of the hormone oestrogen after menopause. This is required for maintaining bone metabolism using calcium, magnesium zinc and other essential ingredients for bone building.

Men need oestrogen too but testosterone and secretions from the prostrate play an essential role too. Men may lose the mass of the bone due to taking steroids, heavy smoking or drinking. Reducing these would be part of the treatment for men.

Lack of exercise can also cause a reduction in the mass of the bone. This is evidenced in people who have had to lie in bed for several weeks.

Treatment

Exercise

Gentle exercises such as walking or swimming for 30 minutes five days a week would help building of bone. Care does need to be taken in exercising so there is no injury to the bone.

Calcium

Take plenty of Calcium from foods such as soya milk, cheese, carrots and almond milk. Soak ten almonds over night in water.

Peel them in the morning and blend these with warm milk/ goat's milk or soya milk using a blender. Pour into a glass. Add a pinch of ginger and cardamom. Drink this morning and night.