GRANDMA'S REMEDIES

5 Amazing Essential Oils to Alleviate Arthritis

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Essential oils are made with different plant components, including their leaves, stems, roots, fruits, and flowers. They're commonly used in aromatherapy and healing.

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They're praised for their ability to aid in the treatment of chronic ache conditions like rheumatoid arthritis.

This type of autoimmune disorder makes the immunity attack the joints and results in inflamed tissues, swelling, and pain.

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Although you may take prescribed meds to lower pain and inflammation, you can safely add essential oils as an alternative method to address the pain and discomfort too.

The only thing to remember is to always dilute the oils with carrier oils prior to topical application. Some carrier oils include olive, coconut, and avocado oil.

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Essential oils can also be used in an infuser and inhaled.

Below, check out the best essential oils for arthritis management.

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5 Essential Oils to Relieve Arthritis Symptoms

Ginger oil

Ginger is popular for its pain-reducing and anti-inflammatory benefits.

In fact, a 2001 study done with people with joint and knee ache because of osteoarthritis found that more than 50 percent of the participants experienced lower knee ache when they used the ginger extract unlike the ones from the placebo group.

And, the former group used less meds as a result.

Apply several drops onto the affected area and for even better effects, use a hot compress after massaging the spot with the oil.

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Turmeric oil

This herb is rich in curcumin which is praised for its anti-inflammatory properties.

Turmeric essential oil is amazing for lowering inflammation, improving the blood flow, and bettering the digestive processes.

If you want to use it for rheumatoid arthritis, apply it topically onto the painful area or infuse it. You can also add it to meals as a spice.

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Orange oil

Orange essential oil is praised for its anti-inflammatory, antiseptic, and anti-depressant characteristics.

In fact, according to a 2017 study, the participants who inhaled it and had fractured limb pain experienced significant reduction when compared to those who didn't take it.

You can apply it diluted onto the painful spot. You can also add several drops into your bath and enjoy a relaxing, pain-relieving effect.

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Frankincense oil

This oil has long been used for its regenerative, anti-inflammatory, and antiseptic characteristics.

From a 2010 study, it was concluded that it can help as a possible treatment of osteoarthritis thanks to its ability to lower inflammatory symptoms.

Eucalyptus oil

This oil has a long list of analgesic and anti-inflammatory properties and it's also used to better the blood flow.

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From a 2013 study, it was concluded that the inhalation helped reduce pain, inflammation, and blood pressure after total knee replacement.

Apply it onto the painful area to lower inflammation and pain.

Sources:

HEALTH LINE

DR AXE

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