



MATSYA VEDA[®]
HERBALS



MOBI JOINT

For Joint Pain, Arthritis and Gout.

Overview

Mobi Joint helps in relief from joint pain and reduces stiffness in joints naturally. It lubricates and repairs joints and associated muscles, tissues and bones. It reduces inflammation, improves joint mobility and stops joint degeneration. It provides relief from different types of Arthritis such as Rheumatoid, Osteo and Gout. Mobi-Joint has been prepared with years of research by experienced Doctors and have been helping Patients for more than 75 years. All the herbs used in it have been clinically researched to relieve Joint Pain effectively.



HOW IT WORKS

As we grow old calcium starts depleting from our joints, which is a leading cause of Joint Pain. Due to the current sedentary lifestyle and unhealthy food habits, depletion of calcium is happening earlier in age than expected. Also "Ama" or the toxic metabolites gets accumulated in our body as a result of faulty lifestyle and eating habits, which causes joint pain.

And Arthritis develops following inflammation of joints or breakdown of the cartilage cushion present between two bones. An intact cartilage disc acts as cushion and helps in smooth movement of joints while performing actions such as walking, running, bending, etc. However arthritis causes inflammation or the tearing of cartilage and makes the bones to rub against each other. This causes severe arthritis pain and difficulty in moving the joint. Joints that bear weight -- such as your knees, hips, feet, and spine -- are the most common places it affects. It often comes on gradually over months or years.

Mobi Joint contains Turmeric that has compound called Curcumin which has Anti-inflammatory, Anti-arthritis and Anti-oxidant properties. It helps in decreasing the level of the enzyme that helps in causing inflammation. In rheumatoid arthritis, the inflamed tissues start degenerating. Turmeric helps in the decrease of degeneration of these tissues and helps relieve pain naturally. MobiJoint also has Limestone that is pure source of calcium for the body. Problems such as Back pain, frozen shoulders, leg pains, Bone fracture, etc can be cured with lime powder. Other herbs in Mobi Joint have analgesic and anti-inflammatory properties that soothes nervous system to reduce pain and swelling that is associated with inflammation. Mobi Joint has anti cartilage agent that reduces the damage done to the cartilage and helps lubricating the Joints. It also possesses antipyretic properties, which helps in relieving from various body aches and pain. Calcium Carbonate in MobiJoint neutralizes uric acid, which helps in Gout.

WHERE TO USE (INDICATION)

Joint pain, Osteo-Arthritis, Rheumatoid-Arthritis, Gout, Lower Back pain, Knee pain, Neck and Shoulder pain (Frozen Shoulder).

HOW TO USE (DOSAGE)

2 capsules in morning and 2 capsules at bedtime or as directed by your physician.

It is safe for long term use and is Non-Habit forming.

NET CONTENT

60 Veg Capsules.

COMPOSITION

Each Capsules contains :

Common Name	Botanical Name	Quantity
Turmeric	Curcuma Longa Linn	312.5mg
Limestone	Calcium hydroxide	312.5mg
Ashwagandha	Withania somnifera dunal	31.25mg
Amla (Indian gooseberry)	Phyllanthus emblica linn	31.25mg
Rasna	Inula racemosa	31.25mg
Harsingar (Jasmine)	Nyctanthes arbor-tritis linn	31.25mg

CONTRADICTIONS

Not to be used in Pregnancy.

SIDE EFFECTS

If feeling heaty, reduce the dosage to 1 capsule in morning and 1 in evening.



SUGGESTIONS

Recommend to drink 1 glass of Milk daily. For faster relief open the capsule and take medicine with honey. Also avoid high protein diet, gastric food and yogurt.

Highly Recommended to take **Digestion-Pro** to improve digestion and remove deposited toxins from Joints, which causes joint pain.



COMPATIBILITY

It can be taken with other medicines.

MEDICINAL PROPERTIES OF INGREDIENTS

Based on scientific research and practices followed from past 5000 years, each herb has been added to Mobi-Joint for its medicinal value.



Turmeric | *Curcuma Longa* Linn

Turmeric has compound named Curcumin which has Anti-inflammatory and Anti-oxidant Properties. Curcumin down-regulates certain inflammatory transcription factors such as kappaB, enzymes such as cyclooxygenase 2 and 5 lipoxygenase, and cytokines such as tumor necrosis factor (TNF), interleukin-1 (IL-1) and interleukin 6 (IL-6) and hinders the development of these diseases. It improves Rheumatoid Arthritis as well. Concentration of these curcuminoids is said to affect the anti-arthritis property of turmeric.

Curcumin in turmeric has a very effective anti inflammatory property. It helps in decreasing the level of the enzyme that helps in causing inflammation. In rheumatoid arthritis, the inflamed tissues start

degenerating. Turmeric helps in the decrease of degeneration of these tissues. The antioxidant property of turmeric removes free radicals and other substances which eat away the healthy cell membranes. Turmeric helps relieve pain naturally. Besides curcumin, turmeric also contains 5% volatile oils including turmerones, bisacurone and curcumyl alcohol. These other constituents of turmeric are responsible for the antifungal and antibacterial properties of the herb.

Limestone | Calcium Carbonate

Limestone is pure Source of Calcium for the body. It is Anti-Biotic, Anti-Pyretic, Anti-Fungal and Anti-Inflammatory. Lime is a big and best source of calcium carbonate. All the problems related to the spinal cord can be cured with the lime powder. Back pain, frozen shoulders, leg pains can be cured with lime powder. During the bones' fracture body needs more calcium, which limestone can provide.

Ashwagandha | Withania somnifera dunal

Ashwagandha is a herbal remedy for arthritis which is an analgesic that soothes nervous system from pain response. The powerful anti-arthritic properties of Ashwagandha are now widely accepted and documented; it is furthermore found to be effective as antipyretic as well as analgesic also. The lactones in ashwagandha decrease the painful joint inflammation associated with arthritis. Ashwagandha is a powerful anti-inflammatory. Ashwagandha is an anti cartilage agent and reduces the damage done to the cartilage. It is used to help the body resist physiological and psychological stress. This herb aids stress by its ability to stabilize, strengthen, rejuvenate and soothe your nervous system. This herb is a natural anti inflammatory herb that will reduce pain and swelling that is associated with inflammation.

Amla | Phyllanthus emblica linn

Indian gooseberry is an excellent source of vitamin C. It normalizes digestion, reduces acidity and rejuvenates liver. It relieves constipation when taken in more quantity. A good digestion system helps relieving pain from Joints. The herb is known for its rejuvenating properties. It is a natural antioxidant that removes free radicals from the body and helps in regeneration of cells. Amla helps in increasing the body's vitality and strengthening immunity.

Rasna | Inula racemosa

Rasna is a keen stimulant, cholegogue, digestant and a mild laxative. Along with external therapy, rasna is a valuable remedy for diseases like inflammation of joints, internally also. This herb pacifies the Vatta and helps in relieving from various pains. Rasna also possesses antipyretic properties, thus helps in

relieving from various body aches and pain. In addition, Rasna also improves the metabolism and benefits in removal of toxic substances from the body.

Harsingar | *Nyctanthes arbor-tritis* linn

Nyctanthes arbor-tritis or Night jasmine leaves possess anti-arthritic properties. In addition, decoction of the leaves also possess liver protecting, anti-viral, anti-fungal, analgesic, antipyretic, anti-inflammatory, antispasmodic, hypotensive and respiratory stimulant activities. The leaves also has anti-leishmanial (Acting against *Leishmania* parasites) activity. The powder of stem bark is useful in treatment of rheumatic joint pain.

METHOD OF PREPARATION

Mobi-Joint takes 3 months (90 days) for preparation. As per Ayurvedic principles, medicine undergoes several stages of *Bhavana* (lavigation) in sunlight and shade to increase the efficacy. The method of preparation has been followed as described in ancient Ayurveda text that dates back to 5000 years.

All the fresh herbs are first washed and then sun-dried & powdered. Then the herbs are mixed together and undergoes several stages of *Bhavana* (lavigation) where they are grinded well using a Mortar and Pestle. This way Turmeric is able to absorb the essence of Limestone, thus removing any heat and heavy metals in the herbs. Finally the processed paste is sun dried and powdered again, and filled in capsules.

RESEARCH REFERENCES

Scientific research has proven that the herbs used in Mobi-Joint helps in relieving pain related to Joints and Arthritis and nourishes the associated Joints and muscles.

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