**How Yoga Can Keep You From Joint Pain**



Do your knee joint or wrists or shoulders ache when doing trivial things? Is the pain in your joints limiting you from enjoying life the way you wish to? Are you tired of popping painkillers multiple times a day?

If you said yes for either of these questions, you've obviously have had enough and are willing to end your relationship with the pain. As one ages, the chances of joint pains increases. A weak bone structure, lack of adequate physical exercises and lack of essential nutrients in the diet can contribute to and aggravate the situation further. While medication helps alleviate the pain, [alternative time-tested methods like yoga](http://www.artofliving.org/in-en/yoga) can accelerate the process of eliminating the pain altogether. Yoga is an ancient Indian technique that effectively uproots the pain, tones the body and calms the mind.

**Basic Yoga Postures Like The Following Ones Will Heal Your Joints And Strengthen Them:**



[**Veerbhadrasana (Warrior pose)**](http://www.artofliving.org/in-en/yoga/yoga-poses/warrior-pose-virbhadrasana)

The Warrior pose is a knee strengthening yoga pose that also helps people suffering from frozen shoulders. It also releases stress from the shoulders and brings balance in the body.



[**Dhanurasana (Bow pose)**](http://www.artofliving.org/in-en/yoga/yoga-poses/bow-pose-dhanurasana)

The Bow pose opens the shoulders and relieves them of ache. This yoga pose also adds flexibility to the back and relieves the body of stress and fatigue.



[**Setu Bandhasana (Bridge pose)**](http://www.artofliving.org/in-en/yoga/yoga-poses/bridge-posture-setu-bandhasana)

The Bridge pose helps strengthen muscles in the knee joint and is also helpful for those suffering from osteoporosis. It also calms the brain and reduces anxiety and stress in the body.



[**Trikonasana (Triangle pose)**](http://www.artofliving.org/in-en/yoga/yoga-poses/triangle-pose-trikonasana)

The Triangle pose strengthens the legs, knees and ankles. It also stretches and opens the hamstrings, groin and hips. This yoga pose also relieves the body of sciatica and back pain.



[**Ustrasana (Camel pose)**](http://www.artofliving.org/in-en/yoga/yoga-poses/ustrasana-camel-pose)

An effective [back pain exercise](http://www.artofliving.org/in-en/yoga/health-and-wellness/yoga-back-pain) and shoulder strengthening yoga pose, Ustrasana also improves flexibility of the spine, improves posture and relieves the body of lower back ache.



[**Makara Adho Mukha Svanasana (Dolphin Plank pose)**](http://www.artofliving.org/in-en/yoga/yoga-poses/dolphin-plank-pose)

The Dolphin Plank pose helps stretches the shoulders and hamstrings. It also strengthen the wrists, arms and legs while relieving the body of fatigue and back ache. This yoga posture also helps prevent osteoporosis.

**A Word Of Caution:**

Make use of yoga blocks, cushions and support while practicing these poses to avoid aggravation of pain. Respect your body's limit and do only as much as you comfortably can. In case the pain aggravates, discontinue the practice and seek medical consultation before resuming.

**Pain-Free Tips For Being Pain-Free:**

1. Get up from your desk and stretch once every hour.
2. Maintain a good posture while sitting and standing
3. Don't over-stress your joints
4. Eat healthy food
5. Gain more muscle

**Eat Right!**

Joints are technically junctions where bones meet and enable functions such as rotation, bending, rolling and gliding. Keeping these junctions healthy and functional is not as daunting a task as it may seem. The first step to healthier joints starts from making right food choices. Experts suggest reducing intake of inflammatory foods such as sugar and gluten rich eatables. Intake of anti-inflammatory foods such as green-leafy vegetables and fruits is encouraged. [Incorporating Ayurveda in your current lifestyle will also help alleviate the pain.](http://www.artofliving.org/in-en/ayurveda)

Yoga is a natural and side-effect free approach to living a healthy life. Adopting yoga as a regular practice makes the body physically and mentally fit. It restores vigour and enhances the quality of life. The effects of yoga take time to manifest so don't give up and be regular with your practice. Stretch on the yoga mat a little and relieve your body of pain, permanently!