

NIROGAMZ RHEUMO CARE

Joint Care

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Nirogamz Rheumo Care is a herbal supplement that aids in treating joint aches and pains related to arthritis and rheumatism. It is a complete natural joint supplement that improves blood circulation to the joint and supports healthy joint function to promote a more active daily life. The unique herbal combination consist of Ginger (*Zingiber officinale*), Shallaki Guggul (*Boswellia serrate*), Erand (*Ricinus communis*), Rasna (*Pluchea lanceolata*), Shilajeet (Mineral Pitch) and Turmeric (*Curcuma longa*) which is an effective combination that reduces joint swelling, joint pain, joint stiffness and other symptoms of inflammatory joint disorders including rheumatoid arthritis and osteoarthritis.



The active ingredients improve the blood supply to the joints and restore the integrity of blood vessels along with reducing the degradation and protect the joints. The antioxidant agents inhibit the formation of toxic chemicals and safeguards the joints from further degeneration of joints and bones due to oxidative damage. The Anti-inflammatory and anti-allergic agents in the formulation prevent further joint inflammation along with reducing existing joint inflammation and stiffness, muscle ache, problem while using the limb and an apparent loss of flexibility in joints.

- ❖ Strengthens joint mobility
- ❖ Rejuvenate & strengthen bones & joints with Himalayan Shilajit
- ❖ Powerfully penetrates to remove deep toxins in the neuromuscular system

Composition: Each 800mg Capsule contains: Extract of Ginger (*Zingiber officinale*), Shallaki Guggul (*Boswellia serrate*), Erand (*Ricinus communis*), Rasna (*Pluchea lanceolata*), Shilajeet (Mineral Pitch) and Turmeric (*Curcuma longa*)

Ginger: Ginger has been used in external therapies in specialised Anthroposophic hospitals in Europe. More recently, anecdotal experiences among groups of nurses have found the ginger footbath an effective adjunct treatment for tired, aching muscles and joints. Modern research reports random controlled trials show oral ginger extract is effective in managing osteoarthritis symptoms (Altman & Marcussen, 2001; Bliddal, Rosetzsky et al., 2000; Haghighi, Khalvat et al., 2005; Marcus & Suarez-Almazor, 2001). However, these studies claim that the high doses of ginger extract required to relieve symptoms often lead to gastrointestinal complaints. The external topical anti-inflammatory activity of dry ginger extracts from solutions and plasters looks promising, with ginger's active ingredient gingerol permeating the epidermis (Minghetti, Sosa et al., 2007). It is posited that transdermal delivery of ginger is likely as effective as internal ginger extracts in achieving an anti-inflammatory response.

Shallaki: *Boswellia serrata* is one of the ancient and most valued herbs in Ayurveda. “Gajabhakshya”, a Sanskrit name sometimes used for *Boswellia*, suggests that elephants enjoy this herb as a part of their diet. In addition to its beneficial use for arthritis, this gummy resin is also mentioned in traditional Ayurvedic and Unani texts as an effective remedy for diarrhoea, dysentery, ringworm, boils, fevers (antipyretic), skin and blood diseases, cardiovascular diseases, mouth sores, bad throat, bronchitis, asthma, cough, vaginal discharges, hair-loss, jaundice, hemorrhoids, syphilitic diseases, irregular menses and stimulation of liver. It is also diaphoretic, astringent, diuretic and acts both as internal and external stimulant. Modern medicine and pharmacology strongly point out to its use as an antiarthritic, antiinflammatory, antihyperlipidemic (controls blood lipids), antiatherosclerotic (anticoronary plaque), analgesic (pain-reliever) and hepatoprotective (protects the liver).

Rasna: *Pluchea lanceolata* is an important xerophytic herb belonging to family Asteraceae and commonly known as Rasna. All parts of the plant are extensively used in indigenous system of medicine. It has anti-inflammatory and analgesic activity and is greatly used in rheumatoid arthritis, neurological diseases, sciatica, edema, bronchitis, dyspepsia, cough, psoriasis and piles.⁸⁻¹⁰ The plant contains different secondary metabolites viz. flavonoids (quercetin, isorhamnetin, daidzein), triterpenes, sitosterols, taraxosterols, pluchine etc. which gives it anti-inflammatory and analgesic properties.

Shilajit: Shilajit has been used traditionally in folk medicine for the treatment of a variety of disorders, including syndromes involving excessive complement activation. Extracts of Shilajit contain significant amounts of fulvic acid (FA), and it has been suggested that FA is responsible for many therapeutic properties of Shilajit. However, little is known regarding the physical and chemical properties of Shilajit extracts, and nothing is known about their effects on the complement system. Shilajit has been used as a treatment for genitourinary diseases, diabetes, digestive disorders, nervous diseases, tuberculosis, chronic bronchitis, asthma, anemia, eczema, bone fractures. FA has been used externally to treat hematoma, phlebitis, desmorrhhexis, myogelosis, arthrosis, polyarthritis, osteoarthritis and osteochondrosis. Likewise, FA has been taken orally as a therapy for gastritis, diarrhea, stomach ulcers, dysentery, colitis and diabetes mellitus.

PRECAUTIONS: Pregnant/Lactating women, children or any with Known pre-existing condition should take this product under the advice of a qualified health care provider. Keep it away from the reach of children.

Scientific references:

- 1) Rall B, Ammon HP, Safayhi H. Boswellic acids and protease activities. *Phytomed* /1996
- 2) Safayhi H, Rall B, Sailer ER, Ammon HP. Inhibition by boswellic acids of human leucocyte elastase. *J Pharmacol Exp Ther* /1997
- 3) * Blumenthal, M. The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines. Texas, U.S.A.: American Botanical Council. /1998.
- 4) * Acharya SB, Frotan MH, Goel RK, Tripathi SK, Das PK. Pharmacological actions of Shilajit. *Indian J Exp Biol*/1998

NOTE: This product has been approved by the department of AYUSH/ Government of India.

*These statements have not been evaluated by the Food and Drug Administration. Nirogamz products are not intended to diagnose, treat, cure, or prevent any disease. This information is for educational purposes only and is not a substitute for medical advice, diagnosis or treatment. For more information pertaining to your personal needs kindly consult your qualified health care provider.