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Herbs As A Sciatica Alternative Remedy

Herbs are an integral part of the for all [sciatica](#) alternative remedies. Many conventional medicines were initially derived from herbs and natural products and later synthesized for mass production.

Herbs are relatively safe and, if taken in recommended quantities, do not lead to any complication that cannot be managed easily. That cannot be said of many convention medicines. A typical herbal sciatic nerve treatment for managing pain will include any or more of the following herbs:

Devil's Claw

Low doses of devil's claw, initially known for relieving pain from arthritis, can ease sciatic pain.

Oil of Wintergreen

It is widely used for treating inflammation caused by arthritis, *sciatica*, arthritis, rheumatism and tense muscles externally.

St. Johns wort

Rubbing oil from this herb on the affected part, preferably before bedtime, will take care of any intense pain and tension.

Chamomile

Chamomile has a healing effect on muscle tissue. Topical application or chamomile tea or 10-20 drops of extract in water produces instant results.

Horsetail

This herb with hollow stems and a narrow leaves that spread by creeping rhizomes is an effective remedy for building connective tissue.

Turmeric

Turmeric is one of the most talked about herbal remedies for injury, sciatica, healing wounds and pain management. It has been in use in Asia for a long time and has a very strong track record. It can be ingested on daily basis, even in its raw form mixed in milk or used as a topical remedy by mixing it with butter oil and other herbs like garlic and leek.

Jamaican Dogwood

This herb is used for compression of nerves like sciatic nerve, and painful menstruation. Take .2 to 4 grams of dried root of the herb three times a day. This should be enough to relieve episodes of sciatica. However, this herb is not recommended for pregnant women or lactating mothers and individuals with congestive cardiac conditions.

Garlic and mustard Oil

Garlic pods and mustard oil are effective pain reliever. Put some garlic pods in mustard oil and heat till the garlic is burnt. Let it cool. A regular massage over the affected part will relieve mild pain.

Herbs can be used as standalone medicines and topical applications. They can also be used in combination of more than one herb. Although a safer option than conventional medicines, indiscriminate use of herbs can prove to be dangerous in some rare cases.

Moreover, herbs should be used only after gathering relevant information about the dosage and instances where they should not be used. While a topical application of herbs is devoid of any negative effect on the patient, ingestion can sometimes produce mild side effects.

About the author:

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