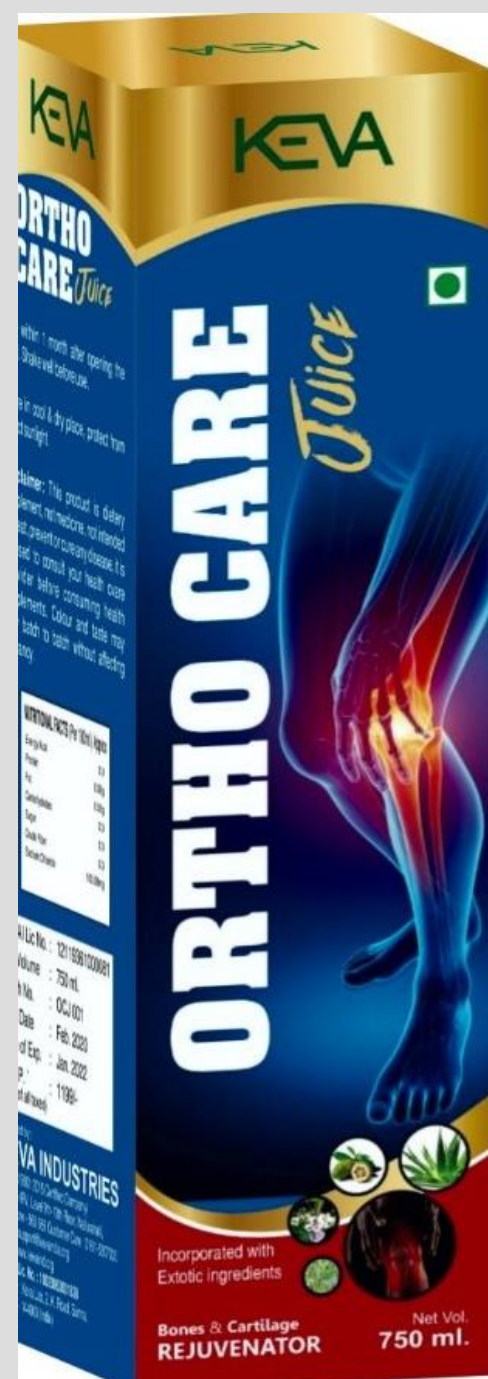
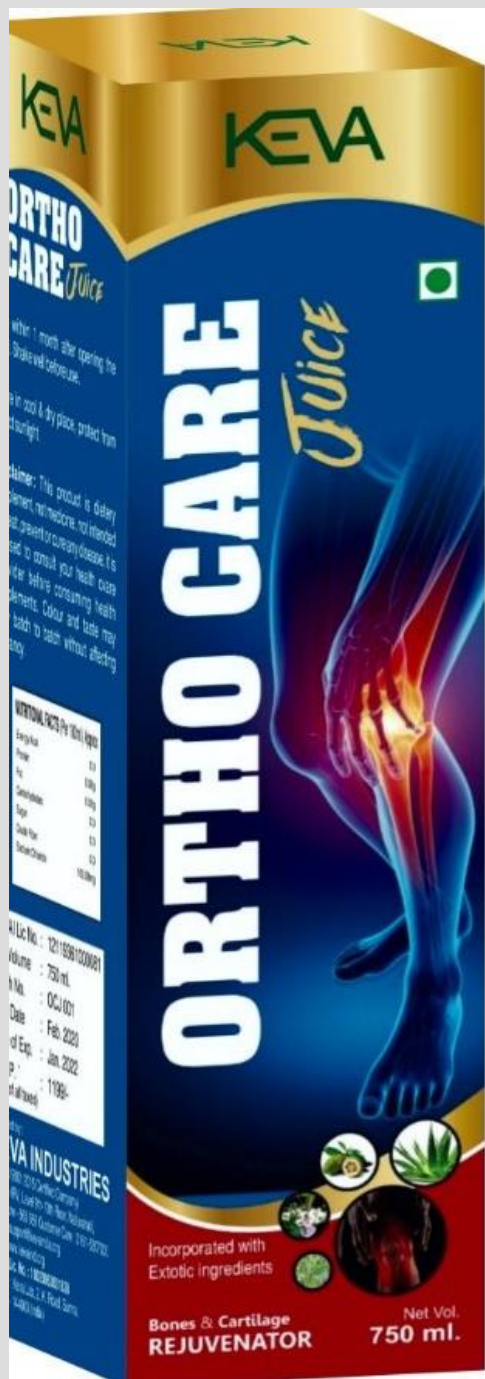




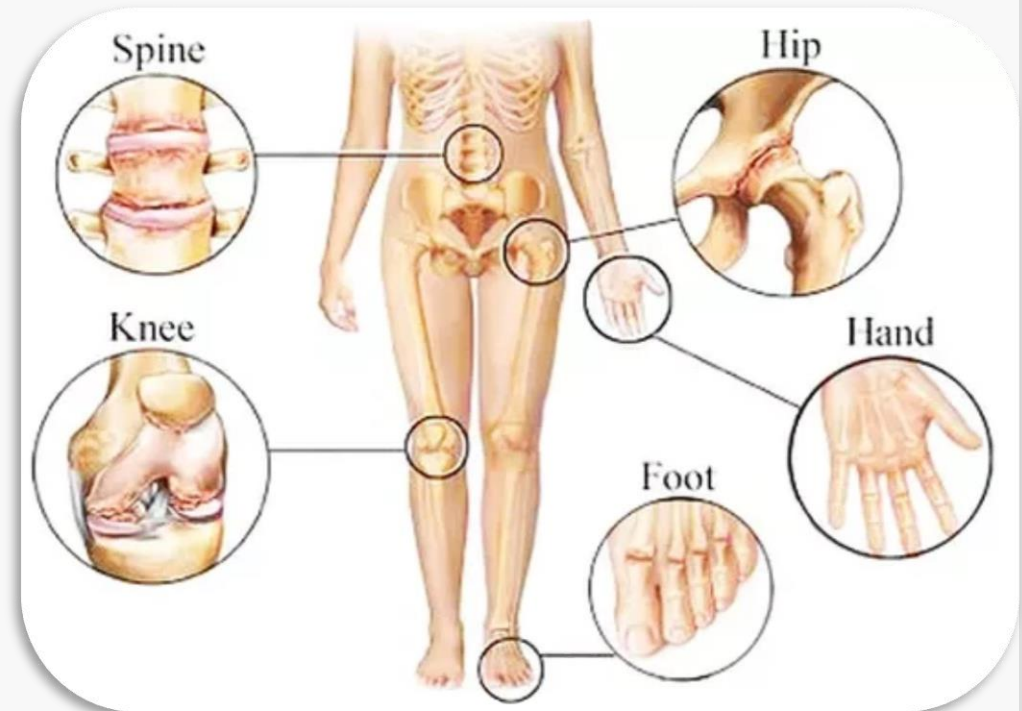
**KEVA ORTHO  
CARE JUICE**



# WHAT ARE ORTHOPEDIC PROBLEMS?

Anything that is concerned with muscles, ligaments and joints is considered orthopedic.

Disorders are ailments, injuries or diseases that cause knee problems, whiplash, dislocated shoulder, torn cartilages, foot pain and fibromyalgia.

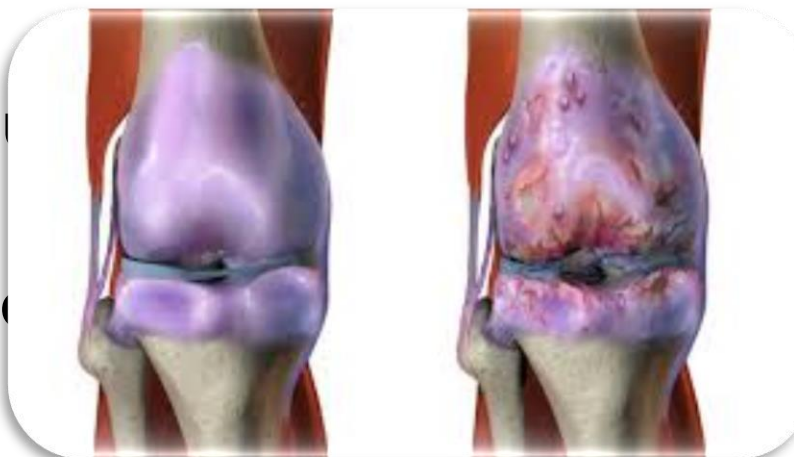


# MOST COMMON ORTHOPEDIC PROBLEMS

**Arthritis:** It is a rheumatic disease that has symptoms of pain, limited movement swelling and pain in connective tissues.



**Osteoarthritis:** It is a degenerative joint disease that middle aged and older adults experience. The joint cartilage breaks down due to age and it can occur in the hands, knees, spine or hips.

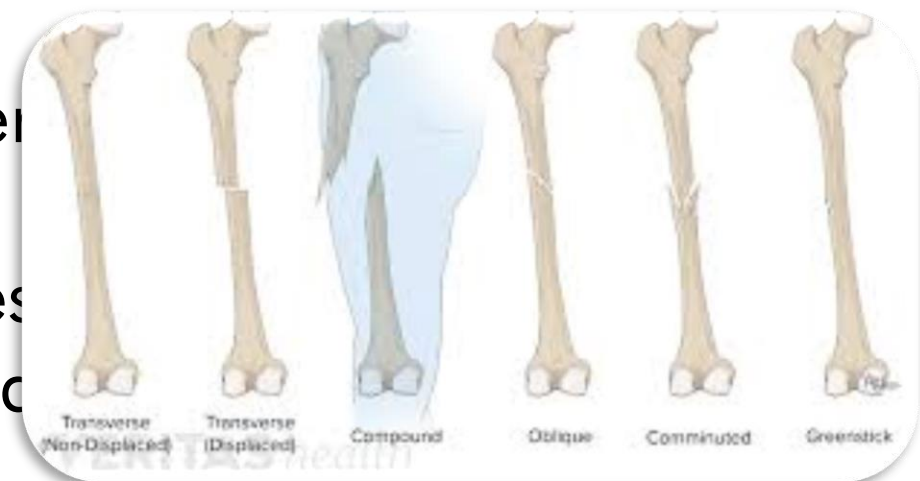


# MOST COMMON ORTHOPEDIC PROBLEMS

**Rheumatoid arthritis:** It is a disease listed in the orthopedic section that causes severe inflammation of the joints.



**Fractures:** It occurs when a small portion of the bone is broken; other fractures are straight line fractures across the bone and spiral fractures are actual breaks that spiral around the bone.





# MOST COMMON ORTHOPEDIC PROBLEMS

## Pain in joints, lower back & neck

- Degeneration of the vertebrae is a definite cause of low back pain.
- Neck pain can come from injuries or damage to the muscles and ligaments of the neck, a herniated cervical disk or arthritis.
- The pain can be also due to deficiency of nutrients



# OTHER COMMON ORTHOPEDIC DISORDERS

Bursitis,  
Elbow Pain  
and Problems

Lateral  
Epicondylitis  
(Tennis Elbow)

Fibromyalgia

Scoliosis



Carpal Tunnel  
Syndrome

Paget's  
Disease of the  
Bone

Kyphosis

# MEASURES TO MAINTAIN ORTHOPEDIC HEALTH AND WELLBEING



**Maintain a healthy weight:** For every 10 lbs. of weight gained, there is a 36% increased risk of developing osteoarthritis. Obesity also puts more weight on your joints, which can weaken muscles and make injuries more likely.

**Keep it moving:** Good exercises for everyone - even those with some orthopedic sensitivity - include stretching, walking, swimming and biking on a level ground. Try to avoid exercises that put too much stress on your joints, like deep knee bends. But keep working to increase muscle mass no matter your age.

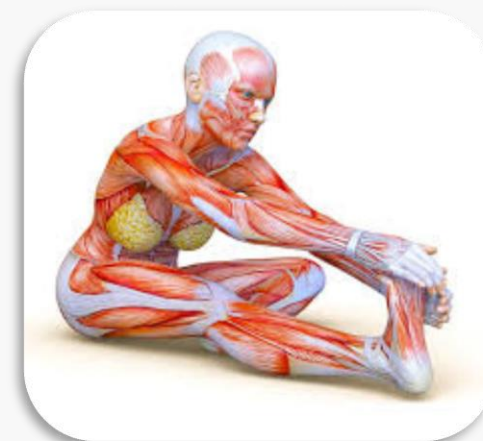


# MEASURES TO MAINTAIN ORTHOPEDIC HEALTH AND WELLBEING



**Develop a strong core:** Strong core muscles help you balance your body weight. Yoga and Pilates are two good kinds of exercise to strengthen your core and promote orthopedic health.

**Stretch before exercise:** Stretching is important to maintain flexibility, improve performance and decrease stress injuries like *sprains and strains*.





# MEASURES TO MAINTAIN ORTHOPEDIC HEALTH AND WELLBEING



**Wear comfortable shoes:** Supportive shoes promote proper alignment. Women who wear high heels on a regular basis increase their risk of developing back pain and knee pain.

**Healthy diet:** Take balanced diet rich in calcium and other nutrients. Also maintain regular intake of Vitamin D.



# TREATMENT THROUGH AYURVEDA

In Ayurveda, Orthopedic diseases is treated with herbs, yoga, meditation and calcium supplementation through diet.

This disorder is treated by using vata alleviating herbs to lubricate and strengthen joints.

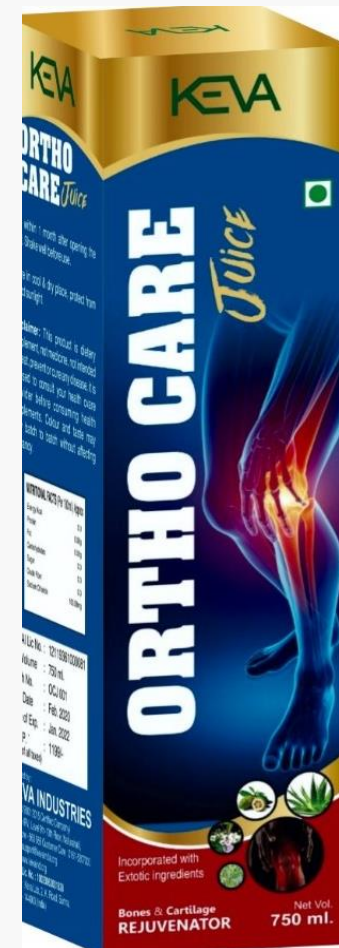
Herbal products helps to overcome the weakness and strengthens the joints to make them more stronger.

**Ayurveda offers many herbal treatments for ortho pain.**



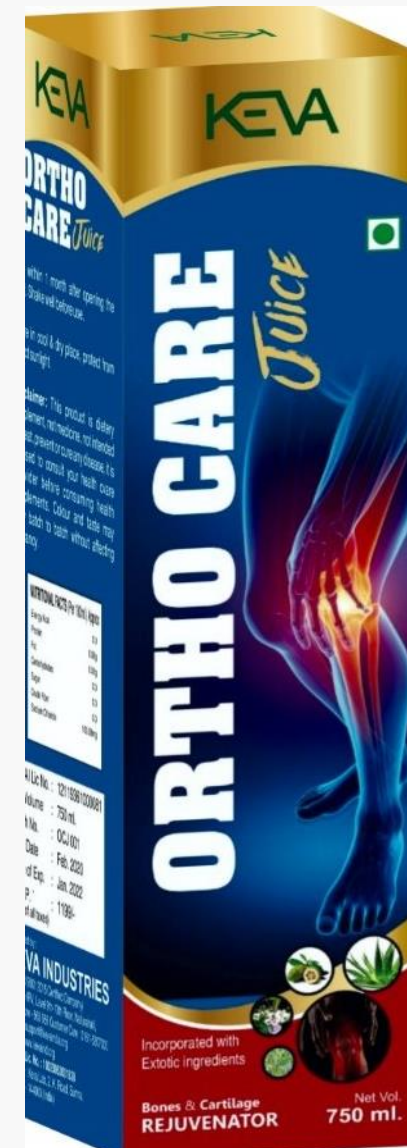
# Keva industries has launched a herbal formulation for the orthopedic problems

Keva  
Ortho Care  
Juice



# KEVA ORTHO CARE JUICE

It is a natural product and consists herbs which are known to provide relief in joint pain due to arthritis. This juice will help in providing relief from muscle pain, joint pain, and backache and joint pain due to injuries or trauma.





# INGREDIENTS IN HERBAL FORMULATION

- Ashwagandha ext.
- Aloe Vera
- Nirgundi ext.
- Shilajit ext.
- Guggul ext.
- Hatjod ext.
- Rasana ext.
- Noni
- Boswellia Serrata ext





# ASHWAGANDHA IN ORTHO CARE

Ashwagandha in the juice prevents pain signals to be released to reach the brain thus relieving from any nature of pain.

It is also known for anti-inflammatory effects. Its extracts can be used to suppress the production of pro-inflammatory molecules.



# ALOE VERA IN ORTHO CARE

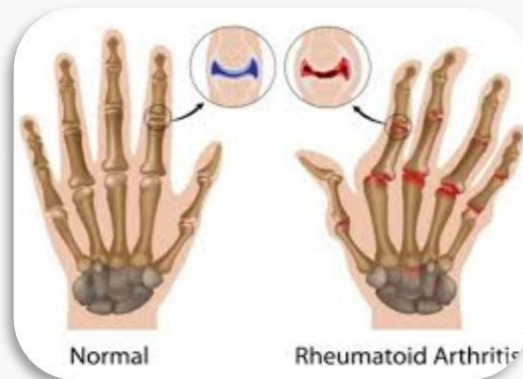
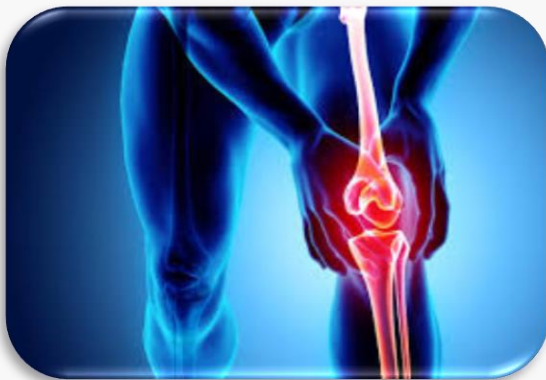
Aloe vera is having healing properties and anti-inflammatory properties due to which is it helpful in getting rid of joint pains.

Aloe Vera extract helps to reduce the pain and inflammation of rheumatoid arthritis.



# NIRGUNDI IN ORTHO CARE

The alkaloid nishindine, present in ample amounts in nirgundi root and bark extracts, has anti-inflammatory and analgesic (pain-relieving) qualities. This helps to mitigate joint pain and muscle spasms in those who have arthritis.



# SHILAJIT IN ORTHO CARE

Shilajit has analgesic and anti-inflammatory effects and is thus useful for different painful conditions of the body. Shilajit is also found to be very beneficial in rheumatoid arthritis, osteoarthritis, and gout as it nourishes the joints and reduces the inflammation and pain.



# GUGGUL IN ORTHO CARE

The herb guggulu is a potent inhibitor of the enzyme NF $\kappa$ B, which regulates the inflammatory response in the body. Using extracts of guggulu resin has shown decreased inflammation and joint swelling.





# HATJOD IN ORTHO CARE

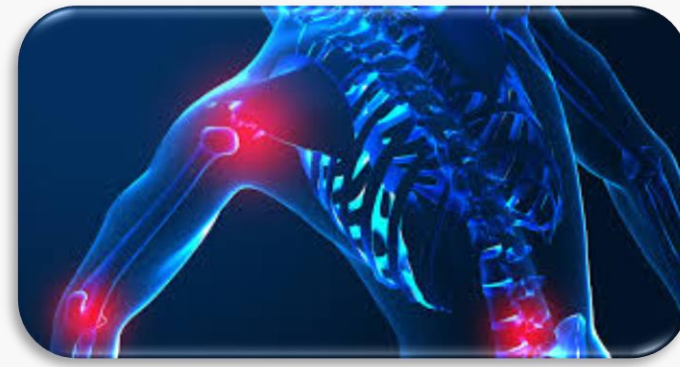
- ✓ Effective in providing relief from inflammation of the joints.
- ✓ Promote bone and joint health.
- ✓ Help in strengthening the bones and muscles.
- ✓ Help in reducing the stiffness of the joints.
- ✓ Protect the joints from degeneration.



# RASANA IN ORTHO CARE

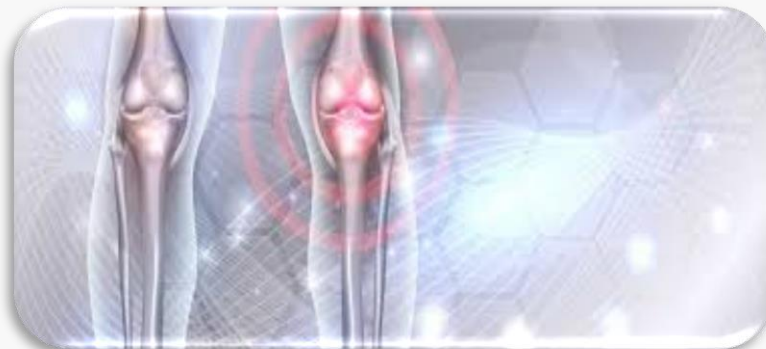
Rasna helps to restore the activity of antioxidant defense system enzymes which helps in reducing oxidative damage in arthritis.

Rasna is beneficial in managing arthritis as it reduces inflammation and joint pain due to its anti-inflammatory and analgesic properties.



# NONI IN ORTHO CARE

- ✓ Noni juice can reduce uric acid concentration in the blood, thereby lowering the risk of gout.
- ✓ Noni juice helps alleviate pain and reduce joint destruction implicated in arthritis due to its analgesic properties
- ✓ Combat general body weakness, boost energy levels and improve the overall physical performance of the body



# BOSWELLA SERRATA IN ORTHO CARE

It alleviates joint pains and inflammation. The herb helps in blocking an enzyme that helps in the formation of chemicals (leukotrienes), these chemicals stimulates and perpetuates inflammation. The herb helps to reduce joint pain and increases mobility and strength.

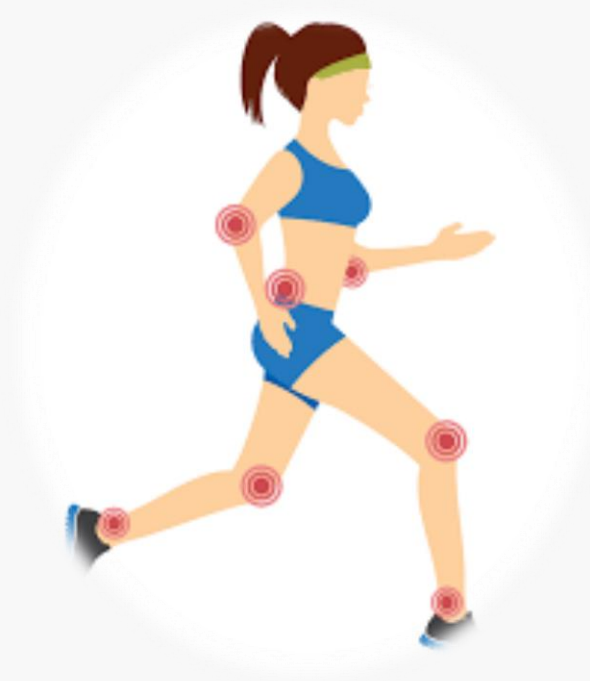


# BENEFITS OF KEVA ORTHO CARE JUICE

Relief from muscle pain

Relief from injuries or muscle trauma

Reduce swelling



Reduces the amount of uric acid

Prevents accumulation of uric acid in joints

Reducing joint pain during the night and stiffness in the morning.



# BENEFITS OF KEVA ORTHO CARE JUICE

100% safe

Helps in keeping bones healthy

Naturally strengthen bones



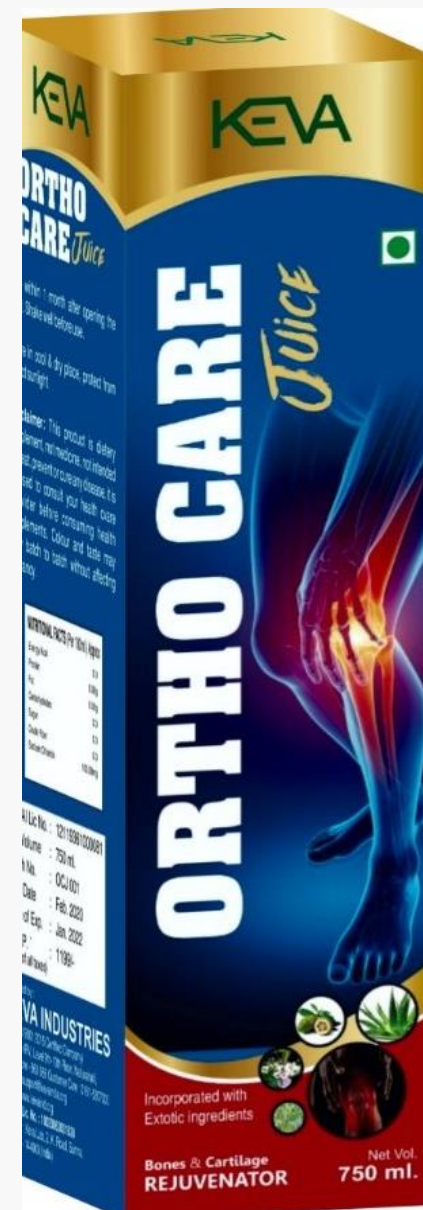
Helps in all body pain

Helpful for male and female of all ages

Helps in improving the mobility and flexibility of joints

# DIRECTIONS OF USE

- Use regularly for 6-12 months for best results
- Use within one month after opening the seal. Shake well before use.



# CONTACT

Keva Industries

Website: [www.kevaind.org](http://www.kevaind.org)



# THANK YOU