

Herbal Remedies For Lupus

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If you've suffered from lupus for any length of time, then you're probably looking for some gentle ways to help relieve the pain and inflammation of the disorder. While herbal remedies should never be a replacement for conventional treatment, some herbs can certainly complement the medications you're already taking.

The best way to discover the herbs that could help your symptoms is to consult with a professional herbalist. Keep in mind that you should also consult with your doctor before embarking on any alternative or complementary treatment. She can advise you if there may be any interactions between the prescription medications and the herbs.

Meadowsweet. This herb contains salicylic acid. This makes it a great alternative to the NSAIDs that you take for pain. Herbal professionals especially recommend it for the pain associated with arthritis, rheumatism and fevers.

Black Cohosh. This herb helps to relieve the symptoms of arthritis that afflict so many people with lupus. It helps to not only relieve the pain of arthritis, but also the inflammation.

Borage. Borage seed oil is another age-old remedy for inflammation, especially when it's associated with a chronic condition like arthritis. Part of the reason is because it's rich in omega-6 fatty acids that are vital to your body's ability to fight inflammation.

Camphor. This natural remedy provides great relief when applied externally. Camphor actually numbs the peripheral nerve endings while at the same time stimulating circulation. Camphor is also a good choice for relieving the redness associated with rashes.

Cat's Claw. This herb is legendary for its treatment of rheumatoid arthritis. It contains a host of natural substances that help to fight inflammation.

Cayenne. Don't underestimate the power of the pepper. It's proven itself in clinical studies for relieving the pain and discomfort of rheumatoid arthritis. It also contains salicylates – just like you find in aspirin – to add to its pain-relieving potency.

Feverfew. This herb is most noted for its ability to help relieve the pain of headaches, but it's also impressed the medical community with its ability to relieve inflammation by inhibiting the COX-2 enzyme process associated with arthritis.

Lavender. This herb is a favorite of many individuals for its ability to provide relief of pain and it can work for you if you suffer with the aches and pains of lupus. It's especially useful as a poultice, to help ease joint stiffness.

Oregano. Most notably a cooking spice, we seldom view this herb as a healing remedy. But just consider its resume: 31 known natural anti-inflammatory substances, 28 antioxidants, and 4 known potent COX-2 inhibitors. This herb really packs a beneficial punch.

Parsley. This plant is not just for soups anymore! With its longstanding reputation among professional herbalists in the treatment of rheumatism, as well as arthritis, it's one remedy that bears close scrutiny if you're suffering with lupus.

Reference website: <http://herbalandalternativemedicine.com/herbal-remedies-for-lupus/>