



HOW TO MAKE AN ARTHRITIS TINCTURE

Posted on May 21, 2020 by Claude

Arthritis afflicts many people, especially the elderly. Caused by a variety of different means, arthritis is a painful swelling of joints, which at the least makes it difficult to accomplish everyday activities and at worst can be debilitating.

The normal medical treatment for arthritis is nothing more than pain relievers. But this is one place where herbal medicine has an advantage over modern medicine. There are a number of plants which are useful in the treatment of arthritis. Extracting the essential oils from these plants, into a tincture, provides an easy way of treating this common condition.

You Will Need:

- Fresh ginger root
- Fresh turmeric root
- Fresh cayenne peppers
- Peppermint leaves
- Drinking alcohol, preferably inexpensive vodka

Directions:

1. Peel the ginger root and turmeric root
2. Chop an equal amount of all ingredients fine, except the alcohol
3. Place the ingredients in a jar, filling it most of the way
4. Pour enough of the alcohol into the jar to fully cover the ingredients, plus some
5. Close the jar and place in the refrigerator for four to six weeks, so that the alcohol can draw the essential oils out of the ingredients. Mix occasionally
6. Remove the jar and strain out the chopped ingredients, saving the liquid. This liquid is your tincture

The completed tincture can be stored in any sealed bottle or jar. Because it is alcohol based, it will keep virtually indefinitely, without refrigeration, as the alcohol will kill any bacteria that get into the jar.

Tinctures are concentrated, so you don't need much. Typically a few drops or ¼ teaspoon is enough. You will have to experiment a little, as everyone's body is different. So start out slowly and increase until you find your ideal dosage. No more than one teaspoon of the tincture should be taken daily. While some people apply it topically, it is really intended for internal consumption, allowing the essential oils from the ingredients to heal from within.

<https://www.youtube.com/watch?v=x7fzdLyEX5w>

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Comments



dawn - 2022-05-13 16:58:38

hi i was wondering if the glycerin is as effective as the alcohol, i too am unable to have any alcohol- i have r/a and lupus so im always looking for anti inflammatory information/solutions



Andrea G. - 2021-03-13 20:09:27

I personally don't see a problem with using expensive vodka, if you can afford it, many can't afford it.



Lisa - 2021-03-04 19:02:52

Could symptoms get worse before getting better?



Sherry - 2020-11-25 02:25:30

Can you use the mixture after it's been strained?



The Lost Herbs - 2020-10-26 11:13:28

Hi Sheila, Thank you for your comment. - 40% to 50% alcohol by volume (80- to 90-proof vodka) God bless!



Sheila E Roseneau - 2020-10-24 19:22:24

What percentage of alcohol does one use with these items? 40%, 80%, 100%?

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88 – 2020-08-21 23:10:27

Love watching sunset !

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09:58:31

[...] How to Make an Arthritis Tincture [...]

**pat** – 2020-08-06 13:04:28

For those not wanting to use alcohol or glycerin, apple cider vinegar might be a good solvent to use as it also has anti-inflammatory properties and might be more readily available for some.

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**The Lost Herbs** – 2020-07-17 13:22:33

Hi Alice, Thank you so much for your interest in our work. You can use honey, garlic and cranberries for the stomach ulcer. However, for hernia you can use aloe vera juice, castor oil or ginger root. God bless!

**The Lost Herbs** – 2020-07-17 13:19:18

Hi Deborah, Thank you so much for your interest in our work. Horseradish and chili peppers may work on the same sensory receptors but they are different compounds. If you are trying to temper the heat, you will need to take different approaches. However, you can try to use horseradish instead of chilli pepper. God bless!

**The Lost Herbs** – 2020-07-17 13:17:15

Hi Jack, Thank you so much for your comment. You should add black pepper if you want to. A tincture is a mix of beneficial herbs- feel free to use what herb you like, as long as it helps with your health issue. God bless!



The Lost Herbs - 2020-07-17 13:16:10

Hi Cheryl, Thank you so much for your comment. I am so sorry about it, however this tincture is not beneficial without the peppers. In order to work, you should use a heat source- the hot pepper. God bless!



The Lost Herbs - 2020-07-17 13:15:17

Hi Jacque, Thank you so much for your comment. I advise you to replace the alcohol with glycerin. Apple cider vinegar is beneficial indeed, but this tincture does not work with it. God bless!



The Lost Herbs - 2020-07-17 13:13:33

Hi Penny, Thank you so much for your comment. We are so sorry for the inconvenience. We usually answer to the comments given by our site visitors. We are happy that you tried out the tincture. Regarding the dosage, it depends on the body type and weight of the individual. The usual dosage is initially twice a day, a ¼ of a teaspoon, which is about a quarter of a dropper of a one-ounce bottle. Once the herbal potion is in the body's system, the tincture dosage can be reduced to once a day, depending on the tincture and the severity of the complaint. God bless!



The Lost Herbs - 2020-07-17 13:09:26

Hi Nancy, Thank you so much for your comment. Chili powder is an acceptable substitute for cayenne, as it consists of a variety of chili peppers that have been dried and ground. However, they are often made from darker red peppers that are sometimes smoked, so test your chili powder before using it, as it may alter the flavor of your recipe. God bless!



The Lost Herbs - 2020-07-17 13:07:02

Hi Dan, Thank you so much for your interest in our work. Yes, you can add glycerin or a natural sweetener, like stevia. You do not have to adjust the dosage. You can use the recommended dosage, however, if the symptoms are not relieved, you can increase your dosage. God bless!



The Lost Herbs - 2020-07-17 13:02:40

Hi Tim, Thank you so much for your comment. It depends on the physiology of the person who takes it. It may take from 2 to 4 weeks for it to be effective. God bless!



Jim Lees – 2020-07-17 03:29:01

After 30 days could I put the plant materials in a blender and drink the whole tincture instead of straining out the plant materials and only consuming the liquid?



Penny Longwell – 2020-07-13 14:56:37

So many comments and I don't see many answers. I wonder if these questions are answered individually right to the person's email? It would be very educational to have them answered here so everyone can see them. I actually made this tincture and had all the ingredients. It's been sitting for about 30 days. I'm going to let it go to more weeks and then strain out the ingredients leaving the tincture behind. I am uncertain about the dosage but I am going to start easy and just use five drops at a time. I am not an herbalist so caution to wait and see what my body does with the ingredients sounds prudent at this time.



Nancy Beitz – 2020-07-09 18:11:58

Hi Nicole, Is the any pepper that can be used in place of cayenne? I have been looking for it and I can't find any cayenne peppers.



Deborah – 2020-07-07 04:51:52

I have ulcers and I have a bad reaction to alcohol. Plus I'm on medications for thyroid, blood pressure. I also have copd, I take meds for that also. I know I'm a wreck but I'm hoping some of these tinctures will help. Also can I substitute with horseradish for the heat?



Jacque Marling – 2020-06-26 14:22:34

Could I use apple cider vinegar instead of alcohol?



Jack Gilbert – 2020-06-23 16:07:12

Since you are using tumeric, do you need to add black pepper to get the effects from the tumeric?



Kathy - 2020-06-22 15:53:15

The question about using inexpensive vodka is legitimate. Is there a reason for it or will the more expensive brands work as well?



Cheryl - 2020-06-17 01:21:26

Will this tincture work if I leave out the peppers? My body does not tolerate nightshade. Thanks



Kathy - 2020-06-05 20:57:18

Why inexpensive vodka? Will Grey Goose or Tito's not work as well?



Dan Keller - 2020-05-26 16:27:55

I find dried cayenne peppers in the produce section hanging where they put Latin American spices and I use them in my herbal tinctures.



Judy Miller - 2020-05-26 15:57:54

I cannot find fresh cayenne pepper anywhere! I am hoping to find some plants to grow my own. In the meantime is dried cayenne worth using or a different pepper?



Alice - 2020-05-22 22:44:18

Hi' Nicole I have a ? What's the cure for Stomach ulcers or hernias?



Sharon Akiyama - 2020-05-22 21:34:53

Thank you, Dan! Will the glycerin still pull the essential oils from the ingredients in the jar? Will it last as long as the alcohol based tincture?



Dan Keller – 2020-05-22 20:06:52

Peppermint has a pain relieving property to it. Don't know what you mean by regular mint. As for the peppers just as long as it is a heat source.



Dan Keller – 2020-05-22 20:05:14

You can use glycerin in place of the alcohol. Plus it will help sweeten the taste.



David C. Berry – 2020-05-22 19:21:10

Can I substitute: Regular mint for spearmint Red chili peppers for cayenne peppers



Aki – 2020-05-22 17:38:50

I have an anaphylactic reaction to alcohol. Is there a substitute that can used? I love the idea, though. Thank you!



Dan Keller – 2020-05-22 15:21:47

Jim in my herbal business experience you need to give it about 30 days to see good results although for pain relief it could be within a week. Just remember the body has to adjust to the herbs.



Dan Keller – 2020-05-22 15:19:48

Do you recommend adding glycerin to your alcohol tincture for sweetening? If so wouldn't one have to adjust the dosage since the tincture has been diluted some? Thank you



Jim Lees – 2020-05-22 13:40:42

How long might it take for this tincture to be effective to relieve pain please?



Jim Lees - 2020-05-22 13:39:46

How long may it take for this tincture to be effective and relieve pain please?