Aspirin is a common over the counter pain reliever used to treat mild to moderate pain caused by toothaches, colds, and headaches. It also has a noticeable anti-inflammatory effect which makes it useful for reducing the swelling seen in arthritis. [1] Despite its ubiquitous availability, it does have some serious drawbacks. If you feel like using aspirin may be too much of a risk to your health, there are natural alternatives available. However, the herbs mentioned in this list are intended to replace aspirin as a pain reliever and not as a blood thinner or antipyretic. Fast forward to today, ginger is still used as an herbal analgesic. Researchers from the University of Georgia were able to test how effective ginger was in easing muscle pain. Aspirin Alternatives - The Top Natural Pain-Relieving Analgesics. A Health Learning Handbook by Raymond M. Lombardi, DC, ND, CCN. Health Learning Handbooks are designed to provide useful information about ways to improve one’s health and well-being. Education about what the body needs to obtain and maintain good health is what we would like to provide. This book discusses analgesics and natural approaches to pain. It is estimated that Americans swallow over 19 billion aspirin tablets each year - over 15 tons each day. Yearly sales for ibuprofen and acetaminophen are well over $2 billion. They 4 Natural Alternatives to Aspirin. The question here is, does taking an aspirin a day or a baby aspirin a day, which is really just a low dose of aspirin, make sense for preventing cardiovascular disease and blood clots? In particular, Betty’s question was about polycythemia vera and essential thrombocythemia, and we’re going to call that ET. 2 Pain Relief - From Analgesics to Alternative Therapies. In acute pain, a pharmacological approach is usually successful in the treatment because in general a biological approximation to the matter is acceptable. Collectively, non-steroidal anti-inflammatory agents (NSAIDs) and acetaminophen (paracetamol) are the most commonly used pain medications, followed by opioids generally used in moderate to severe pain [11, 12]. Both broader classes of analgesics have a natural origin. Salicylic acid extracted from the bark of Willow tree gave birth to NSAIDs, whereas Papaver somniferum is the origin of opioids [19, 20].