



# FOOD AS MEDICINE



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"Food should be eaten as a medicine"

Arunika Upanishad

"From food, verity, all creatures are produced. By food they live. Into it also they finally enter. Therefore, food is called a medicine"

(Taittiriya. Upanishd. II.)

**Food is anything that sustains life.** Food used as a preventative to disease and as an essential part of medicine has been established for over 4000 years by physicians of natural medicine. Food is a major determinant of health that is directly under our control. We cannot always control pollution, hereditary factors, noise, environment, and the social and emotional behaviors of others, but we can certainly choose what and what not to eat. Food is so important to human existence, and because it is utilized many times each day, it has a major affect on the body. However, most people do not realize the power of foods. We hope that you will pay attention to the **principles of food medicine** and incorporate this natural and powerful healing component into daily living, because anything we do three times a day will have an effect on our body!

## DIET AND HEALTH

Their Assimilation and Function:

The Chhandogya Upanishad describes the process of food and drink:

Food that is eaten, gets divided into three parts. That which is its coarsest part becomes farces; that which is medium, the flesh; that which is finest, the mind.

Water, which is drunk, gets divided into three parts. That which is its coarsest part becomes urine; that which is medium, the blood; that which is finest, the breath.

Fire that is eaten, gets divided into three parts. That which is its coarsest part becomes bone; that which is medium, the marrow; that which is finest, the voice.

The mind consists of food; the breath consists of water; the voice consists of heat.

Food is like fuel to the fire or heat in the body. When food is not eaten the mind loses its strength and the fire in the body is extinguished. When water is not drunk, Prana, which is the essence of water, passes out of the body.

About the mind that is influenced by the food being eaten is mentioned in another place in the Chhandogya Upanishad: "In purity of food there is purity of mind; in purity of mind there is established memory; in established memory there results the release from all the knots of the heart." (VII. 26). "If one does not eat for ten days, even though he might live, he becomes a non-seer, a non-hearer, a non-thinker, a non-doer, a non-understander. Adore food!" (Chh. Up. VII.). This shows to what extent the mind is influenced by the food, which is eaten. A person thinks through the mental nature, which he consists of, and this nature is fed by food. Hence, the food that is eaten should always be Sattvic, for "verily, this person consists of the essence of food" (Taitt. Up. II. 1).

About foods:

Some of the essential foods are discussed below:

### **Protective Foods**

These are foods, which supply both vitamins and mineral matter and so protect the body from certain diseases.

The protective foods are milk, butter, cream, cheese, green vegetables eaten raw, and yellow vegetables and fruits.

One pint of milk, one orange or tomato, one ounce of butter and raw salad will provide enough protective foods for a person per day.

### **Cereals**

Cereals form the staple food in nearly every human diet. In India rice, wheat or millets form the bulk of the dietary. Cereals are not sources of carbohydrates. They are moderate sources of vitamins. A predominantly cereal diet should have addition of pluses. Cereals contain no vitamin C and no carotene.

Whole unrefined cereals are good sources of vitamin B complex. Whereas refined cereals such as white flour and **highly milled rice have lost much of their vitamin content**. This is because the vitamins are concentrated in the outer layers of the whole grains, which are removed by machine milling. The only cereal, which does not suffer appreciably when machine milled, is parboiled rice. Parboiled rice is superior to other rices. Beriberi is closely associated with the

habit of eating highly milled and polished rice. Dental caries is due to consumption of refined carbohydrate foods.

## **Proteins**

The Allopaths think that high protein foods like meat, etc., are very useful for the body. They say, "Such foods are very nutritious." They say to the patients, "Take abundant meat. You will become strong and healthy." This is a sad mistake. When pulses and meat are taken in abundance they produce in the system large quantities of morbid, poisonous substances. The kidneys are overtaxed. They are not able to function properly. Inflammation of the kidneys results (Bright's disease). The patient passes much albumin in the urine.

Meat is an unnatural food. It taxes the kidneys. It produces various diseases. It generates worms such as tapeworms, etc., in the bowels. It dullens the intellect and excites the passion. It is full of bad smell. People eat it under the influence of alcohol in an unconscious state. Pitiably is the lot of meat-eaters.

The protein of meat can be replaced qualitatively by that of milk and cheese.

If proteins are not digested and assimilated, they ferment and putrefy and generate gases and other poisonous foreign matter. A low protein diet is much better than a high protein diet. The minimum protein required is 2 ounces per day.

**An exclusive rice diet cannot supply the protein requirement of food.** So you will have to partly replace rice by some such material (wheat or dhal) as will complement the need for complete protein.

The soya bean is exceptionally rich in protein. It is the equivalent of milk protein in biological value. Coconut is a low protein food.

## **Pulses**

Pulses comprise peas, beans, dhals and grams. They have a high content of protein, not however of very high biological value. They are very good for supplementing the cereal of a vegetarian diet. They are good sources of the vitamin B complex. Bengal gram (dhal chana) and to a lesser extent green gram (dhal moong) contain appreciable amounts of ascorbic acid in the dry state.

**Germination of Pulses:** The ascorbic content of all pulses can be increased by germination. Pulses become useful, anti-scorbutic by the process of germination or sprouting. Germination causes an increase in certain components of the vitamin B complex. Sprouted pulses have been used successfully for combating scurvy for more than a century. The method is as follows. Vitamin C content is at a maximum after 30 hours of germination.

## **Vegetables**

Green, leafy vegetables are generally rich sources of carotene, ascorbic acid, calcium and iron, and are relatively rich in Riboflavin.

Root and other vegetables are of variable nutritive value. Most of them contain moderate amounts of ascorbic acid. The carrot is very rich in carotene.

Gourd vegetables are generally of poor nutritive value, but the bitter gourd is relatively rich in ascorbic acid. The yellow pumpkin is a good source of carotene.

Potato has high carbohydrate content. It is a good fuel food. It contains moderate quantities of ascorbic acid. It is an important source of starch in the diet.

Tomato has a good carotene and ascorbic content. It contains iron also.

Lettuce, watercress, celery, spinach and cabbage belong to the group of succulent vegetables. Potatoes, sweet potatoes, carrots belong to the group of feculent vegetables.

Lettuce, spinach, cabbage, watercress, celery, Brussels sprouts and endive contain the largest quantity of organic mineral salts. Next to these come tomatoes, cucumber, radishes, asparagus, cauliflower and horse radish. Watermelons are rich in the blood purifying organic salts.

A vegetables diet, partly raw and partly cooked is the best kind of diet.

In order to take the fullest advantage of the vegetables, take some quantity in a raw state, because vegetables in their natural state only contain vitamin C.

Lettuce, celery, cabbage and cress can be eaten without cooking. Carrots can be grated and eaten raw.

Vegetables supply roughage also, the required bulk to the food, which is necessary for the proper functioning of the organs of evacuation. Lack of vegetables produces constipation.

In the treatment of chronic diseases Naturopaths prescribe a strict vegetable diet. A vegetable diet eliminates from the body all morbid materials, which are accumulated in the system from a very long time.

Vegetables are boiled in a large quantity of water. The water, which contains all the mineral salts, is simply thrown away. Then people eat the useless, worthless, non-substantial, dry stuff, which even a dog will not dare to smell. Nutritious congee of rice is thrown away. Foodstuffs are refined and demineralised. This process of refining removes the essential mineral elements from your food. Such

dematerialized and devitalized foods are taken to satisfy the whim and palate of the individual. The result is they develop beriberi and various other diseases. These are all criminally unwise and foolish feeding habits.

Root vegetables and tubers should never be peeled, cut up and soaked in water for some time before cooking, because the soluble constituents dissolve into the water. They must be first washed; then cut up and cooked.

## **Mineral Salts**

All natural foods contain mineral salts. Wrong methods of preparation and cooking often cause their loss.

Mineral salts build bones and teeth. They form the red oxygen, carrying pigment of the blood. They enter into the structure of every body cell. They form a part of the digestive fluids. They keep the blood alkaline. They help the blood to coagulate.

The basic value and necessity for a liberal supply of organic mineral salts in the daily food is overlooked by the Allopaths. What a sad and terrible mistake indeed!

Organic mineral salts as iron, sodium, calcium, potassium, magnesium, silicon, etc., are contained in abundance in the juicy fruits and the leafy, juicy vegetables. Therefore take juicy fruits and leafy, juicy vegetables.

Coconut contains more organic salts and fat. It must be taken in small quantity. It comes near to the chemical composition of human milk than any other food in existence.

Plums, grapes, cherries, apricots, pears, peaches and mangoes, contain a large amount of mineral salts. They also contain large quantities of fuel sugars in easily assimilable form.

The dried peas and beans, leafy green vegetables, whole grains, spinach, raisin, green peas, lettuce, tomato and cabbage contain a good quantity of iron.

Nuts, cereals, dried fruits, peas and beans contain copper. The iron of foods can only be fully utilized by the body when copper is provided.

Iodine is a constituent of the hormone, which is secreted by the thyroid gland, situated in front of the neck. It is needed in very small amount, but if it is lacking entirely in the diet, the thyroid glands does not function properly. Goitre is the result.

Seaweed is the best source of iodine. Traces of iodine are found in cereals, leafy vegetables and milk.

Oats are extremely nutritious. Barley is rich in mineral matter. It is very Sattvic. Barley bread is whole meal and beneficial.

Almonds, bran, endive, figs, dry hazel-nuts, dandelion greens, lentils, molasses, mustard green, olives, spinach, turnip tops, soya bean, Amaranth, fenugreek leaves, garden cress, gingerly seeds, tamarind, are rich in both calcium and iron.

## **Milk**

Milk is as nearly a complete food as exists in nature. Milk should be fresh. It can be taken raw if it is drawn from a healthy animal. Milk can be taken with mango fruit with great advantage. All-important nutrients are well represented in milk, except iron, nicotinic acid and ascorbic acid.

Children should have sufficient quantity of milk and butter in their diet. Milk contains the very important calcium salts, which are necessary for bone building. Butter contains vitamin D, which is necessary for the assimilation of calcium.

Butter and ghee are composed of milk fat and have high vitamin A content. Vitamin A of ghee is largely destroyed when it is used as a frying medium.

Curd is a very good article of diet. Whey or buttermilk (lassi) is a cooling and nutritious drink. Milk is generally the outstanding source in a diet of calcium and Riboflavin. Pasteurized milk is useless.

## **DIFFERENT QUALITIES OF FOOD**

Food is of great importance to Hindus and Hinduism classifies food into certain categories, ranging from foods which can help to purify oneself to foods which cause disease and suffering. Here's a brief analysis of the different types of foods that exist: There are three types of food: '**Tamasic**' (in the mode of ignorance), '**Rajasic**' (in the mode of passion) and '**Sattvic**' (in the mode of goodness).

If The Bhagavad Gita describes the sattvic diet as "promoting life, virtue, strength, health, happiness and satisfaction." Sattvic foods are "savory, smooth, firm and pleasant to the stomach." By contrast, the Gita describes the rajasic diet as "excessively pungent, sour, salty, hot, harsh, astringent and burnt," leading to "pain, misery and sickness." The tamasic foods are described as "stale, tasteless, smelly, left-over, rotten and foul" (BG 17:8-10).

## **Sattvic Foodstuffs**

Sattva is defined as the quality of purity and goodness. Sattvic food is that which is pure, clean juicy, fresh, light, unctuous, nourishing, attractive in form, soft to touch and pleasant to taste, which are small in bulk but great in nourishment, sweet, tasty fatty and wholesome, and pleasing to the heart..

**Sattvic** foods are all vegetables and fruits, which vibrate with a steady flow of energy. Consumption of these foods gives the mental and vital a state of serenity and peace. These vibrations give mind capacity to expand and increase its subtle feelings. Sattvic foods are light in nature, easy to digest, mildly cooling, refreshing and not disturbing to the mind. They are best prepared with love and awareness.

### **The Traditional Sattvic Diet**

traditionally it is described as pure foods that are rich in prana. Organic foods are therefore recommended for both their purity and vitality.

**Fresh Organic Fruits:** Most fruits, including apples, apricots, bananas, berries, dates, grapes, melons, lemons, mangoes, oranges, peaches and plums, are considered especially sattvic. Fruit is also considered symbolic of generosity and spirituality and is often exchanged as an offering or a gift. Three dried fruits known as triphala are used to keep the digestive system operating optimally.

**Fresh Organic Dairy:** Dairy is considered controversial these days, but tradition insists on the value of a wholesome food freely given by the symbol of motherhood, the cow. We need to use the highest quality organic fresh dairy to benefit from its sattvic qualities. Milk, butter, clarified butter (ghee), fresh home-made cheese (paneer), whey and fresh yogurt (especially lassi) are all recommended. They benefit from careful preparation, and the extra effort to learn the recipes is well worthwhile. For example, milk can be diluted and warmed with mild spices (i.e. fresh ginger, cinnamon and cardamom) and served with raw honey to overcome any mucus-forming tendencies. Traditionally, if a yogi is doing advanced practices, the dairy provides needed lubrication, grounding and nourishment. In fact, dairy along with fruit have been described as the epitome of the sattvic or yogic diet.

**Nuts, Seeds and Oils:** Fresh nuts and seeds that haven't been overly roasted and salted are good additions to the sattvic diet in small portions. Good choices are almonds (especially when peeled and soaked in water overnight), coconut, pine nuts, walnuts, sesame seeds, pumpkin seeds and flax seeds. Oils should be of highest quality and cold-pressed. Good choices are olive oil, sesame oil and flax oil.

**Organic Vegetables:** Most mild organic vegetables are considered sattvic, including beets, carrots, celery, cucumbers, green leafy veggies, sweet potatoes

and squash. Sometimes the shortcomings of these foods can be overcome by careful preparation. An excellent practice is to drink freshly made vegetable juices for their prana, live enzymes and easy absorption.

**Whole Grains:** Whole grains provide excellent nourishment when well cooked. Consider organic rice, whole wheat, spelt, oatmeal and barley. Sometimes the grains are lightly roasted before cooking to remove some of their heavy quality. Yeasted breads are not recommended unless toasted. Wheat and other grains can be sprouted before cooking as well.

**Legumes:** Split mung beans, yellow split peas, organic tofu, bean sprouts and perhaps lentils and aduki beans are considered sattvic if well prepared. In general, the smaller the bean, the easier to digest. Strategies include splitting, peeling, grinding, soaking, sprouting, cooking and spicing. Legumes combined with whole grains offer a complete protein combination.

**Sweeteners:** raw honey (especially in combination with dairy) and raw sugar (not refined).

**Spices:** Sattvic spices are the mild spices including basil, cardamom, cinnamon, coriander, cumin, fennel, fenugreek, fresh ginger and turmeric. Rajasic spices like black pepper, red pepper and garlic are normally excluded, but are sometimes used in small amounts to keep the channels open (rajas is used to counter tamas). But beware. Taking rajasic spices with tamasic food does not equal sattva

**Sattvic Herbs:** Other herbs are used to directly support sattva in the mind and in meditation. These include ashwagandha, bacopa, calamus, gotu kola, ginkgo, jatamansi, purnarnava, shatavari, saffron, shankhapushpi, tulsi and rose.

Pure, sattvic food needs to be chewed carefully and eaten in modest portions. Overeating is definitely tamasic. The food should be enjoyed for its inherent taste and quality, rather than the spices and seasonings that are added. Too much salt and spice has a rajasic effect, which fuels desire and leads to over-satiation, the loss of taste and the loss of pleasure. "When rajas predominates, a person runs about pursuing selfish and greedy ends, driven by restlessness and desire" (BG 14:12). A refined sense of taste leads to increased pleasure.

Eating Sattvic food increases the duration of life, purifies one's existence and gives strength, health, happiness and satisfaction. It increases the energy of the mind and produces cheerfulness, serenity and mental clarity. Sattvic food is highly conducive to good health. A sattvic diet is food that gives courage and self-determination. In other words, sattvic food gives us more than the gross physical requirements of the proper mix of proteins, carbs and fats etc. It also gives us the subtle nourishment necessary for vitality and consciousness. Food is seen as a

carrier of the life force called prana and is judged by the quality of its prana and by the effect it has on our consciousness.

In the words of the Charak Samhita, one of the classic textbooks of ayurveda, “The persons having the sattvic essence are endowed with memory, devotion, are grateful, learned, pure, courageous, skillful, resolute, free from anxiety, having well-directed and serious intellect and activities and are engaged in virtuous acts” (CS III-8:110).

### **Rajasic Foodstuffs**

rajasic foods are bitter, sour, salty, pungent, hot and dry. Puri, kachori, pungent condiments, meat, fish, eggs, sweets, fried bread, curd, brinjal (egg plant), carrots, urad (black gram), onions, garlic, lemon, masur (red gram), tea, coffee, betel leaves, tobacco are rajasic articles of food. Meat, fish, eggs, tea, coffee, cocoa, ovaltine; chillies, tamarind, chutney, pickles, asafetida, mustard, spices; highly seasoned dishes, foods that are dry and excessively hot, saline, and pungent; oil, white sugar (commercial sugar), radish, brinjals, ladies' finger, cucumber, drumstick; articles of wind-producing food, fried things pastry preparations and sesame seeds fall into the rajasic variety of food. These foods create sensuality, sexuality, greed, jealousy, anger, delusion, fantasies, egotism and irreligious feelings.

The rajasic man always plans to prepare various kinds of preparations to satisfy his palate. The palate remains unsatisfied until the stomach is completely filled with pungent things and till the tongue is burnt with chillies. **These foods cause distress, misery and disease.** The vibration from these come in spurts and stimulate mental and vital energy for a passionate state of high activity

### **Tamasic Foodstuffs**

tamasic food is stale, dry, bad smelling, distasteful or unpalatable. Foods that have been processed, canned or frozen are tamasic. Beef, fish, eggs, wine, garlic, onions and tobacco are tamasic foodstuffs. Beet, pork; all intoxicants such as wine, liquors, all drugs, ganja, bhang, charas, tobacco, all stimulants, onions, garlic, stale, rotten, unclean foodstuffs; and half-cooked and twice-cooked articles. **Tamasic' food can also be the sattvic food that is eaten after many hours or days of preparation, food that is tasteless, decomposed and putrid, and food consisting of remnants and untouchable things. These types of food can cause one to be dull, sleepy and greedy.** It increases pessimism, ignorance, lack of common sense, greed, laziness, criminal tendencies and doubt.

The tamasic man will eat, in the afternoon, food which has been cooked on the previous day and also will like the food which is half-cooked or burnt. The tamasic food's vibrations foster on unconscious state and bring about inertia. A conscious being, in whose nature these different states of existence.

# Properties of Food

## CHEMICAL PROPERTIES

The chemical values of food represent the "**science of nutrition**", and these vital nutrients are water, protein, carbohydrates, fats, minerals, vitamins, enzymes, co-enzymes, fiber and trace elements. Roughly, the human body is composed of 60% water, 20% protein, 15% fat and 5% carbohydrates, vitamins, potassium, sodium, and calcium. It is certainly important to observe chemical intake of foods and make sure it is properly balanced within the body to maintain normal chemical homeostasis, or balance.

These chemical values are **keys to drive all functions within the body**. Nutrition is very important to meet the daily chemical needs of the body for survival, however, nutrition is merely a subcategory of food. Food is not nutrition and nutrition is not food. Therefore, when one looks at the "nutritional facts" label on the foods being bought, this does not represent the entire classification of food, but only the chemical ingredients needed (or not needed) by the body.

## PHYSICAL PROPERTIES

**The physical values of food are** taste, color, internal temperature, motion, energy, impulse, momentum, elasticity, fluid mechanics, waves, vibrating bodies, thermodynamics, acoustic phenomena, optics, electrostatics, electric currents, electrodynamics, high energy physics, and relationship with internal organs and organ systems.

When the **physics of foods** is carefully studied, it is clear that there are many important aspects of food that have been completely disregarded, such as taste, color of food, effects to the different internal organ systems, the internal temperature and the seasonal meaning of the individual foods.

## BIOLOGICAL PROPERTIES

**The biological values of food are** development, shape, size, how it grew, when it grew, age, life span, nature, category (kingdom, phylum, class, order, family, genus, and species), fresh or preserved, and environmental characteristics (sunny, shady, mountain, desert, lake, sea, ocean, dry, or wet that attributed to the growth and development or withering and death).

**Biology** is very important when describing the individual foods, because it represents the nature of the growth and development of the food being consumed.

Human beings have to depend on Nature for sustenance and survival. The traditional system of medicine in India dates back to the age of the Rigveda

(2500 to 1600 B.C.). Ayurveda is the Indian indigenous system of medicine dating back to the Vedic period. The term Ayurveda means Science of Life (Ayur = life, veda = knowledge).

## Healing Properties of Some Grain

### Barley



- Cooling thermal nature, sweet and salty flavor, strengthens the spleen-pancreas, regulates the stomach, and fortifies the intestines. Builds the blood and yin fluids and moistens dryness, promotes diuresis, benefits the gallbladder and nerves, very easily digested. A decoction of 2 oz. pearl barley or roasted whole barley to a quart of water is traditionally used for convalescents and invalids, treats diarrhea, soothes inflamed membranes, alleviates painful and difficult urination, quells fever, helps reduce tumors, swellings, and watery accumulations such as edema. . Barley is particularly rich in mineral matters. In this respect it is richer than wheat but its protein content is lower than that of wheat.

It is a nutritive food. It is highly beneficial for the anemic and the nervous on account of its richness in iron and phosphorus. It is a Sattvic food. Spiritual aspirants take bread made out of barley. Barley has about the same nutritive value as whole wheat but it contains less gluten and so it is not so easily made into bread.

Barley water is useful in dysentery, typhoid, fevers, diarrhea, urinary diseases and diseases of kidneys. It has very little nutritive value. It is soothing and

cooling. The value of barley water lies in its demulcent properties. It removes burning sensation in the urine and helps the free flow of urine.

Pearl Barley is the whole barley. One toga of barley boiled in sixteen ounces of water makes a palatable and soothing drink. It can be mixed with lemon juice and sugar or salt to taste. You can add milk also. Boil for 10 or 15 minutes only.

A tablespoonful of the powder (Robinson's Barley) also can be used for preparing barley water.

## **Corn**



- Neutral thermal nature, sweet flavor, diuretic, nourishes the physical heart, influences the stomach, improves appetite, and helps regulate digestion, promotes healthy teeth and gums, tonifies the kidneys and helps overcome sexual weakness. Drink a tea decoction made from whole dried kernels to treat kidney disease.

## **Millet**



- Cooling thermal nature, sweet and salty flavor, diuretic, strengthens the kidneys, beneficial to stomach and spleen-pancreas, builds the yin fluids, moistens dryness, alkalizing, balances over-acid conditions, sweetens breath by retarding bacteria growth in mouth, high amino acid profile and rich silicon content, helps prevent miscarriage, anti-fungal, one of the best grains for those

with *Candida albicans* overgrowth. Also useful for diarrhea, vomiting, indigestion, and diabetes. Soothes morning sickness.

### **Oats**



- Warming thermal nature, sweet and slightly bitter flavor, soothing, restores nervous and reproductive systems, strengthens spleen-pancreas, builds and regulates qi energy, removes cholesterol from the digestive tract and arteries, strengthens cardiac muscles. Can be used in cases of dysentery, diabetes, hepatitis, nervous and sexual debility, indigestion and swelling including abdominal bloating. One of the richest silicon foods, oats help renew the bones and all connective tissues. Oats also contain phosphorus, required for brain and nerve formulation during youth.

### **Rice:**



Despite the importance of rice as a staple food, interest in its health benefits have only recently attracted attention. Laboratory studies have shown that rice

products may have anti-cancer properties and the potential to treat other conditions such as diabetes, kidney stones and heart disease.

The medicinal properties of rice vary depending on the types used. Many of the beneficial compounds present in brown rice are absent from the highly refined white rice. Rice bran can contain up to about 25% fibre and fibre is known to assist the absorption of fats in the gut . It also decreases levels of cholesterol in the blood. Fibre also aids digestion and can be used as a mild laxative.

In Ayurveda the medicinal values of rice have been described: rice is considered to be acrid, oleaginous, tonic, aphrodisiac, fattening, diuretic and useful in biliousness

## **Congee and its uses**



Traditionally known as "hsi-fan" or rice water, congee is eaten throughout China and even in our country as a breakfast food. It is thin porridge or gruel consisting of a handful of rice simmered in five to six times the amount of water

The healing properties of this simple rice soup are that they can easily be digested and assimilated, tonifies the blood, harmonizes the digestion, and is demulcent, cooling, and nourishing. Since the chronically ill person often has weak blood and low energy, and easily develops inflammations and other heat symptoms from deficiency of yin fluids, the cooling , demulcent and tonifying properties of congee are particularly welcome. it is useful for increasing a nursing mother's supply of milk. The liquid can be strained from the porridge to drink as a supplement for infants and for serious conditions.

**Other therapeutic properties** may be added to the congee by cooking appropriate vegetables, grains, herbs, or meats in with the rice water. Since the rice itself strengthens the spleen-pancreas digestive center, other foods added

to a rice congee become more completely assimilated, and their properties are therefore enhanced.

## **Uncommon properties of common vegetables and fruits:**

### **BITTER GOURD**



This is a creeper. It is cultivated in all parts of India. The leaf is an anthelmintic (kills worms in the bowels) and lactagogue (increases the milk in the nursing mothers).

The juice of the leaf in which black pepper is ground is applied round the orbit of the eye to cure night-blindness or nyctopia.

The fruit is a tonic, stomachic (tonic of the stomach), stimulant, antibilious, laxative and alterative. The unripe fruit is taken as a curry in the treatment of Diabetes Mellitus (sugar in the urine). The fruit is useful in fever, cough, piles, leprosy, worms in the bowels, gonorrhoea, dyspnoea, gout, rheumatism, diseases of the spleen and liver, and jaundice. It purifies the blood.

A teaspoonful of the expressed juice of the fruit is useful in apthae and dysmenorrhoea or difficult menstruation. The juice of the fruit is mixed with sugar and applied as a paste in ulcers.

The whole plant powdered is used as a dusting powder in leprosy and other obstinate ulcers. The root is used externally as paste in hemorrhoids or piles. The seed is an anthelmintic.

## PAPAYA



This small tree is cultivated in all parts of India. It is a useful, small, soft wooded tree, originally native of Papua new Guinea. Its green fruit is an edible vegetable and largely used in making Indian curries. Ripe fruit is sweet and delicious. Both are used in liver diseases and disorders of digestion. The fruit contains a soft, yellow resin, fat, pectin, sugar, albuminoids, citric, malic and tartaric acids, dextrin, etc.

Papaya oil is found in its seeds. The leaves contain an alkaloid called carperine. The unripe fruit, milk and seeds possess emmenagogue and anthelmintic properties. The fruit is a laxative, tonic and diuretic.

The papaya milk the milky fluid that comes out of scratching the surface of the raw papaya fruit contains an enzyme, which can digest starch, mucous membranes and animal proteins. Papaya milk is dried at a low temperature. Paperin, a digestive powder, is obtained. Dose 2 to 10 grains. It is very useful in dyspepsia and liver complaints. It may be rubbed in ringworm patches. It is highly beneficial in all cases when digestion is weak or when the liver is not functioning properly.

The fruit should be well crushed and the seeds should be removed. Then the cold milk may be added. Sweeten this with honey or syrup dates or syrup of jaggery. This is a delicious, digestive drink. Cut the fruit into small bits and then boil in a small quantity of water. Filter the essence through a clean muslin or porous cloth. Add milk and syrup of jaggery. This is also a palatable, digestive drink.

The ripe fruit is alterative. It is useful in habitual constipation, dyspepsia or indigestion, bleeding piles and chronic diarrhea.

The green fruit is laxative and diuretic. It can be cooked as a curry. In women, this stimulates secretion of milk.

Slices of unripe fruit can be rubbed on ringworm patches. The juice is useful in ulcers of the tongue and throat.

The fresh milky juice removes round worms in children. Take one teaspoonful of fresh juice and one teaspoonful of honey. Add 2 ounces of boiling water to this. This must be followed by a dose of castor oil one ounce. Dose of the juice for adults one teaspoonful, for children half teaspoonful, and for children under three years 10 to 15 drops.

The juice of the unripe fruit is useful in dysmenorrhoea. It helps the free flow of the menses. If this is applied locally in the shape of pessary to the osuteri, it causes abortion. In large doses it acts as an embolic, exciting, uterine contraction. The fresh milk juice is useful in scorpion stings as a local application.

Take one teaspoonful of the milky juice of unripe fruit and add a teaspoonful of sugar. This is useful in reducing enlarged spleen.

The dried ripe fruit or salted ripe fruit is useful in enlargement of spleen and liver.

The leaves dipped in hot water or warmed over a fire are applied to the painful parts for nervous pains or neuralgias. Bruised leaves warmed over a fire can be applied as a poultice in boils, swellings, elephantoid growths, etc.

## **TOMATO**



Tomato is more a fruit than a vegetable. It is rich in alkali minerals and vitamins A, B and C. It is the richest of all foods in vitamins. Tomato contains potassium, sodium, calcium, iron, citric and malic acids 0.5 per cent, and oxalic acid. Tomato is very rich in food minerals, which keeps the blood alkaline and thus keeps up a

high power of resistance to diseases. It is rich in all the three vitamins A, B and C, which most fruits and vegetables are deficient in one or more.

Tomato stimulates the sluggish liver. It is beneficial in atonic dyspepsia. It is a good diuretic, and a good nerve and brain food. Tomato juice can be given to children and infants after each feed. It acts as an anti-scorbutic against infantile scurvy.

Scurvy is a disease due to deficiency of vitamin C in the diet. The symptoms are loss of energy, pallor, bleeding gums, shortness of breath, etc. The use of tomatoes in sufficient quantity will prevent and cure scurvy. Tomato has high anti-scorbutic properties. Give one spoonful of juice to begin with for a child and gradually increase the quantity to 4 or 5 teaspoonfuls daily. This supplies vitamin.

Tomato is cooling. It is a tonic, too. It is rich in iron. It purifies and enriches the blood in an effective manner. It cools the body. Tomato is a potent deobstruent. It removes the diseased particles and opens freely the natural channels of the body. The fruit is eaten in a raw state. Do not leave the skin. Take the entire fruit. The unripe tomato is made into a currie and eaten. The ripe fruit is used in making pepper water (Rasam) and 'pachchadie' with curd.

A tomato poultice is useful in foul ulcers. It cleanses them beautifully and promotes healing. It should be changed very often and applied hot.

### **Lemon - Medicinal Properties**



Lemon's health benefits have been appreciated for a long time. It was, for example, often added to various potions as an antidote: Nero, who feared being poisoned, consumed a great deal of them! In the 18th century, thanks to a discovery by James Lind, a surgeon in the Royal Navy, lemons began to be used to prevent scurvy which had ravaged ships' crews. Made up mostly of water, lemons are low in calories (32 cal / 100 g) and rich in vitamins C and PP, citric acid and calcium. Their juice is reputed to perk up the weary and those suffering from colds. Lemonade is recommended in the treatment of fever, nausea and hemorrhaging (1 sliced fresh lemon in water or the juice of 1 lemon in half a glass

of sweetened water.) In the case of diabetes, lemon decreases blood sugar levels.

While lemons have been used for centuries as a miracle cure for scurvy - not to mention for mornings after the night before! - it was not until the early 18th century that lemons received their letters of nobility in the medical world. Tested in England for their numerous properties, it was only in 1932 that their true secret was discovered: their high vitamin C content.

Since ancient times in Indonesia, when a woman has a migraine, she is sent to wash dishes or laundry. Just to take her mind off things? No... because in the islands, it is customary to cut up lemons and put them into the wash water to clean and cut grease instead of using soap. Local doctors say that by soaking one's hands for a fairly long time in hot lemony water, some of the blood from the brain is drained towards the hands and the headache usually departs by the time the job is done. In the case of severe migraine, doctors recommend attending to the laundry while standing with one's bare feet in a basin of hot water containing 3 or 4 cut up lemons.

Lemon contains powerful antioxidants that slow the aging process. These days doctors recommend lemon to fight a wide range of illnesses such as urinary infections, kidney stones, bronchitis, colds, constipation, heartburn and pyorrhea. Other properties:

- Anti-rheumatismal
- Anti-scurvy
- Antiseptic
- Digestive  
Lemons protect the mucus membrane of the stomach, stimulate pancreas and liver function and reduce cholesterol.
- Whitener  
To have very white teeth, brush them twice a week with equal parts of undiluted lemon juice, lime juice and grapefruit juice. This solution also reduces tartar. However avoid sucking or biting into a lemon since prolonged contact with the high concentration of citric acid can damage the enamel.
- Painkiller  
Apply to insect bites to reduce pain or itching within a few minutes.
- Dietetic  
Lemon juice is renowned for its dietetic properties. It is a powerful cleanser that at the same time revitalizes digestive systems troubled by a poor diet. It dissolves and eliminates fat.

- Digestive  
anti-vomitive; regulates liver function; promotes gastro-hepatic and pancreatic secretions; tonic
- Anti-allergic

Reduces the effects of allergies

E.g., sinus problems, hay fever, asthma, bronchitis, etc.

- Stops bleeding of gums  
If your gums tend to bleed after brushing your teeth, take an orange rind and rub your gums near the teeth with the inside of the peel (white part) for a few minutes each day and the bleeding should diminish after a few days of treatment.
- Strengthener

Reduces ulcers in the mouth

Gargle with lemon juice

## The medicinal properties of some of the green leafy vegetables is discussed:

### 1.Vallarai or Brahmi



ACCORDING to Charaka, foremost exponent of Ayurveda, *Centella asiatica* belongs to the group of herbs that help maintain youthful vigour and strength. Called *Vallarai* in Tamil, it improves the mind's receptive capacity. It is capable of improving a person's memory power, physical strength, voice, complexion and digestive power. It is also a nerve tonic and good for getting rid of ulcer, dysentery and pimples. The herb can be made into different *chutneys* and eaten by diabetics and those who suffer from anaemia. Used in the treatment of skin diseases such as leprosy

Extracts of the plant are being used in the commercial production of face creams and anti-wrinkle creams.

## **2.Vendaya Keerai (greens of fenugreek)**



Its regular use helps the body clean and healthy. The leaves of Fenugreek are aromatic, cooling and mild laxative. The seeds are exercise soothing effect on the skin and membranes, relieving any irritation of skin and removing the swelling and pain. They are the best cleansers within the body and highly a soothing agents. Fenugreek leaves are beneficial in the treatment of indigestion, flatulence and sluggish liver. Fenugreek seeds can also be taken for diabetes. The normal dose is 2 teaspoons of powdered seeds taken daily in soup or milk. Fenugreek seeds are useful in the removal of dandruff also. Other uses of Fenugreek is in the treatment of anaemia, fevers, stomach disorders, respiratory infections, Bad Breath and Body Odour

## **3.Thoodhualai Keerai**

This green removes congestion due to cold; good for asthma and improves brain capacity.

## **4. Manathakkali Keerai**

It has lot of vitamins in it. Is good for mouth & stomach ulcers.

**5. Ponnanganni Keerai** - improves eye sight, good for improving complexion, reduces flabbiness. It is good for piles complaints. This is a creeper that is commonly cultivated in India. It can be obtained everywhere. This is a kalpa-moolikai. There is gold in this herb. He who eats daily this herb has a golden complexion. Hence the name Ponnangkani. "Pon" in Tamil means gold. Pon, Aum, Kan, Nee, i.e., if you eat this, you will see your body as lustrous as gold. This is an alterative and cooling. This is useful in eye diseases, of cornea, heat of the body and piles.

Boil this without salt and eat with butter for 40 days. All diseases of the eye will be cured. The juice is useful as an Anupana. It is used in making copper oxide.

Take oil bath with oil prepared out of this herb. Diseases of the eye will be cured.

It is very beneficial for cough, asthma, fever, piles, gonorrhoea, syphilis and intestinal worms.

Take one seer juice and 1/4<sup>th</sup> seer of gingili oil. Boil the juice along with oil. When the juice is absorbed in the oil and the mixture reduced to 1/4<sup>th</sup> seer, then strain. This can be daily rubbed to the head. It will give good eyesight, memory and cool the brain. Take Ponnangkani juice 2 tolas and mix equal part of carrot juice, add a little salt (Saindhava), and drink. It is useful in piles.

**6. Arugampul** - one of Nature's gift to mankind; the juice controls cholesterol; purifies the blood and also helps in keeping body trim and fit.

**7. Modakkathan (Cardios Permum Halica Cabum)** - is good for arthritis, and nervous weakness; it is also a laxative.

**8. Pudhina or mint**, which contains vitamin A heals ulcers and is good for digestion. This is a small plant. Spearmint, peppermint and mentha viridis are the varieties. It is an astringent, refrigerant, stomachic, diuretic, stimulant, carminative and antispasmodic. It is usually used in the form of 'chutnie' in loss of appetite, nausea or tendency to vomit. It is useful in anorexia or loss of appetite and diarrhoea. It improves appetite. The whole plant can be dried and powdered and made use of as a tooth powder.

Bind mint across your forehead. This will relieve headache.

A cupful of mint tea, morning and evening, improves digestion. It is useful in fever, jaundice, hiccup, stomachache, and pain in the bowels, headache, vomiting, nausea, anorexia or loss of appetite, dysmenorrhoea or difficult menstruation and pain in the abdomen caused by dysmenorrhoea. It gives good sleep and increases the flow of urine.

The powder gives the same results in the above ailments. Take one or two pinches daily in the food or in water. Mint can be added to hot milk or tea. This removes abdominal pain.

Pudina Tel or oil is the oil distilled from the fresh flowering spearmint, mentha viridis or mentha crispa. Its main active principles are carvone and menthone. It resembles the oil of peppermint. This is useful in headache as an external application. It is taken internally in dyspepsia, flatulence or wind in the bowels and abdominal pain. The dose is 1 to 3 minims or drops.

Peppermint water is made out of oil of spearmint 1, water 1500 and distilled to 1000. Dose is 1 to 2 fluid ounces. This is also useful in loss of appetite, colic or pain in the belly, vomiting, wind in the bowels, etc.

**9. Murungaikkerai** or the green leaves of drumsticks improves blood supply, energy level and purifies blood. It is a laxative too.

**10. Araikkeerai** (Amaranths) which contains vitamin A is again a nerve tonic.

**11. palak (spinach)**

Spinach is put in the first place by the food experts. It should be used in abundance by every family. It is cheap, too.

Spinach is a leafy vegetable. It contains iron abundance, and so it is beneficial for anemic patients whose blood is in an impoverished condition. It contains a large quantity of vitamins, calcium, vegetable hemoglobin and protein building amino acids. It is a protective food. There is a large quantity of alkaline minerals in spinach. Therefore, it maintains an effective resistance against infection.

Spinach contains a small amount of oxalic acid, a small amount of albuminous matter in the form of mucin and a large quantity of vitamins A, B and C, and salts of potassium. The iron in spinach is easily assimilated.

Spinach is very easily digested and forms an excellent, cooling, nutritious and demulcent dish. It should be cooked in a little water. No water should be thrown away after cooking as it contains much nutritious properties.

Young, tender sprouts of spinach can be used in raw salads. They can be combined with tender lettuce leaves. It serves as a good appetizer. A liberal addition of green, leafy vegetables to pulses is very beneficial.

Spinach is a good laxative and demulcent. It minimizes tissue waste. It has considerable anti-xerotic, anti-beriberi and anti-scorbutic properties. Raw tendrils are highly beneficial. Spinach is useful in diabetes, anemia and gout.

The juice of the leaves can be given to children mixed with honey or sugar. The juice is useful in urinary calculi or stones. It dissolves the stone. It has lithontriptic properties. Spinach is useful in kidney troubles. The juice of the leaves is used as a gargle in sore throat.

A decoction or an infusion of the leaves (1 in 10) is useful in fevers, biliary troubles, inflammation of the lungs and bowels, dyspnoea and hurried breathing. It acts as a demulcent, astringent and diuretic in these diseases. The dose is 1 or 2 ounces. Young, growing girls should eat plenty of spinach, as it provides iron in abundance in an easily assimilable form.

## Edible oils as therapeutic agents

ALL foods contain natural oils to varying degrees which provide nourishment and strength to body tissues. Ayurveda has dealt with vegetable oils under the heading of aharopyogi varga and the taila varga. Let us briefly discuss the therapeutic qualities of the few edible oils mentioned in ayurveda and also of some of those which were invented later.

**Sesame oil:** Commonly known as tila taila , it is the most commendable of all oils. It is sweet with accompanying astringent taste, hot in potency and is endowed with properties to penetrate subtle channels of the body. Used in abundance in the panchkarma therapy, sesame oil is the best medicine to alleviate vata. It promotes general strength and skin health and is recommended to be applied in all types of cuts and wounds, insect bites, as enemata and massage oil in the diseases of the nervous system like paralysis, stiffness of the limbs and muscle weakness. Many famous classic ayurvedic oils such as Mahanarayani Taila, Bhringraj Taila, Jatyadi Taila and Brahmi Amla Taila are prepared in the sesame oil base.

**Mustard oil:** Known as sarson oil in common parlance, mustard oil is used in almost every home in India, particularly north India. It is pungent in taste and is hot in potency. As an edible oil, it acts as the killer of intestinal worms and is best recommended for massage in conditions involving general dryness of the skin during the winters. Applied locally after mixing with a little of mushak-karpur, it serves as a magic remedy for urticaria and non- specific itching of the skin- folds.

**Coconut oil:** Extensively used in South Indian cuisines, coconut oil has been described as an oil which is cool in effect. It is also known as a hair nourishing agent, skin tonic, body and mind energizer and endowed with many other qualities similar to that of cod liver oil. Coconut oil is applied as a household remedy for skin allergies, eczema, burns and scalds.

**Almond oil:** Not utilised as a cooking oil, almond oil is more favoured by the exponents of the Unani system of medicine for health formulae and massage therapies. It is hot and heavy in effect and is a general health tonic. Almond oil is regarded as an aphrodisiac and eye and brain refresher and has been used since ages for the massage of the body and the scalp and also for instilling into the ear and the nose. It is laxative in effect and patients suffering from stubborn constipation get symptomatic relief if they regularly take half to one teaspoonful of almond oil daily with hot milk at bed-time.

**Castor oil:** Also known as eranda taila , it has been traditionally used as a purgative. All ayurvedic texts have eulogised it as a panacea for acute and chronic cases of rheumatoid arthritis and there are many classic decoctions and guggul preparations where castor oil is an additive. As a household remedy for

such cases, castor oil can be safely taken in a dose of 10 to 20 ml at bed-time with hot milk or used simply by adding it into the wheat flour while making the chapatti.

**Olive oil:** Though not mentioned in ayurveda, olive oil is a cooking medium in the countries of West Asia and Europe. It has nowadays gained immense popularity throughout the world and its massage is specially recommended in emaciated and weak children. Olive oil is also a favourite of the beauticians as its regular application is believed to allay premature wrinkling and loosening of the skin. Being very hot in effect, it should be avoided by persons of pitta prakriti.

**Other oils:** For cooking purposes many oils like those extracted from the seeds of groundnut, sunflower and cottonseed are used in India. They are nutritious, heavy and hot in effect. The rice bran oil, which was previously used in far-eastern countries, seems to be gradually entering Indian kitchens. It is reported to be light, easily digestible and closer to the safe parameters set by modern scientists. But one should not prefer oils which are chemically treated and added with colouring agents.

Human beings have to depend on Nature for sustenance and survival. The traditional system of medicine in India dates back to the age of the Rigveda (2500 to 1600 B.C.). Ayurveda is the Indian indigenous system of medicine dating back to the Vedic period. The term Ayurveda means Science of Life (Ayur = life, veda = knowledge). The entire system of ancient Indian medicine is based on the relationship between man and nature. With the development of science, many new drugs of synthetic origin have come into existence and with the rapid growth of the pharmaceutical industry the value and use of the herbal medicines has come down in the recent past.

## **SPICES as medicine**

Spices and condiments are basically adjuncts that impart a flavour and taste to the foods to which they are added. They not only improve palatability but also perform a very important task of preserving foods for long periods. This is made possible because of the anti-bacterial properties of spices. It is a very well known fact that salivary and gastric secretions are stimulated by aroma, so it follows that spices aid in digestion by adding a flavour and a tang to the food we eat. Most herbs and spices contain the B complex vitamins, and minerals like iron and calcium in appreciable concentrations. But the quantities eaten are too small to be significant. The energy value and protein content of the spices is negligible, but when these are added, food becomes tastier and people tend to eat more, thus they may take in more nutrients. Some spices such as green chillies are rich in vitamin C, and in poor families they may contribute significantly to the vitamin C

content of the diet. 30gm of green chillies would suffice for the whole day's requirement of vitamin C for an adult.

Spices in general are carminative in nature. In constipated persons spices help evacuation of the bowel by irritating the intestines. The Indigenous system of medicine has given an extra special place to spices because of their unique medicinal properties. Clove oil is applied to relieve toothaches. Pepper added to hot tea is a patent "grandma's treatment" for common cold. Turmeric has anti-bacterial properties and its solution can be used as an antiseptic for cleaning wounds.

## 1. Asafoetida ~ Hing/Heeng

Asafoetida is used to eliminate stagnant waste from the intestinal tract and is especially good at clearing out the toxins and impacted waste that can be the result of a heavy meat or junk food diet. It can be used to help relieve flatulence, abdominal pains, and digestive disorders.

### Medicinal Properties:

- **Diabetes:** Mix 1/4 tsp hing powder in 2 tsp bitter gourd juice. Take twice a day.
- **Indigestion:** Mix 1/4 tsp hing powder with a ripe banana and eat.
- **Stomachache:** Dissolve 1 tsp hing in 1 teacup hot water. Drench a cloth pad and foment the abdominal region.
- **Kidney-Problems:** Mix 1/4 tsp hing in 2 tsp fresh ginger juice. Add a pinch of salt and sip.
- **Toothache:** Heat 1/2 tsp in 2 tsp lemon juice. Soak a piece of cotton in this solution and place it in the tooth cavity

## 2. Ajwain(Thyme):

### Medicinal Properties:

- **Loss of Appetite:** Mix and powder equal quantities of ajwain, saunf, ginger and salt. Mix a teaspoon of this mixture in boiled rice along with ghee and eat thrice a day.
- **Colic Pains, Indigestion, Gas:** Grind 2 tsp each ajwain and dried ginger into a fine powder. Add a little black salt. Take 1 tsp of this mixture with 1 teacup warm water frequently.
- **Kidney-pain, renal colic:** Mix and grind 1 tbsp black cumin 2 tsp ajwain and 1 tsp black salt into a fine powder. Add 1 tsp brown vinegar. Take 1 tsp of this mixture every hour till symptoms subside.

- **Nasal congestion in children:** Crush a fistful of ajwain and tie up in a cotton napkin and place it near the pillow.
- **Common Cold, Congestion in the chest:** Boil 1/2 tsp ajwain along with 1 pinch of turmeric powder, in half a cup of water. Cool. Add 1 tsp honey and drink. Inhale vapours of ajwain boiling in a pan of water.
- **Cough:** Mix 1/2 tsp ajwain seeds, 2 cloves and a pinch of salt. Powder and sip with a little warm water frequently.
- **Respiratory problem due to blockage of dried phlegm:** Crush 2 tsp ajwain seeds. Mix in a glass of buttermilk and drink

## 2. Baking Soda ~ Pakane ka Soda

Baking Soda, alias sodium bicarbonate, is a naturally occurring substance that is found in all living things, where it helps regulate their pH balance. Because beans produce gas, they are soaked in water with a little baking soda.

## 3. Basil ~ Tulsi

Herbalists have recommended basil for years for stomach cramps, vomiting and constipation. Basil contains compounds known as phyto-chemicals that possess strong anti-oxidant, anti-bacterial, anti-viral, and immune-enhancing properties that promote general health and support the body's natural defense against germs, disease, and stress.

## 4. Holy Basil(Tulsi):

Holy Basil is a well-known small herb in India about 1 to 3 feet high. It is found in most of the gardens. It is cultivated for its medicinal value and worship in Hindu temples, especially by the Vaishnavites.

There are two important varieties. One is black and the other white. The black variety is most efficacious medicinally. There are the red and blue varieties also. The other varieties are mul-tulasi, kal-tulasi, nai-tulasi, 'iruneetu pacchalai', etc. The white variety is called Siva-tulasi also. The black one is called Krishnatulasi. Tiruneetu Pacchalai is also called Vibhuti-pacchalai or Rama-tulasi. In Hindi it is called Sabja.

The leaves possess stimulant, expectorant, aromatic, carminative, anti-febric, anti-periodic and diaphoretic properties. The seed is a demulcent.

The whole Tulsi plant is used for medicinal purpose but the leaves are generally used. The leaf checks the formation of sputum in the respiratory passages. It is beneficial in bronchitis, pneumonia, whooping cough, influenza, consumption and asthma. It is beneficial in every disease where there is excess of sputum.

The power of dry leaves is used as snuff in ozaena for destroying maggots. Like eucalyptus, Tulasi drives away all mosquitoes. It is advisable to keep Tulsi plant in front of the houses and backyards. If the body is covered with leaves, mosquitoes will not bite.

Tulasi is useful in all kinds of insect bites. In snakebite it is very efficacious. Rub the bitten part well with the juice of Tulasi. It may be repeated. Internally give two teaspoonfuls of the juice. Apply the leaves as poultice to the part.

Tulasi tea is very useful in fever and cold. You can add milk also to this tea. This tea can be given to children and babies when they suffer from fever and cough. Or the juice of fresh leaves can be given. The juice can be mixed with a little honey or breast milk. If it is given with an equal quantity of fresh ginger juice, the effect is more marked. The powder of a little pepper and long pepper may also be added.

The leaves are rubbed with the limb juice over ringworm.

The medicated oil (Tulasi leaves boiled with gingelly oil) is used in earache and discharge of pus from the ear. It is put into the nose in ozaena.

The seeds are mucilaginous. They are used as diuretic in scanty urine and cough. Tulasi is useful in scorpion bite, constipation, and remittent and intermittent fevers.

In Malaya people keep the leaves over the graves of their dead for the peace and welfare of the departed soul.

Tulsi too has medicinal values. Chewing tulsi leaves helps in strengthening the nervous system and increasing memory powers. It helps in controlling and lowering blood cholesterol. It also helps in the prevention of stress, removes bad breath, and keeps teeth strong and healthy. Crush the leaves of the black tulsi and apply it on the forehead to lessen headaches.

### **Medicinal Properties:**

- **Liver Problems:** Clean 10-15 leaves with hot water and eat every morning. Wash it down with a glass of hot water.
- **Colic:** Grind 1 tbsp tulsi leaves in water to make a fine paste and apply around the navel and on the abdomen.
- **Digestion problems, Dysentery, Gastro-enteritis and Gas:** A decoction of 15-20 tulsi leaves to be taken along with a pinch of rock salt.
- **Fevers of unknown origin:** Boil 1 tbsp leaves with 1 tbsp powdered cardamom in 2 teacups water. Take 1 cup of this decoction with milk and sugar to taste, 2-3 times a day.

- **Cough and Cold:** Tulsi leaves (15-20) to be frequently chewed with jaggery.
- **Prevention of Cold:** 10 leaves boiled in 1 teacup milk. This is a recommended nutritive supplement for children.
- **Ringworm:** Grind finely a bunch of leaves and apply on the cleaned affected area.

**Cardiac pain, cold, influenza, low blood pressure, pain in ribs, skin diseases, worms, urinary diseases:** Juice of leaves (10-15) mixed with 1 tsp honey to be taken daily in the morning

### **5. Bay Leaf ~ Tej Patta**

The essential oil of the bay leaf is a constituent of perfumes, and can be used as a massage oil to relieve muscular soreness and enhance circulation, and is also used in tonic formulations to combat hair loss. It also aids with headaches, colic, indigestion, and gas.

**6. Betel leaves:** The ordinary paan leaves have strong antiseptic properties. In many households, the betel leaf is warmed over fire, after soaking in mustard oil and put on the chest to relieve colds and chest congestion. It is also crushed and applied on a wound as a poultice. Paan is however mostly used as a mouth freshener.

### **7. Black Cardamom ~ Badi (big) Kala Eliachi**

It stimulates the mind and gives clarity. Cardamom reduces the air and water elements, increases appetite, and soothes the mucous membrane. It relieves gas and heartburn caused by garlic and onion. It is also used as a remedy for treating depression and impotency.

### **8. Black Pepper or Peppercorns ~ Kali Mirch**

Black pepper has demonstrated antioxidant and antibacterial. It is also said to cure flatulence and improve the condition of the stomach in which it alleviates constipation, dry hemorrhoids, gas and loss of appetite. In Asia, black pepper is often added to tea as a stimulant and peppercorns are sucked to soothe a sore throat.

### **9. Black Salt ~ Kala Namak or Sanchal**

Salt is said to be a rejuvenator while aiding in digestion, improving eyesight, and a cure for flatulence and heartburn.

### **10. Cardamom (Ilaichi):**

#### **Medicinal Properties:**

- **Dyspepsia, Nausea, Loss of taste:** Make a decoction of mint leaves and powdered cardamom seeds and drink.
- **Indigestion:** Make a fine powder of 1 tsp each cardamom seeds and saunf. Take 1/4 tsp with water, twice daily, after meals.
- **Bad breath of Halitosis:** Make an infusion of 1 tsp each cardamom, cinnamon and bay leaves in teacup water. Drink it.
- **Hoarseness, Pharyngitis and sore throat:** Boil 1 tsp each cinnamon and cardamom in a glass of water. Filter and use as a gargle when warm.
- **Cough and Cold:** Mix seeds of cardamom along with 1 tbsp honey. Eat every day.
- **Phlegmatic (with mucous) Cough:** Pour 1 teacup boiling water over 1/2 tsp each ginger powder, clove powder and cinnamon powder. Filter. Sweeten with 1 tsp honey and drink.
- **Diarrhoea, Dysentery and Exhaustion:** Boil 1/2 tsp powdered seeds as a weak tea and drink.

## 11. Cinnamon (Dalchini):

Used throughout India for its sweet and pleasing flavor. It is the bark of the cinnamon tree and one of the spices in garam masala and tea masala. Cinnamon is sweet, pungent, and heating to the body and helps in the absorption of nutrients. Available in stick and ground form.

**Medicinal Qualities:** Cinnamon is used to treat nausea, flatulence, and diarrhea. It is also said that cinnamon is beneficial in controlling blood cholesterol and good for diabetes. The oil in cinnamon is anti-fungal and anti-bacterial. Cinnamon extracts have been used to treat gastrointestinal problems such as diarrhea.

### Medicinal Properties:

- **Diarrhoea:** Combine 1 tsp each powdered ginger, cumin and cinnamon with honey and make into a thick paste. Take 1 tsp thrice daily.
- **Bad Breath:** Boil 1 tsp cinnamon in 1 teacup water. Cool. Use frequently as a mouthwash.
- **Loss of taste sensitivity in the tongue:** Rub on the tongue a mixture of finely powdered cinnamon and honey and allow it to remain for sometime.
- **Hoarseness, Pharyngitis and sore throat:** Boil 1 tsp each cinnamon and cardamom in a glass of water. Filter and use as a gargle when warm.
- **Headache, caused by exposure to cold air:** Mix 1 tsp finely ground cinnamon in 1 tsp water and apply on the affected parts.
- **Cough:** Prepare a tea with 1/2 tsp ginger, 1/4 tsp cinnamon and 1 clove per cup of water. Sweeten with 1 tsp honey and drink.

- **Acne, Blackheads and pimples:** Mix finely ground cinnamon powder in 1 tsp lime juice in and apply on affected areas frequently.
- **To improve the complexion:** Add a pinch of cinnamon powder to 1/2 tsp honey and apply on the face. Let it dry then wash it with water.
- **To improve memory:** Take a mixture of 1 tsp honey and a pinch of finely powdered cinnamon every night regularly.
- **Sleeplessness:** Boil 1/2 tsp cinnamon in 1 teacup water for 5 minutes, strain and sweeten with honey. Take at bedtime.

## 12. Clove(Laung):

Cloves are the rich, brown, dried, unopened flower buds of *Syzygium aromaticum*, an evergreen tree in the myrtle family. They are sweet, pungent, and heating to the body. One of the spices in garam masala and tea masala. They add a distinct aroma and flavor to kormas and rice dishes.

### Medicinal Properties:

- **Muscular Cramps:** Apply clove oil on the affected areas.
- **Cholera:** Drink a decoction of cloves regularly.
- **Nausea:** Chew a clove.
- **Gum ailments, Teeth ailments:** Powder of roasted cloves is mixed in 1 teacup lukewarm water and used for gargling frequently.
- **Headache:** Make a smooth paste of cloves water and salt. Apply on the temples (sides).
- **Heaviness in head due to cough and cold:** Grind 2-3 cloves into a fine paste along with 1/2 tsp dried ginger and apply on nose and forehead.
- **Toothache:** Soak a piece of cotton wool in few drops of clove oil. Press on the affected tooth. Crush a clove and put it on the affected tooth.
- **Throat irritation due to coughing:** Chew 1-2 cloves.
- **Bronchial Afflictions:** Boil 6-8 cloves in 1 cup water. A teaspoon of this decoction to be taken with honey frequently.

## 13. Coriander(Dhania):

### Coriander Powder ~ Dhaniya Powder

In India, coriander is an essential part of curry powder. Used mainly for its fresh, cooling and soothing taste. It is also used as a thickening agent for curries.

### **Coriander Whole Seeds ~ Dhaniya Saabut**

The seeds are mild and sweet. When ripe, the seeds are very light-brown in color. They have a fragrant flavor that is reminiscent of both citrus peel and sage. Roasting coriander seeds enhances its flavor. In parts of India, it has traditionally been used for its anti-inflammatory properties.

#### **Medicinal Properties:**

**Swellings:** Drink coriander tea(1 tsp coriander seeds steeped in a cup of warm water).

**High cholesterol:** Regular intake of coriander decoction made by boiling 2 tsp dry seed powder in 1 teacup water.

**Diarrhoea:** 2-3 tsp coriander seeds soaked overnight in water and taken next morning with 1 cup buttermilk.

**Mouth Ulcers:** Boil 1 tsp coriander seeds in 2 teacups water till it is reduced to 1 teacup. Add sugar to taste and drink when lukewarm. Repeat twice or thrice a day.

**Anaemia and Kidney Problems:** Frequent intake of coriander tea: boil or steep 2 tsp coriander powder in a glass of water. Add sugar to taste.

### **14. Cumin(Jeera):**

#### **Medicinal Properties:**

- **Diabetes:** Take 1/2 tsp of crushed jeera with water twice daily.
- **Constipation, Indigestion:** Add equal quantities of jeera, black pepper dried ginger and dried curry leaves and powder them together. Add a little salt to taste. Add this mixture to hot ghee and eat with steamed rice.
- **Gas, Nausea:** Mix equal quantities of jeera, black pepper and ginger. Make an infusion by boiling in some water. Drink thrice a day for a few days.
- **Heaviness in stomach, Indigestion:** Mix 1/4 tsp each powdered jeera and black pepper in a glass of buttermilk. Drink two or three times a day for 2-3 days.
- **Fatigue:** Mix 1/2 tsp each jeera, coriander seeds, black pepper and tuvar dal. Boil in water and drink with salt to taste.
- **Insomnia:** Mix 1 tsp powder of roasted jeera with a mashed ripe banana. Eat after dinner regularly.

Long, light brown seeds. Warm, with a spicy and sweet aroma. They can be fried whole in oil, ground, or roasted and will produce different flavors. Black cumin or Kala Jeera is also another form of cumin seeds. It is thin like caraway seeds and is grown only in Pakistan.

### **15. Curry Leaves ~ Curry Patta**

An authentic flavor. Curry leaves are extensively used in dals, yogurt and curries.

In Indian cuisine, curry leaves are used fresh, dried, or fried in butter or oil. Curry leaves can be refrigerated for an extended life.

### **Medicinal Properties:**

- **Diabetes due to hereditary factors,Obesity:** Eat 10 fresh curry leaves every morning for 3-4 months.(Avoid fatty foods,sweets and alcohol.)
- **Diarrhoea,Dysentery and Piles:** Mix juice of 15-20 tender leaves with 1 tsp honey and drink.
- **Nausea,Indigestion and Stomach Upset:** Make a chutney of a handful of fresh leaves by adding 1 tsp tamarind,one fried red chilli and salt to taste.Eat with food.Extract juice from 15-20 curry leaves and mix it with buttermilk.Take twice or thrice daily.
- **Burns:** Apply curry leaves as poultices over affected areas.

### **16. Fennel(saunf):**

#### **Medicinal Properties:**

- **Anaemia:** Boil 6 tsp each crushed saunf and red rose petals in 1 1/2 teacup water and strain.Take twice daily.
- **Indigestion and Gas:** Have roasted saunf daily after meals.
- **Constipation:** Make a very fine powder of 1 tsp each of the following:saunf,dried ginger and rock salt.Take 1 tsp with water at bedtime.
- **Diarrhoea:** Grind 3 tsp ginger along with 5 tsp saunf into a fine powder.Add enough honey to make a thick paste.Take 1 tsp in tea three times daily.
- **Colic:** Boil 1 tbsp saunf in a glass of milk for 10 minutes.Strain and drink.Drink 1 teacup decoction of rose water with honey and saunf.

### **17. Fenugreek(methi):**

This is a kind of Keerai (leafy Vegetable in Tamil). The leaf and seed are used. The leaf is a refrigerant and laxative.

The seed is a diuretic, demulcent, emmenagogue, astringent, emollient, aphrodisiac, carminative and tonic. The leaf is useful in flatulence or wind in the bowels, dullness of gastric or digestive fire, bronchitis, anorexia or disgust for food.

Make a paste of the leaf, warm this and apply to swellings, burns and scalds. The swelling will be reduced and the burns will heal up quickly. Boil the leaves and churn them with honey. Eat them. You will have evacuation of the bowels. The bowels will be well cleansed. Pain in the chest, cough piles, ulcers in the bowels will be cured.

Mix British figs with the leaves, grind them well and apply to boils and swellings. They will burst quickly. Boil the leaves, add butter and fry and eat. Giddiness due to biliousness will be cured.

Add almonds, papaveris (Khas Khas), Sujee, ghee, milk and sugar to the leaves and makes a confection. This will give strength and beauty to the body. It is a good tonic. Pain in the waist will be cured.

The seed is useful in dysentery, gonorrhoea, and heat of the body, excessive thirst, cough and consumption. Fry the seeds and make a powder. Make a decoction of the powder. This is useful in pain in abdominal colic, flatulence or wind in the bowels, gonorrhoea, dysentery and internal heat of the body. Boil rice with a little of seed and salt and ghee. Eat. This will increase the blood. This is a blood tonic. Fry the seed with a little ghee and powder it. Fry some wheat and powder it. Mix the two in equal parts. You can make this a substitute for coffee. Internal heat will be cured. Add the seed to the congee. This will increase the milk in nursing mothers.

Make a paste of the seed and apply it to the head. Keep it for some time and then take bath. Hairs will grow. It will prevent falling of hair. Soak some seeds in the curd for some time and then take the curd and the seed. This is beneficial in dysentery. Fry in ghee equal parts of a little methi seed, mustard, asafetida and turmeric. Powder them, mix them with boiled rice and eat. This is beneficial in stomach pain, abdominal colic, dysmenorrhoea, and swelling of liver and spleen.

Fry a little dried chilli, mustard, methi seeds, Tuvar-ki-dhai, sweet Nim leaves and asafetida in a vessel and pour tamarind soup over this, add salt, cover the vessel. Let the soup be reduced to half quantity. Take this with rice. Indigestion, flatulence, anorexia or disgust for food will be cured. This is a good appetizer. Vendava Kolambu or soup is a great change when one is tired of too much Sambar or dhal soup. It is a good appetizer, stomachic and carminative.

### **Medicinal Properties:**

- **Cardiac problems:** Boil 1 tsp methi seeds in 1 1/4 cups water. Strain and add 2 tsp honey. Take twice daily.
- **Diabetes:** 2 tsp powdered seeds taken daily with milk. The treatment should continue for at least a month.

- **Hypo-function of liver,Indigestion:** Allow the seeds to sprout and eat with breakfast.
- **Dysentry:** Soak 2 tsp methi seeds in coconut water or in buttermilk for a few hours.Strain and drink.
- **Pain during urination,Stomachache:** Mix 1/4 tsp powdered seeds in buttermilk and drink.
- **Fever,Body odour and Mouth odour:** Tea made by boiling 1 tsp methi seeds,to be taken twice or thrice a day.
- **Baldness,Falling hair:** Grind methi seeds in water and apply on the head.Allow to soak for at least 40 minutes before washing.Repeat every morning for a month.
- **Boils,Ulcers and Sores:** Grind seeds into a paste and apply on the affected parts.

## 18. Garlic ~ Lahsun

It is not by opportunity that garlic is indigenous to central Asia, the area where people live the longest, and the occurrence of cancer is the lowest known. The ancient Egyptians included garlic in the diet of the slaves who built the pyramids.

History attributes many properties to garlic, and most of them are proven by scientific means. Conceivably garlic is the vegetal medicine with the most scientifically established properties.

The complete plant, but especially the bulb contains alliin a (a sulphured glycoside), and enzyme (alliinase), vitamins A, B1, B2, C, and niacin (a vitamin of the B group). Alliin does not smell, but by the action of alliinase, which releases and acts when garlic is crushed, it is altered first into alliin, and then into diallyl disulphide (the genine of the glycoside), which are the most important active principles which give garlic its typical smell.

Alliin and diallyl dysulphur are highly unstable substances, which melt quite easily into liquids and gases. When transported by the blood, they infuse all tissues and organs of the body. Thus they act on the whole body, though more powerfully on the organs through which they are eliminated: Bronchi and lungs, kidneys, and skin.

In high doses, garlic produces a decrease in blood pressure, both highest and lowest. It has vasodilating effects, and is recommend for people suffering from

hypertension, arteriosclerosis, and heart dysfunctions (angina pectoris or heart attacks).

Garlic helps with anticlotting of platelets (prevents an excessive tendency of platelets to group, forming clots), and fibrinolytic (disintegrates fibrin, the protein that forms blood clots). This makes garlic highly recommended for people suffering from thrombosis, embolism, or vascular accidents due to the lack of blood flow.

It decreases the level of LDL cholesterol (bad cholesterol) in the blood, because it makes its absorption by the intestine more difficult. It has been proven that in the hours following a breakfast of toast with butter, the level of cholesterol increases 20%, however when the bread is rubbed with garlic, even if it has butter, this increase does not take place.

Since it normalizes the level of sugar in blood, it is a must for people suffering from diabetes, and obesity.

Garlic is also an antibiotic and antiseptic. It is proven to be effective against the following micro-organisms:

- *Escherichia coli*, which causes intestinal dysbacteriosis and urinary infections.
- *Salmonella typhi*, which causes typhoid, and other *Salmonella* genus that cause severe intestinal afflictions.
- *Shigella dysenteriae*, which causes bacillus dysentery.
- *Staphylococcus* and *streptococcus*, which causes furuncles (infected blemishes) and other skin infections.
- Diverse types of fungi, yeasts, and some viruses, such as herpes. The active principles of garlic are supposed to interact with the nucleic acids of the virus, thus limiting its proliferation.

The bacteria-killing powers of garlic inside the intestine are vigilant with bad bacteria, respecting the normal bacteria, for which it is good. This makes garlic

better than most known antibiotics, since it regulates good intestinal bacteria instead of destroying it all.

Its use is recommended:

- In diarrhea, gastroenteritis, and colitis.
- In salmonellosis (intestinal infections usually caused by spoiled food).
- In intestinal bacterial imbalance (alteration of microbial balance of the intestine) often caused by the use of antibiotics.
- In fermentative dyspepsia, which cause flatulence in the colon.
- In urinary infections (cystitis and pyelonephritis), often caused by *Escherichia coli*.
- In diverse bronchial affections (acute and chronic bronchitis), because when the disulphur of allyl is liberated through the breath, it acts directly on the bronchial mucous membrane. It is also an expectorant and antiasthmatic.

Garlic stimulates the activity of the defensive cells of the body, both lymphocytes and macrophages. These cells, which flow with the blood, protect us from microorganisms, and furthermore they are able to destroy cancerous cells, at least in the initial phases of tumor formation. Garlic is now used with some success as a complement in the treatment of AIDS.

It is also active against ascarides and oxyuridae (little white worms that provokes anal itching in children). The most frequent types of intestinal parasites.

It also prevents malignant tumors especially digestive cancers. This is likely due to its regulating action on intestinal bacteria, and normalizing action on the digestive function, though this may be related to its effects on the set of chemical reactions of the body (metabolism). Remember we only recommend it as a preventative substance.

Garlic is also widely used as a corn remover. Applying a piece of garlic mashed onto a callus, covering it with a plaster (Band-Aid). Within two or three days, the corn will soften and its inflammation will reduce, thus allowing easier extirpation.

Garlic has been used for thousands of years both as a culinary flavouring and for medicinal purposes. Much of the original folklore surrounding garlic has been superseded by scientific research and it is now clear that garlic does indeed have much value both as a curative and preventative treatment for many complaints. Garlic is a herb of the onion family. The garlic clove contains two sets of nutrients. Firstly, water soluble nutrients which include vitamins, enzymes, amino acids and natural sugars. Secondly, oil soluble nutrients including sulphur compounds originating from an amino acid named alliin is converted to a pungent compound called allicin which has natural antibiotic properties. Other than the pungent odor, garlic has no harmful or unpleasant side effects and can be taken indefinitely. A perennial plant which is widely cultivated as one of the most common kitchen herbs. The ancient Greeks and Romans used it as medicine. It is a native to Siberia and to S Europe where it is almost a staple food.

## **19. ginger**

Ginger is a small, perennial plant which is native to south east Asia, but is grown commercially in the Tropics. The roots are harvested after the leaves have died in autumn. Used by the Chinese for thousands of years, it is considered especially valuable for feverish and inflammatory illnesses, for hemorrhage and for blood diseases. Chinese women take it for everything from normalising menstruation to easing child birth. It is an appetite stimulant and is helpful for digestive disturbances. It is a mild stimulant to the central nervous system and is used medically in the normalizing of blood pressure.

Today, ginger root is widely used as a digestive aid for mild stomach upset and is commonly recommended by professional herbalists to help prevent or treat nausea and vomiting associated with motion sickness, pregnancy, and, sometimes, chemotherapy for cancer (although the latter has not been studied).

### **Motion Sickness**

Several studies suggest that ginger may be more effective than placebo in reducing symptoms associated with motion sickness. In one trial of 80 novice sailors (prone to motion sickness), those who took powdered ginger experienced a significant reduction in vomiting and cold sweating compared to those who took placebo. Similar results were found in a study with healthy volunteers. While these results are promising, other studies suggest that ginger is not as effective as medications in reducing symptoms associated with motion sickness. In a small study of volunteers who were given ginger (fresh root and powder form),

scopolamine (a medication commonly prescribed for motion sickness), or placebo, those receiving the medication experienced significantly fewer symptoms compared to those who received ginger. Given the safety of ginger, however, many people find it a welcome alternative to medications if it relieves their motion sickness.

### **Pregnancy Related Nausea and Vomiting**

At least two studies have found that ginger is more effective than placebo in relieving nausea and vomiting associated with pregnancy. In a small study including 30 pregnant women with severe vomiting, those who ingested 1 gram of ginger every day for four days reported more relief from vomiting than those who received placebo. In a larger study including 70 pregnant women with nausea and vomiting, those who received a similar dosage of ginger felt less nauseous and experienced fewer vomiting episodes than those who received placebo.

### **Nausea and vomiting following surgery**

Research has produced mixed results regarding the use of ginger in the treatment of nausea and vomiting following surgery. In two studies, 1 gram of ginger root before surgery reduced nausea as effectively as a leading medication. In one of these two studies, women who received ginger also required fewer nausea-relieving medications following surgery. Other studies, however, have failed to find the same positive effects. In fact, one study found that ginger may actually increase vomiting following surgery. For this reason, further studies are needed to determine whether ginger is safe and effective for the prevention and treatment of nausea and vomiting following surgery.

### **Inflammation**

In addition to providing relief from nausea and vomiting, ginger extract has long been used in traditional medical practices to decrease inflammation. In fact, many herbalists today use ginger to help treat health problems associated with inflammation, such as arthritis, bronchitis, and ulcerative colitis. In a recent study of 261 people with osteoarthritis (OA) of the knee, those who received a ginger extract twice daily experienced less pain and required fewer pain-killing medications compared to those who received placebo. Although there have also been a few other studies of the benefit of ginger for arthritis, one recent trial found that the herb was no more effective than ibuprofen (a medication frequently used to treat OA) or placebo in reducing symptoms of OA.

### **Other**

Although it is much too early to tell if this will benefit those with heart disease, a few preliminary studies suggest that ginger may lower cholesterol and prevent the blood from clotting. Each of these effects may protect the blood vessels from

blockage and the damaging effects of blockage such as atherosclerosis, which can lead to a heart attack or stroke. Again, however, it is too early to know if these initial study results will ultimately prove helpful for people.

## 20. Nutmeg Powder ~ Jaiphal

Has a warm and pleasing flavor. Used to flavor curries, kormas, rice dishes, and Indian desserts. Also, used as a remedy for digestive disorders.

### Medicinal Properties:

- **Colicky pain and diarrhoea:** Take 1/8 tsp finely ground nutmeg along with 1 tsp jaggery and 1 tsp ghee.
- **Dehydration due to diarrhoea particularly in Cholera:** Soak half a nutmeg in 2 teacups water for over 2-3 hours. Mix equal quantities of this infusion and fresh coconut water. Drink twice or thrice daily.
- **Diarrhoea:** Add a pinch of nutmeg powder and 1/4 tsp ginger paste to 1 glass buttermilk and drink.
- **Dysentery:** Take a pinch of nutmeg powdered nutmeg with a cup of hot milk.
- **Eczema, Ringworm:** Rub a nutmeg against a smooth stone slab with a little water and make a paste. Apply on the affected parts.
- **Pimples:** Grind equal quantities of nutmeg, black pepper and sandalwood and apply frequently.

## 21. Tamarind ~ Imli

Tart and unique sour taste. Used in chutney, sambhar and chats to give a sour flavor to foods, somewhat like lemons and limes.

### Medicinal Properties:

- **Blood Clot/Swelling due to injuries:** After removing the seeds and fibre, mix the pulp (3 tbsp) with 1 tsp salt and 1/2 cup water. Mix thoroughly and heat the mixture in a container. When bearably hot, apply on the affected areas. Wash with water the next day and repeat for 3 days.
- **Indigestion, loss of appetite, tastelessness:** Rasam, a soup of tomato with tamarind pulp, cumin, coriander seeds, black pepper, curry leaves, ginger and garlic, either drunk straight or with plain, steamed rice.
- **Fevers:** Make an infusion of 1 tsp fruit pulp in 1 cup water and drink.
- **Sore throat:** Dilute the pulp with warm water and gargle.

## **22. Turmeric(haldi):**

### **Medicinal Uses and Indications**

While turmeric has a long history of use by herbalists, most studies to date have been conducted in the laboratory or in animals and it is not clear that these results apply to people. Nevertheless, research suggests that turmeric may be helpful for the following conditions.

#### **Digestive Disorders**

(stomach upset, gas, abdominal cramps): The German Commission E (an authoritative body that determined which herbs could be safely prescribed in that country and for which purpose[s]) approved turmeric for a variety of digestive disorders. Curcumin, for example, one of the active ingredients in turmeric, induces the flow of bile, which helps break down fats. In an animal study, extracts of turmeric root reduced secretion of acid from the stomach and protected against injuries such as inflammation along the stomach (gastritis) or intestinal walls and ulcers from certain medications, stress, or alcohol. Further studies are needed to know to what extent these protective effects apply to people as well.

#### **Osteoarthritis**

Because of its ability to reduce inflammation, turmeric may help relieve the symptoms of osteoarthritis. A study of people using an Ayurvedic formula of herbs and minerals containing turmeric as well as *Withinia somnifera* (winter cherry), *Boswellia serrata* (Boswellia), and zinc significantly reduced pain and disability. While encouraging for the value of this Ayurvedic combination therapy to help with osteoarthritis, it is difficult to know how much of this success is from turmeric alone, one of the other individual herbs, or the combination of herbs working in tandem.

#### **Atherosclerosis**

Early studies suggest that turmeric may prove helpful in preventing the build up of atherosclerosis (blockage of arteries that can eventually cause a heart attack or stroke) in one of two ways. First, in animal studies an extract of turmeric lowered cholesterol levels and inhibited the oxidation of LDL ("bad") cholesterol. Oxidized LDL deposits in the walls of blood vessels and contributes to the formation of atherosclerotic plaque. Turmeric may also prevent platelet build up along the walls of an injured blood vessel. Platelets collecting at the site of a damaged blood vessel cause blood clots to form and blockage of the artery as well. Studies of the use of turmeric to prevent or treat heart disease in people would be interesting in terms of determining if these mechanisms discovered in

animals apply to people at risk for this condition.

### **Cancer**

There has been a substantial amount of research on turmeric's anti-cancer potential. Evidence from laboratory and animal studies suggests that curcumin has potential in the treatment of various forms of cancer, including prostate, breast, skin, and colon. Human studies will be necessary before it is known to what extent these results may apply to people.

### **Roundworms and Intestinal worms**

Laboratory studies suggest that curcuminoids, the active components of turmeric, may reduce the destructive activity of parasites or roundworms.

### **Liver Disease**

Animal studies provide evidence that turmeric can protect the liver from a number of damaging substances such as carbon tetrachloride and acetaminophen (also called paracetamol, this medication, used commonly for headache and pain, can cause liver damage if taken in large quantities or in someone who drinks alcohol regularly.) Turmeric accomplishes this, in part, by helping to clear such toxins from the body and by protecting the liver from damage.

### **Bacterial Infection**

Turmeric's volatile oil functions as an external antibiotic, preventing bacterial infection in wounds.

### **Wounds**

In animal studies, turmeric applied to wounds hastens the healing process.

### **Mosquito Repellent**

A mixture of the volatile oils of turmeric, citronella, and hairy basil, with the addition of vanillin (an extract of vanilla bean that is generally used for flavoring or perfumes), may be an alternative to D.E.E.T., one of the most common chemical repellents commercially available.

### **Eye Disorder**

One study of 32 people with uveitis (inflammation of the uvea, the middle layer of the eye between the sclera [white outer coat of the eye] and the retina [the back of the eye]) suggests that curcumin may prove to be as effective as corticosteroids, the type of medication generally prescribed for this eye disorder. The uvea contains many of the blood vessels that nourish the eye. Inflammation of this area, therefore, can affect the cornea, the retina, the sclera, and other important parts of the eye. More research is needed to best understand whether curcumin may help treat this eye inflammation.

## Honey

This is a very valuable food. It is a natural laxative. It is one of the best forms of sugar available. It supplies lot of energy. It is a substitute for glucose. Ayurvedic as well as Yunani medicine have been using honey as a vital medicine for centuries. Scientists of today also accept honey as a "Ram Ban" (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases.



### Cosmetic Properties

A face pack can be made by mixing honey with half a cup of bran to form a smooth paste. Add rosewater to mix if necessary. Remove with warm water and apply a good astringent. Use twice a week to keep the skin soft, supple and free from scaling.

Many hand and body lotions, facial creams, soaps contain honey. It will penetrate tiny crevices through which even water will not pass. It therefore makes an excellent protective, germ-proof shield.

### Healing Properties

When honey is applied to burns, it will prevent the formation of blisters and promote quick healing of the skin.

Honey can absorb moisture and it has been prized for its mild antibiotic properties for centuries due to this fact. Where bacteria is trapped in honey, the honey will absorb moisture from the bacteria and so kill it off.

### **It is found that mixture of Honey and Cinnamon cures most of the diseases.**

Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. Weekly World News, a magazine in Canada, on its issue dated 17 January, 95 has given the following list of diseases that can be cured by Honey and Cinnamon as researched by western scientists.

HEART DISEASES:

Make a paste of honey and cinnamon powder, apply on bread, chappati, or other bread, instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that as age the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalizes the arteries and veins.

#### ARTHRITIS:

Take one part honey to two parts of lukewarm water and add a small teaspoon of cinnamon powder, make a paste and massage it on the itching part of the body slowly. It is noticed that the pain recedes within a minute or two.

Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured.

In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon cinnamon powder before breakfast, they found that within a week out of the 200 people so treated practically 73 patients were totally relieved of pain and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

#### HAIR LOSS:

Those suffering from hair loss or baldness, may apply a paste of hot olive oil, one tablespoon of honey, one teaspoon of cinnamon powder before bath and keep it for approx. 15 min. and then wash the hair. It was found to be effective even if kept on for 5 minutes.

#### BLADDER INFECTIONS:

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

#### TOOTHACHE:

Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply on the aching tooth. This may be applied 3 times a day till the tooth stops aching.

#### CHOLESTEROL:

Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10% within 2 hours. As mentioned for arthritic patients, if taken 3 times a day, any chronic cholesterol is cured. As per information received in the said journal, pure honey taken with food daily relieves complains of cholesterol.

#### COLDS:

Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for 3 days. This process will cure most chronic cough, cold and clear the sinuses.

#### INFERTILITY:

Yunani and Ayurvedic Medicine have been using honey for thousands of years to strengthen the semen of men. If impotent men regularly take two tablespoon of honey before going to sleep, their problem will be solved.

In China, Japan and Far-East countries, women, who do not conceive and need to strengthen the uterus, have been taking cinnamon powder for centuries. Women who cannot conceive may take a pinch of cinnamon powder in half teaspoon of honey and apply it on the gums frequently throughout the day, so that it slowly mixes with the saliva and enters the body.

A couple in Maryland, USA, had no children for 14 years and had lost hope of having a child of their own. When told about this process husband and wife started taking honey and cinnamon as stated above, the wife conceived after a few months and had twins at full term.

#### UPSET STOMACH:

Honey taken with cinnamon powder cures stomachache and also clears stomach ulcers from the root.

#### GAS:

According to the studies done in India & Japan, it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.

#### IMMUNE SYSTEM:

Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.

## INDIGESTION:

Cinnamon powder sprinkled on two tablespoons of honey taken before food, relieves acidity and digests the heaviest of meals.

## INFLUENZA:

A scientist in Spain has proved that honey contains a natural ingredient, which kills the influenza germs and saves the patient from flu.

## LONGEVITY:

Tea made with honey and cinnamon powder, when taken regularly arrests the ravages of old age. Take 4 spoons of honey, 1 spoon of cinnamon powder and 3 cups of water and boil to make like tea. Drink 1/4cup, 3 to 4 times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increases and even a 100 years old, starts performing the chores of a 20-year-old.

## PIMPLES:

Three tablespoons of Honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.

## SKIN INFECTIONS:

Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

## WEIGHT LOSS:

Daily in the morning 1/2hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one-cup water. If taken regularly it reduces the weight of even the most obese person. Also drinking of this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

## CANCER:

Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month 3 times a day.

## FATIGUE:

Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible. Dr. Milton who has done research says that half tablespoon honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3.00 p.m. when the vitality of the body starts to decrease, increases the vitality of the body within a week.

#### **BAD BREATH:**

People of South America, first thing in the morning gargle with one teaspoon of honey and cinnamon powder mixed in hot water. So their breath stays fresh throughout the day.

#### **HEARING LOSS:**

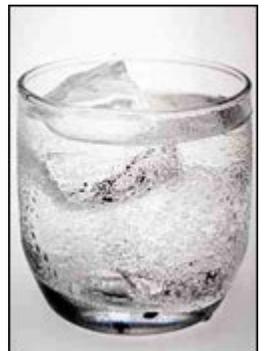
Daily morning and night honey and cinnamon powder taken in equal parts restore hearing.

## **Water is also medicinal !**

Up to seventy percent of the total body weight is due to water. Although it is present in all parts of the body, it is more in organs such as lungs and brain and fluids such as blood, lymph, saliva and secretions by the organs of the digestive system. Most people believe that we feel thirsty whenever our body needs more water. While this is true, recent research studies have indicated that there are several other indicators of inadequate water in some or all parts of the body. Ignoring these indicators can lead to several major diseases that medicines may cure but not treat.

Whenever there is water shortage in the house, one would prioritize the use of water for essential purposes. Similarly, when the body receives less water histamine, a chemical compound present in all cells, initiates a system of water regulation. Histamine directs some neurotransmitters to operate sub-systems to regulate water intake. These sub-systems use chemical substances such as "vasopressin" and renin-angiotensin" for regulating water intake and distribution.

The ratio of the water content in and outside the cells of the various organs is very important. As age advances, water content in the cells decreases. Since the water content in each cell plays a vital role in maintaining is normal function, inadequate water can lead to loss of some functions. Loss



of functions results in specific signs and symptoms. Water is necessary for all chemical reactions in the body and to maintain normal health. Just as water helps a seed grow into a tree, it also helps our body grow from birth to adulthood. The flow of water inside and outside the cells generates energy. This energy is stored in the body along with other chemical sources.

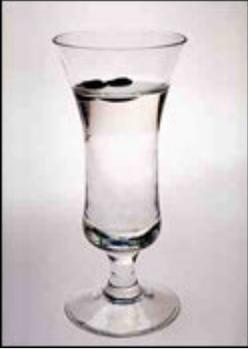
The energy generated by the water in the cells helps transmit impulses in the nerves. It helps in the formation of a glue-like material that generates the solid substances in the walls of the cells to be "stuck" to each other. It transports the chemical substances produced by the brain that carry its messages to different parts of the body. Just as there are lanes on a main road for different types of vehicles, chemical substances of the brain are transported in the "water lanes" along the length of the nerves. Water content in the body influences the functions of the various proteins and enzymes that are dissolved in it.

Water helps maintain the moisture of the lining of the internal organs of the body. It maintains normal volume and consistency of fluids such as blood and lymph. It regulates body temperature. It removes "poisons" or "toxins" from the body through urine, sweat and breathing. Water is essential for regulating the normal structure and functions of the skin. The body loses about four liters of water every day. It is therefore necessary to replenish this volume by drinking at least the equivalent amount of water every day. Inadequate intake of water can lead to dehydration.

The quantity of water required for the body functions depends on several factors such as age, climate, season, physical activity, type of food consumed, amount of condiments and spices used for cooking, the water content in the food, salt intake, etc. Normally, our daily diet provides about two-thirds of the body's requirement of water. Some health practitioners suggest that you drink about eight to ten glasses of water every day to meet the remaining one-third of the body's requirement. You also need to drink a lot of water when you are tired and or are sweating profusely. One should avoid drinking water while eating food, as digestion of the food is likely to be adversely affected. Water also dilutes the digestive juices in the stomach, thus leading to indigestion. It is desirable that you drink water on an empty stomach or three hours after food or one and half-hours before food.

You need to "eat liquids and drink solids". This means that you need to take water sip by sip, and "chew" it in the mouth in order to mix it with the saliva. Avoid regular use of straws for drinking water and or fluids. It is better to drink pure water to which no minerals are added. However, water from natural sources may contain minerals that can be beneficial to the body in specific conditions due to their reaction and affinity towards the mineral content in the food.

Cold water from natural sources is fit for drinking because of six main reasons:



1. Lowers the body temperature.
2. Dilutes the blood to the required consistency.
3. Promotes excretion of poisons from the skin in the form of "evaporation".
4. Stimulates the normal functions of the kidneys and therefore increases the rate of removal of "poisons" from the body through urine.
5. Increases movements of the intestines.
6. Facilitates formation and passing of soft stools.

Sipping hot water has several benefits too. For example, as soon as you drink hot water, there is instant stimulation of the inner lining of the stomach and contraction of its blood vessels. Thus, you are less likely to suffer from increased acid secretions in the stomach.

Hot water cleans the stomach, relieves heartburn, belching, flatulence, acute indigestion, vomiting and cramps in the abdomen. It is important to remember that hot water should be sipped and not gulped.

Hydrotherapy is a branch of healing systems that deals with the management of diseases such as headache, constipation, high blood pressure, etc. by using water, either as an external application or taken internally or both. Water is used for hydrotherapy because of three main reasons:

1. It has immense power for absorbing and communicating heat.
2. Water is a universal solvent. This means that majority of the substances can dissolve in water.
3. Water can be easily frozen to a solid state as ice or heated to a gaseous form as vapour.

## **Romantic foods:**

Certain foods definitely aid in creating a romantic atmosphere. Here are some of the more common and not-so-common aphrodisiacs:

**Caviar** appears to have qualities that nourish and enhance nerve cells, which can heighten our romantic feelings. Caviar's powers are reinforced with the addition of vodka, so indulge both passions at the same time and watch out for fireworks.

**Truffles** contain a chemical that is similar to the male pig sex hormone. Now you know why they use sows to search out truffles: the scent drives the girls wild. The chemical in truffles is also similar to a human male sex hormone, which gives truffles their romantic reputation. It doesn't hurt that truffles are also expensive and hard to find.

**Chocolate** contains mild central nervous system stimulants that help heighten mood. According to legend, Montezuma drank 50 cups of

chocolate every day to boost his virility before visiting his harem of 600 women. Unless you have your own personal harem, I wouldn't advise that amount of chocolate; a small amount of really good chocolate should set the mood just as easily.

If you and your loved one are ready for something on the wild side, try these ancient aphrodisiacs:

**Asparagus:** According to a 17-century herbalist, asparagus "stirs up lust in man and woman."

**Cappuccino:** Coffee drinkers reportedly are more sexually active than non-coffee drinkers.

**Radishes:** It worked for the ancient Egyptians.

**Garlic:** The heat in garlic supposedly fires the flames of passion.

## HOME REMEDIES:

### Acne:

#### Home remedy for Acne using Orange peel

Homemade Acne Treatment using Orange peel has been found very effective. Pound the orange peel with water on a piece stone and apply to acne affected areas.

#### Home remedies for Acne using Lemon

A simple remedy at home for acne: Lemon juice applied regularly has proved very beneficial in reducing pimples and acne.

#### Home Acne treatment using Garlic

Garlic has been used successfully to cure acne. Rub with raw garlic several times a day. Garlic is known to have cured the toughest of acne problem. The external use of garlic helps to clear the skin of spots, pimples and boils. Acne can further be cured by eating three seeds of raw garlic once daily for a month. This purifies the blood stream and ensures basic cleansing of blood keeping acne away.

#### Acne treatment using Coriander and Mint Juice

A teaspoon of coriander juice, mixed with a pinch of turmeric powder, is another effective home remedy for pimples and blackheads. The mixture should be

applied to the face after thoroughly washing it every night before retiring. Mint juice can be used in a similar manner as coriander juice.

#### **Acne treatment using Fenugreek**

Fenugreek is another useful remedy for acne. A paste made of the leaves of this vegetable, applied over the face every night before going to bed and washed with warm water in the morning, prevents pimples and blackheads.

#### **Acne treatment using Cucumber**

Grated cucumber applied over the face, eyes, and neck for fifteen to twenty minutes has been found effective. It is the best tonic for the skin of the face. Its regular use prevents pimples and blackheads.

### **Alcoholism:**

#### **Alcoholism treatment using Grapes**

The most important home remedy for alcoholism is an exclusive diet, for a month or so, of grapes. Since this fruit contains the purest form of alcohol, it is an ideal yet healthy substitute for alcohol. Alcoholics should take three meals a day of fresh grapes at five-hourly intervals. The success of this treatment depends on the determination of the alcoholic to stop drinking.

#### **Alcoholism treatment using Apples**

Apples are another effective remedy for alcoholism. A generous intake of apples helps remove intoxication and reduces the craving for wines and other intoxicating liquors.

#### **Alcoholism treatment using Dates**

Dates are considered beneficial in the treatment of alcoholism. The patient should drink half a glass of water in which four or five dates have been rubbed together. This remedy should be taken twice daily for a month. It will bring definite relief.

#### **Alcoholism treatment using Bitter Gourd**

The juice of the leaves of bitter gourd is an antidote for alcohol intoxication. It is also useful for a liver damaged due to alcoholism. Three teaspoons of this juice, mixed with a glass of butter milk, should be taken every morning for a month.

#### **Alcoholism treatment using Celery**

The juice of raw celery has also been found useful in alcoholism. It exercises a sobering effect on the patient and is an antidote to alcohol. Half a glass of celery juice mixed with an equal quantity of water should be taken once daily for a month.

### **Allergies:**

#### **Allergies treatment using Castor Oil**

It is found that five drops of castor oil in half a cup of any fruit or vegetable juice, or plain water, and taken on an empty stomach in the morning, is beneficial for allergies of the intestinal tract, skin, and nasal passages.

### **Allergies treatment using Lime**

Lime is considered an effective remedy for any kind of allergy. Half a lime may be squeezed in a glass of lukewarm water and sweetened with a teaspoon of honey. It can be taken once daily first thing in the morning for several months. This remedy not only flushes the system of toxins but also acts as an antitoxic and antiallergic agent. However, those who are allergic to citrus fruits should not take recourse to this remedy.

### **Allergies treatment using Bananas**

One or two bananas a day are useful for those who are allergic to certain foods and who consequently suffer from skin rashes, digestive disorders, or asthma. The fruit does, however, cause allergic reactions in certain sensitive persons and they should avoid it.

### **Allergies treatment using Vegetable Juices**

A quantity of 500 ml carrot juice or a combination of carrot juice with beet and cucumber juices, has been found beneficial in the treatment of allergies. In the case of mixed juices, 100 ml each of beet and cucumber juices should be mixed with 300 ml of carrot juice to prepare 500 ml or half a litre of mixed juice. This should be taken once daily.

## **Amnesia:**

### **Amnesia treatment using Rosemary**

The most remarkable remedy for loss of memory or forgetfulness is the use of the herb rosemary, botanically known as *Romarinus officinalis*. Rosemary has long been regarded as a herb for remembrance. In ancient times, the Greeks and the Romans prepared fragrant distilled water from the flowers of this plant and inhaled the odour so that 'the evils were destroyed from the mind and the memory no longer played tricks.' Rosemary is considered to be an antidote for mental fatigue and forgetfulness. A tea made from this herb, taken once or twice a day, is a refreshing drink and an effective natural remedy for enhancing mental agility.

### **Amnesia treatment using Brahmi Booti**

Another herb useful in amnesia is brahmi booti, botanically known as *Bacopa scrophulariaceae*. About seven grams of this herb should be dried in the shade and ground in water, along with seven kernels of almonds and half a gram of pepper. This mixture should be strained and sweetened with twenty-five gm of sugar. It should be drunk every morning for a fortnight on an empty stomach.

### **Amnesia treatment using Sage**

The herb sage has also been found beneficial in the treatment of a weak memory or loss of memory. It acts on the cortex of the brain, mitigates mental exhaustion and strengthens the ability to concentrate. A tea prepared from dried sage leaves can be used regularly for this purpose.

### **Amnesia treatment using Almonds**

Almonds are very valuable for restoring a poor memory caused by brain weakness. They contain unique properties to remove brain debility and to

strengthen the brain. Almonds preserve the vitality of the brain and cure ailments originating from nervous disorders. Ten to twelve almonds should be immersed in water overnight and their outer skin removed. They should then be made into a fine paste and taken, mixed with one teaspoonful of butter or even alone. Inhaling ten to fifteen drops of almond oil through the nose, morning and evening, is also beneficial in the treatment of brain weakness.

#### **Amnesia treatment using Walnuts**

Walnut is another unique dry fruit valuable in countering brain weakness. About twenty grams of walnuts should be taken every day. The value of walnuts is enhanced if they are taken with figs or raisins in a proportion of ten gram each, everyday.

#### **Amnesia treatment using Apples**

Apples are useful in amnesia. The various chemical substances contained in this fruit such as vitamin B1, phosphorus, and potassium help in the synthesis of glutamic acid. This acid controls the wear and tear of nerve cells. Eating an apple a day with one tea-spoon of honey and one cup of milk is beneficial in the treatment of loss of memory and mental irritability. It acts as an effective nerve tonic and recharges the nerves with new energy and life.

#### **Amnesia treatment using Other Fruits**

All fruits which are rich in phosphorus are valuable mitigators of amnesia, as they invigorate the brain cells and tissues. Apart from apples, almonds, and walnuts, which have been discussed earlier, other phosphorus-rich fruits are figs, grapes, oranges, and dates. Their intake is highly beneficial in loss of memory due to brain debility.

#### **Amnesia treatment using Cumin Seeds**

The use of cumin seeds is another valuable remedy for amnesia or dullness of memory. Three grams of black cumin seeds should be mixed with two teaspoonfuls of pure honey and taken once a day, preferably, in the morning.

#### **Amnesia treatment using Black Pepper**

Five seeds of finely ground black pepper, mixed with one teaspoon of honey are also beneficial in the treatment of this condition. This preparation should be taken both in the morning and evening.

Anaemia:

#### **Anaemia treatment using Beets**

Beets are very helpful in curing anaemia. Beet juice contains potassium, phosphorus, calcium, sulphur, iodine, iron, copper, carbohydrates, protein, fat, vitamins B1 B2, B6, niacin, and vitamin P. With their high iron content, beets help in the formation of red blood cells. The juice of red beet strengthens the body's powers of resistance and has proved to be an excellent remedy for anaemia, especially for children and teenagers, where other blood-forming remedies have failed.

#### **Anaemia treatment using Fenugreek**

The leaves of fenugreek help in blood formation. The cooked leaves should be taken by adolescent girls to prevent anaemia, which may occur due to the onset of puberty and menstruation. The seeds of fenugreek are also a valuable cure for anaemia, being rich in iron.

### **Anaemia treatment using Lettuce**

Lettuce is another effective remedy for this ailment as it contains a considerable amount of iron. It can, therefore, be used as a good tonic food for anaemia. The iron in it is easily absorbed by the body.

### **Anaemia treatment using Spinach**

This leafy vegetable is a valuable source of high grade iron. After its absorption, it helps in the formation of haemoglobin and red blood cells. It is thus beneficial in building up the blood, and in the prevention and treatment of anaemia.

### **Anaemia treatment using Soyabean**

Soyabean is rich in iron and also has a high protein value. As most anaemic patients usually also suffer from a weak digestion, it should be given to them in a very light form, preferably in the form of milk, which can be easily digested.

### **Anaemia treatment using Almonds**

Almonds contain copper to the extent of 1.15 mg per 100 gm. The copper along with iron and vitamins, acts as a catalyst in the synthesis of haemoglobin. Almonds are, therefore, a useful remedy for anaemia. Seven almonds should be soaked in water for about two hours and ground into a paste after removing the thin red skin. This paste may be eaten once daily in the morning for three months.

### **Anaemia treatment using Sesame Seeds**

Black sesame seeds, as a rich source of iron, are valuable in anaemia. After soaking one teaspoon of the seeds in warm water for a couple of hours, they should be ground and strained, and then mixed with a cup of milk and sweetened with jaggery or sugar. This emulsion should be given to patients suffering from anaemia.

### **Anaemia treatment using Honey**

Honey is remarkable for building haemoglobin in the body. This is largely due to the iron, copper, and manganese contained in it

### **Anaemia treatment using Other Foods**

There are several other foods which are rich sources of iron and can be used beneficially in the treatment of anaemia. The more important of these are bananas, black grapes, plums, strawberries, raisins, onions, squash, carrots, radish, celery, and tomatoes.

## **Anorexia:**

### **Anorexia treatment using Oranges**

Oranges are an extremely useful remedy for anorexia. They stimulate the flow of digestive juices, thereby improving digestion and increasing appetite. One or two oranges a day are advised.

### **Anorexia treatment using Sour Grapes**

Sour grapes are another effective remedy for anorexia. The juice of these grapes should be used in kneading the flour before preparing chapatis. Chapatis made

in this manner should be eaten continuously for two to three weeks. This remedy will tone up the stomach and improve the appetite.

#### **Anorexia treatment using Lime**

Lime is also a valuable remedy for restoring a lost appetite. A preparation made from this fruit and ginger has been found very effective in overcoming this condition. About one teaspoon of the juice of lime should be mixed with an equal quantity of the juice of ginger. One gram of rock salt should be added to this mixture. It should then be placed in sunlight for three days. A teaspoon taken after each meal will tone up the digestive system and improve the appetite.

#### **Anorexia treatment using Apples**

Apples are another variety of fruit useful in anorexia. They help digestion by stimulating the flow of pepsin, a proteindigesting enzyme, in the stomach. The old adage, 'An apple a day keeps the doctor away', is certainly a valuable one.

#### **Anorexia treatment using Garlic**

Garlic possesses a special property to stimulate the digestive tone of the system and improve appetite. A soup prepared from this vegetable can be of immense help to a patient suffering from anorexia. Three or four cloves of raw garlic should be boiled in a cup of water. This soup can be reinforced with the juice of half a lemon and taken twice daily.

#### **Anorexia treatment using Ginger**

The use of ginger is valuable in the loss of appetite. About five grams of this vegetable should be ground and licked with a little salt once a day for the treatment of this condition.

Appendicitis:

#### **Appendicitis treatment using Green Gram**

Green gram is a proven home remedy for acute appendicitis. An infusion of green gram is an excellent medicine for treating this condition. It can be taken in a small quantity of one tablespoon three times a day.

#### **Appendicitis treatment using Fenugreek Seeds**

Regular use of tea made from fenugreek seeds has proved helpful in preventing the appendix from becoming a dumping ground for excess mucus and intestinal waste. This tea is prepared by putting one tablespoon of the seeds in a litre of cold water and allowing it to simmer for half an hour over a low flame and then strained it. It should be allowed to cool a little before being drunk.

#### **Appendicitis treatment using Vegetable Juices**

Certain vegetable juices have been found valuable in appendicitis. A particularly good combination is that of 100 ml each of beet and cucumber juices mixed with 300 ml of carrot juice. This combined juice can be taken twice daily.

#### **Appendicitis treatment using Buttermilk**

Buttermilk is beneficial in the treatment of chronic form of appendicitis. One litre of buttermilk may be taken daily for this purpose.

#### **Appendicitis treatment using Whole Wheat**

The consumption of whole wheat, which includes bran and wheat germ, has been found beneficial in preventing several digestive disorders, including appendicitis. The bran of wheat can be sterilised by baking after thorough cleaning. This sterilised bran can be added to wheat flour in the proportion of one to six by weight. Two or three chapatis made from this flour can be eaten daily for preventing this disease.

Arthritis:

### **Arthritis treatment using Potato Juice**

The raw potato juice therapy is considered one of the most successful biological treatments for rheumatic and arthritic conditions. It has been used in folk medicine for centuries. The traditional method of preparing potato juice is to cut a medium-sized potato into thin slices, without peeling the skin, and place the slices overnight in a large glass filled with cold water. The water should be drunk in the morning on an empty stomach. Fresh juice can also be extracted from potatoes. A medium-sized potato should be diluted with a cup of water and drunk first thing in the morning.

### **Arthritis treatment using Other Raw Juices**

One cup of green juice, extracted from any green leafy vegetable, mixed in equal proportions with carrot, celery, and red beet juices is good for arthritis. The alkaline action of raw juices dissolves the accumulation of deposits around the joints and in other tissues. A cup of fresh pineapple juice is also valuable, as the enzyme bromelain in fresh pineapple juice reduces swelling and inflammation in osteoarthritis and rheumatoid arthritis.

### **Arthritis treatment using Sesame Seeds**

A teaspoon of black sesame seeds, soaked in a quarter cup of water and kept overnight, has been found to be effective in preventing frequent joint pains. The water in which the seeds are soaked should also be taken along with the seeds first thing in the morning.

### **Arthritis treatment using Copper**

Drinking water kept overnight in a copper container accumulates traces of copper, which is said to strengthen the muscular system. A copper ring or bracelet is worn for the same reason.

### **Arthritis treatment using Calcium**

Studies have shown that calcium can help arthritis. Several patients have discovered that joint pains have either been relieved or have disappeared entirely after taking calcium. This mineral should be taken in the form of calcium lactate. Two teaspoons of calcium lactate, each teaspoon providing 400 mg of absorbable calcium, may be taken three times daily in water, before meals for at least four months.

### **Arthritis treatment using Garlic**

Garlic is another effective remedy for arthritis. It contains an anti-inflammatory property which accounts for its effectiveness in the treatment of this disease. Garlic may be taken raw or cooked according to individual preference.

### **Arthritis treatment using Bananas**

Bananas, being a rich source of vitamin B6, have proved useful in the treatment of arthritis. A diet of only bananas for three or four days is advised in treating this condition. The patient may eat eight or nine bananas daily during this period and nothing else.

### **Arthritis treatment using Lime**

Lime has also been found beneficial as a home remedy for arthritis. The citric acid found in lime is a solvent of uric acid which is the primary cause of some types of arthritis. The juice of one lime, diluted with water, may be taken once a day, preferably first thing in the morning.

### **Arthritis treatment using Alfalfa**

A tea made from the herb alfalfa, especially from its seeds, has shown beneficial results in the treatment of arthritis. One teaspoon of alfalfa seeds may be added to one cup of water. Three to four cups of this tea should be taken daily by arthritics for at least two weeks.

### **Arthritis treatment using Green Gram Soup**

Another home remedy found useful in relieving pains in the joints is the use of green gram soup. This soup should be prepared by mixing a tablespoon of green gram in a cup of water, with two crushed garlic cloves. It should be taken twice a day.

### **Arthritis treatment using Castor Oil**

Treatment with castor oil has been found beneficial in arthritis. The procedure, as prescribed by a Spanish doctor, is to boil two tablespoons of castor oil over a stove burner. The oil should then be poured into a glass of fresh orange juice and taken before breakfast daily till the disease is cured. It was advised to patients to take it for three weeks, wait for another three weeks and then repeat it again for another three weeks. It is, however, essential that the patient must take an alkaline diet while adopting this mode of treatment otherwise the value of the treatment will be lost.

### **Arthritis treatment using Coconut or Mustard Oil**

Warm coconut oil or mustard oil, mixed with two or three pieces of camphor should be massaged on stiff and aching joints. It will increase blood supply, and reduce inflammation and stiffness with the gentle warmth produced while massaging. Camphorated oil is an ancient rubefacient used for the purpose.

Asthma:

### **Asthma treatment using Honey**

Honey is one of the most common home remedies for asthma. It is said that if a jug of honey is held under the nose of an asthma patient and he inhales the air that comes into contact with it, he starts breathing easier and deeper.

### **Asthma treatment using Figs**

Among fruits, figs have proved very valuable in asthma. They give comfort to the patient by draining off the phlegm. Three or four dry figs should be cleaned thoroughly with warm water and soaked overnight.

### **Asthma treatment using Lemon**

Lemon is another fruit found beneficial in the treatment of asthma. The juice of one lemon, diluted in a glass of water and taken with meals, will bring good results

### **Asthma treatment using Indian Gooseberry**

Indian gooseberry has also proved valuable in asthma. Five grams of gooseberry mixed with one tablespoon of honey forms an effective medicinal tonic for the treatment of this disease. It should be taken every morning

### **Asthma treatment using Bitter Gourd Roots**

The roots of the bitter gourd plant have been used in folk medicine for asthma since ancient times. A teaspoon of the root paste, mixed with an equal amount of honey or juice of the tulsi leaves, given once every night for a month, acts as an excellent medicine for this disease.

### **Asthma treatment using Drumstick Leaves**

A soup prepared from drumstick leaves, and taken once daily, has been found beneficial in the treatment of asthma. This soup is prepared by adding a handful of leaves to 180ml of water and boiling it for five minutes. After being allowed to cool, a little salt, pepper, and lime juice may be added to this soup.

### **Asthma treatment using Ginger**

A teaspoon of fresh ginger juice, mixed with a cup of fenugreek decoction and honey to taste, acts as an excellent expectorant in cases of asthma. The decoction of fenugreek can be made by mixing one tablespoon of fenugreek seeds in a cupful of water. This remedy should be taken once in the morning and once in the evening.

### **Asthma treatment using Garlic**

Garlic is another effective home remedy for asthma. Ten garlic cloves, boiled in 30 ml of milk, make an excellent medicine for the early stages of asthma. This mixture should be taken once daily by the patient. Steaming ginger tea with two minced garlic cloves in it, can also help to keep the problem under control, and should be taken in the morning and evening.

### **Asthma treatment using Bishop's Weed**

The herb bishop's weed has been found valuable in asthma. Half a teaspoon of bishop's weed should be mixed in a glass of buttermilk and taken twice daily. It is an effective remedy for relieving difficult expectoration caused by dried-up phlegm. A hot poultice of the seeds should be used for dry fomentation to the chest twice daily. The patient can also inhale steam twice a day from boiling water mixed with ajwain. It will dilate the bronchial passages.

### **Asthma treatment using Safflower**

Safflower seeds are beneficial in the treatment of bronchial asthma. Half a teaspoon of powder of the dry seeds, mixed with a tablespoon of honey, can be taken once or twice a day in treating this disease. This acts as an expectorant and reduces the spasms by liquefying the tenacious sputum. An infusion of five grams of flowers mixed with one tablespoon of honey, taken once daily, is also useful in this disease.

Backache:

### **Backache treatment using Garlic**

The most important home remedy for backache is the use of garlic. Two or three cloves should be taken every morning to get results. An oil prepared from garlic and rubbed on the back will give great relief. This oil is prepared by frying ten cloves of garlic in 60 ml of oil in a frying pan. Any of the oils which are used as rubefacients, such as mustard oil, sesame oil, and coconut oil can be used according to one's choice. They should be fried on a slow fire till they are brown. After the oil has cooled, it should be applied vigorously on the back, and allowed to remain there for three hours. The patient may, thereafter, take a warm-water bath. This treatment should be continued for at least fifteen days.

### **Backache treatment using Lemon**

Lemon is another useful remedy for backache. The juice of one lemon should be mixed with common salt and taken by the patient twice daily. It will give relief.

### **Backache treatment using Chebulic Myroblan**

The use of chebulic myroblan is beneficial in the treatment of backache. A small piece of this fruit should be eaten after meals. This will give quick relief.

### **Backache treatment using Vitamin C**

Vitamin C has proved valuable in case of severe backaches. About 2,000 mg of this vitamin should be taken daily for treating this condition. Considerable improvement will be noticeable within two days.

### **Backache treatment using Potato**

Raw potato is an ancient home remedy for backache, characterised by incapacitating pain in the lumbar region, especially in the lower part of the back. Application of raw potato in the form of a poultice has been found very effective in this condition.

Bacterial vaginitis:

### **Treating Naturally**

- Eat or apply plain yogurt directly to the vagina. Alternatively, a tampon soaked in yogurt can be inserted.
- Garlic has antibacterial and antifungal properties. Garlic can be taken internally or can be applied directly on the vagina.
- Use calendula herb to reduce the inflammation.
- Herbs like tea tree oil, black walnut, Echinacea and goldenseal are effective in treating bacterial vaginitis.
- Soak a tea bag in water and cool it in refrigerator and then apply it to the vagina.

Bed wetting:

### **Natural Remedies**

-One hour before going to bed take six to eight oz. of cranberry juice.

- Bedwetting can also be treated using herbs like causticum, lycopodium, ursi, corn silk and pulsatilla.

-Before going to bed eat two tsp walnut halves and one tsp raisins.

- Drink herbal tea made from herbs like oak bark, horsetail, wormwood or bearberry.

Bronchitis:

### **Bronchitis treatment using Turmeric**

One of the most effective home remedies for bronchitis is the use of turmeric powder. Half a teaspoon of this powder should be administered with half a glass of milk, two or three times daily. It acts best when taken on an empty stomach.

### **Bronchitis treatment using Ginger**

Another effective remedy for bronchitis is a mixture comprising of half a teaspoon each of the powder of ginger, pepper, and cloves, three times a day. It may be licked with honey or taken as an infusion with tea. The mixture of these three ingredients has also antipyretic qualities and is effective in reducing fever accompanying bronchitis. It also tones up the metabolism of the patient.

### **Bronchitis treatment using Onion**

Onions have been used as a remedy for bronchitis for centuries. They are said to possess expectorant properties. They liquefy phlegm and prevent its further formation. One teaspoon of raw onion juice, first thing in the morning, is very beneficial in such cases.

### **Bronchitis treatment using Spinach**

Fifty grams of fresh leaves of spinach, and 250 ml of water should be mixed with a pinch of ammonium chloride and one teaspoonful of honey. This infusion is an effective expectorant in the treatment of bronchitis.

### **Bronchitis treatment using Sesame Seeds**

An infusion of one teaspoon of sesame seeds, mixed with a teaspoon of linseed, a pinch of common salt, and a teaspoon of honey, can be given once at night with beneficial results in bronchitis. Half a teaspoon of dry seeds pounded into powder should be given, mixed with two tablespoons of water, twice daily. Alternately, a decoction of half a teaspoon of the same should be taken twice daily.

### **Bronchitis treatment using Almond**

An emulsion of almonds is useful in bronchial diseases, including bronchitis. It is prepared by making a powder of seven kernels of almonds and mixing the powdered kernels in a cup of orange or lemon juice. This emulsion may be taken once daily at night.

### **Bronchitis treatment using Chicory**

Chicory or endive is another effective home remedy for bronchitis. The powder of the dry root of this herb should be given in doses of half a teaspoon mixed with one teaspoonful of honey thrice daily. It is a very useful expectorant in chronic bronchitis.

### **Bronchitis treatment using Linseed**

A hot poultice of linseed (alsi) should be applied over the front and back of the chest. This poultice may be prepared by mixing one cup or sixteen tablespoons of the seeds with a quantity of hot water, sufficient to convert them into a moist mealy mass. This should then be applied carefully. Turpentine may also be rubbed over the chest.

### **Bruises:**

#### **Use of Comfrey tea**

Apply buchu or Comfrey tea on the bruise. This will prevent discoloration of skin and reduce the pain.

#### **Ice pack**

Apply ice pack to the bruise. This will reduce pain and inflammation. Please do not try this remedy on broken skin.

#### **Heating pads**

A day after using ice packs, apply heating pads to the affected area, this will dilate blood vessels and improve circulation.

#### **Application of apple cider vinegar**

Apply apple cider vinegar and cold water on the bruise.

#### **Heinz vinegar**

Apply Heinz vinegar to the bruise using a cotton ball. This will speed up the healing process.

#### **Help of herbal flowers**

Steep mullein flowers into olive oil and apply it on the bruise.

#### **Raw egg**

Break a raw egg and apply the content on the bruise.

#### **Arnica benefits**

Leaves of Arnica plant may be used in an ointment and can be applied to skin to treat bruises.

### **Cataract:**

#### **Cataract treatment using Carrot**

The use of carrots is considered beneficial in the treatment of cataract. The patient should take plenty of raw carrots daily. As an alternative, he may drink two glasses of fresh carrot juice, one each in the morning and evening.

#### **Cataract treatment using Garlic**

The use of garlic is another effective home remedy for cataract. Two or three cloves should be eaten raw daily. They should be chewed slowly. Garlic helps to clean the crystalline lens of the eye.

#### **Cataract treatment using Pumpkin**

The flowers of pumpkin are valuable in cataract. The juice of these flowers should be extracted and applied externally on the eyelids twice daily. It will stop further clouding of the crystalline lens of the eye.

#### **Cataract treatment using Aniseed**

Aniseed is considered a useful remedy for cataract. An equal quantity of aniseed and coriander powder should be mixed with one teaspoon of brown sugar, and the mixture should be taken in doses of 12 gm in the morning and evening.

#### **Cataract treatment using Honey**

The use of unprocessed pure honey is another effective remedy for cataract. A few drops of this honey should be put in the eyes. This is an ancient Egyptian remedy which has benefitted many patients.

#### **Cataract treatment using Almonds**

Almonds are valuable in cataract. Seven kernels should be ground finely with half a gram of pepper (kali mirch) in half a cup of water, and drunk after sweetening the mixture with a teaspoon of sugar candy. It helps the eyes to regain their vigour.

#### **Cataract treatment using Nutrients**

Certain nutrients have also been found useful in cataract. Experiments have shown that animals develop cataract if deprived of pantothenic acid and amino acids, and tryptophane and vitamin B6 needed for tryptophane assimilation. The diet of the cataract patient should, therefore, be high in vitamins B2 and B6, as well as the entire B complex group, pantothenic acid, vitamins C, D, E and other nutrients.

Chicken pox:

#### **Chicken Pox treatment using Brown Vinegar**

The use of brown vinegar is one of the most important among the several home remedies found beneficial in the treatment of chicken pox. Half a cup of this vinegar should be added to a bath of warm water. This will relieve the irritation of the skin.

#### **Chicken Pox treatment using Oatmeal**

A bath of oatmeal is considered a natural remedy for relieving the itch due to chicken pox. This bath is prepared by cooking two cups of oatmeal in two liters of water for fifteen minutes. This mixture is then put into a cloth bag, preferably cotton, and a string is tied tightly around the top. This bag is allowed to float in a tub of warm water, and swished around until the water becomes turbid.

Precaution should be taken to ensure that the bag is not torn. The child with chicken pox can splash and play in the water, making sure that water goes over all the scalds, while the pouch of oatmeal can remain in the tub .

#### **Chicken Pox treatment using Pea Water**

Green pea water is another effective remedy for relieving irritation of the skin. The water in which fresh peas have been cooked can be used for this purpose.

#### **Chicken Pox treatment using Baking Soda**

Baking soda is a popular remedy to control the itching in chicken pox. Some baking soda should be put in a glass of water. The child should be sponged with this water, so that the soda dries on the skin. This will keep the child away from scratching the eruptions.

#### **Chicken Pox treatment using Vitamin E Oil**

The use of vitamin E oil is valuable in chicken pox. This oil should be rubbed on the skin. It will have a healing effect. The marks left by chicken pox will fade away by this application.

#### **Chicken Pox treatment using Honey**

The use of honey as an external application has also proved valuable in chicken pox. The skin should be smeared with honey. It will help in the healing of the disease within three days.

#### **Chicken Pox treatment using Carrot and Coriander**

A soup prepared from carrots and coriander has been found beneficial in the treatment of chicken pox. About 100 gm of carrots and 60 gm of fresh coriander should be cut into small pieces and boiled for a while. The residue should be discarded. This soup should be taken once a day

#### **Chicken Pox treatment using Herbal Tea**

A mild sedative herbal tea can also prove beneficial in the treatment of chicken pox. This tea can be prepared from any of the herbs like chamomile (babunah), basil (tulsi), marigold (zergul) and lemon balm (billilotan). A little cinnamon (dalchini), honey, and lemon may be added to this tea. It should be sipped slowly several times a day.

Cholera:

#### **Cholera treatment using Lemon**

The foremost among the many home remedies for cholera is the use of lemon. The juice of this fruit can kill cholera bacilli within a very short time. It is also a very effective and reliable preventive against cholera during an epidemic. It can be taken in the form of a sweetened or salted beverage for this purpose. Taking of lemon with food as a daily routine can also prevent cholera.

#### **Cholera treatment using Guava Root Bark**

The root bark of guava is rich in tannins and it can be successfully employed as a concentrated decoction in cholera. It arrests vomiting and symptoms of diarrhoea. About thirty grams of the root bark should be used in half a litre of water to make the decoction. The water should be boiled down to reduce it by one-third. This decoction can be taken twice daily.

#### **Cholera treatment using Onion**

Onions are another valuable remedy for cholera. About thirty grams of this vegetable and seven black peppers should be pounded finely in a pestle and

given to the patient in two or three doses during the day. Onions allay thirst and restlessness and the patient feels better.

#### **Cholera treatment using Bitter Gourd**

The fresh juice of bitter gourd is an effective medicine in the early stages of cholera. Two teaspoons of this juice, mixed with an equal quantity of white onion juice and a teaspoon of lime juice, should be given twice daily in the treatment of this condition.

#### **Cholera treatment using Drumstick Leaves**

The leaves of the drumstick tree are also useful in this disease. A teaspoon of fresh leaf juice, mixed with one teaspoon of honey and a glass of tender coconut water, can be given two or three times a day as a herbal medicine in the treatment of cholera.

#### **Cholera treatment using Cucumber**

A glass of fresh juice of cucumber leaves with an equal quantity of tender coconut water, given in doses of 30-60 ml, forms a valuable remedy for excessive thirst during cholera. It acts excellently by restoring the acid-base balance in dehydration.

#### **Cholera treatment using Nutmeg**

The herb nutmeg is a valuable remedy for dehydration caused by cholera. An infusion made by steeping half a nutmeg in half a litre of water should be given along with half a litre of tender coconut water in doses of 15 ml at a time in treating this condition.

#### **Cholera treatment using Clove**

Cloves are useful in cholera. About four grams of this spice should be boiled in three litres of water until half of the water has evaporated. The decoction thus prepared should be given to the patient several times during the day. This will reduce the severe symptoms.

#### **Cholera treatment using Rough Chaff**

The powdered root of rough chaff, botanically known as *Achyranthes aspera*, is also helpful in cholera. About six grams of the powder should be thoroughly mixed with half a cup of water and given to the patient once daily.

Cirrhosis:

#### **Cirrhosis of the Liver treatment using Papaya Seeds**

The black seeds of papaya have been found beneficial in the treatment of cirrhosis of the liver, caused by alcoholism and malnutrition. A tablespoon of juice obtained by grinding the seeds, mixed with ten drops of fresh lime juice, should be given once or twice daily for about a month as a medicine for this disease.

#### **Cirrhosis of the Liver treatment using Trailing Eclipta**

The herb trailing eclipta, botanically known as *eclipta alba*, has proved invaluable in cirrhosis of the liver. The juice of all parts of this plant should be taken in doses of one teaspoon, mixed with one teaspoon of honey, three times daily.

#### **Cirrhosis of the Liver treatment using Picrorhiza**

Picrorhiza, botanically known as picrorhiza kurroa, is a drug of choice in ayurveda for cirrhosis of the liver among adults. The root of the herb is given in powdered form. A tablespoon of the powder, mixed with an equal quantity of honey, should be administered thrice daily. In case of accompanying constipation, the dose should be increased to double and should be given with a cup of warm water, three to four times a day. It stimulates the liver to produce more bile, the excretion of which relieves congestion of the liver and the tissues.

### **Cirrhosis of the Liver treatment using Vegetable Juices**

The juice of carrots, in combination with spinach juice, has been found beneficial in the treatment of cirrhosis of the liver. Spinach juice-200 ml, should be mixed with 300 ml of carrot juice to prepare 500 ml or half a litre of combined juices. Alternatively, 300 ml of carrot juice, combined with 100 ml each of cucumber and beet juices can be used effectively.

Colitis:

### **Colitis treatment using Banana**

One or two ripe bananas taken every day are one of the most effective home remedies for ulcerative colitis. Being bland, smooth, easily-digestible and slightly laxative, they relieve the acute symptoms and promote the healing process.

### **Colitis treatment using Buttermilk**

A glass of buttermilk taken daily is another effective remedy for colitis. It is the residual liquid left over after the fat has been removed from curd by churning

### **Colitis treatment using Tender Coconut**

Drinking the water of one tender coconut daily has been found valuable in colitis. It is soothing to the soft mucosa of the colon.

### **Colitis treatment using Apples**

Steamed apples also aid the healing of ulcerative lesions because of their ample concentration of iron and phosphorus.

### **Colitis treatment using Drumstick**

Drumsticks are also useful in colitis. A teaspoon of fresh leaf juice, mixed with an equal quantity of honey and a glass of tender coconut water, is given two or three times daily as a herbal medicine for the treatment of this disease.

### **Colitis treatment using Rice**

Rice has a very low fibre content, and is, therefore, extremely soothing in colitis. A thick gruel of rice mixed with a glass of buttermilk and a ripe banana, given twice a day, forms a very nutritious, well-balanced diet in this disease.

### **Colitis treatment using Wheat-grass**

The juice of wheat-grass (a grass which grows after sowing wheat grains in the earth) used as an enema, helps detoxify the walls of the colon. The general procedure is to first give an enema with lukewarm water. After waiting for twenty minutes, 90-120 ml of wheat-grass juice enema is given. This should be retained for fifteen minutes. This enema is very helpful in disorders associated with colitis. Wheat-grass can be grown at home in earthen pots if it is not available through dealers.

Common cold:

### **Common Cold treatment using Lemon**

Lemon is the most important among the many home remedies for common cold. It is beneficial in all types of cold with fever. Vitamin C-rich lemon juice increases body resistance, decreases toxicity and reduces the duration of the illness. One lemon should be diluted in a glass of warm water, and a teaspoon of honey should be added to it. This should be taken once or twice daily.

### **Common Cold treatment using Garlic**

Garlic soup is an old remedy to reduce the severity of a cold, and should be taken once daily. The soup can be prepared by boiling three or four cloves of chopped garlic in a cup of water. Garlic contains antiseptic and antispasmodic properties, besides several other medicinal virtues. The oil contained in this vegetable helps to open up the respiratory passages. In soup form, it flushes out all toxins from the system and thus helps bring down fever. Five drops of garlic oil combined with a teaspoon of onion juice, and diluted in a cup of water, should be drunk two to three times a day. This has also been found to be very effective in the treatment of common cold.

### **Common Cold treatment using Ginger**

Ginger is another excellent remedy for colds and coughs. About ten grams of ginger should be cut into small pieces and boiled in a cup of water. It should then be strained and half a teaspoon of sugar added to it. This decoction should be drunk when hot. Ginger tea, prepared by adding a few pieces of ginger into boiled water before adding the tea leaves, is also an effective remedy for colds and for fevers resulting from cold. It may be taken twice daily.

### **Common Cold treatment using Lady's Fingers**

Lady's fingers are highly valuable in treating irritation of the throat and a persistent dry cough. This vegetable is rich in mucilage and acts as a drug to allay irritation, swelling, and pain. About 100 gm of lady's fingers should be cut into pieces, and boiled down in half a litre of water to make a decoction. The steam issuing from this decoction may also be inhaled once or twice a day to relieve throat irritation and a dry cough.

### **Common Cold treatment using Bitter Gourd Roots**

The roots of the bitter gourd plant are used in folk medicine to cure a cold. A teaspoon of the root paste, mixed with an equal quantity of honey or tulsi leaf juice, given once every night for a month, acts as an excellent medicine for colds.

### **Common Cold treatment using Turmeric**

Turmeric is an effective remedy for colds and throat irritations. Half a teaspoon of fresh turmeric powder mixed in 30 ml of warm milk, and taken once or twice daily, is a useful prescription for these conditions. Turmeric powder should be put into a hot ladle. Milk should then be poured in it and boiled over a slow fire. This mixture should then be drunk by the patient. In case of a running cold, smoke from the burning turmeric should be inhaled. It will increase the discharge from the nose and provide quick relief.

### **Common Cold treatment using Tamarind and Pepper**

Tamarind-pepper rasam is also considered an effective home remedy for a cold in South India. Dilute 50 mg tamarind in 250 ml of water. Boil the diluted tamarind water for a few minutes with a teaspoon of hot ghee and half a teaspoon of black pepper powder. This steaming hot rasam has a flushing effect, and should be taken three times a day. As one takes it, the nose and eyes water and the nasal blockage is cleared.

Common fever:

### **Common Fever treatment using Holy Basil**

The leaves of holy basil are one of the most effective of several home remedies in the treatment of common fever. A decoction made of about twelve grams of these leaves, boiled in half a litre of water, should be administered twice daily with half a cup of milk, one teaspoon of sugar and a quarter teaspoon of powdered cardamom (chhoti elaichi). This will bring down the temperature.

### **Common Fever treatment using Fenugreek**

A tea made from fenugreek seeds is equal in value to quinine in reducing fevers. This tea should be taken twice daily. It is particularly valuable as a cleansing and soothing drink. Fenugreek seeds, when moistened with water, become slightly mucilaginous, and hence, the tea made from them has the power to dissolve a sticky substance like mucus.

### **Common Fever treatment using Saffron**

A tea made from saffron is another effective home remedy for fever. This tea is prepared by putting half a teaspoon of saffron in 30 ml of boiling water. The patient should be given a teaspoon of this tea every hour till the temperature returns to normal.

### **Common Fever treatment using Raisins**

The use of an extract from raisins is beneficial in the treatment of common fever. This extract is prepared by soaking twenty-five raisins in half a cup of water and then crushing them in the same water. They are then strained and the skin is discarded. The raisin water thus prepared becomes a tonic. Half a teaspoon of lime juice added to the extract will enhance its taste and usefulness. It will act as a medicine in fevers, and should be taken twice daily.

### **Common Fever treatment using Apricot**

A cup of fresh juice of apricots mixed with one teaspoon of glucose or honey is a very cooling drink during fevers. It quenches the thirst and eliminates the waste products from the body. It tones up the eyes, stomach, liver, heart, and nerves by supplying vitamins and minerals.

### **Common Fever treatment using Grapefruit**

The juice of grapefruit is a valuable diet in all fevers. It quenches thirst and removes the burning sensation produced by the fever. Half a glass of grapefruit juice should be taken with an equal quantity of water.

### **Common Fever treatment using Orange**

Orange is an excellent food in all types of fever when the digestive power of the body is seriously hampered. The patient suffers from blood poisoning called

toxemia, and the lack of saliva results in the coating of his tongue, often destroying his thirst for water as well as his desire for food. The agreeable flavour of orange juice helps greatly in overcoming these drawbacks. Orange juice is the ideal liquid food in fevers. It provides energy, increases urinary output, and promotes body resistance against infections, thereby hastening recovery.

#### **Common Fever treatment using Bloodwort**

Bloodwort is one of the best known herbal remedies for fevers. A hot infusion of the herb prepared by steeping 15 gm of the herb in 250 ml of water should be taken twice daily. It will induce perspiration, which will, in turn, cool the fever and expel toxins.

#### **Common Fever treatment using Hog Weed**

Another herb found beneficial in the treatment of fever is hog weed. It should be taken twice daily in the form of an infusion prepared by steeping 15 gm of the herb in 250 ml of water. It brings down temperature by inducing copious perspiration.

conjunctivitis

#### **Conjunctivitis treatment using Vegetable Juices**

Raw juices of certain vegetables, especially carrots and spinach, have been found valuable in conjunctivitis. The combined juices of these two vegetables have proved very effective. In this combination, 200 ml of spinach juice should be mixed with 300 ml of carrot juice. Raw parsley (prajmoda) juice-200 ml, mixed with 300 ml of carrot juice has also been found beneficial in the treatment of this disease.

#### **Conjunctivitis treatment using Indian Gooseberry**

The juice of the Indian gooseberry, mixed with honey, is useful in conjunctivitis. A cup of this juice should be taken mixed with two teaspoons of honey twice daily in treating this condition.

#### **Conjunctivitis treatment using Vitamins**

Vitamins A and B2 have proved useful in conjunctivitis. The patient should take liberal quantities of natural foods rich in these two vitamins. Foods rich in vitamin A are wholemilk, curds, butter, carrots, pumpkin, green leafy vegetables, tomatoes, mangoes, and papaya. Foods rich in vitamin B2 are green leafy vegetables, milk, almonds, citrus fruits, bananas, and tomatoes.

#### **Conjunctivitis treatment using Coriander**

A decoction prepared with a handful of dried coriander in 60 ml of water is an excellent eye-wash in conjunctivitis. It is said to relieve burning and reduces pain and swelling. This decoction should, however, be sparingly used by persons suffering from bronchial asthma and chronic bronchitis.

Constipation:

#### **Constipation treatment using Bael Fruit**

Generally all fruits, except banana and jack fruit, are beneficial in the treatment of constipation. Certain fruits are, however, more effective. Bael fruit is regarded as

the best of all laxatives. It cleans and tones up the intestines. Its regular use for two or three months throws out even the old accumulated faecal matter. It should be preferably taken in its original form and before dinner. About sixty grams of the fruit are sufficient for an adult.

#### **Constipation treatment using Pear**

Pears are beneficial in the treatment of constipation. Patients suffering from chronic constipation should adopt an exclusive diet of this fruit or its juice for a few days, but in ordinary cases, a medium-sized pear taken after dinner or with breakfast will have the desired effect.

#### **Constipation treatment using Guava**

Guava is another effective remedy for constipation. When eaten with seeds, it provides roughage to the diet and helps in the normal evacuation of the bowels. One or two guavas should be taken everyday.

#### **Constipation treatment using Grapes**

Grapes have proved very beneficial in overcoming constipation. The combination of the properties of the cellulose, sugar, and organic acid in grapes make them a laxative food. Their field of action is not limited to clearing the bowels only. They also tone up the stomach and intestines and relieve the most chronic constipation. One should take at least 350 gm of this fruit daily to achieve the desired results. When fresh grapes are not available, raisins, soaked in water, can be used. Raisins should be soaked for twenty-four to forty-eight hours. This will make them swell to the original size of the grapes. They should be eaten early in the morning, along with the water in which they have been soaked.

#### **Constipation treatment using Orange**

Orange is also beneficial in the treatment of constipation. Taking one or two oranges at bedtime and again on rising in the morning is an excellent way of stimulating the bowels. The general stimulating influence of orange juice excites peristaltic activity and helps prevent the accumulation of food residue in the colon.

#### **Constipation treatment using Papaya and Figs**

Other fruits specific for constipation are papaya and figs. Half a medium-sized papaya should be eaten at breakfast for it to act as a laxative. Both fresh and dry figs have a laxative effect. Four or five dry figs should be soaked overnight in a little water and eaten in the morning.

#### **Constipation treatment using Spinach**

Among the vegetables, spinach has been considered to be the most vital food for the entire digestive tract from time immemorial. Raw spinach contains the finest organic material for the cleansing, reconstruction, and regeneration of the intestinal tract. Raw spinach juice-100 ml, mixed with an equal quantity of water and taken twice daily, will cure the most aggravated cases of constipation within a few days.

#### **Constipation treatment using Other Remedies**

Half a lime, squeezed in a glass of hot water, with half a teaspoon of salt is also an effective remedy for constipation. Drinking water which has been kept overnight in a copper vessel, first thing in the morning, brings good results. Linseed (also) is extremely useful in difficult cases of constipation. A teaspoon of

linseed swallowed with water before each meal provides both roughage and lubrication. Constipated- Have an apple to cure constipation.

Coronary heart disease:

### **Coronary Heart Disease treatment using Grapes**

Fresh fruits in general are beneficial in the treatment of heart disease. They tone up the heart. Grapes are especially effective in heart pain and palpitation of the heart, and the disease can be rapidly controlled if the patient adopts an exclusive diet of grapes for a few days. Grape juice is particularly valuable when one is actually suffering from a heart attack.

### **Coronary Heart Disease treatment using Apple**

Apples have heart-stimulating properties. Patients suffering from a weak heart will benefit greatly by making liberal use of this fruit and apple jam.

### **Coronary Heart Disease treatment using Indian Gooseberry**

Indian gooseberry is considered an effective home remedy for heart disease. It tones up the functions of all the organs of the body, and builds up health by destroying the heterogeneous elements and renewing lost energy. When the fruit is in season, one medium-sized Indian gooseberry can be taken with a little salt daily; when not in season, dry pieces can be chewed .

### **Coronary Heart Disease treatment using Onion**

Onions have been found valuable in heart disease. They are useful in normalising the percentage of blood cholesterol by oxidising excess cholesterol. One teaspoon of raw onion juice first thing in the morning is beneficial in such cases.

### **Coronary Heart Disease treatment using Honey**

Honey has got marvellous properties to prevent all sorts of heart disease. It tones up the heart and improves the circulation. It is also effective in cardiac pain and palpitation of the heart. One tablespoon daily after food is sufficient to prevent all sorts of heart troubles.

### **Coronary Heart Disease treatment using Asparagus**

Asparagus is an excellent food for strengthening the heart.. A good medicine for a weak or an enlarged heart is prepared by mixing the freshly extracted juice of this vegetable with honey, in the ratio of 2:1. A teaspoon of this medicine should be taken three times daily. Patients with heart disease will also benefit by steam cooking this vegetable.

### **Coronary Heart Disease treatment using Alfalfa**

The herb alfalfa in the form of juice has been found very helpful in most troubles related to the arteries and heart diseases. Only the leaves of the plant are used for this purpose, when they can be obtained fresh. The juice of fresh alfalfa is, however, too strong and potent to be taken by itself. It is best taken with carrot juice in equal quantities of 125ml each, twice daily. In this combination, the individual benefits of each juice are intensified.

### **Coronary Heart Disease treatment using Safflower**

Safflower oil has proved beneficial in lowering blood cholesterol. Hence it can be used liberally with persons suffering from cardiovascular disorders. An emulsion

with the trade name Saffloxin-Cipla is used routinely during myocardial infarction, cardiac ischaemia, and hypertension.

### **Cough treatment using Grapes**

Grapes are one of the most effective home remedies for the treatment of a cough. Grapes tone up the lungs and act as an expectorant, relieving a simple cold and cough in a couple of days. A cup of grape juice mixed with a teaspoon of honey is advised for cough relief.

### **Cough treatment using Almonds**

Almonds are useful for dry coughs. Seven kernels should be soaked in water overnight and the brown skin removed. They should then be ground well to form a fine paste. A quantity of twenty grams each of butter and sugar should then be added to the paste. This paste should be taken in the morning and evening.

### **Cough treatment using Onion**

The use of raw onion is valuable in a cough. This vegetable should be chopped fine and the juice extracted from it. One teaspoon of the juice should then be mixed with one teaspoon of honey and kept for four or five hours-it will make an excellent cough syrup and should be taken twice daily. Onions are also useful in removing phlegm. A medium-sized onion should be crushed, the juice of one lemon added to it, and then one cup of boiling water poured on it. A teaspoon of honey can be added for taste. This remedy should be taken two or three times a day.

### **Cough treatment using Turmeric**

The root of the turmeric plant is useful in a dry cough. The root should be roasted and powdered. This powder should be taken in three gram doses twice daily, in the morning and evening.

### **Cough treatment using Belleric Myroblan**

The herb belleric myroblan is a household remedy for a cough. A mixture comprising two grams of the pulp of the fruit, 1/4 teaspoon of salt, 1/2 teaspoon of long pepper, and 2 teaspoons of honey should be administered for the treatment of this condition twice daily. The dried fruit covered with wheat flour and roasted, is another popular remedy for cough condition.

### **Cough treatment using Raisins**

A sauce prepared from raisins is also useful in a cough. This sauce is prepared by grinding 100 gm of raisins with water. About 100 gm of sugar should be mixed with it and the mixture heated. When the mixture acquires a sauce-like consistency, it should be preserved. Twenty grams should be taken at bedtime daily.

### **Cough treatment using Aniseed**

Aniseed is another effective remedy for a hard dry cough with difficult expectoration. It breaks up the mucus. A tea made from this spice should be taken regularly for treating this condition.

Cracked heels:

Apply any shortening or hydrogenated vegetable oil after washing the feet clean on dry and cracked areas of the feet. After applying a thick coat of shortening on the feet, wear a pair of thick socks. Leaving this application overnight can surely provide positive results in few days.

-Apply the pulp of a ripe banana on the dry or cracked area of the heel. Leave it on for 10 minutes and rinse it clean.

-Soak the feet in lemon juice for about 10minutes. Follow this therapy on a weekly basis until one finds a change.

-A daily regime of cleaning and moisturizing is a good cure for dry or cracked heels. At the end of the day soak the feet in warm soapy water for about 15 minutes. Rinse feet and pat dry. Make a healing mixture comprising of: one teaspoon Vaseline and the juice of one lemon. Rub this mixture onto the cracked heels and other required areas of the feet till it is thoroughly absorbed. This can be done daily until visible results are obtained.

Remedies for Cracked, chapped and dry lips:

Rub cucumber slice on your lips,  
Apply neem leaf extract on your lips,  
Put some aloe vera gel on your lips

### **Cystitis treatment using Cucumber Juice**

Cucumber juice is one of the most useful home remedies in the treatment of cystitis. It is a very effective diuretic. A cup of this juice, mixed with one teaspoon of honey and a tablespoon of fresh lime juice, should be given three times daily.

### **Cystitis treatment using Drumstick Flowers**

Fresh juice of the flowers of drumstick is another effective remedy for cystitis. For better results, a teaspoon of the juice, mixed with half a glass of tender coconut water, should be given twice daily. It acts as a diuretic in the treatment of this disease.

### **Cystitis treatment using Radish Leaves**

The juice of radish leaves is valuable in cystitis. A cup of this juice should be given once daily, in the morning, for a fortnight.

### **Cystitis treatment using Lady's Fingers**

Fresh lady's fingers are useful in cystitis. A decoction made of 100 gm of lady's fingers and 200 ml of water should be taken twice daily in the treatment of this disease.

### **Cystitis treatment using Spinach**

A quantity of 100 ml of fresh spinach juice, taken with an equal quantity of tender coconut water twice a day, is considered beneficial in the treatment of cystitis. It acts as a very effective and safe diuretic due to the combined action of both nitrates and potassium.

### **Cystitis treatment using Lemon**

Lemon has proved valuable in cystitis. A teaspoon of lemon juice should be put in 180 ml of boiling water. It should then be allowed to cool and 60 ml of this water should be taken every two hours from 8 a.m to 12 noon for the treatment of this condition. This eases the burning sensation and also stops bleeding in cystitis

#### **Cystitis treatment using Barley**

Half a glass each of barley gruel, mixed with buttermilk and the juice of half a lime, is an excellent diuretic. It is beneficial in the treatment of cystitis, and may be taken twice daily.

#### **Cystitis treatment using Sandalwood Oil**

The oil of sandalwood is also considered valuable in this disease. This oil should be given in doses of five drops in the beginning and gradually increased to ten to thirty drops. The efficacy of this oil can be increased by the addition of one teaspoon of ajwain mixed in a glass of water, or ten grams of ginger mixed in a cup water.

#### **Dandruff treatment using Fenugreek Seeds**

The use of fenugreek seeds is one of the most important remedies in the treatment of dandruff. Two tablespoons of these seeds should be soaked overnight in water and ground into a fine paste in the morning. This paste should be applied all over the scalp and left for half an hour. The hair should then be washed thoroughly with soap-nut (ritha) solution or shikakai.

#### **Dandruff treatment using Lime**

The use of a teaspoon of fresh lime juice for the last rinse, while washing the hair, is another useful remedy. This not only leaves the hair glowing but also removes stickiness and prevents dandruff.

#### **Dandruff treatment using Green Gram Powder**

A valuable prescription for removal of dandruff is the use of green gram powder. The hair should be washed twice a week with two tablespoons of this powder mixed with half a cup of curd.

#### **Dandruff treatment using Beet**

Beets have been found useful in dandruff. Both tops and roots should be boiled in water and this water should be massaged into the scalp with the finger tips every night. White beet is better for this purpose.

#### **Dandruff treatment using Snake Gourd**

The juice of snake gourd has been found beneficial in the prevention and treatment of dandruff. The juice should be rubbed over the scalp for this purpose.

#### **Dandruff treatment using Other Remedies**

Dandruff can be removed by massaging the hair for half an hour with curd which has been kept in the open for three days, or with a few drops of lime juice mixed with amla juice every night, before going to bed. Another measure which helps to counteract dandruff is to dilute cider vinegar with an equal quantity of water and dab this on to the hair with cotton wool inbetween shampooing. Cider vinegar added to the final rinsing water after shampooing also helps to disperse dandruff.

### **Remedies for Dark Skin**

Here are some simple home remedies that you can do to lighten the skin tone and get a lighter complexion. However, they must be done regularly and best results are obtained if they are inculcated as a part of daily routine.

Mix 1 tsp of milk powder, 1 tsp of honey, 1 tsp of lemon juice, and ½ tsp of almond oil. Apply on face and wash off after 10-15 minutes. This pack helps bring shine to the skin and also removes tan.

Mix oatmeal with curd and tomato juice and apply on the face. Keep it on for 20 minutes and then wash it off with cold water. It helps remove the tan and lightens the skin.

Place sliced raw potato on the face. It helps reduce blemishes and other marks.

Applying turmeric powder along with lime juice removes the tan. Lime juice is a natural bleach.

Dried orange peels mixed with curd also help reduce blemishes and scars. Wash off this mixture with cold water after 15 minutes.

Soak 4 almonds overnight. Grind into a fine paste using milk. Apply on face and neck and leave it overnight. Wash with cold water in the morning. Do this daily for 15 days, followed by twice a week.

A tbsp of gram flour mixed with 2 tsp of raw milk and 2-3 drops of lime juice works well for lightening dark skin. Apply this mixture and leave it for 15 minutes before washing off. Repeat for 4 weeks and follow up with once a week.

Apply a paste of fresh ground mint leaves and leave it for about 20 minutes. Wash with cold water, continue for 15 days.

Apply a mixture of grated tomato with 2-3 drops of lime juice on the face. Leave it for 20 minutes before washing off. Do this twice a day for 15-20 days for best results.

### **Remedies for Dark underarms**

Rub lemon slices on your armpits. Use alum powder instead of deodorants. After a shower rub some baking soda on your armpits. Apply vitamin E oil on your armpits. Wash your armpits with coconut oil. Apply a paste of 1 tbsp. curd, 1 tsp. gram flour, pinch of turmeric and 1 tsp. milk on your underarms. Rinse with cold water when it dries. Apply paste of rose water and sandalwood powder on your underarms. Make a paste using 1 tsp of lime juice, 1 tsp of cucumber juice and a pinch of turmeric powder. Apply it on your armpits and rinse after 20 minutes.

### **Depression treatment using Apple**

Apple is one of the most valuable remedies for mental depression. The various chemical substances present in this fruit such as vitamin B, phosphorus, and potassium help the synthesis of glutamic acid, which controls the wear and tear of nerve cells. The fruit should be taken with milk and honey. This remedy will act as a very effective nerve tonic and recharge the nerves with new energy and life.

### **Depression treatment using Cashewnut**

The cashewnut is another valuable remedy for general depression and nervous weakness. It is rich in vitamins of the B group, especially thiamine, and is therefore useful in stimulating the appetite and the nervous system. It is also rich in riboflavin which keeps the body active, cheerful, and energetic.

### **Depression treatment using Asparagus**

The root of asparagus has been found beneficial in the treatment of depression. It is highly nutritious and is used as a herbal medicine for mental disorders. It is a good tonic for the brain and nerves. One or two grams of the powder of the dry root of the plant can be taken once daily.

### **Depression treatment using Cardamom**

The use of cardamom has proved valuable in depression. Powdered seeds should be boiled in water and tea prepared in the usual way. A very pleasing aroma is added to the tea, which can be used as a medicine in the treatment of this condition.

### **Depression treatment using Lemon Balm**

The herb lemon balm has been used successfully in the treatment of mental depression. It alleviates brain fatigue, lifts the heart from depression, and raises the spirits. A cold infusion of the balm taken freely is reputed to be excellent for its calming influence on the nerves. About thirty grams of the herb should be placed in half a litre of cold water and allowed to stand for twelve hours. The infusion should then be strained and taken in small doses throughout the day.

### **Depression treatment using Rose**

An infusion of rose petals should be prepared by mixing 15 gm of rose petals in 250 ml of boiling water. If drunk occasionally, instead of the usual tea and coffee, it is beneficial for treating this condition.

### **Diabetes treatment using Bitter Gourd**

Among the several home remedies that have proved beneficial in controlling diabetes, perhaps the most important is the use of bitter gourd. It has lately been established that bitter gourd contains a hypoglycaemic or insulin-like principle, designated as 'plantinsulin', which has been found valuable in lowering the blood and urine sugar levels. It should, therefore, be included liberally in the diet of the diabetic. For better results, the diabetic should take the juice of about four or five karelas every morning on an empty stomach. The seeds can be added to food in a powdered form. Diabetics can also use bitter gourd in the form of a decoction by boiling the pieces in water or in the form of dry powder.

### **Diabetes treatment using Indian Gooseberry**

Indian gooseberry, with its high vitamin C content, is considered valuable in diabetes. A tablespoon of its juice, mixed with a cup of bitter gourd juice, taken daily for two months, will stimulate the islets of Langerhans, that is, the isolated group of cells that secrete the hormone insulin in the pancreas. This mixture reduces the blood sugar in diabetes.

#### **Diabetes treatment using Jambul Fruit**

Jambul fruit is another effective home remedy. It is regarded in traditional medicine as a specific against diabetes because of its effect on the pancreas. The fruit as such, the seeds, and fruit juice are all useful in the treatment of this disease. The seeds contain a glucoside 'jamboline' which is believed to have the power to check the pathological conversion of starch into sugar in cases of increased production of glucose. The seeds should be dried and powdered. One teaspoon of this powder should be mixed in one cup of milk or water or half a cup of curd, and taken twice daily. The inner bark of the jambul tree is also used in the treatment of diabetes. The bark is dried and burnt. It will produce an ash of white colour. This ash should be pestled in mortar, strained and bottled. The diabetic patient should be given ten grams of this ash on an empty stomach with water in the morning, and twenty grams in the afternoon, and in the evening an hour after taking meals. An equal quantity of amla powder, jamun powder, and bitter gourd powder also makes a very useful remedy for diabetes. A teaspoon of this mixture once or twice a day would be effective in checking the progress of the disease.

#### **Diabetes treatment using Grapefruit**

Grapefruit is a splendid food in the diet of a diabetic patient. If grapefruits were eaten more liberally, there would be much less diabetes. If you have sugar, use three grapefruits three times a day. If you do not have sugar, but a tendency towards it and want to prevent it, use three a day.

#### **Diabetes treatment using Fenugreek**

The seeds of fenugreek have been found effective in the treatment of diabetes. Fenugreek seeds, when given in varying doses of 25 gm to 100 gm daily, diminish reactive hyperglycaemia in diabetic patients. Levels of glucose, serum cholesterol, and triglycerides were also significantly reduced in the diabetes patients when the seeds were consumed.

#### **Diabetes treatment using Bengal Gram**

Experiments have shown that the intake of water extract of Bengal gram enhances the utilization of glucose in both diabetic and normal persons. When kept on a diet which included liberal supplements of Bengal gram extract, the condition of the patient improved considerably and his insulin requirement was reduced to about twenty units per day. Diabetes patients who are on a prescribed diet which does not severely restrict the intake of carbohydrates, but includes liberal amounts of Bengal gram extract, have shown considerable improvement in their fasting blood sugar levels, glucose tolerance, urinary excretion of sugar, and general condition.

#### **Diabetes treatment using Black Gram**

For a milder type of diabetes, two tablespoons of germinated black gram, taken with half a cup of fresh bitter gourd juice and a teaspoon of honey, is said to be

useful. It should be taken once daily for three to four months. A restriction should be placed on the intake of carbohydrates. Even in severe cases, regular use of this combination, with other precautions, is useful as a health-giving food for the prevention of various complications that may arise due to malnutrition in diabetics.

#### **Diabetes treatment using Mango Leaves**

The tender leaves of the mango tree are considered useful in diabetes. An infusion is prepared by soaking 15 gm of fresh leaves in 250 ml of water overnight, and squeezing them well in the water in the morning. This filtrate should be taken every morning to control early diabetes. As an alternative, the leaves should be dried in the shade, powdered and preserved for use when necessary. Half a teaspoon of this powder should be taken twice a day.

#### **Diabetes treatment using Parslane**

The seeds of parslane are useful in diabetes. A teaspoon of the seeds should be taken every day with half a cup of water for three to four months. It will increase the body's own insulin and help in curing diabetes.

#### **Diabetes treatment using Other Foods**

Besides bitter gourd, certain other vegetables have been found useful in diabetes. These include string beans, cucumber, onion, and garlic. Tea made of the pods of string beans is valuable in diabetes.

#### **Diarrhoea treatment using Buttermilk**

Buttermilk is one of the most effective home remedies in the treatment of diarrhoea. Buttermilk is the residual milk left after the fat has been removed from curd by churning. It helps overcome harmful intestinal flora. The acid in the buttermilk also fights germs and bacteria. Buttermilk may be taken with a pinch of salt three or four times a day for controlling this disease.

#### **Diarrhoea treatment using Carrot Soup**

Carrot soup is another effective home remedy for diarrhoea. It supplies water to combat dehydration; replenishes sodium, potassium, phosphorus, calcium, sulphur, and magnesium; supplies pectin; and coats the intestine to allay inflammation. It also checks the growth of harmful intestinal bacteria and prevents vomiting. Half a kilogram of carrots may be cooked in 150 ml of water until they become soft. The pulp should be strained and enough boiled water added to it to make a litre. Three-quarters of a tablespoon of salt may be added. This soup should be given in small amounts to the patient every half an hour.

#### **Diarrhoea treatment using Fenugreek**

Fenugreek leaves are useful in diarrhoea. One teaspoon of seeds which have been boiled and fried in butter should be taken with a cup of buttermilk twice daily. They are valuable in allaying biliousness. The seeds are also beneficial in the treatment of this disease.

#### **Diarrhoea treatment using Ginger**

In case of diarrhoea caused by indigestion, dry or fresh ginger is very useful. A piece of dry ginger should be powdered along with a crystal of rock salt, and quarter of a teaspoon of this powder should be taken with a small piece of jaggery. It will bring quick relief as ginger, being carminative, aids digestion by stimulating the gastrointestinal tract.

### **Diarrhoea treatment using Mint**

Mint juice is also beneficial in the treatment of diarrhoea. One teaspoon of fresh mint juice, mixed with a teaspoon each of lime juice and honey, can be given thrice daily with excellent results in the treatment of this disease.

### **Diarrhoea treatment using Bottle Gourd**

The juice of bottle gourd is a valuable medicine for excessive thirst due to severe diarrhoea. A glass of plain juice with a pinch of salt should be taken every day in treating this condition.

### **Diarrhoea treatment using Drumstick Leaves**

The juice of fresh leaves of drumstick is also valuable in diarrhoea. A teaspoon of this juice, mixed with a teaspoon of honey and a glass of tender coconut water, can be given two to three times as a herbal medicine in the treatment of diarrhoea.

### **Diarrhoea treatment using Pomegranate**

The pomegranate has proved beneficial in the treatment of diarrhoea on account of its astringent properties. If the patient develops weakness due to profuse and continuous purging, he should repeatedly be given about 50 ml of pomegranate juice to drink. This will control the diarrhoea.

### **Diarrhoea treatment using Mango Seeds**

Mango seeds are valuable in diarrhoea. The seeds should be collected during the mango season, dried in the shade and powdered, and kept stored for use as a medicine when required. A dose of about one and a half to two grams with or without honey, should be administered twice daily.

### **Diarrhoea treatment using Sesame Seeds**

Sesame seeds are helpful in the treatment of this condition. Two tablespoons of the seeds should be lightly roasted in a frying pan. They should then be ground into a fine powder and mixed with one tablespoon of cow's ghee. The mass should be divided into three parts and each part should be taken with half a cup of boiled goat's milk thrice daily for six days by the patients. It acts as an excellent medicine in this condition.

### **Diarrhoea treatment using Turmeric**

Turmeric has proved to be another valuable home remedy for diarrhoea. It is a very useful intestinal antiseptic. It is also a gastric stimulant and tonic. One teaspoon of fresh turmeric rhizome juice or one teaspoon of dry rhizome powder may be taken in one cup of buttermilk or plain water.

### **Diarrhoea treatment using Rice**

Rice is useful in treating diarrhoea in children. A teaspoon of powder of charred parboiled rice, mixed with a glass of buttermilk, should be given in doses of thirty grams every half an hour. This will bring excellent results.

### **Diarrhoea treatment using Other Remedies**

Cooked or baked apples are good for diarrhoea. The cooking process softens the cellulose. Much of its value as a regulating material is thus lost and it is effective in looseness of the bowels. A glass of fresh tomato juice, mixed with a pinch of salt and pepper, taken in the morning, also proves beneficial. Other starchy liquids such as arrowroot water, barley water, and coconut water are also useful

in the treatment of diarrhoea. They not only replace the fluid lost but also bind the stools. Other home remedies include bananas and garlic. Bananas contain pectin and encourage the growth of beneficial bacteria. Garlic is a powerful, effective, and harmless germ killer. It aids digestion and removes intestinal worms.

Cure for diarrhoea: Grind a lemon along with seeds and rind to a paste. Add a little salt. This makes an effective cure for diarrhoea.

### **Remedies for Ear infection**

Put few drops of garlic juice into the infected ear. Use blow dryer from about 12 to 15 inches from your head, this will remove any water trapped in the Eustachian tube. Put some olive oil on the warm spoon; put 2 to 3 drops of this in each ear. Put few drops of lobelia extract into the infected ear and rub it gently. Wash your ear using colloidal silver, it is a natural antibiotic. Slightly warm one teaspoon of juice of the mango leaf and put it into the infected ear drop by drop.

### **Remedies for Edema**

Mustard oil is an effective home remedy for edema. Take some warm mustard oil and rub it on the affected areas. Soak 2 teaspoons of mustard seeds in water and apply the solution to the affected areas. Apple cider vinegar helps to remove excess fluid in the body cells and cavities.

### **Female infertility treatment using Banyan Roots**

The tender roots of the banyan tree are one of the valuable remedies found beneficial in the treatment of female sterility where there are no organic defect or congenital deformities. These roots should be dried in the shade and finely powdered. About twenty grams of this powder should be mixed with milk, which should be five times the weight of this powder, and taken at night for three consecutive nights after the monthly periods are over. When this remedy is administered, no other food should be eaten for a short while thereafter. This remedy should be repeated after the completion of the menstrual cycle every month till conception takes place.

### **Female sterility treatment using Jambul Leaves**

An infusion of the fresh tender leaves of jambul fruit is an excellent remedy for sterility or miscarriage due to an ovarian or endometrium functional disorder. The infusion can be prepared by pouring 250 ml of boiling water over 20 gm of fresh jambul leaves, and allowing it to steep for two hours. The infusion may be taken with either two teaspoons of honey or 200 ml of buttermilk.

### **Female infertility treatment using Winter Cherry**

The herb winter cherry is another valuable remedy found helpful in sterility. The herb should be powdered and six grams of this powder should be taken with one cup of milk for five to six nights after menstruation.

### **Remedies for Flatulence**

Gas or flatulence can to a great extent be remedied at home using kitchen cures.

Here are some of the tried and tested methods for treating the breaking wind problem -

Mix 1/2 tsp of dry ginger powder with a pinch of asafoetida and a pinch of rock salt in a cup of warm water. Drink this concoction to get relief from gas.

Mix 2 tsp of brandy with a cup of warm water and drink this before going to bed.

Chew on some fresh ginger slices that are soaked in lime juice after meals.

A drop of dill oil in a tsp of honey taken immediately after a meal should be of great help.

Dry grind 1 tsp of pepper, 1 tsp of dry ginger and 1 tsp of green cardamom seeds. Add 1/2 tsp of this mixture to water and drink after 1 hour after meal.

Chewing peppermint after a meal does a lot more than just freshening your breath. Peppermint contains menthol that soothes the digestive muscles. It helps in treating flatulence, bloating and abdominal pain that accompanies gas. Peppermint oil combined with caraway oil has been used since ages to treat abdominal discomfort caused by flatulence.

### **Gastritis treatment using Coconut**

Coconut water is an excellent remedy for gastritis. It gives the stomach the necessary rest and provides vitamins and minerals. The stomach is greatly helped in returning to a normal condition if nothing but coconut water is given during the first twenty-four hours.

### **Gastritis treatment using Rice**

Rice gruel is another excellent remedy for acute cases of gastritis. One cup of rice gruel is recommended twice daily. In chronic cases where the flow of gastric juice is meagre, such foods as require prolonged vigorous mastication are beneficial as they induce a greater flow of gastric juice.

### **Gastritis treatment using Potato**

Potato juice has been found valuable in relieving gastritis. The recommended dose is half a cup of the juice, two or three times daily, half an hour before meals.

### **Gastritis treatment using Marigold**

The herb marigold is also considered beneficial in the treatment of gastritis. An infusion of the herb in doses of a tablespoon may be taken twice daily.

### **Remedies for Genital warts**

Some genital warts may disappear over time. Apply oil (vitamin E) on the infected skin and put some crushed raw garlic over it. Cover it with an adhesive tape. The wart will fall within a week. Make juice from onion slices covered overnight with salt and apply it on the affected area till the warts disappear. Apply milky juice of figs' stem two to three times a day. Apply apple cider vinegar to the affected area using cotton ball.

### **Remedies for Gingivitis**

Use of products made from essential oils helps cure gingivitis. Gargle twice a day by a home made saline solution by putting a pinch of salt in a glass of lukewarm water. This will reduce the swelling in your mouth. Rub your gums with clove oil or you can also keep one or clove in your mouth. Use anti bacterial mouth wash to reduce the swelling on the gums. Use mouthwash containing sage oil, peppermint oil, menthol, chamomile tincture etc Use toothpaste containing sage oil, peppermint oil etc.

### **Goitre treatment using Iodine**

Iodine is, undoubtedly, most helpful in many cases, but it should be given in its organic form. All foods containing iodine should be taken liberally. These are lettuce, turnips, carrots, garlic, onions, oats, pineapples, whole rice, tomatoes, watercress, strawberries, guavas, citrus fruits, egg yolks, and sea foods.

### **Goitre treatment using Watercress**

Goitre can be treated with Watercress which is one of the best sources of the element iodine. It is valuable in correcting the functioning of the thyroid gland. Its regular use, therefore, is highly beneficial in the prevention and treatment of goitre. A paste made of this vegetable can also be applied beneficially over the affected parts. It helps to reduce swelling.

### **Goitre treatment using Swamp Cabbage**

Exophthalmic goitre can be treated using the leaves of swamp cabbage. A teaspoon of the juice with tea almonds should be given once or twice daily as a medicine. The leaves are also useful in myxedema, a condition that results from lack of thyroid hormones

### **Goitre treatment using Kachnar**

Kachnar, botanically known as *Bauhinia variegata*, has been used as a folk medicine for treatment of goitre in India. About 30 ml of the decoction of the bark should be given twice a day in the morning on an empty stomach.

### **Goitre treatment using Dandelion**

Dandelion has been found valuable in treating goitre. The leaves of this salad vegetable should be smeared with ghee, warmed and bandaged over the swollen

parts for about two weeks. Any existing discomfort will be relieved by this remedy.

### **Treating gout using Cherry**

The cherry, sweet or sour, is considered in effective treating gout. To start with, the patient should consume about fifteen to twenty five cherries a day.

Thereafter, about ten cherries a day will keep the ailment under control. While fresh cherries are best, canned cherries can also be used occasionally.

### **Gout treatment using Vegetable Juices**

Raw vegetable juices are used for gout treatment. Carrot juice, in combination with the juices of beet and cucumber, is especially valuable. Beet juice - 100 ml and cucumber juice - 100 ml should be mixed with 300 ml of carrot juice to make 500 ml of combined juice and taken daily

### **Treating Gout using French Beans**

The juice of French or string beans has also proved effective in treating gout. About 150 ml of this juice should be taken daily by the patient suffering from this disease.

### **Cure for Gout using Apple**

Apples are regarded as an excellent source for curing gout. The malic acid contained in them is believed to neutralise the uric acid and afford relief to gout sufferers. The patient is advised to take one apple after each meal.

### **Gout relief using Banana**

Bananas have been found beneficial in the treatment of gout. A diet of bananas only for three or four days is advised for providing some relief from gout. A patient can take eight or nine bananas daily during this period and nothing else.

### **Treating gout using Lime**

Lime is also used as a source in treating gout. Vitamin C is known to prevent and cure sore joints by strengthening the connective tissues of the body. The citric acid found in lime is a solvent of the uric acid which is the primary cause of this disease. The juice of half a lime, squeezed into a glass of water, should be taken twice daily.

### **Natural Headache Cure using Lemon**

There are several natural remedies for various types of headaches. The juice of three or four slices of lemon should be squeezed in a cup of tea and taken by the patient for treating this condition. It gives immediate relief. The crust of lemon, which is generally thrown away, has been found useful in headaches caused by heat. Lemon crusts should be pounded into a fine paste in a mortar and applied as plaster on the forehead. Applying the yellow, freshly pared-off rind of a lemon to each temple will also give relief.

### **Cure Headaches naturally using Apple**

Apples are valuable in curing all types of headaches. After removing the upper rind and the inner hard portion of a ripe apple, it should be taken with a little salt every morning on an empty stomach in such cases. This should be continued for about a week.

### **Natural Headache remedy using Henna**

The flowers of henna have been found valuable in curing headaches caused by hot sun. The flowers should be rubbed in vinegar and applied over the forehead. This remedy will soon provide relief.

#### **Headache remedy using Cinnamon**

Cinnamon is useful in headaches caused by exposure to cold air. A fine paste of this spice should be prepared by mixing it with water and it should be applied over the temples and forehead to obtain relief.

#### **Headache treatment using Marjoram**

The herb marjoram is beneficial in the treatment of a nervous headache. An infusion of the leaves is taken as a tea in the treatment of this disorder.

#### **Headache treatment using Rosemary**

The herb rosemary has been found valuable in headaches resulting from cold. A handful of this herb should be boiled in a litre of water and put in a mug. The head should be covered with a towel and the steam inhaled for as long as the patient can bear. This should be repeated till the headache is relieved.

#### **Remedies for Hiccups**

Some of the home remedies for hiccups are as follows Hold your breath, Gargle with water, Place an ice bag on the diaphragm for sometime, Sip ice water quickly, Close your eyes and gently press your eye balls, Drink a glass of soda water quickly, Eat some sugar, Eat one tbsp peanut butter,

#### **High Blood Cholesterol treatment using Lecithin**

Lecithin, also a fatty food substance and the most abundant of the phospholipids, is beneficial in case of increase in cholesterol level. It has the ability to break up cholesterol into small particles which can be easily handled by the system. With sufficient intake of lecithin, cholesterol cannot build up against the walls of the arteries and veins. Lecithin also increases the production of bile acids made from cholesterol, thereby reducing its amount in the blood, Egg yolk, vegetable oils, wholegrain cereals, soyabeans, and unpasturised milk are rich sources of lecithin. The cells of the body are also capable of synthesizing it as needed, if several of the B vitamins are present.

#### **High Blood Cholesterol treatment using Vitamins**

Vitamins B6, choline, and inositol are particularly effective in reducing the level of blood cholesterol. Wheat germ, yeast, or vitamin B extracted from bran contain high quantities of these vitamins. Vitamin E also elevates blood lecithin and reduces cholesterol. The patient should take liberal quantities of vitamin E-rich foods such as sunflower seeds, safflower, soyabean oils, butter, and sprouted seed and grains.

#### **High Blood Cholesterol treatment using Sunflower Seeds**

Sunflower seeds are valuable in lowering high blood cholesterol. They contain a substantial quantity of linoleic acid which is the fat helpful in reducing cholesterol deposits on the walls of arteries. Substituting sunflower seeds for some of the

solid fats like butter and cream will, therefore, lead to great improvement in health.

#### **High Blood Cholesterol treatment using Coriander Seeds**

Regular drinking of a decoction of coriander seeds helps lower blood cholesterol. It is a good diuretic and helps stimulate the kidneys. It is prepared by boiling two tablespoons of dry seeds in a glass of water and straining the decoction after cooling. This decoction should be taken twice daily.

#### **High Blood Cholesterol treatment using Ishabgul**

The herb ishabgul has been found beneficial in the treatment of high cholesterol level. The oil of the seeds of this plant should be given for lowering blood cholesterol. It contains fifty per cent linoleic acid. This oil is more active than safflower oil, and one teaspoon should be taken twice daily.

#### **High Blood Cholesterol treatment using Fibre**

The amount of fibre in the diet also influences the cholesterol levels and LDL cholesterol can be lowered by taking diets rich in fibres. The most significant sources of dietary fibre are unprocessed wheat bran, whole cereals such as wheat, rice, barley, rye; legumes such as potatoes, carrots, beet, and turnips, fruits such as mangoes and guavas; and leafy vegetables such as cabbage, lady's fingers, lettuce and celery. Oat bran and corn bran are specially beneficial in lowering LDL cholesterol.

#### **High Blood Pressure treatment using Garlic**

Garlic is regarded as an effective means of lowering blood pressure. It is said to reduce spasms of the small arteries. It also slows down the pulse rate and modifies the heart rhythm, besides relieving the symptoms of dizziness, numbness, shortness of breath, and the formation of gas within the digestive tract. It may be taken in the form of raw cloves or two to three capsules a day.

#### **High Blood Pressure treatment using Indian Gooseberry**

Indian gooseberry is another effective remedy for high blood pressure. A tablespoon each of fresh amla juice and honey mixed together should be taken every morning in this condition.

#### **High Blood Pressure treatment using Lemon**

Lemon is also regarded as a valuable food to control high blood pressure. It is a rich source of vitamin P which is found both in the juice and peel of the fruit. This vitamin is essential for preventing capillary fragility.

#### **High Blood Pressure treatment using Grapefruit**

Grapefruit is useful in preventing high blood pressure. The vitamin P content in the fruit is helpful in toning up the arteries.

#### **High Blood Pressure treatment using Watermelon**

Watermelon is another valuable safeguard against high blood pressure. A substance extracted from watermelon seeds is said to have a definite action in dilating the blood vessels, which results in lowering the blood pressure. The seeds, dried and roasted, should be taken in liberal quantities.

#### **High Blood Pressure treatment using Rice**

Rice has a low-fat, low-cholesterol, and low-salt content. It makes a perfect diet for those hypertensive persons who have been advised salt-restricted diets. Calcium in brown rice, in particular, soothes and relaxes the nervous system and helps relieve the symptoms of high blood pressure.

#### **High Blood Pressure treatment using Potato**

Potatoes, specially in boiled form, are a valuable food for lowering blood pressure. When boiled with their skin, they absorb very little salt. Thus they can form a useful addition to a salt-free diet recommended for patients with high blood pressure. Potatoes are rich in potassium but not in sodium salts. The magnesium present in the vegetable exercises beneficial effects in lowering blood pressure.

#### **High Blood Pressure treatment using Parsley**

Parsley is very useful in high blood pressure. It contains elements, which help maintain the blood vessels, particularly, the capillaries. It keeps the arterial system in a healthy condition. It may be taken as a beverage by simmering 20 gm of fresh parsley leaves gently in 250 ml of water for a few minutes. This may be drunk several times daily.

#### **High Blood Pressure treatment using Rauwolfia**

Among the herbs, rauwolfia is the best remedy for high blood pressure. Alkaloids of this drug, which have a direct effect on hypertension, have been isolated and are being widely used by practitioners of modern medicine, but they have certain unpleasant side-effects which the drug, taken in raw form, does not have. Practitioners of the Indian system of medicine have, therefore, preferred to use the root of the drug in a powdered form. Half a teaspoon of this drug, taken thrice a day, is very effective in hypertension.

#### **High Blood Pressure treatment using Vegetable Juice**

Raw vegetable juices, especially carrot and spinach juices, taken separately or in combination, are also beneficial in the treatment of high blood pressure. If taken in combination, 300 ml of carrot juice and 200 ml of spinach juice should be mixed to make 500 ml or half a litre of the juice, and taken daily. If taken separately, one glass should be taken twice daily, morning and evening.

#### **Remedies for Hyperacidity and Heartburn**

If you feel acid problem in your stomach then chew some basil leaves. Slowly suck a small piece of jaggery. Almonds are quite effective in treating heartburn; chew few almonds when you experience heartburn. A glass of chilled milk is a quick remedy for hyperacidity and heartburn. Ginger root with honey taken after meal is effective for treating heartburn

#### **Hysteria treatment using Jambul**

The jambul fruit is considered an effective home remedy for hysteria. Three kilograms of this fruit and a handful of salt should be put in a jug filled with water. The jug should be kept in the sun for a week. A woman suffering from hysteria should take 300 gm of these fruits on an empty stomach, and drink a

cup of water from the jug. The day she starts this treatment, 3 Kg more of these fruits, mixed with a handful of salt, should be kept in another jug filled with water, so that when the contents of the first jug are finished, the contents of the other will be ready for use. This treatment should be continued for two weeks.

#### **Hysteria treatment using Honey**

Honey is regarded as another effective remedy for hysteria. It is advisable to take one tablespoon of honey daily

#### **Hysteria treatment using Bottle Gourd**

Bottle gourd is useful as an external application in hysteria. Macerated fresh pulp of this vegetable should be applied over the head of the patient in the treatment of this disease.

#### **Hysteria treatment using Lettuce**

Lettuce is considered valuable in this disease. A cup of fresh juice of lettuce, mixed with a teaspoon of Indian gooseberry (amla) juice, should be given every day in the morning for a month, as a medicine in the treatment of hysteria.

#### **Hysteria treatment using Rauwolfia**

The herb rauwolfia is very useful for hysteria. One gram of the powdered root should be administered with one cup of milk in the morning as well as in the evening. Treatment should be continued till a complete cure has been obtained.

#### **Hysteria treatment using Asafoetida**

Asafoetida has also proved beneficial in the treatment of this disease. Smelling this gum prevents hysterical attacks. If taken orally, the daily dosage should be from 0.5 to 1.0 gm. An emulsion made up of 2 gm of the gum with 120 ml of water is a valuable enema in hysteria, when the patient resists taking the gum orally.

### **Indigestion Causes**

Following are the causes of indigestion Fast eating without chewing properly, Heavy meal, Consuming excess alcohol, Smoking, Pregnancy, Peptic ulcer, Stress and anxiety Anti-inflammatory drugs, Changes in lifestyle, Diseases that affect digestive organs

### **Remedies for acid indigestion**

To prevent acid indigestion put some lemon juice or cider vinegar in a glass of water and drink it before the meal.

### **Other Remedies**

Every 3 to 4 hours drink water with 2 to 3 drops of mint essence in it. Massage your stomach with a mixture of 2 to 3 drops of garlic oil and half a cup of Soya oil. Ginger tea after meal promotes digestion. Herbal tea prepared using blackberry, raspberry, mint and camomile is effective for indigestion. Take one glass of

honey and lemon juice, both mixed in equal quantity. For instant relief add some baking soda to one glass of water and drink it.

Suffering from bad breath? Chewing on "saunf" makes your breath fresh and removes strong odours.

1 tsp. of mint juice mixed with an equal amount of honey and lemon juice is a good cure for indigestion.

## ***Influenza Home Remedies***

### **Influenza treatment using Long Pepper**

The use of long pepper is one of the most effective remedies in the treatment of influenza. Half a teaspoon of the powder of long pepper, mixed with two teaspoons of honey and half a teaspoon of juice of ginger, should be taken thrice a day. This will help greatly if taken in the initial stages of the disease. It is especially useful in avoiding complications which follow the onset of the disease, namely, the involvement of the larynx and the bronchial tube.

### **Influenza treatment using Garlic**

Garlic is an excellent remedy for influenza. It is useful as a general antiseptic and the patient should take as much as he can bear.

### **Influenza treatment using Turmeric**

Turmeric is valuable in curing influenza. A teaspoon of turmeric powder should be mixed in a cup of warm milk and taken three times a day. It will prevent complications arising from influenza, and also activate the liver which becomes sluggish during the attack.

### **Influenza treatment using Onion**

Onion is also an effective remedy for influenza. Equal amounts of onion juice and honey should be mixed, and three or four teaspoons of this mixture should be taken daily in the treatment of this disease.

### **Influenza treatment using Ginger**

Ginger is an excellent remedy for influenza. A teaspoon of fresh ginger juice, mixed with a cup of fenugreek decoction and honey to taste, is an excellent diaphoretic mixture which increases sweating and reduces fever in this disease. The fenugreek decoction may be prepared by boiling one tablespoon of fenugreek seeds in half a litre of water, till it is reduced by one third.

### **Influenza treatment using Grapefruit**

The juice of grapefruit has proved useful in this disease as it tones up the body and the digestive tract.

### **Influenza treatment using Basil Leaves**

Another effective remedy for this disease is the green leaves of the basil plant. About one gram of these leaves should be boiled along with some ginger in half a litre of water till about half the water is left. This decoction should be taken as tea. It gives immediate relief.

### **Influenza treatment using Finger Millet**

Fumigation of the burnt flour of finger millet is useful in influenza. It should be inhaled gently in the treatment of this disease. It will increase the blood circulation in the nasal mucosa, reduce local congestion, and open up the stuffed nose.

### ***Insomnia Home remedies***

#### **Insomnia treatment using Thiamine**

Of the various food elements, thiamine or vitamin B is of special significance in the treatment of insomnia. It is vital for strong, healthy nerves. A body starved of thiamine over a long period will be unable to relax and fall asleep naturally. Valuable sources of this vitamin are wholegrain cereals, pulses, and nuts.

#### **Insomnia treatment using Lettuce**

Lettuce is beneficial in the treatment of insomnia as it contains a sleep-inducing substance, called 'lectucarium'. The juice of this plant has been likened in effect to the sedative action of opium without the accompanying excitement. Lettuce seeds taken in a decoction are also useful in insomnia. One tablespoon of seeds should be boiled in half a litre of water, till it is reduced by one-third.

#### **Insomnia treatment using Milk**

Milk is very valuable in insomnia. A glass of milk, sweetened with honey, should be taken every night before going to bed in treating this condition. It acts as a tonic and a tranquilliser. Massaging the milk over the soles of the feet has also been found effective.

#### **Insomnia treatment using Curd**

Curd is also useful in insomnia. The patient should take plenty of curd and massage it on the head. This will induce sleep.

### **Insomnia treatment using Bottle Gourd**

The mixture of bottle gourd juice and sesame oil in 50:50 ratio acts as an effective medicine for insomnia. It should be massaged over the scalp every night. The cooked leaves of bottle gourd taken as a vegetable are also beneficial in the treatment of this disease.

### **Insomnia treatment using Aniseed**

A tea made from aniseed is valuable in sleeplessness. This tea is prepared by boiling about 375 ml of water in a vessel and adding a teaspoon of aniseed. The water should be covered with a lid and allowed to simmer for fifteen minutes. It should then be strained and drunk hot or warm. The tea may be sweetened with honey, and hot milk may also be added to it. This tea should be taken after meals or before going to bed.

### **Insomnia treatment using Honey**

Honey is beneficial in the treatment of insomnia. It has a hypnotic action and induces a sound sleep. It should be taken with water, before going to bed, in doses of two teaspoons in a large cup of water. Babies generally fall asleep after taking honey.

### ***Insomnia Diet***

#### **Low salt diet**

The patient should take a low-salt diet as salt is said to interfere with a restful sleep. A balanced diet with simple modifications in the eating pattern will go a long way in the treatment of insomnia.

#### **Avoid white flour products, sugar products, tea etc.**

Such a diet should exclude white flour products, sugar and its products, tea, coffee, chocolate, cola drinks, alcohol, fatty foods, fried foods, and foods containing additives.

### ***Home remedies for Intestinal Worms***

#### **Intestinal Worms treatment using Coconut**

Among the numerous home remedies found beneficial in the treatment of intestinal worms, the use of coconut is most effective. It is an ancient remedy for expelling all kinds of intestinal worms. A tablespoon of freshly ground coconut

should be taken at breakfast, followed by 30 to 60 ml of castor oil mixed with 250 to 375 ml of lukewarm milk after three hours. This process may be repeated till the cure is complete.

### **Intestinal Worms treatment using Garlic**

Garlic has been used from ancient times by the Chinese, Greeks, Romans, Indians, and Babylonians for expelling intestinal worms. It is still used by modern medical practitioners for the same purpose. Both fresh garlic and its oil are effective. An ancient method of its administration was to place a couple of cloves fresh garlic in each shoe. As the person walked, the cloves got crushed, and the worm-killing garlic oil was absorbed by the skin and carried by the blood into the intestines easily, as it possessed a powerful penetrative force. This ancient method is worth a trial by those who do not like the taste of garlic and cannot eat it. Those who can eat raw garlic, however, should chew three cloves of garlic every morning.

### **Intestinal Worms treatment using Carrot**

Carrots are valuable in the elimination of threadworms among children as they are offensive to all parasites. A small cup of grated carrot taken every morning, with no other food added to the meal, can clear these worms quickly.

### **Intestinal Worms treatment using Papaya**

The digestive enzyme papain in the milky juice of the unripe papaya is a powerful agent for destroying roundworms. A tablespoon of the fresh juice of an unripe papaya, and an equal quantity of honey should be mixed with three to four tablespoons of hot water and taken as a dose by an adult. This should be followed two hours later by a dose of 30 to 60 ml of castor oil mixed in 250-375 ml of lukewarm milk. This treatment should be repeated for two days if necessary. For children between seven to ten years of age, half the above doses should be given. For children under three years, a tablespoon is sufficient. Papaya seeds are also useful for this purpose. They are rich in a substance called caricin which is a very effective medicine for expelling roundworms. The seeds should be powdered and taken in doses of one teaspoon with one cup of milk or water daily in the morning on an empty stomach. The alkaloid carpaine found in papaya leaves also has the power to destroy or expel intestinal worms. An infusion can be made by pouring 250 ml of boiling water over 15 gm of dry leaves. This can be taken with honey.

### **Intestinal Worms treatment using Pomegranate**

The bark, both of the root and the stems of the pomegranate tree, is well known for its anthelmintic properties of destroying parasitic worms. The bark of the root is, however, preferred as it contains a greater quantity of the alkaloid punicine

than the bark of the stem. This alkaloid is highly toxic to tapeworms. A cold decoction of the bark, preferably fresh bark, should be given in quantities of 90 to 180 ml three times, at intervals of one hour, to an adult. A purgative should be given after the last dose. The dose for children is 30 to 60 ml. The decoction is also used for expelling tapeworms.

### **Intestinal Worms treatment using Pumpkin**

The seeds of ripe pumpkin are useful in intestinal worms, especially tapeworms. One tablespoon of the seeds should be peeled and crushed, and then infused in 250 ml of boiling water and drunk. This will kill the parasites and help in expelling the tapeworms. It will be necessary to fast for a day and empty the intestines by taking the juice of boiled dry prunes. The next day, three or four tumblers of the pumpkin seed infusion should be taken.

### **Intestinal Worms treatment using Wormwood**

The herb wormwood is an ancient cure for expelling intestinal worms. It was extensively used by the Greeks and Romans for this purpose. The flowering tops have been and are, to this day, largely used in the Tibbi (Unani) system of medicine in India as a drug to kill intestinal worms. They are usually powdered and given in eight to sixteen gram doses daily for roundworms and tapeworms. The oil distilled from this plant also possesses the property to kill worms. It should be mixed with olive oil, the latter being eight times the weight of the former. This mixture can be given in doses of 50 to 100 ml for this purpose. An infusion of the herb can also be prepared by mixing 2 ml of wormwood oil in 120 ml of water, and be given as an enema for killing worms in the rectum.

### **Intestinal Worms treatment using Belleric Myroblan**

The herb belleric myroblan, mixed with the seeds of the herb butea ( palas ) on a 50:50 basis is an excellent anthelmintic. It should be given in doses of one teaspoon thrice a day. It helps remove all intestinal parasites. The seeds of butea can also be administered alone with beneficial results in expelling intestinal worms. One teaspoon of seeds may be given either in the form of powder or paste with one teaspoon of honey, thrice daily. They are specially beneficial in the treatment of roundworms and tapeworms.

### **Intestinal Worms treatment using Vasaka**

The leaves, bark, root-bark, fruit, and the flowers of vasaka tree also help in removing intestinal parasites. A decoction of the root and bark can be prepared by boiling 30 gm of the root and bark in 500 ml of water, till it is reduced by one-third. This decoction may be given in doses of 30ml twice or thrice daily for two or three days. The juice of the fresh leaves can also be used in doses of a teaspoon thrice a day for three days.

## **Intestinal Worms treatment using Calamus**

Another valuable remedy for expelling intestinal worms is the herb calamus. The bitter element in this herb, acorin, is an anthelmintic.

## **Use of weak carbolic acid lotion**

Itching caused due to non-medical conditions can to a great extent be treated using home remedies. Some that can be used to control or treat itching are as follows -

Take a bath in one can of evaporated milk; you can add other combinations such as oatmeal, baking soda etc. The milk works well to soothe the itching.

Apply Aloe Vera, cod liver oil, lemon juice, vitamin E oil, wheat germ oil, or witch hazel tea to the itchy area.

Take burdock, chickweed, goldenseal, plantain, or yellow dock in capsule form.

Cornstarch helps relieve itching. You can pour some into your bath water or dust it onto your body.

Scrub the affected area lightly with a pumice stone. Then wash with soap, apply rubbing alcohol, and dab a thick layer of Vaseline over it. This will provide relief from itching.

Take a bath with a little peppermint or yellow dock to relieve itching.

Add 2 tablespoons of apple cider vinegar to your bath water to relieve itchy skin.

Baking soda can be used in cool bath water to soothe other skin irritations and alleviate itching from prickly heat, bee stings, insect bites, and other minor skin ailments.

Another trusted home remedy is to use a weak carbolic acid lotion or a solution of bicarbonate of soda (commonly known as baking soda) and applying it over the itchy part.

Apply cold compress to the itchy areas, it is thought to bring relief from itching.

Fresh stinging nettle oil can be used on the affected areas.

Drinking 1 to 2 cups of Nettle tea daily is thought to help relieve itching. Add boiling water to 1 tsp of the dried leaves for each cup. Steep for 15 minutes.

Apply Burdock root oil to the skin to help heal rashes and itching.

Fresh Chickweed poultice is good for itching. This can be made by soaking 2 large handfuls in water. When the plants soften, cool them and apply directly on the skin.

### **Take a diet rich in Vitamin C, beta-carotene, Vitamin E and zinc**

Diet can play an important role to combat itching that result from food allergies. If you have identified foods that cause itching, it's best to avoid them completely.

Increase your intake of Vitamin C, beta-carotene, Vitamin E and zinc through diet by having foods rich in the above mentioned vitamins and minerals.

### **Avoid scartching or rubbing**

Avoid scratching or rubbing itchy areas as this worsens the problem. Keep finger nails short to prevent skin damage from scratching.

Wear loose, light and cool nightwear. Do not use thick, rough clothing like wool over itchy areas.

Take bath with lukewarm water.

Apply a soothing lotion on to the skin after bath.

Avoid exposure to heat and humidity.

Keep your body and affected areas dry and clean at all times. Moisture can worsen itching

### ***Home remedies for Jaundice***

#### **Jaundice treatment using Bitter Luffa**

The juice of bitter luffa is regarded as an effective remedy for jaundice. It is obtained by pounding and squeezing the bitter luffa through cloth. The juice should be placed on the palm of the hand and drawn up through the nostrils. This will cause a profuse outflow of a yellow-coloured fluid through the nostrils. The toxic matter having been evacuated in a considerable quantity, the patient will feel relieved. This is, however, a strong medicine and may cause side-effects like giddiness, migraine, and, at times, high fever for a short duration in patients with a delicate nature. Its use should, therefore, be avoided by such patients. If the juice of green bitter luffa is not available, it can be substituted by two to three drops of the fluid obtained by soaking its dry crusts overnight in water. This will produce an identical effect. Seeds of bitter Inffa which are easily available can also be used for the same purpose after rubbing in water.

### **Jaundice treatment using Radish Leaves**

The green leaves of radish are another valuable remedy for jaundice. The leaves should be pounded and their juice extracted through cloth. Half a litre of this juice should be taken daily by an adult patient. It induces a healthy appetite and proper evacuation of bowels, and this results in gradual decrease of the trouble. In most cases, complete cure can be ensured within eight or ten days.

### **Jaundice treatment using Tomato**

Tomatoes are valuable in jaundice. A glass of fresh tomato juice, mixed with a pinch of salt and pepper, taken early in the morning, is considered an effective remedy for this disease.

### **Jaundice treatment using Snake Gourd Leaves**

The leaves of snake gourd have also been found useful in jaundice. An infusion of the leaves should be prepared by mixing 15 gm of dry leaves in 250 ml of boiling water. Next, a decoction of coriander seeds in 500 ml of water till it is reduced by one-third. The infusion should be given in doses of 30 to 60 ml, mixed with the decoction of coriander seeds, thrice daily.

### **Jaundice treatment using Pigeon Pea Leaves**

The green leaves of pigeon pea, a leguminous plant-the beans of which are used for dals-are considered useful in jaundice. The juice extracted from these leaves should be taken in doses of 60 ml daily. Marked improvement will follow its use.

### **Jaundice treatment using Almonds, Dried Dates and Cardamoms**

A mixture of almonds, dried dates and cardamoms is regarded as an effective remedy for jaundice. Eight kernels of almonds, two dried dates, and five small cardamoms should be soaked overnight in water. The outer coating of the almond kernels and the inner seeds of dried dates should be removed the next morning and the whole material should be rubbed into a fine paste. Then, fifty grams of sugar and an equal amount of butter should be mixed in it and the patient should lick this mixture.

### **Jaundice treatment using Sugarcane Juice**

One glass of sugarcane juice, mixed with the juice of half a lime, and taken twice daily, can hasten recovery from jaundice. It is, however, very essential that the juice must be clean and preferably prepared at home. Resistance is low in jaundice and any infected beverage could make matters worse.

### **Jaundice treatment using Lemon**

Lemon is also beneficial in the treatment of jaundice. The patient should be given 20 ml of lemon juice mixed with water several times a day. This will protect the damaged liver cells.

### **Jaundice treatment using Barley Water**

Barley water drunk several times during the day is another good remedy for this disease. One cup of barley should be boiled in three litres of water and simmered for three hours.

### **Jaundice treatment using Jaundice Berry**

The herb jaundice berry, botanically known as *Berberis vulgaris* is very useful in jaundice. The pulverized bark should be given several times a day in doses of one-fourth of a teaspoon in the treatment of this disease, or the fluid extract should be given 2-4 ml doses.

Jock itch is a fungal skin infection caused by a fungus called *Trichophyton rubrum*. This fungus mainly affects skin of genitals, inner thighs, groin area and buttocks. This fungus mainly grows in warm and moist part of the body. Jock itch is also known as *tinea cruris*. It causes a lot of discomfort but is not a serious infection. It is more common in men than in women. Overweight and profusely sweating people can also get infected.

### **Jock Itch Remedies**

Keep moist and warm areas of the body clean and dry. Since jock itch is a fungal infection apply any OTC antifungal cream, powder or spray on the infected skin. Change your undergarments daily. You can use antidandruff shampoo on the infected skin. Apply tea tree oil on the infected skin, it is a natural antifungal.

### **Take garlic**

Since jock itch is a fungal infection, include good quantity of garlic in your food. Garlic has antifungal qualities. Apply honey and garlic alternatively on the infected skin.

### **Diet to avoid**

Avoid eating refined carbohydrates, sugar and food items that contain yeasts. Avoid alcohol because it eventually converts to sugar. Your diet must contain a lot of raw fruits and vegetables. Avoid greasy, fried and processed foods.

### ***Home remedy for kidney stones***

### **Kidney Stones treatment using Kidney Beans**

Kidney beans, also known as dried French beans or Rajmah, are regarded as a very effective home remedy for kidney problems, including kidney stones. The method prescribed to prepare the medicine is to remove the beans from inside the pods, then slice the pods and put about sixty grams in four litre of hot water, boiling them slowly for six hours. This liquid should be strained through fine muslin and then allowed to cool for about eight hours. Thereafter the fluid should be poured through another piece of muslin without stirring. A glass of this decoction should be given to the patient every two hours throughout the day for one day and, thereafter, it may be taken several times a week. This decoction would not work if it was more than twenty-four hours old. The pods could be kept for longer periods but once they were boiled, the therapeutic factor would disappear after one day.

### **Kidney Stones treatment using Basil**

Basil has a strengthening effect on the kidneys. In case of kidney stones, one teaspoon each of basil juice and honey should be taken daily for six months. It has been found that stones can be expelled from the urinary tract by this treatment.

### **Kidney Stones treatment using Celery**

Celery is a valuable food for those who are prone to getting stones in the kidneys or gall-bladder. Its regular intake prevents future stone formation.

### **Kidney Stones treatment using Apple**

Apples are useful in kidney stones. In countries where the natural unsweetened cider is a common beverage, cases of stones or calculus are practically absent. The ripe fresh fruit is, however, more valuable.

### **Kidney Stones treatment using Grapes**

Grapes have an exceptional diuretic value on account of their high contents of water and potassium salt. The value of this fruit in kidney troubles is enhanced by its low albumin and sodium chloride content. It is an excellent cure for kidney stones.

### **Kidney Stones treatment using Pomegranate**

The seeds of both sour and sweet pomegranates are useful medicine for kidney stones. A tablespoon of the seeds, ground into a fine paste, can be given along with a cup of horse gram (kulthi) soup to dissolve gravel in kidneys. Two tablespoons of horse gram should be used for preparing the cup of soup.

### **Kidney Stones treatment using Watermelon**

Watermelon contains the highest concentration of water amongst all fruits. It is also rich in potassium salts. It is one of the safest and best diuretics which can be used with beneficial result in kidney stones.

### **Kidney Stones treatment using Vitamin B 6**

Research has shown the remarkable therapeutic success of vitamin B6 or pyridoxine in the treatment of kidney Stones. A daily therapeutic dose of 100 to 150 mg of vitamin B6, preferably, combined with other B complex vitamins, should be continued for several months for getting a permanent cure.

### ***Diet for kidney stones***

**Avoid foods like alcoholic beverages; condiments and pickles; certain vegetables like cucumber, radish.**

A patient with kidney stones should avoid foods, which irritate the kidneys, to control acidity or alkalinity of the urine. He should also ensure adequate intake of fluids to prevent the urine from becoming concentrated. The foods considered irritants to the kidneys are alcoholic beverages; condiments and pickles; certain vegetables like cucumber, radish, tomato, spinach, rhubarb; those with a strong aroma such as asparagus, onion, beans, cabbage, and cauliflower; meat and gravies; and carbonated waters.

### **Intake of calcium and phosphates should be restricted**

For controlling the formation of calcium phosphate stones, the intake of calcium and phosphates should be restricted. Foods which should be avoided are wholewheat flour, Bengal gram, peas, soyabean, beet, spinach, cauliflower, turnips, carrots, almonds, and coconuts. When stones are composed of calcium, magnesium phosphates, and carbonates, the diet should be so regulated as to maintain an acidic urine. On the other hand, the urine should be kept alkaline if oxalate and uric acid stones are being formed. In the latter case, fruits and vegetables should be liberally used, and acid-forming foods should be kept to the minimum necessary for satisfactory nutrition. In case of uric stones, foods with a high purine content such as sweet breads, liver, and kidney should be avoided.

### **Take a low-protein diet and have liberal intake of water**

The patient should take a low-protein diet, restricting protein to one gram per kilogram of food. A liberal intake of fluid upto three litres or more daily is essential to prevent the precipitation of salt into the form of stones.

### **Massaging the muscle**

## **What to do when you get a leg cramp?**

Stretch the sore muscle, follow your instinct, your body will automatically guide you in the correct manner.

Massage the cramped muscle gently in the natural direction of the muscle. This helps relax the contraction and ease the pain.

A hot shower or warm bath is a good way to relax the muscle.

Use cold packs on the affected muscle. This relaxes the tensed muscles.

For a cramped calf muscle, stretch and massage the leg by straightening it and pointing the toes upward, towards the head.

Use a warm towel or heating pad to alleviate pain or tenderness following a cramp.

## **Leg cramp:**

### **Diet rich in potassium and calcium**

Increase water consumption to stay well hydrated throughout the day. Potassium and calcium rich foods will keep the level of these two much required nutrients at optimum levels preventing cramping episodes.

### **Stay hydrated during work**

Some preventive measures -

Dehydration causes leg cramps. It is especially important to stay well hydrated during workouts.

Drink plenty of fluids before, during and after exercising.

Stretching prior to starting your exercise routine is extremely important.

Stretches help relax muscles and thus prevent leg cramps.

When beginning a workout regime, it is imperative that you do so gradually. A sudden increase or changes in physical activity levels can cause leg cramps.

Keep rolled up bed sheets or blankets at your feet to prevent your toes and feet from pointing downward while you are asleep. Riding a stationary bicycle for a few minutes before bedtime could prevent cramps from developing during the night.

Lethargy means feeling lack of energy, drowsy or tired. A lethargic person may also feel sluggish, uninterested or inactive.

## **Depression**

The most common cause of lethargy is depression. Apart from depression some of the causes of lethargy are head injury, high blood pressure, low blood pressure, taking overdose of alcohol or drugs, poor nutrition, diabetes, constipation, mononucleosis, measles, thyroid gland disorders, adrenal gland disorders and so on.

## **Lethargy Remedies**

Drink tea made out of basil leaves regularly. Drink a glass of grapefruit and lemon juice, both mixed in equal quantities. Fast on fresh sprouts once in two weeks.

## **Lethargy Diet**

Eat a healthy and balanced diet. Fruits, vegetables and grains should be a major part of your diet. Drink lots of water. Avoid white sugar and processed foods. Avoid a diet with high fat content and less carbohydrates, vitamins and minerals.

## ***Home Remedies for Leucoderma***

### **Leucoderma treatment using Psoralea**

The best-know home remedy for leucoderma is the use of seeds of psoralea (babchi). These seeds should be steeped in the juice of ginger for three days. The fluid should be renewed every day. The seeds should then be rubbed with the hands to remove the husks, dried in the shade and powdered. One gram of this powder should be taken every day with one cup of fresh milk for forty days continuously. The ground seeds should also be applied to the white spots. Babchi seeds, combined with tamarind (imli) seeds. are also useful. An equal quantity of both the seeds should be steeped in water for three to four days. They should then be shelled and dried in the shade. They should be ground into paste and applied to the white patches for a week. If the application of this paste causes itching, or the white spots become red and a fluid begins to ooze out, this treatment should be discontinued.

### **Leucoderma treatment using Red Clay**

Another useful remedy for leucoderma is red clay found by the river side or on hill slopes. The clay should be mixed in ginger juice in a ratio of 1:1, and applied over the white spots once a day. The copper contained in the clay seems to bring back skin pigmentation. Ginger juice also serves as a mild stimulant, facilitating increased blood flow to the spots. Drinking water kept overnight in a copper vessel will also help.

### **Leucoderma treatment using Radish**

A paste made from the seeds of the radish is valuable in treating leucoderma. About thirty-five grams of these seeds should be powdered in two teaspoons of vinegar and applied on the white patches.

### **Leucoderma treatment using Goose Foot**

The use of goose foot is beneficial in the treatment of this disease. This vegetable should be taken twice daily, in the morning as well as in the evening, for two months continuously. Simultaneously, the juice of the leaves should be applied over the patches of leucoderma.

### **Leucoderma treatment using Turmeric**

Turmeric mixed with mustard oil has also proved useful in leucoderma. About 500 gm of turmeric should be pounded and soaked in 8 litres of water at night. It should be boiled in the morning till only one litre of water is left, and then be strained and mixed with 500 ml of mustard oil. This mixture should be heated till only the oil is left. It should then be strained and preserved in a bottle. The mixture should be applied on the white patches every morning and evening for a few months.

Leucorrhoea, commonly known as whites, refers to a whitish discharge from the female genitals. It is an abnormal disease condition of the reproductive organs of women. The condition may continue for weeks or months at a time. If not treated properly in the initial stages, it may become chronic.

### ***Home Remedies for Leucorrhoea***

#### **Leucorrhoea treatment using Amaranth Root**

Amaranth is considered an excellent home remedy for leucorrhoea. The rind of the root of this plant should be rubbed in 25 ml of water. It should then be strained and given to the patient daily in the morning as well as in the evening. The root of this plant is, however, very susceptible to moths. Hence, care should be taken to see that it is not moth-eaten. In case the root is not available, its leaves and branches may be similarly processed and used.

#### **Leucorrhoea treatment using Lady's Fingers**

The use of lady fingers is another effective home remedy for this disease. A decoction of this vegetable is prepared by boiling 100 gm of the fresh vegetable, cut transversely, in half a litre of water for twenty minutes. It should then be strained and sweetened. This decoction, given in doses of 60 to 90 ml frequently, is beneficial in all irritable conditions of genito-urinary organs, including leucorrhoea.

### **Leucorrhoea treatment using Fenugreek Seeds**

Fenugreek seeds are valuable in leucorrhoea. They should be taken internally in the form of tea, and also used as a douche. For a douche, the solution should be much stronger than tea. Two tablespoons of fenugreek seeds should be put into a litre of cold water and allowed to simmer for half an hour over a low flame. The decoction should then be strained and used as a douche.

### **Leucorrhoea treatment using Guava Leaves**

The tender leaves of guava are beneficial in the treatment of this disease. An infusion of the leaves should be used as a douche. It acts as a powerful vaginal astringent.

### **Leucorrhoea treatment using Mango Seed**

Mango seeds are valuable in leucorrhoea. A teaspoon of the paste of the decorticated kernel of mango can be applied inside the vagina with beneficial results.

### **Leucorrhoea treatment using Walnut Leaves**

The leaves of the walnut tree contain astringent chemicals. A decoction of the fresh leaves can be beneficially used as a douche in the treatment of leucorrhoea

### **Remedies for Head Lice**

For head lice problem wash your hair with vinegar. It will kill all the nits in two days. Apply coconut oil to your head after shampoo and condition. Add ten to fifteen drops of tea tree oil into shampoo bottle and use it daily. Rub listerine mouth wash on your head. This will kill all the lice. Massage your head with mayonnaise and comb it after 2 hours. This will kill all the lice and their eggs. Apply a mixture of lemon and butter on your head, wait for 15 seconds and then rinse your head.

### ***Hair Loss Remedies, Hair loss prevention***

#### **Treatment for Hair Loss using Rubbing of Scalp**

A vigorous rubbing of the scalp with fingers after washing the hair with cold water is one of the most effective among the several home remedies for the prevention and treatment of hair loss. The scalp should be rubbed vigorously till it starts to tingle with the heat. It will activate the sebaceous glands and energise the circulation of blood in the affected area, making the hair grow healthy.

#### **Hair Loss home remedy using Amla Oil**

Amla oil, prepared by boiling dry pieces of amla in coconut oil, is considered a valuable hair tonic for enriching hair growth. A mixture of an equal quantity of fresh amla juice and lime juice, used as a shampoo also stimulates hair growth and prevents hair loss.

### **Treatment for Hair Loss treatment using Lettuce**

Lettuce is useful in preventing hair loss. A mixture of lettuce and spinach juice is believed to help the growth of hair if taken to the extent to half a litre a day

### **Hair Loss home remedy using Amaranth**

Amaranth is another valuable remedy for hair loss. Its fresh leaf juice should be applied to the hair. It will help the growth of the hair and keep it soft.

### **Hair Loss treatment using Alfalfa**

The juice of alfalfa, in combination with equal quantities of carrot and lettuce juice, taken daily, also helps the growth of hair to a remarkable extent. The combination of these juices is rich in elements which are particularly useful for the growth of hair. While preparing alfalfa juice, the leaves of the plant may be used when they can be obtained fresh.

### **Hair Loss treatment using Margosa**

The leaves of the margosa tree are also beneficial in the treatment of hair loss. If hair has been falling or has ceased to grow it should be washed with the decoction of neem leaves. This will stop hair from falling and stabilise its blackness. It will also make the hair longer and kill lice and other infesting insects.

### **Home remedies for Hair Loss using Mustard Oil and Henna Leaves**

Mustard oil, boiled with henna leaves, is useful for healthy growth of hair. About 250 ml of mustard oil should be boiled in a tin basin. About sixty grams of henna leaves should be gradually put in this oil till they are burnt in the oil. The oil should then be filtered using a cloth and stored. Regular massage of the head with the oil will produce abundant hair.

### **Treatment for Hair Loss using Coconut Milk**

The application of coconut milk all over the scalp and massaging it into the hair roots is also beneficial in the treatment of hair loss. It nourishes the hair and promotes hair growth. Coconut milk is prepared by grinding the coconut shavings and squeezing them well.

### **Hair Loss treatment using Lime-Pepper Seeds**

Certain home remedies have also been found beneficial in the treatment of patchy baldness. The most valuable of these remedies is the seeds of lime and black pepper, ground together to get a fine paste. This paste applied on the patches, has a mildly irritant action. This increases blood circulation to the affected area and stimulates hair growth. This paste should be applied twice a day, for a few weeks.

### **Hair Loss treatment using Liquorice**

The paste of liquorice, made by grinding the pieces in milk with a pinch of saffron, is another valuable remedy for patchy baldness. This paste should be applied over the bald patches at night before going to bed.

### **Hair Loss treatment using Onion**

Onion has also been found beneficial in patchy baldness. The affected part should be rubbed with onions morning and evening till it is red. It should be rubbed with honey afterwards.

### **Hair Loss treatment using Pigeon Pea**

A fine paste made from pigeon pea or red gram can also be applied regularly on bald patches for beneficial results.

### **Hair Loss treatment using Other Remedies**

Daily application of refined coconut oil, mixed with lime water and lime juice on the hair, prevents hair loss and lengthens it. Application of the juice of green coriander leaves on the head is also considered beneficial. Washing the hair with a paste of cooked black gram and fenugreek lengthens the hair. Regular use of castor oil as hair oil helps the luxuriant growth of the hair.

### ***Hair loss prevention diet***

#### **Well balanced food intake**

The healthy condition of the hair depends, to a very large extent, on the intake of sufficient amounts of essential nutrients in the daily diet. Persons with a tendency to lose hair should take a well-balanced and correct diet, made up of foods which, in combination, should supply all the essential nutrients. It has been found that a diet which contains liberal quantities of seeds, nuts, grains, vegetables and fruits would provide adequate amounts of all the essential nutrients. Each food group should roughly form the bulk of one of the three principal meals. These

foods should, however, be supplemented with certain special foods such as milk, vegetable oils, honey, wheat germ, yeast and liver.

### ***Other hair loss prevention treatment***

#### **Proper cleaning of the hair is essential.**

Proper cleaning of the hair, and rubbing of the scalp with a towel after a hairwash, are necessary

### ***Low blood pressure home remedies***

#### **Low Blood Pressure treatment using Beetroot**

The juice of raw beetroot is one of the most effective home remedies for low blood pressure. The patient should drink a cup of this juice twice daily for treating this condition. Considerable improvement will be noticeable within a week.

#### **Low Blood Pressure treatment using Indian Spikenard**

The herb Indian spikenard is another effective home remedy for low blood pressure. It should be taken in doses of thirty to forty grains with a pinch of a little camphor and cinnamon (dalchini). An infusion can also be prepared by steeping 15 to 20 gm of the herb in 250 ml of boiling water, and taking it thrice a day.

#### **Low Blood Pressure treatment using Epsom Salts Bath**

Hot Epsom salt bath are one of the simplest remedy for low blood pressure. An Epsom salt bath is prepared by dissolving one to one and half kg of commercial Epsom Salt in an ordinary bath of hot water. The patient should remain immersed in the bath for ten to twenty minutes. This bath should be taken just before retiring to bed, and care should be exercised not to catch a chill afterwards.

#### **Low Blood Pressure treatment using Nutrients**

Protein, vitamin C, and all vitamins of the B group have been found beneficial in the prevention and treatment of low blood pressure. Of these, pantothenic acid is of particular importance. Liberal use of this vitamin alone often helps in raising the blood pressure. A diet which contains adequate quantities of complete proteins, B vitamin and, particularly, the nutrients that stimulate adrenal production, quickly normalizes low blood pressure.

#### **Low Blood Pressure treatment using Salt**

The use of salt is valuable in low blood pressure. Until the blood pressure reaches normal levels through proper dietary and other remedies, it is essential that the patient should take salty foods and half a teaspoon of salt in water daily.

## ***Low blood pressure diet***

### **Exclusive fruit diet**

The treatment for low blood pressure should aim at rejuvenation of the whole system. To begin with, the patient should adopt an exclusive fresh fruit diet for about five days, taking three meals a day of fresh fruity fruits at five-hourly intervals.

### **Milk and fruit diet**

Thereafter he may adopt a fruit and milk diet for two or three weeks. After the fruit and milk diet the patient may gradually embark upon a well balanced diets consisting of seeds nuts and grains with emphasis on fresh fruit and raw vegetables. Further period of all fruit diet followed by a milk and fruit diet may be necessary every two or three months in some cases, depending on the progress being made.

## ***Home Remedies for Low Immunity***

### **Some home remedies to boost immune system**

The remedy for low immunity depends on the cause. A good diet can boost the immune system considerably.

Here are some other known home remedies that can help boost the immune system:

- Mumio: a natural product consists of more than 50 elements. It is as a concentration of beeswax, fossilized honey, and bees' nests, which seeps out of certain rocks over time due to the influence of spring water and appears like a substance similar to a resin. Mumio is commonly consumed in tablet form and helps protect from illnesses and boost immunity.

- Astragalus Root: is used to treat viral infections including the common cold among the Chinese. It helps stimulate white blood cells and protect from invading organisms and it also enhances the production of an important natural compound produced by the body to fight viruses known as interferon.

- Aswagandha: is a general stimulant of the immune system. This herb is known to counteract the effects of stress and promote general well- being.

- Eleuthero or Siberian ginseng: is popularly known to provide support to the immune system.

- Asian Ginseng: is known not only prevent illnesses but also to treat immunity related diseases.

- Echinacea: herb helps stimulate a variety of immune cells. Extracts of this herb is also available in capsule form for easy consumption.
- Green Tea: can stimulate production of immune cells.

### ***Diet for Low Immunity***

#### **Diet to boost immune health**

It is a known fact that for an optimal immune function a healthy diet is the best solution. One should ensure the diet comprises of:

- Foods such as fruits, vegetables, beans, seeds, whole grains, and nuts.
- The diet is low in fats and refined sugars.
- Foods high in carotenoids such as: yellow and orange squash, dark greens, carrots, yams, sweet potatoes, red peppers and tomatoes.
- Cabbage family foods (Brussels sprouts, cauliflower, broccoli, radish and turnip) help prevent low immunity.
- Must contain adequate amounts of protein.
- Flavonoid rich berries, garlic, yoghurt and artichoke help boost immunity.

### ***Suggestion for Low Immunity***

#### **Other suggestions and tips to improve immunity**

To derive an ideal immune function adequate intake of water and exercise is a prerequisite apart from a good diet. Here are some important aspects that can help you keep low immunity at bay:

- Intake of Water: Drink at least 10-12 glasses of water per day to boost the immune system and flush out toxins.
- Exercise: Regular exercise every day for at least 30 minutes by walking or aerobics is a good way to keep the body active and reduce susceptibility to diseases. It is also advisable to perform deep breathing and relaxation exercises.
- De-stress: It is advisable to engage in de-stressing activities such as hobby classes, shopping etc. to avoid stress affecting your system.
- Lifestyle and Dietary habits: A faulty lifestyle and incorrect dietary habits can harm your system. Protect your body and the immune system by following a healthy lifestyle and a nutritional diet.

### ***Home Remedies for Malaria***

#### **Malaria treatment using Grapefruit**

Grapefruit is one of the most effective home remedies for malaria. It should be taken daily. It contains a natural quinine-like substance which can be extracted from the fruit by boiling a quarter of a grapefruit and straining its pulp.

### **Malaria treatment using Fever Nut**

The seeds of the fever nut plant are another effective remedy for malaria. They can be obtained from a herbal store and preserved in a phial for use when required. About six grams of these seeds should be given with a cup of water two hours before the expected onset of the paroxysm of fever, and a second dose should be given one hour after the attack. The paroxysm can thus be avoided but even if it occurs, the same procedure should be resorted to on that day and it will cut short the fever.

### **Malaria treatment using Datura**

The leaves of the datura plant are useful in the tertian type of malarial fever. About two and a half freshly-sprouted leaves of this plant should be made into a pill by rubbing them with jaggery and administered two hours before the onset of the paroxysm.

### **Malaria treatment using Cinnamon**

Cinnamon is regarded as a valuable remedy in malaria. One teaspoon should be coarsely powdered and boiled in a glass of water with a pinch of pepper powder and honey. This can be used beneficially as a medicine in malaria.

### **Malaria treatment using Chirayata**

The herb chirayata, botanically known as *Swertia chirata*, is also beneficial in the treatment of intermittent malarial fevers. It helps in lowering the temperature. An infusion of the herb, prepared by steeping 15 gm of chirayata in 250 ml of hot water with aromatics like cloves and cinnamon, should be given in doses of 15 to 30 ml.

### **Malaria treatment using Lime and Lemon**

Lime and lemon are valuable in the quartan type of malarial fever. About three grams of lime should be dissolved in about 60 ml of water and the juice of one lemon added to it. This water should be taken before the onset of the fever.

### **Malaria treatment using Alum**

Alum is also useful in malaria. It should be roasted over a hot plate and powdered. Half a teaspoon should be taken about four hours before the expected attack and half a teaspoon every two hours after it. This will give relief.

### **Malaria treatment using Holy Basil**

The leaves of holy basil are considered beneficial in the prevention of malaria. An infusion of a few leaves can be taken daily for this purpose. The juice of about eleven grams of leaves of holy basil mixed with three grams of powder of black pepper can be taken beneficially in the cold stage of the malarial fever. This will check the severity of the disease.

### ***Home Remedies for Measles***

#### **Measles treatment using Orange**

Oranges are very valuable in measles, as the digestive power of the body is seriously hampered. The patient suffers from intense toxæmia, and the lack of saliva coats his tongue and often destroys his thirst for water as well as his desire for food. The agreeable flavour of orange juice helps greatly in overcoming these drawbacks. Orange juice is the ideal liquid food for this disease.

#### **Measles treatment using Lemon Juice**

The juice of lemon also makes an effective thirst-quenching drink in measles. About 15 to 25 ml of lemon juice, diluted with water, should be taken for this purpose.

#### **Measles treatment using Turmeric**

Turmeric is beneficial in the treatment of measles. Raw roots of turmeric should be dried in the sun and ground to a fine powder. Half a teaspoon of this powder, mixed with a few drops of honey and the juice of a few bitter gourd leaves, should be given to patients suffering from measles.

#### **Measles treatment using Liquorice**

Powdered liquorice has been found valuable in relieving the cough, which is typical in measles. The child patient should be given half a teaspoon of powdered liquorice mixed with the same quantity of honey.

#### **Measles treatment using Barley**

The use of barley water has proved beneficial for the troublesome cough in measles. This water should be taken frequently, sweetened with the newly-drawn oil of sweet almonds.

#### **Measles treatment using Egg Plant Seeds**

The seeds of the egg plant are a stimulant. Intake of half to one gram of these seeds daily for three days will help develop immunity against measles for one year.

## ***Measles diet***

### **Juices of fresh fruits like oranges and lemons frequently.**

At the beginning of the treatment, the patient should be given juices of fresh fruits like oranges and lemons frequently. This is sufficient as the child suffers from a lack of appetite during this period.

### **All-fruit diet followed by well-balanced diet**

***As the condition improves, the child can be placed on an all-fruit diet for a few days. Thereafter he Home Remedies for Menstrual Problems***

### **Menstrual Problems treatment using Parsley**

Parsley is one of the most effective among the several home remedies in the treatment of menstrual disorders. It increases menstruation and assists in the regularization of the monthly periods. This action is due to the presence of apiol, which is a constituent of the female sex hormone estrogens. Cramps, which are a result of menstrual irregularities, are relieved and frequently corrected entirely by the regular use of parsley juice, particularly in conjunction with beet juice; or with beet, carrot, and cucumber juices. The recommended quantity is 75 ml of each of the four juices.

### **Menstrual Problems treatment using Ginger**

The use of ginger is another effective home remedy for menstrual disorders, especially in cases of painful menstruation and stoppage of menstrual flow. A piece of fresh ginger should be pounded and boiled in a cup of water for a few minutes. The infusion, sweetened with sugar, should be used thrice daily after meals as a medicine for treating this condition.

### **Menstrual Problems treatment using Sesame Seeds**

Sesame seeds are valuable in menstrual problems. Half a teaspoon of powder of these seeds, taken with hot water twice daily, acts excellently in reducing spasmodic pain during menstruation in young, unmarried anaemic girls. Its regular use, two days prior to the expected periods, cures scanty menstruation. A warm hip bath containing a handful of crushed sesame seeds should be simultaneously taken along with this recipe.

### **Menstrual Problems treatment using Papaya**

The unripe papaya helps the contractions of the muscle fibres of the uterus and is thus beneficial in securing a proper menstrual flow. Papaya is especially

helpful when menstruation ceases due to stress or fright in young unmarried girls.

### **Menstrual Problems treatment using Bengal Gram**

A bath prepared by putting an entire Bengal gram plant in hot water is beneficial in painful menstruation. The plant also may be used for a sitting steam bath.

### **Menstrual Problems treatment using Marigold**

The herb Marigold, named after the Virgin Mary, is useful in allaying any pain during menstruation and facilitating menstrual flow. An infusion of the herb should be given in doses of one tablespoon twice daily for the treatment of these disorders.

### **Menstrual Problems treatment using Banana Flower**

The use of banana flower is one of the most effective home remedies in the treatment of menorrhagia or excessive menstruation. One banana flower should be cooked and eaten with one cup of curd. This will increase the quantity of progesterone and reduce the bleeding.

### **Menstrual Problems treatment using Coriander Seeds**

Coriander seeds are also beneficial in the treatment of excessive menstruation. Six grams of these seeds should be boiled in half a litre of water. This decoction should be taken off the fire when only half the water remains. Sugar candy should be added to it and the patient should drink it when it is still warm.

### **Menstrual Problems treatment using Mango Bark**

The juice of the fresh mango bark is another valuable remedy for heavy bleeding during menstruation. The juice is given with the addition of white of an egg or some mucilage- a kind of vegetable glue obtained from a plant, and a small quantity of the kernel of a poppy. As an alternative, a mixture of 10 ml of a fluid extract of the bark, and 120 ml of water may be given in doses of one teaspoon every hour or two.

### **Menstrual Problems treatment using Ashoka**

The bark of the Ashoka tree is an effective remedy for excessive blood loss during the monthly period which occurs due to uterine fibroids and other causes. It should be given in the form of decoction in treating this condition. About 90 gm of the bark should be boiled in 30 ml of milk and 360 ml of water till the total quantity is reduced to about 90 gm. This quantity should be given in one day, in two or three doses. The treatment should commence from the fourth day of the

monthly period and should be continued till the bleeding is checked. A fresh decoction should be made for use each day.

### **Menstrual Problems treatment using Indian Barbary**

The herb Indian barbary is also useful in case of excessive bleeding. It should be given in doses of thirteen to twenty-five grams daily.

### **Menstrual Problems treatment using Rough Chaff**

The herb rough chaff is also valuable in excessive menstruation. An infusion of the herb should be prepared by steeping 15 gm of rough chaff in 250 ml of water and used for treating this condition.

### **Menstrual Problems treatment using Hermal**

The herb hermal is useful in regulating the menstrual periods. It is especially beneficial in painful and difficult menstruation. Two tablespoons of the seeds should be boiled in half a litre of water, till it is reduced by one - third. This decoction should be given in 15 to 30ml doses.

### **Menstrual Problems treatment using Hemp**

Hemp can be successfully used when menses do not start at the scheduled time. Five large heads of hems should be boiled in half a litre of water till the water is reduced to half. It should then be strained and drunk before going to bed for two or three nights. This remedy seldom fails.

### ***Menstrual Problems diet***

#### **All-fruit diet**

The various disorders relating to menstrual flow, being systemic in origin, can be tackled only by treating the system as a whole, so as to remove the toxicity from the body and build up the general health level of the sufferer. To undertake such a scheme of all-round, health-building treatment, the sufferer should begin with an all-fruit diet for about five days, taking three meals a day of fresh, juicy fruits. However, if there is excessive weight loss during the all-fruit diet, those already underweight may add a glass of milk to each fruit meal.

#### **Well-balanced diet**

After the all fruit diet, the sufferer should adopt a well-balanced diet, with emphasis on fresh fruits, raw vegetables, and wholegrain cereals.

## **Avoid white flour products, sugar, confectionery, tinned or preserved foods, strong tea/coffee**

foods which should be avoided are white flour products, sugar, confectionery, rich cakes, pastries, sweets, refined cereals, greasy foods, tinned or preserved foods, strong tea, coffee, pickles, and condiments. may be allowed to gradually embark upon a well-balanced diet.

## ***Herbal Remedies for migraines headaches***

### **Migraine relief using Grapes**

Migraine relief can be obtained from the juice of ripe grapes and is an effective home remedy. It is said that King Jamshed of Persia, who was very fond of grapes, once stored the juice of grapes well packed in bottles and made it public that the bottles contained strong poison so as to prevent others from taking it. It so happened that the king's wife was struck with migraine and having obtained no relief from any treatment, decided to end her life by taking this so-called 'poison'. She took it several times in small doses and contrary to her expectations, it gave her great relief instead of killing her.

### **Migraine relief using Niacin**

Niacin has proved helpful in relieving migraine pain. Valuable sources of this vitamin are yeast, whole wheat, green leafy vegetables, tomatoes, nuts, sunflower seeds, liver, and fish. Vitamin I complex tablets containing 100 mg of niacin can be taken for the same purpose.

### **Relieving Migraine using Cabbage Leaf Compress**

An ancient folk remedy for relieving the pain of migraine is a cabbage leaf compress. A few leaves of the vegetable should be crushed, and then placed in a cloth and bound on the forehead at bedtime, or when convenient during the day. The Compress should be renewed when the leaves dry out.

### **Migraine treatment using Lemon Crust**

The crusts of lemon have also been found beneficial in the treatment of migraine. These crusts should be included into a fine paste in a mortar. The paste should be applied, it plaster on the forehead. It will provide great relief.

### **Natural Migraine headache treatment using Vegetable Juices**

Carrot juice, in combination with spinach like, or beet and cucumber juices, has been found beneficial in the treatment of migraine. In the first combination, 200 ml of spinach juice may be mixed with 300 ml of carrot juice to prepare 500 ml or

half a litre of the combined juices. In the second combination, 100 ml each of beet and cucumber juices may be mixed with 300 ml of carrot juice.

### ***Migraine relief diet***

#### **Fasting on orange juice and water**

It is essential to undertake a thorough cleansing of the system and adopt vitality-building measures. To begin with, the patient should resort to fasting on orange juice and water for two or three days. If the orange juice does not agree with the patient, juices of vegetables such as carrots, cucumber, and celery may be taken.

#### **All-fruit diet**

After the short juice fast, the patient may adopt an all-fruit diet for about five days, taking three meals a day of fresh juicy fruits.

#### **Well-balanced diet of seeds, nuts etc.**

Thereafter the patient should follow a well-balanced diet consisting of seeds, nuts, grains, vegetables, and fruits. This diet should be supplemented with milk, yoghurt, buttermilk, vegetable oils, and honey. Further short periods of the all-fruit diet may be necessary at intervals of a month or two, according to the requirement of the case.

#### **Avoid foods like white flour products, sugar, tinned or preserved foods, etc**

Foods which should be avoided are white flour products, sugar, confectionery, rich cakes, pastries, sweets, refined cereals, greasy foods, tinned or preserved foods, pickles, condiments, and sauces.

#### **Eat frequent small meals, Copious drinking of water is essential.**

The patient should eat frequent small meals rather than a few large ones. Overeating should be avoided. Copious drinking of water is recommended.

### ***Other migraine treatment***

#### **Take warm-water enema to cleanse bowels**

During the initial two or three days of the juice fast, a warm water enema may be taken daily to cleanse the bowels.

#### **Hot bath, cold compress applied to head**

A hot foot bath, fomentation over the stomach and spine, cold compress (4.5\JC to 15.6\JC) applied to the head, and towels wrung out of very hot water and frequently applied to the neck will go a long way in relieving migraine headaches.

### **Plenty of exercise and walk in fresh air is essential**

The patient should also take plenty of exercise and walk in the fresh air.

### ***Home Remedies for Mumps***

#### **Mumps treatment using Chebulic Myroblan**

Chebulic myroblan is one of the most effective remedies for mumps. A thick paste should be made from this herb by rubbing it in water. If applied over the swelling, it will provide relief.

#### **Mumps treatment using Peepal Leaves**

The leaves of the peepal tree are another effective home remedy for this disease. These leaves should be smeared with ghee and warmed over a fire. They should then be bandaged over the inflamed part for beneficial results.

#### **Mumps treatment using Indian Aloe**

The use of the herb Indian aloe is a wellknown remedy in the indigenous system of medicine for any inflamed and painful part of the body. A piece of a leaf of this herb should be peeled on one side, warmed and then sprinkled with a little turmeric (haldi) and the extract of Indian barbery (rasaut), and then bandaged over the swelling.

#### **Mumps treatment using Asparagus**

The seeds of asparagus are valuable in mumps. These seeds, combined with an equal proportion of fenugreek (methi) seeds, should be ground together to the consistency of a paste. This paste can be applied over the swellings.

#### **Mumps treatment using Ginger**

Dry ginger is considered beneficial in the treatment of mumps. It should be made into a paste and applied over the swollen parts. As the paste dries, the swelling will be reduced and the pain will also subside.

#### **Mumps treatment using Margosa Leaves**

The leaves of margosa are also useful in the treatment of mumps. The leaves of this tree, combined with turmeric (haldi) should be made into a paste and applied externally over the affected parts. This will bring good results.

### ***Home Remedies for Nausea***

#### **Nausea treatment by using non-carbonated syrup**

By consuming 1 to 2 tbsp of any non-carbonated syrup would help to bring relief to your system. These syrup formulas contain carbohydrates which help to cool down the stomach.

#### **Nausea treatment by using gingerroot**

You can treat it by having two capsules of gingerroot. It will give you a quick relief and depending how severe is your nausea.

#### **Nausea treatment by using ginger**

You can use fresh piece of ginger in your tea and have it to get relief from this problem.

#### **Nausea treatment by emptying your stomach**

A simple and best way to ease out all your nausea troubles is by vomiting and ending this grueling procedure once and for all.

#### **Nausea treatment by using different herbs**

You can have a mild tea or have gingerale which help to soothe your stomach. You can also have slippery elm, red raspberry as well as herbal candies.

#### **Nausea treatment by using tea**

Peppermint or chamomile tea is capable of getting rid of the nauseating feeling.

#### **Nausea treatment by using apple cider vinegar**

Morning sickness is a very common feature among pregnant ladies. To avoid this nauseating morning sickness mix 1 tbsp apple cider vinegar with 1 tbsp honey. Mix it in cold water and have it before going to bed.

#### **Nausea treatment by using wheatgerm**

Having few teaspoons of wheatgerm mixed with milk every hour may help you bid farewell to the nausea from morning sickness.

### **Nausea treatment by using rice water**

After boiling 1/2 cup of rice in 1 cup of water for 10-20 minutes, consume the rice water after draining the rice from it.

### **Nausea treatment by using cumin seeds**

You should consume 1/2 tsp grounded cumin seed to find relief from nausea and vomiting.

### ***Home remedies for obesity***

Slim fast by eating a tomato everyday before your breakfast for two months and it will help you lose weight.

### **Obesity treatment using Lime Juice-Honey**

Fasting on lime juice-honey water is highly beneficial in the treatment of obesity. In this mode of treatment, one teaspoon of fresh honey should be mixed with the juice of half a lime in a glass of lukewarm water and taken at regular intervals.

### **Obesity treatment using Trifala**

Trifala, an herbal combination of amalaki, bibbitaki, and haritaki is good for losing weight.

### **Obesity treatment using Jujube**

The leaves of jujube or Indian plum are another valuable remedy for obesity. A handful of leaves should be soaked overnight in water and this water should be taken in the morning, preferably on an empty stomach. This treatment should be continued for at least one month to achieve beneficial results.

### **Obesity treatment using Cabbage**

Cabbage is considered to be an excellent home remedy for obesity. Recent research has revealed that a valuable chemical called tartaric acid is present in this vegetable which inhibits the conversion of sugar and other carbohydrates into fat. Hence, it is of great value in weight reduction. Substituting a meal with cabbage salad would be the simplest way to stay slim.

### **Obesity treatment using Tomato**

One or two ripe tomatoes taken early morning as a substitute for breakfast, for a couple of months, are considered a safe method of weight reduction. They also supply the food elements essential to preserve health.

## **Obesity treatment using Finger Millet**

Finger millet is an ideal food for the obese, because its digestion is slow and due to this, the carbohydrates take a longer time to get absorbed. By eating preparations made of ragi, the constant desire to eat is curbed, thus reducing the daily calorie intake. At the same time, ragi supplies an abundant quantity of calcium, phosphorus, iron, Vitamin B1 and B2 and prevents malnutrition in spite of restricted food.

## ***Obesity Diet***

### **Dietary Guidelines for Diabetes Management**

Here are some simple and dos and don'ts that one can adhere to:

#### **Do's**

- Increase the quantity of fruits and vegetables and low calorie foods.
- Eat tomato in the morning and in salad. Make it a regular habit.
- Mint is very beneficial in losing weight. Have some salads, vegetables with it.
- Have raw or cooked cabbage as it inhibits the conversion of sugar and other carbohydrates into fat.
- Include a source of vitamin B-12 in your diet.
- Use vegetable oil instead of butter or stick margarine.
- Prefer eating steam, boiled, microwave vegetables
- Eat less salty foods, alcohol, dairy products, sugar, margarine
- Replace whole milk with skim or low fat milk for your preparation
- Roast, bake or boil meat, fish, to destroy all the fat present

#### **Don'ts**

- Avoid intake of too much salt as it may be a factor for increasing body weight.
- All kinds of milk products-cheese, butter, and non-vegetarian foods should be avoided as they are rich in fat. Be sufficient with twice a glass of milk.
- Avoid rice and potato, which contain a lot of carbohydrates. Among cereals wheat is good.
- Avoid high calorie foods like chocolates, ice cream, sweets, butter, heavy refined foods which have high calories.
- Avoid meals when under stress or tension.
- Stop taking bread prepared with wheat alone as the key ingredient. An ideal mixture must consist of whole grams flour and soyabeans.

### **Do not skip any meal**

Eat three regular meals a day. Avoid skipping any meal.

### **Small frequent well-spaced meals are desirable**

Instead of eating only 2 more meals during the day like lunch, dinner, it is advisable to eat 4-5 more small mini-meals spaced between 2-3 hours apart during the day.

### **Drink plenty of water**

- Drink 8-10 glasses of water daily to avoid fluid retention.
- Drink a glass of boiled water daily after every meal.

### ***Other Obesity Treatment***

#### **Exercise and perspirational activities**

Exercise is an important part of any weight reduction plan. A workout for at least 30 minutes to an hour every morning is beneficial.

Walking is the best exercise to begin with. Other exercises include swimming, bicycling, trekking and so on.

#### **Curb negative emotions and develop positive outlook**

Above all, obese persons should make every effort to avoid negative emotions such as anxiety, fear, hostility, and insecurity, and develop a positive outlook on life.

#### **Acupressure and Obesity**

Acupressure points such as the middle of the upper lip, below the nose and an inch below and one inch up the naval point on the stomach are points of relevance in case of obesity. Press these points 3 to 4 times a day for 5 minutes each. It helps control hunger and in the overall control of obesity.

#### **Behavior Modification towards Eating**

For three months, eat food by chewing a single morsel at least 50 times, so that it turns into almost a liquid before gulping it down. It has very effectively reduced the obesity of many people.

### ***Remedies for Osteoporosis***

#### **Simple tips to tackle Osteoporosis**

If Osteoporosis has been diagnosed in the early stages one can follow a simple routine to regain health naturally.

Here are some simple tips to tackle osteoporosis sans medication:

-Exercise to build strong bones: Exercise for at least thirty minutes comprising of weight-bearing exercise such as walking or jogging, three times a week. This regime has been proven to increase bone mineral density, and reduce the risk of falls by strengthening the major muscle groups in the legs and back.

-Water Walking: is another suggested exercise to combat osteoporosis. Walking in chest-deep water for about 30 minutes at least three times a week is a suggested remedy as water helps support the body weight and take stress off bones and joints.

-Dandelion Tea: Drink dandelion leaf tea to help build bone density

-Higher intake of Soy products: As Hormonal imbalances can contribute to bone loss, eating more soy products or taking a supplement that contains soy isoflavones, the active ingredient in soybeans helps balance estrogen levels. One should get at least 40 mg of soy isoflavones in a daily diet or by taking isoflavone supplements.

-Chaste Berry: Chaste berry contains vitexicarpin and vitricin, which help to keep hormone levels in balance. It is advisable to take at least 250 mg a day of a standardized extract of this herb every day for two to three months.

-Dong Quai: Dong quai has been used in Chinese medicine for thousands of years to address menstrual disorders, PMS, and infertility. It also helps keep hormone levels in balance. It is advisable to take 250 mg of a standardized extract of dong quai daily as a tonic herb.

-Black Cohosh: A recent study indicates this popular herb may help prevent osteoporosis. Most studies recommend an intake of either 20 or 40 mg of black cohosh extract twice a day.

-Sesame seeds: A handful of sesame seeds had every morning may also help osteoporosis.

-Almond Milk: Another home remedy for osteoporosis is calcium- rich almond milk. One can have the almond milk by soaking the almonds in warm water, peeling it and blending it with either cow milk, goat's milk or soya milk.

### ***Home Remedies for Heart Palpitation***

#### **Palpitation treatment using Grapes**

Grapes are one of the most effective home remedies for heart palpitation. The patient should take the juice of this fruit at frequent intervals. This will relieve the condition.

### **Palpitation treatment using Guava**

The use of guava is another effective home remedy for palpitation of the heart. The patient should eat a ripe guava daily on an empty stomach. It is especially beneficial if this disorder caused by nervousness and anaemia.

### **Palpitation treatment using Snake Gourd Leaves**

The leaves of snake gourd have been found beneficial in the treatment of palpitation of the heart. The juice of these leaves should be extracted and given in doses of one to two tablespoons thrice daily.

### **Palpitation treatment using Honey**

Honey has proved valuable in overcoming this condition. Honey is considered to be an excellent food for the heart being easily digested and assimilated. The patient should take a glass of water, mixed with a tablespoon of honey and the juice of half a lemon, before going to bed.

### **Palpitation treatment using Indian Spikenard**

The herb Indian spikenard is also beneficial in the treatment of palpitation of the heart. It stimulates the action of the heart. It should be taken in doses of two to three grams with the addition of a pinch of camphor and cinnamon. It can also be taken as an infusion in doses of 30 to 60 ml, three times a day.

### **Palpitation treatment using Aniseed and Dry Coriander**

A mixture of powdered aniseed, dry coriander, and jaggery can also be used beneficially in the treatment of this condition. Equal quantities of each of these three substances should be powdered. About six grams of this mixed powder should be taken after each meal by the patient suffering from palpitation of the heart.

### ***Remedies for Peeling Skin***

#### **Home Remedies to cure peeling skin**

Nature care has some helpful remedies to provide immediate relief and for continuous use to make the skin prevent disorders such as peeling skin.

Here is a compilation of some such known home remedies that one can use for curing peeling skin. It is important to note that if desirable results are not achieved it is wise to consult a physician.

-Grated cucumber applied over the affected areas for 15-20 minutes has been

found to be effective especially for the skin on the face. Regular application prevents dryness of the skin.

-Applying the juice of fresh mint every night on affected areas of the skin can help prevent dryness. It is also a suggested remedy for eczema and dermatitis.

-Honey, olive oil and a mixture of turmeric and sandalwood paste are very effective in rejuvenating dry, parched skin

### ***Peptic ulcer home remedies***

#### **Peptic Ulcer treatment using Banana**

Banana is one of the most effective home remedies for the treatment of a peptic ulcer. This fruit is said to contain an unidentified compound, perhaps jokingly called vitamin U (against ulcers). Banana neutralises the over-acidity of the gastric juices and reduces the irritation of the ulcer by coating the lining of the stomach. Patients who are in an advanced state of the disease should take a diet consisting only of two bananas with a glass of milk, three or four times a day.

#### **Peptic Ulcer treatment using Wood Apple**

An infusion of the leaves of wood apple is another effective remedy for this disease. Fifteen grams of leaves should be soaked overnight in 250 ml of water. In the morning this water should be strained and taken as a drink. The pain and discomfort will be relieved when this treatment is continued for a few weeks. bael leaves are rich in tannins which reduce inflammation and help in the healing of ulcers. The bad fruit taken in the form of a beverage also has great healing properties on account of its mucilage content. This substance forms a coating on the stomach mucosa and thus helps in the healing of ulcers.

#### **Peptic Ulcer treatment using Lime**

Lime is valuable in peptic ulcers. The citric acid in this fruit, together with the mineral salts present in the juice, help in digestion.

#### **Peptic Ulcer treatment using Cabbage**

Cabbage is regarded as another useful home remedy for a peptic ulcer: 250 gm should be boiled in 500 ml of water till it is reduced to half; this water should be allowed to cool, and taken twice daily. The juice extracted from raw cabbage is also a valuable medicine for a peptic ulcer. However, as this juice is very strong, it should be taken in combination with carrot juice, in quantities of 125 ml each.

#### **Peptic Ulcer treatment using Fenugreek Seeds**

A tea made from fenugreek seeds is yet another useful remedy for peptic ulcers. The seeds, when moistened with water, are slightly mucilaginous. The tea helps

in the healing of ulcers as the mild coating of mucilaginous material deposited by fenugreek, passes through the stomach and intestines, providing protective shell for the ulcers.

### **Peptic Ulcer treatment using Drumstick**

The leaves of the kalyana murangal tree, which is a variety 'of drumstick found in South India, have also proved helpful in the healing of ulcers. Ten grams of the leaves of this tree should be ground into a paste, mixed with half a cup of yoghurt, and taken daily.

### **Peptic Ulcer treatment using Vegetable Juices**

The juices of raw vegetables, particularly carrot and cabbage, are beneficial in the treatment of peptic ulcers. Carrot juice may be taken either alone or in combination with spinach, or beet and cucumber. The formula proportions in case of the first combination are 300ml of carrot juice and 200 ml of spinach juice; and in case of the second combination, 300 ml of carrot juice and 100 ml each of beet and cucumber juice to make 500 ml of juice.

### **Peptic Ulcer treatment using Almond Milk**

Milk prepared from blanched almonds in a blender is very useful as a treatment for peptic ulcers. It binds the excess of acid in the stomach and supplies high quality protein.

### **Peptic Ulcer treatment using Goat's Milk**

Goat's milk is also highly beneficial in the treatment of this disease. It actually helps to heal peptic ulcers. For better results, a glass of goat's milk should be taken in a raw state, three times daily.

### ***Piles home remedies***

#### **Piles treatment using Dry Figs**

Three or four figs should be soaked overnight in water after being cleaned thoroughly in hot water. They should be taken first thing in the morning along with the water in which they were soaked. They should also be taken in evening in the similar manner. This treatment should be continued for three or four weeks. The tiny seeds of the fruit possess all excellent quality of stimulating peristaltic movement of the intestines. This facilitates easy evacuation of faeces and keeps the alimentary canal clean. The pressure on the anus thus being relieved, the hemorrhoids also contract.

#### **Piles treatment using Mango Seeds**

Mango seeds are an effective remedy for bleeding piles. The seeds should be collected during the mango season, dried in the shade, powdered, and kept stored for use as medicine. This powder should be given in doses of about one and a half to two grams with or without honey, twice daily

### **Piles treatment using Jambul Fruit**

The jambul fruit is another effective remedy for bleeding piles. The fruit should be taken with salt every morning for two or three months during its season. The use of the fruit in this manner during every season will effect a complete cure and save the user from bleeding piles for his entire life.

### **Piles treatment using Radish**

White radish is considered highly valuable in piles; 100 mg of grated radish mixed with a teaspoon of honey may be taken twice daily in treating this condition. This vegetable can also be taken in the form of juice mixed with a pinch of salt. It should be given in doses of 60 to 90 ml, morning and evening. White radish, well ground into a paste in milk. can also be applied over inflamed pile masses to relieve pain and swelling.

### **Piles treatment using Turnip**

The leaves of turnip have been found useful in this disease. The juice of these leaves should be extracted and 150 ml given to the patient. It is, however, necessary to take a proper diet of raw fruits and vegetables while taking this juice. For better results, 50 ml of the juice should be mixed with equal quantities of juices of watercress, spinach, and carrots.

### **Piles treatment using Bitter Gourd**

The juice of the fresh leaves of bitter gourd is also valuable in piles. Three teaspoons of the leaf juice, mixed with a glass of buttermilk, should be taken every morning for treating this condition. A paste of the roots of the bitter gourd plant can also be applied over piles with beneficial results.

### **Piles treatment using Ginger**

Ginger is also useful in this disease. Half a teaspoon of fresh ginger juice, mixed with one teaspoon each of fresh lime juice and fresh mint juice, and a tablespoon of honey, constitutes an effective medicine for piles.

### **Piles treatment using Onion**

Onions are valuable in bleeding piles. About thirty grams of this vegetable should be finely rubbed in water and sixty grams of sugar added to it. It should be taken

twice daily by the Patient. It will bring relief within a few days. Onion is also useful in the treatment of dry piles. A crushed onion, skinned and roasted in ashes, may be applied with beneficial results.

### **Piles treatment using Rice**

Rice has a very low fibre content and is, therefore, extremely soothing to the digestive system. A thick gruel of rice, mixed with a glass of buttermilk and a ripe banana, given twice a day, is a very nutritious diet for a patient with piles.

### **Piles treatment using Wheat Grass**

Wheat grass juice used as an enema helps detoxify the walls of the piles. The general procedure is to give an enema with lukewarm or neem water. After waiting for twenty minutes, 90 to 120 ml of the wheat grass juice enema is given. This should be retained for fifteen minutes.

### **Piles treatment using Sesame Seeds**

Sesame seeds are also valuable in piles. They can be taken in the form of a decoction by boiling twenty grams of seeds in 500 ml of water till it is reduced by one-third, or as sweetmeats. Ground to paste with water, they can be given with butter for bleeding piles.

## ***Home Remedies for Pneumonia***

### **Pneumonia treatment using Fenugreek**

During the early acute stage of pneumonia, a tea made from fenugreek seeds will help the body to produce perspiration, dispel toxicity, and shorten the period of fever. Upto four cups of the tea can be taken daily. The quantity can be reduced as the condition improves. To improve the flavour of the tea, a few drops of lemon juice may be added. During this treatment, no other food or nourishment should be taken, as fasting and fenugreek will allow the body to correct these respiratory problems in a few days.

### **Pneumonia treatment using Garlic**

Garlic is a marvellous remedy for pneumonia, if given in sufficient quantities. It brings down the temperature, as well as the pulse and respiration within forty-eight hours. A paste of garlic can also be applied externally on the chest with beneficial results as it is an irritant and rubefacient

### **Pneumonia treatment using Sesame Seeds**

Sesame seeds are valuable in pneumonia. An infusion of the seeds can be made by steeping 15 gm of seeds in 250 ml of water. This infusion, mixed with a tablespoon of linseed, a pinch of common salt, and a dessertspoon of honey, should be given in the treatment of this disease. This will help remove catarrhal matter and phlegm from the bronchial tubes.

### **Pneumonia treatment using Parsnip Juice**

The juice of parsnip, a root vegetable botanically known as *Pastinaca sativa*, has been found beneficial in the treatment of pneumonia. The juice of the leaves and root of this plant possess high therapeutic value. The phosphorus and chlorine elements contained therein are of particular benefit to the lungs and the bronchial system, thus making the juice an excellent home remedy for pneumonia. The patient should take 250 ml of juice daily. It is however, essential that only the juice of the cultivated parsnip plant should be used for this purpose. The wild variety must not be used in juices as it contains some poisonous ingredients.

### **Pneumonia treatment using Other vegetable Juices**

The juice of carrots, in combination either with spinach juice, or beet and cucumber juices, has also been found useful in pneumonia. In these combinations, 200 ml of spinach juice or 100 ml each of beet and cucumber juices should be mixed with 300 ml of carrot juice to prepare 500 ml or half a litre of combined juice.

### **Pneumonia treatment using Turpentine Oil**

The pain of pneumonia can be relieved by rubbing oil of turpentine over the rib cage and wrapping warmed cotton wool over it.

### ***Home Remedies for Premature Greying of Hair***

#### **Premature Greying of Hair treatment using Indian Gooseberry**

The use of Indian gooseberry is the foremost among the home remedies found beneficial in the prevention and treatment of premature greying of hair. This is a valuable hair tonic for enriching hair growth and hair pigmentation. The fruit, cut into pieces, should be dried, preferably in shade. These pieces should be boiled in coconut oil till the solid matter becomes like charred dust. This darkish oil is very useful against premature greying. The water in which dried amla pieces have been soaked overnight is also nourishing for the hair. This water should be used for the last rinse while washing the hair. Massaging the scalp every night with a teaspoonful of amla juice, mixed with a teaspoon of almond oil and a few drops of lime juice, also proves beneficial in the prevention and treatment of premature greying of hair.

### **Premature Greying of Hair treatment using Amaranth**

Amaranth is another effective home remedy for hair disorders. Application of the fresh juice of the leaves of this vegetable helps the hair to retain its black colour and prevents it from premature greying. It also helps the growth of the hair and keeps it soft.

### **Premature Greying of Hair treatment using Curry Leaves**

Liberal intake of curry leaves is considered beneficial in preventing premature greying of hair. These leaves have the property of providing vitality and strength to hair roots. New hair roots that grow are healthier and contain a normal pigment. The leaves can be used in the form of chutney, or may be squeezed in buttermilk. When the leaves are boiled in coconut oil, the oil forms an excellent hair tonic to stimulate hair growth and bring back hair pigmentation.

### **Premature Greying of Hair treatment using Ribbed Gourd**

Ribbed gourd boiled in coconut oil is also an effective remedy for premature greying of hair. Pieces of this vegetable should be dried in the shade. These dried pieces should be soaked in coconut oil and kept aside for three or four days. The oil should then be boiled till the solid is reduced to a blackened residue. This oil should be massaged into the scalp. It will help enrich the hair roots and restore pigment to the hair.

### **Premature Greying of Hair treatment using Butter**

The butter made from cow's milk has the property of preventing premature greying of hair. A small roll may be taken internally and a little quantity may be massaged into the hair roots twice a week.

### **Premature Greying of Hair treatment using Vitamins**

The vitamins considered useful in guarding against premature greying of hair are pantothenic acid, para-aminobenzoic acid (paba), inositol. The minimum daily requirement of these vitamins appears to be 10 mg of pantothenic acid, 100 mg of para-aminobenzoic acid, and 2 gm of inositol. To obtain satisfactory results, all three of these vitamins belonging to the B group should be supplied at one time, preferably in a form which supplies all the B vitamins, such as yeast and liver. The three anti-greying-hair vitamins can also be produced in the intestinal tract by bacteria. Thus, taking a sufficient quantity of yoghurt daily and a tablespoonful of yeast before each meal is an excellent remedy for the prevention and treatment of premature greying of hair. If one wishes to take tablets of calcium pantothenate and para-aminobenzoic acid (paba), they should be taken in addition to the yeast and yoghurt, and not as a substitute for them.

## ***Dietaries for Premature Greying of Hair***

### **Take nutrients rich diet**

Diet is of utmost importance in the prevention and treatment of premature greying of hair and persons suffering from this disorder should take a diet rich in all essential nutrients.

### **Avoid devitalising foods, soft drinks etc**

Devitalising foods such as white flour, refined sugar and all products made from them, soft drinks, pastries, jams and jellies should be avoided. These foods take away energy, cause wrinkles, unattractive skin, grey hair, and premature old age.

## ***Other Premature Greying of Hair treatments***

### **Massage of scalp with almond oil**

Massage of the scalp with almond oil is recommended.

## **PMS**

### **Take a hot bath**

Take a hot bath. It will relax all the muscles and hence relieve you of PMS cramps.

### **Drink Red Wine**

Drink some red wine. It will soothe the PMS cramps.

### **Take a cup of tea**

Make a cup of tea; put some lemon juice and one tsp whiskey in it. Drink it hot.

### **Use of Chase tree herb**

Chase tree herb is effective in curing PMS cramps. Every morning put 10 drops of chase tree extract in a glass of water and drink.

### **Other Remedies**

Peppermint tea and chamomile tea are quite effective in alleviating stomach cramps due to PMS. To relieve your cramps instantly drink a cup of yarrow tea. Drink one cup of pickle juice (juice in which pickle is dipped).

## **Potassium rich Diet**

Eat a diet rich in potassium. Broccoli, fish and beans are good sources of potassium.

## **Diet for Women**

Women with PMS need to stabilize their blood sugar. For this they should eat small and frequent meals.

## ***Home Remedies for Prostate Disorders***

### **Prostate Disorders treatment using Pumpkin Seeds**

Pumpkin seeds are an effective home remedy for prostate problems and many patients have been helped by their use. These seeds are rich in unsaturated fatty acids which are essential to the health of the prostate. Persons beyond the age of fifty, who have any signs of prostate trouble; or those who suffer from urinary disorders of some kind, namely, burning or difficulty in passing urine freely, should take sixty to ninety grams of pumpkin seeds per day. The seeds may be taken in the form of powder sprinkled over cooked vegetables or mixed with wheat flour to make chapatis. They can also be taken in the form of a paste made with honey, or as a drink mixed with diluted milk and sugar to taste.

### **Prostate Disorders treatment using Vegetable Juices**

The use of vegetable juices has been found beneficial in the treatment of prostate problems, including prostate enlargement. The juice of carrots, taken separately in a 500 ml quantity, or in combination with spinach juice, is specially valuable. In the case of combined juices, 200 ml of spinach juice should be mixed with 300 ml of carrot juice to prepare 500 ml or half a litre of combined juices.

### **Prostate Disorders treatment using Zinc**

The use of zinc has been found valuable in cases of prostate disorders. About thirty milligrams of this mineral should be taken daily in the treatment of these diseases.

### **Prostate Disorders treatment using Vitamin E**

Vitamin E has proved to be an important factor for prostate health. The patient should therefore use vitamin E-rich foods liberally or take 600 IU of this vitamin daily. Vitamin E-rich foods are wholegrain products, green leafy vegetables, eggs, milk, and all raw or sprouted seeds.

## ***Home Remedies for Psoriasis***

### **Psoriasis treatment using Cabbage Leaves**

Cabbage leaves have been successfully used in the form of compresses in the treatment of psoriasis. The thickest and greenest outer leaves are most effective for use as compresses. They should be thoroughly washed in warm water and dried with a towel. The leaves should be flattened, softened and smoothed out by rolling them with a rolling pin after removing the thick veins. They should be warmed and then applied smoothly to the affected part in an overlapping manner. A pad of soft woollen cloth should be put over them. The whole compress should then be secured with an elastic bandage

### **Psoriasis treatment using Bitter Gourd**

Bitter gourd is a valuable remedy for psoriasis. A cup of fresh juice of this vegetable, mixed with a teaspoon of lime juice, should be taken sip by sip, on an empty stomach daily for four to six months

### **Psoriasis treatment using Avocado Oil**

The oil of avocado has been found beneficial in the treatment of this disease. It should be applied gently to the affected parts

### **Psoriasis treatment using Cashewnut Oil**

The oil extracted from the outer shell of the cashewnut is acrid and rubefacient. It can be applied beneficially on the affected area

### **Psoriasis treatment using Buttermilk**

The use of curd in the form of buttermilk has proved useful in psoriasis and the patient should drink it in liberal quantities. The application of buttermilk compresses over the affected parts will also be useful in treating this condition

## ***Home Remedies for Pyorrhoea***

### **Pyorrhoea treatment using Guava**

Chewing unripe guava is an excellent tonic for the teeth and gums. It stops the bleeding from the gums due to its styptic effect and richness in vitamin C. Chewing the tender leaves of the guava tree also helps in curing bleeding from the gums and keeps the teeth healthy. A decoction of root-bark can also be beneficially used as a mouthwash for swollen gums

### **Pyorrhoea treatment using Lemon and Lime**

The regular use of lemon and lime is useful in pyorrhoea due to their high vitamin C content. They strengthen the gums and teeth, and are very effective in preventing and curing acute inflammations of the gum margins

### **Pyorrhoea treatment using Orange**

The use of orange has also been found beneficial in the treatment of pyorrhoea. This fruit should be eaten regularly and its skin rubbed over the teeth and gums. This will improve the condition

### **Pyorrhoea treatment using Pomegranate Rind**

Powder of the dry rind of pomegranate, mixed with pepper and common salt, can be applied as a very good dentifrice. Its regular application strengthens the gums, stops bleeding, and prevents pyorrhoea

### **Pyorrhoea treatment using Spinach Juice**

The juice of raw spinach is another valuable remedy for the prevention and treatment of pyorrhoea because of its beneficial effect on the teeth and gums. This effect is greatly enhanced if spinach juice is taken in combination with carrot juice. Both spinach juice and carrot juice should be taken in quantities of 125 ml each daily. A permanent aid for this affliction has been found in the use of natural raw foods, and in drinking an ample quantity of carrot and spinach juice

### **Pyorrhoea treatment using Lettuce**

Lettuce has proved useful in preventing pyorrhoea The leaves of this vegetable should be chewed everyday immediately after meals for this purpose

### **Pyorrhoea treatment using Wheat**

Wheat is especially valuable in the prevention and treatment of pyorrhoea. Wheat chapatis are usually taken with other foods, and hence, the other food also gets chewed properly. This not only provides the needed exercise for the teeth and gum but also aids in digestion

### **Reduce intake of coffee and cigarettes**

#### **Remedies to prevent tooth discoloration:**

To prevent discoloration a coffee drinker and/or smoker must consider reducing intake or giving up on these addictions. One can also prevent the side effects of smoking by improving dental hygiene .This can be done by brushing and flossing regularly and getting teeth cleaned by a dentist every 6 months.

Treatment options or home remedies that can be tried at home may vary depending on the cause of the discoloration and include:

Using proper tooth brushing and flossing techniques

Avoidance of foods and beverages that cause stains on teeth.

Using Over-The-Counter whitening agents

### **Remedies to prevent discoloration of the lip:**

Here are simple lip care tips and home remedies for intense smokers:

To reduce discoloration caused by smoking or caffeinated drinks the first step is to reduce the intake of such habits.

Drink at least 10 glasses of water to flush toxins away.

Apply Vaseline to your lips regularly.

Clarified butter is also a very good home remedy. Apply a little every night to soothe lips. This helps keep lips moisturized.

Another effective home remedy is applying the juice of a lemon which has bleaching properties to the lips daily. This helps lighten the colour of the lips over time.

It is advisable for women to wear lipstick with sunscreen, as Ultra Violet radiation may cause pigmentation.

### **Avoid tooth decaying foods like carbohydrates and sugar**

Doctors recommend treatments that are advisable to cure discoloration of the teeth and the most one can do on the diet front is to avoid certain tooth decaying foods. Most avoidable foods include all carbohydrates and sugar as they can cause tooth decay. All simple sugars, including table sugar (sucrose) and the sugars in honey (levulose and dextrose), fruit (fructose), and milk (lactose), have the same effect on the teeth.

To remove stains from teeth: Add a drop of clove oil to the toothpaste before brushing your teeth.

### ***Home Remedies for Rheumatism***

#### **Rheumatism treatment using Potato Juice**

The juice of raw potato is regarded as an excellent remedy for rheumatism. One or two teaspoons of the juice, taken out by pressing mashed raw potatoes, should be taken before meals. This will help to eliminate the toxic condition and relieve rheumatism. The skin of the potato is also an excellent remedy for rheumatism. The skin is exceptionally rich in vital mineral salts, and the water in which the peelings are boiled is one of the best medicines for ailments caused by excess toxic matter in the system. Approximately thirty grams of the potato peelings should be thoroughly washed and boiled in half a litre of water till it is

reduced to half. The decoction should then be strained and a glass of the same should be taken three or four times daily

### **Rheumatism treatment using Bitter Gourd**

Bitter gourd is considered beneficial in the treatment of rheumatism. A cup of juice, extracted from the vegetable, should be mixed with a teaspoon of honey, and taken daily for treating this condition. This treatment should be continued for at least three months to provide relief

### **Rheumatism treatment using Celery**

Celery is another effective remedy for rheumatism. A fluid extract of the seeds is more powerful than the raw vegetable. This also has a tonic action on the stomach and kidneys. Five to ten drops of this fluid should be taken in hot water before meals. Powdered seeds can be used as a condiment

### **Rheumatism treatment using Lemon**

Lemons are beneficial in the treatment of rheumatism. The patient should take the juice of two or three lemons each day. This will bring good results

### **Rheumatism treatment using Walnuts**

Walnuts are valuable in rheumatism. They should, however, be thoroughly masticated to achieve beneficial results. Half a dozen can be taken daily in the treatment of this condition

### **Rheumatism treatment using Rhubarb**

The herb rhubarb has been found valuable in rheumatism. The green stalks of this herb should be pounded with an equal quantity of sugar. A teaspoonful should be taken three or four times a day. This remedy seldom fails.

### ***Home Remedies for Ringworm***

#### **Ringworm treatment using Papaya**

Raw papaya is one of the most effective home remedies for ringworm. The slices of this fruit should be rubbed on the ringworm patches. A paste made from dried papaya seeds can also be applied beneficially on these ringworm patches

#### **Ringworm treatment using Mustard Seeds**

Another effective home remedy for ringworm is mustard seeds. A paste should be prepared from these seeds and applied externally over the ringworm patches after thoroughly washing the skin with sufficient hot water

### **Ringworm treatment using Butea Seeds**

The seeds of the herb butea are valuable in ringworm. The seeds should be ground to a paste and mixed with a little lime juice. This paste should be applied externally over the skin affected by ringworm

### **Ringworm treatment using Cassia Leaves**

The leaves of the cassia tree are useful in irritation of the skin and in alleviating swellings and pains. The juice of these leaves or a paste made from them can be applied to ringworm patches with gratifying results

### **Ringworm treatment using Holy Basil**

The leaves of holy basil are also useful in ringworm. The juice of these leaves should be extracted and applied over ringworm patches

### **Ringworm treatment using Turmeric**

Turmeric is very effective in the treatment of ringworm. The juice of raw turmeric should be applied externally to the parts of the skin affected by ringworm. Simultaneously, one teaspoon of turmeric juice mixed with an equal quantity of honey should be taken orally

### **Ringworm treatment using Raw Vegetable Juices**

Raw vegetable juices, especially carrot juice in combination with spinach juice, have proved beneficial in the treatment of ringworm. The formula proportions considered helpful in this combination are 300 ml of carrot juice and 200 ml of spinach juice to make 500 ml or half a litre of juice.

## ***Home Remedies for Sexual Impotence***

### **Sexual Impotence treatment using Garlic**

Garlic is one of the most remarkable home remedies found beneficial in the treatment of sexual impotence. It is a natural and harmless aphrodisiac. According to an eminent sexologist of the United States, garlic has a pronounced aphrodisiac effect. It is a tonic for loss of sexual power due to any cause, and for sexual debility and impotency resulting from sexual overindulgence and nervous exhaustion. Two to three cloves of raw garlic should be chewed daily

### **Sexual Impotence treatment using Onion**

Onion is another important aphrodisiac food, second only to garlic. It increases libido and strengthens the reproductive organs. The white variety of onion is, however, more useful for this purpose

### **Sexual Impotence treatment using Carrot**

Carrots are considered valuable in impotence. For better results, about 150 gm of carrots, chopped finely, should be taken with a half-boiled egg, dipped in a tablespoon of honey, once daily for a month or two. This recipe increases sexual stamina

### **Sexual Impotence treatment using Lady's Fingers**

Lady's fingers are another tonic for improving sexual vigour. It has been mentioned in ancient Indian literature that persons who take five to ten grams of the root powder of this vegetable with a glass of milk and two teaspoons of ground mishri daily, will never lose sexual vigour

### **Sexual Impotence treatment using Asparagus**

The dried roots of asparagus are used in Unani medicine as an aphrodisiac. They are available in the market as safed musli. Fifteen grams of roots boiled in one cup of milk should be taken twice daily. The regular use of this remedy is valuable in impotency and premature ejaculation

### **Sexual Impotence treatment using Drumstick**

A soup made with about fifteen grams of drumstick flowers boiled in 250 ml milk is very useful as a sexual tonic in the treatment of sexual debility. It is also useful in functional sterility in both males and females. The powder of the dry bark is also valuable in impotency, premature ejaculation, and thinness of semen. About 120 gm of the powder of the dry bark should be boiled in half a litre of water for about half an hour. Thirty grams of this powder, mixed with a tablespoon of honey, should be taken three times daily for a month

### **Sexual Impotence treatment using Ginger**

The juice extracted from ginger is a valuable aphrodisiac and beneficial in the treatment of sexual weakness. For better results, half a teaspoon of ginger juice should be taken with a half-boiled egg and honey, once daily at night, for a month. It is said to relieve impotency, premature ejaculation, and spermatorrhoea

### **Sexual Impotence treatment using Dried Dates**

Dried dates are a highly-strengthening food. Pounded and mixed with almonds, pistachio nuts, and quince seeds in equal quantities, about 100 gm should be taken daily as an effective medicine for increasing sexual power

### **Sexual Impotence treatment using Raisins**

Black raisins are useful for restoration of sexual vigour. They should be boiled with milk after being washed thoroughly in tepid water. This will make them swollen and sweet. Eating of these raisins should be followed by the intake of milk. Starting with 30 gm of raisins, followed by 200 ml of milk three times daily, the quantity of raisins should be gradually increased to 50 gm each time

### ***Diet for Sexual Impotence***

#### **Fresh-fruit diet**

Diet is an important factor in treating sexual impotence. To begin with, the patient should adopt an exclusive fresh-fruit diet for five to seven days, taking three meals a day of fresh juicy fruits at five-hourly intervals

#### **Well-balanced diet**

After the all-fruit diet, he may gradually embark upon a well-balanced diet consisting of seeds, nuts, grains, vegetables, and fruits, with generous use of special rejuvenative foods such as whey, sour milk- particularly goat's milk, millet, garlic, honey, cold-pressed vegetable oils, and brewer's yeast

#### **Avoid smoking, processed, canned, and denatured food**

The patient should avoid smoking, alcohol, tea, and coffee; and all processed, canned, refined, and denatured foods, especially white sugar and white flour, and products made from them

### ***Home Remedies for Sinusitis***

#### **Sinusitis treatment using Mango**

The liberal use of mangoes during the season is considered an effective remedy for prevention and treatment of sinusitis. Mangoes contribute towards formation of healthy epithelium, thereby preventing frequent attacks of common infections like sinusitis. This is attributable to a high concentration of vitamin A in the fruit

#### **Sinusitis treatment using Garlic and Onion**

The use of pungent foods like garlic and onion is one of the most effective remedies for sinus problems. One should begin with small mild doses and

increase them gradually. Beneficial results can also be achieved by adding these herbs in moderate amounts to regular meals

### **Sinusitis treatment using Fenugreek**

The seeds of fenugreek are another effective remedy for sinusitis. A tea prepared by boiling one teaspoon of seeds in 250 ml of water till it is reduced to half, will help the body to produce perspiration, dispel toxicity, and shorten the period of fever in the acute stage of the disease. Upto four cups should be taken daily. The quantity should be reduced as the condition improves

### **Sinusitis treatment using Cumin Seeds**

A teaspoon of black cumin seeds tied in a thin cotton cloth can provide relief when inhaled. The condition can also be relieved by taking a mixture of 100 gm of roasted and ground cumin seeds and 200 gm of pure honey

### **Sinusitis treatment using Vegetable Juices**

Carrot juice, taken separately or in combination with juices of beet and cucumber, or with spinach juice, has been found beneficial in the treatment of sinus trouble. In the case of combined juices, 100 ml each of beet and cucumber juices, or 200 ml of spinach juice, should be mixed with 300ml of carrot juice to make 500 ml or half a litre of the mixed juice.

### ***Snoring cure***

#### **Lose weight**

Maintain a normal weight - Losing weight can greatly reduce or even end snoring and possible obstructive sleep apnea (OSA). Proper diet and exercise to losing weight.

#### **Avoid smoking**

Don't smoke--period!! can cause increased nasal congestion and mucous in the throat area. Breathing through the nose is more effectual way to bring air into the lungs than mouth breathing.

#### **Reduce alcohol intake**

Alcohol can cause relaxation in the soft tissues and muscles in the throat. This will result in snoring or sleep apnea.

#### **Sleep on your side**

Sleep on your side, it makes the snoring a little lower.

**Stomachache due to dehydration-** Chew betel leaves with a few rock salt crystals. It gives immediate relief.

### ***Home Remedies for Stress***

#### **Stress treatment using Holy Basil**

The leaves of holy basil have been found beneficial in the treatment of stress. They are regarded as an anti-stress agent. Recent studies have shown that the leaves protect against stress significantly. It has been suggested that even healthy persons should chew twelve leaves of basil twice a day, morning and evening, for preventing stress

#### **Stress treatment using Sage**

The herb sage is considered valuable in stress. A tea prepared from the leaves of this plant should be given in the treatment of this condition. This tea is prepared by pouring a cup of boiling water over one teaspoon of dried sage leaves. The water should be covered and infused for several minutes. It should then be strained and sweetened, with honey, if desired. In the case of fresh leaves, a tablespoon of coarsely chopped sage leaves should be used and tea prepared in the same way

#### **Stress treatment using Nutrients**

Certain nutrients have proved beneficial in relieving stress. These are vitamins A and B; and minerals such as calcium, potassium, and magnesium which reduce the feeling of irritability and anxiety. Vitamin A is found in green and yellow vegetables. Some of the valuable sources of vitamin B are cashew nuts, green leafy vegetables, yeast, sprouts, and bananas. An element of vitamin B complex, pantothenic acid, is especially important in preventing stress. It has a deep effect on adrenal glands and the immune system; an adequate amount of this vitamin, along with vitamin A, can help prevent many of the changes caused by stress. Potassium deficiencies are associated with breathlessness, fatigue, insomnia, and low blood sugar. Potassium is essential for healthy heart muscles. Nuts and whole grains are good sources of this mineral. Calcium is a natural sedative. Deficiencies can cause fatigue, nervousness and tension. Dairy products, eggs, almonds, and soya beans are rich sources of this mineral. Magnesium is known as nature's tranquilliser and is associated with the prevention of heart attacks. It is found in many fruits, vegetables, seeds, dates, and prunes

#### **Stress treatment using Other Foods**

There are many foods which help in meeting the demands of stress and should be taken regularly by the patients. These include yoghurt, blackstrap molasses, seeds, and sprouts. Yoghurt is rich in vitamins A, D, and the B complex group. It relieves migraine, insomnia, and cramps associated with menstruation.

Blackstrap molasses, a by-product of the sugar-refining process, is rich in iron and B vitamins. It guards against anaemia and is good for heart disease. Seeds such as alfalfa, sunflower, pumpkins, and sprout are rich in calcium and quite effective as deterrents of listlessness and anxiety

### ***Diet for Stress***

#### **Lifestyle change, optimum diet, regular exercise and rest**

In dealing with stress, the lifestyle of the patient needs a complete overhaul. He should be placed on an optimum diet, and be encouraged to take regular exercise and adequate rest. If this is done, many diseases caused by stress can be eliminated. Diet plays an important role in the prevention and healing of stress induced diseases.

#### **Food to be avoided during stress**

Certain foods associated with stress and anxiety should be scrupulously avoided. These foods are caffeine in coffee and many soft drinks, salt, sugar, cigarettes, and alcohol

### ***Other stress treatment***

#### **Do Regular physical exercise and eliminate unnecessary stress**

Regular physical exercise plays an important role in the fight against stress. It not only keeps the body physically and mentally fit, but also provides recreation and mental relaxation, Recreation and rest are also important. The patient should set a definite time for recreational activities, and should take a holiday at regular intervals. Above all, he should simplify his style of living to eliminate unnecessary stress.

#### **Remedies for burnt skin**

Apply aloe vera or vinegar on the affected skin; it will stop inflammation and pain. Avoid products made from benzocaine, lidocaine and petroleum jelly. Rub mustard oil on the affected skin and allow to it dry, this will take out the heat from the skin. Cut fresh cucumber slices and rub them on the affected area. Before taking bath, add some baking powder to the bath water, this will help to soothe the burnt skin. Apply lavender oil or peppermint oil on the burnt skin. Apply apple cider vinegar to the burnt skin using cotton ball. Take herbal bath; put few drops of chamomile and lavender essential oils in bath water. Take epsom salt or ice

compress. Grate some potatoes and apply them on the burnt skin. Starch from the potatoes will soothe the burn.

### **Take vitamin E and vitamin C diet**

Antioxidants like vitamin E and vitamin C are very helpful in curing sunburn. Hence include vitamin E and vitamin C in your diet. Tomato is a good antioxidant. Eat good quality protein foods like meat, egg, fish, chicken and so on. Eat lots of fruits. They will supply essential vitamins and minerals. To keep the body hydrated and compensate for the lost fluids, drink lots of fluids.

### **SPF 30 or above sunglasses should be used**

While going outdoors wear good quality sunglasses and apply good quality sunscreen creams whose SPF is 30 or above. Do not use harsh soaps to wash sun burn.

### ***Remedies for Toenail fungus***

#### **Toe nail fungus remedy using tea tree oil**

Tea tree oil is a potent natural antiseptic and fungicide that will help fight your fungus. Apply undiluted tea tree oil with olive oil to the affected toe nail. Alternatively you can put few drops of tea tree oil on toenails and rub it thoroughly every day.

#### **Using Listerine mouthwash**

Soak your toes in Listerine mouthwash. The powerful antiseptic leaves your toe nails looking healthy.

#### **Curing toe nail fungus using warm water and natural apple cider vinegar**

Soak your toenails for 15 - 20 minutes in basin full of warm water and natural apple cider vinegar mixed in equal proportion. When done, dry your toenails thoroughly. Use a hair dryer on warm setting to absorb all the moisture in and around the toes

#### **Tea tree oil and Lavender oil**

Put equal amount of tea tree oil and lavender oil on a cotton ball or swab. Dab it under the top edge of the toe nail and surrounding area 2 or 3 times a day. Tea tree oil is natural antibiotic and lavender will help fight the infection and prevent skin irritation

#### **Using Oregano and Olive oil**

Blend 2 drops of Oregano essential oil with a tsp of olive oil. Apply this mixture on the affected area daily for NOT more than three weeks. Oregano essential oil has antiseptic, antibacterial, antiparasitical, antiviral, analgesic and antifungal properties.

### ***Home Remedies for Tonsillitis***

#### **Tonsillitis treatment using Lime**

Lime is one of the most effective remedies in the treatment of acute tonsillitis. A fresh lime squeezed in a glass of warm water, with four teaspoons of honey and a quarter teaspoon of common salt, should be sipped slowly in such cases

#### **Tonsillitis treatment using Milk**

Milk has been found valuable in tonsillitis. A glass of pure boiled milk, mixed with a pinch of turmeric powder and pepper powder, should be taken every night for three nights in the treatment of this condition. It will bring beneficial results

#### **Tonsillitis treatment using Vegetable Juices**

Juices of carrot, beet, and cucumber, taken individually or in combination, are especially beneficial. The formula proportion recommended, when used in combination is 300 ml of carrot juice, 100 ml of beet juice, and 100 ml of cucumber juice

#### **Tonsillitis treatment using Banafsha Flowers**

Banafsha flowers, botanically known as *Viola odorata*, are beneficial in the treatment of tonsillitis. About 12 gm of these flowers should be boiled in 50 ml of milk. This milk should be taken hot after being filtered. The filtered banafsha can also be lightly fried in ghee and worn round the throat as a poultice at night

#### **Tonsillitis treatment using Fenugreek Seeds**

A gargle made from fenugreek seeds is very effective in severe cases of tonsillitis. To make such a gargle, two tablespoons of fenugreek seeds should be allowed to simmer for half an hour in a litre of water and then set aside to cool. The entire quantity should be used the same day as a soothing gargle. It will have beneficial results.

### ***Home Remedies for Toothache***

#### **Remedies for Tooth ache using Garlic**

Among the most effective home remedies for toothache is garlic. A clove of garlic with a little rock salt should be placed on the affected tooth. It will relieve the pain and, sometimes, may even cure it. A clove should also be chewed daily in the morning. It will make the cure teeth making it strong and healthy.

### **Toothache relief using Onion**

Latest research has confirmed the bactericidal properties of onion. If a person consumes one raw onion every day by thorough mastication, he will be protected from host of tooth disorders. Chewing raw onion for three minutes is sufficient to kill all the germs in the mouth. Toothache is often allayed by placing a small piece of onion on the bad tooth or gum.

### **Remedies for Tooth ache using Lime**

Lime, as a rich source of vitamin C, is useful in maintaining the health of the teeth and other bones of the body. It prevents decay and loosening of the teeth, dental caries, toothache, and bleeding of the gums

### **Toothache cure using Wheat Grass**

The juice of wheat grass acts as an excellent mouthwash for tooth decay and cures toothaches. Wheat grass can be chewed with beneficial results. It draws out toxins from the gums and thus checks bacterial growth.

### **Toothache cure using Asafoetida**

The use of asafoetida has been found useful in curing toothache. It should be pestled in lemon Juice and slightly heated. A cotton swab should be soaked in this lotion and placed in the cavity of the tooth. It will relieve pain quickly.

### **Toothache relief using Bay Berry**

A paste of the bark of bay berry should be made with vinegar. This paste, applied on the affected tooth, will relieve the toothache. It can also be applied beneficially on the gums for strengthening them.

### **Toothache home remedy using Clove**

Another home remedy for toothache is in the use of clove, which reduces pain. It also helps decrease infection due to its antiseptic properties. Clove oil, applied to a cavity in a decayed tooth, also relieves toothache.

### **Remedies for Toothache using Pepper**

A mixture of a pinch of pepper powder and a quarter teaspoon of common salt is an excellent dentrifice. Its daily use prevents dental cavities, foul breath, bleeding from the gums, painful gums, and toothaches. It cures the increased sensitiveness of the teeth. A pinch of pepper powder mixed with clove oil can be put on the cavities to alleviate the toothache.

Bite a clove to ease a toothache: Biting on a clove or rubbing clove oil on the tooth cavity itself will relieve the pain.

## ***Home Remedies for Underweight***

### **Underweight treatment using Musk Melon**

Musk melon is one of the most effective home remedies for thinness. If the melon cure is properly carried out, a rapid gain in weight can usually be achieved. In this mode of treatment, only musk melons are taken three times during the day for forty days or more. In the beginning, only three kilograms of melons are taken daily for three days. Then the quantity is increased by one kilogram daily till it is sufficient to appease the hunger. Only the sweet and fresh fruits of the best variety are used in the treatment.

### **Underweight treatment using Mango-Milk Cure**

The mango-milk cure is also an ideal treatment for thinness. For this mode of treatment, ripe and sweet mangoes should always be selected. They should be taken thrice a day-morning, afternoon, and evening. Two medium sized mangoes should be taken first and then followed by a glass of milk. Mango is rich in sugar but deficient in protein. On the other hand, milk is rich in protein but deficient in sugar. The deficiency of one is made up by the other. Mango thus combines very well with milk and an exclusive mango-milk diet taken for at least one month, will lead to improvement in health and vigour and gain in weight

### **Underweight treatment using Milk Cure**

An exclusive milk diet for rapid gain of weight has been advocated by some nature cure practitioners. At the beginning of this mode of treatment, the patient should fast for three days on warm water and lime juice so as to cleanse the system. Thereafter, he should have a glass of milk every two hours from 8 a.m. to 8 p.m. on the first day, a glass every hour and half the next day, and a glass every hour the third day. Then the quantity of milk should be gradually increased so as to take a glass every half an hour from 8 a.m. to 8 p.m., if such a quantity can be tolerated fairly comfortably

### **Underweight treatment using Figs**

Figs are an excellent remedy for increasing weight in case of thinness. The high percentage of the rapidly assimilable sugar in this fruit make it a strengthening and fattening food. Three dried figs soaked in water should be taken twice daily

### **Underweight treatment using Raisins**

Raisins are a good food for those who wish to gain weight. Thirty grams a day may be taken for this purpose

### **Underweight treatment using Nutrients**

Nutrients which help to keep the nerves relaxed are of utmost importance as nervousness causes all the muscles to become tense, and the energy which goes into the tensing wastefully uses up a great deal of food. Although all vitamins and minerals are required for relaxation, the most important ones are vitamin D and B6, calcium, and magnesium. The richest sources of vitamin D are milk, cod-liver oil, and rays of the sun. Calcium is supplied by milk and yoghurt. Magnesium can be obtained from green leafy vegetables such as spinach, parsley, turnip, radish, and beet tops. These vegetables should, preferably, be taken in salad form or should be lightly cooked.

### ***Underweight diet***

### **Underweight diet**

Diet plays an important role in building up health for gaining weight. Underweight persons should eat frequent small meals as they tend to feel full quickly. The weight-building quality of a food is measured by the number of calories it contains. To gain weight the diet should include more calories than are used in daily activities so as to allow the excess to be stored as body fat. The allowance of 500 calories in excess of the daily average needs is estimated to provide for a weight gain of half a kilogram weekly

### **Food to avoid when you are underweight**

All refined foods such as products containing white flour and sugar should be avoided, as they destroy health.

### ***Home remedies for Urinary Tract Infection***

### **Treating Urinary Tract Function by use of Baking Soda**

A mixture of 1/2 tsp baking soda in eight ounce glass of water can be very helpful on the first signs of urinary tract infection. The presence of baking soda in your system raises the acid-base balance of the acidic urine.

### **Treating Urinary Tract Infection by drinking water or fluids**

It is very important for your system to have a good flow of urine. This can be done by consuming plenty of water. It cleanses your body by diluting and flushing out the unwanted substance.

### **Treating Urinary Tract Infection by Cranberry Juice**

Cranberry juice disallows bacteria to cling to the cell, which line the urinary tract. It is a great remedy to fight this infection. If you cannot have the cranberry juice directly you can mix it with apple juice to add some taste.

### **Treating Urinary Tract Infection by Aromatherapy**

You can make an essential oil by using equal parts of sandalwood, bergamot, tea tree, frankincense and juniper. Mix all these ingredients to make an oil to be rubbed over your bladder area. Continue this massaging technique for three to four days once the symptoms subside.

### **Home Remedies for Vomiting**

Some of the effective home remedies for vomiting are as follows. Have a cup of ginger tea, Eat a mixture of honey and powder of 2 roasted cardamoms, Have a glass of chilled lime juice, Have a mixture of 1 tsp mint juice, 1 tsp lime juice, 1/2 tsp ginger juice and 1 tsp honey. Slowly sip a glass of honey water, Have one tsp onion juice in regular interval, Slowly sip a glass of chilled cola, Relax for some time.

### **Diet for the first twelve hours**

For the first twelve hours after vomiting do not take any solid food. Limit yourself only to liquids like apple juice, carbonated juices, water and so on. Avoid citrus juices and dairy products for the first 24 hours.

### **Diet for the next twelve hours**

During the next twelve hours gradually start eating banana, peeled apple, boiled potatoes, boiled rice and soup without cream.

### **Diet after 24 hours**

After 24 hours you can have cottage cheese, non-fat milk, broiled chicken, lean meat and so on.

## ***Home Remedies for Warts***

### **Warts treatment using Castor Oil**

The use of castor oil is one of the most important home remedies for warts. This oil should be applied generously over the affected parts every night. The treatment should be continued for several months.

### **Warts treatment using Figs**

The milky juice of fresh figs is another valuable remedy. This juice should be extracted from the fresh, barely-ripe fruits and applied on the warts several times a day. The treatment should be continued for two weeks.

### **Warts treatment using Potato**

Raw potatoes are beneficial in the treatment of warts. They should be cut and rubbed on the affected area several times daily, for at least two weeks. This will bring about good results.

### **Warts treatment using Onion**

Onions are also valuable in warts. They are irritating to the skin and stimulate the circulation of the blood. Warts sometimes disappear when rubbed with cut onions.

### **Warts treatment using Indian Squill**

The herb Indian squill is useful in removing warts. A powder of the bulb of this herb should be applied locally over the affected area for beneficial results.

### **Warts treatment using Dandelion**

The herb dandelion is another valuable remedy for warts. The milk from the cut end of dandelion should be applied over the affected area two or three times daily.

### **Warts treatment using Marigold**

Marigold is another herb found beneficial in the treatment of warts. The juice of the leaves of this plant can be applied beneficially over warts. The sap from the stem has also been found beneficial in the removal of warts.

### **Warts treatment using Cashewnut Oil**

The oil extracted from the shell of the cashewnut is useful in warts as it is a strong irritant to the skin. It should be applied externally over the affected area in treating this condition.

### **Warts treatment using Other Remedies**

Certain other external applications over the affected parts have also proved beneficial in the treatment of warts. These include juices of papaya and pineapple, and chalk powder mixed with water.

### ***Whooping Cough treatments using Home Remedies***

#### **Whooping Cough treatment using Garlic**

Garlic is one of the most effective remedies for whooping cough. The syrup of garlic should be given in doses of five drops to a teaspoon, two or three times a day, for treating this condition. It should be given more often if the coughing spells are frequent and violent.

#### **Whooping Cough treatment using Ginger**

Ginger is another effective remedy for whooping cough. A teaspoon of fresh ginger juice, mixed with a cup of fenugreek decoction and honey to taste, is an excellent diaphoretic. The fenugreek decoction can be made by boiling one teaspoon of seeds in 250 ml of water till it is reduced to half.

#### **Whooping Cough treatment using Radish**

Syrup prepared by mixing a teaspoon of fresh radish juice with an equal quantity of honey and a little rock salt, is beneficial in the treatment of this disease. It should be given thrice daily.

#### **Whooping Cough treatment using Almond Oil**

Almond oil is valuable in whooping cough. Five drops of almond oil should be mixed with ten drops each of fresh white onion juice and ginger juice, and taken thrice daily for a fortnight. It will provide relief.

#### **Whooping Cough treatment using Calamus**

The herb calamus is another valuable remedy for whooping cough. A pinch of the powder of the roasted herb should be given with a teaspoon of honey. Being antispasmodic, it prevents severe bouts of coughing. For smaller children, the dose must be proportionately smaller.

### **Home Remedies for wrinkle on skin**

Here are some simple home remedies to deal with wrinkles on skin and prevent the formation of new ones –

Apply egg whites to the skin under your eyes.

Odor-free castor oil can be applied to the skin under the eyes or on that of the throat.

Empty the contents of 3 Vitamin E capsules into a small bowl. Add to this 2 tps plain yogurt, 1/2 tsp honey and 1/2 tsp lemon juice. Apply this mixture on the face using a cotton ball. Leave it on for 10 minutes and rinse.

A mixture of 1/4 cup comfrey infusion, 1/4 cup witch hazel and 10 drops of patchouli essential oil is effective in treating wrinkles. This can be stored in a clean bottle and applied on affected areas with a cotton ball.

Gently massage coconut oil on portions of skin prone to wrinkles every night a bedtime.

A paste of turmeric made with sugarcane juice is great to get rid of wrinkles and slow skin ageing.

Cut a green Thompson seedless grape in half and gently crush it on your face on the wrinkles. Leave it for 20 minutes and rinse with warm water and let it dry in natural air.

Rub the core of pineapple on the face and leave it for 10-15 minutes before rinsing off. This works well on fine wrinkles.

Applying juice of green pineapples and apples on the face daily for 10-15 minutes is good for fine wrinkles and cracked skin.

Application of pure castor oil regularly prevents wrinkles.

### **Balanced diet**

The role of a balanced diet for a healthy, youthful looking skin cannot be undermined. A diet rich in fresh fruits, vegetables and whole grains paves the way for a wrinkle-free skin.

Flax seed oil is an excellent wrinkle cure agent. Take a tablespoon of flax seed oil 4 times a day. This may cause diarrhea, so make sure your body is used to taking flax seed oil.

Consume at least 4-6 liters of water everyday. This is the best way to hydrate and moisturize your skin from within.

### **Other suggestions for Wrinkles**

More smiling, less squinting and frowning are ways to keep your face young, wrinkle-free and attractive.

Use natural moisturizing creams and lotions regularly. Light massage with cream or lotion every night can keep your skin soft and supple.

Use a good quality sunscreen lotion whenever you go out in the sun.

### ***Home remedies for Yeast Infection***

#### **Home remedy using Yogurt**

Take a tampon and dip it in yogurt. Insert in the vagina, twice a day. Continue this remedy for an extra day after your symptoms go away.

#### **Tea Tree Oil**

A few drops of tea tree oil poured on a tampon and inserted in the vagina can provide some relief.

#### **Garlic**

For non-vaginal yeast infections, you can apply garlic paste directly on the affected parts. This remedy is for other affected parts of the body and not for the vaginal yeast infection.

Painful gums and bleeding teeth? Apply a powdered mixture of 50 gm. of green guava peel with 10 gm. each of phitkari (alum), kali mirch (black pepper) and sendha namak (black salt or induppu in Tamil ) on your teeth twice a day and this will provide relief in less than a week.

## BEST SUGGESTIONS

#1. Protein foods are best digested when eaten with fresh vegetables (different vegetables can be eaten together).

Primary protein foods such as nuts, seeds and soybeans also combine very well with acid fruits like oranges, pineapples, grapefruit and lemons, and fairly well with sub-acid fruits, like grapes, pears, apples, berries, apricots and peaches. These vegetables and fruits are rich natural sources of vitamin C which helps protein digestion.

#2. Avoid mixing proteins and fats at the same meal.

Fat in foods inhibits the secretion of gastric juice through the small wall. When fat-concentrated foods are taken with protein foods, gastric catabolism will decrease by the degree of liquid concentration in the stomach. Fat will remain undigested in the stomach until gastric juices complete their work on the complex protein molecule.

Although all primary protein foods contain high concentration of fat, such lipids will be held in suspension, awaiting catabolism in the intestine, without impeding gastric action. Free fats like oil, butter, and milk tend to coat the gastric mucosa, thereby inhibiting its effort to secrete gastric juice. Fat surrounding fried foods is also regarded as free fat and it interferes with gastric catabolism.

#3. Avoid mixing carbohydrates and acid fruits in the same meal.

The starch-splitting enzyme ptyalin in the saliva plays an important role as the food is chewed. It converts the complex starch molecules into simple sugars. Ptyalin requires a neutral or slightly alkaline medium for proper functioning and this is the normal condition of the saliva in the mouth. However, when acid foods are taken, the action of ptyalin is halted. It is, therefore, necessary to avoid acid fruits in the same meal as sweet fruits or starches. Tomatoes should not be eaten with starches especially potatoes or bread.

Refined sugar products are also acidic, both in the mouth and in the blood stream. The acidifying of the saliva by sucrose is one of the main causes of tooth decay. It can also cause severe damage to the digestion. Food combining is designed to facilitate easier digestion.

## MEALS

An important point to remember about meals is that the smaller the number of courses they consist of, the better it will be. They should approximate to a one-course meal as much as possible. Simple meals in every way are more conducive to health, than more elaborate ones, no matter how well they may be combined.

A meal consisting of proteins, carbohydrates and fats may remain in the stomach for six to seven hours before the stomach is emptied. If carbohydrates are eaten without proteins, they remain in the stomach for a relatively short period. A fruit meal remains in the stomach for even shorter time.

It is advisable to eat these different foods at different meals -- a fruit meal, a starch meal and a protein meal. The ideal practice is a fruit meal for breakfast, a starch meal with salad and non-starchy vegetables for lunch, and a protein meal with a salad and non-starchy vegetables for dinner.

**Proteins:** Nuts, seeds, soybeans, cheese, eggs, poultry\* meat\*, fish\*, yogurt.

**Fats:** Oils, olive, butter, margarine. **Starches:** Whole cereals, peas, beans, lentils.

**Vegetables:** Leafy green vegetables, sprouted seeds, cabbage cauliflower, broccoli, green peas, celery, tomatoes, onions.

## Fast Cure

Fasting is Nature's curative agent. It can restore health where everything else has failed. It gives Nature a chance to clean the system.

Fasting means total abstinence from all food, both liquid and solid. Therefore taking of fruit juice and coffee goes against fasting.

Water is not food. Therefore it does not stimulate the appetite. During fasting drink plenty of water. This will drive away weakness.

If you overwork, you need perfect rest. If you continue to overwork without rest, the whole system will break down. Even so, the stomach and other digestive organs need rest. If they are overworked on account of overfeeding, various diseases of the digestive apparatus will develop.

If the sewer system of a city gets clogged up they flush it with water. If your system gets clogged up, do the same thing. Stop eating. Drink plenty of water often. Flush the intestines.

When your motorcar goes out of order very frequently, you send it to the workshop and have it completely overhauled. When you take it out, it runs like a new car. Even so is fasting. Fasting thoroughly overhauls the system and gives new vigor and strength. This body-motor-car will run smoothly without disease.

There in lies the difference between fasting and starvation. Fasting is a religious abstinence from food. It is giving up of food when there is no real hunger, to eliminate poison and accumulated filth from the system and to allow Nature to do its work of healing vigorously and satisfactorily. Through fasting you remove diseases and regain perfect health, vigor and vitality. Prana is vivified by fasting. Life-spark is rekindled by fasting. In starvation there is hunger. It is affliction with hunger.

If you stuff your stomach with food when there is no hunger, it is a physiological sin. You go against Nature. Nature will punish you seriously. Therefore fast and

pray. Do not overload. Observe moderation in diet always (Mitahara). You will be happy and healthy.

Fasting is a vitalizing agent. It fills the system with new vigor and vitality. It purifies and galvanizes the Prana or the Pranamaya Kosa (vital sheath) and makes the mind serene and tranquil. It fills the mind with Sattva or purity. The prayer-mood comes easily during fasting. Fasting starves the diseases.

He who observes fast will not feel hunger after the third day.

Fasting gives perfect rest for the overworked digestive organs. The undigested food gets digested. The digestive juices which were poor qualitatively and quantitatively regain their normal condition.

Persons become stronger day by day while fasting, because energy is conserved. The utilization of considerable amount of energy for digestion, assimilation and elimination is saved. The conserved energy builds better health.

Statistics show that people who fast most live the longest.

I can assure you, friends, that most of the ailments may be prevented or cured by moderation in diet, partial or complete fast. Dyspepsia and other digestive diseases like anorexia or loss of appetite, vomiting, diarrhea, dysentery, colic, gastritis, colitis, inflammation of the bowels and all kinds of fevers may be cured without any medicine if you observe the rules of health and hygiene, careful and judicious dieting and if you observe fasting.

Never eat unless you are really hungry, unless you can enjoy every mouthful. Beware of false appetite. The stomach will cheat you through pseudo-appetite. Never force yourself to eat. If you have no appetite it clearly indicates that the body does not require any food at that moment. To force yourself to eat simply because it happens to be mealtime is exceedingly unwise.

You must be able to differentiate habit-hunger for real hunger. Remove habit-hunger by drinking water. You must know the act of cheating the stomach when it exhibits false hunger.

Complete or partial loss of appetite gives you a note of warning to stop eating and to fast. If you have a bad tongue it indicates that there is much undigested food in the digestive canal. You will have bad appetite. A good tongue denotes that your digestion is good. You will have a good appetite. The necessity of fasting is indicated by an infallible sign, lack of appetite.

Nausea or tendency to vomit, general indisposition, loose stools, anorexia, retching sensation, biliousness, feverishness these are some of the important signs of impaired or disturbed digestion. When you notice these symptoms, fast

at once. This is the time for fasting. Fasting will do immense good in the early stage. Many of the serious ailments can be averted if you start fasting in the early stage. If you allow any disease to strike deep root then it will be difficult to cure it. You will have to take recourse to long fasts. The effect will be very slow.

Fast until hunger returns. The tongue usually clears along with the breath, the complexion and taste in the mouth.

Fast occasionally even though you are in good health. You will derive immense benefit. You will enjoy better health afterwards. Fasting must become habitual. Fast daily a little bit in some way or other. This will keep you in perfect health.

Give up morning breakfast. Adopt the 'no-breakfast plan method. Stop your night meals. Continue this kind of fasting in the morning alone or in the night for some days till the digestion becomes all right.

On Ekadasi day, every fortnight, have a complete fast. Do not take even a drop of water. This will do you immense good. If it is impossible for you to remain without water drink a little water. Break the fast with coconut water or fruit juice in small quantity. Later on you can take buttermilk and vegetable soup. How you break the fast is most important. You should never, never break the fast with solid foods like parota, iddli, uppma or bread , even though you have a very good hunger. When you fast for a long time you have the stomach of a newborn baby. Remember this point well. If you thrust into the stomach heavy foods, you simply ruin the digestive apparatus or alimentary canal.

You can have a complete fast or partial fast according to the state of your health, severity of digestive disturbance and condition of disturbance of appetite, etc.

Have complete fast for two or three days or seven days. You can take a little water with lemon juice. Then live on diluted fruit juice, vegetable soup, buttermilk, coconut water, conjee-water for a week or fortnight. You will be cured of dyspepsia and other digestive troubles. Take an enema before you start the fast, and also daily during the fast. A small, simple enema of one pint of warm water will serve the purpose well.

If you have no leisure or holidays have only short fast. During vacation or privilege leave you can take long fast. You can do light work during the fast. There are some people who work hard during the forty-day fast and show no ill effects.

Even old persons can fast. They should fast. **No one ever becomes too old to fast.** They can observe short fasts. They will be free from diseases.

The fast should not be continued when the heart's action becomes very slow, and you feel very, very weak.

During fasting do not entertain thoughts of food. You will not get the benefits of fasting if your mind ever dwells on food. Turn your mind towards God. Entertain sublime, divine thoughts.

During fasting the tongue will be thickly coated. This indicates that the process of recovery is being hastened to a very great degree. The breath is foul. This is a sign that the impurities are being eliminated through the lungs.

During the fasting days and when you break the fast do not take pulses, ghee, nuts and other foodstuffs, which are difficult to digest. Take only light, non-stimulant, bland diet.

If you have a tendency to vomit while fasting, drink plenty of water. The water can be flavored with a little lemon juice. Take enema. If vomiting persists break the fast slowly and properly.

A fast can be broken at any time. But if you break the fast before hunger appears naturally, you will not realize the maximum benefits of a fast.

When you break a fast take fresh grape or orange juice or pomegranate juice, just a teaspoonful to begin with. Increase the dose gradually each hour up to a glassful.

After the fast is properly broken and also during the breaking period, you may have a tendency towards constipation, but later on this will completely vanish. That is the reason why a fruit diet should be strictly adhered to for the first few days after breaking fast.

If the fast is broken improperly and the stomach is overloaded by eating too much and too heavy a type of food stuff you become bloated and swollen after breaking a long fast. To get rid of this, fast again. Take one or more enemas daily and hot baths. When swelling vanishes break the fast; this time slowly and properly.

Give up the erroneous notion that fasting weakens your body or thereby you lose your strength. On the contrary, it is the most effective and drugless method of revitalizing your system and rebuilding health. Therefore, take recourse to fast-cure and be healthy forever.

### **Diet After Fasting**

After a short fast, 3 to 6 days.

1<sup>st</sup> Day: Three or four meals of choice fresh citrus fruit.

2<sup>nd</sup> Day: Light soups or a milk diet in moderation (half pint of warm milk 3 or 4 times daily).

Following days: Gradually work on into the regular diet, so that in a number of days equal to the length of your fast you will be ready for regular eating.

## II

After a fast from 6 to 10 days.

1<sup>st</sup> Day: Three or four meals of fresh fruit only, or juice of tomatoes, berries or melons in moderate quantity.

2<sup>nd</sup> Day: same.

Following Days: Light soups or a milk diet in moderation (half a pint of warm milk 3 or 4 times daily).

## III

After a fast of 7 to 14 days.

First Two Days: Break the fast on any fresh fruit juice. At the next meal eat choice fresh fruits such as orange, apple, pomegranate, grapes, etc., moderately. Take 3 or 4 meals, each four or five hours apart. Take 8 ounces quantity each time.

Third Day: Light soups, some fruits, and half a pint of warm milk or buttermilk at each mealtime.

Fourth Day: Three Green salads, cooked light vegetables, sweet fruit, half a pint of milk twice or thrice daily, a little soup.

Fifth Day: Three meals of fresh fruit and milk. Buttermilk can be taken. It is easier to digest than milk.

At any time after this:

The usual diet may be returned to gradually increasing the quantity.

## IV

After a fast of two weeks to twenty-one days.

First Day: Three meals of fruit juice, 4 to 6 ounces.

Second Day: Three or four meals of same, 6 to 8 ounces.

Third Day: Fresh fruits for each meal.

Fourth Day: Fresh fruits for each meal or half a pint of milk or buttermilk 3 or 4 times a day or eat light soups at meal times.

Fifth Day: Three light meals, either fresh fruit or soup.

Sixth or Seventh Day: Vegetables and whole-wheat cereal, noon and evening.

Following Days: Gradually work up from fruit, milk and vegetables to normal meals.

## V

After a fast of 21 to 40 days or longer.

Follow the same program as for 14 to 21 days' fast.

But take smaller amounts of food for the first two or three days. Take fruit juices on the third and fourth day. Take smaller amounts of food at each feeding for the first 3 or 4 days.

Barley water, barley gruel, rice water, vegetable soup or broth may be taken in 4 to 6 ounces. Later on cereal preparations made with milk may be taken.

The overuse of milk or the taking of too much food too soon may cause the body to bloat. To remove this condition reduces the quantity. Wait a few days before going on the milk diet. Fast again and go without water. Take enemas. Then break the fast properly.

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### **Dietetic Don'ts**

1. Do not take food in a hurry. Masticate each morsel as thoroughly as possible. The enzyme called ptyalin has to change starch into sugar in your mouth.
2. Do not eat much protein. An excess of protein taxes the liver and the kidneys and causes serious diseases. Aged persons are less able to digest excess of protein.

3. Do not drink water during meals. Drink water once after meals. Too much water drunk frequently will dilute and weaken the gastric juice and produce dyspepsia or indigestion.

Do not take pungent and spiced articles and too much salt and chutney. You will not have much thirst. Drink a small quantity of water after meals.

4. Do not use-refined food. Include in your diet coarse food such as oatmeal, whole meal bread, and homemade rusks. This is good for the teeth and jaws to have exercise. Rough food stimulates the elimination of waste matter. Rusks strengthen the teeth of children.

5. Do not insist on elaborate cooking. Simplify your meals. Serve as much food as possible raw.

6. Do not taken meat. It is an unnatural Tamasic food. Take instead whole meal bread. It is very easily digested and assimilated. It is a natural laxative. It contains more nourishment than meat. Take it with butter and honey. Add fruits and vegetables. This is a complete and well-balanced meal.

7. Do not take tinned foods, as they have become deteriorated by the cooking process. They contain poisonous chemicals and preservatives. Food poisoning takes place.

8. Do not use vinegar. It is a product of fermentation. It retards digestion.

9. Do not add Soda in cooking vegetables as it destroys vitamin B and C.

10. Do not take strong spices and condiments. They irritate the mucus membrane of the intestines. You can use a little Jeera or cumin seed.

11. Do not use Vanaspati or vegetable oil. It is absolutely useless. It is a poison. It generates various diseases. Give up vanaspati entirely. Shun it ruthlessly.

12. Do not take coffee, tea, alcoholic beverages, tobacco, cannabis indica, opium or stimulants of any kind.

## Research methodology:

We have taken the following efforts to carry out our studies:

1. we have conducted a survey based on the questionnaire we have prepared (for the details of the questionnaire see appendix)
2. we have surveyed among 100 persons and compiled and analysed the responses.
3. we have extensively searched in the internet for various related facts and incorporated them in the report where appropriate.
4. we have also referred classic volumes and annotated the same In our report. The bibliography contains the details of the books we have referred and the websites from which we have obtained valuable information.

## Survey report:

### Key facts

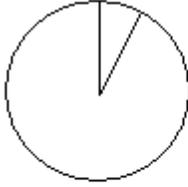
Survey coverage:	IIT campus, t. nagar , nungambakkam, amjikai
Set Sample size:	100
Response Rate:	95%
Type of survey:	Face-to-face interviews + questionnaire

This data is based on analysis of the responses to our questionnaire regarding our project 'Food as Medicine'. Our thanks to all who took the time to fill out the questionnaire. Our group has decided to take a survey to understand and analyze the following:

1. level of health consciousness/ concern
2. awareness about the medicinal properties of food
3. knowledge about home remedies
4. the changing trends

### LEVEL OF HEALTH CONCIIOUSNESS:

It should come as no surprise that our respondents are interested in their health and are making diet decisions that involve adding specific foods believed to be good for health to their diet. Fully 93% of those who responded indicated that they believed changes to their diet could improve their health.

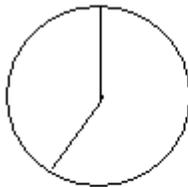


PEOPLE WHO BELIVE IN DIET PLANS FOR BETTER HEALTH

PEOPLE WHO ARE NOT HEALTH CONSCIOUSS

As the list of foods and food ingredients that are being researched grows, it is clear that the informed consumer is reading the reports and is making changes to her or his diet. 81% replied that they had made a conscious decision to include specific foods that are believed to be good for health to their diet. With the easy availability of the latest research results and publications to interpret the significance of new findings, more and more people are taking their day to day health strategy into their own hands. People are finding that simple changes in their diets are not expensive, do not involve searching for strange or 'hard to find ingredients' and, above all, the additions are found to be tasty.

It would seem that our respondents are more inclined towards functional foods rather than nutraceuticals as only 61 % said that they regularly took a vitamin supplement. This may be a desire to go natural and use foods themselves rather than pills and capsules. However, for many reasons the use of supplements may be useful. In both cases the commitment has to be long term. The protective effects of functional foods and nutraceuticals require intake of the protective agents over a long - often years - period of time. The pie chart below reveals the above data.



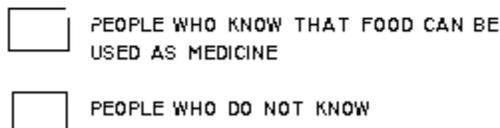
PEOPLE WHO CONSUME FUCTIONAL FOODS

PEOPLE WHO CONSUME MEDICINES

## HEALTH CONCERN:

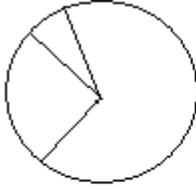
As might be expected, cancer and heart disease topped the survey: 35 % of those that replied indicated that cancer was their main health concern, while 25 % were worried about heart problems. Arthritis concerns were at 15% were followed by vision at 12%. Menopause was indicated by 4%, AIDS by 3% and bone problems by 2%. This sort of data is valuable to us to understand the current health concerns prevailing among people.

## AWARENESS ABOUT MEDICINAL PROPERTIES OF FOODS:



the pie chart above reveals that about 98% of our respondents are aware of the fact that food can be used as medicine. And also they know that food has a role to play in preventing diseases. Many of them have expressed that our Indian food ingredients are loaded with medicinal properties. Most of them could list down at least 5 medicinal properties of the food they know. People of lower economic status seem to be more aware of the medicinal properties compared to the higher classes. In fact when we interviewed few of the servant maids they seemed to know the cure for even severe ailments and diseases like fungal infections, impotency/ infertility, kidney stones, hepatitis etc. one of the very interesting people we interviewed was a carpenter from a village near salem. He was over 70 years and knew to cure even poisonous snake bites by just using lemon seeds and other ingredients.

People who resort to taking food as medicine:

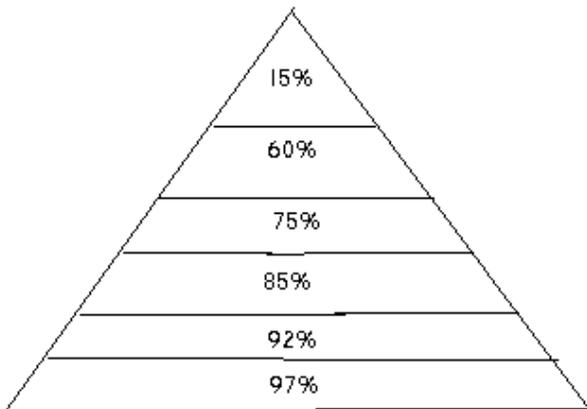


70% OF THE PEOPLE DO USE FOOD AS MEDICINE

25% SOMETIMES RESORT TO FOOD AS MEDICINE

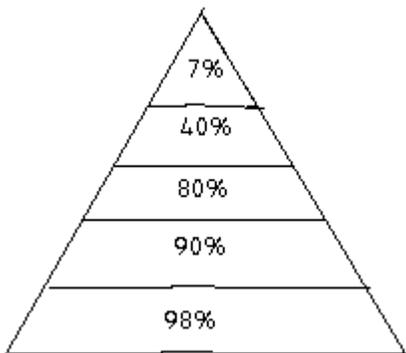
5% DO NO USE FOOD AS MEDICINE

Reasons for preferring medicine to food :



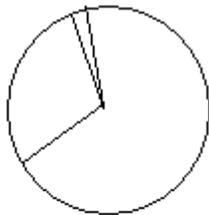
- severity of ailment - 97%
- faster relief - 92%
- efficiency - 85%
- ignorance - 75%
- easy availability - 60%
- disbelief in food as medicine - 15%

### Reasons for preferring food over medicine:



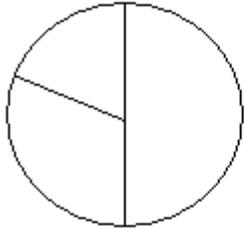
- absence of side effects - 98%
- cost efficiency - 90%
- easy availability - 80%
- family custom - 40%
- disbelief in medicine - 7%

### Medicinal foods:



- 85% FEEL BOTH ANIMAL AND PLANT FOODS ARE MEDICINAL
- 14% FELT ONLY PLANT FOODS ARE MEDICINAL
- 1% FELT ONLY ANIMAL FOODS ARE MEDICINAL

## KNOWLEDGE ABOUT HOME REMEDIES:



- 50% OF THE PEOPLE KNOW MUCH ABOUT THE HOME REMEDIES
- 30% KNOW SOME OF THE COMMON HOME REMEDIES
- 20% DIDNT KNOW ABOUT HOME REMEDIES

## summary and conclusions:

the survey has revealed that the present society is conscious of their diet and health. Ayurveda and other natural forms of medicine are beginning to gain popularity than allopathy. Majority of the public seem to be aware of the foods as medicines. The present generation was found not all that aware or interested about foods that are used as medicines.

## INFERENCE:

We are stunningly surprised to get to know that even in the most common foods that we eat have so many medicinal values. It is also equally surprising that for almost all the common ailments we have proper remedy at right at our homes. Thus we can avoid heavy toxication of our body due to taking mindlessly several anti biotics and off-the-shelf pain killers and get cured of illness through proper ingredients added to our food. Hence this project was not only very interesting but also eye opening to the different aspects of foods.

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"Food is the form of the all-sustaining Vishnu.

Energy is the essence of food. Mind is the essence of energy.

Knowledge is the essence of mind.

Bliss is the essence of knowledge."

(Maitrayani Upanishad VI. 13).

The Upanishads exalt the process of eating food to divine worship, because the food and the eater of food are forms of Divinity.

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