

# HOME REMEDIES FOR MINOR AILMENTS

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# Acidity

- Take a tiny piece of **jaggery (*gur*)** every hour. Just keep it in the mouth and slowly suck it till acidity subsides.
- Drink **coconut water** 3-4 times a day. Have a plateful of **watermelon (*tarbooz*)** and/or **cucumber (*kheera*)** every hour.
- **Harad juice**, 1-2 teaspoon daily after meals is very effective in controlling acidity. The juice can be mixed with an equal amount of **amla juice** for better results. To take out *amla* juice , grate an *amla* and squeeze the pulp through a clean muslin cloth to get juice.
- Chewing a piece of **harad** is an age old remedy.



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# Bed Wetting

- Give 2 **walnut halves** (*akhrot giri*) and 1 teaspoon of **kishmish** to the child before sleeping for 10-12 days



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# Bad Breath

- Chew a piece of **cinnamon (*dalchini*)** put in a **betel leaf (*paan ka patta*)**.
- Boil some **cinnamon (*dalchini*)** in a cup of water. Store it in a clean bottle in your bathroom. Use it as a mouthwash frequently.
- **Parsley leaves(*ajwain*)** are rich in chlorophyll, nature's own deodoriser. Chew some leaves regularly and your breath will remain fresh. Alternatively, you can chew some **cardamom seeds** to sweeten your breath.
- Use **neem twigs** as tooth paste.
- Powder the dried **mint (*pudina*) leaves**. Use as toothpowder.



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# Burns

- Mash a **ripe banana** and apply on burns.
- Bandage with **betel leaves (*pan ka patta*)**.
- If you have a minor burn, immediately place an **ice pack** on the burnt area for 10 minutes.
- Combine 4 teaspoon each of **lime juice**, **coconut oil** and **betel leaves** mixture. Rub till the mixture turns white. Apply on affected parts.
- Apply **curry leaves (*kari patta*)** as poultices over affected areas.
- Spread a thin layer of **honey** over the burn and cover with a dressing. Repeat this regularly every two or three hours till it heals.



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# Burns (Contd.....)

- **Burns by fire:**
- Immediately apply **glycerine** on the burnt area.
- Burn a handful of **mango leaves** to ashes and apply this on the affected parts.
- **Burns by hot water:**
- Take the thin buds of **banana leaves**. Bandage directly on affected areas. Tie the upper part for two days and then lower parts for two more days.
- **Scars because of burns:**
- Boil 1 cup **neem bark (neem ki khal)** in 4 cups water. Remove from fire. Apply the **emerging froth** on the affected area. Repeat several times and for several days.



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# Bronchitis In Children

- Mix 1 teaspoon oil of **garlic** (*lahsun*) with 3 teaspoons honey and give a small amount three times a day to the child



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# Backache

- Rub some **ginger paste** on the affected area. Apply **oil of eucalyptus** on it



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# Blood Pressure (High)

- **Restrict salt intake** and drink plenty of **fluids** (at least 8-10 glasses of water daily)
- Drink **curry leaves (*curry patta*) juice** initially 3 times a day (1 glassful) for a month or two and then reduce to only once in the morning. Have it on empty stomach. For taking out juice: fill your mixy with **washed curry leaves**, add  $\frac{1}{2}$  -  $\frac{3}{4}$  glass water. Churn well and sieve. Add the juice of  $\frac{1}{2}$  or 1 lemon and drink fresh.
- Have single pod of **garlic (*lahsun*)**, one pod first thing every morning or if this is not available, have 1-2 cloves of ordinary **garlic (*lahsun*)**. If you get discomfort with having garlic first thing in the morning, have 2 cloves twice a day - swallow with water any time or with meals.
- Mix 1 teaspoon **honey**, 1 teaspoon **ginger (*adrak*) juice**, 1 teaspoon **cumin (*jeera*) powder**. Have twice a day.



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# Blood Pressure (High) (Contd.....)

- Go on an **apple diet** for a few days. It has a diuretic effect and thus brings down the B.P.
- Fruits such as **mausami, orange, peaches (aaru), plum (aloo bukhara), watermelon (tarbooz)** are also beneficial.
- Having **rice**, particularly brown rice as the main food is very beneficial. As rice has very low sodium content and low cholesterol, it is a perfect diet for those who have been advised to have low salt diets.
- Consumption of natural diuretics like **coconut water, butter milk, coriander (dhania) juice** (made from green coriander in the same way as curry leaves juice) is very beneficial. You can also start having **fenugreek (methi) juice** (made from fresh *methi*) and if this is also not effective, move to **curry leaves juice**. Drink each juice for 10-12 days at least before you decide. If it does not work then move to the next one.
- Last but not the least, **rest, relaxation** and **good sleep** are effective in keeping B.P. under control.



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# Constipation

- Take a **hot glass of water** with 1 teaspoon **honey** and **juice of ½ a lemon** first thing in the morning.
- Drink **one litre of water** first thing in the morning.
- Soak 6-8 **dates (*khajoor*)** in a cup of water at night. Churn in the mixer in the morning & drink first thing in the morning.



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# Constipation (Contd.....)

- **Constipation in small children:**
- Soak 6-8 **raisins (*kishmish*)** in hot water (depending on the age). When cool, crush well and strain. When given routinely even to little infants, it helps to regulate bowel movement (however care should be taken - so as not to give too much otherwise the child will get loose motions.)
- Consumption of 6-8 **apricots (*khumani*)** a day or 2-3 **cucumbers (*kheera*)** a day or 1-2 **bananas** a day is also very useful.
- Bulk forming vegetables like **carrots, radish, spinach, cabbage** or **roughage** creating things should be consumed. Instead of juice always opt for eating the fruit.
- **Whole wheat flour** should be used and processed foods (maida, cheese, confectionery) should be avoided.



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# *Eyes strain due to TV watching*

- Boil ½ teaspoon **fennel seeds (saunf)** in a cup of water till it is reduced to half. Cool. Use as eye drops (**Caution:** Beware of contamination).



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# Ear infection

- Extract 1 teaspoon juice from **mango leaves**. Warm it slightly and use as ear drops. Take care that it should be bearable and not too hot otherwise it might scald the ear.



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# Cholesterol (High)

- Finely dice an **onion** and mix it with 1 cup **buttermilk** along with ¼ teaspoon **black pepper (*kali mirch*)** and drink.
- Regularly intake **garlic (*lahsun*) cloves** for a few days.
- Regularly intake **coriander (*dhania*) decoction** made by boiling 2 teaspoon **dry seed powder** in 1 cup **water**. (Milk and sugar can be added to improve its taste. This could be a welcome substitute for tea or coffee.)



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# Gastroenteritis

- A decoction of 15-20 ***tulsi* leaves** taken along with a pinch of **rock salt (*kala namak*)** helps in the cure.



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# Giddiness

- Soak **cumin seeds (*jeera*)** in **lime juice** overnight. Keep this mixture under the sun till completely dry. Bottle it. Chew ½ teaspoon of this mixture and drink with a glass of warm water.
- **Giddiness due to blood pressure**
- Soak 1 teaspoon each of **powdered amla, coriander seeds (*saboot dhania*)** and **sandalwood** in a cup of water overnight. Strain and drink the next day. Continue this for the next few days



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# Insect bites

- Drink 2 to 3 teaspoon **coriander (*dhania*) leaf juice** mixed in 1 cup water. Also apply **sandalwood paste** on the affected area.
- Take 1 teaspoon **basil (*tulsi*) leaf juice** and drink with water. Also apply externally.



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# Insomnia (Sleeplessness)

- Consume plenty of **curd**. Also massage head with curd before washing. Very helpful.
- Add 2 teaspoon of **honey** to a big cupful of **water** and have it before going to bed. Babies generally fall asleep after having honey.
- A cup of **warm milk** sweetened with **honey** should be taken before going to bed. Have it everyday.



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# Dandruff

- Soak 2 tablespoon **fenugreek seeds** (*methi dana*) in water overnight. In the morning grind into a fine paste. Apply all over scalp and leave for ½ an hour. Wash with *shikakai* or mild shampoo.



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# Diarrhea

- Combine 1 teaspoon each powdered **ginger (*adrak*)**, powdered **cumin (*jeera*)** and powdered **cinnamon (*dalchini*)** with **honey** and make into a thick paste. Take 1 teaspoon thrice daily.
- Boil 1 teaspoon **cumin seeds (*jeera*)** in a glass of water. Add to this 1 teaspoon **fresh juice of coriander leaves (*dhania*)** and a pinch of **salt**. Drink it after every meal for 2-3 days.
- Mash 1 ripe **banana** along with a pinch of salt and 1 teaspoon **tamarind (*imli*)** pulp. Take twice a day.
- Drinking a strong cup of unsweetened **black tea** is very effective for stopping diarrhea.
- Peel an **apple** and shred it. Keep the shredded pieces in a plate for approximately 20 minutes until they turn brown in colour, and then eat them.



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# Diarrhoea (Contd.....)

- Slice the tender unripe **bel** fruit. Sun dry it and then make a powder. Take 1 teaspoon along with warm water twice a day.
- Every night take 3 cloves of **garlic (lahsun)**, chopped and boiled in milk. Make a paste of 1 **green chilli** along with 2 tablespoon **lime juice** and ½ teaspoon **camphor (kapoor)**. Take ¼ teaspoon of this paste.
- 2 or 3 teaspoon **coriander seeds (saboot dhania)** soaked overnight in water and taken next morning with 1 cup **buttermilk**.
- Boil ¼ teaspoon powdered **cardamom (chhoti illaichi)** seeds in thin **tea water** and drink.
- Mix juice of 15-20 tender **curry leaves (curry patta)** with 1 teaspoon **honey** and drink.
- Apply **ginger (adrak) juice** around the navel.
- *Diarrhoea due to indigestion of food*
- Insert ¼ teaspoon **nutmeg (jaiphal)** powder inside a ripe **banana** and eat it.



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# Dark Circles

- Take one teaspoon **tomato juice**, ½ teaspoon **lemon juice**, a pinch of **turmeric (*haldi*) powder** & a little **gram flour (*besan*)**. Make a paste & apply. Leave for 10 minute & wash off.
- Drink **tomato juice** with a few **mint leaves**, little **lemon juice** & **salt**.
- Soak **cotton wool** in **cucumber juice (*kheera*)** or **potato juice** & apply around the eyes. You will find a change in 2-3 weeks.



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# Dehydration

- Add ¼ teaspoon **salt**, 3 teaspoon **brown sugar or ordinary sugar** and 2 teaspoon **lime juice** to 1 cup of **water**, mix and drink.
- *Dehydration due to diarrhea:*
- Soak half a **nutmeg (jaiphal)** in 2 cups **water** for over 2-3 hours. Take 1 teaspoon of this infusion and mix in 1 cup fresh **coconut water**. Drink twice or thrice a day.



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# Eczema

- Rub a **nutmeg (*jaiphal*)** against a smooth stone slab with a little water and make a paste. Apply on affected parts.
- Add 1 teaspoon **camphor (*kapoor*)** to 1 teaspoon **sandalwood** paste and apply on the affected areas.
- Make a paste of **turmeric (*haldi*)** and **neem leaves** (the ratio should be 1:1) in a little **gingelly oil (*til ka tel*)** and apply on affected areas.



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# Ear Ache

- Heat 2 teaspoon **mustard oil**. Add ½ teaspoon **carom seeds (*ajwain*)** and one or two flakes of crushed **garlic (*lahsun*)**. Boil till they turn red and then filter. Use as ear drops.
- Boil well 1 teaspoon ***lahsun* (garlic)** in 2 tablespoon **gingelly oil (*til ka tel*)**. Cool and filter. Use as ear drops (2 to 3 drops).
- Mix a few drops of **lime juice** in 1 teaspoon **lukewarm water**. Put 4 drops of this into the ear.
- Use ***neem* leaf juice** as ear drops.



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# Flatulence

- Soak 3 tablespoon **carom (*ajwain*) seeds** in an adequate quantity of **lime juice** and dry in the shade. When fully dried, powder with a little **black salt**. Take 1 teaspoon of this mixture twice daily for a few days with a little warm water.



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# Feet Cracks

- Mix equal quantities of **glycerin** and **lemon juice**. Apply every night before going to bed. This mixture can be made and stored in a glass bottle.
- Massage your feet with **castor oil** every night (in winters) for 2-3 minutes and then wear socks at night.
- Grind equal amounts of **neem leaves** & **turmeric (*haldi*)**. Apply on affected area.
- Finely grind a handful of **henna (*mehendi*) leaves**. Add 2 tablespoon **lemon juice** and apply on the feet.
- Mix the juice of **bottle gourd (*lauki*)** and **sesame oil (*til ka tel*)** in the ratio 4:1 and heat till all the moisture has evaporated. Bottle and use over cracked skin.



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# Smelly Feet

- Soak feet in **strong tea** for 20 minutes every day until the smell disappears. To prepare your footbath, brew two **tea bags** in 500 ml (2½ cups) of water for 15 minutes and pour the tea into a basin containing two litres of **cool water**.



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# Hiccups

- Drink ½ glass water, slowly.
- Keep a teaspoon of **sugar** in your mouth and suck slowly.
- Swallow ½ teaspoon **mustard seeds (*sarson*)** mixed with ½ teaspoon **pure ghee**.
- Grind 4 **cardamom (*chhoti illaichi*)** well. Boil it in 2½ cups or ½ litre **water**. When about 1 cup water remains, remove from fire and sieve it through a muslin cloth. Let it cool. When warm, drink a glassful. Works like magic.
- Suck 2-3 small pieces of fresh **ginger (*adrak*)**. This helps in hiccups, which keep occurring again and again.



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# Headache

- Roast some **ajwain** dry on a tawa. Tie it in a muslin bag and sniff frequently.
- Make a paste of 2-3 powdered **cloves (laung)** and **salt**. Apply this paste on the forehead.
- A paste made of dry **ginger (sonth)** with a little **water** or **milk** when applied to the forehead also gives relief.
- A ripe **apple**, after removing the upper rind and the inner hard portion should be taken with a little salt every morning on an empty stomach. Continue for a week. This yields good results even in case of chronic headaches.
- Mix 1 teaspoon finely ground **cinnamon (dalchini)** in 1 teaspoon water and apply on the forehead. It is very effective in headache due to exposure to cold air.
- Crush an **onion** and apply the paste on the head.



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# Headache (Contd.....)

- Grind 10-15 **tulsi leaves** with 4 **cloves (*laung*)** and 1 teaspoon dried **ginger (*sonth*)** into a paste and apply.
- **Tulsi Tea:** Mix 8-10 **basil (*tulsi*) leaves**, ½" piece **ginger (*adrak*)**, 7 **black pepper corns (*saboot kali mirch*)** powdered coarsely with 1 large cup (200ml) water. Boil for 2 minutes. Remove from heat, cover and keep for 2-3 minutes. Strain, add boiled **milk, sugar** and drink warm. Lie down covering yourself with a sheet for 5-10 minutes. It is very helpful in headaches, cold, indigestion. Drink 2-3 times a day. (*For children reduce quantity to half*)
- Follow the simple Chinese accupressure technique and say goodbye to those nasty headaches. This can be done anywhere and at any time. Place your **thumb** on the web of skin between the thumb and index finger of your other palm and apply pressure for about two minutes. Repeat on the other hand. However, this Chinese accupressure massage is not recommended for pregnant women.



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# Headache (Contd.....)

- **Headache due to exposure to cold air**: Mix 1 teaspoon finely ground **cinnamon (*dalchini*)** in 1 teaspoon water and apply on the affected parts.
- **Headache on one side**: Powder equal quantities of **liquorice (*mulathi*)** and **cumin (*jeera*)**. Take ¼ teaspoon every day along with 1 teaspoon **honey** for a month.
- Mix 1 teaspoon each of the following powders and store: **camphor (*kapoor*)**, **nutmeg (*jaiphal*)**, **cardamom (*chhoti illaichi*)** and **cloves (*laung*)**. Take 2 pinches with warm water.



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# Muscular Pain

- Warm the **papaya leaf** over the fire and apply on affected parts.
- Heat **ginger (*adrak*)** paste with **turmeric (*haldi*)** paste (ration should be 1:1) and apply over affected areas.
- Soak ½ teaspoon **liquorice (*mulathi*)** root powder in 1 cup water and leave overnight. Mix into the infusion 1 cup **rice gruel (cooked broken rice)** and take every morning.



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# Mouth Ulcers

- Mix some **coconut milk** with **honey** and massage the gums 3 to 4 times a day.
- Gargle with (or apply) freshly extracted **coconut milk** from a ripe coconut frequently.
- Mix the pulp of a ripe **bel fruit** with **jaggery (*gur*)** and eat once a day.
- Mix 1 tea cup **bel pulp** with 1 teaspoon **sugar** and eat early morning on an empty stomach for 3 days.
- **Coriander (*dhania*) decoction** prepared by boiling 1 teaspoon **coriander seeds (*saboot dhania*)** in 1 cup water, gargled when lukewarm, frequently.
- Chew one or two tender **leaves of fig (*anjeer*)** and **leaf buds** frequently and wash the mouth with warm water.



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# Mouth Ulcers (Contd.....)

- Soak 1 tablespoon crushed **liquorice (*mulathi*) root** in 2 cups water for 2 to 3 hours and use it for gargling frequently.
- Boil 2 tablespoon **fenugreek (*methi*) leaves** along with ½ cup **green gram (*moong dal*)** and 10 small **onions**. Eat regularly.
- **Fenugreek seeds (*methi dana*)** fried and powdered should be added to drinking water. Drink 2-3 times daily for a few days.
- An infusion of **fenugreek (*methi*) leaves** gargled 5-6 times daily for a couple of days.



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# Morning Sickness

- Mix 1 teaspoon each fresh juice of **mint (*pudina*)** and **lime** along with 1 tablespoon honey. Take 3 times a day.
- Mix juice of 15-20 tender **curry leaves (*curry patta*)** with 2 teaspoon **lime juice** and 1 teaspoon **sugar**. Take in the morning.
- Mix 1/8 teaspoon **nutmeg (*jaiphal*) powder** with 1 tablespoon freshly extracted **amla juice**. Take 3 times a day.
- ½ teaspoon **ginger (*adrak*) juice** with 1 teaspoon each **fresh lime** and **mint (*pudina*) juice** mixed with a tablespoon of **honey**, taken frequently proves very effective.



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# Menstrual Pains

- Boil 1 teaspoon **saffron** (*kesar*) in  $\frac{1}{2}$  cup water. Let it reduce to become 1 tablespoon. Divide this **decoction** into three portions and take with equal quantities of water, thrice daily for a couple of days.
- Take  $\frac{1}{2}$  teaspoon finely ground **cinnamon** (*dalchini*) every night along with 1 cup milk.
- Powder 1 teaspoon dried mint (*pudina*) leaves and take with 1 teaspoon **honey**, thrice daily.
- Make a mixture of 6 to 8 **almonds**, crushed and mixed in 1 cup **milk** along with 1 **egg yolk (white)**,  $\frac{1}{2}$  teaspoon **sesame powder** (*til*) and 1 teaspoon **honey**. Take this once or twice a day.



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# Menstrual Pains (Contd.....)

- **Menstruation, excessive bleeding**
- Grind some **bel leaves** into a fine paste. Take 1 teaspoon with warm water and drink some cold water as well.
- Grind 10 fresh leaf buds of **figs (anjeer)** and apply on the lower abdomen below the navel for a few hours. Repeat this frequently.
- Boil 1 teaspoon **coriander (dhania) seeds** in 2 cups water till it is reduced to 1 cup. Add **sugar** to taste and drink when lukewarm. Repeat twice or thrice a day.
- **Menstruation, painful and irregular**
- A piece of fresh **ginger (adrak)**, ground and boiled in a cup of water. The infusion should be taken thrice daily after meals along with **sugar**.



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# Memory Improvement

- Prepare a mixture of 1 teaspoon **honey** and a pinch of finely powdered **cinnamon (*dalchini*)**. Take it every night regularly.
- Take ½ teaspoon **black cumin (*kala jeera*) powder** and mix it with **honey**. Eat small quantities of it twice a day.
- Mix 1 teaspoon each **amla root powder** and **white sesame seed (*safed til*) powder**. Add 1 teaspoon **honey** and eat every day for a few days.



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# Nose Blockage Due To Cold

- Make a very fine powder taking equal quantities of **cardamom (*chhoti illaichi*) seeds, cinnamon (*dalchini*), black pepper (*kali mirch*) and cumin (*jeera*)**. Sniff this powder frequently to induce sneezing.



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# Old Age Problems

- Boil 1 teaspoon **ginger** (*adrak*) in 1 cup water till reduced to ½ cup. Add to it ½ cup **cow's milk**, 2 pieces of **cardamom** (*chhoti illaichi*), 5 strands of **saffron** (*kesar*) and 1 teaspoon **sugar**. Drink in the morning.



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# Obesity

- Mix **lime juice** with **honey** and **water**. Drink a glass of this every morning.
- Mix 3 teaspoon **lime juice** with  $\frac{1}{4}$  teaspoon **powdered black pepper (*kali mirch*)** and 1 teaspoon **honey** along with 1 cup **water** and drink for 3 months.
- Take 1 teaspoon **lime juice** in a cup of water every morning.
- Eat 10 fresh, fully grown **curry leaves (*curry patta*)** every morning for 3 to 4 months.
- Eat a **tomato** before breakfast.



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# Piles

- Mix 1 teaspoon fresh juice of **mint (*pudina*) leaves** with 1 teaspoon **lemon juice** & 1 tablespoon **honey**. Take 3 times a day.
- Boil amashed ripe **banana** in 1 teacup milk & take 2-3 times a day.
- Mix juice of 15-20 tender **curry leaves (*kadi patta*)** with 1 teaspoon **honey** & drink.
- Take 1 tablespoon **black cumin seeds (*kala jeera*)** and roast them. Mix in another tablespoon of black cumin seeds (unroasted) and powder them finely. Take ½ teaspoon of this powder with a glass of water everyday.
- Wash 2-3 **dried figs (*anjeer*)** very well & soak in a glass of cold water overnight. Have it first thing in the morning. Similarly have figs in the evening that have been soaked in the morning. Taking them regularly for 2-3 weeks gives beneficial results. It is effective in ordinary as well as bleeding piles.



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# Piles (Contd.....)

- 3 teaspoon of the juice of the leaves of **bitter gourd (*karela*)** mixed with a glassful of **buttermilk** taken every morning for a month is a good remedy for piles.
- The juice of **radish (*mooli*)** or consuming fresh radish is very effective. The juice should be given in doses of 60-90 ml morning & evening.
- Take ½ teaspoon each of powder of **dried pomegranate flowers (*anaar daana*)**, **poppy seeds (*khuskhus*)** & **dried neem leaves**, twice a day with milk for bleeding piles.
- Consuming **buttermilk** after food is very beneficial in the treatment and eradication of piles. Mix ¼ teaspoon **carom seeds (*ajwain*)** powder & **rock salt (white)** to your **buttermilk**.
- **Precaution:** Constipation should be avoided as it leads to an aggravation of piles.



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# Reproductive Weakness

- Boil 1 cup **milk** with  $\frac{1}{2}$  teaspoon **pepper powder** and 6 to 8 **crushed almonds**. Take at bedtime.



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# Stomach Ache

- Swallow with warm water, 1 teaspoon **carom seeds (*ajwain*)** and pinch of **salt**.
- Mix one teaspoon of pure ghee with a pinch of **asafoetida (*hing*)**. Swallow with warm water.
- Mix 1 teaspoon **mint (*pudina*)** juice, 1 teaspoon **lemon juice**, juice of ¼" piece **ginger (*adrak*)** and a pinch of **black salt (*kala namak*)** and drink it.
- Mix a little **asafoetida (*hing*)** with water to make a paste. Apply on and around the navel.
- Drink 1-2 teaspoon **brandy** with a little warm water. Gives immediate relief from gas.
- Mix **carom seeds (*ajwain*)** with **lemon juice** and dry in the sun. Bottle it and have a teaspoon whenever you feel that something is wrong with your stomach (very good for digestion, gas, indigestion etc.)
- And then there is the age old method of using a **hot water bottle** and **lying down on your stomach** to get relief.



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# Stomach Ache (Contd.....)

- *Pain around navel*
- Grind 2 teaspoon each **carom seeds (*ajwain*)** and **dried ginger (*sonth*)** into a fine powder. Add a little **black salt (*kala namak*)**. Take 1 teaspoon of this mixture with 1 teacup warm water frequently.



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# Skin Complexion

- Mix equal quantities of **almond oil** and **honey** and apply on the face.



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# Skin Allergies

- Grind 1 tablespoon **poppy seeds** (*khuskhus*) with 1 teaspoon **water**. Add 1 teaspoon **lime juice**. Apply on the affected areas.
- Mix 1 teaspoon **lime juice** with **sandalwood paste** and apply all over.
- **Skin Cracked**
- For dry, cracked hands apply a mixture of **grated potato** soaked in **olive oil**. Leave this on for 10 minutes and then rinse off.



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# Sexual Debility

- Fry equal quantities of **carom (ajwain) seeds** and **kernel of tamarind seeds (imli ke beej)** in **ghee**. Powder and store in a dry, cool place. Mix 1 teaspoon of this powder in a glass of **milk** along with 1 tablespoon **honey**. Drink daily at bedtime.
- Make **paranthas** of **wheat flour** by adding ½ cup **fenugreek (methi) leaves**, ½ teaspoon ground **almonds**, ½ teaspoon **poppy seeds (khuskhus)** and a little **ghee**. Eat every day for 40 days.
- Soak 8 to 10 **almonds** and 1 teaspoon **rice** overnight. Remove the outer skin and grind into a fine paste. Mix in some **milk** and a pinch of **turmeric (haldi) powder**. Boil and drink along with **sugar candy (mishri)** or ordinary **sugar** to taste.
- Take 2 teaspoon of **amla juice** and mix it with two teaspoonfuls each **honey** and **lime juice**. Add 1 teacup water and drink on an empty stomach every morning. (*Attention: The treatment should continue for at least **120 days** to achieve expected results.*)



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# Sexual Debility (Contd.....)

- Boil 1 teaspoon ground **fenugreek seeds** (*methi dana*) in a cup of water and drink.
- ½ teaspoon **ginger** (*adrak*) juice mixed with **honey** and a **semi-boiled egg**, taken at night.
- Mix ¼ teaspoon **nutmeg** (*jaiphal*) powder in a teaspoon of honey and take with a **half-boiled egg** an hour before going to bed.
- **Onion seeds** (*kalaunji*) dried and powdered, 1 teaspoon eaten 3 times daily along with **sugar** or **honey**.
- Boil 1 teacup milk with ½ teaspoon **black pepper** (*kali mirch*) powder and 6 to 8 **crushed almonds**. Take at bedtime.
- Grind 2 or 3 teaspoon **dried pomegranate seeds** (*anaar dana*) and take once or twice along with **milk**.
- Mix ¼ teaspoon **saffron** (*kesar*) with **milk**. Take twice daily.
- Mix **sesame seeds** (*til*) with **jaggery** (*gur*) and eat.



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# Sexual Debility (Contd.....)

- **Sexual under-development in women**
- 6 to 8 **almonds**, crushed and mixed in 1 cup **milk** along with 1 **egg yolk**, ½ teaspoon **ground sesame seeds (*til*)** and 1 teaspoon **honey**. Take once or twice a day.
- **Sexual weakness**
- **Onion seeds (*kalaunji*)** powdered, 1 teaspoon eaten 3 times daily along with **sugar or honey**.



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# Throat Soreness

- Apply **liquorice (*mulathī*) paste** like a paint around the throat for relief.
- Eat a plain **betel leaf (*pan*)** with **liquorice (*mulathī*)** 2-3 times a day.
- Drink tea boiled with **ginger (*adrak*)** and a few ***tulsi*** leaves 2-3 times a day.
- Gargle with **warm salt water** at least twice a day. However do not make gargling sounds as this may aggravate the soreness.
- Pound 2-3 **cloves (*laung*)**, **garlic (*lahsun*)** and add to a cupful of **honey**. Keep for 1-2 days. Have one teaspoon thrice a day.



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# Throat Soreness (Contd.....)

- Drink lots of water (10-12 glasses) a day since most throat problems are intensified by dehydration.
- Have the mixture of ½ teaspoon **honey** and ½ teaspoon **lemon** juice every 1-2 hours.
- Add two tablespoon of **fenugreek (*methi*) seeds** to 6 cups of water. Heat on low flame and simmer for 15-20 minutes. Cool to bearable temperature. Strain and gargle 2-3 times a day with this.
- Heat a cup of milk (warm). Add 1-2 pinch of **turmeric powder (*haldi*)** mix well and drink at night.



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# Tooth Ache

- Heat ½ teaspoon **asafetida (*hing*)** in 2 teaspoon **lime juice**. Soak a piece of **cotton** in this solution and place it in the tooth cavity.
- Apply a mixture of **powdered black pepper (*kali mirch*)** and **clove oil** on the affected part.
- Pound some **asafetida (*hing*)** in a mortar & pestle and add some **lime juice**. Heat it slightly. Soak a piece of cotton and hold it on the affected area.
- Heat 1 teaspoon **coconut oil** and fry 3 pieces of **clove (*laung*)**. Make a powder and apply on the affected area.
- Apply **nutmeg oil** on the affected parts.
- Burn the **shells of almonds** and powder. Use as toothpowder.
- Soak a piece of **cotton wool** in few drops of **clove oil**. Press on affected areas.
- Paste of **dry ginger (*sonth*)** applied to gums along with a little salt provides immense relief.



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# Vertigo

- Steep 1 teaspoon each **dried amla powder** and **coriander seeds (*saboot dhania*)** in water overnight. Strain and drink next morning. To improve the flavour, **sugar** can be added. Repeat for a few days.
- Heat 2 tablespoon **sesame oil (*til ka tel*)**. Mix in ½ teaspoon each finely of powdered **cardamom (*chhoti illaichi*)** and **cinnamon (*dalchini*)**. Apply on the head.
- Mix 7 to 8 **almonds** with 7 to 8 kernels of **pumpkin (*kaddu*) seeds**, 1 teaspoon **poppy seeds (*khuskhus*)** and 3 tablespoon **wheat**. Soak in **water** overnight. Next morning, remove the outer skin of the **almonds** and grind everything together into a fine paste. Heat separately 2 teaspoon **ghee** and fry ½ teaspoon **cloves (*laung*)**. Add the paste to it along with some **milk** and boil the whole mixture. Sweeten with **sugar** and drink every day for a few days.



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# Vomiting And Nausea

- Licking the powder of fried **cloves (*laung*)** mixed with **honey** controls vomiting.
- Sucking a piece of **ice** also controls vomiting.
- Mix 2-3 teaspoon of **curry leaves (*curry patta*) juice** with a teaspoon of **lime juice** (can add little sugar if needed). Drinking this will control morning sickness, nausea and vomiting.
- Crush 2-3 cloves of **garlic (*lahsun*)** and boiled with 3/4 cup of **water** or **milk**. Boil till half the amount remains and then drink. It takes care of all digestive disorders.
- Mix ½ teaspoon of fresh **ginger (*adrak*) juice** with 1 teaspoon each of fresh **lime, mint (*pudina*) juices** and 1 tablespoon of **honey** and drink.



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# Vomiting And Nausea (Contd.....)

- Slice a ripe **banana**. Sprinkle some powdered **sugar** and freshly ground **cardamoms** (*chhoti illaichi*) on top. Eat 1-2 times a day.
- Eat ½ teaspoon ground **cumin seeds** (*jeera*).
- **Ginger** (*adrak*) tea or sucking sliced ginger helps.
- Powdered **cinnamon** (*dalchini*) and sliced **ginger** (*adrak*) work by interrupting nausea signals sent from the stomach to the brain. If you are a **herbal tea** drinker, simply sprinkle powdered cinnamon on the tea and drink. To make ginger tea, simply simmer a few slices of ginger in hot tea water.
- **Vomiting due to indigestion**
- Frequent intake of **lime juice** is a good remedy.



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# Wrinkles

- Apply coconut oil on the portions of skin and face where wrinkles set in and gently massage every night at bed time.
- Soak shredded **ginger (*adrak*)** in **honey**. Eat a spoonful every morning.



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# Yellow Teeth

- Mix salt with finely powdered rind of **lime** (*nimbu ka chilka*). Use this as toothpowder frequently.
- Burn the **shells of almonds** and make a powder. Use as toothpowder.



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