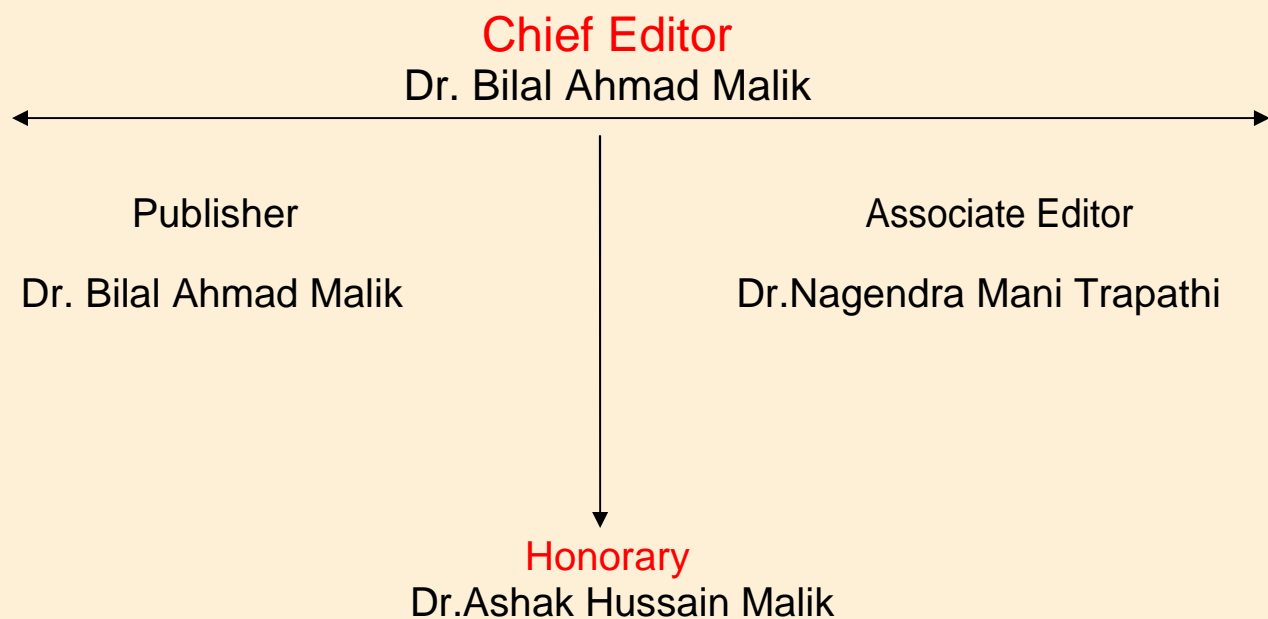


# North Asian International Research Journal Consortium

*North Asian International Research Journal*

*Of*

*Science, Engineering and Information Technology*



## Welcome to NAIRJC

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North Asian International Research Journal of Science, Engineering and Information Technology is a research journal, published monthly in English, Hindi, Urdu all research papers submitted to the journal will be double-blind peer reviewed referred by members of the editorial board. Readers will include investigator in Universities, Research Institutes Government and Industry with research interest in the general subjects

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## USE OF FRUITS AS MEDICINE IN DIFFERENT DISEASE

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### Introduction:

India is known for its traditional medicine Ayurveda, Siddha and Unani. Medical system is found in the ancient Vedas, the concept of Indian system of medicine developed between 500 BC. In India. More or less all fruits are full of nutritious values. It is advisable to consume fruits during the ailments. You can use fruits as medicines too.

### ACIDITY:

The easiest and tried and tested remedy to cure acidity to have as much cucumber as one can without sprinkling salt over it. For if you sprinkle salt over them, you again use something which adds to the acidity. After you have eaten your normal meal, don't drink water over it but have cucumber. You can also have them with your food.

### BALDNESS:

Take oil of mango pickle and massage over skull for about half an hour with it. If baldness is not because of the heredity effect, you would definitely get your hair. During the season of cucumber crush them and extract its juice and apply it on your hair for a fortnight. You can also apply its pulp on your head for quick hair-growth.

**BLOOD IMPURITY:**

Mulberry has this admirable quality to cure all the impurities of blood. Just take about 250 gms. Of Mulberry early in the morning instead of your normal breakfast and follow it up by the even quantity of mulberry in the evening also. These two doses will pure the blood totally.

**COUGH:**

If the cough be dry type, then take the kernel of the mango-stone; reduce it to powdered form and lick it at least twice or thrice every day till fully cured.

In case the cough be with phlegm expectoration, take the rind of a pomegranate and keep on licking it. Alternatively, extract the juice of ripe apples and drink at least half a glass of it every morning and evening for complete cure. Having ginger and basil leaves and basil leaves juice mixed with honey shall also help.

**DIABETES:**

Extract half a cup of jambul juice and add equal amount of bitter gourd juice. Mix them drink and the mixed juice as the first thing in morning. In about a fortnight the miraculous effect can be seen. Together with it, grind the stone of jambul to powder form and keep it in a clean bottle. Take this powder daily only half a spoonful every morning and evening with water. These remedies shall not only help cure diabetes but will also help check the onset of diabetes. In about three months time the total relief could be expected.

**ECZEMA:**

Normally we throw away the outer layer of the water-melon. If we burn it and keep the ash in a clean bottle, this is a very effective remedy for eczema. If eczema be of weeping type, just sprinkle a little of this ash for quick relief. If it be for dry type, add this ash to a little of mustard oil and apply it on the affected part. In about a week's time the skin will become soft and healthy. But don't touch tea or coffee for about a week.

**FIRE BURNS:**

If the fire-burn is not very deep, extract the kernel from the mango stone, rub it against water wet surface and apply the rubbed paste on the burns. Soon the cool relief will be felt. If it be a form of wound, burn the dry leaves of mango, strain the ash and sprinkle over the wound. This ash antiseptic and very good to heal the fire burns.

**GOUT:**

Get the oil from the kernel of mango stone extracted and then use this oil in massaging the aching joints. This massage cures even the most chronic aching joints. Alternatively, have 125 gms. Grapes regularly in your breakfast for at least a fortnight for getting total relief from the trouble. Then after reduce the quantity of the grapes dose and enhance the intervening period. Grapes do not allow any new phlegm to settle on joints.

**HAIR-LOSS:**

Sometimes malnutrition results in hair-loss. It means hair are not getting their due food and getting weak on their roots. Sometimes people who become habitual bhang or Afeem addicts suffer from this problem. The hair get too dry owing to malnutrition. Having jambul and applying coconut oil externally is the tired and tested remedy to stop hair-loss. To regain hair at the skull, apply pulp of cucumber juice, massage it and leave as it is for half an hour before bath.

**INDIGESTION:**

Cut a fresh papaya, sprinkle rock salt and black-pepper over its pieces and pour few-drops of lemon and eat them gradually. Papaya has a very useful element 'Pepsin' which is very good to clear any sort of indigestion. Not only it clears indigestion, but also cures the germs inside the body. It is an ideal fruit to activate the sluggish liver. Besides cleaning infection and curing indigestion, papaya also provides energy to the body.

**JAUNDICE:**

Jaundice results when we eat infected food items or drink contaminated water. The colour of body becomes yellow. Hence such a patient must be fed on those fruits and flowers which have these contents in adequate quantity. Having dates, peaches, plum, whey from unsour curd, red raisin, beetroot, tomatoes, strawberry mixed with honey will take out these elements and you would again start to have your blood red and healthy. And jaundice shall automatically be taken care of.

**KIDNEY-PAIN:**

Having the decoction of the leaves of grapes quickly cures this trouble. Boil about 30 to 40 leaves of grapes in water, then add a little rock salt and strain it through a coarse cloth. Now allow the patient drink it. While preparing the decoction take care that you use only soft leaves and boil them after thoroughly cleaning them. This decoction is very effective to cure all sorts of kidney troubles.

**LOSS OF APPETITE:**

Many a time this loss of appetite results due to over-eating or eating very heavy food at irregular hour. In such a case, leaving food for a day or two is good proposition. If it is caused by some internal disturbance in the digestive system, then having 7 or 8 litchees would be best remedy. Do not eat them but gradually suck them. By the time you have licked the eight litchees your desire for food will increase. Having lemon-juice diluted in water is also very effective to restore your appetite.

**MEMORY LOSS:**

Litchees and apple are very effective to revive one's memory cells. Have your normal food followed by a glass of whey seasoned with asafetida and cumin seeds. Stop drinking water with your meals. With lunch drink a glass of whey and after dinner a glass of cow's milk having a little of honey mixed in it. If you eat a lot of litchees

and apples, your memory would definitely be revived in about a month or so. Keep your system clear of constipation.

### **NIGHT BLINDNESS:**

As we all know the night blindness is caused by the lack of vitamin –A in the system. Such persons should consume mangoes, tomatoes, cabbage and honey. The more of these items are consumed the better would be your eye-sight in nights.

### **SLEEP-WALKING:**

This is a very dangerous habit and can even prove fatal. In the modern life full of traffic anything can happen to such a person. Such persons should be fed exclusively on mango and milk combination or what is known as Amar Kalpa. During this period the person is not given anything else but mango and milk. Mango-milk combination would energise nerves to cure this trouble.

### **WEAK EYE-SIGHT:**

Extract the juice of two small and juicy, sweet oranges, add a little of black pepper powder and drink the juice in the afternoon, preferably about two hours after lunch. But one or two doses would not give the desired relief. Continue the treatment for about one and a half month to get back your powerful eye-sight.

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