

## USEFUL HOME REMEDIES FOR GENERAL ALIMENTS

**DR NISAR HUSSAIN**

J&K Govt. Health Services, E-mail: dr.nisarmalik5@gmail.com

### INTRODUCTION

Traditional Medicines has his own history to cure disease. From the time of Post-Vedas age when allopathic medicine was not invited all the disease was cured by herbs, without any side effect. Now a day's man becomes consumer of Allopathic drugs which cure one disease but leave his side effect to other organs of body. Along with herbs and plants medicines these home remedies can also be adopted to cure several diseases. .

### TOOTHACHE:

- Ginger ground mix with salt also relieves tooth problems
- Applying clove to teeth is also effective to relive Pain
- Brush your teeth with Basil powder to strength gums and prevent pain and pyorrhea.
- Avoid chewing tobacco,

### BLEEDING GUMS:

- Take lemon juice in a glass of water daily for 3-4 days. Also gargle with salt.
- Sprinkle powdered turmeric and henna over the oozing blood. This will stop flow of blood immediately.

### MALARIA:

Basil 11 leaves

Bhang 9 leaves

Kali-mirch 12-14 pieces

Grind the above mixture to a paste and make pea size pellets. Dry it shake. Two pellets three times a day

### **NAUSEA:**

- Neebu-pani at the time of nausea will be helpful.
- Soft cucumber should be eaten gradually to get rid. Of obstinate nauseatic condition.

### **PURIFYING BLOOD:**

A plant commonly called Mundi, its aqueous extract (one cup) daily purifies the blood.

### **FEVER-HEADACHE-BODYACHE-MALARIA:**

Chirata. 7 leaves

Margosa leaves 6 leaves

Basil 12 leaves

Lemon Grass 8 leaves

Black pepper 13-15

Mix all, boil and strain, add sugar to taste. Take half cup 3 times a day.

### **HIGH BLOOD PRESSURE:**

Garlic 8 cloves

Basil 10 leaves

Honey 7 tp

Make a paste of above ingredients eat it once in the morning without taking anything.

- Eat two bananas daily to balance excess sodium in the body. Sodium (we use as common salt)

## HAIR GROWTH:

- Apply pulp of cucumber juice, rub it into your scalp. This make your hair healthy & increase growth.
- For glowing hair, grind a few whole green grans, lemon peels, a handful of curry leaves and a fef rithas to a paste and apply to the hair before washing off. A mixture of almond oil, olive oil and castor oil in equal proporation acts as excellent hair tonic.

## KIDNEYS:

Dry Basil seeds and grind them with an equal quantity of sugar. One spoon of this powder, taken every morning, is good for kidney.

## EYES:

- Place cotton wool swabs dipped in cold milk on closed eyes to sooth the eyes and remove dark circles.
- Triphala soaked in water overnight then boiled and filtered. The filtrate to be applied to the eyes along with rose woter.

## HAIR LOSS:

Dont throw away mango pickle, pomegranate skin. Just dry it and grind them to make fine powder. Mix the powder with walnut oil and use regularly two times a day to your hair

## MALNUTRITION:

Banana is a complete food , it has all the ingredients necessary for body nutrition , growth and strength . So it is specially recommended for children's and old peoples. But it causes a little bit constipation so, it should be taken with black pepper and salt.

## FACE CREAM:

Besan            2 cup

Turmeric        Powder 2 ts

Musustard Oil  100 ml

Mix all these materials to a semi-solid paste and apply it on face. It will bring marvelous glow to skin. It can use on hands and legs also.

### **WHITE SPOT ON SKIN:**

Eat Bathuey ka sag daily during the season in form of bread or vegetable and use its juice over spots daily at least 2-3 times. Eat Anjir regularly for a month.

(**Note:** If it is senseless, it could be leprosy then do not use this prescription)

### **PILES:**

While going to toilet, put a medium piece of Alum in water. Use this water after the toilet. Repeat till relief.

### **DIARRHOEA-INDIGESTION-GAS:**

Fennel and Coriander is to be mixed in equal proportion, powdered and a small amount of misri or khand is added 2 tsp is to be taken morning and evening. This will stop diarrhea-indigestion-gas formation and is helpful to eyes.

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