

NATURE'S HEALING POWER THROUGH FOOD

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Amen.

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INTRODUCTION

Health is balance - balance of all aspects of your being; physical, mental and spiritual. The secret of health is to know how to maintain this balance.

Essential life practices are very down-to-earth habits of daily living, which can produce a tremendous improvement in physical, mental and spiritual health.

Sometimes I feel like Archimedes when he went to the public bath and discovered the principle of buoyancy, jumping up naked and shouting "Eureka!" Archimedes made his discovery in a public bath. I made mine when I was in USA where I took up a Naturopathic course by Hanna Kroeger. I was equally stimulated when I read works of Dr. Edgar Cayce. On my return to India, in my practice, I started applying the same, which gave me some excellent results. I collected these experiences for fifteen years and now I am ready to share them with you.

In the past decade, I was also influenced by reading the Vedas and the writings in relation to health and spiritualism by Bhagvan Shri Satya Sai Baba of Puttaparthi. This has thoroughly convinced me about how good it feels to be normal. Unfortunately, the present Modern Medicine does not approve of many principles which are useful on the ground that they were not tested in the laboratory and there was no double-blind trial.

Our faith in Modern Medicine is so ingrained that it has become woven into the web of our daily life. On any average day in India, a family will place his entire future into the hands of Modern Medicine. For the pregnant mother the results of pre-natal tests will determine whether she carries her pregnancy to term. Her child will be given his vaccines, medical tests will determine whether we can have children, continue working or have operations. It is the doctors with their miracle treatments, we believe, who will deliver us from evil, which in these days is not temptation so much as the frightening randomness of the disease.

But the more we cling to this notion of science, the more our faith will be misplaced. The truth is that Modern Medicine actually isn't working too well. Europe and America are losing the war against cancer despite early

detection, excellent screening equipment and best of surgical techniques. The mortality statistics of heart attacks are stubbornly refusing to fall despite thousands of prescriptions of anti-cholesterol drugs and best of high cholesterol food being avoided. In fact, heart attack rates in the West are increasing alarmingly.

Despite super-specialization and computer medicine, diseases like asthma, arthritis, diabetes, rheumatism, cancer and autoimmune diseases are thriving and Modern Medicine hasn't affected their incidence by even one percent. A glance at the American statistics shows that if you are in hospital, there is one in six chance that you landed there because of some Modern Medical treatment gone wrong. Once you get there, your chances are one in six of dying in the hospital or suffering some injury while you are there. Since half the risk is caused by doctors or hospital errors, you have got an eight percent chance of being killed or injured by the staff. At last count, about 1.17 million Britons end up in hospital each year because of doctors' error or adverse reaction to a drug. In the US if we extrapolate the results of a 1984 study, over one million Americans are being injured in hospital every year and one lakh eighty thousand die as a result. If you live in the US, where about 40,000 people are shot dead every year, you are nevertheless three times more likely to be killed by a doctor than by a gun. (This information comes from a very interesting book 'What Doctors Don't Tell You' - by Lynne Mc Taggart).

The following is the collection of headlines in some of the reputed newspapers and magazines all over the world.

1. Women are found to be given hysterectomies without their consent.
2. Pregnant women abort perfectly healthy babies after the fetus has been wrongly diagnosed as defective.
3. Some 1,000 cervical smear tests are misdiagnosed.
4. Surgical patients are dying from bad care in the hospital.
5. In the USA, complaints against doctors have tripled since 1977.

This information has nothing to do with incompetence or lack of dedication. Most doctors are extremely well intended and probably a majority of them are highly competent in what they have been taught. The problem isn't the cobbler, but his tools. Many of the treatments offered by doctors of Modern Medical science have never been proven to work, let alone to be safe.

Many treatments have been taken for granted by us; for e.g., mastectomy in cases of breast cancer, bypass surgery, etc. without one single valid study demonstrating that they are effective and safe. In their own literature, medical authorities openly acknowledge this fact.

'New Scientist', a magazine recently announced on the cover of one issue that eighty percent of medical procedures used today have never been properly tested. 'High Serum Cholesterol' levels are important risk factors for coronary disease, wrote a noted heart researcher Dr. Meir J. Stampfer of the Harvard School of Public Health, repeating the prevailing view. In the next breath however, he added, parenthetically, "but most patients with heart attack have normal cholesterol levels".

The latest study of Hormone Replacement Therapy and Osteoporosis shows that women following the usual recommendation to take the drug for ten years upon the start of menopause are not protected any more from brittle bone disease than those women who have never taken the drug at all. In fact, there is some evidence that oestrogens or progestogens actually contribute to osteoporosis. Thirty-seven studies of breast cancer risk, analyzed together, showed that long-term oestrogen use increases a woman's risk of getting breast cancer by sixty percent.

As for endometrial cancer, oestrogen alone increases the risk from three to twenty times; adding progestogen may increase your risk of getting endometrial cancer from thirty to eighty percent over those who don't take Hormone Replacement Therapy.

Since past few decades, scientists from all over the world are getting back to nature and have now discovered the virtues of common herbs like St. John's Wort and Symphytum.

With hundreds of drugs in the market, mothers still go to the kitchen and prepare specific food for the sick. Why do they go through all the trouble when a 'pill' as recommended should suffice? The answer is that these home remedies work without the danger of poisoning the system and without much economic loss to the pocket. All the mothers in the world have a sixth sense for healing and are gifted by the Gods to take away the misery of sick.

This book is intended to serve the same purpose. **However I would like to warn the readers that the remedies and treatment suggested in this book are not intended to replace the services of a trained doctor. In fact, it is important, when the symptoms are serious, professional services should always be obtained as quickly as possible.** Yet, it is astonishing, what the average intelligent person can do at home to prevent disease; an ounce of prevention is worth a ton of cure.

I will also go so far as to say that quite often, when medical science has failed, the suggestions herein may perform miracles or what was considered to be impossible; for when we work with nature, we have on our side a 'creative' and not a 'destructive' intelligence. The Life Force in the organism will eagerly take up the natural substances and utilize them in no uncertain manner.

While reading the book, you will observe that I have recommended more than one remedy for the same condition. The readers are advised to individually study all the remedies and match their symptoms with the symptoms of the remedy. Only then, the remedy will show a positive result.

Every bit of information in this book is packed with sound and helpful advice and wisdom gleaned from a variety of sources, old and new. It is my sincere hope that the knowledge given will enable the readers to enjoy healthier and happier life.

I request you readers, whenever you have a special recipe from your kitchen that helps in a specific way, please share it with me. With this method of sharing, we will soon have a healthier world.

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SPIRITUAL HEALTH

To preserve valuables, it is essential to keep them in a safe deposit vault, similarly a body is essential to keep safe the precious gifts of virtue, faith, love and discrimination.

In today's world, man is obsessed and preoccupied with the acquisition of external objects. His life is becoming more and more burdensome everyday and he is losing his peace of mind. Anxiety, fear and suspicion are dominating him. Only by getting rid of these burdens, can man hope to ascend spiritual heights. "The man must become the servant of the intellect and not the slave of the senses".

Health is the essential prerequisite for success in all aspects of life, for realizing the four ideals that should guide humans: moral living, fulfilling beneficial desires, prosperity and liberation from grief. Every effort should be made to keep the human body healthy. Health is wealth. A person with poor health cannot enjoy wealth.

"Illness is caused by malnutrition of mind rather than that of the body" as rightly said by Bhagwan Shree Satya Sai Baba. Disease happens for two reasons – faulty food and faulty activities. Doctors often speak of vitamin deficiencies: I will call it deficiency of Vitamin 'G' and I will recommend the repetition of the name of God. That is Vitamin 'G'! That is the medicine. Regulated life and habits are two-third of the treatment, while medicine is just one-third of the treatment. Allow nature to fight the disease and set us on the right path. Adopt naturopathic paths for relief and give up running around doctors.

What is spiritual health?

One can call oneself spiritually healthy when one's conscience is clear and one is at peace with oneself and one whose thoughts, words and deeds match with each other; that means, what he thinks, he does; and what he thinks, he speaks. The above is not seen frequently in today's world. What we see is that, a man thinks of one thing, speaks another thing and does something else, all of which do not match each other. Meditation, rituals or visiting temples and churches can never bring spiritual health. It is achieved by doing the work of God and doing it sincerely, keeping honesty and morality in mind. One should observe strict discipline and moral values and follow such a path whereby one's character is not questioned. It is rightly said in the Vedas, "money comes and goes, morality comes and grows".

Another important thing to do to keep ourselves spiritually healthy is to keep our 'ego' under control, as egotism is the root cause of all evil thoughts and tendencies. Bad thoughts, bad habits, worry, jealousy, despair, all these cause diseases. When you get angry with someone, quietly repeat the name of God or drink a glass of water or engage yourself into some kind of activity like reading, going for a walk, etc. until the fit of fury passes away.

Humility towards all and reverence to those whom we serve – this alone can elevate man to manhood. We should restrict our needs, i.e. **to put a ceiling on our desires**, as desire is another volcano due to which most of the humans burn like lava. Just as we clear our garden of thorns, fungus, insects and take enough pain to plough it, water it, sow special seeds, pluck out the weeds and fence it to keep the cattle away, only then we may have excellent flowers in the garden, similarly we should constantly keep ourselves busy in the cultivation of our spiritual garden. Consider your heart as the garden, overgrown with the thorns and bushes of anger, envy, greed, jealousy and lust. Remove them, root and all. Do not allow the garden to lie fallow. By continuous good work, plough the garden and fill the garden with the water of love. Discipline is the fence, which will guard the flowers against cattle. Virtue is the pesticide. Fostering the garden with great care, you can bring home the precious flower of 'Ananda'.

Mental attitude is your responsibility

Remove from the mind the blemish of egoism and turn on more towards truth, right kind of conduct, morality, peace, love and non-violence. Assimilate these into your character and conduct yourself accordingly and you will shine with good mental and physical health. Emotions like anger, anxiety, envy, fear, jealousy, worry, bad thoughts, bad company and bad food are fertile grounds for the development of disease. So eliminate these totally from your character. Be good, do good, see good, think good and talk good. Service to man is service to God. Serve your parents and your motherland like you would serve God.

Neglect in the mental realm can cause trouble to your physical body. Inform yourself by reading books on spiritualism or listening to spiritual television shows which speak of such ideas. Turn your mind towards God and limit your worldly desires. Exercising control over your senses is of prime importance and that too, especially exercising control over the tongue, both for taste as well as for speech. The quality and quantity of food that we take determines our thoughts and feelings and constitutes the form of mind.

Food, Character and Illness

Why do we humans have so many conflicts amongst ourselves? Why is one country the enemy of another? The cause of all these conflicts is the food we eat, since that determines what we are ultimately. Water takes the form of life. Food takes the form of mind. One can be healthy by body and mind if he eats **satvic** food. Why do birds and animals not fall sick and have major illnesses like us humans? This is because they eat natural food and that too in raw form. We humans, just to satisfy our palate and our tastes, change the composition of the food and destroy the nutritive value of the food that we eat through the process of boiling, frying and seasoning. Our eating habits are also not healthy. Our ancestors used to eat only twice a day and still enjoy a better health than us, whereas we eat at irregular hours and many of us do not even respect the food that we eat. Before taking meals, we should pray to God and offer the food to Him and then thank Him for it. Before praying to God, the food is only food, but once you offer it to Him it becomes **prasadam** (i.e. consecrated food).

The following two verses of the Gita and the Asatoma prayer should be said before eating your meals –

**Brahmarpanam, Brahma havir, Brahmagnau
Brahmana hutam; Brahmaiva tena gantavyam,
Brahma karma samadhina.**

This means that - 'the act of offering is Brahman, the offering itself is Brahman, offered by Brahman in the sacred fire which is Brahman. He alone attains Brahman who, in all his actions, is fully absorbed in Brahman.'

**Aham Vaishvanaro bhutva, praninam dehamashritah,
Pranapana sama yuktah, pachami annam chatur vidham.**

This means that - 'I am Vaishvanaro, the all-pervading cosmic energy lodged in the bodies of living beings. Being united with their in-going life-breaths, I consume all the different types of foods.'

Chanting the Gayatri mantra before meals also helps.

**Aum,
Bhur bhuvah svaha,
Tat Savitur Varenyum,
Bhargo Devasya dheemahi,
Dhiyo yo nah prachodayat.**

This means that - 'O Mother, Who subsists in all the three **kalas** (time: past, present and future), in all the three **lokas** (worlds: heaven, earth and the lower regions), and in all the three **gunas** (attributes: satva, rajas and

tamas), I pray to Thee to illumine my intellect and dispel my ignorance, as the splendid sunlight dispels all darkness. I pray to Thee to make my intellect serene and bright and enlightened.

We should learn to eat moderately, slowly, in silence, chewing each morsel well, at regular intervals, with good thoughts, in good company, in a clean room and with the right attitude of mind. Always eat in moderation; do not overeat. Eat one meal per day. Fast for one day every week. Drink a lot of water throughout the day, but do not drink during your meals. Drink water fifteen minutes before meals and half an hour after meals. **Eat little and drink a lot of water.** It is a bad habit to store food or keep it for more than a day, eat freshly cooked food daily. Heat your food as little as possible and never reheat it. The best times to eat are from 12 noon to 2:00 p.m. and from 5:00 p.m. to 7:00 p.m.

Sufficient exercise like brisk walking, cycling, jogging, swimming, etc. should be done regularly. Take sufficient rest and sleep and sunlight.

The kind of food that we eat is either too warm, too salty, too spicy, too sweet, too odorous, too sour, too bitter, refined, bleached, preserved, canned or chemically treated. This is more of **rajasic** and **tamasic** food. Such food only excites and intoxicates the body and the mind. This kind of food deadens the intellect, depresses, disrupts and causes disease. Those who drink alcohol and eat meat, tend to develop violent tendencies and carry on the fear and terror of the dead animals. It is a sin to kill innocent animals. It is seen that the people who are purely vegetarian are less prone to diseases compared to those who eat non-vegetarian food.

Eat fresh, raw, biological and uncooked food - like fruits; sprouted pulses; pulses like soyabeans, moong beans and lentils (these should be soaked in water and then taken when chewable); nuts (soaked in water); coconut kernel and fresh coconut milk; sesame seeds; beans; rice soaked in curd; roots; tubers; raw vegetables; a little honey; jaggery; ground kernels (soaked in water); ragi gruel; small quantities of milk, buttermilk, yogurt, curd and homemade butter are the best kind of food that one can eat. If necessary, one may take half-cooked vegetables. Eat cereals in the form of liquid gruel, only soaked or just germinating. This is called **Satvic** food.

The vegetables that grow above the ground are more useful for mental development than those that grow underground. Nowadays, the plants and vegetables are fed with artificial manure and fertilizers which is extremely harmful to the body. So, eating biological food is of great importance. One should stop the use of vinegar, alcohol, white flour products (bread, nan,

biscuits, pastries, pancakes, macaroni, spaghetti), soft drinks, tea, coffee, refined sugar, kitchen salt and chocolate completely from the diet. One should take in more of herbal teas.

Fruits have a detoxifying effect on the body because of high percentage of water and the abundance of enzymes, vitamins and minerals in it. So it is best eaten in the morning hours. One should eat **only** fruits before noon and avoid taking fruit juices. Also, one should not eat fruit with or immediately after eating anything else, since the fruit will be held up in the stomach by the other food and as a result start fermenting thus producing all kinds of toxins. So **take fruit and fruit juice only on an empty stomach.**

Switching over from cooked food to raw food is not going to happen overnight and one may also find it very difficult since our degenerated intestines need some time to start working properly. One can get symptoms like headache, bodyache, tiredness, giddiness, diarrhea, irritability, depression, etc. but these are not intense and will last a few days or months and will gradually disappear on their own. So it is necessary to eat the raw food slowly and chewing every morsel properly. Raw leafy vegetables like endive, cabbage, lettuce and chicory (kasni) are difficult to digest and therefore should be sliced very well and should be preferably taken along with mashed or steamed potatoes.

Rajasic food

- Food cultivated with fertilizers and other chemicals.
- Overheated food.
- Excessive use of tamarind.
- Drugs like antibiotics, analgesics, hormones, anti-inflammatory, etc.
- Tobacco – chewing and smoking.
- Alcoholic drinks.
- Too much of milk and milk products.
- Too much fruit.
- All non-vegetarian food items.
- Coffee, tea.
- Excessive use of salt.
- Eating too much, too hot, too salty, too sweet, too spicy, too bitter or too sour food.

Tamasic food

- Food cultivated with fertilizers and other chemicals.
- Overheated food.
- Heated food that is totally cooled down (e.g. bread, stale food).
- Excessive use of tamarind.
- Drugs and antibiotics, analgesics, anti-inflammatory, hormones, etc.
- Tobacco – chewing and smoking.
- Alcoholic drinks.
- Too much of milk and milk products.
- Too much fruit.
- All non-vegetarian food items.
- Coffee, tea.
- Chocolate.
- Refined sugar.

Satya Sai Baba often says that: “One who eats three meals a day is a sick person (**rogi**), one who eats twice a day is an enjoyer (**bhogi**) and one who eats just once a day is a (**yogi**)”. Most of us are rogis and bhogis and very few are yogis. Thus, we are used to eating twice or thrice daily. Eating satvic food, which helps us to purify our mind and heal the body, is of paramount importance for our spiritual life and health.

ABORTION

Expulsion of the products of conception before the pregnancy has come to full term is termed as ‘abortion or miscarriage’. About three-fourth of all miscarriages occur within the first twelve weeks and most of them occur due to some injury or fall during pregnancy; in cases of sudden shock, fear, joy or sorrow; in cases of mothers who are smoking, drinking alcohol or suffering from malnutrition; in cases where certain drugs are taken by the

mother - taken for prolonged period or even once or twice (e.g. oral contraceptive pills) before or during the pregnancy; exposure of the expectant mother to radiation or toxic chemicals; due to some genetic abnormality of the embryo; some hormonal imbalance or due to improper implantation of the embryo.

Miscarriages can also occur in cases of uterine abnormalities like double uterus; weak cervical muscles or in cases of uterine diseases like endometriosis, fibroid tumors or infections of the uterus (e.g. sexually transmitted diseases like syphilis). Miscarriages occurring after the third or the fourth month can endanger the life of the pregnant woman.

Abortion or miscarriage can be preceded by chilliness, fever, abdominal cramps and a bearing down pain, discharge of mucus or blood (also termed as spotting), violent headaches, absence of fetal movements, leakage of fluid from the vagina (which indicates that the membranes have ruptured), etc. This is a state of emergency and needs immediate medical assistance.

The pregnant woman is advised to take strict bed rest for complete nine months in cases where there is a past history of abortion. The expectant mother is asked to refrain from smoking and drinking completely, to be careful when walking, not to overexert herself and not to climb over a stool or a ladder. A well-balanced nutritional diet is a necessity for the good health of the mother as well as the fetus.

SOME HOME REMEDIES

- **Calcium-rich food** – Eat lots of calcium-rich food like dairy products and green, leafy vegetables.
- **Cereals** – Eat plenty of whole grain cereals such as bread, rice and pasta.
- **Cinnamon** – In cases where there is bleeding in a pregnant woman following a false step, overlifting or over-reaching, chew on a piece of cinnamon (tuj) and take a little sugar.
- **Fruits and vegetables** – Have plenty of fresh, seasonal fruits and vegetables daily.
- **Lotus root** – Juice of lotus root is an age-old remedy for miscarriage.
- **Pomegranate (anar)** - Pomegranate leaves given with powder of sandalwood, curds and honey helps prevent a miscarriage.
- **Protein-rich food** – Eat lots of protein-rich food like beans, eggs, fish, nuts, peas, poultry, seeds, etc.

- **Sesame seeds (til)** – Mixture of equal parts of sesame seeds, powdered barley (jau) and sugar with some honey stabilizes the embryo when there is a danger of spontaneous abortion or miscarriage.
- **Turmeric** – Mix two teaspoonfuls of turmeric powder in one glass of 200 ml of water and drink 50 ml of this water every two hourly till the bleeding stops.
- **Vitamins E and B complex** – Grains, seeds and nuts are rich in Vitamin E and B complex and so should be taken liberally.

USEFUL DIETARY HINTS TO AVOID ABORTION

- Avoid caffeine products (like coffee, chocolate, tea, cola), alcohol and cigarettes.
- Mint leaves should not be taken in large quantities.
- Papaya and its sap should be avoided.
- Excessive pineapple in any form is harmful during pregnancy as it causes premature uterine contractions.
- Poppy seeds should be avoided by pregnant and breast-feeding women.
- Sesame seeds should not be consumed.

HOMOEOPATHIC REMEDIES

- In cases of threatened abortion especially around the third month of pregnancy, *Actea Racemosa* 30 C, four pills every three hourly, is useful.
- In cases of abortion around the fifth or seventh month of pregnancy, give *Sepia* 30 C, four pills every four hourly.

- In cases of miscarriage with crampy, colicky pains, Vibernum Opulus 30 C, four pills every four hourly, is useful.
- In cases of abortion resulting from an accident, fall, blow, overlifting or overexertion of any kind, Arnica 30 C, give four pills every hour.
- In cases where there is miscarriage associated with convulsions of the whole body, with loss of consciousness and a discharge of light red blood, Hyoscyamus 30 C should be given, four pills four hourly.
- In cases of abortion from emotional disturbances, Chamomilla 30 C, give four pills every hour.
- Secale Cor 30 C is a useful remedy after a miscarriage has occurred, especially in debilitated persons or when there is discharge of dark liquid blood with mild pain in the abdomen. Take four pills four hourly.
- In cases of repeated abortions, Merc Cor 30 C, four pills thrice daily throughout the pregnancy, with occasional intermissions, has proved useful.

ADDICTION TO ALCOHOL AND TOBACCO

Dependence on anything becomes a habit when followed or practiced repeatedly. The habit of being dependent, at one stage, becomes impossible to break, making it an addiction. The more a person tries to break that habit, the weaker he becomes in will and the more dependent he becomes on that habit.

BAD EFFECTS OF ALCOHOL

- It corrodes the linings of the liver, intestines and stomach.
- It weakens the memory, lowers the intellectual and reasoning powers.
- It reduces the ability to do ordinary work and decreases muscular power, depressing the heart and circulation.
- Prolonged alcohol intake also causes impotency in a few cases.

BAD EFFECTS OF SMOKING/TOBACCO

- Patients who tend to smoke a lot or take a lot of tobacco are prone to:
 - Cardiovascular problems like Ischaemic Heart Disease.
 - Respiratory troubles like Chronic Bronchitis and Chronic Obstructive Pulmonary Disease (COPD).
 - Vascular disease like Thromboangitis Obliterans.
 - Dental staining and decay.
 - Oral and Bronchiogenic Carcinoma.
 - Impotency.

SOME MEASURES AND HOME REMEDIES TO BE TAKEN TO OVERCOME ALCOHOL ADDICTION

- **Angelica herb** – This herb is taken in the form of tea or in tincture form, thrice daily, after meals. This helps reduce craving for alcohol.
- **Apple** – Have two to three apples a day to reduce the craving for wine and other intoxicating liquors. It is also useful to reduce any intoxicated feeling caused by alcoholic beverages.

- **Date (khajoor)** – The person should drink half a glass of water in which four to five dates have been crushed. Do this twice daily for a few months.
- **Fruit juice** – The best drink as a substitute for alcohol is a glass of fresh fruit juice. The patient or the alcoholic should drink lots of juices and eat a candy or other snacks whenever he has a craving for alcohol.
- **Grapes** – Grapes contain the purest form of alcohol and are a healthy substitute for alcohol. Alcoholics should take fresh grapes or grape juice at five-hourly interval, i.e. three times a day. Eating a few raisins daily for a few months also helps in reducing the craving for alcohol.
- **Milk** – Drink two large cups of milk daily.
- **Orange** – Eating two to three oranges or drinking one glass of orange juice just before breakfast helps to lessen the craving for alcohol.
- **Water and alcohol** – Add eight parts of pure water to one part of alcohol and drink it in gulps. Do not sip it. Then drink two or more glasses of water after it. If you tend to vomit, it is excellent. This will help the alcoholic to break the habit of drinking.

WAYS TO OVERCOME THE EFFECTS OF DRUNKENNESS

- To reduce the toxic effects of alcohol, a tablespoonful of honey is given to the patient thrice daily.
- Drink cold water frequently.
- Application of a cloth dipped in cold water around the head, abdomen and loins reduces the effects of intoxication.
- Three teaspoonfuls of juice of leaves of bitter gourd (karela) should be mixed with a glass of buttermilk and taken every morning for a month. This is an effective antidote for alcoholic intoxication.
- Have two to three apples to overcome the complications due to chronic alcoholism.
- Half a glass of juice of raw celery leaves mixed with an equal quantity of water should be taken once daily, for a month. This acts as an effective antidote to alcohol intoxication and helps reduce damage done by alcohol to liver and pancreas.
- In cases of vomiting and retching following alcohol intake, give hot black coffee to the person as much as he can take.

HOMOEOPATHIC REMEDIES

TO OVERCOME ALCOHOL ADDICTION

- Quercus Gland Spiritus mother tincture, ten drops in two tablespoonfuls of water, taken thrice daily for a few months, is a useful remedy to antidote the effects of alcohol and also helps reduce the craving for alcohol.
- In cases of nervous collapse, sleeplessness, debility and sinking sensation with a craving for alcohol in chronic alcoholics, Avena Sativa mother tincture, five drops mixed in half a cup of water, taken thrice daily, is useful.
- For people who crave for alcohol, where even water needs to be mixed with alcohol and then taken, with extreme debility, relaxed feeling in the stomach and tremors, Sulphuric Acid mother tincture, ten to fifteen drops either diluted in a glass of water or directly poured in the bottle of alcohol, helps subdue the craving for liquor.
- Angellica mother tincture, five drops in one teaspoonful of water, taken thrice daily, produces disgust for liquor and is also useful for dyspepsia and headaches of alcoholics.
- Sulphur, four pills taken in water every morning for a week, reduces the desire for alcohol.
- In cases where the desire abates and then returns, Nux Vomica 30 C, four pills thrice daily, is useful.
- Cinchona Rubrum 3X, four pills taken thrice daily, helps reduce the craving for alcohol.

TO OVERCOME THE EFFECTS OF DRUNKENNESS

- In cases of pale face, headache, dry and parched mouth and tongue with nausea and vomiting in the morning on waking with tremulousness after total abstinence from alcohol, give Nux Vomica 30 C, four pills every four hourly. People who need this remedy are irritable, zealous and hypersensitive and who are overindulgent in wine, women, stimulants and rich food.
- If the above does not help and the person needs to be fanned to feel better, give Carbo Veg 200 C, four pills thrice daily.

- For prostration and feeble digestion of alcoholics, Capsicum 30 C, four pills thrice daily is useful.
- In cases of headaches on waking in the morning after getting drunk at night, give Coffea 30 C, four pills four hourly till he feels better.
- In cases of delirium tremens of alcoholics, where they get imaginary visions (visions of animals, monsters, strange human faces, etc.); hears imaginary voices (as if someone is scolding him or calling out to him); with fits of raging and raving and violent tendencies, convulsions, etc., give Arsenic Album, Opium, Belladonna, Hyoscyamus, Veratrum Album or Stramonium according to the indications.

SOME MEASURES AND HOME REMEDIES TO BE TAKEN TO OVERCOME THE HABIT OF SMOKING AND TAKING TOBACCO

- **Buttermilk** – Buttermilk is an excellent remedy to curb the desire to smoke or take tobacco. Add one teaspoonful of lemon juice, a pinch of asafoetida (hing) and a few curry leaves in the buttermilk, but do not add salt. Consume this twice daily alongwith the curry leaves for atleast for two months.
- In cases where a person finds it difficult to stop smoking or stop taking tobacco, he should switch over to a brand that is lower in nicotine content than what he is currently having. It should be noted that he should not increase the number of cigarettes in the bargain or inhale the smoke too deeply.
- After following the above first step, ask the person to smoke only half a cigarette at a time and thus gradually reduce the amount of nicotine going into his body.
- In cases where the person smokes or takes tobacco due to severe stress and tension, ask him to get engaged in activities like yoga, exercising, swimming, taking a warm bath, etc. which will relax him in a much more safe and effective way.
- It is important to see that the patient does not start drinking alcohol or start taking too much of other stimulants like tea, coffee, etc. in an endeavor to quit smoking and having tobacco.
- In a person abstaining from smoking and tobacco, dryness of the mouth with a parched feeling inside is the most common complaint. In such

cases the person should be advised to drink cold water or cold drinks at frequent intervals.

HOMOEOPATHIC REMEDIES TO OVERCOME THE HABIT OF SMOKING AND TAKING TOBACCO

- Daphne Indica 30 C, four pills taken thrice daily is useful to curb the craving for tobacco and to stop smoking.
- To break the tobacco habit in irritable, zealous, hypersensitive people with complaints of an upset stomach, headache or habitual constipation, Nux Vomica 30 C, four pills should be taken every four hourly.
- Craving for tobacco in people who are sensitive, touchy and who feel offended very easily are benefited by taking Staphysagria 30 C, four pills taken twice daily.
- For depression and insomnia in chronic smokers, Plantago Major mother tincture, ten drops in half a cup of water thrice daily is useful.
- In dyspeptic troubles of the aged after too much smoking Abies Nigra 30 C, four pills thrice daily is useful.
- In people who are extremely sensitive to cold weather, who are restless mentally and physically and who have a strong desire for cold drinks with extreme prostration, Arsenic Album 30 C, four pills taken every four hourly is useful.
- For nervous affections (paralysis of various groups of muscles and muscular weakness) with extreme prostration, drowsiness, dullness and trembling, Gelsemium 30 C, four pills taken thrice daily is useful.
- Cuprum Metallicum 30 C, four pills taken thrice daily is another useful remedy to overcome the habit of smoking.
- For tobacco dyspepsia in chilly people with intense nausea in the morning before eating, Sepia 30 C, four pills taken thrice daily is effective.
- For nervousness and weakness of the stomach resulting from immoderate smoking, Cocculus Indicus 30 C, four pills taken thrice daily is effective.

AMNESIA (MEMORY LOSS)

'Amnesia' is a condition in which the person complains of partial or total loss of memory, especially for names, places, faces and events. This is usually seen in old people or those suffering from severe stress, anxiety, depression, inadequate sleep, poor nutrition and overwork or those suffering from psychological illnesses. Temporary loss of memory may also result from an injury to the head. The main cause of amnesia is the impairment of brain cells by diseases that affect them directly or indirectly, due to poor blood supply caused by circulatory diseases such as arteriosclerosis and cerebro vascular accident.

Activities like reading, playing scrabble, crossword and yoga helps build concentration. To train the mind to remember, try and pay attention and concentrate on whatever you are doing and do not try to do two things at a time. Avoid any kind of distraction. Pause before you do something, become aware of your surroundings and activate your senses.

SOME HOME REMEDIES

- **Almond** – This nut is very beneficial in treating poor memory and in treatment of loss of memory due to weakness of the brain. It has properties that remove brain debility and strengthen the brain. Soak about 5 – 7 almonds in some water overnight and then remove the skin in the morning. Then make a fine paste of these almonds and mix it with some sandalwood and have it. You can also soak the almonds for about two hours and then remove the skin and then grind these almonds. Add these to one glass of milk with one teaspoonful of honey and have it. This makes a very nutritious drink. Inhaling a few drops of almond oil through the nose is also very useful to improve dull memory due to weakness of brain. Soak seven almonds in some water overnight and then remove the skin in the morning. Eat these with one teaspoonful of honey in the morning on an empty stomach. This is excellent for the brain, nervous system and for weak memory.
- **Apple** – This is a memory enhancing fruit and is known as the brain food that is useful in treating dull or weak memory. It has certain chemical substances that help control the wear and tear of nerve cells. It is rich in trace mineral - boron that helps to enhance memory, stimulate the brain and increases brain activity.

Having an apple daily along with two teaspoonfuls of honey and one cup of milk helps improve the memory.

- **Asafoetida (hing)** – This is a resinous gum that helps regenerate the brain and strengthen the nervous system thus increasing the memory. It is called the ‘mind tonic’ and is used in powder form.
Dissolve one and half teaspoonful of this powder in two cups of boiling water and cool it. Then have this in sips while working. This will sharpen the memory and increase mental alertness.
- **Black pepper** – This spice helps enhance memory.
Take a few seeds of pepper and ground it into a fine powder and add one tablespoonful of honey to it and take it twice daily.
- **Cabbage** – This vegetable helps improve weak memory due to Alzheimer’s disease.
- **Cinnamon** – Every night, take half a teaspoonful of honey mixed with a pinch or two of powdered cinnamon. This improves memory.
- **Clove (laung / lavang)** - Powder a few cloves (lavang) and mustard seeds (rai). Take the mixture with little milk or water once a day before breakfast. This helps increase concentration and enhances memory to prepare for examination.
- **Coriander seeds (dhania)** – Boil the dehusked seeds (dhania) in two glasses of milk and four glasses of water till it is reduced to half. Divide this into two halves and have one portion in the morning and one in the evening. This is effective in treating loss of memory, especially in cases where there is a history of cerebro-vascular accident.
- **Cumin seeds (jeera)** – This spice is known to be the brain food and it enhances memory.
Take three grams of powdered black cumin seeds mixed with a little honey and lick it every morning for a few weeks. This will improve weak memory, especially in children who are dyslexic and who suffer from attention deficit disorder.
- **Date (khajoor)** – Dates make an excellent remedy for failing or weak memory, especially in aged people and post-menopausal women.
Consume 4 – 5 dates daily.
- **Indian gooseberry (amla)** – This is excellent for poor memory arising from stress and strain of life. Have this in the form such as murabba, pickles or dried form or the fresh raw fruit itself. Amla juice is also very effective.
- **Indian pennywort (brahmi)** – Brahmi leaves are known to enhance and strengthen the memory. They improve the retentive and receptive

capacity of the mind in people who strain their memory a lot, for e.g. people working on computers, software engineers, scientists, etc.

Take half a teaspoonful of powdered brahmi leaves in a glass of milk.

This is a good remedy for dull memory and mental weakness.

Another method to use brahmi is to dry the leaves or the herb 'Brahmi booti' in shade and then grind them with some water, seven kernels of almonds and one whole black pepper. Then strain this mixture and add some honey to it. Take this mixture daily in the morning on an empty stomach for six months. This will improve memory and increase concentration.

- **Phosphorus rich fruits** – All fruits rich in phosphorus are known to sharpen the memory. Phosphorus-rich fruits such as oranges, grapes, apples, figs (anjeer), dates, almonds and walnuts invigorate the brain cells and tissues and are also beneficial in the treatment of loss of memory due to weakness of the brain. Other sources of phosphorus are asparagus, bran, brewer's yeast, corn, dairy products, dried fruits, eggs, fish, garlic, legumes, meat, nuts, pumpkin seeds, salmon, sesame seeds, sunflower seeds and whole grain.
- **Pomegranate (anar)** – Anar juice mixed with one teaspoonful of honey is known to be an age-old remedy for loss of memory.
- **Poppy seeds (khus khus)** – Prepare a decoction of poppy seeds. Have 20 – 25 ml of this decoction twice a day. This is beneficial for weak memory.
- **Prune (dried plum)** - Taking three to four prunes (dried plums) daily in the morning for a few days helps improve memory especially in old and debilitated people.
- **Rosemary** – Rosemary herb (botanically known as *Romarinus Officinalis*) is a sweet and scented evergreen plant that is regarded as the herb for remembrance. It strengthens the memory and helps in conditions like mental fatigue and forgetfulness. It helps one to think clearly and sharpens the memory.
Tea made from this herb is highly beneficial and refreshing for all, especially for students. It makes one mentally agile. Take this tea twice daily.
It is also said inhaling the vapors of crushed leaves of rosemary clears and refreshes the mind.
- **Sage leaves** - Herbs such as dried sage leaves help in improving memory. Prepare tea from this herb and have it twice a day.

- **Small cardamom (choti elaichi)** - Add powdered cardamom (elaichi) seeds in boiling water during the preparation of tea. This helps improve memory.
- **Walnut** – This dry fruit is since long known to be highly beneficial in failing memory due to weakness of the brain. If taken with figs and raisins, its value increases. If consumed by itself, then take about 15 – 20 pieces daily. This will increase the secretion of vital neuro enzymes and strengthen the memory.
- **Zinc, Iron and Boron** – Deficiencies of zinc, iron and boron can be responsible to some extent for lack of concentration, so follow a diet that is rich in these minerals.
- Increase the intake of carrots, cow's milk, egg yolk, nuts, pulses, radish, soybean oil, sunflower oil and whole-grain cereals.
- Get enough sleep. A good sleep of about 7 – 8 hours improves memory. People who work late till night or in night shifts tend to face lot of memory problems right at the beginning of middle age.

HOMOEOPATHIC REMEDIES

- In cases of brain fag, absent-mindedness and loss of memory before exams and for things recently read, take Anacardium 30 C, four pills every six hourly.
- Forgetfulness in fat, fair, flabby people with a jaded state, mental and physical, due to overwork, Calcarea Carb 200 C, four pills taken twice daily, is effective.
- For weakness of memory resulting from injury to the head, take Arnica 200 C, four pills thrice daily.
- Cannabis Indica 30 C, four pills taken twice daily is a useful remedy for people who are very forgetful, cannot even finish a sentence due to their forgetfulness. Naturewise, they are very loquacious.

- For weakness of memory in diabetics, Opium 200 C, four pills twice daily is beneficial.
- In cases of dull intellect with weak memory where the child repeats everything that is said to it and is averse to work, Zinc 30 C, four pills four times daily is recommended.
- For weakness of memory in drunkards who are very lazy, irritable, selfish and weak and have a good appetite, Sulphur 200 C, four pills once a week for two months is useful.
- For loss of memory with mental weakness, inattention, confusion, absent-mindedness, bashfulness and low self-confidence, Baryta Carb 30 C, four pills every six hourly is useful. This is also a useful remedy for senile dementia.
- Brain fag in students who have studied very hard throughout the year and then during their exams get exhausted and start developing memory loss, Picric Acid 30 C, four pills thrice daily proves to be effective.
- Brain fag with nervousness, sleeplessness and vertigo, Zinc Phos 30 C, four pills thrice daily is useful.
- Slowness of comprehension with easy distraction of mind accompanied by memory problems, is easily tackled by taking Cocculus Ind 30 C, four pills every six hourly.
- Staphysagria 30 C is a useful remedy for weakness of memory for places resulting from emotional excitement or too much of sexual indulgence.
- For weakness of memory after apoplexy, Anacardium or Plumbum 30 C, four pills twice daily is useful.

ANAEMIA

'Anaemia' means circulating haemoglobin below its normal range in relation to age and sex. Iron is an essential component of the hemoglobin molecules necessary for the oxygen-carrying capacity of the blood and its transportation to all parts of the body. One of the most common causes of anaemia is iron deficiency, which is commonly a result of excessive loss of blood (either through an accident, through menstruation or stomach ulcer). The other causes of anemia are vitamin B12 and folic acid deficiency and haemolysis. Symptoms and signs of anemia include lassitude, fatigue, pallor (of skin, mucous membranes, palms and conjunctiva), dizziness, palpitations, tachycardia, breathlessness on exertion, poor concentration, headache, recurrent cold and infections, cold hands, paraesthesia in fingers and toes and oedema.

Severe anemia can weaken the immune system, impair wound healing and cause poor coordination and mental confusion. In children, anemia can retard the growth and mental development and thus also contribute to behavioral problems.

SOME HOME REMEDIES

- **Almond** – Almonds taken regularly for a period of three to four months will prove to be beneficial for anemia. Soak a few almonds in water overnight and then peel off the thin red skin the next morning and ground it into a paste. Have one teaspoonful of this paste daily with breakfast.
- **Amaranth (chaulai)** – This leafy vegetable is a rich source of iron. Cook it as a vegetable and consume it daily. One can also extract the juice from the leaves and drink one glass daily.
- **Apple** – Though apples do not contain high amount of iron, it has properties that helps the body to absorb iron from other foods.
- **Beet – root / Sugar beet** – This is highly beneficial in treating anemia. Eat raw beet-root daily as salad with meals. One can also have one glass of raw beet-root juice daily. This will increase the number of red blood corpuscles in an anemic patient. Beet-root has high iron content which helps to generate or reactivate red blood cells in anemic patients and it also supplies fresh oxygen to the body.
- **Carrot** – One glass of carrot juice with a little honey is highly beneficial in treating anemia. A mixture of carrot juice and beetroot juice freshly

prepared and taken twice or thrice daily will be a good stimulant for the bone marrow to increase the formation of red blood cells.

- **Coriander seeds (dhania)** – Take coriander tea as often as possible. It helps in treating anemia. To prepare coriander tea, boil two teaspoonfuls of coriander seed powder in one lass of water. Add some sugar to taste. Cool it and drink it daily.
- **Fennel seeds (saunf)** - These are highly effective in treating anemia. Boil six teaspoonfuls of fennel seeds and red rose petals in one and a half cup of water and strain. Take this twice a day.
- **Fenugreek leaves (methi)** – The leaves and seeds of fenugreek (methi) are a valuable cure for anemia and help in blood formation.
- **Fig (anjeer)** – Figs are excellent for treating anemia. Soak 2 – 3 dried figs in a cup of water overnight. The next morning have them with milk. Do this for one month.
- **Garlic** – Two to three cloves of garlic chewed daily in the morning for a few months provides relief in anemia.
- **Green peas (matar)** – Peas contain high amount of fibre and vitamins A, B and C. They are considered to be highly useful in treating anemia.
- **Honey** – This is a rich source of iron, copper and manganese, is remarkable for building haemoglobin in the body.
- **Indian gooseberry (amla)** – The juice of Indian Gooseberry (amla) is taken with a few black raisins and honey twice daily.
- **Lettuce** – Lettuce, taken raw or in the form of juice in combination with carrots, acts as a good tonic for anemia.
- **Mango** – Anaemia due to liver disorders is benefited with mango juice.
- **Papaya** – This fruit is extremely beneficial in treating anemia. Eat this fruit frequently.
- **Pomegranate (anar)** – This fruit is highly effective in treating anemia and many other blood disorders. Mix $\frac{1}{4}$ teaspoonful of cinnamon powder and two teaspoonfuls of honey in one cup of pomegranate juice and have it for a few months. It will help the anemic patients. Have one glass of juice of fresh pomegranate along with the peel regularly. This helps in purifying the blood.
- **Sesame seeds (til)** – Make chikkis or any other homemade sweets using sesame seeds and jaggery (gur) and have them regularly. This is good in treating anemia as both til and jaggery are rich sources of iron. Black sesame seeds – a richer source of iron than white sesame seeds, are highly beneficial in treating anemia. One teaspoonful of these seeds

should be soaked in warm water, grounded, strained, and then taken with a cup of milk after sweetening it with jaggery or sugar.

- **Soyabeans** – Most anemic patients benefit from soyabeans, which is rich in iron and also has a high protein value. It should preferably be taken in the form of milk, as it can be digested easily in that form.
- **Spinach** – This leafy vegetable has high iron content and is extremely useful in treating even the worst of anemia. After its absorption, it helps in the formation of haemoglobin and red blood cells. Have this leafy vegetable in cooked form, or have one glass of fresh raw spinach juice daily for a few months. One can also have spinach soup. Take care to wash the spinach leaves thoroughly in hot water before extracting the juice or before cooking it.
- **Tomato** – Tomatoes contain iron and when eaten regularly in salad or soup form, helps to treat anemia. The seeds of the tomatoes should be avoided.
- **Triphala** – One teaspoonful of triphala powder taken twice a day is helpful in treating anemia.
- **Vitamin C** – To increase iron absorption, accompany meals, especially meatless ones, with food that is high in vitamin C such as tomatoes and citrus fruits. Drinking a glass of orange juice with breakfast cereal doubles or triples the amount of iron absorbed. A mixture of sweet lime and orange juice if taken daily for a few months cures this ailment. A few drinks of diluted limejuice taken regularly for a few months will also help treat this ailment.
- Refined and processed food like white bread, polished rice, sugar and desserts make the body deficient in the much needed iron, which is best assimilated when taken in the form of raw vegetables and fresh fruits which are rich in this mineral. Sour things, especially curd and fried things should be avoided completely. Green vegetables should be taken in plenty.
- Other sources of iron are avocados, bajra, bananas, Bengal gram, black berries, black currants, blackstrap molasses, Brewer's yeast, cashewnuts, coriander leaves, drumstick (saijan ki phalli), dry dates, dried plums (prunes), egg yolk, fish, jaggery (gur), jowar, legumes, lentils (masoor), liver, meat, nuts, parsley, peaches, pears, pistachios, pumpkins, radish leaves, raisins, rice, sprouted grains, strawberries, watermelon and whole wheat.
- Stale wholemeal bread or rye bread should replace white bread.
- Some important food items to be included in your regular diet are:

1. Cereals – bajra, jawar, whole wheat.
2. Fruits – watermelon, blackberries, strawberries, dry dates, grapes and raisins.
3. Green vegetables – spinach (palak), fenugreek seeds and leaves (methi), coriander leaves, radish leaves and drumstick (saijan ki phalli).
4. Jaggery.
5. Nuts – almonds, cashewnuts and peanuts.
6. Pulses and legumes – Bengal gram, soya beans.

HOMOEOPATHIC REMEDIES

- Anemic children who are peevish, flabby, who have cold extremities and feeble digestion and who frequently suffer from bony complaints, Calcarea Phos 30 C, four pills thrice daily proves useful.
- Iridium 30 C, four pills taken thrice daily, is a useful remedy for anemia with exhaustion since it tends to increase the red blood corpuscles.
- For marked anemia in young girls and pregnant women who feel tired all the time with a relaxed condition of the female genital organs, Aletris Farinosa mother tincture, ten drops in half a cup of water, twice daily, is useful.
- For anemia in mild, yielding, weepy, thirstless females who feel better in open air, Pulsatilla 200 C should be given, four pills thrice daily.
- In cases of anemia due to iron deficiency with menorrhagia and diarrhea, take Ferrum Protoxalatum 30 C, four pills four times daily.
- In cases of anemia due to bone marrow disorders, give Thyroidinum 30 C, four pills once a week.
- In cases of anemia where the liver and spleen are involved, give Ceanothus 30 C, four pills thrice daily for a few days.
- Anemia in people who are liable to catch cold very easily accompanied with great weakness, weariness, and emaciation seen especially in the neck region, Natrum Mur 200 C, four pills twice daily, is useful.
- In cases of anemia resulting from spleen disorders in undernourished persons, give Rubia Tinctoria 30 C, four pills thrice daily.
- In cases of anemia in debilitated women, give Helonias mother tincture, ten drops in half a cup of water, twice daily.
- For anemia resulting from loss of vital fluids along with intense debility, give China 30 C, four pills thrice daily.

ANGINA PECTORIS AND CORONARY HEART DISEASE

'Angina' is one of the earlier symptoms of coronary or ischaemic heart disease and is caused due to the fatty deposition accumulating inside the coronary arteries, hardening and narrowing the blood vessels, thus slowing the blood flow to the heart muscles thereby depriving it of the much-needed oxygen supply. Angina occurs especially under circumstances where the demands on the heart increases as in cases of stress, emotional excitement, exertion, high blood pressure or arteriosclerotic changes to the blood vessels that supply blood to the heart.

Angina can be described by tightness or a constricting sensation across the chest, especially on the left side, accompanied by pain or numbness that radiates down the arms (especially the left arm) or the back, throat or up the neck and jaw. There are also accompanying symptoms like nausea, vomiting, giddiness, pallor, tachycardia, breathlessness, increased perspiration and a state of fright and anxiety. This is a condition that needs immediate medical assistance.

It is seen more commonly in males usually after the age of 40 and who have a strong family history of heart disease. Some of the risk factors for angina are smoking, alcoholism, hypertension, severe anxiety and emotional stress, dietary excesses or deficiencies, high cholesterol levels, obesity, sedentary lifestyle, lack of exercise, diabetes mellitus, excessive salt intake, etc.

SOME ADVICE TO PATIENTS WITH ANGINA

- In case you feel you are getting an angina attack, raise the head end of your bed by three to four inches or sit on the edge of the bed with your feet on the floor. This will help to improve the blood flow in the legs. It is important to make the patient take strict bed rest for a day or two.
- Stop smoking completely since it constricts the blood vessels and makes the heart work harder.
- Excessive alcohol consumption produces many irregularities in the heart rate and also increases the cholesterol levels. So avoid taking alcohol.
- Regular exercising like brisk walking on a flat surface and swimming is useful since exercise helps to improve the blood flow to the heart. The person has to be warned against exerting himself too much or to do any strenuous activities.

- Doing yoga, meditation and deep breathing exercises helps avoid mental and physical stress and strain.
- It is important to treat and control the risk factors like diabetes mellitus, hypertension, obesity, high cholesterol, etc.

SOME HOME REMEDIES

- **Apple** – Patients suffering from any heart ailment are advised to take plenty of apples in any form, including jam, made from apples.
- **Apple cider vinegar** – In case of an attack, heat some apple cider vinegar and take a towel and wet it with the warm vinegar and apply it on the back and chest of angina sufferer until help arrives.
- **Asparagus** – Taking freshly extracted juice of asparagus with honey in the proportion mentioned below:
4 tablespoonfuls of asparagus juice and one tablespoonful of honey.
- **Black raisins (dried grapes)** – Soak a few dried raisins overnight in water and eat them in the morning along with the water in which they were soaked. Do this regularly.
- **Cinnamon** – In cases of palpitation of the heart, chew on a piece of cinnamon (tuj).
- **Coriander seeds (dhania)** – A mixture is made out of powdered coriander seeds (dhania), aniseed (saunf) and jaggery in equal quantities and about six grams of this mixed powder should be taken after each meal by the patient suffering from palpitation of the heart.
- **Date (khajoor)** – Soak a few dates overnight in water and eat them in the morning along with the water in which they were soaked. Do this regularly.
- **Fibre** – Increase the intake of fiber that is found in whole-grain cereals, fresh fruits and green leafy vegetables (especially asparagus, broccoli, Brussels sprouts, cantaloupe, carrots, legumes, pumpkin, salads, spinach and sweet potatoes). Increase the intake of pulses also.
- **Fish** – Taking oily fish like salmon, sardines, herring, trout and mackerel is allowed but a vegetarian diet is preferable.
- **Fresh fruit juice** – Fresh fruit juices, especially grape and apple juice are very useful cardiac tonics.
- **Garlic** – Take two to three cloves of fresh garlic daily in the morning for a few months.
- **Guava** – I recommend my patients to regularly eat one ripe guava daily on an empty stomach to prevent angina pectoris.

- **Honey** – One tablespoon of honey should be taken daily after meals.
- **Indian gooseberry (amla)** – One medium sized Indian gooseberry (amla) should be taken daily in the morning for a few days. Dry pieces of amla can be chewed or other preparations of the same in the form of murabba, pickle, juice, etc. can be taken liberally.
- **Lemon** – The peel of one or two lemons may be cut up finely, covered with warm water and allowed to stand for about twelve hours and a teaspoonful of this should be taken every three hourly or immediately before or after a meal. Shredded lemon peel of lemon can be added to soups and stews or sprinkled over salads.
- **Oil** – Using polyunsaturated oils like corn, safflower and soyabean are useful since they contain linoleic acid, which is essential for the body's utilization of fat. Safflower oil has proved beneficial in lowering blood cholesterol and can thus be safely used by persons suffering from any cardiovascular problem.
- **Olives / Olive oil** – Olives are rich in potassium, hence eating few olives regularly are good for the heart. Similarly using olive oil for cooking adds extra benefit by reducing the risk of heart disease.
- **Onion** – A teaspoonful of raw onion juice should be taken on an empty stomach daily in the morning.
- **Vegetable juices** – A combination of any of the following vegetable juices is useful – beetroot, carrot, celery leaves (ajwan-ka-patta), parsley and spinach (palak).
- **Vitamin E-rich food** – Increase the intake of food rich in vitamin E, which improves the circulation and muscle strength of the heart.
- **What to avoid** – Avoid salt, sugar, eggs, red meat, milk and milk products, fatty food, fried food, caffeine products, groundnut or coconut or palm oils, tea, coffee, etc.
- **Yogurt** – A dish of yogurt and applesauce should be taken daily to keep the arteries clean and unclogged.
- Kindly also follow the advice and home remedies mentioned in the chapters of 'Cholesterol' and 'Hypertension'.

HOMOEOPATHIC REMEDIES

- If the pain is sudden and is associated with tachycardia, anxiety and fear of death – give Aconite 30 C, three pills every ten minutes till the symptoms reduce.

- When the pain is of a constricting type as if the chest is squeezed with an iron band accompanied with congestion and palpitation – Cactus Grandiflorus 30 C, three pills every ten minutes should be given till the symptoms become milder, or, five drops of the mother tincture - Cactus grandiflorus should be given in a tablespoonful of water thrice daily.
- In cases of spasmodic pain with a sensation as if the heart would cease to beat if they moved, with irregular slow beats and with inability to talk, give Digitalis 30 C, four pills every few minutes till relief is obtained.
- In cases of angina pectoris with a constricting sensation and violent pain with numbness in the extremities and where the patient is gasping for breath, give Latrodectus Mactans 30 C, four pills every few minutes till relief is obtained.
- Bryonia mother tincture, six drops directly on the tongue gives instant relief in acute attack of angina.
- Mag Phos 6 X, two tablets should be taken in cases where the patient complains of a crampy pain that is better by drinking something warm or by application of something warm over the chest region.
- Ten drops of mother tincture Crataegus Oxycantha, in half cup of warm water, taken thrice daily, helps in various heart disorders especially in cases of heart failure.
- In cases of sharp pains in the chest which take away the breath, and palpitations which are worse on stooping forward, give Kalmia Latifolia 200 C, four pills every few minutes till relief is obtained.
- In cases of congestion of the head and the heart, with violent palpitations, severe throbbing and pounding headache and labored breathing with pains radiating in all directions, use Glonoine 30 C, four pills every thirty minutes till the symptoms reduce.
- Give Spigelia (Pink Root) 30 C, four pills twice daily in cases of pressure and oppression in the region of the chest with a shooting, stabbing or lacerating pain, where the pain is relieved by lying on the right side with head high.
- In cases of angina with asthmatic symptoms and cramps, give Cuprum Met 30 C, four pills every fifteen minutes till the symptoms reduce.

ANOREXIA

Undereating or loss of appetite, if continued for a long time followed by sudden weight loss is termed as 'anorexia'. Some of the most common causes of anorexia are depression, stress, anxiety neurosis, hormonal imbalance, certain drugs (like antibiotics, antipyretics, painkillers, digitalis, diuretics, etc.), aging, etc. Certain diseases like fever, typhoid, viral hepatitis, cancer, some GIT disturbances, etc. can also result in anorexia. Some of the most common symptoms and signs noted are amenorrhoea, emaciation and weight loss of atleast 25% of original body weight.

'Anorexia nervosa' is a psychological eating disorder usually seen in young girls, which sometimes causes extreme emaciation and which typically develops during adolescence. Some girls have a history of obesity and after being teased about their fatness they go onto a crash diet, resulting in anorexia. The person tries to avoid taking any carbohydrates and fats, but is usually preoccupied with food and enjoys making a wide variety of food for her family. They are usually very overactive and may try to induce vomiting secretly after meals.

Educating the person about the dangers of starvation is the most important step to be taken especially in cases of patients with a nervous temperament. The person should be advised to start eating good, healthy food and should be supervised during meals, if necessary. The patient should also be asked to steadily increase the intake of food and thus reach an ideal weight for her age and height. Resolving the family tensions and stresses is also of prime importance.

SOME HOME REMEDIES

- **Apple** – Having apples daily also helps increase the appetite.
- **Banana** – Mash a banana in a bowl of curd and add a pinch of pepper to it and take it once daily. This helps especially the debilitated people.
- **Celery seeds (ajmud)** – For anorexia during pregnancy, half teaspoonful of powdered celery seeds, powdered ginger, powdered long pepper (pipli) and powdered cumin seeds (jeera) mixed in equal quantities should be given along with a tablespoonful of honey.
- **Coriander seeds (dhania)** – Mixture of coriander seeds (dhania), cardamom (elaichi) and black pepper should be taken daily to increase the appetite.

- **Cranberry** – Cranberry juice should be taken when available in season as an appetizer.
- **Fig (anjeer)** – Dried figs (anjeer) and raisins should be soaked overnight and taken the next morning along with the water in which they were soaked.
- **Garlic** – Garlic cloves should be taken daily, especially along with vegetable soups to stimulate the appetite.
- **Ginger** – Ginger also should be taken daily along with vegetable soups or in pickle form to stimulate the appetite.
- **Grapes** – Grapes and grape juice stimulate the digestive juices and thus increase appetite and aid digestion.
- **Indian mustard seeds (rai)** – Take half teaspoonful of powdered mustard seeds, fried and powdered asafoetida (hing), powdered ginger, powdered cumin seeds (jeera) in equal quantities and add a pinch of rock salt. Add this mixture in 200 ml of fresh buttermilk and drink it daily.
- **Lemon** – One teaspoonful of lemon juice mixed with equal quantity of ginger juice and a pinch of rock salt should be taken daily before meals.
- **Muskmelon (kharbooja / shakkar teti)** – This fruit is useful for people who are underweight.
- **Orange** – Oranges are very beneficial since they stimulate the digestive juices and thus improve appetite and digestion. It is extremely useful for patients who are hospitalized for surgical and medical procedures.
- **Pomegranate (anar)** – Mixture of pomegranate (anar) juice, rock salt and honey is a useful remedy for anorexia.
- **Tea** – Tea is made by boiling some holy basil (tulsi) leaves in 150 ml water till it reduces to half, then add some milk, some sugar and a pinch of powdered cardamom (elaichi). Have this daily in the morning with breakfast for treating low appetite due to sluggish liver.
- Have milk and milk products, fresh fruits and green leafy vegetables (like spinach, parsley, turnip, radish and beet tops), either raw or lightly cooked.
- Consume plenty of whole grain cereals, nuts, soyabean, eggs, vegetable oil, etc. Avoid oily, greasy food items. Eat frequent small meals instead of two large meals.

HOMOEOPATHIC REMEDIES

- In cases of loss of appetite especially after certain acute illnesses, Gentiana Lutea mother tincture, five drops in half a cup of water should be taken thrice daily.
- In cases of loss of appetite after diseases like malaria or exhausting fevers, China 200 C has been useful.
- Arsenic Album 200 C is especially useful in cases where the patient has no appetite and only desires to drink cold water.
- In cases of easy satiety even after a few mouthfuls, Prunus Spinosa 30 C, four pills thrice daily is useful.
- For complete loss of appetite, Rhus Tox 30 C, four pills four times daily has proved useful.

BREAST FEEDING AND WEANING

'Breast feeding' is an art and a skill and is far more superior to artificial bottle-feeding or feeding the baby with baby foods. The babies should be put on breast milk only. They should be breast-fed for a period of atleast six months and then for the next six months other food items can be included in the babies' diet along with breast-feeding. Babies should be put on breast milk within an hour after its birth. A newborn must get the meconium – the thick, yellowish breast milk, rich in vitamins, especially vitamins A and K and is also rich in many antibodies and other factors that protect the child against life-threatening infections. Though the meconium is secreted in a small amount in the first few days after birth, it is enough to meet all the needs of the newborn.

Keep your baby close to you immediately after birth. This tends to improve and increase the closeness between the mother and the child. Assuming the right position during breast-feeding is of utmost importance. The baby should be facing the breast directly, with its tummy touching the mother's and then ask the mother to make a 'V' with her fingers around the nipples and angle it up slightly. Then stroke the baby's cheek to make him open his mouth and then pull him in rapidly, thrusting the entire nipple and one-fourth to half an inch of the areola into his mouth. Use both the breasts during a feed and let your baby suckle in as much as it wants. Do not force in anything. Artificial feeding or bottle-feeding are better avoided since the chances of spreading the infection are more, thus leading to some serious illness.

From **sixth month** onwards, continue the breast-feeding but add the following foods as advised:

- Start boiled and cooled water with a small glass. **No need to use bottle at any age.**
- The best substitute for mother's milk and the best supplementary food is fresh fruit juice, especially grape and orange juice. Fruit juice and breast milk should be given at different times.
- Never give the baby artificial baby food as it is dead food and is best avoided.
- A quarter banana or stewed apple can be mashed and given to the baby and increase the quantity by a quarter every succeeding week. Other seasonal fruits like pears (boiled), papaya, mango, chickoo, etc. can also be given.

- Porridge can be added to the baby's diet after a week of starting the fruits.
- Home made suji kheer (rava kheer); thin sheera with ghee; dalia from broken wheat or ragi (nachni); soaked bread in milk or mashed boiled rice with milk should be preferred to readymade cereals.
- A highly nutritious recipe can be made by roasting, grinding and mixing equal parts of rice, wheat, ragi and moong dal. The mixed powder is stored in an airtight container. This readymade powder can be used for making thin kheer with milk and sugar or thin sheera with ghee and sugar (or salt). One to two teaspoonfuls are given twice a day after a breast-feed, in the morning and evening. Keep increasing the amount every third or fourth day as required by the baby.
- Soft-boiled egg can be added a week later for those who eat eggs. Start with a teaspoonful of the yellow portion and slowly increase the amount by teaspoonful increments adding the white of eggs so that the baby may use the whole egg in about four weeks from the commencement.
- Add mashed and well-cooked vegetables (dark green leafy vegetables, carrots and pumpkin are preferable items) a week later. Begin with two to four teaspoonfuls and increase progressively.
- Then after another week or two, add mashed and well-cooked khichri or rice and dal. Begin this with two to four teaspoonfuls and then increase the quantity accepted by the baby.
- After one year, mother's milk can be continued and cow's or buffalo's milk, though not essential, can be given from a glass two times daily.
- Gradually let the child get used to the adult food made at home. Children who do not eat enough at a time should be offered food and fruits every two to three hours, but **do not force**.

ADVANTAGES OF BREAST FEEDING

- A baby needs the feeling of warmth, closeness and security of the mother's body, and this is available through the act of breast-feeding.
- Breast-fed babies have a better immunity than bottle-fed babies and are thus less susceptible to infections of any kind. This is because mother's milk directly supplies the antibodies necessary to fight the infections.
- Breast milk is digested and assimilated better than cow's milk. Breast-fed babies thus have much lesser frequency of digestive disorders and nutritional deficiencies.

- Breast-fed babies don't get constipated like the babies who are usually put on cow's milk.
- Breast-feeding prevents anemia in a growing baby since it contains a good amount of iron, which is almost totally lacking in cow's milk.
- Breast-fed babies are less likely to develop allergies later in life, which are common in bottle-fed babies.
- Studies have shown that breast-feeding can help reduce the possibility of breast cancer in the mother with a family history of cancer.

HOME REMEDIES TO IMPROVE THE FLOW OF MILK

The usual causes of decreased milk secretion are – stress, emotional disturbances, worries, lack of sleep, etc. The following are some of the home remedies that help to promote the secretion of milk from the mammary glands in a nursing mother:

- **Alfalfa** – Alfalfa is taken as sprouts or in tea or the juice of fresh leaves of alfalfa is taken with carrot juice, half cup daily in the morning.
- **Almonds** – Eating four almonds in the morning that have been soaked overnight helps to improve the flow.
- **Amaranth (chaulai)** – Mix amaranth (chaulai), black gram dal (urad dal) and parsley, 25 gms each, soak them in water for a couple of hours and grind the mixture into a paste. Have one tablespoonful of this paste daily to increase the flow.
- **Aniseed** – Aniseed, also known as velaiti saunf or anisi is taken on an empty stomach. Soak 10 gms of anisi in a glass of water overnight. Have this water along with the seeds the next morning.
- **Bitter gourd (karela)** – Prepare a paste from leaves of bitter gourd (karela) and apply it over the breasts overnight, or, if possible, throughout the day. Use fresh leaves every day.
- **Brewer's yeast** – This is an excellent milk-producing food and is also a rich source of high-quality protein.
- **Cottage cheese (paneer)** – Cottage cheese, especially the homemade ones, and fresh milk is also a rich source of protein and calcium. This enhances the production of high quality breast milk.
- **Dill leaves (sowa bhaji) / Dill seeds (anethum sowa)** – A handful of leaves or seeds are boiled in two cups of barley (jau) water and drunk daily.

- **Long pepper (lindi peepar)** – Hot milk with half teaspoonful of both powdered long pepper (pipli) and powdered black pepper is given at bedtime.
- **Muskmelon (kharbooja / shakkar teti)** – Have half a muskmelon daily with lunch.
- **Papaya** – Eat half raw papaya daily with breakfast.
- **Potato** – Whole potatoes, baked or roasted in their skins should be included in the daily diet.
- **Sesame seeds (til)** – These are a potential source of calcium, thus useful for lactation.
- Eat plenty of whole-grain cereals, fruits and fruit juices (especially apple and grape juice), dark leafy vegetables like turnip, dandelion and collard greens, endive, watercress (jalkumb), Brussel sprouts, broccoli and carrots, all these are useful when taken by the nursing mother.

HOME REMEDIES TO ARREST THE SECRETION OF MILK

In cases where the mother suffers from certain illnesses that can be transferable to the child through breast milk, it is better to put the child off breast milk. Arresting the secretion of milk in such a mother is of prime importance. The following are some of the measures that can be used:

- To check excessive secretion of milk, apply a paste of turmeric and dhatoora (thorn apple) leaves for thirty minutes over the breasts.
- Apply layers of hot betel leaves over the breasts for 10 – 15 minutes twice a day for a few weeks.

HOMOEOPATHIC REMEDIES FOR DISORDERS OF LACTATION

- For scanty, absent or tardy flow of milk resulting after some kind of worry or sadness, Agnus Castus 200 C, four pills thrice daily is useful.
- To promote the flow of milk in pregnant women who have had poor milk in **previous confinements**, Calcarea Phos 30 C, four pills once at night, for three months **before term** is helpful. This remedy is also useful where the child refuses breast milk since it tastes sour or salty. **(how? Should it be given to the3 child?)**

- For diminished milk secretion or if milk is secreted late, especially in oversensitive females, Asafoetida 30 C, four pills taken every two hours is beneficial.
- When the milk is poor in quality and quantity with distended breasts in pale lymphatic constitution or when the milk is too abundant and disagreeable to the child, Calcarea Carb 30 C, four pills four times daily is helpful.
- For lack of milk in timid, weepy, sensitive females, Pulsatilla 200 C, four pills taken thrice daily is useful.
- For drying up the milk and in cases of galactorrhoea, Lac Can 200 C, four pills twice daily is effective.
- For increasing the quantity of milk in nursing women, Ricinus Communis 30 C, four pills taken every four hourly is useful.
- In cases of agalactia, take Urtica Urens mother tincture, five drops in half cup of hot water, every four hourly. It is also a useful remedy to arrest the flow of milk after weaning.
- In cases of thin, tuberculous subjects with scanty milk and where the health of the mother is deteriorating from nursing, Acid Phos 30 C, four pills taken every six hourly is useful.
- For agalactia and also for profuse secretion of milk, Medusa 30 C, four pills taken thrice daily is useful.
- For drawing pain from the nipple extending to the back during nursing, with very sore nipples, Croton Tig 200 C, four pills taken thrice daily helps.

HOMOEOPATHIC REMEDIES FOR BREAST TROUBLES FROM NURSING

- For sore, hard, hot and inflamed breasts, take four pills of either Conium, Bryonia or Phytolacca 30 C twice daily, depending on the symptoms.
- For sore and fissured nipples from nursing, any of the following remedies are used according to their indications – Arnica, Calendula, Graphites, Sepia or Hamamelis mother tincture, five drops mixed in a teaspoonful of water and applied locally over the sore nipple.
- In cases of pain in the nipples and the milk ducts after breast-feeding, Phellandrinum 30 C, four pills taken every four hourly is useful.
- In cases where the health of the mother is deteriorating from nursing, Acid Phos 30 C, four pills taken every six hourly is helpful.

- For pain in the opposite breast when nursing the child, Borax 200 C, four pills taken four times daily is useful.

CANCER

What is cancer? Cancer is not one disease. It is a general term for a group of diseases, in which some cells of the body go out of control, growing and increasing in number. When cells grow out of control and form a mass or a swelling, it is called a 'tumor'. Not all tumors are 'cancerous', most are 'benign' and do not threaten life. The important characteristic of cancer cells is that they can spread to other parts of the body and start multiplying there resulting in the formation of metastasis.

According to Dr. Cornelis Moerman, 'cancer' is a manifestation of a long-term environmental irritation of the body as a whole. The most significant of these are pollution, radiation and improper nutrition. But, regardless of the specific cause of cancer, Dr. Moerman said that anti-cancer nutrition could reverse the course of the disease. Cancer is no longer an automatic death sentence. Many types, including breast, skin, cervical and colon cancers respond to therapy and are curable when detected and treated early. There are different types of cancer such as cancer of the brain, spinal cord, blood (leukemia), bones and other organs of the body.

According to statistics, childhood cancer is on the rise. The most common types are leukemia, brain tumors and lymphomas.

The five most common cancers in women are: breast cancer, skin cancer, colorectal (intestinal and rectal) cancer, lung cancer and uterine (cervix and endometrium) cancer. The five most common cancers in men are: lung cancer, skin cancer, colorectal (intestinal and rectal) cancer, cancer of prostate and testicular cancer.

Breast cancer

This is one of the most common cancers in women. Thus, it is important that every woman must examine her breasts atleast once every month, either a few days after the end of the menstrual period, or, if she has already reached menopause, then she should check her breast on the first day of each and every month. The examination is done by pressing the flat surface of the palm against the breast to check for any nodules or lumps. In cases where there are a few palpable lumps, do not start worrying, go to a doctor immediately who will get a mammography, biopsy or other tests done to rule out malignancy.

Signs / Symptoms

- Watch for any changes in your breasts such as lumps, dimpled skin or bleeding from the nipples.
- Contact your doctor or Indian Cancer Society on how to examine your breasts.
- Even if you find a lump, you probably do not have cancer. Over 85% of lumps found in the breasts are not cancerous, but 'benign'.
- Have your doctor check any suspicious signs.
- Pain is not usually a sign of breast cancer. Breast self-examination is one of the best ways to notice breast cancer in its early stages.

Skin cancer

This usually shows up either as a pale, wax-like, pearly nodule that may eventually grow larger and form a crust. Sometimes this may appear as red, scaly, sharply outlined patch or as a mole-like growth, which may get itchy. It may change shape, grow larger or even change color. If you see any of these signs, see your doctor immediately. It is usually caused by overexposure to the sun and the best prevention is to stay out of the sun. When outdoors, try to keep your body covered as much as possible and wear a wide-brimmed hat and sunglasses. Protect your skin with a sunscreen lotion with a SPF factor of thirty or higher and one that will block both UV-A and UV-B rays. Avoid going out in the sun between 10:00 a.m. and 2:00 p.m. when the ultraviolet rays are the strongest. Stay out of tanning salons.

Colorectal (intestinal and rectal) cancer

The causes of this type of cancer have so far not been determined, but people eating red meat and saturated animal fat are known to have an increased incidence of colorectal cancer. Low-fat and high fibre diet is thus recommended as a precaution for people with a family history of this type of cancer. Eating adequate amount of green and yellow vegetables daily such as cabbage, cauliflower, broccoli or, sprouts and food containing vitamins C and E may help protect against this cancer. Vital signs of colorectal cancer are e.g. bleeding from the rectum, a change in bowel habits (persistent constipation which may be resulting due to an obstruction in the intestine, or diarrhea), colicky lower abdominal pains, passing of a lot of mucous in stools, etc. Report any of these signs to your doctor immediately.

Lung cancer

This is a leading cause for death in men, but is largely preventable. Cigarette smoking is one of the principal cause of lung cancer, so if you smoke, stop smoking. Second-hand or passive smoking also increases the risk of lung cancer for non-smokers. Those who are exposed to asbestos, chrome, nickel refining, coal tar products and radioactive uranium have an above-average risk of getting lung cancer. Signs to watch out for are – chronic cough, purulent sputum, occasionally haemoptysis or blood streaked sputum and fever. The most common symptoms of the patient are cough, breathlessness, lassitude, anorexia, weight loss and in later stages (when the pleura are involved) - pain in the chest. A lung abscess or pneumonia may develop in later stages, with complaints of productive cough with large volumes of purulent discharge.

Uterine cancer

- Cervix – All women over the age of eighteen who are sexually active should have a ‘Pap-smear test’ done. It is a painless examination that is a must for every woman. Women who have had multiple sex partners and those who began sexual activity at an early age have a higher rate of cancer of the cervix than those who are sexually inactive or have only one partner.
- Endometrium – This type of cancer rarely occurs before the time of menopause. If unusual bleeding occurs before, during or after menopause, consult your doctor immediately. Since the Pap test cannot usually detect endometrial cancer, it is important to have a regular gynecological examination done.

Prostate cancer

The prostate is a part of the male reproductive system and is a small chestnut shaped organ made up of small glands and fibrous tissue and is located just below the bladder and in front of the rectum. It also helps transport sperms.

Signs / Symptoms

- Benign enlargement of the prostate commonly occurs in men over forty. Malignant enlargement (cancer) tends to occur in men over sixty and is rare under fifty years of age.
- Both prostate cancer and a benign enlargement may cause obstruction to the flow of urine by compressing and displacing the urethra. Either of these conditions may exist without any symptoms at all.
- Enlargement of the prostate caused by cancer or a benign change may put pressure on the urethra which may lead to incomplete emptying of the bladder, bladder infections and pain or burning while urinating. Men may notice trouble at the onset of urination such as a weak stream, the need to urinate frequently or dribbling.
- Acute retention of urine can occur due to complete obstruction to the flow, and in such a state the patient has a sudden desire to urinate but is unable to do so and the bladder becomes tense and tender. This can occur in a benign enlargement as well as a malignant growth and a medical expert has to be contacted immediately.
- Hematuria may occur in cases of cancer of prostate due to bleeding in the urethra.
- For men over fifty, a rectal examination by the doctor is most important since they could be developing a growth in the prostate without any symptoms showing.

Testicular cancer

Cancer of the testicles does not mean that one will lose his 'manhood'. These are more common between the ages of 25 - 35 years. The prognosis is good in cases of early diagnosis.

Signs / Symptoms

- The first sign could be a hard, painless lump or nodules on the testis.
- Other indications may be a heavy feeling in a testicle or a sudden filling of the scrotum with fluid or blood.
- A dull ache in the groin, abdomen or flanks could occur.
- Enlargement or tenderness of the male breast (gynaecomastia) may occur in cases where there is secretion of chorionic gonadotrophin.
- Metastasis to the lymph nodes in the neck is very common and thus results in the formation of lumps in the neck.

- For any of these signs, see your doctor as soon as possible. Men should perform monthly testicular self-examination as a potential preventive measure. This is best done after a warm bath or shower.

According to many health professionals, the 'seven warning signs' of cancer are: a change in bowel or bladder habits; a sore that does not heal; unusual bleeding or discharge especially from the vagina or rectum; a thickening or lump in a breast or elsewhere; indigestion or difficulty in swallowing; an obvious change in a wart or mole; a nagging cough or hoarseness. A sudden unexplained weight loss may also be a cancer warning sign. If any of these signs are present, see your doctor immediately.

Risk factors for cancer

- The incidence of most cancers increases with advancing age.
- Anyone with a family history of cancer should be alert to warning signs and should have regular medical check-ups.
- Answer when nature calls. Frequent urination may relieve you of bladder cancer.
- Some studies suggest increased rates of breast cancer among women who have taken birth control pills for more than six years or in higher than usual doses.
- Early menstruation, pregnancy late in life or having no children increases the risk of breast cancer.
- According to my twenty years of experience, routine prescription of estrogens to menopausal women increases risk of breast cancer.
- Taking a diet that is high in fat, especially animal fat and low in fibre may contribute to cancer especially of the colon or the rectum.
- Obesity (overweight) is one of the most common predisposing factors to cancer.
- Exposure to increased electromagnetic radiation – electric blanket, clock radio, electric appliances, microwave ovens, computers, hydro wires and other sources of radiation increases the risk. Sit at least eight feet away from television sets.
- Increased exposure to radiation from X-rays, and also dental X-rays pose a risk for cancer; healthy adults should have no more than one X-ray every eighteen months.

Recommendations / Suggestions for cancer prevention

- Nutrition – One suffers from what one eats. People living in prosperous countries are also no exception to malnutrition. The entire range of processed, frozen, canned, colored, irradiated, freeze-dried, preserved and flavor-enhanced food is killing us. We need to become aware of eating food the way nature intended us to eat i.e. fresh, organically grown fruits and vegetables, either eaten raw or in the form of juices. Dr. Hans Nieper, cancer researcher, is using fresh raw cabbage and carrot juice with excellent results. Juice of red beet juice (from roots and top), carrots, grapes, black cherry and black currants, all these dark colored juices are good. Apple juice is beneficial if it is fresh. Fruit juices are best taken in the morning and vegetable juices in the afternoon and evening. All juices should always be taken fresh.
 1. Nitrites: Sodium nitrite is added to many processed meat products such as hot dogs, bacon and ham as a preservative and flavor enhancer. Upon heating, and even when in the stomach, nitrite may combine with other compounds to form powerful cancer causing chemicals (nitrosamines). Thus, avoid processed meat.
 2. Eat a variety of foods daily, especially fruits, vegetables, seeds, nuts, more of whole grain products and less of fat. These foods are good sources of antioxidant nutrients and contains a generous amount of fiber and other important vitamins and minerals.
 3. Researchers have found a link between low cancer rates and foods from the **allium family of plants**, including onions and garlic. Japanese scientists found that the fresh garlic completely wiped out breast cancers in the mice. They also found that in mice, garlic proved a better antioxidant than Vitamin E, which is considered to be one of the best in reversing liver damage.
- Antioxidants – Before we talk about antioxidants, let us examine what oxidation is. ‘Oxidation’ is the process that makes a cut apple rapidly turn brown. Another example is the rusting of metal. While we cannot readily see what is happening in the body, these two are everyday examples of oxidative, free radical damage. Simply explained, whenever oxygen enters your system, the so-called free radicals can be formed. Recent studies suggest that free radicals may play a significant role in the development of heart disease, arthritis, cataract and cancer. Studies also suggest that foods rich in anti-oxidant vitamins like beta carotene, C, E and mineral selenium may neutralize many of the free radicals in

our bodies and help protect the body's cells against cancer and other diseases.

1. Vitamin C: Rich food sources of Vitamin C are vegetables such as cabbage, cauliflower, asparagus, broccoli, brussel sprouts, green peppers, kale, snow peas and sweet potatoes; fruits such as cantaloupes, guavas, Indian Gooseberry (amla), grapefruits (chakotra), honeydew melons, oranges, tangerines and strawberries.
 2. Vitamin A: Beta-carotene is found in fruits and vegetables and it changes to vitamin A in the body. Rich food sources of beta-carotene are – yellow-orange vegetables such as carrots, pumpkins, sweet potatoes and winter squash; dark green, leafy vegetables such as spinach (palak), broccoli, kale and pepper, turnip greens; yellow-orange fruits like apricots, cantaloupes, mangoes, papayas and peaches. Like Vitamin A, beta-carotene is found to help prevent lung cancer.
 3. Vitamin E: Rich food sources of vitamin E are vegetable oils (sunflower oil, soybean oil); nuts (almonds, hazelnuts, peanuts); seeds (sunflower seeds); green leafy vegetables and whole grains (wheatgerm). Vitamin E has also been shown to enhance the effectiveness of anticancer drugs used in chemotherapy in rats.
 4. Selenium: Selenium works closely with Vitamin E. Rich food sources are whole grains, fish, liver, kidney, nuts and rice.
 5. Other nutrients such as Coenzyme Q10, B15 and B17 improve cellular oxygen.
- Avoid Methylxanthines – These chemicals promote breast cancer and are found in coffee, black tea, cola, chocolate and caffeinated medications. Thus, avoiding these items can prove to be useful.
 - Abstaining from alcohol or drinking in moderation can minimize the risk of certain types of cancer. The combined effects of heavy drinking and cigarette smoking increase the risk of cancer of the mouth, throat, larynx and liver.
 - Keep your colon clean – Proper elimination is important. Due to poor eating habits, medications, constipation and exposure to environmental pollution, toxins overload our eliminative organs and slow down the metabolism. Be sure to have at least one to two bowel movements daily. Keep your intestinal flora healthy by supplementing Lactobacillus acidophilus, which is a 'friendly' bacteria in the gastrointestinal tract. Unfriendly bacteria promote disease and they increase due to the use of drugs like antibiotics; viral and yeast infections; insufficient stomach

acid due to aging; etc. Cleanse the colon with non-irritating fibre such as flaxseed, psyllium husks/seeds (ishabgul) or oatbran. Taking in more of yogurt helps increase the growth of the protective bacteria in our intestine.

- Water – Like oxygen, water is essential for our survival. Water provides the medium for blood, lymph, perspiration, digestive juices and other bodily fluids and it allows the nutrients from the food we eat to enter cells and the waste products to be removed. We should drink at least eight to ten glasses of water daily.
- Exercise – Exercise burns up the fats and speeds up the circulation so that oxygen and nutrients can flow into the body cells and waste products can be removed. Exercise reduces stress and can also help in pain management. It keeps the heart healthy. It also strengthens our bones. One should find out which exercise is right for oneself. Exercises which are most useful are – walking, swimming, aerobics and yoga. Learn diaphragmatic breathing, i.e. proper breathing exercises. Exercise regularly – at least thrice a week for twenty minutes.
- Massage – Massage has a relaxing effect on the body and it also relieves tension and relaxes the aching muscles.
- Emotions, stress – There are many things that contribute to stress – family, children, money, job, etc. Stress actually results from situations in which we are afraid of making mistakes, afraid of being made a fool of, afraid of not being successful, feeling insecurity, etc. and all these situations arise when we compare ourselves with others. We have to learn to accept ourselves the way we are. We all make mistakes and life goes on. Learn to say ‘no’ to the things you do not really want to do. Decide for yourself what your priorities are and then live in accordance with them. Kids can get stressed too. We as parents want our children to acquire the skills that would be necessary for their future social and business life.

Some of the symptoms that the children suffer due to stress are - headache, stomachache, restlessness, fatigue, insomnia, bedwetting problems, school problems and trouble with friends. It is sometimes difficult to understand what the child experiences in his unconscious mind and hence one has to understand indirectly the real stress of the child by other means, for e.g. painting, drawing, the games he plays, the language and body language he uses for communication, etc.

What happens when you are under stress? The human mind plays an important role in health and well being. When we are under stress, the

body causes the adrenals to release steroids such as cortisol. Cortisol prepares us to fight or flee for our survival. Nature has intended this to be a temporary response. Prolonged stress, because of our fast-paced and worry laden lifestyles, breaks down our immune system causing illnesses and diseases. Negative thoughts create fear, anger, hatred and pain. Improved communications and relationships with others will have a positive attitude. Develop unconditional love for yourself and others and stop expecting things from others.

- Relaxation – Take some time out daily to relax, spend some time on the things that you would like to do. Listening to relaxation tapes (Louise Hay and Dr. Emmett Miller are good to start with), prayer, yoga, meditation and soft music helps the body to relax within minutes. Natural therapies such as acupuncture, hypnotherapy, reiki, and shiatsu can be helpful in alleviating pain and achieving relaxation. A sense of humor and laughter is necessary to fight out the stress and tensions; we need fun and we know what therapeutic laughter is – watching funny movies like Laurel and Hardy, I love Lucy, Bob Hope, Mr. Bean and Bill Crosby, etc. helps retrieve the body from stress.
- Herbs – Herbs such as Dong Quai (root tea), Ginseng, Bee pollen, Evening Primrose oil and Vitamins (especially vitamins C and E) are useful for giving some relief to cancer patients. Immune enhancement herbs such as Goldenseal and Echinacea have long been used in the treatment of cancer by native cultures, due to their immune enhancing effects.

Affirmations: Being optimistic about ones own health and of his life is one of the best steps taken towards cure. Affirmations such as “everyday, in every way I am getting better and better, stronger, happier and healthier”, “I love myself and others” and “I feel good about myself” should be repeated several times daily. Love and hope are important for healing. Resentment, criticism of self and others and guilt are the most damaging and harmful emotions.

Love and support: You need love and support from your family and friends and for that you also need to give them the same kind of love and affection.

It is said, “**Cancer is so limited that it cannot cripple love, it cannot shatter hope, it cannot corrode faith, it cannot destroy peace, it cannot kill friendship, it cannot suppress memories and it cannot silence courage**”.

Please ask your doctor

- Do not be afraid to ask questions to your doctor.
- Take someone with you if you do not want to personally ask or if you are feeling embarrassed.
- Medications – ask what are the side effects, whether it will interfere with your other medications or vitamin supplements.
- Operation – ask whether it absolutely essential or is there any other treatment or diet that would benefit.
- Consider whether you want to go in for a second opinion from another doctor or not.
- Be an informed patient. Take charge of your health. Read and learn more about your own illness.
- Listen to your body. Do not ignore the signals it conveys to you.

Remember that the road to recovery is a long and slow process. But do not give up. After all, we have abused our bodies for many, many years and we cannot expect results overnight. It is believed that intestinal cancer takes twenty years to show up. Dr. Deepak Chopra, the author of the bestseller 'Ageless Body, Timeless Mind', says that we seek money, power, fame. What we really need to seek in life is peace, harmony, laughter, love and knowledge. When we lose touch with laughter, we get all kinds of problems. When you laugh, you produce healing chemicals and so one should always be smiling. Another interesting book to read is 'Peace, Love, Medicine' by Dr. Bernie Siegel.

It is possible not just to maintain good health, but it is also possible to regain our health. With some understanding and a little effort, good health and healthy living can become a part of our daily lifestyle.

SOME HOME REMEDIES

- **Apple** – Apples are a rich source of phytonutrient (plant- based) anti-oxidants that help counter the damaging effects of oxygen on the body. Studies show that apples contain flavonoids, which inhibit the growth of prostate cancer cells. Another study shows that the skin of the apple contains phytochemicals that inhibit the growth of colon cancer cells by 43%.

- **Apricot** – The seeds of apricot contain a chemical, which is believed to be helpful in controlling cancer, and thus they are used in treating cancer.
- **Asparagus** – This vegetable contains a powerful anti-oxidant compound that is anti-cancer. It is good to have this raw as a salad. If one wants to have it cooked, then cook it very slightly so that most of the vitamins and minerals are preserved.
- **Beet – root / Sugar beet** – Juice of red beet has anti-cancer properties and is beneficial in prevention and treatment of cancer. One can also include raw or boiled beet daily in the diet as salad. Beet also has tumour inhibiting properties.
- **Broad bean (bakla / valor)** – Cook this as a vegetable and take it regularly in your diet as this contains certain substances that blocks the activity of cancer producing enzymes and prevents the growth of tumour cells.
- **Broccoli** – This vegetable contains various strong anti-oxidants which are anti-cancer. It especially protects against lung cancer, breast cancer and colon cancer. This is best eaten raw as salad. If it has to be cooked, then cook it slightly so that essential anti-oxidants are preserved.
- **Brussel sprouts** – Like other cruciferous vegetables, brussel sprouts possess the same properties as broccoli and cabbage. It contains various strong anti-oxidants which are anti-cancer and prevent damage to cells by free radicals. This is best eaten raw as salad or cooked slightly, only for a couple of minutes.
- **Cabbage** – Cabbage and other cruciferous vegetables like **broccoli**, **cauliflower** and **brussel sprouts** help immunize against breast cancer by controlling oestrogen which is the main promoter for such types of cancer.
Raw cabbage is also highly beneficial in preventing colon cancer. One can also cook the leaves of cabbage as a vegetable and have it regularly in the diet as this contains sulphur and histidine that inhibits the growth of tumours and keeps the cells normal. Cabbage, cauliflower and other cruciferous vegetables contain compounds that stimulate the natural defences to neutralize carcinogens.
- **Carrot** – Carrot is a good source of beta-carotene, which is an anti-cancer nutrient. Raw carrot juice is highly beneficial in prevention and

treatment of cancer. If consumed daily, it keeps cancer away, especially lung cancer and cancer of the large intestine.

- **Citrus fruits** – Fruits such as grapefruit, sweetlime, orange and lemon contains powerful anti-cancer properties. They contain substances like carotenoids, flavonoids, terpenes, limonoids and coumarins, which help neutralize carcinogens. Citrus fruits are especially beneficial in prevention of stomach cancer.
- **Curd or yogurt** – Curd or yogurt prevents colon cancer. It is a rich source of vitamin D and calcium, which are the two main nutrients valuable in preventing cancer.
- **Fibre** – Fibre-rich foods help fight cancer, especially colon cancer. The most significant food sources of fibre are – whole cereals such as wheat, rice, barley, unprocessed wheat bran, legumes such as potato, carrot, beet, turnip and sweet potato, fruits like mango and guava and green leafy vegetables such as cabbage, lettuce and celery.
- **Fig (anjeer)** – Figs are known to have anti-cancer properties. These are best when eaten raw and fresh.
- **Folic acid - rich foods** – Foods rich in folic acid fight viruses. It is a vitamin of B group and is found in green leafy vegetables and legumes. Those with low levels of folic acid in their blood cells were five times more likely to develop cancer than those with higher folic acid levels. Studies have shown that low levels of folic acid in women may lead to cervical cancer.
- **Fruits and vegetables** – Consuming fruits and vegetables daily (two fruits a day and at least three vegetables a day) reduces the risk of cancer tremendously. Having 3 – 4 servings of vegetables twice a day, is recommended. Have the vegetables in cooked form, raw or salad form (green leafy vegetables like cabbage, lettuce, carrots, etc) or in juice form (fruit juice or vegetable juice).
- **Garlic** – Garlic is the most powerful known enemy of carcinogens. Garlic also interferes with the growth or progress of cancer. Taking two to three cloves of fresh, raw garlic first thing in the morning is one of the best steps towards prevention and recovery. A recent German study shows that garlic compounds are toxic to malignant cells and help destroy cancerous cells in the manner chemotherapy drugs do. People who eat a lot of garlic are less prone to various cancers. Garlic also prevents colon and stomach cancers.

- **Ginger** – Ginger is a powerful anti-oxidant and ranks high in anti-cancer activity. Ginger is available in dry form as well as fresh. It can be used while cooking any dishes.
Mixture of ghee and juice of fresh ginger helps improve the resistance power against cancer.
- **Green peas (matar)** – Peas contain high amount of fibre, vitamins A, B and C and no fat. Hence, they fight and prevent cancer.
- **Green vegetables** – Green vegetables, especially leafy green vegetables have powerful anti-cancer properties. Daily consumption of green vegetables prevents most cancers. Green vegetables, especially spinach, dark green lettuce and broccoli are full of many different anti-oxidants, including beta-carotene and folic acid. Select the darkest green vegetables as these contain most carotenoids and other anti-cancer agents.
- **Indian gooseberry (amla)** – This is a rich source of vitamin C, which is the most powerful known anti-toxin. It neutralizes or minimizes the damaging effect of most chemical carcinogens in food and environment thus preventing cancer. Dried amla is especially beneficial in controlling cancer, as vitamin C value of amla increases greatly after the juice is extracted from the fruit.
- **Lettuce** – This is a salad vegetable and is rich in many vitamins and minerals, especially anti-oxidants, folic acid, beta-carotene and vitamin C. This strongly helps fight cancer.
- **Liquorice** – This is a popular spice and a flavouring agent. It has anti-cancer properties, which not only prevent cancer but also retard its spread. Triterpenoids contained in liquorice may block fast-growing cancer cells and cause some pre-cancerous cells to return to normal growth. Liquorice can be had either in powder form or as a decoction or as an infusion. These preparations can be taken with some honey.
- **Long pepper (lindi peepar)** – Mixture of powdered long pepper (pipili) and carbonate of potash is given with juice of fresh ginger and honey to combat the side effects of chemotherapy and radiation.
- **Margosa (neem - bitter)** – Margosa leaves are highly beneficial in the treatment of cancer. Margosa leaves help purify the blood. The patient should chew 10 – 12 margosa leaves or have one cup of fresh juice of margosa leaves daily in the morning.

- **Milk** – Milk being a rich source of vitamin D and calcium, can help in preventing colon cancer. People with low level of vitamin D in their bodies are more likely to develop colon cancer. Calcium suppresses the growth of surface cells on the inner lining of the colon, thereby preventing rapid growth of cells which is a sign of developing cancer. Other rich sources of calcium are – almonds, carrots, figs, green leafy vegetables such as lettuce, spinach and cabbage, lemons, milk products, oranges, walnuts and watercress.
- **Mushrooms** – Some mushrooms are known to have anti-cancer properties in them.
- **Oats** – Oats are excellent as breakfast, especially oatmeal mixed with little milk and honey. Oats possess anti-oxidants and are thus anti-cancer.
- **Olive oil** – Olive oil is highly beneficial in prevention and treatment of cancer. It is said that women who eat too much fat or saturated fats or animal fat are most likely to develop breast cancer. Women who consume more olive oil, have a lower risk of developing breast cancer.
- **Onion** – Onions have anti-tumour properties. It is an anti-oxidant food which contains several anti-cancer compounds. Eating onions daily prevents certain cancers. Raw onions are most beneficial.
- **Orange** – This fruit is rich in anti-oxidants, vitamin C and beta-carotene. It protects against several types of cancers, especially cancer of the pancreas.
- **Papaya leaves** – It has been proved that by drinking papaya leaf concentrate or the juice of papaya leaves, many cancer patients have been cured of their illness. The fruit of papaya and its leaves are highly beneficial in the treatment and prevention of cancer.
- **Pumpkin (kaddoo)** – Cook this fruit as vegetable and consume it regularly. This prevents cancer.
- **Soyabeans** – This manages the oestrogen, thereby reducing the risk of breast cancer. It also inhibits the growth of cancer cells not related to oestrogen. In other words, it can help stop the growth of cancer cells in the body on the whole. Soyabeans can be taken in various forms such as curd, flour, green beans, milk, oil or sprouts. (Also look under 'Female' chapter).
- **Spinach** – Cook this as vegetable and have it regularly. It is a rich source of anti-oxidant and has anti-cancer compounds like beta-

carotene and lutein. It also inhibits the growth of tumour and keeps the body cells normal.

- **Sweet potato** – This vegetable is a good source of anti-oxidant beta-carotene. Eating it regularly prevents various types of cancers.
- **Tea** – Herbal tea has anti-oxidants properties and thus prevents cancer.
- **Tomato** – Tomato contains lycopene that gives it the red colour. This helps prevent cancer. According to a German study, lycopene is twice as powerful as beta-carotene thus checking the growth of cancer cells. Tomatoes can be had in cooked form, or as sauce, as ketch-up, as juice or chopped raw tomatoes as salad.
- **Turmeric (haldi)** – Mix two teaspoonful of turmeric powder in a cup of water and have it in the morning. This prevents cancer as turmeric has components that have strong cytotoxic effects against certain forms of cancer.
- **Vitamins A, C and E - rich foods** – These have an inhibiting effect on carcinogenesis and helps to fight and prevent cancer. Vitamin E contains anti-oxidant properties.
Foods rich in vitamin A are whole carrots, curds, green leafy vegetables, milk, papaya, pumpkin, tomatoes and mango.
Foods rich in vitamin C are citrus fruits, Indian gooseberry, green leafy vegetables and sprouted Bengal and green grams.
Vitamin E sources are almonds, carrots, soyabeans, sunflower seeds and vegetable oils.
- **Watermelon** – This fruit is also high in lycopene (see tomato) and thus helps prevent cancer. It contains anti-oxidants and certain anti-cancer compounds.
- **Wheat and wheat bran** – Prepare chapattis from wheat flour and bran and take it regularly during meals. The bran contains tumor-inhibiting substance and prevents cancer, especially cancer of breast, rectum, colon and liver. Wheat bran contains certain properties that curtail the oestrogen levels in the blood, thus reducing the risk of breast cancer. It is also rich in fibre, thus preventing cancer of colon.
- **Wheat grass juice** – Studies have shown that drinking wheat grass juice have helped cure several cases of leukemia as it contains chlorophyll, live minerals, trace elements and vitamins which may help repair the damaged cells.
- For patients who have had cancer in the past, the following diet should be continued for atleast first five years – bland diet, soft food

with no roughage is good. Milk and rice, fresh cream and butter, vegetable puree, fresh fruits and vegetables are beneficial. Avoid meat, tea, coffee, alcohol, tobacco, vinegar, mustard, pepper and sauces.

During chemotherapy, to minimize the side effects, the following have been found effective.

- Two to three cloves of garlic to be chewed in the morning on an empty stomach.
- A few drinks of lemon juice taken daily prove to be very effective.
- A mixture made of carrot and beetroot juice is a highly efficacious remedy for the same.
- Eat lots of papaya, ripe marmelos fruit and tomatoes to minimize the side effects.
- The juice of raw bitter gourd (karela) should be taken daily.

HOMOEOPATHIC REMEDIES USEFUL FOR DIFFERENT TYPES OF CANCER

- For dressing of open fungating, cancerous wounds, take Hoang Nan mother tincture in 2:8 dilution with water and apply it with a clean gauze piece on the wound. It is useful to stop the bleeding and to prevent infections. It also helps to heal the wound faster.
To do away with bad odor of the wound, apply a mixture of five drops of Baptisia mother tincture in an ounce of water.
- When the wound is very sensitive to touch or pain, then clean the wound with Paeonia mother tincture.
- For wounds that do not heal after surgery or those that open up after surgery with oozing of pus and blood, take internally and also apply locally - Calendula [what???lotion?](#)
- For halitosis (offensive odor from the mouth) that accompanies cancer of mouth, cheek, tongue, and tonsils – use Echinacea mother tincture, twenty drops in a glass of warm water ‘to gargle’ every six hourly. Should this fail to treat the odor, use Galium Aparine mother tincture in the same proportion and gargle in the same frequency.
- For open wounds of cancer, the most useful ointment I have seen so far is Ruta.
- For very deep wounds, take Comocladia 30 C, four pills thrice daily.

- When the wound is painless, deep and indolent, apply Acid Phos mother tincture after diluting it in 2:8 dilution, with water.
- For burns due to radiation, apply Quartz 1% ointment to the affected area.
- In cases of necrosis of the cancerous part, take Natrum-Silico-Fluoricum 6 C, four pills thrice daily.
- For bedsores in cancer patients, give Antim Chlor 30 C, four pills thrice daily.
- For the pains of cancer, take Euphorbia Heterodoxa 30 C or Calcarea Oxalica 30 C or Calcarea Aceticum 30 C four pills thrice a day.
- For great prostration of strength after chemotherapy or radiation or after cancer surgery – Antimonium Chloridum 30 C should be taken, four pills thrice a day.
- To heal the fistula or sinus that arises due to complication of metastasis in cancer, take Vitrum 30 C, four pills thrice daily.
- For cancer of the tongue, paint the tongue with the mixture of equal parts of Golden Seal and glycerin, morning and night. Internally take Kali cyanatum 30 C, four pills thrice daily.
- For cancer of lip, apply locally a mixture of equal parts of Cannabis Sativa mother tincture and glycerin, morning and night. Internally take Conium 30 C, four pills thrice daily.
- For cancer of breast, after surgical removal of the tumor, a complete course of constitutional homeopathic treatment is essential. Drugs like Scirrhinum 200 C or Natrum Cacodyl 30 C, when taken in the dosage of four pills thrice a day proves beneficial. For severe pain in the left breast, due to ulcerating cancer, take internally Asterias Rubens 30 C four pills, thrice a day.
- For Paget's disease of the nipple, Lobelia Erinus mother tincture should be taken internally, four drops thrice a day.
- For cancer of uterus, when it is associated with profuse hemorrhage, Epihysterinum 30 C or Calcarea Sulph Stibiata 30 C, take three pills three times a day.
- For cancer of bone associated with severe bony pains, either due to primary cancer of the bone or due to secondaries, a gentle massage of Symphytum mother tincture on the affected parts, three to four times a day is beneficial.
- For cancer of the stomach, the following remedies can be given according to their indications; Arsenic Album 30 C, Hydrastis 30 C,

Cundurango 30 C, Kreosote 30 C or Kali Carb 6 C, four pills every four hourly.

CHOLESTEROL

High blood cholesterol develops in anyone regardless of age, sex, race, or ethnic background. Most people are unaware that their blood cholesterol levels are high until they learn it from their doctor through tests and investigations. Since there are no signs or symptoms, like high blood pressure, it is a potential threat to one's health.

Heart disease in present century is number one on the list of death mortality. It is caused by the clotting up of the blood vessels by a fatty

substance called 'atheroma' and is due to too much 'fat' in the blood. This process is called atherosclerosis and it can eventually lead to diseases like heart attack and stroke. There are two types of fats in the blood that commonly cause this condition. They are 'cholesterol' and 'triglycerides'. A special blood test conducted after fasting for at least 12 hours can tell the doctor if one or both of these fats are too high in a patient.

What is Cholesterol?

Cholesterol is a white fatty substance formed mainly in the liver of animals including humans. There are three important categories of lipids:

- The neutral fats
- The conjugated lipids
- The sterols

Cholesterol helps in the metabolism and manufacture of certain hormones such as testosterone and estrogen, and to help in the development of brain.

In humans, neutral fats are fatty acids esterified with alcohol, glycerol; most are esters containing three fatty acids and are called 'triglycerides'.

Conjugated lipids consist of phospho-lipids and glyco-lipids. Adipose tissue contains stored triglycerides. Triglycerides, cholesterol, and phospho-lipids are the major lipid components found in serum; these lipids exist in blood as macromolecules complexed with specialized proteins to form lipoproteins.

OPTIMUM RANGE

It has always been very difficult to establish reference ranges for cholesterol and triglyceride concentrations; enormous variations exist among groups classified according to sex, race and income level, physical activity, dietary habits and geographic locations. It is also uncertain whether to consider the 'average' as the 'normal'.

Cholesterol level is determined partly by the genetic make-up and the saturated fat, and cholesterol in the diet.

POTENTIAL RISKS OF HIGH BLOOD CHOLESTEROL

The three major risk factors for coronary heart disease are:

1. High blood cholesterol
2. Cigarette smoking
2. High blood pressure

GOOD AND BAD CHOLESTEROL

Cholesterol travels in blood in small packages called 'lipoproteins'. All lipoproteins are formed in the liver and carry cholesterol through the body. Cholesterol packaged in low-density lipoproteins (LDLs) is transported from the liver to other parts of the body where it can be used. LDL carries most of the cholesterol in blood, and if not removed from the blood, it can lead to a build up of fat and cholesterol in the arteries contributing to atherosclerosis. Therefore, LDL cholesterol is also known as 'bad cholesterol'.

Cholesterol is also packaged in high-density lipoproteins (HDLs). HDL carries cholesterol back to the liver for processing. HDL helps to remove cholesterol from the blood preventing its accumulation along the arterial walls. Therefore, HDL cholesterol is also known as 'good cholesterol'.

BLOOD CHOLESTEROL LEVELS

Any level above 200mg/dl increases your risk for heart disease. If your cholesterol is 240 mg/dl or greater, you have more than twice the risk of someone whose cholesterol is 200 mg/dl.

If it is 300 mg/dl the risk is almost six times. When high cholesterol is combined with other major risk factors (either high blood pressure or cigarette smoking), your risk for coronary heart disease increases even further.

If your cholesterol level is in the 'high' category and you have high blood pressure, your risk for coronary heart disease increases and if you smoke, the risk increases almost twenty times.

Other factors that increase the risk of coronary heart disease include family history of coronary heart disease before 55 years of age, diabetes, vascular (blood vessel) disease, obesity and being a male.

How will lowering your high cholesterol help?

Lowering high blood cholesterol level will slow fatty build-up in the walls of the arteries and reduce the risk of heart attack and death caused by heart attack. If you reduce the cholesterol level by 15%, your risk of coronary heart disease could drop by 30%.

PRECAUTIONS

The primary treatment for high blood cholesterol is to follow a diet that is low in saturated fat and low in cholesterol.

GUIDELINES FOR LOWERING HIGH BLOOD CHOLESTEROL LEVEL

1. Eat less than 30% of your total daily calories from fat.
2. Less than 10% of your calories should come from saturated fat. No more than 10% of your calories should come from polyunsaturated fat. 10% - 15% of your calories should come from monounsaturated fat.
3. Eat less than 300 mg of cholesterol each day.
4. Eat 50% - 60% of your daily calories from carbohydrates.

DIETARY GUIDELINES

1. To ensure an adequate balance of all the healthy foods - carbohydrates, proteins, fats, fibre, vitamins and minerals, one needs to choose from a wide variety of food.
2. We need to keep our weight in check and to prevent obesity by cutting down on fats, sugar and alcohol. Try and reduce the quantity of servings and exercise regularly.
3. Cut down on fats by selecting fish, poultry and lean meats; cut excess fats and remove the skin. Restrict the use of butter or margarine and use minimum quantity of cooking oil. Eat less of dairy products, fried food and snacks.
4. Restrict the use of sugar to minimum by eating less sweet food like cakes, biscuits and soft drinks. Reduce the use of sugar in recipes and avoid canned fruits.
5. Eat more breads and cereals, fruits and vegetables. Increase the intake of complex carbohydrates such as rice and potato.
6. Drink less alcohol. Instead have more water.
7. Use less salt to avoid increase in blood pressure.

SOME HOME REMEDIES

- **Alfalfa** – Alfalfa contains all the elements necessary for the softening of the hardened arteries and cleaning up fatty deposits within the coronary arteries. The seeds of alfalfa are useful in sprouted form. They can also be taken in salads, sandwiches and in soup form.
- **Almond** – Almonds are highly nutritious nuts and contain monounsaturated fat, which is known to reduce cholesterol.
- **Apple** – Apple contains a high soluble fibre called ‘pectin’ that helps lower cholesterol, in other words, it prevents the building up of cholesterol in the walls of blood vessels, thus keeping the heart free from any ailments. A diet rich in flavonoids (abundant in apples) lowers the risk of heart disease and may help prevent strokes. Apple *murabba* (Indian, sweet pickle made from apples) relieves mental stress and acts as a heart stimulant, thus keeping the heart strong.
- **Avocado** – Avocado has the same type of cholesterol lowering fat as almonds and olive oil. Raw avocados can be put in salads or spread on bread or crackers. Avocados also protect arteries against oxidative damage that makes cholesterol dangerous.
- **Bajra** – Have chapattis made from bajra flour regularly as it has significant amounts of iron, lecithin and choline, which keeps cholesterol under control. It also keeps a check on the accumulation of deposits of any kind of fat anywhere in the body thereby controlling obesity.
- **Barley** – Make chapattis with barley flour and bran or wheat flour mixed together and eat them daily. This reduces the blood cholesterol level. The fibers of the grain removes the fat deposits collected in the arteries over a long period of time, thus cleaning the arteries and valve around the heart. Barley also aids the suppression of cholesterol production in the liver and prevents dietary fats and cholesterol from being absorbed in the intestines.
- **Beans (dried) and seeds** – Legumes or beans are the best and safest food for reducing bad cholesterol. According to one test, beans improve the HDL-LDL cholesterol ratio by 17%. Take about 80 – 100

grams of dried beans or baked beans twice a day for best results. This also raises the good HDL cholesterol.

Heart patients should have soya beans, sunflower seeds and wheat germ regularly.

- **Bengal gram (chick pea / chole)** – Regular consumption of Bengal gram reduces the cholesterol level. Make chappatis from ground whole pulses mixed with wheat flour and take them regularly. This keeps the cholesterol level under control.
- **Brinjal** – The leaves of brinjal plant and brinjal itself – cooked and eaten as a vegetable, reduces the cholesterol level in the blood, thus preventing heart diseases. Consume cooked brinjal regularly. The seeds of brinjal have certain properties that bind the cholesterol and take it out through the intestines, thus preventing the absorption of cholesterol in the blood.
- **Cabbage** – Eat cooked cabbage regularly. Cabbage contains vitamins B and C which strengthens the blood vessels, keeps the cholesterol level under control and prevents the walls of the arteries from getting thick, thus preventing any heart diseases. Cabbage also helps reduce palpitation of the heart.
- **Carrot** – Carrots contain high anti-cholesterol soluble fibre including pectin. This reduces the bad LDL cholesterol and raises the good HDL cholesterol. The fibre in two carrots can lower the cholesterol by 10 – 20%. Beta-carotene in the carrots also raise good HDL cholesterol.
Eat at least two raw and fresh carrots daily, thus keeping the heart free from any diseases. Carrots can also be taken in soup or juice form and they can also be eaten raw, cooked or boiled.
- **Coriander seeds (dhania)** – These seeds have cholesterol reducing property, thus, to reduce high cholesterol – take a decoction made from boiling two teaspoonfuls of dry coriander seed powder in one glass of water. Take this twice a day for a few months to bring down blood cholesterol level.
- **Fenugreek leaves (methi)** – Cook this as a vegetable and consume it regularly. It lowers the cholesterol level.
- **Fenugreek seeds (methi)** – Soak 10 – 12 methi seeds in one-fourth cup of water overnight and have both – the seeds and the water, next day in the morning with a glass of water. This will reduce the cholesterol level.

You can also boil some methi seeds in about one and a half cup

of water, then strain this liquid, add 1 teaspoonful of honey and drink it. Do this daily. Both these remedies are useful for cardiac problems.

- **Fibre** – One must incorporate more fibre in their daily diet as fibre reduces the absorption of cholesterol, thus preventing heart diseases. Some rich sources of fibre are unseived wheat flour, whole grains and pulses, fresh fruits and vegetables in raw form. Fruits and vegetables rich in fibre and vitamin C prevents platelet clumping that leads to formation of blood clots.
- **Garlic** – Garlic is a powerful anti-coagulant food. It prevents blood clotting. It also prevents and treats atherosclerosis. Even if consumed in moderate amount, garlic will help thin the blood, thereby reducing formation of blood clots within the arteries.
Take 2 – 3 raw cloves of garlic every morning. This reduces the high cholesterol level thus preventing heart diseases.
There are certain compounds in garlic that lower cholesterol by reducing liver's synthesis of cholesterol. Bad cholesterol is the main cause for blocking the flow of blood through the heart. Garlic reduces this bad cholesterol thus protecting the heart and preventing **atherosclerosis / arteriosclerosis**.
- **Grapefruit** – The pulp of grapefruit contains a unique type of soluble fibre called galacturonic acid that helps lower blood cholesterol. It also aids in dissolving plaque or reverse plaque formation that is already clogging the arteries. But it must be noted that the juice of this fruit does not contain any fibre and hence it does not show any cholesterol lowering effects.
- **Grapeseed oil** – Oil extracted from grapeseed (which is used for mild dressing), is very effective in raising good HDL cholesterol.
- **Guava** – Guava is a rich source of vitamins A, B and C. Its high fibre content aids in keeping the cholesterol level under control .
- **Ishabgul** – The seeds of this herb contain certain properties that reduce the blood cholesterol level, thus it is highly beneficial in the treatment of high blood cholesterol. The oil of the seeds also reduces the blood cholesterol level as it contains 50% linoleic acid and one teaspoonful of this oil should be taken twice daily for beneficial results.
- **Lady's finger (bhindi)** – Have bhindi soup daily, this will reduce the cholesterol level and will keep the heart healthy.

Method to prepare bhindi soup – Take 10 – 12 whole raw bhindis and wash them thoroughly. Slit them lengthwise. (Do not cut the bhindis into two halves, just slit them). Then, boil them whole in one liter of water till the water is reduced to half a liter. Strain this liquid through a muslin cloth and have it plain or with salt and pepper if you so desire. You may throw away the boiled bhindis. **Note:** Squeeze the bhindis while straining **only slightly** so that some mucilage is extracted. Do not squeeze them too much as then the soup gets very sticky and may not be palatable.

Another method is to cut 4 – 5 bhindis lengthwise in two pieces, or in two halves and soak them overnight in some water. The next morning, remove the bhindis from the water and drink that water. Doing this regularly reduces the cholesterol level in the blood.

- **Lemon** – Mix the juice of one whole lemon in a glass of warm water with one teaspoonful of honey and have it daily early in the morning or in the evening one hour after dinner. This will help reduce weight and cholesterol level.
- **Oats** – Eating oats regularly during breakfast lowers blood cholesterol level. Take some oat grains, wash them and boil them. Then, strain the liquid and have the boiled grains with milk every morning for breakfast. Ready-made packs of oatmeals are also available, for e.g. Quaker's oats. Oat grains raise the HDL level (high-density lipoprotein), which prevents heart attacks and hypertension. It also controls the sugar level and triglycerides in the blood, thus preventing heart attacks. But do not have too much oats as this may cause flatulence, bloatedness of abdomen and stomach pain. Have it twice or thrice a week.
- **Onion** – Onions contain certain essential oils that keep the cholesterol level under control and prevent deposition of fat on the arteries, thus keeping the heart healthy and strong. They are anti-coagulant in nature, thus keeping the blood free from clots. Eating raw onion is most effective. All patients with coronary heart disease should consume onions daily. Raw onions help raise good HDL cholesterol level and thin the blood.
Take half a cup of raw onion juice mixed with one teaspoonful of honey and ginger juice; this reduces the cholesterol level. Onions can also be taken in salad form daily with meals. Onion therapy works in about 70% of patients suffering from high cholesterol and hypertension.

- **Red pepper / red chilli** – Consume red pepper in your diet regularly. Seeds of red chillies are highly beneficial in lowering the cholesterol level. Red pepper (lal mirchi) also prevents blood clots since they are anti-coagulant. People eating capsicum chilli peppers regularly in their diet as seasoning and as an appetizer are less vulnerable to blockage of arteries.

Those who have low sugar level in their blood must avoid consuming chillies.
- **Safflower oil** – Safflower oil contains the highest linoleic acid content of all edible oils. Studies have showed that this fatty acid has medicinal value and is highly beneficial in lowering serum or blood cholesterol level.
- **Soyabeans** – This is the best food to lower the cholesterol level as it is rich in lecithin. Lecithin, which is a fatty food substance, is highly beneficial in reducing increased cholesterol level. It has the ability to break up the cholesterol into small particles, which can easily be handled by the system. Sufficient intake of lecithin prevents the cholesterol from building up against the walls of arteries and veins.

Soy and soy products can be taken in the form of soy milk, tofu (bean curd) or soyabeans – soaked overnight and cooked the next day and eaten with wheat chappatis. Soy flour is also used for making soy chappatis. All these are highly beneficial for reducing cholesterol level.

Soyabeans are known for their high protein content. Soyabean oil is excellent for frying and is easily digestible and contains no cholesterol. It rejuvenates the endocrine glands.
- **Tea** – Tea not only lowers blood pressure and cholesterol levels, but also strengthens the capillaries. Herbal tea has anti-oxidant properties. This lowers the risk of heart diseases.

Green tea is excellent for reducing blood pressure and strengthening blood vessels. It also prevents thrombosis or coagulation of blood in the heart.
- **Turmeric (haldi)** – Turmeric, in powder form or in the root form (fresh turmeric), is good for heart as it keeps the cholesterol level under control.
- **Turnip (shalgam)** – Have one boiled turnip once a week as this reduces the cholesterol level in the body.
- **Walnut** – Walnuts are also highly beneficial in lowering the blood cholesterol level.

- **What to avoid by heart patients** – Heart patients should avoid taking any aerated drinks, alcohol, almonds, animal fats, bananas, butter, cakes, cheese, chocolates, coconut and coconut oil, colas, cream, custard apples, dairy products, dried fruits and nuts, eggs (have only two in a week), fatty food, fatty meat (where fat is visible on the meat), food cooked in fats like coconut oil, butter, ghee or lard, fried food, ghee, groundnuts, ice-cream, hard water, honey, hydrogenated fat, jaggery, jam, lard, oil capsules, organ meats like liver, kidney and brain, pastries, potatoes, preservatives, processed food, puddings, raisins, refined flour, roots and tubers, sapotas (chickoo), shrimp, spinach, soft drinks, sugar, sweets and whole milk or milk containing high fat.

HOMOEOPATHIC REMEDIES

- Cholesterinum 3 X – one tablet taken twice a day helps reduce cholesterol.
- Sumbum 1 X – four grains taken twice a day helps reduce the arteriosclerotic plaques from the coronary arteries.
- Strophanthus sarmentosus 6 X – four grains taken twice a day helps reduce cholesterol.

DIABETES MELLITUS

‘Diabetes’ is a disorder in which the glucose in the blood is higher than usual. This condition is known as ‘hyperglycemia’, wherein the level of glucose in the blood rises above 120 mg/100 ml.

It is due to a metabolic dysfunction in which genetic predisposition plays an important role. It is a condition where the body produces very little or no insulin (the hormone secreted by certain cells of the pancreas) which is needed to burn up the sugar, starch and other carbohydrates into energy, thus resulting in accumulation of sugar in the blood stream. When this blood passes through the kidneys, sugar is filtered out along with a lot of fluid in the form of urine. In other words, when the level of glucose in the blood rises above 180 mg/100 ml, glucose leaks into the urine. This condition is known as ‘glycosuria’ (glucose in the urine). Thus, an untreated diabetic patient is perpetually always thirsty and urinating.

There are two types of diabetes: Type 1 or insulin dependent or juvenile diabetes mellitus (IDDM) and Type 2 or non-insulin dependent or adult or

maturity onset diabetes mellitus (NIDDM). Hypertension is seen in 50% of the patients with the second type of diabetes mellitus. The insulin dependent diabetes usually begins in childhood and requires regular intake of insulin, whereas the non-insulin dependent diabetes begins later in life. Heredity and stress are some of the most common causes of diabetes. Other causes include some kind of pancreatic diseases (like pancreatitis, haemochromatosis, malignancy, cystic fibrosis, etc.), some hormonal imbalance and certain medications (like corticosteroids, thiazide diuretics, phenytoin, etc.).

Symptoms of diabetes mellitus include frequent urination, increased thirst and appetite, recurrent infections, itching, fatigue, numbness in certain parts, pain and muscle weakness in the legs, drowsiness, rapid weight loss, delayed healing of the wounds and in later stages deterioration of vision from cataract or retinopathy.

Common complications of diabetes include coma, diabetic ketoacidosis, ischaemic heart disease, diabetic nephropathy, diabetic neuropathy, eye complications, trophic ulcers and increased susceptibility to infections.

Testing the urine for glucose is the usual procedure for detecting diabetes mellitus in the initial stages. Another test done for this condition is the oral glucose tolerance test (OGTT). The normal level of fasting blood glucose is 60 - 100 mg/100 ml of plasma and two hours after meals (Post Prandial Blood sugar) it is 100 - 140 mg/100 ml of plasma. When the level of glucose in the blood rises above 140 mg/100 ml, it is termed as 'hyperglycemia'.

Regular fresh air exercises, brisk walking, swimming and aerobics are useful for treating diabetic patients. It is important that the person loses weight, maintains his daily energy intake, stops drinking alcohol and stops smoking. Maintaining the levels of blood sugar through proper diet is the best and the most effective means of treatment.

HOW TO CONTROL DIABETES MELLITUS?

There are 3 methods of treatment

1. Nutritional Therapy.
2. Nutritional Therapy and Homoeopathic Drugs.
3. Nutritional Therapy and Insulin (essential for those patients whose pancreas do not produce any insulin).

Nutritional Therapy / Diet, which is basically a change in food habits, works by reducing the rate at which glucose and lipids enter the blood stream from the intestine. Since obesity is one of the main causes of insulin resistance, maintaining an ideal body weight with nutritional therapy will help diabetic patients.

Regular exercise and yoga will reduce insulin resistance.

In some cases, insulin action may be increased or expedited by the administration of homoeopathic drugs.

GUIDELINES FOR DIABETICS

1. Adhere strictly to the prescribed diet. Remember that diet is a nutritional therapy, i.e. treatment by adjusting food habits. It is not possible to make up for dietary errors by an additional tablet or more insulin.
2. Do not miss a meal after insulin or oral anti-diabetic drugs. This may result in 'hypoglycemia' (too low blood glucose).
3. Do not change the dose of anti-diabetic drugs except under medical advice.
4. If hypoglycemic symptoms develop (hunger, sweating, trembling, dizziness, palpitation, weakness, headache, restlessness), immediately eat some sugar or jaggery. Follow it with a snack.
5. Exercise regularly. This keeps one fit and helps in controlling diabetes. Do not overdo with the exercises as this may cause hypoglycemia.
6. Test urine regularly to monitor and control the sugar level. Since the test of urine sugar does not give sufficient information, blood test must be done on a regular basis (at least once every 3 months.)
7. Avoid alcoholic drinks including beer. Alcohol worsens diabetes as it affects the liver and pancreas.
8. Do not smoke or use tobacco. Tobacco is particularly dangerous in diabetes.
9. Avoid people with infections as the defence mechanisms of diabetic patients is usually poor.
10. Do not open blisters with a pin or needle – diabetics are prone to get infected.
11. Do not walk bare-foot as reduced sensation (numbness) can result in injury. Any injury (big or small), should be medically treated immediately and the wound must be covered as negligence can cause gangrene.

12. Do not wear tight or ill-fitting shoes or tight bandages in order to avoid hampering the already poor blood circulation of the diabetic feet.

WAYS TO MAINTAIN BLOOD SUGAR LEVELS

- Cottage cheese (paneer), curd and buttermilk provide the necessary proteins.
- Include high-fiber such as whole-grain complex carbohydrates (like whole-grain bread, rice, pasta, oatmeal, bran and other unrefined cereals), pulses, soybeans, string beans, avocados, fish and chicken (instead of red meat) and raw vegetables like broccoli tops, brussel sprouts, carrots, cucumber, garlic, onion, peas, potatoes and fruits like peaches, pears, strawberries in your daily diet.
- In cereals, whole wheat is better than rice as it contains an enzyme called 'ascarbose' that allows carbohydrates to be absorbed slowly, thus preventing the blood sugar from rising rapidly.
- Wheat sprouts keep the blood sugar level under control.
- Chapattis made from oat flour consumed daily will keep the sugar level under control in diabetic patients.
- Chapattis made from gram (chana dal) flour consumed regularly will stop the sugar in urine.
- In each meal, have only one source of protein like either dal or curd or low-fat milk. The protein should not be concentrated and so one must not have thick dal, it should be diluted with water. Buttermilk also should be diluted to reduce the intake of fat.
- Reduce the consumption of fat in your daily diet. Instead of full fat dairy products, have low fat dairy products. Low fat milk is as good as full fat milk or whole milk except that it does not contain any fat which is one of the main causes for many ailments.
- Start incorporating olive oil or rice husk oil in your diet as much as possible.
- Reduce oil intake and avoid fried food. In order to reduce the intake of oil, always bake, steam or sauté the food instead of deep-frying or shallow frying.
- Honey contains fructose and so is allowed to some extent for the diabetic patient.
- Eat as much cooked and raw garlic as possible.

- Include raw onions daily in your diet as they are useful in lowering the blood sugar levels.
- Lemon juice diluted in water (without sugar) is the best drink to quench the thirst of a diabetic patient.
- Exercise or go for walks for about 30 minutes daily. Exercising will help utilize the sugar present in blood and will help the insulin to work better.
- Weight control is a must for all diabetics and also for healthy people as obesity is one of the main causes for diabetes.
- Practice yoga. Do pranayam, asanas and meditation daily. Among the various asanas, do at least the following few asanas: padmasana, pavanmuktasana, parvatasana, paschimottanasana, dhanurasana and matsyasana.
- Try to remain stress free and without any anxiety as stress impairs the production of insulin.

SOME HOME REMEDIES

- **Anti-oxidant foods** – All the diabetes patients should have anti-oxidant foods or foods rich in vitamins C, E and beta-carotene. This is because there are more chances of arteries getting blocked in a diabetes patient thus putting him at a greater risk of developing heart disease. This risk is due to high level of sugar in the blood. This risk can be eliminated by regular intake of anti-oxidants.
The chief sources of vitamin C are – broccoli, brussel sprouts, cabbage, cauliflower, citrus fruits, Indian gooseberry (amla), red and green sweet peppers, spinach, strawberries and tomatoes.
Sources of vitamin E are – almonds, avocados, soyabeans, spinach, sunflower seeds and vegetable oils.
Main sources of beta-carotene are – carrots, dark orange vegetables, dark green leafy vegetables, dried apricots, pumpkin, spinach and sweet potatoes.
- **Asafoetida (hing)** – This helps the diabetics when taken in the following manner – mix ¼ teaspoonful of powdered hing with two teaspoonfuls of bitter gourd juice. Take this twice a day. It is highly beneficial.
- **Bengal gram (chick pea / chole)** – This is considered as an anti-diabetic food. Absorption of carbohydrates in a diabetic patient should be slow. Any dietary factor that delays the absorption of

carbohydrates is considered beneficial. Bengal gram is a carbohydrate food that is rich in fibre and is absorbed more slowly than those foods from which the fibre has been removed. Hence, it is good for diabetes patients.

Bengal gram soaked in water overnight and chewed in the morning is a good medicine for diabetes and overall health. The liquid obtained by soaking the seeds and then macerating also makes a good tonic. Studies have shown that having the water extract of Bengal gram increases the utilization of glucose in the diabetics as well as in normal people. It is also proved that those diabetic patients, who were on a prescribed diet, which did not put many restrictions on the intake of carbohydrates and included liberal amounts of Bengal gram extract, showed signs of improvement in their fasting blood sugar levels, glucose tolerance, sugar excreted in urine and overall condition.

Prepare flour of gram seeds and make chapattis of it. Have these chapattis with the meals daily for one week. It will stop the sugar in urine.

- **Bishop's weed (ajwain)** – Grind some seeds of ajwain with some jaggery and make four pills and have one pill at an interval of three hours. Do this for one month. This helps the diabetics.
- **Bitter gourd (karela)** – Research has proved that karela contains insulin-like properties and thus is called 'plant-insulin', which is highly beneficial in lowering the sugar levels in blood and urine. Drink one cup of fresh karela juice (3 – 4 karelas) daily in the morning. This is highly beneficial for diabetics and helps bring the sugar level to normal after a couple of months. One can also mix equal quantities of amla juice and karela juice and have it every morning. This will reduce the blood sugar level. One can also prepare a decoction by boiling some karela pieces in water and then drinking this water. Do this at least three times a day. It will control the sugar level. Powder the seeds of karela and add them to your meals regularly. One can also sprinkle the powdered seeds in liquid food and have it. This is also beneficial for the diabetics. Include bitter gourd (karela) juice, fruits and leaves of drumstick (saijan ki phalli), patola and fenugreek (methi) seeds in your diet. Regular intake of karela will prevent many complications associated with diabetes such as hypertension, eye complications, neuritis and defective metabolism of carbohydrates.

- **Black berry / Jambul (kala jamun)** – The fruit, juice and seeds of black berry are very useful in treating diabetes. The inner bark of jamun tree is also used in treating diabetes. The bark is dried and burnt. This produces white ash which should be pestled in a mortar. Then it should be strained or sieved and stored in a bottle. The diabetic patient should have 66 centigrams of this ash on an empty stomach in the morning with water.

The seeds should be dried and powdered. Mix one teaspoonful of this powder in one cup of water or in one cup of low fat milk or in one cup of curd and have it twice or thrice a day. It reduces the sugar in urine.

Mixed juice of black berry (kala jamun), Indian gooseberry (amla) and bitter gourd (karela) in equal quantities, along with one teaspoonful of powdered seeds of black berries, is very useful in treating diabetes.
- **Black gram (urad dal)** – This pulse is an anti-diabetic food. It is highly beneficial for those diabetics who are undernourished.

For milder form of diabetes, two tablespoonfuls of germinated or sprouted black gram taken daily with half a cup of fresh karela juice and a teaspoonful of honey makes an effective remedy for treating diabetes. This also prevents various complications, which may arise due to malnutrition in diabetes patients.

Milk prepared by grinding sprouted whole black gram is also good for diabetics.
- **Broad bean (bakla / valor)** – Cook broad beans as vegetable and have them regularly in the diet. This will maintain the blood sugar level.
- **Broccoli** – Broccoli is an effective anti-diabetic food that is rich in chromium – a trace mineral that helps lower the blood sugar level. A person with mild diabetes can prevent himself from developing full-fledged diabetes by consuming broccoli regularly. Broccoli also improves the glucose tolerance of a person. The diabetes patient should consume broccoli regularly. Some other sources of chromium besides broccoli are – Bengal gram, betel leaves, black gram, bottle gourd, kidney beans, mushrooms, nuts, pineapples, pomegranates, rhubarb, whole grain cereals and soya beans.

- **Carrot** – Eating a raw carrot occasionally will lower the blood sugar level as carrot is rich in fibre and fibre helps in maintaining the blood sugar level. Do not eat in excess as carrots can also increase the blood sugar.
- **Cinnamon** – This is a popular spice and is a strong stimulator of insulin activity and thus extremely useful in treating diabetes. Besides cinnamon, cloves, turmeric and bay leaves also help in stimulating insulin activity, but cinnamon is the most powerful of these. Powdered cinnamon sprinkled over any food item will help stimulate insulin activity thus keeping blood sugar level under control. One can also use whole cinnamon stick while cooking and powdered cinnamon can also be used in milk, tea or coffee. One can also take ¼ teaspoonful of powdered cinnamon with water daily. This will keep the blood sugar level under control.
- **Cluster bean (guar phalli)** – Cook these as vegetable and have them regularly in the diet. This will prevent diabetes in the future.
- **Cumin seeds (jira)** – Take ½ teaspoonful of crushed or powdered cumin seeds with one glass of water twice a day. Do this daily as it greatly benefits the diabetes patients.
- **Curry leaves** – Eat about ten fresh curry leaves every morning or extract the juice of curry leaves (about one-fourth cup) and drink it every morning. Do this for a few months. This will help in controlling the diabetes, which is due to hereditary factors or due to obesity (curry leaves have weight-reducing properties). As the weight reduces, the diabetics will stop passing sugar in urine. Leaves can also be taken in chutney form. The juice extracted from curry leaves can be mixed with buttermilk or lassi. Avoid alcohol, fats, fried food and sweets.
- **Drumstick** – Fruits and leaves of drumstick are very useful for the diabetic patient.
- **Fenugreek leaves (methi)** – Methi leaves or methi bhaji is cooked and consumed as a vegetable in India. It keeps the body healthy and cleans the whole system. Consume it regularly. It is highly beneficial for diabetes patients.
- **Fenugreek seeds (methi)** – Methi seeds are the best cleansers of the body. They are mucous-solvents and are very soothing. Fenugreek seeds, when given in varying doses of 25 gm to 100 gm daily, diminish reactive hyperglycemia in diabetic patients. Soak 10 – 12 methi seeds in one-fourth cup of water overnight and have both –

the water and the seeds, next day in the morning along with a glass of water. Do this daily. This will reduce the sugar level in blood as well as in urine within a few months.

One can also mix one teaspoonful of powdered methi seeds in one cup of low fat milk and have it daily for two months. This will help control the sugar level in diabetics.

Fenugreek (methi) seeds, when given in varying doses of 25 grams to 100 grams daily, diminish reactive hyperglycemia in diabetic patients.

- **Fibre** – Fibre-rich foods are very beneficial for the diabetics. Whole grain cereals are the best sources of fibre. It is proved that diabetes has reduced in many people who had fibre rich food or who followed whole food diet. It is found that soluble fibre contained in barley, carrots, dried beans, fruits, oatmeal, wheat bran, helps in reducing blood sugar level. Thus, high-fibre diets will benefit the diabetes patients and will gradually reduce or eliminate their need to take insulin or other anti-diabetic drugs.
- **Fig (anjeer)** – Separate the seeds of fig from the pulp. Crush the seeds and eat one teaspoonful of these seeds mixed with one teaspoonful of honey daily for a few weeks. This helps in maintaining the sugar level, as the seeds are known to have anti-diabetic properties.
- **French bean (phansi)** – The diabetics should take two raw French beans (string beans / runner beans) daily in the morning before breakfast.
- **Garlic** – Have 2 – 3 cloves of raw garlic every morning. It is highly beneficial for diabetics and lowers the blood sugar level. It also prevents atherosclerosis, which is a common complication of diabetes. Garlic can be taken in cooked form (in food) and also in capsule form if one does not like the taste of garlic. But raw garlic chewed first thing in the morning is most effective. Garlic is a must for all diabetic patients.
- **Grapefruit** – This is a citrus fruit, which has anti-diabetic properties. A person with diabetes must eat two of these fruits at least three times a day to lower the blood sugar level.
- **Green peas (matar)** – Green peas are rich in fibre and help control blood sugar level.
- **Guava** – High fibre content of guava helps to control the blood sugar level.

- **High complex carbohydrates** – Foods rich in high complex carbohydrates must be consumed in plenty by the diabetics. Sources rich in high complex carbohydrates are – whole grains, bread and pastas made from whole grains and vegetables.
- **Indian gooseberry (amla)** – This fruit is the richest source of anti-oxidant vitamin C and is best for diabetics. Mix about 10 ml of fresh amla juice with 2 gms of turmeric (haldi) powder. Take this twice day. This will maintain the sugar level.
One can also mix equal quantities of amla juice and bitter gourd (karela) juice and have it every morning. This will reduce the blood sugar level and will prevent complications of the eyes in diabetics. Prepare a 20 ml decoction of fresh fruit of amla and add half teaspoonful of turmeric powder to it. Have this daily in the morning. It is highly beneficial for diabetics.
- **Ishabgul** – This is considered anti-diabetic. It helps control blood sugar in diabetics by inhibiting excessive absorption of sugar from the intestines.
- **Kidney beans (rajma)** – Beans are high in soluble fibre and carbohydrates thus making them very useful in treating diabetes. Cooked beans should be eaten liberally by the diabetics. Prepare a decoction of rajma by boiling 50 grams of fresh rajma in about three litres of water on a slow flame for about 3 to 3 ½ hours. It should then be strained through a muslin cloth and allowed to stand for eight hours. Drink one glass of this decoction every two hours throughout the day. The next day fresh decoction should be prepared as it loses its medicinal value after 24 hours. Do this for a period of two months.
Juice extracted from rajma mixed with brussel sprout juice is also beneficial in treating diabetes.
But all this should be followed along with the prescribed diet for diabetes.
- **Lady's finger (bhindi)** – Cut 3 - 5 bhindis lengthwise in two pieces, or in two halves and soak them overnight in some water. The next morning, remove the bhindis from the water and drink that water. Doing this will bring the sugar level to normal within one month. Having bhindi soup regularly will also keep the diabetic patients fit and lower the sugar level. (Method to prepare bhindi soup is mentioned under the chapter of Heart).

- **Mango leaves** – Tender leaves of mango tree are known to be anti-diabetic. Wash the fresh leaves and prepare an infusion of these leaves by soaking them overnight and then squeezing them well in water in the morning. Then filter this water and drink it every morning. This will control the sugar level.

One can also dry the leaves in shade, powder them and bottle this powder. Take half a teaspoonful of this powder in water or buttermilk twice a day for a few months. This will control the sugar level.
- **Margosa (neem - bitter)** – Margosa leaves are highly beneficial in the treatment of diabetes. The juice of these leaves control blood sugar in diabetics. One cup of juice of margosa leaves mixed with a pinch of black pepper powder must be taken in the morning on an empty stomach. Do this for three months. This helps reduce blood sugar and helps control diabetes.

One can also chew about 10 – 12 leaves every morning.

Leaves can also be dried in shade and powdered. Preserve this powder in a bottle and have about one gram daily in the morning with some water. This will control the diabetes.
- **Oats** – Have chapattis made from oat flour regularly. This will control the sugar level in diabetics.
- **Onion** – Have raw onions daily as salad. It helps lowering the sugar level in diabetic patients. One can also have onions in cooked form. It is found that onions affect liver's metabolism of glucose, or release of insulin, or they prevent destruction of insulin. The more onions one has, the more is the reduction of blood sugar level.
- **Paprika** – Paprika is useful for eye complications resulting from diabetes.
- **Potassium-rich foods** – Foods rich in potassium are highly beneficial for the diabetics as it invigorates pancreas. Sources of potassium are – dried peas, melons, potatoes, raw peanuts, skimmed milk powder and wheat (all in limited quantity). People with diabetic nephropathy should avoid potassium supplements as they cause ulcers.
- **Pumpkin - white petha and red kaddoo** – Juice of pumpkin fruit is an efficacious remedy for diabetes.
- **Rice** – Rice comes in four different forms such as brown rice, parboiled, regular milled and pre-cooked. Brown rice is high in all the B vitamins, calcium, phosphorus, iron and protein. It keeps the blood sugar stabilized and is easy to digest. Even though brown rice is

healthy and good for diabetics, it should be eaten in moderation as per the diet prescribed by the dietician.

- **Soyabeans** – These are known to reduce the sugar in urine in diabetes patients. They are rich in proteins, vitamins and minerals. They are considered very valuable for the diabetics.
- **Spinach** – Have half a cup of fresh spinach juice daily five to ten minutes before each meal, i.e. before lunch and before dinner. This will help in diabetes by lowering the blood sugar level.
- **Sweet - lime (mosambi)** – Mix two teaspoonful of mosambi juice with four teaspoonful of amla juice and one teaspoonful of honey. Take this every morning on an empty stomach. This is good for the diabetics.
- **Turmeric (haldi)** – Mix half a teaspoonful of turmeric powder with equal quantity of honey. Lick this. It helps keep diabetes under control.
Diabetics should take 15 – 20 ml of extracted juice of fresh turmeric daily.
Diabetics should also take half teaspoonful of turmeric powder mixed with half teaspoonful of amla powder daily in the morning.
- **Vegetables low in carbohydrates** – Vegetables low in carbohydrates are – cucumber, lettuce, radish leaves and spinach. These should be consumed liberally by the diabetes patients, as they are highly beneficial in treating and preventing diabetes.
- **Watercress (jalkumb)** – This is also very effective in treating diabetes.
- **Wheat grass juice** – Have one glass of wheat grass juice daily in the morning. This will help maintain the sugar level in the body.
- **What to avoid** – Diabetics should avoid as far as possible alcohol, almonds, bananas, butter, canned food, cereals, which contain a high percentage of carbohydrates, cheese, chickoo, chocolates, confectionaries, cream, creamy salad dressings, custard apples, desserts, dried fruits and nuts (including peanuts), fatty food, fried food, fruits and fruit juices, full fat dairy products, ghee, grapes, groundnuts, honey, jaggery (gur), jam, mithai, oil capsules, oily food, pastas, pastries, pickles, polished rice, potatoes, preservatives, processed food, preserved food, puddings, refined food, rice, roots and tubers, sago, sapotas, soft drinks, sugar, sugarcane, sweets, sweet potato and any other food that is rich in carbohydrates.

- **Include** high-fiber, whole-grain complex carbohydrates (like whole-grain bread, rice, pasta, oatmeal, bran, and other unrefined cereals), string beans, fish and chicken (instead of red meat) and raw vegetables (like cucumbers, onions, garlic, soybeans, peas, avocados and Brussel sprouts) in your daily diet. Cottage cheese (paneer), curds and buttermilk provide the necessary proteins. Start incorporating olive oil in your diet as much as possible. Honey contains fructose and so is allowed to some extent for the diabetic patient.
- **Exercise** – Diabetics must exercise daily or go for a 45-minute walk. Weight control is of utmost importance.

HOMOEOPATHIC REMEDIES

- In cases of diabetes resulting from nervous causes, Acid Phos 30 C, four pills four times should be taken daily.
- In cases of diabetes associated with swollen ankles, Argentum Met 30 C, four pills should be taken thrice daily.
- Uranium Nitricum 30 C is useful where there is great emaciation and debility with glycosuria and increased urine.
- Syzigium Jambolanum mother tincture, six to eight drops in half a cup of water taken twice daily for a few weeks is beneficial for treating uncontrolled blood sugar levels.
- Helonias 30 C is another useful remedy for diabetes mellitus and diabetes insipidus.

Sir has done till here.

DISEASES OF THE EAR

EARACHE, DEAFNESS, INFECTION AND SOFTENING OF THE WAX

Pain in the ears is usually caused due to -

- Impacted wax;
- Entry of some foreign body into the ear;
- Due to an infection in the ear, nose or throat;
- Due to some pressure changes when traveling in an airplane or in swimmers.

Children tend to be the usual sufferers because they commonly tend to suffer from respiratory tract infections and also because their Eustachian tubes are short and immature and thus the infection spreads easily. These can lead to severe infection and permanent damage if left untreated and thus should always be investigated by a doctor immediately.

When a person complains of earache, ask him to sit propped up, stay away from wind and draft of cold air and apply a warm compress or indirect heat over the part (like through a hair drier or by application of a towel wrung out of hot water and pressed against the ear), or chew some gum and sip fluids to help open up the Eustachian tube and thus relieve the pain. It is important not to put anything into the ear unless and until a doctor ensures you that the eardrum is intact.

SOME HOME REMEDIES

WARNING: *Do not put any ear drops in the ear (allopathic, homoeopathic or home remedies mentioned below), if the ear drum is ruptured as this can cause severe complications.*

- **Apricot** – Oil of apricot seeds is very effective in treating earache. Put 2 – 3 drops of oil in the ear that is paining. Earache will stop.

- **Betel leaf (pan)** – The juice of fresh betel leaves is extracted and 2 - 3 drops are put in the painful ear to relieve earache. This also helps in treating ear infection.
- **Bishop's weed (ajwain)** – Ajwain possesses pain killing property and is very beneficial in treating earache. Take half teaspoonful of ajwain seeds and boil them in half cup of milk. Boil them till the essence of the seeds permeates the milk, then strain and use this milk as eardrops. It decreases congestion and relieves earache.
- **Bitter gourd (karela)** – Cut two karelas lengthwise in small pieces and boil them in mustard oil till the pieces turn into ash or black. Strain the oil and store in a bottle. Put 2 – 3 drops in the ears daily. Do this for a few weeks. The hearing will improve.
- **Black pepper** – Soak a piece of cotton in oil (which oil?) and then sprinkle it with black pepper and place it over the ear. This will bring instant relief to ear pain.
- **Bottle gourd (lauki)** – Take the stalk of bottle gourd, crush it and extract the juice. Put 2 – 3 drops of this in the painful ear. The earache will stop immediately.
- **Breast milk** – Instilling a few drops of breast milk is considered the best treatment in small children to treat mild earache.
- **Castor oil** – A few drops of warm castor oil (arandi) or honey can be put in the ear to treat earache.
- **Clove (laung / lavang)** – Heat 2 – 3 cloves in two teaspoonfuls of sesame oil. Then put a few drops of this warm oil in the painful ear. This will cure earache.
- **Garlic** – Crush 2 – 3 cloves of garlic and heat them in some sesame oil or coconut oil till they turn brown. Do not use groundnut oil. Cool and strain. Put 2 – 3 drops of this oil in the painful ear. The earache will be cured. This will also benefit if there is pus oozing out from the ears. It also helps treat atonic deafness.

To treat earache and discharge from the ear arising from middle-ear infection, take a few cloves of garlic and crush them. Mix some rock salt in it and warm the mixture. Wrap this mixture in a muslin cloth and place it on the painful ear. Simultaneously, chew 2 – 3 cloves of garlic daily for a few days.

To treat **deafness**, extract the juice of a few cloves of garlic and put 4 – 5 drops in the affected ear twice a day.

- **Ghee** – Boil ghee and camphor (kapoor) and store it in a bottle. Whenever there is earache, warm it and put 2 – 3 drops in the painful ear with the help of a clean dropper. This will cure the earache.
- **Ginger** – Freshly extracted ginger juice, about one tablespoonful, with an addition of a pinch of rock salt is filtered and then used as ear drops (2 – 3 drops) to relieve earache and inflammation.
- **Holy basil (tulsi)** – Put 2 – 3 drops of juice of fresh tulsi leaves in the ear that is paining. Warm the juice slightly before putting it in the ear. This will bring relief to the earache and also cure any mild ear infection.
- **Honey** – Honey is highly beneficial in the treatment of middle ear infection or infection of ‘Otitis Media’. This disease is characterized by infection of the ear leading to pus discharge through perforated eardrum. Put 2 – 3 drops of honey in the infected ear. This will drain out the pus and will help the ear to heal fast.
- **Linseed oil (alsi ka tel)** – If the ears are paining, put 2 – 3 drops of linseed oil in the ears with the help of a dropper. The earache will be cured.
- **Margosa (neem - bitter)** – Margosa leaves are known to possess pain-killing property and steam fomentation of neem decoction brings quick relief to earache. Boil a handful of neem leaves in one litre of water and foment the painful ear with the steam that is emitted. This will give relief to earache.
To treat **boils in the ear**, mix fresh juice of neem leaves with equal quantity of honey and warm it a little. Put a few drops in the ear that has boils. Do this regularly and it will bring relief to the boils.
Margosa (neem) oil is also a useful instillation for inflammation and pain in the ears.
- **Mint (pudina)** – Put 2 – 3 drops of juice of mint leaves in the ears to cure any sort of ear infection.
- **Olive oil** – Warm a little Verbascum or olive oil and put 2 – 3 drops in the painful ear, this will help ease the pain and also soften the wax and aid its easy removal.
- **Onion** – Take some raw onion juice and warm it. Put 2 – 3 drops in the ear that is paining. Do this twice a day. This will relieve the earache and also cure any sort of ear infection or ear inflammation. It is also beneficial if there is pus in the ears.
It also loosens the wax in the ears, which can then be easily removed.

- **Poppy seeds (khus khus)** – To treat inflammation of the ears, apply a paste of poppy seeds around the painful ear. It will bring relief.
- **Radish (mooli)** – Mix the juice of radish leaves with sesame oil in equal quantities. Boil this mixture till only the oil is left in the pan. Cool it, filter it and store it in a glass bottle. Whenever there is pain in the ears, put 2 – 3 drops in the painful ear after warming it slightly. The earache will be cured.
- **Sesame oil (til ka tel)** – Warm some sesame oil alongwith a couple of garlic cloves and put 2 – 3 drops in the ears. This will soften the wax in the ears, which can then be easily cleaned. This is also beneficial in treating earache.
- **Drink a lot of water and increase the intake of dates, figs (anjeer) and fresh fruit juices. This helps treat???** All these items should be put together??

HOMOEOPATHIC REMEDIES

- For sudden, acute, tearing, throbbing pain in the middle and the external ear synchronous with every heart beat, take Belladonna 200 C, four pills every two hours till relief is obtained.
- When Belladonna doesn't help in cases of acute burning pain in the ears, Ferrum Phos 200 C will relieve the pain and also prevent any suppuration. **how many pills, how often?**
- For red and swollen ears with a sensation as if something were being forced outward and intense pain that is worse at night, Pulsatilla 200 C, four pills should be taken four times daily.
- In cases of earache with heat, soreness and swelling driving the child frantic and irritable making him cry with the pain, Chamomilla 200 C, four pills thrice daily is useful.
- In cases of swelling, soreness and intense burning pain in the ears with inflammation of the mastoid process and also in cases where there is pain in the throat extending to the ears, Capsicum 30 C, four pills thrice daily is useful.
- In cases of severe stinging pain and swelling of the external ear with extreme sensitiveness to touch with the patient feeling worse by heat in any form and better in open air, Apis 30 C, four pills should be given every four hourly.

- Hepar Sulph 200 C, four pills four times daily is useful, especially in cases where the throbbing pain in the ears is associated with pain in the throat and the inflammation in the ear is of a suppurative variety.
- For intense **sticking** pain in the ears that is worse at night and from warmth of bed, Merc Sol 30 C, four pills given every six hourly is useful.
- In cases of neuralgic earache where the pain goes from one ear to another through the head and also in cases where the pain in the ears is associated with pain in the teeth, Plantago Major mother tincture diluted in some water and a few drops put into the painful ear and the rest taken internally has proved to be beneficial. Do this thrice daily.
- Locally add equal quantities of Mullein oil and water into the painful ear twice daily. Simultaneously give Verbascum (Mullein) 30 C, four pills thrice daily to the patient internally.

INSECT ENTRY INTO THE EAR

In cases of an insect entry into the ear, the first complaint will be of the sensation of a foreign body being present in the ear; there is also presence of some buzzing or whirring sounds in the ear and in most cases the insect tends to sting out of fright leading to acute pain and tenderness in the ear.

SOME HOME REMEDIES

- **Apple** – Try to attract the insect in the ear by flashing some light into the ear. If the insect does not seem to be attracted to the light, then place a ripe apple close to the ear. The insect will come out.
- **Brinjal** – Take a brinjal and burn it till the smoke comes out. Apply this smoke in the ears. This is to expel out all the worms from the ears.
- **Garlic** – Warm oil (**which oil??**) along with some garlic in it and then instill it into the ear. The oil drowns and chokes the insect and the garlic extract disintegrates it.
If the insect is still not budging, then pour warm water into the ear and let it pour out after some time.**add more??**
- **Peach** – Place a ripened peach close to the ear in which the insect has entered, this will bring out the insect.

- **Salt** – If a centipede has entered the ear, prepare concentrated salt solution and put 5 - 6 drops in the ear in which the centipede has entered. The ear canal should be plugged for some time. Then tilt the ear and let the solution pour out. The centipede will come out immediately.
- **Vegetable oil** – In cases of insect being entrapped or stuck in the earwax, pour a teaspoonful of warm vegetable oil into the ear and hold it there for a few moments, then let it pour out by tilting the ear.
Add more-----

HOMOEOPATHIC REMEDIES

- Take Silicea 200 C, four pills every half hourly, till the foreign body is thrown out.

TINNITUS

‘Tinnitus’ is a hearing disorder where the person is subject to various noises in the ear like buzzing, chirping, hissing, ringing, roaring, tinkling, whirring, whistling, etc. Temporary tinnitus can result from conditions like impacted wax, sinusitis, etc., where on treating the cause the tinnitus disappears. But other causes such as a long history of exposure to loud noises, perforated eardrum, head injuries, inflammation or infection of the middle and inner ear, diabetes, Meniere’s disease, certain drugs (like antibiotics, aspirin, barbiturates, quinine-containing drugs, etc.), excessive alcohol consumption or increased intake of caffeine products may lead to a chronic complaint of tinnitus and can lead to deafness if left untreated.

Tinnitus is more prominent when there is too much silence and so it is useful to mask the noises in the ear by keeping a radio or some music on. The person should be advised to keep himself occupied all the time to prevent himself from becoming more aware of the sounds in the ear. Treating the cause of tinnitus is important.

SOME HOME REMEDIES

- **Almond** – Put 2 – 3 drops of warm almond oil in the ear and keep the head tilted on one side for some time to avoid the oil from trickling out. Then insert a twisted cotton piece into the ear to soak the oil along with the dissolved wax. **Is this remedy for softening the wax or for tinnitus?**

- **Cabbage** – Put a few drops of cabbage juice mixed with honey into the ear. For what, add ---
- **Castor oil** – Put a few drops of castor oil (arandi) in each ear for a few days. For what, add ---
- **Fenugreek seeds (methi)** – Drink a cup of tea prepared from fenugreek seeds (methi) three times daily. For what, add ---
- **Garlic** – Extract juice from a few garlic pieces and put 2 – 3 drops in each ear twice daily for a few days. For what, add ---
- **Onion** – Put 2 – 3 drops of onion juice into the ear. For what, add--
- **What to avoid** – Avoid the things that tend to aggravate the condition like loud noises, drugs like aspirin, alcohol, smoking, caffeine, salt and sugar. Wear earplugs to protect the ears from loud noises.

HOMOEOPATHIC REMEDIES

- For roaring and ringing in the ears and also for Meniere's disease, Salicylicum Acid 30 C, four pills taken twice daily is useful.
- In cases of whizzing and buzzing noises on chewing and swallowing, or on sneezing, take Baryta Mur 30 C, four pills thrice daily.
- For ringing, roaring noises and a pulsating sensation in the ears with deafness and echoing of words and steps, take Causticum 200 C, four pills thrice daily.
- For tinnitus with difficult hearing and a sensation as if the ears were stuffed up especially in persons who are timid, irresolute and who weep easily and feel better in open air, Pulsatilla 30 C should be taken, four pills thrice daily.
- For roaring noises that are better by listening to music, take Ignatia 200 C, four pills twice daily.
- Violent ringing, buzzing and roaring in the ears with deafness and also in cases where there is tinnitus caused by taking quinine, China Sulph 30 C, five pills taken every night for a few weeks is beneficial.
- For dryness, hissing and cracking in the ears especially on eating, where the patient can hear better in a lot of noise, Graphites 200 C, four pills taken twice daily is useful.
- For buzzing in the ears where the patient has great sensitiveness to sound and also in Meniere's disease, Chenopodium 30 C, four pills taken thrice daily is useful.
- Chin Salicyl 30 C is another useful remedy for Meniere's disease.

- For chronic catarrhal conditions of the middle ear with snapping and noises in the ear, Kali Mur 30 C, four pills taken twice daily is useful.
- Roaring and tickling in the ears with pain in the eyeballs and shooting in the ears, Viola Odorata 6 C, four pills taken twice daily is beneficial.

DISEASES OF THE GASTRO-INTESTINAL TRACT

FLATULENCE

The buildup of excessive air in the intestine due to gulping down of food and drink, swallowing air *or* due certain flatulent food item is termed as gas, wind *or* 'flatulence'. The primary cause of flatulence is the digestive system's inability to absorb certain carbohydrates. So it would be necessary to avoid food items like apricots, bananas, beans, broccoli, pecacua sprouts, cabbage, cauliflower, corn, onions, pretzels, radishes, whole-wheat flour, etc. Also if one is lactose intolerant, one could have flatulent problems from eating dairy products. So replacing cow's milk with goat's milk *or* soymilk may help. The most common symptoms that the person complains of are heaviness and distention of abdomen with occasional griping pains and the patient usually feels better by passing gas either from below *or* from above (i.e. in the form of burps).

Reduce the intake of carbonated drinks, caffeine (which is contained in tea, coffee, chocolates and sodas) and fermented food items like cheese, alcohol, etc. The more slowly you eat, the less air you swallow and the better your food is broken down, so the less likely you are to suffer from gas. So chew your food properly. Moving around keeps the bowels on the move and thus prevents the gas from getting trapped. Thus brisk walking for half an hour daily in the morning helps. It is important to ask the person not to sleep for atleast two hours after eating.

SOME HOME REMEDIES

- Fried things, pulses and beans of all types should be avoided. In cases where one is very fond of beans, before cooking, soak the beans overnight in a potful of water with a couple of tablespoonfuls of vinegar to reduce the gassiness.
- Take a glass of orange juice daily at breakfast.
- Curd and buttermilk taken daily is very useful for digestion.
- Take papaya liberally during breakfast and in the evening.

- Chew aniseeds (saunf) along with lemon juice after each meal.
- Juice of mint leaves (pudina) is given with small quantity of powdered black pepper and honey.
- Drink some warm water after a glass of apple juice daily in the morning.
- The use of ginger liberally in cooking is very useful in decreasing the flatulence.
- Take a teaspoonful of ajwain powder mixed with a pinch of black salt, added to a glass of dilute buttermilk twice daily.
- Finely powdered mixture of two parts of long pepper (pipli), three parts of black pepper and one part of rock salt is given to the patient daily.
- A pinch of nutmeg powder in a little hot, sweetened water after meals will usually end a bout of flatulence.
- A pinch of cinnamon (tuj) is added to a quarter teaspoonful of water, lemon juice or milk and taken before meals. This will aid digestion, dispel gas, tone the stomach and purify the bowels.
- Pound five grams of ginger and sprinkle a pinch of salt over it and have it an hour before eating. Add some lemon juice if necessary. This will aid digestion and thus improve the appetite and prevent the formation of gas.
- Cardamoms (elaichi) added in the preparation of meals are also useful for flatulence and stomach upsets.
- The juice of holy basil (tulsi) leaves is given with a little bit of powdered ginger and honey.
- A pinch of pecacuan (hing) is added to a small glass of hot water sweetened with honey and taken daily before meals.
- A pinch of powdered cloves (lavang) is added to hot, sweetened water and taken before meals. This will help eliminate gas and aid digestion.
- Applying mustard oil above and below the navel helps to relieve the flatulence and the pain associated with it.

HOMOEOPATHIC REMEDIES

- Asafoetida 30C, three pills should be taken a few minutes before meals for a few days.
- In cases of flatulent distension of the upper abdomen accompanied with eructations which relieve, Carbo Veg 200C, four pills four times daily.
- For flatulent distension of the lower abdomen, Lycopodium 30C, four pills daily in the morning and at night.
- In cases of belching of large quantities of offensive gas with hiccoughs and griping, cutting pains in the abdomen, where the patient feels better by walking about and bending backwards and worse on bending forwards and on lying down, Dioscorea 30C, four pills thrice daily.
- For flatulent colic with nervous distention of the abdomen, Cajuputum 30C, four pills thrice daily.
- For loud, copious, painless belching, Argentum Nitricum 30C, three pills every six hours.

- For agonizing, cutting pains in the abdomen that make the patient bend double with pain, Colocynth 30C is given every four hours.
- Pulsatilla 30C is useful in cases of flatulent distension with a desire to loosen the clothing.
- For chronic flatulence, Nux Moschata 30C (especially in nervous subjects), four pills before meals and Carbo Veg 30C, four pills after meals for a few weeks.
- Chamomilla 30C is a good remedy for peevish, irritable children with tummy troubles, wind and pain. Give it three pills thrice daily.
- Valeriana 30C, five pills every two hours till relief is obtained.

HYPERACIDITY AND PEPTIC ULCERS

There are some glands in the stomach that secrete certain acids that help dissolve and digest the food that we eat. Normally the delicate mucous membranes of the stomach are protected from the harmful effects of the acids with the help of its own intrinsic mechanism. In cases where the person is taking certain medications (especially aspirin and NSAIDs) *or* certain food items (spices, fatty food, tea, coffee, etc.) this delicate lining gets corroded and results in the formation of ulcers with the patient complaining of hyperacidity. The ulcer thus formed is called as 'peptic ulcer' and they are usually seen in the stomach, duodenum *or* the jejunum.

Certain people develop a tendency to the formation of these ulcers and they are the ones who are constantly under stress *or* those who are very anxious *or* under some emotional disturbance. Also those who eat rich fatty food, artificially processed food *or* those who are smoking *or* are on aspirin *or* on too much of coffee, tea, alcohol, cola drinks, etc. are prone to develop hyperacidity and ulcers. The patient usually has a history of recurrent pain in the epigastrium, which is especially of a burning type, which is better by taking some milk, food *or* antacids. This pain usually occurs when the patient is on an empty stomach for long and is better by eating. The other symptoms are heartburn, nausea, anorexia, waterbrash, sour belching, regurgitation and occasionally vomiting.

The patient should be asked to relax and keep free from mental stress and strain by doing yoga and certain exercises. It is also important for the patient not to keep fasting *or* be on an empty stomach for a long time. Instead of three big meals, ask the patient to take four to five small meals. The person is asked to stop smoking, taking alcohol and certain medications like aspirin and NSAID's that are known to aggravate the condition. Avoid overeating and drinking water in between meals.

SOME HOME REMEDIES

- Make sure that the person takes in more of alkaline food (like fruits and vegetables that are lightly cooked) and very little of acidic food (spices, condiments, meat, fish, cheese, tea, coffee, chocolates,

sodas and refined sugar). Pulses of all types and their preparations are strictly prohibited. Avoid taking raw vegetables.

- The infusion of coriander seeds (dhania) taken with sugar relieves acidity.
- Add the juice of a lemon in a glass of warm water and add a pinch of black salt if possible. Divide it into three portions and take it every hour in the evening *or* after every meal, for a few days at a stretch. Do not gulp. Sip slowly, retaining the juice in the mouth for some time.
- Boil cabbage in water, drain the water, cool it and then take it twice a day for a few weeks. Also the juice extracted from raw cabbage taken in combination with carrot juice (in quantities of 125 ml each) is one of the most effective home remedies for acidity.
- Have mashed bananas mixed with milk for breakfast regularly for a few days.
- A teaspoonful of apple cider vinegar *or* white vinegar is added to a glassful of hot water and taken half an hour before meals. If it tastes too sour, add a teaspoonful of honey into it.
- A paste made from a few blanched almonds and black raisins in a blender is a useful treatment for peptic ulcers.
- Having boiled bottle gourd (louki) reduces acidity.
- Take a tablespoonful of honey in a warm glass of water twice daily. Honey contains measurable traces of iron, copper and manganese and is easily digestible and so is useful for healing inflamed states of the mucous membranes of the stomach and intestines.
- Have baked potatoes *or* raw potato juice everyday for a few days.
- Mix one teaspoonful of butter to a glass of papaya juice and consume it twice a day for two days.
- Chew a small piece of liquorice (mulethi) root before meals.
- Powder of roots of long pepper (pipli) with sugar is given twice daily for a few days.
- Half-ripe tomatoes are very useful for acidity.
- Grind a few drumstick leaves to paste, add half a cup of curd and mix thoroughly. Take this mixture for twenty days at a stretch.
- Juice of pumpkin with sugar is useful.
- Skimmed sweetened cold milk should be sipped between the meals and at bedtime.
- Turnip juice is useful for stomach and duodenal ulcers.

HOMOEOPATHIC REMEDIES

- In cases of acidity which results from some anxiety or emotional disturbances, with a lot of thirst and loud eructations (that give some relief) give Argentum Nitricum 30C, four pills every six hours.
- In cases of hyperacidity with much flatulence and distention of especially the upper part of the abdomen, take Carbo Veg 30C, four pills every six hours. The patient usually feels better after the eructations.
- In cases of pain, nausea and vomiting worse after eating; in persons with an irritable disposition, who live a sedentary life and drink a lot of tea or coffee, take Nux Vomica 200C, four pills every four hours till relief is obtained.
- In cases where the patient complains of a burning pain in the stomach region which is better by drinking sips of ice cold water and where the patient cannot tolerate the sight or smell of food, with a lot of restlessness and fear, give Arsenic Album 200C, four pills every five hours till relief is obtained.
- In cases of constant eructations or regurgitation of intensely sour fluid, especially at night, give Robinia 30C, four pills every four hourly.
- In cases of bloating of the abdomen immediately after eating with dyspepsia and pain which is better by drinking warm drinks, with noisy flatus and burning eructations rising only to the pharynx and burns there for hours, take Lycopodium 200C, four pills thrice daily till relief is obtained. The indigestion is usually worse between 4-8 p.m.
- For children and babies with complaints of acidity, give two tablets of Natrum Phos 6X thrice daily in their feeds.
- In cases where the patient vomits water as soon as it reaches the stomach and can retain food a little while longer, with a burning pain and a feeling of load in the abdomen, give Bismuth 30C, four pills every four hours till relief is obtained.
- In cases of deep round ulcers of the stomach with intense pain which is better by eating, with thirst for beer and acids which can aggravate and also in cases of ulcers after burns, Kali Bich 30C, four pills four times daily.

HEARTBURN

Heartburn can be caused by a number of things, but in most cases, it is 'an acid reflux'. A condition in which the patient complains of a burning pain *or* a hot sensation that begins in the stomach and extends upto the throat when the digestive acids backflow through the sphincter that separates the stomach from the esophagus, is termed as 'heartburn'. This burning pain is often followed by sour, acrid eructations. Causes of heartburn usually are stress; eating a lot of spices, sweets *or* fatty food; alcohol; overeating; smoking cigarettes; some drugs *or* some pathology in the stomach (e.g. hiatus hernia). It is commonly seen in people who are overweight *or* in pregnant females, since the excess of fat loosens the esophageal sphincter thus resulting in heartburn. It is often connected with dyspepsia and other affections of the stomach and thus can be helped by their individual treatments.

When this complaint occurs, the first thing that the person should do is to stand *or* sit up to prevent any further acid reflux from the stomach into the esophagus. Eat small meals, but more often, and avoid heavy meals especially at night and take your meals early so as to avoid the acid reflex when lying down flat on the bed. Try not to eat *or* drink anything for two to three hours before sleeping. Do not lie down *or* bend down immediately after a meal. Take a walk for an hour *or* two after a meal. Reducing weight is of utmost importance in obese persons.

SOME HOME REMEDIES

- Avoid spicy food, too much of sweets, fatty food, caffeine (which is present in tea, coffee, chocolate, cola), mint, alcohol, oyster shells and carbonated drinks. Stop smoking completely since it increases the acid secretion in the stomach and also weakens the esophageal sphincter thus resulting in a reflux of the stomach acid into the esophagus. Oranges and grapefruit (chakotra) are to be cut to a minimum. Take a bland diet preferably for a few days.
- Squeeze the juice of one lemon in a glass of tomato juice and mix it with a spoonful of honey. Take this twice a day.
- For heartburn in pregnant women, a slice of lemon sugared can be kept in the mouth for relief.

- Small pieces of onions with half-formed sweet curd and sugar relieve the burning retrosternally.
- Boil cabbage in water, drain the water, cool it and then take it twice a day for a few weeks. Also the juice extracted from raw cabbage taken in combination with carrot juice (in quantities of 125 ml each) is useful for acidity and heartburn.

HOMOEOPATHIC REMEDIES

- During an acute attack of heartburn, Capsicum 30C, four pills thrice daily.
- In cases of sour, putrid eructations with heaviness and fullness in the abdomen and burning pain in the stomach rising up the esophagus where even the simplest of food distresses, Carbo Veg 200C, four pills thrice daily.
- Argentum Nitricum 30C, four pills thrice daily is a useful remedy for belching and gnawing, ulcerative, burning pains with ineffectual efforts at eructation.
- For pressure in the stomach as of a stone, after eating with burning pains radiating up the esophagus and thirst for large quantities of water, Bryonia 200C, four pills thrice daily.
- In cases of a coated tongue with loss of taste, eructations and dyspepsia with complete thirstlessness, Pulsatilla 30C, four pills four times daily is useful.
- In cases of heartburn with profuse flow of saliva and flatulence, Lobelia Inflata 30C, four pills thrice daily.
- For heartburn with sour eructations, relaxed feeling in the stomach and a craving for alcohol, Sulphuric Acid 30C, four pills thrice daily.
- In cases where the patient gets a sensation of fire rising from the stomach to the throat with continual choking, Mancinella 30C, four pills every four hours.

NAUSEA AND VOMITING

'Nausea' is an uncomfortable sensation that a person gets in the region of the chest, abdomen and sometimes in the head, which progresses to

vomiting when the digestive tract sends signals to inform the centers in the brain that certain harmful substances are present in the stomach. This sensation of nausea is better after the patient vomits. Regurgitation *or* throwing up of the contents of the stomach is termed as 'vomiting'. Vomiting is sometimes the body's own reflex action to throw out some harmful products taken in, but in cases where the vomiting persists for more than a few days *or* in cases where the vomiting occurs after a head injury *or* in cases where the vomiting is of a black *or* a bloody color, it is better to consult a doctor immediately.

Nausea and vomiting in the initial months of pregnancy is normal, but if it persists for a long time and if the frequency of vomiting is more, it is necessary to consult a doctor immediately. Bad sights, bad smells and bad sounds can sometimes initiate nausea and vomiting. Anxiety, dietary indiscretions, some drugs, alcohol, motion sickness and some illnesses (like gastroenteritis, hepatitis, urinary tract infections, gastric cancer, peptic ulcers, appendicitis, cholecystitis, pancreatitis, intestinal obstruction, migraines, etc.) can also cause it. 'Retching' can result when the brain's vomiting orders continue even after the stomach is completely empty.

The patient is asked to take in a lot of fluids in the form of electrolyte water, soups, juices, etc; which should be sipped slowly to let the irritated stomach adjust. Do not force the patient to eat anything since that will only increase the problem. Once the vomiting subsides the person can start off with a gelatin desert *or* other bland foods like nonbuttered toast *or* crackers.

SOME HOME REMEDIES

- Ice cubes can be kept in the mouth to control severe vomiting.
- Avoid taking any spicy food, rich food, milk and its products (like cheese, butter, ghee, etc.) for a few days during and even after the vomiting subsides.
- Those who are unable to retain anything may usually retain shredded fresh raw apple mixed with honey *or* squeeze juice from a raw apple and add a pinch of rock salt and drink.
- Cut a small ginger piece and boil it in some water and the ginger tea thus prepared should be taken in small sips and it will definitely

reduce the queasy nauseous sensation. Ginger ale can be taken instead of ginger tea.

- Drink half a glass of mint juice two to three times during the day.
- Take one gram of cumin seeds (jeera) and one gram of green cardamom (elaichi) seeds, grind them into a powder and add about fifty grams of water and squeeze half a lemon and give it to the patient every two hours.
- Juice of holy basil (tulsi) is given with powder of cardamoms (elaichi) and honey to children.
- Mixture of rock salt and ghee is given.
- Powder about three to four cloves (lavang) and boil it in some water; filter it and drink it thrice a day.
- Powder of black pepper is given in small doses.
- Cut a lemon in half and heat both halves with open surface upon a hot frying pan until the juice inside boils. Sprinkle salt on one half, sugar on the other and suck the juice of both.
- Coconut water is given with sugar, honey and long pepper (pipli).
- Diluted vegetable soup and pomegranate (anar) juice can be given to the patient liberally.
- Place one teaspoon of fresh grated root of garlic in a cup of boiling water and infuse for five minutes, strain and drink.
- Mix one teaspoonful of onion juice and one teaspoonful of ginger juice and drink it thrice daily.
- Ripe tamarind (imli) pulp is given in small doses.
- For seasickness, drink a mixture of brandy and water in small quantities.

HOMOEOPATHIC REMEDIES

- For nausea and vomiting of food *or* mucus with increased salivation, Ipecac 30C, four pills thrice daily till relief is obtained.
- In cases of vomiting resulting after taking some contaminated water *or* some vegetables, fruits, melons, etc. with a red tongue and a burning pain in the stomach with inability to retain cold water although the patient desires it, give Arsenic Album 30C, four pills every four hours till relief is obtained. The patient is usually very weak and yet very restless and thirsty.

- Intense nausea and vomiting with faintness, increased salivation and weakness in the epigastric region with a good appetite, Lobelia Inflata 30C, four pills every four hours.
- For bilious vomiting, Iris Ver 30C, four pills every four hours.
- Pulsatilla 30C, four pills can be given in cases of vomiting resulting from eating fatty foods.
- In cases where the cold water is vomited as soon as it becomes warm in the stomach, Phosphorus 30C, four pills every four hours.
- In cases of nausea and vomiting which is worse after eating with violent cramping pains in the abdomen, with cramps in the legs because of dehydration, please take Cuprum Ars 200C, four pills four times daily till relief is obtained.
- For sudden vomiting of milk in infants with a lot of salivation and a foul breath, Merc Sol 6C, four pills every four hours.
- In cases of nausea and vomiting resulting from **sea or travel sickness**, any of the following medicines are found useful depending upon the symptoms at that time – Opium, Coccolus Ind, Tabacum, Petroleum and Nux Vomica, in the 30C potency, four pills taken once before starting the journey and then another dose to be taken after an hour or two of the start of the journey.
- In cases of cholera with a lot of vomiting and purging, Veratrum album 30C, four pills every four hours.
- For cerebral or reflex vomiting, which is sudden, projectile and profuse, preceded by nausea, lassitude and increased salivation, sweat and tears, Apomorphinum 30C, four pills every four hours. It is also useful in cases of seasickness and in cases of vomiting in alcoholics.

CHRONIC INDIGESTION

'Indigestion or dyspepsia' can be defined in short as disturbed digestion which can be caused by any of the following conditions – too much of stress or anxiety, taking alcohol, eating too much or too fast, irregular eating habits, eating fatty, rich or spicy food, certain drugs (like NSAID's, corticosteroids, digoxin, etc.) and also in certain disorders (like peptic ulcer disorder, gastritis, gallstones, IBS, hepatic or pancreatic diseases). It has a varied collection of symptoms like pain or discomfort in the abdomen or even in the lower chest region, flatulence, heartburn,

bloating of the abdomen, belching, waterbrash, regurgitation, anorexia, nausea, vomiting, peccacia and constipation. The symptoms usually disappear by allowing the stomach to rest for a few hours, but if they don't and if the symptoms keep recurring the condition is termed as 'chronic indigestion'. Persons suffering from chronic indigestion tend to lose a lot of weight and can also become anaemic. Prolonged negligence can result in complications like ulcers in the stomach and intestine, colitis, liver disorders, etc.

Sleeping after lunch during daytime produces indigestion, but sleeping before lunch during daytime helps in the digestion. This should be kept in mind when treating these patients. Certain rules to be followed regarding eating are that – never to eat and drink together; eat slowly chewing properly; do not eat on a full stomach or when you are not hungry; eat only meals that are freshly prepared and not stale and never to sit down to eat when you are tensed, tired, excited or in a bad temper. Eating two times daily only during meal times and avoiding in-between nibbling will help most of the indigestion. Do not sleep or lie down for at least two hours after eating.

SOME HOME REMEDIES

- Avoid spicy, fatty and rich food. Reduce or eliminate the consumption of coffee, cigarettes and tea. Avoid rice, beans, lentils (masoor), cauliflower and eggplant in your diet since they are difficult to digest.
- Take peppermint tea or anise tea daily.
- Grapes and dates are rich in minerals and remove the irritation of the stomach and are easily digested.
- One teaspoon of fresh grape wine half an hour before meals helps reduce the complaints.
- Increase the intake of buttermilk (with a quarter teaspoonful of pepper powder and a little bit of cumin powder) in your regular diet.
- Drink the juice of one whole lemon with some salt in a glass of lukewarm water every morning and also before meals.
- Sweeten shredded ripe apples, blueberries or figs (anjeer) with honey and papaya or pineapple and take it daily after meals.
- Half a glass of pineapple juice should be taken once daily, preferably after a meal.

- One teaspoonful of mint juice mixed with an equal quantity of honey and lemon juice forms a useful appetizer and a good remedy for indigestion and gaseous distension of the abdomen. Chutney made from mint (pudina) is useful.
- Powdered cinnamon (tuj), ginger, cloves (lavang) and cardamoms (elaichi) when added to the daily preparation of meals reduce the gassiness of the meals.
- Adding cumin seeds (jeera) in the meals also helps.
- One tablespoonful of pomegranate (anar) juice, mixed with a tablespoonful of honey is valuable especially in cases where the indigestion is associated with a little bit of giddiness. The seeds of this fruit also act as a useful stomach tonic when mixed with a little rock salt and black pepper powder.
- Having half a cup of coconut milk in the morning before breakfast helps.
- Roasted coriander seeds (dhania) are useful for indigestion.
- Half a glass of carrot juice, diluted with an equal quantity of water should be taken daily. It is a rich source of nutrients and vitamins and is very easy to digest.
- Juice of ripe mangoes is taken with water, sugar, cardamoms (elaichi) and cloves (lavang) whenever in season.
- Dry seedless dates and black raisins are useful.

HOMOEOPATHIC REMEDIES

- Nux Vomica 30C is especially seen useful in males who have a sedentary lifestyle and taking a lot of tea, coffee, etc.
- Flatulent dyspepsia with great belching of wind, pain, tenderness and distention of abdomen and loose stools, Carbo Veg 200C, four pills thrice daily.
- Pulsatilla 30C, four pills thrice daily may help in cases of indigestion of mild, yielding, weepy females.
- In cases of indigestion in nervous and anxious patients where the patient complains of heartburn, flatulence and acidity, give Argentum Nitricum 30C, four pills every four hours.
- Dioscorea 30C, four pills twice daily is especially useful in chronic cases of dyspepsia.

- In cases of indigestion especially after milk, Aethusa 30C, four pills four hourly.

CONSTIPATION

'Constipation' can be defined as irregular, infrequent and difficult passage of stool that is generally caused by not eating enough fiber *or* by lack of sufficient fluid *or* exercise. The person can also come with complaints of straining, a sensation of incomplete evacuation and slight abdominal discomfort. Normal bowel emptying can vary from three times a day to three times a week. Failure to defecate for more than a week's time needs to be investigated by a doctor. Regularity in the habit of evacuating bowels is very important for a person to keep himself free from chronic constipation. Whether he gets motion *or* not, he should attend to the call of nature. Persons who are given to sedentary activities are often prone to constipation, which in turn produces several other illnesses like fistula and piles. Physical exercise is thus a must in a person having chronic constipation.

SOME HOME REMEDIES

- Increase your daily intake of bran and fiber and drink plenty of water during the day to keep the toxins flushed out of the body. Avoid use of tea, coffee and chocolates, which contain caffeine and also avoid milk, cheese, pulses, cakes, sweets, refined sugar, hot and spicy food, which tend to lead to constipation. Take in more of fruits, leafy vegetables and its juices. Among the vegetables, elephant root yam (suran) and spinach (palak) are very useful in relieving constipation. In fruits, papaya, oranges, pear, guava, grapes and banana are useful. The food should be properly chewed.
- The bran of both rice and wheat are useful in relieving constipation.
- One to two oranges taken at bedtime and again on rising in the morning stimulates the bowel movements.
- Bael fruit (Bel) is regarded as the best of all laxatives. It cleans and tones up the intestines, especially if taken regularly for two to three months before dinner.
- Pears taken in the form of fresh fruit *or* fruit juice taken after dinner *or* with breakfast will help even in cases of patients suffering from chronic constipation.

- One to two guavas when taken daily for breakfast help in providing the roughage to the diet and also help in the normal evacuation of the bowels.
- Agar-Agar, bananas, blackberries, dates, figs (anjeer), mango, oatmeal, papaya, prunes (dried plums), raisins, soaked apricots, spinach (palak), and wheat bran stimulates the muscle contraction and thus help by behaving as natural laxatives.
- A glass of fresh juice daily from fresh apples, orange, cabbage, carrots, cucumber *or* papaya in any combination is useful.
- One should take atleast 350 grams of fresh grapes daily to relieve constipation. If fresh fruit is not available, a few raisins should be soaked for 24 hours and should be eaten early in the morning, along with the water in which they have been soaked.
- Half a lime, squeezed in a glass of hot water, with a quarter teaspoonful of salt is also an effective remedy for this condition.
- Use olive oil as an excellent dressing for salads and add lemon juice instead of vinegar. Olive oil is nutritious and a gentle laxative and is very soothing to the membranes of the stomach and bowels and appears to exert a pleasing influence on the nervous system.
- Taking fresh cream (malai) with a dash of black pepper each night before retiring tends to aid stools within two days, but this treatment should not be used for more than fifteen days.
- Take ten raisins, one cardamom (elaichi) and a quarter teaspoonful of aniseeds (saunf) and boil them all in a glass of milk and take it daily during bedtime.
- Stewed prunes (plums) *or* figs (anjeer), prepared by boiling three to five prunes *or* figs for fifteen minutes (*or* soaking them overnight in a cup of hot milk with the addition of half a teaspoonful of genuine Molasses), should be taken in the morning to aid regularity of bowel movements.
- Taking sugarcane juice is useful for relieving constipation.
- At bedtime eat four dates (khajur) and then over it take a glass of warm water.
- Eat about 100 grams of green tomatoes daily for a few days. Chew them thoroughly.
- Soak the skin and seeds of two lemons overnight in half a glass of warm water; filter it and take the same in the morning.
- Raw spinach (palak) juice mixed with an equal quantity of water should be taken twice daily for cure of this condition.

- Having two tablespoon of raw honey everyday is a useful home remedy.
- Drinking a glass of diluted fresh cabbage juice before breakfast helps improve the bowel movement.
- Grind amla (Indian gooseberry) to paste. Add one teaspoonful of paste in warm milk and consume during breakfast. Do not add sugar. Repeat at bedtime but in a glass of warm water.
- A mixture of dried figs (anjeer), seedless black raisins and blanched almonds is taken daily.
- The ripe tamarind (imli) fruit pulp is very useful to relieve chronic constipation.
- Barley (jau) water mixed with juice of long pepper (pipli) or radish and ghee is efficacious.
- Onion juice mixed with warm water is very useful for constipation.

HOMOEOPATHIC REMEDIES

- In cases of sedentary people with frequent and ineffectual urge to pass stool, but only very little stool passes at each attempt, Nux Vomica 200C, four pills twice daily.
- In cases of constipation with hard, large and dry stools, Bryonia 30C, four pills twice daily.
- In cases of large, difficult, knotty stools united by mucus threads and expelled with a lot of effort, Graphites 200C, four pills twice daily.
- Opium 30C is useful in cases of very chronic and obstinate constipation, with round, hard, black ball-like stools.
- For very obstinate constipation with dry, lumpy stool, Plumbum Acet 30C, four pills twice daily.
- In cases of dilated and paralyzed rectum with dry, hard, knotty stools with no desire to evacuate or in cases where a soft stool is also very difficult for the person to pass, Alumina 30C, four pills twice daily.

DIARRHOEA AND DYSENTRY

The condition in which there are frequent, loose *or* watery stools occasionally associated with abdominal cramps is termed as 'diarrhea'. Acute diarrhea is one of the body's defense mechanisms to throw out the waste materials out of the system, so it is advised to allow the discomfort to run its course for six to twelve hours before taking any drugs *or* medication. It can be caused by lactose intolerance, contaminated food *or* water *or* by food allergy, some antacids, antibiotics, *or* other medications, overindulgence in alcohol *or* caffeine-containing beverages, overuse of laxatives, extreme fatigue *or* 'stress' *or* excessive consumption of sorbitol. Recurrent short bouts of diarrhea may be caused due to anxiety *or* nutritional deficiencies, which can be improved by a change in diet. If diarrhea continues to persist *or* if blood *or* mucus appears in the stools *or* in cases where there is fever associated with the diarrhea, it is advisable to obtain medical evaluation to rule out any serious disorders. Even in cases of diarrhea of teething children, wait for a day *or* two before starting off the treatment if they have no other troublesome symptoms.

'Dysentery' is an acute inflammation of the large intestines characterized by constant straining and a constant desire to pass stool with cutting, colicky pains in the abdomen before and during stools with passage of small, whitish, bloody mucus, but no real feces is discharged. The reappearance of feces in the stools is a sign of the patient getting better. The causative organisms are usually some protozoa and bacilli. When caused by the former, the condition is generally known as 'amoebic' dysentery and when caused by the latter, is known as 'bacillary' dysentery. The patient feels a constant desire to evacuate, although there may be nothing to throw out except a little mucus and blood. In severe cases, it may be associated with fever.

SOME HOME REMEDIES

- During an attack of diarrhea *or* dysentery, do not eat any solids; a fluid *or* semi-fluid low-roughage diet should be given depending on the severity of the disease. To replace the loss of fluids, add one teaspoonful of salt and one tablespoonful of sugar to a quart of boiled

water and a pint of orange or lemon juice. Drink a pint of the mixture every hour until symptoms subside.

- Avoid taking any spices, milk, eggs, meat, pickles, pulses, fried foods, tea, coffee, juicy fruits, salads, sour things, cabbage, beans, peas, too much of salt and fibrous vegetables. A low residue diet should be taken consisting of soup, banana, biscuits, rice, sago, arrowroot, skimmed milk, potato, eggs and minced meat. Green vegetables with a high residue should be restricted, except as purees.
- Curd or buttermilk mixed with rice can be given to the patient with advantage.
- Have two bananas with a cup of curd for a few days.
- Khichari or gruel prepared from moong dal and rice is very useful for this condition.
- Fruit juices and especially apples, pomegranate (anar) and Bael fruit (Bel) are helpful. Exclude berries, dried fruits and nuts from the diet.
- Muskmelon (Kharbooja) is useful especially for dysentery where there is a soft and mucilaginous secretion from the intestines.
- Repeated small amounts of onion juice are given every few minutes.
- Heat the juice of one lemon to lukewarm; add the freshly squeezed juice of one lemon and a pinch of black pepper. Drink at once.
- Boil tender guavas leaves in water for five minutes and consume the water three to four times daily.
- Add a teaspoonful of honey in a glass of buttermilk and drink it two to three times daily.
- Grated apple that has been left to go brown is an effective remedy for diarrhea or cooked or baked apples are good for diarrhea.
- Carrot soup is another effective remedy for diarrhea. It not only supplies water to combat dehydration, but also replenishes sodium, potassium, phosphorus, calcium, sulphur and magnesium and also supplies pectin and coats the intestine to allay inflammation.
- A glass of fresh tomato juice, mixed with a pinch of rock salt and pepper, taken in the morning, proves beneficial.
- Taking one teaspoon of ground nutmeg along with some jaggery or sugar three to four times daily will help in cases of chronic diarrhea.
- Make a powder out of dried skin of pomegranate (anar) and then give a quarter teaspoonful of it to the patient or give 50 ml of pomegranate (anar) juice repeatedly to the patient to drink.
- Finely powdered long pepper (pipli) mixed with honey or milk is given.

- Fried fenugreek seeds (methi) mixed with aniseeds (saunf) and salt are given in small doses.
- Chew two to three cloves of garlic every morning will help reducing the intestinal inflammation and thus reduce the tendency to diarrhea.
- Take infusion of tulsi leaves three to four times daily.
- One teaspoonful of fresh mint juice, mixed with a teaspoonful each of limejuice and honey, can be given thrice daily.
- Boil two teaspoons of arrowroot in a pint of water *or* milk and add honey, brown sugar and cinnamon (tuj) to taste.

HOMOEOPATHIC REMEDIES

- Podophyllum 30C, four pills every four hours is useful in cases of diarrhea in hot weather with green, fetid, profuse, painless, prostrating, stools. It is also useful in cases of early morning diarrhea and diarrhea in teething children.
- Aloe 30C, three pills every four hours is a useful remedy for loose watery stools with a lot of mucus secretion and a burning pain in the anus with a sense of insecurity in the abdomen. There is a lot of gurgling in the abdomen before stools.
- In cases of early morning diarrhea, Natrum Sulph 200C, four pills every four hours.
- For watery, dark, bloody *or* yellow, acrid, offensive stools, with much prostration and increased thirst for sips of cold water, use Arsenic Alb 30C, four pills every four hours.
- For diarrhea *or* dysentery resulting from damp cold weather *or* from any change in the weather, Dulcamara 30C, four pills every four hours till relief is obtained.
- Sudden gushing copious stools, Croton Tig 30C, four pills every four hours till relief is obtained. This remedy is especially found to be useful in cases where diarrhea alternates with skin eruptions.
- For diarrhea *or* dysentery associated with vomiting and purging and thirst for ice cold water, Verat Alb 30C, four pills every four hours.
- In cases of sudden and projectile ejection of stools of a bilious nature with a lot of tenesmus and burning in anus, give Gambogia 30C, four pills four times daily.
- For slimy, blood-streaked stools, Merc Cor 30C, four pills every four hours.

- In cases of diarrhea after the use of antibiotics, give Nitric Acid 200C, four pills twice daily.
- Diarrhea and dysentery of bloody, offensive, slimy and reddish mucus with tearing pain down the thighs, that are worse in cold wet weather, Rhus Tox 30C, four pills thrice daily.

GASTRITIS, GASTROENTERITIS AND COLITIS

Inflammation of the delicate mucous lining of the stomach is termed as 'gastritis' and inflammation of the delicate mucous lining of the stomach and intestine is termed as 'gastroenteritis'. 'Colitis' refers to inflammation of the colon resulting from prolonged irritation and inflammation of the delicate mucous membrane lining the walls of the colon. The condition usually results from some bacterial (especially *Helicobacter pylori*) or virus (CMV) infection, burns, aspirin or NSAID's, toxins or contaminated food or water. The symptoms usually include burning pain and cramps in the abdomen, reduced appetite due to the pain, nausea, vomiting, diarrhea, etc. Chronic ulcerative colitis is a severe prolonged inflammation of the colon or large bowel, in which ulcers form on the walls of the colon.

SOME HOME REMEDIES

- A patient of gastritis should avoid all flatulent and spicy food items. Tea, coffee, refined sugar, white flour products, smoking and alcohol should also be avoided. Also avoid any raw vegetable or fruit (except pineapple, banana, peaches and coconut milk). Avoid taking sesame seeds, grams, pungent and sour things, heavy food, curd and alcoholic drinks.
- Do not eat during the attack, but drink plenty of fluids to avoid dehydration since the person is already losing a lot of vital fluids.

Take a quart of water and add two to three teaspoonfuls of sugar and one teaspoonful of salt and drink this slowly but frequently.

- Banana, barley (jau), bitter gourd (karela), cow's milk, cucumber, patola, pomegranate (anar), rice, soup of moong dal, wheat and white pumpkin are considered useful for this condition.
- Drinking the water of one tender coconut daily is soothing to the soft mucosa of the stomach and the colon.
- One to two ripe bananas taken everyday are one of the most effective home remedies for this condition.
- A thick gruel of rice mixed with a glass of buttermilk and a ripe banana, given twice daily forms a very nutritious and well-balanced diet in this condition.
- Half a cup of potato juice thrice daily, preferably half an hour before meals helps relieve gastritis.
- Papaya juice, diluted cabbage juice and carrot juice are especially useful. Avoid citrus juices.
- A glass of buttermilk taken daily is also useful.
- The gelatinous substance from the inside of one aloe vera leaf is taken and freshly ground pepper is sprinkled over it and is to be taken daily before any other food or drink enters the system.
- The foods which can be taken are spinach (palak) boiled with garlic, fresh sweet peas and potatoes in small amounts, cooked tomatoes and cucumbers, papaya, pomegranate (anar), cereals (browned in a frying pan before boiling since is not to be boiled in milk).
- Steamed apples also aid in healing of the lesions because of their ample concentration of iron and phosphorus.
- To promote digestion, a glass of lemon water (in lukewarm water) can be taken in an hour after each meal.
- Swallowing a clove of garlic (without chewing) in the morning with a glass of lukewarm water proves to be very useful.
- An infusion of the herb Marigold in doses of a tablespoonful may be taken twice daily.
- Other home remedies given earlier in separate headings of flatulence, vomiting, diarrhea etc. can be tried according to the symptoms.

HOMOEOPATHIC REMEDIES

- Cuprum Ars 30C, four pills every four hours, is especially useful for this condition.
- Arsenic Album 30C, four pills every four hours, for patients who have a lot of vomiting and diarrhea with a lot of exhaustion and thirst for cold drinks.
- For sour taste in the mouth with intense nausea, weight and pain in the stomach after eating with extreme sensitiveness of the stomach to touch, Nux Vomica 200C, four pills thrice daily.
- Hydrastis 30C is a useful remedy for gastritis with a constant sore sensation in the stomach and pain as of a hard-cornered substance in the stomach.
- Phosphorus 200C, four pills taken thrice daily is a useful remedy for gastritis where the patient craves for cold water and as soon as the water becomes warm in the stomach, it is vomited out. There is a burning pain in the stomach that extends up to the throat and down the bowels.
- For violent pains in the epigastrium with extreme sensitiveness of the abdomen to touch and discharge of flatus that relieves the patient, Oxalic Acid 30C, four pills thrice daily.
- Other homoeopathic remedies can be given according to the severity of symptoms of nausea, vomiting, flatulence and diarrhea.

HAEMORRHOIDS

'Haemorrhoids', also termed as 'piles', are dilatation *or* varicosity of the veins in and around the anus and the lower rectum; that may *or* may not be associated with itching, bleeding and pain; depending on the position of protrusion. If the veins in the region of the internal membranes are protruded, there are no pain-sensitive nerves in that area and so there is no pain; whereas the external membrane is rich in the supply of pain sensitive nerves and so the varicosity in this region are extremely painful. 'Constipation' *or* 'straining at stool' is one of the most important and common causes of hemorrhoids. The other predisposing factors are increasing age, genetic inheritance, sitting *or* standing for long, frequent lifting of heavy weights, pregnancy and obesity.

The patient should be advised not to suppress his natural urges and not to 'hold it in' when you need to go, usually seen in people who get embarrassed easily. Ask the patient not to strain and force out hard, since that will only lead to haemorrhoids. Riding on the back of animals and sitting on hard seats are not very comfortable and can cause harm to the patient. Exercises like brisk walking, running, biking and swimming helps to improve the bowel movements and thus automatically helps in relieving the constipation. Ask the patient to sit in a tub of warm *or* cold water (whichever is comfortable) for a period of twenty to thirty minutes several times a day.

SOME HOME REMEDIES

- Take a high-fibre diet (oat, oat *or* wheat bran, barley and rice cereals) with lots of fluids (atleast eight to ten glasses), which helps preventing constipation by increasing the formation of soft and bulky stools that pass without harming the tender tissues. Avoid tea, coffee, alcohol, spices, fried stuff and dry food. Eliminate from the diet all beef, fish, pork, dried meat, curds, cheese, sesame seeds and canned food.
- Fruits like plums, prunes (dried plums), papaya, bananas and apples are useful in promoting healing.
- Include beetroot, elephant root yam (rhizome of suran), cabbage, white radish, cauliflower and plenty of green leafy vegetables in your

diet. Vegetables like potato, yellow variety of pumpkin and colocasia are not advised.

- Dry the peel of a sweet pomegranate (anar) and make a fine powder and use five grams of this powder twice a day regularly for ten days.
- Preparations of fenugreek leaves (methi) and cucumber chutney are of great value for those suffering from chronic piles.
- Carrot juice and okra (ladyfingers or bhindi) juice is beneficial in healing the hemorrhoids.
- Taking Margosa leaf juice (Neem) daily helps decreasing the size of the piles.
- Buttermilk mixed with some rock salt, roasted jeera powder and powdered ginger is taken with meals daily.
- Three to four dry figs (anjeer) should be soaked overnight in water after being cleaned thoroughly in warm water. They should then be taken the first thing in the morning along with the water in which they are soaked. This should also be taken in the similar manner in the evening. This should be continued for a period of three to four weeks.
- Add one teaspoonful of roasted cumin (jeera) powder to a glass of buttermilk and have it twice daily for a few weeks.
- Having ripe marmelos fruit with curd as sweetened or salted buttermilk subsides swollen veins of the wall of the anus.
- Combination of juices from apples, beets, spinach (palak), cucumbers, celery leaves (ajwan-ka-patta), pineapple, and citrus fruits (especially limejuice) is also considered beneficial.
- Soak a handful of raisins overnight and take it in the morning with the water on an empty stomach.
- Boil a teaspoonful each of jeera, aniseeds, coriander seeds in a glass of water, reducing it to half; filter it, add one teaspoon ghee and take twice daily.
- Take grated white radish mixed with honey and a teaspoonful of ghee daily. Taking juice of white radish mixed with carrot juice is very useful for those suffering from piles.
- Onion soup or having fried onion everyday helps reduce the bleeding from the hemorrhoids. Also a compress of pulp of roasted onions is applied locally.
- Pure honey should be applied locally twice daily for a few weeks.
- Add a teaspoonful of apple cider vinegar to a glass of water and sip it with each meal. Using it as an external application also helps.
- Eat a lot of mashed potatoes and sweet potatoes.

- A strong decoction of fresh coriander plant (dhanya) is useful.
- Slit a small lime into two and sprinkle rock salt over it and then suck the juice of the lime slowly. Limejuice has antihemorrhagic properties and rock salt is a rich source of magnesium sulphate, which also checks bleeding and helps good bowel movement.

HOMOEOPATHIC REMEDIES

- Aesculus Hip 30C, five pills thrice daily, for patients with bluish, non-bleeding haemorrhoids with burning pains, worse after stools and by walking and better by cold application.
- For external, large, bleeding piles with loose stools with a lot of soreness in the anus, Hamamelis 30C, four pills twice daily.
- For blind piles in sedentary persons with ineffectual urging for stool and an uneasy sensation in the rectum, Nux Vomica 30C, four pills thrice daily.
- For bleeding haemorrhoids that look like a bunch of grapes with a sense of insecurity in the rectum, Aloe 200C, four pills thrice daily.
- Paeonia 30C, four pills thrice daily for haemorrhoids which are congested, strangulated and there is a lot of itching, burning and swelling in the rectum.
- Ratanhia 200C, four pills four times daily for patients with external piles which protrude during stool and there is a burning cutting pain during stools.
- For protruding piles with bloody mucus discharge from the anus, Merc Viv 30C, four pills every six hours.
- For burning and itching in the anus with cutting pains after stools, Nitric Acid 30C, four pills every six hours.
- Collinsonia 30C, four pills thrice daily for a few weeks, for patients with chronic piles and obstinate constipation. The piles are worse during pregnancy and menses with backache. There is a sensation as if there are sharp sticks in the rectum with a lot of itching in the anal region.

HICCOUGHS

'Hiccough' is usually triggered off by involuntary spasmodic contractions of the diaphragm (the thin muscular layer that separates the chest from the abdomen), due to the irritation of the phrenic *or* vagus nerves that result in the air to suddenly rush into the lungs, causing the vocal cords to close suddenly and make the sound 'hic'. This usually results if you have swallowed a lot of air when eating *or* drinking rapidly, when you eat some irritating food (like flatulent food items), when eating both hot and cold food simultaneously, by a fit of laughter *or* by nervous tension. Drinking alcohol *or* carbonated beverages can also result in the hiccoughs. They usually go off on its own, but if they persist, then some medical intervention is necessary, since it can be caused by diseases like pneumonia, stomach problems, alcoholism, hepatitis, etc.

The following measures have known to help most of the people who have had hiccoughs in their past – Take a deep breath and hold it for a few seconds; breathe into a paper bag; gulp down hard; plug the ears with your fingers *or* hold out the tongue – do these repeatedly until the patient gets some relief. But if there is no relief, then start off the following home remedies.

SOME HOME REMEDIES

- Take a glass full of cold water and hold it in the mouth. Press the middle fingers in both ears and swallow the water, removing the fingers after a moment *or* two. Repeat this act till relief is obtained.
- Drinking pineapple juice, orange juice *or* beer *or* gulping down practically any liquid helps to halt the hiccoughs because of the act of swallowing involved.
- Swallowing a teaspoonful of sugar *or* something bitter (like vinegar) *or* sucking on a lemon is advised which helps reduce the hiccoughs.
- Eating fresh papaya *or* pineapple helps in cases where the hiccoughs result from some digestive troubles.
- Drink a glass full of water with a teaspoonful of honey *or* water containing a teaspoon of apple cider vinegar without stopping.
- Drinking a small quantity of cold milk and hot milk alternately helps to stop the hiccoughs.
- Juice of white radish is useful to stop the hiccoughs.

- Sugarcane juice mixed with ginger juice can be taken in large quantities.
- Mixture of equal parts of powdered seeds of dates and long pepper (pipli) is given with honey.
- Suck a lemon wedge with salt *or* sprinkled vinegar *or* Worcestershire sauce.
- Swallow a teaspoon of honey, onion juice *or* vinegar.
- Chew dill seeds *or* fresh mint leaves.
- Make a cup of anise tea and sip slowly.

HOMOEOPATHIC REMEDIES

- Mag Phos 6X, six tablets in a cup of hot water, sipped slowly have proved successful.
- Nux Vomica 30C, four pills every two hours till the symptoms subside.
- Cyclamen 30C, four pills four times daily, in chronic cases of hiccough.
- In hysterical cases, Moschus 30C, four pills every two hours is useful.
- In cases of hiccough with spasm and belching, Cicuta Virosa 30C, four pills every two hours till relief is obtained.
- In cases of hiccough after drinking, eating *or* smoking, Ignatia 30C, four pills every four hours till relief is obtained.
- In obstinate cases, Hydrocyanic Acid 30C *or* Kali Brom 30C *or* Sulphuric Acid 30C, four pills every six hours.

DISEASES OF THE GENITAL ORGANS

HYDROCELE AND VARICOCELE

Collection of fluid in the scrotal sac, causing it to swell, which is usually painless, is termed as 'hydrocele'. Sometimes the veins in the spermatic cord in the scrotum will dilate, causing a minimal swelling called as a 'varicocele'. It usually affects the left testicle more than the right. The patient will complain of heaviness and a dragging sensation in the scrotum. It should be differentiated from a hernia, with the help of medical assistance. There could be fertility problems with the condition.

Surgery is usually a must, but if the patient has no complaints and the fluid collection is minimal, then the patient should be asked not to worry about it much and try some home remedies.

SOME HOME REMEDIES

- The testicles should be washed with a teaspoonful of distilled extract of Witch Hazel in a tumbler of cold water, twice daily.
- Chewing two to three cloves of garlic daily in the morning helps.
- Drinking a few glasses of lemon juice daily helps.

HOMOEOPATHIC REMEDIES

- In cases where the *pecacuan* results after a blow, *Arnica 30C*, four pills every four hours is useful.
- In cases of *pecacuan* where the patient complains of a pain from the abdomen to the testicles give *Pulsatilla 30C*, four pills thrice daily.
- Applying local compresses of *Hamamelis* mother tincture (after diluting it in some water) helps to reduce the pain in the testicles that are enlarged and hot to touch.
- In cases of congenital *pecacuan*, *Bryonia 30C*, four pills taken four times daily can be tried.
- *Silicea 6C*, four pills four times daily proves to be useful for *pecacuan* as well as varicocele.

- Fluoric Acid 30C, four pills every six hours for long-standing cases of a swollen scrotum.
- Rhododendron 30C, four pills thrice daily, for swollen, painful, drawn up testicles, especially of the left side. There is a pain as if the testis is crushed.
- Hydrocele in small boys with induration *or* atrophy of the testicles, Aurum Met 200C, four pills twice daily should be taken.

ORCHITIS

Inflammation of the testicles is termed as 'orchitis'. The patient complains of an excruciating pain with tenderness and swelling in the part. It can result from a bacterial infection *or* the pain may result from torsion, an emergency condition resulting when the testicle strangles itself by spinning around the spermatic cord to which it is attached and requiring immediate medical assistance. Testicular pain can also result in cases of mumps.

SOME HOME REMEDIES

- Warm oil-coated betel leaves (pan) is applied locally over the part to reduce the swelling and pain.
- Mixture of macerated cottonseeds and ginger is applied locally.
- Poultice of cumin seeds (jeera) is applied locally.
- A warm poultice of wheat flour made with lamb's milk is useful.
- Juice of fresh ginger juice with honey is useful when taken by the patient internally.

HOMOEOPATHIC REMEDIES

- When there is great sensitiveness of the nervous system and intolerance of pain, Belladonna 30C, four pills every hour.
- Locally compresses of Hamamelis mother tincture diluted in some water should be given. Also in cases of excessive local sensitiveness, Hamamelis 30C, four pills every hour.

- In cases of acute orchitis, Pulsatilla 30C, four pills every hour, till the pain decreases.
- For chronic enlargement of the testicles with pain in the cord and the testicles, Aurum Met 30C, four pills every four hours.
- In cases of chronic inflammation following mismanaged gonorrhoea, Clematis 30C, four pills every two hourly.
- In cases of chronic inflammation with aching and swelling of the testicles and the cord, Spongia 30C, four pills every two hours.
- In cases of syphilitic enlargement of the testicles, Merc Bin Iodide 30C, four pills every four hours.

VAGINITIS

Inflammation of the vaginal mucous membrane because of any yeast, fungal, bacterial or virus-type infection is called as 'vaginitis'. This is also commonly seen in those who are on some drugs, hormonal problems, using a tampon or in cases of some allergy, etc. The patient comes with the complaints of intense itching; redness and burning pain, especially during micturation; thick or watery, offensive, white or curd-like discharges; patches in the vaginal area and painful coition. Repeated vaginal infections are especially seen in diabetic and pregnant women and in those who are under some kind of constant stress or anxiety.

Washing and maintaining proper hygiene of the genital area and the underwear is very important. Dry the genital area thoroughly after showering, bathing or swimming. Avoid using tampons and avoid wearing tight pants and underwear made from synthetic fabrics. Wear cotton underwear.

SOME HOME REMEDIES

- Having foods rich in Vitamins B, C and E are very useful for vaginitis. Avoid taking a lot of sweets or coffee since it can alter the vaginal pH leading to the growth of yeast. Eat plenty of fresh vegetables, whole-grain cereals, lean meat and fish.
- In cases of yeast infections, avoid taking citrus fruits, pineapples, tomatoes, cheese, beer, wine, raw mushrooms, sauerkraut and other fermented foods. Take in more of carrots.

- Liberal intake of garlic while cooking *or* having a clove *or* two of garlic once a day helps a lot for any kind of infection. Also douching the vagina with a teaspoonful of fresh garlic juice and water is useful.
- In cases of a fungal infection, eat a cup of yogurt twice daily, to reduce the growth of yeast.
- Taking fenugreek (methi) powder mixed with curd also helps.
- Vinegar *or* apple cider vinegar douches (four teaspoons of vinegar in two cups of water) are useful to clear out yeast infections.
- Sweetened Indian gooseberry (amla) juice is given in small quantities to the patient.
- A plain tea bag is soaked in some cold water and then applied externally over the vagina to relieve the itching.
- Decoction of finely ground rind of pomegranates (anar) is useful when taken.
- Warm hipbaths with rock salt crystals in the water decreases the burning pain and itching.

HOMOEOPATHIC REMEDIES

- In cases of hysterical patients complaining of pain in the vagina and vulva, Ignatia 30C, four pills every four hours.
- When there is weight *or* pressure in the vagina, with a painful bearing down sensation and extreme tenderness of the part, Silicea 30C, four pills every four hours.
- Staphysagria 30C, is another useful remedy for this condition.

LEUCORRHOEA

Discharge of mucus from the vagina that is usually white, creamish *or* watery and which occurs usually in between the menses *or* instead of the menses is termed as 'leucorrhoea'. This when associated with itching in the vaginal area usually indicates a vaginal infection, which should be examined by a physician. If the ailment remains untreated for a long time *or* if the flow is excessive, the patient may complain of loss of appetite, backache, pain in the lumbar region and the calves, a dragging sensation in the abdomen, dullness and heaviness of eyes with dark circles around them and a feeling of extreme prostration and weakness.

SOME HOME REMEDIES

- Avoid taking fried, spicy *or* sour food (especially pickles and curd), white flour, white sugar, preservatives, tea and coffee.
- Intake of supari (Areca nut) after taking food is very helpful for prevention and cure of leucorrhoea.
- Taking grapes exclusively at breakfast for some days helps to relieve the discharge.
- Roast a teaspoonful of cumin seeds (jeera), then powder it and mix it with a little sugar and take it thrice daily. Make the roasted powder fresh each time.
- Fenugreek (methi) seeds should be taken internally in the form of tea and also used as a douche. A piece of cotton cloth is saturated with a decoction of fenugreek (methi) and placed in the vagina and this should be changed twice daily.
- The rind of the root of the plant of amaranth (chauli) should be rubbed in 25 ml of water and then strained and given to the patient in the morning and evening.
- Milk in which shelled tamarind (imli) seeds have been macerated is given.

HOMOEOPATHIC REMEDIES

- Pulsatilla 30C, four pills every four hours is a useful remedy for simple, mucous *or* acrid, burning, creamy leucorrhoea.
- For milky leucorrhoea in young girls, Calcarea Carb 30C, four pills every four hours.
- For yellow, tenacious, acrid and corroding leucorrhoea with a sinking sensation in the abdomen, which is generally worse before menses and associated with a lot of itching in the vagina, Hydrastis 30C, four pills three times daily.
- For copious, bland leucorrhoea with backache as if broken in two, Calcarea Ova Tosta 30C, four pills thrice daily.
- For leucorrhoea that is acrid, thick, greenish *or* like the white of egg, which is worse after menses, Bovista 30C, four pills thrice daily.

- In cases of acrid, watery leucorrhoea with constipation and bearing down pains in the lower abdomen, Natrum Mur 30C, four pills four hourly.
- For itching of the vagina with leucorrhoea, give a vaginal wash with Mentha Piperita mother tincture in 2:8 dilution with water.
- For greenish, watery and offensive leucorrhoea with a lot of itching, Sepia 30C, four pills every four hours.

DISEASES OF THE GUMS

The most common gum complaints are redness, swelling, tenderness and bleeding of the gums, which is a sign of inflamed gums *or* 'gingivitis'. This is caused due to the buildup of *plaque*, a bacteria-filled concoction of food and saliva, around the base of the teeth *or* in between the teeth and the gums. Thus brushing the teeth after every meal and flossing them atleast twice daily helps to prevent the collection of plaque. Women are more susceptible to gingivitis than men. Their gums bleed easily especially during their menstrual periods *or* during their pregnancy. Gingivitis is also common in people wearing dentures that don't fit them properly *or* in those suffering from diabetes, chronic smokers, leukemia, etc. *or* in those going through a lot of stress. Heredity, certain drugs (especially antidepressants, oral contraceptives, antihistamines, decongestants, nasal sprays and certain medications for heart troubles) and vitamin deficiencies are some of the other common causes.

'Scurvy' is a condition where the gums become red, hot, swollen, spongy, very sensitive and they separate from the teeth and there can be formation of small ulcers on the gums, inside of lips and cheeks, palate and on the tongue with an offensive odor from the mouth. This condition usually results due to dietary deficiencies, especially that of Vitamin C *or* can be due to heredity, certain drugs *or* stress.

Use a soft bristled brush for sore and inflamed gums. Proxabrush is a special inter-proximal brush that has tiny bristles that go below the gum line, where floss cannot reach. They are thus useful when used in conjunction with normal brushing and flossing.

SOME HOME REMEDIES

- Incorporate a lot of fresh, raw *or* lightly cooked vegetables (especially broccoli, pecacua, cauliflower and tomatoes) and fresh, raw fruits (especially citrus fruits, which are a rich source of vitamin C) in your diet. The patient should take a well-balanced diet consisting of seeds, nuts, grains, vegetables and fruits.
- Mixture of carrot and beetroot juice is a useful remedy for gum disorders.
- Chew one unripe guava daily to stop the bleeding from the gums because of its richness in vitamin C.
- Eating oranges and rubbing the gums with their skins daily can help cure pyorrhoea (inflammation of the gums).

- Oranges, pomegranates (anar) and bananas are useful for bleeding gums.
- Oil from leaves of cinnamon tree (dalchini) is expressed and applied to the gums to make them firm and strong.
- Dry Indian gooseberry (amla) should be powdered with an equal quantity of sugar and this powder should be given in doses of one teaspoonful, three times daily, with milk.
- Wash and cut six lemons in small pieces and pour in some water and bring it to a boil. Then let it cool for about half an hour and then strain it and hold some of this juice in your mouth for a few minutes and take a few glasses of it daily for a few days.
- The juice of raw spinach (palak) is another useful remedy for bleeding gums and for the treatment of pyorrhea.
- Grind a few cloves (lavang) to a paste and mix it with lemon juice and massage this paste over the gums.
- Onions eaten raw keeps the gums healthy and strong.
- Washing the gums daily with salt solution helps.
- Lettuce leaves should be chewed daily immediately after meals.
- One to two cloves of garlic should be chewed daily to keep them strong and prevent any bleeding gums.
- Chewing cardamom (elaichi) seeds is useful to prevent gum decay.
- Potato should be included in your daily diet, since it is a good source of Vitamin C.
- Moisten a small piece of cotton with sandalwood oil and apply it locally over the bleeding gums.
- Betel nut is chewed to check bleeding from gums.

HOMOEOPATHIC REMEDIES

- For spongy and bleeding gums that are painful on touch and from chewing with increased salivation, Merc Sol 30C, four pills every six hours.
- In cases of soreness of gums after teeth extraction, Arnica 200C, four pills thrice daily.
- In cases of spongy bleeding gums with rapid decay of teeth, which are black and crumbling, Kreosote 200C, four pills thrice daily.
- In cases of swollen, easily bleeding gums, which may be ulcerated, Phosphorus 200C is useful. This remedy is also useful for persistent bleeding after tooth extraction.

- Add a teaspoonful of Calendula mother tincture in a cup of cold water and use this as a mouthwash thrice daily for sore, inflamed, bleeding or spongy gums.
- In cases of scorbutic swollen gums that bleed easily with an impure breath, Cistus Canadensis 30C, four pills every four hours.
- Baptisia 30C, four pills after meals in cases where the gums are sore and ulcerated with a fetid breath.
- In cases of ulceration of the gums with some bleeding, Nitric Acid 30C, four pills four times daily.
- When the gums are separate from the teeth with a bad smell from the mouth and increased salivation, Kali Carb 30C, four pills every four hours.

COMMON COLD

Common cold also called as 'influenza or coryza' is one of the most common seasonal upper respiratory tract disorder that is usually caused by any of the 200 viruses, usually a rhinovirus. It is a self-limiting disease, which resolves within five to ten days on its own. The symptoms usually include sneezing, coughing, congestion, a runny nose, watery eyes and feeling out-of-sorts. A low-grade fever, sore throat, chills, muscle aches and laryngitis may also develop. **Flu and cold symptoms are indications of the body's efforts to fight off the viruses.** E.g. – A runny nose guards against further invasion. Fever and inflammation of the nasal passages help to control the spread of infection. So you do not need to worry too much.

Take a hot, steamy shower for relieving the bodyache and it also acts as a vaporizer and thus helps reduce the severity of the illness. It is necessary for the patient to drink atleast eight to ten glasses of water and take complete bed rest for atleast three days. In cases where the patient complains of sore throat, salt-water gargles should be done several times in a day.

SOME HOME REMEDIES

- Avoid taking curd, banana, fried things and drinks added with ice are to be strictly avoided.
- Make a mixture of one teaspoonful of ginger juice, one tablespoonful of lemon juice and two teaspoonfuls of honey and take this two to three times a day. Prepare a fresh mixture daily.
- Garlic has got antibiotic properties and can help kill the germs and clear the cold symptoms rapidly. Garlic soup is an age-old remedy to decrease the severity of the cold. About ten cloves of garlic can be fried in butter or ghee and taken internally.
- One teaspoonful of turmeric powder is added to a cup of sweetened milk and given to the patient thrice daily.
- About 100 grams of ladyfingers should be cut into pieces and boiled down in half a litre of water to make a decoction, which should be taken twice daily. The steam issuing from this decoction may also be inhaled to relieve throat irritation and dry cough.
- Half a teaspoonful of powdered cayenne (black) pepper taken in hot honey-sweetened water or milk is a good remedy for colds. Also

making a mixture from some curd, jaggery (gur) and some powdered black pepper and taken twice daily helps.

- Sipping a cup of hot soup (especially chicken soup) can help loosen the clogged nasal passages.
- A quarter teaspoon of cinnamon (tuj) powder in a little hot, sweetened lemon, taken every hour is very useful for influenza.
- The leaves of holy basil (tulsi) tree when mixed with an equal quantity of dried ginger powder forms an excellent substitute for tea in this condition. Milk and sugar can be added in this tea and is useful when taken thrice daily.
- White radish juice should be taken daily after sweetening it with some honey for preventing and curing colds.
- Slices of onions when sniffed will sometimes cure a cold in the initial stages. Also when taken in the cooked form they help. Equal amounts of onion juice and honey should be mixed and three to four teaspoonfuls of this mixture should be taken daily.
- Ajwain has a remarkable power to open up clogged and congested nasal passages. Roast a tablespoonful of ajwain and tie it in a cloth and use it for inhaling. Also, fomentation with ajwain is useful.
- Tamarind (imli) leaf juice and tamarind-pepper rasam is good for colds.
- Eucalyptus oil is a soothing external application for colds. Also bathing in hot water in which two tablespoonfuls of eucalyptus oil is added is useful.
- After the onset of fever, it is better to keep the patient without food *or* with light food for atleast two meal times. He should be given barley (jau) water *or* sago boiled with milk and sugar. Bread, biscuits, meat soup and vegetable soup can also be given to the patient. Green ginger is useful when added to the soup *or* vegetables. Avoid taking meat, chicken, fish, eggs, rice, wheat chappati, fried items and sour things including curd.

HOMOEOPATHIC REMEDIES

- Allium Cepa 30C, four pills every three hours at the onset of a cold that is associated with running nose and watering of the eyes.
- Arsenic Album 200C, four pills every four hours for thin, watery nasal discharge with a lot of sneezing which is worse in open air and better indoors.
- Natrum Mur 30C, four pills thrice daily, is useful especially when given in the initial stages of the cold with violent, fluent coryza.
- Gelsemium 30C, three pills thrice daily for patients with complaints of sneezing with a sensation of fullness at the root of the nose and a watery, excoriating discharge.
- In cases of influenza with bony pains, Eupatorium Perf 30C, four pills every four hours.
- Cadmium Sulph 200C, three pills thrice daily will not only reduce the symptoms of influenza and the depression associated with it, but will also prevent its recurrence to a certain extent.
- Bacillinum 30C four pills once a week is a useful prophylactic.
- Sabadilla 200C is a useful remedy for sensitive people with complaints of spasmodic sneezing with a running nose, watering from the eyes and a headache, especially over the frontal region.

BRONCHITIS

'Bronchitis' is a condition wherein there is an inflammation of the mucous membranes of the bronchi and can be of an acute and a chronic type. An acute bronchitis often follows acute coryza with an irritating unproductive cough accompanied by tightness in the region of the chest, wheezing and slight breathlessness. Chronic bronchitis is a term used for patients who come with complaints of a chronic cough with some viscid phlegm brought out on most of the days of at least three consecutive months for more than two successive years. The disease generally starts with repeated attacks of productive cough, especially after a cold, which gradually increases in severity and duration with each year until it persists all the year round. The patients come with a history of recurrent respiratory tract infections, regular morning cough, wheezing, breathlessness on exertion and sputum that is scanty, tenacious and occasionally blood streaked. Cigarette smoking, pollution

and damp *or* dusty conditions are the usual predisposing factors of bronchitis.

The patient is asked to take the first step and to stop smoking and to avoid going to polluted areas. Hot towels applied over the upper chest are helpful in both acute and chronic bronchitis. After applying three hot towels in turn for two to three minutes each, one should always finish off with a cold towel.

SOME HOME REMEDIES

- A few garlic cloves should be taken daily in the morning *or* syrup is made by cutting up the garlic and covering it with honey and taking it in teaspoonful doses every hour.
- Make a mixture of two teaspoonfuls of ginger juice, one tablespoonful of lime juice and three tablespoonfuls of honey. Take this freshly prepared thrice daily.
- Mix half a teaspoon of turmeric powder to a glass of milk and have it daily on an empty stomach.
- A mixture of one teaspoon of raw onion juice and one teaspoon of honey makes an excellent cough syrup.
- One of the most common household remedies for this condition is the powder of *shunthi* (dried ginger), *pippali* (long pepper) and *maricha* (black pepper) – all three mixed in equal quantity and the mixture is given in half teaspoonful doses, three to four times daily.
- Taking a teaspoonful of white radish juice with two teaspoonfuls of honey relieves spasmodic coughing and also prevents colds when taken on a regular basis. Also a glass of fresh juice squeezed from fresh white radish is heated together with about ten grams of rock salt and is used for gargling, especially in cases where patient complains of burning in the throat.
- Almonds, soaked overnight and then peeled and eaten the first thing in the morning are useful for dry cough. Also an emulsion of almonds is prepared by making a powder of seven kernels of almonds and mixing them in a cup of orange *or* lemon juice and taken once daily at night with beneficial results.
- A mixture of beetroot and carrot juice is very useful in acute bronchitis.
- A mixture of equal parts of powdered long pepper (*pipli*), ginger, black pepper, cinnamon (*tuj*) and caraway seeds is used.

- Lady's fingers are highly valuable in treating the irritation of the throat and a persistent dry cough. About hundred grams of lady's fingers should be cut into small pieces and boiled in half a litre of water to make a decoction. The steam issuing from this decoction should be inhaled once or twice a day to relieve the throat irritation and a dry cough.
- Keep red cardamom (elaichi) seeds in the mouth, chewing slowly and allowing the juice to slide down the throat. This is especially useful when there is irritation in the throat along with the cough.
- Green tea leaves, mint leaves, jaggery and holy basil (tulsi) leaves are boiled in some water and taken thrice daily.
- Powdered black pepper in small doses mixed with some ghee, honey and sugar is efficacious.
- Make tea using liquorice (mulethi) roots. Chewing and sucking on liquorice root also helps.
- Keep a piece of black salt in the mouth, letting it dissolve slowly, swallowing the juice.
- Finely powdered coriander seeds (dhania) in small amounts with sugar and rice water helps when taken daily.
- Juice of holy basil (tulsi) leaves with honey is given.
- Betel leaves chewed or taken in the juice form aids expectoration.
- The juice of leaves of sunflower is given with a little fried pecacuan (hing).
- Frequent inhaling of the oil of Eucalyptus helps soothe the respiratory passages and free them from any obstruction. Adding a drop of this oil on a tablespoon of brown sugar or honey and taken thrice daily also helps to speed up recovery.

HOMOEOPATHIC REMEDIES

- In cases of dry, hacking cough from irritation in the throat, with hoarseness and stitches in the chest and the cough is worse on entering a warm room, Bryonia 30C, four pills every four hours.
- Ipecac 200C, four pills thrice daily in cases of spasmodic, suffocative cough with great pecacua, constriction in the chest, and little expectoration and persistent nausea.
- In cases where the patient complains of a spasmodic, dry, irritating cough, where the paroxysms follow each other very rapidly, Drosera 200C, four pills taken four times daily can be taken.

- Grindelia 30C is a useful remedy for patients complaining of wheezing, oppression in the chest and difficulty in breathing especially on lying down.
- In cases of dry, hard cough which is worse at around 3 a.m., with stitching pains in the chest and a scanty expectoration, Kali Carb 200C, four pills four times daily.
- In cases of cough where there is a lot of rattling of mucus in the chest, but very little is expectorated, with thirstlessness and difficulty in breathing on lying down give Antim Tart 1M, four pills every four hours can be given.
- Rumex 30C, four pills every four hourly in cases of dry, teasing cough, which prevents sleep and is worse by talking, in cool air and at night.
- In cases of hacking cough where the mucus is yellow, sticky, stringy and difficult to raise, Kali Bich 30C, four pills every four hours.
- Bacillinum 30C, four pills once a week in chronic cases of bronchitis with muco-purulent expectoration.
- Long-standing bronchitis in old people, with much oppression in the chest and little or no expectoration that is very difficult to raise, with cough that is worse from 3-4 a.m., Ammonium Carb 30C, four pills every six hours.
- In cases of bronchitis in old persons with profuse expectoration without power to raise it, Carbo Veg 30C, four pills every four hours.

ASTHMA

'Asthma' is a chronic inflammatory disorder of the airways wherein the airways in the lower respiratory tract go into a spasm and they narrow down in response to a stimulus like an allergy, change of weather, air irritants, lung infection or stress. The air gets trapped in the lungs during expiration leading to a labored breathing and the narrowed bronchus will no longer be cleared effectively by coughing up the mucus formed and thus many of the bronchi become obstructed by mucus plugs. Heredity also plays an important role. The patient usually complains of coughing, wheezing, tightness in the chest, shortness of breath and the patient appear to be gasping for breath. Persons who smoke a lot of cigarettes, who are under a lot of stress, who are exposed to too much of dust and pollution, those who abuse drugs and misuse their asthmatic medications tend to be the ones who succumb to serious attacks of asthma. Severe asthma persisting from childhood may cause a 'pigeon chest' deformity.

Stop smoking, going near any fumes or odors and avoid taking aspirin. An asthmatic patient should never consume stale food, refrigerated food or drinks and sweets. The night meals should be light since most of the attacks increase in the night. Taking water with traces of copper (i.e. taking water kept in a copper container) helps preventing occurrences of any respiratory disorders. Swim frequently to exercise and open the chest muscles.

SOME HOME REMEDIES

- Strictly avoid curd, buttermilk, rice, sugar, lentils (masoor), banana, guava, sour things, strong tea, coffee, alcoholic beverages, condiments, pickles, sauces, fried things, refined and processed foods.
- Include figs (anjeer), dry grapes, dates, papayas and apples daily in your breakfast. The juice of grapefruit (chakotra) is an age-old remedy in asthma.
- Three to four dry figs (anjeer) should be cleaned thoroughly with warm water and soaked overnight and should be taken on an empty stomach the next morning, along with the water in which it was

soaked. This treatment should be continued for a period of about two months for good results.

- Freshly prepared mixture of ginger juice, lime juice and honey, one teaspoonful of each should be taken up to three times daily. This will help to soothe the throat and decrease the cough.
- Magnesium is the essential mineral that helps to relax the smooth muscles lining the airways. The rich sources of this mineral are whole grains, beans, nuts and seeds.
- Boiling cloves of garlic in an ounce of milk and taken daily in the morning helps in the early stages of asthma.
- A teaspoonful of bitter gourd (karela) root paste mixed with an equal amount of honey or juice of honey basil leaves (tulsi), given once every night for a month acts as a good expectorant.
- A paste made from long pepper (pipli), dates, black raisins, ghee, sugar and honey is an efficacious remedy in asthma.
- Soup prepared from drumstick leaves (saijan ki phalli) and taken once daily is beneficial for the treatment of asthma.
- Half a teaspoonful of powder of dry safflower seeds, mixed with a tablespoonful of honey, can be taken twice daily.
- Carrot juice is of some good value in asthma.
- A few cups of strong coffee make a beneficial effect for an asthmatic attack.
- Make a paste from ajwain and jaggery and take this twice daily for a few months.
- Massage the chest with a mixture of eucalyptus and mustard oils. Add two or five drops of eucalyptus oil to half cup of mustard oil.
- Five drops of the tincture of the herb Squill or Sumbul (also known as the Musk Root) should be taken in warm, sweetened water thrice daily for a few weeks.

HOMOEOPATHIC REMEDIES

- In cases of asthma where the patient is very restless and has a fear of death with air hunger, cough that is worse on lying on the back and wheezing respiration, Arsenic Album 200C, four pills every four hours.
- Grindelia 30C is a useful remedy for patients complaining of wheezing, oppression in the chest and difficulty in breathing especially on lying down.
- In cases of asthma with profuse mucus secretion, Antim Tart 30C, four pills every four hours till the symptoms reduce.
- In cases of a dry, barking cough with difficult respiration, which is worse during inspiration and before midnight and better after eating *or* drinking warm drinks, Spongia 200C, four pills to be taken every four hours.
- In cases of asthma with constant constriction in the chest and a continuous and suffocative cough along with symptoms of nausea and vomiting and a painless hoarseness, Ipecac 30C, four pills every four hours.
- Kali Carb 200C is useful where the patient complains of breathlessness which is worse at around 2-4 a.m. and better by sitting up *or* sitting bent forwards, occasionally associated with a swelling of the upper eyelids.
- Oleander 30C, four pills are taken in the morning on rising and on retiring at night, for two to three weeks in cases where the patient complains of an oppression in the chest as from a weight and the breathlessness is worse from lying down.
- In cases of asthma especially in stout people, Blatta Orientalis 30C, four pills every four hours till the attack subsides.
- Lobelia 30C, in cases where the patient complains of *pecacua* from a constriction in the chest and weakness in the pit of the stomach along with the asthmatic attacks, which are preceded by a prickling sensation all over.
- In cases where the child wakes up in the middle of the night with breathlessness and is not able to expire, along with a dry burning heat during sleep but copious sweat on waking, think of Sambucus 200C, four pills thrice daily.

- In cases of spasmodic asthma with vomiting after the attack and cough that is better by drinking cold water, Cuprum Met 30C, four pills four times daily.

WHOOPING COUGH

'Whooping cough *or* pertussis' is an infectious disease caused by the *Bordetella pertussis*, that commonly affects the young children (commonly from 0-5 years of age) and results in bouts *or* paroxysms of short, sharp coughs gathering in speed and duration and ending in a deep inspiration during which the characteristic 'whoop' is heard. The last paroxysm is usually followed by vomiting. This whoop may be absent in elder children and adults since the air passages are much wider. There is extreme exhaustion in the patient and can be life-threatening in small babies. Vomiting, which is frequent, may lead to the bursting of the small capillaries in the nose *or* the conjunctiva. The disease may last for several weeks if left untreated.

Bronchopneumonia, atelectasis, bronchiectasis, infection of the middle ear, prolapse of rectum and convulsions (*or* seizures) are a few of the common complications of this disease.

SOME HOME REMEDIES

- Boil the peel of pomegranate (anar) in 250 ml of milk and drink it.
- The leaf juice of holy basil (tulsi) mixed with honey and ginger is very useful.
- Peach tea *or* an infusion made from the bark and leaves of the Peach tree are useful for whooping cough when taken atleast thrice daily.
- A teaspoonful of fresh ginger, mixed with a cup of fenugreek (methi) decoction and honey to taste is an excellent diaphoretic.
- A teaspoonful of fresh radish juice with an equal quantity of honey and a little rock salt should be given thrice daily.
- Juice of garlic is sniffed from time to time. Also a mixture of macerated garlic and ghee is rubbed on the chest and between the shoulder blades to give relief in the cough.
- Linseed is a good remedy for whooping cough.

- Paste of *pecacuan* (hing) when applied to the chest, acts as a good stimulant.
- 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 few weeks.

HOMOEOPATHIC REMEDIES

- *Drosera* 200C, four pills taken four times daily is a useful remedy for whooping cough where the paroxysms of cough follow each other rapidly and the patient can hardly breathe.
- *Pertussin* 30C, is a useful remedy in the initial stages of whooping cough, especially to cut short the process.
- In cases of incessant, violent and suffocative coughing with nosebleed and nausea, *Ipecac* 30C, four pills every four hours.
- In cases where the whooping cough attacks end with vomiting of a viscid, tough mucus, *Coccus Cacti* 30C, four pills every four hours.
- In cases of whooping cough with a lot of vomiting, spasms, convulsions and a purple face, where the cough is better by drinking cold water and worse at around 3 a.m., *Cuprum Met* 30C, four pills every four hours till relief is obtained.
- In cases of whooping cough which is worse on lying down and better by local application of heat, one can give *Mag Phos* 200C, four pills every four hours.

TUBERCULOSIS OR PHTHISIS

This is a contagious and an infectious disease caused by the tubercle bacillus, which enters the body through the nose, mouth and windpipe and then settles down usually in the lungs (called as the primary tuberculosis) or may settle in the tonsils, bones, intestines, glands, lymphatic system, joints and urinary tract. It multiplies very fast and produces small raised spots called as tubercles. The usual symptoms of pulmonary tuberculosis are fatigue, lethargy, decreased appetite, weight loss, low-grade fever (especially in the evening), persistent coughing, difficulty in breathing, indigestion and occasionally in later stages blood in the sputum.

Children, young adults, immunocompromised individuals and health workers who are in close contact with these patients, are at a greater

risk of acquiring tuberculosis. Complications of tuberculosis include pleurisy, pneumothorax, tuberculous enteritis or laryngitis and ischio-rectal abscess.

SOME HOME REMEDIES

- Taking a glass full of fresh orange and lemon juice daily also helps since it contains a lot of vitamins useful for quicker healing.
- Onion soup should be taken daily. Milk and rice diet is given to the patient.
- Garlic is a wonderful herb for tuberculosis since it contains many vitamins, calcium, iron, phosphorus, iodine and even a few trace minerals. Thus two to three cloves of garlic or one to two teaspoonfuls of garlic juice are given to the patient daily.
- Boil a few dates in some milk and then after cooling it for some time take this as a nutritive tonic especially for children.
- Holy basil (tulsi) leaf juice is also very useful, since it has a few antibiotic properties and is a useful expectorant.
- The juice of bananas or banana milkshake is useful for patients with frequent cough, abundant expectoration and high fever.
- A teaspoonful of fresh mint juice mixed with two teaspoonfuls of pure malt vinegar and an equal quantity of honey should be stirred in 120 ml of carrot juice and given to the patient thrice daily.
- Pineapple juice is found useful to dissolve the mucus and aid faster recovery for tuberculosis patients.
- A soup prepared from drumstick leaves (saijan ki phalli) is found useful in this disease.
- A mixture of Indian gooseberry (amla) and sesame seeds taken with honey is very effective.

HOMOEOPATHIC REMEDIES

- Arsenic Iod 30C, four pills thrice daily, incases where there is dry, hacking cough with scanty and difficult expectoration, with recurrent fever and drenching night-sweats.

- In the early stages of tuberculosis with much coldness in light-complexioned people, give Lachnantes 200C, four pills thrice daily.
- Phellandrium is a useful remedy for offensive expectoration and cough in tuberculosis, where the middle lobe is generally affected, with *or* without haemoptysis.
- Tuberculinum 200C is a useful remedy for treatment of incipient tuberculosis in thin, tired, emaciating and narrow-chested individuals who are very sensitive to changes in weather.
- In tall, rapidly growing individuals coming with complaints of cough from tickling in the throat which is worse by laughing, talking and in cold air, with rusty *or* purulent sputum, Phosphorus 200C, four pills twice daily.
- In cases of tuberculosis with dry, hard cough especially at around 3 a.m. with a scanty and tenacious expectoration and a coldness in the region of the chest, Kali Carb 200C, four pills thrice daily.

LARYNGITIS AND PHARYNGITIS

'Laryngitis' is a condition wherein there is an inflammation of the larynx (voice box) *or* vocal cords with complaints of hoarseness *or* loss of voice, with pain in the throat on attempting to speak. It can be acute *or* chronic. The usual causative factors for this condition are excessive use of the voice, straining your voice box by screaming *or* making unnatural sounds, heavy tobacco smoking, some bacteria *or* viruses, infection of the nasal sinuses and it also occurs as a complication of acute coryza.

'Pharyngitis' refers to an inflammation of the pharynx with complaints of sore throat. The patient complains of pain, irritation and inflammation of the throat, followed by fever, hoarseness of voice and occasionally spasmodic and unproductive cough. The patient may find it difficult to

swallow and the throat may become very red. If not treated early chronic laryngitis can cause the voice to become permanently impaired.

As far as possible avoid talking *or* even whispering. Give rest to your voice box for some time. Also stop smoking and drinking alcohol. Drink a lot of water, chicken broth and juice.

SOME HOME REMEDIES

- Ginger, black pepper, salt, garlic, dry grapes and ghee are useful in this condition. The patient should avoid curd and other sour items, fried things and exceedingly cold things. Warm fluids only are to be taken.
- Add few drops of garlic juice in a cup of very warm water and gargle three times a day. Also adding two to three cloves of garlic during cooking is useful to decrease the symptoms.
- Take a teaspoonful of lemon juice with a little bit honey every hour.
- One teaspoonful of powdered cinnamon (tuj), boiled in a glass of water with a pinch of pepper powder and two teaspoonfuls of honey should be taken daily.
- A decoction of liquorice root (mulethi) is an effective remedy for laryngitis.
- Take one teaspoon ginger juice added to a half teaspoonful honey drop by drop retaining the juice in the mouth and throat.
- Fenugreek (methi) tea when had with some honey is very soothing for sore throats.
- An infusion of black pepper *or* tamarind (imli) is useful as a gargle to clear the voice.
- A few leaves of holy basil (tulsi) are boiled in water and taken as a drink and also as a gargle to relieve the sore throat.
- Drink of hot milk with powdered Embelic Myrobalan (amla) with sugar and powdered black pepper helps clear the throat.
- Juice of pineapple *or* fresh grapefruit (chakotra) is useful for speedy recovery.
- Tamarind (imli) water is a useful gargle against sore throat.
- An ancient remedy was to toast a thick slice of bread, soak it in very hot vinegar, squeeze out excess of moisture, wrap the toast in linen and apply it hot to the throat.

HOMOEOPATHIC REMEDIES

- In cases of pain as of a splinter in the throat along with dryness and hoarseness of voice and stitches in the throat extending to the ears when swallowing, Hepar Sulph 200C, four pills every four hours.
- In cases of chronic laryngitis of singers or public speakers with a sensation as if a splinter is present in the throat on swallowing with cough on singing high notes and a strong desire for sweets, give Argentum Nit 200C, four pills every four hours.

- Spongia 30C is a useful remedy for dry, barking cough with hoarseness and aphonia. The patient complains of a tickling in the throat, which is painful to touch and is better after eating.
- For inflammation of the larynx with a thick, yellow, stringy, sticky mucus in the throat with occasional coughs, Kali Bich 30C, four pills every four hours.
- Echinacea mother tincture, 10-20 drops is diluted in half a glass of warm water and used as a gargle thrice daily.
- In cases of follicular pharyngitis with loss of voice and sore throat with dark red *or* bluish red discoloration of the throat and the patient cannot swallow anything hot, Phytolacca 30C, four pills every four hourly till relief is obtained.
- For dry, painful and an inflamed larynx with violent tickling in the pharynx while speaking, Phosphorus 30C, four pills every six hours.
- Carbo Veg 200C for inflammation of the larynx and trachea with loss of voice especially in the evening and the patient wants to be fanned constantly.

TONSILLITIS

Tonsils are four small lymph glands located at the entrance of the throat with the function of preventing the entry of any bacteria *or* virus into the body. Thus 'tonsillitis' is a condition in which there is the inflammation of these palatine and lingual tonsils, with complaints of pain in throat, difficulty in swallowing, redness of tonsils, fever and pus in the crypts in severe cases. It is quite common in children, especially in those who sleep with their mouth open; but it is also found in adults, especially those who are immuno-compromised *or* those who are suffering from acute rheumatic fever *or* acute inflammation of the kidneys.

One should remember that the tonsils act as a protective mechanism by restricting the entry of bacteria and viruses into the respiratory tract. So the removal of tonsils is not the solution to this problem since then the bacteria and viruses will then get a free entry into the respiratory tract and lead to more severe complaints.

SOME HOME REMEDIES

- The patient can be given the soup of meat and pulses like moong and kulattha. Methi, bitter gourd, patola and young radish should be taken liberally. Avoid dry, hard, fried things, sour things, curd, buttermilk and sugarcane juice. Avoid taking spices in your meals. Eat lightly steamed vegetables.
- Half a teaspoonful of turmeric powder with a quarter teaspoonful of salt is added to a glass of warm water and given to the patient to gargle several times daily. This acts like a natural antiseptic and helps to reduce the pain and inflammation in the throat.
- Fresh limejuice mixed with a tablespoonful of each honey and ginger juice is very effective for the pain and congestion.
- A glass of fresh boiled milk, mixed with a pinch of turmeric and pepper should be taken every night.
- Drink plenty of water and fresh vegetable juices (carrot, beet and cucumber are beneficial).
- An infusion is made from a handful of fenugreek (methi) seeds and used as a gargle, when warm, thrice daily.

HOMOEOPATHIC REMEDIES

- In cases of chronic tonsillitis with stitches and smarting pains and the tonsils suppurating from every cold and the tonsils are inflamed with swollen veins, Baryta Carb 200C, four pills thrice daily.
- Echinacea mother tincture, 10-20 drops is diluted in half a glass of warm water and used as a gargle thrice daily.
- Belladonna 200C is a useful remedy where the throat, tonsils and the tongue are bright red and the person cannot drink water.
- In cases of acute tonsillitis with involvement of the right tonsil which is red, swollen with sharp stitching pains which radiates towards the ears, Guaiacum 30C, four pills every four hours.
- In cases of enlarged tonsils (especially the right tonsil) with the throat becoming a dark reddish blue color with the patient being unable to drink anything, Phytolacca 30C, four pills before and after meals. Gargling the mouth with Phytolacca mother tincture diluted in some water also helps.
- For red, swollen, painful inflammation of the throat with increased salivation, Merc Cor 200C, four pills every four hours.
- In cases of chronic suppurative *or* septic tonsillitis, Gunpowder 30C, four pills every six hours.

- In cases of tonsillitis, where the pain is worse by the slightest pressure and swallowing of liquids is much more painful than swallowing solids, with the pain occasionally traveling to the ears, Lachesis 200C, four pills once daily.
- In cases of pale swelling of the tonsils, Calcarea Phos 30C, four pills four times daily.
- When the right tonsil is inflamed give Merc-i-f 200C and in cases of inflammation of the left tonsil, give Merc-i-r 200C.

ADENOIDS

‘Adenoids’ are two small globular masses above the tonsils that help in resisting infection like the tonsils. It is a condition where there is inflammation *or* enlargement of pharyngeal tonsil *or* adenoid tissue, which especially occurs in children between the ages of five and seven who tend to breathe through the mouth and snore. This condition often disappears as the child grows older.

The child is asked to do the following exercise – close one nostril by pressure with a finger and breathe in and out a few times through the other nose. Then do the same exercise with the other nostril. Do this exercise for two to three minutes several times daily.

SOME HOME REMEDIES

- Avoid excessive salt and sugar, milk and milk products, bananas, fatty and fried food. Honey and jaggery should be used as a sweetening agent instead of sugar.
- The holy basil (tulsi) leaf juice with honey *or* Margosa leaf (Neem) juice is a useful remedy for adenoids.
- Carrot juice is an effective remedy for adenoids.
- Eating raw garlic on an empty stomach every morning *or* having a small quantity of garlic juice helps.

HOMOEOPATHIC REMEDIES

- Agraphis Nutans 30C, three pills should be taken thrice daily for a few weeks for adenoids with enlarged tonsils. This remedy is especially useful for throat and ear troubles with a tendency to free discharges from the mucous membranes.

- For adenoids in fat, fair and flabby children with cold clammy feet and a tendency to catch cold at every change of weather, give Calcarea Carb 200C, four pills twice daily.
- Sanguinaria Nit 200C is a useful remedy for adenoids with dryness and an obstructed feeling in the nose with occasional sneezing.
- For enlarged tonsils and adenoids in flabby children subject to recurrent colds, Calcarea Iod 200C, four pills thrice daily.
- In cases of mentally weak children with adenoids, Baryta Iod 30C, four pills thrice daily.

DISEASES OF THE SCALP AND HAIR

HEAD LICE

In this condition there is infestation of the hair with blood-sucking parasites, called as 'lice' (pediculus capitis), causing the child to itch uncontrollably along with redness of the scalp. Once they grab a head-hold, female lice lay upto ten new eggs daily. This condition is diagnosed by the presence of tiny, white or creamish oval eggs (also called as nits) that are seen attached to the base of the hair strands tightly and these parasites get transmitted easily between the schoolchildren.

Wet combing with a plastic detection comb for 30 minutes provides an alternative but there is no efficacy in this method.

SOME HOME REMEDIES

- Apply a mixture of garlic paste and limejuice to the hair roots and then wash the hair after two hours.
- After shampooing, one can use a mixture of equal parts of vinegar and water to rinse the head. Vinegar helps dissolve the dead nits and wash off their remains and also vinegar makes the hair look thicker and shinier.
- A paste made out of bitter almonds is applied over the scalp and then washed off after an hour or two.
- Use coconut oil with a pinch of camphor in it as hair oil. Apply fenugreek (methi) paste as a medicine and wash the hair once a week with very dilute camphor water.
- Washing the hair with a decoction of the leaves of the Margosa (Neem) tree, prepared by boiling a few leaves in some water will not only kill the lice but will also stop the hair from falling.

HOMOEOPATHIC REMEDIES

- Dilute 5 ml of Staphysagria mother tincture in 50 ml of water and scrub it gently at bedtime and keep it overnight. Shampoo the next day with a mild non-medicated shampoo and repeat this procedure for three consecutive days.
- Psorinum 200C, four pills once a week is given for two months.
- Wash the head and then bathe it with diluted Sabadilla mother tincture and then wash it again after an hour's time.
- In cases where the child has an oily sweat on the head with lice, give Mercurius 200C, four pills thrice daily.
- Sulphur 200C, four pills should be given once a week.

DANDRUFF

'Dandruff' is an infection where the yeast called as Pityrosporon ovale inflames the skin of the scalp and leads to the formation of dry flaky scales that form faster than normal and are shed off, thus resulting in intense itching as one of the main complaint. In certain cases the scalp becomes very sensitive and brushing the hair is a painful task. The most common cause of this condition is a lack of nutrition, i.e. dietary deficiencies and a poor blood supply to the scalp. The other causes are the use of alkaline products, allergic reactions, emotional stress, infrequent washing, hormonal fluctuations, certain illnesses, etc. Severe dandruff can also be a sign of diseases like some fungal infection or psoriasis.

Shampoo your hair twice a week with a non-medicated shampoo and leave the shampoo on the scalp for a full five minutes to allow it to act effectively. Also, when you are washing your hair, you have to really rub the scalp to help dislodge the excess cells. Massage the scalp gently with the fingertips in firm circular movements for at least half an hour daily, to improve the blood circulation.

SOME HOME REMEDIES

- Increase the intake of foods rich in vitamin A (like cabbage, carrots, spinach, turnip tops, whole milk and its products, liver, kidney, egg

yolk, oranges, dates and cod liver oil), fresh fruits, raw vegetables, whole grains, etc.

- Increase your intake of zinc (the sources of zinc are brewer's yeast, egg yolk, fish, lamb chops, legumes, lima beans, liver, lean meat, mushrooms, oysters, pecans, poultry, pumpkin seeds, sardines, seafood, soybeans and whole grains).
- Citrus fruits, bananas, dried, stewed or tinned fruits should not be taken. Also meat, sugar, refined flour, strong tea or coffee, condiments, pickles, refined and processed foods should be avoided as far as possible.
- Massage the scalp for at least half an hour with curd that has been kept in the open for three days, before going to bed.
- A teaspoonful of fresh limejuice is used for the last rinse, while washing the hair. This besides clearing out the dandruff will also leave the hair glowing.
- A mixture made from fresh Indian gooseberry (amla) juice and limejuice in equal quantities is useful as a shampoo. It helps not only to get rid of the dandruff but also prevents hair fall.
- Two tablespoons of fenugreek seeds (methi) are soaked overnight in water and the next morning the softened seeds are ground into a fine paste and applied all over the scalp and left on for an hour or so. The head is then washed thoroughly with shikakai.
- Stir a tablespoon of salt into a raw egg and rub it onto the scalp and wait for five minutes and then rinse it out and then shampoo it. Do this once a week.
- Wash the hair twice a week with two tablespoonfuls of green gram powder mixed with half a cup of curd.
- Massage the scalp with a diluted mixture of cider vinegar and water fifteen minutes before shampooing.
- Rub aloe vera gel on the scalp at bedtime and wash it the next day.
- The tops and roots of white beet are boiled in some water and this water is then massaged into the scalp with the fingertips every night.
- Massage the scalp with Brahmi hair oil twice daily.

HOMOEOPATHIC REMEDIES

- For dandruff mix 5 ml of Cochlearia Armoracia mother tincture in 50 ml of water and apply it over the scalp at bedtime and leave it overnight. The next day morning wash the head with a mild non-medicated shampoo and repeat this procedure for three consecutive days.
- In cases where the scalp is painful and itches intolerably and is covered with dry scurfy dandruff, Arsenic Album 30C, four pills four times daily.
- Kali Sulph 200C, four pills taken thrice daily for a few weeks is a useful remedy for yellow dandruff and scald head.
- For dry white dandruff flaking off, Natrum Mur 200C, four pills twice daily for a few days.
- For humid, itching eruption on the scalp with a fetid odor, Graphites 200C, four pills twice daily.
- Phosphorus 200C is useful for dandruff with intense itching of the scalp and falling of hair in patches.
- In cases of moist dandruff, Sepia 30C, four pills four times daily.
- When there is formation of thick, leathery crusts on the scalp with a lot of itching, Mezerium 200C, four pills thrice daily.
- In cases of thick scurf with itching and scratching that causes burning, Sulphur 200C, four pills once a week.

HAIRFALL AND EARLY GREYING OF HAIR

The hair root is encased in a follicle that is nourished by blood vessels. A youthful scalp contains approximately 100,000 to 200,000 hairs. Normally, an average person loses about 50-100 strands daily and the average hair grows only half an inch per month. Excessive loss *or* absence of hair is called as 'alopecia *or* balding'. Common causes of hairfall and early *pecacu* are – inadequate nutrition, heredity, stress, high fever, hormonal imbalance, side effect of some medication (cytotoxic agents, anticoagulants, antithyroid drugs and oral contraceptives) and certain illnesses (like anemia, thyroid disorders, autoimmune disorders, etc.). Alopecia areata appears as sharply defined non-inflamed bald patches on the scalp. Alopecia totalis is a condition where there is total *or* complete loss of the scalp hair and alopecia universalis signifies a complete loss of hair all over the body.

Avoid massaging the scalp vigorously. Massage the scalp gently with the fingertips. This increases the circulation and thus helps provide proper nutrition (through a blood circulation) to the hair follicle. Comb *or* brush the hair when it is dry since grooming it when wet can lead to breaking of the hair. Do not blow-dry the hair on a high setting.

SOME HOME REMEDIES

- Increase the intake of alfalfa sprouts, barley (jau) and oats, wheat germ, fish, meat, liver, cheese, milk, ghee, butter, eggs, fresh fruit (especially citrus fruits) *or* vegetable juices, green vegetables, parsley, broccoli, green pepper, peas, beans, prunes (dried plums), some berries and black currants. Avoid salt, spicy, hot and pungent food as far as possible. Taking a well-balanced diet with adequate proteins and iron, consisting especially of servings of seeds, nuts, grains, fresh vegetables, fish, chicken and fruits.
- Washing the hair with a paste of cooked black gram (urad dal) and fenugreek (methi) lengthens the hair.
- Applying aloe vera gel on the scalp is useful for hair growth.
- Apply fresh coconut milk to the hair roots all over the scalp twice a week for increasing the hair growth. Coconut milk is prepared by

grinding the coconut shavings and squeezing it well to remove the milk.

- A mixture of lettuce and spinach (palak) juice, atleast half a litre daily helps to increase the growth of hair.
- Lemon juice when taken internally or rubbed on the scalp at night proves to be useful to reduce the hairfall.
- Drink a glass of water containing one teaspoon of apple cider vinegar. Also apply vinegar to the bald spots with the help of a toothbrush.
- Grapefruit (chakotra) juice if taken daily gives some relief.
- Make a mixture of half a cup of castor oil (arandi), one cup of olive oil and two cups of coconut oil. Heat this and then store it and apply it after it cools.
- Apply a sliced onion over the bald spots in the evening and wash it the next morning.
- Using Indian gooseberry (amla) oil, made by boiling the dry Indian gooseberry fruits in coconut oil, is an effective remedy for stimulating hair growth. A mixture of an equal quantity of fresh Indian gooseberry juice and limejuice, used as a shampoo, also stimulates hair growth and prevents hair loss.
- Grind a few pieces of liquorice (mulethi) in milk with a pinch of saffron and this paste is then applied over the bald patches at night before going to bed.
- A fine paste is made from pigeon pea (arhar dal) or red gram and applied regularly on bald patches.
- Local application of til oil helps one get rid of early pecacu.
- Fresh leaf juice of amaranth (chauli) when applied to the hair will promote hair growth and make the hair softer.
- Massage a beaten egg on the head and then rinse it out and shampoo it.
- Washing the hair with a decoction of the leaves of the Margosa (Neem) tree will stop the hair from falling and stabilize its blackness. It will also kill the lice and make the hair longer.
- Henna leaves (mehndi) are ground to a paste and this is then boiled in mustard oil and the darkish oil is then filtered and used to blacken grey hair. The paste is applied to the hair and washed away after a few hours to dye the hair.

- Make a mixture from two tablespoons of vodka and one tablespoon of honey and one tablespoon of onion juice and apply it on the scalp daily.
- The seeds of lime and black pepper seeds are ground and made into a paste by adding it to plain water *or* ginger juice. This paste is applied on the bald patches once *or* twice daily for a few weeks to encourage growth of new hair
- Coconut milk is applied all over the scalp and massaged into the hair roots. Coconut milk is prepared by grinding the coconut shavings and squeezing them well.
- In pure coconut oil, the following ingredients are boiled – dry pieces of gooseberry, a few crushed capsules of Harir with red hibiscus flowers till the solid matter turns black. The oil is filtered and stored and is to be applied twice daily for a few months.
- Crush raw fruit of Indian gooseberry (amla) and apply over the head and allow it to dry for a few hours and then wash it off. This is a useful method for preventing premature *pecacu* of hair.
- Increase the intake of chutney made from curry leaves for hair growth since these leaves provide good strength and vitality to hair roots.
- Wash the hair with concentrated tea extract twice a week. This will gradually change the hair color from brown to black.
- In the olden days it was said that rubbing the nails of your palms with each other for three minutes continuously at least thrice daily helps hair growth.

HOMOEOPATHIC REMEDIES

- In cases of early *pecacu* and falling of hair after depressing emotions, Acid Phos 200C is a useful remedy.
- For dryness and bald spots Kali Sulph 200C, four pills thrice daily.
- Fluoric Acid 30C is another useful remedy for alopecia.
- Arnica 200C, four pills thrice daily.
- Phosphorus 200C is a useful remedy for falling of hair in large bunches in lean, thin, tall, narrow chested persons.
- For hairfall in patients after some kind of grief, Natrum Mur, Staphysagria or Phosphoric Acid 30C can be given according to the indications.
- In cases of hairfall from a debilitating illness, Cinchona 200C, four pills twice daily.
- In cases of hairfall with humid eruptions on the sensitive scalp, give Nitric Acid 30C, four pills four times daily.
- In cases where the hairfall occurs due to profuse perspiration, Mercurius 30C, four pills thrice daily.
- For alopecia Typhoidinum or Methotrexate 30C, four pills thrice daily can be given, according to their indications.
- Daily massage the scalp for five minutes with a mixture consisting of Pix Liquida mother tincture and water in 1:5 dilution.

DISEASES OF THE URINARY SYSTEM

RENAL CALCULI

Renal calculi (kidney stones) develop when the concentration of minerals in the urine like calcium, magnesium, phosphorus, uric acid oxalate *or* xanthine becomes too high thus resulting in a build-up of their crystals (which are normally flushed out of the system during urination) in the urinary tract. The signs and symptoms differ according to the size, shape, consistency and position of the stone and there can be cases where the renal calculi may be present for years together without giving rise to any kind of symptoms *or* signs. But more commonly, the stone formation can lead to an obstruction in the flow of urine and the patient may complain of pain in the back *or* the loin, which radiates round the flank to the groin and sometimes into the testis and is increased by any kind of movement. The patient also complains of a frequent desire to urinate, painful and scanty urination, nausea and vomiting, fever and occasionally red cells, white cells, proteins, sand *or* deposits in the urine. This is usually more common in males than females and heredity and a sedentary lifestyle plays an important causative factor.

The person is asked to take strict bed rest and an application of warmth to the painful area is advised. The patient is advised to increase the consumption of water and other fluids, which helps in increasing the production of urine and thus help in flushing out of the stone and the bacteria.

SOME HOME REMEDIES

- Avoid excessive intake of calcium *or* oxalate *or* proteins in your diet (i.e. avoid beef, cabbage, cashew nuts, cauliflower, cheese, chickoo, chocolate, cocoa, coffee, custard apple, eggs, figs, gelatin, herring, khus khus, kidney, liver, milk and milk products, molasses, paneer, pear, salmon, sardine, spinach, strawberries, tomatoes, yeast, etc.). Avoid taking beans and pulses in any form. Yellow variety of pumpkin, colocasia and lady's fingers are to be strictly avoided. White variety of pumpkin and gourd are useful for this condition.
- Take in more of barley (jau) water, coconut water, fruit juices, limejuice etc.
- Imbibing four to five bottles of strong, dark beer, heated almost to simmering, is a useful remedy for kidney stones.
- Make a decoction of kidney beans (Rajmah) and consume within twenty-four hours. Remove the beans from inside the pods, then slice the pods and put about sixty grams in four liters of hot water and boil them slowly for four hours. This liquid is then strained through fine muslin and then allowed to cool for about eight hours. Then 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.
- A few drinks of lemon juice daily will help reduce the uric acid stones.
- One teaspoonful each of holy basil (tulsi) leaf juice and honey should be taken daily for six months.
- Take two glasses of cranberry juice daily.
- Juice of watermelon should be taken daily for fifteen to twenty days since it is rich in potassium salts and is one of the safest and the best diuretics. Watermelon seeds are also useful for renal calculi.
- A regular intake of celery leaves (ajwan-ka-patta) is necessary (especially in those prone to stone formation) to prevent further stone formation.

- Aloe vera juice helps to reduce the size of the stone.
- The juice of the fig fruit *or* a decoction made out of figs (anjeer) helps to dissolve the stones.
- Ripe fresh apples and grapes are useful for renal calculi.
- Pieces of sugarcane chewed frequently help the stones to melt.
- The seeds of both sour and sweet pomegranates (anar) are a useful medicine for kidney stones. A tablespoonful of the seeds are ground to a fine paste and is given along with a cup of horse gram (kulthi) soup (two tablespoonfuls of horse gram should be used for preparing the soup) to dissolve the kidney stones.
- Chew two to three cloves of garlic daily in the morning.
- Chew about two to three cardamoms (elaichi) thrice daily after meals.
- Parsley, Red Clover, Uva Ursi, Pumpkin seeds and Watermelon seeds are useful herbal remedies for dissolving kidney stones.
- Take half a glass of radish juice daily for fifteen to twenty days in the morning.

HOMOEOPATHIC REMEDIES

- Berberis Vulgaris mother tincture, five drops in a tablespoonful of water to be taken every three to four hours, especially in cases where the pain is on the left side.
- Terebinth 30C, five pills thrice daily will also produce results in cases where there is bloody, scanty and offensive urine with constant pain in the loins.
- Lycopodium 30C, four pills thrice daily for red sandy sediment in the urine with complaints of pain in the right side with flatulence and constipation.
- Oxalic Acid 30C, four pills four hourly is useful especially in cases of presence of oxalates in the urine. The patient also complains of a burning pain in the urethra when urinating.
- In cases of agonizing pains on the right side with red urine with brick-dust sediment, Ocimum Canum 30C, four pills every three hours.
- Other remedies that can be used according to their indications are – Belladonna, Cantharis, Coccus Cacti, Erbium, Erigeron, Eupatorium

Pur, Formica, Lycopodium, Pareira, Sarsaparilla, Tabaccum, Urtica Urens and Uva Ursi 30C – five pills in the morning and at night.

URINARY TRACT INFECTION

Microbial colonization of urine and invasion of the kidneys, bladder, ureters and the urethra results in a urinary tract infection, which can be acute or chronic in nature and is defined by the presence of more than 100,000 organisms per ml in a midstream sample of urine. These are more common in females than males because of the shorter urethra and the close position of the urethral and vaginal opening and also the wrong habit of wiping the perineal region from back to front. The most common causative organisms are bacteria (like E. coli, pseudomonas, Klebsiella, streptococci and staphylococci), fungi and viral infections. Urinary tract infections can also be caused by altered pH of the vagina, certain general diseases like diabetes mellitus, AIDS, septicemia, etc. which tends to predispose to reduced immunity and increased cystitis. The patient complains of frequent urge to urinate and a scalding, burning pain in the urethra on passing urine. There may be a feeling of pain in the pelvis and lower abdomen (suprapubic) with symptoms of lassitude, anorexia, weakness and mild fever. The urine may become dark yellow or brown, appears cloudy and is has an unpleasant odor.

The patient is asked to drink a lot of water and liquids (atleast 10-12 glasses daily) and to go and void urine regularly, to flush out the toxins from the body. The person is asked to take proper rest and apply warm applications over the suprapubic region for relief of pain.

SOME HOME REMEDIES

- Half a glass each of barley (jau) gruel mixed with buttermilk and the juice of half a lime is a useful diuretic.
- Vegetables prepared from green banana, patola, bitter gourd (karela) and drumstick (saijan ki phalli) are very useful for this condition. Old rice, wheat, meat soup and moong dal can be given to the patient safely.

- White pumpkin should be given to the patient in large quantities. One to two glasses of juice of white pumpkin mixed with sugarcane juice can be given everyday.
- One glass of carrot juice, mixed with a tablespoonful of honey and a teaspoonful of fresh limejuice should be taken everyday, the first thing in the morning.
- Cucumber juice mixed with honey and fresh limejuice is a useful home remedy especially for cystitis.
- Eating two to three cloves of garlic daily is a useful remedy for cystitis.
- Pomegranate (anar) and Indian gooseberry (amla) in any form is useful for this condition.
- Take a pinch of cardamom (elaichi) powder with some milk.
- Spinach (palak) juice mixed with tender coconut water will prove to be quite helpful.
- The juice of black berry leaves (kalajam) is very effective for urinary disorders.
- Drink a glass of water containing two teaspoons each of apple cider vinegar and raw honey with each meal.
- A little fresh parsley cut up and sprinkled over salads or a cooked meal is a useful tonic for the kidneys and bladder.
- A teaspoonful of lemon juice should be put in 180 ml of boiling water and this is then allowed to cool and 60 ml of this water should be taken every two hours from 8 a.m. to 12 noon. This helps ease the burning pain and also stops bleeding if any.
- Fresh juice of flowers of drumstick (saijan ki phalli) mixed with half a glass of tender coconut water will act as a good diuretic.
- Radishes and watermelon are powerful diuretics, which stimulates the flow of urine. Juice of watermelon is given with sugar and cumin seeds (jeera) with beneficial results.
- Tender coconut water should be taken twice daily as an effective and safe diuretic.
- A decoction is made of 100 grams of ladyfingers and 200 ml of water and taken twice daily.
- Also betel leaf juice (mixed with dilute milk and slightly sweetened) is a useful diuretic.
- Vinegar and onions prepared in salads and served with meals are very useful.
- Nutmeg (jaiphala) is taken frequently in small doses.

- Drink of hot milk with jaggery *or* sugar and ghee is useful.
- An infusion *or* a decoction of raisins is given with sugar.
- Avocados, which are rich in mineral and low in protein content, are valuable as a staple food in this condition.
- Soak two tablespoons of coriander seeds (dhania) in a cup of water at night and crush the seeds the next morning and filter the water and add a pinch of sugar to it and take it.
- Runner beans (chauli) make a good medicine for kidney and bladder troubles associated with dropsy.
- Cranberry juice taken daily is very useful for this condition.
- Pineapple contains chlorine, which stimulates the activity of the kidneys and helps remove the waste products from the body and also relieves the body of dropsy.

HOMOEOPATHIC REMEDIES

- In cases of burning scalding micturation, with intolerable and constant urge to urinate, where passage of every drop is painful, Cantharis 30C, four pills every three hours.
- For suppressed *or* frequent and involuntary urination with stinging, burning pain with scanty, high-colored urine, where the last drop burns and smarts, give Apis Mel 200C, four pills every three hours till relief is obtained.
- Berberis Vulgaris mother tincture, five drops in a tablespoonful of water to be taken every three to four hours, especially in cases where the pain is on the left side.
- Uva Ursi 30C, four pills thrice daily, in cases of cystitis with intense burning pain after discharge of slimy *or* bloody urine.
- In cases of strong smelling urine, Nitric Acid *or* Benzoic Acid 30C, four pills every six hours.
- In cases of haematuria and where the smell of urine is like violets, Terebinth 30C, four pills every four hours. Also in cases of suppression *or* retention of urine, Terebinth 30C, four pills every three hours.
- For sudden and frequent urging to urinate with intense biting and itching deep in the urethra, Petroselinium 30C, four pills four times daily.
- Pareira Brava 200C is a useful remedy where the patient can emit urine only when he goes down on his knees, pressing his head firmly

against the floor with constant urging and pain down the thighs during straining to urinate.

- *Ocimum Can 30C*, four pills every four hours, in cases of highly acidic urine that is turbid, purulent and bloody with a brick-dust red *or* yellow sediment with pain in the ureters before and during micturation.
- In cases where there is dark bleeding with thick urine, *Thlaspi Bursa Pastoris* mother tincture.

BED WETTING

'Bed-wetting' or 'enuresis' refers to involuntary passage of urine in sleep, which is usually at night and then is termed as nocturnal enuresis. This is a common problem in children upto the age of five years, but it can occur in children upto the age of fifteen years *or* more. Women may become incontinent after hysterectomy *or* after numerous pregnancies (due to the weakened pelvic muscles). An enlarged prostate is often responsible for enuresis in the males. Bedwetting in a child occurs either because of genetic inheritance *or* because the nervous system is not yet mature enough to control the bladder; but the usual causes of bedwetting in a child is some kind of fear, stress, anxiety *or* some other emotional *or* psychological disturbances. About 5-10% of the cases can result from some pathology like childhood diabetes, paralysis of the spine, epilepsy, urinary tract infections, threadworms, etc. Treating the cause of the enuresis is of utmost importance to stop the habit completely.

Reduce the amount of fluid just before the child goes to bed. Make the child urinate before he goes off to sleep and also wake him up in the middle of the night to urinate. Do not punish the child *or* be too overanxious about the problem. Whipping the child *or* punishing him is no solution to the problem. He should not be humiliated in front of other family members since that will only increase the problem. The child doesn't do it in purpose and has often no control over this problem. He should be shown affection and an atmosphere of friendship should be created amongst his brothers and sisters. The child should be talked to and taken for a walk by the parents every evening to help him overcome any fear if present and make him feel more secure and loved. In cases of bed wetting in elderly children, make them learn exercises and gymnastics to make their will stronger and to make them exercise better control over their bladder.

SOME HOME REMEDIES

- The children should not be given food that can increase the quantity of urine, especially in the night; like asparagus, celery, cucumbers, watermelons, etc. Also avoid giving chocolates, tea, coffee, milk, soft drinks and spicy *or* sour food.
- Give a small piece of jaggery *or* jaggery laddoos at bedtime to the child who bed wets.
- Give a tablespoonful of pure, raw honey at bedtime regularly for a month.
- Chewing cinnamon (tuj) sticks just before retiring is thought to have an astringent effect on the urinary system and thus prevents any enuresis.
- Make a powder from one tablespoonful of black sesame seeds (til) and one teaspoonful of aniseeds (saunf) and mix it with two tablespoonfuls of jaggery and give it to the child twice daily. This helps to strengthen the bladder.
- Make the child swallow half teaspoonful of gingelly with quarter teaspoonful of ajwain with a little water.
- Give two walnuts (akhrot) and a few raisins daily to the child.

HOMOEOPATHIC REMEDIES

- In cases of incontinence of urine in the first part of sleep, Sepia 30C, four pills thrice daily.
- In cases of simple nocturnal enuresis, in profound sleep, Belladonna 30C, four pills every four hours.
- In cases of incontinence in children with dreams *or* nightmares when passing urine, Equisetum mother tincture, eight to ten drops in half a cup of water, thrice daily. This remedy is also useful for incontinence in old women along with involuntary passage of stools.
- In cases of involuntary urination in children who are difficult to awaken and when the enuresis occurs in the first half of the sleep, give Kreosote 30C, four pills thrice daily.
- In cases of incontinence in children due to irritation from the worms, Cina 30C, four pills thrice daily.
- For involuntary urination at night when coughing *or* passing flatus, Pulsatilla 200C, four pills every six hourly.

- For involuntary urination especially in cases of diabetics, Uranium Nitricum 200C, four pills twice daily.

BENIGN ENLARGEMENT OF THE PROSTATE

This is seen commonly in men over sixty years of age. The prostate gland produces a fluid that keeps the sperms healthy and mobile. It is placed just below the bladder and is the size of a chestnut, with the urethra (the tube that carries urine from the bladder to the tip of the penis) passing directly through the middle of it. Swelling of the prostate gland may lead to just some discomfort and is completely harmless, but occasionally it can cause progressive obstruction to the urinary flow if the swelling is pressing down on the urethra. No one knows the real cause for the enlargement of this gland, though hormonal change is believed to be contributory.

In this condition, there is a gradual increase in the volume of urine that remains in the bladder after micturation and so there is a frequent desire to urinate, though each time the quantity of urine passed is not too much and the person has to wait for some time before being able to void his bladder. Also the patient comes with complaints of disturbed sleep since he has to wake up a few times at night also to pass urine. There may occasionally be some interference with the passage of urine and the patient may complain of an interrupted flow. In rare cases haematuria may occur due to urethral bleeding.

Cigarette smoking and excessive consumption of alcohol may be contributory to the prostatic enlargement and so one should stop smoking and drinking.

SOME HOME REMEDIES

- The person is asked to take a diet less in fat (especially saturated fat) and high in beta-carotene since it is known to affect the hormonal balance within the prostate favorably and may even block the onset of cancer at several places including the prostate. Thus a person is asked to take in more of fresh vegetables.
- Pumpkin seeds are rich in unsaturated fatty acids that are essential for the health of prostate glands. The seeds may be taken in the form of powder sprinkled over cooked vegetables or mixed with wheat flour to be taken in the form of chapattis or mixed with honey or milk.

- Fresh fruit and vegetable juices, especially a combination of carrot and spinach (palak) juice has been found to be beneficial in these conditions.
- Foods rich in Vitamin E are taken – avocados, brown rice, cold-pressed vegetable oils, corn meal, dry beans, fresh vegetables (like asparagus, broccoli, cabbage, carrot, green leaves, legumes, parsley, spinach, sweet potatoes and tomatoes), fruits (like apples, peaches and dried plums, which are also called as prunes), homemade cottage cheese (paneer), nuts, oatmeal, organ meats, peanuts, sprouted grains, sunflower seeds, unpasturised milk, wheat germ and its oil and whole-grain cereals; which should be taken liberally.
- The mineral zinc has also been found to be useful in the treatment of prostate disorders. The sources of zinc are brewer's yeast, egg yolk, fish, lamb chops, legumes, lima beans, liver, meat, mushrooms, oysters, pecans, poultry, pumpkin seeds, sardines, seafood, soybeans and whole grains.

HOMOEOPATHIC REMEDIES

- In cases of involuntary urination in old men with prostate troubles and loss of sexual power, where the person fears going to sleep since he knows he would have to wake up often to pass urine, Sabal Serrulata mother tincture, ten to fifteen drops in half a cup of water thrice daily.
- For frequent urination at night with a full feeling and pressure in the rectum, Ferrum Picricum 30C, four pills thrice daily.
- When the person has to strain a lot before the flow comes out and where the prostatic enlargement is associated with a lot of irritation and loss of prostatic fluid, Chimaphila mother tincture, ten drops in half a cup of water thrice daily.
- For enlarged and indurated prostate with emission of prostatic fluid and frequent and urgent desire to urinate with pain and burning at the neck of the bladder with a split stream and sensation of trickling after urination, Thuja 200C, four pills twice daily.
- Enlarged prostate especially in the elderly, with premature impotence, induration of the testicles and slowness in general, Baryta Carb 200C, four pills twice daily.

- When the urine flows very slowly with increased micturation especially in the night in men who have a history of gonorrhoeal infection, Medorrhinum 200C, four pills once daily.
- For prostatic enlargement with great heat and constant urging to urinate with involuntary emissions, Senecio Aureus 30C, four pills thrice daily.
- In cases of enlarged prostate where the urine is difficult to start with great thirst, Hydrangea mother tincture seven to ten drops in half a cup of water thrice daily.

EPILEPSY

'Epilepsy' means a tendency to have seizures and is a symptom of brain disease where there are periodical changes in the neurological function, which is often accompanied by alterations in consciousness due to excessive, abnormal, electrical impulses from the nerve cells within the brain. The epileptic seizures are divided into generalized *or* partial seizures. In generalized seizures (grand mal) the patient gets an aura that is followed by loud crying, biting of his own tongue, increased salivation *or* he develops froth at the mouth, there may be violent jerking of limbs, he may urinate *or* defecate and there can be resultant sudden loss of consciousness with total loss of memory for the attack. The 'petit mal' type of epilepsy is the one that is usually seen in small children with complaints of cessation of mental activity for a few seconds, without loss of consciousness and without the patient realizing what had happened. These are also termed as absence attacks, where the person *or* the child becomes absent from his surrounding for a brief period of time and any movements of the lid, lip and tongue are possible. Continuous convulsive movements without any epileptic free periods and without the patient regaining awareness between the attacks, usually lasting for more than twenty-four hours is called as 'status epilepticus'.

The patient usually comes with a history of involuntary urination and defecation, head injury, high fever, difficult labor, metabolic disorders (hypoglycemia, hypocalcaemia, hyponatraemia, hypomagnesaemia, renal failure *or* liver failure), certain drugs (penicillin, isoniazid, antimalarials, pecacuanha , phenothiazines, tricyclics, lignocaine, etc.), tumor,

hydrocephalus, infections (meningitis, encephalopathy), cerebrovascular accidents, multiple sclerosis, SLE or excessive intake of alcohol.

An epileptic patient is not allowed to drive, cycle or swim and not allowed to work near fire, machinery or water, since the patient can get an attack at any time and any place. The patient should take only a shallow bath, without locking the door and that too when someone is present in the house. The patient should be reassured that a normal life is possible, along with medications. Guidance regarding education as well as vocation and sports is necessary. The child can take normal education and should not be segregated from others.

During an attack, put the patient in a semi prone position with head low and roll the patient onto any side to let the secretions flow out of the mouth, instead of it getting aspirated into the lungs and leading to further complications. Ensure that the airway is clear. Pressing the tongue down with the help of a spoon is necessary to prevent a tongue bite and is also useful to prevent the falling back of the tongue (leading to respiratory obstruction). For convulsions that occur in small children, immerse the legs of the child in hot water for five to ten minutes after which if the attack goes away, the child should be wiped dry. If the child is not better or if the attack occurs again, follow the same procedure again and also apply some cold water simultaneously to the head of the child.

The person who had an epileptic attack may occasionally be drowsy and confused for about half an hour to one hour and should not be left alone until he has recovered completely. If the convulsions continue for more than five minutes or if it recurs without the person getting conscious, one needs immediate medical attention.

Ask the person to avoid all kinds of mental and physical stress and especially to avoid any kind of excitement since that can trigger off an epileptic attack. He should preferably form a routine with fixed timings for meals and rest.

SOME HOME REMEDIES

- The patient is advised to take a high fat diet and is also advised to take in a lot of fresh green vegetables (especially spinach), beetroots, milk and milk products, fruits, nuts and seeds (especially the sprouted ones, like alfalfa seeds and moong). Avoid taking any meat and animal products (except milk), refined and processed food, sugar, excess salt, tea, coffee, condiments, pickles and alcohol.

- Food items rich in Vitamin B (like rice, cereals, green leafy vegetables, carrots, peanuts, etc.) should be taken regularly.
- Pumpkin juice is mixed with liquorice (mulethi) and taken daily.
- Regular intake of fruits or fresh fruit juices of oranges, apples, grapes, grapefruit (chakotra), figs (anjeer), peaches, pears, pineapple and melon prove to be useful. The juice of fresh grapes is especially useful and about 500 ml of it should be taken thrice daily for three months.
- Chewing two to three cloves of garlic daily in the morning helps reduce the frequency of the attacks.
- The juice of carrot mixed with the juice of beetroot or cucumber, taken twice or thrice daily proves to be useful.
- Onion juice (especially from the white onions) should be taken daily to help get rid of the problem.
- A mixture made from Margosa (Neem) leaves and long pepper (pipli) is useful when taken twice daily.
- A teaspoonful of the juice of the herb Brahmi Booti sweetened with a teaspoonful of honey should be given to the patient thrice daily.
- Vitamin B6 or pyridoxine is considered to be especially useful in epilepsy. The vegetable sources of this vitamin are rice, milk, brewer's yeast, cereals, legumes, green leafy vegetables, carrots and peanuts. In the supplement form about 100-150 mg daily of this vitamin should be taken along with other B complex vitamins.

HOMOEOPATHIC REMEDIES

- In cases of sudden seizures in infants and children with a hot, red skin, flushed face, glaring eyes, throbbing fontanelles, hyperaesthesia of all senses with dryness of mouth and where the epileptic spasms are followed by nausea and vomiting, give Belladonna 30C, four pills every hour.
- Absinthium 30C is a useful remedy for petit and grand mal epilepsy where nervous tremors precede the epileptic attack. The patient also complains of sudden giddiness with hallucinations followed by loss of consciousness.
- For epileptic convulsions that are worse during menses and during pregnancy, occasionally associated with twitching of the facial muscles, trismus, foaming at the mouth and locked jaw, Oenanthe Crocata 200C, four pills thrice daily.

- Artemisia Vulgaris 200C is a useful remedy for petit mal type of epilepsy especially in children and in young girls after fright or other violent emotions. It is also useful in cases where the epilepsy is worse at puberty and during menses.
- When the convulsions occur as a result of concussion to the brain with the head turned or twisted to one side and also in cases when there is bending of the head, neck and spine backwards and the patient is violent with moaning and howling, Cicuta Virosa 200C, four pills every four hours.
- For convulsions and spasmodic affections brought on by fright, where the patient complains of nausea and an aura in the knee that ascends upwards followed by unconsciousness, foaming at the mouth and convulsions that begin in the fingers and toes, Cuprum Met 200C, four pills every four hours.
- Chamomilla 30C is a useful remedy where there is convulsive jerking of the limbs, twitching of the facial muscles and eyelids with constant moaning and motion of the head from side to side, followed by drowsiness or loss of consciousness, redness of one cheek and paleness of the other.
- For fits caused by fright and attended with much trembling of the whole body and loud screaming during the fits or in cases where the convulsions come on in sleep with a lot of drowsiness and constipation, Opium 30C, four pills four times daily is a useful remedy.
- Bufo 30C, four pills thrice daily for chronic epileptics with a tendency towards masturbation at a very early age, getting seizures in their sleep or during menses.
- In cases of epilepsy caused by fright in stammerers where the upper extremities and isolated groups of muscles are affected, Stramonium 30C, is a useful remedy.
- For epileptic attacks that end in deep sleep where the child cries and sobs without waking, Hyoscyamus 200C, four pills thrice daily.

EYE COMPLAINTS

IRRITATION IN THE EYE

Irritation of the eye can result from presence of a foreign particle in the eye *or* due to straining the eye for long. If you are wearing contact lenses, take them out immediately. Do not itch *or* rub the eyes vigorously since that will only increase the itching and the irritation and lead to further complications. Press gently on the inner corner of the eye towards the nose and at the same time draw the outer corner downwards; this will make the tears flow and wash the foreign substance towards the inner corner, from where it can be easily removed. If the irritation persists for long *or* if it is associated with lachrymation (watering from the eyes) and redness of the eyes, it is better to get it checked by an ophthalmologist as soon as possible.

SOME HOME REMEDIES

- First of all wash the eye with cold water and then apply a cold compress over the eyes, made by wetting a small gauze-piece with cold water. This compress should be used as frequently as possible and for as long as possible.
- Splash cool water in the eye till the time the irritation decreases and if it doesn't go, then a few drops of rosewater can be instilled in both the eyes.
- One drop of ghee *or* honey in each eye is a good cleanser.
- In cases of burning in the eye, first rinse it with cool water as described above and then rinse the eye with tea after allowing it to cool upto room temperature. The eyes should then be covered with cold, wet tea bags. The tannic acid in the tea bags will soothe and cool down the itch and the irritation. Wrap the teabags with paper towels to avoid any staining of the eyelid.
- The eyes can also be covered with slices of raw potato (which help draw the toxins out of the eyes) until the pain reduces.

HOMOEOPATHIC REMEDIES

- Coccus Cacti 30C, three pills four times daily.
- Euphrasia mother tincture is diluted with water and used as eyewash. Also Euphrasia 200C, four pills is administered internally every four hours.
- Ruta 200C is a useful remedy for irritation in the eyes and headache following eyestrain. The eyes become red, hot and painful from sewing or reading fine print.

BLEPHARITIS AND CONJUNCTIVITIS

‘Blepharitis’ is a term used to indicate inflammation of the eyelids due to the infection of the oil-producing glands in the eyelids. In this condition there is an exudation of a sticky discharge that makes the eyelids stick together, which is seen especially on rising in the morning. This discharge then dries up and forms crusts along the eye margins, which are difficult to detach. There is also redness and irritation in the eyes along with this discharge.

‘Conjunctivitis’ (or pinkeye) is a term used to signify an inflammation of the conjunctiva (a thin membrane covering the white part of the eye) resulting in red, itchy, watery eyes and is also accompanied by a yellowish, crusty discharge. The common causes are entry of some foreign body into the eye like dust or some polluting factors; or an infection resulting from some bacteria or viruses; or some kind of allergy. It can spread by hand-to-hand contact and so it can be contagious. Also remove the contact lenses once you feel that you have an irritation in the eye since it could aggravate the condition. Wear glasses instead of the lens. Applying a cold compress over the eyes is very soothing and also decreases the irritation in the eyes. In cases where there is some discharge oozing from the eyes make it a point to wash or wipe the eyes with a wet cloth every few hours. The crusty, sticky margins can be cleaned by dipping a cottonball in a solution made by dissolving a quarter teaspoonful of salt in a tablespoonful of warm water and rub it along the eyelash.

SOME HOME REMEDIES

- Food items rich in Vitamin A (like carrots, green leafy vegetables, mangoes, milk and milk products, papayas, pumpkin, tomatoes, etc.)

and Vitamin B2 (almonds, bananas, citrus fruits, green leafy vegetables, milk, tomatoes, etc.) should be taken in more quantities. Avoid excessive intake of starchy and sugary foods.

- Drink a glass of lemon juice before breakfast. Also instilling a few drops of limejuice in the eye is useful.
- Placing a thin slice of raw cucumber *or* raw potato over the eyelids proves to be soothing.
- A drop *or* two of honey is poured into the inflamed eyes to give immediate relief.
- Drinking a glass of carrot and spinach (palak) juice in equal quantities daily is useful for the eyes.
- Apply a cloth-wrapped poultice of warm, cooked apples over the eyelids.
- A decoction made from coriander seeds (dhania) in water is useful to relieve the burning pain and swelling of conjunctivitis.
- Applying compresses of moistened, cold tea bags proves to be useful.
- The juice of Indian gooseberry (amla) mixed with honey is useful when taken twice daily.
- A decoction of turmeric is cooling to the eyes and so is used as eyewash *or* as a compress over the eyes.
- Clear coconut water is a useful eyewash because of its nutritive, non-irritant and soothing effect.
- For soothing eyewash, stir a quarter teaspoon of baking soda *or* honey in half a cup of water.
- An infusion is made from the herb Eyebright and taken in small glassful doses thrice daily.

HOMOEOPATHIC REMEDIES

- Euphrasia 30C, five pills taken every three hours, is a useful remedy for catarrhal conjunctivitis with profuse, acrid lachrymation with frequent inclination to blink. Also Euphrasia mother tincture when used after diluting it in some water makes a good eyewash.
- For acute conjunctivitis with red, dry, swollen eyes with shooting pains in the eyes, Belladonna 200C, four pills every four hours.
- Pulsatilla 200C, four pills taken every four hourly is a useful remedy for conjunctivitis and inflamed and agglutinated lids with a lot of bland lachrymation worse in wind and the eyes are very sensitive to light. In

the morning there is a thick, profuse, yellow, bland discharge from the eyes with a lot of itching and burning.

- For blepharitis with burning in the eyes with acrid lachrymation and intense photophobia, Arsenic Album 200C, four pills every four hourly.
- For pustular inflammation of the conjunctiva, Ant Tart 30C, four pills every four hours.
- In cases of blepharitis with red and swollen eyes with dry lids, Graphites 200C, four pills every four hours.
- In cases of profuse, burning, acrid discharge from the eyes with red, thick and swollen lids think of Merc Sol 200C.
- For pustular inflammation of the eyes with profuse yellow pus from the eyes and also in cases where the lids are inflamed, agglutinated and swollen give Rhus Tox 200C, four pills thrice daily.
- If the inflammation is going on to ulceration of the cornea, Merc Cor 30C, three pills every four hours.

MYOPIA

Myopia or shortsightedness refers to the inability to see *or hazy or blurred* vision on seeing things that are at a distance; e.g. the blackboard at school, the screen in a cinema hall *or* the TV screen may start looking blurred and the eyes of the sufferer may start watering due to the strain on the eyes. There may be itching and heaviness in the eyes and the patient may complain of a mild headache due to the eyestrain. Myopia may result especially in cases where the child *or* the person is reading in dim light, reading in moving vehicles *or* from watching too much of television. The other causes of myopia are mental strain, wrong food habits and improper blood and nerve supply. Mental strain correspondingly puts physical strain on the eyes, their muscles and nerves.

SOME EXERCISES

All eye muscle exercises should be performed while being seated comfortably and in a relaxed atmosphere.

- Move the eyes up gently and slowly in a circle, then move them down in the reverse direction. Do this four times and then rest for a second *or* two and repeat the movement two to three times, using minimum effort. Do this a few times daily.

- Rotate the neck in circles and semi-circles. Move the shoulder clockwise and anti-clockwise briskly, drawing them up as far as possible several times. Bend the head forwards and backwards as far as possible several times. Turn the head to the right and to the left as far as possible several times. These exercises help to loosen up and relax the contracted neck muscles that may restrict blood supply to the head.
- Keep the head still and relaxed and gently move the eyes up and down six times. Repeat the same movement 2-3 times at two-second intervals. The eyes should move slowly and regularly as far down as possible and then as far up as possible.
- Move the eyes from side to side as far as possible, without any force or jerky movements six times. Repeat this two to three times daily.
- Sit on a bench facing the sun with your eyes closed and gently turn the head from side to side several times for about ten minutes. Then open the eyes and blink about ten times at the sun and then look at some greenery. This helps to relieve shortsightedness.
- Hold the index finger of the right hand about eight inches in front of the eyes, then look from the finger to any other large object ten or more feet away (e.g. the door or the window). Look from one to the other ten times. Do this exercise frequently throughout the day.
- Splash plain, cold water several times on the eyes when closed. This helps to cool the eyes and boosts its blood supply.

SOME HOME REMEDIES

- Natural, uncooked foods especially fresh fruits (like oranges, apples, grapes, peaches, plums, cherries) and fresh green vegetables (like lettuce, cabbage, spinach and turnip tops), root vegetables (like potatoes, turnips, carrots, onions and beetroots), nuts, dry fruits and dairy products should be taken liberally. Jams, pastries, refined and processed products, white bread, tea, coffee, meat, fish and eggs are better to be avoided. Genuine wholemeal bread is useful.
- Having a diet rich in vitamin A is of utmost importance. The rich sources of this vitamin are raw spinach (palak), lettuce, carrots, cabbage, tomatoes, turnip tops, green peas, soya beans, cod liver oil, fresh milk and its cream, cheese, butter, egg yolk, liver, wheat germ, oranges and dates. If the person wants to just take a supplement, 25,000 IU of Vitamin A is recommended.

- Two glasses of carrot juice should be taken daily for a few months.
- Instill two drops of black holy basil (tulasi) juice into the eyes daily at bedtime.
- Bilberry is a well-known herb for poor vision. It can be taken in the capsule form – one capsule thrice daily *or* 15-40 drops of the extract of the herb is taken in water *or* juice thrice daily.
- Putting a few drops of castor oil (arandi) into each eye and rubbing some on the top of the scalp before bath helps.

HOMOEOPATHIC REMEDIES

- Physostigma 30C, four pills taken every six hours is an excellent remedy for increasing myopia with irritability and spasm of the eye muscles after straining the eyes for long.
- Pilocarpus 30C, four pills thrice daily is a useful remedy for myopia resulting after eyestrain and where the eyes tire from the slightest use with a smarting pain in the eyes.
- Where there is some disturbance in the muscular function resulting in blurred and double vision with heaviness of the eyelids, Gelsemium 200C, four pills four times daily.
- For red, hot and painful eyes with disturbances of accommodation resulting from eyestrain (e.g. from sewing *or* reading fine print) Ruta 30C, four pills thrice daily.
- For myopia with double vision, where the letters seem to move *or* swim, associated with twitching of the lids and eyeballs, Agaricus 200C, four pills thrice daily.

STYE

A 'stye' is a small, painful, red boil *or* abscess, which is the result of an inflamed and infected hair follicle *or* an infection of one *or* more of the sebaceous *or* meibomian glands lining the edge of the eyelid. This condition can occur by itself *or* it can be associated with inflammation of the conjunctiva *or* the iris. The staphylococcus organism is the one of the most common causative factors for this condition.

A 'chalazion' is a red boil that forms on the inner surface of the eyelid when one of the oil gland gets blocked due to some reason. This can also present with complaints of redness and pain in the eyes and a sensation as if a foreign body is present in the eyes and can be accompanied with some kind of discharge.

Plucking the infected eyelash *or* applying warm, moist compresses usually helps to break open the styne and drain out the pus. Avoid applying any eye makeup since that will hamper the healing process. The patient should give proper rest to his eyes and not remain awake for long at night. He should avoid reading and straining his eyes too much. Also advice the patient to avoid going out in the sun as far as possible. It is important to ask the patient to avoid touching *or* scratching the styne since that could spread the infection to the other eye.

SOME HOME REMEDIES

- Take a lot of fresh juicy fruits and raw *or* lightly cooked green vegetables and some nuts and dry fruits like walnuts, dates, raisins, figs (anjeer), etc.
- Soak a few almonds overnight and then the next morning grind it into a paste and take this regularly after meals for a few days.
- Adding a few drops of rose water in the eye proves to be soothing.
- Make a poultice of black tea and place it moist over the eye especially at night on going off to sleep.
- Applying a paste made from cloves (lavang) over the styne helps.
- A paste made from red sandalwood known as raktachandan when applied locally over the styne, acts as an astringent and has a cooling effect.
- A paste made from red lead (sindoor) moistened with water should be applied locally on the styne.
- Aloe Vera gel can be applied to the styne several times daily.

HOMOEOPATHIC REMEDIES

- For styes that tend to recur, but keep changing the spot of affection, with itching and burning in the eyes and the eyes get agglutinated on waking in the morning, Pulsatilla 200C, four pills thrice daily.
- Staphysagria 30C, four pills thrice daily, for recurrent styes and chalazions in very sensitive individuals.

- For recurrent styes in women who have become indifferent to household duties and also in cases where there is induration of the styte, Sepia 200C is a useful remedy.
- In cases where suppuration takes place in the styte, Hepar Sulph 30C, four pills every four hours.
- In cases of obstinate indurations in the eyelid, especially if the corners of the eyelid are hot and dry *or* in cases where there is a profuse flow of tears in open air, Thuja mother tincture is applied locally over the night and in the morning.

CATARACT

The gradual loss of transparency of the lens of the eye, resulting in cloudy *or* distorted vision (because of blockage of the passage of light

through it) due to lack of proper nourishment to the lens, optic nerves and muscles is termed as 'cataract'. Cataracts are usually common in the elderly but can also occur in newborn babies as a result of some infection. Other causes of cataract are stress and strain; excessive intake of alcoholic drinks, sugar and salt; dietetic errors; smoking; certain physical ailments like gastro-intestinal or gall-bladder disturbances; diabetes; vitamin deficiencies; fatty acid intolerance; aging; radiation; side-effects of drugs like steroids; etc. The first sign that the patient comes with is of blurred vision, which is better in twilight and worse in full daylight. As the disease progresses, the patient may complain of double vision, spots in the area of vision or both. In advanced stages, objects and persons may appear as mere blobs of light and there is a grayish-white discoloration in the pupil. Avoid exposure to excessive heat and sun.

SOME HOME REMEDIES

- The patient is advised to include the following items in daily diet – rice, wheat, moong dal, banana (both ripe and green), methi, spinach (palak), patola, drumsticks (saijan ki phalli), ladyfingers, grapes, pomegranate (anar), apples and oranges. Pungent, bitter, sour and salty food preparations should be avoided. Do not use sea-salt; use only rock salt and that too in small quantities. Cow's ghee, milk and butter in limited amounts are useful. Potatoes (especially if boiled), white bread, cream, refined cereals, alcoholic drinks, strong tea or coffee, pickles and sauces should be avoided.
- Taking a lot of fresh fruits (especially citrus fruits like oranges, grapes and lemons) and vegetables (like carrots, broccoli) help in providing the necessary vitamins, which prove to be useful.
- Increase your intake of Vitamin E (found in vegetable oils, wheat germ and nuts); beta-carotene (found in yellow, orange and green leafy vegetables) and selenium (found in whole-grain cereals, brown rice and oatmeal).
- In the initial stages, when the cataract starts developing, use juice of lemon as an eye drop twice a day for several days.
- A mixture of carrot and beetroot juice, taken twice daily, is an efficacious remedy for cataract.
- Garlic cloves if chewed raw daily can clear the crystalline lens of the eye.

- A few drops of pure unprocessed honey if taken orally or if put in the eye tends to be useful.
- Spread the peeled, grated raw potato between pieces of gauze and place it over the eyelid for an hour or more each day.
- Place two drops of linseed oil or cod liver oil in the affected eye each night.
- Take about seven to eight kernels of almonds and ground it into a powder along with half a gram of black pepper in half a cup of water and add a teaspoonful of sugar to it. This drink will help regain the vision to some extent.
- An equal quantity of aniseed (saunf) and coriander powder is mixed with one teaspoonful of brown sugar and taken twice daily to improve vision.

HOMOEOPATHIC REMEDIES

- Cineraria eye drops; one drop is instilled four to five times a day in each eye, for the cure of cataracts.
- In cases of a soft cataract with dimness of vision and spots before the eyes on trying to read, Colchicum 30C, four pills twice daily.
- In cases of capsular opacity, Euphrasia mother tincture ten drops in a cup of water to be taken thrice daily.
- For cataracts with sensation as if everything were covered with a mist or veil and black spots seem to be floating before the eyes, Phosphorus 200C, four pills thrice daily.

- In cases of cataract resulting from an injury, Conium 30C, four pills twice daily.
- Quassia 200C, four pills four times daily is another useful remedy for cataracts.
- For hard cataract, Calcarea Fluor 30C, four pills twice daily.
- Naphthalene 30C is a useful remedy for opacity of the cornea, especially in cases of soft cataracts.

FEVER

Fever is the body's natural defense mechanism and a good sign to indicate that the body is fighting against invading organisms, but it can also occur from overexposure to heat *or* cold. When the body temperature goes over the normal level (which is 98.6 degrees F in the mouth and 97.6 degrees F in the armpit), it is termed as 'fever'. Some of the other symptoms which indicate that a person is suffering from fever are – hot, dry *or* flushed skin, chilliness, shivering, a rapid *or* slow pulse, malaise, bodyache, decreased appetite, thirst, headache, cold and cough etc.

If the patient feels hot and sweaty, taking a lukewarm bath will help the body to cool off slowly. Consult your doctor, if the fever lasts for more than three days *or* if the temperature is more than 101 degrees F *or* if the fever is associated with severe headache, stiff neck, rash, confusion, back pain, excessive vomiting, excessive diarrhea, painful urination *or* in cases where the patient becomes vague *or* comatose along with the fever.

SOME HOME REMEDIES

- Eat minimum if required, but drink more fluids. Light coffee and tea are useful beverages to bring down the fever and increase the perspiration, because of the caffeine content in it. Give more of warm soups (preferably vegetable and onion juice), ginger ale and diluted fresh fruit juices (especially ones made from apples, oranges, grapes, cherries and pineapple).
- The juice of half a lemon and a tablespoonful of honey when mixed with some warm water provide energy to the patient.
- Orange juice is the ideal liquid food in fevers, since it provides energy, increases the urine output and thus helps to flush out the toxins from the body naturally. In the start of the fever it is useful to keep the patient only on warm orange juice, given every two hours for a period of twelve

hours and then slowly start giving the patient all kinds of fruits for a day or two, followed gradually by a well-balanced food diet.

- Half a glass of fresh grapefruit (chakotra) juice should be taken with an equal quantity of water twice daily. It not only quenches thirst but will also remove the burning sensation produced by the fever.
- Soak about twenty-five raisins in half a cup of water and then crush them in the same water. They are then strained and the skin discarded. The raisin-water thus prepared becomes a tonic, to which half a teaspoonful of limejuice is added to enhance its taste and usefulness. This should be taken twice daily.
- Mix half a teaspoon of turmeric powder in a glass of warm milk and take it twice daily.
- Tea made from fenugreek (methi) seeds is to be taken twice daily. It acts as a useful cleanser and is a soothing drink during fever.
- Coriander seed (dhania) decoction with little milk and sugar is also useful.
- Chew a few garlic cloves or have a little bit of garlic juice three to four times daily to decrease the fever.
- Cumin seeds (jeera), preferably in the powdered form, in combination with old jaggery are given in the form of small pills at bedtime to induce perspiration.
- Mix a quarter teaspoonful of pepper powder with a teaspoonful of honey and a teaspoon of ginger juice and give it to the patient three to four times daily.
- The juice of holy basil (tulsi) leaves mixed with some ginger juice should be taken twice daily for relief. Adding crushed ginger to tea during its preparation also helps.
- Mix a few teaspoonfuls of onion juice and honey in equal quantities, and add a pinch of black pepper to it and take it thrice daily.
- A liberal intake of rice starch (liquid) acts as a diuretic and thus reduces the fever after increasing the urination.
- The juice of tender leaves of tamarind (imli) tree is useful.

HOMOEOPATHIC REMEDIES

- In cases of high fever with comparative absence of toxemia; where the temperature shoots up suddenly with burning heat and icy cold feet and no thirst during fever, Belladonna 1M, four pills every four hours.

- In cases of fever with increased thirst for sips of cold water, along with a lot of restlessness and anxiety, Arsenic 30C, four pills every four hours.
- For fevers of children with complaints of a lot of exhaustion and drowsiness and in cases where the patient shakes a lot with fever and wants to be held, Gelsemium 30C, three pills every four hours.
- In cases of restlessness and chilliness with the fever, where the patient is constantly moving and the person develops urticaria during the heat stage, Rhus Tox 30C, four pills every six hours.
- In cases where the child is irritable, thirsty, hot and wants to be constantly carried with fever, give Chamomilla 30C, three pills every four hours.
- In cases of intermittent fever where along with slightest chill there is a lot of nausea and vomiting Ipecac 30C, four pills every five hours.
- For chilliness with external coldness, thirst, constipation, profuse perspiration and dry cough with fever, Bryonia 200C, four pills every four hours. The patient feels worse by the slightest motion and is better by rest.
- In cases of fever where there are a lot of aching and bony pains, Eupatorium Perf 30C, four pills every six hours.

HALITOSIS

'Halitosis or bad breath' is usually caused by the bacteria in the mouth that produce the offensive odor by acting on the food fragments and oral debris collected in between the teeth or between the teeth and the gums, due to poor oral hygiene. Chronic halitosis can arise from many illnesses like decayed or ulcerated teeth, gingivitis, digestive disturbances, aphthae, periodontal disease, vitamin deficiencies, diabetes, hypoglycemia, duodenal ulcers, kidney or liver malfunction and some respiratory disorders (like chronic sinusitis, throat affections, chronic bronchitis and bronchiectasis).

Brushing teeth twice a day (especially before going to bed at night) and cleaning the tongue also at the same time and gargling the mouth after eating anything helps in preventing the bad odor. Food particles stuck in-between the teeth should be removed carefully with toothpicks or by flossing the teeth. Proxabrush is a special inter-proximal brush that has tiny bristles that go below the gum line, where floss cannot reach. They are thus useful when used in conjunction with normal brushing and flossing.

SOME HOME REMEDIES

- Avoid taking raw onions, garlic, alcohol, coffee, smoking, fish (especially tuna or anchovies), refined carbohydrate foods (like white bread and white sugar) spicy meat and Camembert or Roquefort cheese; which seem to leave an odor in the mouth.
- The patient should be made to take a well-balanced diet comprising of seeds, nuts, grains, vegetables and fruits with special emphasis on raw and lightly cooked vegetables and fruits.
- Gargle with water in which peels of pomegranate (anar) have been boiled.
- Eating fresh parsley or chewing a few anise, fenugreek (methi), cardamom (elaichi), dill or fennel seeds will help mask the offensive odors. Drinking peppermint tea after meals helps sweeten the breath.
- Chewing unripe guava and the tender leaves of guava tree (which is rich in tannic, malic, oxalic and phosphoric acids as well as calcium, oxalate and manganese) is an excellent tonic for the teeth and gums and helps a great deal in cases of bleeding gums and stops bad breath.
- A few drinks of lemon juice will help cure the complaint.

- Eating yogurt can be helpful because of the Lactobacillus culture it contains which reinforces beneficial bacteria, which battle with the odor-producing intestinal microorganisms.
- A tea is made from fenugreek (methi) seeds, by putting one teaspoonful of the seeds in half a litre of cold water and allowing it to simmer for fifteen minutes over a low flame and then strained. This should be taken regularly for correcting the condition.
- Apples, raw celery leaves (ajwan-ka-patta) and carrots are recommended snacks between the meals.
- Boil about five cloves (lavang) in a glass of water till it reduces to half and gargle and rinse the mouth with it when it becomes warm.
- Chewing two springs of parsley dipped in vinegar or sucking a lemon wedge sprinkled with salt is said to fend off the garlic or onion breath.
- Avocado effectively removes intestinal putrefaction or decomposition, which is one of the main causes of bad breath.
- Burn turmeric and powder it and use this powder daily along with salt for cleaning the teeth by rubbing it in. This will maintain the gums and teeth in a healthy condition and prevent any halitosis.
- Fresh juices from green vegetables are very useful for the treatment of halitosis.

HOMOEOPATHIC REMEDIES

- Merc Sol 200C, four pills taken thrice daily helps to reduce fetid odor from the mouth that can be smelt all over the room, along with increased salivation and thirst.
- For unhealthy, easily bleeding gums with a metallic taste and an offensive odor from the mouth, Arsenic Album 200C, four pills thrice daily.
- Arnica 30C, four pills every four hourly, for fetid breath with soreness of gums after teeth extraction and a taste as if from bad eggs.
- For painful, swollen, easily bleeding gums with an offensive odor from the mouth, Hepar Sulph 200C, four pills every four hours.
- In cases where the smell is like onions, Petroleum 30C, four pills every four hours.
- Where the breath has an odor of garlic, Natrum Telluricum 30C, four pills thrice daily.

HEADACHE

Pain in the head area due to a variety of intracranial *or* extracranial disorders *or* due to psychogenic causes is termed as a headache. According to the International Headache Society there are twelve categories of headache including tension headaches, migraine headaches, cluster headaches, sinus headaches and headaches due to raised intracranial pressure.

About 70-80% of all headaches are classified as muscle contractions *or* more commonly 'tension headaches', which are not always caused by emotional tension but can also be caused by muscle strain, poor posture and from too much of eye strain. The pain is usually constant and generalized but often radiates forward from the occipital region and is described as a dull, tight *or* a band-like sensation around the head. They rarely cause serious long-term problems unlike migraine and cluster headaches.

Migraines and cluster headaches are called 'vascular headaches'. In this type of headache there is initially an intense spasm *or* constriction of the blood vessels in the brain that reduces the blood flow to the brain resulting in the migraine 'aura' – nausea, dizziness and altered vision – which precedes the attacks of migraine. This is then followed by vasodilatation of the same arteries resulting in an excessive blood flow to the head, causing the throbbing headache. Seventy percent of the migraine sufferers are females. 'Cluster headaches' are short-lived, lasting less than an hour, unlike migraines. They occur in predictable 'clusters', three to eight week periods during which they may strike several times a day.

Many food items can trigger off migraines – it is known that chocolate *or* the food additive monosodium glutamate (MSG) stimulates an attack. MSG is found not only in Chinese food but also in frozen foods, canned foods and dry soups and many other processed foods as well. Chemicals like nitrites, which are used to preserve meats and smoked fish, can also trigger migraines even if present in small amounts. Foods such as cheddar cheese, pickled herring and red wine contain tyramine, which is a chemical compound that cause headache. Other foods, which may trigger headaches, are peas and fresh bread.

Ask the patient to avoid exposure to excessive heat, cold *or* rain. Avoid washing head in cold water. The person should be kept free from emotional factors like anxiety, anger and worry and get more involved in doing yoga

and exercises like brisk walking, swimming, aerobics, etc. Get yourself involved in different hobbies *or* activities that you like to help you to relax and thus automatically help to decrease the headaches.

SOME HOME REMEDIES

- Avoid taking fried and spicy food, chocolates, white flour products, rich cakes, pastries, sweets, refined and preserved food items, curd and other sour things. The patient should take a well-balanced diet consisting of seeds, nuts, grains, vegetables and fruits. The diet should be supplemented with milk, yogurt, buttermilk, vegetable oils and honey.
- Cut an apple into half and sprinkle a pinch of common salt on it and have it the first thing in the morning on an empty stomach, for atleast a week.
- The juice of ripe grapes is an effective remedy for migraines.
- For chronic headaches, mix equal quantities of carrot, beetroot and spinach (palak) juices to make one full glass and take it during breakfast for a month.
- The juice of a lemon should be squeezed in a cup of tea and taken by the patient to get immediate relief. Also lemon crusts when pounded into a fine paste in a mortar and applied as a plaster on the forehead gives relief.
- Mix juice of one lemon, one tablespoonful of ginger juice and one tablespoonful of honey in half a glass of warm water and this is to be sipped very slowly.
- The Vitamin Niacin (B3) has proved useful for the treatment of migraine. The *sources* of this vitamin are beans, beef, broccoli, carrots, chicken, corn flour, dry fruits, eggs, fish, fully sprouted grains, green leafy vegetables, lemon, liver, milk, nuts, peanuts, peas, pork, potatoes, soyabean, sunflower seeds, tomatoes, whole wheat and yeast.
- Paste of coriander seeds (dhania) is applied on the forehead for a quick relief; failing which; a paste of ginger with water *or* a paste of cloves (lavang) with water is applied.
- A mixture of saffron and ghee is applied on the forehead in cases of a headache.
- A paste of coriander seeds (dhania), ginger, cloves (lavang), cinnamon (tuj) *or* nutmeg (jaipher) with water is applied over the forehead.

- In cases of chronic headache, drinking a glass of water mixed with a teaspoonful of honey first thing in the morning is a good remedy.
- Applying til oil regularly on the scalp helps one get rid of headaches.
- A mixture of fresh juice of ginger and milk is applied locally over the forehead.
- A cold vinegar compress when applied to the forehead will give relief in cases of headaches and even fever.
- A few leaves of the vegetables cabbage should be crushed and then placed in a cloth and bound on the forehead at bedtime. The compress should be renewed when the leaves dry out.

HOMOEOPATHIC REMEDIES

- In cases of sudden, fullness, pulsating and throbbing pain in the head, especially the right side, which is worse by any jar *or* draft of air *or* after washing the head, with a flushed face, burning in the eyeballs, photophobia, and heavy eyes, Belladonna 200C, four pills every four hours till relief is obtained.
- For bursting, splitting frontal headaches that are better by pressure and by lying on the painful part and is worse by stooping and slightest of motion, Bryonia 30C, four pills every four hours. The headaches are usually associated with increased thirst for large quantities of water and constipation.
- For headaches worse from any kind of emotions (good *or* bad) where there is a sensation of pressure around the head with blurred vision, drowsiness, confusion and thirstlessness, Gelsemium 200C, four pills every four hours.
- For vascular, congestive, throbbing headaches, especially if following an exposure to heat *or* sun stroke and if the person cannot lie on the pillow and cannot tolerate any heat, sound *or* motion, Glonoine 30C, four pills every four hours.
- In cases of headaches resulting from some kind of eyestrain *or* occipito-frontal pain in the morning on waking, that chiefly affects the left side, Onosmodium 30C, three pills every four hours till the headache subsides.

- For congestive, throbbing headaches, which are better by epistaxis *or* menstrual flow, Melilotus mother tincture, five drops in a little warm water every hour *or* two until relief is obtained.
- In cases of throbbing headaches, as if a thousand little hammers were knocking on the brain with blurring of vision; resulting from some kind of mental grief *or* worry, give Natrum Mur 200C, four pills every six hours till the pain reduces.

HEPATO-BILIARY DISORDERS

JAUNDICE

Yellow discoloration of the skin, sclera and mucous membranes due to an underlying liver disorder, which leads to an accumulation of bile products in the body resulting in an increased bilirubin concentration in the body fluids, is termed as 'jaundice'. It is detectable clinically when the plasma bilirubin exceeds 50 $\mu\text{mol/l}$. The diseases that lead to this condition are any obstruction (calculi, stricture *or* tumor) in the bile duct, viral *or* autoimmune hepatitis, hemolytic anemia, cirrhosis of the liver, pancreatitis, typhoid, malaria, yellow fever, alcohol, carcinoma of the pancreatic *or* the bile duct *or* some toxic drugs that the liver cannot metabolize and thus results in damage to the liver tissue and thus circulation of the bile pigments in the blood and their deposition in certain parts of the body. The symptoms of jaundice are extreme weakness, pallor, headache, fever, loss of appetite, severe constipation *or* pale stools, nausea and yellow discoloration of eyes, tongue, skin and urine. The patient may occasionally feel a dull pain in the liver region.

SOME HOME REMEDIES

- Avoid taking alcohol, curd, tobacco, caffeine and high-protein and fatty rich foods like cheese, meat, fish *or* eggs and start taking starch in the diet. Avoid taking food items that are sour *or* pungent in taste. Salt should be taken in limited quantity. Take in more of bitter vegetables.
- Apples, dry grapes, pomegranate, carrots, citrus fruits, collard and turnip greens, parsley and fresh leafy greens, red beets and their tops, strawberries and tomatoes are beneficial for the liver and so should be taken liberally.
- Taken in more of orange juice, fresh sugarcane juice with some ginger juice, whey and buttermilk that help to increase the urination and thus help in the elimination of bile pigments that are excessive in the blood.
- Juice of bitter gourd (karela) *or* radish leaves is also useful for flushing out the toxins.

- Drinking a glass of fresh carrot and tomato juice mixed with a pinch of salt and pepper, taken daily early in the morning is also beneficial.
- Drinking the juice of half a lemon in a cup of hot water each morning and evening improves the liver function.
- Raw papaya fruit if taken after boiling it with rice proves to be very useful for jaundice.
- Vegetable and meat soups are useful when given to the patient.
- Ripe plantains are useful.
- Ginger with milk *or* jaggery (gur) is given thrice daily.
- One cup of barley water boiled in three liters of water and simmered for three hours should be drunk several times daily.
- Soak five small cardamoms (elaichi), eight kernels of almonds and two dried dates overnight in water. Remove the outer coating of almonds and the inner seeds of the dried dates the next morning and then make it into a paste, which should be mixed with some sugar and butter and licked.
- Take seeds from fresh sweet pomegranate (anar) and keep them in an iron pot overnight in open air. In the morning add a little rock sugar candy powder and dissolve and drink.

HOMOEOPATHIC REMEDIES

- For jaundice resulting from hepatic and gall bladder obstruction with an enlarged liver and clay-colored *or* bright yellow pasty stools, Chelidonium Majus 30C, four pills every four hours.
- In cases where the liver region is swollen, sore and tense with burning, stitching and sharp pains in the liver that is worse by coughing, breathing and is better by lying on the right side, Bryonia 30C, four pills every four hours.
- For sore and enlarged abdomen with tenderness in the hepatic region, jaundice and constipation, with clay-colored *or* soft, yellow and pasty stools, with bile and sugar in the urine, Chionanthus mother tincture, ten drops in half a cup of water thrice daily.
- In cases of complete jaundice with bronze-yellow skin, nausea, dull pain in the liver region and loss of appetite with scanty, yellow, frothy urine, Myrica 200C, four pills thrice daily.

- For jaundice resulting from obstructive causes with burning pain in the sides and the person has to hold his side with his hands on walking, Cholesterinum 3X, two tablets thrice daily.
- In cases of jaundice with pain and enlargement in the liver region with inability to lie on the right side, Merc Sol 30C, four pills every six hours.
- In jaundice with pain in the liver region which is better by rubbing the part and where the patient feels comfortable only by lying on the stomach, Podophyllum 200C, four pills four times daily.
- In cases of chronic jaundice that is not due to obstruction, Iodum 30C, four pills every six hours.
- For jaundiced skin with a characteristically mapped tongue and enlarged liver, Taraxacum 30C, four pills thrice daily.
- In cases of malignant jaundice with white, hard stools, Phosphorus 30C, four pills every four hours is useful.

GALLBLADDER DISORDERS

'Gallstones' are lumps of solid matter in the gall bladder and they form when there is too much cholesterol *or* pigment in the bile. They start off as tiny globules that can grow up to the size of an egg. Gallstones are one of the most common disorders and are usually found in fat, fertile females, especially after the age of forty years. Usually they are asymptomatic (called as 'silent gallstones' which may never require treatment) but if they get impacted in the cystic duct it may lead to inflammation of the common bile duct and the gallbladder (called as cholecystitis) and lead to a 'biliary colic'. The pain is of a sudden onset and is sustained for about two hours; its continuation for more than six hours suggests that a complication like cholecystitis *or* pancreatitis has developed. There is pain in the epigastrium and the right upper abdomen that occasionally radiates to the tip of the right shoulder blade (scapula) *or* to the interscapular region along with complaints of nausea, vomiting, dyspepsia and fever. Predisposing factors include heredity, diabetes, pregnancy and high levels of blood cholesterol.

Diet control and proper exercise in overweight patients is of utmost importance for a cure. Hot fomentation can be applied over the painful area.

SOME HOME REMEDIES

- Increase your intake of fiber and reduce intake of fat, especially saturated fat that is especially found in animal products.
- Avoid meat, eggs, animal fats, processed and denatured foods, fried and greasy foods, refined carbohydrates, alcohol, products made from sugar and coffee, as well as spices, condiments and pickles. The patient should eat frequent small meals rather than three large meals. Eat more of beans, grains, vegetables, fruits, lean cuts of milk and salad.
- Having a glass of equal amounts of beet juice and lettuce juice (*or* lemon juice) is said to reduce the size of the gallstones.
- Juice made out of apples, pears, beetroot, carrots, cucumber, etc. prove to be beneficial.
- The patient should take the fruit 'pear' or its juice liberally.

- Mince two red radishes and add olive oil and lemon juice and take it daily.
- Pomegranate (anar) fruit juice with sugar *or* its sherbet is useful.
- Cucumber seeds mixed with black raisins are given for the removal of the stone *or* gravel.
- Take 30 ml of olive oil first thing in the morning and follow it immediately with 120 ml of grapefruit (chakotra) juice *or* lemon juice.
- Pumpkin seeds with fried *pecacuan* (hing) are very useful.
- Mixture of thin slices of white onions, little sugar and sweet curds is given.
- One *or* two teaspoonfuls of the olive oil are mixed with a tablespoonful *or* more of malted milk powder, and hot milk, *or* part milk and water, added. This is then well shaken in a jar *or* mixed in a mixer. The resultant emulsified oil will occasionally cure gallstones if sipped slowly and taken two to three times daily.
- Black raisins are soaked in water overnight and the skin and seeds are removed and this is given with cumin seeds (jeera) and sugar.

HOMOEOPATHIC REMEDIES

- Berberis Vulgaris mother tincture, ten drops in a small cup of water is taken thrice daily for biliary colic, where the patient finds it difficult to even breathe properly due to the pain, which is worse by the slightest jar or motion.
- Chelidonium 30C, three pills thrice daily help especially in cases where there is an intense pain in the liver shooting to under the right shoulder blade with vomiting and clay colored stools, with alternating constipation and diarrhea.
- In cases of pain in the left lobe of the liver with vomiting of bile and bright yellow, hard, difficult, knotty stools that alternate with diarrhea, Carduus Marianus mother tincture, four drops in half a cup of water should be taken every six hours.
- Fel tauri 30C, four pills thrice daily is a useful remedy to emulsify fat and liquefy the bile and dissolve the gallstones.
- For gallstone colic with a tympanitic abdomen and loud belching with no relief and increased thirst with profuse exhausting discharges, China 200C, four pills every four hours.
- Taking three tablets of Cholesterin 3X half an hour before lunch and on retiring at night for a few months helps.
- For severe pain in the region of the inner angle of the right scapula to the chest with hard, knotty stools, Chenopodium 30C, four pills every four hours.

CIRRHOSIS

‘Cirrhosis’ is one of the severest diseases of the liver, where the whole liver is affected with progressive damage and widespread death of the liver cells. This is associated with inflammation and gradual development of scar tissue, resulting in diffused fibrosis and loss of the normal lobular liver architecture leading to formation of nodules in the liver. These prevent the liver from functioning normally and remove the toxins from the blood. Gradually the normal soft consistency of the liver becomes hard, irregular and contracted. In later stages, the fibrosis continues with degeneration and chronically a shrunken liver is formed.

The most common cause for cirrhosis is heavy alcohol consumption along with nutritional deficiencies. The other common causes are infection, viral hepatitis, Budd-Chiari syndrome, haemochromatosis, Wilson's disease, certain drugs and chemicals (like carbon tetrachloride) and certain veno-occlusive diseases. Initial symptoms include weakness, fatigue, muscle cramps, weight loss and ankle and abdominal edema. The other common signs include enlargement of the liver and spleen; slight jaundice with pain in the epigastric region, anorexia, nausea and vomiting; red and smooth palms; ascites; spider naevi; caput medusae; cyanosis; clubbing of fingers; gynaecomastia; testicular atrophy; impotence; loss of libido; loss of body hair; haemorrhagic tendency (easy bruises, purpura, epistaxis and menorrhagia); low grade fever and in later stages Dupuytren's contracture (thickening of the plantar fascia resulting in the formation of nodules and contraction of the palm resulting in the fingers to get drawn into flexion) results. Medical assistance is of utmost importance in these patients and the prognosis is poor especially if the condition is advanced.

SOME HOME REMEDIES

- Abstain from alcohol in any form and reduce the intake of fats and oils. Restrict the intake of salt in the diet. Avoid taking refined, processed and canned foods, sugar in any form, condiments, spices, strong tea and coffee and fried foods.
- The patient is advised to take three meals of only fresh juicy fruits and milk daily. One litre of milk can be taken on the first day, which should be increased by 250 ml daily upto 2 liters a day; but should be sipped slowly.
- Increase the intake of high quality proteins (goat's milk, homemade cottage cheese (paneer), sprouted seeds, grains and raw nuts especially almonds) and fiber-rich food.
- Freshly extracted juices or raw fruits like apple, pear, lemon, papaya, grapes, oranges, pineapple and peach may be taken during this period.
- A tablespoonful of the juice of black seeds of papaya are mixed with ten drops of fresh limejuice and taken twice daily for a month.

- Vegetables, which are bitter in taste like patola, bitter gourd (karela) and bitter variety of drumstick (saijan ki phalli), should be given to the patient. Other vegetables useful for this condition are eggplant (brinjal), beetroot, tomato, carrot, radish and raw papaya.
- The juice of bitter gourd (karela) is a useful antidote for alcohol intoxication and so is a useful home remedy for cirrhosis of liver. Three teaspoonfuls of this juice are taken in a glass of buttermilk every morning for a month.
- Juice of carrots mixed with spinach (palak), cucumber or beetroot is useful.
- Camel's milk is considered very useful in this disease especially when there is ascites associated with cirrhosis.
- Juice of ripe mango fruit with honey is given.
- Curd should not be given to the patient but buttermilk prepared by churning the curd (prepared from cow's milk) is exceedingly useful.

HOMOEOPATHIC REMEDIES

- Nasturtium Aquaticum (watercress) 30C and Carduus Mar 30C are useful remedies for cirrhosis of liver when associated with dropsy.
- Arsenic Iod 30C, four pills after meals for cirrhosis with pain in the abdomen and intense thirst but the water is immediately vomited out.
- Phosphorus 30C, four pills every four hours, for cirrhosis with an empty all-gone sensation in the whole of the abdomen with very fetid stools and flatus and large, yellow spots on the abdomen.
- In cases of a bloated, full abdomen immediately after a light meal with brown spots on the abdomen with dropsy and cirrhosis, Lycopodium 200C, four pills four times daily.
- China 30C, four pills every four hours, for cirrhosis with tympanitic abdomen and an internal coldness of the stomach and abdomen.
- Hydrocotyle mother tincture, five drops in half a cup of water thrice daily.
- Aurum Muriaticum 30C, four pills every four hours.
- For cutting pain in the abdomen with soreness in the liver region with an enlarged, hard liver and spleen, Iodum 200C, three pills thrice daily.

HYPERTENSION (HIGH BLOOD PRESSURE)

Blood pressure of a person is measured with the help of an instrument called as a 'Sphygmomanometer'. The higher figure is the *systolic* pressure that indicates the period of muscular contraction for pumping the blood. The lower figure indicates the *diastolic* pressure that indicates the resting period between two heartbeats. The normal blood pressure of an individual ranges from 110/70 to 140/90 mmHg. Adding 100 to the age of the individual is the normal blood pressure of that individual. When the blood pressure increases more than the normal values, in more than one reading and in more than one sitting, then it is termed as 'hypertension'. Heredity, stress or emotional disturbances, faulty style of living and obesity are some of the most common causative factors. Other factors influencing or aggravating the blood pressure are consumption of too much of salt, fatty food, alcohol and smoking.

In more than 95% of cases a specific underlying cause of hypertension cannot be found and such patients are said to have 'essential hypertension'. In 5% of the cases, hypertension can be shown to be a consequence of a specific disease (especially renal and endocrine disorders), drugs (OCP, corticosteroids, NSAID's and hormonal pills), coarctation of the aorta or faulty diet (taking a high salt diet, fatty food or too much of alcohol) and is termed as 'secondary hypertension'.

The patient usually complains of frequent early morning headaches that are usually in the occipital region and the patient may also complain of dizziness, vertigo and occasional palpitations. Hypertension is also called as a 'silent killer' since without any warning signs or symptoms, it goes on damaging the internal organs and the person may die suddenly because of its complication. When left untreated, it can lead to atrial fibrillation, ischaemic heart disease, left ventricular failure, stroke, progressive kidney failure and occasionally damage to the eyes (especially papilloedema and hypertensive retinopathy).

Brisk walking and regular other exercises like swimming, aerobics, cycling, running, etc. are useful to reduce the blood pressure. He or she must develop a calm and cheerful attitude and develop a contented frame of mind. The patient must get at least eight hours of good sleep and try and avoid any kind of mental stress, worries, tension and other disturbing emotions. Losing weight is of utmost importance in obese patients with this complaint. Eat only when you are hungry and avoid eating in between the fixed meal times. Quit smoking completely and limit drinking alcohol to a

minimum since it causes the blood vessels to constrict and thus increase the blood pressure automatically.

SOME HOME REMEDIES

- Animal fats, egg, fatty food, hot and spicy food, hydrogenated oils, meat, refined white flour, salt and sweets should be strictly avoided. Avoid sugar and use pure honey instead. Use rock salt (which is rich in magnesium sulphate) instead of refined salt. Nut butters and margarine is allowed to some extent and oil prepared from sunflower seeds and maize is the best to be used. All types of dry fruits are allowed. Fruits and boiled vegetables are better than cereals and pulses for this patient.
- Increase the intake of potassium [found in apricots, avocados, bananas, beans, cantaloupe, dried fruits like prunes (dried plums) and raisins, fish, oranges, peaches, potatoes and tomatoes]. Also increase your intake of calcium (found in broccoli, cheese, low-fat milk, sesame seeds, spinach and yogurt) and magnesium (found in nuts, dark green leafy vegetables, peas, seafood and soybeans).
- Chewing two cloves of garlic daily after meals helps to reduce the blood pressure by dilating the blood vessel. 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.
- Onions should be taken daily, even in the form of soups to reduce the blood pressure.
- Mix a tablespoon each of fresh Indian gooseberry (amla) juice and honey and take it daily in the morning.
- Tender coconut water or fruit juices are useful.
- Bitter gourd (karela), drumsticks (saijan ki phalli), patola and bimbi are the most useful vegetables. The patient should avoid colocasia and yellow variety of pumpkin.
- Celery leaves (ajwan-ka-patta) is one of the most useful vegetables to be taken by a hypertensive patient since it helps to lower the blood pressure by relaxing the smooth muscle lining of the arteries.
- Orange, banana, guava and apples are considered very useful for hypertension.
- Potatoes, especially in the boiled form (boiled with the skin), are rich in potassium but not in sodium salts and so are useful for lowering the

blood pressure. Also the magnesium present in this vegetable exercises beneficial effects in lowering the blood pressure.

- Eating at least half a watermelon and lots of grapefruit (chakotra) daily helps to reduce the blood pressure. Also the seeds of watermelon should be dried, roasted and then had.
- Fresh lemon juice and orange juice is a useful arterial tonic and thus useful for high blood pressure.
- One gram of Vitamin C, 1000 milligrams of Calcium and 400-600 milligrams of Magnesium per day act as useful supplements to decrease the blood pressure significantly.
- Soak a few dates overnight in water and then in the morning crush them in the same water (after removing the seeds) and then drink this twice a week.
- Almond oil can be given in a dose of one-teaspoonful doses at bedtime in a cup of warm milk. It helps in soothing the nerves and thus reduces blood pressure.
- Drink a glassful of a mixture of carrot (300 ml) and spinach (palak) or beetroot (200 ml) juice twice daily.
- Add one to two teaspoons of apple cider vinegar and a teaspoon of honey to a glass of warm water and sip it with every meal.
- Rice is beneficial for hypertensive patients since it has a low fat, low cholesterol and low salt content. Calcium in brown rice soothes and relaxes the nervous system and helps relieve the symptoms of high blood pressure.
- Take a teaspoonful of powdered fenugreek (methi) seeds in water and a drink of buttermilk with it.
- Honey and holy basil leaf (tulsi) juice mixed together is a useful drink for hypertension.

HOMOEOPATHIC REMEDIES

- Rauwolfia mother tincture, eight to ten drops in half a cup of water thrice daily is a useful remedy for high blood pressure, where there are hardly any atheromatous changes in the blood vessels. Here the hypertension can be associated with an irritative condition of the central nervous system and violent maniacal symptoms.
- Glonoine 200C, four pills thrice daily for a few weeks to reduce the blood pressure that is associated with throbbing congestive headaches with rushing of blood to head and heart.
- Viscum Album 30C, four pills taken thrice daily helps to reduce the blood pressure in patients suffering from arteriosclerosis where the patient has a small and weak pulse and the patient is unable to rest in a reclining position.
- For nervous *or* emotional people where the blood pressure increases and the person gets nervous palpitations and becomes breathless after slightest of exertion, give Sumbul 30C, three pills in the morning and at night for a few days.
- Veratrum Viride 30C, four pills every two hours is useful in cases where there is a full, bounding pulse felt all over the body with congestive symptoms.

HYPOGLYCEMIA (LOW BLOOD SUGAR)

Low blood sugar *or* hypoglycemia is a disorder of blood sugar metabolism. 'Functional hypoglycemia' is a condition where the blood sugar levels fall and this makes the body utilize the stored fat and protein to provide energy for the normal metabolisms and functions to take place. Hypoglycemia can occur in any of the following condition – when a diabetic takes too much of insulin *or* drugs *or* if he has missed, delayed *or* skipped a meal; when the person does an unexpected *or* unusual exercise; when in a normal individual there is an oversecretion of insulin by the pancreas; some disturbance in the carbohydrate and protein metabolisms; poor adrenal function; when he/she goes on a crash diet; when the person takes a lot of alcohol *or* in cases of gastroparesis *or* other endocrine disorders.

A craving for sweets and starch in excessive amounts in-between the meals are one of the first signs of low blood sugar level. But hypoglycemia can also present with symptoms like dullness, lethargy, weakness, hunger, anxiety, inability to concentrate, confusion, dizziness, incoherent speech, incoordination, irritability, nervousness, sweating, trembling, fainting, mood swings, headache, hypotension, palpitations of the heart, hypothermia, nausea and muscle cramps.

Most hypoglycemic patients feel hungry and the patient has no difficulty in recognizing the symptoms and can thus take appropriate action and eat frequently to get over the feeling of weakness; but sometimes the warning symptoms are not perceived by the patient easily and then if appropriate action is not taken, then unconsciousness *or* an emergency situation (like coma, convulsions, brain damage, cardiac arrhythmias, myocardial ischaemia and stroke) can occur. In cases of severe hypoglycemia immediate medical assistance is absolutely necessary.

SOME HOME REMEDIES

- For a fast relief suck a sugar candy *or* take a teaspoonful of honey *or* a glass of milk. But for a long-term benefit, take a protein-rich diet (fish, poultry, cheese, eggs and milk) along with a fiber-rich carbohydrate diet and avoid taking refined carbohydrates, sugar, tea, coffee, alcohol garlic and onions. Eat smaller meals but more often.
- The ideal diet for low blood sugar should be based on three basic food groups, namely, grains, seeds and nuts, vegetables and fruits,

supplemented by milk and milk products and vegetable oils. All refined and processed foods should be completely eliminated from the diet.

- Take in a lot of cheese, peanuts, popcorn and crackers.
- Give the person limejuice with a piece of pecacuan (hing) added to it twice daily.
- Two small apples with their peels should be taken after each meal for treating this condition.
- Increase the intake of brown rice, whole-grain bread, beans, lentils (masoor), peas and pasta.
- Take in a lot of fruits, either raw *or* in the form of fresh juices, especially grapes.
- Eating raw nuts and seeds such as pumpkin *or* sunflower seeds.
- Add three drops of oil of sassafras in one tablespoon of fruit juice twice daily for a few weeks.
- The vitamins found effective in the treatment of low blood sugar are Vitamins C, E and B complex.

HOMOEOPATHIC REMEDIES

- For an unconscious person with hypoglycemia, Opium 200C, three drops of the liquid every four hours till the patient improves.
- Where there is coldness of the skin with drowsiness *or* loss of consciousness, Carboneum Oxygenisatum 200C, four pills every six hours till the patient improves.
- In cases of cold perspiration on the forehead with a pale face and extreme weakness, Veratrum Album 200C, four pills every six hours till the patient improves.
- In cases of comatose patient, give either Helleborus 200C *or* Zinc Sulph 200C, three pills every six hours till any beneficial effects are shown.

HYPOTENSION (LOW BLOOD PRESSURE)

Blood pressure readings that are below the average range of 110/70 mmHg are termed as 'low blood pressure *or* hypotension', but if it does not cause any trouble, it is considered to be quite normal. Low blood pressure becomes something to worry about when the blood flow to the brain is reduced so much so as to cause dizziness and fainting attacks. 'Acute hypotension' occurs when there is a sudden loss of blood in large quantities due to any injuries received *or* also when the person gets a heart attack. 'Chronic hypotension' is usually caused by anemia, low blood sugar, faulty nutrition, thyroid dysfunction, certain drugs *or* some debilitating illnesses. The patient may complain of lethargy, weakness and dizziness. 'Postural hypotension' is defined as a drop in the blood pressure of 20 mmHg in the systolic *or* 10 mmHg in the diastolic pressure on standing from a supine position and the person complains of dizziness on rising from a sitting *or* lying down posture. Certain drugs like antihypertensives and diuretics can exacerbate these attacks.

Take in a lot of fluids and instead of taking two heavy meals, take small, frequent meals. Include extra salt in the diet for a hypotensive. In case when the blood pressure has fallen down due to standing *or* sitting for a long time, contract and relax the calf muscles of the patient and also keep flexing and pointing your toes alternately. On rising in the morning do not get up with a jerk. Stretch-up before rising, contracting and relaxing the muscles in the body. Arm exercises are particularly effective at raising the blood pressure.

SOME HOME REMEDIES AND PREVENTIONS

- Take a high-protein diet, which includes organ meat, potatoes, green leafy vegetables, soybeans and wheat germ.
- A diet containing adequate quantities of proteins, B vitamins (especially pantothenic acid), vitamin C and the nutrients that stimulate adrenal production, quickly normalize the low pressure.
- Take in at least two glasses of raw beetroot juice daily. Considerable improvement will be seen within a few days time.
- Add cayenne pepper to all your food. Having ginger tea with a pinch of cayenne pepper thrice daily also helps.
- Eat six dates daily in the morning.

- Increase the intake of cucumbers, cabbage, sweet potatoes, peas, tomatoes, onions, dates, citrus fruits, raisins and whole grains.
- Drink four to five glasses of fresh limejuice without any sugar and salt, daily.
- Take in a lot of apricots and dark raisins throughout the day.

HOMOEOPATHIC REMEDIES

- Cacao 30C, four pills thrice daily.
- Cactus Grand 200C, four pills thrice daily for a hypotensive patient coming with complaints of constrictions in the region of the chest with palpitation and vertigo.
- Gelsemium 200C, four pills thrice daily for patients complaining of drowsiness, dizziness, dullness, listlessness and trembling with vertigo and muscular weakness.
- Naja 200C is a useful remedy for hypotension occurring in those with valvular disorders of the heart.
- Verat Alb 30C, four pills thrice daily, for collapse with extreme coldness and weakness of the body.

INFANT CARE

GENERAL RULES FOR INFANT CARE

- The bones and muscles of an infant are extremely delicate and have not developed fully and so careful handling of the baby is of prime importance. Never drag a baby *or* toss him into the air. Lift him very carefully.
- Do not awaken an infant suddenly *or* terrify him in any way.
- Do not force a newborn to sit upright, as hunchback and severe back disorders can result.
- Always speak softly to a small child. Do not use harsh words *or* be abusive, even towards someone else in his presence.
- Never leave the child alone.
- Protect the infant from bright sunlight and strong drafts.
- Keep the child away from any electronic devices *or* any switches.

- Never use any synthetic material for a baby's clothes and bedsheets. Use only silk *or* cotton.
- Don't move the baby out of the house for the first four weeks of life.
- Start solid foods with well-cooked fresh cereals after the first six months.
- Keeping a tub of clay for the child to play and lie down in is a good old practice. Use fresh, pure clay and don't be alarmed if he eats a little bit since it would not cause him any harm.
- Use only pure cotton diapers. Never use any paper *or* any plastic item in direct contact with the skin for long. Do not use toilet paper on the child's anus; instead wash it off with fresh cool water.
- For a small child, toys made of beeswax provide a safe means of teething, which at the same time will provide both heat and nourishment needed by his system. The wax also has medicinal properties to heal sore gums caused by cutting teeth. Toys made of wood are also useful.

INSOMNIA

'Insomnia' is a term referring to inadequate quantity *or* quality of sleep where there is difficulty in either 'falling' asleep *or* in 'staying' asleep. The cause is often anxiety, depression, stress, emotional upsets and poor sleep habits; physical disorders such as pain, low blood sugar, sleep apnea *or* thyroid gland disturbances *or* reactions to prescribed medications. A sedentary lifestyle contributes to insomnia by inhibiting the normal fluctuations in body temperature and metabolism.

Thus, regular exercise should be a part of the daily schedule and an after-dinner stroll *or* gentle bending and stretching exercises before going to bed can help relax the tense muscles and facilitate the onset of sleep. The person is asked not to take a heavy meal in the night and also to avoid drinking any alcohol beverages and caffeine-containing drinks during the evening. Listen to some soft music for half an hour before going to sleep. Also the person is asked not to take a nap during the daytime since that could throw the body clock off balance and result in loss of sleep at night. Massaging of the feet, calves, nape of neck and shoulders helps to relax the body and thus lead to a good sleep.

SOME HOME REMEDIES

- Eating the dinner just before sunset, followed two hours later by a bath in lukewarm water with a few drops of lavender oil can be very soothing to the nerves. This plus some soft and soothing drone music will help the person to sleep.
- A balanced diet should be taken and the following items should be avoided as far as possible – tea, coffee, chocolate, cola drinks, alcohol, fatty foods, white flour products, sugar and its products, fried foods and foods containing additives and preservatives.
- Rinse the eyes with rosewater and then add one drop of ghee to each eye and keep the eyes closed for some time. This will by itself lead to a peaceful sleep.
- One tablespoonful of lettuce seeds should be boiled in half a litre of water, till it is reduced by one-third and this decoction is useful for insomnia. Also juice of the lettuce plant is also useful since it contains a sleep-inducing substance called as 'lectucarium'.
- Honey is a good remedy for inducing sleep. A glass of milk, sweetened with honey, taken every night before going to bed is also useful.

- Having raw *or* cooked onions helps ensure a good sleep.
- Sesame oil (til) is mixed with bottle gourd juice in equal proportion and massaged over the scalp each night to induce sleep.
- Cooked leaves of bottle gourd taken as a vegetable are also beneficial in the treatment of the disease.
- Boiling about 375 ml of water and add a teaspoonful of aniseed (saunf) inside and cover the lid and allow to simmer for fifteen minutes. The tea may be sweetened with honey and hot milk may be added to it. This is then strained and drunk as a tea, after meals *or* before going to bed.
- Roasted brinjals eaten with honey in the evening induces sleep.
- Thiamine and Vitamin A is vital for strong, healthy nerves. A body starved of thiamine over a long period will be unable to relax and fall asleep naturally.

The rich *sources* of vitamin B1 are asparagus, brown rice, brussel sprouts, dried beans, dried plums (prunes), egg yolk, fenugreek (methi) seeds, fish, gingelly seeds (til), green leafy vegetables, lean meats, maize, milk and other dairy products, nuts, oats, organ meats, peas, peanuts with husk, plums, pork, potatoes, raisins, rice bran, rye, soybeans, sprouted wheat, unpolished rice, wheat germ and yeast.

The natural *sources* of vitamin A are alfalfa, animal livers, apricots, asparagus, beans, beets, broccoli, cabbage, cantaloupe, carrots, cod liver oil, dandelion green, dates, egg yolk, fish, fresh fruits and green leafy vegetables (especially spinach, spirulina, turnip tops and green peas), garlic, kale, milk and milk products (especially butter), mustard, oranges, papayas, parsley, peaches, pumpkin, red pepper, soya beans, sweet potatoes, tomatoes, watercress (Jalkumb) and whole cereals.

- Curd when massaged on the head induces sleep.
- An old German remedy is stirring a spoonful of honey into a cup of heated dark beer. Having small sips of wine before retiring to bed helps.
- Some herbs like Serpentine, Avena sativa, Indian hemp, etc. prove to be beneficial.
- Rosemary tea when taken at night, half an hour before sleep, is useful for insomnia.

HOMOEOPATHIC REMEDIES

- Passiflora mother tincture, eight to ten drops in half a cup of water should be taken thrice daily and an hour before retiring at night; for the feeble, infants and the aged and the mentally worried and overworked

individuals. It helps to induce a good sleep since it has a quieting effect on the nervous system.

- In cases of sleeplessness from mental activity with a lot of thoughts crowding into the mind with nervous excitability and where the patient is able to sleep only till 3 a.m. and then is only dozing, Coffea 30C, four pills every six hours.
- For sleeplessness of alcoholics, Avena Sativa mother tincture, ten to twenty drops in half a cup of warm water thrice daily.
- Sleeplessness from nervous irritation, exhaustion, emotional disturbance *or* tobacco, Gelsemium 200C, four pills thrice daily.
- For insomnia with icy coldness of the whole body, especially the limbs, with a lot of weakness and the patient does not want to be covered although he is so cold, Camphor 200C, four pills twice daily.
- For sleeplessness of children during dentition, Chamomilla, Cina *or* Cimicifuga 200C, four pills can be taken every four hours, according to their indications.
- In cases of sleeplessness from abuse of coffee with sleepiness during the day and evening and sleeplessness at night, Nux Vomica 30C, four pills every four hours. The patient is not able to sleep after 3 a.m. until towards morning and wakes up feeling unrefreshed.
- For sleeplessness from cerebral *pecacuanha* h in young children which is often the result of overstimulation of the brain, Cypripedium 30C, four pills thrice daily.
- In cases of loss of sleep from too much of night watching *or* nursing, Cocculus Indicus 30C, four pills every four hours.
- When the person cannot sleep between 2-5 a.m. give Sulphur 200C, four pills once a week for two months.
- For insomnia in person suffering from delirium tremens, Sumbul mother tincture fifteen drops in half a cup of water twice daily.

MENSTRUAL PROBLEMS

The two major female sex hormones in the body are estrogen and progesterone, produced in the ovaries. The ovaries start producing large quantities of estrogen when the girl reaches about 12 years of age. The commencement of menstruation at this time indicates the start of the reproductive phase of her life, when she can start having children. The main problems relating to the menstrual flow are pre-menstrual tension, painful menstruation, excessive menstruation and poor *or* absent flow. It has been shown by different studies that most menstrual difficulties are due to a deficiency, an excess *or* improper metabolism of female hormones. Vitamins E, B6, C, PABA and folic acid affect the estrogen levels and the metabolisms involved during menstruation. Nutrition plays a vital role in the prevention and treatment of most 'menstrual disorders'.

SOME HOME REMEDIES AND IMPORTANT SUPPLEMENTS

- A diet of fresh fruits, salads, whole wheat, nuts, grains and sprouted pulses is given. The patient should have a well-balanced diet and should avoid taking white flour products, sugar, rich cakes, pastries, sweets, refined cereals, tinned *or* preserved foods, strong tea, coffee, pickles and condiments. Smoking should be given up completely as it aggravates menstrual disorders.
- Iron-rich foods should be had regularly; and the rich *sources* of iron are almonds, apples, apricots, avocados, bajra, bananas, beet root, Bengal gram, black berries, black currants, blackstrap molasses, brewer's yeast, cashewnuts, coriander leaves, drumstick (saijan ki phalli), dry dates, dried prunes, egg yolk, figs (anjeer), fish, jaggery, jawar, kelp, legumes, lettuce, lintels, liver, meat, methi, nuts, parsley, peaches, pears, pistachios, pumpkins, radish leaves, raisins, rice, sesame seeds, soybeans, spinach (palak), sprouted grains, strawberries, watermelon and whole wheat.
- Green leafy vegetables, avocados, potatoes, buckwheat, peanuts, millet, sesame seeds, sunflower seeds, pumpkin seeds, soybeans, fresh wheat germ, milk, cheese, eggs, fish and almonds are rich sources of proteins and so should be included in the daily diet.
- Fresh parsley leaves are placed in a jug and hot water is poured into it and after thirty minutes the tea is ready to be taken. A small cupful of it is taken daily before meals to regulate the menstrual cycle.

- A piece of fresh ginger is pounded and boiled in a cup of water for a few minutes. The infusion, sweetened with sugar, should be taken thrice daily after meals. It is especially useful in cases of painful menstruation and stoppage of menstrual flow.
- Brewer's yeast is an excellent food containing a high level of B-complex vitamins, proteins, zinc, selenium, etc., which are necessary to eliminate any menstrual problems.
- Olive oil and sesame oil is best had in the form of a salad dressing.
- A teaspoonful of cumin seeds (jeera) is boiled in 250 ml of water for five minutes and then strained and taken lukewarm on an empty stomach with jaggery twice daily.
- Kelp is an excellent source of iodine and other minerals and is especially useful in cases of excessive menstruation.
- Unripe papaya helps the contractions of the muscle fibers of the uterus and is thus useful for securing a proper menstrual flow.
- Fresh fruit and vegetable juices, especially the ones made from beet, grapes, prunes (dried plums), black current, cherry, etc. are useful.
- Diluted buttermilk is taken twice daily with curry leaves or coriander leaves or mint leaves, with ginger, garlic or jeera added into it.

The following are a few of the menstrual conditions explained in short with a few home remedies included in each separately:

AMENORRHOEA

Failure to menstruate or obstructed and delayed menstruation is termed as 'amenorrhoea'. This is natural if occurring during pregnancy and at menopause, but abnormal if occurs at any other time. The commonest causes of amenorrhoea are anemia, emotional disturbances (like depression, grief, fright, worry, stress, etc.), malformation of the uterus, debility (especially after a serious illness), polycystic ovarian disease or some hormonal imbalance.

SOME HOME REMEDIES

- Boil two teaspoonfuls of fenugreek (methi) seeds in a glass of water and reduce it to half a glass. Filter it and take this drink twice daily for some days.
- Iron-rich foods should be had regularly; and the rich *sources* of iron are almonds, apples, apricots, avocados, bananas, beet root, black berries, black currants, blackstrap molasses, brewer's yeast, dates, dried plums (also called as prunes), egg yolk, fish, kelp, legumes, lettuce, lintels, liver, meat, nuts, parsley, peaches, pears, pumpkins, raisins, rice, sesame seeds, soybeans, spinach (palak), sprouted grains and strawberries.
- For teenagers whose periods are delayed are advised to include green unripe papaya in their regular diet. Unripe papaya helps the contractions of the muscle fibers of the uterus and is thus useful for securing a proper menstrual flow.
- Boil two tablespoonfuls of white sesame seeds (til) and a pinch of pepper powder in a glass of water and reduce it to half. Add a little jaggery and take the drink twice daily for atleast ten days *or* take two teaspoonfuls of powdered sesame seeds twice daily.
- Beetroot syrup is made by boiling the beetroot till it becomes soft and then remove the beetroot and just boil the liquid till it becomes a syrup and then drink one cup twice daily.
- A piece of fresh ginger is pounded and boiled in a cup of water for a few minutes. The infusion, sweetened with sugar, should be taken thrice daily after meals.
- Liquorice (mulethi) tea is a useful herbal tea for amenorrhoea.
- Fomentation of the abdominal and pubic region with hot leaves of castor oil plant (arandi) is done.
- Paste of bark of peca tree and tamarind (imli) tree with water is applied over the abdomen locally.
- Dissolve two teaspoonfuls of mustard powder in bath water and soak yourself into the bath.

HOMOEOPATHIC REMEDIES

- For amenorrhoea *or* suppressed menses from getting feet wet and from nervous debility and in cases where the menses do not appear at puberty in timid, mild, impressionable females who weep easily and who feel better in open air, Pulsatilla 200C, four pills twice daily.

- In cases where the menses are suppressed from a chill *or* some kind of fright, Aconite 30C, four pills twice daily for a few days.
- For amenorrhoea with ophthalmia where the menstrual flow is scanty, painful and lasts only for an hour *or* a day, Euphrasia 200C, four pills thrice daily.
- For too late and scanty menses with pain in the epigastrium during menses in fat and chilly girls, Graphites 30C, four pills twice daily.
- For amenorrhoea with pain in the ovarian region and from the pelvis to the hips, Cimicifuga 200C, four pills thrice daily.
- Natrum Mur 30C, four pills twice daily in cases of amenorrhoea *or* suppressed menses with headache, depression and constipation.
- For delayed menses in young girls with chest symptoms *or* ascites, Kali Carb 200C, four pills thrice daily. Also in cases where Natrum Mur, though apparently indicated, fails, Kali Carb 30C, four pills twice daily should be given.
- For delayed and irregular menses with pain in the ovaries before the flow, Jonosia Asoca mother tincture, ten drops in half a cup of water twice daily.
- For functional amenorrhoea of young girls with backache and anemia, Senecio Aureus 30C, four pills thrice daily.

DYSMENORRHOEA

Painful or difficult menses is termed as 'dysmenorrhoea'. Usually there is a cramping pain in the lower abdomen, which is occasionally associated with decreased appetite and nausea. The pain normally decreases in a girl after marriage but if it persists, further investigations under the assistance of a doctor are necessary. Women having sedentary habits are more prone to this trouble and so the patient is asked to be in the company of friends and relatives and should take a morning walk for atleast three kilometers a day.

Physical exercises like bending of the waist region and contraction of the pelvic muscles should be resorted to regularly. Hot-water bottle or a heating pad can be applied locally over the abdomen to decrease the pain.

SOME HOME REMEDIES

- Avoid giving sour items, too much of spices, fried things and pulses to the patient. Decrease the salt intake to a minimum.
- Vegetables like colocasia, potato, yellow pumpkin and brinjal are to be *avoided* in the diet. Whereas, vegetables like white pumpkin, bitter gourd (karela), surana, drumstick (saijan ki phalli), cucumber, gourd and papaya are *useful for dysmenorrhoea*.
- Eat fresh chutney made from mint leaves (pudina) for the pain.
- Fry five to six cloves of garlic in a little butter and cut it into small pieces and have it the first thing in the morning.
- Boil a teaspoonful of cumin (jeera) seeds in 250 ml of water and cool and then strain and take this on an empty stomach with jaggery twice a day.
- Asafoetida (hing) should be first fried in ghee or butter and then made into a powdered form and taken in one-teaspoonful doses twice daily with meals. This should then be followed by a glass of warm water. If the pungent smell emitted by it is unbearable, it can be taken after adding it in buttermilk, vegetables, rice or bread.
- Half a teaspoonful of the powder of sesame seeds, taken with hot water twice daily, acts as an excellent remedy in reducing the spasmodic cramps during menstruation.

- Grind ajwain to powder and dissolve a teaspoonful of this powder in hot milk and take it twice daily.
- Boil one to two teaspoonfuls of aniseeds (saunf) with equal amount of jaggery for five minutes; strain it and drink it in lukewarm water twice a day.
- Regular use of fresh parsley juice, especially in conjunction with beetroot juice *or* with beetroot, carrot and cucumber juices (75 ml of each) help relieve the cramps, which are a resultant of menstrual irregularities.
- Vitamin B6 should be taken during this period to help decrease the pain. The *sources* of this vitamin are brewer's yeast, carrots, chicken, eggs, fish, meat, milk products, peas, soyabean, spinach (palak), sprouted grains, sunflower seeds, walnuts and wheat germ.

HOMOEOPATHIC REMEDIES

- For cramping pain in the lower abdomen and in the ovaries where the patient must bend double with the pain and is better by pressure and local application of warmth, Colocynth 200C, four pills every three hours till the pain decreases.
- For membranous dysmenorrhoea and paroxysmal spasmodic pains that are relieved by hot applications, Mag Phos 6X, six tablets in half a cup of warm water, every two hours till the pain decreases.
- For chilliness, nausea and bearing down pain with an intermittent flow, Pulsatilla 30C, four pills twice daily.
- In cases of severe spasmodic abdominal cramps where the pain flies in all directions with shivering, Caulophyllum 30C, four pills every three hours till the pain decreases.
- In cases of spasmodic and membranous dysmenorrhoea with a lot of cramps that extend down to the thighs, Viburnum Opulis 30C, four pills every four hours till the pain decreases.
- Spasmodic dysmenorrhoea where the patient is intolerant of pain is often relieved by Chamomilla 200C, four pills thrice daily.
- For menstrual colic with coldness and intolerance of heat and burning pains in the uterus, Secale Cor 200C, four pills every four hours till the pain decreases.
- For membranous dysmenorrhoea with griping, nausea and pain in the stomach extending to the groins and the small of back, Borax 200C, four pills every four hours till the pain decreases.
- In cases of neuralgic dysmenorrhoea with neuralgic pains in the ovaries, head and pain in the back and down the legs with early, thick, blackish menses, Xanthoxylum 30C, four pills every three hours till the pain subsides.

PREMENSTRUAL SYNDROME

Every month, a week or so before menses, one may experience symptoms like mood swings, depression, irritability, acne, headache, constipation, pain and heaviness in the breasts, lethargy, tiredness, symptoms of bloating, craving for certain food items (like chocolates,

sweets, etc.), panic attacks, cramps in the abdomen, etc. This condition usually results when the person is not having a well-balanced diet and is missing certain essential nutrients in her meal.

SOME HOME REMEDIES

- Avoid taking any item containing caffeine (coffee, tea, chocolates, etc.), soda, white flour, tinned foods, processed food items, cakes, pastries, candies and refined sugar. Stop smoking and drinking alcohol completely.
- Eat a well-balanced diet with moderate exercise and enough of sleep. Having a low-salt diet will help to reduce the bloating which is a common complaint before menses in most of the females. Smaller and more frequent meals help to keep the blood sugar levels steady and this helps the person to remain calmer and also to reduce the premenstrual symptoms.
- It is necessary for the person to have a diet rich in proteins, vitamins, minerals and fatty acids. Proteins taken in moderate amounts daily is needed for the body to produce the hormones necessary for the cycle to go smoothly and it also helps to balance the blood sugar and thus decrease the mood swings automatically.
- Food items rich in iron are also important to be taken daily. The *sources* of iron are almonds, apples, apricots, avocados, bajra, bananas, beet root, Bengal gram, black berries, black currants, blackstrap molasses, brewer's yeast, cashewnuts, coriander leaves, drumstick (saijan ki phalli), dry dates, dried plums (also called as prunes), egg yolk, figs (anjeer), fish, jaggery, jawar, kelp, legumes, lettuce, lintels, liver, meat, methi, nuts, parsley, peaches, pears, pistachios, pumpkins, radish leaves, raisins, rice, sesame seeds, soybeans, spinach (palak), sprouted grains, strawberries, watermelon and whole wheat.
- Eating food items rich in magnesium and zinc or their supplements also help to reduce the premenstrual symptoms.

HOMOEOPATHIC REMEDIES

- There are many Homoeopathic remedies that could give relief to the patient, but that would only be at a superficial level. Thus for a complete cure it is necessary to go to a nearby homoeopath and give the complete case and take the proper constitutional treatment.

MENORRHAGIA

Profuse, excessive bleeding during menses is termed as 'menorrhagia'. This is usually the result of hormonal imbalance *or* in cases of cysts in the ovaries *or* fibroids in the uterus.

SOME HOME REMEDIES

- Old rice, wheat, moong dal and milk should be included in the regular diet of the patient. Avoid hot and spicy food.
- Sugarcane juice, grapes, jackfruit, banana, amalaki and pomegranate (anar) are very useful for this condition.
- Take two teaspoonfuls of juice of holy basil (tulsi) leaves with honey every morning for a few months.
- Take half a glass of pomegranate (anar) juice every morning during breakfast. Also the tender leaves of the pomegranate (anar) tree are used for this condition. Make a paste of seven leaves of this tree along with seven grains of rice and give it twice daily to the patient for a month.
- Boil two teaspoonfuls of coriander leaves in two glasses of water and reduce it to one glass. Cool it and take it in the morning, preferably on empty stomach on the first four days of menses.
- One glass of juice of beetroot and carrot in equal quantity to be take for two cycles.
- One teaspoonful of powdered cumin seeds (jeera) is added to a glass of rice water and to this add one teaspoonful of sugar. Take this everyday for a period of two months.
- One banana should be cooked and eaten with one cup of curd. This will increase the level of progesterone and reduce the bleeding.
- Dried figs of *Ficus racemosa* (gullara) are given with sugar and honey.

- Milk in which shelled tamarind (imli) seeds have been macerated is given.

HOMOEOPATHIC REMEDIES

- For menorrhagia in women who aborted readily and also in cases where the bleeding is partly clotted and is worse from the least motion, Sabina 200C, four pills every four hours till the symptoms improve.
- For early and profuse menses with severe pains in the uterine region, Aletris Farinosa mother tincture seven to eight drops in half a cup of water thrice daily.
- In cases of too frequent and profuse menses, with violent uterine colic and debility, Thlaspi Bursa Pastoris mother tincture, ten drops in half a cup of water twice daily.
- For early and profuse menses with crampy pains in the abdomen and nausea, Borax 30C, four pills thrice daily.
- In cases of too early, too profuse and too long menses which returns from the least excitement; in pale, stout subjects with cold, damp feet and vertigo, Calcarea Carb 200C, four pills twice daily.
- For copious, dark, viscid menstrual flow where there is passage of clots with long strings and where the flow was worse from the least movement, Crocus Sativa 30C, four pills every four hours, till relief is obtained.
- For early, profuse, bright red menses, Millefolium mother tincture ten drops in half a cup of water twice daily.
- For profuse menses with dark clots and a lot of pain in the abdomen and the pelvis, China 200C, four pills twice daily.
- For too early, profuse and prolonged menses where the pain in abdomen appears after menses, Kreosote 200C, four pills thrice daily.
- In cases of dark flow that is passive and painless, Hamamelis 30C, four pills twice daily.
- For too early, too profuse, dark and clotted menses, with bearing down pains and extreme sensitivity of the parts, Platina 200C, four pills twice daily.
- In cases where the flow is dark, sanious and fluid especially in thin, cachetic individuals, Secale 30C, four pills twice daily.

- Where there is gushing of bright red blood on the least movement with pain as if the hips and the back were falling to pieces in cases where the patient has fibroids in the uterus, Trillium Pendulum 30C, four pills thrice daily.

MENOPAUSE

‘Menopause’, also termed as ‘the change of life’, is a perfectly normal process through which every female goes through but is yet a very dreaded time in a woman’s life since most of the women feel that they have lost their femininity and attractiveness. As this period approaches, the menses start becoming irregular, both as regards to the time of their return and the quantity of the flow. During this period the ovaries stop ovulating and there are changes in the hormonal levels leading to disturbances in the menstrual cycle (irregular menses) and then after a few months *or* years, there is a cessation of menses. It usually occurs during the late forties and fifties, depending upon when their mother *or* grandmother got their menopause.

Also during the menopausal phase the woman goes through a lot of emotional disturbances, mood swings, depression, poor concentration, increased irritability, hot flushes, vaginal dryness, dryness of hair, heart palpitations, osteoporosis, paleness, debility, insomnia, disturbances in calcium and zinc metabolism and other complaints like headache, vertigo, backache, osteoporosis, weight loss *or* weight gain, arthritis, etc. Avoid taking hormonal replacement therapy, since the side effects caused by them are many.

Regular exercising (like aerobics, walking, stretching, jogging, swimming, deep breathing exercises, etc.), relaxation techniques, performing yoga, keeping yourself busy in some occupation *or* hobby, etc. will help you to relax and divert you emotionally and consequently reduce your symptoms. Stop smoking since it directly affects the production of estrogen and brings on the menopause earlier.

SOME HOME REMEDIES

- Some *herbs* useful for this condition are – Mexican wild yam, passionflower, sarsaparilla, liferoot, golden seal, Lady’s slipper, liquorice (mulethi), black cohosh, alfalfa, blessed thistle, ginseng, red raspberry root, yarrow and false unicorn roots. All of these contain some natural estrogen and so can be used as natural supplements to the body during menopause *or* after hysterectomy. They reduce the menopausal symptoms like hot flushes, mood swings, etc. The best way to take herbs is as follows – take a teaspoonful of the dried herbs *or* open and empty two to three of the herbal capsules in a cup and pour some boiling water over it. Allow it to stand for ten to fifteen minutes, strain it and then have it with a teaspoon of honey.
- Drink a lot of liquids and eat a lot of whole-grain cereals, peas, soybeans, legumes, plenty of fresh fruits and vegetables, either raw *or* lightly cooked. Avoid alcohol, caffeine products (especially coffee and chocolate), sugar, spices and refined, tanned *or* processed foods.
- The natural sources of Vitamin E are avocados, brown rice, cold-pressed vegetable oils, corn meal, dry beans, fresh vegetables (like asparagus, broccoli, cabbage, carrot, green leaves, legumes, parsley, spinach, sweet potatoes and tomatoes), fruits (like apples, peaches and dried plums that are also called as prunes), homemade cottage cheese (paneer), nuts, oatmeal, organ meats, peanuts, sprouted grains, sunflower seeds, unpasturised milk, wheat germ and its oil and whole-grain cereals; which should be taken liberally.
- Increase your intake of calcium-rich food like almonds (unblanched), asparagus, beans, brewer’s yeast, Brazil nuts, cereals fortified with calcium, citrus fruits, figs (anjeer), fish (like mackerel, salmon, sardines and shellfish), green leafy vegetables (like blackstrap molasses, broccoli, cabbage, chick-peas, collard greens, dandelion greens, kale, mustard greens, turnip greens, etc.; **except** spinach), lime, low-fat milk and milk products especially cheese, whey, cottage cheese (paneer) and yogurt, oats, peanuts, peas, prunes (dried plums), sesame seeds, soybean, sunflower seeds, tofu, wheat and whole-grain cereals.
- Take in two to three cloves of garlic daily in the morning for a few months.
- Soybean products contain natural estrogen and so it tends to decrease the menopausal symptoms.
- Beetroot juice, taken in small quantities at a time, thrice daily helps.

- Take a tablespoon of raw honey in a glass of warm water every morning.
- A teaspoonful of carrot seeds are boiled in a glass of cow's milk for about ten minutes and then taken.
- Take a bowl-full of yogurt and a glassful of buttermilk twice daily for a few months.

HOMOEOPATHIC REMEDIES

- For flushes of heat, anxiety and palpitation during the climacteric period, Amyl Nitrosum 30C, four pills thrice daily.
- Caulophyllum 200C, four pills twice daily in cases where the patient complains of vague pains that keep changing the area of affection every few minutes (where the small joints are especially affected) with discoloration of the skin.
- For sudden hot flushes rising upto the face which becomes red with dryness and heat of the vagina, Belladonna 200C, four pills thrice daily.
- For menopause resulting from some kind of grief or worry in nervous, mild and sensitive females who are complaining of mood swings, silent brooding and sighing and sobbing constantly, Ignatia 200C, four pills twice daily.
- Cimicifuga 200C is a useful remedy for soothing the pain, mood swings and irritability of menopause.
- For hot flushes at menopause with a lot of weakness, perspiration and easy fainting and where the female feels cold even in a warm room, Sepia 200C, four pills twice daily.
- In cases of women who tend to complain of palpitation, flushes of heat, headaches and fainting spells in this phase of their lives, Lachesis 200C, four pills in the morning and four pills at night.
- For mild, gentle, weepy females who seek open air and company with symptoms that keep changing constantly, Pulsatilla 200C, four pills thrice daily.
- Oophorinum 30C is another useful remedy for climacteric troubles.
- In cases of congestion to various parts during this phase of the life with nervous headaches and aching in the eyes, Ustilago Maydis mother tincture ten to fifteen drops in half a cup of water twice daily.

MINERALS

Minerals act as building stones to all the cells in our bodies. They function as 'cofactors' in the metabolism of the products in the body. If additional catalysts like minerals and vitamins were not present, the reactions for most of the bodily metabolisms would proceed so slowly that they would become ineffective. Minerals also help to maintain the alkaline level in the body to balance the reaction of the acidic food we consume. Although most are present in the average diet, these minerals may not always be ingested in quantities sufficient to satisfy our metabolic needs, especially during growth, stress, trauma, blood loss and in certain diseases. Thus additional supplements may become necessary in certain conditions like pregnancy, lactation, menstruation, hyperthyroidism, infectious diseases, tissue-wasting diseases, etc.

The following are a few of the minerals described in detail with their sources:

12 CALCIUM

It is the most useful mineral for a 'growing' individual and is also of great benefit to those recovering from illnesses. Calcium promotes rigidity in the bones and teeth and improves the muscle contraction, thus giving tone to the muscles. Calcium is the most abundant mineral in the human body, over ninety percent of which is deposited in the bones and teeth to keep them strong and hard. A small amount of calcium is also found in the blood for the normal functions of coagulation of blood, for a regular heartbeat, the transmission of the nerve impulses, for the activation of several enzymes, for maintaining the integrity of the cellular membranes and in the protein structuring of RNA and DNA. That is the reason why during periods of growth, pregnancy and lactation, calcium needs to be supplemented.

Calcium cannot be absorbed in the absence of iodine and it also requires phosphorus, magnesium and certain other minerals in addition to Vitamins A, C and D in order to be properly utilized. The blood levels of calcium and its intestinal absorption, deposition *or* mobilization from bone are all controlled by a complex interplay of Vitamin D, Parathyroid hormone and Calcitonin.

Calcium is *found in* abundance in almonds (unblanched), asparagus, beans, brewer's yeast, Brazil nuts, cereals fortified with calcium, citrus fruits, figs (anjeer), fish (like mackerel, salmon, sardines and shellfish), green leafy vegetables (like blackstrap molasses, broccoli, cabbage, chick-peas, collard greens, dandelion greens, kale, mustard greens, turnip greens, etc.; **except** spinach), lime, low-fat milk and milk products especially cheese, whey, cottage cheese (paneer) and yogurt, oats, peanuts, peas, prunes (dried plums), sesame seeds, soybean, sunflower seeds, tofu, wheat and whole-grain cereals.

Spinach (palak) and rhubarb (revandchini) contain oxalic acid, a chemical substance that interferes with calcium absorption and so should be taken in small amounts in cases of a calcium deficiency.

Calcium deficiency is generally characterized by muscle cramps, decay in the bones and the teeth, stammering, numbness and tingling in arms and legs. In children, calcium deficiency results in under-development of bones and in adults, rigidity of joints and bony-pains. Extra calcium is a greatly required treatment for osteoporosis, arthritis, rheumatism and some other chronic illnesses.

13 CHROMIUM

It is a trace mineral whose daily requirement has just recently been recognized. Traces of chromium are required by certain enzymes for health as part of a glucose tolerance factor. Chromium is responsible for the metabolism of glucose into energy and can boost the effectiveness of insulin. It is also needed by some of the enzymes involved in lipid and cholesterol metabolism. Chromium Picolinate is a nutrient that is useful to help the body burn fat and sugar more effectively.

Chromium is *found in* brewer's yeast, brown rice, cheese, meat, mushrooms, potatoes (if the soil in which it is grown is rich in chromium) and whole grains.

A lack of chromium can result in:

- Fatigue.
- Energy loss.
- Blood sugar imbalance and the symptoms of hypoglycemia, hyperglycemia and diabetes.

14 COPPER

Copper is necessary for proper iron absorption, bone growth and the production of RNA in the body's cells. It is also required for the formation of aortic elastin and is thus of crucial importance for the optimum functioning of the heart.

The *sources* of copper are almonds, avocados, barley (jau), beans, beet roots, broccoli, dandelion greens, garlic, green leafy vegetables, lentils (masoor), liver, mushrooms, nuts, oats, oranges, organ meats, pecans, radishes, raisins, salmon, seafood and soybeans.

Deficiency of copper is a rare finding, but if present can result in anemia, oedema *or* one may exhibit glucose intolerance and abnormalities in cardiac functioning. Since copper competes with zinc in the body, too much copper can precipitate a zinc deficiency *or vice versa*.

12 FLUORINE

Traces of fluorine are a requirement to bind the calcium in the bones. Fluoride-deficient females will develop diminished fertility and become anemic. The minute amounts needed of this trace mineral can be obtained in even the poorest diets. So a deficiency is not so common.

15 IODINE

Iodine is associated with the synthesis of thyroxine and thus is required for the proper functioning of the thyroid gland. Iodine plays a major role in regulating the production of energy and stimulates the rate of metabolism. Persons living in coastal regions usually receive an adequate supply of iodine because of its high content in seafood and kelp. Thus to protect the inland population from 'goiter', a small amount of iodine is often added by manufacturers of table salt (called as iodized salt).

Iodine deficiencies may lead to:

- Obesity.
- Sluggishness.
- Slowed mental reactions.
- Hardening of the arteries.

16 IRON

Iron is present in the form of haemoglobin in the red blood cells. It carries oxygen from the lungs to all the parts of the body. It gives strength to the nerves and muscles and makes the blood rich and pure. It is needed in very small amounts since the body recycles it.

The *sources* of iron are almonds, apples, apricots, avocados, bajra, bananas, beet root, Bengal gram, black berries, black currants, blackstrap molasses, brewer's yeast, cashewnuts, coriander leaves, drumstick (saijan ki phalli), dry dates, dried plums (also called as prunes), egg yolk, figs (anjeer), fish, jaggery, jawar, kelp, legumes, lettuce, lintels, liver, meat, methi, nuts, parsley, peaches, pears, pistachios, pumpkins, radish leaves, raisins, rice, sesame seeds,

soybeans, spinach (palak), sprouted grains, strawberries, watermelon and whole wheat.

Iron deficiency occurs especially in conditions like an acute blood loss or hookworm infection. In pregnant women, it is given as an added supplement.

The deficiency commonly includes symptoms like:

- Anemia – a condition where there is a loss of the oxygen-carrying capacity of the blood resulting from a deficiency in the quantity *or* quality of red blood cells *or* the haemoglobin in the blood. Symptoms of anemia include pale skin, weakness, fatigue and dizziness.
- Constipation.
- Hair loss.

17 MAGNESIUM

Magnesium is an essential element in human metabolism and functions in the activities of muscles and nerves, protein synthesis and many other reactions. It is also a powerful agent in the elimination of waste matter from the system. Due to its importance within the central nervous system, magnesium has a reputation as a calming and relaxing substance.

Magnesium is *found especially in* apples, apricots, avocados, bananas, brewer's yeast, brown rice, dairy products, figs (anjeer), garlic, green leafy vegetables, kelp, meat, nuts, peaches, seafood, sesame seeds, tofu, wheat and whole grains.

Magnesium deficiencies are quite common and they present with the symptoms of nervousness, muscle twitches, confusion and the formation of calcium deposits. Prolonged deficiency can cause changes in the heart and skeletal muscle.

18 MANGANESE

Manganese is essential in trace amounts in the human cells, where it acts as an enzyme activator and catalyst and provides nourishment to the nerves and the brain. Minute quantities of manganese are needed for protein and fat metabolism, healthy nerves, healthy immune system

and blood sugar regulation. It is useful for energy production and is also required for normal growth and reproduction. Manganese is necessary for iron-deficient anemics and is also needed for the utilization of thiamine and vitamin E.

Rich *sources* of manganese are avocados, beans (pinto, lima, navy), beef, blueberries, dried peas, eggs, green leafy vegetables, honey, legumes, milk, nuts, oatmeal, pineapple, raisin bran, rice, seaweed, shredded wheat, spinach (palak), sweet potatoes, whole-wheat bread, tuna and yogurt.

A deficiency can prevent excess sugar from being removed from the blood; impair muscle coordination; cause fatigue and female disorders. A deficiency will also exhibit retarded growth, skeletal deformities, ataxia and convulsions. The defects in the formation of the organic bone matrix are attributed to dysfunctions of two manganese dependent enzymes.

9. NICKEL

This mineral is necessary for proper iron utilization. Inadequate supply of nickel will reduce growth and lower the erythrocyte count and thus the hemoglobin level in the blood. A lack of nickel also impairs the copper and zinc metabolism.

10. PHOSPHORUS

Phosphorus is a stimulant to the nerves and brain. Phosphates are essential for the energy-transfer reactions necessary to sustain life processes. Of major importance to all of the cells of your body is the adenosine triphosphate (ATP), which is involved in nearly every metabolic *or* photosynthetic reaction. Phosphates form a part of the nucleic acid that comprise chromosomes. Phosphates also form an important ingredient of the bones. The human skeleton contains about three pounds of phosphates in the form of calcium phosphate.

Some of the *sources* of phosphorus are asparagus, bran, brewer's yeast, corn, dairy products, dried fruits, eggs, fish, garlic, legumes, meat, nuts, pumpkin seeds, salmon, sesame seeds, sunflower seeds and whole grain.

Without this element the bones deteriorate and the lung tissues become a prey to infections, which under healthy conditions are destroyed by phosphoric acid.

11. POTASSIUM

Potassium is necessary for normal growth and helps regulate and encourages the kidneys to flush out body wastes. It is required for generating the electric and magnetic forces in the body, for rebuilding tissues, flesh, bones and muscles. It also gives flexibility to the muscles. It aids all other mineral salts in the function of chemical activities. It maintains the fluid balance and helps in the normal functioning of the muscles and nerves. It is very essential for red cells. Anemia, intake of too many drugs, kidney disorders and adrenal tumor are some of the conditions that cause potassium deficiency.

This mineral is especially *found in* all sprouted grains; fruits; peas; pulses; soyabeans and vegetables like gourds (louki and karela), potatoes, tomatoes, etc.

Symptoms of deficiency include:

- Heart problems.
- Poor reflexes.
- Oedema.
- Dry skin.
- Poor muscle tone.

Supplemental potassium can balance out excess salt, lower high blood pressure, reduce blood sugar levels and relieve water retention.

12. SELENIUM

Selenium is highly valued for its natural antioxidant powers and is known to retard aging and help preserve tissue elasticity by neutralizing harmful oxidative reactions in the cells. It is required for the maintenance of fertility, the functioning of the eye, the heart and the immune system. Research studies indicate that selenium can be helpful in inhibiting tumor formation and heart disease.

Depending on the soil content, selenium can be *found in* brazil nuts, brewer's yeast, broccoli, brown rice, chicken, dairy products, garlic, liver, meat, molasses, onions, salmon, seafood, tuna, vegetables, wheat germ and whole grains.

The main deficiency symptom is premature aging, but deficiencies have also been linked to infertility, arthritis and lowered intelligence.

13. SILICON

Silicon absorbs gases in the body, especially in the bowels and is necessary for bone and connective tissue formation, for healthy nails, skin and hair. Silicon is needed for Vitamin B assimilation and for calcium absorption in the early stages of bone formation. It is also useful for preventing cardiovascular diseases. Boron, calcium, magnesium and potassium aid in efficient utilization of silicon. Silicon is also known to counteract the effect of too much aluminum in the body and is therefore needed in larger amounts by the elderly.

A deficiency of this trace mineral can exhibit impaired growth, which would probably show up in bone formations, especially in the skull.

14. SODIUM

Sodium is an important constituent of the gastric juice and is usually found in all the fluids in the body. It is valuable for eliminating acids from the system in general. Sodium keeps other minerals soluble in blood and is involved in muscle expansion and contraction. Most people get too much sodium, which can cause dizziness, water retention and loss of potassium.

15. VANADIUM

Vanadium is essential for cellular activity and the formation of bones and teeth. It also inhibits the synthesis of cholesterol. Vanadium acts as a biocatalyst of oxidation of certain substances, which explains its cholesterol-lowering effect in humans. Sufficient doses of the vanadyl

sulfate will completely eliminate diabetes and certain forms of high blood pressure and once it has done that, the condition doesn't come back.

Vanadium is *found in* dill, fish, meat, olives, radish, vegetable oils and whole grains.

Vanadium-deficient humans develop higher plasma cholesterol levels.

16. ZINC

Zinc is vital in the absorption and action of many vitamins. It is essential for the maintenance of growth, development, cell division, protein and DNA synthesis. It is a component of insulin and is necessary for proper skin, nail and hair growth and appearance. Zinc is also very useful for the fast and healthy healing of cuts and burns because we need zinc in so many enzymatic activities in repair work. Zinc supplements are needed in diabetes, hearing affections and brain functions.

The *sources* of zinc are brewer's yeast, egg yolk, fish, lamb chops, legumes, lima beans, liver, meat, mushrooms, oysters, pecans, poultry, pumpkin seeds, sardines, seafood, soybeans and whole grains.

Indications of deficiency include:

- Fatigue.
- Prolonged healing of wounds.
- Smell and taste dysfunctions.
- Stretch marks on the skin.
- White spots on the fingernails.
- It causes dwarfism since it retards growth and maturity and produces anemia.

MUSCULOSKELETAL SYSTEM DISORDERS

ARTHRITIS

'Arthritis' is a condition wherein there is an inflammation of either one *or* several joints leading to pain, swelling, redness and stiffness of the joint. The following are some of the common types of arthritis:

- a. *Osteoarthritis* – This is one of the most common types of arthritis wherein there is wear and tear of the joints. The pain is usually worse on activity and is better by rest. The cartilage lining the joint tends to degenerate and bony outgrowths may form resulting in pain, stiffness and inflammation. The larger joints like hips, knees and spine are especially affected.
- b. *Rheumatoid arthritis* – This is an autoimmune disorder which results when the person's own immune system acts against his body, damaging the joint and the surrounding tissue causing joint pain and swelling, morning stiffness and occasionally resulting in a generalized affection of the body *or* a mild fever, weight loss, anemia and fatigue.
- c. *Ankylosing spondylitis* – This is an inflammatory condition involving the spine, pelvis and occasionally the rib cage. In this condition the vertebral joints become inflamed and then end up fusing with each other resulting in rigidity, stiffness and pain. The complaints are usually worse in the early morning and after rest. In cases where the costovertebral joints are involved, the patient may complain of pain in the chest that is worse on breathing hard.
- d. *Gout* – In this condition there is accumulation of uric acid, one of the body's waste products, in the form of crystals, in the joints (especially the small joints) and the body defends itself by attacking the crystals with white blood cells causing a very painful inflammation of the joints. The big toe is usually affected which becomes tender, hot and swollen in a few hours. The attack usually occurs at midnight *or* in the early hours of the morning when the patient is suddenly awakened. Stress, heredity, alcohol, eating foods rich in protein and carbohydrate and lack of proper exercise are some of the main causative factors.

Alternate application of moist heat and cold, daily exercise and appropriate rest periods can help reducing stiffness and thus the pain in the affected joints. In cases of an acute pain, the patient is asked to sit with the foot propped up on a footstool *or* the patient is advised to stay in

bed. In cases where the patient is overweight, reducing the weight is of prime importance to reduce further wear and tear and pain. The patient should be advised to keep performing light and gentle exercises to keep mobilizing the joint and prevent any permanent deformity. He should not expose himself to cold wind and rain.

SOME HOME REMEDIES

- Exclude alcohol, fish, flesh, fowl, meat and rich seasoned food from the diet. Avoid tea and coffee. Take in a lot of water and fresh fruit juices. Avoid using refined sugar and use pure honey or molasses as sweetening agents. Have a diet rich in whole-grain cereals and vegetables rich in fibre.
- When the pain is terrible, grab a bag of frozen peas and apply it over and around the joint.
- In cases of gout, **avoid** the following items completely from the diet – alcohol, brinjal, cheese, condiments and spices, fish (especially sardines and herring), fried things, fruits (like bananas, chickoo, custard apple, pear and pomegranate), guvar (a kind of vegetable), jam with seeds, kidney, lady's finger, liver, paneer, papad, papdi (a kind of vegetable), pulses, red meat, sour things (including curd) and tomatoes. Try and avoid taking rice as far as possible.
- One to two garlic cloves swallowed whole with warm water an hour before breakfast provides heat and lubrication to the joints. This should be practiced daily for atleast two months.
- Raw juices made from alfalfa, beets, carrots, celery leaves (ajwan-kapatta), cucumbers and parsley can be helpful when taken twice daily.
- One to two tablespoonfuls of the juice of raw potato, taken out by pressing mashed potatoes, should be taken before meals.
- Limejuice is also very useful in cases of gout since it contains citric acid, which is a solvent of uric acid.
- Intake of the following minerals is known to help the inflammation – **Magnesium** (found in apples, apricots, avocados, bananas, brewer's yeast, brown rice, dairy products, figs (anjeer), garlic, green leafy vegetables, kelp, lentils, meat, nuts, parsley, peaches, plain chocolate, seafood, sesame seeds, tofu, wheat and whole grains); **Selenium** (depending on the soil content, selenium can be found in brazil nuts, brewer's yeast, broccoli, brown rice, chicken, dairy products, garlic, lean meat, liver, molasses, oatmeal, onions, rice,

salmon, seafood, tuna, vegetables, wheat germ and whole grains); **Zinc** (found in brewer's yeast, egg yolk, fish, lamb chops, lean meat, legumes, lima beans, liver, mushrooms, oysters, pecans, poultry, pumpkin seeds, sardines, seafood, soybeans and whole grain cereals); **Vitamin E** [found in avocados, brown rice, cold-pressed vegetable oils, corn meal, dry beans, fresh vegetables (like tomatoes, sweet potatoes, cabbage, spinach, broccoli, asparagus, carrot, parsley, legumes, green leaves), fruits (like apples, peaches, and dried plums that are also called as prunes), homemade cottage cheese (paneer), nuts, oatmeal, organ meats, peanuts, seeds and seed oil, sprouted grains, sunflower seeds, unpasturised milk, wheat germ and its oil and whole-grain cereals].

- Fresh pineapple contains '*bromelain*', an enzyme that has significant anti-inflammatory properties.
- Reduce intake of vegetable oils and increase the intake of oils rich in omega-3 fatty acids.
- About fifteen to twenty cherries (sweet or sour) consumed daily is considered an effective remedy for gout.
- Drinking a glass of water containing one tablespoon of apple cider vinegar thrice daily helps to reduce the pain.
- 200 grams of fenugreek seeds (methi), 100 grams of kali jeeri and 25 grams of ajwain are powdered and half a teaspoonful of this mixture is taken twice daily.
- Green gram soup prepared by mixing a tablespoonful of green gram in a cup of water, with two crushed garlic cloves. This should be taken twice daily.
- Raw vegetable juices are protective against gout and joint pains. Especially carrot juice (300 ml) when taken in combination with the juices of beet (100 ml) and cucumber (100 ml) is valuable.
- A mixture of coriander seeds (dhania), cumin seeds (jeera) and caraway seeds cooked with jaggery is taken daily for a few days.
- Bitter vegetables like bitter melon (karela), bitter variety of drumstick (saijan ki phalli) and Margosa (Neem) flowers are very good for the patient.
- A teaspoonful of black sesame seeds are soaked in water overnight and taken on an empty stomach the next morning.
- Juice of holy basil leaves (tulsi) mixed with raw turmeric juice if taken daily in the morning helps the ailment.

- Potatoes boiled with their skin and root vegetables are used since they are rich in sodium and potash salts that increase the solubility of uric acid and remove it from the body. So this is a useful remedy for gout.
- The malic acid contained in apples is believed to neutralize the uric acid and give relief to the patients. The patient is thus advised to take one apple after every meal.
- Half a dozen walnuts, chewed properly, should be taken daily for the treatment of rheumatism.
- Fill a small cotton sock *or* bag (about five by eight inches) with rice and heat it in the microwave oven for two minutes and then apply it over the painful joint.
- Castor oil (arandi) plant leaves are applied locally over the painful and swollen joints *or* boil two tablespoons of castor oil over a stove burner and pour it into a glass of fresh orange juice and take before breakfast daily for a month's time.
- The roots of Asparagus are boiled in water and the water is taken in small cups thrice daily. If the taste is not agreeable, addition of a few drops of the extract of liquorice (mulethi) *or* honey is useful.
- Herbs like alfalfa, burdock, cayenne, devil's claw, turmeric, wild willow bark and yucca are useful either in tablet *or* capsule form.
- Oil of Wintergreen and oil of Rosemary have been used with success for rheumatism.

HOMOEOPATHIC REMEDIES FOR OSTEOARTHRITIS AND RHEUMATISM

- For rheumatic pains and for hot, painful swelling that are worse on initial motion and better by continued motion, give Rhus Tox 200C, four pills four times daily.
- For red, hot, swollen joints with stitching and tearing pains that are worse by the slightest of motion and is better by rest, give Bryonia 200C, four pills four times daily.
- For acute rheumatic pains and swollen, hot painful joints with a lot of stiffness and pain that is worse by pressure, motion, cold wet weather and heat, Guaiacum 30C, four pills thrice daily.
- For stiff joints and shifting rheumatic pains that are worse at night and in warm weather with edematous swelling and coldness of the joints, take Colchicum 200C, four pills thrice daily. Also a hot compress over

the joint on which several drops of Colchicum mother tincture has been dropped helps as a local application.

- For rheumatic pains that begin in the lower limbs and ascend upwards, Ledum Pal 200C, four pills thrice daily.
- For red, hot swollen joints with rheumatic pains that is of a descending type, where the right deltoid is especially affected, Kalmia 200C, four pills four times daily.
- In cases where the patient complains of shifting and wandering pains in the joints that are worse from heat and when allowing the feet to hang down and better in open air and by motion, Pulsatilla 200C, four pills every four hours.
- In cases where there is much swelling and little pain, Apis Mellifica 30C, four pills thrice daily.
- For rheumatism that comes on suddenly with restlessness and stiff, contracted joints, where the pain is worse by motion and better by rubbing and pressing, Formica Rufa 30C, four pills thrice daily.
- In cases of cracking of the joint when walking, Causticum 30C, four pills thrice daily.
- For rheumatism associated with urticaria-like eruptions, Urtica Urens, 30C, four pills thrice daily.

HOMOEOPATHIC REMEDIES FOR GOUT

- For gouty pains shooting through the foot and limb and the small joints are especially affected, which become swollen, hot and pale with the formation of gouty nodosities, Ledum Pal 200C, four pills thrice daily. The patient usually feels better by immersing his legs in cold water.
- In cases of gout with inflammation of the great toe and also for gout in the heel where the patient cannot bear to have it touched or moved, give Colchicum 200C four pills thrice daily for a few weeks.
- Chronic gout with chalky deposits in the joints with pain in the heel on walking as from a pebble, Lycopodium 200C, four pills thrice daily.
- For gout and uric acid diathesis, Urtica Urens or Lithium Carb 30C, four pills thrice daily.
- For chronic gout and stiffness in the joints where the pain is worse from motion and better by pressure, Formica Rufa 30C, four pills thrice daily.

LUMBAGO

'Lumbago' is a dull pain caused by a severe and prolonged spasm of the muscles in the lower back, usually caused by fibrositis. It is always associated with muscle pain and tenderness and is also seen in conditions like arthritis *or* osteoporosis. The onset is very sudden and acute. It usually occurs in old age and is found more in males than in females. The factors that lead to lumbago are having a poor posture, wearing high-heeled shoes, muscle strain from lifting, being overweight, lack of exercise, dietary deficiencies, soft beds and genetic predisposition.

SOME EXERCISES

- General back massage, concentrating especially on either side of the vertebrae on the lower back and the buttock muscles, helps reduce muscle tension and pain and restore the lost mobility. Use stroking movements upward and downward and also small circular movements to help relieve the stress points.
- Lumbar stretch exercises, some abdominal exercises (like sit-ups) and swimming help in relieving the pain to some extent. Also maintaining a good posture when sitting, standing *or* sleeping is very important. Avoid slouching, slumping *or* leaning forward. Stretching your extremities, neck and back in the morning will help you become a lot more mobile and thus help in preventing the pain.
- Wearing good, comfortable shoes are very important. Avoid using high-heeled shoes.
- For overweight people, losing weight is one of the most important steps towards getting relief in the pain.
- Hot and cold fomentation taken alternately *or* as comfortable to the patient will help in reducing the pain to some extent.

SOME HOME REMEDIES

- Sour and fried things and pulses are strictly prohibited in this condition. Wheat, bajra and jawar are better than rice. The patient

should avoid taking spicy, oily or fried food; curd; sweetmeats and sugar; pulses; tea and coffee; smoking or taking tobacco and alcohol. The patient should take a lot of fruits and fresh raw vegetables and salads.

- Drink a glass of fresh potato juice mixed with juice of beet, carrot or celery leaves (ajwan-ka-patta). An application of raw potato in the form of a poultice has also been found very effective in this condition.
- Vitamin C and B complex and Calcium are some of the important supplements to be given to the patient after consultation with a doctor.
- Fry ten cloves of garlic in 60 ml of oil and then rub it on the back, which will help relieve the pain. Eating three cloves every morning also helps to reduce the pain.
- The juice of one lemon mixed with common salt and honey is taken twice daily to reduce the backache.
- A mixture of equal parts of powdered black pepper, ghee and juice of holy basil (tulsi) is given.
- Powdered ginger is lightly fried with ghee and then garlic is mixed into it and given.

HOMOEOPATHIC REMEDIES

- Pain in the lumbar region especially during pregnancy and miscarriage with sudden sharp pains extending up and down the back and the thighs, where lying down increases the pain and the legs tend to give out, give Kali Carb 200C, four pills every six hours.
- In cases of pain and stiffness in the small of the back which is excited by change of weather and is worse by slightest of motion, warmth and the patient feels better by lying on the painful part, by applying pressure on the part and by rest, Bryonia 200C, four pills every four hours till the symptoms decrease.
- Rhus Tox 200C, four pills every four hours for a few days is a useful remedy for pain and stiffness in the small of the back where the patient is better by motion and lying on something hard and worse from damp and cold weather and when sitting. The patient is very restless and can't tolerate cold air over the back.
- For chronic lumbar pains with numbness in the lower back alternating with burning pains, which usually right sided and is worse by motion and in cold damp weather, Gnaphalium 200C, four pills thrice daily.

- For pain from dry cold weather that is worse on the approach of storms, Rhododendron 30C, four pills every four hours.
- Antim Tart 30C, four pills four times daily is a useful remedy for violent pains in the lumbosacral region with a sensation of weight hanging on the coccyx and dragging downwards; where the slightest effort to move may cause nausea and retching with cold, clammy sweat. The patient feels better by sitting erect and worse on lying down and in damp cold weather.
- Where the lumbago is worse in the morning before rising where the pain is better by pressure and on lying on the back, Ruta Graveolens 30C, four pills thrice daily.

FRACTURES AND DISLOCATIONS

'Fracture' can be defined as a structural discontinuity of the bone, which can be complete *or* incomplete. The removal of the head of a bone from its corresponding articular cavity is termed as 'dislocation *or* luxation'. A fall *or* an unnatural overstretching *or* overstraining of a part usually results in a broken *or* a dislocated bone. Women with osteoporosis are prone to develop frequent fractures even without a bad fall, since the bones are already weak. The patient will complain of intense pain in the area with restriction of movements and a lot of swelling, alteration in the shape, length and direction of the limb and occasionally discoloration of the skin overlying the bone because of some ecchymosis. In cases of a fracture, crepitation (i.e. a peculiar grating noise *or* sensation, is produced by the rubbing together of two broken surfaces of the bone) is a sure sign.

Apply cold water over the part to give relief in the pain and the swelling. The fractured bone should be completely immobilized by at least tying a sling *or* strapping *or* bandaging the part and a doctor should be called for immediately and for the time being keep applying ice over the area. In cases of an open wound at the site of the fracture it is necessary to clean the area properly with soap and water and shift the patient to a nearby hospital for suturing and plastering.

After plastering the joint, the patient is asked to keep moving his proximal and distal joints actively and frequently to avoid stagnation of fluid at the fracture site and to improve the circulation in the area and prevent any stiffness and muscle wasting.

SOME HOME REMEDIES

- Avoid smoking and drinking alcohol and coffee since it can delay the healing of the bones. Increase the intake of beans, eggs, fish, green leafy vegetables, liver, milk and milk products, nuts, peas, red meat, etc.
- A plaster of hot paste of tamarind (imli) with sesame oil is applied as a fomentation before a fracture is bandaged.
- A piece of cloth soaked in sesame oil is applied over the fractured *or* dislocated bone.

HOMOEOPATHIC REMEDIES

- To promote the union of fractures and in cases of irritable bone at the point of fracture with pricking pain and soreness in the region, Symphytum mother tincture, ten drops in half a cup of water thrice daily.
- Calcarea Phos 6X, four pills thrice daily are useful to promote the union of fractures in scrofulous subjects and has a special affinity where the bones form sutures *or* symphysis.
- For fractures where the bones are much bruised and the patient is very restless with the pain, Ruta 200C, four pills every four hours.
- In cases of intolerable pains with occasional convulsions, Chamomilla *or* Hypericum 30C can be given according to the indications.
- For slow union of fractures in chilly subjects with lack of vital heat and tendency to suppuration, Silicea 30C, four pills every six hours.

SPRAINS

'Sprains' occur when the fibrous bands *or* ligaments attached to the bones in a joint are torn due to overstretching *or* overstraining of the ligaments. Sprains bring about painful swellings and muscle spasms around the joint, along with intense pain on movement.

Keep the injured area immobile as far as possible and give adequate rest to the part. Apply ice *or* a cloth dipped in cold water locally for twenty minutes and renew it at regular intervals till the pain decreases.

Elevation of the injured part helps control the swelling and the inflammation.

SOME HOME REMEDIES

- Eating a lot of pineapple right after your injury speeds up the recovery and avoids undue bruising.
- A thoroughly blended mixture of quicklime, turmeric, garlic and honey reduces the swelling and pain of the sprained tendon and can be applied thrice daily.
- Massage the sprained muscle slowly and gently with eucalyptus oil.
- A thick paste of tamarind (imli) with a lot of salt in it can be applied to the affected part for quick relief in the swelling and pain.

HOMOEOPATHIC REMEDIES

- For sprains with a lot of soreness and black *or* blue discoloration of the skin overlying the swelling with great fear of being touched *or* approached, Arnica 200C, four pills every four hours till relief is obtained. In cases of severe sprains, let the injured part be placed in hot water in which a few drops of Arnica mother tincture has been added.
- Ruta 30C, four pills thrice daily, in cases of sprains resulting from overstraining the tendons (especially the flexor ones) with a lot of soreness in the tendons and a lot of weakness and bruised pain in the bones and the spine.
- In cases of sprains with intense lameness and muscular soreness with venous congestion, give Bellis Per 200C, four pills every four hours.
- In cases of tearing pains in the tendons, ligaments and fasciae with a lot of stiffness and tenderness, Rhus Tox 200C, four pills every four hours.
- In cases where there is swelling and pain that is worse on the slightest movement, give Bryonia 200C, four pills every four hours.
- For old sprains with tearing pains in the muscles, Calcarea Carb 200C, four pills twice daily.
- Where the sprain results from straining and over lifting *or* from easy twisting of the ankles, associated with a lot of debility, Carbo Animalis 30C, four pills thrice daily.

- Silicea 30C, four pills four times daily.

NOSEBLEED

The nasal septum consists of numerous tiny blood vessels under a thin mucous membrane. Thus a slight blow, injury, nose picking *or* hard blowing of the nose can result in the rupture of the delicate skin and the blood vessel underneath it, resulting in a nosebleed, also called as 'epistaxis'. Certain people are more prone to nosebleeds especially on any change in weather *or* any changes in the atmospheric pressure *or* due to certain nutritional deficiencies. If the nosebleed occurs after a head injury, *or* if it is associated with drowsiness, vomiting *or* headache, *or* if the bleeding doesn't stop within ten minutes *or* if you are unable to breathe, seek a doctor's help immediately.

On complaint of nosebleed the first thing to be done is blow your nose lightly to help clear out the blood clots that could be preventing the blood vessels from sealing. Also using the thumb and forefinger pinch the fleshy part of the nose above the nostrils tightly for about five to ten minutes, breathing through your mouth with the head slightly tilted back.

Holding an ice pack *or* a cold compress over the nose also decreases the nosebleed by constricting the blood vessels. Also ask the person to drink a lot of cold water.

It is important not to blow your nose very hard *or* stuff your nose with cotton after pinching the nose since the cotton will adhere to the clot that forms inside, which will be torn on trying to remove the cotton and the bleeding will ensue again.

SOME HOME REMEDIES

- A freshly gathered leaf of the Stinging Nettle placed on the tongue and pressed against the palate usually has an immediate good effect.
- Increase the intake of almonds, apricots, beetroot, berries, broccoli, cabbage, cherries, citrus fruits, coffee, cucumbers, grapes, green leafy vegetables, peaches, plums, tomatoes and white pumpkin. The patient should not be given any hot *or* spicy things to eat.
- Add a teaspoonful of distilled extract of Witch Hazel to half a tumbler of cold water and administer a teaspoonful every five minutes. Plugging the nose with cotton wool moistened with distilled extract of Witch Hazel also helps.
- Taking soup prepared from meat and moong dal helps.

- Take a teaspoonful of apple cider vinegar in a glass of water thrice daily for a few days.
- Juice of fresh ginger with equal quantity of honey is given in small doses frequently throughout the day.
- Apply a coat of petroleum jelly *or* aloe vera gel *or* Vitamin E oil on the mucous surface of the nose internally.
- Dried holy basil (tulsi) leaves are used as a snuff to stop the bleeding.
- Very fine powder of very young flowers of the pomegranate (anar) tree is used as a snuff.
- Slices of onion when used as smelling salt stops the nosebleed *or* a few drops of onion juice is put in the nose.
- Squeeze a few drops of limejuice into each nostril. This helps to stop the bleeding.

HOMOEOPATHIC REMEDIES

- In cases of epistaxis resulting from a blow and in cases of bleeding of dark fluid blood from the nose after every fit of coughing, Arnica 200C, four pills ever half an hour till the symptoms improve.
- For profuse epistaxis, three to five drops of the mother tincture of the plant Melilotus is added to a teaspoonful of warm water and taken every thirty minutes till better *or* five pills of Millifolium 30C should be taken thrice daily.
- For epistaxis of bright red blood, Ferrum Phos 6C, three tablets should be given every thirty minutes till the bleeding stops.
- For bleeding of profuse, passive, non-coagulable blood with tightness in the bridge of the nose, Hamamelis 200C, four pills thrice daily.
- In cases of bright red blood oozing out on waking in the morning and when the menses should appear, Bryonia 30C, four pills every thirty minutes till the bleeding stops.
- In cases where the person has a tendency towards frequent and profuse epistaxis, in a patient with a haemorrhagic tendency, Phosphorus 30C, four pills every hour till the symptoms improve.
- In cases of nosebleed following a rush of blood to head and a flushed face, Graphites 30C, four pills every six hours.
- For nosebleed with chest affections, Nitric Acid 200C, four pills thrice daily.

OBESITY

'Obesity' is a term used to signify excessive accumulation and deposition of fat in the body, which is at least twenty percent over the optimum desired weight for one's height. Measuring fat in humans requires special instruments and so excess weight is usually defined by measuring the body mass index (BMI). BMI is calculated by measuring a person's weight in kilograms and then dividing it by that person's height in metres squared (kg/sq.m.). An average BMR for an adult is within the range of 18.5-24.9 and in an overweight person it ranges between 25-29.9 and in the obese it is over 30.

It is either due to consumption of too much of fatty food, smoking a lot of cigarettes, alcoholic beverages *or* living a sedentary lifestyle with lack of exercise. Familial and genetic predisposition plays a major role in weight gain. But other causes include disorders of thyroid, pituitary *or* adrenal gland, which by affecting the hormones result in sudden excessive weight gain. Also certain drugs and medications (like corticosteroids, steroidal contraceptives, antidepressants, sulphonylureas, valproate, etc.) and stress can result in obesity.

Excess of weight increases the mortality due to the complications arising out of it. Due to excess deposition of lipids and fats in the blood vessels, they become clogged and narrowed and thus result in ischaemic heart disease and angina. The joints, especially the weight bearing ones, get affected due to the excess of weight gain resulting in degenerative arthritis. Thus it acts like a precursor of many dangerous illnesses like diabetes mellitus, coronary heart disease, angina, hypertension, arthritis, gout, gallstones, impotence, backaches, breathlessness, stroke, hyperlipidaemias, cancers (breast, endometrium, ovarian, gall bladder and colonic cancers) etc. and thus its treatment is of prime importance.

Regular exercising like brisk walking, jogging, swimming, aerobics and a few bending exercises should be done on a daily basis and also doing yoga will help to relax the mind and the body and thus be of benefit.

SOME HOME REMEDIES

- Avoid all fatty and fried food items, alcohol, soft drinks, cooked animal and processed fats, high carbohydrate food items and wheat products. Take more of rice in any form. Substitute a meal with raw vegetables, fruits and salad. Drink more of water, especially half an hour before meals. Avoid bananas, figs (anjeer), raisins, prunes (dried plums),

peanuts, almonds and salted nuts. The best cooking oils are from maize or sunflower seeds or Linseed oil. Potatoes have to be taken either baked or boiled in their jackets. The most important of all is that the person chews every bite properly for better digestion and also to make him/her feel full and prevent any overeating spells.

- Regular exercising and yoga will help lose weight the most.
- Drinking a glass of lukewarm water with the juice of half a lime with a teaspoonful of honey added to it should be taken on an empty stomach daily.
- Take one to two ripe tomatoes every morning for breakfast. It contains the necessary vitamins and minerals and also helps in weight reduction.
- Ripe tamarind (imli) juice when taken daily is the best remedy to reduce weight.
- Cabbage (gobi) is a useful home remedy for obesity since it contains tartaric acid, which inhibits the conversion of sugar and other carbohydrates into fat. Thus having cabbage salad would be the best way to stay slim.
- Fresh fruit juices will be beneficial, especially lemon, grapefruit (chakotra), orange, papaya and pineapple juices.
- Take in more of celery leaves (ajwan-ka-patta), which is a low calorie food item.
- Finger millet (ragi) is a useful food item for the obese since the constant desire to eat is curbed by giving a feeling of fullness and also provides the necessary vitamins and minerals.
- The root juice of castor oil plant (arandi) if taken on an empty stomach reduces obesity.
- One tablespoonful of apple cider vinegar should be taken with honey in a glassful of water twice daily.
- Kelp is a sea plant and it has natural iodine content in it that is useful for obesity.
- Chromium Picolinate is a nutrient that is useful to help the body burn fat and sugar more effectively. Most dieters find 200-600 micrograms per day useful.

The following **diet** can be used for a few months and even lifelong to lose and to maintain your weight:

6 a.m. – 12 noon: Any quantity of coconut water, fruits and fruit juices.

12 noon – 6 p.m.: Only rice; any curry; any quantity of vegetables in the

form of salads *or* cooked vegetables; fish and rarely chicken.

Dinner: Same as lunch.

When hungry in-between meals: Popcorn (unsalted, unbuttered); puffed rice; sprouts.

Food items restricted: Chocolates, cakes, pastries, cookies, cold drinks (sweetened or carbonated), sweet meats, dried fruits and nuts, ice-cream, tea, coffee, milk and milk products, bread, chappati or any wheat products, meat (especially lamb, beef or pork), sev, ganthias, puris, alcohol and ask the person to stop smoking.

TEN WAYS TO REDUCE YOUR CRAVINGS

Cravings usually occur when your body lacks certain nutrients, including some important vitamins and minerals. This happens when people don't allow themselves the food they need. They will skip their breakfast and eat a tiny salad for lunch and then go home and head for the things like potato chips, burgers, sweets and chocolates. These not only have a lot of calories, but also lack the necessary nutrients; vitamins, minerals and micronutrients that our body needs on a daily basis thus making the person not only put on unnecessary weight but will also make them feel very weak, lethargic and prone to infections.

The following are a few tips as to how to reduce the tendency to develop cravings and thus automatically contribute to reducing weight.

- The person is asked to **avoid sugar** in all forms, since it tends to triggers unstable blood sugar levels and thus increase the cravings.
- **Suck a sour pickle** when you feel a craving for sweet. It will help you to eliminate that craving.
- **Eating enough protein** helps to reduce the craving. Small amounts of protein throughout the day are the single best strategy for balancing blood sugar and energy levels and to eliminate the cravings.
- A really strong craving for sweets can be overcome by **eating a peppermint** followed by a glass of **fruit juice** or a few nibbles of a fruit, like an apple or a pear.
- Use **herbs and spices** liberally for added flavor plus the blood-sugar-balancing effects they have. Cinnamon (tuj), cardamom (elaichi) or nutmeg (jaipher), added to yogurt or skimmed milk, will help satisfy a sweet tooth, since these spices add a sweet flavor without the calories.
- Moderate **exercises** like brisk walking, swimming and aerobics tend to activate the cells. It helps to decrease the cravings by helping the cells to respond better to insulin and also helps to increase the level of free fatty acids in the blood that can be used for energy.
- Chocolate is a rich source of magnesium, which most people lack and so develop a craving for it. So if you crave chocolate take in more of **magnesium** through either supplements or its sources. Magnesium is found especially in apples, apricots, avocados, bananas, brewer's yeast, brown rice, dairy products, figs (anjeer), garlic, green leafy vegetables, kelp, meat, nuts, peaches, seafood, sesame seeds, tofu, wheat and whole grains.

- **Keeping yourself absorbed** in hobbies that you like (like stitching, gardening, painting, teaching, etc.) will make you feel good and creative and plus deviate your mind off the cravings. So the next time that you feel like reaching for a chocolate cake or a bag of chips, reach out instead for the newspaper or your knitting set.
- Increase the intake of **flaxseed, walnut and canola oil**, which contains essential fatty acids. This will also help to decrease the cravings.
- Make sure to get enough of **trace minerals** like zinc picolinate and chromium picolinate, which balance the blood sugar by helping the insulin to work more effectively. So they are very useful to reduce the craving plus to reduce the weight.

HOMOEOPATHIC REMEDIES

- For fat, fair and flabby people who are chilly and have a sour perspiration, Calcarea Carb 200C, four pills once daily.
- Fucus Vesiculosus (Kelp) 30C, five pills taken twice daily, is a useful remedy for obesity with thyroid enlargement and obstinate constipation.
- Phytolacca 30C, four pills taken twice daily is another useful remedy to help lose weight.
- Calotropis mother tincture, five to ten drops taken in half a cup of water is a useful remedy for obesity where while the flesh decreases, the muscles become harder and firmer.
- For stout *or* fat, chilly and costive females with a tendency to skin affections and constipation, with a delayed menstrual history, Graphites 200C, four pills thrice daily.

OSTEOPOROSIS

Bone is a complex, living tissue that is constantly replacing and repairing itself. When one is young, more bone cells are added than removed. But as you age, this process reverses itself and your bones slowly start eroding. That's normal. But in certain cases more bone is lost and the total bone mass gradually decreases. The bones that are left are eroded, riddled with weak spots and become porous i.e. are full of little holes that weaken the structure. That's 'osteoporosis', the gradual thinning and wasting away of bone tissue, which causes a lot of hip, spine and forearm fractures. Osteoporotic limb fractures are usually precipitated by falls, whereas in vertebral fractures the precipitating factor is either being lifted or lifting heavy weight. In severe cases, the bones become so delicate that they crack and break under one's own weight.

Whites more than blacks, women more than men, the underweight more than the overweight, those who smoke, those who are alcoholics and those who are sedentary are at a high risk of developing this illness. In *women* the process of losing bone usually increases after menopause since the body produces less estrogen. In *men*, it is especially seen in those who drink heavily, smoke or take steroids. Some of the causes of osteoporosis are genetic, smoking, alcohol, low dietary calcium, immobility, malabsorption, chronic liver disease, early menopause, endocrinal (thyrotoxicosis, hyperparathyroidism), rheumatoid arthritis, drugs (like corticosteroids, L-thyroxine and frusemide), anorexia nervosa, etc.

Osteoporosis can be reversed and also prevented by taking care of the following measures. First of all if you are a smoker, stop smoking completely since it accelerates bone loss. Also stop taking alcohol and coffee altogether.

SOME EXERCISES

- Running, brisk walking (for 45 minutes daily), cycling and lifting are the best sort of exercise for your bones.
- Swimming can serve as a gentle way for elderly osteoporotic people to add bone density.
- Place a chair with its back against the wall. Kneel in front of the chair, grip the seat and do a push-up against the chair. Repeat this at least five times daily.
- If one has already had a fracture or two, the best kind of exercise would be to walk in chest-deep water for at least half an hour thrice a week.

The water will help support the body weight and take the stress off the bones and joints, thus helping to prevent any further fractures.

- Extension exercises like arching the back and straightening it, helps a lot.
- Biceps curl – hold a hand-weight in front of your body and curl it to your chest, keeping your elbow at your hip and repeat it a few times daily.
- Doing easy muscle-strengthening exercises; like abdominal curls, shoulder blade squeezes and back extensions; in a chair or on the floor helps a lot. To do back extensions, lie on the floor on your stomach, with a pillow under your hips and your arms at your side. Using only your back muscles, not your arms, raise your upper body a few inches off the floor. Hold for as long as comfortable and then relax downward. Do this six to ten times daily.

Bone growth is a fairly slow process and needs about a year to make significant improvement in bone density and so consistency is an important factor in a successful exercise program.

SOME HOME REMEDIES

- Decrease the intake of sugar since it increases calcium excretion.
- Too much of salt causes the body to excrete calcium, so avoid taking products with more than 300 milligrams of salt per serving and also stop adding extra salt over anything.
- Aerated (carbonated) drinks and sodas contain phosphorus; a mineral that in excess amounts causes the body to excrete calcium and so should be avoided as far as possible.
- Take atleast 1000 milligrams a day of calcium daily in cases of women before menopause and in cases of post-menopausal women, who are not getting ERT (estrogen replacement therapy), take 1,200 – 1,500 milligrams daily. It is seen that calcium absorption is improved in those taking their calcium supplements with meals. Also it is important that one should take it with a full glass of water.
- Foods items that are rich in calcium are almonds (unblanched), asparagus, beans, brewer's yeast, Brazil nuts, cereals fortified with calcium, citrus fruits, figs (anjeer), fish (like mackerel, salmon, sardines and shellfish), green leafy vegetables (like blackstrap molasses, broccoli, cabbage, chick-peas, collard greens, dandelion greens, kale, mustard greens, turnip greens, etc.; **except** spinach), lime, low-fat milk

and milk products especially cheese, whey, cottage cheese (paneer) and yogurt, oats, peanuts, peas, prunes (dried plums), sesame seeds, soybean, sunflower seeds, tofu, wheat and whole-grain cereals.

- Spinach (palak) and rhubarb (revandchini) contains oxalic acid, a chemical substance that interferes with calcium absorption and so should be taken in small amounts only.
- Taking 400 international units of vitamin D daily also helps, especially in cases where one is not getting enough sunlight. The other sources of vitamin D are alfalfa, apples, breakfast cereal, bread, butter, cabbage, carrots, cod liver oil, egg yolk, fatty salt-water fish (tuna and salmon), fish and animal liver, milk, oatmeal, parsley, pasta, rice, salmon, sardines, sweet potatoes, tomatoes, tuna, vegetable oils and whole cereals.
- Trace elements like boron, copper, magnesium, silica and zinc are necessary for proper absorption of the calcium into the bones. These are best gotten through a varied and broad-based diet that includes mostly unprocessed foods, such as whole grains, beans, fresh fruits and vegetables, fish and shellfish and lean meats.
- Manganese is another important trace mineral for building bones. Rich sources of manganese are avocados, beans (pinto, lima, navy), beef, blueberries, dried peas, eggs, green leafy vegetables, honey, legumes, milk, nuts, oatmeal, pineapple, raisin bran, rice, seaweed, shredded wheat, spinach (palak), sweet potatoes, whole-wheat bread, tuna and yogurt.
- Vitamin K is needed to make a framework upon which all the bones are built. Vitamin K is synthesized naturally by the bacteria in our intestines. Thus if one takes some antibiotics to correct some GIT disturbance, the bacteria in the intestine is destroyed leading to deficiency of this vitamin in our body. It is also *found in* abundance in cabbage, cauliflower, egg yolk, fish oils, grape fruit (chakotra), green leafy vegetables, husk of grains, lemons, liver, oranges, plums, potatoes, prunes (dried plums), sprouts, strawberries, etc. Vitamin K supplements of 100-500 micrograms per day are perfectly safe and may be beneficial for those who do not eat leafy greens or for those who undergo long-term antibiotic therapy.
- Fluoride contained in fluoridated water may displace calcium from the body and cause the bones to become more brittle and likely to fracture. So one should use more of filtered water.

- Avoid using aluminum baking powder and cooking in aluminum pots and pans since that will increase the exposure to this toxic metal, which besides increasing the risk of Alzheimer's disease may increase the risk of osteoporosis as well.

HOMOEOPATHIC REMEDIES

- Calc Phos 6X, four tablets thrice daily.

OUR IMMUNE SYSTEM

One of most important things necessary for a strong immune system is the right kind of lifestyle, proper diet and a good nutrition. Our bodies are constantly attacked by hundreds of toxic chemicals and pollution everyday. We are also exposed to a wide variety of bacteria, viruses, fungi and parasites that keep on forming newer breeds each time which again is a result of an exposure to our human advancement technologies like radiology, harmful chemicals, antibiotics, etc.

What is the immune system?

The immune system is the part of our body that protects us from the constant attack of bacteria and viruses in our body. The bone marrow, spleen, liver, thymus, lymph nodes and white blood cells are the main soldiers that protect our immune system from this kind of an onslaught.

The cells and organs of each human being is made different from another since the body requires a system of recognition that protects it from all that is foreign and maintains the uniqueness of each person. These cells and organs of the body constitute the immune system. E.g. If the white blood cells that roam throughout the body find out some foreign body, they attack it and remove it from the body. That is why organ transplant patients must have their immune systems suppressed *or* else the body will recognize the foreign tissue and attack it.

Antibiotics are nowadays highly overused making the body not only dependent on them but also contributing to being one of the main and the most common causative factors for reduced immunity. Common illnesses have now become more and more difficult to treat, because of the newer, complex and more powerful strains of bacteria and viruses formed due to the abuse of these antibiotics.

One should help teach the body how to fight an illness by using more natural and non-toxic means of treatment and also by taking in good nutrition and a balanced diet.

FOOD, NUTRIENTS AND LIFESTYLE FACTORS WHICH BOOST UP THE IMMUNE SYSTEM

- When trying to get **recover from an illness**, one should learn to take in more of **fluids** (especially in the form of water, soups and sugar-free drinks like vegetable and fruit juices) and unrefined foods.

- It has been seen through studies that chronic alcoholics and chronic smokers are more susceptible to infections. So **stop smoking and drinking alcohol**.
- One should learn to **stop using refined sugar** since it tends to weaken the immune system for hours after taking it. Use natural ways of sweetening like jaggery and pure honey.
- One should eat atleast **one bowl of fresh fruits** daily, since they contain a rich source of good natural nutrients.
- The leaves of young **barley** (jau) and **wheat** plants are rich in beta-carotene, B vitamins, magnesium and potassium. Thus it is useful for boosting up the immunity.
- **Vitamins A, C and E** are three of the most useful antioxidant nutrients for enhancing the immune system and so food items rich in these vitamins should be taken liberally.
- The **B Vitamins**, especially the Vitamins B2 and B6 are especially valuable for enhancing the immune system. These help relax the nervous system and are also necessary for a faster healing process.
- Exposure to **sunlight** for about twenty minutes every day has shown to have immune-enhancing properties and is also a rich source of vitamin D.
- A shortage of magnesium will lower the number of white blood cells, especially the T cells which results in weakened immunity. So eat a diet rich in **magnesium** to boost up the immunity. Magnesium is found especially in apples, apricots, avocados, bananas, brewer's yeast, brown rice, dairy products, figs (anjeer), garlic, green leafy vegetables, kelp, meat, nuts, peaches, seafood, sesame seeds, tofu, wheat and whole grains.
- **Selenium** – This is a trace mineral that also helps to boost up the immune system. Depending on the soil content, selenium can be found in Brazil nuts, brewer's yeast, broccoli, brown rice, chicken, dairy products, garlic, liver, meat, molasses, onions, salmon, seafood, tuna, vegetables, wheat germ and whole grains.
- **Zinc** – A deficiency of this mineral will impair the immune system greatly. Sources of zinc are brewer's yeast, egg yolk, fish, lamb chops, legumes, lima beans, liver, meat, mushrooms, oysters, pecans, poultry, pumpkin seeds, sardines, seafood, soybeans and whole grains.
- **Beta-carotene** should be taken in doses of about 30 milligrams of beta-carotene per day for about two months to enhance the immune system.

- The roots of the plant **Echinacea Purpurea** when taken in the form of an infusion are useful to boost up the immune system and are best used against viral infections like cold or flu and in chronic vaginal yeast infections. One should use this herb only when you need it and not on a daily basis since its immunostimulating activity then decreases. Echinacea should not be used with HIV patients or in persons with autoimmune disorders.
- **CoQ10** is a non-vitamin nutrient and a powerful antioxidant that has been widely studied for its ability to protect arteries, lower blood pressure and strengthen the heart.

PREGNANCY CARE

The blood of the mother is the sole source of nourishment for the child and so should be kept pure and healthy by taking a diet rich in vitamins, minerals and micronutrients.

The following are some advises regarding the diet and other factors for the pregnant woman that helps to prevent any complications and aids the mother to have a normal delivery of a healthy baby:

- A strict 'vegetarian' diet is very important to be taken by the mother during the nine months of pregnancy; since it is a good source of minerals, vitamins, trace elements and enzymes which will favorably influence the growth and formation of the fetus. Most vegetables should be eaten raw in the form of a salad. Some vegetables, such as potatoes, yams and green beans can be taken cooked, steamed or baked. Vegetables containing an excess of oxalic acid, such as spinach (palak), rhubarb (revandchini) and cabbage should be boiled in water for around five minutes, before eating. The proteins in alfalfa, parsley and potatoes are comparable to the protein in milk in their biological value.
- Garlic and onions contain sulphur and selenium, very important trace elements for the pregnant woman and so should be included in the daily diet.
- All grains and seeds are rich sources of vitamins (especially vitamin E and B complex vitamins) and unsaturated fatty acids and these should be had in the sprouted form since sprouting increases the nutritive value of the seeds. Wheat, mung, beans, alfalfa and soybeans make excellent sprouts.
- Soybeans, buckwheat, sesame seeds, pumpkin seeds, sunflower seeds, almonds and peanuts all contain complete proteins of high biological value.
- Roasted peanuts are taken with jaggery and cow or goat milk.
- Almonds are of tremendous importance for the development and nourishment of the child's brain. Soak daily about ten almonds overnight in water and then the next day morning peel off the skin and then grind it into a paste with a few drops of water and take it daily, freshly made.
- Foods rich in iron are very important to be taken daily. The sources of iron are almonds, apples, apricots, avocados, bajra, bananas, beet root, Bengal gram, black berries, black currants, blackstrap molasses, brewer's yeast, cashewnuts, coriander leaves, drumstick (saijan ki phalli), dry dates, dried plums (also called as prunes), egg yolk, figs

(anjeer), fish, jaggery, jawar, kelp, legumes, lettuce, lintels, liver, meat, methi, nuts, parsley, peaches, pears, pistachios, pumpkins, radish leaves, raisins, rice, sesame seeds, soybeans, spinach (palak), sprouted grains, strawberries, watermelon and whole wheat.

- Fruits are an excellent source of minerals, vitamins and enzymes and are easily digested and have a cleansing effect on the blood and the digestive tract. Dried fruits should be pre-soaked before eating. Fruits are best eaten for breakfast *or* as a snack between the meal times.
- Calcium is another important mineral for a growing fetus. It helps in the development of eyes and the skeletal system and so low-fat milk, cheese and yogurt should be taken daily. Other calcium-rich foods are almonds (unblanched), asparagus, beans, brewer's yeast, Brazil nuts, cereals fortified with calcium, citrus fruits, figs (anjeer), fish (like mackerel, salmon, sardines and shellfish), green leafy vegetables (like blackstrap molasses, broccoli, cabbage, chick-peas, collard greens, dandelion greens, kale, mustard greens, turnip greens, etc.; **except** spinach), lime, oats, peanuts, peas, prunes (dried plums), sesame seeds, soybean, sunflower seeds, tofu, wheat and whole-grain cereals.
- Thyme tea speeds up delivery.
- *MORNING SICKNESS*: The sensation of being nauseous and having a loss of appetite with a feeling of being very weak, giddy and tired with occasional vomiting and heartburn during the first few months following conception is termed as 'morning sickness'. The amount of nausea and vomiting present will not only vary from person to person, but also from one pregnancy to another in the same person. The condition is considered to be serious if there is violent, ineffectual retching *or* if the vomiting is prolonged and severe with loss of large amounts of gastric secretions resulting in loss of electrolytes and their complications. Persisting *or* prolonged nausea and vomiting may also indicate that there is a toxemic condition present that needs medical attention.

A few home remedies to relieve the distressing symptoms of morning sickness are – having crackers and fresh fruit juice and chewing on anise seeds. In cases where the person is not able to retain anything, ask her to eat a few pieces of chilled watermelon. Eat small, frequent meals when you feel better. Peach leaf tea is also useful for the trouble of morning sickness.

- *REGIME*: The mother should take utmost care during pregnancy as the delicate fetus lies within her stomach. Climbing stairs, repeated bending as well as sitting in difficult postures should be avoided. Jerks can also

be harmful and so a pregnant mother should avoid traveling in rickshaws, carriages and two wheelers. It is a wrong conception that a pregnant lady should be taking rest all the time. She has to, like normal times, wake up early and do a little bit of work, take a walk especially two to three hours after lunch *or* in the evening. The pregnant woman must wear clothes that are loose and comfortable and which do not exert any kind of pressure on any part of her body.

- **MENTAL STATE:** The expectant mother should always be in a healthy state of mind. This is because the negative emotions (like fear, apprehension, worries, grief, anxiety, irritability, etc.) affect not only her own health but also the health of the fetus. During severe depression in the pregnant mother, there is markedly reduced motility of the fetus and sometimes an extension of the gestational age. So an atmosphere of joy and gaiety should be maintained for the pregnant woman as far as possible. She should spend more time in hobbies like reading good old-time stories, knitting, painting, listening to good music, meditating, etc. and should also go for gentle walks and do plenty of mild, non-vigorous exercises.
- **THINGS TO AVOID:** Smoking, drinking alcohol and taking any drugs *or* medications without her doctor's advice is to be strictly avoided. The pregnant woman should avoid undergoing any X-ray, including the dental ones, since they are known to contribute to the development of cancer, not only in the mother, but also in the children in the later years. Also she should avoid any oil massages. The mother-to-be is also advised to avoid excessive use of salt, refined sugar, harmful spices (like white vinegar, black and white pepper and mustard), coffee, tea, chocolate, soft drinks and food products made from white flour.
- **LABOR:** It is a process through which the product of conception is expelled from the uterus into the outside world. Labor is often preceded by agitation, nervous trembling, lowness of spirits, weepy disposition, etc. The patient may complain of loose stools a day *or* two before labor, which should not be interfered with. There are intense pains in the abdomen that are associated with passage of water and a slight discharge of reddish mucus called as a 'show' that helps further the process of labor. The process of labor may be protracted in women in their first confinement.

Natural childbirth at home *or* in any familiar surrounding under the assistance of a registered medical practitioner is by far the most effective to help ease the mother during labor. When the expectant mother complains of labor pain, ask her to drink plenty of fluids, urinate

atleast once every hour *or* two, apply hot compresses on the lower abdomen to ease the pain, keep taking deep breaths and try to relax. Ask the expectant father to stay by his wife all the time.

After delivery the mother should be kept perfectly quiet, both in body and mind and loud noise, strong odors and anything that can excitement her should be avoided. The discharges that take place after confinement are called as 'lochia' and they tend to vary from person to person. In some it can be thin and scanty whereas in others it may be profuse and can continue for several weeks. The discharge is initially red in color, but gradually grows lighter, becoming yellowish and then whitish and then it completely ceases. In cases where the discharge continues for too long *or* is too profuse *or* if suppressed suddenly, medical assistance is required.

HOMOEOPATHIC REMEDIES

For morning sickness

- In cases where the mother is very restless, anxious and chilly and cannot bear the sight *or* smell of food but has an increased thirst for sips of cold water, Arsenic Album 200C, four pills every four hours.
- For nausea and faintness on rising up, with thirst for large quantities of water and vomiting immediately after eating and where the epigastric region is sensitive to touch and there is heaviness as of a stone in the stomach after eating, Bryonia 200C, four pills every six hours. The patient feels worse from the least motion and heat.
- For severe nausea from the sight, smell *or* thought of food with distention of the abdomen and increased thirst for effervescent, alcoholic drinks, Colchicum 200C, four pills four times daily. The patient actually has a craving for various things, but is averse to them on smelling them, followed by severe nausea.
- For constant nausea and vomiting, where vomiting does not ameliorate the nausea, with a clean tongue, pale face and no thirst and a sensation as if the stomach is hanging down, Ipecac 200C, four pills every four hours.
- For intense nausea immediately after eating and vomiting of pregnancy, Cucurbita Pepo mother tincture, ten drops in half a cup of water twice daily.

- In cases where there is a lot of weight and pain in the abdomen with nausea after eating and in the morning with a lot of retching and violent vomiting and sensitiveness of the stomach region to pressure, *Nux Vomica* 200C, four pills four times daily.
- For incessant nausea and vomiting of pregnancy with much spitting and a terrible faint, sinking sensation in the pit of the stomach, with a pale face and the patient wants the abdomen uncovered since that gives her relief, *Tabacum* 200C, four pills four times daily.
- For persistent vomiting of pregnancy with nausea that is worse from any motion with aversion to all food and a bitter taste, *Symphoricarpus Racemosa* 200C, four pills thrice daily.
- In cases of morning sickness with extreme nausea and vomiting, profuse salivation, a good appetite and a weak, faint sensation at the epigastrium, *Lobelia Inflata* 30C, four pills thrice daily.

For other gastrointestinal symptoms during pregnancy

- In cases of flatulency in pregnant women, *Calcarea Fluor* 6X, four pills twice daily for several months before term.
- In cases of indigestion in a pregnant mother, *Pulsatilla* 30C, four pills every three hours.
- For constipation of later weeks of pregnancy, *Collinsonia* 30C, four pills thrice daily.

For anxiety during delivery or parturition

- For great fear of death, anxiety and restlessness during the delivery, *Aconite* 200C, four pills every four hours till the symptoms improve.
- In cases where there is a lot of nervousness in the expectant mother, *Actea Racemosa (Cimicifuga)* 30C, four pills every three hours.
- *Gelsemium* 200C is another useful remedy for emotional excitement and fear in a pregnant female.
- If a difficult labor is anticipated, *Arnica* 30C, four pills four times daily, four weeks before the expected date of delivery.

For labor pains and rigid os

- *Caulophyllum* 200C is a useful remedy for false labor pains with a very rigid os, where the patient complains of spasmodic and severe pains which fly in all directions without any progress in the labor. The remedy will revive the labor pains and help further progress of the labor.

- For labor pains that are acute and which come and go suddenly where the os of the uterus doesn't dilate in proportion to the pain, with a red face and dryness and heat of the vagina, Belladonna 200C, four pills every two hours.
- Coffea 30C is a useful remedy where the labor pains are ineffectual and extremely violent and follow each other in quick succession and is attended by great agitation, restlessness and tossing about.
- When during labor there is no expulsive action though everything is relaxed with external icy cold skin and burning internally, Secale Cor 200C, four pills every four hours.
- For uterine inertia in women who tend to weep a lot with the pain which is spasmodic, irregular and fleeting, and the patient wants the doors and windows open with absolute thirstlessness, Pulsatilla 200C, four pills every three hours till relief is obtained.
- In cases of hard, thick and rigid os with false labor pains, nervousness, dullness, prostration and a flushed face, Gelsemium 30C, four pills every fifteen minutes.
- In cases of spasmodic, fleeting labor pains which press upwards and the patient is intolerant of the pains, cries out loudly with a lot of anger, spitefulness and peevishness and is worse by heat, Chamomilla 30C, four pills every three hours.
- During labour, great relief may be obtained during the dilatation of the external parts by applying from time to time a new sponge wrung out of hot Calendula lotion. This will also assist healing and give comfort after labour.
- For labor pains that go from the loins down the legs and also for inefficient labor pains extending to the rectum with a desire for stool with each contraction and frequent urination, Nux Vomica 200C, four pills every four hours.
- For females who shudder with the pain and want to be covered during the pains, with indifference to the birth of the child and family, Sepia 200C, four pills every four hours.
- For rigid os with congested head and chest, Verat Viride 30C, four pills every four hours.
- For violent, stitching pains in the lumbar region, which tend to arrest the labor pains and the patient wants the back to be pressed all the time, Kali Carb 200C, four pills every four hours.
- In cases of feeble pains due to general debility of the patient, China 30C, four pills every fifteen minutes, along with a hot-water douche.

For retained placenta

- Arnica 200C, four pills every four hours is a useful remedy for retained placenta with bruised pain in the parts after labor. It also assists the recovery of parts after delivery.
- For spasmodic retention of the placenta with intermittent flow of blood and desire for fresh air, Pulsatilla 200C, four pills every three hours.
- For retained placenta with after-pains, Caulophyllum 30C, four pills every half-hour.
- For retained placenta with intense after-pains where there is discharge of fluid blood and clots together with pain from the sacrum to the pubis, Sabina 30C, four pills every four hours.
- For intense after pains with passive hemorrhages and a constant sensation of bearing down in thin scrawny women, who have an icy cold skin to touch, but there is burning internally, Secale Cor 200C, four pills every four hours.
- For a person who has a tendency towards retained placenta, a preparatory dose of Arnica, Bellis or Calcarea Fluor 30C, is given according to the indications.

For lochia

- For offensive, acrid, bloody or dark, intermittent lochia, Kreosote 30C, four pills every two hours.
- For hot, offensive and scanty lochia, Belladonna 200C, four pills every two hours.
- In cases of protracted lochia with great atony of the uterus and pains in the uterus and cervix, Caulophyllum 200C, four pills every three hours.
- Crocus 30C is a useful remedy where the lochia is profuse and too prolonged, consisting of dark colored or black blood of a thick consistency.
- For prolonged lochia which is thin, offensive and diminished, with shooting pains upwards in the vagina, Rhus Tox 200C, four pills every four hours.
- For bloody lochia with a lot of dizziness and faintness, Trillium Pendulum mother tincture four drops in a tablespoon of water every three hours.
- For bloody, dark, offensive, prolonged lochia in thin, debilitated, anxious females, Secale Cor 200C, four pills every three hours.
- For profuse and prolonged lochia, Ustilago 30C, four pills every four hours.

- Locally, injections of solution of Calendula in hot water are given.

SCIATICA

'Sciatica' is a term used to signify pain along the sciatic nerve, which occurs especially when the nerve is compressed *or* pinched by the tightened muscles attached to the hip when it emerges from the spinal cord *or* due to the pressure from an intervertebral disc prolapse *or* a spinal tumor. There is a shooting *or* a spasmodic pain that radiates from the buttock *or* the lumbar region down the back of the thigh to the knee and calf and occasionally to the foot *or* the ankle. This pain can be associated with numbness *or* tingling in the affected limb and is worse on coughing *or* straining and may be better by lying down flat.

SOME EXERCISES AND PREVENTIONS:

- To relieve the pain, apply cold and hot compresses alternately for ten minutes each. This is done atleast twice *or* thrice daily.
- Avoid sitting on your large wallet, sitting on hard stools, wearing tight belts and tight pants, since they can bring on the sciatic pain.
- Regular stretching and movements of the affected limb is necessary for faster relief of the pain. Take a short walk for a few minutes every hour.
- Ask the patient to lie on the floor for ten to fifteen minutes, with a thin pillow under the neck and the head with the lower legs resting on the seat of an upholstered chair.
- To relieve the sciatica pain, lie on one side with the knee of that side slightly bent, and then extend the other leg and raise it towards the ceiling three times. Turn over and repeat the same exercise on the opposite side.

SOME HOME REMEDIES

- Pulses, beans and fried things are strictly prohibited. The patient should not take curd *or* any other sour things, including sour fruit.
- Watercress (Jalkumb) is added to boiling milk and some jaggery *or* sugar is added to it and this is then taken once daily.
- Saffron should be mixed in some warm milk and given to the patient for relief in the pain.
- Drinking a glass of fresh, raw potato juice (mixed with juice of beet, carrot or celery leaves) daily, helps to relieve the sciatica pain.
- Mixture of lemon juice, honey and impure carbonate of potash is given.

HOMOEOPATHIC REMEDIES

- In cases of sciatic pain that is of a drawing, tearing type associated with numbness and the pain is worse in cold and damp weather, and better by pressure and heat, Colocynth 200C, four pills every four hours.
- For intense pain along the sciatic nerve where there is numbness alternating with the pain, Gnaphalium 30C, four pills every four hours.
- For sciatic pain which is worse in cold, damp weather and at night in the bed and is better by continuous motion, Rhus Tox 30C, four pills every four hours.
- In cases of severe lightning-like pains especially on the right side, which is better by local application of heat or warmth, Mag Phos 200C, four pills every four hours.
- In cases of right-sided sciatica where the pain is worse between 4-8 p.m. and worse by lying on the affected side and better by motion, Lycopodium 200C, four pills every four hours.
- For tearing, shooting pains in both the thighs, worse in bed and in winters, and better by lying on the left side, Viscum Album 30C, four pills every six hours.
- For chronic sciatica, Ranunculus Bulbosus mother tincture, a few drops diluted in a little bit of water is applied locally to the heel of the affected limb.
- In cases of sciatic pain from the back down the hips and thighs which is worse by lying down at night and the thighs pain on stretching the limbs, Ruta 200C, four pills every six hours.

SEXUAL DYSFUNCTIONS

These include lack of interest in sex and various difficulties experienced during intercourse like painful intercourse, vaginal dryness, orgasm problems, erection problems and premature ejaculation. These can occur as a symptom of an anxiety disorder *or* a depressive illness *or* it can be a manifestation of some kind of a problem with the partner. There are certain drugs (especially the ones having a depressive effect on the nervous system), certain debilitating illnesses (diabetes, multiple sclerosis, arteriosclerosis, endocrinal disorders, etc.), stress, fatigue and alcohol that can also lead to this problem.

The following are some of the conditions explained separately with a few home remedies under each of them:

SEXUAL DEBILITY AND IMPOTENCE

Sexual debility usually results in people who are stressed up emotionally and physically *or* in people who overindulge in sex since an early age, resulting in poor sexual performance, resulting in the person further feeling low and depressed. Impotence is a condition that involves a partial *or* complete failure of erection of the penis with a normal sexual desire. This may occasionally resolve on its own within a few days, but if it persists then consulting a doctor becomes necessary.

The patient is asked to avoid eating a heavy meal late at night. Taking a cool bath before going to bed may help in certain cases. Avoid taking excessive alcohol and stop smoking. Give yourself some time to relax and avoid talking of work at home.

SOME HOME REMEDIES

- The patient is advised to take a well-balanced diet consisting of seeds, nuts, grains, vegetables and fruits. The patient should avoid tea, coffee and all kinds of processed, canned and refined foods.
- Two to three cloves of raw garlic should be taken daily.
- Lightly macerated mixture of equal parts of dried dates (seedless), blanched almonds, pistachios and sugar is pickled in thin ghee for a week and one ounce is given to the person every morning.
- Milk in which figs (anjeer), roots, bark and tender sprouts of Banyan tree (vata) have been boiled is given with honey and sugar.
- The dried roots of asparagus (safed musli), about fifteen grams boiled in one cup of milk should be taken twice daily.
- Ripe plantains are taken with some ghee twice daily.
- Cooked rice eaten with some ghee and soup of kidney beans (rajmah) is good.
- Juice of white onions and fresh ginger is taken with honey daily for a few weeks.
- Black raisins should be boiled with milk and taken thrice daily.
- Ten drops of the fluid extract of Black Willow (Salix Nigra) in a little hot water before meals is useful for sexual weakness and neurasthenia.

HOMOEOPATHIC REMEDIES

- In cases of sexual debility and impotence with the parts cold and relaxed with scanty emission without ejaculation, Agnus Castus 30C, four pills thrice daily.
- When the person has a history of sexual abuse or a lot of masturbation in the past, Staphysagria 200C, four pills twice daily.
- For impotency with relaxation of the penis during excitement, with no emission or orgasm during an embrace, Caladium 30C, four pills thrice daily.
- In cases of deficient sexual power with the parts relaxed during an embrace with a lot of debility, mental and physical resulting from sexual excesses, grief or loss of vital fluids, Acid Phos 200C, four pills thrice daily.
- For loss of sexual power with lascivious fancies, where there is relaxation of the penis on attempting coition, Selenium 30C, four pills thrice daily.

- For impotence *or* sexual debility after too much of indulgence in sex with intense debility and nervousness, Avena Sativa mother tincture, ten drops in half a cup of hot water, twice daily.
- In cases of an increased sexual desire but decreased power to perform with feeble erections as an effect of suppressed sexual appetite, Conium 200C, four pill twice daily. This is a remedy that is especially useful for old men who are bachelors and in priests.
- Turnera (Damiana) mother tincture, ten drops taken in half a cup of cold water twice daily, in cases of sexual neurasthenia, sexual debility and impotency from nervous prostration.
- Yohimbinum 30C, four pills twice daily is a useful remedy to improve the sexual function and treat neurasthenic impotence.

SEMINAL WEAKNESS AND PREMATURE EJACULATION

This is defined as ejaculation that occurs prior to penetration *or* ejaculation before the person and the partner achieve orgasm. This usually is a result of the sexual debility and excesses and is not an uncommon condition nowadays. It is often associated with a lot of anxiety that tends to aggravate the condition.

SOME HOME REMEDIES

- Avoid taking salty, sour, pungent and bitter things. Food ingredients having sweet and astringent tastes are usually administered. Meat, eggs, cow's milk and ghee prepared from it are useful for this condition.
- Mixture of cardamoms (elaichi), almonds, butter and sugar is taken daily in the morning.
- Powdered root of the herb ashvagandha is useful when taken in one-teaspoonful doses twice daily.
- Juice of onions is useful when given with honey.
- Mixture of roasted husked gram and sugar is taken at night daily for a month.
- Twenty to twenty-five tender fruits of the ladies finger (bhindi) are given in the morning.

HOMOEOPATHIC REMEDIES

- In patients where the premature ejaculation results from sexual abuse and is followed by a lot of guilt feeling, Staphysagria 200C, four pills thrice daily.
- In cases of deficient sexual power with the parts relaxed during an embrace with a lot of debility, mental and physical resulting from sexual excesses or some kind of grief, Acid Phos 200C, four pills thrice daily.
- For sexual debility with increased desire but too early or no ejaculation, Graphites 200C, four pills thrice daily.
- For too quick emissions with cold, relaxed parts, Agnus Castus 30C, four pills thrice daily.
- In cases of frequent premature emissions followed by great weakness and debility, China 200C, four pills every six hours.
- For emissions without erection and lewd dreams, Cobaltum 30C, four pills twice daily.
- In cases of no erectile power with premature emission, Lycopodium 200C, four pills thrice daily.
- For dribbling of semen during sleep and a relaxed penis on attempting coition, Selenium 30C, four pills thrice daily.
- Sexual weakness with too early ejaculation of semen, Titanium 30C, four pills thrice daily.

SPERMATORRHOEA

Involuntary discharge of seminal fluid without any sexual excitement is termed as 'spermatorrhoea'.

SOME HOME REMEDIES

- Mixture of three oz of sugar and hundred grains of dehydrated borax is given for a week.
- Saffron macerated with old ghee is given for three days.
- Mixture of powdered cardamoms (elaichi) and fried pecacuan (hing) is given in six-grain doses with ghee and milk.
- The home remedies given in the above two topics of impotency and premature ejaculation can also be given.

HOMOEOPATHIC REMEDIES

- For dribbling of semen during sleep and a relaxed penis on attempting coition, Selenium 30C, four pills thrice daily.
- In cases of weakness after spermatorrhoea, China 30C, four pills thrice daily.
- Spermatorrhoea with sunken features and a guilty look on the face with backache, weakness and sexual neurasthenia, Staphysagria 200C, four pills thrice daily.
- Picric Acid 30C, four pills thrice daily, for emissions that are profuse, followed by great exhaustion without sensual dreams.
- For spermatorrhoea without erections with cold, relaxed genitals, Gelsemium 200C, four pills thrice daily.
- In cases of spermatorrhoea with flaccidity of the parts and great weakness of the back and spine, Conium 30C, four pills thrice daily.
- In cases of spermatorrhoea after too much of indulgence into sex, Avena Sativa mother tincture, ten drops in half a cup of water twice daily.
- In cases of spermatorrhoea with debility, backache and weak legs, Acid Phos 30C, four pills thrice daily.
- In cases of spermatorrhoea with wasting of testis, Iodum 30C, four pills twice daily.

SKIN DISORDERS

BOILS AND ABSCESSSES

A 'boil' is a red, painful, raised area of the skin surrounded by swollen inflamed tissue, usually the result of bacteria (especially staphylococcus variety) that invade through a microscopic break in the skin and infect a blocked sweat gland *or* hair follicle. When the white blood cells fight against the infection, the dead cells and killed bacteria accumulate as pus and lead to the formation of a localized collection of pus in the skin, which is called as an 'abscess'. It is usually well circumscribed and characterized by a central core of pus and blood. These conditions are characterized by the formation and discharge of pus and dead tissue, which always attempt to drain outwards. This is the body's way of preventing the infection from spreading inwards to the more vital organs. Once the discharge starts draining, the area is kept clean and the infection is allowed to heal from its deeper layers.

To bring a developing boil to a head, apply warm, moist compresses for twenty to thirty minutes, three to four times daily. Keep the skin around the boil *or* abscess clean. Recurrent boils could be a sign of inadequate diet *or* an early symptom of diabetes.

In cases where the boil *or* abscess does not resolve *or* is very slow to heal *or* if the person suffers from diabetes *or* a deficient immune system, a physician should be consulted to prevent any further complications.

SOME HOME REMEDIES

- The person should be put on a diet consisting of fresh juicy fruits, whole grain cereals and raw vegetables. Avoid tea, coffee, white bread and starchy and sugary foods.
- A few drinks of lemon juice taken daily will purify the blood and help to fasten the healing process.
- Taking a clove of garlic daily acts as an effective antiseptic and helps to detoxify the body. Also the juice of garlic *or* onion may be applied externally on the boils to help ripen them, break them and evacuate the pus.

- Heat the mixture of turmeric (haldi) powder, jaggery and wheat flour and then apply it to the boils when warm to speed up the healing process.
- Eating a lot of oranges and grapefruit (chakotra) daily helps faster healing of the boil.
- Sandalwood paste has got astringent and anti-inflammatory properties and also has got a refrigerating or a cooling effect on the skin. So it is a useful application over the boils.
- Apply plain honey or mix it with an equal amount of cod liver oil and apply it directly over the boil and cover it with a sterile dressing.
- Applying pieces of stale bread soaked in hot milk on the boil or a poultice of warm milk and flour with a tablespoon salt added to it is a useful remedy.
- One teaspoonful of cream of milk, mixed with half a teaspoonful of vinegar and a pinch of turmeric powder, makes an excellent poultice. It helps in ripening the blood boils and in healing them without allowing them to become septic.
- Drink a cupful of milk in which some figs (anjeer) are boiled for a few minutes and give it warm to the patient. Also placing a raw fig as a poultice helps to ripen it.
- Boil parsley in water till it is soft and juicy and when it is comfortably hot, it should be wrapped in a clean muslin or linen cloth and applied over the boil as a poultice.
- Drink a mixture made from one-third teaspoonful of freshly ground nutmeg (jaiphal), one teaspoonful honey and four to five ounces of hot water daily for five days continuously.
- Cumin seeds (jeera) are ground in water and made into a paste and applied over the boils. Also in cases of small children suffering from summer boils, a fine powder of cumin mixed in coconut milk is useful.
- A simple method to quicken the ripening of a boil in any part of the body is to apply a mixture of ash heated with melted butter or ghee. Ash, which is chemically soda potash, acts as an astringent to drain out the purulent matter from inside the boil. Warm ghee softens the top layer of the epithelial cells of the skin.
- Lightly steamed cabbage leaves or tomato slices act as a useful poultice for the boil.
- Scrape the inside of the ripe banana peel and spread it on a cloth and bandage the abscess or boil.
- Applying mashed raw potato over the abscess also helps.

- Apply a compress squeezed out of a solution of a tablespoonful of Epsom salt *or* table salt in a cup of hot water. When it cools, redip it and reapply.
- A betel leaf is gently warmed till it becomes soft and this is then coated with a layer of castor oil (arandi) and this should be spread over the inflamed area and it should be replaced every few hours. This will help the boil to rupture and drain out the pus.
- Chop half an onion (*or* some garlic cloves) and cook it in a little water and stir in a tablespoon of sugar and apply this mixture over the boil and bandage it.

HOMOEOPATHIC REMEDIES

- In cases of abscesses that are very sensitive to touch and the pains are of a burning, stinging type, which suppurate easily and the patient feels better by local application of warmth and worse by cold, give Hepar Sulph 30C, four pills every four hours
- One of the best remedies for boils and abscesses that are slow to heal and tend to suppurate and ulcerate easily with thin, offensive discharges, Silicea 30C, four pills every four hours. This is also a very useful remedy for abscesses that form after impure vaccination.
- In cases of dry, hot, shiny boils and abscesses that form suddenly and spread easily and are associated with a lot of redness, burning and throbbing pain without much swelling and extreme sensitiveness to touch, Belladonna 200C, four pills every four hours till the symptoms decrease. If taken in the initial stages, it helps to abort the further progress of the boils and the formation of abscesses.
- Calcarea Sulph 6X, two tablets on tongue thrice daily, is a useful remedy in cases of boils and abscesses where there yellow, purulent discharges and crust *or* scab formation.
- The abscesses and boils are bathed in *or* fomented with hot Calendula lotion thrice daily.
- In cases of a succession of boils and abscesses where there is a lot of swelling and intolerable burning pains with blackish *or* bluish discoloration and offensive discharges, Anthracinum 200C, four pills three times daily.
- Tarentula Cubensis 30C, four pills taken thrice daily for a few days will help clear up the boils and abscesses, where there is a lot of

burning and stinging pains with a purplish hue. This remedy helps to eliminate any septic condition from arising.

- In cases of breast abscess, where the breast is hard, painful and of a purplish discoloration with intense pain radiates from the breast to all over the body, *Phytolacca* 200C, four pills every six hours should be given along with a local application of diluted *Phytolacca* mother tincture over the breast.

ACNE

'Acne' usually begins in adolescence, when the hormonal changes start to take place. These hormones lead to an increase in oily sebum secretion, which leads to the tiny ducts *or* pores of the skin to get clogged. When the oil can't escape the plugged pore, i.e. when it is enclosed with skin, a small white cyst called as a 'whitehead' may form. This can turn black, when exposed to air, due to the process of oxidization and is then called as a 'blackhead'. When either the whitehead *or* the blackhead gets infected, it then leads to the formation of red and inflamed pustule called as a 'pimple'.

The other factors that may lead to it are – heredity, stress, sun exposure, seasonal changes, faulty food habits, certain drugs and cosmetics, especially the oil-based makeup. The sites of the lesions are especially the skin of the face, neck, upper chest, back and shoulders. The person suffering from acne usually also complains of a greasy skin (seborrhea). Once the acne breaks open with the discharge of pus and blood, a scar may follow its healing.

In cases of acne rosacea there is a persistent facial eruption of unknown cause characterized by erythema and pustules. There is an intense red color of the eruptions that can be painful to touch. Here the sebum secretion is normal, but there is a sebaceous gland hyperplasia associated with some inflammation. It is seen in the middle age group and the chin, the cheeks and the forehead are especially affected.

Regular washing with soap and water is essential with gentle cleansing. Applying hot fomentation over the pimple helps to open up the pores and bring out the waste matter. Also applying cold compresses (*or* ice) reduce the inflammation to some extent. Thus one should first apply a hot fomentation followed by a cold compress.

SOME HOME REMEDIES

- Water is known to be the best purifier of all times. So it is necessary for the patient to drink atleast eight to ten glasses of 'aqua puria' everyday. Improving the dietary habits is of great importance.
- Avoid alcohol, caffeine, candies, chocolate, colas, condiments, ice cream, junk foods, meat, pickles, refined sugar, saturated fats, soft drinks, strong tea or coffee and refined and processed foods. Honey should be used to replace sugar for sweetening purposes. Nutritious and natural low fat diet especially fresh juicy fruits (like apples, pears, grapes, grapefruit, pineapple and peaches), salads, raw vegetables and whole grains (especially millet and brown rice) aid acne control.
- Take in more of fresh fruit juices mixed with some honey for acne.
- Drinking a glass or more of diluted, unsweetened limejuice daily helps in cleansing the system of the toxins. Also, applying fresh lemon juice mixed with honey daily on the skin acts as a natural moisturizer and also helps to improve the skin tone and reduce the formation of acne.
- Equal quantities of Adulsa leaves, holy basil (tulsi) leaves and mint leaves (pudina) are boiled in half a cup of water and then taken when warm, once or twice daily.
- A paste is made from Margosa (Neem) leaves, holy basil (tulsi) leaves and mint (pudina) leaves and is applied locally over the face for a few hours. This mixture acts as a good cleanser and helps decrease the pimples and give a good shine to the face.
- Boil buttermilk and when it thickens, add honey. Apply this thick cream over the pimple or the acne.
- Dried orange peels pounded well with water on a piece of stone should be applied over the acne.
- Two glasses of raw beetroot juice, carrot juice, limejuice or turnip juice daily has known to improve acne within a few weeks.
- Whir a chopped ripe tomato in an electric blender and add a tablespoon of dry oatmeal and a teaspoonful of lemon juice. Then apply this mixture over the face. This not only helps to reduce the acne but also helps to reduce the depressions and scar marks from the previous acne.
- Mix some limejuice, turmeric powder, malai and chana gram flour (besan) and apply this over the face as a face pack.

- Eat three pods of garlic daily for a month to purify the blood stream and secure a clean and glowing skin. Rubbing the pimples with raw garlic several times daily helps them to disappear without a scar.
- Make a paste out of one teaspoonful of mint *or* coriander juice and add a pinch of turmeric powder. Apply this on the face and then wash it off before retiring to sleep at night.
- A paste made out of the leaves of fenugreek (methi) *or* cumin seeds (jeera) can be applied on the face every night before going to bed and washed off with warm water the next morning. This helps prevent pimples and blackheads.
- Peel off the cucumber and grate it *or* cut it into very thin slices and then place it over the eruptions for half an hour (if desired you can soak them in rum and then apply). This also gives a cooling effect on the skin, besides relieving the acne.
- Milk acts as a good natural cleansing agent and so should be applied regularly over the face.
- A clove (lavang) based face pack can be applied overnight especially in cases of chronic acne.
- For a good complexion, wash face with warm water and then cold and dry it thoroughly and then massage it with some sweet almond oil. Another good application is the inner skin of peaches *or* apricots and don't wash it off for upto an hour *or* so.
- A few drops of pure honey mixed with malai acts as a useful application to improve the complexion of the skin and remove scars if any.
- Massage from some curd over the face and leave it on for about half an hour. This gives a good shine to the face.
- For acne and dry skin make a mixture of ripe banana, milk, malai and honey and apply it over the face. Wash it off after the paste has dried off.
- Milky juice from unripe papaya fruit is applied locally.

HOMOEOPATHIC REMEDIES

- To clear out the acne and blotches and get a clear complexion, Berberis Aquifolium mother tincture, a few drops should be diluted in half a cup of water and taken twice daily.
- Acne that have a hard, indurated base and a pustule at the apex, give Arsenic Iod 30C, four pills thrice daily.
- For acne rosacea in young people that is worse in spring and where the nose is especially affected, Arsenic Brom 30C, four pills thrice daily.
- In cases of chronic acne with pustules, Kali Brom 30C, four pills four times daily.
- For acne in adolescent males after excess of cheese give Nux Vomica 200C, four pills thrice daily.
- For indurated acne with itching and a discharge of yellow pus, Hydrocotyle 30C, four pills thrice daily.
- For suppurating pimples that burn and itch and are worse on scratching and by washing, Sulphur 200C, four pills once a week.
- For acne before menses with yellow blotches and a saddle-like brownish discoloration over the nose and cheeks, Sepia 200C, four pills once daily.
- Acne occurring after excess of cosmetics, Bovista 30C, four pills thrice daily.
- For removal of scars take Sarracenia Purpurea mother tincture, two drops in one teaspoonful of water once daily.

PRICKLY HEAT

'Prickly heat' is especially seen in people who, unaccustomed to high temperatures, are exposed to extreme heat of the summer and is also seen in those wearing an excess of clothing in the summer. Perspiration is a mechanism that helps regulate the body temperature by cooling the skin as it evaporates; but in this condition the sweat gets trapped under the garment resulting in blockage of the sweat ducts and heating up of the skin.

The patient complains of itching, burning, redness and inflammation of the skin in patches with formation of small red vesicular eruptions, about the size of a pin's head with an inflamed base. These break open and result in the formation of thick scabs, which may rarely ulcerate. There can be fever associated with these eruptions. The areas usually affected are the ones where the sweat usually collects (armpits, chest, back, etc.) *or* where the skin repeatedly rubs against skin (e.g. inside of breasts, inside of elbows, armpits, buttocks, etc.).

Wear comfortable, loose fitting, cotton clothes and take cool showers *or* apply wet cold compresses to help decrease the complaint. When the skin is very red and angry-looking put some ice cubes in a plastic bag and wrap it in a towel and apply it locally every few minutes till some relief is obtained.

SOME HOME REMEDIES

- Drink a lot of diluted limejuice, coconut water, buttermilk *or* lassi and water flavored with Khus grass roots. These decrease the overall heat in the body and thus prevent the prickly heat.
- Almond and grapes (especially dry grapes) are very useful for these patients.
- Increase your intake of Vitamin C by taking more of citrus fruits, black currents, green peppers, parsley, broccoli etc.
- Fruit juice should be taken in plenty by these patients.
- Application of sandalwood paste has a cooling effect and so heals the inflamed skin *or* dried sandalwood powder and powdered coriander seeds (dhanian) is mixed in rosewater and applied over the affected parts.
- Aloe vera gel is a soothing itch controller.
- Make an infusion out of chickweed and apply it locally over the patches.
- Grated coconut is ground well with a teaspoonful of cumin seeds (jeera) and the coconut milk is extracted from it. This milk is applied over the body and after that a cold bath is taken.
- The soft pulp of palm-fruit (Targola) also has a cooling effect and so is an effective remedy for prickly heat.
- A paste of seeds of Jambul tree is applied locally.

HOMOEOPATHIC REMEDIES

- Pilocarpus Microphyllus 30C, four pills taken every six hours, is a useful remedy for prickly heat in patients who usually perspire a lot from all parts of the body.
- Sulphur 200C is a useful remedy for prickly heat with a dry, unhealthy skin with itching worse from warmth.
- In cases of burning and intense itching of the skin which is worse from any kind of contact, Ranunculus Bulbosus 30C, four pills thrice daily.
- For hot, dry and withered skin with flushes of heat all over the body and the patient feels better in open air, Iodum 200C, four pills thrice daily.
- In cases of a pale *or* red dry skin that is hot, painful and swollen and the patient is usually worse in hot weather and in a warm room, Bryonia 200C, four pills thrice daily.
- For prickly heat with burning of the skin as from a mustard plaster, Kali Carb 200C, four pills twice daily.

PRICKS AND SCARS

A prick is a condition where there is the entry of a pointed foreign body particle (stone, thorn, glass, etc.) into the skin, giving rise to a pricking pain with bleeding and inflammation. A 'scar' is a mark on the skin that is a result of the body's healing process in response to an injury (which is usually penetrating in nature), in which the normal structures are permanently replaced by fibrous tissue. In certain people there is a tendency for excessive formation of scar tissue, leading to formation of either 'hypertrophic scars *or* keloids', which are not very pleasant to look at.

In cases of a prick, first remove the pointed particle, if it is still present and then wash the part with soap and cold water. Also in cases of a scab, it is important to ask the patient not to keep picking at the scab formed after the injury *or* else the scar would be deeper and more prominent.

SOME HOME REMEDIES

- Massaging the scar area with vitamin E oil can help reduce the scar mark.
- Vitamin C speeds up the healing process and so food items rich in this vitamin should be taken during this period.
- A mixture of quicklime and turmeric has antiseptic properties and so the mixture helps to disintegrate any speck of the foreign body that may be left inside the injured part.
- In case of a glass splinter not completely removed from the skin, apply a paste of potato and ginger over the spot *or* press tobacco dust and then dress the spot. This should be done repeatedly for a few times and then the speck usually comes out successfully.
- Rub cocoa butter on the scar tissue twice daily.
- For healthy scar formation, increase the protein and zinc intake in the diet by taking in more of fish, lean meat, low-fat dairy products, soyabeans, pumpkin seeds, sunflower seeds, whole-grain breads etc.

HOMOEOPATHIC REMEDIES

- Silicea 30C, four pills thrice daily, promotes the expulsion of foreign bodies from the tissues and hastens the healing process, preventing any suppuration from taking place. It is also a useful remedy to reduce the tendency towards formation of keloids.
- Fluoric Acid 30C, four pills twice daily, is a useful remedy for scars that have become red and elevated with vesicles surrounding it. It is also a useful remedy for keloids.
- In cases of intense stinging pain in the prick with coldness of the wounded part to touch, Ledum 200C, four pills taken thrice daily is a useful remedy.
- For early stages of keloid in patients where every little injury suppurates, Graphites 200 four pills thrice daily.
- In cases where the patient complains of pain as from a splinter in the scar, Nitric Acid 200C, four pills thrice daily.

DARK CIRCLES UNDER THE EYES

The skin under the eyes is very delicate and thin and the blood vessels close to the skin tend to occasionally become prominent and engorged and thus give a bluish tint to the skin. Dark circles can also be due to excessive pigmentation in that area. This is usually hereditary *or* can develop when the person is overtired and is not able to get proper sleep due to reasons like stress, anxiety *or* it can occur due to disorders of the gastrointestinal tract, too much exposure to sunlight *or* due to excessive loss of weight.

SOME HOME REMEDIES

- Drink a lot of water, atleast eight to ten glasses and also apply a cold-water compress over the closed eyes for about five to ten minutes, several times daily.
- Eat a lot of fresh raw vegetables, salads and fruits.
- The cream of milk *or* malai with the addition of a few drops of rose water in it should be applied locally with the help of a thin and soft cloth over the area.
- Applying thin slices *or* grated cucumber, potato *or* papaya over the eyes helps to give a cool and refreshing effect and helps reduce the dark circles.
- Application of almond oil *or* vitamin E oil over the dark circles kept overnight tends to help a lot.

HOMOEOPATHIC REMEDIES

- For sunken eyes and cheeks with bluish circles around the eyes with a pale sickly face, Berberis Vulgaris 30C, four pills thrice daily.
- Arsenic Album 200C, four pills thrice daily is a useful remedy in cases of dark circles and oedema around the eyes that result after some debilitating illness.
- For dark circles in children from over-study *or* in people from prolonged office work who are thin, active, nervous, irritable and who seek stimulants all the time, Nux Vomica 200C, four pills four times a day.
- For pale, sunken face with sunken eyes that are surrounded by a blue margin, Secale Cor 200C, four pills thrice daily.

- Blue rings around the eyes in patients complaining of constant nausea and vomiting with tired and painful eyes, Ipecac 200C, four pills thrice daily.
- For bluish discoloration around the eyes following hemorrhages, loss of vital fluids *or* illnesses like malaria, Cinchona 200C, four pills thrice daily.
- In cases of pale, sunken face with blue rings around the eyes with a sensation as if the eyes were drawn back into the head, Oleander 30C, four pills four times daily.

ULCERS AND BEDSORES

'Ulcer' is a discontinuation *or* breach in the skin *or* the mucous membrane due to the destruction of the tissue cell by cell. These can occur in any part of the body and are of different types, e.g., ischaemic ulcers, venous ulcer, neurogenic ulcer, tropical ulcer, malignant ulcer, tubercular ulcer, syphilitic ulcer, soft chancre, infective ulcer, etc.

'Bedsore *or* pressure ulcers *or* decubitus ulcers' are purplish skin ulcers that result when the skin is pressed against the bony parts of the body such as elbows, hips, heels *or* the base of the spine. These usually occur in patients who are bedridden, handicapped and immobile *or* in those who suffer from diabetes mellitus. They start as red, painful, tender areas that further develop into deep sores that can become infected and these then become very difficult to cure.

Patients with bedsores need to be shifted *or* turned to a new position regularly after a short time period. Also using an air mattress helps to some extent. Regular massage for bedridden patients improves circulation and thus prevents the formation of bedsores.

SOME HOME REMEDIES

- Sprinkle a thick layer of either granulated sugar *or* old, preserved honey and then cover the part with an airtight dressing which should be changed daily.
- Take a lot of glasses of limejuice with a few crystals of rock salt.
- Sponge the part with fresh, ripe cucumbers *or* with a mixture of one tablespoonful of powdered alum and three-fourth cup of water.

- Cold bread and milk poultices *or* just cold-water dressings are useful for the ulcers. They must be kept moist by frequently changing the dressing.
- Dressing the ulcer with betel leaf juice helps.
- Apply aloe vera gel *or* a poultice of freshly grated garlic combined with vegetable oil.
- Juice of papaya mixed in butter *or* ghee is a useful remedy for chronic ulcers.
- For prevention of bed sore, bathe the parts that are exposed to pressure with whisky.

HOMOEOPATHIC REMEDIES

- In cases of bedsores, old ulcers and sores in the mouth that are very painful and sensitive, apply Hypericum mother tincture diluted in a little water locally over it.
- For ulcers that bleed easily with zigzag, irregular edges and a base that looks like raw flesh with splinter-like pains and extreme sensitivity to touch, give Nitric Acid 30C, four pills every four hours.
- For ulcers that bleed and suppurate easily with burning, stinging pains and extreme sensitivity to touch, Hepar Sulph 200C, four pills every four hours.
- In cases of varicose ulcers, syphilitic ulcers and bedsores with red edges, induration and vesicle formation, Fluoric Acid 200C four pills taken thrice daily helps.
- For bedsores with a sore, bruised pain where no position is comfortable for the patient and the patient fears touch *or* the approach of anyone due to the pain, Arnica 200C, four pills taken thrice daily.
- In cases of ulcers around an old wart *or* around corns may be cured with Antim Crud 30C, four pills thrice daily.
- In cases of stinging, burning ulcers, which are either bleeding *or* discharging a yellow offensive pus, Arsenic Album 200C, four pills every four hours.
- A local application of Hydrastis mother tincture diluted in some water is useful for ulcers with a thick yellow, ropy discharge in old, easily tired people with great debility.

- In cases of ulcers that are irregular in shape with undefined edges, Merc Sol 30C, four pills should be taken four times daily.
- In cases of malignant ulcers, which bleed easily with marked induration and severe burning pains, give Anthracinum 200C, four pills thrice daily.
- For ulcers with bluish, purplish surroundings and also in cases of bedsores and varicose ulcers with black edges, give Lachesis 30C, four pills thrice daily.
- Diluted Calendula mother tincture is a useful wash for ulcers since it promotes healthy granulations and rapid healing with least amount of suppuration.
- In cases of old, fistulous, suppurating ulcers with lack of vital heat, use Silicea 200C, four pills thrice daily.
- For ulcers in very old or immuno-compromised persons with maggots, Sabadilla or Silicea 6C, four pills should be given every four hourly.

WHITLOW

A 'whitlow' or a 'felon' is an abscess at the terminal joint of a finger or toe. It can be superficial or deep-seated, occasionally involving the bone also. It can be triggered by an injury to the base or the side of the nail or it can occur due to the entry of bacteria through a cut.

Apply locally, cloths that are soaked in cold or warm water, whichever helps the best and keep them wet day and night and if still not better in a day or two try out the following home remedies.

SOME HOME REMEDIES

- Soak the finger in a solution of Epsom salt or table salt in one cup of hot water.
- Apply a paste of betel leaf with a small pinch of quick lime and then tie up the finger with a piece of cloth and take care not to get the finger wet.
- Stick up a full lime to the affected fingertip. The capped lime protects the finger from outside injury and contamination and also because of

its vitamin C and its astringent properties, it helps to cure the infection.

- Bandaging the finger lightly with a cloth soaked in cream of milk will aid faster healing by drying up the infection or the milk cream is mixed well in quicklime water and the paste is applied to the finger infection for quick relief.
- A poultice of bread and milk gives relief to the pain.
- Margosa (Neem) leaves are made into a paste and salt and ghee is added to it and this is applied hot over the whitlow to bring it to a head.
- Continuous application of onion juice to the finger is useful in the early stages.
- Mix castor oil (arandi) in limewater to get a thick emulsion and apply this on the inflamed finger a few times daily.

HOMOEOPATHIC REMEDIES

- For felons that tend to suppurate easily, Silicea 200C, when taken every four hours can cut the process short.
- In cases of initial stages of felons where pricking pain is felt first, Dioscorea 30C, four pills every six hours.
- Mercurius 30C, four pills taken four times daily is a useful remedy for felons in the initial stages and will often prevent the disease from going on to suppuration.
- In cases of the thumbs and fingers getting inflamed with acute throbbing pain and a sensation as of a splinter under the nail, Fluoric Acid 30C, four pills every six hours.
- In cases where suppuration has occurred with heat, throbbing, stinging pains and swelling, which is worse at night and from slightest pressure, Hepar Sulph 30C, four pills every four hours.
- For felons with intense stinging, burning pains, numbness and extreme sensitivity to touch, Hypericum 30C, four pills thrice daily.
- For felons with intolerable burning pains, swelling and offensive secretions, Anthracinum 30C, four pills thrice daily.

WARTS

'Warts' is a non-cancerous growth caused by the human papillomavirus, of which over sixty subtypes are now recognized. Warts come in various shapes and sizes, some may be raised and rough, some may be flat and smooth, some may be tiny and pointed and some may even look blackish (because of the tiny, blocked blood vessels trapped within the wart). As they enlarge, their surfaces become irregular and rough.

Though they are quite harmless, they are capable of spreading, are contagious and can occur anywhere in the body. Transmission of the virus is usually by direct contact with the virus, either in the living skin or through fragments of skin that has shed off. Also the spread is encouraged by trauma and moisture (so is found more commonly in people who swim). Even after the doctor removes the wart through techniques like cryotherapy, electrocautery or laser therapy, the virus often remains beneath the surface, ready to reemerge.

'Plantar warts' are the ones that appear on the soles of the feet and are very painful and the person is unable to walk properly. The wart virus usually thrives in moist places and so it is usually seen in people who walk a lot in water or in those who perspire from the feet. Thus it is important for the person to avoid walking bare feet over wet surfaces and also avoid swimming since he could spread the infection to others.

'Genital warts', also called as 'venereal warts or condyloma', are frequently spread by intercourse and are very contagious and so a form of sexually transmitted disease (STD). It may take about 8-18 months after infection for the warts to become apparent, so if your partner has them and you don't notice any, you may still have the virus in your body. So both the partners should be treated simultaneously for this condition.

A wart may disappear on its own, but if it doesn't it is better to try out the following means or go to a doctor. It is important to keep a wart thoroughly dry to reduce its chance of spreading.

SOME HOME REMEDIES

- Raw potatoes are cut and rubbed on the affected area several times daily, for atleast two weeks.

- The milky juice of fresh figs (anjeer) is extracted and applied on the wart several times daily for two weeks.
- Juices of papaya and pineapple are used as external applications over the warts with beneficial results.
- Taking an oatmeal bath can be extremely soothing for genital itchiness that may occur from the warts.
- Onions are irritating to the skin and they stimulate the circulation of the blood and thus help the warts disappear when rubbed over them.
- The milk from the cut end of the herb dandelion should be applied locally over the wart thrice daily.
- Increase the intake of Vitamin E in your diet since it helps reduce the warts. Vitamin E is found naturally in avocados, brown rice, cold-pressed vegetable oils, corn meal, dry beans, fresh vegetables (like tomatoes, sweet potatoes, cabbage, spinach (palak), broccoli, asparagus, carrot, parsley, legumes, green leaves), fruits (like apples, peaches and dried plums also called as prunes), homemade cottage cheese (paneer), nuts, oatmeal, organ meats, peanuts, sprouted grains, sunflower seeds, unpasturised milk, wheat germ and its oil and whole-grain cereals.
- In cases of plantar warts, wearing callus pads can help to reduce the pain by decreasing the pressure on the warts when walking.

HOMOEOPATHIC REMEDIES

- Anagallis mother tincture when diluted with water in 1:5 proportion and applied locally helps since it has the power of softening flesh and destroying the warts.
- Ant-crude 200C, four pills thrice daily are given especially for horny warts where the patient is aggravated by heat and cold bathing.
- Thuja mother tincture should be applied locally over the wart daily, once in the morning and at night. Also Thuja 30C, four pills thrice daily should be taken internally along with the local application, especially for pedunculated warts and especially for the warts in the ano-genital region.
- Dulcamara 200C, four pills taken twice daily is useful for large, smooth, flat warts on the face and the palmer surface of the hands.
- For large, jagged warts that bleed on washing, Nitric Acid 30C, four pills are taken thrice daily.
- Sempervivum Tectorum 6C or 30C is a useful local application over the warts.
- For fig-warts with intolerable itching and burning, a few drops of diluted Sabina mother tincture is applied locally over the warts.
- For warts that are large, jagged, bleeding easily, on the tips of the fingers and nose, Causticum 200C, four pills taken thrice daily.

CORNS AND CALLUSES

‘Corns’ refer to a localized, painful thickening of the skin, especially on the toes and the soles of the feet. They usually result due to constant friction and pressure between the skin of the toes and the shoe. They are shaped like a pyramid with the apex pointing inwards and are tender to touch. Initially there is thickening of the skin and then it hardens and over the years the dead skin is molded into a mound called as a hard corn. Soft corns usually occur in-between the toes and are usually the result of wearing tight shoes. ‘Calluses’ occur when the skin becomes thickened especially on the sole or the heel to protect the flesh over the bony prominence.

The first step towards treatment includes stopping to wear the shoes that caused the corns to appear and instead to wear a shoe that fits comfortably. Soften the corns *or* calluses by soaking the feet in plain lukewarm water *or* a tub containing water and one tablespoon of either baking soda, Epsom salt *or* table salt for five to ten minutes and then with a pumice stone *or* a synthetic abrasive pad *or* a file rub off the dead skin a little at a time. After soaking and rubbing, apply a moisturizing cream *or* vitamin E oil to keep the feet soft.

SOME HOME REMEDIES

- Massage the part with aloe vera gel *or* castor oil (arandi) thrice daily. Also apply a small pad of castor oil over the corn and keep it on all night and do this daily till the corn comes off.
- Make a paste by grinding two to three liquorice (mulathi) sticks and adding half a teaspoonful of sesame oil *or* mustard oil (*or* gingelly oil) to it and then rub it on the hardened skin especially at bedtime. The skin gradually softens and the corn decreases in size.
- Rub the part with a mixture of two teaspoonfuls of lemon juice, one teaspoonful of Chamomile and crushed garlic clove. Then cover the part with a plastic bag for a few minutes and then wash it in warm water and remove the part with a pumice stone. Then apply Vitamin E oil over it.
- Grate white cabbage and add it to a tub of hot water and soak your feet in it for fifteen minutes.
- Increase the intake of potassium-rich foods such as bananas and green leafy vegetables.
- Take a glass of apple *or* cranberry juice daily for a few days.
- Milky juice of green figs (anjeer), cashew fruit *or* from the papaya helps to soften the corns. The oil obtained from the shell of the cashew nut fruit is also used.
- Put the cut side of half a raw cranberry *or* a piece of lemon peel over the corn each night and then tie it up and let it stay overnight and remove it the next morning.
- A mixture of five parts of lemon juice, four parts of impure carbonate of potash, three parts of copper sulphate and four parts of borax is used.

- Bathe the feet in warm olive oil and then apply a saturated solution of spirits of camphor with bicarbonate of soda. Then bandage the part with a thin cloth and keep it overnight.

HOMOEOPATHIC REMEDIES

- For hard corns and callosities resulting from wearing tight shoes, Antim Crude 200C, four pills thrice daily.
- Thuja mother tincture should be applied locally over the corn *or* the callosity twice daily. Simultaneously, Thuja 30C, four pills should be taken twice daily.
- Ferrum Picricum 6C, four pills taken thrice daily is another useful remedy for corns.
- Wash the affected part with Arnica lotion (made by diluting Arnica mother tincture in warm water in 2:8 dilution).
- For rough, dry, hard corns with unhealthy skin, where every injury suppurates, Graphites 200C, four pills thrice daily.
- In cases where the corn is large, inflamed *or* ulcerated, Nitric Acid 30C, four pills thrice daily.
- For offensive foot sweat with soreness in the feet from the corns, Silicea 200C, four pills thrice daily.
- Hydrastis mother tincture is diluted and is painted over the corn at bedtime. This will help reduce the pain and make the corn softer.

CRACKS ON THE SOLES OF THE FEET

The skin of the soles can crack when they dry up and leave painful slits that occasionally bleed if the cracks are deep. These cracks are ugly to look at. The cracks usually occur on the heel and between the toes and if the spot gets infected, they become very painful and suppurate. Women who wear open-backed high-heeled shoes and those who walk bare feet throughout the day are more prone to these kinds of cracks.

SOME HOME REMEDIES

- Soak the feet in warm water twice daily for twenty minutes and then pat them dry.
- The soles are massaged with sesame *or* castor oil (arandi) and hot water fomentation is done.
- Oil from the shell of cashewnut is applied locally.
- Juice of unripe mango *or* mango leaves is used as a dressing.

HOMOEOPATHIC REMEDIES

- Apply locally over the cracks Anthrokokali mother tincture diluted in the ratio of 2:8 with water.
- Where the skin of the sole becomes dry, constricted, very sensitive, rough and cracked with easy bleeding, give Petroleum 30C, four pills thrice daily.
- For cracks and ulcers on the heels, Allium Cepa 30C, four pills thrice daily.
- For dry cracks with formation of thick, hard, honey-colored scabs with itching when warm in bed, Ant Crude 30C, three pills thrice daily.
- Chapped skin with deep cracks on the hand and the feet that are very sensitive toe touch and bleed or suppurate easily, Hepar Sulph 200C, four pills thrice daily.
- For offensive foot-sweat with soreness in the feet on walking with formation of cracks that tend to suppurate and are very tender, Silicea 6C, three pills four times daily.
- Where there is a thin, watery, sticky discharge exuding at night from the otherwise dry, painful and rough cracks, Graphites 30C, four pills four times daily.
- For acrid and offensive sweat on the feet that leads to soreness of toes and the formation of cracks on the soles, Nitric acid 30C, four pills thrice daily.

ECZEMA

'Eczema' can be divided into two types – acute and chronic. In *acute* cases, the skin itches, becomes red and inflamed with ill-defined margins and there is the formation of papules and vesicles that may have some discharge, which then lead to the formation of crusts and scaling. In *chronic* cases, the condition is less vesicular and exudative but more scaly and itchy and the skin becomes dry, thickened, leathery, lichenified and fissured. There are scratch marks with increased pigmentation on the skin.

This condition may be genetic in origin and it is usually more common in summers. Eczemas can also be classified into endogenous and exogenous variety. The endogenous varieties are further classified into atopic, seborrhoeic, discoid, asteatotic, pompholyx and localized neurodermatitis resulting from some cause in the body itself. The exogenous variety is the one where the eczema results from factors outside the body. The exogenous variety consists of irritant eczema (resulting from detergents, alkalis, acids, solvents, dust and napkin eczema in babies due to irritant ammoniacal urine and faeces) and contact allergic eczema (resulting from allergy to certain minerals and chemicals found in jewellery, leather, hair dye, perfumes, cosmetics, creams, certain food items and fruits, topical ointments, tattoo marks, etc.). Educating the patient and his/her relatives about the illness and about it not being contagious is essential.

SOME HOME REMEDIES

- Salt intake should be reduced. Sour things including pickles and curd are strictly prohibited. Avoid tea, coffee, alcoholic beverages, all condiments, sugar, white flour products, refined, canned and processed foods. Drink a lot of fluids throughout the day.
- Muskmelon (kharbooja) eaten thrice a day for a few months is considered to be one of the most effective remedies for eczema. The juice of this fruit is also beneficial as a local application.
- Bitter items like bitter melon (karela), bitter variety of drumstick (saijan ki phalli) and Neem flowers are very useful for the patient.

- Raw vegetable and fruit juices, especially the 'combination of carrot and spinach (palak) juice, apple, red grape, beet, cucumber, celery leaves (ajwan-ka-patta), lettuce and parsley is useful in the treatment of eczema.
- A few drinks of lemon juice helps detoxify the body and thus helps clearing off the skin.
- In cases of a generalized eczema, an absolute milk diet is of great assistance to aid the cure.
- Turmeric, when applied locally over the eczematous patch and when taken internally with milk in one-teaspoonful doses, is extremely useful.
- Alfalfa sprouts should be taken daily in cases of eczema.
- Local application of olive oil to the dry, scaly patches tend to help relieve the dryness and burning and stinging pains.
- Drink a glass of milk containing two tablespoons of black strap (sheera) molasses twice daily.
- Aloe vera gel relieves the itching and pain of the eruptions.
- Wash the eczematous skin with water in which Margosa (Neem) leaves are boiled *or* wash it with tea decoction with a pinch of salt *or* wash it with rice starch water obtained by decanting cooked rice *or* lime juice with a few bits of rock salt diluted in water.
- Taking two tablespoons of safflower oil daily is beneficial in the treatment of eczema.
- For localized patches, applying a poultice of grated raw potato helps.
- The pulp and the skin of mango should be simmered in a cup of water for half an hour and then strained and applied as a lotion over the affected area several times daily.
- Two tablespoonfuls of safflower oil (which is rich in linoleic acid, which is said to be deficient in those with eczema) should be taken daily to treat this disease, and reduce the quantity to one tablespoonful daily after the condition improves.
- Application of coconut oil over the part helps to make the skin soft.

HOMOEOPATHIC REMEDIES

- For eczema with redness, swelling, burning pains and intense itching leading to scale formation, think of Rhus tox 200C, three pills every six hours. The patient feels worse at night and in wet weather and better by warmth and in a dry weather.
- In cases of eczema with intense dryness, itching and scratching with a discharge of thin, sticky fluid, Graphites 200C, four pills four times daily.
- For chronic eczema with itching that is worse from warmth, when walking and on undressing, Kali Ars 30C, four pills thrice daily.
- For eczema with dark red skin and formation of vesicles where the patient feels better by hot water application, Rhus Ven 30C, four pills four times daily.
- For eczema with a lot of dryness, itching, burning with a lot of scaling and worse from cold and on scratching, Arsenic Album 200C, four pills thrice daily.
- For eczema with intolerable itching worse at night in bed, Mezereum 200C, four pills thrice daily. The eruptions ulcerate and form thick scabs under which purulent matter exudes.
- In cases of eczema of the backs and hands (baker's and grocer's itch), Bovista 30C, four pills twice daily is useful.
- For eczema with red, dry, cracked *or* raw skin with intense itching and burning where the itching is worse in winters, Petroleum 200C, four pills thrice daily.
- For eczema behind the ears with the formation of offensive, dirty-looking, thick crusts *or* scabs, Chrysarobinum 30C, four pills thrice daily.
- For intense itching eczema with mental irritability, absentmindedness, brain-fag and impaired memory, Anacardium 200C, four pills twice daily.

PSORIASIS

'Psoriasis' is a non-infectious, inflammatory disease of the skin characterized by well-defined thick, red patches covered by large, adherent, silvery scales; found especially in areas like the scalp, elbows, ankle, nails, knees, palms, trunk, back and in rare cases the whole body is affected. In infants the napkin area is the most commonly affected site.

Normally a new layer of skin works out to the surface in about thirty days. In psoriasis, that layer of cells reaches the top in just three days, resulting in raised areas of skin called plaques, which are red and quite itchy. The cells after reaching the surface die like normal cells and so they look like raised white patches with the dead cells flaking off in the form of silvery scales. Psoriasis goes through cycles of flare-ups and remissions, with flare-ups usually in the season of winter and in some cases the flare-ups occur before menses. Psoriatic arthropathy is one of the commonest complications in this condition.

A genetic predisposition is seen frequently; but most of the times factors like emotional stress, infections and reactions to certain medications are other precipitating causes. Educating the patient and his/her relatives about the illness and about it not being contagious is essential. Psoriasis is occasionally helped by exposure to sunlight and ocean bathing.

SOME HOME REMEDIES

- A low-sugar diet consisting especially of fruits, vegetables, fish (especially salmon, herring and mackerel) and whole grain breads and cereals are usually recommended. Avoid salt, curd, hot and spicy food, eggs, dairy products, meat and poultry. Rock salt can be used instead of table salt but in small quantities.

- Citrus juices and fresh apple, beet, carrot, cranberry, cucumber and grape juices are considered to be quite useful.
- The thickest and the greenest outer leaves of the cabbage are useful in the form of compresses applied locally over the psoriatic eruptions. They are washed in warm water, dried with a towel and then the thick central vein is removed and then flattened and smoothed with the help of a rolling pin (belan). These should then be warmed on a tava and applied smoothly over the affected part in an overlapping manner. A pad of soft woolen cloth should be put over them and then bandaged to make it secure.
- Bitter gourd (karela) is a well-known remedy for psoriasis. Take a cup of fresh juice of this vegetable and add a teaspoonful of limejuice and take this on an empty stomach daily for a few months.
- The flowers of the Neem tree are very useful for this condition.
- The bitter variety of drumstick (saijan ki phalli) is also a useful vegetable for psoriasis.
- For some relief in the itching, you can apply cashewnut oil over the affected area.
- The patient should have a glass *or* two of buttermilk daily. Also a local application of the same proves useful.
- The oil of avocado gently over the affected parts.
- Vitamin B complex, vitamin E and vitamin A taken in the form of supplements *or* through natural sources are useful.

HOMOEOPATHIC REMEDIES

- For psoriasis where the itching is followed by scratching which in turn is followed by rawness of the skin with affection of the areas like bends of the limbs, groins, neck, back of hands and behind the ears, Graphites 30C, four pills three times daily.
- Kali Ars 30C, four pills taken thrice daily is a useful remedy for psoriasis with intolerable itching, especially on undressing.
- For psoriasis with itching on the back of the finger-joints which is worse in summers and better in cold weather, Borax 30C, four pills thrice daily.
- For psoriasis with intense itching and burning where the patient feels worse after scratching and washing, Sulphur 200C, four pills once a week. This is also a useful remedy when the skin affections start after local medication.
- For psoriasis with violent itching especially on the thighs, legs and the ears, with formation of dry scales, Chrysarobinum 30C, four pills thrice daily.
- For psoriasis with formation of deep cracks in the bends of the elbows where the itching is better by scratching, Manganum
- Aceticum 30C, four pills twice daily.
- For psoriatic eruptions resulting after vaccination, Thuja 200C, four pills once a week.

BURNS

'Burns or scalds' usually result from the application of too much of heat, electricity or chemicals to the skin. A 'first-degree' burn causes pain, redness and mild swelling but no blisters and the skin is intact. 'Second-degree' burns extend below the superficial layer of the skin and are thus characterized by blisters, pain, redness, swelling and some breaking of the skin. A 'third degree' burn is quite severe and can result in destruction of the skin and the underlying tissue. A 'fourth degree' burn is so severe that it shows a white or charred appearance due to deep

tissue damage and may be temporarily painless due to the destruction of nerve endings.

The third and fourth degree burns should receive immediate medical assistance. Electrical and chemical burns should always be treated by a doctor, because the burns may actually be much more worse than they appear on the surface.

Burns can result in dehydration if very severe and thus a regular intake of at least ten to twelve glasses of water is necessary. Apply warm moist towels over superficial burns and in case of severe burns place the part in cold water.

It is important to leave a burn blister intact; it's the body's way of providing a protective bandage over the burnt area. The collection of fluid in the blister is the white blood cells that the body sends to help protect the part against infection and thus help the healing process.

SOME HOME REMEDIES

- Eating a high-protein diet (such as skimmed milk, lean meat, nuts, beans, eggs, peanut butter and fat-free cheese) helps speedy healing of the burns by rebuilding collagen, a building block of skin tissue.
- Increase potassium in your diet by taking more of apricots, bananas, fruits, vegetables like gourds (louki and karela), peas, potatoes baked with the skin, pulses, soyabeans, sprouted grains and tomatoes.
- Vitamin C (found in oranges, grapefruit, broccoli and tomatoes) helps building up collagen in the tissue and thus speeds the recovery.
- Sipping half a cup of cold water mixed with one teaspoonful of salt and half a teaspoonful of baking soda helps to prevent shock from a severe burn.
- Bandaging sliced, grated or scraped raw potato over the burn helps to heal the burn without scarring. Also bandaging the burn with the peelings of boiled potatoes helps faster healing.
- Applying aloe vera juice is very soothing for the burns and is a good healing agent.

- By rubbing salt over the area that is scalded, the formation of blebs is prevented, since salt absorbs water and thus dries up the skin.
- Apply a mixture of limewater and linseed oil locally over the burn.
- Application of grated fresh onion with a little salt added proves to be both soothing and healing.
- A ripe banana (especially the yellow variety) is mashed into a pulp and is then spread over the burnt area and the part is kept dry. The pulp has a soothing effect and is also rich in pectin, which helps the skin to heal without any scar formation.
- A thick plaster of rice flour *or* wheat flour is applied over the burnt area.
- Sprinkling of sugar over the burns helps to ease the pain and also helps to heal faster by pulling out excess of moisture.
- For minor burns, make a mixture of cider vinegar (*or* milk) mixed with one tablespoon of brandy and equal amount of water and then apply it constantly over the part till the pain disappears.
- Plain yogurt applied over the painful burns provides a swift relief and should be reapplied on drying.
- A mixture of baking soda (*or* flour) and olive oil helps to heal a severe burn without scarring.
- Margosa (Neem) leaves have antiseptic properties and so they are soaked in some oil and then spread out over the burnt part.
- Cover the burnt part with the idli / dosa batter. This helps the part to heal very fast.
- Repeated application of old, preserved pure honey over the part for a few days also helps.
- Apply grated apple mixed with olive oil *or* slices of raw onion *or* grated carrot *or* carrot juice *or* ground raw pumpkin over the burns.
- A mixture of sesame oil (til) and limejuice is applied over the burns for quick relief.
- For bathing burns that are ulcerated, betel leaf juice is effective since it helps in quick regeneration of the new cells and thus hastens healing.
- The juice of bitter gourd (karela) mixed with finely powdered chalk *or* sugar is a useful dressing for burns.
- In cases of burns from sulphuric or other acids, limewater *or* chalk mixed with water is applied locally.
- In cases of burns from alkalis, vinegar *or* scrapped apples applied locally give a lot of relief.

- In cases of burns from phosphorus, sweet-oil is applied locally and the dressing renewed until the pain ceases.

HOMOEOPATHIC REMEDIES

- In cases of a burn without any vesication, apply *Urtica Urens* mother tincture (after diluting it – one part to four of water) locally.
- In cases of burns with vesication, *Cantharis* mother tincture (diluted one part to ten of water) should be applied locally and *Cantharis 30C* four pills should be taken internally every four hours.
- Diluted mother tincture of *Picric Acid* is the best application for burns until granulations begin to form.
- In cases of a first-degree burn, *Hamamelis* mother tincture should be diluted and used similarly.
- For superficial burns and scalds, *Calendula 30C*, four pills should be taken every four hourly along with a local application of diluted *Calendula* mother tincture. It promotes favorable *pecacuanha* h, with least amount of suppuration.
- In cases of deep burns which are destroying the skin, *Kali Bich 30C*, four pills every six hours.
- In cases of suppuration and prickly pain after burns, *Hepar Sulph 30C*, four pills every four hours.
- For the ill effects of burns and scalds or where the burns fail to heal completely leading to the formation of an ulcer, *Causticum 30C*, four pills thrice daily is useful. Also a few drops of *Causticum* mother tincture is applied over the local compress, which should not be removed, but kept continually wetted with the *Causticum* solution.

RINGWORM

‘Ringworm’, also called as a *Tinea* infection, is a fungal infection of the skin that is highly contagious and the fungi multiply within the skin (especially the keratin part of the skin) to form red, ring-like eczematous patches with intense itching and scratching of the area, thus spreading the infection. The warm, moist areas of the body like the groin, trunk, nails (where in the initial stages yellow discoloration of the nails is seen), hands, feet and scalp are the common areas of affection.

The patches of ringworm on the body are usually round *or* oval, with raised pink and scaly rings that show a clean space in the center with inflammation in the periphery. The central part consists of dead skin, where the dryness and itching is more. The itching is not better by anything and so the patient tends to scratch till the part becomes raw *or* bleeds.

The infection can spread to the other healthy parts of the body through the nails during the process of scratching. Ringworm can also spread by the use of articles such as the towel of an infected person *or* even through washing of the infected persons clothes. The infection can sometimes spread through pets and these are the most severe kinds of infection with the patient scratching violently. So getting the pet examined and treated by a vet is of utmost importance.

Maintaining hygiene is of utmost importance to prevent further spread of the illness. Regular bathing (with water boiled with Neem leaves) and washing of clothes in hot water with chlorine bleach as well as a detergent is the best way to kill the fungi. After washing, drying yourself thoroughly is important before wearing the clothes. Wear cotton underwear to allow air to circulate properly. Replace the brushes and combs.

SOME HOME REMEDIES

- Sour things, including curd and pickles should be avoided.
- Eat plenty of lightly cooked green, yellow and orange vegetables, whole-grain cereals, lean meat *or* fish. Fresh fruit juices of apples, oranges, papayas, pineapples and pomegranates (anar) taken daily helps to flush out the toxins. The patient should avoid tea, coffee, all condiments and spices, sugar, white flour and refined, tinned and processed foods.
- Take in a lot of garlic in your diet, which is supposed to have antifungal properties.
- Apply a mixture of equal parts of lemon grass oil and coconut oil locally over the skin.
- Raw vegetable juices, especially carrot juice in combination with spinach (palak) juice is useful.

- Slices of raw papaya should be rubbed on the ringworm patches. A paste made from dried papaya seeds can also be applied beneficially on these ringworm patches.
- Leaves of holy basil (tulsi) tree are rubbed over the skin after moistening them in some warm water.
- Coconut oil applied to the parts helps the skin to stay soft.
- The juice of raw turmeric should be applied externally over the ringworms. Simultaneously one teaspoonful of turmeric juice mixed with an equal quantity of honey should be taken daily.
- The juice *or* paste of the leaves of cassia tree should be applied locally over the patches to relieve the irritation of the skin.
- A paste made from the mustard seeds should be applied locally over the ringworm patches after thoroughly washing the part with hot water.
- Rub a banana peel over the infested area of the skin.
- Juice of the leaves of mint (pudina) is useful when applied locally.
- Local application of castor oil (arandi) helps to relieve the itching and irritable patches on the skin.

HOMOEOPATHIC REMEDIES

- For ringworm all over the body, where the eruptions are associated with offensive odors from the affected parts, Tellurium 30C, four pills thrice daily.
- Rhus Tox 30C, four pills thrice daily is a useful remedy of ringworm of the scalp.
- In cases of ringworm where there is violent itching with no relief from scratching, apply diluted mother tincture of Chrysophan Acid twice daily over the patches.
- For ringworm with itching worse at night and early morning in people who have a tendency to catch cold easily, Bacillinum 200C, four pills once a week.
- In cases of ringworm occurring over hairy parts every spring, Sepia 200C four pills should be taken twice daily.

HIVES OR URTICARIA

'Urticaria' is a skin condition where the patient complains of red, raised, annular, itchy, burning, inflamed wheals, which usually go off within a day *or* two, but occur recurrently. Hives often result from allergic reactions to certain foods (especially butter, cheese, chocolates, cucumber, eggs, fish, food additives, liquorice, mushrooms, nuts, oatmeal, sausages, shellfish, strawberries, tomatoes, wheat, etc.) and certain drugs (especially NSAID's like aspirin, ibuprofen); insect bites (bites of bedbugs, bees, certain caterpillars, flies, mosquitoes, wasps, etc.); cosmetic applications; stress factors *or* emotional upsets; during pregnancy; sudden change in weather; a hot shower and certain illnesses (like viral hepatitis, infectious mononucleosis, HIV, SLE, worms, etc.). These factors cause the skin cells to release histamine, which makes the fluid leak from the capillaries into the skin thus resulting in the formation of wheals. The outbreak of urticaria is sudden and may affect any part *or* the whole body. The eruptions may fade in a few minutes *or* an hour in one place, but can occur in another place.

To give immediate relief to the patient, rub an ice cube over the hives. Wear loose clothes especially cotton ones.

SOME HOME REMEDIES

- The patient should be given a salt-free diet as far as possible. Sour things and curd are prohibited. Avoid taking the allergic food items, meat and refined foods. The patient should drink atleast eight glasses of water daily.
- All vegetables having a bitter taste like bitter gourd (karela) and bitter variety of drumstick (saijan ki phalli) are useful in this condition. Avoid brinjal and cauliflower in your meals.
- In cases where the hives have developed around the eyes, hold a cotton ball soaked in milk *or* cool water against the eyelids and the area around the eyes.
- Take a piece of fresh turmeric rhizome on an empty stomach daily *or* add a teaspoon of turmeric powder in a cup of water *or* milk and take it daily.
- For generalized itching, coconut milk *or* just plain curd is applied.

- Squeeze half a lime in a glass of lukewarm water and add a teaspoon of honey to it and take it the first thing in the morning.
- About 35 ml of rose water and 25 ml of vinegar should be mixed and the mixture applied locally to the affected part for quick relief.
- A compress is made from a mixture of equal quantities of milk and water and is applied over the rash.
- Onion and garlic can be given to the patient in good quantity.
- A decoction made from the mint leaves is taken with honey to relieve the itching.
- Apply a paste of rock salt and ghee locally.
- Application of aloe vera juice can give temporary relief.
- Rub holy basil (tulsi) juice (with some salt in it) gently over the area.
- Paste of powdered black pepper with ghee is applied locally and also taken internally.
- Add oatmeal to a tub of lukewarm water and soak yourself in it for 10-15 minutes thrice daily.
- During acute attacks of urticaria, the patient should be rubbed with mustard oil mixed with the powder of rock salt. Thereafter, the whole body is exposed to the sun and gently rubbed with a copper coin. This gives instant relief.
- Soak the part in cool water for twenty to thirty minutes after adding two teaspoons of baking powder *or* oatmeal to it.
- Take a little bit of the herb rauwolfia (sarpagandha) in a cup of water daily.
- Applying black clay decreases the skin irritation because of its cooling effect.
- Drink an infusion of dry radish (mulii) once daily.
- Drink a glass of rice starch water once *or* twice a day to remove the body toxins.

HOMOEOPATHIC REMEDIES

- For burning heat and a stinging sensation with violent itching and formication, Urtica Urens 30C, four pills every six hours until better and then less frequently. This is also a useful remedy for bad effects of suppressed urticaria.
- Apis 30C, four pills every six hours for a generalized rash all over the body with intense burning, stinging pains and swelling and the patient is worse by heat in any form and is better in open air.
- Urticaria without itching, Uva Ursi 30C, four pills thrice daily.
- For urticaria, appearing and disappearing suddenly, with internal coldness with intense redness and itching, Antipyrine 30C, four pills four times daily. It is also a very useful remedy for angioneurotic oedema.
- For nettle-rash all over the body with intense itching where there is some kind of liver affection along with the urticaria, Astacus Fluvius 30C, four pills every eight hours.
- For red, itchy and burning rashes all over the body in patients with rheumatic complaints where the patient is worse from cold and better by warmth, Formica 30C, four pills thrice daily.
- Urticaria alternating with asthma, Caladium 30C, four pills thrice daily.
- For chronic hives in children with fever and constipation, Copaiva 30C, four pills thrice daily.
- Rhus Tox 200C, four pills taken four times daily is another useful remedy for urticaria with intense itching and red, swollen skin.
- For resistant cases of urticaria, Medusa 6C, four pills four times daily.

WRINKLES

With increasing age, the process of cell renewal slows down and the collagen and elastic tissue deteriorates resulting in drier skin, decreased elasticity and thus resulting in 'wrinkle formation'. There are two types of skin aging, intrinsic and extrinsic, both of which contribute to wrinkling. Intrinsic aging is something that happens because of our genetic make-up. Extrinsic aging is the aging that comes on from environmental factors, especially sun damage (due to the ultraviolet rays). Inadequate

dietary intake, improper skin care and environmental factors (especially sunlight, pollution, etc.) can fasten this normally gradual process.

Gentle massage of the face in circular motions helps to improve the blood circulation and also helps to relax the facial muscles and thus helps reduce the stress-induced wrinkling. Use sunglasses regularly.

SOME HOME REMEDIES

- Increase the intake of fresh citrus fruits, apples, grapes, sugarcane, etc. and fresh raw vegetables. Avoid smoking and drinking alcohol.
- Beat the white of an egg and apply it over the wrinkles with the help of a paintbrush, let it dry and harden and then wash it off after a few hours. This will help to decrease the wrinkles to quite an extent.
- Make a mixture from the juice of half a lime and some honey and apply it over the face for about an hour daily. This also acts as a good moisturizer.
- Make separate pastes of holy basil (tulsi) leaves, margosa (neem) leaves and mint (pudina) leaves. Only when you are going to apply it on the face, mix these in equal proportion and then apply it over the face for decreasing the wrinkles and giving a younger look.
- Wash the face with a foaming cleanser. Then apply an alpha hydroxy acids (AHA's) lotion that removes the old cells and uncovers the new ones. These acids are derived from sugarcane, fruit and milk. Then apply a sunscreen that also doubles as a moisturizer. Then you can apply your make-up (if necessary).
- Brewer's yeast is mixed with water *or* yogurt and patted onto the face especially over the wrinkled lines and allowed to dry and then washed off the next day.
- Applying thin slices *or* grated cucumber, potato *or* papaya over the face helps to give a cool and refreshing effect and also helps to reduce the wrinkles.
- Castor oil (arandi) is a useful application for the wrinkled skin.
- Make a pulp out of a handful of grapes and apply it over the skin allowing it to dry up and then wash it off within an hour.
- Cocoa butter *or* Avocado oil is gently massaged onto the skin.
- Applying vitamin E oil proves to be very beneficial for smoothening the wrinkled skin.

- Every morning after freshly washing your face, apply a coat of honey over it and leave it on for about ten minutes and then wash it off.

INSECT STING OR BITES

Insect bites rarely require medical intervention, except in cases where the bite can be poisonous *or* where the person reacts immediately to the insect bite and goes into an anaphylactic shock. Usually only minor complaints like swelling, itching, redness, mild pain and slight nausea may occur.

First of all wash the insect bite thoroughly with soap and cool water and try not to scratch the part as this can cause them to become infected. In cases where the swelling and itching is intense a local application of ice every few minutes helps to decrease the inflammation. It is necessary to see a doctor immediately in cases where the bite becomes infected with some pus oozing out *or* when the patient suddenly develops symptoms like breathing trouble, rash all over the body *or* if you feel faint.

SOME HOME REMEDIES

- Holy basil leaf (tulsi) juice diluted in water is given to drink to the person and also apply the fresh tulsi juice on the spot of the sting *or* bite.
- To relieve the itching, dissolve one teaspoon of baking soda in a cup of water, soak a piece of cloth in the solution and bathe the bites.
- Apply garlic juice externally over the affected part.
- In cases of a huge swelling of the part due to the insect sting *or* bite apply a warm paste made by mixing dry ginger and curd.
- Place a piece of raw apple on the bite.
- Fresh leaves of Plantain tree when rubbed on the insect stings and bites afford instant relief.
- Rubbing fenugreek (methi) powder *or* a piece of raw onion *or* onion juice *or* a lime slice over the bite *or* sting is supposed to remove the harmful effect of the poison.

- Taking an oatmeal bath in lukewarm water helps to relieve the itching and the swelling.
- In cases of bee sting, first remove the honeybee's stinger and put an ice cube on the sting site. Salt water is applied over the stings. Apply a paste made from baking soda and water over the site. In cases of stings in the mouth *or* the throat, let the patient swallow some salt water *or* rinse and gargle with it and then suck on some ice.
- In case of wasp stings that are alkaline, apply vinegar *or* lemon juice over the bite to neutralize it. Also application of salt water over the bite helps.
- In cases of mosquito bites that are very painful, apply lemon juice.
- In case of rat bites, holy basil leaf (tulsi) juice *or* the juice of Margosa leaves (Neem) is an effective remedy *or* apply a mixture of juice of radish and coconut.
- In cases of a spider bite, chew a tablespoonful of tiny coconut pieces. The digestive juices that are secreted by the system tend to assimilate any poison that gets into the system.
- In cases of a scorpion sting, the application of fresh milky juice from an unripe papaya fruit brings instant relief *or* a thick paste of tamarind (imli) seeds is applied over the sting *or* apply onion juice to soothe the irritation *or* apply paste made from powdered cumin seeds (jeera), ghee, salt and honey for quick relief.
- In cases of a snake bite that is not poisonous, rub some salt into the wound. In cases where the bite is poisonous, tie a ribbon, rope *or* some cloth tightly around the limb, two inches above the bite, to prevent the blood with the poison from going to the heart, and leave it as long as the patient can bear it. Along with a sterilized knife *or* blade make a cut at the site of bite to let the poison flow out along with the blood. Apply hot iron *or* coals as close to the wound as the patient can bear. Smear oil, ghee, soap *or* saliva around the wound for three *or* four inches, and when absorbed, renew it. Whatever is oozing from the wound should be wiped away carefully. Then rub some salt *or* cigar ashes *or* wood ashes onto the wound. Internally some salt water and garlic should be given to the patient. If the patient doesn't get better, give half a teaspoonful of wine *or* brandy every two to three minutes, until the symptoms improve.
- Copper sulphate, which is commonly available in the market, is applied over an insect sting to remove the poisonous effect.

HOMOEOPATHIC REMEDIES

- Is a useful antidote to insect stings and is good for any punctured wounds, especially if the part is cold to touch, but the patient does not want the part covered and is better by cold applications, *Ledum* 30C, five pills every four hours. Also *Ledum* mother tincture should be applied locally over the part.
- For bee stings where there is erythema with burning and stinging, *Urtica Urens* mother tincture, five drops in a teaspoonful of water every six hours.
- For rapid, hot, red and violent swelling that is worse from touch and which tends to spread rapidly with absolute thirstlessness in the patient, *Belladonna* 200C, four pills every three hours till relief is obtained.
- For rapid swelling with stinging pains and collapse after a bite *or* a sting, where the patient feels better with cold applications, *Apis* 30C, three pills as soon after the sting as possible and repeat the dose every thirty minutes until four doses have been taken.
- Where there is formation of a hot, bluish-purple swelling after a bite *or* a sting, that is very sensitive to touch and warmth, *Lachesis* 200C, four pills thrice daily.
- When there is a lot of soreness, pain and swelling following a bee sting, *Arnica* 30C, four pills every four hours.
- *Cedron* 3X is a useful remedy to antidote the effects of snake and insect bites.
- For insect bites that tend to burn and itch intensely with coldness of the part, *Caladium* 30C, four pills every four hours.

CHICKEN POX

It is an infectious disease caused by the 'Varicella' virus, commonly seen in children less than ten years of age. It is rarely seen in adults, but if it is seen, it is usually in a more severe form and can occasionally lead to complications. It spreads by droplets from the upper respiratory tract *or* by contact with the discharge from ruptured eruptions *or* through contact with herpes zoster. The incubation period is about 14-21 days.

It usually begins with a low-grade fever, loss of appetite, a mild headache and fatigue. Then a rash starts to appear on the skin, especially on the trunk and then the face and finally the extremities are involved. The eruptions are much more intense on the trunk and more scarce on the periphery of the limbs. They appear first as tiny red spots, initially in the form of macules, which later on become *pecacu*, then vesicular and then within twenty-four hours they become pustular, which break open in a few hours, leaving a dry crust *or* a scab, which tends to fall off. They come in successive crops, so that while some are drying, others are beginning to form. This is associated with a lot of itching and scratching. The course of the illness usually lasts for about ten to twenty-one days.

Complications of chicken pox include pneumonia (seen especially in adults and the immunocompromised), myocarditis, diffuse encephalitis, optic neuritis, septicemia, glomerulonephritis, etc.

The nails of the child should be cut short to prevent him/her from scratching and spreading the infection.

SOME HOME REMEDIES

- Take in plenty of fresh fruit juices and fresh raw vegetables *or* soups prepared from it.
- Take in a lot of lemon juice and honey daily to flush out all the toxins.
- Having soup prepared from carrots (about 100 grams) and fresh coriander leaves (about 60 grams) daily is supposed to help heal the lesions faster.
- To relieve the itching and irritation of the skin, add half a cup of cider vinegar *or* brown vinegar to a bath of warm water.
- Margosa (Neem) leaves should be added to the warm water with which the patient is going to bathe. Also taking the Margosa leaf juice daily proves to be useful.
- A bath of oatmeal, made 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 and this bag is allowed to float in a tub of warm water and swished around till the water becomes turbid. This helps relieve the itching.

- Applying honey externally over the skin will help faster healing of the disease.
- Raw bitter gourd (karela) juice should be taken daily for a few days.
- One should apply vitamin E oil locally over the lesions. This helps to relieve the itching and also helps to prevent the formation of scars after the blister break open.
- Add some baking soda to a glass of water and apply it locally over the skin and let it dry.
- Dab the irritable skin patches with a distilled extract of Witch Hazel.

HOMOEOPATHIC REMEDIES

- In the initial stages of chicken pox with red, burning eruptions and fever where the patient has hot hands and cold feet, Aconite 200C, four pills every four hours till relief is obtained.
- For red eruptions with intense itching and formation of vesicles and suppurative eruptions where the patient feels worse at night and the patient feels better by warm applications and by rubbing, Rhus Tox 200C, four pills every four hours.
- In cases where the vesicles have formed followed by pustular eruptions, leaving a bluish-red mark with intense drowsiness in the patient, Antim Tart 30C, four pills every six hours.
- For chicken pox with burning and formation of vesicles containing thick, white fluid, Kali Mur 12C, four pills four times daily.
- In cases of chicken pox brought on by change of weather with formation of thick, brown-yellow crusts which bleed when scratched, Dulcamara 200C, four pills four times daily.

MEASLES

This is one of the most contagious diseases caused by a paramyxovirus and it usually occurs around the age of one to three years. This disease is easily transmitted in the early stages through the invisible droplets of moisture that are discharged from a patient's nose or mouth when he/she sneezes or coughs.

The first symptoms start appearing after a period of seven to fourteen days after the exposure to the virus. The initial symptoms include

running nose, red, watery eyes, fever, cough, photophobia and Koplik's spots (these are small white spots on the mucous membrane of the mouth surrounded by an inflamed zone). This stage is called as the 'catarrhal stage' and the disease is highly infectious during this stage. This stage is followed by the 'exanthematous stage', where there is a maculo-papular rash behind the ears and at the junction of the forehead and the hair, which within a few hours spreads all over the body, appearing last on the extremities. Also the eruptions rapidly become more numerous and then fuse to form large blotches. The rash is initially pink in color, but the spots gradually faint and form brown stains. The malaise and fever subsides as the rash fades. The child may occasionally complain of some gastrointestinal problems like pain in the stomach, vomiting or diarrhea.

The complications of measles include stomatitis, pneumonia, bronchitis, keratitis, conjunctivitis, corneal ulceration, abscesses in the ear and rarely inflammation of the brain tissue (post viral encephalitis).

The child should be kept in a well-ventilated room and the child should have his eyes shaded or the room should have a subdued light. The child is made to take rest and isolated, i.e. is not allowed to mix with others so as to avoid passing on the infection. Hygienic conditions should be maintained.

SOME HOME REMEDIES

- Give the child plenty of fluids in the form of fresh fruit juice and some vegetable juices, especially in the stages of fever.
- Orange juice is the best liquid food for this condition because of its agreeable flavor.
- A diluted glass of lemon juice taken twice daily also helps because of its thirst-quenching properties.
- Raw bitter gourd (karela) juice if taken twice daily helps.
- Do not give jaggery, pecacuan (hing) or mustard to the patient.
- Put two teaspoons of the root of the herb Echinacea in one cup of water, simmer for fifteen minutes and drink it thrice daily for a few days. It helps to ease out the rash and help clear the mucus.
- Give coconut water and sour-sweet drinks to the child.

- Powder some tamarind (imli) seeds and give it with turmeric in small doses.
- Half a teaspoonful of powdered liquorice (mulethi) is mixed with an equal quantity of honey and given to the patient.
- Give an infusion of black raisins, coriander seeds (dhania) and chiretta leaves in the morning.
- Barley (jau) water is sweetened with newly drawn oil of sweet almonds and taken frequently.

HOMOEOPATHIC REMEDIES

- At the commencement of the fever with catarrhal symptoms, chilliness, restlessness, fever and dry skin with hot hands and cold feet, Aconite 200C, four pills every six hours.
- For first stages of measles with prominent eye symptoms, Euphrasia 200C, four pills every four hours.
- For hot, dry skin with intense itching in the eruptions and for the catarrhal symptoms in measles, Gelsemium 200C, four pills every four hours. It will aid in bringing out the eruptions.
- Pulsatilla 30C, four pills thrice daily helps in most of the cases of measles where there is a lot of digestive disturbances and diarrhea and the patient cannot bear to be warmly covered and feels better in open air.
- For measles with fever, eye complaints (like photophobia and watering from the eyes) and great restlessness, soreness and rheumatic pains, Rhus Tox 30C, four pills every four hours.
- Two tablets of Ferrum Phos 6X and two of Kali Mur 6X taken alternately every three hours until better, and then less frequently.

SCABIES

‘Scabies’ is an infectious skin condition brought on by mites burrowing into the skin and laying eggs. The symptoms include intense itching followed by scratching that leads to a red rash, especially around the trunk, between the fingers, on the wrist, buttocks and in the genital area. The rash then further develops into sores and scabs.

Wash all the clothes and bedding in the house thoroughly in very hot water and avoid close contact with the patient.

SOME HOME REMEDIES

- The patient should daily bathe in water that is boiled with some Margosa (Neem) leaves. Also a mixture of Margosa (Neem) leaf and raw turmeric juice should be taken daily in the morning for a few days.
- It is better for the patient to avoid taking sweet and sour things. Pickles, curd and molasses are strictly prohibited.
- Chew two to three cloves of garlic daily in the morning.
- Raw bitter gourd (karela) juice is useful when taken daily in the morning for a few days.
- Mustard oil *or* coconut oil boiled with garlic is applied locally.
- Curd mixed with ash of leaves *or* seeds of pigeon pea (arhar dal) is a useful application.

HOMOEOPATHIC REMEDIES

- Croton Tig 30C, four pills thrice daily, in cases where there is intense itching but the part becomes painful on scratching. The patient feels worse by touch, at night and by washing.
- Hepar Sulph 30C, four pills thrice daily, especially in cases of stinging and burning pains after scratching. The patient cannot bear to be uncovered and is better from warmth.
- Psorinum 30C, four pills thrice daily, especially with intolerable itching which is worse by warmth.
- Where the itching and burning is worse from scratching, warmth of bed and washing, Sulphur 200C, four pills once a week.
- Rhus Ven 30C, four pills thrice daily for cases where the skin is dark red in color and itching is worse at night and better by hot water application.
- In cases of scabies with itching that is worse from warmth of bed and a moist skin, Mercurius 200C, four pills four times daily.

LEUCODERMA

'Vitiligo or leucoderma' is a common, physically harmless condition where there is depigmentation of the skin, leading to white patches, because of the absence of melanocytes (the pigment cells of the skin). There is no known cause for this condition and can occur on any part of the body. Some forms of stress and mental worry have been seen to be one of the common findings in these patients. Heredity is also a well-recognized causative factor. Trauma and sunburn may precipitate the appearance of the white patches.

The condition does not cause any organic harm. It is considered to be neither infectious nor contagious. The problem usually starts with a small white spot that later develops into patches. These patches are pale initially, which becomes whiter and whiter as the time passes, due to the loss of the pigment. As the spots enlarge, they merge into each other and thus end up forming a large patch. Generalized vitiligo is often symmetrical with a positive family history of the disorder and is often associated with autoimmune disorders like diabetes, adrenal disorders, thyroid disorders and pernicious anemia.

The person is asked not to go out in too much sunlight. Educating the patient and the family members about the disorder is necessary. Although the condition is not very pleasant to look at, it is not at all contagious.

SOME HOME REMEDIES

- Avoid salt, spicy and pungent food as far as possible. Rock salt can be given in small quantities if found essential. Also avoid tea, coffee, alcoholic beverages, sugar, white flour products, polished rice, tinned foods and foods containing preservatives.
- A paste is made from the seeds of the radish (about 35 grams of seeds) in two tablespoonfuls of vinegar and applied locally over the patches.
- Vegetables having a bitter taste like bitter melon (karela) and bitter variety of drumstick (saijan ki phalli) are useful.
- The seeds of psoralea (babchi) and tamarind (imli) are 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 everyday with a cup of fresh milk for forty days continuously. The ground seeds should also be applied to the white spots. If the application of the paste causes itching or irritation of the skin, please discontinue this treatment.

- The vegetable goose foot (bathua) 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 locally over the patches.
- The juice of pumpkin flowers or lotus leaves is applied externally over the white patches.
- Castor oil (arandi) is applied externally over the patches.
- Turmeric (about 500 grams) is mixed with mustard oil (about 500 ml) and heated till only the oil is left. This mixture is then strained and preserved in a bottle. The mixture should be applied on the white patches every morning and evening for a few months.
- Drinking water from a copper container is useful since traces of copper helps to bring back the skin pigmentation to some extent.
- Red clay found near riversides is mixed with ginger juice in a ratio of 1:1 and applied locally over the spots once daily. The copper contained in the clay seems to bring back skin pigmentation. Ginger juice also helps by increasing the blood flow to the spots.

HOMOEOPATHIC REMEDIES

- For leucoderma Ars Sulph Flavum 30C, four pills twice daily is a useful remedy.
- For leucoderma with depression where consolation aggravates, Natrum Mur 200C, four pills twice daily.
- Chronic leucoderma in depressed individuals who like to listen to sad music only, Manganum 30C, four pills twice daily.
- Zinc Phos 30C, four pills twice daily.

SNORING

'Snoring' is one of the most common and distressing complaints in every household. In snorers, the tongue *or* the tissue on the inside of the throat partially obstructs the smooth passage of air through the windpipe, resulting in the sound made with each breath. It usually occurs in alcoholic *or* overweight people *or* in cases where there is some abnormality in the nose. So treating the cause is important.

SOME MEASURES TO BE TAKEN TO DECREASE THE COMPLAINT

- Avoid taking alcohol especially before sleeping. Also quit smoking.
- Start exercising and keep a few dietary restrictions to help reduce weight.
- Avoid taking sedatives that end up making the snoring worse.
- Elevate your bed slightly to help decrease the snoring.
- Instead of lying on the back, try and sleep on the side *or* on the abdomen.

HOMOEOPATHIC REMEDIES

- Where the person falls into a deep, heavy sleep with deep snoring and a rattling, stertorous breathing, Opium 200C, four pills thrice daily.
- For snoring especially in children, China 30C, four pills thrice daily.
- Snoring when lying on the back, Drosera 30C, four pills thrice daily.
- For snoring in people who do a lot of mental work, has mental strains and leads a sedentary life, Nux Vomica 30C, four pills thrice daily.

STOMATITIS

Inflammation and ulceration of the mouth is termed as 'stomatitis'. They are usually white, gray *or* yellow inflamed spots, with a red inflamed border and are very painful. They usually result from eating some spicy food; biting *or* minor injuries inside the mouth; due to some associated digestive trouble; nutritional deficiencies; infection; chronic smoking *or* due to some stress *or* fatigue.

SOME HOME REMEDIES

- Gargle with any of the following:
 - ◆ A strong solution of either soda *or* salt and water is a useful mouth rinse.
 - ◆ Mix the juice of half a lemon in a glass of warm water and gargle three to four times daily.
 - ◆ Soak a teaspoon of bishop weed powder (ajwain) and a pinch of salt in boiling water and rinse the mouth with it.
 - ◆ Boil about five to six cloves (lavang) in a glass of water and reduce it to half and then gargle *or* rinse the mouth with it.
 - ◆ Licorice (mulathi) sticks are soaked in water and the infusion is useful as a gargle.
 - ◆ Soak a few henna leaves in water for four hours and gargle with this water 3-4 times a day.
 - ◆ Coconut milk is extracted by grinding grated coconut and squeezing it and the resultant solution is a useful gargle.
- Increase the intake of fresh fruit juices and vegetables. Avoid spicy, sweet and salty food items. Avoid citrus fruits, curd, nuts, pickles, pineapple, plums and tomato products. Take a bland diet.
- Papaya and elephant root yam (surana) are very useful for the patient.
- Fresh limejuice with a pinch of rock salt is useful.
- Take in a bowl full of unflavored yogurt daily.
- Hold a pinch of dry mustard *or* myrrh against the sore for five minutes.
- Turmeric powder is very useful in healing the ulcers. To a cup of milk, add about half a teaspoonful of turmeric powder and a teaspoonful of sugar (if required) and take it orally.
- Take in more of figs (anjeer) that have a power to heal the-.
- Apply powdered cinnamon (tuj) over the ulcers.
- Apply vitamin E oil *or* a thin paste of alum directly over the ulcers.

- Apply ice *or* a wet tea bag directly over the painful ulcer. Drinking of chamomile tea also helps.
- The inside soft portion of the aloe vera leaf is applied locally over the lesion.
- Apply raw onion *or* powdered sage over the sore.

HOMOEOPATHIC REMEDIES

- In cases where there is a white fungous like growth in the mouth which is hot, tender and bleed easily, give four pills of Borax 30C every four hourly. Also the mouth has to be washed every two hours with a lotion of Borax (prepared by diluting the mother tincture of Borax in some water). Also useful in cases where the infant is not able to nurse due to the pain.
- Hydrastis Mur mother tincture, ten drops in half a cup of water is a useful mouthwash for sore and ulcerated mouth.
- In cases of aphthae with increased salivation, offensive breath and a sweetish metallic taste, Mercurius 200C, four pills every four hourly.
- For ulcers in the soft palate with sharp, splinter-like pains with increased salivation, putrid breath and a clean, red tongue, Nitric Acid 200C, four pills four times daily.
- For aphthae and white ulcers in the mouth with a grayish-white coating on the tongue, Kali Mur 12C, four pills thrice daily.
- For apthous and gangrenous types of stomatitis with profuse secretion of acrid saliva with whole mucous membrane of the mouth becoming red with gray-based ulcers, Kali Chlor 30C, four pills thrice daily.
- For aphthae with readily bleeding gums and an offensive breath in extremely debilitated persons who crave alcohol, Sulphuric Acid 200C, four pills twice daily.

THE BENEFICIAL ITEMS TO BE INCLUDED IN THE SHOPPING LIST FOR GOOD HEALTH

The following list is designed to help you become aware of the wide variety of natural nutritious food available in the market, all of which is not necessary to be included in your daily diet. Also it is essential to read the labels before buying anything and avoid buying any products containing any chemicals or additives and also avoid taking any refined and processed food items. *Chemicals and additives in your food form the toxins in your body.*

FRUITS

Earlier certain fruits were available only in certain seasons. But now with widespread importing, we have an access to a wide variety of fruits all-year-round. Importing also allows us to benefit by providing different types of nutrients from a variety of soils and different farming techniques. It should always be remembered that fruit should never be cooked but should be eaten fresh and raw. The process of cooking transforms the alkalinity of the fruit to acid and also destroys most of the nutrients. Never purchase fruit in bulk as storing fruits for a longer period destroys not only its nutritional value, but also causes fungal infection of the fruits. Buy only those fruits that you are going to consume within twenty-four hours.

- Apples – The varieties are New Zealand Gala (yellow) and Red delicious (Himachal Pradesh).
- Apricots.
- Bananas – especially the yellow variety (elaichi of Vasai or from Madras). Always buy bananas that are ripe or else the consistency will be very starchy.
- Berries – Raspberries and strawberries.
- Dates – Khadrawi (the dates are soft and almost skinless), Medjool (the largest of all dates, also called as ‘the king of all dates’).
- Dried fruits – especially the ones that are sun-dried – apricots, currants, figs (anjeer), prunes (dried plums), raisins, etc.
- Figs (anjeer) – Kadota.
- Grapes – grapes from Nasik are excellent quality-wise.
- Guava (a shiny green-skinned fruit, oblong in shape).

- Kiwi (a fuzzy fruit, brown-skinned but bright lime-green inside, the size of a lemon, with tiny edible black seeds).
- Lychee (a small nutlike fruit with a hard brown *or* reddish skin, which when peeled, a juicy white pulp is discovered with a brown seed in the center).
- Mango – Alphanzo from Ratnagiri.
- Melons – Cantaloupe, muskmelon (kharbooja) and watermelon.
- Oranges – Blood and Valencia.
- Papaya (a yellowish orange fruit when ripe, which is round *or* oblong in shape, with black seeds in the center which are bitter and should not be eaten).
- Peach – Indian red.
- Pears.
- Pineapples – Hawaiian variety.
- Plums – That are also called as prunes.
- Pomegranate (a pinkish *or* reddish fruit about the size of a tennis ball with a hard skin. The fruit should be cut into quarters and then the tiny juicy segments with seeds should be had).

VEGETABLES

Vegetables should be bought fresh. They should either be had raw, baked *or* lightly cooked. **There are certain vegetables that should never be cooked** like the **avocado, cucumber** and especially the **tomatoes** (since cooking will make them very acidic and will destroy their nutritional value whereas when eaten raw they are very alkaline and beneficial for the body). **Never use cucumber and tomato for toasted *or* grilled sandwiches.**

- Artichokes.
- Asparagus.
- Avocado.
- Beet roots – the red and the white variety.
- Broccoli.
- Brussels sprouts.
- Cabbage.
- Carrots.
- Cauliflower.
- Celery leaves (ajwan-ka-patta).

- Corn.
- Cucumber.
- Eggplant (brinjal – the small variety).
- Fennel (the root can be sliced raw into salads and the leaf and seeds are used as herbs).
- Garlic.
- Ginger.
- Green beans (French beans, papri, etc.).
- Kale.
- Ladyfingers.
- Lettuce.
- Mushrooms – either fresh *or* dried.
- Onions – Bermuda (red), spring *or* scallions, white and yellow varieties.
- Peas.
- Peppers – Bell (green *or* red), green chili.
- Potatoes – new (red-skinned), sweet potatoes, Russet Burbank and Yams.
- Radishes.
- Spinach (palak).
- Sprouts – alfalfa, buckwheat, fenugreek (methi), lentil, mung bean, pea, radish, red clover, red lentil and sunflower.
- Suran (elephant root yam).
- Tomatoes.
- Turnips.
- Watercress (Jalkumb).

SEEDS

Seeds are a concentrated source of protein and should be eaten only in the raw form, never roasted. Also they should be had only in small quantities daily.

- Caraway seeds.
- Poppy seeds.
- Pumpkin seeds.
- Sesame seeds.
- Sunflower seeds.
- Watermelon seeds.

NUTS

Nuts are best eaten raw and are a good source of natural oil, protein (high-quality amino acids) and calcium. They are highly concentrated in nutrition and thus are a little more difficult to break down than the proteins in fruits and vegetables. So they should not be overeaten and should never be eaten roasted since the roasted nuts tend to acidify the system.

- Almonds.
- Brazil nuts.
- Cashew nuts.
- Filberts.
- Groundnuts.
- Hazelnuts.
- Pecans.
- Pistachios.
- Walnuts.

GRAINS

India is an agricultural country with a rich source of grains of all kinds. Every meal will have grains in some form *or* the other, constituting one of the most important and the most nutritious items in our daily meals.

- Bread – made from whole wheat *or* sprouted grains. Do not eat white bread since it hardly has a nutritional content and is only fattening.
- Barley (jau).
- Cereals.
- Crackers – of any whole-grain variety without chemical additives, sugar, cheese *or* preservatives.
- Flour (rye flour, gram flour, whole-wheat flour) and cornmeal.
- Millet.
- Pastas – made from any of the following are useful – artichoke, corn, sesame, vegetable and whole-wheat.
- Rice – basmati rice, brown rice, sweet rice, wild rice.

LEGUMES

- Black-eyed peas (cowpeas).
- Garbanzo beans (chickpeas).
- Kidney beans (rajmah).
- Lentils (masoor) – the red and the brown variety.
- Lima beans.
- Mung beans.
- Split peas (the yellow and green variety).

DAIRY PRODUCTS

All the dairy products should be unpasteurized (raw) and fresh as far as possible.

- Butter (the unsalted homemade variety).
- Buttermilk.
- Paneer.
- Sour and Whipped cream.
- White cheese (the yellow variety are the ones that are dyed artificially and so should not be taken).
- Yogurt.

MEAT AND FISH

Buy fresh and naturally grazed meat and poultry when available. Buy fresh fish and **avoid canned food completely**. Pork, beef and duck are the items that should be avoided as far as possible because of the high quantity of saturated fats that they contain. **Any salted meats or fish like frankfurters, sausages and smoked fish are to be avoided.** The following are the items that are recommended most:

- Chicken.
- Fish.
- Seafood.
- Turkey.

OILS

The oil used should be unrefined and cold-pressed as far as possible. The following are a few of the oils available in the market.

- Almond oil.
- Avocado oil.

- Corn oil.
- Olive oil.
- Peanut oil.
- Safflower oil.
- Sesame oil.

TOOTHACHE

A 'toothache' usually indicates infection, pain and inflammation of the soft tissue within the tooth. This usually results in cases of dental caries *or* decay in a cavity, an injury, abscess of root of the tooth, cracked tooth *or* a worn-out filling. Initially the tooth may merely be sensitive to hot and cold substances in the mouth and also to pressure, like from eating. Later on the pain may become sharp, an electric jolt-like, sharp, throbbing, pressing, shooting *or* a constant dull ache. The pain may radiate from the one painful tooth to all the teeth in that row and rarely the pain may radiate right upto the temples. If the tooth is not properly treated, it will eventually have to be extracted. Insufficient intake of vitamins, minerals and proteins can also lead to toothache.

SOME HOME REMEDIES

- People who suffer regularly from a toothache must avoid taking sweets, coffee and junk food. Take in more of fresh fruit juices, raw vegetables, millet and sesame (til) seeds, milk and milk products.
- A moist hot *or* cold compress (whichever is comfortable) should be applied to the cheek over the painful area.
- Pack the cavity in the tooth with a cotton piece saturated with clove (lavang) oil, which has anaesthetic and antiseptic properties. Even holding a clove in the mouth next to the aching tooth helps decrease the pain.
- Mix juice of half a lemon in a glass of warm water and gargle two to three times daily, preferably after meals. Limejuice promotes healthy teeth and gums due to its high content of vitamin C and thus can be used to apply locally to relieve the pain.
- Press a piece of dry ginger over the tooth that is affected and spit out the excess of saliva collecting in the mouth.
- Placing a small piece of onion (*or* onion juice) on the painful tooth will relieve the pain since it is considered to have bactericidal properties.
- Grind a few holy basil (tulsi) leaves with a little pepper and place this paste between the affected teeth and in the cavity (if present).
- Aloe vera gel can be applied to the painful tooth to relieve the pain.
- Sour milk is rubbed over the teeth and then rinsed with warm water to make them clean, remove the tartar and shine.
- The juice squeezed from a fresh fig can be used as an application also.

- A clove of garlic with a little rock salt should be placed on the painful tooth.
- Apply a little pecacuan (hing) mixed with a little salt in the cavity of the teeth. Also a small piece of raw ginger is pressed into the cavity in the tooth.
- A pinch of powdered milk can be pressed into the painful cavity.
- Pieces of papaya fruit taken after meals tend to prevent tooth decay.
- Soak a black tea bag in hot water and then apply it externally to the cheek.
- A mixture of pepper and mustard powder is placed in a piece of cloth and applied over the aching cheek.
- The leaf of mango should be rubbed daily over the teeth for preventing tooth decay and for teeth that have turned sour.
- Rub common salt on the teeth daily and gargle the mouth with a warm salt-water solution.

HOMOEOPATHIC REMEDIES

- For teeth that ache and are sore to touch with swelling of the cheeks, increased salivation and where the toothache is worse from cold air and from contact and the pain is better while eating; diluted Plantago mother tincture is useful when applied locally over the painful tooth with the help of a piece of cotton.
- Where the tooth is ulcerated with swelling of the glands of the face, throat and neck and the pain is better by heat and hot fluids Mag Phos 30C, five pills should be dissolved in a cup of hot water and the patient is asked to take frequent sips, till the pain reduces.
- For throbbing pain in the teeth with a strawberry tongue, Belladonna 200C, four pills every four hours.
- In cases of neuralgic pain in the teeth which is of a tearing, pulling type that radiates to the face and the temples, Hypericum 30C, four pills every four hours. In cases of tooth extraction, to reduce the pain, take four pills of Hypericum 30C before the extraction and four pills after the extraction.
- In cases of severe toothache that drives the patient frantic where the patient feels better by holding ice-cold water in the mouth, Coffea 30C, four pills every four hours.
- For toothache especially during pregnancy, which is worse at night and from cold air, Mag Carb 200C, four pills thrice daily.

- Toothache in children and in persons who are vexed, where the pain is made worse by having any warm food and drinks and also for toothaches during pregnancy with nightly salivation, Chamomilla 30C, four pills every four hours.
- In cases of rapid decay of the teeth that are dark and crumbling with spongy, bleeding gums with an offensive odor from the mouth and a bitter taste in the mouth, Kreosote 30C, four pills thrice daily.
- For a piercing toothache, as if teeth were pulled out, worse on taking anything warm with ciliary neuralgia, Prunus Spinosa 30C, four pills four times daily.
- For inflammation at the root of a decayed tooth where the teeth feel loose, tender and elongated with increased salivation, increased thirst, an offensive odor from the mouth and a sweetish metallic taste, Merc Sol 30C, four pills every four hours.
- In cases of toothache in sound teeth that is worse from eating and on taking something cold with a foul odor and an offensive taste in the mouth, Spigelia 30C, four pills every six hours.
- For toothache during menses with black, crumbling teeth which decay very fast with extreme sensitiveness to the least touch and aching after eating or drinking, Staphysagria 200C, four pills thrice daily.
- After extraction of teeth, Calendula or Arnica mother tincture four drops in a tablespoon of water to be used as a mouthwash.

VARICOSE VEINS

Prominent, bulging, tortuous and blue veins just below the surface of the skin (superficial veins), commonly seen in the legs, but also seen in the anus (termed as 'piles'), testes (termed as 'varicocele') and lower esophagus is termed as 'varicose veins'. It occurs when the valves in the blood vessels that have to pump blood against gravity are weakened and not working properly resulting in a backflow of the blood and thus the blood tends to pool up and stagnate resulting in swollen and tortuous veins. Heredity poses to be one of the commonest causative factors. Also prolonged standing (like in case of a bus conductor, traffic police etc.), repeated heavy lifting, the loss of skin elasticity due to aging, pregnancy, menopause, constipation and obesity could lead to varicosity. In chronic cases, the distended veins may be accompanied by heaviness *or* a dull aching *or* pulling pain and itching of the skin over the varicosity resulting in a venous eczema later on.

Wrapping an elastic bandage over the affected leg and as far as possible sitting and sleeping with the legs raised will help pump the blood better in the limbs. Walking *or* swimming *or* yoga is considered to be useful exercises in cases of varicose veins. Avoid wearing high-heeled shoes and in overweight persons, reducing weight is important for better relief.

SOME HOME REMEDIES

- Increase the intake of fresh raw citrus fruits, raw beetroot, apricots, blackberries, cherries and buckwheat, most of which contain Rutin, a useful element to improve the elasticity of the veins.
- Alternating an icy cold and hot compresses *or* leg baths, along with addition of a little bit of rock salt *or* Epsom salt, for a period of one to two minutes each alternately stimulates the circulation and helps relieve the pain and varicosity.
- Application of a cloth soaked in apple cider vinegar over the limb along with a drink of the same in a glass of warm water will help relieve the pain.
- Applying compresses of distilled extract of Witch Hazel solution to the veins. A few drops of Witch Hazel should be added in a cupful of cold *or* tepid water and should be taken internally every three hourly.
- Grated cabbage *or* lettuce leaves is wrapped up in a cloth and tied up over the painful area and kept overnight.

- Carrot juice in combination with spinach (palak) juice has proved to be useful for this condition.
- Aloe vera gel can be applied over the part that is itching to soothe it.

HOMOEOPATHIC REMEDIES

- Pulsatilla 30C, four pills thrice daily especially in cases of painful varicose veins with heaviness in the lower limbs, which is worse on letting the affected limb hang down.
- For varicose veins and varicose ulcers that are very sore with a tired feeling in the arms and the legs, Hamamelis mother tincture diluted in some water is a useful application. Also Hamamelis 30C is given, four pills every four hours.
- For painless varicosities, Calcarea Carb 30C, four pills twice daily.
- For painful varices during pregnancy due to bad effects of overlifting, Millefolium mother tincture, ten drops in half a cup of water thrice daily.
- For stinging pains with itching in the varicose veins during menses, Graphites 200C, four pills four times daily.
- For varicose ulcers with a bluish, purplish appearance of the skin around the ulcer and marked cellulites, Lachesis 200C, four pills thrice daily.
- In cases of soreness and a bruised *or* beaten sensation in the lower limbs where the person cannot walk erect on account of the bruised pain, Arnica 200C, four pills four times daily.
- For varicose veins that are inflamed and painful especially during pregnancy, with offensive perspiration from the feet, Lycopodium 200C, four pills thrice daily.

VITAMINS

As the name suggests, vitamins are organic, vital, life-giving substances, which are present in natural foods in small but essential quantities.

Vitamins are the constituents of living tissues and the maintenance of health depends on the action of the vitamins, although they are found only in small quantities in the body. Vitamins facilitate the utilization of proteins, fats, carbohydrates and minerals from food. They influence the production of hormones and other secretions. Vitamins of all groups, i.e. from A to K, are organic compounds that work as a team in regulating the metabolism in our body. A deficiency of any one of the vitamins will hamper the normal functioning of the internal organs of the body, resulting in deficiency

disease. With enough minerals and properly functioning digestive tract (which makes all the B-Vitamins we need), the human body is able to manufacture most of the vitamins all by itself. If a diet is simple, and consists of a variety of natural, unadulterated, unspoiled foods then there is no need to worry about any artificial vitamins to be given.

However, in this day and age when stress problems are prevalent, the miracle manufacturing plant in our body cannot do it without outside help. We do not need as many calories as our hard working ancestors needed, but the quality of the food is different. Our modern-day foods are nutritionally inferior to the food our grandparents ate two to three generations ago. And besides, their food was mostly home grown. No additives and no preservatives were in the food. Food did not undergo freezing processes (which take vitamin E out). Nor were the food exposed to fluorescent lights, which robs vitamin A; nor were they exposed to so much of pollution, which is known to rob vitamin C. Food supplements are necessary as nutritional insurance against disease. So the prime purpose of food supplements is to fill in the nutritional gaps produced by faulty eating habits and by nutritionally inferior foods. These supplements have to be taken after consultation with your doctor, since there are certain side effects that can occur from a high dosage of especially three of the vitamins A, B6 and D.

Vitamins are basically classified into fat-soluble vitamins and water-soluble vitamins. The fat-soluble vitamins are vitamin A, D, E and K. The water-soluble vitamins are vitamin B1 (Thiamine), B2 (Riboflavin), B3 (Nicotinic acid), B6 (Pyridoxine), Pantothenic acid, Lecithin, Choline, Inositol, Folic acid, Cyanocobalamin and Para-Aminobenzoic acid (PABA). Most of the water-soluble vitamins ingested in excessive amounts are rapidly excreted in the urine and thus very rarely cause any toxicity. Whereas the fat-soluble vitamins are absorbed from the small intestine directly into the lymphatic system and thus we end up storing the fat-soluble vitamins in the body fat. These are thus capable of causing severe toxicity when taken in excessive amounts, especially in cases of vitamins A and D. Yeast and liver are natural sources of most of the water-soluble vitamins.

VITAMIN A

Vitamin A, also called as retinol, is a fat-soluble substance that is important for vision and for the membrane integrity, especially of

epithelial cells and mucous membranes. It is thus known to prevent premature aging process of the skin. It is also essential for bone growth, reproduction and embryonic development. It has also been called the anti-infective vitamin and its deficiency can lead to increased frequency of respiratory tract and gastrointestinal infections.

The natural *sources* of vitamin A are alfalfa, **animal livers**, apricots, asparagus, beans, beets, broccoli, cabbage, cantaloupe, **carrots**, cod liver oil, dandelion green, dates, **egg yolk**, **fish and fish liver oils**, **yellow and red fruits** (like apricots, melon and pumpkin), **dark green leafy vegetables** (especially spinach, spirulina, turnip tops and green peas), garlic, kale, **milk and milk products** (especially butter and cheese), mustard, oranges, papayas, parsley, peaches, pumpkin, red palm oil, red pepper, soya beans, sweet potatoes, tomatoes, watercress (Jalkumb) and whole cereals.

The deficiency of vitamin A when *mild*, causes dryness, itching and peeling of the skin, problems in the teeth, bones, soft tissues, digestive tract, allergies, gallstones, etc. It is also useful to resist colds and improve immunity. In *severe* deficiencies, there are visionary disorders like myopia, night blindness, xerophthalmia (dryness and thickening of the bulbar conjunctiva of the eyes with formation of triangular Bitot's spots), keratomalacia (the cornea undergoes ulceration and necrosis), etc. Also the tissues of the body get damaged leading to recurrent infections of the mouth, respiratory organs, Genito-urinary tract, etc.

Hypervitaminosis A is especially common in children who have been given excessive amounts of vitamin A over a long period of time. The symptoms include irritability, nausea, vomiting, loss of appetite, headache, liver damage, dryness and scaling of skin and in rare cases an increased intracranial pressure.

VITAMIN B COMPLEX

Vitamin B complex consists of the following vitamins – B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), folic acid (folate), B12 (cobalamin), biotin, choline, inositol and PABA (para-aminobenzoic acid). Although all are water soluble and considered nontoxic because excesses are excreted rather than stored, B vitamins

are so interrelated that high doses of individual members of the group can create deficiencies of the others unless a comprehensive B complex supplement is taken as a daily supplement. Brewer's yeast is an excellent source of the B complex vitamins.

- Vitamin B1 or Thiamine

This vitamin helps to metabolize glucose, fats and carbohydrates and so a deficiency is likely to affect the nervous system first, since it depends entirely on glucose for its energy requirements. This vitamin is stored in the liver, heart, kidney and muscles.

The rich sources of vitamin B1 are asparagus, brown rice, brussel sprouts, dried beans, dried plums (prunes), egg yolk, fenugreek (methi) seeds, fish, gingelly seeds (til), lean meats, **legumes**, maize, milk and other dairy products, **nuts**, **oats**, organ meats, peas, peanuts with husk, plums, **pork**, potatoes, raisins, rice bran, rye, soybeans, sprouted wheat, unpolished rice, **wheat germ**, **wholemeal wheat flour and bread** and **yeast**.

Eating a lot of polished rice, high-carbohydrate diet, refined starchy and sugary products and heavy alcohol intake predisposes to or aggravates thiamine deficiency.

A severe deficiency of B1 results in a disorder termed as 'beriberi' (a syndrome consisting primarily of peripheral neuritis marked by cramps, paraesthesia, impaired sensation and then sensory and motor paralysis of the limbs and finally heart failure). Also a deficiency may result in Wernicke's pecacuanha hy ('quiet' confusion, ophthalmoplegia, nystagmus and ataxia), Korsakoff's psychosis (a memory disorder) problems with digestion, constipation, nausea, decreased appetite, irritability, tiredness, oversensitivity, vasodilatation, high cardiac output, etc.

- Vitamin B2 or Riboflavin

This vitamin helps in the metabolism of starches and sugar. The natural sources of vitamin B2 are **avocado**, beans, **broccoli**, brussel sprouts, buttermilk, **cheese**, curd, currants, eggs, fresh green vegetables, **kidney**, **liver**, **meat**, **milk**, millet (bajra), **mushrooms**, nuts, poultry, spinach (palak), **wheatgerm** and **yogurt**.

The body contains about 30 mg of thiamin and a deficiency starts after about a month of being on a thiamine-free diet. A deficiency of vitamin B2 results in growth failure in children, nerve degradation (especially of the eyes), problems with the skin, seborrheic dermatitis of the face and extremities, vision, reproduction, lactation, ulcer of mouth and lips (angular stomatitis), dryness and cracking of the lips, nostrils, sore throat, loss of weight, insomnia, anemia, fatigue and joint pains.

- Vitamin B3 or Niacin

Niacin, also called as Niacinimide, is useful for the proper functioning of liver, nerves, soft tissues, skin, burning of starches and sugars, gums, circulation and digestion.

The *sources* of vitamin B3 are beans, beef, **bran**, broccoli, carrots, cheese, chicken, coffee, corn flour, dry fruits, eggs, **fish**, fully sprouted grains, **green vegetables**, **kidney**, lemon, **liver**, milk, **peanuts**, peas, pork, potatoes, **red meat**, soyabean, tomatoes, **wholemeal wheat** and **yeast**.

This vitamin helps in the digestive metabolisms, a deficiency of which results in a condition termed as 'pellagra', which has symptoms like erythema and cutaneous skin eruptions that appear symmetrically over the parts exposed to sunlight. These skin lesions then proceed to vesiculation and blister formation, cracking, crusting and finally ulcerative lesions. The other symptoms seen in this condition are glossitis (smooth red tongue), anorexia, nausea and vomiting, excessive salivary secretion, diarrhea, mental confusion and dizziness. Toxicity may occur in the form of liver damage with prolonged large doses.

- Vitamin B6 or Pyridoxine

The *sources* of this vitamin are brewer's yeast, carrots, chicken, eggs, fish, meat, **milk and milk products**, peas, soyabean, spinach (palak), sprouted grains, sunflower seeds, walnuts and wheat germ.

Its deficiency especially occurs in infants and young children who are fed with formula milk, i.e. when the milk or cereal is overprocessed resulting in the depletion of the vitamin. Its deficiency also occurs in

people taking drugs like isoniazid, penicillamine and oral contraceptives. In grown-ups this deficiency causes loss of appetite, anemia, neuritis, fatigue, listlessness, unclear thinking, seborrhea like lesions of the face, increased irritability, dizziness and insomnia. Over-dosage can lead to sensory polyneuropathy.

- Vitamin B12 or Cyanocobalamin

Vitamin B12 is present mainly in the liver, the kidneys and the heart. This vitamin is synthesized naturally by the microorganisms in our body. This vitamin is necessary to form and mature the red blood cells. It is also required for the maintenance of nervous tissues and to perform several metabolic functions.

Vitamin B12 is *found* mostly in blue cheese, clams, dairy products, eggs, herring, kidney, liver, mackerel, milk, seafood and sprouted grains.

Deficiency usually results from an inadequate diet, pernicious anemia, gastrectomy, diseases of the terminal ileum (e.g. crohn's disease), tapeworm infection, etc. and takes atleast three years to appear. The deficiency results in megaloblastic anemia and/or degeneration of the nervous system, decreased growth, skin disorders, asthma, fatigue, listlessness, paleness, unclear thinking, etc.

- Pantothenic Acid

This vitamin is useful for growth, hair, wrinkles, stress, etc. The following are some of the *sources* of this vitamin – beans, beef, eggs, fresh vegetables, mother's milk, pork, salt-water fish and whole wheat.

A deficiency of this vitamin leads to degeneration of the nerves, problems with digestion, constipation, stomach ulcers, anemia, arthritis, water retention edema, etc.

- Folic acid

This vitamin is found in the red blood cells and is directly involved in DNA and RNA synthesis. Folic acid is present in most of the vegetables

and in liver, but can be destroyed by excessive cooking. The body stores of this vitamin are relatively small, lasting only for a few weeks.

A few *sources* of this vitamin are **avocado**, barley (jau), beef, **beet root**, bran, brewer's yeast, brown rice, **brussel sprouts**, **cauliflower**, cheese, chicken, dates, **dried beans**, **green leafy vegetables** (especially spinach, asparagus), **kidneys**, lamb, lentils (masoor), **liver**, **melon**, milk, **oranges**, organ meats, **peas**, **potatoes**, pork, root vegetables, salmon, tuna, wheat germ and **whole grains**.

Deficiency of this vitamin results in megaloblastic anemia and a few birth defects (like spina bifida, anencephaly and encephalocele). A deficiency, although rare, is usually produced by poor intake of vegetables, peccac disease, during pregnancy due to the increased demand and due to certain drugs (like antivitamin such as methotrexate, certain anticonvulsants and certain oral contraceptive pills).

- Choline

This vitamin is useful for the metabolism of fats and a deficiency results in problems in liver, kidneys, spleen, gall bladder, (heart trouble), cancer, fatigue, skin, hardening of arteries, nerves, muscles, diabetes, etc. It is valuable in all cases of dyspepsia and disorders of the stomach.

It is *found in* significant amounts in egg yolks, legumes, meat, milk and whole grains.

- Inositol

This is a useful vitamin for growth, for problems like early peccacu of hair, hair loss, utilization of vitamin E, liver, intestines, muscles, brain function and heart and nerve muscle function. It helps prevent hardening of the arteries and is important in lecithin formation and fat and cholesterol metabolism.

It is *found in* fruits, meat, milk, vegetables and whole grains.

- Para-Aminobenzoic Acid (PABA)

It is useful for problems in all glands, thyroid gland, early peccacu of hair, sterility and arthritis and is useful as a hormone activator.

- Biotin

This is a useful vitamin for mental health, dry skin, poor appetite, muscles, nausea and mental depression. It is a complex organic acid-containing sulfur, which is a coenzyme for several carboxylation reactions involving carbon dioxide fixation. It is synthesized by the intestinal bacteria.

It is *found in* cooked egg yolk, meat, milk, poultry, salt-water fish, soybeans and whole grains.

VITAMIN C

Vitamin C *or* Ascorbic acid is useful to combat any respiratory and skin infections, since it helps to prevent any viral *or* bacterial infections. It helps to cleanse the system of impurities and brightens the mind. It is also needed for the absorption of iron and so is useful for the treatment of anemia. It is also useful for healing of wounds and scars, aiding in protein metabolism and calcification of bones and teeth. It is also useful for problems related to the ligaments, arteries, veins, tissues, bones, teeth, diphtheria, influenza, dysentery, measles, mumps, shingles, fever blisters, chicken pox, polio, bruises, eyes, complexion, nails, blood, bad teeth, etc. This vitamin is very easily destroyed by heat, increased pH and light and is very soluble in water and so should be taken in the 'raw form', since cooking tends to reduce and eliminate it.

Vitamin C is especially found in fresh raw **citrus fruits**, like gooseberry (amla), guavas and oranges. The other sources are alfalfa seeds, apples, asparagus, avocados, bananas, beans, beets, **black currants**, **broccoli**, **brussel sprouts**, **cabbage**, cantaloupe, carrots, **cauliflower (raw)**, **Cayenne pepper**, collards, cranberry juice, currants, gooseberries, grapefruit (chakotra), green peas, **guavas**, kale, lemons, lettuce, **liver**, melons, mustard greens, onions, parsley, plums, **potatoes**, radishes, raspberries, red currants, Rhubarb (revandchini),

rose hips, spinach (palak), sprouts, strawberries, tomatoes, turnips and watercress (jalkumb).

A deficiency of this vitamin results in the teeth becoming loose with bleeding from the gums, diseases like pyorrhea, scurvy, defective formation of collagen leading to impaired healing of wounds and capillary haemorrhage, etc.

Vitamin C and B complex are water-soluble and cannot be stored in our body. Increased elimination of water by the kidneys will flush out the minerals and vitamins from our body. So a daily supplement of these vitamins through our diet is necessary to maintain a proper balance.

VITAMIN D

Vitamin D is a hormone produced by the action of the sun's ultraviolet rays on the skin. It is essential in building and distributing calcium and phosphorus, which are the chief elements in the framework of the body and makes the skin breathe.

The main source of vitamin D is sunlight, so its deficiency is more common in places with insufficient sunlight. The other sources of vitamin D are alfalfa, apples, butter, cabbage, carrots, **cod liver oil**, **egg yolk**, **fatty fish** (like salmon, sardines, herring, mackerel, tuna), **fish and animal liver**, milk, oatmeal, parsley, sweet potatoes, tomatoes, vegetable oils and whole cereals.

A deficiency of vitamin D in children results in delayed dentition, faulty bone formation, rickets, a skeletal (soft bone) deformity in which the joints and the bones become enlarged, knock-knees and bow legs develop and there is lack of development at the end of long bones. In adults, vitamin D deficiency results in osteomalacia, acne, gout, arthritis, myopathy and sometimes near sightedness.

Children suffering from vitamin D deficiency should be exposed to sunlight after a massage with cod liver oil. Vitamin D contributes to healthy bone growth and also helps to resist colds and helps to delay senility. Hypervitaminosis D causes hypercalcaemia, which leads to symptoms like polyuria, polydipsia, renal colic, lethargy, anorexia,

nausea, vomiting, dyspepsia, peptic ulceration, weakness, fatigue, lassitude, headache, constipation, diarrhea, drowsiness and depression.

VITAMIN E

Vitamin E, which is chemically known as 'alpha tocopherol', is useful to aid proper circulation in the body and is related to problems in the muscular tissue, reproductive and pituitary glands, liver, nerves, heart and circulation. It protects against the damaging effects of many environmental poisons (pollution) in the air, water and food. It markedly decreases the body's need for oxygen by increasing the cell oxygenation. It helps prevent formation of scar tissue in burns, sores and thus helps in post-operative healing. It helps dilate the blood vessels in cases of atherosclerotic heart disease and thus act as an effective anti-thrombin. Vitamin E is also said to improve the fertility, especially in women and it also is said to prolong aging and so is used as a natural hormone for menopausal females.

Vitamin E is *found naturally* in avocados, brown rice, cold-pressed **vegetable oils**, corn meal, dry beans, fresh vegetables (like asparagus, broccoli, cabbage, carrot, green leaves, legumes, parsley, spinach, sweet potatoes and tomatoes), fruits (like apples, dried plums and peaches), homemade cottage cheese (paneer), **nuts**, oatmeal, organ meats, peanuts, sprouted grains, sunflower seeds, unpasturised milk, wheat germ and its oil and **whole-grain cereals**.

A deficiency of vitamin E results in irregularity in the menstrual cycle; abortion; infertility and a tendency to bleed easily, from the nose, gums, throat, bowels, bladder, etc.

VITAMIN K

Vitamin K is essential for synthesis by the liver of several factors necessary for the clotting mechanism of blood and is thus known as a 'blood-clotting vitamin' and is useful to prevent hemorrhage.

Vitamin K is synthesized naturally by the bacteria in our intestines. Thus if one takes some antibiotics to correct some GIT disturbance, the bacteria in the intestine is destroyed leading to deficiency of this vitamin in our body, resulting in bleeding disorders and other problems. It is also

found in abundance in cabbage, cauliflower, egg yolk, fish oils, grape fruit (chakotra), **green leafy vegetables**, husk of grains, lemons, **liver**, oranges, plums, potatoes, prunes (dried plums), sprouts, strawberries, etc.

Vitamin K requires bile for its proper absorption and so any obstruction in the bile duct results in the bile salts not being able to enter the intestines, thus leading in a poor absorption of vitamin K. So in obstructive jaundice, dietary vitamin K is not absorbed and so it is important to administer this vitamin before biliary surgery. Also in newborns, primary deficiency can occur since the placenta is not able to transfer this vitamin from the mother's blood into the fetus' blood and also the newborn baby's bowel has not yet acquired the bacteria and breast milk contains very little of this vitamin. So this vitamin is given routinely as a supplement to newborn babies to prevent any haemorrhagic tendency.

WORMS AND PARASITES

The most common types of worms to infest humans are the digestive parasites, threadworms (also called as 'pinworms') and 'round worms', all of which can be acquired by eating undercooked, infected meat *or* ingesting the eggs by eating dirt. Worms are particularly common in small children aged two to five years, who tend to play on the ground and put things in their mouth. The dirt they ingest can harbor eggs, which hatch in the intestine.

Infestation by worms can give rise to many symptoms like chronic fatigue, anemia, weight loss despite having an increased appetite, desire for sweets and chocolates, dark circles under the eyes, foul breath, decreased immunity, flatulence, constipation *or* diarrhea, irritability, nervousness, restlessness, etc.; but different worms can give rise to different kinds of symptoms. The principle symptom of threadworms is itching around the anus at night. They may also cause periodic bouts of diarrhea alternating with constipation, loss of weight, cough and fever. Roundworms do not produce many symptoms until they have multiplied and then they may cause intestinal obstruction *or* symptoms like abdominal discomfort *or* pain, diarrhea, nausea and vomiting, loss of weight, fever and irritability. Hookworms may give rise to vomiting, epigastric pain, loose stools, anemia and nutritional disorders.

Cleanliness and hygiene must be observed meticulously; wash hands before eating and handling food items; keeping the fingernails cut and trim.

SOME HOME REMEDIES

- Avoid taking sugarcane and sugar in any form. Avoid taking fatty food (like butter, cream and oil) and meat.
- Homemade juice of Indian Gooseberry (amla) is given with some honey to be taken daily.
- Two to three cloves of garlic if chewed daily in the morning acts as a useful anthelmintic *or* take two cloves of garlic and boil it in a cupful of milk and sweeten it with honey and take it on retiring for a few days.
- Turmeric powder and garlic should be added to all the vegetable preparations in sufficiently large quantities.
- Burn the outer skin of the pomegranate (anar) and then allow it to cool and then make it into a powder. This taken with some sugar helps to expel roundworms and tapeworms. Give a tablespoonful of this powder in the morning and evening, followed by a purgative the next morning.
- Eat a small plateful of freshly shredded coconut for breakfast. The milk from the nut should also be taken at the same time. Have lunch as usual and then fast for the remainder of the day and have a similar coconut breakfast on rising. Then after about two hours following the second breakfast, take a dose of Epsom salt *or* castor oil (30-60 ml) and the worms should come away.
- A small cup of grated carrot with aniseed (saunf) *or* drinking fresh carrot juice taken every morning with no other food added to the meal can clear these worms quickly.
- Among fruits, pineapple is considered as a useful anthelmintic.
- The leaf juice of Margosa tree (Neem) is a strong anthelmintic.
- A tablespoonful of the fresh juice of an unripe papaya and an equal quantity of honey should be mixed with three to four tablespoonfuls of hot water and taken by the patient. After two hours this is followed by dose of 30-60 ml of castor oil (arandi) mixed in about 300 ml of milk. This procedure can be repeated for two days if necessary. The papaya seeds are also useful to expel worms. The seeds are powdered and taken in doses of one teaspoonful with one cup of water *or* milk daily in the morning on an empty stomach.

- Two ounces of pumpkin seeds are scalded and the outer skin is peeled off and the inner green pulp is mixed with cream *or* milk and taken like porridge. Take this in the morning after twelve hours fasting and this is then followed in two hours by castor oil (arandi). This may be repeated in a week *or* so if necessary.
- A juice made out of bitter gourd (karela) is also useful.
- Soak a teaspoonful of powdered bishop weed (ajwain) in two glasses of water overnight. Boil and cool it in the morning. Divide it into two portions and take twice, upon rising and at bedtime.
- Eat two tomatoes with salt and black pepper the first thing in the morning for a period of about fifteen days.
- Half a glass of the juice of mint leaves should be taken in the morning on an empty stomach, for eight days regularly.
- Bitter variety of drumstick (saijan ki phalli) is useful for these patients.
- Powder a few dried lemon seeds. Take a small pinch of this powder with warm water twice daily for some days at a stretch.
- Chew about two to three walnuts and take a glass of unsweetened milk regularly for fifteen days.
- Eat two sweet apples every night for a week.
- Asafoetida (hing) has the power to act on worms; so inclusion of it liberally in food helps expel worms.
- Soak a teaspoonful of powdered bishop weed (ajwain) in two glasses of water overnight. Boil and cool it in the morning. Divide it into two portions and take it twice, once on rising and another at bedtime.
- A soup made of the tender leaves of the jute plant is a strong anthelmintic.
- Lemon juice should be applied twice daily to allay the itching in the anus of small children.

HOW TO PREVENT AN INFESTATION OF PARASITES?

- Make a mixture of one part cinnamon (tuj) oil, one part Tea Tree oil, one part Eucalyptus oil with three parts of almond oil and take four drops once a day.
- One to two teaspoonfuls of apple cider vinegar in a glass of water *or* juice *or* in your salad dressing are very effective against the worms and scavengers.
- Pumpkin seeds are known to keep the worms away. Two ounces of pumpkin seeds are scalded and the outer skin is peeled off and the

inner green pulp is mixed with cream or milk and taken like porridge. Take this in the morning after twelve hours fasting and this is then followed in two hours by castor oil (arandi). This may be repeated in a week or so if necessary.

- Garlic is also useful as a worm destroyer.
- A diet high in carbohydrates and low in protein has been found to make parasitic infections worse. When the body is in an alkaline condition the parasitic infection sets in. It is best to keep the diet slightly acidic (by using apple cider vinegar and cranberry juice) both as a preventive measure and when treating the infection.
- Foods to 'add' to diet are – pumpkin seeds; Calmyrna Figs (the tiny seeds tear the skin of the worms); garlic; apple cider vinegar; cranberry juice and pomegranates (anar).
- Foods to 'avoid' are – raw or undercooked beef, pork, fish and chicken; sugars and carbohydrates; mountain water; water chestnuts and watercress (jalkumb) and fruits or vegetables that are unwashed or washed in questionable water.

HOMOEOPATHIC REMEDIES

- In case of small children picking the nose constantly and complaining of pain in abdomen with a distended belly, irritability, grinding of teeth and convulsions due to the worms where the child feels better by being carried and rocked, Cina 200C, four pills taken four times daily is beneficial.
- For children with worm infestation who are fat, fair, flabby, chilly and who desire for a lot of sweets, eggs, indigestible things and are prone to diarrhea, Calcarea Carb 200C, four pills twice daily.
- For infestation with either ascaris lumbricoides or threadworms in a child with itching of the nose, less appetite, grinding of teeth, nausea and a restless sleep, Santonin 6X, three tablets thrice daily.
- In cases of infestation by Ascarides, where the child refers to the navel as the most painful part, Spigelia 30C, four pills thrice daily.
- For ascarides with reflex symptoms like nymphomania and convulsions and diarrhea with cutting pains in the abdomen, Sabadilla 30C, four pills thrice daily.
- For ascaris and threadworms with itching of anus with constant irritation and restlessness in the evening in bed, Teucrium Marum 6C, four pills four times daily.

- For worm symptoms (especially tapeworm) with constipation, colic, itching of the nose, pale face and blue rings around the eyes, Filix mas 30C, four pills thrice daily.
- For pinworms, Naphthaline 3X, four tablets thrice daily.
- Carbon Tetrachloride 30C is a useful remedy for Hookworms (Ankylostoma Duodenale).
- For hookworms and roundworms, Chenopodium mother tincture, four drops in a tablespoonful of water thrice daily.
- Cuprum Oxydatum Nigrum 1X is a useful remedy for all kinds of worms, including tapeworms and trichinosis.

WOUNDS

OPEN WOUNDS (lacerated, incised or punctured wounds)

A laceration is caused by a heavy object rubbing against the skin roughly leaving an uneven cut; whereas an incision is caused by a sharp object like a knife. A punctured wound is caused by an object that pierces the skin resulting in a gaping, open and bleeding wound. With deeper cuts and lacerations there is damage to the underlying structures like the nerves, tendons, veins *or* the arteries and an immediate medical intervention is necessary. In cases where there is spurting of blood, there is a possibility of it being an arterial laceration and these are considered as medical emergencies and in cases where there is a steady oozing of blood, it is the laceration of a vein and is easily managed by applying pressure over the part.

The first thing to be done is wash the part thoroughly with soap and water. Then control the bleeding site by applying pressure on the part and in cases of spurting of blood from the wound, tie a cloth very tightly around the limb above the wound in the direction of the heart to stop the bleeding. Elevate the wounded part and sit comfortably. Apply ice *or* cold water around the area to control the bleeding and in cases where there is a lot of swelling around the wound, you can apply hot fomentation if comfortable.

SOME HOME REMEDIES

- Tender leaves of Pipal tree are applied as a dressing over the wound *or* finely powdered root bark is dusted over the wound.
- A mixture of garlic juice and water is used to clean the wound. Garlic made into a paste is a useful application for a wound that is producing a lot of pus.
- Paste of leaves of holy basil (tulsi) is applied to check the bleeding and promote healing.
- Pure honey is applied locally as an ointment for wounds and ulcers.
- Potato pulp forms a wonderful dressing for sores and septic wounds. Renew the dressing every six to eight hours.

- The juice of pumpkin when applied externally helps to heal the wound fast.
- A few drops of the fluid extract of the herb Marigold when added to a cupful of cold water makes an excellent dressing for any injury. The petals moistened with some warm water also forms an excellent local application.
- Slices of onions fried in ghee can be applied as hot as can be tolerated and comfortable for the person.
- The seeds, bark and leaves of mango tree when charred and applied bring about haemostasis.
- Oil of Pine is a good remedy when applied locally over the wound, especially in cases of wounds that don't heal for a long time.

HOMOEOPATHIC REMEDIES

- For punctured wounds caused by sharp-pointed instruments *or* bites, especially where the wounded parts are cold to touch, but the patient is better by cold applications, *Ledum* 30C, three pills every four hours.
- For cuts and wounds that bleed easily with a bruised, sore feeling, with fever and shock from the trauma, *Arnica* 200C, four pills four times daily.
- For open wounds, even those wounds that do not heal for a long time, with fever and where the patient is very sensitive to cold and open air *Calendula* mother tincture, ten drops in half a cup of water thrice daily. Internally *Calendula* 30C, five pills thrice daily should also be given. This remedy promotes healthy granulations and rapid healing by first intention.
- Locally as a cleansing agent and an antiseptic wash, diluted *Echinacea* mother tincture can be used.
- For open painful wounds with venous hemorrhages and weakness from loss of blood, *Hamamelis* 30C, four pills every four hours and a local application of diluted *Hamamelis* mother tincture.
- In cases where the wound tends to fester and suppurate, *Hepar Sulph* 200C, three pills thrice daily is useful.
- For crushed injuries, especially of the tips of the fingers and punctured injuries with an intense lancinating pains and spasms following the injury, *Hypericum* 30C, four pills every three hours.

- For wounds that bleed very much even if small and where the wounds heal and then break open again, Phosphorus 200C, four pills thrice daily.
- For pains from lacerations and surgical incisions (especially following abdominal operations) with hypersensitivity to pain, Staphysagria 200C, four pills taken thrice daily.
- For wounds that are slow to heal and dissecting wounds with a bluish hue around the wound, Lachesis 200C, four pills thrice daily.
- For wounds that tend to become gangrenous with a haemorrhage of black blood, extreme debility and pain that is better by application of warmth, Sulphuric Acid 30C, four pills thrice daily.

BRUISES

When a blow occurs, blood vessels under the skin tend to rupture and the blood seeps into the surrounding tissue and the seeped blood shows through the skin as a darkened blue and black discoloration and a possible swelling with soreness. Bruises are also common in older women whose skin is thinning with aging, because collagen, the connective tissue that cushions the skin, breaks down, leaving the underlying blood vessels more vulnerable. Elderly women, who are taking multiple medications for diseases, including blood thinners like aspirin, also have an increased risk of bruising.

Bruises should heal on its own in a few days, evolving through colors like reddish-blue, then purplish-black, then yellowish-green. Bruises on the legs are usually more severe and slower to heal since there is more blood pressure in the blood vessels of the leg and so they bleed more than the blood vessels in the arms.

Following a bruise, apply ice or any chilled substance to the area to decrease the seepage of blood from the injured blood vessels to limit the size of the lump and the pain. Also raise the affected part to decrease the swelling and thus the pain. After 24 hours of applying ice, apply heat to the affected part to improve the blood circulation to sweep away the fluids and blood cells faster.

Wrap an elastic bandage around the bruised area immediately (especially if its on the leg) to apply mild pressure to the broken blood vessels. The support might prevent the vessels from leaking as much blood, thus minimizing the severity of the bruise. A cloth (preferably

linen) is soaked in cold water and applied locally over the bruise, which should be replaced at regular intervals.

SOME HOME REMEDIES

- If you are prone to bruising, it's a good habit to eat more of fresh fruits and vegetables rich in vitamin C like asparagus, broccoli, brussel sprouts, cabbage, cauliflower, green peppers, kale, snow peas and sweet potatoes; fruits such as cantaloupes, grapefruits (chakotra), guavas, honeydew melons, Indian Gooseberry (amla), oranges, strawberries and tangerines.
- Apply aloe vera gel over the bruise.
- An ointment made out of pulp of unripe tamarind (imli) and sesame oil is a good application.
- Bread blended with water *or* milk *or* a paste of arrowroot and water when bandaged over a bruise, hastens the healing process.
- Poultice of leaves of Henna plant (mehndi) is boiled with sesame oil and bandaged over the bruised part.
- Ten drops of the tincture of Myrrh shaken up in four ounces of distilled extract of Witch Hazel is a good application for sprains, bruises, sores and wounds.
- Cajuput oil is a useful application over the bruise *or* sprain.

HOMOEOPATHIC REMEDY

- For bruises and ecchymosis with a blue and black discoloration of the skin with extreme soreness where the patient fears touch *or* the approach of anyone, Arnica 30C, four pills taken thrice daily.
- For passive venous hemorrhages with bruised soreness of the affected parts, Hamamelis 30C, four pills thrice daily.
- In cases of a bruise around the eye, i.e. a black eye, Ledum *or* Arnica 200C, three pills can be taken thrice daily.
- For injuries where there is a bruise over the bones, Ruta *or* Symphytum 30C, four pills every four hours.
- For bruises in old laborers with much muscular soreness and lameness with intolerance to cold bathing and venous congestion in the part, Bellis Per 200C, four pills four times daily.
- In cases of a bruise over any part rich in nerves (e.g. the tips of fingers, toes and nails) *or* a bruise over the spinal cord with

intolerable pain, numbness and tingling, Hypericum 30C, four pills every four hours.

- For ill effects of bruises and shocks to the spine, Conium 30C, four pills thrice daily.
- Bad effects of mechanical injuries with bruises, livid skin and persistent ecchymosis, Sulphuric Acid 200C, four pills thrice daily.

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ENGLISH NAME	DESI NAME	BOTANICAL NAME
??? (whole – black)	Masoor	
??? (dal – white)	Masoor dal	
	Tilpusphi	<i>Digitalis purpurea</i>
	Guggul	<i>Commiphora mukul</i>
	Shankapushpi	<i>Evolvulus alsinoides</i> L.
Alfalfa	Alfalfa	
Almond	Badam	
Aloe	Ghritkumari	<i>Aloe Vera</i>
Alum	Phitkari / Phatakdi	
Amaranth (leafy vegetable)	Chaulai / Lal Sag	<i>Amaranthus blitum</i> L. Var. <i>Oleracea</i> Hook. F.
Angled loofah	Nashili (Jinga) Torai	<i>Luffa acutangula</i> (L.) Roxb.
Aniseed	Velaiti Saunf / Anisi	
Apple	Seb	
Apricot	Khubani	
Asafoetida	Hing	<i>Ferula foetida</i> L.
Asparagus	Shatavri	<i>Asparagus racemosus</i>
Bael fruit	Bel	<i>Aegle marmelos</i>
Bajra	Bajri / Cambu	<i>Pennisetum typoideum</i>
Banana	Kela	<i>Musa sapientum, scitaminae</i>
Barley	Jau	<i>Hordeum vulgare</i> L.
Beet-root / Sugar beet	Chukandar	<i>Beta vulgaris</i> L.
Bengal gram – whole / chick pea	Chana hurbura / Chole	<i>Cicer arietinum</i> L.
Bengal gram dal	Chana dal	<i>Cicer arietinum</i> L.
Betel leaf	Pan / Nagarvel pan	<i>Piper betal, Piperaceae</i>
Betel nut	Supari	<i>Areca catechu</i>
Bishop's weed	Ajwain	<i>Trachyspermum ammi</i> L.(Sprague)
Bitter gourd	Karela	<i>Momordica charantia</i> L.
Black berry / Black plum / Jambul	Kala jamun	<i>Eugenia jambolana</i>
Black gram	Urad dal	<i>Phaseolus mungo</i> Linn.
Black pepper	Kali mirch (Mari)	<i>Piper nigrum</i> L.

Black raisins (dried grapes)	Black kish-mish	
Black salt	Sanchal	
Bottle gourd	Lauki or dudhi	<i>Lagenaria siceraria</i> (Molina) Standl.
Brinjal / Egg plant	Baingan	<i>Solanum melongina</i> L.
Broad bean	Bakla(French beans??)?? / Valor ask	<i>Vicia faba</i> L.
Butea leaves	Palas	
Butter milk	Chaas	
Cabbage	Patta gobi / Karamkalla	<i>Brassica oleracea</i> L.Var. <i>capitata</i> L.
Camphor	Kapoor	<i>Cinnamomum camphora</i> , <i>Lauraceae</i>
Caraway seeds	Kalajeera	<i>Carum carvi</i> L.
Cardamom (large)	Badi elaichi	<i>Amomum sabulatum</i> Roxb.
Cardamom (small)	Choti elaichi	<i>Elettaria cardamomum</i> (L.) Maton
Carrot	Gajar	<i>Daucus carota</i> L.
Castor	Arandi	<i>Ricinus communis</i> <i>euphorbiaceae</i>
Castor oil	Arandi ka tel	<i>Ricinus communis</i> L.
Cauliflower	Phool gobi	
Celery leaves	Ajmod / Ajwain ka patta	<i>Apium graveolens</i> L.
Celery seeds	Ajmod	<i>Carum Ajmoda</i>
Cinnamon	Dal chini (Tuj)	<i>Cinnamomum Verun</i> J.S. Presl Syn. <i>C. zeylanicum</i> Garc
Clove	Laung / Lavang	<i>Eugenia caryophyllus</i> Bull & Hars <i>Syzygium aromaticum</i> (Merr. & Perry)
Cluster bean	Guar phalli / Guvar	<i>Cyamopsis tetragonoloba</i> (L.) Taub.
Coconut	Nariyal	<i>Cocos nucifera palmae</i>
Coconut oil	Nariyal tel	<i>Cocos nucifera</i> L.
Conessi seed	Kurchi / Kadoo indrajau	<i>Holarrhena antidysenterica</i> (Roth) DC
Coriander leaves	Kothmir	<i>Coriandrum sativum</i> L.
Coriander seeds	Dhania	<i>Coriandrum sativum</i> L.
Cottage cheese	Paneer	
Cranberry	???	???

Cubeb	Kababchini	<i>Piper cubeba</i>
Cucumber	Kheera	<i>Cucumis sativus</i> L.
Cumin seeds	Jeera	<i>Cuminum cyminum</i> L.
Curd	Dahi	
Curry leaves	Meethe neem	
Custard Apple	Sitaphal	<i>Annona squamosa</i> L.
Date	Khajoor	<i>Phoenix dactylifera</i>
Dill (green leafy vegetable)	Sowa bhaji	
Dill seeds	Anethum Sowa / Saunfbari	<i>Foeniculum vulgare</i>
Drumstick	Saijan / Saragava ni sing	<i>Moringa oleifera, moringaceae</i>
Drumstick flowers	Saijan-ki-phalli / Saragavo	
Eucalyptus oil	Nilgiri ka tel	
Fennel seeds	Saunf	<i>Foeniculum vulgare</i> Mill.
Fenugreek (leaves & seeds)	Methi	<i>Trigonella foenum-graecum</i> L.
Fig	Anjeer	<i>Ficus carica</i> L.
Finger millet / Ragi	Nachni	<i>Eleusine caracana</i>
French beans	Phansi	
Garlic	Lasun	<i>Allium sativum</i> L.
Ghee	Ghee	
Ginger	Adrakh	<i>Zingiber officinale</i> Rosc.
Ginger (dried)	Sonth	<i>Zingiber officinale</i> Rosc.
Gram flour	Besan / Chana dal atta	
Grapes	Draksha	<i>Vitis vinifera, Vitaceae</i>
Grapefruit	Chakotra	
Green gram – whole	Moong / Mag	
Groundnuts	Sing	
Guava	Amrud	
Henna	Mehendi	<i>Lawsonia inermis</i> L.
Holy basil	Tulsi	<i>Ocimum sanctum, Labiatae</i>
Honey	Madh / Shahad	
Indian gooseberry	Amla	<i>Emblica officinalis</i>
Indian Hemp	Bhang	
Indian mustard seeds	Rai	<i>Brassica juncea</i> (L.) Czern.&Coss.

Indian pennywort	Brahmi	<i>Bacopa Monnieri</i> L. Pennel
Indian plum / Jujube	Ber / bor	
Ipecac	Ipecac	<i>Cephaelis pecacuanha</i> (Brot) A. Rich
Ishabgula	Ishabgul / Isabgul	
Jowar	Juar / Cholam	<i>Sorghum vulgare</i>
Kerosene oil	Mitti ka tel	
Kidney beans	Rajma	
Knol-knol	Gaanth gobi / Bangalore brinjal	
Lady's finger / Okra	Bhindi	<i>Abelmoschus esculentus</i> (L.) <i>Moench.</i>
Lemon	Bada nimbu / Big lemon	<i>Citrus limon</i> (L.)Burm.f.
Lemongrass	Gandhartrana	
Lime	Limbu / Nimbu	
Linseed	Alsi	<i>Linum usitatissimum</i> Linn.
Linseed oil	Alsi ka tel	<i>Linum usitatissimum</i> Linn.
Liquorice	Mulethi / Jethi mauch	
Long pepper	Lindi Peepar / Pipal	<i>Piper longum</i> L.
Loofah / Ribbed gourd	Torai	<i>Luffa cylindrical</i> (L.) M. Roem
Lotus	Kamal	<i>Nelumbium speciosum</i>
Mace	Javitri	<i>Myristica fragrans</i>
Maize / Corn	Makkai	<i>Zea mays</i> Linn.
Mango	Aam / Keri	<i>Magnifera indica</i> L.
Margosa / Persian lilac	Neem (bitter) / Kadvo Limbo	<i>Azadirachta indica</i> A. Juss
Mint	Pudina	<i>Mentha longifolia</i> (L.) Huds.
Muskmelon	Kharbooja / Shakkar teti ask	
Mustard oil	Sarson ka tel	<i>Brassica campestris</i> L. Var. <i>sarson</i> Prain
Nutmeg	Jaiphal	<i>Myristica fragrans</i> Houtt
Oat	Jav / Jai	<i>Avena sativa</i> Linn.
Oatmeal		<i>Avena byzantia</i>
Onion	Pyaz	<i>Allium cepa</i> L.
Orange	Santara	
Parsley	Prajmoda anotherword?	
Papaya	Papita	<i>Carica papaya</i> <i>caricaceae</i>

Paprika	?????	??????
Peach	Arhoo	
Peas	Matar	<i>Pisum sativum</i> L.
Pigeon peas	Arhar	<i>Cajanus cajan</i> (L.) Millsp.
Pineapple	Ananas	
Pistachio	Pista	
Pomegranate	Anar	<i>Punica granatum</i> , <i>punicaceae</i>
Poppy seeds	Khus khus	Seeds of <i>Papaver somniferum</i>
Potato	Aloo	<i>Solanum tuberosum</i> L.
Prune (dried plum)	Jardaroo??ask	???
Pumpkin / Red gourd	Kaddoo / Kashiphalask	<i>Cucurbita maxima</i> Duch. Ex Lam
Pumpkin / White gourd	Petha	<i>Benincasa hispida</i> , <i>cucurbitaceae</i>
Raisins	Kish-mishask	
Radish	Mooli	<i>Raphanus sativus</i> L.
Red kidney beans	Rajma	
Red pepper (red chilli)	Lal mirch	<i>Capsicum annum</i> Linn.
Red sandalwood	Rakta chandan / Lal chandan	<i>Pterocarpus santalinus</i>
Rice / Paddy	Chaval / Dhan	<i>Oryza sativa</i> L.
Rosemary	???	<i>Romarinus Officinalis</i>
Round gourd	Tinda	<i>Citrullus vulgaris</i> Schrad. Var. <i>fistulosus</i> (stocks) Duthie & Fuller.
Safflower seeds	Kardi	
Saffron	Kesar	<i>Crocus sativus</i>
Salt	Namak	
Sandalwood	Chandan	<i>Santalum album</i> , <i>Santalaceae</i>
Semolina	Rawa / Suji	
Sesame oil	Til ka tel	<i>Sesamum indicum</i> L.
Sesame seeds	Til	<i>Sesamum indicum</i> L.
Smooth loofah	Ghia Torai	<i>Luffa yllindrical</i> (L.) M. Roem
Snake gourd	Padwal	<i>Trichosanthes dioica</i>
Soya beans	Soya ???	<i>Foeniculum vulgare</i>
Spinach	Palak	<i>Spinacia oleracea</i> L.
Spirulina (blue-green algae)		<i>Oscillatoriacae</i> (<i>cynophyceae</i>)
Sugar	Shakkar / Khaand	
Sugar candy	Khadi sakhar?? / Misri	
Sugarcane	Ukh	<i>Saccharum officinarum</i>
Sweet – lime	Mosambi	

Sweet potato	Shakarkand / Shakariyu	<i>Ipomoea batatas</i> (L.) Lamk.
Tamala	Tejpat	<i>Cinnamomum tamala</i> (Spreng) Nees & Eber
Tamarind	Imli	
Tea	Chai	<i>Camellia sinensis</i>
Tomato	Tamatar	<i>Lycopersicon esculentum</i> Mill.
Turmeric	Haldi	<i>Curcuma longa</i> L.
Turnip	Shalgam	<i>Brassica rapa</i> L.
Water	Jal; pani	<i>Aqua</i>
Watercress	Jalkumb	
Watermelon	Tarbuz	
Wheat	Gehun	<i>Triticum aestivum</i> L.
White goose foot	Bathua	<i>Chenopodium album</i> L.
Wood Apple	Kaith	<i>Ferionia elephantum</i>

WATER

Intake of water is very essential to maintain good health and to assist the smooth functioning of the body.

One should have at least 8 - 10 glasses of water per day or a minimum of 2 to 2.5 litres per day.

Water is a good remedy for constipation and other intestinal or stomach disorders.

Warm water gives relief to cough, cold and sore throat.

Splashing fresh water in the eyes first thing in the morning will bring relief to tired eyes, will improve eyesight and vision and will keep the eyes healthy.

Anuria or anuresis can be cured by sitting in a hot water tub filled up to your waist.

Drinking the required quantity of water helps in removing waste products from the body.

It is known that inhaling or sucking in a few drops of water daily through the nose cures cold permanently.

Water is considered a good skin tonic. Proper intake of water keeps the skin clear, glowing and moist. It also delays the ageing process.

One should practice 'water therapy' daily, that is, to have water early in the morning as soon as one gets up, one should have at least five glasses of water on an empty stomach and then after about 45 minutes one can have tea/coffee or breakfast.

Water stored in a clay pot or a pitcher is considered healthy than refrigerated water. Refrigerated water does not quench thirst.

Do not drink water during meals as it hampers the digestion by reducing the concentration of gastric juices that aids the process of digestion.

Do not drink water immediately after meals. Water must be taken at least 2 hours after any meal.

EYES

- **Almond** – Soak 4 – 5 almonds overnight in some water and the next morning remove its skin and grind them to a paste using the same water in which they were soaked. Take this paste daily after meals. This will improve the eyesight.
- **Amaranth (chaulai)** – Drinking one cup of juice of leaves of amaranth (chaulai) daily, will cure cataract completely. For night blindness, boil the amaranth leaves and have it as a vegetable without salt and chillies. Ghee may be added if desired. Having this vegetable one hour after meals is most effective.
- **Apple** – Apples contain vitamin A and hence keeps the eyes healthy and also prevents night blindness.
Pulp of apple should be applied on the eye-lids for one hour. This reduces the strain on eyes caused by exposure to sun or over-reading.
- **Bottle gourd (lauki)** – Take the pulp of this fruit and make a poultice and place it over the eyes, or, you can cut this fruit into thin round slices and place them one on top of the other (5 - 6 slices together) over closed eyelids. This relieves the pain and relaxes the eyes.
- **Breast milk** – Fresh breast milk is the best remedy to treat conjunctivitis. Put a few drops of breast milk in both the eyes 4 – 5 times a day. Do this till conjunctivitis is cured.
- **Butter (home-made makkhan)** – Use unsalted home-made butter to lightly massage under the eyes. Doing this regularly will reduce the dark circles and will provide relief to strained eyes.

- **Cabbage** – This is therapeutically effective in many diseases of the eyes. This vegetable is most effective when taken as salad or in juice form. (Cutting raw cabbage and extracting the juice from the juicer prepare Juice). Overall, this vegetable keeps the eyes healthy.
- **Carrot** – Carrot is a rich source of vitamin A, so eating two raw carrots daily will prove very beneficial for the eyes. One can also drink a glass of carrot juice daily as this helps cure many eye problems, it also improves the vision and prevents cataract. Juice of about 250 gms of fennel seeds (saunf) added to one glass of carrot juice also proves very beneficial to the eyes.
- **Castor oil** – To gain relief from pain and inflammation of the eyes, castor oil has proved to be very effective. Boil and cool the castor oil. Soak two pieces of cotton wool in it and place them over both the eyelids and keep them for about half an hour to one hour. This will relieve the pain and inflammation.
- **Clove (laung / lavang)** – Cloves steeped in rose water make good eyewash.
To treat pimple or boil on the eye, rub some cloves over a grinding stone with some water to extract a paste. Apply this paste over the boil or pimple on the eyelid. This will burst the pimple or boil immediately.
- **Coriander leaves (kothmir)** – Take some thoroughly washed coriander leaves and add some water to it and blend it in the mixer. Strain the liquid. Put two drops of this juice in both eyes early in the morning. (Note: For a short while there will be some burning sensation in the eyes after putting the juice). This will improve the vision markedly. Use fresh juice daily.
Decoction of coriander leaves (kothmir) can be used as eyewash to treat conjunctivitis.
- **Coriander seeds (dhania)** – Make a poultice of slightly crushed coriander seeds and dip it in water. Then place this over the eyes for 15 – 20 minutes. This gives relief to inflamed eyes.
- **Cucumber** – Slices of cucumber or poultice of crushed cucumber placed on both the eye-lids for half an hour reduces puffiness of the eyes and gives relief to tired eyes. This is especially good during summer.
- **Fennel seeds (saunf)** – Take equal quantity of fennel seeds and sugar candy (khadi sakhar) and powder it. Store this powder in a bottle and take two teaspoonfuls of it daily in a glass of water before going to bed. This will improve the vision or eyesight and will also prevent cataract.

- **Ginger** – Take some dry ginger and burn it to ash. Make a fine powder from this ash and apply it in the eyes before sleeping. This will keep the eye diseases under check, help weak eyes and will maintain the health of the eyes.
- **Holy basil (tulsi)** – Taking juice of tulsi leaves regularly prevents cataract.
- **Honey** – Take a glass rod and dip it in honey and then apply this to both the eyes at night before sleeping, this cures night blindness. It also gives relief to people suffering from trachoma and conjunctivitis and also improves the vision. Overall, it keeps the eyes healthy.
- **Indian gooseberry (amla)** – This can be eaten raw or had in juice form. This improves the eyesight and helps in various other eye disorders. Fresh amla juice, taken in the dosage of two teaspoonfuls three times a day is very effective in treating conjunctivitis. **Ask - or ½ a cup twice a day??**
- **Lavender oil** – This provides relief to tired eyes. Add a few drops of lavender oil to 500 ml of water and store this mixture in a bottle, in a cool place. Dip two cotton wool swabs in this mixture and after squeezing them to remove the excess water, place them over both the eyes. Do this whenever there is strain to the eyes or when your eyes feel tired.
- **Lemon** – To get rid of dark black spots under the eyes, take half a lemon and rub it slowly over the spots. Do this at night before sleeping and then wash it off in the morning with cold fresh water. Do this regularly. The spots will slowly fade.
Two drops of lemon juice added to one teaspoonful of water can be used as eye drops to improve eyesight.
- **Milk** – Two cotton wool swabs dipped in cold milk and placed over the eyes for half an hour reduces dark circles and soothes tired eyes.
For long, black eyelashes, take four teaspoonfuls of milk and warm it slightly. Soak a piece of cotton wool in it and apply it over both the eyes and leave it for 15 minutes. Then wash it off very gently with cold water. Do this every night before sleeping.
- **Mustard oil (sarson ka tel)** – Rub some mustard oil on the big toes of both feet before taking a bath. This will maintain the eyesight or vision for long and will prevent cataract in old age.
- **Onion** – Night blindness can be cured by putting two drops of onion juice in the eyes at night before sleeping.

Onion juice is also effective in the treatment of pain in the eyes. Mix equal quantities of onion juice and honey and apply this mixture in the eyes with a glass rod (eye rod). The pain in the eyes will subside shortly.

- **Oranges** – Oranges contain high amounts of vitamins A and C. Oranges are effective for dimness of vision.
- **Papaya** – Papaya is rich in vitamin A and is very effective for many eye diseases. Have papayas frequently with one teaspoonful of honey.
- **Peach** – Peaches also keep the eyes fit and healthy.
- **Poppy seeds (khus khus)** – To treat inflammation of the eyes, apply a paste of poppy seeds around the painful eye. It will bring relief.
- **Potato** – The paste of this tuber applied in the eyes in the mornings and evenings for 15 days will cure conjunctivitis. You can make the paste by rubbing the tuber over a grinding stone.
- **Small cardamom (choti elaichi)** – Mix the cardamom seeds with some sugar candy (*khadi sakhar*) and grind them together in powder form. Add some of this powder in one teaspoonful of pure castor oil and take it twice a day. This improves eyesight.
- **Spinach** – This being a rich source of vitamin A, keeps the eyes healthy.
- **Spirulina** – This is a nutritious-medicinal tiny algae and has high protein content which is three times more than soyabean and five times more than meat. Spirulina is a good source of beta-carotene, a precursor of vitamin A, having twenty times more carotene than carrots. This high beta-carotene content aids in curing glaucoma, cataract and night blindness. This is available in powder form, -----
(Ask sir whether to mention in what forms is spirulina available, where is it available and how to take it and whether to give the telephone number of Dr. Kapil Sehgal who supplies Spirulina.)
- **Tea** – Tea bags make excellent soothing eye pads. Dip the tea bags in water and place them over both the eyes for 30 minutes. It is very soothing for tired and strained eyes.
- **Tobacco leaves and castor oil** – Take about one gram of tobacco leaves and four grams of castor oil. Mix these two ingredients and make into a fine paste. Store this mixture in a bottle and apply it to the eyes with a glass rod. Doing this daily will help cure cataract.
- **Tomato** – Tomato is a rich source of vitamin A and hence it acts as a preventive against many eye problems.
- **Triphala** – This is the mixture of the three ingredients – amla, harr and bahera. Take these three ingredients and soak them overnight in a

vessel of water. The next day, boil this water and strain. Store the strained liquid in a bottle and apply this liquid in the eyes with a few drops of rose water mixed in it. This will give relief to tired eyes.

One can also wash the eyes daily with triphala water. Add one teaspoonful of triphala powder in a glass of water and leave it overnight. Strain this water in the morning and splash it in your eyes. This will help prevent cataract. Triphala is a good remedy when taken internally as well. It helps treat and prevent cataract and myopia.

Triphala powder makes a good remedy when taken internally, to treat conjunctivitis.

- **Water** – Splash some fresh water 4 – 5 times in your eyes daily on waking up in the mornings. This will not only clean the eyes and keep them fit but will also improve the eyesight.

SKIN (pimples, acne, boils, abscesses, urticaria, itchiness, excessive perspiration, ringworms, marks, psoriasis, etc.)

- **Almond** – To treat psoriasis and other skin ailments, powder a few almonds and boil them thoroughly in a little water. Apply this paste on affected areas and leave it overnight. Wash it off the next morning.
For a good complexion, soak some almonds overnight in water and the next morning remove the skin of the almonds. Grind these almonds to a fine paste along with some milk or cream (malai). Add one teaspoonful of honey and one teaspoonful of rose water in it and mix well. Apply this paste over all the exposed parts of the body (arms, face, neck, legs, etc.) and leave it on for one hour before taking a bath. This will improve the complexion and give it a glow.
To prevent a tan, grind ten almonds to a paste and mix one teaspoonful of curd in it. Apply this paste on hands, face and neck. This will help remove some tan and will also soften the skin.
- **Almond oil** – For a soft and glowing skin, mix equal quantities of almond oil, rose water, glycerine and lemon juice and apply it over the face and neck every night. Leave it on for 30 minutes and wash it off with cold water.
- **Aloe vera** – Drink at least one cup (30 ml??) of aloe vera juice daily. Do not exceed this limit. This is good for many skin ailments as it has skin healing properties. **It is said that aloe vera juice can sometimes heal skin cancer.**
Apply aloe vera gel on the face regularly for one hour before washing it off. This prevents wrinkles and smoothens the skin. It also gives the skin a healthy glow.
One can also mix some mineral clay with a little aloe vera juice and some honey and apply it on the face. This is good for dry skin. For oily skin, one can add some lemon juice to this same mixture. Mineral clay is considered to be the best mask for all skin types.
- **Alum (phitkari / phatakdi)** – To treat abscesses, fry alum and grind it to a powder. Place this powder **inside???** the abscess. Do this for a few days and the abscess will be healed.
Dissolve some alum in fresh water and make a solution. Apply this solution over soles and palms regularly. This will stop **excessive perspiration** of soles and palms.

Alum has astringent property and helps clean the face. Rub a piece of alum gently on the face for a few minutes before washing the face. This helps remove the accumulated grime and dirt.

Alum also acts as an antiseptic. After shaving, rub a piece of alum with water over the face or splash its solution (prepared by dissolving some alum in water) on the face after shaving. This is a good antiseptic.

- **Apple** – Apply the pulp of apple on the face and leave it on for one hour before washing it off. This helps treat acne and pimples, improves the complexion and acts as a good toner. It is especially beneficial for dry skin.

The following is a recipe for a good skin toner prepared from apple:

Ingredients:

1 large apple – peeled and cored

1 tablespoonful of honey

Method:

Blend the ingredients together in a mixer / blender.

Apply this paste all over the face and neck. Leave it on for 10 - 15 minutes.

Rinse your face with cool water.

The astringent quality of an apple makes this facial toner very useful for oily skin which is prone to acne and pimples.

- **Asafoetida (hing)** – Mix equal quantities of dry ginger powder (sonth) and hing and add some water to it to prepare a paste. Apply this paste over the boils. The boils will burst or will heal.
- **Banana** – Crush the tender leaves of banana plant and mix it with some oil. Apply this paste over blistered and inflamed skin. It brings relief and soothes the skin.
Pulp of banana fruit makes a good facemask and improves the complexion. Honey may also be added to the pulp.
- **Bengal gram (chick pea / chole)** – Soak and grind the gram in water to make a paste. Mix two teaspoonfuls of honey in it and apply this over the **ringworms**. Do this twice a day. The ringworms will disappear within a week.

To treat acne and pimples, mix gram flour (chana atta) and turmeric powder in equal quantities with some curd and apply it over the face at night before sleeping. Wash it off the next day. Acne and pimples will subside.

To treat boils or skin abscesses, prepare a poultice of coarsely ground soaked chick peas / chole and apply it over boils or skin abscesses.

- **Betel leaf (pan)** – Take a betel leaf and gently heat it till it become soft. Apply castor oil on it and place it over the boil or inflamed part. Repeat this thrice a day. The boil will soon rupture after a few applications.
- **Bishop's weed (ajwain)** – Prepare a paste of ajwain using some water and apply this all over the face. This is good to treat acne and pimples.
- **Bitter gourd (karela)** – Apply a paste of dried and powdered bitter gourd leaves on boils and other skin eruptions, this gives instant relief.
- **Black gram (urad dal)** – Soak urad dal in water overnight and prepare a poultice of it the next day. Place this poultice over the abscess and leave it on for a few hours. Do this twice a day. The abscess will heal within a week.
- **Black pepper** – To treat pimple over the eyelid, grind black pepper seeds with some water to form a paste and apply this over the pimple on the eyelid. Do this at least 3 – 4 times a day. The boil or pimple will subside. This paste is also effective when applied over skin disorders with itching and oozing. One can also mix some oil to the paste and then apply it on the skin. This also helps the itching and oozing to subside.

A decoction of black pepper corns should be taken from time to time to treat any kind of skin disorders with itching and oozing.

To treat allergic rashes, black pepper powder should be mixed with some ghee and applied on the rashes. This provides instant relief to the rashes.

- **Brinjal** – To treat **excessive perspiration** on palms and soles, extract the juice of brinjal and apply it over the soles and palms. Do this for a week. It will control the perspiration.
- **Buttermilk** – Drink at least 2 – 3 glasses of buttermilk daily to gain relief from prickly heat.
Apply some buttermilk on the face and leave it on for 30 minutes before washing it off. This acts as a bleach and is especially good for oily skin. It also helps reduce slight discolorations of the skin.
- **Cabbage** – This vegetable contains several vitamins and minerals, which increases the immunity of the body, prevents aging and

wrinkles and keeps the complexion clear and glowing. Eat cabbage in cooked form, as a vegetable, or have it raw in salad form, regularly. Cabbage juice is also very effective.

Applying cabbage paste over eczema and other skin infections is very effective.

Boil some cabbage leaves in water and strain the water. Use this water to wash the face. **It rejuvenates the face since cabbage contains plenty of vitamins and minerals.**

- **Camphor (kapoor)** – Application of camphor on the skin, smoothenes the skin and does away with spots or discoloration. It also acts as an **anti-septic.**(add more??)
- **Carrot** – Have raw carrots regularly, as salad or in juice form. They are very effective in treating skin disorders. Boiled and mashed carrots should be applied on the face. Rinse the face with milk after 30 minutes. **Vitamin A in the carrots is a good nourisher.**
- **Cashewnut oil** – Cashewnut oil is derived from the shells of cashewnuts.(ask) Regular application of this oil over the warts can be beneficial.
- **Castor oil** – Castor oil, if applied regularly over warts for a long period, softens the warts.(add more)
Castor oil may also be applied externally over various skin diseases. The leaves of castor may also be warmed and tied in a muslin cloth. This cloth should then be tied warm over affected parts of the skin.
- **Cinnamon** – Mix some cinnamon powder with lemon juice and form a paste. Apply this on the face and leave it on for a few hours. This will treat acne, pimples and blackheads.
Apply a mixture of cinnamon powder and some honey on the face. Wait till it dries up and then wash the face with warm water. This will improve the complexion and add a glow to the facial skin.
- **Clove (laung / lavang)** – To treat pimple or boil on the eye, rub some cloves over a grinding stone with some water to extract a paste. Apply this paste over the boil or pimple on the eyelid. This will burst the pimple or boil immediately.
Powdered cloves may be added to face packs (**for what purpose??**). It also adds aroma to the pack.
- **Coconut oil** – Mix lemon juice and some camphor (kapoor) powder in coconut oil. Mix this thoroughly and apply it over the skin where the

itchiness persists. Do this twice a day. It will not only control the itching, but will also help the eczema to subside.

Applying coconut oil over the skin reduces dryness of the skin and also provides relief to itchiness. It also gives relief to burning sensation of the skin.

To get rid of **black spots on lips or black lips**, prepare a mixture of coconut oil and lemon juice in equal quantities and rub it gently over the lips. If done regularly, the lips will turn pink.

Application of oil extracted from burnt kernel (outer husk?? of the fruit) (ask – pg 146 – A treatise on home remedies) is useful to treat leprosy and other skin ailments.

- **Coconut (nariyal)** – Coconut water should be taken daily on an empty stomach to gain relief from prickly heat. This is also good for the complexion.

To gain relief from prickly heat, grate one fresh coconut and grind it with one teaspoonful of cumin seeds to make a fine paste. Apply this on affected areas.

To lighten the scars left from chicken pox and measles, wash them daily with tender coconut water.

- **Coriander leaves (kothmir)** – Take some fresh juice of kothmir and mix one teaspoonful of turmeric powder in it to form a paste. Apply this paste all over the face at night before sleeping and wash it the next day. This will help remove pimples and blackheads. This can also be applied on other skin rashes.
- **Coriander seeds (dhania)** – Make a decoction of dhania, add sugar candy (**khadi sakhar**) in it, strain it and cool it. Drink this 3 – 4 times a day during summer to treat prickly heat.
- **Corn** – Prepare corn flour paste by adding some water to the corn flour. Apply this paste over the face at night before sleeping. Wash it the next morning. Acne, pimples and other skin blemishes will disappear and the complexion will get fairer.
- **Cotton seed oil** – Applying this oil clears spots and freckles on the skin.
- **Cucumber** – Cucumber is an effective blood cleanser and hence it is good for treating acne and pimples. It overall keeps the skin healthy and glowing. Have cucumber regularly as a salad or in juice form. Apply cucumber juice on the skin to gain relief from the burning sensation of the skin.

Cucumber gel makes an excellent face pack. It smoothens the skin and improves the complexion.

Grind the peel of cucumber with one teaspoonful of rose water and half teaspoonful of honey. Apply this mixture on the face and leave it on for 30 minutes. It makes an excellent face mask and smoothens the skin.

Mix half a cup of peeled and chopped cucumber with one dessert spoon of **powder milk** and one egg white and blend all this in a blender. Spread this paste all over your face and neck and leave it on for 15 minutes. Rinse it off with warm water. It smoothens away the premature wrinkles and makes the skin younger, firmer and glowing.

To prevent the skin from tanning during summer, prepare juice of 2 – 3 cucumbers, one tomato and a little coconut milk. Store this mixture in a bottle in the refrigerator. When using it, add a few drops of lemon juice and apply it on the face. Leave it on for an hour before washing it off with cold water. Do this daily during summer.

- **Cumin seeds (jira)** – Prepare a paste of about 5 gm of cumin seeds mixed with some water and apply it over the face. Leave it on for one hour and then wash the face. This is highly effective in curing pimples and acne and improves the complexion. It also helps in treating other skin disorders.

Boil cumin seeds in some water. Regularly wash the face with this jeera-boiled water. It helps improve the complexion. This water can also be used to wash fresh wounds. It can also be poured over allergic rashes and it also helps any kind of itching to subside.

- **Curd** – Apply curd on face, arms and legs regularly. This acts as a moisturizing lotion, softening the skin and keeping it glowing. It also prevents wrinkles. It is a good coolant when applied immediately after an outing in the sun.

Curd mixed with rice flour should be applied on cracks on the skin. This will heal the cracked skin.

Curd mixed with chana atta (gram dal flour) can be applied on the face for one hour to treat pimples and acne.

Note: Do not use refrigerated curd, use fresh curd.

- **Drumstick** – This vegetable is a rich source of iron and is anti-bacterial. It is highly beneficial in treating and preventing skin infections. Drumstick soup prepared from leaves and flowers and boiled drumsticks, is highly valuable in treating skin infections.

Take equal quantities of juice of lemon and juice of fresh leaves of drumstick plant and apply it daily on the face. This will remove the

pimples, blackheads and acne. Its application will also help treat other infections of the skin.

One can also have a hot infusion of drumstick leaves to treat various types of skin diseases.

To treat abscesses and swellings due to abscesses, prepare a paste of drumstick root and leaves and apply it over the affected skin. The abscess will heal faster.

- **Eggs** – Take the egg-white of three eggs and beat it. Add one teaspoonful of honey in it and mix it. Apply a thin film of this on the face and neck and leave it on for thirty minutes. This will lighten the skin and keep it supple. It will also prevent wrinkles and will tighten the skin.

Egg yolk also makes a good facemask. It smoothens the skin and prevents wrinkles. Honey and curd may also be mixed to the egg yolk before applying it on the face.

- **Fennel seeds (saunf)** – Soak about 50 gms of fennel seeds in water in a mud pitcher. Take a bath in the morning with this water. It will heal pimples and boils on any part of the body during summer. (ask whether this is a good point)

- **Fenugreek leaves (methi)** - To gain relief from skin irritations, cook methi leaves in coconut milk and take it 2 – 3 times a day.

Make a paste of methi leaves and apply it over the face daily at night before sleeping. Wash it off the next day with warm water. This will remove pimples, acne and blackheads. It will also prevent wrinkles.

To heal boils, apply lukewarm paste of methi leaves on the boils.

- **Fenugreek seeds (methi)** – Soak some seeds in water and grind them into a paste. Apply this paste on abscesses, boils, ulcers and sores. It is very effective. If there is bleeding of any sort, then this paste should be avoided.

This paste can also be applied on the skin to prevent roughness, dryness and coarseness.

- **Fig (anjeer)** – To treat boils, roast a fresh anjeer and cut it into half.

Make a poultice and apply it on the boil. Repeat this 3 – 4 times a day, daily, till the boil subsides.

- **Garlic** – It is proved since long that garlic is an anti-fungal agent and dermatitis agent. Its juice, when rubbed on affected parts, is very effective and can heal many skin diseases.

It also works against verrucae, which are caused by viral infection. Place thin pieces of garlic over verrucae and stick them with a

sticking plaster. Change the garlic piece daily and within a week the verrucae will disappear. **Certain warts will respond to this treatment.**

Regular consumption of garlic also slows down aging.

Mash some cloves of garlic and apply them on acne, boils, corns, warts and other skin eruptions. The eruptions will subside.

Garlic paste should be applied on skin disorders with itching and oozing. It is very effective.

- **Ghee** – Take a piece of mineral salt (-----) and powder it. Mix some ghee in it and apply this mixture all over the body. This will control urticaria and itching.
- **Ginger** – Ginger juice, taken internally (about 10 ml), daily, will ensure proper blood supply to the white patches of leucoderma and thus will check this disease.
Make a paste of one teaspoonful each of dried ginger powder and turmeric powder with some water. Apply this on boils. They will heal faster.
To prevent facial wrinkles, soak some shredded ginger in honey for a few hours and have one teaspoonful every morning. This will delay facial wrinkles.
- **Gram flour (besan)** – Mix equal quantities of fuller's earth (multani mitti) and besan and make a paste in desired amount of milk. Apply this on the face every alternate day to remove pimple marks.
For a fair skin, mix equal quantities of gram flour and turmeric powder and add one tablespoonful of milk and a few drops of lime juice to make a paste. Apply this paste on the face 10 minutes before bath. Wash it off with cold water. Doing this daily will make the skin fairer.
Mix some gram flour or wheat flour with some malai (milk cream)
- **Grapes** – Grape juice is very effective in treating prickly heat during summer. Drink one glass of grape juice daily to gain relief from prickly heat.
Crush some grapes and apply this pulp on the face. Leave it on for 30 minutes before washing it off. It acts as a good cleanser and a bleaching agent.
- **Green peas (matar)** – Boil the peas in water and strain. Wash the face regularly with this water. The pit marks of chicken pox will disappear and **measles in children's skin (ask).**
- **Guava** – Eat fresh guava regularly. It contains vitamins A, B and C and gives the skin a healthy glow.

- **Holy basil (tulsi)** – Juice of fresh leaves of tulsi should be applied on the skin wherever there is any kind of eruption, lesion or boil. It is effective in treating many skin diseases. It is highly beneficial when applied over ringworms. One can also mix some turmeric powder with juice of tulsi leaves and apply this over the boils. This mixture can also be taken internally and is highly beneficial to treat skin ailments. Take juice of 10 – 15 tulsi leaves mixed with one teaspoonful of honey daily in the morning. This helps treat many skin diseases. One can also grind some fresh tulsi leaves using some water and make a paste. Apply this paste on the ringworms. It will heal the ringworms. This paste may also be applied in skin diseases where there is itching and oozing of any kind. It brings relief to the itching and controls the oozing. Paste made from fresh tulsi leaves can be used as a mask and applied all over the face. Doing this daily will clear the blemishes, black spots, rashes and pimples from the face. It will also bring luster to dull skin. To get rid of pimple marks and open pores, crush some tulsi leaves in a little water and add a pinch of salt to it. Apply this paste on the face and leave it on for 15 minutes before washing it off with cold water.
- **Honey** – Wash the face and dry it. Apply a thin coat of honey over the face and neck. Leave it on for an hour and then wash it with cold water. This will not only bring softness to the face but will also delay wrinkles. A little warmed honey patted on blackheads or on the entire face for 15 minutes clears the face of blackheads. The most common face pack for aging skin, which can be prepared at home, is a mixture of honey, corn flour and some lemon juice. Apply this pack regularly on the face to prevent aging and wrinkles. An excellent home-made mask for wrinkles is a mixture of equal quantities of honey, glycerine and wax. (Wax is optional). Prepare this mixture and store it in a glass jar. Wash the face and massage this mask on the face and neck at night. Leave it overnight and wash it off the next morning.
- **Indian gooseberry (amla)** – Take dried amla and grind it into fine powder. While bathing, this powder should be used instead of soap, if one is suffering from any kind of skin diseases.
- **Indian mustard seeds (rai)** – For severe **itching**, grind the seeds in cow's urine and mix some clay soil to form a paste. Apply it on the part of the skin that itches. The itching will immediately subside. (ask)

To cure **ringworms**, powder the mustard seeds. Mix some vinegar to this powder and make a paste. Apply this paste over the ringworms. Repeat this twice a day. The ringworms will be cured.

Prepare a paste of mustard seed powder with some water. Apply this paste over the boils. The boils will heal faster.

- **Lady's finger (bhindi)** – Cut the bhindis lengthwise into small pieces and grind them to a paste. Apply this paste on the affected areas of the skin. Leave it on for 2 – 3 hours. Do this for 15 – 20 days. It will help cure **psoriasis**.
- **Lemon** – Rub a lemon wherever there is eczema and then apply some lemon juice there and leave it on. Repeat this 2 – 3 times a day. It will help the eczema and itching to subside.

Add 5 - 6 drops of lemon juice and a little salt to bath water. It works as a preventive for skin diseases.

Take lemon juice of about two lemons and add equal amount of sugar and borax in it. Mix it to make a paste. Rub it on the face and leave it on for 15 – 20 minutes. Wash with cold water. This makes a good face wash and helps remove pimples and black spots from the face. Lemon juice - used internally as well as externally, gives luster to the skin.

Lemon juice is a natural bleaching agent and its regular application on the face makes the skin fairer. It can also be mixed in other face packs before applying the pack.

The powder of lemon peel can be used as a face pack to treat oily skin condition.

To lighten dark skin on the neck, rub it daily with lemon peel for about 10 minutes before washing it off. At night, mix a few drops of lemon juice in some cold cream and apply it on the neck before sleeping.

Another way to whiten the complexion and make the skin soft, squeeze a fresh lemon in a glass of boiled milk and let it set for 10 minutes. Then, apply this all over arms, hands, face, neck, soles and feet at night. Let it dry and then wash it off with warm water the next morning. It whitens the complexion and makes the skin soft.

Prepare a mixture of lemon juice and rose water in the ratio of 1:2 and apply it on dull and blackish skin, especially on the elbows and knees. This will lighten the skin.

To treat whitlow (painful abscess or infection at the tip of a finger or toe, near the nail), make a hole in the whole lemon and thrust the affected finger in it. Keep it that way for about thirty minutes to gain relief. Do this daily till it is cured.

Fresh limejuice should be taken daily. It is a cooling agent and helps reduce the burning sensation of the skin as well as of the whole body.

- **Linseed oil (alsi ka tel)** – Apply this oil regularly on pimples, acne, boils, sores and other eruptions on the skin. The skin ailments will subside. (ask)

- **Mango** – The bark of a mango tree contains resin and gum. This gum and resin is exuded by the stem-end of the harvested fruit and is mixed with lemon juice. This mixture of resin and lemon juice is given to people suffering from scabies and other skin afflictions.

For prickly heat, boil two raw mangoes in two cups of water. Cool it and then squeeze the pulp in the same water and strain. Add a pinch of salt and sugar to taste and drink this at least once a day during summer. This will help the prickly heat to subside.

- **Margosa (neem - bitter)** – Boil some neem leaves in water and take a bath with this water or pour this water over the affected areas. It is excellent in treating psoriasis, eczema, scabies, ringworms, itching and other skin eruptions and infections.

Make a paste of neem leaves using some water and add some turmeric powder to this paste and mix it. Apply it over the affected areas. Let it dry and then wash it off. This will help in conditions like eczema and psoriasis and will provide relief to any kind of itching. Repeat this twice a day. This paste can also be taken internally, one teaspoonful, twice a day. It is beneficial in treating scabies, psoriasis, ringworms and other skin diseases.

Mix 2 – 3 drops of pure neem oil in one cup of warm milk and have it daily for one to two months. Add some sugar to taste. This is highly beneficial for treating eczema.

Crush the neem leaves and mix amla churna in it. Take one teaspoonful of this mixture daily for one month. It will prove effective in treating leucoderma.

Take one teaspoonful of powder made from dried neem leaves daily with one glass of water. It is good for treating psoriasis. One cup of fresh neem juice taken daily is also very effective in treating eczema and psoriasis.

Take one teaspoonful of mixture of turmeric powder and neem powder daily with a glass of water. It is good for psoriasis and many other skin ailments.

The seed oil of neem is used externally to treat eczema, leprosy, psoriasis, scrofula, urticaria and other skin diseases.

- **Masoor** – To remove black spots from the face, soak some whole masoor in milk and prepare a paste. Apply this on the face for 15 minutes and wash it off with cold water. This also has a bleaching effect on the skin.
- **Milk** – Dab your face with cottonwool dipped in milk. Massage the face slowly for a few minutes. Use only fresh milk, i.e. unboiled milk. Leave it on for 30 minutes and then wash the face. This will prevent wrinkles, smoothen the complexion and will make the skin fair.
- **Mint (pudina)** – Grind some fresh mint leaves with some wine to make a paste. Apply this paste over the face. This will remove acne, pimples and blackheads. It will also remove the freckles from the face.

Mint leaf juice should be applied on ulcers on the skin. This will heal the ulcerated skin faster.

Add some mint leaves to your bath water. It is highly refreshing and stimulating.

- **Mushroom** – Mushroom is a kind of fungus and is known to cure warts and blemishes on the skin.
- **Mustard oil (sarson ka tel)** – To treat ringworms, burn a postcard to ash. Mix this ash with some mustard oil and apply this mixture over the ringworms. The ringworms will soon disappear.

To cure eczema, heat mustard oil and coal tar in equal amounts and once the mixture starts boiling, take it off the fire and cool it. Apply this mixture over the eczema twice a day. The eczema will be cured within a week. (ask)

- **Nutmeg (jaiphal)** – Rub this seed on a grinding stone with some milk to form a smooth paste. Apply this paste on the face, especially over the pimples and acne, at night before sleeping. Wash it off in the morning. Do this for one month. It will heal the pimples, cure blemishes and will also reduce white spots on the skin.

Rub jaiphal on a grinding stone with some water to form a smooth paste. Apply this paste on the skin where there are ringworms. It will cure the ringworms. This paste is also effective when applied over eczema. (or eczematic lesions??)

Grind nutmeg, black pepper and sandalwood in equal quantities with some water and apply this mixture on the face to treat acne and pimples.

- **Oats** – Boil some water and add oat flour in it. Stir and then strain the water. Take a bath with this water every morning. It will help cure psoriasis.

Boil one cup of water and add five to six tablespoonfuls of oat flour in it to make a paste. After cooling it a little, add one to two teaspoonfuls of honey and one egg in it. Mix this thoroughly and apply this all over the face and neck. Leave it on for an hour and then wash it off. Acne, pimples, blackheads and other skin blemishes will disappear and the complexion will get fairer. One can avoid adding egg if one is vegetarian. Oat flour paste mixed with honey can also be applied and is equally effective.

- **Oil** – For dry skin, instead of using creams or lotions, try adding a few drops of Johnson's baby oil to the bath water and then notice the difference.

- **Onion** – Prepare a mixture of 10 gms of juice of white onion, 5 gms honey and 1 gm salt. Mix this thoroughly and rub it on the face. Leave it on for about 15 – 20 minutes and wash it off with cold water. This will treat pimples and blemishes and also prevent wrinkles. One can also mix some fuller's earth (multani mitti) to this mixture.

Onion juice is an excellent remedy for wrinkles. Mix onion juice with a little white wax and honey to make an anti-wrinkle preparation. Apply this on face and neck regularly for about 20 minutes to prevent wrinkles.

Rub onion juice or a piece of onion over the warts. This will cause irritation to the warts and they might disappear, especially if they are small in size. Do this 3 – 4 times a day regularly.

Onion juice is a good anti-septic lotion-----**(add more??)**

A poultice of roasted and crushed onions should be applied on boils and swellings due to boils. The boils and swelling will subside and the pain will also reduce.

Onion juice may also be applied on skin eruptions with itching and oozing. This will help the eruptions to heal faster and the itching and oozing will subside.

- **Orange** – Orange peel is highly effective in treating pimples and acne. The peel should be beaten well to form a pulp using some water. This pulp should be applied on the face to treat pimples and acne.

Dried and powdered orange peel makes a good facemask and facial scrub.

- **Papaya** – The juice of papaya should be applied on warts regularly, for a long period of time. This will eventually break the warts. The juice can also be applied on corns, pimples, horny or hard excretions or protrusions?? of the skin, ringworms and other skin infections. To treat dead and flaky skin of the face, mash a ripe papaya and apply the pulp on the face at night before sleeping. Wash it off the next morning. This face pack, if used regularly, keeps the skin healthy and wrinkle free for a long time. One can also mix some honey to the pulp before applying.
- **Pigeon peas (arhar)** – Grind the pigeon peas and mix some curd in it to prepare a paste. Apply this over the skin area that itches. Leave it on for some time. Do this twice a day. The itching will be cured within a few days.
- **Potato** – Apply raw potato paste on the face, leave it on till it dries and then wash it off. This will smoothen the wrinkles, clear the skin and keep it glowing. Use the water in which potatoes have been boiled for washing the face. It nourishes the face.
- **Pumpkin (kaddoo)** – Apply juice of pumpkin on the face. Leave it on for 15 – 20 minutes before washing it off. This will remove the dirt and black spots from the face and make the skin soft.
- **Radish (mooli)** – Prepare a paste of radish seeds(what is this, the middle part of radish??) in vinegar and apply this on the white spots continuously for one month. This will control leucoderma.
- **Red clay** – It is said that red clay is rich in copper and should be mixed with equal amount of fresh ginger juice and applied over the white patches of leucoderma daily.
- **Red sandalwood (rakta chandan)** – Take 5 gms of red sandalwood and 5 gms of turmeric powder and prepare a paste using some milk. Apply this on the face and leave it on for a couple of hours. It is good for treating acne and pimples and brings a glow to the skin.
- **Rice** – Prepare a poultice from rice flour and linseeds and place it over the affected finger to gain relief from whitlow. Do this 3 – 4 times a day, daily, till whitlow is cured.
- **Sandalwood (chandan)** – Apply sandalwood paste mixed with turmeric powder over the sunburns on the skin. This will bring relief to the burning sensation due to sunburns. Repeat this thrice a day. Application of sandalwood paste on any kind of skin disorders reduces oozing if there is any and also relieves itching and irritation.

Sandalwood paste may be used as face pack to improve complexion and lighten the blemishes.

One can also prepare sandalwood (chandan) decoction of 15 – 20 ml and have it twice a day to gain relief from any kind of skin disorders.

- **Sesame oil (til ka tel)** – Take about 50 gm of sesame oil and simmer it over a flame. Add 10 gm of vermilion (red sindoor) in it and stir till the mixture becomes pasty. Remove it from the flame and after cooling it, store it in some container. Apply this on the boils, abscesses or ulcers. Do this for one week and the boils, abscesses or ulcers will be healed.

To remove spots or marks of small pox from the face, sesame oil should be boiled along with seeds of papaya till the seeds turn into ash(ask). Then this oil should be cooled and stored in a bottle. Apply this over the face daily at night and wash it off the next day. The spots will disappear within a month.

- **Sugar** – When washing the face, add a few sugar granules to the soap lather. This helps remove dead skin and makes it smoother.
- **Sweetlime (mosambi)** – Apply fresh mosambi juice on the face in the night before sleeping. Wash it off in the morning. This will help remove pimples, blemishes and black spots.
- **Tea** – Tea has tannin content in it and is very soothing and healing as it absorbs ultra-violet light. It is used in suntan lotions and creams to prevent burning.
- **Tomato** – Apply the pulp of tomato on the face and leave it on for one hour. This helps treat blackheads, open pores and oily skin. For sun burns, mix five teaspoonfuls of buttermilk with two teaspoonfuls of tomato juice and apply it to the affected areas. Wash it off after 30 minutes.
- **Turmeric (haldi)** – Turmeric is a good antiseptic and helps heal many skin ailments, especially those diseases marked by red scaly patches like eczema, psoriasis, etc. Mix some turmeric powder and lemon juice and add a little water to make a paste. Apply this paste on the herpes lesions, eczema, psoriasis, pimples, acne and leprosy sores. It is highly effective. It will reduce the itching and control the eruptions. Paste made from fresh turmeric should be applied over ringworm, scabies and indolent ulcers. The juice of raw and fresh turmeric can also be applied externally over ringworm infection. This turmeric juice should be mixed with a

little honey and taken internally to treat the same. Take two teaspoonfuls of this juice 3 – 4 times a day.

Mix equal amount of gram flour (chana atta) and turmeric powder in some curd and apply this mixture on the face. Leave it in for some time and wash it with cold water. Do this daily. This will treat acne, pimples and black spots.

An easy way to remove unwanted hair from the face and hands, add a little turmeric powder to malai (milk cream) and mix it well. Apply this mixture on hands and face regularly before bath. Do this **for a month**.

For sun-burns and tanned skin, apply a mixture of turmeric powder and makkhan (home-made butter) on the face and hands twice a day and leave it on for ten minutes before washing it off.

Make a paste of equal quantities of turmeric powder and sandalwood powder and apply on acne, pimples, boils, prickly heat and other tropical skin eruptions. Allow this to dry before washing it off.

For cracks in soles, itching and other skin infection make a fine paste of equal quantities of turmeric powder and neem leaves and apply on the affected areas.

Turmeric powder mixed with mustard seed oil is effective when applied over white patches of leucoderma.

To treat many skin diseases, one should take 15 – 20 ml of extracted juice of fresh turmeric daily.

- **Vinegar** – Add a small cup of vinegar in your bath water. This will help refresh dry skin.
Vinegar mixed with curd should be applied on the cracked soles. It is very effective.
- **Water** – Drink at least 8 – 10 glasses of water daily. This flushes out the toxins from the body and keeps the skin glowing and moist. In other words, it prevents dryness of skin, thus delaying wrinkles and aging.
- **Watermelon** – Apply the pulp of watermelon on the face. Leave it on for one hour before washing it off. It is highly refreshing and acts as a cleanser.
- **Wheat flour** – To cure boils, prepare a small and thick roti or bread of wheat flour and warm it only on one side. On the other side, apply some mustard oil and sprinkle some turmeric powder on it. Place the side that has mustard oil on it over the boil and tie it with a cloth or stick it with an adhesive tape. Leave it on overnight. The inflammation and redness will disappear the next day and the boil may also burst.

Make a poultice of wheat dough and warm it a little. Apply this over boils. The boils and swelling will subside.

To prepare facial scrub at home, mix wheat flour and salt or **salt granules??** and add a little milk to make a paste. Scrub the face with this, it will help remove blackheads and whiteheads. Do this daily before bath.

- **White goose foot (bathua)** – Bathua-ka-saag is highly effective in treating white spots (leucoderma). Cook and eat this as vegetable regularly. One can also apply the juice of bathua over the white spots till its season is there.
- **What to avoid** – For any kind of skin diseases, avoid using soap. Instead one can use gram flour paste mixed with some lemon juice or dried amla powder. One can use neem soap or any other herbal soap.**Ask**

Avoid alcohol, butter, caffeine, chocolates, cigarettes, eggs, fried food, high fat food and sugar. Have plenty of fruits, fruit juices and vegetables such as cabbage, cauliflower, cucumber, apples, apricots, kiwi fruits, lemons, oranges and strawberries. Drink at least 10 – 12 glasses of water per day.

For skin to remain healthy, it requires vitamins A, C, E and K. To repair damaged skin, one needs to have foods rich in zinc, proteins and linoleic acid such as safflower oil. Antioxidant nutrients are also essential to prevent skin cancer.**ask**

Avoid going out in the sun for long hours as ultra-violet rays are very harmful to the skin and these rays are most intense between 11:00 a.m. and 3:00 p.m. Direct exposure to sunlight should be avoided.

Face packs for different skin types:

Normal skin – Mix sandalwood powder, rose petal powder and oat flour in equal quantities and add some milk to make a paste. Apply this paste on the skin and leave it on for one hour before washing it off. It will have a glowing effect on the skin. This pack is good for normal skin type.

Dry skin – Mix equal quantities of green gram flour, wheat flour, powdered fenugreek seeds, holy basil (tulsi) powder and rose petal powder. Add fresh cream (malai) to make a paste. Apply this on the face and leave it on for one hour before washing it off. It will have a glowing effect on the skin. This pack is good for dry skin type.

Oily skin – Mix equal quantities of rice flour, coriander seed (dhania) powder, neem powder and sandalwood powder. Add water to make a paste. Apply this on the face and leave it on for one hour before washing it off. It will have a glowing effect on the skin. This pack is good for oily skin type.

Another mask for oily skin is prepared in the following manner – Mix half teaspoonful of honey with the white of one egg and one teaspoonful of lemon juice. Add fuller's earth (multani mitti) to form a paste. Apply this all over the face and wash it off after about half an hour with cold water. This is extremely good for oily skin.

Normal acids (alpha-hydroxy-acids) derived from natural sources such as fruits, sugarcane and milk can be applied on any skin type to remove dead cells and to stimulate blood circulation. Avoid using milk on skin with pimples and acne. Pulp of fruits like watermelon, papaya, banana, apples and grapes are good for all types of skin.

JAUNDICE AND HEPATITIS (what hep? A, B, C or D??)

- **Alum (phitkari / phatakdi)** – To treat jaundice, fry a small piece of alum and grind it to powder. Divide this powder into seven parts and make small packets of each part. Have one packet with some curd daily for seven days.
- **Asafoetida (hing)** – Dissolve some hing in water and apply this over both the eyes twice a day. This helps in jaundice.
- **Banana** – Mash a green ripe banana and mix one teaspoonful of honey in it and have it twice a day. This is good for jaundice. ask
- **Barley** – Diabetic patients should have plenty of barley water instead of sugarcane juice. This will also promote urination and is effective in treating jaundice and hepatitis. ask
- **Cabbage** – Raw cabbage taken as salad or in juice form is beneficial in conditions like obstructive?? jaundice.
- **Coconut** – Coconut water had in plenty is very effective in treating hepatitis. (ask)

- **Coriander leaves (kothmir)** – Mix two teaspoonfuls of fresh juice of coriander leaves in one cup of buttermilk and have it 2 – 3 times a day, daily, if one is suffering from hepatitis.(ask)
- **Curd** – Liberal use of curd is highly beneficial in treating hepatitis and jaundice. Having lot of curd can prevent excessive liberation of ammonia, which is one of the major causes of coma in hepatitis. The lactic acid organisms in curd counteract the formation of ammonia. In jaundice, curd or buttermilk mixed with some honey is highly beneficial.
- **Ginger** – In conditions like jaundice, one should mix equal quantities of ginger juice, lemon juice, mint(pudina) juice and honey and take it frequently each day.(ask – how much to take??)
- **Indian gooseberry (amla)** – Amla is rich in iron and when taken with other iron supplements, is highly effective in treating jaundice.
- **Lemon** – Lemon juice is an excellent remedy to treat jaundice. The patient should take 20 ml of lemon juice mixed with some water as often as possible throughout the day. This protects the damaged liver cells.
For cirrhosis of liver, take two teaspoonfuls of lemon juice and mix it with one teaspoonful of crushed onion juice and have this mixture daily for three months every morning on an empty stomach. This helps treat cirrhosis of liver.
- **Loofah (torai)** – Extract the juice from loofah and add some sugar to taste. Drink one glass twice a day. This is very useful in treating jaundice.
- **Margosa (neem - bitter)** – Prepare a mixture of 20 ml of fresh juice of neem leaves, 20 ml of pure honey and 3 gms of black pepper powder. Stir and mix this well. Divide this in two equal parts and have one part in the morning and one in the evening. This makes a good home remedy for jaundice.
- **Onion** – In jaundice, one should take 10 – 15 gm onion pulp mixed with a few black peppers or some black pepper powder. This mixture can also be taken cooked or preserved in vinegar. Take this 2 – 3 times a day.
- **Papaya** – Unripe fruit is generally recommended during jaundice.(ask??)
- **Pineapple** – Juice of ripe fresh pineapple is very beneficial in treating jaundice.

- **Radish (mooli)** – Prepare juice of green leaves of radish and add some sugar to taste. Take one glass twice a day for one week. It is very beneficial in treating jaundice.
- **Sugarcane** – Sugarcane juice is very effective in the treatment of jaundice and **hepatitis (ask)**. A person suffering from jaundice must have plenty of sugarcane juice and chew a lot of sugarcane and suck its juice. This promotes urination which will help-----**ask** and provides nutrition. Sugarcane must be thoroughly washed and even cleaned in boiling water before having it.
- **Tamarind (imli)** – Pulp of the ripe fruit is used in liver disorders like jaundice. Tamarind infusion also makes a refreshing drink and helps in jaundice.**ask**
- **Triphala** – This powder is very effective in treating jaundice. Triphala is a mixture of amla, harada and behada. Put 20 gms of triphala powder in one glass of water and boil it till it is reduced to one-fourth. Strain this and have it. Take this decoction twice a day. It is highly effective in treating jaundice.
- **Turmeric (haldi)** – To treat jaundice, one should take 15 – 20 ml of extracted juice of fresh turmeric daily.**(ask, since during jaundice, they say not to have anything that is yellow in color, and haldi is yellow????)**

RECTUM

- **Alum (phitkari / phatakdi)** – Grind some alum to powder and mix some ghee in it. Apply this mixture on the area **or glands** of piles. Repeat this twice a day. The glands of piles will dry up shortly.**(ask??)**
- **Amaranth (chaulai)** – Drinking one cup of juice of leaves of amaranth (chaulai) mixed with one teaspoonful of lemon juice daily, gives relief to piles and helps control the bleeding.
- **Asafoetida (hing)** – Dissolve some hing in water and soak a piece of cotton wool in it. With the help of the soaked cotton, apply the mixture in and around the anus. Do this 2 – 3 times a day. It will stop the itching in the anus and will cure pinworm disease.**(ask)**
- **Banana** – Take a ripe green banana and mash it. Mix one cup of milk in it, boil it and drink it. Do this at least three times a day to gain relief from piles.

To treat bleeding from rectum, take the juice of tender roots of banana (plant??ask) in the dosage of 20 ml – twice a day.

- **Beet – root / Sugar beet** – Beet-root is a good cure for constipation which is one of the main causes for piles. Eat raw or boiled beet daily as salad. This will help in constipation, which in turn will help prevent and cure piles.
- **Bitter gourd (karela)** – Have the juice of bitter gourd leaves mixed with some buttermilk daily. This will cure bleeding piles.
- **Brinjal** – Make a paste of brinjal and mix it with some ghee or castor oil and apply it externally over the piles. This will bring relief to the discomfort caused by the hemorrhoids. ask
- **Buttermilk** – Daily intake of buttermilk mixed with a pinch of black pepper powder and a pinch of salt by patients suffering from piles is highly beneficial.
- **Caraway seeds (kalajira)** – To gain relief from piles, take some caraway seeds and mix some sugar candy (khadi sakhar) in it and grind it to a powder. Take half teaspoonful of this powder in the morning and half in the evening with a glass of water.
- **Cumin seeds (jira)** – Regular application of paste of cumin seeds over protruding piles is highly beneficial.
- **Coriander leaves (kothmir)** – Take equal amounts of red clay and ground kothmir and mix them together. Apply this mixture on the piles at night before sleeping. This helps treat piles. (Ask)
- **Coriander seeds (dhania)** - Coriander water is very effective in treating piles. Boil the seeds in water and then cool the water. Drink this water throughout the day to treat piles.
- **Curry leaves** – Extract some juice from 20 – 25 fresh curry leaves and mix one teaspoonful of honey in it and have it daily. This will help treat piles.
- **Fibre** – High fibre diet helps us to eliminate waste matter from our body at a speedy rate thus saving us from constipation which may lead to haemorrhoids.
- **Garlic** – Regular intake of raw garlic every morning helps treat piles (Ask).
- **Ginger** – To treat piles, one should mix equal quantities of ginger juice, lemon juice, mint(pudina) juice and honey and take it frequently each day.

Prepare a decoction of dried ginger powder (sonth) and have it daily. The quantity should not exceed 50 ml. This is very useful for treating piles.

- **Lemon** – Cut a lemon into two halves and cover both halves with 5 gms of katha (Acacia catechu). Leave it open overnight and the next morning suck the juice of both the halves. Do this for a week and it will bring relief in piles.
- **Onion** – Extract the juice of one big onion and mix some sugar in it and have it thrice a day. This will bring relief in piles.
One can also fry an onion bulb in some ghee and sprinkle a little sugar on it. Have this regularly to treat piles.
Make a hot poultice of mixture of crushed onions, linseed oil and turmeric powder and apply it on the protruded piles. It will bring relief to piles.
- **Pumpkin (petha)** – To treat bleeding piles, have fresh juice of white gourd (pumpkin / petha) 3 – 4 times a day.
- **Radish (mooli)** – Dry radish leaves in shade and powder them. Mix equal amount of sugar in it and take one teaspoonful of this mixture daily. Piles will be cured after one month.
Juice of radish mixed with a pinch of salt is also beneficial in treating piles.
Prepare a hot poultice of dry radish and apply it over non-bleeding piles.
- **Sandalwood (Chandan)** – To treat bleeding piles, mix 10 gm of sandal paste with equal amount of dry ginger powder and have it daily. This will bring relief to bleeding piles. (ask sir, that dry ginger powder is good for piles, is it not heaty??)
- **Sesame seeds (til)** – As an external measure, apply a warm poultice made of sesame seeds over bleeding piles. One can also internally take half teaspoonful of sesame seeds mixed with some butter to treat piles.
- **Small cardamom (choti elaichi)** – In ancient times, small cardamom was consumed to treat piles.
- **Spinach** – Have raw spinach juice regularly. This is a good laxative and helps treat and prevent piles.
- **Turmeric (haldi)** – Take one teaspoonful of turmeric powder in the morning with a glass of water. Repeat this in the evening. This is good in treating piles.

- **Water** – Drink plenty of water daily. Have at least 10 – 12 glasses of water daily. This will cure constipation, which in turn will prevent piles. Have at least three glasses of water first thing in the morning on waking up, on an empty stomach, daily.
- **What to avoid** – People suffering from piles should avoid spicy and pungent food.(add more?? ask)
- **White goose foot (bathua)** – Take the leaves and some tender twigs and cook them as vegetable and have it regularly. This will prevent piles.
- **Wood apple** – Take one unripe fruit and crush it with a piece of dry ginger and fennel seeds (saunf). Soak this mixture in about two glasses of water for some time and sip this water a few times a day till it lasts. Do this daily to treat piles.
One can also mix the pulp of ripe bel fruit with some sugar, some black pepper powder and some cardamom powder and have this mixture twice a day in order to treat piles.

CUTS, WOUNDS, SORES, ULCERS, INSECT STINGS AND ANIMAL BITES

- **Alum (phitkari / phatakdi)** – To treat internal injuries of any part of the body, mix the powder of 3 gms of alum in one glass of milk and have it.
- **Balm** – To relieve the itchy sensation caused due to an insect bite, rub some balm on it. This will reduce the itchiness and cure the bite.
- **Banana** – Mix the juice of banana root with some borax. Wash the wounds and ulcers with this mixture. It acts as a ??? -----(add more).

- **Brinjal** – If one is hurt and is in pain, then crush the brinjal and extract its juice. Add sugar candy (**khadi sakhar**) to it and drink it twice a day. This will bring relief to the pain caused by the hurt.
- **Camphor (kapoor)** – Apply camphor oil over any wounds (**even open and bleeding wounds?? Ask**). This will heal the wounds faster.
- **Carrot** – Boil the carrot and make a poultice. Place this poultice over wounds or sores and tie it with a muslin cloth. Repeat this for about 4 - 5 days. The wounds and sores will heal faster.
- **Castor oil** – Fresh juice from the stem of castor can be applied on bleeding cuts, wounds and ulcers. This will arrest the bleeding.
- **Coriander seeds (dhania)** – Coriander seeds kill the micro-organisms, fungi and bacteria and thus can heal the wound faster. Make a paste from coriander seeds and some water and apply it over any cuts and wounds.
- **Cucumber** – Cut the cucumber into thin round slices and place them on the insect sting one on top of the other (about 5 – 6 slices). This will draw out the poison from the insect bite or sting.
- **Cumin seeds (jira)** – To heal a poisonous **spider bite** or to nullify the effect of the poison of spider, make a paste of cumin seeds and dry ginger with some water and apply it over the bite.
- **Fenugreek leaves (methi)** – Cook some methi leaves in coconut milk and have it once in a day for a few days. This will heal the wounds and sores faster.
- **Fenugreek seeds (methi)** – Soak some seeds in water and grind them into a paste. Apply this paste on wounds and sores. It is very effective. If there is bleeding of any sort, then this paste should be avoided.

You can also ground some seeds and make a poultice. Apply this poultice over any wounds or inflamed areas.

Powdered methi seeds made into a paste can also be applied over wounds and sores.

To stop bleeding from any part of the body, boil some methi seeds in milk, add some sugar candy (**khadi sakhar**) and strain it. Cool it and have it. Bleeding from any part of the body will stop.

- **Garlic** – Mix one teaspoonful of garlic juice with three teaspoonfuls of distilled water and apply it on infected wounds. This heals the wound fast.
- **Henna (mehendi)** – Sprinkle some henna powder over any cuts or wounds, this will heal the wound fast.

- **Honey** – Apply honey on the wound and cover it with some cotton wool. Do this 3 – 4 times a day; this will heal the wound faster and will check the growth of bacteria.
- **Indian mustard seeds (rai)** – Grind some mustard seeds to make powder and then mix this powder with honey. Apply this paste over the wound and then tie 2 – 3 cloves around it in a muslin cloth. This will heal the wound faster.
- **Kerosene oil** – Take a clean muslin cloth and dip it in kerosene oil and place it over the cut, the bleeding will stop immediately and the cut will heal fast if this is repeated for 2 – 3 days. Also, if you are bitten or stung by a **wasp**, then apply some kerosene oil on the sting. It will give relief to the pain as well as the swelling.
- **Lemon** – Local application of lemon juice on insect bites will help subside the irritation and itching.
If there is profuse bleeding due to any cuts or wounds on any part of the body, place a few drops of lemon juice there. Bleeding will soon stop.
- **Margosa (neem - bitter)** – Decoction of neem leaves should be poured as a stream over wounds and ulcers. This provides relief from burning sensation and facilitates healing.
A paste of neem leaves may be applied to gain relief from severe itching due to cuts, wounds and ulcers.
- **Mint (pudina)** – Mint leaf juice should be applied on ulcerated skin. This will heal the ulcers faster.
- **Mustard oil (sarson ka tel)** – If a centipede is stuck on human or animal body, pour some mustard oil on it. The centipede will immediately get detached from the body and will be killed.
- **Onion** – Apply crushed onions or onion juice over insect bites for instant relief, you can also make a poultice of crushed onions and place it over the bites for a couple of hours. Also, to treat a **snake bite**, mix three teaspoonfuls of onion juice with equal quantity of mustard oil and have it at an interval of half an hour. Take this mixture for some days and do consult a doctor. To treat a **minor wound**, place a slice of raw onion over the wound. This will heal the wound.
- **Pomegranate (anar)** – Wash the wounds and ulcers with the juice of pomegranate. It is highly effective.

- **Radish (mooli)** – Make a poultice of crushed radish and place it over any insect bites or stings, it gives relief to pain and swelling. Applying juice of radish on a **scorpion bite** also provides instant relief.
- **Red pepper / red chilli** – To heal a **dog bite**, grind some red chillies in water to make a paste. Apply this paste on the bite. This will check the bleeding and will also heal the wound. If the dog is rabid, then apply some mustard oil first and then pack it with some red chilli powder. This will check the disease from spreading. Do see a doctor.
- **Salt** – Take some salt solution (salt mixed with some water) and dip the injured part in it. The pain and swelling will subside. Repeat this 4 – 5 times a day. One can also warm the salt solution before dipping the injured part in it. This will bring relief to the pain.
- **Sandalwood (Chandan)** – Sandalwood paste should be applied over fresh wounds and swellings due to injuries. This will reduce the pain and burning sensation.
During warm days, this also provides relief to prickly heat.
- **Sesame oil (til ka tel)** – Use sesame oil to dress the wounds (add more??).
- **Small cardamom (choti elaichi)** – To relieve the pain of a **scorpion sting** – ask put some seeds of small cardamom in your mouth and chew them, then blow in the ear of the person who has been bitten by a scorpion. The pain will disappear immediately. (ask)
- **Smooth Loofah (Ghia Torai)** – Grind the smooth loofah to make a paste and apply it over the cut. The bleeding will stop immediately.
- **Tamarind (imli)** – To treat blood clots and swelling due to injuries, remove the seeds and fibre of imli. This pulp should amount to three tablespoonfuls. Mix one teaspoonful of salt and half cup of water to this pulp. Mix this well and heat it in a vessel. When it is bearably hot, apply it on the swelling or clots caused due to injuries. Wash it off the next day and repeat the procedure. Do this for 3 – 4 days till the swelling and blood clots subside.
- **Tomato** – Take a fresh tomato slice, place it over the wound and tie it with a muslin cloth. Repeat this for about 3 – 4 days. This will heal the wounds or cuts.
- **Turmeric (haldi)** – Take turmeric powder and sandalwood powder in equal quantities and make a paste of this mixture with some water. Apply this paste on wounds for quick healing. You can also sprinkle some dry turmeric powder directly on the wound for instant relief.

For sprains and internal injuries, mix one teaspoonful of turmeric powder in two cups of milk. Heat it and then cool it. Drink one cup in the morning and one cup in the evening. This will bring relief to sprains and internal injuries.

One can also prepare a paste by mixing two teaspoonfuls of turmeric powder, one teaspoonful of salt, some water and some limejuice. Heat this paste. Apply it hot on the sprained part of the body. Repeat this 3 – 4 times a day. The swelling and pain will subside.

For scorpion bites, expose the bitten area to fumes of turmeric powder and over-burnt charcoal. This will minimize the toxicity.

BURNS

- **Aloe vera** – Spread a thin layer of aloe vera pulp or its juice over the burn. Repeat this thrice a day. The burn will heal fast.
- **Asafoetida (hing)** – Take some asafoetida and dissolve it in water. Apply this over the burns. Repeat this at least 4 – 5 times a day. This gives relief to the burns and prevents blisters.
- **Bitter gourd (karela)** – Apply some dried and powdered bitter gourd leaves on burns, this gives instant relief.
- **Camphor (kapoor)** – Sprinkle camphor powder on the burns. This has a cooling and soothing effect over the burns (ask).
- **Carrot** – Immediately pour ice water on the burns and then take a muslin cloth and dip it in carrot juice, then tie this lightly over the burns. Do this for 3 – 4 days. The burns will heal.
- **Coconut oil** – Apply some coconut oil over the burns. This will give relief to the burning sensation.
- **Curry leaves** – Take some curry leaves and make a paste using some water. Then make a poultice from this paste and place it over the burns. It heals the burns fast.

- **Fenugreek seeds (methi)** – Powder the methi seeds and add some water to it to prepare a paste. Apply this over the burns to gain instant relief.
- **Heena (mehendi)** – Henna powder applied on burns, soothes and heals the burns.
- **Lady's finger (bhindi)** – Cut some bhindis and make a thick and slimy paste (you may add a few drops of water while preparing the paste). Apply this paste over the burn and cover it with a muslin cloth. Change this dressing every 3 – 4 hours and continue doing this till new skin and cells are formed.
- **Linseed oil (alsi ka tel)** – Mix this oil with equal quantity of lime water and apply it on the burns. The pain will be relieved.
- **Potato** – Take a potato and grind it into paste. Apply this paste over the burn, it will give relief instantaneously. Applying raw potato juice also heals the burns.
- **Pumpkin (petha)** – The flesh of the fruit should be applied over the burns. It will bring relief. The juice of the leaves may also be applied over the burns to relieve burning sensation.
- **Turmeric (haldi)** – Mix turmeric powder with some honey and make a paste. Apply this over the burn. It heals the burn faster.

HEART, HYPERTENSION, CHOLESTEROL, ATHEROSCLEROSIS AND ANTI-COAGULATION (PREVENTING BLOOD CLOTS)

- **Alfalfa** – This is a herbal food that helps lower blood pressure. It contains all the elements necessary for the softening of the hardened arteries and useful in lowering blood pressure. The seeds of alfalfa are useful in sprouted form. They can also be taken in salads, sandwiches and in soup form. Juice extracted from the leaves of alfalfa is also very useful in lowering blood pressure.
- **Almond** – Almonds are highly nutritious nuts and contain monounsaturated fat, which is known to reduce cholesterol. Take one teaspoonful of almond oil with one cup of milk at bedtime. This will control the blood pressure.
- **Apple** – Apple contains a high soluble fibre called ‘pectin’ that helps lower cholesterol, **in other words, it prevents the building up of cholesterol in the walls of blood vessels**, thus keeping the heart free from any ailments. **A diet rich in flavonoids (abundant in apples) lowers the risk of heart disease and may help prevent strokes.**
Apple *murabba* (Indian, sweet pickle made from apples) relieves mental stress and acts as a heart stimulant thus keeping the heart strong.
Apples are also useful in lowering blood pressure. They lower the sodium level in the tissues because of high level of potassium. They also have a diuretic effect and relieve the kidneys by reducing the supply of sodium chloride to a minimum.

- **Asafoetida (hing)** – It is said that asafetida is very good for heart diseases.-----
- **Avocado** – Avocado has the same type of cholesterol lowering fat as almonds and olive oil. Raw avocados can be put in salads or spread on bread or crackers.
- Avocados also protect arteries against oxidative damage that makes cholesterol dangerous.
- **Bajra** – Have chapattis made from bajra flour regularly as it has significant amounts of iron, lecithin and choline, which keeps cholesterol under control. It also keeps a check on the accumulation of deposits of any kind of fat anywhere in the body.
- **Bananas** – Having bananas daily balances the excess sodium in the body as bananas contain enough potassium to nullify the effects of sodium, which we consume in the form of common salt. Thus, bananas help in keeping high blood pressure under control.
- **Barley** – Make chapattis with barley flour and bran or wheat flour mixed together and eat them daily. This reduces the blood cholesterol level. The fibers of the grain removes the fat deposits collected in the arteries over a long period of time, thus cleaning the arteries and valve around the heart.
Barley also aids the suppression of cholesterol production in the liver and prevents dietary fats and cholesterol from being absorbed in the intestines.
- **Beans (dried) and seeds** – Legumes or beans are the best and safest food for reducing bad cholesterol. According to one test, beans improve the HDL-LDL cholesterol ratio by 17%. Take about 80 - 100 grams of dried beans or baked beans twice a day for best results. This also raises the good HDL cholesterol.
Heart patients should have soya beans, sunflower seeds and wheat germ regularly.
- **Bengal gram (chick pea / chole)** – Regular consumption of Bengal gram reduces the cholesterol level. Make chappatis from ground whole pulses mixed with wheat flour and take them regularly. This keeps the cholesterol level under control.
- **Bottle gourd (lauki)** – Have one cup of raw bottle gourd juice daily. This will bring relief to ailments of the heart.
- **Brinjal** – The leaves of brinjal plant and brinjal itself – cooked and eaten as a vegetable, reduces the cholesterol level in the blood, thus preventing heart diseases. Consume cooked brinjal regularly. The

seeds of brinjal have certain properties that bind the cholesterol and take it out through the intestines, thus preventing the absorption of cholesterol in the blood.

- **Cabbage** – Eat cooked cabbage regularly. Cabbage contains vitamins B and C which strengthens the blood vessels, keeps the cholesterol level under control and prevents the walls of the arteries from getting thick, thus preventing any heart diseases. Cabbage also helps reduce palpitation of the heart.
- **Carrot** – Carrots contain high anti-cholesterol soluble fibre including pectin. This reduces the bad LDL cholesterol and raises the good HDL cholesterol. The fibre in two carrots can lower the cholesterol by 10 – 20%. Beta-carotene in the carrots also raise good HDL cholesterol.
Eat at least two raw and fresh carrots daily, thus keeping the heart free from any diseases. Carrots can also be taken in soup or juice form and they can also be eaten cooked or boiled.
- **Celery seeds (ajmud)** – Make powder of some celery seeds and mix it with honey. Take one teaspoonful of this mixture three times a day for about 8 – 10 days. This will reduce high blood pressure and will strengthen the weak and strained nerves. This is most effective in those hypertension patients whose blood pressure is due to mental stress.
- **Clove (laung / lavang)** – This popular spice is a powerful anti-coagulant food and prevents formation of blood clots. They help reduce the production of thromboxane, which is a powerful promoter of platelet clumping that leads to clots. They are good for the heart.
- **Cluster beans (guar phalli)** - Cook this as a vegetable and take it regularly. The chemicals present in this will dissolve the fat in the body. This helps in weight reduction, which in turn keeps the cholesterol level under control, thus preventing any heart diseases.
- **Coffee** – The caffeine in the coffee dilates the arteries leading to the heart thus -----
- **Coriander seeds (dhania)** – These seeds have cholesterol reducing property, thus, to reduce high cholesterol – take a decoction made from boiling two teaspoonfuls of dry coriander seed powder in one glass of water. Take this twice a day for a few months to bring down blood cholesterol level.

One can also take powdered coriander seeds mixed with some powdered sugar candy (**khadi sakhar**), take two

teaspoonfuls of this mixture with some water twice a day. This lowers high blood pressure.

- **Corn** – Make chapattis from corn flour and have them. One can also have fresh corn / corn grains either roasted or boiled. This lowers the cholesterol level and also cleans the arteries and valves around the heart.

Those who are obese or those who want to watch their weight, should use corn sparingly as it is rich in carbohydrates. (ask whether it is ok to mention this last line??)

- **Cucumber** – This is a blood pressure lowering food. Cucumber juice, mixed with two teaspoonful of honey and one teaspoonful of lime juice, when taken twice a day, is very effective for hypertension. It is also a diuretic.
- **Dill seeds (anethum sowa)** – Take equal quantities of dill seeds and fenugreek seeds and powder them and store it in a bottle. Take two teaspoonfuls of this powder twice a day with a glass of water. It will keep blood pressure under control.
- **Drumstick** – Take equal quantities of drumsticks and carrots and boil them together. Prepare soup of these and have it regularly as this lowers the high blood pressure.
- **Fenugreek leaves (methi)** – Cook this as a vegetable and consume it regularly. It lowers the cholesterol level.
- **Fenugreek seeds (methi)** – Soak 10 – 12 methi seeds in one-fourth cup of water overnight and have both – the seeds and the water, next day in the morning with a glass of water. This will reduce the cholesterol level.

You can also boil some methi seeds in about one and a half cup of water, then strain this liquid, add 1 teaspoonful of honey in it and drink it daily. Both these remedies are useful for cardiac problems.

- **Fibre** – One must incorporate more fibre in their daily diet as fibre reduces the absorption of cholesterol thus preventing heart diseases. Some rich sources of fibre are unseived wheat flour, whole grains and pulses, fresh fruits and vegetables in raw form. Fruits and vegetables rich in fibre and vitamin C prevents platelet clumping that leads to formation of blood clots. Fruits and vegetables that are rich in fibre also help lower the high blood pressure.
- **Fruits** – Apricots, bananas???, grapefruits, lemons, papaya and strawberries are very good for patients with heart problems.

- **Garlic** – Garlic is a powerful anti-coagulant food. It prevents blood clotting. It also prevents and treats **atherosclerosis**. Even if consumed in moderate amount, garlic will help thin the blood, thereby reducing formation of blood clots within the arteries.

Take 2 – 3 raw cloves of garlic every morning. This reduces the high cholesterol level thus preventing heart diseases. It also reduces high blood pressure.

There are certain compounds in garlic that lower cholesterol by reducing liver's synthesis of cholesterol. Bad cholesterol is the main cause for blocking the flow of blood through the heart. Garlic reduces this bad cholesterol thus protecting the heart and preventing **atherosclerosis / arteriosclerosis**. Paste prepared with some crushed cloves of garlic, salt, red chilli powder and dhania-jira powder may also be taken as chutney with your meals daily. You can also make a paste from 4 – 5 cloves of garlic mixed with some honey and 5 - 6 tulsi leaves and have it every morning. This keeps high blood pressure under control. Garlic slows the pulse and modifies the heart rhythm. It eases the spasms of small arteries and dilates the peripheral blood vessels, thus helping to reduce blood pressure and tension.

Raw as well as cooked garlic are both effective, though raw garlic is far more powerful.

One can also add some paste of raw garlic to buttermilk and drink it daily. This is good for heart and hypertension.[ask to elaborate](#)

- **Ginger** – Ginger has certain properties (anti-coagulant) that thins the blood and lowers the cholesterol level in the blood, thus preventing blood clots and heart diseases.

50 ml of decoction of dried ginger powder (sonth) should be taken daily by heart patients.

- **Grapes** – Grape is known as the 'Queen of Fruits' and had immense therapeutic value, whether eaten whole or in juice form. This fruit contains anti-coagulant property and helps prevent formation of blood clots.

- **Grapefruit** – The pulp of grapefruit contains a unique type of soluble fibre called galacturonic acid that helps lower blood cholesterol. It also aids in dissolving plaque or reverse plaque formation that is already clogging the arteries. But it must be noted that the juice of this fruit does not contain any fibre and hence it does not show any cholesterol lowering effects.

- **Grapeseed oil** – Oil extracted from grapeseed (which is used for mild dressing), is very effective in raising good HDL cholesterol.
- **Green peas (matar)** – Take boiled green peas with salt and red peppers. This prevents clot formation, which may occur due to poor blood circulation as the peas contain plant proteins called lectin, which has clot-dissolving property. This also cleans the arteries and prevents heart diseases. Peas also help to lower the blood pressure.
- **Guava** – Guava is a rich source of vitamins A, B and C. Its high fibre content aids in keeping the cholesterol level under control and it is also an anti-coagulant food.
- **Holy basil (tulsi)** – Have juice of about 15 – 20 tulsi leaves mixed with half a teaspoonful of honey daily. This is good for cardiac pain and low blood pressure.
- **Honey** – Honey is a good stimulant for weak heart. You may also take juice of 3 – 4 cloves of garlic mixed with one teaspoonful of honey twice a day. This will keep blood pressure under control.
- **Indian gooseberry (amla)** – This is considered as the best of all acid fruits and most useful for various diseases. It is rich in many vitamins and minerals including calcium, carotene, iron, niacin, phosphorus, riboflavin, thiamin and vitamin C. Amla being a rich source of vitamin C, is useful in lowering blood pressure. Take a tablespoonful of amla juice mixed with some honey every morning to control hypertension. Other foods rich in vitamin C, besides amla, are oranges, lime, any citrus fruits, green leafy vegetables, sprouted Bengal grams and green grams. Not having enough vitamin C raises the blood pressure.
- **Ishabgul** – The seeds of this herb contain certain properties that reduce the blood cholesterol level, thus it is highly beneficial in the treatment of high blood cholesterol. The oil of the seeds also reduces the blood cholesterol level as it contains 50% linoleic acid and one teaspoonful of this oil should be taken twice daily for beneficial results.
- **Lady's finger (bhindi)** – Have bhindi soup daily, this will reduce the cholesterol level and will keep the heart healthy.
Method to prepare bhindi soup – Take 10 – 12 raw bhindis and wash them thoroughly. Slit them lengthwise. (Do not cut the bhindis into two halves, just slit them). Then, boil them whole in one liter of water till the water is reduced to half a liter. Strain this liquid through a muslin cloth and have it plain or with salt and pepper if you so desire. You may throw away the boiled bhindis. **Squeeze the bhindis while**

straining **only slightly** so that some mucilage is extracted. Do not squeeze it too much as then the soup may get very sticky and may not be palatable.

Another method is to cut 4 - 5 bhindis lengthwise in two pieces, or in two halves and soak them overnight in some water. The next morning, remove the bhindis from the water and drink that water. Doing this regularly reduces the cholesterol level in the blood.

- **Lemon** – Mix the juice of one whole lemon in a glass of warm water with one teaspoonful of honey and have it daily early in the morning or in the evening one hour after dinner. This will help in reducing weight and cholesterol level.
- **Low salt food** – Restricting salt intake is the best way to keep the heart fit. Reduction of salt in the diet will control hypertension and cholesterol level and will also help to lose weight. People with high blood pressure should use potassium salt instead of normal salt (sodium chloride).
- **Margosa (neem - bitter)** – Decoction of bark of neem is also very good for heart diseases. Fresh juice of neem leaves is also effective.
- **Milk and dairy food** – It is believed by some experts that hypertension can also be due to calcium deficiency. They believe that intake of calcium can nullify hypertension which is the effect of sodium in some patients. In those people whose blood pressure rises after eating too much salt or those who retain water after eating too much sodium, calcium intake can help them as calcium acts like a natural diuretic to help the kidneys to release water and sodium. Foods rich in calcium are milk, dairy products and green leafy vegetables.
- **Mushrooms (Black)** – The Asian black fungus mushrooms are a valuable food that prevents blood clots since they have anti-coagulant property thus preventing coronary artery disease.
- **Muskmelon (kharbooja / shakkar teti)** - This fruit is excellent for all the diseases of the heart. It is also useful in weight reduction diets as it has high water content with a high satiety value.
- **Oats** – Eating oats regularly during breakfast, lowers blood cholesterol level. Take some oat grains, wash them and boil them. Then, strain the liquid and have the boiled grains with milk every morning for breakfast. Ready-made packs of oatmeals are also available, for e.g. Quaker's oats. (Ask Sir!!!) Oat grains raise the HDL level (high-density lipoprotein), which prevents heart attacks and

hypertension. **In other words**, the protein content in oats is easily assimilated in ??? and helps neutralize excess cholesterol thus preventing heart attacks. It also controls the sugar level and triglycerides in the blood, thus preventing heart attacks. But do not have too much oats as this may cause flatulence, bloatedness of abdomen and stomach pain. Have it twice or thrice a week. **Ask**

- **Olive oil** – This oil is known for its anti-coagulant property. It retards the stickiness of blood platelets thus preventing blood clots and protecting the arteries.

Olive oil is also high in monounsaturated fats, thus it is an artery protector that lowers bad LDL cholesterol, without reducing good HDL cholesterol. It keeps LDL cholesterol safe from toxic changes that can threaten arteries and promote heart attacks. In fact, it is also proved that olive oil diet has increased the good HDL cholesterol.

Heart patients should have food cooked in olive oil as this prevents artery clogging, heart attacks and heart diseases.

It is also found that two-thirds of a tablespoon of olive oil a day, reduces blood pressure considerably.

- **Onion** – Onions contain certain essential oils that keep the cholesterol level under control and prevent deposition of fat on the arteries, thus keeping the heart healthy and strong. They are anti-coagulant in nature, thus keeping the blood free from clots. Eating raw onion is most effective. All patients with coronary heart disease should consume onions daily. Raw onions help raise good HDL cholesterol level and thin the blood.

Take half a cup of raw onion juice mixed with one teaspoonful of honey and ginger juice; this reduces the cholesterol level as well high blood pressure. Onions can also be taken in salad form daily with meals. Onion therapy works in about 70% of patients suffering from high cholesterol and hypertension.

- **Orange** – Drink orange juice mixed with half a teaspoonful of honey daily, this checks the heart diseases and also lowers blood pressure.
- **Parsley** – This vegetable is rich in vitamins and minerals. It is also rich in ascorbic acid and hence is a good blood cleanser. Parsley lowers blood pressure and helps maintain the blood vessels, particularly the capillaries and arterial system. It may be taken as a beverage by simmering it gently in water for a few minutes and drinking it several times a day. One can also extract the juice from parsley leaves and have it daily.

- **Pomegranate (anar)** – Take a glass of pomegranate juice daily. This will keep high blood pressure under control.
- **Potassium-rich foods** – These are very beneficial for hypertension. Potassium is a powerful medicine for high blood pressure. Adding potassium to your diet can lower the blood pressure and reducing it can raise it. A low potassium diet can be the cause of hypertension. All vegetables, especially green leafy vegetables, butter milk, cottage cheese (paneer), grapes, lemons, lentils, milk, nuts, oranges, raisins, sunflower seeds and whole grains are some of the rich sources of potassium.
- **Potato** – Potatoes that are baked along with their skin in open fire with a little salt reduces fat in the body thus lowering the cholesterol level.
Boiled potatoes are very good for hypertension. Patients with high blood pressure who are advised salt free diet, should have potatoes boiled with their skin, as the skin absorbs very little salt. Potatoes are rich in potassium and magnesium and not in sodium salts, thus being very effective in lowering blood pressure.
- **Red pepper / red chilli** – Consume red pepper in your diet regularly. Seeds of red chillies are also very beneficial for lowering the cholesterol level. Red pepper (lal mirchi) also prevents blood clots since they are anti-coagulant. People eating capsicum chilli peppers regularly in their diet as seasoning and as an appetizer are less vulnerable to blockage of arteries.
Those who have low sugar level in their blood must avoid consuming chillies.
- **Rice** – Rice has a low-fat, low-salt and low-cholesterol content. It is a perfect food for those who have hypertension and who are advised a low-salt diet. Calcium in brown rice soothes and relaxes the nervous system and thus relieves the symptoms of high blood pressure.
Boil rice in water and make it in porridge form – soft and pasty. Add some salt to taste and have it in the morning. This will reduce the fat of the body, thus keeping cholesterol under control. Research indicates that a low-fat diet including fibre from rice bran reduces cholesterol levels by 15%.
- **Safflower oil** – Safflower oil contains the highest linoleic acid content of all edible oils. Studies have showed that this fatty acid has medicinal value and is highly beneficial in lowering serum or blood cholesterol level.

- **Soyabeans** – This is the best food to lower the cholesterol level as it is rich in lecithin. Lecithin, which is a fatty food substance is highly beneficial in case of increase in cholesterol level. It has the ability to break up the cholesterol into small particles, which can easily be handled by the system. Sufficient intake of lecithin prevents the cholesterol from building up against the walls of the arteries and veins.

Soy and soy products can be taken in the form of soy milk, tofu (bean curd) or soyabeans – soaked overnight and cooked the next day and eaten with wheat chappatis. Soy flour is also used for making soy chappatis. All these are highly beneficial for reducing cholesterol level.

Soyabeans are known for their high protein content. Soyabean oil is excellent for frying and is easily digestible and contains no cholesterol. It rejuvenates the endocrine glands.

- **Sunflower seeds** – These are cholesterol lowering food. The seeds contain substantial quantity of linoleic acid, which is the fat or fatty acid that helps in reducing the cholesterol deposits on the walls of arteries. Sunflower seeds can be substituted for some of the solid fats like butter and cream or sunflower oil, which helps to control the blood cholesterol level. (Ask sir about butter and cream??)
- **Sweet - lime (mosambi)** – This fruit is a rich source of vitamins A, B and C and various other minerals and acids. It keeps high blood pressure under control.
- **Tea** – Tea not only lowers blood pressure and cholesterol levels, but also strengthens the capillaries. Herbal tea has anti-oxidant properties. This lowers the risk of heart diseases.
Green tea is excellent for reducing blood pressure and strengthening blood vessels. It also prevents thrombosis or coagulation of blood in the heart.
- **Tomato** – Drink a glass of fresh tomato juice daily. This helps dissolve fat in the body thus preventing thickening of the arteries. Tomatoes can also be taken in salad form daily with meals, this keeps high blood pressure under control. One or two raw tomatoes taken daily, early in the morning, reduces weight, thus keeping the heart free from any ailments.
- **Turmeric (haldi)** – Turmeric, in powder form or in the root form (fresh turmeric), is good for heart as it keeps the cholesterol level under control.

- **Turnip (shalgam)** – Have one boiled turnip once a week as this reduces the cholesterol level in the body. Turnip is also useful in cases of rapid pulse??. (Ask.)
- **Walnut** – Walnuts are also highly beneficial in lowering the blood cholesterol level.
- **Watermelon** – This fruit is excellent for all the diseases of the heart. It is also useful in weight reduction diets as they have high water content with a high satiety value. Its seeds are very beneficial for lowering blood pressure. One can dry and roast the seeds and have them daily after meals. This helps hypertensive patients. One can also extract milky juice from the seeds by grinding them and straining with a muslin cloth. Having this daily, lowers high blood pressure. Another method is, take a few almonds and one teaspoonful of poppy seeds along with one tablespoonful of watermelon seeds and grind them together to extract the juice through a muslin cloth. Mix some honey to this and have it regularly. Frequent and regular use of milk extracted from watermelon seeds also protects the arterial lumen.
- **Vegetable juices** – Raw vegetable juices, especially juice from carrots and spinach is highly beneficial for lowering blood pressure. They may be taken separately or mixed together. If taken together, then take 300 ml of carrot juice mixed with 200 ml of spinach juice.
- **Wheat** – Make chapattis of wheat flour and keep them overnight. The next day morning, take two stale chappatis and break them into small pieces and soak them in milk till they become soft and pasty. Have this as breakfast. This will keep high blood pressure under control.
- **What to avoid by heart patients** – Heart patients should avoid taking any aerated drinks, alcohol, almonds, animal fats, bananas, broccoli, butter, cakes, cauliflower, cheese, chocolates, coconut and coconut oil, colas, cream, custard apples, dairy products, dried fruits and nuts, eggs (have only two in a week), fatty food, fatty meat (where fat is visible on the meat), food cooked in fats like coconut oil, butter, ghee or lard, fried food, ghee, groundnuts, ice-cream, hard water, honey, hydrogenated fat, jaggery, jam, lard, oil capsules, organ meats like liver, kidney and brain, pastries, potatoes, preservatives, processed food, puddings, raisins, refined flour, rice, roots and tubers, sapotas, shrimp, spinach, soft drinks, sugar, sweets, whole milk or milk containing high fat,-----

- **People with hypertension should follow a low sodium diet for which they must avoid the following –**

Avoid ajinomoto (used in Chinese cooking), all foods in which baking soda, baking powder or salt is used, artificial sweetener, biscuits, bread and bread rolls, brioche, cakes, canned fruits (pineapple, peaches, fruit cocktails, etc), canned vegetables (sarson, sweetcorn, asparagus, etc), cheese, chivda, chocolate milk, chutneys, commercial foods made of milk, condensed milk, croissants, dried fruits, gelatin desserts like jelly, ice-cream, margarine, milk shakes, papads, pastries, pickles, pizzas, popcorn, potato chips, processed food, raisins, relishes, salt in cooking or putting extra salt on table, salted butter, salted dry fish, salted meat, salted nuts, sea fish, seasonings of any kind including sauces like chilli sauce, oyster sauce, soy sauce, tomato sauce, etc. and wafers.

Carefully read labels of all prepared foods. Look not only for salt but also for bicarbonates of soda (baking soda), baking powder, MSG, sodium compounds such as sodium benzoate, sodium citrate, etc.

Use unsalted butter or white butter prepared at home instead of regular butter. Vinegar, lime, pepper or tamarind may be used as seasonings to make the food taste better.

Avoid use of self-raising flour in any preparations.

Avoid soft-drinks and aerated drinks, avoid prepared beverages like kala-khatta, squashes, etc., avoid fruit flavored powders like Tang, Rasna, etc.

Avoid eating snack-foods like bhel, burgers, chana-bhatura, dahi-vada, medu-vada, pani-puri, ragda-pattice, samosas,

Vegetables like beetroot, carrots, spinach and white turnip (shalgam) contain a good amount of sodium and hence should be totally avoided in a severely sodium restricted diet.

Natural sodium content of animal food is high and hence cheese, chicken, eggs, fish, meat, milk and paneer should be taken in restricted amounts. Organ meats like brain, kidney and liver should be avoided completely since they contain more sodium than muscle meat.

Shellfish like crab, lobster, oyster and shrimp are also high in sodium.

Salt-water fish contain no more sodium than fresh-water fish.

Avoid medicines, laxatives and salt substitutes unless prescribed by a physician.

Foods low in sodium are – cereals, cream, fruits, most of the vegetables except leafy vegetables, margarine, oil, sugar and unsalted butter.

- **Exercise and salt restriction** – To keep a check on high blood pressure, cholesterol level and to maintain a healthy heart, regular exercise, yoga, walking or swimming is a must. Diet should be salt restricted.

MOUTH AND TEETH

- **Almond** – Take the shells of almond and burn them and powder them. Use this as tooth powder. This will prevent the teeth from turning yellow and will also cure toothache. (ask sir, where are almond shells available??)
- **Alum (phitkari / phatakdi)** – For sore tongue or stomatitis, alum is very useful. Fry some alum in a frying pan till it gets dehydrated and swollen. The colour will change to whitish. Then powder this and mix it with honey and apply in the mouth over affected areas. The soreness will get healed.
- **Amaranth (chaulai)** – This vegetable is useful in bleeding of the gums. Extract one cup of juice of this leafy vegetable and mix one teaspoonful of lemon juice in it and have it every night till the bleeding stops.
- **Apple** – Apples are rich in vitamin C and thus helps keep the bones and teeth strong (ask sir to elaborate - explain how vit C is good for teeth??).

Apples are known to clean the teeth and help treat tooth infections. Juice of the apple helps clean the teeth and chewing on an apple pushes back the gums so that the borders are cleared of deposits.

Apples are considered to be anti-scorbutic and regular intake of apples keeps the teeth healthy. Ask

Apples contain saliva stimulating property and hence is good for those suffering from ulcers. (mouth ulcers?? Ask - pg 158 - A

treatise on Home remedies).

- **Asafoetida (hing)** – If there is a cavity in the tooth, warm a small part of hing and fill it in the cavity of the tooth. The toothache will subside temporarily.
One can also mix a few drops of lemon juice with hing and heat it slightly. Then fill the cavity with this mixture. The toothache will subside soon. However, a dentist must be visited. Ask
One can also mix and heat half teaspoonful of hing with two teaspoonfuls of lemon juice. Then, soak a small piece of cotton in this mixture and place it in the cavity of the tooth. Toothache will subside.
- **Banana** – Dried bananas should be taken regularly to treat scurvy.
- **Bishop's weed (ajwain)** – Take equal quantities of ajwain seeds and turmeric powder in a glass of water and boil it. Add a piece of alum (phitkari / phatakdi) it and wait for one minute. Now strain the water. Wait for a few minutes till the water is less hot and then take a sip of this and keep it in your mouth for sometime touching your teeth and gums with it and then spit it out. Repeat this four to five times. The toothache will stop.
- **Black pepper** – Take some almonds, soak them and peel its skin. Take equal amount of black pepper and grind the almonds and black pepper together. Add some powdered sugar in it and lick this mixture twice a day. This will help treat stammering.
To treat dental caries and toothaches, the decoction of black pepper corns should be used as a gargle or massaged thoroughly onto the teeth and gums. One can also directly chew some black pepper corns to treat toothaches.
- **Brinjal** – Brinjal juice is an effective remedy for toothache. Drink this daily till the toothache is cured.
- **Cabbage** – Cabbage is therapeutically effective in conditions such as pyorrhoea. Drink raw cabbage juice daily to cure pyorrhoea or have it as salad.
Applying cabbage paste over scurvy is very effective. ask
- **Camphor (kapoor)** – Camphor oil should be applied on painful tooth to gain relief from toothaches. This also helps in conditions where the teeth are degenerating.
- **Carrot** – Due to calcium deficiency during childhood, many children's lower jaws are underdeveloped. Thus, it is beneficial if the child eats one raw carrot daily. This will straighten out the lower jaw within one year. The carrot should be chewed daily for the lower jaw to develop.

- **Castor** – The stems of castor plant may be used as toothbrushes. They strengthen the gums and also cure **spongy gums and gum boils**.
- **Cauliflower** – The green leaves around the head of a cauliflower contain very high calcium. Have these leaves as salad or cook them as vegetable. This will make the gums and teeth strong.
- **Celery seeds (ajmud)** – Powder some celery seeds. Place it on the site of toothache. Rub it gently over teeth and gums. The toothache will stop.
- **Cinnamon** – Put a piece of cinnamon stick in your mouth and chew it thoroughly before swallowing it. This will help treat stammering. For bad breath, boil one teaspoonful of cinnamon sticks in one cup of water and then cool. Use it as a mouthwash. Do this as often as possible. This will cure halitosis. If the tongue has lost its sense of taste, then take some finely powdered cinnamon, mix it with some honey and rub this mixture on the tongue and keep it there for some time, this will bring back the sense of taste.
- **Clove (laung / lavang)** – This popular spice has pain killing property and is highly beneficial in treating toothache. It helps reduce infection since it also possesses antiseptic property. Take two cups of hot water and place three cloves in it. Leave it for thirty minutes and then strain. Use this as mouthwash and gargle twice a day with this water. This will cure halitosis (bad breath). To gain relief from dental caries, toothache and painful gums, place warm clove oil (soaked in a small piece of cotton) or a crushed clove or clove paste on the affected tooth or gums. The pain will subside. Cloves act as a preventive for paralysis of the tongue. Cloves also help in inflammation of the gums and loosening of the teeth. For any teeth and gum ailments, powder some roasted cloves and mix it in one cup of warm water and gargle frequently.
- **Coconut (nariyal)** – Mix some coconut milk with honey and massage the gums 3 – 4 times a day. Gargle with freshly extracted coconut milk as often as possible. This will heal mouth ulcers.
- **Coriander leaves (kothmir)** – To treat mouth ulcers, take sips of kothmir juice and hold the juice in the mouth for some time. This helps treat mouth ulcers.

- **Coriander seeds (dhania)** – Dhania is good for mouth ulcers. Boil one teaspoonful of coriander seeds in two cups of water till the water is reduced to one cup. Add some sugar to taste and drink it when it is lukewarm. Do this 3 – 4 times a day. This will give relief to mouth ulcers and will also stop bad breath.
- **Fennel seeds (saunf)** – Boil some fennel seeds in one cup of water and strain. Mix one tablespoonful of milk in it. Give this to the baby who is teething three times a day. This will not only prevent indigestion and dysentery, but will also ease the pain of the child during teething period.
- **Fenugreek leaves (methi)** – Make an infusion of methi leaves and gargle with it 4 – 5 times a day. Do this for a few days. The mouth sores and ulcers will get healed.
- **Fenugreek seeds (methi)** – Boil some methi seeds in milk, cool and strain. Mix some sugar candy (**khadi sakhar**) in it and have it. Bleeding from gums **ask** and any other part of the body will stop. For halitosis, have tea made from methi seeds. Tea is made by boiling one teaspoonful of methi seeds in one cup of water. Strain and cool. Drink this 3 – 4 times a day. This will stop bad breath. For mouth ulcers, soak and grind the seeds into a paste and apply this paste on the ulcer. This will give relief to mouth ulcers.
- **Fig (anjeer)** – A decoction of dried figs is an excellent mouthwash for aphthous complaints of the mouth.
- **Garlic** – Crush a garlic and place it over the tooth that is hurting. The toothache will soon disappear since garlic is a good pain-killer, anti-inflammatory and anti-bacterial agent.
- **Ghee** – Take some ghee in the mouth at night before sleeping and keep it in the mouth. The next morning wash the mouth. Repeat this for 4 – 5 days. All the problems of the mouth will be solved such as bad breath, sores in the mouth, bleeding gums or any other gum disorders, etc.
- **Ginger** – Take five gms of dried ginger powder with some water and keep it in your mouth for some time. This will treat bleeding gums and many other gum problems. Paste made from dried ginger powder and water applied on the cheeks will give relief to toothache. Ginger also acts as a strengthening agent for loose teeth and is a sure cure for toothache. Ginger paste mixed with some salt and applied on the gums will

help toothache and inflammation of the gums to subside.

Raw ginger is used as a breath sweetener.

- **Guava** – Due to high vitamin C content, guava is good to treat bleeding gums. Have guava juice or eat a guava regularly till the gums stop bleeding.
- **Honey** – This makes teething easy for babies. Apply honey on the gums of teething babies twice a day. This will help the babies in teething.

Mix two teaspoonfuls of honey in one glass of warm water and gargle with it as often as possible. This will help treat stomatitis, sore tongue and mouth ulcers.

To treat ulcers at the angle of the lips, take 20 gms of borax powder mixed with 150 gms of honey and 10 gms of glycerine. This mixture should be applied locally over the ulcers 2 – 3 times a day. Maintain proper oral hygiene for speedy treatment of the ulcers.

- **Indian mustard seeds (rai)** – Boil the seeds and make a soft paste. Apply this over the tooth that is painful. This will give relief to toothache.
- **Lemon** – Lemon juice – taken in the dosage of 10 ml, strengthens the gums and treats spongy and bleeding gums, it also treats ulcers in the mouth, pyorrhoea, halitosis and many other oral problems. It also checks bleeding occurring from any part of the body. If the gums are bleeding, one can also place a few lemon drops on the site of bleeding and the bleeding will stop immediately.
Rubbing the teeth with a piece of lemon and some salt will make them sparkle.
- **Lime** – Lime is highly beneficial in treating inflammation of gums, pyorrhoea and dental caries. Mix the juice of one whole lime in one glass of warm water with one teaspoonful of honey. Have this twice daily. This will arrest the growth of dental caries and will treat pyorrhoea and inflammation of the gums.
- **Mango** – Ripe mangoes are considered to be anti-scorbutic. Therefore, regular intake of ripe mangoes during the season is highly beneficial in treating scurvy.
Slices of unripe mango, dried in sun are also effective in treating scurvy.
- **Margosa (neem - bitter)** – Rub neem powder or paste of neem leaves over the gums and keep it there for some time. Then, rinse

your mouth. Do this 2 – 3 times a day. This will cure pyorrhea (discharge of pus from the root of teeth and gums).

Neem twig is also good for cleaning the teeth. It prevents gum diseases and firms the loose teeth, relieves toothache, treats halitosis and protects the mouth from various other infections.

- **Mint (pudina)** – Powder of dried mint leaves mixed with some salt makes an excellent toothpowder. Using this regularly will help in many dental ailments.

Mint oil makes an excellent mouthwash.

Prepare an infusion of mint leaves and have it in the dosage of 1 – 2 teaspoonfuls three times a day. This will help treat tastelessness of the mouth.

- **Onion** – Onion also contain the same properties as garlic and thus is effective in curing toothache. Take a small piece of onion and place it over the affected tooth. Keep it there for some time. The toothache will subside.

To treat scurvy, have 20 ml of fresh onion juice mixed with a pinch of salt, twice a day.

Chewing of onions is highly beneficial in treating and preventing plaque.

- **Orange** – Due to high vitamin C content, oranges are good in treating pyorrhoea, dental caries and other diseases of the teeth. Drink lots of orange juice regularly to cure pyorrhoea and dental caries.

Oranges are a rich source of vitamins A and C and people suffering from scurvy must have them daily.

- **Salt** – Mix some salt with mustard oil and apply this over the gums with your finger. Keep it in the mouth for half hour and then spit. Do this 2 – 3 times a week for a few months. This will make the gums strong, cure pyorrhoea, heal the pain of swollen gums and regular use will also stop bad breath.

- **Sesame oil (til ka tel)** – To treat loosening of teeth and other speech defects, gargle with til oil for a few days.

- **Small cardamom (choti elaichi)** – For halitosis or bad breath, make an infusion of one teaspoonful each of cardamom powder, cinnamon powder and bay leaves in one cup of water and drink it. This will stop bad breath.

Chew one or two small cardamoms and keep them in site of toothache. This will help the toothache to subside and will also act as a breath freshener.

Make a decoction of powdered cardamom seeds and some mint leaves. Strain this and drink it. This will help if the tongue has lost its sense of taste.

- **Strawberry** – Strawberry juice is a rich source of iron and if taken regularly, helps clean discolored teeth.
- **Sugar** – To prepare an abrasive scrub at home, lather the face with a mild soap, then take some sugar and scrub the face with it for a few minutes. Thereafter, rinse the face with water and apply lemon juice on the face. Leave it on for 15 minutes and wash it off. This will thoroughly clean the face and is very refreshing and stimulating.
- **Sweet - lime (mosambi)** – Gargle the mouth with some warm water thoroughly and frequently. After gargling, have sweet-lime juice mixed with some warm water. Do this at least 3 – 4 times a day. This will help cure mouth ulcers and will also help those with bad breath. Having one glass of mosambi juice twice a day, daily, is effective in treating scurvy.
- **Tamarind (imli)** – Soak some tamarind in water for a few hours and have this infusion twice a day. This makes a refreshing drink and cures **tastelessness of the mouth**.ask
Tamarind or imli contains vitamin C, iron and other minerals. It is a rejuvenating tonic and prevents and cures scurvy.
- **Turmeric (haldi)** – Take half teaspoonful of turmeric powder and mix it in one cup of warm milk. Add sugar to taste. Drink this twice a day. This will heal soreness of mouth and tongue.
- **Turnip (shalgam)** – Turnips are a rich source of vitamins A, B and C and are very beneficial in conditions like stammering.
- **Wood apple** – Mix the pulp of the fruit with some jaggery and put it in your mouth near the mouth ulcer for some time and then eat it. Do this 2 – 3 times a day. This will heal the mouth ulcers.

Note: Mouth ulcers are many times caused due to constipation. So a cure for constipation is essential. **Regular bowel movement will prevent mouth ulcers.**

Neem or other herbal toothpastes are useful for dental ailments and other ailments of the mouth.

MIND

- **Almond** – This nut is very beneficial in treating poor memory and in treatment of loss of memory due to weakness of the brain. It has properties that remove brain debility and strengthen the brain. It cures various disorders of the nervous system.

Soak about 5 – 7 almonds in some water overnight and then remove the skin in the morning. Then make a fine paste of these almonds and mix it with some sandalwood and have it.

You can also soak the almonds for about two hours and then remove the skin and then grind these almonds. Add these to one glass of milk with one teaspoonful of honey and have it. This makes a very nutritious drink.

Inhaling a few drops of almond oil through the nose is also very useful to improve dull memory due to weakness of brain.

Soak seven almonds in some water overnight and then remove the skin in the morning. Eat these with one teaspoonful of honey in the morning on an empty stomach. This is excellent for the brain, nervous system and for weak memory. Almonds are also very beneficial in treating hysteria. Soak about 5 – 7 almonds in some water overnight and then remove the skin in the morning. Then make a fine paste of these almonds and mix it with some sugar. This should be given daily to the hysterical person as it will improve his mental state.

- **Apple** – This is a memory enhancing fruit and is known as the brain food that is useful in treating dull or weak memory. It has certain chemical substances that help control the wear and tear of nerve cells. It is rich in trace mineral - boron that helps to enhance memory, stimulates the brain and increases brain activity.

Have an apple daily with two teaspoonfuls of honey and one cup of milk. This treats weak memory, improves concentration, recharges the nerves with new energy and life and elevates mood in depression. Apple is considered an anti-depressant food and can help overcome mental depression.

- **Asafoetida (hing)** – This is a resinous gum that helps regenerate the brain and strengthen the nervous system thus increasing the memory. It is called the ‘mind tonic’ and is used in powder form. Dissolve one and half teaspoonful of this powder in two cups of boiling water and cool it. Then have this in sips while working. This will sharpen the memory and increase mental alertness. Hing is also good for hysteria-affected people. Fry some hing in a little pure ghee and mix half a teaspoonful of this hing in a glass of warm water and give it to the person affected with hysteria for about one and a half months. This will help the person.
- **Asparagus root** – This vegetable has multipurpose therapeutic properties. The root of asparagus is an anti-depressant food and helps to elevate mood of a depressed person. It makes an effective medicine for the treatment of depression and other mental disorders. It is also a good tonic for nerves and brain. Take one to two grams of powder of dry root of this plant once a day.
- **Betel leaf (pan)** – To treat hysteria, extract 10 – 15 ml of juice of fresh betel leaves and mix it in one cup of milk. Drink this **twice or thrice a day** to treat hysteria.
- **Black pepper** – This is known as the ‘King of spices’ and is a pungent, aromatic, stimulant and digestive tonic. This helps to enhance memory and increase mental alertness. Take a pinch of finely ground pepper with some honey twice a day. This will improve memory. Grind black pepper and mix some sugar candy (**khadi sakhar**) in it. Then mix some butter in it and have one teaspoonful of this mixture daily in the morning for one month. This will help one to overcome mental fatigue and weariness. Decoction of black pepper corns, consumed from time to time, has proved highly beneficial in treating nervous disorders.
- **Black raisins (dried grapes)** – Daily intake of these raisins is highly beneficial in treating mental disorders such as epilepsy and **intoxication**.
- **Cabbage** – This vegetable helps fight Alzheimer’s disease and improve weak memory. It also helps in dejection, weariness, listlessness and depression.
- **Camphor (kapoor)** – In conditions of delirium, apply liniment of camphor to feet and calves and do hot water fomentation **on feet and**

calves??.(pg 145 – A treatise on home remedies.) This is highly effective.

- **Cashew-nut** – This is a very useful nut for general depression and nervous weakness and helps to elevate mood. It stimulates the appetite and nervous system and keeps the body active, cheerful and energetic.
- **Cinnamon** – Every night, take half a teaspoonful of honey mixed with a pinch or two of powdered cinnamon. This improves memory.
- **Clove (laung / lavang)** - Powder a few cloves (lavang) and mustard seeds (rai). Take the mixture with little milk or water once a day before breakfast. This helps increase concentration and enhances memory to prepare for examination.
- **Coriander seeds (dhania)** – Boil the dehusked seeds (dhania) in two glasses of milk and four glasses of water till it is reduced to half. Divide this into two halves and have one portion in the morning and one in the evening. This is effective in conditions such as fainting and loss of memory.
- **Cumin seeds (jeera)** – This spice is known to be the brain food and it enhances memory.
Take three grams of powdered black cumin seeds mixed with a little honey and lick it for a few weeks. This will improve weak memory.
- **Date (khajoor)** – Dates make an excellent remedy for failing or weak memory. Consume 4 – 5 dates daily.
- **Fenugreek seeds (methi)** – Decoction of methi seeds taken regularly helps in treating nervous debility and disorders.
- **Garlic** – Peel five to six cloves of garlic and soak them in warm milk for three hours. Have these twice a day. This will help in treating hysteria.
Garlic also elevates one's mood. It gives one a feeling of well-being. Those who ate garlic regularly, experienced less fatigue, anxiety, sensitivity, agitation and irritability. The power of garlic as mood elevator can be attributed to its richness in selenium and its anti-oxidant property.
Crush a few cloves of garlic and boil them in a glass of milk and drink this mixture regularly. It is good for treating epilepsy, hysteria and other nervous disorders.
- **Ghee** – Pure ghee is highly beneficial in treatment of hysteria. It can be taken with rice or chapattis. One teaspoonful of pure cow ghee

mixed in a glass of warm milk and had at bedtime will help the person suffering from hysteria.

Cow's milk should be used for deep inhalation to treat epilepsy.

- **Green vegetables** – These are highly beneficial in elevating one's mood. If a person is suffering from depression, there are fair chances that he may not be taking sufficient greens like spinach, fenugreek, other green leafy vegetables and green beans in his diet. It is proved that folic acid or folate deficiency, which is widespread, especially among women, can lead to psychiatric disorders, mainly depression. It can also cause sleeplessness, forgetfulness and irritability. However, folic acid is needed in very small amounts to fight depression. Besides green leafy vegetables, folic acid also found in whole grain cereals, legumes and nuts.
- **Honey** – Honey is one of the best remedies for physical and mental stress. Whenever a person is tired or depressed, he must take two teaspoonful of honey in warm water. It will help him to overcome his depression. Honey gives instant energy and makes a person feel active and stimulated.
- **Indian gooseberry (amla)** – This is excellent for poor memory. Have this in the form of murabba, pickles or dried form or the fresh raw fruit itself. Amla juice is also very effective.
Drink half a cup of fresh amla juice mixed with one teaspoonful of honey and one teaspoonful of lemon juice early in the morning on an empty stomach. This will help one to relax and be free from anxiety. [ask](#)
- **Indian mustard seeds (rai)** – Powder some mustard seeds and smell them through the nostrils whenever there is an attack of epilepsy. This will bring some relief.
- **Indian pennywort (brahmi)** – Brahmi leaves are known to enhance and strengthen the memory. They improve the retentive and receptive capacity of the mind.
Take half a teaspoonful of powdered brahmi leaves in a glass of milk. This is a good remedy for dull memory and mental weakness.
Another method to use brahmi is to dry the leaves in shade and then grind them with some water, seven kernels of almond and one whole black pepper. Then strain this mixture and some honey to it. Take this mixture daily in the morning on an empty stomach for a fortnight. This will improve memory and increase concentration.

- **Long pepper (lindi peepar)** – This popular herb is highly beneficial in treating nervous system disorders like convulsions, epilepsy, hysteria and insomnia. Prepare powder of peepar. Take this daily in small doses (about three to five **decigrams**) mixed with honey.
- **Nutmeg (jaiphal)** – It is said that a rosary made from 21 seeds of nutmeg placed around the neck of the patient will keep epilepsy away. **(ask)**
- **Onion** – Fresh crushed onions or fresh onion juice should be inhaled **(as a smelling salt)** for fainting, fits, giddiness, hysteria and shock.
- **Phosphorus rich fruits** – All fruits rich in phosphorus are known to sharpen the memory. Phosphorus-rich fruits such as oranges, grapes, apples, figs, dates, almonds and walnuts invigorate the brain cells and tissues and are also beneficial in the treatment of loss of memory due to weakness of the brain.
- **Pomegranate (anar)** – Anar juice mixed with one teaspoonful of honey is known to be an age-old remedy for loss of memory.
- **Poppy seeds (khus khus)** – Prepare a decoction of poppy seeds. Have 20 – 25 ml of this decoction twice a day. This is beneficial in all **nervous disorders**. **(in this chapter??)**
- **Prune (dried plum)** - Taking three to four prunes (dried plums) daily in the morning for a few days helps improve memory.
- **Red pepper (chilli)** – This is good for treating depression and is considered to be mood elevating. The hot substance contained in it, can induce in the brain a rush of endorphins that can temporarily elevate mood and also give thrill to a person temporarily.
- **Rosemary** – This is a sweet and scented evergreen plant that is regarded as the herb for remembrance. It strengthens the memory and helps in conditions like mental fatigue and forgetfulness. It helps one to think clearly and sharpens the memory.
Tea made from this herb is highly beneficial and refreshing for all, especially for students. It makes one mentally agile.
It is also said inhaling the vapors of crushed leaves of rosemary clears and refreshes the mind.
- **Saffron (kesar)** – Saffron is very useful in treating schizophrenia. Two to four strings of saffron should be added to boiling milk. Cool the milk and then give it to the patient daily in the morning.
- **Sandalwood (Chandan)** – To reduce stress and relax oneself, inhale the fragrant fumes of sandalwood or take a bath using sandalwood bath oil and soap.

- **Selenium-rich foods** – Foods rich in trace mineral selenium can improve moods. People who have deficiency in selenium suffer from depression, anxiety and tiredness. Vegetarian sources of selenium are – onions, garlic, tomatoes and milk. Selenium elevates mood or does away with depression due to its anti-oxidant power.
- **Small cardamom (choti elaichi)** – This spice is a mood elevating food. A decoction is prepared by boiling the powdered cardamom seeds in water and then adding some honey to it after it cools. Drinking this decoction and enjoying its pleasant aroma helps to elevate the mood in a depressed person.
Adding powdered cardamom (elaichi) seeds in boiling water during the preparation of tea **helps improve memory.**
- **Sweet - lime (mosambi)** – Take sweet lime juice frequently when there is dizziness.
It is good for mentally ill patients.
Sweetlime juice mixed with whey is an excellent drink to cool the nervous system and brain.
It also makes a good sedative.
- **Vitamin B-rich foods** – Vitamin B deficiency is also associated with depression. Having enough of vitamin B-rich foods can help fight depression. Sources of vitamin B are whole grains, pulses, green vegetables and dry fruits.
- **Walnut** – This dry fruit is since long known to be highly beneficial in failing memory due to weakness of the brain. If taken with figs and raisins, its value increases. If consumed by itself, then take about 15 – 20 pieces daily. This will increase brain activity and strengthen the memory.
- **Zinc, iron and boron rich foods** – Deficiencies of zinc, iron and boron can be responsible to some extent for lack of concentration, so follow a diet that is rich in these minerals.
- Increase the intake of carrots, cow's milk, egg yolk, nuts, pulses, radish, soybean oil, sunflower oil and whole-grain cereals. Avoid taking too much of spices and bitter things.
- Get enough sleep. A good sleep of about 7 – 8 hours improves memory.

SLEEP

- **Aniseed** – This herb belongs to the celery or ajwain family. This is a calming and sedative food. Prepare tea from aniseed by boiling about 2 – 3 glasses of water with one teaspoonful of aniseed. When boiling the water and even after boiling, keep the vessel covered. Do not boil for too long as aniseed will lose its digestive properties and essential oils if boiled for too long. Drink this water hot or warm. Honey may be added to sweeten it. Milk may also be added to this tea if so desired. This calms the nerves and induces sleep. This tea should be had before going to bed or after meals.
- **Apple** – Take an apple daily for one month. This will help treat insomnia.
- **Asafoetida (hing)** – Hing has some sedative properties. Mix half a teaspoonful of hing in a glass of warm water and drink it at night before going to bed. This may induce sleep.[ask](#)
- **Bottle gourd (lauki)** – This vegetable is a relaxing and sedative food. It gives one a feeling of relaxation and calmness after eating it. Apply a mixture of bottle gourd oil and sesame oil on the scalp before going to bed. This induces sleep.
Cooked leaves of bottle gourd, taken as vegetable also makes a calming and sedative food. They can cure insomnia. Bottle gourd juice is also very cooling and relaxing.
- **Celery leaves** – This vegetable is also considered to be a calming and sedative food. It can help in sleeplessness. One cup of juice of celery leaves mixed with one teaspoonful of honey should be taken at

night before sleeping. It will help one to relax and induce a soothing and sound sleep.

Celery seeds also have calming and soothing properties. The essential oil contained in the seeds regulates the nervous system and has a calming effect.

- **Cinnamon** – Cinnamon is known to have sedative properties. Boil half a teaspoonful of cinnamon powder in one cup of water for five minutes. Then strain and sweeten with one teaspoonful of honey. Drink this daily at bedtime. It will help in sleeplessness.
- **Coriander seeds (dhania)** – These seeds when taken at night induce sleep. Take about 100 gms of ground or powdered dhania seeds and soak it in a cup of water from morning till night. Then at night, just before going to bed, strain this water and drink it. But have this at least one hour after dinner. This will bring sound sleep.
- **Cumin seeds (jira)** – These have a soothing effect on the nervous system and can cure insomnia. Take one teaspoonful of roasted cumin seeds powder and mix it with one ripe mashed banana. Have this just before going to bed. It will help cure insomnia. Do this regularly.
- **Dill (sowa bhaji) - green leafy vegetable** – This is a calming and a soothing herb. The ancient Greeks used to put leaves of this plant in their caps or would cover their heads with these leaves. This would induce sleep. The Hindu physicians of ancient India also kept a bunch of dill leaves near their pillow while going to bed as this would induce sound sleep. The Indian name – ‘sowa’ is derived from the hindi word – ‘soya’ meaning ‘slept’.
The fresh green dill plant is used as flavoring for soups, sauces and other culinary purposes. They can also be added in salads.
The seeds are used as a substitute for caraway seeds, as flavoring in curry powder and medicinally as a source of dill-water.
- **Grapefruit** – Drink one glass of grapefruit juice with one teaspoonful of sugar before going to bed. This will induce sound sleep.
- **Honey** – This is very effective as calming and sedative food. It has sleep inducing power and tranquilizing properties, it helps in insomnia. Two teaspoonful of honey should be taken with a glass of warm water or warm milk before going to bed. However, do not give this to infants below one year of age, as there is danger of poisoning due to botulinus bacteria.

One can also mix one teaspoonful of honey and one teaspoonful of lemon juice in a glass of warm water and drink it before going to bed at night. This will provide sound sleep.

- **Indian gooseberry (amla)** – Drink one cup of amla juice at night before going to bed. This induces sleep.
- **Indian Hemp (bhang)** – The leaves of the hemp plant have a calming effect and are a sedative food. Indian hemp is used as an intoxicant in Asian and African nations since time immemorial. It has narcotic and anodyne properties. The leaves of hemp reduces excitement, pain and irritation. It induces deep and sound sleep. *Charas* is an active ingredient of hemp.
- **Lettuce** – This is a salad plant and is highly calming. It is a sedative food and induces sleep. It contains a substance called 'lectucarium, which is sleep inducing. The juice of this plant is linked to the sedative action of opium but without the excitement. Therefore, liberal intake of this juice is highly effective in insomnia. One can even have the seeds of lettuce in the form of decoction.
- **Long pepper (lindi peepar)** – This popular herb is a calming and sedative food. It is highly beneficial in treating nervous system disorders like convulsions, epilepsy, hysteria and insomnia. It should be taken daily in small doses mixed with honey.
- **Milk** – Milk is always known to have calming and soothing properties. It also acts as a sedative. Milk contains certain substances that relaxes the nervous system and induces sleep. Thus, it cures insomnia. A warm glass of milk mixed with one or two teaspoonful of honey is an effective remedy to induce sleep. This should be taken at night before going to bed. It acts as a tonic and a tranquilizer. One can also massage the soles of feet with warm milk. This also induces sleep.
- **Nutmeg (jaiphal)** – This popular spice has sedative properties. It has a calming effect and cures sleeplessness. Take 2 – 3 pinches of powdered nutmeg with one cup of fresh amla juice or with one cup of warm milk. This is an effective remedy for sleeplessness, mental irritability and depression.
Nutmeg powder can also be mixed with some honey and given to infants to induce sleep. But this should not be done regularly and it should also be given under medical advice.
Take some powder of nutmeg and prepare a paste with ghee. Apply this paste over the eyelids before going to bed. This will

induce sound sleep.

- **Oats** – This cereal is known to induce sleep and is a good tranquilizer. It has calming and sedative properties. A tea made from oats is an effective remedy for insomnia and also for those suffering from nervous exhaustion. But do not have too much oats as this may cause flatulence, bloatedness of abdomen and stomach pain.
- **Onions** – Eating raw onions at dinnertime ensures sound sleep.
- **Peppermint** – This is a herb and has a calming effect on the body. It helps treat insomnia. (How to take it??)
- **Poppy seeds (khus khus)** – These are highly valuable as a sedative and have a calming effect. It helps conditions like sleeplessness or insomnia. Take about two tablespoonful of milk extracted from poppy seeds with honey. This induces sleep.
One can also consume a teaspoonful of poppy seed oil before going to bed. This also helps in treating insomnia.
Another method is to ground some poppy seeds with some water and prepare a paste. Have this paste in the dosage of 3 gm – twice a day, to treat insomnia.
- **Pumpkin (petha)** – This is an excellent brain tonic – it enhances memory and is effective in treating all kinds of **psychological and psychiatric** disorders.
- **Sweetlime (mosambi)** – Eat one sweetlime at night. This makes a good sedative.
- **Thiamine-rich foods** – Thiamine or vitamin B1 is very effective as a calming and sedative substance. It not only induces sleep, but is highly valuable for keeping the nerves strong and healthy. Deficiency of thiamine will cause sleeplessness and restlessness. Some of the rich sources of thiamine are whole grain cereals, pulses, legumes, nuts, milk and brown rice.

HEAD

- **Apple** – Take an apple daily for one month. This will help treat insomnia and weakness of brain.
- **Beans** – All kinds of beans are good for improving the function of the brain.
- **Beet – root / Sugar beet** – Beet-root has tumour inhibiting properties. Juice of red beet is highly beneficial in treating and preventing brain tumours. One can also have raw beet or boiled beet daily with meals as salad.
- **Black Pepper** – Make a paste of black pepper and apply it in the eye opposite to the area of pain on the forehead. This will give relief to one sided headache or hemicrania.
- **Cabbage** – Have one cup of raw cabbage juice or eat raw cabbage daily as salad, this will cure afternoon headaches. You can also have it in cooked form.
- **Camphor (kapoor)** – To treat apoplexy (Apoplexy comes under this chapter of head or generalities??) apply the liniment of camphor on feet and calves and do hot water fomentation on feet and calves??. (even for brain infarct we should apply this on feet and calves??)
- **Carrot** – Boil one or two fresh carrots and extract the juice. Put a few drops in the nostrils, repeat this twice after a gap of fifteen minutes. This will give cure the headache.
- **Castor oil** – Warm some oil and apply it on the scalp and head. This gives relief to headache and also has a cooling effect.
- **Cinnamon** – Powder the cinnamon sticks and add some water to it to make a fine paste. Apply this paste on the forehead and temples to gain relief from headache, especially headache caused by exposure to cold air.

- **Clove (laung / lavang)** – Make a smooth paste of cloves with some water and salt and apply it over the temples and forehead. This will cure the headache. Instead of water, one can also use some milk to make the paste.
You can also make a paste of cloves and dried ginger powder with some water and apply it on your nose and forehead. This will give relief to heaviness of the head due to cold and cough.
- **Coriander leaves (kothmir)** – Crush the kothmir with some water and apply it all over the forehead. This brings relief to headaches.
- **Corn** – Yellow corn being rich in phosphorus makes an excellent food for the brain and the nervous system.
- **Drumstick** – To treat headache, powder of the seeds is inhaled through the nostrils.
- **Fenugreek leaves (methi)** – Take two teaspoonful of fresh juice of methi leaves mixed with one teaspoonful of honey daily. This cures headache and insomnia.
To prevent brain tumours, cook methi leaves in coconut milk and take it 2 – 3 times a day.
- **Fibre** – Increase the fibre content in your diet. Have millets and nuts, wheat and pulses and other fibre rich foods.
- **Fruits** – All fruits and fruit juices, especially apricots, bananas, cherries, grapes, lemons, papaya, peaches and pineapple are very good for the brain.
- **Garlic** – Garlic is said to kill those bacteria that are responsible for encephalitis. Regular intake of 3 – 4 cloves of raw garlic is highly beneficial for-----add something.
- **Ginger** – Take some dried ginger powder and make a paste with some water. Apply it on the forehead and temples and leave it on for half an hour to one hour. There may be slight burning sensation. If it is unbearable, then leave it on for fifteen minutes and then repeat again after some time. This will cure hemicrania and any other type of headache as well.
- **Henna (mehendi)** – Apply some paste on the scalp and head made from leaves of henna or tender flowers of henna. This gives relief to headache.
- **Indian gooseberry (amla)** – Take fresh fruits of amla and grind them into a paste. Apply this paste on the forehead. This will reduce heaviness of the head and will also cure the headache.

- **Large cardamom (badi elaichi)** – Take the husks and grind them to a powder. Mix some water to the powder and apply this paste on the forehead. This will give relief to the headache.
- **Mint (pudina)** – Boil some mint leaves in a big glass of water till the water is reduced to half. Add one teaspoonful of sugar to the water and let it cool. Then strain this liquid and drink it. If headache persists, then repeat this. The headache or migraine will disappear. You can also extract the juice of some mint leaves and apply it on the forehead. Crushed mint leaves can also be applied. This will give relief to the headache.
- **Mustard oil (sarson ka tel)** – Put a few drops of this oil in the nostril of that side of your head which is painful. Continue this for a few days and hemicrania will be cured.
- **Nutmeg (jaiphal)** – To treat a headache, make a paste by rubbing the seed on a grinding stone with some water. Apply this paste on the nostrils and forehead. This will cure the headache.
- **Oats** – Tea made from oats is very helpful in cases of chronic headaches. To prepare the tea, boil some oats in water, strain this liquid and drink it 2 – 3 times a day. The headaches will subside.
- **Onion** – Take one onion and make a paste out of it. Apply this paste on the forehead. This will give relief to the headache.
- **Orange** – Oranges are sometimes known to cure headaches.
- **Peppermint** – This is a herb and is effective in treating migraine headaches. (How to take it??)
- **Pumpkin (kaddoo)** – Skin the fruit and cut the pulp into slices and place one slice over the forehead. This acts a cooling agent and relieves headache. Continue doing this till headache disappears. You can also make a poultice of raw pumpkin pulp and place it over the fore head, this will also give relief to migraines.
- **Pumpkin (petha)** – The oil of the seeds should be applied over forehead and other parts of the body that are burning. This will cure the headache caused by the burning sensation.
- **Radish (mooli)** – In Chinese medicine, radish is used to relieve headaches.
- **Sesame oil (til ka tel)** – Take some oil and warm it. Apply this on the forehead. This will give relief to the headahe.
- **Small cardamom (choti elaichi)** – Take some seeds and powder them. Place some powder inside the nostrils and inhale lightly, this will lead to sneezing. After sneezing, the headache will be cured.

- **Sweet - lime (mosambi)** – Sweetlime juice mixed with whey is an excellent coolant for the brain and nervous system. Sweetlime is also used to treat brain fever.
- **Tea** – Many people are addicted to tea and if they do not get their morning cup or afternoon cup of tea, they develop a headache, so tea gives relief to such headaches.
- **Headaches from dieting or fasting** - -----
- **What to avoid** – People suffering from **brain or nervous disorders(IN THIS CHAPTER??)** should avoid cheese, chocolates, corn (white), eggs, fats, fried food, processed food and sweets.

HAIR

- **Apple** – Prepare a paste from apple leaves and apply all over the scalp and massage gently for a few minutes. Rinse and repeat this again. Then wash the hair. This helps reduce hairfall, promotes hair growth and treats dandruff. Apple juice can also be applied on the scalp. Leave it on for 10 – 15 minutes before washing the hair. The following is a recipe for a good hair rinse prepared from apples:
Ingredients:
 1 large apple
 2 tablespoonfuls of apple cider vinegar
 2 cups of water
Method:
 Peel and cut the apple into small pieces.
 Blend all the ingredients in a mixer / blender.
 Strain the mixture well and discard the solids.
 Pour over your hair after shampooing and massage the scalp gently.
 Rinse thoroughly with cool water.
 This hair rinse removes the chemical residues left by shampoos and other hair products. It softens the hair and adds luster to the hair.
- **Carrot** – Carrots, when eaten regularly along with their leaves, is very effective in treating the problem of hairfall. Carrots can be eaten raw or had in juice form.
- **Coconut oil** – Take some camphor (kapoor) and powder it. Mix this powder in coconut oil and warm it slightly. Apply this all over the scalp and massage the scalp with the fingers for about ten minutes. Leave it on for about two hours before washing the hair. This will not only destroy dandruff, it will also prevent baldness.

Take a coconut (nariyal) and extract coconut milk from it. Apply it over the scalp and leave it on for some time before washing the hair. This will treat hair fall and thinning of hair.

Apply coconut oil mixed with juice of one lemon all over the scalp. Leave it on for one hour before washing the hair. This will cure dandruff.

Coconut oil promotes growth of hair, prevents hair fall and keeps the hair healthy.

- **Drumstick** – Prepare a fine paste of drumstick bark?? and apply it over the scalp on the bald patches. This will promote hair growth.
- **Eggs** – Eggs are a rich source of protein and one can beat two egg yolks in some hot water and apply this over the scalp. Leave it on for one hour and then wash the hair with a mild herbal shampoo. This will promote hair growth and will stop hairfall. It also makes an excellent conditioner for dry hair.

For conditioning dry hair, mix egg yolk, curd and two tablespoonfuls of honey. Apply this mixture over scalp and hair and leave it on for 20 minutes. Shampoo the hair, rinse and then apply conditioner. Comb through with fingers to detangle the hair. Leave the conditioner for 2 – 3 minutes and then rinse thoroughly. Allow the hair to dry naturally.

- **Eucalyptus oil** – For dandruff, soak a piece of cotton wool into eucalyptus oil and rub it all over the scalp. Then soak a towel in hot water and wring to squeeze out the excess water. Wrap this towel on the head and leave it on for 10 minutes. Then shampoo and rinse the hair. Do this treatment once a week for a few months.
- **Fenugreek leaves (methi)** – Take some methi leaves and make a paste using some water and curd. Apply this paste all over the scalp and leave it on for about forty-five minutes before washing the hair. This will treat hair fall and will add luster to coarse and dull hair.
- **Fenugreek seeds (methi)** – Take some methi seeds and powder them. Add some water and curd to it to make a paste. Apply this paste all over the scalp. Leave it on for about forty-five minutes before washing the hair. Do this regularly every morning for one month. This will stop hairfall and promote hair growth. It will also treat baldness.
- **Ginger** – Soak some shredded ginger in honey and eat one teaspoonful daily in the morning. This prevents premature graying of hair.

- **Indian gooseberry (amla)** – Take 30 gm of dry amla and soak them in one liter of water overnight. Boil this the next morning till the water is reduced to half. After it cools down, add 30 gm of curd to this mixture and mix it well. Apply this paste over the scalp and leave it on for one hour before washing the hair. Do this once a week. It will cure dandruff and hair fall.

One can also prepare amla hair oil at home and use it regularly. To prepare the oil, take fresh juice of amla and mix it in coconut oil. Then boil this mixture till the amla juice is thoroughly absorbed in the oil. Massage the scalp regularly with this oil. This will prevent baldness and graying of hair, will strengthen the hair, will promote hair growth and stop hairfall.

- **Kerosene oil** – Apply kerosene over the scalp at night and leave it overnight. Cover the head with a cloth before sleeping. Wash the hair the next morning. All the lice in the hair will be killed. ask??
- **Lemon** – Rub lemon juice all over the scalp and leave it on for thirty minutes before shampooing the hair. Doing this regularly will cure dandruff.

One can also apply lemon juice mixed with curd all over the scalp and leave it on for 30 minutes. This helps treat dandruff and prevents hairfall.

Lemon juice also makes an excellent rinse for hair. It washes away the shampoo film from the hair much more effectively than plain water. Rinse hair with lemon juice mixed with double the quantity of water. This will not only wash away the shampoo film, but will also make the hair shine.

- **Mango** – Preserve pieces of raw mangoes in coconut oil for one year. Apply this oil thrice a week on the scalp wherever there are bald patches and leave it overnight. Wash the scalp the next day. Doing this regularly will promote hair growth over the bald patches.

One can also mix the pulp of raw mango and pulp of amla and apply it over the scalp. Leave it on for an hour before shampooing the hair. This will prevent graying of hair, will stop hairfall and also promote growth of hair.

- **Margosa (neem - bitter) oil** – Take neem oil and mix some camphor (kapoor) powder in it. Apply this on the scalp and leave it on for one hour before shampooing. Do this regularly. It will help treat dandruff and stop hairfall.

Prepare a decoction of the bark of neem tree and apply it on the scalp. This also helps in treating dandruff.

- **Mustard oil (sarson ka tel)** – Boil mustard oil and add a few **leaves of myrtle (Lawsonia inermis L.)??**, which will burn up gradually. Now cool the oil and strain it. Store it in a glass container and apply it on the scalp daily. New hair will start growing on the bald patches.**(ask??)**
- **Onion** – Extract the juice of onions and apply it over the scalp. Leave it on for a few hours before washing the hair. This will kill all lice in the hair.
- **Sandalwood oil** – Take sandalwood oil and fresh lemon juice in the ratio of 1:3 and mix them well. Store this in a bottle and shake it thoroughly before applying it all over the scalp. Leave it on for a few hours before shampooing the hair. This will help treat dandruff.
- **Sesame oil (til ka tel)** – This oil is used for massaging the body and scalp. It is excellent for promoting hair growth and it keeps the hair black.
- **Tea** – Cold black tea makes a nourishing hair rinse. To add sparkle to dull, drab hair, rinse it with lemon juice mixed with double the quantity of water. The hair will shine.
- **Tips** – Follow a healthy diet, oil and massage the scalp regularly for fifteen minutes with the fingers, keep hair clean, always use a mild, medicated shampoo without any strong fragrance, do not wash hair daily – twice a week is enough, treat dandruff immediately as this is one of the main cause for hairfall.**ask**
Use olive oil or sesame oil regularly for massaging the scalp to treat dry hair and dandruff. Warm the oil slightly before massaging. For greasy hair, use margosa (neem) oil.
- **Urine** – It is said that one should apply one's own urine all over the scalp and leave it on for thirty minutes before shampooing. This prevents graying of hair, promotes hair growth and stops hairfall. It also treats dandruff. The urine applied should be the first urine which one passes in the morning, on waking up.**ask**

EXTREMITIES

- **Alfalfa** – This is an anti-inflammatory food. Its use has been found beneficial in the treatment of arthritis and other inflammatory diseases. Tea prepared from the seeds of alfalfa has been proved to be very effective. Tea is prepared by cooking the seeds in a non-stick container in some water. Cover the container while cooking the seeds. Cook them for thirty minutes. After cooking, strain, squeeze and press the seeds dry. Add some honey to this after it cools down. **Then put this in the fridge to cool.** Add **hot** or cold water to it before drinking it. Have 6 – 7 cups of this tea daily for a fortnight. This will help those who are suffering from arthritis.
- **Almond** – Almond oil, when used externally for massaging the painful joints, relieves pain. Warm the oil slightly before use. It is also beneficial when used for massaging stiff neck and shoulders. It brings relief to **tense and rigid muscles**.
- **Apple** – This fruit has anti-inflammatory property and is excellent for rheumatism, arthritis and joint pains. The juice extracted from the fruit and an infusion made from its skin is highly beneficial in treating

these conditions. One can also mix some lemon juice in a glass of apple juice and drink it. This combination is highly beneficial in treating joint disorders.

Apples can also be boiled to form a jelly, which can be rubbed liberally on the area of pain. This makes a good liniment for rheumatic pain.

- **Apple cider vinegar** – Drinking a glass of water containing one tablespoonful of apple cider vinegar **thrice daily**, reduces the pain in the joints.
- **Asafoetida (hing)** – Asafoetida fried in ghee should be taken twice a day regularly to treat pain from neuro-muscular disorders like sciatica.
- **Asparagus** – The roots of asparagus are boiled in water and the water is taken in small cups thrice daily. If the taste is not agreeable, add a few drops of the extract of liquorice or honey in the water. This is useful in treating stiffness and pain of the joints.
- **Barley** – Take an earthen pot and put soil in it. Then grow some barley grains in it. The sprouts will emerge from the grains after a few days. Allow them to grow till they are about 5 – 6 inches long. Then cut about 3 inches from top, wash them thoroughly and extract its juice. Drink this 4 – 5 times a week. This juice helps cure arthritis and provides vital energy.
- **Bengal gram (chick pea / chole)** – Make a poultice of Bengal grams and tie it around the site of sprained heel or ankle. Pour water over the poultice regularly. The seeds will take in the water and swell up and the sprain will heal. (ask)
- **Bishop's weed (ajwain)** – **This spice contains heat properties that neutralizes the poison in the blood and unblocks the toxin that is clogged between the joints. This spice, when taken regularly brings relief in pain due to rheumatism.**

Roast some ajwain with some salt and store it in a bottle. Take one teaspoonful daily after meals, twice a day. This helps in treating rheumatism, arthritis, gout and other joint and muscle pains. Avoid eating this in summer.

One can also powder the seeds and mix 2 – 3 teaspoonfuls in a glass of warm milk or water and take it three times a day. This helps treat gout.

- **Bitter gourd (karela)** – Drink one cup of fresh karela juice daily in the morning after breakfast. This is highly beneficial in treating arthritis and pain in the joints.

- **Black pepper** – Take 4 – 5 black pepper corns and chew them at bedtime. This will provide relief to the pain in the calf muscles.
- **Cabbage** – This vegetable is considered to be one of the healthiest vegetables and is very effective in treating rheumatism and gout. Have cabbage regularly, either in salad form or as a cooked vegetable. Cabbage juice is also very effective in treating rheumatism and gout.
- **Camphor (kapoor)** – To treat any kind of joint pains, application of camphor oil has proved to be very effective.
To treat burning of hands and feet, sprinkle some camphor powder on hands and feet. This has a very soothing effect.
Mix camphor in warm coconut oil or mustard oil and use this oil for massaging the stiff and painful joints and muscles. It provides great relief.
- **Carrot** – Regular intake of carrots in any form aids in treatment and prevention of arthritis and gout. Eat raw carrots regularly or have them in juice form.
- **Castor oil** – Boil castor oil and mix **Terminalia chebula???(ask pg 85 Your kitchen – a clinic at home)** in it. Simmer till the oil disappears. Cool and powder it. Take 3 gms of this powder twice a day to cure elephantiasis. **???(ask)**
To gain relief from sciatica pain, apply lukewarm castor oil on the sole of the affected side. Doing this regularly will bring relief to sciatica pain.
Take castor oil and warm it slightly. Apply this over the painful areas. Do this twice a day for a few months. This will provide relief in arthritis, rheumatism and sciatica.
The leaves of castor plant may also be warmed and tied in a muslin cloth. This cloth should then be tied warm over the painful joints and muscles. This brings relief to sciatica and other joint pains. One can also place the warm leaves directly on the site of pain.
Castor oil can also be applied over corns. Do this 3 – 4 times a day. This will soften the corns and ultimately -----**???(ask)**
Take a few castor leaves and heat them. Place them hot (not so hot that it burns the skin, but bearably hot) over the painful joints. This also brings relief to painful joints.
Prepare a poultice from castor seeds, warm it and apply it externally to the painful parts. This will provide relief to rheumatic and gouty swellings.

Crush a few castor seeds and add them to milk. Drink this mixture twice a day. It will relieve gout pain.

Castor oil should be diluted three times with any good bland edible oil and should be taken in the dosage of 5 ml – twice a day. This helps treat rheumatic pains. (ask)

Castor oil, when taken internally, is highly beneficial in treating **nervous disorders?** like sciatica and joint pains. It should be taken in the dosage of 5 ml – twice a day.

- **Celery leaves** – This is a salad plant and is an anti-inflammatory food. Regular intake of celery helps reduce inflammations due to arthritis and rheumatism. The best way to have celery is to extract the juice of fresh celery leaves and its stems. Drink this regularly. It will bring relief to arthritis and rheumatism.
Fluid extract from celery seeds is also very beneficial in treating rheumatism. Put 5 – 10 drops of this fluid in a glass of warm water and drink it daily before meals.
Regular use of powdered celery seeds as a condiment also provides relief to rheumatism.
- **Cherry** – This is also an anti-inflammatory food. It is especially beneficial in treating gout, which is characterized by certain form of inflammation of the joints and swellings of recurrent type. During the season, take 25 – 30 cherries daily. During off-season, canned cherries can be used. (ask)
- **Cinnamon** – This is a flavoring agent and the oil obtained from it is very effective in treating rheumatic pain when applied externally.
- **Clove (laung / lavang)** – Clove oil should be applied externally on the affected areas to gain relief from pain due to sciatica, rheumatoid arthritis and any other pain in the joints or muscles.
- **Coriander seeds (dhania), cumin seeds (jira) and caraway seeds (kalajira)** – Powder all these in equal quantities and mix them. Cook this mixture in a little oil or ghee and add some jaggery (gur). Make into small balls and have 2 – 3 balls daily, twice a day. Do this for a few weeks. It will help reduce pain and inflammation.
- **Corn** – If the palms smell, rub some corn flour on the palms daily. Leave it on for some time before washing them. The smell and greasiness of the palms will subside.
- **Drumstick** – Drumsticks are rich in calcium, iron, phosphorus and vitamin C. Regular intake of drumsticks will help prevent pain in the joints.

Oil of seeds of drumstick should be applied externally over painful joints and muscles to reduce pain and swelling due to arthritis and rheumatism.

- **Fennel oil** (ask – fennel seed oil??) – Fennel oil rubbed on affected areas is very useful for rheumatism and arthritis.
- **Fenugreek seeds (methi)** – Powder the methi seeds and mix one teaspoonful of this powder in a cup of water and drink this twice a day. Do this daily. It will keep the joints fit even during old age.
- **Fish** – Eating oily fishes like herring, mackerel, sardines or salmon daily helps reduce pain and inflammation, since they contain eicosapentaenoic acid (EPA). An alternative to eating fish is taking a daily supplement of cod liver oil. **Strictly avoid herring and sardines in gout.** (Ask sir, can heart patients and high cholesterol pts have oily fish and cod liver oil??)
- **Garlic** – Garlic possesses anti-inflammatory property. It is known to reduce inflammation. Regular intake of one or two cloves of raw garlic every morning swallowed with a glass of warm water provides relief from joints pain, rheumatism, sciatica and osteoarthritis. It lubricates the joints and provides heat to them.
Take a few cloves of garlic and crush them to form a paste. Apply this paste over the corns on the feet. Leave it overnight. Do this repeatedly till the corns are healed.
To get relief from sciatica pain, rheumatic pain, or pain in arthritis, crush 4 – 5 cloves of garlic and heat them in 50 ml of sesame (til) oil. Apply this oil warm over the painful areas. It will bring relief to sciatica pain and rheumatism.
One can also crush two cloves of garlic and mix them with 30 ml of sesame (til) oil and take this mixture internally. Doing this regularly will bring relief to painful joints. It also helps treat rheumatism and arthritis. The same mixture can also be heated slightly and applied over the painful joints. This also brings relief to painful joints.
- **Ghee** – Boil some ghee and then add bitumen?? and wax in it. Apply this mixture on the heels. (why only on heel?? what is chilblain??). The chilblain will be cured.
- **Ginger** – Ginger is an anti-inflammatory food. If taken regularly, it provides relief to rheumatic and musculoskeletal disease (change this name). Take about 5 gms of raw, fresh ginger daily with meals. This brings relief to arthritis and rheumatism. It also reduces morning stiffness, swelling and pain of the joints.

To gain relief from joint pain or rheumatic pain, take dried ginger powder and asafoetida (hing) and mix them in milk to form a paste. Apply this paste on the site of pain and then expose that site to sunlight to get some warmth. This will give relief to pain in the joints and rheumatic pain.

Another method to gain relief from painful and swollen joints, is to prepare a paste from dried ginger powder and some water and warming this mixture slightly. Apply this warm paste over the painful and swollen joints. Repeat this 2 – 3 times a day to gain relief.

One can also mix 10 gms of dried ginger powder with 15 ml of castor oil and take this mixture internally. Have this daily for forty days. It will give relief to the painful joints.

- **Grapes** – Grapes are an anti-inflammatory food and help reduce inflammation of the joints. Their use is highly beneficial in treating arthritis, gout and rheumatism. Grape juice is also very beneficial.
- **Green vegetables** – Regular intake of juices of green vegetables is highly beneficial in treating arthritis and rheumatism. Extract the juice of a few green vegetables along with juice of carrots, celery leaves and beet. Drink one glass of mixed vegetable juice daily. This will provide relief to pain in the joints. It will treat arthritis and rheumatism and will also subside the swelling of the extremities.[ask](#)
- **Herbs** – Herbs like alfalfa, burdock, cayenne, devil's claw, turmeric, wild willow bark and yucca are useful in treating pain and inflammation of the joints. They can be taken either in tablet form or capsule form.
- **Holy basil (tulsi)** – Mix 1 - 2 tablespoonfuls of fresh juice of tulsi leaves with equal amount of fresh turmeric juice and have it daily first thing in the morning. This helps reduce pain and inflammation of the joints.
- **Indian gooseberry (amla)** – Amla reduces the inflammation caused due to arthritis and rheumatism. This fruit should be cut and dried in the shade. Then it should be powdered. Mix one teaspoonful of this powder with two teaspoonfuls of jaggery (gur) and have it twice a day. Do this for one month. It will help treat arthritis and rheumatism.
- **Kerosene oil** – Take some camphor powder and mix it with kerosene. Put this in a glass bottle and place the bottle in sunlight. This will help dissolve the camphor. Rub this mixture on the site of

pain and then foment it with a hot water bag. This will treat sciatica pain. (this point will come under extremities or back??)

- **Lemon** – Lemon is also considered to be an anti-inflammatory food. It is highly beneficial in the treatment of arthritis, rheumatism, gout, sciatica and pain in the joints, especially the hip-joint. Have a glass of lemon juice regularly. Squeeze one lemon in a glass of water and drink it. This helps in treating and preventing the conditions that are mentioned. ask, lemon also causes joint pains??.
- **Lemongrass** – This tall and aromatic grass has anti-inflammatory property. It is highly beneficial in treating arthritis and rheumatism. Lemon grass oil mixed with coconut oil in the ratio 1:2, makes a stimulating liniment for rheumatism, sprains, pain in the joints, arthritis and other painful affections. A decoction of lemon grass may also be taken internally for better results.
- **Lime** – This citrus fruit is an anti-inflammatory food and is an effective remedy for arthritis. It is also effective in treating gout since it contains citric acid, which is a solvent of uric acid. Vitamin C in this fruit is known to prevent and cure sore joints. Mix the juice of lime in one glass of warm water with one teaspoonful of honey. Have this twice daily. This will cure and prevent arthritis, painful joints, gout and other diseases of this nature.
- **Long pepper (lindi peepar)** – This popular and aromatic herb is highly beneficial in the treatment of rheumatism, gout and arthritis. The root, the fruits and thicker parts of stem are cut and dried and used as medicine. One should take this in doses of five decigrams mixed with some honey. Besides taking this internally, it can also be applied locally to the painful areas. It reduces muscular pain and inflammation.
- **Magnesium-rich food** – Intake of magnesium rich food such as Brazil-nuts, whole grain flour, plain chocolate, lentils and parsley help reduce pain and inflammation of the joints.
- **Mint (pudina)** – Menthol (mint) oil is prepared from mint plant. External application of this oil is highly effective in treating rheumatic and joint pains.
- **Mustard oil (sarson ka tel)** – Mix mustard oil and water in equal quantities and churn it, or mix it thoroughly in a mixie. After mixing it, apply it over the soles. This will give relief to the burning sensation of the feet.

- **Nutmeg (jaiphal)** – Take the powder of jaiphal and mix it with mustard oil. Gently massage the painful joints with this oil. Do this for one month and the pain in the joints or arthritis will be relieved.
- **Oils rich in omega-3 fatty acids** – Reduce the intake of vegetable oils and increase the intake of oils rich in omega-3 fatty acids.
- **Onion** – Onions possess anti-inflammatory property. Regular intake of raw onions helps reduce inflammation due to arthritis and other rheumatic diseases.
Take the paste of onion and mix some salt in it. Apply this paste on unbroken chilblain. It will provide instant relief.
To treat arthritis, rheumatism and pain in the joints, mix equal quantities of onion juice and mustard oil and warm this mixture. Apply or rub this over the painful areas. This will provide relief to the pain and swelling in rheumatic afflictions.
- **Orange** – Regular intake of oranges helps prevent arthritis.
- **Papaya** - Take a few papaya leaves and heat them. Place them hot (not so hot that it burns the skin, but bearably hot) over the painful joints. This will bring relief to the pain in the joints.
Papaya juice applied on the corns has proved to be effective in treating them-----ask
- **Pineapple** – Fresh pineapple contains bromelain, an enzyme that significant anti-inflammatory properties. It helps prevent arthritis and other rheumatic afflictions. Regular intake of fresh pineapple juice reduces swelling and inflammation in both - osteoarthritis and rheumatoid arthritis.
- **Potato** – Raw potato juice is considered to be highly beneficial in the treatment of arthritis and rheumatism. Extract the juice of fresh potatoes and dilute it with water on the basis of 50:50, i.e. fill half glass with water and the other half with potato juice and drink this every morning, on waking up. This will help treat arthritis and rheumatism.(In the book – healing power of foods by..... Page 34 – it is said - potatoes should be avoided by those suffering from arthritis??)
Potatoes and other root vegetables such as----- should be boiled along with their skin and taken regularly as they are rich in sodium and potash salts, which increases the solubility of uric acid and removes it from the body, thus treating gout??

- **Poppy seeds (khus khus)** – For sciatica pain, powder the poppy seeds and mix some ghee in it. Have this mixture in dosage of 3 gm – twice or thrice a day for----- (how long)??
 One may also prepare a paste of poppy seeds using some water. Then, warm this paste and apply it over the painful joints. One can also do fomentation over the painful joints by adding poppy seeds in the boiling water and using this water for fomentation. All this brings relief in joint pains.
- **Pumpkin (kaddoo)** – To treat burning sensation of the soles of the feet, extract the juice of pumpkin (kaddoo) and apply it on the soles. This will provide a cooling effect and bring relief to the burning sensation.
- **Red pepper / red chilli** – To treat swollen and painful joints and any kind of sprains, bruises or swelling, red pepper is very useful. Warm the red peppers and mix them in melted vaseline. Cool it and store it in a glass container. Apply it once daily over the sprain, over the swelling or on the painful joint till it is cured.
 Chilli peppers contain a product called ‘capsaicin’, which makes the chillies hot and spicy. Red chilli powder, used in moderate amount when cooking food and taken regularly, helps alleviate the pain in joints due to arthritis.(Ask)
- **Rosemary oil** – Oil of rosemary is very useful in treating rheumatism. Massage this oil over the affected areas.
- **Salt** – Take some water in a vessel and add some ajwain, sprague (pg 116 – Kitchen - ask??) and salt in it. Boil this water and then take it off the fire. Let it cool slightly and then take a towel and dip it in this water. Squeeze it and apply this hot towel over the site of pain. Do this repeatedly for some time. This will give relief to rheumatic pain.
- **Selenium-rich food** – Intake of selenium-rich food such as fish, lean meat, oatmeal, poultry, rice and whole grain bread helps reduce pain and inflammation of the joints.
- **Sesame oil (til ka tel)** – To cure arthritis, take 500 gms of sesame oil in a bottle and put about 25 gms of camphor (kapoor) in it and seal the bottle. Keep the bottle in sunlight so that the camphor in the bottle dissolves and mixes with the oil. Apply this mixture twice a day on the painful joints. This will help treat arthritis.
 To treat **chilblain**, mix 10 gms of wax in 50 gms of sesame oil and then simmer over fire. Then add 10 gms of bitumen in it and heat it. When all the ingredients are mixed well, cool it. Rub this mixture over

the heels twice a day. This will help treat chilblain. (ask this whole point?? Also, chilblain is on ears also acc. to the dictionary.)

Sesame oil is excellent for cracked soles and feet. Clean the feet thoroughly and then apply the oil every night before sleeping on feet and soles.

- **Sesame seeds (til)** – Black sesame seeds possess anti-inflammatory property. Their use is highly beneficial in the treatment and prevention of painful joints, arthritis and rheumatism. Soak one teaspoonful of black sesame seeds in half cup of water overnight and have them first thing in the morning. The water in which the seeds are soaked should also be taken along with the seeds. This will definitely provide relief to arthritis, pain in the joints and rheumatism.
- **Sweetlime (mosambi)** – Take equal quantities of sweetlime juice and castor oil and mix them. Warm it a little and massage the painful areas with this mixture. It will provide relief to swelling and pain in hands and legs.
Mosambi juice contains high amount of vitamin C and hence is good in treating arthritis. Regular intake of sweetlime juice is effective in treating arthritis, rheumatism and pain in legs and hands.
- **Tamala (tejpat)** – Take some tamala patra (leaves) and grind them with some water to make a paste. Apply this over the inflammation of the joints twice a day. It will provide relief to the painful joints and will help treat gout.
- **Tamarind (imli)** – The leaves of tamarind tree possess anti-inflammatory property and are known to treat and prevent arthritis, rheumatism, gout and sciatica. Crush the leaves with some water and prepare a poultice. Apply this poultice externally over painful and inflamed joints and ankles. This will reduce the pain and swelling. One can also soak tamarind in salt water for a few hours. Then mash the tamarind in the water and boil it till it becomes pasty. Apply this paste warm on the painful leg. This gives relief to sciatica pain.
- **Turmeric (haldi)** – This spice is also an anti-inflammatory food and is known to reduce inflammation due to rheumatoid arthritis. It also reduces morning stiffness and swelling of the joints. Take some fresh and unripe turmeric and make a paste from it. Boil one teaspoonful of this paste in five teaspoonfuls of milk and add some sugar to taste. Eat this mixture twice a day, in the morning and evening. This will bring relief to the pain in the joints and will also help treat arthritis and rheumatism.

Turmeric powder mixed with honey or margosa (neem – bitter) oil can be applied on the corns. This will soften the corns and will-----
???

- **Turnip (shalgam)** – To treat swelling of the fingers, take a turnip and cut it into small pieces. Boil these pieces in water for 15 – 20 minutes and when the water becomes lukewarm, remove the pieces and soak the hands in the water for about thirty minutes. Do this three times a day. It will reduce the swelling of the fingers.

Turnip also helps in treating arthritis and tender joints **as it is a rich source of vitamin C**. Turnips are good for the elimination of uric acid from the body, which is good **for those suffering from gout**.

- **Turpentine oil and Pine oil** – Massaging these oils over painful joints brings relief as these oils improve blood circulation.
- **Vegetables and vegetable juices** – One should try and give up non-vegetarian food. A meatless diet is very effective in treating rheumatoid arthritis. It is proved that following a vegetarian diet is highly effective in treating arthritis and rheumatism and also reduces morning stiffness. It gives relief to the swelling and pain of the joints. This is because animal fat incites inflammation of the joints. Daily consumption of lots of vegetables is very beneficial in treating arthritis and rheumatism.

Vegetables rich in fibre should be taken daily, twice a day. Raw vegetable juices made from alfalfa, beets, carrots, celery, cucumbers, parsley and potatoes should also be taken twice daily. (**Prepare the juice using at least 3 – 4 vegetables that are mentioned. One can use different combinations from the vegetables mentioned**).

- **Vitamin E-rich food** – Intake of vitamin-E rich food such as nuts, seed and seed-oil and wheat germ helps reduce pain and inflammation of the joints.
- **Wheat** – To treat swollen fingers and toes, take some wheat bran and mix it with water and salt. Boil this and then make it lukewarm. Dip hands and feet in this water for thirty minutes. The swelling of the fingers and toes will subside. Do this twice a day.
- **White goose foot (bathua)** – Take the leaves and crush them to extract juice. Add some water while extracting the juice. Drink one glass of this juice regularly. It will help treat gout.
- **Wintergreen oil** – Oil of Wintergreen is very useful in treating rheumatism. **Massage this oil** over the affected areas.

- **Witch Hazel solution** – Locally massage the painful joints with an extract of Witch Hazel solution.
- **Zinc-rich food** – Intake of zinc-rich food such as fish, lean meat, liver, poultry and whole-grain cereals help reduce pain and inflammation of the joints.
- **What to avoid in gout** – Avoid eating excess of salt as this interferes with the elimination of certain wastes from the body like uric acid, thus contributing indirectly to cause diseases like gout. (Change these words.) One should also avoid alcohol, bananas, brinjal, caffeine, cheese, chickoos, condiments and spices, cottage cheese (paneer), custard apple, eggs, fats, fish like sardines and herring, fried food, guar phalli (cluster bean(vegetable)), jam with seeds, lady's finger (bhindi), organ meat like kidney and liver, papad, papdi (vegetable), pears, pomegranates, pulses, red meat, spinach, sugar and tomatoes.
- **What to avoid in arthritis and rheumatism** – Avoid alcohol, coffee, fish flesh, fowl, meat, rich seasoned food and tea. Take in plenty of water and fresh fruit juices. Avoid using refined sugar. Instead, use pure honey and molasses (gur) as sweetening agents. Avoid starch from the diet.
- **Exercise** – In case the person is overweight, reducing the weight is of prime importance to reduce further wear and tear and pain during arthritis, rheumatism, gout, spondylosis and other ailments of the extremities. Daily exercise and appropriate rest periods help in reducing stiffness and thus, the pain. Alternate application of moist heat and cold also helps in reducing stiffness and pain of the joints and muscles.

ASK SIR THAT IF U HAVE ARTHRITIS, THEN IT IS SAID THAT LEMON, LIME, TAMARIND, ORANGES ARE NOT GOOD, THEN HOW COME---
 ??? Pg 40 in the book – healing power....., pg 122 – healing power.....??(Joint disorders.)

NOSE

- **Alum (phitkari / phatakdi)** – To stop bleeding from the nose, dissolve 50 gms of alum in water and make a solution. Put 2 – 3 drops in the nostrils. The bleeding will stop.
- **Amaranth (chaulai)** – Take one cup of juice of amaranth leaves and add one teaspoonful of lemon juice in it. Drink this **at night** to stop bleeding of the nose. **ask**
- **Bishop's weed (ajwain)** – Whenever there is nasal congestion, powder a handful of ajwain and tie this in a muslin cloth. Inhale the smell of ajwain through this poultice throughout the day and at night place this poultice near the pillow. This brings relief to nasal congestion. **ask**
- **Camphor (kapoor)** – Camphor and asafoetida (hing) should be mixed and rolled into pills. Take two of these pills twice a day to treat cold with running nose or coryza.
A few drops of camphor oil may also be put in the nostrils to treat chronic cold.
- **Coriander leaves (kothmir)** – Prepare juice from fresh coriander leaves (kothmir) and put 2 – 3 drops in the nostrils. This will stop nasal bleeding.
- **Ice** – To treat nasal bleeding, apply ice-packs from outside the nose. The patient should also wash face and head with cold water. This will stop nasal bleeding.
- **Mint (pudina)** – To dispel worms from the nose or to treat any kind of nose infection such as-----, take some mint leaves and grind them in some water. Strain this and put 2 – 3 drops of this juice in the nostrils. The worms will get killed and the nose infection will also get cured. **(Ask)**
- **Onion** – To treat nasal bleeding, put 3 – 4 drops of onion juice in the nostrils. Do this three times a day. The nasal bleeding will stop.
- **Turmeric (haldi)** – If the nose is blocked due to severe cold, then boil some water in a vessel and add 1 – 2 teaspoonfuls of turmeric powder in it. Then inhale the vapours for about ten minutes. Do this 3 – 4 times a day. Nasal congestion will be relieved.

THROAT

- **Almond** – Soak 3 – 4 almonds and one dried fig (anjeer) in a cup of water for 2 - 3 hours. Remove the outer skin of the almonds and grind them together with the fig to form a paste. Add one teaspoonful of honey to the paste and have it at bedtime. This will help in treating sore throat.
- **Betel leaf (pan)** – To treat inflammation of the throat, have betel leaf (pan) with one or two cloves (lavang) in it. Have this twice or thrice a day.
- **Bitter gourd (karela)** – Take two **dry??** karelas and grind them in some vinegar to form a paste. Apply this paste over the sore throat. **(apply externally?? Pg 62 - Kitchen)**. This will help treat sore throat.
- **Black pepper** – Powder some black pepper corns and mix it in a glass of warm water. Gargle with this water 3 – 4 times a day. This will give relief to sore throat.
- **Carrot** – Regular intake of carrots in salad form or juice form prevents throat infections and **keeps the tonsils healthy**. It also prevents sinusitis.
- **Clove (laung / lavang)** – Place two cloves in a betel leaf (pan) and eat it twice a day. This will help cure sore throat.
To treat throat irritation due to severe coughing, put one or two cloves in the mouth and chew them slowly.
- **Coriander leaves (kothmir)** – To treat throat diseases, take sips of kothmir juice and hold the juice in the mouth for some time before swallowing the sips. This helps treat various throat diseases.
- **Cumin seeds (jira)** - This spice is an anti-bacterial food and helps in conditions like common cold and sore throat. Take equal quantities of cumin seeds and dried ginger and powder them together. Make a decoction of this mixture by boiling it in water. Drink this three times a day. It will soothe the sore throat due to cold.
- **Drumstick** – The leaves and flowers of the drumstick tree and also the tender pod of the vegetable are highly beneficial in treating throat infections. This is because drumstick has anti-bacterial properties.
- **Fenugreek leaves (methi)** – An infusion of methi leaves is excellent for gargling. Gargle with this infusion 5 – 6 times a day. This will treat sore throat.
- **Fenugreek seeds (methi)** – Prepare tea from methi seeds by boiling a handful of methi seeds in some water. Then strain this liquid. Use this tea for gargling to treat sore throat. Do this 5 – 6 times a day.

- **Fig (anjeer)** – Prepare a decoction of dried figs and drink it for a few days to treat sore throat.
- **Garlic** – Garlic, when taken regularly, is very beneficial for the **mucous membrane of the throat**.
To treat tonsillitis, extract one teaspoonful of juice of fresh raw garlic and warm it slightly. Add equal amount of honey to it and have it daily. It will bring relief to inflamed tonsils.
- **Ginger** – Ginger is highly effective in treating sore throat. Mix one teaspoonful of ginger juice with equal amount of honey and have it 3 – 4 times a day. This will bring relief to sore throat.
Fresh ginger pieces mixed with a little salt is excellent for sore throat. It also keeps the throat clear.
Another method to treat sore throat is to boil a glass of water with some fresh ginger pieces in it. After it is lukewarm, use this water as a gargle. This will bring relief to sore throat.
- **Holy basil (tulsi)** – Water boiled with tulsi leaves should be drunk daily to treat sore throat. It can also be used as a gargle to treat sore throat resulting from common cold and influenza.
- **Honey** – One teaspoonful of honey mixed with equal quantity of lemon juice and fresh ginger juice is highly effective in treating sore throat. Take this mixture thrice a day.
Mix two teaspoonfuls of honey in a glass of warm water and gargle with it. This will bring relief to inflammation and infection of the throat.
Another method to treat infection of throat is to grind black pepper corns, asafoetida (hing), Indian mustard seeds (rai) and saffron in equal quantities. Add a little honey to this mixture and prepare small pills. Put one pill in the mouth and suck it slowly. Repeat this 3 – 4 times a day. It will bring relief to infection of the throat.
- **Lady's finger (bhindi)** – This vegetable is highly valuable in treating throat irritation and persistent dry cough. This vegetable is rich in mucilage and acts as a drug to allay **irritation, swelling and pain**.(of what??) Cut 100 gm of bhindi into pieces and boil them in half liter of water. Inhale the vapors or steam that are emitted. Take this inhalation for 10 minutes and repeat it twice a day. This will provide relief to throat irritation and dry cough.
Bhindi soup is also highly beneficial in treating throat irritation and dry cough. (The method to prepare the soup is mentioned above under the chapter of Heart). This soup should be taken twice a day - morning and evening.

- **Lemon** – Lemon is an anti-bacterial food and is highly beneficial in the treatment of infectious diseases. For throat infection, a ripe, unpeeled lemon should be roasted slowly till it begins to crack open. Squeeze its juice and add a little honey to it. Have one teaspoonful of it after every one hour. Another alternative is, mix the same juice of roasted lemon in a glass of warm water and add one teaspoonful of honey to it and sip it slowly. Repeat this 3 – 4 times a day. Throat infection will be cured.

For sore throat, squeeze one lemon in a glass of warm water and gargle with it. Do this as frequently as possible throughout the day. This will help treat sore throat.

- **Lime** – Lime, like lemon, is a beneficial citrus fruit for treating throat infections and tonsillitis. Squeeze the juice of one lime in a glass of warm water and add one teaspoonful of honey and a pinch of salt to it. Sip it slowly. It will help treat tonsillitis.
- **Onion** – Having onion juice or eating raw onions daily prevents and treats many infectious diseases. Prepare syrup from onion juice and honey. To prepare the syrup, finely chop one or two onions and extract the juice. Pour some honey on top of the juice and let it stand for 4 – 5 hours. Then drink this syrup. This will soothe the inflamed throat.
- **Pineapple** – This fruit possesses anti-bacterial property. It is thus highly beneficial in treating infectious diseases like diphtheria and throat infection. In diphtheria, it is used as a mouthwash for removing the dead membranes from the throat.
Fresh pineapple juice is highly beneficial for maintaining a healthy throat. It has a soothing effect on the throat and is valuable for the singers.
- **Pomegranate (anar)** – Prepare a decoction of the peel of pomegranate fruit. Use this decoction (warm) as a gargle to treat sore throat and other oral infections.
- **Salt** – Boil one glass of water and add one teaspoonful of salt in it. When the solution becomes lukewarm, gargle with it. Do this 4 – 5 times a day. This will help treat sore throat.
- **Small cardamom (choti elaichi)** – Take one teaspoonful each of cinnamon sticks and crushed cardamom and boil these in a glass of water. Strain and use this as a gargle when warm. Repeat this 5 – 6 times a day. This will help treat sore throat and pharyngitis.

- **Spinach** – Juice of spinach leaves is excellent for gargling. This helps treat sore throat.
- **Tamarind (imli)** – Take the pulp of tamarind and boil it in water. When the water is lukewarm, gargle with this water. Repeat this 3 – 4 times a day. This will bring relief to sore throat.
- **Turmeric (haldi)** – Put one teaspoonful of turmeric powder in a glass of warm milk and have it daily at bedtime. This will treat and prevent sore throat. It also treats other throat infections. Add some black pepper powder to a glass of warm milk along with half teaspoonful of turmeric powder and drink it twice a day for about ten days. This helps treat tonsillitis.
- **Turnip (shalgam)** – To gain relief from sore throat, drink one glass of turnip juice mixed with either carrot or cabbage juice. Do this daily till the sore throat is cured. One can also apply turnip packs externally over the throat. This provides relief to sore throat.

EXTERNAL THROAT (goitre,)

- **Barley** – Barley water should be taken twice a day by those suffering from goitre.
- **Cabbage** – Eat raw cabbage as salad regularly. This will help treat goitre and other iodine deficiency diseases. (is goitre iodine def. disease??)
- **Cucumber** – Cucumber is also very beneficial for those suffering from goitre. It should be taken daily as salad with meals.
- **Garlic** – Garlic is rich in iodine and sulphur and hence, regular intake of garlic, especially raw garlic, is highly beneficial in treating goitre.
- **Long pepper (lindi peepar)** – Powder the seeds and mix it with equal amount of honey. Lick this mixture twice a day. This will help treat goitre.

LARYNX AND TRACHEA

- **Asafoetida (hing)** – Mix half teaspoonful of hing in a glass of water and drink it twice a day. This will treat hoarseness of voice.

- **Black pepper** – Powder some black pepper corns and mix it in a glass of warm water. Gargle with this water 3 – 4 times a day. This will help treat hoarseness of voice.

One can also add some black pepper powder in a cup of warm milk and have it twice a day. Add sugar if desired. This will help treat hoarseness of voice and laryngitis.
- **Date (khajoor)** – To treat laryngitis, eat a few dates daily. One can also eat the dates with milk every morning.
- **Ginger** – Ginger is effective in treating (what do we call this - when we say the voice is gone??). Fresh ginger pieces mixed with a little salt will open the voice??.

To treat hoarseness of voice, boil a glass of water with some fresh ginger pieces in it. After it is lukewarm, use this water as a gargle. Repeat this 3 – 4 times a day to gain relief from hoarseness of voice.
- **Holy basil (tulsi)** – Take one teaspoonful of fresh juice of tulsi leaves mixed with equal quantity of honey and have it daily 3 – 4 times a day. This will help treat hoarseness of voice and laryngitis.

Chew 5 – 6 leaves of tulsi every three hourly along with 2 – 3 black pepper seeds. This will help clear the voice in cases of severe loose cough.
- **Honey** - Mix two teaspoonfuls of honey in a glass of warm water and gargle with it. This will help treat hoarseness of voice and will bring relief to inflammation and infection of the throat.

Another method to treat hoarseness of voice is to grind black pepper corns, asafoetida (hing), Indian mustard seeds (rai) and saffron in equal quantities. Add a little honey to this mixture and prepare small pills. Put one pill in the mouth and suck it slowly. Repeat this 3 – 4 times a day. The voice will become clear.
- **Inhalation** – Steam inhalation of turmeric water is highly effective in treating hoarseness of voice. Add one teaspoonful of turmeric powder in some boiling water and inhale the vapors for 10 – 15 minutes.

Steam inhalation of eucalyptus water is also highly beneficial in treating hoarseness of voice. Add a few drops of eucalyptus oil in some boiling water and inhale the vapors for 10 – 15 minutes.
- **Radish (mooli)** – To treat laryngitis, extract the juice of fresh radish and mix some ginger juice in it. Drink this for how long?? till laryngitis is cured. Ask

To treat hoarseness of voice, prepare syrup by mixing one teaspoonful of fresh radish juice and equal quantity of honey with a pinch of black salt. Mix it well and have this syrup three times a day. This will help clear the voice.

- **Small cardamom (choti elaichi)** – Take one teaspoonful each of cinnamon sticks and crushed cardamom and boil these in a glass of water. Strain and use this as a gargle when warm. Repeat this 5 – 6 times a day. This will help treat hoarseness of voice.
- **Tamarind (imli)** – Prepare a decoction using one teaspoonful of pulp of imli in one glass of water. When it is lukewarm, add one teaspoonful of honey to it and drink it. This provides relief to conditions like laryngitis.

COUGH AND COLD AND OTHER RESPIRATORY DISORDERS
(bronchitis or bronchial asthma, asthma, chest congestion, influenza, etc.)

- **Almond** - Soak 3 – 4 almonds and one dried fig (anjeer) in a cup of water for 2 - 3 hours. Remove the outer skin of the almonds and grind

them together with the fig to form a paste. Add one teaspoonful of honey to the paste and have it at bedtime. This will help in treating cough.

- **Alum (phitkari / phatakdi)** – To gain relief from cough, take some alum and double amount of sugar candy (**khadi sakhar**) and grind them together to form powder. Divide this powder into fifteen parts and take one part daily with water or milk. This will bring relief to cough. (**ask**)
- **Aniseed** – This spice is highly valuable as a mucous clearing food. It possesses expectorant property and helps remove phlegm from the bronchial tube. Thus it is highly effective in treating respiratory system diseases like asthma, bronchitis and emphysema. Aniseed is used as a flavoring agent and it should not be boiled for too long as it may lose its essential properties.
- **Apple** – **Apples contain vitamin A whose regular intake helps keep cold and other infections?? away.** (**ask**)
- **Asafoetida (hing)** – Raw hing is very effective in treating pneumonia and bronchitis, especially in children. It possesses expectorant property and helps remove phlegm and catarrh from the bronchial tube. **Hing is also a stimulant for respiratory system. It helps control respiratory system diseases like cough, asthma and bronchitis.** Mix ¼ teaspoonful of hing in 2 teaspoonful of fresh ginger juice. Add a pinch of salt and have it 2 – 3 times a day. It will give relief in such conditions.

One can also mix about 3 – 6 **centigrams of this gum** with two teaspoonfuls of honey, ¼ teaspoonful of white onion juice and one teaspoonful of betel leaf (pan) juice. Take this mixture three times a day and it will help treat and prevent cold, cough, asthma and bronchitis.

Mix half teaspoonful of hing in 50 ml of sesame oil. Add a pinch of camphor to it and warm it slightly. Apply this mixture on the chest to relieve congestion due to severe cold.

One can also take 5 gm of raw hing twice a day with a glass of warm water. Do this for 15 - 20 days. This helps treat bronchitis.

To treat breathing problems, common cold and cough, raw hing should be consumed in dosage of 15 gm with a glass of warm water twice a day.

- **Bajra** – Chapattis made from bajra are very good during severe cold and sinusitis. They are heat producing and give relief to chest and nasal congestions. (ask)
- **Banana** – To treat cough, mix one-fourth teaspoonful of black pepper powder with one ripe and mashed banana. Have this 2 – 3 times a day. It will give relief to cough.
Beet – root / Sugar beet – Beet-root juice mixed with carrot juice is an efficacious remedy for cold or cough.
- **Betel leaf (pan)** – To treat catarrhal conditions, cold and bronchitis, having betel leaf (pan) with one or two cloves (lavang) in it is highly effective. Have this twice or thrice a day.
 To treat productive cough?? loose cough with phlegm, have tender betel leaf with one or two black pepper corns in it. Do this twice or thrice a day. It is very beneficial and helps-----add more??
 Apply some oil on the betel leaves and warm them. Place these warm leaves all over the chest to treat bronchitis. It is highly beneficial.
- **Bishop's weed (ajwain)** – This popular spice is a mucous clearing food and hence highly beneficial in treating respiratory diseases. It has a remarkable power to open up clogged and congested nasal passages. Boil three teaspoonfuls of ajwain in two glasses of water till the water is reduced to half. Strain this and drink the water when it is lukewarm. Do this twice a day, once in the morning and once at night before going to sleep. This is an effective remedy for common cold and cough. To treat influenza, one can have this 3 – 4 times a day. One can also put some ajwain in a chilam and burn them. Smoke this chilam like a cigarette. Do this twice a day for one week. This will help cure asthma.(ask sir???????)
 To treat common cold and congestion in the chest, boil half teaspoonful of ajwain along with equal quantity of turmeric powder in one cup of water. When it is lukewarm, add one teaspoonful of honey in it and have it. This will loosen up the phlegm and will give relief from cold.
 One can also inhale the vapors of ajwain boiled in a vessel of water. This gives relief to nasal obstruction and chest congestion due to severe cold. It helps to relieve difficult expectoration caused by dried up phlegm???.
 To treat cough, mix half teaspoonful of ajwain, two cloves and a pinch of salt. Powder these together and add one teaspoonful of it in a cup of lukewarm water and sip. Do this as frequently as possible. It is effective in treating cough.

Powder two teaspoonfuls of ajwain and mix it in a glass of slightly warm buttermilk. Drink this 2 – 3 times a day. It will provide relief to **respiratory problem due to blockage from dried phlegm**.

Mix half teaspoonful of ajwain seeds with a crystal of common salt and one clove. Chew this together 3 – 4 times a day. It will bring relief to **cough caused by acute pharyngitis?? (this chapter??) in influenza**.

A hot fomentation from ajwain, roasted and tied in a small poultice is very beneficial in treating cold, chest congestion and asthma. This same poultice may be used for inhaling.

- **Bitter gourd (karela)** – This vegetable possesses mucous clearing property. It is highly beneficial for asthma patients. Take one teaspoonful of bitter gourd (karela) paste and mix it with equal quantities of honey and juice of holy basil (tulsi) leaves. This acts as an expectorant and helps treat asthma. It should be taken every night before sleeping for one month.
- **Black pepper** – Powder some black pepper seeds and inhale this powder slowly through the nostrils. Doing this will help one to sneeze and discharge from the nose will be easily expelled. This in turn will relieve the headache due to cold.
Black pepper powder (5 gms) mixed in a cup of warm milk is highly beneficial in treating and preventing sinusitis if taken regularly.
A decoction of black pepper corns should be taken from time to time to treat cough, cold and dyspnea.
- **Black salt** – Put a piece of black salt in the mouth and suck it slowly. Do not chew it. Let it gradually dissolve in the mouth. This will control the cough.
- **Brinjal** – This is an anti-phlegmatic and anti-asthmatic food and helps one to remove mucous easily. The leaves of the plant are antibacterial in nature and help treat many infectious and viral diseases. The leaves and the vegetable are highly beneficial in treating asthma, bronchitis, whooping cough, difficult expectoration and congestion in the lungs. Extract one tablespoonful of juice of brinjal and its leaves and add one teaspoonful of honey to it. Take this regularly to treat the above conditions.
- **Cabbage** – Cabbage is an excellent source of vitamins A, B and C. It is highly beneficial in treating bronchitis.
- **Camphor (kapoor)** – Camphor and asafoetida (hing) should be mixed and rolled into pills. Take two of these pills twice a day to treat cold, cough and asthma.

Camphor oil should be applied on the forehead, nose, chest and back when one is suffering from pneumonia, cold and chest congestion. To treat cold in the head, sniff camphor through the nostrils. This will immediately release the discharge from the nose and the head will feel lighter.

A few drops of camphor oil may also be put in the nostrils to treat chronic cold.

Put some camphor in a vessel of boiling water and inhale the vapours or steam. This will give relief to chest congestion.

- **Carrot** – Regular intake of carrots either in salad form or juice form helps prevent sinusitis. It is an infection fighting food and prevents **infections of respiratory organs**.

Carrot juice mixed with juice of one beet-root is an efficacious remedy for cold or cough.

- **Caraway seeds (kalajira)** – These seeds when boiled in water and its vapors inhaled for about 10 – 15 minutes, helps to dilate the bronchial passage thus providing relief during an attack of asthma and also during bronchitis.(ask)

- **Cinnamon** – This spice helps in treating and preventing many viral infections such as cold and influenza. Take one teaspoonful each of cinnamon sticks and Bishop's weed (ajwain). Boil them in a glass of water for three minutes. Strain and drink this water when it is lukewarm. Do this twice a day, once in the morning and once at evening. This will **cure chest congestion, loosen up the phlegm and will also treat fever. It is highly effective in treating cold and flu.**(ask)

To treat cold and influenza, boil one teaspoonful of coarsely ground cinnamon in a glass of water and add a pinch of black pepper powder to it. When it is lukewarm, add one teaspoonful of honey and drink it. Do this three times a day.

One can also take two or three drops of cinnamon oil mixed with a little honey. This also provides relief during cold and influenza.

To treat cough, prepare tea by boiling half teaspoonful of fresh ginger paste, one-fourth teaspoonful of cut cinnamon sticks and two cloves in one cup of water. Then strain this and when it is lukewarm, add one teaspoonful of honey to it. Drink this and repeat it 3 – 4 times a day. It will give relief to persistent cough.

Consumption of cinnamon provides warmth to the body and is highly beneficial when taken during winter season.

- **Clove (laung / lavang)** – Cloves possess mucous clearing property and is an effective remedy for asthma, cold, cough, bronchitis and

other breathing disorders. Prepare a decoction by boiling 6 – 7 cloves in 30 ml of water. Add one teaspoonful of honey to this and have it three times a day. This provides relief in conditions like asthma and bronchitis.

Roast 3 – 4 cloves and crush them slightly. Add some jaggery (gur) in it and have it three times a day. This will help treat cough.

To gain relief from cold, take 3 – 4 cloves and boil them in a glass of water for a few minutes. Then strain and suck in the water slowly through the nostrils. This will cure cold. (ask)

One can also apply paste of cloves on the forehead to treat severe cold.

Boil 6 – 7 cloves in a cup of water. Strain this and add one teaspoonful of honey to it. Drink it when it is lukewarm. Do this as frequently as possible. It will help in bronchial afflictions. One can also have 1 or 2 boiled cloves along with the decoction.

- **Coconut oil** – Take two teaspoonfuls of oil three times a day. This will bring immediate relief to whooping cough. (ask)
- **Coriander seeds (dhania)** – Decoction of dhania should be consumed from time to time to gain relief from dyspnea (difficulty in breathing) and cough.
- **Cumin seeds (jira)** – This spice is an anti-bacterial food and helps in conditions like common cold and sore throat. Take equal quantities of cumin seeds, black pepper and dried ginger and powder them together. Make a decoction of this mixture by boiling it in water. Drink this three times a day. It will give relief to cold.
- **Curd** – Curd or yogurt treats and prevents cold and other upper respiratory tract infections such as----- . It helps treating viral infections. It should be taken daily at room temperature and not cold.
- **Date (khajoor)** – Date is considered to be very beneficial in the treatment of cold, cough, chest congestion and asthma as they are heat producing. It is a good expectorant – causing the phlegm to loosen up and come out easily. Have 5 – 6 dates every morning with a glass of warm milk to treat cold, cough, asthma and chest congestion.
- **Dill (sowa bhaji)** – This is a green leafy vegetable and a culinary herb. It helps fight infection. The seeds of this plant (sowa) are highly effective in treating cold and influenza. Prepare an infusion of about 50 – 60 grams of seeds, mixed with some honey. Take this three

times a day to help treat cold and influenza. One can also prepare a decoction by boiling the same amount in two glasses of water. Then strain and have it when lukewarm. This not only gives relief from cold, but also helps loosen up the phlegm or mucous in the bronchial tubes.

- **Drumstick** – The leaves and flowers of the drumstick tree and also the tender pod of the vegetable is highly beneficial in treating infections of the chest and respiratory organs.
- **Eucalyptus oil** – This makes a soothing external application for **head cold**.
- **Fennel seeds (saunf)** – These are effective in clearing the mucous. Since they promote the removal of catarh and phlegm from the bronchial tubes, they are beneficial in the treatment of respiratory disorders like asthma and bronchitis. Soak and extract the juice of fennel seeds and leaves and have it.
One can also eat fennel seeds with dried figs. This is good for cough, bronchitis and **lung abscesses**.
- **Fenugreek leaves (methi)** – Methi leaves are highly valuable in treating sinusitis, asthma and continuous cough. One can take methi leaves cooked as a vegetable with some garlic in it.
- **Fenugreek seeds (methi)** – Soak some methi seeds in a cup of water for five hours. Then boil this for two minutes. When it is lukewarm, drink it along with the seeds. Do this regularly and it will help treat hay fever and give relief to constant cough.
One can also boil one tablespoonful of methi seeds in a pressure cooker and then crush them to make a paste. Mix some honey in it and have it twice a day. Do this for one month and it will bring relief to asthma.

To treat asthma and bronchitis, prepare tea from methi seeds, fresh ginger juice and honey and have it daily. This will give relief to **bronchitis, influenza, asthma, pneumonia, sinusitis and catarrhal conditions**. To prepare the tea, boil one tablespoonful of methi seeds in one cup of water and add one teaspoonful of fresh ginger juice to it. When it is lukewarm, add one teaspoonful of honey to it and have it. Do this twice a day. This also acts as an expectorant.

- **Fig (anjeer)** – Dried figs help clear mucous from the bronchial tubes and are highly beneficial in treating phlegmatic cough and **phlegmatic??** asthma. It gives comfort to the patient by removing the phlegm. Thoroughly wash and soak 3 – 4 dried figs in one cup of

water overnight. Have them the first thing in morning with one teaspoonful of honey along with the water they are soaked in. Do this for a couple of months. This will also treat dry cough.

- **Garlic** – This is an excellent mucous clearing food and has anti-viral effect. It is an effective expectorant and helps remove phlegm from the bronchial tubes. It is anti-septic and anti-spasmodic. The volatile oil in garlic helps open up the respiratory passages. Garlic contains ‘allicin’ which wards off bacterial complications, and along with other fiery foods such as radish, mustard and pepper, acts as a decongestant by loosening secretions. In soup form, it is known to decrease the severity of cold by flushing out all the toxins from the system. The soup can be prepared by boiling 3 – 4 cloves of peeled and chopped garlic in one cup of water. Drink this hot, three times a day. Garlic is also a highly effective remedy for asthma, hay fever and influenza. Boil three cloves of garlic in 30 ml of milk and have it regularly. This will help treat asthma and chronic cough. **Acidity patients and patients with gastric ulcers should avoid this treatment.**

For catarrhal conditions, prepare a liniment from garlic and mustard oil. To prepare the liniment, crush 7 – 8 cloves of garlic and put them in mustard oil (**how much mustard oil??**). Boil this oil for about three hours. Stir well after boiling and let it cool. Store this in a glass bottle and apply it warm whenever one is suffering from chest congestion and severe cold. Rub it on the throat, chest, abdomen, upper back and shoulders. This will loosen up the phlegm and will ease the breathing.

Take 2 – 3 cloves of raw garlic daily in the morning. This will treat and prevent cold and cough and will clear the mucous. It will also help treat **pleurisy**.

One teaspoonful of garlic oil can be taken daily in the morning to prevent recurrent cold and cough.

One can also mix one teaspoonful of honey to 2 – 3 crushed cloves of garlic and have it daily. This will help treat and prevent cold and bronchitis. It is also highly beneficial in treating asthma and sinusitis.

Bacteria and viruses in the lungs and bronchial tract can be killed by garlic’s sulphur compounds, absorbed through food, or steam inhalation from garlic water or inhalation through garlic poultices.

Garlic is excellent for treating **pneumonia**.

To treat bronchial catarrh, take three cloves of garlic, crush them and boil them in 30 ml of milk. Drink this milk daily at night. **This will help in bronchial catarrh.?? Ask??**

If one is suffering from severe cold and tropical eosinophilia, then take 2 – 3 crushed cloves of garlic and put them in one cup of boiling water along with one teaspoonful of turmeric powder. When it is lukewarm, drink it. This will not only help treat cold and eosinophilia, but will also loosen up the phlegm.

- **Ginger** – Ginger, like garlic is also an expectorant food and an effective remedy to treat cold, cough, chest congestion, influenza and asthma. It helps clear phlegm from the bronchial tubes and is thus effective in treating asthma, bronchitis and tuberculosis of the lungs. Ginger as an astringent and antiseptic, helps reduce inflammation. (inflammation of what??) Crush some fresh ginger and put it in two cups of boiling water in a vessel. Cover the vessel and steep for thirty minutes. Drink one cup when still warm and another cup after three hours. This will help loosen up the phlegm and will treat cold. Do this daily for a few days till the congestion in chest and cold are cured.

To treat cold, cough and bronchitis, take one teaspoonful of fresh ginger juice and mix it with same amount of honey. Have this mixture three times a day. Persistent cough will get better. This will also treat and prevent influenza and other viral fevers. It is highly effective in preventing cold, cough and fever that might occur during change of season.

One can also prepare tea of half teaspoonful each of fresh ginger paste, cloves and cinnamon powder. Add honey to it and drink it hot. This is highly effective in treating severe cold and cough.

One can also add grated fresh ginger to the boiling water for normal tea. Use more water and less milk to prepare this tea.

To treat bronchitis, boil one teaspoonful of dried ginger powder in two cups of water. Boil the water till it is reduced to half. Strain and drink it when it is lukewarm. Do this twice a day till bronchitis is cured.

??(ask)

Another method to treat bronchitis is to prepare a mixture of half teaspoonful each of dried ginger powder, black pepper powder and powder of cloves. Add some honey to it to form a paste and lick this paste. Do this regularly to treat bronchitis.

To treat irritating and persistent cough, mix a pinch or two of dried ginger powder (sonth) in one teaspoonful of honey and take it four times a day.

- **Gram flour (besan)** – Take one teaspoonful of besan and roast it in one teaspoonful of ghee. Add one cup of milk and 4 – 5 semi-crushed

almonds in it. Mix it well and boil it for a couple of minutes. Have this at bedtime. This will help control sneezing.

- **Grapefruit** – Grapefruit juice is an anti-viral food and is highly beneficial in treating influenza.
- **Guava** – Guavas are rich in vitamins A, B and C. They give relief to chest congestion and cough. Regular intake on guava prevents frequent attacks of cold and cough, **it increases the body's resistance against cold and cough.**

- **Herbs –**

- 1) **Thyme** – Thyme is a herb that has been used in modern folk medicine as an **expectorant and cough medicine to fight cold symptoms??** It also makes a good gargle for sore throats.

- 2) **Fenugreek (methi) tea** – This is a good expectorant and it also soothes sore throat. Fenugreek is available in the form of dried herb and in extract form. To prepare tea, put one teaspoonful of dried herb in hot water **or boiling water??**. **Should we strain it??** Add one teaspoonful of honey and drink it hot. This makes a soothing drink.

- 3) **Peppermint** – This herb helps soothe a nagging cough and has a calming effect on the body. (**How to take it??**)

- **Holy basil (tulsi)** – Tulsi leaves possess expectorant property and help remove catarrh and phlegm from the bronchial tubes, thus helping to treat respiratory system disorders like asthma and bronchitis and also common cold and cough. It also helps treat influenza.

Crush some tulsi leaves and mix some black pepper powder in it. Add this mixture to the tea and have it thrice a day. Doing this will treat hay fever **and if one has temperature, then that will also come down.** (**ask???**)

To treat hay fever, one can also crush 15 - 20 tulsi leaves and extract the juice. Take one teaspoonful of this juice and mix one teaspoonful of honey in it. Have this mixture three times a day for 15 – 20 days. It will not only treat hay fever, but will also cure cold, bronchitis and influenza.

Prepare a decoction of tulsi leaves and drink it daily when it is still warm. This helps in treating and preventing cold. One can use this same decoction (warm) for gargling to treat sore throat.

To prevent cold, boil 10 – 15 tulsi leaves in a glass of milk and drink it when it is lukewarm. This helps in preventing cold, especially in children.

Dried tulsi powder can be used as a snuff to bring out discharge from stuffed nose in cases of severe cold.

To treat and prevent cold and cough, chew 10 – 15 tulsi leaves along with some jaggery three times a day.

Prepare a decoction of tulsi leaves with some honey, fresh ginger juice and a pinch of black pepper powder. Have this regularly to treat bronchitis, asthma, influenza, common cold and cough.

A decoction of tulsi leaves with some cloves and common salt also provides immediate relief to influenza. To prepare the decoction, use half liter of water and boil the water till it is reduced to half.

One can also prepare black tea with one or two pinches of black pepper powder, half teaspoonful of dried ginger powder and 10 – 15 tulsi leaves boiled in one cup of water. Drink this 3 – 4 times a day. It will bring relief to headache due to severe cold, running nose and sore throat.

Chew 5 – 6 leaves of tulsi every three hourly along with 2 – 3 black pepper seeds. This will help bring out the phlegm in cases of wet or loose cough.

Extract about two tablespoonfuls juice of fresh tulsi leaves and mix one teaspoonful of fresh ginger juice and one teaspoonful of honey in it and have this mixture twice a day. This is very effective in treating cold and cough.

- **Honey** – This is also a mucous clearing food and helps remove catarrh and phlegm from the bronchial tubes. It is highly beneficial in treating asthma. Honey helps to thin the mucous and helps its elimination from the respiratory passages. It also prevents production of further mucous. One teaspoonful of honey mixed with equal quantity of fresh ginger juice is highly effective in treating cold and cough. Take this mixture thrice a day. **This will also help loosen up the phlegm which will be easily expelled thus providing relief to chest congestion. (Ask)**

One teaspoonful of honey mixed with equal quantity of lemon juice is highly effective in treating cold and cough. Take this mixture thrice a day.

Honey can also be mixed in a glass of warm water or a glass of warm milk and taken daily. This helps treat and prevent cold and cough.

- **Hot liquids** – One must have lots of hot liquids during cold and influenza. This helps one to fight congestion and gives relief to blocked nose. Have thick, hot vegetable soup, which is spicy and pungent, flavoured with mint and coriander. Add lots of ginger, garlic

and onion along with other vegetables while preparing the soup. **This will cause the mucous to flow out from the blocked nose easily and will provide relief.**

Hot tea, without caffeine is also excellent to treat cold, congestion and blocked nose. This tea is called 'kadha'. The following is the method to prepare the tea –

Ingredients:

1 ½ tablespoonful of spice powder (recipe given below)

1 ½ teaspoonful of sugar candy (**khadi sakhar**)

2 tablespoonfuls of milk

Ingredients for the spice powder:

¼ cup coriander seeds (dhania)

1 ½ tablespoonfuls cumin seeds (jira)

1 ½ tablespoonfuls fennel seeds (saunf)

¼ teaspoonful fenugreek seeds (methi)

How to prepare the spice powder:

Dry roast all the ingredients on a tava (griddle) and grind to a coarse powder. Cool and store in an air-tight container. Use as required.

How to prepare the tea:

Boil one cup of water and add the spice powder and sugar candy (**khadi sakhar**) in it. Simmer for about 3 – 4 minutes and then add the milk. Bring to a boil, strain and serve. Sip it slowly while it is still hot.

Have this tea 3 – 4 times a day for best results. It gives relief to severe cold and cough, headache due to cold and chest congestion.

- **Indian gooseberry (amla)** – Amla is highly beneficial in treating respiratory system disorders like asthma, bronchitis and tuberculosis of the lungs. It is also a mucous clearing food. Mix two tablespoonfuls of amla juice with one tablespoonful of honey and have it in the mornings. This makes a good expectorant tonic.

Eat one amla daily. It is a good source of vitamin C and helps strengthen the respiratory system.

- **Indian mustard seeds (rai)** – Mustard seeds make a good decongestant and an expectorant. They are considered to be a hot food and thus help break up the mucous in air passages. They are effective in treating congestion caused by cold and sinusitis. Powder some mustard seeds along with some sugar and black pepper corns. Take half teaspoonful of this mixture with a glass of warm water twice a day. This will treat cold.

Powder some mustard seeds. Then take equal amount of turmeric powder and fry it in a little oil. Mix this with the powdered mustard

seeds and store the mixture in a glass bottle. Take half teaspoonful of this mixture mixed with some honey twice a day. This will loosen up the phlegm and bring it out easily.

To treat asthma, mix powdered mustard seeds with ghee and honey and have it twice a day. This will bring relief in asthma.(ask)

- **Lady's finger (bhindi)** – This vegetable is highly valuable in treating throat irritation and persistent dry cough. This vegetable is rich in mucilage and acts as a drug to allay irritation, swelling and pain.(of what??) Cut 100 gm of bhindi into pieces and boil them in half liter of water. Inhale the vapors or steam that is emitted. Take this inhalation for 10 minutes and repeat it twice a day. This will provide relief to throat irritation and dry cough.

Bhindi soup is also highly beneficial in treating throat irritation, dry cough and severe cold. (The method to prepare the soup is mentioned above under the chapter of Heart). This soup should be taken twice a day - morning and evening.

- **Lemon** – It is said that 'a lemon a day keeps the cold away'. To treat severe cold, take the juice of two lemons and put it in half liter of boiling water. Add some honey to it and have it when it is lukewarm. Have this at daily night before going to sleep till the cold is treated. One can also mix the juice of one whole lemon with one teaspoonful of honey and have it twice a day to treat cold and loose cough. The lemon juice acts as an expectorant and vitamin C in the lemon juice increases body's resistance, reduces toxicity and cuts down the course of the illness.

Crush 2 – 3 cloves of garlic and add some lemon juice. Take this mixture three times a day to treat cough and cold.

To treat asthma, take half teaspoonful of lemon juice before each meal and also before going to bed. This will give relief to asthma.

Avoid lemons if there are ulcers in the stomach.

Note: Lemon is generally good for health. It strengthens the resistance power and helps fight many diseases. Take juice of one lemon daily with food.

- **Lime** – Lime, like lemon, is a beneficial citrus fruit for treating throat infections and tonsillitis. Squeeze the juice of one lime in a glass of warm water and add one teaspoonful of honey and a pinch of salt to it. Sip it slowly. It will help treat cold.

To prepare a good **home-made cough syrup** to treat irritating cough, use the following method:

Take 3 teaspoonfuls of honey, 2 teaspoonfuls of lime juice or lemon juice and 1 teaspoonful of brandy. Mix all these ingredients and take 2 teaspoonfuls – thrice a day. This mixture should be prepared fresh daily.

- **Linseed (alsi)** – Linseed is a mucous clearing food. A decoction made from it helps treat congestion of chest and asthma. Its regular consumption helps prevent recurrent attacks of asthma. The decoction is prepared by boiling one teaspoonful of **linseed powder**(where is it available?? Or can we boil one teasp. Of linseeds??page 206 – Healing thru natural foods, by Bakhru) and a piece of **palm candy??** in two cups of water till the water is reduced to half. Take this decoction with one tablespoonful of milk. It will give relief from chest congestion.

Prepare a poultice from linseed (**from seeds??**) and apply it warm, externally, all over the chest and at the base of lungs to gain relief from **internal congestion??**.

- **Linseed oil (alsi ka tel)** – Put two drops of linseed oil in each nostril and sniff. The phlegm will soon melt and will be expelled easily. (**ask**)

- **Liquids** – Consume adequate fluids:

Plain water – Drink at least 6 – 8 glasses of water a day as the body needs extra water to help flush itself of the cellular ‘waste’ created by its **antiviral efforts**.

Fruit juices – Apple, black currant, lemon, orange, pineapple, sweetlime.

Vegetable juices – Beet, carrot, green pepper, tomato. Onion and garlic juice in small amount should be added to the vegetable juice.

Have these juices at room temperature and not cold.

Hot beverages like tea, broths and soups help to relieve sinus and chest congestion and also helps loosen the mucous.

Tea – Tea made with ginger, black pepper, cardamom and peppermint have a soothing effect.

Broth – One method to prepare broth is – Take the outer half-inch whole peels of two well-scrubbed and cleaned potatoes. Boil these peelings for 30 minutes with a sliced carrot in 2 cups of chicken broth, then strain and sip it when hot.

Those who are vegetarians may prepare broth using only vegetables or only cereals.

Soups – Chicken soup, vegetable soup in which onions, garlic and ginger must be added along with other vegetables.

Note: Do not have tea, soup, broth or any other liquid while it is scalding hot as it might damage the lining of the throat and oesophagus and one may also burn one's lips and tongue.

- **Liquorice (mulethi??)**– This is a popular spice and a flavouring agent. Chew or suck a small piece of dry liquorice after every four hours. This will give relief to cough, sore throat, throat irritation, inflammation of the throat and bronchitis.

- **Long pepper (lindi peepar)** – These are very useful in treating influenza. Take half teaspoonful of powder of long pepper, two teaspoonfuls of honey and half teaspoonful of fresh ginger juice and mix them together. Take it three times a day. This helps treat influenza **and also prevents other complications that may arise from onset of influenza like involvement of larynx and bronchial tubes.**

Boil some long peppers in two glasses of water till the water is reduced to half. Strain and drink the water. Do this twice a day for one month. This will help treat chronic bronchitis.

To treat cough, powder the long peppers and mix some honey in it. Have 1 – 2 teaspoonfuls of this mixture at night before sleeping. This will treat and prevent cough.

- **Loofah (torai)** – Crush a few angled loofahs and extract the juice. Add some sugar to taste. Have one glass of this juice twice a day. This is very effective in treating asthma. (ask)

- **Mango** – Mangoes are effective in fighting infections. They have a high concentration of vitamin A. Thus, having mangoes regularly during its season will help prevent frequent attacks of cold, rhinitis and sinusitis throughout the year. The kernel of the mango is very effective in treating asthma. **How to prepare???**

- **Mint (pudina)** – Mint oil makes a good inhalation when a few drops are put in boiling water. The vapors when inhaled, are very effective in treating cold and cough. Mint oil is also used in cough drops.

Crush some mint leaves and extract the juice. Take one teaspoonful of this juice and mix it with equal quantity of fresh ginger juice and honey. Take this mixture three times a day. This will give relief to cold and cough.

Prepare a 50 ml decoction using some mint leaves, tulsi leaves, a few cloves (lavang) and a few black pepper corns. Have this 2 – 3 times a day. It will help treat pleurisy.

- **Mustard oil (sarson ka tel)** – Mix mustard oil and jaggery (gur) in equal amounts and have it twice a day for 20 – 30 days. This will help treat cough and asthma.

Mix mustard seed oil and a little camphor. Massage this all over the back and chest. This will provide relief to asthma attack and bronchitis. It will also loosen up the phlegm making it easy for the patient to breathe.
- **Onion** – This vegetable is a mucous clearing food and it thins the phlegm making it easy for the patient to remove it and also prevents its further formation. It is an effective remedy for cold, cough, influenza and bronchitis. Crush one onion and prepare a poultice from it. Apply this poultice all over the chest to treat cold, congestion and bronchitis. Onion is also considered to be a good expectorant. Consumption of boiled or fried onions is very effective in treating severe cold and cough.

Onion soup, liberally laced with chopped garlic is very effective in treating **cold, cough and congestion**.

To prepare an excellent **cold and cough syrup at home**, finely chop one or two onions and extract the juice. Mix some honey in it and let it stand for 4 – 5 hours. Then drink this syrup. It gives relief to severe cold and cough and chest congestion. It also treats bronchitis, influenza and sinusitis. Repeat this 3 – 4 times a day.

Have 20 ml of fresh onion juice mixed with a pinch of salt, twice a day. This acts as an expectorant during severe cough and is highly effective.
- **Orange** – Oranges are effective in treating cold and cough. Orange juice is an effective expectorant food. It helps clear mucous from the bronchial tube. This juice should be mixed with a pinch of salt and one tablespoonful of honey. It should be had at room temperature and not cold. It will help treat respiratory disorders like asthma, common cold, cough with difficult expectoration, bronchitis, influenza and tuberculosis of the lungs.
- **Pomegranate (anar)** – Extract the juice of fresh ginger and mix equal quantities of honey and pomegranate juice in it. Take one tablespoonful of this mixture two times a day to gain relief from asthma and cough.

To treat dry cough, have pomegranate daily.

- **Poppy seeds (khus khus)** – Prepare a paste of poppy seeds using some water and have this paste in the dosage of 3 gm – twice or thrice a day to treat cough and asthma.

One can also apply this paste on the chest after warming it slightly or, prepare a poultice with poppy seeds and warm it and place it over the chest. Do this for 15 – 20 minutes. One can also do fomentation using poppy seeds in boiling water and using this water for fomentation. This helps treat **pleuritis**.
- **Pulses or dals** – The water in which any dal is boiled gives relief to **respiratory disorders**. Have it warm.
- **Radish (mooli)** – This vegetable has a pungent flavor and is known to fight infections. Prepare syrup by mixing one teaspoonful of fresh radish juice and equal quantity of honey with a pinch of black salt. Mix it well and have this syrup three times a day. This is highly effective in treating **chest congestion and bronchial disorder like whooping cough.(change this)** It loosens up the phlegm and brings it out easily. One cup of plain juice of fresh, raw white radish is highly effective in treating catarrhal conditions. One teaspoonful of honey may be added to the juice. If taken regularly, this juice prevents cold and is a curative for chronic cough.

Equal quantities of radish juice, cucumber juice and capsicum juice mixed together, should be taken once a week. This will keep the **respiratory system??** of the body healthy.
- **Red pepper / red chilli** – Hot red chilli is the best food to bring out phlegm and catarrh. Garlic, red hot chilli pepper and mustard are the best foods for treating pulmonary and respiratory diseases. They generally activate **a flood ??** of fluids in air passages that thin the mucous making the nose and eyes water and the phlegm and catarrh easily flows out. Red hot chilli pepper should be taken in food to help treat conditions in which secretions in the airways are thicker than normal. Such conditions include sinusitis, **congestion in chest and throat**, asthma, hay fever, emphysema and chronic bronchitis. Avoid red hot chilli pepper if one is suffering from stomach or mouth ulcers, -
-----**add some more (ask sir)**.
- **Salt** – For severe cold, put some salt in a muslin cloth and make a poultice. Warm this poultice on a round plate of iron and place it over different areas of the chest. Repeat this as often as possible. It will help loosen up the phlegm and it will be easily expelled. It will also bring relief from cough and pneumonia.

Gargle with warm salt-water to treat sore throat and cough. Do this 3 – 4 times daily till there is relief.

A drop or two of salt-water make good **nasal drops**. Mix about one teaspoonful of salt in 8 ounces of water and put one or two drops in each nostril every four hours. Use a dropper. **This will help bring out the mucous from the nose and will help treat cold.**

For irritating cough, put a pinch of salt on your tongue for immediate relief.

- **Sesame seeds** – These are an expectorant food. They are highly beneficial in treating acute and chronic bronchitis, asthma and pneumonia. Prepare an infusion of the seeds by steeping 15 gms of sesame seeds in 250 ml of water. Mix one tablespoonful of linseed and a pinch of common salt in it. Add one tablespoonful of honey in it and drink it daily. This infusion is highly beneficial in treating the above conditions.

- **Small cardamom (choti elaichi)** – For cough and cold, mix some powdered seeds of cardamom with honey and have it daily. This will treat cough and cold.

For those suffering from recurrent cold, a good remedy is a pinch of powdered cardamom roasted in a little ghee taken with a glass of **hot milk** at bed-time.

To gain relief from phlegmatic cough and to release the mucous from the chest, boil one glass of water along with half teaspoonful each of ginger powder, clove powder and cinnamon powder. Strain this and once it is lukewarm, add one teaspoonful of honey to it and drink it. This is very effective in treating phlegmatic cough.

- **Spicy and pungent food** – Eating spicy and pungent food that makes your eyes water and your nose run, is very effective as it causes the mucous membranes to secrete more liquid and this secretion provides a little boost to the body's efforts to rid itself of cold related viral waste material.
- **Spinach** – This green leafy vegetable possesses mucous clearing property and helps control respiratory diseases. Prepare an infusion of fresh leaves of spinach. Add two teaspoonfuls of fenugreek seeds (methi), a pinch of **ammonium chloride (ask)** and one teaspoonful of honey to it. Have this infusion in dose of 30 ml, three times a day, daily. It will help treat bronchitis, asthma, dry cough, tuberculosis of lungs and congestion in throat. It will thin the phlegm, soothe the bronchioles and build resistance against respiratory infections.

- **Steam inhalation** – Inhaling steam with turmeric powder and cabbage leaves is highly beneficial. Put a couple of cabbage leaves and turmeric powder in 500ml of boiling water and inhale these vapors through nose and mouth for 15 – 20 minutes daily, thrice a day. This will loosen the bronchial secretions that cause cough and **congestion in the chest**. It will open up clogged sinuses and nostrils.
- **Sweet - lime (mosambi)** – Sweetlime juice is an effective remedy for cold and cough. It should be taken at room temperature and not cold. **ask**
- **Tamarind (imli)** – In South India, imli and black pepper powder are used to prepare ‘rasam’. This is highly beneficial in treating cold and clearing mucous. It is prepared by boiling imli water, which is very diluted and one teaspoonful of ghee and half teaspoonful of black pepper is added to it. One should have it hot. This will help the phlegm to loosen up and the nose will start running and eyes will start watering thus enabling the nasal passage to become clear. For cough and bronchitis, prepare a decoction using one teaspoonful of pulp of imli in one glass of water. When it is lukewarm, add one teaspoonful of honey to it and drink it. This gives relief in conditions such as acute bronchitis and whooping cough. Tamarind leaf juice is effective in treating cold and cough. (**how much and how often?**)
- **Turmeric (haldi)** – This is also an expectorant food and helps clear mucous from the bronchial tubes. It has antiseptic properties and is highly effective in treating cold, cough, bronchial asthma, influenza, rhinitis and throat irritation. To treat bronchitis, take half teaspoonful of turmeric powder with a glass of warm water three times a day. This will help the phlegm to melt and thus will be easily expelled. To treat cold, cough, dry cough, influenza and bronchial asthma add one teaspoonful of fresh and pure turmeric powder in a glass of warm **milk** and have it twice or thrice a day. It acts best when taken on empty stomach. If one is suffering from severe cold with nasal obstruction, then boil some water in a vessel and add 1 – 2 teaspoonfuls of turmeric powder in it. Then inhale the vapours for about ten minutes. Do this 3 – 4 times a day. Nasal congestion will be relieved and cold will get better.

Another method to treat running nose is to inhale the smoke from burning whole turmeric. It will facilitate discharge from the nose and will provide instant relief.

Inhaling fumes from burnt turmeric and over-burnt charcoal also provides relief to nasal catarrh and coryza.

To gain relief from severe cold, boil one teaspoonful of turmeric powder and one-fourth teaspoonful of powdered Bishop's weed (ajwain) in one glass of water. When it is lukewarm, add one teaspoonful of honey to it and drink it. Repeat this twice a day.

Steam inhalation of turmeric powder added to boiling water is also excellent for treating cold and cough. It also gives relief from sinusitis.

- **Turnip (shalgam)** – Fresh turnip juice is excellent for any **mucous** and catarrhal conditions. It will reduce the **mucous(from where??)** if taken regularly.

Mix turnip juice with cabbage juice or carrot juice and drink it daily to gain relief from bronchitis and asthma.

One can also apply turnip packs externally over the chest. This provides relief to bronchial disorder.

- **Vitamin C - rich foods** – These are highly beneficial in clearing the mucous from the bronchial tubes. They help in treating respiratory diseases such as chronic bronchitis and asthma. They also treat common cold and **congestion in the chest??**. Foods rich in vitamin C are green leafy vegetables, citrus fruits, Indian gooseberry (amla), sprouted Bengal gram – whole (**chana or chole**) and sprouted green gram – whole (moong).

- **Warm compresses** – If the sinuses are plugged and sore, apply warm compresses to them such as warm poultice of ajwain **or a warm napkin??,(add more??)**.

For chest congestion, place a hot water bag or a heating pad wrapped in a towel on the chest to loosen the phlegm.

- **Water** – Boil the water and when it is lukewarm, sip it slowly. Do this throughout the day. It will give relief to cold and coryza.

One can also suck fresh water through the nose daily in the morning. This will prevent cold.

During cold, one must have plenty of water (6 - 8 glasses a day) to prevent viruses from becoming active.

- **Wheat** – To treat hay fever mix wheat bran with some black pepper powder and some rock salt. Boil this mixture in some water and strain. Take this filtrate at night before going to sleep. This will cure

hay fever. (how much of each ingredient and how much water is not mentioned??).

- **What to avoid** – Icy cold food like ice-golas, ice-creams, cold drinks, oranges, cold juices, bananas, ghee, butter, fried food, (ask Sir to add more), avoid air-conditioned environment and direct draft of cold air, avoid sitting in damp rooms and keep your room well-ventilated, inhaling moist air is also important for preventing nasal and throat passages from getting dry and cracked and more vulnerable to viral attack, have more warm drinks like masala tea, hot milk or saffron (kesar) milk, warm water, warm soups, hot chappatis without ghee, avoid milk, milk products and sugar as these may increase mucous production, avoid cigarette smoking – direct and passive, as this irritates the bronchial airways, avoid going to smoke-filled places, -----(ask Sir),

Ask sir, that on one hand we say not to have milk during phlegmatic cough or cold, and on the other hand we say have turmeric powder with warm milk, honey and ginger with warm milk, etc.???

Also ask, does constipation cause cold, sinusitis, etc. if so, then should we mention in one line to keep stomach clean and to treat constipation to keep cold and sinus away??

DOs AND DON'Ts TO TREAT AND PREVENT COLD AND COUGH

- Wash your hands often as cold viruses can survive on door-knobs, handrails, money, etc. for several hours. This holds true for cold sufferers as well as would-be victims alike.
- It is important to cover your mouth when you sneeze since a robust sneeze can launch virus-laden droplets as far as 12 feet or more. Sneeze into a tissue paper and dispose it off properly.
- Never suppress or block a sneeze as this can force viral infection into the ears.
- Do not blow your nose too strongly as this may cause the bacteria to enter the ears and possibly cause an ear infection. The right way to blow your nose is gently, without holding your either nostrils shut.
- Performing yoga regularly helps relieve aches, stimulates healing and relaxes you. Breathing exercises or 'pranayam' is highly beneficial in treating chronic asthma, chronic cold and cough and sinus problem.

GENERALITIES

(Fever, cholera, tuberculosis, chicken-pox, measles, mumps, chills, etc.)

- **Alum (phitkari / phatakdi)** – If **one is suspected** to have malaria, fry some alum and powder it. Mix 1 gm of this powder with 1 gm of sugar candy (**khadi sakhar**). Have this mixture three hours **before the time of fever**. Repeat this for five days. It acts as anti-malarial drug.**(ask)**
To treat cholera, dissolve alum in some water. Drink this water three times a day. It brings relief to cholera.
- **Apricot** – This fruit should be steamed and given to persons suffering from fever as they have a cooling effect.
- **Banana** – Mash one ripe banana with half cup of curd, one teaspoonful of honey and one cup of coconut water and have this mixture twice a day. This is highly beneficial in treating tuberculosis.**(what TB??)**
During typhoid, mash one ripe banana along with one tablespoonful of honey and have it twice a day for a couple of weeks.
- **Bitter gourd (karela)** – Eat boiled bitter gourd during spring and autumn seasons. This acts as a preventive against chicken-pox and measles.
- **Black pepper** – Take one-fourth teaspoonful of black pepper powder and mix it in one glass of warm milk. Have this twice a day for ten days to treat **mumps**.
In fevers with chills, one should have the decoction of black pepper corns from time to times. This will not only reduce the chills but will also help in lowering the temperature.
One can also mix one-fourth teaspoonful of pepper powder with one teaspoonful of honey and one teaspoonful of fresh ginger juice and have it 3 – 4 times daily till the fever comes down.
- **Black raisins (dried grapes)** – To treat thirst during fevers, take a handful of dried black raisins and boil them in a glass of water. Cool the water and crush the raisins in the same water and then strain. Have this water 3 – 4 times a day. It will not only quench the thirst but will also bring the fever down.

- **Camphor (kapoor)** – Camphor acts as a prophylactic against fevers and other infections. Put a piece of camphor in the mouth and hold it there for sometime. Do this daily and it will help prevent fevers and infections.
- **Carrot** – Fresh carrot juice mixed with a little honey is highly beneficial in treating all kinds of fevers.
- **Clove (laung / lavang)** – Cloves are highly effective in treating cholera infection. Take four grams of cloves and boil them in three liters of water till the water is reduced to half. Drink one cup of this liquid every half hourly throughout the day. This will check severe symptoms of cholera. It is highly **effective in other fevers also (elaborate??)**.
- **Coconut (nariyal)** – Water of tender green coconut is given during fever. It is considered to be an anti-bacterial food and is highly valuable in treating cholera infection. Mix one teaspoonful of lemon juice in one glass of coconut water and drink it daily during cholera. Green coconut water is **rich in potassium and thus is** highly beneficial for cholera patients.
To lessen the burning sensation during chicken pox and measles, the lesions should be washed with tender coconut water.
- **Cold compresses** – **Cold compresses** should be applied on forehead and stomach during fever, preferably using an ice bag. Avoid using spirit, eau-de-cologne or vinegar. To reduce the temperature naturally, **a cold pack** should be applied on head, chest and stomach.
- **Coriander seeds (dhania)** – To treat fevers, especially fever with chills, one should take decoction of dhania from time to time. It is very useful. The decoction may be prepared with water or milk with some sugar to taste.
To treat fever with burning sensation and increased thirst, a cold infusion of dhania seeds with some sugar has proved to be highly effective. Drink this throughout the day.
- **Cumin seeds (jira)** – Cumin seeds are considered to be anti-bacterial food. They are highly beneficial in treating fevers. Prepare cumin water and take it daily. To prepare cumin water, add one teaspoonful of cumin seeds in two glasses of boiling water. Let it simmer for a few minutes and then cool. Drink this liquid daily 3 – 4 times a day during fever.

Powder some cumin seeds and take 5 gm with a glass of lukewarm water twice a day for 15 days. This helps in treating chronic fevers. Powder the cumin seeds and mix a little jaggery (gur) in it. Prepare small pills of this mixture and 2 – 3 pills at bedtime. This will induce perspiration during fever and will bring the fever down.

- **Drumstick** – To treat fevers with chills, one can have a hot infusion of drumstick leaves at regular intervals. This will reduce the chills and fever.
- **Fenugreek seeds (methi)** – Prepare tea by boiling one teaspoonful of methi seeds in two cups of water. Take this twice a day to treat fever.
- **Fig (anjeer)** – During early stages of chicken pox, have figs daily. (but dried figs or the fruit?? ask)
- **Fruits and vegetables** – During fever, take a nutritious and balanced diet with plenty of fresh green vegetables and fruits such as apples, grapes, lemon, oranges, papaya, pear and pineapple. Milk may be added to the fruit diet.
- **Garlic** – Garlic is highly beneficial in treating tuberculosis, typhoid, cholera, diphtheria and malaria. Boil thirty cloves of fresh garlic three cups of milk and one cup of water. When the quantity is reduced to one-fourth, strain and cool. Have this twice a day. Boil 4 – 5 crushed cloves of garlic in one glass of milk. Strain and cool. Drink this 2 – 3 times a day to treat mumps. To treat filaria, take ten cloves of raw garlic daily. Garlic is excellent for treating pneumonia. One teaspoonful of garlic oil can be taken daily in the morning to prevent fevers. To bring the fever down, chew a few fresh cloves of garlic or have a little bit of fresh garlic juice 3 – 4 times a day. This helps reduce the temperature.
- **Ginger** – Ginger is a powerful anti-viral agent and brings relief to viral fever. One can prepare tea of half teaspoonful each of fresh ginger paste, cloves and cinnamon powder. Add honey to it when it is lukewarm and drink it. This is highly effective in treating viral fever. It is also beneficial in treating cholera. Black tea prepared with dried ginger powder and black pepper powder is highly beneficial in treating malaria. Adding some fresh crushed ginger to tea is very effective during fever.

Add one teaspoonful of dried ginger powder in one glass of boiling water. Strain and cool. Drink it daily to treat **filaria**.

Mix one teaspoonful of ginger juice with equal amount of honey and have it 2 – 3 times a day. This will help treat **mumps**.

One can also apply paste of dried ginger powder over the swollen parts to treat **mumps**. As the paste dries up, the swelling will start reducing and the pain will subside.

Make a thin paste of dried ginger powder (sonth) with some water and apply it all over the body excepting near the eyes, around the genitals and around the ears. When applying the paste, keep the A.C. and fan off and if possible, close the windows also. Keep the paste on the body for 15 – 20 minutes and cover the body with a thin blanket. The body will start perspiring within a few minutes of application. After 15 – 20 minutes, take a clean towel dipped in hot water and slowly wipe off the perspiration along with the ginger paste. Wear fresh clothes and repeat this 3 – 4 times a day. There may be slight irritation or burning sensation on the skin after applying the paste, but one can ignore this, as this will disappear once the paste is wiped off. This method is useful when the temperature is between 100°F to 102°F. If the temperature rises above this, immediately put the child under a cold shower (room temperature) and let him sit under the shower for ten minutes and then wipe him dry with a clean towel and once again start the cold compresses and ginger paste application.

- **Grapefruit** – For reducing fevers due to cold **and flu**, grapefruit is excellent and it seldom causes allergic reactions.
- **Holy basil (tulsi)** – Decoction of the root (**tulsi leaves??**) is highly beneficial during malarial fever as this helps the patient to perspire. It is also beneficial in treating dengue fever.

In cases of acute viral fevers, the patient should be given a decoction of tulsi leaves with some powdered cardamom in half liter of water. Some jaggery or honey should be added to this decoction. Milk may also be added to this decoction. This will bring down the temperature. To treat various types of fevers such as viral, bacterial or other fevers of **unknown origin**, boil about fifteen tulsi leaves in one cup of water. Add half teaspoonful of cardamom powder and one-fourth teaspoonful of black pepper powder to it. Drink this decoction. Repeat it three times a day.

To treat cough during measles, one teaspoonful of juice of fresh tulsi leaves mixed well with equal quantity of honey should be taken 3 – 4 times a day. This will also help treat malaria.

Take 2 – 3 tablespoonfuls of juice of fresh tulsi leaves mixed with two teaspoonfuls of fresh ginger juice twice daily for relief during fever.

- **Honey** – Honey is quickly absorbed (**where??**) and gives instant energy. Honey added to barley water is easily digestible and gives nourishment to the body during fever. This drink also eliminates toxic wastes effectively, **thus bringing the fever down**.

One tablespoonful of honey mixed with juice of half a lemon in one cup of warm water provides energy to the fever patient.

- **Indian gooseberry (amla)** – Take dried amla and grind it into fine powder. Have half teaspoonful of this powder daily with water, one hour before or after meals. This helps treat tuberculosis.
- **Lemon** – Lemon is an anti-bacterial food and is highly beneficial in treating infectious diseases. Lemon contains anti-cholera property and lemon juice kills cholera bacilli within a short time. Taking lemon juice daily with food prevents cholera.

Mix the juice of one lemon in a glass of water and have it. Repeat this twice a day. It is highly beneficial in treating **measles**. (**Ask sir.**)

Lemons are excellent for fevers as the citric acid and other properties contained in lemons **helps elimination???(of toxic materials from the body??) through skin thus reducing the fever??** -----(**ask and add more**). Juice of half a lemon mixed with one tablespoonful of honey in one cup of warm water provides energy to the fever patient.

- **Liquids** – In acute stage of fever, avoid solid foods and follow only liquid diet for the first 3 – 4 days. Drink plenty of liquids such as **buttermilk, coconut water, fresh fruit juices, lemon barley water, lemon juice**, etc. One must also have hot liquids like lemon-mint tea, warm jaggery (gur) water, hot soups, etc.

To prepare lemon-mint tea – take 2 glasses of water and boil it; add 6 – 7 mint leaves; add a little jaggery (gur); squeeze one lemon in it and boil it for some time. Then strain the water. Have this decoction hot, as tea. Do not add any milk.

- **Long pepper (lindi peepar)** – Powder some long peppers. Take one-fourth teaspoonful of this powder mixed with one teaspoonful of honey and half teaspoonful of juice of fresh ginger three times a day. This is effective during fevers and during tuberculosis.
- **Mango** – People suffering from plague or cholera should have **baked pulp of mango**. Add some sugar to the pulp.
- **Margosa (neem - bitter)** – Margosa leaves should be well pounded along with turmeric powder and sandalwood powder. Add some water

to this mixture and make a paste. Apply this paste externally over body to treat measles.

Juice of fresh margosa or neem leaves is highly effective in treating fevers. Take one tablespoonful of this juice mixed with one teaspoonful of honey twice a day. This treats and prevents fevers. It also acts as a prophylactic against malaria, cholera and chicken-pox. An infusion or decoction of fresh neem leaves makes a good bitter tonic for chronic malarial fevers.

- **Mint (pudina)** – Boil some mint leaves and some crushed small cardamom (choti elaichi) in some water. When the water is reduced to half, cool and strain. Drink this water at an interval of one or two hours. This will stop vomiting and is good in treating cholera.
- **Nutmeg (jaiphal)** – These seeds must be roasted and powdered. Mix some gur (jaggery) to it and make small pills. Take one pill at an interval of every ten minutes. This will help treat cholera.
To treat dehydration due to diarrhoea during cholera, soak half nutmeg in two cups of water for 3 – 4 hours. Mix this infusion with equal quantity of fresh coconut water and drink it. Repeat this 2 – 3 times a day to treat dehydration in cholera.
- **Onion** – Mix one tablespoonful of onion juice with equal quantity of mint (pudina) juice and warm it slightly. Have it regularly after an interval of thirty minutes. This will help treat cholera.
Prepare onion sauce and use it liberally while cooking food. To prepare the sauce, peel and cut the onions into small pieces and wash them thoroughly. Add salt and vinegar for taste. Use this sauce while preparing food. Regular intake of onions is highly beneficial during cholera epidemic.
Another effective onion preparation to treat cholera and malaria is to take one big onion and seven black pepper corns. They should be pound together in a pestle very finely and given to the patient in small doses, about 10 – 15 gm, 2 – 3 times daily. This will allay thirst and restlessness and reduce vomiting and diarrhea during cholera. It will also help during malarial fever.
During malarial fever, onions should be eaten twice a day with some black pepper powder. **This brings relief-----???**
To treat any kind of fevers, have 20 ml of fresh onion juice twice a day. One can also have onion soup during fever, **which will bring vitamin C to work.**
- **Orange** – Oranges are excellent during any kind of fevers when the digestive system is disturbed. Orange juice is the most ideal liquid

food during fevers, especially fevers like typhoid, tuberculosis and measles. It provides energy, increases urinary output, thus helping the patient to flush out the toxins from the body naturally and it also promotes resistance of the body against infections. Orange juice must be taken warm at the onset of fever and should be had at an interval of two hours for a period of twelve hours, and then slowly the patient must start taking all kinds of fruits for one or two days, followed gradually by a well-balanced diet.

- **Pineapple** – This fruit possesses anti-bacterial property. It is thus highly beneficial in treating infectious diseases like diphtheria and tuberculosis. In diphtheria, it is used as a mouthwash for removing the dead membranes from the throat.
One glass of pineapple juice taken daily is highly beneficial in treating tuberculosis. It is found to be effective in dissolving mucous and speeding up recovery.
- **Pomegranate (anar)** – Take the juice of ripe pomegranate during typhoid fever, gastric fever, asthmatic fever or other any fevers. It is very effective in treating the fevers and provides energy as well.
- **Poppy seeds (khus khus)** – Apply the paste of poppy seeds over the body to treat cold rigors or chills.???(this comes in this chapter??).
- **Pumpkin (petha)** – The juice of this fruit should be taken at regular intervals to treat chronic fever. It will give relief to the burning sensation and will reduce body temperature.
- **Rice starch** – A liberal intake of rice starch (liquid) acts as a diuretic and thus reduces fever after increasing the urination.
- **Sandalwood (Chandan)** – To quench the thirst during fever, a decoction of sandal can be consumed every 1 - 2 hourly. This will also bring down the temperature.
- **Pulses or dals** – The water in which any dal is boiled is highly beneficial during any kind of fevers. It also provides energy.
- **Salt-water** – Gargle with warm salt-water during fever. Do this 3 – 4 times a day. This will help sore throat during fever.
- **Small cardamom (choti elaichi)** – Take the husks of small cardamom and grind them. Boil them in some water till the water reduces to one-fourth. Cool and strain. Have half cup of this water as often as possible. Do this regularly during cholera. It will stop vomiting, quench the thirst and aid urination.

- **Steam inhalations** – Steam inhalation with cabbage leaves is highly effective if there is stuffed or blocked nose due to severe cold. **This will also help the fever to come down.**
- **Sweet - lime (mosambi)** – Sweetlime juice is an effective remedy for typhoid and fevers. If one has feverish feeling, mix equal quantities of fresh sweetlime juice and coconut water and drink it.
- **Tamarind (imli)** – Prepare an infusion of one teaspoonful of pulp of imli in one cup of water and drink it. it is highly beneficial during fevers.
- **Turmeric (haldi)** – Turmeric is an anti-viral food and helps treat and prevent certain viral fevers. Mix half a teaspoonful of turmeric powder in a glass of warm **milk** and have it twice a day **till the fever comes down.**

Turmeric is highly beneficial in treating measles. Raw roots of turmeric should be dried in the sun and ground to a fine powder. This powder should be mixed with some honey and some juice of bitter gourd leaves and given to the patient. This will help treat measles.

Another method to treat measles is to take 20 ml of fresh juice of tulsi leaves and half teaspoonful of turmeric powder. Mix them well and have this mixture twice a day till measles is cured.

To facilitate scabbing in small-pox and chicken-pox, apply a paste of turmeric powder externally over the skin.

- **Water** – Drink 1 – 2 glasses of hot water daily during fever. It is very effective.
- **Wood apple** – Leaves of bel tree helps in treating and preventing filaria. Take three leaves daily to treat and prevent filaria.
- **What to avoid** – During fever one should avoid, chilly food, coffee, cold water, dried fruits and nuts, fried food, pickles, processed food, tea and white sugar. Avoid exposure to sudden environmental changes, avoid visiting congested areas, avoid use of medicated nasal drops, avoid taking anti-biotics and anti-pyretics.

GENERALITIES **(Herpes,)**

- **Garlic** – Garlic is an effective remedy for herpes virus. This virus infects either oral or genital areas. Garlic contains anti-viral and immunity boosting properties. Thus it is highly beneficial in treating these serious diseases. Garlic should be taken internally as soon as the first sign of the disease appears. One can also apply garlic juice directly on the sores. Crushed garlic, in the form of poultice may also be applied.

To treat genital herpes, take a garlic sitz bath for twenty minutes. A garlic clove should be crushed and half liter of boiling water should be poured over it. It should be allowed to stand for a few hours and then poured in a tub filled with enough water to cover the hips. The patient should sit in the tub for twenty minutes. This will help treat genital herpes.

GENERALITIES (oedema or swelling, dropsy, gout, paralysis, etc.)

- **Amaranth (chaulai)** – To gain relief from swelling (**what kind of swelling??**), make a paste of amaranth leaves and apply it over the swelling. Then tie a cloth around it. Repeat this three times a day. It will help reduce the swelling.
- **Asafoetida (hing)** – To neutralize opium poisoning, take hing with water. It will immediately neutralize the opium effect.
Raw hing fried in ghee should be taken regularly to treat pain from facial palsy and paralysis.
- **Bishop's weed (ajwain)** – Powder the seeds and add 2 – 3 teaspoonfuls in a glass of warm milk and have it three times a day. This will help treat **gout**.
Soak some ajwain in the urine of calf for some time and then let them dry. Take two teaspoonfuls of these seeds three times a day for one month. Dropsy will be cured (Ask??)
- **Bitter gourd (karela)** – Prepare one cup of fresh karela juice and add two teaspoonfuls of honey to it. Drink it twice a day, morning and evening. This will help treat **dropsy**.
- **Black gram (urad dal)** – To keep the body strong, fry some urad dal in ghee. Then boil it in cow's milk. Add sugar to taste. Have this twice a day. It will provide immense strength to the body (**ask this point. How much to have?? To have urad dal daily is not good. Ask.**).
- **Black pepper** – In any kind of swelling or pain, one can apply the paste of black pepper over the affected area. It will bring relief. The paste is prepared by mixing some water to black pepper powder.

- **Cabbage** – For **gout**, prepare paste of cabbage leaves and apply it over the swellings and painful areas. Tie it with a muslin cloth. This will give relief in **gout**. It can also be taken internally. Have raw cabbage as salad or in juice form. It can also be cooked as vegetable.
- **Camphor (kapoor)** – Apply camphor oil on **any kind of swellings**. It is highly effective.
- **Carrot** – Carrots along with their leaves should be eaten regularly. This will treat and prevent gout. Carrot juice is also very beneficial.
- **Castor oil (seeds ask??)** – Crush some castor seeds in milk and have it twice a day. This will provide relief from **gout** pain. Mix 10 ml of pure castor oil in a glass of warm milk and have it daily at bed time. This will help treat oedema or swelling on any part of the body.
Castor oil, when taken internally in the dosage of 5 ml – twice a Day, helps treat swelling and body aches.
Castor oil may also be applied externally over swellings and oedema. The leaves of castor may also be warmed and tied in a muslin cloth. This cloth should then be tied warm over swollen parts of the body. This helps reduce the swellings.
- **Celery seeds (ajmud)** – Take some mustard oil and add some celery seeds to it. Heat the mixture and simmer for a few minutes. Then when it cools a little, rub this oil over the painful areas of the body. This will stop body ache.
To keep the body warm, take a few celery seeds with a glass of **cold** water early in the morning. This will keep the cold away.
- **Clove (laung / lavang)** – Place two cloves in the mouth and suck them slowly. Do not eat them up or chew them. Alcohol craving will subside temporarily (**ask**).
- **Coriander seeds (dhania)** – To treat **swellings in general**, drink coriander tea. The tea is prepared by boiling one teaspoonful of dhania in a cup of water. Drink when warm. Repeat this 3 – 4 times a day.
- **Cow's urine** – Massage the affected or swollen part with cow's urine regularly. This will help treat oedema or swelling on any part of the body.
- **Fenugreek leaves (methi)** – Apply lukewarm paste of methi leaves over swellings. (**what swellings??**). This will bring relief to swelling on any part of the body.

A warm paste of methi seeds should be applied over any kind of swellings and pain of the body. It brings relief.

- **Fenugreek seeds (methi)** – Take half teaspoonful of methi seed powder regularly in the morning with a glass of water to gain relief from body aches and swellings.
- **Garlic** – Garlic is one of the most powerful and natural form of antibiotics and antiseptics ever known. Eat two cloves of raw garlic daily in the morning. This will strengthen the resistance power and keep one free from many serious diseases. It will also increase the age (ask).

Garlic also acts as a good mosquito repellent. Grind ten cloves of garlic and extract the juice. Mix this juice in half cup of olive oil. Store this mixture in a bottle for one week. After that, apply this all over the body at night before sleeping. It will keep mosquitoes away.

Garlic is also known to cure **paralysis**, especially **facial paralysis**. It helps reduce the pain in paralysis. Have one clove of raw garlic with some water on the first day in the morning. Subsequently increase the number of cloves according to the number of days, e.g. two cloves on the second day, three cloves on the third day and so on. Do this for three weeks, thus taking 21 cloves on the last day or 21st day. Now reduce one clove each day. Again do this for three weeks. Thus on the 42nd day, take one clove. This will help treat paralysis (ask).

Daily intake of buttermilk and ghee - both prepared from cow's milk, is also effective in treating paralysis.

Garlic paste should be applied on the face to treat facial palsy. It can also be applied on any part of the body to treat paralysis. It also helps relieve body pain and swelling on any part of the body.

- **Ginger** – Mix one tablespoonful of fresh ginger juice with some jaggery (gur). Take this mixture twice a day. Along with this treatment, the patient should have only goat's milk daily. This will help treat dropsy (ask).

Rub dry ginger powder all over the area where there is any kind of swelling. This will help the swelling and pain to subside.

- **Holy basil (tulsi)** – Prepare paste from the whole plant and apply it over swellings on any part of the body. This will bring relief to pain and discomfort caused due to the swelling.
- **Lemon** – Lemon juice provides vitamin C, which helps fight diseases and strengthens the resistance power.

- **Lotus flower** – Prepare a paste of lotus flower. Take half teaspoonful of this paste and add it to a cup of milk. Mix it well and drink it. Repeat this twice a day for 15 days. This cures oedema completely.
- **Mustard oil (sarson ka tel)** – Mix some powdered Bishop's weed (ajwain) in mustard oil. Dip a few cardboard pieces in the mixture and hang them over doors and windows. This acts as a mosquito repellent and will drive out all the mosquitoes (ask).
- **Onion** - To treat dropsy, have 20 ml of fresh onion juice twice a day. Onion juice should be applied on swellings. It is effective???(ask).
- **Poppy seeds (khus khus)** – To treat any kind of swelling or pain due to swelling, apply warm paste of poppy seeds over the affected areas. It gives relief. One can also prepare a poultice of poppy seeds and warm it and apply it over the affected area.
- **Red pepper / red chilli** – During winter, when one is traveling or feeling cold, place a few red chillies in socks and gloves before wearing them. This will keep the body warm.
- **Sweet potato** – This vegetable helps protect against air-pollutants. Regular intake of roasted sweet potato helps bind heavy metals in our body tissues, thus protecting our body against heavy metals, which we inhale from air every day (ask???)
- **Tamala (tejpat)** – Grind the leaves and make a paste. Apply it over the inflammation of joints twice a day. It will help treat **gout**.
- **Turnip (shalgam)** - Turnips are good for the elimination of uric acid from the body, which is good for those suffering from **gout**.
- **Wheat** – Boil wheat bran in two cups of water and strain. Add milk and sugar to the filtrate. Take one cup in the morning and one in the evening. It will keep away various diseases and will help eliminate many harmful compounds from the body. It provides good strength to the body.
Poultice of warm wheat dough should be applied over swellings of the body. It will provide relief.
- **White goose foot (bathua)** – To cure gout, extract two cups of juice from fresh bathua leaves and have it daily. The **gout** will be cured within two months.
- **Wood apple** – Mix a pinch of black pepper powder in one teaspoonful of juice of fresh bel leaves and have it 2 – 3 times a day. It is beneficial in treating oedema.

- **What to avoid for gout** – Avoid eating excess of salt as this interferes with the elimination of certain wastes from the body like uric acid and this indirectly leads to diseases such as gout.
- **What to avoid for oedema** – Avoid all foods in which baking soda or salt is used, cheese, chutneys, papads, pickles, salt in cooking or putting extra salt on table, salted butter, salted dry fish, salted meat, sea fish, liver, (add more??)

GENERALITIES (weakness, debility, fatigue, etc.)

- **Barley** – Barley sprouts provide a lot of energy and if taken regularly will keep one healthy and strong.
- **Beet – root / Sugar beet** – This root has certain properties that treat anemia, general debility, nervous debility, low vitality and lassitude. One can have them raw or boiled as salad. Juice of raw beetroot and carrot is also an excellent remedy for the same.
- **Bengal gram (chick pea / chole)** – Germinated whole gram, when eaten regularly, does away with fatigue, general debility and weakness.
- **Black raisins (dried grapes)** – Prepare a confection with raisins, ghee, sugar and honey. Have this regularly. It will help treat weakness and debility. It is also a good tissue **vitalizer - (change this word – ask Sir)**, provides energy and helps **thin persons to gain weight**.
- **Carrot** – One glass of carrot juice mixed with a little honey should be taken regularly. This helps in conditions like general debility, low vitality, anemia, lassitude, **nervous disorders??** and general weakness.
- **Cucumber** – The powdered seeds of cucumber should be taken in the dosage of 4 – 5 gm daily. This is a good **vitalizer** and treats general debility. Oil obtained from the seeds (**taken in what dosage??**) also makes a good tonic. (**tonic for what??**)
- **Cumin seeds (jeera)** – This spice helps in treating fatigue and tiredness. Mix half teaspoonful of jeera, coriander seeds, black pepper corns and tuvar dal in two cups of water and boil the water.

Cool and strain, add salt to taste. Drink this water twice a day. This will do away with fatigue.

- **Date (khajoor)** – Dates mixed with a glass of warm milk provides instant energy and strength. It is highly effective in treating general weakness and debility.
- **Drumstick** – Drumsticks contain a good amount of calcium, iron, phosphorus, vitamin C and folic acid. Regular intake of drumsticks helps prevent chronic fatigue and tiredness. Having boiled drumsticks added in any soup, especially in carrot soup, is highly effective.
- **Fig (anjeer)** - Soak 2 – 3 dried figs overnight in one cup of water. Eat them the next morning with one teaspoonful of honey. Do this for one month. This is excellent remedy to treat physical weakness and debility.
- **Grapes** – Grape juice is highly effective in providing stamina and vital energy. It helps treat debility and weakness.
- **Green peas (matar)** – Peas contain high amount of fibre and vitamins A, B and C. They are considered to be highly useful in treating anemia, general weakness, debility and weariness.
- **Indian gooseberry (amla)** – Regular intake of amla helps boost the immune system and provides vital energy. It does away with general weakness and debility.
- **Mango** – To help gain strength in physical weakness, put one teaspoonful of honey, a pinch of saffron, a pinch of cardamom powder and one teaspoonful of rose water over ripe mango slices and have them daily during the season. Repeat this twice a day.
- **Small cardamom (choti elaichi)** – Boil half teaspoonful of powdered cardamom seeds in one glass of water. Add one teaspoonful of sugar or honey and drink it twice or thrice a day. This will do away with exhaustion and fatigue.
- **Spinach** – Spinach is rich in vitamins A and C. It is also rich in minerals such as iron and potassium. Thus, having spinach regularly helps to treat low vitality.
- **Turnip (shalgam)** – Turnips are a rich source of vitamins A, B and C. They make an excellent food for growing children and provide energy. They help in cases of physical weakness.

GENERALITIES (neuralgia, nerves, neurological diseases, etc.)

- **Apple** – Besides being rich in vitamin C, apples also contain vitamin B that helps in maintaining **nerve health**.
Apple juice mixed with two teaspoonfuls of honey and some milk is highly beneficial in conditions like **nervous debility (here, or in the Mind Chapter?)**.
- **Cabbage** – Cabbage contains many minerals and is rich in calcium and potassium. It also contains calcium, phosphorus, sodium and sulphur. It is an excellent source of vitamins A, B and C. It is a good remedy to treat neuralgia. It can be taken raw as salad or in juice form. It can also be cooked as vegetable.
- **Carrot** – One glass of carrot juice mixed with a little honey should be taken regularly. This helps in **nervous disorders ----- (ask whether this should come here or under 'MIND'??)**.
- **Castor oil** – This oil is taken internally and is highly beneficial in treating nervous disorders like paralysis, facial palsy and neuritis. It should be taken in the dosage of 5 ml – twice a day.
Castor oil may also be applied externally to treat various **nervous disorders like sciatica and paralysis??**.
The leaves of castor may also be warmed and tied in a muslin cloth. **This cloth should then be tied warm over affected parts to treat various nervous disorders.**
- **Ginger** – Have raw fresh ginger regularly with the meals. One can also prepare food by adding fresh ginger in all the dishes while cooking. This is good for many neurological diseases **(ask and add more)**.
- **Spinach** – Spinach is an excellent source of vitamins A and C. It is also rich in minerals like iron and potassium. It is a good remedy to treat neuralgia.

BACK

- **Camphor (kapoor)** – Mix any oil from the house with some camphor and warm it slightly. Apply it over the neck and massage gently. This will provide relief to cervical spondylosis.
- **Castor oil** – Mix 5 – 10 ml of pure castor oil in a glass of warm milk and have it daily at bed time. Do this for 45 days. It will provide relief to back problems.
- **Garlic** – Consume 1 – 2 cloves of raw garlic daily in the morning on an empty stomach. This will help treat back problems.
One can also crush two cloves of fresh, raw garlic and boil it in a glass of milk till the milk is reduced to one-fourth. Strain and drink it. Repeat this twice a day for 30 days. This will bring relief to back problems.
One can also use garlic externally to treat back problems. Crush 5 cloves of raw garlic and add 50 ml of sesame (til) oil to it. Boil this for 20 minutes and then filter it. Apply it warm over the painful area on the back and gently massage for 10 - 15 minutes. Repeat this twice a day. It will provide relief.
- **Lemon** – Drinking lemon juice daily helps treat lumbago. (ask - does'nt this aggravate the joints pain??)
- **Margosa (neem - bitter)** – Margosa leaves as well as the flowers are highly beneficial in treating cervical spondylosis. Extract the juice of fresh neem leaves and have one cup daily in the morning.
- **Nutmeg (jaiphal)** – This seed is a good remedy for lower back pain or lumbago. Powder the seeds and add some wine to it to prepare a paste. Apply this paste over the painful area on the back or loin. Pain will subside.
- **Turmeric (haldi)** - Take some fresh and unripe turmeric and make a paste from it. Boil one teaspoonful of this paste in five teaspoonfuls of milk and add some sugar to taste. Eat this mixture twice a day, in the morning and evening. This will bring relief to back pain.

LUNGS

- **Amaranth (chaulai)** - Having one cup of juice of fresh leaves of amaranth mixed with one teaspoonful of lemon juice every night stops bleeding of the lungs (ask).
- **Apple** – Eating apples improves the health of the lungs. A British study revealed that eating at least five apples a week led to better functioning of the lungs and lowered the risk of respiratory diseases. Apples also seem to lower a smoker's risk of developing COPD (Chronic Obstructive Pulmonary Disease) by half.

MUSCLES

- **Banana** – High potassium content found in bananas, keeps the muscular system of the body fit and healthy.
- **Barley** - Take an earthen pot and put soil in it. Then grow some barley grains in it. The sprouts will emerge from the grains after a few days. Allow them to grow till they are about 5 – 6 inches long. Then cut about 3 inches from top, wash them thoroughly and extract its juice. Drink one cup of this juice either alone or mixed with other vegetable juices such as tomato or carrot juice. Do this every morning. This will help one to develop good physique. It will help those who are into muscle expansion and bodybuilding and they should take barley sprouts regularly as salad or in juice form during breakfast.
- **Brinjal** – Brinjals are rich in minerals, especially magnesium and potassium that are good for muscle tone and strength (ask).
- **Camphor (kapoor)** – Warm the camphor oil and apply it over aching muscles. It gives relief to the pain.
- **Clove (laung / lavang)** – Apply clove oil on the areas where there are muscle cramps, it will bring relief to painful muscles.
- **Ginger** – To treat muscle cramps, apply a paste made from dried ginger powder and castor oil all over the painful areas. This will provide relief to pain in the muscles.
- **Turmeric (haldi)** – Prepare paste of fresh turmeric and fresh ginger in equal quantities and mix them well. Heat this paste and apply over the painful or strained muscles. Repeat this three times a day. It will bring relief.

BONES

- **Apple** – Apples are a rich source of mineral 'boron' which promotes bone health.
- **Holy basil (tulsi)** – To treat pain in the ribs, extract juice of 15 – 20 tulsi leaves and add one teaspoonful of honey to it. Have this mixture daily in the morning.
- **Orange** – Oranges are a good source of vitamin C and helps treat diseases of the bones and keeps the bones healthy.

STOMACH AND ABDOMEN

(Flatulence, constipation, diarrhoea, dysentery, inflammation of stomach and distension of the abdomen, acidity, burning of stomach, dyspepsia, gastritis, indigestion, IBS, nausea, vomiting, intestinal parasites, ascites, biliousness, liver, spleen, pancreas and gall bladder problems such as gall stones, hiccoughs, and other stomach ailments).

- **Alfalfa** – The seeds of alfalfa, known as ‘King of sprouts’, are helpful in building the immunity of the stomach. Alfalfa, taken in the form of herb tea, gives relief to **hyperacid stomach or acidity??**, helps prevent flatulence and also relieves accumulated gas. It controls the flow of hydrochloric acid and aids the action of **gastric enzyme, pepsin**. Add some mint leaves to alfalfa tea and drink it. This gives relief to stomach after a heavy meal.
- **Almond / Almond milk** – Almonds have cooling property and helps reduce **pitta (heat?? what is the English word? ask sir and add it heer)**. **It is good for the liver – the organ that generates a lot of heat**. To treat liver problems, crush 6 – 7 almonds and mix it in two tablespoonfuls of warm milk. Add a pinch of saffron (kesar), mix well and take it daily. **(But isn't saffron heat generating??)** Grind five almonds and five dried dates. Mix them and add some honey. Take three teaspoonful of this mixture twice daily. This will cure constipation. Milk prepared from almonds possess anti-ulcer property. It is beneficial in treating gastric and duodenal ulcers. Almond milk is prepared by grinding the almonds that are soaked and skinned. Grind them to form a paste and add water to it. Add a little honey and drink it. One kilogram of milk can be derived from 250 gms of almonds. This is excellent to treat stomach ulcers.
- **Aloe vera** – Drink 30 ml of aloe vera juice every morning to ease constipation and reduce colon and other stomach problems. **(ask)**
- **Aniseed** – This is a spice with gas-relieving property. It is an excellent remedy to help pass flatus. An infusion of cumin seeds, pepper, ginger and aniseed can be prepared and taken. This also relieves stomach disorders. Another method to prepare the infusion is to mix one teaspoonful of aniseed in one cup of boiling water and leave it covered overnight. The clear fluid is then decanted and taken with honey. This brings relief to the gurgling in the abdomen, prevents flatulence or gas formation and **also prevents fermentation in the stomach and bowels**.
- **Apple** – Apples contain pectin, which has the ability to take up excess water in the intestines and make a soft bulk that acts as a mild and non-irritating stimulant, which in turn helps the peristaltic movement and aids in natural bowel elimination. **In other words, pectin (soluble fibres) in apples lubricates the colon, which helps**

ease the removal of wastes from the body. (Ask Sir, that apples aid in bowel elimination, and also in diarrhoea?? They cause constipation, then how does it aid in bowel elimination??) Insoluble fibres (present mainly in the apple's skin) provide bulk in the digestive tract, which helps the food to move quickly through intestines, thus easing bowel elimination.

Contrary to the popular myth, a ripe and juicy apple eaten at bedtime every night cures constipation.

Apples are anti-diarrhoeal food. Apple juice mixed with banana is very beneficial in treating acute and chronic diarrhoea. This mixture also regulates bowel movements. Cooked, baked or steamed apples are also good for diarrhoea and dysentery.

Apple juice is known for its cleansing and healing effects on internal inflammation.

Apple juice is also good for the gall bladder and aids liver function and frees the body from toxins.

Apple is also good in treating intestinal worms.

For those who eat non-vegetarian food, having an apple after meals, helps them to digest food easily.

Studies have showed that apples contain flavonoids, which inhibit the growth of prostate cancer cells. Another study shows that the skin of the apple contains phytochemicals that inhibit the growth of colon cancer cells by 43%.

- **Apricot** – This fruit is good for the stomach and it acts as a laxative.
- **Asafoetida (hing)** – Asafoetida is a resinous gum of a tall, perennial plant. It is used as a flavouring agent and is a constituent of many spice mixtures. It is an anti-flatulent food and is ideal for many stomach disorders. It is the best remedy that aids in expelling wind from the stomach.

Prepare a mixture of equal quantities of asafoetida, powdered black pepper and dried ginger powder. Store it in a bottle and take one teaspoonful with water twice a day whenever the stomach is upset or when there are intestinal problems or when there is flatulence.

Add a pinch of hing in all the vegetables and pulses while cooking. This prevents gas formation and aids digestion.

Asafoetida mixed with lemon juice aids digestion.

Another method to prepare this is to take seedless lemon pieces and mix some asafoetida and black salt in it. Then let the lemon pieces dry in the sun for one week or ten days. Once the lemon

rind becomes soft, store them in a container and have it with meals. This will help digestion.

Take one-fourth teaspoonful of hing and sprinkle it over a ripe banana and eat it. This cures indigestion.

For stomach pain, dissolve one teaspoonful of hing in hot water and apply this paste on the abdominal region, this brings relief to stomach pain. **It also stimulates the intestines thus**

facilitating bowel movements. You can also fill your umbilicus with half a teaspoonful of hing and lie down for some time. This will relieve stomach pain, flatulence or distension of the stomach. Take 5 – 10 gm of hing fried in ghee regularly. This helps treat many stomach disorders such as flatulence, loss of appetite, colic and spasmodic pain.

To treat intestinal worms, mix 2 gm of hing in 100 ml of water and use this as an enema. It will help dispel worms.

- **Bajra** – This is the only grain that is alkaline in nature and thus it is good for spleen, pancreas and stomach. It helps those suffering from acidosis, colitis and stomach ulcers. It also prevents the formation of certain types of gallstones. **(are there different types of gallstones??)**
- **Banana** – Ripe green banana is good for constipation and unripe banana is good for all types of stomach and liver disorders including gastric and intestinal ulcers.

Green ripe banana, if taken on an empty stomach first thing in the morning, acts as a laxative and cures constipation.

Take one ripe green banana with milk at bedtime. This aids digestion and cures constipation. Banana and milk diet is also excellent for stomach ulcers. It helps heal the ulcers quickly. Bananas are a good laxative and also helps treat acidity.

One or two ripe bananas mixed with some tamarind and salt makes an effective remedy for diarrhoea and dysentery in early stages.

The unique quality of banana is that, it is good for both - constipation and diarrhoea or dysentery.

Bananas are also excellent for acidity.

To treat hyperacidity, colic and heartburn, the ash of banana leaves and stalk should be taken in the dosage of 5 gm – twice or thrice a day.

Note: The big green bananas are more healthy and contain-----
-----ask than the small yellow bananas (elaichi kela).

- **Barley** – Chapattis made from barley flour are good for the liver as barley stimulates the liver and lymphatic system and aids the

suppression of cholesterol production in the liver. It also prevents dietary fats and cholesterol from being absorbed in the intestines. It enhances the discharge of toxic wastes from the body.

- **Beet – root / Sugar beet** – This root has properties to keep the gall bladder healthy.

Juice of beet – root keeps the liver also healthy.

- **Bengal gram (chick pea / chole)** – This contains niacin, a vitamin that prevents pellagra – a disease that is characterized by gastrointestinal disturbances and skin eruptions. (ask if this is ok and then add some more).
- **Bishop's weed (ajwain)** – This is an age-old medicine for treatment of various stomach disorders like flatulence, bloatedness of abdomen, indigestion, dyspepsia, diarrhoea, spasmodic disorders, amoebic dysentery, etc. It also has anti-parasitical properties. The warming qualities contained in this spice helps improve digestion by increasing the flow of enzymes in the stomach. This helps reduce flatulence and bloatedness.

Eat some ajwain with betel leaves. This will help to expel gas from the stomach.

Roast and powder the seeds. Take one teaspoonful of it with a glass of warm water in the morning and in the evening. This will cure many intestinal ailments and flatulence.

Take two teaspoonful of ajwain seeds and one small piece of dried ginger and grind into a fine powder. Add some black salt or rock salt to it. Take one teaspoonful of this mixture with warm water frequently. This will cure the colic pain, flatulence and indigestion.

Take equal quantities of ajwain seeds, fennel seeds (saunf), dried ginger and salt and grind them. Have one teaspoonful of this mixture daily with some water. This will increase the appetite.

To destroy worms in the stomach, take one teaspoonful of Bishop's weed powder mixed with half teaspoonful of black salt at bedtime with some water.

Oil extracted from the seeds is also helpful in indigestion and flatulence. It can be taken in doses of 1 – 3 drops directly in the mouth.

Distilled water from the seeds is an excellent remedy for flatulent dyspepsia. You can also boil about two teaspoonful of ajwain in one glass of water and then strain the liquid. Then drink it when it is warm. This will bring relief to stomach pain, indigestion and flatulence.

Take Bishop's weed and dried ginger in equal weight and soak it for a few hours in two and a half times the quantity of limejuice. Then dry this mixture and powder it. Then add a little rock salt to it. Take about half a teaspoonful of this powder with warm water to bring relief to flatulence.

For easy digestion, add a small amount of Bishop's weed in your food while cooking it. This will not only add flavor to your food, but will also cure indigestion and dyspepsia.

Take 5 gms of ajwain with a pinch of salt every morning on an empty stomach for one week. This will help destroy worms in the stomach.

- **Bitter gourd (karela)** – Drink one cup of fresh, raw karela juice daily in the morning. This will cure all liver disorders within a few months and will also kill the worms in the intestine.

Bitter gourd extract or juice will make enlarged spleen normal.

It has also cured many stomach disorders. It gives relief from acidity and cures gastritis.

Juice extracted from bitter gourd leaves mixed with buttermilk kills worms in the intestine.

- **Black berry / Jambul (kala jamun)** – The seeds of jamun are anti-diarrhoeal food. 5 – 10 grams of powdered seeds of jamun mixed with buttermilk is excellent for diarrhoea. The leaves of jambul tree are also good for diarrhoea. An infusion of tender leaves can be taken as medicine to control diarrhoea. The infusion is prepared by soaking 30 – 60 grams of leaves in water. It should be taken twice daily. A decoction of the bark, taken with honey, is also useful for treating chronic diarrhoea.

- **Black pepper** – Prepare a mixture of powdered black pepper, honey and some ghee. Have about one to two teaspoonfuls of this mixture twice a day for one month. This reduces acidity.

For colic pain, boil some black pepper seeds in milk till the milk reduces to half and have it twice a day. This will cure the colic pain.

Add about 5 gm of powdered black pepper in a glass of buttermilk and have it regularly to treat all sorts of digestive disorders and intestinal infections.

- **Black raisins (dried grapes)** – This acts as a mild laxative, especially during pregnancy. Soak a handful of raisins in water overnight and eat them in the morning. It will help-----.

- **Bottle gourd (lauki)** – Bottle gourd that tastes bitter are poisonous and are used as a strong purgative. (ask)
- **Butter milk** – Thin butter milk mixed with about a quarter teaspoonful of black pepper powder and cumin seed powder is effective for relieving gas in the stomach and also aids to expel wind from the stomach.
- **Cabbage** – Regular intake of cabbage, especially raw cabbage eaten as salad, cures constipation as cabbage consists of a lot of roughage that is necessary to stimulate the intestines for good movement of the bowels thus curing constipation.
Cabbage juice can treat stomach or duodenal ulcers very successfully. It can destroy H.Pylori bacteria, which is considered to be the cause of stomach ulcers.
Cabbage juice is also very useful in the treatment of colon cancer. The juice inhibits the growth of tumors and heals the inflammation of colon and stomach.
Cabbage is good for lowering acidity.
Cooked cabbage is good for diarrhoea.
- **Camphor (kapoor)** – This helps in treating diarrhea. Take some camphor and asafoetida (hing) and mix them together and roll them into pills. Take two of these pills twice a day to treat diarrhea.
- **Caraway seeds (kalajira)** – These are a popular spice and a flavouring agent. They are very useful to relieve gas from the stomach, to pass flatus and in flatulent colic. They counter any possible adverse effects of medicines.
Tea prepared from caraway seeds taken three times a day, after meals, brings relief to flatulence. The tea can be prepared by adding one teaspoonful of caraway seeds to two litres of boiling water and allowing this to simmer on a slow flame for about 15 minutes. Then strain this liquid and drink it warm.
Put some roasted and powdered caraway seeds with some black salt in your curd and have it. This will prevent flatulence or gas formation.
For dysentery, put some roasted and powdered caraway seeds in curd and have it twice or thrice a day.
- **Carrot** – Have two raw carrots daily. This will help cure constipation, will make the stools soft giving relief to piles, will provide relief to other gastrointestinal disorders and sprue and will also kill worms in the intestine.

Carrots are also highly beneficial in eliminating threadworms from children. One cup of grated carrot should be taken every morning with no other food. This helps clear the worms and parasites from the stomach quickly.

Boil a couple of carrots and extract the juice. Take one cup thrice a day. This will cure dysentery.

Carrot juice is excellent for children suffering from acute colitis. It is also good for diarrhoea.

Carrot soup is also good for treating diarrhoea and nausea.

It is also good for adults suffering from intestinal and colon disorders and it is also good for acidity.

- **Castor oil** – To cure constipation, mix one teaspoonful of castor oil in a warm glass of milk and drink it at bedtime. This will also improve digestion.

Take the root powder of castor and boil it in some milk. Have this every night to regularize the bowel movements and stop mucous and blood. It also helps in amoebiasis.

Take castor oil in the dosage of 5 ml – twice a day. This not only acts as a purgative, but also kills intestinal worms. It also helps **treat hernia**.

To cure stomachache or stomach colic, mix some castor oil in curd and have it.

To kill worms in the intestine, mix castor oil and honey in equal quantities and have it for a few days. The worms will be destroyed.

Note: For internal use, buy only medicated castor oil.

Crush some castor seeds in milk and have it twice a day. This has proved beneficial for hernia.

- **Cauliflower** – Regular intake of cauliflower reduces the risk of cancer, especially cancer of the colon, of stomach, of rectum and to a certain extent of prostate.

- **Celery seeds (ajmud)** – Prepare some powder from celery seeds and mix it with some black salt. Take one teaspoonful of this mixture three times a day. This will cure stomach pain.

To cure vomiting, prepare some powder of celery seeds and cloves mixed together and have it with honey. This will stop the vomiting.

Mixture of some celery seeds, aniseeds (velaiti saunf) and some sugar to taste, taken in doses of half to one teaspoonful with some lukewarm water gives relief to flatulence.

- **Cinnamon** – This helps cure gastric problems, indigestion and flatulence. It is an effective carminative. It can destroy certain germs and fungi in the body. One can use whole cinnamon stick while cooking and powdered cinnamon can be used in milk or tea. Take half a teaspoonful of powdered cinnamon with water twice a day to cure dysentery.

Mix one teaspoonful of dried ginger powder, one teaspoonful of jira powder and one teaspoonful of cinnamon powder and add two teaspoonful of honey to this mixture and make a thick paste. Have one teaspoonful of this paste three times a day. This will cure diarrhoea.

Put one teaspoonful of coarsely powdered cinnamon powder in one glass of water with a pinch of black pepper powder. Boil this mixture and then, when it cools, add one teaspoonful of honey in it. Take one tablespoonful of this liquid half an hour after meals. This acts as a carminative medicine for flatulence and indigestion.
- **Clove (laung / lavang)** – Decoction of cloves taken in sips throughout the day is highly effective in treating colic pain, indigestion, hyperacidity, flatulence, excessive thirst and hiccups. To treat nausea and vomiting, boil some cloves in one liter of water till the water is reduced to half. Cool the water and sip it slowly. Continue this till the nausea or vomiting is cured. This is very helpful for vomiting in pregnant women.

It also acts as a carminative medicine and treats flatulence and indigestion.

Putting one or two cloves in the mouth and chewing them slowly will curb nausea and vomiting.

Cloves put in food while cooking not only add aroma and flavour to the food, but also aids digestion and keeps gas and flatulence away.

Cloves are a good remedy for colicky pain and other stomach disorders. They kill intestinal parasites. It is also good for liver and bowels. It is also good for diarrhoea.
- **Coconut (nariyal)** – Coconut water checks motion sickness and nausea.

It acts as a carminative medicine and is an excellent remedy for flatulence and heartburn.

Coconut water is good for stomach ulcers.

Tender fruit pulp of coconut as well as coconut water taken frequently soothes gastric irritation. ask

Mature, dried coconut is excellent for acidity.

Grated coconut which is used in cooking, prevents intestinal parasites, thus one must add coconut to the daily diet. One can also take one tablespoonful of freshly grated coconut at breakfast, followed by 30 – 50 ml of castor oil mixed in 300 ml of warm milk after three hours. Repeat this daily till intestinal parasites are expelled completely.

Coconut water mixed with a little honey is very helpful in destroying worms in the stomach.

- **Coconut oil** – Take two teaspoonfuls of coconut oil daily. This will kill the worms in the intestine.
The oil of coconut also reduces the acid secretion of the stomach and brings relief.
- **Coconut (nariyal)** – The flower of coconut should be consumed to treat severe dysentery (Ask). **Coconut water should also be taken frequently during dysentery (Ask, as this is my own point.)**
The fruit pulp of tender coconut should be consumed to gain relief from hyperacidity. This also has a soothing effect on the gastric membrane. It gives relief to intestinal colic and cures constipation.
- **Coriander leaves (kothmir)** – Have 1 – 2 teaspoonful of fresh juice of coriander leaves mixed in one glass of buttermilk daily. This reduces nausea, aids digestion and cures dysentery.
Coriander (kothmir) chutney has appetizing and carminative properties. **It reduces acidity.** Have this chutney daily with meals.
Coriander leaves and seeds kill the bacteria and fungi in the stomach and helps in treating acidity and gastritis.
- **Coriander seeds (dhania)** – Take half crushed seeds and dried ginger powder in equal quantity and boil it in one liter of water till the water reduces to half. Add some honey to this decoction and have it twice a day for two weeks. This cures acidity.
Take one teaspoonful of half crushed coriander seeds mixed with some powdered sugar (**khadi sakhar???**) three times a day. This will relieve flatulence or gas trouble.
Coriander seeds are very beneficial for those suffering from gastric ulcers and acidity as it has a cooling effect.
Coriander water is very effective to quench severe thirst. Boil the seeds in water and then cool the water. Drink this water throughout the day to quench continuous thirst. It is also beneficial when taken in conditions like diarrhea, intestinal colic and intestinal worms.

To control diarrhoea, soak two teaspoonful of coriander seeds in water and leave it overnight. Have these with one glass of buttermilk the next morning.

- **Corn** – Yellow corn, eaten whole, is an excellent bowel regulator and is rich in magnesium. Corn is also high in roughage, thus-----**(ask sir to add something)**

- **Cucumber** – Cucumber is good for the stomach, the spleen and large intestine as they have a purifying effect on the bowels and aids digestion.

It brings relief to acidity, gas in the stomach and burning in the stomach.

Cucumber juice is excellent for hyperacidity and gastric ulcers.

Take 150 ml of cucumber juice every two hourly to treat stomach ulcers or burning sensation in the stomach.

- **Cumin seeds (jira)** – Roast and powder some cumin seeds. Mix some honey in it and lick it slowly. This will give relief to stomach pain.

Take equal quantities of cumin seeds, black pepper, dried ginger and dried curry leaves. Powder these together. Add a little salt to taste.

Take some of this mixture and mix it with ghee. Have this with steamed rice. This will aid constipation and indigestion.

For dyspepsia, mix some jaggery (gur) with powdered cumin seeds and have it twice a day. This cures dyspepsia.

Take equal quantities of cumin seeds, black pepper and dried ginger and powder them together. Make a decoction of this mixture by boiling it in water. Drink this three times a day. This will check nausea and flatulence.

To stop vomiting, put some cumin seeds in lemon juice and add a pinch of salt to it. Take this mixture and vomiting will stop.

For heaviness in the stomach or indigestion, put some powdered cumin seeds and powdered black pepper in a glass of buttermilk and drink it 2 – 3 times a day.

Mix some roasted and powdered cumin seeds in one cup of curd and have it thrice a day. This will cure diarrhoea and dysentery.

Cumin seeds are a powerful anti-bacterial food and help in expelling hookworms. Prepare cumin water and take it daily. To prepare cumin water, add one teaspoonful of cumin seeds in two glasses of boiling water. Let it simmer for a few minutes and then cool. Drink this liquid daily 2 – 3 times a day to expel worms.

Fry and powder some cumin seeds and mix some honey in it. Take 5 gm of this mixture with a glass of lukewarm water twice a day. This helps in treating stomach disorders like intestinal colic, loss of appetite, flatulence, indigestion, vomiting and worm infestations.

- **Curd** – Daily intake of curd helps digestion, reduces bloatedness of the abdomen and prevents flatulence. The bacteria in curd inhibit the growth of harmful or illness-causing bacteria in the intestinal tract and promote the growth of beneficial bacteria that is required for digestion.

Curd or yogurt is also an anti-diarrhoeal food. Curd and rice mixed together or buttermilk and rice mixed together is excellent for diarrhoea.

Since curd is rich in B-vitamins, it replenishes friendly bacteria in the intestinal tract which are essential for good health. The presence of lactic acid in curd and buttermilk prevents those **germs from thriving in the stomach** that cause appendicitis, diarrhea, dysentery.

- **Curry leaves** – Curry leaves increase the appetite and is a good remedy for nausea, indigestion and stomach pain.

One can extract the juice of 20 – 25 curry leaves and mix it in buttermilk and drink it. This will aid digestion and also cure stomach pain.

Chutney made from a handful of curry leaves mixed with some turmeric, salt and one fried red whole chilli is also good for stomach problems. Eat this chutney with meals.

Take the juice of 20 – 25 curry leaves and mix it with one teaspoonful of honey and have it twice a day. This will control diarrhoea and dysentery.

- **Date (khajoor)** – Dates mixed with milk is very helpful for people with stomach ulcers and it is also good for liver problems.

Dates are soothing and aids digestive disorders. They act as a good laxative.

Dates are also good for dysentery. Dried dates soaked in milk are highly nutritious and can be taken during chronic diarrhoea and dysentery, when a lot of fluid is lost from the body. This gives energy and vitality.

- **Dill (sowa bhaji)** – This is a green leafy vegetable and a culinary herb. It is a carminative food. The leaves of this plant are stimulant. They are a soothing and calming medicine and help improve the function of the stomach. Dill is also an anti-diarrhoeal food. The

seeds of this plant (sowa), when roasted in ghee with some fenugreek seeds in equal quantity and eaten, cures diarrhoea and acute bacillary dysentery. Roasted and powdered dill seeds mixed with curd or buttermilk is also an excellent remedy for diarrhoea and dysentery.

Dill oil, obtained by distillation of the seeds, is an effective medicine for hyperacidity and flatulent colic. Take one drop of dill oil mixed with one drop of castor oil to treat griping pain in the abdomen. This also increases the purgative action by relaxing the intestines.

- **Drumstick** – To treat flatulence, colic pain and loss of appetite, the seeds of drumstick should be consumed as a vegetable. This is highly effective.
- **Fennel seeds (saunf)** – These are highly effective in relieving gas and help to pass wind from the stomach. They aid digestion and bring relief to other stomach disorders.

Prepare an infusion by boiling one tablespoonful of fennel seeds in 100 ml of water for half an hour. This infusion is highly beneficial in treating indigestion, biliousness and flatulence.

Fry fennel seeds and mix some black salt in it. Take one teaspoonful in the morning and one in the evening. This will cure constipation.

Another method to cure constipation is to make a fine powder of one teaspoonful each of fennel seeds, dried ginger and rock salt mixed together. Take one teaspoonful of this mixture at bedtime with a glass of water. This cures constipation.

Take three teaspoonful of dried ginger and five teaspoonful of fennel seeds and grind them into a fine powder. Add enough honey to make a thick paste and lick it thrice a day. This will cure diarrhoea.

Powder some fennel seeds and mix the rind of Bael fruit in equal quantity. Take one teaspoonful of this mixture with curd three times a day. This will cure dysentery.

Fennel seeds make an excellent remedy for stomach and intestinal disorders and its decoction is given to infants for colic and flatulence.

Have some roasted fennel seeds after every meal. This will make digestion easy, will cure dyspepsia and not cause any flatulence.

Soak 100 gms of fennel seeds in a glass of water overnight. The next day in the morning blend this mixture in a mixer with some

sugar in it. Drink it first thing in the morning. This will cure acidity and will check body's heat.

For colicky pain, boil one tablespoonful of fennel seeds in a glass of milk, strain it and drink it. Another method for colic is to drink one cup of decoction of rose water and fennel seeds with honey.

- **Fenugreek leaves (methi)** – Have boiled fenugreek leaves as a vegetable twice daily. This will prevent biliousness and cure stomach disorders.

Boiled fenugreek leaves with one teaspoonful of honey taken daily cures constipation and duodenal ulcers.

- **Fenugreek seeds (methi)** – Soak and sprout the methi seeds and have them with breakfast. This will cure indigestion and hypo-function of the liver.

You can also mix one-fourth teaspoonful of methi seed powder in one glass of buttermilk and have it daily. This will cure indigestion and will also relieve stomach pain.

Half teaspoonful of methi seed powder should be taken regularly every morning with a glass of water to treat colic, diarrhea, dysentery, dyspepsia, flatulence, indigestion, loss of appetite and other stomach disorders.

Soak two teaspoonful of methi seeds in a glass of coconut water or buttermilk for a few hours. Then strain and drink it. This will help in dysentery.

For intestinal problems, boil some methi seeds in water and strain it. Drink this water as it is good for intestinal inflammation and stomach disorders. It also cures diarrhoea.

- **Fibre** – High fibre diet helps us to eliminate waste matter from our body at a speedy rate thus saving us from diseases of bowel, like cancer. This also proves that high fibre diet cures constipation.

High fibre diet will also prevent ulcers in the stomach.

Some rich sources of fibre are unseived wheat flour, whole grains and pulses, fresh fruits and vegetables in raw form. Wheat or jowar chapattis are excellent as fibrous food.

- **Fig (anjeer)** – Juice of figs is a good laxative as it contains seeds and fibre combined with mucin and pectin, which is responsible for the laxative effect. You can also eat 2 – 3 figs after each meal, this cures constipation.

Fig juice is also good for destroying intestinal parasites.

Soak 2 – 3 dried figs overnight in one cup of water. Eat them the next morning with one teaspoonful of honey. Do this for one month. This will help any liver problems.

Eat 2 – 3 raw and fresh figs with one bowl of curd for a few weeks. This cures inflammation of spleen.

- **Garlic** – Garlic is an anti-flatulent food and an age-old remedy for various ailments. Take fresh cloves of garlic daily with meals. This will destroy intestinal parasites and prevent diarrhoea. Garlic also possesses anti-ulcer property that strengthens the stomach lining resistance and prevents kind of stomach damage and ulcers. Garlic is a powerful antibiotic food and thus combats bacteria and intestinal parasites. Raw garlic taken daily in the morning kills infectious bacteria in the intestines and also destroys worms in the stomach.

Crush three or four cloves of garlic and boil them in three cups of water for about 20 – 30 minutes. Cool it and divide it into three parts and drink it thrice a day. This will cure diarrhoea that is bacteria induced (Ask Sir) and will also cure amoebic dysentery.

For severe digestive disorders, take 3 – 4 cloves of crushed garlic mixed with honey daily.

Add some garlic when cooking beans or other gassy vegetables. This will reduce the gas-forming properties of such food and will thus prevent flatulence.

To treat flatulence, boil 2 – 3 cloves of garlic in a glass of milk and drink it regularly.(can garlic and milk be mixed together??).

- **Ghee** – Pure ghee is good to treat ulcers. Daily intake of 10 – 15 gms of pure ghee with rice or meal is beneficial in treating ulcers. But obese people and people with high cholesterol must avoid this remedy.(ask)
- **Ginger** – This is a carminative and anti-fermenting medicine. It also treats flatulence. It is good for stomach and spleen. It aids digestion. Take pieces of fresh ginger with some lemon juice and salt in it daily with meals. This cures dyspepsia. Dried or fresh ginger is highly beneficial in diarrhoea caused by indigestion. Before eating a heavy meal, have a few pieces of fresh ginger with a pinch of salt. This will prevent indigestion, even if one overeats.ask A piece of dry ginger powdered and mixed with some rock salt and taken with a small piece of jaggery (gur) brings quick relief to indigestion.

Mix equal quantities of fresh ginger juice, lemon juice, mint (pudina) juice and honey and take it 3 – 4 times a day in very small quantities. This will cure nausea, dyspepsia, indigestion and morning sickness. Boil goat's milk with a piece of dry ginger in it. When the milk is reduced to half, cool it and drink it. This will stop the hiccoughs. Mix one teaspoonful of dried ginger powder in a glass of water and have it twice a day. This will cure nausea.

Mix one teaspoonful of fresh ginger juice with one teaspoonful of onion juice and have it. This will keep vomiting under control.

Take one teaspoonful of fennel seeds (saunf), one small piece of dried ginger and some cloves and grind them into a fine powder. Add honey to it and have one teaspoonful after each meal. This will cure indigestion.

If there is loss of appetite or stomach pain, then boil one inch piece of dried ginger in two cups of water. Add milk and sugar in it and strain it. Drink it like tea. This will cure the stomach pain and loss of appetite.

To treat loss of appetite, one can also prepare a decoction by adding 1- 2 teaspoonfuls of dried ginger powder in a cup of water and boiling it for ten minutes. Drink this water three times a day. It will bring back the **lost** appetite.

For dyspepsia, chew a small piece of dried ginger ten minutes before meals. This will also help treat flatulence and colic pain.

Prepare a hot drink by boiling half a teaspoonful of dried ginger powder or one inch piece of fresh ginger (crushed) in one glass of water. This acts as a carminative medicine, cures flatulence and aids digestion. This drink should be taken after meals and should be sipped slowly. It is also beneficial during diarrhea.

- **Grapefruit** – For constipation, drink one glass of grapefruit juice in the morning on an empty stomach.

One glass of grapefruit juice taken with a pinch of black salt one hour before meals stimulates appetite and aids digestion by increasing the flow of digestive juices in the stomach. **It tones up the digestive tract making the digestive system healthy.** It also reduces acidity.

- **Green peas (matar)** – Green peas give relief to pain from ulcers as they help to use up the stomach acids.
- **Guava** – This fruit makes a good laxative. Take a fully ripe guava and cook it as a vegetable. Have this regularly. This will get rid of chronic constipation.

Unripe guava is an anti-diarrhoeal food. It also helps in dysentery.

Avoid taking the seeds by removing them before eating the pulp. An infusion of tender guava mixed with buttermilk is excellent for diarrhoea, dysentery and sprue.

The root bark is also used in diarrhoea, especially infantile diarrhoea. A concentrated decoction should be given in infantile diarrhoea. It is also useful in cholera for arresting vomiting and diarrhoea.

- **Holy basil (tulsi)** – Every morning, wash and eat 10 – 12 leaves of tulsi. Have a glass of water after that. This will cure any liver problems.

Tulsi leaves have medicinal property and thus make an excellent home remedy for stomach disorders, intestinal parasites and worms in the stomach, spleen disorders and problems of the large intestine. Take juice of 10 – 12 fresh tulsi leaves mixed with one teaspoonful of honey every morning.

For colicky pain, make a paste of tulsi leaves mixed with some water and apply it around the navel and on the abdomen. This will give immediate relief to the colic.

Make a glassful of decoction of 20 - 25 tulsi leaves mixed with some rock salt and drink it. This will give relief to dysentery, indigestion, flatulence and gastro-enteritis. Repeat this 3 – 4 times a day for further relief.

- **Honey** – Mix one teaspoonful of honey in a glass of water and drink it daily. This improves digestion.

Mix one teaspoonful of honey in a glass of warm milk and have it at bedtime. This acts as a laxative.

Honey is considered as a disinfectant and an antiseptic. So giving honey to children will make the digestive system aseptic and harmful bacteria will be unable to thrive.

- **Indian gooseberry (amla)** – This is rich in vitamin C and is a coolant and a laxative. In combination with iron, amla is used as a remedy for dyspepsia and indigestion.

Amla is one of the three ingredients in Triphala, a compound in indigenous medicine, used in treating biliousness, dyspepsia, constipation, enlarged liver and ascites.

For constipation, soak one or two dried fruits in water over night and then mash and filter the next day in the morning. Add one teaspoonful of honey to it and drink it. Taking this regularly cures constipation.

Drink half a cup of fresh amla juice mixed with one teaspoonful of honey and one teaspoonful of lemon juice early in the morning on an empty stomach. This cures loss of appetite.

To treat diarrhoea and dysentery, take 10 gm of dried fruit of amla with one teaspoonful of honey 2 – 3 times a day.

- **Indian mustard seeds (rai)** – Powder some mustard seeds and mix with cow's urine. Take about one-fourth cup of this twice a day. This will destroy intestinal worms and will pass through the stools.
To improve digestion, take one teaspoonful of powdered mustard seeds mixed with some sugar twice a day.
- **Kidney beans (rajma)** – Of all the pulses, rajma are the richest in fibre. They are also rich in protein and nutrients. ??write more.
- **Lady's finger (bhindi)** – This vegetable soothes the irritated membranes of the intestinal tract and also contains anti-ulcer property. The mucilage of bhindi is valuable in treating the burning sensation in the stomach caused by peptic ulcer. Have it cooked as a vegetable or in soup form regularly. (Method to prepare soup is mentioned above under the chapter of Heart).
- **Large cardamom (badi elaichi)** – Powder the seeds and have half to one teaspoonful three times a day with cold water. This will cure liver ailments.
To cure hiccoughs, take one or two large cardamoms and crush them. Then boil them in some water till the water is reduced to half. Strain and cool the water and sip it slowly. This will instantly stop the hiccoughs.
- **Lemon** – Lemon juice is highly beneficial in treating hyperacidity, indigestion and other digestive disorders. Lemon juice reaches the stomach and attacks the bacteria, inhibiting the formation of acids. (it is also said that lemon should be avoided if u have ulcers??ask)
Lemon is very good in controlling diarrhoea. Fresh juice of one lemon mixed with 200 ml of water is excellent for even the most severe type of diarrhoea. This can be repeated several times a day.
Prepare one teaspoonful of fresh lemon juice mixed with equal quantity of honey. Lick this slowly. This will stop bilious vomiting or nausea, will cure indigestion and burning in the chest and will also stop excessive accumulation of saliva in the mouth.
To treat abdominal pain and discomfort, have the juice of one lemon mixed with one teaspoonful of honey daily in the morning.

If one has travel sickness or feels nauseated while traveling, one should have a glass of lemon juice (mixed with water, sugar and a pinch of salt) before starting the journey. One can also carry this juice in a bottle while traveling and sip it whenever required.

One teaspoonful of limejuice mixed with water and pinch of soda-bicarb makes an excellent remedy for acidity in the stomach. It also acts as a carminative in case of indigestion or flatulence.

To gain relief from upset stomach, cut lemon peels into small pieces and dry them. Boil them in two cups of water for half an hour. Cool this and drink it twice a day. You will feel better.

Juice of one lemon mixed with the yolk of one raw egg in a glass of orange juice makes an excellent laxative.

Lemon drinks help in removing the impurities and the fermentative effects of a bad liver. It helps in gastric and liver troubles, biliousness and also heartburn.

Fresh limejuice treats the burning sensation of the stomach and of the whole body. It acts as a refrigerant.

- **Lime** - Lime is beneficial in treating peptic ulcers. It also helps in digestion by assisting the absorption of fats and alcohol and by neutralizing excessive bile produced by the liver. Mix the juice of lime in one glass of water with one teaspoonful of sugar. Have this daily to treat peptic ulcers and other gastric problems.
- **Liquorice** – Liquorice contains anti-ulcer property. It is highly beneficial in treating peptic ulcers. It also helps in easing the pain in the stomach due to ulcers.
Soak pieces of dry liquorice in some water overnight and take this infusion the next day with rice gruel. It is highly beneficial in treating ulcers. Chewing or sucking liquorice is also helpful in treating stomach ulcers. But continuous use of liquorice in treatment of ulcers is not recommended as it may cause weight gain and puffiness of the body. It should be avoided during pregnancy and in heart and kidney diseases.
- **Long pepper (lindi peepar)** – Powder some long peppers. Take one teaspoonful of this powder mixed with cow's milk. Take this once a day. This will keep the spleen fit.
- **Loofah (torai)** – Cut and boil angled loofah and add salt to taste. Have this regularly. It will destroy the worms in the intestine. Crush the leaves of loofah and take one teaspoonful three times a day with some water. This cures dysentery. (ask)

- **Mango** – Mango juice?? is excellent for chronic diarrhoea and dysentery. Mango juice mixed with curd and some ginger juice is a good remedy for diarrhoea and can be repeated two to three times a day. The leaves of mango tree are also anti-diarrhoeal in nature. Prepare a decoction from these leaves and give it to the patient suffering from dysentery and chronic diarrhoea.

Ripe mango is a good laxative.

For hiccoughs, burn a few leaves of mango tree and inhale the smoke. This will stop the hiccoughs.

Having one bowl of pulp of ripe mango mixed with one teaspoonful of honey two to three times a day is beneficial for people with enlarged spleen.

Sucking a ripe mango and having a glass of milk immediately after that will solve many liver problems and aid digestion.

Seeds of mango are also useful in diarrhoea. Sun-dried and powdered seeds of mango make a good remedy for diarrhoea. Take half a teaspoonful of this powder with honey twice a day to treat diarrhoea.
- **Margosa (neem - bitter)** – Margosa leaves are highly beneficial in the treatment of stomach disorders. It also destroys the worms in the stomach. The juice of these leaves should be taken daily for 3 months. One cup of juice must be taken in the morning on an empty stomach. It is also good for overall general health.

One can also chew about 10 – 12 leaves every morning. Do this for a few months. It will cure many stomach problems.

Taking 5 gm of pulp of neem fruit daily on an empty stomach with a glass of lukewarm water helps kill the worms in the stomach. The fruit also acts as a purgative for worm infested stomach.

Leaves can also be dried in shade and powdered. This powder should then be preserved in a bottle. Have about one gram of this powder daily in the morning with some water. It is good for the stomach.
- **Milk** – Cold milk is very soothing for heartburn, stomach ulcers and acidity.
- **Mint (pudina)** – Mint contains plenty of vitamins and minerals. It acts as stimulant and relieves flatulence. It also strengthens the stomach, promotes its action and counteracts spasmodic disorders. It has anti-flatulent property.

Having mint leaf juice, in the dosage of 2 – 3 teaspoonfuls three times a day, gives relief from hyperacidity.

Prepare a mixture of equal quantity of mint juice, lemon juice and honey. Take two teaspoonful of this mixture three times a day. This will cure any kind of digestive disorder and is also a good appetizer. It also cures gaseous distension of the stomach and flatulence.

Mint chutney makes a good appetizer and stimulates the whole digestive system.

Drink a decoction of boiled mint leaves and small cardamom (choti elaichi). This cures nausea and indigestion.

One teaspoonful of juice extracted from mint leaves mixed with one teaspoonful each of honey and lime-juice, taken thrice daily, is excellent for treating diarrhoea.

Prepare an infusion of mint leaves and have it in the dosage of 1 – 2 teaspoonfuls three times a day. This will help treat indigestion and loss of appetite.

- **Nutmeg (jaiphal)** – This seed is a good remedy for abdominal swelling and indigestion.

Nutmeg also has anti-diarrhoeal property. Take one-fourth to half a teaspoonful of nutmeg powder with a banana. This will treat diarrhoea.

Take a pinch of powdered nutmeg with a cup of hot milk. This will help in dysentery.

Grind the nutmeg with some water. Mix this paste with the water of curd (whey) or watery buttermilk and add ¼ teaspoonful of crushed ginger paste. Have this twice a day. This will help in dysentery and diarrhoea.

For colicky pain and diarrhoea - Take 2 – 3 pinches of finely ground nutmeg and mix one teaspoonful of jaggery (gur) and one teaspoonful of ghee in it. Take this mixture and it will give relief to the colic and will also control diarrhoea.

- **Onion** – If you have intestinal parasites or worms in your stomach, have onions daily as salad with your meals. This will destroy the worms and parasites.

Prepare a mixture of equal quantity of raw onion juice and honey and have two teaspoonfuls twice a day. This will cure stomachache and indigestion.

Onions have a large amount of sulphur and are very good for the liver. Mix two teaspoonfuls of lemon juice with one teaspoonful of crushed onion juice and have it on an empty stomach first thing in the morning. Do this for three months. This will help in cirrhosis of liver.

To treat spleen enlargement, one should take 10 – 15 gm onion pulp mixed with a few black peppers or some black pepper powder. This mixture can also be taken cooked or preserved in vinegar. Take this 2 – 3 times a day. This will also help treat indigestion.

- **Orange** – Orange juice is a mild laxative and helps in constipation. Fresh oranges are good for dyspepsia. It stimulates the flow of digestive juices thus improving digestion and increasing the appetite.
Oranges are also good for nausea, vomiting and carsickness. It is also responsible for promoting growth of good or beneficial bacteria in the intestines.
- **Papaya** – Cook unripe papaya fruit and have it as a vegetable. This will cure liver ailments and will keep it healthy. Unripe fruit is also prescribed in gastritis and other stomach ailments.
Papayas are excellent for acidity. They also aid digestion.
Having ripe papaya daily cures constipation, destroys intestinal worms and also helps in chronic diarrhoea.
Having ripe papaya daily with one teaspoonful of honey helps those suffering from enlarged liver and spleen.
Have ripe papaya daily with some salt twice a day. This also helps those suffering from enlarged liver and spleen.
- **Peach** – Peach is high in water and sugar content and thus is a good laxative.
Peach stimulates the digestive juices thus regulating the bowels.
Ripe peaches are easy to digest and help in cases of colitis, stomach ulcers, inflammation of the bowel and other stomach disorders. They soothe the walls of the stomach and remove all the toxins from the body.
Peach juice eliminates worms from the intestine.
- **Peppermint** – This is a herb and is excellent for heartburn and stomachache, it is good for cramps (antispasmodic), helps in digestion, relieves gas and is good for nausea and vomiting. (How to take it??)
- **Pineapple** – Pineapple juice is a good remedy for constipation and indigestion. It has certain enzymes that aid digestion. It helps digest proteins. Pineapple juice is also very beneficial in treating gastric irritability during fever.
Having freshly cut pineapple with salt and pepper gets rid of indigestion and constipation. It also helps cure many gastric

problems.

It is also good for destroying intestinal worms.

Juice of unripe pineapple acts as a strong purgative, thus curing constipation.

- **Pomegranate (anar)** – Give 50 ml of pomegranate juice repeatedly to the patient suffering from diarrhoea, this will not only cure the diarrhoea, but will also give strength to the patient who has become weak due to diarrhoea. It will also help if the patient is passing blood in stools.

Pomegranate, being rich in tannin, acts as an astringent in the intestines and precipitates food proteins.

Pomegranate juice has a slight purgative effect. It is also good in conditions like gastric fever.

The rind of the fruit should be dried and powdered. A decoction prepared by boiling 15 – 20 grams of this powder in a glass of water should be taken by the patient. It is very beneficial in controlling diarrhoea and dysentery. This powder can also be taken directly in the dosage of 5 – 10 gm swallowed by a glass water. Repeat this twice or thrice a day. This will help treat diarrhea, hyperacidity and loss of appetite.

The flower buds of pomegranate tree are also useful in treating children's chronic diarrhoea. These buds should be given with goat's milk (in diarrhea how can one give milk??)

To treat intestinal worms, especially tapeworms, prepare a decoction of the root ?? and have it in the dosage of 10 – 20 gm followed by a purgative. (how can decoction be in gms??)

- **Poppy seeds (khus khus)** – For abdominal pain or colic, powder the poppy seeds and mix some ghee in it. Have this mixture in dosage of 3 gm – twice or thrice a day, for a few days.

To treat diarrhea, ground the poppy seeds in some water and make a paste. Have this paste in the dosage of 3 gm – twice or thrice a day for a couple of days??.

- **Potato** – Regularly have cooked potatoes with the skin. This will prevent formation of any stones in any part of the body.

To prevent acidity, eat boiled potatoes without salt or have one cup of raw potato juice daily. This will cure not only the acidity, but will also give relief to burning sensation in the stomach.

Potato soup is excellent for stomach disorders.

Potato soup is an excellent remedy for diarrhoea. This also reduces nausea.

Boiled potato mashed in milk is an excellent remedy for diarrhoea. The potassium in the potato is strongly alkaline, thus it neutralizes acidity and is excellent for liver activation.

Potatoes, if eaten daily, may cause constipation, so they must be cooked in combination with some other vegetables.

- **Pumpkin (kaddoo)** – This is an alkaline food and also a mild laxative. Pumpkin juice is very effective in bringing relief to excessive acidity.

Prepare about 150 ml of diluted pumpkin juice by grinding the pulp with some water and then straining it through a muslin cloth. Mix some honey and fresh lime juice in it and drink it. This gives relief to acute pain in the stomach, hyperacidity and indigestion. Pumpkin also helps cure liver problems.

Mix some pumpkin seeds and onions and add a little soya milk and honey to it. Take this daily for one week and all the parasitic worms in the stomach and intestine will be destroyed.

- **Pumpkin (petha)** – To treat chronic thirst and intestinal worms, the seed oil can be taken in the dosage of 10 – 20 ml daily for a few weeks. It is highly effective.

To treat colic pain, the ash of the seeds can be taken in the dosage of half teaspoonful twice a day - mixed with a little ghee.

To treat constipation, take a confection or sweet dish prepared with the pulp of white gourd (petha) regularly. This will cure constipation.

Those having diabetes, should avoid it.

The juice of this fruit also relieves constant thirst, especially during summer.

- **Radish (mooli)** – Radishes stimulate the appetite and digestion. They also remove mucous. **(Ask).**

Raw radish, eaten as salad with meals, helps to digest starchy food easily.

If you have trouble with your spleen, then take one radish, clean it and cut it lengthwise. Then place ammonium chloride over it.

Leave it open for one night and then eat it next day early in the morning. Do this for one month and spleen trouble will be cured.

The mustard oil content of radish makes it good for expelling gall stones from the bladder.

Prepare a mixture of equal quantities of radish juice, cucumber juice and capsicum juice and have it once a week. This will cleanse the digestive system of the body.

To cure hiccoughs, boil some cut pieces of radish in water. Strain it and cool it. Then have this water, it will cure the hiccoughs.

- **Rice** – To cure nausea - soak about 50 – 100 gms of rice in water for two to three hours. Strain this and have the water. This will stop the nausea. You can also have the water of boiled rice to cure nausea. Soak about 50 grams of rice in about two glasses of water for two hours. Now remove the grains and add some sugar candy (**khadi sakhar**) in the water. Drink one glass in the morning and one in the evening. This will control dysentery, diarrhoea and nausea. Rice has a very low-fibre content and is thus soothing to the digestive system and is easy to digest. A thick gruel of rice, mixed with buttermilk and a ripe banana, taken twice daily, is highly nutritious and ideal for treating diarrhoea. A thick soup made from rice or the water drained after boiling rice, can also be taken for treating diarrhoea as well as nausea. Boil half cup of rice grains in about three cups of water on a high flame till the rice is cooked. Then strain the liquid and let it cool. First, eat the boiled rice and then drink the rice water. This will immediately control the diarrhoea.
- **Round gourd (tinda)** – Cook this and have it regularly as a vegetable. This will break down the stones present in gall bladder, which will later pass out through urine.
- **Sesame seeds (til)** – To cure constipation, have a decoction of sesame seeds daily or have confection prepared from sesame seeds.
- **Small cardamom (choti elaichi)** – This is chiefly used for relieving flatulence or dyspepsia and to aid digestion. Powder the seeds and boil in water. When the water reduces to half, cool it and drink it twice a day. This will cure liver disorders. This also gives relief from gas or flatulence. Prepare a decoction of powdered cardamom and some mint leaves and drink it. This will take care of nausea and dyspepsia. Prepare a fine powder of one teaspoonful of fennel seeds (saunf) and one teaspoonful of cardamom seeds. Take one-fourth teaspoonful of this in a glass of water twice a day after meals. This will aid digestion. Boil ½ teaspoonful of powdered cardamom seeds in some water to prepare tea. Drink this. It will help in diarrhoea and dysentery. Powdered cardamom seeds, powdered dried ginger and powdered cloves mixed together can be used as a flavoring agent in tea or milk or any other food and is also good for indigestion.

Take 5 gms each of cardamom powder, dried ginger powder, black salt and fried hing (fried in a little ghee). Mix all these and store in a bottle. Take half teaspoonful of this powder with some water whenever there is flatulence. Repeat this 2 – 3 times a day.

- **Soyabeans** – Soyabeans are known for their high protein content. Soyabean oil is excellent for frying and is easily digestible and contains no fat. It rejuvenates the endocrine glands.
- **Spinach** – Having raw spinach juice regularly heals intestinal tract and acts as a good laxative. It is rich in vitamins A and C, iron and potassium. Though spinach is rich in calcium, it also contains oxalic acid, which prohibits the absorption of calcium by the body. Therefore, people with liver disease, kidney stones or arthritis should not consume too much spinach.
- **Sugar** – Sugar added in cold water will bring down acidity levels. However, diabetics must refrain from this remedy.
- **Sweet - lime (mosambi)** – Sweetlime juice is an excellent remedy for acidity as it is one of the most alkalinizing fruits. It also helps in constipation, gastric troubles, indigestion, intestinal and stomach disorders and nausea. Take this juice as often as possible. Sweetlime juice mixed with some warm water, taken first thing in the morning, cures constipation. Do this daily for a few months.
- **Sweet Potato** – If you have accidentally swallowed any metallic or indigestible object, for e.g. safety pin, coin, small key, etc. then immediately eat a boiled sweet potato. This will get deposited around the swallowed object, which will pass out (alongwith the swallowed object) through faeces.
- **Tamala (tejpat)** – Cook vegetables, meat or curries with tamala patra (leaves) in it and have it. This reduces flatulence.
- **Tamarind (imli)** – Pulp of the ripe fruit is used in constipation and liver disorders like jaundice. It is also a good laxative. Tamarind infusion makes a very refreshing drink and acts as a carminative. Some sugar may be added to the infusion for taste. Put some tamarind pulp in tomato soup with some cumin seeds, coriander seeds, black pepper, curry leaves, ginger and garlic. This will cure indigestion, loss of appetite and loss of taste.
- **Tomato** – Tomato increases alkalinity of blood and is a liver cleanser. It is easily digestible. Unripe tomatoes are very effective in stomach disorders.

Tomatoes are very rich in vitamins A, B and C. It also contains other minerals like calcium iron, potassium and sulphur. Contrary to the belief, tomatoes are not acid forming. Though it contains a great deal of citric acid, it is alkaline once it enters the blood stream. It helps remove toxins.

To gain relief from diarrhoea, take one or two tomatoes and cut them into fine slices. Then dry these slices in an oven (Ask sir, without oven how to dry??) and powder them. Mix two or three teaspoonful of this powder in a cup of water and drink it twice a day. This will help control diarrhoea.

Tomato juice is an excellent as liver cleanser, especially when taken with green vegetable juices.

Eat one or two tomatoes with a pinch of black pepper and salt every morning on an empty stomach for ten days. This will help destroy the worms in the stomach.

- **Turmeric (haldi)** – Turmeric helps to detoxify what??? by breaking down toxins in the liver. It cleanses the blood by the same process, by causing the body to perspire???

Mix turmeric powder with a pinch of common salt and a pinch of asafoetida (hing). Take one teaspoonful of this mixture with a glass of warm water in the morning and in the evening. This will give relief to flatulence or any gastric problem and will ease and cool the digestive system. It will also remove all the toxins from the body.

To stop hiccups, place 4 gm of turmeric powder in a **chilam** and then burn it. Smoke the chilam like a cigarette. The hiccups will stop immediately (Ask).

Turmeric helps control chronic diarrhoea. It is an intestinal antiseptic and also a gastric stimulant and tonic.

Take one-fourth teaspoonful of turmeric powder with a glass of warm water daily twice a day. This will kill the intestinal worms, cure diarrhoea, give relief to flatulence, will cure loss of appetite and keep the stomach healthy.

- **Turnip (shalgam)** – Cook and have this as a vegetable. The worms in the intestine will get killed.

Turnip is good for poor appetite and any kind of digestion problems. Having boiled turnip with some lemon juice and salt daily will cure constipation.

Turnips are high in sulphur and can be sometimes gas-forming.

- **Water** – Have at least 8 – 10 glasses of water daily to avoid any stomach disorders or ulcers. Frequent intake of water keeps one healthy.

Form a habit of having at least three glasses of water first thing in the morning on an empty stomach daily. Having warm water in the mornings is also beneficial. This cures constipation.

- **White goose foot (bathua)** – Cook the leaves and some of its tender twigs and have it as a vegetable. This will improve digestion and will also destroy worms in the intestine.

Extracting juice from bathua leaves (by adding some water) and having one cup daily will keep spleen and gall bladder fit.

- **Wood apple** – Mix the pulp of the fruit with some jaggery (gur) and have it once a day. This cures constipation and dyspepsia.

To cure ulcer in the stomach, mix pulp of two fruits with some sugar and have it early in the morning on an empty stomach for a few days. Leaves of the wood apple tree are also beneficial in treating stomach ulcers – both gastric and duodenal ulcers. An infusion of the leaves is prepared by soaking about 15 – 20 gms of leaves overnight in 250 ml of water. In the morning strain this water and drink it. Do this for a few weeks. The pain due to ulcers will be relieved. The leaves contain tannins, which reduce the inflammation and help heal the ulcers. Bel fruit is very useful for patients suffering from diarrhoea alternating with spells of constipation.

Take one cup full of pulp of bel fruit twice a day to cure dysentery.

For patients who have just recovered from bacillary dysentery, having sharbat (sweet syrup) made from pulp of the fruits acts as a soothing agent for the intestines.

Unripe bel fruit improves appetite and aids digestion.

- **What to avoid** – Avoid aerated drinks, alcohol, artificial sweeteners, caffeine, chocolates, colas, fats, fried food, nuts, processed food, tobacco, and sweets, especially if one has diarrhoea. In case of persistent diarrhoea, avoid wheat, milk and milk products and all other foods **except** rice, watery dal and curd.

Those who are suffering from gastric and duodenal ulcers, ulcerative colitis and diarrhea should have a bland diet which is non-irritating – chemically and mechanically, and which inhibits gastric secretion.

Fibre and fat content should be reduced. They should **avoid** - aerated drinks, alcohol, bran and coarse cereals, chocolates, chutneys, condiments, fried food, meat extracts and soup, pickles, puddings and other sweet preparations, raw vegetables, skin and seeds of

fruits, spices, vegetables like, beans, bitter gourd, cabbage, lady's finger (bhindi), etc.

To treat diseases with intolerance of fat such as gall bladder, liver and pancreatic diseases or in conditions like steatorrhoea (excessive amount of fat in the faeces), one should avoid high fat food like cheese, butter, nuts, fried food, whole milk, cream, sweets, etc.

DIET FOR DIARRHOEA

To treat diarrhoea, especially in children, start **rehydration therapy**, which is - replacement of fluids. It is best to evaluate the degree of dehydration on clinical knowledge.

Oral rehydration therapy is ideal for mild and moderately dehydrated children. Use **standard WHO ORS**, or a **homemade electrolyte solution**.

Homemade oral rehydration solution (ORS):

- Mix half teaspoonful of common salt and five teaspoonfuls of sugar in one litre of **tap??** or boiled water. **Add either lemon or orange juice, coconut water or mashed tomato, papaya or banana (how can one have this??)**
- Rice water electrolyte solution consists of decanted solution got after cooking rice. Add salt to it. This is more palatable,
- Other homemade solutions include dal and water solution or watery dal, carrot juice, tender coconut water, **Bengal gram, kanji, weak tea (with or without milk??)**, **fruit juices** and banana.
- Honey based solution is prepared by mixing one teaspoonful of honey and a pinch of salt in a glass of water.
- **Arrowroot kanji** and salt is another good solution.
- Buttermilk and salt, with or without sugar and lemon is also a good homemade solution.

Oral rehydration therapy is beneficial in three ways:

- a) Prevention of dehydration
- b) Rehydration of the hydrated child **or adult??**
- c) Maintenance of hydration after dehydration

Ideally, each loose motion should be followed by replacement of as much fluids as possible. Giving ORS in sips as often as possible, helps tide over the situation.

Intravenous fluid therapy is usually indicated in severe cases of dehydration and in those who fail to retain ORS.

DIET

Prolonged starvation damages rather than helps the child **or adult** suffering from diarrhoea. **Hypocaloric oral therapy** during diarrhea and vomiting may lead to malnutrition.

Banana, apple pulp, yoghurt, curd, boiled and mashed potatoes, rice, **wheat??**, etc. should be given immediately.

- For treating diarrhea in a child, continue breastfeeding as also other top feeds, since nutrients are well absorbed during diarrhoea.
- Whenever a baby is hungry during the phase of diarrhoea, always follow the BRAT diet – banana, rice, applesauce and toast.
- Do not offer milk or milk products.
- **Cut down on fruit juice** as this can make the diarrhoea worse.
- Give the child 1 - 2 cups of carrot juice to stop acute attack of diarrhoea.
- Thoroughly wash and peel the skin of chickoo. Boil this skin in water and then strain. Give this water to the child to drink. It will stop the diarrhoea.
- Take the seeds of dates and powder them. Mix (**how much powder to mix??**) this powder with a glass of cold water and make the child have this water in sips. It will reduce the motions.
- Take 2 – 3 small cardamoms (choti elaichi) and crush the skin. Mix one tablespoonful of honey and give it to the child. It will reduce the motions.
- Take one big piece of raw papaya. Boil it in water. Feed the child this piece of papaya. It will stop the loose motions.
- Put a pinch of black pepper in tea (**with or without milk?**) and give the child teaspoonfuls for stopping the **bowels??**.
- Take one teaspoonful of arrowroot and one teaspoonful of sago. Stir into 250 ml of boiling water and add one teaspoonful of rose syrup to taste. From the mixture give 2 teaspoonfuls every one hour to the child.
- Give the child a piece a iceberg lettuce. It contains a type of natural opium, which is constipating.
- Make black tea without sugar. Let the child sip the tea slowly.
- Give the child a few green bananas with one cup of curd for a few days.

- For infants, prepare the rehydration soup as follows – take one liter of boiled water and cool it, add 8 teaspoonfuls of sugar and 1 teaspoonful of salt. Feed this to the child in small doses.
- For a child with excess loose motions, heat the juice of one lemon and add a pinch of black pepper in it. Let the child drink this immediately.
- For a child with diarrhea, drinking lots of liquids is the only way to prevent dehydration.

FEMALE

- **Aloe Vera** – Extract fresh aloe vera juice from the plant and take five teaspoonfuls of this juice mixed with two teaspoonfuls of honey twice a day. Do this for forty days and it will give relief to pre-menstrual syndrome.
- **Amaranth (chaulai)** – Crush some fresh amaranth leaves and put them in three cups of water. Simmer them till the water is reduced to half. Cool the water and then strain. Drink one to one and a half cup daily. This will control excessive menstrual bleeding.
One cup of juice of fresh leaves of amaranth mixed with one teaspoonful of lemon juice taken every night checks excessive menstrual bleeding.
To treat leucorrhoea, boil the root of amaranth in 250 ml of water till the water is reduced to half. Cool and decant this water and drink half of it in the morning and remaining half at night. Do this for a few days till required. It will check leucorrhoea.
- **Apple** – Apple juice mixed with some honey, should be taken regularly by pregnant women who are anemic. It is highly effective in treating pregnancy anemia.
- **Asafoetida (hing)** – Fry a piece of hing in ghee and powder it. Mix one teaspoonful of this with one tablespoonful of cooked and mashed rice and have it. Drink a glass of hot water immediately after having it. Do this twice a day. This will give relief to pain during periods or dysmenorrhoea.
Taking 5 gm of hing fried in some ghee regularly will regulate menstruation.
- **Banana** – To treat dysmenorrhoea and menorrhagia, the juice of flowers of banana plant mixed with yogurt or curd is highly effective.
- **Beans** – Beans possess high value of natural oestrogenic activity??
Use some other word and several anti-cancer compounds. Regular intake of beans help protect women against breast cancer. All beans are beneficial including French beans.
- **Bottle gourd (lauki)** – Peel the lauki and dry the peels. Prepare powder of the dried peels and mix equal amount of sugar candy (khadi sakhar) in it. Take 5 gm of this mixture two times a day with water. This will stop the excessive menstrual bleeding.

Cut lauki into small pieces and take 5 – 6 pieces with cow's milk twice a day. Do this for three days. It will control the leucorrhoea.

- **Bishop's weed (ajwain)** – Take a small mud vessel and soak 25 gm of ajwain with equal quantity of sugar candy (**khadi sakhar**) in it. Keep it overnight and the next morning grind this mixture and have it before breakfast. Do this for ten days. The problem of excessive leucorrhoea will be solved.

Take 5 gms of ajwain and mix a little jaggery (gur) in it and take it with a glass of warm water. Doing this two to three times a day gives relief to pre-menstrual syndrome.

- **Bitter gourd (karela)** – The leaves of karela are said to increase the milk production in lactating mothers. They can be had in juice form or one can dry and powder them and have one teaspoonful of powder with water.
- **Cabbage** – Cabbage and other cruciferous vegetables possess oestrogenic **activities??** and manage oestrogen levels thereby protecting women against breast cancer. These vegetables speed up the removal of oestrogen from the body by speeding up its metabolism and burning up the hormone, so that less of it is available to feed cancer.**ask and change the words fully.**
- **Camphor (kapoor)** – Rub camphor liniment on the abdomen to gain relief from pain during periods. Camphor can also be rolled into pills and these pills should be consumed in the dosage of one pill three times a day. This will help treat uterine pains and dysmenorrhoea.
- **Castor oil** – To increase the secretion of milk in breast-feeding mothers, prepare a paste of leaves of wild castor and apply it on the breasts regularly. One can also apply castor oil. This helps increase the secretion of breast milk.
- **Clove (laung / lavang)** – Decoction of cloves should be taken by nursing mothers regularly as this promotes and clears breast milk secretion.
- **Coconut water** – Coconut water should be taken frequently during painful periods. This give relief to discomfort and pain during periods.
- **Cumin seeds (jira)** – Take equal quantities of jira powder and sugar candy (**khadi sakhar**) and mix them in some ghee. Have this mixture twice a day. It will help treat menorrhagia.
Mix about 30 – 35 cumin seeds with some jaggery and have it 4 – 5 times a day after childbirth. This increases the milk secretion.

Fry and powder some cumin seeds and mix some honey in it. Take 5 gm of this mixture with a glass of lukewarm water twice a day. This helps in treating leucorrhoea.

- **Drumstick** – To treat dysmenorrhoea and scanty menses, have the decoction of the seeds or drumstick leaves regularly.
- **Fennel seeds (saunf)** – Powder the fennel seeds and mix cow's ghee in it. Take 5 gms of this mixture daily in the morning for three months. This will make pregnancy possible. (ask)
- **Fenugreek seeds (methi)** – Prepare a decoction of methi seeds and drink it regularly. This will treat leucorrhoea.
Gruel (kanji) of methi seeds should be prepared in milk or water and given to nursing mothers to increase the flow of milk.
- **Garlic** – Crush 3 – 4 cloves of garlic and have it three times a day. This will bring relief to pain during periods or dysmenorrhoea. It also helps regulate menstruation.
Crush garlic in water and use this as a douche to kill infectious organisms in the vaginal tract.
- **Ginger** – Mix two teaspoonfuls of dried ginger powder in a glass of warm milk and give it to the pregnant woman at the time of labor pain. This will make the delivery easy.
- **Indian gooseberry (amla)** – Eat raw amla or have it in juice form regularly. It contains vitamin C (SO???, explain how vitamin C helps in controlling bleeding.) and is very useful in controlling excessive bleeding.
- **Large cardamom (badi elaichi)** – Take the seeds of badi elaichi and majuphal (*Cuercus infectoria Oliv.*) in equal amounts and powder them together. Mix some sugar candy (*khadi sakhar*) in it and have one teaspoonful of this mixture twice a day with some water. This will help treat leucorrhoea. (ask)
- **Lemongrass** – Cold infusion of lemongrass mixed with some black pepper powder is very effective in treating pre-menstrual syndrome. Drink one glass of this infusion twice a day for a few days before getting periods. Ask
- **Liquorice** – This is a natural source of female hormone – oestrogen. Therefore, women who have reached menopause, must take one teaspoonful of liquorice(?? Powder??) mixed in a glass of warm milk daily.
- **Low fat food** – The amount of fat a female consumes in the diet will help regulate her hormones. Diet rich in fats may create problems for

a woman as this increases the oestrogen levels thereby increasing the chances of developing breast cancer and other **hormone dependent??** cancers. Thus, cutting down fat intake is very healthy, especially for premenopausal and postmenopausal women, which will bring about a substantial decrease in blood oestrogen levels, (**look below on peanuts where it is said to increase the oestrogen by eating peanuts???**) thus preventing breast and other cancers.

- **Milk** – Milk is a rich source of calcium and vitamin D. These get depleted in a woman's body once she reaches menopause. Therefore, milk and other foods rich in calcium should be taken regularly by those who have reached menopause.
- **Mint (pudina)** – Make some powder of dry mint leaves and take 10 gms of this powder with some water before **copulating??**. This will help the woman to conceive.**or prevent conception?? (ask page no. 58 – Your Kitchen Book)**
One can have a decoction of mint leaves in the dosage of 2 – 3 teaspoonfuls three times a day to **stimulate menstruation during dysmenorrhoea**. Or - **to stimulate menstruation and treat dysmenorrhoea?**(pg 156 – A treatise on Home remedies).
- **Papaya** – Ripe papaya, if taken regularly, helps regulate the menstrual cycle.
Unripe papaya helps promote lactation in breastfeeding mothers.
- **Peanuts** – Peanuts are a rich source of **mineral – boron** and possess oestrogenic property. Boron-rich foods can boost the oestrogen levels in postmenopausal women, especially the most active form of oestrogen – oestradiol 17B. (**ask, above in low fat food it is said that increase in oestrogen levels causes breast cancer, etc, then here it says the opposite that is to increase the intake of oestrogen??**)
- **Pomegranate (anar)** – Take seven pomegranate leaves and seven grains of rice and crush them together. Add some water to it to make a paste. Take this paste twice a day for one month. It will help in treating conditions like excessive bleeding and irregular menses.
- **Sesame seeds (til)** – Take a few sesame seeds (15 – 20 seeds) and crush them and eat them. Do this at least four times a day. This will give relief to pain during periods.
Til is a rich source of calcium and should be taken regularly by those women who have reached menopause.

To treat dysmenorrhoea and amenorrhoea, take powdered sesame seeds in the dosage of 5 gm – thrice a day along with a hip bath with warm water containing a handful of crushed sesame seeds.

- **Soyabeans** – Soyabeans manage (what do u mean 'manage'? by increasing or by decreasing the oestrogen, or both? See under Cancer also below [under soyabeans]) the oestrogen, thereby reducing the risk of breast cancer. It also inhibits the growth of cancer cells not related to oestrogen. In other words, it can help stop the growth of cancer cells in the body on the whole. Soyabeans can be taken in various forms such as curd, flour, green beans, milk, oil or sprouts. (ask to explain more on oestrogen and soyabenas)
- **Triphala** – Take some triphala powder (about 20 – 25 gms) and boil it in two litres of water for 15 minutes. Filter it and use this water as vaginal douche when hot. This will treat excessive leucorrhoea. A cold water hip bath taken twice a day is also effective in treating leucorrhoea.
- **Turmeric (haldi)** – Add two teaspoonfuls of turmeric powder in some water. Drink one cup of this water when there is bleeding during early pregnancy. Repeat this as many times as required till the bleeding stops. (this point I have copied it under 'Abortion'.)
- **Wheat bran** – Wheat bran possesses oestrogenic activity and helps curtail the oestrogen levels in blood thereby reducing the chances of developing breast cancer. ask pg 214 and 215 in Natural foods by Bakhru.
- **What to avoid** –
- **Mint leaves** should not be taken in large quantities during pregnancy.
- Unripe papaya and its sap should be avoided by pregnant women and by those who are suffering from menorrhagia (excessive menstrual flow). It should also be avoided in any kind of bleeding disorders.
- A pregnant woman should avoid having juice of unripe pineapple as this causes uterine contractions. (ask what else to avoid during pregnancy?)
- Poppy seeds should be avoided by pregnant and breast-feeding women. It should also be avoided by children. Poppy seeds should not be consumed in large doses or for a long period of time.
- Sesame seeds should not be consumed by pregnant women.

- **Pregnant women suffering from toxemia should follow a low sodium diet for which they must avoid the following** – Avoid all foods in which baking soda or salt is used, cheese, chutneys, papads, pickles, salt in cooking or putting extra salt on table, salted butter, salted dry fish, salted meat, sea fish, liver, (add more??)

MALE

- **Asafoetida (hing)** – Hing is a powerful sex stimulant. It is very effective in treating impotency. Fry **six centigrams(change this)** of hing in pure ghee and mix some honey and one teaspoonful of fresh latex of banyan tree (bargad / vad) in it. Have this mixture daily for about forty days before sunrise. This is a good sex tonic and helps in

treating sexual debility and impotency. It is also useful in treating spermatorrhea and premature ejaculation.

- **Asparagus** – This is a sex stimulating food. Dried roots of asparagus are available in the market known as ‘safed musli’. Take about fifteen grams of these roots and boil them in one cup of milk. Strain and drink this twice a day. Regular intake of this will make the semen thick and will help in treating impotency and premature ejaculation. One can also boil some asparagus in water and then fry it in ghee for a short while. Then, sprinkle some salt and pepper over it and eat it. This will act as a strong sexual stimulant and treat impotency.
- **Bengal gram (chick pea / chole)** – Bengal gram has many medicinal properties. Bengal gram soaked overnight in water and chewed the next morning with a little honey makes an excellent tonic for overall general health. Flour of **puffed Bengal gram??** is highly nutritive and an excellent remedy for treating premature ejaculation and impotency. One can also mix two tablespoonfuls of this flour with some honey, powdered dry dates and skimmed milk powder and take this daily. It will provide sexual vigor and treat impotency.
- **Bishop’s weed (ajwain)** – Ajwain is an effective sex tonic. Take equal quantities of ajwain and tamarind seeds and fry them in pure ghee. Powder this and store it in an airtight container. Mix one teaspoonful of this powder in a glass of warm milk and add one teaspoonful of honey in it and drink it daily at night before sleeping. This treats premature ejaculation and increases virility. **It enables the semen to impregnate the woman by the production of spermatozoa in it. The child born after using this remedy will be a healthy child. (ask?)**
- **Black berry / Jambul (kala jamun)** – This fruit is useful in treating spermatorrhea and other sexual debilities. Take about 150 – 200 gms of this fruit daily, four times a day, for fifteen days. This will strengthen the sexual organs and will provide sexual vigor to the person.
- **Black gram (urad dal)** – Powder the dal and boil it in cow’s milk. After that add one teaspoonful of ghee in it and have one glass twice a day. This will help treat spermatorrhea.
This dal can also be soaked in water for six hours. Drain the water and then fry the dal in pure cow’s ghee. Have this with wheat bread and some honey. This will treat premature ejaculation, impotency and thin semen.

- **Black pepper** – Prepare powder of about six black peppers and 4 – 5 almonds and add this in milk. Drink this mixture daily to treat impotency and to stimulate sexual desire.
- **Black raisins (dried grapes)** - These are aphrodisiac and regular intake helps in impotency.
- **Carrot** – This is considered to be beneficial in the treatment of impotency. Have two finely chopped carrots along with one half-boiled egg mixed with one teaspoonful of honey daily for two months to increase sexual stamina and to treat impotency.
- **Cinnamon** – Mix about 2 – 3 pinches of cinnamon powder in a glass of warm milk and drink it at night before sleep. This will increase the sperm count.
- **Dried date (??? Kharek???)** – Dates are also aphrodisiac and regular intake helps in treating impotency and keeps the man sexually fit. (ask) Soak a handful of dried dates in fresh goat's milk overnight and ground them in the same milk the next morning. Add a pinch of cardamom powder and one teaspoonful of honey in it and have it for a few months. This makes an excellent sex tonic and treats sterility, impotency and sexual weakness. Ask whether sterility and impotency are same??
- **Fenugreek seeds (methi)** – These are highly beneficial in the treatment of spermatorrhea and impotency. Roast methi seeds and coriander seeds (dhania) in equal quantities and powder them together and store this powder in a container. Take two teaspoonfuls of this powder in a glass of warm milk every night before sleeping. Do this for one month. This will help treating spermatorrhea and impotency.
- **Garlic** – This is a powerful aphrodisiac and regular use keeps a man fertile and sexually fit. It activates prostatic function. It works very well in treating impotency and sexual debility. Take 4 – 5 cloves of crushed garlic and boil them in one glass of milk till the milk becomes half in quantity. Strain the milk, add sugar to taste and drink it. Do this twice a day. This will help to treat impotency. One can also chew 4 – 5 cloves of raw garlic daily with a glass of water.
- **Ginger** – Extract the juice of a big piece of fresh ginger and add one teaspoonful of honey in it. Take it every morning for one month. This will help to treat hydrocele. ???
Ginger is also beneficial in treating impotency, spermatorrhea and premature ejaculation. Mix half teaspoonful of fresh ginger juice and

one teaspoonful of honey with one half-boiled egg and have it daily at night for one month. This will help treat impotency, spermatorrhea and premature ejaculation.

- **Lady's finger (bhindi)** – This vegetable is a good sexual tonic and its regular intake will increase the sperm cells, thicken the semen and will help treat spermatorrhea. Regular and frequent consumption of this vegetable will increase sexual vigor also.
- **Low fat food** – The amount of fat a male consumes in the diet will help regulate his hormones. Diet rich in fats may create problems with a male's hormones thereby affecting his sex life. Thus, low fat diet is a healthy diet and will keep a man sexually fit and healthy.[add more??](#)
- **Muskmelon (kharbooja / shakkar teti)** – This fruit provides sexual vitality and its regular consumption will help treat the defects of seminal fluid. To treat this defect, one must follow an exclusive diet of muskmelon for twenty-one days. One must suck a piece of sugar candy ([khadi sakhar](#)) after eating muskmelon. After following this exclusive diet of muskmelon for twenty-one days, one can gradually switch over to normal diet, but the intake of melons should continue.[ask](#)
- **Onion** – Onions help in treating impotency. Mix two tablespoonfuls of onion juice with two tablespoonfuls of honey and take it two times a day for about twenty-one days. This will help treat impotency.
- **Pumpkin seeds** – These are highly beneficial in treating prostate disorders. Enlarged prostate gland may cause difficulty in urination and a sick prostate gland is low in zinc and affects spermatozoa. Pumpkin seeds are a rich source of zinc and [magnesium](#), both of which are essential to prevent and treat prostatic disorders. The seeds are also rich in B-vitamins and calcium. Thus, regular consumption of pumpkin seeds helps maintain the health of reproductive system. ([ask](#))
- **Small cardamom (choti elaichi)** – Mix equal amounts of elaichi seeds and ishabgul husk and grind them together with fresh fruits of [anola?? \(Emblica officinalis\)](#). Make pills and have one pill in the morning and one in the evening with cow's milk. This will cure spermatorrhea. ([ask](#)) ([spermatorrhea and premature ejaculation is same???](#))

This spice is also useful in sexual dysfunction like impotency and premature ejaculation. Add a pinch of cardamom powder in boiled

milk with one teaspoonful of honey and have one glass every night before sleeping. This increases sexual stamina and virility. Do not have cardamom powder in excess.

SEX

- **Almond** – Almonds have proved to be highly beneficial in the treatment of loss of sexual energy due to nervous debility and brain weakness. Almonds have the property to strengthen the brainpower and make the body strong. It also makes the person sexually strong. Mix equal quantities of almonds and roasted Bengal gram (chick pea / chole) and have them regularly. **How much quantity??** This will restore sexual vigor and energy.
- **Asafoetida (hing)** – Hing is a powerful sex stimulant. Fry **six centigrams (change this)** of hing in pure ghee and mix some honey and one teaspoonful of fresh latex of banyan tree (bargad / vad) in it. Have this mixture daily for about forty days before sunrise. This is a good sex tonic and helps in treating sexual debility.

- **Asparagus** – This is a valuable aphrodisiac food. Boil some asparagus in water and then fry it in ghee for a short while. Then, sprinkle some salt and pepper over it and eat it. This will act as a strong sexual stimulant. Asparagus being rich in iodine, stimulates sexual energy and produces a good sex drive.
Banana – To treat bleeding from genitals, take the juice of tender roots of banana in the dosage of 20 ml – twice a day.
- **Betel leaf (pan)** – Betel leaves are considered to be an aphrodisiac food. Apply some lime (chuna) and katechu (katha) on the betel leaf, add a piece of betel nut (supari) in it and eat it. Clove, cinnamon and cardamom may also be added. This sweetens the breath and acts as a gentle sex stimulant. Do not have this daily. (ask)
- **Bishop's weed (ajwain)** – Ajwain has aphrodisiac property. Have ajwain along with tamarind seeds. This acts as a good sex tonic.
Fry one teaspoonful of crushed tamarind seeds with equal quantity of crushed ajwain in some ghee. Then mix this in a glass of warm milk with one teaspoonful of honey and drink it at bedtime. This increases virility.
- **Black gram (urad dal)** – This is a sex stimulating food. This pulse should be soaked in water for six hours. Drain the water and then fry the pulse in pure cow's ghee. Have this with wheat bread and some honey. This makes an excellent sex tonic.
- **Black pepper** – This possesses aphrodisiac property and acts as a sex stimulant. It also helps treat gonorrhoea. Mix black pepper and chueb piper (Piper cubeca) in equal amounts and powder them. Take half teaspoonful of this powder thrice a day to treat gonorrhoea. (ask)
Prepare powder of about six black peppers and 4 – 5 almonds and add this in milk. Drink this mixture daily to increase sexual desire.
- **Black raisins (dried grapes)** – These are considered to be aphrodisiac and regular intake restores sexual vigor. One must first wash a handful of raisins thoroughly with warm water and then boil them in milk. Have one glass of this mixture three times a day. It will treat sexual debility and provide instant energy. It is also a good sexual stimulant.
- **Carrot** – This is an aphrodisiac food and also increases sexual stamina. Have two finely chopped carrots along with one half-boiled egg mixed with one teaspoonful of honey. Have this daily for two months to increase sexual stamina.

- **Cinnamon** – Mix about 2 – 3 pinches of cinnamon powder in a glass of warm milk and drink it at night before sleep. This acts as sexual stimulant.
- **Dried date (??? Kharek??)** – Dried dates are an aphrodisiac food and regular intake helps in treating sexual weakness. They keep the man sexually fit. (ask) Soak a handful of dried dates in fresh goat's milk overnight and ground them in the same milk the next morning. Add a pinch of cardamom powder and one teaspoonful of honey in it and have it for a few months. This makes an excellent sex tonic and increases sexual power.
One can also have pound some dried dates along with some almonds and pistachios. Have this mixture daily for a few months with a glass of milk. This will increase sexual stamina.
- **Fenugreek seeds (methi)** – These seeds are considered to be sex stimulating. Powder the methi seeds and sprinkle this powder over fruit or vegetable juices or add one teaspoonful of this powder in a glass of warm milk and have it. Having this powder regularly will rejuvenate a person sexually and provide sexual energy. (ask)
- **Garlic** – This is an aphrodisiac food and provides the person with sexual vigor and vitality. It is highly beneficial in treating loss of sexual power due to any cause. It treats sexual debility and impotency. It is very useful for elderly people who have failing sexual power.
To treat genital herpes, take a garlic sitz bath for twenty minutes. A garlic clove should be crushed and half liter of boiling water should be poured over it. It should be allowed to stand for a few hours and then poured in a tub filled with enough water to cover the hips. The patient should sit in the tub for twenty minutes. This will help treat genital herpes.
- **Ginger** – This is a strong aphrodisiac and it should be taken with honey and white onion juice. Mix one tablespoonful of fresh ginger juice with two tablespoonfuls of honey and one tablespoonful of white onion juice and have this mixture daily. It acts as sexual stimulant and helps in the treatment of sexual debility.
- **Honey** – Honey provides a feeling of sexual rejuvenation and youthful virility. It is a sex stimulant and a **spermatogenic**. (ask) It influences the fertility of women, virility of men and also guards against female frigidity. Honey can be taken mixed in either water or milk.

- **Indian gooseberry (amla)** – This is a natural rejuvenator and helps even an old man to regain his virility. Amla has high content of vitamin C and so it is considered to be aphrodisiac. Regular intake of amla provides one with better sexual life.
- **Mango** – This is a rejuvenative fruit and one must eat this fruit daily during the season to gain sexual vigor and vitality and to keep the reproductive system healthy. Mango mixed with pure honey is highly beneficial to maintain sexual vigor.
- **Nutmeg (jaiphal)** – This condiment is an aphrodisiac food and acts as a sexual stimulant. It increases sexual desire and is a good remedy for sexual debility. The powder of nutmeg mixed with one teaspoonful of honey and a half-boiled egg makes a good sex tonic. One can avoid the egg if one is not an egg-eater. If this mixture is taken an hour before **having sex**, it helps prolong the duration of **sexual act**. (**ask, change the words??**)
- **Onion** – Onion is one of the best aphrodisiac foods. Mix two tablespoonfuls of white onion juice, two tablespoonfuls of honey and one tablespoonful of fresh ginger juice and take it three times a day. This increases libido and strengthens the reproductive organs. Doing this daily will keep one sexually fit and healthy and will improve the sexual power.
- **Sesame seeds (til)** – Sesame seeds are known to keep the sex glands healthy, especially for the women. These seeds are also known to help infertile women. Women who do not respond to sex may get sexually responsive if they regularly take sesame seeds and honey.
- **Small cardamom (choti elaichi)** – This spice is a sex stimulating food. Add a pinch of cardamom powder in boiled milk with one teaspoonful of honey and have one glass every night before sleeping. This increases sexual stamina and virility. Excessive use of cardamom powder is not recommended as it may have adverse effects.

KIDNEYS AND URINARY BLADDER

- **Amaranth (chaulai)** - Drink one cup of juice of leaves of amaranth (chaulai) twice day. Do this daily till the stone in kidney or urinary bladder is dissolved and expelled.
- **Asafoetida (hing)** – This is good for the kidneys. Mix ¼ teaspoonful of hing in 2 teaspoonful of fresh ginger juice. Add a pinch of salt and have it. This keeps the kidneys healthy.
To treat pain in the bladder area, fry 5 gm of hing in some ghee and have it twice a day for a few weeks.
- **Barley water** – Barley water is effective to flush out kidney stones through urine. To prepare barley water, boil two handful of barley in 500 ml of water for about fifteen to twenty minutes. Then strain and cool this liquid and refrigerate it. Have this liquid as often as possible. Prepare it fresh whenever required.

- **Beet – root / Sugar beet** – This root has properties to keep the kidneys clean and healthy. Ask it is also said to avoid beet in kidney stones??
- **Bishop’s weed (ajwain)** – Powder the seeds of ajwain and mix two teaspoonful of it in a glass of warm milk and have it. Do this twice a day. This will relieve kidney pain or renal colic.
One can also mix and grind one tablespoonful of black cumin seeds, two teaspoonful of ajwain and one teaspoonful of black salt into a fine powder. Add one teaspoonful of brown vinegar in it. Take one teaspoonful of this mixture every one hourly till the kidney pain subsides.
- **Bitter gourd (karela)** – Drink one cup of fresh karela juice daily. This will keep the kidneys healthy and clean.
Bitter gourd juice also helps in washing out **uric acid** from the body.
- **Cabbage** – Cabbage juice is highly beneficial in treating bladder infection.
- **Carrot** – Take one carrot and make a big hole in it. Fill this with seeds of radish and turnip. Close the hole with the extracted part of carrot and boil it. Take this twice a day. This will dissolve kidney stones. Ask, it is also said to avoid carrot in kidney stones??
- **Castor oil** – To treat pain in the bladder area, take 5 ml of castor oil – twice a day.
- **Coconut water** – This is also good for flushing out kidney stones through urine. It is an excellent diuretic.
- **Coriander seeds (dhania)** – Take coriander tea as often as possible. To prepare the tea – boil two teaspoonful of coriander seeds powder in one glass of water. Add sugar to taste. Drink this two to three times a day. Do this daily and many of the kidney problems will get better. Ask.
- **Corn** – Take boiled grains daily if one has kidney problems. This will keep the kidney healthy.
- **Cucumber** – Regular intake of cucumber along with its peel will help in preventing and dissolving kidney stones. Cucumbers are known to promote urination.
Cucumber also keeps a check on the assimilation of **uric acid** in the body. Uric acid causes stone formation and rheumatic problems. Eating a cucumber daily enhances urine production, thus washing away uric acid from the body.
Note: Do not consume the seeds of cucumber, remove all the

seeds before having it.

- **Cumin seeds (jira)** – Powdered cumin seeds mixed with sugar in a glass of water should be taken regularly to help remove stones from urinary bladder.
- **Fig (anjeer)** – Have one cup of fresh juice of figs regularly. This helps remove kidney stones and urinary bladder stones.
One can also boil two small pieces of figs in one cup of water and take this mixture two or three times a day for a few weeks. This will do away with kidney stones and urinary bladder stones.
- **Lime** – Lime is a beneficial citrus fruit for treating infections of the urinary bladder or cystitis. Squeeze the juice of one lime in a glass of warm water and sip it slowly. Repeat this after every two hours. It will stop the burning and bleeding due to cystitis.
- **Melons (watermelon and muskmelon)** – They have high water content and are good for kidney problems.
- **Onion** – Take raw onions as salad daily with meals. The stones in the kidneys or in urinary bladder will break down and pass out through urine.
Onion decoction is also good for flushing out kidney stones. The decoction is made by adding two onions to two glasses of boiling water. After it cools, add some sugar and drink it. This will help to dissolve the stones and flush them out through urine.
Onion juice makes an excellent diuretic.
- **Pineapple** – Pineapple juice is a good remedy to get rid of kidney stones. Have one glass of pineapple juice daily in the morning for one month.
- **Pomegranate (anar)** – Pomegranate juice is excellent for kidney and urinary bladder disorders. It makes a good tonic for kidneys and urinary bladder of elderly people.
- **Potato** – Cook potatoes, especially small potatoes along with the skin and have it as a vegetable regularly. This will prevent formation of any stones in kidneys as well as in any other parts of the body. Potato soup is highly beneficial in cases of uric acid ([ask sir to elaborate](#)) and kidney disorders.
- **Pumpkin (kaddoo or petha??)** – Have one cup of fresh juice of ripe pumpkin twice a day. Add a pinch of salt to taste. Do this for fifteen days. This will break down the stones in kidneys or urinary bladder and will be come out through urine.

- **Radish (mooli)** – Take raw radish daily as salad. This will keep the kidneys healthy.
One cup of juice of raw radish, taken twice daily, helps in nephritis (swelling or inflammation of the kidneys).
- **Round gourd (tinda)** – Cook this as vegetable and have it regularly in your diet. The stones in the kidneys or urinary bladder will break down into small pieces and will pass out through urine.
- **Salt** – People with kidney problems should reduce the intake of salt to a very large extent.
- **Small cardamom (choti elaichi)** – During ancient times this was used to cure diseases of the urinary bladder.
- **Tamala (tejpat)** – Use tamala patra (leaves) as spice regularly while cooking food - in vegetables, in curries or meat. This will cause the stones in kidneys or urinary bladder to break down and which will be expelled through urine.
- **Tomato** – Tomatoes increase the alkalinity of the blood and helps remove toxins and uric acid from the system. **Tomatoes should be consumed after removing all the seeds.** (ask and elaborate)
- **Triphala** – This powder is also very effective in treating nephritis.
- **Turnip (shalgam)** – Cook this and have it as a vegetable or have it boiled. This helps in washing away uric acid from the body thus preventing the formation of kidney stones, which are caused by uric acid. It also helps to eliminate kidney stones that already exist.
- **Water** – Drink at least three litres of water daily, especially if one is suffering from nephritis, kidney stones, urinary bladder stones or any other problems pertaining to kidneys and urinary bladder.
- **White goose foot (bathua)** – Crush the leaves in water and squeeze the juice. Drink one cup of this juice daily in the morning. Do this for fifteen days and the stone in the urinary bladder will break down into small pieces and will pass out through urine.
- **Other vegetables that are allowed in renal failure are** – Bottle gourd (lauki), loofah (torai), French beans (phansi), cluster beans (guar phalli / gavar??), cauliflower (limited), peas - matar (limited), Knol-knol (gaanth gobi or Bangalore brinjal), salad leaves, kante-wali-chawli, snake gourd (padwal), chachinda.
- **What to avoid** – **People with nephritis, oedema or any other kidney problem should follow a low sodium diet and a low potassium diet.**
For a low sodium diet, they must avoid the following –

Avoid ajinomoto (used in Chinese cooking), all foods in which baking soda, baking powder or salt is used, artificial sweetener, biscuits, bread and bread rolls, brioche, cakes, canned fruits (pineapple, peaches, fruit cocktails, etc), canned vegetables (sarson, sweetcorn, asparagus, etc), cheese, chivda, chocolate milk, chutneys, commercial foods made of milk, condensed milk, croissants, dried fruits, fresh fruits except a small quantity of apple and papaya, gelatin desserts like jelly, ice-cream, **gram flour**, **leafy green vegetables especially spinach**, lemons, **margarine**, milk shakes, papads, pastries, pickles, pizzas, popcorn, potato chips, preservatives, processed food, raisins, relishes, salt in cooking or putting extra salt on table, salted butter, **salted dry fish**, salted meat, salted nuts, **sea fish**, seasonings of any kind including sauces like chilli sauce, oyster sauce, soy sauce, tomato sauce, etc., all sour food like lemon, tamarind, Chinese food, pickles, etc. and wafers.

Carefully read labels of all prepared foods. Look not only for salt but also for bicarbonates of soda (baking soda), baking powder, MSG, sodium compounds such as sodium benzoate, sodium citrate, etc.

Use unsalted butter or white butter prepared at home instead of regular butter. Vinegar, lime, pepper or tamarind may be used as seasonings to make the food taste better.

Avoid use of self-raising flour in any preparations.

Avoid soft-drinks and aerated drinks, avoid prepared beverages like kala-khatta, squashes, etc., avoid fruit flavored powders like Tang, Rasna, etc.

Avoid eating snack-foods like bhel, burgers, chana-bhatura, dahi-vada, medu-vada, pani-puri, ragda-pattice, samosas, Vegetables like beetroot, carrots, spinach and white turnip (shalgam) contain a good amount of sodium and hence should be totally avoided in a severely sodium restricted diet.

Natural sodium content of animal food is high and hence cheese, chicken, eggs, fish, meat, milk, milk products and paneer should be taken in restricted amounts. Organ meats like brain, kidney and liver should be avoided completely since they contain more sodium than muscle meat.

Shellfish like crab, lobster, oyster and shrimp are also high in sodium. **Salt-water fish contain no more sodium than fresh-water fish.**

Avoid medicines, laxatives and salt substitutes unless prescribed by a physician.

Foods low in sodium are – Cereals, cream, fruits, most of the vegetables except leafy vegetables, margarine, oil, sugar and unsalted butter.

For a low potassium diet, they must avoid the following –

All kinds of fruits, especially apricots (zardalu), cherries, chickoo, Indian gooseberry (amla), peach, plum and sweetlime (mosambi), all fruits juices (fresh/canned) and limejuice, raw vegetables and soups, coconut and coconut water, all dals, pulses and legumes (tur dal, moong dal, rajma, chana, whole masoor, white chowli beans, etc), chocolate and all chocolate products (chocolate eclairs, chocolate cakes and pastries, chocolate sauce, chocolate ice-cream, etc), all dried fruits and cakes and biscuits containing dried fruits, fish like anchovy (bangda), mackerel (dhoma), white pomfret and shellfish like prawns, lobster and crab, instant coffee, all chocolate and malted milk drinks like Horlicks, Ovaltine, Bournvita, Cocoa, Drinking chocolate, marmite, etc., and lastly, avoid salt substitutes. All these are high in potassium and should be avoided completely.

Potassium-free foods (low potassium foods??) are – Cereals like bread, rice, chappatis made from wheat, jowar, bajra, makkai, rice flour, etc., upma, sheera, poha, dalia, cornflakes, noodles, macaroni, spaghetti, cornflour, etc., spices, vinegar, pepper, sugar, honey, jaggery, butter, oil, ghee, cream, beef, lamb, pork, chicken, fish (except those to be avoided that are mentioned above) and eggs.

How to lower the potassium content of food –

Peel, cut and soak the vegetables in water for sometime. Rinse them and then boil them in a large amount of boiling water. In this way, the potassium is leaked into the water. This cooking water should then be discarded and the vegetable should be cooked as desired. Do not use a pressure cooker or a microwave to cook vegetables and fruits.

URINE

The use of diuretic foods should be avoided by people suffering from kidney diseases as these foods only stimulate loss of water and not sodium by irritating the cellular filters of the kidneys. This irritating mechanism could be detrimental to those having kidney disease.

- **Alfalfa** – This plant contains many digestive enzymes. This is a good laxative, digestive and diuretic. It makes a good tonic as well. Being a good diuretic, it acts gently on the kidneys. It has also been used successfully in cases of dropsy and inflammation of the bladder. Alfalfa can be taken in juice form, extracted from its leaves, or in tea form that is made from seeds and dried leaves of the plant. The tea from the seeds is prepared by boiling or cooking the seeds in a non-stick pan with the lid on for thirty minutes. After this, the liquid should be strained by squeezing, pressing and drying the seeds totally. This liquid should then be cooled and honey should be added to it for taste. Then refrigerate the liquid and have it when desired. Hot or cold water may be added to it before having it.
- **Asafoetida (hing)** – To treat urine retention, fry 5 gm of hing in some ghee and have it twice a day. This will promote urination thus treating retention of urine.

- **Bajra** – This is the only grain that helps in many urinary disorders because of its alkaline nature. (ask)
- **Banana** – Green banana taken as vegetable (ask) helps in treating blood in urine.
Pulp of green ripe banana mixed with ghee and sugar, gives relief to urinary retention.
- **Banana stem** – Banana stem juice is rich in potassium, vitamins and other minerals. Fresh juice must be extracted from the banana stem and taken early in the morning. This makes an excellent and powerful diuretic food.
- **Barley** – Barley possesses diuretic property. It can be had in the form of gruel combined with buttermilk and limejuice. This combination makes it an excellent diuretic carbohydrate food and is highly beneficial in the treatment of urinary disorders like nephritis, bladder infection, burning sensation while passing and frequent urination. Barley water is also very effective in these conditions. To prepare barley water, boil two handfuls of barley in 500 ml of water for about fifteen to twenty minutes. Then strain and cool this liquid and refrigerate it. Have this liquid as often as possible. Prepare it fresh whenever required. It will help in burning sensation while urinating, frequent urination, painful urination and urination in drops.
- **Betel leaf (pan)** – Betel leaves are considered to be excellent diuretics and the juice of the leaves should be extracted and mixed with diluted milk and sweetened slightly. This juice should then be consumed twice a day. This makes an excellent diuretic and increases the urine output. It is an ideal remedy for scanty urination.
- **Black berry / Jambul (kala jamun)** – Eat about 100 gms of jamun to gain relief in burning sensation while passing urine.
- **Black raisins (dried grapes)** – Soak 10 – 12 dried black grapes in one cup of water overnight. Crush them in the same water the next day and add sugar to taste. Strain this and drink it. Do this daily to treat burning sensation during urination.
- **Bottle gourd (lauki)** – This is well known for its diuretic property and is very effective in urinary disorders. Have a glass of fresh bottle gourd juice daily mixed with a little limejuice. This treats the burning sensation in the urethra due to high acidity of the urine. It also aids in any kind of urine infection.

- **Camphor (kapoor)** – To treat dysuria, prepare an infusion of camphor and take it daily till there is relief.
- **Carrot** – Carrot juice is very effective in controlling the burning sensation while passing urine.
- **Castor oil** – Mix one teaspoonful of castor oil in a glass of warm water and drink it. This will help if there is any difficulty in urination and will also regulate urination.
- **Clove (laung / lavang)** – Decoction of cloves or water boiled with cloves in it should be sipped throughout the day to treat pain or burning sensation during urination.
- **Coconut water** – This also makes an excellent diuretic food. It contains high concentration of potassium and chlorine in sterilized water. It acts as a natural diuretic in heart, kidney and liver disorders. ASK – diuretic in heart and liver?? In kidney disorders like scanty and suppressed urination, albuminuria, dropsy, gonorrhoea and high acidity of urine, coconut water is very effective. In case of kidney failure, coconut water should be given very carefully, under the strict supervision of a doctor.
Coconut flower should be consumed to treat excessive urination.(ask)
- **Coriander seeds (dhania)** – Decoction of dhania should be consumed from time to time to gain relief from dysuria.
- **Cucumber** – This is a diuretic food and its juice is very effective in treating urinary system disorders like nephritis, bladder infection and scanty or suppressed urination. Take a glass of fresh cucumber juice daily mixed with one teaspoonful of honey and one teaspoonful of limejuice. This makes a powerful diuretic in treating such diseases. Leaves of cucumber should be washed and ground to a paste. Have this paste in the dosage of 15 gm daily. This acts as a diuretic. Oil obtained from the seeds of cucumber makes a good tonic and is an excellent diuretic.(but how to take it and in what dosage??).
- **Cumin seeds (jira)** – Take equal amounts of cumin seeds and sugar candy (khadi sakhar) and powder them together. Take one teaspoonful of this powder with cold water four times a day. This will cure anuresis and will give relief in urination. It will also help treat dysuria and other urinary disorders such as burning sensation during urination -----(add more).
- **Drumstick** - Decoction of seeds of drumstick should be taken at regular intervals to treat burning sensation during urination.

- **Drumstick flowers (Saijan ki phalli)** – The drumstick is a common vegetable and is valued for its tender pod. It is anti-bacterial and a good cleanser. The flowers of the drumstick tree are considered to be diuretic and fresh juice of these flowers should be extracted. Mix one teaspoonful of this juice with half a glass of coconut water and have it twice a day. Do this daily as it is an excellent diuretic and also treats bladder infection.
- **Fennel seeds (saunf)** – These are highly effective to treat pain and difficulty during urination. Prepare juice of fennel seeds by soaking the seeds in water and then grinding this mixture. Place a few drops of this juice in a batasha(Ask) and have it twice a day.
- **Fenugreek seeds (methi)** – To get relief from pain during urination, mix ¼ teaspoonful of powdered methi seeds in one glass of buttermilk and drink it daily.
- **Grapes** – Grapes being high in water content and potassium salt, makes an excellent diuretic and its low albumin and sodium chloride contents makes it more effective in urinary system disorders. It also helps in flushing out kidney and bladder stones and in cases of acute and chronic nephritis.
- **Holy basil (tulsi)** - Take juice of 10 – 12 fresh tulsi leaves mixed with one teaspoonful of honey every morning. This will cure many urinary problems.
Seeds of tulsi are also useful in complaints of urinary system. (but how to use them??)
- **Honey** – Honey contains mineral salts, which facilitates urination. It is also helpful in retention of urine. Take two teaspoonfuls of honey mixed with half a teaspoonful of sugar. This will start urination immediately.
- **Indian gooseberry (amla)** – This fruit is a diuretic and helps in many urinary problems. Soak two teaspoonfuls of dried amla in a cup of water overnight. In another cup soak two teaspoonfuls of raisins overnight. The next morning, mash and filter these separately. Drink both separately. Do this for a week. It will help in urinary ailments. To treat burning during urination, take 15 – 20 ml of fresh amla juice mixed with one teaspoonful of honey twice a day. It will bring relief to the pain and burning during urination.
- **Lady's finger (bhindi)** – This vegetable contains viscid and bland mucilage, which helps in alleviating skin irritation, giving a soothing effect on skin and mucous membranes. Have bhindi soup daily twice

a day. (Method to prepare bhindi soup mentioned above). This makes an excellent diuretic food and helps in all irritable conditions of the genito-urinary organs such as dysuria, gonorrhoea and leucorrhoea. It also helps in pain and difficulty while passing urine and burning sensation in the urethra while passing urine.

- **Large cardamom (badi elaichi)** – Powder these and boil them in some milk till the milk is reduced to half. Add some sugar candy (**khadi sakhar**) to it. Strain it and cool it. Have it four times a day. This will cure any kind of urinary problems.
- **Lemon** – Lemon juice mixed with water and sugar is very effective to treat urine infection or burning sensation while urinating. Take this two to three times a day.
- **Mango** – Ripe mangoes are considered to be diuretic.
- **Muskmelon (kharbooja / shakkar teti)** – This fruit is highly diuretic and its seeds contain sweet edible oil, which is also diuretic. Have this fruit during summer and after that suck a piece of sugar candy (**khadi sakhar**). Eat this fruit in small quantities three to four times a day. This will cause profuse micturition. It helps in cases of scanty or suppressed urination.

The rind of this fruit is also useful in urine retention. Rub the rind in water and strain the water. Have this water two to three times a day. This will cure urine retention and will cause the urine to be clear.

- **Onion** – Onions or onion juice act as an effective diuretic and helps in treating various disorders of the urinary system. For burning sensation while urinating, have a decoction of onions. The decoction is prepared by boiling 6 gms of onion in half litre of water till the water is reduced to half in quantity. The liquid should then be strained and cooled. Drink this decoction for burning during micturition. Sugar may be added if desired.
For retention of urine, rub one onion in one glass of water and add one teaspoonful of sugar in it, then strain this liquid and have it. Do this two to three times a day. This will start urination soon. To hasten the urination, one can also add a pinch of potassium nitrate to this mixture.
- **Orange** – A mixture of orange juice with coconut water makes an excellent diuretic. It helps in cases of dropsy, scanty urination, nephritis, cystitis, gonorrhoea, inflammation of the urethra, painful urination and burning sensation while urinating.

- **Papaya** – An infusion prepared from papaya leaves should be taken in the dosage of 20 ml – twice a day, to treat dysuria.
- **Parsley** – Parsley possesses diuretic property and drinking parsley tea stimulates loss of water. The tea is prepared by adding two teaspoonful of dried parsley in one cup of boiling water. Drink this mixture and it will start urination. It also helps in genito-urinary tract infections, in flushing out kidney and bladder stones, albuminuria, nephritis and other kidney ailments.
- **Pomegranate (anar)** – Pomegranate **taken in any form** is effective in treating blood in urine. It also helps in other urinary problems and kidney disorders.
The **juice of ripe pomegranate** is highly beneficial in treating urinary disorders.
- **Pulses or dals** – The water in which any dal is boiled is highly beneficial in treating any kind of urinary problems.
- **Pumpkin (kaddoo)** – One glass of **white pumpkin (ask)** juice mixed with sugarcane juice should be taken daily to treat passing of blood in urine. This also helps to eliminate stones of kidney and urinary bladder.
- **Pumpkin (petha)** – The juice of this fruit should be taken at regular intervals to treat the problem of urine retention.
- **Radish (mooli)** – The leaves and roots of radish are strong diuretic foods. If there are any stones or gravel in the urinary tract leading to inflammation of the urinary bladder or cystitis, then one should have the juice of radish leaves for at least fifteen days. This will help to dissolve the gravel and aid in cystitis. The juice is also useful in cases of difficulty in passing urine (dysuria), slow and painful passing of urine in drops (strangury) and in other urinary and syphilitic complaints.
Radish can be eaten as salad daily with meals. This will help in treating any urinary problems.
- **Sandalwood (Chandan)** – To treat burning sensation during urination, infusion of the bark powder, consumed from time to time, is very effective.
- **Small cardamom (choti elaichi)** – This helps increase the secretion and discharge of urine. In ancient times this was used to cure diseases of the bladder. Powder the seeds and mix a pinch or two with one tablespoonful of banana leaf juice and amla juice and have it thrice a day. It acts as a wonderful diuretic and is effective in treating

diseases like burning micturition or urination, cystitis, gonorrhoea, nephritis or scanty urination.

- **Spinach** – This leafy vegetable is an effective diuretic food. It helps increase urination. Fresh spinach juice mixed with some coconut water taken daily acts as an effective diuretic and is also safe in bladder infection, nephritis and scanty urination due to dehydration. Though spinach is rich in calcium, it also contains oxalic acid, which prohibits the absorption of calcium by the body. Therefore, people with kidney stones should not consume too much spinach.
- **Sugarcane** – Sugarcane juice is an excellent diuretic and is highly beneficial in scanty urination. It helps the kidneys to function properly and also helps in cases of burning during urination due to high acidity of urine, gonorrhoea, enlarged prostate, cystitis and nephritis. Sugarcane juice must be taken mixed with some limejuice, ginger juice and coconut water.
- **Watermelon** – This fruit contains highest concentration of water amongst all fruits. It is rich in potassium salts and one of the best diuretic foods. It helps in scanty urination, flushing out of kidney and bladder stones and in cases of excess discharge of phosphates in urine. It also helps in treating gonorrhoea. The juice is more effective than the fruit itself as the juice contains all the beneficial values.
- **Water** – Increase the intake of water and liquids to cure urinary or kidney infections, to gain relief from burning sensation while passing urine, to flush out kidney and bladder stones and to treat any other ailments of kidneys and urinary bladder.
To cure anuresis, fill a tub with warm water (more on the hotter side) and sit in it. The water should be waist deep. Sit for at least thirty minutes twice a day. This will start the stopped urination.

GENERALITIES – BLOOD - ANEMIA - DEFICIENCY IN IRON, BLOOD VESSELS.

- **Apricot** – Apricots contain a good amount of iron, potassium and vitamin A. Dried apricots are an excellent source of iron. Apricots also contain cobalt, which is vital in treating anemia. But diabetics must not consume too much of dried apricots as they contain six times more sugar than the fruit.
- **Banana** – This fruit is highly beneficial to treat any kind of bleeding disorders.
Powder of the root of banana plant should be taken in the dosage of 5 gm – twice a day, to treat anemia.
- **Black raisins (dried grapes)** – To treat **bleeding disorders(in this chapter??)**, boil a handful of raisins in a glass of water, cool the water and crush the boiled raisins in the same water and strain. Add one teaspoonful each of honey and ghee in it and drink it. This will supplement the loss of blood and will also purify the blood.
- **Cabbage** – Cabbage contains several vitamins and minerals and its regular intake increases the immunity of the human body, prevents aging and serious diseases, **strengthens the blood vessels** and keeps infections away (**ask this point**).
- **Coconut (nariyal)** – Drink tender coconut water frequently to control bleeding of any sort (**this chapter??**).
- **Drumstick** – The tender pod of drumstick is antibacterial and a good cleanser. The leaves and flowers of the drumstick tree are highly beneficial in treating and preventing many infections. It is rich in iron and -----**add something to do with anemia and blood**.
- **Garlic** – Garlic is an effective detoxifier of blood and lymph?? in the body. It dilates the peripheral blood vessels, resulting in lowering the **blood pressure??** .
- **Indian gooseberry (amla)** – Amla, when taken in combination with other iron supplements, helps in treating anemia. **Amla, on its own is also rich in iron**.
To treat any kind of bleeding condition, take 10 gm of dried fruit of amla with one teaspoonful of honey twice a day.-----**????** This also helps treat anemia.

- **Lemon** – Lemon juice is an excellent blood purifier. Add the juice of one lemon in a glass of lukewarm water with one teaspoonful of honey and drink it first thing in the morning. This helps purify the blood (ask).
- **Mushrooms** – Some mushrooms are rich in B complex vitamins and minerals like iron and copper. In certain cases, anemia has been treated successfully with mushroom extracts.
- **Orange** – Oranges are a rich source of vitamins A and C. Orange juice taken daily helps treat anemia.
- **Pumpkin (petha)** – To treat bleeding disorder??, have fresh juice of white gourd (pumpkin / petha) 3 – 4 times a day.
- **Radish** – Radish is a rich source of iron, calcium and sodium. It stimulates the appetite and promotes a healthy bloodstream (ask???)
- **Spinach** – This is a rich source of iron and extremely useful in treating even the worst of anemia. It acts as a good cleansing blood tonic. Have this leafy vegetable in cooked form, or have one glass of fresh raw spinach juice daily for a few months. One can also have spinach soup. Take care to wash the spinach leaves thoroughly in hot water before extracting the juice or before cooking it.
- **Sweetlime (mosambi)** – This fruit is rich in vitamins A, B and C and many other minerals. Regular intake of mosambi effectively treats anemia. It can be eaten or had in juice form.
- **Tamarind (imli)** – To treat blood clots due to injuries, remove the seeds and fibre of imli. This pulp should amount to three tablespoonfuls. Mix one teaspoonful of salt and half cup of water to this pulp. Mix this well and heat it in a vessel. When it is bearably hot, apply it on the blood clots caused due to injuries. Wash it off the next day and repeat the procedure. Do this for 3 – 4 days till the blood clots heal.

GENERALITIES - OBESITY

- **Apple** – Apples are fat free, sodium free and cholesterol free. A medium sized apple contains only 80 calories, but its high fiber

content makes one feel fuller and also aids digestion. The natural fruit sugars (mainly fructose) satisfies one's craving for sweets and the juice keeps one hydrated. Thus, apples aid in losing weight.

- **Banana** – Have one ripe, mashed banana mixed with plain cow's milk and one tablespoonful of fresh banana flower juice two to three times a day for a few months. This is an excellent recipe for losing weight. But fried food and sweets should be completely avoided.
- **Cabbage** – Cabbage contains a valuable content called tartronic acid which inhibits the conversion of sugar and other carbohydrates into fat. Have cabbage salad daily in order to reduce weight in a healthy way.
- **Cauliflower** – This is low in calories and hence is good to reduce weight.
- **Cluster beans (guar phalli)** – Cook this as a vegetable and take it regularly. The chemicals present in this will dissolve the fat in the body. This helps in weight reduction.
- **Curry leaves** – Eat about ten fresh curry leaves every morning or extract the juice of a handful of curry leaves and drink it every morning. Do this for a few months. This helps in obesity (curry leaves have weight-reducing properties). Leaves can also be taken in chutney form. The juice extracted from curry leaves can also be mixed with buttermilk or lassi. Avoid alcohol, fats, fried food and sweets.
- **Fennel seeds (saunf)** – Fennel seeds are known to contain weight reducing properties since ancient times. The best way to have fennel seeds to reduce weight, is by preparing tea from fennel seeds. Tea is prepared by putting four teaspoonful of the seeds in one liter of boiling water and allowing them to simmer for five minutes. The vessel should be kept covered for 15 minutes after this and then the water should be strained. Take one cup of this tea 3 – 4 times a day, daily.
- **Finger millet (ragi / nachni)** – This is an ideal food for the obese as its digestion is slow and due to this the carbohydrate takes longer time to get absorbed. By eating dishes made from ragi, the constant desire to eat is curbed thus reducing the daily caloric intake. Ragi also provides enough calcium, phosphorus, iron, vitamins B1 and B2 thus keeping the person well nourished and energetic.
- **Grapefruit** – This fruit is rich in vitamins B and C. It is low in calories and thus it is good for a weight reducing diet.

- **Honey** – One teaspoonful of honey mixed with juice of one lemon in a glass of warm water, taken daily in the morning, helps reduce weight. This can be repeated once more in the evening.
For a thin person, to gain weight, take one teaspoonful of honey in a glass of milk twice a day regularly. This will increase the body weight after a few months. (ask)
- **Indian plum or Jujube (Ber / bor)** – Take a handful of jujube leaves, wash them and soak them overnight in some water. The next day in the morning, strain and drink this water on an empty stomach. Continue this for one month. This will help in reducing weight.
- **Lecithin** – This is a fatty food substance extracted from soyabean. It helps control weight by pulling fat deposits from the body and burning them. Lecithin gives one the sensation of being full and thus prevents one from nibbling between meals. This is available in capsule form, granule form or liquid form. Other foods rich in lecithin, besides soyabeans, are – whole grain cereals, vegetable oils and unpasteurised milk.
- **Lemon** – Lemon juice diet is very effective in weight reduction. Mix the juice of one whole lemon in a glass of warm water with one teaspoonful of honey and have it daily early in the morning, on waking up, and in the evening one hour after dinner. This will help in reducing weight.
One can also mix the juice of one whole lemon with one teaspoonful of honey and have it directly without adding water to it. Do this daily in the morning on waking up. This also helps reduce weight.
- **Lime** – Lime is also beneficial in weight reduction. Mix the juice of lime in one glass of warm water with one teaspoonful of honey. Take this as often as possible throughout the day. This will help one to lose weight without any loss of energy and appetite.
- **Low salt food** – Restricting salt intake is the best way to stay slim without much effort as salt retains a lot of water in the tissues of the body. Thus one must avoid any kind of salted food such as salted potato chips, salted peanuts, salted crackers, salted cheese, pickles preserved in salt, etc. The body can get all the required salt from fruits and vegetables in their natural state. Salt is also a stimulant and thus increases the appetite, thereby creating a greater desire to eat. Thus, reducing salt intake is very beneficial to lose weight.

- **Melons (watermelon and muskmelon)** – They have a high water content which leads to high satiety value. Thus they are very good in weight reduction diets.
- **Peach** – Peaches are easily assimilated by the body and are easy to digest. Thus,?? they are excellent for those who are on a weight loss diet.
- **Potato** - Potatoes that are baked along with their skin in open fire with a little salt reduces fat in the body.
- **Rice** - Boil rice grains in water and make it in porridge or gruel form – soft and pasty. Add some salt to taste and have it early in the morning. Do this for one month. This will reduce the fat in the body.
- **Spinach** – This is an excellent source of vitamins A and C, iron and potassium. Hence, having spinach is very healthy in weight-loss diets.
- **Tomato** – Take one or two ripened tomatoes early in the morning, on an empty stomach, for a few months. This will help to lose weight.
- **Turnip (shalgam)** – These are very rich in vitamins A, B and C. they are good for the elimination of uric acid from the body, which is good for the obese or overweight people.
- **What to avoid** – Obese people should avoid aerated drinks, alcohol, almonds, bananas, butter, cakes, cheese, chocolates, coconut and coconut oil, cream, custard apples, dried fruits and nuts, eggs (have only two in a week), fatty food, fatty meat (where fat is visible on meat), food cooked in fats like coconut oil, butter, ghee or lard, fried food, ghee, groundnuts, honey, hydrogenated fat, ice-cream, jaggery, jam, lard, oil capsules, organ meats like liver, kidney and brain, pastries, potatoes, preservatives, processed food, puddings, raisins, refined flour, rice, roots and tubers, sapotas, sausages, shrimp, soft drinks, sugar, sweets, whole milk or milk containing high fat,-----
- **Exercise** – Obese people must exercise daily or go for a 45-minute walk daily. Try to walk if one has to go for any work at a short distance, avoid taking bus or taxi or car. Climb the stairs instead of taking the lift. If one is staying on a very high floor, climb at least four to five floors before taking the lift (**heart patients should avoid climbing stairs??**)

What is an infusion?

Infusion is similar to tea preparation. It may be hot or cold. The ingredient may either be boiled in water or any other liquid, or the ingredient may be soaked or steeped in water for a few hours or overnight. This water is then strained and taken.

What is a decoction?

A decoction is prepared by boiling an ingredient water or any other liquid till the liquid is reduced to half its original quantity (boil for approximately 15 – 20 minutes, depending on the quantity of the liquid). Then, strain the liquid, preferably through a clean, muslin cloth, and have it slowly when still hot. This procedure is especially adopted when the ingredient used is hard and woody herbs such as rhizomes, barks, nuts, etc.(should we omit this last line since everything else is also used to prepare decoction??)

Avoid using aluminium vessels.

EFFECTIVE USES OF VAASTU

- 1) Always keep your head towards South.
- 2) Never keep your feet towards South / gate / mirror / window.
- 3) Keeping your feet towards solid West wall near the West zone will surely bring success in life.
- 4) Never keep your back and both shoulders open towards air, daylight and sunlight through door, window or ventilator.
- 5) Never keep door, window, mirror or ventilator behind your back while sitting in your office. If there is a solid wall behind your back, success will be yours. Your business or profession will flourish and your office will become profit-giving or profit

- making?? source.
- 6) Always sit near the West wall while in study or in office. This will bring success in all that you do and failure and other obstacles will come to an end.
 - 7) Use commodes / W.C. facing South or North. **This will make your words strong, true and promising in society and in business (check in the book).** Nobody will challenge your word and everyone will follow it.
 - 8) By having a seat (**what seat, where – in office or home??**) in South, West or Southwest zone, you will get name, fame and respect in society.
 - 9) Keep fire arrangements in Southeast. This will give you good health **benefits**.
 - 10) Remove fire from North, Northeast and Northwest. Doing this will **improve** everything. (**check this point in the book with Sir**)
 - 11) Keep West wall solid (**what does this mean?? Wall is always solid, ask Sir.**) and water in Northeast, it may give you administrative or ministerial post. (**where, in office?? But if it is not your own office then what?**)
 - 12) Never keep your safe deposit vault or any important documents in deep corners of the room. They will never be of any value.
 - 13) Never keep anything in deep corners.
 - 14) Never start any new work on Tuesday and Saturday. Please start the work on Wednesday after 11:00 a.m. or on Thursday or on Friday. It will bring you success.
 - 15) **Avoid wearing new clothes (for the first time) on Tuesday and Sunday.**

ANGINA PECTORIS

- **What to avoid** – Avoid salt, sugar, eggs, red meat, milk and milk products, fatty food, fried food, caffeine products, groundnut or coconut or palm oils, tea, coffee, etc.

DIABETES

- **What to avoid** – Diabetics should avoid alcohol, almonds, bananas, butter, canned food, **cheese**, chickoo, chocolates, confectionaries, **cream**, creamy salad dressings, custard apples, desserts, dried fruits and nuts (including peanuts), **fatty food**, fried food, fruits and fruit juices, full fat dairy products, ghee, grapes, **groundnuts**, **honey**, jaggery (gur), **jam**, mithai, oil capsules, oily food, pastas, pastries, pickles, polished rice, **potatoes**, **preservatives**, **processed food**, **preserved food**, puddings, raisins, refined food like refined flour, rice, roots and tubers, sago, sapotas, soft drinks, sugar, sugarcane, sweets, sweet potato and any other food that is rich in carbohydrates.
- **Exercise** – Diabetics must exercise daily or go for a 45-minute walk daily. Weight control is of utmost importance.

KIDNEYS AND URINARY BLADDER

- **What to avoid** – **People with nephritis, oedema or any other kidney problem should follow a low sodium diet and a low potassium diet.**
- **For a low sodium diet, they must avoid the following** – Avoid ajinomoto (used in Chinese cooking), all foods in which baking soda, baking powder or salt is used, artificial sweetener, biscuits, bread and bread rolls, brioche, cakes, canned fruits (pineapple, peaches, fruit cocktails, etc), canned vegetables (sarson, sweetcorn, asparagus, etc), cheese, chivda, chocolate milk, chutneys, commercial foods made of milk, condensed milk, croissants, dried fruits, fresh fruits except a small quantity of apple and papaya, gelatin desserts like jelly, ice-cream, **gram flour**, **leafy green vegetables especially spinach**, lemons, **margarine**, milk shakes, papads, pastries, pickles, pizzas, popcorn, potato chips, preservatives, processed food, raisins, relishes, salt in cooking or putting extra salt on table, salted butter, **salted dry fish**, salted meat, salted nuts, **sea fish**, seasonings of any kind including sauces like chilli sauce, oyster sauce, soy sauce, tomato sauce, etc., all sour food like lemon, tamarind, Chinese food, pickles, etc. and wafers.

Carefully read labels of all prepared foods. Look not only for salt but also for bicarbonates of soda (baking soda), baking powder, MSG, sodium compounds such as sodium benzoate, sodium citrate, etc.

Use unsalted butter or white butter prepared at home instead of regular butter. Vinegar, lime, pepper or tamarind may be used as seasonings to make the food taste better.

Avoid use of self-raising flour in any preparations.

Avoid soft-drinks and aerated drinks, avoid prepared beverages like kala-khatta, squashes, etc., avoid fruit flavored powders like Tang, Rasna, etc.

Avoid eating snack-foods like bhel, burgers, chana-bhatura, dahi-vada, medu-vada, pani-puri, ragda-pattice, samosas, Vegetables like beetroot, carrots, spinach and white turnip (shalgam) contain a good amount of sodium and hence should be totally avoided in a severely sodium restricted diet.

Natural sodium content of animal food is high and hence cheese, chicken, eggs, fish, meat, milk, milk products and paneer should be taken in restricted amounts. Organ meats like brain, kidney and liver should be avoided completely since they contain more sodium than muscle meat.

Shellfish like crab, lobster, oyster and shrimp are also high in sodium.

Salt-water fish contain no more sodium than fresh-water fish.

Avoid medicines, laxatives and salt substitutes unless prescribed by a physician.

Foods low in sodium are – Cereals, cream, fruits, most of the vegetables except leafy vegetables, margarine, oil, sugar and unsalted butter.

For a low potassium diet, they must avoid the following –

All kinds of fruits, especially apricots (zardalu), cherries, chickoo, Indian gooseberry (amla), peach, plum and sweetlime (mosambi), all fruits juices (fresh/canned) and limejuice, raw vegetables and soups, coconut and coconut water, all dals, pulses and legumes (tur dal, moong dal, rajma, chana, whole masoor, white chowli beans, etc), chocolate and all chocolate products (chocolate eclairs, chocolate cakes and pastries, chocolate sauce, chocolate ice-cream, etc), all dried fruits and cakes and biscuits containing dried fruits, fish like anchovy (bangda), mackerel (dhoma), white pomfret and shellfish like prawns, lobster and crab, instant coffee, all chocolate and malted milk drinks like Horlicks, Ovaltine, Bournvita, Cocoa, Drinking chocolate,

marmite, etc., and lastly, avoid salt substitutes. All these are high in potassium and should be avoided completely.

Potassium-free foods (low potassium foods??) are – Cereals like bread, rice, chappatis made from wheat, jowar, bajra, makkai, rice flour, etc., upma, sheera, poha, dalia, cornflakes, noodles, macaroni, spaghetti, cornflour, etc., spices, vinegar, pepper, sugar, honey, jaggery, butter, oil, ghee, cream, beef, lamb, pork, chicken, fish (except those to be avoided that are mentioned above) and eggs.

How to lower the potassium content of food –

Peel, cut and soak the vegetables in water for sometime. Rinse them and then boil them in a large amount of boiling water. In this way, the potassium is leaked into the water. This cooking water should then be discarded and the vegetable should be cooked as desired. Do not use a pressure cooker or a microwave to cook vegetables and fruits.

STOMACH AND ABDOMEN

- **What to avoid** – Avoid aerated drinks, alcohol, caffeine, chocolates, colas, fats, fried food, nuts, processed food, tobacco, and sweets, especially if one has diarrhoea. In cases of persistent diarrhoea, avoid wheat and all other foods **except** rice, watery dal and curd.

Those who are suffering from gastric and duodenal ulcers, ulcerative colitis and diarrhea should have a bland diet which is non-irritating – chemically and mechanically, and which inhibits gastric secretion.

Fibre and fat content should be reduced. They should **avoid** - aerated drinks, alcohol, bran and coarse cereals, chocolates, chutneys, condiments, fried food, meat extracts and soup, pickles, puddings and other sweet preparations, raw vegetables, skin and seeds of fruits, spices, vegetables like, beans, bitter gourd, cabbage, lady's finger (bhindis), etc.

To treat diseases with intolerance of fat such as gall bladder, liver and pancreatic diseases or in conditions like steatorrhoea (excessive amount of fat in the faeces), one should avoid high fat food like

cheese, butter, nuts, fried food, whole milk, cream, sweets, etc.(ask – to add more??)

PREGNANCY

- **What to avoid –**
- Mint leaves should not be taken in large quantities during pregnancy.
- Unripe papaya and its sap should be avoided by pregnant women and by those who are suffering from menorrhagia (excessive menstrual flow). It should also be avoided in any kind of bleeding disorders.
- A pregnant woman should avoid having juice of unripe pineapple as this causes uterine contractions.
(ask what else to avoid during pregnancy?)
- Poppy seeds should be avoided by pregnant and breast-feeding women. It should also be avoided by children. Poppy seeds should not be consumed in large doses or for a long period of time.
- Sesame seeds should not be consumed by pregnant women.
- **Pregnant women suffering from toxemia should follow a low sodium diet for which they must avoid the following –** Avoid all foods in which baking soda or salt is used, cheese, chutneys, papads, pickles, salt in cooking or putting extra salt on table, salted butter, salted dry fish, salted meat, sea fish, liver, (add more??)

OBESITY

- **What to avoid –** Obese people should avoid aerated drinks, alcohol, almonds, bananas, butter, cakes, cheese, chocolates, coconut and coconut oil, cream, custard apples, dried fruits and nuts, eggs (have only two in a week), fatty food, fatty meat (where fat is visible on the meat), food cooked in fats like coconut oil, butter, ghee or lard, fried food, ghee, groundnuts, honey, hydrogenated fat, ice-cream, jaggery, jam, lard, oil capsules, organ meats like liver, kidney and brain, pastries, potatoes, preservatives, processed food, puddings, raisins, refined flour, **rice**, roots and tubers, sapotas, sausages, shrimp, soft drinks, sugar, sweets, whole milk or milk containing high fat,-----
- **Exercise –** Obese people must exercise daily or go for a 45-minute walk daily. Try to walk if one has to go for any work at a short distance, avoid taking bus or taxi or car. Climb the stairs instead of

taking the lift. If one is staying on a very high floor, climb at least four to five floors before taking the lift (**heart patients should avoid climbing stairs??**)

GENERALITIES (gout, oedema)

- **What to avoid in gout** – **Avoid eating excess of salt as this interferes with the elimination of certain wastes from the body like uric acid, thus contributing indirectly to cause diseases like gout.**(change these words.) One should also avoid alcohol, bananas, brinjal, caffeine, cheese, chickoos, condiments and spices, cottage cheese (paneer), custard apple, eggs, fats, fish like sardines and herring, fried food, **guar phalli (cluster bean(vegetable))**, jam with seeds, lady's finger (bhindi), organ meat like kidney and liver, papad, papdi (vegetable), pears, pomegranates, pulses, red meat, spinach, sugar and tomatoes.
- **What to avoid in oedema** – Avoid all foods in which baking soda or salt is used, cheese, chutneys, papads, pickles, salt in cooking or putting extra salt on table, salted butter, salted dry fish, salted meat, sea fish, liver, (**add more??**)

EXTREMITIES

- **What to avoid in gout** – **Avoid eating excess of salt as this interferes with the elimination of certain wastes from the body like uric acid, thus contributing indirectly to cause diseases like gout.**(change these words.) One should also avoid alcohol, bananas, brinjal, caffeine, cheese, chickoos, condiments and spices, cottage cheese (paneer), custard apple, eggs, fats, fish like sardines and herring, fried food, **guar phalli (cluster bean(vegetable))**, jam with seeds, lady's finger (bhindi), organ meat like kidney and liver, papad, papdi (vegetable), pears, pomegranates, pulses, red meat, spinach, sugar and tomatoes.
- **What to avoid in arthritis and rheumatism** – Avoid alcohol, coffee, fish flesh, fowl, meat, rich seasoned food and tea. Take in plenty of water and fresh fruit juices. Avoid using refined sugar. Instead, use pure honey and molasses (gur) as sweetening agents. Avoid starch from the diet.
- **Exercise** – In case the person is overweight, reducing the weight is of prime importance to reduce further wear and tear and pain **during**

arthritis, rheumatism, gout, spondylosis and other ailments of the extremities. Daily exercise and appropriate rest periods help in reducing stiffness and thus, the pain.

Alternate application of moist heat and cold also helps in reducing stiffness and pain of the joints and muscles.

ASK SIR THAT IF U HAVE ARTHRITIS, THEN IT IS SAID THAT LEMON, LIME, TAMARIND, ORANGES ARE NOT GOOD, THEN HOW COME--- ??? Pg 40 in the book – healing power....., pg 122 – healing power.....??(Joint disorders.)

HEAD

- **What to avoid** – People suffering from brain or nervous disorders (IN THIS CHAPTER??) should avoid cheese, chocolates, corn (white), eggs, fats, fried food, processed food and sweets.

HEART, HYPERTENSION, CHOLESTEROL, ATHEROSCLEROSIS AND ANTI-COAGULATION (PREVENTING BLOOD CLOTS)

- **What to avoid by heart patients** – Heart patients should avoid taking any aerated drinks, alcohol, almonds, animal fats, bananas, broccoli, butter, cakes, cauliflower, cheese, chocolates, coconut and coconut oil, colas, cream, custard apples, dairy products, dried fruits and nuts, eggs (have only two in a week), fatty food, fatty meat (where fat is visible on the meat), food cooked in fats like coconut oil, butter, ghee or lard, fried food, ghee, groundnuts, ice-cream, hard water, honey, hydrogenated fat, jaggery, jam, lard, oil capsules, organ meats like liver, kidney and brain, pastries, potatoes, preservatives, processed food, puddings, raisins, refined flour, rice, roots and tubers, sapotas, shrimp, spinach, soft drinks, sugar, sweets, whole milk or milk containing high fat,-----
- **People with hypertension should follow a low sodium diet for which they must avoid the following** –
Avoid ajinomoto (used in Chinese cooking), all foods in which baking soda, baking powder or salt is used, artificial sweetener, biscuits, bread and bread rolls, brioche, cakes, canned fruits (pineapple, peaches, fruit cocktails, etc), canned vegetables (sarsan, sweetcorn, asparagus, etc), cheese, chivda, chocolate milk, chutneys, commercial foods made of milk, condensed milk, croissants, dried

fruits, gelatin desserts like jelly, ice-cream, margarine, milk shakes, papads, pastries, pickles, pizzas, popcorn, potato chips, processed food, raisins, relishes, salt in cooking or putting extra salt on table, salted butter, salted dry fish, salted meat, salted nuts, sea fish, seasonings of any kind including sauces like chilli sauce, oyster sauce, soy sauce, tomato sauce, etc. and wafers.

Carefully read labels of all prepared foods. Look not only for salt but also for bicarbonates of soda (baking soda), baking powder, MSG, sodium compounds such as sodium benzoate, sodium citrate, etc.

Use unsalted butter or white butter prepared at home instead of regular butter. Vinegar, lime, pepper or tamarind may be used as seasonings to make the food taste better.

Avoid use of self-raising flour in any preparations.

Avoid soft-drinks and aerated drinks, avoid prepared beverages like kala-khatta, squashes, etc., avoid fruit flavored powders like Tang, Rasna, etc.

Avoid eating snack-foods like bhel, burgers, chana-bhatura, dahi-vada, medu-vada, pani-puri, ragda-pattice, samosas, Vegetables like beetroot, carrots, spinach and white turnip (shalgam) contain a good amount of sodium and hence should be totally avoided in a severely sodium restricted diet.

Natural sodium content of animal food is high and hence cheese, chicken, eggs, fish, meat, milk and paneer should be taken in restricted amounts. Organ meats like brain, kidney and liver should be avoided completely since they contain more sodium than muscle meat.

Shellfish like crab, lobster, oyster and shrimp are also high in sodium.

Salt-water fish contain no more sodium than fresh-water fish.

Avoid medicines, laxatives and salt substitutes unless prescribed by a physician.

Foods low in sodium are – cereals, cream, fruits, most of the vegetables except leafy vegetables, margarine, oil, sugar and unsalted butter.

- **Exercise and salt restriction** – To keep a check on high blood pressure, cholesterol level and to maintain a healthy heart, regular exercise, yoga, walking or swimming is a must. Diet should be salt restricted.

RECTUM

- **What to avoid** – People suffering from piles should avoid spicy and pungent food.(add more?? ask)

SKIN

- **What to avoid** – For any kind of skin diseases, avoid using soap. Instead one can use gram flour paste mixed with some lemon juice or dried amla powder. One can use neem soap or any other herbal soap.**Ask**

Avoid alcohol, butter, caffeine, chocolates, cigarettes, eggs, fried food, high fat food and sugar. Have plenty of fruits, fruit juices and vegetables such as cabbage, cauliflower, cucumber, apples, apricots, kiwi fruits, lemons, oranges and strawberries. Drink at least 10 – 12 glasses of water per day.

For skin to remain healthy, it requires vitamins A, C, E and K. To repair damaged skin, one needs to have foods rich in zinc, proteins and linoleic acid such as safflower oil. Antioxidant nutrients are also essential to prevent skin cancer.**ask**

Avoid going out in the sun for long hours as ultra-violet rays are very harmful to the skin and these rays are most intense between 11:00 a.m. and 3:00 p.m. Direct exposure to sunlight should be avoided.

GENERALITIES (Fever)

- **What to avoid** – During fever one should avoid, chilly food, coffee, cold water, dried fruits and nuts, fried food, pickles, processed food, tea and white sugar. Avoid exposure to sudden environmental changes, avoid visiting congested areas, avoid use of medicated nasal drops, avoid taking anti-biotics.

COUGH AND COLD AND OTHER RESPIRATORY DISORDERS **(bronchitis or bronchial asthma, asthma, chest congestion, influenza, etc.)**

- **What to avoid** – Icy cold food like ice-golas, ice-creams, cold drinks, oranges, cold juices, bananas, ghee, butter, fried food, (ask Sir to add more), avoid air-conditioned environment and direct draft of cold air, -----(ask Sir),
- Have more warm drinks like masala tea, hot milk or hot chocolate, hot saffron (kesar) milk, warm water, warm soups, hot chappatis without ghee, -----(ask Sir),
- Take cabbage (steam) inhalation, steam inhalation with turmeric powder added to the water, -----(ask Sir),

For alcoholism

- **What to avoid** – All refined and processed food such as sugar, white flour, white rice, macaroni products, strong condiments, spices and meat should be avoided.
The patient should eat several small meals a day instead of two or three large ones.

According to ayurvedic principles, spices and herbs found in Indian curries are the key to good digestion. Everything on earth is based on five elements – air, fire, earth, water and ether that when combined, creates three types of energies or 'doshas', known as *vata*, *pitta* and *kapha*. Spices have heat generating qualities in them, thus setting fire to the digestive system thereby allowing a good flow of energy. Spices also aid in speeding up metabolic rates within the body thereby boosting energy.