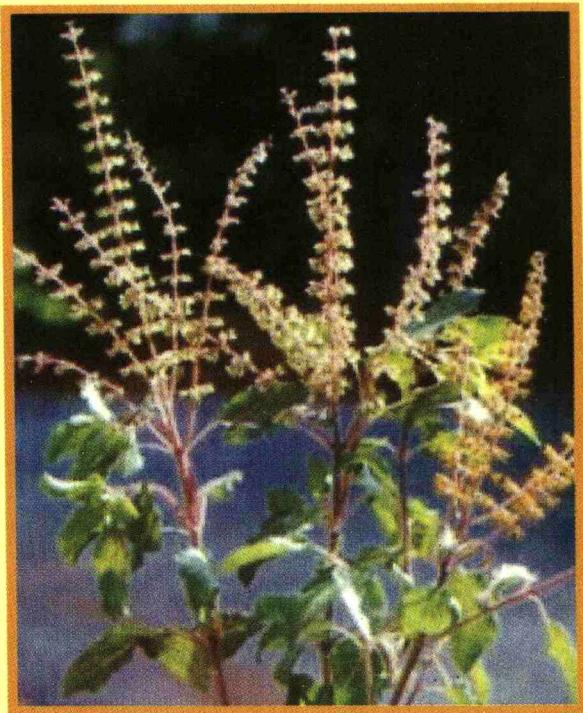


AYURVEDIC HOME REMEDIES



TULSI



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDA AND SIDDHA

Department of ISM&H, Ministry of Health &
Family Welfare, Govt of India

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FOREWORD

Most of the diseases arise due to improper food habits and faulty life style besides hereditary and other reasons. Mankind has constantly grappled with ill health and tried to achieve health & happiness. These efforts are on from time immemorial. These endeavors have thrown up various systems of medicine. Ayurveda is one such system evolved in India, which tries to bring harmony between man & nature by using holistic methods of diagnosis, prevention and treatment. Like all other Indian contributions it is intertwined with Indian philosophy, yoga and science.

The modern since is successful in inventing medicines for many diseases. But complete health is still a mirage for the mankind. Strong synthetic drugs are creating innumerable side effects known & unknown sometimes making the treatment more dangerous than the disease itself. As a contrast Ayurveda preaches gentle way of treatment mainly based on herbs and diet. Many of most effected drugs are simple, easily available and can be prepared at home.

This Booklet offers some simple recipes prepared from the materials available in and around the kitchen. For simple problems like cough, cold, indigestion etc, these preparations are very effective. For chronic problems like diabetes, joint pain, skin diseases these remedies may be used even along with other medication.

I hope that this booklet will be beneficial to the readers.



G. VELUCHAMY
Director

INSTRUCTIONS

◆ Measurements

5gm. = 1 Tea spoon full

5ml. = 1 Tea spoon full

- ◆ These preparations are for mild and chronic conditions. In case patient does not get relief within 2-3 days of taking medicine, he/she may consult the nearest doctor.
- ◆ The dose given in the booklet is for adult. For children $\frac{1}{2}$ or $\frac{1}{4}$ of this adult dose may be used.
- ◆ The dosage may be adjusted with little alterations according to the tolerance and desire.
- ◆ These preparations may be used regularly for many days. But in case of any discomfort drug should be stopped immediately.
- ◆ Decoction should be prepared by boiling crushed/ coarsely powdered drug in four parts of water and reducing to one fourth .
- ◆ Juice should be prepared by crushing/ grinding in mixi the fresh drug with little water if required and the juice should be expressed through a clean cloth.
- ◆ Paste should be prepared by crushing/ grinding the drug very finely with desired liquid if required.

- ◆ In general too spicy, salty, chilly, sour, preserved items fried food, heavy, indigestible, too cold & hot, stale food and the food that do not suit the health should be avoided.
- ◆ Irregular food habit, sleep and lack of physical exercise is main cause for may diseases.
- ◆ Too much tea, coffee, should be avoided. Tobacco, alcohol and drugs should not be taken.
- ◆ Mental stress should be tackled by recreation such as meditation, prayer, sports, exercises, yoga & other activities of individual's choice.

Adrak/ Sonth

(*Zingiber officinale* Rosc., Ardraka/Sunthi)

Indigestion	5 gm. crushed rhizome with salt or jaggery twice daily before meal.
Ear Pain	2-4 drops of fresh warm juice to be instilled in the ear (don't use when there is discharge)
Hoarseness of voice	1-3 gm. powder of dry rhizome with honey in three divided doses.
Aches & pains	10-20 ml. decoction prepared from 2 gm. of dry rhizome twice a day.
Cold/Cough	2-5 gm. powder of dry rhizome with jaggery thrice a day in divided doses.
	10ml. decoction prepared from a piece of ginger every morning prevents recurrent attack of cold.
Headache	Warm paste should be applied over forehead upto 3-4 times a day.
Abdominal pain	5 ml. juice in a glass of butter milk with lemon & salt.

AJVAIN

(*Trachyspermum ammi* Spragne, Yavani)

Piles	1 gm. powder and 1 gm. black-salt with butter-milk twice daily.
Painful Menses	1-2 gm. powder of seeds with warm milk thrice a day for 2-3 days .
Urticaria (Skin allergy)	1-2 gm. powder of seeds with water twice daily.
Abdominal pain	1 gm. powder with luke warm water twice or thrice.
Flatulence (gas)	2 gm. ajvain powder with equal quantity of <i>Saunf</i> powder with warm water.
Sinusitis	warm paste should be applied over freehead & little below the eyes in the morning.
Nasal block	1-2 gm powder should be put in steaming water & vapour should be inhaled; 2-3 time a day.
Loss of appetite	1 gm. powder with warm water 1/2 hour before meals.

ANAR

(*Punica granatum* Linn., Dadima)

This is very nutritious fruit suitable for all & can be used in diet in any disease condition.

Indigestion	10 ml. juice of fruit, 1 gm. black-salt or fried Jira powder with honey or sugar to hold inside mouth for sometime before food.
Bleeding piles	10 ml. juice of fruit with sugar twice a day. or 10 gm. powder of dry fruit rind with equal quantity of sugar twice a day.
Diahhoria/Dysentery	10 ml. decoction of fruit skin thrice a day. Fruit may be eaten in plenty.
Hyper-acidity	10 ml. juice of fruit twice a day. Even the fruit may be eaten.
Bad breath	Gargling with the warm decoction prepared from fruit skin 3-4 time a day.
Acne	Paste of seeds should be applied to affected part twice daily.

AMLA

(*Emblica officinalis* Gaertn., Amalaki)

For general health	Regular use of Amla provides nutrition and boosts good health.
Hyper Acidity/ Peptic Ulcer/ Constipation	3-5 gm. powdered fruit rind twice a day with milk. or 10-20 ml. fruit juice twice a day. or 3-5 gm. powdered fruit rind twice a day with milk (Even raw <i>Amla</i> can be eaten).
Stress	External application of 25-50 gm. of fruit rind ground in butter milk on the forehead.
Diabetes	10-20 ml. Fruit juice with 10-20 ml. juice of fresh rhizome of <i>Haldi</i> twice a day.
Greying of Hair / Hair fall/Dandruff	Fruit rind soaked overnight in water for application on scalp two hours before bath. or paste prepared from fruit rind should be applied two hours before bath. 1-2 fresh fruits eaten every morning prevents hair fall & early greying.
Bleeding gums	Fine powder should be gerthy massaged to gums after brushing at least twice a day regularly.

DALCHINI

(*Cinnamomum zeylanicum* Blume ,Tvak)

This commonly used spice is a good digestive & its pleasant flavour has soothing effect on mind.

Indigestion	2 gm. powder of bark with water twice a day.
Loss of Appetite	2 gm. powder of equal parts of <i>Dalchini</i> and <i>Ajvain</i> for chewing in three divided doses before food.
Vomiting	1-2 gm. powder with honey thrice a day in divided doses.
Tension headache	To be rubbed with water on a rough surface & applied to fore head.
Mental tension	The aroma has soothing action on mind. Crushed pieces may be kept in hanky or near the pillow.
Dry cough	Chewing controls the throat irritation and helps in dry cough.

DHANIA

(*Coriandrum sativum* Linn. , Dhanyaka)

Cold/ Cough	20 ml. decoction prepared from 5 gm.coarse powder with sugar and turmeric powder thrice a day. or use of dhania powder as herbal tea every morning prevents cold, cough & problems related to digestion.
Intestinal worms	3-5 gm. powder with jaggery twice a day for 5 days.
Sun stroke/ Dehydration	20 ml. decoction prepared from coarse powder with sugar and a pinch of salt frequently.
Indigestion	20 ml. decoction prepared from 5 gm. coarse powder with a pinch of ginger powder thrice a day.
Fever	20 ml. decoction from 5 gm. powder with sugar 3-4 times a day.

ELAICHI

(*Elettaria cardamomum Maton, Ela*)

Hiccough	1-2 fruits to be chewed frequently (not more than 4/day).
Vomiting	250-500 gm. powder of seeds fried in ghee thrice daily with honey.
Bad breath	1-2 seeds to be chewed frequently (not more than 4/day).
Diarrhoea/Vomiting	Ash of the <i>Elaichi</i> skin 2 gm. with a little honey 4-5 times a day.
Cold	20 ml. decoction prepared from. 5 gm. <i>Dhania</i> , 1 gm <i>Methi</i> seeds, little turmeric powder should be taken 2-3 times/day.
Cough	Little elaichi powder with a tea spoon full of honey 3-4 times day. Even chewing elaichi (Not more than 3 per day) frequently is help full in dry as well as productive cough.

GHEE (Clarified Butter)

Ghee is advocated as vehicle for number of medicines in Ayurvedic system. Judicious use of ghee is very good for physical as well as psychological health.

Ulcer/ Wounds/ Burns	Application over affected part frequently.
Loss of Appetite	With <i>Hing</i> and <i>Jeera</i> powder with food.
Memory	Use of ghee everyday in children improves memory.
Constipation	5 ml. ghee put in a cup of warm milk should be taken with sugar at bed time.

HALDI

(*Curcuma longa* Linn., Haridra)

Diabetes	10 ml. fresh juice with 10 ml. juice of <i>Amla</i> twice daily.
Acne	Application of paste to the effected part twice a day. Use of <i>Haldi</i> with water, milk or cream on face gives glow to the skin & removes unwanted hair if used regularly.
Cold	2 gm. powder with warm milk and sugar twice a day.
	Decoction of 1 gm. <i>Haldi</i> powder or use of <i>Haldi</i> in herbal tea prevents all allergic problems.
Wound/ ulcer/ skin disease	To be washed with decoction of <i>Haldi</i> & paste of haldi should be applied. Paste made by mixing with <i>Ghee</i> /coconut oil should be applied over affected part.
Skin allergy	1-3 gm. powder should be taken with jaggery twice a day.

HING

(*Ferula narthex* Boiss., Hingu)

Use of hing in daily diet is good for degestion & disorders related to it. Best way is to fry hing in little ghee before use.

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|------------------|---|
| Abdominal Pain | Stir and dissolve in water and apply on & around umbilicus. |
| | Specially in children or infants where there is abdominal distention this is very helpful. |
| | 1 gm. <i>Hing</i> fried in ghee with butter milk twice a day. |
| Toothache | Keep fried <i>Hing</i> in carious tooth. |
| Loss of appetite | A pinch of <i>Hing</i> fried in ghee & a piece of adrak crushed should be taken with butter milk before food. |

JAYPHAL

(*Myristica fragrans* Houtt., Jatiphala)

Diarrhoea in children	A pinch of powder or fruit rubbed on a clean surface with milk or water should be given 3-4 times a day.
Irritability	If child is restless & irritable 1-2 pinch of powder given with milk acts as mild sedative. This may be used 3-4 times a day.
Black pigmentation	Black pigmentation over the face is common complaint in ladies especially around menopausal age. <i>Jayphal</i> rubbed in milk and applied on such areas is helpful.
Abdominal pain	If pain is due to diarrhoea 2 gm. powder with warm water should be taken 4-5 time a day. It reduces the motility of intestine their by reducing pain.

JEERA

(*Cuminum cyminum* Linn., Jiraka)

Indigestion	3-6 gm. powder of fried <i>Jeera</i> and rock-salt with warm water thrice daily.
Diarrhoea/Dysentery	1-2 gm. powder of fried <i>Jeera</i> with 250 ml. butter milk four times daily.
Hyper-acidity	5-10 gm. ghee boiled with <i>Jeera</i> should be taken with rice during meals.
Skin disease	1-2 gm. powder of fried <i>Jeera</i> with milk twice daily.
Cold	Warm decoction of 2 gm. <i>Jeera</i> , 5 gm. <i>Dhania</i> , 1 gm. <i>Haldi</i> , 1 gm. <i>Methi</i> powder and little pepper should be taken with honey/sugar with lemon two to three times.
Cough	Either decoction as mentioned above or chewing few grains frequently helps in dry as well as productive cough.

KALIMIRACH

(*Piper nigrum* Linn., Maricha)

Cough	1 gm. powder of seeds with ghee and honey twice daily.
Skin diseases	Little powder with coconut oil for local application.
Hoarseness of voice	1-2 gm. powder of seed fried with ghee twice daily, to keep in mouth.
Hiccough	1-2 gm. powder of seeds with sugar twice daily.
Indigestion	A pinch of powder with a piece of crushed ginger & rock salt should be taken before meal.
Loss of appetite	A pinch of powder with 2 tea spoon full of lemon juice with water $\frac{1}{2}$ hour before food.
Bleeding gums/ tartar/bad breath	Pinch of powder mixed with honey should be applied to gums after gargling with warm salt water twice a day.

KARELA

(*Momordica charantia* Linn., Karavellaka)

Indigestion	5-10 ml. juice of fruit twice daily.
Diabetes	1-3 gm. powder of seeds with water twice a day.
Loss of appetite	5-10 ml. juice with butter milk 1-2 times.
Skin diseases	5-10 ml. juice in every morning in empty stomach.
Intestinal worms	10 ml juice with jaggery in the morning for 3 days.
Acne	5-10 ml. juice in empty stomach once a day.

LAHSUN
(Allium sativum Linn., Rasona)

Ear pain	2-4 drops of warm fresh juice for instillation in ear twice a day (Don't use when there is discharge). or little paste boiled in coconut or mustard oil should be filled in ear 2-3 time a day.
Flatulence	6 ml. juice with honey twice a day.
Cough/Cold	Crushed bulb boiled in water is to be taken with sugar.
Joint pain	5 gm. paste of bulb with honey or with food twice a day. Warm paste mixed in any oil should be applied over the joint

LAUNG

(*Syzygium aromaticum* (L.) Merr & Perry, Lavanga)

Cough	To be chewed frequently or 1 gm. powder with honey 2-3 times in divided doses.
	20 ml warm decoction prepared by putting 1 gm. clove 3-4 times daily. It is useful both in dry and productive cough.
Cold / Hiccough	1-2 gm. of powder with honey in three divided doses.
Indigestion	1-2 gm. powder with warm water.
Tooth ache	Crushed clove should be kept in carious tooth.
Bad breath	Small piece should be chewed frequently.
Ear pain	Warm coconut oil prepared by boiling the powder of <i>Laung</i> should be filled in ear twice daily (Do not use when there is discharge).

MADHU(Honey)

It is commonly prescribed by Ayurvedic doctors as vehicle with medicine especially in respiratory disorders.

Obesity	One teaspoon with glass of water in the morning.
Loss Appetite	With a pinch of pepper powder three to four times a day .
Cough	With a pinch of powder of <i>Laung</i> three to four times.
Wounds/Ulcer/Burn	Honey and ghee should be mixed and applied.
Pyorrhoea/ (Bleeding gums)	Apply mixture of ginger, pepper, rock salt, honey & <i>Ghee</i> to the gums twice a day.
Face pack	Application of honey gives glow to the skin.

Note : Honey should not be boiled.

METHI

(*Trigonella foenum-graecum* Linn., Methika)

Diabetes	2 gm. powder with milk twice daily.
Body ache	2 gm. powder mixed with 2 gm. <i>Jeera</i> powder with warm milk and sugar twice daily.
Lactation (To increase mother's milk)	5 gm. powder with milk and sugar in the morning.
Dandruff	Scalp should be massaged with paste mixed in the water $\frac{1}{2}$ hour before bath. Coconut oil boiled with methi powder should be used regularly. Use of methi paste acts as a good hair conditioner.

NARIYAL

(*Cocos nucifera* Linn., Narikela)

Hyper-acidity	Tender coconut water twice daily.
Kidney stone	Tender coconut water twice daily.
Wounds/Ulcer /Burn	Oil should be applied frequently.
Dehydration	Tender coconut water should be taken frequently.
Hair fall	Coconut oil processed with <i>Methi</i> powder and <i>Amla</i> powder should be used regularly.
Sun stroke	Tender coconut water should be taken frequently.

NEEM

(*Azadirachta indica* A. juss., Nimba)

Skin disease	10 ml. juice of leaves with honey twice a day.
Wounds/Ulcer	Warm application of paste prepared from leaves over affected part.
Intestinal worms	20 ml decoction made from hand full of leaves should be given in empty stomach for three days.
Loss of appetite	20 ml. decoction made from hand full of leaves should be given in empty stomach for three days.
Dandruff/ Ring worm	Decoction made from hand full of leaves should be applied to scalp one hour before bath.

NIMBU

(*Citrus limon* Linn., Nimbu)

Indigestion	5-10 ml. juice with a pinch of salt and pepper before food.
Dehydration/ sun stroke	One Nimbu squeezed into a glass of water mixed with salt and sugar.
Bleeding gums	The fruit skin should be crushed & rubbed gently twice a day regularly to the gums.
Loss of appetite	5 ml. juice with salt and a pinch of pepper before meals.
Hair fall	Coconut oil processed with the fruit skin dried & powdered.
Vomiting	5-10 ml juice mixed with water, sugar and a pinch of salt frequently in small quantities.

PYAJ

(*Allium cepa* Linn., Palandu)

White variety of onion is considered as best.

- | | |
|-------------|--|
| Sun stroke | Use plenty of onion for prevention of son stroke |
| Cold/ cough | In children the decoction made from a piece should be given with Jaggery thrice daily. |
| Dysentery | White onion chopped & fried in ghee should be eaten with rice. |

PIPPALI

(*Piper longum* Linn., Pippali)

Indigestion	2gm. powder with guda twice daily before meal.
Cold/Cough	2 gm. powder with honey thrice a day in divided doses.
	10-20 ml. decoction with 2-3 gm powder of <i>Pippali</i> , ginger, black pepper with sugar or honey 2-3 times a day.
Pyorrhœa	Decoction of Pippali with honey & ghee to keep inside mouth for some time in the morning & before bed time.
Diarrhoea	Mix 2-3 gm. powder in 1 litre butter milk and divide equally into 4 parts. Take 1 part 6 th hourly.
Cold with fever	2 gm. powder with honey twice daily.

SAUNF

(Foeniculum vulgare Mill., Shatapushpa)

Indigestion	3-5 gm. powder with powder of fried <i>Jeera</i> and rock-salt with warm water thrice daily.
Diarrhoea/Dysentery	3-5 gm. powder with butter milk 3-4 times daily.
Abdominal pain	3-5 gm. powder with butter milk 3-4 times daily.
Bad breath	Little quantity should be chewed after food.
Loss of appetite	3-5 gm. powder of roasted saunf with butter milk, little pepper powder & salt twice daily.

TULSI
(Ocimum sanctum, Tulasi)

Cough/ Cold	5-10 ml. juice twice or thrice a day with honey.
Fever	30 ml. decoction from handful of leaves & 5 gm. <i>Dhania</i> thrice a day.
Skin allergy	5-10 ml. juice twice or thrice daily.
Indigestion/ Loss of appetite	5-10 ml. juice twice or thrice daily.
Greying of hair	Coconut oil processed with <i>Tulsi</i> juice for regular use.
Wound/ulcer	Juice mixed with honey & <i>Haldi</i> powder for application.
Ear pain	2-3 luke warm drops 2 times daily (Do not use when there is discharge).

