**Ayurvedic Remedies for Sneezing & Runny nose**

**Haridrakhanda**

**Shadabindu Taila**

**Agasta Rasayana**

**Ayurvedic Tips to Cure Sneezing**

You can follow these effective home tips that can be helpful to treat sneezing allergy and running nose problem:

1. Keep away from taking a head bath in cold water. Lukewarm water is best suited for people prone to repetitive sneezing.
2. Dust, smoke and a rainy, wet weather could aggravate your condition.
3. Avoid the intake of cold items like ice- cream, iced [**tea**](https://www.lybrate.com/topic/benefits-of-tea-and-its-side-effects), cold water, [**banana**](https://www.lybrate.com/topic/banana-benefits-and-side-effects), and [**curd**](https://www.lybrate.com/topic/health-benefits-of-curd) if you wish to remedy allergies.
4. [**Garlic**](https://www.lybrate.com/topic/benefits-of-garlic-and-its-side-effects), [**turmeric**](https://www.lybrate.com/topic/benefits-of-turmeric-and-its-side-effects) and [**black pepper**](https://www.lybrate.com/topic/black-pepper-benefits-and-side-effects) are also known for their benefits in curing sneezing.

**Ayurvedic Herbal Remedies for Headaches**

Brahmi ghritam

Sarapgandha vati

Ksheerbala capsule

Yograj guggulu

Yashtimadhu churna

Triphala churna

Aswagandharishtam

Balarishtam

**Treatment for Fever**

Sudarsana Vati - cold and fever

Devavati - Fever due to Indigestion or food poisoning

Amrut

Tulsi - Infections

Yastimadhu

Jvarakeerti

Pratisyayahara Vati

# Top 7 Best Ayurvedic medicine for Gas and Indigestion

### ****Gas-O-Go Syp for Dyspepsia****

### ****Lavizyme Syrup for Acidity****

### ****Yumzyme Hepatoprotective Capsules****

### ****Dizester Herbal for Digestive Problem****

### ****Prorganiq Digestion Support for Bloating****

### ****Sanjeevani N-Detox for Constipation****

### ****Irwin Naturals Digestive Enzymes for Reducing Gas****

## Here are 9 ayurvedic medicines for tooth pain relief:

**Cloves**

**Herbal Sticks**

**Amla Powder**

**Asafoetida**

**Wheatgrass**

**Tumeric Powder**

**Garlic**

**Nutmeg**

**Triphala Churna**

## Here are 9 ayurvedic medicines for jaw pain relief:

**Clove**

***Calendula***

***Rosemary***

***Rose Petals***

***Kava Kava***

**10 Ayurvedic Home Remedies for Mouth Ulcer**

Healing with Honey. The sweet nectar is the easiest Ayurvedic Home Remedy for mouth ulcer. ...

Cure it with Coconut Oil. ...

Trust Tulsi Leaves to do the job. ...

Lemon and water. ...

Saltwater. ...

Ayurvedic Toothpaste. ...

Clove Oil. ...

Turmeric Powder.

# 10 Ayurvedic Remedies For Asthma

### **Honey And Cloves**

### Nightshade/Kanteli

### Herbal Tea

### Panchakarma

### Adulsa

### **Curcumin**

### Black Raisin

### Mustard Oil

### Honey And Onion

### **Honey And Bay Leaf**

**Ayurvedic remedies to hair fall**

Amla According to Sarda, amla is a natural immunity booster and also the most preferred ingredient for maintaining hair health. ...

Bhringraj ...

Shikakai ...

Reetha ...

Coconut ...

Aloe Vera ...

Methi ...

Jojoba

**5 Marvellous Ayurvedic Herbs To Remedy Acne:**

Nimba (Neem)

Manjishta (Indian Madder)

Dhanyaka (Coriander)

Jatiphala (Nutmeg)

Giloy (Heart-Leaved Moonseed)

## ****5 Natural Remedies for Dark circles around eyes****

#### Cold Cucumber Slices

#### Cold Tea Bags

#### Mint Leaves for Dark circles

#### Milk

#### ****Aloe Vera****

### Ayurvedic Remedy for Skin Rashing & Itching

**Poppy seeds**

**Buttermilk and baking soda**

[**Basil**](https://www.lybrate.com/topic/basil-benefits-and-side-effects)**leaves,**[**garlic**](https://www.lybrate.com/topic/benefits-of-garlic-and-its-side-effects)**, and**[**olive oil**](https://www.lybrate.com/topic/benefits-of-olive-oil-and-its-side-effects)

**Oatmeal bath**

**Essential oils**

**Cold**[**tea**](https://www.lybrate.com/topic/benefits-of-tea-and-its-side-effects)**bags**

## Common Herbs in Ayurveda that helps reduce anxiety

## [Ashwagandha](https://maharishiayurvedaindia.com/products/organic-ashwagandha)

## Brahmi

## Bhringraj

**Jatamasi**

**Vacha**

**Gotu Kola**

**Pearls**

**best ayurvedic medicine for depression**

Asvagandha

Jatamansi

Kapikacchu

Brahmi

**Dhanvantri Tyagi suggests the following desi cures for relaxing your mind and body.**

Brahmi Brahmi is well-known for reducing stress. ...

Bhringaraj ...

Jatamasi ...

Ashwagandha ...

Vacha

## Prevent Skin Cancer Using Ayurvedic Treatment

[**Aloe vera**](https://www.lybrate.com/topic/benefits-of-aloe-vera-and-its-side-effects)

**Flaxseeds**

**Astralagus**

[**Turmeric**](https://www.lybrate.com/topic/benefits-of-turmeric-and-its-side-effects)

**Bilberry**

[**Saffron**](https://www.lybrate.com/topic/saffron-benefits-and-side-effects)

**Hawthorn**

**Artemisia**

**Scutellaria**

## Effective Ayurvedic Medicines for Weight Gain

### Ashwagandha Churna

### Shatavari

### Chawanprash

### Custard Apple

### Yashtimadhu

### Vasant Kusumkar Ras

# Weight Loss: 10 Ayurvedic Remedies To Lose Weight

### ****Methi (Fenugreek)****

### ****Vijaysar (Pterocarpus Marsupium)****

### ****Triphala****

### ****Punarnava (Boerrrhavia Diffusa)****

### ****Dalchini (Cinnamon)****

### ****Kalonji (Nigella Sativa)****

### ****Aloe vera****

### ****Pepper****

### ****Ajwain (Carom seeds)****

**Medicine of Diabetes in Ayurved**

**Bitter Gourd Juice**

**Neem Leaves, Tulsi Leaves, Belpatras**

### Amla

### Triphala

### Fenugreek Seeds

### Cinnamon

### Aloe Vera with Buttermilk

### Drumsticks

## AYURVEDIC HERBS THAT ARE HELPFUL IN CURING TUMORS

### Wheatgrass

### Ashwagandha

### Curcumin

### Guggul

### Indian White Cedar

**These are the remedies for lung cancer:**

Panchakarma therapies

Internal medications

Curcumin (95% effective)

Tulsi capsules

Vasaka capsules