

Nepalese Health Secrets

REVEALED



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Chapter 1

Shamanism, a Nepalese Healing Concept



Nepal is a country located in the cradle of the mighty Himalayas. It is a place of peaceful abode where several ethnic groups, different religions and cultural traditions all come together to live in harmony.

It is no wonder then, that an ancient concept like shamanism not only has its roots there but that it has managed to survive to this day since time immemorial.

To those outside the premises of this enigmatic place, shamanism has always been a matter of great curiosity. Seemingly shrouded in mystery and secrecy there is a wealth of health secrets waiting to be discovered in this remote part of the world.

What is Shamanism?

In its most basic terms, shamanism is a healing method. It is influenced by practices of the Tibetan culture to some extent, but there are also pure Hindu influences in this system.

In truth, it is so much more than just a healing method but a gateway to the spirit world and an integral part of everyday life. Those who practice shamanism try to reach an altered state of consciousness where they interact with the beings of the spirit world.

To many this may seem like mere superstition, but to those who follow this doctrine believe that shamans not only have the ability to communicate with spirits but also that they can cure sickness and illness caused by malevolent spirits.

The functions of shamanism in the Nepalese society is to please the bad spirits and cure the ill effects brought on to people and animals by such spirits. This makes shamans important healers in the Nepalese society and many people travel far and wide to visit them and benefit from their healing prowess.

Shamanic Healing Powers

Being one of the oldest forms of healing, shamanism is embedded in ceremonial rituals. Shamans perform these rituals for a number of reasons. For instance, some rituals link the physical and spiritual worlds, others heal patients, and still some others drive away evil spirits reclaiming health, wealth and happiness for the people.

Local shamans are important authority figures in their communities, commanding great power, reverence and respect all at the same time. As

healers these magnates devote their life to the community and its responsibilities; they take great care to ensure the wellbeing of the community and all its members. In doing so, they work with many medicinal plants, including herbs and mushrooms to make healing more effective.

These antidotes, or call them remedies if you will, have now become a staple associated with shamanic healing. Using the healing power of plants and everyday kitchen ingredients has made the Nepalese society one of the healthiest and most robust in the world.

We will now take a closer look into what these secrets of the Nepalese people are and how the rest of the world can benefit from them.



Chapter 2

Shamanic Herbalism; Honoring and Using the Power of Plants

Shamanic herbalism explores and follows the ancient methods of honoring and using plant power. The Nepalese people have been communicating with plants to look into their sacred medicine, essence, spirit and guidance.

The idea behind shamanic herbalism is that it awakens a person's capacity to understand healing straight from plants. The idea correlates with one found in Ayurveda medicine which also approaches healing through the art and science of herbal energetics.

These systems believe that the spirits of plants hold the pure understanding of plant medicine, so due reverence is given when working with plants. Shamanic herbalism works on the principle that connecting with the healing essence of plants, discovering totem plants and becoming aware of the plant's medicine through the five senses is key to successful herbalism.

Nepalese herbs

Most of the herbs found in Nepal are unique to the Himalayas. Given their natural habitat these herbs are 100 percent natural and completely organic. They are harvested without chemicals or additives and so used in completely natural remedies

While there is an exhaustive list of medicinal herbs from Nepal, here is a quick list of some of the county's most well-known healing herbs.

Acacia nilotica (Linn) Delile

Also known as Gum Arabic, this medicinal plant is beneficial for relieving pain and irritation, assists wound healing and promotes oral health. Acacia is also a good source of fiber and considered beneficial in reducing body fat. It is already used in many types of foods and is considered safe for cooking.



Adhatoda Vasica Nees

Known as Vasaka or Malabar nut in English, this is an important medicinal herb for treating an assortment of conditions. Its use is so varied that the entire plant from the roots to the leaves are used for treatment purposes.

The plant is effective in treating respiratory disorders such as bronchitis, asthma and tuberculosis among others. Ayurveda medicine uses it for purifying the blood, reducing fever and easing abdominal cramps.

Neem

Also known as neem in English, the leaves from this plant are put to a variety of uses. For instance, neem leaves are used to treat leprosy, intestinal worms, eye disorders, skin ulcers and a host of other health issues.

The oil extracted from neem leaves has many medicinal uses while dried leaves are used as an herb or even a pest repellent. The plant contains a very unique composition of organic compounds and beneficial components

making it an important component of alternative and herbal remedies, including Ayurveda and shamanic medicine.

Health benefits include antibacterial potential, detoxifying effects, acne treatment and improved gastric health among others.

Kesar



Kesar is the Nepalese name for saffron. It is a highly priced and prized spice that yields many medicinal properties. In addition, it is also a valuable culinary ingredient.

Medicinal properties of saffron include using it as an aphrodisiac, diaphoretic, carminative and a stimulant tonic for colds and fever.

Tulsi

Known as holy basil in English, tulsi leaves are used for their medicinal potential in providing oral care, relief from respiratory disorders, treatment of kidney stones, headache relief, and improving skin care.

All parts of the plant act as an adaptogen helping the body adapt to stress and promote mental balance.

Babuna

Babuna is the Nepalese name for chamomile. This is a medicinal plants with therapeutic carminative, anti-spasmodic and anti-inflammatory properties.

Use of chamomile in shamanic medicine also yields antiseptic, analgesic, and sedative properties. Many of these properties come from the plant's volatile oils when chamomile is used either internally or externally.

With regard to these and many other healing herbs, this book will introduce readers to different natural remedies used by the Nepalese people. So keep on reading.



Chapter 3

Nepal's Medicinal Mushrooms

Mushrooms have long been used as food and medicine both. Worldwide, there are at least 270 different mushroom species that are known to possess various therapeutic properties. Among these many have a place in traditional Chinese medicine, whereas others are harvested in their natural habitats in regions of Nepal.

Yarsagumba or Cordyceps Sinensis

Enjoying a history of medicinal use of over 2000 years, yarsagumba is a highly prized tonic. It is well known for its ability to improve energy and vitality, strengthen the kidneys and lungs as well as treat asthma and cancer. However, its most notable perk is to cure impotence and boost libido, hence its nickname “Himalayan Viagra”.

Himalayan legend has it that the mushroom got its name from a story about local livestock that used to graze in high pastures. Feasting on yarsagumba, the animals became sexually more active and pursued the opposite sex more vigorously. Later, when people also tried yarsagumba, they felt more energetic, less fatigued and experienced a boosted libido.

This is also the reason why this prized item is also called “Biological Gold” as when weighed gram for gram, it is more expensive than gold in the international market.

In terms of benefits, yarsagumba is believed to be excellent for the body as well as for the brain. Some of its benefits include regulating abnormal

insomniac activities and other sleep related problems, curing sleep depravity. Plus taking cordyceps offers cardiovascular protection by lowering high blood cholesterol and blood pressure levels.

The Nepalese people also take yarsagumba to relieve excess tiredness which could well be a reason for their extremely tough yet healthy lifestyle.



Chapter 4

Health Benefits of Nepalese Spices

Nepalese food is known for its nutritious value and exquisite taste.

Traditional Nepalese cuisine makes a lot of use of specific spices such as garlic, ginger, coriander, turmeric and mustard among others.

The people of rural Nepal have kept their unique culinary traditions and recipes, given the remoteness of their locations. Bigger cities like Kathmandu, however, now represent a notable extent of culinary diversity along with other influences from abroad.

Some of the most prominent spices used in Nepalese cooking come with significant health benefits. Here is what you can expect to find in most traditional Nepalese dishes:

Timmur

This is a wild growing spice in Nepal that seems to mimic many properties of the well-known black pepper. Timmur, however, is not a pepper at all but a dried berry instead.

It is among the very few spices that can grow easily and abundantly in high altitude locations. Typically, the berry is used for flavoring chutneys, making tea or ground into powdered form to be mixed and used with other spices.

Its medicinal qualities make it an important component in the preparation of essential oils. Timmur can also help relieve toothaches and suppresses the appetite. It is a good source of vitamin A, carotene, thiamin and other minerals like iron, potassium, copper, manganese and zinc.

Adhuwa

Adhuwa is the Nepalese version of ginger. This spice is used both for medicinal and culinary purposes. While ginger is cultivated worldwide, adhuwa is exclusive to the high altitude of the Himalayas and has a distinct aroma and flavor.

Health benefits of this commonly used spice include reducing the risk of obesity, diabetes, heart disease and overall mortality. This healthful cooking ingredient also promotes a radiant complexion, relief from nausea and digestive discomforts such as gastrointestinal irritation.

Besaar

Besaar is the Nepalese variety of turmeric. Like adhuwa, besaar also grows in the higher altitudes of the Himalayan region. As a medicinal ingredient, besaar is also used extensively in Ayurveda medicine where it acts as a natural antiseptic working its magic on cuts, abrasions, wounds and burns.

Use of besaar as a kitchen ingredient aids the digestion of food and reduces high cholesterol levels. It is also used as a preservative where foods like fresh meat and pickles are marinated in besaar powder to preserve them for later use.

Elaichi

More commonly known as black or large cardamom, elaichi is native to the Himalayan regions of Nepal. It is a natural remedy to treat respiratory disorders such as asthma and bronchitis. As a natural remedy, it is highly recommended for improving dental health with potential to fight tooth and gum infections as well as bad breath.

Cardamom oil is a precious ingredient in food preparations, health foods, perfumes, medicine and beverages.

Dalchini

Known as cinnamon to the world, dalchini grows wild in the high altitudes of Nepal. To use this spice, the inner bark is peeled from the tree and dried out. Once thoroughly dried, dalchini is then powdered to be used as a flavoring.

Its use is very popular in the famous Nepalese sel-roti which is a type of sweet bread. Cinnamon is very helpful as a high source of antioxidants and contains various anti-inflammatory properties.

Dhania

Dhania, otherwise known as cilantro is a very popular ingredient in Nepalese cuisine. It is commonly grown across the country and used primarily for domestic use.



In its dried form dhania seeds are ground into a powder commonly known as coriander powder. The seeds may also be added whole to dishes.

When used fresh, the leaves add a distinct and somewhat citrusy flavor to foods. The dried and powdered versions spice up the dish. Health benefits include ridding the body of heavy materials, protection against oxidative stress, lowering blood sugar levels and preventing UTIs among others.

Chapter 5

Natural Remedies Using Herbal Medicinal Plants of Nepal

Nepal has been a hub of medicinal herbs since centuries. In traditional times, the herbs were used as such or their extracts were used in treatment of various illnesses and for skin care. In modern time, Herbs from Nepal are processed into medicines for chronic as well as acute illnesses. What makes these herbs so effective are that they are grown completely naturally without any human interference or addition of any fertilizers or pesticides.

Skin Remedies

Medicinal plants of Nepal have a lot of benefits for skin care and curing of any kind of skin diseases. With these remedies, you can have clear, radiant and glowing skin free of any flaws. Mentioned below are a few uses of these natural helpers for a skin health.

Dryness

Dryness is a problem suffered by many people. For this, the best medical plant is saffron. Its scientific name is *Crocus sativus Linn* and in Nepalese it goes by the name of kesar. Saffron mixed with lemon juice is an ideal remedy for freshening up dry skin.

- Take 4 to 5 drops of lemon juice and add saffron powder to it. If you have strands of saffron, you can beat them to get them in powder form.
- To enhance the effect, milk may be added to the mixture.
- Mix ingredients together with a spoon and apply to face.

- After 15 minutes, wash face with water.
- Repeat this process every week to get radiant skin results.

Another medicinal herb that is effective against dryness is turmeric. Scientifically it is known as *Curcuma longa*, but the Nepalese call it besaar.

- Take a spoonful of turmeric powder and add water to it to make a paste.
- Apply paste to face and wash with lukewarm water after 15 to 20 minutes.

This remedy will leave skin glowing, vibrant and fresh. It will also diminish any signs of flakiness or dryness of the skin.

Acne

With puberty comes acne. A remarkable cure for acne lies in the medicinal plant, *Curcuma longa*. Regular use of a turmeric mask can help get rid of acne in a short period of time.

- Take a spoonful of turmeric powder and add it to a few spoons of milk.
- For an enhanced effect, add a spoon of honey and gram flour.
- Mix the four ingredients together and make a thick paste.
- Apply the paste to face and leave on for 15-20 minutes. Wash face with water and dry with a towel.

Consistent use of this remedy is bound to remove acne and give you clear skin.

Another medicinal herb that has potent curing effects on acne is Sacred or Holy Basil. Scientifically this herb is known as *Ocimum sanctum* Linn with

the Nepalese referring to it as tulsi. The herb has anti-bacterial properties which help prevent breakouts of acne by cleansing the blood of toxic chemicals.

- Grind Basil Leaves to make a powder and add in it some sandalwood powder.
- For an enhanced effect, add in some neem powder.
- Instead of adding normal water, add rose water to make this mixture.
- Apply the paste to face and leave it on for 20 minutes.
- Wash well afterwards.

Using this remedy from time to time will give you clear skin that is free of acne.

Psoriasis



The most beneficial herbal medicinal plant for treatment of psoriasis is once again turmeric. Turmeric is native to Nepal and has antioxidant properties which are effective against this skin condition.

- Make a paste of turmeric and water or milk, whichever you prefer.
- Apply it to face to soothe itching.
- Wash after 15 minutes and apply regularly for soothing relief.

Alternately, you can also use turmeric in food excessively if you prefer. There are also supplements available that can be taken in as pills or tablets.

Another effective medicinal herb for Psoriasis is the locally harvested aloe in Nepal. It goes by the scientific name of *Barbadensis Mill.* Within its healing properties, aloe eliminates redness or soreness that may be caused as a result of psoriasis.

- As remedy, simple apply the gel from aloe plant to face three times every day for desired results.
- The freshly extracted gel from aloe leaves is most effective, and soothing to calm irritated skin.

Aloe' efficacy in any other form will have been compromised, so stick with using freshly extracted aloe gel only.

Eczema

A medicinal herb from Nepal, namely Chamomile is very efficient in treating Eczema in a natural way. The scientific name of Chamomile is *Chamomilla recutita Linn* with the Nepalese people calling it babuna. It has healing properties that help soothe the skin. Chamomile can be used against eczema in two ways.

Chamomile Tea: Just add the desired amount of chamomile to water and put it on for boiling. After it has boiled, just like any regular tea, let it cool.

For taste, you can add honey. Drink this tea regularly for benefits of getting rid of eczema.

Chamomile Bath: Chamomile can also be used in the bath for healing purposes.

- Boil a kettle of water and let it cool after boiling.
- In the water, add tea bags of chamomile. You can either use store-bought 4 to 5 teabags, or if you have chamomile leaves, use the same amount to add in water.
- Once the tea has completely dissolved in water, you can strain it or remove the tea bags.
- Now, pour the tea that you just made into your bath. Use your hand to even out the tea and spread it in the water.
- Simple sit back and let the healing herb do its thing.

Another effective medicinal herb for this illness is Juniper whose scientific name is *Juniperous communis Linn*. It is very helpful in naturally treating eczema.

- Take a glass of cold water and add a few drops of juniper oil to it.
- Take a face cloth and dab the mixture on effected areas.

This will provide fast relief. You can use this remedy whenever you feel the need. Alternately, you can make the mixture and keep it in a bottle on your night stand. Apply the mixture before going to bed and in the morning for a healthy skin for the whole day.

Rosacea

Aloe is a naturally grow herb found in Nepal and other parts of Asia. It is a very good skin treatment for rosacea. Its scientific name is *Aloe barbadensis*. Aloe helps tone down the effects of rosacea on the skin.

- As remedy, take a few drops of freshly extracted aloe gel.
- Apply directly to skin. After it dries completely, wash the skin and wipe with a face cloth.

Aloe can also be consumed in form of a medicine. You can drink a spoon of aloe every day to take benefit from its healing properties for skin and body.

Essential oils are very efficient against skin concerns especially eczema. Another herbal medicine that can be used is flaxseed oil. Its scientific name is *Linum usitatissimum*.

The oil has anti-inflammatory properties for the body. The best remedy is to drink a spoonful of oil three times a day with each meal. Alternatively, you can also add a spoonful in your tea to yield excessive benefits of this essential oil.

Dermatitis

Dermatitis is a pressing skin concern for most people. It can be treated naturally and in an herbal way through using medicinal herbs like Chamomile. Its scientific name is *Chamomilla recutita* known by the Nepalese as babuna.

Chamomile has healing and therapeutic properties that aid in healing damaged skin.

- Take a cup of water and boil it for a few minutes.
- Add a few chamomile flowers in it. Or you can also buy chamomile oil from health stores and add a few drops in the boiled water.
- Dip a face cloth in cup and dab the mixture on affected areas. Repeat as many times as you want until skin irritation calms down.

Avoid the use of commercially prepared creams and use the natural ingredient instead.

Another way to use chamomile is to put a few drops of chamomile oil in bath water. Simple, sit back and relax in the essence of this calming oil.

Dermatitis can also be treated using neem which is also native to the region of Nepal. Its scientific name is *Azadirachta indica a. Juss*, and it helps rejuvenate skin, nourishing it back to health. Neem is available in two forms; either as neem oil or neem leaves taken directly from the plant.

- Grind neem leaves and add turmeric powder to it.
- Apply this paste to face and leave on for an hour or two.
- Rinse well and wash off completely.

Given the long application duration, you can apply this and take a nap if you wish. Regular application can have pronounced effects in a few months' time.

You can also add a few drops of neem oil to bath water and take a bath for half an hour. This will also help calm dermatitis and help treat your skin.

All these remedies are quite simple, cheap and can be conveniently accessed. The best part about them is that they can be used liberally and without worry since they are 100% natural without any chemical additives.

Another aspect where natural remedies can come in handy is the area of digestive distress. Many digestive issues can be resolved or at least minimized by taking help from common herbs and kitchen ingredients. Here are some ideas to help you out:

Digestive Remedies



Digestive Problems are quite common amongst all groups and ages of people. The cure for many digestive problems lies in herbal treatment. These totally botanical and natural treatments can help soothe all kinds of digestive issues.

Stomach Pains

Stomach pains are the most common form of digestive issues in kids and adults alike.

Ginger is quite an effective plant for the cure of this pain. The scientific name for Ginger is *Zingiber officinale*, known as adhuwa by the Nepalese. It can be used in various ways for stomach aches. For instance:

- Heat a cup of water and bring it to boil.
- Chop some ginger and grind it well.
- Add this ground ginger to water and let it cool.
- Add some honey for taste and drink this water every time you feel a stomach ache coming.

Ginger ale is also another method of in taking ginger for pain relief. You can also use ginger in form of ginger tea.

- Heat a cup of water and bring it to boil.
- Add in tea grains or any tea bag that you use.
- After you have made the tea that you would normally make, add a spoonful of ground ginger to it.
- Enjoy the tea and get relief from the pain.

Another plant that can be used is chamomile which has anti spasmodic features. To use, prepare the following concoction:

- Heat a cup of water and bring it to boil.
- Add a tea bag of chamomile tea to the boiling water. Alternately, put in some chamomile leaves to get the same effect.
- Add honey for taste and sip the leisurely tea.

The antioxidant properties of this plant helps soothe pain and clear the body from all toxins.

Heart Burn

Heart buns can cause a lot of discomfort to its sufferers. A natural plant effective against heartburn is peppermint which goes by the scientific name

of *Mentha piperita*. The Nepalese refer to it as pudina and it has various healing effects on the body.

- Take a cup of water and boil it.
- Add a drop or two of peppermint oil in it. You can buy it from any health store or extract it from the plant directly.
- Once the water has cooled, add a spoon of honey for taste.
- Drinking this will get rid of heart burn.

Peppermint has cooling properties and so it can relieve the burning sensation in the body by having a calming effect instead.

Likewise, aloe is another plant that can be used for the treatment of heartburn. Its juice is effective in reducing inflammation and calming down the digestive system.

Drinking a cup of aloe juice for relieving stomach aches is an effective remedy. If you are buying from the market, make sure you take the one in which the laxative components of aloe are missing otherwise you will have to make several washroom runs.

Similarly, you can add a few drops of aloe extract in water and drink it whenever the pain strikes. This is a useful method and you can just store aloe juice in a bottle on your medicine shelf. That way it is always there when you need it.

Gallstones

Gallstones can be very painful and stubborn leading to sleepless nights and uncomfortable days. A very good natural treatment for gallstones is using peppermint for seeking relief.

For this remedy, you need peppermint leaves, water and honey.

- Take a cup of water and bring it to boil.
- Cut the leaves into smaller pieces and add them to water.
- Let the leaves dissolve their essence into the water.
- After that, strain the leaves and drink the tea.

Alternately, you can also get peppermint oil from any store and put a few drops of that in tea. For those people who cannot stomach the strong taste, there are supplements available with peppermint oils.

They can use those pills for effect. Peppermint has terpene which is a natural compound that helps in dissolving of gallstones.

Another helpful natural plant for gall stones is lemon. Its scientific name is *Citrus Limon* and the Nepalese call it jyaamir.

The easiest way to use lemon is to make lemon juice. Store-bought lemon juice may not have the same natural effect as the one made at home since it has preservatives added to it.

- For this remedy, you need olive oil and lemon juice.
- Take lemon juice, olive oil and garlic paste. To form a paste, mix all the ingredients.
- Consume this for a month on an empty stomach for best results.

Lemon helps the digestive process and let the gallstones dissolve.

Constipation

Anyone suffering from constipation knows what a nuisance it is. The cure for constipation can be found in all natural ingredients like olive. The scientific name for olive is *Olea europaea*.

Olive oil helps enhance the functioning of the digestive system and ensures that the waste is moving through the colon.

Every morning, take one spoon of olive oil if you suffer from frequent constipation. Make sure to drink it on an empty stomach since it is most effective then.

Alternately, you can mix it with lemon juice to make a juice mixture and drink it whenever you feel constipated.

Flaxseed oil is also a very effective remedy for constipation. It stimulates bowel movements and prevents constipation. The scientific name for flaxseed is *Linum usitatissimum*.

All you have to do is drink three spoons of flaxseed oil throughout the day before each meal.

Alternately, you can mix it with orange juice for taste and added properties of muscle relaxation. Drink this mixture whenever needed.



Diarrhea

Diarrhea can be quite irritating and it also strips you of all energy.

Chamomile is quite useful against diarrhea and the pain that accompanies it.

- Take a cup of water and bring it to boil.
- Add chamomile leaves to it. Make sure to cut the leaves in smaller pieces before adding.
- Let them steep for a while.
- After that, let the tea cool and strain the leaves out.
- Drink this tea twice a day for more benefits.

Chamomile leaves have antispasmodic properties due to which they help alleviate pains during diarrhea. They also enhance the working of the digestive system.

Banyan tree is another plant that can be used to cure diarrhea. The scientific name of Banyan is *Ficus benghalensis*.

For using it as a remedy, get some leaf buds of banyan tree. Soak them in water overnight. The next morning, just eat these soaked leaf buds and it will provide cure against diarrhea and chronic dysentery.

Bloating

Bloating is quite a common issue and it can be resolved easily with natural treatments. One of the easiest and most effective methods of getting rid of bloating involves using cinnamon.

- Take a cup of soy milk and warm it on a low flame.
- Once warm, take it off the flame.

- Add a spoon of cinnamon to it. To add taste, you can also add honey.
- Then let it sit for some time.
- After 5 minutes, heat it again and then drink it.

Alternately, you can also drink cinnamon tea. This does not only have to be consumed when you are bloated but at other times too.

- Heat a cup of water and let it boil.
- After it has boiled, add cinnamon leaves to it.
- Let them steep for a while.
- Then, strain the leaves.
- Drink this tea for digestive benefits.

It is also quite common for people to just make their tea the way they normally do using other teas. Then, add in cinnamon extract to it for its benefits.

Similarly, you can also add cinnamon to your recipes to ensure that you are getting its benefits in food every day.

Chamomile tea is useful for all digestive issues including bloating. Take a cup of water, boil it and add chamomile leaves. Once it has steeped, strain the leaves and drink the tea. This will help relieve any pain and will prevent gas from accumulating in the body.

Health Remedies

In addition to skin and digestive remedies, there are also a lot of health remedies attributed to the plants of Nepal. They have been used for ages now and are still applicable in today's age of modern medicine. Some of

the more common ailments can be treated using medicinal plants from Nepal in the following ways:

Cold and Flu

Cold and flu are the two most common sicknesses around any place. With changing weather or other factors, this duo is always lurking around sneakily. One of the best Nepalese remedies for cold and flu is the use of ginger.

Consuming ginger is very easy and can be done in many ways. If you can stomach the taste, you can simply bite off a piece of ginger to soothe the pain.

- Alternately, take a cup of water and bring it to boil.
- Chop the ginger and add it to the water.
- Let it seep for some time. After that, strain the water.
- And drink it to get rid of a cold or flu.

Ginger is also effective against nausea that often accompanies the flu. Just prepare regular tea as you would every day and add a piece of ginger to it. A better way is to grind the ginger and add a table spoon of ground ginger to your tea for added results.



Another plant that can be used for flu or cold is garlic, also a common kitchen ingredient in Nepal. The scientific name of garlic is *Allium sativum* and it is native to many parts of Central Asia including Nepal.

Garlic has a constituent called allicin which is equipped with some great antimicrobial properties. These make garlic effective against health issues like the flu and colds.

Add garlic to your daily diet by using it in food, especially curries.

If you can bear the taste, you can also eat a raw clove of garlic for the same effect.

Another way to use garlic is:

- Grind the garlic.
- Add it to a glass of water.
- Add honey for taste.
- Drink this to eliminate the effects of flu and cold.

Cough

Coughing can not only be painful, it can also be quite uncomfortable. This is especially true if you are outside the house.

A very famous herb used for cough treatment is black pepper. Its scientific name is *Piper nigrum*, but the Nepalese like to call it timmur.

Black pepper helps to keep the mucus and circulation going which lessens the effect of flu and cold.

- Take a cup of water and bring it to boil.
- Add a spoon full of black pepper that is ground.
- For taste and better effects, add honey.
- Let the mixture steep.
- Strain the pepper and drink this tea.

This tea has benefits of both honey and pepper. Pepper stops any mucus from getting stuck in the throat while honey relieves the cough.

Another useful plant is lemon that can make the cough go away.

You can just suck on half a slice of lemon. If this is too sour or strong for your taste buds, you can dip it in honey and then suck on it. Or, prepare the following concoction:

- Take a glass of water and bring it to boil.
- Squeeze a whole lemon into it extracting all the juice.
- Once the mixture has cooled, drink it.
- For better effect, you can always add honey.

Ginger is also very useful against coughs. You can just eat it raw or make a tea out of it.

Nasal Congestion/ Sinusitis

Nasal Congestion has given every one some serious sleepless nights. And now you can easily treat it with ingredients present at home. A very good plant that can be used for nasal congestion is horseradish.



It is very easy to use this recipe. You can just make a horse radish sandwich by applying the paste on a piece of bread. It can also be used in other ways.

- Take one table spoon of horse radish.
- Add to it the same amount of lemon juice and olive oil
- Just eat it with a spoon.
- You can also spread it on a cracker and eat it.

If you feel like the symptoms of a congested nose are apparent, just start using this remedy. Horseradish can also help to prevent the oncoming of this illness. For daily use, you can chop the roots and add them to your rice or potatoes.

Peppermint is also effective against this illness.

- Take a few peppermint tea bags.
- Also, take a little amount of thyme.
- Add both to water and let boil.
- Inhale steam over this water bath by putting a towel on your head.
- Bend over the water keeping your face a few inches away from the mixture.
- Inhale the vapours from this water for 10 minutes.
- You can do this as many times a day as you want until your nasal passage get cleared.

Peppermint helps to remove the congestion from the nasal passage. It clears the nasal passage which makes it easy for the person to breathe and be comfortable.

Headache

Headaches are perhaps the worst of these common illnesses. Spending the day with a headache can make everything around miserable.

However, the cure for this ailment is very easy. Chamomile is a natural plant that makes the headaches go away. It has healing properties which means that it can alleviate pain.

- Take a cup of water and bring it to boil.
- Add a chamomile tea bag and let it steep.
- After a few minutes, take the tea bag out.
- Sit somewhere, relax and drink your tea for pain relief.

A foot bath made out of lavender and peppermint also helps to take away the pain.

- Fill a tub or container with water.
- Add lavender and peppermint leaves to it.
- Soak feet in it for 15 minutes.

This process helps relieve the pain by reducing the pressure on blood vessels.

Fever

A common occurrence during season change fever can be a downright nuisance. One of the best remedies for treating fever is using basil. To proceed, do the following:

- Take a cup of water and add few basil leaves to it.
- Add some ground ginger to it or ginger paste.
- Boil the water until it is halved.

- Drink this twice a day for a few days and your fever will be gone.

Another way of using basil is to make basil tea.

- Take a cup of water and bring it to boil.
- Add a few basil leaves and pepper in it.
- Let it steep for some time and strain afterwards

You can drink this tea twice a day until to start feeling better.

Among its so many other uses, garlic can also be used to cure fever. Crush a few cloves of garlic and follow the given procedure:

- Add it to a cup of water.
- Boil this mixture to make a tea.
- Let it steep and then strain the garlic.
- Drink this mixture to get rid of fever.

Garlic can be used in another unique way by applying on the feet.

- Crush a few cloves of garlic to make a paste.
- Add to it a few drops of olive oil.
- Apply this mixture to your feet except on a few places.
- Use gauze to keep the garlic in place.

This remedy is very common and is able to relieve you of fever in just a day.

Sore Throat

Sore throats can cause a lot of discomfort and also make your throat feel irritable. However, the cure for sore throats is quite simple. For instance, using natural remedies, a sore throat can be treated with cinnamon.

- Take cinnamon and add baking soda to it.
- After that, add a little almond milk just enough to soak the other two ingredients.
- Heat on low flame until the mixture starts to simmer.
- Let cool and then drink to get rid of throat pain.

Alternately, you can also use ginger root and make a tea out of it or dissolve in water to yield its benefits.

You can also add in a few drops of lemon juice to warm water. Add honey for taste and drink this mixture to soothe a sore throat. Lemon juice clears the throat and soothes the pain associated with it.

Even though they may hail from the kitchens of Nepal, all these remedies are pretty simple and quick to follow. Luckily, almost every kitchen has these useful ingredients in it, making it so much easier to address common illnesses at home using safe and natural products.



Chapter 6

Stepping into the Nepalese kitchen

Now that you have seen how the people of Nepal use simple, natural ingredients to boost their health in different ways, let us take a step forward and explore some culinary delights from the region.

For starters, these readers who may be familiar with Nepalese cuisine will undoubtedly know of the staple “dal bhat” but Nepalese cuisine is so much more than this simple and traditional dish.

Here is what you can expect to enjoy in many of Nepal’s homes:

Yomari is a unique dish originating in Nepal’s Newari community. Typically prepared in the winters, yomari is a dish made from rice flour containing Nepalese sweets like khuwa and chaku. Some varieties may also contain finely spiced lentils inside the steamed rice.

Samay baji is another Newari dish that is served as a starter. It uses beaten rice, served with marinated meat, black soybeans, fried boiled eggs and spicy potato pickle. The taste is enhanced when using finely cut ginger in the dish.

Dhido is a traditional Nepalese dish coming from the country’s mountain region. Working along the same lines as polenta, this dish is often eaten with vegetable curries, pickles or gundruk- a fermented leafy green vegetable soup.

Momo Cha is a popular Nepalese dumpling filled with seasoned stuffing. It comes in steamed and fried varieties with one variety served with a spicy hot soup.

Chapter 7

Nepalese health secrets takeaway

Despite ranking as part of the developed world, the West suffers from a plethora of chronic health issues mainly because of their poor dietary habits and sedentary lifestyle. Nepal, on the other hand is a struggling third world country, yet its people boast exceptional stamina and strength going about their daily lives.

The comparison makes a stark statement- the Nepalese people must be doing something right that the West is totally missing out on.

Having gone through this book can now give readers some insight into how these people have managed to maintain their health, sustain age old practices and yet come out more successful in terms of health and wellness.

The secret is no more a secret as it can be traced to their lifestyle, which is devoid of artificially processed foods, chemically produced medication and leading a sedentary lifestyle.

Instead these people have stayed true to their roots by eating foods closest to nature, relying on the healing power of plants to upkeep health and just moving around in their daily lives.

The takeaway- modern diets and lifestyles need to take a step back and go back to the basics. We all need to learn from these simple people that modern foods are seriously depleted of nutrition so going back to natural foods is the best option.

Likewise, depending on pharmaceutical solutions is also no solution. If anything, it adds to the distress of chronic health hazards. So follow the traditions of the Nepalese people by taking healing from nature- it isn't called "Mother Nature" for no reason and learn to reclaim your health and wellness once again.

