

Home Remedies Guide

Cough

- Mix 1 teaspoon of honey with a pinch of turmeric powder and take twice daily.
- Drink warm ginger tea with honey to soothe the throat.
- Inhale steam with a few drops of eucalyptus oil.

Cold

- Drink warm water mixed with lemon and honey to boost immunity.
- Inhale steam with mint leaves or eucalyptus oil.
- Have a bowl of hot soup to relieve nasal congestion.

Fever

- Drink plenty of fluids and stay hydrated.
- Place a cool damp cloth on the forehead to reduce body temperature.
- Drink herbal tea made with tulsi (holy basil) and ginger.

Headache

- Apply peppermint oil on the temples for relief.
- Drink ginger tea to reduce inflammation.
- Rest in a dark, quiet room and take deep breaths.

Sore Throat

- Gargle warm salt water twice a day.
- Drink turmeric milk before bed.
- Honey and lemon in warm water soothe the throat.

Indigestion

- Drink a glass of warm water with a pinch of baking soda.
- Chew a small piece of fresh ginger after meals.
- Drink mint tea to relieve bloating and stomach discomfort.

Acidity

- Drink cold milk or coconut water for instant relief.
- Avoid spicy foods and eat smaller meals.
- Chew basil (tulsi) leaves to neutralize stomach acid.

Acne

- Apply aloe vera gel directly on affected areas.
- Use a paste of turmeric and honey as a natural face mask.

- Drink plenty of water to flush out toxins.

Constipation

- Eat fiber-rich foods like bananas, papaya, and oats.
- Drink warm water with lemon every morning.
- Add flaxseeds or chia seeds to your diet.

Stress

- Practice deep breathing or meditation for 10 minutes daily.
- Drink chamomile or green tea to relax the mind.
- Get at least 7 hours of sleep every night.

Insomnia

- Drink warm milk before bed.
- Avoid screens at least 1 hour before sleeping.
- Keep a consistent bedtime schedule.

Toothache

- Apply clove oil on the affected tooth.
- Rinse mouth with warm salt water.
- Chew a small piece of garlic for its antibacterial effect.

Hair Fall

- Apply coconut oil mixed with a few drops of lemon juice.
- Use aloe vera gel on the scalp twice a week.
- Include amla (Indian gooseberry) in your diet.

Dandruff

- Apply yogurt and lemon mixture to the scalp for 30 minutes before washing.
- Massage the scalp with neem oil.
- Use aloe vera gel as a natural conditioner.

Dry Skin

- Apply coconut oil or olive oil before bath.
- Drink plenty of water throughout the day.
- Use honey and yogurt as a moisturizing face pack.

Sunburn

- Apply aloe vera gel to soothe the skin.
- Use cold compresses to reduce heat.
- Stay hydrated and avoid direct sunlight until healed.

Body Pain

- Take a warm bath with Epsom salt.
- Massage with warm mustard or sesame oil.
- Practice light stretching or yoga.

Fatigue

- Drink lemon water with honey for instant energy.
- Eat iron-rich foods like spinach and dates.
- Get enough sleep and avoid overexertion.

Nausea

- Sip ginger tea or chew fresh ginger.
- Avoid greasy or spicy foods.
- Breathe deeply in fresh air.

Burns (Minor)

- Apply aloe vera gel or honey on the affected area.
- Avoid applying ice directly.
- Keep the burn clean and covered.

Mouth Ulcers

- Rinse mouth with coconut oil or salt water.
- Apply honey or coconut oil on the sore area.
- Avoid spicy and acidic foods until healed.

Dark Circles

- Apply cucumber or potato slices under the eyes.
- Get enough sleep and drink plenty of water.
- Apply almond oil before sleeping.