

To treat common cold use Tulsi (Holy Basil) Tea Tulsi has antiviral and antibacterial properties. Boil a few tulsi leaves in water, strain, and drink the tea. You can add honey and ginger for added benefits.

To treat cough Turmeric Milk (Haldi Doodh) Turmeric is known for its anti-inflammatory and antibacterial properties. Mixing a teaspoon of turmeric powder in a glass of warm milk and drinking it before bedtime can help soothe a cough.

To treat sore throat use Warm Water Gargle Gargling with warm water is one of the simplest and most effective Ayurvedic remedies for a sore throat. Add a pinch of salt or a few drops of honey to warm water and gargle several times a day to relieve pain and inflammation.

To treat fever use Tulsi (Holy Basil) Tea Tulsi leaves have natural antibacterial and antipyretic (fever-reducing) properties. Boil a few tulsi leaves in water, strain, and drink the tea. It can help reduce fever and boost your immune system.

To treat viral fever use Tulsi (Holy Basil) Tea Tulsi leaves have antiviral and immune-boosting properties. Boil a few tulsi leaves in water, strain, and drink the tea. This can help reduce fever and support your immune system.

To treat headache use Ginger Tea Ginger has anti-inflammatory properties and can help relieve headache pain. Make ginger tea by boiling fresh ginger slices in water. You can add honey and lemon for added flavor and benefits.

To treat stomach pain use Ginger Tea Ginger is well-known for its digestive and anti-inflammatory properties. Boil fresh ginger slices in water to make ginger tea. You can add a little honey or lemon juice for added benefits.

To treat constipation use Warm Water in the Morning: Drinking a glass of warm water on an empty stomach in the morning can help stimulate bowel movements and soften the stool.

To treat acne use Neem (Indian Lilac) Neem is known for its antibacterial and antifungal properties. Make a paste from neem leaves and apply it to the affected areas. Leave it on for about 20 minutes before rinsing with water.

To treat insomnia use Warm Milk with Spices A glass of warm milk with a pinch of nutmeg (jaiphal) and a pinch of cardamom (elaichi) before bedtime can have a calming effect and help induce sleep.

To treat joint pains use Turmeric and Milk Turmeric contains curcumin, which has anti-inflammatory and antioxidant properties. Mix a teaspoon of turmeric powder in warm milk and drink it before bedtime to reduce joint pain.

To treat hairfall use Amla (Indian Gooseberry) Amla is rich in vitamin C and antioxidants, which can strengthen hair follicles. You can consume fresh amla, amla juice, or apply amla oil to your scalp.

To treat dandruff use Neem (Indian Lilac) Neem is known for its antibacterial and antifungal properties. Boil neem leaves in water, strain, and use the water to rinse your hair. You can also apply neem oil to your scalp.

To treat cramps use Ajwain (Carom Seeds) Water Boil ajwain seeds in water, strain, and drink the water. Ajwain water can help relax muscles and reduce cramps. Ginger Tea Ginger has anti-inflammatory properties. Boil fresh ginger slices in water to make ginger tea. Drinking ginger tea can help reduce muscle cramps.

To treat ear pain Garlic Oil Garlic has antimicrobial properties and can help relieve ear pain caused by infection. Crush a clove of garlic, mix it with a small amount of warm sesame or coconut oil, and use a dropper to apply a few drops of this garlic oil into the affected ear. Ensure the oil is at room temperature.

To treat indigestion use Ginger Tea Ginger is known for its digestive properties. Boil fresh ginger slices in water to make ginger tea. You can add a little honey and lemon for flavor and added benefits.

To treat nasal block use Tulsi can be consumed raw, by simply chewing the leaves or can also be steeped in boiling water to make an herbal tea. Alternatively, you can simply consume tulsi supplements or natural decongestant medications that contain the herb.

To treat loss of appetite use Pomegranate Juice Drinking fresh pomegranate juice can help increase appetite and improve digestion. It is refreshing and nutritious.

To treat migraine use Mint Leaves Chewing on fresh mint leaves or making a mint tea can help reduce headache pain.

To treat acidity use Cumin Seeds (Jeera) Roast cumin seeds and chew a small quantity after meals to aid digestion and reduce acidity.

To treat diabetes use Bitter Gourd (Karela) Bitter gourd is well-known for its blood sugar-lowering properties. You can consume it as a vegetable, juice, or as dried and powdered bitter gourd capsules.

To treat high bp use Garlic (Lahsun) Garlic is known for its blood pressure-lowering properties. You can consume 1-2 cloves of raw garlic in the morning, or you can use it in cooking.

To treat low bp use Amla (Indian Gooseberry) Amla is a rejuvenating fruit that can help improve blood circulation. You can consume fresh amla or amla juice.

To treat stress use Tulsi (Holy Basil) Tulsi leaves have stress-reducing properties. You can chew on fresh tulsi leaves or make tulsi tea by steeping the leaves in hot water.

To treat toothache use Neem Leaves Chew on neem leaves or make a paste from neem leaves and apply it to the affected area. Neem has antibacterial and anti-inflammatory properties.

To treat bleeding gums use 1.Oil Pulling with Sesame Oil Swish a tablespoon of sesame oil in your mouth for a few minutes, then spit it out. This can help reduce inflammation and strengthen gums.

To treat vomiting use Mint (Pudina) Drink mint tea or chew on fresh mint leaves. Mint has calming properties that can help ease vomiting and nausea.

To treat dry cough use Turmeric Milk (Haldi Doodh) Mix a teaspoon of turmeric powder in warm milk and drink it before bedtime. Turmeric has anti-inflammatory and antibacterial properties that can help soothe the throat.

To treat intestinal worms use Pumpkin Seeds (Kaddu Ke Beej) Consume raw pumpkin seeds daily on an empty stomach. The seeds have anti-parasitic properties that can help eliminate intestinal worms.

To treat throat pain use Warm Saltwater Gargle Mix a teaspoon of salt in warm water and gargle with it several times a day. This can help reduce inflammation and relieve soreness.

To treat burns use Aloe Vera Gel Apply fresh aloe vera gel directly to the burned area. Aloe vera has cooling and soothing properties that can aid in healing and reduce pain.

To treat ulcers use Aloe Vera Aloe vera gel is known for its soothing properties. Drink aloe vera juice or consume fresh aloe vera gel to help soothe the ulcers.