



hour. Cool and filter it. This is neem oil for wound care. Keep it in a well-capped bottle. It will stay for one year. Apply this to wounds 2-3 times a day. This heals the wound well.

For childbirth injuries, neem water bath is a healing treatment. Crush some leaves of neem and put them in warm bath water. Let the mother sit for fifteen minutes in this bathtub.

## 2. Tulsi (*Oscimun Sanctum*)

Tulsi is a small herb, but having great medicinal properties. Tulsi leaves are mainly used for some ailments. They are useful in cough and cold. Give the tulsi juice with honey. The leaves are hot in nature, that is they are used in kafadosha. The decoction of Tulsi leaves is also useful for cough. The leaves are chewable.



The seeds of tulsi are cold in nature. Hence the seeds are used in heat (pitta) disorders like heart burn, bleeding from nose, Burning feet, bleeding piles, sore mouth etc. Give the seeds with milk or ghee. Soak 20-30 seed grains in water or milk. This is a dose for once. Take it 2-3 times a day.

Take about a cupful of tulsi leaves. Soak them in water for five minutes. Then crush them on a stone. Strain in cloth and collect about 20 ml juice (half a cup). Crush more leave if necessary to make 20 ml. This makes 3 doses for one day for an adult. This is good for cold and fever illnesses. Give it for 3 days. For children the dose could be 10 leaves juice, 2-3 times a day.



## 3. Kumari (*Aleo Vera*)

Kumari (Aloe) is a garden plant. In wounds, we can appear aloe in place of a medicated dressing. Take a piece of aloe about the size of the wound. Cut it into a slice. Clean the wound with water. Apply the aloe slice on it and tie up with a clean cloth bandage. Change