

the dressings everyday. It heals faster. It is very useful for burns treatment as dressings.

Kumari is used in several Ayurvedic preparations. It is useful for liver disorders and women's illnesses like pain in the periods. It is also used for dandruff and for the growth of hair.

You can grow kumari in your garden and ask people to grow in the kitchen garden. It is hardy plant and stays for years.

4. Adusa (*Adhotoda Vacica*)

Adusa is small shrub grown for fencing. It is good remedy for coughs. Use fresh

juice or decoction of leaves. Fresh juice of leaves is used with honey. It is useful for bleeding disorders eg. Blood in cough, blood in stools, urine etc.



Take 50–60 gms of adusa leaves and wash them clean. Slow boil the leaves in one liter of water for half an hour. About one fourth water should be left. This is adusa Kawatha for coughs. Cool and filter it. Give 20 ml once, 2–3 times a day for three days. One can add sugar or honey as per requirement.

5. Kuda (*Holerrhena antidysenterica*)

This is a forest tree with typical fruits. The fruit is black in color when fully ripe. The fruit is like thin doubledrumstick but in twins. The bark or cover of the tree-stem is used for medicine. This is a good medicine for loose motions and dysentery. You can simply grind a piece of bark and mix with a spoon of honey and give as medicine. Kadha (Kawatha) also is useful. For this take a 10 gm (2 teaspoon full) of bark powder, add one glass (200 ml) of water and boil. Boil it till $\frac{1}{4}$ water remain. Cool and bottle it. For an adult 20 ml kadha (Kawatha) for 3 times a day is useful to stop dysentery.

