

Mulethi improves general health. It serves as a tonic when taken with shatavari (Asparagus) powder and milk Especially in lactating mothers.

**Amla** Powder with ghee is useful in Hyperacidity.

**Gulkand** (Rose Petal in sugar) + Ghee is also useful in heartburn.

Warm/hot **water sips** if helps to reduce dry cough.

**Lemon juice** with sugar & salt helps in diarrhoea.

**Honey** is good for cough, and use as a vehicle for medicines.

For gaining weight use **milk and ghee** if is available.

Head massage with oil helps to overcome sleeplessness.

We will learn more on herbal remedies with other illnesses and topics in the next book.

### What do you think about this?

- Herbal remedies are for poor people.
- Herbal remedies take long time to act.
- For herbal treatment, you have to observe many apathyas. (food not allowed) and Pathyas (and food allowed) as per our tradition of Ayurveda advice.
- Plants have no side effects.

