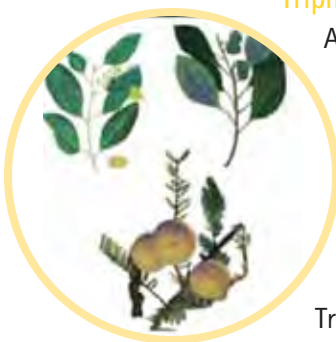


Some simple home remedies

Haldi (turmeric) is a powder of a root. It is widely used in our country in food as spice and as medicine. Its medicinal antiseptic properties are known since hundreds of years. For bleeding wounds press with Haldi powder to stop it. Haldi also has great wound healing properties. People use haldi with oil for cuts and abrasions. This is good practice. The practice is to apply it with milk and chana dal flour (besan) at the time of bath, as UBTAN to improve complexion.



Triphala is a very useful combination of three fruits: Amla, Hirda, and Beheda. We can use the triphala powder in constipation. It is useful to reduce obesity and diabetes. Its external application is very useful for healing wounds. Triphala powder can applied on skin at the time of bath. Its decoction is useful for gargling in illnesses such as sore throat, Stomatitis, and bleeding gums. Triphala powder is also used as tooth powder and vision disorders.

Oil massage is good for pain in the joints. Medicines may still be necessary for joint pains. Sesame oil or coconut oil are considered good for massage. Massage improve blood circulation in the skin.

Mulethi is very a useful plant. It is available as small dry sticks. The stem is used to improve voice if it is hoarse. It is given with honey. Mulethi powder is useful in cough and hyper acidity . It improves the brain function when given with cow's milk. It is also used in pitta disorders-because Mulethi has cooling properties.



Mulethi is used as an external application to improve skin glow. The powder is applied with haldi powder and milk.