

Sure, here's a brief summary of basic home remedies for common ailments along with their benefits and applications:

## 1. Cold & Flu

- **Ginger Tea:** Boil ginger slices in water and add honey and lemon juice to help relieve congestion and sore throat.
- **Turmeric Milk:** Mix 1 tbsp turmeric with warm milk for an anti-inflammatory boost.
- **Steam Inhalation:** Boil water, add eucalyptus oil, and inhale steam to clear nasal congestion.

## 2. Cough

- **Honey & Lemon:** Mix 1 tbsp honey with warm water and lemon juice for a soothing treatment.
- **Tulsi Tea:** Boil tulsi leaves in water and drink it for respiratory issues.
- **Peppermint Oil:** Apply a few drops on the temples for relief from headaches.

## 3. Headache

- **Peppermint Oil:** Mix peppercorns with water and apply to forehead to reduce pain.
- **Ginger Paste:** Make a paste of ginger and water to help with headaches.
- **Hydration:** Drink plenty of water, as dehydration is often a cause of headaches.

## 4. Indigestion & Acidity

- **Fennel Seeds:** Chew fennel seeds after meals for digestive aid.
- **Ginger Tea:** Drink ginger tea to aid digestion and relieve indigestion symptoms.
- **Honey-Lemon Water:** Mix honey and lemon juice in water for a natural remedy for acid reflux.