

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

1. Cold & Flu

- Ginger Tea: Boil gingerslices in water and add honey and lemon juice to help relieve congestion and soothe the 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 fennelseeds 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.