

- **Vasa and Tulsi for Asthma:** To relieve asthma, boil 250ml Vasa (Adusa) or Vasak water with 10 basil leaves. This decoction is good for relief. Chanakya Niti recommends drinking it in the morning for 21 days.
- **Rock Salt for Seasonal Cough:** Holding about 5 grams of rock salt with tongs, heat it well on fire, on gas or on a griddle. When it starts to turn red, immediately take out the hot nugget by dipping it in half a cup of water and drink the salty hot water in one go. Taking such salty water at bedtime for two-three days in a row provides relief from cough, especially phlegm cough. Keep the nugget of salt dry and the same nugget can be used again and again. Words of Wisdom – Health Sutras of Ayurveda
- **Licorice Powder for Sore Throat:** Putting the powder of liquorice in betel leaf, eating it, it cures the sore throat. Or while sleeping, keep one gram of liquorice powder in the mouth and keep chewing it for some time. Then keep it in your mouth and go. By morning the throat will be clear. It also provides relief in sore throat and swelling.
- **Sugar candy and fennel for throat and mouth problems:** Half a teaspoon of fennel can be taken after each meal to cure dry cough and mouth diseases, open the voice and cure dry throat. It also makes the voice more sweet. [Yoga practice and therapy](#)
- **Ginger and Jaggery to Sore or Dry Cough:** Ground ginger mixed with jaggery, ghee can be used to treat dry coughs and sore throats. You can also use honey in place of jaggery or ghee. Get relief
- **Salt and oregano for worms in your stomach:** Use half a gram of carom seeds powder to mix black salt. Warm water is sufficient to dissolve stomach worms in children. Elders should mix one part black salt in four parts carom seed powder. Two grams should be taken with warm, before going to bed. Yoga Darshanam
- **Anorexia and sugar:** Make a chutney from equal quantities of grapes, myrobalan, and sugar if you don't feel hungry. It can be licked twice daily, with one small spoon.
- **Camphor and Mustard Oil to Treat Body Pain:** Fill the vial with 10 grams of camphor and 200 grams mustard oil. Apply a strong compress to the vial, and let it dry in the sunlight. The oil can be used to treat nerve pain, back pain, and muscle pain by being mixed together in a liquid. Bharat Ratna to brother Rajiv Dixit
- **For joint pain, try this Bathua juice:** Taking fifteen grams juice of fresh Bathua leaves daily ends arthritis. Do not add salt, sugar etc. to this juice. Take it every morning on an empty stomach or at four in the evening. Do not take anything two to two hours before taking it. Take it for two to three months. Bharat Ratna Rajiv Dixit
- **Carom seeds and whey for gas in the stomach:** Air-gas is caused by air formation in the stomach. After eating, take 125g curd with whey and two grams carom seed. For one to two weeks, take after-meals as necessary. Linguistics Mother Sanskrit Language
- **Olive oil or mustard for cracked extremities:** Applying mustard oil every day to the navel will ensure that the lips don't crack and that chapped lips are softened and beautiful. Itching and dryness in the eyes will disappear.
- **Basil for cold fever and chronic bronchial diseases:** Make a chutney with 21 Tulsi leaves. Use silbatta or clean drywall to grind the spices. Add 10-30 grams of sweet curd to the mixture. For three months, eat this mixture every morning on an empty stomach. The curd shouldn't be too sour. You can add honey to curd if it isn't suitable. Small children can be given half a gram of basil chutney with honey. It should not be given with milk. You should not take the medicine with milk. After half an hour, breakfast can be taken.
- **Gulkand and Amla jam for more anger:** Anger can be calmed by eating one teaspoon of gulkand each morning and one spoon of gooseberry jam in the evening. Anger will be calmed
- **Walnuts for knee pain:** Take three to four walnut kernels in the morning on an empty stomach. This will relieve your knee pain. body indigenous mind indigenous
- **For dark spots, coconut oil and lemon juice:** For darkening the elbows and face, mix half a lemon juice with half a teaspoon coconut oil. Rub the mixture on the skin and then rinse it off with warm water. body indigenous mind indigenous
- **Betel nut Control of Cholesterol:** After eating, chew the betel nuts for 20-40 minutes. Then, clean your mouth. When mixed with saliva, the juice of betel nuts acts as a blood thinner. This causes a decrease in cholesterol and blood pressure. Chanakya Niti's priceless thoughts
- **Oregano for Gingivitis:** Gargle with a few drops ajwain oil in water if you have swelling gums. It will provide relief. Vedic Sanskrit Vaidik sanskrit
- **Amla For Heart Disease:** Consuming Amla murabba three times a day is a great way to treat heart disease, abnormal heartbeats, and heart weakness.