

Chapter 12: Home Remedies for simple illness

Question 1. Fill in the blanks choosing the suitable words given in the bracket:

(health, remedies, Municipal corporation, medical, Mantrik, neglected, Government, hungry, yellow, snake, jaundice, clean)

(1) Tai's eyes had become yellow

(2) Knowing that it was a snake that had bitten him, Shripati was very frightened.

(3) One must wash and clean a wound before applying tincture of iodine on it.

(4) When we are well, we feel hungry at the right times.

(5) If the eyes turn yellow, doctor says that it is jaundice

(6) The anti-snake bite injection is available at Government hospital.

(7) Mantrik chants the mantra against the action of snake's poison.

(8) Even if the illness appears to be minor, it should never be neglected

(9) A service that takes care of the health of the people is called health or medical service.

(10) The Municipal Corporation of big cities also run hospitals that give medical

(11) Minor illnesses can be cured by home remedies

Question 2. Write whether the following sentences are True or False:

(1) Even if we are not well, our digestion is not affected. False

(2) The patient is unable to see the food when his or her eyes become yellow. False

(3) The throat ache is cured in two days, if gargling with warm water is done. True

(4) Mantrik makes the victim of snake bite to lie on neem leaves. True

(5) Doctors suggest home remedies on illness. False

(6) There are limitations for the home remedies. True

(7) Mantras, incantations, magic spells and charms can cure any disease. False

Question 3. Complete the table:

Given below are the names of some diseases and illnesses:

(1) Cold (2) Chikungunya (3) Malaria (4) Bruising (5) Stomach upset (6) Typhoid (7) Scorched fingers (8) Sprained ankle.

Determine which of these get cured quickly and which ones do not and complete the following table:

Get cured quickly	Do not get cured quickly
(1) Cold (4) Bruising (5) Stomach upset (7) Scorched fingers (8) Sprained ankle.	(2) Chikungunya (3) Malaria (6) Typhoid

Question 4. Answer the following questions in one sentence each:

(1) Why did Sakhu get a throat-ache?

Answer: Sakhu ate cold ice-cream, that is why she got a throat ache

(2) When Tai had jaundice, for how long did the doctor advise her to take complete rest?

Answer: When Tai had jaundice the doctor advised her to take complete rest for three weeks

(3) Who suggests the home remedies on the minor illnesses?

Answer: The elders and experienced people at home suggest the home remedies on the minor illnesses

(4) What should be given to a patient who is vomiting continuously?

Answer: When a patient is vomitting continuously, we should give him cool lemon sherbet

(5) What is the home remedy for cold?

Answer: Drinking warm liquids like ginger tea or honey-lemon tea can help soothe a cold. Inhaling steam or gargling with warm salt water can also help with congestion.

(6) Should one take medicines that must be swallowed, without doctor's advice?

Answer: No, taking medicines without a doctor's advice can be risky. Only a doctor can decide the right medicine and dose for each person.

(7) What is the service available to rural people for medical treatment?

Answer: Primary health centres and Government Hospitals are available to rural people for medical treatment

Question 5. Answer the following questions in brief:

(1) Which food items were not allowed as per doctor's advice for Sakhu's Tai when she was sick? Why?

Answer: Sakhu's Tai was advised to avoid heavy, oily, or spicy foods when she was sick. These foods are harder to digest and can worsen the illness, so lighter, easily digestible foods are recommended instead.

(2) Do the mantras act against the snake's poison? What is the remedy on it?

Answer: No, mantras do not work against snake poison. The only remedy is to seek medical help immediately, where doctors can provide an anti-venom to treat the poison.

Question 6. Use your brain power: (Textbook page 79)

(1) For what purpose is the extract of vasaka leaves useful?

Answer: The extract of vasaka leaves is often used to relieve cough and respiratory issues. It helps clear mucus and soothes the throat.

(2) What are the signs which tell you that someone has a cold?

Answer: Common signs of a cold include a runny or stuffy nose, sneezing, coughing, and sometimes a mild fever.

(3) What is a balm used for?

Answer: A balm is applied to relieve headaches, muscle aches, or cold symptoms by providing a warming sensation.

(4) What tells you that temperature of someone who had a fever is coming down?

Answer: When a person's fever is reducing, they may sweat, feel cooler to the touch, and have more energy, indicating the fever is breaking.