Ugra' ki śreshtha kahaniyam'.



Description: -

- -Ugra' kī śreshṭha kahāniyām.
- -Ugra' kī śreshtha kahāniyām.

Notes: In Hindi.

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Ghar ki Sukh Shanti ke Upay Totke

Chaan le aur is mein kala namak aur yeh soup din me 3 bar piye. Patte ko koot ke ras nikale aur bachho ko shahad ke sath din me 3 baar pilaye.

Neem ke patte, nimbu aur adrak pani me dal ke ubale aur yeh paani chaan ke din me 3 baar piye. Fir is me sarson ka tel daal ke ubale aur pani ud jaye to thanda kare aur yeh tel ke do boond nak me dale to band naak khul jayega. Yeh ek band naak kholne ka totka bhi hai.

Khane ke saath salad me pyaj khaye. Chahe to adrak ka ras, tulsi ka ras, pudine ka ras, shahad aur nimbu ka ras, sabhi ka mishran kar ke sevan kare.

Nimbu ke tukde kaate, paani me dale, saath me kali mirch dale, adrak ke tukde dale aur ubale. Savere uth ke kachcha lehsun chaba ke khaye. Green tea banaye to us me kali mirch powder, tulsi aur adrak ka ras dale.

Ghar ki Sukh Shanti ke Upay Totke

Raat ko peene se achcha neend aata hai aur khansi ka shaman hota hai. Sirf adrak ka ras piye ya to is me kali mirch powder aur shahad mila ke le. Koi bhi try kare aur paye raahat apko sardi jukam medicine nahi lene padege.

Gharelu Nuskhe for Cough and Cold in Hindi

Tulsi ka ras nikale aur din me 3 baar sevan kare. Tulsi ka ras nikale aur din me 3 baar sevan kare. Tulsi ka ras nikale aur din me 3 baar sevan kare. Tulsi ka ras nikale aur din me 3 baar sevan kare. Tulsi ka ras nikale aur din me 3 baar sevan kare. Tulsi ka ras nikale aur din me 3 baar sevan kare. Tulsi ka ras nikale aur din me 3 baar sevan kare.

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Soup banaye pyaj, gajar, adrak, lehsun aur hari mirch ka. Sharir se balgham bahar nikal jaata hai. Shahad aur adrak ka sevan se gale me kharash bhi kam hoga, balgam bhi bahar nikal jayega.

Garam pack dawa ki hukaan per asani se mil jate hai esse apne jame hue naser pe lagain. Garam doodh me haldi ek chamach milaye aur chutki kala mirch powder dale. Jaaniye alag alag sardi jukham ke desi nuskhe aur upay, sardi jukam ka gharelu upchar in hindi.

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