

Ugra' kī śreshtha kahāniyāṁ.

Gangā-putakamalā Kāryāhaya - □□□□□ □□□□□ □□□□□ □□□□□ □□□□□



Description: -

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Notes: In Hindi.

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Soup banaye pyaj, gajar, adrak, lehsun aur hari mirch ka.

A horizontal row of 20 solid black squares arranged side-by-side.

- Ayurvedic Treatment for Cough and Cold in Hindi Nazla zukam ka desi ilaj in hindi :
Sardi jukham ke gharelu upay,dadi maa ke nuskhe for cough saral hai aur ghar me upasthit samagri ke upyog se kiya jaa sakta hai. Bachon ki balgham ka ilaj bhi es nuskhe se kiya ja sakta hai.

Patte ko koot ke ras nikale aur bachho ko shahad ke sath din me 3 baar pilaye. Garam doodh me haldi ek chamach milaye aur chutki kala mirch powder dale. Yeh hai kai aise aasaan desi sardi jukham ke upay in Hindi.

Ghar ki Sukh Shanti ke Upay Totke

To sardi se bachne ka tarika yeh hai ki behtar to yeh hogा ki aap peedhivo se chali aavyi desi aur gharelu nuskhe for sardi iukham ka upvog kare.

Yeh zukam ka desi ikai bhi bahut jaldi aser kerta hai. Dalchini powder ko shahad ke saath milave aur chaate to gale ki kharash mit jaati hai.

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