## 1. Viral Flu

Very common among kids and adults is the seasonal viral fever. This fever is nothing more than our body’s immunity having a little difficulty while trying to adjust to the change in climate. With India’s various climate changes through the year, families have to deal with viral fevers quite often. But this can easily be treated at home without pills and tonics. What’s more, the natural way will not make you feel heavy or drowsy letting you get well quite comfortably.

**Nuskha:**

Boil 20 basil leaves in water and add 3-4 garlic cloves to it. Let the water reduce to half its quantity. Drink this water 3-4 times a day and ensure it’s warm. Basil has antibacterial and inflammatory properties that help build your immune system and fight the viral flu. Garlic, due to its hot nature helps reduce your body’s temperature.

## ****2. Indigestion****

This is also a very common problem today that’s caused mainly due to poor eating habits. We tend to ignore the signs our stomach gives leading to constipation and indigestion.

**Nuskha:**

Soak a handful of raisins in a cup of water and leave overnight. In the morning, drink the water and eat the raisins. In the morning, drink the water and eat the raisins. Raisins are known to add high fibre to our colon thereby flushing out unwanted waste. The fibre helps to add moisture to the bowels promoting good bowel movements. This yummy dry fruit is also rich in vitamins A, C, and E making it perfect for your stomach’s health.

## ****3. Joint Pain****

Joint pain can be really stressful and painful and limit your everyday routine. No matter what age you might be, joint pain can cause many disruptions. However, these home remedies can be of huge help and you will see the relief in a few days itself

**Nuskha:**

Alternating between hot and cold therapy can be beneficial for joint pains. To elaborate, hot therapy helps reduce pain and increase in blood flow while relaxing your muscles. Cold therapy reduces inflammation. Wrap both the hot and the cold compresses in a towel (to avoid direct skin contact) and wrap it around the area with the pain. The Hot compress should be used for 2-3 minutes and a cold compress for about one minute. Overall target a total of 20 minutes 2-3 times a day to feel the difference.

Additionally, make a mixture containing 2 tablespoons of olive oil, 5-10 drops of peppermint essentials oil and 5-10 drops of eucalyptus oil. Massage this oil on the area that’s aching till it seeps into the skin and sit back and relax for a bit. The oil blend acts as a lubricant and improves the blood circulation of the affected area, thereby reducing the pain.

## ****4. Cold and Cough****

Cold and cough is something very seasonal and can occur quite frequently, so taking antibiotics or heavy pills for this is not always a good idea. Here are 2 really effective home remedies that you can use to not help you feel better and build up your immunity.

**Nuskha:**

Boil some water and add lots of ginger, basil and turmeric. When the quantity has reduced to about half, drink the water. This needs to be done twice a day – first thing in the morning and before bed at night. Do this regularly for a week and you will start seeing a difference. All the three herbs used are high on nutrition and are anti-allergic in nature. You could also regularly have a warm cup of milk with turmeric every day to keep your cold and cough in check. These remedies will help improve immunity and reduce your chances of infection. It’ll work well for all members of your family, age no bar.

## ****5. Headache/Migraine****

Migraines can be quite severe and painful. They can start with a throbbing pain on one side of your head that could get worse with movement. While severe migraines need to be treated with medication, milder ones and early symptoms can always be taken care of with some home remedies that will help reduce some of the discomforts.

**Nuskha:**

Not only is ginger great for colds and coughs but it can also help when dealing with severe headaches. Ginger stimulates digestion and helps deal with nausea which is common during migraines.

Another quick relief recipe is cinnamon paste. Make a thick paste with some cinnamon powder and water, apply it on your forehead for 30 minutes and wash it off with warm water. This will give you almost instant relief from the pain that comes with a migraine.

While these home remedies are simple, affordable and easy to use, it’s important to remember that should any symptom continue to prevail and the illness becomes severe, consult a professional for the right treatment and medication. That being said, natural antibiotics do tend to be a much stronger option as compared to the synthetic variety that could have side-effects.

**6. Sore throat**

A sore throat is the feeling of pain and dryness in the throat. Most sore throats are caused by infections or by environmental factors like dry air.

Sore throats are often uncomfortable, giving a feeling of a ‘scratchy throat’ or ‘swollen throat’ that make you want to cough to clear the throat irritation. However, it is usually harmless and goes away on its own.

**Nskha:**

#### **Drink water**

It is important to remain hydrated when you are under the weather by drinking plenty of water. Staying hydrated can help ease congestion, thin mucus secretions and keep the throat moist.

#### **Salt water**

Did you know that gargling warm salt water may also help to reduce some of the swelling? Add half a teaspoon of salt to a full glass (240ml) and gargle up to 3 times a day.

#### **Warm liquids**

Drink warm liquids that are soothing to the throat, such as hot tea with honey, hot soups, warm water with lemon or herbal teas.

#### **Apple cider vinegar**

Mix 1 teaspoon of apple cider vinegar with 240ml of water. The acid in the vinegar can kill bacteria in the throat and soothe a sore throat.

#### **Peppermint essential oil**

Make some peppermint tea, add some peppermint oil to a diffuser or rub some on the chest to soothe a sore throat and ease a dry cough.

#### **Cold treats**

Eating frozen foods such as popsicles, sorbets or ice cream can help ease the pain of a sore throat. Choose non-dairy items as dairy products can produce more mucous and further irritate the throat.

**7. Stomach Ache**

A stomach ache refers to cramps or a dull pain in the tummy (abdomen) that is usually temporary and is often not serious.

**Nuskha:**

#### **Ginger**

Many individuals swear by eating ginger biscuits, taking ginger supplements or sipping ginger tea when they feel queasy.

The digestive benefit of ginger is no myth – a natural anti-inflammatory, ginger has been shown by many studies to be effective in relieving certain types of stomach ills.

#### **Chamomile tea**

A cup of chamomile tea may also help to relax tense stomach muscles and soothe cramps.

#### **Mint**

Mint has been used as a traditional treatment for indigestion, gas and diarrhoea in countries such as Iran, Pakistan and India. Traditionally, it is boiled with cardamom to make tea. The menthol in mint may help with preventing vomiting and diarrhoea, reducing muscle spasms in the intestines and relieving pain.

#### **BRAT diet**

The BRAT diet may help people with diarrhoea. It stands for bananas, rice, applesauce and toast. These foods can help bind foods together to make stools firmer. They are also rich in nutrients such as potassium and magnesium and can replace those lost through diarrhoea and vomiting.

#### **Cinnamon**

Cinnamon contains several antioxidants that may help ease digestion and reduce the risk of irritation and damage to the digestive tract. Adding 1 teaspoon of good-quality cinnamon powder to your meals or mixing it with boiling water to make a tea may help relieve indigestion. You may do this 2 – 3 times daily.

#### **Figs**

Figs contain substances that can act as laxatives to ease constipation and indigestion. Eating whole figs a few times a day or brewing 1 or 2 teaspoons of fig leaves to make tea may help with constipation symptoms.

**8. Fever**

Home remedy should be used for mild fever (of up to 100 F) that too only when associated with mild symptoms like cold or body ache. If there is further rise in temperature or associated with difficulty in breathing, severe headache, vomiting, diarrhoea, abdominal pain, altered consciousness or if the fever persists for longer than 2 days, a doctor should be immediately consulted.

**Nuskha:**

* Leaves of Chirayata ([*Swertia chirata*](https://vikaspedia.in/agriculture/crop-production/package-of-practices/medicinal-and-aromatic-plants/swertia-chirata)) 10 gm, boi1ed in 2 cups of water and reduced to l cup, should be taken twice a day OR Whole plant of Nagarmotha {*Cyperus rotundus*) (l0gm) boiled in 2 cups of water and reduced to l cup.should be taken twice or thrice a day
* Warm decoction of crushed coriander seeds or Giloy stem (about 50 grams) 3 to 4 times a day, in any type of fever
* Take one tea spoon juice of Tulsi (Basil) leaves and Ginger and consume it 3 to 4 times a day after adding one teaspoon of honey, when associated with cold/cough
* Eat light and warm home cooked food
* Avoid cold and heavy food
* Take appropriate rest
* Use cold sponging if fever is above 100 F

**9. Vomiting**

* Drink coconut water with a pinch of cardamom powder in small amounts
* Have a cup of ginger tea
* Consume popped/ puffed rice boiled in water
* Procedure for preparing home-made ORS (1 Litre) using sugar, salt and water:
  + Clean water - l litre -5 cupfu1(each cup about 200 ml.)
  + Sugar - six level teaspoons(20-30 gm)
  + Salt - half level teaspoon (1-2gm)
  + Stir the mixture till the sugar dissolves

**10. Acidity**

A burning sensation in your chest (heartburn), usually after eating, which might be worse at night or while lying down

**Nuskha:**

* Avoid heavy, too much spicy, sour and hot food
* Avoid junk food and preserved food items
* Don't remain hungry or thirsty for log time
* Avoid smoking and alcohol
* Sleep well and at regular time
* Adequate quantity of water
* Manage anxiety and stress
* 3to 5 gm of powder of Amla fruit in empty stomach
* Tender coconut water in empty stomach
* Juice of banana stem. Yastimadhu powder shall be taken in the dose of 3 to 5 gm with cold milk or water
* Paste of rose petals with cold milk or water

If the patient has pain in the upper abdomen, history of blood in the vomiting, dark coloured stool or any other serious symptoms, then it should be further investigated immediately.