

## USEFUL HOME REMEDIES FOR GENERAL ALIMENTS

**DR NISAR HUSSAIN**

E-mail: dr.nisarmalik5@gmail.com

### Introduction

Traditional Medicines has his own history to cure disease. From the time of Post-Vedas age when allopathic medicine was not invented all the disease was cured by herbs, without any side effect. Now a day's man becomes consumer of Allopathic drugs which cure one disease but leave his side effect to other organs of body. Along with herbs and plants medicines these home remedies can also be adopted to cure several diseases. .

### Toothache:

- A paste made of finely ground leaves of Basil should be warmed a little and applied to the aching tooth.
- Ginger ground into a paste with a pinch of salt also relieves toothache.
- Applying clove oil is also effective.
- Brush your teeth with dried, powdered leaves of Basil to strength gums and prevent pain and pyorrhea.
- Avoid chewing tobacco,
- Wash and dry Margosa leaves ; grind then to a fine powder. Sprinkle this powder over the toothpaste before brushing your teeth. You will never have complaint of tooth decay or any mouth disease.

### Bleeding Gums:

- Take lemon juice in a glass of water daily for 3-4 days. Also gargle with salt.
- Sprinkle powdered turmeric and henna over the oozing blood. This will stop flow of blood immediately.

### Constipation:

- The best way to deal with constipation it to change food habits . Malik boiled vegetables, fruits and juices should be taken in large quantities, together with food containing a lot of roughage and fibrous matters.
- 10 gms of Senna leaves and 5 gms of aniseed should be boiled in a cup of water with sugar, then strained and drunk before retiring for night.
- Half a liter of milk mixed with 50 gms of khand taken at night will give relief.
- If these remedies fail to give relief, 6 gms of the rind of harr should be finely powdered and mix with a little lukewarm water and salt be taken
- Take bathuey ka saag during the season for getting rid of obstinate constipation.

### For Malaria:

Basil 10 leaves

Bhang 5 leaves

Kali-mirch 10-15 pieces

Grind the above mixture to a paste and make pea size pellets. Dry it shake. Two pellets three times a day

### For Nausea:

- Neebu-pani at the time of nausea will be helpful.
- Soft cucumber should be eaten gradually to get rid. Of obstinate nauseatic condition.

### For Purifying Blood:

A plant commonly called Mundi, its aqueous extract (one cup) daily purifies the blood.

### Fever-Headache-Bodyache-Malaria:

Chirata 5 leaves

Margosa leaves 5 leaves

Basil 10 leaves

Lemon Grass 5 leaves

Black pepper 10-15

Mix all, boil and strain, add sugar to taste. Take half cup 3 times a day.

### **High Blood Pressure:**

Garlic 5 cloves

Basil 5 leaves

Honey 4 tsp

Make a paste of above ingredients eat it once in the morning without taking anything.

- Eat two bananas daily to balance excess sodium in the body. Sodium (we use as common salt)

### **Hair Growth:**

- Extract the juice of the aloe-vera plant and rub it into your scalp. This ensures the healthy growth of hair.
- For glowing hair, grind a few whole green grams, lemon peels, a handful of curry leaves and a few rithas to a paste and apply to the hair before washing off. A mixture of almond oil, olive oil and castor oil in equal proportion acts as excellent hair tonic.

### **Kidneys:**

Dry Basil seeds and grind them with an equal quantity of sugar. One spoon of this powder, taken every morning, is good for kidney.

### **Eyes:**

- Place cotton wool swabs dipped in cold milk on closed eyes to soothe the eyes and remove dark circles.
- Triphala soaked in water overnight then boiled and filtered. The filtrate to be applied to the eyes along with rose water.

### **Hair Loss:**

Don't throw away lemon rinds, orange peels and pomegranate skin. Just dry them in the sun and grind to a fine powder. Mix this powder in coconut oil and apply to your hair to prevent hair loss and for glossy hair.

**Malnutrition:**

Banana is a complete food , it has all the ingredients necessary for body nutrition , growth and strength . So it is specially recommended for children's and old peoples. But it causes a little bit constipation so, it should be taken with black pepper and salt.

**Face Cream:**

Besan 1 cup

Turmeric Powder 1 tps

Musustard Oil 100 ml

Mix all these materials to a semi-solid paste and apply it on face. It will bring marvelous glow to skin. It can use on hands and legs also.

**White Spot on Skin:**

Eat Bathuey ka sag daily during the season in form of bread or vegetable and use its juice over spots daily at least 2-3 times. Eat Anjir regularly for a month.

(**Note:** If it is senseless, it could be leprosy then do not use this prescription)

**Piles:**

While going to toilet, put a medium piece of Alum in water. Use this water after the toilet. Repeat till relief.

**Diarrhoea-Indigestion-Gas:**

Fennel and Coriander is to be mixed in equal proportion, powdered and a small amount of misri or khand is added 2 tsp is to be taken morning and evening. This will stop diarrhea-indigestion-gas formation and is helpful to eyes.

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