

Easy Ayurveda Home Remedies

Based On Authentic,
Traditional Ayurveda Practice

M.S. Krishnamurthy
JV Hebbar



Easy Ayurveda Home Remedies

Based On Authentic,
Traditional Ayurveda Practice

M.S. Krishnamurthy
JV Hebbar



INDIA • SINGAPORE • MALAYSIA



Notion Press

Old No. 38, New No. 6
McNichols Road, Chetpet
Chennai - 600 031

First Published by Notion Press 2018
Copyright © Janardhana V Hebbar 2018
All Rights Reserved.

eISBN 978-1-68466-714-7

This book has been published with all efforts taken to make the material error-free after the consent of the author. However, the author and the publisher do not assume and hereby disclaim any liability to any party for any loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause.

No part of this book may be used, reproduced in any manner whatsoever without written permission from the author, except in the case of brief quotations embodied in critical articles and reviews.

Disclaimer

Contents of this book are for educational purpose only. Please consult your healthcare service provider before following any health advice given in this book. Do not use this book for treating yourself or others. Please contact your healthcare practitioner for any health consultation. The spices, herbs, herbal products, home remedies, health tips and such other materials explained in this book are not intended to prevent, diagnose, treat or cure any disease. Many of the herbal products and concepts explained in this book have no clinical documentation. The herbs, their combination and Ayurvedic formulations are described based on rich Traditional Ayurvedic classical text books and author's own experiences.

(c) 2018. Janardhana V. Hebbar. All Rights Reserved.

|| Jai Guruji ||

Dedication

I, Dr. Janardhana V. Hebbar, dedicate this book at the holy feet of **Sri Guruji – Swami Vivekananda** and my spiritual Guru, **Dr. A. Chandrashekhara Udupa** MBBS, FAGE, Managing Director, Divine Park Trust (R), Saligrama, Udupi. (www.divinepark.org)

*He guides, He energizes, He shows the path, He holds
my hand and makes me walk!*

Project by

Dr. Janardhana V. Hebbar MD (Ayu) – Founder of EasyAyurveda.com and AyurMedinfo.Com

Authors

Dr. M.S. Krishnamurthy MD (Ayu), Ph.D. srimuliya@gmail.com

Dr. Janardhana V. Hebbar MD (Ayu) hebbarjv@gmail.com

Co-Authors**Dr. Y.S. Raghuram MD (Ayu)**

A television personality, Associate Professor in ALNRMAM College, Koppa, Karnataka.

Ayurveda practitioner for 22 years in Bangalore.

Email – draghuramys@gmail.com

Dr. B.K. Prashanth BAMS, MD (Ayu), Ph.D.

Principal at Prasanna College of Ayurveda and Hospital, Laila, Belthangady, Karnataka, India.

Ayurveda clinician.

Email – drprashanthbk@gmail.com

Dr. Manasa BAMS

Ayurveda practitioner with 18 years experience.

Edited by

Dr. Renita D'Souza BAMS

Assisted by

Ms. Karthyayini MA

Ms. Sumangala Rao MA

Dr. M.S. KRISHNAMURTHY MD (Ayu), Ph.D.

Professor and HOD, Consultant physician

Post Graduate Department of Rasashastra & Bhaishajya kalpana,

Alva's Ayurveda medical college and Hospital, Vidyagiri, Moodbidri – 574 227

E mail: srimuliya@gmail.com

Professional Experience & Achievements

- Former Dean (PG Studies), AAMC, Moodbidri
- Ph.D guide (Rajiv Gandhi University of Health Sciences, Bangalore).
- Guide to 27 Post graduate scholars.
- Conferred with a National award – Bharatiya Vijnana Parishad Puraskar (Delhi) in the year 2005 for the academic research achievement in the field of Ayurveda with due consideration of research work on 'A critical analysis of Folkmedical Practices prevalent in South Kanara District of Karnataka' (2002–2005)
- Founder Secretary of Srimuliya Rajatadri Ayurveda Seva Trust (R) Alike – 2002.
- Technical Advisor and Formulation Designer for Alva Pharmacy Mijar, Karnataka, 2004–12

Books Published

1. Abhidhana manjari (English translation with notes)
2. Madhava chikitsa (English translation)
3. Rasa Chandamnshu – (English translation with notes and appendices)
4. Dhanvantari Mahatme (Kannada – Prose and Poetry)
5. Basarajeeyam – English translation
6. Vaidyasara sangraha – English translation
7. Mana Paribhasha (Glossary of Measurements)
8. Sahasrayoga – English Translation with appendages

9. Srimuliya Ayurveda Aushadha Sara (Codified text in Kannada) – Manuscript in press
10. Uramardu (Tulu codified text) – Manuscript in progress
11. Janapada Vaidyakada Jeevanta prayogagalu – Manuscript in Kannada
12. Ayurvedic Dosage forms and Clinical Practice – Manuscript in English

Dr. Janardhana V. Hebbar MD (Ayu)

Founder – EasyAyurveda.com & AyurMedInfo.Com

Author of **Living Easy With Ayurveda**

Dr. J.V. Hebbar offers

Weekly online classes

Video courses on Ayurveda

Ebooks

Youtube Videos

Find more about them in www.EasyAyurveda.com

Contact details of Dr. J.V. Hebbar

Email: hebbarjv@gmail.com

Facebook: [facebook.com/Dr.Hebbar](https://www.facebook.com/Dr.Hebbar)

Twitter: [@hebbarjv](https://twitter.com/hebbarjv)

LinkedIn: [linkedin.com/in/janardhanvhebbar](https://www.linkedin.com/in/janardhanvhebbar)

Instagram: [@ayurvedaeasy](https://www.instagram.com/ayurvedaeasy)

YouTube: [youtube.com/hebbarjv](https://www.youtube.com/hebbarjv)

Dr. Hebbar's designed herbal products are available at www.gardendiary.info

Contents



1. Basis of Ayurveda – Ayurvedic Text Books
2. Place Where Ayurveda Remedies Are Made
3. What Is Ayurvedic Medicine?
4. 7 Things You Should Know Before Taking Ayurvedic Medicine
5. How to Understand and Master Ayurvedic Medicines Easily
6. Why So Many Dosage Forms in Ayurveda? Six Scientific Criteria
7. Which Ayurvedic Medicine Form Is Very Effective?
8. How Natural Herbal Home Remedies Are Useful to You?
9. Herbal Home Remedies – Precautions to Consider
10. How to Make a Remedy with Any Ayurvedic Herb?
11. Swarasa – Fresh Juice Extracts of Herbs
12. Amla Juice Benefits, How to Make? Self Made or Market? Side Effects
13. Ayurvedic Herbal Pastes – Kalka Uses, Preparation, Examples
14. Aloe Vera Pulp Exudate Remedy for Improving Skin Glow
15. Jaggery – Ginger Home Remedies for Inflammation
16. Kashayam (Kwath) – Herbal Teas Preparation, Benefits, Usage

17. Kashayam Preparation – Easy Rules to Follow
18. 7 Common Mistakes to Avoid with Herbal Tea
19. Pramathya – Weaker Form of Decoction
20. Ayurveda's Take on Re-boiling Water and Herbal Teas
21. Kashaya Home Remedy for Fever
22. Kashaya Home Remedy for Fever and Cold
23. Dashamula Kashayam with Castor Oil for Low Back Pain
24. Easy Ayurveda Home Remedy for Fever And Cold
25. Home Remedy for Body Heat, Burning Urination and Abdominal Pain
26. Giloy Ayurveda Home Remedy for Fever and Anorexia
27. Home Remedy for Goitre Using Kanchanar
28. Home Remedy for Gout Using Giloy
29. Ayurvedic Home Remedy for Urine Infection and Painful Urination
30. Ksheerapaka – Herbs Processed in Cow Milk
31. Arjuna Heart Tonic – Ayurvedic Home Remedy for Heart Care
32. Ayurvedic Ashwagandha Home Remedy for Conception for Women
33. Home Remedy for Heavy Periods – Menstrual Bleeding
34. Hima Kalpana (Cold Infusion)
35. Coriander Drink for Fever, Burning Sensation, Thirst
36. Hot Infusions – Phanta

- 37.** Churna – Ayurvedic Herbal Powders: Principle, Preparation, Examples
- 38.** How to Make Your Own Ayurvedic Tooth Powder? 7 Factors to Consider
- 39.** Amla Home Remedy for Frequent Urination – Prepare It Within a Minute
- 40.** Ayurvedic Home Remedy for Heavy Periods Using Saffron
- 41.** Ayurvedic Home Remedy for Migraine Using Saffron
- 42.** Ayurvedic Home Remedy for Hiccup
- 43.** Ayurvedic Home Remedy for Sciatica, Rheumatoid Arthritis with Haritaki
- 44.** Easy Home Remedy for Cough with Trikatu
- 45.** Easy Homemade Face Scrub Using Ayurveda Herbs
- 46.** Ginger Amla Home Remedy for Asthma and Hiccups – Make It in a Minute
- 47.** Ginger, Amla, Raisin and Honey Home Remedy for Asthma and Cough
- 48.** Home Remedy for Fever with Pitta Kapha Imbalance Using Kutki – Root
- 49.** Home Remedy for Vomiting and Hiccups Using Katuki – Picrorhiza Kurroa – Root
- 50.** How to Use Turmeric for Allergic Rhinitis? 4 Traditional Methods
- 51.** Licorice Home Remedy for Bleeding Disorder, Fever and Heart Support
- 52.** Long Pepper – Honey Home Remedy for Cough
- 53.** Triphala Home Remedy for Eye Care

54. Triphaladi Churnam Uses, Dose, Ingredients, Side Effects
55. Trikatu Churna Benefits, Dose, Remedies, Side Effects
56. How to Make Ayurvedic Herbal Bath Powder at Home?
57. Mantha – Fruit Squeezes
58. Herbal Drinks – Paneeya
59. Arka Kalpana – Distillation Products
60. Panaka – Herbal Juice
61. How to Make Herbal Syrups?
62. Herbal Jam Preparation – Avaleha Kalpana
63. How to Make Chyavanprash? 5 Hidden Pharma Principles
64. Home Remedy for Strength and Immunity in Chronic Lung Diseases
65. How to Make Ayurvedic Tablets?
66. Ghanavati – Kashayas Made into Tablets
67. Masi Kalpana – Ash Therapy
68. Principles of Making Herbal Ghee – Ghritham
69. Ayurvedic Cardiac Tonic – Home Remedy for Heart Support
70. Ghee Home Remedy for Dry Cough
71. How to Use Ghee for Skin Care? A Simple Ayurveda Method
72. Ayurvedic Herbal Oil Making: Principles, Method, Examples
73. How to Make Hair Oil at Home with Amla

74. How to Make Bhringraj Oil for Hair Growth
75. How to Make Ayurvedic Herbal Anti Dandruff Hair Oil at Home?
76. How to Make Herbal Oil to Remove Burn Scars
77. Essential Oils Benefits, Usage, Side Effects, Types, Advantages
78. Asava and Arishta – Advantages, Usage in Children, Side Effects
79. Other Types of Sandhana Kalpanas – Fermented Products
80. Rice Preparations
81. Manda
82. Yavagu – Weaker Herbal Tea/Weaker Kashaya/Gruel
83. Yusha – Broth of Pulses
84. Mamsarasa – Meat Soup
85. Khada – Kambalika
86. Raga and Shadava Qualities and Health Benefits
87. How to Make Buttermilk, Types: Ayurvedic Method
88. Curds Recipe of Amla – Ayurvedic Home Remedy
89. Lepa Kalpana: Ayurvedic Dosage Forms for External Application
90. Malahara Kalpana: Ayurvedic Ointment Preparation
91. How to Make Facepack, Mouth Wash, Body Lotion from Curd
92. 10 Carrot Home Remedies for Cholesterol, Energy, Piles
93. 10 Mustard Remedies for Cold, Headache, Tonsillitis, Nose Polyps

94. 3 Lady Finger (Okra) Remedies for Diabetes, Head Lice, Burn Wounds
95. 4 Cucumber Remedies for Urinary Calculi, Gastritis, Burning Urination
96. 5 Ashwagandha Home Remedies: Vigour, Tiredness, Allergy
97. 5 Cashew Nut Remedies for Strength, Weight, Bone Mass
98. 5 Dates Fruit Remedies: Milkshake, Laddu for Energy, Stamina
99. 5 Radish Home Remedies for Vitiligo, Obesity, Bad Cholesterol
100. 5 Walnut (Akhrot) Remedies: Skin Glow, Fatigue, Dry Cough, Bodyache
101. 6 Bottle Gourd Remedies for Gall Bladder, Conjunctivitis, Fatigue
102. 6 Butter Remedies for Cracked Lips, Male Health, Voice Hoarseness
103. 6 Caraway Seed Remedies for Alopecia, Vomiting, Headache
104. 6 Durva Grass Remedies for Burning Urination, Nasal Bleeding
105. 6 Elephant Yam Home Remedies for Fatty Liver, Foot Corn, Obesity
106. 6 Eucalyptus Home Remedies: Headache, Sore Throat, Joint Pain
107. 6 Flax Seed Remedies for Cholesterol, Lactation, Wasp Sting
108. 6 Shatavari Home Remedies: Aphrodisiac Urine Infection, Fatigue
109. 6 Soapnut (Reetha) Remedies for Menstrual Pain, Eczema
110. 7 Badam (Almond) Remedies for Hair, Skin, Neuritis, Sexual Vigour
111. 7 Curry Leaves Remedies for Grey Hairs, Motion Sickness, Obesity
112. 7 Elaichi (Cardamom) Remedies: Bad Breath, Sore Throat, Bloating
113. 7 Henna Home Remedies: Grey Hairs, Dysuria, Jaundice

- 114.** 7 Table Salt Remedies for Sore Throat, Heel Pain, Toothache
- 115.** 8 Black Gram Remedies for Vigor, Stamina, Head Lice, Joint Pain
- 116.** 8 Kokum Butter Remedies: Dizziness, Weak Digestion, Vomiting
- 117.** 8 Methi (Fenugreek) Remedies for Cholesterol, Diabetes, Gastritis
- 118.** 8 Traditional Home Remedies Using Tamarind Leaves, Fruit, Seeds
- 119.** 9 Jaggery (Sweet Molasses) Home Remedies for Liver, Sinusitis, Painful Periods
- 120.** 9 Star Fruit Remedies for Obesity, Tonsillitis, Anosmia
- 121.** Ananas (Pineapple) Remedies: Irregular Periods, Pinworms, Cough
- 122.** Arjuna Home Remedies: Diabetes, Hair Care, Osteoporosis
- 123.** Ash Gourd Remedies for Memory, Gastritis, Kidney Stones
- 124.** Barley Home Remedies: Bloating, Joint Pain, Diarrhoea
- 125.** Black Caraway Home Remedies: Menstrual Pain, Toothache, Diarrhea
- 126.** Castor Home Remedies: Jaundice, Backache, Gout
- 127.** Cotton Plant – *Gossypium herbaceum* Remedies: Dysuria, White Discharge
- 128.** Dill Home Remedies for Bloating, Joint Pains, Sore Throat
- 129.** Drumstick (Moringa): Multiple Uses, Home Remedies
- 130.** Garden Pepper Cress (Aliv Seed) *Lepidium sativum* Remedies: Gout, Leucorrhoea
- 131.** Green Gram Remedies: Skin Detox, Energy Drink, Bowel Movement

132. How to Take Harad as per Dosha and Diseases?
133. Jati – *Jasminum grandiflorum* Remedies: Conjunctivitis, Wounds, Ulcers
134. Long Pepper Remedies: Splenomegaly, Cough, Hoarse Voice
135. Lotus Remedies: Burning Urination, Skin Diseases, Face Scars
136. Malkangani (*Celastrus paniculatus*) Remedies: Rheumatoid Arthritis, Memory
137. Mistletoe – *Dendrophthoe falcata* Remedies: Abscess, Bleeding Disorders
138. Night Jasmine – *Nyctanthes arbor-tristis* Remedies: Anorexia, Fever
139. Safflower Remedies: Jaundice, Rhinitis, Hemorrhoids, Constipation
140. Senna Home Remedies: Flatulence, Constipation, Skin Diseases
141. Sitaphal – *Annona squamosa* Remedies: Aphrodisiac, Head Lice
142. Tea Benefits, Remedies for Headache, Vomiting, Eye Care
143. Vanilla Home Remedies for Split Hairs, Headache, Travel Sickness
144. Vibheetaki Remedies: Mouth Ulcers, Pre-Menstrual Headache
145. Wild Turmeric (*Kasturi Manjal*) Remedies: Headache, Urticaria, Fever
146. 5 Jeera (Cumin) Remedies for Painful Periods, Stomach Complaints
147. 4 Easy Lemon Home Remedies Using Seeds, Peel, Leaf and Stem Bark
148. 8 Banana Remedies with Fruit, Stem, Leaf, Rhizome and Flower
149. Buttermilk Home Remedy for Hemorrhoids
150. Home Remedy for Bloating and Gas Trouble Using Buttermilk

- 151.** Cinnamon and Honey Benefits
- 152.** Amla Murabba Recipe, Preparation, Benefits, Side Effects
- 153.** Amla Shower for Healthy Hair and Wrinkle Free Skin
- 154.** Amla Turmeric Home Remedy for Urinary Tract Disorders
- 155.** An Ancient Way of Using Triphala as an Anti Ageing Remedy
- 156.** Hot Water Honey Benefits – How Far It Really Helps?
- 157.** Home Remedy: Facial Hair Removal
- 158.** Licorice Milk Recipe for Gastritis, Stomach Ulcers, Heartburn
- 159.** Trikatu, Rock Salt Home Remedy for Sinusitis, Laziness and High Kapha
- 160.** Triphala Guggulu Benefits, Dose, Ingredients, Side Effects
- 161.** 10 Effective Ayurvedic Home Remedies for Acidity and Gastritis
- 162.** 3 Ayurvedic Home Remedies for Toothache: Garlic Paste, Mustard Oil
- 163.** 3 Ayurvedic Remedies for Excessive Thirst Using Honey, Coriander
- 164.** 3 Easy Home Remedies for Bleeding Gums
- 165.** 4 Ayurvedic Herbal Home Remedies for Heavy Periods
- 166.** 4 Home Remedies for Burning Sensation in Head
- 167.** 4 Remedies for Blackheads, Pimple Scars Using Saffron, Turmeric
- 168.** 4 Remedies for Feeling Cold: Mustard Oil, Eucalyptus Oil, Ginger, Coffee
- 169.** 5 Easy Home Remedies for Morning Stiffness in Joints
- 170.** 5 Safe and Easy Home Remedies to Stop Farting

- 171.** 5 Simple Effective Home Remedies for Peripheral Neuropathy
- 172.** 6 Effective Home Remedies for Sleep Disturbances
- 173.** 6 Simple Home Remedies to Stop Runny Nose
- 174.** Abscess Home Remedies – Ayurveda Details
- 175.** Ayurvedic Home Remedy to Improve Digestion
- 176.** Easy Ayurvedic Home Remedy for Bleeding Hemorrhoids
- 177.** Ayurvedic Home Remedy for Cough Due to Pitta Increase
- 178.** Ayurvedic Home Remedy for Gastritis
- 179.** Ayurvedic Natural Home Remedy for Gout
- 180.** Easy and Simple Remedies for Shoe Bite, Footwear Itch
- 181.** Herbal Home Remedies for Ulcerative Colitis
- 182.** Home Remedy for Flu, Cold, Indigestion
- 183.** Home Remedy for Gout, Rheumatoid Arthritis, Non Healing Wounds and Piles
- 184.** Home Remedy for Gum Swelling and Bleeding Gums
- 185.** Home Remedy for Hiccups, Asthma and Chronic Lung Diseases
- 186.** Home Remedy for High Pitta Balance and Anorexia
- 187.** Metal Charged Water for Skin Allergies, Tiredness, Energy
- 188.** Milk Garlic Home Remedy for Stomach, Abscess and Fever
- 189.** Papaya Seed Recipe for Pinworm Infection in Children

- 190.** Onion Jam Recipe for Aphrodisiac Strength and Body Strength
- 191.** Madhupaka – Honey Remedy for Non Healing Wounds, Ulcers
- 192.** Simple Ayurveda Home Remedy for Heartburn and Gastritis
- 193.** 4 Remedies for Morning Sneezing with Turmeric, Black Pepper, Tulsi
- 194.** Sour Buttermilk Remedy for Bloating and Constipation
- 195.** Two Home Remedies for Kidney Stones and Dysuria
- 196.** Ayurvedic Home Remedy for Liver Diseases
- 197.** Traditional Ayurvedic Diet Recipes for Dysentery and Diarrhoea

Special Thanks To



- My family members who have been supporting me unconditionally throughout this journey of **Easy Ayurveda**. Thank you for tolerating all the pains.
- Smt. Padmakshamma (mother), Karthyayini (wife), Smt. Vanamala (mother-in-law)
- Daughters – Sadhvi & Chinmayi
- Sister Sharada, Brother In Law Mr. ShashiKumar (gardendiary.info), Tushar, Ms. Sharada.
- Deepti Singh, Founder of YogaHabitat.com Chicago, USA, offering consultation, therapies, cooking classes, workshops on Yoga and Ayurveda. Deepti Singh is also coming up with an Ayurveda – Yoga school for children and adults.

I remain grateful to –

Sri V.S. Prashantha for all the love, care and support.

1. Basis of Ayurveda – Ayurvedic Text Books



Ayurveda is built upon the strength of Ayurvedic text books. These text books were written thousands of years ago. The main text books of Ayurveda are as below.

Brihat Trayi – 3 Major Text Books

- Charaka Samhita
- Sushruta Samhita
- Ashtanga Sangraha/Ashtanga Hrudaya

Charaka Samhita

- Authored by Agnivesha – 1500 BCE – 1000 BCE
- Charaka (made corrections and improvements) – 300 BCE – 200 BCE
- Drudhabala – added last 41 chapters – 4th Century AD

Sushruta Samhita

- Kashiraja Divodasa Dhanvantari – 1000 BCE
- Sushruta – 2nd century AD
- Nagarjuna – edited the Uttara Tantra part of Sushruta Samhita – 5th century AD

- Chandrata – 10th Century AD

Ashtanga Sangraha – 6th Century AD – Vriddha Vagbhata

Ashtanga Hrudaya – 7th Century AD – Laghu Vagbhata

These two are concise versions of Sushruta Samhita and Charaka Samhita.

Timeline of Laghu Trayis – 3 Minor Text Books

- Madhava Nidana – 7th Century – Deals with disease pathology
- Sharangdhara Samhita – clear explanation of pharmaceutical aspects. Has dedicated separate chapters for kashayams, powders, infusions etc – 13th Century
- Bhavaprakasha – Deals with herbs, dietetics, diseases, treatment – 16th century

Recent Textbooks

- **Chakradatta written by Chakrapani** – 11th Century – disease and treatment
- **Yoga Ratnakara** – 17th Century – disease, treatment, incorporated foreign herbs
- **Sahasra Yoga** – contains 1,000 medicine collections – 17th Century – Ancient Ayurvedic drug index of South India
- **Bhaishajya Ratnavali written by Kaviraj Govinda Das Sen composed in 18th Century** – best book for disease, treatment and medicines

Most of the recipes and remedies explained in this book are taken from the above – mentioned text books.

We have tried to put the reference text book for most of the remedies.

For some of the remedies, the reference has not been mentioned. Kindly consider the default reference as a text book named Bharata Bhaishajya Ratnakara. It is a compilation work of thousands of Ayurvedic medicines.

Dr. M.S. Krishnamurthy has written a few remedies out of his own experience and folklore practices. In these remedies as well, he has given utmost importance to follow Ayurvedic principles.

For example, he has explained about

A folklore healing practice using Arjuna herb & pineapple used by Soliga tribal community who live in parts of Karnataka and Tamil Nadu states of India.

An okra remedy from Guni tribe of Maharashtra and Rajasthan.

Palm dates remedy practiced in Jaipur and Udaipur of Rajasthan state.

2. Place Where Ayurveda Remedies Are Made



Ayurveda explains about ideal features of kitchen or the place where herbal products are prepared.

Construction

While selecting a place for the establishment of a pharmacy, following points should be kept in view:

1. It should be free from obstructions.
2. Fresh and dried herbs should be available nearby or they can be cultivated and stored inside;
3. It should look beautiful and be located near the sources of water like well.
4. The area should be surrounded by a boundary wall;
5. The statue of Deity or God should be placed in the eastern side;
6. In Agni Kona (south – east direction) fire-place, ovens etc required for cooking should be located;
7. Equipments for grinding, making paste, like mortar & pestle etc should be located in the southern side;
8. Nairutya Kona (place in the south – west direction) should be used for manufacturing and storing equipments, storing cooking equipments

etc.

9. The place in western side should be used for washing;
10. Green herbs and freshly prepared medicines should be dried in the Vayuvya Kona (north – western direction);
11. The place in the northern side should be used for processing metals and minerals;
12. Bhasma (ash/calx preparation from metals and minerals), tablets, medicated oils, medicated ghee, herbal jams etc should be stored in north – east direction of house.

Mindset While Preparing Ayurvedic Remedies

The positive energy is contagious. Spiritual masters of India are very conscious about taking food from right people. They either cook themselves or take food from people who are spiritual. This is because the mindset while cooking affects the nature of the final product.

Healing is one of the noblest professions in the world. So, while preparing the remedies, try to have a positive mindset and if you believe in God, pray that the remedy be really useful to the needy.

3. What Is Ayurvedic Medicine?



Ayurveda, as a system of healthcare is gaining popularity worldwide. But many are yet to know the origin and meaning of Ayurvedic medicines.

Ayurvedic medicine is the product derived from herbal, animal or mineral origin which is targeted to treat disease/s based on traditional yet scientific principles of Ayurveda. Ayurveda medicines are grouped into two categories.

1. **Traditional Ayurvedic Medicine** – These are the products that are manufactured based on Ayurvedic textual reference.

Ayurveda, Indian traditional system of medicine, is based on traditional scientific belief, that is recorded in ancient Ayurvedic text books like Charaka Samhita, Sushruta Samhita, Ashtanga Hrudaya etc. The products manufactured based on the formulas of these ancient text books are traditional Ayurvedic medicine. Eg: Triphala choorna, chyawanprash, Brahma Rasayana etc.

It is a matter of wonder that the formulas that are explained thousands of years ago are still effective in the present times.

2. **Proprietary Ayurvedic Medicine** – These are the products that are manufactured based on a company's experience and experiments. Based on medical experiments and therapeutic properties of different herbs, an herbal combination is planned and formulated into a medicine. This medicine is subjected to experimental and clinical trial and license is obtained for manufacturing. Such medicines are called as proprietary Ayurvedic medicine.

Example – Kayam churna, Danta Kanti toothpaste.

Traditional Ayurvedic medicines are in the form of –

- Herbal powders – Choorna – like Triphala choorna
- Simple juice extract – Swarasa – like Tulasi swarasa
- Simple paste form – Kalka – Neem paste
- Water decoction – Kwatha/Kashaya – Dashamoola kashaya
- Herbal oils, Herbal ghee, Tablets, Guggulu tablets, etc
- Asava and Arishta – alcohol based preparations.

Proprietary Ayurvedic medicines are also available in ancient dosage forms like tablets. But some advanced dosage forms like capsules, soft gel capsules, syrups, herbal creams, ointments, oral mouthwash, etc.

4. 7 Things You Should Know Before Taking Ayurvedic Medicine



If your Ayurvedic doctor has prescribed you any Ayurvedic medicine, it is better if you know following facts, pre-hand.

These are based on Ayurvedic textual reference blended with my own experience in Ayurvedic clinical practice.

1. If not specified by the doctor, the usual time to take kashayam is before food or on empty stomach.
2. If not specified by the doctor, the usual time to take Asavas and Arishtas is after food. This is because most of these medicines contain spices.
3. If not specified by the doctor, the usual time to take Guggulu tablets, is after food.
4. Time to take Chyawanprash is in the morning, before/after food, with half a glass of milk.
5. Jar containing Churnam (herbal powders), opened once, should be completed (or discarded) within 6 months.
6. Jar containing Ayurvedic tablets should be completed (or discarded) within 1 year.

7. If you have purchased any kashaya, it is always better to shake it well, before it is consumed. Most of the Kashayas come in concentrated form. Usually, you need to dilute the Kashaya with equal quantity of water, just before taking it.

5. How to Understand and Master Ayurvedic Medicines Easily



For Ayurvedic students, understanding and mastering the Ayurvedic medicines, the formula, ingredients, proportion, dosage form, dose and indication is very crucial. Ayurveda students have to master Ayurvedic medicines not only to get good marks in exams but also to excel as physicians.

Here are a few guidelines about mastering Ayurvedic medicines

1. Get to understand the dosage forms chronology first.

A. First, learn about the basics of primary dosage forms

- a. Herbal Juice Extracts – Swarasa** – Take the fresh herb, crush to extract fresh juice. Filter. Eg: Tulsi juice for cough, fever
- b. Herbal Pastes (Kalka)** – Take fresh herbs, crush, grind, make paste use. Eg: Neem paste for external application to heal wounds faster.
- c. Herbal Decoction – Kashaya** – dry herb coarse powder – 1 part add with 16 parts of water. Boil and reduce to 1/4 or 1/8 parts. Filter. Eg: Triphala Kashaya for wound healing, obesity, diabetes.
- d. Cold Infusions – Hima** – One part of coarse powder of dry herbs + 6 parts of water. Keep overnight or for a few hours. Filter

and use. Eg: Coriander cold infusion for burning sensation associated with fever.

e. Hot Infusions – Phanta – one part of coarse powder + 4 parts of hot water, macerate, filter. Eg: Licorice hot infusion used in Vamana Panchakarma procedure.

B. Then learn about secondary dosage forms –

Methods of herbal ghee preparation,

Method of herbal oil preparation,

Method of Asava Arishta preparation and their utility,

Method of tablet making, guggulu tablet making, herbal churnas etc.

If the formula is short, better to memorize the original Shloka. The advantage here is, in one short Shloka, you can memorize ingredients, their proportions, indications and Anupana, if any. For example – Triphala Guggulu.

If the formula is long, you may have to make a mnemonic (short code) to remember the ingredients. For example, Talisadi Churna – Ta, Ma, Shum, Pi, Vam, E, Tva Sha – 1, 2, 3, 4, 5, 1/2, 1/2, 32. This will give all the ingredients and their proportion in one shot.

I had prepared such mnemonics for many formulations.

If the formula is very long, – For example Chyawanprash, Dashamoolarishta etc.

- a. You will have to understand and be perfect with the method of preparation.
- b. You will have to memorize – few important ingredients and group of ingredients – such as Dashamoola, Trikatu, Triphala etc.

Tips

1. Make the list of important formulations and go through them every day. It may take just 10–15 minutes to go through them in one shot. But the effort will be rewarded.
2. Come up with your own mnemonics for tough formulations.
3. Learn the herbs, their properties, taste, qualities etc in deep. This will help you understand the formulations better. This will be key to understand the logic behind proprietary medicines that Ayurveda Pharma companies manufacture.

6. Why So Many Dosage Forms in Ayurveda? Six Scientific Criteria



Ayurveda pharmaceuticals explains a variety of dosage forms. Dosage form means, form of medicine. Example – Kashayam, Asava, Arishta, Vati (tablets), Avaleha (herbal jams) etc. This discussion helps to know why so many dosage forms are explained in Ayurveda, whether all of these are necessary in today's world etc.

Dosage form is termed as Kalpana in Ayurvedic pharmaceuticals. Kalpana refers to various kinds of preparations, prepared based on necessity of the chemical constituents, required for the particular purpose.

Depending upon the sequence or depending upon the step or depending upon the special pharmaceutical process, i.e. Samskara, what kind of chemical constituents are required in a particular medium, accordingly we are preparing specific pharmaceutical preparations, like

Swarasa – fresh juice extract

Kalka – medicated paste,

Kwatha – decoctions,

Hima – cold infusions, (Example: Coriander infusion)

Phanta – hot infusions,

and their derived dosage forms like Taila (herbal oil), Ghrita (medicated ghee), Asava and Arishta (naturally fermented alcoholic preparations like Dasamolarishtam), Avaleha (herbal jams), Churna (powders), Kshara, Lavana, etc so many preparations are there.

Based on Requirement of Particular Chemical Constituents

If water extracts are needed in a disease, then usually, Kashaya is preferred. Example: Triphala Kashayam

If fat soluble principles of herbs are needed, then Taila/Ghrita dosage form is preferred.

If volatile oils are to be used, then Churna/Hima (cold infusions) dosage forms are preferred.

In primordial text like Charaka Samhita, more than 160 such dosage forms are mentioned. While explaining the utility of each and every formulation,

Choice of Dosage Form Based on Patient's Comfort –

Acharya Charaka rightfully says every individual has particular choices. Depending on the particular like and dislike of the patient, we should choose appropriate dosage forms. If a person who does not like Swarasa (fresh juice), we should not compel him to take Swarasa, because psychological factors do impact on the efficacy of the medicine. Because, swarasa will be usually bitter and pungent in taste and patient may not like it to have.

Choice Based on Patient's Disease –

Another difficulty is, for a patient of diabetes, we cannot administer Asava and Arishta in large doses, or for long period of time, because these dosage forms have sugar content. In such a condition, Kashaya or tablet etc can be chosen.

Choice Based on Stage of Disease –

In a patient, the choice of dosage form can be made by looking whether the disease is new or old.

In acute conditions, it is not suitable to administer any kind of oleaginous dosage forms like Ghrita, Taila or Avaleha. Whereas in chronic conditions, administration of basic dosage forms like Swarasa or Kalka might not be very helpful.

In chronic conditions, we should choose Asava, Arishta dosage forms/Lehya preparations (like Ajamamsa Rasayanam) or ghrita, taila (for oral administration), etc.

The reason for this is digestion strength.

Ayurveda sees digestive strength as a primary consideration point. When the digestive strength is low in early stages of disease, patient may not be able to digest heavier dosage forms like Avaleha or ghrita. If these dosage forms are administered in a newer disease, a condition called as **Aushadha Ajirna** may occur. Here, medicine itself causes indigestion. This may lead to further increase in morbidity (Dosha worsening) and disease may become more difficult to cure.

In initial stages of disease, usually Kashayam (herbal decoction) is preferred. Kashaya by nature, has capacity to digest. They innately have digestive and carminative quality. (Deepana and Pachana quality).

But natural Deepana and Pachana effect will not be there in Taila, Ghrita etc.

Based on Digestion Strength

When the patient already has digestive capacity, unnecessary adoption of Asava and Arishta dosage forms may be harmful because, it may damage the tissues.

This is why, even in Panchakarma procedure, before administering Snehakarma (high amounts of ghee), first, Deepana and Pachana treatment is done to improve Agni (Digestion power) in the patient. Hence it is told,

Before administration of Panchakarma detox procedures like Vamana (emesis), Virechana (purgation treatment), Nasya (nasal drop treatment),

enema therapies etc, first of all, below two procedures are administered.

Deepana (improving digestion strength) and Pachana (digesting the remnant Ama in the stomach).

Then the Dosha is brought to Koshta (Gastro intestinal tract) by Snehana (oleation) and Swedana (sweating treatment) and is eliminated out either through oral route for Kapha (because stomach is the site of Kapha) or through anal route (as intestines are site for Pitta and Vata Doshas).

Based on Dosha Dominance

Whenever Kapha is dominant, we usually prefer herbal powders.

Whenever Vata Dosha is dominant, we should prefer herbal oils and ghees.

Whenever Pitta is dominant, we can opt for Hima Kalpana (cold infusion) or Phanta Kalpana (hot infusion).

7. Which Ayurvedic Medicine Form Is Very Effective?



The traditional Ayurvedic doctors use Kashayams quite frequently in their practice. Because, it is believed that – *Rogaha sarve api mandagnau* – All diseases are caused due to indigestion/lessened digestive capacity. It means, while treating the disease, we need to give priority for digestion and carminative properties (Deepana and Pachana).

First, we need to empower the patient by improving the digestion power. For improving digestion strength, decoctions (Kashayams) are very useful. Even a coolant herb, when administered in the form of Kashayam, gains hot potency.

For example: Chandanadi kashaya – Sandalwood has coolant property, when it is formulated in Kashayam form, it gains digestive and carminative effect. Whereas, sandalwood does not have carminative effect by itself. This effect cannot be expected, if herbal ghee or herbal jam is made out of sandalwood.

For this reason Kashayam is the preferred dosage form. It may be fever, arthritis, Vata disorders (neuro – muscular disorders), even in bilious conditions (Pitta disorders) or Kapha disorders, first preference is given to Kashayams.

If a person is not willing to take Kashayam, then next preferred dosage form is Phanta (hot infusions).

Nowadays, transportation, patient's convenience, better taste preference etc are given much importance. Hence, tablets and capsules are becoming increasingly popular among Ayurvedic physicians and patients.

It is also seen that, due to good taste, swift therapeutic action, long dosage form, Asava and Arishta preparations (like Vidangarishta, Panchasav) are widely prescribed.

Nowadays, due to increase health awareness in the public, Avalehas – herbal jams like Chyawanaprash, Brahma Rasayana, Kooshmanda Rasayana are also quite commonly used.

Overall, based on efficacy and utility criteria, Kashayam dosage form is the clear winner.

A Summary of Utility of Different Dosage Forms –

When you need to give coolant effect or when the herb has many volatile principles, go for cold infusion (Hima).

When you need to give moderately coolant effect or when the herb has moderate heat tolerant phyto – chemicals, go for hot infusion (Phanta).

When you seek immediate absorption of herbs which can tolerate heat, go for Kashaya (herbal decoction).

When Kashaya is too strong, go for weaker form of Kashaya (herbal drink – Paneeya) or Yavagu (weak decoction).

When you are targeting respiratory tract and are including some spices, when you want the medicine to start show its action from the level of oral cavity, make them into fine powder and administer with ghee/oil/ honey etc.

When you want advantage of minimal dosage, easy transportation etc, when you are okay if the medicine starts acting at the level of stomach, then go for tablets/capsules.

When you want fat soluble principles in your medicine, go for herbal ghee or herbal oil preparations.

When you want fermented liquids that are strong, go for Asava and Arishta.

When you want water soluble, fat soluble principles, spices, nourishing agents like ghee, sugar, jaggery etc in your medicine, then go for Avaleha – herbal jams.

8. How Natural Herbal Home Remedies Are Useful to You?



Natural herbal home remedies are one of the effective ways to help fight the disease and maintain health. When used with discretion and intelligence, herbal home remedies can even be life – saving. Here is a look at the different ways how natural remedies can be helpful to you.

Benefits of Herbal Remedies –

- 1. In an Illness**, when consulting a doctor is delayed, then use of herbal remedies is the best way to keep the symptoms under control.
- 2. Along with Medicine** – In some illnesses, herbal remedies help to cure the disease along with medicines. But here, special care should be taken while choosing the herbal remedy because a few herbs react with certain allopathic medicines.
- 3. After Recovery from Illness** – Some diseases leave you tired and debilitated. Herbal remedies help you to regain health, strength, digestion capacity, restoration/correction of functionality of organs affected.
- 4. Chronic Illnesses** – For diseases requiring treatment for long time, herbal remedies helps in many ways.
 - Home remedies help to keep the symptoms of the diseases under control. Eg: Home remedies for ulcerative colitis help to keep the

bleeding with defecation under check.

- Home remedies help to relieve the side effects of the allopathic medicines.
- To restore strength.

5. In healthy person,

- Herbal remedies are helpful to negotiate health effects of seasonal change on health.
- Home remedies help in proper growth and normal functioning of body organs and systems. Eg: Ashwagandha ghee home remedy to promote growth.
- Home remedies help to relieve minor health complaints such as constipation, acne, common cold, minor wound etc. Eg: Ginger powder with honey for common cold.
- Home remedies help to improve immune system. Eg: Guduchi kashaya remedy used in children help to improve immune system.

Overall, use of natural remedies is a great way to maintain good health. But choice of the remedy should be made with special care and knowledge. It is always better to seek expert advice while choosing a home remedy for you.

9. Herbal Home Remedies – Precautions to Consider



Herbs have natural chemicals that possess qualities that benefit our health or help to cure diseases. While it is fun and exciting to choose and use herbal home remedies, few precautions are necessary.

1. Do Not Use Home Remedies as Substitute for Regular Medicine

It is better not to replace regular medicines with home remedies. In case of herbal remedies, fixing the dosage, quantifying the efficacy is relatively difficult.

2. Be Careful While Trying Multiple Herbal Remedies

Two herbs or herbal combinations may react with each other to exhibit mutually promoting or opposing health effects. Hence special care needs to be taken.

3. Consult an Herbalist

We are never the best judge for our own health. I myself consult my colleagues for my health conditions. Hence it is always better to consult an herbal specialist. An herbal doctor herbalist will be having the knowledge regarding –

- Active components and mode of action of herbs/herbal combinations.
- Probable reactions and side effects of natural remedies.

- Probable interaction of herbal remedies with allopathic medicines.
- Suitability of herbal remedies as per age, health condition, body constitution and disease.

4. Reveal About Home Remedies to Your Allopathic Doctor

It helps the doctor to make the right choice of medicines with right dose. Some herbs react with allopathic medicines, either positively or negatively.

5. Do a Research Yourself

After your herbal expert has suggested herbs for you, do a research and get to know more about those herbal remedies. Feel free to discuss your doubts with the herbal doctor. A genuine Ayurveda expert will always be open to answer your questions.

6. Take Herbal Remedies in a Proper Manner

- Taking herbal medicines before food will have different effect on the body when compared to taking them after food.
- Taking herbal remedies with cold water will have different effect on the body when compared to taking them with hot water.
- Eating fruits before or after herbal remedies will have different effect when compared to having meals before or after herbs.
- Taking Ayurvedic remedies in the morning will have a different effect on health when compared to taking them in evening.
- Same herb can exhibit different actions on different persons and in different health conditions.

10. How to Make a Remedy with Any Ayurvedic Herb?



- If you go through any herb explanation, you will find that each herb is given a set of qualities and a set of disease indications. But a common man can be perplexed how to use that herb in those diseases.
- For example, Ashwagandha root is told to have pungent, bitter and astringent tastes, unctuousness, lightness qualities, it is hot in potency and it balances all the three Doshas, especially Kapha and Vata Dosha. It is used in stress, anxiety, sleep problems, hypertension etc.

But, how to use Ashwagandha? In which form?

- If you know few basic principles about Ayurvedic dosage forms and Tridosha Principles, you can make your own recipes out of that herb for different diseases.

Here are those principles

Powder – If the herb is palatable and not very spicy, most of the herbs can be used in the form of fine powder. Usual dose for most of the Ayurvedic herbs is 1–3 grams per single dose.

An herb **cannot** be used in the form of fine powder if it is too pungent, spicy, strong and penetrating.

Too bitter or astringent that it causes vomiting does not fit the disease.

For example, sugar candy and jaggery cannot be used in diabetic patients, as it is high in sugar content.

Salt cannot be used in hypertensive patient.

Herbal Pastes –

Paste is usually made out of fresh and juicy herbs. It is used internally or externally on wounds (Eg: neem paste). The rules to use paste internally are similar to those for herbal powders, mentioned above.

Dose is usually 1–10 grams.

Juice Extract –

Like pastes, juice is extracted out of fresh and juicy herbs. Eg: Tulsi – holy basil juice extract in cough and fever.

Rules are very much similar.

Dose is up to 25 ml per day in divided doses.

Cold Infusion –

Cold infusion is prepared by adding 1 part of coarse herb with 6 parts of water, kept overnight or for many hours, filtered and used.

Cold infusion is prepared with herbs with very high volatile compounds such as clove. It is prepared with other non volatile herbs, in high Pitta conditions, associated with high burning sensation. The cold water helps to calm down Pitta. For example, coriander seed cold infusion is administered along with sugar candy to bring down burning sensation in case of fever.

Dose is 48 ml in single or divided doses.

Hot Infusion –

Hot infusion is prepared by soaking 1 part of coarse powder of herb with 4 parts of **hot water** for a few hours, squeezed and filtered. The liquid is used. It is useful for herbs with moderately heat sensitive components.

Dose is 48 ml in single or divided doses.

Tablet/Capsule –

In Ayurvedic method, herbal powder is moulded into the form of tablet/capsule by adding excipients. It is useful when the herbs are very spicy, strong, bitter etc. Because they are swallowed, taste will not be a concern.

Kashaya – Herbal Decoction –

It is prepared by adding 1 part of herb with 16 parts of water, boiled and reduced to 1/4th. Most of the Ayurvedic herbs can be consumed this way, excluding herbs with very high volatile compounds such as clove.

Keep in mind that Kashayas are stronger than cold or hot infusions. If the patient is weaker, then hot infusion is preferred to Kashaya.

Dose is 50 ml in divided doses.

Syrups –

Syrups can be prepared by making Kashaya then adding sugar and re-boiling. Boiling can be continued till the sugar content is 66.66%. At this concentration, sugar itself acts as preservative.

Ksheerapaka – Milk Processed Herbs –

1 part of herb is added with 8 parts of milk and 32 parts of water, boiled till only the milk remains. Filtered and used. This is useful when the herb is very strong and you want to reduce the strength and hotness of the herb Eg: Long Pepper Ksheerapaka for improving liver health.

It is also used when you want to add milk's nourishing value into the formulation. Eg: Ashwagandha ksheerapaka for energy.

Dose is 50 ml in single or divided doses.

Avaleha – Herbal Jam –

Usually herbal jams have 4 components –

1. A paste – a fruit like Amla (Indian gooseberry) pulp or paste like Ashwagndha or raisin paste is fried in ghee or oil is used.
2. Herbal decoction – Kashaya with certain herbs.
3. Sugar candy or sugar or jaggery.
4. Spice powder also called Prakshepa.

The paste fried in ghee or oil is mixed with filtered decoction and sugar. These three are boiled together to semi solid consistency. Allowed to cool down, then spice powder mix and if needed honey is added to it after the mass cools down. Eg: Chyawanprash.

Dose is 10 grams in single or divided doses.

Usually herbal jams are preferred in Chronic patients with energy loss such as tuberculosis, Respiratory tract conditions such as Agastya Rasayana.

Herbal Ghee –

They are called Ghritha. 1 part of herb is added with 4 parts of ghee and 16 parts of water or decoction or any liquid and boiled together till ghee remains. The product contains water soluble and fat soluble components of herbs.

Whenever Vata and Pitta dosha are to be targeted, the product needs to be more nutritious, brain and mental health are targeted, herbal ghees are used.

Dose is 10 grams in single or divided doses.

Taila – Herbal Oils –

They are prepared similar to herbal ghees. They are used orally in neurological conditions, muscle, joint disorders etc. They are used both externally and orally.

Asava Arishta –

These are fermented liquids prepared with decoction of herbs, water, sugar, spices and a fermentating agent such as yeast or herbs like *Madhuca longifolia* or *Woodfordia fruticosa*.

Dose is 50 ml in single or divided doses.

Suitable Co Drinks for Medicines –

In case of Vata dominance, sesame oil

In Pitta increased conditions, ghee

In Kapha conditions, honey is advised as co drink along with the above remedies.

Timing of Medicine

Depends on many factors such as Dosha, ingredients of medicine etc.

Two common timings are before and after food. Before food is used when the patient strength is high and medicines do not contain too many spices.

After food is useful when the patient is weak and cannot tolerate strong medicines.

Overall, master the techniques of preparing herbal decoction, cold, hot infusions, herbal powder, ghee and herbal jams. With this, though the range looks limited, you can prepare and use 99% of the herbs in medicine form.

11. Swarasa – Fresh Juice Extracts of Herbs

By Dr. B.K. Prashanth M.D. (Ayu), Ph.D



The word Swarasa denotes fresh extract of the herb, in liquid form. It can be from any part of the plant like fruit, leaf, flower, roots etc. Master Charaka has said that, juice extracted from any part of the plant using any mechanical force is called Swarasa. (Charaka Samhita Sutrasthana 4/7)

Master Charaka has told that the juice of a plant can be obtained by cutting or tapping the root of a big tree and collecting the liquid oozing out of it.

There are five basic dosage forms as per Ayurveda.

Swarasa (juice)

Kalka (paste)

Kwatha (decoction)

Hima (cold infusion)

Phanta (hot infusion)

Swarasa is considered as the most guru (heavy) for digestion among these five dosage forms.

Master Sharangadhara has explained 4 different methods of juice extraction.

1st Method of Making Swarasa

Fresh part of the plant, devoid of any disease, infestation is collected.

It is crushed using mechanical force like pestle and mortar or the juicer of present day.

The extracted juice is filtered using a clean cloth or sieve. Example: juice from tulasi (Holy Basil, fresh ginger juice etc. Sharangdhara Samhita Madhyama Khanda, 1/2.

Juice is extracted from the plants on the same day of their collection. Juice can be extracted by pounding, grinding, filtering with force with a clean cloth.

2nd Method of Swarasa Preparation

If the plant is soft and dry, then it should be crushed and soaked in twice the amount of water overnight. Next morning the plant is macerated and filtered using a cloth. Example – extract of coriander seeds. Sharangdhara Samhita Madhyama Khanda, 1/3.

3rd Method of Juice Extraction

In case of a dry part of the plant where extracting the fresh juice is difficult, the plant is crushed and added with 8 parts of water. Then the mixture is taken in a vessel, boiled and reduced to 1/4th of the original quantity and filtered using a cloth. Example – extract from Ashoka bark (Saraca asoca Roxb.) Sharangdhara, Madhyamakhandha, 1/4.

4th Method: Putapaka Method

The method is followed where the herb being fresh in nature, extracting the fresh juice in large quantity is difficult. The herb is cut into small pieces and covered with big leaves of trees like banyan tree or palasha (Butea monosperma Lin.).

The logic behind this is, the leaves should sustain heat for duration of time without burning the herb inside. The leaves are tied with a thread and covered with a thick layer of clean mud. This is made into bolus shape. After drying

this under sunlight completely, it is subjected to mild fire from all the sides till the ball turns to red hot. Then the bolus is left for cooling. Later the herb is collected from inside the bolus after breaking it open and the juice is extracted by pressing.

Putapaka Method in Short –

The herb → cut into small pieces → covered with a big leaves of trees like palasha/banyan → rolled into a ball, tied with threads, wrapped with mud layer (Multani mitti smeared on cloth) → Dry → burn → take out the herbs → squeeze → juice extract.

Dose

24 ml of juice which are extracted by the 1st and 2nd method as they are guru (heavy) for digestion.

48 ml of juice which are extracted using heat. (3rd and 4th method) as they undergo digestion easily.

Prakshepa – Extra Ingredients Added for Enhanced Benefits

Based on requirement, to the Swarasa, honey, white Jaggery, Kshara, cumin seed powder, black salt, ghee, oil or herbal powders can be added in a dose of **6 grams**.

Example of Putapaka Swarasa – Vasa (Adhatoda vasica)

The Putapaka Swarasa extracted from Vasa – Adhatoda vasica, is administered along with honey, is useful in the treatment of

Raktapitta – bleeding disorders

Kasa – cough, cold

Jwara – fever

Kshaya – emaciation, depletion of body tissues

Analysis of Different Methods of Swarasa Preparation

By using the 1st method, the active principles can be obtained by extracting the juice of the plant. But in plants which are soft, the 2nd method is followed. Here, by soaking the plant in water overnight, the active ingredients which are in the part of the plant gets soaked in water. The next morning when the plant is macerated, the principle is released due to the mechanical force.

In dry herbs, since the above 2 methods are not sufficient to extract the principles, the 3rd method is followed. By boiling the part of the plant in water, it is exposed to a quantum of heat for a sufficient time, due to which the active principles are released into the water when the water is reduced. But precaution should be taken that plants having volatile principles are not subjected to this method as exposure to the heat may destroy the principles present.

Examples – clove buds should not be subjected for this method to extract active principles.

The 4th method is adopted when sufficient quantity of fresh juice cannot be extracted by mechanical force from a fresh plant. By putapaka method the plant becomes soft after exposure to heat and extracting the juice is comparatively easier.

The above methods give a clear indication that the word swarasa is not only fresh juice of a plant but also the extraction of the active principles into liquid media like water.

Uses of Swarasa: Swarasa is used for many purposes in the field of Ayurveda. Depending upon the herb from which it is prepared, based upon the disease in which it is given, based upon the preparation of a medicine like tablet etc the uses varies.

- As medicine. Example – Tulasi swarasa (juice of leaves of Holy Basil – Tulsi).

- As bhavana dravya. (Medium of binding agent or grinding and enhancing the property of the formulation). Example – during preparation of chitrakadi tablet, pomegranate fruit juice is used for grinding the herbal powders.
- As co-drink. Example – fresh ginger juice is advised as a co drink with a fever tablet called Tribhuvana keerti rasa.

The Shelf Life of Swarasa: 4–6 hours.

12. Amla Juice Benefits, How to Make? Self Made or Market? Side Effects



Amla – Indian gooseberry can be consumed in many ways. Amla juice is one of the easiest ways to consume it. There are many market available readymade juices but you can prepare it by yourself as well.

How to Prepare Amla Juice Easily from Fresh Amla

1. Amla fruit
2. Dry Coconut scraper or just a knife to cut amla into small pieces
3. Mortar and pestle or a simple crusher
4. Tea filter
5. Tablespoon

Steps Involved:

Take one fresh Awla fruit. Wash in water.

Grate it (or scrape it) as you would grate dry coconut using coconut scraper.

This will give you coarse powder of fresh amla fruit.

If you do not have coconut scraper, you can cut amla fruit using a knife into very small pieces.

Take amla coarse powder in mortar and crush it with pestle. To crush it further. This makes the juice extraction a lot easier.

Take these crushed small pieces of amla in the tea filter.

Press it very hard using the big spoon.

The amla juice will be collected at the bottom of vessel.

You can press the amla powder for 4–5 times to extract maximum juice out of it.

When you taste the leftover amla powder after pressing, you can observe that it has lost its original taste. This indicates that the crushing and pressing of amla fruit is done well.

It indicates that most of the nutrients of amla are transferred into the juice.

One 15 grams fruit of amla may yield 10–15 ml of amla juice.

What if fresh amla fruit is not available?

As per traditional Ayurvedic reference mentioned in Madhyama Khanda Section, Swarasa chapter of Sharangdhara Samhita, below mentioned herbal tea method can be followed to extract juice, when fresh herb is not available.

One teaspoon (5 grams) of dried amla powder is added with half a cup (100 ml) of water. This is boiled in mild fire and reduced to quarter a cup. Filtered.

Dose of Amla Juice

If prepared from fresh fruit, 10–15 ml, once a day.

If prepared from dry powder herbal tea method, then quarter a cup or 50 ml per day.

Market available amla juice 10–15 ml, mixed with double quantity of water, once a day before or after food.

Amla – Medicinal Qualities

Qualities – heavy, coolant.

Taste – Has five tastes. – sour, sweet, bitter, astringent and pungent (all the five tastes, excluding salt). Sour is the dominant taste.

Vipaka (taste conversion after digestion): Sweet

Veerya (potency): Cold.

Effect on Tridosha: It balances all the three Doshas.

Benefits of Amla Juice

It carries all the benefits of Amla fruit.

By the virtue of the sourness it addresses the increased vata and by the virtue of the cold potency and sweetish taste it appeases the aggravated pitta.

The aggravated kapha gets addressed by the qualities of dryness and astringent taste.

Gooseberry fruits are beneficial in patients with urinary ailments like dysuria, urinary tract disorders.

It relieves the constipated bowels when taken regularly. The gooseberries act as a tonic in maintaining the vision, physical strength, complexion of skin, and eroticism.

It is one of the intelligence promoter widely used in the form of anti ageing treatment.

The fresh and raw juice fruits of Amalaki are cold in potency, tastier to drink, sweetish in taste, alleviates kapha Dosha, reduces fever and burning sensation. It promotes the virility and increases the lifespan of the individual when taken in the prescribed format of dosages and rasayana therapy modality.

Side Effects of Amla Juice

In some people, it may cause or worsen dry skin problem and dryness of mouth.

It may worsen cold, cough/asthma in some patients. They can add 1–2 grams of ginger/pepper powder to the juice.

It is safe to take self made amla juice during pregnancy, lactation and in children.

Seek your doctor's advice, for its usage during pregnancy and lactation, if you are using market available product (contains preservatives).

Shelf Life of Amla Juice

Readymade market amla juice such as Patanjali can be stored up to 1 year from the date of manufacturing.

The Amla juice prepared at home needs to be consumed within 6–8 hours of time.

If kept in refrigerator (not generally recommended), it can be stored for 1–2 days time.

Market Available Amla Juice

One major disadvantage with market available amla juice is the addition of preservatives.

All readymade amla juice products contain preservatives.

Usually Amla juice is consumed for many months. So, this poses a minor side effect threat of preservatives on health.

Many Amla juice sold in the market contains Citric Acid, Sodium Benzoate, Potassium sorbate and flavours.

Almost all others contain similar excipients.

Amla Juice Combination with Other Herbs

Patanjali Giloy Amla juice – prepared with Guduchi – *Tinospora cordifolia* – is useful in fever, to improve immunity.

Karela Amla juice – prepared with karela – bitter gourd – useful in diabetes.

Dose of Readymade Market Available Amla Juice

5–15 ml, mixed with 10–20 ml of water, once a day.

Some companies may suggest a higher dose than this, but I would not recommend a higher dose than the 5–15 ml per day, considering the higher concentration of market juice.

How Long Amla Juice Can Be Taken?

If you are preparing amla juice on your own and if you have not come across any side effects, then amla juice is safe to continue for many months.

If you are using market amla juice, better to take it for 2 months, then give a month gap and then again continue for 2 months and so on.

Amla Juice in Other Remedies

It is used as ingredient in many remedies such as **for urinary tract disorders**.

Amla juice – 10 ml + 1 pinch of turmeric + 1 pinch of ginger powder is useful in treating cold, cough and allergy.

Amalaki Juice for Vata Dosha Reduction

Amla juice, having sweet and sour taste can reduce Vata Dosha. To make it more effective, a tablespoon of its juice can be added with a teaspoon of jaggery. Mixed well and consumed.

A tablespoon of Amla juice mixed with 2 grams of Ashwagandha powder is also effective in balancing Vata Dosha.

This combination is useful to strengthen and rejuvenate bones, muscles and joints.

13. Ayurvedic Herbal Pastes

– Kalka Uses, Preparation, Examples



Herbal pastes are called Kalka in Ayurveda. Kalka is one among the five basic dosage forms. The other four are – juice extract, decoction, cold and hot infusions. In Ayurveda, herbal pastes are used both for internal and external use.

Definition of Kalka

Bolus or paste prepared from fresh herbs, which has some liquidity in it, is considered as Kalka.

The wet or dry herb is ground as it is or by adding water, it can be added with other adjuvant and administered.

So, Kalka can be prepared either with fresh herbs or with dry herbs.

Dose – 1 karsha = 12 grams once or twice per day.

Adjuvants – Prakshepa for Herbal Pastes

- Honey, ghee, sesame oil – if at all is indicated along with any kalka, it should be mixed in double quantity to that of Kalka.
- Eg: 5 grams of neem paste, administered along with 10 grams of ghee.
- Sugar candy or jaggery – is mixed in equal quantities.

- Any liquid (kashaya, juice extract etc) is added 4 times the dose of kalka.

Examples of Herbal Pastes

Neem Paste:

It is applied externally to cleanse and heal wound faster.

It is administered internally in a dose of 5–10 grams per day to treat vomiting, skin disorders, intestinal parasites and Pitta and Kapha disorders.

Garlic Paste

De-skinned garlic pearls are made into paste, administered along with sesame oil. It is administered in Vata disorders and in Vishama Jwara – Recurrent fever.

Ginger – Sesame – Jaggery Paste

Paste made of ginger, sesame seed and jaggery is administered along with cow milk to treat peptic ulcers and rheumatoid arthritis.

Different Uses of Kalka

For external application and oral administration.

For application over oral ulcers.

Used as mild suppositories.

Applied over wounds.

Used in the preparation of herbal ghees, herbal oils, herbal decoctions (called Pramathya), etc.

14. Aloe Vera Pulp Exudate Remedy for Improving Skin Glow

By Dr. M.S. Krishnamurthy MD (Ayu) Ph.D.



Most of the people know and use Aloe vera pulp as a fresh moisturizer and skin softener. Also few believe regarding its glow enhancing effect.

How to Get the Exudates?

You can use aloe vera pulp directly for this remedy. But if you have only one or two plants of aloe vera at home, then you cannot use the pulp on daily basis, as it will last for only a few days.

Hence, it is ideal to get the pulp exudate from aloe vera leaves. This way, the plant is preserved for longer period of time.

Here is a simple technique to obtain the exudates –

Utensils required – a sharp blade/knife

Spoon or sharp edged steel plate \ Ingredients – Triphala powder (2–3 grams)

Method

A gentle incision is made over the leaf, when the live plant is intact with soil (no necessary to separate the leaf from plant or to cut the plant).

Over the incised area one or two pinch of Triphala powder is sprinkled. After 10–15 minutes, yellow colored exudate oozes out of this incised portion of the leaf. This is collected with the help of a spoon or steel plate.

Alternatively, you can directly use aloe vera pulp for this remedy.

How to Use It?

This fine exudate is applied over the face or acne scars, dark spots, black heads, regularly. If the pus is found over the lesions like infected acne, 1 gram of turmeric powder or neem powder can be mixed to the exudate and is applied.

How Often It Has to Be Applied?

Preferably 3–5 times in a day.

How Long It Can Be Practiced?

Expected results can be observed if this is practiced daily for 15–21 days.

Instead of going for a synthetic (chemical), costly cosmetics the above said kitchen remedy may be more safe, effective and cheaper.

15. Jaggery – Ginger Home Remedies for Inflammation



Inflammation is a complex body reaction by vascular tissues, involving blood and blood vessels (artery and veins).

The reaction may be

- Against micro organisms, as in case of an infection, or
- As a response to injury, as in case of an accident, resulting in knee joint swelling and pain
- Degeneration of body tissues – as in case of old age, leading to knee joint ligament degeneration resulting in Arthritis

1. Home Remedy for Inflammation Using Ginger Juice and Jaggery

Take around 10 grams of fresh ginger. Extract juice from it.

You will get 3–4 ml of ginger juice.

This ginger juice – 3–4 ml along with 3–4 grams of jaggery once or two times a day after food is useful in inflammation and to relieve swelling and pain.

Traditionally, this home remedy is administered along with half a cup of goat milk for better results.

2. Home Remedy Using Pastes of Ginger and Jaggery

Take 3 grams of fresh ginger make it a paste.

Take 3 grams of jaggery, add it to ginger paste and mix well.

Make a homogeneous paste of ginger and jaggery.

This paste in a dose of 2–3 grams once or twice a day after food is given in patients with inflammation.

This combination is traditionally known as Gulardrakam. Guda means jaggery, Ardraka means fresh ginger.

Is It Safe in Pregnancy, Lactation and Children?

Both ginger and jaggery are quite commonly used as a part of diet before and after delivery and in children. Hence, it can be said that it is safe for all.

Side Effects

In some ginger may cause slight burning sensation. But jaggery subsides such side effect.

Jaggery is not indicated in diabetics, so also this natural remedy.

How Long This Remedy Can Be Tried?

It is safe for long term use. It is ideal to follow this remedy for 4–6 weeks.

16. Kashayam (Kwath) – Herbal Teas Preparation, Benefits, Usage



Kashayam is a famous and widely used dosage form of Ayurveda. The word Kashayam refers to water decoction or water extract of herb(s). Based on the group of herbs used, the products are named like Triphala Kashayam, Sukumaram Kashayam, Varadi kashayam etc.

Synonyms of Kashayam – Kashaya, Kashay, Kwatham, Kwath etc. Sometimes, the word Kada is also used to describe Kashayam.

Kashaya, Kashayam, Kashay, Kwatha, Kwatham, Kwath, Kada, Kadha, Niryuha, Shruta

How to Prepare Kashayam?

Dry herbs are taken as per the specific traditional Ayurvedic formula.

The herbs are pounded into the form of coarse powder. Mix well.

Add 8 times of water to the herbs. Allow the herbs to completely get soaked in water for one to two hours.

Start boiling this mixture in a wide mouth container in mild fire.

Keep on stirring the contents with a ladle.

Boil the Kashayam till it reduces to $1/4^{\text{th}}$ or $1/8^{\text{th}}$ or $1/16^{\text{th}}$ to original water quantity.

For example, if you have taken 100 grams of coarse powder of herbs and have added 800 ml of water, you should boil and reduce the kashaya to 200 ml or 100 ml or 50 ml. The concentration of the Kashaya depends on the purpose.

However, 200–300 ml of Kashayam is also acceptable.

Filter the Kashayam across a clean cloth immediately.

Thus prepared Kashayam can be used within 4–5 hours.

This is the method of preparation of kashayam.

Kashaya Formula

Herb – dry – coarse powder

1 part of coarse powder + 16 Parts of water → Boil in mild fire.

Evaporate water by boiling till 1/8th reduction.

Filter.

Use it when fresh.

1 part of herb + 16 parts of water → Boil and reduce to → 1/8th part → Filter.

Eg: 10 grams + 160 ml of water → 20 ml.

Sharangdhara Samhita, Madhyama Khanda 2nd chapter.

References for 1/8th and 1/4th are available.

Eg: 10 grams + 160 ml of water → 40 ml. (1/4th)

Proportion of Water and Reduction Based on Hardness of Herbs

If the herbs are soft, then

1 part herb + 4 part water → boil and reduce to a 1/4

If the herbs are hard, then,

1 part herb + 8 parts water → boil and reduce to 1/4

If it is very hard, then

1 part herb + 16 parts water → boil and reduce to 1/4

How Kashayam Is Effective?

Kashayam contains water soluble active principles of the herbs. Most of the active principles of any herbs are water soluble in nature. Hence kashayam is one of the best ways to enjoy maximum benefits out of herbs.

Water soluble components are readily absorbed from intestines. Hence Kashayam are very swift in action.

The freshly prepared kashayam will have medicinal herbs in active mode and bring about fast action.

How much water to add?

4 times to the weight of herbs, 8 times or 16 times of the weight of the herbs.

How much water to boil and reduce?

The proportion of water boiling and reduction varies. It could be 1/4th, or 1/8th or even 1/16th.

More the reduction, stronger the Kashaya, higher the concentration.

What happens if the above mentioned proportion of herbs, water is not followed?

The above mentioned ratio is specified in Ayurvedic text books. If the proportion is varied, then concentration of Kashayam will also vary.

The other proportions like – herbs:water = 1:4, and 1:16 are also mentioned. But from a practical point of view, one part herb and 8 parts of water looks more appropriate and effective.

Can any herb be made into Kashayam?

There are some herbs which cannot be made into Kashayam. Like clove, eucalyptus etc, which have volatile principles which will evaporate at higher temperatures.

What is the basis for using combination of herbs while making Kashayam?

Usually Kashayam is prepared based on the formula given in Ayurvedic books. They are designed by experts based on mutual compatibility, collective effectiveness over a particular disease, one herb masking the side effect of the other, etc parameters.

Can I make my own combination for my Kashayam?

Seeking expert advice makes better sense when compared to self medication or self trials.

Self medication may lead to serious adverse effects.

Why some Kashayams are advised at 6 am and 6 pm?

Usually Kashayams are administered on empty stomach. This helps in maximum absorption of the water soluble active principles of Kashaya through stomach and intestines. It helps to extract maximum benefit out of Kashaya. However, some kashayams containing ginger, pepper etc spices may be difficult to tolerate for some patients. In such cases, it is advised 10 minutes before or after food.

Rules for Preparing Kashaya

Always use wide mouthed vessel, Iron/steel.

Do not close the lid.

Stir the contents continuously.

Boil in mild fire. (Once after the water starts boiling, continue on ~90 degree Celsius)

Use coarse powder as much as possible.

Use it afresh, in mild hot condition.

In Pitta disorders, cool the Kashaya and administer.

Coarse Powder vs Fine Powder

If coarse powder is used, the filtering of Kashaya at the end, will be lot easier.

If fine powder is used, then the filtering will be difficult, especially when Kashaya is highly concentrated.

In fine powder, filtered Kashaya may contain some precipitates.

Soaking the Herbs in Water

Some people advice to soak the Kashaya herbs over night.

This is a good idea, if Kashaya is made in bulk. This makes the extraction of chemicals from the herb to water medium very easy.

But some herbs such as fresh brahmi, Bhringaraja or Shatavari may get spoilt if soaked over night.

Traditional Dose: 50–100 ml in divided dose per day.

Generally 20–80 ml, in divided dose.

Market available concentrated kashaya – 10–20 ml, mixed with equal part of water, and administered.

Time of Kashaya Administration

Ahara Rasa pake Sanjaate – after the digestion of food.

6 am and 6 pm (empty stomach)

30 minutes before food.

Based on disease, administered even after food.

Additives to Kashaya

Based on the requirement, as per the disease, various additives are added to the herbal tea, just before administration.

If sugar candy/sugar is to be added –

- In Vata Dosha – $1/4^{\text{th}}$ part of Kashaya
- In Pitta Dosha – $1/8$ part of Kashaya
- In Kapha Dosha – $1/16^{\text{th}}$ part of Kashaya

If honey is to be added –

- In Vata Dosha – $1/16^{\text{th}}$ part of Kashaya
- In Pitta Dosha – $1/8$ part of Kashaya
- In Kapha Dosha – $1/4^{\text{th}}$ part of Kashaya

If powders are added –

Cumin, guggulu, Kshara, Salt, Shilajit, Hingu, Trikatu – Ginger, black pepper, long pepper – dose is 3 grams.

If liquids are added –

Such as milk, ghee, jaggery, oil, cow urine etc, dose is 12 grams.

Concentration of Kashaya

More the concentration, higher the effect, lower will be the dose.

Lesser the concentration, lower the effect, higher will be the dose.

Uses of Kashaya

For oral administration

For washing of eyes (Triphala Kashaya)

For dripping or washing wounds (Triphala, Panchavalkala Kashaya)

For gargling – ginger decoction with honey to cleanse throat

For Basti – enema treatment

To prepare herbal ghee & oils, herbal jams, fermented liquid preparations, syrups and tablets.

Preservatives in Market Available Kwath

Most market available kashayas contain preservatives (Sodium benzoate, parabens)

Market Available Kashaya Concentrated

Most market available kashaya are concentrated, to add less preservative.

Always mix equal part of water, just before administration.

Eg: 10 ml, mixed with 10 ml of water.

Shake the kashaya well before mixing with water

Do not heat the market available Kashaya.

Kashayam Tablet/Kwatham Tablet

Kashaya is concentrated further, added with additives, tablets are prepared.

Dose: 2 tablets 2 times a day before food.

It contains lesser amount of preservatives, easier to administer.

Kashaya vs Market Kashaya vs Kashayam Tablet

Self made is better than market available Kashaya.

Kashaya is better than Kashaya tablet. In Kashaya, the medicine is in liquid form so the absorption will happen faster when compared to kashayam tablets. Kashayam tablet are also called Kwatham tablet.

Shelf life Kashayam tablet – 2 years

Kashayam – 3 years

Self made – 6–8 hours

Advantages of Kashaya

Easily digested and absorbed

Readily available for therapeutic action

Very efficacious

Wide variety of herbs for wide variety of diseases

It is useful to prepare secondary dosage forms (such as ghee, oils, Arishta, Syrups etc)

Disadvantages

Bad taste

Higher dose

Difficult to carry and measure dose

Volatile spices such as clove cannot be made into kashayam

Very limited shelf life

Examples for Kashayam –

Dry Ginger decoction: digestion and respiratory problems

Cinnamon, ginger, black pepper, Guduchi – Giloy – Tinospora cordifolia kashaya for fever.

Black pepper Kashaya – detox.

Turmeric, black pepper, ginger, onion, cumin – Hay fever

Kada/Kadha

Kada is the fermented version of Kashaya, meant to increase shelf life.

Kashaya → Add jaggery → add fermenting agent (Dhataki – Woodfordia fruticosa flower) → fermentation, filter.

Eg: Mahamanjishtadi Kada

Kashaya vs Syrup

Syrup can be preserved for long.

Kashaya is more effective.

Syrup – more suitable to improve weight, nourishing Kashaya etc.

Kashaya vs Churna (Herbal Powder)

Kashaya does not contain volatile principles. Churna (herbal powder) contains.

Kashaya is readily absorbed into the body when compared to Churna.

Kashaya is less contaminated than Churna.

Churna has higher shelf life (2–4 months) compared to Kashaya.

17. Kashayam Preparation – Easy Rules to Follow



Kashayam is an Ayurvedic dosage form having water soluble active principles of herb(s). Any kashayam that you prepare at home, the following rules should be followed to ensure maximum efficacy, purity and safety of Kashayam.

Use Wide Mouthed Vessel – Always, while preparing Kashayam, use a wide mouthed vessel. This will help in early and easy evaporation of water and quickens the process of boiling.

Mild Fire – To make kashayam, always use mild heat. Intense heat may cause charring of herbs inside the vessel. During kashaya preparation, active principles of herbs are transferred into the medium of water. This has to happen slowly.

Size of Herbs – The size of herbs should be neither too large nor too fine. Coarse powder of herbs is best to prepare good quality kashayam.

Use Only Dry Herbs – Except for a few herbs, most of the herbs used in preparing Kashayam are used in dry form only.

Do Not Cover with Lid – While making kashayam, the vessel should not be covered with lid. If lid is covered, the boiled water will get condensed and will again fall back into the vessel. We need to boil the herbs in open air.

Continuously Stir and Watch – Throughout the procedure, the herbs coarse powder should be continuously stirred and watched. This will avoid charring of herbal powders.

Proportion of Herb and Water and Reduction – For any kashayam, generally herb is to water ratio is 1:4 or 1:8

The kashayam should be boiled till the total water quantity in the vessel reduces to a 1/4 or 1/8.

Take Care While Filtering – Use a clean cloth to filter kashayam. Filter the kashayam when it is still mild hot.

Use It Before 4 hours – Once prepared Kashayam should be used within 4–5 hours after preparation. If it is kept for too much long time, then it may get spoilt.

Do Not Reheat Kashayam – Once prepared kashayam should not be reheated. This may spoil the active herbal principles in the kashayam.

Do Not Re-Use the Same Herbs, Once Used for Kashayam – The herbs used to prepare Kashayam should be thrown out after preparation. It should not be re-used.

18. 7 Common Mistakes to Avoid with Herbal Tea



Weight loss, cholesterol balance, reduction in asthma, fever, cold attacks are the few major benefits of herbal tea. Avoid these mistakes to enjoy optimal health benefits of green tea.

Herbal Tea – Mistakes to Avoid

1. Adding Milk to Herbal Tea

- a. If your herbal tea is very spicy and you want to give it to children, it makes sense to add a little milk (5–7 teaspoons to a cup) to calm down the extra spice.
- b. If your herbal tea mix contains Tulsi (Holy basil) as an ingredient, then it is best to avoid adding milk. Milk and Holy basil are incompatible with each other. Look in the list of ingredients.
- c. If you are taking herbal tea for reducing weight, then do not add any milk to it. Milk is rich in nutrition. It is administered to gain weight. Hence, it does not serve your purpose of losing weight.

2. Adding Sugar

One of the purpose of herbal tea is to nullify the effects of sugar on your health. Hence it does not make sense to add sugar to it.

Substitutes for Sugar: Honey – not more than a teaspoon is a good choice. Honey helps you to lose weight, so also the herbal tea. So, there

is a good function match. But you cannot add honey to a very hot herbal tea. This is because honey with very hot food stuffs is contra indicated. If you wish to add honey, wait for the herbal tea to cool down a bit. Then add honey and enjoy.

Do not add more than a teaspoon of honey.

If not honey, you can add a little jaggery (Gur, Gud) to it. But excess of jaggery is meant for weight gain. So, honey is better.

3. Re-Heating

If you prepare herbal tea, it is best to consume it when it is freshly made. Do not store it for the later time, re heat and drink it. Re-heating herbal tea is very against to Ayurvedic principles of medicine/food preparation. It burns out all the active ingredients of the herb.

4. Having Too Hot or Cold Tea

If you are of Pitta body type, or Pitta aggravated symptoms like excess burning sensation, excess bleeding, etc, and then allow the tea to cool down to lukewarm before drinking.

If you have Vata or Kapha body type, then you can drink it when it is hot.

5. Closing the Lid of the Vessel While Making Herbal Tea – As Per Ayurveda, the vessel should be open so that water evaporates.

Stirring the ingredients while you are making the herbal tea makes the tea richer with herbal active ingredients.

6. Taking Herbal Tea without Consulting a Health Expert

Lean diabetic patients, people who have recently undergone Panchakarma treatment (within 2 months of time), people who are

already taking many herbal medicines, people who are excessively tired, might not require herbal tea. It may cause worsening of the symptoms. So, consult your doctor.

19. Pramathya – Weaker Form of Decoction



This is modified form of herbal decoction. This herbal decoction used especially to improve digestion strength.

Reference: Sharangdhara Samhita Madhyama Khanda 2nd chapter (in the context of Kashaya chapter)

Pramathya word is derived from Upasarga 'Pra.' Here 'Pra' means Prakarsena, it indicates the churning process which is done in Pramathya.

Method

One part of herbs is made into paste. It is added with 8 parts of water, taken in a vessel, boiled in mild fire till the total quantity reduces to a quarter.

It is filtered with a clean cloth. Obtained product is called Pramathya.

Dose is 50–100 ml per day.

Pramathya vs Kashaya

In Kashaya, Kashaya – 16 parts of water is added to 1 part of herb, boiled and reduced to 1/4 or 1/8 or 1/16 parts.

Large amount of water → reduced to get a very small amount of Kashaya

Eg: 50 g herb coarse powder + 800 ml water → 50 or 100 ml. → Kashaya.

Pramathya 50 g herb → paste → 400 ml of water → boil and reduce to **100 ml** → administered.

The level of herb concentration in the final liquid is more in Kashaya than Pramathya.

Kashaya >Pramathya.

Kashaya is used in severe stages of disorders.

Pramathya is used in moderately aggravated Doshas. It is used in medium stage of disorder.

Example

Musta – Nut grass (root) – *Cyperus rotundus*

Indrayava – Seeds of Kutaja – Bark of *Holarrhena antidysenterica*

Pramathya → Cool it down → honey → diarrhoea, dysentery with bleeding – as in Ulcerative colitis.

20. Ayurveda's Take on Re-boiling Water and Herbal Teas



Re-boiling water, in the context of this article means, boiling once, allowing cooling down and then again boiling it. Ayurveda does not approve of this.

The Above Sanskrit verse Means the Following –

Once any liquid, water or kashayam (decoction) is boiled and cooled down, if it is re-heated, that liquid acts like poison.

Besides water, this rule also applies to –

Ghrita – herbal ghees

Taila – herbal oils

Paneeya – herbal drinks and juices involving boiling process

While making Leha – herbal jams like chyawanprash, we make the Kashaya (decoction/herbal tea) first and then to it, other jaggery or sugar etc are added and *re-heated*.

In this case, the Kashaya is not allowed to cool down and as soon as Kashaya is ready, we just add the other ingredients and continue heating. So, the above rule does not apply here.

About Making Oils, Avaleha

There is another rule while preparing herbal ghee, herbal oils, jams etc. It is best to prepare these oils, ghee and herbal jam in more than one day. This is because; the night time has its own beneficial effect on the product.

But here, it cannot be considered as re-boiling. Because, once Kashaya is made, it is added with sugar/oil/ghee. Then boiled for some time and then the boiling is continued on the next day. Here, the boiling is a continuous process and we are not re-boiling the finished product.

For Using Oils for Massage

Some practitioners heat the massage oil, just before starting massaging. This is fine in winters and in cold climate places. Because, if we massage extremely cold oil, it may cause Kapha increase, leading to joint stiffness or Vata Dosha increase. So, heating the oil just above the room temperature, before massage is agreeable.

Can we heat the market available kashayam, before consumption?

No. There is a wrong assumption to heat the ready – made kashayam that is available in the market, before consumption. This can be very dangerous. Not only the Kashaya, even the preservatives also get heated, leading to complex unhealthy mix. It may cause worse diseases than the patient already is suffering with.

Logic

Why Re-boiling water makes it poison?

The answers are not totally convincing. Here is some effort:

The water contains dissolved gases and minerals. Once they are boiled, they reach an activated stage. But if they are cooled and re-boiled, their complex interaction makes it poisonous or unhealthy to consume. In Ayurveda, it leads to formation of Ama – a product of altered digestion and metabolism.

Minerals that are good for us in small doses, such as calcium salts, can be very harmful when re-boiled and can lead to kidney stones and gallstones.

What is wrong with re-boiling Kashayam, herbal ghee, oils etc?

Kashay – decoction simply means boiling herbs with water for some time, filtered.

Like all cooked foods, Kashaya is told to be taken when it is freshly made and in hot condition. Kashay making itself is a form of cooking. Only in high Pitta condition, a freshly made kashay is allowed to cool down before consumption.

So, when kashay is freshly made, the water soluble active principles of herbs are in activated, charged condition. This when consumed, gets easily absorbed and quickly show their benefits in the body.

But if Kashayam is re-heated, after cooling down, it loses the charge of active principles and they become very hard for digestion, leading to production of ama – a product of altered digestion and metabolism. This further leads to onset of many diseases.

Same is the case with herbal jams, herbal ghees and herbal oils.

This Rule also Applies to Cooked Food

Heating is a process of charging up the active principles in the food and herbs that we consume.

Once they are charged up and activated, they have to be consumed so that their energy and total of their phyto-nutrients are easily absorbed by the body.

But once after they cool down and again re-heated, they are not as charged as previously, leading to erratic absorption.

Reference: Kaiyadeva Nighantu – Drava Varga

Sharangdhara Samhita Prathama Khanda 1

21. Kashaya Home Remedy for Fever



Ayurveda offers many home remedies in combination of herbs and dosage forms for fever. In fever, Kashayam (water decoction) is mainly used, because it gets absorbed quickly and brings about swift action. Here we learn about one such powerful Kashayam home remedy for fever.

Ingredients

Guduchi powder – Stem of Indian Tinospora – *Tinospora cordifolia* – 5 grams

Dashamula – group of ten roots. Available online herb stores – 25 grams

The Dashamoola are –

Bilva – *Aegle marmelos*

Agnimantha – *Premna mucronata*

Shyonaka – *Oroxylum indicum*

Patala – *Stereospermum suaveolens*

Gambhari – *Gmelina arborea*

Brihati – *Solanum indicum*

Kantakari – *Solanum xanthocarpum*

Gokshura – *Tribulus terrestris*

Shalaparni – *Desmodium gangeticum*

Prishnaparni – *Uraria picta*

Water – 200 ml

Procedure

Guduchi + Dashamoola – 25 grams together is added to 200 ml of water, boiled in mild fire, and reduced to 50 ml. Filtered.

How to take?

This Kashayam is taken in a dose of 10–20 ml two times a day before food.

Once prepared kashayam can only be stored for one day.

If you prepare this kashayam in the morning, you can have the same Kashayam at night, without heating.

How it is effective?

Guduchi is one of the widely used herbs in treating fever. It is potent antipyretic herb.

Dashamoola group of herbs is very potent anti inflammatory.

When can one use it?

This Kashayam can be used as a co drink in any type of fever.

It can also be used along with other fever medications that you might be taking.

22. Kashaya Home Remedy for Fever and Cold



Ayurveda has many powerful herbs with antipyretic (relieving fever) benefits. Here is a simple Kashayam home remedy for fever and cold using four choicest of anti-fever Ayurveda herbs.

Ingredients

6 Grams of each of

Amla – Indian gooseberry – Natural coolant, anti oxidant.

Guduchi – Indian Tinospora – Potent antipyretic, anti viral and anti bacterial herb. It is widely used herb in many Ayurvedic medicines for fever.

Chitraka – Plumbago zeylanica – Anti pyretic herb.

Pippali – Long pepper – Piper longum – Good for fever, indigestion and cold.

How to do?

6 Grams of each of these herbs – total 24 grams is added with 200 ml of water.

Take it in wide mouthed vessel, boil it in mild fire. Stir continuously.

Boil and reduce it to 50 ml.

This is a kashayam (water decoction preparation).

Dose

- 10–15 ml of this Kashayam 2 times a day before food is helpful to improve digestion, relieve fever and cold.

- In Ayurveda term, this remedy is told to help in fever occurring due to Kapha imbalance.
- Once prepared Kashayam can be kept only for a period of 12–15 hours.
- Re-heating of this kashayam is not advised.

23. Dashamula Kashayam with Castor Oil for Low Back Pain

By Dr. Raghuram Y.S. MD (Ay)



Ayurveda provides a lot of time tested formulations and treatments for effective healing and cure of low back pain. *Dashamula Kashayam* and castor oil forms a useful and highly effective combination in warding off the low back pain.

Dashamula Kashaya – Castor Oil Combination

Reference – Yoga Ratnakara, Vata Vyadhi Chikitsa chapter, verse 164

Benefits –

Useful in low back pain, sciatica, sacral pain, tail bone pain, knee pain and constipation.

Method of Preparation

Materials needed –

- Roots of Dashamula (Roots of 10 herbs taken individually)/Coarse powder of Dashamula (10 herbal roots) It is available in the market.
- Water
- Big vessel

- Stove
- Sterile cloth/sieve
- Bottle or small vessel for collecting the filtered Kashayam
- Castor oil

Method of Preparing Kashayam

Dashamoola is the group of 10 herbs. It is readily available in herbal stores. It is a combination of roots of –

Bilva – *Aegle marmelos*

Agnimantha – *Premna mucronata*

Shyonaka – *Oroxylum indicum*

Patala – *Stereospermum suaveolens*

Gambhari – *Gmelina arborea*

Brihati – *Solanum indicum*

Kantakari – *Solanum xanthocarpum*

Gokshura – *Tribulus terrestris*

Shalaparni – *Desmodium gangeticum*

Prishnaparni – *Uraria picta*

The roots of Dashamoola are taken in coarse or fine powder format. The combination is boiled with 16 times water in a big vessel. It is boiled until 4 times (parts) water remains, i.e. reduced to 1/4 quantity of the content.

Say for example 2.5 grams of coarse powder of each drug summing up to 25 grams is boiled with 16 times i.e. roughly 400 ml water and reduced to 100

ml.

The decoction thus prepared is filtered through a sterile cloth or sieve into a bottle or small vessel. It is used in 2 divided doses i.e. 50 ml in the morning and 50 ml in the evening before food. If the disease demands administration of an extra dose, the quantity of powder of the herbs and water is proportionally increased.

Method and Dose of Combination

The *Dashamula Kashayam* is taken in 50 ml quantity (freshly prepared) or 10–15 ml Kashayam diluted with 30–45 ml warm water (readily available bottled kashayam).

To this 5–10 ml edible castor oil is added.

The ingredients are mixed well and administered as oral consumption.

When to use and how many times to take?

The combination works best when given at evening, at least an hour before dinner.

Some people might have intolerance to castor oil. They need to consult a doctor before trying this remedy.

Limitations

The formulation might not be the sole remedy for back pain and allied problems. It is the best shot when the condition is mild or moderate. All people might not tolerate the taste, smell and or effect of castor oil.

This remedy is not suitable for people with from diarrhoea, sensitive or sore stomach, dysentery, haemorrhoids, vomiting or nausea.

24. Easy Ayurveda Home Remedy for Fever And Cold



A simple home remedy for fever and cold can be prepared with three easily available herbs. This home remedy for cold and fever is prepared in the form of Ayurvedic kashayam. This home remedy is especially beneficial if the fever is of viral origin. Here is the detailed method of how it is prepared.

Ingredients

Dry Ginger – 10 grams,

Hareetaki (Harad) – Terminalia chebula – 20 grams and

Guduchi – Indian Tinospora (giloya) – 30 grams.

How to prepare home remedy for fever and cold?

Coarse powder of these three herbs is taken in a clean wide mouthed vessel.

Add 800 ml of water into the vessel, leave it for 2–3 hours.

Boil this mixture of herbs and water in mild fire till the total water in the vessel is reduced to approximately 200 ml.

After heating till only 200 ml of water remains in the vessel, put off the stove, take the vessel out and filter the contents.

The filtered liquid is the home remedy.

Precautions: All the general precautions and rules of kashayam making should be strictly followed.

Dose: 10–15 ml once or twice in a day, half an hour before food.

Benefits

This kashayam is traditionally used in the treatment of fever and cold.

It increases immunity.

It improves digestion capacity by correcting the enzymes in stomach and intestines.

It is effective against cold associated with fever.

Ginger and giloya have potent antiviral properties. Hence this can be used in viral diseases.

Daily intake of this kashayam for a period of one month is very helpful in people suffering from recurrent fever and cold.

Precaution: It is better to try this home remedy only after seeking professional advice.

25. Home Remedy for Body Heat, Burning Urination and Abdominal Pain



Excess body heat, burning urination, related abdominal pain and burning sensation in palms and feet – all these symptoms suggests towards Pitta. Suppose you come home from hot Sun you may require a simple drink to cool body heat fast. Here is an easy to prepare quick home remedy using Amla and Jaggery.

Amla in Ayurveda

One of the peculiar feature of Amla is, its qualities blend in with other ingredients. For example, jaggery is sweet and has Pitta balancing effect. When you give jaggery processed with Amla, it further enhances its Pitta balancing effect. This simple principle is used in the following traditional Ayurvedic home remedy.

What you need?

- Amla churna (Amla powder) – 25 grams (1 part)
- water – 200 ml (8 parts)
- Jaggery – 3–5 grams

Procedure

Take Amla powder in a wide mouthed container, add water to it, boil in mild heat, stir continuously and reduce it to approximately 50 ml, filter it, allow it

to cool it down.

Take 10–20 ml of this amla drink along with 3–5 grams of jaggery powder.

It can be taken before food for maximum effect.

It can be taken once or twice a day.

Once you prepare it, it can be stored for only one day. Means, everyday, you need to make the home remedy afresh.

It can be taken upto 2–3 weeks for good results.

Note

The above mentioned method of boiling amla with water is Kashayam. Usually all Kashayams are given when they are mild hot. But here, we are letting it cool down, before taking it.

For making this home remedy, either coarse powder or fine powder of Amla can be taken.

Contra Indication: People with diabetes may skip this.

Benefits

- It relieves body heat, improves digestion.
- It is a good home remedy for burning urination.
- It is an ideal home remedy for Pitta.
- If your doctor has advised pitta diet to you, this home remedy for you.

26. Giloy Ayurveda Home Remedy for Fever and Anorexia



When it comes to Ayurvedic medicine for fever, Giloy (Indian Tinospora) is an essential ingredient. This remedy is especially useful in fever associated with lack of interest in food.

What you need?

Giloy – Guduchi 25 grams – coarse/fine powder

Water – 400 ml

Long pepper – Pippali – 2–3 pinches – fine powder

Honey – 1–2 teaspoons

First Step – Preparation of Guduchi Kashaya

25 Grams of Giloy is added with 400 ml of water, boiled and reduced to 100 ml.

1 ounce of Tinospora is added with 16 ounces of water, boiled and reduced to 4 ounces.

The boiling should be done in mild fire, in an open vessel, with continuous stirring.

Second Step

To the freshly prepared Tinospora kashaya, 2–3 pinches of long pepper are added and stirred well.

How to take?

20–30 ml of this Kashaya is taken along with one teaspoon of honey, once or twice a day, 10 minutes before food.

The dose can be even little higher based on strength of the disease and patient.

Benefits

Useful in fever, chronic fever and associated indigestion and anorexia.

How does it work?

Tinospora is a known antipyretic herb of Ayurveda. It is widely used in many Ayurvedic medicines for fever. It also boosts immunity. It has antiviral and antibacterial action.

Long pepper is again very useful against fever. It boosts liver and spleen function. It is an excellent anti inflammatory spice.

Honey acts as a vehicle, besides bringing about anti bacterial and anti inflammatory actions.

How long to take?

It can be taken for 3–4 weeks, based on doctor's advice.

Side Effects

In a very few people it may cause slight burning sensation.

It is safe in children and lactating mothers. Better to avoid in pregnancy or seek doctor's advice.

27. Home Remedy for Goitre Using Kanchanar



Let us learn about a general home remedy for goitre, cysts, nodules and other types of growths that are seen at neck. It is a traditional Ayurvedic home remedy using an herb called as Kanchanara.

What you need?

Kanchanara (*Bauhinia variegata*) bark powder – 10 grams

Water – 160 ml

Ginger powder 1–2 grams

How to prepare?

10 Grams of coarse bark powder of Kanchanar is added with 160 ml of water, boiled and reduced to 40 ml.

While boiling, mild flame is maintained, the contents are continuously stirred.

Boiling should be done in a wide mouthed vessel.

After reducing the content to around 40 ml, the contents are filtered.

This is known as Kachnar Kashayam/decoction.

This water decoction in a dose of 10–20 ml, once or two times a day, 30 minutes before food along with 1–2 grams of ginger is administered.

Indication: Goitre, cysts, growth, lymphadenitis, etc in throat.

How it works?

Kanchanara is a known herb to reduce the tumours, cysts, nodules etc. It is the main ingredient of a famous Ayurvedic tablet called **Kanchanar Guggulu**, which is again used in the said conditions.

How long to take?

It can be taken for a period of 2–3 months, based on doctor's advice.

Side Effects

It is not recommended during pregnancy and lactation period.

It is best to take up this home remedy only under strict medical supervision.

Once you prepare the Kashayam, better to use it when it is hot/lukewarm.

Or, if you prepare in the morning, at the best you can use the same Kashayam in the evening.

It should not be used beyond one day.

It should not be re-heated.

28. Home Remedy for Gout Using Giloy



Gout is a type of joint disorder. It usually affects greater toe. As per Ayurveda, it is caused due to Vata imbalance along with blood vitiation. Hence it is called as Vatarakta in Ayurveda. There is a section in Ayurveda, where single herbs are specifically mentioned for specific disease. Giloy (Guduchi) is mentioned as specific remedy for gout.

What You Require

Guduchi/Giloy/Indian Tinospora – 25 grams – coarse powder is better, if not, fine powder will also do.

Water – 400 ml of water.

How to do?

Mix Guduchi powder into water and keep it on fire. We gonna make Guduchi Kashayam. Heat it in mild fire. Stir continuously. The vessel should be wide mouthed. Boil it slowly and reduce the water proportion to 100 ml. Filter it and use it for drinking.

Dose: 30–40 ml once or twice a day before food.

Hitch: Slightly bitter.

Rules

- All rules for making Kashayam apply in this procedure.

- Each day, the Kashayam needs to be prepared fresh. Once prepared Kashayam can be stored only for 10 hours.

Benefit: It is told in Ayurveda that this Guduchi Kashayam should be administered to the Gout patient for a long time, for 2–3 months.

How it works?

Guduchi is a potent immuno – modulator and anti inflammatory herb. It relieves pain and inflammation.

Side Effects

It is useful in diabetes as well, as it helps control blood sugar level. Hence people undergoing diabetes treatment should consult their doctor before following this home remedy.

29. Ayurvedic Home Remedy for Urine Infection and Painful Urination



Urinary conditions are one of the areas in which Ayurveda offers many options of treatment. Here is an easy to prepare home remedy for urine infection and painful urination.

Ingredients

Giloy – Indian tinospora – *Tinospora cordifolia* – 5 grams

Ginger – 5 grams

Amla – Indian gooseberry – 5 grams

Ashwagandha – *Withania somnifera* – 5 grams

Gokshura – *Tribulus terrestris* – 5 grams

Water – 200 ml

Procedure

All the five ingredients are taken in coarse/fine powder form. Added with 200 ml water, boiled in a wide mouthed vessel under mild fire.

The mixture is stirred continuously throughout the procedure.

After the liquid gets reduced to 50 ml, heating is stopped and mixture is filtered.

Dose

10–20 ml of this Kashayam two times a day half to one hour before food.

Kashayam can be preserved for 12 hours. But re heating is not recommended. If you prepare it in morning, you can use the same kashayam in the evening.

Benefits

Useful in UTI and recurrent infection.

It relieves painful urination.

It helps to calm Vata and Pitta.

It relieves bladder pain and difficulty with urination

Useful to urinary stones

Useful to relieve burning urination.

How does it work?

Tinospora – Powerful anti inflammatory herb, has immuno modulating action. Relieves urine infection.

Ginger – Power anti inflammatory, improves metabolism

Amla – natural coolant, powerful anti oxidant.

Ashwagandha – Regularly used in Ayurvedic medicines for urinary tract infection, powerful anti oxidant.

Gokshura – Widely used in most of the Ayurvedic medicines used in urinary diseases and calculi.

30. Ksheerapaka – Herbs Processed in Cow Milk



Milk has its own medicinal properties. It is a coolant. Some herbs are processed with milk and water together = Ksheerapaka.

Very hot substances can be processed with milk to reduce intensity. Milk makes the product tastier, protects stomach and intestinal mucosa, reduces Pitta and promotes Kapha dosha.

Ksheera = Milk

Paka = Cooking, processing

Ksirapaka is the one of the unique preparations of Ayurvedic pharmaceuticals. Here milk is used as a media for the formulation.

Because milk is a emulsion form, having capability to dissolve mainly water soluble, protein soluble and fat soluble ingredients from the herbs.

Milk is also having antacid activity.

Because of nutritional value of milk it is used in dietic regimen, and as well as medicine.

Some children will have severe lactose intolerance. Still parents wish to administer milk.

Process milk with ginger, turmeric and black pepper/cumin → Ksheerapaka → administer.

Because of its palatability, it can be used easily for treatment purposes. Because of alkalinity of milk and its antidote activity Ksirapaka can be used in wide range.

Usually astringent and spicy herbs are used for the preparation of Ksirapaka

Eg: Arjuna Ksira Paka. Reason is that because of the irritability of the astringent taste, acceptance of these drugs in direct form is comparatively less.

Hence ancient Ayurvedic scholars have made a step to make the palatable form of Kasayarasa Dravyas by the name of Ksirapaka.

Synergetic action of both milk and medicinal drugs also achieved by means of this formulation.

Cow Milk Benefits

Jeevaneeya – promotes long life,

Rasayana – anti aging, rejuvenating

Kshataksheena hita – good for those emaciated after chest injury

Medhya – increases intelligence,

Balya – strengthening

Stanyakara – promotes breast milk production

Sara – helps easy movement of the bowels

Relieves

Shramahara – exhaustion,

Bhramahara – dizziness

Mada – toxicity,

Alakshmi – in – auspiciousness

Shwasa – dyspnoea,

Kasa – cough,

Atitrut Kshudha – severe thirst and hunger,

Jeernajvara – chronic fevers/at the end of the fever, usually there is high Pitta and recovered digestion strength

Mutrakrichra – dysurea

Raktapitta – bleeding diseases – nasal bleeding, hemorrhage, menorhagia etc 21
1/2

Arjuna, garlic etc are made Paka in milk by following Kwatha Vidhi like preparation.

As these drugs are sharp and piercing, strong, their strong pungency is reduced by Ksirapaka and also by doing so, active principles will get dissolved in milk.

For making the milk Laghu Paka (easily digestible), Sunthi Ksirapaka – from dry ginger

Ardra Ksirapaka – from wet ginger

Exception for Ksheerapaka

For Ksirapaka, herbs with sour and salt tastes are not used.

Milk with salt and sour foods/herbs is contra indicated.

Drug is mixed after making it into coarse powder (Yavakuta Churna) form. Always Ksira paka has to be prepared in mild temperature so that sensitive active principles may not get spoiled with high temperature.

It can be administered by mixing appropriate quantity of sugar.

Ksheerapaka – Definition, Formula

1 part herb + 8 part of milk + 32 part water → Boil till milk remains. Filter Drink.

= 10 grams + 80 ml milk + 320 ml water → boil till 80 ml final product → filter and use.

1 part herb + 15 part of milk + 15 part of water → boil till milk remains. Filter drink.

Vagbhata's Exception

Ashtanga Sangraha kalpa Sthana 8/12

Vagbhata – When milk is added to herbs along with water, with the presence of milk, the extraction of phyto-chemicals from the herbs into the media of milk and water does not happen suitably.

Hence, first do kashaya. Then add milk and boil.

But this is not accepted. As, even in making herbal ghee or oil, the ghee/ oil is added along with water and herbs.

Another purpose of making ksheerapaka is to extract fat and water soluble extractive of herbs.

If milk and water are together boiled, then this aim is achieved.

If first water is used alone, the end product will have only the water soluble extractives.

Examples

Arjuna Ksheerapaka

- Arjuna – Terminalia arjuna – Stem bark – 1 Part
- Go – Kshira – cow milk 8 Parts
- Jala – water – 32 Parts

Method of Preparation

- All the drugs are boiled together over mild fire until only milk part remain
It is later filtered and used.
- Dosage, adjuvant and therapeutic utility.
- It is given in 2 pala (96 g) quantity along with sugar, honey etc. It is useful in all diseases of heart. It is also found useful in bone fractures.

Garlic – Lashuna Ksheera Paka

Dosage, Adjuvant Ant Therapeutic Utility

It is given in 2 pala (96 g) quantity along with sugar, honey, etc.

Method of Preparation – 4 Palas of Dehusked and dried Lasuna is boiled by adding 8 times of milk and water and reduced to the quantity of milk.

This medicated milk immediately cures.

Vata – Gulma

Udavarta – Upward movement of wind

Gridhrasi – Sciatica

Vishama Jvara – Recurrent fever

Hrid rogam – Heart disease

Vidradhi – Abscess and

Shotha – Oedema

It is good

- Agnidipaka – promotes digestion strength
- Amapacaka – digests Ama – a product of altered digestion and metabolism

- Useful in
- Amavata – Rheumatoid arthritis
- Jvara – fever,
- Sandhivata – osteo arthritis etc.

Bhallataka – Marking nut – Semecarpus anacardium Ksheerapaka – used for anti aging purpose.

Ashoka (Saraca asoca) milk for menstrual disorders with pain and heavy periods.

Ingredients of Kutaja Ksheerapaka

- Kutaja Twak Churna – Pieces or Coarse powder of Kutaja Bark (Bark of Holarrhena antidysenterica) – 2 pala quantity (96 grams approximately).
- Aja Ksheera (milk of goat) – 2 pala quantity (96 grams approximately).
- Jala (water) – 4 sharava quantity (8 pala or 384 grams approximately), i.e. 4 times that of milk.
- The dry bark of Kutaja should be taken in the mentioned quantity and cleansed of its impurities.
- The bark should be pounded so as to obtain its coarse powder.
- This powder of Kutaja bark is added to a big vessel consisting of water in the above said quantity.
- The vessel is heated on moderate fire to prepare until 1/4 of water remains in the form of the decoction of Kutaja. The remaining liquid or filtrate will be 2 pala i.e. 96 grams approximately (same as the quantity of milk taken).
- This Kutaja decoction is filtered so as to separate the solid ingredients (powder of bark). The filtrate is collected in another sterile vessel.

- To this filtrate, the goat's milk is added in the mentioned quantity.
- The combination of milk and decoction of Kutaja are once again heated on mild (moderate) flame of fire until only milk remains. This means to tell that the entire water should evaporate and only milk should be left over. 96 grams of milk and 96 grams of decoction of Kutaja are heated until 96ml of water i.e. the part of decoction evaporates leaving behind half of the total ingredients, i.e. milk.
- This processed milk is called Kutaja Ksheerapaka.
- It is served warm.
- The recipe should be added with 8 masha (8 grams approximately) madhu (honey) and stirred well before administration.

Dose

- The final preparation of 96 ml shall be divided into 2 doses of equal volume and administered to the patient. The second dose shall not be given after 2 and half or 3 hours of preparation, it shall be given within that period (since it is a milk preparation).
- In severe cases of diarrhea (chronic) or colitis or dysentery, the whole dose (96 grams) shall be given at one shot.
- Every time the ksheerapaka should be prepared fresh. Large quantity i.e. 96 grams is prepared at once because if more doses is required it has to be prepared again, and it is a difficult and time consuming preparation.
- Kutaja Ksheerapaka should neither be preserved nor be carried over to the next part of the day or next day. If some medicine remains, it shall be disposed.
- The medicine should not be re-processed or refrigerated. It would lose its properties by doing so.

- Generally 1 or 2 doses would suffice for a day. In chronic and stubborn cases, more doses shall be planned.

Benefits of Kutaja Ksheerapaka – explained by Article by Dr. Raghuram Y.S. MD (Ay) & Dr. Manasa, B.A.M.S.

Kutaja Ksheerapaka is used in effective treatment of –

- Atisara – Diarrhea
- Grahani – Irritable bowel syndrome (IBS), Sprue, diseases of small intestine caused by metabolic errors
- Pravahika – Dysentery
- Raktatisara – Bloody diarrhea, Ulcerative Colitis, Colitis
- Kutaja is the best remedy for diarrhea and dysentery. It checks loss of fluids and blood. It restores health and energy. Since the medicine is prepared with milk, it also nourishes and replenishes the system apart from curing the colon diseases. Kutaja Ksheerapaka is thus a multi – dimensional medicine. It is also anti-inflammatory in nature.

Turmeric Milk

- *Haridra ksheerapaka* effective against various kinds of poisons – Basavarajeeyam 3
- Turmeric with milk is administered in various allergic dermatitis, rhinitis.

31. Arjuna Heart Tonic – Ayurvedic Home Remedy for Heart Care



Arjuna (*Terminalia arjuna*) is the most widely used for treatment of heart ailments in Ayurveda. Take any Ayurvedic medicine for heart; you will see Arjuna as an ingredient. There are many traditional Ayurvedic home remedies for heart care made with Arjuna. Let us learn about a simple Arjuna – milk heart tonic.

Ingredients

Arjuna (Bark of the plant – *Terminalia arjuna*) – coarse powder – 10 grams

Boiled and cooled milk – 80 ml

Water – 320 ml

How to prepare?

Take milk and coarse powder of Arjuna bark in a wide mouthed vessel.

Note down the height of the milk in the container, with the help of a spoon or a measuring scale.

Add 320 ml water to it.

Start boiling this liquid in mild heat. Stir it continuously.

You have to boil and evaporate all the water content from the vessel and the level of the liquid should reduce back to 80 ml. (80 ml of milk that you have

taken).

Once the boiling is done and 80 ml only remains in the vessel, filter it with cloth and collect the milk – arjuna heart care remedy.

Dose: 10–20 ml – two times a day, before food.

Precaution: Consult your doctor and ask for advice before trying this home remedy.

Process Involved

- In Ayurvedic terms, this process is called as Ksheerapaka. We had previously prepared a garlic milk remedy using same technique.
- Here the water soluble and fat soluble phytochemicals of Arjuna herb is transferred into the medium of milk.

Time required: 15–20 minutes

Other Rules

- Once prepared, this can be kept only till 8–12 hours. So if you prepare it in morning, it can be taken till evening.
- It should not be re-heated, once after it cools down.
- Hygiene to be maintained while preparing and storing this remedy.

Benefits

Strengthens heart function. It acts as a natural cardiac tonic.

It can be even used as a home remedy during post surgical cardiac care along with other medications.

It is useful to decrease BP to some extent but consult your doctor before using it as a natural medicine for hypertension.

This remedy also helps to treat Vertigo.

32. Ayurvedic Ashwagandha Home Remedy for Conception for Women



Here is an Ayurvedic home remedy for women who are planning for conception. This is a traditional recipe made with Ashwagandha. Ashwagandha is something which is usually associated with men, male infertility treatment etc. But it is equally beneficial for women as well.

What You Need

Ashwagandha root (*Withania somnifera*) – coarse powder – 25 g

Water – 400 ml

Milk – 100 ml

Ghee – 2–3 ml

- Take Ashwagandha root coarse powder and add it to 400 ml water, boil and reduce the water level to 100 ml. The proportion is 1:16 reduced to 1/4th.
- After reduction, do not filter the decoction. Add 100 ml of milk to it. Remember that for any Ayurvedic remedy preparation, if you are using milk, it should always be taken only after boiling it.
- Continue heating this milk and Ashwagandha decoction further till you are left with only 100 ml.

- Filter it.
- This recipe contains both water soluble and fat soluble active principles of Ashwagandha in the medium of milk.
- This is taken in a dose of 30 ml, in the morning, before food, along with half a small spoonful of ghee (clarified butter).
- If you are planning for conception, it can be taken every morning, for a period of 2–3 months, based on your Ayurvedic doctor's advice.
- Once after preparing the milk remedy, it should not be re-boiled. And it should be emptied within 3–4 hours after preparation.
- It is better to take this Ashwagandha remedy when it is hot only.

Who can use it?

Any lady planning for conception can take this.

Side Effects

There are no known side effects with this home remedy. However, people with very high cholesterol levels may take very less quantity of ghee with this remedy.

How does it help? Will it help women facing the problem of infertility?

This remedy helps in following ways.

It helps to strengthen the ligaments, uterus and ovaries so as to prepare for pregnancy.

It helps to reduce stress levels and calms mind.

It is a powerful anti inflammatory and anti oxidant herb. It boosts immunity.

It helps in relieving auto immune disorder. Auto-immunity is also a cause of infertility.

As per Ayurveda principles, it improves quality of ovum (egg).

33. Home Remedy for Heavy Periods – Menstrual Bleeding



According to Ayurveda, heavy periods and elongated menstrual bleeding are due to Pitta imbalance. Ashoka bark is one of the widely used herbs in Ayurvedic woman care. Here is a home remedy using Ashoka bark and milk for heavy menstrual bleeding.

What you need?

Bark powder of Ashoka Tree (*Saraca indica*) – 25 grams

Water – 200 ml

Milk – 50 ml

How to do?

Take Ashoka bark powder and water in wide mouthed vessel.

Boil the water and reduce it into 50 ml.

Once after it is reduced to 50 ml, add 50 ml of milk.

Boil this mixture till you are left with only 50 ml.

Filter it. Allow it to cool.

To Tell the Same Recipe in Tablespoon and Cups –

1 cup of water plus 3 tablespoon of milk plus 1 and half tablespoon of Ashoka bark powder, boil it in mild fire till only 3–4 tablespoon of the product remains, filter and drink. This is one dose.

Dose

This Ashoka milk remedy in a dose of 20–30 ml in the morning is advised during heavy menstrual bleeding.

It can be taken till the bleeding stops.

Note

Usually milk remedies and Kashayam (herbal decoction) are taken while they are hot. But this drink should be taken once it cools down.

It can be stored for only one day.

And every day it needs to be prepared fresh.

Benefits

Useful in Menorrhagia, Metrorrhagia and painful periods.

How it works?

Ashoka is one of the widely used herb in gynaecological care. It has styptic phyto – principles. Ashoka is also a good uterine tonic.

Ashoka is used in many Ayurvedic products for she – care like Ashokarishtam.

Warning

People with scanty bleeding and delayed menstrual periods – avoid this.

When to take this?

If the periods are very heavy, then it can be started from the 20th day of the cycle till the end of periods. If the periods are moderately heavy, then it can be taken only during menstruation days.

34. Hima Kalpana (Cold Infusion)



Synonyms: Hima, Sheeta Kashaya

No heat is involved in preparing this. It is one among the 5 basic dosage forms (Pancha Vidha Kashaya Kalpana)

- Juice extract – swarasa
- Paste – Kalka
- Decoction – Kwatha
- Cold Infusion – Hima
- Hot Infusion – Phanta

If you want to make the water – soluble – plant extract –

You can keep the herbs powder in water for some period of time. This is a mild form of extraction. It is more suitable for coolant herbs and for herbs with volatile principles which would evaporate on heating.

Purpose of Hima

- Herbs having **cold** potency and volatile principles may lose their active principles by heating.
- Hence for such herbs, Hima Kalpana is mentioned, by which active ingredients can be collected in cold infusion form.

- Dosage form for Pitta disorders should be primarily coolant.
- Hence, cold water is a perfect medium for high Pitta conditions such as
 - Fever
 - Bleeding disorders
 - Burning sensation
 - Burning urination
 - Gastritis
 - Excess sun exposure
 - During summer etc

Formula for Hima Kalpana

1 part of coarse powder of herbs + 6 parts of water.

Mix it well and keep it for some time. Usually it is kept overnight.

Next day morning, mix again and filter. The filtered liquid is Hima.

Reference: Sharangdhara Samhita Madhyama Khanda 4th chapter

Detailed Procedure

- Take the herb in dry form. Cut it, grind it into small pieces or coarse powder.
- Weigh it.
- Take clean potable water, six times to the quantity of the herbs in a clean washed vessel. Put the herbs into the vessel with water.

- Keep the vessel closed for a minimum of 6 hours.
- Open the lid, filter and use the liquid.
- While filtering the liquid the Churna has to be rubbed with hands to get proper activated form of Hima Kalpana.

Dose

- According to **Sharangdhara** – **2 Pala** = 96 ml.
- According to Acharya Yadavji Trikam Ji Acharya, dose is **1 Pala** = 48 ml.

Prakshepa – additives – similar to Phanta – Hot infusion (explained detail in hot infusion chapter).

Examples of Hima Kalpana

Cold Infusion of Guduchi – Giloy – *Tinospora cordifolia* is useful in jeernajwara – end stage of fever

Cold Infusion of Vasa – *Adhatoda vasica* is useful in

Kasa – cold, cough

Raktapitta – bleeding disorders like nasal bleeding, Ulcerative colitis and menorrhagia

Jwara – fever

Hima with Coriander Seed Powder + Sugar

- Antardaha – internal burning sensation
- Trushna – Excessive thirst
- Sroto vishodhana – cleanses channels

- Prataha – administer it in morning

35. Coriander Drink for Fever, Burning Sensation, Thirst



Coriander drink is a very easy to make natural cleanser and coolant drink useful in fever, burning sensation, thirst and such other high Pitta conditions.

It is especially beneficial for those, who suffer from excessive body heat, as in summer, or during fever, or in some people, who have Pitta body constitution (who have tendency of complaining of excess heat, all the time irrespective of weather). It is also very good for those who complain of insatiable thirst all the time.

It is one of the easiest way to make, natural herbal detox drink.

Preparation

1. Take one part of crushed coriander seeds.(Eg: 10 grams)
2. Add six parts of water (Eg: 60 ml)
3. Keep it covered over one night.
4. Next morning, filter it, and mix with a little quantity of sugar, and drink it in empty stomach.

Benefits

This recipe for coriander seeds is natural coolant drink.

It is also a natural detox drink, and the best non alcoholic summer drink.

It also cleanses all the body and tissue channels and energizes the body.

It is actually a classical drink, explained in the ancient Ayurvedic texts.

It is called as **Dhanyaka hima** –

Reference – *Sharangdhara samhita madhayama khanda* – 2nd chapter, 7–8 shloka.

Dhanyaka hima should be drunk in the morning with a little quantity of sugar to get relief from internal burning sensation, excessive thirst. It also cleanses and detoxify all the body channels.

Dosage: 40–50 ml to be taken in morning in empty stomach along with half a spoon of sugar.

How long can it be consumed?

It can be taken for a period of 6–8 weeks.

Shelf life: It can only be stored for 10 hours once it is made.

It can be refrigerated and used within 2 days time. But refrigeration is not a hardcore Ayurveda principle.

36. Hot Infusions – Phanta



Synonyms: Hot infusion, Hot tea, Herbal tea, Tea

Water Medium

If you want to bring in swift action by quick absorption, herbs in water solution form is the best way.

Herbs in water solution form are the fastest medium of medicine delivery.

Active principles of herbs are dissolved in water medium.

Water is readily absorbed into the body without any delay from stomach and intestines.

Water is absorbed right from stomach till large intestines.

Hence, water soluble plant elements have chance for

- Quick absorption
- Maximum absorption chances all the way from stomach to large intestine.

If you want to make the water – soluble – plant extract –

You can keep the herbs powder in water for some period of time.

- mild extraction, suitable for coolant herbs.
- Suitable for herbs with volatile principles which would evaporate on heating.

- This is Hima – cold infusion.

If you want to make water soluble plant extract –

- You can keep the herbs powder in hot water for some period of time.
- The hotness of hot water acts as an extraction force. So, this is forced extraction.
- Better extraction, compared to Hima (cold infusion). suitable for herbs with more stable volatile principles which can tolerate some amount of heat (hot water).
- This is Phanta – hot infusion.

If you want to make water soluble plant extract –

- You can boil the herbs with water.
- The boiling water acts as a powerful extraction force.
- Better extraction, compared to Hima (cold infusion) or Phanta (hot infusion).
- Suitable for herbs with more stable, heat resistant plant active principles.
- This is Kashaya/decoction.

Hima – Phanta – Kashaya

Hima – cold infusion – mild form of water extraction

Phanta – hot infusion – moderate form of water extraction

Kashaya – decoction – high form of water extraction

Purpose of Phanta – Hot Infusion

Herbs with volatile principles may lose their active principles by very high temperature – are converted to Phanta.

Here volatile principles are expected to tolerate a moderate temperature of ~60–80 degree Celsius.

(140–180 degree Fahrenheit)

Herbs having cold potency are usually served as Phanta.

Eg

- Madhuka pushpa – flower of *Madhuca longifolia*
- Chandana – Sandalwood
- Parushaka – Falsa fruit – *Grewia asiatica*
- Mrunala – Lotus stalk
- Kamala – Lotus flower

Examples for Coolant Herbs

- Sariva – Indian Sarsaparilla – *Hemidesmus indicus*
- Draksha – Raisins – *Vitis vinifera*
- Usheera – Khas Khas – *Vetiveria zizanioides*

Dosage Form for Pitta disorders cannot be excessively hot.

- In cases of Pitta disorders with low digestion strength, some amount of hotness is required to improve digestion. Eg: fever.
- Hence, hot infusion is a perfect medicine for high Pitta, low digestion strength conditions such as

- Fever
- Bleeding disorders
- Burning sensation
- Gastritis
- Excess sun exposure
- During summer etc

Hot infusion is also useful in high Pitta associated with Kapha conditions.

Example: A Pitta person having a Kapha disorder, or vice versa.

Fever with high Kapha Dosha.

Bleeding disorders such as nasal bleeding, heavy periods, etc in a Kapha body type person.

Obese with Pitta body type.

Replacing Kashaya with Phanta

In case of children, very weak patients, underweight patients and in chronic disorders, where patient cannot tolerate strong decoctions, Phanta is used as substitute for decoction (Kashaya).

Phanta – Hot Infusion

- Herb + hot water → keep it for some time (10–20 minutes) → macerate, filter → drink the liquid part.
- Hima for high Pitta.
- Phanta for moderate Pitta.

- Hot water is prepared by boiling the water. It is allowed to cool down to ~60 degree Celsius.
- Hima is suitable for highly volatile herbal compounds (very high heat sensitivity).
- Phanta is for moderate volatile herbal compounds (low heat sensitivity – can tolerate a temperature up to ~80 degree Celsius).

Procedure for Making Phanta

Sharangdhara Samhita Madhyama Khanda 3rd Chapter

- Well pounded herb ingredients are taken in in 1 pala = 48 grams quantity.
- They are added with 4 Pala (192 ml) of hot water.
- It is macerated and filtered.
- The obtained liquid is Phanta. It is administered in a dose of 96 ml.

Detailed Procedure of Phanta Kalpana

- Herbs are taken in a clean mortar and ground to form coarse powder.
- 1 part of coarse powder is taken in a clean wide mouthed vessel.
- In another vessel, water is boiled.
- This boiled water is added to herbs in 4 parts quantity.
- The boiled hot water + herbs mixture is kept undisturbed for a few minutes.
- Once it starts cooling down, it is macerated well, filtered.
- The filtrate liquid is called Phanta or Churnadrava.

- It is administered in dose of two Palas – 96 ml.
- Honey, sugar or jaggery to be added shall be in the same proportion as that of Kwatha.

Coarse Powder vs Fine Powder

- If coarse powder is used, the filtering of Phanta will be lot easier.
- If fine powder is used, then the filtering will be difficult, especially when Phanta is highly concentrated.
- In fine powder, filtered hot infusion may contain some precipitates.
- The total surface area of the herb is more in case of fine powder.
- More the surface area, better the extraction of medicinal components of herbs into water.
- Hence, fine powder yields out more medicinal value into the water than coarse powder.

Anupana – Additives for Phanta

Additives to Phanta is similar to Kashaya.

If **sugar candy/sugar** is to be added –

- In Vata Dosha – $1/4^{\text{th}}$ part of Kashaya/Phanta
- In Pitta Dosha – $1/8$ part of Kashaya/Phanta
- In Kapha Dosha – $1/16^{\text{th}}$ part of Kashaya/Phanta

If honey is to be added –

- In Vata Dosha – $1/16^{\text{th}}$ part of Kashaya/Phanta
- In Pitta Dosha – $1/8$ part of Kashaya/Phanta

- In Kapha Dosha – 1/4th part of Kashaya/Phanta

Spices – Cumin, guggulu, Kshara, Salt, Shilajit, Asafoetida, Trikatu – Ginger, black pepper, long pepper.

Dose is 3 grams for 96 ml of Phanta.

Such as milk, ghee, jaggery, oil, cow urine etc, dose is 12 grams for 96 ml of Phanta.

Shelf life – 12 hours.

Examples –

Kutaja Phanta

- Kutaja – Bark of Holarrhena antidysenterica
- Indicated in
 - Vamana – vomiting and
 - Atisara – diarrhoea, dysentery

Pancakola Phanta

- **Ingredients**
- Long pepper fruit – Piper longum
- Long pepper root
- Cavya – Piper chaba
- Chitraka Mula – Leadwort
- Nagara – ginger
- **Karma**

- Deepana – improves digestion strength
- Pachana – Digestive, relieves Ama Dosha

Yashti Madhu Phanta

- Made with licorice – Glycyrrhiza glabra.
- Administered to patient during Vamana (emesis) Panchakarma therapy, repeatedly to induce and ease the process of vomiting.
- This is usually administered after administering the main Vamana medicine.

Another Purpose of Preparing Phanta

- Use – for inhaling – steam therapy
- Tulsi (holy basil), cinnamon, Trikatu – Ginger, black pepper, long pepper etc.

Difference between Cold Infusion, Hot Infusion and Decoction –

- Hima – 1p + 6p cold water → cold infusion
- Phanta – 1p + 4p hot water → hot infusion
- Kashaya –
 - 1 part of coarse powder + 16 Parts of water → Boil in mild fire
 - Evaporate water by boiling till 1/8th reduction
 - Filter, Use it when fresh

5 Basic Dosage Forms – Pancha Vidha Kashaya Kalpana

- Swarasa – juice extract

- Kalka – bolus/paste made out of fresh herb by pounding
- Kwatha – decoction – made by boiling
- Hima – cold infusion
- Phanta – hot infusion
 - Swarasa is heaviest
 - Phanta is the lightest

37. Churna – Ayurvedic Herbal Powders: Principle, Preparation, Examples

Herbal powders are extensively used in Ayurveda. It is considered as a derived dosage form from herbal paste – Kalka. In Ayurveda, powders are used for oral intake, external application and to prepare other medicines such as herbal ghee and oils.

Churna – Herbal Powders

Churna in general is fine powder of a completely dry herb, which is filtered through a clean cloth.

Synonyms: Shushka pisti, Shushka Kalka – dry paste = powder

Raja, Kshoda – fine powder.

Churna, Choornam, Churan, Churnam

Instruments Used

Mortar and pestle were the instruments used to prepare churna during olden days.

Now-a-days Pulverisers, Micro-pulverisers, disintegrators & different mills are used.

Types of Choornam Based on Size

Sthoola Churna: Coarse powder.

Sookshma Churna: Fine powder.

Atyanta Sookshma Churna: Very fine powder.

Types of Churnam Based on Number and Nature of Ingredients

Single herb powders – example – Ginger powder.

Poly herbal powders – example – Trikatu churna – a simple combination of ginger, pepper and long pepper.

Metallic powders – Loha bhasma – iron calx, Yashada bhasma – zinc calx etc.

Traditional Dosage: One Karsha (12 Grams).

Practical dosage: 3–6 grams in single or divided doses.

Shelf life is 2 months, as per Sharangdhara Samhita.

If stored in air tight containers, it can be stored up to six months.

Market available churnas have 2 years of shelf life, as per Drugs and Cosmetics Act.

Prakshepa Dravyas – Adjuvants

If **jaggery** is the adjuvant/co prescription, then it should be added to the Churna in equal quantities.

Eg: 3 grams of Trikatu Churna + 3 grams of jaggery, at night after food for 2 weeks time.

If **sugar candy** is the adjuvant, it is added double the quantity of Churna.

If ghee, honey or sesame oil is to be added, then double the quantity.

Any other liquid – 4 times the quantity of churna.

Dose of Anupana – Co Drink – Based on Dosha

The quantity of adjuvant along with Churan Gutika & Kalka in

Vata Disorders – 3 times to the medicine.

Pitta Disorders – 2 times to the quantity of medicine.

Kapha disorders – equal to the quantity of medicine.

Usage of Churna

Used as a single medicament.

Ex

Hingwashtaka Churna – used in bloating, Vata disorders etc.

Talisadi Churna, Sitopaladi Churna – used in cold, cough, asthma etc.

Used as Adjuvant

Ex: Swarna Bhasma with Trikatu Churna.

Abhraka Bhasma with Talisadi Churna.

For Secondary Medicine Preparations

Ex: herbal powders are used for the preparation of herbal decoctions, herbal jams (Avaleha), tablets, oils, ghees, fermented preparations called – Asava, Arishta etc.

External Use of Churna

- **For Udvartana** – powder massage – Kola Kulatthadi Churna.
- **For dusting on wounds** – neem powder or Triphala powder or a mix of neem and turmeric powder.
- **For nasal inhalation** – Pradhamana nasya – Eg: Katphala nasya is administered to treat insomnia.
- **As tooth powder**

- As paste application over skin to relieve pain (Kottamchukkadi churna lepa)
- **In sweating treatment** – Sweda – Churna Pinda Sweda (Podikizhi) – herbal powders heated and or fried in herbal oils tied in a bolus to rub against the painful parts for a fixed duration of time.

Size Reduction of Powders

- It is the process of reducing the particle size of a substance to a finer state of subdivision.
- Comminuting & grinding are synonyms. If done by mechanical means it will be called milling.
- Depending on the type of equipment employed for the purpose, this process gets different names.
- Cutting, chopping, crushing, grinding, milling, trituration etc.

How to Mix Multiple Herbal Powders –

There are many ways. Easiest way is to take one herb powder in a big wide mouthed vessel. Add the second herb, mix it thoroughly, add the third herb powder, and mix thoroughly. Continue till you have added all herbs and the whole mix has uniform colour.

Pharmaceutical Application

Lesser the Particle Size – More the Surface Area.

Increased surface area of drugs will help in quick extraction of their active principles by facilitating easy penetration of solvent into drug tissue.

Lesser the particle size lesser will be the drying time.

Lesser the particle size more will be the rate of absorption.

The rate of drug absorption depends mainly on the dosage form, route of administration & particle size.

Particle Size

- The particle size of the powders depends on the different numbered standard sieves used.
- Sieving is the process of size separation.
- The numbered sieves indicate the number of meshes (openings) in a length of 1 inch (2.54 cm).
- So a sieve numbered 10 will have ten meshes 1 inch length.

Sieve of Size Separation

- Coarse powders: 10/44
- All particle should pass through sieve number 10 & not more than 40% should pass through number 44 sieve.
- Moderately coarse powders: 22/60.
- Moderately fine powder: 44/85.
- Fine powder – all particles should pass through sieve number 85.
- Very fine powder – all particles should pass through sieve number 120.
- All particles should pass through.

Advantages of Powders

- **Stability** in powders is more when compared with other liquid preparations. (Liquids are more prone for chemical reaction).

- **Easily Absorbed & Metabolized** when compared with other solid dosage forms like tablets, capsules, granules etc. Onset of action will be faster.
- More economical, compared with any other pharmaceutical preparation.

Disadvantages

- More the exposed drug surface area, more will be the chances of oxidation & hydrolysis. (So such herbs should be stored in air tight containers.)
- Unpalatable (bitter) drugs cannot be dispensed in powder form.
- The drugs may lose their aromatic & volatile compounds upon grinding due to higher temperatures.
- Deliquescent (which melt on exposure) & Hygroscopic drugs (with moisture) cannot be dispensed in powder form. Eg: Asafoetida (Heeng), Yavakshara.

Factors Affecting Size Reduction

- Physical properties of the drugs such as hardness, toughness, moisture content etc.
- Melting or softening point of the drugs. (Due to the heat generated during mechanical grinding).
- The size of the starting material. If the size is too large then it may need reduction in stages.
- Reduction has to be carried out in aseptic conditions to prevent bacterial contamination.

Machines Used for Size Reduction of Powders –

Ball mill, Hammer mill, Edge runner mill, End runner mill, Disintegrator, Bohr stone mill.

Hand mill, Colloid mill, Fluid energy mill.

Kashaya Churna/Kwatha Churna

- Usually coarse powder mix. Materials that pass through sieve number 10 are considered Kashaya churna.
- Prepared with ingredients of the formula.
- Take the powder, add 16 times water, boil and reduce to 4 parts, filter and use.
- It is better than market available kashaya. Since, it is freshly prepared.
- Eg: Dashamoola kashaya churna, Manjishtadi kashaya churna etc.

Pharmacology

- The action of Churna starts from the mouth, as soon as it comes into contact with tongue.
- As per Ayurveda, not only the medicinal active principles, even the taste of the medicine has its own effect on the patient.
- Sweet – calming,
- Salt, sour, pungent – stimulating, initiating
- Astringent – stopping, blocking effect (Stambhana etc)
- In case of cough, cold, nose blockage, most of the powders are spicy (Talisadi, Trikatu – Ginger, black pepper, long pepper, Sitopaladi etc).
- As soon as they come into contact with tongue, due to higher temperature in oral cavity, volatile principles are released into mouth

and oral cavity, helping the patient with breathing.

- If the product is administered along with ghee, ghee protects the mucosal lining from spices. Hence, in Pitta persons, ghee is very useful. Eg: Hingwashtaka Churna – is administered along with ghee.
- If the product is administered with honey, it gets absorbed and spreads to the target organ quickly, due to catalyst activity (Yogavahi) property of honey.
- If the product is made with sugar, jaggery, then it will take longer time to dissolve and its action can be expected more at stomach and intestines, rather in oral cavity.

38. How to Make Your Own Ayurvedic Tooth Powder? 7 Factors to Consider



Out of all the tooth cleaning products in the market, powders work best. We cannot expect chemicals in the paste to go into nook and corner of teeth and clean. With powders, at least we can be sure of it forcefully evicting that corner dirt out of our mouths.

Herbal tooth powders come with a distinct advantage of adding medicinal value.

Gum Healing Benefits – Herbs like neem, liquorice are natural wound healing herbs. They heal the gum wounds and mouth sores faster.

Mouth Sores Healing – Herbs like Manjishta – *Rubia cordifolia*, neem, Khadira – Gum acacia – *Acacia catechu* are very useful to soothe and heal oral mucosa faster.

Acting as Mouth Freshener – Add a bit of clove and you will have natural aroma to it. Even liquorice comes with a special fragrance. Essential oils like Tea tree oil, Peppermint oil, Spearmint oil, Myrrh also come in handy. These oils should be used in minimal possible dose. Just 1–2 drops per 100 grams of herbal powder mix.

Taking Care of Toothache – essential oils and clove also reduce the toothache.

Physical Pressure of brushing with powders takes away the tooth deposits. Charcoal and all herb powders are very useful. Charcoal engulfs the dirt and expels it out of mouth.

Injecting Micro Medicinal Values into our body through sub lingual route. All Ayurvedic herbs come with one or the other health benefits and these medicinal phyto – chemicals get absorbed in very minute quantities via sub lingual root or when a small amount of tooth powder is swallowed accidentally.

Preventing Dental Caries – Neem and Manjishta – *Rubia cordifolia*, toothache tree – these are really useful to reduce the chances of dental caries.

A combination –

Take the fine powders of below –

Manjishta – *Rubia cordifolia* – In a 100 grams powder mix, this can be 20 grams.

Yashtimadhu – Liquorice – *Glycyrrhiza glabra* – In a 100 grams powder mix, this can be 20 grams.

Clove – powder or 5 drops of essential oil per 100 grams of powder.

If you are using powder, in a 100 grams powder, this can be 2–5 grams. Excess of it will take away the aroma out of other herbs.

Khadira – Gum acacia – *Acacia catechu* – It gives a nice astringency to the product. It can be 20 grams per 100 grams powder.

Neem – It can be 10–20 grams per 100 grams powder.

A little bit of turmeric – for example – 5 grams per 100 grams.

Essential Oils like Tea tree oil, Peppermint oil, Spearmint oil, Myrrh. Any one or two of these oils 1–2 drops each per 100 grams.

Table salt or **rock salt (Saindha Namak)** can also be an essential part of the herbal powder mix. May be 10–20 grams in 100 grams powder. Salt has a natural ability of “*Vilayana*” – melting down the dirt and expelling out.

Activated charcoal or just burn a small piece of wood and powder the charcoal. Use it 20–30 grams in a 100 grams mix.

Ginger and **black pepper** – these pungent herbs add a bit of spiciness to the mix and stimulate tongue. Just 3–5 grams per 100 grams mix should be sufficient.

Babool tree powder, Vjaysar (*Pterocarpus marsupium*) are astringent options. Can be mixed in a dose of 10–20 grams per 100 grams mix.

Many commercial products available in the market use red ochre (Gairika) as one of the ingredients. Because it contains iron, it should be used carefully in children as accidental excessive ingestion of iron containing products may cause toxic symptoms in children.

Shelf life – 6 months to one year.

Store the powder in an air tight container, away from direct sunlight in a cool dry place.

Keep out of reach and sight of children.

39. Amla Home Remedy for Frequent Urination – Prepare It within a Minute



Health benefits of Amla are innumerable. It is Indian gooseberry, used as the main ingredient of medicines like Chyawanprash, Triphala etc. Here is a very simple home remedy using Amla, banana fruit etc, useful for people with frequent urination problem.

Natural Home Remedy for Frequent Urination –

What You Need?

A banana fruit

An Amla fruit

A small piece of sugar candy/unprocessed sugar/jaggery – half to 1 teaspoonful.

Honey – half to one teaspoonful.

How to Make?

Take out the seed of amla fruit. Take the pulp, crush it and extract Juice.

Crush the sugar candy to powder, add it to amla juice mix.

Take this along with a banana fruit and a teaspoon of honey.

Indications –

Useful in kids above 5 years of age, with bed wetting.

Useful in all cases of frequent urination, except in diabetes.

Useful to strengthen the muscles and sphincter of urinary bladder.

Dose –

Juice extracted from one amla fruit, with a banana, and a teaspoon of honey and sugar candy – this can be considered as one dose. up to 4 such doses can be administered in a day.

How Long to Take?

Since all the four ingredients are used commonly as part of diet, it can be continued for many months.

Shelf Life (Expiration Date)?

Once prepared, better to use it fresh. Amla juice can only be stored for a day.

How Does It Work?

Amla is a power house of anti oxidants. It helps to cleanse the bladder and improve bladder muscle and sphincter strength.

Banana, having similar properties, is a part of diet and of many home remedies for frequent urination problem.

Safe for Kids?

Yes it is.

Pregnancy and Lactation?

If you are sure about good quality of amla and honey, it can be used even during pregnancy and lactation.

Side Effects

Very high dose is not recommended. Not suitable in diabetic patients.

Can Amla Powder Be Used in Place of Amla Fruit?

Yes. It can be used. For this, the fresh amla juice can be replaced with half a teaspoon of amla powder. Though it might have a bit lesser effect than with – fruit – remedy, using amla powder makes sense due to unavailability of Amla in many places and times.

40. Ayurvedic Home Remedy for Heavy Periods Using Saffron



Saffron is called Kumkuma in Sanskrit. It is widely used in many formulations for external application and internal usage. Here is a simple Ayurvedic home remedy for heavy periods using saffron.

Natural remedy for heavy periods – What you need?

Saffron – single thin strand

Honey – 1 teaspoon

How to make?

Take a thin strand of saffron break it into small pieces. Mix it with honey and consume.

Indications –

Heavy periods

Painful periods

Premenstrual Syndrome

Depression

Mood swings during periods

Nasal bleeding

High Pitta conditions leading to bleeding disorders.

Dose – just one strand once or twice a day, along with a teaspoon of honey.

How Long to Take?

If one is having habitual heavy periods, then it is best to start this remedy 3 days prior to periods time and continue till bleeding lasts.

If heavy periods is seen only occasionally, it can be started as and when there is heavy bleeding and can be continued till bleeding lasts.

Another Way of Using it Is –

It can be taken 1 week before periods start till it ends. This way, it can be used every month till there is good control over bleeding.

Shelf life (expiration date)?

Saffron can be stored for an year in air tight container.

How does it work?

Saffron is very useful. It helps to check bleeding. It also acts as anti spasmodic, helping in relieving pain during periods.

Safe for kids?

It can be used safely in kids above three years of age, for a period of 3–4 days, for spasmodic stomach pain

Safe for pregnant mother?

It is quite safe in pregnant mother.

It is safe in lactating mother.

Side Effects

Higher dose than suggested should be avoided at all costs.

41. Ayurvedic Home Remedy for Migraine Using Saffron



Saffron is very widely used in Ayurveda treatment. Here is a simple and effective Ayurvedic home remedy using saffron and ghee to relieve migraine type of headache.

What You Need –

Saffron – fine powder – 1 small pinch.

Ghee – 1 teaspoon.

How to Prepare?

Add the small pinch of saffron to a teaspoon of ghee and mix thoroughly.

How to Use?

This fine mixture of saffron and ghee (clarified butter) is instilled into each nostril early in the morning, on empty stomach. (Nasya treatment)

Better to do a facial massage with plain sesame oil or Maha Narayana taila followed by mild hot fomentation with a towel dipped in hot water over the face, before instilling 2 drops of saffron – ghee into each nostril.

After instilling, it is better not to take bath or food for 20 minutes.

Some people may expel mucous from nostrils after this treatment.

As a measure of precaution, it is better to start with one drop to each nostril.

This remedy can be continued for a period of two weeks.

Better to avoid this remedy during cloudy days.

It is best to take up this home remedy after consulting with your Ayurvedic doctor.

42. Ayurvedic Home Remedy for Hiccup



Hiccups can occur due to a wide variety of reasons, starting from taking alcohol, laughing out loudly to diseases like pneumonia/meningitis. If frequent hiccup is bothers you from time to time, if the underlying cause is not a dreaded disease, this home remedy might help you.

What You Need?

Katuki Churna – powder of *Picrorrhiza kurroa* – 5 grams

Honey – 1 teaspoon

How to Make?

Whenever there is hiccup, take 1–2 pinches of Katuki powder

Mix it with a little honey.

Make a semi solid paste

Consume.

Dose: 1–2 pinches, 3–4 times a day, after food.

How Long to Use It?

It can be used for 2–3 days continuously.

Can It Really Cure Hiccup? How Does It Work?

Hiccup is a symptom of many diseases or physiological conditions. It helps to relieve hiccup by

- Improving digestion,
- Promoting liver functions,
- Promoting secretion of digestion enzymes and
- Relieving bloating.

Is It Safe for Pregnant Women, Lactating Mother and Children?

In children above 5 year old, it can be given in a dose of one pinch once or twice a day.

It is best to avoid this in pregnant and lactating mothers.

Side Effects

Over – dosage may cause burning sensation in stomach.

Consult your doctor before taking up this home remedy.

43. Ayurvedic Home Remedy for Sciatica, Rheumatoid Arthritis with Haritaki



Rheumatoid arthritis and sciatica are very painful joint disorders. They both require proper Ayurveda treatment. But a few home remedies are also very helpful in keeping the symptoms under check and to treat complications. Here is an Ayurvedic home remedy, useful in both these conditions.

What You Need?

Castor oil – 5 ml

Fine powder of Haritaki – Terminalia chebula – 5 grams

Warm water – half a cup.

How to Make?

Mix fine powder of Haritaki with castor oil make a fine paste. This is to be consumed along with warm water.

Dose? How to Take?

3 Grams of this paste is to be consumed once in a day, either in the morning or in the evening, after food. Since the taste is astringent – bitter, it is good to drink warm water after taking this remedy. It helps in easy swallowing.

How Long Can This Remedy Be Stored?

If you store castor oil and Haritaki powder separately, both can be stored upto 2–6 months, in air tight containers.

If you are mixing equal quantities of each and keep the paste ready, the paste needs to be emptied within 7 days.

Taste: Astringent, slightly bitter.

Indications

It is indicated as a remedy for Rheumatoid arthritis and Sciatica (lumbar spondylosis).

How Long to Take?

This remedy can be taken for a period of 1–4 weeks, based on symptoms and severity of the disease.

How Does It Work in Rheumatoid Arthritis?

As per Ayurveda, rheumatoid arthritis is caused due to Ama – product of improper digestion strength, altered immunity, blocking the body channels. Both Haritaki and castor oil are indicated in the treatment of Rheumatoid arthritis. It helps to clear the Ama out of the body. It helps to cleanse stomach and intestines by inducing purgation.

Haritaki is very beneficial in treating ‘Áma’ and has rejuvenation properties. It is Tridosha balancing in nature. It is one among Triphala group of fruits.

Castor oil is very effective in reducing the pain and stiffness of joints, which are cardinal features of the disease.

Constipation is one of the associated features of Rheumatoid arthritis. This remedy acts as mild laxative and hence very useful.

How Does It Work in Sciatica?

Lumbar spondylosis (sciatica/slip disc) is a degenerative disease of the bone. In the Ayurvedic approach to treat bone degenerative disorders, oils are used. That is why you see lot of oils being used in arthritis treatment.

For example,

Use of oils like Mahanarayana taila for Abhyanga (oil massage), Sneha basti (oil enema) etc.

Use of oils like Kottamchukkadi taila, Bala Ashwagandhadi taila etc in Kati Basti, etc.

Use of Ksheerabala taila 101 for oral intake in case of osteo arthritis and so on.

Hence, castor oil is used as a rejuvenating agent in sciatica, aimed at regeneration of the bone mass in the affected joints. Castor oil along with Haritaki bring about anti inflammatory effect and useful to relieve pain and inflammation.

Can the Haritaki Powder Be Replaced with Capsule or Tablet?

Traditionally Haritaki powder is told. Hence, better to stick to the traditional reference. If one cannot tolerate the taste, then 1 tablet/capsule along with castor oil be used.

Safe for Kids?

No.

Safe During Pregnancy and Lactation?

Avoid this during pregnancy. Seek medical advice during lactation period. At the best, it can be taken for a period of 5–10 days during lactation. Long term usage of this remedy is not recommended during lactation.

Side Effects

Since it has laxative effect, people with diarrhoea should avoid this.

Some may not tolerate the taste/odour of this remedy.

Always consult your doctor before taking up this (or any other) home remedy.

44. Easy Home Remedy for Cough with Trikatu



Trikatu is a very famous Ayurvedic combination of three spices, used extensively in numerous home remedies. It is a simple combination of three spices – black pepper, long pepper and ginger. Let us learn a home remedy for cough using this simple spice blend.

Shunti Churna – Dry Ginger powder – 10 grams

Maricha Churna – Black Pepper powder – 10 grams

Pippali Churna – Long pepper powder – 10 grams

Cow ghee (clarified butter) – 5 grams

Jaggery – 5 grams

How to Make?

Mix ginger, black pepper and long pepper powders thoroughly. This combination is called as Trikatu in Ayurveda. Make sure to use fine powders of these three. You can also get ready – made Trikatu powder in market. But if you can make on your own, better. You can use a small mortar and pestle to powder it. Or you can use a mixer.

Keep jaggery and ghee ready.

How to Use?

Half a teaspoon of each of Trikatu powder, jaggery and ghee – take them and mix together.

This is taken twice a day after food for 15 days to one month to relieve cough.

To Whom It Doesn't Suit?

It is not suitable for people with gastritis and diabetes.

How Does It Work?

Jaggery and ghee relieve throat irritation.

All ingredients of Trikatu are powerful anti-inflammatory spices.

Long pepper is a powerful anti-tussive (useful in cough) and expectorant (expels phlegm out of lungs).

Side Benefits

This also helps to improve digestion strength.

This remedy is also very good for chronic respiratory disorders (people with long term lung problems).

Notes

Once you prepare Trikatu Churna, it can be stored for upto 3–6 months, if you keep it closed air tight, without allowing moisture contact or direct sunlight.

Once you prepare Trikatu, Jaggery and ghee mix, you can store it moisture-free for couple of weeks.

There are Trikatu capsules and tablets in the market. But better to use Trikatu churna (powder) only for this home remedy.

45. Easy Homemade Face Scrub Using Ayurveda Herbs



Let us learn to prepare homemade face scrub with natural Ayurvedic ingredients. The herbs that I have used are quite commonly available. The formula is flexible. You can add or delete some ingredients based on your convenience.

Purpose of This Face Scrub –

To dig out the pore dust

To cleanse the pores

To remove the dead skin layer

To have a cooling and soothing effect over the skin, in spite of the scrubbing action

To heal any long lasting acne, acne scar, etc.

To have some therapeutic effect over skin diseases affecting face, like eczema.

What You Need?

Coarse Green gram powder – 2 tablespoon. The powder needs to be coarse, to bring about the scrubbing effect.

Turmeric – 1 pinch – improves skin complexion, fights skin diseases and skin allergies.

Manijshta (Rubia cordifolia) – Calms Pitta, commonly used in all skin diseases, cleanses blood. Quantity is 1–2 teaspoonfuls.

Khadira (Acacia catechu) – another commonly used herb in all skin diseases. – 1 teaspoon.

Neem powder – Nothing is as effective as neem to bring about scrubbing, cleansing effect. Also heals wounds, ulcers and very useful in skin diseases – 1–2 teaspoon.

Sandalwood – To bring glow to the skin and to calm Pitta – 1 teaspoon

Coarse powder of almond – to have some nutritional value. A good source of Vitamin E – 1 teaspoon

Rose petal paste/Rose water – to nullify excess heat generated due to scrubbing. Calming and soothing to facial skin – 1 teaspoon

Curds – sour taste is penetrating in nature. It helps to evacuate the pores. – 1–2 tablespoon

How to Make?

Mix all ingredients and make a semisolid, thin paste.

How to Use?

Wet the face with water. Apply a thin layer of the scrub. Gently massage the face in upward direction with your finger tips for 5–7 minutes.

If someone else massages your face instead of yourself, better.

Wash off with lukewarm water.

Precautions –

Do not put too much pressure.

Take care to avoid active acne that are red in colour. It may induce bursting and bleeding.

Avoid contact to eyes. If some particle gets into the eye it may cause irritation. In that case, flush the eyes with cold water.

Trivia: The same herb combination can be used for making herbal facepack or face wash powder.

46. Ginger Amla Home Remedy for Asthma and Hiccups – Make It in a Minute



Ginger and amla are powerful herbs with many health benefits, mainly targeting respiratory system and stomach. Let us learn a simple home remedy for asthma and hiccups, using ginger amla and a few other simple ingredients.

Ginger Amla Natural Home Remedy for Asthma and Hiccups – What You Need?

Amla powder – 1 teaspoon (Indian gooseberry)

Pippali – Long pepper powder – 1 teaspoon

Ginger Powder – 1 teaspoon

Sugar/Sugar candy/jaggery – 1 teaspoon

Honey – 1–2 teaspoon.

How to make?

Make a uniform mixture of powders of Amla, Long pepper and ginger.

It needs to be taken along with a little sugar candy and honey.

Indications –

Traditionally, this effective home remedy is indicated in

Asthma

Chronic respiratory disorders

It is helpful in improving the symptoms of tuberculosis and chronic cough.

It is useful in chronic hiccups

Dose –

½ – 1 gram of the powder mix of long pepper, ginger and amla is taken along with teaspoon of honey and little sugar/sugar candy.

The dose can be repeated up to 4–6 times a day based on disease intensity. Normally, it is administered twice a day, after food.

How Long to Take?

It can be taken for a period of 1–2 weeks. If the symptoms are severe, it can be continued till a month time.

Shelf Life (Expiration Date)?

The powder, once prepared can be stored in air tight container for 2–6 months.

How Does It Work?

Ayurveda explains similar pathology principle for hiccups and asthma. Hence, the remedies useful for asthma are most commonly used in hiccups as well. But this remedy is not inferred to hiccups because of asthma reference. It is traditionally indicated in both conditions.

Pippali – Long Pepper – it is the number 1 spice used in any respiratory tract conditions in general, and asthma in particular. It acts as mucolytic (breaks down the thick mucus inside lungs), and bronchodilator (widens the constricted small long pipes). Many clinical research exists about its usage in respiratory disorders.

Ginger – Another important spice for respiratory health. Ginger is a good bronchodilator.

Amla and honey is a good combination useful to improve lung functions. It also has powerful anti oxidant activity.

As per Ayurveda sugar candy helps to mobilize and expel mucous.

Safe for Kids?

In a very small dose of quarter teaspoon once or two times a day, after food, it can be used in kids above 5 years of age.

Pregnancy and Lactation?

It is best to avoid this, and any other home remedy during pregnancy.

It can be administered during lactation period in a small dose of – half to 1 teaspoon once or twice a day after food.

Side Effects

Very high dose is not recommended. It may cause burning sensation in stomach and worsening of gastritis.

Very long term usage is also not recommended.

It is best to take this remedy only after consulting your doctor.

47. Ginger, Amla, Raisin and Honey Home Remedy for Asthma and Cough



Ginger and honey are quite commonly used together in digestion and respiratory tract disorders. This combination along with amla fruit and raisins is processed together to form an effective Ayurvedic home remedy for asthma, cough and chronic respiratory diseases.

What You Need?

Raisins – 10 g

Amla fruit (Indian gooseberry/Amalaki) – 3 number

Ginger – 10 grams

Honey – 2 teaspoonful (around 10 ml)

How to Make?

Take whole amla fruits in a clean vessel.

Add sufficient quantity of water to it so that all the amla fruits can be immersed in it.

Start boiling amla fruits, till the fruit pulp softens and splits to three pieces. This may take 10–15 minutes for 3 amla fruits.

Stop heating and remove the seeds and take the Amla pulp into a mortar and pestle.

Grind it to make paste.

Add raisins to it and grind it to make uniform mix with amla.

Add ginger powder and honey to it mix it will to make a homogeneous mass.

How to Take?

This remedy in a dose of 3–5 grams, twice a day, before or after food is administered in respiratory conditions.

After taking this, if one feels thirsty, then warm water can be consumed.

What Are Benefits?

Useful in asthma, chronic cough, chronic bronchitis and in all long standing respiratory disorders.

Amla, raisins and honey make this a rejuvenating and nourishing recipe.

Because of amla and raisins, the spiciness of ginger gets controlled. Hence, this remedy is well tolerated even in people with sensitive stomach.

How It Works?

As per Ayurveda, most of the chronic respiratory conditions are due to Kapha and Vata imbalance. All the ingredients are quite efficient in balancing these two Doshas.

Usually patient with long standing lung disease like asthma/tuberculosis needs rejuvenation treatment. Raisin and amla provide the same.

Ginger is an excellent anti inflammatory herb, useful to relieve excess sputum.

How Long To Take?

It can be taken for a period of 2 weeks to 3 months, based on doctor's advice.

Once Prepared, How Long Can It Be Stored?

It can be stored for a maximum of 3–5 days only. Because of moisture in amla pulp, it cannot be stored for a long period of time.

Can Amla Powder Be Used in Place of Amla Pulp?

Yes. But traditionally amla pulp is used in the remedy. Hence, effectiveness may be slightly lower.

Safe for Kids?

It is safe to use this for kids above 5 years of age, for a short period of 1–2 weeks, under medical supervision.

During Pregnancy and Lactation?

Better to avoid during pregnancy.

Fine to take it during lactation period.

Side Effects

Not suitable for people with diabetes.

It is even well tolerated with people with sensitive stomach or gastritis, who do not tolerate spices. However, in such people, a test dose of 1–2 grams can be tried before administering in full dose.

48. Home Remedy for Fever with Pitta Kapha Imbalance Using Kutki – Root



Fever With Pitta Kapha imbalance will have symptoms like heaviness, internal burning sensation, headache etc. Let us learn about a simple home remedy for this condition.

Home Remedy for Fever –

What You Need?

Kutki (Katuki – *Picrorhiza kurroa*) – fine powder – 1 gram

Sita – unrefined sugar/sugar candy – 3 grams

Indications –

It is a useful home remedy/adjuvant remedy of fever of Pitta and Kapha imbalances.

It is useful in fevers due to viral infections.

It helps to relieve headache, heaviness and burning sensation, associated with fever.

Dose –

Half to one gram of Kutki (katuki) powder is administered along with 2–3 grams of sugar candy once or twice a day, 10 minutes before food.

In some places, Kutki capsule is available, one capsule can be taken along with sugar candy, twice a day, 10 minutes before food.

How Long to Take?

It can be taken for a period of 1–2 weeks.

Shelf Life (Expiration Date)?

If it is capsule, it can be stored for a period of one year.

If it is powder, it can be stored for a period of 3–6 months.

How Does It Work?

Kutki is a powerful antiviral and antibacterial herb.

It also has hepato – protective activity. So, useful in Pitta imbalances.

It is also found to be very useful in hyper – acidity, gastric and duodenal ulcers in controlled doses.

Safe for Kids?

In a dose of 250–500 mg/day, Kutuki can be administered to kids, under the supervision of doctor.

Pregnancy and Lactation?

Not enough data for its usage in pregnancy. Usually safe during lactation in lower doses.

Side Effects

Very high doses may induce vomiting and diarrhoea.

How to Tackle Side Effects

By having half a cup of milk and by consulting a doctor immediately.

49. Home Remedy for Vomiting and Hiccups Using Katuki – Picrorhiza Kurroa – Root



Katuki is a very famous Ayurvedic herb used in treating liver diseases and fever. It is also used to relieve vomiting and hiccups. Here is one such simple home remedy.

Natural Remedy for Vomiting – What You Need?

Katuki powder (Kutki powder) – 1 gram

Honey – 1 teaspoon

How to Make?

Mix 1/2–1 gram of Katuki powder in a teaspoon of honey.

Indications –

Vomiting, Nausea (vomiting sensation), Hiccups

Dose –

Half to one gram of Katuki powder along with a teaspoon of honey, once or twice a day.

How Long to Take?

It can be taken for a period of 3–5 days.

Shelf Life (Expiration Date)?

Katuki powder can be stored for a period of 3–6 months in an air tight container

How Does It Work?

Katuki promotes natural peristalsis.

It is also found to be very useful in hyper – acidity, gastric and duodenal ulcers in controlled doses.

It has hepato – protective action. It protects liver. Hence useful in vomiting associated with jaundice.

Safe for Kids?

In a dose of 250–500 mg, Katuki can be administered to kids, under the supervision of doctor.

Pregnancy and Lactation?

Not enough data for its usage in pregnancy. It is considered safe during lactation period, in lower doses.

Side Effects –

Very high doses may induce vomiting and diarrhoea.

50. How to Use Turmeric for Allergic Rhinitis? 4 Traditional Methods



Turmeric is the best spice to treat allergic rhinitis. Ayurveda explains number of medicines for this condition with turmeric and other spices as ingredient. But turmeric can also be used as home remedy to supplement treatment.

Method 1 – Use in Diet – It can be used regularly in the gravy or rasam etc making a habit of using at least few pinches of turmeric in diet is the best way to keep allergic conditions at bay.

Method 2 – Turmeric with Hot Milk – Take a pinch of turmeric and add it to a cup of hot milk. Drink this on empty stomach in the morning. If you are allergic to milk, you can consume it with water.

Method 3 – Turmeric with Ghee – Add two pinches of turmeric to 4 teaspoons of ghee. Just before going out of house, apply very thin layer of this ghee turmeric mixture to the inner side of both noses (nostrils). This looks a bit uncomfortable but the results are quite good.

Method 4 – Hot Pan Technique – Put a teaspoon of turmeric powder over a hot pan and inhale fumes. This helps to reduce the inflammation of upper respiratory tract.

51. Licorice Home Remedy for Bleeding Disorder, Fever and Heart Support



Licorice is one of the most versatile Ayurvedic herbs. Its use is seen in gastritis, aphrodisiac therapy, fever and bleeding disorders. Let us learn an effective home remedy for bleeding disorders, fever and atherosclerosis.

What You Need?

1. Licorice powder (Yashtimadhu – Glycyrrhiza glabra) – 10 grams
2. Katuki powder (Picrorrhiza kurroa) – 10 grams
3. Lukewarm water.

How to Make?

Mix equal quantities of Licorice powder and Katuki powder into a homogeneous powder.

This powder mix in a dose of 500 mg to 1 gram two times a day, after food is administered along with a cup of lukewarm water.

Benefits

1. It is useful in fever. Both Kutki and Licorice stimulate liver, calm Pitta and have anti-inflammatory and antibacterial effect.

2. It is useful in bleeding disorders of Pitta origin, like nasal bleeding, heavy periods, etc.
3. Both Katuki and Liquorice are known for anti-atherosclerotic activity. That means, they help to reduce the collection of cholesterol and clots in the inner side of blood vessels of heart. Hence it is a good home remedy for atherosclerosis.

How Long to Take?

It can be taken for 2–3 months time, based on doctor's advice.

Side Effects

People who are sensitive to the said ingredients should avoid it.

It is best to avoid this home remedy in children, pregnant and lactating mothers.

It is best to take this home remedy under strict medical supervision.

52. Long Pepper – Honey Home Remedy for Cough



This is a simple home remedy for cough with three ingredients – honey, long pepper and another one called as Kantakari (*Solanum xanthocarpum*). Kantakari herb is one among Dashamoola (ten roots) group of herbs.

Kanta means thorns. This herb is very thorny. Kanta also means throat. This herb is usually used in treating disorders related to throat and respiratory tract – such as sore throat, cough, asthma, bronchitis etc. So the name, Kantakari.

Ingredients –

Pippali – Long pepper – half a teaspoon.

Kantakari (*Solanum xanthocarpum*) – half a teaspoon.

Madhu – Honey – 1–2 teaspoon.

How to Make?

Mix fine powders of the two herbs and add honey. Mix well to make a paste. Lick this, in a dose of one teaspoonful, two times a day after food.

One can drink water after taking this remedy.

Uses

Used in the treatment of cough.

Helpful in weak digestion.

Relieves cough with sputum.

Useful in sore throat.

This remedy can be used in children above 1 year age. It is quite safe in lactation period. But in pregnancy, one needs to consult a doctor before trying this remedy.

53. Triphala Home Remedy for Eye Care



Triphala is one of the most common ingredients in many eye care products. Triphala is one of the safest of Ayurvedic products. It contains three fruits.

Haritaki – Terminalia chebula

Vibhitaki – Terminalia bellirica

Amla – Indian Gooseberry

Uses

It would help anyone who has recurrent eye problems like dryness of eyes, irritation, redness, itching sensation, burning sensation etc.

It also helps to some extent in people with vision power related issues.

People suffering from computer vision syndrome – CVS.

People who complain of eye dryness post – eye – surgery.

What you need?

Triphala Churna (powder) – half teaspoon

Honey – 8–10 drops

Ghee – 3–4 drops.

How to Make?

Mix all the three in a bowl thoroughly to make a paste.

How to Take?

Take the paste along with water at night, after food.

How Long to Take?

It can be taken for 2–3 months or even longer. It is traditionally told as something that can be taken on daily basis for a long period of time.

Contra Indications

It is best to avoid this during pregnancy and children below 5 years of age.

Can Triphala Tablets be Used in Place of Powder?

Nope. Traditionally powder is told as ingredient in this home remedy.

54. Triphaladi Churnam

Uses, Dose, Ingredients, Side Effects



Triphaladi churnam is a combination of three herbal ingredients –

1. Haritaki – Terminalia chebula – Fruit rind
2. Vibhitaki – Terminalia bellerica – Fruit rind
3. Amla – Emblica officinalis – Fruit
4. Yashtimadhu – Liquorice powder

all the four herbs are dried under shade, powdered and filtered to get fine powder.

Uses: It is potent astringent. It can be boiled with water and filtered, this decoction acts as herbal wound healing.

For Internal Administration – It is rich in antioxidants, good for eyes, spleen, liver, useful in diabetes, and acts as rasayana (antiaging).

Triphala Cleanse: It can also be effectively used for natural herbal bowel cleanse and herbal colon cleansing.

Can Triphaladi Churnam Help in Diabetes?

Yes. Triphala Churnam is ideal as a supplement in diabetes. Apart from helping in controlling the blood sugar level, it also rejuvenates and acts as antioxidant.

Quantity of Triphaladi Choornam to Be Taken – For easy bowel movements and to relieve gas trouble – five grams at night with warm water. As a liver protective and anti oxidant agent (Rasayana) 2–3 grams one or two times a day with warm or cold water.

External Application – Hair Wash Powder

Triphaladi is a simple combination of Triphala and liquorice. This can be used to wash hair and also as hair pack. This is useful to get rid of dandruff, grey hairs. It prevents hair fall.

Triphaladi for Eye Wash –

A tablespoon of Triphaladi choornam is mixed with 2 cups of water, boiled and reduced to half a cup. This is filtered. The filtered plain liquid is used for eye wash in cases for eye infection.

Side Effects of Triphaladi Churnam

There are no known side effects. However, to use this product in people with high BP, child, pregnant and lactating mothers, one needs to consult a healthcare expert.

55. Trikatu Churna Benefits, Dose, Remedies, Side Effects



Trikatu Churna is a simple mixture of three Indian spices in powder form. Trikatu Churna falls both under medicinal herbs and dietary herbs.

Synonyms – Trikatu choornam, Trikatu choorna, katutraya churna, kadutraya churna etc.

It is a combination of equal parts of

Black pepper – Piper nigrum

Long pepper fruit – Piper longum and

Ginger.

Tri – means three,

katu – herbs that are hot and pungent.

Churna is a Sanskrit term meaning powder.

If these spices are available, the Trikatu powder can be made at home, under hygienic conditions, using a mixer.

Trikatu Benefits – Trikatu is hot in potency, stimulative in nature, good for liver, spleen and pancreas. It stimulates stomach to produce enzymes, helps indigestion. It is also useful in cough, cold, asthma.

Benefits of Trikatu – Ginger, Black Pepper, Long Pepper –

Deepana – it improves digestion strength.

Shleshmaghna – it balances Kapha dosha.

Medoghna – it burns fat. Reduces cholesterol levels.

Kushta – useful in skin diseases.

Peenasa – useful in running nose, allergic rhinitis

Jayet Arochakam – relieves anorexia.

Ama – useful to relieve ama (a state of indigestion).

Meha – useful in diabetes

Gulma – useful in abdominal tumor, bloating

Galamaya – useful in throat infection and diseases.

Trikatu and Liver

Trikatu is experimentally proven for liver protective activity against liver damage. Its Deepana, Pachana effect (Carminative and digestive) can be understood that it stimulates liver to produce enzymes. (Pitta = digestion capacity = digestive enzymes. Trikatu increases Pitta.)

Its one ingredient – Pippali (long pepper) is very useful in treating hepatomegaly and splenomegaly.

Black pepper is an excellent antiviral and antibacterial spice, hence useful in liver infection.

For this reason, Trikatu is an ingredient of many Ayurvedic medicines targeted for liver disorders.

For example:

Parpatakarishtam – used in anaemia, chronic liver disorders, hepatomegaly

Sarva Jvarahara Lauha – used in hepatomegaly

Gudapippali – used in infectious liver conditions

Trikatu in Other Ayurvedic Medicines

When used along with other herbs, Trikatu enhances the bio – availability of active constituents of the co – herbs in the target area of disease. Trikatu is used as ingredient in many Ayurvedic medicines such as Kanchnar Guggulu, Navayasa Lahua, Dashamoolakatutraya Kashaya, Ashwagandharishta, Cofavin Syrup, Cofavin DM Syrup etc.

Trikatu Churna Dose

500 mg to 3 grams in divided doses in a day, preferably after food. Trikatu Churna can be taken along with honey or water. If it is too spicy to taste as such, it can also be added to food and taken along with the food.

In case of gastritis patients, where Trikatu needs to be administered, it is administered along with Shankha Bhasma.

Side Effects – Due to hot potency, Trikatu may worsen gastritis. May cause burning sensation in higher doses.

Research Articles on Trikatu – Trikatu churna – action against intestinal worms (anthelmintic activity), Anti bacterial effect of Trikatu churna, Liver protective activity of Trikatu churna.

Ayurvedic Products with Trikatu Churna as Ingredient –

Herbal Jams: Chitrak Haritaki, Dashamoola Haritaki, Vilwadi Lehyam, Haridra Khand

Tablets: Gokshuradi Guggulu, Shiva Gutika, Yograj Guggulu – Commiphora mukul

Herbal Ghees – Triphala Ghrita, Vyoshadi Vataka

Trikatu for Skin Diseases

Intake of Trikatu along with Harad (Haritaki), Jaggery and sesame oil for 1 month cures skin diseases.

(Reference: Charaka Chikitsa Sthana 7/61).

Trikatu for Ascites:

Reference: Charaka Chikitsa Sthana 13th chapter

For the patient suffering from Kaphaja type of Udara Roga (ascites with Kapha Dosha dominance, fat – less buttermilk added with Yavani, Rock salt, cumin seeds and Trikatu is administered.

In Pittaja Udara (ascites due to Pitta), Buttermilk prepared of well formed curd along with the powder of Trikatu.

If the patient is suffering from Sannipatika Udara (ascites with all Three Dosha imbalance, then he should take buttermilk along with Tryusana, Yavakshara and rock salt.

56. How to Make Ayurvedic Herbal Bath Powder at Home?



Here are different combinations of herbal bath powders that you can try at home. If you wish to stop soap and try some herbals, then give it a try.

General Considerations

Gram flour (also known as besan powder) is the general base for any bathing powder combination. It is good for skin and provides scrubbing action.

A small percentage of people may be sensitive to besan powder, which can use Green gram powder as base.

Overall this powder can be used as 50% ingredient of the formula. The rest 50% is composed by different combination of herbal powders.

This combination of herbal powders can be made based on desired effect and availability of herbs.

The below mentioned combination is good to use even in kids.

There are three basic purposes behind use of below herbal powders is

- Improvement in skin health and complexion.
- Ability of the herbs to heal acne, skin scars and minor skin lesions.
- Relieving body pain and inflammation.

Bathing Powder Formula –

Gram flour or green gram powder – 10 spoons.

Neem Powder – 1 spoon – Neem is very good for skin. Heals wounds, relieves acne and relieves minor skin lesions with ease.

Manjishta (Indian madder – *Rubia cordifolia*) – 1 spoon – Very good for skin, used in many herbal medicines to improve skin health.

Turmeric – 1/2 spoon – 1 spoon – Relieves skin lesions and allergic skin complexion. Improves skin glow. Quantity can be little less – say, half a spoon only. Too much of it, may leave yellow colour on skin, if not washed with water properly.

Amla (Indian gooseberry) – dry powder – 1 spoon. It is rich in anti oxidants, has a coolant effect over skin and calms Pitta.

Ginger – 2 pinches – Improves blood circulation and relieves inflammation.

Rose Petal paste made with water – has calming effect, relieves any burning sensation in skin and improves glow. If you do not get rose flower, you can use a few drops of rose water. – 1 teaspoon

Almond – rich in natural vitamin E, excellent skin moisturizer – 1 teaspoon

Khadira – (*Acacia catechu*) – A very good Ayurvedic herb, useful in many skin diseases. There is also a reference in Ayurveda that people with recurrent skin diseases should take bath by adding this powder into hot water. Hence it is very good for skin, even on external application – 1 teaspoon

Vacha (*Acorus calamus* – sweet flag/*calamus*) – useful to relieve skin inflammation. – 1/2–1 spoon

Rasna (*Pluchea lanceolata*) – Relieves body aches and pains. 1 spoon

Reetha/Soapnut powder – 1 spoon – gives good frothing.

In the above combination of herbs, you can use as much as available, depending on purpose.

If you want to relieve skin problem, use more of Manjishta, Khadira, Vacha and Neem.

If you want to relieve body aches and pains – use more of ginger, Rasna.

If you have burning sensation, use more of rose water/paste, almond and Amla

If you have skin allergy and non healing wounds, add more of turmeric and neem powder.

Use of Fragrance

If you have any problem with the aroma of your final combination of bathing powder, you can use any natural fragrance of your choice.

Liquid Additive Options

Eucalyptus oil – just two drops – good anti inflammatory oil, good for respiratory healthy.

Rose water – Good for skin, coolant. 1–2 spoons.

Kumkumadi Taila – 1–2 drops. Relieves acne, improves skin glow.

How Long Can This Powder Be Stored?

If stored in an air tight container, the bath powder can be stored safely for up to 1 year.

57. Mantha – Fruit Squeezes



The word meaning of mantha is squeezing or churning.

Mantha is prepared by adding water to fruits and the fruits are squeezed. A semisolid product is obtained and it is consumed.

For this, either single fruit or combination of fruits is used.

References

Sharangdhara Samhita Madhyama Khanda 3/9–10.

Sushruta Samhita Sutrasthana 46.

Preparation Method –

Take required fruits in a vessel. Add four parts of water. Squeeze the fruits thoroughly till the whole mass turn semi solid. It is consumed as it is, in a dose of 50–100 ml.

It is consumed readily soon after preparation. It does not stay fresh for longer than 6 hours time.

Eg: Kharjuradi Mantha

Sharangdhara Samhita Madhyama Khanda 3

Date fruits, Pomegranate, Raisins, Kokum butter – *Garcinia indica*, Tamarind and Falsa fruit

All these fruits in equal quantities are taken along with four parts water, squeezed together to prepare Mantha. It is administered in 100 ml dose to treat alcoholic intoxication and side effects of alcoholism.

Its shelf life is 6–10 hours.

58. Herbal Drinks – Paneeya



They are derivatives of Kashaya – herbal decoctions. These are weakest among all the liquid dosage forms. These are used for improving digestion strength in weak and debilitated persons, aged patients and children.

Synonyms: Jala kalpana, Paana Kalpana, Udaka Kalpana, Paneeya Kalpana

These are used both in therapeutics and as part of Dietetics. It is an Upa Kalpana (derivative) of Kwatha Kalpana.

It is a diluted decoction, usually prescribed along with other medicines or as co – drink along with food.

Reference: Sharangdhara Samhita Madhyama Khanda 2/157

Method of Preparation

Coarse powder of the herbs is taken in 1 part.

It is added with 64 parts of water, boiled and reduced to half. Filtered.

10 Grams, mixed with 640 ml water → boiled and reduced to 320 ml. Filtered and used.

Matra – 2 pala = 96 grams.

1:64 → ½ part.

Example:

Shadanga Paneeya –

- total – 1 part of following six herbs.
- Musta – Java Grass *Cyperus rotundus* 1/6th part
- Parpataka – *Hedyotis corymbosa*/*Fumaria indica* 1/6th part
- Usheera – *Vetiveria zizanioides* 1/6th part
- Chandana – red sandalwood *Pterocarpus santalinus* 1/6th part
- Udichya – *Pavonica odorata* 1/6th part
- Nagara – Ginger – 1/6th part
- Water – 64 parts
- Boiled and reduced to 32 parts.

Uses

- Pipasa – excessive thirst
- Jwara – fever
- Administered in up to 100 ml once or twice a day.
- 100 ml is the final product.
- 200 ml is the water quantity.
- Mix of herbs = 3 grams – each herb is taken half – 1 grams only.

During Fever, Paneeya Should Be Given in Hot Condition.

In case of fever, usually paneeya is administered in hot condition.

This is because during fever, digestion strength of the patient is very weak.

Charaka Samhita, Vimana Sthana, 3

Treatment of Kaphaja Madatyaya: Alcoholic Intoxication with Kapha Aggravation

The physician should overcome the Kaphaja type of Madatyaya by emetic therapy and fasting therapy (Upavasa).

If the patient suffers from morbid thirst, then he is given the decoction of

Hribera – *Coleus vettiveroides*

Bala – *Sida cordifolia*

Prishniparni (*Uraria picta*) or

Kantakari – *Solanum xanthocarpum*

He may also be given the boiled and cooled decoction of all the above mentioned drugs along with Nagara ginger – paneeya

The patient is given water boiled with either Dusparsa and Musta (*Cyperus rotundus*) or

Musta (*Cyperus rotundus*) and parpataka or

Musta (*Cyperus rotundus*) alone for the pachana (metabolic transformation) of Doshas.

The above mentioned drinks (decoctions) can be safely administered in all types of alcoholic intoxication for curing morbid thirst and fever.

59. Arka Kalpana – Distillation Products



Arka – a product of distillation is widely used in Unani system of medicine. It is especially useful when the herbs contain essential oils, volatile oils. In Ayurveda, there is a book by name Arka prakasha, written by Ravana, which explains hundreds of Arka medicines.

From 18th century onwards these preparations were extensively adopted in the books of Ayurveda.

For the preparation of Arka we need “Arka Yantra” i.e. Distillation apparatus.

General Method of Arka Preparation

The drug is coarsely powdered if dry & crushed if wet, to soak it in sufficient quantity of water for 2 to 4 hours.

The well soaked drug is transferred to the distillation apparatus & 10 parts of water is added to it.

The mixture is continuously heated till 60% of the distillate is collected.

After cooling the distillate (collected Arka) is preserved in a airtight bottle.

Precautions

Coarse powder of dry drug or the crushed part of wet drug should be used in the process.

Only 60% of the liquid must be distilled, for the remaining may not have any volatile principles in it.

The Arka has to be preserved in airtight bottle & placed in dry & cool place to check the evaporation of volatile principles.

Characteristics of Arka

A good Arka must –

Be clear & transparent.

Possess the odor & taste of the ingredients.

Arka Unfit for Therapeutic Use

With unpleasant odor.

Turbid with changed color & taste

If it causes giddiness.

Dosage, Adjuvant, Shelf Life & Examples

General dosage: 12 to 24 ml.

Water.

1 to 2 years.

Eg:

Shatapushparka – Dill seed – for improving lactation, digestion.

Ajamoda arka – for bloating, digestion strength improvement

Brahmi Arka – to improve memory, concentration

Tulasi – Holy Basil Arka to improve respiratory health.

Ginger arka for digestion

Guduchi – Ashwagandha arka for immunity, fever, to improve body strength.

60. Panaka – Herbal Juice



Panaka is the derivative of cold infusion. Like in cold infusion, there is no heating process involved here. Panaka is prepared with fruit or herb fresh juices.

This dosage form is rarely found in ancient text books. DravyaGuna Vijnana by Yadavji Trikamji Acharya mentions about it.

Apart from fruit juices, Panaka contains

Sugar candy or jaggery as sweetening agent

Spices such as black pepper or cumin seeds for easy digestion. These spices also help to balance the coldness of this dosage form (as there is not heat process involved in its making).

There is no harsh rule about ingredients. You can choose ingredients out of your experience and taste.

Examples –

Tamarind Juice

Tamarind fruit – 1 part

Water – 4 part

Sugar candy – 1–2 parts, based on the required concentration.

Saindhava Lavana (Rock salt) – 1/10–1/20 parts.

Fried cumin powder – 1/10–1/20 parts

Black pepper powder – 1/10–1/20 parts

Seeds of tamarind are removed. The pulp is soaked in water for 1–2 hours.

It is macerated well and the liquid is filtered. To this filtrate, powders of remaining ingredients are added and mixed well.

Uses: Stimulant, quenches thirst, relieves fatigue and improves digestion strength.

Balances Kapha and Vata Dosha.

Sandalwood Panaka

Red or white sandalwood – powder – 1 part

Water 4 parts

Sugar candy – 1–2 parts based on taste

Lemon juice extract – 1/10th part.

If required,

Fried cumin powder – 1/10–1/20 parts

Black pepper powder – 1/10–1/20 parts

Sandalwood is soaked overnight in water. Next day, it is macerated well and the liquid is filtered. To this filtrate, the fine powder of remaining drugs are added and stirred well.

This product pacifies Pitta, useful for relieving burning sensation all over the body, excess thirst, burning urination and fever.

61. How to Make Herbal Syrups?



Any Kashaya (herbal decoction, tea) can be converted into syrups by adding sugar, sugar candy or jaggery.

Making a Syrup Has Below Advantages

- 1. Improves Shelf Life.** 66.66% of sugar acts as a natural preservative. If you prepare kashaya, then you need to use it within 12 hours. All market available kashayams contains added preservatives
- 2. Improves Palatability.** Most of the kashayas are extremely bitter and astringent. Sometimes patient vomits while taking them. Turning Kashaya into syrup helps to improve the taste of the product.
- 3. Health Benefits** Sugar candy comes with some health benefits. It is useful in dry cough, provides carbohydrates, replenishes energy quickly, has calming effect of stomach and intestinal mucosa and balances Pitta Dosh.

Disadvantages

Diabetic people cannot use syrups. It is better to avoid sugar in case of PCOS, hypothyroidism, obesity, high Kapha imbalance disorders.

If sugar content of the final product is less, then preservatives might be required.

If you are using natural sugar candy or jaggery, then it is fine. If you are using normal sugar, it is not liked by many due to chemicals added in it.

Formula –

Prepare the Kashaya first. Add equal amount of sugar to it. If you are taking 100 ml of Kashaya, add 100 grams of sugar to it.

Heat in moderate fire with continuous stirring.

Continue heating till the final mix becomes thick and gains syrup consistency.

Allow it to cool down naturally and store in amber glass, air tight containers.

Which Kashayas Can Be Used to Make Syrup?

Technically any kashaya can be converted into syrup. Syrup can be beneficial especially with Vata and Pitta disorders. It is not much useful in Kapha disorders because sugar increases Kapha Dosha.

Ginger Kashaya syrup to improve digestion.

Trikatu Kashaya syrup with ginger, pepper, black pepper for digestion and dry cough.

Guduchi – Giloy – *Tinospora cordifolia* syrup to improve immunity

Ashwagandha – Indian ginseng – *Withania somnifera* syrup for improving immunity, to act as aphrodisiac and to improve muscle strength, to relieve stress.

Shatavari – *Asparagus racemosus* syrup calms Pitta dosha, improves lactation, body weight, for hormonal balance in women.

Tulsi, cinnamon, ginger, black pepper syrup for cough.

Drakshadi kashaya – for Pitta care, hyperacidity.

Dashamoola kashaya – for swelling inflammation etc.

Shelf Life

If you prepare your own syrup, it can be stored for 6 months to 1 year time.

Store in a cool dry place, away from direct sunlight, in glass containers.

Keep out of reach and sight of children.

62. Herbal Jam Preparation – Avaleha Kalpana



Synonyms: Leha, Lehya, Leham, Avaleha, Avaleh, Avaleham, Herbal Paste.

Essential Components of Avaleha

1. Herbal decoction – Kashaya
2. A paste fried with oil or ghee or both. For example, amla pulp fried in sesame oil and ghee in case of Chyawanprash. It could be raisins fried in ghee or in some cases, it can be a powder fried in ghee.
3. Sugar, sugar candy or jaggery
4. Spice combination.
5. Honey – In a few, honey might not be there.

Method of Preparation –

Herbal decoction – Kashaya is prepared. Filtered.

The powder or pulp of fruit is fried in oil or ghee.

The kashaya and the fried herb are taken together in a big wide mouthed vessel. Add sugar or jaggery.

Start heating. The liquid starts solidifying. Heat it till the mass turns to semi solid state.

Take it out of fire. While it is cooling down, add fine powder mix of spices and mix well.

After it cools down completely, add honey and mix thoroughly.

Signs to Observe –

While frying the herb powder or paste in ghee or oil, fry till the whole mass becomes homogenous and the oil or ghee starts slowly separating out from the mass.

While heating kashaya, fried mass and sugar together, stop heating when you observe these signs –

- a. Take a teaspoon of mass out of vessel, allow it to cool down for a few seconds, take the mass between thumb and index fingers. If the **mass forms thread** between the fingers, it is time to stop heating.
- b. Take a teaspoon of mass out of vessel; allow it to cool down for a few seconds. Press your thumb on the mass. If your **finger prints are forming** on the mass, then stop heating.
- c. Take a teaspoon of mass out of vessel and put it in water taken in a mug. **If it sinks down** and sits at the bottom of the mug, it is time to stop heating.

Precautions –

Start frying the paste or powder when the Kashaya is about to be filtered.

Add this fried paste and sugar to kashaya when the Kashaya is still hot. Do not allow Kashaya to cool down or to become stale. This will spoil the whole product.

Do not over – heat the kashaya – paste – sugar mass.

Do not add spice powders to the semi solid paste when it is very hot. Wait till it cools down a bit.

Do not add honey when the mass is still hot. Add it only after cools down continuously.

Maintain moderate heat. Do not over – heat.

Continuously stir while making kashaya, while frying, while mixing etc.

Maintain utmost hygiene.

Dose: Traditional dose is 50 grams per day.

Practical dose – 10–20 grams per day in single or divided dose.

Co Drink – 10–40 ml of milk, sugarcane juice, broth of pulses (Yusha), any disease specific Kashaya, hot or cold infusions are administered along with herbal jams.

Default Proportions –

In some Lehyam formulas, the proportion of Kashaya, sugar etc are not mentioned. In such a case, follow the default formula –

Herbal powder or paste – 1 part

Sugar – 4 parts

If jaggery, then 2 parts

Liquid or Kashaya – 4 parts

Reference: Sharangdhara Samhita Madhyama Khanda 8th chapter.

Shelf life – 1 year. Store in a cool dry place in an air tight container. Always use a dry spoon to scoop.

Importance

Avaleha contains Kashaya – water soluble extract of herbs.

It contains fried pulp or powder – fat soluble extract of herbs

It contains nourishing sugar candy or jaggery.

It contains medicinal spices with volatile oils

It contains honey which acts as a vehicle and a catalyst.

It contains wide variety of phyto – chemicals from various media.

Hence, most of the anti ageing medicines of Ayurveda like Chyawanprash, Brahma rasayana, Ashwagandha rasayana etc are herbal jams.

Because of spices, it is very useful in digestive and respiratory tract disorders.

Khanda Kalpana

It is similar to leha preparation. Here, heating is further continued to prepare a semi solid mass. It is added with spice powders and granules are prepared.

Eg: **Haridra Khanda** – turmeric granules with spices for treating allergic skin and respiratory conditions.

63. How to Make Chyavanprash? 5 Hidden Pharma Principles



Chyavanprash is a paste or herbal jam preparation. This dosage form is called Avaleha, lehyam or leha in Ayurveda. It is grouped as one of the prime among the rejuvenating and anti ageing medicines (Rasayana).

Chyavanprash is made of sugar candy or sugar base. It has Amla – Indian gooseberry as the main ingredient.

There are many references to Chyawanprash.

Among them, two are considered as main, in pharma Industry.

- Charaka Samhita Chikitsa Sthana 1.1/62–74
- Sharangdhara Samhita Madhyama Khanda Avaleha chapter

How to Make Chyavanprash?

- Kashaya preparation (herbs coarse powder – boiling in water)
- Tie 500 Amla fruits in a cloth. Make it to suspend in the above kashaya while it is boiling.
- After kashaya is made, filter it and keep it ready.
- Take out these amla fruits out of the cloth pack, remove seeds, fry in ghee for 5–10 minutes till the whole mass becomes homogenous mix.

- Take the kashaya – add sugar, add ghee fried amla pulp, start heating.
- Wait till the total mass becomes sticky, semi – solid.
- Stop heating.
- Allow it cool down
- Add Spices (also called Prakshepa)
- Allow it to cool down further
- Add honey, mix and store.

Part 1 – Boiling of Kashaya –

A set of herbs – 48 grams is taken and boiled in 12.288 litres of water, boiled and reduced to 3.072 litres. Filtered.

While boiling it, 500 amla fruits are taken and tied as a pack and suspended in this boiling kashaya.

Rules for Preparing Kashaya

- Do not close the lid on the vessel.
- Stir continuously or else the herbs may settle at the bottom of the vessel. It may lead to charring.
- Basic proportion of herbs + water is 1:16
- It is boiled till only 4 parts remains.
- Coarse powder of raw materials make it easier to filter. Fine powder makes it difficult to filter.
- Maintain low flame especially after the kashaya starts boiling.

Kashaya Herbs – as per Charaka –

Bilva – *Aegle marmelos*
Agnimantha – *Premna mucronata*
Shyonaka – *Oroxylum indicum*
Kashmarya – *Gmelina arborea*
Patali – *Stereospermum suaveolens*
Bala – Country mallow – *Sida cordifolia*
Shalaparni – *Desmodium gangeticum*
Prishniparni – *Uraria picta*
Mashaparni – *Teramnus labialis*
Mudgaparni – *Phaseolus trilobus*
Pippali – Long pepper
Shvadamstra – *Tribulus terrestris*
Brihati – *Solanum indicum*
Kantakari – *Solanum surattense*
Shringi – *Pistacia chinensis*
Tamalaki – *Phyllanthus niruri*
Draksha – Grapes
Jivanti – *Leptadenia reticulata*
Pushkara – *Inula racemosa*
Aguru – *Aquilaria agallocha*

Abhaya – Harad – Terminalia chebula

Riddhi – Habenaria intermedia

Jivaka – Malaxis acuminata

Rishabhaka – Manilkara hexandra

Shati – Zadoary (root) – Hedychium spicatum/Curcuma zeodaria

Musta – Cyperus rotundus

Punarnava – Boerhavia diffusa

Meda – Polygonatum cirrhifolium

Ela – Cardamom

Chandana – Sandalwood

Utpala – Water Lily

Vidari – Pureria tuberosa

Vrusha – Adhatoda vasica

Kakoli – Fritillaria roylei

Kakanasika – Martynia annua

Part 2 – Filter the Kashaya, Add Sugar and Filter Again.

After 12.288 litres of water in kashaya is boiled and reduced to 3.072 litres, the amla pack is taken out. Kashaya is filtered.

2.4 kg of Sugar is added when the Kashaya is still hot.

If it is hot, then it makes the sugar mixing very easy.

After sugar gets dissolved, this is again filtered to get rid of remaining waste particles of sugar from the Kashaya.

Part 3 – De – Seed Amlas, Fry the Amla Pulp in Ghee.

After taking out amla fruits from the cloth packs, it is mashed and seeds are removed. To this, 567 grams of ghee is added and fried. (Master Charaka mentions to add equal amount of sesame oil to it).

After removing the seeds, some people remove the fibre part of the amla fruits by filtering through a cloth.

Take care not to fry amla in ghee for very long time. It may burn the paste

Part 4 – Fried Amla+Kashaya + Sugar → Boil

Ghee fried amla is added to the kashaya+sugar solution. It is boiled.

Boiling is continued till leha siddha lakshana (signs of completion of jams) is seen.

Avaleha Siddha Lakshana –

Tantumatra – thread consistency

If you take a small piece of the mix between your thumb and index finger, you can make 1–2 threads

Peedite Mudra – a part of the mix is allowed to cool down. After that, it is pressed with finger. The finger prints become visible on the semi solid mix.

This sign is more appreciable after completion of chyawanprash making.

Signs to Observe While Boiling the Sugar + Kashaya + Amla Pulp Mix

- The solution starts thickening.
- Gandha Varna Rasodhbhava – The good aroma of amla and ghee becomes more and more appreciable.

- **Apsu Majjati** – If you drop the mix into water, it settles down at the bottom, without spreading much.

Part 5: Semisolid Mass → Stop Heating, Add Spices (Prakshepa) → Add Honey

Once the Kashaya turns semisolid and all the leha completion signs are found, it is taken out of fire. Allowed to cool down.

It is added with

6 Pala – 288 g of honey;

4 Pala – 192 g of Tugaksiri;

2 Pala – 96 g of Long pepper

1 pala – 48 g of each of –

Twak – Cinnamon

Ela – Cardamom

Patra – Cinnamon leaves

Keshara – Nagakeshar – *Mesua ferrea*

All the above are added when the semisolid mass is still lukewarm. It is stirred continuously to obtain a blackish – brown.

And that is how, the great Chyawanprash is made.

64. Home Remedy for Strength and Immunity in Chronic Lung Diseases



In long standing lung diseases like tuberculosis, chronic bronchitis, chronic asthma etc (chronic means long standing), immunity, body strength and lung capacity to function normally gets depleted. Here is an easy home remedy, using ghee, jaggery and long pepper powder.

What You Need?

Long pepper powder – 25 grams

Jaggery (brown sugar) – 25 grams

Ghee – 25 grams

Water – half a cup.

How to Make?

Take jaggery to a clean wide mouthed vessel.

Add half a cup of water.

Heat it to dissolve it.

Add ghee and long pepper fruit fine powder to the vessel.

Continue heating till all the water content evaporates.

In the initial phase of heating the jaggery, ghee and long pepper powder together, it formed a dirty mixed mass. But now, as you can see, the ghee has got completely separated from rest of the ingredients. This is also one of the things to observe to judge when to stop heating while making an herbal ghee preparation.

Nearing to the end put a small piece of mass in the vessel to fire. If it does not make any sound, then it indicates that there is no more moisture in the ghee. This is the time to stop heating.

Stop heating. Filter when it is hot.

You will get around 15–20 ml of final product (ghee).

In the initial phase of heating, there will be no aroma. Nearing to the end, ghee and long pepper give out good aroma.

How to Use?

Half to one teaspoon of this ghee is given once or two times a day, followed by a cup of warm water, 2 times a day, before food, for a period of 1–2 months.

For those having recurrent lung problems (respiratory disorders), in a dose of one teaspoon per day, it can be taken for 2–3 months.

What Are Its Benefits?

It improves strength and immunity.

It improves digestion power.

It helps to improve immunity and lung power in people with chronic lung diseases like tuberculosis, chronic bronchitis, chronic asthma etc.

It is good for people undergoing lung cancer treatment.

It is also good for people with smoking habit.

Note that it is not a medicine to treat all above conditions. But it is a very good supplement to maintain high energy levels during those illnesses.

How It Works?

People with chronic respiratory disorders often suffer from depleted strength, loss of muscle mass, lack of digestion strength and immunity. This traditional Ayurvedic recipe is tailor made for them.

Both ghee and jaggery have high nutritive value.

Ghee is a good anti aging and rejuvenating product. It helps to re-energize and boost immunity.

Long pepper, being an essential ingredient in anti aging products like Chyawanprash, is very good for respiratory and digestive systems. It also has rasayana (anti aging, rejuvenating effects).

How Long to Take?

It can be taken for a period of 2 weeks to 3 months, based on doctor's advice.

Once Prepared, How Long Can It Be Stored?

It can be stored for 6 months to one year, in clean air tight container.

Safe for Kids?

It is safe to use this for kids above 5 years of age, for a short period of 1–2 weeks, under medical supervision.

During Pregnancy and Lactation?

Better to avoid during pregnancy.

Fine to take it during lactation period.

Side Effects

Not suitable for people with diabetes.

Though it is made in ghee medium, it does not increase cholesterol levels, in the said dose.

It is even well tolerated in people with sensitive stomach or gastritis, who do not tolerate spices.

65. How to Make Ayurvedic Tablets?



Vati Kalpana – tablet dosage form is secondary dosage form derived from Kalka (herbal pastes). It is prepared with a combination of fine powder of herbs and a gumming agent.

Idea of the tablet is to dissolve the gum agent at the level of stomach or intestines to release out the powder, so that the powder gets absorbed into the body.

Sometimes, the gum will be too sticky to get dissolved in stomach. So, along with gum, they add – disintegrating agent as well.

So, these gum, disintegrating agent etc are called – **excipients** (extras).

Components

1. Raw drugs

- Plant origin – Made into Fine powder
- Mineral, metal – Made into bhasma, sindura
- Sulphur, mercury – Made into kajjali

2. Sweeteners

- Sugar, jaggery, honey – Made into syrup

Gum agents –

- A solid dosage form of medication prepared by adding fine powder of drug/drugs to liquefied Guda – jaggery,
- Sharkara – sugar,
- Guggulu – Commiphora Mukul
- Madhu – honey,
- water or any other liquid preparation.

Basic Types of Ayurvedic Vatis

- Agni Siddha – involving heating or fire. Used in non volatile ingredients.
- Anagni Siddha – without heating or fire. Used in cases of Volatile substances such as Lavangadi Vati (contains clove).

Synonyms of Tablet

Vataka, Vatika, Gulika, Modaka, Pindi, Guda (jaggery base tablets), Varti (suppositories)

The term Vataka generally gives a sense that it is used in large doses, but not always true.

Manasamitra Vataka – used for the treatment of epilepsy, seizure, mania, depression, tension headache, insomnia and schizophrenia.

Vyoshadi Vataka/Vyosadi Vatakam –

Reference: Sahasrayogam, Vati prakarana, Yogagrantham

Contains herbs like pepper, long pepper, ginger, cumin, cinnamon, cardamom, jaggery etc.

All the above ingredients are ground in jaggery base to prepare tablets or granules.

Vyoshadi Benefits:

- Useful in Ayurvedic treatment of cold, cough, rhinitis, asthma, anorexia, hoarseness of voice.

Dose: 3–6 grams once or two times a day after food or before food, or as directed by Ayurvedic doctor.

It is administered along with honey or warm water.

Usually this medicine is available in granule or tablet form.

Gulika

Vilwadi Gulika/Bilvadi Gulika/Bilvadi Gutika

- It is used in Ayurvedic treatment for bites from cobra, scorpion, rodents, insects, spiders, gastro enteritis, dyspepsia, fever, toxic and psychological conditions.
- Ashtangahrudayam Uttarasthana 36/84–85

Vati/Bati – Chandraprabha Vati

- Urinary tract infection, difficulty in urination, urinary calculi, constipation, bloating, abdominal colic pain, low back pain.
- cold, cough, rhinitis, bronchitis, asthma and such other respiratory diseases.
- eczema, dermatitis, pruritus and allergic skin conditions.
- Piles, liver, spleen diseases, anaemia and fistula.
- Teeth problems like caries, eye infections.
- Semen defects and gynaecological problems.

- Indigestion, improves strength, it is a natural aphrodisiac and anti aging Ayurvedic medicine.

Vati/Vataka – Here Vataka is bigger than Vati weighing more than ½ gram.

Gutika/Gulika – Are smaller in size.

Pindi – Are pills of pea size.

Guda – The medicine in bolus form.

Modaka – Rounded lump (Ladu) weighing between 20 to 100g .

Varti – Elongated with tapering ends. (suppositories)

Varti Types

- Guda Varti/Phala Varti – administered through anal route
- Yoni Varti (Vaginal Suppositories).
- Shishna Varti. (Urethral Suppository).
- Vrana Varti – wounds
- Netra Varti – eyes (Rasanjana – Aqueous extract of Berberis aristata (Tree turmeric – Daru Haridra) – vick and applied over eyes for infective eye disorders.
- Dhuma Varti (Medicated Cigars).
- Nasa varti (nasal Suppositories).

Agnisiddha Vati (Vahnisiddha Vati) – fire is involved in tablet preparation

Reference: Sharangdhara Samhita Madhyama Khanda 7.

Agni Siddha (Agni = Vahni = Fire)

Base drugs like Guggulu, Guda, Sharkara are heated with required quantity of water in a vessel to prepare their Paaka.

The fine powder of all the drugs is added to it and stirred well to attain required consistency of rolling the pills of desired size & shape.

The prepared pills are dried in shade and stored in airtight containers.

Tests for correct heat –

- Tablets should be soft and smooth
- Should not stick to fingers
- Should be rolled into pills between fingers
- Should leave finger prints when pressed between fingers

Avahni Siddha Vati – Anagni Siddha Vati

No fire is involved

Preparation of Vati without fire

Base drugs like Guggulu, Guda are pounded well by adding little by little fine powder of medicinal drugs & when the mixture attains the required consistency of rolling the pills, the pills of desired size & shape are rolled.

OR

The fine powder of medicinal drugs is triturated well in a khalwa yantra with any liquid preparation like Swarasa, Kwatha etc until it attains the required consistency and pills are rolled.

Ratio of Gum Agents –

In relation with Churna of medicinal drugs:

- Sita (sugar candy) – 4 times the herbal powders

- Guda – jaggery – 2 times the herbal powders
- Guggulu – Commiphora mukul – equal to herbal powders
- Madhu (honey) – equal to herbal powders
- Jala (water) or any other liquid preparation (Kashaya, hot infusion, cold infusion, juice extract etc) – 2 times to herbal powders.

General Procedure

- The vegetable drugs are dried and powdered
- Mineral drugs are converted into bhasma or sindura
- Animal products are purified, if necessary
- All the drugs of vegetable, metallic and animal origin are transferred into khalwa yantra separately and ground to a homogenous mixture
- This mixture is ground to fine paste by adding prescribed decoctions
- If there are more than one liquid mentioned in the formula, they are added in succession one after the other
- If no liquid is mentioned, water is added
- When soft paste is obtained and matra paka is achieved, sugandha dravyas like musk, camphor etc are added and ground again
- At the end, mass is rolled into pills of different sizes as per the requirement
- If sugar and jaggery are mentioned in the formula, they are prepared in the syrup and the powders of the drugs are mixed in it and ground to matra paka

- In all these, process of dehydration is involved, which contribute to the stability of the drug obtained to various degrees. Hence their shelf life varies from two years to 10 years basing on the degree of dehydration

Dose

- 12 Grams per day is the general dose.
- Dose depends on Bala (immunity + Agnibala – digestion strength) of the patient

High Dose Theory of Ayurvedic Medicine

Because we use raw herbs usually the dose of Ayurvedic medicine is high, when compared to chemical components used in allopathy or other medicinal systems.

- For avalehas – 1 pala/2 pala 48 g – 96 grams per day
- For tablets – 1 tola – 12 grams
- Kashaya – herbal decoctions – 2 pala – 96 ml
- Herbs – act very well in higher doses
- Herbs are usually safer even in higher doses.
- Guggulu tablets – 2-2 – 2-2

Essential Ingredients

- Base drugs or Binding agent.

Guda, Sharkara, Guggulu, Madhu etc.

- Drava dravya.

Swarasa, Kwatha, Jala etc.

- Fine powders/bhasma of medicinal drugs.

Herbal/Metal & Mineral drugs.

Saveeryata Avadhi – Shelf Life

- Sharangdhara Samhita Prathama Khanda 1.
- **Traditional Reference:** tablets and avaleha hold their qualities till 1 year. After 1 year, they usually lose their qualities.

As per Drugs and Cosmetics Act

Ayurvedic tablets/Vati/Gutika / Kashayam tablets –

- Tablets prepared from herbal ingredients – 3 years
- Tablets prepared with herbal and mineral ingredients – 5 years from the date of manufacturing.
- Tablets prepared from mineral ingredients – 10 years
- Guggulu tablets – 5 years

Advantages of Vati Kalpana

- Can be swallowed easily.
- Bitter taste & irritating odor can be masked.
- Volatile principles of the drug can be retained for a longer duration.
- More shelf life.
- Fixation of dosage is quick & easier.
- Easy to pack & dispense.
- Tablets are tamper proof dosage forms.

- They are economical.
- Product identification is possible.
- Variety products can be brought out with added benefits.
- They suit better for large scale production.

Disadvantages

- Drugs of slow dissolution property can't be brought in this form.
- Drugs of Amorphous nature (without a clearly defined shape or form) cannot be compressed into dense compacts.
- Drugs sensitive to moisture, oxygen & other gases may require encapsulation.
- Lower shelf life compared to Asava, Arishta, Taila, Ghrita.

Example for Tablet That You Can Make

Drakshadi Vati – Reference Yoga Ratnakara Amlapitta Chapter (gastritis, dyspepsia)

- Draksha – Raisin – *Vitis vinifera* – 10 g
- Pathya – Haritaki – Chebulic myrobalan – *Terminalia chebula* – fruit rind – 10 g
- Sita – Sugar Candy – 20 g
- Fine powder of haritaki and sugar candy is pounded with raisin paste to prepare tablet.

Uses

- Gastro oesophageal reflux disorder – upward reflux of stomach acid → erosion of stomach mucous membrane – burning, gastritis, dyspepsia, excessive thirst,
- Murcha – unconsciousness, fainting episodes
- Bhrama – dizziness, psychosis
- Mandagni – low digestion strength
- Amavata – Rheumatoid arthritis

Triphala Guggulu

Triphala – Amla, Haritaki, Vibhitaki – 30 grams

Pippali – Long pepper fruit – Piper longum – 10 grams

Guggulu – Commiphora mukul 50 grams.

If the guggulu is soft, then pound all these three components together and roll pills.

If guggulu is hard, add double quantity of water to it, heat till it melts. Add rest ingredients and roll pills of 500 mg. Dry under sunshade.

Uses

Piles, fistula, non healing wounds, aches and pains.

Dose – 500 mg pills – up to 6 per day, after food, in divided doses (1–2 tablets 2–3 times a day)

If made well, can be stored for 1–2 years.

Avoid during pregnancy.

66. Ghanavati – Kashayas Made into Tablets



Ghanavati can also be called Kwatha vati or Kashaya vati, kashayam tablet, kwatham tablet etc. It is the condensed tablet version of Kashaya – herbal decoction.

Preparation Method –

First kashaya is prepared.

Kashaya is filtered and the heating process is continued.

Heating is continued till the kashaya turns to a thick, semisolid consistency.

The raw herbs used for preparing kashaya – are collected and made into fine powder.

The fine powder is added to the thick semi solid Kashaya and a mass is prepared. It is rolled into the form of pills of 500 mg each.

It is dried under sunshade, preserved in air tight container.

Advantages of Ghanavati/Kashayam Tablets –

1. Easy dosage fixing
2. Easy to carry and handle
3. Helps to avoid bitter/astringent taste of Kashaya.

4. Easy to transport
5. Lesser dose.
6. No need of preservative. (Kashaya needs preservatives).

Disadvantages of Kwatham Tablet –

When compared to kwatham tablets, regular kashayas are easily absorbed and assimilated into the body. This is especially applicable when we prepare kashaya afresh and administer it in mild hot condition.

Dose of Ghanavati – Usual adult dose is 2 tablets 3 times a day before or after food.

Shelf Life – About 1 year.

Store in a cool dry place, away from direct sunlight.

67. Masi Kalpana – Ash Therapy



Carbonization of the drugs to make them therapeutically fit for external use.

Or conversion of herbs into carbon/soot/charcoal/ash form.

These substances can be of plant, animal or mineral origin.

The first classical reference of Masi preparation is found in Sushruta Samhita. Master Sushruta explains about preparing soot out of Black snake shed skin.

In Sushruta Samhita Shareera Sthana section, 10th chapter, 11th Verse, Master Sushruta explains that, when the child birth does not happen at the expected time, then black snake's shed skin should be burnt and vagina is exposed to the smoke coming out of its burning.

In Sushruta Samhita Chikitsa Sthana 9/17, Sushruta explains that the paste made out of ash of black snake skin is useful for external application is useful for the treatment of vitiligo.

In Sushruta Samhita Chikitsa Sthana 1/101, Sushruta explains that ivory, skin, body hairs, hoof, horn, bones of four legged animals are burnt into ash, made paste with sesame oil and applied locally on skin for regrowth of the lost hair.

Two methods

Open Burning Method: Here the contents are burnt in open air. It is burnt on a mud or an iron pan. This is useful in case of softer herbs such as Triphala. It is the most commonly used method.

Closed Burning Method: Here the contents are burnt in a closed and sealed container. For example, burning herbs in a mud pot after sealing the mud pot with a plate. It is used for harder substances. It is less commonly practiced.

Open Method of Preparation

The substance of any origin, selected for masi preparation has to be powdered.

It has to be roasted in a open pan until it turns to be black soot like powder.

The end product is triturated to fine homogenous powder & preserved in air tight container.

Triphala Masi: (Open method)

It is made into paste with honey and applied over syphilitic wounds.

It is added with 20% salt and used for tooth brushing.

Hastidanta Masi: (Closed method) – It is made into paste with thick decoction of tree turmeric (Daruharidra – Berberis aristata) and goat milk and applied over skin areas where hair growth is desired.

Indications

Baldness, early greying, alopecia areata and other hair related problems.

Shelf Life: It can be stored for many years.

68. Principles of Making Herbal Ghee – Ghritham



As per Ayurveda, cow ghee has a unique quality – *Samskarasya Anuvartanat*. It takes the herb properties into it, without leaving its own inherent properties – A unique nature.

Aims of Herbal Ghee Medicines

- To extract fat soluble active principles.
- To make use of therapeutic values of ghee.
- To enhance the shelf life of the preparation.
- To enhance the medicine absorption.
- To make the preparation more palatable.

Ayurvedic Herbal Ghee Uses

- Gandusha – Oil pulling – ghee pulling
- Karnapoorana – ear drops
- Nasya – Nose drops
- Massage (Shata Dhauta Ghrita, Jatyadi Ghrita) etc
- Hair care

- Enema
- Oral consumption

Any Ayurvedic Ghee Has Three Components

- **Kalka** – paste of herbs
- **Cow ghee** – **Ghrita**
- **Drava** – **Liquids** – water/milk/Kashaya/juice extracts etc.

Proportions of 3 Components

- **Kalka** – paste – 1 part/1 ounce/100 grams
- **Ghrita** – ghee – 4 parts/4 ounce/400 ml
- **Drava** – **Liquids** – 16 parts/16 ounce/1600 ml

1:4:16

Kalka – Paste – Fresh herb – crush it in a mortar and pestle, and use it afresh

- For Dry herb – take fine powder
- Add sufficient quantity water
- Make a semisolid paste

Kashaya – Herbal Decoction

- 1 part of herb + 16 parts of water boiled and reduced to $\frac{1}{4}$ parts → filter.
- $1+16 \rightarrow 1/4$
- 100 grams + 1600 ml → 400 ml

Principle Behind Making of Ayurvedic Herbal Ghee

- **Herb (Paste) + Ghee + Liquid** (kashaya, juice extract, milk etc)
- **Herb + Ghee** – fat soluble principles of herbs transfer into ghee
- **Kashaya** = water soluble extract of the herb.
- It contains water soluble principles of herb.
- This also gets transferred into ghee.
- Ayurvedic herbal ghee = Ghee soluble herb principles + Water soluble active principles

Steps Involved in Ayurvedic Ghee Making

- Get the ghee. Keep it ready.
- Get the kashaya ingredients – Make Kashaya
- Get the kalka herb – make paste.
- Start making the herbal ghee.

Till When to Heat the Ghee

- The ghee is heated till the total moisture quantity evaporates from the mix.
- The final product should be devoid of any moisture content.
- Herb + ghee + liquid (kashaya/ water /juice extract/milk etc)

How to Know That Herbal Ghee Is Finally Made?

- First take the ghee in the vessel. Add Kalka (herbal paste) to it.
- Mark the level of the ghee in the vessel.

- **Approximately** the final liquid level should be the marked level.
- It may be slightly higher as herb paste swells while making the ghee.

Signs to Watch at the End

- Fragrance of the herbs become apparent.
- The herb paste can be rolled into the form of wick.
- The herb paste when put on fire does not make sound.
- First there will be froth. Nearing to the end of ghee making, the froth disappears.
- In the mid, the total paste + liquid becomes one dirty looking mix. Nearing to the end, ghee gets clearly separated from the paste.
- In the mid, the total paste + liquid becomes one dirty looking mix. Nearing to the end, ghee gets clearly separated from the paste.
- **Vartivat** – the kalka inside the ghee can be easily rolled into the form of a wick.
- **Shabdaheena** – when the kalka is put on fire, it does not produce any sound.
- **Phenashanthi** – the foam disappears
- Gandha varna Rasa (taste) Utpatti – there will be good aroma, colour and taste in the ghee.

Precautions

- Do not start heating ghee first and then add kashaya. If ghee starts boiling and then you add Kashaya, it may explode.
- Use moderate heat.

- Constant stirring – both while making kashaya and the ghee
- Use wide mouthed vessel for quicker evaporation
- Be alert at the end stage
- After ghee is ready, filter the ghee soon after it is made.

Number of Days for Ghee Preparation

- Making Kashaya and then making ghee may not get completed in one day time.
- Ayurveda also recommends making the ghee in 2 or more days.
- So, first day make kashayam. Then get the ghee + paste into vessel. Add Kashayam to it.
- Heat it till **it starts boiling**. Stop heating. Close the vessel with a lid.
- Next day continue heating and finish it.

Some Rules

- If only a herb name is mentioned for ghee preparation, Then kalka of the same drugs is put & 4 times of water is also added.
- Eg: ghee prepared with ginger is useful in digestion.
- This means, **ginger paste + ghee + water**

Types of Ghee Preparation

Three types:

1. **Mridu Paaka – Soft** – water in the kalka no water in ghee.

The kalka will be very soft to touch & will have little moisture in it. One can manage to prepare Varti. Wick is soft and does not hold

shape.

Useful for Nasya

2. **Madhyama Paaka** – medium – no water in kalka and no water in ghee. Wick is firm and strong – useful for all practical purposes. The kalka will be soft & devoid of moisture. Perfect Varti can be prepared
3. **Khara Paaka** – rough, burnt, hard – wick of kalka turns powdery, granular. – Useful for Abhyanga only.

Sneha kalka will be hard totally devoid of moisture. Varti turns hard but gets the shape.

Time Duration to Prepare Herbal Ghees

If milk is there in formula, then finish ghee making in 2 days

If juice extract (swarasa) – 3 days

If buttermilk, fermented liquids – 5 days

If roots and climbers – 1 2 days

If rice, grains and meat – 1 day

Shelf Life, Dosage & Adjuvant

- 16 months.
- 1 Pala (48 grams).
- Lukewarm water.

Example:

Ashwagandha ghee to improve immunity in children

Arjuna ghee for cardiac health

Once the Ghee is Filtered, Can The Paste Be Reused In Any Way?

The paste is heated for 1–2 days. All its medicinal values are transferred into the ghee medium. So, that paste is waste.

Reference: Sharangdhara Samhita Madhyama Khanda 9th chapter.

69. Ayurvedic Cardiac Tonic – Home Remedy for Heart Support



Ayurveda explains in detail about functions of heart and ways to promote heart health. Ayurveda explains an herb called – Arjuna as a superior remedy, which acts as cardiac tonic. This herb is found as an ingredient in most of the cardiac supportive herbal supplements and Ayurvedic medicines. Let us learn a home remedy using this herb.

Ayurveda for Heart –

This home remedy for heart is prepared in clarified butter (ghee) base. Here, the herb arjuna (*Terminalia arjuna*) is processed in the medium of ghee. The herbal ghee prepared based on Ayurveda principles is known as Ghritam. We are preparing Ghritam with Arjuna, hence this ghee preparation is called as Arjuna Ghritam. It is a traditional Ayurvedic product. Let us learn how to prepare it.

Step 1

First prepare a Kashayam of Arjuna. For this purpose, following ingredients are taken.

1. Arjuna – 40 g (coarse or fine powder)
2. water – 640 ml

Arjuna powder is added with water in the said proportion, taken in an wide mouth vessel, boiled in mild fire while stirring continuously, reduced to 160

ml, filtered. This is Arjuna Kashayam

Step 2

Take Arjuna kashayam – 160 ml

Ghee – 40 grams

Arjuna powder – 10 grams

(Arjuna powder: Ghee: kashayam = 1:4:16 ratio)

Boil this mixture in mild heat till all the moisture is lost. Watch for the final signs when ghee is completely made. and stop it at that precise point.

Filter it when it is hot. Finally you should get 30–40 ml of product.

Arjuna ghritam is ready.

Advantage: This product contains both the water and fat soluble phytochemicals of the herb Arjuna.

Dose: Remember that this tutorial is only for education purpose. It is always better to take this Ghritam under professional advice. As a general rule, those who wish to have a strong heart, it is advised by Ayurvedic doctors in a dose of 1–3 grams daily, in the morning, before food.

It is advised to take half a cup of warm water after taking this ghee, for easy digestion.

Benefits

Ayurveda explains the benefit of this ghee as “Hrudya” – which carries the meanings such as – good for heart and supports and promotes heart function.

70. Ghee Home Remedy for Dry Cough



This remedy contains only two ingredients other than ghee. It is prepared as per the traditional Ayurvedic Ghrita preparation.

What You Need?

1. Ghee – 50 ml
2. Water – 400 ml
3. Guduchi (Giloy – Indian Tinospora) – 25 grams
4. Kantakari (Solanum xanthocarpum) – 25 grams

The preparation involves 2 steps.

Step 1. Preparation of Herbal Decoction –

25 Grams each of Giloy and Kantakari powders are added to 400 ml of water.

It is boiled till 100 ml of Kashayam (water decoction) is prepared. The decoction is filtered.

Step 2. Preparation of Herbal Ghee –

50 Grams Ghee is taken in a wide mouthed vessel.

The above water decoction is added to the ghee.

Half to one tablespoon of fine powders of each of Giloy (Tinospora) and Kantakari are added to the ghee.

This mixture is boiled in mild fire till all the moisture content from the vessel is evaporated.

At the end, loss of total moisture is confirmed by putting the ghee on fire. If there is no sound of water, then it indicates that the process is complete.

At this point, heating is stopped and it is filtered to obtain herbal ghee.

Shelf Life – Once prepared, this ghee can be stored in an air tight container for up to one year.

Dose –

This ghee, half a teaspoon once or twice a day, before food, is administered.

Hot water is advised after taking ghee.

It can be taken for a period of one month.

Benefits –

Both Giloy and Kantakari are very effective against cough and respiratory tract infection.

Giloy is known for its immune boosting and anti inflammatory effects.

This herbal ghee is useful for people suffering from dry cough for a long period of time.

Side Effects and Precautions –

People with diabetes and high BP, pregnant and lactating mothers should seek medical advice before trying this home remedy.

71. How to Use Ghee for Skin Care? A Simple Ayurveda Method



It is a common notion that ghee is used only orally. But in Ayurveda, it is extensively used for skin care. A special but very simple ghee preparation is used in many skin conditions like burns, wound scars, skin marks, burning sensation etc.

How to Use Ghee for Skin?

This ghee remedy is called as Shata dhauta ghrita in Ayurveda.

- Shata = 100
- Dhauta = washed with water
- Ghrita = ghee or clarified butter.

What You Need?

Ghee – 10 ounce

Water – sufficient quantity.

In this home remedy for skin care, we are taking ghee, adding with equal quantity of water, mixing it thoroughly with hand or a machine for 3–5 minutes, letting out the water. Then again we are adding fresh water and continuing mixing. Like this, we are repeating it for as many times as possible.

In Ayurveda, it is advised to repeat the procedure for 100 times. But in practice, it is usually done for 20–30 times.

Changes –

The ghee turns to white colour. It will be smoother to touch and will have butter like consistency.

When you touch it, you can appreciate that it is lot cooler.

Benefits of Ghee for Skin –

This Shata dhauta ghrita is used to relieve burning sensation, to relieve burn wounds, wound scar, herpes wounds, chicken pox scars, etc.

It acts as natural skin moisturizer, if used daily. It can be applied over face, left for 10 minutes, washed with warm water.

In pregnant woman, with unexplained bleeding or spotting, traditionally, it is advised to apply this Shata dhauta ghrita around umbilicus.

In Ayurvedic leech therapy, after the treatment, to reduce the burning sensation and to check further bleeding, this ghee is applied of the affected area.

Shelf Life: 4–6 months.

Because this ghee eventually contains some remnant moisture inside, it is not ideal to store it for more than six months.

It should be stored in a clean, dry air tight container.

Over exposure to air will cause foul smell.

Usage of Shata Dhauta Ghrita Herpes

While treating herpes and erysipelas skin disorders, if the symptoms are associated with Vata and Pitta aggravation, then bitter herbs such as neem, curry leaves, turmeric are mixed with Shatadhauta ghrita and applied externally

over the skin lesions. (Charaka Chikitsa Sthana 21st chapter). This is useful to reduce the burning sensation related with herpes (Post herpetic neuralgia).

Can Shata Dhauta Ghrita Be Consumed Orally?

No.

Shat Dhaut Ghrit is processed with cold water for numerous times.

The final product, how so carefully you may filter it, it will contain some amount (5%) of moisture in it. This moisture plus ghee is a disastrous combination for oral intake. The final product will be extremely cold and oral intake may cause severe indigestion and Ama.

The final product does not contain entire properties of ghee.

The final product stands between the qualities of butter and ghee.

Should We Chant Any Mantra, While Making This Product?

As per my knowledge, no specific Mantra is mentioned. You can recite your own favourite Mantra/Shloka, praying for the welfare of the people who would use the Shata Dhauta Ghrita that you are preparing. This rule applies to all the medicine preparations.

72. Ayurvedic Herbal Oil Making: Principles, Method, Examples



Ayurvedic herbal oils are used since more than 5,000 years both in culinary and treatment fields. By learning the ancient method of oil preparation, you can prepare any traditional oil by yourself.

Traditional Oil Bases Used

Sesame oil, Coconut oil, Mustard oil and Castor oils are mainly used in herbal oil preparations.

Various Uses of Ayurvedic Herbal Oils

Gandusha – Oil pulling

Kavala – gargling

Usually **Irimedadi taila** is used for the above two purposes

Karnapoorana – ear drops

Oil massage – Abhyanga Eg: Mahanarayana taila, Balaswagandhadi taila

Local application – such as Karanja taila or Nalpamaradi taila for the treatment of allergic dermatitis

Shirodhara, Sarvanga Dhara – oil poured in a thin stream over forehead or all over the body

Hair oil: Eg: Kuntalakanti taila, Neelibhringadi taila, Amla hair oil

Enema

Poultice application

Oral intake –

Example: Mahanarayana taila, Ksheerabala taila, Dhanwantaram tailam,
Maharaja Prasarini Taila

3 Basic components of an Ayurvedic Oil

Kalka – Paste of herbs

Taila – Oil – Sesame oil /Mustard oil/Coconut oil

Drava – Liquids – water/milk/Kashaya/juice extracts etc

Proportions of 3 components

Kalka – Paste – 1 part/1 ounce/100 grams

Taila – Oil – 4 parts/4 ounce/400 ml

Drava – Liquids – 16 parts/16 ounce/1600 ml

Theoretical Proportions – for a very strong oil 1:4:16

Practical Proportions – for regular usage oil 1:10:20

Kalka – Paste

Fresh herb – crush it in a mortar and pestle, and use it afresh

If the herbs are dry, then they are made into fine powder, added with a little water, made into paste and used.

Dravadravya – Liquids

Liquids can be kashaya (herbal decoctions), hot infusions, cold infusions, milk, buttermilk etc. The choice of liquid depends on the formula of the oil as mentioned in the text book.

Kashaya – Decoction/Herbal Tea as Liquid

1 part of herb + 16 parts of water boiled and reduced to $\frac{1}{4}$ parts

$1+16 \rightarrow 1/4$

100 grams + 1600 ml \rightarrow 400 ml

Rules for Kashaya Making

Take a wide mouthed vessel

Fill the vessel with only $\frac{2}{3}$ rd with content.

Boil in mild fire.

Do not close the lid

Constantly stir the contents.

Once Kashaya is prepared, use clean cloth to filter it.

Once Kashaya is prepared, you have 6–8 hours to start making the oil.

Principle Behind Making of Ayurvedic Oil

Herb + Oil + Liquid

Herb + Oil – fat soluble principles of herbs transfer into oil

Kashaya = water soluble extract of the herb.

It contains water soluble principles of herb.

This also gets transferred into oil.

Ayurvedic Oil Is – Oil soluble herb principles + Water soluble active principles

Steps Involved in Oil Making

Get the oil. Keep it ready.

Get the kashaya ingredients – Make Kashaya

Get the kalka herb – make paste.

Start cooking the oil

Till When to Heat the Oil?

The oil is heated till the total moisture quantity evaporates from the mix.

The final product should be devoid of any moisture content.

How to Know That Oil Is Finally Made?

First take the oil in the vessel. Add Kalka (herbal paste) to it.

Mark the level of the oil in the vessel.

Approximately the final liquid level should be the marked level.

It may be slightly higher as herb paste swells while making the oil.

Signs to Watch at the End

Fragrance of the herbs become apparent

The herb paste can be rolled into the form of wick

The herb paste when put on fire does not make sound.

Oil starts yielding froth.

In the mid, the total paste + liquid becomes one dirty looking mix. Nearing to the end, oil gets clearly separated from the paste.

Precautions

Do not start heating oil first and then add kashaya. If oil starts boiling and then you add Kashaya, it may explode.

Use moderate heat

Constant stirring – both while making kashaya and the oil

Use wide mouthed vessel for quicker evaporation

Be alert at the end stage

After oil is ready, filter the oil soon after it is made.

Number of Days for Oil Preparation

Making Kashaya and then making oil may not get completed in one day time.

Ayurveda also recommends making the oil in 2 or more days.

So, first day make kashayam. Then get the oil + paste into vessel. Add Kashayam to it.

Heat it till **it starts boiling**. Stop heating. Close the vessel with a lid.

Next day continue heating and finish it.

An example – Amla Hair Oil

Amla powder – 50 grams

Coconut oil – 500 ml

Amla kashaya – 1 liter

Amla Kashaya –

250 Grams of Amla powder + 4 liters of water

Boil and reduce to 1 liter.

Examples of Other Oils

Brahmi oil – In place of amla, use Brahmi.

Brahmi amla oil – instead of amla, use Brahmi + Amla = 50:50

Dhurdhurapathradi taila – in place of amla, use leaves of Datura metel.

Ksheerabala Taila –

Bala – Country mallow (root) – *Sida cordifolia*

Sesame oil

Milk.

73. How to Make Hair Oil at Home with Amla



Amla oil is very effective hair oil for most of the hair problems. It also helps to relieve headache, dizziness and other Pitta related symptoms. Here is a traditional Ayurvedic way of preparing Amla hair oil.

Amla for Hair Growth

Amla is very rich in nutrients and anti oxidants. These nutrients and phyto – chemicals not only benefit our stomach, when applied as hair oil, they also impart nourishment to the skin and hair.

How to Make Amla Hair Oil at Home?

What You Need

Amla powder – 250 grams + 100 grams

Water – 4 litres

Coconut oil – 500 ml

Why Coconut Oil?

Most of the Ayurvedic oils are prepared with sesame oil base. But for hairs, coconut oil is a better choice because of high nutritive value. But people with sinusitis, cold problem may not tolerate coconut oil. They may use sesame oil/mustard oil in place of coconut oil.

Procedure

First Amla kashayam is prepared. Kashayam means water decoction.

Add 250 grams of amla powder for 4 litres of water and boil and reduce to 1 litre.

Rules for making Kashayam like maintaining low flame, continuous stirring, using a wide mouthed vessel etc are followed.

After the decoction is boiled and reduced to 1 litre, the liquid is filtered to get Kashayam.

Take the Kashayam in a wide mouthed vessel.

Take 100 grams of amla powder in a small bowl; add little water to make it into Amla paste.

Add this amla paste and 500 ml of coconut oil to the amla kashayam.

Heat this mixture of oil, Amla kashayam and Amla paste in mild heat till only the coconut oil remains.

Signs to Observe

Initially the whole mass turns into muddy. Slowly as water starts evaporating, the oil starts getting separated. The liquid starts getting clearer.

Initially water bubbles will be visible. At the end stage, when water is completely evaporated, the bubbles stop and frothing sets in. Indicating to stop the oil heating.

74. How to Make Bhringraj Oil for Hair Growth



Bhringraj oil and hair growth are almost synonymous in Ayurveda. It is one of the widely used hair oils to promote hair growth, improve its quality, to relieve split hairs, grey hairs etc. Let us learn today a simple way of preparing Bhringaraj hair oil.

Before You Start –

I have derived this formula on my own. You are free to add or delete any ingredient.

I have given the quantities in ml. I also have given the quantities in parts. If you are not familiar with ml then just calculate the quantities in parts. You can consider 1 part = 1 ounce.

What You Need?

Coconut oil – 500 ml (10 parts) – Usually hair oils are also prepared with sesame oil base. But coconut oil is the preferred choice.

Cow milk – 250 ml (5 parts) – cow milk comes with nutrition and we want to add that nutrition value into our hair oil. Remember that for all Ayurveda medicine preparation, whenever milk is told, pre-boiled milk only should be taken.

Grated coconut – 200 grams

Herbal powders

Amla – Indian gooseberry – powder – 50 grams (1 part) – rich in anti oxidants and must have in all hair oils.

Bhringaraja – Eclipta alba – another must have in all hair oils. – 50 grams (1 part)

Yashtimadhu – liquorice powder – 50 grams (1 part)

Triphala powder – promotes natural hair colour. Also useful to relieve skin diseases of the scalp and to relieve dandruff – 50 grams (1 part)

Aloe Vera – pieces of leaf – 25–50 grams (1/2–1 part)

Hibiscus flower paste – 25–50 grams (1/2–1 part)

How to make? It involves 2 parts.

Part 1 – Making Kashayam

- Kashayam is the water extract of the herbs.
- Take all the herb powders – Amla, Bhringaraja, Liquorice, Triphala, Aloe vera – into a wide mouthed vessel. (total – 250 grams – 5 parts) While adding herbs, keep around 10 grams (1/5th part) of each of these herbs separately. add the remaining part of the herbs to the vessel.
- Add 1 litre water to it (20 parts)
- Boil this powder water mix till you get around 500 ml (10 parts)
- While boiling stir continuously. Boil in mild fire. Taking a wide mouthed big vessel helps avoid spilling of boiling Kashayam.
- After getting 500 ml (10 parts), filter the Kashayam.

Part 2 – Bhringaraja Tail (Oil) Preparation

- Take 500 ml (10 parts) coconut oil in a big wide mouthed vessel.

- Add 500 ml (10 parts) of Kashayam to it.
- Add 250 ml (5 parts) milk to it.
- Put grated coconut powder into a mixer/grinder, add a little water, and grind it. Add the ground coconut along with liquid to the vessel.
- Add chopped hibiscus flower pieces into the vessel.
- Start heating the whole mixture in mild fire. Stir continuously.

Observations

- The mixture now contains 500 ml (10 parts) of coconut oil and all other powders and water. The goal is to evaporate all the water content from the mixture and get only the oil. So, at the end you will get around 450–500 ml (9–10 parts) of the oil.
- In the initial phase of boiling the oil, there will be larger bubbles. These bubbles indicate water being evaporated.
- In the initial phase, the whole mass looks dirty. But as the process moves on, the liquid becomes clearer.
- **At the end stage**, the vessel will start emitting aroma, the powders turn into a paste, which you can roll into the form of a wick, there will be profuse frothing. Big bubbles disappear.
- If you take the powder paste to fire, it will not produce sound. It indicates that there is no moisture in the oil and the Bhringraj oil is ready.
- Stop heating at this precise point and filter it when it is hot.

Shelf Life

If you store in air tight container, this oil is good to use for upto one and half years.

Preservatives required – None.

How to Use?

It can be applied at night and next day morning head bath can be taken. But for some people, applying coconut oil at night may cause worsening of sinusitis. For such people, it can be applied half an hour before bath.

75. How to Make Ayurvedic Herbal Anti Dandruff Hair Oil at Home?



For dandruff, scalp psoriasis, itching, eczema etc, an anti dandruff hair oil is the best medicine for external application. Here is a hair oil that you can make at home using simple ingredients.

Ingredients

Aloe vera leaf pulp or dry powder – 50 grams

Triphala powder – 50 grams (Triphala is a mix of three fruits – Amla, Terminalia chebula and Terminalia bellirica)

Neem powder – 50 grams

Manjishta – Rubia cordifolia – Indian madder – 50 grams

Yashtimadhu powder – Licorice – 50 grams

Water – 1000 ml (1 litre)

Coconut oil – 500 ml (half litre)

Procedure

Step 1: Make Kashayam –

Take all the herbal powders in a clean wide mouthed vessel. But keep 10 grams of each powder aside from this, which will be used later. So, 40 grams of each

of the herbal ingredient, including aloe vera is added to 1 liter of water. Heated in mild fire.

While heating, stir the contents continuously.

Boil and reduce the water quantity to 500 ml (half a litre). Filter it to get the water decoction (Kashayam).

Step 2: Making the Anti Dandruff Hair Oil –

Take this Kashayam in a wide mouthed, bigger vessel.

Add 500 ml of coconut oil to it.

Mix 10 grams of each herbs together with little water. Make paste and add it to the oil + kashayam mix.

Heat the contents in mild fire.

Stir continuously.

Heat it till all moisture content is lost and only oil and the herbal paste remains at the end.

Signs to Observe

In the initial phase of heating, the total mass bears curdy and dirty appearance.

Slowly as you move towards the end of heating, the oil starts getting separated from the rest of the ingredients.

In the initial phase of heating, no particular smell or color can be appreciated in the mix.

Nearing to the end, the vessel yields good smell of oil and ingredients and also exhibits good oil colour.

The end stage is very important to know. At the end stage, there will be thick frothing.

If you take the herbal paste from oil and put it directly on fire, if there is no sound (of moisture), it indicates that you should stop heating immediately. If there is sound, it indicates that there is still remnant moisture. So, you need to continue heating till there is no sound.

Nearing to the end, if you take out small amount of herb paste from the oil, allow it to cool down a little, then roll between your thumb and index finger, you can easily roll it to the form of a wick. It will be neither too smooth (indicating water content) nor too granular/rough (indicating over – burnt oil).

So, observe these features, stop heating the oil and filter it when it is still hot. You need to filter when it is hot, or else the herbal paste will absorb all the oil, resulting in loss of oil.

How to Store?

Preserve in air tight container. avoid direct exposure to air/sunlight/moisture.

Expiration Date

It can be safely stored and used for up to one year.

How to Use This Ayurvedic Remedy?

It can be used in place of regular hair oil.

You can apply it to the scalp, leave it over night and next day morning wash hair.

Or it can be applied just half to one hour before washing hair.

A few drops of it can be applied to the scalp every day, even if you do not wash hair every day.

What Are Its Benefits?

Useful to relieve dandruff, scalp psoriasis, itching, eczema.

It can be applied during pregnancy, lactation and in children.

Is It too Cold or Is It too Hot?

It is neither too cold nor too hot. Hence, it *usually* does not worsen sinusitis (like regular coconut oil does in some people).

Is It a Traditional Formula?

No. I have derived this based on ancient Ayurvedic text book references and my clinical experience.

What If all the Ingredients Are Not Available?

Make the oil with whatever ingredients you can get.

Is Making Kashayam as First Step Very Necessary? Can't we Make the Oil Directly by Adding Herbs + Coconut Oil and Water?

For preparing traditional Ayurvedic oils, making Kashayam as the first step is necessary. It allows the oil to have both water soluble and fat soluble active constituents of herbs.

As a short cut method, you can make the oil directly, without making Kashayam. The results will be somewhat compromised.

76. How to Make Herbal Oil to Remove Burn Scars

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Here is a simple herbal oil that you can prepare at home to clear burn marks. Burn mark means white or brown skin mark that remains after a burn wound is healed.

It is in the form of oil. Even ghee can also be prepared with the same ingredients.

Ingredients –

Tender leaf buds of Teak wood plant – *Tectona grandis*) 25 grams,

100 ml of coconut oil or sesame oil,

25 ml of water,

2–5 gram of cumin seeds.

Utensils Required

Mortar and pestle to make into fine paste

Wide mouthed steel vessel to process the oil

Spatula for mixing

Filtering cloth, collecting vessel.

Method of Preparation of Medicated Oil for Burn Marks

Tender buds of teak wood are collected and made into fine paste.

To this cumin seeds are added and mixed well.

This fine paste is kept soaking with oil for 2 hours.

This is taken in a wide mouthed vessel and water is added.

Further it is heated in very mild flame. During heating, constant stirring is done with a spatula so as to prevent charring as well as sticking to the bottom.

On finding froth over oil, the oil is taken out of the fire and filtered. This oil will be dark red in colour.

Note: In case if the leaves are matured and tender buds are not available, such a oil is pink in color; always prefer to get tender buds only as the pigmenting agents are rich only in such tender leaf buds.

Action

Coolant, calms Pitta Dosha.

Improves complexion and skin texture.

My Experience with This Formulation: Other than burn marks, I am using this recipe in the treatment of chloasma and in hyper – pigmentation cases also.

It is a confident formulation that has potential to cure the pemphigus vulgaris, removing skin tans also; I have prescribed this formulation with encouraging results (along with oral medications).

Long term usage of cosmetics (especially in actors and drama artists who use excessive cosmetic agents) causes roughness of the skin and if this is used its undesired effects can be reduced.

77. Essential Oils Benefits, Usage, Side Effects, Types, Advantages

By Dr. Raghuram Y.S. MD (Ay) and Dr. Manasa, B.A.M.S.



Any oil which contains ‘*the essence of the plant’s fragrance*’ i.e. the characteristic fragrance of the plant from which it is derived is called an ‘*Essential Oil*.’

Some oils are extracted or derived from the plant and parts of the plants. These oils carry the essence or fragrance of the plant. These oils are called essential oils.

Therefore the term ‘*essential*’ has been used in terms of ‘*fragrance*.’

Definition based on the composition and ingredients of essential oil:

‘An essential oil is a concentrated hydrophobic liquid containing volatile aroma compounds from plants.’

Other names – Volatile oils, Ethereal oils, Aetherolea, Oil of the plant (ex. Oil of clove)

Methods in Which Essential Oils Are Extracted from Plants

Distillation (using steam) –

Raw plant material (flowers, leaves, wood, bark, roots, seeds, peel) are put in distillation apparatus. The steam passes over these parts and vaporizes the

volatile compounds in them. As the vapours flow through the coil they condense into liquid. This liquid is collected in a vessel

Examples of the Essential Oils that Are Distilled –

- Lavender oil, Peppermint oil
- Tea tree oil, Patchouli, Eucalyptus oil

The re-condensed water (which is collected) is called hydrosol (herbal distillate, hydrolat, plant water essence). These are sold as another fragrant product.

Examples of Hydrosols Are –

- Rose water
- Lavender water
- Lemon balm
- Orange blossom water etc

Expression –

Expression means extraction of oils by pressing the source. All essential oils were extracted by expression or pressing before distillation was discovered. The oil is extracted by mechanical pressing or cold pressing.

Example – Citrus peel oils are expressed. Lemon oils or sweet orange oils are obtained as by-products of citrus industry.

Solvent Extraction –

In this method a solvent such as hexane or super-critical carbon dioxide is used to extract the oils from certain flowers. These flowers contain too little volatile oil. Therefore they cannot be expressed. Also, their chemical components are very delicate and easily denatured by the high heat used in steam distillation. Therefore the distillation cannot be used.

Extracts from hexane and other hydrophobic solvents are called concretes. Concretes are a mixture of essential oil, waxes, resins and other oil – soluble plant materials.

Absolute Oil Extraction –

Concretes obtained in solvent extraction are fragrant but they contain abundant of resins and non-fragrant waxes. Another solvent like ethyl alcohol is used to extract fragrant oils from concrete. The remnant left over after waxes, lipids, precipitates and ethanol are removed is called *absolute*.

Supercritical carbon dioxide is used to extract both waxes and essential oils that make up the concrete. Subsequent processing with liquid carbon dioxide will separate the waxes from the essential oils.

Resin Tapping –

Essential oils are also extracted from natural exudates and resins (resinoids) of the trees. The aromatic essences are collected from the resin (gum like substance) that oozes out of the tree barks when trees are tapped. Another type of aromatic oil comes from traditional destructive distillation method that gives rise to fossilized amber oil. In this process, the starting material (ex. Benzoin resin) is super-heated and cooked until an oil substance is obtained from the solid (starting) material. Thus, oil can be obtained from something that did not really have oil in it in the first place.

Cold Pressing –

Cold pressing is preferred while extracting oil from seed. This process ensures that the resulting oil is 100% pure and retains all properties of the plant. The seeds are crushed and pressed and its oil is forced out.

Oil Soak –

In this method, the herbs are soaked in the carrier oil. Example, for mint essential oil we can soak mint in a carrier oil like coconut oil. This mixture is left for about 2 weeks. Later the mint is strained. The carrier oil will now have

the mint extract and the resultant oil is mint essential oil. Similarly other herbs like basil, lavender and rosemary can be soaked in carrier oil and their essential oil obtained. These oils should be properly stored especially in an amber – colored jar (preferably glass) and should be stored in a cool and dry place. It should be kept away from heat and moisture.

Areas of Usage of Essential Oils

Essential oils have wide array of uses. They are used in –

- Perfumes, Cosmetics, Soaps
- As food and drink flavors
- For adding scents to incense
- For adding scent to household cleaning products
- Foods, Beverages, Confectioneries

Pharmacological and Medical Uses of Certain Essential Oils

Cavracol (a terpene found in oregano oil) – Inhibits growth of several bacteria strains including E. coli and Bacillus cereus.

Thymol (found in oil of thyme, a common spice) – Strong anti-microbial, reduces bacterial resistance to common drugs like penicillin, induces antibiotic susceptibility in drug – resistant pathogens, powerful antioxidant, fungicide (against fluconazole – resistant strains), has anti-tumour properties

Juniper and Agathosma – Diuretic property

Clove Oil or Eugenol – Popular antiseptics and local anaesthetics in dentistry for hundreds of years

Eucalyptus Oil – used as primary cleansing/disinfecting agent added to soaped mop and countertop cleaning solutions. It also possesses insect and vermin control properties.

Balsam of Peru – is an essential oil derived from Myroxylon. It is used in food and drink flavour, perfumes, toiletries (for fragrance), medicine (healing) and pharmaceutical items (healing property).

Lavender Essential Oil – It is used in the production of perfume. It is also used as an insect repellent.

Some essential oils which act on upper respiratory tract and bronchus act as mild expectorants and decongestants. Those which are locally anaesthetic counterirritants have anti-tussive effect.

Aromatherapy – Some Essential oils are used in aromatherapy. In this, healing effects are ascribed to the aromatic compounds in essential oils and other plant extracts. These therapies appear to be useful in inducing relaxation when used in the form of massage.

Ill Effects of Certain Essential Oils

Oral consumption of eucalyptus oils, menthol, capsaicin, anise and camphor – especially in high concentrations may prove dangerous. Ill effects include burning sensation, salivation etc they act like carminative in stomach and antispasmodic in gut.

Tea Tree Oils – may cause contact dermatitis

Turpentine Oil and Camphor Oil – cause rubefacient irritation and counterirritant numbness

Menthol – Cause feeling of cold followed by burning sensation

Balsam of Peru – causes allergic reactions, one among the top five allergens

Lavender Essential Oil & Tea Tree Oil – They are shown to be estrogenic and anti-androgenic, causing problems for prepubescent boys and pregnant women (not proved in case of tea tree oil)

Citrus Peel Oils – are photo – sensitizers, increase skin's vulnerability to sunlight

Tea tree oil, Lavender and Citrus Oils are classed as Class 3 flammable liquid

Internal use of some essential oils may be dangerous to pregnant women. They can be abortifacients. They should not be used during pregnancy.

Some essential oils used therapeutically, for aromatherapy or in foods may consist of traces of pesticide residues which may pose dangerous threat for health and life

Some essential oils cause allergic reactions and skin irritation when used for massage as a part of aromatherapy

How Are Essential Oils Diluted?

Essential oils need to be diluted or mixed in some carrier oil. These essential oils are actually 'oil – loving' or lipophilic in nature. These compounds do not mix with water. They can be diluted in –

- Ethanol
- Polyethylene glycol
- Carrier oil (any vegetable oil like jojoba oil, coconut oil, wheat germ, olive or avocado oil), especially when essential oils are used for topical care (skin care)

Raw Materials Used for Deriving Essential Oils

Essential oils, as already said are derived from sections of plants. Examples are as given below –

Bark – Cinnamon, Cassia

Flowers – Rose, Jasmine, Lavender, Clove, Orange, Cannabis, Chamomile, etc

Leaves – Basil, Wintergreen, Lemongrass, Eucalyptus, Tea tree, Peppermint, Rosemary, Bay leaf, Cinnamon, Guava, Oregano, Pine, Thyme, Spearmint etc

Woods – Sandalwood, Rosewood, Camphor, Cedar, Agarwood etc.

Roots – Valerian etc.

Rhizome – Ginger, Galangal etc.

Seeds – Cumin, Flax, Celery, Anise, Nutmeg oil.

Resin – Myrrh, Frankincense, Benzoin, Labdanum etc.

Peel – Grapefruit, Lemon, Lime, Bergamot, Orange, etc.

Berries – Juniper, Allspice etc.

History of Essential Oils

Throughout history, we can find the evidences of essential oils been used medicinally.

Earliest recorded mention of techniques and methods used in production of essential oils – Ibn al – Baitar (1188–1248), an Al – Andalusian (Muslim controlled Spain) physician, chemist and pharmacist

Popularity of aromatherapy has generated interest in use of essential oils in recent years.

78. Asava and Arishta – Advantages, Usage in Children, Side Effects



Asava and Arishta are very important dosage forms of Ayurveda. They contain naturally generated alcohol. This alcohol acts as the medium for active ingredients of the herbs to dissolve in it. In general, all Asava and Arishta have 5–10% of alcohol. Though these Ayurvedic medicines contain alcohol, they are quite safe to prescribe and to consume.

General Method of Preparation of Arishta –

Usually in Arishta manufacturing, (like Ashwagandharishtam),

First Kashaya is prepared by boiling herbs in water and filtered.

To this Kashayam, specified amounts of jaggery (guda)/sugar candy/honey is added. Mixed well and then filtered again.

To this, fermenting agent – Dhataki flower (*Woodfordia fruticosa*) or Madhuka flower (*Madhuca indica*) is added.

To this, Prakshepa Dravya – certain spices like pepper, long pepper, clove, cinnamon etc are added.

This is taken in a vessel, kept closed under heap of husk/hay/ any place where temperature is around 35 degree Celsius.

It is kept for fermentation for 15–45 days, as per the specific formula.

During this time, the sucrose in jaggery/sugar candy gets converted into alcohol with the help of fermenting agents.

While the natural alcohol production takes place, the water soluble active principles in the Kashaya and the spices get dissolved in the alcohol medium.

After the specified period, it is taken out of the vessel and stored in bottles for dispensing.

In many cases, remnant portion of previous arishta is used as the seed to induce fermentation. (called as Sura beeja – mother yeast).

Examples of Arishta –

Dasamoolarishtam – used in treating cold, cough, anemia, after delivery care of mother, female infertility, etc.

Draksharishtam – used in cold, cough, asthma, throat infection, intestinal disorders.

Saraswatarishtam – used to improve memory, concentration, immunity. Also acts as cardiac tonic.

Amritarista – used in treating fever

Arjunarishta – used in cardiac disorders, cold, cough etc.

Ashokarishta – used in heavy periods, fever, bleeding disorders, bleeding hemorrhoids etc.

Manufacturing of Asava –

Usually, herbs are mixed with required amount of water. This is taken in place of Kashayam (here, kashayam is not prepared, but there are a few exceptions).

Rest of the procedure is same as above.

Examples of Asava –

Lohasavam – used in anaemia, malabsorption syndrome, IBS, anorexia etc.

Ushirasav – used in bleeding disorders, anemia, Urinary tract disorders, intestinal worms etc

Are These Medicines, Containing Alcohol Safe?

These medicines contain self generated alcohol, which dissolves active principles of herbs and spices in it. Hence it is quite safe to use in therapeutics.

Without any hesitation, since 5000 years, these medicines are used in Ayurvedic treatments.

Dose of Asava and Arishta –

Whenever safety of a medicine is discussed, it is always in relation with the dose. Hence administration in proper dosage is very essential. Classical dose of Asava and Arishta are – 48–96 ml. Approximately 50–100 ml, in divided dose, per day.

In very weak patients, it can be diluted with equal amount of water, before administration.

Safety of Usage of Asavam and Arishtam in Children –

In proper dose, if the disease requires it, then these medicines can be used even in an year old kid. Usually, Aravaindasava, Drakshasava **and** Pippalyasavam are quite commonly used in paediatric conditions.

As per Dr. MS. Krishnamurthy,

For an infant of 6 months upto 1 year of age – just 2–3 ml, after diluting with equal/double quantities of water.

For one year old kid, dose is usually 4–5 ml, after diluting with equal/double quantities of water.

For kids of 5–6 years, dose is 10 ml, with dilution

So, with proper judgement and in proper dose, even Asava and Arishta medicines can be used in children.

Probable Side Effects of Asav and Arisht in Children –

Children are very tender, many of the organs are not developed and functional to full strength. Hence, in some individuals, usage of these type of Ayurvedic medicine might cause some irritation and side effects.

Gastric irritation and increased warmth, feeling feverish are the two common side effects, if administered in a high dose.

Hence in children, it is best to give a test dose first. After confirming absence of any side effects, medicines can be continued.

Apart from consideration of dose, **strength of medicine** should also be considered before prescribing. For example, **Kutajarishta** used in treating diarrhoea associated with fever, may cause constipation in some children. In such circumstances, it makes sense to choose **Mustakarishta**, which is milder in action, though both have same disease indications.

Advantages of Asava and Arishta Medicines –

A. Shelf life – Shelf life of Asava and Arishta is upto 10 years. (related – expiry dates of Ayurvedic medicines) While other Ayurvedic medicine forms like Kashayam, tablets etc cannot be stored for very long, Asava and Arishta have considerably very high shelf life.

(Sharangdhara Samhita Purvakhanda)

Often this verse is confused as – older the Asava/Arishta, the better. The potency increases with age. But it is not true. Potency is retained at maximum levels, till a long period of time.

B. Best Taste – Asava and Arishta are the best tasting Ayurvedic medicines. Avalehas (herbal jams like chyawanaprash) are also equally good to taste.

But dose fixation is quite difficult in case of Avalehas, compared with Asava and Arishta.

C. Transportation – If they are prepared properly, they do not get spoilt/contaminated during transportation. Such as spoilage may happen in case of Kashayam (water decoction), Churna (herbal powders) etc.

D. Appreciation – Because of colour, consistency, aroma and taste, they are highly appreciated by the patients.

Disadvantages of Asava and Arishta –

In children, we cannot use it in higher dose and much precautions are required.

Some women patients might not like these medicines because of alcohol content. Especially, in menopausal age, with use of Asava and Arishta, some women may feel increase in hot flashes, perspiration,

Some elder patients may also feel increased warmth in the body, gastric irritation, hair fall, constipation etc.

Manufacturing Precautions to Be Taken –

Some use yeast to induce fermentation and some use steel containers as fermentation vessel. This is not as per Ayurvedic principle. Ayurveda has explained Madhuka/Dhataki flowers as fermenting agent. Ayurveda recommends usage of chemically inert containers such as earthen pots, wooden vessels, porcelain jars, etc for the purpose of fermentation.

Can Asava and Arishta Be Called as Herbal Wines?

For example, Drakshasava/Draksharishta – which is prepared with dry grapes, cannot be equated to grape wine. The method of preparation, purpose are quite different.

With Asava and Arishta – they are prepared with many herbal ingredients, some of them are used for preparing kashaya and some are used as Prakshepa

(spices), which act as bio – enhancers.

Unlike in wine preparation, here, fermentation initiators like yeast, or fermentation inhibitors (added at the end), are not used in Asava and Arishtas. The spices added themselves act as fermentation moderators. So, commercial alcohol preparations cannot be compared with Asava and Arishta.

Example

Draksharishta – Prepared with Raisins

Draksharishtam is a liquid Ayurvedic medicine, used mainly in the treatment of respiratory and intestinal disorders. Draksha refers to Raisin (Dry grapes), which is the main ingredient of this product. Draksharisht contains 5–10% of self generated alcohol in it. This self generated alcohol and the water present in the product acts as a media to deliver water and alcohol soluble the active herbal components to the body.

Reference: Bhaishajya Ratnavali 14/73–76, Sharangdhara Samhita Madhyama Khanda 10/69–72.5.

Draksharishta Ingredients

Dry grapes – 2.4 kg

water for Kashayam – 49.152 liters

Boiled and reduced to 12.288 liters, filtered.

Jaggery – 9.6 kg

Prakshepa –

Twak – **Cinnamon** – Stem bark – 48 g

Ela – cardamom – 48 g

Patra – (Cinnamomum tamala) – leaf – 48 g

Nagakeshara (Mesua ferrea) – Stamen – 48 g

Priyangu – Callicarpa macrophylla, black pepper, long pepper fruit, Vidanga – False black pepper – Embelia ribes – 48 grams each.

Method of Preparation –

First Raisins Kashaya is made, filtered. To this, jaggery, cinnamon and the rest of the ingredients are added. The container is allowed for fermentation for 1 month, filtered.

Traditional Uses

Useful in chest injury, tuberculosis, chronic respiratory diseases, weight loss, cold, cough, asthma, throat infection/throat disorders, debility, weak digestion, bloating, bleeding disorders, intestinal worm infestation, skin diseases, jaundice, eye disorders, anemia, hoarseness of voice, weight loss and fever.

Improves strength, cleanses intestines.

79. Other Types of Sandhana Kalpanas – Fermented Products



Sidhu Kalpana

Juice of sweet substances fermented without boiling them is known as Sitarasa Sidhu and if prepared by boiling them, it will be called Pakwarasa Sidhu.

Sura, Prasanna, Kadambari, Jagala, Medaka, Bakkasa

The fermented liquor prepared by using cooked rice, barley etc is Sura. The clear supernatant fluid of Sura is called Prasanna, slightly thicker than it is Kadambari; next thicker to it is Jagala; still thicker is Medaka. The residue left over after distillation is called Bakkasa, Surabija or Kinwa.

Varuni, Sukta

The liquor prepared with juice of Tala, Kharjura is called Varuni; that prepared with roots, tubers, fruits and added with Sneha and salts is called as Sukta.

Chukra

The liquor or syrup which gets spoiled and loses its sweetness but becomes sour is known as Chukra.

Sukta

Water in which jaggery is dissolved, mixed with oil, bits of tuber, roots, and fruits and fermented to acquire sour taste is called Guda Sukta, that of grapes

is Mrdwika Sukta.

Kanjika, Sandaki

Liquor prepared with Manda of half boiled Kulmasa, Dhanya is Kanjika; that prepared with Mulaka, Sarsapa, etc, being added to it becomes Sandaki.

Sura type of wine is the one where the Manda is not taken out. Sura type of wine is prepared by fermenting starchy food article. Wine prepared of sugar is called Sarkara. Pakvarasa is prepared by boiling sugar cane juice. When alcohol is used as liquid for the preparation of a wine it is known as Surasava. Madhvasava is prepared out of the flowers of Madhuka. When Asava and Sura are mixed together in a vessel and fermented, the wine so prepared known as Maireya. Madhulika type of wine is also known as Medaka.

80. Rice Preparations



These are prepared by boiling rice with water.

Manda

It is already covered in detail in another chapter. One part of rice is added with 14 parts of water, cooked in open air and filtered. Obtained liquid is Manda.

Peya

One part of Dravya (grain – rice etc) and fourteen parts of water, is boiled into watery consistence, called Peya and it contains more liquid portion (according to taste and requirement salt, black pepper, ginger etc are added).

It is light to digest, absorbent, improves strength and relieves fatigue.

Peya is heavier than Manda.

Vilepi

Vilepi is prepared with one part of grain (rice) and four parts of water cooked into a thick paste form (till water portion get evaporated). There is more solid, less water. According to taste black pepper, rock salt etc are added. It is heavier to digest when compared to Peya.

Odana – Anna (Bhakta or Bhat) Kalpana

Master Dalhana mentions that to cook rice, add it with 5 parts of water and cook. Usually mud pot or iron pots were used in ancient times.

After cooking, the excess water part is filtered out.

Sudhauta Prasruta – here, rice is washed thoroughly and then cooked, liquid portion is filtered out. It is light to digest and promotes digestion.

Adhautasruta Anna Kalpana – Here rice is not washed, cooked with water and liquid portion is evaporated out. (Rice prepared without washing and by evaporating all liquid portion). It is heavier to digest and increases Kapha dosha.

Master Sarangadhara

1 part of rice is added with 14 parts of water, boiled together and the fluid drained out while boiling gives Bhakta (cooked rice).

For preparing only cooked rice, 5 parts of water is enough. if you wish to prepare Manda and cooked rice together, then you can add 14 parts of water.

Yavagu

There are two meanings to it.

- a. 1 part of herbs are added with 16 parts of water, boiled and reduced to half. Filtered.

In this decoction broken grains are added and thick gruel prepared. This is called Yavagu.

Reference: Sharangdhara Samhita Madhyama Khanda, Kashaya chapter.

- b. Rice is added with water, boiled till more solid and less of water remains. It is called Yavagu.

Yavagu prepared with barks of mango, hog plum, jamun and broken rice is useful in Irritable bowel syndrome.

Yusha

Usually prepared out of pulses such as green gram, black gram and horse gram.
It is dealt in detail in a separate chapter.

81. Manda



Rice is boiled with water. After cooking, it is filtered. The obtained water is Manda.

One part of rice and fourteen parts of water are boiled together. When rice is cooked properly, it is filtered. The obtained liquid portion is called Manda.

If needed, 50–100 ml of this Manda is mixed with 1–2 grams of rock salt and ginger for improving digestion strength.

Manda is useful

To promote digestion strength

To relieve bloating

To open up body channels

To induce sweating.

It relieves excess thirst, dehydration and fatigue.

Manda undergoes digestion very easily and the starch of the rice energizes the body very quickly. For this reason, Manda is administered after Panchakarma detox procedures when the patient's digestion strength is very low.

Ayurvedic Food Recipe for Kidney, Bladder Cleanse: Ashtaguna Manda

Ashtaguna Manda is a famous Ayurvedic diet recipe used as a home remedy for kidney and bladder cleansing, for anemia, anorexia, fever etc.

The name Ashtaguna refers to 8 ingredients that this recipe contains.

Ingredients

4 parts of rice

1 part green gram

1 part of combined

Trikatu – Pepper, long pepper and ginger,

Coriander seed

Rock salt

Ghee fried Asafoetida

Method of Preparation

First, rice (4 parts) and green gram (1 part) is taken together. It is added with 14 times water ($14 \times 5 = 60$ parts of water).

Then it is added with the rest of the ingredients. The combination is heated till the rice is cooked properly.

Then the entire content is decanted to obtain the liquid part.

Dosage: The liquid part is called Ashtaguna Manda and it is served hot, in a dose of 25–50 ml, once or twice a day, before or after food. It can be mixed with 5 ml of sesame oil before administration.

Alternate Method of Preparation

Rice, green gram are cooked with 60 parts of water, filtered. Liquid is taken, then rest of the ingredients are added to it, along with sesame oil.

Traditional Indications

Deepana – improves digestion strength

Pranada – improves strength, enlivening

Basti Shodhana – cleanses and detoxifies kidney and bladder

Rakta Vardhana – improves haemoglobin and Rakta Dhatu, useful in anemia

Sarva Doshaghna – Balances all the three Doshas

Indicated in

Jwara – fever

Appearance

The final product is liquid, having slightly spicy taste, brownish yellow in colour.

Shelf Life – It is best to use this in freshly prepared and hot condition. It can be stored up to 4–6 hours only.

Traditional Indications

Deepana

Side Effects

There are no known side effects with this remedy.

If you are sensitive to any of the mentioned ingredients, then avoid it.

It can be used during pregnancy for 2–3 weeks of time.

It can be administered during lactation period and in children.

How Long to Use?

It can be used for a period of 4–6 weeks of time, as per doctor's advice.

Vatya Manda –

Here the procedure is same as manda but it is prepared with broken and dry fried barley grains.

1 part of barley is added with 14 parts of water, cooked in open air and filtered. Obtained liquid balances Kapha and Pitta dosha, it is very good for throat and very useful in bleeding disorders such as ulcerative colitis, nasal bleeding or heavy periods.

Laja Manda

Manda prepared with parched rice grains or fried paddy

It balances Kapha and Pitta dosha.

It is an absorbent, useful in Irritable bowel syndrome with diarrhea.

It relieves thirst associated with fever.

It is useful in diarrhea, it restores energy in body tissues, promotes digestion strength and useful in excess burning sensation and fainting episodes due to dehydration.

Master Charaka has mentioned about it.

This Lajamanda 100 ml is added with 2 grams of each of coriander seed powder and long pepper fruit powder. It is especially useful to promote digestion strength in children, old persons and weak patients.

82. Yavagu – Weaker Herbal Tea/Weaker Kashaya/Gruel



Master Charaka explains about various herb groups used in panchakarma (detoxification/purification) in 2nd Chapter of Sutrasthana. This chapter is called **Apamarga Tanduleeya Adhyaya**

In this chapter, he explains

Medicines for Nasya – nasal drops

Medicines for Vomiting therapy (Vamana)

Medicine for Purgation (Virechana)

Medicine for Decoction Enema (Asthapana Basti)

Medicine for Fat enema (Anuvasana Basti)

After explaining these herbs, Master Charaka says –

The efficacy of herb combination depends on

Matra – amount of herbs/medicines

Kala – season of collection of herbs, duration of disease in patient, duration of medicine administration, age of the patient etc.

The usage of these herbs depends on

Dravyajnana – knowledge of the herbs

Yukti – intelligent planning that the doctor does, in choosing the right set of herbs.

A physician, proficient in these two principles is always superior to those who are acquainted only with the medicine knowledge (ingredients and indication)

After Panchakarma medicines, Charaka explains about Yavagu.

Order of Treating any Disorder in Ayurveda

First and best choice is Panchakarma

After Panchakarma – Agni – digestion strength is low. So, some medicines are given to improve digestion strength.

Even food is also given from low dose, liquid food to high quantity solid foods – gradually.

Once after the digestion strength is restored, then oral medicines for treating the diseases are given.

First Panchakarma → eliminated out overly imbalanced Doshas.

After Panchakarma – improve digestion strength

Yavagu Fits in Here

After this, Once after the digestion strength is restored, then oral medicines for treating the diseases are given – to eliminate or to pacify whatever the remnant Doshas/symptoms.

Even after this if some symptoms are remaining, then Shirodhara, oil massage etc sub therapies are used.

Chakarpani Commentary on Charaka

After explaining Panchakarma medicines, different Yavagus are explained.

After Panchakarma, the digestion strength weakens.

The Yavagus are especially useful in improving the digestion strength and to treat abdominal pain (Shoola).

After Panchakarma, the Diet of the Patient Is Planned From Liquid to Solid.

This is because soon after Panchakarma, the digestion strength is low. Hence, lighter liquid foods are given first and gradually hard to digest solid foods are introduced.

Like a tiny flame grows big with hay and cow dung cakes, with liquid – to – solid diet, the digestion strength increases. – Charaka Siddhithana 1

To aid in improving digestion strength, Yavagus are explained.

- Usually spices are used in Yavagu preparation.
- Yavagu are more dilute than a regular Kashaya
- Often mixed with food preparations
- Often prepared with food ingredients.

Formula for Yavagu

- $1p + 64P \rightarrow 32 P$
- 1 part of coarse powder of herb is added with 64 parts of water, boiled and reduced to 32 parts, filtered and administered when hot.
- Sharangdhara mentions $4p + 64 P \rightarrow 32 P$. 4 parts of herbs in place of 1 part.

Types of Yavagu

- Medicinal Yavagu Prepared with potency based medicinal herbs – Veerya Pradhana Aushadha Dravya. Eg: Spices, amla, triphala etc.
- Diet Yavagu Prepared with taste based ingredients – Dietary ingredients – Rasa Pradhana Aushadha Dravya. Eg: grains like rice, wheat, barley, meat, chicken etc.

Medicine Based Yavagu

- Medicine Based – 3 types.
- Teekshna Veerya – very strong herbs such as ginger, Bhallataka – Marking nut, etc.
- Madhyama Veerya – moderately strong herbs – Dashamoola (group of 10 roots), licorice, neem, etc.
- Mrudu Veerya – low potency herbs – Amla, raisins, pomegranate, fruits etc.

Yavagu Formula Based on The Strength of the Herbs

- For very strong herbs, formula of yavagu is
- 12 grams (karsha) + 768 ml → 384 ml
- 1:64 → 32
- For moderately strong herbs, formula is
- 24 grams (Ardha Pala) + 768 → 384 ml
- 2:64 → 32
- For low strength herbs, formula is
- 48 grams (1 Pala) + 768 → 384 ml

- 4:64 → 32.

Kashaya vs Yavagu

- Kashaya – herbal decoction → 1:8 → 2
- Yavagu → 1:64 → 32
- Yavagu is $\sim 1/8^{\text{th}}$ times weaker than Kashayas.
- Once you prepare kashaya with strong reduction of water boiling, You *cannot* add water to kashaya to prepare Yavagu – the added water will dilute the strength of the kashaya active principles and makes it difficult to digest.
- Yavagu is
 - 4 pala + 64 pala water → boil → 32 Pala
 - 1:16 → 8
 - 1 pala = 48 grams.
 - 10 grams + 160 ml → boil and reduce to 80 ml.
 - Diluted form of Kashaya.
 - Stands between medicine and diet drink.
 - Useful in medium Doshas, or in almost cured state of disease.
 - Less strong, less “fire component” when compared to Kashaya.

Examples of Yavagu – Weaker Decoctions (gruel)

- Sharangdhara Samhita Madhyama Khanda 2
- Bark of Amra – Mango seed – *Mangifera indica*

- Bark of Amrataka – Wild Mango (Hog Plum) – Spondias pinnata
- Jambu – Jamun tree bark
- 30 grams + 480 ml → 240 ml. Filter. Use.
- Mix with cooked rice → Useful in
- Grahani – Malabsorption syndrome, Irritable Bowel Syndrome with diarrhea

Yavagu for Raktapitta: Medicated Gruels for Bleeding Disorders

Yavagu forms the most important dietetic inclusions in the treatment of Raktapitta – bleeding disorders like nasal bleeding, Ulcerative colitis and menorrhagia

Since Yavagu is gruel, it forms the food for raktapitta patients.

Chakrapani advises Tarpana (Tarpana = nutrition or nutritious food/drinks) to be given in the form of food and yavagu.

Here, yavagu is used as diet, which serves the purpose of tarpana cooling and nourishment.

In Raktapitta – bleeding disorders like nasal bleeding, Ulcerative colitis and menorrhagia,

As a rule, Yavagu should be given after Langhana (lightening therapies), mainly in the form of fasting or avoiding food.

After Langhana, the ama or immature essence of nutrients formed due to sluggish digestion present in circulation will be digested.

This forms a suitable background for administration of cooling and nourishing Tarpana

Panchakola Yavagu – Charaka Samhita Sutrasthana 2

The gruel prepared with

Panchakola –

Pippali fruit (*piper longum* Linn.),

root of Pippali,

Chavya (*Piper chaba* Hunter),

Chitraka (*Plumbago zeylanica* Linn.) – Leadwort

and

Ginger stimulates digestion, and cures abdominal colic pain.

Usually, patient is weak for digesting strong medicines and is also dehydrated.

So, giving them weak Yavagus → improve the digestion strength, provide good amount of water.

These Yavagus can be mixed along with food and administered.

The ginger, astringent herbs like wood apple, mango seed etc → coolant and astringent → blocks the diarrhea.

Dose of Yavagu

Dose is not specifically mentioned.

Highest dose of Kashaya is 2 pala – 96 ml.

Because Yavagu is a weaker form of Kashaya, it can be considered as 96 ml as the dose.

General dose of Yavagu – is considered as 48–96 ml.

83. Yusha – Broth of Pulses



Yusha is prepared with *Pulses – green gram/black gram/horse gram*

References: Kashyapa Samhita Khilasthana 4th chapter.

Sharangdhara Samhita Madhyama Khanda 2nd chapter

Ingredients

1. Any pulse (green gram/horse gram/black gram) – 1 part
2. Water/ butter milk/decoction (Kashaya – astringent) /herbal juice extracts Swarasa/ cold infusions (Hima) – 16 parts
3. Sesame Oil/Ghee, salt, black pepper, long pepper etc spices – Quantity sufficient

References

Kashyapa Samhita Khila Sthana 4th chapter

Sharangdhara Samhita Madhyama Khanda 2/154

Kashyapa explained 25 medicinal pulse broths.

75 of them are on the basis of Doshas and 50 of them are on the basis of taste.

Method of Preparation

Cook pulses with liquids

Use without oil/salt/spices – **Akruta yusha**

Use with oil, salt and spices **Kruta yusha**

Properties

Deepana – improves digestion strength

Rochana – improves taste, relieves anorexia

Vrushya – aphrodisiac, improves vigor

Swarya – improves voice tone and quality

Varnya – Improves skin tone and complexion

Balya – improves strength and immunity

Swedana – induces sweating.

Nourishes tissues well & fast, congenial to health, gives satiety

Formula

1 pala kalka (paste of pulses) + water (1 prastha =768 ml) + 6 grams of ginger, black pepper → boil till the pulses are cooked. Use.

48 grams pulses + 768 ml water + 12 ml ghee/oil + 6 grams each of black pepper and ginger

1 part pulses + 16 part water (liquid) + oil/ghee + 6 grams each of ginger, black pepper → Cook → Filter → Use

It is semisolid preparation obtained by boiling any type of pulses (dhal) but not rice. To prepare yusha any liquid preparation can be used.

Various Examples of Yusha

Drugs useful for the preparation of Supa (soup) and Yusha (drink) for a patient suffering from Rakta Pitta (bleeding): Charaka Chikitsa 4

Mudga – Green gram

Masura – Masoor dal

Chanaka – Bengal gram

Makustha – Phaseolus aconitifolius and

Fruits of Adhaki – Cajanus cajan – Pigeon pea

It is semisolid preparation obtained by boiling any type of **pulses** (dhal) but not rice. To prepare yusha any liquid preparation can be used.

Ingredients

The pulse: 1 Pala – 48 grams

Long pepper: ½ Karsha – 6 grams

Ginger: ½ Karsha – 12 g – 6 grams

Water: 1 Prastha – 768 ml

Types

Krita yusha – added with required amount of oil/ghee & spices

Akrita yusha – without oil, ghee or spices.

Yusha for Therapy

The broth of Horse gram along with long pepper fruit

or

Broth of green gram/mung dal along with ginger, black pepper, long pepper and barley is useful in the treatment of Oedema.

Charaka Chikitsa 12

Yusha During Snehapana – Bulk Intake of Fats/Oils Ahead of Panchakarma Purification

Ghee is to be taken with the co – drink of hot water,

Oil with co – drink of Yusha (vegetable broth),

Muscle fat and bone marrow with Anupana of Manda (thin gruel). or all these oily substances may be taken with the Anupana of hot water.

Sushruta –

Some say that soup of pulses (Yusha) and sour gruel (Amla kanji) are good co – drinks after fatty food.

Charaka Samhita Sutrasthana 13

Ghee is the preferred co drink/after drink → hot water.

For all oils, Yusha is preferred.

For muscle fats/marrow → manda – thin gruel is the preferred co – drink.

If the disease is associated with Kapha, then vegetable soup (Yusha shaka) is preferred and if it is associated with Vata, then meat soup is preferred.

This suggests that overall effect of Yusha on the body is – Kaphahara – Balances Kapha Dosha. (Charaka Chikitsa 4)

Vaidya Sara Sangraha Jwara – Fever Treatment

In pittaja jwara (fever), meals should be given with yusha of green gram and amla without adding ghee.

In Kapha fever → diet should be given with yusha of horsegram or Bengal gram along with dry rice.

Pigeon pea Yusha is good for fever.

Samsarjana Krama

With Panchkarma purification procedures, the toxins from the body are eliminated out. After the procedure, usually digestion strength is low.

So, solid foods are not directly given. The patient is made to start with liquid diet, then she is gradually introduced to semisolid diet and then the solid foods. This is done in a gradual and methodical manner spanning for 3–7 days time.

For this,

Peya – pure liquids (of boiled rice) is given first and then

Vilepi – more liquid less of boiled rice is given and then

Akruta Yusha (pulses + water → cook)

and then Kruta Yusha (pulses + water + ghee + salt+ spice) is given.

Then further, if needed, and if patient is accustomed to non veg, then plain meat soup is given for 2 meal times.

Meat soup + oil/ ghee+ salt + spice → 2 meal time.

After all these, patient is advised normal diet.

Broth of Pulses As Co Drink for Administration of Herbal Jams (Avaleha)

According to Sarangdhara samhitha, the following adjuvants may be used after taking Avalehas,

i.e. Milk, Sugarcane juice, Yusha, Panchamooli kashaya, Vasa kwatha etc.

Master Kashyapa dedicated one whole chapter for explaining different Yushas.

Benefits of Yusha as per Kashyapa Samhita Khila Sthana, 4th chapter –

Rochana – improves taste, appetizer

Deepana – improves digestion strength

Vrushya – aphrodisiac

Svara – improves voice

Varna – improves skin health, colour, complexion, glow

Bala – strength

Agni – digestion strength

Sweda – causes sweating (used in fever)

Tushti – satiation/satisfaction

Pushti – nourishes, re energizes

Sukhavaha – makes the patient more comfortable.

Effect on Dosha

Due to oiliness and hotness → Vata balancing.

Due to oiliness and astringent → Pitta balancing.

Due to spices + hotness → Balances Kapha dosha.

Utility of Yusha in Foods and Diseases

Where liquefaction of dosha is desired, there Yusha is used. (For example – solidified Kapha as in very high productive cough – sputum)

Wherever very high, concentrated, solid foods are taken, there Yusha is used as co drink.

Differences between Yusha and Yavagu

Where pulses are used → Yusha

Where rice is used → Yavagu

(2 types of yavagu)

- a. Rice + 14 times water → cook → more solid less liquid product is obtained – Yavagu).
- b. Herbs+ 64 times water – 32 times – Weak decoction.

Additives for Yusha

Rock salt, Trikatu – Ginger, black pepper, long pepper

Sneha – oil or ghee

Garlic Yusha → Vata disorders, joint disorders, bloating.

Pigeon Pea Yusha – fever, worms

Lentil – Diarrhoea

Pomegranate/Carrot → Diarrhoea

Kola Kulathadi Yusha

Jujube, horse gram, coriander, barley, Dashamoola (group of 10 roots), Changeri (Indian sorrel – Oxalis corniculata) → Vomiting

Kulattha Pancha Yusha

Horse gram, Black gram, Cow pea, Green gram, Pigeon pea → fever, anorexia, improves digestion strength – Kaiyadeva Nighantu 5/74

Phala Yusha –

Wood apple, Bael, Jujube, Pomegranate, Mango seed – administered in chronic diarrhoea. Kashyapa Samhita Khila Sthana 4/46

Chanaka Yusha

Bengal Gram → Rhinitis, cough Kaiyadeva Nighantu – 5/79

Kapikacchu – Mucuna pruriens Mucuna pruriens, black gram → Vata cough (pain, loud noise, dry) aphrodisiac, infertility treatment. Charaka

Chikitsa Sthana 8/76

Pancha Mushtika Yusha – Kaiyadeva Nighantu 5/83

Barley, Jujube, Horse Gram, Green Gram, Amla, Dry ginger.

It is useful in cough with tissue depletion (As in tuberculosis), chronic cough

Vartakadi Yusha – *Charaka Chikitsa* 26/156

Brinjal, Horse gram, Dry ginger, Long pepper, Black pepper, Pigeon pea, Green gram.

It is useful in rhinitis due to *Kapha*

Maha Yusha – Kaiyadeva nighantu 5/85

Radish with its leaves, Dry ginger, Long pepper, Black pepper. It is useful in insomnia.

Dadima Amalaka Yusha – Charaka Chikitsa 19/38

Pomegranate, Indian gooseberry,

It is useful in epilepsy, hallucinations. It energizes the person and revokes life

Vrushya Masha Yusha – Charaka Chikitsa 2/1/47

Black gram, Ghee, Rice. It is a good aphrodisiac.

84. Mamsarasa – Meat Soup



Preparation Method –

Bhavaprakasha text book explains in detail.

Ghee or sesame oil is taken in a vessel. Heated. Turmeric and asafoetida are added and fried well. Boneless goat meat is added and fried.

Then appropriate quantity of water, salt is added and cooked well in closed lid. After cooking, it is filtered. Obtained liquid is called Mamsarasa.

If required, spices like black pepper, betel leaf and clove are added.

According to Atreya Samhita, Leadwort, black pepper root, fruit, Java long pepper, ginger, coriander, turmeric and rice are added to meat soup. This spice group is called Vesavara.

Water Quantity –

As per Dravyaguna Vijnana –

- If thick meat soup is to be prepared, then 8 part of meat is added with 64 parts of water.
- If moderately thick meat soup is to be prepared, then 6 parts of meat is added with 64 parts of water.
- For thin meat soup, 4 parts of meat is added with 64 parts of water and soup is prepared.

Varieties of Mamsa Rasa

1. Krita mamsarasa – added with spices.
2. Akrita Mamsa Rasa.

Shadanga Yusha

One part of any herb is added with 2 parts of meat and 4 parts of water. It is cooked till the water content reduces to a quarter. Contents are filtered across a cloth. It is added with ghee and heating is continued for a while.

Benefits –

To improve muscle strength

To regain lost strength in cases of chronic disorders such as cancer, tuberculosis etc.

85. Khada – Kambalika



These two are the special preparations of **Yusha** (broth of pulses). They are prepared with grains/ pulses, buttermilk and with spices.

Khada – types

Sa Takra Shami Khada and

Sa takra Shaka Khada.

Sa Takra Shami Khada

2 liters of buttermilk are added with 125 grams of green gram or black gram or sesame seeds. It is boiled in an earthen pot in mild fire and reduced to $\frac{1}{2}$ or $\frac{1}{4}$ part.

5 Grams of each of cumin and black pepper powders are fried in a teaspoon of ghee.

These two are mixed to the buttermilk.

Sa Takra Shaka Khada

2 liters of buttermilk + 125 grams of a powder prepared with wood apple/Indian sorrel/black pepper or cumin powder. It is boiled in an earthen pot and reduced to $\frac{1}{2}$ or $\frac{1}{4}$ part. It is Satakra Shaka Khada.

86. Raga and Shadava Qualities and Health Benefits

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Ayurveda prescribes several food recipes which are tasty, carminative and provide health benefits along with nutritional components.

Reference: Charaka Samhita, Raja Nighantu, Bhavaprakasha Nighantu, Yoga Ratnakara.

Raga Shadava –

Sour and sweet fruits like unripe mango, kapittha (wood apple), are taken and kept dipped in salt for 5–10 days (may extend for 30–40 days also). To this sesame oil, ginger etc are added and mixed thoroughly. This is called Raga shadava.

This can be assumed as a semi finished product of pickle.

Raga –

Sugar candy, black salt, rock salt, fresh lime juice or juice of tamarind – grewia fruit, blueberry and mustard powders are mixed together and preserved. This mixture is used as the spice mixture for preparing pickle.

Shadava –

It is the salted fruits of sweet or sour taste; bitter fruits and vegetables are not used for this purpose.

Usually jujube – Kola (*Zizuphus jujuba*), wood apple – Kapittha (*Feronia elephantum*) are used in general practice.

Swasthya Shadava –

The fruits like Elephant apple, tamarind, citron fruit, pomegranate are taken individually or altogether and mixed along with sugar cane juice. This is called Swasthya shadava. It is a classical fruit salad or sweet pickle.

Accha Raga –

Sugar candy, honey, jaggery etc sweet substances are mixed together and stored in a container.

This thin sweet preparation is called Accha raga.

Qualities of Raga and Shadava

In general both Raga and Shadava are light for digestive, appetizer, pleasure enhancing, tasty and nourishing in nature. Due to sweet, pungent, sour and salty taste as well as deep penetrative quality, they clear the mouth.

But excess intake may decline the sexual virility, vitiate the blood and may also decrease the eye sight. Occasionally they may cause gastric irritation as well as skin disease too.

87. How to Make Buttermilk, Types: Ayurvedic Method



Buttermilk is one of the widely used food item. There are many variants of buttermilk with different health benefits. Here are the details about how to make buttermilk from milk.

Interesting Things about Buttermilk

- It is very easy to make at home.
- If a curd is ready, you can make it within five minutes.
- It is said in Ayurveda – “Nectar is for Gods and Goddesses, buttermilk is for human beings.”

How to Make Buttermilk from Milk

- First you need to prepare curds from milk. Take 400 ml of curds. add 100 ml of water to it. Churn the curds just for one to two minutes. You can churn it in a bottle/jar/mixer.
- This 100:25 = curds: water ratio buttermilk is the most widely used type of buttermilk. There are a few other types of butter milk.

Types of Buttermilk

There are five types of making buttermilk.

Full Cream Buttermilk: Curds is prepared from milk with cream. Such curd is churned without adding any water.

No Cream Buttermilk: Curds is prepared from milk devoid of cream. such curd is churned without adding any water.

Buttermilk: Prepared from the above – mentioned method.

Half Water Buttermilk: Take 100 ml curds add 50 ml of water and churn it to get half water buttermilk.

No Fat Buttermilk: Churn curds till it becomes butter. Remove butter. The remaining watery part is no fat buttermilk. It is also commonly used as buttermilk.

Each of these can be used interchangeably as buttermilk substitute to one another.

88. Curds Recipe of Amla – Ayurvedic Home Remedy



This recipe has many benefits. The beauty of this curds and amla recipe is – it can be prepared within five minutes. Ayurvedic medicines not only always mean bitter Kashayams, or packed herbal supplements in tablet form. The real Ayurveda starts from your kitchen. Appropriate combination of herbal recipe can do wonders to your health and to your diseases.

What Is Amla?

Amla in English is Indian gooseberry, is well – known for its richness in Vitamin C. Botanical name is *Emblica officinalis* (Linn.). Due to its richness in health benefiting active principles, it is widely used in Ayurvedic formulas such as Chyawanprash, Brahma Rasayana etc.

Curds Recipe of Amla

Ingredients

- Curds – 200 ml
- Sliced Amla pieces – of one Amla (approx 10 grams)
- Grated coconut – three table – spoon
- Green chilli – three small.
- Salt – according to taste
- Cooking oil – Sunflower oil/coconut oil – two table spoons

- Mustard – half tea – spoon
- Red chilli – one
- Curry leaves – 5–6

Procedure of Curds and Amla recipes

Part 1

Take green chilli, Amla pieces and coconut in mixer and grind it to get a paste.

Add this paste to the curds.

Add salt according to taste.

Part 2

Take the oil in a bowl.

Add red chilli pieces, mustard. Heat in very mild heat.

Observe that the mustard starts cracking, then add curry leaves to it and add this mixture to the curds mixture that is kept ready in part 1.

Done.

This is the curds and Amla recipe.

Use it along with rice, idly, Dosa, Chapathi, etc.

Benefits of Curds Recipe

All the benefits of amla, benefits of curds, curry leaves etc are there in this Ayurvedic recipe, ready to benefit your health.

Variations

- Green chilli can be replaced with red chilli, in case you have acidity and gastritis.

- You may not add salt, if you are on salt restricted diet, say in case of Hypertension
- Buttermilk can be used in place of curds, especially to make it an excellent home remedy for acidity and gastritis.

89. Lepa Kalpana: Ayurvedic Dosage Forms for External Application

By Dr. B.K. Prashanth MD (Ayu), Ph.D.



Ayurveda has explained in detail about the usage of different types of medicines for the treatment of diseases. The science has given importance to the usage of external route of medicine. It includes Kalka, Lepa and Malahara (different types of paste).

Kalka – Paste

Preparation Method

It is a soft mass of the herbs prepared by pounding them using mortar and pestle. If the herb is fresh and soft, it can be pounded and made into paste easily. If the herb part is dry like dried bark, then it has to be soaked in water for few hours to allow it to absorb water and make it soft. Then the moist herb part is ground in a mortar and pestle to obtain fine paste.

Master Charaka has explained that the prepared form of medicine should be in bolus form – Charaka Samhita Sutrasthana 4/7.

The bolus form explains about the consistency of the final product i.e. it should be neither too liquid nor too dry. If the kalka is prepared properly with exact water content, only then it can be rolled into a bolus form.

In the ancient books of Ayurveda like Charaka Samhita, Sushruta Samhita and Astanga Sangraha, the term kalka was used for the paste which could be used both for internal use and external use as application.

Neem Paste –

The leaves of nimba (*Azadirachta indica*) is crushed in a mortar and pestle and made into a paste. This paste is used both internally and externally. Internally it is used along with sesame oil to treat intestinal worms, skin diseases and vomiting. Externally this kalka is applied over infected wounds to treat it.

Lepa

In books like Sharangadhara Samhita, Bhava Prakasha, the term '*Lepa*' was used for the preparation which was exclusively used for skin application.

Method of Preparation

The preparation of lepa is similar to kalka. One or more herbs are taken in fresh form and ground to paste form. If the part of plant is dry, small amount of liquid like water, milk can be added and ground to paste form. The words Lipta, Lepana have been used as synonyms to Lepa.

Types of Lepa Based on the Quality/Nature of Herb

Pralepa

- Lepa prepared from plants having coolant property.
- Lepa applied, when it is cold to touch and it imparts coldness to the body.
- This type of lepa is applied in increased pitta dosha to reduce it.
- Example – lepa prepared from Sandalwood

Pradeha

- Lepa prepared from plants having hot potency.
- Lepa applied when it is little hot to touch and it imparts heat to the body.
- This type of lepa is usually applied in increased kapha dosha condition to reduce it.
- Example – lepa prepared from long pepper and, Chitraka (leadwort – *Plumbago zeylanica*).

Alepa: This type of lepa is a mixture of Pralepa and Pradeha.

Types of Lepa Based Upon the Action of the Lepa

Doshagna Lepa

The type of lepa which is applied to bring the vitiated dosha to normal condition.

Example – *Sthothagna lepa*

Ingredients

Punarnava – *Boerhavia diffusa*

Devadaru – *Cedrus deodara*

Ginger

Mustard

Moringa leaf or bark

All/any of the ingredients are taken in equal quantity and the lepa is prepared by adding adequate quantity of sour buttermilk or any fermented liquid and applied to reduce localized swelling.

Vishagna Lepa

The type of lepa which is applied to reduce the poisonous effect caused due to insect bite, poisonous animals, after coming in contact with poisonous plants etc.

Example – *Dashanga lepa*

Ingredients

Sirisha – Albizzia lebeck

Yashtimadhu – Glycyrrhiza glabra – Licorice

Tagara – Valeriana wallichii – Valerian root

Sandalwood

Cardamom

Jatamansi – Nardostachys jatamansi

Turmeric, tree turmeric

Kushta – Saussurea costus

Balaka – Acacia catechu

Any or all the ingredients are taken in equal quantity and the lepa is prepared by adding adequate quantity of water and ghee. It is effective against skin diseases, herpes, insect bite, localized swelling due to infection, pus filled wounds.

Varnya Lepa

This type of lepa is used to increase the complexion of the skin.

Example – *Raktachandanadi lepa*

Ingredients –

Red Sandalwood

Manjistha – *Rubia cordifolia*

Lodhra – *Symplocos racemosa*

Kushta – *Saussurea costus*

Priyangu – *Callicarpa macrophylla*

Vata – *Ficus bengalensis*

Masura – *Vigna radiata*

Any/all the ingredients are made into powder form and later added with water or milk to prepare paste. It is applied over face to increase the complexion, remove black spots, pimples.

The Thickness for Different Types of lepa has been explained in Ayurveda.

Doshagna lepa – purifying paste – 0.5 cm

Vishagna lepa – detoxifying paste – 0.6 cm

Varnya lepa – promoting complexion – 1 cm

Rules and Regulations to be followed during the application of the lepa.

- All the lepa prepared are for instant and single use.
- Lepa is applied against the direction of the hair follicles for better absorption.
- Lepa is removed soon after drying from the skin.
- Fresh lepa is applied only after removing the previous layer of lepa from the skin.
- Lepa should not be applied during night time except in conditions like poisonous bites, pus filled wounds. The lepa which is applied during the night time prevents the exchange of body heat with the atmosphere.

Purpose of Lepa

Lepa was formulated with the intention of localized action of the herb. The thickness of various types of lepa is told to enable the active principles present in the particular lepa to be absorbed into the skin and do the desired action when the lepa is in wet condition and before it dries. In some of the diseases, along with lepa, internal medications are also needed.

Some Common Lepa and Their Uses

- Lepa prepared from gokshura (*Tribulus terrestris*), sesame flower, honey and ghee is applied over the scalp to increase the density of hair in scalp area.
- Lepa prepared from turmeric and honey is used to treat cut wounds and burn wounds.
- Triphala herbal powder and honey is mixed to make a paste and applied over mouth ulcer to treat it.
- Lepa prepared from either the root or leaves of Ishwari (*Aristolochia indica*) and black pepper is applied over the area bitten by snake, scorpion to treat its poison.
- The lepa prepared from the leaves of bitter gourd plant is applied to treat insect bite and bee bite pain.
- The paste of red sandalwood is applied over the area bitten by rat and scorpion to decrease the burning sensation.
- The paste prepared from garlic and nirgundi (*Vitex negundo*) leaves is applied over the area affected with osteoarthritic pain.
- Paste prepared from cinnamon is applied over the area affected with pain.

- The paste of the roots of brahmi (*Bacopa monnieri*) plant is applied over the scalp in the disease of insomnia.
- Pravala pishti (paste of pearl) is applied with ghee over the area affected with the disease herpes.
- The paste of onion is applied over the forehead to relieve sinusitis.
- Paste prepared from the powder of Haritaki (*Terminalia chebula*) with honey is applied to treat whitish patches from the skin.
- Paste prepared from arka patra (leaves of *Calotropis procera*) mixed with castor oil is applied to reduce localized swelling.
- Paste prepared from powder of shell mixed with honey or jaggery is applied over swelling of the throat.
- Paste prepared from black pepper and Moringa leaves is applied over the forehead to reduce headache.

The above said examples are very few of the paste told in the Ayurvedic texts. There are many more formulations of lepa mentioned for different diseases in different texts and folklore practice.

90. Malahara Kalpana: Ayurvedic Ointment Preparation

By Prof. M.S. Krishnamurthy MD (Ayu), Ph.D.



The word Malahara was adapted by Yogaratnakara from the word Malaham or Marham are basically originated from Unani system of medicine.

This is called as Malahara because it removes Mala (Residue etc) from wounds, abscesses, skin disorders etc.

Ingredients

Any one among these are taken. It acts as base.

Guggulu, Rala (Sarjarasa), bees wax.

Sesame oil or coconut oil

Any one or more than one are to be taken as a base and fine powder – camphor, copper sulphate, borax powder, zinc oxide powder etc medicinal drugs are mixed uniformly in above mentioned base.

Method of Preparation of Malahara

I. Method – 1

The base of the Malahara kalpana is prepared by melting 1 part of Bees – wax and 2–6 parts of coconut or sesame oil. If any physical impurities are seen in the wax, it should be filtered through a cloth.

To this as per the formulation, add the fine powder of various ingredients and mix well. The fine powder may be of borax, sulphur, red ochre, camphor, menthol, thymol etc are added.

Usually the amount of menthol and thymol is 1–2% of the total mass.

Thus prepared ointment must be preserved in a wide mouthed plastic or glass container having tight fitting corks.

II. Method – 2

Malahara kalpana also can be prepared by triturating method with the help of ointment Slab and Spatula by following manner.

Here in this method medical drugs and little quantity of base is added. Grinding is continued till they get mixed uniformly.

A simple Malahara combination –

Bees wax – 10 grams

Sesame oil – 50 grams

Turmeric – 5 grams

Aloe vera dry powder – 5–10 grams

Neem powder – 10 grams

Camphor – 3–5 grams

Take a wide mouthed vessel. Heat sesame oil, add bee wax and stir continuously. Bee wax melts in the sesame oil. After it completely melts, filter it across a clean cloth. Allow it to cool down.

While it is cooling down, add fine powder of rest of the ingredients. Stir continuously till the whole mass becomes homogenous with one colour. Store in a container.

Uses:

Allergic hives, non healing wounds, dermatitis.

Options – If available, consider adding 5 grams of powders of

Khadira – Gum acacia – *Acacia catechu* and

Manjishta – *Rubia cordifolia*

91. How to Make Facepack, MouthWash, Body Lotion from Curd?

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Curd is the most commonly used milk product in most part of the world. But classical method of curdling is not carried by few of the people.

In fact sour buttermilk or sour curd should be added to the boiled and cooled milk to prepare curd. It is called as 'souring.' But few use lemon, tamarind, vinegar, amla juice etc.

Even though by these, curdling takes place, there is difference in the quality of curds. They may not be harmful. But true benefit of classical curd cannot be expected from those curds.

It is the reason, preferably to get desired quality and hence the benefits in 1:50 ratio buttermilk and milk are be added.

1. Shower Body Lotion from Curd

100 ml curd and 4 cowries are taken together in a steel vessel and kept overnight. Next day morning, this curd is taken and used while showering.

It is useful in eczema.

It cleanses and clears the lesions instantly and quickens the healing process.

2. Curd Energy Drink – Simple Lassi

200 ml of curd is added with 20 grams of sugar candy and churned well. As per ones desire mango juice or sliced banana can also be added. A pinch or two of cardamom is added to it. – A cup of it is good to take per day.

3. Anti Diarrheal Remedy with Curd

50 ml of curd,

1 spoon of lime water,

2–3 grams of table salt and

a pinch of Ajwain (Carum) or Asafetida are taken together and mixed well.

This is given to drink to the patients who are suffering from chronic diarrhoea followed with Indigestion, loss of appetite, bloating abdomen etc

4. How to Prepare Mouthwash with Curd?

1 spoon honey,

2 spoon of ghee and

4 spoon of curd are taken and mixed thoroughly.

This thick solution is used as mouthwash.

It is useful in the cases of the mouth ulcers or blisters of the mouth caused due to chicken pox, oral thrush etc. This can be practiced 2–3 times a day.

5. How to Prepare Face Pack Using Curd?

20 Grams each of fresh and wet turmeric and carrot are taken and pounded well to obtain fine paste. To this 50 ml curd is added and mixed well. This is used as face pack.

It enhances complexion and useful to get rid of blackheads.

Curd is not just a milk product of nutritional importance but also an effective home remedy contributing multiple health benefits.

92. 10 Carrot Home Remedies for Cholesterol, Energy, Piles

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Carrots are the store houses of energy, health and medicinal values. It is the vegetable of choice for skin diseases, diseases of the eyes, kidney and liver.

The beta – carotene found in carrots is packed with vitamin A. It is solely responsible for the skin care, eye care as well as to promote the immune system of the body.

Carrot is used to prepare side dishes, sweet preparations, pickles as well as green salads. Its milkshake and fresh juices are also gaining importance in our diet.

Carrot Home Remedies

1. Carrot Fine Paste for Skin Glow

Fresh carrots are made into fine paste. Little olive oil is added and applied over face. Left on face for 10–30 minutes, then washed off. This gives good glow to the face and takes away wrinkles. This helps to make the skin soft and fair.

2. Carrot Leaf Juice in Haemorrhoids and Constipation

Fresh carrot leaves are crushed to obtain juice. Or leaves are used to prepare salad. This is very effective in constipation. The dose of crushed

leaf juice is – 10–15 ml, once or twice a day, after food.

3. Carrot Juice to Reduce the Cholesterol

Carrot juice is very effective in lowering bad cholesterol. It also supplies energy to the body and is a very good liver tonic. Dose of carrot juice is – 50–100 ml, once or twice per day.

4. Fresh Carrot Intake Along with Curd or Butter Milk or Sprouted Grains Prevents Aging

Fresh carrots are the best depots of beta – carotenoids. They instantly turn into vitamin A, once it enters into the body. So, intake of carrots along with butter milk or curd or any suitable adjuvant like sprouted green gram etc reduce the cell degeneration and thus slow down the aging process.

5. Carrot Milk Shake or Carrot Sugar Candy for Fatigue

Carrot is possessing vitamin B complexes in significant amount. So, the carrot milk shake helps in cooling mechanism of the body. This helps to relieve the fatigue, lethargy, muscle wasting etc.

Partially cooked carrots are dipped in sugar syrup and given to growing children who are found with B Complex deficiency.

Carrot Halva – a semisolid paste/jam prepared with carrot, milk and sugar/jaggery also serves the same purpose.

6. Fresh Juice of Carrot and Durva (*Cynodon dactylon*) Juice for APD

Fresh carrot and Durva grass are taken in 3:1 ratio and juice is made (without adding milk). This is taken in empty stomach once daily in the dose of around 200 ml. This is an energy drink, regularizes sugar level and at the most very effective in Acid peptic disorders.

7. Carrot Seed Fine Paste Application for Stye and Inflamed Conditions of the Eyes

Fine paste of the seeds of carrots is applied over the stye and other inflamed conditions of the eyes. 3–4 days medication gives good relief.

8. Carrot and Radish Seeds for Vitiligo

Equal amount of carrot and radish seeds are taken and soaked in cow's urine for 4–5 days. Later, fine paste is made and applied over the lesions of vitiligo followed with oral medications like Khadiraristha, Kanakabindu arishta, Gandhaka rasayana etc. This gives significant benefits in these conditions.

9. Leaf Paste or Juice for Chronic Liver Disorders and Digestive Disturbances

Intake of fine paste or juice of leaf of carrot helps to restore the disturbed gastric functions and to correct the digestion and liver disorders.

10. Mouth Gargling with Carrot Juice in Gingivitis and Stomatitis

Carrot juice added with little licorice powder can be used for mouth gargling. This helps to cure the repeated episodes of gingivitis and stomatitis (mouth ulcers).

In 17th Century English women used to wear carrot leaves on their hat! The leaves were used as a substitute for flowers or feathers. What a great honour to carrots!

93. 10 Mustard Remedies for Cold, Headache, Tonsillitis, Nose Polyps

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Mustard is a well known culinary substance appreciated due to its specific odour and carminative effect. This is a compulsory item in almost all sambhar powder, masala powder, pickle and even while seasoning of the dishes and side dishes.

Other than the fresh seed, the seed oil is also used abundantly in several parts of the world. In India several north Indian states use this oil in most of its cooking and frying.

Ayurveda prescribes the seed oil in arthritis, muscular disorders and skin disorders involving Kapha dosha (itching as main symptom).

Precautions

But the texts do not recommend seed oil in Pitta disorders as it is very pungent and hot in potency. Further the crude oil is having the tendency to vitiate blood and Semen.

So this oil (as well as seeds) should be used cautiously and in minimum quantity only.

1. Mustard Paste for Headache and Toothache

This is a very common medicinal practice found in South Canara and North Canara of Karnataka.

Red or black mustard seeds are taken and by adding water it is ground well. Thus obtained fine paste is applied over the forehead. This helps to reduce the vascular headache quite effectively.

In case of toothache also this paste mixed with little salt and applied/retained near the painful area of gum for a few minutes.

2. Lemon Juice and Mustard Paste in Tonsillitis

2 teaspoon of mustard is taken and one teaspoon of lemon juice is added and pounded well to obtain fine paste. This paste is applied over the throat (externally, on the skin) to treat tonsillitis. 3–4 days medication usually pacifies pain and swelling.

In lymphadenitis also it is very effective to reduce swelling.

3. Charred Mustard in Ulcers, Wounds

4–5 teaspoon of mustard is taken and by keeping it in an earthen pan (steel plate can also be used) it is heated and burnt. This is pounded well and fine powder is made (black coloured). To this, sesame oil is added and mixed thoroughly.

This paste is applied over the ulcers and non-healing wounds.

4. Mustard Oil Mixed with Salt in Nasal Polyp

25 ml of mustard oil is taken and 2 pinch of salt is added and heated. This is filtered on cooling. 2–3 drops of this oil is instilled into nose for the treatment of nasal polyps.

It is applied externally over haemorrhoid mass to shrink the mass and to relieve pain.

5. Mustard Oil with Turmeric in Itchy Rashes

Mustard oil is mixed with small quantity of fine paste of turmeric and oil is cooked. This oil is applied all over the body. This pacifies itchy rashes.

People who complain of severe cold followed with shivering and rashes are advised to apply this oil and after an hour, warm water bath is advised. This has very good effect in seasonal cold.

(**Note:** Pitta body type persons should avoid it)

6. Mustard and Pepper Powder in Recurrent Cold of Children

Both the above spices are taken in equal quantity and fine powder is made. This powder is taken in small piece of cloth (or cotton gauge can be used) and folded. This is kept in the middle of the scalp and tied properly for 30–45 minutes every day preferably in early morning or late evening. This is used as a remedy for recurrent cold, rhinitis, cough, pharyngitis, tonsillitis, in children.

7. Mustard Oil Application in Rheumatoid Arthritis

In rheumatoid arthritis, mustard oil is warmed with a pinch of rock salt and applied over the joints, gently. Regular application helps to bring down the pain and swelling.

8. Fine Paste of Mustard Leaf/Whole Plant in Oedema and Abscess

Whole plant of the mustard or its leaves are taken and by adding little turmeric powder and wet ginger, fine paste is made. This is warmed a little and applied over the swelling or non suppurative abscesses. It helps in maturation of the abscess and to pacify the swelling.

9. Fine Paste of Mustard Seeds, Garlic and Clove in Joint Pain and Muscular Swelling

Equal amount of mustard seeds, garlic and clove are taken and fine paste is made. This is applied over the abrasive wounds or crushed

injuries. It relieves the pain, discoloration and swelling.

10. Seed Powder with Honey in Chronic Cough and Rhinitis

Fine powder of mustard is made. Warmed a little by keeping it over a lukewarm pan. 1–2 pinch of this powder is mixed with honey and taken by licking. This relieves the phlegm, cough and acute rhinitis.

94. 3 Lady Finger (Okra) Remedies for Diabetes, Head Lice, Burn Wounds

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Lady finger or Okra is a well known vegetable. It balances Pitta and Vata Dosha and is a coolant. Ladies finger is usually contra indicated cold, cough, low digestion strength etc.

As okra has significant amount of fibre and mucilage, it is recommended in the treatment of haemorrhoids, dysuria and burning sensation.

Few simple and effective okra home remedies are –

1. Fresh Juice of Ladies Finger in Type II Diabetes

1–2 fresh and matured (tender should not be taken) ladies fingers are taken and cut into pieces. This is added to 2 cup of water and macerated well. This is taken early in the morning preferably on empty stomach. Significant decrease in blood sugar level is observed by this recipe.

2. Ladies Finger Gum for Burn Wounds

20 ml of fresh juice of ladies finger and 100 ml of lime water (dehydrated lime – calcium carbonate) is dissolved in 6 parts of water and supernatant (liquid) part is collected; this is used here) are taken together and mixed thoroughly.

This juice is applied over the burns. This pacifies burning sensation immediately.

If the burn wound is in extremities, the parts can be dipped in this solution but large amount of the liquid mix is needed.

3. Ladies Finger Seed Powder Oil for Head Lice and Dandruff

30–40 dried seeds are powdered well.

This is soaked in sesame oil or coconut oil for a day.

Next day this is heated with fire for 5–10 minutes.

On self cooling this is filtered and stored.

This oil is a traditional practice in Guni tribal people. This unique practice is found in Maharashtra as well as Rajasthan. Preferably red colored ladies fingers are used here.

95. 4 Cucumber Remedies for Urinary Calculi, Gastritis, Burning Urination

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Cucumber is a well known diuretic and natural complexion enhancer. It is a potent moisturizer by both oral intake and external application. Like watermelon, cucumbers are made up of high amount of water which fulfils the daily need of water content especially in summer.

Cucumber is rich in vitamin K, B1, B5, B7. Copper, potassium, vitamin C, and Manganese, beta – carotene, antioxidant flavonoids such as quercetin and kaempferol.

Ayurveda explains Cucumber as Trapusa. According to the classical literature it is a coolant and potent enough in the treatment of oedema, bilious conditions, head ache, ascitis, urinary calculi, burning urination etc.

Cucumber is mostly used as a vegetable also. Its tender fruits are taken in raw form itself. Ripened fruits are rich in water content and hence in its diuretic effect too.

1. Cucumber Fresh Pulp Juice in Urinary Calculi

6–10 cucumber pieces are taken and crushed well to obtain fresh juice. To 1 cup of this juice, 3–5 grams of sugar candy and a pinch of cardamom powder are added and this is administered 2–3 times a day,

30 minutes before food. This remedy is safe to continue for very long periods of time.

This helps to expel out the small gravels of the urine (urinary calculi).

Or else this can be used as a vehicle/after drink with any of the diuretic medicine.

2. Pulp Jaggery Mixture in Gastritis and Lethargy

Mature cucumber fruit is cut from one of its ends. Seeds are separated. To around 50 grams of these slices, jaggery 20–30 grams is added and scooped.

Some add half a teaspoon of cardamom and black pepper.

Or instead,

pulp is taken and to that by adding jaggery it can be ground well in mixer or grinder.

This is taken in the evening hours, before food, in a dose This pacifies lethargy as well as acid peptic disorders.

3. Cucumber Seed with Buttermilk in Acidic Urine/Burning Sensation in Urine

A fistful of cucumber seeds are collected and it is soaked in butter milk for overnight. Next day morning this is churned well in a mixer or grinder. To this little sugar can be added.

This helps to pacify burning caused during urination.

4. Cucumber Fine Paste Application Around the Eyes for Burning Sensation

Tender cucumber is taken and it is made into fine paste (or else sliced fruits can also be applied). This paste is applied around the eyes and retained for a period of 1–2 hours. It helps to relieve burning sensation in the eyes.

Similarly this is used (especially sliced pieces) as natural moisturizers especially after removing the makeup.

Cucumber is a natural coolant. While travelling in summer it is always better to eat the sliced cucumber instead of opting for chemicals laden cool drinks.

96. 5 Ashwagandha Home Remedies: Vigour, Tiredness, Allergy

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Winter cherry – Ashwagandha is a well known Ayurvedic herb. It is also called Indian Ginseng due to its potent rejuvenative and aphrodisiac properties.

Botanical name – *Withania somnifera* Dunal.

The term somnifera refers to the substance which induces sleep.

Various synonyms referred in Ayurveda for Ashwagandha like Balada, Pushtida, Balya, Vrishya etc suggest the nutritive and rejuvenation benefit of the herb.

Ashwagandha refers to smell of the drug similar to the body of horse. It also symbolically represents the sex power enhancing nature. It is said that Ashwagandha gives a person, the sexual drive of a Ashwa (horse).

The somniferin chemical constituent of the drug is well known for its sedative and anxiolytic effect. Due to sedative effect, the roots are used in anxiety, nervousness, fatigue, giddiness, fainting, loss of sleep etc. In case of premature ejaculation resulted due to anxiety it has shown very significant benefit.

Winter cherry is used in the preparation of several simple medicaments and few such recipes are mentioned here below –

1. Ashwagandha Milk for Rejuvenation and Promotion of Vigour

4–5 roots of Ashwagandha (5–10 grams of coarse powder can be used) are cooked well with 200 ml of milk and 400 ml of water. This is filtered and consumed when it is lukewarm. This promotes the vigour and is an established rejuvenator.

2. Ashwagandha Remedy for Tiredness in Old Age

Fine powders of Ashwagandha, Kapikacchu – *Mucuna pruriens* and Sesame seed are taken, mixed thoroughly.

It is administered in a dose of 5 grams, with a cup of warm milk.

It is useful to relieve tiredness, fatigue and geriatric problems such as arthritis.

3. Ashwagandh for Allergic Rhinitis

Equal amount of Turmeric – Ginger and winter cherry fine powders are taken mixed well. 3 grams of this mix powder is consumed early in the morning and in late evenings along with warm water or lukewarm milk, before food. This is useful to relieve allergic rhinitis.

4. Milk Processed Ashwagandha Root Powder as Rejuvenator and in Leucorrhoea

100 Grams of Ashwagandha roots are selected and soaked in cow's milk. Later it is boiled in this milk. Further it is dried under sunshine. The procedure is repeated for 7 times.

2–3 Grams of this powder is taken daily along with a teaspoon of ghee. This improves reproductive health of both men and women. It is a specific remedy for leucorrhoea.

5. Ashwagandha Powder with Ghee for Low Sperm Count

2–3 Grams of Ashwagandha root powder is mixed with honey and ghee and taken regularly. This helps to relieve the senile debility and seminal disorders especially oligospermia.

Ayurveda is rich with rejuvenation and aphrodisiac herbs. Those who are not aware of it on due consultation with herbalists can practice simple formulations and get the benefit out of it. This builds confidence with herbs and also easily you will get safe and effective medicines.

97. 5 Cashew Nut Remedies for Strength, Weight, Bone Mass

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Cashew nuts are well known as low fat food. On an approximation 82% of its fat is unsaturated fatty acids and 66% of these fatty acids content are better for the heart.

Cashews are the dry fruits which are liked by most of the people that is why cashew has become a very important nutritional supplement as well as health rejuvenation.

Cashews are rich in Vitamin B2, B3, C or E, magnesium and pantothenic acid. Cashew nuts also possess anti cancer properties. The proanthocyanidins, a class of flavonoids that prevent cancer cells from further dividing and spreading throughout the body is found in cashews.

Cashew nuts are also appreciated for its richness in copper content in natural form. This enhances hair color and can lead to perfect jet black shade of hair.

Cashew Nut Remedies

1. Daily Intake of Cashew Nuts, Raisins and Almonds to Gain Body Strength and Lustrous Skin

2–3 cashew nuts, 10–12 raisins and 1–2 Badam (almond) during night or evening helps to get good digestive fire, stamina and to gain good

sleep. This also contributes good lustre to the skin as well as strengthening of the hair roots.

2. Cashew Nut Milk Increase Sexual Libido

1 cup of milk is taken and it is cooked with 5–6 cashew nuts or else this is churned well in mixer. This serves the daily requirement of the essential nutrients and improves body strength as well as sexual libido.

3. Cashew Powder and Ground Nut Recipe to Gain Healthy Weight

50 Grams of cashew nut and 100 grams of fried ground nuts are taken together and powdered well. Daily morning if this is taken in the dose of 10–15 gram along with milk significant weight gain is found within 15–20 days.

4. Cashew Powder and Ghee in Memory Enhancing in Children

Children who are slow in studies are benefitted considerably by this simple recipe. 2–3 cashew nuts are taken and fried with ghee.

This is powdered well and taken by mixing with little honey or jaggery.

Later milk can be taken.

5. Cashew with Pomegranate Juice in Osteoporosis

5–6 cashew nuts are taken along with pomegranate juice daily during evening hours. If the individual is Pitta constitution, little Gulkand can also be added. This helps to relieve anaemia, fatigue and osteoporotic problems, especially found during old age.

98. 5 Dates Fruit Remedies: Milkshake, Laddu for Energy, Stamina

By Dr. M.S. Krishnamurthy M.D (Ayu), Ph.D.



Dates (*Phoenix dactylifera*) fruit is the well known dry fruit. Date fruits are rich in iron. They are also a good sources of potassium, protein, dietary fibre, calcium, vitamins B, A and C. Other than these dates possess trace elements such as copper, magnesium, manganese, selenium and zinc.

It is called Kharjura in Sanskrit; it means that which is making the body strong and healthy being a good energizer.

Dates promote immunity, blood cell count, provides energy to the body, useful in treating alcoholic intoxication and bleeding disorders.

1. Dates Milkshake

The dates fruit milkshake is a good energy drink.

Take 10 dates. Remove the seed, remove the hard pit. Chop it into small pieces.

Add a cup of milk. Blend it in a blender or in a mixer.

Drink when it is fresh.

It is useful in anemia, fatigue, work exhaustion, peripheral neuritis, burning of the body etc are relieved soon by this.

2. Kharjura Laddu –

Remove the seeds.

Add equal amounts of powdered cashew nut, dry fried ground nut pieces and raisin – all one part each.

Add 8 parts of jaggery and pound this mix well. You can also add a little honey or ghee for taste. It is pounded well and then rolled into the form of laddus, kept under the fan for drying.

This is administered to the growing children daily morning and evening. Most of the energy requirements are fulfilled by this and helps to make the children healthy, energetic and cheerful.

3. Ghee and Honey Soaked Date Fruits

50 date fruits are taken and seeds are removed.

100 ml of ghee and 80 ml of honey are taken and stirred with little saffron (powdered, 8–10 stamens).

Dates are added and soaked in it.

Daily, just before consuming, this mix is stirred well with a bi spoon and then 1–2 dates are consumed. This improves energy, very useful even for pregnant women and for women nearing menopause.

4. Date Fruits Baked in Between the Wheat Dough

This is the unique home remedy of traditional healers of Jaipur and Udaipur (Rajasthan).

5–6 date fruits are taken, seeds are removed. Wheat flour is taken and dough is made (consistency sufficient to make bolus for Chapati). These de – seeded dates are kept in between this dough and covered. This is kept on direct fire and baked for 3–5 minutes.

Then the dough is gently removed and inner dates are collected.

Daily 5–6 such dates are consumed in case of joint pain caused especially during old age.

This has significant benefit in degenerative problems such as osteo arthritis.

5. Goat's Milk Soaked Date Fruits

This unique preparation is highly beneficial in promoting the sex power in men.

4–5 de – seeded date fruits are soaked with boiled and cooled goat's milk and kept for overnight.

Next day morning this is macerated well.

A teaspoon of honey is added to and consumed before food (morning or evening).

99. 5 Radish Home Remedies for Vitiligo, Obesity, Bad Cholesterol

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Radish possesses sweet mixed pungent taste with a lot of juice followed with fibre content it is appreciated in the treatment of constipation and haemorrhoids quite effectively.

Botanical name – *Raphanus sativus*

Family – *Brassicaceae*

It can be eaten in raw form itself, it is usually taken in the form of salad, curries, soup, sambhar, pickle etc. Even its flowers, seeds and leaves possess many health benefits.

Ayurvedic classical literatures as well as the modern dietetics recommend radish in jaundice, haemorrhoids, indigestion, constipation, urinary disorders, asthmatic conditions, diabetes, skin diseases, fatty liver conditions etc.

Mulakarishtha, Kanjika, Mulaka kshara etc are the unique Ayurvedic medicines containing Radish as main ingredient.

Radish Home Remedies

1. Radish Water in Obesity

1–2 big radish roots are chopped well. This is added to 3–4 cups of water and kept for 1–2 hours. Later it is filtered and throughout the day this water is used for drinking. This helps to reduce the body weight.

2. Radish Fresh Juice with Lemon for Bad Cholesterol

Half cup of radish juice is mixed with equal quantity of water and a spoon of lemon juice. This is taken in empty stomach daily for 30–40 days. This reduces the bad cholesterol significantly.

3. Radish Leaf Juice in Eye Care and Night Blindness

Fresh and green leaves of radish are taken and on crushing, juice is obtained. This juice is taken in fresh form in the dose of 40–50 ml twice daily, before food. This is considered good for eyes, relieves burning, itching and excess lacrimation. It is also told to be useful in night blindness.

4. Radish Seed Oil in Leucoderma

1–2 teaspoon of radish fruit pieces, 50 ml of radish juice is cooked with 100 ml of sesame oil. Cooking is continued till all the moisture is emptied from the oil. Then it is filtered and stored.

Regular application of this oil over the lesions of leucoderma has good benefits followed with suitable internal medication.

5. Radish Fine Paste as Skin Detox

1–2 roots of radish is taken and made into fine paste. This is applied over the skin/face. This is retained for 15–20 minutes and washed thoroughly (avoid this if the skin is sensitive to radish and if you develop allergic rashes)

It rehydrates and detoxifies skin.

100. 5 Walnut (Akhrot) Remedies: Skin Glow, Fatigue, Dry Cough, Bodyache

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Akhrot are well known antioxidant rich drupaceous nut. It has immunomodulatory actions, memory enhancing benefits and nervine tonic effects. The classical texts like Bhavaprakasha and Nighantu Ratnakara referred it by the name Akshotaka or Akshoda.

Botanical name – *Juglans regia*

Seed marrow is the most usable fruit part. The leaves and stem are also used for medicinal purpose by the folk healers.

The trees are found abundantly in Himalayan ranges and Kashmir is the main habitat of this plant. The seed pulp contains oxalic acid and barium.

The marrow is sweet in taste and hot in potency. It increases Kapha and Pitta Dosha and balances Vata.

Few simple remedies of walnut are mentioned here below –

1. **Fine Paste of Walnut for Enhancing the Complexion of the Skin**

1 or 2 walnuts are taken and fine paste is made by rubbing with cow's milk. This is applied over the face. This acts as a good complexion enhancer.

2. Medicated Milk of Akhrot for Fatigue, Neuritis, Diabetic Neuropathy, Debility etc

3–4 walnuts are taken and fine powder/paste is made. This is cooked with cow's milk and taken. As per one's liking sugar may be added. This helps to overcome for fatigue, neuritis, diabetic neuropathy, sexual debility etc. This is good for improving sleep.

3. Fried Seeds with Sugar Candy in Dry Cough

3–4 seeds are fried a little (without adding oil) and by adding equal amount of sugar candy it is powdered. This is taken 3–4 times in a day. This effectively pacifies dry cough.

4. Bark Powder as Tooth Powder

The stem bark is collected and dried. This is powdered and used as tooth powder. This strengthens the teeth and gums.

5. Walnut and Jaggery Confection in Lethargy, Body Ache and Muscular Pain

Equal amount of jaggery and walnut powder are taken and Laddu is made. As per ones liking clove or cardamom may be added. This is taken daily in the evening. This is a very good nutritive and energizer. It pacifies lethargy, body ache and muscular pain. This strengthens the hair and prevents hair fall also.

101. 6 Bottle Gourd Remedies for Gall Bladder, Conjunctivitis, Fatigue

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Bottle gourd – Louki is a familiar vegetable, used by in many countries including India. Its reference and utility is found from the Samhita period itself (1–3 Century BC). This is named as Alabu in Ayurveda.

The name bottle gourd is given probably due to its shape of a bottle. But today we get varieties of bottle gourds too (different size and shaped bottle is also available!).

Bottle Gourd – Calabash Qualities

Sweet taste, undergoes sweet bio transformation after digestion.

Qualities – light, unctuous, cold, thick and soft.

It balances vata and pitta dosha; excess intake of this may provoke Kapha.

Functions: Clears and opens up body channels, restores liver health, coolant, laxative and increases bulk of stools.

So, this remains as a vegetable of choice in the conditions like –

Obstructive jaundice (ruddhapatha kamala),

Gouty arthritis (vatarakta),

Aruchi (anorexia),

Shirashoola (head ache),

Grahani (mal absorption) etc.

Several home remedies are also in practice derived out of Bottle gourd and few of them are explained here below –

1. Raw Bottle Gourd Pieces in Burning Sensation of Head, Eyes and Chest

Bottle gourd is washed and its outer skin is peeled.

10–15 small pieces (5–10 grams sized) are made and this is consumed one after the other (which is tasty like any raw vegetable) without adding spices and salt.

This reduces all kind of burning complaints including burning of urine as well as during defecation. Person feels cooling effect for the next day itself.

2. Bottle Gourd Fresh Juice in Conjunctivitis

2–3 ml of fresh juice is obtained out of sweet bottle gourd and used to instil to both the eyes. This relieves gritting and burning of the eyes caused during conjunctivitis.

Purulent discharge also controlled soon by this.

If the patient hesitates to instil to the eyes fine paste of this can be applied over the closed eyes. This also contributes significant, similar benefit.

3. Bottle Gourd Soup in Liver and Gall Bladder Diseases

Bottle gourd pieces are made and cooked by adding small quantity of water. (preferably salt is not added; if any body feels difficulty to take

without salt or least amount of salt or jaggery, as per ones requirement can be added).

If necessary little pepper can be added.

This soup is consumed or taken along with boiled rice or Chapati in cases like biliary colic, jaundice, bile stones, biliary head ache etc.

4. Bottle Gourd Kheer/Payasam in Fatigue, Lethargy etc

Sliced or grated bottle gourd is cooked well and milk is added (coconut milk can also be added). Further by adding jaggery or sugar candy it is stirred well till complete dissolution. If necessary this is garnished with saffron or flavoured with cardamom.

This relieves tiredness and is a good rejuvenator and sexual vigour enhancer (both in men and women).

5. Bottle Gourd Flower Recipe in Acid Peptic Disorders

Sweet bottle gourd gives white colored flowers. 3–4 Flowers are taken and fried a little, with ghee. This is churned well with buttermilk and 1–2 pinch of pepper. Further by adding little salt this is served along with food/rice.

Or else this can be used to drink also.

This acts as a regulator of the digestive fire. This helps to reduce tastelessness, head ache, nausea, acid peptic disorders, acidic regurgitation etc.

The flower can be used to make chutney also (where little grated coconut or coconut powder can be added while grinding).

6. Bottle Gourd Tender Seed Fry as Taste Enhancer

Tender bottle gourd is taken and cut into pieces. The seeds (soft) are collected and fried with little ghee (or sesame oil). Little pepper or salt

are also added.

This is taken out of the fire and taken while it is lukewarm.

This is very tasty and it enhances taste in the food stuffs. Children especially like this kind of healthy vegetable seed fry.

Note: Bottle gourd peel chutney is also having the same properties.

Bitter variety of bottle gourd also available and one should be careful while using such a variety as it is purgative and emetic as well.

102. 6 Butter Remedies for Cracked Lips, Male Health, Voice Hoarseness

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Butter is the queen of fats. It is appreciated well as a rich source of vitamins A, D, E, and K which needed for good functioning of both body and mind.

Vitamin A is more easily absorbed and utilized from butter than from other sources. It also contains trace elements such as Manganese, Zinc, Chromium, Selenium, and Iodine are.

Butter contains glyco-sphingo-lipids, a type of special kind of fatty acid; this safeguards the gut against several gastrointestinal infections.

But people are afraid about butter only with the reason that it is fatty and makes the body stout and blocks the vessels due to high cholesterol!

A moderate usage of butter, a teaspoon or two per day is okay for everyone.

Here are a few easy and useful butter remedies:

1. **Butter and Sugar Emulsion as Aphrodisiac**

2 tablespoon of butter and 1 tablespoon of sugar candy powder are taken together and mixed thoroughly. This is consumed once in a day preferably during bed time. This improves sperm count and semen

quantity. But in case of high viscosity of semen (very thick semen), it is better to avoid butter.

2. Butter in Lip Crack and Dryness of the Skin

Local application of butter helps to pacify cracked lips, mouth ulcer, scalds, burning sensation and dry skin.

3. Butter with Saffron for Skin Glow

A pinch of saffron is dissolved in half spoon of butter and consumed daily. This helps to enhance the glow especially in pregnant mothers during second trimester. Also this helps to improve weight of the foetus.

4. Butter Application to the Scalp

In cases of severe headache, burning of the scalp and eyes, half spoon of butter is taken and is applied to the middle of the scalp (preferably buffalo's butter is used).

5. Jaggery Mixed Butter in Haemorrhoids

In chronic haemorrhoids 1 teaspoon of butter is mixed with a teaspoon of jaggery and administered early in the morning in the empty stomach. This helps to cool down the body, improves appetite and useful to heal bleeding haemorrhoids.

6. Honey Mixed Butter in Chronic Cough

Butter and honey are mixed in equal quantities and patient is asked to lick it. This helps to pacify chronic cough, hoarseness of voice and feeble voice caused after paralysis.

103. 6 Caraway Seed Remedies for Alopecia, Vomiting, Headache

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Krishna jeeraka (Botanical name – *Carum carvi* (Linn.) is commonly known as Caraway, Kala Jira or Sha jeera. This is very useful in intestinal parasites. Caraway seeds are rich in essential oils (Carvone, lilmonene, germacrene – D) triacylglycerols, sterols, petroselinic acid etc.

According to Ayurveda Caraway is promotes digestion strength, relieves flatulence, fever, anorexia, pain, swelling and inflammation. It is a bitter tonic and carminative.

It is bitter in taste, possesses light and dry nature and hot in potency.

Due to the potent action of this herbal drug it is used as home remedy in several ailments and important ions are mentioned here below –

Caraway Remedies

1. Traditional Anti Emetic Pill

10 Grams of slightly fried black cumin seeds,

5 Grams cumin seeds,

5 Grams of jaggery and

3 Grams of tamarind fruit pulp are taken together and pounded well. This is made into the pills (bolus) of 1 gram each and dried under shade.

This is taken by chewing in the conditions of vomiting, nausea, abdominal pain, etc.

2. Black Cumin (Caraway) Powder in Biliary Head Ache

2–3 Grams of fine powder of black cumin seeds are taken along with butter milk or lemon water (5 ml lemon juice and 100 ml water/Sharabath). This pacifies biliary head ache. In all pitta aggravated conditions this is beneficial. In jaundice also this can be used.

3. Kalijiri Taila in Alopecia

Readymade caraway oil is available in the market and this is applied over the hair loss area of alopecia. Constant application helps to regain the hair in the lesion.

Or else the oil can be prepared by cooking 50 grams seeds with 100 ml oil and water till complete evaporation of water.

4. Black Caraway Decoction in Diarrhoea

For diarrhoea, instant relief is found if the decoction of caraway is administered 2–3 times in the dose of 15 ml, hourly. The abdominal pain, distension, vomiting sensation etc are also relieved and good appetite is observed.

5. Krishna Jeeraka Powder with Honey in Kidney and Liver Dysfunctions

2–3 Grams fine powder of Caraway is administered with little honey in chronic liver disorders as well as renal problems. It strengthens the organs and keeps the vitals stable.

6. Papaya Seed and Caraway Powder in pinworms

Equal quantity of both the above said herbs are taken and fine powder is made. This is administered daily in empty stomach in the dose of 2–3 grams along with warm water. This relieves the long persisting problem of pinworms in children. In adults decoction has to be prepared from the above herbs and to be administered.

104. 6 Durva Grass Remedies for Burning Urination, Nasal Bleeding

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Durva grass (*Cynodon dactylon*) is also known as Bermuda grass and it is considered as a sacred plant in India. Hindus worship Lord Ganesha with this grass.

Durva grass is rich in calcium, phosphorus, fibre, potassium proteins, carbohydrates, magnesium etc. It is sweet in taste and works as an astringent tonic and coolant of both body and mind.

The studies have revealed that constant intake of leaf juice promotes the immunity at the large. It has cooling effect as well as antiseptic property and hence useful in several gynaecological disorders too.

Several health benefits can be derived out of this grass and are discussed here below –

1. Leaf Juice in Burning Urine, Bleeding from Urethra, Acid Peptic Disorders etc

A fistful of leaf or whole plant is taken and washed thoroughly. This is crushed well and fresh juice is obtained. This is administered in the dose of 5–10 ml three times a day. This pacifies all kind of burning problems, bilious conditions and acid peptic disorders.

2. Decoction (Kashaya) of the Whole Plant in Bilious Headache, Debility, Fatigue

Whole plant of Durva grass is collected – powdered. 1 tablespoon is added to 2 cups of water, boiled and reduced to half a cup. Filtered. This is administered in a dose of 30–50 ml, along with half teaspoon of sugar or jaggery. It relieves headache, debility and lethargy.

3. Durva Oil in Skin Diseases and Dandruff

25 Grams of durva grass is crushed and fine paste is made. To this 100 ml sesame oil and equal quantity of water is added and oil is cooked till only 80–90 ml of oil remains.

This is filtered and stored.

This oil is very much useful in itching skin lesions, dandruff, eczema etc.

4. Durva Juice with Milk in Acid Peptic Disorders and Gastric Ulcers

Fresh Bermuda grass is taken and crushed well with cow's milk, Filtered. Juice is collected. This is administered in empty stomach in a dose of 10–20 ml, once or twice a day before food. This is used as a remedy for gastritis, hyperacidity, gastric ulcer and heart burn.

5. Durva Grass for Allergic Rashes in Children

A fistful of Burmuda grass is taken and crushed a little. This is soaked in water for 1–2 hour and filtered. This is administered to children in a dose of 5–10 ml, once or twice a day, to treat allergic rashes, tinea infection and such other skin disorders associated with itching etc.

6. Fresh Juice with Ghee in Nasal Bleeding

Fresh juice of durva grass is taken by crushing the leaves. Filtered. Mixed with little ghee. This is used as nasal drops 2–5 drops to each

nostril. This is useful to stop nasal bleeding.

105. 6 Elephant Yam Home Remedies for Fatty Liver, Foot Corn, Obesity

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Elephant yam is an excellent vegetable. Ayurveda prescribes it for many diseases such as piles, dysentery, asthma, swelling of lungs, obesity, intestinal disorders, vomiting, blood borne diseases, menstrual disorders and abdominal cramps.

The paste of the tubers is applied externally to reduce pain in arthritis and to heal the gangrenous skin lesions.

Elephant foot yam botanical name is *Amorphophallus paeoniifolius* or *Amorphophallus campanulatus*.

Common names: Stanley's water – tub, Konjac

Elephant foot yam, also called Konjac has a rich nutritional profile. It provides appropriately 330KJ/100g energy. Potassium, Phosphorous and Magnesium are the key minerals found in elephant yam. It also contains trace minerals like zinc, copper, calcium, zinc and selenium.

It has omega – 3 fatty acids which are known to increase the good cholesterol levels in the blood; simultaneously it decreases the bad cholesterol and hence acts as a regulator of good and bad cholesterol. The scientists have identified **Diosgenin**, a molecular hormone which has potential anticancer effects.

It is widely used in the treatment of obesity, haemorrhoids, fissure, constipation, fistula, blood borne disorders.

Few of the important simple remedies are compiled here and presented below

–

1. Elephant Yam (Konjac) for in Obesity and Hyper Cholesterol Conditions

Obese people who cannot control hunger are advised to use this vegetable in their diet.

Suran Kand tubers are cooked well and as per ones need tamarind, turmeric powder and salt are added and kept ready. Whenever one feels hungry, 1 bowl of this sabji dish is consumed along with a cup of buttermilk. This is also useful to reduce bad cholesterol.

2. Tuber Dry Powder in Haemorrhoids and Fissure in Ano

Mature Suran tuber is taken, washed well and sliced. Dried under shade. It is powdered and stored in an air tight container.

This can also be soaked in turmeric water (1 tablespoon turmeric + 1 mug of water) or buttermilk, dried.

This powder can be consumed in the dose of 3–5 grams per day. This is very useful in relieving haemorrhoids, fissure and constipation.

3. Tuber for Prostate Enlargement

The Surana Kanda – 100 grams is boiled with 2 cups of buttermilk and 2 cups of tamarind juice along with 1 teaspoon of turmeric powder. This is consumed in a dose of 2–3 grams, once or twice a day, before food for 4–6 weeks for the treatment of BPH (prostate enlargement).

4. Elephant Yam Powder in in Fatty Liver

In case of fatty liver, elephant foot tuber powder is administered in the dose of 3–5 grams along with honey or jaggery/palm jaggery.

5. Tuber Paste in Boils, Corn and Swelling

Matured tubers are taken and crushed well to make into fine paste. While making paste little Chuna (dehydrated calcium/lime powder) is also added. This paste is applied over the swelling and the corns and even on warts, daily for 4–6 weeks time.

6. In case of rheumatoid arthritis, fine paste is made with ginger juice and applied.

Precaution

Pregnant women must avoid large amount of this tuber. Also few who experience allergic reactions, should avoid it.

106. 6 Eucalyptus Home Remedies: Headache, Sore Throat, Joint Pain

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



The tender shoots of Eucalyptus provide remarkable nutritional support for wildlife. The essential oils extracted from eucalyptus leaves are appreciated well for potent analgesic and anti-inflammatory properties.

Botanical name: Eucalyptus radiata or Eucalyptus globulus.

Common name: Neelgiri

The leaves, stem and leaf oil have several medicinal values and being a home remedy, it is used worldwide. Few of the home remedies are:

1. Eucalyptus Leaf Paste Application in Partial Headache

Fresh leaves of the plant are collected and fine paste is made; if necessary little water can be added. This is applied to the affected side in cases of partial headache. Within 15–20 minutes significant relief can be found.

2. Stem Bark Decoction in Chronic Ulcers and Itching Skin Lesions

One piece (20–30 grams) of the fresh bark is made into decoction (30 grams + 300 ml water, boil and reduce to 150 ml, filter). This decoction is used to wash the wounds. This relieves itching and pacifies swelling.

3. Eucalyptus Oil in Hot Water Inhalation for Cold and Congestion

Few drops of Eucalyptus oil is put into hot water and steam is inhaled (the head and neck are covered with a towel for maximum steam exposure to face). This is well known remedy to relieve nasal congestion, rhinitis, cold and head ache.

4. Eucalyptus Oil Mouth Gargling in Sore Throat and Throat Irritation

2–5 ml of eucalyptus oil is added to warm water and mouth gargling is carried. If necessary, slight rock salt and turmeric powder can also be added. It subsides recurrent complaint of sore throat, tonsillitis, throat irritation, pharyngitis etc.

5. Inhalation of Eucalyptus Oil – Put on Hand Kerchief/Towel in Nausea

Few drops of the oil are put on a hand kerchief or towel. During motion sickness, nausea, vomiting, headache, fatigue, anxiety etc this is inhaled.

6. Nilgiri Oil Application and Hot Fomentation in Body Ache and Joint Pain

A pinch of rock salt is added to Neelgiri oil and slightly warmed. This is applied over the body parts or over the joints. Later hot fomentation is given. This relieves pain and swelling.

107. 6 Flax Seed Remedies for Cholesterol, Lactation, Wasp Sting

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Flaxseed/linseed is known to Indians since 2,500 years. Ayurvedic classical literature refers use of Atasi in the form of vegetable as well as the oil.

Its botanical name is – *Linum usitatissimum*.

It is high in protein and help in strengthening the nerves and building the muscles. It is also found to be good for the proper functioning of the heart, brain, skin, and reproductive system.

The scientific studies have shown that the Atasi is useful to reduce pain, swelling, cough, weak digestion, urination difficulties, high cholesterol, blood sugar, constipation and fat.

It is a very good anti oxidant and helps to expel out phlegm.

The flaxseed is considered to be a confident drug in the treatment of several diseases like Atherosclerosis, Backache, Constipation, Piles, Fistula, Cough, Pleurisy, Pneumonia, Gonorrhoea, Gout, Rheumatism, High Cholesterol, Obesity etc.

Some of the important home remedies and its health benefits are referred here below –

1. Atasi Seed Soaked in Water in Urinary Disorders

1–2 teaspoons of Atasi seeds are soaked in a cup of water for overnight. Next day it is macerated well and filtered. This is consumed before food for the treatment of burning urination.

2. Linseed Oil Added to Warm Water in Obesity and Hyper Cholesterol

Early in the morning 2–3 ml linseed oil is added to a cup of warm water and taken in empty stomach. This helps to reduce the total cholesterol, and to reduce the mass in case of obesity.

3. Linseed, Cumin Seeds and Fenugreek Mixture for Increasing the Breast Milk

Equal amount of seeds of Linseed, cumin seeds and fenugreek are taken and fine powder is made. This is mixed thoroughly and taken twice a day in the dose of 5 grams along with milk. This improves lactation.

4. Linseed Leaf Juice in Wasp Sting

Fresh, mature flax leaves are crushed to obtain fresh juice. In case of emergency, as a first aid this is applied over the wasp sting area. This quickly relieves burning sensation and pain.

5. Flower Paste of Linseed in Throat Pain

2–3 fresh flowers are collected and added with a pinch of salt it is made into fine paste. This is applied around the throat. This pacifies throat pain in significant way.

6. Linseed Soaked in Butter Milk (Paste) in case of Arthritis

One fistful of seeds are soaked in sour buttermilk. On proper moistening this is made into fine paste and applied over the joints. This

relieves joint pain by one or two weeks.

108. 6 Shatavari Home Remedies: Aphrodisiac Urine Infection, Fatigue

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Shatavari is a very useful, safe and much researched Ayurvedic herb. It is a coolant, tonic, aphrodisiac and also improves lactation.

Common name – wild asparagus, Indian Asparagus

Botanical name – *Asparagus racemosus*.

Shatavari is used in Ayurveda to balance pitta and vata dosha. So excess intake may provoke Kapha dosha.

It can be found in the tropical areas of Asia, India, Australia, and African countries. The tender leaves and flowers are so beautiful that many plant this herb in their garden without being aware that it has tremendous health benefits!

The steroidal saponins of the plant are commonly known as shatavarins.

Flavonoids such as quercetin and rutin are also present in Shatavari fruits and flowers.

It is a known Adaptogenic effect and an excellent anti oxidant.

Effective Shatavari Remedies

1. Shatavari Medicated Milk in Breast Feeding Mothers

1 or 2 fresh or dry roots of asparagus is added to a cup of milk and it is cooked for 5–10 minutes. Filtered. It is given to the new mothers, early in the morning to improve breast milk production.

Even in cattle, this practice is found where the veterinary doctors advice to administer raw Shatavari to the cattle.

2. Shatavari Root Powder Remedy for Fatigue, Lethargy, Loss of Libido

3–5 Grams of root powder of Shatavari is administered along with powdered sugar candy, twice a day. This relieves work exhaustion, numbness, neuritis, fatigue, lethargy, loss of libido etc.

3. Root Powder with Honey in Recurrent Urinary Tract Infections

5 Grams of the powder of Shatavari if consumed regularly during night time recurrent UTI, spermaturia, haematuria and backache are cured successfully.

4. Asparagus Cold Infusion in Burning Urination and Bleeding from Urethra

Fresh asparagus is cut into small pieces and soaked in water or else the 5–10 grams powder is added to 300 ml water and kept for a while. This is macerated and filtered.

This is given to the individuals, suffering from burning urination and bleeding from urethra. Good health benefits are assured in such conditions.

5. Shatavari – Ashwagandha Remedy to Improve Sperm Count

Fine powder of equal quantity of Shatavari, Ashwagandha and Kapikacchu are taken and mixed together. This is taken in the dose of

3–5 grams of else this is cooked with a cup of milk for 5 minutes, filtered and consumed.

This promotes sexual libido and increases the sperm count too.

6. Shatavari and Pippali Powder to Improve Weight

This is a simple and effective practice of North Karnataka. Equal quantity of Shatavari and Pippali powder is taken and mixed well. This is taken in a dose of 3–5 grams during night or early in the morning along with Banana juice/Banana milkshake. Good weight gain is observed if this is carried for 30–40 days.

109. 6 Soapnut (Reetha) Remedies for Menstrual Pain, Eczema

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Soapnut (*Sapindus latifolia*) is an age old seed which was used as a substitute to soap. The alkaline nature of this fruit made them to take benefit as a detergent. It is known as Arishtaka in Sanskrit which means that is capable of removing the blemishes or dirt.

Though oral Ayurvedic containing reetha (soapnut) are very rare, it is used as single herb remedy in many diseases. It is used as an emetic agent in several diseased conditions in animals. In veterinary practice it is used abundantly as external and internal remedy.

Here are few such simple remedies of my practice –

1. Seed Marrow in Abdominal Pain and Menstrual Pain

The seed of soap nut has a small white or greenish yellow marrow. This is slightly bitter and is a very good anti flatulent. 3–4 seeds are crushed and made into fine paste. This is administered along with 1–2 teaspoon of sesame oil in case of abdominal pain and menstrual pain.

2. Soapnut Water in Food Poisoning

4–5 seeds are crushed and soaked in 1–2 litres of water. This water is given to drink in the individuals who are poisoned (internally). This

induces vomiting and hence the poisonous effects are reduced. After complete emesis ash gourd juice is given so as to counter act the irritation of the soap nut juice. It is useful in treating food poisoning as well.

3. Soapnut Seed with Jaggery in Gaseous Dissention of Abdomen

Soapnut seed marrow is mixed with jaggery and administered in the dose of 500–600 mg, once or twice a day. This can be used by making it into tablet also. This pacifies recurrent cases of abdominal distension.

4. Soapnut Tree Bark in Wound Washing

1–2 small pieces of fresh bark (a palm size each) is taken and crushed well. This is made into decoction. This decoction is used to wash the wounds. (decoction = 1 tablespoon of powder is boiled with 2 cups of water, reduced to half a cup, filtered).

The same decoction is used for washing gangrene, to get rid of slough, which quickens healing process.

5. Soapnut Leaf Oil in Eczema

50 Grams of soapnut fresh leaf paste is made and cooked well with 100 ml each of sesame oil and water, till the complete evaporation of water.

This oil is used for applying on eczematous lesions.

6. Ghee and Soapnut in Itching Skin Diseases and Herpes

Fresh Soapnut (when it is unctuous, juicy, greenish yellow in color) is taken and fresh juice is obtained. To this equal quantity of ghee is added and it is cooked well till complete evaporation of water content. This ghee is applied over the lesions of herpes and chronic itch.

110. 7 Badam (Almond) Remedies for Hair, Skin, Neuritis, Sexual Vigour

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



The dry fruit world announces Almond as the king of all. It is known as Vatama in Sanskrit and Badam in Hindi. It is a well known rejuvenator – aphrodisiac, anti oxidant and complexion enhancing food ingredient.

Almonds are good sources of mono – unsaturated fats and poly – unsaturated fats. They maintain healthy lipid levels in the body. Being the rich sources of manganese, Vitamin E, riboflavin and copper it helps to gain daily need of energy from these primary resources.

The almond milk is rich in potassium which constitutes electrolytes in the human body. As the electrolytes aid in boosting the memory, they certainly sharpen the memory.

Almonds are known for hair care. The poly unsaturated and mono fatty acids followed with the other bodily requirements like vitamin A, D, B₁, B₂, and B₆ take care of skin and hair. These nutrients have the ability to penetrate into the deeper sites of hair and make the hair healthy, silky, soft, dense and beautiful.

Almond Remedies

1. Almond Milkshake in Fatigue, Neuritis, Hair Care and Skin Glow

3–4 almond seeds are taken along with 1–2 cup of milk. This is blended/churned well in mixer and filtered. This is consumed once or twice a day. As per one's need and liking, saffron or a few cashew nuts can also be added. This is very effective against the tiredness, peripheral neuritis, wrinkle formation etc.

2. Almond Face Scrub for Lustrous Face

Almond is made into fine paste by grinding with milk or water. This is used as a face scrub. This helps to remove dead skin cells from the body surface especially face. It gives good luster to the face.

3. Almond Oil for Hair Growth

Regular application of pure almond oil over the scalp helps to get dark and thick hair. It also prevents from hair fall.

4. Almond Powder Burfi/Sweet in Growth and Stamina of the Children

1 cup of almond powder is mixed with half cup of jaggery or sugar and cooked well with 50 ml of milk. On attaining semi solid consistency this is taken out and pressed over a plate. This sweet burfi if given to the growing children it helps significantly in attaining good stamina and energy. Dose is 20–30 grams per day.

5. Soaked Almond as Memory Booster

2–3 almond seeds are soaked in water for overnight. Next day morning this is taken in empty stomach with milk. This boosts the energy and provides stamina. This acts as a immune – modulator too.

6. Almond Kheer to Improve Sexual Vigour

12–15 almond seeds are taken and cooked well with milk. This is smashed or pounded well. Further by adding this fine paste to the coconut milk (400–500 ml) this is cooked well.

While cooking, 2–3 teaspoon sugar is also added and dissolved.

At the end saffron or cardamom is also added. This kheer promotes sexual vigor considerably.

111. 7 Curry Leaves Remedies for Grey Hairs, Motion Sickness, Obesity

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Curry leaves or Kadi Patta is the natural flavouring agent with many health benefits. This makes the food both healthy and tasty along with pleasing aroma.

In addition to this it contains number of micro nutrients and trace elements like carbohydrates, calcium, phosphorous, iron, magnesium, copper, nicotinic acid vitamin C, vitamin A, vitamin B, vitamin E, antioxidants, plant sterols, amino acids and glycosides.

Kadi Patta is called **Kaidarya in Ayurveda**. In Ayurvedic medicine curry leaves are used for the treatment of diabetes, intestinal worms, infection, swelling, inflammation, liver disorders, hair diseases such as dandruff, anorexia and scorpion bite.

Curry leaves protect liver, promotes tastes of food, digestive and carminative.

Curry Leaf Remedies

1. Curry Leaf Powder in Type II Diabetes

1–2 Grams of dried powder of curry leaves is consumed daily for significant decrease in blood sugar levels. Hence, this can be

administered safely as an adjuvant along with any of the anti diabetic drug the patient might be taking.

2. Leaf Oil in Premature Greying of Hair

20 Grams of fresh curry leaves are taken and fine paste is made. This is soaked in 100 ml of coconut oil (or sesame oil) for overnight. Next day, to this equal quantity of water is added and oil is cooked till the complete evaporation of water content. You may get around 80–90 ml of oil. It is filtered and collected.

Regular application of this oil to the scalp helps to reduce greyness of hair. This promotes hair growth and useful in dandruff as well.

3. Curry Leaf and Cardamom Powder for Motion Sickness and Food Poisoning

4 teaspoon of curry leaf fine powder is mixed with 1 teaspoon of cardamom fine powder and mixed thoroughly.

During journey, this mixture is taken (1–2 pinch) with a cup of hot water. This reduces the chances of food poisoning and keeps the digestive tract healthy during travel. Even abdominal blotting and indigestion and bad breath are also relieved.

4. Leaf Powder with Honey in Mouth Ulcer

Curry leaf powder is mixed with honey and applied over the mouth ulcer. 2–3 days medication relieves mouth ulcers. In external wounds also this can be applied and good results are observed.

5. Hot Infusion of Curry Leaf in Obesity

5 Grams of curry leaf powder is taken and added to 200 ml of hot water. This is stirred well, allowed to cool down, filtered.

When it is lukewarm this is consumed, preferably during empty stomach in the early morning (before going to walk). Regular practice for 2–3 weeks helps to reduce the body fat and to decrease cholesterol.

6. Curry Leaf Head Mask for Dandruff and Head Lice

Fresh curry leaves are collected, pounded to make fine paste. It is made by mixing with sour buttermilk. This is applied to the scalp and retained till it dries up (In practice this is covered with a banana leaf).

Later this is washed thoroughly. 2–3 days practice with a gap of 1–2 days in between gives good relief from dandruff and head lice.

7. Curry Leaf Paste for Acne and Oily Skin

Fresh curry leaves and turmeric (fresh rhizome) are taken and fine paste is made. This is applied over the lesions of acne. This helps to relieve the oily skin as well as acne. Even the dark circles and black heads are also reduced by this.

112. 7 Elaichi (Cardamom) Remedies: Bad Breath, Sore Throat, Bloating

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Cardamom is native to the green forests of India. It is used abundantly in Ayurvedic medicines. It is a common flavouring agent in many sweet dishes worldwide.

Cardamom seed embedded in the pod is the usable part in medicines as well as culinary preparations.

Botanical name is *Elettaria cardamomum* and it belongs to Zingiberaceae family.

Cardamom oil is found to be useful due its antiseptic, diuretic, expectorant, stimulant, antispasmodic, carminative, digestive, stomachic and tonic effects.

The aromatic seeds are rich in many vital vitamins, including riboflavin, niacin, ascorbic acid etc that are essential for optimization of good health conditions.

In Ayurvedic system of medicine it is used in several disease conditions effectively and few important indications are teeth and gum infections, throat problems, congestion of the lungs, pulmonary tuberculosis, inflammation of the eyelids, gastrointestinal disorders, disintegrating kidney, impotency, erectile dysfunction, premature ejaculation, gall bladder stones etc.

It is used as a home remedy in several parts of this country and few important and effective remedies are referred here below –

1. Ela Phanta – Hot Infusion for Bad Breath, Sore Throat

2–3 Grams of cardamom or its powder is added to 150–200 ml of hot water and kept for a while till it becomes lukewarm. This is used for mouth gargling. This helps to relieve nausea, tastelessness, sore throat and foul smell of the mouth.

2. Cardamom and Sugar Candy for Cough, Throat Congestion, Dryness of the Mouth etc.

Cardamom and sugar candy are taken in 3:1 ratio and powdered well. This is chewed in the dose of 1–2 grams 3–4 times a day. This is very effective in the conditions like cold, cough, throat congestion, asthma, dryness of the mouth etc.

3. For Bloating and Food Poisoning

Cardamom, rock salt and ginger are taken in equal amount and fine powder is made. This is consumed in the dose of 1–2 grams twice or thrice a day along with warm water. This pacifies farting, abdominal bloating and food poisoning.

4. Elaichi Pod and Banana Leaf Ash in Hiccup

Dried cardamom pod and matured banana leaf are taken together and burnt into ashes. This is taken in the dose of 2–3 grams along with honey and licked. This helps to reduce the hiccup and gastric irritation.

5. Cardamom Powder Mixed with Jaggery in Travelling Sickness and Nausea

Cardamom is made into fine powder and kept ready. During travelling this is taken along with jaggery or water. It is very effective in travelling sickness and nausea.

6. Cardamom Added in Traditional Tea Relieves Head Ache and Acts as Stress Relieving Agent and Mood Elevator

If cardamom is added to traditional tea or green tea it helps to relieve head ache and stress due to its good aroma. This acts as a mood elevator also.

7. Cardamom Powder Rub to the Teeth to Relieve Bad Breath

In cases like halitosis (bad smell of the mouth/teeth) fine powder of cardamom is rubbed to the teeth and gums. This is found to be effective in many people.

Cardamom contains many plants derived alkaloids that are known for their potent anti-oxidant, disease preventing and health promoting properties. The main chemical constituents are pinene, linalyl acetate, α -terpineol, α -terpineol acetate, citronellol, nerol, geraniol, methyl eugenol, sabinene, myrcene, phellandrene, limonene, terpinene, p-cymene, terpinolene, linalol and trans-nerolidol.

Cardamom being a choice of general use in day to day food preparations has several health benefits. Also its unique flavour and aroma makes us to appreciate it several preparations. It is the reason in recent days several modern syrups and linctus too possess cardamom flavour. Instead of using the chemical or synthetic derivatives it is always better to practice natural extracts instead of mimicking agents or substitutes of similar physico-chemical nature.

113. 7 Henna Home Remedies: Grey Hairs, Dysuria, Jaundice

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Henna or Mehendi is more than just a hair coloring herb. It is a very good hair tonic and strengthens the hair roots. It also possesses anti-fungal and anti-bacterial properties. It is effective against dandruff and scalp fungal infections.

Botanical name – *Lawsonia inermis* Linn

Family – Lythraceae

Used part – leaves contain 12–16% of natural dye.

The leaves are coolants and pacify Pitta and Kapha Doshas.

Ayurveda explains about analgesic, cholagogue and anti inflammatory properties. It is a laxative and appetizer too.

Effective Henna Home Remedies

1. Henna Powder Application and Rinsing of Hair in Greyness of Hair

Mature leaves are made into fine paste. According to the need liquorice (Yastimadhu), *Indigofera tinctoria* (Wild Indigo, neelini), Amla (*Emblca officinalis*) etc are also added while applying this to the scalp, to get the added benefits.

This is suitable to those who have hair dye allergy and to get long term health benefit to the scalp. In addition it has cooling effect and prevents from thinning and falling of hair.

2. Henna Leaf Juice with Sugar Candy in Dysuria and Burning Urination

10–15 ml of fresh juice of leaves is added with 3–5 grams of sugar and 10–15 ml of fresh juice of Durva (*Cynodon dactylon* Linn.)

This juice mix is administered in a dose of 15 ml, 2 times a day. It relieves burning urination and difficulty in passing the urine.

3. Leaf Paste with Raisins in Constipation and Repeated Distension of Abdomen

5–10 Grams of henna leaves and 5–10 grams of raisins are taken and fine paste is made.

This is administered during at night, after food in a dose of 10–20 grams.

This helps to pass the bowel freely and to relieve distension of abdomen. In burping and gurgling, half a teaspoonful of fennel and cumin seeds are added to this and taken at night.

4. Henna and Triphala Powder for Silky and Lustrous Dark Hair

Equal amount of Triphala and henna are taken and fine powder is made.

This is administered orally in a dose of 3–5 grams, once or twice a day. This helps to achieve lustrous silky hair and bright eyes.

5. Liquorice and Henna Powder Hair Wash for Boils, Itching of Scalp and Splitting of Hair

50 Grams of each of liquorice and henna are taken and soaked in 2 litres of cold water. Next morning, this is macerated well and filtered gently. This is used to rinse the hair. It is found to be very effective in case of boils or blisters of scalp, itching of scalp and splitting of the hair.

6. Henna and Phyllanthus (*Phyllanthus indica* or *Phyllanthus amarus*) Whole Plant Juice for Jaundice

1 Fistful of each of Henna and Phyllanthus indica are taken and pounded with 10 grams of cumin seeds. This helps to mask the peculiar smell. Fresh juice is extracted and filtered. This, in a dose of 1–15 ml, is administered along with sweet buttermilk in the morning, on empty stomach. This remedy acts as a carminative, digestive and cholagogue. It relieves jaundice.

7. Traditional Oil for Hair Care Using Henna

10 Grams each of Fenugreek seeds, Gunja (*Abrus precatorius* – leaves), amla (*Emblica officinalis* – dried fruit rind) and 30 grams of henna (fresh leaf) are taken together and cooked with 200 ml of sesame oil, in mild intensity of heat.

This oil can be applied over scalp regularly. This is a traditional hair oil used since several decades in our family.

114. 7 Table Salt Remedies for Sore Throat, Heel Pain, Toothache

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Ayurveda prescribes Saindhava lavana (rock salt) for daily usage in cooking. But sea salt or table salt is commonly seen in cooking these days. Both these salts have their own specific health benefits.

1. Tonsillitis, Sore Throat, Anorexia – Mouth Gargling with Salt Water

This practice is well known in most parts of the world. Half a teaspoon of salt, 2 pinches of turmeric powder or tulsi seed powder (holy basil) is added to a cup of hot water and it is used for gargling – 3–4 times in a day, preferably after food.

2. Gargling for Anorexia, Tongue Coating

In anorexia and thick tongue coating, a tablespoon of lemon juice is added with half a teaspoon of salt and water and used for gargling.

3. In Heel Pain, Calcaneal Spur, Numbness of the Sole etc Fomentation with Salt

5–10 teaspoon of table salt is taken on a cotton cloth and 1–2 teaspoon of sesame oil is sprinkled over it. It is warmed over a pan and applied over painful joints/numb skin areas for 3–5 minutes.

4. Fatigue Due to Swimming, Back Ache, Stiffness of the Hip Joint etc Management with Salt Water Fomentation

The person is asked to lie down. A big cotton bath towel is taken and it is dipped in salt dissolved hot water. Then the cloth is made into 2–3 folds and with this gradually and gently fomentation is given to the relative area of pain or stiffness. This can be repeated 2–3 times in a day.

It is very useful in frequent leg cramps seen in swimmers.

5. Toothache Management with Salt

Salt is slightly warmed and placed near the affected teeth where the toothache is caused. This reduces severity of the pain.

6. Insect Entry Into the Ear – Management with Salt Water

In case of insect or fly enters inside ear, salt water is instilled into the ear. This forces the insect out of the ear.

7. Management of Nasal Congestion with Salt Water Instillation

5 Grams of salt is dissolved in 40 ml of water and filtered. This is used to instil to the nostrils in the condition of nasal congestion. This is also useful in headache.

115. 8 Black Gram Remedies for Vigor, Stamina, Head Lice, Joint Pain

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Black gram (seeds of *Vigna mungo*) is a rich source of iron, calcium, phosphorous, potassium, and magnesium. Regular consumption of certain amount of black gram in various forms of food certainly boosts the energy and it fulfils the body's iron and protein demand.

Ayurveda refers black gram as Masha and it is considered as a good food for weight gain. Also pulses of they – husked black gram improve digestion (even though it is heavy for digesting food) due to its rich fiber content. In addition, due to its rich fibre content it acts as laxative.

Black gram is one of the highest used pulses in Asian subcontinent area. Mostly in Dosa, Idly, Vada, Dhokla, Daal, Chakli etc it is used as the base material. Black gram is appreciated for its rich nutritional benefits and being a rich source of energy.

Charaka Samhita contributed separate chapter in its name (Mashaparna bhruteeya adhyayaya) – one among the Rasayana (rejuvenation way) method is explained where the cows are fed with the whole and fresh plants of Black gram and patient is asked to drink such cow's milk for health and longevity.

Also, in Shraddha karma/Pitru karma (funeral ceremonies) the dishes prepared out of black gram are mandatory.

The pulses are rich with phosphorus content which is nearly 8–10 times more than any other pulses. Protein and carbohydrates are also rich in black gram. As the black gram possesses a special kind of protein it helps in the strengthening of the muscle fibres.

As per Ayurveda, black gram is heavy – unctuous and motile in nature. Also, it is sweet in taste and bio-transformation (Vipaka).

Due to these qualities black gram stabilizes body, eases bowel movements, urination, provides body with nutrition, improves qualities of semen, acts as aphrodisiac, promotes lactation and balances Vata Dosha.

The texts recommend black gram in the cases like haemorrhoids, constipation, facial paralysis/paralysis, asthma, pain in the flanks etc.

Many Ayurvedic oils with black gram as main ingredient promote muscle and joint strength. These oils are used for treating muscle wasting and paralysis.

Eg: Mahamasha taila, Masha taila.

Black Gram Home Remedies

1. Fine Powder of Black Gram, Sesame and Jaggery

Equal quantity of black gram and black sesame seeds are taken and dried well or fried a little. This is made into fine powder and mixed thoroughly.

2–3 Grams of this powder is mixed with a teaspoon of jaggery and taken daily along with milk, after food.

This acts as a very good energiser. It is traditionally used as a tonic to improve libido.

This remedy can be continued for a period of 4–6 weeks time and is not suitable for diabetic patients.

2. Oil Prepared Out of Black Gram

30 Grams of black gram seeds are taken and oil is cooked with 100 ml sesame oil and 30 ml of water. This oil is used to apply over the scalp in cases like head lice.

This is used for applying over joints in cases of degenerative joint pain.

Note: In the lice of pet animals also this is used with good results.

3. Fine Paste of Black Gram in Joint Pain

Black gram powder is taken and fine paste is made by adding little sesame oil. This paste is applied over the joints to reduce the swelling as well as to relieve the pain. Useful in both rheumatoid arthritis and osteoarthritis.

4. Sprouted Black Gram for Sexual Strength

5–10 Grams of black gram is taken and soaked in water. When it is germinated (sprouted) this is cooked with milk and later it is macerated well (as per ones desire sugar can be added).

This is consumed during the evening hours.

This serves as an energy drink and it improves the reproductive health in men.

5. Fine Powder of Black Gram for Constipation

Fried seeds of black gram are made into fine powder. This is consumed along with sour butter milk. This improves the bulk of the stool. Those who are suffering from improper bowel habit and irregular passage of the stool are advised well to take this simple recipe.

6. Black Gram Flour Along with Sugar Candy and Jaggery for Sexual Health

Fine powder of the black gram (obtained on frying the black gram) – approx 4–5 grams is mixed with sugar candy or

7. Traditional Laddu of Black Gram for Strength and Energy

This is a winter season special sweet in Orissa, Gujarat and Maharashtra. Black gram flour is fried with ghee and added to sugar/jaggery syrup. Then it is rolled into bolus and stored. This is taken daily in winter season as to strengthen the body and to overcome the cold.

8. Decoction of Black Gram, Ashwagandha (*Withania somnifera*) and Bala (*Sida cordifolia*) for Brachial Neuralgia

The drugs Black gram, Ashwagandha and Bala are taken in coarse powder form in equal amount and decoction is made. In case of decreased appetite small amount dry ginger can be added. This decoction is used twice daily in the conditions of neuralgia and back ache. It effectively manages the above said complaints.

116. 8 Kokum Butter

Remedies: Dizziness, Weak Digestion, Vomiting

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Kokum (*Garcinia indica*) fruit in Ayurveda, is recognized by the name Vrikshamla. The fruits are considered as excellent source of anti-oxidants and several micro nutrients. Usually it is well known for its cooling properties as well to pacify high Pitta disorders.

Kokum is rich in dietary fibre, Vitamin C. Hence it is a powerful anti oxidant. It also contains magnesium, potassium and manganese which are useful in cardiac disorders, and liver diseases.

Kokum contains hydroxycitric acid (HCA); it acts as an appetite suppressant. That is the reason, in acid peptic disorders it is a herb of choice. HCA also lowers cholesterol.

Apart from fruit, the stem, tender leaves, fruit seeds and even the tender leaf buds of Kokum are useful in various ill health conditions.

Kokum Remedies

1. Kokum Fruit Juice in Biliary Headache, Indigestion, Nausea, Vomiting, Morning Sickness

10 ml of fresh fruit juice (even the squash can also be used) is mixed with 400 ml water. To this 15–20 grams of sugar is added and

dissolved. This is taken as a soft drink in the morning and evening time. Dose is 100–200 ml, twice or thrice a day.

This recipe works well in the treatment of bilious headache (headache associated with gastritis, weak digestion, bloating, tastelessness, nausea, vomiting, acidic reflux, morning sickness etc.

2. Tender Leaf Bud Chutney for Anorexia

10–20 leaf buds are taken, mixed with 1 teaspoon of cumin seeds and a cup of grated coconut powder. This is churned/pounded well. According to one's liking salt and pepper are also added. This chutney is very tasty and improves the capacity of digestion.

3. Leaf Soup in Head Ache and Indigestion

8–10 mature leaves are taken and cooked well with a cup of water. Filtered. To the liquid, spices and a little salt are added and heated. On proper cooking the leaves are thrown out. To this, 2 pinches of each of pepper, ginger, cumin seed powders and salt are added and heated in mild fire for a couple of minutes. This soup is effective in headache and indigestion.

4. Stem Bark Decoction to Wash Wounds

20 Grams of stem bark is added with 5 cups of water, boiled and reduced to half a cup. Filtered. This Kashaya is added with 2 and the decoction is prepared. This is used for washing wounds. This ensures quick wound healing.

5. Seed Oil/Butter Application in Burns and Scalds

The seed oil or Kokum butter is very effective in cases like burns and scalds. Regular application helps to remove the burn marks too.

6. Kokum Fruit Skin Paste Over the Scalp for Headache and Dizziness

The fresh fruit skin is made into fine paste. In case of dry fruit, skin is peeled and soaked in water, then made into paste. This is applied to the middle of the scalp. This helps to relieve burning of the scalp, vertigo, headache and dizziness.

7. Kokum Dry Fruit Soup in Indigestion, Hyper Acidity, Flatulence and Tastelessness Conditions

Kokum dry fruit skin is soaked in water and kept overnight. It is macerated well and soup is made. Or else soft drink is made by adding sugar. This works well in cases like indigestion, hyperacidity, flatulence, tastelessness etc.

8. Substitute for Tamarind

The Kokum fruits are used as good substitute for tamarind, especially while cooking meat.

Kokum is not mere a fruit but a health supplement in several ill-health conditions. Its use in both external and internal purpose is highly appreciable.

117. 8 Methi (Fenugreek) Remedies for Cholesterol, Diabetes, Gastritis

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Fenugreek (Methi) seeds (*Trigonella foenum-graecum*) are used in many dishes. It is appreciated due to its important chemical constituents like vitamin C, niacin, potassium, lysine and L-tryptophan, iron, copper, manganese, magnesium, phosphorus etc.

It is used for the treatment of arthritis, asthma, bronchitis, digestive disturbances, male impotency, skin ailments, sore throat, acid reflux, hormonal disorders, type 2 diabetes etc.

This is used as nutritive supplement especially in growing children and during pregnancy as well as lactating period. Its powder, medicated milk, sweet preparations etc are used for this purpose.

Fenugreek Home Remedies

1. Fenugreek Remedy for Cholesterol

10 Grams fine powder of fenugreek is administered along with warm water (or buttermilk), daily.

5 Grams 2 times a day can also be administered.

This reduces cholesterol significantly.

20–30 days administration determines the benefit.

2. Fenugreek – Turmeric Remedy for Diabetes (Type 2 DM)

Equal quantity of fenugreek and turmeric are taken and fine powder is made. This is administered in the dose of 5 grams daily along with water, preferably in empty stomach. This is effective in the treatment of Type 2 Diabetes mellitus.

3. Fenugreek Fine Paste in Hyperacidity, Gastritis

3–5 Grams of seeds are soaked in water overnight. Next day morning this is macerated well and fine paste is made.

As it contains mucilage, it helps in soothing the gastrointestinal inflammation by coating the lining of the stomach and intestine; after maceration it is consumed as it is. Or, half a cup of water can be added to it and can be consumed, 30 minutes before food.

It relieves the reflux esophagitis and gastritis.

4. Herbal Tea of Fenugreek in Strengthening the Gut

Fenugreek seeds are fried a little and cooked well with milk (by adding little sugar, if necessary). This is taken as a substitute to tea or coffee.

This gives good strength to the intestines and improves the capacity of the digestion.

5. Medicated Milk of Fenugreek for Lactating Mothers

5–8 Grams of fenugreek seeds are soaked in water overnight. Next day this is cooked well with 200 ml of milk. If one likes, jaggery can be added. This helps to increase breast milk production and hence recommended for lactating mothers.

6. Fenugreek Decoction (Herbal Tea) with Ghee in Constipation and Haemorrhoids

5–10 Grams seeds are taken and cooked well with a cup of water and decoction is made. This is consumed while it is lukewarm along with half spoon of ghee. This eases the bowel and hence relieves constipation as well as hemorrhoids.

7. Traditional Oil of Fenugreek for Hair Fall

30–40 Grams of fenugreek seeds are powdered well and taken in a wide mouthed steel vessel. To this 150 ml coconut or sesame oil is added and kept under sun for 6 days. Then it is filtered and stored.

Regular application of this oil (Adityapaka taila) acts as a good hair tonic.

8. Fenugreek Paste as Hair Conditioner

8–10 Grams of fenugreek seeds are taken and soaked in water and kept overnight. This is made into fine paste and this is applied over scalp as hair mask. This is retained for 30–45 minutes and rinsed with water.

This acts as a natural hair conditioner.

118. 8 Traditional Home Remedies Using Tamarind Leaves, Fruit, Seeds

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Tamarind seeds, leaves, bark and flowers are also useful in various forms as home remedies in treating many diseases. In India a side dish, soup or curry without tamarind is difficult to imagine.

1. Tamarind Fruit Paste in Maturation of the Abscess

1 part Tamarind fruit pulp (partially ripened, fully ripened or even the old tamarind can also be used) and 1/4 part dehydrated calcium (Choonā in Hindi) are taken together and fine paste is made by mixing them together. This is applied over the abscess. This helps in early maturation of the abscess (suppuration and pus formation, after which the abscess is incised to let out the pus).

2. Leaf Paste in Joint Pain

1–2 fistful of mature leaves are collected and fine paste is made. This is applied over the joints and wrapped with a cloth. This is very effective against the arthritis and relieves joint swelling.

3. Bark Ash in White Patches of the Skin

The tree bark is taken in iron pan and made into ash by burning in open air. This is sieved well and fine ash obtained is collected and

stored. To this little sesame oil is mixed and applied over the white patches due to fungal infection. 5–6 days application usually pacifies the complaint. It is useful in treating eczema as well.

4. Seed Coat in Premature Ejaculation

Tamarind seeds are collected and fried a little in a pan. This helps to take away seed coat. This seed coat is made into fine powder and administered in the dose of 250–500 mg in cases of premature ejaculation and nocturnal emission.

In non specific leucorrhoea cases also this has significant benefits.

5. Flower Decoction in Nausea, Tastelessness and Distension of Abdomen

A fistful of tamarind flowers (fresh) are collected and its decoction is made. To this fried cumin seeds are added and given to the patients in the dose of 50–60 ml two or three times a day. This relieves nausea, tastelessness, mild abdominal pain, diarrhoea and distension of abdomen.

6. Leaf Juice Oil in Joint Pain

Leaf juice 100ml (decoction of the leaf can also be used for this purpose) and 200 ml sesame oil are taken and oil is cooked in mild intensity of heat on constant stirring. On confirmation that it is free from moisture content this oil is taken out of fire, filtered and stored.

This oil is effective in degenerative joint disorders associated with severe pain.

7. Tamarind Fruit Pulp Processed Oil in Muscular Pain

In the above said method tamarind oil can be prepared even by its pulp. While doing this oil, 50 grams of fruit pulp, 200 ml sesame oil and 800 ml water are to be added.

This oil is useful in muscular pain.

In some of the Indian villages this oil is used to apply the ladies after delivery.

8. Leaf Juice Soup as a Carminative, Digestive and Anti Flatulent

Mature leaves are taken and cooked well along with little salt and pepper powder (Even the ginger powder or garlic paste, cumin and coriander seeds can also be added). This can be used during lunch or else it can be taken as a soup as a starter too.

119. 9 Jaggery (Sweet Molasses) Home Remedies for Liver, Sinusitis, Painful Periods

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Jaggery (gur) is one among the earliest known natural sweetening agent. It is appreciated due to its nutritional value as well as taste benefits. Further, several medicinal/health benefits also found which surely makes one to use it daily.

Jaggery is unrefined sugar, obtained from raw, concentrated sugarcane juice, by the process of boiling it.

Jaggery facilitates ease bowel movement, tonic, anti ageing, cardiac tonic and increases urine volume. Excess intake of jaggery causes weight gain and increase of Kapha Dosha. In Ayurveda, jaggery is used as ingredient in many formulas and also as binding agent in herbal jams and tablets.

As per the nutrition and dietetics jaggery is rich in several important vitamins and minerals like potassium, magnesium, iron, zinc, selenium, calcium and phosphorus and antioxidants.

Ayurvedic Medicines with Jaggery as Base

Guda hareetaki – A combination of Haritaki – Chebulic myrobalan – Terminalia chebula – fruit rind and jaggery. It is indicated in inflammatory

conditions, cough, cold, piles etc have taken unique position and prescription in Ayurvedic system of medicine.

Jaggery Home Remedies

1. Jaggery with Cumin Seeds in Indigestion and Flatulence

Equal quantity of jaggery and cumin seeds are taken and pounded well. This is stored in air tight containers (or else it is liquefied in due course of time). According to the necessity, in the conditions like indigestion, flatulence, burping etc this can be taken in a dose of 3–5 grams, once or twice a day, with lukewarm water, before food.

2. Ginger Juice and Jaggery in Chronic Cough and Cold

5 ml of ginger fresh juice is mixed with jaggery. This is licked twice or thrice a day. This relieves chronic cough and cold effectively.

3. Jaggery and Ghee as Tonic

These two ingredients are mixed together and taken especially along with the breakfast like Chapati, Dosa, Idly etc. This serves as a good tonic and it gives good strength and stamina.

In earlier days people used to take jaggery, ghee and coconut/tender coconut so as to improve the sexual virility too.

4. Jaggery Water Containing Pepper and Salt in Fatigue and General Debility

5–10 Grams of jaggery is dissolved in warm/hot water. To this, powdered pepper is added and mixed thoroughly. This is called Panaka in traditional system and it relieves fatigue especially caused during summer and winter seasons.

5. Ginger Juice and Jaggery as Nose Drops in Sinusitis – Headache

Fresh ginger juice is mixed with jaggery and filtered through a cloth. This is instilled to the nostrils in cases of headache associated with sinusitis.

6. Katukarohini Powder with Jaggery in Jaundice

2–3 Grams of powdered Katukarohini (*Picrorrhiza kurroa*) is taken along with jaggery in cases like obstructive jaundice.

7. Jaggery and Mustard Oil in Respiratory Disorders

Equal amount of jaggery and mustard oil are taken and mixed well. In cases of asthmatic attack (breathlessness) this is taken. This gives instant benefit in this condition.

8. Rock Salt and Jaggery in Sour Burping

1–2 pinch of powdered salt is taken along with 10 grams of jaggery and mixed well. This is taken whenever the individual gets burping/distension of abdomen.

9. Sesame Seed or Seed Powder Along with Jaggery in Dysmenorrhoea

Equal amount (say 10 grams each) of black sesame seeds and jaggery are taken and swallowed twice daily, preferably early in the morning and late evening. This is very effective in dysmenorrhoea conditions. This also helps to regularize the menstruation as well as to relieve anaemia.

120. 9 Star Fruit Remedies for Obesity, Tonsillitis, Anosmia

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Star fruit is used as a good source for fibre, Vitamin C and Carotene.

It is frequently used in the treatment of several Gastro-intestinal disorders.

Ayurveda identifies this as Karmaranga and it is used for the treatment of Vata disorders (neurological diseases), as a digestive tonic and as a stimulant. Sour taste, being a potent Vata balancing taste, helps in neuro-muscular disorders.

Star fruit possesses Vitamin C in abundance and thus it eases the process of absorption of Iron; It is a good adjuvant in the treatment of anaemia.

The dried star fruits are used as spices too. While cooking meat, this is added as an additional ingredient and this further facilitates easy cooking as well as proper digestion of the meat.

Star Fruit Remedies

1. Star Fruit Juice with Honey in Obesity

5–6 ml of fruit juice is taken and added with a spoon of honey. This is added to a cup of warm water and taken on empty stomach, regularly. This helps to reduce bad cholesterol and body weight.

2. Fruit Pulp with Pepper in Cold, Rhinitis and Anosmia (Loss of Perception of Smell)

Approximately 5 grams of fruit pulp is mixed with 1–2 grams of pepper powder. This is wrapped in a thin cloth and kept over the middle of the scalp. If necessary this is tied properly, left there for 20–30 minutes.

1–2 weeks medication relieves the chronic rhinitis and anosmia conditions.

3. Dried Star Fruit Powder with Ginger Juice for Rhinitis and Tonsillitis

Shade dried star fruits are powdered. For 5 grams of this powder, a teaspoon of ginger juice is added and consumed. This relieves sore throat, tonsillitis as well as chronic cough.

4. Leaf Powder in Dhobi Itch

Mature leaves are taken and fine powder is made. This is used to dust over the chronic oozing wounds or ulcers; especially over the Dhobis itch (groin area).

5. Flower Chutney in Tastelessness and Indigestion

A fistful of fresh flowers are collected and chutney is made (by adding little coconut powder). This relieves anorexia and indigestion conditions.

6. Oil Prepared by the Fruit Pulp for Body Ache

The ripened fruits are collected and fine pulp is obtained. This is added with 4–6 parts of sesame oil and 10–12 times of water and cooked well, till the complete evaporation of the water content. This oil is used to apply over the body parts and joints and it is found to be useful in arthritis, body ache, muscular pain etc.

7. Dried Fruit Decoction Added with Jaggery for Indigestion

The fruits are made into slices and dried under sunshine during its seasons. These dried fruits are made into decoction and by adding little jiggery or sugar candy thin syrup is made. This is taken in the dose of 10–15 ml twice a day. In cases of indigestion, loss of appetite, distension of abdomen etc this very effective. This is a recipe of choice in indigestion caused due to non-veg diet.

General method of preparation of decoction (kashaya) – 1 tablespoon of powder is added with 2 cups of water, boiled and reduced to 1 cup, filtered.

8. Fruit Juice with a Pinch of Salt and Ghee – Application to the Scalp

The fresh fruit juice or pulp is taken and mixed with a pinch of salt and half spoon of ghee. This is applied to the middle of the scalp, especially during night time, 30 minutes before going to bed. This simple recipe relieves bilious headache and insomnia.

9. Leaf or Stem Bark Fine Paste Applied Over the Knee Joint or Abscess

The leaf or stem bark is taken and fine paste is made. This is applied over the joints or affected lesions of abscesses. This gives good benefit in such cases to relieve the pain and swelling.

121. Ananas (Pineapple)

Remedies: Irregular Periods, Pinworms, Cough



Pineapples said to be discovered by Europeans in 1493 on the Caribbean island of Guadalupe.

Botanical name of pineapple is *Ananas comosus*.

Pineapple belongs to Bromiliaceae family. Even though fruits are well known usable parts, leaves are also used for medicinal purpose.

Bromelin is the important chemical constituent of Ananas. In addition it possesses multiple health contributing constituents like multiple minerals, including potassium, copper, manganese, calcium, magnesium, beta carotene, thiamine, ascorbic acid etc.

Studies have shown that regular consumption of ripened pineapple (without sugar) decrease the risk of obesity, circulatory problems and heart diseases.

Even though people believe that it is hot in nature, texts mention that it is cold in potency and balances Vata and Pitta Dosha. But excess intake provokes Ruksha (dryness) quality and hence it will cause the tissue damage; hence based upon the action, it increases Pitta dosha. Unripe Ananas increases Vata and Pitta Dosha.

The fruits are appreciated as good appetizers and mild laxatives. As the unripened fruits are uterine stimulants and emmenagogues, its use during pregnancy is restricted.

Some important and simple home remedies of pineapple are as follows –

1. Pineapple Leaf Decoction to Wash the Lesions of Lichen Planus

Leaves are taken and decoction is made. This is used to wash the wounds and chronic skin lesions. It pacifies itching and burning.

General method of decoction preparation is –

1 tablespoon (10 grams) of coarse powder of the herb is added with 2 cups of water. Boiled in open air till the total content is reduced to 1 cup. This is filtered and used.

2. Leaf Juice Mixed with Pepper Powder and Honey as Expectorant

5–10 ml of leaf juice is mixed with 1 gram of pepper powder and a teaspoon of honey. This is given to lick. This acts as a good expectorant and relieves cough and sore throat.

3. Fruit Juice in Jaundice

100–200 ml of fruit juice is given to drink in cases of obstructive jaundice. It is a good appetizer and liver stimulant.

4. Leaf Juice with Acorus Calamus (Vacha) in Irregular Menstrual Cycles

Soligas, tribal people of Tumkur of Karnataka state, administer powder of Vacha (*Achorus calamus*) along with leaf juice of pineapple. They claim that it corrects the menstrual irregularities.

5. Leaf Juice with Mustard Powder for pinworms

One pinch of mustard powder is administered along with 5–10 ml of leaf juice of pineapple in cases of pinworms in children. It has instant benefits to pacify the itching of the anus caused due to pinworms.

122. Arjuna Home Remedies: Diabetes, Hair Care, Osteoporosis

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Terminalia arjuna is a famous Ayurvedic herb for heart care. It is also used for the treatment of aconitum poisoning. It is a good source of calcium. Acharya Chakrapani Datta emphasized its utility in healing fractures in 10th century AD itself.

Though stem bark is the most used part in traditional practices, fresh leaves as well as fruits are also used for treatment.

Medicated milk of Arjuna bark is a well appreciated in cardiac disorders. As a cardiac protective it is used by thousands together healthy people, to prevent cardiac diseases and to strengthen the cardiac functions.

Some of the simple and effective remedies of Arjuna are mentioned here below –

1. Arjuna Bark Decoction in Osteoporosis and Geriatric Fatigue

10 Grams of arjuna bark powder is taken, added to 2 cups of water, boiled and reduced to half a cup. Filtered. This decoction is consumed along with half teaspoon of jaggery and a teaspoon of honey. This is useful for the treatment of osteoporosis and fatigue caused during old age.

2. Arjuna Leaf Cold Infusion/Shampoo for Hair Wash

Mature, green leaves of Arjuna are soaked in water and macerated well with hands. It yields a mucilaginous mix. It is used for washing hairs. It is applied over wet hairs and washed after 10 minutes. This improves shining and quality of hair.

3. Arjuna Fruit Decoction in Dhobi Itch and Finger Web Infections

Mature, dark brown fruits/seeds are collected and decoction is prepared. This is used to wash the wounds, especially in Dhobi itch as well as finger web infections. Soligas-tribal folk healers of Karnataka practice this remedy.

They dust the arjuna bark powder over such wounds/ulcers if oozing (secretion) is present.

4. Arjuna Remedy for Diabetes, Arthralgia

Arjuna, Asana – Pterocarpus marsupium and Bilva-bael tree barks are collected in equal quantity and fine powder is made.

3–4 pinch (say approximately 2–3 grams) of this powder is given in empty stomach along with a cup of water for the treatment of Type II DM associated with peripheral neuritis or numbness.

Hridaya (heart) is the site of mind according to Ayurveda. Whenever the mind is disturbed, whole body is agitated and the mental pleasure is ruined away. Arjuna was disturbed by the conditions of the war field in Kuru Kshetra. Probably with the symbolical representation how Arjuna was strengthened well by God Krishna, similarly this tree Arjuna is useful to regularize the cardiac functions and hence to attain peace, pleasure, satisfaction and happiness.

123. Ash Gourd Remedies for Memory, Gastritis, Kidney Stones

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Ash gourd (winter melon), called as Peta in Hindi, is a vegetable which is appreciated as best among the climbing vegetables (Valli phala) growing in the creepers in Ayurvedic literature. Due to its potent ability with respect to memory enhancing effect, soothing properties, bulk enhancing effect, diuretic effect and aphrodisiac benefits, it can be advised safely in all age group irrespective of the gender.

Ash gourd is used to prepare various sweet preparations such as Kashi halva, Petha etc.

Ash Gourd Remedies

1. Dysuria (Difficulty in Urination) –

100 ml of fresh juice of ash gourd is obtained and to this 10 grams of organic sugar candy is added and dissolved. This is administered 3–4 times in a day.

Within a day burning sensation is relieved.

2. Memory Loss, Loss of Sleep, Fatigue, Muscular Cramps etc –

50 ml of fresh juice is mixed with one teaspoon of ghee and a pinch of fine powder of liquorice (Yastimadhu).

This is taken early in the morning in the empty stomach, after proper evacuation of the bowel and urine.

This can be practiced for 2–3 months period, daily or else after one month it can be taken once in two days or three days.

Even the people who are on anti epileptic treatment can also consume this for added benefits; it helps to overcome the untoward effects of such drugs also.

3. Burning Chest – Throat and in Extremities –

Ash gourd is cooked well and on maceration, juice (decoction) is obtained. To this 5 grams of organic jaggery (or sugar candy) and a pinch of cardamom are added and mixed thoroughly. This is consumed (100 ml) twice daily, preferably during day time.

4. Urinary Calculi and Burning Urination (Seed Recipe) –

50–60 ash gourd seeds are obtained and dehusked (it is not mandatory to dehusk). To this sweet butter milk (200 ml) is added and churned well.

Equal amount of water is added and given to drink. This can be given twice daily.

5–6 days medication with this home remedy shows significant benefits in the above said complaints. Also good appetite, taste in the food are achieved and pre-existing bloating of abdomen if any also relieved.

5. Mastitis and Lymphadenitis (Flower Recipe) –

In this condition, 5–6 flowers of ash gourd are collected and fine paste is made. To this turmeric and tamarind leaves (say 5 grams each) are added and pounded well (some add fried asafoetida also, which I usually do not advise as it may cause burning sensation in few of the individuals).

Hence obtained fine paste is applied over the affected area.

3–4 days medication gives good result.

124. Barley Home Remedies: Bloating, Joint Pain, Diarrhoea

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Barley has cooling effect. Its Sanskrit name is Yava. Whole plant is used as cattle feed as well.

Botanical name *Hordeum vulgare* Linn

It is usually cultivated in Uttar Pradesh. In Punjab, Odisha and Bihar also this is found in large amounts.

The barley has a major contribution in food Industries; especially for the preparation of malt and starch it is used. It is used to prepare the Roti and Chapati by mixing with wheat flour.

In specific parts of the Indian states like Punjab and Odisha its husk is removed and pearl barley is prepared. This is believed to be royal food in some of the families.

The millets of Barley contains approximately 70% of carbohydrates, 10% protein and 1–2% of minerals.

The barley grains are easy for digestion and are good to retain the urine in the urinary bladder.

Barley is sweet mixed astringent in taste, cold in potency, soft-dry and lipolysing (liquefaction of the fat) in nature. Hence it is useful in obesity, ulcers and vatic disorders. The drug in its raw form is considered to be good for skin and throat disorders. In rhinitis, cold, cough, stiffness of the body etc also it is equally beneficial.

Few of its simple and effective recipes are explained here below –

1. Fried Barley Gruel for Indigestion and Diarrhoea

Good variety of barley is taken and fried a little. This is cooked well and gruel is made. In cases of severe diarrhoea, mere supernatant part of the gruel is administered by adding little salt. Or else whole gruel is given after macerating it well. This serves as a nutrient and coolant.

2. Barley Water for Distension of Abdomen and Gastric Regurgitation and Bloating of Abdomen

De-husked barley is taken and cooked well with water. To this little salt or soda carb and lemon juice (or ginger powder) are added and mixed well. This is administered in the dose of 50–80 twice daily. This relieves gastric disturbances and distension of abdomen.

3. Butter Milk or Curd Cooked Barley for Repeated Gastric Disturbances and Regurgitation

A fistful off barley, 200 ml of buttermilk or 100 ml of curd and 200 ml of water are taken and cooked well or else cooked barley is added to the butter milk or curd and boiled a little. As per ones taste and need, salt or pepper powder can be added. This is served along with food. It helps to relieve the gastric disturbances and regurgitation.

4. Fine Paste of Barley for Muscular Pain and Joint Pain:

De-husked barley powder is taken and dough is made by mixing with lemon juice or sour butter milk. This is warmed a little and applied

over the area of the muscular pains (deep) and joints. This reduces the pain in 3–4 days' duration.

Barley water is considered to be a common man's cheap and delicious gruel. It gives strength and keeps him cool. Also, as it is easily digestible it is indicated in most of the ill-health conditions. There is a need to popularize such millets and grains with its appropriate health benefits. In future, organically cultivated barley will have big market worldwide.

125. Black Caraway Home Remedies: Menstrual Pain, Toothache, Diarrhea

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Meridian Fennel is known as Kalajeera/Black caraway or Syahajeera in Hindi and Krishnajeeraka in Sanskrit.

Its botanical name is *Carum carvi* and it belongs to Apiaceae family. It is native to western Asia, Europe and northern Africa.

The seeds/fruits are used mainly in baking industry, perfumery, medicines and in the preparation of some beverages. The oil obtained from carvi (Carvi oil) is used chiefly for flavouring wines, scenting soaps, tooth pastes, cosmetics and perfumes.

A valuable essential oil rich in carvone is obtained from the seeds. It is pale yellow in color and possesses strong odour. The distinct flavour and taste of caraway is because of 'carvones' and 'caveols.'

Few important and simple home remedies of caraway are mentioned here below –

1. **Black Caraway Seed Decoction in Diarrhoea, Pain Abdomen and Dysentery**

5–10 Grams of caraway seeds are taken and slightly roasted. Added with 2 cups of water, boiled and reduced to half a cup, filtered. This

decoction is administered in the dose of 20–30 ml twice or thrice daily. This helps to reduce diarrhoea, pain abdomen and dysentery.

2. Caraway Seed Oil in Body Ache, Toothache and Finger Web Infections

25–20 Grams seeds are soaked with water and next day it is made into fine paste. To this 100 ml each sesame oil and water is added and cooked well in mild intensity of heat. This oil is used to apply over the body parts. It relieves joint pain, body ache, finger web infections etc. In case of tooth ache 3–4 drop of this oil is instilled to the base of the teeth or rub bed to the gum.

3. Black Cumin Seed Powder with Jaggery in Menstrual Pain

10 Grams each of seed powder and jaggery are taken and mixed well. This bolus is taken twice daily for 10–12 days prior to expected date of menstruation. It helps to regularize the period and to relieve menstrual pain and dysmenorrhoea.

4. Cumin, Kali Jeeri, Remedy for Abdominal Distension, Nausea, Bloating, Burping etc.

Fine powder of cumin seeds, caraway and rock salt are taken and mixed well. 1 teaspoon of this is taken along with warm water. This is very effective in cases like abdominal distension, digestive disturbances, tastelessness, nausea, bloating, burping etc.

5. Fine Paste of the Leaves in Skin Diseases and Wasp Bite

Clean and fresh matured leaves are collected and fresh juice is obtained by pounding. This is applied over the itching skin lesions and over the bitten parts of leeches in forest. Also it is effective in wasp bite.

6. Chewing Few Grains of Cumin and Caraway Seeds for Mouth Refreshing

1–2 pinch of grains of cumin as well as caraway are chewed after or before food. This acts as a mouth refresher and relieves abdominal bloating, nausea etc.

7. Roasted Caraway Seeds with Rock Salt for Bleeding Gums

Roasted caraway seeds and rock salt are taken in 3:1 ratio and mixed well. This is applied or rubbed over the gums in case of gum bleeding.

Cumin and caraway are twin appetizers which have significant health benefits being in the shelf of kitchen. Proper usage will help to prevent as well as cure several simple ill health conditions especially of Gastro intestinal origin.

126. Castor Home Remedies: Jaundice, Backache, Gout

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Castor is well known as potent Vata pacifying herb. The plant is found in two varieties namely white and red. Red variety is stronger and comparatively more purgative.

The castor seed contains approximately 45–47% of stable oil. The seeds contain a chemical constituent by name ricin and in larger dose it is toxic.

Roots, seeds and leaves are the usable parts of this plant.

The roots are aphrodisiacs and the tender leaves are cholegogues.

Some of the important simple remedies of castor are discussed here below –

1. Tender Castor Leaf Paste in Jaundice

Tender leaves which are coppery red in color are collected and fine paste is made. This is administered early in the morning in empty stomach. This helps to decrease the bile in case of jaundice.

2. Mature Leaf Paste Over the Swelling

Mature leaves are collected and fine paste is made. To this little salt is added and warmed. This paste is applied over the muscular swelling.

This pacifies the swelling and reduces the pain.

3. Root Decoction in Backache, Sciatica and Constipation

20–25 Grams of dried roots is taken and its decoction is made. Or else medicated milk can also be prepared. This is administered twice daily in the dose of 40 ml of decoction. This helps to relieve the pain caused in the conditions like back ache, sciatica etc. Also it pacifies constipation too.

4. Castor Leaf Smear with Sesame Oil in Case of Gouty Arthritis

Whole leaf of castor is smeared with sesame oil and warmed slightly. This is applied over the joints affected by gouty arthritis. This pacifies pain and swelling, if the procedure is carried regularly for a week.

5. Palasha Seed Powder and Castor Oil in Worm Infestation

Palasha (*Butea monosperma*) seeds are taken and its fine powder is made. 1–2 pinch of this powder is taken along with castor oil in empty stomach. The pinworms are relieved soon within 3–4 days by this medication.

Castor oil is an age old purgative of Ayurveda and Allopathy systems.

Due to its unctuousness even though many do hesitate to take internally, some have accepted it as an ultimate option so as to relieve their constipation, in a healthy and safer way.

127. Cotton Plant – Gossypium herbaceum Remedies: Dysuria, White Discharge

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Indian cotton plant is well known for its medicinal properties for more than a thousand years. Its seeds, seed oil root and bark of the plant in various medicinal preparations.

Sanskrit name – Karpasa

Botanical name – *Gossypium herbaceum* Linn. Malvaceae family

Hindi name – Kapas

In Ayurveda several other varieties of Karpasa are explained –

Udyana karpasa (*Gossypium arboreum* Linn),

Aranya karpasa (*Thespesia lampas* Dalz & Gibs) etc.

However commonly Indian cotton is used, that too obtained from the natural habitat is preferred.

The seeds as well as the roots contain Dihydroxy benzoic acid, Salicylic acid, fatty acids, betaine, phytosterols etc.

The seeds are hot in potency and undergo pungent bio-transformation. It promotes lactation, expels out mucous and phlegm from respiratory system and stimulates brain and nervous systems to perform better. The root bark is useful in gynaecological disorders related to uterus.

Kapas – Cotton Plant Remedies

Cotton Seed Medicated Milk to Increase the Breast Milk

Dried cotton seeds are taken and crushed well (3–5 grams). It is cooked in 150–200 ml of cow's milk. Filtered. This is given to the lactating mother. 3–4 days medication improves the breast milk significantly.

Tender Leaf Fine Paste for Burning Urination and Body Heat

The tender leaves are collected and fine paste is made. This is administered in a dose of 1 teaspoon along with tender coconut water or lukewarm milk.

This helps to reduce the complaint of dysuria and burning during urination.

Root Paste with Rice Washed Water for Leucorrhoea

Fresh roots are obtained and fine paste is made. This is administered in the dose of 2–3 grams twice daily. This reduces the diarrhoea as well as leucorrhoea.

Charred Cotton for Wounds and Oozing/Secretion Associated Ulcers

20–30 Grams of cotton is taken and it is burnt/charred. This is kept over the oozing ulcers or secretion associated ulcers. It reduces the secretion and helps to heal the wounds.

Seed Oil for Joint Pain and Muscular Pains

The seed oil is obtained by cooking the seeds with sesame oil and water. Or else cotton seed oil is obtained and it is diluted with double amount of sesame oil and warmed. Little salt is added and applied over the joints and painful area. This reduces the pain and swelling in the joints.

Recent studies have given evidence that the seed oil has spermicidal effect. So, in future days on proper investigation and research, it may find its application in contraception also. As the root bark is used abundantly by the folk healers its full strength of the medicinal properties is to be brought to mainstream. A quick research move in this regard may throw light on further utility of this ancient Indian herb.

128. Dill Home Remedies for Bloating, Joint Pains, Sore Throat

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Dill seed is an ancient Indian spice, used abundantly in most parts of the world. Seed oil and whole plants are also used for culinary purpose and medicinal uses.

Sanskrit name – Shatapushpa

Botanical name – Anethum sowa/Peucedanum graveolens

Ayurveda explains dill as anti flatulent, carminative, promotes digestion, relieves pain and swelling, rejuvenates cells and tissues and prolongs lifespan of tissues (anti ageing).

The seeds are used in raw form and also after frying with ghee. This is served as a 'Mukhvas' or mouth refresher in restaurants and hotels. This is used as a customary substance in houses during the celebration of festivals like Diwali, Holi, Makara Sankranti etc with the belief that it's offering to the God and guests will bring prosperity to the beings as well as the house.

Dill Home Remedies

- 1. Shatapushpa Hot Infusion in Bloating, Acid Belching, Heaviness of Abdomen etc.**

10 Grams of seeds of Shatapushpa are taken and added to 1 cup of hot water. After half an hour this is filtered and served. This relieves gaseous distension of abdomen, acid belching, pain abdomen, tastelessness, heaviness of the abdomen etc.

2. Shatapushpa Choorna in Abdominal Pain and Worm Infestation of Children

2–3 Grams of fine powder of dill seeds are mixed with a pinch of salt and taken along with warm water or buttermilk. This helps to relieve the abdominal pain, pricking sensation in the anal region followed with worm infestation etc found in children.

3. Dill and Jaggery in Irregular Menstruation and Headache

Equal quantity of jaggery and Dill seed powder are taken and pounded well to make into bolus of 2–5 grams. This is taken daily during bed time, before 1 week of expected date of menstruation. This corrects irregular menstruation and the menstrual head ache effectively.

4. Whole Plant Fine Paste in Joint Pain

The fresh plant is taken and fine paste is made by grinding. This is warmed a little and applied over the joints. 5–6 days medication helps to relieve swelling as well as pain caused in the joints.

5. Dill Oil for Osteo Arthritis/Joint Pain

Application of Dill oil (by mixing with sesame oil) over the joints pacifies joint pain significantly.

6. Sugar Candy and Dil Seed in Cough and Sore Throat

3 grams of each of Dill seeds and sugar candy are taken and chewed for 3–5 minutes. This can be repeated 4–5 times in a day. It relieves cough, cold and sore throat.

129. Drumstick (Moringa): Multiple Uses, Home Remedies

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Moringa oleifera is a well known vegetable and appreciated by majority of the people due to its pleasant taste, good nutritive benefits, multiple form of utility etc. Its immature seed pod is used as vegetable.

This is well known for its Vata and Kapha pacifying nature and appreciated as a vegetable of choice to improve the eye sight as well as an aphrodisiac. In fact other than its food benefit it has proven efficacy as being the substance of choice in several home remedies.

Other than the pod its leaves and flowers are also very effective members in contributing positive health benefits.

Its leaves are rich in copper, manganese, calcium, zinc, selenium, and magnesium, pyridoxine (vitamin – B₆), thiamin (vitamin – B₁), riboflavin, pantothenic acid, iron, phosphorus and niacin. Due to this it is appreciated well in so many medicaments of Ayurveda.

The flowers do possess Vitamin B, Vitamin B₂, Vitamin B₃, Vitamin C, Vitamin A in significant quantity.

Here are some simple and effective home remedies as well as health beneficiary simple preparations –

1. Moringa Pod Decoction for Hypertension, Improper Fat Metabolism, Lethargy, Sexual Debility

Daily, 1 drumstick is taken and it is cut into pieces and decoction is made. According to ones need and acceptance slight salt may be added. This is taken once daily, preferably during evening, before food.

This is beneficial in high BP, high cholesterol, improper fat metabolism, lethargy, sexual debility etc.

Decoction of any herb is prepared by adding a tablespoon of herb with 2 cups of water, boiling and reducing to half a cup. Filtered and consumed when it is hot. It is also called herbal tea.

2. Leaf Juice in Conjunctivitis and Swelling of the Eyes

A fistful of leaves is taken and its juice is obtained. This is instilled to both the eyes in the dose of 2 drops.

In cases of swelling around the eyes, this juice is applied around the eyes (paste can also be used for this purpose)

3. Leaf Decoction in Dysmenorrhoea, Back Ache and Pimples

It balances Vata and Kapha Dosha. Leaf decoction of drum stick in the dose of 50–60 ml twice daily is helpful to overcome the back ache and dysmenorrhoea.

Being a blood purifier it pacifies the pimples and black heads too.

4. Flower Curry or Powder in Abdominal Distension and Tastelessness

A fistful of Moringa flowers are collected and cooked well with salt and black pepper (or garlic and ginger powder/paste).

This is served during the lunch as a side dish. This has a very good effect in subsiding gaseous distension of abdomen and anorexia.

Dried flower is fried with little ghee and sprinkled with little pepper powder and salt. Or it can be made into fine powder and can be kept ready to serve during food. This is beneficial in cases like morning sickness caused during pregnancy and in any other tastelessness conditions.

5. Leaf Paste with Lemon Juice Face Pack

Leaf paste or juice with lemon juice can be mixed and applied over face. This is useful to overcome black heads and acne.

6. Drum Stick Pod Soup

The soup prepared from drumstick pods is very much useful in treating the diseases of liver, spleen, pancreas etc. This is an aphrodisiac also. It strengthens the bones and joints too.

130. Garden Pepper Cress (Aliv Seed) *Lepidium sativum* Remedies: Gout, Leucorrhoea

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Garden Pepper Cress seeds and sprouted grains are used as remedies in Ayurveda. *Lepidium sativum* seeds are rich sources of Iodine, Phosphorous and Potassium. They are also called Aliv Seeds.

Glucotropaeolin is the main glucoside found in the seeds. Due to this it acts as a potent anti ageing, rejuvenating and aphrodisiac herb.

It is called Chandrashua in Ayurveda.

Botanical name – *Lepidium sativum* Linn

Cruciferae family

English name – Common cress, Garden Pepper Cress, Garden Cress

Ayurveda explains that the seeds are light, unctuous and slippery in nature. It undergoes pungent bio transformation (Katu vipaka) and possesses hot potency (Ushna veerya). Due to the above said qualities it balances kapha and vata.

Its vatahara action can be appreciated externally as well as internally.

Bhavaprakasha refers its main indications especially in the disorders like hiccup, diarrhoea, gout etc. Another text Shodhala nighantu appreciates its potent action like Carminative, digestive, appetizing, diuretic, improves lactation and menstrual flow.

Chandrashura Remedies

Application of Fine Paste of Chandrashoora and Cumin Seeds in Gout

Lepidium sativum and cumin seeds are taken and fine powder is made. By adding water or lemon juice fine paste is made. This is applied over the joints to relieve swelling and pain.

Hot Infusion of the Seed in Hiccup and Gastritis

One teaspoon of seed powder or seeds as such is taken and soaked in 1 cup of hot water, for a while. This is filtered and taken when it gets cold. This is effective in hiccup, bloating, gastritis.

Fine Powder of Garden Cress with Jaggery or Ghee in Poor Digestion and Nausea

Chandrashoora seeds are made into fine powder and taken along with jaggery or ghee or both. This helps to improve the appetite, reduce the burping or bloating and nausea.

Medicated Milk of Chandrashoora to Improve Lactation and to Strengthen the Mother

One tablespoon of seed powder is cooked with one cup of milk. To this little ghee or sugar is added and taken once daily, preferably during night, before food. This helps to strengthen the body and to improve/increase the breast milk both qualitative and quantitatively.

Seed Paste Prepared By Soaking the Seeds with Jaggery Water for Leucorrhoea and in Back Ache

Seeds are soaked with jaggery water and fine paste is made. This is taken during the evening hours – 1 teaspoon. This helps to reduce the back ache, leucorrhoea, pre-menstrual headache etc.

Recent studies have shown that the seeds are effective to improve the height of the children and to boost the physical growth during puberty of both the genders. In few of the countries people use Aliv leaves in the treatment of scurvy and gingivitis.

131. Green Gram Remedies: Skin Detox, Energy Drink, Bowel Movement

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Green gram is considered as the best among the pulses as per Ayurveda. Unlike other pulses, green gram balances all three doshas (Bhavaprakasha text book guduchiyadi varga chapter).

This is known by the name Mudga in Sanskrit and Moong in Hindi.

Its botanical name is *Phaseolus aureus* Roxb. It belongs to Leguminaceae family.

According to Bhavamishra green gram is moderately dry in nature, light, absorbent and cold in nature. It is sweet in nature.

As per Ayurveda, green gram has 5 sub varieties and they are bluish black, green, yellow, white and red. The earlier ones are heavier in nature, orderly. Acharya Charaka and Sushruta have certified that the green ones are best among all varieties of green gram.

The pulses are rich in carbohydrate (54–56%) and protein (20–22%) content.

Few of its simple and effective remedies are explained here below –

1. Fine Powder of Green Gram (Green Gram Flour) for Tissue Replenishing and Skin Detox

The de-husked green gram is taken and fine powder is made. This is mixed with water and fine paste is made. This is applied over the face, like any of the face pack. On drying it is gently removed.

This replenishes the tissues and acts as skin detoxifier.

2. Green Gram Soup for Excess Thirst, Dryness of the Skin and Proper Bowel Habit

The green gram soup prepared by adding little salt and pepper is taken regularly. This improves the hunger but pacifies the thirst. It relieves the dryness of the skin and proper bowel habit.

3. Butter Milk Cooked Green Gram for Improper Digestion

The green gram with husk is cooked well with sour butter milk. This is macerated well and taken once, preferably in the evening. While cooking, pepper or dry ginger and little salt can be added. This improves the digestive capacity. Also it strengthens the gut. Also, it helps to form the stool in proper manner.

4. Decoction or Medicated Milk of Roots of Green Gram as Energy Drink

Fresh roots are taken and cooked with cow's milk or else its decoction is made. To this little jaggery is added and taken. This acts as a good energy drink.

Green gram is a skin replenisher, natural body detoxifier and soother of the body and mind. Small amount (30–40 grams) of sprouted green gram is taken with equal amount of Pomegranate seeds/fruits. This improves the strength of the intestine. Incorporation of the sprouted or soaked green gram if taken along with green

vegetables and as a component in green salad/veg salad surely one can observe its quick benefits within 7–10 days.

132. How to Take Harad as per Dosha and Diseases?

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Harad (*Terminalia chebula* Retz.) is a very effective Tridosha balancing Ayurvedic herb. It has potent rejuvenative properties and laxative effects. Ancient text book – Bhava prakasha explains unique ways to consume Haritaki.

Reference: Bhavaprakasha nighantu – Hareetakyaadi varga – Verse no-30

Meaning and Explanation

Mature Hareetaki fruits (powder may also have the same effect but little lesser extent) if taken by chewing, it increases the digestive fire, digestion strength.

If it is taken by rubbing with water or by making into fine paste, it acts as a laxative.

The fruits show absorptive action if it is consumed by subjecting it for sudation (steaming or cooking).

Hareetaki fruits balances all the three Doshas, if taken by frying; here frying refers to taking out the excess moisture from the drugs.

Or else we can also extend to the applied aspect as frying with respective oils or ghee which have respective Dosha pacifying effects. In Vata associated conditions it can be fried with sesame/castor oil, pitta associated cases with ghee and mustard oil in case of Kapha predominant conditions.

Harad Fruit

Consumed by chewing → improves digestion strength

Made paste with water & consumed → Laxative

Consumed After Cooking → Absorbent

Fried (with oils & fats) → Balances all 3 Doshas

Harad along with food → expels out Doshas

Taken After Food → Useful in Food Toxicity

With Rock salt → For Kapha Dosha

With unrefined Sugar → Pitta Dosha

With Ghee → Vata Dosha

Rationality

When the Hareetaki fruits are masticated it gets into the contact of saliva and hence various relative digestive enzymes. This in turn facilitates the digestive fire. When Harad fruits are taken by making into fine paste it partially mix up with the water and hence in lesser time it moves downwards and hence imparts laxative benefits. Usually the retention period in the stomach and small intestine will be less in such cases. When the fruits are cooked, few of the laxative principles are reduced and in turn due to tannin (astringent predominant) it acts as absorbent and hence the food withstanding capacity of the intestine is gradually increased.

Therapeutic Application

If the above unique and specific classical principles are applied, the drug Hareetaki and its derived formulations can be used with wider application.

For example,

If a patient is suffering from skin disease, the individual is of vata or kapha constitution, has lesser digestive capacity better to administer the formulation Triphala choorna which is well indicated in this condition, by mastication or by proper chewing. Same is applicable in mouth ulcer also.

Making the drug into fine paste and then administration serves as laxative. So, Hareetaki alone or Hareetaki predominant drugs like **Triphala choorna**, Saptamrita loha etc can be taken in the form of fine paste or else immediately after the intake of powder medicaments water can be administered for the same effects/benefits.

Well cooked Hareetaki formulations get the ability to control the intestinal motility. This can be effectively obtained by the physicians by recommending the relative formulations like Dashamoola hareetaki, Dhatryavaleha etc in the diseased conditions like Irritable bowel diseases, Mal absorption syndromes, intestinal flatulence, abdominal distension, mal digestion, abdominal colic etc.

Haritaki fried in castor oil pacifies both Vata and Pitta associated conditions or where the intestines have developed dryness due to improper food and habits, chronic diseases, mal nourishment, dominated vata, tissue damage associated conditions etc.

Ritu Haritaki – Harad Consumption Based on Season

Varsha Ritu – In rainy season, Harad is given along with Rock Salt.

Sharat Ritu – In Autumn, it is given along with sugar.

Hemanta Ritu – In early winter, it is given along with ginger.

Shishira Ritu – In winter, it is given along with Long pepper fruit.

Vasanta Ritu – In Spring, it is given along with honey.

Greeshma Ritu – in summer, it is given along with jaggery.

133. Jati – Jasminum grandiflorum Remedies: Conjunctivitis, Wounds, Ulcers

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Jasmine is called Jati in Ayurveda. It balances all the three Doshas and is used in treating wounds, ulcers etc.

Botanical name – *Jasminum grandiflorum Linn*

The plant is commonly found throughout in India.

It balances all the three Doshas.

The plant undergoes pungent kind of bio transformation (Katu vipaka) and possesses hot quality.

Jasmine Remedies

Chewing the Tender Leaves of Jasmine for Mouth Ulcers

4–5 tender leaf buds are chewed regularly twice or thrice a day. This reduces the severity of the mouth ulcers. This acts as preventive medicine too.

Leaf Decoction for Washing the Wounds and Cancroids Ulcers

The matured green leaves are taken and decoction is made. This decoction is used to wash the wounds and ulcers.

General method of preparation of decoction (kashaya) – 1 tablespoon of powder is added with 2 cups of water, boiled and reduced to 1 cup, filtered.

Jasmine Flower Paste/Garland Application to Suppress the Breast Milk

This is a unique folklore practice. The flowers are made into garland and tied around the breast. Or else the fine paste of the flowers is applied around the nipples. This is said to be effective to suppress the breast milk in needy people.

Leaf Oil for Chronic Skin Diseases

The leaves are made into fine paste and by adding coconut oil or sesame oil the oil is cooked (likewise ghee can also be cooked). This ghee or oil is effective to cure the varieties of skin diseases. This is found beneficial even in steroid dependent skin diseases.

Leaf Fresh Juice for Conjunctivitis

Fresh leaf juice obtained from the tender leaf buds is instilled to the eyes, in case of conjunctivitis. This is very effective and indicated in all the age group and all seasons too.

Jasmine flowers are considered to be the auspicious offerings to the Gods. The flowers are considered to be aphrodisiacs also. The lipid extract of the jasmine flower is used abundantly in aroma therapy. Thus the drug jasmine appears to be unique in various contexts and ill health conditions.

134. Long Pepper

Remedies: Splenomegaly, Cough, Hoarse Voice

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Pippali – Long pepper is famous for its adaptogenic, anti flatulent, digestive and liver – protective effects.

The plant long pepper is a creeper which spreads on the ground and climbs even over the trees.

Varieties of bush peppers are also found and usually the long pepper is grafted for such bush peppers for better yield and easy plucking.

Botanical name – *Piper longum* Linn

Piperaceae Family.

Pippali is used as adjuvant in several preparations. In Rasashastric medicines, Pippali is found as highest used herbal drug. Its bio enhancing effect has been proved and hence this made the modern scientists too appreciate this drug. The herb has remained less in use in kitchens, but it has every ability and characters to use as a spice.

Few important simple preparations are discussed here below –

1. Long Pepper Powder with Honey for Cough, Cold, Sore Throat

Pippali is made into fine powder and kept ready. 2–3 grams of this is mixed with honey and licked. This helps to pacify cough, cold, sore throat etc.

2. Pippali Hot Infusion in Sore Throat and Recurrent Tonsillitis

Pippali coarse powder is made and soaked with hot water in the ratio of 1:4 and kept for a while. This is taken by mixing 1 spoon of ghee, in lukewarm condition twice daily. Dose is 30–50 ml.

This is effective in sore throat, eosinophilia, tonsillitis etc.

3. Long Pepper Fruit Decoction for Indigestion, Cold, Hoarseness of the Voice etc.

10–20 ml of Pippali decoction is administered twice or thrice daily in case of indigestion, low digestion, poor appetite, cold, hoarseness of the voice, rhinitis etc.

4. Long Pepper Remedy for Intestinal Worms

Long pepper, cumin, black pepper and Vidanga are taken in equal quantity and fine powder is made. This is administered in the dose of 3–5 grams twice or thrice a day. This is very effective against intestinal worms and colic pain.

5. Long Pepper with Lemon Juice for Diarrhoea, Splenomegaly

Dried pippali fruits are soaked in lemon juice and kept in sun shade till complete drying. This is repeated for 3 times. Then it is powdered and kept ready. This is administered in the dose of 1–2 grams twice or thrice daily. It has significant benefits on low digestion, diarrhoea, fever, lack of strength, splenomegaly and loss of hunger.

135. Lotus Remedies: Burning Urination, Skin Diseases, Face Scars

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Lotus flowers are good cardiac tonics, diuretics, coolants, blood purifiers, complexion enhancers and antipyretic in nature. Botanical name – *Nelumbo nucifera* belongs to Nymphaeaceae family.

Depending upon the color several sub species are named and almost all varieties have the similar properties.

Red, blue/violet and white colored plants are commonly found. Red colored is most used and appreciated in therapeutics and white takes next priority.

Usually it is found in the ponds, lakes or back water. It is cultivated in tubs and flower buckets.

Flowers, petioles and seeds/fruits are used in medicinal field. Fruits are rich in protein and used as food also.

The flowers are sweet in taste, cold in potency and balance Vata and Pitta Dosh.

Few important simple Lotus remedies are explained here below –

- 1. Hot Infusion of the Lotus Flower in Burning During Urination and in Haematuria**

The lotus flowers are taken (dry or wet) – 20 grams. 40 grams of warm water is poured. After 15–20 minutes it is filtered and used. While using 3–5 grams of honey or sugar candy may be added. This can be used in all the age groups. It is very effective in burning during urination and in haematuria.

2. Fine Paste of the Flower for Pigmentation Scars of Face

The flower is made into fine paste and applied to the face once daily. This enhances the complexion and lustre of the face; also the black spots and freckles are relieved by this.

3. Fried Seeds for Nutritious Diet

The fried seeds are taken similar to any nuts. Seeds are crushed and by adding little coconut and sugar (or jaggery) it is consumed. This is a very good nutritive and improves body strength.

4. Flower Decoction for Bilious Complaints, Burning of the Body, Menopause Syndrome etc.

The lotus flower decoction is taken in the dose of 20–30 ml twice daily in bilious conditions, menopausal problems, bleeding disorders etc.

5. Whole Plant Decoction for Palpitation, Skin Diseases and Blood Borne Disorders

Whole plant of lotus is taken in dry form and decoction is made. This is filtered and taken. This pacifies palpitation, skin diseases and blood borne disorders.

Pushpayurveda is a unique text composed by Jain Acharya Samanta Bhadrasena. In this text he explains several flowers with their relevance, action, qualities and uses in therapeutics. The text as such is not available now a days; but Prof. PV Sharma framed another text by the same name where he too tried hard to explain such medicinally useful flowers and lotus is one among them.

136. Malkangani (Celastrus paniculatus) Remedies: Rheumatoid Arthritis, Memory

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Memory enhancing herbs are the special areas of ongoing research. Malkangani – Jyotishmati is one such herb. Its seeds, leaves and seed oils are the main usable sources in medicinal field.

The seeds and seed oils are bitter mixed pungent in taste and hot in potency. It pacifies Kapha and Vata dosha where as it provokes Pitta and hence in summer and Pitta individuals it is administered with utmost caution.

It acts as diaphoretic, rubefacient, memory enhancer, stimulant and nerve tonic.

Excess dosage may cause gastric irritation, ulceration, acid peptic disorders etc. Hence it is usually administered with milk or sufficient amount of liquids.

Remedies

1. Seed Decoction for Rheumatoid Arthritis

One tablespoon of Staff tree seeds are taken and decoction is made. This is administered in the dose of 20–30 ml after food. This pacifies the Rheumatoid arthritis quite effectively.

General method of preparation of decoction (kashaya) – 1 tablespoon of powder is added with 2 cups of water, boiled and reduced to 1 cup, filtered.

2. Fine Paste of the Seeds for Non Healing Chronic Ulcers

Seeds are taken and soaked in water or turmeric dissolved water for 2–3 hours. Then this is made into fine paste and applied over the edges of the non healing ulcers, regularly. 5–8 days medication initiates healing of wounds.

3. Malkangani Oil of the Seeds Along with Milk for Enhancing the Memory

3–5 drops of Jyotismati oil is added to a cup of milk and given to the children during night. 20–30 days regular medication helps to improve the memory and intellect.

Blanch, spice restricted diet is essential to follow during this medication.

4. Leaf Paste for Muscular Pain

A fistful of matured leaves is taken and fine paste is made. This is applied over the swelling and muscular swellings. This helps to reduce the pain.

137. Mistletoe – Dendrophthoe falcata Remedies: Abscess, Bleeding Disorders

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Mistletoe is a parasitic herb used in Ayurveda as herbal remedy. The roots and flowers of Mistletoe as well as whole plants can be used in herbal medicine. It is also called Honey Suckle. In Ayurveda, it is called Vanda, Vandaka and Bandaka.

Botanical name – *Dendrophthoe falcata*

Loranthaceae family.

In Ayurveda, it is told as –

Tridosha shamaka – balances all the three Doshas

It undergoes Pungent kind of bio transformation (Katu vipaka)

It is cold in potency (Sheeta veerya).

The plants are available in different colors (flowers); violet mixed white flowers are found abundantly in Western Ghats.

Mistletoe Home Remedies

Fine Powder of the Leaves/Whole Plant for Dusting Over the Wounds

The dried leaves or the whole plant is made into fine powder. This is dusted over oozing wounds and ulcers. 5–8 days of this remedy helps to seize the pus discharge and initiates the healing.

Fine Paste of the Leaf for Swellings and Abscess

Leaf is made into fine paste and warmed a little. This is applied over the abscess and inflamed areas.

Decoction of Leaves and Flowers for Convulsions and Hysteria

The leaves or flowers or both are taken and made into decoction. This is administered in 20–30 ml dose, once or twice a day after food by adding a teaspoon of ghee. This is effective in convulsions and hysteria.

General method of preparation of decoction (kashaya) – 1 tablespoon of powder is added with 2 cups of water, boiled and reduced to 1 cup, filtered.

Fresh Juice of the Leaves for Bleeding Disorders

The leaves are made into hot infusion or decoction. This is administered in the dose of 30–40 ml twice daily. This is effective in all kind of bleeding disorders. In bleeding piles and heavy periods also this is found to be highly beneficial.

Classical Reference of Vaidya Manorama –

It explains that the Parasite *loranthus* developed over the Udumbara (*Ficus glomeruta*) is made into decoction and administered along with milk or ghee for the pregnant women who are at the risk of abortion.

138. Night Jasmine – *Nyctanthes arbor-tristis* Remedies: Anorexia, Fever

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Among the herbal drugs few are important with respect to history and philosophy also. Night Jasmine is one such plant which is believed to be favourable to Lord Krishna.

According to Ayurveda it is a drug of choice in cystic swellings, painful conditions of the joints and chronic fevers and recurrent/intermittent fevers.

Botanical name – *Nyctanthes arbor-tristis*

oleaceae family.

English name – Night Jasmine.

The flowers are offered to the Gods and seeds, leaves and bark are used for treatment.

The plants are found in most parts of India.

It is bitter in taste, hot in potency and undergoes pungent bio transformation.

It balances Kapha and Vata Dosha. It eliminates out Pitta Dosha.

Night Jasmine Home Remedies

Seed Powder in Intestinal Worms and Colon Irritations

The dried seeds are taken and fine powder is made. 1–2 grams of this powder is administered along with warm water or decoction of cumin seeds. This is effective in gurgling of stomach, intestinal worms, colon irritation, IBS etc.

Leaf or Bark Powder for Cough and Throat Irritation

Dried leaves or bark of night Jasmine are made into fine powder. This is administered in a dose of 1–2 grams by mixing with 1–2 teaspoon of honey. It cures cough, cold and throat irritation.

Fresh Leaf Juice for Liver Disorders and Loss of Appetite

Fresh leaf juice – 5 ml is administered along with 1 gram of black pepper or long pepper powder. This is found to be effective in the conditions like liver disorders, high viscosity of bile, and loss of appetite.

Leaf Decoction with Honey for Dysuria and Chronic Fevers and PUO

The fresh leaf decoction is added with little honey and taken in the morning, preferably before food. It cures the complaints like dysuria, chronic fevers and PUO.

1 tablespoon of powder is added with 2 cups of water, boiled and reduced to 1/2 cup, filtered.

Bark Decoction in Joint Disorders

The stem bark (or roots) are made into decoction and administered in the dose of 30 ml twice daily for the adults. This cures joint pain, subluxation of the knee joint, ligament tear etc.

139. Safflower Remedies: Jaundice, Rhinitis, Hemorrhoids, Constipation

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Safflower is an Ayurvedic classical herb used for the treatment of liver disorders, cold, cough, constipation, abdominal spasmodic pain etc.

Sanskrit name – Kusumbha beeja (Safflower seed) or Kusumbha taila (Safflower oil)

Other English names – Parrot seed, Bastard saffron, False Saffron, Saffron Thistle

Botanical name – *Carthamus tinctorius* Linn.

Safflower is not commonly used in Vata disorders. But is very useful in high Kapha and Pitta disorders.

Safflower seeds and seed oil are laxative, diuretic and bitter tonics. But excess intake increases the Pitta in the body due to its hot potency.

The textbook Bhavaprakasha proclaims its potent diuretic properties when administered in decoction or hot infusion forms.

General method of preparation of decoction (kashaya) – 1 tablespoon of powder is added with 2 cups of water, boiled and reduced to 1 cup, filtered.

Seeds and flowers are used abundantly by the folk healers and cultivators of safflower.

Few of the simple and effective remedies of Kusumbha re explained here below –

Dried Safflower Flowers in Obstructive Jaundice

1–2 Grams of the dried flowers are taken and fine powder is made. This is administered along with a cup of jaggery water (a teaspoon of jaggery dissolved in a cup of water) or 30 ml of decoction of **Bhumyamalaki (Phyllanthus niruri)**.

10–12 days medication gives significant benefits.

Tender Leaf Curry or Fresh Juice for Cold and Rhinitis

Tender leaves are used as curry. Useful in cold, asthma, rhinitis, headache etc.

Seed Oil with Milk for Constipation and Haemorrhoids

2–3 ml of the seed oil is administered along with a cup of warm milk. This is said to be very effective in hemorrhoids and constipation. But excess intake of seed oil is not encouraged.

Seed Powder with Jaggery for Constipation, Spasmodic Pain and Abdominal Colic

1–2 Grams of seed powder is mixed with a teaspoon of jaggery and administered early in the morning, preferably. This is effective in constipation, spasmodic pain, abdominal colic, cramps etc.

Poultice for Abdominal Pain During Pregnancy (False Pain)

The leaf and seed are made into poultice and applied below the naval portion, in cases of repeated false pains caused during pregnancy.

140. Senna Home Remedies: Flatulence, Constipation, Skin Diseases

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Indian Senna is one of the best natural laxatives. It is called Markandi in Ayurveda.

Botanical name is *Cassia angustifolia* Vahl and it belongs to Leguminaceae family.

Today we find two more varieties of senna in the market –

Alexandrian senna – *Cassia acutifolia* Delile and

Italian senna – *Cassia obovata* (L)Collad.

In fact Indian senna is appreciated and used worldwide in large amount for laxative benefits.

The leaves are the main usable parts of the plant.

Senna Remedies

1. Senna Powder and Cumin Seeds for Flatulence, Distension of Abdomen, Regurgitation, Constipation etc.

Both the drugs senna and cumin seeds are taken in 4:1 ratio and fine powder is made. This is taken in dose of 1 gram twice daily. This

relieves flatulence, distension of abdomen, regurgitation, constipation etc.

In case of nausea and tastelessness small amount of rock salt can be added.

2. Decoction of Senna and Raisins (Dry Grapes) in Heart Burn and Blotting of Abdomen

The drugs Senna and raisins are taken in 1:10 ratio and decoction or hot infusion is made. This is taken whenever needed. This helps to reduce chest burning and blotting of abdomen.

General method of preparation of decoction (kashaya) – 1 tablespoon of powder is added with 2 cups of water, boiled and reduced to 1/4 cup, filtered.

3. Hot Infusion of Senna with Honey in Chest Congestion (Phlegm) and Chronic Cough

1–2 pinch of senna is added to half cup of hot water and kept for a while. Later 1 spoon of honey is added to this and mixed well. This is sipped repeatedly in the conditions of chest congestion and chronic cough. It acts effectively.

Senna, a well-known single laxative herb and hence most of the Pharmaceutical preparations possess this as a master ingredient in their anti flatulent or laxative formulations. But care should be taken while administering to kids, pregnant and old aged people as it may cause mild colic pain in a few individuals. Also its single herb administration is not well recommended in such sufferers. Proper adjuvant like sugar candy, Indian liquorices, lemon juice etc helps to reduce the severity of Senna.

141. Sitaphal – *Annona squamosa* Remedies: Aphrodisiac, Head Lice

By Dr. M.S. Krishnamurthy MD (Ayu) Ph.D.



Sitaphal is not only rich in taste, it is also rich in nutrients and medicinal values. It is commonly known as Custard apple. Useful in head lice, dandruff, low libido etc.

Botanical name – *Annona squamosa*.

Family: Annonaceae family.

Part Used: Along with fruits, the leaves, bark and seeds are used for medicinal purposes.

Medicinal Qualities

The fruit pulp is mild laxative.

It is a good aphrodisiac and bulk enhancer.

Leaves and seeds are anti-helminthic and anti spasmodic.

The stem bark is rich with wound healing properties.

Medicinal Qualities

Fruits are sweet in taste, cold in potency and undergoes sweet biological transformation (madhura vipaka).

The seeds are pungent mixed bitter and hot in potency.

The bark is pungent in bio-transformation and hot in potency.

Fruits balance Vata and Pitta. They increase Kapha Dosha.

Sitaphal Home Remedies

Fruit Pulp with Jaggery and Cardamom for Sex Power

The naturally ripened (without the influence of the chemicals/hormones) fruit pulp is collected – 1/2 cup.

To this, quarter a cup of jaggery and 2 pinches of cardamom powder are added and served daily for 15–20 days. This improves libido and acts as a good aphrodisiac.

Seed Powder for Head Lice

Seeds are crushed well and made into fine powder. This is applied to the whole scalp and then covered with a cotton cloth. After 1–2 hours hair is washed.

This can be carried once in 2 or 3 days for a period of 1 or 2 weeks. This helps in complete eradication of the lice and dandruff.

Stem Bark Decoction for Wound Healing

The stem bark is collected in its fresh form and decoction is made. This is used to wash the wounds. In chronic ulcers and wounds it has significant benefits.

General method of preparation of decoction (kashaya) – 1 tablespoon of powder is added with 2 cups of water, boiled and reduced to 1 cup, filtered.

Leaf Decoction for Dandruff and Itching of the Scalp

Leaves are used to prepare the decoction. This is added with little Tankana bhasma and dissolved. This is used to wash the hair/scalp. 3–4 days regular head wash or alternate day practice for a week helps to overcome the dandruff and itching of the scalp.

142. Tea Benefits, Remedies for Headache, Vomiting, Eye Care

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Leaves of tea plant are the main usable part. Some use the flowers too. Based upon the kind of processing the Tea is named vividly.

1. Tea Infusion for Headache and Bad Breath

One teaspoon of tea powder is added to a cup of warm water and kept for a while. Later, half spoon of lemon juice is added mixed thoroughly. If necessary little sugar can be added. This relieves headache and foul smell of the mouth.

2. Tea Decoction in Wound Washing

A tablespoon of tea powder is mixed with 4 cups of water, boiled and reduced to 2 cups. Filtered. This tea decoction is used for washing wounds and ulcers. In case of mouth ulcers and gingivitis also this can be used to rinse the mouth.

3. Tea Powder Remedy for Bilious Vomiting and Nausea

1 teaspoon of tea powder with 5 pieces of lemon grass are added to a cup of hot water and kept for a while. Later half a cup of kokum juice is added to this and mixed well. According to one's liking sugar or jaggery may be added to this. This has good effect in nausea, vomiting,

travelling sickness etc. Dose is half a cup 2–3 times a day, freshly made, before food.

4. Fresh Green Tea Leaf Chewing in Mouth Ulcer

Chewing the tender leaves of tea helps to relieve the pain associated mouth ulcer instantly.

5. Fresh Leaf Paste to Soothe Eyes

Fresh tender leaves of tea are collected and made into fine paste. If necessary little rose water may be added. This is applied over the closed eyes, externally. It gives soothing effect to the eyes. It helps to relieve the fatigue and work exhaustion of the eyes.

Note: The application should be removed before it dries up.

6. Green Tea for Travel Sickness and Cold and Cough

Sugarless green tea is made and to this a pinch of ginger powder and 3–4 fresh leaves of holy basil are added and kept for 2–3 minutes. Later quarter tablespoon of lemon juice is added and stirred and filtered. This is useful to relieve allergic cough, cold, sore throat, travelling sickness etc. In case of excess phlegm, half spoon of honey can also be added.

Here after drink tea not merely as a stimulant; learn the health benefits and use it accordingly as a home remedy too.

143. Vanilla Home Remedies for Split Hairs, Headache, Travel Sickness

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Botanical name of Vanilla is *Vanilla planifolia*. It is commonly used for flavouring, aroma and taste enhancing purpose. The plant is packed with many health benefits.

The extract of vanilla contains high amount of simple and complex sugars, essential oils, vitamins, and minerals. The chief chemical component in the beans is vanillin. The vanilla extract contains little quantity of B-complex groups of vitamins such as niacin, pantothenic acid, thiamin, riboflavin and vitamin B₆.

Small amount of minerals such as calcium, magnesium, potassium, manganese, iron, zinc etc also reported to be present in vanilla. Vanilla is a very good anti inflammatory, wound healing (anti ulcerative) and analgesic herb.

Vanilla Home Remedies

1. Hot Infusion of Processed Vanilla Beans as an Antacid

3–4 cm dried, powdered vanilla pods are taken and added to hot water and kept undisturbed. This is filtered on self cooling and taken early in the morning. This is useful in acid peptic disorders.

Note: But this should not be taken repeatedly as it may cause burning sensation.

2. Vanilla Oil for Split Hair and Headache

100 ml of coconut oil,

200 ml water and

20 Grams of dried beans vanilla (paste) are taken together and oil is cooked in mild fire till total water content evaporates. Filtered.

This oil is applied regularly to relieve split hair and hair fall. As this gives good aroma to the scalp hair it is liked by majority of the people. In cases like heaviness of the scalp and headache also this is useful.

3. Dry Vanilla Mouth Gargle in Throat Pain and Throat Irritation

2–3 pinches of dried vanilla is taken and crushed well. This is kept inside the mouth and chewed or gargling is done with a little water. This reduces throat pain and throat irritation. In chronic cough also this is useful.

4. Vanilla Added Tea for Nausea and Travel Sickness

Vanilla has the soothing scent which helps to calm the mind. So, the green tea or classical tea with a pinch of dry vanilla (powder of crude vanilla beans) helps to prevent vomiting, nausea and travelling sickness. In stomach upset also this can be practiced quite successfully.

144. Vibheetaki Remedies: Mouth Ulcers, Pre- Menstrual Headache



Vibheetaki is one among the ingredients of Triphala. The word meaning of Vibheetaki is that which helps to eliminate the fear of disease. Its botanical name is *Terminalia belerica/bellirica*. Common name is *belliric myrobalan*.

The herb is hot in potency, possesses astringent taste and undergoes sweet kind of biological transformation (vipaka). It balances Kapha and Vata Dosha. It can slightly increase Pitta. The seed pulp is liked by the kids due to peculiar taste similar to ground nut or cashew nut. Excess intake of this leads to vomiting, nausea, belching etc. So children should avoid the seed marrow (nut portion of the seeds).

Home Remedies

1. Vibheetaki Stem Bark Decoction Gargling for Mouth Ulcers

The stem bark is collected and its outer skin is scraped. This is crushed and decoction is made. This decoction is used for gargling in case of mouth ulcers.

General method of decoction preparation is –

1 tablespoon (10 grams) of coarse powder of the herb is added with 2 cups of water. Boiled in open air till the total content is reduced to 1 cup. This is filtered and used.

2. Vibheetaki Leaf Decoction for Dhobi Itch

Leaf decoction of Vibheetaki tree is very much beneficial in cases like Dhobi itch and washer man itching, both for local application and oral administration in a dose of 30–50 ml, once or twice a day, before food.

3. Fruit Rind Hot Infusion with Cumin Seeds for Pre-Menstrual Headache

The hot infusion is made out of the coarse powder of the fruit rind. Later 2 grams of cumin seed powder is added and taken in the dose of 50–60 ml. This relieves pre-menstrual head ache.

4. Fruit Rind Fine Paste for Arresting the Bleeding

In case of emergency, the fruit rind is made into fine paste and applied over the bleeding spots. This helps to arrest bleeding instantly.

5. Dusting Powder of Fruit Rind for Oozing Ulcers

Fine powder of the fruit is used to dust over the wounds associated with pus or oozing. This arrests the discharge and helps the process of healing.

6. Seed Oil for Premature Grey Hairs

The seed marrow or nutty portion of the seed is collected and made into fine paste (50 grams approximately). To this 200 ml sesame oil is added and kept in sunshine for 10–12 days. Daily this is stirred well. Later it is filtered and used. This oil is applied to the base of the scalp in case of premature greying of hairs.

145. Wild Turmeric (Kasturi Manjal) Remedies: Headache, Urticaria, Fever

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Vanaharidra or Aranya Haridra is identified as Wild turmeric. It is useful in the treatment of insect bite, headache, fever, cough, allergy etc.

Fine Powder with Honey in Fever and Cough

Dried wild turmeric is made into fine powder and used in the dose of 1–2 grams along with a teaspoon of honey. It pacifies the upper respiratory tract infection and viral fever.

Fumigation (Herbal Smoking) for Rhinitis and Tonsillitis

Fumigation carried with the wild turmeric powder acts as decongestant and expectorant. Hence useful in rhinitis and tonsillitis. Take a piece of wild turmeric. Burn it. Inhale the fumes gradually for 1–2 minutes.

Fine Paste Application of Wild Turmeric in Lymphadenitis

Fine paste of turmeric (along with calcified lime) is applied beneath the axilla or groin. It reduces the pain and swelling caused in cases of lymph node enlargement.

146. 5 Jeera (Cumin) Remedies for Painful Periods, Stomach Complaints

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Cumin seeds are one among the commonly used spices used in cooking. Being an aromatic substance it contributes good taste and smell to the dish.

Ayurveda explains that cumin has below properties –

Deepana (carminative),

Pachana (digestive),

Vatanulomana (anti flatulent),

Vedanasthapana (analgesic), anti spasmodic

Balya (tonic),

Ruchya (taste enhancer),

Shoolahara (anti colic) etc.

1. Fried Cumin Seeds and Ginger Powder for Flatulence (Gas)

4 parts of cumin seeds and 2 part of dry ginger and 1 part of salt (preferably rock salt) are taken and fine powder is made. This is taken

in the dose of half spoon just before taking food, along with warm water.

This helps to evacuate the flatus, stimulate the digestive fire, reduce the abdominal distension, relieves regurgitation and burping and colic pain of abdomen.

2. Jeera Water for Indigestion, Anorexia and Reflux Oesophagitis

20 Grams of fried cumin seeds are taken and dry – fried a little.

This is added to 200 ml of hot water and allowed for cooling.

When it is lukewarm this is taken twice daily.

This helps to relieve most of the GIT problems, especially in children.

3. Cumin Jaggery Remedy for Menstrual Pain

50 Grams of Jeera powder is fried in a pan.

It is mixed with 25 grams of jaggery and pounded well.

This is made into big pills of 5 grams size.

This bolus is taken 1–2 days prior to expected date of menstruation.

After taking this, a cup of water or buttermilk can be consumed.

This can be continued even after menstruation for 2–3 days. This helps to reduce the pain and discomfort caused during menstruation.

This remedy can be used as a substitute for Jeeraka rasayana, a classical formulation.

Good appetite, taste and digestion can be expected from this recipe.

So those who have the need to improve digestion strength, can take this recipe irrespective of gender.

4. Cumin Medicated Milk for Fatigue and Excessive Thirst

5 Grams of cumin seeds,

200 ml milk and

400 ml water are taken and boiled till it is reduced to the amount of milk or approximately to 200–250 ml.

To this 1–2 teaspoon of sugar or jaggery can also be added.

This is a substitute drink for coffee and tea.

This relieves fatigue and thirst.

This is useful in morning sickness of pregnant mothers as well.

5. Jeeraka and Sugar Candy as Expectorant – to Take Out Phlegm

2 Grams each of cumin seeds and sugar candy are taken and retained in the mouth for 3–5 minutes and gradually it is chewed and slowly swallowed.

10–15 minute later gradually phlegm starts coming out and it should be spit out.

This can be repeated 5–6 times in a day.

This is useful in dry cough, pharyngitis, pain in the throat etc.

147. 4 Easy Lemon Home Remedies Using Seeds, Peel, Leaf and Stem Bark

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Lemon is used as the master herb in many Ayurvedic medicines to modify or catalyze therapeutic action. Being a sour substance it is a very good cardiac tonic. It improves blood circulation and digestion strength. It is useful to relieve bloating and to reduce cholesterol levels.

Lemon Remedies

Squeezed Lemon Ash Remedy for Diarrhoea

Ripe lemon, after squeezing, is usually thrown out. Instead, 3–4 such fruit covers (skin) is taken and dried well. It is burnt in open air. Ash is collected.

To quarter a teaspoon (500 mg – 1 gram) of the ash, half a cup of curd is added. This is consumed 2–3 times a day. This helps to arrest the diarrhoea effectively.

In case of gas collection in stomach, bloating and abdominal pain this is found to be effective and usually it is administered along with water or buttermilk.

Lemon Seed Remedy for Menstrual Pain

5–8 Lemon seeds are crushed to make into paste or powder. A teaspoon of this is mixed with a teaspoon of ghee and a pinch (1 gram) of salt.

This is administered along with warm water in cases of menstrual pain.

Dose – half to one teaspoon once or twice a day, before or after food for 1 week.

Lemon Leaf Soup for Vomiting, Gas Trouble

Lemon leaves are dipped in a cup of hot water. To this a pinch of turmeric powder, salt, half teaspoon of cumin seeds and jaggery are added and soup is prepared.

This soup is taken by sipping small amounts repeatedly. This is useful in the treatment of morning sickness in pregnant, nausea, vomiting, anorexia, indigestion, flatulence etc.

Lemon Stem Bark Remedy for Nausea and Vomiting

Stem bark of Lemon tree – 1 tablespoon is added to 2 cups of water, boiled and reduced to 1 cup. Filtered. (Kashaya – herbal decoction is prepared.)

To this decoction a pinch of salt is added and used for mouth gargling. Nausea and vomiting caused during pregnancy is subsided soon by this recipe.

148. 8 Banana Remedies with Fruit, Stem, Leaf, Rhizome and Flower

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Different parts of banana tree – ripe fruit, unripe fruit, leaves, tender leaf, rhizome and flower are used as remedies and dishes. Apart from its nutritional value it has quite a lot of preventive and curative health benefits too.

Banana Ripe Fruit Remedy for Cold and Allergy

The fruit is peeled and inner pulp is taken.

This is incised and in the incised area 2–3 long pepper fruits or 10–12 pepper seeds are placed and wrapped. This is kept in a tray and exposed to the moon light by keeping it over the terrace during night (especially on full moon day).

Next day morning, it is consumed on empty stomach. Procedure is repeated daily for 10–12 days. It helps to reduce the incidences of seasonal cold, rhinitis, cough etc. In few tropical eosinophilia cases also its good effect is experienced by me.

In Maharashtra this kind of practice is found by folklore.

Banana Peel Remedy for Abscess

Banana skin is cooked with lime water (calcium hydroxide). Further this is macerated well and fine paste is made. This paste is applied over abscess

(externally, leaving out the opening/punctum of the abscess). This practice helps to mature the abscess easily. It enables quicker pus formation, which is later drained out by incision.

Banana Unripe Fruit Remedy for Chickenpox Scars

Unripe fruit (as being used for vegetable) skin is taken and it is burnt. The black colored charred substance hence obtained is mixed with turmeric paste and applied over the lesions of chicken pox. This helps to reduce the scars and discoloration.

Banana Flower Remedy for Gastritis

One fistful of flower is taken and 1 cup of water is added. It is crushed or put in mixer and fresh juice is extracted.

To this, 1 tablespoon of honey is added and consumed early in the morning. This reduces gastritis as well as heaviness of the body.

In few of the individuals it may cause tastelessness (anorexia) and in such a case 1 spoon of cumin seed is added to this juice.

Banana Stem Tube for Urinary Calculi

Daily intake of 15–20 ml fresh juice of the tube helps to reduce the chances of occurrences of urinary stones. It is useful in treating burning urination as well.

Banana Rhizome for White Discharge (Leucorrhoea)

The rhizome (root part) – 100 grams is cooked well by adding 50 grams of jaggery. Then it is made into fine paste.

To this paste, a teaspoon of ghee is added and constantly stirred in mild intensity of heat till we get semisolid consistency (paste). Later it is taken out of the fire and on self cooling little honey is added and mixed thoroughly.

This can be kept for 2–3 months.

5–10 Grams of this linctus is taken along with food daily (similar to a fruit jam). This is a very good nutritive and rejuvenator and anti ageing. This is effective in non specific leucorrhoea cases.

Banana Leaf Remedy for Morning Sickness

The mature leaf is taken and burnt in open air to obtain the ash.

This ash is mixed with honey in equal proportions. Half a teaspoon of this is given to lick to the pregnant mother. This reduces morning sickness and hiccup caused in old age.

Banana Tender Leaf Remedy for Gastritis

Ghee is smeared over the tender leaf and warm food is served over this. Before completely cooling down, the served food is consumed. This helps to pacify the gastric irritation caused in the patients of gastric and duodenal ulcer.

Feel the pleasure of tradition, age old practices and its health benefits.

Science and rationality exists among all these traditional practices. Only thing lacking is, appreciation and finding the mode of action with modern pharmacological methods.

149. Buttermilk Home Remedy for Hemorrhoids



Hemorrhoids being a recurrent problem, Ayurvedic home remedies are often supplemented along with oral medicines in Ayurvedic treatment. Buttermilk is used with herbs to prepare home remedy for hemorrhoids. Buttermilk is advised as a regular diet ingredient for people with piles. Let us learn an Ayurveda home remedy for this painful condition.

Buttermilk for Piles

As per Charaka Samhita text book, for haemorrhoids with Vata and Shleshma (=Kapha) dominance, where there is pain, itching and mucous discharge, there is no other better medicine than buttermilk.

Home Remedy for Hemorrhoids

For this home remedy, we are using buttermilk – 100 ml and an herb called as Chitraka (leadwort – *Plumbago zeylanica*).

Original home remedy states – take a paste of chitraka and smear it over the inner surface of a mud pot. Keep buttermilk in this pot, overnight and next day, use such buttermilk.

We are tweaking this home remedy a little. We are taking 2–3 pinches of coarse powder of chitraka and add it to 100 ml of buttermilk, keep it for 2–3 hours, then filtered.

Alternately, curds can be used in place of buttermilk in this home remedy.

How to Take?

10 ml of this buttermilk can be taken one or two times a day, after food.

This can be used in place of normal buttermilk in diet.

Contra – Indication

Better to avoid this home remedy during summer.

People with sensitive stomach, gastritis and who are Pitta body type – better to avoid, or use curds in place of buttermilk in this remedy, after consulting Ayurvedic doctor.

It may not be effective in bleeding hemorrhoids.

How It Acts?

It is one of the best home remedies for hemorrhoids.

Chitraka and buttermilk – both are hot in nature. They both help to correct digestive enzymes, improve liver functions. This remedy helps to reduce the size of the pile mass, decrease mucous discharge and relieve pain.

150. Home Remedy for Bloating and Gas Trouble Using Buttermilk



Here we are making home remedy for bloating and gas trouble using three powerful Ayurvedic ingredients. This traditional Ayurvedic home remedy is good for bloating, mild constipation and to improve digestion.

Ingredients

Rock Salt – 1 Pinch It is a powerful ingredient to improve digestion and to relieve bloating.

Haritaki – Fruit Powder – 1 Teaspoonful – Haritaki botanical name is Terminalia chebula, Chebulic myrobalan in English and Harad in Hindi. It is one among of Triphala group of herb. It is useful to improve digestion, to relieve bloating, gas trouble. It also relieves mild constipation and used for rejuvenation purposes. Hence it is an ingredient in Triphala, which is used for rejuvenation.

Buttermilk – 100 ml: Buttermilk is good for digestion. It is especially good at night. It is slightly hot in nature and balances coldness of night. Hence it is better to avoid curd at night and use buttermilk instead.

How to make?

Add 1 pinch of rock salt and one spoon of Haritaki powder to buttermilk

Stir well.

Take it after food once or two times a day.

Taste: Astringent, salty and slight bitter.

What benefits to expect?

Relief from bloating, if used for up to 1–2 weeks.

Improves digestion

Relieves mild constipation

Useful for those who feel as if they have not emptied their intestines and feel heaviness

Who cannot use it?

Since it contains salt ingredient, people with high BP should avoid this.

As a general rule, it is better to use this home remedy only after consulting your doctor.

151. Cinnamon and Honey Benefits



Cinnamon (bark powder) and honey, both are widely used in numerous Ayurvedic herbal preparations and Ayurvedic home remedies. Cinnamon is used in Ayurvedic herbal powder mixes, tablets, herbal jams, etc.

While Honey is used extensively in Asavas, Arishtas, Lehyams (herbal jams such as Chyawanprash and Brahma rasayana) and also as a vehicle for many Ayurvedic tablets and herbal powders. So, here are a few tips about of honey and cinnamon benefits.

- 1. How to Lower Creatinine Levels** – Cinnamon is one of the rarest herbs to be found beneficial to naturally lower serum creatinine levels. For this purpose, Cinnamon powder – 1–2 grams can be administered along with honey. Honey has been explained as *Yogavahi* in Ayurveda. It acts as a positive catalyst and accelerates the absorption of the herbs, with which it is being administered.
- 2. Cinnamon and Honey Wound Healing** – Cinnamon is an excellent antimicrobial herb and used in wound healing. Honey is also a very good wound healing agent. So, a paste of honey and cinnamon applied over the wound is very useful to heal wounds quickly.
- 3. Cure Skin Itching** – Cinnamon is explained as '*Kandunashana*' – Meaning cure skin itching. A paste of cinnamon along with honey applied over skin affected with allergy etc. is used to treat itchy skin.
- 4. Home Remedy for Indigestion** – Both Cinnamon and honey tend to balance Vata and Kapha, and explained as '*amanashana*' and '*aruchi*

nashana' cures Ama, tastelessness and indigestion. So, a paste of Cinnamon with honey can be effectively used to treat indigestion.

- 5. Cinnamon and Honey for Weight Loss:** One pinch of cinnamon with one teaspoon of honey, with warm water, early in the morning, on empty stomach is traditionally used for weight loss. It is better to avoid coffee or tea till half an hour after taking this home remedy.

152. Amla Murabba Recipe, Preparation, Benefits, Side Effects



Amla murabba is a sweet preparation of Amla fruit – Indian Gooseberry. It is useful in Vata and Pitta imbalance disorders.

Step 1: Preparation of Lime Water

For this, 240 ml of water is mixed with 1 gram of lime powder.

Mixed well so that lime is completely dissolved in water.

It is kept undisturbed for 10 minutes for sedimentation.

It is filtered to get lime water free of solid particles.

Well formed 5 amla fruits – Indian gooseberries are taken.

They are punctured in all direction.

Punctured Amla fruits are kept soaked in lime water for one day.

On the next day, they are taken out of lime water.

Making of Sugar Syrup

If you are not comfortable with using sugar, you can use jaggery.

100 Grams of sugar is added with 400 ml of water. Stirred well.

It is heated till one thread consistency to prepare sugar syrup.

It is taken out of fire and the amla fruits soaked in lime water is added to the sugar syrup.

The fruits are kept soaked in sugar syrup for 3 days.

Then it is taken out and served fresh.

Mistakes with Other Methods of Amla Murabba

Some prescribe preparing Sugar-lemon juice solution with water, then adding amla fruits and boiling. This would cause loss of Vitamin C.

Benefits of Amla Murabba

It contains almost all benefits of Amla –

Natural aphrodisiac, anti ageing, nervine tonic

It brings about rejuvenation.

Rich source of anti oxidants, improves immunity

Balya (tonic)

Indicated in –

Burning sensation in hands and feet

Gastritis, hyperacidity, nausea and vomiting

Heavy periods

Low body weight.

Kshaya (emaciation)

Kasa (cough)

Mukhapaka (stomatitis)

Amlapitta (acid peptic disorders)

Mutradaha (burning micturition)

Raktapitta (bleeding disorders)

Pandu (anemia)

Kamala (jaundice) etc

Effect on Tridosha –

Amla Murabba balances Vata and Pitta Dosha.

Dose – 1 Amla murabba fruit twice a day, preferably taken in the first part of diet.

Children can take half a fruit once or twice a day.

How long can amla murabba be consumed?

It can be consumed for a few months time.

Side Effects of Amla Murabba

Because it is a coolant, it is best avoided during cold, cough and fever.

It is best to avoid in diabetic patients.

Because it improves weight, it is not recommended in obese people.

It is best to avoid in indigestion and in “Ama” conditions.

Store in a cool dry place.

Ensure air tight closure of container.

Shelf Life: 1 year

Question: I understand Amla and milk is not advised together however can Amla Murabba with milk be taken. As Amla is processed/boiled during murabba process?

Answer: It depends on the product. Mix a small piece of murabba in the milk. If it does not curdle the milk even after half an hour, then it is good to take.

153. Amla Shower for Healthy Hair and Wrinkle Free Skin

Article by Dr. Manasa



According to Ayurveda, Amalaki (*Emblica officinalis* – Indian Gooseberry) is the best Rasayana (Rejuvenating agent, Anti-ageing medicine, Immunity modulator herb).

Its benefits are unlimited. It is a medicine, a food inclusion and a plant which is worshiped in Indian tradition. It's presence in the premises of our home is said to be an auspicious sign.

Amalaki is known to ward off many diseases and prevent as many diseases when regularly consumed. Thus Amalaki is not only a part of Ayurveda but also a part of belief in Indian religion; it is a part of Indian culture.

Amalaki can be used both internally as well as externally. When taken internally Amalaki helps to prevent many diseases, cures as many and provides good immunity.

Amalaki has a similar impact when used externally too. Amalaki is skin and hair friendly. Amalaki is used in many oils, skin cleansers, shampoos, hair washes and soaps. Apart from having a coolant effect, it prevents damaging of skin and hair. It can also be used as a skin scrub.

**Bathing with Amalaki Water (Indian Gooseberry Shower) – Reference:
Yoga Ratnakara**

A reference from an old Ayurveda text, Yoga Ratnakara explains the benefits of external application of Amalaki as –

“The person who uses Amalaki for bathing purposes will surely avoid Vali (premature ageing and wrinkling) and Palita (Premature greying) and will live a healthy life span of 100 years”

This explanation points out towards the skin and hair protective property of Amalaki. We can conclude that Amalaki provides a long standing protection to skin and scalp making them immune to heat, light, pollutants, allergens and irritants.

Why don't we regularly use this easily available wonderful herb for bathing purpose especially after knowing how good it is for skin and hair health?

Benefits of Amla Shower

Skin protection and rejuvenation, Twak rasayana – Amalaki provides a long standing protection to skin and scalp making them immune to heat, light, pollutants, allergens and irritants.

Promotes hair growth, Keshya – strengthens the hair roots and make them long thick, strong, dark and denser, not allowing untimely greying of hair or hair-fall.

Natural hair conditioner – Amalaki provides long standing conditioning to hair and skin, thus making the skin look young and attractive. When used for a prolonged period, it avoids the ageing of skin by avoiding the wrinkles and maintaining the texture. The rich Vitamin-C in Amalaki and its anti-oxidant properties can be credited for its property of skin-hair protection.

Natural coolant property – Apart from this Amalaki would keep the skin cool due to its coolant property and prevent boils and eruptions due to its Pitta-alleviating property. Thus its activity on Bhrajaka Pitta located in skin can be substantiated.

Beautification, soundarya vardhaka – Amalaki keeps up the skin glow and gives a soft texture, making the skin beautiful and attractive.

Scrub and cleanser, twak shodhana – Amalaki powder or paste when used as a scrub removes dirt, dead cells and microbes, keeping the skin healthy and clean.

Note –

Intake of Amalaki simultaneously will help. Regular detoxification with an herbal laxative (at least at weekends) would work wonders for skin and hairs.

Take the opinion of your Ayurveda doctor before using shampoos and hair conditioners, though they are herbal. Something else might be better for your constitution.

You may also require some additional internal medications and treatment especially in chronic skin and scalp conditions. (Many skin, hair and scalp diseases are due to metabolic errors, systemic diseases and disorders related with immunity).

How to Take ‘Amalaki Water’ Bath?

Method 1:

Mix Amalaki powder in water. Use this water for head and body wash (bath)

Method 2:

Apply paste of Amalaki over the body and scalp. Wash off with water.

Method 3:

Apply paste of Amalaki over the body and scalp. Take bath with Amalaki mixed water.

Note

Use the same Amalaki paste or powder for scrubbing

Use a suitable herbal shampoo, soap and conditioner, preferably having Amalaki as one of the ingredients

Do not rub the hairs hard during hair-wash

How Long to Use?

Amalaki snana can be practised life long without worrying much.

Excellent properties of Amalaki in a nut shell.

Special Qualities of Amalaki:

Shivam – Auspicious and good in all aspects

Doshanulomanam – Propels Doshas in downward direction for elimination

Deepanam-Pachanam – Good in kindling the metabolic fire (appetizer), aids digestion and metabolism, Digests Ama (metabolic wastes) and prepares them for elimination.

Aayushyam – Good for life, enhances the life quality of each and every cell

Poushtikam – Nutritive

Dhanya – The person taking Amalaki regularly lives a disease free life devoid of any fear and thus is blessed.

Vaya Sthapana – Enhances and establishes the life span of an individual (and of every individual cell also).

Sarvaroga prashamaneem – Alleviates many diseases.

Buddhi-indriya-balapradam – Strengthens brain, intellect and senses.

Medicinal Uses of Amalaki:

Amalaki when taken individually or in combination with other beneficial and compatible compounds is said to alleviate the below said diseases effectively:

Kushta – Skin ailments

Gulma – Abdominal tumors

Udaavartam – Retrograde movement of Doshas and body components

Shosham – Depletion of tissues, Consumption

Pandu – Anaemia, Effects of blood loss

Arsha – Piles/Haemorrhoids

Grahani dosha – Metabolic errors of small intestine, Sprue, Irritable bowel, Malabsorption

Purana Jwaram – Chronic fevers

Vishama Jwaram – Inconsistent fevers of chronic nature

Hridroga – Heart disorders

Shiro Roga – Diseases pertaining to head

Atisaram – Diarrhoea

Arochakam – Anorexia

Kasa – Coughs

Prameha – Diabetes, Urinary disorders

Aanaaha – Flatulence, Bloating

Pleeha – Spleno – Hepatomegaly

Udaram – Abdominal disorders of recent onset

Kaphaprasekam – Excessive salivation, Water – brash

Vaisvaryam – Disorders of voice

Vaivarnyam – Discolouration of body due to various diseases and causes

Kaamalam – Jaundice and other liver related diseases

Krimi – Worm infestations

Shvayathu – Swelling and inflammation

Tamakam – Dyspnoea, Breathing disorders, Asthma

Chardi – Vomiting

Klaibyam – Impotency, Sexual disorders

Angaavasaadanam – Fatigue syndrome

Vividha srotovibandhaan – Removes many blocks in the cells and channels of the body

Hridaya – urasaha – pralepam – Heaviness and constricted feeling in the chest and region of heart

Smriti pramoha – Diseases affecting the memory process

Buddhi pramoha – Diseases affecting the intellect

Amalaki can be individually administered as a single entity or as a part of a compound. Ayurveda makes adequate use of Amalaki in various preparations especially Rasayana's (Rejuvenators) and Vajikarana's (Aphrodisiacs), It is used in wet (juice) and also in dry (powder) form.

Amalaki is the richest source of Vitamin-C and is a powerful anti-oxidant and anti-ageing agent.

Medical research has established the anti-viral, anti-microbial and anti-arthritis properties of Indian Gooseberry.

154. Amla Turmeric Home Remedy for Urinary Tract Disorders



Here is a simple home remedy for the treatment of Urinary tract infection associated with difficulty in urination using three easy ingredients.

Ingredients

Amla – Indian Gooseberry – 1 fruit/10 grams

Turmeric powder – 5 grams

Honey – 1–2 teaspoon.

Method of Preparation

Take Amla fruits, wash it, grate it into small pieces. Crush it in a mortar and pestle. Extract juice out of it by squeezing. With one fruit, you may get 1–2 teaspoon of juice.

Add turmeric powder to it mix well. Add 2 teaspoon of honey to it and mix well.

Dose – 1–2 teaspoon 2 times a day before food for 10–15 days time.

How long to take?

All the three are pretty basic, natural dietary ingredients. So, good to use for long term – 2–3 months of time, if required.

Rules for Preparation

If you prepare it in the morning, you can use it till evening.

You can prepare slightly large quantity and refrigerate it so that you can use it for 2–3 days but keep in mind that such a refrigeration method is not an ideal practice as per Ayurveda.

Benefits

Useful in burning urination,

Difficulty in urination, Recurrent urinary tract infections,

Lower abdominal pain (bladder pain),

Chronic urinary tract infection,

Prostatitis, Cystitis (Other medicines along with might be required)

What if I have amla powder and not the fruit?

You can mix 1 teaspoon (5–6 grams) of amla powder with 5 grams of turmeric and mix it with 2 teaspoon of honey and use it 5 grams once or two times a day before food.

Keep in mind the amla fruit juice is the first choice.

If you are preparing with dry amla powder, then you can store this for 1–2 months of time.

Herbal powder shelf life is more compared to shorter shelf life of juice extract.

Can it be used in diabetic people?

If the blood sugar is under good control, then diabetic people can use it.

If the blood sugar is not under good control, then honey can be skipped from this remedy.

What can be done with the leftover amla pieces after squeezing it for juice?

It has still some minor nutritive value. You can eat it.

Organoleptic Characteristics

Sweet taste

Yellow colour liquid

Reference: Sharangdhara Samhita 1/7

Effect on Tridosha

Amla balances all the three Doshas, mainly Vata and Pitta.

Turmeric balances all the three Doshas, mainly Kapha and Vata.

Honey balances Kapha Dosha.

So this is a perfect combination for anyone with any Dosha type.

The overall potency of this remedy is slightly hot. (Turmeric and honey are slightly hot and amla is a coolant).

How does this work?

Both turmeric and amla are very good anti oxidants and anti microbial herbs. The same combination also exists in powder form called Nishamalaki Churna. Nisha is turmeric and Amalaki is Amla (Indian Gooseberry).

The Nishamalaki churna is widely used in the treatment of UTI and diabetes.

Turmeric is praised as one of the prime herbs for the treatment of disorders pertaining to urinary system.

Side Effects and Precautions

This remedy can be taken by children above 1 year of age.

Assuming that you use good quality of honey, it is safe to take during pregnancy and lactation period.

It is best to follow this or any other home remedy only after consulting a qualified Ayurvedic doctor.

155. An Ancient Way of Using Triphala as an Anti Ageing Remedy



This particular remedy of Triphala is explained by master Charaka as a way to live for more than 100 years. Triphala – a simple combination of Amla, Baheda and Harad is known to have anti ageing effect since thousands of years.

Its reference of usage as anti ageing medicine is found in Charaka Samhita and Sushruta Samhita.

Triphala –

Is a combination of

Haritaki – Chebulic myrobalan – Terminalia chebula – fruit rind

Vibheetaki – Beleric Myrobalan – Terminalia bellerica

Amalaki (Indian gooseberry fruit) – Emblica officinalis Gaertn.

You get Triphala churna readily in any Ayurveda store.

Take 100 grams of Triphala powder. Make it into a paste with water.

Take a clean iron vessel-tumbler or just an iron plate or an iron pan.

Apply the paste of Triphala powder over the iron vessel.

Leave it to dry for 24 hours.

Scrape out the paste from the iron vessel after 24 hours. Keep it in a clean dry container. Make sure that the Triphala is completely dried, when preserved. If not, it may get spoiled in a week time.

How to consume?

This Triphala powder is administered in a dose of 5–10 grams, along with a teaspoon of honey.

It is made into paste with honey and consumed with a cup of water, after food.

If this remedy is taken in the morning, one should take at least 5 grams of ghee or sesame oil (in diet) in the evening.

If this remedy is taken at night, one should consume at least 5 grams of ghee or sesame oil (in diet), in the next breakfast.

Benefits

Charaka writes – By using this recipe continually for one year, one can live for one hundred years, free from ageing and diseases.

How it works?

As per Ayurveda, the nature of vessel that we use for cooking or storing any substance adds its own medicinal value to the substance. Even naturally, we can observe the difference in bathing water, which is boiled in a traditional copper vessel and which is heated by a modern day geyser.

In Ayurveda, Iron is used as an anti ageing remedy. Few benefits of Iron are –

It is nourishing, sweet, sour and bitter in taste.

It is coolant in nature and heavy to digest. It has scraping quality, hence useful in cardiovascular diseases. It improves strength, immunity, skin texture,

complexion, memory, intelligence, digestive power and acts as natural aphrodisiac.

Triphala is good for eyes, spleen, liver, blood vessels, a very good anti oxidant.

So, overall, this combination makes a perfect anti ageing remedy.

Effect on Tridosha – Balances all the three Doshas.

Precaution

Diabetic people should consult their doctor before using honey. Only if the blood sugar level is under control, 2–5 grams of honey per day can be used, otherwise, not.

It is best to avoid this remedy during pregnancy.

Why the advice to take ghee or sesame oil?

Both Triphala and honey have dryness as a quality. To counter it, after its digestion, ghee/sesame oil is advised.

Shelf Life of the Remedy

Triphala churna can be stored only for 1–2 months only. To be on the safer side, it is best to prepare this remedy once every month.

Reference: Charaka Samhita, Chikitsa Sthana, 1st chapter.

156. Hot Water Honey Benefits – How Far It Really Helps?



There are many Ayurvedic home remedies for weight loss. Hot water honey is one of the most hailed weight loss drinks. Though it is quite simple to make, there are some reservations to consider.

Ayurvedic Reference

*praatar madhu yutam vaari sevitam sthoulyanaashanam|Bhaishajya ratnavali
39/3*

Daily taking honey along with water is a remedy for obesity.

Take half a spoon of honey. Mix it with half a glass of water. Drink it.

Time: Early morning. empty stomach. Do not eat or drink for at least 15 minutes.

How long to take?

As long as you are not diabetic, this weight loss drink can be taken for 4–6 months.

Can diabetic people take this?

It is better not to follow this method if you are diabetic.

Can hot water be used in place of plain water?

According to Ayurveda, hot water and honey are not compatible with each other. Heating of honey or using heated substances with honey is not recommended as per Ayurveda. With this reason only, in the making of herbal jams like Chyawanaprash, where honey is an ingredient, it is added at the end of the making of Chyawanprash, when the jam is left for cooling down.

Hence, at the best, the water can be lukewarm or boiled and cooled water with honey, rather than hot water.

Heat processing of honey or using it with too hot substances is contra – indicated as per Ayurveda.

(Reference: Ashtanga Hridayam Sutrasthana 5/53 and Charaka Samhita Sutrasthana 26/84)

Q: Is it safe drinking warm water with lemon and honey in the morning for pregnant women?

Warm water, lemon juice extract and honey combination is used for cleansing, detoxifying, weight reducing purposes, called as Langhana therapy or Shodhana in Ayurveda.

During pregnancy, the opposite of it – Brihmana – nourishing therapy is required. Hence, the above combination is not required during pregnancy.

Q: Is it a good idea to add lemon juice to honey + water?

Yes. Honey and lemon juice go well with each other. Lemon is also good for stomach and for weight loss.

So, 1 teaspoon of lemon juice + 1 teaspoon of honey in half a cup of water, in the morning, empty stomach is also fine to take for 5–6 months time.

157. Home Remedy: Facial Hair Removal



Facial hairs in women are a common cause of cosmetic concern. While it is fine to go for facial hair removal techniques like waxing, bleaching, threading, electrolysis, laser etc. Here are a few cool home remedies for facial hair removal that you can try at home –

1. Make a paste of besan powder (gram flour) along with turmeric and apply, leave for fifteen minutes and remove.

Turmeric is used in Indian tradition, by females to apply over the cheeks, because of its hair removal property.

2. A mixture of gram flour, turmeric and mustard oil is used for scrubbing.
3. Paste of milk with turmeric, over a period of time, helps.
4. Make a thin watery paste of wild turmeric. Rub it and apply it on face for 15 minutes. Wash off. Then make a paste of alum and rose water and apply it. Wash off after 30 minutes. Do this once or twice a week.

Does applying turmeric after epilation retard the facial hair growth?

Yes, after epilation or hair removal treatment, it is good to apply turmeric powder over face and leave it for at least 10–15 minutes before washing off. Apart from delaying facial hair re-growth, it also heals the skin lesions that may be caused during epilation.

To some extent, it is useful in retarding further facial hair growth, or at least delaying the same.

In ancient times, women used to apply turmeric over face, daily for the same purpose.

158. Licorice Milk Recipe for Gastritis, Stomach Ulcers, Heartburn

By Dr. Y.S. Raghuram MD (Ayu)



Licorice milk is very easy to prepare remedy for gastritis. It is explained in Ayurveda as Yastimadhu Ksheerapaka. Ksheerapaka is a formulation prepared using milk. The herb is processed (paka) in the milk and the resultant preparation is called Ksirapaka.

Ingredients of Licorice Milk Remedy

- Yastimadu – Coarse powder of Licorice – 3 grams
- Ksheera (Milk) – 25 ml
- Jala (Water) – 100 ml

How to prepare?

In this context we shall discuss the quantity of Ksheerapaka to be prepared, enough for single dose consumption.

- Coarse powder of Licorice bark is taken in the quantity of 3 grams (approximately half a teaspoon) in a vessel.
- To this, milk is added in a quantity of 25 ml or approximately 8 times the quantity of Licorice churna (powder).

- Now water is added in a quantity of 100 ml i.e. approximately 32 times the quantity of licorice powder (or 4 times the quantity of Milk). Before adding water to the vessel roughly note down the level of milk.
- Now the vessel with the required ingredients is kept on a stove and processed in moderate heat.
- The contents are heated until only milk remains. This means to tell that the process is carried on until all the water which has been added at the beginning of the preparation evaporates leaving behind the milk which we had taken i.e. 100ml of water evaporates during this processing and finally 25 ml of milk remains.
- This procedure enables the medicinal qualities of Yashtimadhu to get imbibed into the milk. This also reduces the irritating and nauseating property of Yashtimadhu and enables easy consumption of the medicament.
- Next the contents are filtered to separate the coarse powder of Yashtimadhu from the milk.
- The resultant milk is consumed hot or warm.

Dose

25ml in the morning (depends on the severity) – should be decided by the doctor.

In children below 12 years of age, 5–10 ml, once or twice a day is the dose.

In conditions of Gastritis and Stomach related ailments it is preferred to be consumed before food. This formulation can also be given after food. The decision should be taken by a qualified Ayurvedic physician after thoroughly examining the disease and the diseased.

How long to take?

It can be taken safely for a period of 2–8 weeks, based on doctor's advice.

Shelf Life

Every time the preparation shall be made fresh.

It should neither be preserved nor refrigerated nor reused after a long time following its preparation, because by then it would have lost its medicinal properties.

Benefits of Liquorice Milk Recipe

Useful remedy for Gastritis and other stomach ailments, Reduces stomach acid levels,

Prevents ulcer formation

Useful in Gastric Erosions and Peptic Ulcers

Research studies have shown that the chemicals in Liquorice decreases swelling of the mucous membrane in inflammatory stomach conditions (and in lung congestions), thin down mucus secretions and increases chemicals in our body that heal ulcers. It is also useful in relieving H Pylori infection.

- Aids digestion, cures indigestion
- Good remedy for GERD/Reflex oesophagitis/Acid Reflex/Heartburn
- Relieves spasm of digestive tract and thus relieves colic/tummy pain
- Heals Liver damages, It enhances bile flow, aids digestion, decreases cholesterol levels
- It acts as a nutrient and helps in lowering stress
- Milk and Liquorice – both are good rejuvenators and geriatric medicines, the compound is even more wholesome

Probable Mode of Action in Healing Gastric Ailments – an Ayurvedic Perspective

Milk is said to be a Nitya – Rasayana (Rejuvenator which can be consumed on a daily basis) and Yashtimadhu is of course a good Rasayana.

Rasayana means that which is highly beneficial for all the tissues in the body, the mind and senses, provides good health and immunity apart from healing and curing the diseases. Thus Yashtimadhu Ksheerapaka provides a double dose of Rasayana.

Being Rasayana the combination also covers the healing process in the entire body (and mind) but since we are discussing the role of Ksheerapaka in Gastric ailments and digestive disorders we will just have a look at the probable mode of action of Yashtimadhu Ksheerapaka in the mentioned conditions.

Licorice is a known Rasayana herb of Ayurveda, used since the time of Charaka and Sushruta.

Milk has taken the properties and qualities of Yashtimadhu after the processing and it will be Yashtimadhu which will be predominantly acting in these conditions. Milk is a media and a conveyer of medicinal properties of Yashtimadhu to the cells. Also the processing with milk nullifies the irritant and nauseating nature of Yashtimadhu.

The stomach and its functions are predominantly monitored by *Pachaka Pitta, Kledaka Kapha and Samana Vayu*. Though they will get help from other sub-types of Doshas it would be irrelevant to discuss that in this context. When the mentioned sub-types of Doshas are in equilibrium the activities pertaining to digestion take place in an undisturbed way.

The imbalance between these sub-types of Doshas, especially the hyperactivity of Pachaka Pitta supported by disturbed Samana Vayu will lead to production of excessive Pitta (acids?) which in due course of time will damage the Shleshmadhara Kala (Gastric mucosa) of the stomach causing inflammation in its layers. The local Kapha which acts as a buffer or protective layer in the stomach is thus imbalanced. This inflammation in due course of time will lead to conditions like Ajeerna (indigestion), Amlapitta (Gastritis, GERD etc.) etc.

In the later stages this excess Pitta will further damage and burn the Shleshmadhara Kala and Mamsadhara Kala (Gastric musculature) leading to Gastric erosions and ulcers (Annadrava Shoola and Parinama Shoola). This condition is a painful one. The pain is associated with nausea, hyperacidity, sour belching, heartburn, vomiting and many other symptoms.

Yashtimadhu Ksheerapaka by the virtue of its properties like Madhura Rasa and Vipaka, Sheeta Guna, Snigdha Guru Gunas will buffer the excess Pitta and balance it. This happens due to the antagonistic action of Yashtimadhu Ksheerapaka on Pitta and Vata – which are the prime culprits in the causation of Gastric ailments.

The medicine also helps in healing the erosions and ulcers, prevents excess acid formation and being a mild laxative owing to its Snigdha and Guru Gunas will flush the excess Pitta out of the stomach and intestines. It also corrects the metabolism and aids in proper digestion and absorption of food. This further energizes the cells and restores strength and immunity of the body. The medicine also allows the recovery of gastric mucosa and musculature in quick time.

Side Effects

People with high blood pressure should seek medical advice before taking it.

It is best to avoid this during pregnancy.

159. Trikatu, Rock Salt Home Remedy for Sinusitis, Laziness and High Kapha



Kapha Dosha increase causes sinusitis, laziness, heaviness of head, anorexia etc. Spices are commonly used to treat these conditions. But because many people cannot tolerate spices due to sensitive stomach, here is a simple gargling home remedy for the said conditions.

What you need?

A piece of fresh ginger – sufficient to extract 5 ml of juice

Trikatu powder – 1 pinch (half to one gram)

Rock Salt (Saindhava Lavana) – 1 pinch (half to one gram)

How to make?

Take fresh ginger, peel off the skin and crush it to extract 5 ml of juice.

Add a pinch of each of Trikatu (mixture of fine powder of pepper, long pepper and ginger) and rock salt to it.

Mix it well.

How to use?

In the morning, soon after getting up and brushing teeth etc. Take 5 ml of this liquid mix into mouth and rinse well for half to one minute and spit it out.

After you spit it out, if the need be, you can repeat it for 2–3 times.

What are its benefits?

- It helps to expel out sputum collection from sinuses, hence very useful in sinusitis.
- It helps to relieve tongue coating and anorexia. It improves taste.
- It is useful in fever, associated with anorexia.
- It helps to balance Kapha Dosha in head region.
- It helps to relieve headache and heaviness of head associated with cough, cold and sinusitis.
- It also relieves vomiting sensation.
- This remedy can be followed during season changes leading to onset of a cold season. Such as, during onset of rainy season or during onset of winter.

How does it work?

As per Ayurveda, all the above symptoms/diseases are due to Kapha origin.

Rock salt helps to liquify Kapha Dosha. Trikatu is very good anti-inflammatory spice mix. It helps to relieve Kapha Dosha.

How long to take?

It can be continued for one to two weeks.

Safe for kids?

It is safe for kids above 7 years of age. The dose for mouth rinsing can be just 5 1–2 ml.

During pregnancy and lactation?

If a pregnant mother can tolerate it, on trial, it can be used for a short period of 2–3 days time.

I do not recommend it to use for a longer period of time during pregnancy.

It is quite safe to use during lactation period.

Side Effects

It may not be tolerated by people with oral ulcers and by people with Pitta increase/Pitta body type.

What happens if the liquid is swallowed?

No big deal. But better to avoid swallowing if you cannot tolerate spices or if you have gastritis or hypertension.

160. Triphala Guggulu

Benefits, Dose, Ingredients, Side Effects



Triphala guggulu is one of the best herbal remedy – haemorrhoids and anorectal fistula.

It is one of the ancient of Ayurvedic formulation.

Reference: Sharangdhara Samhita Madhyama Khanda 7/52–53

Uses of Triphala Guggulu

It is used for the treatment of piles and fistula.

It helps to ease bowel movements, acts as a mild laxative.

It helps to heal the wound faster.

Ingredients of Triphala Guggul Tablets

Emblica officinalis – Amla – 1 part

Terminalia chebula – Hareetaki – 1 part

Terminalia bellerica – Vibheetaki – 1 part

These three together are called as Triphala. They are very well known for quick wound healing, healing of sinuses and fistula. They also provide mild laxative effect. This helps to avoid friction of stool mass on the pile mass or fissures. Thus, it helps to heal the fissures fast.

Piper longum – Long pepper – 1 part – Stimulates liver and aids in healing

Commiphora mukul – Guggulu – 5 parts – One of the best anti-inflammatory herbs, useful to reduce swelling, heal fistula track and to reduce pain and swelling.

Method of Manufacturing

The method of preparation of this medicine is an example of Anagni Siddha Guggulu. i.e. Preparation without usage of fire.

The said amounts of ingredients are taken together along with guggulu, pounded well and pills are rolled.

How Triphala gugglu is beneficial in piles and fistula?

Triphala is well-known for its quality. It soothes the inflamed mucous layer and helps in checking the further infection.

Guggulu is one of the best known herbal anti-inflammatory herbs of Ayurveda. It also helps in healing the inflammation of fistula and haemorrhoids.

Triphala helps in easy bowel movements, a problem, often troubling the people with haemorrhoids.

Long pepper helps digestion and assimilation of food nutrients. It is also supports liver.

Dosage of Triphala Guggulu –

1–2 tablets two to three times a day after food or as directed by your Ayurvedic specialist.

Side Effects

Better to avoid this medicine for very long term use, for more than 3–4 months time.

Safe for kids?

Yes. It can be used in children above five years of age.

Pregnancy and lactation?

It is best to avoid this during pregnancy and lactation.

161. 10 Effective Ayurvedic Home Remedies for Acidity and Gastritis



Ayurveda has given many home remedies for acidity and gastritis. Which are very simple, very easy to prepare and yet effective. Here are a few Ayurvedic home remedies.

Introduction

The term “acidity” is commonly used by layman to suggest the gastritis condition. Acidity implies hyper acidity, meaning increased hydrochloric acid secretion in the stomach leading to irritation of stomach inner lining. (mucosal lining).

Ayurvedic Home Remedies for Gastritis

You may not try all of these, you can follow a few.

- Long pepper powder – half a gram with one spoon of honey – two times a day is one of the effective home remedies for gastritis.
- Lemon juice helps to relieve vomiting sensation and bloating.
- Boiled Ash gourd with jaggery relieves bloating and burning sensation in stomach associated with acidity and gastritis.
- One table-spoon of Triphala powder added with one glass of water, boiled and reduced to half a glass, filtered. This water decoction in hot

condition, along with one table-spoon of honey or ghee relieves gastritis.

- Regular chewing of half a teaspoon of fennel seeds after food is good for digestion and gastritis.
- Half glass of buttermilk, added with a pinch of asa foetida, turmeric, half tea-spoon of fenugreek drunk at night, is good for effective treatment of gastritis.
- Crush cumin seeds into fine powder. Add half tea-spoon of cumin seeds to one litre of water. boil the water for two minutes and filter. Drink this water, in place of normal water. But new water needs to be made everyday. This is a natural remedy for gastritis.
- Things which are included in gastritis diet aid in gastritis cure.
- Ginger – 5 grams.
- Milk – 100 ml
- water – 100 ml.

Boil this till there is only 80–100 ml remaining. (Meaning water is emptied)

Filter and drink. This is a good gastritis remedy.

In the same way, garlic – drink is also a good home remedy for gastritis.

162. 3 Ayurvedic Home Remedies for Toothache: Garlic Paste, Mustard Oil

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



If the cause of tooth pain is local inflammation, then the below Ayurvedic home remedies will help you in getting rid of pain and inflammation.

1. Medicated Traditional Oil for Tooth Ache

5 Grams each of baking soda, table salt and pepper powder are taken and fine powder is made.

This is added to 25 ml of mustard oil and heated for 2–3 minutes. When the froth appears it is taken out of the fire, filtered and stored.

When there is toothache, 1–2 ml of this oil is applied to the cotton and kept beneath over the gum for 5–10 minutes. Good comfort is observed by this, immediately.

2. Tooth Ache Powder

Pepper seeds – 20,

Seeds of chilly – 10,

clove – 5 and

Mustard seeds 1 spoon are taken together and fine powder is made and mixed well.

When there is tooth pain, this powder is mixed with a little salt water and paste is made. This paste is retained on the paining area. Cotton or thin cloth also can be used to retain it for long.

Caution: Avoid using it in children. Avoid swallowing it.

3. Garlic Paste Recipe

1–2 seeds of garlic is taken and fried with sesame oil.

To this 1–2 pepper or long pepper and a clove are added and pounded well.

Then this is squeezed. This yields an oily exudate (semi solid product).

This is applied to the cotton and retained near the affected teeth. (Some add tobacco also; as it is injurious to the health it is not recommended)

163. 3 Ayurvedic Remedies for Excessive Thirst Using Honey, Coriander

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Thirst is a natural urge everybody possesses. But if it is felt very often, it can be considered as a symptom of an underlying cause, such as diabetes. Dryness of mouth is also seen as side effect of medications such as anti-depressants. Ayurvedic textbooks explain excess continuous thirst as a disorder, called Trishna vyadhi (Thirst disorder).

Today excessive thirst followed with excess urination is denoted as a main symptom of Diabetes. Here are a few simple remedies to control excessive thirst/dryness of mouth.

1. Cold Water and Honey

Those who get repeated thirst or in need of large amount of water for their satisfaction are advised to follow this.

One cup of water is taken and to this one teaspoon of honey is added. This is stirred well and kept for 5 minutes. Again another teaspoon of honey is added to it and stirred well, kept for 5 minutes. This process is continued for 2–3 times.

Person with excess mouth dryness is asked to sip this water frequently.

This significantly decreases the thirst and also frequent urination.

2. Tender Leaf Recipe

Tender leaves of jamun tree (blueberry), mango and pomegranate are collected. Fine paste is prepared by pounding. 1/2 to 1 teaspoon of this paste is mixed with a cup of buttermilk.

It is consumed once or twice a day, after food, for 1–2 week time.

This remedy can be prepared with tender leaves of the listed trees as per availability.

3. Coriander Seed Cold Infusion

5 Grams of coriander seeds are taken and pounded to obtain the powder.

This is added to a cup of water and kept overnight. Next day morning this is macerated well and filtered.

This is taken along with a pinch of sugar or jaggery.

This is appreciated in classical Ayurvedic literatures also as Dhanyaka hima.

This is very effective even in burning sensation as well as blockage of the channels.

164. 3 Easy Home Remedies for Bleeding Gums

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Bleeding gums is a common feature in Pitta Dosha dominant people. It is also seen in deficiency of Vitamin C. Here are a few simple remedies for bleeding gums.

Guava Leaf Buds

Tender leaf buds of Guava, tamarind and mango are taken (5 grams each) and fine paste is made.

If pus discharge is an associated symptom, then a pinch of turmeric and curry leaf powder can be added. This paste is retained in mouth for 5–8 minutes

12–14 days regular treatment gives significant benefits.

Mango Leaves

10 mature mango leaves

10 mid rib vein of jack fruit leaf

5–10 Grams of coir or fibres of coconut and

1 gram (5–8 seeds) of cardamom are taken together in an earthen pan.

This mix is burnt by heating till it is charred.

A black coloured mass is obtained.

To this a pinch of salt is added and fine powder is made. If necessary it can be sieved.

Daily morning and night, above powder is applied to the gums and then mouth is gargled with plain water. This yields good benefit in bleeding gum and gingivitis.

Medicated Powder

10 dried gooseberries (Amla)

1 teaspoon of tea powder,

1 teaspoon table salt

1 teaspoon of turmeric powder

They are taken together and pounded well to obtain fine powder. Daily night before going to bed 1 teaspoon of this is retained in the mouth and gradually it is chewed.

Or else mouth gargling can be carried 10–15 days regular practice gives very good relief in case of bleeding gum, gingivitis, bad breath and sore throat.

165. 4 Ayurvedic Herbal Home Remedies for Heavy Periods

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Among the various health issues related to the menstruation, excess flow or heavy periods is the most common problem. Intake of stypitics or hormonal tablets may be harmful and expensive. Also long term intake of such medicaments may cause few of the side effects over the cycle and the reproductive organs even.

Here are few simple and safe home remedies for excess menstrual flow –

1. **Touch Me Not – Mimosa Pudica –**

Whole plant is taken a fistful and cut into small pieces. It is added with 200 ml (1 big cup) of water. It is boiled till only 50 ml remains. Filtered. This herbal tea is taken 2 times a day, 10 minutes before food. Within 2–3 doses heavy flow is arrested. In case of prolonged flow also this is useful.

2. **Vetiver Root**, flowers of hibiscus (preferably white coloured one) – both one tablespoon each are taken. They are added with 200 ml (1 big cup) water, boiled and reduced to 50 ml and filtered. It is added with a teaspoon of jaggery or sugar candy and taken 2–3 times a day 10 minutes before food till bleeding stops.

3. **Red Sandalwood** is rubbed well along with rose water or rice washed water to obtain the fine paste. To this little honey is added and administered to the patient.
4. **Nutmeg and Saffron** are made into fine powder (half pinch each). To this little sugar candy is added. This is taken 2–3 times in a day.

166. 4 Home Remedies for Burning Sensation in Head

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Burning sensation in the scalp is a common symptom in several systemic disorders. Even though tackling the main disorder is the easy step to relieve from the complaint, usually it takes several weeks to month's period to give complete relief from burning sensation of the head. In addition, if burning sensation is persistent for prolonged period it will take away the pleasure and concentration of the individuals.

So people who are suffering from burning of the scalp surface are in search of safe and effective home remedies to pacify the complaint.

Here are four important, time tested and safe home remedies to relieve from burning of the head. Even while taking the internal medication of any kind or system also these home remedies can be practiced by which added benefits can be availed.

1. **Aloe Vera Pulp** is taken, added with double quantity of water, squeezed. This is kept as it is for 10–15 minutes. Later, it is applied over the middle of the scalp. Or else a cotton cloth is dipped in this juice and placed in the middle of the head and to easier the procedure it can be tied later.

Usually within 15 minutes good relief is found. It is used in lack of sleep with burning sensation of eyes.

2. **10 ml Buffalo's Ghee** (or cow ghee) is added with a pinch of camphor (Bheemaseni Kapoor) and rubbed well. This is kept in between the bandage cloth (or small piece of cloth/towel) and kept over the scalp. The patient is asked to lie down later.

Burning sensation is relieved soon.

Note: If the person is allergic to camphor, better to avoid this remedy. Or else, the person may suffer with cold or running nose.

3. **Leaf of Bimbi (Courgette/Ivy Gourd) and Malabar Spinach (Basella Rubra)** are made into fine paste and applied over the middle of the scalp.

Burning of the scalp followed by nasal bleeding is also relieved by this.

It is also useful in sleeplessness.

4. Freshly prepared **Onion Juice** is mixed with ghee and coconut milk and mixed together thoroughly. This becomes a viscous emulsion. This is applied over the scalp and sole.

This reduces the burning sensation and induces good sleep especially in children it is having very significant effect.

167. 4 Remedies for Blackheads, Pimple Scars Using Saffron, Turmeric

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



As per Ayurveda, black heads and pimple scars are due to Pitta aggravation or imbalance. During these conditions, oral medicines and external application – both are used for the treatment. Here are a few remedies that you can try at home for black heads and acne scars.

1. Red Sandalwood Recipe

Red sandalwood is rubbed against the stone by adding little water. Fine paste is obtained.

To this little Natural Red oxide (Gairika; Red ochre in English, Geru in Hindi) is added and fine paste is made.

This is applied to the affected area of the face twice daily and retained for 1–2 hour.

After that, it is washed off with hot water.

7–8 days of this paste application yields good results.

2. Neem Bark – Aloe Vera Paste

Neem bark (fresh or dried) is rubbed well with Aloe vera juice and fine paste is prepared.

Regular application helps to decrease the marks and black heads.

3. Turmeric Compound Mixture

Turmeric and Berberis (Tree turmeric/Berberis aristata) are taken in their fine powder form and mixed well with cow's milk. To this little talcum powder is added and mixed thoroughly.

If this is applied once or twice daily significant benefit can be observed in any kind of markings of the face and soft body parts.

4. Saffron and Ghee

In a small china clay/porcelain mortar, half teaspoon of ghee is added and 3–4 saffron strands. The mix is triturated well.

When this becomes reddish yellow, this is applied over the wet face.

168. 4 Remedies for Feeling Cold: Mustard Oil, Eucalyptus Oil, Ginger, Coffee

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Cold associated with shivering is very common during winter. Some people are naturally sensitive to coldness. Such people are quite naturally hesitating to move in AC cars or vehicles as they are prone to get cold and even the fever too.

Here, not only the season or food but also the individual's constitution (especially if they are Vata or Kapha dominant) and mental aspects have direct impact over cold sensitivity.

Please note that shivering or feeling of cold is common in certain diseases such as fever, anaemia, gout, arthritis, rheumatism, SLE, calcium deficiency etc. The below mentioned remedies are useful for season and food based feeling of cold.

1. Mustard Oil Remedy: (Sarso ka tel)

Mustard oil is hot in nature. Take 5–10 ml of mustard oil (1–2 teaspoon), warm it.

It is applied over forehead, arms and legs.

Or it can be applied to palms and feet.

It can be applied at bed time or can be washed off after 30 minutes with hot water.

Those who possess rough and tight skin, a pinch of salt is advised to add to this oil while heating.

2. Eucalyptus Oil Remedy: (Nilgiri Taila)

6–10 drops of Eucalyptus oil is added to hot water and the steam is inhaled and this is a common practice in cases like common cold, nasal congestion, head ache, heaviness of the head etc.

When shivering is an associated symptom, a pinch of camphor and 2–3 drops of mint oil or pepper oil (if available, or else powdered pepper can be added) is added to this and applied to the forehead. This helps to reduce most of the cold associated features.

3. Dhatura Seed/Brinjal and Oil Recipe

20–30 seeds of Dhatura (in the absence 40–50 seeds of Brinjal can also be used) are soaked in sesame oil for a day. This is added with a pinch of turmeric powder and ginger powder and warmed a little under sunlight.

This oil can be used to inhale 2–3 times a day in nasal congestion followed with cold, stiffness of the neck and shivering.

4. Ginger – Jaggery Green Coffee

This is a unique kind of coffee preparation used by the people of Malnad area of Karnataka.

Coffee decoction is kept ready. To one cup of boiled water (milk is not added) jaggery is added and dissolved.

Further ginger powder is added a little and kept for a while (some people use pepper powder even).

This is taken early in the morning so as to avoid the cold and shivering. In early winter this is a common practice in many village people of Malnad area where raining happens for around six months of the year.

169. 5 Easy Home Remedies for Morning Stiffness in Joints



Morning stiffness is a common complaint in majority of the patients who are suffering from rheumatoid arthritis. It is also seen in degenerative disorders. Cold weather, sedentary life, overweight, heavy food, altered digestion strength are a few factors which could worsen joint stiffness.

The below remedies can be used in adjunct with the disease treatment.

1. Medicated Milk of Castor Root and Ginger Rhizome

1 teaspoon each of castor roots and ginger rhizome are taken and cooked well with 120 ml milk and 240 ml of water and reduced to approximately 200 ml. Filtered. This method of preparation is called ksheerapaka in Ayurveda.

This is administered to the patient preferably at night. This considerably decreases early morning stiffness in joints.

2. Decoction of Cumin Seeds and Asafoetida

8–10 Grams of cumin seeds are taken and fried with little ghee. To this 200 ml water is added and boiled till it is reduced to 100–120 ml. To this ghee fried asafoetida (half pinch) is added and consumed before or after food in the morning to relieve joint stiffness.

3. Hot Infusion of Black Pepper with Honey

One cup of hot water is taken and to this one teaspoon of black pepper powder is added and kept for a while. When it is lukewarm, half spoon of honey is added and taken. This eases the joint movements.

4. Fine Paste/Bandage of Dhatura Leaf

3–4 tablespoon paste is prepared with Dhatura leaves. To this a teaspoon of turmeric powder and a pinch of salt is added and this is wrapped around the joints. If needed, a cloth ribbon is tied around it.

5–7 days practice contributes significant benefit in stiffness of the joints which is usually caused during morning.

5. Hot Fomentation with Salt Bag

1–2 fistful of table salt is taken in a cotton cloth and wrapped to make a bundle/bolus. This is sprinkled with little sesame oil or water and warmed by keeping it over a pan.

As per one's heat tolerance, this is applied over the affected joint over the muscular area where stiffness is caused.

1–2 week therapy provides good benefit in this condition.

170. 5 Safe and Easy Home Remedies to Stop Farting

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Flatus is a burning health issue in many. As per Ayurveda, fart is a natural urge and it should not be suppressed. If it is forcibly stopped, over a period of time, it may lead to bloating, abdominal pain, headache and such other Vata imbalance disorders.

If the person is getting untimely and excessive fart, it can be reduced by correcting digestive enzymes and bringing Vata Dosha into its normal routes at the level of intestines. Here are a few easy remedies to stop farting.

1. Ginger Remedy

2 pinch of dry ginger powder and a pinch of salt (preferably rock salt) are taken together along with a cup of warm water, 15 minutes before food. Ginger will boost up digestion strength and salt balances Vata Dosha. This can be practiced twice daily.

At night, this can be taken along with a cup of buttermilk or lemon juice also.

2. Garlic Paste Remedy

A teaspoon of garlic paste is added to a cup of buttermilk and consumed after food, at night.

Or

A teaspoon of garlic paste is added to a cup of lemon juice (lemonade) and consumed after food, once or twice a day.

3. Asafoetida and Cumin Recipe

1 teaspoon of cumin seed is dry fried.

1 pinch of asafoetida (Heeng) is fried with little ghee.

Both are mixed and the powder is consumed along with a cup of water, whenever there is excess flatus problem.

4. Lime Juice with Buttermilk Recipe

A cup of sour buttermilk is taken and diluted by adding equal amount of water.

Further lemon juice – half a cup is added to this and stirred well.

Little salt can also be added, taken after food, once or twice a day.

This helps to relieve regurgitation, distension, indigestion followed with flatus.

5. Baking Soda Recipe

One pinch of baking soda is dissolved in half cup of water and taken. This relieves the regurgitation followed with flatus. But repeated intake is not recommended.

But above all it is indeed necessary to avoid food and beverages which are heavy for digestion/hard to digest, dry food, junk food, oily and spicy food, excess non veg foods, canned and preservative added food, staled food etc.

Large amount of water, buttermilk, lemon water or lime juice, sour fruits etc have definite role in decreasing this kind of complaints.

171. 5 Simple Effective Home Remedies for Peripheral Neuropathy

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Peripheral neuritis or neuropathy is a very common health issue found in the age group of above 40–45 years in women and above 50–55 years in men. If it is of moderate intensity, this condition can be managed well with home remedies.

Common Causes

Sedentary life, long walk, junk food, dry food, cold eatables, fried and oily food, fatty food, non fibrous eatables, condensed and canned food, colorants and artificial flavoured as well as preservative loaded food, excess of dairy products, potato, sweet potato, peas and pulses/grams.

Useful Recommendations

Moderate walk or exercise, controlled food, food in divided form, systematic food, emphasize towards traditional food, natural food and food supplements, vegetables and fruits, moderate nuts and dry fruits, sprouted grains etc.

Home Remedies for Peripheral Neuritis and Neuralgia Conditions –

1. Cashew, Almonds and Pista Milk

1–2 cashew nut, 1–2 almonds or apricot and 3–5 Pista are taken and fine paste is made. Otherwise the powder can be made and kept ready for use.

This mixture is added with half a cup of milk and a cup of water. This mix is cooked. You will get around half to one cup of cooked milk. No need to filter this.

According to ones liking natural flavours like clove or cardamom (1 or 2) can be added to this. This is taken preferably in the evening hours or 3 hours after the breakfast.

Sugar or jaggery can also be added. (in non-diabetic patients).

This works well in case of old age as well as in menopause related neuritis and neuralgia.

In pre menopause cases this can be taken along with half spoon of Gulkhand (rose petal sugar mix paste) for better results.

2. Ground Nut, Cashew Nut, Raisins Remedy

50–60 ground nut are taken and fried for 1–2 minutes in an pan.

10–12 cashew nuts,

20–30 raisins,

2–4 clove and a pinch of cardamom are taken and fine powder is made.

If needed, this mix can be roasted for 1–2 minutes for better aroma and taste.

To this 2 spoons of cow ghee and powdered jaggery or honey (10 grams) is added and mixed thoroughly. This is made into bolus (like Laddu) and kept for drying.

This delicious preparation is a good nutritional supplement. This can be taken once or twice daily. 2–3 days practice will show significant benefits.

3. Rose Petals and Fenugreek

5 Grams of dried rose petals (pure, chemically free) and half spoon of fenugreek seeds are taken and cooked well with milk. During evening or night this is advised to take.

This helps to reduce the fatigue also.

4. Cumin Seeds and Tea Powder

5 Grams of jaggery, 1 teaspoon of cumin seeds and a pinch of tea powder are taken together and boiled with water (without adding milk).

This is filtered and taken during evening.

This serves as a quick energiser and relieves the muscular fatigue as well as mild to moderate neuritis.

5. Saffron Remedy

3–4 stamens of Kesar (Saffron) is dissolved in milk or water. This is added to a cup of boiled milk and taken once or twice in a day.

This improves blood circulation, energizes the body tissues and gives enough strength to the nerves and arteries and hence acts as a good neuro-tonic.

172. 6 Effective Home Remedies for Sleep Disturbances

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Sleep, food and celibacy (Brahmacharya) form the three pillars of life as per Ayurveda. Sleepless nights give us alarms to modify our food, lifestyle habits and relations.

Here are few important and simple and effective home remedies to improve the quality of the sleep –

1. **Castor Oil Application** to both soles is most accepted home remedy to attain good and quality sleep. But people hesitate to apply as it is sticky and causes oiliness to the clothes and bedspreads. Apply a few drops to the soles. Wrap the soul with old socks or an old towel. Enjoy good sleep.

2. **Rose Petal Paste**

Instead of castor oil, fine paste of rose petals (especially Catherine roses which are pink in colour) is applied to the sole and to the scalp 15 minutes before going to the bed. This has tremendous effect in inducing deep sleep.

3. **Banana or Mango**

In Non Diabetic patients following effective remedy can be practiced which has proven efficacy –

A cup of boiled and cooled milk is taken and sliced fruits (especially Banana or sweet mango) is added and churned well. To this a little ghee and sugar is added and administered after dinner.

This gives soothing effect and good and instant sleep is obtained by most of the people.

4. Ghee on the Eyes

2 Drops of cow's ghee is instilled to both the eyes, before going to bed. Thereafter, mild eye movement is carried by closing the eye lids for 2–3 minutes.

Those who work with computers and engaged in repairing of minute objects like watch workers, Jewel designers etc are especially benefited with this remedy.

- 5. Coconut Milk** is taken (half cup) and to this 5 grams honey and sugar each are added and stirred well. This is advised to take in the evening. This helps considerable improvement in sleep.

6. Bhindi (Okra)

In Diabetic patients, half cup of fresh juice of Ladies finger/okra (Bhindi in Hindi) is taken just before going to bed (after evacuation of urine).

Even in the patients with BPH (Benign Prostate Hypertrophy), this helps to improve the sleep in significant way.

173. 6 Simple Home Remedies to Stop Runny Nose

By Prof. M.S. Krishnamurthy MD (Ayu), Ph.D.



Running nose/runny nose is the common term used by the people for the complaint where due to cold there will be heavy flow from the nostrils.

Often this hurts the individual by constant irritation, burning of the eyes and nose, and nasal discomfort. Even though technically it is termed as Rhinitis, classical rhinitis possesses several other features also.

The intention of this write up is to give instant relief to the patients complaining of running nose by using simple and effective home remedies.

Allergic Rhinitis Home Remedy

1. One fistful of Beaten rice (poha – Hindi, Pouva – Marathi, Avallakki – Kannada) is taken and eaten little by little without taking water.

If this is carried once in half hourly, twice or thrice surely within 2–3 hours there will be complete relief from running nose. Those patients who are having the habit of anti histamines for such complaints can avoid it by this practice.

The reason behind this is, Prithuka (Sanskrit name of beaten rice) is possessing Sthira (stable), Rooksha (dry) and Grahi (absorbent) properties. Due to this it pacifies running nose.

2. 2–3 pinch of Turmeric powder is mixed with honey and licked half hourly. This relieves cold associated with cough also.

As Turmeric is immuno modulator and acts as Anti microbial, running nose caused by allergic reactions is pacified effectively.

As per Ayurveda turmeric is vishahara (anti poisonous) and Shothahara (anti inflammatory) and hence this action is found. In addition honey facilitates this action by its adaptogenic effect (yogavahi).

3. Dry ginger is made into fine powder and mixed with rock salt. 1–2 pinch of this powder is taken 3–4 times a day. Running nose caused due to the intake of cold items like ice creams, curd, buttermilk, guava, fruit juice etc are relived without other medicaments.

As ginger has deepana (carminative) and Pachana (digestive) and Vatanulomana (anti flatulent) effect, this is possible. Rock salt facilitates this action by channelizing the drugs (anupravana bhava).

4. The petioles of Jackfruit are collected (10–15) and made into decoction (Kashaya). 2–3 ml of honey is added to this and taken.

This helps to relieve even severe condition of running nose associated with throat irritation. (But, do not practice this home remedy if you have constant anorexia and tastelessness).

As jack fruit petiole is possesses potent stable (Sthira) property it arrests cold and running nose.

5. Inhalation of the fumes of turmeric alone or in combination of Mustard, Tulasi leaves (Holy basil) is effective against severe running nose.

Antimicrobial, anti histamine, decongestant etc properties of the combined drugs facilitates this action.

6. 15–20 seeds of Brinjal (Vrintaka) are taken, crushed well and fine powder. This is used as errhine (nasal drops) twice or thrice in a gap of 15–20 minutes.

As these seeds are strong decongestants desired effect is obtained from this practice. (Do not use this medication for children).

174. Abscess Home Remedies – Ayurveda Details



Recurrent abscesses can be effectively managed with Ayurvedic treatment. Abscess home remedy mentioned below can also be very effective, along with the treatment for quick relief from abscess.

Drumstick Leaves –

Sushruta Samhita – Chikitsa sthana 16/31

Master Sushruta has explained that the drum stick leaves powder or drum stick leaves decoction prepared by adding 10 grams of powder to two glass of water, heated and reduced to one glass, filtered, should be consumed. Its powder should also be used to make a paste with water or pure honey and should be applied over the abscess. This is especially beneficial in early stages of abscess. Master Sushruta also explains that the red variety of Drumstick leaves give better results. Drumstick should also be used frequently in the form of drumstick leaves soup, drumstick leaves recipe etc.

Khichdi (semisolid food preparation) prepared with barley, mustard, and drumstick root can be used as abscess home remedy according to Master Sushruta.

Once the abscess is opened and pus is drained out, the area should be treated as wound.

For this purpose, regular washing with a decoction (kashaya) prepared by adding one spoon of each of neem, curry leaves, turmeric and triphala powder into two glass of water, heated and reduced to one glass, filtered. This decoction can be used in warm condition. But once prepared decoction cannot be used for the next time.

Even a paste prepared with the above said herbs can also be applied under sterile conditions.

Neem and turmeric being anti-microbial and Triphala being astringent, this combination will help to stop the bleeding and will cause quick wound healing.

175. Ayurvedic Home Remedy to Improve Digestion



As per Ayurveda, indigestion and low digestion strength is the cause for many diseases. Hence, improving digestion strength is the first thing that is done before starting any Panchakarma treatment. Improving digestion is also helpful in treating conditions like rheumatoid arthritis, low body weight, cough, cold etc. Let us learn a very simple home remedy for this purpose.

Home Remedy to Improve Digestion –

What you need?

Saindhava Lavana – Rock Salt – 5 grams

Haritaki – Harad – Terminalia chebula – 5 grams

Pippali – Long pepper fruit – Piper longum – 5 grams

Chitraka – Leadwort – Plumbago zeylanica – 5 grams

How to make?

Take the fine powder of all the ingredients. Mix thoroughly. It is administered in a dose of half to one gram.

Indications –

Indigestion

Anorexia

Low Digestion strength

Lowered metabolism

Weight loss

Dose – Half to one gram once or twice a day, after food with water.

How long to take?

For 2–4 weeks.

Shelf life (expiration date)?

Because all are powders and especially rock salt tends to capture moisture pretty easily, this combination should be stored in air tight container. Once after preparing, it can be stored under hygienic conditions for up to 2–3 months.

How does it work?

Long pepper is one among Trikatu (three pungent) group of spices. It improves the secretion of digestive enzymes. It is very hot in potency. Same is the case with leadwort (Chitraka). Both these herbs are widely used in Ama relieving medicines (like Chitrakadi Vati).

One of the properties of rock salt is Deepana – improving digestion strength.

Haritaki is one among Triphala. It has hot potency. Apart from improving digestion strength, it also improves bowel habits. Hence useful in relieving constipation, gas distension in stomach and bloating.

Safe for kids?

It can be given for kids above three years of age. But doctor's advice needed before administering this remedy.

Safe for pregnant mother?

No. It is not safe for pregnant women. It is best to avoid in women seeking pregnancy.

It is best to avoid this even during lactation.

Side Effects

It is not good to continue this remedy beyond 2–3 weeks.

It is best to consult your Ayurvedic doctor before trying this home remedy.

This home remedy is not safe for people with sensitive stomach, gastritis, IBS and ulcerative colitis.

Remedy for Side Effects

If you take this and start feeling burning sensation in stomach and chest, drink a cup of milk. Take an antacid.

176. Easy Ayurvedic Home Remedy for Bleeding Hemorrhoids



Bleeding hemorrhoids can be embarrassing and extremely painful. Ayurveda has explained many medicines and easy to prepare home remedies for this condition.

Ingredients –

- rice – coarse powder – 20 grams
- water – 160 ml
- Seed powder of Apamarga (*Achyranthes aspera*) – 1–2 grams.

First preparation called as **Tandulodaka** (rice washed water) is prepared.

For this, coarse powder of rice is added with 8 parts of water, macerated well for five minutes. Filtered.

Next, Apamarga seed powder is taken and made into a paste with water or rice washed water.

How to take?

Apamarga seed powder – 1 gram is taken along with 100 ml of rice washed water once or two times a day before food.

This is a traditional home remedy for bleeding haemorrhoids.

This can be taken continuously for a period of 1–2 weeks.

How it acts?

Apamarga seed powder has anti-inflammatory and analgesic (pain killer) effect. A special dosage form called as Kshara prepared with this herb is extensively used in treatment of haemorrhoids.

Rice washed water is styptic in nature. It is usually advised for stopping bleeding conditions.

Who can take this?

People with bleeding piles can use this home remedy with the permission of healthcare professional.

177. Ayurvedic Home Remedy for Cough Due to Pitta Increase



This is a simple and easy to prepare Ayurvedic home remedy for cough due to Pitta imbalance.

For this we Need –

Tribulus – Gokshura – fine powder – 10 grams

Long Pepper – Pippali – fine powder – 10 grams

Dates – 10 grams

Raisins – 10 grams

Honey – 10 grams

Ghee (clarified Butter) – 5 grams

How to make?

First take seedless dates and raisins and make them into paste.

Add Tribulus, Long pepper powders to this paste, mix well.

Add honey and ghee and mix well.

Indications –

As per traditional Ayurveda, it is indicated in cough of Pitta origin.

The symptoms of cough of Pitta origin include –

Cough with yellow colored sputum

Bitterness in the mouth

Feeling of fumes inside

Excessive thirst and burning sensation

Anorexia – lack of interest in food

Dose –

5 Grams once or twice a day, 5 minutes before food along with honey or water.

How long to take?

For 2–4 weeks.

How does it work?

Long pepper is a known anti-tussive herb. It is one of the ingredients of Trikatu Churna, which is commonly used in cough, cold, etc.

Tribulus is a common herb used in the treatment of cough.

Ghee, Dates and Raisins have soothing action and they balance Pitta.

Honey is a very well known for its action against cough and sore throat.

Safe for kids?

Yes, it is safe for kids above 2 years age. For them, the dose would be just a gram two times a day.

Safe for pregnant mother?

It is better to avoid all Ayurvedic products, including this one during pregnancy.

It is safe to take this during lactation period.

Side Effects

Nothing. Just a slight burning sensation in stomach for people with sensitive stomach/gastritis.

Since it contains honey, people with high blood sugar levels should seek medical advice before taking this.

It is advisable to take up this (or any other home remedy) with professional advice only.

Why ghee is less than the other ingredients?

Honey and ghee should not be taken in equal quantities. Hence, honey is taken a bit more and ghee a bit less in this remedy.

178. Ayurvedic Home Remedy for Gastritis



Ayurveda has explained many home remedies for gastritis. Because gastritis is a recurring complaint, home remedies play a very important role in keeping this condition under check. Here is a simple and easy to prepare home remedy for gastritis.

What you need?

Haritaki (Terminalia chebula) – 10 grams. It is a very famous herb, it is one among the three ingredients of Triphala. This herb can be purchased from any part of the world.

Pippali – Long pepper – 10 grams – Famous spice, one among three ingredients of Trikatu churna.

Dry Grapes – Widely used in many gastritis remedies.

Sugar Candy

Dhanvayasa – This herb is known as Fagonia cretica/Alhagi pseudalhagi. If you cannot find the herb, it can be removed from this home remedy.

Honey – Used in gastritis due to its ulcer healing and gastric calming properties.

All the above ingredients are taken in equal quantities and pounded to form a paste. To make it easy, first dry grapes are pounded with sugar candy and then fine power of other ingredients are added, at the end honey is added to form a uniform paste. If needed, a little more honey is fine.

Once prepared, this remedy can be stored for 2–3 months in air tight container.

Benefits: Useful to relieve –

- Burning sensation in throat (say, after vomiting or after eating chilli)
- Burning sensation in upper stomach – related to hyperacidity.
- It is traditionally used as a remedy for gastritis.

Dose: 2–3 grams after food with water or honey

179. Ayurvedic Natural Home Remedy for Gout



Gout is often recurrent in nature. In Ayurvedic treatment of gout, correction of digestion enzyme levels, reducing pain and inflammation in the joints are given utmost importance. Home remedy plays very important role in Ayurvedic treatment for this joint disease. Here is one such natural remedy.

Natural Home Remedy for Gout

What you Need –

- Guduchi fine powder = Giloy = Indian tinospora – 10 grams
- Ginger power – 10 grams
- Yashtimadhu = Licorice = 10 grams
- Katuki = Picrorhiza = *Picrorhiza kurroa* = 10 grams
- Honey – quantity sufficient

Procedure

- Take fine powder of the above ingredients
- Mix it well
- Add honey and make a paste.

Dose: This paste is taken in a dose of 1–2 grams in the morning and at night, after food, or as directed by your healthcare professional.

In Ayurveda, it is advised along with cow urine. Cow urine has special therapeutic benefit in cow. It can also be taken along with warm water.

How it acts?

- **Guduchi** has immuno – modulator and anti inflammatory effect. It helps to relieve pain and swelling in the joints affected by gout – arthritis. Ayurveda explains Guduchi (Giloy) as the number 1 herb in the treatment of Gout.
- **Ginger** and liquorice are potent anti inflammatory herbs.
- **Katuki** – helps to equalize the digestive and liver enzymes, responsible for inflammatory complex of gout.

180. Easy and Simple Remedies for Shoe Bite, Footwear Itch

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



I am very sure that at least one in three will have this complaint of shoe bite or footwear itch. It is a general complaint of burning or pain followed with mild swelling. It is caused due to the following reasons –

- Wearing wrong sized footwear or chappal.
- Newly brought footwear with sharp borders
- Improper gait or style of walk
- Long walk
- Walking in sand or stones
- Moist sole or footwear
- Moist socks
- Excess of humidity
- Sudden change in the weather
- Particular brand of shoes/chappals (as mild change or alteration may be found from one company to other)

- Shift from chappal to shoes or each other
- Change of heal size etc

Common Features

Mild swelling or itching in the localized area

Mild to moderate pain

Discoloration (often red or black)

Erosion

Difficult to walk etc

Generally this rare or accidental condition is not taken seriously. Also individuals try hard to manage themselves with few of the ointments, liniments or pain killers. Consultation of a physician is very rare and only in case of allergic manifestations or if bleeding persists for long, physicians help is availed.

Sesame Oil, Salt and Turmeric

20 ml of sesame oil, a pinch of salt and a pinch of turmeric powder are taken together and slightly warmed. On self cooling it is filtered and preserved. This is used to apply over the affected lesions.

A Traditional Lotion

Equal amount of (say 20 ml) of sesame or coconut oil and lime water (water in which a pinch of calcified lime is dissolved) are taken together and rubbed (macerated) well. This becomes viscous and appears like the lotion or Vaseline. This is applied to the bitten area of the shoe or chappal.

Dusting Powder

In case of repeated incidences are found due to moist sole, talcum powder or Godanti bhasma (gypsum powder) can be dusted over the foot or sole.

Salt Water Dip

If the incidence is caused during the winter season a gentle dip of sole in salt water for 3–5 minutes will help to avoid the possible chances of shoe bite. If needed, half a teaspoon of turmeric can be added to salt water.

181. Herbal Home Remedies for Ulcerative Colitis



Ulcerative colitis is a disease affecting large intestine and rectum. It is characterized by blood in stools and diarrhoea with pus, abdominal pain, weight loss and fever. Various factors such as good diet control, stress, immunity and inflammation of intestines need attention. Because of its recurrent nature, patient needs to make frequent visit to doctor. Hence a couple of Ayurvedic herbal home remedies for ulcerative colitis prove more than handy.

1. Ulcerative Colitis Remedy –

Sandalwood powder – 5 grams

Sugar – 3 grams

Honey – 3 grams

Water used to wash the rice – 30 ml.

Mix the sandalwood powder with sugar and honey and make a paste.

Have this paste with rice washed water, twice a day. It relieves bleeding and diarrhoea.

2. Ulcerative Colitis Remedy –

- Take 5 grams of each of connessi bark (Kutaja – Bark of Holarrhena antidysenterica) and pomegranate bark.
- Add with 2 cups of water, boil and evaporate water in mild fire till you are left with approximately one cup of the drink.
- Filter.
- Take this herbal drink with a little honey.
- Each time, a fresh herbal drink needs to be prepared.
- Once prepared, should be finished within 4–6 hours.

182. Home Remedy for Flu, Cold, Indigestion



Lets learn a simple and easy to prepare home remedy for flu and cold. It is also useful to relieve excess phlegm and cough. It is good for eyes as well. It has only four ingredients.

What You Need

Long pepper powder (Pippali) – 10 grams

Haritaki (Terminalia chebula) – 10 grams

Amla (Indian Gooseberry, Amalaki) – dry fruit powder – 10 grams

Chitraka (Leadwort – Plumbago zeylanica) – 10 grams.

How to make?

Take 10 grams of fine power of all these and mix it.

How to use?

1–3 Grams of this powder mix with honey or luke warm water is taken.

Benefits?

Very useful to relieve flu symptoms, relieves cough, cold, indigestion and anorexia.

It is also good to use during eye infection.

How it works?

Chitraka (leadwort) is a very powerful antipyretic (anti-fever) herb.

Amla brings down temperature, being a coolant.

Amla and Haritaki are part of Triphala. They improve eye power and also fight infection.

Long pepper is again a powerful anti inflammatory and anti-viral spice.

How long to take?

It can be taken upto two weeks, based on your doctor's advice.

Is it safe during pregnancy and lactation?

Nope. Avoid it.

Side Effects

Overdose may cause burning sensation in stomach and mild diarrhoea.

183. Home Remedy for Gout, Rheumatoid Arthritis, Non Healing Wounds and Piles



Indian Tinospora (Giloya) and ginger are very powerful herbs with anti-inflammatory effects and anti microbial properties. Here is a traditional herbal ghee preparation, which is a home remedy for gout, rheumatoid arthritis, etc.

Ingredients

Coarse powder of Indian Tinospora (*Tinospora cordifolia*) – 100 grams

Fine powder of Ginger – 25 grams

Clarified butter (ghee) – 100 ml

Water – 1.6 litres

Step One –

Take 100 g of Tinospora to 1.6 litre of water, boil, reduce to 400 ml. [1:16 = 4]

After 400 ml of Kashayam is ready, it is filtered.

Step Two –

Take ghee in a wide mouthed vessel.

Add the Kashayam to it.

Make a paste of ginger with little water and add it to the ghee.

Heat this mixture till finally all the water content (400 ml of kashayam) evaporates and only 100 ml of herbal ghee remains.

Things to Observe

While preparing ghee, initially the whole mass will be one muddy liquid.

Slowly, nearing the end, the ghee becomes clear and gets separated from the ginger bolus.

At the end, when you take a piece of ginger paste from the ghee and put into fire, there will not be any fire. This is an important sign indicating there is no more moisture in the vessel and it is the time to stop the procedure.

At the end, when you take a piece of ginger paste between your fingers and roll, the paste can be easily rolled into a wick form.

During initial stages, when moisture is there, the paste will be too soft to roll into a wick. If you have over burnt the ghee, the wick will become and will break into pieces, if tried to make a wick out of it.

How to take?

If you have the habit of taking ghee, replace the ghee with this herbal ghee.

Remember to drink half a glass of warm water after taking the ghee.

How it works?

Both ginger and Tinospora are powerful anti inflammatory herbs. Hence both are very useful in Gout and Rheumatoid arthritis (RA).

In RA, we had learnt that there is impairment of digestion power as well as joint health. Ginger corrects the enzyme levels at stomach and intestines.

In Gout and RA, there will be some level of depletion in immunity. Both Ginger and Tinospora are known immunity boosters.

Tinospora is powerful anti microbial herb, hence this remedy is traditionally mentioned as inducing quick wound healing.

Due to its wound healing property and its soothing effect over mucosa, it is also very good home remedy for Piles.

184. Home Remedy for Gum Swelling and Bleeding Gums



Here is a simple home remedy with only two ingredients for gum swelling, bleeding gums and to strengthen teeth. This can be prepared within 5 minutes and once prepared; you can store it for 1–2 months.

What You Require

Long pepper fruit powder – 50 grams

Saindhava Lavana (Black salt) – 50 grams

How to make?

Prepare fine powder of long pepper and black salt.

Mix them together in equal quantities.

Keep it in air tight container.

How to use?

It can be used as tooth powder in cases of gum swelling, inflammation and bleeding gums.

Use this powder to massage gently over the gums.

What to expect?

You may expect a very slight burning sensation.

Side Effects

No known side effects.

Care should be taken not to swallow this powder, while using in people with high BP.

How long to use?

It can be used for 3–4 weeks or till the gum swelling lasts.

Can this be used as tooth powder forever?

No. It is ideal to use this for a limited time period only.

185. Home Remedy for Hiccups, Asthma and Chronic Lung Diseases



Ayurveda has explained many common remedies for hiccups, asthma and chronic lung diseases. This is because; both hiccups and respiratory diseases have same Dosha dominance of Kapha and Vata Dosha. Here is a simple home remedy for such conditions.

Home Remedy for Hiccups and Asthma – What you need?

Sugar candy – 10 grams

Long pepper fruit – 10 grams

Raisins – 10 grams

Dates – 10 grams

Ghee – 10 grams

Honey – 5 grams

How to make?

Take sugar candy in mortar and pestle and make fine powder.

Remove seeds from dates.

Add raisins and dates to the sugar candy powder and mix thoroughly.

Add long pepper powder, honey and ghee to it and mix well to make a homogeneous paste.

Indications –

It is traditionally indicated in the treatment of hiccups, asthma and wheezing due to seasonal change and allergic causes.

It is also useful in chronic respiratory disorders such as tuberculosis and chronic bronchitis.

Traditional Indications

This remedy is described in the context of Rajayakshma – a chronic respiratory disorder with body tissue depletion.

It is also indicated in

Kasa – cold, cough

Shwasa – asthma, respiratory disorders involving difficulty in breathing

Jwara – fever

Vaisvaryā – hoarseness of voice.

Dose – 3–5 grams, twice or thrice a day, after food with water.

How long to take?

It can be taken for a period of 6–8 weeks, based on your doctor's advice.

Shelf Life (expiration date)

Once after preparing, this remedy can be stored in air tight containers for upto 4–6 months.

How does it work?

Long pepper is one among Trikatu and is very useful in relieving cold, cough. It also stimulates immunity.

Honey is well known for its effectiveness in sore throat, cold, cough etc.

Ghee, Raisins and dates helps to soothe the respiratory tract.

In chronic respiratory disorders, often the patient suffers from weight loss (as seen in tuberculosis). These three help the patient by providing nutrition.

Safe for kids?

In a dose of 1–2 grams once or twice a day, this remedy can be used in kids above 3 years of age.

Safe for pregnant mother?

It is quite safe in pregnant mother. But before taking it, please consult your doctor, if you are pregnant.

It is safe in lactating mother.

Side Effects:

There are no known side effects in the suggested dose.

186. Home Remedy for High Pitta Balance and Anorexia



Here is a simple home remedy for High Pitta in oral cavity, ear, eyes, nose and throat and anorexia using very simple ingredients.

This liquid remedy is used for Gandusha or gargling.

What you need?

Sweet tamarind – 10 grams

Sugar candy/unprocessed sugar – 10 grams

Water – 50 ml

Cardamom powder – 1 gram or 1 pinch

Clove powder – 1 gram or 1 pinch

Edible camphor – 1 gram or 1 pinch

Black pepper – 1 gram or 1 pinch

How to make?

Take water in a bowl. Add sweet tamarind to it. Squeeze well for 1–2 minutes. Filter.

Add sugar and stir well.

To this, add one pinch of each of cardamom, clove, edible camphor and black pepper powder. Mix well.

How to use?

This liquid is used for gargling, 3–4 times a day.

Each gargling time period can be – 3–5 minutes.

What are its benefits?

It is useful in relieving anorexia. It improves taste.

It is also used to balance high Pitta at the level of head and neck, leading to burning sensation in oral cavity and throat, oral ulcers, burning sensation in eyes, headache of Pitta origin associated with nausea and dizziness, etc.

Mode of Action

As per Ayurveda, clove, sugar candy and sweet tamarind helps to relieve Pitta. Hence, it is used in all imbalanced Pitta conditions.

Pepper, clove, edible camphor and cardamom stimulate taste buds and help improve taste and relieve anorexia.

How long to use?

In a day, it can be used for gargling for a maximum of 6 times. It can be used for 1–2 weeks time.

Once prepared, how long can it be stored?

It can be stored for a maximum of 1–2 days only.

Safe for kids? Pregnancy and lactation?

It is better to avoid in kids, during pregnancy and lactation period.

Side Effects

People with diabetes should not swallow the liquid.

Tamarind, if it is sour, may not give desired results.

Avoid accidental oral consumption of this, while gargling.

187. Metal Charged Water for Skin Allergies, Tiredness, Energy

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



I have observed two customs in my native (Mangalore, Karnataka, South India). The first one is carried by my mother (Mrs. Gowri S. Bhat) during my childhood days. This is practiced even today in many households.

1st Method:

When a child is sick suddenly or feels fatigue, Iron charged water is given to drink as well as to apply over the body. This contributes significant benefits in many health conditions which are named as Drishti doshas or Pakshi doshas by Traditional healers.

My mother used to heat an iron rod and it was dipped in water taken in a copper or bronze vessel over a wooden platform. This heating and dipping is done 5–10 times.

This water is given to drink as well as to apply over the body.

2nd Method

The second incident was during my childhood sufferings from allergic rashes. My uncle was taking me to a Unani Hakim, holistic practitioner at Montugoli, near Mudipu (Mangalore).

He was also giving the so called charged water. A copper rod is heated and dipped in tender coconut water. It was administered orally, and also applied externally. I am highly thankful to these remedies which prevented unnecessary intake of other stronger medicines.

My Experiments with Charged Water

Based on my knowledge on modern metallurgy, alchemy and Ayurveda, I have started advising the charged water in simple illnesses.

As they are safe, cheap (not at all expensive) and mild to moderate effective (surely, I will not claim that they are highly effective, as specific medicaments will do that job in different contexts and illness conditions) the needy ones can have the benefit out of these.

Gold Charged Water

Method:

Any golden ornament like chain, ring or thin sheet or wire etc can be used.

If pure 24 carat Gold is available it is well and good.

This is heated red hot and dipped in water for 5–10 times (in case of chain or ring as making red hot is not possible, the jewel is kept in water and boiled for 5–10 minutes.

Such water is administered in a dose of 20–30 ml.

I have not observed any benefit of pouring or sprinkling over the body.

Action

Immuno-modulator, energizer, blood purifier, complexion enhancer, useful in urogenital disorders.

Indications

It is useful to reduce symptoms in chronic disorders, tumors, Cachexia and associated complaints, food poisoning.

Contra Indication: People who are sensitive or allergic to gold or Swarna (gold) Bhasma.

Silver Charged Water

Method: Similar to the above method.

Action: Neuro muscular stimulant, memory enhancer

Indications: Epilepsy, Memory loss, Alzheimer's disease, mood disorders etc

Contra Indication: Silver sensitive individuals

Iron Charged Water

Method: Pure Iron rod is heated red hot and dipped in water (3–5 times).

Action: Rejuvenates cells, relieves tiredness.

Indications: Pitta disorders affecting blood, anaemia, fatigue, diabetes, hypertension etc

Contra indication: Iron sensitive individuals, severe constipation, Burning urination

Copper Charged Water

Method: As like Iron charged water

Action: Stimulant, Carminative, Digestive etc.

Indication: Chronic skin diseases, Malignancy, Obesity etc.

Contra Indication: Copper sensitive individuals, Mood irritation disorders, Acute GIT disorders, constipation etc.

Note: Instead of water, tender coconut water can be used which contributes still better results.

For many, these practices seem baseless and unscientific. Being with good faith with Ayurveda and Traditional practices (because I have carried a critical study on 94 Traditional practices of South Canara district of Karnataka in 1997–1999: ('Documentation and Critical analysis of Folk medicinal practices prevalent in South Canara district of Karnataka').

188. Milk Garlic Home Remedy for Stomach, Abscess and Fever



Garlic is a potent herb used widely in Ayurveda. A Milk – Garlic home remedy is explained which is highly effective on multiple conditions. This milk garlic home remedy can be prepared in about 5 minutes.

Materials Required –

1. Garlic pearls – 5 grams
2. Milk – 40 ml (roughly 1.5 oz)
3. Water – 160 ml (roughly 5 oz)

How to do it?

Remove the husk from the garlic, pound it to make paste.

Take milk and water in a small vessel. Add garlic to it.

Boil this mixture in openly, in mild heat, with continuous stirring, till only 40 ml (1.5 oz) of liquid remains in the vessel.

Filter the content.

Dose: 10 ml for adults two times a day. Just before food, or after food.

Once prepared, this recipe should be finished within 10–12 hours.

Benefits

This garlic milk remedy is useful to relieve

- abdominal bloating, feeling as if gas is filled in stomach
- constipation
- chronic fever
- abscess, unhealed wounds

Because of its potent action against pain and inflammation, this is a good home remedy for back pain related to sciatica/slip disc.

Here, the fat and water soluble active principles are transferred into milk media.

Milk being a coolant in nature, reduces the hotness and pungency of garlic.

For those who cannot tolerate hotness and pungency of raw garlic, this is the second best method to enjoy garlic benefits.

No Bad Breath with This Remedy – Another advantage of this remedy is – this will not cause any bad odour of garlic to stay in your mouth. Because, according to researchers from the department of Food Science and Technology at The Ohio State University, a study published in 201, in the Journal of Food science revealed that drinking milk while eating garlic – heavy food can reduce the bad breath problem associated with garlic consumption.

Reference: Charaka Chikitsa 5/94–95

Lashuna Ksheerapaka

192 Grams of Dehusked and dried Lasuna is boiled by adding 8 times of milk and water and reduced to the quantity of milk.

This medicated milk immediately cures.

Vata – Gulma

Udavarta – upward movement of wind

Gridhrasi – sciatica

Vishama Jvara – Recurrent fever

Hrid rogam – heart disease

Vidradhi – Abscess and

Shotha – oedema

189. Papaya Seed Recipe for Pinworm Infection in Children

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D. (Ayu)



Pinworm is a common health complaint in children. Quite interestingly, the incidence remains in little higher range among the people who eat leafy vegetables. Pinworm is commonly known as threadworm and seat worm.

Nausea, itching in the anus, discomfort during defecation, weak digestion, mal-absorption etc are the usual complaints of pinworms.

Here is a most effective, safe and cheaper home remedy for this kind of complaint.

Ingredients Required

Papaya seeds 2 fistful (50 grams)

Honey or jaggery

Method

Dried papaya seeds are taken and make into fine powder.

Method of Administration

5 Grams (3 grams in case of children of below 8 years of age) of powder is mixed with 1 teaspoon of honey and licked, early in the morning on empty

stomach.

After 10 minutes,

1 pinch of table salt or Rock salt (1 gram) and 2 pinches of turmeric powder (1–2 grams) is added to a cup of warm water and is given to drink.

How long it should be practiced?

5–7 days regular medication helps to overcome the complaints of pin worms.

When to repeat?

If the complaint doesn't persist, the medication may be repeated in between. Or else, after 1 month, same is repeated for 3 consecutive months.

Thereafter once in 3 months if this is administered, surely it relieves the problem of pinworms.

Health Benefits

This acts as laxative, carminative, digestive, liver stimulant (cholegogue), kill worms and is useful in fever. It improves digestion and metabolism.

190. Onion Jam Recipe for Aphrodisiac Strength and Body Strength

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D. (Ayu)



Here is a simple remedy which you can prepare by yourself using the kitchen remedies. This is useful to promote sexual health and stamina.

Ingredients

Onion juice – 200 ml

Ginger juice – 50 ml

Cow's ghee – 50 ml

Organic sugar or jaggery – 250 grams

Cumin seeds (fine powder) – 1 gram

Cinnamon fine powder – 1 gram

Cardamom (fine powder) – 1 gram

Saffron (kesar) – 1 gram

Honey – 50 ml

(Optional) – fine powder of almond and Cashew nut 5 grams each.

Method of Preparation

Obtain the fresh juice of onion and ginger and kept ready.

To this, prescribed quantity of ghee and sugar or jaggery are added and cooked well till it is getting yellowish brown colour (honey like consistency).

Later, it is taken out of the fire and allowed for cooling.

While it is lukewarm fine powder of the remaining ingredients is added and mixed thoroughly. (If at all, almond, cashew etc are to be added make it into fine powder and fry it a little with ghee and add it)

When it is completely cooled, honey is added and mixed well.

Dose: 5–10 grams twice daily

Vehicle: Milk

Or else it can be used along with Idli, dosa etc like jam/jelly.

Action: Tonic, rejuvenator, complexion enhancer, aphrodisiac.

Indications: Nerve disorder, chronic cough, anaemia, post fever debility, lethargy, indigestion, sexual debility, night fever etc.

Note: Those who are having Diabetes are advised to avoid the formulation. Also, if the patients are having BPH, this remedy should not be administered in large quantity or for a very long period of time.

191. Madhupaka – Honey Remedy for Non Healing Wounds, Ulcers

By Dr. M.S. Krishnamurthy MD (Ayu)., Ph.D.



Ayurveda does not recommend cooking of honey. Honey consumption is even contra indicated during summer or with very hot beverages and food that is freshly made, in hot condition. However, the cooked honey can be used for external application.

Here is a classical evidence for Madhupaka; cooking of honey along with the herbal ingredients. This formulation is not for internal administration. It is restricted for external application only.

The following citation is from Yogaratnakara text. This is explained under Ikshu prakarana (Sugarcane products)

Ingredients

Honey – 1 prastha (768 g) – 16 part

Cow's milk – 2 kudava (384 g) – 8 part

Turmeric – Fine paste/powder – 48 g – 1 part

Haritaki (Chebulic myrobalan) – Paste/Powder – 48 g – 1 part

Procedure

Turmeric and Haritaki are soaked in water and fine paste is made. It is mixed with honey. This honey mixture is taken in a stainless steel container and cow's milk is added in prescribed quantity. This is cooked in mild intensity of heat, till complete reduction of milk (only the amount of honey remains). This is filtered and stored.

My Experience with This Formulation

I am using this processed ghee in cases of wounds and non healing ulcers. It is very effective against these conditions. In diabetic ulcers and varicose ulcers also it has shown significant benefit. In case of mouth ulcers 2–3 days' application gives good benefit.

192. Simple Ayurveda Home Remedy for Heartburn and Gastritis



This is a churnam home remedy, meaning it is just a simple mixture of herbal powders. It involves only two herbal ingredients that are quite easily available.

Ingredients

Pippalimoola – Root of long pepper – *Piper longum* – fine powder – half teaspoonful

Usheera – Khas Khas grass/Vetiver – *Vetiveria zizanioides* – fine powder – half teaspoonful.

How to take?

The fine powder of above two are mixed and half to one teaspoon of this powder mixture is traditionally administered along with little bit of ghee to relieve heartburn and gastritis.

After taking in, small quantity of lukewarm water can be given for easy swallowing.

Benefits: Helps to relieve Gastritis, Heartburn, Indigestion

How it works?

This is one of the best home remedies for heartburn.

Pippalimoola is a powerful digestive. It boosts digestive enzymes and promotes easy absorption of digested food.

Usheera/Vetiver is a natural coolant. It has calming and soothing effect over gastric mucosa. It balances out increased Pitta during heartburn and gastritis. It also relieves vomiting sensation.

Ghee is again helpful in calming Pitta and is good to soothe stomach mucosa.

193. 4 Remedies for Morning Sneezing with Turmeric, Black Pepper, Tulsi

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Sneezing is a natural urge. As per Ayurveda, when sneezing is initiated, you should not suppress it. But some people get continuous sneezing in the early morning hours. Ayurveda recognizes it as a Kapha dominant, Vata associated symptom.

Sneezing is a reaction to the stimulus caused due to irritating factors of the cilia of the nostrils.

Morning mist or dust is the common causes for sneezing. Tropical eosinophilia, allergic rhinitis, infective rhinitis etc are some of the underlying diseases for this annoying symptom.

Here are few simple and effective techniques and home remedies to overcome sneezing caused during morning hours –

1. Turmeric Fumes

1–2 spoon of turmeric powder is taken. It is sprinkled over a pan, kept on fire. The person is asked to inhale the fumes.

For those who find turmeric fumes as a bit string, 1 teaspoon of turmeric powder can be mixed with 1 teaspoon of ghee and this can be sprinkled over the pan, kept on fire.

The patient is asked to inhale it 3–4 times in a day, or at least, soon after getting up in the morning.

This is based on an Ayurvedic procedure called Dhumapana/herbal smoking.

2. Betel Leaf Juice Remedy

2–3 betel leaves are taken and it is crushed well to obtain fresh juice. To this half teaspoon of honey is added and mixed well. Patient is given to lick and consume this paste. This is very effective in case of morning sneeze as well as cough, allergic rhinitis, cold.

3. Black Pepper and Pepper Leaf Recipe

5–8 pepper seeds and a pinch of turmeric powder are taken and wrapped over a pepper leaf.

This is subjected to mild heat.

Soon after brushing teeth, this is given for chewing.

Though it is a very effective remedy, it is better to avoid in young children as they develop gastritis or burning sensation of the mouth and chest.

4. Drum Stick Leaf/Tulsi and Garlic Remedy

A fistful of drumstick leaf is taken and added with de – husked garlic. This is pounded well and fine paste is made. This is applied to a cloth or cotton gauge and patient is asked to inhale/have the smell of it.

If drumstick leaves are not available this can be tried even with Tulsi (Holy basil) leaves also.

Warm water usage, avoidance of the mist and dust, remaining away from the pollutants and irritants including the allergic agents are also equally essential to control excess sneezing early in the morning.

194. Sour Buttermilk Remedy for Bloating and Constipation

By Dr. M.S. Krishnamurthy MD (Ayu), Ph.D.



Buttermilk is appreciated as the 'nectar of the mankind'.

Sour buttermilk is well known for its good digestive (pachana), carminative (deepana) and absorbent (grahi) nature. Most of Ayurvedic text books prescribe buttermilk in digestive disorders such as diarrhoea, IBS, flatus, haemorrhoids, distension of abdomen etc.

Here are few extra benefits of sour buttermilk which is less practiced. Secondly as sourness is not liked by all its use is restricted only among 'sour lovers' only.

Buttermilk, by nature itself is a acid fermented product. As it is a fermented beverage, it is not spoiled very easily. Hence it can be preserved for as long as 8–10 days without any additives and even without refrigeration. At the maximum it may sour; but such sour buttermilk has multiple advantages as mentioned below.

Sour Buttermilk for Constipation

200–300 ml is mixed with a pinch of salt and 2–3 grams of fine powder of cumin seeds (fried with ghee) and Ajwain (*Trachyspermum ammi*) seeds.

To give flavour, curry leaves may be added. This is administered during night, bed time. As the sour buttermilk is laxative (where as sweet buttermilk is absorbent, opposite to the laxative action) the individual will pass the bowel freely, next day morning.

Also, common side effects of laxative drugs like abdominal cramps, pain, twitching sensation will not be there. In addition, digestive and carminative benefits are also contributed well and immediately after defecation person will feel good hunger and taste. Meanwhile rate of absorption of micro-nutrients is also significantly increased. The flatus also fully relieved.

Buttermilk for Bloating

In case of bloating of abdomen and repeated gurgling sound of intestine, fine paste (a pinch) of garlic is added to buttermilk and served. For the taste, rock salt is also added.

As the buttermilk possesses lactobacilli, it improves the strength of the gut. Hence ultimately multiple benefits of sour buttermilk are obtained at a time by these simple recipes.

195. Two Home Remedies for Kidney Stones and Dysuria



Kidney stones are a generic name given to urinary calculi, that may be present in kidney, ureter (the tube connecting kidneys to urinary bladder), and the urinary bladder or in urethra. Let us learn two different home remedies for this very painful condition. This home remedy is also good for people suffering from difficulty in passing urine, also known as dysuria.

Home Remedy for Kidney Stones and Dysuria

Ingredients

A small pieces of freshly cut banana stem.

Cardamom – 1 gram of seed.

A mortar and pestle (or a mixer).

Banana Tree is popularly known as *kalpavruksha* in Sanskrit. It means, the tree that gives everything that is desired. This is because, starting from leaves, to ripe fruits, unripen fruit, stem, flowers and roots, each and every part of a banana tree is stuffed with immense helpful medicinal qualities. Its stem juice is used as a traditional remedy for kidney stones.

How to make?

Crush banana stem and extract its juice – Take around 10 ml of the juice.

Add 1 gram cardamom seeds to this juice and grind for two minutes.

Dose

This home remedy in a dose of 10 ml is given two times a day, on empty stomach or 10 minutes before food, two times a day.

The dose can be increased based on the severity of the disease, as per your doctor's advice.

How it acts?

Cardamom is an excellent pain killer. It also has relaxing effect over muscles. It helps to relax the bladder and urethral sphincters so as to initiate urination. It also helps to reduce the pain that is caused due to urinary calculi and urine retention.

Banana Stem Juice – is an efficient diuretic and also lithotriptic.

Diuretic means, it collects urine faster in the bladder and hence the person passes more urine. This gives a flushing effect on stones.

Lithotriptic means, it helps to crush stones into pieces, which are easily eliminated.

Conditions Apply

Each time the banana juice needs to be extracted afresh. Once taken out, the juice can be stored for a 4–5 hours only. It gets spoilt quickly.

You need to check with your doctor before trying this home remedy.

1. To whom it is really beneficial?

- Patients with kidney stones
- Patients with difficulty in passing urination (Dysuria), without any structural deformity of the tract. This means, if the patient have any stricture in urethra or ureter, this home remedy may not be useful. Your doctor will be the best judge.

2. Where is the second home remedy?

In the traditional Ayurvedic reference, it is told that you can use cow urine in place of banana stem juice for the same purpose. But the dose of cow urine will be only one teaspoon, or as your doctor advises.

196. Ayurvedic Home Remedy for Liver Diseases



This is a general home remedy with powerful Ayurveda herbs that can help in many liver conditions. If you have got all the ingredients ready, it will take only 5 minutes to prepare.

What you need?

Cumin powder – 5 grams

Cardamom seed powder – 5 grams

Bhumi Amalaki (Bhui Amla – *Phyllanthus niruri*) – 5 grams

Sugar candy – 5 grams

Milk – 5–10 ml

How to prepare?

Prepare fine powder of four herbs.

Prepare fine powder of sugar candy.

Mix these fine powders.

Add a bit of milk.

Triturate well to prepare a homogeneous paste.

This paste is given in a dose of 5–10 grams, based on patient's and disease condition early in the morning, on empty stomach for all liver diseases.

How it helps?

It is primarily told as a traditional Ayurvedic home remedy for jaundice.

It contains Bhui Amla, which is the commonest of Ayurvedic herbs for liver diseases.

It helps to normalize liver enzymes

It also helps to fight liver infection.

Contra Indication and Side Effects

This home remedy is relatively safe in children. However, lower dose is preferred.

Pregnant and lactating mothers should only use this under strict medical supervision.

It is not suitable for diabetic people.

People who are allergic to milk, may avoid milk in this home remedy.

How long to take?

It can be taken for 2–4 weeks.

Pregnancy, Lactation and Children

Seek medical advice for its usage during pregnancy. It can be used in children and lactating mothers.

Shelf Life

You can prepare the powder mix and store it for up to six months. Whenever required, you can grind it with sufficient quantity of milk and administer.

Once you add milk, the product cannot be stored for more than 3–4 hours.

197. Traditional Ayurvedic Diet Recipes for Dysentery and Diarrhoea

By Dr. Raghuram Y.S. MD (Ay)



In treating dysentery and diarrhoea, as much as medicines, the diet also plays big role. Here are traditional Ayurvedic recipes for dysentery and diarrhoea. They also work for other related disorders such as IBS associated with diarrhoea.

Bilwadi yusha – Soup prepared with pulp of raw bilwa fruit (bael fruit) and sesame paste, cream of sour curds, lot of ghee or oil is highly useful in dysentery.

Yavadi yusha – Soup prepared with barley, green gram, rice, sesame, jujube fruit and raw bael fruit – processed in ghee and oil and added with sour curds and sour pomegranate juice should be served with hot rice.

Dadhi sara – supernatant cream of curds should be fried in ghee and oil and served mixed with jaggery and powder of ginger.

Light food with buttermilk, sour gruel, nourishing drink and fermented liquids or honey.

Goat milk – this is very useful especially when the Pitta is associated with diarrhoea symptoms such as burning sensation, excess heat etc.

Panchakola peya – drink prepared with Panchakola i.e. Pippali (Long pepper), Pippalimula (root of long pepper), Chavya (Piper retrofractum),

Chitraka (*Plumbago zeylanica*) and Shunti (ginger) – in Grahani.

Yavagu (weak decoctions) prepared with juice of Changeri (*Oxalis corniculata*) or Kapitta (*Feronia limonia*), Vrikshamla (*Garcinia indica*) or pomegranate.

Yusha (broth) prepared with green gram or lentils, processed with paste of Panchakola.

Radish soup mixed with Maricha churna (powder of black pepper).

Meat soup prepared with meat of animals and birds living in the desert regions (*jangala mamsa*), processed with Deepana drugs (explained above), admixed with ghee, juice of sour pomegranate and sour buttermilk.

Buttermilk is said to be a golden remedy for disorders of colon namely diarrhea, irritable bowel syndrome and haemorrhoids.

Buttermilk should be used adequately in dysentery. Being a good deepana (appetite stimulating), grahi (anti-diarrheal) and laghu (light to digest), it proves its authority as a medicine and food (diet) in dysentery.

Pungent, sour, salt and bitter foods and medicines, soup of dry radish, horsegram, sour buttermilk, are useful to combat dysentery and diarrhea.

Shadanga yusha – Soup prepared with green gram juice, meat soup, coriander, cumin seeds and rock salt.