

Herbal Medicine Slide Commentaries

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CODE COMMENTRY

- S38 When cool, it is sprinkled with turmeric. W
S39 This is placed on the wound.....
S40 and bandaged on.

S K I N D I S E A S E S

- S41 The Azadirachta indica (neem) is useful in SKIN DISEASES too, besides fever.
S42 In the case of skin diseases, the oil extracted from the seeds is used.
S43 To prepare the oil, the seeds are first crushed and the seed cover removed.
S44 The kernels are then wrapped in leaves of Butea monosperma (pallasa).....
S45 and steamed.
S46 A simple method of steaming:- A vessel is half-filled with dry stalks and some water poured in. The leaf-wrapped seeds are placed on the stalks....
S47 and the vessel closed with a close-fitting lid.
S48 Once the crushed seeds have been steamed, they are placed in a broad-meshed strong cloth.....
S49 and the oil squeezed out.
S50 The Neem oil is useful in infected scabies, infected wounds, abscesses, ulcers and other skin diseases.

L O S I N G H A I R

- S51 If a person starts getting bald while young....
S52 the plant Eclipta alba (maakaa) can be used.
S53 The whole plant is uprooted and crushed to make a paste in a pestle.
S54 The juice is squeezed out.....
S55 and put into a stainless-steel or a tin-plated brass vessel.
S56 The vessel is placed on the fire.....
S57 and ~~coconut~~ ^{coconut or preferably} oil, an amount equal to 1/4 that of the maakaa juice is added and the mixture heated until only the oil is left.
S58 This oil is massaged into the scalp daily, at least 1/2 hour before bathing. No soap is to be used to wash the head, but Acacia concinna (shikaakaEE) powder, obtained from the pods may be used.

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- CODE COMMENTRY
- S15 When a woman gets scabies....
- S16 she can pass it on to her infant while breast-feeding. This is why, most often, infants start with scabies on the face.
- S17 If not treated immediately, it could get quite severe and the baby will be cranky, not sleeping at night.
- S18 In this case, neem leaves with salt and turmeric are ground to fine paste and applied.
- S19 If Pongamia pinnata (karanja) seeds ^{paste} powder is added to the above-mentioned paste, treatment will be more effective. ^d
- S20 This boy did not take any care of himself and after 15 days to 1 month scabies covers his whole body.
- S21 Another effective remedy for scabies is the oil of Martynia annua (vinchoo).
- S22 In order to prepare this oil a small hole is made in the bottom of an earthen ware pot....
- S23 which is then filled with ripe fruit.
- S24 A pit is dug big enough to hold the pot and ^{the} cow-dung cakes.
- S25 At the bottom of the pit a metal vessel is placed....
- S26 and over it the earthen-ware pot, so that the oil can drip into the vessel through the hole.
- S27 The pot is surrounded with plenty of cow-dung cakes (the pit should be bigger than that shown in the picture).
- S28 Make sure that the mouth of the pot has a cover well-sealed with a ^{prepared} well-sealed with a mud-smear cloth.
- S29 The cakes are burnt.....
- S30 and after the ashes have cooled.....
- S31 the oil that has been extracted will be found in the metal vessel.
- S32 The person having scabies.....
- S33 should apply the oil to the whole body.
- W O U N D S
- S34 In the case of FRESH WOUNDS, INFECTED WOUNDS and ULCERS.....
- S35 the Aloe barbadensis (koraphadda) is a very useful plant.
- S36 ^A leaf is slit and.....
- S37 then warmed on live coals or slow fire.

Diagnose, please

To translate

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CODE COMMENTRY

- R36 The sapling of Gmelina arborea (shiyanna) cannot even be seen lost as it is within the fence, which has flourished because of the regular watering.
- R37 Can you say now into what type of pit this sapling was placed?
- R38 and this one?....
- R39 This is a Psidium guayava (peroo) in a medium-sized pit.
- R40 This couple is old, yet they are young at heart, willing to learn new methods to improve their knowledge and get better yields. Are you interested in imitating them? GROW MORE TREES.

SCABIES

- S01 SCABIES is an infectious disease which often starts between the fingers....
- S02 and then spreads to other parts of the body.
- S03 Immediately, at this stage, it should be treated by scrubbing, while having a bath.....
- S04 and applying paste of Azadirachta indica (neem) leaves and salt to the whole body, after the bath.
- S05 This should be repeated for at least 3 days.
- S06 If care to get rid of the SCABIES is not taken immediately then it gets further infected and more difficult to cure.
- S07 Another remedy for scabies is the Argemone mexicana (satyanaashee). Its latex is mixed with coconut oil and applied.
- S08 But how is scabies caused? The mite you see here enters the skin.....
- S09 and lays its eggs, which develop into mites...
- S10 which spread to the whole body.
- S11 You see here scabies on the buttocks.
- S12 This is the result of the eggs laid earlier by the mites.
- S13 As said earlier, the body ought to be scrubbed thoroughly before applying the remedy. If not....
- S14 because of scratching with dirty finger-nails, pus forms due to bacterial infection and it is more difficult to cure.
- S15 But scabies spreads not only from the fingers to the rest of the body, it also spreads from person to person living in close contact in the family,

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Diago
Recase

For translation to Marathi

code commentry

K00 K I T C H E N G A R D E N

K00

K01 A kitchen garden is useful for every household. The land around the house can be used to provide nourishment and much needed vitamins to the family.

K02 Waste water from the bathing and washing places can be put to good use, while household garbage can provide compost.

K03 To start the kitchen garden, first loosen the soil by digging atleast 8" deep.

K04 Mix in composted farmyard manure and bio-mass.

K05 Sprinkle ash or BHC (50%) in order to kill the pests...

K06 and break up the lumps of earth, mixing the soil well with the compost and pesticide.

K07 Plan the garden according to the different vegetables you want to plant. Some need ordinary beds, others need raised or mattress beds.

K08 It is important to plant the seeds at the distances required for each of them to give the best yield.

K09 Where water is a scarce commodity, pot-irrigation is water saving.

K10 Take a piece of strong wire, wrap one end of it around a piece of wood and flatten the other end.

K11 Use the flattened end to make 4 holes on the sides of an earthenware pot.

K12 Place the pot in the soil prepared for it so that the mouth is leveled with the ground. Sow seeds around it, and water the soil for about a week.

K13 Once a week, fill the pot with water and cover it with a lid. This will prevent rapid evaporation, and the roots will get water from the seepage.

K14 Another dry-land-farming method is making a channel with stones or bricks and clay, from the bathing and washing place to the kitchen garden.

K15 Seeds can also be sown on either side of the channel so that the seepage from the channel is utilised.

K16 Sumibai of Village Lahan Umaj, followed the above methods in the small patch behind her house and was very proud of the excellent yield.

K17 Yet another water-saving device is to dig a shallow pit and fill it with broken bricks or tiles, placing a few rounded roof tiles on one edge of the pit to form an inlet channel.

K18 Sow seeds around the pit. Then cover the pit and the area around it with a transparent plastic sheet so that the seeds too, are covered.

K19 When the seeds sprout make a hole in the plastic sheet for the shoots to come through.

K20 A minimum of water is poured in the channel when needed. Water which evaporates from the soil, during the day, gathers under the plastic sheet, condenses in the night, and falls back into the soil.

K21 Sumibai is gathering vegetables from the climbers growing on the fence. No part of the small patch

of land in her backyard has been wasted.

K22 These are some of the vegetables she has been able to provide her family with.

K23 Sajabai has also prepared a kitchen garden. She has more space and so has grown a *Moringa oleifera* (shevaga) tree in front of her house. It provides tasty and nourishing food.

K24 Prepare a kitchen garden in your backyard by using these dry-land-farming techniques...

K25 for more nutritious food for your family.

7th Translatsm

SOME COMMON AILMENTS IN WOMEN

- 48 ✓ 1. When an adolescent girl has pain during menstruation she can choose between 2 remedies
- 49 ✓ 2. The seed of the Castor plant is crushed to obtain oil...
- 50 ✓ 3. or Castor Oil is bought from a chemist
- 51 ✓ 4. 2 teaspoons of Castor Oil are taken with black tea, once only, two days before the expected menses.
- 52 ✓ 5. If *Trachyspermum ammi* (ajwain) is easily available
- 53 ✓ 6. then the seeds of this plant are stored
- 54 ✓ 7. and during painful menstruation 1 teaspoon of the seeds is taken with the first mouthful of food, twice a day for 2 days
- 55 ✓ 8. A woman who is anaemic will have very little flow during menstruation or it will be limited to one day.
- 56 ✓ 9. In this case *Withania somnifera* (ashwagandha)
- 57 ✓ 10. roots are dug up
- 58 ✓ 11. washed
- 59 ✓ 12. and dried in the sun.
- 60 ✓ 13. When the roots have dried, they are powdered.
- 61 ✓ 14. 1 teaspoon of the powder is taken twice a day, once before breakfast and then before supper
- 62 ✓ 15. this powder has to be taken for 6 months, till the health of the woman improves.
- 63 ✓ 16. In the case of excessive menstruation
- 64 ✓ 17. use the vine of *Tinospora cordifolia* (gulvel)
- 65 ✓ 18. 2 inches of the vine is taken
- 66 ✓ 19. cut into smaller bits and crushed after removing the paper

thin bark.

67 ✓ 20. The crushed bits are put into a vessel on the fire with 2 cups of water. a decoction is prepared by boiling down to 1/2 a cup

68 ✓ 21. Half a cup of decoction is taken twice a day after meals for 4 days.

69 ✓ 22. Some women having excessive menstruation have a foul smell

70 ✓ 23. Cyperus rotundus (nagarmotha) is found in plenty in most fields.

71 ✓ 24. The tubers of this weed are dug up and washed clean

72 ✓ 25. they are dried and then crushed to obtain a powder

73 ✓ 26. Half a teaspoon of the powder is taken thrice a day after meals till the foul smell disappears

74 ✓ 27. White discharge caused by weakness can lead to yellow discharge due to uncleanliness. In order to be cured of this one has first to wash oneself and one's clothes at least twice a day

75 ✓ 28. Together with this the remedy is Moringa oleifera (drum stick)

76 ✓ 29. The leaves and flowers are used...

77 ✓ 30. to prepare a vegetable which is eaten once a day for 15 days.

78 ✓ 31. During the first trimester of pregnancy, some women have nausea and vomiting in the morning

79 ✓ 32. Besides foods prepared with milk, they should be given any of the following:- Sorghum vulgare (jowar); or Eleusine aegyptica (ragi); or rice

80 ✓ 33. this should be puffed

81 ✓ 34. and eaten to one's satisfaction

82 ✓ 35. The diet during the second trimester should consist of vegetables, though not of the leafy variety. The only leafy

} 10 ✓

} 9 ✓

} 8 ✓

} 7 ✓

vegetables advised during this period are Trigonella foenum-graecum (methi) and Amaranthus spinosus (tandulja)

7 ✓

83 ✓ 36. Of the dals, Bengal gram (channa) and Cajanus cajan (tuar) should be avoided. Green gram (moong) and L:lentil (masoor) are good

84 ✓ 37. Fruits with plenty of pulp surrounding the seeds should be eaten, eg. banana, chikoo, apple, mango, guava, etc. However avoid papaya, pineapple and jambul (Syzygium cumini)

2

85 ✓ 38. Women in the third trimester of pregnancy

done ✓

86 ✓ 39. tend to be constipated and have difficulty in passing urine.

87 ✓ 40. To prevent this Cuminum cyminum (jeera)

88 ✓ 41. is to be roasted...

89 ✓ 42. powdered...

5 ✓

90 ✓ 43. and half a teaspoon mixed with warm water and ghee or oil taken twice a day before meals

91 ✓ 44. Another illness that could arise is swelling of the feet and body

92 ✓ 45. Boerhaavia diffusa (punarnava) is generally easily available

6 ✓

93 ✓ 46. This is ground to a paste or prepared as a vegetable

94 ✓ 47. the juice or the vegetable

95 ✓ 48. is taken twice a day.

96 ✓ 49. Fever is another common illness that could be suffered during pregnancy

4 ✓

89 ✓ 50. Tinospora cordifolia (gulvel) is a safe remedy

98 ✓ 51. a 2 inch bit of stem which is of the thickness of a thumb

99 ✓ 52. is cut into bits, the paper thin bark removed, and the bits crushed

Handwritten scribble at the bottom right.

(4)

- 100 ✓ 53. A little water is poured into the mortar while crushing
101 ✓ 54. 20ml to 30ml (4 to 6 teaspoons) of the juice are taken twice a day for fever

(3) ✓

102 ✓ 55. In order to resume contractions in stalled labour

103 ✓ 56. take a 1 inch bit of Zingiber officinale (aadrak)

104 ✓ 57. crush it

105 ✓ 58. prepare a decoction by placing it on the fire with 2 cups of water and boiling down to one cup

~~(9)~~ (10) ✓

106 ✓ 59. Get Castor oil

107 ✓ 60. and administer 30ml castor oil together with one cup of aadrak decoction

108 ✓ 61. When a lactating mother does not have enough breast-milk

(11) ✓

109 ✓ 62. Hemidesmus indicus (anantmul)

110 ✓ 63. root is dug up

111 ✓ 64. washed and dried in the sun.

112 ✓ 65. It is then powdered

113 ✓ 66. and 1 pinch of powder administered with milk or tea twice a day for 7 days.

(1) ✓