

HERBAL REMEDIES -- Sr. Mariamma F.C. of Zankhav

In our tribal culture, prayer goes together with using & giving of medicines, as God is the giver of these herbs and the power to cure, and often they are most abundant where those specific diseases prevail. He is the AUTHOR of these herbs and works cures through our instrumentality
~~xxxMALARIAx~~FEVER These remedies are cheap and have no side effects.
N.B. O.D.= once a day. B.D.=twice a day. TDS = 3 times a day.QDS= 4 times

1. MALARIA FEVER: Diagnosis: Headache & pain in joints, shivering, ^{high} fever
- for prophylaxis: for 8 days 1 leaf of KIRAYAT + 1 pepper seed (ground) in the epidemic season, 2 to 3 months, also paracetamol + tulsi leaves. TDS, half dose for children below 5 yrs.
- for treatment: 3 leaves of KIRAYAT with 3 pepper seeds crushed with jagri, on empty stomach, B.D. for 5 days
Diet: kanji & plenty of water
- if fever returns, then take treatment for 7 to 10 days
2. FEVER, COLD & BLOATED STOMACH, PNEUMONIA & COLD
! Treatment: 3 PAN-OVA + 3 leaves of Tulsi + pinch of tumeric powder to be taken before meals TDS for 5 to 7 days
- Pneumonia begins with cold & cough & fever with difficulty in breathing, & if worse, feet & fingers get dark (THEN SEE A DOCTOR) put 1 drop of tulsi leaf juice into nose & tulsi poultice on chest
3. FEVER, COLD, COUGH: Take hand-full of Tulsi leaves & grind with 5-6 pepper seeds + teaspoon of jeera + 4 glasses of water boiled down to 1 glass - divide this into 3 parts & take TDS, for 4 to 5 days (daily fresh)
Diet: kanji and plenty of water.
4. SKIN DISEASES, SCABBIES, STOMACH WORMS, PURIFYING BLOOD
5 leaves KIRAYAT + pinch of jeera + Jagri, O.D. for 11 days, on empty stomach, then 3 days break & again 11 days treatment
For scabbies: crush leaves of Kirayat with tumeric & apply to wounds
5. DIFFICULTY BREATHING: Heat guava leaves in water & inhale through mouth & breathe out, with a towel on the head also gargle with same water
6. FEVER & SIMPLE DIARRHOEA: Boil 4 guava leaves in 4 glasses of water reduced to 1 glass, & take 1/3 TDS before meals
also for bitterness in fever, chew 1 or 2 guava leaves and then spit out - bitterness will disappear
OR boil 5 tender guava leaves or bark in water & take B.D.
7. BAD EYES: put banana fruit + peel on eyes tied with cloth for 3 hrs.
OR squeeze 1 drop of St. Antony's flower in the eyes.
8. TONIC: Put Jaswanti (Hybiscus), shoflowers in bottle with jagri on top and keep in sun for 21 days. Also asparagus root powder. THEN take 1 spoon daily in milk, for anemia, weakness, women's irregular monthly flow
9. DYSENTERY: 5 leaves of red PERIWINKLE + pinch jeera, make paste into balls: TDS for 5 to 7 days (+ sugar)
- if 'av' then 5 leaves of white flower
Diet: no dhal, no hot or sour food, no meat or fish
10. T.B.: 7 leaves of ADULSA, boiled with a little water, strain juice in cup + 5 pepper seeds + pinch jeera - make 2 parts, B.D. for 3 to 6 months
For ASTHMA: same above for 5 to 7 days.
For Blood T.B. (Haemostasis, stopped in 2 days) 3 boat plant leaves + 3 flowers, grind, boil down 4 glasses of water to 1 and take O.D. for 2 days - if stops early, stop treatment
For night cough: 3 leaves + 3 pepper seeds, + pinch jeera, make chutney with one egg fried in ghee - take 3 to 5 dys, before going to sleep.

11. JAUNDICE: (Kavli) Bhui Awla (full plant) + jeera 1/2 tsp. crushed to make balls aila size, O.D. on empty stomach, 3-5 days
For severe Jaundice: crush arandi leaf to awla size & take in morning in the evening Bhui Awla
12. URINARY TROUBLES: concentrated urine, sense of burning due to infection, kidney stone, jaundice, anemia, swelling arthritis.
treatment: Ghatmod: 3-4 branches of 18" + 5 pepper seeds, pinch jeera in 8 glasses boiled to 2, B.D.
for urinary problems, 7 days,
others, 11 days (3 rest) + 11 days
13. Tooth Powder: guava, neem & mango leaves in equal parts dried & powdered, mixed with salt - then brush.
14. Tooth-ache: cupmanyal flowers
15. Ring-worm apply ^{through} latex of Cupmanyal with little oil
16. HYDROCELE: Crush whole dolari plant & make a decoction & drink 1 glass O.D. for 7 days
For chronic cases - for longer time
17. LEPROSY: Vikari Takla (small) root pounded & decoction prepared
(broken hair) Kushtod applied on abscess, & if abscess or boil bursts wash away this paste or else abscess will spread
CAUTION: cut root in small pieces & submerge it in water in which rice has been cleaned, for 1 hour.
18. INJURY & BRUISES: Take the juice of Ek Dhandi ^{leaf} & apply it.
Iodine is prepared from this plant.
19. Fever & heat stroke: Sugandhi Vale: make & drink decoction of root
In summer the drink helps to cool the body
Roots or mats made of roots are kept in a room and kept wet with water to keep root cool
20. KHORPAD (Aloe Vera) for greying hair: slit open the leaf, put methi seeds and allow them to sprout; then remove, pound & boil in coconut oil & use on hair
For bleeding diarrhoea, ^{dysmenorrhoea, leucorrhoea} V.D. liver problems, enlarged spleen, gastritis, peptic ulcer, acidity & headache
TAKE 1 inch piece and eat the pulp with jaggery
for burns, apply sap
for abscess: heat on tawa and apply.