

win word: (AYURVED) Ailments, do c

HERBAL REMEDIES IN COMMON AILMENTS

<u>AILMENT</u>	<u>PLANT USED</u>	<u>PREPARATION & DOSAGE</u>
Common Cold	१ तुलसी Ocimum sanctum २ पान औवा Coleus aromaticus ३ गवती चह्न Cymbopogon citratius	Take equal proportion of leaves of all three plants, make bits and prepare decoction. Add jaggery to taste. 1 cup 3 - 4 times a day
Minor cuts, Wounds, Injuries	कोरफड Aloe vera	Wash and clean wound well. Apply juice or slit leaf and tie. Change every 24 hours.
Infected wounds Sores, Abscesses	कोरफड Aloe vera	Slit leaf, heat on live coals or fire. Cool, open, sprinkle haldi, bandage. Change every 24 hours.
Headache	पान औवा Coleus aromaticus	Rub a leaf on forehead, or crush leaf and apply. Gives temporary relief. Find cause of headache.
Migraine	दुर्वा Cynodon dactylon	Wash, crush and squeeze out juice. 1 or 2 drops in nostril on opposite side of migraine
Flatulence Abd. colic	सागर गोय Caesalpinia bonducella	Roast seed in fire till black. Break open seed cover. Kernel will become brown. Break kernel into 4 Take one part with black salt - पादेलेन
Scabies	कडू निंब Azadirachta indica	Grind leaves with salt. Apply after scrubbed bath. Apply for 3 days.

Acne	सावर - काटे Bombax malabarica	The thorn is rubbed in milk and the paste applied
	or कोरफड	The leaf is slit, warmed and juice applied.
Burns	कोरफड	The leaf is slit and the juice applied. Even in extensive burns - as first aid.
	Aloe vera	
Scorpion sting	कद्दू शेवगा - डिंक Moringa oleifera	The gum is rubbed in a little water to make a paste and applied.
	or लसून	
	Allium sativum	Chew a flake of garlic.
Embedded thorn	रुई - Calotropis procera	Break a leaf, and apply the latex which oozes out.
		N.B. A drop in the eye can cause blindness.
Earache	तुलसी Ocimum sanctum	Drops of leaf juice to be put into ear twice daily.
Nausea Vomiting	हिरड Terminalia chebula	A bit of the dried fruit is chewed when necessary.
	or जांभूल Syzygium cumini	a tender leaf is chewed when needed.
	or लिंबू Citrus medica	fruit juice taken when needed

Caried molar

पपई
Carica papaya

A bit of cotton is dipped in the latex of raw papaya and placed in the cavity
N.B. Do not touch cheek or tongue

or
लवंग

Crush and place in cavity.

Asthma

अडुलसा
Adhatoda vasica

Dried leaves smoked in pipe.
or
2 tsp. of leaf juice taken thrice daily

N.B. Gives relief.

Non-obstructive
Jaundice,

भुई आवली
Phyllanthus niruri

The whole plant is washed ground to a fine paste and made into a supari-sized pill. To be prepared fresh daily and taken on empty stomach every morning for 21 days.

Liver cirrhosis

N.B. Fat free diet to be kept.

Piles

Arthritis

Anaemic

Worms

Infected scabies	<p>१ करंज Pongamia pinnata २ कडू निंब Azadirachta indica</p>	<p>Grind neem leaves with salt, haldi and karanj seeds. Apply after scrubbed bath for 7 days. Or Oil of neem and karanj mixed and applied.</p>
Diarrhoea - mild	<p>नागर मोथा - कंद Cyperus rotundus or पांडरा कूडा Holarrhena antidysenterica</p>	<p>1 handful of root tubers, washed crushed, infusion (हिम) in 1 litre prepared. 1 cup 3-4 times daily. 1 handful root bark crushed boiled in 1 lit. water, reduced to 1/2 lit. 1/2 cup thrice daily.</p>
Diarrhoea - moderate or severe	<p>१ नागर मोथा - कंद Cyperus rotundus २ पांडरा कूडा - मूलाची साल Holarrhena antidysenterica ३ सावर - झाडाची साल Bombax malabarica</p>	<p>1 Kg. of each are crushed, and then mixed. To the 3 Kgs. are added 12 litres of water (4 times the weight). This is boiled and reduced to half. Then strained and the extract further boiled till it thickens. This is rolled to 'channa-sized' pills and dried in the sun. Adults - 2 pills 3 times daily.</p>
Hyper-acidity	<p>आवला Emblica officinalis or डालिंब Punica granatum</p>	<p>Chew fresh fruit when necessary. or Cut the fruit into bits, dry them in well ventilated shade. Then one day in the sun. Store in air-tight bottle. Chew a few bits when necessary. Chew tender leaves or flowers to relieve hyper-acidity.</p>
Head lice	<p>१ कडू निंब - बीज Azadirachta indica २ रीठा - फल Sapindus trifoliatus</p>	<p>Prepare oil from the seeds and apply to scalp and hair. Wrap head. Soak reetha fruit in water. After 1 hour wash head with reetha. Repeat once after 7 days.</p>