

Memory Improvement: Treatment

<u>Sr. No</u>	<u>Remedy</u>	<u>Instructions</u>
1.0	<u>Ayurveda:</u>	
1.1	Prepare a mixture of 1 teaspoon honey and a pinch of finely powdered cinnamon (dalchini). If heat is generated in the body, either qty of honey can be 2 teaspoons or it can be taken on alternate days. You should enquire as to whether he has any problem with passing stool.	Take it every night regularly.
1.2	Krumi Kuthar Goli (for worms)	1 tablet every 15 days.
2.0	<u>Biochemic Medicines:</u>	
2.1	BC No.24-Nerve & Brain Tonic	4 tablets a day.
2.2	Kali Phos 30	4 tablets a day.
3.0	<u>Dr. Bach Flower Remedies:</u>	
3.1	White Chestnut	4 tablets a day.
3.2	Clematis	4 tablets a day.
4.0	<u>Diet:</u>	
4.1	<u>Food to be avoided:</u> Non -Veg, Pickles, Papad, Turdal, extra spicy, salty & sour items.	
4.2	<u>Food to be taken:</u> All vegetables, (preferably Gobi, Palak,) Fruits, Milk, ghee One badam may be taken on alternate days. (To be chewed well) Badam also generates heat in the body.	
Note:		
1	The above tablets are to be placed on tongue to dissolve. Tablets should not be taken with water.	
2	No food should be consumed for at least 30 minutes after taking tablets. Alternatively tablets can be taken 30 minutes after food.	
3	Tablets of one category should be consumed at a time.	