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On Thu, Jul 15, 2010 at 1:54 PM, UMESH SHAH <shahumesh_56@yahoo.co.in> wrote:

Here are 35 Indian Home Remedies for everything imaginable and have been used for hundreds of years, before the advent of modern medicine.

This is good especially for minor ailments and aches and pains. Print it out and keep it in a place where you can find it easily, when needed. This may avoid a trip to the doctors and/or make you feel healthy (and even look beautiful) in the process. Take Care!

1) Home Remedies for Asthma:

Take 1 tsp honey and 1/4 tsp cinnamon powder and mix them well before consuming.

For people who are in their early stages of asthma, a perfect home remedy is to boil 8-10 cloves of garlic in 1/2 cup of milk and consume it during night time.

Take very hot water and add a tsp of honey in it. Consume it just before sleeping and take small sips

2) Home Remedies for Body Odour:

Use antibacterial soap or deodorant soap while bathing.

To combat the unpleasant armpit odour apply cider vinegar. It serves as the best body odour home remedy treatment.

In the bathing water, add a few cups of tomato juice and soak yourself in water for about 15 minutes.

3) Home Remedies for Backache:

Lime juice serves as an excellent home remedy for backache. Squeeze the juice of 1 lemon and add common salt in it. Drink it two times in a day. It will act as a great back pain reliever.

As a part of back pain home remedy treatment, raw potato in the form of poultice is to be applied on the pain affected area.

Usually Vitamin C that is mainly found in citrus fruits is considered valuable for getting rid of backaches. Consume about 2000 mg of this vitamin everyday.

Applying garlic oil on the back gives immense relief from back pain.

Take about 10 small garlic pieces and fry them in oil on a low flame.

You can either use sesame oil, coconut oil or mustard oil. Fry till the garlic cloves turn light brown. Let the oil prepared from garlic cool completely.

Thereafter apply it on the back and keep it for about three hours. In a couple of days, you'll feel its magical effects

4) Home Remedies for Cough:

Grapes help a great deal in treating cold in a few days. Consume 1 cup grape juice and also add 1-teaspoon honey to it.

Almonds are excellent for dry coughs. Soak about seven almonds in water and keep them overnight. Next morning peel off the brown skin. Now grind them to form a powder and add twenty grams each of butter and sugar and form a paste.

Consume it twice a day, once in the morning and the second time in the evening.

5) Home Remedies for Common Cold:

Lemon can be used effectively to treat common cold, as it increases the body resistance. Take one glass of warm water and pour some lime juice and a tsp of honey in it and consume it once or twice on a daily basis.

Take 1 tbsp of Pepper powder and boil it in a cup of milk. Also add on a pinch of turmeric to it. Put some sugar for taste. Drink it once in a day for about three days.

Take 3-4 tsp Onion juice and 3-4 tsp Honey and mix well before consuming.

6) Home Remedies for Common Fever:

The juice of grapefruit is valuable in all fevers. Helpful in quenching thirst, it also removes the burning sensation produced by the fever. Half a glass of grapefruit juice should be taken with half a glass of water.

Another ideal food in all types of fever is orange. It provides energy, increases urinary output, and promotes body resistance against infections. It is especially effective when the digestive power of the body is seriously hampered.

7) Home Remedies for Defective Vision:

Consume foods rich in vitamin A (like raw spinach, turnip tops, milk cream, cheese, butter, tomatoes, lettuce, carrots, cabbage, Soya beans, green peas, fresh milk), as vitamin A helps in improving the eyesight.

8) Home Remedies for Diabetes:

Take 15 fresh mango leaves and boil them in 1 glass of water. Keep them overnight. Filter and drink the next morning.

As a part of diabetes home remedy treatment, grapefruit is considered most beneficial. Eat three grape fruits three times in a day.

Indian gooseberry (Amla), a rich source of vitamin C serves as the best home remedy for diabetes. Take 1 tbsp of gooseberry juice and mix it with a cup of bitter gourd (Karela) juice. Consume the mixture daily for about 2 months.

9) Home Remedies for Dry Chapped Lips:

Drink plenty of water every day. Cut fine slices of cucumber and rub on lips. Take a saline bath. Apply neem leaves extract on your lips.

10) Home Remedies for Diarrhoea:

Take a ripe banana and mash it properly. Add 1 tsp of tamarind pulp and a pinch of salt to it. Consume this mixture two times in a day.

A simple effective home remedy for diarrhea is to drink a cup of strong tea or coffee.

A popular diarrhea home remedy treatment is to consume a paste made of 15-20 fresh curry leaves mixed with 1 tsp honey.

Take a ripe banana, add 1/4 tsp nutmeg powder to it and eat it on a daily basis.

Take a tsp of date paste and mix with 1 tsp honey. This mixture is to be consumed 4-5 times a day.

11) Home Remedies for Ear Ache:

Boil 3-4 cloves of Garlic in some water. Mash them and add a pinch of salt. Wrap this poultice in a flannel or woolen cloth and place on the aching ear.

Pour some garlic juice in the paining ear. Its antibiotic qualities help to relieve the pain.

Take Vitamin C to boost your immune system. It is a natural antibiotic and antihistamine that helps to reduce inflammation and fever. Include zinc in your diet because it reduces ear infection. Certain foods, more commonly dairy products like milk, butter, cheese etc tend to aggravate ear infections, so it is better to avoid them during an ear infection

12) Home Remedies for Genital Warts:

Extract juice from onion slices and add salt to it. Apply this juice on the wart-affected area and see the magical effects.

Another great idea is to apply the milky juice of figs on the warts 2-3 times in a day, till the warts disappear.

Put few drops of apple cider vinegar on the warts using cotton ball.

Consume foods rich in folic acid and beta-carotene. Eat plenty of green leafy veggies

13) Home Remedies for Gingivitis:

Take some clove oil and rub it on your gums. Or else, keep a clove in your mouth and chew slowly.

Brush your teeth with toothpaste that contains sage oil, peppermint oil etc..

In 1 glass of lukewarm water, add a pinch of salt and prepare a homemade saline solution.

Using this solution, gargle two times in a day. It will help a great deal in reducing the swelling in your mouth.

To heal the gum swelling, use an anti bacterial mouth wash.

Patients suffering from Gingivitis should consume foods containing low saturated fats.

14) Home Remedies for Hair Loss:

One of the best home remedies for treating hair loss is to massage your scalp with fingers gently. It will also aid in increasing blood circulation and lend glow to your hair.

Amla oil serves as an excellent tonic for hair conditioning. Apply this oil on the scalp and see the wonderful results. OR for nourishing your hair, apply coconut milk all over your scalp and massage it into the hair roots.

15) Home Remedies for Hangover:

Drink plenty of water before going to bed as well as when you wake up in the morning.

Eating some foodstuff while and after you are drinking will slow down the rate at which alcohol enters the blood, thereby reducing the hangover.

Consume vitamin C tablets, as they lead to the breakdown of alcohol content in the body.

16) Home Remedies for Headache:

Eat an apple with a little salt on an empty stomach everyday and see its wonderful effects.

When headache is caused by cold winds, cinnamon works best in curing headache. Make a paste of cinnamon by mixing in water and apply it all over your forehead

17) Home Remedies for Heartburn:

Ginger serves as an effective home remedy for heartburn. Grind fresh ginger and prepare ginger tea. You can even add ginger to foods.

Increase your fiber intake, as it aids in the absorption of excess acid and gas. It helps in flushing out the toxins from your body.

Drink plenty of water at least 8 glasses everyday.

Green tea is also effective in treating heartburn.

Prepare herbal tea containing equal small amounts of peppermint, chamomile, ginger, licorice root and catnip. Preferably, it should be taken after dinner

18) Home Remedies for Herpes:

Take a few ice cubes and rub them on the cold sore affected area for a few minutes.

Take a warm tea bag and apply it on the fever blisters for about half an hour.

Lemon balm extract is considered valuable in healing Herpes infection.

Consume foods rich in vitamins. Zinc and iron are also vital. Eat plenty of fruits and green veggies.

19) Home Remedies for High Blood Cholesterol:

In 1 glass of water, add 2 tbsps of coriander seeds and bring to a boil. Let the decoction cool for some time and then strain. Drink this mixture two times in a day.

Sunflower seeds are extremely beneficial, as they contain linoleic acid that helps in reducing the cholesterol deposits on the walls of arteries. You just need to modify your cooking style a bit and substitute sunflower seeds for solid fats such as butter and cream.

Incorporate loads of fiber in your meals, as fiber helps a great deal in lowering the cholesterol pressure in blood.

20) Home Remedies for High Blood Pressure:

A real effective home remedy for high blood pressure is to take 1 tsp honey, 1 tsp ginger juice and 1 tsp cumin powder and mix them well.

Have this mixture at least two times in a day.

As a part of high bp home remedy treatment, it's good to try out the idea of consuming coriander or fenu greek leaves mixed in 1 cup of water.

Take about 25-30 curry leaves and make a juice, using 1-cup water. You can even add on lime juice to it for making it tastier. Strain and drink it in the morning.

21) Home Remedies for Menopausal Disorder:

When a woman experiences menopause, she should take a daily supplement consisting of 500 mg magnesium and 2 gm of calcium.

Carrot seeds are of great value in case of menopause. In 1 glass of cow's milk, put a tsp of carrot seeds and boil for about 10 minutes or so. Consume it everyday as a medicine.

Liquorice serves as an effective remedy for menopause, as it contains the natural female hormone, estrogen. Thus, it helps in making up for the lost hormones.

22) Home Remedies for Obesity:

On an empty stomach in the morning, drink 1 glass of warm water mixed with juice of half a lime and 1 tsp honey.

In 1 cup of water, add 3 tsp of lime juice, 1/2 tsp pepper powder and some honey. Drink this everyday for about 3-4 months.

As a substitute of breakfast, consume 2 ripe tomatoes in the morning.

This remedy will aid in reducing your weight at a faster rate.

24) Home Remedies for Prostate Disorders:

Pumpkin seeds are extremely useful in treating prostate disorders. The seeds of pumpkin act as a rich source of unsaturated fatty acids that are vital to the health of the prostate. Men suffering from prostate trouble must take about 60-90 gm of pumpkin seeds daily. Pumpkin can be consumed in the form of powder spread over the cooked food. You can also mix them with white flour for making chapattis.

Zinc has been found beneficial in the treatment of prostate disorders.

Take about 30 milligrams of this mineral everyday.

Vitamin E is beneficial for prostate health. The patient should be given foods rich in vitamin E like wholegrain products, green leafy vegetables, milk and sprouted seeds.

In 200 ml spinach juice, add 300 ml of carrot juice. You can even have carrot juice separately.

Vegetable juices are excellent in curing prostate disorders.

25) Home Remedies for Ringworm:

Take a raw fresh papaya and cut out slices. Rub the slice on the ringworm patch. It serves as an excellent home remedy for ring worms.

Take a few mustard seeds and powder them. Thereafter, make a paste using water. Apply the paste on the ringworm-affected area and see its wonderful effects.

26) Home Remedies for Sexual Impotence:

Garlic is considered valuable in treating the problem of sexual impotence. It acts like a tonic for loss of sexual power. Chew 2-3 cloves of raw garlic daily.

Another aphrodisiac food next to garlic is onion. It aids in strengthening the reproductive organs. Prefer going in for white onions.

Carrots have proved beneficial in creating the desire for sex. Take about 150 gm of finely chopped carrots and eat them with a half boiled egg, dipped in 1 tbsp of honey. Consume it once a day for about a month or two.

27) Home Remedies for Sinusitis:

Mango serves as an effective home remedy for preventing the frequent attacks of sinus, as it is packed with loads of vitamin A. OR Another beneficial remedy consists of consuming pungent foods like onion and garlic, as a part of your daily meals.

Fenugreek leaves are considered valuable in curing sinusitis. In 250 ml water, boil 1 tsp of Fenugreek seeds and reduce it to half. This will help you to perspire, dispel toxicity and reduce the fever period.

Tie a tsp of black cumin seeds in a thin cotton cloth and inhale.

28) Home Remedies for Sore Throat:

Take 1-2 cloves of garlic and 2-3 cloves and make a paste. Mix with 1 cup of honey. Drink 1 tsp about 3 times in a day.

In 1 cup of warm milk, add a pinch of turmeric powder. Drink the milk before going to bed.

Take 1 whole onion and boil it with some water. Thereafter, mash it and add some butter, salt and pepper to it. Now eat this mixture.

29) Home Remedies for Stomach Ache:

Drink plenty of water, as it helps in ensuring smooth bowel movements.

Drink lemon tea with some honey added in it for taste. It will keep away stomach ache.

Mix 1 tsp each of mint juice and lime juice. Add some ginger juice and black salt in it. Drink this mixture.

30) Home Remedies for Tonsillitis:

Take a fresh lemon and squeeze it in a glass of water. Add 4 tsp of honey and ¼ tsp of common salt in it. Drink it slowly sip by sip.

Milk has proved beneficial in treating tonsillitis. In 1 glass of pure boiled milk, add a pinch of turmeric powder and pepper powder. Drink it every night for about 3 days.

31) Home Remedies for Toothache:

Dip 1 clove of garlic in rock salt and place it on the affected tooth.

Keep a piece of raw onion inside the mouth on the affected tooth.

Clove serves as an excellent home remedy for toothache. Keep a clove in your mouth and suck it. You can even apply clove oil on the affected tooth.

Lime is considered valuable in maintaining the health of teeth.

Consume the juice of wheat grass, as it acts as a fabulous mouthwash in case of tooth decay.

32) Home Remedies for Wrinkles:

Application of 20 leftover egg whites at the bottom of the shell to the problematic area serves as an effective home remedy for wrinkles.

For the sagging skin under the eyes or on the throat, apply some odorless Castor oil.

Take some coconut oil and massage on the wrinkled skin.

Eat 1 tsp of shredded ginger along with a few drops of honey every morning.

Rub the core of a pineapple all over your face for sometime and leave it for 10 to 15 minutes.

33) Home Remedies for Urinary Tract Infection:

In 8 oz of water, put 1/2 tsp of baking soda and drink it.

Drink plenty of water, as it aids in flushing out the waste products from the body.

Drink Cranberry juice. You can also add some apple juice for taste.

34) Home Remedies for Warts:

Apply Castor oil daily over the problematic area. Continue for several months.

Apply milky juice of fresh and barely-ripe figs a number of times a day.

Continue for two weeks.

Rub cut raw potatoes on the affected area several times daily. Continue for at least two weeks.

Rub cut onions on the warts to stimulate the circulation of blood.

Apply powder of herb Indian squall daily over the warts.

Apply milk from the cut end of dandelion over the warts 2-3 times a day.

Apply oil extracted from the shell of the cashew nut over the warts.

Apply Papaya juice

Apply Pineapple juice

35) Home Remedies for Vomiting:

Take 2 cardamoms and roast them on a dry pan (tava). Powder the cardamoms and thereafter add a tsp of honey in it. Consume it frequently. It serves as a fabulous home remedy for vomiting.

In the mixture of 1 tsp of mint juice and 1 tsp lime juice, add 1/2 tsp of ginger juice and 1 tsp honey. Drink this mixture to prevent vomiting.

Lime juice is an effective remedy for vomiting. Take a glass of chilled lime juice and sip slowly. To prevent vomiting, drink ginger tea.

In 1 glass water, add some honey and drink sip by sip.

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