

Home Remedies for Acne

Acne is an inflammatory situation of the hair follicles and sebaceous glands. These are one of the most dangerous nightmares of every woman. It is characterized by lesions, which erupt all of a sudden on the face, chest, shoulders, neck, back and other parts of the body. Pimples, blackheads, whiteheads are some of the common forms of acne. This happens mainly due to the irregular eating habits and dietary practice. Constipation, gastric ailments, physical inactivity, stress, excess consumption of tobacco and alcohol are some of the other causes of acne.

Useful Home Remedies

1. Brown Sugar

Brown sugar acts as a natural exfoliator. It helps to get rid of dirt, dead cells, sebum and all the substances, which give rise to pimples. 3 tsp of brown sugar is mixed with 1 tsp of honey. It is applied all over the face in circular motion. Let it dry for 15 minutes and after that wash it off.

2. Neem

Neem has anti-biotic, anti-septic, anti-microbial, blood detoxifying properties. It acts as an astringent. It imparts cooling and soothing impact on the skin. This helps to get rid of acne. Apply the paste of the neem leaves. Keep it for 15 minutes. Wash it off.

3. Potato

Potato is yet another effective home remedy for acne. It removes grease, dirt, sebum and excess oil off the skin. It also reduces puffiness under the eyes, marks of acne and blemishes. However, potatoes must be applied on a regular basis to get effective results. Apply slices of potato on the acne and experience effective result.

4. Cinnamon

Cinnamon has anti-microbial, anti-bacterial, anti-fungal and anti-viral properties. This prevents the formation of acne since it fights off the microbial organisms, which give rise to acne and pimples. Grind some cinnamon. Mix the powder with gram's flour. Apply the paste on the acne. Keep for 15 minutes and then wash it off.

Apart from these home remedies, there are some useful tips as well.

Tips

- Always wash off the face with clean and cool water to remove the unwanted dirt, grease and prevent acne.
- Drink a lot of water.
- Maintain a healthy dietary habit
- Practice a hygienic lifestyle

How to Treat Acute Pancreatitis in Ayurveda?



Grahani or the seat of Agni (fire), is the name given to pancreas in Ayurveda. The burning of the pancreas is called Pancreatitis. Initially the imbalance between Pitta & Vata, is the main cause of this deterioration process to begin in the digestive fluids, which are placed in the pancreas. In chronic stage also shows some disturbance. The pancreas is the one that secretes enzymes that are always ready to combat with toxins present in the body, causing various infections. It also governs the digestive system, manufactures insulin hormones and teaches the body on how to absorb sugar by it. Pancreas might be tiny in size; it is significant for digestion and hormone producing glands of the whole body.

Mild disturbance can happen anytime, but go unnoticed as these are taken care of by the body itself. If it is severe, then it can create an emergency. You need to rush to your nearest hospital, get admitted and ask for treatment from the doctors. They tell you, a surgery needs to be done or not. At complex situation, you have to spend lots of money and time. The situation gets tough for you. A weak pancreas can cause diabetes and digestive disorders. Don't panic, we believe in 'when the going gets tough, the tough get going'.

Home Remedies for Acute Pancreatitis

We have home remedies for you, which will help in keeping you fine in a natural way, once and for all.

1. Turmeric

Turmeric is responsible for curing dozens of diseases. Turmeric has anti-inflammatory, anti-microbial, anti-cancer and anti-oxidant features and these can be beneficial when dealing with pancreatitis. Molecules like cytokines cause inflammation in the body and these are tossed off by curcumin, an ingredient of turmeric. It helps in curbing cytokines, TNF- α etc. This is reduced to cut short their role in various molecular mechanisms. Curcumin also helps the PPAR- γ , which has anti-inflammatory features in the cells. This process reduces the inflammation to a great extent, making turmeric to rejuvenate the health of pancreas and it starts functioning normally.

2. Indian Gooseberry (*Embolic Officinalis* in Latin)

Except its anti-oxidant features, it is a rich source of vitamin C. Gooseberry helps in chasing out the free radicals that cause inflammation to expand, and injure pancreas making it look away. 3 to 6 grams of Gooseberry is enough for the day, to keep the pancreas in proper shape. It has been the primitive medicine of Indians since time immortal. Studies show that it can be used to save the un-balanced pancreas, halting the pancreatitis to strike you.

3. Dandelion Root

This herb is a great remedy in healing the injured pancreas, especially it eradicates its cancer cells. It also helps in elevating the digestion of fats, gives a push to the production of bile. It just kills the cancer cells, while never bothering the other cells. Dandelion tea is amazing in expelling the toxins from the intestines and helps in rectifying the health of already injured pancreas tissues.

4. Spinach

Spinach boosts your health and helps in eradicating lots of diseases. It has huge quantity of iron and vitamin B in it. These are important for Pancreas to preserve the health. So to live life in a healthy way, eat it in a bulky way. It can be eaten in various dishes that you have along with your daily meals. You can also try adding Spinach to your salads or when it is stir-fried with garlic, it proves to be more beneficial.

5. Yogurt

Yogurt is very low in fats and a nice source of probiotics. It also has good bacteria, which helps in keeping the immune and digestive system functioning properly. It will be much better if you select yogurt that has no sugar in it. You can eat it along with your daily meals or eat it just like a snack to enjoy its various benefits.

6. Sweet Potatoes

According to Ayurveda, the food that resembles the shape of pancreas is the one that is maximum benefits and sweet potato is the one. It governs the sugar level in the body. It has lots of GI food, which means that it helps in releasing the sugar in a proper manner to the body. It means the sugar gets released in a slow manner, thus it is helping the pancreas not to worry. Sweet potato lessens pancreas stress and might be singing Bobby McFerrin's 'don't worry, be happy'. Sweet potato along with other veggies like corn, carrot is also beneficial.

7. The Allium Vegetables

All the family of allium veggies like garlic, onions and fenugreek has lots of arginine, selenium, flavonoids, oligosaccharides and sulfur, when all these combine, they keep the health of pancreas intact. The garlic should be eaten in raw or crushed condition to avail the maximum benefits. Just peel off 2 cloves of garlic and consume them with a glass of lemon water. If you don't like the taste, add a little honey to it. And Veggie soups are also an excellent source to keep your pancreas in a healthy shape.

8. Haritaki

Haritaki, is an herb that comes from the family of **Terminalia Chebula** plant, it isn't much popular. Studies have proved that it can be beneficial to cure pancreatitis and cancer tumors simultaneously. It prevents cancer cells to grow and does apoptosis (natural

death of cancerous cells). It has no side effects and when consumed, it reduces the sugar level by 43.2%, a precious asset for controlling diabetes. You can have aarogyavardhini vati and navkarshik churna, both are Ayurvedic products to cure your acute pancreatitis.

9. Olive Leaves

These leaves have nutrients that detoxify the blood. The free radicals spread and cause damage to the pancreas, which brings diseases and **lowers blood pressure**. Olive leaves have an ingredient called oleuropein and oleic acid, which is highly anti-inflammatory, eradicating all the free radicals. If consumed regularly, it reduces the pain and swelling of the pancreas, making it rejuvenate from its sufferings.

10. Sattvik diet

Try having a sattvik diet, which consists of fresh organic vegetables, fruits, whole grains, nuts, herb based oils, honey, molasses, lentils, beans, dairy products like milk and ghee. All these should be prepared in a jolly mood otherwise these will not be able to show you their benefits. All should be prepared in a tranquilized environment and in a happy mood in the kitchen. Ayurveda says that Sattva is the authentic quality of spiritual virtue and serenity, obviously creating joy, awareness, intelligence, virtue and a very sharp and clear mind.

Still Indian Ayurveda has suggested 2 foods that should never be rejected, Gooseberry juice and buttermilk. Take all energy fluids and avoid anything containing alcohol. If you don't get the benefits you are seeking, go to an expert who can guide you better.

Home Remedies for Alcoholism

Are you addicted by alcohol? Are you trying hard to get rid of alcohol? Is it true that your social life always keep on revolving around alcohol? The consumption of too much alcohol affects the liver, heart and brain of the individuals tremendously. It also leads to several severe stomach ailments and gastric related abnormalities. However, moderate consumption of alcohol is not at all a problem. It becomes a severe problem, when you get addicted to alcohol. This situation is alcoholism.



It is a chronic disorder, when a person loses control over him and cannot resist himself at all from consuming alcohol. There are several home remedies available, which help to treat alcoholism. Some of them are given below.

Useful Home Remedies

1. Grapes

Grapes are the active materials of alcoholic drinks and wines. So, alcohol can be ditched quite easily with this natural ingredient, grapes. It is advised to consume as much grape juice as the mind wants to drink. You will very soon remove the habit of alcoholism. If required, consume grapes in every alternate 4 hour. This forms a superb home remedy for alcoholism.

2. Cayenne

Cayenne is a very common spice used in almost every Indian household. Cayenne, if consumed in juice form reduces insomnia, anxiety and irritability. It increases the appetite and lowers the urge to have alcohol. It also helps to get rid of hangovers. Thus, one can try Cayenne to get rid of alcoholism.

3. Dates

This is yet another superb home remedy for alcoholism. Drop some pieces of dates in warm water. Rub these dates in the water gently for some time. Then drink the liquid. Drink it twice or thrice daily to expect effective result.

4. Omega-3 Fatty Acids

There are certain fishes like tuna, trout, sardines, which are rich in Omega-3 fatty acids. These prevents the cravings for alcohol and helps to get rid of alcoholism.

Besides these home remedies, there are some tips as well.

Tips

- Drink a lot of water

- Have healthy balanced diet
- Have enough sleep
- Practice physical activities and exercises

These tips along with home remedies are some of the effective ways to prevent alcoholism. Stay healthy and live longer.

Home Remedies for Allergies



Allergy refers to an overreaction by our immune system in response to exposure to certain foreign particles.

Allergens are allergy producing substances which include pollens, dust mites, some food articles, animal proteins and some specific medications.

There are various types of allergies people are suffering from like asthma, chronic sinusitis, chronic rhinitis, chronic cough, sneezing, eczema, skin rashes etc.

Home remedies

1. Tulsi (*Ocimum sanctum*)

Tulsi is known as holi basil. It possess antioxidant, anti-inflammatory, analgesic, antibacterial and immunomodulatory properties and widely used in different allergies. It naturally enhances immune system and provides stamina to fight ailments.

2. Kumari (*Aloe vera*)

It is most notable plant which has many healing benefits. Aloe Vera is used for the health benefits. It is used topically for conditions like burns, irritation, dryness, sun burn. Aloe Vera is also used orally in conditions like constipation, Allergy, asthma, Cold, Cough etc and also used for enhancing Immune system, Digestive system, Urinary system, Respiratory system.

3. Amla (*Eemblica officinale*)

Amla fruit has number of health benefits on respiratory tract system, GIT, cardiovascular system etc. It is richest source of vitamin C and contains other vitamins and minerals also. It takes care of all the ailments and improves eye sight. It is an effective laxative with haritaki and babhitaki (Triphala).

4. Katuki (*Picrarhiza kurroa*)

Katuki or kutki are the same name for katukrohini. It is an excellent herb for liver. Katuki herbal remedies are formulated to improve liver functions naturally that also aids in good metabolism. Katuki preparations are recommended to improve digestion and to remove toxins out from the body.

5. Neem (*Azadirachta indica*)

Neem acts as anti-allergic, anti-inflammatory and blood purifier. Extracts of neem are beauty enhancing as well as immunity booster. It's naturally antibacterial and antifungal

too. Also used in other diseases like Diabetes, Obesity, Cancer, asthma, chronic cough and so many other ailments.

6. Ashwagandha (*With anima somniferous*)

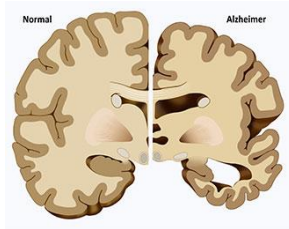
Ashwagandha is Rasayana that provides stamina to the body and it has been proved very effective in asthma, bronchitis and leukoderma as well. It enhances immunity and relieves stress, tensions and other mental problems.

7. Haridra (*Curcuma longa*)

Also known as Curcumin and turmeric. It's used in wound healing. It acts as a powerful anti-oxidant and anti-inflammatory. Turmeric extract helps in fighting cancer, diabetes, and heart diseases. Among other benefits it is also very good anti-bacterial, Anti-viral and anti-fungal too. Haridra is used externally as well as internally. It is considered to be very helpful in managing asthma in beginning stages and skin allergies as well.

Here Planet ayurveda presents you an allergy care pack that includes Praan rakshak churna, Aller- G care capsule, Curcumin capsule and Tulsi capsule for easy convenience.

Home Remedies for Alzheimer Disease



Alzheimer's disease is a form of neurodegenerative disease. This disease is very devastating and is growing its popularity these days. It is linked to the various parts and cells of the brain, including the plaques and the tangles. This disease is the result of acetylcholine metabolism. However, the major cause of this disorder is yet unknown.

Loss of memory, anxiety, cognitive impairment, agnosia, abstract thinking, and apraxia are the initial symptoms of this disease. Behavioral changes, exhaustion, pneumonia, ulcers are the symptoms of the advanced stage. This disease eventually leads to death.

Effective Home Remedies

1. Sesame, Pumpkin and Sunflower Seeds

1. These contain a lot of essential nutrients, which are highly required for the functioning of the brain cells properly.
2. Consume all these seeds as it is with water
3. Or you can make powder half to 1 tsp of each and mix in milk.
4. Have this drink every day.
5. These form an effective home remedy for Alzheimer's disease.

2. Turmeric

1. Curcumin in turmeric is a great anti-oxidant which boosts brain tissues
2. It also prevent the clumping of beta amyloids in the brain.
3. Add half tsp of turmeric in a glass of warm milk.
4. Drink every night

3. Mandook parni

1. This herb is also known as gotu kola in hindi.
2. You can take pure gotu kola's dried powder in 500mg quantity.
3. Consume with water twice daily after 20 mins of meal.
4. This wonderful herb helps to improve blood circulation and makes a wonderful home remedy for Alzheimer disease.

4. Ashwagandha

1. Ashwagandha is known as withania somnifera.
2. Which is an excellent herb to boost stamina.
3. It provide nutrition to brain cells as well effectively
4. Take 1 tsp of its dried powder in a glass of warm milk to drink every day.

Home Remedies for Amnesia



Amnesia is a neurodegenerative disorder. This condition leads to total forgetfulness. People forget faces, names, numbers and events. Trauma, infection, disease, consumption of alcohol or drug are the major causes of the occurrence of Amnesia. This is generally treated with psychotherapy. However, this varies from individuals to individuals depending on the situation. There are certain home remedies available, which help to treat the situation effectively.

Useful Home Remedies

1. Walnuts

1. This is helpful for alleviating the problem of memory loss.
2. It is effective in curing various types of mental and psychological disorders effectively.
3. Consuming 20 grams of walnuts regularly helps to treat amnesia to a huge extent.

2. Milk

1. Milk has a lot of health benefits.
2. It contains several minerals like calcium, which help to strengthen the memory power of the individuals.
3. Milk forms an essential home remedy for amnesia.
4. Drink 1 glass of warm milk every night.
5. You can add 1tsp of almond powder for better results.

3. Cumin seeds

1. The use of cumin seeds is another valuable home remedy for dullness of memory.
2. Mix 3 grams of cumin seed (black preferred) with 2 tsp of pure honey.
3. Take once a day preferably in the morning.

4. Almonds

1. Almonds are wonderful in this case
2. These are packed with many essential nutrients needed for healthy brain.
3. Eat 5 to 8 soaked almonds in the morning after peeling off.
4. Practice this home remedy on daily basis.

5. Apples

Apples have vitamins and minerals like phosphorus, potassium. This is highly effective in treating amnesia. Have an apple with a cup of milk containing a tsp of honey.

6. Black Pepper

Black pepper has a lot of medicinal properties. It is anti-septic, anti-microbial, anti-biotic and blood purifying. Grind 5 pepper seeds. Mix it with a tsp of honey. Consume the mixture two times daily to get rid of amnesia.

7. Berries

Blueberries, strawberries are abundant sources of nutrients. These nutrients help to enhance the power of memory and prevent the loss of memory. It is suggested to consume berries on a daily basis in the breakfast. This will work wonder for treating amnesia.

8. Oranges

These are another wonderful home remedy for treating amnesia. Oranges contain a lot nutrients, which include Vitamin C. Orange also contains anti-oxidants and serve to be a good remedy for boosting memory power and preventing loss of memory.

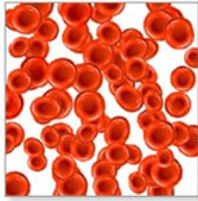
Apart from these, it is very essential to grab proper rest, drink a lot of water, carry out some physical activities and maintain a healthy lifestyle to eradicate the complications of amnesia and lead a healthy life.

Tips

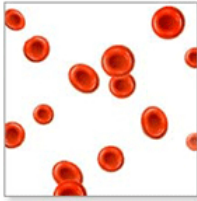
- Opt for balanced diet
- Always chose natural diet with fresh fruits and vegetables
- Drink lot of water
- Go for exercise and walk daily
- Practice yoga and meditation under an expert

Home Remedies for Anemia

Normal amount of red blood cells



Anemic amount of red blood cells



Anemia is defined as a decrease in the amount of red blood cells or hemoglobin in the blood. The decrease in the count of the hemoglobin decreases the oxygen carrying capacity of the blood. This eventually leads to anemia. There are various types of anemia. Some of them are megaloblastic anemia, sickle cell anemia, hemolytic anemia and many others. Some of them are transmitted genetically over the generations. While

others are caused due to the nutritional deficiency of Vitamin B12 or folic acid, lack of iron and many others. A person, who is anaemic will be pale in appearance and will show the symptoms of fatigue, tiredness, and shortness of breath, gasping and many other signs.

Home remedies for Anemia

Home remedies are extremely useful and beneficial and helps to get rid of the various signs and symptoms of anemia. It also helps to cure the disorder right from the roots.

There are certain home remedies to treat the situation of anemia. Some of them are described below:

1. Apple-beetroot juice

Beet is highly rich in potassium, fiber and Vitamin B12 and apple is an abundant source of iron. The combination of these two ingredients serves to be an effective home remedy for anemia. Add 1 cup of apple juice with 1 cup of beet juice. Add some spoons of honey to it. Drink the mixture daily two times. This home remedy is extremely beneficial for getting rid of anemia.

2. Spinach

Spinach is rich in Vitamin B9, A, C and E. It also contains the minerals, calcium, fiber and beta carotene. All these ingredients make this dark green leafy vegetable highly effective home remedy for anemia. Include spinach to your regular diet and get away from anemia.

3. Tomatoes

Tomatoes contain a lot of Vitamin C and lycopene. These components help to absorb the iron consumed. This is useful for the individuals, who are suffering from anemia. Consume 2 tomatoes daily. You can consume in the form of juice or can include in your daily diet.

4. Pomegranate

Pomegranate is rich in carbohydrate, fat, protein, fiber, potassium, copper, iron, calcium, sugars and a lot of vitamins. It increases the hemoglobin count in the blood and helps in steady blood flow in the body. The various symptoms of anemia like dizziness, weakness, exhaustion can be very easily cured with the consumption of pomegranate daily.

Follow the home remedies and bid adieu to anemia and stay healthy!!

Home Remedies for Angina

Angina is defined as the pain in the chest region. This is caused mainly due to the blockage of the coronary artery. Other major causes are the atherosclerosis, improper contraction of the cardiac muscles and lack of oxygen in the heart.

It is defined as one of the important symptoms of some complications related to the cardiovascular system, especially the coronary artery.

Symptoms

- Breathlessness
- Chest Pain
- Weakness in left arm
- Numbness
- Discomfort and tightness of chest
- Pain in the shoulder and neck
- Nausea

Patients suffering from Angina must modify their dietary habits and lifestyle.

Useful Home Remedies

There are some effective home remedies to treat this painful condition.

1. Arjun

- Arjun is wonderful herb for all heart problems.
- It helps to improve blood circulation and prevent accumulation of toxins.
- Take powder of Arjun bark powder in 500 quantity and have it with water twice daily after meal.
- Or you can boil fresh bark of Arjun tree in 400 ml of water, drink when 100 ml remains.

2. Lemon

- This is one of the simplest home remedy for the angina patients.
- It prevents the accumulation of cholesterol.
- It is advised to include lemons in the daily diet of the patients suffering from Angina.
- Or mix half of lemon in a glass of Luke warm water to have in the morning.

3. Garlic

- Garlic has many medicinal properties.
- It can cure various cardiac ailments effectively.
- Consume 2 cloves of raw garlic daily in the morning empty stomach.
- You are sure to get effective results.

4. Coriander seeds

- Coriander acts as a natural diuretic and improves the heart functions.
- Boil 2 tablespoon of coriander seeds in a glass of water.
- Drink after cooling twice daily.

Tips

- Stick to a healthy diet
- Avoid fried and high fat foods
- Exercise regularly

Home Remedies for Anti-Aging



Premature ageing has become a major issue these days. A lot of people have fallen victims to this serious concern. Apart from health and internal body structure, looks and appearances of the individuals are also greatly affected. Especially in this beauty focused world, premature ageing is really a nightmare. Fine lines, age spots, wrinkles all along the face are some of the important characteristics of premature ageing.

Major Causes of Premature Ageing

- Addiction to intoxicated items like drugs, alcohol, tobacco and many others
- Lack of sleep
- Exposure to UV radiation

Signs and symptoms of Premature Ageing

- Hair graying
- Hair fall or baldness
- Fine lines
- Wrinkles
- Dull complexion

Home Remedies of Premature Ageing

1. Honey

- Honey helps to keep your body hydrated by retaining the moisture.
- It also moisturizes the skin parts and prevents the formation of acne.
- Apply a fine layer of it over the skin of face every day for half an hour.
- Wash and clean with soft cloth.

2. Egg White Mask

- Egg helps to hide the lines under the eyes, removes wrinkles and restores the elasticity of the skin to a huge extent.
- It keeps the skin tight and makes you look young and beautiful.
- Take white/transparent part of egg in a bowl.
- Apply all over the face fingers gently. At least for 20-30 mins.
- You can practice this remedy on hair also, which will work as a conditioner.
- Wash and clean with soft cloth.

3. Potatoes

- Potatoes help to remove pigmentation, dark spots, blemishes, sun burns and marks effectively from the skin.
- It also helps to treat the fine lines and wrinkles.
- Peel and cut the potato in slices.
- Apply over the face for few minutes.
- Wash and clean with soft cloth.

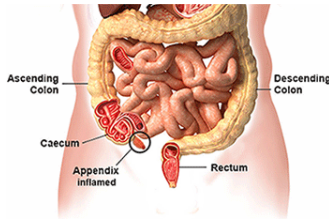
4. Coconut Oil

- Coconut oil tightens the sagging skin and removes wrinkles and fine lines effectively from the facial skin.
- It is one of the best natural products for anti-ageing.
- Apply coconut oil every night on the facial skin, on scalp gently.
- Wash in the morning with lukewarm water.
- Practice this home remedy at least twice a week.

Tips

- It is always recommended to have a diet full of antioxidants.
- Apply sunscreen to prevent the exposure to the harmful ultraviolet radiation.
- Limit the consumption of processed food and sugar.
- Always keep your body hydrated.
- Keep away from drugs, tobacco and any other intoxicated items.

Home Remedies for Appendicitis



Appendicitis is the disorder, which is characterized by the inflammation of the vestigial organ, appendix. There is an outgrowth of the tube shaped sac, which is attached to the large intestine. This may occur in both the genders and in any age. The individual facing appendicitis may experience chronic pain in the abdomen. This may be accompanied by constipation, nausea, diarrhea, vomiting or indigestion. This inflammatory disorder occurs due to the accumulation of excessive toxic materials in the caecum. This leads to inflammation of the appendix, which makes the organ swollen and inflamed. This then becomes a medical emergency.

But, to treat the situation right in the beginning, there are certain home remedies. These remedies are highly effective and help in handling the situation effectively.

Effective home remedies for appendicitis

Some of the home remedies highly useful are discussed below:

1. Fenugreek

- Boil 2 tsps of fenugreek seeds in a cup of water.
- Strain the mixture. Drink it once daily.
- This is highly effective to treat appendicitis easily.
- Fenugreek has a lot of medicinal as well as herbal properties.
- It prevents the accumulation of the waste products in the caecum and flushes out the toxins from the body.

2. Yogurt

- Another important home remedy of appendicitis is yogurt. It also has a lot of properties, which helps to cure the problem of appendicitis.
- Add 2 tbsps of yogurt to a cup of water and drink it once on a daily basis.
- One can add roasted cumin and thyme seeds in it for better results.
- This treats the inflammation and pain to a huge extent.

3. Tulsi

- Tulsi is wonderful herb in fever.
- Make decoction with fresh tulsi leaves.
- Have twice daily.

4. Mung beans

- Mung beans or green grams are also highly effective home remedies for appendicitis.
- These are generally eaten raw in the morning.
- Well drained sprouted beans can also be consumed.
- These help to deal with appendicitis quite easily.

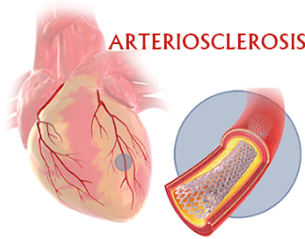
5. Ginger

- Ginger has a lot of medicinal properties.
- It is anti-inflammatory, anti-stress, detoxifying in nature. Include ginger in your regular diet.

- It provides relief from the various symptoms of appendicitis like pain, nausea and vomiting to a huge extent.
- Mix 1 tsp ginger juice with half tsp turmeric and 1 tsp honey.
- Have this mixture daily 2 times.
- Or Consume raw ginger or add in curries.
- This helps to reduce swelling and feeling of vomiting/nausea as well.

Follow all the home remedies. These are very helpful to get rid of the inflammatory condition. These fight off this painful, inflammatory disorder to a huge extent.

Home Remedies for Arteriosclerosis



Arteriosclerosis is defined as a process, which is characterized by thickened arterial walls in the human body. This happens mainly due to the deposition of the cholesterol in the arterial walls. Arteriosclerosis is also known as Atherosclerosis. It poses huge threat on the functionality of the heart. Also, the cardiovascular system is highly endangered and the process of blood circulation is severely affected. It may also become a life-threatening issue.

The major causes of arteriosclerosis are lack of balanced diet, sedentary lifestyle and emotional stress. This disorder leads to stroke, blood clot, paralysis, memory loss and even death.

Effective home remedies to treat arteriosclerosis

Here are some home remedies, which are highly effective to treat this dangerous condition of arteriosclerosis. These are as follows:

1. Arjun

- Arjun - Terminalia arjuna is wonderful herb for heart and all its complications.
- You may get arjuna tree in your surroundings, collect bark and make powder.
- Consume in 500 mg quantity two times a day after meal.
- Or boil its bark in water to make fresh decoction, drink twice daily.

2. Honey

- Honey is highly recommended for people suffering from cardio vascular disorder.
- It has a lot of therapeutic properties, which help in the effective functionality of heart and other related body organs.
- 1 tsp. of honey early in the morning in empty stomach works wonders to treat the chronic situation of arteriosclerosis.
- Or you can add 1tsp honey in 1 glass of warm water along with 1tsp lemon juice.

3. Garlic

- Garlic is also known for its tremendous medicinal properties.
- It contains anti-inflammatory, anti-stress and many other properties.
- It prevents the deposition of cholesterol in the blood vessels.
- It also prevents the normal working of the circulatory system.
- Garlic must be included in daily diet either in raw form or in cooked form to reap its benefits.
- Have in early morning empty stomach for better results.

4. Turmeric with milk

- Add half tsp of pure turmeric in glass of milk to consume daily.
- Practice this home remedy at regular basis.

5. Parsley

- Parsley is another important component, which helps in the treatment of the arteriosclerosis.

- It strengthens the vascular system of the body and the arterial walls and blood capillaries.
- It helps in maintaining the blood vessels in the healthy condition and alleviates the symptoms of various cardiological problems effectively.

Besides these home remedies, it is important to carry out some amount of physical activities on a daily basis. Also, drinking a lot of water is highly recommended.

Follow these home remedies and the tips and lead a healthy life!!

Home Remedies for Arthritis



Arthritis is characterized by joint inflammation. The patient can experience the sensation in the hips, back, knee, feet and other parts of the body. Numbness and stiffness of some body parts are also the characteristic symptoms of this disorder. It also results in tremendous pain, inflammation and redness. There are certain home remedies available for treating the arthritic condition.

Effective Home Remedies

1. Apple Cider Vinegar

- The apple cider vinegar is rich in several vitamins and minerals like potassium, calcium and magnesium.
- This strengthens the muscles, bones and the joints.
- This also eliminates the accumulation of the toxic materials in the tissues and the joints.
- This serves to be an effective home remedy for treating arthritis.
- Add 2 tablespoon of this in a glass of water and have every day.

2. Mustard Oil

- Mustard oil is a superb home remedy for treating pains and inflammation.
- It improves the blood circulation within the body and helps to get rid of the harmful substances of the body.
- Heat some amount of mustard oil in a small bowl.
- Then add same amount of onion juice to it.
- Gently rub the mixture on the aching joints.
- It provides tremendous relief from the pain.

3. Cinnamon

- Cinnamon is an essential way to treat swelling and pains.
- Add one tsp of honey to a ¼th tsp of powdered form of cinnamon.
- Mix it in warm water.
- Consume the mixture daily on empty stomach.
- This mixture can also be used as a paint or ointment to provide relief from the inflammation and pain.

4. Garlic

- Garlic makes another wonderful home remedy for arthritis.
- One can have it raw or cooked as per the preference.

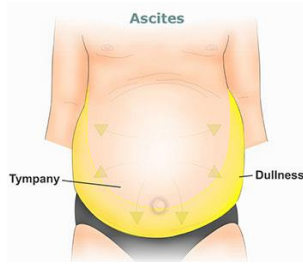
5. Sesame seeds

- Soak 1 tsp. of black sesame seeds in a quarter cup of water and keep overnight.
- Drink the same water and chew the sesame seeds also early in the morning.

Tips

- Carry out physical activities and exercises under an expert.
- Drink ample quantity of water every day.
- Maintain a balanced diet.

Home Remedies for Ascites



Ascites is defined as the physiological disorder, which is characterized by the accumulation of fluid in the body, especially in abdominal cavity. This occurs, when the liver fails to function properly. Cirrhosis of liver is a major reason for Ascites. It needs to be treated in proper time. Else, it may lead to some dangerous disorders like colon cancer, liver cancer, pancreatic cancer, organ failure, etc. This complication is classified in two major groups on the basis of the accumulation of fluid in the abdominal cavity.

Here are the important home remedies for ascites. These are extremely effective and beneficial. Reduce intake of salt.

Useful home remedies for Ascites

1. Punarnava

- This is best herb known for water retention.
- Take its powder of dried leaves, available at herbal store.
- Consume 500 mg with water twice daily.
- Or make juice of fresh leaves and consume in the quantity of 5 to 10 ml twice daily.

2. Fenugreek

- Fenugreek is a wonderful remedy for Ascites.
- Soak fenugreek seeds all throughout the night.
- Strain the mixture Drink the solution in the morning in empty stomach.
- It helps to fight away the ailment easily.
- This is because of the various anti-microbial properties of fenugreek.

3. Garlic/onion

- Garlic and onion have several healing properties.
- These are anti-inflammatory, antiseptic, anti-biotic, anti-microbial, anti-bacterial, anti-viral and anti-fungal in nature.
- Consumption of raw garlic and onion help in eliminating the problem of ascites to a huge extent.
- Or make paste from fresh few cloves of garlic and onion, have 1tsp daily. You can mix this in water, consume as you are comfortable.

4. Bittergourd

- To get relieved from the condition of Ascites, consume bittergourd.
- The bitterness of bittergourd helps in removing the soreness related to Ascites.
- Make juice of bittergourd.
- Consume the juice three times on a daily basis.
- This is highly effective and provides a tremendous solution to Ascites.

Home Remedies for Asthma



As it is said that breathe healthy to stay healthy, Ayurveda is exploring itself throughout the world to help people in safe and gentle ways. Here we are going to discuss about Asthma and helpful Asthma home Remedies.

What is asthma?

Asthma is a type of allergy that causes airways to swell and lead to wheezing, constant cough, shortness of breath and production of extra mucus.

Asthma triggers vary from person to person and can include:

Allergic reactions to some specific food items like ladyfinger, banana, curd, peanuts, freezer items etc.

- Airborne allergens such as pollen, dust particles, animal dander etc.
- Air pollutants and irritants like dust and smoke.
- Physical activities like jogging.
- Stress and some emotions.

Effective Home Remedies

1. Amla with Honey

1. Mix one teaspoon of Indian gooseberry powder with one teaspoon of honey.
2. Have this every early morning for better results.

2. Garlic

1. Boil 10 cloves of garlic in a glass of milk.
2. Drink after straining when one fourth remains.
3. Practice this home remedy for a month.

3. Turmeric

1. Turmeric is used in wound healing.
2. It acts as a powerful antioxidant and anti-inflammatory.
3. Mix half tsp in a glass of warm milk and have every day.

4. Longpepper, dry ginger and black pepper

1. Powder made from longpepper, dry ginger and black pepper is called trikatu churna.
2. It is very effective in respiratory tract infections like cough, cold, running nose, asthma etc.
3. It can be taken half to 1 tsp mixed with honey two to three times daily.
4. This helps to release phlegm out and clears the channels.

Tips

- Avoid fried, processed foods and eating late at night.
- Don't consume food items that has tendency to produce phlegm like rice, milk, cheese, sugar, curd etc.
- Have hot water sip by sip.
- Wrap yourself and avoid exposing to cold breeze that can aggravate symptoms like cough, wheezing etc.
- Practice Pranayam (Anulom and Vilom) under an expert's observation.

Home Remedies for Athlete's Foot



Athlete's Foot is also called Tinea pedis. It is an infection of the feet, which occurs due to the trichophyton fungus. This microorganism leads to itching, redness, cracking, scaling of the feet. It also affects different parts of the body resulting in red, round, painful, itchy, flakes and scaly patches all across the body. Men are more affected by this fungal infection.

If not treated properly, this infection can spread in various parts of the body as well. There are certain natural home remedies available, which help to treat the situation.

Effective Home Remedies

1. Garlic

- Garlic has a lot of medicinal properties. It is anti-microbial, anti-fungal, and anti-septic in nature.
- Take few cloves of garlic to make paste, apply locally twice daily for few days.
- And just consume some cloves of garlic every day.
- You can keep the fungal infection at bay.

2. Yogurt

- Yogurt contains the active bacteria, acidophilus.
- It provides a tough fight to the Trichophyton fungus.
- Consume one bowl of fresh yogurt every day with meal.
- It prevents the occurrence of Athlete's Foot to a huge extent.

3. Lemon

- Lemon also contains a lot of nutrients, especially Vitamin C.
- Make a solution of lemon water.
- And apply it on the infected feet.
- You are bound to get fruitful results in a very short period of time.

4. Marigold

- To make an ointment, chop some fresh flowers, and add it to coconut oil.
- Heat lightly and allow it to cool.
- The ointments are excellent remedy for athlete's feet and other skin infections.

Tips

- Keep the feet dry and clean
- Wear breathable sandals or shoes
- Apply talcum powder on the feet
- Change socks twice daily.

Home Remedies For Atopic Dermatitis or Eczema

Introduction



There are many skin conditions which can make your life miserable. Though all of the skin conditions have the potential to make anyone's life miserable but the skin conditions which are affecting the children as well makes the situation worse. One Of such conditions is atopic dermatitis also called eczema. This condition results in dry skin along with itching. Itching further results in inflammation. Eczema is a condition which does not define a person living with it. But it can make you do a lot of changes

in your life so that you can stop having the break. In this content you will find some interesting home remedies for atopic dermatitis or eczema along with tips of do's and don'ts.

Causes Of Atopic Dermatitis or Eczema

Modern explains that the ectopic dermatitis or eczema is related to alterations in the genes. This thus affects skin capacity to protect. It results in weak barrier function thus results in less ability of skin to hold moisture and provide protection against bacteria, irritants, allergens and environmental factors such as tobacco or smoke.

In other cases, which are free from any type of gene alterations, develop this condition due to too much bacteria on the skin. Especially staphylococcus aureus. This bacteria displaces the helpful bacterias over skin and disrupts skin barrier function. There is one other cause of this and it is the general weak skin barrier function which triggers the immune system response resulting in inflammation of skin. The condition is not contagious.

If understood from the angle of ayurveda then this condition arises due to the faulty diet and lifestyle and in children it is due to beej dushti kar bhava. It is called as vicharchika in Ayurveda and is due to impaired digestion along with aggravation of pitta dosha.

Moving further in this context let's discuss some fruitful home remedies for Atopic dermatitis or Eczema.

Home Remedies For Atopic Dermatitis or Eczema

Finding perfect home remedies for atopic dermatitis is really important and a very tough nut to crack. Because obviously one is scared that anything may cause some reaction on the skin. That's why while suggesting some home remedies for atopic dermatitis we need to think twice. The remedies mentioned in this content are fruitful and will not cause any harm to your skin. They will also help in managing symptoms. The remedies for Atopic dermatitis or Eczema are as follows:

1. Remedy One - Coconut Oil: The universal saviour

Application of coconut oil is a natural home remedy and it is available to almost all the people. This oil has antibacterial and antifungal properties thus provides effective results in atopic dermatitis. Due to its moisturising properties it is effective in reducing inflammation and discomfort. It also helps in balancing

the pH of skin and thus can help in reducing down the inflammation over skin as well. In a study it was found that coconut oil increases the amount of filaggrin in skin cells. Filaggrin brings together the structural proteins in the outermost skin cells to form tight bundles, flattening and strengthening the cells.

2. Remedy Two - Phototherapy: Sunlight is a boon

People who are suffering from atopic dermatitis or eczema are guided to have a sun bath in the early morning hours. The body or the affected parts must be exposed to early morning sunlight. It is the source of Vitamin D and vitamin D helps in the reduction of inflammation. Thus increases the body's ability to fight against various bacterial infections.

That's why phototherapy or sun rays are the real boon for human kind.

3. Remedy Three - Application of Cow's ghee

Cow's ghee is mentioned as the best pitta shamak or pacifier in Ayurvedic science. Cow's ghee helps in pacification of localised pitta dosha and thus show impressive results.

Now the question arises how and when to apply?

Cow's ghee is applied on the affected site after warming and melting it down. Once melted it can be applied on all the affected sites, even on the face and hence relieves itching and inflammation fast.

Cow's ghee is nourishing and moisturises the skin quite well. On top of that you don't have to worry about any type of side effects.

4. Remedy Four - Aloe vera Gel: Magical Gel

As we all know aloe vera gel is quite famous for its impressive properties. Aloe vera is nourishing, gets rid of dryness and itching felt on the skin. Moreover, it also helps in reducing the recurrent appearance of eczema in children and adults. Aloe vera gel as a remedy can be used in both adults and children plus gives fruitful results.

5. Remedy Five - Application of Magic Mixture: Cow's Ghee and Haldi

The cow's ghee benefits are already being mentioned above and the benefits of haldi we all are aware of. Haldi has an anti-inflammatory effect and reduces redness as well. When haldi powder is mixed in the warm cow's ghee, a magical mixture is prepared. This can be applied twice daily so as to reduce itching and swelling in the localised area.

Do's and Don'ts for Atopic Dermatitis

The do's and don'ts in this case is divided into two categories one is lifestyle related do's and don'ts and the other is diet related do's and don'ts.

In lifestyle, One should avoid exposure of dust and other allergens. The allergens can be pollen, fungal spores, house dust mites, insect venom and many others. One should take care of himself/herself.

- Sleep wake cycle is to be maintained.
- Soft cloths should be preferred for wearing

- Take care of digestion as well
- Avoid sitting for long hours in front of the blower etc

In Diet, All types of citrus things are to be avoided

- By products of milk are to taken with care
- Milk should not be consumed
- Sources of vitamin A and Vitamin D are to be consumed
- Red and green chillies are to be avoided as well
- Add Apples, broccoli, cherries, blueberries, spinach, and kale in your diet
- Avoid most likely allergens like peanuts, strawberries, gluten and other things

Home Remedies for Baby Cough & Chest Congestion

Abstract

Coughing in toddlers is very common and this helps them in building the immunity in the body. Babies have a hard time when they get sick and go with their parents as well. So, just with some home remedies we can easily relieve this problem in babies. Home remedies help in balancing the tri-dosha in the body and helps in maintaining the healthy wealth as well as the health of the patient. In this article we will be discussing and knowing about cough and chest congestion in babies and also what are the home remedies which will help babies with cough problems as well as chest congestion problems at home. So, be with me till the end.

Introduction



Normally, cough lasts up to two weeks and exposure to germs etc helps in building immunity to the baby. Chest congestion is also very common in the babies and this causes some serious problems in the babies. Chest congestion and coughing is similar and very often seen in babies because babies catch colds more easily. Their bodies produce extra mucus from their nose and their airways get blocked. As in babies excessive production of mucus is there and also their airways are small, so they are more prone to chest congestion and cough. The treatment for chest congestion and cough is basically suction, steam inhalation etc. Rapid breathing, coughing, difficulty in feeding, runny nose, sniffing, snoring, blockage of nose etc are some of the symptoms of cough and chest congestion in babies. Dry air inhalation, change in weather, infections (viral, bacterial), DNS problem, any kind of allergy, asthma problem, any upper respiratory tract infections etc are some of the causes of cough and chest congestion in babies. Medical history, physical examination, blood tests, X-ray etc are some of the diagnostic tests of cough and chest congestion in babies. Steam inhalation, antibiotics, and salt gargle is the main line of treatment. Nebulisation is recommended if severe cases are there. Home remedies are some of the clues and ancient ways through which we can improve our health and no medicines are added in these remedies.

Symptoms Seen In Babies during Cough and Chest Congestion

The symptoms of cough and chest congestion in babies are listed below but babies usually cries when they are having any kind of problem and some of the common symptoms are:-

- Rapid breathing
- Coughing
- Difficulty in feeding
- Runny nose
- Sniffing
- Snoring
- Blockage of nose

Causes In Babies During Cough And Chest Congestion

The causes of cough and chest congestion in babies are listed below:-

- Dry air inhalation
- Change in weather (seasonal change)
- Infections (viral, bacterial)
- DNS problem (deviation in nasal septum)
- Any kind of allergy
- Asthma problem
- Any upper respiratory tract infections

Diagnosis In Babies During Cough And Chest Congestion

The diagnosis of cough and chest congestion in babies is listed below:-

- Medical history (any kind of previous allergy, infection etc)
- Physical examination (any kind of deviation in nasal septum)
- Blood tests (for checking any kind of infection)
- X-ray (for chest congestion)

Treatment In Babies During Cough And Chest Congestion

The treatment of cough and chest congestion in babies is listed below:-

- Steam inhalation
- Antibiotics
- Salt gargle
- Nebulisation if severe

Home Remedies For Cough And Chest Congestion In Babies

Home remedies help in balancing the tri dosha in the body and helps in maintaining the healthy wealth as well as the health of the patient. These are the few home remedies which will be very beneficial for the babies with cough and chest congestion:-

- Give the baby warm water baths as this will help in relieving chest congestion and helps the baby to feel little good. (warm water have effect which helps in clearing the pathway also)
- Proper and regular feedings to the baby is very essential and also do check for the urine and stool output.
- It is beneficial to add 2 drops of saline to the nostrils using a small syringe, this is very effective in cough related problems. (as helps in clearing the pathway)
- Go for steam inhalation (humidifier or running hot shower), it helps in reviving the chest congestion and cough problem.
- Massaging babies' nasal bridges, forehead, temples etc helps in reducing the congestion and helps in releasing excessive mucus.
- Usage of vacuum for cleaning pet hair, air purifiers, avoiding smoking near babies helps in this kind of problems. (to reduce the risk of any kind of infection)
- Before feeding one can use gentle suction to clear the pathway.
- Wiping excessive mucus with a soft, dry tissue or cloth.
- Chicken soup is very effective in chest congestion and cough as it helps in reducing the excessive blockage and clear up the chest congestion too.

- Giving plenty of fluids is very important as to be hydrated.
- Regular Disinfection or cleaning of doorknobs, toys, sink handles, toilet flushers etc. (to reduce the risk of any kind of infection)
- Honey is very effective in infection and sore throat and aids in relieving cough and congestion related problems.
- Applying vaporub on nose and chest helps in relieving chest congestion and also aids in clearing the pathway.
- While sleeping makes the baby it also helps in relieving the congestion and releasing excessive mucus.

Conclusion

In this article we discussed the cause symptoms of cough and chest congestion in babies and also the diagnosis and treatment of cough and chest congestion in babies. Some of the home remedies which are very beneficial in improving and managing the cough and chest congestion in babies, we discussed in this article. Hope you find this article helpful for you and it helps you to grab more knowledge regarding cough and chest congestion in babies. Ayurveda helps in preventing the disease with home remedies, dietary hampering and lifestyle modifications. Ayurvedic remedies help in balancing the doshas in the body and help in improving overall health of the patient. Ayurveda aids in maintaining the health of healthy patients too and relieves the symptoms of the disease.

Home Remedies for Back Pain



Backpain may be intermittent or may persist for a constant period of time. It may be chronic or sudden. The pain may give rise to piercing sensation or may be extremely dull. From the back, the pain sometimes, travel to the feet, legs, hands and arms as well.

The pain generally initiates in the muscles, bones, nerves and joints of the spinal cord. The pain may remain in a particular place or may travel on the various parts of the body. The situation may worsen, leading to complete numbness of some of the parts of the body.

Symptoms of Back Pain

- Pain
- Weakness
- Tingling
- Numbness

Useful Home Remedies

1. Ginger

- Ginger has anti-inflammatory properties.
- It provides relief from the pain and cures nausea and vomiting to a huge extent.
- Ginger may be consumed in the form of tea
- Or the paste of the ginger can be applied to the affected part of the back.

2. Poppy Seeds

- These provide a wonderful relief from the tremendous pain, tingling and burning sensation caused due to back pain.
- Make a mixture by grinding 100 grams of poppy seeds and mishri each.
- Take two tsps. of the mixture daily two times with milk.

3. Garlic

- Garlic has many therapeutic benefits.
- Make garlic paste along with warm mustard oil, apply on the affected region of the back, it brings tremendous relief from the pain.
- You can also consume two cloves of garlic every morning in empty stomach. You are bound to get relief.

4. Milk with Turmeric

- Drinking milk on a regular basis helps to get rid of pain.
- Milk has calcium, which is necessary for strengthening muscles and bones.
- Better if you Add 1 tsp. of turmeric to the warm milk and drink it. Turmeric is known to have anti-inflammatory, antioxidant and immunobuilder actions.

Home Remedies for Bad Breath



Bad breath is medically known as halitosis. Bad breath odors differ from individual to individual depending on the situations and the causes.

Bad breath can cause obscurity in both your private and professional lives.

The major causes are the following:

1. Poor oral hygiene
2. Usage of tobacco
3. Strongly flavored foods like garlic and onions
4. Deficiency of zinc mineral
5. Medical situations like dry mouth, sinus problems, bronchitis, liver disorders, diabetes, kidney problems, other throat, nose and mouth complications
6. Certain medicines and drugs
7. Smoking.

Bad breath can give rise to plaque on teeth, yeast infections and dental caries Mouthwash or mouth freshener can cure the problem temporarily.

Effective Home Remedies

1. Home remedy with unripe guava. It contains tannic, oxalic, phosphoric and oxalic acid, manganese, oxalate and calcium. It cures gum bleeding and prevents the occurrence of bad breath.
2. Parsley is also a superb home remedy for bad breath. Boil two cups of water and coarsely cut sprigs of parsley along with two whole cloves. Stir the mixture infrequently during cooling. Strain it and use as a mouthwash.
3. Spices form good home remedies for bad breath. A lot of spices like cloves, fennel seeds, anise seeds, which are frequently used in the kitchen are excellent bad breath removers. Chew them after having an odorous meal.
4. Consume pumpkin seeds or gourd seeds or cacao daily and remove bad breath. These have a lot of zinc, which prevents halitosis.
5. Chew carnation or peppermint for enjoying superior breath odor. These give a fresh and clean feeling to the mouth.
6. Add one tablespoon of apple cider vinegar to one-third cup of water and gargle this for approximately 20 seconds. Apple cider vinegar contains natural acids like maleic and acetic acid. These reduce bacteria inside the mouth.
7. Dissolve baking soda in water and wash the tongue with the mixture. This is an effective home remedy for bad breath.

Tips:

1. Drink a lot of water
2. Brush your teeth two times regularly
3. Scrape your tongue
4. Floss on a daily basis
5. Use a mouth rinse

Home Remedies for Beautiful & Shiny Nails



Nails are made up of a protein called keratin. Discoloration is often observed in the nails due to a lot of factors, which include lack of protein in the body, fungal infections, illness, brittle nails, nails with ridges and many more. We unintentionally often cause damage to the nails by biting off the cuticles or while washing off the utensils and clothes with hard detergents or many other circumstances. It becomes absolutely important to take care of the nails from the daily situations in order to maintain their beauty and shine.

Some of the essential home remedies for beautiful & Shiny Nails

1. Olive Oil

Olive oil has wonderful moisturizing action because it contains linoleic acid. It keeps the nails hydrated and prevent them from getting dried. Adding some drops of olive oil in warm water and soaking the nails in the mixture is a wonderful way to have beautiful, shiny nails.

2. Lemon

Lemon juice has bleaching property, which helps to remove the stains and make the nails beautiful. Lemon manicure is often recommended for this. 1-2 tsp of lemon juice is used to soak the nails. A mixture in prepared with vinegar and warm water. Then the nails are brushed with the mixture for a couple of minutes. You are bound to get amazing results.

3. Butter

Butter is a smooth substance, which imparts moisturizing impact to the nails. It also provides a many number of nutrients like calcium, magnesium, potassium, iron, zinc, vitamin A, vitamin B, vitamin C and vitamin E. Application of butter on the nails helps to make the nails look shiny, glossy and beautiful.

4. Coconut Oil

Coconut oil contains lauric acid, healthy fats, caprylic acid and Vitamin E. All these nutrients aid in strengthening the cuticles of the nails, moisturizing the nails preventing the formation of the hangnails and getting rid of cuticle infections and other fungal diseases.

5. Starflower Oil

This oil is extracted from the seeds of the Borage herb. They have anti-inflammatory properties and contain a lot of gamma linoleic acid (GMA). It also contain omega 3, salicylic acid, mucilage, resin, tannin, calcium, potassium nitrate, magnesium and many other essential nutrients. These prevent the nails from getting cracked and make them beautiful and healthy.

6. Avocados

Avocados contain anti-oxidating properties. It possesses phytonutrients, vitamin A, B, D and E, potassium and essential minerals, which make the nails healthy and shiny. It is recommended to include avocados in your meal daily and enjoy beautiful nails.

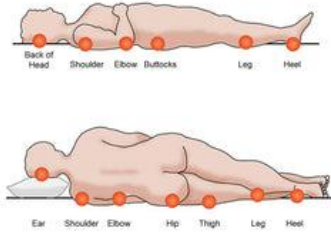
7. Yogurt

It possesses a lot of minerals like iron, calcium, zinc, vitamins A, C, D, E, K and proteins. It has anti-microbial properties, which help to protect the nails from bacterial and fungal infections. Also, it contains hydrochloric acid, which is one of the important nutrients for maintaining shiny nails.

Tips

- Eat balanced diet
- Exercise regularly
- Practice yoga and meditation

HOME REMEDIES FOR BED SORES



Bed sores is defined as the open wound, which occurs in the skin. It is usually seen in the individuals, who always remain seated on a wheel chair or bed for prolonged period of time. The friction and pressure on the skin give rise to the bed sores. Also, people with paralysis, weakness or coma have the tendency of getting infected with bed sores. Common symptoms are pain, skin lesions, skin irritations, itching, skin discoloration and many more.

Some essential effective home remedies for bed sores are the following:

EFFECTIVE HOME REMEDIES

1. HONEY

Honey possesses antiseptic properties. It reduces itching, pain and risk of further infection.

1. Mix honey and sugar to form a thick paste.
2. Apply the paste externally on the infected areas and cover with bandage.
3. Do this process once regularly.

2. ALOE VERA

1. Take an aloe vera leaf. Cut it open and extract the gel out of it.
2. Apply this gel on the affected area.
3. Rub it for a few minutes.
4. Leave it to get dried and wipe with a clean cloth.
5. Carry out this process thrice on a daily basis to get relief from the painful symptoms.

3. TURMERIC

Turmeric is a wonderful herb, which helps to get rid of the bed sores. It has several healing and medicinal properties.

1. First the infected region must be cleaned with water.
2. The wound then should be covered with enough turmeric powder.
3. Then the area is covered with a bandage.
4. Carry out this process thrice on a daily basis.
5. You can also drink turmeric milk regularly twice to get benefitted

4. GOLDEN SEAL

Golden seal is another herb with tremendous antiseptic properties, which provides relief from the painful and itching condition of bed sores.

1. Mix 1 tsp of the herb with a cup of warm water and prepare the herbal tea.
2. Clean the bed sores with this tea at least twice on a daily basis.

These are some of the wonderful home remedies to treat bed sores.

Home Remedies for Bed Wetting



Bed wetting indeed is a vital problem, especially of small children and the infants. Bed wetting is the process, which involves passing of urine unknowingly especially during sleeping. This occurs because the infants have not yet developed the urge of urinating strong enough to awaken them from their sleep.

This problem goes away with age. However, to help your baby stop carrying out bed wetting, you can carry out the following home remedies.

Useful Home Remedies

1. Cinnamon

Cinnamon powder is one of the wonderful home remedies for bed wetting. Make your child chew the bark of cinnamon once all throughout the day.

2. Olive Oil

Heat the oil. Rub the oil on the lower abdominal region of your child and then massage it for some minutes when the oil is warm comfortably. This should be followed regularly for effective result.

3. Herbal Tea

An herbal tea of bearberry, oak bark and horsetail is highly effective in treating bedwetting in small children. Mix all the above mentioned ingredients in certain quantity. Add the mixture to boiling water. Cover the mixture and let it settle down. Give half cup of this tea twice daily one hour prior to sleep every day. You are bound to get result.

4. Cranberry Juice

This juice is extremely recommended for babies with bedwetting problem. Give this juice to your baby one hour prior to sleep. Continue doing this for a certain period of time on a regular basis to get good result.

5. Indian Gooseberry

Amla or Indian gooseberry helps to treat bedwetting effectively. Mix one teaspoon of pulp of Amla with some black pepper sprinkled on it. Give it to your child before sleeping.

6. Honey

Give your baby a teaspoon of honey before going to bed. One spoonful of honey can be mixed with milk and served to your baby in the breakfast. Honey acts as a wonderful home remedy for bedwetting.

Tips

- Reduce the consumption of fluid in the evening
- Make your child urinate in the bathroom prior to going to bed
- Use pull-ups or diapers for your babies during the night.

Follow the tips and apply the home remedies. You can easily help your child prevent bedwetting.

Home Remedies for Blocked Arteries



Blocked arteries condition is that medical condition, where the fats get deposited in an artery. This restricts the flow of blood all throughout the body. This poses threat to the circulation of oxygen to various parts of the body as well. This situation is also referred to as the Clogged Artery condition. Several complicated disorders like diabetes, arthritis, obesity can lead to this situation. Also, lack of physical activities, too much smoking and drinking alcohol also give rise to the blocked artery situation. Several consequences of such situation are Coronary artery blockage, Periphery artery disorder, heart attack or cardiac arrest. Symptoms include dizziness, anxiety, loss of appetite, angina, breath shortness, weakness, sweating, leg pain, numbness and loss of vision.

Home Remedies for Blocked Arteries

1. Garlic

Garlic has a lot of medicinal properties. It widens the blood vessels. It provides improvement to the blood circulatory system. It lowers the level of LDL cholesterol and reduces chances of cardiac arrests.

- Take some chopped garlic cloves.
- Add them to a cup of milk.
- Boil it.
- Let it cool for a few minutes.
- Consume it before sleeping.

2. Turmeric

Another important home remedy is turmeric. It contains curcumin, which has a lot of medicinal properties. It is a wonderful home remedy to treat blocked artery condition.

- Take 1 tsp of turmeric powder.
- Add it in a glass of milk.
- Add little honey to the solution.
- Stir well.
- Consume it once or twice on a daily basis.
- Also, use turmeric in regular diet.

3. Ginger

It possesses shogaols, gingerols and other essential chemical compounds, which have the potential to resist cardio-vascular complications effectively.

- Take 1 tsp of grated ginger
- Add them to a cup of hot water.
- Steep for 5 minutes.
- Strain the solution.
- Add some amount of honey to the solution.
- The ginger tea is ready.
- Consume the tea twice or thrice on a daily basis.

Follow these simple home remedies and lead a healthy life !!

Home Remedies for Boils

The skin infection, which initiates in the oil gland or a hair follicle is known as the boil. The skin becomes red color and it swells leading to a tender lump. After a few days, the lump turns white due to the formation of the pus underneath the skin.

Boils are caused mainly by staphylococcus germs which enters the sweat glands or hair follicles to present with painful red nodule along with burning feeling.

Home Remedies for Boils

1. Neem

- Neem has anti-bacterial, anti-septic and anti-microbial characteristics.
- It treats several skin infections effectively.
- Make a paste of the fresh neem leaves and apply on the infection.
- It is bound to get cured.

2. Turmeric

- Turmeric has several therapeutic characteristics.
- It has the blood purifying and anti-inflammatory properties.
- Drink a glass of warm milk containing 1 tsp of turmeric powder every day.
- The boils will have a high probability to get cured.

3. Onion

- Onion possesses anti-microbial and antiseptic properties.
- Take an onion slice. Keep it on the boil.
- Wrap with a piece of cloth till the heat gets generated from the onion.
- This will work wonder on treating the boil effectively.

4. Garlic and Onion

- Garlic has a lot of medicinal properties like anti-allergic, anti-septic, anti-microbial properties.
- Having minimum two cloves of garlic daily in the morning empty stomach provide effective results in treating boils.
- Take fresh juice of garlic and onion, apply locally to ripen, break and evacuate the pus.

5. Betel Leaves

- A betel leaf is gently warmed till it becomes soft.
- It is then coated with a layer of castor oil.
- Spread the oiled leaf over the inflamed part.
- Replace every few hours.
- After few applications, boil gets rupture and drain

Tips

- Eat healthy.
- Say no to fried and spicy foods.
- Drink plenty of water.

Home Remedies for Bone Spur



The bones face a lot number of friction and degradation all throughout the life. When the bones outgrow, it gives rise to the situation, known as the bone spur. The growth usually takes place along the joints. The major reasons for bone spur are the abrasion, anxiety and invariable pressure. This takes place in the feet, heels, toes and on the shoulder as well. The symptoms of such situation are tenderness, pain, numbness, swelling and problem in walking. This problem can be easily treated with the help of the various home remedies.

Important home remedies for bone spur

Some of the effective home remedies for the bone spur are discussed below:

1. Milk

Milk has a lot of Vitamin D. It helps in strengthening the bones and muscles to a huge extent. Thus, consumption of milk regularly helps in providing Vitamin D to the body, This is an effective home remedy for bone spur.

2. Ice pack

Apply icepack alternately on the affected area. But, remember not too apply icepack directly on the skin. This may lead to frosting skin. Instead take some ice cubes and place in it freezer. Wrap the ice cubes in a cloth and apply the cloth on the area. Ice pack provides wonderful solution from pain, tenderness and inflammation.

3. Ginger

Ginger has anti-oxidating and anti-inflammatory properties. This helps in eradicating the pain, swelling and other symptoms of bone spur easily. It should be consumed on a regular basis to treat the acute condition of bone spur.

4. Apple cider vinegar

Apple cider vinegar is a superb home remedy for bone spur. A clean cloth should be soaked in the vinegar and wrapped in the affected area. This is kept for 10 minutes and then removed. This provides a lot of relief from the pain and the tenderness. This is a superb solution.

Besides these home remedies, the patient must follow the following tips:

Tips

1. Carry out physical exercise regularly.
2. Practice good posture.
3. Take adequate amount of rest.
4. Wear proper footwear, which helps in supporting the body properly.

All these tips and the home remedies are extremely helpful in treating the complication of bone spur away. Lead a fit life !!

Home Remedies to Boost Stamina in Men

Having lack of stamina or feeling tired may be a simple symptom of getting exhausted. However, poor stamina or loss of stamina may be due to some simple causes or may even be a severe cause.

Major Causes of Lack of Stamina

- Low level of testosterone hormone
- Adrenal Fatigue
- Hypoglycemia
- Low level of HGH
- Emotional instability
- Work pressure
- Disturbed sexual performance
- Financial matters
- Home affairs
- Disturbed relations

Home remedies for Low Stamina

Here, we will discuss about some of the essential home remedies, which will help an individual to enhance the stamina to a huge extent.

1. Follow a Balanced Diet

First and foremost, eating healthy food and maintaining a proper and balanced dietary habit are extremely essential to treat the situation. Consume food rich in Vitamin A and zinc to increase the production of the testosterone hormone and keep you physically active enhancing the stamina.

2. Regular Exercise

The sedentary deskbound lifestyle has taken away the capacity to do a lot of physical activities. Regular physical workout for a few minutes is extremely essential to maintain the stamina and increase it as well, if required.

3. Relax Yourself

This is yet another important natural treatment to make your mind free and relax to the full extent. A stable mental state is extremely crucial to increase the stamina. Go out with friends or make time for your hobbies so that you can enjoy and remain happy both mentally and emotionally.

4. Take Proper Rest

An approximate sleep of 6 to 8 hours is required to maintain the physical and mental health properly. An adequate rest will work wonder.

Opt for diet

The diet which is rich in onion, garlic, ginger, dried fruits, winter cherry, peaches, mangoes, eggs etc, As:

- It increases the production of libido and improves the activity of the reproductive organs.
- It enhances the stamina in men to a huge extent.
- It cures spermatorrhoea, early ejaculation and impotency.
- These enhance the power of sex.
- It enhances libido, thereby, increasing stamina in men.

Tips

- Alcohol should be strictly avoided as it could have the opposite effect.
- Eat healthy.
- Opt for yoga and meditation.

Home Remedies for Breast Enhancement

UP TO **18%** INCREASE
IN SIZE



Breasts are one of the most important parts of the female human body, which every female is worried about irrespective of the ages and the looks. The whole human race is crazy about bigger, firmer and beautiful breasts. Women feel wonderful when they are admired for their big breasts. Many women have got bigger breasts naturally, while others do not. But now, there is absolutely no reason to worry since there are a lot of home remedies available, which will solve this problem very easily.

Home Remedies for Breast Enhancement Naturally

1. Following a Diet Regime

Certain foods like sesame seeds, which is rich in calcium, phosphorus, iron and protein help to augment breasts naturally. Extracts of grape seeds, dairy products, green vegetables, carrots and chicken soup, which contain the female hormone, estrogen help to enhance the breasts naturally.

2. Fenugreek

Adding 4 tbsps of fenugreek seeds in 2 cups of water and adding licorice, fennel and anise for getting added benefit is a great remedy for breast enlargement.

3. Fennel

Fennel seeds contain estrogen. Adding them in your diet helps to make the breasts look bigger and more beautiful.

4. Wheat Germ Oil

Massaging the breasts with some amount of wheat germ oil helps to make the blood circulation in the area properly. This automatically increases the size of the breasts making them look firmer. This is also known as the *Triticum Vulgare*.

5. Lady's Mantle

Lady's mantle has the properties of astringent, which enables a faster blood circulation and increased fat deposition. This is generally available in the form of creams or supplements, which provide effective results.

6. Flax Seeds

These are highly rich protein substances, which beside aiding in proper blood circulation, also help to build up new cells in the mammary glands.

7. Exercises

There are certain exercises, which help to tone the breasts amazingly. Wall pushups, which mean standing in front of the wall, placing the palms on the wall and pushing against the wall without making the elbows bend are very effective.

Tips

- Eat healthy.
- Exercise regularly as per the demands.
- Practice yoga.

Home Remedies for Bronchitis



Bronchitis is defined as the inflammatory disorder, which is characterized by swelling of the membrane inside the bronchial tubes of the lungs. This disorder may be acute or chronic. Excessive smoking, exposure to certain drugs and heredity play a huge role, which lead to bronchitis. This disorder is characterized by cough, breathing problem, chest pain, hoarseness, fever and loss of appetite. This respiratory disorder can be treated with the help of some of the wonderful home remedies.

Useful Home Remedies for bronchitis

Some of the effective home remedies for bronchitis are given below:

1. Ginger

Ginger has many medicinal properties. It is anti-septic, anti-inflammatory, anti-pyretic and immune-boosting characteristics. These are highly efficient in treating the situation of bronchitis effectively. It is also efficient in boosting the process of metabolism to a huge extent. This may be consumed thrice daily to get relief from the situation.

2. Onion

Onion has expectorant properties. It helps in liquefying the phlegm and prevents it from being formed further. One teaspoon of raw onion juice right in the morning helps in eliminating the symptoms of bronchitis and treats the disorder considerably.

3. Garlic

Another effective home remedy for bronchitis is garlic. It contains anti-viral and other anti-microbial properties. It also has anti-inflammatory properties. It is highly effective in treating the acute condition of bronchitis. Add some chopped garlic o a glass of milk. Drink it. This is highly beneficial.

4. Turmeric

Turmeric has a lot of medicinal properties. It is anti-inflammatory, anti-biotic and anti-microbial in nature. It is extremely effective to treat cough, cold and other symptoms associated with bronchitis. Add a tsp of turmeric in warm milk and drink it daily. You will definitely be relieved. However, people with problems of gall bladder stone, ulcers, acidity shall not use this home remedy.

5. Honey

Honey is a wonderful home remedy for bronchitis. It helps to treat cough, cold, inflammation naturally. It has anti-bacteria, anti-viral and other anti-microbial properties. It provides relief from the various symptoms of bronchitis effectively. Add one tsp of honey to a cup of tea and consume it on a daily basis.

Follow these home remedies and get rid of bronchitis effectively!!

Home Remedies for Burning Urination



Burning urination is a major symptom of Urinary tract infection. It mainly occurs among the women. Due to the presence of the E.coli bacteria, this situation occurs.

Apart from the burning sensation, there are certain other symptoms, which include the following:

- Pain
- Difficulty in holding the urine
- Change in the color of the urine
- Nausea
- Vomiting
- Fever

Home Remedies for Burning Urination

1. Baking Soda

Sodium bi-carbonate or baking soda helps to neutralize the acid present in the urine. This helps to reduce the burning sensation, making it less painful. However, do not take excess baking soda. This is because; it may disturb the balance in the intestinal region.

2. Cranberry Juice

Cranberry juice does not cure the situation. It helps to prevent the further recurrence, especially in women. Drinking 50 to 150 ml of cranberry juice daily is highly effective in treating the situation. However, this is of not much important in males. Also, it has some side effects.

3. Enhance the Intake of Fluid

More and more consumption of fluids, especially water, herbal tea and non-caffeinated drinks helps to flush out the toxic materials from the body. This helps to reduce the burning sensation while urinating easily. Also, it helps to prevent the occurrence of cystitis and any other urinary tract infections.

4. Put a Heating Pad on the Pelvic Region

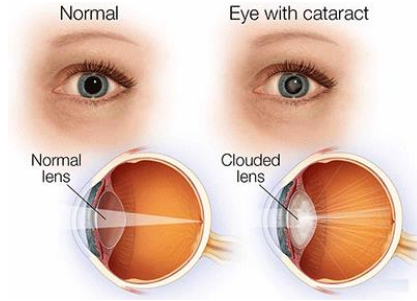
To get instant relief from the tremendous burning sensation, applying a heating pad or any other warm compress on the pelvic region can be highly beneficial.

Apart from these home remedies, you need to follow some useful tips to stay healthy and get relief from such situations.

Important Tips

- Avoid the consumption of the caffeinated drinks
- Urinate after having sexual intercourse
- Maintain a healthy diet
- Carry out some amount of physical activities and yogas every day
- Avoid taking baths and instead, take showers
- Wipe from front to back with fresh pieces of wipes.
- Wash hands thoroughly
- Try wearing cotton underwear
- Do not hold the urine for a long duration of time.

Home Remedies for Cataracts



Cataract is basically an ailment, which occurs due to ageing. Clouding occurs in the lens of the eyes. This acts as the hindrance and does not allow clear view to the eyes. The eyes throughout the lives get exposed to the UV rays of the sun. This results in the formation of the free radicals in the eyes. This leads to cataract formation in the eyes. This situation is highly important in individuals, who are smokers or are affected by diabetes. Surgeries are available to remove the cataracts, yet there are some important home remedies available. These are extremely important for cataracts.

Effective home remedies for cataracts

Some wonderful home remedies for cataracts are given below. These are very effective and useful.

1. Carrot

Carrot is a rich source of Vitamin A. And, vitamin A is extremely helpful for maintaining the health of the eyes. Include carrot in your daily diet. Also, drink glasses of carrot juice on a daily basis. This will be helpful to treat cataract.

2. Garlic

Garlic has a lot of healing properties. Raw cloves of garlic help in the clearance of the vision. This also is helpful to treat the problem of cataract effectively. Consume raw garlic on a daily basis if you want to prevent the formation of cataract.

3. Almonds

Almonds are yet another wonderful home remedies for cataract. Let some almonds soak in water for the entire night. Then, peel them off in the morning. This can be consumed with a glass of milk. This helps to improve the eyesight, besides providing solution to the problem of cataract effectively.

4. Spinach

Spinach is a highly recommended home remedy for cataract. It has carotenoids. It helps to get rid of the complications related to retina and other eye problems. It forms a wonderful solution to treat cataracts effectively. Consume spinach regularly by including it in your diet.

5. Honey

Honey has the potential to get rid of the harmful infections. It contains anti-oxidants, which help to eliminate the various complications easily. Apply honey to the eyes just like eye drops. This works as a great remedy to treat the cataracts.

These are some of the superb home remedies to treat cataracts. Follow the remedies and stay healthy !!

Home Remedies For Cervical Spondylitis

Introduction



Spondylitis is a very irritating condition and painful as well. When the spondylitis hits your cervical region then it is called cervical spondylitis. Cervical spondylitis is a general term for age-related wear and tear affecting the spinal disks in your neck. These types of conditions affect your day to day work and make things really hard for you. Spondylitis is not a condition for weak people. Even spondylitis stands for; S- Strong, P- People, O- Overcoming a, N- Never ending, D- Disease, Y- Your L- life I- is T- Therefore I- Inspirational & S- Strong. In the following content you will come across some remedies that can be easily tried by the patient for relaxation in this condition. Moving forward we should discuss the causes of Cervical spondylitis.

Causes of Cervical Spondylitis

Modern science suggests that any type of spondylitis is due to an autoimmune process. That means, the body is killing its healthy cells by itself without knowing the exact cause for this reaction. From the angle of Ayurvedic science the condition is the result of ama dosha accumulation in the body which results in the blockage of micro channels thus causing conditions like spondylitis. Actually what happens is the blockage, which results in the blockage of the vata pathway and thus its aggravation happens. Once aggravated, it combines with each other similar properties. Now let's come to the most important part, Home remedies for Cervical spondylitis and that is home remedies.

Home Remedies for Cervical Spondylitis

As we all know now, in this case the target area is the cervical region of the neck. The pain generally starts from the nape of the neck covering the entire neck and then radiating to the shoulders. This might cover the upper back region also. So, the home remedies in this case will be targeting these same areas.

1. Essential Oils

- Some essential oils can be applied to relieve pain and stiffness in this condition. Essential oil of Cinnamon, eucalyptus, Lavender, peppermint and ginger.
- In these essential oils lavender helps in best for relieving pain related to muscles and skeleton.
- The pain related to stiffness can be overcome using ginger essential oil.
- The black cumin oil helps in an achy feeling and provides relief quickly.

All of these are to be massaged with light hands without applying much of the pressure as pressure application can aggravate the pain. The pressure should be minimum and massaging should be gentle.

Later on, application of a hot towel (towel dipped in hot water and then squeezed) can be done so that the stiffness can be relieved.

Oil preparation can be done using various oils and other ingredients that can help in relieving pain along with stiffness.

2. Mustard Oil with Garlic Cloves

Add 2-3 cloves of garlic in hot mustard oil and let them heat. Once your garlic turns dark brown that means your oil is ready and you can apply it over affected areas. Same as essential oil this is not to be rubbed or massaged with pressure. Do soft, gentle massaging and thus the pain will be relieved.

Application of warm hot towel can be done in this case as well.

3. Sesame Oil with Black Cumin Seeds

Heat sesame oil and add 1 tsp of kalonji seeds or black cumin seeds in it. Heat it till the seeds are perfectly roasted in the oil and then remove the pan from the stove. Let it cool down and store in a glass jar of adequate quantity. Apply it every night. Obviously like other oils mentioned above this oil is also to be massaged gently without applying much of the pressure.

Application of warm hot towel can be done in this case as well.

Do's and Don'ts In Cervical Spondylitis

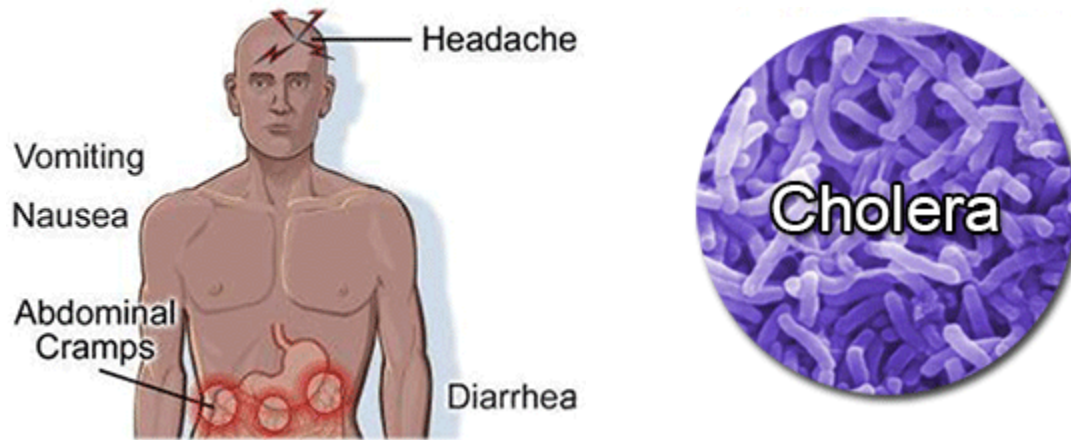
It is better to take care of things which are to be done and which are to be avoided. Especially things regarding our diet and lifestyle. In cervical spondylitis, especially in diet, there is a certain category of food articles that are to be avoided. These include:

- Milk and milk products
- Chillies are also to be avoided
- Heavy pulses like kidney beans, black lentils, Lobia, soya and others

In the case of lifestyle, many habits have to be modified. The lifestyle modifications includes the following:

1. Manage your sleep wake cycle because it will help in balancing the imbalance of vata dosha in the body.
2. Manage your time for a quick work out in early morning and before bed time Work on your digestion, you must not feel constipated or must not have incomplete evacuation.
3. Neck stretches are important: stretch your neck muscles after every half an hour of concentrated work on screen or off screen.
4. Stress less and keep yourself motivated.
5. Do pranayam and yoga as well.

Home Remedies for Cholera



Cholera is a disorder, which is highly infectious. It is caused due to *Vibrio cholera*, the comma shaped bacterium. This bacterium enters the digestive tract of the individuals through contaminated water and food. This gives rise to acute diarrhea, abdominal cramps, too much thirst, low output of urine, dehydration, vomiting, palpitations, muscular cramps, weakness, restlessness, irritability and loss of elasticity of skin. Poor hygienic condition, undercooked food, lack of hydrochloric acid in the body and natural disasters can give rise to cholera. Cholera, if not treated in proper time may be life threatening as well.

Effective Home remedies for cholera

The important and effective home remedies for cholera are given below:

1. Onion

Onion is an effective home remedy for cholera. Onions have a lot of medicinal properties like anti-inflammatory, anti-diarrhea, anti-biotic and many others. It helps to get rid of thirst and restlessness. Add a pinch of black pepper to onion paste. Consume this mixture twice or thrice daily.

2. Cucumber Leaves and Coconut Water

Make fresh juice from the cucumber leaves. Mix the juice with coconut water. Mix the ingredients in equal proportions. Consume the juice twice daily. This provides tremendous relief from the disorder.

3. Lemon Juice

Lemon juice is yet another important home remedy for cholera. Consume one glass of lemon juice freshly prepared minimum two times on a daily basis. This helps to eradicate the symptoms and helps to get rid of the ill consequences of cholera to a huge extent.

4. Cloves with Water

Mix 4 grams of cloves to approximately 3 liters of water. Boil it. Then, let the mixture cool down. Consume the mixture after every 2 hours. This also prevents the occurrence of dehydration, prevents the feeling of excess thirst and helps to treat cholera significantly.

Besides these home remedies, there are certain tips, which should be followed.

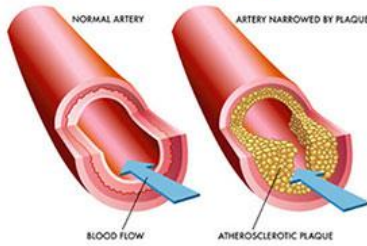
Important Tips:

1. Maintain a healthy hygiene
2. Wash your hands properly before eating
3. Have a balanced diet
4. Drink a lot of water on a regular basis
5. Cook your food properly before eating

Follow the home remedies along with these simple tips and get rid of cholera to a huge extent.

Home Remedies to Reduce Cholesterol Level

Lower Cholesterol Naturally



Cholesterol is a yellowish, fatty substance, which is one of the essential ingredients of the body. Every person with high cholesterol level is vulnerable to stroke and heart attack. Cholesterol is generally measured in mgs per 100 ml of blood. It occurs with lipids in the bodies, known as the lipoproteins, which are mainly of two types – low density lipids (LDL) and high density lipids (HDL). The higher the ratio of LDL to cholesterol in the body; more is the risk of the damage of the arteries and chance of heart disorders. But, the presence of HDL in the body reduces the risk of cardiac disorders considerably.

Increase in the cholesterol level in the body is known as Hypercholesterolemia.

Hypercholesterolemia is caused due to several factors:

- Genetics
- Excessive consumption of milk and dairy products like butter, ghee, ice cream, cheese.
- Too much consumption of red meat, white flour, eggs
- Stress
- Irregular smoking and drug addiction

Home Remedies to Reduce Your Cholesterol Level

1. Garlic

- Garlic has many medicinal properties.
- It can cure various cardiac ailments effectively.
- Consume 2 cloves of raw garlic daily in the morning empty stomach.
- You are sure to get effective results.

2. Arjun (*TERMINALIA ARJUNA*)

- Arjun is wonderful herb for all heart problems.
- It helps to improve blood circulation and prevent accumulation of toxins.
- Take powder of Arjun bark powder in 500 quantity and have it with water twice daily after meal.
- Or you can boil fresh bark of Arjun tree in 400 ml of water, drink when 100 ml remains.

3. Peepal (*FICUS RELIGIOSA*)

- The leaves of the Peepal are used in the treatment of heart diseases.
- A decoction can be made with these leaves with water.
- Boil till one fourth remains to drink after straining.
- Practice this home remedy for couple of days.
- It is highly effective in clearing cholesterol and other toxins.

4. Ashwagandha (*WITHANIASOMNIFERA*)

- This is wonderful herb for heart.
- Take 500 mg of Ashwagandha powder (you can get easily at your herbal store)...With glass of plain water daily 2 times.
- This helps to dilate blood vessels and removes toxins out.

5. Olive Oil

- It is rich in antioxidants, which help to reduce the LDL and increase the HDL considerably.
- One can use it for daily cooking.

Home Remedies for Cold Sores



Cold sores are defined as small lesions, which are filled with fluid and appear on various parts of the body, especially near the lips. These lesions often form clusters. And when they break, they form a crust on the left over sore. This is mainly caused due to the infection by the herpes virus. Exposure to sun, fever, hormonal changes and stress are some of the important causes of the occurrence of the cold sores.

Cold sores are contagious diseases and get easily transmitted via physical contact or sharing razors or napkins. Besides disrupting the beauty, these also cause pain and discomfort.

Home Remedies for Cold Sores

1. Ice

- Applying ice on the affected area is very effective in treating the cold sores.
- This prevents the bloating up of the sores.
- Thus, prevents the further aggravation of the situation. Instead, it helps to reduce the intensity of the sores and treat it properly.

2. Lemon

- Lemons contain antioxidants, Vitamin C and citric acid.
- It is also effective in treating the cold sores.
- Just soak some amount of cotton in lemon juice.
- Apply it on the sore affected area.
- You will definitely get positive result.

3. Garlic

- Garlic has anti-viral properties.
- It cures this situation instantly.
- Make a paste of garlic.
- Place the paste on the cold sore affected area.
- It will pain tremendously.
- But, you will get instant result in a very short period of time.

4. Honey

- Honey heals cold sores at a much faster pace.
- The medicinal properties it has prevents the breeding of the herpes virus.
- It also helps to moisturize the lips and helps in healing faster.

Home Remedies for Common Cold



Common cold is the medical condition, which gives rise to discomfort and the patient feels very sick. It is commonly seen in individuals of various ages, genders and occupation quite frequently. The major cause of common cold is exposure to the seasonal variation in the climatic condition. It occurs, when the body gets exposed to harmful pollutants and cold virus. Heredity is also important while understanding the reason of common cold. It is characterized by headache, running nose, watery eyes, cough, fever, blocked nose and sore throat.

A lot of medicines are available in the market to treat the condition of common cold. However, people generally prefer the natural home remedies to treat such situation.

Effective Home Remedies for Treating Common Cold

1. Turmeric

- Turmeric is known for its medical properties. It is antibiotic, antiseptic, anti-inflammatory and anti-microbial properties.
- It helps to treat headache, nasal blockage and other symptoms of common cold effectively.
- Take half tsp. of turmeric powder and mix in 1 tsp of honey.
- Consume this twice daily.

2. Garlic

- Garlic is also an important remedy in Ayurveda.
- It has many medicinal properties.
- Put some cloves of garlic in mustard oil and heat for some time.
- After it gets Luke warm, massage the chest and the nose gently with the oil.
- You are bound to get relief from the common cold.
- The symptoms of sore throat, headache and aches will definitely vanish and the disease will be eradicated as well.

3. Tulsi

- Tulsi is holy basil which is commonly found in every one's home.
- Put 4 to 5 fresh tulsi leaves in water and boil.
- Strain and drink sip by sip.
- One can prefer tulsi tea as well.
- This is very effective home remedy when person has fever also with cold.

4. Ginger

- Another effective home remedy for common cold is ginger.
- Ginger pieces are done and boiled in water for some time.
- Filter and add little sugar.
- Have this decoction when it's hot – sip by sip.
- Ginger tea can also be prepared to get rid of cold symptoms.
- Boil ginger pieces in water before adding tea leaves to make tea.

Follow the home remedies and lead a healthy life devoid of unhygienic complications !!

Home Remedies for Constipation



Constipation is a painful condition, which is characterized by pain, bleeding at times and difficulty in passing stool. It may become a life-threatening issue. Low consumption of fiber, lack of proper consumption of liquid, dieting, endocrine and metabolic disorders like celiac disease, cystic fibrosis, diabetes, hypothyroidism, hypercalcemia and many structural reasons including anal fissures, colon cancer and psychological imbalance are the major causes of constipation.

Useful Home Remedies for Constipation

1. Triphala Powder

- **Triphala powder is combination of three fruits** - Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*) and Bibhitaki (*Terminalia bellerica*).
- Take 1 to 2 tsp of this at bed time before sleep with luke warm water daily.
- Your whole ama or called toxins will be clear in the morning
- You can practice this home remedies for couple of days as per the need.

2. Lemon

- Lemon is a cleansing agent. It clears off the salt content of the intestine and aids in passing the stool easily and quickly.
- Drinking a glass of warm lemon juice in the early morning relieves constipation.
- It has detoxifying properties to the body.
- It is a recommended home remedy for constipation.

3. Flaxseed

- This is rich in dietary fiber.
- It helps to improve digestion and other gastrointestinal complications.
- These must be consumed with warm water half to one tsp early in the morning every day.
- It is a marvelous remedy for constipation.

4. Spinach

- Spinach helps to rebuild, renew and clean the gastro-intestinal tract of the individuals.
- Make a mixture with 100 ml of spinach juice and similar quantity of water.
- Drink this solution daily two times.
- This helps to cure constipation effectively.

Besides these home remedies, consume all the fruits except banana and jack fruit to get rid of constipation.

Tips

1. Drink minimum eight glasses of water daily.
2. Do not consume foods containing white sugar, white flour and various processed food items.
3. Have proper sleep

Keep these points in mind to get rid of the pain and bleeding during constipation. Lead a healthy and happy life !!

Top 7 Home Remedies for Cough



Coughing is one of the most common health issue. It is body's natural cleaning way to remove foreign materials from our body. Whenever our brain gets information of mucus or any other irritant in our throat or upper air passages, it immediately gives signal to our body to cough so as to remove that element as early as possible. However it protects our body but leave the chest aching as helps in clearing the large breathing passages from fluids,

irritants, mucus etc. sometimes leads to aches in our upper body. Coughing can be due to hidden diseases such as allergic rhinitis, bacterial infection of upper respiratory tract, sinusitis, lung cancer, tuberculosis, asthma, pneumonia or reflex of stomach contents, viral infection, common cold, flu and smoking. Syndromes of cough includes itchy throat, chest pain and congestion. Instead of using cough syrups, one can try some natural treatments using readily available ingredients in kitchen.

Home Remedies for Cough

1. Turmeric

Turmeric is loaded with therapeutic effect on coughs, specifically a dry cough. It is a yellow colored herb with lots of medicinal properties. It is anti-inflammatory in nature, its curcumin aids in alleviating the chest congestion that flourishes in people suffering with chronic cough. Use of volatile oil extracted from turmeric for cough is also very promising in soothing cough by getting rid of phlegm.

- Simply roast turmeric root and grind it into a smooth powder, mix the powder with water and honey. And here it is, the remedy is ready to take, drink it twice a day.
- Moreover, one can make herbal tea also by adding one teaspoon of turmeric powder and one teaspoon of carom seeds to a cup of water, and boil it until water reduces to one-half cup. Add some honey and drink this herbal solution twice or thrice a day.
- Alternatively, add equal amounts turmeric powder and black pepper powder in a boiling half cup of water. One can add few cinnamon sticks along with honey (one tsp.). Boil the solution for two to three minutes. Drink the solution daily until the condition improves.

2. Hot Milk with Honey

Honey appeared to be as effective as a common cough suppressant ingredient 'dextromethorphan'. Since honey is cheaper and widely available, it might be worth a try.

- Chest pain experienced from continuous coughing can be cured with honey mixed in hot milk, drink it before going to sleep. One can consume plain honey directly with water as it helps to soothe the throat and clears the mucus from the body.

- One can go for another remedy as well made from the same ingredient. Add honey with holy basil (Tulsi) and take this twice daily.
- Take equal proportions of Black pepper, Long Pepper and Ginger powders. Mix all and take this powder twice daily with honey for fast relief from cough.

3. Garlic

Garlic is known for its anti-bacterial and anti-microbial properties. It is used as a cough remedy since ages.

- Crush some garlic and consume directly or with honey, or one can use in cooking also.
- Take some crushed garlic, mix some honey and few drops of clove oil to it. Consuming it will help in sore throat relief.
- Take four to five cloves of garlic with a teaspoon of oregano and some honey in a cup of water. Boil till it remains half. Allow it to cool to room temperature and drink it. This will help in breathing and dip other cough symptoms.
- Boil two crushed Garlic cloves in a cup of milk. Boil till ½ cup of milk remains, make two equal halves and take one part in morning and one in evening.

Note: In case of acidity problems, this remedy is not advisable.

4. Ginger

Ginger, the most popular herb used in treating cough has lots of magical properties. Ginger bear anti-inflammatory and antimicrobial properties which kills the unhealthy bacteria. It aids to break up the congestion developed in the respiratory passages. Gingerol and zingiberene present in ginger helps to boost the immune system and even coats the esophagus to prohibit itchiness and irritation.

Directions to follow:-

- Crush fresh ginger slightly. Put in a cup of water and bring it to boil. Drink this solution many times a day to get rid of sore throat, non-stop coughing and even congestion fast. One can add some lemon juice and honey to this for better results.
- Alternatively one can chew fresh raw ginger on and off throughout the day to plunge the cough conditions.

5. Holy Basil

It is known as "Tulsi" in layman's language. It is used in multiple ways in treating impotence, poisoning, dyspnea, vomiting, coughs, halitosis, backaches, respiratory diseases and even arthritis. The ancient texts of Ayurveda illustrate multiple use of Holy Basil in treating several diseases.

- A tea made with holy basil leaves is a common primitive method to get relief from cold, cough and mild indigestion.

6. Cinnamon

Cinnamon is strong anti-inflammatory and anti-viral. It support healthy heart, healthy respiration, ignites the digestive fire and work for purifying the blood and even support healthy pancreas. It has the ability to digest Aama/toxins.

Directions:-

- Take some honey and mix in cinnamon to taste. Take one spoonful as needed to stop cough.
- Make a fine powder of cinnamon stick and consume with water.

7. Cloves

Cloves are packed with medicinal properties, has phenolic compounds such as eugenol and gallic acid, which are anti-inflammatory and anti-bacterial in nature. Cloves not only relieve a sore throat but also alleviate misery caused due to persistent coughing. It acts as a natural expectorant because of essential oil present in it, helps in clearing the respiratory passage.

Cloves also possess antibacterial properties and benefit to alleviate the pain occurred due to continuous coughing and sore throat. Cloves also helps to get rid of the itchy feeling which is common sign during dry cough.

Method to use:-

- Take a clove with rock salt and chew it thoroughly to ease down the soreness and irritation of the throat.
- You can even burn a clove and crunch it to get relief from a severe cough.
- Moreover, Clove oil can also be used when mixed with honey, gives an amazing effect from recurring cough.

To recapitulate, these natural remedies are very effective in cases of coughs, even mild or chronic. One must try at home to get optimum results.

Home Remedies for Cracked Lips



"Cracked lips" is also known as the Chapped lips. This makes the appearance extremely unattractive and painful. Allergy, dehydration, deficiency of vitamins, smoking, exposure to extreme weather and sun, too much licking the lips can result in the formation of the cracked lips.

Major Signs of Cracked Lips

Some of the major symptoms of cracked lips are given below.

- Redness
- Tenderness
- Dryness
- Flaking
- Sore lips
- Cracking

Useful Home Remedies

1. Aloe Vera Gel

- It has a lot of medicinal properties.
- Applying some amount of the gel provides relief from the pain, tenderness and sore lips.
- It is yet another effective home remedy.

2. Sugar

- Sugar brings back the natural softness of the lips by exfoliating the dead cells from the cracked lips.
- Make a paste using 2 tsp of sugar with a tsp of honey.
- Apply the paste on the cracked lips and let it sit for a few minutes.
- Rub the paste on the lips gently to remove the dead cells.
- Wash it off with water.

3. Honey

- Honey has anti-bacterial and healing characteristics.
- It works as a wonderful moisturizer, which helps to soften the lips.
- Applying pure honey on the cracked lips many times in a day helps to treat the condition effectively.

4. Coconut Oil

- Coconut oil protects the lips from the extremes of temperature like extreme dryness or coldness.
- Just apply some amount of coconut oil on the cracked lips and keep them moist and soft.

5. Milk Cream

- The milk cream contains a lot of fat, which acts as a wonderful moisturizer.
- Applying fresh milk cream on the lips and leaving for approximately 10 minutes and then washing it off with lukewarm water is a wonderful home remedy for cracked lips.
- This helps to get rid of the problem effectively.

6. Water

- Cracked lips may also be the result of dehydration. So, drink a plenty of water to keep the body hydrated.
- This helps to get rid of the toxic substances from the body, thereby getting rid of the cracked lips.

HOME REMEDIES FOR DEHYDRATION



The body needs to be hydrated to function properly and carry out the various metabolic activities effectively.

Dehydration leads to several complications like digestive disorders, dark colored urine, fatigue, watery mouth and eyes and premature ageing.

There may be several reasons for dehydration. And this can strike anybody of any age, gender and occupation.

It is important to know about the home remedies for dehydration to get rid of the chronic and acute consequences effectively.

EFFECTIVE HOME REMEDIES FOR DEHYDRATION

1. BANANA

- Banana has high water content.
- It helps to restore potassium in the body, which gets vanished due to dehydration.
- Thus, it helps to maintain the balance between the minerals and helps to prevent the various complications related to dehydration.
- Some other fruits rich in water content are watermelon, strawberries and cantaloupe.

2. COCONUT WATER

- Coconut water helps to restore the electrolytic balance in the body.
- It keeps the body hydrated.
- It contains a high amount of minerals, which helps to treat chronic dehydration easily.
- It is also comparatively low in sugar and calories.
- Thus, overall, coconut is highly effective to treat dehydration.

3. CHEESE

- Cheese is a wonderful remedy for treating dehydration.
- It helps to maintain the balance between the various minerals.
- It restores the normal limit of potassium and sodium in the body.
- This prevents the occurrence of chronic dehydration. And, it helps to keep the body hydrated and healthy.

4. YOGURT

- One of the effective home remedies in getting rid of dehydration is yogurt.
- Mix a tsp of fenugreek powder with yogurt.
- Consume it on a regular basis.
- This is highly useful to maintain the electrolytic balance the water content in the body of the individuals.

Besides, drink a lot of water daily to keep the body filled with water. Follow the above home remedies, avoid dryness of the body and get rid of dehydration.

Home Remedies for Depression



Most common emotional disorder - Depression has become a common issue these days. Not only adults, teenage have also become one of the major sufferers of depression. The reasons for depression are highly different. However, genetics play an important role in the occurrence of depression. Teens face a lot of obstacles, which lead to depression to a huge extent.

The major reasons of depression are as follows:

- Failure to cope with the problems
- Stress
- Peer pressure
- Disturbing events
- Anxiety
- Relationship conflicts
- Failure to accomplish goals
- Genetics

There are various types of depression. Reactive depression, seasonal affective depression, biochemical depression are some of the major types of depression.

The common symptoms of depression are irritation, sleeping too much, headache, fatigue, difficulty in concentrating, suicidal thoughts, backache, digestive problem, loss of appetite, observable alterations in weight, self-condemnation, feeling of hopelessness and helplessness, lethargic feeling, loss of interest in sex and many others.

Major Home Remedies for Depression

1. Garlic

- Garlic helps to elevate the mood and it has a tremendous impact on the level of cholesterol.
- So, garlic therapy can definitely have a wonderful impact in getting rid of depression.
- Have raw 2 pods of garlic every morning empty stomach
- Make paste out of 2 to 3 garlic pods and have with 1 tsp honey.

2. Ashwagandha

- Ashwagandha is known as withania somnifera.
- Which is an excellent herb to boost nervous system.
- It provide nutrition to brain cells as well effectively
- Take 1 tsp of its dried powder in a glass of warm milk to drink every day.

3. Sunflower seeds

- Sunflower seeds contain selenium, which helps to get rid of depression to a certain extent.
- Generally, people with low levels of selenium are prone to anxiety, depression and stress.
- Have half tsp. of sunflower seeds powder along with I glass of milk daily.
- Other foods rich in selenium are Brazil nut and fishes.

4. Cardamom

- Use of cardamom has been proved useful in depression.
- Powdered cardamom should be boiled in water and tea is prepared in the usual way.

- This home remedy on regular basis treats the condition up to a huge extent.

Tips

- Grab enough sleep
- Consume a balanced diet
- Carry out proper physical activities and exercises regularly
- Also, drink enough water
- Keep your mind relaxed
- Practice meditation
- Prevent alcoholism and any other addiction

How to Treat Dermatitis and Eczema with Home Remedies ?



Eczema is a medical problem that makes the skin of the patient irritated or inflamed. The most usual eczema is of the type atopic dermatitis. Mostly it is a disease that is allergic to many other diseases; it just carries along, like hay fever or asthma.

Eczema mostly affects kids, but is rare with the adults, about 3%. Most of the kids who get infected by this disease, come out of it by the time they attain the age of 10 years, but in some cases the symptoms keep coming back throughout their life. You can control this disease of eczema, if you get the proper treatment.

Ayurveda heals the diseases by the natural elements of our world, i.e. fire, air, water, space and earth. A cure is found mending your diet plans, herbal remedies and massages are done with special herbal oils. A qualified and experienced doctor easily recognizes the body type and gives the remedy according to your physical appearance. If you have a light symptom of eczema, you will be healed instantly, but if it is chronic or systemic, it might take some time. Better behave passionately, because if you are cured, this infection is never going to infect you for the whole life. Follow your ayurvedic doctor's instructions precisely.

Home Remedies for Dermatitis and Eczema

Some home remedies are also there that can prevent eczema, as 'prevention is always better than cure.' We will discuss a few with you today:

1. Turmeric Powder

Lots of eczema healings require topical care and turmeric powder is a cure for dozens of diseases. It reduces the inflammation level of the whole body. It **prevents the skin problems** by its Curcumin powder, an anti-oxidant that deals with free radicals by maintaining a control over them. Consume a teaspoon of turmeric daily to reap in the maximum benefits. It has a unique flavor that goes well with rice, cooked veggies, pasta, noodles and everything that is cooked.

2. Coconut Oil

Coconut oil is made from the pulp of a coconut fruit, which is so frozen chilly that it cools down the inflammation in the skin. It can also be used as a natural moisturizer. It reduces the staph bacteria from the skin, thus preventing the infection from striking your skin. The person who suffers from eczema faces a cracked skin on the heels, allowing the bacteria to enter the body and deteriorate the whole process of recovery. Coconut oil makes the cracks disappear and moisturize the skin. Better use virgin coconut oil that is processed without any chemicals.

3. Sunflower Oil

It is extracted from sunflower seeds. It keeps the skin's outer layer safe by moisturizing it and thus keeping all the bacteria out. It also hydrates the skin and minimizes the inflammation and itching. Gently rub this oil after having a bath, when the body is still moist. It doesn't need to be diluted for use.

4. Humidifier

If you have the air in your house a dried one, meaning your skin will also get dry. During the winters it becomes drier as we keep heating up the things of daily use, which makes the moisture

evaporate. Better put a nice humidifier in your house or room to avoid moisture leaking out. If moisture remains in your skin, eczema can't dare to come near you and your skin remains supple.

5. Physical Movement

Physical movements have reached the minimal point these days. Everything has a remote and you just have to press a button to avail anything from anywhere. Begin exercising, not an intense one, but a mild one will help. Stress is everywhere these days, it boosts the breaking of eczema and exercise can make you lose the stress in moments you begin exercising. You can do swimming, jogging, walking or just play a game that requires physical movements. It will surely work as a stress buster and make you lose eczema.

6. Lavender Oil

Lavender oil can help you in retaining your moisturizer. Its aura is so vast that putting a few drops on your pillow can make you sleep like a baby. Its sweet and wonderful fragrance will make you dream sweetly. It will make you reach on cloud 9. You tend to forget about your worries and thus lose tension, giving space for eczema to vanish, making your skin attain the original form.

7. Sleep Sufficiently

A human being needs to sleep for 7 to 8 hours daily to keep up with the normal functions of doing routine chores. Even the brain needs some rest; it begins giving the abnormal signals if a person doesn't sleep for 3 continuous days. When you sleep soundly, your skin doesn't get frustrated and doesn't crack, giving invitation to the bacteria to enter the body. The skin retains its moisturizer and remains supple, making you look smart.

8. Tea Tree Oil

First dilute the tea tree oil with olive oil. Put a few drops into a teaspoon of olive oil into your palm and rub your skin with the mixed oil, from where it has cracked. Rub this mixture several times a day. If your eczema has not become severe, you can find the cure in a few days, otherwise it may take some time in healing to the original level.

9. Aloe Vera Gel

Organic Aloe Vera gel has an abundance of anti-inflammatory and healing features. The itchy skin finds a fine cooling sensation and gets cured. You can grow an Aloe Vera plant in your garden. Pluck its leaf and peel off carefully, the gel appears. Rub it on your itchy skin and feel the coolness instantly. In a few days, it soothes the skin fully. Authentic Aloe Vera gel can also be found in your grocery store.

All these home remedies can be found in your kitchen, which can help in making your skin supple. It may take some time, better be passionate. Once you find the cure, you can keep using the remedy and never get infected again in the whole life. It doesn't cost a fortune, to keep your skin supple. If these don't get you the result you are seeking, a visit to your doctor becomes inevitable.

Home Remedies for Diabetes



Diabetes is one among various ailments which has caught our body so badly that how it should be controlled with medicines that too without side effect is a very big question. Diabetes herbal cure with ayurvedic medicines has some magic to lower down the increased blood sugar naturally without leading any other complication.

Diabetes is a condition, where body fails to utilize ingested glucose which may be due to either lack of hormone insulin or insulin which is present is not able to work properly. Diabetes is a set of metabolic disorders where person has high blood sugar level. Diabetes is called as Madhumeha in Ayurveda and it is Yanya (difficult to manage).

Home Remedies for Diabetes

- Basil or commonly known as Tulsi is an excellent antioxidants which lower the blood glucose level by increasing the insulin sensitivity. One can take either juice out of it every morning in empty stomach or can chew 3 to 4 leaves as it is for better results.
- Fenugreek which is known as Methi in Hindi has abundance of benefits related to our health. During the process of digestion, amino acids present in Methi reduces the rate of sugar absorption from stomach and helps in making insulin by acting upon pancreatic cells.
- Bitter gourd (Karela) Extracts are really amazing to lower down the blood glucose. Diabetic person can take it either in the form of juice or powder. One can cook curry mixed with other vegetables and take with bread also.
- Cinnamon or known as Dalchini in Hindi is very capable in reducing blood glucose level by improving insulin sensitivity. Diabetic person can have tea flavored with cinnamon every morning or can take Dalchini powder half tsp every day for better results.
- Aloe Vera detoxifies our body when taken every morning in empty stomach. Aloe Vera juice daily before meals helps you to control the blood sugar level which in turn keeps you free from diabetes.
- Amla or Indian goose berry which is a rich source of vitamin C and has strong antioxidant. This is a special medicine to enhance the immune system and therefore preserve the health and well being of people. One can consume it either in the form of powder or juice.

Tips

- Eat healthy with low fat and carbohydrate diet.
- Avoid sugar in all beverages
- Avoid junk food items
- Exercise regularly
- Practice yoga and meditation

HOME REMEDIES FOR DRY MOUTH



Dry mouth situation is the result of the decrease in the flow of saliva or modifications in the salivary composition. The major causes are depression, excessive consumption of alcohol, snoring, smoking and stress. Certain medicinal therapies also eventually give rise to the dry mouth situation. This situation is medically termed as "Xerostomia".

EFFECTIVE HOME REMEDIES

1. LEMON

Lemon juice has stimulating action on the saliva secretion. It also provides relief from the various signs and symptoms of this disorder.

1. Take a lemon and cut it into two halves.
2. Extract the juice of half lemon and add it to a glass of water.
3. Add some amount of honey to the solution.
4. Drink this solution on a regular basis.

2. ALOE VERA

Aloe Vera has protective action in preventing the condition of xerostomia

1. Take an aloe vera leaf and extract the gel out of it.
2. Mix the gel in a cup of water.
3. Rinse the dry mouth with this juice for a couple of times regularly.
4. Also, you can apply the Aloe Vera gel with a cotton swab across the mouth. Keep for a few minutes and then wash with cold water.

This helps to get rid of the dry mouth condition to a significant extent.

3. GINGER

Ginger is highly effective in treating the condition of dry mouth. It has a stimulating action on the salivary glands and also helps in refreshing the condition of bad breath.

1. Cut a ginger into a few pieces.
2. Chew the raw pieces on a slower rate directly. Do this for a couple of times daily to enjoy the benefits.

TIPS

1. Consume a lot of fluid daily to prevent dehydration and dryness.
2. Quit smoking.
3. Gargle regularly with warm water with added salt in it.
4. Increase the intake of food items, which are rich in the water content.
5. Clean your tongue and teeth regularly.

Home Remedies for Dry Skin



Dry skin is the common problem during the winter. Cold, dry air sucks out the smooth skin. This is caused since the body loses moisture content. Age, nutritional deficiencies, heredity, transformation of climate, detergent, hot showers and air conditioner are the major causes, which lead to dry skin.

The major symptoms of dry skin are scaly skin with redness, roughness, itching and wrinkling. It makes one look aged and elderly. These symptoms often lead to loss of confidence and individuality of the persons.

Effective Home Remedies for Dry Skin

1. Milk Cream

Milk cream contains lactic acid. This helps the dry skin to exfoliate. The soothing nature also helps to maintain the skin's pH level and it acts as a superb moisturizer. A few drops of lemon juice mixed with the milk cream, if applied on the skin can work wonder.

2. Olive Oil

There are a lot of antioxidants and healthy fatty acids present in the olive oil. These help to provide soothing impact to the skin. This makes the skin fresh, lively and full of youthfulness.

3. Milk

Milk possesses soothing and anti-inflammatory characteristics. This helps to get rid of the dryness and itching sensation. Also, it helps the dry skin to exfoliate the dead cells and improves the capability to retain moisture. Also, it aids in lightening the complexion of the skin. A few drops of rose water added to a cup of milk and applied on the body helps to get rid of the dry skin effectively.

4. Honey

Honey has antioxidating, anti microbial and humectants properties. It is one of the best natural moisturizers, which help to treat the dryness effectively. It helps to retain the moisture in the skin, making the skin soft, moist and full of life. The various vitamins and minerals present in the skin help to enhance the health and glow of the skin to a huge extent.

5. Yogurt

This is yet another wonderful home remedy for dry skin. It has excellent skin hydrating, anti oxidating and anti inflammatory properties. It helps to provide a soothing sensation to the dry and itchy skin. It contains lactic acid, which helps the skin to get rid of the micro organisms effectively, thereby, maintaining a healthy skin devoid of dryness. Applying yogurt on the skin and massaging it helps in exfoliating the dead skin cells from the skin effectively. Also, mixing papayas with milk and applying on the various parts of the skin remove the dryness and make the skin refreshed and glowing.

Tips

- Eat healthy
- Stay active
- Practice yoga

Home Remedies for Edema



Modern lifestyle, smoking, excessive intake of alcohol, hypertension lead to several diseases and one of them is edema. Edema is swelling affecting the hands, legs and ankles due to accumulation of excessive fluid in the body. Patients suffering from conditions such as kidney and liver disorders, heart disease, lymph nodes inflammation, allergies, diabetes, pregnant women have symptoms of edema.

Noticeable symptoms of edema are :

- Tissues swelling under the skin
- Stretching, puffiness and dimpling of skin
- Abdomen enlarge
- Pulmonary edema symptoms include:
- Wheezing, Coughing
- Condition becomes critical when symptoms include:
- sweating
- Blood in cough
- Pain in chest
- Pale skin and fainting

Home Remedies for Edema

Home remedies are effective, simple and natural way to reduce swelling but with recommendation of doctor as some of them can be restricted in specific diseases.

1. Garlic

1. Is one of the home remedy that is natural diuretic to cure edema.
2. It flushes out toxin and water out of the body.
3. Consumption of 2 or 3 cloves in the morning are effective.

2. Dandelion Green Tea, Fennel Ttea and Corn Silk Tea

1. The leaves of dandelion herb are rich in vitamins and minerals, corn silk are thread like strands of corn rich in Vitamin K and fennel has spicy aroma.
2. To make tea, fresh leaves of dandelion, fennel or corn silk are kept in cup and boiled water is added and kept for few minutes.
3. Strain and drink 2-3 cups of one of this tea daily.

3. Coriander Seeds

1. These are rich in potassium making it useful for water retention.
2. These seeds are added to boiled water for 5 min.
3. Strain and consumed twice daily.

4. Barley

1. It is helpful in treating edema as it is a natural diuretic especially for pregnant women.
2. Barley is added to water, soaked overnight, strained and consume 2 glasses of barley water daily in the morning.

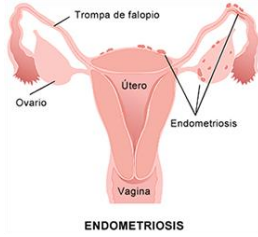
5. Flax seeds

1. Flax seeds are crushed into a powder and sprinkled over food.
2. Flax seed oil can also be applied to the affected area of the body.

Tips

- Eat healthy, opt for a balanced diet and avoid excessive salt in your diet.
- Stay active with recommended exercises.
- Follow relaxation therapies to avoid mental stress and fatigue.

Home Remedies for Endometriosis



Every woman should have a proper knowledge on Endometriosis to avoid unnecessary complications. Menstruation every month is a healthy sign for an adult woman. Every month the tissues inside the uterus thicken, which lead to menstruation if fertilization of the egg with the sperm does not take place successfully. But, when there are certain variations from the original periodic cycle, and endometrium starts getting built up along the outer walls of the uterus, fallopian tube, ovaries, peritoneum and even the intestines, there arise complications. These tissues respond to these changes of the hormonal imbalance by releasing some amount of blood in between the second phase of the periodic cycle, which also leads to irritation of some of the tissues.

Major Symptoms of Endometriosis

Some of the major symptoms of endometriosis are given below:

- Pelvic pain
- Bloating
- Menstrual pain
- Pelvic discomfort
- Painful sex

Effective Home Remedies to Treat Endometriosis

To treat this situation, several effective home remedies are there to treat endometriosis. Several modifications in lifestyle are recommended to treat this situation.

1. Reduce the Estrogen Level in the Body

Too much amount of fat disturbs the estrogen hormonal balance in the body. Thus, it is absolutely essential to maintain body weight and external compounds, which affect the estrogen level of the body.

2. Regular Exercise

Regular exercises coupled with yoga work wonderfully to alleviate stress from the individuals. These keep you physically fit and mentally healthy. Low impact exercises like swimming, walking and many more are effective during this situation. Performing Kegel exercises daily is highly recommended.

3. Meditation

This is yet an effective home remedy to get rid of Endometriosis. Meditation keeps away all the stress and tension away from you and keeps you calm and relaxed. This can wonderfully help to treat this situation greatly.

4. A Balanced Diet

It is essential to have an optimum amount of the vitamins, calcium, magnesium, fatty acids and selenium. Avoid caffeinated drinks and sources of hydrogenated fats. Also, eliminate consumption of dairy products and meat to a certain extent.

5. Alternating Hot and Cold Sitz Bath

This step is to be done for consecutive 4 to 5 times alternately with hot and cold water. The whole step shall be repeated for at least once daily to eliminate the problem.

6. Castor Oil

Castor Oil helps in effective blood circulation all throughout the body. It also helps to treat the situation of infertility to a huge extent. Apply castor oil on the lower portion of the abdomen and cover with a hot water bag. Carry out this step for at least 15 days consecutively to experience effective results.

7. Clay Mixture

Clay mixed with water and applied on the abdominal area and kept covered with a warm towel for a few minutes is also an effective home remedy to treat the situation. It is allowed to dry and then washed off. This process also needs to be repeated for fifteen consecutive days to get effective results.

8. Phytotherapy

This is yet another effective home remedy to treat endometriosis. This is a science based therapy, which uses the extracts of natural products and provides relief in a range of complex disorders.

9. Omega - 3 Fatty Acids

Supplements, which are rich in omega-3 fatty acids are highly anti-inflammatory in nature. These form to be the considerable remedies for treating endometriosis.

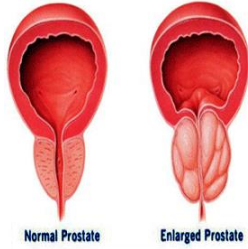
10. Pelvic Massage

To enable appropriate blood circulation in the abdominal and pelvic region, exerting acupressure by carrying out pelvic massage is highly effective. This helps to get rid of endometriosis effectively.

Tips

- Eat balanced diet and avoid aggravated food items.
- Recommended Exercise must be followed.
- Practice yoga and meditation.

HOME REMEDIES FOR ENLARGED PROSTATE



Normal Prostate Enlarged Prostate

The prostate is a gland that produces the fluid which carries sperm during ejaculation. Enlarged prostate is not usually a serious threat to a man's health. In some men, the symptoms are mild and do not require treatment. In others, symptoms can be very troublesome and have a major impact on their quality of life. Prostate enlargement is a common condition associated with ageing. Around 60% of men who are aged 50 to 60 or over have some degree of prostate

enlargement.

Complications of prostate enlargement can include urinary tract infections (UTIs) or acute urinary retention (AUR) but serious complications are very rare.

Symptoms may include:

- The flow of urine is weaker and it takes longer to empty your bladder.
- Urine flow becomes dribble towards the tip of passing urine
- Frequent and urgent need to urinate.
- Prolonged time taken to initiate urination etc.

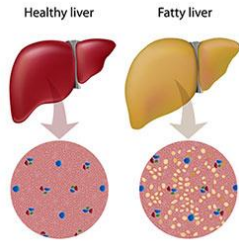
USEFUL HOME REMEDIES

- Pumpkin seeds are packed with a large number of health benefits including ones that help people with prostate enlargement. It is a rich in unsaturated fatty acids that is essential for the proper functioning of the prostate gland.
- Mix a spoon of pumpkin seeds powder in a glass of diluted milk and drink daily.
- A good way to regularly use this seed is to mix it with wheat flour and eat it in the form of chapattis
- Take 1 tbsp of triphala powder, an ayurvedic herb; Add it to 250 ml of boiling water. Boil for 20 minutes, Strain the liquid and Drink when lukewarm.
- Mix 1tsp amla powder, pinch oh turmeric powder and I tsp honey in a glass of water. Mix well and drink.
- Vegetable juices are also great for people with prostate disorders. carrots and spinach are two that are known for their immense healing effect on the prostate gland

TIPS

- Avoid prolonged sitting.
- Obese people should try to cut down extra fat.
- Avoid spicy, fried and junk food items.
- Decrease the intake of alcohol, caffeine and other substances that irritates the urinary tract system.
- Physical activities must be the part of daily routine.

HOME REMEDIES FOR FATTY LIVER



The condition of fatty liver takes place when the fats and triglycerides deposit in the liver. This is a reversible process and occurs due to heavy intake of alcohol. However, this condition is categorized into two groups – Alcoholic and nonalcoholic. Certain medicines, certain disorders like Wilson, diabetes also result in fatty liver condition. Fatigue, jaundice, edema, bruising and discomfort are the major symptoms of the fatty liver condition.

EFFECTIVE HOME REMEDIES

1. GINGER

Ginger is considered to be the best herb for detoxification. This is because of the presence of the shogaols and gingerols in it. These enhance the process of treatment by removing the unwanted materials from the liver. This is highly beneficial.

1. Take 2 tsps of freshly grated ginger.
2. Add them in a cup of hot water.
3. Keep for 10 minutes.
4. Consume the tea twice on a daily basis.

2. GREEN TEA

Another wonderful home remedy is the green tea. Green tea has anti-oxidating properties and contains catechins. This helps in flushing out the toxins from the body easily.

1. Take 1 tsp of green tea.
2. Add in a cup of hot water.
3. Boil it for 5 minutes.
4. Consume it slowly.
5. Repeat the process daily to get benefitted.

3. LEMON

Lemon has a lot of anti-oxidants, vitamins and helps in preparing glutathione. This helps in treating the fatty liver complication effectively.

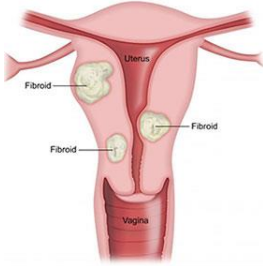
1. Take a lemon and cut into halves.
2. Extract the juice of lemon in a glass of warm water.
3. Drink the solution in empty stomach on a daily basis.

4. GARLIC

1. One of the essential home remedies for fatty liver is garlic. Garlic has sulfur and anti-oxidating, detoxification properties. It has a lot of Vitamin C and helps in enhancing the immune system significantly.
2. Consumption of 2 – 3 raw and fresh cloves of garlic in empty stomach is recommended to treat the condition of fatty liver effectively.

These home remedies are extremely useful in the treatment of fatty liver condition!!

Home Remedies for Fibroids



Fibroids are also known as the uterine leiomyomas. They are non cancerous tumors and are muscular in nature. They are often formed in the form of clusters or groups. Pregnancy and fibroids are quite related.

Fibroids and pregnancy can have implications. The symptoms are very less. It increases the probability of bleeding, miscarriage and position of fetus. Other complications include bloating, infertility and constipation. Pain in the pelvic region, pain while having sexual intercourse and difficulty in urinating are the major symptoms of uterine fibroids. These fibroids are diagnosed by MRI and hysteroscopy. The hormones, progesterone and estrogen mainly induce the growth of the fibroids.

Effective Home Remedies for fibroids

1. CASTOR OIL PACK

Castor oil has anti-inflammatory properties. It provides relief from pain and help to shrink the fibroids. It increases the lymphocytes, which help to remove the toxic substances from the body. It provides a stimulating action on the circulatory and lymphatic systems of the body. Apply castor oil pack on the abdominal region.

2. MILK

This home remedy helps to eliminate the excess estrogen present in the body. Excess estrogen in the body leads to stimulating the cells and releases growth factors. This leads to the growth of the fibroids. It also helps in metabolism of the body. Thus, drinking milk on a regular basis helps to get rid of fibroids effectively.

3. GREEN TEA

Green has EGCG (Epigallocatechingallate). This prevents the growth of the fibroid cells. This compound has anti-proliferative, anti-inflammatory and anti-oxidating properties. It reduces the symptoms of the fibroids effectively and provides relief to a huge extent. Drink two cups of green tea daily.

4. GARLIC

Garlic has anti-oxidating and anti-inflammatory properties, which prevent the uterine fibroids and tumors effectively. Consume three cloves of garlic on a daily basis. It is a naturally occurring product, which treats the signs and symptoms of uterine fibroids.

Follow the above mentioned home remedies effectively. And get rid of the painful situation, prevent the incidence of the fibroids and various symptoms to a huge extent !!

HOME REMEDIES FOR FIBROMYALGIA



Fibromyalgia is an inflammatory problem, which is characterized by tenderness of the cartilages, stiffened joints and psychological and social pain. The major abnormalities related to fibromyalgia are thyroid related disorder, pain in the muscles and some others. The important causes are stress, fermentation of the food particles, imbalance of Vata and some others.

Muscle pain, hypersensitivity, depression, stiffened joints and ligaments, anxiety, menstrual pain are the common symptoms of fibromyalgia.

Self-care is extremely important to treat fibromyalgia. It is essential that the patients take proper care of themselves to get rid of this inflammatory disorder.

USEFUL HOME REMEDIES

1. SUNSHINE

Patients suffering from Fibromyalgia tend to have low levels of Vitamin D. Vitamin D is also known as Sunshine Vitamin. Consumption of this vitamin helps in the proper functioning of nerves and muscles of the body. This acts as an important home remedy for fibromyalgia.

2. PEPPER

Pepper plant contains capsaicin. It is a natural reliever of pain. It helps to provide relief from the tremendous pain of fibromyalgia. It is a wonderful home remedy for fibromyalgia.

3. REGULAR EXERCISE

Initially, exercise increases pain. But, doing it regularly is very helpful in reducing the symptoms of fibromyalgia. Walking, biking, aerobics, swimming, maintaining good posture, relaxation exercises and simply stretching are highly effective.

4. ENOUGH SLEEP

Sleep is absolutely important to get rid of fatigue. Fatigue is an important reason of fibromyalgia. Also, practicing good sleeping habits, maintaining good posture, limiting sleeping during the daytime, maintaining a fixed sleeping schedule are very helpful.

5. AVOID STRESS

Emotional stress and over exertion are the two important causes of fibromyalgia. So, take some time out of your schedule from your daily routine and relax completely. You can also use certain techniques of stress management like meditation or deep breathing exercises.

6. HAVE A BALANCED DIET

To get rid of Fibromyalgia and its various symptoms, follow a balanced diet. Have healthy foods. Avoid the consumption of caffeine. Drink enough water. Try to remain healthy. Practicing a balanced diet is an essential home remedy for treating fibromyalgia.

Try and follow the above home remedies. Also, remember that over doing them on the good days and doing nothing on the bad days pose a serious impact. So, try to maintain a balance and uniformity all throughout. These together will help to eradicate fibromyalgia completely.

Home Remedies for Flat Belly



Weight gain has become a major issue these days. And our present lifestyle leads to more and more accumulation of fats in the abdominal region leading to belly fat. Accumulation of too much of body fat leads to several complications. Also, it results in lack of self-confidence and people tend to lose their individualities. To get rid of such a condition, there are certain home remedies for flat belly.

Useful Home Remedies

1. Lemon Water

- Lemon water is used to enhance the performance of the enzymes, which detoxify the liver and helps to metabolize the belly fat, which gets deposited along the waist line.
- Have a glass of warm lemon water every day in the morning.
- Make sure not to have anything else for the next 30 minutes.

2. Ginger Tea

- Ginger is a thermogenic agent.
- This helps to increase the temperature of the body, which leads to burning belly fat.
- It also suppresses the production of cortisol, which is a steroid hormone.
- The hormone helps in mobilization and regulation of energy.
- Ginger acts as a natural digestive aid.
- Consumption of ginger tea at least twice is effective.

3. Garlic

- Garlic possesses anti-obesity characteristics.
- It helps to enhance the cardiovascular system of the body, reduces both diastolic and systolic pressure and increases the content of good cholesterol.
- Garlic provides hindrance to adipogenesis and is highly beneficial to lose belly fat.

4. Hot Peppers

- Hot peppers have capsaicin.
- It has thermogenic effects.
- This enhances the production of heat of the body using more energy.
- It enhances the fat oxidation and reduces the belly fat.
- It is extremely advantageous for getting rid of belly fat.

Important Tips

1. Practicing balanced diet
2. Regular physical exercise
3. Drink a lot of water
4. Avoid consumption of alcohol
5. Do not skip the meals

Follow the above tips and remedies and lead a slim and healthy life !!

Home Remedies for Food Poisoning



Introduction

Food poisoning is caused due to consumption of contaminated food and water. This problem can cause acute stomach pain, weakness, vomiting, diarrhea and body ache. It is mainly caused by consuming junk and fast food.

Home Remedies:-

1. Ginger

Ginger gives instant relief from the symptoms associated with food poisoning. It increases the production of hydrochloric acid in the stomach that increase the natural acidity levels of the stomach, to prevent harmful bacteria growth. Due to its anti-inflammatory and analgesic properties, relive food poisoning symptoms.

How to consume?

- Mash half an inch of ginger using a stone mortar and pestle. To this fine ginger paste add half teaspoon of organic honey. Have this mixture once or twice a day.
- Prepare a paste of ginger and add it to buttermilk. Consume this preparation.
- Drink a mixture of ginger juice and lemon juice to avoid food poisoning symptoms.
- Prepare an herbal tea by boiling one teaspoon of grated ginger in a cup of water. Have this tea by adding small amount of honey to it.

2. Banana

Banana is rich in potassium that reduce the negative effects of food poisoning. It restores potassium in the body which is depleted due to diarrhea and vomiting.

How to consume?

- Eat a ripe banana daily.
- Drink banana shake two to three times a day.

3. Fenugreek

Fenugreek seeds treat abdominal discomfort, abdominal cramps and vomiting caused in food poisoning condition. These seeds has the ability to treat indigestion.

How to consume?

- Take one tablespoon of yogurt along with one teaspoon of fenugreek seeds. Swallow this mixture, no need to chew. This will provide immediate relief from vomiting and stomach pain.
- Add powder of fenugreek seeds to milk or water. Drink this mixture to treat food poisoning naturally.
- Prepare a mixture by adding one teaspoonful of cumin powder, fenugreek seeds powder in a glass of water. Drink this mixture.

4. Lemons

Lemon has anti-inflammatory, antibacterial and antiviral properties. The acid present in lemon kill bacteria that cause food poisoning.

How to consume?

Take one teaspoon of lemon juice add a pinch of sugar or salt to it. Drink this mixture two to three times a day.

5. Garlic

Garlic has strong antibacterial, antiviral and antifungal properties. It relieves the symptoms of abdominal pain and diarrhea caused in food poisoning condition.

How to consume?

Make a paste of garlic cloves, put it in a glass of warm water. Drink this mixture to reduce food poisoning symptoms.

6. Honey

Honey reduces inflammation in intestinal tract. The antibacterial property in it thwart the growth of bacteria. It act as a wonderful remedy for poisoning.

How to consume?

Mix one teaspoon of honey in a glass of lukewarm water. Drink this mixture two to three times a day.

7. Holy Basil

The anti-bacterial property of holy basil heal stomach infection caused during food poisoning. These leaves provide immediate relief from symptoms of food poisoning like vomiting and diarrhea.

How to consume?

Mix leaves of holy basil to three to four tablespoons of plain yoghurt. To this mixture add a pinch of black pepper and black salt. Have this preparation.

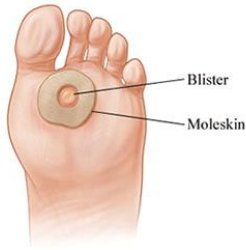
8. Apple Cider Vinegar

It contains minerals, vitamins and various amino acids that fight off food poisoning symptoms. Apple cider vinegar kill the bacteria that are responsible for food poisoning.

How to consume?

- Consume two teaspoons of apple cider vinegar twice daily.
- Mix two tablespoons of apple cider vinegar in a cup of hot water. Drink this mixture before eating meals.

Home Remedies for Foot Blisters



The fluid filled small bumps, which are formed in the upper layers of the foot are known as the foot blisters. These are formed mainly due to excess rubbing in an area or friction to irregular surfaces. Some other causes are medical complications like herpes, chicken pox, diabetes, exposure to extreme climatic variations and allergic reactions. Based in these causes, foot blisters are of different shapes and sizes.

Symptoms of foot blisters

The major symptoms are pain, inflammation, tenderness and redness. The patient faces difficulty in walking. These blisters are extremely annoying and painful at times. They can be treated to certain extent using the home remedies. These home remedies are extremely useful and effective.

Effective Home remedies for Foot Blisters

1. Aloe Vera

Aloe vera has a lot of healing properties. It provides relief from blisters. It has anti-inflammatory properties. It keeps the skin hydrated and reduces inflammation and swelling considerably. It also decreases the further chance of infection. Apply some amount of fresh aloe vera gel on the foot blisters. Keep for a few minutes. Wash with warm water.

2. Apple cider vinegar

Apple cider vinegar has anti-microbial properties. It is anti-bacterial and anti-inflammatory in nature. It protects against skin infection and alleviates inflammation and pain. Apply a cotton ball dipped in apple cider vinegar on the affected part. It is highly effective.

3. Green Tea

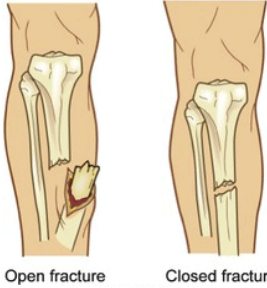
Green tea possesses anti-oxidating and anti-inflammatory properties. It reduces the swelling and pain. It contains a lot of vitamins and helps to heal the blisters effectively. Consume green tea twice or thrice on a daily process to speed up the process of healing to a huge extent.

4. Tea tree oil

Tea tree oil has astringent and anti-bacterial characteristics. It helps to treat infection and reduce blister formation. Dip a cotton ball in diluted tea tree oil and apply on the affected area, Keep for around 10 minutes and wash with water. Do this twice daily. This is highly effective.

These are some of the effective home remedies for treating foot blisters. These help to get rid of the infection, swelling, pain and other symptoms to a huge extent.

Home Remedies for Fracture



Fracture occurs, when a bone cracks or breaks. When fracture takes place, there exist tenderness, terrible pain, inflammation, numbness, blood accumulation underneath the skin, paralysis in the injured part and tingling.

There are two major types of fractures:-

Closed Fracture: When the skin covering the bone keeps intact

Open Fracture: When the bones break the skin below it

When a person undergoes fracture, it is highly important to consult a professional. But, there are certain home remedies and natural ways to do the preliminary treatment.

Effective Home Remedies

Right in the beginning apply the RICE treatment plan. RICE stands for the following:

1. REST

Stop moving the broken part immediately. The more you provide rest to your fractured part, the more easily it will get cured.

2. ICE

Immediately apply ice packs to the broken part. This reduces swelling of the affected area.

3. COMPRESS

Wrap the injured part in a bandage. But, do not do it tightly. This is because; wrapping tightly will stop blood circulation leading to more swelling.

4. ELEVATE

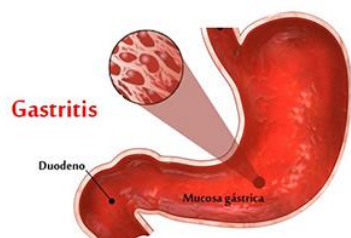
Keep the broken part in an elevated position. This is because; it prevents the blood from getting accumulated in the injured part leading to inflammation.

Apart from the RICE therapy, there are some other remedies as well. These are:

1. Consume half pineapple everyday till you are completely cured. The fruit contains the enzyme, Bromelain, which diminishes inflammation. But, it is recommended not to consume processed or canned pineapples.
2. Avoid red meat, caffeinated beverages and aerated drinks.
3. Do not eat foods, which have preservatives. They have phosphorus, which leads to the loss of the bones.
4. Consume boron. It is an important component for healing the fractured bones effectively.
5. Consume zinc. It repairs the damage caused by the tissues to a huge extent.
6. Consume magnesium, potassium and calcium. These minerals form essential ingredients to repair the damage caused by the bones and to maintain the condition of the heart and the muscles.

Besides following the therapy and home remedies, it is essential to take proper care of the fractured part of the body. Also, make sure to visit an orthopedic specialist to get the problem cured completely.

Home Remedies for Gastritis



Degradation of the internal lining of the stomach gives rise to gastritis. It is characterized by inflammation, irritation, bleeding, dark stools, abdominal cramps, indigestion, bloating and even loss of appetite. Nausea, fullness feeling, burning sensation and vomiting are some of the important symptoms of this metabolic disorder. There are a lot of home remedies available to treat this problem.

Important Home Remedies for Gastritis

1. CORIANDER, CUMIN AND FENNEL

- Take 1/4rth of each coriander, cumin and fennel. (Dhaniya, Jeera And Saunf)
- Boil all these in in about 400 ml
- Boil to prepare decoction
- Boil till 50 to 60 ml remains.
- Filter and drink twice daily.

2. GINGER

Ginger has anti-microbial and anti-inflammatory characteristics. It helps in alleviating the symptoms of gastritis, treat pain, indigestion, vomiting and nausea effectively.

- Chop fresh ginger root.
- Add the chopped ginger to a cup of boiling water.
- Keep it covered for 10 minutes.
- Strain the solution.
- Add honey to the solution
- Consume the tea twice or thrice daily for a week to get wonderful results.

However, people having medical complications of high blood pressure or blood thinning must be careful while using this home remedy.

3. YOGURT AND ASFOETIDA (HING)

Addition of yogurt to the regular diet really helps to fight away gastritis. The probiotics present in yogurt protects the stomach from getting degraded and enhances the immunity of the individuals.

- Consume approximately 3 cups of yogurt on a daily basis to get relief from the pain and other complications of gastritis. One can add pinch of hing also for better results.
- One can also prepare a smoothie using yogurt, honey and banana. Consume it thrice daily and expect recovery at a quicker pace.

4. TULSI

Tulsi is an amazing home remedy for treating gastritis. The anti-microbial and anti-inflammatory characteristics of this herb provides tremendous relief from the irritation of gastritis.

- Take some tulsi leaves.
- Steep them in hot water for a few minutes.
- Strain the solution.
- Leave it to cool.
- Mix some honey to the tulsi tea.
- Drink the solution.

You can also simply chew 5 leaves of tulsi on a daily basis and get relief from the pain. Repeat this process for approximately a few weeks.

5. LICORICE

The soothing and anti-inflammatory properties of licorice make it highly beneficial for the treatment of gastritis. It helps to provide relief from the various symptoms of this painful metabolic disorder.

- Take 1 tsp of licorice powder.
- Add it to a cup of boiling water.
- Steep the solution for approximately 10 minutes.
- Strain the solution.
- Consume the tea at least twice daily.

These home remedies are extremely effective in providing relief from gastritis !!

HOME REMEDIES FOR GINGIVITIS



Gingivitis is medically known as periodontal disease. This is a very common oral disease. It is also known as gum disorder. The major symptoms are swollen and tender gums coupled with pain and bleeding. It causes great discomfort. There are certain medical treatments. But, home remedies are very effective in treating the gingivitis away.

CAUSES OF GUM DISEASE

Gingivitis is mainly caused due to the deposition of bacteria on the teeth. This leads to the development of plaque, which further affects the gum to a huge extent. Also, the diet of soft and over processed food items, affect the enamel of the teeth. This also leads to gum diseases.

EFFECTIVE HOME REMEDIES FOR GINGIVITIS

Home remedies are extremely important to treat gingivitis and provide relief from the pain and tenderness.

1. GREEN TEA

Green tea contains anti-oxidants and anti-microbial properties. Drinking green tea daily helps to have a control on the periodontal health. Drink 2 glasses of green tea daily. This is highly effective.

2. CLOVE

Clove is an important home remedy for gum diseases. It prevents the bleeding of the gums and also provides relief from the discomfort and pain. There may be a burning sensation initially. But, it won't last for very long. It is a natural treatment to heal the bleeding gums.

3. LEMON JUICE

Lemon has vitamin C, which helps the gums to get rid of the infections. Also, it has anti-inflammatory properties. This is very effective for the treatment of the gum diseases. Apply some amount of lemon juice with some salt on the gums. Keep for a few minutes and then gargle with water. This helps to get relief from the pain and swelling.

4. MUSTARD OIL AND SALT

Apply some amount of mustard oil with salt on the gums. Repeat this process two times or three times daily. Massage the gums gently with the mixture. This helps to get rid of inflammation and pain and treat gingivitis effectively.

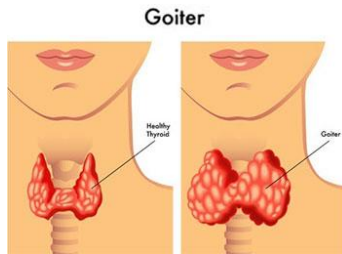
TIPS FOR TREATING GINGIVITIS

The effective tips for treating gingivitis are given below:

1. Brush the teeth daily
2. Clean the tongue regularly
3. Massage the gums on a daily basis.
4. Maintain a healthy dental hygiene.

Follow the tips and home remedies. Get rid of gingivitis effectively !!

HOME REMEDIES FOR GOITER



Goiter occurs due to the malfunctioning of the thyroid gland. Be it hypothyroidism or hyperthyroidism, goiter shows the indication that there is certain abnormality with the functioning of goiter. Deficiency of iodine, Graves' disease, thyroid cancer, pregnancy, nodules, Hashimoto's disease and exposure to certain drugs give rise to the complication, known as goiter. Heredity plays a huge role in certain cases in Goiter.

There is a noticeable inflammation in the neck region, difficulty in swallowing or breathing, harshness in the voice, problem in breathing and coughing.

HOME REMEDIES FOR GOITER

To treat the complication of Goiter, there are certain wonderful home remedies:

1. KANCHNAAR

This is a popular Ayurvedic herb, which has a huge detoxifying role in the lymphatic system of the body. This herb works wonders.

1. Take 10 to 15 grams of the bark of the Kanchnaar herb.
2. Boil it in 2/3rd cup of water.
3. Remove the heat when the solution becomes 1/4th.
4. Strain it.
5. Consume it twice before meals on a daily basis.

2. DANDELION

Dandelion has anti-inflammatory characteristics. It helps to lower the swelling in the neck region. It helps to provide relief from the situation of goiter effectively.

1. Take 2 to 3 leaves of dandelion.
2. Make a paste of the leaves of the herb.
3. Add some butter to it and heat the paste.
4. Apply the mixture on the inflamed area. Keep for 10 minutes and remove it.
5. Repeat this process for approximately 15 days to get proper result.

3. GREEN TEA

Green tea has a lot of anti-oxidants and high quantity of fluoride. This helps in proper functioning of the thyroid gland.

1. Take 1 tsp of the leaves of the green tea.
2. Pour some hot water in a cup and add the leaves.
3. Steep it for approximately 5 minutes.
4. Strain it.
5. Add honey to the mixture and stir properly.
6. Consume the mixture thrice on a daily basis.

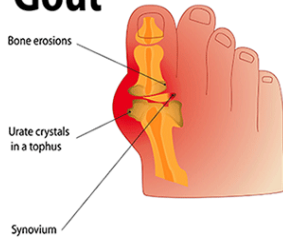
4. LEMON BALM

Another herb, which reduces the level of TSH and working of the pituitary gland is the lemon balm.

1. Take 2 tsps of lemon balm.
2. Pour some hot water in a cup and add the leaves.
3. Steep it for approximately 5 minutes.
4. Strain it.
5. Add honey to the mixture and stir properly.
6. Consume the mixture thrice on a daily basis.

Home Remedies for Gout

Gout



Gout is a complex form of arthritis, which is characterized by pain, inflammation, tenderness and stiffened joints. It affects various body parts, which include joints on wrists, hands, knees and ankles. This situation is caused due to the accumulation of a large quantity of uric acid in the body. Other possible reasons of gout are too much intake of alcohol and proteins and lack of exercises and physical activities. Heredity and a high level of stress are the two other important factors, which lead to the occurrence of the

disorder, gout.

This disorder is also related to several complications like diabetes, hypertension, renal stones and other problems.

Effective home remedies for gout

The major home remedies, which provide relief from the pain, inflammatory disorder are the following:

1. Apple Cider Vinegar

- Apple cider vinegar has several medicinal properties like anti-inflammatory, anti-stress, anti-microbial, anti-biotic and many more.
- This provides relief from the acute pain and inflammatory condition.
- Add some amount of honey to the apple cider vinegar and enhance the response of the body to this situation effectively.
- Add one tsp of apple cider vinegar to a glass of water.
- Drink the mixture thrice regularly.

2. Ginger

- Ginger has anti-inflammatory, anti-stress, anti-bacterial, anti-viral and anti-microbial properties.
- It is a superb Ayurvedic herb, which is used to treat the various complications easily.
- This herb also helps in getting relief from the pain and inflammation to a huge extent.
- You can consume ginger as raw pieces or can add in the daily diet.
- But, consuming it regularly is essential. It is a superb home remedy for gout.

3. Lemon

- Another effective home remedy for gout is lemon.
- It provides an alkaline medium to the body, which has a neutralizing effect to the excess quantity of uric acid in the blood.
- Also, lemon contains Vitamin C, which strengthens the body tissues to a huge extent.
- Simply add lemon juice to a glass of water and consume it thrice daily.
- You can also add one fourth tsp black pepper powder for better results.

4. Baking Soda

- Baking soda lowers the level of uric acid in the body, which is the major cause of gout.
- It plays a huge role in providing relief from the pain and inflammation.
- Take a half tsp of baking soda in water and drink the solution daily for at least 15 days.
- However, do not use this remedy, if you are suffering from hypertension.

These home remedies are very beneficial for treating gout !!

Home Remedies to Grow Your Hair Faster



Hair is an important part of our body, which enhance our looks and appearances to a great extent. And every individual irrespective of gender, age and place keeps on thinking of the ways to grow her hair faster. But, due to the heavy pollution that exist in and around us today, hair fall has become a major concern these days. People are in constant search of remedies to grow their hair faster. Here, we shall discuss excellent home remedies to grow your hair faster.

Home Remedies to Grow Your Hair Faster

1. Onion Juice

Onion has sulphur, which boosts the production of the collagen tissues, which intern boosts the rate of growth of the hair. These tissues also help in the hair re-growth effectively.

2. Potato Juice

Potatoes contain Vitamin A, B, C. When the hair does not get sufficient amount of these vitamins from the body, it becomes fragile and dry. Applying potato juice during this situation can solve the problem greatly. Massaging the scalp for about 15 minutes or using a potato mask helps to grow the hair at a faster rate.

3. Egg White

Our hair needs a lot of nutrition and proteins to grow faster. The proteins obtained from the white part of the eggs act as wonderful home remedies for hair growth. A hair mask is formed using olive oil, egg white and honey. It is then applied on the hairs and kept for about fifteen minutes and then washed off with a mild shampoo. It also provides shine and imparts strength to the hairs to a huge extent.

4. Fenugreek

Fenugreek seeds also act as a wonderful home remedy. Soaked fenugreek seeds in water for about a day and rinsing the hair with the fenugreek soaked water prevents hair fall widely. After 3 hours of this activity, hair wash should be done with lukewarm water. Also, fenugreek hair mask can be prepared by mixing the fenugreek paste with coconut milk, which if applied on the hairs can work wonders.

5. Amla, Reetha, Shikakai

Amla contains Vitamin C and helps in collagen production. It removes the production of the free radicals enhancing hair growth. This herb along with shikakai and reetha is

mixed with water and soaked overnight to form a shampoo. This liquid is then used to wash the hair.

6. Tomatoes, Aloe Vera and Olive Oil

A mixture is formed by blending tomato, olive oil with added aloe vera in it. This is then used as a hair mask and applied on the hair to make your hair grow at a faster pace.

7. Rosemary Water

This also acts as a wonderful way to fight off the scalp infections resulting in a healthy growth of the hair follicles, thereby enhancing the hair growth to a huge extent.

8. Aloe Vera With Honey Mixture

A mixture is prepared with the fresh leaves of the aloe vera and honey. This mixture is then applied on the hair and kept for a few minutes. After about 20 minutes, the hair is washed off normally with water. This increases the speed of hair growth largely.

9. Mixture of Almond Oil, Coconut Oil And Olive Oil

The natural oils, which include the almond oil, coconut oil and olive oil are taken together and mixed to form a mixture. This is then applied to the roots of the hair uniformly with the help of thorough massage. This besides providing nourishment to the hair; makes it strong.

10. Balanced Diet

This is a tremendous home remedy to increase the growth rate of the hair. A diet rich in vitamins, minerals and proteins shall be taken. This helps to remove dandruffs and oils from the hairs making it soft, yet healthy. Also, drinking a lot of water is highly recommended.

11. Massage the Scalp

Massaging with nutritional oils helps to increase the blood circulation in the scalp. The hair roots get sufficient nutrition and hydration. They are devoid of dryness and split ends and the hair becomes healthy enhancing the growth rate.

12. Washing Hair Regularly

Washing hair at least once in three days is extremely essential. This makes the hair free from dust, grease, oils and dandruff as well. This also makes the hair soft and healthy and helps to increase the rate of hair growth at a faster rate.

Home Remedies for Gum Diseases



There are various types of gum diseases. These include periodontitis, gingivitis and some others. These disorders are extremely difficult and painful. It is extremely required to maintain a proper oral and dental hygiene to keep away from these gum related disorders. The gum diseases need to be treated with proper care and in due time. Else, it may lead to several serious dental complications. Red Gums, Sore gums and swollen gums are some of the gum related complications. There may be bleeding and excessive pain due to these gum diseases.

Home Remedies to Treat the Situation

1. SALT SOLUTION

Dissolve some quantity of sea salt in warm water. Sip the solution in the mouth for approximately 30 seconds. Then, spit out. Continue this for a few times. The salt solution cures the gum infection and reduces the swelling of the gums. This should be done two times daily.

2. TEA BAGS

Put a tea bag in the boiling water. Remove it and let it cool. Once cooled, place the tea bag on the infected part of the gum. Hold it there for approximately five minutes. You will definitely feel very comfortable. The tea bag has tannic acid. This relieves the infection and aids to get rid of the pain.

3. HONEY

Honey has wonderful anti-bacterial, anti-microbial, anti-septic and other therapeutic properties. After brushing the teeth, put some amount of honey on the affected area of the gums. It works wonderfully to get rid of the gum infection.

4. CRANBERRY JUICE

Drinking the unsweetened form of the cranberry juice is a wonderful home remedy. Cranberry has the property of preventing the bacteria from getting stuck to the teeth and the gums. This treats the infection and helps to get rid of the microorganisms effectively.

5. LEMON JUICE

Make a paste using some salt and lemon juice. Apply the paste on the gum. Wait for few minutes. Then, gargle using warm water. Lemons contain Vitamin C, which fights away the microorganisms of the teeth. Also, they have anti-inflammatory properties. This provides relief from the pain and swelling of the infected gums. Besides these home remedies, try to consume more and more foods rich in Vitamin C, avoid consumption of tobacco and stress to a huge extent. These altogether, will help to fight gum infection.

Home Remedies for Hair Fall



Hair fall is a very common scenario. It is faced by people across the world irrespective of age and sex. It is a very embarrassing situation. It is also known as Alopecia in terms of medical science. Many hair fall products are available in the market. But, still, the home remedies to solve such situation are extremely useful and effective.

Causes of Hair Fall

There are a lot of causes, which lead to the hair fall problem. These are:

- Ageing
- Lack of proper nutrition
- Stress
- Hormonal changes
- Prolonged illness
- Medicines
- Heredity
- Thyroid complications
- Fungal infections
- Pregnancy
- Weight loss
- Several medical complications

Home Remedies for Hair Fall

To treat the complication, follow the given home remedies. These are very effective and highly beneficial.

1. ALOE VERA

- Aloe Vera has a lot of medicinal properties.
- It fights away infection and maintains a balance in the pH level of the scalp.
- It is highly effective for preventing hair loss.
- Pure aloe gel is applied to the scalp and the head massage is done and left for a few hours.
- It is then washed with lukewarm water.
- The process should be done two times weekly.

2. AMLA

- Amla is an effective home remedy to prevent hair fall.
- It is known for its medicinal qualities.
- Drinking amla juice regularly is a wonderful way to reduce hair fall and other hair related complications.
- You can also mix the powdered amla with lime juice and apply on the scalp.
- Leave for some period of time. Then, wash it off.
- This reduces hair fall to a huge extent.

3. EGGS

- Eggs are another rich source of protein and minerals such as selenium, iodine, phosphorus, iron and zinc.
- Take the white part of one egg and mix in a teaspoon of olive oil. Beat to make a paste like consistency and apply to the entire scalp and hair. Keep it on for about 20 minutes and then clean with cool water and a mild shampoo.

4. HENNA

- Henna Known for long as a natural hair color and conditioner.
- Henna when combined with mustard oil, it works even better and has a major role in strengthening and conditioning hair.
- Take one cup of the dry powder of henna leaves mixed with half a cup of curd. Apply this to hair and allow drying, later wash with cool water and a mild shampoo.

Beside these home remedies, practice meditation and carry out yoga regularly. These are very important ways to maintain the hormonal balance in the individuals. All these prevent hair fall and the situation of Alopecia to a huge extent. Follow these home remedies to prevent hair fall.

Home Remedies for Hair Loss



Every day, you almost certainly lose anywhere between 50 to 100 strands of hair which is perfectly normal. It is when the hair loss exceeds this stature that we begin to notice thinning of hair or bald patches (a condition known as Alopecia) Most people are likely to experience hair loss in their 30s because at this time, hormonal change, pressure and an unhealthy diet take their toll. As well trying to correct these factors, adopting a few effective home remedies is very helpful in facilitating hair growth.

Baldness or alopecia refers to loss of hair in excess.

Effective Home Remedies

1. Coconut

- Coconut works as natural conditioner and promote hair growth.
- It contains proteins and minerals like potassium and iron.
- Grate coconut and squeeze out the milk by mixing in a little water. Apply this to the particular area where you notice thinning of hair or baldness. Allow staying overnight and the next morning wash with water.
- Regular use of coconut oil massage on the scalp and hair has a protective action against hair loss.

2. Henna

- Henna Known for long as a natural hair color and conditioner.
- Henna when combined with mustard oil, it works even better and has a major role in strengthening and conditioning hair.
- Take one cup of the dry powder of henna leaves mixed with half a cup of curd. Apply this to hair and allow drying, later wash with cool water and a mild shampoo

3. Amla

- Amla is packed with vitamin C and has strong antioxidant in it.
- Crush the Amla fruit to take out juice or buy the Amla powder available at an herbal store. Add two teaspoons of the juice or the powder into an equal quantity of the juice freshly squeezed from a lime. Mix well and apply to the scalp and leave it to dry. Later rinse using warm water.

4. Eggs

- Eggs are another rich source of protein and minerals such as selenium, iodine, phosphorus, iron and zinc.
- Take the white part of one egg and mix in a teaspoon of olive oil. Beat to make a paste like consistency and apply to the entire scalp and hair. Keep it on for about 20 minutes and then clean with cool water and a mild shampoo.

5. Onion AND Garlic

- Onion and garlic are very rich source of sulphur, which increases the production of collagen and hence improves hair growth.
- Chop onion in to fine pieces to take out the juice. Apply on scalp and leave up to 20 minutes. Wash off later.
- Crush few cloves of garlic and add little coconut oil. Boil for few minutes. Apply on scalp and massage when it is warm enough and easy to use. This can be used thrice a week for better results.

6. Aloe Vera

- Boil two bags of green tea in one cup of water. Apply on scalp when it is warm enough. Leave for half to one hour and rinse off with water.
- Green tea contains strong antioxidant which promotes hair growth and prevent hair fall.

Tips

- Drink plenty of water.
- Have fresh fruits and juices.
- Include leafy vegetables in your diet.
- Practice yoga and meditation under an expert.

Home Remedies for Headache

Introduction



Headache is considered as pain that disables anyone to think normal and positive thinking. It is classified in several ways like tension, cluster and migraine. Headaches are most common due to tension, cluster are those type of headache that repeat every two weeks with periods of remission. Migraine causes additional problems like stress and nervousness. Some home remedies can resolve headache condition naturally.

Home Remedies:-

1. Cloves

The cooling and pain-relieving properties of clove help to ease headache naturally. It can be used to alleviate headaches. Cloves provides a nerve-soothing effect which reduces the pain and help in relaxing the nerves of the head.

Procedure to use cloves:-

- Make a paste of four to five cloves and place it on forehead for half an hour. This paste will provide cooling effect to the nerves that reduces headache.
- Take few cloves crush them. Put them in a clean handkerchief or in a sachet. Inhale the smell of these cloves whenever you have headache attack. Use this until you get some relief from headache.
- Take a tablespoon of carrier oil like (avocado oil, almond oil or sesame oil), put two drops of clove oil and massage your forehead. With this mixture massage for twenty minutes or more. Definitely you will get relief from headache.
- Prepare a mixture by adding two teaspoons of coconut oil, two drops of clove oil and one teaspoon of sea salt. Mix it well and apply this mixture on forehead for twenty minutes.

2. Cinnamon

Cinnamon is considered as a miracle spice that treat headache and its symptoms effectively. It is well known herb for its medicinal qualities.

Procedure to use cinnamon:-

- Take few cinnamon sticks and make a paste of it by mixing little water. Apply this paste over the forehead for thirty minutes. Wash it off with lukewarm water to get relief from headache.
- In a glass of milk, add two teaspoons of powdered cinnamon. Heat this mixture until close to boiling point, but donot allow it to boil. Now take this mixture and add a teaspoon of honey to it. Drink this mixture to get rid of headache.

3. Apple

Apple help to restore acid-alkaline balance in the body. It can be used to fight off a headache naturally.

Procedure to use apple:-

- Eat an apple early morning by sprinkling some salt on it.
- Add two teaspoons of apple cider vinegar to a glass of water. Put small amount of honey and a splash of lemon juice to it. Drink this mixture.
- Prepare a mixture by adding half cup of apple cider vinegar with half cup of water. Boil this mixture in a covered pan. Remove the pan, hold a towel over your head and slowly inhale the steam.

4. Holy Basil

This herb has analgesic effects that reduces pain during headache. The oil of this herb helps to get rid of headaches and works as a muscle relaxant.

Procedure to use Holy Basil:-

- Chew some fresh holy basil regularly.
- Prepare an herbal tea by adding three to four fresh basil leaves in two cups of water. Boil it until remains one cup. Have this preparation.
- Inhale the steam prepared by boiling some holy basil in a saucepan.
- Massage your forehead with small amount of basil oil. Apply this for twenty minutes.

5. Ice Bag

It is a simple and effective home remedy for headache as it reduces the acute pain.

Procedure to use Ice bag:-

Take 4-5 ice cubes and wrap it into a towel. Apply this on forehead for 5-10mins. Repeat this process for several times to get quick relief.

6. Ginger

This herb is consider as an excellent pain killer. Ginger helps to reduce inflammation of the blood vessels in the head.

Procedure to use ginger:-

- Prepare an ointment by rubbing dry ginger with a water on a grinding stone. Apply this over the forehead for fifteen minutes.
- Make an herbal tea by adding ginger root, equal parts of ginger juice and lemon juice. Steep it for five minutes. Consume this tea once.

7. Green Tea

Green tea act as an effective pain killer. It is packed with powerful nutrients and antioxidants. This is a perfect remedy for headache. With a cup of green tea the constricted blood vessels begin to dilate.

Procedure to use green tea:-

Drink a cup of green tea daily.

8. Sandalwood

This herb relieve stress and anxiety during headache. Sandalwood is ancient herb used for its medicinal properties.

Procedure to use sandalwood:-

- Make a paste prepared from crushed holy basil leaves and sandalwood. Apply this preparation on forehead to reduce headache. Apply dilute sandalwood oil on forehead as it cure headaches caused by heat.

9. Peppermint

The calming and numbing properties of peppermint help to reduce headache. It contains menthol that regulate blood flow in the body.

Procedure to use peppermint:-

- Make an herbal tea by adding one teaspoon of dried peppermint to two cups of water. Boil the water until it remains one cup. Drink this tea by adding some honey to it.
- Prepare a mixture of one tablespoon of almond oil, three drops of peppermint oil or just add a little water to this mixture. Massage your forehead and head to get relive from headache.

10. Lavender Oil

Lavender oil reduces pain and stress in headache and migraines. The essential oil present in it reduces pain.

Procedure to use lavender oil:-

- Apply lavender oil on forehead or head to reduce pain.
- Add two drops of lavender oil to two cups of boiling water and inhale the steam.
- Mix two to three drops of almond oil and olive oil. Massage your forehead with this mixture to get relief from headache and its related symptoms.

Home Remedies for Healthy Vision



Maintaining a healthy vision has become a problem these days. This is particularly because of the increase in the number of hours that we spend in front of the computer screens. Thus, it has become absolutely important to improve the circulation of the eyes and to maintain them healthy.

There are a number of home remedies available to maintain a healthy vision.

Useful Home Remedies

1. Almonds, Figs, Raisins

These are extremely helpful to cope with the daily demands of the activities. Soak some of them in water overnight. Eat them in the morning in the empty stomach. These fruits have a lot of vitamins and fibers. This helps in maintaining good body metabolism and solving the vision related ailments.

2. Carrots

Carrots have abundant sources of Vitamin A. Consumption of this vitamin helps in enhancing the health of the eyes. It kills the ill impacts of stress, which affect the eyes and help to maintain a healthy vision.

3. Amla Juice

Having a cup of amla juice in the morning on an empty stomach is highly beneficial for maintaining healthy vision. This is because; amla has a lot of antioxidants. It contains retinols as well. These help to have a healthy vision.

4. Green Leafy Vegetables

To prevent macular degeneration and other vision related problems, green leafy vegetables have a lot of benefits. They prevent the gradual decline of vision. Spinach, kale, lettuce contain zeaxanthin and leutin. They are highly rich in anti-oxidating properties. These help to maintain a good vision eradicating the various eye related problems effectively.

5. Fatty Fishes

Fishes like salmons, tuna, mackerel and sardines are rich in Omega-3-fatty acids. These have a lot of health advantages; especially dry eye syndrome and macular degeneration. Thus, consuming the fatty fishes is extremely helpful in combating vision related problems.

6. Practice Some Eye Exercises

Stimulating the eye muscles is very important. These help in maintaining proper blood circulation. Also, massage the eyes gently to remove the fatigue and the tiredness of the over-stressed eyes. Also blink your eyes after every 5 to 6 seconds.

Tips

- Give some rest to the eyes
- Grab 8 hours of sleep
- Avoid non-vegetarian diet and foods containing preservatives.
- Practice yoga

These are some of the effective ways to get rid of the complications related to the over stressed eyes. These help to maintain a healthy vision and lead a healthy life.

Hearing Loss In Children And Its Treatment In Ayurveda

Abstract



Words of wisdom or love, the enduring murmur of trees and winds, the warning boom of a car's horn; all these are informed by our hearing sense which connects us to the world in progress. Such activities such as the objects rubbing against each other, striking here and there, air troubled by vocal cords; all these are only possible to experience by a hearing sense. So if someone's hearing sense is not working properly he or she will be away from experiencing

all such types of things. So whenever you come to know your child has hearing loss you must check with a doctor on an early basis. In today's article we are going to discuss all about hearing loss in children and how it affects the child's development along with its Ayurvedic management.

Introduction

Hearing loss occurs at any age but if it develops in infants and toddlers then it is of more concern as it leads to developmental changes. If this condition is not recognised in early stages then it affects in understanding language and to speak. If your child is recognised with hearing loss then immediate attention is needed to avoid such developmental things like speech. The hearing loss may be congenital or acquired, acquired one includes various causes that we will discuss in the further article.

Some Facts About Hearing Loss

Following are some facts about hearing loss:

- One out of two cases of hearing loss in children is genetic
- One out of four children has hearing loss due to maternal infections
- Noise is one of the leading causes
- It may related to other diseases
- Some medications may also cause hearing loss

Causes Of Hearing Loss In Children

- Bulk of children experience modest hearing loss when the fluid accumulated in the middle ear by cold, congestion or any ear infection. This type of hearing loss is temporary and the normal hearing sense returns after the congestion and other causes get relieved.
- In 1 out of 10 children, this fluid stays in the middle ear after an ear infection when there is a problem in the eustachian tube, the children experience delayed hearing due to this.
- Less common is permanent hearing loss in which impairment is permanent and it leads to developmental and speech difficulties. It varies from partial to complete.

Types Of Hearing Loss

Following are the types of hearing loss:

1. **Conductive hearing loss:** When the child is suffering from conductive hearing loss this occurs due to abnormal structure of the middle ear or outer ear canal. The other reason is a large amount of wax clogging in the ear canal. And one other reason is fluid accumulation in the middle ear which disrupts the transfer of sound.
2. **Sensorineural hearing loss:** This type of hearing loss is also known as nerve deafness as it is caused by abnormality in the nerve of the inner ear which carries sound messages to the brain from the inner ear. This kind of impairment is congenital or may occur at any time.
3. **Mixed hearing loss:** This type of hearing loss includes both Conductive and sensorineural type of hearing loss.

Signs Of Hearing Loss In Children To Be Watched

Following are the signs which the parents must notice in their children:

- A child is not alarmed at loud noise since 1 month
- Infant not turn around by listening sound at the age of 3 or 4 months
- Child is unable to notice you while not see you
- Speech is delayed
- Hard to understand speech
- When a child is unable to speak a single word such as mama, dada, baba, etc by the age of 12-15 months.
- Unable to speak 5 to 10 words by the age of 18 months
- Able to hear high pitch sound but not the low pitch sounds
- All the developmental factors such as walking, talking, sitting properly are impaired.

So if you are noticing these things in your child then it is a must to visit a paediatrician as early as possible to manage it timely.

Diagnosis Of Hearing Loss

When you take your child to the paediatrician he may ask you the past history or medical history. He asks questions from the above mentioned signs and if he depicts that it is hearing loss then refers your child for a few examinations. It is done by electrodiagnostic testing in neonates and clinical examination along with tympanometry in children is quite helpful to diagnose hearing loss.

Ayurvedic View Of Hearing Loss

Ayurveda is a 3000 years older holistic science which is working since then for promotive and preventive purposes. As per this ancient science hearing loss is correlated to Badhirya. In this case vitiated vata and vitiated kapha dosha cause obstruction in shabd vaha srotas or shabd vaha sira (auditory canal or auditory vessels); lead to hearing loss which is termed as bhadhirya. The vataj bhadhirya is correlated to sensorineural deafness, kaphaj bhadhirya is correlated to conductive deafness and vata kaphaj one is correlated to mixed one. So to alleviate hearing loss, as per Ayurveda the management will be by pacifying avta and kapha dosha.

Herbal Remedies By Planet Ayurveda For Hearing Loss In Children

Planet Ayurveda is an Ayurvedic product company whose products are certified with ISO and GMP certification. The formulations are prepared under the guidance of M.D. Ayurveda

practitioners and free from added preservatives and synthetic materials. The supplements are made with reference to the aim of Ayurveda that is to prevent the health of the healthy and to promote the health of the diseased person. For the management of Hearing loss in children Planet Ayurveda provides the following herbal and herbomineral remedies. Let's have a look!!!!

Products List

1. ASHWAGANDHAGHAN VATI
2. BRAHMI CHYAWANPRASH
3. BRAHMI VATI
4. KUMAR KALYAN RAS
5. ARVINDASAV

Products Description

1. ASHWAGANDHAGHAN VATI

Ashwagandhaghan vati is a classical Ayurvedic formulation which has been used since ancient times for vata pacifying effect. This formulation is made up with the major ingredient Ashwagandha (*Withania somnifera*). These tablets assist in the vataj kind of bhadhira which means it assists the management of sensorineural deafness. Ashwagandhaghan vati works in this type of deafness by promoting the functioning of the nerve of the inner ear.

Dosage: 1 tablet twice daily with plain water after meals.

2. BRAHMI CHYAWANPRASH

Brahmi Chyawanprash is a classical ayurvedic formulation prepared by Planet Ayurveda as mentioned in classical texts. This remedy is available in lehya (jam) form and consists of ingredients such as Brahmi (*Bacopa monnieri*), Ashwagandha (*Withania somnifera*), shatavari (*Asparagus racemosus*), vasaka (*Justicia adhatoda*) and various others. This remedy is very effective in promoting hearing sense by pacifying vata dosha. Brahmi Chyawanprash assists in promoting the development of the child too.

Dosage: ½ tsp twice daily with plain water after meals.

3. BRAHMI VATI

Brahmi vati is a tablet formulation prepared by Planet Ayurveda as mentioned in classical Ayurvedic texts. These tablets consist of ingredients such as brahmi (*Bacopa monnieri*), shankhpushpi (*Convolvulus pluricaulis*), maricha (*Piper nigrum*) and various others. This formulation is very best for maintaining nervous system health. By maintaining nervous system health it improves the functioning of the inner ear nerve and alleviates the hearing loss.

Dosage: 1 tablet twice daily with plain water after meals.

4. KUMAR KALYAN RAS

Kumar Kalyan Ras is one of the best Ayurvedic remedies for children. This remedy is prepared by Planet Ayurveda as per the advice of M.D Ayurveda practitioners. The remedy is in tablet form and consists of ingredients such as kumari (Aloe barbadensis), mukta bhasma (Calyx of pearl), loha bhasma (calyx of iron), makshik bhasma (Calyx of copper and iron pyrite) and various others. This medicine has been used since ancient times for pediatric patients whose milestones are delayed. So we can give this remedy in hearing loss for enhancing the developmental aids.

Dosage: 1 tablet twice daily with plain water after meals.

5. ARVINDASAV

Arvindasav is one of the best remedies in Ayurvedic classics for maintaining child health. This remedy is available in syrup form and consists of ingredients such as kamal phool (*Nelumbium speciosum*), manjishtha (*Rubia cordifolia*), choti elaichi (*Elettaria cardamomum*) and various others. This remedy is considered as best for fighting infections and boosting immunity in the childhood age. So adding this remedy in the management will help in boosting the management.

Dosage: 2 tsp twice daily with plain water after meals.

Conclusion

Hearing loss occurs at any age but if it develops in infants and toddlers then it is of more concern as it leads to developmental changes. The causes of hearing loss includes fluid accumulation in the middle ear, fluid resistance in the middle ear, deformity in the structure of middle ear, obstruction in the outer canal by wax and congenital causes. Symptoms include delayed speech, difficulty while understanding speech and other developmental problems. As per Ayurveda this condition is correlated to bhadhira and mainly involves vata and kapha dosha vitiation. To manage this condition Planet Ayurveda provides with various remedies to alleviate vata and kapha dosha and to promote the development of children.

Top 7 Superfoods for Healthy Heart



To keep yourself healthy is essential to protect your heart. You need to be regular with exercise and eat healthy for healthy heart. Most of the heart diseases occur due to the wrong eating habits. By eating right kind of food you can prevent the various heart diseases.

Here we will discuss top 7 super foods that help to keep your heart healthy.

Top 7 Superfoods for Your Heart

1. Oranges

Oranges contain beta-cryptoxanthin, beta- and alpha-carotene, lutein (carotenoids) and flavones (flavonoids), potassium, folate which are good for heart. It also contains vitamin C that prevents the heart stroke and boost up immune system.

How to use?

- One can eat raw oranges as fruit.
- Another way to take orange is to drink orange juice. For taste you can add cinnamon, lime juice and salt as per your taste.

2. Walnuts

These are good source of omega fatty acids, vitamin E, magnesium, folate, heart favorable mono and polyunsaturated fatty acids. These help to improve cholesterol level and prevent from many heart disease.

How to use?

- Eat 1-2 pieces of walnuts as snacks.
- You can add Walnuts as flavor crunch to salads, pastas, cookies, muffins, even pancakes.

3. Blueberries

All berries are rich in antioxidant but blueberries have the most. Blueberries contain beta-carotene and lutein (carotenoids), anthocyanin (a flavonoid), ellagic acid (a polyphenol), vitamin C, calcium, magnesium, potassium and fiber. Blueberries decrease the risk of cardiovascular diseases.

How to use?

- Consume ½ to 1 cup of raw blueberries.
- One can take blueberries juice. Take ½ cup of blueberries, ½ bowl pomegranate seeds and half cucumber, add ½ cup water and blend all together to make a smooth puree. Then strain it using fine mesh strainer. Drink the collected juice.

4. Avocado

These fruits are rich source of antioxidants and reduce the risk of heart disease. They are rich in healthy monounsaturated fats which are good for heart.

How to use?

- Consume 1-2 avocado daily.
- It can also be taken in the form of fruit chat. Take 1 -2 avocado and 1 apple. Cut them into pieces. Add few drops of lemon and for taste you can also add salt into it.

5. Chia Seeds

These are powerhouse of nutrition. Chia seeds help to reduce the bad cholesterol and good for healthy heart. Also help to lower the blood pressure.

How to use?

- Consume 1 teaspoonful of chia seeds.
- You can soak 1/4 cup (40 grams) of chia seeds in 4 cups (1 liter) of water for 20–30 minutes and drink this water. You can add few drops of lemon or fruits like orange for flavor.
- It can be taken with soups or smoothies.

6. Pomegranate

Pomegranate phytochemicals reduce LDL oxidation and effectively helps to maintain normal blood pressure.

How to use?

- Consume pomegranate juice daily, 50 ml once is enough to meet the requirements.
- You can also have it as it is with other allowed fruits like avocado, apple and papaya, berries and oranges.
- Dry pomegranate seeds (anardana) chutney is another wonderful home remedy for healthy heart. It can be prepared by soaking it for some time. Mint leaves, coriander leaves with little salt and required other condiments can be added. Have this with fruits or bread and curry.

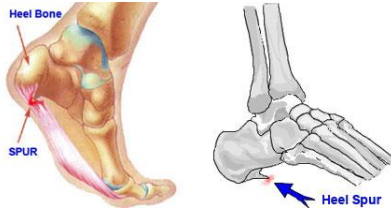
7. Oatmeal

Oatmeal is high in soluble fiber that helps to lower the cholesterol. It contains omega-3 fatty acids, magnesium, potassium, niacin, calcium and soluble fiber and good for heart. Its regular consumption helps to lower the level of LDL or bad cholesterol.

How to use?

- You can eat plain oatmeal in the breakfast or can eat as snacks throughout the day.
- You can add nuts or vegetables according to your taste.

Home Remedies for Heel Spur



The deposition of calcium underneath the heel bone pulls away the plantar fascia from the heel. This situation is known as the Heel Spur. This situation is highly common in individuals with flat feet. Also, athletes, who do a lot of jumping, jogging and running on hard surface tend to develop heel spur. Women wearing high heels are more vulnerable to heel spur to a huge extent. This condition does not show any prominent symptom as such. However, there arises too much pain in the heel at times. Inflammation and tenderness are the other characteristic feature of heel spurs.

Essential home remedies to treat heel spurs

Some of the important remedies, which help to treat heel spurs are the following:

1. Ice pack

- Application of the icepack on the affected area helps to reduce inflammation, pain and tenderness.
- It also provides a relaxing impact to the muscles and the affected heels to a huge extent.
- However, do not apply ice directly on the skin.
- This may lead to frost bite. Instead apply a freezing bottle on the feet.

2. Apple cider vinegar

- It helps to pull the excess amount of calcium from the affected area.
- It relieves swelling, inflammation to a huge extent.
- Add 1 tbsp of unfiltered apple cider vinegar and honey to warm water.
- Drink the solution two times daily.

3. Coconut Oil

- Coconut oil acts as a natural moisturizing agent.
- It softens the spur and relieves the pain.
- Massage the area with warm coconut oil.
- Leave for a few hours and get relief from the painful disorder of heel spur.

4. Turmeric

- Turmeric contains curcumin.
- This has anti-inflammatory and pain killing properties.
- Thus, regular consumption of turmeric helps to relieve the pain to a huge extent.
- Mix 1 tsp of turmeric in a cup of milk. Drink the mixture two times daily.

5. Salt water therapy

- Add some amount of salt in a bowl containing warm water.
- Mix it well
- Keep your affected area in the same solution for some time.
- Repeat this home remedy for 2 to 3 time a day.
- It helps to reduce swelling and pain as well effectively.

These are some of the essential home remedies to treat the heel spurs effectively. Besides, there are certain tips, which should be followed. Do a bit of stretching exercise daily and take proper care of the affected area. All these will provide perfect relief from the painful condition.

HOME REMEDIES FOR HYPERTENSION



Hypertension is a serious issue and it should be treated seriously and in due amount of time. There are several serious complications related to hypertension. And these are cardiac arrests, strokes, kidney failure. If the issue becomes serious, it may also lead to the death of the individuals. So, hypertension needs to be diagnosed in proper time to avoid its severe impacts and consequences.

MAJOR CAUSES OF HYPERTENSION

- Obesity
- Excessive consumption of alcohol
- Lack of proper exercise and physical activities
- High consumption of salt
- Stress

EFFECTIVE HOME REMEDIES FOR HYPERTENSION

1. GARLIC

Garlic helps in lowering the blood pressure of the individuals significantly. Also, it helps to reduce the level of cholesterol in the blood and relax the blood vessels by instigating the nitric oxide and hydrogen sulphide production. Thus, consumption of garlic is highly effective.

2. LEMONS

Lemons remove the rigidity of the blood vessels making them soft. The chances of heart attack are lowered eventually by consuming lemon juice regularly. This is because; lemons contain vitamin C and it has anti-oxidating characteristics, which help to balance the harmful impact of the free radicals to a huge extent.

3. BANANA

Bananas are abundant sources of potassium, which decreases the impact of sodium significantly. Along with banana, one can also consume dried apricots, currants, raisins, zucchini, spinach, orange juice, winter squash and cantaloupe. People having these fruits regularly eventually have a control on hypertension.

4. COCONUT WATER

Coconut water contains magnesium, potassium and Vitamin C, which help to lower the systolic blood pressure. Also, individuals with hypertension must always keep their bodies hydrated. Thus, coconut water serves to be a wonderful home remedy for hypertension.

5. WATERMELON SEEDS

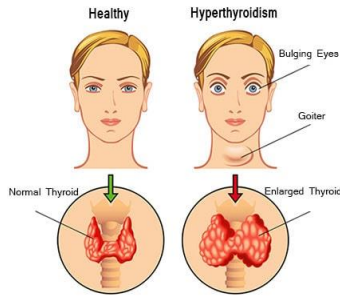
Watermelon has vasodilator property. The seeds, it possesses cucurbitacin. This helps to make the blood capillaries wide. It also improves the functioning of the kidneys and helps to prevent the occurrence of arthritis. This, in turn, reduces the level of blood pressure and hypertension to a certain extent.

It is recommended to consume a tsp of the grinded mixture of equal quantity of poppy seeds and watermelon seeds in the morning. This helps to be healthy and keep hypertension at bay.

TIPS

- Grab a good amount of sleep,
- Maintain a balanced diet,
- Consume a good quantity of water
- Take adequate rest.

Home Remedies for Hyperthyroidism



Hyperthyroidism is a physiological disorder, where the thyroid gland produces excess amount of thyroid hormone in the body of the individuals in a very short duration of time. Fatigue, irregular sleeping patterns, restlessness, diarrhea, goiter, irregular menstruation, weight loss, itching, vomiting and nausea are the major symptoms of Hyperthyroidism. Graves' disease, unusual secretion of TSH (thyroid stimulating hormones), too much consumption of iodine, non-cancerous growth of nodules and swelling of the thyroid gland are the

major causes of Hyperthyroidism. Hypothyroidism is a medical condition, which occurs due to the underactivity of the thyroid gland. Thyroid gland is an essential part of the human body, which affects the overall metabolic processes of the individual to a huge extent. The common symptoms of hypothyroidism are fatigue, hoarseness in the voice, muscular cramps, puffy face, sudden gain in weight, dry skin and brittle nails.

This situation of hyperthyroidism can be controlled using some of the effective home remedies.

Useful Home Remedies

There are certain home remedies, which help to treat the problem of hypothyroidism to a huge extent. The home remedies mentioned below are easily available.

1. BRAHMI

This herb is very useful to treat hyperthyroidism. Latin name of this herb is "Bacopa monnieri". It releases depression, anxiety, stress, fatigue and tiredness.

1. Take some leaves of Brahmi and wash it thoroughly.
2. Consume the fresh leaves of Brahmi on empty stomach daily at morning time to **get relief from Hyperthyroidism**.
3. You can also make a paste using the Brahmi leaves or convert the leaves in the form of powder.
4. Consume the paste or the powdered form with a glass of water.

2. AMLA

Amla is also known as Indian gooseberry. It provides ameliorating impacts on the thyroid gland of the body. The herb helps in proper secretion of the thyroid hormone. This is highly efficient herb.

1. Take 2 tsps. of Amla powder.
2. Mix it with 1 tsp of honey to form a thick paste.
3. Consume this mixture on a daily basis early morning before having breakfast.

3. ASHWAGANDHA

The herb is known as "Withania somnifera". This is yet another important herb, which helps in the treatment of the hyperthyroidism. It has withanolides and helps to maintain the physical strength of the individuals.

1. Take the roots and berries of the Ashwagandha herb.
2. Extract the gel.
3. Mix the gel with water.
4. Consume the mixture everyday right in the morning.
5. Also, the **Ashwagandha capsules** are readily available in the local medicine shops. One can go and collect from there.

4. CRUCIFEROUS VEGETABLES

It is generally suggested to increase the consumption of the cruciferous vegetables like broccoli, cauliflower, turnip, radish, sprouts and many more to get relief from this metabolic disorder.

Include these vegetables in your daily diet. You can take in salad or soup forms of these vegetables effective in hyperthyroidism.

5. GUGGUL

Guggul is an important herb, which has a lot of medicinal and healing characteristics. This herb has anti-obesity, anti-inflammatory and analgesic properties. It also helps in reducing the level of LDL cholesterol to a huge extent. Guggul has a stimulating action on the T4 hormone and converts it to T3 form. The active components, guggulosterones help in the functioning of the thyroid gland to a huge extent.

1. Take 25 milligrams of guggul herb.
2. Consume it three times on a daily basis.

6. GINGER

Latin name of this herb is (Zingiber officinale). Ginger helps to improve the functioning of the thyroid gland effectively. It is highly rich in magnesium, potassium and zinc. The herb has anti-inflammatory and anti-microbial properties.

1. Cut the ginger into fresh slices.
2. Add these fresh slices to a cup of boiling water.
3. Steep the solution for approximately 5 minutes.
4. Add honey to the solution.

Or

You can also take fresh ginger juice it is also important in hyperthyroidism condition.

The ginger tea is absolutely ready. It is highly efficient in treating the problem of hyperthyroidism.

7. GINSENG

Ginseng helps in stimulation of the thymus and adrenal glands. These maintain the proper functioning of thyroid gland and helps to remove the various symptoms of hyperthyroidism.

1. Take 200 mg of the extract of the ginseng.
2. Consume it two times daily.

It is very useful for eliminating the problem of hyperthyroidism.

8. COCONUT OIL

Coconut oil has certain essential fatty acids, which improves the functioning of the thyroid gland. It enhances the body's metabolism and releases energy.

1. Take 2 tbsps. of coconut oil.
2. Add it to milk.
3. Drink the mixture on a daily basis with breakfast early morning every day.

Or

You can also use coconut oil for cooking food.

This is very effective, especially for the ones with hyperthyroidism condition.

Follow these home remedies and lead a healthy life!!

Home Remedies For Idiopathic Thrombocytopenia

Introduction



Idiopathic thrombocytopenia is a condition which is becoming quite common in society. Every third person around us whether a child or an adult is a patient of Idiopathic thrombocytopenia. But no study till now has enlightened us about the static occurrence of condition repeatedly in several individuals. Even the individuals diagnosed with the condition may or may not present with any symptoms. The biggest threat is that the condition is becoming more common in young children as well. Imagine a boy or girl just born or born 10 days before suddenly gets diagnosed with ITP or idiopathic thrombocytopenia. Who wants a small child to start suffering the time he or she still lies in the lap of their mothers? The answer is no one. But if that happens then there must be certain ways to keep the situation in our control and for that following home remedies are the best way.

But before starting the home remedies let's start with knowing the causes of Idiopathic thrombocytopenia.

Causes Of Idiopathic Thrombocytopenia

Idiopathic thrombocytopenia is not a condition whose cause is known to people. Modern science claims this condition to be an autoimmune condition. Autoimmune is a process going on inside the body in which the body starts killing its own healthy cells for no reason. Sometimes it is genetic as well. The mutation is in the genes which are responsible for platelet release.

If understood from the view point of Ayurveda, then this condition is the result of Ama dosha accumulation along with aggravation of pitta dosha and dushti of rakta dhatu. The condition can be directly correlated with the rakta pitta explained in Ayurveda. In case of genetic thrombocytopenia, the cause remains the same along with beeja dushti after or at the time of fertilisation.

Home Remedies For Idiopathic Thrombocytopenia

The home remedies for idiopathic thrombocytopenia are really important because you need something constantly in your diet which can boost your platelets and your haemoglobin as well. These home remedies can definitely help you in boosting and maintaining a good amount of platelets in your body. Following are the most reliable home remedies in case of Idiopathic thrombocytopenia:

1. Remedy One – Red Juice

Red juice is quite a drink. It can be prepared with things which are obviously of red colour like pomegranate, apples, beetroot, half or one carrot and one thing which is green but is important in this juice. It is amla or gooseberries. You can take the juice of one apple, one pomegranate, one beetroot, two gooseberries and two or three black grapes. Mix these well and have this juice at least once in a day. The quantity will be around 100 ml per serving and the same can be given in

children as well. If all the ingredients are not available then you can make this juice with one-three ingredients as well.

2. Remedy Two – Green Juice

Green juice is prepared with quite green things. You might be thinking that there are many green things in the market or at a grocery store. Then what to choose? The ingredients that can make the best green juice are spinach, green coriander, mint leaves, gooseberries, papaya leaves, wheat grass, sheesham and moringa. All of these ingredients make perfect green juice to have every morning. The quantity of each ingredient can be taken as spinach-2-3 leaves, Green coriander-15-20 leaves, mint leaves- 5-6 leaves, wheat grass- 4-5 leaves, papaya leaves- 2, gooseberries- 2, sheesham leaves- 2 and moringa drumstick- 1.

In the mentioned quantity take all ingredients and make a good green juice to have in the morning.

3. Remedy Three – Juice of Papaya Leaves

If nothing can be done like you don't have ingredients for red juice or green juice or you want to try something extra to maintain your platelets then nothing is better than the juice of papaya leaves. Take two fresh papaya leaves and extract fresh juice. Have freshly extracted papaya juice at least twice daily. This will give you wonderful results.

4. Remedy Four – Giloy Decoction or Juice

Giloy or guduchi is a very famous herb of Ayurveda and of India as well. It not just has an immune modulatory effect but it can mould its effect according to the needs of the body. Giloy decoction or juice can be prepared with a giloy stem. Take a giloy stem and crush it. Boil it in water to make decoction. In case of fresh juice extract the juice from the giloy stem. It can be taken once daily in the quantity of around 50-100ml varying according to age.

5. Remedy Five – Soups

Impressive soups prepared with impressive ingredients serve in this condition really well especially when ITP or idiopathic thrombocytopenia is associated with weakness. A fresh prepared soup of pumpkin or black gram along with cow's ghee works impressively in this condition. It helps in building a good taste and also strengthens the body as well.

6. Remedy Six – Chutney

A chutney? How is it going to help? But a simple chutney of pudina (Mint leaves) and dhaniya (green coriander) can be a great help in this condition. It can be used regularly and gives impressive results as well. It can be made fresh everytime or every day and will help in improving platelet count and has its impact on digestion as well.

Do's and Don'ts For Idiopathic Thrombocytopenia

The list of do's and don'ts in this condition is not long. It is just like you have quit things which might make your condition or your child's condition worse. The do's and don'ts are there in lifestyle and diet. Let's start with diet.

Do's and Don'ts in Lifestyle:

- Eat according to your appetite
- Maintain your sleep wake cycle
- Meditate to avoid stress
- Watch your digestion
- Try to exercise a bit or take a good walk on regular basis

Do's and Don'ts in Diet:

- Avoid the use of heavy pulses
- Stop the milk and other dairy products
- Avoid the use of green and red chillies
- Start with green leafy vegetables
- Eat according to the diet chart provided
- Stop intake of all citrus food articles including citrus fruits
- Stop the use of all type of packed food articles
- Each fresh and stay healthy

How to Treat Influenza with Home Remedies?



1. Honey

Honey is the best immune booster and also helps to reduce the **symptom of common flu**. The common flue is an infectious viral disorder that mainly affects the upper respiratory track of the body including the lungs, throat, and nose. The most common symptoms of Influenza are a runny nose, sore throat, headache, dry cough,

and high fever. The antioxidant properties of honey protect cells from free radical damage and fights against inflammation. It has also antibacterial and antimicrobial properties which can speed up the healing process.

- You can simply take one tablespoon of honey with Luke warm water 2-3 times a day.
- Mix one tablespoon of honey with warm water and you can also add lemon juice to it. This drink helps to promote mucus flow and soothe your body. Drink it 3 times a day.
- You can also mix one tablespoon of honey with onion juice. You can have this 2-3 times a day until flu is gone.
- Mix 1 tablespoon of honey with holy basil juice extract. Take this mixture once a day.

2. Ginger

Ginger has been one of the most popular natural **home remedies for influenza** and also for many health problems such as cold, fever, and asthma. The warming nature and anti-inflammatory property of Ginger helps to overcome the various symptoms of Influenza. Gingerol is the active compound of Ginger, which promotes healing and reduces headache problem due to Influenza. It has a very good effect on respiratory tract infection, cough, bronchitis, and sore throats. Ginger tea provides relief from throat pain. This herb contains two main phytochemical such as Gingerol and Shagols which has antiprostaglandin, analgesic, hepatoprotective, and antipyretic properties. Along with all these properties, Ginger helps to boost your immune system to protect your body from viruses which causes the Influenza infection.

- Add a half teaspoon of grated Ginger to one cup of boiling water for 5-10 minutes.
- Leave it for 10 minutes to cool down, strain and add one tablespoon of honey to it.
- Drink this 2-3 times a day.
- You can also directly eat grate fresh Ginger several times a day.
- Mix one tablespoon of grated Ginger, bayberry bark, and powdered cayenne in one cup of boiling water. Drink this 2-4 times a day.

3. Garlic

Garlic has been used in Ayurveda from many years. It reduces all the respiratory problems. The antioxidant property of Garlic neutralizes the free radical attack and protects smooth muscles from contractions. Garlic has antibacterial, antifungal, antiviral and antiseptic properties, all these properties help to overcome the symptoms such as cold, fever, cough and headache. The

main immune boosting component of Garlic is Allicin, which provides immunity against foreign particles. According to the Ayurvedic point of view, Garlic is pungent, astringent in taste, hot in potency, and undergoes pungent taste after digestion. It balances the Kapha and Vata Dosha.

- Crush a 2-3 clove of Garlic and put them in boiling water for 5 minutes. Strain and leave it for 10 minutes to cool down. Drink it like tea for a 2-3 time a day.
- You can also chew one or two Garlic clove with water 2-3 times a day.

4. Fenugreek

Fenugreek is also one of the natural home remedy for the treatment of Influenza, due to its antibacterial, and strong antiviral properties. In Hindi, it is known as Methi. The chemical constituents of Methi are diosgenin, gitogenin, testosides, choline, gitogenin, and neotigogens etc. The Fenugreek is rich in vitamins such as vitamin A, C, K, folic acid, riboflavin, niacin, thiamin, vitamin B6 and minerals such as iron, manganese, magnesium, calcium, copper, and potassium. There are several other medicinal properties of Methi seeds.

- Boil one tablespoon of Methi seeds in one cup of water for 10 minutes, strain the solution and then add a few drops of honey and ginger juice to it. Drink this for few days until to get relief from Influenza.
- You can also soak one tablespoon of Methi seeds overnight, in the morning strain out the solution and warm up the liquid. Gargle with this warm solution, and it will help to soothe your sore throat.

5. Peppermint

Peppermint is the best herb which provides relief from headache during Influenza. There are some phytochemicals present in Peppermint which has very good properties and provide relief from cough and sore throat. Along with this Peppermint, also have anti-inflammatory and analgesic effect which reduces the swelling in the throat. Peppermint contains compounds such as menthol and menthone which act as an expectorant and relieves your body from congestion and calming the other symptoms of Influenza.

- Chop the fresh leaves of Peppermint and boil them in one cup of water for 10 minutes, strain and then add few drops of honey to it. Drink this, 2-3 times a day for instant recovery.
- You can also add Peppermint leaves in your salad or soup.

6. Lemon

Lemon is the very good source of vitamin C along with this it has antifungal, antiviral, anti-inflammatory and antibacterial properties. All these properties work together and reduce the symptom of Influenza virus. Lemon juice helps to keep your body hydrated. Black tea helps to soothe a sore throat and you can add lemon and honey to it due to its antioxidant properties.

- Add 1-2 tablespoons of Lemon juice in one cup of hot water. Drink it 2-3 time a day.
- Add one tablespoon of honey and lemon into one cup of hot water and drink this 2-3 time a day.

All the home remedies, which are mentioned above are very effective for Influenza flu. Along with these home remedies, you can also try Mustard, Oranges and take steam because it's an effective method for thinning mucus and making it easy to flush out from your body.

Home Remedies for Insomnia



Introduction

Insomnia is a sleep disorder that is characterized by staying asleep or difficulty falling asleep. There are variety of causes that lead to insomnia like anxiety, stress, poor sleep habits, chronic pain, life changes, disruptions in sleeping environment, poor sleep habits, caffeine or other stimulants, breathing difficulties and medical conditions like acid reflux, heart failure and arthritis etc. Insomnia condition can be managed by simple home remedies at home.

Home Remedies:-

1. Cinnamon

Cinnamon is one of the best herb for insomnia. It is one of the best mind relaxant.

Process to use this method:-

- Take a cup of warm milk add ¼ tsp of cinnamon powder. Drink this milk at bedtime. This preparation will decrease the frustration levels and provides sound sleep to a person.
- Prepare an herbal tea by boiling one whole banana in a glass of water for around 10mins. Add cinnamon powder to it. Pour this tea in a cup and add more cinnamon or honey to it. Drink this tea.

2. Peppermint

The presence of menthol in peppermint makes it a good sedative and muscle relaxant. It promotes overall body and mind relaxation. The scent present in peppermint has soothing effect on the brain.

Process to use this method:-

- Prepare an herbal tea from peppermint leaves. Boil few peppermint leaves in two cups of water for 15mins. Drink this water.
- Peppermint oil help to manage stress, treat mental fatigue and treat nervous disorders. You can use leaves of peppermint by putting it to carrier oil like almond oil, avocado oil and olive oil etc. Massage with this oil at bedtime, to get relief from insomnia.

3. Garlic cloves

Garlic cloves are used since ancient time. The presence of sulfurous compounds in garlic have a calming effect on brain to improve the quality of sleep.

Process to use garlic clove:-

Combine a garlic clove and a glass of milk in a saucepan. Let it boil for three minutes. Remove from heat and let it cool. Add one teaspoon of honey to it. Drink this milk thirty minutes before bedtime.

4. Almonds

The nutrients like iron, zinc, calcium, potassium, magnesium and vitamin B in almonds are very good in insomnia. These nutrients relax the muscles, regulate brain activity and increase the secretion of sleep-inducing compounds such as melatonin. Almonds contains 14 types of amino acids including tryptophan that synthesize serotonin and melatonin level.

Process to use almonds:-

- Consume four to five almonds soaked overnight daily.
- Prepare a paste of three to four almonds and add it to a glass of warm milk. Have this milk daily at night.

5. Hot milk

Hot milk contains tryptophan that cross the blood-brain barrier in order to have a good sleep. Milk encourage brain to produce calming hormones known as serotonin, which is good for insomnia.

Process to use Hot Milk:-

Drink a glass of hot milk at bedtime for sound sleep.

6. Honey

Honey helps to convert tryptophan into serotonin that promotes relaxation. Serotonin is then converted into melatonin in the pineal gland. Production of melatonin is beneficial for sleeping disorders. It enhances the quality of restorative sleep. Honey contain sufficient amount of glycogen that is necessary for restful sleep.

Process to use Honey:-

Consume one to two tablespoonful of honey at bedtime as it promotes higher quality sleep to get rid of insomnia.

7. Banana

Banana is fully loaded with potassium and magnesium that relax muscles and keep mind calm. It is a wonderful remedy for insomnia.

Process to use banana:-

Prepare a banana tea by adding one cup of water and cinnamon powder to it. Boil this mixture for ten minutes. Drink this mixture before going to sleep.

8. Chamomile Tea

Chamomile contain constituent benzodiazepines, a group of anxiety reducing drugs like Xanax and valium that is beneficial for insomnia. It helps to elevate mood, promote sleep and reduce anxiety.

Process to use chamomile tea:-

Use two to three teaspoons of chamomile leaves to a cup of boiling water. Allow it to steep for fifteen minutes. Drink this tea between meals up to four times a day.

HOME REMEDIES FOR IRRITABLE BOWEL SYNDROME (IBS)



Irritable bowel syndrome is a severe inflammatory disorder. The colon and other parts of the gastro-intestinal system become swollen. This leads to tenderness and severe pain. Though the particular causes are not yet diagnosed. Yet, too much consumption of hot and spicy food, alcohol and unhealthy lifestyle practices.

COMMON SYMPTOMS OF IRRITABLE BOWEL SYNDROME

1. Discomfort
2. Pain
3. Bleeding
4. Bloating
5. Abdominal cramps
6. Constipation
7. Diarrhea
8. Increase in flatulence
9. Fever
10. Fatigue

If this disorder is not treated in proper time, it may lead to severe and chronic conditions. Some important home remedies to treat irritable bowel syndrome are given below.

EFFECTIVE HOME REMEDIES FOR IRRITABLE BOWEL SYNDROME

1. KUTAJ

- Kutaj is wonderful herb in controlling diarrhea.
- Kutaja is also called Vatsak – *Holarrhena antidysentrica*
- Kutaj bark powder can be consumed in 1tsp with a glass of plain water daily 2 times.

2. YOGURT

- If you are suffering from diarrhea, yogurt is very helpful.
- It prevents the growth of the harmful bacteria.
- Yogurt contains acidophilus bacteria.
- This fights away the dangerous bacteria and provides relief from diarrhea.

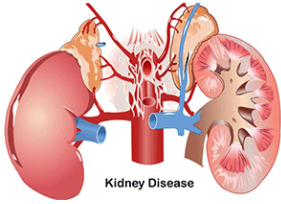
3. GREEN GRASS JUICE

- You can make juice of fresh green grass daily once
- We call Durva in Ayurveda
- This helps to heal condition naturally.

4. FENNEL SEEDS

- Another important home remedy for treating this inflammatory condition is fennel seed.
- These seeds have wound healing properties and impart soothing action to the body.
- It also alleviates the pain and prevents the occurrence of the various symptoms associated with Ulcerative Colitis.
- Soak the fennel seeds in warm water overnight and strain the water. Drink the strained water to get relief.

HOME REMEDIES FOR KIDNEY DISEASES



Proper and balanced diet plan is must in kidney failure to decreases the load on kidneys. Diet plan and home remedies for kidney diseases is designed according individual's body constitution, State of disease and general health condition.

Your kidneys filter wastes and excess fluids from your blood which are excreted out through urine. Kidney diseases are also known as kidney failure or renal failure as renal is another name for kidney. In kidney failure, fluids, electrolytes and toxins build up in the body as kidneys are not able to remove them out. In the early stages, patient may not have or have very few signs and symptoms of kidney failure. chronic kidney failure can reach to the stage of end stage renal failure (ESRD) which leaves with only two options only, either dialysis or kidney transplant. So it is really important to take care of your kidneys and there are various alternative methods or you can say treatments for various kidney diseases.

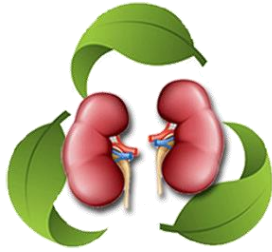
HERE ARE SOME EFFECTIVE HOME REMEDIES

- Olive oil among all oils has been proved safe for kidneys so it is better if people use olive oil for cooking and that is a better option.
- Soak vegetables in water for at least one hour before cooking. This is done to reduce the potassium level.
- Basil or Tulsi leaves are good to have every morning as it is immunity modulator and very good antioxidant.
- One can have cabbage, apples, reddish, bell peppers, pear, cauliflower, and diet which are high fiber with anti-inflammatory properties.
- Green tea being a strong antioxidant is good to have.

TIPS

- Boiled food diet is highly recommended.
- Eat less at a time and it is better to avoid heavy 2 or three meals.
- Avoid alcohol and smoking too.
- Avoid diet with items that are rich in potassium like potato, banana, mushroom, spinach, fish, yogurt, white beans, and dried apricots.
- Avoid intake of salt or take in very less quantity.
- Pranayam that balances sympathetic and parasympathetic nervous system is considered to be very useful.
- Aasanas like uttanpadasana is recommended which massage kidneys naturally by contracting spine.
- Kapal bhati helps to remove toxins and therefore cleanses the blood and decreases workload on kidneys.

Home Remedies for Kidney Health



Kidneys form the major organs of the human body. They flush out the toxic materials from the blood. They also maintain the balance between the alkaline and acidic medium, regulates the fluid level of the body and releases the hormones, which are essential for building the bones, maintaining the blood pressure and having healthy red blood corpuscles.

Kidney's health deteriorates due to the deposition of the harmful chemicals, corrosive substances and toxic materials in them. Dehydration, ageing and heredity form the contributing factors of kidney problems.

The kidneys are responsible for so many important functions, including filtering toxins from your blood.

Common Symptoms of Kidney Problems

- Immense back pain
- Fatigue
- Urgency to urinate
- Swollen feet, hands and legs
- Puffy eyes
- Skin complications
- Vomiting
- Nausea
- Difficulty in urinating

Useful Home Remedies

1. Watermelon

Watermelon has natural diuretic properties. However, it does not strain the kidneys. Watermelons contain a lot of vitamins, minerals, fibres and proteins, which help to flush out the deposited materials from the kidneys thereby, making it highly effective for treating kidney problems.

2. Garlic

Garlic improves the functioning of the diuretic properties for the proper functioning of the kidneys. The delicious flavor of the garlic helps to reduce inflammation, thereby, maintaining the kidney health.

3. Cabbage

Cabbage is a huge source of the phytochemicals. It is rich in Vitamin D, C and fiber. It also helps in the proper metabolism of the phosphorus in the kidneys.

4. Onion

Onion belongs to the alien family and acts as a flavoring compound. It contains a rich source of aluminium, which helps in the proper metabolism of carbohydrates, proteins and fats.

Also, apples, red bell pepper, cauliflower, cranberry juice, blueberry are the other effective home remedies.

Effective Tips

Beside these home remedies, there are some important tips for treating kidney health.

Useful Tips

To get rid of the kidney problems, following tips shall be remembered:

1. Keep the body hydrated
2. Lose the extra weight
3. Avoid the consumption of alcohol

Follow the above steps correctly and lead a healthy kidneys !!

Home Remedies for Leucorrhoea



Very common problem among young ladies is leucorrhoea which is a condition where a thick and sticky discharge releases from their vagina.

Leucorrhoea is a natural defense mechanism which preserves the flexibility of vaginal tissues by lubricating it.

It is not a disease but symptom in some diseases like diabetes, anemia or in some bacterial infections.

Causes of Leucorrhoea

- Improper dietary food habits and improper life style.
- Excessive intake of heavy, cold, sweet, unctuous and dense foods.
- Consumption of too much cheese, yogurt, milk and butter.
- Fungal infections.
- Constipation.
- General weakness, fatigue and emaciated body.
- Improper vaginal hygiene.
- Hormonal disturbances.
- Excess sexual intercourse.
- Repeated abortions.

Symptoms of Leucorrhoea

- Thick, yellowish white vaginal discharge.
- Weakness and fatigue.
- Pain in low back or thigh region
- Headache
- Constipation

Effective Home Remedies for Leucorrhoea

1. Keep your vaginal area clean by cleaning it 2 to 3 times daily with water. Or use alum with water to wash. Pat dry later with your own towels.
2. Eat black and ripened bananas every day or make banana milk shake, add pinch of turmeric then drink. Practice this home remedy for a week minimum. This helps you to deal effectively with problem called leucorrhoea.
3. Boil 3 teaspoon of methi in 1 liter of water for 20 minutes to half an hour, drain and use it for vaginal wash.
4. Regular douching with decoction prepared with tender guava leaves, bark of banyan tree is considered to be very beneficial.
5. Soak 3 to 3 lady finger in a big glass of water overnight, early in the morning, drink the water for better results.
6. Soak 1 teaspoon full of coriander seeds in a cup of water overnight. Drink it next morning and chew the seeds also.
7. Prepare tandulodaka (rice water) by boiling 3 tablespoon of rice in 3 cups of water. Drink it every day after straining.

Home Remedies for Liver Detoxification



Liver forms the most essential organ of the body. It secretes bile. This is used for the production of the plasma proteins, storing iron, regulating blood clotting, digestion, regulating amino acid, removing toxic substances from the body and more. The major causes of liver detoxification are stress, alcohol, junk food, smoking and medication. Allergies, weight gain and migraines are some other major causes of liver related problems.

Useful Home Remedies

1. Amla or Gooseberry

- This is one of the most common items of every household.
- It contains citric acid and is an abundant source of Vitamin C.
- It helps to keep the functioning of the liver at an optimum level.
- It boosts digestion, enhances the immune system of the body and protects the functioning of the liver.
- It treats hepatitis B infection effectively.

2. Licorice or Madhuyesti

- People having an increase in the level of the transaminase enzymes are highly benefitted through this home remedy.
- It is generally consumed in the form of a tea.
- It has anti-ulcer properties and is highly effective to treat liver related complications.

3. Turmeric or Haldi

- Turmeric has a lot of medicinal properties.
- It contains anti-oxidants, which treat the liver related problems easily.
- It provides wonderful treatment for Hepatitis C and B.
- Consumption of turmeric mixed milk on a regular basis helps in maintaining the proper functioning of the liver in the human body.

4. Flaxseed

- The phycoconstituents present in the flaxseeds help the body hormones to bind with the receptor sites and prevent them from getting circulated in the vascular system of the body.
- Sprinkling a small amount of flaxseed in the crushed form on the salad or toast makes the liver functioning quite healthy and easy

5. Vegetables

Some vegetables like cabbage, beet, broccoli, carrot, garlic, onion help the liver to secrete larger amount of the enzymes. These help in carrying out the liver detoxification reactions efficiently and protect the liver from any damage.

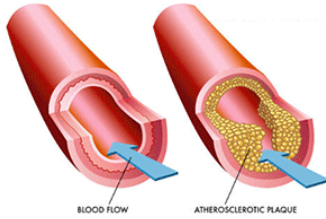
Apart from these home remedies, it is highly recommended to drink a lot of fluid in the form of water and herbal tea. This prevents the formation of stones and helps in cleaning the liver and maintaining an efficient liver functioning system of the body.

Tips

- Eat more leafy vegetables and fresh fruits.
- Eat plenty of water.
- Avoid constipation.
- Avoid spicy junk foods.
- Exercise regularly.

Home Remedies to Lower Cholesterol

Lower Cholesterol Naturally



Cholesterol is an important part of the body. It is yellow in color. It is categorized in two categories – the low density lipids (LDL) and high density lipids (HDL). Presence of HDL in an individual lowers the cardio vascular risk. The presence of LDL in an individual may be highly dangerous. The amount of cholesterol in the blood is usually measured in milligrams per 100 milliliter of blood. The more the LDL to cholesterol ratio in the body, the more prone are the individuals to heart attacks and cardiac arrests. The situation, where the LDL level increases in the body is called Hypercholesterolaemia.

Too much intake of dairy items, red meat, and addiction to drug, smoking and heredity are the major reasons of increase in cholesterol level in the blood of the individuals.

COMMON SYMPTOMS OF HYPERCHOLESTEROLAEMIA

The important symptoms of hypercholesterolaemia are:

- Yellow marks on the eyelids
- Temporary vision loss
- Dizziness
- Pain in the calf muscles
- Abdominal cramps
- Paresis

To get rid of these symptoms and the hypercholesterolaemic condition, there are certain home remedies, which should be followed.

EFFECTIVE HOME REMEDIES TO LOWER CHOLESTEROL

1. ORANGE JUICE

Consuming two glasses of orange juice every morning is highly effective for treating hypercholesterolaemia. The juice contains fortified sterols, which bring down the level of the LDL content in the blood.

2. OLIVE OIL

Olive oil has monounsaturated fats. It lowers the level of high insulin and helps to lose weight effectively. Also, it reduces the chances of cardiac arrests and is an effective home remedy for lowering cholesterol in the blood.

3. FIBER RICH FOOD ITEMS

Products, which are rich in fiber like oats, bran, whole bread, whole grain, barley have soluble fibers. These absorb the LDL cholesterol from the blood. This helps to lower the ratio of the LDL to HDL in the blood.

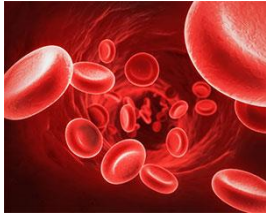
4. GREEN TEA

Consumption of green tea is extremely effective in lowering the level of cholesterol in the blood. Green tea has antioxidants, which help to fight away LDL from the blood. Drink 2 cups of green tea daily.

These are some of the effective home remedies for lowering cholesterol. Follow them and lead a healthy life !!

HOME REMEDIES TO INCREASE HEMOGLOBIN

INTRODUCTION



A deficiency in the hemoglobin reduces blood's oxygen carrying capacity. This in turn leads to decrease in the count of the red blood cells. This situation is known as Anemia. The major reasons of decrease in hemoglobin is blood loss, cancer therapy, poor nutrition, diseases including bone marrow, some drugs and diseases like kidney disorder or cancer and many others.

COMMON SYMPTOMS OF REDUCTION IN THE LEVEL OF HEMOGLOBIN

- Lethargy
- Dizziness
- Pale skin
- Organ failure
- Fatigue
- Weakness
- Irregular heartbeats
- Shortness of breath
- Dizziness or lightheadedness
- Chest pain
- Cold hands and feet
- Headache

EFFECTIVE HOME REMEDIES TO INCREASE HEMOGLOBIN

1. FOODS RICH IN IRON

Low level of hemoglobin is mainly due to the deficiency of iron in the blood. This can be treated by including foods which is rich in iron in your diet. Legumes like lentils and beans, leafy vegetables like spinach and artichoke, cereals, whole egg, seafood and meat are the rich sources of iron.

2. VITAMIN C RICH FOODS

Low level of hemoglobin can be due to the deficiency of Vitamin C as well. This can be treated by consuming foods rich in Vitamin C. Red and green pepper, kiwifruit, citrus fruits, broccoli, cantaloupe, tomatoes and baked potatoes are the wonderful sources of Vitamin C.

3. FOODS RICH IN FOLIC ACID

The hemoglobin count may be low since the body fails to produce red blood cells. And this may occur due to the deficiency of the folic acid. The food items like leafy vegetables, citrus fruits, peas, dried beans, some of the important sources of folic acids are extremely helpful in increasing the hemoglobin count considerably.

4. DRIED HERBS

Dried herbs like Tulsi, Pudina, Dhania, Parsley and Tejpatta may be added to the diet. This helps to improve the level of hemoglobin in the blood to a huge extent.

IMPORTANT TIPS TO INCREASE HEMOGLOBIN LEVEL

1. Avoid the consumption of food items with a huge quantity of calcium in it like cheese and milk
2. Reduce the intake of the foods rich in dietary fibers.
3. Do not drink beverages like tea, coffee and alcohol.
4. Also, avoid having foods containing gluten like bread, wheat products and pasta.

All these home remedies are absolutely important to increase the hemoglobin level of the blood. These prevent the dangerous disease called anemia and help to lead a healthy life !!

Home Remedies for Migraines



Migraine
Headache

Migraine is very painful. And it is very common in individuals these days. Due to heavy work pressure and over loaded schedule, migraine is gaining popularity these days. It causes an increase in the throbbing or pain in one part of the head. The head is so intense that the individual feels a pulsing sensation in him. Medical science has termed it as the neurological disorder.

The major causes are still unknown. Heredity and environmental factors play the most important roles to cause this disorder. Alteration of mood, irritability, fatigue, hallucination, depression, diarrhea, constipation, excessive pain and weaknesses are the major symptoms of migraines. The pain is often followed by vomiting and nausea. The situation further worsens on being exposed to sound and light.

HOME REMEDIES FOR MIGRAINES

1. CAYENNE

This spice contains capsaicin. This component is very helpful in treating pain and swelling. The severity of headaches and migraine can be well reduced with the help of the capsaicin. Mix half tsp of cayenne powder in warm water. Soak a cotton ball in the solution and apply it inside the nostrils. It may be not very pleasant initially. But, it is very effective in treating migraines.

2. NUTS

This is another important home remedy. It contains salicin. It is a healthier remedy over the OTC medicines. It alleviates pain and provides relief from the various symptoms effectively. Consume handful of nuts daily. These act as the pain relievers.

3. FISH OIL CONTAINING OMEGA 3 FATTY ACIDS

The fish oil, which has omega 3 fatty acids helps in reducing the tremendous pain of migraine. It reduces inflammation, prevents clotting of blood, reduces blood pressure and maintains the rhythm of heart. Tuna, salmon, sardine, mackerel are some of the fishes, which help in getting rid of migraine to a huge extent.

Beside these home remedies, there are certain important tips to treat migraine.

TIPS

1. Drink a lot of water.
2. Make improvement in the posture.
3. Stretch yourself and relax as much as possible.
4. You can also go for the caffeinated beverages

These are some of the effective home remedies and tips to get rid of migraine and the various symptoms of migraines.

Follow them to avoid the tremendous pain and other symptoms correctly !!

Home Remedies for Nasal Blockage



Nasal Blockage is also known as Stuffy nose. This occurs when there exists inflammation in the cavity of the nose, which leads to the deposition of the mucous. This situation can be extremely annoying and can further lead to restlessness, insomnia, ear infections, etc.

The symptoms include the following :

- Flu
- Cold
- Allergic reaction
- Difficulty in breathing

Home Remedies to Treat Nasal Blockage

1. Garlic

Garlic has antimicrobial characteristics. It possesses antifungal, antiviral and antibacterial characteristics to combat respiratory disorders. Boil two garlic cloves in a cup of water. Drink the mixture till the congestion gets cleared off. It is one of the best home remedies for nasal congestion. It provides relief from congestion and stiffness.

2. Apple Cider Vinegar

This is abundant in various nutrients, which are extremely beneficial for maintaining good health and immune system. It helps in thinning the mucous and clearing of the stuffy nose. Mix two tablespoons of apple cider vinegar with one tablespoon of honey in a cup of warm water. Drink this mixture twice or thrice for a few days daily.

3. Eucalyptus Oil

This oil possesses anti-inflammatory and decongestant properties. It is extremely helpful for treating nasal congestion. Put two drops of eucalyptus oil in a fresh handkerchief. Breathe in the fresh aroma. Repeat this for a few numbers of times all throughout the day. You will definitely get relief from the congestion.

4. Inhalation Therapy

This therapy acts as a natural way to clear off the congestion. It aids in lubricating the respiratory tract and is a popular home remedy for nasal congestion. Add one teaspoon of crushed carom seeds to boiling water. Breathe in the steam keeping the head about an arm's length away from the bowl, which you are breathing in.

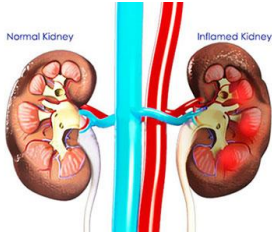
Remember, Steam inhalation is not recommended for children, pregnant women and individuals suffering from cardiac problems, high blood pressure and nervous disorders.

5. Saline Solution

Use saline solution to treat nasal congestion effectively. It washes away the mucous and other irritants from the nasal passages. Mix one teaspoon of salt in two cups of distilled water. Use a netipot for nasal irrigation. Repeat the procedure once or twice for a few days on a daily basis.

Follow the home remedies and get rid of the congestion and blockages and enjoy a relieved life.

Home Remedies for Nephritis



Kidney is one of the most important organs of our body. And Nephritis is a major and serious complication of the kidneys. Nephritis is characterized by general inflammation of both or one of the kidneys. Nephritis can be classified into chronic and acute. There are many different types of classifications of nephritis as well. These are Glomerulonephritis, Lupus nephritis, Pyelonephritis and Interstitial Nephritis. Chronic nephritis is such that it may not show any symptoms for approximately 30 years. However, the major symptoms of nephritis include the following.

Symptoms of Nephritis

- Blood in the urine
- Lethargy
- Loin pain
- Sleeping problem
- Headache
- Protein in urine
- Edema or swelling
- Weight loss
- Frequent urination

The major cause of nephritis is the allergy caused due to the exposure of the drugs. Certain bacteria and virus may also give rise to this complicated problem. High blood pressure and diabetes are some of the important causes of nephritis.

SOME EFFECTIVE HOME REMEDIES FOR NEPHRITIS

1. CARROT JUICE

Make a mixture of carrot juice, 1 tsp of honey and some fresh lime juice. Drink this mixture right in the morning. This is an effective home remedy for treating nephritis.

2. GRAPES

Grapes contain little amount of sodium chloride and albumin. This makes it highly effective for treating nephritis.

3. AVOCADOS

Avocados do not contain a lot of proteins. Instead, they contain lots of minerals, which are required for the treatment of nephritis.

4. COCONUT WATER

Coconut water has diuretic property. Drink the water of one coconut two times on a daily basis. This is highly effective for nephritis.

5. PROPER FRUIT DIET

It is advised to follow a proper diet comprising the various fruits including peaches, pineapples, oranges, apples, pears, grapes and peaches. This diet is simply superb for nephritis.

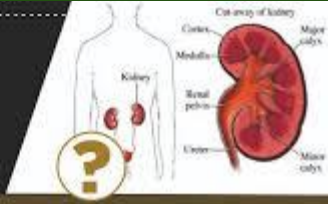
TIPS

1. Drink plenty of water
2. Avoid meat, junk food
3. Stay away from foods containing oxalates like chocolate, spinach.
4. Get rid of fried foods completely at least till you recover.
5. Get rid of alcohol and tobacco.
6. Carry out exercises regularly.

Home Remedies For Nephrotic Syndrome

How Long Does
It Take
Recover From

NEPHROTIC SYNDROME



Introduction

Kidneys are a very vital organ of the human body. As the human body grows old so do human kidneys. But sometimes the conditions related to kidneys can develop early. One of such conditions that affects both young children and

adults is nephrotic syndrome. Nephrotic syndrome is a kidney disorder which results in too much protein loss from the body through the urinary route. The condition is caused due to the damaged cluster of small blood vessels (Glomeruli) which are responsible for filtering waste and excess water from the body. This results in the appearance of a variety of symptoms like protein in urine, low amounts of blood albumin, high blood lipids and significant swelling. Other symptoms may also include weight gain, feeling tired and foamy urine. This condition has its prevalence in fewer than 5 in 100,000 children worldwide and the adult ratio is approximately 3 per 100,000 every year. The nephrotic syndrome can also develop as a complication of diabetes, lupus and many other conditions which can be autoimmune as well.

Causes Of Nephrotic Syndrome

The causes of this condition can be many. Yes, it can be the result of an already ongoing condition like diabetes, lupus, minimal change disease, focal segmental glomerulosclerosis, membranous neuropathy and many others. Or this condition can occur independently under the autoimmune process going on inside the body. Certain infections like HIV, Hepatitis B or C can also cause it.

If understood from the view point of Ayurveda then the condition is the result of Pitta dosha aggravation in the body. It is really important to understand the condition if you really want to manage it using ayurveda and ayurvedic herbs.

So with proper understanding, following are the home remedies that help in recovering the Albumin loss from the body and also help in kidney cells protection along with regeneration.

Home Remedies For Nephrotic Syndrome

So, starting with the home remedies for nephrotic syndrome, it is really important to understand that maintaining the levels of albumin is the most important thing in this situation as it's being lost from the urinary route. Following are the remedies to maintain Albumin levels in Body in this situation:

1. Remedy One – The Mixture

This includes using four types of seeds to make a powdered mixture. Take 100 gms of pumpkin seeds, cucumber seeds, melon seeds and water melon seeds each. Blend them into a fine powder and store in a glass jar. Remember the powder must not catch moisture. This mixture can be

given to any patient of nephrotic syndrome whether it's a child or an adult. These four seeds are the great source of albumin and thus helps a lot in this situation.

Dose: Half tsp twice for children and one tsp twice for adults after meals with warm water.

2. Remedy Two – Sprouts

The sprouts are impressively nourishing. They are a high source of protein and are full of vitamins and fibre as well. Sprouts of green gram and black gram are really helpful in case of nephrotic syndrome. They should be served in a quantity of 100 gms twice or thrice daily. Mostly twice is considered but according to need, appetite and digestive strength they can be given. Plus point is it can be given in children as well as in adults.

3. Remedy Three – Decoction

A decoction of turmeric can also help impressively in this case. Take half teaspoon of turmeric and boil it in 80-100 ml of water. Reduce the solution to half and give it to the patient. This decoction can be given twice daily and should be freshly prepared every time. Turmeric has an impressive effect in autoimmune conditions like nephrotic syndrome.

4. Remedy Four – Sattu

A sattu of jau (Barley) will work brilliantly in this case. Why? Because it is rich in various micro nutrients like iron, manganese, magnesium and low on sodium. Thus help in excreting the excess of water retention, make the patient feel more energetic and also help in pitta dosha pacification due to its cooling effect. It is a rich source of fibre thus has its impact on digestion as well (it improves digestion).

5. Remedy Five – Mushrooms

Mushrooms are the known source of plant based protein and help in balancing the loss of protein going on inside the body. Any type of mushroom can be used because the entire mushroom family is having this quality. Tossed mushrooms in cow's ghee can be given to the patient in 50-80 gms of quantity. This is applicable in both adults and childrens.

Do's and Don'ts For Nephrotic Syndrome

There are certain do's and don'ts which are important in the case of nephrotic syndrome. One has to do these changes in lifestyle as well in diet style. Specific things which are triggering the condition are to understand and abstinence has to be done. As nephrotic syndrome is common in many conditions we also have to abstain from the causes which are responsible for aggravating the underlying condition.

Firstly about Diet, Following are the things that are to be added in your diet:

- Choose lean sources of protein. Plant-based protein is helpful in kidney disease.
- Reduce the amount of fat and cholesterol in your diet to help control your blood cholesterol levels.
- Eat a low-salt diet to help control swelling and switch to saindhav lavan or pink salt for better results.

- Reduce the amount of liquid in your diet.
- Avoid having milk and other dairy products.
- Cow's ghee can be taken on regular basis.
- Heavy pulses are to be avoided.
- Citrus fruits and other citrus things are to be avoided.
- If The patient is diabetic, he or she must stop the intake of bananas, white rice and potatoes. But a non diabetic can have these three.

Secondly about Lifestyle, Lifestyle is to be changed. Like the sleep wake cycle is to be maintained. In the case of children such changes are to be maintained by parents.

- In case of any other underlying condition, the reasons for the aggravation of the primary condition are to be controlled.
- Medications causing damage to kidneys are to be discontinued.
- Necessary alterations in lifestyle are to be done which will eventually improve the condition for good. In case of both adults and children.

Home Remedies for Numbness



Numbness in feet and hands refers to lack of sensation. It is quite a common problem. Causes for numbness are exposure to cold materials, compression of nerves, injury of the nerves, too much alcohol drinking, fatigue, smoking, lack of magnesium and Vitamin B12 and deficiency of proper amount of physical activities.

Sometimes, due to certain physiological complications like diabetes, multiple sclerosis, migraines, hyperthyroidism and many others, numbness may be the result.

The major symptoms of numbness are a sharp pain, tingling sensation, burning feeling and weakness. This is a very discomforting situation. However, it can be treated with certain home remedies.

HOME REMEDIES FOR NUMBNESS

Following are the home remedies, which help to get rid of the tingling sensation effectively.

1. TURMERIC

It contains curcumin, the compound which acts as an anti oxidant and helps in maintaining an effective blood circulation in the body.

1. Take a tsp of turmeric powder.
2. Add it to a glass of warm milk
3. Mix thoroughly.
4. Drink the solution on a regular basis once.

2. CINNAMON

It possesses a lot of nutrients and chemicals. These include potassium, manganese and Vitamin C, which help to improve the circulation of blood in the body.

1. Take a tsp of cinnamon powder.
2. Mix it with the warm milk.
3. Drink the mixture atleast once daily.
4. You can also add 1 tsp of each honey and cinnamon powder
5. Drink the paste every day morning for a couple of weeks.

3. GINGKO BILOBA

It is a popular Ayurvedic herb, which is easily available at home. It helps in improving the circulation of blood in the body. It prevents the numbness sensation. It is readily available in the medical stores in the form of various supplements. But, it must be consumed only after proper consultation with the medical practitioners.

4. WATER

Drinking a lot of water helps in preventing dehydration. This helps to flush out the waste materials from the body and help in an effective blood circulation.

Besides these, the individuals must increase the consumption of foods rich in magnesium, Vitamin B and do some amount of massage of the affected areas to get relief.

Top 7 Home Remedies for Oily Skin



Tired of using everything for oily skin!!!! Here we are listing some home remedies which will be beneficial to ward off oily skin problems like acne, pimples, whiteheads, blackheads etc. Follow these home remedies for a specific period of time and be patient as the natural things take some time to show their results.

Home Remedies for Oily Skin

1. Milk

Milk is amazing home remedy for those who complain for oily skin. It is considered as the natural oil free cleanser for making the oily skin soft and supple. Milk comprises the alpha hydroxy acids which smoothly exfoliate the skin and also aids in maintaining the skin's natural pH balance.

How to use?

- Mix two or three drops of lavender oil or sandalwood in two tablespoons of milk.
- Dab the cotton ball in the mixture and apply it on your face.
- Gently massage the skin for a few minutes to improve blood circulation.
- Then sleep and in the morning, wash your face with cold water.
- Repeat it daily.

2. Egg White

Being a good source of vitamin, egg white works well for dry out the skin. Additionally it helps to tighten and tone up the oily skin.

How to use?

- Take an egg and break it.
- Beat the egg white until it turns stiff.
- Spread it uniformly on your skin.
- Allow it to dry and then wash it off with warm water.
- Repeat it twice in a week.

Alternatively

- Whip the egg white and add lemon juice in it.
- Apply the mixture on your face and let it for 15 minutes and then rinse it off with warm water. This home remedy will help to absorb the excess oil and also tighten the skin.

3. Lemon Juice

Lemon juice is another amazing home remedy for oil skin. It is good source of citric acid which works like an astringent for skin. Its antiseptic properties help in lightening of skin discolorations.

How to use?

- Combine one teaspoon of fresh lemon juice with one-half teaspoon of distilled water.
- Dip cotton ball in the mixture and apply it on skin.
- Let it for 10 minutes and then wash it off your face with warm water.
- After that apply some oil-free herbal moisturizer afterward.
- Do this once daily.

Alternatively

- Mix one tablespoon of lemon juice with one tablespoon of milk and one-half tablespoon of honey.
- Apply this paste on your face and leave it for 10 to 15 minutes then it off with cold water.
- Repeat it daily.

4. Cucumbers

For oily skin, cucumber home remedy is capable to give you the pleasant and satisfactory results. Cucumber is rich in vitamins A, E and minerals like magnesium and potassium which are quite beneficial for skin cleansing and making it softer.

How to use?

- Cut a fresh cucumber into thick slices and rub them on your entire face.
- Leave it for overnight and in the morning rinse it with warm water.
- Do this daily before going to bed.

Alternatively

- Combine the one teaspoon each of cucumber juice and lemon juice.
- Apply this mixture to your skin and leave it until it gets dry then wash it off with warm water.
- Do this daily.

5. Yogurt

Yogurt is one of the most widely used home remedies for oily face as it contains lactic acid which aid in exfoliating the skin.

How to use?

- Take one tablespoon of plain yogurt and apply thoroughly over your face and leave it on for 15 minutes.
- Then wash it off with cool water.
- Do this once daily.

Alternatively

- Mix one tablespoon each of organic yogurt and finely minced oatmeal with one teaspoon of warm honey.
- Apply the mixture on your face. Leave it on for 10 to 15 minutes and then rinse with warm water.

6. Tomatoes

Tomatoes are packed with oil-absorbing acids, which can help to clear the excessive oil. Additionally it is the rich source of vitamin C that is helpful for acne prone skin. Its cooling, clarifying and astringent properties make it a fruitful home remedy for oily skin.

How to use?

- Cut a tomato and rub it on your face.
- Allow the tomato juice to soak into your skin and leave it at least for 15 minutes.
- Rinse your face with cold water.
- Pat it dry and apply a light oil-free moisturizer.

Alternatively

Combine three – four tablespoons of tomato juice with one tablespoon of honey for making a face pack.

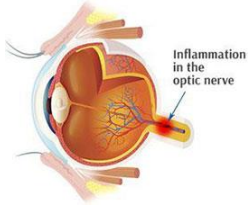
7. Honey

Honey possess the moisturizing properties which nourish the skin without making it oily. It helps to clear the pores and also avert wrinkles. In addition, natural antiseptic property of honey is extremely helpful for acne-prone oily skin.

How to use?

- Put on a thin layer of honey over your face.
- Leave it for 15 minutes.
- Wash your face with water.
- Do this daily.

Home Remedies for Optic Neuritis



Optic neuritis is defined as a medical condition, which is characterized by the inflammation of the nerves of the eyes. When a multiple number of nerves are affected, the situation is known as the Polyneuritis and when only one nerve is affected, the situation is mononeuritis. Lack of Vitamin B12, too much consumption of alcohol, smoking, accumulation of excess harmful body fluids in the body of the individuals are some of the major reasons, which lead to Optic Neuritis.

Symptoms of Optic Neuritis

- Loss of vision
- Pain in the eyes
- Fever
- Headache
- Nausea
- Chicken pox
- Measles
- Mumps

Important home remedies for Optic Neuritis

1. Soybean milk

The soybean milk has a lot of healing properties. It helps to fight away inflammation and pain to a huge extent. Add 1 tsp of honey to a cup of soybean milk. Drink the solution. It is highly effective in treating the complication of Optic Neuritis to a huge extent.

2. Juice of Carrot and Spinach

Both carrots and spinach are wonderful sources of Vitamin A. This nutrient helps to solve the various complications related to eyes and vision easily. Mix equal quantity of the juice of the carrot and spinach. Drink the solution. It is very useful to treat Optic neuritis.

3. Yogurt

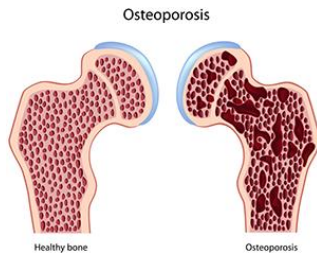
Another superb home remedy for Optic neuritis is the yogurt. Vitamin B1 and B12 are extremely useful for treating optic neuritis effectively. Yogurt has the potential to carry out the catalysis and produce bacteria, which help in producing the essential vitamins in the body of the individuals.

4. Pineapple

Yet another effective home remedy, which helps to treat the situation of Optic neuritis to a huge extent in the pineapple. Extract the juice of the pineapple and drink it on a daily basis. This is highly useful.

Thus, these home remedies are extremely beneficial in treating the complications of Optic Neuritis to a huge extent. These provide relief from inflammation, pain and other symptoms and help to lead a healthy life.

Home Remedies for Osteoporosis



Osteoporosis defined as the deterioration of the bones. The tissues and the masses of the bones decrease, which leads to the weakening of the bones. Osteoporosis works as a silent killer as there are no particular symptoms for the situation. It makes the bones completely porous. This condition may lead to fractures in the wrist, spines and hips. Even the younger ones are affected by osteoporosis significantly these days.

Home remedies for Osteoporosis

These home remedies are extremely effective. Certain home remedies for osteoporosis are as follows:

1. Banana

Banana is a wonderful home remedy for osteoporosis. Banana is a rich source of potassium. This helps to maintain a balance of the blood level in the body. This, in turn, prevents the consumption of calcium. The calcium is restored in the body. This prevents osteoporosis. It is highly recommended for women.

2. Sprouts

Sprouts are highly rich in Vitamin K. It helps to keep the bone density intact. This prevents the occurrence of the trouble related to the low bone density. It is advised to consume sprouts regularly. This helps to maintain the bone density preventing osteoporosis.

3. Dandelion Tea

This herbal tea is another important home remedy for osteoporosis. It is filled with a lot of anti-oxidants and anti-microbial properties. It helps in preventing the oozing out of the calcium from the bones of the individuals. This is extremely important for preventing osteoporosis. Drink a cup of dandelion tea, prevent osteoporosis and stay healthy.

4. Apple

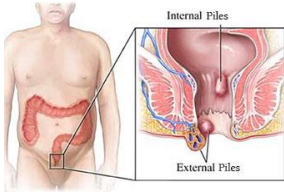
It is well known that calcium is required for the building up of the bones. But, boron is an important mineral, which helps in retaining calcium in the body. It also behaves as an estrogen replacement. Apple is highly rich in boron. It is recommended to add apples in the regular diet. This prevents osteoporosis.

Important Tips to prevent Osteoporosis

1. Practice exercises regularly
2. Massage the area with oil. This prevents the accumulation of the vata in the various parts.
3. Do not smoke. It prevents the risk of calcium loss from the body of the individuals.

Thus, follow the home remedies and the tips and lead a healthy life !!

Home Remedies for Piles



Piles is defined as the inflammatory disease. It is a painful disorder, which takes place in people of both genders. It may also become life threatening. It is mainly of two types – external piles and internal piles. Both the situations are tremendously painful. It is characterized by itching, bleeding, inflammation, discomfort and pain. One may even need to undergo surgery to cure the situation. The major causes are constipation, ageing, and dehydration, and irritable bowel syndrome, cirrhosis of liver, heredity, pregnancy, stress, anal intercourse and physical weakness. Piles arise, when there is a pressure exerted near the anal region.

EFFECTIVE HOME REMEDIES TO TREAT PILES

There are some home remedies to treat the pain and severity of the situation. Some of them are given below.

1. KANCHNAAR

This is a popular Ayurvedic herb, which has a huge detoxifying role in the lymphatic system of the body.

1. Take 10 to 15 grams of the bark of the Kanchnaar herb.
2. Boil it in 2/3rd cup of water.
3. Remove the heat when the solution becomes 1/4th.
4. Strain it.
5. Consume it twice before meals on a daily basis.

2. GINGER

- Ginger contains a lot of medicinal properties.
- It is anti-inflammatory, anti-microbial in nature.
- Prepare a mixture with honey, lime juice and ginger.
- Consume the mixture twice daily.
- This helps to prevent dehydration, which is an important cause of piles.

3. FIGS

- Figs also contain essential properties, which are required to treat the bowel movement in an individual.
- It helps to prevent constipation and alleviates bleeding.
- Soak some figs at night and consume them in the morning.
- Also eat some of them at night.
- This is highly beneficial for treating piles.

4. TURMERIC

- Turmeric has anti-biotic, anti-microbial and anti-ageing properties.
- Boil some turmeric in water.
- Drink the solution on a daily basis.
- This removes pain and other related symptoms.
- This helps to treat pain and inflammation as well.

5. BANANA

Banana also acts as a wonderful home remedy for piles. Banana boiled in hot milk eases the bowel movement and cures piles. People suffering from piles are generally advised to eat bananas regularly to get rid of the painful situation.

Top 7 Home Remedies for Piles



Piles are categorized among the most embarrassing and disgusting health problems. But certain natural things available in kitchen can be your savior to overcome this disease. Follow the below given home remedies and surely you will observe the noticeable change in your condition.

Note - Prolonged constipation is major cause of this problem. In the morning if you don't have go and get up feeling then you are at the risk of getting piles.

Home Remedies for Piles

1. Black Cumin Seeds

Black Cumin Seeds are an effective home remedy for piles. Black cumin seeds consumption support the good health of digestive system and provide relief in problems like peptic disorder, gastritis, indigestion, bloating, bowel movements, flatulence, hurt burn and stomachaches. Additionally it helps in easy bowel movements.

Directions to use:-

- Make the powder of black cumin seeds.
- Roast it and consume ½ teaspoon of roasted powder with one glass of water daily.
- Another option is to mix one tablespoon of powder with water for making a paste. Apply this paste on your anal region and leave it for about 15-20 minutes. Do this twice a day.

2. Radish Juice

Treating the piles at home, radish juice is among the best home remedies. It acts as a natural laxative and aids in easy passing and loosening of stools. It helps in removal of waste material from body.

Directions to use:-

- Grind the fresh radish to make the juice. Initially start consuming 1/4 cup of this juice then increase up to ½ cup twice daily morning and night.
- Mix 1 tablespoon of grated radish with 1 teaspoon of honey. Have it two times daily.
- Make a paste of grated radish with milk. Apply this paste on piles and around anal opening. Leave it for about 15-20 minutes and then it wash off. Repeat it twice daily in order to alleviate pain and inflammation.

3. Figs

For treating the piles or hemorrhoids good health of digestive system is essential. Laxative properties of figs relieve the problem of constipation and also helps in easy bowel movements. Whereas the anti-inflammatory properties of figs work well to provide the relief in pain and inflammation associated with piles.

Directions to use:-

- Take 3-4 figs and soak them in water for overnight.

- In the morning on an empty stomach consume those figs along water.
- Repeat it at least for a month to observe the noticeable change.

4. Bitter Gourd Juice

Everyone is aware about the anti-diabetic properties of bitter gourd juice. But do you know that laxative properties of bitter gourd are quite beneficial for treating piles. Being a great source of fibre it helps to relieve the constipation and regulates the easy bowel movements.

Directions to use:-

Make the fresh bitter gourd juice and consume 30-40 ml twice daily in the morning.

5. Buttermilk

In order to manage the symptoms associated with piles like swelling and irritation, buttermilk is placed among the top home remedies.

Directions to use:-

Add a pinch of salt in a glass of buttermilk and drink it every day. Another option is add 1/4 teaspoon of carom seed powder in one glass of buttermilk. Consume it daily.

6. Aloe Vera

Aloe vera juice is an ideal home remedy to resolve the digestive problems like constipation, acidity and flatulence which are major cause of piles. It is loaded with anti – inflammatory properties which help to reduce the pain in piles. Therefore use of Aloe vera is good for both internal and external hemorrhoids.

How to apply?

- Take out the gel from fresh leaves of aloe vera and put it in mixer to make juice. Consume 20 ml of juice with equal quantity of water two times that is early morning empty stomach and 1 hour before dinner.
- For treating the external piles, apply some amount of aloe vera gel on affected area and massage gently.

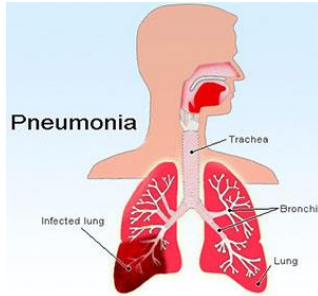
7. Triphala

It is prepared by the combination of three fruits that is Indian gooseberry (Emblica officinalis), Bibhitaki (Terminalia bellerica) and Haritaki (Terminalia chebula). Being a rich source of fibre it is good home remedy for piles.

How to use?

Take 1-2 teaspoon of triphala powder before going to bed at night. Or you can soak coarse powder of triphala in water overnight and take in the morning after filtration.

Home Remedies for Pneumonia



Pneumonia is a complication, which involves the respiratory system. It leads to inflammation of the lungs. At times, the microorganisms get hold of the body's immune system and attack it. Children and aged adults are more prone to this respiratory disorder. It is characterized by fever, cough, shivering, breath shortness, nausea, headache, loss of appetite, muscular pain, vomiting, sweating, fatigue and chest pain as well. People with weak immune system are also vulnerable to pneumonia.

Though there are certain medicines for the treatment of pneumonia. But, people generally prefer the home remedies.

EFFECTIVE HOME REMEDIES FOR PNEUMONIA

1. GARLIC

Garlic has the ability to fight away bacteria, fungi and viruses easily. It contains anti-microbial properties. It helps to lower the temperature of the body and clears the phlegm from the lungs and the chest. Rub a paste of garlic or garlic juice on the chest. You will experience relief from the symptoms of pneumonia.

2. CAYENNE PEPPER

Cayenne pepper contains capsaicin and has beta-carotene. It provides a stimulating action, which releases mucous from respiratory pathway. This clears off the mucous and helps in developing the mucus membrane. Add some lemon juice and cayenne pepper to a glass of water. Drink it for a few times on a daily basis.

3. FENUGREEK SEEDS

Fenugreek has the ability to clear off the congestion since it possesses mucolytic properties. It helps to reduce fever and expel out toxic substances from the body. It also gives rise to sweating. It is a superb remedy for treating pneumonia. Prepare a fenugreek tea. Drink it for a few times regularly.

4. FRESH VEGETABLE JUICE

Fresh vegetables juices like that of carrot, spinach, cucumber or beet are very effective for treating pneumonia and its various symptoms. They enhance the immune system, dissolve the mucous and help in detoxifying the body. They are rich in essential minerals, which are highly useful for the respiratory system of the body. Make a juice using the above vegetables. Drink the juice on a daily basis.

These home remedies are very effective in treating the chronic respiratory disorder - pneumonia. These also provide relief from the various symptoms and pain. These help to alleviate the disorder from its roots.

Top 7 Foods to Eat During Pregnancy



Pregnancy, also known as gestation period, is the period during which offspring develops inside a woman. And in such a condition, when body needs supplementary nutrients, vitamins and minerals, a healthy diet is extremely mandatory to maintain. During 2nd and 3rd trimesters, pregnant women need around 350-500 more calories, surplus proteins and calcium to meet the needs of the growing fetus. Choosing healthy and nutritious diet helps to ensure the health of the mother and the baby.

Top 7 Foods to Eat During Pregnancy

1. Dairy Products

Dairy products are abundant in proteins, certain B-vitamins, calcium, phosphorus, magnesium and zinc. Yogurt, especially Greek yogurt, is particularly profitable for gestating women. It accommodates more calcium than any other dairy product. Some varieties of yogurt also contain probiotic bacteria, which support digestive health and immune system. Probiotic supplements helps to reduce the risk of obstacles that might happen during pregnancy, complications like preeclampsia, gestational diabetes, vaginal infections and allergies. Consume dairy products precisely.

2. Sweet Potatoes

As we all know sweet potatoes are over-flowed with beta-carotene, it later is converted into vitamin A in the body. Sweet potatoes helps in growth and differentiation of most cells and tissues, proved to be very helpful for developing fetus. Pregnant women are usually recommended to take vitamin A in large amounts nearly 10-40% more than the normal regular days. Additionally, sweet potatoes are comprised of lots of fibers which increase fullness, shorten blood sugar spikes and improve digestive health and movability. Therefore, beta-carotene is a vital source of vitamin A for pregnant mother.

3. Eggs

Ultimate healthy food enriched with every essential nutrient one need during pregnancy. Moreover, eggs contain vitamins, minerals, high quality protein and fat. It is a rich source of choline. During pregnancy, high choline intake helps to reduce the risk of neural defects and possibly lead to increased brain function. A single whole egg dwells nearly 113 mg of choline, which is roughly 25% of the advised daily intake for pregnant women. Recommended choline consumption in pregnancy is 450 mg.

Take eggs directly to stay healthy.

4. Legumes

Legumes are marvelous plant based sources rich in all nutrients and minerals such as fiber, iron, magnesium, potassium, folate (B-vitamins), protein and calcium, generally include lentils, peas, beans, chickpeas, soybeans and peanuts. These all are highly advisable in pregnancy. B-vitamins, mostly folates, are very beneficial during first trimester for the fitness of the mother and fetus. Insufficient folate (B9) consumption might lead to an increased risk of neural tube defects and low birth weight. Furthermore, cause the new one to be more prone to infections and diseases later in life. Make pulses as you prefer and consume them.

5. Berries

Berries are bursting with water, healthy carbohydrates, minerals, vitamin C, fibers and plant compounds along with tangy flavors. Berries contain high amounts of vitamin C which helps in absorption of iron. These have relatively low glycemic index value, so do not cause major spikes in blood sugar. Berries are also a great snack because these contain both water and fiber. Berries provide lot of flavor and nutrition, but with relatively few calories.

6. Fish Liver Oil

Fish liver oil is made from the oily liver of cod fish, very nutritional supplement with high levels of omega-3 fatty acids:-

1. Eicosapentaenoic acid (EPA),
2. Docosahexaenoic acid (DHA),

These are necessary for the development of brain and eye of the fetal. Fish liver oil is highly rich in vitamin D, helpful for those who don't eat seafood or supplement with vitamin D or omega-3. Deficiency of vitamin D has been allied with an increased risk of pre-eclampsia. Pre-eclampsia is very hazardous complication of pregnancy characterized by high blood pressure, swelling of the hands and feet and a large amount of protein content in the urine. This disorder usually occurs after the 20th week of pregnancy and gets worse and worse with time. So intake of this cod oil helps in higher birth weight during gestation and diminish the risk of any disease later in the baby's life.

7. Broccoli And Dark, Leafy Greens

Broccoli and green vegetables, such as kale, spinach, mustard greens all contain many of the nutrients that pregnant women generally need during their crucial period of life. Leafy greens or potherbs are always better because we get these directly from the nature's lap, include various vitamins like vitamin A, vitamin C, vitamin K, fiber, calcium, iron, folate and potassium. Furthermore, these are rich in antioxidants as well. They also contain plant compounds that asset the immune system and digestive system. Due to their high fiber content level, these vegetables help to prevent the constipation also, occurs mostly among pregnant women.

HOME REMEDIES FOR PREMATURE GRAYING OF HAIR



Today's youth are very much concerned about the premature greying of hair. This happens mainly because of the lack of melanin pigment in the hair. This pigment imparts the natural color to the hair. Also, nutritional deficiencies, hormonal disturbances, pollution, smoking, some diseases like sinusitis, thyroid problems, cold, jaundice and stress lead to premature graying of hair. Genetics also plays a crucial role in premature hair graying as well.

Instead of using chemicals to make colorful strands, people generally prefer home remedies to treat the situation.

EFFECTIVE HOME REMEDIES FOR PREMATURE GRAYING OF HAIR

The major home remedies, which play a crucial role in treating premature graying of hair are given below:

1. AMLA

- Amla or Indian gooseberry is rich in Vitamin C.
- It has anti-oxidants and anti-ageing properties.
- Mix one tbsp of amla pulp and lemon juice.
- Apply the mixture on the scalp.
- Massage it gently at night.
- Wash it off in the next morning.
- This is a superb remedy, which prevents premature graying of hair to a huge extent.

2. HENNA

- Henna is a natural hair coloring agent.
- It strengthens the hair and imparts a lustrous shine to the hair.
- It also makes the color of the hair darker.
- Take some henna leaves and boil in coconut oil until the leaves turn charred.
- Apply this oil on the hair.
- This is highly effective.

3. CURRY LEAVES

- These leaves darken the pigmentation in the hair.
- These act as the wonderful tonic for maintaining the health of the hairs.
- Take some fresh curry leaves and boil in coconut oil until becomes charred.
- Strain the oil. And massage it in the hair.
- Then, keep for approximately 30 minutes. Then, wash it off. Carry out this process once weekly.

4. ONION JUICE

- Recent studies have shown that accumulation of hydrogen peroxide on the base of the hair follicles lead to premature graying of hair.
- Onion juice is a superb home remedy for treating thinning hairs and early graying.
- Apply some amount of onion juice to the scalp.
- Massage it gently and leave for 30 minutes.
- Then wash it off. Repeat this process daily, weekly.

Home Remedies for Premenstrual Syndrome



Pre-menstrual syndrome is a medical complication. A lot of physiological and psychological symptoms occur during this phase. The phase is generally referred to as the 3rd to the 14th day before bleeding occurs. Though, these are temporary, they are extremely dangerous and create a lot of discomfort and pain. The symptoms are tender breasts, abdominal pain, cramps, headache, insomnia, loss of energy, tiredness, fatigue and some more. This has a tremendous effect on the daily living of the individuals. The major cause of this condition is the abnormality in the endocrine system of the individuals.

Important Home Remedies for Premenstrual Syndrome

This discomfort can be treated with various home remedies. These home remedies are extremely effective and helpful.

1. Increase the intake of foods rich in carbohydrates

Fresh vegetables and fruits, breads and whole grains help to reduce the cravings for food. Also, these help in enhancing the mood and reduce the mood swing. These help to get rid of tension, anxiety, depression and stress. Thus, increase the intake of the carbohydrates during this phase. This will provide tremendous relief.

2. Reduce the intake of fat rich food items and increase the protein consumption.

Too much fat leads to mal functioning of the liver. So, limit the regular consumption of fat to 20 percent of calories daily. Instead, increase the consumption of proteins during this phase. Small amount of sea food, lean meat, seeds, fishes, nuts are recommended during this phase.

3. Chamomile Tea or Cinnamon tea

The herbal teas have a lot of anti-oxidants, anti-microbial characteristics. Regular consumption of the herbal teas helps to get away with the symptoms of menstruation every month. Daily consume a cup of these herbal teas right in the morning in empty stomach. You can experience the benefits very well.

4. Avocadoes

Avocadoes have a lot of serotonin. This helps in maintaining the mood of the individuals and prevents anxiety, sadness and depression. Also, papayas, eggplants, plantains and other sources, which are rich in serotonin are extremely effective to treat the condition of premenstrual syndrome.

Besides these home remedies, carry out physical exercises regularly, grab adequate sleep and manage stress. These will help in getting rid of the physical discomfort and pain to a huge extent.

Blepharitis And Certain Home Remedies To Prevent Dandruff On Eyelashes And Eyebrows

Abstract

Blepharitis is a disease of the eyelid in which there is inflammation of the eyelid. Nowadays many of the people are worried about dandruff on eyelashes and eyebrows both the conditions are dealt with under the treatment for blepharitis. There are a number of conditions that lead to this disease. In ayurveda it is correlated to krimigranthi. People took some allopathic medications, mostly topical ones. As we know our eyes are a very precious gift given by god because if a person is blind we may say that he will not have the experience of life, the beauty of nature. We have to save eyes from harmful irritant medications. Prefer the ayurvedic herbs having soothing effects on the eyes. Keep your eyes bright and let them see the beauty of the world.

Introduction

Blepharitis is the most common eye disease. It is the sub-acute or chronic inflammation of the eyelid. It is having distinguished features like scaling, redness and inflammation. Some patients may also experience foreign body sensation and graining. In spite of the fact that it is not sight threatening, it may lead to permanent remodeling of eyelids. It has a number of causes but the leading cause is congested meibomian gland. This study illustrates the detailed description about the disease and its ayurvedic management.

Symptoms of Blepharitis

Symptoms may vary from person to person as due to the underlying cause. Here are all symptoms mentioned in all the varying conditions:

- Swollen or inflamed eyes
- Red eyes
- Watery eyes
- Nagging and itching eyelids
- Gluing of eyelids
- Flaking of underlying skin
- Crusted eyelids
- Foreign body sensation
- Increased reactivity to light
- Blurred vision

Causes Of Blepharitis

Exact cause of blepharitis is not understandable but we are mentioning some of the known conditions that may lead to this disease. A person might be present with one or more of these causes:

- Malfunctioning of meibomian gland
- Dandruff of scalp and eyebrows
- Any type of external irritants like smoke, dust, cosmetics, allopathic topical medications

- Unhygiene
- Allergic reactions
- Excessive intake of carbohydrates
- Parasitic infections - infection from pediculis pubis (black nits)

Ayurvedic View Of Blepharitis

In ayurveda it is known with the name of krimigranthi. It is the disease condition of netra sandhi. According to acharya charaka (su. u. 2/9) different types of parasites, like nits, maggots by depriving pakshama (eyelashes) and vartama (eyelid) joints produce itching and small cysts on the eyelid margin with the spread of infection. According to acharya vaghbhata (A.h. u. 10/9) there is itching, burning sensation, purulent secretion from the cyst in inner and outer canthus of eyes, this is known as krimigranthi. Commonly people may experience a dandruff problem with eyebrows and eyelashes. Ayurveda is having certain medications to solve this issue.

There are certain eye conditions that are responsible for dandruff on eyelids and eyelashes. In majority of the cases the person who is suffering from this condition is normally having scalp dandruff and they are worried about it as it looks bad when the flakes fall on their shoulders and clothes. It is a frustrating issue. Don't worry we will discuss some home remedies that will make you free from this disgraceful condition.

1. **Almond Oil:** Due to its moisturizing property it can remove the flakes from skin, sooth the area around the eyes. It nourishes the hair follicles and also prevents hair fall. How to use: take a tablespoon of almond oil and heat it. Apply it on your eyelids and eyelashes.
2. **Olive Oil:** Again having the soothing moisturizing property nourishes the skin and soothes eyes. Steps to use: take a tablespoon of olive oil, apply over the affected area, take a soothing cloth, dip it in warm water and place it over your eyes for 5-10 minutes.
3. **Salt:** It's quite shocking to know that using salt is beneficial around the eyes but it is quite beneficial to use it. It improves the clogged pores and absorbs the excessive oil which causes the buildup of dandruff as clogged pores produce dryness so by absorbing oil it opens the clogged pores and provides proper nourishment to the eyes. Directions to use: add 1 tablespoon of salt in 1/4th cup of water. Close your eyes and apply it gently, massage and rinse it with cold water.
4. **Warm Compress:** with the dandruff people may also complain of redness, swelling, itching. This problem has a simple solution, warm compression. What you need to do: soak the cloth in warm water and put it over your eyes for 15 minutes. Clothes become cool after sometime soak it again when needed.
5. **Aloe Vera Gel:** It helps in expelling bacteria and any other infectious agent from the skin and soothes the redness and itching. It stimulates hair growth and prevents hair fall. Directions to use: take aloe Vera gel, put it over a cotton ball, apply it over your eyes and leave it for 5 minutes, rinse it off with lukewarm water.
6. **Lemon Juice:** It contains citric acid that is a very good antimicrobial agent. It helps in getting rid of various infectious causes. Applying method: take a tablespoon of lemon juice, put it in 1/4th cup of water, apply it over your closed eyes for 5 minutes then rinse it with cold water. Follow this home remedy twice a day.
7. **Neem Leaves:** It has antimicrobial properties that treat a number of skin conditions. It flakes off the dead skin cells and prevent relapse of dandruff. Method of application: take 10-12 leaves of Neem and take 1 tablespoon of water mix both well and make a paste with the help of pestle and mortar. Apply it over your eyes, leave it for 15 minutes and rinse it with Lukewarm water.

Treatment as per Ayurveda

Let us take a view on ayurvedic treatment of blepharitis. According to ayurveda it is cured by surgical procedure.

1. **Sudation Therapy** - Reducing sweat
2. **Bhedana Karma** - Incision
3. **Pratisaarana** - Local application of triphala, honey and salt.

All these three steps are performed for surgical procedure.

Other consideration for the treatment purpose is ahaara (diet) and vihaara (lifestyle changes)

1. **Ahaara (diet)** - Ghee, honey, milk, rock salt, wheat, carrots, green vegetables, tiphala, etc.
2. **Vihaara(lifestyle changes)** - Maintain personal hygiene, massage soles of feet with olive oil or any other moisturizing oil, wake up early in the morning and walk regularly on grass. It will improve eye health.

Conclusion

This study gives the introductory knowledge of blepharitis, eye disease. Dandruff is a very common condition among the whole generation. We discuss in this article about the causes of dandruff and the special home remedies to prevent dandruff on eyelashes and eyebrows. Ayurveda mentions these diseases as krimigranthi and also gives its surgical treatment in samhitaas. Have some tips from home remedies and get over this frustrating condition of dandruff.

Home Remedies for Psoriasis



Skin diseases are one among most common health problems worldwide which has profound influence on patient's lives and these are associated with considerable trouble. Skin disease like Psoriasis is associated with physical discomfort and impairment of patient's quality of life.

As it runs in families so we can say that somewhere genes are also responsible for this. On the other hand it can also take place when defense mechanism overreacts leads to flaking and inflammation of the skin. As Psoriasis is a long lasting chronic disease but can be managed successfully with effective home remedies.

Signs and Symptoms of the Psoriasis

Psoriasis patches can vary in size and location as well.

- Dry and cracked skin
- Red, inflamed patches on the skin
- Itching and burning sensation of the skin especially when it is under the breasts or buttocks.
- Small areas of bleeding when skin scales are scraped off.
- Swollen and stiff painful joints
- Thick, pitted or discolored ridged nails
- Similar plaques in the same area on both sides of the body like both knees and both elbows.

Effective Home Remedies -

1. Aloe Vera

Gel from the aloe plant (which is related to the cactus) can be applied to the skin up to three times a day. Some research shows it can help reduce redness and scaling associated with psoriasis.

2. Turmeric

Turmeric or what we call haldi in hindi is being frequently studied for its powerful anti-inflammatory and antioxidant properties. Curcumin, the active ingredient in turmeric also has the ability to alter gene expression. You can apply a layer of paste prepared with haldi and water.

3. Neem

Neem is known for its antibacterial properties along with many health benefits. Leaves of neem can be squeezed to make juice for application.

4. Oats

Application of oats paste can also alleviate dryness and redness of the skin.

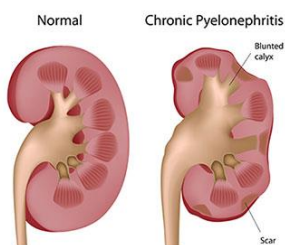
5. Salted Water

Water when mixed with sea salt can be used for bath as it cleans the pores and detoxifies the body. Care has to be taken if open wounds or injuries are there as salt can cause a burning sensation.

Tips

- Take bath daily but take care that frequent bathing can increase the dryness of skin. Use lukewarm water instead of hot water and just pat the skin to make it dry rather than using towels.
- Avoid much exposure under sunlight because sunburns can worsen the symptoms.
- Avoid alcohol and smoking
- Stick to fruit juices and balanced diet only.
- Avoid very spicy, hot and sour food items.

Home Remedies for Pyelonephritis (Kidney Infection)



Pyelonephritis is usually an infection caused due to bacteria. This is basically the infection related to the kidneys. The entire excretory system gets affected due to this situation. Blockage in urinary tract, weak immune system, complex disorders like diabetes, AIDS, renal infections and using catheter for a prolonged period of time are the major causes of Pyelonephritis. Nausea, abdominal cramps, fever, vomiting, burning feeling are some of the common symptoms of this infection.

EFFECTIVE HOME REMEDIES FOR PYELONEPHRITIS

These home remedies are very common and extremely beneficial.

1. PARSLEY

Parsley has detoxifying properties. This helps to flush out the toxic materials from the body and get rid of the infections effectively.

1. Crush 1 tsp of parsley leaves.
2. Add the crushed leaves to 1 cup of warm water.
3. Steep for a few minutes.
4. Cool the solution.
5. Strain it.
6. Add some honey to the solution.
7. Consume the solution two times on a daily basis.
8. Repeat the process for some weeks to get benefitted.

2. GARLIC

Garlic has important antibiotic properties. These help to clean the excretory system of the body and remove the infection right from the roots.

1. Take 3 cloves of garlic.
2. Consume them raw in empty stomach daily.
3. Repeat the process for a few weeks.

3. YOGURT

Yogurt has anti-oxidating properties. It prevents the bacteria from affecting the internal lining of the urinary tract. It also enhances the functioning of the immune system.

1. Take 2 cups of yogurt.
2. Add fiber rich fruits to the yogurt.
3. Consume it daily for some weeks.

4. CRANBERRY JUICE

According to studies, this juice treats the urinary infections and also stops the recurrence of the infections to a huge extent. Cranberry juice has a lot of potential to fight off the bacterial infection easily.

1. Take 1 liter of unsweetened form of cranberry juice.
2. Drink it daily.
3. It is recommended not to drink more than 1 liter of cranberry juice in a day since it has other side effects.

These home remedies are extremely helpful and effective to treat Pyelonephritis !!

Home Remedies of Pyorrhoea



Pyorrhoea is a disorder related to the gums. It is characterized by inflammation, bleeding and pain. Teeth loosening, bad breaths, soreness of gum and pus discharges are the various major symptoms of this painful disorder. The main cause of this disorder is not maintaining a proper oral hygiene. Heredity is yet another cause of this painful condition. There are certain medicines available to get rid of pyorrhoea. However, here are some important home remedies, which help to fight the problem effectively.

EFFECTIVE HOME REMEDIES FOR PYORRHEA

The several effective home remedies for pyorrhoea are the following.

1. ONION

- Onion is a tremendous home remedy for treating pyorrhoea.
- Keep some onion seeds and onion in the mouth underneath the teeth for some period of time.
- The saliva will start coming out of the mouth.
- This is highly effective.
- Carry this process regularly.

2. LEMON PEELS

- Rub the peels of the lemon on the teeth.
- This helps to alleviate soreness of gum and the pain to a huge extent.
- Also, it helps to get rid of the inflammation to a huge extent.
- Lemon peels are important remedy to treat this gum disorder.

3. POMEGRANATE

- Pomegranate is another home remedy for curing pyorrhoea.
- Take some pomegranate and crush them.
- Add a pinch of salt and black pepper to it.
- This paste is very beneficial for treating gum related disorders.
- Apply it in the gums and massage gently. Then, gargle with warm water.

4. HONEY

- Honey has wonderful anti-bacterial, anti-microbial, anti-septic and other therapeutic properties.
- After brushing the teeth, put some amount of honey on the affected area of the gums.
- It works wonderfully to get rid of the gum infection.

5. CARROT AND SPINACH

- Crush some amount of spinach and carrot and make a paste out of it.
- Extract the juice from the paste. Consume the juice thrice daily.
- This is an effective home remedy for treating pyorrhoea and aid to get rid of the symptoms.

6. GUAVA

- Guava is very helpful in treating pyorrhoea.
- It helps to treat bleeding, swelling and pain.
- It acts as a wonderful tonic for treating the teeth.
- It helps to maintain the oral hygiene properly. Chewing the leaves of guava serves to be a wonderful home remedy.

Home Remedies for Rheumatism (Rheumatic Diseases)

Introduction



Healthy diet is the key source to maintain the overall health of the body. We can take essential nutrient from the fruits, vegetables as well as from other foods. Sometimes, it is not possible for us to take every essential nutrient in a right amount. And for such condition, home remedies are here. The main role of home remedies are to support a healthy diet.

Home Remedies

1. Potato Juice:

The juice of raw potato is regarded as an excellent remedy for rheumatism. One or two teaspoons of the juice, taken out by pressing mashed raw potatoes, should be taken before meals. This will help to eliminate the toxic condition and relieve rheumatism. The skin of the potato is also an excellent remedy for rheumatism. The skin is exceptionally rich in vital mineral salts, and the water in which the peelings are boiled is one of the best medicines for ailments caused by excess toxic matter in the system. Approximately thirty grams of the potato peelings should be thoroughly washed and boiled in half a litre of water till it is reduced to half. The decoction should then be strained and a glass of the same should be taken three or four times daily.

2. Bitter Gourd:

Bitter gourd is considered beneficial in the treatment of rheumatism. A cup of juice, extracted from the vegetable, should be mixed with a teaspoon of honey, and taken daily for treating this condition. This treatment should be continued for at least three months to provide relief.

3. Celery:

Celery is another effective remedy for rheumatism. A fluid extract of the seeds is more powerful than the raw vegetable. This also has a tonic action on the stomach and kidneys. Five to ten drops of this fluid should be taken in hot water before meals. Powdered seeds can be used as a condiment.

4. Lemon:

Lemons are beneficial in the treatment of rheumatism. The patient should take the juice of two or three lemons each day. This will bring good results.

5. Walnuts:

Walnuts are valuable in rheumatism. They should, however, be thoroughly masticated to achieve beneficial results. Half a dozen can be taken daily in the treatment of this condition.

6. Rhubarb:

The herb rhubarb has been found valuable in rheumatism. The green stalks of this herb should be pounded with an equal quantity of sugar. A teaspoonful should be taken three or four times a day. This remedy seldom fails.

Dietary Considerations

In the case of acute rheumatism, the patient should be put on a short fast of orange juice and water for three or four days. After the juice fast, the patient should be placed on a restricted diet for fourteen days. In this regimen, orange or grapefruit may be taken for breakfast; lunch may consist of raw salad of seasonal vegetables with raisins, prunes, figs, or dates; and dinner may comprise of one or two steamed vegetables. Thereafter, the patient may gradually adopt a well-balanced diet consisting of seeds, nuts, grains, vegetables, and fruits. In case of chronic rheumatism, the patient may be placed on an all-fruit diet for four or five days. He may, thereafter, gradually adopt a well-balanced diet. The patient should take ripe fruits, fresh vegetables, and buttermilk in abundance. He should avoid all meat and fish; white bread, sugar, and refined cereals; rich, indigestible and highly-seasoned foods; tea and coffee; alcohol; sauces, pickles, and condiments.

Other Measures

In the case of acute rheumatism, the bowels should be cleansed daily with a warm-water enema during the first three or four days of the juice fast. Other helpful methods in the treatment of rheumatism are application of heat and hot packs to the affected parts, a hot tub bath, a cabinet steam bath, dry friction, and a sponge bath. Hot Epsom salts baths are also beneficial and should be taken twice a week for three months in case of chronic rheumatism and once weekly thereafter. The affected parts should also be bathed twice daily in hot water containing Epsom salts, after which some olive oil should be applied. Fresh] air, deep breathing, and light outdoor exercises are also beneficial. Dampness and cold should be avoided.

Home Remedies for Ringworm



Ringworm is scientifically known as 'Dermatophytosis'. Ringworm means fungal infections on various areas of the skin. The infection gets transmitted through the pets. These infections are mostly common among children. However, any individual can get affected by ringworm.

The major causes of Ringworm include maintaining unhygienic condition, through the pets, cuts or scratches in the various parts of the skin, sweating is common and some others.

Ringworm gives rise to scaly rash, red patches, scaling on scalp, lesions in the form of blisters, and itching

Useful Home Remedies

1. Papaya

Papaya contains enzymes, which effectively help to kill the microorganism, fungi causing the condition of ringworm. Rub a freshly cut slice of the raw papaya on the infected area. It is yet an effective home remedy for ringworm.

2. Mustard Seeds

Grind the mustard seeds in the powdered form. Add some water to the seeds and make a paste. Apply the paste on the infected areas till the infection vanishes. This works as a wonderful home remedy for treating ringworm.

3. Tulsi

The juice prepared from the Tulsi leaves has a lot of medicinal properties. It has anti-fungal, anti-bacterial, anti-viral properties. The juice is applied on the infected area for 2 to 3 times on a daily basis helps to fight away the infection distinctly.

4. Garlic

Garlic has anti-fungal characteristic. This helps to treat innumerable health complications, including the ringworm. Smash some garlic pieces and rub on the infected area daily. The patches will heal and disappear.

5. Turmeric

Turmeric possesses antibiotic characteristics. Get the juice extracted from the fresh turmeric. Apply the juice on the infected area daily till the infection disappears. Turmeric is a superb home remedy for ringworm

6. Lavender Oil

Lavender oil has tremendous anti-fungal characteristics. Application of this oil on the infected parts prevents the fungi from spreading further. It kills the infection completely and thus, is a superb home remedy for ringworm.

7. Salt and Vinegar

The combination of salt and vinegar is highly effective in treating ringworm. Prepare a paste of vinegar and salt. Apply on the affected areas and keep it for 5 minutes. Repeat this on a daily basis till the infection gets cured completely.

Follow the above home remedies and get the fungal infection cured in just a few days!!

Home Remedies For Sarcoidosis

Introduction



There are some diseases which can not be seen but the suffering is suffocating and increases with each passing day. Have you ever thought of being sick everyday along with pain? Not able to breath properly or comfortably along with continued chest pains, kind of burning in limbs, fevers at night, sometimes all day fevers. Complimentary, you get difficulty while eating. Feeling of being choked along with your organs being slowly rotten away. Well a person with sarcoidosis lives with this and more everyday.

Sarcoidosis is a condition which is capable of affecting any organ or any system of your body. The classic feature of this condition is the formation of granulomas, microscopic clumps of inflammatory cells which group together to form a look like granules in this case. When the clumps get too many in number then they hamper the functioning of a particular organ or system.

Causes of Sarcoidosis

Sarcoidosis is a condition which is due to the autoimmune process going on inside the body. Autoimmune process means heightened immunity, which results in the destruction or damage of the body's own healthy cells by the immune system. This is when the immune system confuses the toxins with normal working cells due to their similar appearance.

If understood in Ayurveda, then the condition is the result of accumulated ama dosha in the body. As there is accumulated am in the body, it results in the blockage of micro channels. These blocked microchannels describe the overgrowth, called granuloma in this case. As there is mostly the involvement of the respiratory system in this case then there is a possibility of prana vaha srotas dushti and prana vayu avrodh in sarcoidosis.

Now coming to the most important part of this content is the "Home Remedies".

Home Remedies For Sarcoidosis

In case of sarcoidosis, there are many things which can be done when there is aggravation of symptoms. The symptoms in this case are shortness of breath due to excessive mucus production in the respiratory tract, pain in chest, persistent cough, wheezing and many others. There is a possibility that oxygen saturation falls down in many cases. In rare cases other organs are primarily involved but in 90% of the cases lungs are the primary site. So, we are mentioning home remedies for quick relief at home in sarcoidosis.

1. **Infusions 1 - A quick infusion of ginger and tulsi:** Take sonth (Dry ginger) and two to three fresh leaves of tulsi. Add it in one and a half cup of water and boil for 3-4 minutes. Once it's boiled, pour and drink.
2. **Infusion 2 - Infusion of hot water and saindhav namak (Pink salt):** Take 100-200 ml of water and bring it to warm. Add pink salt one tsp into it. Now let it cool down a bit and then do gargles in case of excessive mucus production.

3. **Infusion 3 - Spark of Cinnamon:** Take two cups of water and add 3-4 inches of coarse cinnamon powder to it. Bring it to a boil and then pour. Cool down a bit and drink. It helps in relieving congestion.
4. **Infusion 4 - Mixture of Herbs:** For shortness of breath make a decoction of black pepper, sonth, Saindhav lavan and gud. Take 2-3 black pepper, one fourth tsp of sonth, half tsp of Saindhav lavan and 50gms of gud. Take it twice a day.

Do's and Don'ts

Do's and Don'ts in Diet

1. **Stop intake of dairy products** – As it causes srotas blockage.
2. **Have warm water on regular basis** – As it relieves excessive mucus production.
3. **Avoid meat and meat products** – As they cause accumulation of ama.
4. **Abstinance from citrus fruits** – Because they aggravate symptoms.
5. **Have soups of various vegetables** – Provides soothing effect.
6. **Have food that is easily digestible** – Reduces chances for symptom aggravation.
7. **No alcohol** – As it can cause sudden aggravation.

Do's and Don'ts in Lifestyle

1. **Try to sleep early at night** – Its important
2. **Avoid exposure of cold air** – As it aggravate symptoms like mucus production and chest pain
3. **Keep yourself warm in winters** – Its required
4. **Take care of your digestion** – Don't avoid any unusual imbalance in your diet.
5. **Exercise regularly** - Patients of sarcoidosis must perform breathing exercises like pranayam called bhambhri and anulom vilom. This provides better breathing and improves inhalation and exhalation capacity.

Home Remedies for Sciatica



Sciatica is a painful disorder, which occurs due to the compression of sciatic nerve. Slipped disc or spinal injuries or pregnancy are the major causes of this disorder. Only one part of the body gets affected. It results in severe pain, especially in the lower back region. Important symptoms are:

- Weakness
- Numbness
- Difficulty in sitting or standing for prolonged period of time
- Burning sensation in the affected area

THE TOP HOME REMEDIES TO TREAT THE SITUATION ARE THE FOLLOWING:

1. TURMERIC WITH ASHWAGANDHA

Turmeric has a lot of medicinal properties, which help to cure the severe pain, inflammation and other related disorders effectively.

1. Take half tsp of each turmeric and ashwagandha powder.
2. Add it to a cup of milk.
3. Boil the solution.
4. Drink this solution for one or two times on a daily basis.

2. GARLIC, GINGER AND ONION

1. All three things are wonderful in sciatica.
2. Increase your use of garlic, onion and ginger in all your dishes.
3. Four raw cloves, 2 raw small pieces of ginger and half of onion each morning can go a long way to fight pain (and also to boost your immune system).
4. One can make paste also to consume easily.
5. The use of all three are amazing.

3. POTATO JUICE

Potato is a wonderful home remedy, which provides relief from the sciatic pain.

1. Squeeze a raw potato to extract its juice.
2. Mix the raw potato juice with some amount of carrot juice.
3. Drink the solution two times on a daily basis.

You will surely get benefitted from the pain.

4. COLD AND WARM COMPRESS

Alternate application of cold and warm compress on the affected area provides relief to the tensed nerves and muscles.

1. Place the cold or the warm pack on the affected part for about 15 minutes
2. Repeat the process for every 3 to 4 hours and get relief from the terrific pain.

However, people having circulatory problems must avoid this home remedy.

5. CELERY

Celery is another effective home remedy for sciatica. This green vegetable has a lot of nutrients and anti-oxidating and anti-inflammatory properties.

1. Take a glass of boiling water.
2. Put the leaves and stems of the celery in it.
3. Boil the solution in low heat until the solution becomes green.
4. Drink the solution thrice daily to get relief from the inflammation, pain and irritation.

Try out these home remedies and lead a healthy life !!

How to Cure Scleroderma with Home Remedies?



Scleroderma is the medical term used for the disease which causes hardening and thickening of skin connective tissues. Many patients with Scleroderma feel uncomfortable and over-self-conscious. This disease shows symptoms such as dry, stiff and itchy skin, red spots on hands and face, dry mouth, and fatigue. It's an autoimmune disease due to which the symptoms vary from person to person. There are a number of drugs such as Penicillamine, and glucocorticoids that are used to treat Scleroderma, but these don't show high degree of efficacy, and also harm the skin in the long run. Instead of using harmful drugs it's better to opt for some Ayurvedic home remedies. There are a number of herbs, foods, and spices that show great effects and results in Scleroderma. All the home remedies are natural and very efficacious and will give the desired positive results in a few months without any adverse effects.

Home Remedies for Scleroderma

For Local Application

1. *Turmeric*

This herb has been used for many years in Ayurveda due to its great Ayurvedic properties. According to Ayurveda, Turmeric is Bitter in taste, dryness, and lightness are its qualities, after digestion it undergoes pungent taste and is hot in potency. Turmeric balances the Kapha, Vata and Pitta dosha of our body. Its anti-inflammatory and antioxidant properties protect our skin against inflammation and oxidative damage by ROS species and show the therapeutic effect on Scleroderma affected areas.

- Mix 1-2 tablespoon of Turmeric in half cup of water, mix it well until it forms a fine paste. Apply this paste directly on the affected area with the help of a cotton ball.
- You can also apply Turmeric powder directly on the affected area. This will help to eliminate the free radicals from the body.

2. *Onion*

Onions have antioxidant and anti-inflammatory properties which overcome the action of free radicals. It softens the hard and tight skin patches. Sometimes, it becomes very uncomfortable due to stiffness, tightness, puffiness, and swelling in the hands and fingers. The anti-inflammatory property of Onion helps to eradicate swelling and stiffness.

- Cut Onion into two halves and apply gently on the affected skin portion. Massage it for 15-20 minutes every day.
- On another hand, you can also apply onion juice on affected skin with the help of cotton balls.

3. Fish Oil

Fish oil is the richest source of Omega-3 fatty acids which helps to flush out the free radicals from our body. It also possesses antioxidant properties and maintains the proper functioning of the immune system. The fishes which are rich in omega-3 fatty acids are salmon, tuna, cod-liver, and herring. Eicosapentaenoic acid (EPA), and Docosahexaenoic acid (DHA) are the main Omega-3 fatty acids present in fish oil. They provide soothing effects on your affected skin and are proven as the best home remedy for Scleroderma.

- Apply Fish oil directly on scaly patches every day for relief.
- You can also add tuna, salmon and cod-liver fish in your daily diet.

4. Triphala Decoction

Triphala constitutes three herbs i.e. Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*) and Amalaki (*Embllica officinalis*). All these three herbs work together and prevent us from various ailments. In scleroderma, this decoction is very beneficial in healing wounds.

- Prepare a decoction of triphala and wash the affected area two times a day.

For Oral Intake

1. Spinach

Spinach is the richest source of vitamins, minerals, proteins, and dietary fibers. It contains Vitamin K, Vitamin A, Vitamin C, Vitamin E, and Vitamin B2. Spinach has a high level of chlorophyll and health-promoting beta-carotene, lutein, and zeaxanthin. Spinach contains minerals such as iron and phosphorus. Due to the high content of phytonutrients, spinach provides direct energy to cells and the immune system as well.

- To eradicate the problem of Scleroderma you should add two cups of raw or steamed spinach in your diet daily.
- To avoid the strong flavor of spinach and enhance its taste with benefits you can add vegetables such as carrot and tomatoes.

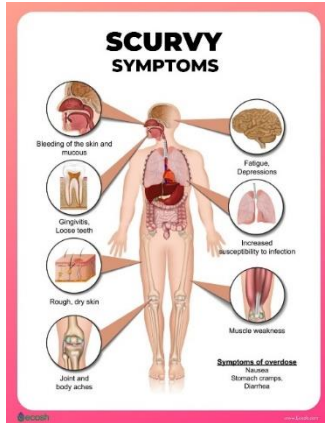
2. Tulsi Leaves

Tulsi is an amazing herb with a bundle of health properties such as antioxidant, antibacterial, antifungal, antipyretic, antiseptic and anti-cancerous. It manages all the cardiac, respiratory and lifestyle disorders very well.

- You can take 1 cup of Tulsi tea daily in the morning
- Also, tulsi leaves can be added in many dishes.

All the home remedies which are mentioned above are most effective for Scleroderma skin disorder. Along with these, you can also try gram flour, cottage cheese, and some physical activities. Physical activities increase the blood circulation in your body and reduce stiffness in the limbs.

Home Remedies for Scurvy



Scurvy is a nutritional deficiency disorder. It is caused due to the lack of Vitamin C in the body. The major symptoms of this disease are swelling in the gums, bleeding, weak cardiac system, hemorrhages and the circulatory system of the body also gets affected. The major causes of scurvy are allergy to Vitamin C, restriction to diet and anorexia. This disease was previously known as the Sailor's disease.

The scurvy and its symptoms can be easily cured with the help of the various home remedies.

EFFECTIVE HOME REMEDIES FOR SCURVY

There are some effective home remedies, which provide perfect relief from the bleeding and other problems related to scurvy.

1. LEMON JUICE

- The lemon juice has ascorbic acid.
- It is rich in Vitamin C.
- Mix one entire lemon juice in lukewarm water.
- Add some honey to it.
- Drink the solution two times on a daily basis.
- The symptoms will disappear eventually over a period of time.

2. GOOSEBERRY/AMLAKI

- Grind the dried gooseberries.
- Mix the powder with sugar.
- Consume the mixture two times daily.
- Also, the mixture can be dissolved in water.
- And, you can consume the solution as well.
- Also, the mixture can be added to warm milk.
- And drink the mixture before going to bed.
- These help to get rid of the symptoms of scurvy effectively.

3. POTATOES

- Mashed potatoes are also excellent home remedies to alleviate scurvy.
- Boil a certain amount of potatoes and consume the mashed potatoes.
- Also, prepare some gravy using the tomatoes.
- Tomato is also rich in Vitamin C.
- Consume the tomato soup with the mashed potato.
- This serves to be a superb home remedy for treating scurvy.

4. ORANGES

- Oranges are also very rich in Vitamin C.
- It is recommended to consume a lot of oranges in the juice form or simply as the fruit to get rid of scurvy.

5. GREEN LEAFY VEGETABLES

- These are also the important source of Vitamin C.
- These include tomatoes, sweet lemon, cantaloupes, grapefruit, tomatoes and kiwifruit.
- Also, Brussels, broccoli, sprouts, green peppers and cabbage are some of the other wonderful vegetables, which are extremely rich in Vitamin C.

Home Remedies for Shiny Teeth



Shiny teeth make an individual appear attractive and beautiful. Individuals avoid smiling in public since they feel embarrassed about their yellow teeth. They become extremely conscious, which makes them lose their self-confidence.

The major factors of discoloring of teeth are as follows:

- Genetic
- Poor hygiene
- Ageing
- Excessive consumption of coffee and tea
- Too much intake of cigarettes and tobacco
- Infection
- Climatic conditions
- Improper metabolic processes of the body
- High doses of medicines and antibiotics

There are certain treatments available to get rid of the yellow color of their teeth. However, these treatments may take some amount of time and are expensive as well. There are certain home remedies available, which help to enjoy shiny teeth.

Useful Home Remedies

1. Baking Soda

- Brush the teeth with your toothpaste mixed with some amount of baking soda.
- This removes the yellowness and plaque considerably, imparting white shiny teeth.

2. Orange Peel

- Clean the teeth with orange peel regularly.
- This removes the yellow color, which gets accumulated on the teeth.
- It also contains calcium and vitamin C, which fights away the organisms.

3. Salt

- Salt aids in replenishing the mineral of the teeth, thereby, retaining the whiteness and shine.
- It forms a fundamental agent of dental cleaning.
- Also, apply salt cautiously since it may damage the enamel of the teeth and gums.

4. Lemon

- Lemons possess bleaching action, which helps to alleviate discoloration of the teeth.
- It is suggested to gargle with lemon juice and scrub the teeth with the lemon peel.
- These help to regain the whiteness of the teeth maintaining the dental hygiene.

Tips

- Brush two times for sure
- Eat healthy

Home Remedies for Skin Care



Skin is the largest organ of a human body. And it is of utmost importance to take proper care of the skin to look beautiful and appealing. However, it is one of the most sensitive organs of the body. Therefore, it requires tremendous care and tenderness to treat this part of the body effectively. There are various cosmetics available in the market, which help to treat various situations. But, treating the skin with the home remedies naturally is the most effective one.

Here we shall discuss some of the wonderful skin care home remedies to treat the various complications like scars, pimples, acne, oily skin condition and many more effectively.

Home Remedies for Skin Care

1. Wash Face With Clean Water

- This is the primary skin care tip to be followed by every individual to have a glowing skin.
- However, water should be clean and devoid of any chemicals and toxic materials.
- This helps to remove all the dirt and dust particles, which get accumulated on the skin over a period of time.
- This is one of the best solutions to treat the condition of oily skin and prevents the formation of acne, scars and pimples as well.

2. Honey And Cinnamon Paste

- A paste is made using honey and cinnamon.
- Water should not be added since it kills the action of the honey.
- This is an effective home remedy to treat pimples and acnes away.

3. Sandal Wood

- Rub the sandalwood on wooden base mixed with a little amount of rose water.
- This gives rise to a paste like substance.
- This, when applied on the acne scars for about a week can bring effective results.
- Also, sandalwood soaked in water for a few hours and then applying the water on the scars is also a wonderful remedy to remove the acne scars.
- Sandalwood has soothing and cooling effect on the skin to a huge extent.

4. Extracts of Fenugreek

- Fenugreek seeds applied in water and the water is boiled for a few minutes.
- Mash the seeds well and make a paste.
- Then applied to the acne scars help in reducing the intensity and frequency of the appearance of the scars on the facial surface.

5. Egg, Sugar and Cornflour Mixture

- The white part of the egg mixed with a tbsp of sugar and half tbsp of corn flour mixed to form a paste is applied on the parts of the face with unwanted hair.
- The mixture forms a mask on the face.
- Once the mixture is dried, it needs to be pulled off firmly, which will remove the facial hairs off from the face.
- This is a highly effective home remedy for skin care.

6. Consume Green Leafy Vegetables

- Consumption of green vegetables, steamed, blended or juiced helps in better metabolism of the food particles.
- This helps to maintain a clean complexion of the skin and remove the under eye dark circles properly.

7. Drink Detox Tea Daily

- Detox tea contains anti-oxidants, Consumption of which regularly enhances the various metabolic activities properly.
- Detox tea helps to kills the bacteria and make the skin look glowing and healthy.

8. Lemon Juice

- Lemon contains ascorbic acid and flavonoids, which have antibiotic and anti-oxidating properties.
- These anti-oxidants help in restricting the free radical generation, which makes it a wonderful remedy to treat pimples and other skin lesions and lighten the stretch marks on the skin.
- The Vitamin C or ascorbic acid also helps to lighten the color of the skin, thereby removing the dark spots and tan effectively.

9. Apple Cider Vinegar

- Vinegar has antiseptic properties and also scraps off the dry cells from the skin surface.
- These properties of apple cider vinegar are highly useful home remedies to treat acne scars.

10. Sugar

- A tbsp of sugar added to a tsp of honey and a few drops of lemon juice heated in low flame to produce a smooth paste.
- Then, it needs to be applied on those facial parts, from where the hairs need to be removed.
- The sugar in the molten state imparts the sticky nature and honey and lemon provide soothing action to the skin and act as bleach as well.

11. Milk

- The lactic acid in milk helps to get rid of darkened skin and tan effectively.
- Raw milk applied on the spots and left for overnight, then, washed in the morning with a little warm water is a wonderful home remedy.

Tips

- It is extremely important to keep away the basic reasons, which lead to the various skin related complications.
- Stress, over exhaustion, unbalanced food habit, overloaded lifestyle and insomnia, if controlled or prevented can provide a healthy, glowing and beautiful skin devoid of any unnecessary complications.

How to Cure Skin Problems Naturally ?



Skin is the most sensitive part of our body which is exposed to the external environment, It could be the reason behind various skin problems. The Skin problems such as psoriasis, allergies, bacterial infections, fungal infection, acne, eczema, and insect bites, all these skin disorders can be easily treated by using home remedies. The skin allergies and diseases leads to rashes, irritation, itching, and redness on your skin. This could be visible on any parts of your body. Home remedies are the best solution for all kind of skin problems, they are free from any side effects and will make your skin glowing and healthy. Today most of the people are affected with a common skin disorder i.e. acne. It mainly effects your physical visibility. Lets discuss some home remedies which are really effective for skin problems.

Home Remedies for Skin Problems

1. Aloe Vera

It is a very powerful anti-inflammatory, antioxidant, antibacterial, anti-fungal herb which treats chronic problems like acne, dry skin, **psoriasis**, and sunburn etc. Aloe vera has a good anti-aging property which helps to remove the fine lines from our skin. It keeps your skin smooth and soft. Aloe Vera gives a cooling effect to your skin. This herb contains two hormones auxin and gibberellins which provide anti-inflammatory property to it and protect our skin from swelling. The leaves of aloe vera contain phytochemicals such as anthraquinones, acetylated mannans, hormones, amino acid, carbohydrates, fatty acids, and enzymes, which are helpful for clear acne free skin.

- Take the stem of aloe vera, remove the uppermost layer and apply the jelly portion on your skin directly.
- Repeat this 3-times in a day.
- You can also mix the aloe vera gel with coconut oil, with the help of cotton pad apply it gently on your skin.

2. Neem (Azadirachta Indica)

Neem has been used for several years for the **treatment of various skin problems** including acne, rashes, psoriasis, and various fungal infections. Its roots, bark, leaves, flowers, and seeds all have medicinal properties. According to the Ayurvedic point of view, neem is bitter, astringent in taste, dry and light to digest and cold in potency. Azadirachta indica helps to heal wounds quickly and also provide relieves from diabetic carbuncles.

- Boil some neem leaves, strain the solution, leave it for 10 mints and allow it to cool down.
- Drink this solution in the morning with empty stomach.
- You can also apply the neem extract paste on your face for 10-15 mints and then rise your face with lukewarm water.

3. Turmeric (Curcuma Longa)

Turmeric is one of famous Ayurvedic herb and has various medicinal properties. Its anti-inflammatory and antioxidant property protect our skin from inflammation and oxidative damage by ROS species. This herb mainly calms your skin and target your pores. Turmeric can also help your face to clear up from acne breakouts. **Medicinal properties of turmeric:** Bitter, pungent in taste, dryness, and lightness in qualities, and hot in potency. After digestion, this herb undergoes pungent taste. It balances all the three doshas of our body.

- Take 1-2 tablespoons of turmeric powder and add some rose water to it. Make a smooth paste and apply this on your skin.
- Leave it for 10-20 minutes, and wash your face with lukewarm water.
- You can also take it as dietary supplements.

4. Coconut Oil

Coconut oil is the natural and most beneficial dietary substance due to its medicinal properties. It acts as a natural anti-fungal and antibacterial agent. Due to its anti-inflammatory properties, it is amazing for the people who suffer from Psoriasis. It keeps your skin moisturized for a long time. This helps us to stop the damage to the tissue in the body due to oxidation.

- Consume one tablespoon of coconut oil daily.
- Take a cotton ball and dip it into coconut oil, apply gently on your skin and let it become absorbed.

5. Apple Cider Vinegar

Raw and organic apple cider vinegar is a common home remedy to treat skin irritation, rashes, and inflammation. Due to its acetic nature, it is very helpful for skin infections such as various allergies that could cause serious problems. Along with all skin problems, apple cider vinegar also prevents our body from diabetes, obesity, heart disorders, and cholesterol problem. The protective acidic layer of apple cider vinegar make your skin smoother and it absorbs the excess oil from your skin. It restoring the proper pH level to your skin and protect your skin from future damage.

- Add 1-2 tablespoons of apple cider vinegar in one glass of lukewarm water.
- Mix it well and drink it in the early morning before your breakfast.
- Dip a cotton ball in diluted ACV and apply it gently on your affected area of skin. Do this twice daily.

6. Lavender Essential Oil

Lavender essential oil is very beneficial for any type of fungal infection on the surface of your skin. The fungal infection may lead to intense itching and discomfort. It mainly affects the moist and warm area of your skin. Due to its strong antifungal, and anti-inflammatory nature this oil helps to reduce the skin inflammation and fight against fungal infection. It also has antiseptic, analgesic, hypotensive and sedative effects.

- Mix 2-3 tablespoons of this oil with one tablespoon of coconut oil.
- Dip a cotton ball in this solution and apply the oil blend on the infected area of your skin.

- Leave it for 25-30 minutes, rinse it with lukewarm water and pat dry thoroughly.
- Do this twice daily for few months until the fungal infection is completely gone.

7. Oat Meal

The use of oatmeal is not limited to your morning breakfast, you can also include oatmeal in your beauty regimen to cure various skin problems. Oatmeal contain 18 different amino acids, which are very essential for our skin. Amino acids help our body to build tissue and promote healing. Oatmeal is the rich source of vitamin B, Thiamin, copper, zinc, and selenium and omega-3 fatty acids which support the good health of your skin. The oatmeal face mask is beneficial for people who are suffering from acne problems. It exfoliates dead skin and helps to maintain the pH level of the skin.

- Add one tablespoon of honey, ½ tablespoon of lemon in one tablespoon of oatmeal. Mix it well.
- Apply this paste on your face gently in circular motion.
- Leave it for 10-20 minutes.
- After that rinse your face with lukewarm water.
- Apply this face mask once or twice a week.

All these natural remedies which are mention above are very helpful to cure various skin problems. You should try these remedies at home. Along with these, you can also opt for peppermint essential oil, lemon juice, and gram flour powder.

Top 7 Home Remedies for Sleep Disorders



A good sleep is an important part of our life. Everyone experiences trouble sleeping once in a life. But in some case, people are suffering from a continuous sleep disorder which is normally called as insomnia. It can be due to stress, workload, medicinal effects, illness, pain, and other factors. Some of the most common sleep disorders are:

- Insomnia
- Narcolepsy
- Night terror
- Bed Wetting
- Sleep apnea
- Nocturnal bruxism
- Sleep walking
- Restless legs syndrome

If you are not able to take proper sleep and facing persistent trouble in sleeping then you should see a doctor to find out the main cause behind it. Sleeping is very essential for overall physical and mental health. If you are not getting your sleep for even a day then it will change your mood and also trouble your overall health. You may feel tired for the whole day and cannot concentrate on your work properly. So if you don't get the recommended seven hours of sleep each night, there can be serious consequences in the workplace. Along with all the nutrients and proper healthy Diet, a good sleep can also help to improve your fitness and health.

Home Remedies for Sleep Disorders

You should make some changes in your daily life that will help you to overcome this problem. We are here provides some natural and sleep disorder. These home remedies are very effective and help you fall asleep and stay asleep longer.

1. Epsom Salt

Epsom salt is not actually salt but it's a naturally occurring pure mineral compound which contains magnesium and sulfate in it. Magnesium and sulfide in Epsom salt can be easily absorbed by the body. Its qualities and benefits are quite different from regular salt. According to the Ayurvedic point of view, Epsom salt is salty and slightly sweet in taste, cold in potency and light, unctuous in qualities. Due to its cold potency, its helps to pacify the Pitta dosha, along with this it also balances the Kapha and Vata dosha in our body. Magnesium and sulfate in Epsom salt help to calm the nervous system. To get relief from stress add one cup of Epsom salt in your warm bathtub. Soak your body in a bathtub for about 20-25 minutes. Repeat this 2-3 times a week.

2. Lavender Oil

Lavender oil act as an aromatic scent which provides a calming effect on your body. Lavender oil contains both psychological as well as physiological properties. It has antifungal, antibacterial, antimicrobial, anti-inflammatory, analgesic, antidepressant, calmative, antiseptic, antispasmodic and sedative properties. This oil helps you to distract your mind from the situation that can trigger an anxiety attack. So ultimately it reduces the sign and symptom of anxiety and sleep disorder. Put 2-3 drops of oil on your hand and mix it with some drops of olive oil, massage the mixture of oil on your shoulder, back and neck. You can also rub it on your temple and on the bottom of each foot before going to bed.

3. Warm Milk

Drinking a glass of warm milk before your bedtime helps you to enjoy sound sleep. Milk is a rich source of calcium which helps to regulate the melatonin production in your body. Melatonin plays a very crucial role in sleep disorder. It is basically a hormone which is made by the pineal gland. So you should take one glass of warm milk and add a half teaspoon of cinnamon powder, and little honey to it. Drink it before one hour of your sleep.

4. Bananas

Bananas shows the a very good effect on sleep disorder. It helps to increase the serotonin level in your body. The main factor behind the increased production of serotonin is tryptophan. It's an amino acid which increases the automatically raise the level of serotonin in your body and regulate the sleep pattern in your body. Along with this property, bananas are also a very good source of magnesium and potassium that helps to promote sleep. Add one banana daily in your diet, one hour before your bedtime. You can also make banana shake by adding milk to it.

5. Chamomile

This is one of best herb which has the ability to soothe an anxious kapha mind. Due to its aromatic property, it relaxes and refreshes your nervous system. Ayurveda believes that all disease begins in the digestive tract so your food should be healthy and fresh. Chamomile aromatic taste helps to dry up the mucus in the gastrointestinal tract and promote the proper digestion in your stomach and provide relief from stomach disturbance which is also one of the reasons for a sleep disorder. A warm cup of chamomile tea one hour before your bedtime will help to relax your mind and nerves. To make a cup of chamomile tea, mix 3 teaspoons of dried chamomile in one cup of warm water. Strain it and add one teaspoon of honey and pinch of cinnamon powder to it. Mix them well and drink it daily for better sleep.

6. Valerian Root

Valerian can also help to promote better sleep and relax your mind. It is famous due to its anxiolytic, sedative and anticonvulsant properties. These properties of Valerian root

helps to induce relaxation and deep sleep. It is used to cure problems such as anxiety, sleep disorder, menopausal symptoms, headache, and high blood pressure. Add one tablespoon of valerian root powder in one cup of hot water. Leave it for 15 minutes, strain and add some honey to it. Drink it before your bedtime.

7. Coconut Oil

This is one of most common home remedy for a sleep disorder. According to naturopathic practitioners, massaging your body with coconut oil can help you to sleep better and it also relaxes your body. Take some warm coconut oil in your hand and rub the oil gently on your neck, shoulder, bottom of feet and on back. Massage this oil in a circular motion this will definitely provide relief to your nerves and muscles.

Home Remedies for Sore Throat



Sore throat is a microbial infection, which occurs due to the infection caused by certain fungi, virus or streptococcal bacteria. Sore throat occurs due to strained vocal cords, cold or strep throat. Environmental factors also play a certain role in the occurrence of this painful condition. It is characterized by hoarse, sick or scratchy throat, throat inflammation and difficulty in speaking.

Some of the major symptoms of sore throat include the following:

- Throat Pain
- Throat inflammation
- Inflamed tonsil glands
- Whooping cough
- Breathing difficulty
- Earache
- Fever
- Difficulty in swallowing

Besides these, there are many other painful symptoms, which make the patients feel extremely uncomfortable.

Useful Home Remedies for Sore Throat

1. Licorice Root

Mix licorice roots with water and form a solution. Gargling with the solution provides relief from the soreness eases the pain and diminishes the coughing. It is a wonderful remedy for sore throat.

2. Slippery Elm

Slippery elm possesses substance like mucous in it. When slippery elm is mixed with water, a slick gel is formed with forms a coating and provides a soothing feeling. Put boiled water on the gel. Stir it thoroughly and drink the mixture. Slippery elm lozenges are also available in the market, which may also provide relief in this situation.

3. Honey

Honey mixed with tea also works wonderfully against throat soreness. It is a wonderful suppressant of cough and provides relief from respiratory ailments.

4. Salt Water Solution

Add a pinch of salt in a glass of warm water and drink it. This helps to kill the microorganisms and provides relief from the sore throat considerably.

5. Marshmallow Root (KHATMI IN SANSKRIT)

Put the dried roots to a cup of boiling water. And drink the mixture in the form of a tea. This solution is an effective home remedy for sore throat, which diminishes pain and eases the soreness.

6. Peppermint

Sprinkle some peppermint in the spray solution. Peppermint has antibacterial, anti-inflammatory, and antiviral characteristics. These encourage wound healing.

Tips

1. Drink lots of fluid
2. Grab enough rest

These are some of the wonderful home remedies to reduce inflammation, ease out the pain and get rid of sore throat condition !!

Home Remedies for Stomach ache



Stomach ache is also known as abdominal pain or Abdominal cramps. The causes of the stomach ache can be many. It may be due to the irritable bowel syndrome, indigestion, gastritis, hernia, stomach ulcers, appendicitis, urinary tract infection, gall bladder stones and many more. The stomach leads to tremendous discomfort and pain.

If the stomach ache persists for more than a few days, it is essential to visit a doctor. However, most of the cases, this condition can be treated with useful home remedies.

Home Remedies for Stomach ache

1. Chamomile Tea

Chamomile tea is an herbal tea, which helps to ease the pain in the stomach. The herb has anti-inflammatory characteristic, which smoothens the muscular contractions of the digestive tracts. When the muscles relax, the food gets pushed up through the system easily easing out the pain.

2. Rice Water

Rice water acts as the demulcent. It provides relief from the inflammation. It forms a barrier over the membrane, thereby imparting a soothing impact to the painful condition.

3. Warm Lemon Water

If the stomach ache is due to indigestion, warm lemon water is highly effective. The increased level of acidity will stimulate the hydrochloric acid production. This will help to metabolise the food particles helping to smoothen the process of digestion. The system gets flushed out of the toxins and thus, runs at a smoother pace.

4. Ginger Tea

Ginger possesses shogaols and gingerols. These chemicals relax the muscles of the intestinal tract. This provides relief from the stomach cramps and aches. It also provides relief from nausea and other digestion related complications.

5. Fennel Seeds

Fennel seeds have anethole. This stimulates the secretion of the various digestive juices. This reduces inflammation and the pain. This provides tremendous relief from stomach inflammation and gastritis as well and relieves the discomforts easily.

6. Baking Soda

Baking soda decreases the excess hydrochloric acid present in the stomach. This helps to maintain the pH level providing a neutralizing impact on the acid. This provides tremendous relief from the condition of stomach ache.

Thus, these are some of the home remedies for stomach ache. Besides, it is mandatory to maintain proper hygiene to get rid of the painful symptoms of this condition.

Home Remedies for Stress



Stress has become a part and parcel of our daily lives. This is because of the busy work schedule and over loaded work regime. Stress creeps in our lives, when it becomes difficult to maintain a balance between the professional and personal lives. And, stress leads to several severe complications. These include cardiovascular disorders, cardiac arrests, high blood pressure, nervous disorder, inflammatory bowel disorder, urinary complications and several other related medical problems. They also fall sick.

These days, a lot of people suffer from stress due to busy life schedule and hectic lifestyle. When an individual is in tremendous stressful situation, people feel tired and drowsy. Also, people get exhausted. They lose their peace of mind and often get irritated.

To get rid of such situations, we have the following home remedies. These fight stress away from our lives completely.

Major Causes of Stress

- **Life Cause:** Environmental variation, death of their near ones, insomnia, new working hours, health related stressors like pregnancy, illness or injury.
- **General Cause:** Financial problem, social or physical threat, cognitive dissonance, feeling of insecurity, uncertainty feeling.
- **Work Related Problem:** Relationship with colleagues, office culture, demand of the job.

An easy and safe way is to use home remedies for stress. These home remedies are natural and designed to be effective in the long run without any side effects.

Effective Home Remedies for Stress

1. Celery

Celery contains the phytonutrient, pthalides. This has a sedative impact. This provides perfect respite from stress and helps to lead a peaceful life. Include celery in your regular diet. Chop the celery into pieces and include in it the salad.

2. Oats

Oats are also effective in providing soothing impact to the body. It calms down the body and helps to fight hyper tension. This lowers the high blood pressure of the individuals. This also helps to get rid of high cholesterol. Thus, oats are highly important to relieve stress to a whole extent.

3. Lettuce

Lettuce contains lacturcarium. This acts as a natural sedative. It provides a soothing action to the body. This starch reducing vegetable helps to get rid of the various tensions and stress of the body. Include lettuce in your daily diet and lead a happy life.

4. Peppermint Tea

Drink a cup of peppermint tea and get rid of tension completely. It provides a calming and soothing impact to the body. It helps the patient to have a wonderful sleep and get rid of stress. Drink at least one cup of peppermint tea regularly.

Besides these home remedies, there are some other important tips to relieve stress.

5. Passion Flower

It is also known as "folk remedy". It is useful for treating depression and anxiety. It increases the level of the gamma aminobutyric acid. This nutrient helps to decrease the activity of the brain, making the individual fully relaxed and devoid of stress.

6. Chamomile Tea

Consume a cup of chamomile tea. It helps to relieve tension, act as a sedative and provides relief from anxiety and irritation. This caffeine free herbal tea is very effective herbal remedy for stress.

7. Grapefruit

Consuming grapefruit in place of apple or banana helps to soothe out the stress. It is a rich source of Vitamin C, which relaxes the mind and soothes away the stress completely.

8. Sandalwood Aromatherapy

The aromatherapy is yet another effective home remedy for stress. The massage helps to ease out all the tension and stress from the body of the individuals imparting a wonderful and relieved life. Stress can lead to severe headache, backache and other acute pains. A thorough body massage helps to provide relief from the pain as well.

Tips

- Practice meditation. This helps to provide calming impact to the body and mind as well.
- 20 minutes walking, jogging or regular exercise helps to alleviate tension, stress and makes the body active and helps in proper blood circulation in the body.
- The session of 20-30 minutes on a daily basis is absolutely relaxing and imparts soothing action to the individuals.
- This lowers the level of anxiety and depression.
- Drink a lot of water. This makes you calm and composed and relieves stress and tension from the body of the individuals to a huge extent.

How to Manage and Reduce Stress?



Stress is the pressure on brain, which can be due to different aspect of your life such as job workload, family problems, medical condition, and financial worries. During such conditions, you may feel upset and your body release or response to various stress hormones. It affects us both physically, mentally, and emotionally. If you are living with a high level of stress, then you are putting your health at high risk. To overcome this problem, firstly you should identify the source of stress in your life. Stress is an automatic response from your nervous system, which gives signals to various stress-related hormones. There are numbers of home remedies, which helps to from your body.

Home Remedies for Stress

1. Holy Basil (*Ocimum Sanctum*)

Holy Basil or Tulsi is one of the most traditional plants in India. This herb has been used for many years in Ayurveda due to its various medicinal properties. It has very good antioxidant, anti-inflammatory, anti-bacterial and anti-stress properties. There are numbers of the phytochemicals present in holy basil such as oleanolic acid, ursolic acid rosmarinic acid, linalool, and germacrene. All these chemicals help to boost your body immunity and provide relives from stress, anxiety, and depression.

Medicinal Properties

Pungent, bitter in taste, lightness, dryness in qualities, and hot in potency. It undergoes pungent taste conversion after digestion.

- Add 3-4 leaves of Holy Basil in water. Boil it for 10-15 minutes.
- leave it for 10 minutes to cool down, after that strain and drink this Holy Basil tea.
- You can also add one tablespoon of honey to it.
- Instead of tea, you can directly chew the 4-5 leaves of Tulsi daily this will also help to reduce your stress level.

2. Epsom Salt

Epsom Salt has numerous health benefits. It appears almost similar to normal salt but its properties and health benefits are quite different from regular salt. The magnesium and sulfate in Epsom Salt help us to cure health problems such as a migraine, stress, depression, and anxiety. The sulfates content in Epsom Salt increases the absorption of nutrients. Magnesium content in Epsom Salt increase the serotonin content in our brain and inhibit the adrenaline secretion in your body. Along with magnesium, sulfate Epsom Salt is also rich in iron, zinc, potassium, chromium, and phosphorus. Salt mainly increase the Pitta dosha but Epsom Salt, due to its cold potency helps to balance Pitta.

- Add one cup of Epsom Salt with few drops of essential oil in a warm bathtub.
- Soak your body for 20-25 minutes in it.

- Do this 2-3 times in a week.
- This will help you to relax your body, ease anxiety, stress, and irregular heartbeat.

3. Ashwagandha (*Withania Somnifera*)

It belongs to the Salicaceae family. Due to its great health benefits, it has been used in Ayurveda from many years. The number of chemicals present in Ashwagandha increases the production of acetylcholine, which is the main transmitter of the neural signal and improves stress, anxiety and thinking ability of your brain. **Medicinal Properties of Ashwagandha**: Herb is pungent, bitter in taste, oiliness, lightness in qualities, and hot in potency. According to the Ayurvedic point of view Ashwagandha widely used in **treating anxiety**, depression and chronic fatigue syndrome.

- Take Ashwagandha powder or add this in your daily routine. You can also use fresh roots of the plant and chew them.
- Make it your permanent habit for few months until you get relief from stress.

4. Brahmi (*Bacopa Monnieri*)

There are numbers of benefits of this herb such as it helps to open and clarify the mind, promote the balanced emotional state, strengthen memory improve your concentration, and boost your brain thinking ability. Brahmi also has antioxidant properties which inhibit the free radical damage in your body.

Medicinal Properties

Bitter, astringent in taste, light to digest, convert into sweet taste after digestion and cold in potency. Due to these medicinal properties, Brahmi helps to balance Kapha and Vata dosha. It relaxes your nerves from any stress and workload.

- Add 2-3 gram of Brahmi powder in your daily diet.
- You can also opt for Brahmi juice.

5. Shankhpushpi (*Convolvulus Pluricaulis*)

It is one of the famous Ayurvedic herb used as a memory enhancer, improves intelligence and boosts your brain power. It is cultivated all over India but especially in Goa, Gujarat, Bihar, and Rajasthan. This herb contains carbohydrates-D glucose, maltose, sucrose, and rhamnose. Along with all these it also rich in glacial acetic acid, B-sitosterol and kaempferol. Medicinal properties: bitter in taste, coolant in nature and mostly used to balance the Pitta and Kapha Dosha. It is used to support healthy brain, helps in calming the mind and provide relief from a headache during stress.

6. Yoga and Meditation

There are many different ways which help to reduce stress. People are mostly stressed due to their workload, lack of job, disappointment in life, family problems and due to severe illness. When the things get stressful, sit up straight on your chair, place your feet on the floor and inhale deeply through your nose. The second thing you can do is

core breathing, again sit straight keep your spine upright, inhale and raise your arm straight in front of you. Exhale and lower the arms back down, repeat this 5-8 times. Do some yoga stretches before bed, it will help to relax your mind. Roll your neck and shoulder, it can release tension from your back and shoulders.

Meditation is also one of best natural remedy to calm your mind and get relives from stress, depression, and anxiety. The simple way of doing meditation, sit or lie comfortably, close your eyes, you have to make no efforts to control the breath, and breathe normally. It is an approach to training the mind, similar to the fitness that trains the body.

7. Avoid Alcohol, Nicotine, and Caffeine

When you are dealing with a stressful day, you may be tempted to have a glass of beer to calm your nerves. But in actual, excessive and continuous consumption of alcohol increase your anxiety and stress more. Similarly, a high amount of caffeine can lead to sleeplessness and increase the cortisol level in your body. Caffeine inhibits the absorption of adenosine, which calms the body for some time but later it can cause sleep problem.

All above-mentioned herbs, yoga, and other natural remedies are very effective to get relief from stress and anxiety. Along with these, you can also add some healthy dietary habits in your routine such as avoid fast foods, highly processed food, and other beverages. You should add fresh foods and green leafy vegetables in your diet to make your body healthy and fit. If your body is healthy then your brain will automatically become healthier.

Home Remedies For Stress & Anxiety

Introduction



Stress and anxiety are the issues which are interconnected to each other from a very long time. Stress which can be in physical form or mental form will obviously affect the individual harshly. Thus stress causes deterioration in the mental health and gives birth to anxiety. Anxiety is a condition that is mostly observed by palpitations, recurrent irritating thoughts, feeling nervous, restless with rapid fast breathing. A person may also show symptoms such as sweating and trembling as well. Though people try many ways to cope with stress and anxiety. Some succeed in their efforts, some do not. But the remedies in this article can help successfully in both of the cases.

Causes Of Stress & Anxiety

The causes or triggers of stress and anxiety are mostly very common things like starting a new job, fear from new people, moving to a new place etc. In other cases the anxiety can be the result of sudden loss of a loved one, heart break, recurrent bullying, not doing well in a relationship, marriage, friendship or in a class and many other reasons are also there.

Home Remedies For Stress & Anxiety

There are many remedies which can help in anxiety situations but the most effective ones are as following:

Teas

Having teas prepared with some nervine herbs is really effective. Herbs like lavender and chamomile can help in this case really well.

1. **Chamomile Tea:** Chamomile tea is prepared with the chamomile flower. The water is boiled in a small pan and then a chamomile flower is added (Dried petals or fresh petals). Let it infuse and pour the tea into a small cup. Drink a little dried ginger can be added to it as well.
2. **Lavender Tea:** Lavender tea is prepared with the flower buds of lavender. The flower buds of lavender are dried and then used. Boil the water in a pan and add a few dried pan in boiling water. Infuse for 2-3 minutes and take off the pan from the stove. Pour the tea into a cup and drink.

Both of the teas can be taken once or twice a day.

These teas help in relaxing the entire nervous system and reduce the recurrent attacks of anxiety by managing the effect of stress on the body.

3. **Brahmi Tea:**
This can be prepared with fresh brahmi leaves infused in 50-100 ml of hot water.

Mixtures

Stress and anxiety are something that runs hand in hand. Usually they can not happen without one another. So, some regular Mixtures can also help in this case.

- **Mixture 1:** Take 100 ml of fresh pomegranate juice and mix 3-4 pinch of nutmeg powder in it. Drink it regularly on an empty stomach. Here pomegranate is just a Vehicle of administration, the main thing is nutmeg powder. Nutmeg is quite famous for its effect on drying properties of vata and stagnant properties of kapha.
- **Mixture 2:** A mixture of hot milk and nutmeg powder can also be taken. The quantity of milk should be 100 ml along with 2-3 pinch of nutmeg powder.
- **Mixture 3:** Take half tsp of honey and mix 2-3 pinch of nutmeg powder in it. Have it once a day and the frequency of stress and anxiety will automatically reduce.

Do's, Don'ts & Lifestyle - Diet Modifications

When a person is having recurrent anxiety attacks or recurrent stress then he or she should observe what is causing or triggering the situation. There are some other things which should be observed by the patient like frequency of attacks, factors contributing for the repeated episodes and what is the duration of an anxiety attack or anxiety related symptoms. The most important one is how the situation is brought into control by the person.

The factors which generally or commonly contribute to the starting of anxiety attacks are smoking or chewing tobacco, drinking alcohol and intake of caffeine.

A person usually feels left alone when such situations appear, so it's better to talk to people (who you trust) about what should be done and how long you are facing the situation. You might need a good talk or a counselling but anxiety can be managed with simple remedies, strong mindset and certain changes in diet- lifestyle as well.

In diet, avoid milk and milk products, caffeine intake, alcohol consumption and tobacco substances like cigarettes.

In lifestyle, one should start from having a sound sleep as sleep enhances the cortisol balance in the body. A patient should do yoga, exercise or meditate on a regular basis. One should be filling their lives with positive people and positive tasks instead of opting for negative or competitive companies.

Home Remedies for Sunburn



If you are overexposed to the sun, it is likely that you will develop the sunburns. Redness, rashes, patches, skin irritations are the consequences of sunburns. The epidermis becomes inflammatory due to the exposure to the ultraviolet rays of the sun. These burns are generally temporary. However, if not treated at home and with proper care, these burns can be permanent.

Useful Home Remedies

1. Cider Vinegar

Add a cup of cider vinegar your bath. This will help in skin healing and maintaining a balance of the pH level of the burned skin.

2. Aloe Vera Lotion

Apply lotions, which have aloe vera in them. These provide a moisturizing and soothing action to the skin. Also, the aloe products have an anesthetic agent, lidocaine. This helps to provide relief from the pain of the sunburn.

3. Cool Milk

Pour cool, but not cold, milk in a clean cloth to the burned skin, The milk creates a film of protein that eases the discomfort and the pain created by the sunburns. This is a superb home remedy for sunburns.

4. Cucumbers

These have natural analgesic and antioxidating characteristics. Chill the cucumbers, make a paste and apply to the affected parts of the sun burns. Cucumbers form an excellent home remedy for sunburns.

5. Freshly Brewed Tea

Put the freshly brewed cooled tea to the skin in a clean piece of cloth. The tannic acid present in the tea helps to take away the heat from the skin and restores the pH balance of the skin. This forms an effective remedy for treating the sunburns.

6. Oatmeal Bath

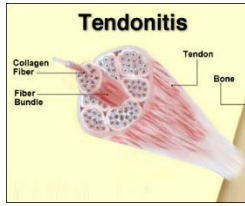
Soak the infected areas in the oatmeal bath. This provides relief from the itchiness and pain due to sunburns of the affected regions.

Tips

- The best tip is not to get over exposed to the sun rays.
- Prevention is better than cure.
- Put cold compress or cold water for about 15 minutes on the sunburned areas.
- Apply sun blocking lotion or sunscreen creams before getting exposed to the sun rays.

These are the home-made remedies to get rid of the sun burns. Apply them and get cured in a period of time.

Home Remedies for Tendonitis



Tendonitis means inflammation of the tendons. This is characterized by swelling, pain, redness, tenderness, weakness and restricted movement. It is mainly caused due to the excessive strain in the affected part of the body. Some other factors, which contribute to tendonitis are age, heredity, excessive weight gain, bone spurs, diabetes.

Effective Home remedies for tendonitis

1. Ice pack

Place ice pack on the region, which is affected. This will help to alleviate the swelling and the pain. If ice is not available, one can also make use of frozen vegetables. Put the ice pack on the affected area for about 15 minutes. Continue this process for a couple of times on a daily basis.

2. Apple cider vinegar

Apple cider vinegar has anti-inflammatory properties. It is effective for the treatment of inflammation, weakness and restricted movement. Add 1 tsp of honey to 2 tsps of apple cider vinegar. Drink the solution twice or thrice daily. This provides tremendous relief from tendonitis.

3. Cayenne Pepper

Cayenne pepper has capsaicin. This acts as a natural remover of pain. Also, this imparts a soothing and cooling action to the body. Add 2 tsps of cayenne pepper to half cup of olive oil, which is warm. Put the mixture on the injured area and keep for 20 minutes before removing it. Repeat this process a few times daily.

3. Carbonated water

Carbonated water is highly effective in treating tendonitis. Soak the feet in a sugarless carbonated water. Keep it for about 15 minutes. Repeat this process twice regularly. This provides relief from the pain, inflammation and redness. It also imparts a refreshing and rejuvenating feeling to the body. This is one of the important remedies, which help to get rid of the acute conditions of tendonitis.

Follow these home remedies correctly. You will definitely get relief from the pain and swelling to a huge extent. Also, remember that it is important to be careful and maintain all the precautions perfectly. This will prevent the occurrence of such painful situations to a huge extent.

Home Remedies for Tinnitus



Tinnitus is actually not a disease. It is a symptom, which can be caused due to a number of medical conditions. Tinnitus medically means "ringing in the ears". It means there exists a perception of hissing, ringing or any other sound, even during the absence of any external sound. This may be severe or mild in intensity, constant or intermittent in nature and vary from just a throbbing to a high pitch to an extent that the individual may not be able to hear anything else. It need not be related to a hearing impairment.

The major causes are the damage to the hearing nerve, hearing loss, rupture in eardrum, ear infection, ear wax, tumors, allergies, cardiac and circulatory disorders, deposition of high level of cholesterol and long term application of the drugs as well.

Useful Home Remedies for tinnitus

1. Basil Leaf

Take some basil leaves. Crush them to form a paste. Extract the juice out of it. Heat the juice till it is lukewarm. Put 2 drops of this lukewarm juice on the affected part. Do it twice daily.

2. Onion

Make a paste of an onion. Press it on a sieve. Get the juice. Put 2 drops of the juice on the affected ear.

3. Garlic

This is yet another home remedy, which is helpful for tinnitus. It helps to reduce the inflammation and help in blood circulation through the various parts of the body effectively.

4. Pineapple

Consume pineapples on a regular basis. It has anti-inflammatory characteristic. It helps in blood circulation of the body. It forms an effective home remedy to treat tinnitus.

5. Raw Vegetables and Legumes

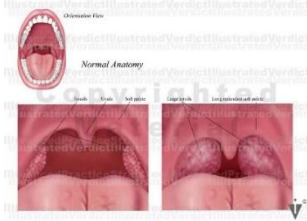
Consume foods, which are rich in amino acids, vitamins and phytochemical compounds. These help to reduce inflammation, which is essential for treating tinnitus. However, do not take food items containing salicylates. Avoid almonds, blackberries, apples, cucumbers, raspberries, tomatoes.

Important Tips

- Stop smoking
- Have low cholesterol, low fat diet
- Stop consuming caffeine
- Practice relaxation techniques

These are some of the effective home remedies for tinnitus. They are essential not only to remove the symptoms, but also, to treat the problem effectively from its roots !!

Home Remedies for Tonsils in Children



Inflammation of the tonsils creates much discomfort among the individuals. Children, especially feel a lot of problems, if affected with this condition. Generally, this situation arises due to the viral or bacterial infections.

The major symptoms of tonsillitis include the following:

- Sore throat
- Difficulty in swallowing
- Neck stiffness
- Headache
- Fever
- White or yellow spots on the tonsils

If you want to get the rid of tonsils fast, it is essential to follow some home remedies. The ultimate way to get rid of the situation is surgery. But, to avoid surgery in the children, following home remedies for tonsils can be implemented.

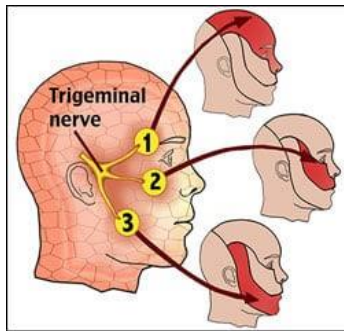
Useful Home Remedies for Tonsils

- Take lots of rest. This will provide rest to the throat, which will give ample time for the inflammation of the tonsils to reduce further.
- Drink lemon tea mixed honey. This is an effective home remedy for treating tonsils in children. This tea provides relief from the symptoms and help to eradicate them completely.
- Have fluids and liquid type foods. This will be helpful since your child will have difficulty in swallowing during this acute condition.
- Have loads of water. This will help to prevent dehydration and dryness effectively.
- Have cold ice pops. This will impart soothing action to the sore throat condition and remove the discomfort considerably.
- Gargle with warm water. Add a pinch of salt to the water. This is effective in treating the infection and provides relief to the sore throat condition.
- Make a mixture using sugar, ginger and honey. Drink the mixture. It will also provide tremendous relief aiding to get rid of the stressful conditions of the throat, inflammation and pain.
- Make a solution using warm water and honey. Gargle with the mixture. This will provide relief from the painful and stiff conditions of tonsils.
- Hot honey milk is also an effective home remedy. You can add some paste of ginger to the solution. This provides soothing action to the patients.
- Drink orange juice. It contains Vitamin C, which helps to fight the microorganism causing the infection.
- Make a solution with green tea and honey. Drink it. It also acts as an effective home remedy for tonsils in children.

Follow the above simple home remedies and get rid of the inflamed tonsils !!

Home Remedies For Trigeminal Neuralgia

Introduction



There are many conditions in the world which make your appetite low, slow down your metabolism and make you thin as you don't want to eat. But think about a situation where you crave for things but you can not have a single glass of water in just one go. That's the scary part about trigeminal neuralgia. You want to eat, but the trigeminal nerve is like sorry I can't let you because it hurts. Jokes apart, but this situation is serious because it makes patients' lives more miserable than she or he have ever thought. Trigeminal neuralgia is a condition that makes you realise how cables carry the electric signal through a long channel.

As we all know that nerves are for carrying the electric impulses between the brain to various parts of the body but when the protecting sheath of these nerves degrades due to some reasons then situations like trigeminal neuralgia takes place. The protective sheath degradation can be due to a trauma. But sometimes lesions, tumours etc are also responsible for this. Trigeminal neuralgia is tormenting and is the terrible agony a human can have.

Let's enlighten ourselves with causes of trigeminal neuralgia.

Causes For Trigeminal Neuralgia

Trigeminal neuralgia is a type of condition that develops due to many reasons but its specific cause is not mentioned in modern science still there is something that is causing the condition. The question is what is the reason? When the answer to this question was deeply searched in Ayurveda then a specific cause for the situation was discovered. The trigeminal neuralgia is the result of excessive vata dosha. As there is excess of vata dosha, the degradation of myelin sheath takes place resulting in the crossing of two electric signals from two different nerves thus causing the electric shock type of pain in this condition. That is how trigeminal neuralgia is understood in Ayurveda.

What is trigeminal neuralgia and its causes are now known to you so let's discuss the most important part and that is home remedies.

Home Remedies For Trigeminal Neuralgia

Trigeminal neuralgia is difficult to handle when the actual pain strikes in. That current like sensation and the radiation are like stabbing from within. That's the feeling of trigeminal neuralgia.

But for immediate management of this pain at home there are certain home remedies which can help. These home remedies are as follows:

- **Remedy 1:** Whenever you feel that the shocking pain is back and it's radiating once again take a cloth, dip it in warm water and squeeze. Then apply it on the region where you feel the pain. It is called a warm compress.
- **Remedy 2:** Take a small amount of mustard oil and warm it using a water bath method. Once warm you can apply it over the affected area and can massage very gently (keeping in mind not to trigger the pain). Apply this warm oil at least twice daily to have great results.
- **Remedy 3:** The third remedy includes application of oil. The oil is prepared in a very easy manner and also gives impressive results. So has to be done is mentioned in the steps below:
 - Take 100 ml of mustard oil and warm it in a utensil.
 - Now add 5-6 garlic cloves in this oil and let them become entirely brown.
 - Once they are golden brown, take the utensil off the stove and let the oil cool down a bit.
 - After this, transfer it into a glass bottle.
 - This oil is to be applied when the pain starts or when the pain triggers. Once applied it will give relief in pain and the shocking sensation will be gone.

Do's and Don'ts For Trigeminal Neuralgia

Do's and Don'ts are there for each and every disease and most of them are to be followed to get quick relief in your condition. These do's and don'ts of trigeminal neuralgia are having two categories that are diet and lifestyle related do's and don'ts. So let's discuss them in detail.

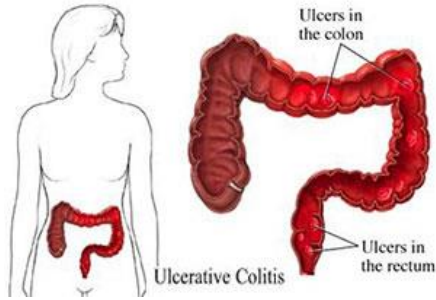
Lifestyle related Do's and Don'ts

- One should avoid direct exposure to a cold environment.
- Sleep on time and maintain a proper sleep wake cycle.
- Maintain a proper lifestyle.
- Do yoga and other form of exercise on regular basis.
- Stress less as it can trigger the pain.
- Anger management in cases of anger issues is must.
- Watch for your bowel movements and bowel emptying.

Diet related Do's and Don'ts

- Drink not cold not hot water on regular basis.
- Stop intake of dairy products in excess.
- Have food which is easy to digest.
- Avoid eating heavy pulses like kidney beans, black lentils etc.
- In vegetables avoid eggplant and capsicums.
- Don't have food which is having hard consistency to chew.
- Stop the intake of all type of packed and processed food articles.
- Use cow's ghee in your diet.

Home Remedies for Ulcerative Colitis



Ulcerative colitis is an inflammatory disease which affects your large intestinal area and causes long-lasting inflammation and ulcer sore that produces pus and mucus. Under such condition, the immune system attacks the healthy intestinal cells and cause inflammation of those cells. It affects the innermost lining of colon and rectum and causes bleeding in the stool. It is somehow associated with another type of inflammatory bowel disease such as "Crohn's disease.

Various factors such as good diet control, immunity, inflammation and some fruits need attention. You can manage this condition up to a good extent with some of wonderful home remedies for ulcerative colitis.

Symptoms of Ulcerative Colitis

- Rectal pain
- Abdominal cramping
- Fatigue
- Weakness
- Weight loss
- Bloating
- Abdomen pain
- Loss of appetite
- Abnormal bowel movement
- Blood in stool
- Diarrhea

Causes of Ulcerative Colitis

- Unhealthy lifestyle
- Bacterial infection
- Low Immunity
- Foreign particles

Complication of Ulcerative Colitis

- Bone loss
- Severe bleeding
- Inflammation of skin, joints, and eye
- Colon cancer
- A hole in the colon
- Blood clots in veins and arteries
- Liver infection

Home Remedies for Ulcerative Colitis

1. Coconut water

Coconut water has great healing property, it provides cooling effects to your body and helps to maintain the digestive fire and vitiated ama in the body which is the main

reason for ulcerative colitis. It is the best aid for all types of digestive disorders. Coconut water reduces the swelling and also soothes the mucous membrane of the colon and rectum.

- Drink 1-2 glasses of coconut water twice daily.
- Do this for a few weeks continuously, you will definitely see some positive results.

2. Seesam leaves juice

The botanical name of the herb is *Dalbergia sissoo*. The plant is bitter, astringent, pungent in taste and dry in qualities and light to digest. After digestion, it converts into the pungent taste and is hot in potency. The decoction or juice made from Seesam leaves provides relief from the symptoms of ulcerative colitis. The major chemical constituents of Seesam leaves are tectorigenin, and iochanin A.

- Take few fresh leaves of Seesam tree, and crush them in the grinder by adding one cup of water in it.
- Strain and drink this juice twice daily before your meal.
- Do this regularly for few months until you get relief.

3. Pomegranate juice

Pomegranate is used for reducing the symptoms of ulcerative colitis such as dysentery, and diarrhea. Not only the juice but the tea made from leaves of this fruit also helps in treating digestion related problems. The Pomegranate also neutralize the acids in the stomach. The juice helps to reduce the inflammation in the gut and provides relief from ulcerative colitis, Crohn's disease, and IBD.

- Make a fresh juice of pomegranate.
- Drink it in the early morning before your meal
- Do this continuously for one month.

4. Fenugreek leaves and seeds

The common name of the herb is methi. It helps to protect the digestive tract by forming protective covering along the digestive tract. The mucilage in fenugreek seeds helps to reduce the symptoms such as hurt-burn, acid reflux and assist in soothing gastrointestinal inflammation and swelling in the intestinal lining.

- Soak 1-2 tablespoon of fenugreek seeds overnight.
- Drink the water in next morning with empty stomach
- Do this regularly for a few months.

5. Yogurt

Yogurt contains lots of naturally occurring probiotics that help to boost and strengthen your digestive tract. The probiotics in yogurt also maintain a healthy immune system. Yogurt provides relief from ulcerative symptoms such as indigestion, bloating, upset stomach and abdominal pain.

- Eat one bowl of yogurt in the morning daily with your breakfast.

- Do this for few months regularly this will definitely show some positive results within a few weeks.

6. Bananas

Banana is the great option for the people who are suffering from acid reflux problem during ulcerative colitis. The pectin content in banana helps to ease the digestion related problems. Rutin is an active compound in banana which possesses anti-inflammatory and antioxidant properties that are helpful for reducing inflammation in the inner lining of intestine and stomach. It is also well-tolerated fruit among all fruits and contains a variety of nutrients.

- You can eat a 3-4 or even more bananas daily as per your need.
- Continuous and regular consumption is important.

7. Rose Petal

The fresh rose petal helps to reduce heartburn and acidity. Cooling nature of rose petal is useful in relieving the burning sensation. The rose petals contain sedative, antiseptic, anti-inflammatory, and anti-parasitic properties. These petals balance the vitiated pitta in ulcerative patient and maintain the digestive fire.

- Soak rose petals overnight in water.
- Drink the water in the next morning in an empty stomach.
- You can also chew a few rose petals daily with an empty stomach.
- Alternatively you can also make gulkand from rose petal and have it daily. This will also soothe your intestine.

8. Sandalwood powder

Sandalwood contains anti-viral, anti-inflammatory and antiseptic properties. All these properties help to provide relief from intestinal inflammation and burning. You can have this power with sugar, honey and washed water of rice. It improves intestine function and show some positive effects on the digestive system. And also provides relief from bleeding and diarrhea.

- Mix Sandalwood powder with 3 gram honey and sugar.
- Take this paste with rice washed water, twice daily.

9. Chamomile tea

Chamomile is an herb which has been used or consumed from centuries as a natural remedy for a variety of health-related issues. It is caffeine free and loaded with various antioxidant compounds that prevent the oxidative damages in the body due to action of free radical. The tea helps to reduce acidity problem in ulcerative patients and also inhibit the growth of bacteria which are contributes in ulcer development.

- Take few dried flower of chamomile and add them in one cup of boiling water.
- Stir for 5 minutes.
- Strain and cool down for few mints.
- Drink it twice daily (morning, evening) before your meals.

10. Carrot soup

Carrot is the good source of beta-carotene, vitamin K, fibers, potassium, antioxidants, and enzymes that aid in digestion. The carrot juice helps to protect your mucosa lining from microorganism and triggers the numbers of conditions such as ulcers, gastritis, and inflammation of gastric mucosa. This soup also provides relief from ulcerative colitis symptoms such as heartburn, abdominal pain, vomiting, and abdominal spasm.

- Take 2-3 carrot, peel them and cut into small pieces.
- Take one cup of water in pan and add chopped carrot into it.
- Boiled the carrot for 10-15 minutes.
- After 15 minutes, thoroughly crushed them in blender.
- Take a pan with few drops of sunflower oil in it and add few cumin seeds to it.
- Stir for 1-2 minutes on medium flame then add blended carrot in it.
- Cook this soup for 2-3 minutes and then strain
- You can have this twice daily.

All ulcerative colitis is a chronic inflammatory disease which disturbs your regular bowel movement. All the home remedies which are mentioned above are really very effective during ulcerative colitis and you should try them.

Home Remedies for Underweight



The busy life schedule is the result of the various health related complications. One such problem is Underweight. People, who are underweight are often conscious about their appearance and want to gain weight substantially to look good.

Basic Causes of Underweight

Some of the basic causes are given below:

- Poverty
- Anorexia Nervosa
- Bulimia Nervosa
- Heredity
- Hyperthyroidism
- Anxiety
- Depression

Common Symptoms

- Low body weight
- Tiredness
- Dizziness
- Frequent illness due to poor immune system.
- Apart from these, women, who are underweight may also experience irregular periods.

Major Home Remedies for Underweight

To treat this situation, there are several home remedies available.

1. *Banana Milk Shake*

1. This acts as a superb home remedy to treat the situation of underweight.
2. It helps to gain a few kilos of weight quite easily and at a faster pace.
3. Add small pieces of banana in a glass of milk in a mixer to make banana milk shake.
4. Add sugar according to the taste and need.
5. Drink it every day.

2. *Hot Milk with Honey*

1. This is yet another way to gain weight.
2. Drinking hot milk mixed with 1 tsp of honey everyday work wonders.

3. *Milk with Almonds and Dates*

1. Almonds, dates (without seed) are mixed in milk and boiled.
2. Then this milk is consumed, when warm.
3. This helps to increase the weight of the individuals to a great extent.

4. *White Muesli Powder, Indian Ginseng Root Powder and Pomegranate Seed Powder*

1. A combination of the above three ingredients in equal proportions with a glass of milk or water act as a superb supplement in gaining weight and toning up muscles as well.
2. This should be taken twice daily for about a month to achieve effective results.

5. *Figs*

1. Figs make another excellent home remedy for natural weight gain.
2. Soak three dried figs in water and consume twice daily.

Tips

- It is recommended that the underweight people shall consume small meals frequently.
- Also, foods shall be consumed considering the calorie that the body can gain from those food products.

- Besides diet, regular exercise is absolutely important to maintain a proper health and remain fit.

How to Treat Urinary Tract Infection without Medication ?



It is an infection that is worst, it pains when a person urinates, and you don't feel like having anything to drink. Deficiency of water is inevitable; dehydration has to happen, making you very prone to be attacked by numerous bacteria, causing many diseases. Urinary tract infection (UTI) spreads to your kidneys, bladder and urethra. In UTI the most usual method is that bacteria come from the bowels, it is accompanied by virus and fungus alongside. 80% of cases have Staphylococcus saprophyticus and Escherichia coli strains of bacteria.

Female species are more prone to this disease as their urethra is shorter than males, making bacteria to slide in easily. 50% of ladies do get infected at some part of their life. Some of its symptoms are like a burning sensation during peeing, cloudy or dark colored urine, some of the urine remains saturated in bladder, frequent urination, pelvic pain, and urine has a strong & bad odor.

Home Remedies for Urinary Tract Infection

There are various ways to protect ourselves from this ailment; we'll discuss some of them with you:

1. Drink Lots of Liquids

Drink plenty of water and nutritious drinks that help in keeping you healthy and liquid drinks create more urine that chases out all the toxins from the body, making you infection free. Don't go for drinks that carry alcoholic beverages, when taken in excess, these will just damage the liver. These are fine if taken in a limiting, but when we Indians begin drinking, no one sees a limit. More than 2 lakh deaths were reported in 2017, because of liver trouble. Go for some healthy drinks and drive away the bacteria via urine.

2. Fruit and Vegetable Intake

Vitamin C is an arch rival of the bacteria causing UTI. It is available in a number of vegetables and fruits like red peppers, kiwi fruit, grapefruit, and oranges. Eating these can increase your vitamin C proficiency; you get help in destroying the bacteria. It destroys the acidity of urine, thus the bacteria perishes. During pregnancy taking 100 milligrams of vitamin C becomes mandatory, to avoid any infection. It becomes their spouse's duty to bring in all these fruits and vegetables for them. All these should be authentically organic.

3. Unsweetened Cranberry Juice

It is a well known fact that to avoid getting infected, cranberry juice is powerful enough to deal with the infection solely. It doesn't allow bacteria to adhere to the walls of the bladder. It blocks its way. Pregnant ladies who are more prone to getting infected have to drink 240ml of cranberry juice daily. It prevents bacteria from arriving and striking again. It has an ingredient called proanthocyanidins, which helps in terminating the infection completely. Cranberry juice shouldn't carry any artificial recipes along; otherwise it may lose its charm.

4. Garlic

It prevents you from dozens of diseases, because of the presence of allicin, which remains active the moment you crush a fresh garlic. It also has a number of antimicrobial activities that help terminate the bacteria, causing infection. Allicin, totally functions to eradicate the large range of bacteria, even drug resistant of E. coli are worn out. It has anti-fungal features that combat with candida albicans, which arouse infection.

5. Urinate Frequently

If you hold your urine for long, the bacteria in it multiply manifold. It keeps sticking to the walls of the bladder and helps infection grow and reaches your urethra, creating urinary tract infection. So you should urinate more often and throw out the bacteria along with your urine. Don't give it a chance to hang around in your body. One should always urinate after a bout of sex is over.

6. Remain Clean and Dry

A person should always remain clean, as dirtiness always invites the bacteria to accumulate and cause infection. It's better to stay dry, especially after any bowel movement, females need to wipe from back to the front. Rub the towel in an aggressive way, after having a bath. Thus the bacteria will not enter their urethra. Wear loose clothes and a cotton underwear, which soaks the wetness. The air passing through losing clothes will keep the urethra dry, especially when they get pregnant. Wearing nylon panties will trap the moisture, making bacteria flourish.

7. Use Clove Oil

Urinary tract infection can make you feel the pain and it doesn't go away quickly, the way you wish it to disappear. A nail of clove essential oil can make you bear the pain, as it has an ingredient called eugenol, which is an ardent enemy of the bacteria. It completely eradicates it and flushes it out of the body. You also might suffer from abdominal pain, it is too seething. You seem to do nothing about it, but wish it to disappear. Clove oil reduces it by destroying the bacteria and relieving you from UTI. It is a bladder bomb that cleans it in an amazing way.

8. Tea Tree Oil

This oil has anti-bacterial features, it makes the bacteria vaporize, if applied on it directly. Never drink it through the mouth, it can be hazardous. It is easier for the males and a little difficult for the females as it can't be inserted in their vagina. Tea tree oil blocks the way of bacteria of E. coli, mostly it is the one that spreads infection. Tea tree oil does have the efficacy to flush this bacteria out.

9. Baking Soda

This home remedy is present in all the kitchens and can be used to remove UTI, its basic job is to **reduce acidity** of your urine. It helps in lowering your pain and create an environment which is not good for bacteria to linger on. All you have to do is mix its 2 or 3 spoons of powder with plain water. Just drink it for a few days and you can feel your pain depleting very soon.

10. Apple Cider Vinegar

It is rich in having enzymes, potassium and many more compounds that helps in evaporating bacteria from your body. It doesn't allow it to grow or spread. It is a natural anti-biotic. Mix it in a huge glass of filtered water and drink it twice a day. You will feel its effects in a few days. You can add honey to it, to sweeten it according to your taste.

These are some of the **natural remedies to treat UTI** and its creepy pain. If your UTI is in the initial stages, it will get cured within 2 or 3 days, but if it is still persisting, it will be better to take the advice of some expert health provider.

How to Treat Urticaria with Home Remedies?



Urticaria is a skin disorder in which there is formation and development of red itchy rashes and small bumps on the skin. This may be due to some food or medicine allergy. In Ayurveda, this condition is known as Sheetapitta. It is of two types that is acute (lasting less than 6 weeks) and chronic (lasting more than 6 weeks). There are many ways to treat, soothe and get rid of Urticaria. Natural home remedies are the best solution for this skin disorders.

1. Apple Cider Vinegar

Apple cider vinegar has been used for many home remedies from many years due to its great health benefits. In the case of Urticaria, skin tissues release the histamine a harmful chemical into the bloodstream which further causes some allergic reaction in your skin. Apple cider vinegar helps us to prevent such allergic reaction on our skin by its antihistamine property. Due to its acetic nature, apple cider vinegar has many potent biological effects on our body and also helps to kill the harmful bacteria and viruses which further worsens the skin problem.

- Add one tablespoon of apple cider vinegar in one cup of lukewarm water. Add a few drops of honey to it and drink it every morning with an empty stomach.
- You can also soak your body in water and APC solution. For this add one to two cup of apple cider vinegar in a bathtub filled with lukewarm water. Soak your body for 20-25 minutes once in a day.

2. Aloe Vera

Aloe Vera is a very powerful herb which has anti-inflammatory, antioxidant, antibacterial, anti-fungal properties which is helpful in the **treatment of Urticaria**. It keeps your skin smooth, soft and gives a cooling effect to your skin. According to the Ayurvedic point of view, aloe vera is bitter in taste, cold in potency, oily, sticky and slimy in qualities. This herb balances all the three doshas (kapha, pitta, and vata). The herb contains two hormones auxin and gibberellins which protect our skin from swelling due to its anti-inflammatory properties. The leaves of aloe vera contain phytochemicals such as acetylated mannans, anthraquinones, hormones, amino acid, carbohydrates, fatty acids, and enzymes, which are helpful to eradicate swollen, pale-red bumps from the skin.

- Apply the fresh aloe vera gel on your affected areas, leave it for 10-15 minutes and after that rinse it with lukewarm water.
- Repeat this remedy for 4-5 times in a day.
- Also mix the aloe vera gel with coconut oil, with the help of cotton pad apply it gently on your skin.

3. Basil

Basil also contains natural antihistamine properties, which are very effective for Urticaria. This herb is a very good source of ursolic acid, eugenol, linalol, rosmarinic acid, etc. The Ursolic acid present in Basil helps to increase the collagen and

ceramides, both of which play a vital role in skin rejuvenation and remove skin redness and itchiness. It has very good antioxidant, anti-inflammatory, anti-bacterial and anti-stress properties. According to the medicinal point of view this herb is Pungent, bitter in taste, dryness in qualities, and hot in potency. It undergoes pungent taste after digestion.

- Add some dried leaves of holy basil in a hot jar of water. Leave it for 10-15 minutes. Then with the help of cotton cloth or balls apply this mixture on the affected area of your skin.
- You can also apply the thick paste of basil fresh basil leaves on your skin, allow it to dry and after that rinse it with cool water.

4. Ginger

In addition to great benefits for the digestive system, this amazing warming spice also shows effective results for Urticaria due to its anti-inflammatory and antihistamine property. Ginger helps to provide relief from several problems such as gas, bloating, cramps, and **diarrhea**. In Ayurveda, ginger has great benefits due to its medicinal properties such as pungent in taste, heavy, strong and dryness in qualities, hot in potency and balances the kapha dosha.

- Take some chopped ginger slice, ¼ cup of brown sugar, few drops of apple cider vinegar. Boil all of them with one cup of water. Strain, and dab this solution on the affected area of your skin with the help of cotton balls.
- Alternatively, you can also drink the ginger tea by adding a few drops of honey to it. This will also help to heal your skin.

5. Turmeric

Turmeric has been used for many years in Ayurveda due to its great Ayurvedic properties. There are numbers of active substances present in Turmeric, out of which curcumin is the most important curcuminoids in turmeric which helps to overcome the symptom of Urticaria. Medicinal properties of turmeric are bitter, pungent in taste, dryness, and lightness in qualities after digestion undergoes pungent taste and it is hot in potency. Turmeric balances all the three doshas of our body. It has anti-inflammatory, antihistamine, antioxidant properties which cure various skin alignments including hives and Urticaria.

- Add 1 tablespoon of turmeric powder in one cup of lukewarm water, mix and drink it two times a day.
- You should add turmeric in your daily food.

6. Mint

Due to its great soothing and cooling properties this herb is also useful for the treatment of Urticaria. Along with these properties, this herb also contains analgesic, antiseptic and anti-inflammatory agents. It reduces symptoms of Urticaria such as redness, swelling, itchiness and skin infections. The main bioactive compounds of mint are menthol, limonene, and menthone. According to ayurvedic view mint (Pudina) is pungent in taste, strong, dry and light in qualities, hot in potency and balances the vitiated kapha and vata dosha.

- Boil the one tablespoon of mint leaves powder in one cup of water for 5 minutes. Strain and cool it for some time in the refrigerator. Wash your inflammation and irritated skin with this solution 3-4 times a day.

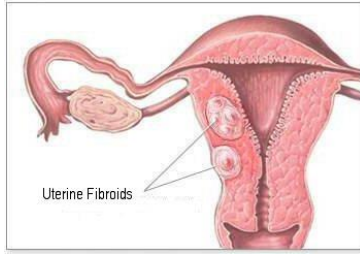
7. Nettle

Nettle is an excellent nourishing and rejuvenating herb which provides great relieves from the Urticaria or hives. This herb is rich in a bioactive compound such as phenols, vitamins A, C, D, K and minerals such as calcium, potassium, phosphorus, iron, and sulfur. Its anti-inflammatory and astringent property provide relives from swelling, inflammation, and itching.

- Add one tablespoon of dried nettle leaf to a cup of hot water, leave it for 5-10 minutes, strain, add few drops of honey and drink this tea 2-3 times a day.

All the home remedies which are mentioned above are most effective for Urticaria disorder. Along with these, you can also try baking soda, colloidal oatmeal, and cold compress home remedy. These home remedies will help you to reduce the intensity of Urticaria.

Home Remedies for Uterine Fibroids



- Uterine fibroids are extremely common among women and many of them get it at some point in their life.
- Uterine fibroids are usually non-cancerous growth that takes place in or outside of a woman's uterus in her child-bearing age and appear as a rubbery mass that can be differentiated from other tissues.
- There are no definite causes why uterine fibroids take place.
- It has no symptoms usually but includes abnormal bleeding with pain and pressure depending upon the size.

Home Remedies for Uterine Fibroids

- Use of turmeric in diet items, as it reduces inflammation, has been proved effective.
- Ginger Root (*Zingiber officinalis*): A wonderful herb used to increase circulation and promote blood flow to the uterus. The increased circulation also helps to reduce inflammation of the uterus, ovaries, or fallopian tubes. One can take juice out of it 1-2 tsp for two times mixed with little sugar.
- Brisk walk for at least 20 minutes is very beneficial.
- Body massage including lower abdomen with warm castor oil is very effective.
- Aloe Vera juice consumption every morning on an empty stomach daily has been proved very effective to improve the female reproductive system.

Tips -

- Opt for a balanced diet including leafy vegetables, fresh fruits, etc. for good digestion.
- High fiber diet is highly recommended.
- Avoid much spicy, hot, junk food.
- Fish, salmon, has got anti-inflammatory actions so shrinks the fibroid.
- Make some light exercises a part of daily routine.

Home Remedies for Varicose Veins



Varicose veins is a common medical condition. The enlarged veins occur near the surface of the skin. They are usually found in the thighs and calf muscles. The veins become weak and the valves become under developed. This helps in abnormal regulation of the flow of blood.

The symptoms of varicose veins are fatigue, pain, restlessness, throbbing, burning sensation, heaviness in the legs and bulging veins.

The major reasons for such a condition are intake of birth control pills, menopause, puberty, hormonal changes during pregnancy and obesity. Genetics also play a huge role in causing varicose veins.

There are many surgical treatments. These are extremely costly. Instead, there are some effective home remedies, which treat varicose veins easily. The home remedies decrease the severity of the issue and make a body fit.

IMPORTANT HOME REMEDIES FOR VARICOSE VEINS

The important home remedies for treating the situation of varicose veins are listed below.

1. APPLE CIDER VINEGAR

1. It is an effective home remedy for treating this condition.
2. This acts as a natural way to clean the body.
3. It improves the blood circulation and rate of flow of the blood within the body.
4. As soon as the natural blood circulation starts, the situation of varicose vein tends to decrease.
5. Apply some undiluted amount of apple cider vinegar on skin affected with varicose vein condition.
6. Gently, massage it.
7. Repeat this process daily before off to bed.
8. Also, carry out this process in the morning as well.
9. This is very effective.
10. Also have 2 tbsp. of apple cider with a big glass of water daily for better results.

2. CAYENNE PEPPER

- Cayenne pepper has a lot of bioflavonoids and Vitamin C.
- This improves blood circulation and the condition of swollen veins.
- Drink a mixture containing one tsp. of cayenne powder in Luke warm water thrice daily.
- Do this for at least three months.
- This is highly essential to get rid of the varicose situation.

3. OLIVE OIL

- Olive oil helps in circulating blood effectively.
- This treats the varicose veins.
- Massage with olive oil in a circular motion.

- This helps to get rid of swelling and pain.
- Repeat this process two times daily.

4. GARLIC

- Garlic is a wonderful home remedy for reducing pain and inflammation related to varicose vein condition.
- It removes the toxic materials from the blood vessels.
- This helps in easy circulation in the body.
- It is recommended to have fresh garlic in the regular diet.
- These home remedies help to maintain the hormonal balance in the body and get rid of the condition of varicose vein.

Home Remedies For Viral Fever



Abstract

Fever is a very common symptom. Whenever any foreign microbe enters the body of the individual then the first reaction of the body is fever. This fever is dangerous if it increases highly but sometimes it works in favour such as whenever temperature rises in the body it does not provide a suitable environment for proliferation of microbial growth. Some home remedies are discussed below in this article for the management of viral fever.

Introduction

Fever as per most of the physicians they describe it like fever is a temperature which is higher than normal. This definition is not complete without the importances of anatomical sites and what are the causes which are responsible for this. Monitoring the body temperature for the first time is not known. But ancient medical books like Charak samhita mention various types of fever in it. Fever is known to be 'jwar' in ayurveda which is critical and important among all the diseases because it affects every individual i.e it is put on first place as per classical textbook of ayurveda. Fever is a noted feature in almost every disease; the response for febrile conditions are due to its involvement with the central nervous system and through endocrine, neurological, immunological and behavioural mechanisms. Fever is not only a rise of temperature but it is accompanied by various changes in the body like metabolic and physiological changes.

Types Of Fever

According to the duration of the fever:

- **Continuous Fever** - In this type of fever, fever is not fluctuating from more than 1°C and not becoming normal at any time.
- **Intermittent Fever** - This type of fever present for some hours during the day.
- **Remittent Fever** - This type of fever is of fluctuating nature and fever changes more than 2°C but not becoming normal at any time.

Sign And Symptoms Of Fever

- Sweating
- Chills and shivering
- Headache
- Muscles aches
- Loss of appetite
- Dehydration
- Generalised weakness

Causes Of Fever

- **Infectious** - Virus, bacteria, parasites, fungal fever or due to any other microbial agent etc
- **Non infectious** - Autoimmune disease, trauma, malignancy, drug induced fever, other causes like transfusion of blood, central fevers, intra abdominal, pulmonary etc.

Let's now discuss one of the most common types of fever which is viral fever. Viral fever is caused by a viral agent. In this type of fever the common symptoms which can be seen are as follows: high grade fever, burning in the eyes, headaches, body aches, nausea and vomiting. It is common among childrens and old age individuals because of their low immunity. This fever is not an illness basically it is a symptom of an underlying cause which is viral infection. Human body can be affected with many types of viral infections which can cause either low grade fever or high grade fever.

Pathogenesis

Viral fever is an infectious type of fever which is transmitted through one person to another. An Infected person transmits the infection to another person through yawning, sneezing, coughing or even talking if the other person is near to the infected person. Once the virus enters in the body system of the healthy individual it takes 16 hrs to 48 hrs to show the symptoms of fever prominently.

Fever As Jwara (Described In Ayurveda)

Jwara is described in Atharvaveda as takman (Son of God Varuna) and drugs like kustha and anjana are given to manage this. References of jwara are also given in other non medical literature like mahabharat, puranas etc. Acharya sushuruta explained it like man in this world comes with this and departs from the world with it. Jwara not only affects the physical body but also the mind also.

Jwara Uttpati

According to Ayurveda, Jwara originated from the destructive and hot breath of lord shiva which was produced due to anger and grief of shiva after his wife (Durga) died. Jwara is the king of diseases, destroyer of every individual health so we must be cautious about it and take it seriously.

Home Remedies For Viral Fever

For Consuming (Eating)

Black Pepper And Ginger Tea - It is beneficial in patients of viral fever who have irregular bowels. Black pepper helps in detoxification of the body and ginger has an analgesic, anti-inflammatory property which helps in viral fever.

Use - Make a tea with the use of ginger and black pepper into hot water.

Coriander Seed Tea - Coriander is a rich source of vitamins and phytonutrients. It naturally helps in boosting immunity of patients. Coriander tea is helpful in soothing symptoms like running nose.

Use - Add coriander seed in water and a little bit of milk with honey.

Tulsi Leaves - Tulsi has many important properties like antibacterial and antibacterial which helps in viral fever.

Use - Take one cup of water and add 6-7 leaves of tulsi, boil till it remains half and drink.

Garlic - There are many hidden benefits of garlic which is very useful in the treatment of fever. It has antiviral properties and antibacterial properties which help lower the temperature of the body during fever. It acts as a natural detoxifier.

Use - It can be used in raw form like just take 2-3 cloves from 1 garlic and chewed or can be used in cooking.

For Local Application

Sandalwood Paste - It is known generally for its cooling property. It will help in lowering down the temperature and also have anti-inflammatory properties. It should be used in the form of thick paste and applied several times a day on the forehead.

Sponging - It can be done at home by anyone easily. Sponging basically is done in case of high fever but antipyretic drugs should also be administered. Take a cotton cloth dipped in tepid water (water should not be cold) and place it on the forehead, stomach, palm and back of the patient. It should be done for 15-20 minutes.

Apple Cider Vinegar - This is a very useful home remedy for fever. It helps in lowering down the fever. This works like withdrawing fever from the body. Take a washcloth and soak it in the solution of water and apple cider vinegar then place it on your forehead and stomach.

Drink Fluids - Dehydration is commonly seen in patients with viral fever so it is important to take proper fluids. In viral fever the patient's body remains much warmer than usual; this causes sweating to cool down body temperature. Electrolytes may be imbalanced so normal water is not enough. Any of these can be used: soups, decaffeinated tea, electral etc.

Some Herbs For "Jwara"

Yashtimadhu (Glycyrrhiza Glabra)

Properties

Rasa - Madhura (sweet), Guna - Guru (heavy), Vipaka - Madhura (sweet), Veerya - Sheeta (cold)

Due to its veerya it is helpful in lowering down the temperature of the body and works like antipyretic.

Guduchi (Tinospora Cordifolia)

Properties

Doshatrayahara (balance tridosha - vata, pita, kapha)

It is well known as “Giloy” it is used widely in the treatment of fever, diabetes, urinary tract disorder, anaemia, jaundice etc

Papaya (Carica Papaya)

Carica papaya have antihelminthic, anti protozoan, antibacterial, antifungal, anti viral, anti-inflammatory and antioxidative properties. These medicinal properties of carica papaya are very much beneficial for the patient against dengue virus.

Conclusion

Home Remedies have been used for many centuries and they are giving beneficial results. But it should be from a relevant source otherwise it will be harmful for the patient. If individuals are using these home remedies and still not getting results then they have to consult the doctor and also mention these remedies to provide correct information to the physician so that it will be helpful during treatment.

Home Remedies for Wart



Wart takes place when the HPV (human papillomavirus) gets into the cut of the skin. The warts, at times develop in clusters. And, they develop individually as well. They also appear as the pale growth of the skin on a rough surface. The tiny blood capillaries appear to be dark spots. These grow to the center of the warts.

To treat such a situation, there are several effective home remedies. These home remedies help to get away with the condition easily.

EFFECTIVE HOME REMEDIES FOR WARTS

1. GARLIC

- Garlic has many medicinal properties.
- It has antiseptic, anti-biotic, anti-allergic and anti-inflammatory properties.
- Take crushed garlic and rub them on the warts.
- Or, eat fresh cloves of garlic. This is extremely effective in treating warts effectively.

2. BAKING POWDER

- Mix some amount of baking powder and castor oil together to form a paste.
- Apply it on the wart and keep it overnight.
- Remove it next morning.
- Repeat the process as required.
- This helps to wash off the wart affected part of the body easily.
- This is helpful in treating warts.

3. CARROTS

Carrot is rich in essential nutrients. Grate a few pieces of carrots and mix with olive oil to form a paste. Apply the paste two times on the warts. Keep it for 30 minutes. Then, remove it off. This helps in treating warts effectively.

4. LEMON JUICE AND ONION

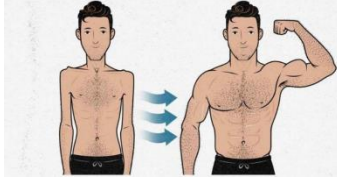
- The combination of lemon juice and onion is very helpful to treat warts easily.
- Apply some amount of lemon juice on the warts.
- Cover them with pieces of onion for about half an hour.
- Repeat the process once daily for about three to four weeks. You will definitely get effective results.

5. ALOE VERA

- This is yet another important home remedy to treat warts.
- The gel from the aloe vera stem or the juice from the aloe vera leaves is extremely effective in treating warts.
- Apply it on the affected area with a cotton ball.
- Cover with a bandage.
- Carry out this process on a daily basis till the wart is gone.

Besides, whole breads, rice, sunflower seeds, sweet potatoes, broccoli, oranges are some other important food items, which help to treat warts effectively. Follow these home remedies and lead a healthy life.

Top 7 Home Remedies for Weight Gain



Don't go for unreliable weight gain products available in the market because it's the matter of your health. Though good thing is by following the healthy food choices you can put on weight easily. What are you waiting for??? Just step in your kitchen and start using natural things for weight gain.

Home Remedies for Weight Gain

1. Banana and milk

Banana and milk combination is at top home remedies for weight gain. Bananas are great in carbohydrates, potassium, dietary fibre, Vitamins C and B6. They help in weight gain and also boost up the good energy levels in body.

How to use?

- Take two ripe bananas for breakfast.
- After that drink a glass of warm milk with cream.
- Have this breakfast regularly for a month.
- It must be taken only in the morning and never after dinner.

2. Dry fruits

Dry fruits intake is an effective natural way to put on weight. Almonds, walnuts, peanuts and raisins are the good options. Almonds are rich in polyunsaturated fats, which enhance healthy calories to your diet whereas raisins are rich in essential fatty acids that aid in weight gain. Additionally, raisins provide important nutrients to the body. So the regular consumption of handful of dry fruits is quite good to put on weight.

How to use?

- Boil three- four almonds, two- three dates and one-two dried fig in a glass of milk.
- Drink the warm milk along with boiled almonds, figs and dates.

Another Option is:-

- Soak ¼ cup of raisins and five to six dried figs in water overnight.
- Consume it in two parts.
- Follow it for about a month.

3. Mangoes

Mangoes are the among everyone's favorite fruit list. Are you aware about the weight gaining properties of this fruit? It is the rich source of minerals and vitamins and free of sodium, cholesterol and fat. The body conserve the fructose from the mango as energy and fat, thus it helps to put on the weight.

How to use?

- Drink mango milkshake twice daily for a month.

- Alternatively, eat one ripe mango followed by a glass of milk. Do this two or three times a day for a month.

4. Peanut Butter

Peanut butter is a superb way of consuming calories, vitamins, minerals and several other nutritious elements.

How to use?

Spread peanut butter on the toast or a piece of whole wheat bread. By doing this you will observe the noticeable change in your weight.

5. Sweet Potato

Sweet potatoes are the great source of vitamin A (beta carotene), vitamin C, copper, manganese and vitamin B6. Additionally, they are a good source of potassium, magnesium, dietary fiber, phosphorus which are low in saturated fat.

How to use?

Boil 2-3 sweet potatoes, put some salt and pepper on it. Include it in your diet to observe a significant difference in weight gain.

For Weight Gain in Children:-

- Boiled and mashed sweet potatoes can be given to your baby.
- One can also prepare sweet potato with milk, sweet potato khichdi, sweet potato pancakes, soups and halwa.

6. Cheese

If you are taking the cheese to gain some weight then you are on right track. Cheese is a pool of protein, calcium and fats. Casein a protein present in cheese is not easily digestible which causes weight gain. On the other hands, cheese is also helps in the strengthening of bones.

How to consume?

- One can include cheese in your diet like cheese slices in sandwich, cheese spread.
- Additionally, grate the cheese and use it as toppings on salads or many baked items.

7. Dates

For weight gain dates also considered as accurate food choice. They are the rich source of protein, sugar, energy and vitamins hence quite good for gaining the weight.

How to use?

Consume the dates with milk daily. Along with above home remedies for weight, stay happy, be positive.

Home Remedies for Weight Loss Naturally



Before explaining about home remedies useful to fight obesity naturally, let's know about obesity and the reasons which contribute to present with extra body fat and what may be the various complications.

The widespread problem in today's computerized era experienced by people around the world is none other than overweight or excess weight that is known as obesity.

Obesity is a medical condition where body fat accumulates in excess so that it may have adverse effects on health. Being obese or over weight can reduce life expectancy and increased health problems.

There are numerous causes for obesity:-

- Hereditary
- Endocrine disorders
- Excessive intake of food
- Lack of physical activity
- Nutritional deficiencies
- Medications

Obesity may be the reason for various health ailments such as type 2 diabetes, cancer, heart disorders, osteoarthritis, obstructive sleep apnea etc therefore some tips about home remedies on weight loss are given below.

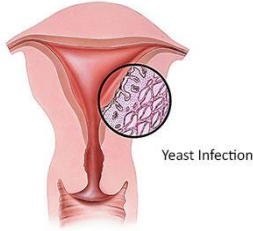
Home Remedies for Weight Loss

- Mix one teaspoon of honey and half of lemon in one glass of lukewarm water. Drink this mixture every day early morning in empty stomach to clear your bowels and for glowing skin. This is an effective home remedy to lose weight naturally.
- Green tea is best for obese people as it contains strong antioxidant that removes toxins and waste from body and keeps body fit and fine. For better results it should be taken without sugar.
- Parsley juice is another effective home remedy to lose weight naturally. Parsley is good for kidneys and removes toxins from body.
- Apple and pear both are packed with fiber and water. Eating 2 small apples or pears a day keeps your stomach full and helps to lose weight naturally.
- Apple cider vinegar mixed with water is used to remove extra fat from body. One can take 2 tsp of apple cider vinegar at bed time that helps to cut down fat when you are sleeping.
- Bottle gourd juice is very healthy drink. It keeps stomach full for so many hours and gives zero fat.
- Cranberry juice also helps to lose weight naturally from body as it is rich in vitamin C and contains strong antioxidant.

Tips

- Stay away from white products.
- Try eating small amount of food.
- Eat healthy.
- Drink plenty of water.
- Fasting once a week is needed to improve metabolism.
- Exercise regularly

Home Remedies for Yeast Infection



Yeast infection is caused by many microorganisms, which reside inside the vagina of the females. It is often characterized by pain during urination or sexual intercourse, itching, burning sensation and white odorless vaginal discharge. The symptoms occur more likely during the week prior to the menstruation period. Yeast infections are extremely common during pregnancy.

There are Two Types of Yeast Infections:

1. Easily Occasionally treatable yeast infections
2. recurrent yeast infections

Effective Home Remedies for Yeast Infection

1. Stay loose and dry. Yeasts generally prefer moist atmosphere with little or no oxygen. To stop their growth, always wear cotton underwear, which is loose and breathable.
2. Insert 1-2 teaspoons of yogurt in the vagina to restore the balance between acid-bacteria. You can also eat yogurt to get cured.
3. Unsweetened cranberry juice is highly effective in fighting away the yeasts. It acidifies the vaginal secretions and makes them prepared to fight off the infection.
4. Garlic has antifungal properties. Eat fresh garlic cloves daily, either minced or plain. This also prevents yeast infections.
5. Prepare an herbal tea of rosemary. Dab in on the external surface. This helps to provide relief from burning sensation and itching.
6. Use a teaspoon of dried thyme for a cup of boiling water. Make the thyme tea. Drink 1 to 4 cups on a daily basis. It is highly effective to fight away the yeast infection.

Tips

- Maintain a good hygiene.
- Wear cotton underwear.
- Always wipe from front to back to prevent the spread of the microorganisms from the anal region.
- Avoid tight fitting jeans
- Change pads in every 6 hours Decrease the consumption of sugar and caffeine
- Decrease the consumption of sugar and caffeine
- These are highly contagious. Do not pass it onto others.

These are some effective ways to treat and prevent the yeast infection. You can also carry out an at-home pH test to observe whether you are positive or negative on the yeast infection.

Follow the aforementioned home remedies and carry out the tips properly and lead a healthy and fit life !!