

Ayurvedic Treatment for Common Ailments

This note presents to you a number of effective treatments for common physical problems. As our body grows older, our organs (eyes, nose, liver, kidneys, etc.) begin to need more help for working properly. One of the best ways to provide them exactly what they need is through natural ways which is a part of our Ayurvedic system. Indian household food items (spices, grains, etc.) are sufficient to maintain our organs (internal or external) healthy if we use them correctly.

We begin with some of the most common ailments our body encounters and their effective treatments. Note that natural remedies take time because they cure the problem; they do not suppress the symptoms. So you must trust the medicine because it won't be effective if your trust is missing. I will continue to compile more remedies.

Knee pain

- In the morning in empty stomach eat a teaspoonful of Methi (Fenugreek). It must be eaten raw and must be chewed properly. Do not swallow the seeds because the stomach would be unable to extract the nourishment. Chewing mixes the seeds with saliva, which helps to get the nourishment required to cure the pain. If this is not convenient then soak a teaspoonful of methi in a spoonful of water in the night and in the morning eat everything. Do not forget to chew it.
- Eat 3 or 4 whole akhroat (walnut) early morning in empty stomach. Very effective. This should be eaten regularly for a few months. You should also eat walnut in your breakfast every day.
- Eat regularly a small piece of coconut. This will gradually reduce and eventually remove the pain.

Bad breath

- After any meal put a clove in the mouth and suck it (do not swallow it).

Blister in mouth

- Make powder of small harad and put it on the blisters. Apply it 2 to 3 times in the day. Do not eat too much spicy food specially chilli. People who regularly suffer with blisters should eat more raw tomatoes. Also mix a little water in fresh tomatoes juice and gargle with it.

High Blood Pressure

- Take two teaspoonful of fresh onion juice and equal amount of honey (pure) in the morning in empty stomach. This is quite effective. This should be taken regularly for at least three to four months.
- Eat watermelon seed (peeled two tablespoonful) every day in your breakfast. This is very effective in lowering the blood pressure. This is available in health food store such as Whole Food. This is also good in lowering bad cholesterol.
- Eat a teaspoonful of methi early morning in empty stomach.
- In a copper pot (clean) put two to three cups of water. Put 8 Rudraksh (there are twenty four types of Rudraksh any type will do) beads in the water. Drink the entire water before brushing your teeth but after cleaning your mouth with water. This is very effective if done regularly.

- **IMP:** People with high blood pressure **should avoid** (a) half-ripe banana, (b) salt, (c) deep fried food, (d) white sugar, (e) tea, (f) alcohol, (g) Baigan-eggplant, (h) lentils (channa, mung, masoor, etc.). Lime, papita, anwala, laukee, onion, tomatoes, carrots, palak, watermelon, and orange are helpful.
- To lower high blood pressure quickly mix half fresh lime juice in half coup of water and drink after every two hours (4 to 5 times).

Low Blood Pressure (Coming soon)

Acidity

- Put a clove in your mouth after every meal and slowly suck it.
- After lunch and dinner eat a piece of Gud (molasses-cherry size piece) and suck it slowly. This will stop acid reflex and bad taste. It will also stop wind formation.
- Eat a teaspoonful powder of small Harar and same amount of Gud and drink water. Take this 30 minutes after your dinner.
- After meal sit in Vajasan (Very effective) for at least 5 minutes. If over-eaten (this is quite common!) sit in Vajrasan for 5-7 minutes.

Constipation

- Take a tablespoonful of Trifla choorn (powder) with water in the night before going to bed. (one of the best medicine).
- Take two tablespoonful of Esafgoal kee Bhoonsee (powder) with water in the night before going to bed. Very good cure.
- **Few More cures will be added soon**

Burns (from fire)

- Put glycerin immediately on the burn. This will stop burning pain and blister formation.
- Immediately put your own urine on the burn. This is very effective. It immediately stops burning pain and stops blister formation. Then for a day or two soak a piece of cloth in your own urine and tie it to the burn. This will stop skin discoloration and bring the natural color.

Headache (all kinds of headache, migraine, etc.)

- Headache on any half side of the head-put 2-4 drops of fresh ghee (cow's ghee) in both nostrils in the morning and in the evening or continue to smell it for about seven days. This will cure such pain for ever. Note, this should be done regularly for seven days. Pure mustered oil can also be used in a similar fashion. If you use mustered oil then put drops of oil only in the nostril of the side of the pain.
- Put about 10 grams (one tablespoonful) of Ajwaine (celery seed) in a cloth bag (potlee) and warm it on a hot plate (tawa). Smell this repeatedly. When it becomes cold then warm it again and smell it. Repeat it for 5-10 times. It will open closed nostrils, drain the water from the nose and cure the heaviness of the head.
- Put water in a copper pot (2-3 glasses) in the night and drink all of them in the morning before sunrise and before brushing your teeth. This relieves not only from headache but also from any kind of constipation and weak digestion.

- Grape juice (pure, not mixed with any other type of chemical or juice) is very good for getting rid of any kind of headache. Drink a cup (about 25 grams) twice ½ hour after every meal.
- Washing eyes with cold water the first thing in the morning is very effective in getting rid of headache. **Method:** As soon as you get up from sleep in the morning, fill your mouth with cold water. Keep the water in the mouth (swell it like you are blowing a balloon) throughout the entire process. Close your eyes and flush (through cold water in your eyes with your palm-anjuli) each one with cold water (5 times each eye). Open your eyes, keep the water in your mouth and flush both eyes in the same way with cold water 5 times. Again close your eyes, keep the water in your mouth and flush your eyes 5 times, finally repeat this process with eyes open. So two times with eyes open and two times with eyes closed. Total = 20 flushes. This is very effective in getting rid of headache, stress, dry eyes, and tired eyes.

Dandruff (Roosee)

- Mix 4 grams of pure kapoor (camphor) with 100 grams of coconut oil. Put the mixture in a glass bottle. Apply it twice, in the morning after shower on dry hair and in the night before going to bed. Massage it on the head. It is highly effective but I guess people will prefer expensive shampoo which is less effective than this remedy.

Sty (Eye pimple)

- Take a tamarind seed and remove the outside red skin. Rub this on a stone like sandal with water. Put this paste on the sty. It works immediately and cures the pimple in a few hours.

Earache

- Peel a garlic clove and put in two table spoonful of mustered oil. Continue to warm it. When the clove becomes quite dark then remove it from the heat. Let it cool (not cold) and put 2 or 3 drops of the oil in the ear. Make sure the oil is not too hot. Warm onion juice is also very effective. Warm the onion juice and put 2-3 drops in the ear.

Teeth

- One of the best cures for teeth. Mix Sendha Namak (Rock salt) powder in mustered oil and first massage the gum and teeth with the oil then brush your teeth with the mixture. You will not suffer with toothache, bleeding, etc. No need to spend money on toothpaste. Use this morning and evening to clean your teeth.
- In place of salt Haldi powder (turmeric) can be used. This mixture is especially useful for swelling of gums, sensitive teeth, bleeding, etc.
- Easy and the best for keeping your teeth strong and healthy: While passing water and/or on the toilet (Tattee or Peshab) keep upper and lower set of teeth tightly together (not too tight). It will definitely make your gums stronger and tighter. It will fix loose teeth.
- After brushing your teeth massage your gums slowly for about a minute.

Sore Throat

- Put 10 grams (two teaspoonfuls) of Ajwain (celery seed) in 500 grams of water. Boils this for about 15 minutes. Put a bit of salt. Gargle with this twice a day (morning and evening). You will feel better quickly.

Dry Cough

- Put a teaspoonful of Ajwain (celery seed) in a Pan leave (no choona, katha, or jarda) and chew it and swallow the juice. Very helpful in stopping the cough. Ajwain (celery seed) is very helpful in cough. In the night before going to bed eat it (a teaspoonful) and drink warm water. It affects immediately.

Flatulence

- Mix 2 grams of Ajwain (celery seed) and a little Kala Namak in mattha (watery yogurt). Drink this after meal (Lunch).
- Take seed out of Munakka (big rasin) and put a small clove of peeled garlic. After meal chew and swallow it. It works immediately.
- After meal sit in Vajrasan. Very helpful in digestion.

Will soon be added.

Loss of appetite

Diarrhea

Throwing up

Diabetes